

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside

DELIVERED TO 23,500 HOMES



FRIGHTS, BITES, AND MAGICAL DELIGHTS: HALLOWEEN PARADE SPELLS COMMUNITY SPIRIT!

In a hauntingly delicious display of community spirit, Wynnum's CBD will come alive this month with ghoulishly good gourmet goodies, spirit-rousing live entertainment and a bewitching parade that will crawl down Bay Terrace. It's all part of the annual Ampol Halloween Parade on October 27, and you're invited!

As the sun sets and shadows creep in, Wynnum's CBD will fall under a wicked spell of Halloween magic. Ghouls and ghosts can

sink their teeth into delicious treats from spooky food trucks while little monsters follow a trick-or-treat trail that's sure to keep spirits soaring. Plus, with spellbinding live entertainment, the main stage will be extraordinarily enchanting!

Just like last year, this fang-tastic family-friendly event is all about community, creativity, and a cauldron of spine-tingling fun for all ages.

So, dust off your broomstick for an afternoon of frights, bites and delights, put on your most creative costume (there are prizes for best dressed!) and march alongside ghosts, goblins, and ghouls in a parade that's guaranteed to be a scream! More information is on page 7.

Pictured: Bayside Dance students at a Halloween dress rehearsal at Pandanus Beach, Wynnum.



IN THE LAST 12 MONTHS, OVER 90 WYNNUM/MANLY FAMILIES CHOSE TO SELL THEIR PROPERTY THROUGH US.

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BAYSIDE

PROPERTY ~ AGENTS

David Pearce

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BEST PROCESS = BEST PRICE

WYNNUM AND MANLY ROTARY CLUB HELP PNG LANDSLIDE VICTIMS

FROM THE ROTARY CLUB OF WYNNUM AND MANLY

The Rotary Club of Wynnum and Manly has sprung into action to provide funds to help the people of Papua New Guinea affected by the landslide at Mulitaka in Enga Province on May 24, 2024. The landslide has cost many lives and destroyed properties.

Gabriel Andandi, originally from PNG (not far from where the landslide happened), is a member of the Rotary Club of Wynnum and Manly. Gabriel gave Rotary members a detailed description of the landslide and its effect on the community of Mulitaka. He explained that after the major landslide occurred in Mulitaka, as of June 7, 2024, only 12 bodies had been recovered, but it was estimated that 670 lives had been lost because all the homes in the community had been buried.

President Mick Matthews said that club members had been shocked by this event and that its board approved a donation of \$2,000 from club funds but wanted to allow the community to contribute as well.

A function at Cedar & Pine at Wynnum was subsequently arranged, and guests – along with the support of Cedar and Pine, who donated the venue and made a substantial donation – raised over \$2,500.

These funds will be provided to Rotary Australia World Community Service (RAWCS), which will assist in the recovery period with food, water and other items needed, such as clothing, bedding and shelter, and work in partnership with local authorities and the PNG Government. Rotary District 9620 has established a Rotary Australasia World Community Service (RAWCS) project to manage operations and donations.



Wynnum Manly Rotary member Gabriel Andandi addresses guests at the fundraiser at Cedar & Pine, Wynnum. Photo: Supplied.

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60 & BETTER: WYNNUM SENIORS CELEBRATE COMMUNITY MILESTONE

CONTRIBUTED BY WENDY STEWART

Almost 30 years and counting! That's how long the popular Wynnum 60 & Better program has been enriching the lives of local seniors.

This something-for-everybody community asset based at Wynnum Community Centre in Florence Street runs more than 20 recreational, information and social activities each month for about 500 members of all capabilities, and from all walks of life. Some are freshly retired or new to the area and seeking new horizons. Others are in their active 90s or come along with wheelchairs or walkers.

Wynnum 60 & Better started on October 13, 1994, with a 'Wynnum Jetty Jaunt' and sausage sizzle – a happy gathering of local residents and officials, and has grown from strength to strength.

President Dianne McConnell said the organisation has always moved with the times as a registered charity with a benevolent public purpose.

"We are much more than a social club; our objective is to keep local seniors active, connected and informed with new and affordable skills,

experiences, knowledge and events, so they can continue to lead full and happy older lives," she said.

Among the most sought-after regular activities are exercise classes, local lunches, healthy ageing and support advice, and excursions.

There is always room for more at Wynnum 60 & Better, so mark Thursday, October 24, on your calendar, bring a friend, and share the fun at Wynnum Jetty and Whale Park from 10:00am to 1:00pm to celebrate the group's 30th anniversary with a 2024-style 'Jetty Jaunt'!

Sponsored by Council On The Ageing (COTA) and the Queensland Government, the event will feature exercise demonstrations, a commemorative jetty walk, live music, a seniors' information and referral booth, sausage sizzle and birthday cake. New members can join free for the remainder of 2024.

For more information, email admin@wynnum60andbetter.org.au, phone (07) 3348 6306, or visit www.wynnum60andbetter.org.au.



Photos: Supplied.



THE SHED

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Down the laneway behind Cultivate Design Co, 116 Bay Tce, Wynnum







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Web: www.homecaring.com.au/capalaba/



NOTHING LASTS FOREVER, INCLUDING FLEXI HOSES!

The BPD Way!

We've all heard the saying, "Nothing lasts forever," and this is especially true for the flexible hoses in our homes. These seemingly insignificant items are one of the leading causes of water damage in Australian homes. While your insurance might cover the repairs, it won't replace sentimental items, or prevent the stress and inconvenience of water damage. This is why checking and replacing your flexible hoses regularly is not just important, it's crucial!

It's easy to overlook, but a braided flexible hose has the potential to unleash a disaster. A burst hose can release a deluge of water, wreaking havoc in your home within hours, destroying belongings and creating chaos.

So, what is a flexible hose? Often called a "flexi hose," this rubber pipe, wrapped in stainless steel, connects appliances like sinks, toilets, and washing machines. They typically cost around \$10. However, they have a lifespan of just five to 10 years, and ignoring a damaged or faulty hose can lead to flooding. A

burst hose can dump the equivalent of a suburban swimming pool of water into your home within 24 hours!

Imagine returning from work or vacation to find your home flooded. Water can quickly spread from a second-floor bathroom to other areas, soaking floors, ceilings, and furniture and potentially damaging your neighbours' homes.

If you're planning a holiday, take a moment to check those flexi hoses. It's a good idea to turn off your home's water at the mains while you're away for extra peace of mind.

To check if your hoses need replacing, look under your sinks. Check for expiry date tags; if one's expired or missing, it's time to call a professional plumber. Check for any kinks and dark marks. This should be part of your regular home maintenance.

It's also a good idea not to store chemicals in cupboards that have flexi hoses.



Never attempt to install these hoses yourself. By hiring a qualified plumber and keeping harsh chemicals away from them, you can prevent premature wear and ensure your home's safety.

NEXT MONTH, LOOK OUT FOR OUR NEXT ARTICLE ON MAKING SURE YOUR DRAINAGE IS SUMMER-READY.



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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



IMPORTANT ELECTION INFORMATION

The Queensland State Election is on Saturday, 26 October. You must be on the electoral roll to be eligible to vote. The electoral roll closes on Saturday 5 October. Early voting is from Monday 14 October to Friday 25 October from 8am to 6pm (excluding the weekend). Early voting will take place at St Peter's Anglican Church in Wynnum (Bride Street entrance). Postal voting applications close on Monday 14 October at 7pm. I will provide all Lytton electorate households with a postal vote application (please look out for one in your letterbox from October 1). Voting is compulsory. For any voting queries, call the Queensland Electoral Commission on 1300 881 665 or go to www.ecq.qld.gov.au.



STANDING UP FOR THE BAYSIDE

Since 2015, I've worked hard to ensure our Bayside gets its fair share of government funding and investment. This includes over \$45million in direct community, business, education, and sporting grants. I've also secured major investments like Darling Point Special School, Manly State School Build, Wynnum Community Health Centre (Gundu Pa) and major upgrades to Lindum Station. But there's still more to do. I hope to continue to serve the Bayside to protect and help build our community's future.



REBUILDING LOCAL HEALTH SERVICES: YOUR FEEDBACK NEEDED

Rebuilding Bayside health services (since the LNP closed the Wynnum Hospital when they were last in government) remains my top priority. I'm getting strong community feedback about the need to expand services at the Wynnum Community Health Centre (Gundu Pa). I want to hear from you about what you think we may need locally - such as new primary care services, including an x-ray machine, dialysis/renal chairs, chemotherapy services, or even improved waiting room facilities. Look out for my "Bayside Health Survey" I'll be putting out soon.



PUBLIC TRANSPORT PATRONAGE UP 14.5%

The introduction of 50 cent fares on all public transport has seen a big increase in patronage within the first month. The total number of trips was 14.5% higher than during the same period recorded last year. 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 – please remember to tap on and tap off.



COST OF LIVING RELIEF

Every Baysider is seeing \$1300 slashed from their energy bill, with \$1000 upfront from the Queensland Government and an additional \$300 from the Federal Government. It means many Baysiders may not have to pay a cent for their energy bills until March 2025. Of course, this financial help to Baysiders is only possible because we're making multinational mining companies pay their fair share and because we kept energy assets in public hands. Other Queensland Government Cost-of-Living Relief measures include 50 cent public transport fares, \$200 Fairplay Vouchers for kids' sport, and \$200 off your car rego.



LINDUM STATION UPDATE

Construction at Lindum Station continues to press ahead. 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. These major 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.

JoanPease MP

State Member
for Lytton

PO Box 719, Wynnum QLD 4178

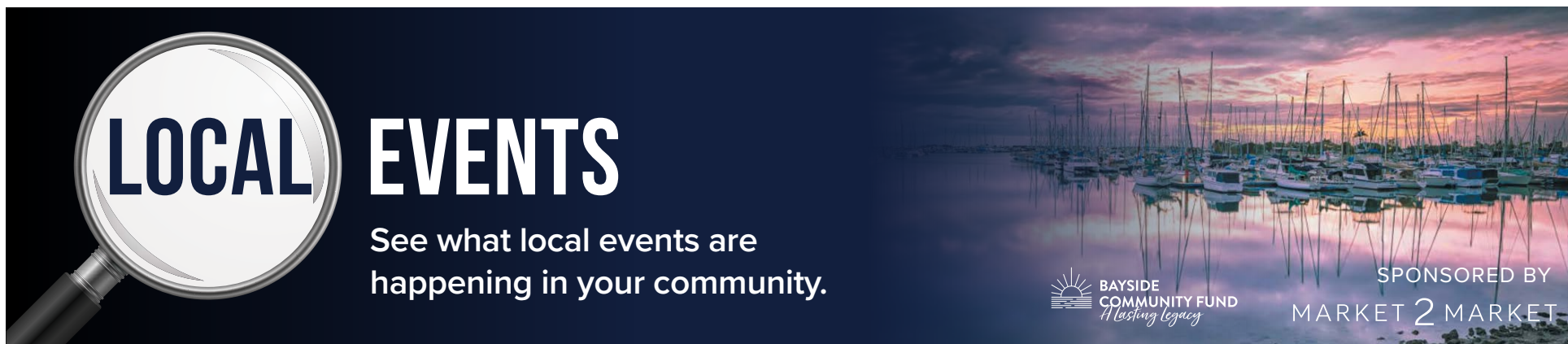
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JoanForLytton

lytton@parliament.qld.gov.au

www.joanpease.com

Authorised by Joan Pease 100 Edith Street Wynnum



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



ST HELENA CUP

Saturday/Sunday 12 and 13 October, hosted by Wynnum Manly Yacht Club

Look out to sea towards St Helena Island on the weekend of October 12 from Wynnum/Manly's shoreline and you're likely to spot dozens of yachts under sail competing in the St Helena Cup. Since 1976, Wynnum Manly Yacht Club has hosted the St Helena Cup. As the club's premier regatta of the year, the weekend event attracts sailors from across the state, competing in teams of three yachts, representing various clubs.



THURSDAY TRIVIA AT CLUB MANLY

Every Thursday night from 6:30pm, 26 Faine Street, Manly West

Your friendly neighbourhood bowls club, Club Manly, has a sensational bistro, lush greens, ample parking and lovely staff, and every Thursday is trivia night! Trivia is free to play, so why not get a team together and test your knowledge? Find out more at clubmanly.com.au. If you can't make trivia and dinner on Thursday night, be sure to drop by on Friday night, when the bistro is open from 5:30pm to 8:00pm.



WIRRA WIRRA WINE DINNER

Thursday October 24, 6:00pm, Wynnum Manly Leagues Club, 92 Wondall Road, Manly West

Treat yourself to an evening of fine dining with a four-course dinner and perfectly matched Wirra Wirra wines. Wirra Wirra Winery was established in 1894 by an eccentric former state cricketer who ran away to McLaren Vale to make wine. Today, Wirra Wirra's century-old cellars produce award-winning red wines from its McLaren Vale vineyards and white wines from grapes grown in the Adelaide Hills. For bookings, scan the QR code.



FREE MOVIE IN THE PARK

Saturday October 5 and Saturday November 2, 6:00pm to 8:00pm, Little Bayside Park, Manly

Looking for family-friendly entertainment that's affordable? Or perhaps you're looking for a different first date option? Manly's movies in the park, held on the first Saturday night of each month, are an iconic Manly drawcard that brings the village to life under the stars. Fun for big and little kids, October's movie is the riotous classic, *Ferris Bueller's Day Off*, and November's screening will feature *Mamma Mia*.



REGATTA ON THE RIVIERA

Saturday October 26, 5:30pm to 11:00pm, Royal Qld Yacht Squadron, Royal Esplanade, Manly

This year's glamorous Celebrate for a Cause theme is *Regatta on the Riviera*. Guests will enjoy an alfresco harbourside evening starting with a welcome champagne or cocktail, one-hour arrival drinks, grazing table, box riviera fork food dinner selections, a live band and roaming entertainment, lawn games, croquet, and a Royal Mini Yacht Regatta. Funds raised will go to Challenge DV, a non-profit organisation that is working to end domestic and family violence, and the Bayside Community Fund.

For tickets, scan the QR code or go to cfcmanly.com.au for more information.



MUSIC BEAT KIDS GROUP

Monday October 14, 9:30am to 10:00am, Near Wynnum Wading Pool, Wynnum Esplanade

Children aged two to five will love this interactive music session that incorporates sound and movement. Take-home tips will be provided so parents can continue to connect with their children through the magic of music at home. Meet under the tree to the left of the carpark on the left side of the whale features looking out to the bay. No bookings required, just come along and enjoy the vibe!

GET YOUR COSTUMES READY FOR THE WYNNUM AMPOL HALLOWEEN PARADE 2024!

FROM WYNNUM COMMERCE INC.

Wynnum's spookiest event of the year is creeping up! The third Annual Wynnum Ampol Halloween Parade is back and ready to thrill on October 27, 2024. This year, the festivities will take place on a Sunday, as the State Election is being held on the Saturday.

Starting at 12:00pm, get ready for a day packed with spine-tingling fun and family-friendly activities. From food trucks to vibrant markets, trick-or-treating, and the parade, there's something for everyone to enjoy. Below, you'll find a rundown of what to expect!

Get Your Trick and Treat Buckets Ready!

Get your trick and treat bucket or bag ready because Wynnum Central retailers will be out and ready to join in the Halloween fun between 1:00pm and 3:00pm. We encourage families to dress in their Halloween costumes as they embark on their trick-or-treating adventure!

Best Dressed Competitions

This year, we're mixing things up a bit. The Best Dressed Competitions will take place before the parade. We're excited to see your most bewitching and imaginative costumes!

Best Dressed Kids Competition

Open to children aged 16 and under. Judging begins at 3:00pm on the Main Stage, located at the intersection of Bay Terrace and Florence Street. All kids are invited to join the parade!

Best Dressed Adult Competition

Adults can show off their costumes with judging at 3:15pm on the Main Stage. Don't forget, registration for Best Dressed is essential this year, so be sure to sign up in advance!

The Grand Finale Parade

The day's eerie excitement will culminate in the Halloween Parade starting at 5:30pm on Bay Terrace, where all the ghoulishly fabulous costumes will take centre stage.

Happy Halloween and see you there!

To register for the best dressed competition, scan the QR code:



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VOTING OPENS ON OCTOBER 1 FOR THE BAYSIDE COMMUNITY AWARDS!

FROM THE BAYSIDE COMMUNITY FUND

September was a busy month for the Bayside Community Fund website, with nominations pouring in for the Bayside Community Awards.

At the time of going to print, nominations were still open (closing on September 30) so the list below is not exhaustive, but here are the current business and community nominees:

Bayside Business of the Year, sponsored by The Community Leader

Banette Bayside, Bartons, Bayside Admin and Bookkeeping, Bayside Dance, Bendigo Bank Wynnum Branch, Brisbane Physio Clinic, Catalina Hair & Beauty Studio, Cedar & Pine, Ebb + Flow boutique, Evoxia Physio, Keid In Electrical Pty Ltd, Manly Bakery, Manly Deck Bar and Restaurant, Manly Harbour Boat Club, Manly Village Pharmacy, Matilda The Art of Gelato, Munja Pizza, My Financial Design, Neurokin Psychology, Nitro Crew, Pedal Inn Bicycle Garage, Smilestones Therapy, Sobidah Clothing Co, The Arsonist, The Collective Store, The Eclectic Mix, The Hide Green Cafe, The Mind and Body Co, The Shed Wynnum, The Tasty Pocket, Theresa's Bliss, Wynnum Chiropractic and Wellness Centre.

Best Educator (Individual) of the Year, sponsored by Joan Pease MP

Ashleigh Coe (Edge Early Learning), Catherine McCarthy (Brisbane Bayside State College), Charmaine Driver (Darling Point Special School), Claire Stanic (Brisbane Bayside State College), Clayton Carnes (Manly State School), Deborah Thomas (Dolphin Studio), Georgia Maxfield (Wynnum General Gordon Kindergarten), Hayley Clarke (Wynnum State School), Jenni Hyde (Wynnum General Gordon Community Kindergarten), Megan Kelleher (Kellehers Dance Academy), Rhye Moore (Wynnum State School), Sandra Quinn (Wynnum State High School), Stuart Patterson (Moreton Bay Boys College).

Best Beauty, Health, Wellbeing and Fitness Business, sponsored by Raine & Horne Wynnum

Bartons Barber and Hair, Bayside Skin and Beauty, BodyTone Pilates, Brazil Wax and Beauty, Catalina Hair and Beauty Studio, Fitstop Wynnum, Little Birdie, My Body My Soul, Oscar Oscar Manly, Personal Training Plus, Pure Hairdressing Salon, Rebuild Health and Fitness, Studio Yellow, The Razor Crew Barber Shop, Top Katz Hair Studio, Wynnum Chiropractic and Wellness Centre, Yoga Bayside.

Best Hospitality Business (Small), sponsored by Wynnum Golf Club

Adelita Wine Bar, Lido Italia, Banette Bayside, Benz on Miller, Blue Hemp Café, Cambridge Lane Espresso + Kitchen, Cedar & Pine, Celtic Corner Bar & Bistro, Edith Street Espresso, Frankie's Coffee Bar, Manly Bakery, Manly Deck Bar and Restaurant, Matilda the Art of Gelato, Munja Pizza, Pera Palace Ottoman, Second Home Coffee, Shucks Bar, Thai Boat Restaurant, The Captains Parrot

Café, The Eclectic Mix, The Hide Green Café, The Shed, The Tasty Pocket, Theresa's Bliss, Wynnum Pizza and Spare Ribs.

Best Hospitality Business (Medium/Large), sponsored by Bartons Automotive Group

Bayside Cinemas, Manly Boathouse, Manly Harbour Boat Club, Pepes Mexican Bayside, The Arsonist, The Manly Hotel, Wynnum Manly Leagues Club.

Best Pet Services Business, sponsored by Wynnum Manly Leagues Club

BF Pet Rehab, Jeff's Pet Services, Manly Road 24-hr Vet Hospital, Wynnum Manly Veterinary Hospital.

Best Professional Services Business, sponsored by Re/Max Wynnum

Bayside Admin and Bookkeeping, Bayside Optometry, Dental on Cambridge, Evergreen Insurance Solutions Pty Ltd, McCartney Funerals, ME Accounting & Bookkeeping, My Financial Design, Neurokin Psychology, Ocean Body Corporate Advisors, Piccardi Fry Lawyers, Pierce Pipe Organs, The Little Hearing Co.

Best Real Estate Agency Business, sponsored by Jayco Brisbane Camperland

Belle Property Manly QLD, Coronis Bayside, Harcourts Property Centre Wynnum Manly, Lamonds Estate Agents, Ocean Realty, Raine & Horne Wynnum Manly, RE/MAX Advantage, Sash & Gable Property, The Home Buyer Helper.

Best Retail Business, sponsored by Wynnum Plaza

Bartons, Catalina Hair & Beauty Studio, Cultivate Design Co., Ebb + Flow boutique, Hali Home, La Carne, Luxury Blinds, Manly Village Pharmacy, Manly West Pharmacy, Perry's Prime Meats, Raptor Games, Smooche Boutique, Sobidah Clothing Co, The Collective Store, The Eclectic Mix, The Razor Crew Barber Shop.

Best Small Business Newcomer (less than 18 months), sponsored by Ross Vasta MP

Banette Bayside, Freedom Boat Club Brisbane, JnJ Joinery, ME Accounting & Bookkeeping, Neurokin Psychology, Ocean Body Corporate Advisors, Pepes Mexican Bayside, Second Home Coffee, Sip Sistas Cafe, Smilestones Therapy, The Tasty Pocket, Troy Elliott Photography, WCPS Op Shop.

Best Trade/Industrial Business, sponsored by Annual Pest Management

A and A Autos, Bartons, Brad Townsend Plumbing, Consolidated Electrical, Couplemate Trailer Parts Pty Ltd, Future Interior Linings, Greenfield Power, JnJ Joinery, Keid In Electrical Pty Ltd, Nitro Crew Wynnum, The Printing Well.

Outstanding Customer Service (Individual), sponsored by My Financial Design

Kylie Alcorn (The Eclectic Mix), Holly Bambridge (The Shed and Cultivate Design Co.), Paulina Barbato (Munja Pizza), Danielle Davis (Sobidah Clothing Co.), Flavio De Piano (Evoxia Physio),

Bel Ellis (Little Gnome Bookshop & Café), Alex Filips (Evoxia Physio), Rachel Frame (Bartons), Debra George (Pure Hairdressing Salon), Olivia George (Pure Hairdressing Salon), Mali Hannun (Cedar & Pine), Belinda Ho (Shucks Bar, Manly), Dee Hughes (Yoga Bayside), Natalie Lynch (Studio Yellow), Justin Mabey (The Tasty Pocket), Eliza O'Connor (The Tasty Pocket), Tanya Raharuhi (Bay Terrace Hair Design), Poven Singh (Colossal Café), Julieann Star (Ebb + Flow), Kate Sterren (Bayside Dance), Lilianna Stevani (Matilda The Art of Gelato), Deborah Thomas (Dolphin Studio).

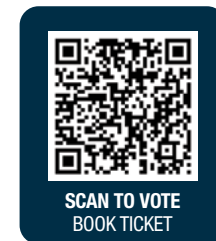
Outstanding Community Service (Individual), sponsored by Cr Alex Givney & Cr Lisa Atwood

Kylie Alcorn (Rosies, Wynnum Community Place & St Pete's Pantry), Allana Bianchi (Women of Wynnum Manly podcast), Christine Briggs (St Pete's Pantry), Paul Burchell (Brisbane Coast Guard, based in Manly), Andrew Dale (Bayside United FC), Robyn Elkington (South Passage), Angus Gorrie (Wynnum State School Parents and Citizens Association), Marilyne Jacob (St Pete's Pantry), Jill Nock (Quota), Margaret Redfern (Wynnum Manly Eisteddfod Inc.), Kelly Rusbatch (Wynnum State School Parents and Citizens Association), Margaret Vote (Wynnum Fringe, Story Dogs, Manly Dragon Boat Club, Rotary International, Social Mums Club).

Outstanding Community Service (Organisation), sponsored by Bendigo Bank Wynnum branch

BABI Youth and Family Service, Bayside Community Legal Service, Brisbane Coast Guard (Manly), Celebrate for a Cause, EACH, H.E.A.R.T - Hemmant Equine Agistment Riding & Therapy, Moreton Bay Discovery Centre and Museum, MyHorizon, Rosies – Friends on the Street, Sailability Bayside, Social Mums Club, St Pete's Pantry, The Forgotten Women, Waterloo Bay Leisure Centre, Wynnum Community Place, Wynnum Manly Eisteddfod Inc, Wynnum Manly Jazz Festival, Wynnum Manly Touch Association, Wynnum State School Parents and Citizens Association, YMCA Wynnum Hub.

To vote or buy tickets to the gala dinner, scan the QR code or go to baysidecommunityfund.org.au. Voting closes on October 25. See you at the gala dinner on November 7 at the Wynnum Manly Leagues Club when the winners will be announced!



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ANNUAL PEST MANAGEMENT

BARTONS

Joan Pease MP State Member for Lytton

MY FINANCIAL DESIGN



Brisbane Camperland
Caravan & Motorhome Centre

Cr Alex Givney
Councillor for Wynnum Manly Ward

Cr Lisa Atwood
Councillor for Dobby Ward

Raine & Horne

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Advantage

Ross VASTA MP

WYNNUM GOLF CLUB
EST 1922

Wynnum Manly LEAGUES CLUB

wynnum plaza

MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE UPDATE

BY CATH COOK, PRECINCT COORDINATOR

The Manly Harbour Village Chamber of Commerce (MHVCO) continues to support the local business community, fostering collaboration and growth within our vibrant precinct. As a not-for-profit incorporated entity, the chamber is led by a dedicated committee of local business and property owners who share a vision of making the Manly area a premier leisure destination in Queensland.

On Tuesday, August 20, the Chamber hosted its latest Trader Networking evening at the Manly Deck Bar and Restaurant, courtesy of owner Sudhir Setty. The event, attended by over 40 members and guests, was a great success. Our vice-president, Steve Rickertts, served as the MC, welcoming everyone to an evening of networking over delicious canapés and drinks. Guests were treated to updates on the latest happenings in the village, while trader representative Tammy Vitale announced exciting news about the upcoming Manly Harbour Christmas Lights Competition. This year, all residents within the 4179 postcode are invited to participate, making it a true community event.

On September 6, The Manly Hotel played host to our second Business

Breakfast of the year, with Karl Schwantes returning as our guest speaker. Karl, an internationally recognised author and award-winning business leader, shared insights on creating memorable customer experiences through his innovative *DIAMOND* Experience framework. The event was a hit, following on from his previous workshop on generating Google 5-star reviews. Guests were once again engaged as he shared tips on elevating customer experience. Terri Cooper from Business Chamber Queensland was also in attendance, providing valuable updates on EcoBiz and Workforce Evolve programs.

Don't forget, on the first and third Saturday of the month are the Jan Powers Markets, and the first Saturday of the month also sees the free Movies in the Park, starting at sunset. The Manly Creative Markets are held every Sunday. All three events are held in Little Bay Park, Manly.

For more information on upcoming events or to get involved with the Chamber, please contact us at promotions@manlyharbourvillage.com.



DATE CLAIMERS

5 OCTOBER: Movies in the Park – *Ferris Bueller's Day Off*

22 OCTOBER: AGM and Trader Night, The Manly Hotel

2 NOVEMBER: Movies in the Park – *Mamma Mia*

19 NOVEMBER: Trader Networking Evening – Manly Lota RSL Sub Branch

MARKETS

5 & 19 OCTOBER: Jan Powers Markets

EVERY SUNDAY: Manly Creative Markets



Photos by Steve Krige Photography.

Maggie's Mates

SPONSORED BY MARKET 2 MARKET



Name: Hi, I am Moose Pearson.

Suburb: I am from Wynnum West.

How long have you lived here? Nine weeks; it's my first home since I moved out from my mum's place.

What's your favourite local activity? Playing in the park!

What is your most treasured toy? My donut.

What is your favourite food? I'm quite partial to some chicken poop.

What's your worst habit: Eating chicken poop.

Your favourite local hangout? Frankie's coffee shop.

Your best doggo/cat/animal friend? I don't like to pick favourites, but I love hanging out with Lila and Fry next door.

Do you have any funny or embarrassing stories you'd like to share? I clear jumped onto the table at my owner's niece's first birthday party. I may be short but I'm springy! Left some pretty good paw prints on the tablecloth, too.

What do people love most about you? I'm a five-month-old puppy. Who doesn't love a puppy?

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JOIN US FOR AN UNFORGETTABLE NIGHT AT THE BAYSIDE COMMUNITY AWARDS DINNER!



You're invited to the Bayside Community Awards Dinner, an evening filled with celebration and recognition. Be there as we unveil the winners of the Bayside Community Awards. Reserve your spot for an unforgettable evening!

DATE: Thursday, November 7th

TIME: 6.30 till late

VENUE: Wynnum Manly Leagues Club, 92 Wondall Road, Manly West

EVENT HIGHLIGHTS: Enjoy a two-course dinner (starter and main meal). Witness the formal acknowledgment of our local heroes from the business and non-profit communities.

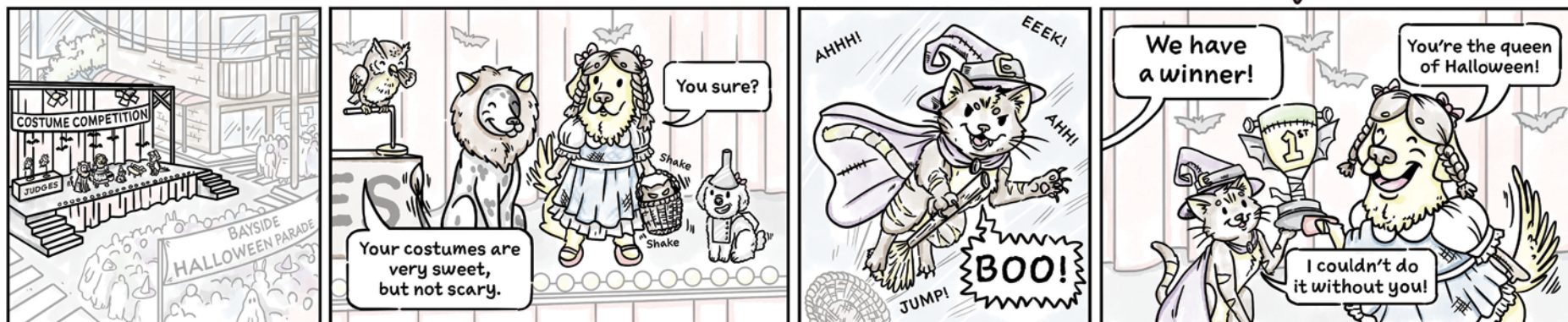
TICKETS: \$95 per person or \$900 for a table of 10.

DRESS TO IMPRESS: Cocktail attire is encouraged.

Your participation contributes to a meaningful cause – all proceeds from the evening will be directed to the Bayside Community Fund. Secure your seat today and be a part of this extraordinary evening! To secure a ticket go to www.baysidecommunityfund.org.au or scan the QR code.



MISS MAGGIE OF MANLY



WHAT YOU NEED TO KNOW ABOUT ITCHING AND ALLERGIES IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Itching and allergies in cats occur commonly and can be frustrating to manage and treat. Itchy cats will often demonstrate persistent scratching and chewing, which can result in open wounds and pain, in addition to the irritation caused by the itch.

What are the most common causes of itching?

Itching in cats is commonly caused by external parasites such as fleas and mites, allergies and the fungal infection ringworm. Cats will show signs of itching, including scratching, licking, or chewing on the affected area. The skin may become red and inflamed with fur loss and scabbing secondary to self-trauma or secondary infection.

What are the most common types of allergies in cats?

The most common allergies in cats are flea allergy dermatitis, food allergy and atopic dermatitis. Secondary infection with bacteria or yeast can increase the level of itching.

- Flea allergy dermatitis is caused by flea saliva – one bite from a flea is enough to trigger a reaction in affected animals. Regular use of a flea control product on all pets in the house, and treatment of infected environments with regular pest control can reduce the risk of flea allergy.

- Food allergy is the result of a reaction to protein, carbohydrates or preservatives in food. Your vet will advise you on options for hypoallergenic or anallergenic foods for your cat to try. These foods often contain “novel” proteins – these are proteins which your cat has not been exposed to previously so is less likely to have a reaction to.
- Atopic dermatitis is similar to hay fever in people – cats may be allergic to pollen, dust mites and mould spores. Veterinary dermatologists can test your cat for allergens and develop a vaccine to desensitise against allergens.

How do we treat allergies in cats?

Treatment of allergic skin disease in cats includes aiming to reduce exposure to allergens and reducing itching. There are topical, oral and injectable treatments that may be utilised to control your itchy cat's signs. Your vet will be able to help you develop the appropriate treatment plan for your pet.



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DOES MY CHILD HAVE ADHD?

BY DR DALE GARRED, MANLY VILLAGE MEDICAL

Attention deficit hyperactivity disorder (ADHD previously called ADD) is a neurodevelopmental condition. ADHD is NOT the same as Autism Spectrum Disorder (ASD), but the two conditions can coexist.

The brain of a patient with ADHD is wired just a little differently resulting in these patients having trouble with executive functioning.

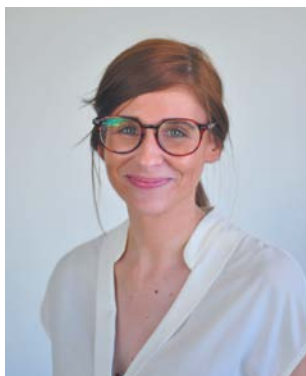
Executive functioning is a set of cognitive processes and mental skills that help individuals to plan, monitor and successfully execute their goals.

It includes skills like:

- Self-control (regulation)
- Flexible thinking
- Inhibition
- Problem solving
- Working memory

Trouble with executive function makes it hard to focus, follow directions and handle emotions. As such, patients with ADHD have symptoms that can be grouped into two core categories. Children with ADHD may display symptoms from one OR both categories.

1. **Hyperactivity/impulsivity** – e.g. fidgeting, difficulty remaining seated, restless, difficulty playing quietly, excessive talking, difficulty taking turns, interrupting.
2. **Inattention** – It can be difficult to distinguish between ADHD symptoms and normal “kid behavior”. Certainly, my four children would display all of these symptoms at various times. I would consider ADHD as a possible cause for these traits IF:



- The symptoms appear ALL the time (rather than just in some situations)
- The patient displays MOST of the symptoms (rather than just SOME of the symptoms)
- The symptoms EFFECT FUNCTION on a DAILY basis (e.g. performance in school or harmony in the home)

It is very difficult to diagnose ADHD before the age of four, but If you are worried that your child might have signs of ADHD, you should see your GP. If your GP also suspects ADHD they may refer you for a formal assessment and diagnosis by a specialised paediatrician or paediatric psychiatrist.



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Authorised by Elizabeth Lewis for Elizabeth 4 Bonner 2025, Wynnum West QLD

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tax paid by 10 of the biggest mining companies in Queensland while receiving \$6 billion in state subsidies.

\$634b

in mineral exports in 10 years by 86% foreign owned mining companies paying only 9% in royalties.

38

new coal mines approved by Labor since taking office, while promising action on climate change.

4%

royalties paid by gas corporations in exchange for \$120 billion of our LNG. \$22 billion last year alone.

43%

average rent increase across Queensland in less than 3 years - an average of \$330 per fortnight!

33%

of Queensland MPs are property investors, while 85% own their homes outright.

1.7m

Queensland renters one rent rise away from living in their cars. Or worse.

43,000

Queenslanders on the social housing waiting list as more and more tents pop up in local parks.

20-27%

increases in the cost of bread, milk, cheese and eggs over two years, squeezing families while CEOs make \$8 million salaries.

65%

combined market share of the Coles Woolworths duopoly ripping off farmers and killing off competitors.

>200%

profits by Coles and Woolies on some grocery items as they lie about "poor growing conditions".

\$6.9m

in donations paid by Coles and Woolies to Labor and the LNP over the last 10 years.

33%

after tax profits by the big 4 banks as they gouge an average \$400 on mortgages in pure profit each month.

\$33m

in donations by the big 4 banks to Labor and the LNP over 10 years to secure their inaction on banking reform.

\$1.7b

annual underfunding of QLD public schools, burning out teachers and hurting student outcomes.

31%

decline in bulk-billing GPs over the past 6 years, forcing families to choose between seeing a GP and basic essentials.

SO ARE WE

The Greens will take on the big corporations ripping us all off. We'll make them pay their fair share to fund the neglected essential services and public infrastructure Queenslanders need.



Stop Labor & the LNP's new coal and gas mines and cut power bills, investing in 100% public renewables and green manufacturing



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Authorised by K Carra for The Greens, 47 Park Road Milton, 4064 Brisbane - AN 2024/0961



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Cr Alex Givney

Councillor for Wynnum Manly Ward



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Updates from your local Councillor



Wynnum Wading Pool Reopens for Summer

Our ocean-fed pool has been a cherished community gem since 1932. It follows a meticulous yearly routine: ocean water fills the pool in 1.5-2 days, followed by a high-tech treatment with ozone and UV for pristine quality. During the season, it becomes a vibrant mini-ecosystem, and winter brings updates like fresh sand and improved filtration.

Enjoy the warmer weather with a visit to this refreshing and well-maintained community treasure!



Supporting Red Cross Trauma Teddies

I'm delighted to support the Red Cross Wynnum Manly Branch's Trauma Teddies program with a grant from the Lord Mayor's Community Fund.

Since 1990, these hand-knitted teddies have comforted over 1 million children during difficult times such as bushfires, floods, and hospital stays. Recently, the Wynnum Manly Branch delivered over 300 bears to local doctors, hospitals, and ambulance services. A special shout out to Anne, who has devoted over 20 years to this amazing initiative!

Thank you to all the dedicated volunteers at the Wynnum Manly Branch who make this heart warming work possible!



Rachael Watson Wins Two Medals at Paris Paralympics

Congratulations to Rachael Watson for her outstanding performance at the Paris 2024 Paralympic Games.

As a proud Wynnum/Manly resident and a competitor in her third Paralympics, Rachael has once again demonstrated exceptional talent and commitment. She earned a bronze medal in the women's S3 100m freestyle with an impressive time of 1:38.92, marking her first Paralympic medal in this event. She also secured bronze in the women's S4 50m Freestyle, making history as the first Olympian or Paralympian to achieve a podium finish in the 50m Freestyle at three consecutive Games.

We are so proud of Rachael's accomplishments and the inspiring legacy she is creating through her exceptional performances!



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!

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Shop 3A, 212 Bay Terrace, Wynnum (Mon - Thurs: 9am-5pm, Fri: 9am-4pm)



@CrAlexGivney

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



AUSTRALIA'S BIGGEST CHILD SAFETY LESSON

One of the most important responsibilities I have as a father, and member of Parliament, is to ensure the next generation grows up knowing they are safe, valued and supported. As a dad, there is nothing more terrifying than the thought of something happening to one of my boys.

For Bruce and Denise Morcombe, this fear became reality when their 13-year-old son Daniel was abducted and murdered. Following this unthinkable day, Bruce and Denise saw an opportunity to make a difference. Together, they started the **Daniel Morcombe Foundation** to educate other children on how to stay safe. One of the ways the Daniel Morcombe

Foundation has helped keep kids safe is through the *'Australia's Biggest Child Safety Lesson'* initiative.

This year's lesson was live-streamed across Australia, from **Manly State School**. It was all about the importance of **enthusiastic** and **affirmative consent**. By teaching our young ones the skills needed to recognise, react and report unsafe situations, the **Daniel Morcombe Foundation** has not only become a powerful symbol of hope, but undoubtedly saved lives. While nothing will bring Daniel back, Bruce and Denise have courageously turned a tragedy into a powerful platform to raise awareness and bring change.



AUSSIE AUSSIE AUSSIE, HAPPY AUSTRALIAN NATIONAL FLAG DAY!

In September we celebrated Australian National Flag Day...

Did you know 32,823 people entered a design for the Australian flag? It's no wonder the judges spent six days deciding on a winner.

One of my favourite parts of being a parliamentarian is being able to present community groups with Australian, Indigenous and Torres Strait Island flags which they can fly proudly. Thank you to **Chad Gardiner** for joining me at the **Royal Queensland Yacht Squadron** to present the dedicated team with a new Australian Flag.

Each element of our National Flags represents an important part of our national identity. Although our country has changed and evolved since this time, the same values of freedom, democracy and sovereignty ring true today. The Australian flag is a powerful symbol and reminder that **we live in the best country on earth!**

Also a fun fact... the largest (and heaviest) Australian Flag is flown on top of Parliament House in Canberra... it's almost **thirteen metres wide** and weighs **22 kilograms!**

ROVING ROSS...

Hearing directly from locals is the best way for me to represent our community's needs in Canberra, especially through mobile offices. From local shopping centres to small businesses, chatting with locals across Bonner is incredibly important.

At my most recent mobile office, where I was joined by my boys and **Chad Gardiner**, we heard from locals on many issues, particularly crime and the cost of living. Our community deserves to feel safe and secure in our homes and communities. It has been disappointing to see a lack of action and plan from the current government to tackle the Youth Crime Crisis.

I am also deeply concerned by the rising costs of basic goods and services,

and the increased pressure this is putting on volunteers. While our local charities and community organisations are going above and beyond to provide support, it is sad to see they are receiving little in return. Disappointingly, Labor has left charities to support Australians through its own cost of living crisis, and National Accounts figures reveal the slowest GDP growth since the 1990s, outside the pandemic. Queenslanders, and Australians alike, are ready for change and deserve leadership that will support local organisations, families and businesses.

Thank you to everyone who has stopped by my recent mobile offices; stay tuned to my social media and email updates for the next one!



CELEBRATE FOR A CAUSE BRINGS A REGATTA ON THE RIVIERA TO MANLY

FROM CFC

Celebrate for a Cause – Manly (CFC), a 100% volunteer-run bayside event, returns for its seventh year with a *Regatta on the Riviera* theme at the Royal Qld Yacht Squadron (RQYS) on Saturday October 26.

The event will add to the \$256,000 already raised for local charities in previous years, including Rosies, BABI Youth Services, The Forgotten Women and the Bayside Community Fund.

This year's major charity partner is Challenge DV.

"Funding will be used to run a grassroots program for management and players at bayside sporting organisations to provide advice, training and support," said Linda Smith, General Manager of Challenge DV. "The program will assist clubs to foster safe and respectful relationships across our community and educate management and players on where and how to source support."

Linda said interest has been overwhelming with

Wynnum Seagulls, Wynnum Lady Bugs Netball, Wynnum Rugby and Bayside United Soccer all committed to the program at the recent launch event. "We still have capacity for four other clubs and would love to hear from any other bayside sporting organisations wanting to access the free support program."

This year's minor charity partners are the Bayside Community Fund and Share the Kindness.

Regatta on the Riviera will be staged on the rigging lawn at RQYS, where guests will enjoy entertainment featuring a live band and roaming performers, a glass of champagne or a cocktail on arrival, grazing tables, croquet and lawn games, a champagne wall and Captain Caviar experience, raffles, auctions and more.

EVENT DETAILS

When: Saturday, October 26th, from 5:30pm

Where: Royal Queensland Yacht Squadron, Manly

Tickets: purchase at www.cfcmanly.com.au



Pictured: Leah Webb (Wynnum Ladybugs Netball), Linda Smith (Challenge DV), Sophie Ginnivan (RQYS), Kara Vallins (CFC) and Wayne Weeks (Wynnum Manly Seagulls). Photo: Supplied.

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Halloween Parade

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Wynnum Commerce Inc is proud to present the 3rd Annual Ampol Wynnum Halloween Parade, is a free family event not to be missed.

We'll have **FOOD TRUCKS & MARKETS** from 12-7pm. **TRICK or TREAT** and **ENTERTAINMENT** starts at 1pm. The **PARADE** begins at 5:30pm on Bay Terrace as the event's finale. The community are welcome to join the parade. Our **BEST DRESSED COMPETITION** will be judged **BEFORE** the parade this year and all contestants must **REGISTER** prior to judging, including those who just wish to walk in the parade. Unfortunately **NO Side Show Alley** this year.

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SLOW FASHION: WHEN FROCKING DOWN MEANS FROCKING UP

BY JAN NARY

Qualifications in agricultural science, ABC rural reporting and journalism may seem an unlikely background for a woman driving a revolution in fashion but that's Jane Milburn's story. Founder of Textile Beat, Jane's work aligns with the United Nations' Sustainable Development Goals. Her initiative in the "slow clothing" movement won Jane a 2019 Churchill Fellowship investigating ways of being more hands-on with our clothes to help reduce textile waste and enhance wellbeing.

"We need to take agency over what we wear," she says. "We are all conditioned by big fashion to strive for a certain look, to be in fashion – when in fact that's impossible, because it keeps being changed and we'll never catch up. Planned obsolescence started with the fashion industry, and because we wear clothes, it's immediately obvious whether we're in or out of the fashion club. We need to jump off the treadmill and do our own thing, create our own style by experimenting and playing with clothing."

Jane says that while domestic science classes may be a thing of the past, we could all benefit from learning life skills, how to make and mend and restyle clothes.

"Some people may feel that they're too busy; that it's so much easier to order online and wait for delivery," she says. "That's a shame because we're being de-skilled; making and creating things by hand is an essential part of our psycho-social makeup."


Jane observes that there are many parallels between slow food and slow fashion and that concern about the future welfare of the environment depends largely on our food and fabric consumption patterns.

"Slow fashion reflects many permaculture values," she says. "The '60s saw a wave of concern about food ingredients, production methods and environmental contamination. We should be as concerned about fabrics and make every purchase a considered decision. So many issues are layered into this; clothes, food, the environment, social manipulation, exploitation of garment workers... it's a big issue!

"Sixty per cent of our clothes are synthetics made of plastic. We're better off buying natural fibres like cotton and wool; even though their production is not perfect, they're improving. There have been processes developed to reconstitute potato greens, orange peel, milk, and banana skins into fabric, but as part of the food system, it's better that they stay on the farm as fertilisers and soil improvers.

"The first step for change is to unhook ourselves from the concept of having to look a certain way to be acceptable; basically, that's a lot of baloney."

At Point Lookout Hall on Wednesday, October 9, at 10:30am, Jane will hold a 90-minute talk and discussion about the options and choices for purchasing clothes.

Wynnum Manly Leagues Club Ltd.
Board of Directors hereby give notice that nominations for the position of Director will open from Monday 11th October 2024 at 10.00am and will close Friday 25th October at 5.00pm.

AGM will be held Sunday 1st December, 2024 at 9.30am

For further information and nomination forms, please contact

Daniel Gray
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LOCAL STUDENTS TEAM UP WITH BUSINESS LEADERS TO CREATE TRACTION

FROM THE PORT OF BRISBANE

Business leaders from across south-east Queensland have teamed up with students for the annual TRACTION CEO Bike Build at the Port of Brisbane.

A local charity who believes everyone deserves the chance to build their own future, TRACTION ran its sixth consecutive CEO Bike Build, raising funds for its mentoring programs for young people.

Students from Wynnum State High School in the bayside as well as Park Ridge State High School and Arcadia College were partnered with 23 executives and given three hours to build a bicycle as part of the hands-on mentoring program.

In addition to the Bike Build event, Wynnum State High School Students participated in a nine-week Bike Build Program earlier this year, sponsored by Port of Brisbane.

Daniel Burley, who heads up the Port's Infrastructure team, was one of the executives put to work.

"We love getting young people out to the Port for a hands-on experience, so partnering with TRACTION over the last four years has been a fantastic fit. While it was really rewarding sharing 'hands-on' skills with the students, it was also an opportunity to have important conversations about bike and road safety throughout the day," said Daniel.

TRACTION works with schools and referral agencies to identify young people, typically aged 12 to 15, who are experiencing challenges.

If you're a local not-for-profit organisation or registered charity interested in finding out more about the Port of Brisbane's grant funding, head to the Port's website for more details (www.portbris.com.au).



Photo: Supplied.

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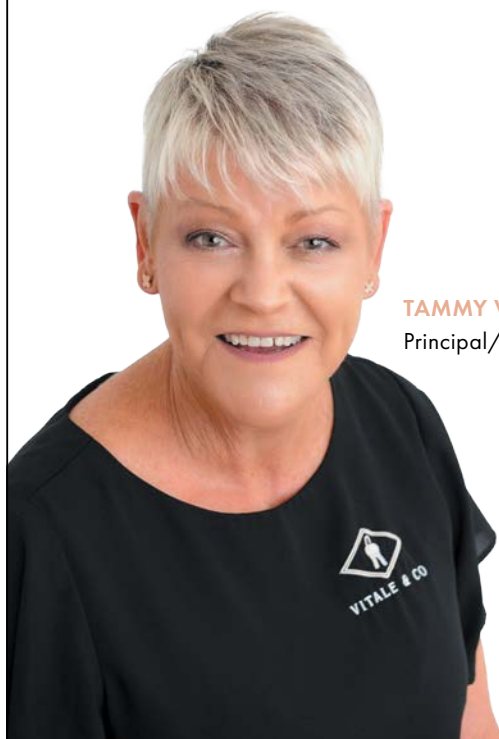
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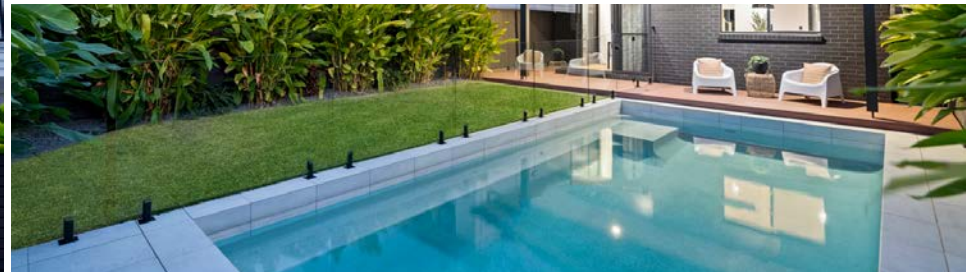
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4 Bed 3 Bath 3 Car

Luxury Living on the Golf Course

Nestled overlooking the 4th hole of the Wynnum Golf Course, this architectural gem epitomizes refined living. With its striking design, it stands out among the finest homes in the Bayside, blending comfort, style, and leisure into a serene, picturesque setting.

Step inside this masterpiece and discover a spacious, open floor plan crafted for effortless living. High ceilings and expansive windows bathe the interiors in natural light, creating a welcoming and airy atmosphere. The modern fixtures and finishes highlight contemporary sophistication at its best.



Chris Vote
0433 411 540



128 & 130 Kingsley Terrace, Manly, QLD 4179

5 Bed 2 Bath 4 Car

3 PRIME LOTS @ 405m² = 1215m² - 128 & 130 Kingsley Terrace Manly

128 Kingsley is a single block on its own Title, while 128a & 130 Kingsley is a double block on 1 Title with an original Queenslander home. The original home on 130 Kingsley Terrace was built by local legend William Gunn and was a local land mark.

For those who see the parcel of land as more valuable for development, there is no Character overlay on this property allowing the home to be removed. The elevated position on Kingsley Terrace & Nelson Parade is excellent and ideal for building, with panoramic bay views obtained towards the William Gunn Jetty & Manly Boat Harbour.



Margaret Vote
0411 521 747



Chris Vote
0433 411 540





44 Wellington Street Manly

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Jan Goetze

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Enclave is the latest instalment of several residential apartment developments by prominent developer, AFT. In prime position in the centre of Cleveland, Enclave is within walking distance of the central retail and entertainment area and provides easy access to all the offerings of Moreton Bay.

This boutique development of 36 units combines the ease, security, and convenience of apartment living with superior quality finishes. It boasts a range of amenities, including a fully equipped gym, sauna, workshop/hobby room, swimming pool, residents' function room, caravan/RV parking, and a five-star foyer with a meeting room.

On levels one to five are a mix of two and three-bedroom units with studies and break out balconies, incorporating modern design with all the finishes expected of a premium apartment.

Six penthouse units across levels six and seven form the Enclave 'Residences'. Each penthouse has breathtaking panoramic views across Moreton Bay, accompanied by exceptional features including stone-clad gas fireplaces, custom kitchens, media rooms, studies, vast balcony space, high raked ceilings and three spacious bedrooms, providing a truly luxurious living experience.

Enclave is open for viewing every Saturday from 10am to 3pm and Sunday 10am to 2pm at 230 Middle Street, Cleveland. Come to inspect our latest offering. Midweek inspections are available by appointment.

For enquiries, call Sharon Saul on 0403 384 904 or Nyanda Galvin on 0400 936 236.



Photo: Supplied.



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LOCAL GARDENING WITH KAT

EAT YOUR GREENS! (PART 1)

BY KAT PEARSON, *GIRL IN THE GREEN*

If you've been around edible gardening talks in Brisbane, you may have heard many "spinach alternative" suggestions – those leafy greens that tolerate our hot and humid summers better than more traditional lettuces. There are heaps of options out there, but as always, just because they are edible doesn't mean they taste good. Some of them are gross. But like everyone else, I'm going to share my top list of the leafy greens I voluntarily and even preferably eat from my garden over summer. I also want to give you a little info on growing each of them (and I tend to ramble), so I'll split this topic over two months!

A lot of the leafy green alternatives have higher levels of oxalates or oxalic acid. It's a natural compound that your body can process, but if you consume too much, it's not fabulous for your kidneys, so it's generally recommended to lightly cook them, which breaks them down. That being said, I've heard lots of people tell me they've eaten such and such every day since they were a kid and are fine, so I think a lot of it comes down to predisposition and erring on the side of caution. Personal choice. The problem is that cooked greens are not always what you want in summer – a replacement for silverbeet in your soup is great, but what about crisp, fresh summer delights?

Now, I should point out that I am not a salad fan. If it's full of roast pumpkin, feta, nuts and bacon, sure, but your typical lettuce, carrot, tomato, cucumber garden salad...c'mon peeps, I'm not a rabbit! I do, however, like a few crunchy fresh green leaves to add to my taco or burger, so I still have a handful of recommendations of leaves that can be eaten raw without any worries.

First up, Okinawa spinach (*Gynura bicolor*). Some people tell me they find this a bit slimy and prefer Malabar spinach (*Basella alba*), so it must be personal, but I picked out EVERY TINY LITTLE SLIMY MALABAR SPINACH LEAF from my last dish and ripped the plant out after I tried it. Disgusting. Back to Okinawa spinach: it's a low, sprawling plant that looks infinitely better with regular pruning and grows ridiculously easily from a cutting. I find part shade keeps it looking nicer, but it will tolerate full sun with water. The underside of the leaf is a beautiful purple colour and if you let it flower, the nectar-rich orange pompom flowers attract all the butterflies. Its close relative, longevity spinach (*Gynura procumbens*), is also ok to eat, but the leaves are a bit hairier and plain green.

Next up, Brazilian spinach (*Alternanthera sissoo*). This little guy has CRUNCH. It is quite drought-hardy, too, and loves full sun, although tastes MUCH better if you water it. It's also a low-growing plant but is quite compact, making a very low-maintenance ground cover perfect for edges, even in ornamental gardens.

If you're in 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!

Part 2 of this article will be published in the November edition of The Community Leader.



Left: Okinawan spinach (*Gynura bicolor*). Right: Brazilian spinach (*Alternanthera sissoo*). Photos by Kat Pearson.

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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EXCITEMENT BUILDS AS THE STUNNING NEW MG CYBERSTER ARRIVES IN AUSTRALIA

FROM BARTONS, CAPALABA

MG has traditionally been known for its iconic roadsters, but now the company is applying cutting-edge technology to unleash a new generation roadster: The Cyberster. The two-seater drop top offers true supercar performance with 375Kw of power, head-turning scissor doors, and the efficiency and economic benefits of an electric car.

“We are succeeding in ways that 100 years ago, we never could have imagined,” said Giles Belcher, Chief Commercial Officer at MG Motors Australia.

“There’s a tremendous transformation happening at MG globally right now and it’s the most exciting time, being able to work as a key decision maker for Australasia, alongside the wider MG executive team and our CEO.

“The MG4 EV, Cyberster, new HS headed for our shores, along with new ZS and all-new MG3, are a key part of the next phase of growth for MG.”

Mr Belcher said the new Modular Scalable Platform (MSP) has been designed to maximise battery efficiency, with concerted efforts to further reduce weight and allow scalable range and performance for a wide variety of customer requirements, offering enhanced interior space and luggage capacity. This technology will enable MG to offer multiple options for the rapidly expanding Australian and New Zealand electric car market, with all choices reinforcing MG’s reputation for outstanding design, market-leading technology, and excellent value for money.





If you’d like to see this traffic-stopping beauty, drop by Bartons’ Capalaba showroom from October 9 to 16 where the Cyberster will be on display.



Photo: Supplied.



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LOCAL POETRY TOWARDS SUMMER

BY GEOFF SMILEY

Jacarandas are changing
and daylight's on the turn.
Winter cold now mellowing,
and we begin to yearn
for summer days.

Jacarandas are yellowing.
Soon leaf will drop and purple
flowers with bell-like blooming
will appear as we, excited, hurtle
towards summer days.

Jacarandas now flowering.
This purple joy soon will fall,
the joyous shower ending.
Then green canopy over all,
announcing summer days.

© Geoff Smiley

Community Leader

WE'RE ALL ABOUT GOOD NEWS

The Community Leader is a monthly publication, home delivered to parts of Wynnnum, Wynnnum 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.

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LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.

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MEN'S SHED MEMBERS STEP UP FOR LOCAL CHILDREN WITH DISABILITIES

FROM THE WYNNUM MANLY & DISTRICTS MEN'S SHED

The Wynnum Manly and District Men's Shed, with its frequent garage sales, is ever-mindful of keeping usable items out of landfill and if need be, saving the planet one second-hand article at a time.

Some of our committed members are also volunteers at the Wynnum Repair Cafe, which breathes life back into precious items that owners hope could be resuscitated.

Imagine the immensity of the challenge when the Men's Shed was offered two sets of beautifully polished steps, one going up and the other coming down, that were destined to end their lives as landfill!

President David Westlake and second-in-charge Harry Whiting took up the challenge to send them to a better place.

Now, David and Harry, both OBEs (over bloody 80), had to un-attach the steps from their location, manoeuvre them outdoors and lift them onto the back of the ute.

After initially unsuccessfully shopping them around, they were blessed with a moment of divine inspiration when they rang School Principal Charmaine Driver (pictured above) from the Darling Point Special School.



Photos: Supplied.



Principal Driver was ecstatic to say 'yes' as they were perfect for the children with walking disabilities to use as exercise equipment to improve muscle control in disabled legs.

And so David and Harry were now OBEs OTM (over the moon). They had found the glorious polished steps a forever home where they would be purposefully used and fortuitously saved from the dreaded landfill.

WYNNUM MANLY CRICKET BLASTERS REGISTRATIONS OPEN FOR THE 2024/25 SEASON

FROM WYNNUM MANLY DISTRICT CRICKET CLUB

Exciting news! Blasters registrations at Wynnum Manly District Cricket Club are now open for the 2024/25 season, set to be our biggest and best yet!

Sessions will be run on Friday nights from 5:00pm to 6:30pm at the club's main field at 175 Boundary Street, Tingalpa, with a sausage sizzle to follow each session.

TERMS

Term 4: October 11 to November 29.

Term 1: January 31 to March 21.

WHAT IS BLASTERS CRICKET?

Blasters Cricket is a fantastic way for young kids (aged five to 10) to learn the basics of the game in a fun and inclusive environment. Each participant receives their program pack with their own bat, ball and personalised shirt, and sometimes get the opportunity to play on the Gabba at test matches or big bash games. The younger kids have a more skills-based program where they have their first introduction to cricket, whilst our slightly older kids play fun, small-sided games in our Super Sixers competition.

FEES

This year we will have one fee for the summer, which will cover 16 weeks (i.e. eight weeks pre-Christmas and eight weeks post-Christmas). The fee is \$210.

REGISTRATIONS

Please scan the QR code to register.



FAIRPLAY VOUCHERS

We accept FairPlay vouchers. If you haven't got a FairPlay voucher yet, go to <https://www.qld.gov.au/recreation/sports/funding/fairplay>. Vouchers can be redeemed in the payment section of the registration form.

For more information please email wmdccblasterscoordinator@gmail.com or phone 0404 692 504.



Photos: Supplied.

VERY COOL TOMATO GAZPACHO RECIPE



This cool tomato soup is utterly refreshing, incredibly easy to make, and is a sensational entrée or a colourful addition to a brunch buffet. Get creative by serving the soup in crystal glasses or colourful glass bowls.

INGREDIENTS

- 6 ripe tomatoes, roughly chopped
- 1 continental cucumber, peeled and chopped
- 1 small red capsicum, cored and chopped
- 1 small green capsicum, cored and chopped
- 1 small red onion, chopped
- 1 garlic clove, finely minced
- 3 cups tomato juice (or cold water for a lighter version)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- Salt and freshly cracked black pepper to taste
- Garnish: diced continental cucumber, tomato, fresh basil leaves

METHOD

1. Place the tomatoes, cucumber, capsicums, onion, and garlic in a blender or food processor. Pulse until smooth.
2. Pour in the tomato juice, olive oil, red wine vinegar, and lemon juice. Blend the mixture again until it's combined.
3. Add the salt and pepper to taste. Now's the time to adjust the acidity by adding more vinegar or lemon juice.
4. Put the gazpacho in a large bowl, cover it, and pop it in the fridge to chill for at least two hours or until it's very cold (this intensifies the flavour!).
5. Ladle your soup into pretty glasses or bowls and garnish with basil, chopped cucumber and tomato.





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FREE MARINE RADIO COURSE COULD SAVE YOUR LIFE

CONTRIBUTED BY VMR RABY BAY

How well do you know your marine radio? Do you know what channels to use when out in Moreton Bay or offshore? Do you know how to use it in an emergency? Did you know you need a marine radio licence to operate a VHF marine radio? These are all the questions and more answered in the free Know Your Marine Radio course, run by the volunteers at the Volunteer Marine Rescue (VMR) Raby Bay.

For a number of years, experienced radio operators have trained hundreds of boaties on the use of their marine radios, even by visiting boating and yachting clubs to run in-house sessions. VMR Raby Bay runs these sessions for free but is happy to accept any donations to help in the running of the VMR Raby Bay base.

The course helps participants understand VHF Marine Radios and provides hands-on training for those undertaking the marine radio exam through the Australian Maritime College (AMC). James and Lou are the principal deliverers of the course. Lou invigilates the exams at the VMR Raby Bay base at Cleveland on behalf of the AMC in Launceston, Tasmania.

“Whether you are going out for a few hours fishing in the bay, a day’s fishing offshore or a round-the-world sailing adventure, your marine radio is one of the most important safety items you have on board,” said Lou. “The skipper should know all aspects of radio usage and be able to instruct any crew or passengers on the basics of using the radio in case the skipper becomes incapacitated.”

James and Lou are not only experienced radio operators, taking their turns in the VMR Raby Bay radio room, but also experienced boaties and VMR boat crew coxswains, and both have completed accredited search and rescue courses.

“As part of the constant contact with the boating public, either on a rescue boat or through the radio room, we can give many real-life examples of the importance of using a marine radio,” said James.



Photo: Supplied.

“From the time of the Titanic through the invention of international flights, radios have been and continue to be the primary communication tool of operators of boats and planes. While many people believe the mobile phone is all they need, depending on your phone, your carrier or the distance from a tower, the phone can be next to useless. A properly set up marine radio could be your only lifeline in a marine emergency.”

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BABI'S GET SET FOR WORK PROGRAM – AN ALTERNATIVE PATHWAY TO SCHOOL

FORM BABI YOUTH AND FAMILY SERVICE, WYNNUM

BABI Youth and Family Service has delivered its Get Set for Work program for over seven years.

The program works with young people who have disengaged from school or have finished school and are not sure what the next steps are. They participate in Certificate II in Skills for Work and Vocational Pathways whilst receiving one-on-one support from a youth worker to get job-ready and find the next step in their education or employment pathway. Alongside this are activities that encourage learning whilst having fun, such as sailing, trampolining, a visit to the local fire station, guest speakers, and the opportunity to complete a first-aid certificate.

There have been some amazing outcomes from this program, with young people finding employment in industries like construction, hairdressing, beauty, hospitality and retail. Others have gone on to study at TAFE or other training organisations in community services, nursing, youth work and childcare or complete years 11 and 12 through alternative pathways. These are not the only positive outcomes – there have been young people who were socially isolated and made new friends, and people with low self-esteem and confidence but finished the course with newfound positivity and confidence in their abilities.



Photos: Supplied.

School is not for everyone, and the BABI staff understand and respect people's individuality and diversity. The Get Set for Work program runs four times a year within the school terms, with an orientation week to get to know the staff and space they will be working in, with



a graduation at the end to celebrate the accomplishments of the participants. The next term starts on Tuesday, October 8, and BABI is taking enrolments now. If you want further information, please contact Tara at gsfwsupport@babi.org.au.

BAYSIDE DANCE GETS NATIONAL RECOGNITION AT AUSTRALASIAN AWARDS

CONTRIBUTED BY BAYSIDE DANCE

Bayside Dance, a cherished local dance studio known for its vibrant community spirit and exceptional training, has garnered national recognition, being named a finalist in six categories at the prestigious Australasian Dance Education Awards. This honour reflects the studio's outstanding achievements in various aspects of dance education and community involvement.

The nominations highlight Bayside Dance's commitment to excellence across the board. The studio is a contender for the coveted Australian Dance Studio of the Year award, an accolade that celebrates overall excellence in dance instruction, student development, and community engagement.

Director Kaitlin Hague, a bayside local who opened the studio in 2014, is also recognised as a finalist for Dance Studio Owner of the Year. This nomination acknowledges her leadership, vision, and dedication to fostering a supportive and innovative environment for dancers of all ages.

In addition to these individual accolades, Bayside Dance has been named a finalist for Excellence in Leadership, Excellence in Marketing & Brand, and Excellence in Administration. The studio's impact on our local Bayside community has also been celebrated with a finalist position for Excellence in Community Impact.

Bayside Dance is a very familiar name around the Wynnum/Manly area as they lend their time and dancers to community events such as Bayside Carols, the upcoming Wynnum Halloween Parade, and earlier this year hosted their own Party in the Park as a free event for the whole community to enjoy.

"We are incredibly honoured and thrilled to receive these nominations," said Kaitlin Hague. "It's a testament to the hard work and dedication of our entire team, as well as the support and enthusiasm of our students and their families. We're grateful for the opportunity to contribute to the vibrant dance community and look forward to continuing to inspire and innovate."

The Australasian Dance Education Awards celebrate the best in the industry and recognise those who have made significant contributions to dance education and community.

The winners will be announced at a gala event later this year, and Bayside Dance will continue to be a source of pride and inspiration for the Wynnum/Manly community.

For more information about Bayside Dance and their programs, visit www.baysidedance.com.au.



Pictured: Samantha Rubin, student of Bayside Dance, has been selected to perform with Brisbane City Youth Ballet in January. Sam is a member of Bayside Dance's Talent Development Program and has experienced great success in competitions and eisteddfods this year. Photo: Supplied.

NATURALLY WONDERFUL ... WITH RANGER STACEY

BY RANGER STACEY THOMSON, PRINCIPAL ADVISER - COMMUNITY EDUCATION (REDLAND CITY COUNCIL)



I love this time of year as daylight hours increase and local backyard birds perform their early morning symphony to inform us it's time to rise and shine.

With spring well and truly upon us, have you noticed the arrival of a new generation of feathered friends?

It's baby bird season ... an exciting time in nature's calendar! The season when nests are carefully constructed, eggs are laid and incubated, and tiny chicks hatch, grow and eventually fledge. Generally, this all happens without a hitch, but sometimes a baby bird is found on the ground - alone.

For wildlife officers, one of the most common wildlife questions is, "What should I do if I find a baby bird, with no sight of mum or dad?"

The answer depends on a few things. If the youngster is visibly injured, a trip to the nearest vet is the best thing you can do to give it a second chance at life.

But for a bird with no obvious injuries, check out the plumage! A baby

bird with no feathers or fluffy down needs its parents. So, get creative and make a makeshift nest. Then pop it in a tree or shrub, as high as you can reach. Walk away, watch, and wait out of sight for up to half an hour to see if a parent appears ... 99 per cent of the time mum or dad will return.



If the baby bird is a little older with feathers but not yet able to fly, it's a fledgling. The advice is similar - place it gently in a tree, wait and watch. After about 30 minutes, if the parents don't appear, a trip to the vet is the way to go.

If the chick is a plover or a curlew, they live on the ground and their parents will be close by. Look out for them and leave the chick alone.

Remember, we don't want to remove a perfectly healthy chick from its family unnecessarily - that's like kidnapping (or chick-napping). If in doubt, contact Redlands 24-hour Wildlife Rescue Service for advice.



Photo: Supplied.

Baby bird season is a special time of year, so let's enjoy it.

Until next time ... Stay Wild!

Ranger Stacey

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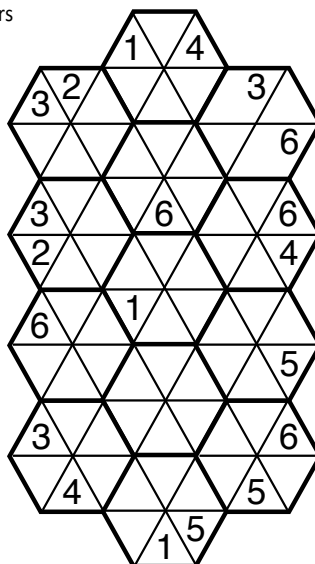
Sudoku

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

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

Quick Workout

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



Crossword

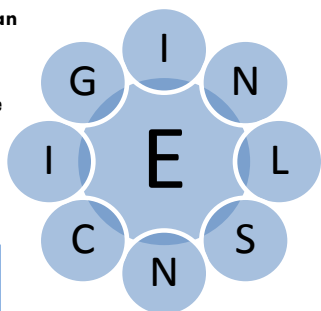
1		2		3	4		5	6		7		8	
9							10			11			
				12						13		14	
15								16					
				17		18							
19	20		21					22		23		24	
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27				28						29			
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32		33								34		35	36
				37			38		39				
		40		41					42				
43							44						
			45						46				
47							48						

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: 10 words
Very good: 15 words
Excellent: 27 words



Reference: Macquarie Concise Dictionary
Focus No. 3886

ACROSS

- 3 Radiolocation
- 7 Book of the Bible
- 9 National song
- 10 Thick
- 12 Remedied
- 13 Singer
- 15 Combines
- 16 Sovereign
- 17 Snuggled
- 19 Turn outwards
- 22 Used a sieve
- 25 Bunch
- 27 Weapon
- 29 Of the sun
- 30 Kneecap
- 32 Quickly (mus)
- 34 Lustre
- 37 Storm
- 40 Charges
- 42 Prized fur

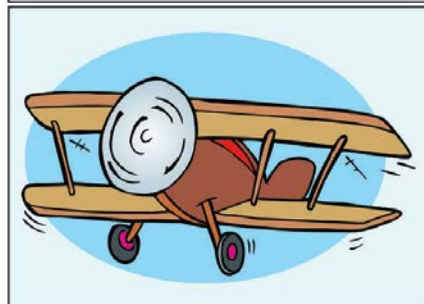
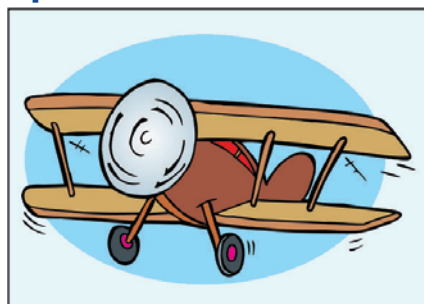
- 43 Confused fight
- 44 Liable
- 45 Burnt remains
- 46 Become established
- 47 Honey drink
- 48 Dogma

DOWN

- 1 Ripe
- 2 Try hard
- 3 Of late origin
- 4 Entertain
- 5 Proficient
- 6 Colour
- 7 Stagger
- 8 Thunder god
- 11 Dens
- 14 Tidy
- 16 Repose
- 18 Healing ointment
- 20 Adder

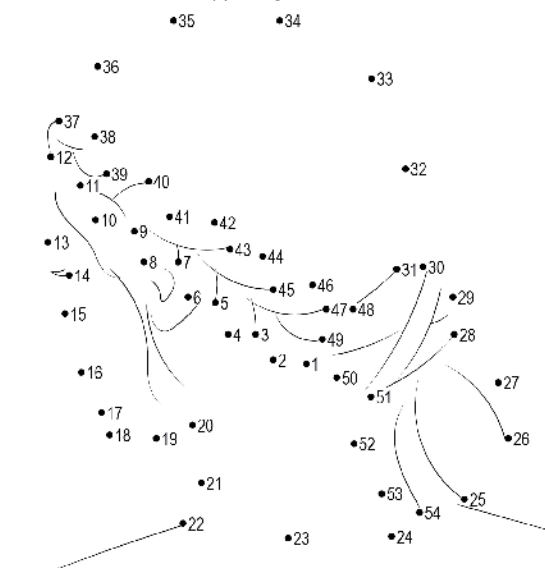
- 21 Harvests
- 23 Cause to foam
- 24 Dodge
- 26 Explain
- 28 Disconcerts
- 31 Digits
- 33 Wicked
- 34 Thoroughfare
- 35 Decrees
- 36 Required
- 38 Money bag
- 39 Sanity
- 40 Festivity
- 41 Heavy substance
- 44 Favourite

Spot the 5 Differences



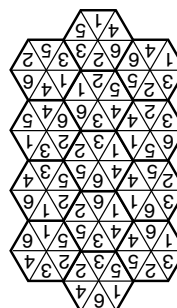
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: cell ceiling cline ensign enstiling genit gnil gen incise incline ingle isle lens lens lice LICENSING lien linen nice nine SILENCING since sine single slice

changed, wheel stem, wing changed, tail smaller

SPOT THE 5 DIFFERENCES: Propeller missing line, window

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

The Wynnum Wellbeing Expo will be held on Wednesday, October 9, 2024, at the Wynnum Community Centre.

Statistics show that 45.2% of Queenslanders have experienced a mental health challenge at some point in their lives, which highlights just how important it is to support mental health in our community, and the YMCA Wynnum Community Hub is stepping up to help.

The expo will be held from 12:00pm to 2:00pm in Room 2.06 at the Wynnum Community Centre, 105 Florence Street. This free event, themed Connect for Mental Health, is your chance to discover a wide range of local services dedicated to supporting mental health, providing resources, and helping those affected by homelessness. Plus, we'll be offering a complimentary lunch to all attendees.

The expo is designed to create a relaxed, friendly environment where you can comfortably connect with local organisations and

government services. Whether you're seeking support for yourself or someone you care about or just want to learn more about what's available in our community, this event is for you.

Beyond the Expo, the YMCA Wynnum Community Hub offers a variety of programs that help people connect, build confidence, and thrive. From art therapy to chair yoga and meditation, there's something for everyone. One of our art therapy participants recently shared, "We've become so much more confident from coming to art therapy. Before we started, we weren't very confident, but look at us now!"

At the Y Queensland, we believe in creating healthy, connected, and thriving communities. We hope you'll join us at the Wellbeing Expo to see how we're making a difference in Wynnum.

Whether you're looking for support, a new connection, or just curious about what we do, you'll find a warm welcome here.

For more information or to support our local community, call (07) 3555 6565 or email us at Wynnum.cc@ymcaqueensland.org.au. We look forward to seeing you there!

Pictured: YMCA Wynnum Community Hub's chair yoga participants.

**Wednesday 9th October
12pm - 2pm**

**Wynnum Community Centre
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Phone: 07 3555 6565**



Join us and connect with local services to celebrate Queensland Mental Health Week



LOCAL FISHING WITH SPERO

OCTOBER'S SEAFOOD BASKET IS FULL OF WHITING AND MACKEREL!

BY SPERO KARTANOS

There are plenty of days in October when the winds are strong, but there are also those beautiful calm days when fishing is fun for the whole family, so take advantage of them!

This time of the year, the whiting usually are prolific in the Small Boat Channel, the Rous Channel, the Sand Hills and Blue Hole, close in north-east of Darcy Light and on the northern side of the leads at a 6 to 8-ft depth.

The school mackerel will be in close and all the way through to the Naval Banks and east of Ormiston. I recommend trying the Rainbow Channel and the basin at Peel this time of year, but we are lucky to have good fish this close in.

There's also plenty of squire and snapper around this time of year, close to Green, St Helena, Mud and Peel Islands, and the artificial reefs – just find the drop-offs and burly up some scraps, and you should attract a few good fish.

For the family going out for a swim and wanting to enjoy the bay, the whales and calves are on the move, so it's worth spending the time to look for them anywhere from Green Island, to the artificial reef to Peel Island, around Peel and then back to Ormiston – that's the triangle they have been seen in, and they are worth finding; they are magnificent creatures.

Till next month, good fishing, and enjoy the bay and a fresh fish for dinner!



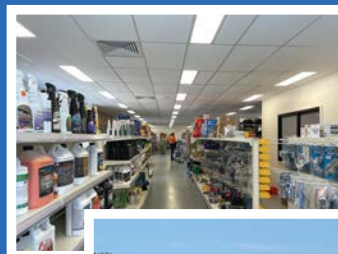
Photos: Spero Kartanos.

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FROM DENTAL ON CAMBRIDGE

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Our cosmetic dental services can make you feel more confident with your smile, from simple solutions such as teeth whitening, reshaping damaged or uneven teeth, replacing missing teeth and discoloured old fillings, to a complete smile makeover utilising state-of-the-art equipment and techniques.

One of our passions is providing our patients the opportunity to have a smile they love! Not only do we improve the appearance of your smile, we also improve the health and function of your teeth. Cosmetic dentistry has come so far in recent years, with new technology allowing us to work wonders on people’s teeth.

We offer a range of services to improve your smile, including:

SMILE MAKEOVERS – Combining multiple treatments customised to you, we can create your perfect, unique smile. Whether you require a small touch-up or a complete rejuvenation of your teeth, your smile makeover will leave you with a smile you love.

PORCELAIN VENEERS & CROWNS – Porcelain veneers use thin, custom-made porcelain restorations to fit over the surface of your teeth to rejuvenate stained teeth, improve the teeth shape and proportions, fix damaged teeth or reduce any gaps in your teeth. They are permanently bonded to your teeth, improving their appearance in colour, size, texture, length and shape.

TEETH WHITENING – Over the years, our teeth can become stained or discoloured, dulling our smiles. Teeth whitening improves the existing shade of your teeth to a more youthful shade determined by you. This is one of the most popular cosmetic dentistry services, providing quick, long-lasting results.

DENTAL IMPLANTS & BRIDGES – We can replace missing teeth and fill in gaps in your smile with dental implants or bridges. Titanium implants can be placed into your jaw, which then function as and replicate a natural tooth root. They are long-lasting, reliable and provide good chewing function.



Photo: Supplied.

Investing in cosmetic dentistry can be daunting, and that’s why it’s important to ensure you have a regular skilled dentist that you trust who can discuss your options thoroughly and understand all of the treatment options available to you. It’s also critical to ensure you receive upfront treatment quotes and know any associated risks. At Dental on Cambridge, we work with you as a healthcare partner to ensure your oral health future is bright because we know that dental health impacts wider general health, and we think teeth are your most important asset – after all, you only get one set! Call our team today on 3348 6661 to get started.

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