

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside



EVERYONE'S A WINNER WHEN YOU SHOP LOCALLY THIS CHRISTMAS!

There's a scent of frangipani in the air, mingling with the sea breeze. Days are longer, and kids wait in anticipation for sunset, when homes come alive with Christmas lights, and an evening stroll becomes a joyous event.

When it comes to Christmas shopping, we're blessed to have so many incredible local traders on the bayside, standing by with all the ingredients you need to make Christmas truly magical. Shopping and spending locally boosts our bayside economy, and Christmas is

the perfect opportunity to show our local retailers some love.

And when it comes to Christmas spirit, we've got sleigh-loads of it on the bayside! Manly Harbour Village is twinkling, thanks to the Village Lights Christmas Competition – check out the details on page 5 – and Bayside Carols is back on December 21 with a spectacular program of performers (more on page 6).

As a community, we celebrated our local traders at last month's Bayside Community Awards. There's a full list of winners on page

27. Congratulations to the winners and the nominees – you each make our community a fantastic place to live, work and play.

Thank you to everyone who contributed to The Community Leader this year – its success really is a collective community effort. Merry Christmas!

Pictured: Bayside Community Awards winners Gail Gobey (Sash & Gable Property), Paulina Barbato (Munja Pizza), Holly Bambridge (Cultivate Design Co.) and Melissa James (Bayside Hand Therapy), at The Shed, Wynnum.



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CHRISTMAS PRESENTS WITH PURPOSE AT BLUE TONGUE ADVENTURE

CONTRIBUTED BY BLUE TONGUE ADVENTURE

Looking for unique gift ideas that support a great cause this festive season? The crew at Blue Tongue Adventure Disability Support Services in Wynnum has been working on a range of artisan creations that will add extra feel-good vibes to your gift-giving!

As part of their capacity-building cooking workshops, the Blue Tongue crew has crafted a range of delicious pickles, chutneys and relishes at the award-winning Blue Tongue Kitchen cooking school in Thorneside, under the expert guidance of Chef Allan. These preserves are ideal for festive season charcuterie platters, thoughtful gifts – or even to add some extra flavour to those post-Christmas leftovers!

If your Secret Santa deserves a luxurious treat, browse the Blue Tongue Industries range of home, bath and body products. The range includes candles, soaps, scrubs, body washes and lotions, all carefully crafted and pristinely packaged by the Blue Tongue crew.

The Cooking and Industries workshops are just some of the activities at Blue Tongue Adventure's disability support day programs for young adults. These workshops help to hone skills such as reading recipes and following procedures. Proceeds from the sale of the products are re-invested back into the programs.

Stop in at Blue Tongue Adventure, 260 Tingal Road Wynnum, to browse the Industries range, or hop over to Blue Tongue Pantry at 100 Mooroodu Road Thorneside, opposite Beth Boyd Park, where the entire offering is available seven days a week.



Blue Tongue Adventure participants with hand-made Christmas gifts. Photo: Supplied.

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LOCAL ORGANISATION PROFILE: SOROPTIMISTS – SISTERS MAKING IT HAPPEN

Soroptimist International began in America in 1921, migrated to Australia in 1937, and in 1983 a Bayside charter was founded. A worldwide women’s organisation advocating for human rights and the status of women, Soroptimist International (SI) has United Nations’ recognition – which accords it a degree of global clout.

“SI has non-government organisation consultative status within the United Nations, with 24 representatives on various UN committees involved with ageing, violence against women, forced marriage, trafficking, pollution of water, rape and torture as a weapon of war, femicide, gender inequalities, equal pay, harassment in the workplace, social media, female illiteracy, food security and Indigenous Protection and Management,” says SI Bayside Secretary and PR Convenor, Catherine Heiner.

“By reporting on our various projects to a data bank, our representatives can provide evidence to influence United Nations decisions.”

Following its mantra of ‘think globally, act locally’, SI Bayside is active on the home front as well as the world stage, and is involved with such events as the Redland City Council Walk the Talk, and

Candlelight Vigil and Red Rose Rallies, both concerned with ending deaths from domestic violence.

The club supplies care packs (toiletries) and clothing packs to the local hospital for women presenting after trauma. Members are currently preparing Christmas Kindness Packs to take to aged care homes in the bayside area, too.

SI is also active in environmental and Indigenous issues and sees education as a vital part of its charter, including supplying an annual scholarship to a woman undertaking tertiary education.

“Individual members propose areas in which we can be active,” says Catherine. “Our action can include lobbying by SI and its individual members, walking in demonstrations with our SI banner, supplying members as guest speakers to other organisations and supporting organisations like Maybank Accommodation and Crisis Support Service and Night Ninjas.

“We’re also seeking to involve young people by inviting them to an annual International Women’s Day breakfast with a guest speaker and encouraging them to take the information back to their schools.”

The organisation’s name is a portmanteau word from the Latin *soror*

meaning sister, and *optima* meaning best – interpreted as ‘best for women’.

As one member said, “Most women are Soroptimists – they just don’t know it yet.”

For more information go to <https://siseap.org/get-involved/membership-enquiry.html>



Photo: Supplied.

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.

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FRENCH-THEMED CELEBRATION RAISES \$50,000 FOR BAYSIDE CHARITIES

CONTRIBUTED BY THE CELEBRATE FOR A CAUSE COMMITTEE

On October 26, the Royal Queensland Yacht Squadron was transformed into the French Riviera, welcoming guests to a stunning celebration of community at Celebrate for a Cause Manly.

The celebration raised \$50,000 for local charities, driving the total raised over the last seven years to an amazing \$300,000!

Guests enjoyed a mini remote control boat regatta hosted by the Wynnum Manly Radio Controlled Yacht Club, croquet on the lawn courtesy of Wynnum Croquet Club, and a menu of magnificent French flavours from the talented team at Royal Queensland Yacht Squadron at Manly.

The event, expertly styled by Style & Error, was designed around a dance floor, which heaved to the tunes of popular band Bassline Studios, bringing a cool Riviera vibe to Manly and everyone's favourite tunes to life.

The major charity partner for 2024 is Challenge DV, which received \$40,000 of funds raised from the event. This money will be used to run a pilot program for sporting organisations in the bayside, with the aim of rolling out the program nationally.

"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 from 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 in the program has been overwhelming, with Wynnum Seagulls, Wynnum Lady Bugs Netball, Wynnum Rugby and Bayside United Soccer pledging their participation at the recent launch event.

"We still have the capacity for four other clubs and would love to hear from any other bayside sporting organisations wanting to access the free support program," said Linda.

The minor charity partners for 2024 are the Bayside Community Fund and Share the Kindness.

Expressions of interest to become a 2025 charity partner will open in February 2025. Charity organisations can sign up for CFC Manly updates at cfcmanly.com.au.



Photo: Supplied.

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CHRISTMAS CHEER AND COMMUNITY SPIRIT LIGHTS UP MANLY HARBOUR VILLAGE!

FROM THE MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE

The Manly Harbour Village Christmas Lights Competition is back, promising a stunning display of festive lights across the entire 4179 postcode area. From decorated homes and boats to businesses in the area, this annual tradition invites all community members to participate, making the season brighter and more festive for everyone.

With over \$10,000 in prizes to be won across categories for best-decorated house, boat, and business, there are plenty of opportunities for participants to showcase their creativity.

To officially kick-off the festivities, the community is invited to the Christmas Lights launch on Saturday November 30, at Little Bayside Park. We are inviting all children and parents to get into the Christmas spirit and dress up for a chance to win a prize! We will start the Christmas Parade from the Wynnum Manly Yacht Club footpath, and walk down to Little Bayside Park. Santa will be arriving by Cadillac, and there will be free Santa photos. Santa will also judge the best dressed boy/girl and family. We will then be entertained with Christmas Carols, live entertainment and more.

Manly Harbour Christmas Light Cruises, operated by Cat O' Nine Tails, will run twice nightly at 7:00pm and 8:00pm every Friday, Saturday, and Sunday from November 30 to December 15. These cruises offer a unique view of the sparkling lights around the marina and the surrounding precinct, departing from the William Gunn Jetty. Bookings are a must.

The winners of the Christmas Lights Competition will be announced on Tuesday, December 17 at Keith's on Cambridge. Help us light up Manly Harbour Village; decorate, celebrate, and let's make this a Christmas to remember for locals and visitors alike!

DATE CLAIMERS

30 NOVEMBER: Manly Harbour Christmas Lights Competition Launch – Little Bayside Park, Manly

30 NOVEMBER: Movies in the Park – *The Santa Clause*

1 DECEMBER: Christmas Carols and Markets, Little Bayside Park, Manly

7 DECEMBER: Movies in the Park – *Home Alone 2 Lost in New York*

17 DECEMBER: Manly Harbour Village Chamber of Commerce Christmas Party and Harbour Lights Celebration at Keith's on Cambridge

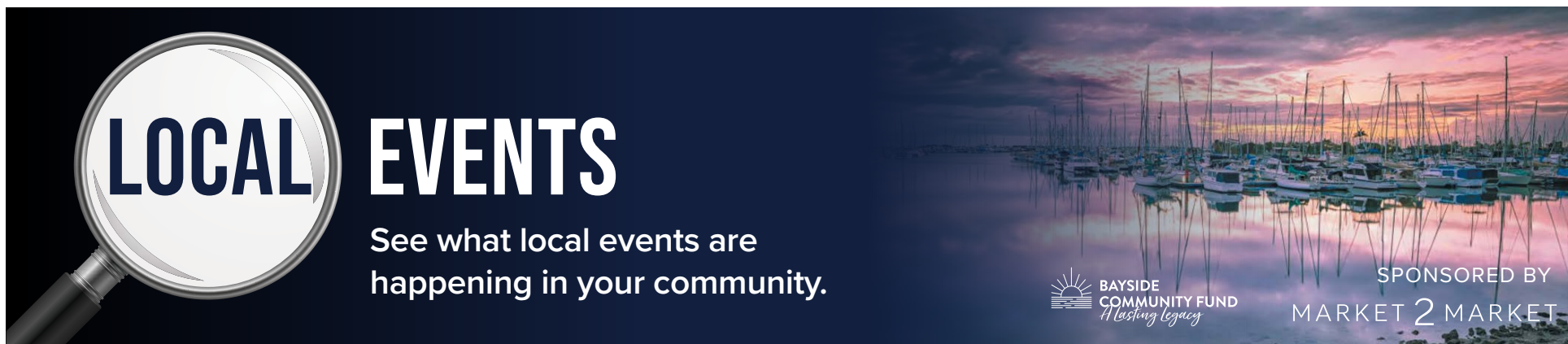
MARKETS

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

DECEMBER 7 AND 21: Jan Powers Farmers Markets, Little Bayside Park, Manly



Photos: Supplied.



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



DIVE IN TO MANLY POOL FOR \$2!

From December 1, 2024, to February 28, 2025, Manly Pool, 1 Fairlead Crescent, Manly

Don't sweat it out at home this summer – come on down to Manly Pool for a cheap and cheerful pool session and beat the heat! Brisbane City Council's popular \$2 Summer Dips initiative is back, running from December to February to encourage everyone to cool off, stay active, and enjoy Council pools for less this summer.



BAYSIDE CAROLS

Saturday December 21 from 2:00pm to 9:00pm, Wynnum Manly Bandstand Park, Wynnum

Come together and share the spirit of Christmas with a lineup of live musical acts and talented local performers presenting a festive program of entertainment for all ages. Christmas Carols commence at 6:45pm, and the evening will end with a dazzling fireworks display (sponsored by Bendigo Bank), so don't leave early! A variety of food trucks will be at the event, so you won't go hungry. Bring a blanket and/or chairs, and battery-operated candles will be available to purchase.



FREE MOVIE IN THE PARK: *HOME ALONE 2 LOST IN NEW YORK*

Saturday December 7, movie from 7:00pm, Little Bayside Park, Manly

December's free movie in the park, presented by the Manly Harbour Village Chamber of Commerce, is the 1992 family favourite *Home Alone 2 Lost in New York*. This is a great date night option or a fun way to bring the whole family together for an evening of free entertainment on Manly's waterfront. Pack a picnic dinner or buy a take-away from one of Manly's fantastic harbourside restaurants and cafes, and enjoy a movie under the stars with family and friends.



WYNNUM/MANLY/LOTA HANDCRAFTED CHRISTMAS MARKET

Sunday December 8, 9:00am to 2:00pm, Manly-Lota RSL Hall, 184 Melville Terrace, Manly

This fun Christmas market is designed to showcase local creatives who produce clothing, jewellery, homewares, art and so much more in one cool undercover location. The Wynnum/Manly/Lota Christmas Market is a fun way to get your Christmas shopping done in a relaxed setting while supporting small local traders, and the hall hire fee helps the Manly-Lota RSL! Don't miss your chance to pick up some unique and lovingly made gifts. Entry is via a gold coin donation.



POST A LETTER TO SANTA

Until December 15, Wynnum Plaza, 2021 Wynnum Road, Wynnum West

Did you know Santa has his very own mailbox at Wynnum Plaza? That's right, you can post a letter to Santa, and receive a reply, as long as you post your letter in the mailbox at the Plaza by December 15. Remember to include a return mailing address on your letter, and Santa will take care of the postage costs when he writes back to you.



POETS UP LATE, CHRISTMAS EDITION

Thursday December 19, 6:00pm to 7:30pm, Wynnum Library, 145 Florence Street, Wynnum

Are you a budding poet, a seasoned peddler of prose, or simply an appreciator of the art of spoken word? If so, you're invited to join other kindred spirits at Poets Up Late for an inspiring evening sharing poetry in a warm and welcoming atmosphere where you can immerse yourself in the beauty of words. Sign up for the open microphone to share your original works and connect with like-minded creatives in a night of shared passion for poetry. Entry is free, but bookings are required. Phone Wynnum Library on 07 3403 2199 to reserve your place.

KELL'S BUCKET-LIST VAN GETS A HELPING HAND FROM THE MEN'S SHED

FROM THE WYNNUM MANLY & DISTRICTS MEN'S SHED

Let me tell you all a story 'bout a gal named Kell, a cancer survivor whose story we can tell. She took out her 'bucket-list' and wrote herself a plan, then she went out that day and bought herself a van.

With the necessity of negotiating the Bruce Highway, she wisely visited the Wynnum Manly Men's Shed to make sure everything was bolted and secured in the van before she ventured forth along the 'Highway From Hell'. Once on the road, she will catch up with her tribe of like-minded blue-rinse nomads, launching themselves into new adventures.

With the ladies now in convoy and Kell determined to make the most of her second chance in life, she and her adventurous ladies will motor on with their new mantra: Mobile, single and ready to mingle!

The convoy will head south for Adelaide, the city of churches. No, no, only kidding! They're off to the Barossa and Clare Valley wineries, where they will stop for sightseeing, R&R, and, of course, to take on supplies – some nice cases of merlot and pinot noir they can sample each night at 'happy hour' after they haul up and 'circle the wagons'. They'll also need to pop a few corks as they spend balmy nights camping while enjoying the magnificent sights of the glorious Great Ocean Road.

Then, the plan escalates. A hop, skip, and jump across the Nullarbor to the world-famous Margaret River wineries in Western Australia. There, they will visit the exceptional Voyager and Leeuwin wineries, where they intend to excite and sate their delicate palates.

Since they have travelled so far, why not finish it off and go right around Australia? Yes, why not?

So Kell, sorry we couldn't fit the pottery wheel and the 100cm TV screen in the van, but you'll have enough to keep you busy. Good health, happy motoring, and see you when you eventually return.



Kell with her van and Wynnum Manly & Districts Men's Shed members. Photo: Supplied.




From all of us here at Luxury Blinds & Awnings, we want to extend our heartfelt thanks for your support and trust in us to enhance your home with our curtains and blinds in 2024.

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MANLY CHAMBER ELECTS ITS NEW 2024/25 COMMITTEE MEMBERS

CONTRIBUTED BY MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE



Pictured L-R: Julieann Star, Jessica Nguyen, Steve Rickertt, Tammy Vitale, David Farley and Danielle Forward. Photos: Supplied.

The election of the 2024/25 committee for the Manly Harbour Village Chamber of Commerce was held on October 22 at The Manly Hotel. An audience of close to 40 people attended to hear the results of the election of office bearers.

We are delighted to advise that a full committee was appointed and we welcome the following members to the positions as follows:

President: Jessica Nguyen | **Vice President:** Steve Rickertt | **Secretary:** Danielle Forward | **Treasurer:** Sandy McDonald | **Member Representatives:** Tammy Vitale, David Farley, Julieann Star and Simone Hasker

President Jessica Nguyen acknowledged the outgoing executive committee members – in particular Peta Prestidge and Kym Kristofer for their commitment to the Manly Harbour Village Chamber of Commerce and business precinct.

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Rotary Club's Santa Displays Spread Christmas Cheer

For over 28 years, the Rotary Club of Wynnum & Manly has spread festive joy with its iconic Santa displays across the Bayside. These Santas light up rooftops, fences, and windows in Wynnum, Manly, and beyond, while raising funds for local community projects. This year, Rotary has redesigned the Santas to be lighter and easier to install, with thanks to the Wynnum Manly Districts Men's Shed. A big thank you to the Rotary Club for their ongoing commitment to spreading Christmas cheer and supporting local initiatives.



Giants on the Hill: A Christmas Light Extravaganza

Get ready for one of the Bayside's most stunning Christmas displays! Giants on the Hill at Nemarra Street, Wynnum West, is back—bigger, brighter, and featuring Australia's largest inflatable Santa. Enjoy special appearances from Santa and The Grinch, plus tasty treats from the New York Waffles truck from Dec 13-24. Don't miss this magical Bayside tradition!



Manly Harbour Christmas Lights

The Manly Harbour Christmas Lights Competition is now underway! This December, homes, businesses, and boats around Manly Harbour are lighting up in festive style. For the best experience, hop on a harbour night cruise, available most weekends. The competition is open to all in the 4179 postcode, with great prizes to be won. Enter or book your Christmas Lights Cruise tickets at www.manlyharbourvillage.com.au. Don't miss out on this festive tradition!



Spread Holiday Cheer & Support Local with Lions Christmas Cakes

Support your community this festive season with a delicious Lions Christmas Cake or Pudding! Your purchase not only brings festive cheer to your table but also helps fund local community projects, giving back to those in need. Pop into my office to grab yours today!

Available in two sizes: 1.5kg for \$20, 1kg for \$16, and a 1kg Christmas Pudding for \$16.



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!

Maggie's Mates

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What is your name? I am Kona.

Where do you live? In Tingalpa, with my two favourite humans – Dad and Mum! Dad is a postman but I try to keep that a secret from other dogs!

How long have you lived there? I've been here my whole life, all glorious seven years of it.

Favourite local walk? Easy! The Wynnum/Manly foreshore. Sundays are the best because of the markets. They have this amazing doggie biscuit stall where I get the yummiest treats. When I wear my cute pink bow I get extra!

Most treasured toy? My all-time favourite is Chook. He's been my trusty sidekick since puppyhood, keeping me company in the kennel at night. He's a little scruffy, but hey, so am I!

What's your favourite food? Listen, I'm a Labradoodle; if it's edible, I love it. Even those sneaky worming tablets Mum hides in my mince. But roast chicken skin? Ooooooh, if Dad brings that home, I'm in heaven!

Your worst habit? Barking at our postman. Now, I know what you're thinking – why bark at the postman if my dad's one too? Well, Dad's cool, but this other guy? No way. It's my duty to keep him on his toes!

Your favourite local hangout? Our front veranda. Best view of the whole street, and it's my perfect lookout spot. Mum's coming home from work? I'm there, ready to greet her right at the door!

Who is your best doggo friend? Maui, my fur-brother... who happens to be a cat. But he's a Burmese so practically one of us – he can even fetch!

Do you have any funny or embarrassing stories? Oh, here's one for you. One morning Mum took me on a quick neighbourhood stroll. Right as we're crossing the street, I realise I've gotta do my business. Like, immediately. Right there in the middle of the road. Mum was not impressed as she cleaned up while checking for cars. Whoops!

What do people love most about you? Dad says I'm a caring soul. At the dog park, I'm the peacekeeper – if play gets too rowdy, I'm there to check in and make sure everyone's alright. Guess I'm just a big ol' softie!

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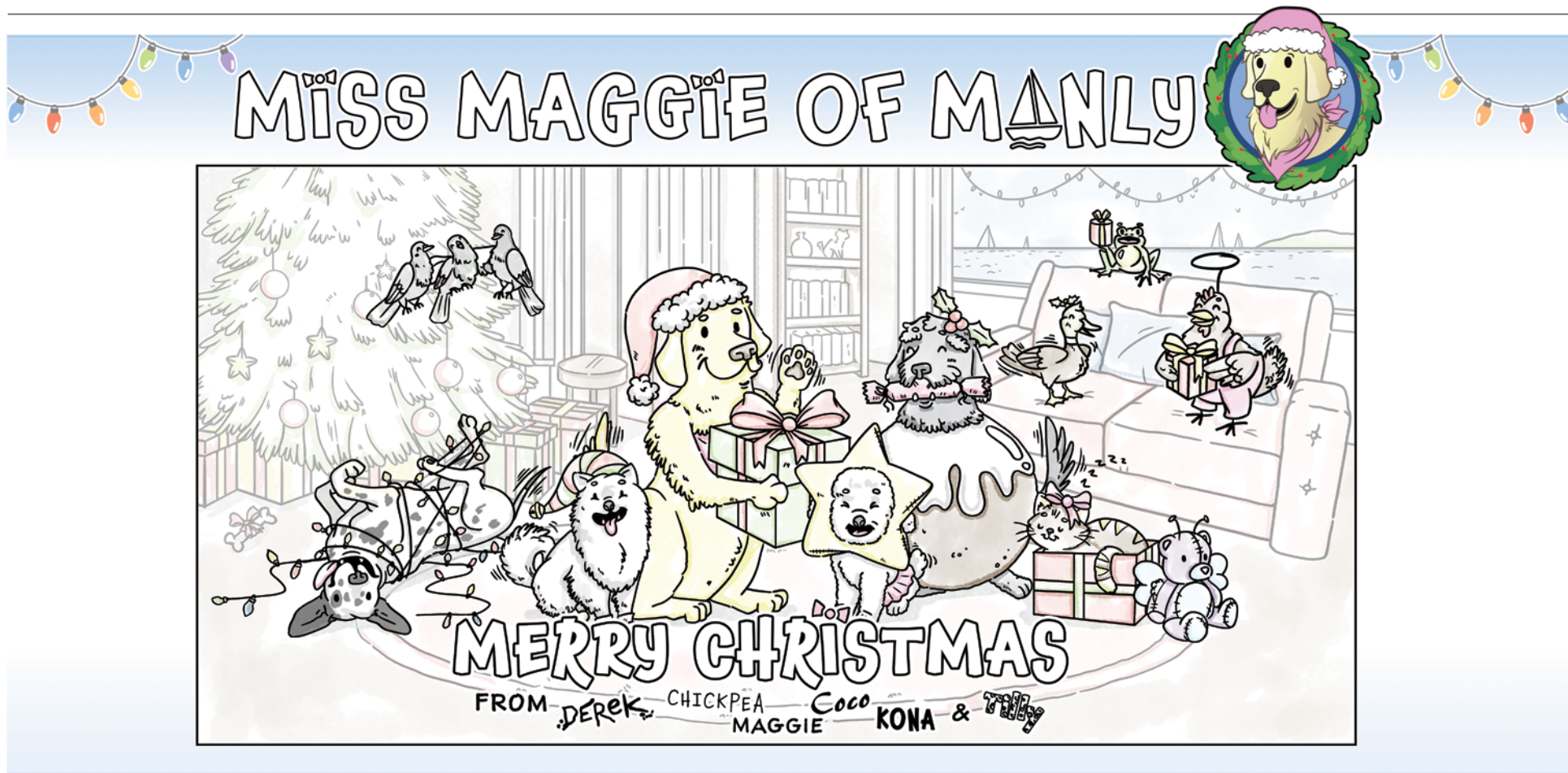


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SUN SAFETY IN PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Living in Queensland, we all grow up knowing the risks of sun exposure – sunburn and the development of skin cancers are very common. Did you know that our pets are also at risk of damage from the sun? Animals may develop a skin condition called actinic (solar) dermatitis or skin cancers.



ANIMALS AT RISK

A good fur coat usually provides good protection from the sun. Dogs and cats with a lighter-coloured coat and short fur are more at risk from sun exposure. Bull terriers, Staffordshire bull terriers, Dalmatians and Greyhounds and white cats are prone to sun damage on their skin. Some dogs like to sunbathe, exposing their belly, which generally has less fur – this area is often affected by sun exposure.

WHAT DOES SUN DAMAGE LOOK LIKE?

Actinic dermatitis starts on white fur, which may become patchy, and the underlying skin becomes red and irritated. A secondary bacterial infection may occur, which results in a pimply, red rash.

Haemangiomas and haemangiosarcomas are blood vessel tumours that can develop on the less furred areas – the belly and inside of the back legs are common sites.

The ear tips and noses of white cats are common sites for the development of squamous cell carcinomas – an aggressive skin cancer. Lesions may initially appear as a non-healing scab but can progress to become very destructive, resulting in loss of underlying tissue.

TREATMENT

Skin cancer requires surgical treatment – it can be difficult as there are often multiple tumours spread across a large area. Cats with squamous cell carcinoma may be treated with a combination of surgery, radiation and chemotherapy.



Antibiotics and topical steroids may be used to control infection and inflammation associated with actinic dermatitis.

PREVENTION

The key to prevention is reducing sun exposure. If possible, pets should be kept inside through the hottest part of the day when UV rays are at their most dangerous. There are specific pet sunscreens available which may be applied to the less furred areas of the body. Sunsuits are like wet suits and are designed to protect the whole body. These products may all be sourced online.

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THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



REMEMBRANCE DAY ON THE BAYSIDE

On the 11th hour of the 11th day of the 11th month of 1919, the Commonwealth fell silent to commemorate the first Remembrance Day.

We observed a minute of silence on this incredibly important day to commemorate our fallen soldiers, and the ultimate sacrifice they made to protect and honour their country. If it was not for their courage, bravery and selflessness, we would not have been afforded the freedoms, peace and opportunities we enjoy today.

This year marked the 105th anniversary of the first Armistice Day commemoration. Thank you to the Wynnum RSL Sub-Branch, Manly-Lota RSL Sub-Branch and the Bayside NASHOS who organised such fitting tributes to our service men and women across the Bayside.

Lest we forget.



LOTA MOBILE OFFICE

Hearing directly from locals is the best way for me to represent our community's needs in Canberra, which is why I love mobile offices! From local shopping centres to small businesses, listening to our Bonner community is incredibly important.

At my most recent mobile office, I heard locals' concerns on many issues such as housing and cost of living, especially as we head into the holiday season. Australians deserve to feel secure and certain in their housing situation. It has been disappointing to see a lack of forward-thinking and funding for critical enabling infrastructure from the current government.

The holiday season is already a very expensive time for families, but compounded with Labor's cost of living crisis, many will be struggling. Thank you to everyone who has stopped by my recent mobile offices; stay tuned via my social media and email updates for the next one!

CONGRATULATIONS TO BONNER STUDENTS

Congratulations to our students across Bonner on finishing the 2024 school year! I hope you have all had a wonderful year and get some rest over the Summer break.

A special mention to the year 12 students who have also undergone their external exams and completed their high school studies. I am sure this year was both incredibly challenging and exciting, but you have all persevered.

You should all be very proud of your achievements in this final year of school, and I hope you stay safe during your end-of-year celebrations. Although I look back on my high school days fondly, remember the best is still to come... Congratulations graduates!



TIPS FOR EATING HEALTHY AT CHRISTMAS AND STILL ENJOYING IT!

BY ELENI GEORGIOU, DIETICIAN, MANLY VILLAGE MEDICAL

So, Christmas is around the corner. Christmas parties are in full swing. We've got lots of eating out, lots of catch-ups. Here are some tips to stay on track with your health goals.

1. BALANCE YOUR PLATE.

Make sure that half of your plate is filled up with the salad or vegetable option. The protein portions, such as roast ham, or meat, fish, and chicken, should make up about a quarter of your plate, keeping in mind palm size for red meat and a full hand of white meat. The last quarter of your plate can be made up of some sort of carbohydrate, including baked potato or sweet potato. Choose options that don't have as much cream or milk-based products, like a potato bake, and go for something more like a roast potato instead, but keep the portion size small; that way, you are still enjoying all the components of the meal, but in the right portions.

2. EAT WITH YOUR STOMACH – NOT YOUR EYES!

We talk a lot about mindful eating, and that definitely applies at Christmas time. Put your plate down, eat your food, wait 10 to 15 minutes and actually take a second to stop and think, 'Am I satisfied with the meal that I just ate? Or am I still actually hungry?' Aim to eat to the point of satisfaction and not to the point of being overstuffed or feeling full or sick from your food.

3. BE CAREFUL ABOUT DRINKING YOUR CALORIES.

We all know alcohol is actually quite high in calories and not very nutrient-dense, which means that you can drink or consume a lot of it, and you're still able to eat. Typically, pre-made or pre-mixed drink options contain a lot of sugar. One exception is often a seltzer, which tends to be lower in sugar. If you want to drink, try a small glass of wine that you can sip slowly and enjoy. Another good way to drink more sensibly during the festive season is to have a glass of soda water or water between each beverage. This helps to slow down your consumption of alcohol and helps with rehydration.





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LOCAL POETRY

LETTER FOUND IN A BOOK

BY GEOFF SMILEY

Will poems be written
about emails in future times?
A found letter
to Mavis from Kevin in '91
though still remains.

It was bookmarked
within a novel located
at a retirement home.

From the letter it seemed
Kevin was a bushie
now living in the city.
And Mavis lived
where they had met.

Of note was
he was keen to show
Mavis his care for her
and she had kept the letter.

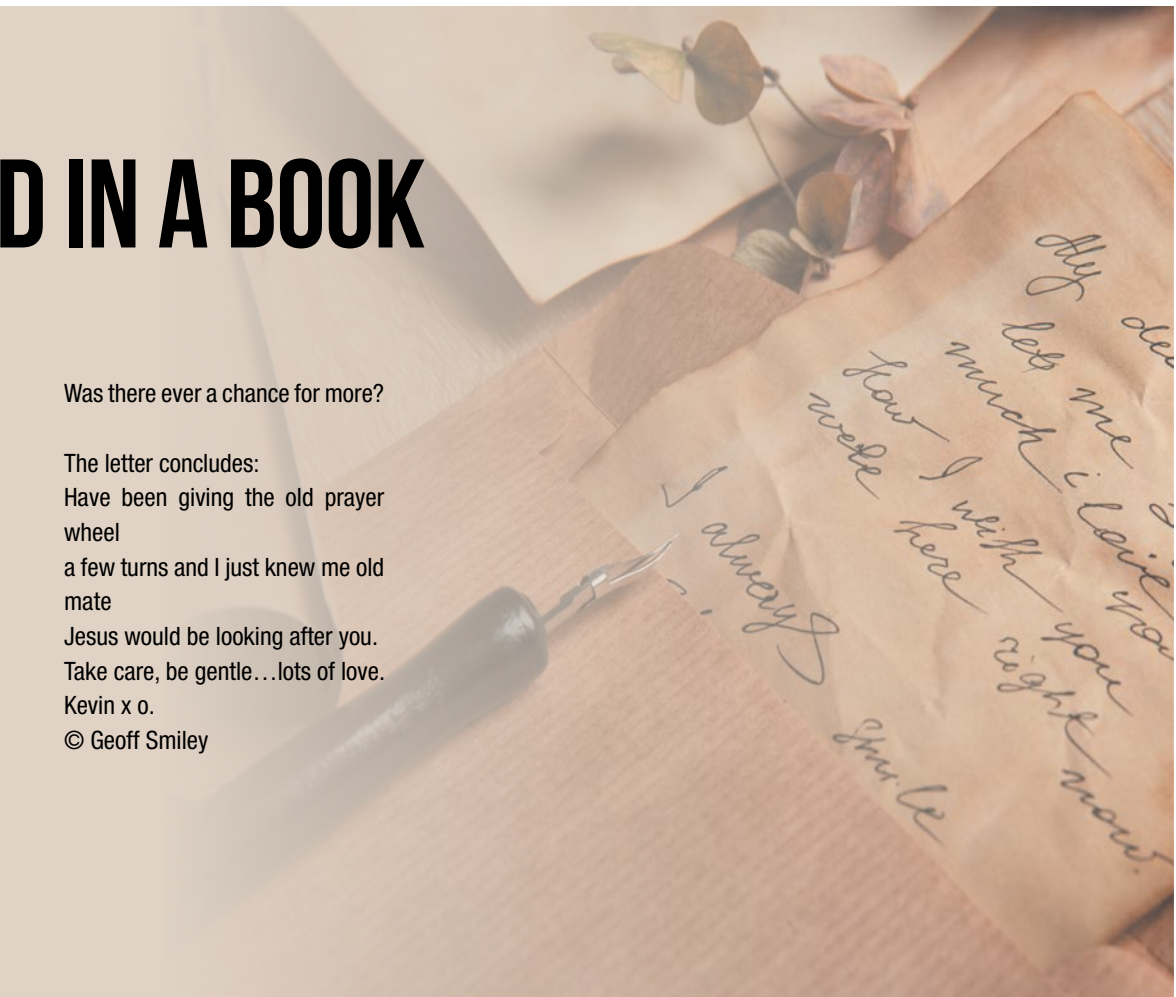
We can't know their
life-stories since.
In thirty-four years,
there would be
many unknown turns.

That letter from earlier days
simply expresses what it says,
a friendship that stands always.

Was there ever a chance for more?

The letter concludes:
Have been giving the old prayer
wheel
a few turns and I just knew me old
mate
Jesus would be looking after you.
Take care, be gentle...lots of love.
Kevin x o.

© Geoff Smiley



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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



THANKYOU BAYSIDERS

I express my thanks and gratitude to the Bayside community for electing me for another term. It's an honour and privilege to represent the community I love.

I will work every day towards the benefit of Baysiders. I'm also so pleased to have been selected to serve on the Opposition frontbench as the Shadow Minister for Small and Family Business, Customer Service and Open Data.

I congratulate incoming Premier Crisofulli and call on him to govern for all Queenslanders. I stand ready to defend the Bayside against any government cuts to health, education and human services. Together, let's continue to build a better future for our children and grandchildren.



WELCOMING OUR BAYSIDE PARALYMPIAN

Congratulations to our very own Paralympics swimming and Bayside legend – Rachael Watson! Rachael won the gold medal for the 50 metre freestyle at both the Rio and Tokyo Games and recently won the bronze in the same event at the Paris Games.

I had the opportunity to meet Rachael at a morning tea, where she shared her brilliant stories about her Olympics experience in Paris and gave some good advice about how we can make our Brisbane games even more athlete-friendly. Rachael continues to do the Bayside proud!



BAYSIDE COMMUNITY AWARDS

Congratulations to the Bayside Community Fund for hosting a wonderful community awards ceremony attended by over 400 people at the Wynnum Manly Leagues Club.

As a founding patron of the Fund, I'm humbled to see the organisation flourish. It's a perpetual benefit fund built by Baysiders for Baysiders, funding opportunities for a better future for our local community. Every dollar donated is invested, with proceeds directed back to community groups and non-profit organisations on the Bayside that care for us and make our community richer.

This year, I was pleased to sponsor the 'Bayside Educator of the Year', which was won by Manly State School Principal, Clayton Carnes. Congratulations to all winners and nominees.



Please Donate Before 16th December 2024

GET INVOLVED THIS CHRISTMAS

There's lots of Christmas events in our community this month. Whether it's trivia nights, charity drives, Christmas lunches or carols events, our community is strengthened when we all participate.

Christmas is a time for giving. Many Bayside families are struggling. You can do your bit to ensure one family has a special day. St Pete's Pantry has created a food hamper donation list which includes Christmas cake, Christmas pudding, minced pies, tinned ham, biscuits, nibbles and sweets. Please consider purchasing food items and donate to St Pete's Pantry before 16 December. St Pete's Pantry is at 86 Bride St, Wynnum and is open from 9am to 11am on Mondays, Wednesdays and Fridays. My office at 100 Edith St is also a collection point during business hours.

PETITION FOR PUBLIC TOILETS

I've received strong community feedback about the need for public toilets within the Wynnum Central shopping precinct. Baysiders often must go all the way to the Wynnum Library to locate public toilets when the need arises. Brisbane City Council can and must do better.

Thank you to all Baysiders who recently signed my petition to get new public toilets installed within the shopping precinct. Most responders indicated a preference for the top end of Edith St near the post office or on Bay Terrace. Ultimately, it's for Brisbane City Council to determine a suitable location based on available space.

I have written to the local Brisbane Councillor for Wynnum Manly about the views expressed by petitioners, requesting this matter be pursued with the Mayor and Council officers.



THE Y COMMUNITY CONNECTION

Every Wednesday from 12.15pm to 2pm (during school terms), The Y Community Hub hosts a Community Connection Day at the Wynnum Community Centre, Level 2 (Florence St, Wynnum). Enjoy free sausages, drinks and entertainment. This is a perfect chance to meet new friends and build long-lasting community connections.

The YMCA Wynnum Community Hub is a place for anyone in the community to connect, have fun and seek support. Come and say hello to the Wynnum crew and find out what's on offer at the centre. To contact them, call (07) 3555 6565 or email wynnumCC@ymcaqueensland.org.au.



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State Member for Lytton

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Authorised by Joan Pease 100 Edith Street Wynnum

MANLY-LOTA RSL REMEMBERS

BY HARVEY SHORE

Michael Muir, President of the Manly-Lota RSL, has proudly devoted a decade of service to the community.

Mr Muir has nearly completed a full three-year term as President, having already served terms as both Senior and Junior Vice-President.

During his time with the Manly-Lota RSL, he has seen its membership rise to over 220, and its record of advocacy and wellbeing work for ex-Service people, their families and others in the community, recognised as one of Queensland's best.

Mr Muir will officially stand down as President at the Manly-Lota RSL's Annual General Meeting on 15th February 2025, though he plans to continue serving with the Management Committee.

His replacement as President will be announced at that AGM. He said he hopes many other service-minded people in the community will step forward and offer to help the RSL's management team before then. "We do an outstanding job on behalf of veterans and the community here," Mr Muir said. "We're only a humble RSL branch, with no pokies and no kitchen service, but we have a grand reputation for community activities such as wellbeing and advocacy work and commemorative services."

Mr Muir invited all interested people to join him at the Manly-Lota RSL hall on Friday evenings (5:00pm to 7:00pm) for their weekly 'Meet and Greet' sessions and on Wednesdays (9:30am to 11:00am) for Veteran's Morning Tea. "We have a small bar here, and we always welcome new faces," he said.

Meanwhile, having just managed his last major commemorative event at the Manly-Lota RSL – the annual Remembrance Day celebration on 11th November – Mr Muir said he's now looking forward to welcoming members and supporters at the club's Christmas party on 14th December.



Pictured: Manly-Lota RSL President Michael Muir, at November's Remembrance Day ceremony in Manly's Richard Russell Park. Photo: Supplied.

Latest news from the Port of Brisbane December 2024



Trade

It has been a busy period for trade during the July to September quarter.

Queensland's strong population growth continued to underpin positive import full container volumes during the quarter, which are tracking ahead of the same period last year. Motor vehicle imports slowed during the same period, with volumes normalising after historically high levels.

While export full container volumes were lower compared to the same period last year, we are anticipating volumes of agricultural products to increase as the winter harvest starts to come through the Port following good growing conditions, particularly chickpeas and wheat.

In the bulk product sector, cement products imports and bulk grain volumes were lower than the same period last year, however volumes are anticipated to increase over the next quarter.

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

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.

The Port of Brisbane is currently in the early stages of considering the future requirements of its shipping channel. The proposed 25-year **Channel Enhancement Project**, which has officially received 'Coordinated Project' status from the Queensland Government, aims to improve efficiency, reduce vessel emissions, and ensure the shipping channel servicing the port caters for the future needs of the global shipping market.

Community

We were proud to partner with Dunwich State School and others to help deliver the Quandamooka Jarjums Camp on Minjerrabah (North Stradbroke Island). This was our 9th year sponsoring the camp which connects Indigenous students from Minjerrabah and across the Bayside with First Nations culture.

We were the major partner for UQ Ventures' 2024 Innovation Challenge. Over 120 students developed innovative solutions to tackle some of the most pressing issues facing Australia's oceans and marine ecosystems, with the top six teams presenting their ideas at the Pitch Showcase event in October.

Brisbane International Cruise Terminal

The Brisbane International Cruise Terminal is getting ready for a busy summer season, with over 150 cruise calls from 13 lines expected during the 2024/25 season.

Over the winter, we increased the amount of onsite parking, added shading to outdoor seating, increased the taxi rank capacity, and collaborated with renowned Quandamooka artist, Delvene Cockatoo-Collins, to deliver a striking new 660m-long 660m long artwork titled From Land to Sea.

Onsite car parking is in demand, so if you're intending to park and cruise, please book car parking in advance via the Wilson Parking website (www.wilsonparking.com.au).

Port fast facts

In 2023/24:

- Over **\$377,000** funding provided to **36 community partners**
- **12 community grant recipients** shared in a total of **\$100,000 in funding**
- **27 employees** volunteered **212 hours** of during National Volunteers Week

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ECOMARINES AND FREEDOM BOAT CLUB JOIN FORCES TO PROTECT THE BAY

The EcoMarines Foundation, an innovative environmental education program implemented in over 200 Queensland schools, has partnered with the Freedom Boat Club (Brisbane) to tackle waterway pollution in Moreton Bay.

As part of this initiative, local EcoMarines student ambassadors boarded one of Freedom Boat Club's Bayliner Trophy centre console boats to clean up floating waste along the waterways from Manly Boat Harbour to the Lota housing canals.

Brett Bolton, owner of Freedom Boat Club (Brisbane), expressed pride in the collaboration, saying, "We are honoured to be among the first EcoMarines Corporate Crew, bringing the lessons of their school education program into the business world. Our members cherish the pristine beauty of Moreton Bay's waterways, enhanced by frequent sightings of marine life such as turtles, dolphins, dugongs, and whales. To preserve this world-class ecosystem for future generations, we emphasise environmental stewardship as a core part of our member induction training."

Angela Massy, CEO of EcoMarines Foundation, highlighted the importance of the partnership, stating, "Our collaboration with Freedom Boat Club aligns with our long-term vision to care for and preserve the environment. Clean waterways are essential not just for aesthetics but for the health of our ecosystem and the survival of all living beings. Partnerships like this offer students meaningful, hands-on experiences that show them the tangible impact of their actions."

Through activities such as this clean-up, students gain a real-world understanding of environmental conservation, fostering a lifelong commitment to protecting our planet. Together, EcoMarines and Freedom Boat Club are making a lasting difference in preserving Moreton Bay's natural beauty and biodiversity.

For more information about the EcoMarines Foundation and its initiatives, visit <https://www.ecomarines.org>.



Photo: Supplied.

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RE/MAX Advantage moves after 24 years: a new chapter begins at Bay Terrace, Wynnum

FROM RE/MAX ADVANTAGE, WYNNUM

After 24 years, RE/MAX Advantage has embarked on an exciting new chapter by moving to a fresh and modern space at 138 Bay Terrace, Wynnum. The transition to the new office officially took place on 18 November 2024, marking a significant moment in the company's history as it continues its dedication to serving the Wynnum-Manly community.

The move represents a commitment to growth and a recognition of the changing needs of the RE/MAX Advantage team and the community. The new space at 138 Bay Terrace is not just an address change; it's a transformation that will support RE/MAX Advantage's goal to continue supporting buyers and sellers on their property journeys. The upgraded facilities include innovative meeting spaces and technologies to enhance the customer experience.

RE/MAX Advantage has, for many years, been an integral part of the Wynnum-Manly community. Known for strong local expertise and a personalised approach to real estate, RE/MAX Advantage has supported local schools, sporting clubs and charities for over the past 24 years. Over the years, the team has built a reputation for going above and beyond to assist clients in buying, selling, and investing in properties. The move to 138 Bay Terrace is a part of their ongoing commitment to remain at the forefront of the real estate industry while staying deeply rooted in the Wynnum-Manly community.

With an expanded team and enhanced resources, RE/MAX Advantage is better positioned to support the evolving needs of property owners and investors in the Brisbane bayside region.

As the team members settle into their new home, they look forward to welcoming clients, both old and new, into a space that truly reflects their dedication to excellence and community spirit. Be sure to drop by the new location and see how RE/MAX Advantage is continuing to innovate and grow while maintaining its renowned warm community focus.

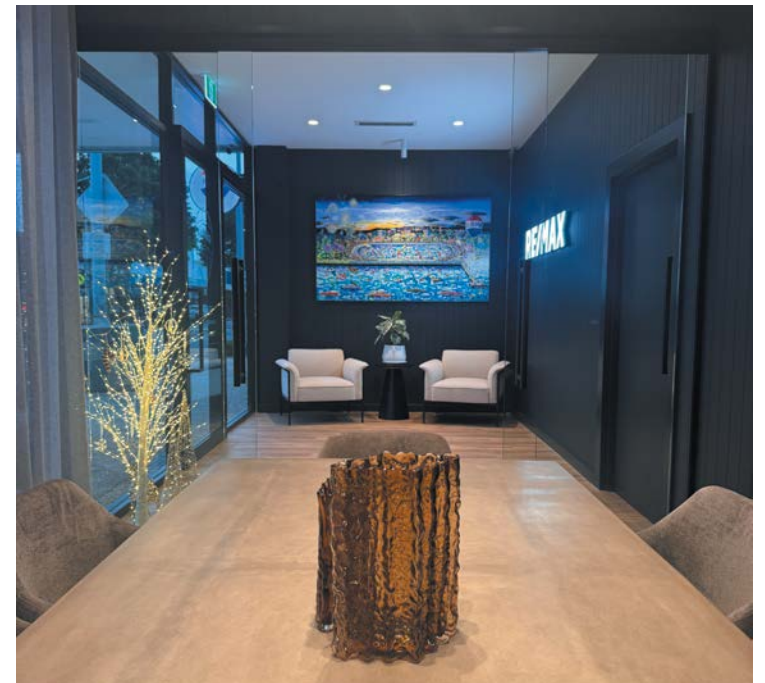


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Wynnum Manly Property Market Update

BY CHRIS VOTE, RAINE & HORNE WYNNUM

The Wynnum-Manly property market is booming, driven by strong buyer demand, low inventory, and sustained interest in bayside living.

Over the past few years, the area has experienced rapid growth, with median house prices in Wynnum reaching around \$1.22 million (up 20 per cent in the last 12 months) and in Manly around \$1.59 million (up 33 per cent) in 2024. This represents significant year-on-year increases, partly due to limited listings and a notable influx of new residents into Brisbane, who are increasingly drawn to the scenic bayside lifestyle and proximity to Moreton Bay.

For units, the median prices are also climbing, with Wynnum's median unit price reaching approximately \$708,000, which is up 13 per cent, and Manly's around \$800,000 (up 10 per cent). These price points have been supported by interest from first-time buyers leveraging recent government incentives, as well as by families from inner Brisbane suburbs relocating to enjoy the quieter, lifestyle-oriented bayside.

Demand remains particularly high for properties with bay views or close proximity to the waterfront. This demand, combined with continued interest from neighbouring Brisbane suburbs, suggests Wynnum-Manly will remain a competitive market for both buyers and investors looking for strong rental yields and future capital growth. Despite high property values, the area's lifestyle appeal and robust connectivity to Brisbane's central areas make it a resilient, high-demand region in the Queensland property landscape.



Photo: Supplied.

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The Sorrentino family's Salvos Xmas toy drive needs your help!

FROM MARC SORRENTINO

What started 11 years ago by the Sorrentino family with a boot full of toys to donate to underprivileged kids has become a byside tradition, thanks to the support of family, friends, local businesses, and, of course, the wider community, without whom none of this would be possible.

This year, more than ever, the cost of living pressures means some families are struggling to put food on the table and even a roof over their heads. For many underprivileged families, Christmas 2024 will be cancelled due to financial restraints, but it doesn't have to be that way.

We invite our community to drop off a new, unwrapped toy at our office at Sorrentino Property/Le Bistro, located at 75 Cambridge Parade Manly, before Monday, December 16, 2024. Our opening hours are 6:00am to 12:00pm, seven days a week.

We realise that many of you are also doing it tough. However, you don't need to spend much to make a difference and if you believe that the more you give, the more you get back, we are certain you'll find this very rewarding.

Unlike cash donations, 100 per cent of these toys donated go directly to the Salvation Army, who make sure these gifts go to underprivileged children, so let's unite and do our bit so those less fortunate don't miss out on the joy of Christmas.

The Sorrentino family thanks everyone for their generosity in donating toys over the past 11 years and for their continued support this year.



Sorrentino family shopping. Photo: Supplied.

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ROTARY WYNNUM AND MANLY RECOGNISES LOCAL IDENTITIES

FROM THE ROTARY CLUB OF WYNNUM AND MANLY

The Rotary Club of Wynnum and Manly recently presented its highest award – a Paul Harris Fellowship (PHF)* – to two outstanding local people at a gala dinner recognising the great work of the Rotary International Foundation. President Mick Matthews presented PHFs to Marilyne Jacobs and Senior Sergeant Chris Hebblethwaite in recognition of their outstanding contributions to the Wynnum and Manly community.

Marilyne has been the coordinator of Pete's Pantry since 2020 and achieved recognition of Pete's Pantry as an outreach provider in 2021, adding several services for the local people in need. Her great community work with Pete's Pantry and the many volunteers who work with her has provided breakfasts, supplied food and essentials, showers and laundry facilities, as well as haircuts to many needy people in this community, making Pete's Pantry an essential part of it. The club complimented Marilyne on her tireless dedication to this cause and recognised this contribution with the PHF.

Chris Hebblethwaite is a Senior Sergeant in the Police Service and a crime prevention coordinator based in Wynnum, where he

is well known for his passion for community-related policing. He established a local victim response framework and built the Bayside Volunteers in Policing team. He played a substantial role in modifying the role performed by crime prevention coordinators with a focus on a real-life, victim-centric approach and has made a substantial contribution to improving the life of the Wynnum community. The Rotary Club of Wynnum and Manly presented Chris with the PHF in recognition of this great work.

Eradication of Polio from the world also became closer at this function. The Rotary International Foundation has been seeking to eradicate Polio from the world, and it is nearly there – polio cases have been reduced by 99.9 per cent since that first project to vaccinate children in the Philippines in 1979. This dinner raised \$6,665 for this cause through the generosity of the nearly 100 people there. The skill and humour of auctioneer Geoffery Lyons from Inglewood convinced many of the audience to buy the donated goods at good but fair prices. This donation will allow the Foundation to vaccinate 220 children against Polio – a worthwhile contribution to the ongoing battle to rid the world of this scourge.



Marilyne Jacobs, President Mick Matthews and Snr Sgt Chris Hebblethwaite. Photo: Supplied.

**The Paul Harris Fellowship is in honour of Rotary's founder, the late Paul Harris, a Chicago lawyer, who started Rotary with three business associates in 1905. It is awarded to a person who has demonstrated a shared purpose with the educational and humanitarian objectives of The Rotary Foundation.*

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LOCAL GARDENING WITH KAT ONE DAY ONLY!

BY KAT PEARSON, *GIRL IN THE GREEN*

The daylily season has well and truly commenced and is set to continue all summer long! A fabulous, hardy ornamental plant, daylilies are actually edible* (though apparently not by cats) and not related to lilies at all. They are, however, in the same subfamily as Dianella (fun fact) and in the same family as grass trees (*Xanthorrhoea*)! Who knew?

Daylilies (*Hemerocallis* sp.) originated in Asia, where they have been cultivated for thousands of years for ornamental and medicinal purposes and since being introduced to Europe and eventually America, they have been hybridized to produce the thousands (and thousands) of different colours, shapes and styles we have today – from the simple orange and lemon through to darkest of maroons, multicoloured and ruffled petals.

The genus name *Hemerocallis* is derived from the Greek words 'Hemera' for day and 'Kallos' for beauty – typically because each (beautiful) bloom only lasts a day – but each stem has multiple flowers to keep the beauty coming.

When they aren't flowering, daylilies are a somewhat unassuming grassy plant that can take the place of many a strappy leaved plant in your garden design. They are unfussy in their growing conditions and fairly resistant to pests and diseases, although I do fight rust on them in one garden I manage. Depending on the severity, I either remove the affected leaves or chop the whole plant back. You can also spray with a fungicide if you so desire. As always prevention is better than cure, so make sure they are healthy, and as with growing many plants in our humid summers – keep good airflow! My husband complains that once summer hits, I never turn off our ceiling fans because I like to keep the air moving. Maybe I should get one installed in the garden for the sticky mornings before the sea breeze kicks in!

*Once again, I have not eaten them and probably don't intend to, but I'll keep it in mind for the next pandemic, or should I be in one of those fanciful situations where I am stuck on an island and only allowed to bring one plant...



ABOUT KAT

I love gardening, growing my own food and plants in general. I've been working on our current garden in subtropical Brisbane for the last six-plus years, but have been gardening for much, 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 brand new puppy (who likes to chase said chickens, and is not averse to helping me dig a hole!).



Photo by Kat Pearson.

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HOLDEN A PLACE IN YOUR HEART: FX-FJ NATIONALS COME TO BAYSIDE

The Holden is the car that was part of Australia, that featured in films and TV sitcoms and countless posters in suburban men’s dens; its demise as an Australian product was greeted with anger and sorrow, not just for the lost jobs but for the loss of something we’d come to regard as irreplaceably ours. The tenderness still lingers, especially for the iconic FJ and FX models, the snub-nosed, chrome-enhanced, instantly recognisable beauties of the years from 1948 to 1956.

The tenderness has spawned an almost cult-like following, and aficionados will have a chance to feast their eyes – and their memories – on a national gathering of the clan at the 26th biennial FX-FJ Nationals, to be held at the Cleveland Showgrounds from December 28 to 31. The display is supported by the not-for-profit Australian Early Holden Federation Inc. and hosted by the FX-FJ Holden Club of Queensland Inc. and the National Secretary, Shane Krueger, is expecting a great turnout.

“It’s going to be a great weekend,” he says. “We’re expecting more than a hundred FJs and FXs and in addition, we’ve invited more than 50 other car clubs in Southeast Queensland to display their classic, vintage and muscle cars on the adjoining field. The Show & Shine on Sunday December 29 will provide some breathtaking moments for those who love classic cars.”

For those who do, \$10 will give entry to the whole day, from 9:30am to 3:30pm. Special attractions will be Lloyd’s auction of a no-reserve price Holden and a chance to admire the FX Holden that belonged to Rock ‘n’ Roll George, a well-loved Brisbane character until his death in 2009. Don’t forget your cameras!

The 26th biennial FX-FJ Nationals will be held at the Cleveland Showgrounds from December 28 to 31, 2024.



Photo: Supplied.

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FROM THE BAYSIDE COMMUNITY FUND COMMITTEE

Thank you to everyone who voted in the Bayside Community Awards. More than 10,800 votes were received, followed by a sensational sold-out event in November hosted by Wynnum Manly Leagues Club. The Bayside Community Fund would like to thank our category sponsors – without your support this event would not happen. The winners for each category are listed below.



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Manly Boathouse
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BEST SMALL BUSINESS NEWCOMER
The Tasty Pocket
Sponsored by Ross Vasta MP



BAYSIDE BUSINESS OF THE YEAR
Bayside Dance
Sponsored by The Community Leader



EDUCATOR OF THE YEAR
Clayton Carnes, Manly State School
Sponsored by Joan Pease MP



BEST RETAIL BUSINESS
Cultivate Design Co
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GIRLS, HOW ABOUT PLAYING RUGBY WITH WYNNUM BUGS IN 2025?

FROM WYNNUM BUGS

In 2024, Wynnum Bugs Rugby held its inaugural girls rugby program. This was a 10-week program to provide girls aged 10 to 18 an opportunity to experience Rugby 7's in a safe and friendly environment. Rugby 7's is an Olympic Sport at which Australia excels.

There were 28 girls who participated in the program, which was so successful that the club entered three teams into the BJRU Girls 7's series, combining with Redlands Rugby to ensure there were enough players in each age group.

All three teams did themselves proud, and the skills they had learnt were shown on the fields, with many other well-regarded clubs commenting on their abilities.

On 7 February 2025, the club will be commencing a new 10-week program for just \$40, where qualified coaches will help the girls learn the skills and laws of the game, and for those with previous experience to work on developing their skills.

The goal is to increase the number of girls who participate in rugby and develop enough girls to enter teams into the BJRU 7's series later in the year.

If your daughter is interested, please email womensrugby@wynnumrugby.com.au.



Photos: Supplied.

WYNNUM/MANLY/LOTA FORESHORE CONSULTATION OPENS FEBRUARY 2025

The bayside community will soon be invited to have their say on the future of the foreshore.

Community consultation for a new masterplan along the Wynnum, Lota and Manly foreshores will open from February 3, 2025.

The development of a new masterplan was announced in the Lord Mayor's 2024-2025 Council Budget, where funding was committed to regenerate Brisbane's historic waterfront and enhance the bayside's incredible lifestyle offerings.

The 20-year masterplan will revitalise the stretch from Wynnum Creek to Lota. Further details on the consultation will be released in the new year.

"Brisbane is Australia's lifestyle capital, and we are committed to delivering more to see and do in our suburbs," said Lord Mayor Adrian Schrinner.

"The Wynnum, Lota, and Manly foreshores are such a special part of Brisbane, and we want to make them even better.

"We're already delivering a major upgrade of the children's playground near the Wynnum Wading Pool, but I know there are a lot of ideas about what else we can do.

"Brisbane is one of the best places in the world to live, and this is an exciting opportunity to help shape the next chapter of Brisbane's bayside."

Wynnum Manly Ward Councillor Alex Givney says she is excited to work alongside the Lord Mayor to make this community we love even better.



Lord Mayor Adrian Schrinner with Councillor Alex Givney. Photo: Supplied.

"We are aware that local residents have amazing ideas for improving the foreshore from Wynnum to Lota and want everyone to have an opportunity to shape its future," said Cr Givney.

"We're here to listen to local residents and businesses to bring fresh energy and life to this beautiful part of Brisbane and look forward to hearing these ideas during our upcoming community consultation in 2025."

DID YOU KNOW THERE ARE NEW LIFEJACKET REGULATIONS FOR QUEENSLAND?

FROM REBECCA MITCHELL, VMR RABY BAY

On 1 December 2024 new lifejacket laws came into effect*.

Lifejackets must be worn when:

- Boating alone or only with children under 12 years on an open boat less than 4.8 metres in length whilst underway.
- People boating between sunset and sunrise on an open boat less than 4.8 metres in length whilst underway.
- People crossing a designated coastal bar on an open boat and on an open area (the deck) of a ship of any length.
- Children one year or more and under 12 years on an open boat or an open area (the deck) of a ship of any length whilst underway.

The current standard for lifejackets is AS4758. Lifejackets/PFDs manufactured to AS1512, AS1499 and AS2260 are now outdated. The cut-off date for replacement is 1 September 2025. For more information go to <https://www.msq.qld.gov.au/safety/life-jackets>

*Transport Operations (Marine Safety) Legislation Amendment Regulation 2024

Do you know the VHF channels commonly used in Moreton Bay?

The most commonly used are listed below.

- **16:** The main distress frequency, this channel is used for distress calls, urgency calls and calling. It is monitored 24/7 by Maritime Safety Queensland and volunteer marine rescue stations.
- **20:** VHF Repeater working channel at Tangalooma with coverage of northern Moreton Bay.
- **21:** VHF Repeater working channel at northern Moreton Bay and offshore.
- **67:** Secondary distress frequency.
- **72 :** Working channel Northern Moreton Bay.
- **73:** Working channel Central Moreton Bay, preferred for logon at VMR Raby Bay.
- **77:** Working channel.
- **81:** VHF Repeater Northern Moreton Bay.
- **82:** VHF Repeater Southern Moreton Bay.
- **83:** VHF Repeater South Passage Bar and surrounds.



When crossing shipping channels, monitor VHF 16 or:

- **12:** Brisbane VTS covering main shipping channels between Point Cartwright at Mooloolaba and Brett's Wharf at Hamilton Reach on the Brisbane River.
- **13:** Brisbane River upstream from Brett's Wharf and Southern Moreton Bay Islands.

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.

LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.



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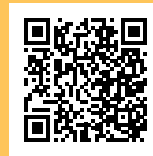
- Community editorial 9th of December or earlier
- Advertising cut off 13th of December
- Distribution from 6th of January 2025
- Bookings are for a minimum of 3 months and space is limited
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OVER 70 STALLHOLDERS COME TOGETHER FOR A MAMMOTH CHRISTMAS MARKET!

FROM THE WATERLOO BAY LEISURE CENTRE

If you're keen to do Christmas shopping in a relaxed environment, mark Saturday, December 7, on your calendar for Waterloo Bay Leisure Centre's Christmas Market.

There will be over 70 stalls inside the Waterloo Bay Leisure Centre and in the grounds surrounding the historic Shire Clerk's Cottage. Most stalls sell goods made with love – handmade items that make excellent Christmas gifts for your loved ones, school teachers, workmates and anyone else important to you.

Along with unique crafts, you can pick up some home-baked goods and various treasures you won't find anywhere else.

Our Boomerang Bag ladies will be serving Devonshire Teas on the verandah of the historic cottage, so take a stroll and marvel at the history before indulging in a scrumptious scone. The scones are baked onsite on the morning of the market, so they're guaranteed fresh!

All proceeds from this market go towards maintaining the cottage. The front stairs were recently replaced, and the cottage needs to be repainted inside and out. Anyone with a timber home will be quite aware of the cost of this, so your support of the market is most welcome.

WHAT: Shire Clerk's Cottage Christmas Market

WHERE: 241 Tingal Rd, Wynnum

WHEN: Saturday, December 7 from 8:00am to 1:00pm

The Waterloo Bay Leisure Centre will be closed from 1:00pm on Saturday, December 7 until Monday January 7. Why not stock up on the centre's delicious home-cooked frozen meals for just \$7 before they sell out?



Photo: Supplied.

TWO FOR ONE: PERFORMANCE DOUBLE-HEADER FOR AUSTRALIA DAY

BY JAN NARY

Theatre has been a feature of Australia Day at Redland Museum since 2008 when Theatre Genesis staged the popular classic Dick Diamond's *Reedy River*. Theatre Genesis has undergone various iterations since then, but the core group of actors, now members of the museum's embedded company, Theatre Redlands (TR), will bring the magic back to the stage in 2025 with an Australian double feature.

John Cundill's *The Eulogy*, directed by TR's Raymond Noonan, is a deftly crafted piece that dovetails the personal and the public in a crisp two-hander. In a dynamic mother and son encounter, Russell is writing a eulogy for his terminally ill mother who, as well as being the subject of the eulogy, takes on the role of being its editor. Disagreements over style lead to disagreements over shared memories – and relentlessly,

painfully, coverings are stripped away from dark family secrets. Who remembers the Fitzgerald Inquiry...?

The second piece, directed and adapted from Lillian M. Pyke's *Camp Kiddies* by Jan Nary, follows the life of a family when their father's new employment takes them from Melbourne suburbia to a bush camp, established for the construction of Queensland's north-reaching railway line. Set in the early 1900s, *Training Wheels*, adapted as a radio play, features some of John Warner's evocative railway songs to help make the journey truly memorable.

The show will run from 24 January 2024 to 2 February 2025. For more information, visit <https://www.redlandmuseum.org.au/whats-on/events/>

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LOCAL STUDENTS DANCE INTO EXCELLENCE AT ROYAL ACADEMY EXAMS

CONTRIBUTED BY ANNETTE ROSELLI DANCE ACADEMY

Annette Roselli Dance Academy is thrilled to celebrate their recent successes in their Royal Academy of Dance (RAD) examinations. This year, students did exceptionally well with many getting high distinctions, highlighting the training and support provided by our dedicated instructors.

Participating in the Royal Academy of Dance (RAD) examinations offers numerous benefits. The structured syllabus not only helps students build a solid foundation in ballet technique, but also encourages artistic expression. Each exam prepares dancers to set goals and strive for excellence, cultivating personal growth and perseverance.

The confidence gained from preparing for and completing these exams is invaluable. The students emerge with a sense of accomplishment, ready to embrace new challenges both in dance and beyond. Additionally, the Royal Academy of Dance (RAD) qualifications enhance dance credentials, opening doors for future opportunities. The exam preparation fosters camaraderie among students, building lasting friendships and a shared love for dance.

Annette Roselli Dance Academy is committed to providing its students with the highest quality dance education and is proud to continue to offer Royal Academy of Dance (RAD) syllabus classes.

Earlier this year at the Wynnum Manly Eisteddfod, Annette Roselli Dance Academy emerged, once again, as the reigning champions, securing the prestigious Championship Aggregate trophy for the fourth consecutive year.

This highly anticipated event brought together remarkable talent from across the greater Brisbane area, featuring an impressive lineup of over 45 competition categories. The Championship Aggregate award is presented to the studio that achieves the highest number of victories across all age groups and genres.

Annette Roselli, the owner and director of the studio, shares her sincere congratulations with all her dancers for their commitment, hard work, and enthusiasm this year.



Photos: Supplied.

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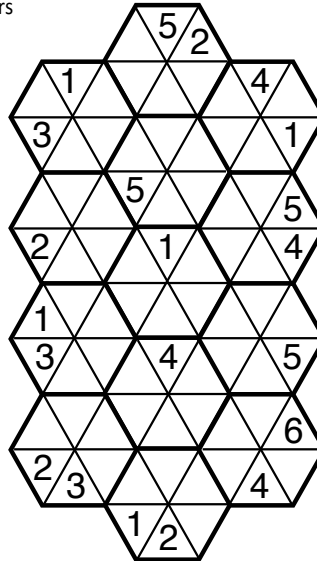
Sudoku

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

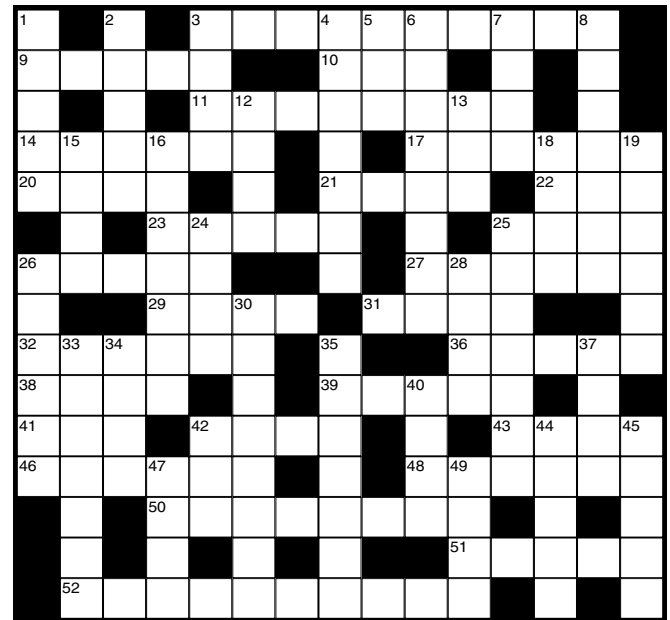
		2		7		1		3
4	3				6			
	9							
	7			1		3		
			5	6				
	8	6	4	9				
		3				5		
	4					7	2	
6					2			8

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

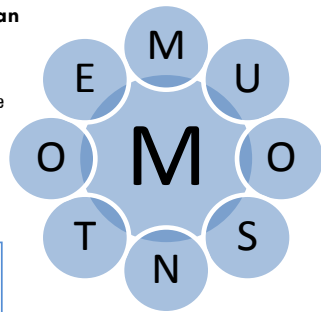


Focus

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: 14 words
Very good: 20 words
Excellent: 30 words



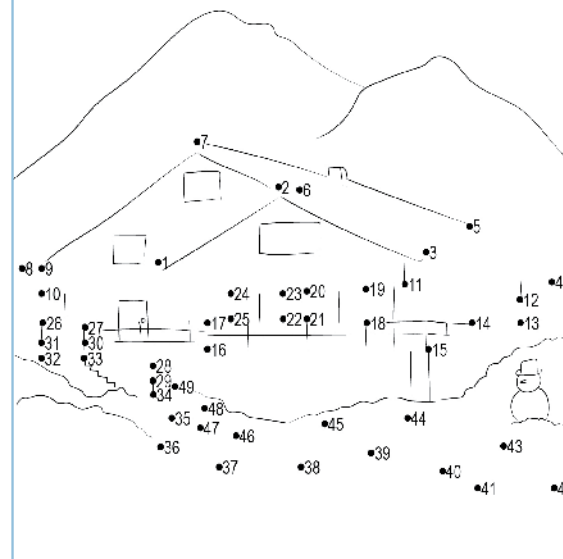
Reference: Macquarie Concise Dictionary
Focus No. 3888

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.



ACROSS

- 3 Self-satisfied
- 9 Perfect
- 10 Disencumber
- 11 Remedy for counteracting poison
- 14 Bring into accord
- 17 Scoundrel
- 20 Tide attaining least height
- 21 Family member
- 22 Lyric poem
- 23 Small fish
- 25 Middle East port
- 26 Condition
- 27 Most recent
- 29 Woe!
- 31 Location of Taj Mahal
- 32 Danger signals
- 36 Mature
- 38 Saucy

DOWN

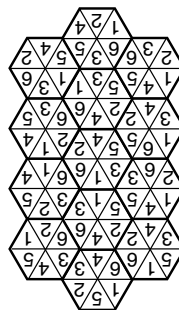
- 1 Furniture item
- 2 Goddess of the hearth
- 3 Tribe
- 4 Confidential
- 5 Cover
- 6 Embellishing
- 7 Facial features
- 8 Long angry speeches
- 12 At hand
- 13 Make lace

ACROSS

- 15 Biblical quotation
- 16 Parvenu
- 18 Cipher
- 19 Of Lent
- 24 Raw hide
- 25 Was in store for
- 26 Fashions
- 28 Does wrong
- 30 Classified
- 33 Easily read
- 34 Work units
- 35 Foretell
- 37 Poem of heroism
- 40 Wicked giant
- 42 Encountered
- 44 Wall painting
- 45 Irritable
- 47 Stop up
- 49 Biblical garden

Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: memo memo menu meson moment MOMENTOUS
mono monte moon mouse moot most mote mouse mount
mouse moon muse muso must mute omen smote smut
some stem summon sumo tome tomo

SPOT THE 5 DIFFERENCES: Red tomato stem moved, Label colour on plastic bottle reversed, Extra spot of sauce, Line missing from glass bottle, Background sauce blotch larger.

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PRAWN, MANGO AND AVOCADO CREAM BRUSCHETTA RECIPE

Christmas brunch can be simple, yet fancy – just add the freshest Queensland prawns, juicy mango and ripe avocado!

INGREDIENTS

- 15-20 Queensland prawns, peeled and deveined (allow two to three per serve, depending on the size of your bread)
- 2 ripe avocados
- 1 small mango, diced
- 1 handful of cherry tomatoes, chopped or halved
- 2 tablespoons freshly squeezed lime juice
- Salt and pepper, to taste
- Sliced baguette rounds or sliced sourdough loaf (for larger serves, use sliced sourdough, for smaller serves, use baguette rounds)
- Cream cheese (for spreading on bread)
- Olive oil for toasting the bread
- A handful of mixed micro herbs for garnish or whatever in-season herbs you have on hand, e.g. chives, watercress, chopped basil.

METHOD

1. In a bowl, mash the avocado flesh with a fork until it's smooth. Add a squeeze of lime juice, and a pinch of salt and pepper to taste. Mix until it's creamy.
2. Lightly brush the baguette slices with olive oil and toast them in a frying pan over medium heat until they're golden. Remove from heat. Spread with cream cheese.
3. Spread the avocado cream on each piece of toast, then top with a fresh prawn/s, diced mango and a few cherry tomato pieces. Garnish with herbs and add an extra squeeze of lime juice if you'd like more 'zing'.





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BARTONS BARBER: A CUT ABOVE THE REST

FROM BARTONS BARBER

For those seeking a high-quality grooming experience with unbeatable convenience, Bartons Barber is the go-to destination in Bayside. As the only barber shop in the area offering appointment bookings, Bartons Barber is dedicated to making haircuts, beard trims, and styling services smooth and stress-free. Walk-ins are also welcome, giving clients flexible options to fit their schedules.

Led by Mike, a barber with over 20 years of industry experience, Bartons Barber brings expertise and style know-how that's hard to find. Known for his attention to detail, Mike offers everything from classic cuts to the latest trends and precise beard trims, creating a welcoming environment for men, boys, and pensioners alike.

As formal and prom season approaches, Bartons Barber provides an ideal solution for anyone preparing for these milestone events. With appointment bookings, clients can secure their preferred time in advance, ensuring they'll look and feel their best without any rush or wait.

Located within the Bartons Bayside Mitsubishi dealership, Bartons Barber offers unparalleled convenience. With ample parking—rare for a barber shop—the location is accessible and hassle-free. The unique setup also allows customers to combine their visit with vehicle servicing. Clients can drop off their car for service and head straight into the barber shop, efficiently checking off two tasks at once.

Bartons is thrilled to offer this professional barber experience alongside its automotive sales, servicing, and parts departments. Open to the public, Bartons Barber welcomes both appointments and walk-ins, providing top-tier barber services to the Bayside community.



Photo: Supplied.

Locals are quickly discovering why Bartons Barber stands out in quality and convenience. Whether for a special event or regular grooming, clients can count on Mike and the entire Bartons team to deliver an experience that leaves them looking sharp and feeling great. Find out for yourself! Come down to 200 Tingal Road (inside the Mitsubishi showroom) or book online at bartonsbarber.net.

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LOCAL FISHING WITH SPERO

DROP A LINE — HERE'S WHERE YOU'LL FIND THE BEST FISH THIS CHRISTMAS

BY SPERO KARTANOS

Christmas is getting very close, and the festive season is approaching, which means school holidays and family days out on the bay, so please keep an eye on the weather warnings and predictions. It's safer to say, "We are not going out on the bay today" than having an accident on the water in bad weather. BOM forecasts are fantastic most of the time for the bay, and they are the ones that I follow.

Fishing is pretty good this time of year, even with all the extra traffic on the water. There should be whiting and squid over the banks in the bay, and hopefully, the spotty mackerel will make an appearance. My favourite thing this time of year is fishing for Moreton Bay squire/snapper, and you don't have to go far to catch really nice fish (one of the best-tasting fish in the ocean). They don't have to be giants; to me, a 35cm to 40cm squire is as good as it gets! Yes, catching the 65cm and 80cm fish is fun, but I prefer the 40 to 60cm squire for a good table-eating fish.

The fun is also catching these fish on fairly light lines, and as for baits, I have never mastered the plastics for squire. I use a 5.0 to 6.0 red snapper hook on a running rig with a ball sinker (just to get to the bottom), which for me is heaven, and my preferred bait is whole small whiting, garfish, and any small fish and whiting heads. Grinner, mullet and bonito fillets are always worth a try, too – I suggest you burley while fishing for squire, it always helps.

I have always used Alvey reels in the past, but my fingers and thumb always got a pounding, so these days I find bait runner reels fantastic. Penn, Shimano and Daiwa are my favourites; the best size for the bay is the 4000 to 5000 range, with 15lb to 20lb lines, and I prefer any green colour for bay fishing. Tortue and Penn are my favourites. As for mono lines, I don't like the new rope lines at all – there's no stretch.

The areas I tend to fish close to home are near Green Island on the eastern side in around 18 to

20-ft depth, St Helena on the eastern side (just out from the dredging zones of the past and Mud Island outside the sunken reef), and Peel Island of course – especially when the weather forecasters can't make up their minds. So then you can fish the Lazaret Gutter side, the hole in the wall on the eastern corner at south-west rocks, or the western side on the sunken rock wall – and you can easily get out of any kind of wind. You just need a run in the tide, and I prefer the run out, but I have also caught plenty of fish with the incoming tide. The incoming tide tends to make the water a little clearer, which saves you catching catfish and sharks when the water is on the dirty side, and there are plenty of sharks in the bay this time of year.

I hope you all get a fresh fish for dinner over the holidays! Enjoy the holidays, keep safe, and thank you for all the feedback throughout the year. Merry Christmas to you all, and a safe New Year.



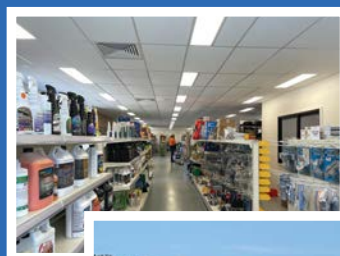
Photos: Spero Kartanos.

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DIGITAL DENTISTRY – GREATER PATIENT COMFORT AND TREATMENT OUTCOMES

FROM DENTAL ON CAMBRIDGE

Modern digital dentistry offers many advantages for patients that not only mean great aesthetic outcomes but also greater efficiency, better patient comfort and longer-lasting results. Utilising state-of-the-art equipment to enhance the comfort of our patients is one of our top priorities. At Dental on Cambridge, we pride ourselves on using the most cutting-edge technology to provide the highest quality treatment and care. We've recently added new and improved digital dentistry solutions, such as our wireless 3D intra-oral scanning device and 3D printers, to allow the construction of precisely fitting dental restorations and detailed 3D printed models. The end result is the provision of beautiful and realistic looking crowns, bridges and dentures in fewer appointments than when using traditional techniques.

Previously, to create a new tooth for a crown, bridge or even a denture, patients would have to endure sometimes gag-inducing impression material to take impressions of their teeth. If you have experienced the discomfort of having a traditional dental impression done in the past, you know all too well that this can be an unpleasant experience – whether it be the awful taste or the feeling of the runny goo making you gag uncontrollably. By utilising ultra-high definition intra-oral 3D scanners, the need to take traditional dental impressions has been eliminated for most dental restorations.

Additional benefits of using digital scans compared to traditional dental impressions are speed and accuracy. Traditional impressions take up to five minutes to set properly, and can often distort due to unavoidable patient movements such as swallowing or tongue movements. Additionally, traditional impressions are more sensitive to moisture contamination leading to loss of accuracy and detail.

With an intra-oral scanner, due to the speed of acquisition and the ability to pause and resume data collection at any point, these issues are mitigated, and the end result is extremely accurate. The intra-oral scanner is a small wand-like camera device that quickly records three-dimensional data inside the mouth at up to 75 frames per second, in exceptionally high detail, which is then used for 3D CAD/cam design and 3D printing of devices such as dental splints and dental models.



Photo: Supplied.

How does this help with my dental visit? One of the biggest benefits we see is that patients report that the procedure is quicker and more comfortable. Additionally, we see that crowns, bridges, splints, partial dentures and implant crowns fit better and require fewer adjustments on completion. This means fewer dental visits are required to complete the work. So, if you've been putting off coming to the dentist because you are dreading the awful goop and gagging you may have experienced in the past, we can help! Digital dentistry means better patient comfort, better treatment outcomes and faster turnaround times. It's just one of the many ways we're committed to providing the highest quality treatment and service to our patients.

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