

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside



LET'S HIT THE GROUND RUNNING FOR A FABULOUS 2025!

It's January, and chances are you've already forgotten about those pesky, made-with-good-intentions New Year's resolutions. But if your goal was to get fit in 2025, and you have no idea where to start, and you'd like to make some super cool new friends, the Blood Sweat & Beers team would love to help you get started on the path to running like a champion! Check out page 3 for more info.

If you'd like to expand your creativity, Wynnum Manly Arts Council has a program of workshops covering a diverse range of art

mediums. Got a book-reading goal? Wynnum Library, Little Gnome Bookshop at Wynnum and the Mad Hatters Bookshop at Manly are full of literary treasures.

On the water, the Manly Dragons are renowned for guiding new members through the ancient sport of dragon boating. Our parks and community halls are buzzing with groups of people from all walks of life who meet for fun and friendship. Keep an eye out during the year for our organisation profiles, where we'll showcase

the amazing contributions these groups make to our community.

Whatever your goals are for the year ahead, start by putting one foot in front of the other, and go forth and do your best! And remember, if you've got good news to share – no matter how big or small – get in touch with The Community Leader team.

Pictured: Blood, Sweat & Beers running club members Clyde, Anthony, Verne, Alexandra and Hanne at Wynnum Jetty.



100 SALES IN 12 MONTHS

MUST BE DOING SOMETHING RIGHT...

WANT TO KNOW HOW? GET IN TOUCH



BEST PROCESS = BEST PRICE

BAYSIDE

PROPERTY ~ AGENTS

David Pearce

0412 449 387

POP-UP LETS YOU DANCE, CONNECT AND CELEBRATE AGEING!

CONTRIBUTED BY GONE FROLICKING

Pro-ageing dance captain Dr Anja Ali-Haapala is on a mission to smash ageing stereotypes through dance. After 15 years of dance teaching, performance and academic research, Anja is making moves in the field of dance and ageing.

"It's really exciting to see an increase in dancing opportunities for over 50s, but I've noticed that they rarely have much exposure. So the stereotypes of young dancers and frail old people persist," she said.

Enter *Gone Frolicking*, a pop-up dance event for diverse over 50s that's touring south-east Queensland. It's a vibrant, pop music-loving atmosphere that prioritises safe dancing, social connection and a bit of sass on the dance floor. "We socialise as much as we dance," said Anja.

The event kicks off with a meet and mingle session over tea and coffee, setting the tone for a morning of community and camaraderie. The group learns an original piece of low-impact choreography to a pop song from the '70s or '80s, culminating in a group performance. A light morning tea follows, giving everyone a chance to recharge and bask in their fabulousness.

Anja is known in the artistic community for her enthusiastic and inclusive approach to dance. Her workshops are not about technical perfection, but about having fun, playing with artistic expression, and connecting with like-minded people.

Participants can expect a supportive environment where the emphasis is on fun and connection. Whether you danced when you were younger or never had the chance, *Gone Frolicking* promises a memorable morning full of laughter, music, and new friendships.



Photo: Supplied.

Gone Frolicking is coming to Wynnum Municipal Hall on Saturday, February 1, 2025, starting at 10:00am. Readers can use the code LOCAL for a 10% discount. For more information and to purchase tickets, visit <https://gonefrolicking.com.au/>.

BOOKINGS: 3348 1000
manlymarinacove.com
 *Conditions apply. Subject to availability.

BOOK DIRECT & SAVE

Manly Marina Cove Motel

2020 Travellers' Choice
 TripAdvisor

SLASH YOUR ENERGY BILL!

CONTACT US

Phone Number: 0412 911 080
 Website: www.solarairenergy.com.au

SOLARQUOTES SINCE 2009
 GOLD Rated Supplier

BEST RATED SOLAR INSTALLER
 MOST POPULAR AUSTRALIA TOP 20
 SUNDAY AWARDS 2024

FUN ON THE RUN: THE CLUB THAT'S NOT REALLY ABOUT BEER!

You may have seen runners along the Wynnum Manly foreshore in their distinctive red and black shirts, emblazoned with the name *Blood, Sweat & Beers*. So, what's the story?

Actually, it's all about running, keeping fit and having a good time – but it's a catchy name, people notice it and remember it and don't get too disappointed when they discover that the beer's really just a marketing ploy.

Alexandra (Al) Lawson and her husband Verne were prompted to start the free running club by the number of individuals and couples that they saw running along the Wynnum foreshore. Both keen runners, they thought that gathering some like-minded folk together could be a lot of fun.

"Verne represented Zimbabwe as a sprinter when he was younger, then took up ultra marathon running," Al says. "My passion was always for cycling, I resisted running initially – too boring, too hard – but took it up about 10 years ago and haven't looked back since; I love it."

Al says that they had no idea how popular the club would prove. Their youngest runner is eight and the just-retired oldest runner is 82.

"We welcome all ages and all paces, from beginners to really competitive runners, and all you need are good running shoes and cool clothing. We have two night-time runs and a Sunday morning run every week, usually along the Wynnum Esplanade, but occasionally at Southbank followed by a swim, and after a big event we may have a social evening."



The not-for-profit club is self-supporting and has its own merchandise, such as t-shirts that have proved a favourite with overseas visitors. For more information, go to the Blood, Sweat and Beers' Facebook page – and prepare for a good time!

CAPALABA SPORTS CLUB - "Where there's something for everyone"

Dinner
Specials

TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
<div style="background-color: #333; color: white; padding: 5px;"> <p>BLACKBOARD SPECIALS</p> <p>Meals change weekly</p> <p><i>YUM!</i></p> </div>	<div style="background-color: #2e7d32; color: white; padding: 5px;"> <p>SCHNITZEL night</p> <p>MEMBERS \$14.90</p> <p>\$4.50 TOPPING UPGRADE OPTION</p> </div>	<div style="background-color: #ff9800; color: white; padding: 5px; text-align: center;"> <p>KIDS EAT FREE!</p> <p><small>*T&C's apply</small></p> </div>	<div style="background-color: #333; color: white; padding: 5px;"> <p>200gm Char Grilled RUMP STEAK</p> <p>SERVED WITH YOUR CHOICE OF SAUCE, CHIPS AND SALAD</p> <p>MEMBERS \$14.90</p> </div>
<div style="background-color: #f0e68c; padding: 5px; border: 1px solid black;"> <p>OPEN DAILY FROM 10AM</p> <p>Cafe from 10am Lunch from 11.30am Dinner from 5.30pm</p> </div>			

113 Ney Road, Capalaba
PH: 33903011
www.capalabasportsclub.com.au

RECYCLING ADDICTION

NEW AND USED BUILDING SUPPLIES

- Windows
- Pipes
- Concrete Sleepers
- Doors
- Steel
- Mesh Sheets
- Screens
- Builders hardware
- Quirky and old items

MY BUSINESS CATERS TO TRADIES, DIY-ERS & COLLECTORS WITH OUR WIDE RANGE OF STOCK, VARYING DAILY

Darren: 0427 444 605

119 Giles Road, Redland Bay

Mon - Fri: 7.30 am - 4.30ish
Sat: 8.00 am - 12 noon | Sun: CLOSED

3

THE BENEFITS OF REGULAR ROOFING AND GUTTER INSPECTIONS

FROM BRISBANE PLUMBING AND DRAINAGE

Imagine a house without a roof. It's an essential part of any home – it protects people and material possessions, and regular maintenance is crucial in our harsh Australian environment.

Regular inspections and maintenance can prevent water damage to your home and extend the lifespan of your roof. One of the primary advantages of routine roofing and gutter inspections is the early detection of potential issues.

Over time, your roof can suffer wear and tear caused by things like weather conditions and accumulation of debris like leaves. Inspecting these areas regularly allows you to identify and address problems early, such as leaks, cracks, or blockages, before they escalate into costly repairs. Preventative maintenance can avoid potential water damage affecting the roof and home's interior, leading to mold, mildew and structural issues, costing thousands to repair.

A well-maintained roof and gutter system promotes proper drainage, keeping water away from the home's foundation. This is particularly important in regions like Brisbane, where heavy rainfall can lead to serious flooding and erosion. Homeowners can significantly reduce the risk of water pooling around their property by ensuring that gutters are free from debris and functioning correctly.

The professional plumbers at Brisbane Plumbing and Drainage can assist with these essential inspections and maintenance tasks. Their expertise ensures that any potential issues are addressed swiftly, helping to safeguard your home and your family's treasures.



Keeping your roof system in top condition is easy – simply call the experts at Brisbane Plumbing and Drainage and they'll take care of all your roof and guttering maintenance needs.

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



Brisbane
PLUMBING & DRAINAGE

We are an honest **Brisbane-based family business** who are prompt and reliable. We have tradespeople available **24/7**.

- + Blocked drains
- + Roofing and guttering repairs & replacement
- + Gas plumbing services
- + Hot water systems repairs & replacement
- + Water leak detection
- + Leaking taps and toilets
- + Drainage relays and relining

Get hot water every time
with Brisbane Plumbing & Drainage

CALL 0488 843 224

Brisbaneplumbinganddrainage.com.au

ABN 90 167 138 874 | QBCC LIC. 127 6676

JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



SUPPORT SMALL BUSINESS THIS SUMMER

There are nearly 500,000 small businesses registered in Queensland.

And we have some thriving businesses here on the Bayside. We can all do our bit to support small businesses by shopping local this summer.

Small businesses are the backbone of the Queensland economy. They contribute more than \$117 billion to the economy each year. Without them, our economy stumbles.

I'm honoured to be Shadow Minister for Family and Small Business. As a former small business owner and operator before entering Parliament, I fully understand the everyday highs and lows of our hardworking small business operators. Let's do what we can to support them.



WORKING TOGETHER TO IMPROVE COMMUNITY SAFETY

I had the pleasure of meeting our new Officer-in-Charge from Wynnum Police Station. He's been active and engaged in the Bayside, already meeting local community leaders and traders to discuss ways to improve community safety.

Important community engagement events include 'Coffee with a Cop', which was organised by the Bayside District Crime Prevention Unit. The community recently had the opportunity to speak to the Bayside District Crime Prevention Coordinator, local police, Bayside Volunteers in Policing, Police Liaison Officers and Crime Stoppers, about all things policing. Having a well-resourced and well-engaged policing service is essential to help reduce crime.

To report any disturbance or issue requiring police attention, go to www.police.qld.gov.au/policelink-reporting or call 131 444.



HONOURING OUR VOLUNTEERS

Our volunteers are the backbone of our Bayside community. Marilyne Jacob from St Pete's Pantry is retiring. I recently presented Marilyne with a Bayside Great Award before the St Pete's Pantry community.

Her work has helped to feed thousands of vulnerable people in our community.

When we work to create light for others, we naturally light our own way. To say Marilyne is a shining light for the Bayside community is an understatement. Marilyne will be truly missed by so many at St Pete's who truly value her kindness and support.

Thank you Marilyne for your many years of service to our community. You exemplify the Bayside community spirit.



LINDUM STATION UPDATE

The Lindum Station Accessibility Upgrade is part of Queensland Rail's program to upgrade stations to make them accessible for everyone. The works are near to completion.

I have written to the Minister for Transport requesting an update and for a definitive date on when the station will be open to the public.

The following activities are now taking place according to Queensland Rail's latest update. Continuing fit-out of footbridge; Staircases and lift shafts (screens, glazing and lighting); Continuing construction of station building, ticket office and entrance plazas; Lift car assembly; North Road park 'n' ride expansion, drainage and entry works (Eccles Street).

For more information about the station upgrade, call 1800 722 230 or email stationupgrade@qr.com.au



SENIOR AUSTRALIAN OF THE YEAR

Congratulations to our very own Dr. Bronwyn Herbert, the 2025 Queensland Senior Australian of the Year! Bronwyn has lived in Wynnum her entire life and dedicated her working life to social work. Bronwyn completed a Bachelor of Social Work at age 40 years, her master's at age 61 years, and was awarded her PhD last year at age 90 years.

Bronwyn's work and research has changed countless lives nationally and contributed to a better understanding of homelessness and how to break the cycle.

I was pleased to present Bronwyn with a small gift at her home and listen to her wonderful life stories. She's an inspiration to her family and to the Bayside community. Well done.



Image: Hamilton Development Proposal

HAVE YOUR SAY ON WYNNUM BUILDING HEIGHTS

Brisbane City Council's Suburban Renewal Precincts Program is in full swing. The Lord Mayor expects 400,000 people to move into Brisbane in the coming years.

In a recent press release, Lord Mayor Schrinner said: "We're striking a balance by choosing tall over sprawl; encouraging more homes in well-located areas."

"Wynnum's CBD is the second precinct to be identified as part of the plan. The focus area for the precinct will span from Berrima Street to Clara Street and along Tingal Road and

Bay Terrace, encompassing Wynnum Central Station and the core parts of Bride Street, Charlotte Street, Florence Street and Edith Street," the Lord Mayor said.

Brisbane Council will begin its community consultation phase in 2025. To date, they have yet to finalise dates with respect to stakeholder engagement. I encourage all residents to have their say in 2025 about far-reaching planning decisions that will shape our Bayside community.

For more information, go to: <https://www.brisbane.qld.gov.au/planning-and-building>.

JoanPease MP

State Member for Lytton

Authorised by Joan Pease 100 Edith Street Wynnum

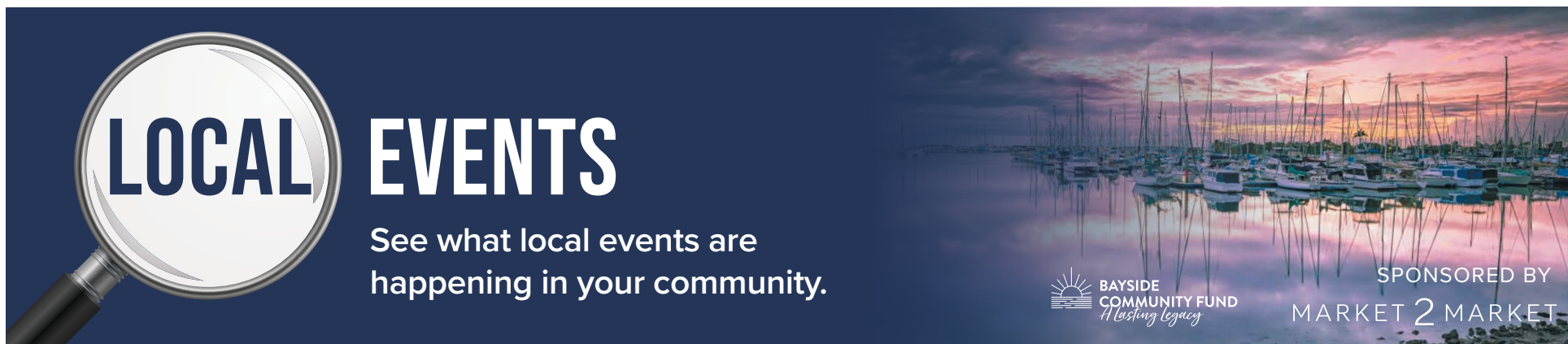
PO Box 719, Wynnum QLD 4178

(07) 3915 1100

JoanForLytton

lytton@parliament.qld.gov.au

www.joanpease.com



BAYSIDE
COMMUNITY FUND
A Lasting Legacy

SPONSORED BY
MARKET 2 MARKET

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



LITTLE STEELY BROTHERS

Saturday January 25, doors open 7:30pm, Wynnum Manly Leagues Club, Wondall Road, Manly West

Experience the magic of West Coast sound with Little Steely Brothers' live show. Get ready to rock along to timeless hits made famous by The Eagles, Steely Dan, The Beach Boys, The Doobie Brothers, Little River Band, and more. This is your chance to relive the golden era of smooth harmonies and iconic rock solos. Don't miss this unforgettable night of classic tunes that defined a generation. Grab your tickets now and let the music take you away! For tickets, scan the QR code or visit wynnummanlyleagues.com.au.



PAELLA COOKING CLASS

Saturday January 18, 1:30pm to 3:30pm, Blue Tongue Kitchen, 100 Mooroondu Road, Thorneside

Join this fun and interactive two-hour cooking class, starting with a complimentary sangria on arrival. You'll learn all the tips and tricks required to create a sizzling seafood paella using a traditional Spanish paella pan. The workshop includes time to sit and enjoy your paella meal at the end of the class, and you'll receive recipe cards to take home. For bookings go to <https://www.bluetonguekitchen.com.au/workshops>.



KIDS' ZUCCHINI FRITTERS COOKING CLASS

Saturday January 18, 10:00am to 11:30am, Blue Tongue Kitchen, 100 Mooroondu Road, Thorneside

Kids will love this fun and interactive cooking class, where they'll learn how to make delicious zucchini fritters! A friendly and experienced chef will guide them step-by-step, from prepping the ingredients to frying up their tasty creations. This hands-on culinary experience is a fantastic way to introduce young chefs to healthy eating and learn essential cooking skills. They'll have a blast creating their own snacks while building confidence in the kitchen! For bookings, go to <https://www.bluetonguekitchen.com.au/workshops>.



BEGINNERS' BRIDGE COURSE

Every Thursday from February 6 to March 27, Wynnum Library, 145 Florence St, Wynnum

Bridge is one of the world's most popular competitive card games that seriously exercises the mind, and you can learn how to play at this beginners' course. Before starting the course, participants must purchase a course booklet, which costs \$25. The course is free, and participants are expected to attend all classes. The course is limited to 12 participants, so interested persons are encouraged to register early. To register or learn more, call 0493 546 906 or email WynnumManlyBridgeClubInc@hotmail.com.



TRY STAND-UP PADDLE BOARDING

Tuesday January 14, Bayside Park, 450 Esplanade, Manly

Join a fun and informative stand-up paddle boarding lesson, perfect for seniors and children aged 10 and over! No experience is necessary, as this Gold'n'Kids event covers the basics, including safety instruction, paddle techniques, and helpful practical tips. All equipment is provided, and a sunsafe top will be supplied for the session. Just bring your swimwear, towel, and a sense of adventure! Bookings are essential, so reserve your spot today by scanning the QR code, or call Leighton at 0412 563 191 for more details. The meeting point is in the park beside the amenities block.



FISHING FOR BEGINNERS WORKSHOP

Sunday January 19, 10:30am to 1:30pm, Pandanus Beach, Wynnum (bookings essential)

This beginner-friendly fishing workshop is designed for adults and children to learn or refresh their land-based fishing skills together! Led by the multi-award-winning 2 Bent Rods team, participants will receive expert guidance and plenty of tips to help make their next fishing trip a success. All bait, tackle, and equipment are provided, so all you need to bring is a hat, sunscreen, water bottle, and clothes you don't mind getting wet. With Blue Card certified staff, this is the perfect opportunity to get active outdoors and create lasting memories. Book your spot now—places are limited and bookings are essential. For tickets, scan the QR code.



MEALS ON WHEELS: DELIVERING INDEPENDENCE, ONE MEAL AT A TIME

FROM WYNNUM MANLY & DISTRICT MEALS ON WHEELS

Wynnum Manly & District Meals on Wheels has come a long way since its inception in 1958. Initially operating out of church kitchens or the Waterloo Bay Leisure Centre, the organisation's operations have been relocated and upgraded to a purpose-built building at 880 Manly Road, Wakerley.

As a community service, we operate with assistance from the Commonwealth Home Support Program (CHSP), receiving the majority of our funding from the Federal Government. As a not-for-profit organisation, we rely on the ongoing generosity and commitment of volunteers who donate their time and energy to provide nutritious meals to clients in the short or long term. Our volunteers are the 'hands and feet' of the organisation; they connect us to the community. We are so grateful for their many hours to provide this service to this local community. Our volunteers will tell you that reaching out and making a difference in somebody's day makes their day.

We deliver healthy meals to clients' homes to ensure their nutritional requirements are met and provide regular social contact and a friendly check to see all is well. Every day, a friendly smile, a chat about the weather, a nutritious meal and knowing someone will drop by to say 'hello' changes the lives of many of our clients who value this contact. Catering for special dietary needs and allergies through to modifying the texture is something our team does to assist in providing meals to all our clients.

The delivery area covers Belmont, Hemmant, Lota, Manly, Manly West, Tingalpa, Wakerley, Wynnum, Wynnum North and Wynnum West.

Although much of the work we do at Wynnum Manly & District Meals on Wheels is made possible through government funding and client contributions, we rely on additional support to deliver the services that do not receive any funds or are only partly funded. All donations of \$2 and over are tax deductible.



Meals on Wheels volunteers hard at work. Photo: Supplied.

More details can be found on our website, wynnummanlymealsonwheels.org.au, or follow us on Facebook. Phone the office at (07) 3396 9479 to see how we can assist you or your loved one remain independent in their home.

NEW YEAR SALE

BY LUXAFLEX

Enjoy 20% off PowerView® Automated Luxaflex Window Coverings

Since 1954, the Luxaflex brand has been at the forefront of window covering innovations offering inspirational and durable customised solutions for your home.

Visit us or book your free in-home consultation today!

Luxury Blinds & Awnings

111 Edith Street, Wynnum, QLD 4178

P: 3608 4264

E: sales@luxuryblindsandawnings.com.au

luxuryblinds.luxaflex.com.au



*Conditions apply, see instore or online for details
*Registered Trade Marks of Hunter Douglas Limited.
© Copyright 2021 Hunter Douglas Limited [ABN 98 009 675 709], 07/2021

ART THERAPY HELPS PEOPLE TO FLOURISH THROUGH DEEP CREATIVITY

CONTRIBUTED BY LARNA HOWELL, BAYSIDE ART THERAPY

Art therapy is an amazing mode of expression when used to encourage positivity and create a sense of inspiration and ‘flourishing’ within. With its ability to provide a safe and creative space for clients to explore and express their inner worlds, thoughts and ideas in a deep and profound way, without the pressure of needing to verbally or linguistically describe or dig deep into things, art therapy is there for us all.

While most of us probably know what art therapy is, what exactly does ‘flourishing’ mean? Psychologist Martin Seligman describes flourishing as a representation of the highest level of psychological wellbeing, encompassing aspects such as positive emotions, engagement, relationships, meaning, and accomplishment. If you are familiar with the game The Sims, flourishing would be akin to the state of ‘inspiration’, you know, with all the sparkly stuff around us.

As art therapy clients engage in a state of flow while creating art pieces, they are able to relax and simply create. The reflection of the finished art work can bring a sense of success and accomplishment, showing clients that, ‘Yes They Can’, and ‘Yes They Did’.

Art therapy workshops are an amazing way to build relationships between people, creating a feeling of support and engagement, and is a great way to help in building a community and sense of belonging. Using the ideas of positive psychology, focusing on achievements and positive virtues, the sense of self is uplifted. With clients focusing on things they can do and have done, and all the things right with their world, and with this the sense of flourishing is sparked and fuelled.

Art therapy also helps to add meaning and connection with experiences, adding a sense of control over a world and a feeling of acceptance and even gratitude. So even when delving into the depths of pain or



Photo: Supplied.

trauma, or any other ‘negative’ experiences or emotions, clients are able to release and let go, to express and explore and to come to terms with where they are at in life and how they can move forward. All of these positive actions contribute to a feeling of purpose, meaning and fulfillment, leading to the state of flourishing.

So, let’s all get our art smocks on and get our fingers dirty while we engage in some art, and get sparkly and inspired!



Tiny Tails Pet Salon

Styling That Makes Tails Wag!

Book Online

www.tinytails.com.au

or call 0422 042 447

**NOMINATED
FOR BEST
PET SERVICES
COMMUNITY
AWARD**

SHOP 4 – 261 SIBLEY RD, WYNNUM WEST | 0422 042 447 | www.tinytails.com.au

THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



HAPPY NEW YEAR

Happy New Year everyone! The start of a new year is the perfect time for both reflection and planning.

2024 was a big one – from addressing the youth mental health crisis at the Bonner Youth Mental Health Forum, to fighting for sensible cost-of-living relief and Financial Literacy to be included in our National Curriculum.

Looking ahead, my team and I are already planning some great events throughout the year, so make sure you keep an eye out for updates.

No matter the issue or where you are in Bonner, I want to hear your perspective on the issues that are important to you!

If you have any concerns or questions, please do not hesitate to email me at ross.vasta.mp@aph.gov.au or to contact me on **3893 3488**.

Here's to another great year, the best is yet to come in 2025!



BONNER BRIGHT STARS

I can't think of a more fitting way to kick off the year than with the Bonner Bright Star Awards. This celebration is a fantastic opportunity to recognise and celebrate Bonner's most inspiring individuals and businesses.

Let's rally behind the community members and Bonner businesses committed to improving our local area, and leaving a positive legacy.

If you know an arts person, community group, community person, young community person, small business, sports person, student or young entrepreneur you'd like to recognise, nominate them today!

Nominations are open now on my website, and close on the 29th of January 2025.

The Bonner Bright Stars will be crowned on Wednesday, the 19th of February 2025, with more information (including time and location) to be provided to the finalists.

AUSSIE MEAT TRAY GIVEAWAY

Why did the Weber bring a ladder? To raise the steaks!

While I'm not one to skip a good Dad joke, I know quality meat is no laughing matter. There's nothing better than a summer day spent with friends and family by the barbecue.

That's why I am once again offering three lucky locals the chance to eat extra well on the 26th, with a meat tray from a local Bayside butcher on me!

Whether you're cooking on a Weber, grill, or stovetop, why not enjoy a free, premium spread of delicious meats whilst supporting a local Bayside butcher?

For the chance to be one of the three lucky winners, head to my website, fill in your details, and tell me, 'Your favourite thing to do on Australia Day'.

Good luck, I'm looking forward to reading your responses!

Entries close at 5pm, Wednesday the 22nd of January.



Maggie's Mates

SPONSORED BY MARKET 2 MARKET



What is your name? Hey, my name is Tabs. Also known as Teabag.

Where do you live? I'm from Wellington Point.

How long have you lived there? Oh, I forget. Maybe five years?

What's your favourite local activity? Biting the man's feet when he's not expecting it. That, and eating.

What is your most treasured toy? Catnip. But I'm not allowed to have it because it makes me cray-cray.

What's your favourite food? I'm on a stupid urinary diet (gross!). If you saw my waistline, you'd know I'm not fussy.

What's your worst habit? Staring down the dogs in the house.

Your favourite place? On my trampoline bed in the sun.

Who is your best friend? I don't really like anyone, but maybe the woman? She's the only one I don't harass in the household.

Do you have any funny or embarrassing stories you'd like to share with us? Not really, I don't really have a sense of humour.

What do people love most about you? Aunty Jackie loves me because I'm a tabby boy. The woman loves me because I don't set her allergies off (as much as I've tried). She also says she loves her fat boy while she rubs my belly. I like it, but pretend not to.



Would you like your best mate to be featured in Maggie's Mates? Email us at sales@market2market.com.au and we'll send you a questionnaire. From January 2025, we will donate \$50 to a registered animal charity of your choice for each profile published in The Community Leader.

Live with freedom, thrive with independence

Aged Care Support in the Comfort of Home

- ✔ Home and garden maintenance
- ✔ Personal care
- ✔ Meal preparation
- ✔ Support when you're out and about
- ✔ Clinical care needs



Low 10% Package Management Fee



Aged Care Support Services | Brisbane Bayside and Southern Suburbs | 1800 367 227 | forcare-agedcare.com.au



DAMON DENTURE DESIGNS

- ✔ FULL DENTURES
- ✔ PARTIAL DENTURES
- ✔ IMPLANT DENTURES
- ✔ DIGITAL DENTURES
- ✔ IMMEDIATE DENTURES

MONDAY - THURSDAY: 9:00AM - 5:00PM
FRIDAY: 9:00AM - 2:00PM

(07) 2145 9023

2/124 Florence Street, Wynnum
E: damondenturedesigns@gmail.com



Medical and Surgical Specialist's Care

MANLY

NO REFERRAL REQUIRED

For the best Quality Clinical Care

- 📍 Clinic and Telehealth Consultations
- 📍 DVA, Seniors and Surgery Bulk-Billed



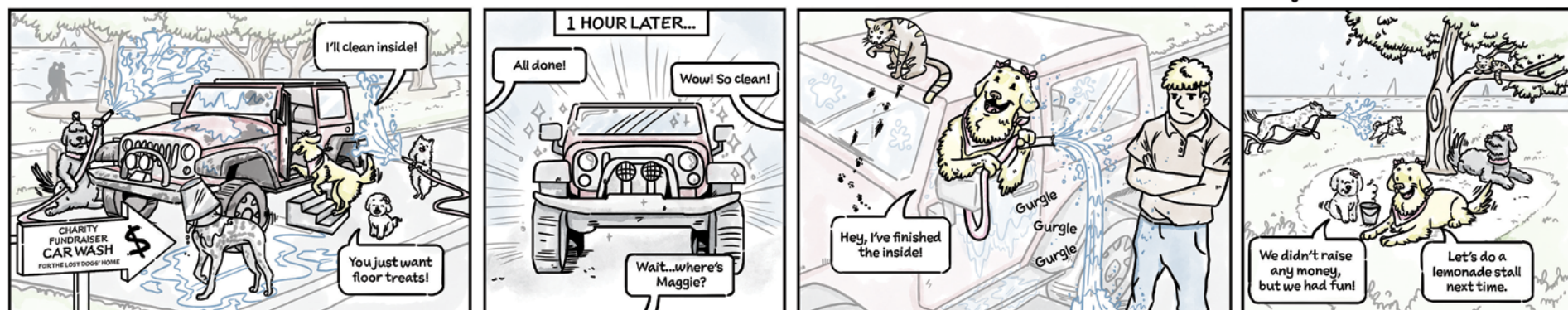
Dr Roger HL Down
MBBS, FRCS, FRACS, MD

English and Australian Hospital Consultant – 35 years experience.

- 1st or 2nd opinion about anything
- Skin lesion diagnosis / treatment
- Carpal Tunnel
- Trauma

Book Now | hotdoc.com.au or 0477 216 321

MISS MAGGIE OF MANLY



WHAT YOU NEED TO KNOW ABOUT PARVOVIRUS IN DOGS AND CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

There have been a number of reports in the last couple of months of increased cases of both canine and feline parvovirus (also known as panleucopaenia in cats). Puppies and kittens are most at risk of contracting these diseases, and the treatment can be expensive. Infection with these serious diseases may result in death. Prevention is the best approach – it is time to make sure that your dogs and cats are up to date with their vaccinations.



VACCINATION PROTOCOLS

Your vet can advise you on the appropriate vaccination protocol for your pets. A course of vaccinations administered to puppies and kittens is essential to provide the best possible protection. Young animals are born with maternal antibodies – these are antibodies that pass from mother to offspring in the uterus, which provide them with some protection from diseases while their own body matures to a stage where it can mount an immune response. Vaccination after the period of maternal antibody protection is essential to ensure ongoing

immunity – puppies and kittens then develop their own protective antibodies to disease, which provides ongoing protection.

Adult dogs and cats should be vaccinated regularly (yearly to three yearly) as advised by your veterinarian to maintain immunity.

SIGNS OF PARVOVIRUS

The most common symptoms of parvovirus include:

- Fever
- Lethargy
- Vomiting
- Diarrhoea, often bloody
- Loss of appetite
- Dehydration
- Abdominal pain

If your pet is demonstrating any of these signs it is important to seek veterinary attention.

PREVENTING DISEASE

- Vaccination is the most effective means of protecting your pet from these deadly diseases.

- Parvovirus is extremely contagious and can persist in the environment for extended periods. Avoid areas where large numbers of animals congregate (off-lead parks, beaches etc.) and prevent your pets coming in contact with other animals' faeces.
- Puppies and kittens should not be in contact with unvaccinated animals.
- Disinfection of environments where diseased animals have lived is essential – contact your vet for advice on the best options.



**Wynnum Manly
Veterinary
Hospital**



To make an appointment call

07 3396 6488

vets@wmvh.com.au

232 Bay Terrace,
Wynnum, QLD, 4178

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

Boating Made Simple: The Hassle-Free Way to Enjoy the Water

FROM FREEDOM BOAT CLUB

Have you ever dreamt of owning a boat? While it's exciting, there's much to consider before making such a big investment.

When buying a boat, time, cost, maintenance, and your boating experience all need to be considered.

Do you have enough time to maintain, clean, set-up and fuel the boat for each trip? Do you have somewhere to store the boat, do you have a vehicle large enough to tow the boat? Do you know how to safely drive a boat and navigate the waterways? Have you calculated the true cost per year of owning the boat? These are just a few important questions to consider before committing your hard-earned cash to a shiny new lifestyle investment.

The goal of Freedom Boat Club is to make boating simple and accessible for everyone, whether you're a first-time boater or a seasoned sailor.

Our unique membership model allows you to experience the joys of boating without the usual hassles of boat ownership. We handle all aspects of purchasing and maintaining a fleet of boats, providing you with access to various vessels at numerous locations worldwide – including Brisbane's bayside.

You simply book the boat online, and we'll have a boat ready for you to enjoy – just walk on and walk off; we take care of the rest.

Safety is paramount, which is why we induct and train all new members with hands-on experience in the safe operation of our fleet with knowledgeable captains. It doesn't stop there, with ongoing support provided every trip with equipment checks and journey planning to ensure you feel confident and secure on the water.

With hassle-free boating experience, you won't have to worry about storage, towing, cleaning, maintenance, repairs, registration, or insurance. A one-time entry fee and low monthly payments provide peace of mind, with only fuel costs to consider.



Photo: Supplied.

Whether you're interested in cruising, fishing, or adventure, the diverse fleet of boats ranging from 20 to 24 feet can cater to your every desire on the water.

For more information about Freedom's boating membership and to start your adventure on Moreton Bay, contact Freedom Boat Club today at 0460 877 367 or email brisbane@freedomboatclub.com.

Want to be out on the water within a week?






With Freedom Boat Club, you can!

- Boat licensing
- Boat training
- Unlimited access
- 400+ locations globally
- Step-on Step-off
- Full service boating



Lord Mayor Adrian Schrinner

Cr Alex Givney

Councillor for Wynnum Manly Ward



Dedicated to a better Brisbane

Updates from your local Councillor

BAYSIDE Aussie Day BREKKIE

free BREKKIE
free ENTERTAINMENT
free KIDS ACTIVITIES



**PROUDLY SUPPORTED BY OUR
BAYSIDE COMMUNITY GROUPS**



**SUNDAY 26TH JANUARY 2025
7AM - 11AM
GEORGE CLAYTON PARK, THE ESPLANDE**



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!

WHAT ARE 'DIET' DRUGS, AND HOW DO THEY WORK?

BY DR REBECCA LEVY, MANLY VILLAGE MEDICAL

Nothing takes the place of good common sense eating and exercise. These sustainable lifestyle changes need to be the framework of every weight loss goal.

Lately, however, many people who may have never before considered taking a medication to help lose weight are now wondering if they should try one. But which one?



Firstly, what is my 'ideal' weight – what would I like to get to? And what is my short-term goal? Usually, we recommend an initial five to 10 per cent starting body weight loss (e.g. for a 100kg person, they would plan to lose five to 10kg in three to six months).

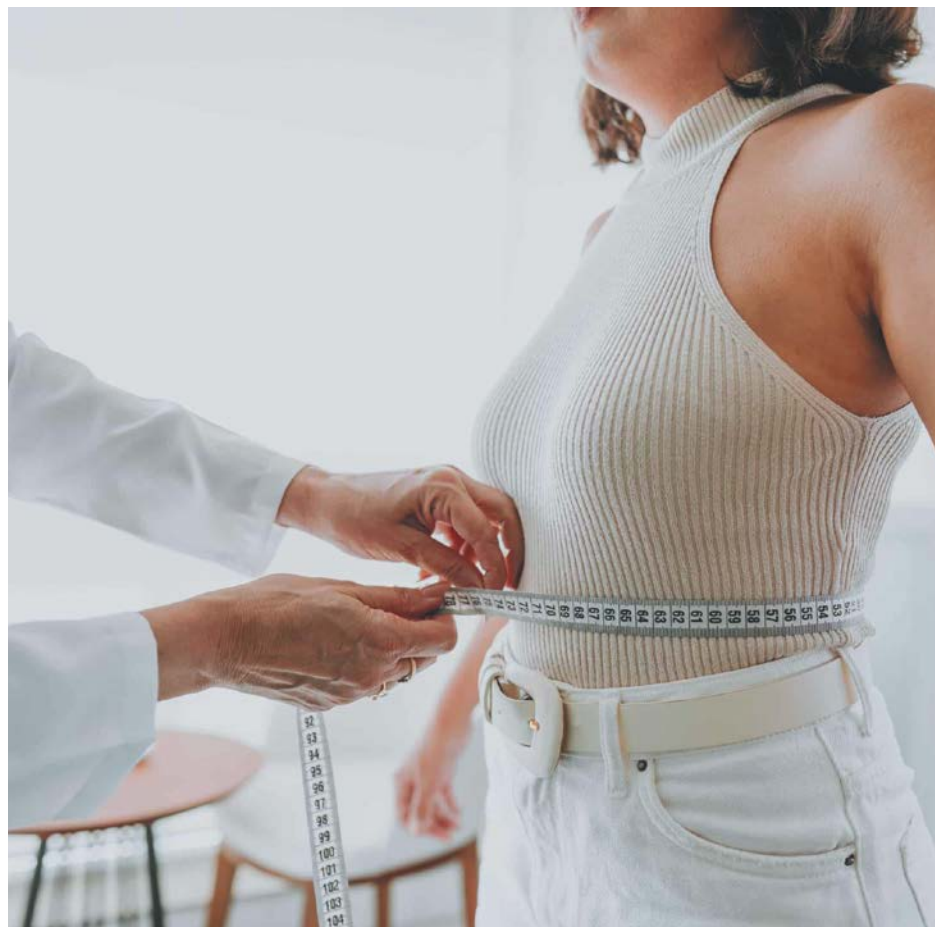
Secondly, do I mind taking a tablet each day? Or would I prefer a small injection, either daily or once weekly? What fits with my lifestyle?

Thirdly, what can I afford? Remember, weight loss medications are not covered by the Pharmaceutical Benefits Scheme.

Most weight loss medications target appetite, so people don't feel as hungry and, after eating, feel fuller sooner. Some medications cause side effects such as nausea, and the dose needs to be increased slowly as the person becomes more used to it.

These medications are generally taken for at least 18 months but can be taken safely for longer periods of time. The main concern with rapid weight loss is loss of muscle mass. It is vitally important that someone using these medications is exercising appropriately so they can maintain their muscle mass and lose adipose (fat) mass.

If you would like more in-depth and specific information on weight loss medications, please make an appointment with your doctor.





Baywest Medical Centre
GENERAL PRACTICE • PSYCHOLOGY •
PODIATRY • DIETITIAN

Your health, Our Commitment

To make an appointment book online through our website.



MANLY VILLAGE MEDICAL
GENERAL PRACTICE • ALLIED HEALTH
• QML PATHOLOGY

WWW.BAYWESTMEDICALCENTRE.COM.AU OR CALL 07 3396 5309 • WYNNUM WEST SHOPPING CENTRE, CNR WYNNUM & RANDALL ROADS, WYNNUM WEST QLD 4178

WWW.MANLYVILLAGEMEDICAL.COM.AU OR CALL 07 3396 2141 • GROUND FLOOR, 25 CAMBRIDGE PARADE, MANLY, QLD 4179 • MON – FRI 8AM – 5PM AND SAT 8AM – 12PM • 07 3396 2141



NEW!

- Longer trading hours
- Open 6 days a week
- Themed events
- New clay options


Unit 6, 39 Middle St
Cleveland Q 4163

Ph: (07) 3134 2164
Email: fun@colourmypot.com
www.colourmypot.com

Tired of the Major Parties?
Sick of being ignored?
Try someone who will listen
An Independent who will
speak for you in Canberra



Elizabeth Lewis for Bonner



Authorized by Elizabeth Lewis for Elizabeth 4 Bonner 2025, 220 Blair St, Wynnum QLD

MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE UPDATE

BY CATH COOK, PRECINCT COORDINATOR

The festive spirit sparkled throughout the 4179 postcode this season as the Manly Harbour Christmas Lights Competition lit up homes, businesses, and boats with wonderful displays of creativity and holiday cheer. This much-anticipated annual event united the community in celebration, culminating in an awards presentation at Keith's on Cambridge that attracted over 50 attendees.

Thanks to the incredible generosity of sponsors, prizes totalling \$10,000 were donated and presented to all winners and participants, ensuring everyone walked away with something to celebrate.

Special recognition goes to our major sponsors: Councillor Alex Givney, Joan Pease MP, Purrrprop, Bayside Property Agent – David Pearce, Green Beacon Brewing Company, Tru-Blu Trophies, Vitale & Co Property Management Services, Cat O' Nine Tails, and BayFM. Their unwavering support helped make this year's competition an unforgettable success.

And The Winners Are...

This year's entries were a feast for the eyes, making the judges' task a challenging one. The winners, who went above and beyond to spread festive joy, are:

- House Runner-Up: Dominic Schliebs
- House Winner: Jo-Anne Fritz
- Yacht Runner-Up: Charlotte Dale
- Yacht Winner: Cindy & Kevin Clifford
- Powerboat Runner-Up: Jo Alexander
- Powerboat Winner: Brett Ledger
- Business Runner-Up: Folk Hair
- Business Winner: Keith's on Cambridge (for the third consecutive year!)

Keith's on Cambridge once again dazzled the community, solidifying its position as a local favourite in the Business category.

The Manly Harbour Christmas Lights Competition continues to grow year after year, with more participants embracing the holiday spirit and showcasing their creative flair. This year's incredible prize pool added an extra sparkle to the festivities, ensuring that the hard work and holiday magic of participants didn't go unnoticed. Here's to an even bigger and brighter competition in 2025 – start planning your displays now!

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



DATE CLAIMERS

18 FEBRUARY: Trader Networking Evening

7 MARCH: International Women's Day Breakfast – Royal Qld Yacht Squadron

LOCAL MARKETS

4 & 18 JANUARY: Jan Powers Farmers Markets

EVERY SUNDAY: Manly Creative Markets



Photography by Steve Krige Photography.

LOCAL GARDENING WITH KAT

KEEP CALM AND STAY SHADY!

BY KAT PEARSON, GIRL IN THE GREEN

I'm writing this in early December, although it will be January now you're reading it, and I'm sure it hasn't gotten any cooler! The humidity levels are so high I expect I wouldn't look significantly different had I just climbed out of the pool (except perhaps less red in the face). If you can find a breeze and a shady spot to sit (very still) though, summer days are rather enjoyable. The best shady spot to sit, in my opinion, is under a tree. Although cliché, trees really are nature's air conditioners, and if your garden lacks any greenery over two feet tall, then I have a tree for you!

Native gardenias, *Atractocarpus fitzalanii*, are loosely related to gardenias (same family, Rubiaceae) and grow naturally in coastal and dry rainforest regions of northern Queensland. They boast big glossy leaves, fragrant white star-shaped flowers, and (in theory) edible fruit – at the very least, they're decorative when they turn yellow.

The trees are reasonably speedy growers if you want to grow some shade quickly and are a good size for a suburban block. They can grow to around six metres

tall and three metres wide but are easily pruned to keep them more compact. They naturally have a bushy habit, so I find removing some of the lower branches improves their shape and 'shade tree' qualities.

I have yet to see one suffer any pests or diseases, and once established, they will grow quite happily unattended. Brisbane City Council also have them listed on their 'approved street tree' list – so if your house doesn't have a street tree, consider asking the council for one!

P.S.: If you are keen to get one for your garden, it's best to wait a few months until it's slightly cooler before planting. If not, make sure you keep the water up to your new baby until the heat has gone!

Too hot to shop? If you're in the Redlands area, check out www.littleislandorganics.com.au. Rod sells Rocky Point products (which I personally love) and delivers locally for free! Let them do the heavy lifting and leave you to the fun stuff. Use the code GITG to get \$1 off each product!



ABOUT KAT

I love gardening, 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!).



My native gardenia is growing quickly and provides a lovely shady spot in the garden. Photo: Kat Pearson.

Professional Aged Care & NDIS Services

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

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

- domestic assistance
- personal care
- companionship
- nursing services
- access to the community
- dementia care
- Qualified Support Staff recruited by Home Caring Capalaba

If you would like more information on Home Care Packages or the NDIS, please contact Cassandra for a FREE consultation.

HomeCaring[®]
Disability and Aged Care Specialist

Ph: 0476 795 307 | Email: cassandra.russell@homecaring.com.au
Web: www.homecaring.com.au/capalaba/



ANNUAL PEST MANAGEMENT

COMPLETE PEST CONTROL,
TERMITE INSPECTION & FLY
TREATMENT ALL FOR ONLY

\$350!*

BOOK NOW AND BEAT
THE SUMMER BUGS!

ANNUALPESTMAGEMENT.COM.AU | 1300 001 521

T&C'S APPLY.

TENNIS ANYONE? SIGN UP THIS MONTH FOR THE NEW SEASON

FROM WYNNUM TENNIS



Photos: Supplied.



Wynnnum Tennis is excited to announce the launch of our new Summer Season for 2025. We aim to provide competitive tennis in a social, friendly, fun atmosphere.

We begin with an Australian Open Social on January 25 to coincide with the ladies' final. Then, we'll hold a sign-on and season launch for the shortened summer format. Play will start at 2:00pm, and a shortened game format will maximise the on-court tennis enjoyment while reducing the impact of the hotter summer weeks. With three divisions, we welcome all levels to join us.

Wynnnum Tennis prides itself on accommodating players, from those just picking up the game who can hold a rally but are working on their skills to those who are more advanced with strong, reliable shots and tactics. Some of our members have been playing for over 50 years at Wynnnum Tennis. Players are arranged in teams according to ability, not age or gender.

Please get in touch via email at wynnnumtennis@optusnet.com.au or Facebook and Instagram if you would like to join in.

BUY LOCAL AND DEAL DIRECT WITH THE OWNER & SAVE

- 30 years experience
- No pushy sales people
- Experienced mature installers

**OUR EVERY DAY PRICES ARE
OTHERS SALES & SPECIALS**



FREE IN-HOME CONSULTATION

Indoor Blinds • Plantation Shutters • Indoor Shutters • Motorised Blinds • Outdoor Blinds
• Aluminium Shutters • Fabric Awnings • Roller Shutters

Visit our Family friendly showroom in Capalaba
9am - 4pm Monday to Friday
9am - 1pm Saturday

**CALL US TODAY
3824 3078**



REDGUM BLINDS & SHUTTERS

297 Redland Bay Rd, Capalaba
www.redgumblinds.com.au

Like us on



FLYING INTO THE ROLES FOR A MULTI-GENERATIONAL PERFORMANCE

Straight off the plane and onto the stage is pretty well how it happened for two very recent bayside arrivals. Erin and Dylan Tilson, 14 and 11 years old respectively, have taken the giant step with their mum Elaine from Devon in west England to the Redlands, joining Elaine's mother Jill and the cast of Theatre Redlands' (TR) Australia Day production, *Training Wheels*.

Jill, a keen volunteer at Redland Museum, sounded out Theatre Redlands in advance of her family's arrival, keen for her grandchildren's acting talents and experience to help them settle into their new home.

"She didn't actually bring me down in a flying crash tackle, but she did let me know that a couple of very talented young actors would soon be available," says TR's Jan Nary.

"We don't often do plays with young folk in them, but serendipitously, we'd decided on a double bill production for January 2025. Ray Noonan is directing *The Eulogy*, a perceptive and edgy gem of a play, a two-hander, and I'm tackling another premiere, about a family's life in a Queensland railway construction camp. There are children in the family the same age as Dylan and Erin, so it couldn't have worked out better – and Jill's absolutely right about their talent!"

So for the two – and possibly for their mum Elaine, who's been roped in as a third child – it's been unpack, get over jet lag, fluff their feathers and jump straight in at the deep end of a drama style they've never tackled before, a radio play.

A new country, new people, a new school – how are they finding it all? As it is for most UK incomers, Queensland summer weather makes an impression.

"When I came from minus two degrees to 27 degrees and the most incredible humidity," Erin says, "that was a bit of a shock!"

The Australian idiom isn't presenting any problems, as Dylan observes; "We were brought up by an Australian mum so it's really nice now to be able to speak in our natural language. The only expression we had



Erin, Dylan, Jan and Ian in rehearsal. Photo: Supplied.

trouble with was buying shoes, remembering to call flip-flops 'thongs' – in England thongs are G-strings – or what we call wedgie-pants."

They hadn't expected to get into their beloved theatre work so quickly, but they're revelling in the experience and the environment.

"The people in the group are so friendly," says Dylan, "and this place – the museum – is just amazing!"

"Being able to do theatre in such a historical place makes the experience so much more real," says Erin. "You know that some actual individual has had the experience that you're acting, it makes you feel more like that real person."

Will they be lining up for more shows with Theatre Redlands? "One-hundred per cent!" was the mutual response.

The Australia Day double bill program will run at Redland Museum from Friday January 24 to Sunday February 2.

For more details and bookings, scan the QR code or go to redlandmuseum.org.au.



LOCAL POETRY LOOKING BACK

BY GEOFF SMILEY

The kept photo of young children looking out. Eager, with love to give dependent on the care they will receive before they fly.

Nostalgia pulls at feelings with wonderings, were we good enough? We know our failings. Let us hope attachment hid these things.

There are no re-runs at parenting. The role demands an unselfishness that tests all parents.

Enough it is to protect, to love and bring them to self-love.

Maturity brings power changes. We are now grateful for their willingness to return love at their time in the sun. This while the future makes its many demands.

That is what we tried to do.

© Geoff Smiley

A new year without too many regrets?



BATTERIES

MORE POWER LONGER LIFE

SERVING THE BAYSIDE FOR OVER 60 YEARS WITH QUALITY BATTERIES

CARS • TRUCKS • MOBILITY SCOOTERS • STOP START VEHICLES • MARINE • BIKES • CARAVANS • MOTORHOMES



DISCOUNTED PRICES



FREE BATTERY TEST



UP TO 50 MONTHS WARRANTY



WYNNUM BATTERIES

238 TINGAL RD (CRN BURKE ST) WYNNUM 4178 | 0493 027116 | 3396 3674 | www.wynnumbatteries.com.au

SPARKLING SUMMER RASPBERRY AND PINEAPPLE PUNCH RECIPE



Sunny, warm January days call for cool drinks, and this non-alcoholic punch starring fresh fruit with a fizzy twist is refreshing, making it a perfect summer treat for the whole family.

INGREDIENTS (SERVES 2-3)

- 1 orange, freshly juiced (about ½ cup)
- ½ cup fresh pineapple juice
- ¼ cup fresh raspberry puree (about 1 cup raspberries blended and strained)
- 1 lime, freshly juiced (about 2 tablespoons)
- 1 teaspoon of honey or agave syrup (optional, for extra sweetness)
- 1 cup of chilled sparkling water or ginger beer
- Ice cubes
- a sprig of rosemary and extra whole raspberries to garnish each drink (optional)

METHOD

1. Blend the fresh raspberries until they are smooth in a food processor, then strain through a fine-mesh sieve to remove the seeds. Set the puree aside.
2. In a large jug, combine orange juice, pineapple juice, lime juice, and honey/agave syrup (if using) and stir to mix.
3. Fill glasses with ice cubes and pour the juice mixture evenly into each glass, filling the glass to about two-thirds full. Slowly add the sparkling water or ginger beer to top off the drink.
4. Garnish each glass with rosemary sprigs and extra whole raspberries, and serve immediately to enjoy the fizz!



- + Split System Air Conditioners
- + Ducted Air Conditioners
- + Safety Switches
- + Switchboard Upgrades
- + Phone & Data Points
- + Electrical Inspections
- + Ceiling Fan Replacements & New Installs
- + EV Charge Points
- + Warehouse & Factory Lighting
- + HVAC Repairs & Maintenance
- + Security Lighting
- + Pool Circuits & Lighting
- + Smoke Alarms & Compliancy

- + Fully Licenced
- + ARCTick Approved



Call us today
and ask about our
Satisfaction Guarantee!

Winner of the 2023 APAC
Australian Enterprise Awards
for the Most Trusted Electrical
& Air Conditioning Contractor



www.jaricgroup.com.au
1300 452 742



REAL ESTATE

NEWS & VIEWS

dibble
Locksmiths & Security



CALL 3245 6999

www.dibblelocksmiths.com.au



OCEAN
REALTY

21 DUVAL STREET, WYNNUM WEST



New year, new home?

Find it with

The Gill Team

RE/MAX Advantage
Each office independently owned and operated.

www.remaxadvantage.com.au

Travis | 0407 124 733

Liza | 0408 111 840

Queensland real estate set to ‘spring’

FROM THE REAL ESTATE INSTITUTE OF QLD

Queensland’s rapidly rising residential property prices stabilised over the September 2024 quarter (July – September 2024), as a wave of spring sales began settling.

The latest median sales results released by the Real Estate Institute of Queensland (REIQ) today, reveals a modest 0.26% increase in Queensland’s median house prices for the quarter, lifting to \$772,000.

While annual house price growth remains impressive across the state, some regions saw slight quarter-on-quarter dips, suggesting a slowdown rather than a halt in price growth.

The Gold Coast, Brisbane, and Cairns were among the house markets showing signs of stabilisation, while regional areas like Mackay (8.83%), Noosa (7.37%), Townsville (6%) and Gladstone (4.93%) experienced the most significant quarterly gains.

Noosa held onto the crown for Queensland’s most expensive market, with a remarkable quarterly median house price of \$1.42 million, surpassing Brisbane (\$1.187m), the Gold Coast (\$1.092m) and the Sunshine Coast (\$1.049m), which also posted million-

dollar-medians.

In Greater Brisbane (\$870K), prices continued their steady ascent, with Redlands reaching a median of \$900,000, Moreton Bay at \$820,000, and Ipswich maintaining its reputation for value for money at \$695,000.

Median days on market continue to drop, with Queensland houses now selling in 21 days. The longest annual median days on market were Bundaberg (47 days), Moreton Bay (38) and Rockhampton (29). The fastest were Townsville (13), Mackay (13), and Fraser Coast (14.5).

Meanwhile, units continue to perform strongly while remaining comparatively much more affordable, rising 2.79% over the quarter across Queensland to \$627,000.

Queensland units are now selling in a rapid 18 days. The longest annual days on market for units were in Bundaberg (45 days), Townsville and Fraser Coast (both 29 days). The fastest were ties between Sunshine Coast, Noosa and Cairns (all 13 days), and Brisbane and Toowoomba (both 14 days).



REIQ CEO Antonia Mercorella said while prices may not be soaring as high as they have in recent years, the steady market reflects sustained demand and resilience in the state.

“The September quarter results demonstrate a stabilisation in Queensland’s residential property market, which is a positive sign of the market finding its rhythm after a period of rapid price escalation,” Ms Mercorella said.

START 2025 WITH A CHANGE

WITH OVER 60 YEARS
COMBINED EXPERIENCE
ALL SENIOR PROPERTY MANAGERS
**WHY WOULD YOU GO
ANYWHERE ELSE?**

“Your Property
Is Our Priority”



CONTACT THE PROPERTY MANAGEMENT SPECIALISTS

Call Tammy Vitale 0407 000 153 — **Make The Change In 2025 — It’s Easy!**

JOIN OUR GROWING LIST OF CONTENTED LANDLORDS & EXPERIENCE THE DIFFERENCE

3/99 Cambridge Parade Manly | **P:** 07 3348 5861 | **M:** 0407 000 153 | **E:** rentals@vitaleco.com.au | vitaleco.com.au



The Renaissance of Wynnum – An Unfolding Future

BY MARGARET VOTE

These are exciting times!

I first drove to Wynnum in 1997 for work as a building consultant. My task was to inspect a block of land for clients wanting to build a new home in the area. After my appointment, I drove toward the waterfront over the hill on Gordon Parade, with Manly to the right and Wynnum to the left.

It was at that moment that my life changed. I was met with a breathtaking view – stunning, 180-degree panoramic scenery stretching from the Port of Brisbane to Manly and beyond. The white sandhills of Moreton Island shimmered in the sunlight, with St Helena Island in the foreground and North Stradbroke Island forming the backdrop. It was a lightbulb moment. After years of selling new homes across Southeast Queensland, I had discovered this gem of a location.

Although I hadn't yet sold my house in Sunnybank, I knew that day

I had to live here. Wynnum-Manly has that effect on people. Once discovered, the beauty and lifestyle of this area are impossible to ignore. And now, the secret is out – **Wynnum has been named one of Australia's Top 100 Suburbs for 2025!** (Source: *Hot 100 suburbs to watch in 2025: Expert predictions – realestate.com.au*)

Little old Wynnum – who would have thought it? Not long ago, most people would ask about Manly instead.

The suburb has undergone a remarkable transformation. Once looked down upon as the “poor relation” to its inner-city neighbours and considered “too far away,” Wynnum is now seen as highly sought-after and desirable. People from both near and far are setting their sights on this vibrant, thriving community.

As a real estate agent in Wynnum, the biggest change I've witnessed is the nostalgia of those who grew up here. I hear time and again: “Growing up, I couldn't wait to leave Wynnum, but now I want to

bring my family back to experience what I had.” Wynnum has truly come full circle.

We are now experiencing a Renaissance – a recurring theme in the many stories I hear. It's true what they say: “Everyone returns to Wynnum.”

Before the 2020–2022 lockdowns, Wynnum was still the best-kept secret of the area. Most buyers would request Manly when looking to purchase a home. But after lockdown, the word spread, and now buyers are specifically asking for Wynnum – not Manly. The secret is out, and even interstate buyers have discovered us.

It's a bit like a marriage, where one partner carries the other through both good times and bad. While Manly has always been seen as the “bride”, Wynnum has now stepped up as a worthy “groom”.

Indeed, Wynnum has come into its own. The future is bright, and we're ready to welcome what lies ahead.



Raine & Horne®

From all the team here at Raine & Horne Wynnum Manly, we wish you a prosperous new year in 2025!



Awarded Australia's Best Solar System Design and Installation over 100kW

Award-winning solar systems, designed & installed by the local experts.



- Solar Power
- Battery Storage
- EV Chargers
- Electrical
- Switchboards
- Air-Conditioning

SPEAK TO THE SOLAR AND BATTERY EXPERTS



Call today for an obligation free chat with a Goodhew Solar Consultant and see for yourself why more than 15,000 satisfied customers have already chosen to install a Goodhew Solar System on their home or business.



07 3286 1422 | www.goodhewsolar.com.au

Unit 15 & 16, 26-34 Weippin Street, Cleveland QLD 4163

Licence No: 78875



For all of your real estate needs in 2025,
Ocean Realty has you covered for

Property Sales Property Management or Body Corporate Management

Our team has over 50 years of
industry experience.



OCEAN REALTY WELCOMES **Byron Freeborn** to the team

DANNY DAY

0402 316 039

danny@oceanrealty.com.au

BYRON FREEBORN

0416 967 802

byron@oceanrealty.com.au



WHAT ARE ROBS, AND HOW ARE THEY HELPING MARINE LIFE?

CONTRIBUTED BY MARK ROSSOW, OZFISH



Photos: Supplied.

For those interested in shellfish and marine ecosystems, OzFish is proud to share a little update about what is happening to help the environment. Let's start with ROBs (Robust Oyster Baskets).

ROBs are a ground-breaking advancement in the restoration of shellfish reefs and a vital ecosystem component. These innovative structures provide homes for countless marine creatures and play a crucial role in filtering our waters, enhancing biodiversity, and fostering sustainable food sources for fish populations.

By facilitating the transfer of used oyster shells to OzFish sites, the ROBs enable volunteers to participate in reef restoration efforts without the need for heavy machinery, making the process accessible to all.



Constructed from degradable steel mesh, the ROBs are filled with recycled oyster shells that dedicated volunteers clean at shell recycling centres. This sustainable approach not only repurposes waste but also contributes actively to environmental conservation.

The steel mesh is designed to degrade over two years, allowing ample time for oysters and other shellfish to clump together and establish their communities before the structure completely rusts away. What remains after this degradation process is a robust assembly of oyster shells and living shellfish, creating a new habitat for marine life.

Discover more about ROBs and OzFish's fantastic initiatives at ozfish.org.au.

**LIVE MUSIC IS...
'WHAT YOU NEED!'**

IN2XS

MASSIVE 3-HOUR SHOW!

Get ready for an electrifying night as the boys from **IN2XS**, South East Queensland's newest **INXS** tribute - take the stage giving you a **'NEW SENSATION!'**

Supported by 'Electric Blue', a spectacular tribute to the music of 'ICEHOUSE'

When: **Saturday, 22nd February**
Doors Open: **7:30 PM** | Show Starts: **8:00 PM**
Tickets: **\$40** Members | **\$50** Non-Members

Wynnum Manly LEAGUES CLUB

92 Wondall Road Ph: 3906 7800 wynnummanlyleagues.com.au

BOOK NOW!

SIGN UP NOW FOR THE BETTER HEALTH FOR LIFE PROGRAM

CONTRIBUTED BY WENDY STEWART, WYNNUM 60 AND BETTER

Do you ever wonder what your health will be like when you are older? We can't afford to take good health for granted! That's why Wynnum 60 and Better is starting 2025 with a free *My Health for Life* program to help bayside seniors to live well, free of chronic diseases.

Health Coach Saalihah Seedat said the program is an important preventive, self-help measure to avoid chronic diseases such as Type 2 diabetes, heart disease, and stroke.

"It is all about helping individuals adjust their daily routines to establish healthier habits for longer, fuller lives," Ms Seedat explained. "Good health is a blessing; our most valuable asset. This program is like being offered a second chance at life!"

Ms Seedat is a consultant pharmacist, passionate about making a difference in people's lives. She presents her coaching sessions in a relaxed, persuasive style, supported by on-screen facts and information to demonstrate practical ways of breaking old habits. Step-by-step, she helps participants develop an action plan for the goals they set themselves.

"Participants may want to be more active, eat better, improve sleep quality, manage stress or lose weight. In many cases,

people choose a combination of goals to improve their lives," she said.

Here is feedback from two bayside couples who completed the program:

David: "My wife took me to the first session, and I wasn't keen to be there, but in the end, I was so glad I attended."

Eva: "I learnt so much, particularly about how the body reacts in certain situations."

Lianne: "This was a wake-up call for me. My attitude was, 'This will never happen to me.' The way I shop has changed, and my choice of recipes."

Timothy: "We all have bad habits that are hard to break. I was reluctant to start the course but found it thoroughly enjoyable and beneficial (I lost 7kg through better eating habits). Saalihah was great, and she made all aspects of the course extremely interesting."

A *My Health for Life* information session and talk entitled *The Keys to Healthy Ageing* will run on Tuesday January 28 from



Previous program participants. Photo: Supplied.

12:00pm to 1:00pm at the Wynnum 60 and Better centre tearoom, Level 1, 105 Florence Street, Wynnum.

The *My Health for Life* program is scheduled for Tuesdays from 10:00am to 12:00pm on February 25, March 11, March 25, April 8 and May 6. Course numbers are capped at 20 people, but another Wynnum program is planned for later in the year.

For more information about Wynnum 60 and Better, phone (07) 3348 6306, contact Saalihah Seedat at 0404 296 297, or email qldhealthcoach@gmail.com.

EARN MONEY WHILE YOU GET FIT!

OFFERS FLEXIBLE HOURS AND A GOOD HOURLY RATE

Walking is excellent for your health and wellbeing. Why not earn some money while you walk?

Bayside Distro, a distribution partner of The Community Leader, is looking for locals to get involved with the paper's home delivery in the bayside and Redlands areas each month.

It's a fantastic opportunity to earn extra money while keeping fit and supporting your local community.

Find out more about how you can get involved by calling Damien on 0421 786 302.

The Community Leader
WE'RE ALL ABOUT GOOD NEWS

SHIP CLUB SPECTACULAR: VIEWS, BREWS AND THE VERY BEST SEAFOOD!

The Little Ship Club in Dunwich began as a Volunteer Coastal Patrol (VCP) and a Naval Auxiliary Patrol (NAP) in World War 2. Nestled on Minjerribah's foreshore at Dunwich, just a minute away from the water transport jetty, over its 73 years, it has become a regular eatery for a lot of mainland visitors as well as locals.

Club Manager Tracey Rore says that visitors are welcome, club membership is open to all, and that ship ownership isn't a condition. "Our members have ships that range from six-foot rowboats to 65-footers – which I think is pretty big for a small ship!"

The club has been described as a little piece of paradise, but even an earthly paradise needs maintenance. The club's pontoon needs some serious repair work that will take some serious money, so the club is throwing its best effort into its 2025 Seafood Spectacular.

Held on January 18, the fundraiser will run from 10:30am until 8:00pm with no cover charge. Tracey says attendance for the Spectacular is usually between 400 to 600. The day will feature live music, crab races, and a sumptuous selection of local seafood, including fresh-caught prawns, oysters, calamari, fish, bugs and crabs – though Tracey is quick to point out that the racing crabs are usually released after their sprint around the track. Straddie Brewing will be there with a marquee, and the view will be exquisite, so all that will remain is for the day to provide classic Minjerribah sunshine and breezes – and there's your slice of paradise.



Pictured: Little Ship Club members with seafood platters on the club's lawn at Dunwich.

CAN YOU HELP US HELP LOCAL FAMILIES WITH ESSENTIAL LUNCHBOX ITEMS?

FROM DENTAL ON CAMBRIDGE

Dental on Cambridge is a local family-owned practice on Cambridge Parade in Manly that is always looking for ways to support our local community. The practice is often approached for donations by larger organisations across Brisbane, but we really want to be able to focus our impact on our local community. In previous years, we partnered with BABI Youth and Family Service, Silky Oaks, and Wynnum Community Place.

This year, we will support the Manly State School in collecting non-perishable lunchbox items to help local families and their children who are finding the cost of living pressures are hitting hard. Manly State School usually relies on current families to assist with

supplying some extra items when they can by dropping these off at the office. This year, Dental on Cambridge will be donating (and collecting) donations of the following supplies in January 2025 while the school is closed.

Suitable items include muesli bars, multipacks of snacks such as chips, shapes, rice cakes, poppers, mini packets of treats, fruit straps, shelf-suitable salami sticks – essentially any item you would purchase for yourself, children or grandchildren that can easily be stored in a pantry for a long period of time.

While any donation will be warmly accepted, we're asking the community to purchase an additional product as they do their normal

lunchbox or school holiday shopping to assist Manly State School to start the school year with a filled pantry to help children who might need a little extra food from time to time.

The Dental on Cambridge Team will deliver these to Manly State School on Friday, January 24, 2025.

Donations can be made at Dental on Cambridge 4/99 Cambridge Parade, Manly, from Monday to Thursday from 8:30am to 6:00pm and on Fridays from 8:30am to 5:00pm. The practice will be closed from 5:00pm on Friday, December 20, reopening Monday, January 6.

**NEED FAMILY LAW HELP?
GET THE RIGHT ADVICE,
RIGHT WHEN YOU NEED IT
DEPEND ON IT**

Having a DBL Family Lawyer on your side can mean keeping more money in your pocket:

- if drafted correctly, formalising your property settlement will attract a stamp duty exemption on real estate transfers.
- finalising your property settlement properly will prevent your ex from making further claims on your property.



LOCAL FISHING WITH SPERO

THE WHITING ARE BITING, AND THE BAY'S SWIMMING WITH SQUID!

BY SPERO KARTANOS

Well, my call last month announcing the arrival date of the spotty mackerel proved pretty accurate. A couple of fishermen had caught some a few weeks back, but last month, boats were catching them throughout the bay – not in great numbers or big schools, but enough for most who follow the turns fluttering above the feeding schools to get a few. The only problem (but fantastic for the bay) was the amount of baby school mackerel and spotty mackerel you had to catch and release to get to a few bigger fish, but it was fun. So, January should be our best chance to get a few.

Whiting and squid should be in plentiful supply around the Chain Banks, with the tiger squid being very aggressive this time of year and attacking the squid jigs with purpose. It's fun to watch, catch, and put on the dinner table. I get many emails about getting inked as you bring the squid on the boat, and I've found one of the best ways to deal

with this is when you lift the squid out of the water, hold them between the body and the head and turn them upside down. When you do this, they release all the water, so they can't mix the ink to spurt it out.

If you are after some lovely tasting whitebait, a light on the back of the boat at the western side of Green Island and a butterfly net should get you a feed.

So, the kids are on holidays, and there is nothing like some fishing fun on the bay. Happy New Year to you all, and hope we can do it all again this year! Good fishing.



**Water Tower
Bait and Tackle**



Photos: Spero Kartanos.

Some People are just discovering where Redland City Marina is?

*We are located at the end of Beveridge Road
Thornlands on Eprapah Creek.*

**COME AND HAVE A BROWSE
AT OUR NEW ADDITIONS**

- 400+ m2 Chandlery
- Lots & lots of concrete hardstand
- Galvanised & Hi Tensile Bolt shop now open, call for times



07 3207 7506

info@redlandcitymarina.com.au



TIPS FOR CROSSING THE SOUTH PASSAGE BAR

BY BILL CORTEN, VMR RABY BAY

The three big things to consider when crossing a coastal bar are wind, swell, and tide.

For most trailer boats, a wind speed up to about 10 knots is very comfortable for fishing offshore, especially if it is a typical summer easterly.

In winter, the dominant breeze is from the south-west, making coastal bars more pleasant and fishing conditions more enjoyable.

After Christmas is typically the start of the swell season, and anyone considering crossing the bar should take into account swell height and its direction. A challenging day would be an easterly swell coming straight in on to the bar of around 1.5 metres or more. Swells travel at 12 knots around coastal bars and faster when they are off an intense weather system, so be wary on the bigger swell days.

An incoming tide is preferable as the sea is more passive when swells and tidal flow are travelling from the same direction. Higher in the tide cycle gives more depth under the boat and minimises risk.

Conversely, crossing a coastal bar on the outgoing tide is where incoming swells and the outgoing tide oppose each other, increasing the level of risk during crossing, particularly in a small boat.

Lif jackets are now compulsory when crossing all designated coastal bars in Queensland. Make sure yours is suited to the size and weight of the person wearing it and if inflatable, it is within its service date.

It is also a good idea to log on with VMR Raby Bay on VHF channel 83 before and after crossing. The radio room is open from 5:00am to 8:00pm every day.

Keeping the engine trimmed in and maintaining a low planing speed is a good approach heading out, aiming for the deepest water or the area of least surf break.



Don't forget to mark some waypoints as a guide for the run home later.

Coming home, the engine should be slightly trimmed up. Aim for the safest entry point and maintain a speed slightly higher than the swell speed so you don't get caught by a wave travelling behind.

Remember: if in doubt, don't go out.

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.



ADVERTISEMENT SIZES

Full Page	Image Area	285mm deep x 255mm wide
Half Page	Image Area	128mm deep x 255mm wide
Quarter Page	Image Area	65mm deep x 255mm wide
Eighth of a Page	Image Area	65mm deep x 125mm wide
Strip Ad	Image Area	40mm deep x 255 mm wide

FEBRUARY BOOKINGS

- Community editorial 10th of January or earlier
- Advertising cut off 16th of January
- Distribution from 3rd of February 2025
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- Advertising contact 0421 786 302 or sales@market2market.com.au

DISCLAIMER While the publisher of The Community Leader has made every attempt to ensure that the content contained herein was accurate at the time of printing, the Publisher does not assume any liability to any party for any loss or damage caused by errors or omissions. Views expressed herein are not necessarily the views of the Publisher. All brands and trademarks published are the property of their respective owners. The Publisher reserves the right to refuse any advertising at its discretion. Delivery suburbs and streets are subject to changes, however the total number of copies delivered each month remains constant. Houses on acreage and Australia Post Mail/No Junk Mail signs cannot be delivered to. For full terms and conditions relating to home delivery, please visit the website of our distribution partner, I've, here: <https://www.ivehub.com.au/public/legal/ive-distribution-general-terms.pdf>

LOCAL TRADES

TRUST A LOCAL

Phone DAMIEN on 0421 786 302 to book an advertisement



SCAN HERE FOR MORE INFORMATION



AIR CONDITIONING

AIR CONDITIONING SPECIALISTS

LEMINE Pty Ltd

QBCC LIC NO 58120 ARC Lic. AU3506

ALL BRANDS • SERVICE & REPAIRS

PANASONIC
SALES & INSTALLATION

3207 1596 aircon@lemine.com.au

Celebrating 40 years in business

BATHROOM

**FIX LEAKING SHOWERS
WITHOUT REMOVING TILES**

SHOWER REPAIRS • SHOWER RE-GROUT

Free quotes: 0403 558 896

QBCC 151 607 42



leaky showers
com.au

COMPUTER & IT SERVICES

COMPUTER PROBLEMS?

- AVAILABLE 7 DAYS
- NO CALL OUT FEE (BAYSIDE)
- WE CAN COME TO YOU

TECHBUSTERS

REPAIRS, SERVICING, SALES & SUPPORT
216 Vienna Rd, Alex Hills (By Appointment)

VISA MasterCard 3824 6117

GRAPHIC DESIGN

MARKET 2 MARKET

HERE TO HELP

Marketing Support Services

GRAPHIC DESIGN • PHOTOGRAPHY •
PRINTING & DISTRIBUTION • VIDEO

0421 786 302 • www.market2market.com.au

AIR CONDITIONING

- ✓ Split System Air Conditioning
- ✓ Ducted Air Conditioning
- ✓ Smart Home Wi-Fi Upgrades
- ✓ Repairs & Maintenance
- ✓ Spare Parts & Replacements
- ✓ Annual Servicing
- ✓ Warranty Work & Repairs
- ✓ Commercial HVAC Management
- ✓ Leak Detection & Regassing
- ✓ Relocation of Existing Units

JARIG QBCC: 15128877 - Elec: 80306 - ARC: AU39136
admin@jariggroup.com.au

1300 452 742

BATHROOM RENOVATIONS

- 35 yrs experience • Reliable & Honest
- Reasonably Priced • Free Quotes

PHONE
Steve 0412 374 377

QBS Builder Number: 1305188

CONCRETE

BAYSIDE CONCRETING

QUALITY WORK
AT THE RIGHT PRICE

PLAIN • EXPOSED • COLOURED •
COVERCRETE • RE-SURFACING •
RE-SEALING

NO JOB TOO SMALL **DARREN** 0413 502 821 **PROMPT SERVICE**
JOSH 0438 574 353
QBCC 1109507

ELECTRICAL

LOCAL ELECTRICIAN

- ✓ Safety Switches
- ✓ Phone & Data Points
- ✓ Switchboard Upgrades
- ✓ Electrical Inspections
- ✓ Ceiling Fan Upgrades & New Installs
- ✓ EV Charge Points
- ✓ Warehouse & Factory Lighting
- ✓ Security Lighting
- ✓ Pool & Spa Circuits
- ✓ Smoke Alarms & Compliance

JARIG QBCC: 15128877 - Elec: 80306 - ARC: AU39136
admin@jariggroup.com.au

1300 452 742

Need an Electrician?
Let's Connect.
Call Liam today.
0400 319 316
consolidated electrical

LAWN MAINTENANCE

DON'T WASTE YOUR WEEKEND

RELAX AND HAVE US BRIGHTEN UP YOUR YARD!



- Other Services Available...
- Lawn Weed Spray
 - Lawn Grub Spray
 - Commercial

PH: 0409 729 575

MOW & TRIM
25 YEARS OF RELIABILITY

ANTENNA INSTALLATIONS

**DIGITAL ANTENNA
INSTALLATIONS**
FOR \$49 EXCL. PARTS
Free Quotes • TV Tuning • Extra TV points
PH: 0416 322 600

0409 635 197 Excellent Concrete Finish

Call Matt Lowian with over 25 years experience.
Licensed professional team servicing all Bayside
suburbs. We meet all concrete and drainage needs.
Small or Large Honest pricing.
Bobcat, excavator & Tipper available.
Excellent standards. QBCC 1171983

BOOK A LOCAL

**BOOK A TRADES AND SERVICES
ADVERTISEMENT TODAY**
From \$145 PLUS GST
Phone DAMIEN on
0421 786 302 or email
sales@market2market.com.au

DRIVEWAY

FINE
CONCRETE FINISHES

- Restore old tired concrete driveways & paths.
- Concrete surface cleaning & surface preparation.
- Removal of paint, glues & epoxy surfaces from concrete.
- Painting of masonry surfaces i.e concrete, bricks, pavers, retaining walls etc
- Concrete surface repairs
- Residential & Commercial

Revive "A" Drive



Call Simon today **1300 870 925** or **0414 422 200**

PATIOS, CARPORTS, PERGOLAS

PATIOS | CARPORTS | PAGOLAS

- ✓ Tailored patio options to suit your property
- ✓ Stratco-designed and supplied materials
- ✓ 24+ years patio building experience
- ✓ Delivered on time and on budget



0447 651 717 | gwpatios.com.au



QBCC LICENCE 694

STRATCO
OUTBACK
AUTHORISED DEALER

PEST CONTROL

Pest Problems? We can HELP!!



General Pests ✨ Rodents ✨ Termites

Residential & Commercial
15% Pensioner Discounts

0410 045 884

www.amgpest.com.au

License Number: PMT008465619 QBCC: 15251683

PHOTOGRAPHY



Photography

We think you'll love working with our photographers as much as we do!

0421 786 302 • www.market2market.com.au

ROOF RESTORATION

NP ROOFING

SPECIALISTS IN TILED ROOFS

Repairs to all Ridge Cappings
Storm Damage & Insurance work

3822 2921 or
0419 677 226

nproofing@bigpond.com

QBCC 1057386 - ALL WORK GUARANTEED

TOP 2 BOTTOM
Roof Restorations, Painting

- ✓ Roof Restorations, Paintings
- ✓ All types of Roof restored
- ✓ Internal/External Painting
- ✓ All work guaranteed
- ✓ Whirly Birds
- ✓ Gutter protection

10 year warranty - QBCC 1075956

Ph: 0424 964 606

david@top2bottom.com.au | www.top2bottom.com.au

SECURITY

BRISBANE
07 3200 9152

- ✓ Security Doors
- ✓ Plantation Shutters
- ✓ Insect Screens

kbsecurity.com.au

BOOK A TRADES AND SERVICES
ADVERTISEMENT TODAY

From \$145 PLUS GST

Phone DAMIEN on
0421 786 302 or email
sales@market2market.com.au

PLUMBING

- + Blocked drains
- + Roofing and guttering repairs & replacement
- + Gas plumbing services
- + Hot water systems repairs & replacement
- + Water leak detection
- + Leaking taps and toilets

CALL 0488 849 125

Brisbaneplumbinganddrainage.com.au

ABN 90 167 138 874 | QBCC LIC. 127 6676

Licensed Plumbers, Drainers & Gas Fitters

- Blocked drains & Hot Water Systems
- Guttering & Roofing
- General Maintenance & Leak Detection
- 50+ years in the industry

FREE QUOTES **PENSIONER DISCOUNT**

3821 4224 / 3390 8338

QBCC LIC48757 admin@bacal.com.au ABN 74 501 696 602

TREE AND LANDSCAPING

TREES, PALMS & STUMPS

- Tree removal/reductions
- Palm removal
- Fully insured
- Qualified Arborist
- Stump grinding
- Free written quotes

For the **BEST RESULTS** and Tidy Professional Service Call TPS

Family owned & operated for 15 years, we offer superior customer service, affordable prices and a genuine care for our clients property and safety.

0409 621 863 E: tpstreeservice@gmail.com

Check out our reviews on Google & Facebook

Trees Palms & Stumps
tree service
Tidy - Professional - Safe

SPECIAL OFFER

4 Taps in your home re-washed & resealed, Toilets & Hot Water Unit checked for the set price of **\$148.50** including GST

FOR ALL YOUR PLUMBING NEEDS

0412 742 242 64407-QBCC

BRAD TOWNSEND PLUMBING

PLUMBING SERVICES MANLY WEST

Plumbing repairs and Installing
Hot Water Systems
Gutters and Downpipes
Domestic Plumbing
NO JOB TOO SMALL

Bradtownsendplumbing.com.au
Dolilamahotmail.com | 0419 774 583

NEIL'S TREE EXPERTS

- Tree and palm removals
- Tree pruning
- Hedge pruning
- Stump grinding
- Pensioner discount

0410 510 185

DOWN TO EARTH

CARPET CLEANING & PEST CONTROL

ALL WORK GUARANTEED – PHONE STEVE ON 3245 3507 OR 0411 833 402

CARPET CLEANING SERVICES

- Carpet Cleaning
- Upholstery Cleaning
- Leather Specialist
- Walk on dry
- Free Deodorising & Sanitize
- Cars & 4WD's
- Asthma friendly when requested

PEST CONTROL SERVICES

- All general pest control and rodent control
- Termite Specialists
- Pre-purchases termite inspections
- Cockroaches, Spiders, Ants, Fleas

- Free Ant treatment with Internal & External
- Free Roof Dusting Internal and External

QBSA 1080457

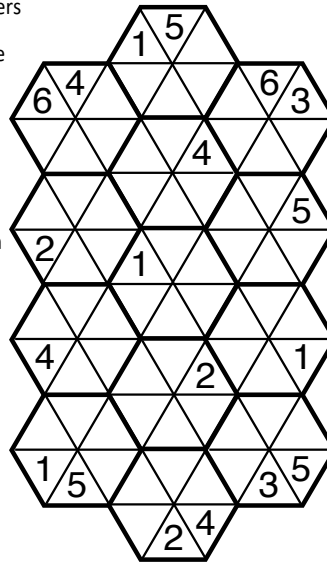
Sudoku

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

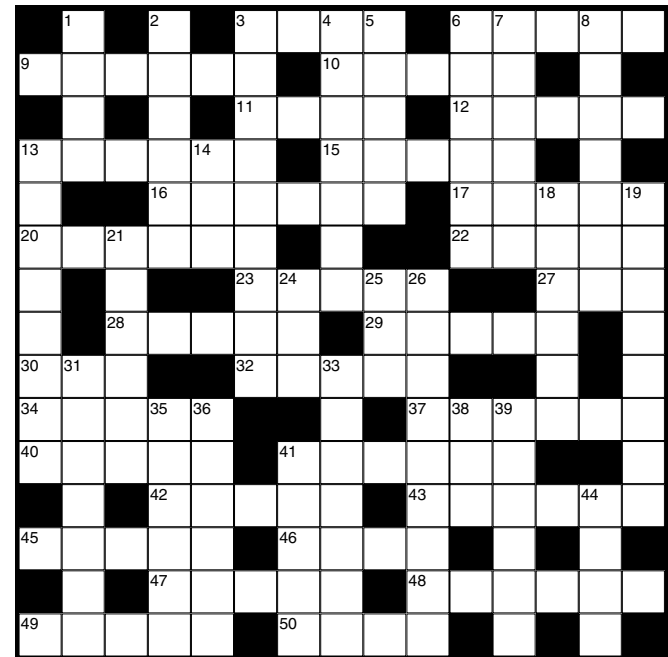
3	7					9	5	
						4	3	
		1		8	9			
5						6	7	
6						3		4
	4	9						
			1			6		
			4	8				1
					2		8	

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

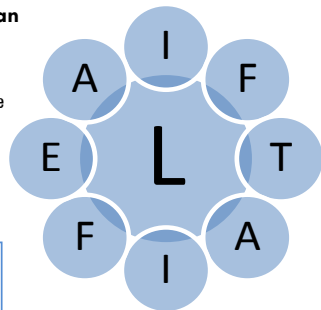


Focus

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: 19 words
Excellent: 24 words



Reference: Macquarie Concise Dictionary
Focus No. 3889

ACROSS

- 3 Coarse file
- 6 Indian relish
- 9 Stick
- 10 Hooked claw
- 11 Amphibian
- 12 Protuberances
- 13 Address abusively
- 15 Garden tools
- 16 Border
- 17 Send money
- 20 Country
- 22 Draw forth
- 23 Cosy retreats
- 27 Used a seat
- 28 With speed
- 29 Character
- 30 Small drink
- 32 Church office holder
- 34 Happening

DOWN

- 1 Timber-dressing tool
- 2 Administration
- 3 Written testimonial
- 4 Tales
- 5 Heathen
- 6 Stick together
- 7 As new

8 Copy

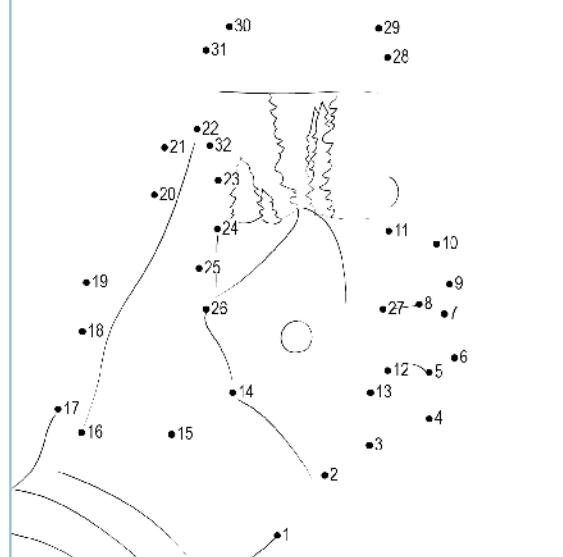
- 13 Record
- 14 Resinous substance
- 18 Shellfish
- 19 Made fast an animal
- 21 In high spirits
- 24 Slippery fish
- 25 Golf mound
- 26 Kitchen utensils
- 31 Enthusiastic applause
- 33 Enter in a diary
- 35 Indigenous
- 36 Merchant
- 38 Born
- 39 For nothing
- 41 Tears
- 44 Way out

Spot the 5 Differences



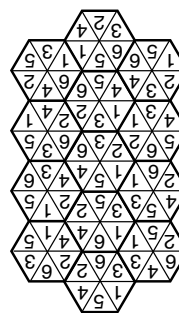
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: AFFLIATE aiale ailate ailt fall fatal felt file flite flite flea flit
flite late leaf left life lift life lite tail tale tall teal tie

SPOT THE 5 DIFFERENCES: Missing snake from headdress, Extra stripe on headdress, Eyebrows higher, Extra tie on beard, Square shape missing near neck.

JOIN THE DOTS: Australia

Consign-A-Car
WE SELL YOUR CAR

GET MORE \$\$\$ FOR YOUR CAR, WE WORK FOR YOU!
AUSTRALIA'S LARGEST CONSIGNMENT DEALER,
UNDERCOVER LIKE NO OTHER!

ZIP INTO 605 ZILLMERE RD ASPLEY

07 3359 2477

consignacar.com.au

BRING IN
THIS AD
& RECEIVE
1 MONTH FREE
MARKETING

VALUED AT \$275

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.

BARTONS BAYSIDE SUBARU

ALL NEW SUBARU



2024 SUBARU CROSTREK 2.0L Auto

- Symmetrical All-Wheel Drive
- Wireless Phone Charging
- Keyless Start - Key/FOB Proximity Related
- Gloss Black 17" Alloy Wheels.
- SN: G025401

from only

\$38,990 drive away



2024 SUBARU BRZ Auto

- Rear Wheel Drive Sports Coupe
- GPS Satellite Navigation
- Wireless Apple CarPlay® & Android Auto™
- 18" Alloy Wheels.
- SN: G010221

from only

\$48,061 drive away



2024 SUBARU WRX RS Manual

- Exhilarating Boxer Performance
- Wireless Apple CarPlay® & Android Auto™
- 10-Speaker Stereo with Subwoofer
- Electric Sunroof.
- SN: G011199

from only

\$58,139 drive away



2024 SUBARU OUTBACK AWD Sport Touring XT

- Stunning Limited-Edition Geyser Blue
- Turbo Boxer Performance
- Heated and Cooling Seating
- Electric Sunroof.
- SN: G065756

from only

\$62,337 drive away

BARTONS BAYSIDE SUBARU 07 3485 1192 200 TINGAL RD, WYNNUM

AFTER HOURS HOTLINE LUKE 0414 631 161



OUR STAFF ARE ONLINE NOW



All offers available for new vehicles are valid on available vehicles in stock at time of publication that are sold and delivered between 3 and 31 December 2024. Excludes metallic paint. Colour of vehicles may differ to colours advertised. Private and retail customers only. Excludes fleet and government buyers. This offer cannot be used in conjunction with any other offer. [*] Price based on 6 months registration. BBG84645_1224

LET'S TALK ABOUT DENTAL IMPLANTS

FROM DENTAL ON CAMBRIDGE

What are dental implants? Dental implants are a long-lasting, cost-effective way to replace a missing tooth or multiple teeth and restore aesthetics and chewing function.

This modern approach to replacing missing teeth utilises a titanium fixture, which functions as an artificial tooth root to which a strong dental crown is attached, restoring the function of a tooth or multiple teeth. In most cases, the titanium fixture is placed under local anaesthetic into the jaw bone in a painless in-chair dental procedure. It is placed where the roots of your missing tooth would have been. Over approximately three months, the bone heals around the implant, and it is accepted by the body.

A dental implant can replace a single missing tooth, and multiple dental implants can replace multiple missing teeth or even a whole arch of missing teeth. At Dental on Cambridge, we have three highly skilled dentists who are highly trained and experienced in placing dental implants, utilising state-of-the-art digital dental technology to ensure successful patient treatment outcomes.

What's involved in the implant procedure? Implant procedures usually consist of approximately five appointments across a three-month period. Initially, a 3D scan is taken of the existing situation and areas where the implant/s will be placed. Additionally, a 3D image of the patient's jaw bone is obtained via a mini dental CT scan (Cone-beam volumetric computed tomography). These essential 3D images ensure the safe and

accurate placement of the implant into the jaw. After this planning stage, the implant surgery takes place onsite at our practice in a completely sterile environment. This appointment usually takes around 30 to 40 minutes for a single implant. A week later, we check the implant site and then we let the body work its healing magic for three months. After three months, we perform a test to ensure the implant has been accepted by the body, and then we place teeth on the implant/s.

Am I a suitable candidate for a dental implant? If you have one or more missing teeth, a dental implant might be an option to consider. We always recommend a consultation to discuss your options with our experienced dentists, as not everyone will be able to have a dental implant. Our dentists will check your jawbone is healthy and has enough bone to hold the implant; they will review any medical conditions and medications you are taking to consider all risk factors and will review your general oral hygiene and gum health, amongst other things.

What are the benefits and risks of a dental implant? Our experienced dentists will ensure your personal risk factors are explained to you when discussing your treatment options. As each person is different, different risks should be discussed. The benefits, however, are universal and include an aesthetic appearance, increased confidence, and an improved ability to eat normally; essentially, it looks, feels and functions like a natural tooth.

So what's the investment? A simple start-to-finish single implant,



Photo: Supplied.

including the final crown, is \$4700. Keep in mind that this amount is paid over a three to six-month period. This is also before any health fund rebates are applied. At Dental on Cambridge, we strive to make dental care affordable for our patients, and we offer staggered payments where possible, payment plans and provide onsite quotes through all health funds to support informed decision making.

If you've been thinking about a permanent solution for your missing tooth or teeth, take the leap this new year and book a consultation at Dental on Cambridge with our experienced dentists on 3348 6661.



**DENTAL
ON
CAMBRIDGE**

FAMILY & COSMETIC DENTISTRY

-  **EXAMINATIONS**
-  **FILLINGS**
-  **CROWNS**
-  **WHITENING**
-  **STRAIGHTENING**
-  **IMPLANTS**

3348 6661

www.dentaloncambridge.com.au

Alex Ritchie BOralH (Dent), GDiDent, SpHy (UR)



When people say it's a family thing they're saying
"you wouldn't understand, this is our private world".
And when a loved one from your family dies,
your private world is sacred to you.
And that needs to be respected.


MCCARTNEY FAMILY FUNERALS

At McCartney Family Funerals we understand that.
The big corporates don't, but we do.
Because we're a family too.

It's a family thing.



155 Bay Terrace, Wynnum | mccartneyfunerals.com.au | 1300 043 522
Local Family Owned and Operated. Caring for Families in the Wynnum and Bayside areas.

RE/MAX[®]

**RE/MAX ADVANTAGE HAS
FOUND A NEW HOME.**

138 Bay Terrace, Wynnum

Allow us to help you with yours.

**REQUEST YOUR
APPRAISAL TODAY**



SCAN ME

3348 0000 // remaxadvantage.com.au