

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside



FRIENDSHIP IS OUR COMMUNITY'S SUPERPOWER!

While Valentine's Day takes the spotlight in February, a lesser-known day is being increasingly observed around the world: Galentine's Day. It's the chance to celebrate friendships and honour those people in our lives who are there for us, no matter what.

And while the bayside has community spirit in spades, there's no doubt that spirit is underpinned by friendships that span generations, interests, and backgrounds. Those friendships are

fostered by local clubs and organisations, often run by volunteers, who see the power in bringing people together. Friendships can be life-changing and life-saving, particularly as we age and our social bonds fray, and equally important for youngsters trying to navigate the world. Friendship is priceless.

One group in our community is taking the chance to celebrate friendship this month with a special 'Galentine's Day' lunch.

Wynnum 60 and Better members will gather on February 13 at Mates Restaurant in Wynnum in the name of friendship and fun. More about that on page 3.

If you'd like to make new friends, no matter what your stage in life, there's a host of local clubs just waiting to welcome you to the fold, and we hope to showcase many of them in future editions.

Pictured: Thea, Kris, Alan, Wendy, Brian and Tina from Wynnum 60 and Better.



BEST PROCESS = BEST PRICE



"DAVID WAS RECOMMENDED TO US BY 3 DIFFERENT SOURCES AS THE PREMIER AGENT FOR THE BAYSIDE, THEY WERE SPOT ON!"

Verified Review: Seller - Manly West

BAYSIDE

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GOT A STORY? THIS WORKSHOP SERIES WILL HELP YOU TELL IT

CONTRIBUTED BY DEB BROWN, WYNNUM MANLY ARTS COUNCIL

If you've tagged 2025 as the year you'd like to write your story, Wynnum Manly Arts Council and author Anna Cahill have a workshop to help you do just that.

During February and March, Anna will guide students through hands-on sessions designed to improve writing skills.

ABOUT ANNA

Lota resident Anna Cahill has a passion for words. A versatile writer and author, Anna has enjoyed a varied career in newspapers, radio, photojournalism, corporate communications, public relations, editing and writing tuition.

In addition to a host of news articles and features, Anna's published works include:

Colours of a Life: The life and times of Douglas MacDiarmid, the illustrated biography of an expatriate painter (2018) – 470 pages, hard cover, full-colour, fully indexed. There are copies in Brisbane City Council library collections.

Letters to Lilburn – Douglas MacDiarmid's conversations from the heart (November 2022), a limited-edition collection of letter extracts and poems to celebrate a centenary of artistic legacy and an extraordinary creative bond.

Wonky (2015), as volunteer mentor and editor to enable a wheelchair-bound Victoria Point woman to write and publish her personal view of disability.

Fruit Fly Fighters: Eradication of the Papa Fruit Fly (2002), a history and crisis-management guide to one of the world's most invasive exotic pests. Co-authored with the project's chief scientist, published by CSIRO.

THE WORKSHOP SESSIONS

Hosted by Wynnum Manly Arts Council, the workshops will take place on February 8, 15 and 22, and March 8, 15 and 29 at the Wynnum Community Centre, Florence Street, Wynnum.

Cost: \$65 for members, \$70 non-members (per session), which includes three hours' tuition. Tea, coffee and water are supplied. Numbers are limited and bookings are essential. To book, email wmarts@tpg.com.au or phone 0417 286 555.



Author Anna Cahill. Photo: Supplied.

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GALENTINE'S DAY: CELEBRATING THE BEAUTY OF FRIENDSHIP

FROM WYNNUM 60 & BETTER

Dress up in your favourite outfit and gather your besties for an unforgettable Galentine's Day lunch! It's the perfect time to celebrate the joy your friends bring and show them just how special they are.

Wynnum 60 and Better is hosting a Galentine's Day lunch on Thursday, February 13, at the perfectly named Mates Restaurant at Wynnum.

The group's program manager, Wendy Stewart, said informal social events like this are amongst the group's most popular activities.

"This can absolutely be the best day of your year; like a big group hug of happiness," she said.

"Much more inclusive than Valentine's Day, there are no rules or romantic expectations around spoiling those special people who stick by our sides as other relationships come and go.

"It's definitely not just for 'gals' or singles; it's about having fun and making special memories to show how much we value our nearest and dearest friends, no matter who they are – those wonderful human beings who put up with us at our worst, embrace all our faults and

foibles, keep us grounded and generously accept us as we are."

A decade ago, Galentine's Day was merely a cultural reference in an American television series. The concept was the brainchild of *Parks and Wildlife* sitcom character Leslie Knope, played by actor Amy Poehler, to shower her close girlfriends with gratitude and affection. It has since been adopted as a delightful annual tradition on February 13 in many parts of the world.

From women celebrating women, and going out to brunch, it has grown into an opportunity to celebrate the strength, support and joys of friendship that anyone and everyone can share.

Wynnum 60 and Better works hard to reduce social isolation in the community by keeping members engaged and connected for friendship's sake, personal growth, and mental and physical wellbeing. Monthly lunches are held at a different bayside venue, typically attracting 30 to 40 people.

If you haven't tried one of the organisation's lunch dates, Galentine's Day is a great place to start!



Wynnum 60 and Better members at Galentine's Day lunch last year at Pera Palace Ottoman, Wynnum. Photo: Supplied.

What: Galentine's Day Lunch with Wynnum 60 and Better

When: Thursday 13 February 2025, 12:00pm

Where: Mates Restaurant and Bar, 3/70 Edith Street, Wynnum

For more information, and bookings, contact the Wynnum 60 and Better Office Monday to Thursday on 07 3348 6306, or email admin@wynnum60andbetter.org.au.

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PRIZES FOR 2ND - 5TH PLACE

WHEN 'GOING DOWN THE DRAIN' IS A GOOD THING!

FROM BRISBANE PLUMBING AND DRAINAGE

Drains. They're an integral part of our properties and our streetscapes. We've got indoor and outdoor drains, and we rarely give them a thought, because they do their jobs in the background of our busy lives, working to keep our homes safe from water. But what happens when drains don't work as they should? That's when we notice them!

Many people only think about a drain when it gets blocked or broken. The consequences can be dire – the amount of water that can enter a property through a cracked drain or clogged gutter is staggering. Water damage is no joke – it can destroy valued personal possessions and affect the integrity of the building that houses them. And the aftermath of water damage can linger long after the water stops flowing – mould is detrimental to our health and wellbeing, and can be challenging to eradicate.

Don't let your money go down the drain because of poor maintenance. Well-maintained properties rely on functioning drainage systems to extend their lifespans. Prevention is better than cure, so it's worth looking at your roof, drains and gutters, and keeping them in good 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 flooding and erosion. You can significantly reduce the risk of water pooling around your property by ensuring that gutters are cleaned regularly 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.



Most water damage originates from the roof, and roof and guttering issues are often exacerbated when the weather is poor. Brisbane Plumbing and Drainage has a specialised roofing team to ensure top quality workmanship with roof and gutter repairs.

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



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THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



WYNNUM-MANLY & DISTRICTS MEN'S SHED

I am very excited to announce that if elected, the Coalition Government has committed \$500,000 to help the Wynnum-Manly & Districts Men's Shed expand and build the 'Lionel Morgan Shed'! The Wynnum-Manly & Districts Men's Shed is an incredible community group that promotes mental wellbeing for men through mateship and connection to our community.

They are currently unable to support and cater for new members due to insufficient shed space. I'm looking forward to working with President David and the blokes to expand their site and its impact on our community. The contribution the Shed makes, not only to its own members but also to the wider community, is invaluable.

Lionel Morgan was the first Indigenous Australian to be selected for a Rugby League Test match. Having previously played for Wynnum Manly in 1959, Morgan is an impressive local hero and a deserving recipient of the tribute. Thank you to the Wynnum Manly Men's Shed for all that you do, I can't wait to see what this year brings!



AUSTRALIA DAY

I hope everyone had a happy Australia Day and enjoyed your public holiday with loved ones!

This Australia Day was an opportunity to acknowledge, respect and celebrate the rich cultural heritage and diversity of the greatest country in the world. I hope everyone took this time as an opportunity to reflect on what Australia means to you. Thank you to everyone who entered my meat tray giveaway too, we had over 500 entries, and thoroughly enjoyed reading the responses.

Every year, my love for this wonderful country only grows, and I am very grateful to live in and serve a country where we are lucky enough to have so many opportunities! On that note, I also wanted to say a massive congratulations and a very warm welcome to all our new Aussies who were a part of the citizenship ceremonies that took place on January 26. I wish you a heartfelt G'day, we are very lucky to have you! Aussie Aussie Aussie!

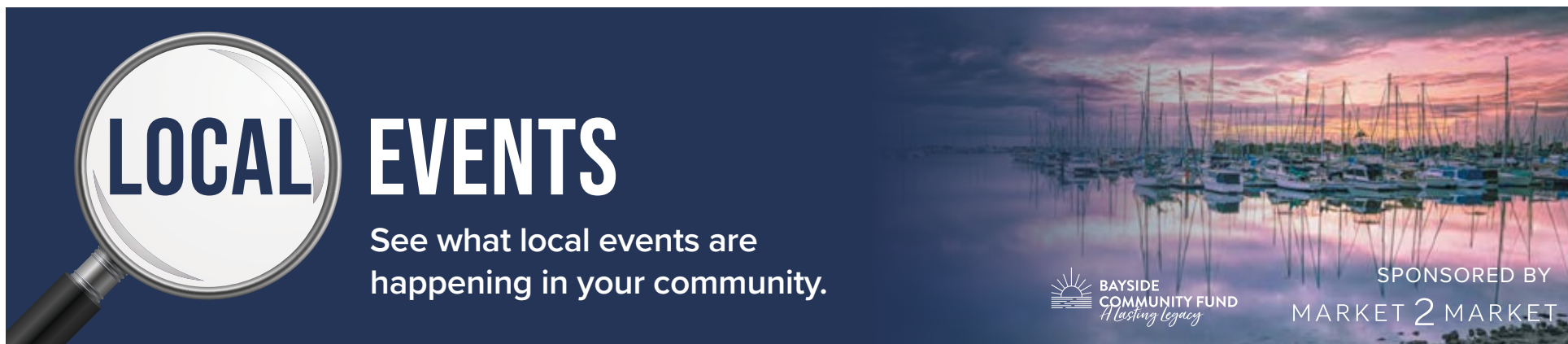
COAST GUARD

While many of us live safely at land, unbeknown to the dangers of sea, our Coast Guard is busy keeping watch and ensuring locals are safe on the seas.

They are a dedicated maritime force, responsible for ensuring maritime safety, security, and environmental protection. I recently visited Coast Guard Brisbane (in Manly), to present Richard and David with a new flag.

Their bravery and commitment in challenging conditions make an invaluable difference to individuals, communities, and the environment in Bonner. Thank you, your service is truly appreciated.





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

SEA EAGLES CRICKET BLAST

IMAGINE THE FUN

Sign up Today!

Wynnum Manly Cricket Club
5pm - 6.30pm Fridays Term 1
Bill Albury Oval * Starts 7th Feb *
175 Boundary St Tingalpa

Play Cricket

INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE BREAKFAST

Tuesday February 11, 7:00am to 9:30am, IndigiScapes, 17 Runnymede Road, Capalaba

Celebrate women and girls in STEM at IndigiScapes. Hosted by Ranger Stacey, this inspiring event features remarkable speakers who've made a positive impact on the environment through science. They'll explore the UN's 2025 theme, *Unpacking STEM Careers: Her Voice in Science*, empowering future scientists. Enjoy a delicious breakfast, thought-provoking discussions, and stories that break barriers and pave the way for more women and girls in science. For bookings, scan the QR code.

MORETON BAY DAY SAIL

Sunday March 2, Departing William Gunn Jetty, Manly, at 10:00am, returning at 4:00pm

Come aboard the majestic South Passage for a stunning day sailing the southern part of Moreton Bay. This 100ft gaff-rigged schooner combines modern technology with traditional sailing charm. Guests can choose their level of involvement – help hoist sails, steer the ship with the skipper's guidance, or relax with a drink and enjoy the scenic views. If weather permits, there's even an opportunity for a refreshing swim. For tickets and more information, scan the QR code.

BMD WYNNUM MANLY SEAGULLS GOLF DAY + LAUNCH EVENT

Friday February 28, golf from 10:30am, season launch from 6:00pm, Wynnum Golf Club

The BMD Wynnum Manly Seagulls will kick off the 2025 footy season with a joint Golf Day and Season Launch event at Wynnum Golf Club. Tee-off is midday, followed by the season launch and awards presentation at 6:00pm. Enjoy carts, food, drinks, and the chance to win prizes through golf performances and a raffle. Limited team spots are available, so don't miss out! Book your team today and join the fun by scanning the QR code.

Wynnum Manly

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MASSIVE 3-HOUR SHOW!

IN2XS

Saturday February 22, doors open 7:30pm, show starts 8:00pm, Wynnum Manly Leagues Club, Wondall Road, Manly West

Get ready for an unforgettable night of live music as *IN2XS*, Queensland's newest tribute to the legendary band *INXS*, brings their electrifying performance to the stage! With members who've rocked alongside *Noiseworks*, *Screaming Jets*, and *Boom Crash Opera*, *IN2XS* delivers an experience like no other. The night will be elevated further by *Electric Blue*, a tribute to the iconic sounds of Icehouse. With a high-energy, three-hour show packed with classics, this is an event no music lover can miss. Scan the QR code to book.

MOVEFIT CLASS FOR SENIORS

Thursday February 20, 9:30am to 10:30am, Wynnum Community Centre, 105 Florence Street, Wynnum (bookings essential)

Seniors can take advantage of a free, fun fitness session designed to maintain or improve strength, mobility, flexibility, and balance. This GOLD event, tailored for seniors, offers a welcoming group setting. Whether you're looking to maintain an active lifestyle or just starting your journey, you'll enjoy exercises that suit all levels of ability. Don't miss this opportunity to stay strong and healthy with others in your community! Participants require hand weights and an exercise mat and bookings are essential. For more information and bookings phone 0405 652 109.

MEN'S SHED MEMBERS: MIRACLE WORKERS WITH MODERN MACHINES

FROM DON SMITH, WYNNUM MANLY & DISTRICTS MEN'S SHED

The Men's Shed is fortunate to attract many retirees with mechanical and technological skills who are enthused with the desire to give back to the community. They find their tribe in Men's Sheds and Repair Cafés, where they grant the wishes of despairing people who have lost hope that their precious or sentimental items could ever be resurrected, because of broken or obsolete parts. God, just send me a hero!

Fortunately, Peter Douglas and his type have the desire, courage and skills to master the modern, miracle machines that can virtually take ideas and manifest them into reality. The 3D printer is a modern marvel that can 'print' anything from spanners to engine parts, and even body bits!

Finally, the weight is lifted, when people are informed that the broken articles that they've kept for years and couldn't throw away will be restored with the breath of life.

The CNC Router is the machine that carved out all the life-size Santas that adorned CBD rooftops during the Christmas period.

Again, it starts with an idea, which is encoded into a computer that can then can 'spit' out a Santa every four minutes. Or, you can make a Santa sleigh flat-pack, which will slot together to convert into 3D form.

The CNC Laser Cutter is the saviour of people requiring multiple copies of decorated objects made out of wood or resin. Whether it's a couple of hundred or a couple of thousand, just tell the machine. It might groan, but it doesn't whinge.

Last but not least, is the CNC Plasma Cutter that cuts through steel like a hot knife through butter. It cuts with such precision that you could cut a jigsaw puzzle out of a plate of steel.

And so, after Peter has heroically rescued another person from the quagmire of their despair, performing miracles on the amazing machines, another relieved person casts their eyes skyward and sighs, "thank God and thankyou Saint Peter, you are my hero".



Photo: Supplied.



With the summer heat upon us, why not bring the beachside vibes into your home?

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- Small group maximum 12 passengers

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Travel Dates: 10 October - 1 November 2025



Sri Lanka The Pearl of the Indian Ocean

Small Group Tour.

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Inclusions:

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- Jeep safari, 3 National Parks, Pinnawala Elephant Orphanage
- Visit, Nuwara Eliya, Kandy, Galle
- Small group maximum 12 passengers
- Quality accommodation, 17 Breakfasts, 2 Lunches, 13 Dinners

17-night adventure through beautiful Sri Lanka. Explore Galle and the largest fortress in Asia. Enjoy Yala National Park and the opportunity to spot a variety of Antelope species, Leopard, Elephant and the unique Sloth Bear. Marvel at the magnificent bird life and enjoy learning more about the exciting culture of this exotic country.

Travel Dates: 22 September – 9 October 2025



Darwin, Kakadu, Tiwi Islands, Litchfield Park & Katherine

Small Group Tour.

From: \$7,498 per person (twin share), Deposit \$1,150 per person, Single Supplement \$2,040 per person

Inclusions:

- Return Transfers from home to airport
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- Fully escorted by one of our team & specialist guides
- Visit Darwin, Kakadu & Katherine
- Day trip to Tiwi Islands
- 10 Breakfasts, 2 Lunches, 6 Dinners
- Small group, maximum 12 passengers

Immerse yourself in the Top End of Australia. Spend time in Darwin discovering the history of this cosmopolitan city. Cruise Darwin Harbour at sunset and take a boat tour down Nitmiluk Gorge (Katherine Gorge). Visit the Tiwi Islands and Litchfield Park. Explore Kakadu, learn more about Aboriginal culture, local mythology and the Yellow Rivers abundant food chain.

Travel Dates: 18 July – 28 July 2025



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Cape York Peninsula is one of the last unspoilt frontiers in Australia. It remains a wild sparsely populated wilderness, accessible only in the dry season and then only by 4wd vehicle for most of the way. To travel overland to the Cape is still a true adventure allowing travellers to see the unspoilt and diverse scenery, wildlife and birdlife. Reaching the tip of Cape York is truly an awe-inspiring experience.

Travel dates: 31 May 2025 – 12 June 2025

TERMS AND CONDITIONS

Prices current as of 5 January 2025 and are per person twin share. Single supplement applies. Credit card surcharges may apply. Non refundable deposit required at the time of booking. Non-refundable final payment required at least 90 days prior to departure. Travel insurance purchased from Casino Travel Shoppe is compulsory. Please read our detailed Terms and Conditions PRIOR to booking.

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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



LINDUM STATION NOW OPEN

Wonderful news Baysiders! Lindum Station is now open. I was on the platform at 4:45am on the day the first train left the new platform. There I met Luke from Iona College. Luke was the very first passenger to board a train from the station.

I want to thank everyone who has made this Big Build project possible – from the staff at Queensland Rail, construction workers, and former Premier Steven Miles, who was instrumental.

I've worked incredibly hard to get this infrastructure project built for our community and I'm elated with this positive outcome. Happy commuting Baysiders!



\$45 MILLION CUT TO HOMELESSNESS FUNDING

Sadly, the Queensland Government has cut \$45 million from homelessness services across Queensland. This means important local organisations, like BABI Youth and Family Service, will get a 20% funding cut. It's also unclear whether Premier Crisafulli's \$500,000 funding promise to Wynnum Community Place (WCP) doors didn't open on 7 January as planned. I recently wrote to the Premier seeking answers. I'm yet to receive a response. I will continue to hold the government to account for Bayside funding cuts to essential services.



GIVE BLOOD LOCALLY THIS MONTH

There's currently an urgent call for blood donations. Lifeblood has issued an urgent call for blood donors recently after a record number of planned blood donations were cancelled, putting pressure on blood supplies. Our blood supplies remain dangerously low. There are upcoming mobile blood collection centres in the Bayside this February at:

LYTTON, Ampol Refinery, car park on South Street, Lytton on Tues, 11 Feb - Wed 12 Feb

WYNNUM PLAZA, 2021 Wynnum Rd, Wynnum West on Mon 17 February - Monday 24 Feb

Book an appointment today. Simply go to lifeblood.com.au, search your postcode, and book a time online (or call 131495).



SUPPORT LOCAL, BUY LOCAL

This year let's keep supporting local small and family businesses by buying local. Whether it's calling a local plumber, getting a haircut or buying a shirt, let's keep money flowing in our local community.

Did you know there are over 480,000 small businesses in Queensland, contributing \$131 billion to the economy and creating 1 million jobs, forming 42% of the private sector workforce?

To learn more about our small business sector, go to business.qld.gov.au.

STAY SAFE THIS SUMMER

Our Bayside has been identified as a hotspot for melanomas. Diagnosis rates in Wynnum, Manly and Lota in particular, are well above the national average. Data collected by Cancer Atlas revealed melanoma diagnosis rates in Wynnum were 93% above Australia's average, and Manly West was 81% above average.

To see the shocking data, go to atlas.cancer.org.au. The Australian Cancer Atlas is an online, interactive platform showing measures relating to cancer diagnosis, survival, recognised risk factors, and screening by geographical areas across Australia.

We live in a beautiful community, with swimming in the wading pool, walks and park runs along the Esplanade and sports fields packed on weekends.

But we should all take precautions against skin cancer, including applying sunscreen and/or wearing protective clothing. For more preventative info, go to cancer.org.au.



COMMUNITY GROUP FOCUS: BAYSIDE SEA SCOUTS

The Bayside Sea Scouts, located at picturesque Darling Point in Manly, differ from regular Scouting groups – through their uniform, customs and activities. They were formed in 1953 and uphold the Scouts Australia Promise.

The group participates in a range of activities and aims to encourage the physical, intellectual, emotional, spiritual and character development of young people so that they take a constructive place in society. Their mission is to create an atmosphere of teamwork, support and encouragement. The Bayside Sea Scouts create leaders. I was lucky enough to meet Scout Leader Max (pictured) and present her with the prestigious King Scout Award. To join them (or to go along to one of their Section nights with no obligation), go to baysideseascouts.org.



JoanPease MP

State Member for Lytton

Authorised by Joan Pease 100 Edith Street Wynnum

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Maggie's Mates

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What is your name? I am TimTam. My parents called me that because I'm a chocolate labrador and TimTams are square and chocolate.

Who do you live with? I live with Mum and Dad in Wynnum. My human brother went and got married but still visits me. He produced his own little puppy, so all is forgiven.

How old are you? I've lived with Mum and Dad since I was eight weeks old, and now I'm 12 years old.

What is your favourite local walk? When I was younger, I used to sneak into the golf course at dusk, but Dad put a stop to that after I discovered the delights of the duck pond, swam in it and came out green. Apparently, green labradors are not popular, and never mind the smell!

What's your most treasured toy? My big ball that is bigger than my head. I dangle it off one tooth, look around a corner and say, "woof". My parents chase me; it works every time.

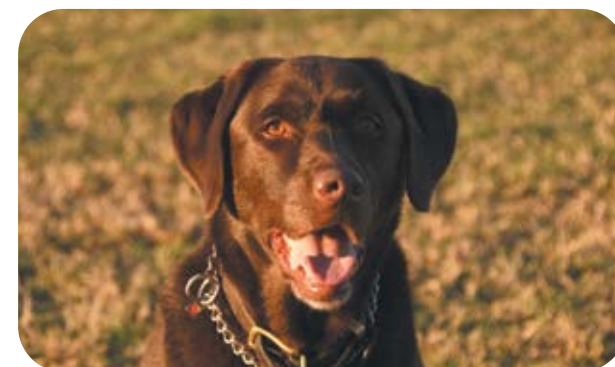
What's your favourite food? Anything, and lots of it! I even like the pills that Drs Charlie and Nicky give me. One pill, one liver treat – job done.

What's your worst habit? Barking at people walking past my home when I'm having a rest on my parents' bed. Mum and Dad don't mind, ever since I barked at an intruder at 3am and chased them off.

What is your favourite local hangout? I like coffee shops with street tables. I just stand there, smile and wag and see how many humans pat me. When babies want to pat me, I am especially gentle.

Who is your best doggie friend? Oscar! When we meet on the street, we drag our owners down the footpath so we can talk and kiss. It's the only time that I pull extremely hard on my lead.

Do you have any really funny or embarrassing stories? What, like eating a surgical shoe that cost over a thousand dollars? Also, I ate my way through a door. Fortunately, the wood was going soft, so Dad decided to build a new one. He joined the Men's Shed to use their machines, so it only cost a couple of thousand dollars for wood. I got away with both of these things, and I'm still loved. They showed their love in a funny way though, and took me to dog school where I was taught to have no fun and refuse food – can you believe it?



What do people love about you? My happy and gentle nature gets me lots of brownie points. I have found that lots of staff at Bunnings have dog treats in their pockets, and when I am sitting patiently while Dad browses the shelves, I often score a treat. Some people say that they are scared of dogs, but Dad tells them that I'm absolutely trustworthy and very gentle – then I give them a big kiss on the face if I'm quick enough.



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. We will donate \$50 to a registered animal charity of your choice for each profile published in The Community Leader.

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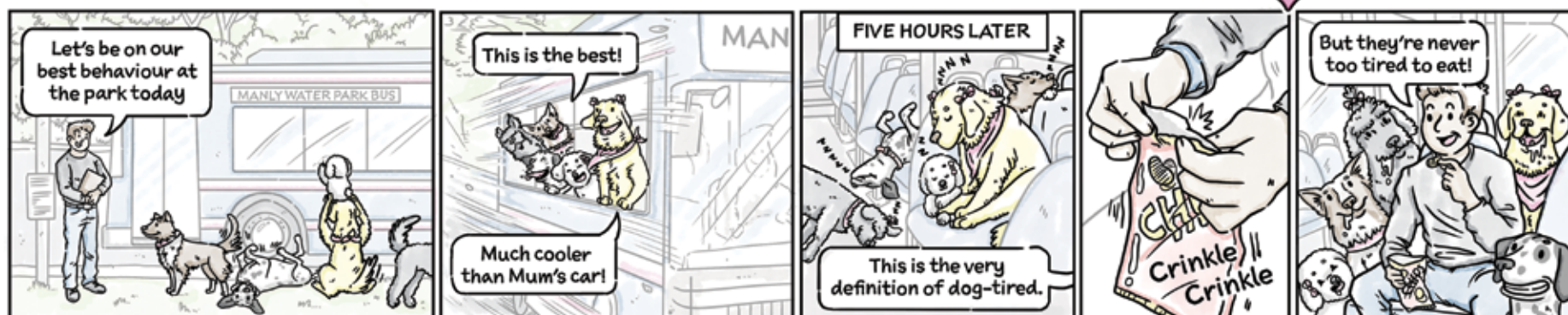
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MISS MAGGIE OF MANLY



WHAT NOT TO FEED YOUR PETS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

As we enjoy the increased socialising and festivities over summer, there are lots of opportunities for indulging in delicious treats. It is very important to ensure that your pets are not sharing in foods which may make them ill.

FOODS TO BE AVOIDED

Avocado – this is of main concern in birds where cardiovascular damage can occur. Ingestion of avocados may cause vomiting and diarrhoea in household pets.

Chocolate, coffee and caffeine – the compound methylxanthine found in cacao seeds can cause vomiting, diarrhoea, cardiovascular disease, seizures and can be fatal in large amounts.

Grapes and raisins – these fruits can cause kidney failure in cats and dogs.

Macadamia nuts – macadamia nuts can cause weakness, depression, vomiting and tremors. Affected animals may appear to be developing paralysis. Ingestion of the whole nut (including the shell) can cause intestinal obstruction.

Milk and dairy – most pets are not able to digest lactose so may develop diarrhoea if ingesting milk, cheese and other dairy products.

Onions, garlic and chives – these vegetables can cause gastrointestinal irritation and red blood cell damage.



Xylitol – the artificial sweetener is often found in chewing gum, lollies, toothpaste and fat reduced forms of products such as peanut butter. Xylitol causes an increase in insulin which leads to low blood sugar and vomiting, lethargy and liver failure may occur.

Yeast dough – uncooked dough can rise and cause gas to accumulate in the stomach leading to bloat. The fermentation process undergone by yeast results in the production of ethanol as a by-product, which may lead to alcohol intoxication.

If your pet has eaten a food from the above list and is showing signs of illness it is important to contact your vet for advice on treatment. It's safest to feed your pet only known safe foods to avoid any issues.



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Improving our lifestyle at the Wynnum Manly Foreshore

We are excited to work with the local community to create a new masterplan for the Wynnum Manly foreshore. It's part of our plan to make your local lifestyle event better. Brisbane is growing with more people looking to live and work in our wonderful bayside. The Wynnum-Manly foreshore is an integral part of what makes Brisbane's Bayside unique, and we will be seeking your assistance and feedback to deliver a legacy project for our community. Consultation will open from Monday the 3rd of February, 2025.



Wynnum CBD Renewal

I'm delighted to let you know the Wynnum CBD has been announced as the latest Suburban Renewal Precinct. Spanning from Berrima St to Clara St, along Tingal Rd and Bay terrace and encompassing Wynnum Central Station and the core parts of Bride St, Charlotte St, Florence St and Edith St, the precinct plan will look at opportunities to provide housing, employment, and transport connections. Public consultation will begin in early 2025 with our local businesses and residents playing an integral part in these discussions. There will be opportunities to give feedback on what you would like to see as part of the renewal plan during consultation later this year. The steps we're taking today will ensure Brisbane's bayside continues to be a great place to live, work and relax.



\$2 Summer Dips

I'm excited to announce the return of the popular **\$2 Summer Dips** initiative, running from **1 December 2024 to 28 February 2025**. This program is part of Council's commitment to easing cost-of-living pressures while encouraging residents to stay active, cool off, and enjoy our local pools this summer.

With general entry fees reduced to just \$2, it's easy to beat the heat at Manly Pool this summer—whether you're swimming laps, relaxing with friends, or enjoying a family day out. Pack your swim gear and dive into summer fun at Manly Pool or at any Council pool across the city.



Stay in the Loop!

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

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

THE ROTARY CLUB OF WYNNUM AND MANLY IS THRIVING!

CONTRIBUTED BY LES LEWIS, ROTARY CLUB OF WYNNUM AND MANLY

The Rotary Club of Wynnum and Manly has been enjoying its best membership growth for some time, and is continuing to do many great things for the local community.

Membership of the club now stands at more than 50, with potential new members in the pipeline. More people are always welcome to join Rotary and have fun while making a real difference in our community.

On Friday, March 7, the club will host an event celebrating International Women’s Day (IWD) at the Wynnum Golf Club. *Accelerate Action* is the compelling theme for IWD 2025, to emphasise the urgency of making faster, more effective strides toward gender equality. Tickets will be on sale soon – they are expected to sell out quickly, so reserve your place early.

The club’s signature event for the year is the Family Fun Day on Sunday, June 8, sponsored by Ampol, which is free for all to attend. There will be music from local bands and schools, and a headline musical artist will perform. There will be the usual sausage sizzle, fruit for the children, face painting and games. This event is a significant contribution to the community by the club, and part of its ongoing campaign to raise awareness of domestic and family violence.

Community members are invited to join the club’s campaign against domestic violence and have a coffee with Rotary members at various local venues on Friday mornings. You’ll see people wearing purple shirts, and the venue will be published on Facebook prior. Contact the club if you want to purchase a purple anti-domestic violence shirt and be part of the campaign.

Once again, the club will undertake several youth support activities this year, including citizenship awards, learning experiences in camps in three different age groups, providing science experiences for students at three universities, and spaces for several students to attend the National Youth Science Forum. The opportunity for a student exchange in another country will again be available, now that the Covid period is over.

This is only a sample of the many things being done by the club during the year to help make our community a better place to live in. For more information, visit www.rotaryclubofwynnumandmanly.asn.au.



Photos: Supplied.

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CHOLESTEROL: THE BREAKDOWN

BY DR DALE GARRED, MANLY VILLAGE MEDICAL

Cholesterol is produced by the body and found in foods. There are many different types of cholesterol. The two most common types of cholesterol are:

1. Low-density lipoprotein (LDL) – the ‘bad’ cholesterol
2. High-density lipoprotein (HDL) – the ‘good’ cholesterol

“Total Cholesterol” is a measure that includes the good and bad cholesterol. Your ‘Total’ cholesterol value may be elevated if you have lots of the “good stuff” – and so the ‘Total Cholesterol’ number on its own is not useful in understanding your risk for heart disease.

The human body needs SOME cholesterol, but too much of the “bad” cholesterol can put you at risk. When there is too much LDL cholesterol, it “sticks” to the walls of your arteries and acts like a “dam”, preventing blood from getting to parts of your important organs such as the heart or brain, putting you at risk of a heart attack or stroke.

While an unhealthy diet is a significant risk factor for high cholesterol, it is not the only risk factor. Other factors that may cause you to have high cholesterol include genetics, age, smoking, BMI > 30 or lack of rigorous exercise. Even if high cholesterol is caused by factors other than diet, it still puts you at higher risk of having a heart attack or stroke, so it is just as important to manage.

High cholesterol, unfortunately, generally doesn’t have any symptoms, which is why it’s important to get a blood test to check your cholesterol at least annually after the age of 50 and at least once between the ages of 45-50 even if you feel fit and well.



While we recommend aiming for an LDL cholesterol of < 2.5mmol/L and a HDL cholesterol > 1.0mmol/L, ANY reduction in cholesterol has beneficial health outcomes. We know that for every 1 mmol/L reduction in LDL cholesterol, there is a 22% relative risk reduction in cardiovascular disease and stroke over the proceeding five years.

So next time YOU visit the GP – make sure you ask... is MY cholesterol “to target”?



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CONNECTING THE COMMUNITY: MANLY HARBOUR VILLAGE'S 2025 EVENTS

BY CATH COOK, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE

The Manly Harbour Village Chamber of Commerce (MHVCO) is proud to foster community connections and support local businesses through a variety of engaging events. With a lineup that offers something for everyone, MHVCO is committed to making Manly a hub of activity and collaboration. Here's a snapshot of the events you can look forward to in 2025:



Photos: Supplied.

MANLY CREATIVE MARKETS

Every Sunday, the heart of Manly comes alive with the Manly Creative Markets. Located in Little Bayside Park, these markets showcase a delightful mix of artisan crafts, fresh produce, unique gifts, and tasty treats. Bring the family for a relaxing day by the bay – but remember, the markets take a break on Christmas Day.

JAN POWERS FARMERS MARKETS

Held on the first and third Saturday of each month, the Jan Powers Farmers Markets bring an incredible selection of fresh, locally sourced produce to the Manly Harbour Village. From seasonal fruits and vegetables to artisanal bread and gourmet delights, these markets are a must-visit for food lovers and home cooks alike.

FREE MOVIES IN THE PARK

Looking for a fun, budget-friendly night out? Join us on the first Saturday of each month for free Movies in the Park. Bring a picnic blanket, snacks, and your loved ones to enjoy an outdoor cinematic experience under the stars. Stay tuned for announcements about upcoming movie titles!



TRADER NETWORKING EVENTS

The third Tuesday of each month is dedicated to local business connections with our Trader Networking Events. These gatherings are perfect for entrepreneurs and professionals to exchange ideas, build relationships, and foster new opportunities. Mark your calendar and grow your network in a relaxed and friendly environment.

INTERNATIONAL WOMEN'S DAY BREAKFAST

Celebrate the achievements of women in our community at the annual International Women's Day Breakfast. This special event highlights the power of connection and collaboration, bringing together influential speakers and participants for an inspiring morning. This year's breakfast will be held on Friday March 7; venue details will be announced shortly.

BUSINESS BREAKFAST

Start your day with inspiration and insight at our Business Breakfasts held twice per year. Featuring keynote speakers and industry leaders, these events are designed to empower local business owners and professionals. Details for the next breakfast are coming soon, so watch this space!

DATE CLAIMERS



18 FEBRUARY

Trader Networking Evening – Royal Qld Yacht Squadron

7 MARCH

International Women's Day Breakfast

LOCAL MARKETS



1 & 15 FEBRUARY

Jan Powers Farmers Markets

EVERY SUNDAY

Manly Creative Markets

For more information on upcoming events, be sure to follow Manly Harbour Village on social media, subscribe to our newsletter at manlyharbourvillage.com or email us at promotions@manlyharbourvillage.com.

LOCAL GARDENING WITH KAT

A ROARING SUCCESS

BY KAT PEARSON, *GIRL IN THE GREEN*

This year, I am getting my best crop of dragonfruit ever! They've been in the ground for maybe three years; I got one fruit the first year, two the second and this year I'm lined up for over 10! Although, (in my opinion) they are somewhat ugly climbing cactus plants, with spikes prone to rambling up a tree or through your neighbour's hedge, dragonfruit produce enormous, beautiful blooms and subsequently, refreshing fruit. Due to their inclination to run up trees, they can be a bit of a pest and you might see them untamed in older gardens hanging from trees and rocky cliffs.

Dragonfruit (also known as pitaya) come from Mexico and Central America. As mentioned earlier, they are part of the cactus (Cactaceae) family and different colours are different species in the *Selenicereus* genus (plus all the cultivars!). Despite being a cactus, they are a tropical plant and do like regular water, especially in hot weather. They still need well drained soil, but will happily accept some compost, and of course, love full sun.

They are a night-blooming cactus and each flower only lasts a night, opening late afternoon and closing up the following morning. As with most night-blooming flowers, they are typically pollinated by moths, but bees will sneak their way in there in the early morning too. Some varieties are self-pollinating, while others require a buddy. Most of the flowers are white (quite common in night bloomers – they're easier to see in the dark by their pollinators!) but there are a few varieties with coloured petals.

I have a common white flesh variety and a pink flesh one. Hands down the pink flesh is tastier; the white one is almost grainy, and it's probably only the spines on the plant that are keeping me from binning it (protection from predators of all kinds, haha!). The fruit is best fully ripe, popped in the fridge till cold and enjoyed with a squeeze of fresh lime – delicious on a hot summer's day. Be warned – the pink ones may have a similar effect to eating too much beetroot at your other end. Gave me quite the surprise once!



ABOUT KAT

I love gardening, growing my own food and plants in general. I've been working on our current garden in subtropical Brisbane for the last six-plus years, but have been gardening for much, much longer in all sorts of places. I'm an ex-engineer, recently turned horticulturist (life's too short not to work in something you love!). I grow edibles and ornamentals in an often wild, rambling jungle, filled with birds and bugs, including a handful of pet chooks and a brand new puppy (who likes to chase said chickens, and is not averse to helping me dig a hole!).



Photo: Kat Pearson.

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LOCAL NON-PROFIT CLUB PROFILE: HARBOURSIDE PHYSIE & DANCE

Harbourside Physie & Dance recently took to the national stage to compete in the Australian Physie & Dance (APDA) National Champion Girls' Finals. Eighteen students represented the club from the Wynnum/Manly area, competing against clubs from all over Australia. Seven of these students placed in the top six in their respective age groups, with two of the club's teachers receiving the prestigious title of National Champion.

Harbourside was founded in 2018 as a non-profit club, offering physie and dance classes in Manly and Wynnum. Classes combine the sport of physie and the art of dance, focusing on movement, musicality, technique, flexibility, cardio and strength in every class.

Teaching from the Australian Physie and Dance Association syllabus, students are challenged with new choreography each year that helps to build self-esteem, self-confidence and sportsmanship.

In addition to improving physical fitness, flexibility, and coordination, physie establishes correct posture and technique. The teachers facilitate classes that create a sense of community and enhance students' social skills, discipline and determination, all while incorporating a range of genres into one class. Genres include Ballet, Modern Dance, Contemporary, Pilates, and Lyrical – just to name a few. Most of all, it's fun!

Registrations for 2025 are open now, and classes range from three years to adulthood. For beginners, no experience is necessary. For the tiny dancers, Tiny Tot classes (three to four years) and Junior classes (five to six years, and seven to eight years) are the perfect introduction to dance, where they can learn the fundamentals of dance in a supportive and fun environment. Physie is also an excellent option for those wanting to return to a dance sport for recreation.

If you'd like more information, email harboursidephysie@gmail.com for an information pack, or visit www.harboursidephysie.com.



Physie is suitable for tiny tots through to adults. Photo: Supplied.

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LOCAL PERSONALITY PROFILE

Name: David Trahair.

Suburb: Manly West.

What's your business? I'm the manager of Pace at Sleeman, the fitness centre located at Sleeman Sports Complex in Chandler. Our motto is 'Fitness at Your Pace'. We strive to assist our members in their pursuit of optimal health and wellbeing. We guarantee that no matter who you are, and no matter what your health and fitness needs are, we can help you get on pace!

Do you have any fun/interesting stories about your job? Working in such a dynamic multi-purpose facility keeps my job interesting. I get the opportunity to influence and/or directly assist all members of the community to achieve incredible health, fitness and athletic outcomes, and thus help them stand atop of their own personal dais.

What's your favourite local dine-in and take-away? I am always on the hunt for a quality caffeine hit. There are numerous cafés to choose from in the area. Taste My Bean (Chandler), Le Bistro (Manly), along with Frankie's and Pelican's Nest at Wynnum are my regular providers of choice. I also enjoy Thai food. My favourite Thai restaurant in the area is Ocean Thai at Manly West.

Best local activity: I have been running and doing triathlon for 25 years. My best local activity is Parkrun on Saturday mornings. It's a free 5km run held at hundreds of locations throughout Australia and around the world. It's a great organisation with fantastic volunteers and enthusiastic participants.

Wynnum, Minnippi and Capalaba are my most frequent Parkrun locations visited.

What was the last book you read? *Sucking the Marrow Out of Life – The John McLean Story*. John became a paraplegic in a cycling accident at age 22. He emerged from the trauma determined to regain all he had lost – and more. Among other achievements, John became the first wheelchair athlete to complete the Hawaiian Ironman Triathlon.

What was the last TV show or movie you watched? *Boy Swallows Universe*. It was quite a confronting series, and it was great to see some Australian content filmed right here in Brisbane – they even did some filming for the show at Sleeman Sports Complex. It definitely brought back memories of the 1980s.

Is there anything you'd like to see happen in the local area? It would be great to see the waterfront pathways, parks and facilities get a refurb, including the wading pool area. Anything that encourages people to be more active is worth the investment.

Is there a local business/community group/club you'd like to give a shout-out to? The Blood, Sweat & Beers running/tri group. Al and Verne and the crew help locals improve their running and assist in their preparation for running events. They are super encouraging! Also, the organising committee for the Manly Anzac Day March and Service. Lest We Forget.



Photo: Supplied.

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CREATING BRIGHTER FUTURES FOR YOUNG PEOPLE THROUGH STORY DOGS

BY MARGARET VOTE

As a proud grandmother and passionate advocate for literacy, I have been involved in the Story Dogs' literacy program for a couple of years now.

This initiative is close to my heart, as I've witnessed firsthand how it transforms the learning experiences of children – including my own grandchildren, who have been among the many who've benefited from the calm, non-judgmental, and supportive environment that Story Dogs creates.

The program is a simple yet profoundly effective concept: children read to specially trained dogs in a relaxed and pressure-free setting – and the outcomes are extraordinary!

Children's focus sharpens, their literacy skills improve, and their confidence soars. The magic lies in the presence of the dogs, whose gentle and patient demeanour helps children feel at ease.

Reading aloud to a dog eliminates the fear of making mistakes or being judged, fostering a love for learning and self-expression.

One of the most heart-warming aspects of this program is the role played by the dogs themselves. For years, Story Dog Gizmo was a

cornerstone of this initiative. His calm and friendly nature made him an ideal listener, and he had a special way of connecting with the children. Sadly, Gizmo passed away, however he left behind a legacy of countless lives enriched through his work.

Now, a new chapter has begun with Aurora, the spirited and loving dog who has stepped into Gizmo's role. Aurora has embraced her responsibilities with flying colours, quickly winning the hearts of the children she works with. Her presence continues to create the safe and inviting environment essential for the program's success.

For me, being part of the Story Dogs reading program is more than just a transactional sponsorship; it's a privilege. There is immense joy in witnessing the progress of each child, seeing their faces light up with pride as their skills improve, and knowing that these experiences lay the foundation for a brighter future. It's one of my favourite causes to support because it encapsulates the values of kindness, growth, and community.

This program not only enhances children's literacy; it is a program that showcases the power of compassion – from humans and our canine companions.



Margaret Vote (third from left) with Story Dog Aurora. Photo: Supplied.

Gizmo's legacy lives on through Aurora, inspiring and nurturing young minds, one story at a time.

For more information about Story Dogs, go to storydogs.org.au.

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The Benefits of Tinted Windows for Your Home

FROM TINT A CAR, CAPALABA

Incorporating tinted windows into your home can greatly enhance its comfort and aesthetics, making it a worthwhile investment. One of the most significant advantages of window tinting is its ability to maintain a cooler and more comfortable living environment throughout the year. For example, applying window film to glass bi-fold doors in your living/dining area can dramatically reduce the amount of heat that enters the space, creating a more pleasant atmosphere.

Window tinting also plays a crucial role in protecting your family from harmful UV rays. Modern window films can reject up to 99% of UV radiation, safeguarding both your loved ones and your furnishings from potential damage. By reducing these rays, not only do you enhance your family's wellbeing, but you also prevent premature fading of furniture, carpets, and artwork, prolonging their lifespan.

Another considerable benefit of tinted windows is the potential for energy savings. By minimising the need to run your air conditioning

as frequently, window films can lead to reduced energy bills, making your home more efficient. This is especially important during hot summer months when cooling costs can skyrocket.

Additionally, tinted windows help eliminate distracting glare on screens. Whether you're trying to watch a movie or work on your computer, glare can be an annoying hindrance. Tinted films allow you to enjoy entertainment or focus on your tasks without disturbances from bright sunlight.

Finally, window film offers a layer of privacy during the day without sacrificing your view. This balance ensures you can enjoy natural light while shielding the interior of your home from prying eyes!

Overall, tinted windows provide undeniable benefits, enhancing comfort, protecting your family, saving energy, and creating a stylish living space. Consider the advantages of window tinting for a more enjoyable home.



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We're Proud To Sponsor Corey Parker's CP9's Rugby League Tournament

BY MARGARET VOTE

At Raine & Horne Wynnum Manly, we take immense pride in being a major sponsor of Corey Parker's CP9's Rugby League tournament.

As someone deeply passionate about both sport and creating meaningful opportunities for young people in our community, I am thrilled to be part of this incredible initiative.

Corey Parker, a rugby league legend and former Brisbane Broncos star, has brought his dedication and expertise to a new venture: nurturing the next generation of athletes through the Corey Parker 9's (CP9's) Rugby League tournament. This dynamic competition reimagines traditional rugby league with a faster, more engaging nine-a-side format, catering to youth teams from under eight to under 16.

The CP9's tournament isn't just about scoring tries – it's about fostering essential life skills like teamwork, strategic thinking, and resilience. These qualities extend far beyond the playing field, shaping confident, well-rounded individuals. Corey's commitment to

mentoring young talent mirrors the values we hold dear at Raine & Horne Wynnum Manly: dedication, integrity, and a deep connection to the local community.

Sport has an unmatched ability to bring people together, and Corey Parker's initiative is a shining example of this. By providing young athletes with a platform to develop their skills in a supportive and exciting environment, CP9's is creating pathways for future stars while instilling a love for the game.

As a lifelong advocate for community engagement and the power of sport, I am proud to see this tournament making a real difference. Supporting initiatives like CP9's is not just about sponsorship; it's about investing in the dreams and potential of our local youth.

To stay updated on this fantastic event, follow Corey Parker on his Instagram account, where he actively shares updates and tournament details. Registration remains open, and I encourage parents, coaches, and young players to seize this opportunity to be part of something truly special.



Photo: Supplied.

At Raine & Horne Wynnum Manly, we are honoured to stand beside Corey Parker in championing the next generation of rugby league talent.

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Freshwater, Burpengary East - Thur, 27 Feb

Session Times

10:30am - 11:30am

11:30am - 12:30pm

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*Price is based on owning your home and leasing the land and is correct at the time of printing and subject to change without notice.

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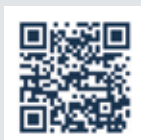


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MAKE THE MOST OF YOUR SOLAR WITH WHOLESALE ENERGY PRICING

FROM GOODHEW ELECTRICAL & SOLAR

As we usher in a new year, many locals are looking for ways to cut costs and reduce their environmental impact. At Goodhew Electrical & Solar, we're proud to help households achieve both by harnessing the power of solar energy and the latest in battery storage technology. Now, through solutions like Amber for Batteries, our customers are taking control of their energy bills like never before.

Wholesale energy pricing and power trading are revolutionising the way households interact with the energy market. Instead of being tied to fixed retail rates, households with battery storage can take advantage of fluctuating wholesale prices, charging their batteries during off-peak times and selling excess power back to the grid during peak demand. It's a game-changer, and one of our Thornlands customers is living proof.

Since switching to wholesale energy pricing in October, our customer – equipped with a state-of-the-art Sungrow hybrid solar system has seen considerable return on investment. Last month alone, they earned \$465 by trading energy on the wholesale market. Factoring in the elimination of the \$300 monthly bill, they slashed over

\$765 from their monthly energy costs. Overall, the customer has averaged a feed-in tariff of 66.7c/kWh through summer. This result underscores the potential of combining solar, battery storage, and wholesale energy pricing to maximise financial and environmental benefits.

When paired with a high-quality solar system, batteries can store excess energy generated during the day, which can then be used during peak times or sold back to the grid when prices are at their highest. For example, through the Amber platform, customers gain real-time insights into energy prices, enabling smarter decisions about when to buy, store, or sell power.

This New Year, why not follow their lead? By partnering with Goodhew Electrical & Solar, you can install a custom-designed solar and battery system tailored to your energy needs. Our award-winning team brings years of expertise, ensuring you'll enjoy reliable, efficient, and future-ready energy solutions. Plus, with programs like Amber for Batteries, the path to energy independence and significant savings has never been clearer.



Image showing the weekly earnings during December.

Now is the perfect time to join the growing number of Baysiders leveraging the power of renewable energy and wholesale energy pricing. Contact Goodhew Electrical & Solar today to explore how we can help you make 2025 your most energy-savvy year yet.



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A warm welcome to Sash&Gable clients from McGrath Wynnum Manly



We are thrilled to share the exciting news that McGrath Wynnum Manly has acquired Sash & Gable's highly regarded rent roll and sales business. After significant interest in their business, Ian and Gail Gobey chose Rodney and Gaby McEwan of McGrath Wynnum Manly as the "ideal custodians" to continue the values and exceptional service that Sash & Gable have been known for. As Ian said, "Rodney and Gaby McEwan emerged as the ideal custodians of our business, perfectly aligning with the core values and mission that Gail and I have passionately upheld."

To all Sash & Gable landlords and tenants, we extend a warm welcome to the McGRATH Wynnum-Manly family.

With over 59 years of combined experience in property management, our friendly and expert team are here to ensure a smooth transition and

deliver the same care and professionalism you're accustomed to. From marketing your property to attract the best tenant, to tenant selection and onboarding and managing, we also have programs in place to ensure that we maintain your property to the highest standards. We are committed to protecting your investment and providing an exceptional experience.

As part of the McGrath network, we are fortunate to be backed by world-class systems, industry-leading support, and a service guarantee. We're excited about this new chapter and look forward to continuing to serve our much loved-community with dedication and expertise.

Thank you for your well wishes and kind support. Should we be able to assist you in managing your property, we look forward to hearing from you.



Call your Wynnum specialist, Gaby McEwan on 0401 781 116, to experience the McGrath difference today.

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FB [@facebook.com/mcgrathwynnummanly](https://www.facebook.com/mcgrathwynnummanly)

QUICK AND EASY SUMMER QUINOA SALAD RECIPE

This is a super easy, ridiculously refreshing salad that's packed with veggies. Serve it as a side dish or add any protein – fried tofu, cooked chicken, beef or fish, tinned beans or tuna – to make a filling main.

INGREDIENTS

- 1/2 cup quinoa, any colour (uncooked, rinsed in cold water)
- 1 cup of water
- 1 cup of finely chopped kale (use a food processor if you have one)
- 1 cup cherry tomatoes, quartered
- 1 cucumber, diced
- 1 red capsicum, diced
- 1 small red onion, finely diced
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup fresh mint, chopped
- 1 avocado, diced
- 1/2 cup feta cheese, crumbled

DRESSING

- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, finely minced
- 1/4 tsp salt
- 1/4 tsp black pepper



METHOD

1. In a medium saucepan, combine quinoa and water and bring to a boil, then reduce the heat to low, cover, and simmer for 8 minutes or until water is absorbed. Fluff with a fork and set it aside to cool.
2. Place the tomatoes, kale, cucumber, capsicum, red onion, parsley, and mint in a large bowl.
3. In a small bowl or jar with a lid, combine the olive oil, lemon juice, Dijon mustard, vinegar, garlic, salt, and pepper and give it a shake.
4. Add the cooked quinoa to the bowl of vegetables and toss to combine. Add the dressing and mix well.
5. Top with avocado, sprinkle with feta cheese and serve immediately.

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LOCAL FISHING WITH SPERO FISHING FOR THE NEXT GENERATION

BY SPERO KARTANOS

I have been doing fishing reports for a long time now, helping people catch fish in our bay, and nothing pleases me more than to see the smiles on children's faces when they catch a fish (or anything else in the bay). It's something I love to see.

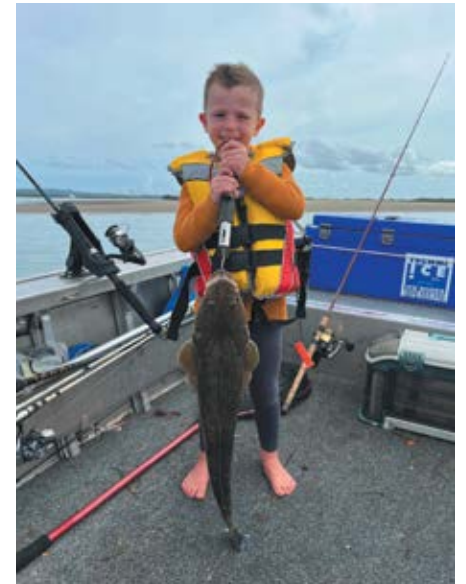


When it comes to taking the kids fishing, we just need to remember that fishing is easy, and kids – young and old – get bored easily, so pick a good day and take them where the fish are. Make sure you have the right bait, a simple jig, and remember: once they catch a few fish, they might just want to go to the beach to play. You need the kids to enjoy the day so it's a positive experience, and one they remember for the rest of their lives.

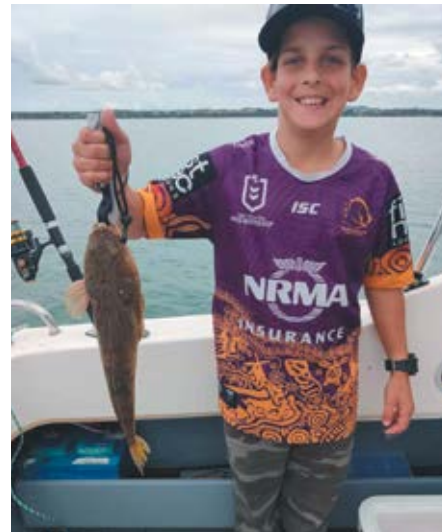
I grew up fishing from the age of two with my dad and grandad on the island of Lefkas in Greece, and I still remember my very young days fishing. It brings me the same joy today, 70 years later.

This month, I'm sharing some of the photos that I have been sent, and some I have taken over the years that have put a smile (and a good laugh) on my face. I hope these photos do the same for you.

Happy fishing to you all, and especially the children!



Photos: Supplied.





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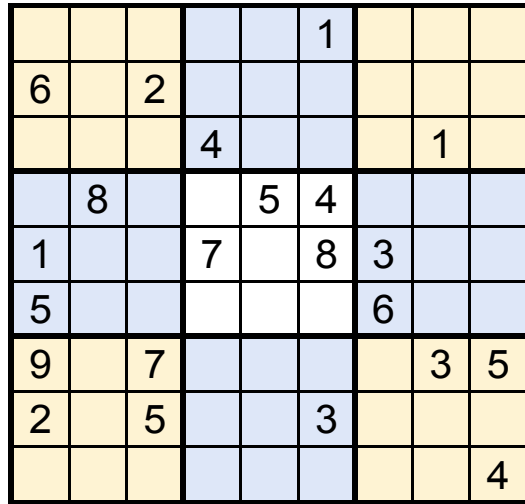
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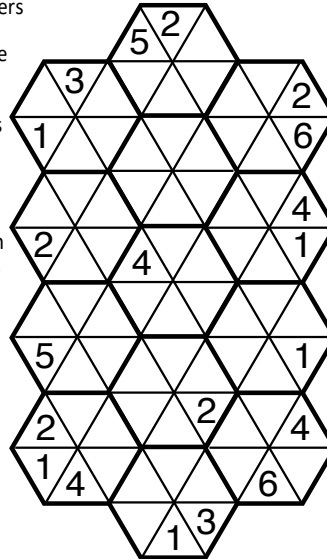
Sudoku

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

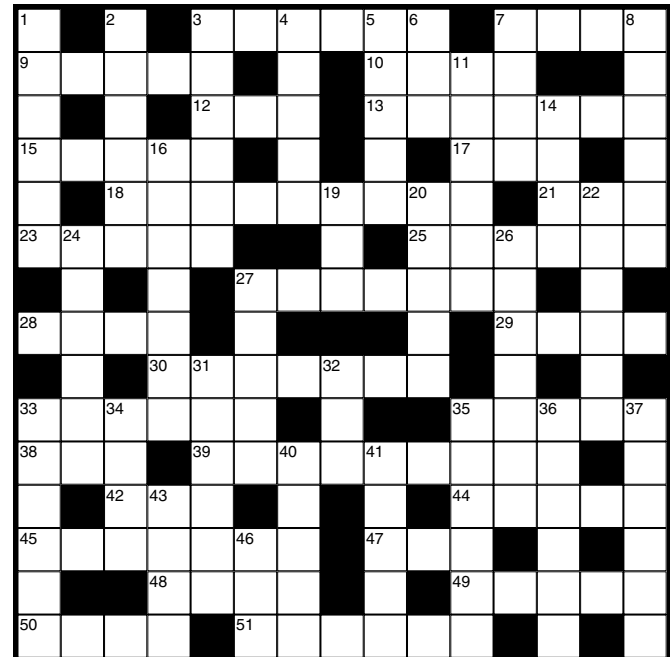


Quick Workout

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



Crossword

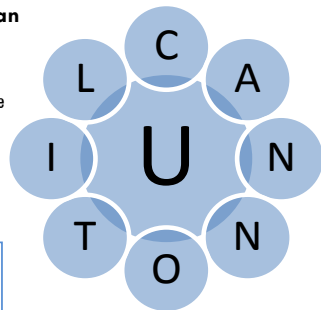


Focus

An All Australian Word Game

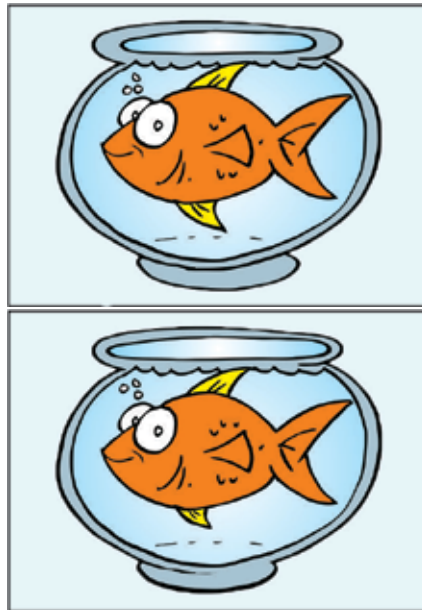
- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S FOCUS Good: 11 words
Very good: 18 words
Excellent: 32 words



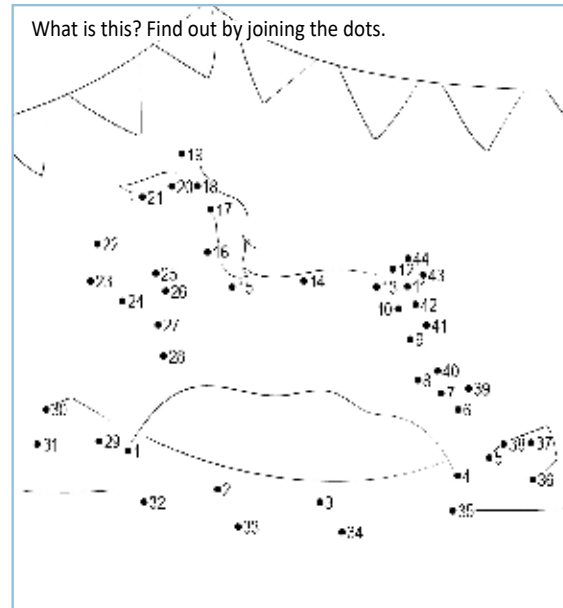
Reference: Macquarie Concise Dictionary Focus No. 3890

Spot the 5 Differences



Join the Dots

What is this? Find out by joining the dots.



CROSS

- 3 Loathe
- 7 Stern
- 9 Money bag
- 10 Deep sleep
- 12 Enjoyment
- 13 Talismans
- 15 Angry
- 17 Moisture
- 18 Embellished
- 21 Corn spike
- 23 One entertained
- 25 Danger signals
- 27 Handled
- 28 Continent
- 29 Offensive to sight
- 30 Capable of being held
- 33 Buries
- 35 Morass
- 38 Born

- 39 Unprincipled person
- 42 Greek letter
- 44 Part of flower's calyx
- 45 Nuts
- 47 Distress signal
- 48 Mine entrance
- 49 Banishment
- 50 Look after
- 51 Goes by

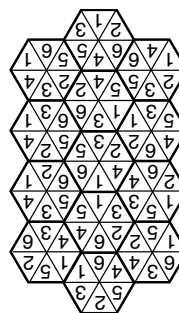
- 16 Having left a will
- 19 Beard of barley
- 20 Bird of prey
- 22 Goes at easy pace
- 24 Bear-like
- 26 Flatter servilely
- 27 Minister's residence
- 31 Message
- 32 Barrier
- 33 Baby
- 34 Rain heavily
- 35 Catholic services
- 36 Mend
- 37 Aided
- 40 Italian food
- 41 Fertile spot
- 43 Ugly amphibian
- 46 Immerse

DOWN

- 1 Season
- 2 Gallery of shops
- 3 Fault
- 4 Singer
- 5 Inadequate
- 6 Male cat
- 7 Strong wind
- 8 Scrooges
- 11 Confused state
- 14 Water pitcher

Solutions

Puzzles and pagination supplied by Auspac Media



FOCUS: anvil auction aunt auto caution cloud continue CONTINUAL count count cut INOCULANT in/out loud lunatic noun nunco touz toucan tuan tuna tunic ulna uncial uncoil uncton union unit until unto

SPOT THE 5 DIFFERENCES: Top of bowl larger, Air bubble moved, Extra scale, Bottom fin smaller, Base of bowl smaller.

JOIN THE DOTS: Kangaroo

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All offers applicable to new and demo vehicles are valid for vehicles currently in stock at the time of publication and must be sold and delivered between 3 and 28 February 2025. 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. [†] Save price based on RRP of vehicle. [-] Available at participating Subaru Retailers only on selected models sold and delivered between 3 and 28 February 2025. Offer excludes fleet, government and rental buyers. 3 Years Free Servicing is provided by Subaru Australia in the form of a 3-Year Subaru Australia service plan, which includes 3 Years Complimentary Roadside Assistance. Visit bartonswynnumsubaru.com.au/special-offers for full T&Cs. BBG85152_0225

MANLY PLAYS HOST TO AUSTRALIAN CHAMPION SAILORS

FROM RQYS

After six exhilarating days of racing, the ILCA Oceania and Australian Championships wrapped up in January at the Royal Queensland Yacht Squadron, Manly.

Featuring the world's most popular sailing class, the regatta had everything needed for an unforgettable event. It began with brisk winds and storms, followed by beautiful yet challenging conditions on Waterloo Bay. The fleet comprised 226 sailors, including a record 96 young competitors in the ILCA 4 division, and more than half of those girls for the first time.

The Royal Queensland Yacht Squadron again excelled as a world-class host, providing spacious lawns, wide launching ramps, and excellent facilities. The excitement continued in January with the Musto Australian Optimist Championships and the high-octane 18-foot skiffs, accompanied by the glamorous 'Yot Club' spectator trimaran, adding to the thrilling atmosphere.



Photos: Supplied.

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Want to feel more alive in 2025?

FROM PACE AT SLEEMAN

You would have to agree that improving one’s health and fitness is a goal that most people would like to attain. If this is something that resonates with you, Pace at Sleeman is here to help.

We are a little different from other gyms – we are all about “fitness at your pace”. With our **Join for 2 weeks, get 2 weeks FREE** membership offer, you’ll be treated to the full Pace at Sleeman membership experience. This offer includes a fitness assessment and personalised program; access to over 60 group fitness classes; access to our state-of-the-art Fitness Centre; use of our heated pools for lap swimming; and a free digital Technogym Training Coach account.

Health and Fitness Manager, David Trahair, said Pace members have access to a huge selection of group classes, access to the fitness centre and to the heated pools as well as tailored individual fitness advice delivered by highly qualified fitness staff.

“At Pace, our motto is ‘Fitness at Your Pace’. We strive to assist members in their pursuit of optimal health and wellbeing,” David said. “Also, in an exciting development, we will be expanding access to the fitness centre by moving to 24-hour access in the very near future.”

Contact Pace today on 3131 9615 or visit www.paceatsleeman.com.au. Better still, come in for a tour and a chat. We guarantee that no matter who you are, and no matter what your health and fitness needs are, we can help you get on pace!



Photo: Supplied.

Pace at Sleeman is located within Anna Meares Velodrome at Sleeman Sports Complex, on the corner of Old Cleveland and Tilley Roads, Chandler.



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*Full Membership cost for 2 weeks between \$37.30 to \$43.90
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Sleeman Sports Complex – Cnr Old Cleveland & Tilley Rds, Chandler Qld 4155 | paceatsleeman.com.au | 07 3131 9615 | pace@sleemansports.com.au

THE WYNNUM MANLY SEAGULLS ARE READY FOR TAKE-OFF IN 2025!

Wynnum Manly Seagulls players are excited the 2025 rugby league season is about to kick off!

The Seagulls finished the 2024 Hostplus Cup season after losing a close elimination semi-final to Papua New Guinea in Port Moresby.

“It was a challenging season for our club; we will learn from the experience and improve both on and off the field,” said Wynnum Manly Seagulls CEO Wayne Weekes, reflecting on the 2024 season.

The 2025 Queensland rugby league season will herald many positive changes, with the Seagulls now boasting more teams than ever before in the history of the club.

“We have developed our Women’s Rugby League Space, and reintroduced BRL A Grade to our club,” said Mr Weekes.

“We now have three female teams and four male teams playing in the state level competition and plenty of rugby league for our supporters, partners, and local community to watch at Kougari Oval.”

You can join the action and cheer on the ‘gulls from the sidelines this month at two trial matches. Check the website www.wynnumseagulls.com.au for match and event information.

The Wynnum Manly Seagulls would like to thank their partners and supporters for their ongoing loyalty and support.



Photo: Supplied.

TRIAL MATCHES

Sat Feb 15 – Hostplus Cup Trial match v Souths Magpies, Round 1 Seagulls Juniors v Souths.

Sat Feb 22 – Hostplus Cup Trial, Round 2 Seagulls Juniors v Brisbane Tigers.

Home Delivering More Good News to More People

Community Leader
WE'RE ALL ABOUT GOOD NEWS

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

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

LOCAL PICK UP POINTS

Various shopping centres, cafes, clubs and local businesses.



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MARCH BOOKINGS

- Community editorial 10th of February or earlier
- Advertising cut off 18th of February
- Distribution from 3rd of March 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**

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LOCAL POETRY COMEDIAN AND THE POET

BY GEOFF SMILEY

The comic presents himself
immediate and vulnerable.
Hoping that in laughter,
to others he is likeable.

Poets labour secluded,
not knowing how
their ideas are received.
They may never know.

Yet the Poet's art
is preserved, a record,
while the Comedian's
is scattered on the wind.

But

The Poet and Comedian
both hope their thoughts
will touch others with
newness or agreement.

Ideas demanding expression,
with brevity, drive them on.

© Geoff Smiley



a taste of...
**something
new!**

**Gabbiani café's
new menu**



92 Wondall Road Ph: 3906 7800

wynnummanlyleagues.com.au

SAY GOODBYE TO TOOTH PAIN WITH ROOT CANAL TREATMENTS

FROM DENTAL ON CAMBRIDGE

Root canals often get a bad reputation, but at Dental on Cambridge, we're changing the narrative. Modern dentistry has revolutionised root canal treatments, making them quicker than ever before, more effective, and virtually pain-free. If you're dealing with tooth pain, swelling, or sensitivity, a root canal might be the solution you need to save your natural tooth and get back to smiling confidently.

WHAT IS A ROOT CANAL?

A root canal is a restorative dental procedure that treats infections or damage inside a tooth. Deep within each tooth lies the pulp – a soft tissue containing nerves and blood vessels. When the pulp becomes infected or inflamed due to deep decay, trauma, or cracks, it can cause intense pain, sensitivity to hot, cold or biting, and even swelling. If left untreated, the infection can spread to surrounding tissues, which can result in the tooth being removed, damage to surrounding teeth and even bone loss.

DON'T IGNORE THE SIGNS

If you're experiencing any of the following symptoms, it's time to schedule an appointment:

- Persistent toothache or pain when chewing.
- Sensitivity to hot, cold, or sweets.
- Swelling or tenderness in the gums near the affected tooth.
- A darkening or discoloration of the tooth.

Ignoring these issues can lead to more extensive (and costly) dental problems. A timely root canal can save your tooth and spare you future discomfort.

QUICK AND EFFECTIVE TREATMENT

During a root canal, our skilled Dentists remove the infected pulp, thoroughly clean and disinfect the inner canals of the tooth, and seal it with a biocompatible material. Finally, a custom crown is placed on top to restore the tooth's strength, function, appearance and to improve the longevity of the tooth. After the procedure, you can expect only mild discomfort that subsides quickly with over-the-counter pain relievers. Once your custom crown is placed, your tooth will look, feel, and function just like before – if not better!

WHY CHOOSE ROOT CANAL TREATMENT?

Root canals offer a safe, effective way to:

- **Relieve Pain:** Stop persistent toothaches and sensitivity.
- **Save Your Tooth:** Avoid extraction and preserve your natural smile.
- **Prevent Future Issues:** Eliminate infection and protect surrounding teeth.

By choosing a root canal, you retain your natural tooth and avoid the need for more invasive procedures like extractions or implants.

DENTISTRY YOU CAN TRUST

At Dental on Cambridge, patient comfort is always our priority.

We understand that many people feel nervous about dental treatment, especially root canals. That's why we use the latest technology and techniques to make the process as smooth and comfortable as possible.

Here's what you can expect:

- **Advanced Technology:** Our state-of-the-art equipment ensures precision and efficiency, reducing treatment time.
- **Options:** From gentle numbing agents, right through to nitrous oxide, we tailor your experience to minimise discomfort and dental anxiety.
- **Compassionate Care:** Our experienced team takes the time to explain each step, answer your questions, provide comprehensive quotes – no hidden costs – and ensure you feel at ease throughout your visit.

Gone are the days when root canals were synonymous with pain. With modern advancements, most patients compare the experience to getting a routine filling.

BOOK YOUR ROOT CANAL TREATMENT TODAY

At Dental on Cambridge, we're proud to provide stress-free, high-quality dental care to our patients. Don't let tooth pain disrupt your life – call us today on 3348 6661 or visit www.dentaloncambridge.com.au to schedule your consultation. Your smile deserves the best care, and our team deliver it!

DENTAL ON CAMBRIDGE

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Alex Ritchie BSc(H) (Dent), GDCert, SpHty (UK)

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