

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside



LET'S CELEBRATE OUR MARVELLOUS MUMS THIS MAY!

What's something you can't buy, but once you have it, you're considered rich? The answer is friendship. Human connections are incredibly important to our wellbeing, and one group in our community is working hard to bring local mums together to share friendship and support. Wynnum-born initiative Social Mums Club has more than 21,000 members who meet regularly to build bonds that strengthen our community.

Social Mums Club's founder, Kirsty Foster, says the club gives mums a "sense of belonging", and with Mother's Day taking centre stage this month, Social Mums is running 10 fabulous events for mums as part of its Mother's Day May campaign. Find out more on page 5.

May also marks The Community Leader's 60th edition! That's five years of bringing the community good news. Thank you to all our contributors and advertisers who help make the publication a true reflection of our incredible bayside community. And thanks to the 80-plus contingent of walkers who home-deliver The Community Leader – you're amazing! A copy of every issue is deposited in the National Library of Australia, so a snapshot of the bayside is there for future generations to see.

We hope you love reading this edition and make the most of everything your community has to offer.

Pictured: Jane, Trish, Kirsty, Bonnie and Natalie from Social Mums Club at Wynnum Wading Pool.





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BAYSIDE

PROPERTY ~ AGENTS

David Pearce

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RAIN DELAYED, NOT DETERRED: RICHIE’S WALK SET FOR MAY

FROM RICHIE’S RAINBOW FOUNDATION

Richie’s Rainbow Foundation has announced a new date for its much-loved annual community event, the Richie’s Rainbow Bayside Walk 2025.

Originally scheduled for March, the popular fundraising walk, which begins at Lota, was postponed after heavy rainfall left the parklands waterlogged and unsafe for participants. Organisers acted quickly to ensure the safety of families, volunteers, and supporters. Despite the setback, spirits have remained high, and the event has now been rescheduled to Sunday, May 18, from 9:00am (the walk starts at 10:30am).

“All registrations from the original date are still valid,” said a spokesperson for Richie’s Rainbow. “We know how much this event means to our community, and we’re thrilled to say that we’re still walking – just a few weeks later than planned.”

The Richie’s Rainbow Walk honours the legacy of Richie Walsh, a brave young boy who lost his battle with cancer but inspired thousands with his courage, love for life, and unforgettable smile. Funds raised through the walk support the Foundation’s mission to bring joy to children facing cancer and their families, funding iPad donations, family holidays and support services.

This year’s walk is shaping up to be one of the biggest yet, with local schools, sports clubs, businesses, and families already gearing up to don their famous gold shirts and hit the track for a cause that continues to touch hearts across Queensland.

More good news for those who missed the original registration deadline: new registrations are now open. Participants of all ages are welcome, whether walking solo, with family, or in a team. The event promises

a fun, family-friendly atmosphere with live music, food trucks, face painting, Star Wars characters, and fantastic raffle prizes.

“It’s more than just a walk – it’s a symbol of how our community comes together in love and support for something bigger than ourselves,” said Lisa Walsh, co-founder of the foundation. “Rain might have delayed us, but it hasn’t stopped us. We can’t wait to see everyone on May 18.”

To register or learn more about the event, visit the Richie’s Rainbow website at www.Richiesrainbow.org.au.



Photo: Supplied.

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CONGRATULATIONS! CELEBRATING 105 YEARS OF JEAN & ELLEN

CONTRIBUTED BY ANNIE BERRY

Jean and Ellen, residents at E.M. Tooth Residential Aged Care home in Manly, recently celebrated an incredible milestone with their family and friends. Born two weeks apart, Jean and Ellen celebrated their 105th birthdays together.

The team at E.M. Tooth hosted a high tea in their honour, with Jean and Ellen in high spirits, sipping champagne, enjoying a tasty morning tea, and, of course, having a delicious piece of cake. It was a heart-warming celebration that highlighted their remarkable age and the vibrancy they continue to bring to their community.

When asked about the secrets to their healthy and long lives, Jean, a former landscape artist, spoke about her active lifestyle. "I stayed mentally active through teaching. I had a very good upbringing; my parents gave me good food and ensured I exercised."

She added, "All this added up to me being a healthy person. I was lucky enough to have the energy and the will.

"We must all remember that life is for the living!" she shared with enthusiasm."

Ellen offered her wisdom for longevity. "You've got to get out and have a good time," she said with a smile lighting up her face.

The team at E.M. Tooth, along with residents and their families, offer their heartfelt congratulations to Jean and Ellen on reaching this remarkable milestone. Their 105th birthdays are a testament to their resilience, positivity, and the love that surrounds them.

Happy birthday, Jean and Ellen!



Ellen and Jean celebrate 105 years. Photo: Supplied.

Mother's Day Gifts

At Sonny Jim, we have the beautiful Will & Bear hats that women love. Made from 100% Australian wool and designed in Byron Bay, these stunning hats are a great gift idea.

Contact us on 07 3519 4929, to hold one for you, and visit us before Mother's Day.






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SUNDAY 11 MAY 7.30AM-10AM

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Buying Now

Mike and Nate Cornish will be travelling to the Redlands and Bayside areas for **4 days only from Wednesday 11th, to Saturday 14th June**. We want to buy your unwanted items listed below. Please visit us at a venue as shown below, for an 'on the spot' appraisal.

If you live outside the area, have too many items to bring in, or would like a home visit, phone Nate on **0426 820 646 NOW** to arrange a time. These events are often compared to the 'Antiques Roadshow' on TV, but without the long queues. **Don't miss this opportunity!**

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Mike



Nate



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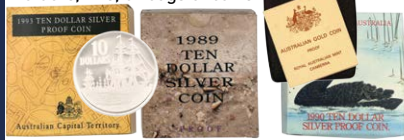
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- Bravery & Long Service Medals
- Stars & Crosses
- Groups & Accumulations
- Collections



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- Star Notes
- All World Notes



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Heritage International
www.heritageint.nz

WEDNESDAY 11TH JUNE

Club Manly (Function Room)
9:00am - 12:00pm
26 Faine Street
Redlands RSL (Gallipoli Room)
1:00pm - 3:00pm
8 Passage St, Cleveland
Home Visits
3:00pm - 6:00pm
Phone 0426 820 646

THURSDAY 12TH JUNE

Redlands Sporting Club (Front Room)
10:00am - 2:00pm
Anson Road,
Wellington Point
Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

FRIDAY 13TH JUNE

Redlands RSL (Tobruk Room)
10:00am - 2:00pm
8 Passage St, Cleveland
Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

SATURDAY 14TH JUNE

Victoria Point Sharks Sporting Club (Sharks Function Room)
10:00am - 2:00pm
325 Colburn Avenue
Home Visits
2:00pm - 6:00pm
Phone 0426 820 646
For a Home Visit

WHY MUMS NEED HUMAN CONNECTION FOR MOTHER’S DAY

FROM SOCIAL MUMS CLUB

As Mother’s Day approaches, many of us will be thinking about the usual gestures – flowers, breakfast in bed, maybe a handmade card from the kids. But behind the celebrations lies a much deeper truth: many mums crave something far less tangible and more essential – human connection.

Kirsty Foster, founder of Social Mums Club, believes this time of year is the perfect reminder to put connection back on the table. “We’re wired to connect,” she says. “Just like we need food and water, we need to feel a sense of belonging.”

It’s a simple truth backed by science. In fact, the long-running Harvard Study of Adult Development found that close relationships – not money or fame – are the biggest predictor of long-term happiness and health. And yet, despite being more digitally ‘connected’ than ever, many mums report feeling lonelier than ever before.

Foster says this growing loneliness, particularly

among women and mothers, is a quiet crisis. “We’re juggling work, home, and family, often in isolation,” she explains. “Working from home, busy schedules and modern life have all chipped away at the natural community interactions we used to rely on.”

The result? More stress, less sleep, and a sense of disconnection that affects both mental and physical health. Research shows that in-person connection reduces anxiety, improves sleep, lowers blood pressure, and even supports heart health.

That’s where Social Mums Club comes in. Started in Wynnum in 2020, the club has grown into a vibrant community connecting over 21,000 mums across Brisbane through local meetups and events. From coffee catch-ups, social dinners and walking and running groups, the club helps women rebuild the social support that modern life often takes away.

This May, in celebration of Mother’s Day, the club is going even further by hosting an extra 10 events as part of their Mother’s Day May initiative.

“We know mums are built to put everyone else first,” says Foster. “But this month, we want to encourage them to prioritise their wellbeing too – starting with connection.”

So maybe this year, the most meaningful Mother’s Day gift isn’t a bouquet of flowers – it’s something much simpler: shared time, a friendly chat, a walk with a neighbour. The kind of connection that fills the heart, not just the calendar. Find out more at socialmumsclub.com.



Photo: Supplied.





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LOCAL EVENTS

See what local events are happening in your community.





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



SOUTH PASSAGE: MANLY TO HERVEY BAY

Tuesday May 6 to Friday May 9, departing William Gunn Jetty, Manly

Set sail on an unforgettable four-day adventure! Join South Passage on a voyage from Manly to Hervey Bay and experience the spirit and romance of traditional sailing as you journey along the stunning Queensland coast. Departing from William Gunn Jetty, this is your chance to embrace the beauty of Moreton Bay and beyond. Book this unique experience at www.southpassage.org.au.



IN2XS & ELECTRIC BLUE – A TRIBUTE SHOW

Saturday May 31, 7:00pm, The Lou Lou Room, Bay Terrace, Wynnum

Get ready to rock with an epic INXS and Icehouse tribute night! Experience the iconic sounds of Aussie legends as IN2XS delivers INXS classics like *New Sensation* and *Never Tear Us Apart*, and Electric Blue brings the magic of Icehouse with hits like *Great Southern Land*. Whether you’re reliving the glory days or discovering these legends for the first time, don’t miss this night of unforgettable energy, nostalgia, and live music!



MOTHER'S DAY HIGH TEA

Sunday May 11, 10:00am to 2:00pm, The Captain’s Parrot Café, Wynnum Manly Yacht Club, Royal Esplanade, Manly

Celebrate the amazing mums in your life with a Mother’s Day High Tea on the picturesque patio at Wynnum Manly Yacht Club. Indulge in French-cut sandwiches, warm savouries, fluffy scones with house-made raspberry jam and chantilly cream, delightful sweets, and a coffee and tea station. It’s the perfect way to spoil your mum with a relaxed, delicious experience in a beautiful setting. For bookings, scan the QR code.



WORLD’S BIGGEST MORNING TEA

Thursday May 22, 9:30am to 11:00am, Wynnum Manly Leagues Club, Wondall Road, Manly West

Be part of the charity event, World’s Biggest Morning Tea, at Wynnum Manly Leagues Club’s Gabbiani Café. Enjoy a delicious spread of sweet treats and savoury bites, plus barista-made coffee, all while supporting Cancer Council Australia. Tickets are \$30 for members and \$40 for non-members, with raffles, trivia, and fun games adding to the morning’s excitement. Come together for a great cause – sip, snack, and help raise vital funds for cancer research and support services. For bookings, scan the QR code.



MANLY CREATIVE MARKETS

Every Sunday, 8:00am to 2:00pm, Little Bayside Park, Manly

Shop by the bay at Manly’s Sunday markets, enjoy the vibe of the gorgeous waterfront precinct, browse boutique market stalls, then make your way up Cambridge Parade for more easy breezy shopping! There’s a huge selection of cafes, restaurants, and take-away options, so make a day of it and shop, eat and drink your way through Manly on a Sunday.



BMD WYNNUM MANLY SEAGULLS VS MACKAY CUTTERS

Saturday May 17, 2:00pm, Kougari Oval, Wondall Road, Manly West

Get ready for an action-packed afternoon of local footy as the Wynnum Manly Seagulls take on the Mackay Cutters at home. Don your red and green and cheer on the Gulls in what’s set to be a thrilling clash of Queensland Cup footy. With a great atmosphere, family-friendly fun, and top-tier rugby league, it’s the perfect way to kick off the weekend! For more information, go to <https://www.wynnumseagulls.com.au>.

COUNTRY COMES TO THE BAYSIDE AS WYNNUM FRINGE BRINGS THE OUTBACK TO THE BAY

FROM WYNNUM FRINGE

Saddle up, Brisbane — the outback is heading for the bayside!

Mark your calendars, because this July, Wynnum is set to swap sea breezes for country charm as Augathella World pops up at 166 Bay Terrace for three unforgettable weeks of outback-inspired fun.

This all-new experience will be the official festival hub for Wynnum Fringe 2025, bringing a slice of Meat Ant Country to the coast. Expect stockyards, hay bales, boot-scootin', bush poetry, rustic bars pouring ice-cold brews and cocktails, and authentic eats straight from the heart of Queensland.

At the centre of the action sits the iconic Augathella Spiegeltent — a historic gem reborn as a home for dazzling cabaret, wild west performances, outback storytelling, and a toe-tapping lineup of country creativity. This Brisbane exclusive was born when Wynnum and Augathella became unofficial sister suburbs in 2024, united by the relocation of the historic Augathella Spiegeltent (formerly the Q150 Shed).

Wynnum Fringe 2025 will also dish up plenty more festival favourites, including the intimate Lunchbox Theatre (The Saloon!), a breezy container bar with rooftop views across Moreton Bay, and a jam-packed program of comedy, circus, music, family fun and more.

And just in time for the winter school holidays, this year's festival will feature a brand-new program designed especially for kids and schools — with the full lineup still to come!

Opportunities to partner with Wynnum Fringe are still open, so dust off your thinking cap and get in touch to discover how your business can showcase to an engaged local crowd and enjoy exclusive perks.

Save the dates: 2–20 July 2025. Tickets on sale soon! For more, go to wynnumfringe.com.



Photo: Supplied.

A photograph of three real estate professionals. A woman with blonde hair is standing on the left, wearing a black blazer. A man is sitting in the center, wearing a blue checkered blazer. Another man is standing on the right, wearing a blue blazer. They are all smiling and looking towards the camera. The background is a modern interior with a white wall and a potted plant.

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THE BONNER UPDATE

ROSS VASTA MP FEDERAL MEMBER FOR BONNER



LET’S LIGHT UP CRICKET IN BONNER

Local sporting clubs are the heart of our Bayside community, offering both competitive opportunities and a sense of camaraderie for players of all ages.

This lighting upgrade for the Wynnum Manly District Cricket Club will provide the infrastructure needed to support growing junior, female, veteran, and multicultural competitions, if a Dutton Coalition Government is elected.

It will allow the Wynnum Manly District Cricket Club to thrive for years to come, creating opportunities for our entire state.

That is why I have committed \$1,000,000 for a critical lighting upgrade at the Wynnum Manly District Cricket Club, if the Coalition is elected in 2025.



WYNNUM VIKINGS AFL SUPPORT

I’m proud to support a \$540,000 commitment to upgrade the Wynnum Vikings AFL Club’s facilities, if a Dutton Coalition Government is elected.

This includes new lighting, a digital scoreboard, and goal nets to help take the club into the future.

We’re bringing women’s AFL back to the Wynnum Vikings, and giving young girls a pathway to senior football.

Enhancing these facilities ensures young players have the resources they need to succeed and to foster the next generation of players. Let’s give every local player the chance to shine ... day or night!



EXPANSIONS NEEDED FOR BAYSIDE WOODIES AND WYNNUM MANLY MEN’S SHED

I’m committed to supporting the grassroots organisations that make our community stronger. That’s why I have committed \$540,000 for the expansion of the Bayside Woodturners and Woodcrafters Club and \$500,000 to help the Wynnum Manly Districts Men’s Shed expand, and build the Lionel Morgan Shed, if the Coalition is elected this year.

The Men’s Shed and the Bayside Woodies play a vital role in supporting the mental health and wellbeing of the local community by providing a space for connection, creativity and craftsmanship.

These expansions will allow both organisations to support and cater for new members, furthering their comradery, companionship and impact in the local Bayside community.

I’m honoured to support these wonderful organisations and look forward to seeing them grow and continue to serve our community.



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FROM OLLEH LENDING

For over two decades, Olleh Lending has been a trusted financial partner to individuals and business owners in the Wynnum Manly community, offering tailored lending and wealth solutions with a personal touch. Beginning as KJ and Partners in the early 2000s, Kieran and Joanna have built a multi-faceted financial services house, which today offers expert guidance, customised strategies, and ongoing support to help you achieve your financial goals with confidence.

Whether you're looking for a home loan or a tailored business finance solution, Olleh Lending makes the process simple, personal and smart. From first home buyers to seasoned investors, Olleh offers expert guidance, customised strategies, and ongoing support to help you achieve your financial goals with confidence.

Mortgage Broking

Whether you're a first-time buyer, upgrading or refinancing your home loan, Olleh compares hundreds of home loan products to find the right fit for your

needs. You'll benefit from experienced brokers who guide you through the process, ensuring a smooth path to homeownership.

Commercial Lending

Olleh Lending provides flexible and tailored business loans to grow, manage, build, or supercharge your business. Speak with the team to explore a range of lending options.

Asset and Equipment Finance

Whether expanding your fleet or upgrading equipment, Olleh Asset and Equipment Finance offers financing solutions for vehicles, machinery, and other essential business assets.

Car and Personal Loans

Olleh can arrange personal loans for various purposes, including weddings, home improvements, travel, debt consolidation, or unexpected emergencies. These loans are typically unsecured and come with fixed or variable interest rates, providing flexibility and predictability in repayments.

Financial Planning and Wealth Management

Olleh Wealth is dedicated to helping individuals and families achieve their financial goals through personalised, transparent, and insightful financial planning. Services include superannuation advice, personal insurance, retirement planning, cash flow, and budgeting strategies.

Experience the Olleh difference, where expertise meets genuine care. To discuss your financial needs, contact the team at (07) 3396 0123 or email hello@ollehlending.com.au.



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E hello@ollehlending.com.au
A 145 Bay Terrace, Wynnum Qld 4178



Maggie's Mates

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Name: Hi, my name is Sizzle, and this is Georgie (she's the larger one).

Suburb: We're from Manly.

How long have you both lived here? For the last five years.

What's your favourite local walk? It would have to be along the esplanade.

What is your most treasured toy? I love my Squeaky Sharky!

What is your favourite food? My favourites are chicken, rice and veggies.

What is your worst habit? Georgie eats everything and anything.

What is your favourite local hangout? The break-wall at Norfolk Point, Manly.

Who is your best doggo friend? Each other – we hang out all the time, even though Georgie sometimes annoys me with her silliness.

Do you have any funny or embarrassing stories you'd like to share? One day, after heavy rain, Mum came home to our white house covered in mud – we had so much fun chasing each other through the puddles all day!

What do people love most about you? People love the fat wrinkles on Georgie's forehead, and I am generally very well-mannered. We were both trained under the Guide Dogs program.



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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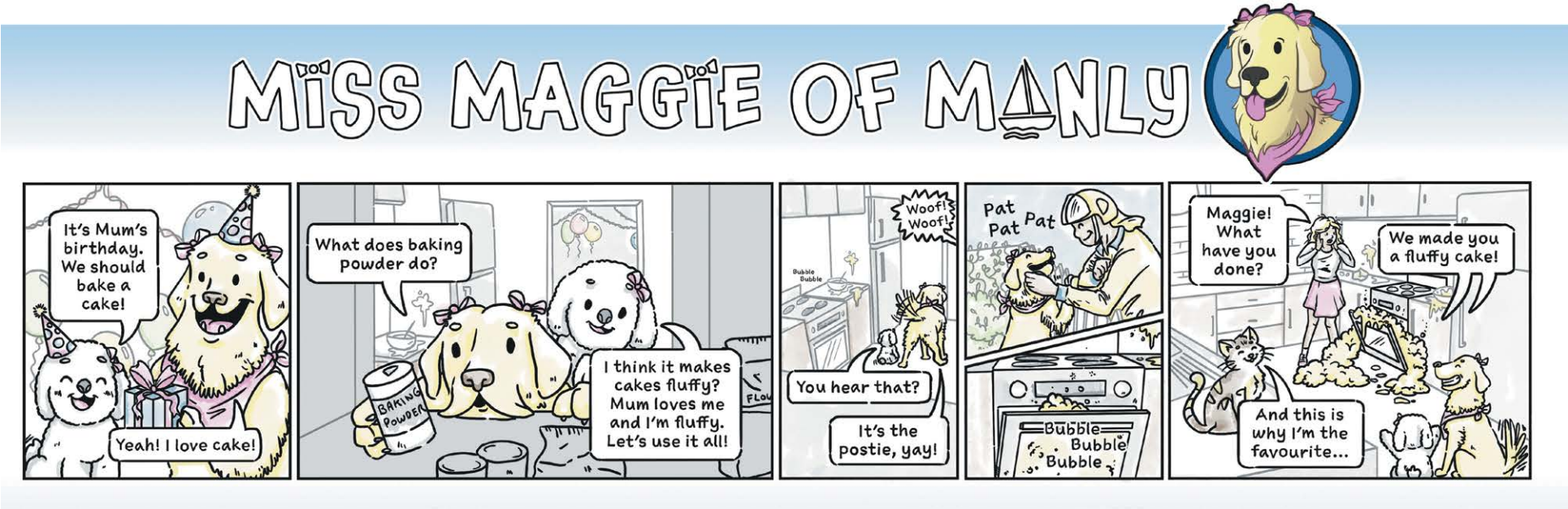
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PHYSICAL THERAPY FOR ARTHRITIS IN DOGS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Arthritis is a common disease causing inflammation of the joints. The cartilages, which normally protect joints, break down, and the bones rub together – this is very painful and leads to limping, stiffness, an inability to jump and difficulty climbing stairs.

Arthritis is a degenerative disease and is unfortunately not reversible. Your vet can help you to determine the most effective treatment plan for your pet – a combination of anti-inflammatory and pain-relieving medications, joint supplements and newer injectable medications that target nerve growth factors may be recommended. The inclusion of physical therapy may assist your dog to have an improved quality of life.

The goal of physical therapy is to strengthen the muscles that support the damaged joints, improving joint mobility and range of motion, and promoting joint health to reduce pain and inflammation. Therapies include:

- Hands-on techniques – massage, stretching of muscles and joint manipulation can be performed by trained veterinarians or animal physiotherapists. You may be able to learn some techniques to use at home to help keep your pet's muscles relaxed and improve the mobility of the joints.



- Therapeutic exercise – regular, gentle exercise can be extremely beneficial for animals with arthritis. Exercise can help reduce weight gain which is essential in ensuring that degenerating joints are not overloaded. Low-impact activities such as swimming, gentle leash walks and the use of an underwater treadmill are all useful forms of exercise.
- Cold and heat treatment – an ice pack wrapped in a towel can help to reduce inflammation in joints after exercise, while a warm heat pack (again wrapped in a towel) can improve the flexibility of joints and can be utilised before exercise.
- Laser treatment, electrical stimulation and ultrasound treatment – these forms of treatment may be recommended and administered by a trained veterinarian or animal rehabilitation provider.

If your pet is suffering from arthritis have a consultation with your veterinarian to help formulate a treatment plan. There are a number of great pet rehabilitation providers in and around Brisbane who may be able to improve your pet's comfort – ask your vet for a referral.

Wynnum Manly Veterinary Hospital

To make an appointment call
07 3396 6488
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232 Bay Terrace,
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JOAN PEASE’S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



VIGIL

Wednesday, 7 May 2025
5:30pm - 6:15pm
Pandanus Beach, Wynnum

Scan me to register for FREE

BAYSIDE DOMESTIC VIOLENCE VIGIL

Let’s send a clear message from the Bayside: that any form of violence in families and homes will never be tolerated.

This year, our Bayside DV Candlelight Vigil will be on Wednesday, 7 May 2025 from 5:30pm – 6:15pm at Pandanus Beach, Wynnum.

I encourage Baysiders of all ages to attend and to have the opportunity to hear from guest speakers and survivors of DFV. Together, we gather and unite by the light of hundreds of candles. It is my pleasure to invite Baysiders to attend this significant Bayside event. Let’s take a stand against DFV.

Scan the QR Code to Register.



CELEBRATING SMALL BUSINESS MONTH

May is Queensland Small Business Month.

There are nearly 500,000 small businesses registered in Queensland. Small businesses are the backbone of the Queensland economy. They contribute more than \$117 billion to the Australian economy each year. Without them, our economy withers on the vine.

As a former small business owner and operator before entering this place, I fully understand the everyday highs and lows of the caper. It’s every bit a rollercoaster.

We can all do our bit to support our local economy. Let’s get behind our Bayside small businesses by shopping local where possible.

COMMUNITY RAFFLE

\$5 per ticket

\$30,000 IN PRIZES TO BE WON!

RAFFLE ENTRIES CLOSE FRIDAY 30TH MAY 2025
DRAWN THURSDAY 12TH JUNE 2025
T&C’S APPLY

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Waterloo Bay and Wynnum Leagues

Community Bank
Waterloo Bay and Wynnum Leagues
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GREAT START TO BAYSIDE COMMUNITY FUND RAFFLE

Simply by purchasing a ticket in the Community Raffle you could win a \$15,000 Bendigo Bank Savings account. You’ll also be supporting the Bayside Community Fund and their mission to build a better Bayside.

Support our incredible local organisations through this one-of-a-kind community fundraiser. Tickets are just \$5 and proceeds of your purchase go directly to the group you choose to support.

Thanks to the Community Bank Branch of Wynnum-Manly, there’s \$30,000 worth of prizes up for grabs — including a \$15,000 Bendigo Bank savings account for one lucky winner! The raffle runs until 30th May 2025, with the winners drawn on 12th June 2025.



FREE MEALS EVERY WEDNESDAY

The Waterloo Bay Leisure Centre has started providing free meals to vulnerable Baysiders in need. **Meals are provided every Wednesday from 4pm to 5pm.**

With the continued closure of Wynnum Community Place due to the Queensland Government not making funding available (despite promises to do so), there is a clear need to support and feed Baysiders in need. I congratulate the Waterloo Bay Leisure Centre for stepping up to fill this void.

HAVE YOUR SAY ON WYNNUM BUILDING HEIGHTS

Feedback for the Wynnum Centre Suburban Renewal Precinct Plan closes on Sunday 18 May 2025. Having already consulted extensively with key land owners and developers, Brisbane City Council now want to hear the views of the general community.

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.

I encourage all residents to have their say by May 18 about far-reaching planning decisions that will shape our Bayside community. For more, go to <https://yoursay.brisbane.qld.gov.au/wynnum-centre-suburban-renewal-precinct-plan>.



THEY'RE GOING DING DONG FOR PING PONG AT WYNNUM!

British soldiers stationed in India in the late 1800s brought back some linguistic and cultural gems, such as the words “veranda”, “jungle” and “pyjamas” – and an indoor ball and racket game, known as ping pong, that was quickly taken up by the British gentry. From a game that could be played with cork balls and racquets fashioned from cigar boxes, it has advanced to a highly-regarded international sport and Franck Roguiez, Head Coach at Wynnum, is committed to keeping the enthusiasm going.

“The Wynnum club has 200 members – in terms of members it’s the fourth biggest table tennis club in Queensland,” he says with justifiable pride. “It has many things to recommend it; it’s good for your overall health, it’s affordable, it’s inclusive, and the whole family – from five to 90 – can play.”

This year is the club’s 50th anniversary in its current venue; members used to play in the morgue. Despite some drawbacks the current venue is a considerable improvement, Frank says.

“Apparently it used to smell a little bit because the refrigeration back then wasn’t great.”

Unfortunately, the Wynnum club venue has limited disability access, while the game itself can accommodate players of various abilities.

“Table tennis is a hot favourite in the Paralympics,” says Frank. “There are many wheelchair players and even people who don’t have arms can play, like the famous player who plays with the racquet in his mouth.”



Wynnum Table Tennis members. Photo: Supplied.

“We have ongoing negotiations with the Council to replace some of the stairs with ramps and to make the venue all-ability friendly.”

Table tennis has real health advantages for players, including improved focus, hand-eye co-ordination and cardiac health.

“Kids can start as young as five years. What we are noticing is that in the first session the focus is average, they don’t have much idea of what they’re doing, but after a while coordination develops and also they’re able to focus for the entire session, to process and apply instructions. Current research indicates that there are benefits for the brain and that it may be helpful for players with Alzheimer’s.”

“Many national champions have come through the Wynnum club as well as competitors at the Commonwealth Games and World Championships. Two of our coaches are players who started with this club at the ages of six and eight; one has played in the national team, both have been Queensland champions. They’re now 16 and 18 respectively and they’ve stayed on with the club to train others – because our club is based on a culture of giving back.”

If you’d like to be part of that culture, contact the club at <https://www.wynnumtabletennis.org.au/> or call 0426 275 807.

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THE FLU AND YOU

BY DR TIMOTHY HAYDOCK, MANLY VILLAGE MEDICAL

Why you, your neighbour and...everyone should get a Flu vaccine this year



The Flu or Influenza virus is a respiratory illness causing symptoms of fevers, chills, muscle aches, headaches, cough, runny nose, along with severe and often debilitating fatigue. Severe symptoms, often leading to being bedbound, last three to four days, with total symptoms lasting up to 14 days.

Complications of Influenza can be very serious such as a secondary bacterial lung infection, an increased risk of heart attacks along with inflammation of the connective tissue and muscles of the heart, and nerve inflammation, along with many other rare and serious illnesses. Australia has had a record number of Influenza cases in the first three months of this year (50% increase from 2024) causing epidemiologists to predict both an earlier and larger peak of Influenza this year.

As a doctor, I recommend everyone gets an Influenza vaccine yearly and this is backed by the Australian Government Immunisation Guidelines.

Influenza virus mutates rapidly so previous vaccines or infections won't provide adequate coverage. Each year, medical scientists study the genetic drift in Influenza in the Northern Hemisphere to tailor a vaccine to protect you and your community from this year's Flu.

A lot of young people incorrectly believe they are safe from Influenza stating they've had colds before; however, Influenza is not the same as the common cold – it is much more serious. Once you've had the Flu and been in bed with fevers for four days, it's very unlikely you will decide to skip the vaccine again. If you are vaccinated and come into contact with the flu, you can help limit the spread to those who are most vulnerable in our society

Being vaccinated will either cause you to have no symptoms or mild symptoms if you catch the Flu. This will reduce the risk of your elderly neighbour, your pregnant colleague or your friend who is immunocompromised from catching the Flu. By vaccinating, we can protect those most vulnerable from the most severe outcomes of the Flu.

Whilst I recommend everyone get the vaccine, the following groups are particularly advised to vaccinate:

- Children aged six months to five years
- Adults aged 65 and above
- Aboriginal and Torres Strait Islander People
- People with a chronic illness that increases the risk of severe Influenza (one in two Australians)
- Pregnant women
- Homeless people

So why should you have a Flu vaccine? Firstly, to stop yourself becoming sick for two weeks, and the loss of income and stress that

may occur. Secondly, to protect your family and friends. Finally, to do your part to protect the most vulnerable in our society.

In 2025 the Queensland Government is funding free Influenza vaccines for everyone. **Manly Village Medical has made the choice to offer bulk billed appointments for patients to have the Flu vaccine fully funded by the Queensland Government.** So please book an appointment in one of the Flu Clinics today!





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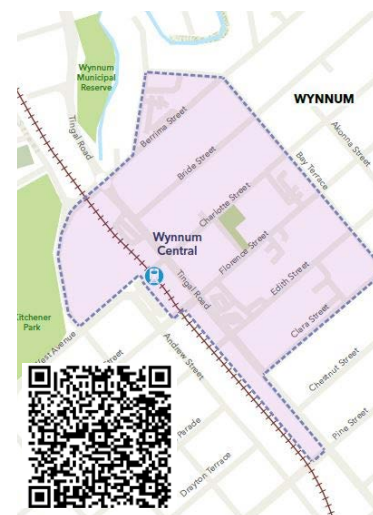
Updates from your local Councillor

Wynnum Centre Suburban Renewal Precinct Project - Have Your Say

The Wynnum Centre Suburban Renewal Precinct Project seeks to revitalise the Wynnum CBD for locals and visitors alike. The next stage of community engagement is now open, and we want to hear your thoughts!

Share your ideas and perspectives by dropping a pin on the online maps to provide location-specific comments or complete the Wynnum Centre Survey and tell us what you would like to see in your neighbourhood. The online consultation will be open until Sunday, 18 May 2025.

Simply scan the QR code here to get involved!



Celebrating 150 Years of Hemmant Cemetery

Did you know Hemmant Cemetery is Brisbane's oldest operational cemetery, continuing to serve and honour our community, past and present. On Sunday 30 March, the Friends of Hemmant Cemetery hosted a truly special event to mark its 150th anniversary. A heartfelt thank you to Meeka for her passion and dedication in researching and sharing our local history - her guided tours, games, and activities made the day unforgettable. A special shoutout to Selina, Tracey, and Petney for your incredible support in bringing Meeka's vision to life. If you'd like to know more about the Friends of Hemmant group or get involved, please don't hesitate to contact my office.



Local Craftsmanship Shines for ANZAC Day Commemorations

A heart felt thank you to President Chris and the incredible volunteers at Bayside Woodturners & Woodcrafters Club for their generous donation of these beautifully handcrafted reusable wreaths. Each wreath has been lovingly and skillfully made by hand, showcasing the exceptional craftsmanship and community spirit of this wonderful group. Their dedication to preserving traditional skills while supporting modern community values is truly inspiring. These stunning pieces will be used for ANZAC Day and other commemoration events, ensuring we can honour our servicemen and women in sustainable and meaningful ways for years to come.



Have you signed up for our fortnightly E-news?

Stay in the loop with the latest news and updates from across our community with the fortnightly Wynnum Manly Watch E-news.

Scan the QR code to join.



SAVE THE DATE FOR ADVENTUREFEST ON REDLANDS COAST!

FROM REDLAND CITY COUNCIL

Visitors to Redlands Coast will be able to choose their own adventures during the inaugural Redlands Coast AdventureFest being held over 10 days from 16 to 25 May 2025.

AdventureFest will be delivered by Redland City Council to showcase Redlands Coast as an adventure destination.

Mayor Jos Mitchell said activities would include Council-organised events along with city-wide activations, community events and offers from tourism operators.

“AdventureFest will be a wonderful showcase for our city as we aim to attract participants and spectators from across the country,” the Mayor said.

“It will include active and outdoors events showcasing the bay, islands, mountains and conservation reserves, including the annual Straddie Salute Triathlon Festival, a tree climbing competition for arborists, trail run, mountain biking event and State hillclimbing championship.

“For those seeking more relaxed adventures there will be a water lantern festival, culinary tastings, art workshops, museum tours, feature talks, night sky viewing and guided walks exploring naturally wonderful Redlands Coast.

“There will be something for everyone, whether you’re seeking events to get your heart racing, unleash your creativity, create family memories, immerse yourself in nature or indulge your tastebuds.

“This is a great opportunity for Council to position Redlands Coast as a nature-based and adventure destination.”

The Mayor said Council’s main event would be an AdventureFest Fun Day to be held at Raby Bay Harbour Park on Saturday 17 May.

“The Fun Day will be hosted by Ranger Stacey and promises a full day of adventure, entertainment and rides celebrating the festival’s key themes: active, family, artistic, nature, culinary and wellness adventures.

“There are also events being held at Council libraries, Redland Performing Arts Centre, IndigiScapes and Redland Art Gallery.”

The AdventureFest program is continually being updated, with confirmed events including:

- Straddie Salute Triathlon Festival
- ISA Asia Pacific Tree Climbing Competition for Arborists
- Queensland Hillclimb Championships
- Water Lantern Festival

- Bayview Blast
- Explore King Island with Ranger Stacey
- Twilight at the Museum
- Feature Talk: Sophie Matterson
- Explore and Draw at Redland Art Gallery
- Discover Koalas in the Wild with Ranger Stacey and the Detection Dogs

For more information on Redlands Coast AdventureFest visit Council’s website at redland.qld.gov.au/adventurefest.



Photo: Supplied.

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WELCOME TO THE NEIGHBOURHOOD 191 STRATTON TERRACE!

BY CATH COOK, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE

Manly Harbour Village is buzzing with excitement as the newest residential address, 191 Stratton Terrace, nears completion. This new addition to our bayside neighbourhood brings fresh energy to the village and adds to the unique charm that makes Manly such a special place to live.

The Manly Harbour Village Chamber of Commerce was thrilled to extend a warm welcome to our new neighbours with a gift pack full of local goodness, generously donated by some of our amazing traders. These thoughtful bundles were received by Tony Dwyer of DeMartini Fletcher Property, who will be distributing them to residents when they settle into their new homes.

We were lucky enough to have a peek inside and loved seeing how the spaces have come together. It's always exciting to see new places

take shape in the village, especially when they reflect the character and pace of life that locals know and love.

Even more exciting news: two new food retailers will be opening underneath the apartments! While we can't reveal the names just yet, we promise it'll be worth the wait.

We look forward to meeting our newest locals and seeing them out and about enjoying all that Manly Harbour Village has to offer!

A heartfelt thank you to the incredible local businesses who contributed to the welcome packs, including: Keith's on Cambridge, Yachtshare, David Pearce Bayside Property, Oscar Oscar, Labels by the Bay, South Passage, Origin Natural Living, Ebb & Flow Boutique, 4Shore Fitness, Yacht Sales Co, Woodforde Group, Cat O Nine Tails, Trendall & Turner Travel, Manly Creative

Markets, Belle Property, Lido Italia, Freedom Boat Club, Manly-Lota RSL, Thai Boat Restaurant, Sandy Lane Hair, Mad Hatters Bookshop, Move Podiatry, Dental on Cambridge, and Manly Compounding Pharmacy.

DATE CLAIMERS:

- 6 June – Business Breakfast (Royal Qld Yacht Squadron)
- 7 June – Movies in the Park (Kung Fu Panda 4)
- 22 July – Trader Networking Evening

MARKETS:

- 3 and 17 May – Jan Powers Farmers Market
- Every Sunday – Manly Creative Markets

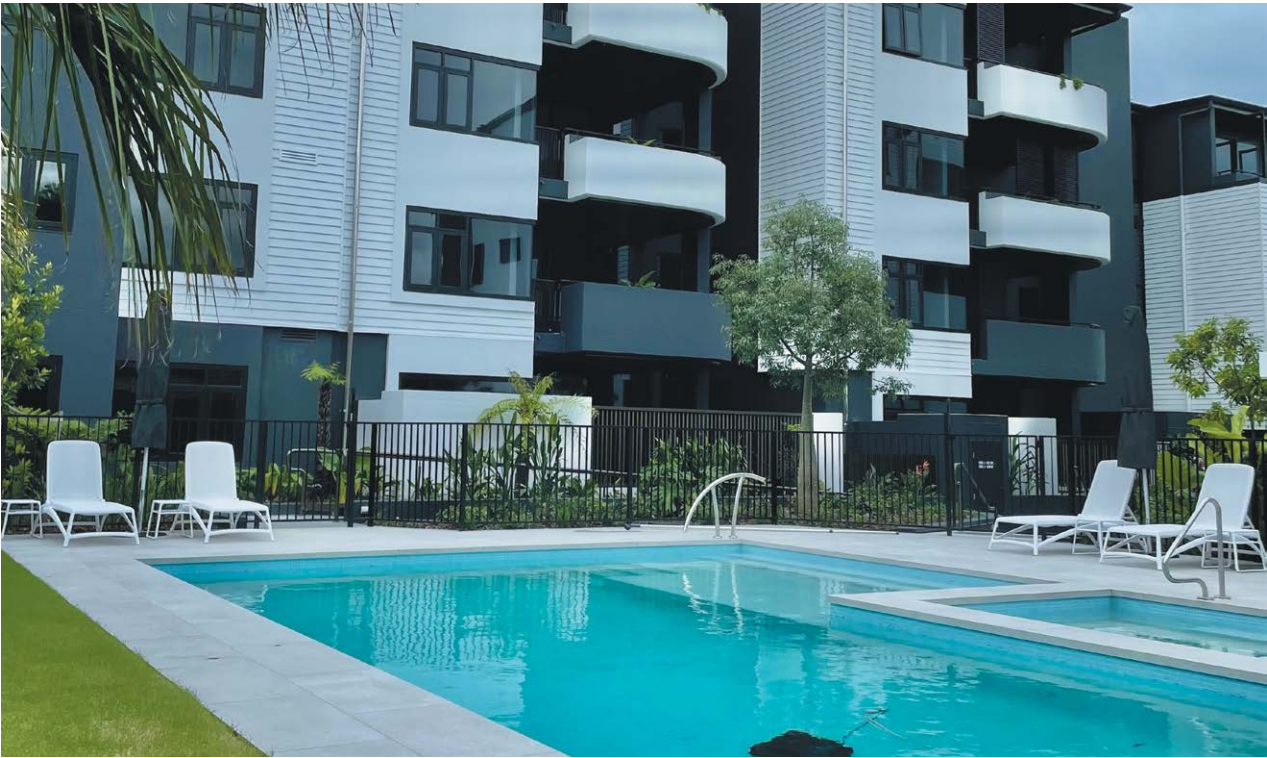


SAVE THE DATE
Business Breakfast
June 6 @ 6:30am



Guest Speaker
EMILY GRIFFITHS
Oh Em G Marketing

Social Media Content that Converts
"how to stand out in a sea of sameness"



BAYSIDE UNITED CELEBRATES FEMALE FOOTBALL

BY CLEONE LADLOW, SECRETARY, BAYSIDE UNITED FC

At Bayside United, we believe in the power of community sport for everyone. This Female Football Week, we are thrilled to spotlight female football at the club.

For women and girls, sport is a way to develop self-esteem, confidence and resilience. Girls who play sport achieve better grades at school, have a more positive body image and lower levels of depression. For women, the benefits of sport multiply as we age and seek to maintain our health and wellbeing throughout all stages of life. The benefits of belonging to a strong community also cannot be understated.

That's why, at Bayside United, we have been focusing on how we approach football for women and girls. Through consultation with our community, we have made significant changes. These include implementing a Female Football sub-committee, specialist girls-only training, 'girls' night' training nights, and flexible social rounds for mums with free learn-to-play sessions for mums who aren't sure which way to run!

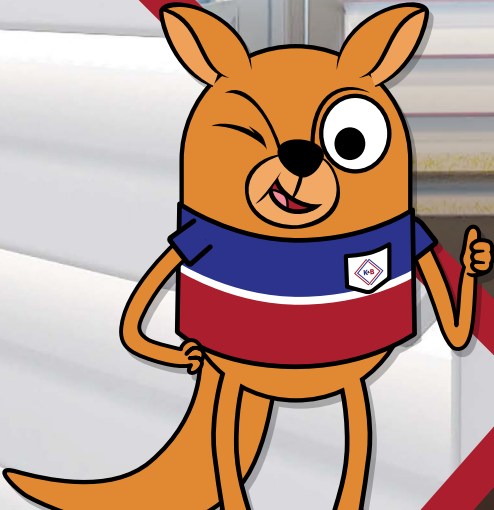
These changes have resulted in an 182% increase in female football participation from 2023 to 2025.


We can proudly say that we now have teams in every age group, from our littlest Squirts (three to five years) through Minirooms (six to 12 years), junior teams (13 and up) to Metro Women and Walking Footballers. We also have over 60 women who play in our mum's social rounds on Friday nights. Pictured are some mothers, daughters, and walking footballers who all play at Bayside United.

If you would like to enquire about our female football options, please reach out to secretary@baysideunited.com.au. We would love to hear from you!




Photo: Supplied.







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LOCAL ORGANISATION PROFILE

121 AUSTRALIAN ARMY CADETS WYNNUM

CONTRIBUTED BY SUE MCMILLAN JP (QUAL), CAPT(AAC) OC 121ACU

Australian Army Cadets is a national youth development program that shares the character and values of the Australian Army. The program is supported by the Australian Defence Force, and young people between the ages of 13 and 17 can join.

On Anzac Day, we remember our fallen soldiers and give thanks for the service of current and ex-defence personnel. Cadets play a key role in supporting multiple services through catafalque parties, carrying banners and community marches.

During a typical year, cadets experience and learn basic skills in both a home and field environment. Training includes drill and ceremonies, dress and bearing, through to bush survival, field craft, navigation, first aid skills and many other exciting activities.

Cadets can challenge themselves and achieve goals as part of a team, increase resilience and personal confidence, make new friends and support the community through activities such as Anzac/Remembrance Day and Legacy.

121 Army Cadet Unit parades Wednesday nights from 6:00pm to 9:00pm at Brisbane Bayside College (Network drive, Wynnum) and can be contacted via www.armycadets.gov.au, email: 121acu@armycadets.gov.au or by phone at 0418 787 763.



Photo: Supplied.

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LOCAL GARDENING WITH KAT

THE RAINS ARE COMING! — MURRAYA PANICULATA



BY KAT PEARSON, *GIRL IN THE GREEN*

As I write this, the mock orange (*Murraya paniculata*) around me are in bloom, shedding dense white carpets of petals under more ‘mature’ trees and dotting hedges with fragrant white bursts on more maintained hedges. A friend once told me that when the murraya are in bloom, rain is coming. Well, they’ve been in bloom for over a week, and it is most definitely showery for the next few days so that could be true!*

Although listed as an environmental weed, *M. paniculata*, also known as orange jessamine/jasmine and commonly just ‘murraya’, is an all-time favourite hedge plant. Not to be confused with the ‘other’ mock orange (*Philadelphus sp.*), murraya is a member of the Rutaceae or citrus family – giving their simple white flowers that heady orange blossom scent.

They are hardy, fast growers with soft glossy green leaves and ideal as screening and hedging plants. Handily, keeping them regularly pruned also prevents the formation of the small red berries and seeds that birds devour and then poop through our bushland. Whilst they are a lovely plant, please do keep this in

mind, and protect our environment. There are sterile varieties on the market that are well worth looking out for if you are a lazy hedger, but if hedging is your thing, you can also try the dwarf cultivar ‘Min-a-Min’. These have smaller leaves and make excellent topiary shapes or alternatives for small box hedges. All murrayas grow best in full sun but will tolerate partial shade – they just get a bit leggy, and it’s harder to keep them dense.

M. paniculata has been shown to have a host of different medicinal properties and is reported to have been used to treat a variety of ailments, from diarrhea to snake bites. My guess is that it’s not high enough in said properties to be of much use because reports seem to be restricted to scientific papers and claims of ‘traditional use’. I shall continue with gastro-stop and pressure bandages, thanks.

**A week later (because it took me a while to actually send in my article) it’s POURING! It adds cred to the ‘rain coming theory’, I think!*

ABOUT KAT

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



Photo by Kat Pearson.

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Expanding your outdoor living options for year-round entertaining

CONTRIBUTED BY PERGOLAS BRISBANE

A pergola is a functional and visually appealing addition to any home, creating an inviting outdoor space with protection from the elements. Whether used for relaxation, entertainment, or as a connection between different areas of your yard, a well-designed pergola adds value to your property while enhancing your lifestyle.

The benefits of a pergola include:

Extended Living Space: A pergola creates an outdoor area for dining, lounging, or entertaining guests.

Shade and Weather Protection: A pergola provides relief from direct sunlight while allowing airflow, making outdoor areas more comfortable. Depending on the design, it can also offer protection from rain.

Increased Property Value: A high-quality pergola enhances curb appeal and adds to the overall value of your home.

Versatile Design: Custom-built pergolas can be tailored to match your home's style, with options in timber, steel, or aluminium.

At Pergolas Brisbane, we also build decks – a favourite outdoor feature for Australian homes, expanding living spaces for maximum enjoyment. A deck can be constructed to create an entirely new area or built in and around existing parts of your home.

And then there's the carport, which is more than just a parking space – it's a protective shield for your vehicle, caravan, or boat. We design and build custom carports that provide year-round protection from the elements while enhancing your home's security and aesthetics. Whether you need a single carport, a double carport, or a custom-built structure, we create solutions that fit your needs perfectly.

The right addition to your home will add function, style and value, and we pride ourselves on being able to add all three!

We can help you create a luxury resort-style living area or a simple freestanding structure that works within your budget to suit your home's style. Find out more at <https://pergolasbrisbane.com.au>.



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These are just some of the questions you should consider when contemplating making a change.

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POWER IN YOUR HANDS: WHY HOME BATTERY STORAGE IS THE FUTURE

FROM GOODHEW ELECTRICAL AND SOLAR

As energy prices continue to fluctuate and grid reliability becomes more uncertain – as evidenced by last month’s blast at Callide Power Station and Tropical Cyclone Alfred in March – more locals are turning to battery storage. If you have solar, adding a battery to your system is the logical next step – one that not only secures your energy supply but can also offer real financial rewards.

ENERGY INDEPENDENCE

Battery storage allows you to store excess solar energy generated during the day and use it when the sun goes down. That means you’re not just relying on your panels while the sun shines – you’re in control of your own energy around the clock. It’s a powerful move toward energy independence, reducing your reliance on the grid and protecting your budget from rising electricity costs.

LIGHTS ON EVEN WHEN THE GRID GOES DOWN

In a world where blackouts are becoming more common due to extreme weather events and network strain, a home battery provides peace of mind. With the right setup, your battery can keep

your lights, fridge, Wi-Fi and even your air con running when the grid goes down. That kind of backup protection is more than convenient – it’s essential.

SAVE MORE

Battery systems unlock significant cost savings by letting you avoid buying electricity during expensive peak periods. But the benefits don’t stop there. Some systems allow homeowners to participate in wholesale energy trading, where you can sell energy back to the grid during times of high demand. Similarly, when prices are high, you can avoid buying from the grid and paying demand tariffs.

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CREATIVITY-DIVERSITY EXHIBITION SHOWCASES TRANSFORMED TEXTILES

Textiles perform an amazing variety of functions in our lives; we use them to wear, decorate our homes, protect ourselves and our belongings, communicate our status and affluence, fabric powered the sailing ships that opened the world to explorers – its uses and its potential as a creative art form are vast.

An inspiring exhibition of textile-based hand-crafted art is on display at the Redlands Coast Museum until 6 June 2025. *Creativity-Diversity* is a presentation by 15 members of the Queensland Branch of ATASDA (The Australian Textile Art and Surface Design Association), displaying their talents in embroidery, collage, upcycling, felting, patchwork, mixed media, surface design, stitching, lettering, stencilling, eco-dyeing and fabric manipulation.

Kathryn Iliif, President of ATASDA's Queensland branch, says that textile work is a pleasingly tactile art form that many artists are drawn to through sewing, knitting and crochet skills learned as a child.

"They rediscover their practical skills as an art form rather than a function," she says. "Even darning and patching have progressed from classic women's work – make and mend – to become recognised art forms. There's even an international online group for swapping clothes patches between group members."

Kathryn says artists have different ways of working; some plan carefully and journal the piece's design and development and some just envisage a project and go for it. "That's my favourite way of working," she says. "The result isn't always exactly as I'd envisaged it, but it's an art piece; I can't control it too much."

In some places, textile art has also functioned as a form of activism and social comment, reminiscent of the HIV memorial patchwork quilts of the 1980s.

"Women's craft groups in New South Wales create artworks on cleaning cloths that address women's equality and societal roles – they call it 'craftivism'," Kathryn says. "There's also a woman in America who has a project of embroidering ladies' handkerchiefs with Trumpisms. It's called *Tiny Pricks*."

Creativity-Diversity runs until 6 June 2025 at Redlands Coast Museum; for more information call 3286 3494.



Photos: Supplied

YOU'RE INVITED TO BAYSIDE FORUM'S COMMUNITY SYMPOSIUM

CONTRIBUTED BY ELAINE WEST, BAYSIDE FORUM VP

Members of the public are invited to attend a free community meeting to be held in the Wynnum Library meeting rooms on May 14, starting at 7:00pm.

The theme for the evening is *What can your organisation contribute to the liveability of the Bayside – from the Brisbane River to the Redlands*, focusing on humanitarian and community services within the local areas.

Five presenters representing Maybanke, Volunteers in Policing, Soroptimists International Bayside, Rosie's and Cr Alex Givney will outline the great work their groups do in the community. A light supper will follow the presentations, with a chance to talk to each of the representatives.

Seating is limited, so please RSVP to forum@beconfident.org.au to secure your place or visit www.beconfident.org.au for more information.



Photos: Supplied.



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MARK YOUR CALENDAR, AMPOL ROTARY FAMILY FUN DAY IS ON AGAIN!

FROM THE ROTARY CLUB OF WYNNUM AND MANLY

Sunday, June 8, will see the annual Family Fun Day take place at George Clayton Park, Wynnum.

The Rotary Club of Wynnum and Manly has been running the Family Fun Day for many years, and this year, Ampol is again partnering with the club to ensure its success. We are incredibly grateful for Ampol's ongoing support of our club, and especially this event.

The event's purpose is to provide a family-friendly, fun-filled day while heightening awareness in the community of domestic and family violence.

As with previous years, everything at the park will be free (except for the coffee van and soft drinks stall). We will have free sausage sizzles, fresh fruit and freshly-popped popcorn, and we will have loads of free things to entertain the kids, including traditional games like sack races, egg and spoon races, three-legged races, along with a jumping castle, petting zoo and face painting.

The musical entertainment will be outstanding. Local school bands and groups will provide the music until lunchtime, when our local feature artist, the brilliant twice number-one Triple J Uearthed guitarist and vocalist Lecia Louise, will perform.

Singer-songwriter Lecia Louise is an exceptionally talented, internationally acclaimed performer who plays multiple instruments. Her musical diversity embraces many genres, including rock, blues, soul, Americana and country. Lecia's tours have taken her worldwide, and she is a crowd favourite, playing at many major festivals around Australia. Her singles *Individual* and *My Everything* reached number one on the Triple J Uearthed online charts.

Local agencies and other organisations such as Police, Fire, Ambulance, Rosies, Red Cross, Manly Kindy, Zonta, Sailability and Bunnings will have stalls around the park perimeter. In addition,

a range of service agencies able to provide domestic and family violence support and assistance will be present to reinforce the basic theme of the day, which is closely linked to DV Prevention Month in May.

Rotary has adopted a purple shirt to highlight its concern for DV, and we would love to see the community wearing the specially designed shirt every Friday to demonstrate our commitment to eradicating domestic violence. We will be taking orders for shirts on the day, but we can get shirts for people before the event if we receive the order by May 16 – please contact Les Louis (leslouis41@gmail.com) before then, and he will order a shirt for you.

The Ampol Rotary Family Fun Day will take place at George Clayton Park, Wynnum, from 10:00am to 2:00pm on Sunday June 8.



Photos: Supplied.



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SUPER DUPER DELICIOUSLY EASY CHICKEN PIE RECIPE

Here’s an easy chicken pie recipe that makes a quick dinner when you’re short on time, and need comfort food!
Serves: 4-6

INGREDIENTS

- 2 cups of cooked chicken (shredded or chopped; use a roast chook from the supermarket to save time)
- 1 cup frozen mixed vegetables (peas, corn, carrots)
- 1 can (420g) of condensed cream of chicken soup
- ½ cup full cream milk
- Salt and pepper to taste
- 1 tsp dried herbs (thyme or parsley work well)
- 1 sheet of puff pastry (slightly thawed, but not soggy)
- 1 egg for egg wash

METHOD

1. Preheat your oven to 200°C (180°C fan-forced).
2. In a large bowl, combine chicken, frozen veggies, cream of chicken soup, milk, herbs, salt and pepper.
3. Spoon the mixture into a medium-sized baking or pie dish.
4. Lay the puff pastry over the top of the baking dish and trim the edges, then press gently around the edges with a fork to seal. Cut a small cross in the middle to let steam escape.
5. Beat the egg in a small bowl and brush it over the pastry. This will make it extra crispy and golden!
6. Bake for 25 to 30 minutes, or until the pastry is puffed and golden brown.
7. Allow your pie to cool slightly, then dig in! Serve with a side of steamed veggies or a big green salad.



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INTERESTED IN LAWN BOWLS? COME AND TRY YOUR HAND AT CLUB MANLY

FROM CLUB MANLY

Club Manly is holding a Come and Try day on Sunday, May 18, 2025. This is a free event to allow members of the public to experience the game of bowls in a casual and fun atmosphere.

The session starts at 1:00pm and will finish by 4:00pm. There will be a bowls game of approximately two hours under the guidance of some of our bowlers, followed by finger food from our exquisite bistro and a drink from the bar. Children are welcome, with those over 10 years

permitted to bowl. Younger children will be supervised with an activity using soft rubber balls. Flat-soled shoes, socks, or going barefoot are all acceptable footwear choices for the bowling session.

Club Manly has two all-weather-covered day/night greens, but there's more to the club than just lawn bowls. It also boasts fully air-conditioned function rooms, a bar and café/bistro, and live entertainment draws a crowd on Friday nights. For those looking for a social activity with

friends and family, Barefoot Bowls can be booked for a two-hour session for \$10 for adults and \$5 for children under 12.

If you require any further information, please email us at admin@clubmanly.com.au or call 3396 3272, and we will happily answer any questions about our club.

Photo: Supplied.



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LOCAL READERS: A BOOK REVIEW

PROPHET SONG BY PAUL LYNCH

BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

“This 2023 Booker winner is ‘A fearless portrait of a society on the brink as a mother faces a terrible choice’.

“On a dark, wet evening in Dublin, scientist and mother-of-four Eilish Stack answers her front door to find the GNSB on her step. Two officers from Ireland’s newly formed secret police are here to interrogate her husband, a trade unionist.

“Ireland is falling apart. The country is in the grip of a government turning towards tyranny and Eilish can only watch helplessly as the world she knew disappears. When first her husband and then her eldest son vanish, Eilish finds herself caught within the nightmare logic of a collapsing society.

“How far will she go to save her family? And what – or who – is she willing to leave behind?

“Exhilarating, terrifying and propulsive, Prophet Song is a work of breathtaking originality, offering a devastating vision of a country at war and a deeply human portrait of a mother’s fight to hold her family together.” (goodreads.com)

MY THOUGHTS:

While set in Ireland, this story could be set anywhere, and in fact could be unfolding right now in one of several places where extremist views and political parties seem to be gaining the upper hand. And it wouldn’t be the first time – human history is evidence that this scenario is a real possibility.

As the adage goes, ‘Power corrupts, and absolute power corrupts absolutely’. In this story, a newly elected party introduced a law it justified on the basis of the need to ‘restore security’ – the Emergency Powers Act. It then proceeded to

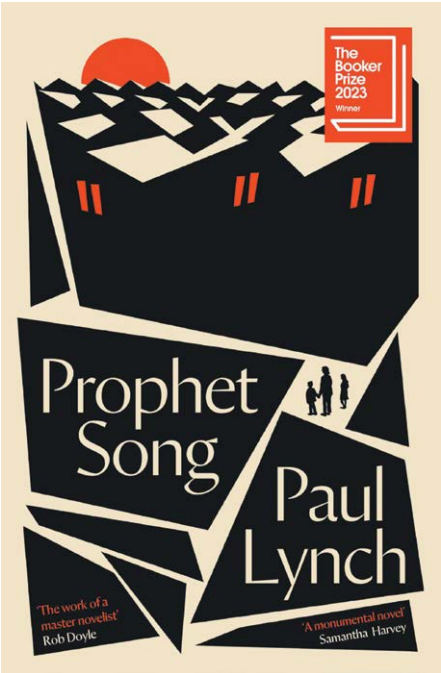
dismantle the laws and protections inherent in the fabric of society.

“If you change ownership of the institutions you can change ownership of the facts, you can alter the structure of belief, of what is agreed upon ... that is what they are doing.”

My quandary was with the main character Eilish, with whom I could sympathise, but whose reactions to unfolding events I found exasperating. It’s interesting to reflect on what choices we may each make in similar circumstances – though I hope we never encounter them!

The narrative is woven with a deep sense of foreboding, of threat, of fear and disintegration. As such, I found it gripping.

It is also strangely constructed with a lack of punctuation and paragraphs, making it a little harder to follow conversations and thoughts –



which one reader I know found very frustrating. This is not an uplifting book! But it is hard to put down, and unforgettable long after you’ve finished it. I’d recommend it.

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MANLY DRAGONS SLAY AT STATE TITLES – NATIONALS UP NEXT!

CONTRIBUTED BY PETER BROWN

A large contingent of members from the Manly Dragon Boat Club recently travelled to Lake Kawana on the Sunshine Coast to take part in the Queensland State Championships.

The club enjoyed considerable success:

500m	Silver	Senior A Women standard boat
	Bronze	Senior B Mixed standard boat
	Bronze	Senior C Women small boat
200m	Bronze	Senior B Open small boat
	Silver	Senior B Mixed standard boat
	Silver	Senior A Women standard boat
	Silver	Senior B Open small boat
	Bronze	Senior C Women small boat

Club members are now in serious training for the Australian Championships at the 2000 Olympic rowing venue at Penrith, Sydney, with crews attempting to qualify for the CCWC, to be held in Taiwan in 2026.

The club is looking for new paddlers and holds regular Come and Try sessions on Saturday mornings out of the Wynnum Manly Yacht Club. If you want to partake in this fun and adrenaline-pumping sport and become part of a friendly and family-oriented club that promotes fitness and camaraderie, visit the club’s website and register your interest in the Come and Try section at www.manlydragons.com.



Photo: Supplied.

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BAYSIDE COMMUNITY FUND THANKS SPONSORS & ANNOUNCES GRANT

FROM THE BCF

The Bayside Community Fund (BCF) recently held a function at Cedar & Pine at Wynnum to thank sponsors, announce upcoming events, and present this year’s grant from Queensland Gives to the Waterloo Bay Leisure Centre.

The BCF has raised over \$50,000 in less than three years. The capital is invested with the Queensland Investment Corporation (QIC) and is preserved, with the interest earned paid out in grants to bayside community groups each year. In the first year, the BCF gave \$314 to BABI; last year, Hemmant Equine Therapy and the Wynnum and Manly Districts Men’s Shed shared \$914, and this year, \$1267 goes to the

Waterloo Bay Leisure Centre. The fund is growing each year.

The BCF raises funds by running events and projects that are of value to the local community and through personal donations. Events include Pups in the Park and the Bayside Community Awards, and a partnership with the Bendigo Bank Wynnum Manly and Victoria Point to run a Community Raffle with \$30,000 in prizes to be drawn on June 12 at the Wynnum Manly Leagues Club. The BCF will also announce the community group that will be awarded a \$5,000 grant at this event. Find out more about the BCF at baysidecommunityfund.org.au.



Photo: Supplied.

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Various shopping centres, cafes, clubs and local businesses.



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CLIMBERS WILL BE SWINGIN' IN THE TREETOPS AT CAPALABA THIS MONTH!

Since Cyclone Alfred's rampage through the region, many of us have needed the services of arborists – those gravity-defying tradies who seem as at home high in the branches as most of us do on terra firma. Bayside locals will have the opportunity to witness trade-qualified arborists compete at international level in May as part of AdventureFest.

International tree climbing competitions showcase the skills needed to do the job safely and efficiently as well as providing professional arborists an opportunity to keep up-to-date with the latest innovations in techniques and equipment. The competitors supply their own climbing gear, which is checked to make sure it conforms with the standard.

"If you're an arborist you need to be fit and focussed," says Bec Dalton, Business Manager of the Queensland Arboricultural Association. "When you're up in a tree with a chainsaw, it can be quite dangerous, so you need to establish good teamwork and be able to communicate clearly. A lot of climbers these days have headsets that help overcome the noise of trucks and chainsaws. You also need to be able to tie reliable knots!"

Preliminary rounds require the individual arborists, male and female, to perform regular tasks related to tree care and more complicated

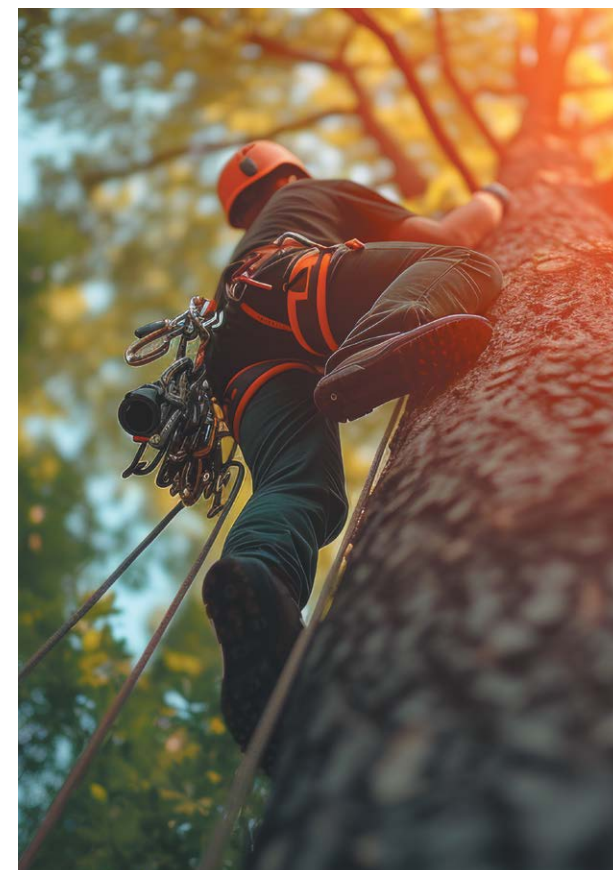
undertakings, such as rescue work in a tree — and some bell-ringing and accurate wood-throwing. Competitors are judged on their ability to manoeuvre safely and accomplish the tasks professionally and in good time.

While the excitement and spectacle is in the climbing and pruning, Bec points out that arboriculture offers a range of career streams.

“As well as the climbing and pruning, you can follow the consultancy stream, which involves more tree risk assessment and plant health care, how best to deal with the tree, the science involved with trees’ growth patterns, its nutrient needs and the requirements of the Australian Standards. Those studies can take you from a Level Three up to a Level Five. To make things easier for consumers who need an arborist the Association has an approved register of trade qualified members.”

It's quite likely – and appropriate – that arborist climbing competitions will reach the level of public popularity that wood chopping contests have traditionally held for Australians; rumour has it that wood chopping and tree climbing competitions have a shared history. And the crowds love them – so bring on the adrenaline!

The 2025 Asia Pacific Tree Climbing Championship (APTCC) will be held on May 23 – 25 at Capalaba Regional Park.



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LOCAL POETRY CALOUNDRA UPDATED

BY GEOFF SMILEY

A nostalgic visit to Caloundra shocked. The village I recall was by progress overwhelmed.

Open spaces are replete with development greedy for the water-front. Small beach cottages are hemmed in by concrete, losing in views even if gaining in asset.

Broad views are rare-not like the vistas of yesteryear.

Thankfully the beach and surf are still there but somehow leached by the high-rise voyeur.

Caloundra does not fit its busy main street. Cars vie for parking and it has lost its relaxed village past.

Old folk use the street, walking sticks and walkers competing with busyness about. They were those who came to an earlier, kinder resort.

Too late now to return to a remembered past. Because people, like fire ants are invading our world.
© Geoff Smiley.

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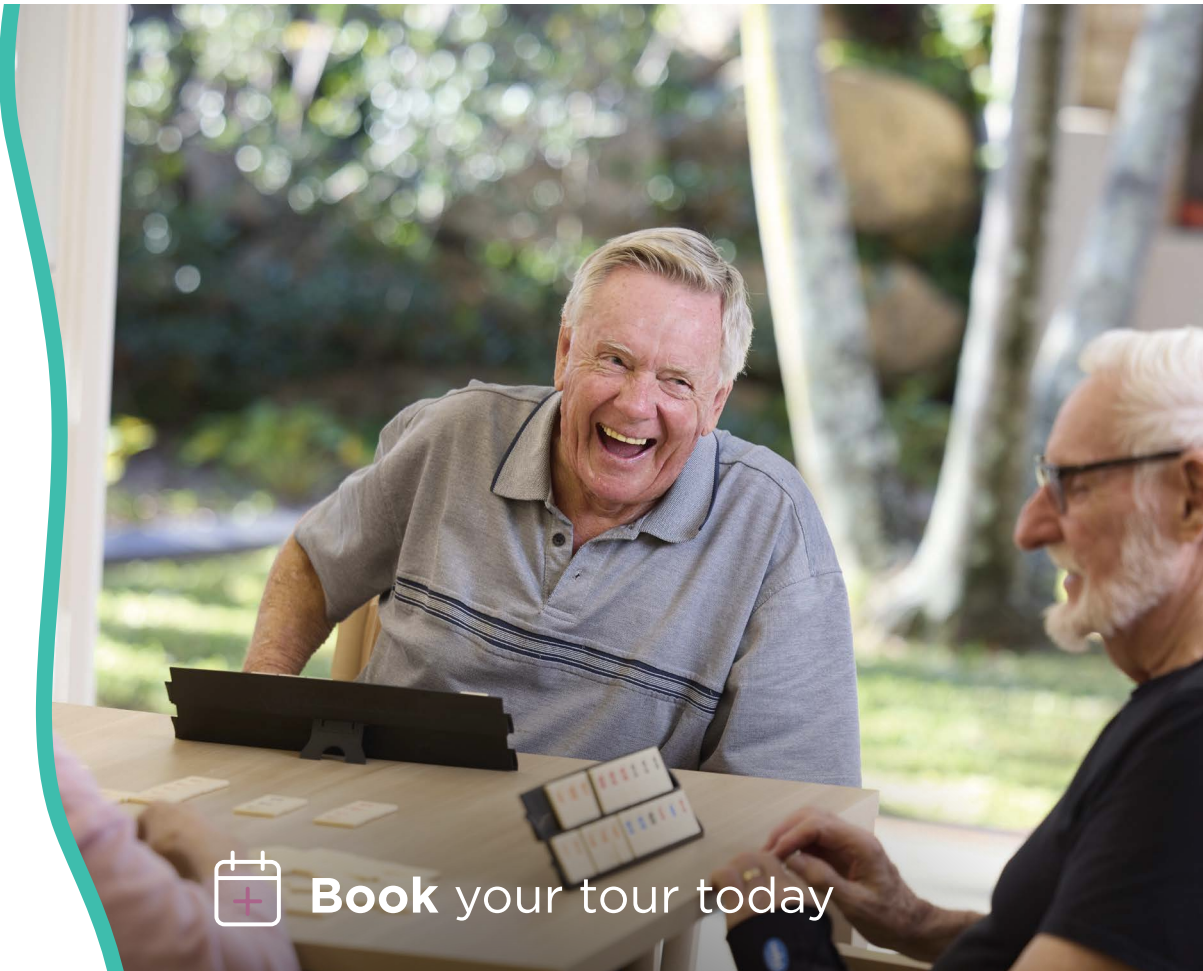
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LOCAL FISHING WITH SPERO

HERE'S WHERE YOU'LL FIND THE BEST FISHING IN MORETON BAY THIS MAY

BY SPERO KARTANOS

The change of season has arrived, and the westerly winds will be here faster than we know – and the cold – but the fishing in Moreton Bay this month should be as good as ever.

The whiting will be in good numbers in the Maroon Gutter into Maroon Hole and out the other side to Amity Banks. It won't be long until they return to the Rous and the Chain Banks, while the Sand Hills and the Blue Hole should also have plenty. Also, in these areas where there are weed banks, the tiger squid will be fighting each other to get to the jigs. The cuttlefish and arrows will be starting to appear in the deeper water, and I'll bet there are some cuttlefish in the weed banks as well.

The sand crabs will be in plentiful supply, and you'll find some big muddies in the river outlets and Lazaret Gutter. The prawns should still be around for the net throwers.

School mackerel will be in the usual haunts from King Island all the way to the Hope Banks and across to Peel Island as the water clears. Tailor should start to show up throughout the bay this month as well, and the fishing for them should get better as the weather cools.

Long-tail tuna and bonito should also be showing up in the bay, and they'll soon be smashing the bait all over the place, so a spoon or a chrome slug should get you a couple (if you can get to them when they are feeding).

So, spit and polish the fishing gear because May is a good month to get a feed for the table. My friend Seb has been getting plenty of prawns, and it has been fun watching him get a good catch in the net – and they taste yummy!



Photos: Spero Kartanos.

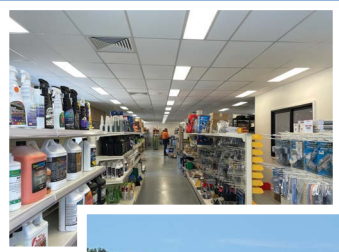


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DENTAL HEALTH TIPS FOR SENIORS: WHAT CHANGES WITH AGE?

FROM DENTAL ON CAMBRIDGE

As we age, our bodies change, including our teeth! What many seniors don't realise is that maintaining good oral health becomes even more important later in life, not just for a confident smile but for overall health and well-being. At Dental on Cambridge, we believe everyone deserves a healthy, comfortable, and functional mouth — at every age. Aging brings changes, but tooth loss and discomfort aren't inevitable! With a few mindful habits and regular professional care, you can enjoy a healthy smile well into your golden years. So, what changes can you expect as you age and how can you stay ahead of them?

Dry Mouth is one of the most common dental issues among seniors. Often this is caused by medications or chronic health conditions. Saliva is essential to help wash away food particles and neutralise acids. Unfortunately, without enough saliva, you're at a much higher risk for cavities and gum disease. **Tip:** Drink plenty of water, chew sugar-free gum, and talk to your Dentist or General Practitioner about saliva substitutes or adjustments to your medications if dry mouth is becoming a concern.

Tooth Sensitivity can increase with age. This is due to the thinning of the enamel and reversing gum tissue, causing exposure of the more sensitive parts of the tooth and roots. This can cause pain and sensitivity to hot, cold and sweet foods. If not addressed, it can discourage healthy eating due to the pain experienced and can impede

oral hygiene. **Tip:** Using toothpaste designed for sensitive teeth can assist, and avoiding overly acidic foods can slow down overall wear. Your Dentist can also perform restorative treatments. However, sometimes, extensive damage may have already occurred, and more involved treatment may be required so early stage assessment and management is very important.

Oral Cancer is more common in people over 60, and early detection is key! Unfortunately, it can be painless in the early stages, so routine screenings are vital. **Tip:** Your Dentist should perform an oral cancer screen at each of your dental check-ups — even if you only have dentures! Make sure you report any unusual lumps, sores, or changes in your mouth or throat.

Gum Disease or periodontal disease is an infection of the gum and surrounding tissues that can lead to tooth loss and affect your overall health. Symptoms can include tender bleeding gums, swollen gums, uncomfortable chewing and bad breath. **Tip:** Prioritising regular dental check-ups, even if you wear dentures, is paramount. Also ensure you're cleaning your gums and tongue daily.

At Dental on Cambridge, we excel in senior dental care and offer gentle, personalised treatment for every stage of life. We know change can be hard, but we're here to guide you through ways you can maintain your oral health long into the future! Call our team today on 3348 6661 to book.





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