

## WYNNUM'S WICKEDLY WONDERFUL HALLOWEEN PARADE IS BACK!

It's generally rude to stare, that is, unless you're at Wynnum's annual Halloween spectacular, where you'll witness a jaw-dropping crew of the bayside's most creative couture. Even Wednesday Addams would be impressed!

From homespun, cobwebbed capes to high-tech ghost traps, Halloween at Wynnum is a frightfully fun free-for-all where every ghoul, goblin, and glowstick is welcome. When it's time to shine, baysiders don't hold back!

From 3:00pm on October 25, Bay Terrace transforms: food trucks fire up, rides spin, and the Trick and Treat Trail winds through the precinct. Come dressed to thrill – and stick around. At 5:30pm, the parade slinks down the street in full spooky splendour. Find out more on page 2.

This is one event you shouldn't ghost — haunt the street, not your sofa! See you there!

Pictured: The Bayside Dance crew warming up for Halloween.



## **WYNNUM GETS WICKED: HALLOWEEN PARADE TO BE SPOOK-TACULAR**

Get your ghouls, giggles, and glowsticks at the ready – Wynnum's most frightfully fun tradition is back! The Wynnum Ampol Halloween Parade is set to take over Bay Terrace on Saturday, 25 October, and this year's lineup promises more thrills than ever!

Kicking off at 3:00pm, the main stage will come alive with high-energy performances from Kelleher's Dance Academy and the ever-spirited Side Step Shuffle Line Dancers. Add in bustling markets, carnival rides, and food trucks serving everything from fairy floss to fang-worthy snacks, and you've got an afternoon packed with family-friendly chaos.

But the real magic begins at 5:30pm, when the parade rolls down Bay Terrace (between Berrima and Clara Streets), featuring over 200 performers – including Bayside Dance, local bands, and a few mysterious guests who may or may not be wearing capes. Keep your eyes peeled and your lolly bags open as you follow the Trick and Treat Trail, with participating retailers handing out sweets to costumed wanderers.

As the sun sets, the fun ramps up with the Best Dressed finals and a family-friendly DJ set to keep the spooky vibes bouncing into the night. Monster Mash, anyone? And whether you're rocking a homemade monster look or just there for the tunes and treats, there's a place for everyone in this community celebration.

Want to strut your stuff in costume? Enter the heats now via the event website (https://wynnumnow.com/wynnum-halloween-parade/), and you might just be crowned Wynnum's Halloween royalty.

So grab your broomsticks, dust off your wigs, and get ready to haunt the streets, because Wynnum's Halloween Parade 2025 is one event you won't want to ghost!







## MANLY-LOTA SCOUT GROUP CUBS EARN BETTER WORLD AWARDS

BY HARVEY SHORE

Sisters Bianca (aged eight) and Larissa Noble (nine), both Cub Scouts in the Manly-Lota Scout Group, were keen to earn Scouting Australia's 'Creating a Better World' badge.

The triangular badge is one of six Special Interest Areas badges that Cubs can earn in Scouting Australia's 'Creating a Better World' program, which encourages young Australians to take action and become global citizens. Scouts and Cubs earn this badge by creating projects related to environmental issues, social justice, or community development, with activities typically aligned with the United Nations Sustainable Development Goals.

The projects often involve community-based work. To complete their projects, Bianca and Larissa volunteered to spend time with Harry Pregnell, President of the Manly-Lota RSL Sub Branch, and his office manager, working to support local veterans and their families.

Both girls helped organise and set up the Sub Branch's regular 'Veteran's Cuppa', a free morning tea held every Wednesday at the Sub Branch. They also conducted a survey of members for

the President, helped promote the Bayside Community Raffle, and folded brochures and raffle tickets.

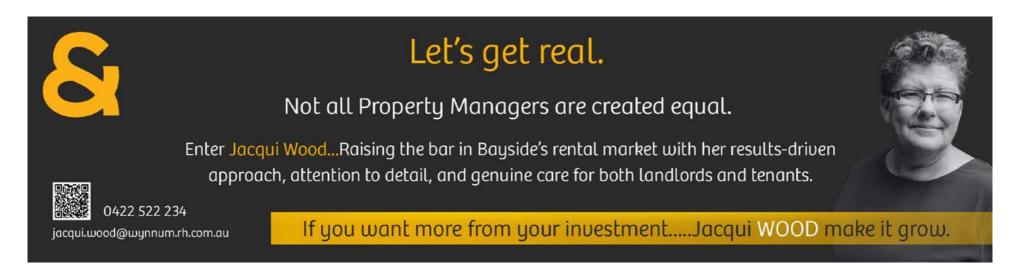
After completing many hours of work, both girls then prepared a detailed report on their RSL activities for Scouting Australia. Their project earned both girls the coveted 'Creating a Better World' badge for Cubs.

In addition, the sisters were invited to the next gathering of members at the Manly-Lota RSL, where President Harry Pregnell declared them the youngest-ever honorary members of the Sub Branch and (to the applause of all members) presented both young girls with Certificates of Appreciation.

The Manly-Lota Scout Group is currently recruiting for both Youth members and Adult Leaders to join the group. Anyone interested in joining should email the Group Leader, Albatross, at gl@manlylota. scoutsqld.com.au.



Bianca (left) and Larissa Noble receive certificates from Manly-Lota RSL President Harry Pregnell. Photo by Harvey Shore.









## WHO GIVES A CLUCK ABOUT THE CHICKENS? JULIE O'SHEA DOES!

Adopting a chook may not be high on your list of fun things to do, but Julie O'Shea says that it can be a wonderful and rewarding adventure.

"Hens are companion animals, no different from a dog or cat. People who have chickens do fall in love with them and realise how sentient and beautiful they are. They're wonderful little friends who just love being around you. They eat your veggie scraps, provide you with great poo as mulch for your garden, improve your permaculture efforts and generally keep you entertained for hours - and gift you some eggs, too!"

After 35 years of corporate life Julie founded Who Gives a Cluck, a volunteer-driven charity committed to rescuing and rehoming hens from the egg laying industry.

"There are 29.5 million caged hens in Australia. The farm that I deal with has 58,000 battery hens and they cull approximately 42,000 of those hens every year, when the hens are about 18 months old and are considered to be non-profitable if they're not producing five to seven eggs a week. We collect the battery hens just before they start culling."

Just before the big rescue effort a team of volunteers gathers up the 'floor girls' - hens that may have escaped the cage, and possibly hurt themselves in the fall. Who Gives a Cluck has two operational 'chook hospitals' - paid for by donations from Hen Heroes - where

hens that don't pass the health check go to, are cared for, and given any necessary rehabilitation and medical treatment.

"We find homes for about 2,500 hens a year in our eight major adoption locations," says Julie. "In the Capalaba area we have 234 Mother Cluckers - approved adopters; we're hoping to raise it to 300 this year."

Hopeful adopters need to fill in an application form to make sure that they're properly prepared for new feathered family members. Julie says that for the first month the hens have to be treated like a two-year old; they're inquisitive, they've never seen rain or sun and usually their first reaction in their new home is to try for a dust bath. If you let them wander too far they won't know how to get back home because they've always lived in a tiny cage.

"Some people may adopt them for the eggs but we make sure that they tick the box that says: eggs or no eggs, this hen will have a forever home," says Julie.

If you're prepared to enrich your life by becoming a Mother Clucker, make sure that your application is in, at the absolute latest, ten days before adoption day. This year, the Capalaba adoption date is October 25. Sign up here: https://whogivesacluck.org/become-a-hen-parent/

For more information - including heart-warming stories shared by other Mother Cluckers - go to www.facebook.com/whogivesacluck/.



Julie with her hens. Photos: Supplied.











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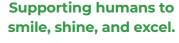
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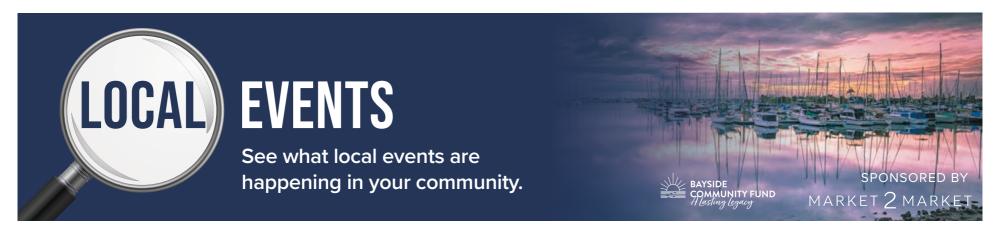


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If you're looking for something to do locally, check out The Community Leader's What's On page here and online.



#### **ROCK 'N' ROLL CLASSES**

Monday nights, Beginners at 7:00pm, Intermediate at 7:30pm, Hemmant Community Hall, Ramsay Road, Hemmant

Shake off the Monday slump and step into something fun. These rock 'n' roll dance classes are a lively, social way to get moving, meet great people, and learn classic 6 and 8-step routines to music that'll have you burning up the dancefloor. Whether you're just starting out or already know your way around a spin, there's a spot for you: beginners kick off at 7:00pm, followed by intermediate dancers at 7:30pm. For more information, call John on 0407 147 181 and get ready to rock your Monday nights.



#### **MINIATURE TRAIN RIDES**

Brisbane Bayside Steam Railway, 1992 Wynnum Road, **Wynnum West** 

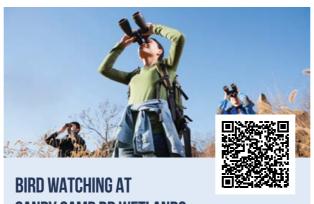
All aboard for a day of steam-powered fun! The Brisbane Bayside Steam Railway runs delightful miniature train rides on the first and third Sundays of each month. Bring the whole family for a charming ride through the tracks, meet fellow train lovers, and soak up the vintage vibes. It's the perfect outing for kids, grandparents, and anyone who loves a bit of old-school magic.



#### FREE MOVIE IN THE PARK

Saturday October 4, 7:00pm, Little Bayside Park, Manly

Join the fun at Manly Harbour Village for a free outdoor screening of the family-friendly movie Despicable Me 4. Bring a folding chair, rug or cushion and settle in for a family-friendly night under the stars. Come early - music plays before the movie, and there's space for the kids to dance. Pack a picnic or pick up dinner from nearby restaurants offering everything from burgers and fish and chips to gelato.



## SANDY CAMP RD WETLANDS

Saturday October 11, 6:00am to 9:30am, meet at Sandy Camp Rd Wetlands carpark, Wynnum West

Join a relaxed early-morning birdwatching walk at Sandy Camp Rd Wetlands on Saturday, October 11. This peaceful 2.6km loop offers prime viewing for water birds, honeyeaters, and parrots, with a chance to spot the resident osprey. The track is flat and easy, perfect for beginners and seasoned birders alike. After the walk, participants can enjoy a BYO morning tea and compare sightings. Meet at 6:00am opposite Iona College. No pets, no toilets - just nature, binoculars, and good company. For tickets, scan the QR code.



#### JAN POWERS FARMERS MARKETS

Saturday October 4 and 18, 6:00am to 12:00pm, Little Bayside Park, Manly

Fresh produce, ocean breezes, and unbeatable community vibes - the Jan Powers Farmers Markets pop up at Little Bayside Park, Manly, on the first and third Saturdays of the month. Locals and visitors flock to the waterfront for farm-fresh fruit and veg, artisan treats, and gourmet bites. It's the perfect spot to grab a coffee, meet the growers, and soak up the sunshine.



#### WYNNUM MANLY HISTORICAL SOCIETY **MONTHLY MEETING**

Thursday October 16, 6:45pm for a 7:00pm start, Queensland Ambulance Museum, Cnr Tingal Road and Cedar Street,

Join the Wynnum Manly Historical Society for their October monthly meeting at the Queensland Ambulance Museum. Local author Tess Rowley OAM will share stories from the Wynnum Choral Society Inc., now nearing its 100th year, plus, there might be a surprise performance! Expect raffles, lucky door prizes, a bring-and-buy table, and refreshments (gold coin donation).

## **CURRY & COMMUNITY IN WYNNUM: ROO'S BENGAL KITCHEN TALES**

Ruhul Amen, known as Roo, emigrated to Australia at the age of 20. He was a university student when he met Vanessa, who eventually became his wife. Their first venture into business was with Roo's brother, buying a snack bar in Woolloongabba, supplemented by a little import-export handicrafts business based in the Brisbane Arcade.

"The snack bar was fairly standard fare - though we did have a regular Scottish customer who thrived on pineapple burgers," Vanessa recalls.

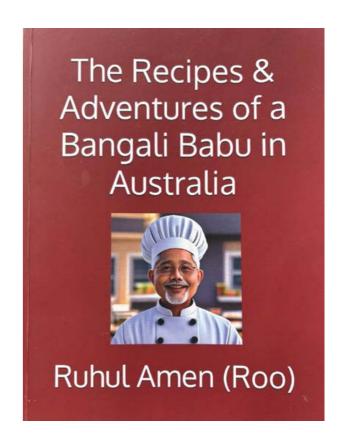
"We decided to try selling curry and rice at \$2.50 a serve. We were encouraged by customers to become a restaurant – there were only three Indian restaurants in Brisbane – and we went on to establish restaurants in several suburbs across Brisbane. We finally settled in Wynnum and established the Bengal Curry House, which is managed by our son Sharif. He's actually a qualified lawyer, but the restaurant trade is where his heart is; it's in his blood."

Vanessa says that Bengali cuisine is subtle, not as overpoweringly strong as some styles of Indian cooking, and uses less oil.

"Some Indian restaurants use commercially produced pre-prepared Indian sauces," says Vanessa. "Our meals are prepared from scratch, using Australian ingredients whenever we can. It's very much a family and community-oriented restaurant."

Roo is still an integral part of the Curry House, enjoying the customer contact as much as creating the meals. He has also turned his talents to writing and the result is a delightful book — a collection of recipes and anecdotes about the funny, scary and awkward moments he has encountered in his career as a restaurateur. The book tells stories of the loving husband and wife who turned up at the same lunch hour — each with someone else, the rescue of a drag queen, and the failed hold-up that ended with an injured mugger.

The book will be launched in early November, and a portion of each sale will go to the Bayside Community Fund. Next time you visit the Bengal Curry House at Wynnum, ask about the book.





#### TREASURES OF EGYPT AND THE NILE

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\*Conditions apply and subject to availability. From price for EGT11 based on departure date 5 September 2026. See: travelmarvel.com.au, search tour code and view tour for full conditions Australian Pacific Touring Pty Ltd. ABN 44 004 684 619. ATIA accreditation. #A10825. TM-3595-HW-CL

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## JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON





#### LINDUM PRECINCT PROJECT UPDATE

The Lindum level crossing and surrounding precinct remain a critical priority for our Bayside community, given its importance for safety, traffic flow, and future growth. I'm proud to have delivered the completion of the new Lindum Station Accessibility Upgrade. Now the attention turns to the wider Lindum Precinct Project.

I have written to the Lord Mayor of Brisbane City Council seeking an update on the project, including clarity on the timeline for commencement of works. Federal funding is on the table, but progress has stalled. Baysiders want action - they want safe roads, proper traffic management, and infrastructure that keeps pace with our growing population.



#### APPLY FOR \$200 KIDS SPORTS VOUCHERS

Since August, there's been a great uptake of Bayside families applying for \$200 kids' sports vouchers. Labor's much-loved FairPlay vouchers are continuing on as rebranded Play On! vouchers, supporting kids to stay active and involved in community sport.

Don't miss out! Eligible families can apply for a \$200 'Play On' voucher per child aged 5 to 17 to help cover registration costs for local clubs and activities. Thanks to everyone who supported the community petition to save this important initiative!

Apply online at www.qld.gov.au/playon.

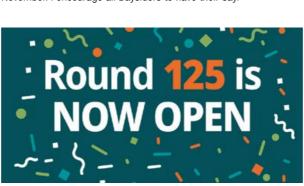


#### **EXPANDED WYNNUM PRECINCT**

Brisbane City Council has approved changes to the Wynnum Precinct Plan (see picture). The proposed new boundaries expand the precinct area and introduce revised building heights, with some sites moving from 8 storeys to up to 15 storeys.

These changes will guide future growth around the Wynnum CBD and transport hubs. The Brisbane Lord Mayor has previously stated that to accommodate 400,000 expected new residents we must opt for "tall over sprawl".

As we plan for the future of Wynnum, it's vital that growth balances opportunity while protecting the unique bayside character that makes our community special. Community consultation closes on 4 November. I encourage all Baysiders to have their say.





#### LINDUM STATION OFFICIALLY OPENED

With the completion of the North Road Carpark, the Lindum Station accessibility upgrade project is now officially complete!

For many years, locals told me that Lindum Station was unsafe and inaccessible, and I made it my mission to ensure this vital upgrade was delivered.

The new station is now fully accessible. It features a new footbridge with lifts, ramps, and stairs, upgraded car parks with more than 200 spaces, secure bicycle storage, accessible toilets, and improved lighting, CCTV, and signage. These improvements will make travel safer, easier, and more inclusive for every passenger who uses Lindum Station

#### COMMUNITY BENEFIT FUND APPLICATIONS CLOSE 31 OCTOBER

Round 125 of the Gambling Community Benefit Fund is now open!

Prepare now and apply for up to \$35,000 in funding. The grants support a wide range of projects and initiatives – supporting community organisations to do more of what they do best, helping Queensland thrive.

Be sure to review the funding guidelines before applying. Applications close midnight, 31 October 2025. For more information, and to start your application today, go to justice.qld.gov.au/initiatives/community-grants

Joan**Pease м**Р

**State Member** for Lytton

Authorised by Joan Pease 100 Edith Street Wynnum







(07) 3915 1100



JoanForLytton



lytton@parliament.qld.gov.au



www.joanpease.com

## LOTA STATE SCHOOL FETE – A DAY OF FUN FOR EVERYONE ON OCTOBER 18!

Mark your calendars for Friday, October 18, as Lota State School P&C Association gets ready to welcome the community to its much-anticipated annual fete. Packed with entertainment, activities, and delicious food, this event promises to be one of the highlights of the year.

The school grounds will be buzzing with excitement, offering something for every age. Adventure lovers can scale the climbing wall or jump into the action with laser tag, while younger children will enjoy the bouncing obstacle castles, tea cup rides, and the always-popular petting zoo. Families can also wander through sideshow alley, where, carnival games, and plenty of prizes await.

The main stage will run all day with a fantastic lineup of local talent, including live music, dance performances, and more. It's the perfect opportunity to relax and enjoy the atmosphere while celebrating the skills of our community performers.

Of course, no fete would be complete without food! From sizzling BBQ, delicious hot food and home-baked treats to refreshing drinks, there will be plenty of options to keep everyone fuelled throughout the day.

Entry is free, and all funds raised will directly support Lota State School. Ride bands can be purchased ahead of time or on the day.







Photo: Supplied.

## Feet*up*. Catch*up*. Showup.

There's a real **up**side to retirement living when you're at Janoah Gardens by the bay at Manly West.

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## Maggie's Mates

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What's your name? Hi, my name is Zeke.

Suburb: I am from Capalaba.

How long have you lived at Capalaba? For six years.

What is your favourite local walk? Unfortunately, I can only dream of a local walk — I am an indoor cat.

What is your most treasured toy? Not strictly a toy, but I love any humans who visit!

What is your favourite food? Dry food.

What's your worst habit? Somersaulting between my human's calves as she walks

What's your favourite local hangout? As I am in house confinement, any sunny comfortable spot around the house will do.

Who is your best doggo friend? I've never met a dog, though I dream of meeting Miss Maggie of Manly!

Any funny or embarrassing stories you'd like to share? My human gets cross when I become over-enthusiastic with her visitors.

What do people love most about you? I am very handsome and friendly. I am also a great "snake in the house" sleuth.

Zeke's favourite animal charity is Twinnies Pelican and Seabird Rescue, and we have made a \$50 donation on his behalf.

Photo: Supplied.

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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## Miss Maggie Of Manly















## **BEACH SAFETY FOR YOUR DOG**

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

As the weather warms up, we start to look forward to beach days. Many dogs love the chance to enjoy a day at the beach, but there are some important safety considerations to make sure the trip doesn't end in a vet visit!

Salt water ingestion



#### Sand ingestion

their coats.

Dogs will often consume sand when playing, especially when digging for buried toys. Swallowing a large volume of sand can result in a condition called sand impaction, which can cause vomiting, reduced appetite, bloating, and constipation. Discourage dogs from eating sand and avoid playing with toys in softer sand.

vomiting, diarrhoea, excessive thirst, confusion,

and seizures. Provide your pet with clean, fresh

water, and make sure you give them a thorough

rinse in fresh water to remove excess salt from

#### Heat stroke

Bright sun and hot sand during the day, combined

with excessive activity, can rapidly lead to heat stroke. It is best to avoid the beach during the hotter part of the day, and do not walk dogs on hot sand. If you suspect your dog is overheating, move to a shady, cooler area and offer them water to help cool them down.

#### Sun burn

Dogs with light-coloured coats and thin skin can become sunburnt. Keep your dog out of the sun between 10am and 4pm and provide shade when on the beach for any extended period. Dog-safe sunscreen can be applied to exposed, less furred areas such as the ears, nose, and belly.

#### Fishing hooks, lines, and baits

Dogs can be at risk of serious injuries from

ingestion of fishing tackle. If your dog swallows a fish hook, DO NOT cut any attached line. Cover any exposed hooks to prevent trauma from licking and seek veterinary attention. Keep a close watch on your dog while around fishing areas, as preventing access to fishing equipment is preferable to expensive surgery to retrieve it from your dog's gastrointestinal tract!

#### **Animal encounters**

Our lovely bayside area is home to a number of marine creatures that are best avoided. Puffer fish ingestion and contact with stone fish can result in life-threatening toxicities, while oyster shells can result in nasty wounds on soft paws. Be alert to your surroundings and supervise dogs carefully.

Wynnum Manly Veterinary Hospital



To make an appointment call

07 3396 6488

vets@wmvh.com.au

- 232 Bay Terrace, Wynnum, QLD, 4178
  - Mon to Fri: 8am 7pm Sat: 8am - 12pm



Dogs will often lap at seawater or inadvertently

swallow a large volume of water while swimming

or retrieving toys. Excess consumption of salt

water can result in salt toxicity with signs including

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## **VOTE FOR YOUR FAVOURITE BAYSIDE BUSINESS/PERSON**

## IN THE 2025 BAYSIDE COMMUNITY AWARDS!



Nominations have now closed and voting commences on September 29 for the Bayside Community Awards! To vote, scan the QR code or go to www.baysidecommunityfund.org.au. Winners will be announced at a gala dinner on November 6 at the Bayside Event Centre in Wynnum, Tickets will be available via the Bayside Community Fund site (above).

#### Sponsored by The Community Leader

ABE Roofing Pty Ltd Banette Bayside Bayside Dance **Bayside Property Agents** Bendigo Bank

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City Cave Wynnum EcoForce Global Fielders Club Frontier Studios

Kellerhers Dance Academy Le Buste

Little Bread Winner Little Gnome Bookshop Manly Deck

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Sonny Jim Studio Yellow The Collective Store The Eclectic Mix The Little Hearing Co The Tasty Pocket Vinnies Wynnum Vitale & Co Property Management Services

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Wynnum Golf Club Wynnum Manly Leagues Club Yoga Bavside

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#### Manly State School P&C

Pete's Pantry Quota Club of Wynnum Manly Inc Repair Café Brisbane Bayside Inc. Rosies Wynnum Manly Branch Rotary Club of Wynnum & Manly Sailability Bayside

SAILS at Bayside Women of Wynnum and Manly Podcast Wynnum 60 and Better

Wynnum Community Place YMCA Wynnum Community Hub

#### **BEST EDUCATOR OF THE YEAR** Sponsored by Joan Pease MP

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Jess Klyza, Goodstart Early Learning Wynnum West Natalie Lynch, Studio Yellow

Georgia Maxfield, Wynnum General Gordon Community Kindergarten

Cina Odman, Goodstart Early Learning Wynnum

Michael Pownall, Wynnum State High School Kate Sterren. Bayside Dance

Nicole Waller, Guardian Angels Primary School

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Rebuild Health and Fitness Side Step Shuffle Smilestones Therapy Stretch Pilates & Barre

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Yoga Bayside

#### **BEST HOSPITALITY BUSINESS -MEDIUM/LARGE**

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The 3 Musketeers The Captain's Parrot Café The Hide Green Café The Shed The Tasty Pocket

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#### Ebb + Flow Boutique Gallery

La Carne Butchery Le Buste Lewis & Philp Little Bread Winner Little Cedar Store Manly Creative Markets Nitro Crew Wheels & Tyres Oz Spy Tingalpa Pedal Inn Bicycle Garage Perry's Prime Meats Sobidah The Chop Shop

The Collective Store The Eclectic Mix Wynnum Bakery Wynnum Fruit Basket Wynnum Plaza Florist

#### **BEST SMALL BUSINESS NEWCOMER** Sponsored by Kara Cook MP

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## KARA COOK COMMUNITY UPDATE

FEDERAL MEMBER FOR BONNER



#### **Busy time in Canberra**

I'm back from the Federal Parliament where I'm so proud to represent our electorate of Bonner. It's been an incredibly busy (and cold!) few weeks. We've worked to deliver cost of living relief and to change lives in our community.

Labor has announced that from 1 October, every Australian will be able to buy their first home with a 5% deposit. This will cut years off the time it takes to save for a deposit, helping people in Bonner into their own homes sooner. Already, 391 residents in Bonner have benefited from the Home Guarantee Scheme.

Labor also introduced legislation to give Services Australia the discretion to waive social security debts incurred as a result of domestic and family violence. No one should feel like they can't leave a relationship due to financial abuse. It's a pervasive and often hidden form of violence. The social security system should be trusted to keep them safe – not misused to cause further harm.

It's a key part of our \$300 million package of debt reform and election commitments to stop perpetrators using Commonwealth systems to abuse their partners. I'm proud that this reform is alongside paid domestic violence leave and housing support for women escaping domestic violence.

The Senate also passed the Cheaper Medicines Bill and several new medications have been added to the PBS. This means every Australian will pay just \$25 for PBS medicines from 1 January 2026. Concession card holders will pay just \$7.70. Our community has already benefited from the government's investments towards cheaper medicines. \$10.5 million has been saved by Bonner residents across 1.6 million scripts.

Labor also passed legislation to protect penalty rates for 2.6 million Australians who work on public holidays, weekends, late nights and in the early morning. I know many people in our community rely on penalty rates.

We also cut student debts by 20%. The average student debt today is \$21,600. This will benefit 21,408 people in Bonner with student debt, to be cut by about \$5,550.

#### **Prime Minister and Energy Minister visit Bonner**

I had the pleasure of welcoming the Prime Minister and Energy Minister Chris Bowen to Bonner. The PM shared exciting news that under the Labor Government's New Home Battery Scheme, households can access a 30% discount on home batteries. With 353 batteries already installed here in Bonner, this investment will make clean energy more affordable for local families, help cut power bills and reduce emissions.



Find out more at https://www.dcceew.gov.au/energy/programs/cheaper-home-batteries.



#### **Mobile Offices**

Over October and November, I will be holding multiple mobile offices. If you want to drop in to have a chat with me or have an issue you want to bring to my attention or just want to say hi, then I would love to see you there.

- Manly Creative Markets: 9-10am, 12 October
- Mount Gravatt Westfield: 10-11am, 15 October
- Cannon Hill K-Mart: 10-11am, 12 November



69 Clara Street, Wynnum Qld 4178 kara.cook.mp@aph.gov.au (07) 3893 3488







## CR ALEX GIVNEY



**COUNCILLOR FOR WYNNUM MANLY WARD** 

**UPDATES FROM YOUR LOCAL COUNCILLOR** 

### **Wynnum Manly Safer School Precinct**

Creating safer and more convenient ways to move around our schools and suburbs.

Brisbane City Council is taking action to improve safety and reduce congestion around the Wynnum Manly Safer School Precinct. We want to give you more travel options while making it easier and safer to move around your precinct. Help us plan these improvements by having your say about your current transport experience and what you want to see in the precinct area.



#### Precinct area

The Wynnum Manly Safer School Precinct supports 3 local schools, and the surrounding residents and businesses, including several early learning centres:

- Manly State School
- Wynnum State High School
- St John Vianney's Primary School

Scan the QR code to have yqursay



STAY IN THE LOOP! SCAN THE QR CODE TO SUBSCRIBE TO OUR E-NEWSLETTER











## MANLY HARBOUR VILLAGE CHAMBER'S MONTHLY HIGHLIGHTS

BY JEMANDA HANNOUF, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE

The Manly Harbour Village Chamber of Commerce (MHVCOC) members have actively engaged in a series of valuable events designed to support local business growth and create community connection.

We kicked things off with a well-attended Business Breakfast at The Manly Hotel, where members came together to exchange ideas, enjoy a delicious breakfast, and hear insights from guest speakers. We were privileged to have Sarah Winwood, Director of Upp HR, share her expertise on navigating HR challenges and building strong workplace cultures.

Adding to the month's activities, we hosted our monthly Trader Networking Evening at the hidden gem that is Manly Marina Cove Motel. Nestled within the grounds of the Royal Queensland Yacht Squadron, this modern 4-star boutique motel offered the perfect setting for a relaxed evening of conversation, collaboration, and community building.

We've also been busy behind the scenes with initiatives like our Social Media Bootcamp, which provided local business owners with practical tools and strategies to enhance their online presence and engagement.

As always, our goal is to support, connect, and celebrate the thriving business community here in Manly Harbour Village.

If you'd like further information about our upcoming AGM or how to get involved in future events, please get in touch, we'd love to hear from you!





















**4 OCTOBER –** FREE Movies in the Park *Despicable Me 4* (Little Bayside Park)

21 OCTOBER - AGM (Royal Queensland Yacht Squadron)

**18 NOVEMBER** – Business Networking Evening (Moreton Bay Discovery Centre)



4 AND 18 OCTOBER —
Jan Powers Farmers Market

**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.



## Join Us at the Wynnum Wellbeing Expo!

#### The Wynnum Wellbeing Expo will be held on Tuesday 28 October 2025 at the Wynnum Community Centre.

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

The Wynnum Wellbeing Expo is on Tuesday 28 October 2025, from 12pm to 3pm on Level 2 of the Wynnum Community Centre, 105 Florence Street. This free event, themed "Connect for Mental Health," is your chance to discover a wide range of local services dedicated to supporting mental health, providing addiction recovery resources, and helping those affected by homelessness. Plus, we'll be offering a complimentary lunch to all attendees and a range of engaging activities to keep everyone entertained and involved.

The Expo is designed to create a relaxed, friendly environment where you can

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

Beyond the Expo, the YMCA Wynnum Community Hub offers a variety of programs that help people connect, build confidence, and thrive. From art therapy to sewing group to our weekly sausage sizzle, there's something for everyone.

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

a new connection, or just curious about what we do, you'll find a warm welcome here.

For more information or to support our local community, give us a call at (07) 3555 6565 or follow us on Facebook by scanning the QR code. We look forward to seeing you there!

Pictured: YMCA Community Hub Art Class participants.

### Tuesday 28th October 12pm — 3pm

YMCA Wynnum Community Hub 105 Florence St, Wynnum Phone: 07 3555 6565



Scan the QR code to follow YMCA
Wynnum Community Hub on Facebook



## WHAT CAUSES SKIN CANCERS AND MELANOMAS?

BY DR ROGER DOWN, MBBS, FRCS, FRACS, MD (LOND)

Last month, we discovered we all need our skin and sun exposure for a healthy life.

There is nothing wrong with a gradually acquired tan in Queensland, especially in summer, with no more than 15 to 20 minutes' exposure at a time without ultraviolet protection. Do NOT sunbake or get sunburnt.

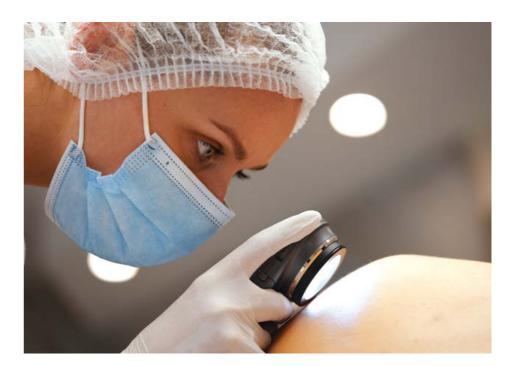
Races with pigmented skin are protected to a high degree from skin cancer. Skin cancer is uncommon in Africa and India. Skin pigment is a God-given protection against skin cancer, which is why people living in equatorial regions have pigmented skin.



Genetics play a major role in outcomes from sun exposure.

- The strawberry blonde complexion or albinos are much more prone to skin cancer than other Caucasians as they do not have – or are unable to – pigment their skin with gradual exposure to the sun. They need to cover up with clothing.
- · People with a family history of skin cancers, especially basal cell cancers, are more prone to develop them.
- A family history of melanoma is the major risk factor for the development of melanoma. Melanoma is not primarily a sun cancer. Why? Sixty-five per cent occur in areas of the body where 'the sun doesn't shine', either due to position or clothing. They can even occur in the gut.

If you have a family history of melanoma, we advise regular skin checks at least every six months from the age of 14 years! A dermoscopy of every pigmented lesion during a thorough skin check is essential. I have found early melanomas as small as 1mm in size.



It is not a cancer of old age. I have a family in which the mother and three teenage siblings were found to have – unbeknown to them – multiple melanomas and/or dysplastic naevi (pre-melanomas). Melanoma is a potentially lethal disease, but most are curable when found early. Level 1 melanomas are 100% curable, but continued surveillance for life is necessary.

More next time. Have fun, take care, and God bless.



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skinclinicmanly.com.au | 128 Boswell Terrace Dr Roger H L Down MBBS, FRCS, FRACS, MD(Lond



## Senior's Month Celebrations at PACE

CONTRIBUTED BY PACE AT SLEEMAN

It's no secret that exercise at any age has its benefits. But for seniors, exercising has been proven to prevent disease, reduce symptoms of chronic illnesses like arthritis and diabetes, improve muscle tone and bone density, reduce high blood pressure, improve mood, and often provides a social element too.

Pace Manager, David Trahair, said: "Staying fit and healthy will help individuals maintain a positive attitude towards aging and feel confident in their daily life. Prioritising your health allows you to continue to contribute to the people and places you care about most. At Pace, more than 50 per cent of our members are in the 50-plus age bracket. They love coming here to exercise, and there's a great social community for our senior members."

Pace membership gives you access to a huge selection of group classes, the fitness centre, and the heated pools, as well as tailored individual fitness advice delivered by highly qualified fitness staff.

To celebrate Senior's Month, Pace has organised two separate Senior's Days with FREE senior-focused activities available to the public.

#### **WEDNESDAY 8 OCTOBER:**

 9.30am – Nicki Thornhill from Royal Life Saving Society Queensland (RLSSQ) will be doing a presentation on various topics, including: Practical advice for parents, grandparents, and carers to keep children and families safe around water; essential personal safety and survival techniques; how to recognise and understand water safety signage. The presentation will be targeted at those seniors who love to recreate, travel, and enjoy Queensland's waterways (45-minute presentation).

- 9.30am to 10.15am Deep Aqua Class.
- 10.30am to 11.15am Gentle Shallow Agua Class.

#### FRIDAY 10 OCTOBER:

- 9.30am to 10.15am Deep Aqua Class.
- 9.30am John Schmacker, Physiotherapist from Results
   Physiotherapy, will be doing a presentation on Balance for Seniors (45-minute presentation).
- 10.30am to 11.15am Shallow Aqua Class.
- 10.30am Anne Sievers from Nutrition Warehouse will be doing a presentation on nutrition for Seniors (30-minute presentation). Includes free product samples.

The above sessions are all FREE. To book a spot for the Aqua Classes OR the information sessions, please call Pace on 3131 9615 or send us an email pace@sleemansports.com.au



Photo: Supplied.

All activities will be held at the Brisbane Aquatic Centre, located at Sleeman Sports Complex, Cnr Old Cleveland and Tilley Roads, Chandler.

During Senior's Month, Pace is also offering a Join for two weeks, get two weeks FREE offer\*. You'll be treated to the full PACE AT SLEEMAN membership experience, which includes: a personalised program; access to over 60 group fitness classes; access to our modern Fitness Centre; use of our heated pools for lap swimming; and a FREE digital Technogym Training Coach Account to help monitor and motivate you to achieve optimal health, fitness, and wellbeing.

Find out more by calling us on 3131 9615, or by visiting sleemansports.com.au, OR use the QR code (right). \*Conditions apply.









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2 weeks FREE

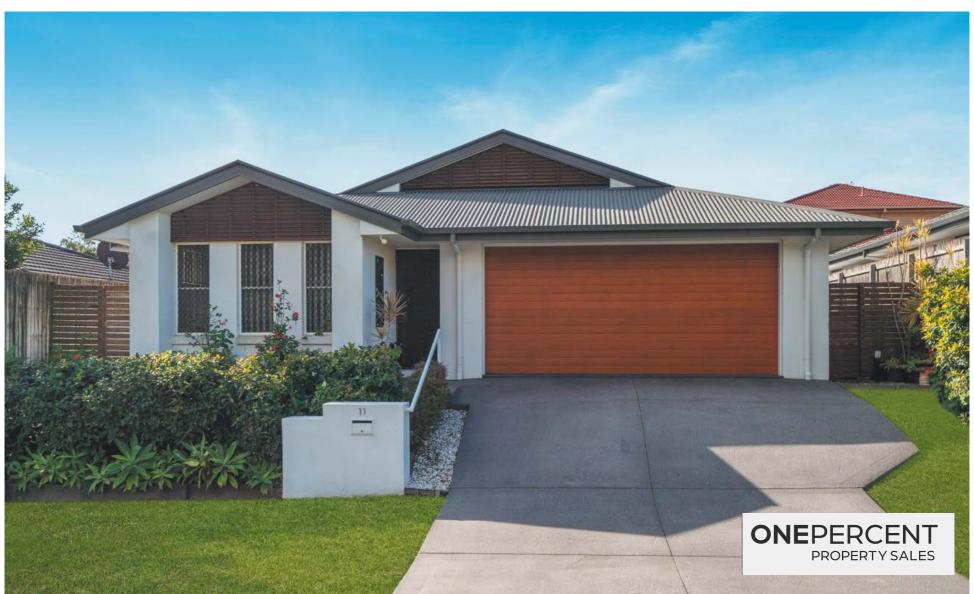
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## The Importance of Pest Control During Summer

CONTRIBUTED BY AMG PEST MANAGEMENT

Summer in Australia is a time we all look forward to – longer days, family barbecues, and more time outdoors. But with the warmer weather also comes an increase in unwanted visitors: pests! From ants marching across the kitchen bench to cockroaches hiding in the dark corners, summer is the peak season for pest activity.

Pests thrive in the heat and humidity, making our homes and backyards an easy target. Ants, cockroaches, flies, mosquitoes, spiders, and even termites are far more active during summer. Not only can they be a nuisance, but many pests also carry diseases or cause serious damage to your property. For example, termites alone are responsible for thousands of dollars in damage to homes each year. Scarier is that one in three homes is impacted by termites.

Simple steps can make a big difference in keeping pests away. Keeping food sealed, cleaning up crumbs, emptying bins regularly, and reducing standing water around the home can help reduce the risk. Regular professional pest inspections are also important, especially during the warmer months, to catch problems early before they become a costly issue.

Taking action now means you can enjoy your summer without the stress of pests invading your home. A safe, comfortable, and pest-free environment lets you focus on what matters most, such as spending time with family and friends.

This summer, stay one step ahead of pests and protect your home and loved ones with simple prevention and timely pest control.

Thank you for choosing A.M.G Pest Management: proudly 100% family owned and operated!







#### Holiday Home Security Made Simple: Protect Your Home While You Celebrate

CONTRIBUTED BY OZ SPY

The holiday season is a time to relax, celebrate, and enjoy time with family and friends. But it's also a period when homes can become easy targets for opportunistic burglars. The good news? Alarm systems and CCTV footage are a great way of preventing this and a few simple steps can make a huge difference.

#### Lock Up and Stay Secure

Always ensure that doors, windows, and even side gates are locked, even when you're just stepping out for a short while. Deadbolts, window locks, and security screens add extra layers of protection. Remember, even a brief lapse in locking up can leave your home vulnerable.

#### **Light Up and Deter**

An empty-looking home is an invitation for theft. Use timers for lights or keep some on while you're away to create the impression of activity. Motion-activated lights at entrances are also effective at discouraging intruders, which can make potential intruders think twice.

#### **Use Alarms and Security Systems**

If you have a home security system, make sure it's activated. Even a simple alarm sticker on the window can act as a deterrent. Security cameras, whether professional or DIY, provide both monitoring and peace of mind. OzSpy offers free quotes, installations, and services to help set up your security system, ensuring your property is properly protected.

#### **Communicate With Your Neighbours**

Neighbours can be your eyes and ears when you're away. Let trusted neighbours know your plans and ask them to keep an eye out for unusual activity. Local online groups can also be valuable for sharing alerts about suspicious behaviour in your area.

#### **Extra Precautions**

Avoid posting travel plans or holiday photos online until after you return. Keep valuables out of sight and don't hide spare keys in obvious spots like under doormats. Arrange for mail and deliveries to be collected or paused so that no signs indicate an empty home.



Taking a few minutes to plan ahead can protect your home and provide peace of mind throughout the holidays. With these basics covered, you can focus on celebrating, knowing your home is safe.

## Save thousands. Sell your home for 1.5% including free advertising.

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\$1,000,000	\$16,500	\$33,000	\$16,500+
\$1,250,000	\$20,625	\$41,250	\$20,625+
\$1,500,000	\$24,750	\$49,500	\$24,750+



#### Contact Craig Yarrow

0407 752 269

craig.yarrow@onepercent.com.au

**ONE**PERCENT **PROPERTY SALES** 



## First Homes, Fresh Starts: Why October is Your Time to Buy

BY KERYN OSGERBY, SOLD PROPERTY GROUP

From 1 October 2025, first-home buyers in Queensland will have more support than ever to get into the property market. And while the government schemes make the headlines, what really matters is what comes next: finding the right home, in the right community, with the right potential. That's where SOLD Property Group comes in.

Buying your first home isn't just about the keys — it's about belonging. It's about choosing a suburb where you'll walk your dog in the local park, grab a coffee on a Saturday morning, or maybe raise your kids near schools you can trust. Belmont, Tingalpa, and the surrounding bayside suburbs are full of entry-level homes with untapped value — solid bones, great locations, and room for you to make your mark.

At SOLD Property, we're here to guide you through the process with warmth and care. We know the challenges first-home buyers face, from budgeting and inspections to imagining how a tired kitchen or overgrown yard could become something beautiful. With our local knowledge, styling advice, and renovation know-how, we'll help you see not just what a property is — but what it could be.

Your first home should be more than just a transaction. It should be a foundation – somewhere you feel comfortable, connected, and proud.

With October's changes making ownership more accessible, now is the moment to take that first step. And when you do, we'll be right here to walk with you.

From first inspections to moving day, we'll guide you every step. Contact Keryn on 0421 594 529.



More Buyers. More Competition. More Opportunity.

Timing matters. And right now, buyers are primed to make their move.

Thousands of first-home buyers have entered the Queensland market this month with stronger purchasing power than ever before - backed by new government schemes and ready to act fast.

#### For sellers, that means one thing: opportunity.

At SOLD Property Group, we know how to position your property to stand out and attract this wave of motivated buyers.

With expert strategy, styling and local insight, we'll help you capture the market while demand is at its peak.





List with SOLD Property - and make the most of the moment.

**Call Keryn on 0421 594 529** or visit **soldpropertygroup.com.au**Belmont Road Shopping Village (next to Woolworths Metro)







## Local families are powering ahead with the battery rebate

FROM GOODHEW ELECTRICAL & SOLAR

As energy prices rise and time-of-use tariffs roll out across the Bayside, more locals are turning to home battery storage. The Australian Government's Cheaper Home Battery Rebate is making it easier than ever to invest in the latest energy storage technology.

At Goodhew Electrical & Solar, we've seen a surge of interest in two standout brands — SAJ and Sungrow. Both manufacturers have developed some of the most reliable battery systems available on the market. These systems allow families to store excess solar energy generated during the day and use it when it matters most — at night or during peak demand periods. For many of our customers, the financial and lifestyle benefits are remarkable.

It is important to realise that not all batteries are created equal. We have seen a number of low-budget, low-quality batteries installed by others across the Bayside under the rebate scheme. Some have already failed and the customers are unable to make contact with the original installer, so they have reached out to us. Choosing a proven brand is critical for long-term peace of mind, and equally important is the company that installs it. A local, reputable installer understands not only the products but also the unique requirements of a Bayside household. At Goodhew, our decades of experience mean every installation is designed for maximum efficiency, safety, and future expansion.

The results speak for themselves. One of our recent customers, who invested in a 40kWh Sungrow battery system, is already seeing significant returns by participating in wholesale energy trading. In their words: "Our battery has completely changed how we think about electricity. We're not just saving money — we're actually earning credits by selling power back to the grid at night. It's good to know we're ahead of the curve and in control of our future."

This is the future of clean, smart energy. The Cheaper Home Battery Rebate won't last forever, so now is the time for households to act. By investing in a quality battery system, installed by a trusted local company, families can protect themselves from rising bills, embrace sustainability, and even create new income streams.

As the Bayside's multi-award-winning solar and battery experts, we've been helping homes and businesses reduce their energy costs for over 18 years. Our team of licenced electricians delivers systems designed for performance, safety, and long-term savings. We don't just sell you a battery — we guide you through the entire process, from designing a tailored solution to applying the rebate and commissioning your system with full monitoring and support.

This is your moment to power up and push back against rising energy bills. If you've been thinking about adding a battery or



Photo: Supplied.

upgrading your existing solar system, don't wait. Contact our team today on (07) 3286 1422 or visit www.goodhewsolar.com.au.

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## MEN'S SHED'S BIG BREAKFAST FOR WORLD MENTAL HEALTH DAY

FROM DON BROWN, WYNNUM MANLY AND DISTRICT MEN'S SHED

The Wynnum Manly and District Men's Shed is proudly assisting in promoting World Mental Health Day by hosting a Big Breakfast on Friday, 10 October.

The Men's Shed aims to raise awareness of the growing divergence of mental health issues affecting all age groups, as well as the avenues of assistance available in the community, through health and allied health organisations.

The Men's Shed has a simple model for success, which has now made Men's Sheds synonymous with men's mental health.

By incorporating the best ideas from other successful, established community groups, such as Rotary, Scouts, and Woodturners, the Men's Shed has developed a strong model that offers our members a wonderful opportunity to engage in new and exciting skills and exercise their long-neglected creative talents.

Firstly, we aim to get members out of the house and away to the Men's Shed where they can reunite with their tribe. Secondly, we offer creative opportunities with a variety of modern equipment and technology to connect like-minded members, allowing them to find new soulmates. And thirdly, reconnect with others via outside activities such as sausage sizzles, garage sales, community projects, and bus and train trips.

A new chapter is opened in the lives of those who thought their time had passed them by, and their renewed enthusiasm allows them to view their lives through more positive eyes.

The Men's Shed Big Breakfast will be held on Friday, 10 October, from 8:00am to 12:00pm at 59 Granada Street, Wynnum North.



Wynnum Manly and District Men's Shed members. Photo: Supplied.

## Home Delivering More Good News to More People

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.



## ommunity Leader WE'RE ALL ABOUT GOOD NEWS

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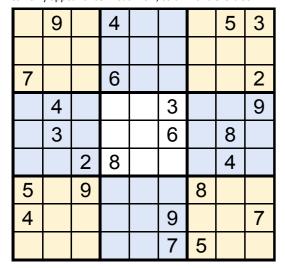
#### **NOVEMBER BOOKINGS**

- · Community editorial 10th of October or earlier
- · Advertising cut off 14th of October
- Distribution from 3rd of November
- 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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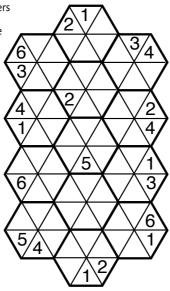
#### Sudoku

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

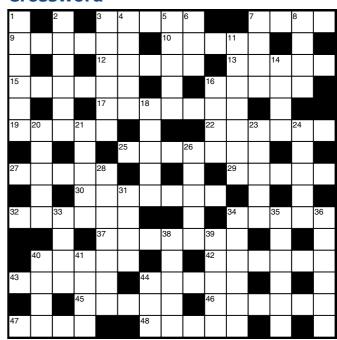


#### **Quick Workout**

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
- st No verb forms or plurals ending in 's'
- \* No proper nouns and no hyphenated words

TODAY'S Good: 9 words **FOCUS** Very good: 17 words Excellent: 26 words



Reference: Macquarie Concise Dictionary Focus No. 3898

#### ACROSS

- 3 Document
- 7 Single entity
- 9 Neckwear
- 10 Old stringed
- instruments
- 12 Organic poison **13** Become less tense
- 15 Very heavy
- 16 Worker in stone
- 17 Retributive justice
- 19 Kind of wheat 22 Soft sound
- 25 Transmute
- **27** Let in
- 29 Bird of prey
- 30 Arbitrator 32 One granted a lease
- **34** Concise
- 37 Pungent sauce
- 40 Wish for wrongfully

- **42** Imagined perfect state 43 Apple drink
- **44** Woo
- 45 Muslim religion
- 46 Italian city
- 47 Actual
- 48 Slender candle

#### DOWN

- 1 Climbs 2 Bottle for the table
- 3 Inventor's grant 4 Make up for
- 5 Omit in pronunciation 6 Cricket score
- **7** Employs
- 8 Modern Persia 11 Effacement
- 14 Upper level
- 16 Deep mud 18 American elk
- 34 Reel 35 Mend
- 36 Made proud
- 38 Fragrance

20 Army chaplain

23 Raised platform

**31** Noteworthy deed

21 Dens

24 Soothes

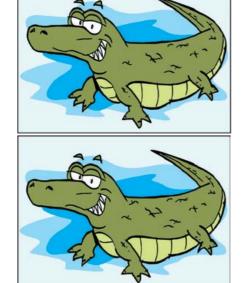
28 Seesaws

26 Turns away

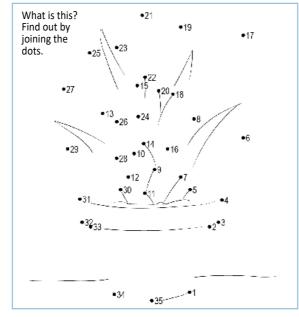
33 Given shoes

- **39** Bend
- 40 Quote
- 41 Disguise
- **44** Domestic animal

#### **Spot the 5 Differences**



#### Join the Dots



#### **Solutions**



rego rogue rouge rugose segue serge surge urge. FOCUS: egest egret ergo gesture goer gore gorse gout greet GROTESQUE grouse grout guest gusto gutser ogee ogre

movea, segment missing from chest, extra lump on back, SPOT THE 5 DIFFERENCES: Nostril moved, cheek dimple

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**Home Visits** 3:30pm - 6:00pm Phone 0426 820 646

### WEDNESDAY

**29TH OCT** 

Redlands Sporting Club (Room 3, behind Haven Restaurant) 10:00am - 2:00pm Anson Road, Wellington Point

**Home Visits** 2:00pm - 6:00pm Phone 0426 820 646 For a Home Visit

#### **THURSDAY** 30TH OCT

Victoria Point **Sharks Sporting Club** (Sharks Function Room) 10:00am - 1:00pm 325 Colburn Avenue,

Home Visits 1:00pm - 6:00pm Phone 0426 820 646 For a Home Visit

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#### **FRIDAY** 31ST OCT

Redlands RSL (Tobruk Room) 10:00am - 2:00pm 8 Passage St. Cleveland

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31

## REDLANDS CAMERA CLUB SHINES IN NATIONAL PHOTO COMPETITION

Redlands Camera Club has proudly earned national recognition, achieving a top ten ranking in the 2025 Australian Cup Interclub Competition. The club secured sixth place out of 42 camera clubs nationwide - an outstanding result that highlights the skill and creativity of its members.

Organised annually by the Australian Photographic Society, the competition brings together clubs from across the country in a showcase of photographic excellence. This year's theme "This is Australia", invited entrants to capture the essence of the nation through images taken anywhere across Australia's states and territories.

Redlands Camera Club's strong performance placed it as the highestranking club from Queensland, reflecting the dedication and teamwork of its members.

Club president Pia Jessen said the recognition is a testament to the club's commitment to fostering photographic talent in the community.

"To be recognised at a national level is a huge honour for our club. It reflects not only the outstanding work of our members but also the supportive and collaborative spirit that drives Redlands Camera Club," Pia Jessen said.

With this achievement, Redlands Camera Club continues to inspire photographers of all levels. Congratulations to all members on this outstanding accomplishment!



Albino Python - Jeff Basley



Cormorant in the Mist - Wendy Bauer



Circular Quay - Paul Balfe



Watch Out - Maree Morris

Cradle Mountain Sunrise - Andrea Lago

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## **COMMUNITY ORGANISATION PROFILE: AL-ANON FAMILY GROUPS**

If someone you care about struggles with alcohol, it can take a toll on your own emotional health. That's where Al-Anon Family Groups comes in. It's a warm, welcoming fellowship designed to support family members and friends affected by someone else's drinking. It's a space where you can connect with others who truly understand what you're going through, share your story, and learn practical ways to take care of yourself.

Al-Anon meetings are confidential and judgment-free, offering a safe environment to explore how alcoholism affects families and relationships. You'll hear from people of all backgrounds, each navigating their own path toward healing. The program follows a 12-step model, similar to Alcoholics Anonymous, but with a focus on your own recovery — not trying to fix or control someone else's drinking.

One of Al-Anon's core messages is that you didn't cause the problem, and you can't cure it. Instead, the focus is on acceptance, setting healthy boundaries, and finding peace by letting go of what you can't control. It's about learning to detach with love, and supporting your loved one without losing yourself in the process.

Al-Anon is free to attend, and there's no pressure to speak or commit. You're welcome to simply listen, and many people find comfort just being in the room. There's also Alateen, a sister program for teenagers dealing with similar challenges.

If you're curious, the best way to get started is by attending a meeting. They're held in community spaces across the country, and you can find one near you through the Al-Anon Family Groups Australia website. It might just be the first step toward feeling a little more grounded, supported, and understood.



For information and help contact: AL-ANON FAMILY GROUPS www.al-anon.org/Australia Phone: 1300 252 666







#### **LOCAL FISHING WITH SPERO**

## OCTOBER'S BAY BOUNTY: MACKEREL, WHITING AND SNAPPER ARE ON!

BY SPERO KARTANOS

You won't find better weather for a fish in the bay than right now — and with the fish biting in good numbers, it's easy to put something fresh on the dinner table this month.

So, where are they? The school mackerel have come back on the bite, and the whiting will be in good numbers in the Rous Channel, the Sand Hills, and close in to the Wynnum foreshore and Darcy Light, all the way to St Helena. If October is anything like September, the snapper fishing should continue to be excellent.

School mackerel will be all over the bay, especially on the western side of the bay from St Helena to Ormiston, and some in the Rous and the Rainbow Channel. Using diving boards with 3-inch Halco spoons is the way to go. And once you find the mackerel, floating out pillies on 3-ganged hooks will get you plenty as well.

The whiting are caught best with a good run in the tide, and I use a paternoster rig. Bloodworms are the best bait by far, and frozen beach worms would be my second choice. Peeled prawns and strips of squid work, but not as well, unless the fish are thick on the bite.

The whale sightings in August and some of September in the bay have been very disappointing compared to previous years. Let's hope they come in for a little rest in October.

So get out there when the conditions are good and get a fresh fish or two for dinner!

Good fishing!



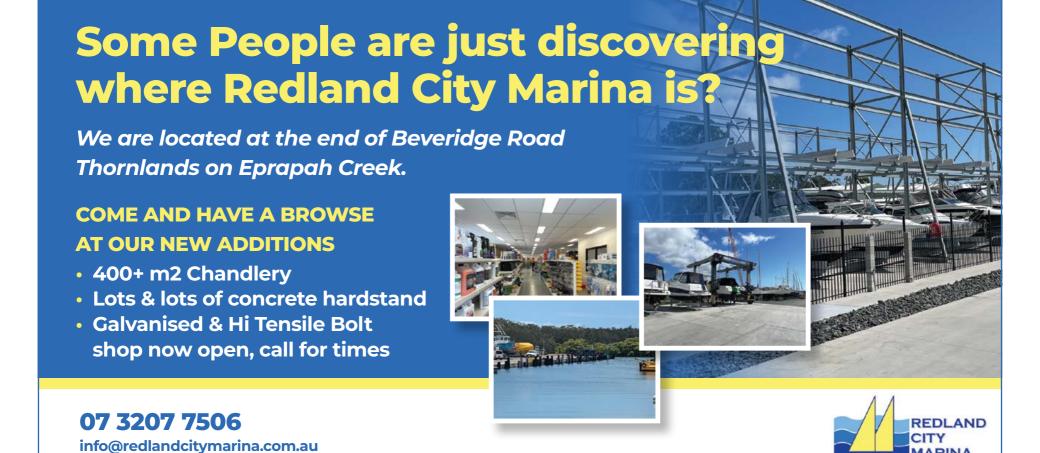








Photos by Spero Kartanos.



#### **LOCAL GARDENING WITH KAT**

## THE PURPLE HAZE

BY KAT PEARSON, GIRL IN THE GREEN

"Jacaranda!!!" That is what my sister and I would yell out every time we saw the purple haze of a jacaranda tree. It was a game to see who could say it the fastest when a tree was spotted — and you said it once for every tree. I'm not sure if this was a legitimate game or something my mum made up to keep us occupied in the car. Considering the avenue of jacaranda trees that lined the street of our primary school and the ensuing month of car-chaos when she took us to school, I suspect she regretted it either way.

Jacarandas (*Jacaranda mimosifolia*) are an introduced species (from Brazil) and are actually classified as a weed in Queensland due to their ability to happily self-seed and take over native vegetation. They're an iconic weed, though. Grafton and Ipswich even have celebrations and festivals in October/November to celebrate these special trees that drop all their foliage, covering everything below them in teeny tiny leaves that block all sorts of gutters and downpipes, then put on a fabulous show of little mauve trumpet-shaped flowers that eventually fall and become a brown slushy mess all over the pavement. Most people still love them, though. At least from afar.

Jacarandas are in the Bignoniaceae family, which includes other trees such as Tabebuia (also flowering now) and vines, such as our native *Pandorea* and the classic orange trumpet vine (Campsis radicans). Take a closer look at the trumpet-like flower shape next time you get a chance, and you will see the similarities.

Jacarandas are a fast-growing tree, generally up to 15 metres with a canopy just as wide and an extensive root system. There are now more compact dwarf varieties available, and even the rarer white jacaranda, which is the same species, just a special cultivar with white flowers instead of the typical





Photo: Kat Pearson.

purple. While they are beautiful, I think it's the purple colour that makes Jacarandas special.

Sadly, many of us do not have the space for a Jacaranda, but there's no reason we can't enjoy the magic of the trees that are already here. "Jacaranda!!!"



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## **CHEESY PUMPKIN HALLOWEEN DIP BOWL RECIPE**



Whether you're having a Halloween dinner party or just love a delicious, hot, cheesy dip, this is a fun twist on the good old party cob loaf recipe, but instead of bread, we're using a whole pumpkin to hold gorgeously gooey cheese dip!

#### **INGREDIENTS**

- 1 small whole pumpkin (about 1kg)
- 1 tbsp olive oil
- 1 tbsp butter
- 1 brown onion, sliced
- 300g cream cheese (full fat)
- ½ cup of sour cream

- 125g freshly grated cheddar or red Leicester
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh chives
- 1 tsp smoked paprika
- · Salt and pepper



#### **METHOD**

- 1. Preheat oven to 180°C (fan forced).
- 2. Using a sharp knife, cut the top off your pumpkin (like a lid). Scoop out seeds and stringy bits.
- 3. Brush the inside with olive oil, sprinkle with the smoked paprika, and a little salt and pepper.
- 4. Roast pumpkin (lid off) on a tray for approximately 20-25 minutes until the remaining pumpkin flesh is tender, but still sturdy enough to hold your dip.
- 5. Meanwhile, in a frypan, sauté the onions in a splash of oil and a tablespoon of butter over a low to medium heat until they're soft (don't burn). Set aside (keep any buttery sauce).
- 6. In a medium bowl, mix cream cheese, cheddar, sour cream, cooked onions (and any leftover butter sauce from the pan), parsley, and chives until smooth. Season with salt and pepper.
- 7. Spoon cheesy mix into the roasted pumpkin. Return to the oven for 10 minutes until the cheese mixture is melty and bubbling.
- 8. Pop the lid back on your pumpkin, and it's ready to serve.
- 9. Serve warm with crackers, veggie sticks, or crusty bread use a fondue stick if you like!



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# LOCAL READERS: A BOOK REVIEW – *TWIST* BY COLUM MCCANN

BY ANNE CROWLEY

#### WHAT THE EXPERTS SAID:

"Anthony Fennell, a journalist, is in pursuit of a story buried at the bottom of the sea: the network of tiny fibre-optic tubes that carry the world's information across the ocean floor - and what happens when they break.

"So he has travelled to Cape Town to board a cable repair vessel captained by Chief of Mission, Conway. Conway is a talented engineer and fearless freediver — and Fennell is quickly captivated by this mysterious, unnerving man and his beautiful partner, Zanele.

"As the boat embarks along the west coast of Africa, Fennell learns the rhythms of life at sea. But as the mission falters, tensions simmer – and Conway is thrown into crisis. Then Conway disappears, and Fennell must set out to find him." *Bloomsbury*.

#### **MY THOUGHTS:**

Fennell says at the beginning he "needed a story about connecting, about grace, about repair". Did he get one? ... Before repair comes rupture.

The story has the air of a mystery from start to finish. "Others have tried to tell Conway's story, and so far as I know, they got it largely wrong." Fennell becomes obsessed with everything Conway, and

particularly with solving the puzzles that surround the enigmatic man, to the end.

Along the journey, we experience captivating and vivid descriptions of the process of freediving, the depths of the ocean and its undiscovered creatures, and the enormous collection of human rubbish below the surface (including that transmitted through the cables).

We learn that *Waiting for Godot* (Samual Beckett) is actually today's great climate play, according to Conway's actress partner Zanele – "let us do something while we have the chance" (quoting Beckett).

We observe through Fennell's narration a lengthy ocean voyage involving sea-sickness, storms, calm, the ever-changing nature of the sea, and the regimen of managing the ship.

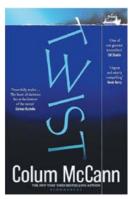
We gain fascinating insights into the process of cable repair, beginning with finding a needle in a haystack, more than 4km below the surface – literally a stab in the dark! Repeat until successfully locating and retrieving the fibre-optic ends and fusing them – as long as it takes.

I enjoyed the book's intertwining metaphors, for example, cables with relationships and human wiring, and the surface and depths of the ocean with human connection and understanding. Conrad's

relationship apparently unravels, while Fennell works on repairing his with his alienated son, starting with drying out during the sea voyage.

"The task at hand was to knit at least some distant parts of myself anew.

"The disease of our days is that we spend so much time on the surface. Part of our human warmth is the darkness we don't show each other."



And I enjoyed the succinct but evocative writing style and apt use of words. (I confess I referred to the dictionary more often while reading this book than I have in years.)

As to the answer to the opening question, Conway says, "Everything gets fixed, and we all stay broken." Perhaps this explains the final plot twist, though my book club was equally divided as to its plausibility. I was left wondering: perhaps it is understandable as a break in the cabling in a person.

Either way, Twist is worth reading



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### SOPHIE PARKER TO DIRECT MERCURY THEATRE'S A DOLL'S HOUSE

Mercury Theatre Wynnum's Mark Pitts-Hill sat down with Director Sophie Parker to talk about the upcoming production of A Doll's House, what attracted Sophie to the performing arts, and this particular play.

MARK: Henrik Ibsen's play, *A Doll's House*, shocked audiences in 1879. It boldly challenged 19th-century social norms around marriage, gender roles, and women's autonomy. Mercury Theatre's provocative production is in the skillful hands of Sophie Parker, who has directed many plays, including one in London's West End. I interviewed Sophie recently to find out what attracted her to the performing arts and this particular play.

MARK: Hi Sophie. Mercury Theatre is delighted to have you directing this play, and thank you for talking with us today. What got you interested in the performing arts?

**SOPHIE:** Thank you for having me! I am so excited about this production. I got inspired to perform by my grandfather, who was a competitive ballroom dancer and a huge lover of theatre. I started dancing when I was three and later moved into the world of drama at secondary school and never looked back. I always knew it would be a huge part of my life, so I studied Drama and Theatre at university to deepen my understanding. I love all parts of the performing arts.

MARK: And what about this particular play?

**SOPHIE:** It appealed to me because, at its core, the play requires us to question ourselves, how much of our identity is shaped by the

expectations placed on us by society. And just as importantly, what it takes to break free of those expectations. It comes at a time when lbsen's feminist writing is still as relevant as ever, with social issues surrounding women's autonomy needing to be spoken about once more

MARK: Is that something that you resonate with – breaking free of expectations?

**SOPHIE:** Yes, as a young woman, I feel a deep sympathy for Nora, the main actress. Having to choose between something you want and something that's expected of you is an act that all of us can relate to, no matter how complicated. I think it's always important to fight against 'the norm' or what's expected of you as that is how you grow and get to understand yourself. Ibsen, who wrote the play, said, "A woman cannot be herself in modern society."

MARK: How true is that today, do you think?

SOPHIE: Even today, women continue to lose autonomy over their own bodies, bound by laws written about them but not by them. Nora's struggle for freedom reminds us of the urgent need to question the roles and demands society imposes upon us. Disturbingly, misogynistic content still circulates widely on social media. I feel this poses a risk for young men and boys of developing attitudes that are outdated and, in some instances, promote sexist views of women's place in society. To be a woman in today's world remains increasingly difficult, and while lbsen's play may centre on a 'secret' that no longer bears

the same weight in our time, the relationships between the characters — and the ways they perceive one another — still resonate with alarming familiarity.

**MARK:** Are some things too hard to change?

SOPHIE: Well, I know how this play affects me and I know it will provoke, inspire, and reflect the questions we are still asking about our own freedom and selfhood.



Director Sophie Parker. Photo: Supplied.

Change is ALWAYS possible; the smallest actions can move towards a better outcome. Whether that's standing up for women across the world without a voice, or for those closest to you going through a hard time. This is about holding each other accountable as we move toward true equality. The play holds up a mirror, asking us to reflect on how far we have truly come, and whether the progress we claim has been as deep as we would like to believe.

Find out more about Mercury Theatre by visiting www.mercurytheatrewynnum.com.au.

# SAVOYARDS DIALS UP BROADWAY GLAMOUR WITH HELLO, DOLLY!

Until October 11, the lona Performing Arts Centre will come alive with the sparkle, sass, and show-stopping charm of *Hello, Dolly!* – Broadway's beloved musical comedy, brought to you by Savoyards.

Set in Yonkers, New York, the story follows Dolly Levi, a bold and witty matchmaker with a plan: to pair the wealthy but stubborn Horace Vandergelder with his ideal partner — herself. What unfolds is a whirlwind of dancing waiters, lavish costumes, and toe-tapping tunes, all wrapped around a heroine who's as complex as she is charismatic.

With its brassy score, booming chorus, and timeless humour, *Hello, Dolly!* is more than nostalgia – it's a celebration of love, ambition, and second chances. This production promises all the glamour of classic Broadway, led by a strong, middle-aged female lead who steals every scene.

Don't miss your chance to see Dolly back where she belongs. For tickets, go to savoyards. com.au.



# WYNNUM MANLY LEAGUES CLUB GIVES OVER \$68,000 TO LOCAL GROUPS

Wynnum Manly Leagues Club has once again proven that community is at the heart of everything it does, distributing \$68,569 to 20 local not-for-profit organisations through its latest Community Grants Program.

At a recent special presentation evening held at the club, community groups, schools, kindergartens, cultural organisations, and sporting clubs gathered to celebrate their achievements and receive vital funding to support their ongoing work.

Since launching the Community Grants Program in 2016, the club has proudly contributed just over half a million dollars with \$502,834.50 to grassroots initiatives that improve lives and foster local connection.

Highlights from this year's grant recipients include:

- Schools and kindergartens introducing new shade sails, brain break stations, sports equipment, and outdoor PA systems ensuring students stay safe, supported, and active during learning and play.
- Clubs and associations upgrading training gear, uniforms, and communication systems, enhancing
  opportunities for young athletes and volunteers to thrive.
- Community groups like Bayside Shelter and Winnam Aboriginal and Torres Strait Islanders Corporation
  expanding their outreach, advocacy and cultural storytelling giving voice and support to those who need
  it most.
- Youth-focused initiatives, such as the creation of a teenage retreat space by PCYC Bayside, are helping provide safe, welcoming environments for local teens facing complex challenges.



Photo: Supplied.

 Historical and creative organisations are preserving the bayside's unique stories and traditions, including the digitisation of archives and the production of community heritage projects.

The club's ongoing community contribution is made possible by members and guests who choose to support a venue that reinvests into its own backyard.

For more information or to apply for future funding rounds, visit www.wynnummanlyleagues.com.au.

#### Dear Members,

The Wynnum Manly Leagues Club is calling for nominations to join our Board of Directors.

An internal review and recent Board survey have highlighted the value of bringing in new skills and fresh perspectives. We're particularly encouraging nominations from members with expertise in Accounting, IT, Governance, or Risk Management.

To strengthen our future, we'd also welcome greater diversity — including female candidates and members under 45.

If you're passionate about our Club's success and ready to contribute, we'd love to hear from you!

Kind regards, Brett Mooney

On behalf of the Board of Directors Wynnum Manly Leagues Club



#### Wynnum Manly Leagues Club Ltd.

Board of Directors
hereby give notice that
nominations for the
position of Director
will open from
Friday 10 October,
2025 at 10.00am
and will close
Friday 24 October,
2025 at 4.00pm.

AGM is Sunday 7, December 2025, 9.30am

For further information and nomination forms, please contact

Daniel Gray Company Secretary Ph: 3906 7800

# SUPPORTING COMMUNITY, ONE RAFFLE AT A TIME: SCOPE WYNNUM

For 47 years, SCOPE Australia has quietly championed grassroots support and education across communities. At the Wynnum branch, a dedicated group of women – self-funded and full of heart – meet monthly to brainstorm practical ways to uplift those in need.

Led by dedicated members, the Wynnum team brings generosity and creativity to every initiative. Their recent Father's Day raffle was a standout success, thanks to generous donations from Bunnings (a four-burner barbecue), menswear retailer Sonny Jim (a gift pack), and Dan Murphy's (a \$50 voucher). It's just one of the many events they run to raise funds and awareness.

But their impact goes far beyond prize draws. Each year, the group funds a student scholarship, nominated by a local school principal, helping a young person access education and opportunity. They also contribute \$50 monthly to Pete's Pantry, ensuring meals are provided to those doing it tough in our community.

SCOPE Wynnum's support extends to Micah Projects, a Brisbane-based organisation working to prevent domestic violence by guiding and empowering men in the community. It's a partnership rooted in compassion and long-term change.

The group's next big event is a cent auction on November 7 at St Pete's Hall, Wynnum, where community-donated prizes will be up for grabs. It's a chance to support local efforts, meet the women behind the work, and maybe even walk away with a treat.

The SCOPE Club of Wynnum meets at the Manly Lota RSL Sub Branch on Melville Terrace at Manly (Qld) on the 2nd and 4th Mondays of the month at 10:30a.m. New members are welcome.



Photo: Supplied.











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## WYNNUM VIKINGS' TWO THRILLING 2025 GRAND FINAL WINS!

CONTRIBUTED BY AMY GRAY

What an incredible finish to the season for our Wynnum Vikings, with two premiership-winning teams bringing home the glory!

Our U13 girls' Division 4 team made history this year as the first female team from the club to claim a premiership title. The season began with low numbers, but thanks to the determination of the players and their families, who reached out to friends and networks, the team steadily grew. Their development and teamwork on the field enabled them to finish the season at the top of the ladder. With grit, skill, and plenty of Viking spirit, they secured the first-ever girls' premiership for the club — a milestone moment that will inspire future generations of female players.

This is just the beginning of building our female program at Wynnum, and we look forward to seeing even more youth girls' teams join the Viking family in the years ahead.

Our Under 15 Division 3 boys also showed what true Viking determination looks like. From the very beginning, they trained hard, put in the effort, and continued to build throughout the season. Their persistence paid off, finishing the season as minor premiers and then powering through to victory. Their commitment and hard work were rewarded as they proudly lifted the premiership  $\sup$  – a moment they will never forget.





FULL TIME

38 v 16

Both teams have shown that when passion, teamwork, and hard work come together, incredible things can be achieved.

A huge thank you goes out to all the volunteers, coaches, team managers, and families who give their time and energy to get our players on the field each week. These premierships are just as much yours as they are the players.

### WYNNUM MANLY BLASTERS REGISTRATIONS OPEN FOR THE 2025/26 SEASON

FROM WYNNUM MANLY CRICKET CLUB

Exciting news with Cricket Blast registrations at Wynnum Manly District Cricket Club open for the 2025/26 season, our biggest and best yet!

Sessions will be run on Friday nights from 5:00pm to 6:30pm at the club's main field, with a sausage sizzle to follow the session every week at 175 Boundary Street, Tingalpa. Term 4 is from 10th October to 28th November. Term 1 is from 30th January to 20th March.

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

#### Registration is via the link below:

https://www.playhq.com/cricket-australia/register/c9b2bf

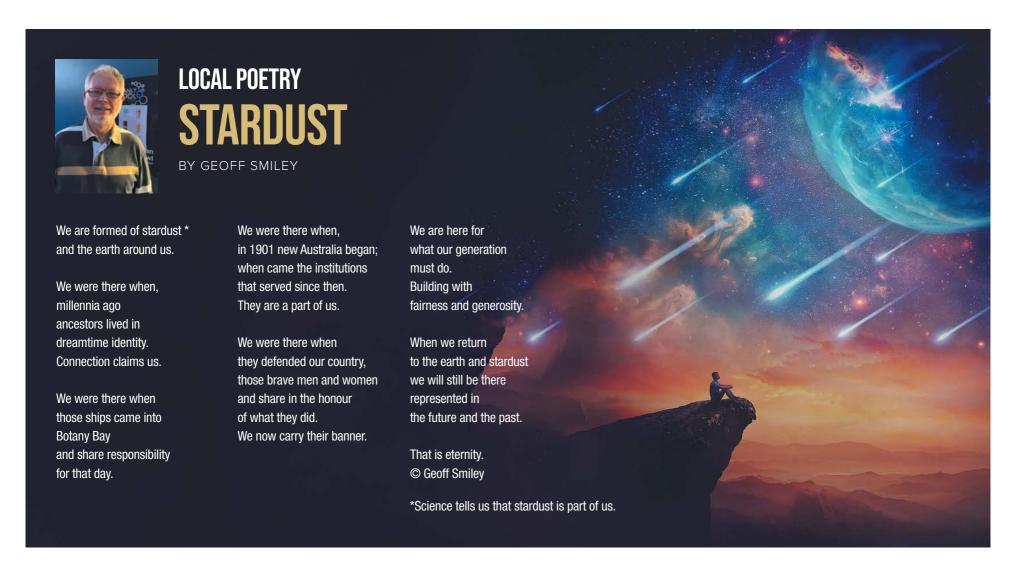
This year we will have one fee for the summer which will cover 16 weeks (Eight weeks pre-Christmas and eight weeks post-Christmas). The fee is \$240.

#### PlayOn Vouchers

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

For any enquiries please email wmdccoperationsmanager@gmail.com or phone 0427 750 453.





# WHAT'S HAPPENING AT COAST GUARD QF2 MANLY

BY NIGEL MOORE, FLOTILLA RADIO OFFICER, QF2

Hello Baysiders! Events at Coast Guard QF2 Manly are moving on, so here's the latest news updates. Saturday, 16th August, on M Roster turned out to be a very busy day, with several breakdowns and a request to assist in a search for a missing jet-skier from the Water Police.

As most of you know, our rosters start at 06:00 and usually finish at 18:00, but on September 16th, we finally wrapped up at 20:00; it certainly was a long, but weather-wise, lovely day. Both primary rescue vessels, CG22 and CG23, were busy all day.

On Saturday, September 6, CG23 was en route to perform safety duties at Riverfire and at 14:20 came across an upturned tinny on the river with three people in the water. Our skipper notified the Water Police, who came to assist and safely retrieved the three people and the tinny to a safe place. It goes to show that a potential disaster can happen at any time, so always be prepared and always wear your lifejackets when on the water.

CG23 also managed to rescue a credit card for someone who had dropped it in the water and was unable to retrieve it. The second successful rescue was on the way to Riverfire! CG23 then continued to the site and took the fireworks safety inspector around the fireworks barges for the final checks before festivities kicked off. Another long day, finishing up around 23:00.

Having said goodbye to our old CG20 a few weeks ago, our new (to us) CG20 has been undergoing an extensive internal refit back at base for some time, so on M roster Sunday, September 7, she went out on a 'shake down' run in the bay to test everything, which proved to be successful. One of our members, in particular, put a lot of hours into getting her ready for service. If you see her out on the water (a white twin hull with blue detailing, not our usual yellow), give the crew a wave; they will appreciate it!

The transition to Marine Rescue Queensland (MRQ) continues to gather pace; several VMR units have recently transitioned, including our colleagues at VMR Brisbane, who are now known as MRQ



Sandgate. Watch this space for further updates.

Finally, if you would like to obtain a certificate of proficiency in Marine Radio, please email toradio.qf2@coastguard.com.au for further details. We offer both SROCP & LROCP (Short Range and Long Range Operators Certificate of Proficiency) on a one-day course held monthly at Coast Guard Brisbane Manly.

Until next time, please stay safe on the water, and remember to log on with us over the radio on Channel 73 or call us on 3396 5911.

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# **BRIGHTEN YOUR SMILE WITHOUT DAMAGING YOUR TEETH**

FROM DENTAL ON CAMBRIDGE

A whiter smile can boost your confidence, make you look younger, and help you feel your best. But with so many whitening products and services available, how do you know which are safe and effective?

#### WHY PROFESSIONAL WHITENING IS DIFFERENT

Over-the-counter whitening kits often contain ineffective whitening agents — or in some cases, dangerously high levels of peroxide that can burn gums and damage teeth. In Australia, only registered dental professionals can legally administer high-strength whitening gels that achieve noticeable results. Yes, that means those whitening booths at the shopping centres could be operating outside their scope of practice and are unable to deliver the same quality whitening as your local dentist!

#### **CUSTOM TREATMENT FOR YOUR SMILE**

Professional whitening at Dental on Cambridge involves a tailored approach with customised upper and lower whitening trays made onsite using digital scanning and the highest accuracy 3D printed models. We believe this is the best approach for whitening as patients can achieve their desired brightness at a rate of concentration prescribed specifically for them, based on factors such as tooth age, baseline tooth sensitivity, and periodontal health. This also means that if you experience some sensitivity, you can take a break in between

whitening sessions and still get great results. It's best to ensure you're up to date with any dental treatment before commencing too. If you haven't had a general exam and clean in a while, we recommend completing this prior. This ensures that any cavities, cracks, or gum problems can be addressed before whitening, ensuring the process is safe for your teeth and assisting with obtaining the best results.

#### THE COST OF WHITENING

While professional whitening typically costs more than DIY kits from pharmacies or supermarkets, the results are faster, longer-lasting, and far safer for your oral health. Also, you have support along the way from a qualified dentist! At Dental on Cambridge, we currently have an offer for take-home whitening of \$399.

#### MAINTAINING YOUR NEW SMILE

To keep your teeth bright after whitening, it's best to limit coffee, tea, and red wine and avoid smoking. Additionally, good daily brushing and regular dental cleans will help your results last one to three years. The other benefit of take-home whitening is that if your smile starts to fade, you can brighten it up easily at home with some short-term top-up whitening sessions. Just follow the same instructions provided to you. You can also purchase more whitening year after year for as little as \$25 a tube!

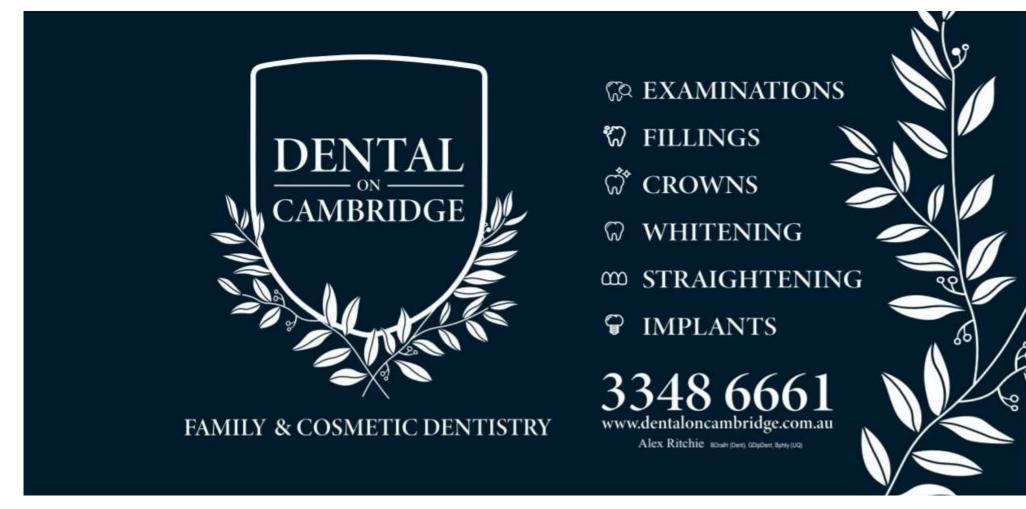


Photo: Supplied.

#### DON'T RISK YOUR SMILE ON GUESSWORK

Teeth whitening is one area where professional guidance pays off. Our team at Dental on Cambridge has highly experienced dentists who have the training, state-of-the-art technology, and safe products to give you a noticeably whiter smile — without the risks of sensitivity, uneven colour, or enamel damage.

If you're ready to brighten your smile, book a consultation with a trusted local dentist at Dental on Cambridge on 3348 6661.



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