



CULTURE AND COMMUNITY: BAY WAVE BRINGS A VIBE SHIFT TO LOTA

Bay Wave Festival's return to Lota Skatepark on April 8 is shaping up to be one of the most anticipated youth events on Brisbane's bayside, blending grassroots creativity with next-gen energy.

What began as a small community gathering more than a decade ago has grown into a showcase for young musicians, artists, and performers who see the bay not just as a backdrop, but as part of the story they want to tell.

Local bands will share the stage with emerging Brisbane acts, while young creatives unveil their talents via stalls and performances. A free sausage sizzle will be firing, making it impossible to wander past without grabbing something hot and delicious straight off the barbie!

Since the start, Bay Wave's vibe has been shaped by young people. Organisers say the 2026 edition is the most youth-driven yet, with young creators shaping everything from the lineup to the visual identity. It's a festival made for young people, but more importantly, it has major input from them.

A festival favourite is the 3x3 basketball activation, a fast-paced game that's as fun to watch as it is to play, featuring three players per team.

Find out more about the festival on page 2, and don't miss this epic, family-friendly school holiday event!

Pictured: Chels, Ari, Ace and Mia from BABI, who are involved in the Bay Wave Festival.





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BAYWAVE RETURNS TO LOTA SKATEPARK TO CELEBRATE YOUTH

Lota Skatepark will be buzzing on April 8 as the Bay Wave Youth Festival returns, transforming the space into a lively hub of creativity and fun. Hosted by BABI Youth and Family Service for over 15 years, Bay Wave has become a cornerstone event for young people in the bayside.

Funded by Brisbane City Council, the festival reflects the Council's ongoing commitment to youth initiatives, including its support for BABI's LINX space – a place for young people aged 12 to 25 to chill out, participate in activities and workshops, and get information about support services.

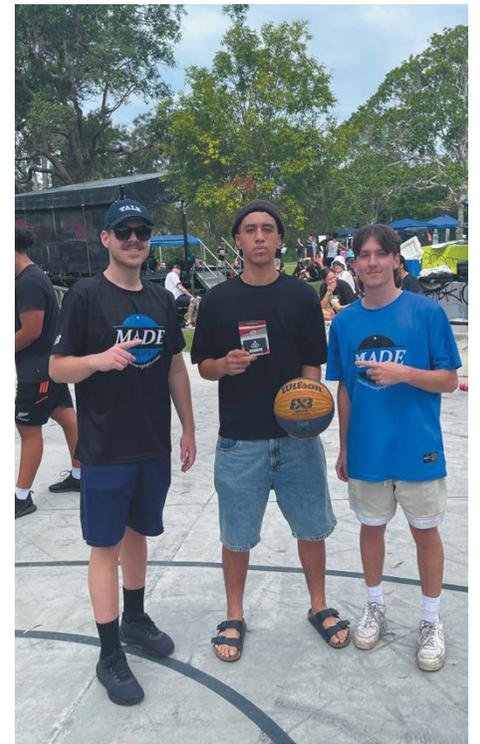
Bay Wave is all about offering a safe, inclusive environment where young people can celebrate their culture and enjoy a range of free activities.

Visitors can look forward to a free sausage sizzle, community stalls, sports activations, and live music from talented local performers. The skatepark setting adds to the festival's unique atmosphere, with skate culture woven throughout the day.

MADE Concepts will once again deliver its popular basketball activation, featuring energetic 3x3 games and shoot-to-win challenges that welcome players of all abilities. Their experience in youth engagement and sport-led programming ensures a fun, fast-paced experience for everyone.

BABI has been supporting young people and families across the bayside region since 1983, particularly those facing hardship or homelessness. Bay Wave continues this legacy by creating a positive space for young people to connect, participate, and feel supported.

Join the celebration on April 8 at Lota Skatepark from 11:00am to 4:00pm.



Young people can engage in free activities at Bay Wave on April 8. Photos: Supplied.

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HONOURING THE ANZAC SPIRIT: MANLY-LOTA RSL ANZAC DAY 2026

The Manly-Lota RSL encourages the community to come together on 25 April 2026 for a morning of remembrance honouring the courage, sacrifice and enduring legacy of the ANZACs and all who have served since. As one of Australia's most significant national commemorations, ANZAC Day marks the anniversary of the first major military action fought by Australian and New Zealand forces in World War I, and continues to hold deep meaning for generations.

The day begins with the Dawn Service at 4:15am (assemble at 4:00am) at Richard Russell Park, Manly. The ANZAC Day March starts at 8:00am, stepping off from outside Manly State School. The march will make its way to Richard Russell Park, where the Mid-morning Service will commence shortly after, concluding at approximately 9:30am. Hosted by the Manly-Lota RSL Sub Branch, the ceremony will uphold the traditions that define ANZAC Day, including the laying of wreaths, the sounding of the Last Post and the observance of a minute's silence.

Community members are invited to participate in the service, observe the ceremony or lay a wreath or poppy in tribute. Those wishing to lay a wreath are encouraged to contact the Manly-Lota RSL office ahead of time.

Following the service, veterans, families and the wider community are welcome to gather at the Manly-Lota RSL Sub-Branch Memorial Hall at 184 Melville Terrace for morning tea, continuing the spirit of reflection and connection.

This annual ceremony offers a meaningful opportunity for the community to stand together, honour the past and ensure the legacy of the ANZACs endures.





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MANLY VILLAGE'S FAMILY-FRIENDLY FRIDAY NIGHTS DRAW CROWDS

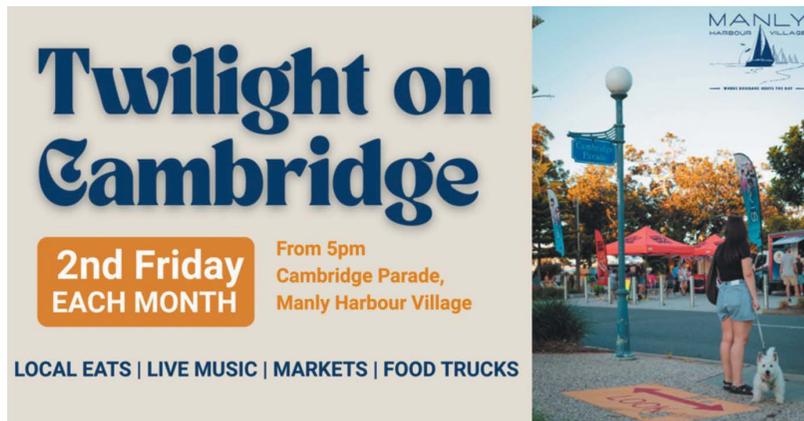
On the second Friday of each month, Manly's usual buzzing nightscape gets a few more amps of power, thanks to Twilight on Cambridge.

Food trucks bump in on Cambridge Parade and in the IGA carpark, presenting a dilemma for hungry visitors: there are so many delicious options to choose from in addition to Manly's boutique brick-and-mortar bars and restaurants. Perhaps a course at each one?

Live jazz tunes add to the atmosphere; couples hit the pavement for impromptu dances and kids twirl to the beats. Join the fun, or watch from the sidelines and soak up the vibes.

Since its launch in November, Twilight on Cambridge has been embraced by locals and visitors, driven by the Manly Chamber of Commerce. And while the Sunday markets have their own following and unique seaside flavour, this night-time initiative brings an entirely new energy to Manly, letting us see the village from a new perspective. If you haven't been yet, mark your calendar for the next one.

The next Twilight on Cambridge is on Friday, April 10, from 5:00pm in Manly Harbour Village.



Twilight on Cambridge

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Photo: Supplied.

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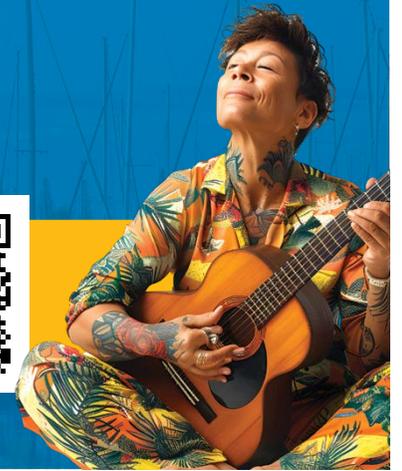
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What's On

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

SCAN TO LEARN MORE ABOUT **WHAT'S ON**



CHARLIE AND THE CHOCOLATE FACTORY LIVE

Saturday April 18, 2:00pm and 6:30pm, The Star Theatre (Wynnum State High School), 5 Peel Street, Manly

Love live theatre close to home? Step into a world of pure imagination as Willy Wonka opens the gates to his magical chocolate factory at this live performance at Manly's Star Theatre. Follow young Charlie Bucket and the other golden ticket winners on a colourful adventure filled with chocolate waterfalls, nutty squirrels, Oompa-Loompas, and plenty of surprises. This will be a fun-filled theatrical experience for families and Roald Dahl fans of all ages. For tickets, scan the QR code.



SHE SAILS – OUR WAY

Sunday April 26, 10:00am to 3:00pm, Wynnum Manly Yacht Club, 510 Royal Esplanade, Manly

Women of all ages are invited to experience the Wynnum Manly Sailing Club both on land and on the water. Guests can join morning tea, on water sessions with experienced skippers (a required safety induction for sailing will be given), family friendly onshore activities, lunch at the Wynnum Manly Yacht Club's clubhouse, and an afternoon panel Q&A. To register and find out more, scan the QR code.



A NIGHT OF STARLIGHT & SHADOW – BOOK LAUNCH AT CEDAR & PINE

Friday April 24, 7:00pm, Cedar & Pine Bar, 139 Bay Terrace, Wynnum

Celebrate the launch of new book *Veils of the Fallen* at a magical evening where fantasy meets elegance at Wynnum's Cedar & Pine. Enjoy lively dancing, drinks, light canapés, and a vibrant crowd of book lovers. Guests are invited to dress in formal or fantasy-inspired attire and choose their side – radiant Starlight or mysterious Shadow – to bring the world of the novel to life. For tickets, scan the QR code.



FREE BASKETBALL SKILLS SESSIONS

Wednesday April 15, various times, Primrose Park Basketball Court, Primrose Parade, Wynnum West

Join a free, family-friendly afternoon of active fun hosted by MADE Concepts and supported by Brisbane City Council. Kids aged 5 to 12 can enjoy basketball skills and games from 3:30pm to 4:15pm, followed by a session for ages 12 to 17 from 4:15pm to 5:00pm. All equipment is provided; just bring a water bottle and get ready to move. For bookings, scan the QR code.



MUSIC IN MINNIPPI

Sunday April 5, 2:00pm to 5:00pm, Minnippi Parklands, Tingalpa

Music in Minnippi brings live music to the Minnippi Parklands on the first Sunday of every month, set lakeside at Porter's Paddock Park. Each event features a different artist, food trucks, and plenty of space for picnics. It's a family friendly, all ages, accessible afternoon out. Parking is best via Stanton Rd West, with a short walk from Kate St or Meadowlands Rd.



SHIRE CLERK'S COTTAGE MARKET

Saturday April 18, 8:00am to 1:00pm, Waterloo Bay Leisure Centre, 241 Tingal Road, Wynnum

The Shire Clerk's Cottage Market is back for its first event of 2026, and the community won't want to miss it. Browse over 70 stalls featuring beloved regulars and fresh new faces with something for everyone to discover. Guests can wander through the charming historic cottage, enjoy a classic Devonshire Tea on the verandah, and stock up on mouth-watering homemade goodies. All proceeds directly support the upkeep of the Waterloo Bay Leisure Centre, the preservation of the Shire Clerk's Cottage, and the programs it hosts.

NEVER TOO OLD: RECYCLED TEENAGERS FIND THEIR GROOVE

CONTRIBUTED BY WENDY STUART, WYNNUM 60 AND BETTER

You're never too old to rock 'n' roll. That's the intent of Wynnum 60 and Better's new Recycled Teenagers live music gigs to get members up and bopping to the beat or simply sitting back and enjoying.

The shows are a meeting place as much as a moving space; an opportunity to make new friends, mingle, sing, dance and lose yourself in the songs of the '50s, '60s and '70s.

The perfect encore partner to get the crowd in the mood is charismatic Brisbane entertainer Rob Stevenson, the ultimate music man. Rob has been animating audiences for more than 40 years as a singer, piano man, one-man band, touring musician, backup artist, musical director for visiting acts – whatever it takes to keep the music pumping, fingers snapping, toes tapping.

60 and Better vice-president Stewart Webb came up with the idea after seeing him perform and marvelling at the way the audience responded.

"Rob puts on a very good show! He has great stage presence and a huge repertoire across pop, rock, country, folk, rhythm and blues,

ballads, classic Australian songs," he said.

"You name it, he can deliver, and he reads the audience to get the atmosphere just right, drawing people out, performing requests."

President Tina Cotis said the first Recycled Teenagers show last month was a standout success.

"It's great to be able to add another level of variety to our activities – not only the fun of the music but a chance to meet and greet, to talk and share the company of like-minded people," she said.

"Members have said they'd like the opportunity to mix with other members in a group setting such as this. Besides, we are the recycling generation, we recycle everything else, so why not ourselves. Just because we are senior citizens doesn't mean we've forgotten how to let loose and enjoy ourselves. We're still perfectly young at heart, yet all too often we just don't get enough chances to show it."

The next event is on Wednesday 15 April, from 1:00pm to 3:00pm on stage in the upstairs hall at Wynnum Community Centre, located at 105 Florence Street.



Musician Rob Stevenson. Photo: Supplied.

Recycled Teenagers events cost \$5 a head at present as an introductory fee, including afternoon tea. To book for the 15 April show, call the 60 and Better office on (07) 3348 6303, or email the centre office on admin@wynnum60andbetter.org.au for more information.

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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



BAYSIDE ANZAC DAY SERVICES

Manly Lota RSL

4:15am – Dawn Service, Richard Russell Park, Manly
 5:00am – Gunfire Breakfast, Manly Lota RSL Hall, 184 Melville Tce, Manly

8:00am – Parade & Mid-morning service, Richard Russell Park, with a morning tea to follow at the Manly Lota RSL Hall

Wynnum RSL

5.00am – Dawn Service (Car park)
 9.15am – March (Starting at the corner of Bay Terrace and Clara Street) proceeding to the club. Wreath Laying in the car park immediately following the march

Bayside National Servicemen's Association (Nasho's)

6.10am – Location: Darling Point Memorial, Manly Esplanade, Manly



BABI BAYWAVE FESTIVAL

Every year, BABI youth organise the Bay Wave Youth Festival, during Youth Week. This year's event will take place on Wednesday, April 8th from 11am to 4:00pm at the Ed Devenport Rotary Park at Bowering St, Lota. The Bay Wave Youth Festival is an important day dedicated to young people in the Bayside area. The Festival includes a basketball workshop, a skating demonstration, and other exciting activities, all designed to foster community connections and provide a fun, positive experience for young people.



FLU VACCINES NOW FREE

Last year was the worst flu season in a decade, with more than 95,000 confirmed cases and 289 deaths. These deaths aren't just a number – they're someone's mum, dad, brother, sister or friend. Flu vaccines can help prevent deaths and cases. And thanks to Opposition pressure, flu vaccines in Queensland are now free.



PUSH FOR 5 CENT DAILY FUEL CAP

Queenslanders have faced the highest unleaded petrol prices in the country for three years running, putting real pressure on family budgets. That's why Queensland Labor has introduced legislation in Parliament to cap fuel price increases. Under the proposal, retailers would only be able to raise prices by a maximum of five cents per litre per day. The RACQ has also backed the policy. If you support fairer fuel prices, please sign the petition here: <https://forms.fight4qld.com/form-6931385/affordable>



WYNNUM PRECINCT PLAN GETS GREEN LIGHT

Last month, Brisbane City Council (BCC) formally voted to pass their 'Wynnum Precinct Plan'. Some 480 community submissions resulted in zero change to their original proposal. This is now BCC policy. These council changes are significant and will lead to increased population density locally. It is now incumbent on the Queensland Crisafulli Government to start adequately preparing, by investing heavily in additional health and education services, public transport, road and traffic infrastructure for our Bayside community.



PINE ST BRIDGE SAFETY

Pine Street rail bridge in Wynnum keeps getting hit. It was recently struck twice in just one week by over-height vehicles. Each incident causes delays, disruption and safety concerns for local road users and train commuters. I have written to the Brisbane Lord Mayor calling for urgent action, noting recent road markings and warning signage are proving ineffective. I have urged Brisbane City Council to investigate all possible solutions to prevent further strikes and improve safety for the community.

JoanPease MP

State Member
for Lytton

Authorised by Joan Pease 100 Edith Street Wynnum

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THE LOCAL BLOKES WHO WALK, TALK, CONNECT – AND HEAL

BY JAN NARY

A group of blokes walking and talking together mightn't sound like a big deal, but for some it can be a life-changer. Five years ago, Jeff Kruger and his mate, Mitchell Rowing, started a group based on just that – men getting together every Sunday morning to take a walk, talk, and connect in the beautiful Minnippi Parklands.

The group started when a long-time mate of Jeff's was going through a hard time.

"I suggested that we could go for a walk and a talk – a better alternative than going for a beer – we really enjoyed the day, so we decided to lock it in for every Sunday and open it to other people," Jeff says.

"I went home that day, designed a logo, set up a Facebook page and put an invite out, and the first weekend we had 11 blokes turn up. It's really about connection; there are a lot of blokes out there who think they're doing it alone and that's when you can fall down, when you think you're alone, and you don't have a mate to lean on. You might be dealing with the loss of a partner or a family member, a relationship breakup or PTSD – we have many first responder veterans turn up."

The structure of the group is ideal for its participants; it's a regular and reliable healthy activity, it's there when needed with no compulsion, expectations or dress code.

"We've tried to keep that part of it very simple; if you overcomplicate things with blokes, they'll find a reason not to come," Jeff grins.

The structure also offers a safe space for communication. Men who have been brought up to believe that they're obliged to be consistently strong and brave, to "have it all figured out" in Jeff's words, can find face-to-face conversations about personal matters difficult. Walking side by side outdoors triggers more unselfconscious communications.



Photo: Supplied.

"You can be talking about anything, then suddenly something unexpected comes out, maybe something they've never told anyone before. That can feel really good!" Jeff says, "A lot of enduring friendships have come out of it"

His initiative won Jeff the 2023 Westfield Local Hero, but he's quick to share the recognition with friend and co-founder Mitchell Rowing.

"He does so much with the blokes in the community, checking in on people, keeping connections – he's a real force, I couldn't do anything without that fella."

There are also daily coffee catch-ups and monthly dinners (sometimes including families), training courses and other walk options. For more information, go to <https://www.facebook.com/MensWalkTalkConnect>.



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Maggie's Mates

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Photo: Supplied.

What's your name? Hello, my name is Frankie.

Suburb: I'm from Wynnum West.

How long have you lived there? Since I was born!

What is your favourite local walk? I love the waterfront down at Manly. Everyone stops to say 'hi' and gives me pats, and I like to look at the water.

What is your most treasured toy? Mr Ducky, my duck. I've had him forever!

What is your favourite food? I love tuna!

What is your worst habit? Biting. I'm only playing, but my teeth are like needles.

What's your favourite local hangout? My neighbours' house. They always give me lots of attention.

Who is your best doggo friend? Not a dog, but a cat, Dora. She shares her food with me and lets me use her favourite blanket.

Any funny or embarrassing stories you'd like to share? I was left home alone for a few hours, and my owner came home to discover I had shredded all the toilet rolls.

What do people love most about you? I'm always energetic. It doesn't matter when, I'm always ready to play!

Frankie's favourite charity is Animals in Need Brisbane, and we have made a \$50 donation on her behalf.



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

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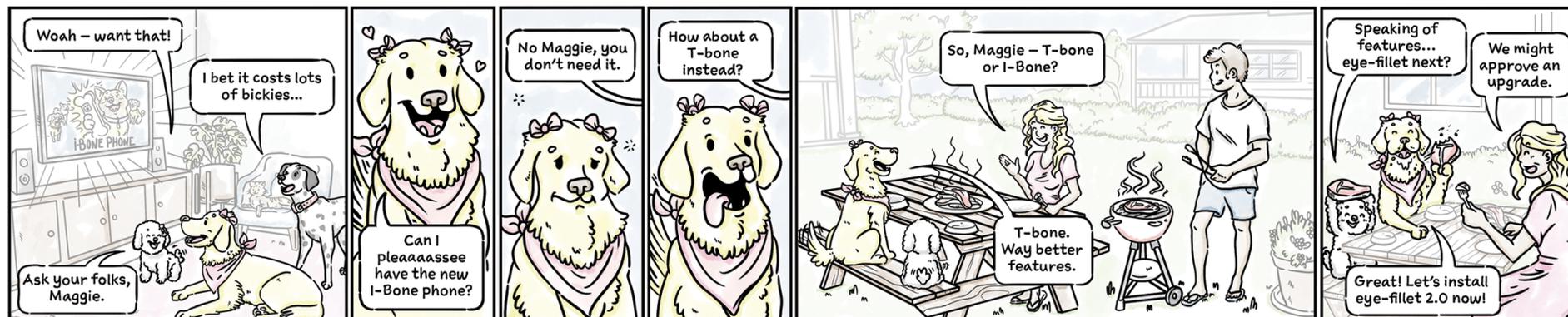
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MISS MAGGIE OF MANLY



HOLD THE EASTER EGGS! THE FACTS ABOUT CHOCOLATE TOXICITY

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Easter is fast approaching, and everyone's favourite bunny will be visiting soon spreading chocolatey cheer! While it is tempting to spoil our pets with treats, it is very important to avoid sharing your Easter eggs with the family pets. Chocolate toxicity is one of the most common intoxications in dogs and cats.



What makes chocolate dangerous?

Chocolate contains two compounds – theobromine and caffeine – both of which can be toxic. These are both methylxantines, which pets are unable to metabolise as readily as people.

What are the symptoms of chocolate toxicity?

Animals may show a range of different clinical signs, including:

- Restlessness
- Excitement or hyperactivity
- Vomiting and diarrhoea
- Trembling, muscle tremors
- Increased drinking and urinating
- Increased heart rate
- Seizures
- Consumption of large amounts can be fatal

The toxicity of chocolate is related to the type and amount of chocolate consumed and the size of the animal. Theobromine in the range of 100-150mg/kg can be fatal. The concentration

of theobromine depends on the chocolate – the darker the chocolate, the higher the cocoa concentration and the higher the theobromine concentration. Milk chocolate contains up to 154mg theobromine per 100g, while cooking chocolate has as much as 1365mg/100g. Based on these numbers, as little as 140g of cooking chocolate (less than a regular-sized block) can be fatal for a 25kg dog.

How is chocolate toxicity treated?

If your pet consumes any volume of chocolate, contact your vet or local emergency centre for advice. Treatment consists of inducing vomiting to remove chocolate from the digestive system and may then be followed by the administration

of activated charcoal to bind any circulating compounds. Severe cases may require hospitalisation and intravenous fluid therapy.

Preventing intoxication

- There is no amount of chocolate that should be considered “safe” to give your pet.
- Keep your chocolate well out of reach of pets to avoid any risk of poisoning.
- Easter egg hunts should be kept to areas where pets are not allowed, and eggs should be counted before and afterwards to ensure they have all been found.

Take a leaf out of the Easter bunny's book and treat your dog with a carrot this Easter instead!

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ROTARY CLUB'S CONTINUED CAMPAIGN AGAINST DOMESTIC VIOLENCE

CONTRIBUTED BY LES LOUIS

The Rotary Club of Wynnum and Manly has been running events to raise awareness of the serious issue of domestic and family violence for many years. The largest of these is the Family Fun Day held in early June (formerly late May) each year. The next Family Fun Day will be held on Sunday, June 7, 2026 – come along and join in the fun.

In the last two years, the club has also held its Purple Fridays event at various coffee shops in the Wynnum and Manly areas to spread the word. This group of Rotary Club members and their friends wear purple shirts to say “no” to domestic and family violence every Friday morning, and meet somewhere in Wynnum or Manly. It’s a colourful reminder to the community that it is not OK to inflict domestic violence. The club has also supported Joan Pease each year with her twilight vigil against domestic violence, as well as the Paint the Bayside Orange breakfast organised by Zonta.

The club’s final activity for the year on this issue will be the Walk Against Domestic Violence during the 16 Days of Activism Against Gender-Based Violence, held globally from November 25 to December 10 each year. The walk will be held this year on Sunday, December 6. Last year, over 70 people, including members of Zonta, local scouts, and representatives of the police DV unit, walked the route from the Wynnum wading pool to the Manly Pool along the foreshore.

The club is now exploring opportunities to collaborate with local groups that provide services to victims, with the objective of providing practical assistance to these groups in their work. We already work with BABI and Silky Oaks to support them, and we are hopeful of joining with others to enhance what they do. We hope to make a difference and help stamp out this scourge on our society.

If you’re interested in joining Wynnum Manly Rotary, find out more at <https://rcwm.org>.



Photos: Supplied.

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KARA COOK COMMUNITY UPDATE

FEDERAL MEMBER FOR BONNER



Mobile Offices

I regularly host mobile offices across the electorate, providing another opportunity to raise concerns, seek assistance with federal matters or simply have a conversation about issues important to you.

Upcoming mobile offices include:

- Sunday 19 April: Manly Creative Markets, 9:00am–10:00am
- Tuesday 28 April: Kmart Cannon Hill Plaza, 10.00am-11.00am



Bonner Electorate Awards

Do you know a local legend? Nominations are now open for the inaugural Bonner Electorate Awards, recognising individuals who make a difference through volunteering, leadership, community service or simple acts of kindness.

Categories: Under 18s and Over 18s

Nominations close: 5.00pm Monday 6 April 2026.



Community Connections

One of the best parts of representing Bonner is meeting the organisations and volunteers making a real difference in our community.

Recently I met with groups supporting Australians facing health and social challenges, including Lung Foundation Australia, Hidradenitis Suppurativa Australia, OzHarvest and the Red Rose Foundation. I also attended the opening of the E.M. Tooth Specialist Dementia Care Program Office, which will provide specialised support for people living with dementia and their families.

It was great to spend time with local organisations including Gateway Housing, Quota Carindale and the Ukrainian Community of Queensland Club, all doing important work to support people across Bonner.

I also visited IJ Group Oceania to hear about the projects they are delivering across the region.

Thank you to everyone who took the time to meet with me and for the work you do to strengthen our community.



Easter

Wishing all Bonner families a very hoppy Easter! If you're travelling over the long weekend, please take care on the roads. And remember, my community library and pantry remain available for anyone who may need them at the electorate office at 69 Clara Street, Wynnum.

Housing Roundtable

Housing continues to be one of the biggest challenges facing communities across Australia, and it's an issue many people in Bonner are feeling firsthand.

I recently hosted a housing roundtable with the Minister for Housing, Homelessness and Cities, Clare O'Neil MP, bringing together local organisations to discuss the housing pressures facing our community.

It was a valuable opportunity to hear directly from those working on the ground about housing supply, affordability and access, and the real impact these challenges are having on individuals and families across Bonner.

We also spoke about the importance of ensuring people experiencing domestic and family violence have safe and secure housing options. Access to stable housing can be a crucial step in helping people rebuild their lives.

Conversations like these are vital to making sure local experiences and ideas help inform the national conversation on housing and the work underway to improve housing outcomes for Australians.





LORD MAYOR ADRIAN SCHRINNER

CR ALEX GIVNEY

COUNCILLOR FOR WYNNUM MANLY WARD



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UPDATES FROM YOUR LOCAL COUNCILLOR



Easter School Holiday Fun Around the Bayside

The Easter school holidays are just around the corner, and there's plenty happening around the Bayside to help keep the kids busy.

Local favourites are getting involved too. Mad Hatters Bookshop will be hosting author Story Times across the holidays, while Coffee & Bricks will be running their popular Build Sessions for kids who love to get creative.

If a movie outing is on the cards, Bayside Cinemas will be screening family friendly films including The Super Mario Galaxy Movie and Hoppers. You could even pop over to Matilda's for a gelato with friends!

Brisbane City Council is also offering a range of free activities locally, including STEM sessions for kids, children's story times and workshops at Wynnum Library, along with free scooter and skate clinics.



Just a short drive away, Fort Lytton National Park will again run its much loved Carry On Fort Lytton school holiday program, giving kids a hands-on way to explore local history.

With so many options close to home, it's a great time to get out and enjoy the Bayside these school holidays.

The BIG Bayside Easter Bunny Bonanza

Local families can keep the Easter fun going these school holidays with **The BIG Bayside Easter Bunny Bonanza**.

Earlier this year, local children from across the Bayside took part in a colouring competition to design some very special Easter artwork. The response was fantastic, with plenty of colourful and creative entries submitted by our young artists.

Now the fun continues. The winning drawings have been printed on corflutes and hidden around the Wynnum Manly Ward as part of a community Easter Hunt. Families are invited to head out and about to see if they can spot them all.

It's a great excuse to explore the Bayside, visit some of our local parks and streets, and enjoy a little Easter adventure with the kids these school holidays. Once you think you've found them all, you can submit your entry for the chance to win the Easter Hunt.



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MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE UPDATE

BY JEMANDA HANNOUF, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE

CELEBRATING INTERNATIONAL WOMEN'S DAY 2026

The Manly Harbour Village community came together in early March to celebrate International Women's Day 2026, with another inspiring and successful morning that highlighted the strength, connection and achievements of women across the bayside.

The annual event once again proved why it has become a much-loved occasion on the local calendar, bringing together women, business owners, community leaders and supporters from across the region. From the moment guests arrived, the room was filled with energy as attendees connected, shared stories and celebrated the important role women play within the Manly Harbour community.

The event served as a reminder of the importance of celebrating and supporting women across all areas of life, from business and leadership to community and family. The sense of encouragement and community spirit throughout the morning reflected the true meaning of International Women's Day.

The Manly Harbour Chamber of Commerce extends its thanks to the speakers, supporters and attendees who helped make the event such a success.

The following photos capture some of the wonderful moments from the morning, showcasing the connections, conversations and celebrations that made this year's International Women's Day event so special.



EASTER LONG WEEKEND AT MANLY HARBOUR

LITTLE BAYSIDE PARK, MANLY

Good Friday 3 April – Manly Creative Markets

Saturday 4 April – Jan Powers Farmers Market

Free Movies in the Park Easter Special, Saturday 4 April from 4pm – *Peter Rabbit 2*

Sunday 5 April – Manly Creative Markets



UPCOMING MARKETS

GOOD FRIDAY 3 APRIL

Manly Creative Markets

SATURDAY 4 AND 18 APRIL

Jan Powers Farmers Market

FRIDAY 10 APRIL

Twilight on Cambridge, Manly

EVERY SUNDAY

Manly Creative Markets

For more information on upcoming events, be sure to follow Manly Harbour Village on social media, and subscribe to our newsletter at manlyharbourvillage.com.



THE VALUE OF A HIGH-ROUGHAGE DIET IN WESTERN COUNTRIES

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

Research shows that a high-roughage diet prevents cancer. It is also essential for the prevention and treatment of other colorectal conditions.



Irritable bowel syndrome and diverticular disease, and anal problems, are a direct consequence of a low roughage diet, and/or the inappropriate use of laxatives portrayed by 'Big Pharma' as 'the solution to all your bowel problems'. Nothing could be further from the truth or medical research and science.

A high fibre content in the diet increases the volume of stool waste and supplies the large bowel with the mass it needs to function normally. Our bowels continuously contract, resulting in stool evacuation, which varies from person to person, from two to three times per day to once every two to three days. Your bowels do NOT have to open daily. We are all individuals.

Irritable bowel syndrome, diverticula disease (present in 70% of people over 50 years), and most anal conditions are caused by a low roughage diet, as the food manufacturers remove most of this, and we throw the peel of vegetables and fruit into the trash!

Research has categorically shown that for the bowel to function normally, a decent quantity of roughage is essential for health. If you are passing pellets or soft stools all the time, you are not getting the roughage your body needs. The sign of a healthy bowel is the intermittent passage of a good German sausage-sized stool. Why?

Irritable bowel syndrome and diverticular disease are the result of the bowel generating excessively high pressures because it has no substrate to mould. This causes colicky pain and/or herniation of the bowel wall (diverticula), and of the lining, usually alongside the site of blood vessels entering the bowel wall. Both can have serious consequences for mortality. They are easily managed by increasing the amount of roughage in the diet. Do NOT take pharmaceutical laxative medicines, which will only exacerbate the problem.

How? Take a tablespoon of unprocessed bran, place it in a dish, and add either yoghurt, ice cream, or custard to it. Place it covered with Cling wrap in the fridge overnight to absorb the moisture. Add it to your regular cereal or porridge the next morning, and add some fresh fruit salad/tinned fruit. It is delicious!

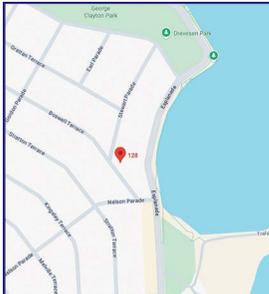
The use of pharmaceutical products, agents or softeners only exacerbates symptoms and advances pathology, increasing the likelihood of complications. These products contain a drug that



Bran is readily available in supermarkets. Photo: Supplied.

gradually destroys the nerve supply to the bowel wall and discolours the lining black – a serious problem.

God bless your bowels!



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WYNNUM MANLY SEAGULLS LOOK FORWARD TO A WINNING 2026 SEASON

FROM THE WYNNUM MANLY SEAGULLS

The Wynnum Manly Seagulls officially launched their 2026 QRL season on Friday, February 27, bringing together players, staff, sponsors and supporters in a strong show of unity ahead of what the club hopes will be a successful year in their 75th anniversary.

Held at the Wynnum Golf Club, the launch celebrated the Seagulls' proud history while outlining the vision for the season ahead.

The Seagulls CEO, Wayne Weekes, spoke about the importance of community support and the continued growth of rugby league in the Wynnum Manly region.

Sponsors and community partners were acknowledged for their ongoing support, with club representatives reinforcing the vital role of local businesses and supporters in the Seagulls' success on and off the field.

Players were introduced to those in attendance, with new recruits and returning stars alike eager to get the season underway. The HostPlus Cup head coach, Mathew Head, also shared their excitement about the squad's preseason preparation, highlighting the commitment and effort of the playing group in the months leading into the competition.

A key focus of the evening was Seagulls captain Brendan Frei, who will once again lead the side in 2026. Frei has become one of the club's most respected leaders, known for his work ethic, professionalism and passion for the jersey. As captain, he has earned the trust of teammates and coaches alike, setting the standard through both his performances and leadership around the club. Frei spoke at the launch about the pride he feels representing Wynnum Manly and the responsibility that comes with leading the team. He also emphasised the importance of connection with the local community and the role supporters play in driving the team forward throughout the season.

Find upcoming game day information and news about the Seagulls at www.wynnumseagulls.com.au.



Photos: Supplied.

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Preventing Battery Fires: What Every Household Needs to Know

Batteries – especially lithium ion batteries – can be extremely dangerous when they are thrown into household kerbside bins. When damaged, crushed, or exposed to heat, these batteries can spark, catch fire, or even explode. This creates serious risks for waste collection trucks, landfill sites, recycling facilities, and the workers and emergency services who respond to these incidents.

WHY BATTERIES ARE A FIRE HAZARD

Lithium ion batteries are found in many everyday items, including mobile phones, laptops, power tools, electric toothbrushes, vapes, children’s toys, e-scooters, and e bikes. When placed in kerbside bins, they can ignite during:

- Compaction inside waste trucks
- Sorting and processing at recycling facilities
- Burial and pressure changes in landfill

These fires can spread quickly, are difficult to extinguish, and put drivers, facility workers, and the community at risk.

DO NOT PLACE BATTERIES IN KERBSIDE BINS

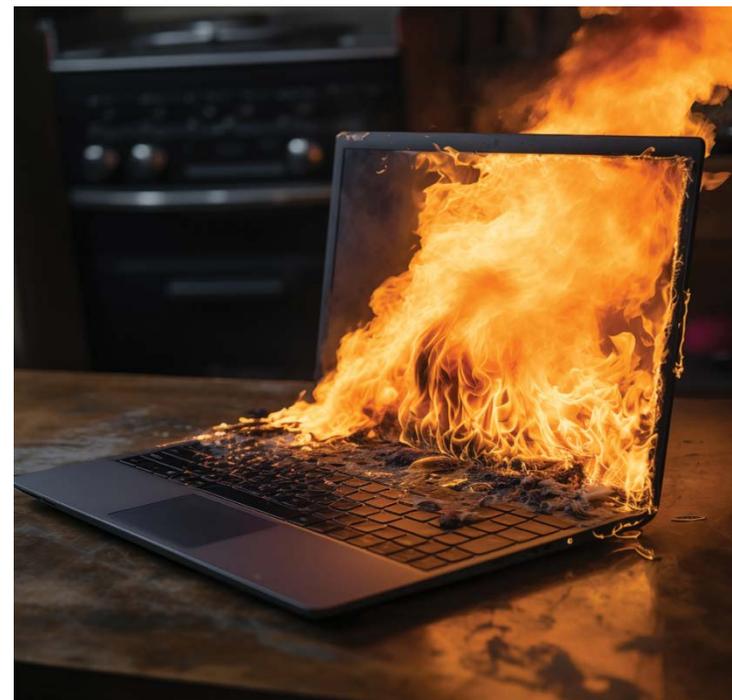
Batteries of any kind – single use, rechargeable, lithium ion, or large vehicle batteries – should never be placed in general waste or recycling bins. Even small household batteries can cause major fires once crushed.

SAFE DISPOSAL OPTIONS

To prevent fires and protect the community, batteries should always be taken to a dedicated battery drop off point. These locations are equipped to safely store and handle batteries. To find out more, contact the Brisbane City Council.

OTHER HAZARDOUS WASTE

Items such as gas bottles, flares, petrol, and aerosol cans also require special disposal. For guidance on safely disposing of hazardous waste, contact your local council or waste authority.



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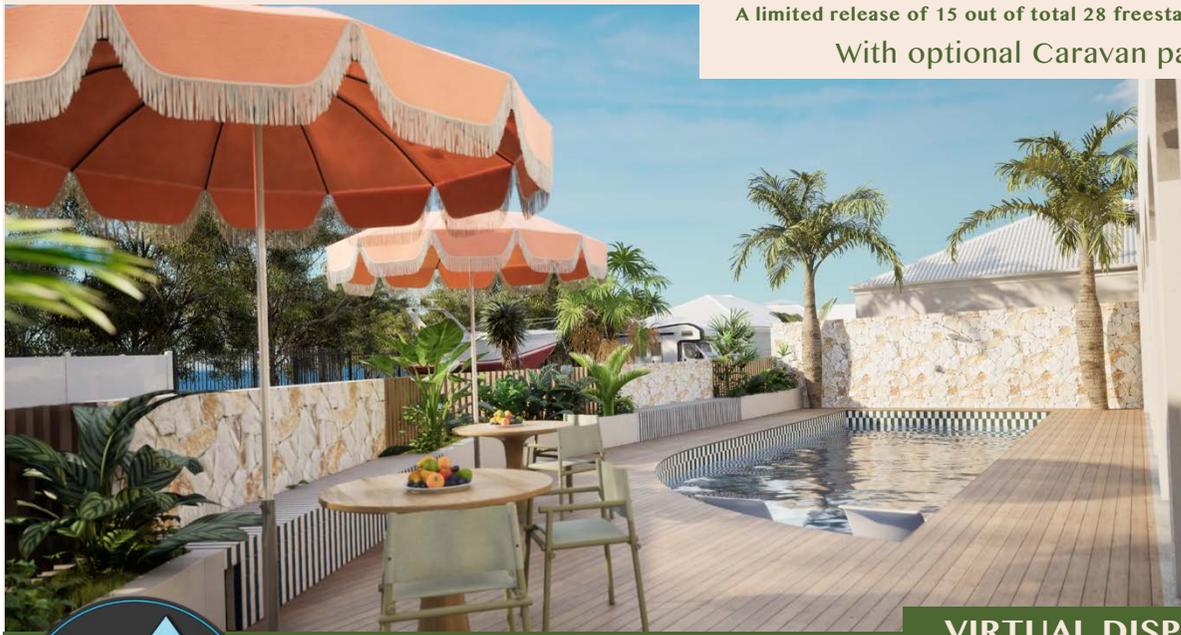
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How battery storage is redefining energy independence

FROM GOODHEW ELECTRICAL AND SOLAR

For over 20 years, the sight of panels on local rooftops has been a symbol of our region's commitment to a greener future. But for many residents and business owners, the 'solar revolution' often felt incomplete, especially once feed-in tariffs began to drop. Many locals were generating power during the day, only to sell it back to the grid for cents, while paying top dollar to keep the lights on after sunset.

The narrative is changing. Battery storage has transitioned from a niche luxury to a cornerstone of home and commercial infrastructure, offering a path to true energy independence and the elusive '\$0 bill'.

SHIELD AGAINST GRID OUTAGES

One of the primary drivers behind the local battery surge in adoption isn't just financial – it's resilience. As our weather patterns become more unpredictable, black-out protection has moved from a 'nice-to-have' to a necessity.

Modern solar/battery hybrid systems, such as

those installed by Goodhew Electrical and Solar, are now engineered with seamless transfer capabilities. Unlike traditional solar systems that were forced to shut down during grid failures for safety, today's smart batteries can detect a power outage and island the property in less than 10-milliseconds. For businesses, this means no lost data or spoiled stock; for a family, it means the fridge stays on and the home remains powered while the rest of the street goes dark.

SAFETY BY DESIGN

As with any emerging technology, education is key to dispelling myths – particularly regarding safety. Modern batteries are safe. Leading brands like Goodwe, SAJ and Sungrow utilise the latest technology and the most stable Lithium Iron Phosphate (LiFePO4) chemistry. Unlike the lithium-ion found in older laptops, phones, e-scooters and the like, this chemistry is inherently stable.

Furthermore, premium units like the Goodwe ESA now feature integrated, automated fire suppression

systems. These internal safety measures are designed to neutralise thermal risks before they ever leave the outer casing, making them safer than many traditional household appliances.

THE VALUE OF LOCAL EXPERTISE

While the technology is sophisticated, the success of a system relies heavily on the quality of the installation. A battery (and solar for that matter) is a sophisticated product that requires more than just a plug-and-play approach. Goodhew Electrical and Solar has been successfully designing and installing solar and battery systems on the Bayside for almost 20-years and our team understands it is more than just wiring a product. A quality installation requires a whole-of-house audit to ensure the battery is sized correctly for the property's consumption patterns and that the switchboard is configured to prioritise essential loads.

Whether you're looking to beat the heat, cut rising bills or protect your home from blackouts,



Goodhew ESA All-in-one solar and battery system. Photo: Supplied.

now is the perfect time to explore solar and battery storage solutions to take advantage of the incentives currently available. Contact our team on 07 3286 1422 or visit our website at www.goodhewsolar.com.au.



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FROM SOLD PROPERTY GROUP

At SOLD Property Group, we know premium outcomes are driven by considered investment in the areas buyers value most. At 21 Highland Crescent, Belmont, a carefully managed and cost-effective pre-sale transformation delivered an approximate 80% return on investment and a standout sale result in just over two weeks from commencement of works to contract.

The home – a contemporary four-bedroom plus study on 350sqm – had strong fundamentals. However, visible wear, incomplete elements from the original build, and an impractical outdoor layout were limiting buyer appeal. In its existing condition, buyer attention would have centred on what needed fixing rather than the lifestyle on offer.

Instead of listing it as-is, we implemented a focused strategy to ensure the home presented as completely move-in ready. A targeted renovation and landscaping program was completed in just over a week, with the property listed immediately upon completion.

We refreshed internal paintwork, refined lighting to enhance warmth and functionality, repaired cabinetry, and transformed an unusable yard into a practical, low-maintenance space for families and pets. Window furnishings were updated to maximise natural light, unfinished details from the original build were completed, and the home was professionally cleaned and styled by our in-house team.

Every decision was deliberate, designed to remove buyer objections, elevate perceived value and create emotional connection. Today's buyers pay a premium for certainty, quality, and presentation.

Seven days later, it was sold.

Many agents don't advise on cost-effective upgrades to maximise profit. They don't coordinate trades, oversee works, guide finance options, or deliver a fully styled and market-ready home under one cohesive strategy.

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Photos: Supplied.

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LOCALS VIE FOR STATE TEAM TO COMPETE IN NATIONAL TITLES IN QLD

CONTRIBUTED BY MICHELLE HANTON

What does it take to be selected to represent your state as an elite-level paddler? Rather than considering only raw numbers, state coaches look at behaviour, attitude, teamwork, camaraderie, coachability, and the secret sauce: interaction with others.

The holistic approach ensures that the selected State Squad comprises individuals who are not only physically fit but, most importantly, possess the right attitude and a team-oriented mindset. Sure, there is fitness testing, but that is simply a way for the coaches to assess the fitness levels of State Squad applicants on the day of the selection trials.

“As both a passionate coach and an active paddler at the Manly Dragon Boat Club, I have great personal satisfaction in sharing my love for the sport,” says Jo Sibly, resident of the Wynnum/Manly area, who has the honour of being the coach for the Senior C Dragon Boat Queensland Squad.

Vying for the title of Australian Championships at the upcoming Australian National Dragon Boat Championships, held over six days in

April at Lake Kawana, Sunshine Coast will be the Queensland Senior C paddlers – all over 60 years of age.

The athletes come from 11 clubs in Queensland: Brisbane River Dragons, Broadwater, Cooloola, Currumbin, Gold Coast, Kin, Manly Dragons, Maroochy Sea Serpents, Pumicestone, Redcliffe and Te Waka.

Coach Jo attributes her success in dragon boat racing to the great coaches and mentors who guided her journey. “Their impact on my life and paddling career has been significant. It is from them that I gained confidence to become a coach.”

Having participated in state squads and represented Australia in the Green and Gold of the Auroras, Jo sees her role as coach at Manly Dragon Boat Club and stepping into a coaching role for the Senior C State Squad as a way of giving back to the sport she is passionate about.

“Coaching offers a rewarding opportunity to pass on knowledge and watch our members develop their skills and confidence on the water,” said Jo.



Photo: Supplied.

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THE GREENS: A FAMILY OF INFLUENCE ON THE BAYSIDE

CONTRIBUTED BY JILL GREENHILL, LIBRARIAN, WYNNUM MANLY HISTORICAL SOCIETY INC.

In 1875, carpenter John Green took his wife and seven children from the small hamlet of Bridgeport, on the southern coast of Dorset, England, to live in Cardiff. John wished to improve his skills to become a builder.

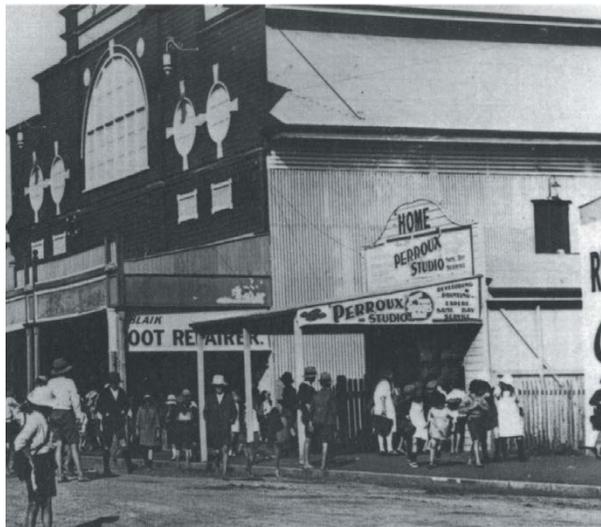
Cardiff, a noisy, dirty city, affected his lungs, so John and his daughter Mary sailed to Australia aboard the ship SS Tauba, arriving in 1889. They came to Wynnum where, in 1891, John purchased four subdivisions of land on the corner of Bay Terrace and Charlotte Street, in preparation for the arrival of his wife and five children.

In 1900, in front of the family dwelling in Bay Terrace, John and his two sons, Sam and John Junior, built a school building. Here, five daughters established Moreton Bay Girls High School. Initial enrolments in 1901 were six boarders and 20 day girls. (The 'e' appeared on their surname to distinguish their school from another Green School in Brisbane). Moreton Bay College continues today.

Elder son Sam, apprenticed to his father as a builder, became involved in local politics. He was the first Mayor in the new town of Wynnum in 1913, and again in 1917. In 1924, he bought the Star Theatre in Florence Street, and arranged many concerts, sing-a-longs, dances and activities, and gave away teddies to the children. Sam purchased the Moreton Bay Leader newspaper and installed a printing press in the room above his cinema foyer. When the cinema burnt down in 1959, this machine killed two firemen. Sam died in 1958 when his motor-bicycle collided with a bus.

Younger son, John Junior, also a builder, served in World War I. He was injured and recuperated in England before coming home. On recovery, John lived a full life in the community. He entered local politics, becoming Mayor of Wynnum from 1921 to 1925. After 1926, when Wynnum became part of Greater Brisbane, he was Lord Mayor of Brisbane from 1931 to 1934.

The renaming of Wynnum Reserve, adjacent to Wynnum Creek, to Greene Park in 1933 serves as a commemoration of the distinguished Green(e) family.



The Star Theatre, Florence Street, Wynnum, was owned by Sam Green(e).



Moreton Bay Girls High School in 1901. Photos: Supplied.



Green(e) Park, named in 1933.



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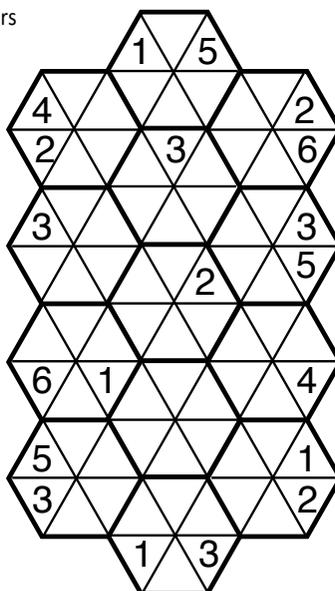
Sudoku

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

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

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.



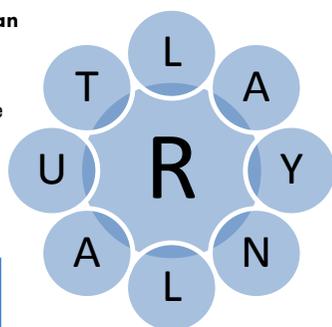
Crossword

1		2		3		4		5		6		7
				8	9							
				10					11	12		
13								14				
				15								
16	17		18			19			20		21	
			22	23		24			25			
			26					27	28			
29		30				31						
32										33	34	35
								36	37		38	
39			40			41		42				
								43				
								44				
										45		
46												47

Focus

An All Australian Word Game

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



Reference: Macquarie Concise Dictionary Focus No. 3905

TODAY'S FOCUS Good: 8 words
Very good: 15 words
Excellent: 24 words

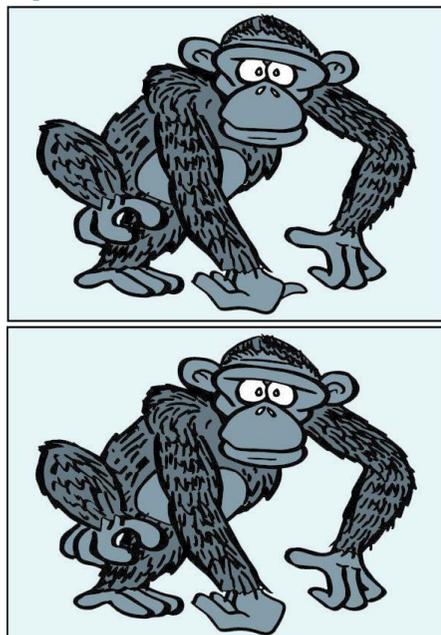
ACROSS

- 1 Dairy product
- 4 Bewilders purposely
- 8 Anger
- 10 Stair handrail post
- 11 Male sheep
- 13 Encourage
- 14 Wealthy
- 15 Disencumbers
- 16 Require
- 19 Acute
- 22 Musical dramas
- 25 Endures
- 26 Manufactured
- 27 Liquor dregs
- 29 Cut off
- 31 Opposed
- 32 Cut glass
- 33 Plaything
- 36 Members of a play

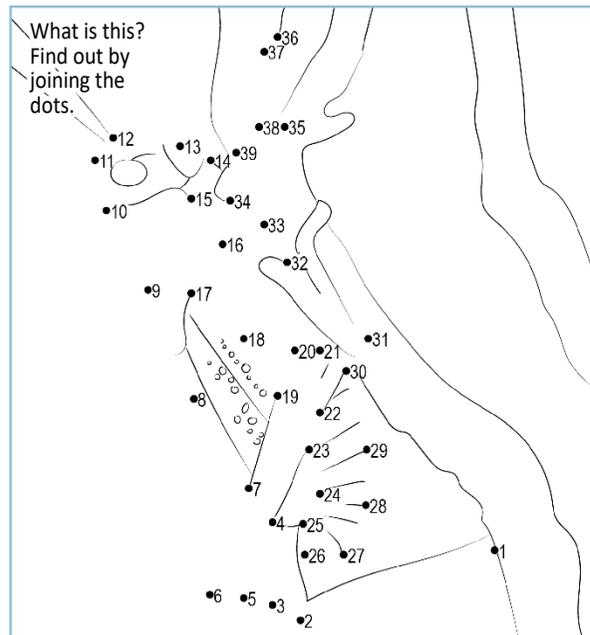
DOWN

- 1 Composer
- 2 Call for repeat
- 3 Person under age
- 4 Cried as a cat
- 5 Alone
- 6 Young horse
- 7 Furniture items
- 9 Withdrawn
- 11 Steals livestock
- 12 Intends
- 17 Live coal
- 18 Large hemispherical vaults
- 19 Island
- 20 Comforted
- 21 Metal
- 23 Social events
- 24 Actual
- 28 Effacement
- 29 Disperse
- 30 Competing
- 34 Outdoor excursion
- 35 Mustering rope
- 37 Sharp in effect
- 38 Woody plants
- 40 Strong wind
- 41 Mountain lake

Spot the 5 Differences

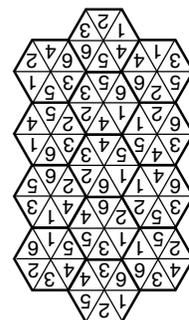


Join the Dots



Solutions

Puzzles and pagination supplied by Auspac Media



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

SPOT THE 5 DIFFERENCES: Ear changed, nostril moved, missing thumb, extra finger, brow wider.

FOCUS: alar alary altra arty aural aurally lunar nary natural NATURALLY rally rata ratal runt tarn tray truly turn ulnar ultra yarn



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ANZAC DAY 2026 AT THE ARMISTICE CENTENARY WAR MEMORIAL

The Armistice Centenary War Memorial is sacred to the memory of the more than 500 Riflemen of the Queensland Rifle Association who gave their lives for our freedom in the Great War of 1914-1918.

When the Great War broke out, the first men to be called up in defence of the nation were members of QRA's rifle clubs throughout Queensland. It was these Riflemen who took part in the expeditionary force which captured German New Guinea. A smaller force was committed to manning the fortifications on Thursday Island. The war effort progressed, so many more QRA Rifle Club members joined the AIF and fought in various locations including the Gallipoli Peninsula and Western Front. At the end of the Great War, some 568 of the 5,316 QRA Rifle Club members who joined the AIF, had been killed on Active Service.

As the nation approached the 100th anniversary of the Armistice that ended the Great War of 1914-1918, the QRA Museum committee recognised that there was no discrete memorial established in Queensland that records the loss of the 568 Riflemen in the Great War. The ACWM was then established at Belmont to commemorate the members who served, many of whom made the ultimate sacrifice for our nation.

On ANZAC Day – the most significant day of commemoration, reflection and gratitude – the gates open at the ACWM to the community. Family, friends, servicemen and women are invited to attend the ANZAC memorial service.

WHAT: ANZAC Day Memorial Service.

WHERE: ACWM Belmont Shooting Complex, 1485 Old Cleveland Rd, Belmont.

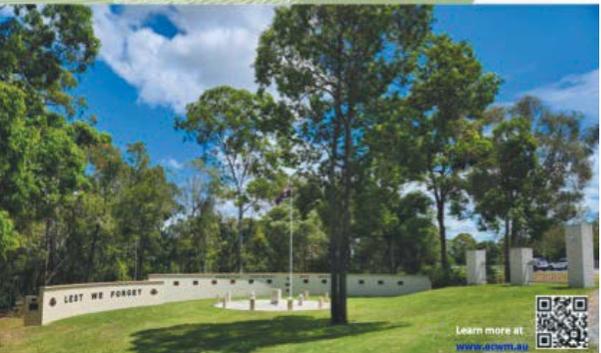
WHEN: Saturday April 25. March commences 10:15am. Service begins 10:30am. (Gates close at 9:50am).

Armistice Centenary War Memorial
Belmont Shooting Complex
1485 Old Cleveland Road, Belmont

ANZAC DAY SERVICE
25 APRIL
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March commences at 10.15am
Service commences at 10.30am

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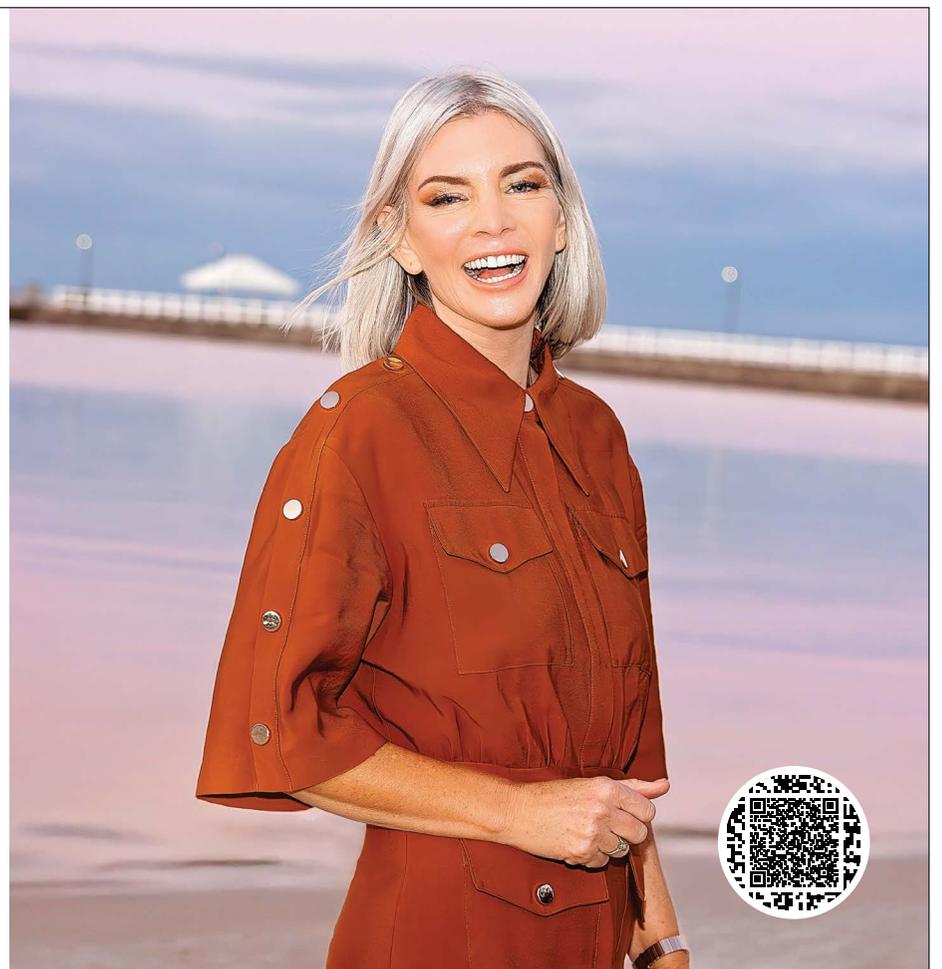
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LOCAL READERS – A BOOK REVIEW

FLESH BY DAVID SZALAY

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

Flesh is the 2025 Booker Prize Winner. “A propulsive, hypnotic novel . . . spare and penetrating, *Flesh* asks profound questions about what drives a life: what makes it worth living, and what breaks it.

“Fifteen-year-old Istvan lives with his mother in a quiet apartment complex in Hungary. New to the town and shy, he is unfamiliar with the social rituals at school and soon becomes isolated, with his neighbour – a married woman close to his mother’s age – as his only companion. These encounters shift into a clandestine relationship that Istvan himself can barely understand and life soon spirals out of control.

“As the years pass, he is carried gradually upwards . . . with his own competing impulses for love, intimacy, status and wealth winning him unimaginable riches, until they threaten to undo him completely.” Penguin Books. penguin.com.au

MY THOUGHTS

The focus throughout the book is on the physical, the transactional. Whether through emotionally distant ‘intimate’ encounters or life-changing events, these are expressed by actions rather than emotions. Istvan is a fascinating character!

His dialogue is sparse and it seems his thoughts are too, or at least, at times he finds them elusive! When later he does grasp them, he often seems surprised, puzzled. “Something, however, makes it hard for him to start the engine and drive away, which is what he thought he was going to do . . . He has a strange feeling that something very significant has happened, only he isn’t sure what.”

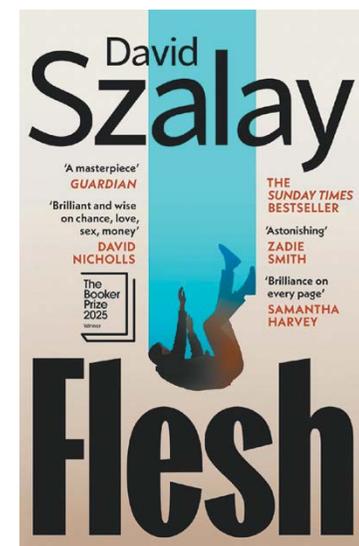
Istvan’s most common response in situations ranging from invitations to have sex to job offers and mega property deals is “Okay”. “He doesn’t know why he says that. Some part of him seems to want to.”

“He doesn’t know why he does what he does next. Something wells up in him. It feels as purely physical and involuntary as throwing up. There’s a surprisingly loud sound and the door has a splintery dent in it now.”

I loved this book! I enjoyed the pace through use of ‘rubber time’ – skipping across the surface of long periods then deep-diving into detail, over the course of a life of many chapters – which made for a quick and absorbing read. Often there is a building tension suggesting things are about to go wrong – and they do, but not quite as and when expected.

The language is trimmed of excess: “The first daffodils arrive in a hostile world.” And the abrupt and unsentimental reference to major life milestones and disasters some interval after the fact, takes your breath away – yet still there is little reflection on any accompanying emotions – at least not until much later.

I thoroughly recommend *Flesh*, though prepare for detailed references to sex and use of coarse language.

LOCAL POETRY
AT 100

BY GEOFF SMILEY

When she reached 100
Grandma said to me,
“I don’t know what else to do.”
With eyes now on the end,
even the pull of kinship
for her had waned.

Her descendants,
lauded their centurion.
But
they had paid allegiance
four times

at latter decade celebrations.
The future now
was calling them.

Grandma’s husband,
her friends, her neighbours
and three of her children
lay in the cemetery.
Grandma was lonely;
she felt out of place,
in her second century.

What happens in old age?
Is it a relief to let go,
when body is overused?
When relevance recedes
and dependency is all there is?

Life which begins
with such vitality,
goes through ascendancy,
then retreats
when the purpose
of living is passed.

Nature prepares us
for that inevitable end.

Gran died before
she was 101,
leaving in sickness.
She sleeps now
with outlived friends.
© Geoff Smiley

EASTER BUNNY AND CANDY EGG ROCKY ROAD RECIPE

Love chocolate and marshmallows? Here's a fun rocky road recipe that combines a few sweet favourites to create an elevated Easter treat.

INGREDIENTS

- 400g milk chocolate (use white or dark chocolate if you prefer)
- 100g marshmallow bunnies
- 125g packet of candy coated chocolate mini eggs (Tip: buy an extra packet of mini eggs, because they're yummy to snack on while you're cooking)
- 1 cup of mini marshmallows
- 1 cup of Iced VoVo biscuits, roughly chopped
- A pinch of cooking salt

METHOD

1. Line a slice pan or small baking tray (you want your tray to be at least 5cm deep) with baking paper, letting it hang over the sides so it's easy to lift your rocky road out of the pan later. Start snacking on your extra bag of mini eggs (optional).
2. Break the chocolate into pieces and melt it in a heatproof bowl over a saucepan of simmering water, or microwave it in 30 second bursts, stirring until smooth. Add a pinch of salt.
3. In a large bowl, combine the chopped biscuits, mini marshmallows, half the mini eggs, and half the marshmallow bunnies.
4. Pour the melted chocolate over the mixture and stir until everything is coated.
5. Spread the mixture into the lined tin. Continue snacking on your extra bag of mini eggs (optional).
6. Press the remaining marshmallow bunnies and mini eggs into the surface so they're visible.
7. Pop it in the fridge for one to two hours, until your rocky road is firm. You can then slice it into squares and enjoy!





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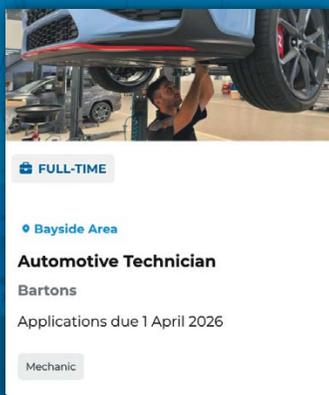



Sailing Vessel "Dawn Treader" | LIDGARD 32ft | Hull Fibreglass/GRP | Draft 1.8m | Beam 2.9m | Weight 3 Tonne | Approx age 1995 | Lead Keel | Engine - 10Hp Yanmar diesel Engine | Cruise speed 6 knots | 70Litres Fuel | 2 x cabins | 2 x Seadoo RPX215 Jetskis on double trailer (unregistered).



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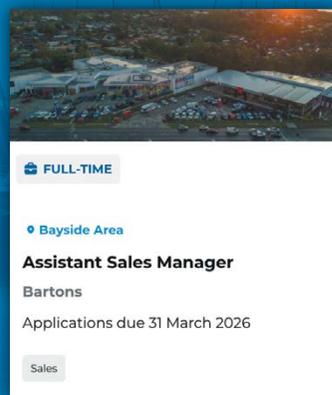
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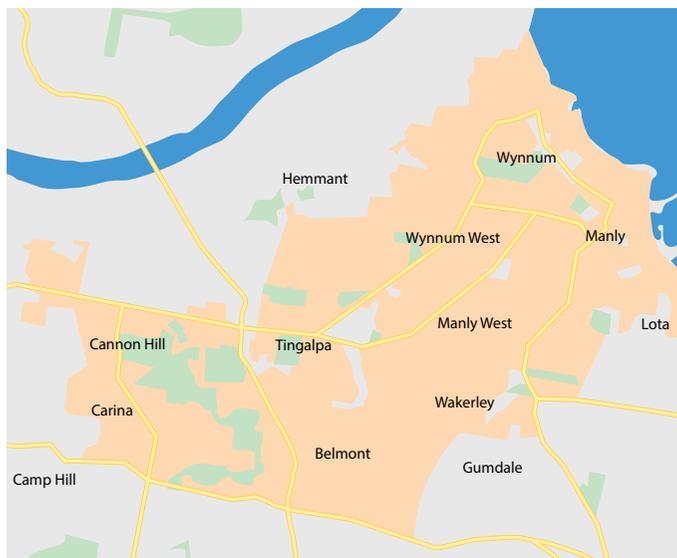
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LOCAL GARDENING WITH KAT

WHAT THE FIG?

BY KAT PEARSON, *GIRL IN THE GREEN*

Local and not-so local figs...

We should all know the Moreton Bay fig around here. Big tree, big roots, small fruit, often strung up in fairy lights. As you might guess from the name, they are native to the eastern coast of Australia, including the Moreton Bay area. The scientific name is *Ficus macrophylla*, due to its big (macro) leaves (phylla) – though I can think of a number of other figs with just as big, if not bigger, leaves: the fiddle leaf fig, the dinner plate fig, even the rubber tree. But size is in the eye of the beholder, I suppose...

Moreton Bay figs are a type of strangler fig. Whilst our bayside specimens are planted in the ground, wild trees often start as seeds that germinate in the canopy of another tree. It lives as an epiphyte for a while until its aerial roots reach the ground. Once it hits soil, it grows rapidly, encasing or ‘strangling’ the original tree. The fig tree’s roots get bigger and bigger, spreading out around the main trunk. These are called buttress roots and give the usually shallow-rooted trees stability.

The small purple fruit is edible but dry (once again, just because you

can, doesn’t mean you should). The flying foxes love them, as do a number of bird species. Like other figs, the flower is inverted – meaning the flowers bloom on the inside, making it tricky for pollinators to access. Handily, they have developed a mutual relationship with a wasp that crawls in to lay eggs, pollinating the flowers at the same time. Unfortunately for the wasp, it dies inside and is decomposed by enzymes and absorbed by the developing fruit. This plant/wasp situation exists across all wild figs, with each fig species pollinated by a unique wasp species. The figs can’t reproduce without the wasps, and the wasps can’t reproduce without the figs.

But never fear! The commercially produced figs we eat (*Ficus carica*) do not contain wasp remnants. Historical selection over the years has chosen not only tasty fruit but also self-pollinating varieties, which do not produce viable seed and must be propagated vegetatively (through cuttings). In addition to avoiding any additional wasp-based proteins in our diet, it also means edible figs can be grown outside the natural range of any particular wasp species. Personally, I have a very small ‘Brown Turkey’ fig tree in a pot – it doesn’t produce a lot of fruit, but the handful it does are so, so good picked on a warm sunny day and eaten right on the spot!

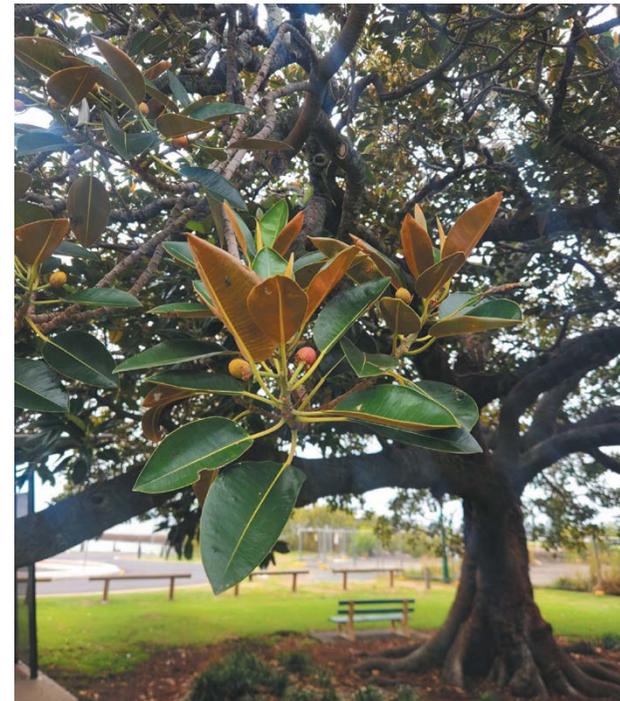


Photo: Kat Pearson.

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BAYSIDE CHARITIES' CHANCE TO SHARE IN \$100,000 GRANT FUNDING

When SAILS at Bayside received grant funding last year, the local not-for-profit got a welcome boost to help cover the cost of events and volunteer training that's connecting at risk youth and disadvantaged community members with opportunity.

"It's the first time a lot of the young people we work with have been on the water, so it's a really joyful and freeing experience for them," said SAILS at Bayside president Ian Carr.

"We're building confidence in young people and helping them to learn important life skills."

Brisbane's bayside is full of local legends like SAILS at Bayside, working to make a difference in the community through projects and initiatives across education, community, environment, youth development, wellbeing, arts and culture.

But with cost-of-living biting and resources stretched, sometimes a little extra assistance can go a long way.

That's where Port of Brisbane's Community Relations Manager, Ed Harwood, hopes the Port can help.

"We know many local organisations would welcome a funding boost so we're keen to get the message out that applications for our 2026/27 Community Grant Program have now opened," said Mr Harwood.

"Since 2013, we've proudly shared more than \$1.3 million with community organisations through our grant program from the Bayside to southern Queensland.

"This year, we have another \$100,000 available, with individual organisations able to apply for up to \$15,000. Imagine what \$15,000 could do for your charity, and the important work you're doing in the bayside."

Eligible organisations can apply for grant funding until 30 April 2026.

To find out more, email info@portbris.com.au to request an application form.



SAILS at Bayside received grant funding in 2025. Photo: Supplied.

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LOCAL FISHING WITH SPERO

EASTER ON MORETON BAY: WHAT'S BITING IN APRIL

BY SPERO KARTANOS

April is a great month for fishing the bay, if the weather gods do the right thing! It's usually a hit-or-miss month, but hopefully the water clears, and we can see the bottom of the bay.

This month, the school mackerel should be moving closer to the western part of the bay, and hopefully we will see some spotties as well, but I will not be holding my breath.

The whiting normally clear out of the Chain Banks area and go into Fisherman's Gutter, the Rous, and Amity Banks, so it's a bit further to travel from home for a catch of whiting.

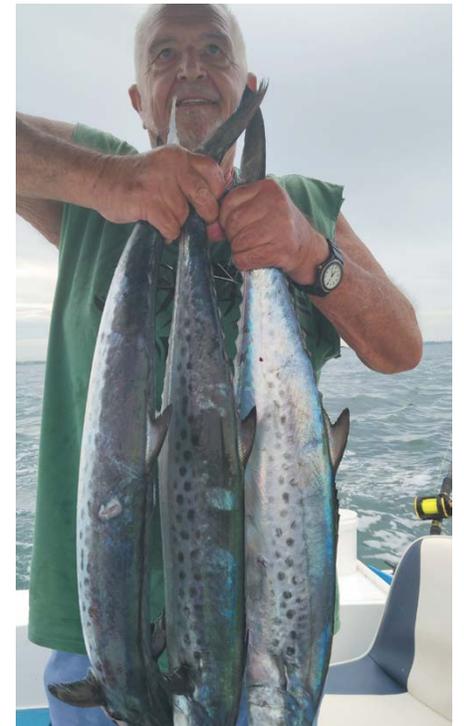
The squid should be in good numbers in close if the water clears. Otherwise, the squid should be around the Rous, Amity and the western side of Moreton. Hopefully, the water clears, and we can get them closer to home.

The squire and sweet lip are normally in good numbers in April, and the fishing has been good at Mt Cotton Reach this time of year, as well as the shallows around the Bay Islands.

Prawns are plentiful in the southern bay, and the crabs tend to be in the deeper water in the bay.

Till next month, good fishing!

PS: Don't forget to check the weather forecast before venturing out. It is nearly the anniversary of getting the weather beacon on Hope Banks, and I screamed a lot to get it installed. I will never be more grateful to the past CEO of BOM, Dr Andrew Johnson, for stepping up to get this done. In my opinion, it is the best thing that has been done to improve safety on Moreton Bay.



Photos: Spero Kartanos.

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Upgrading Victoria Point and Redland Bay State Schools



As well as upgrading Victoria Point and Redland Bay State Schools, here are some of the ways the new Queensland Government is delivering for the Redlands:

- Delivering more anti-theft measures and CCTV in Capalaba and Cleveland
- Delivering a new Redland Whitewater Centre for 2032 and beyond
- Upgrading Alexandra Hills TAFE
- Delivering a new multi-level car park at Weinam Creek
- 50c fares made permanent
- Delivering 50c fares for Southern Moreton Bay Island ferries
- Duplicating Tingalpa Creek Bridge
- Upgrading Cleveland-Redland Bay Road
- Delivering a transit lounge, MRI machine and ICU at Redland Hospital
- Delivering more early intervention with Top Blokes.

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Government**

COMMUNITY BASKETBALL PROGRAM CHANGING LIVES IN WYNNUM WEST

For the past few years, a grassroots basketball program in Wynnum West has been quietly transforming the lives of local young people.

Delivered by MADE Concepts as part of Brisbane City Council's Active & Healthy program, the weekly sessions provide a safe, inclusive space where youth and community members can stay active, build friendships and develop confidence through sport.

Held at Wynnum West, Lota skate and basketball park, and surrounding community spaces, the program welcomes participants of all skill levels. Whether someone is picking up a basketball for the first time or looking to sharpen their game, the sessions focus on skill development, teamwork and positive mentoring.

What makes the program unique is its open and welcoming environment. Many participants come from diverse cultural backgrounds, and the program regularly attracts young people who may not otherwise engage in organised sport. Coaches focus not only on basketball fundamentals but also on life skills such as leadership, communication and resilience.

Over the years, the sessions have grown into a strong community hub. Families often stay to watch games, younger siblings join in skills drills and local youth find a positive place to spend their afternoons.



Photos: Supplied.

MADE Concepts has built its reputation on using sport as a tool for community development, and the program is a clear example of that impact.



By creating accessible opportunities for physical activity and connection, the initiative supports Brisbane City Council's mission of encouraging healthy, active lifestyles across the city.

VOLUNTEER GROUPS IN BONNER ENCOURAGED TO APPLY FOR GRANTS

Volunteer organisations across the Bonner electorate are being encouraged to apply for funding through the Australian Government's Volunteer Grants program.

Grants of between \$1,000 and \$5,000 are available to eligible not-for-profit organisations that involve volunteers.

Funding can be used to:

- purchase communication and insurance items and/or services for all volunteers;
- purchase specified items and/or services for the main purpose of supporting volunteers under the age of 18 or adult volunteers supporting children;
- purchase specified items and/or services to support volunteer-run activities for the main purpose of supporting children or parents/carers to support a child's development.

In the last round of Volunteer Grants, \$59,994 was distributed to 23 local community organisations across Bonner, supporting grassroots groups and the volunteers who power them.

Federal Member for Bonner Kara Cook MP said the grants recognise the incredible contribution volunteers make to the local community and provide practical support to help organisations continue their work.

"Bonner is home to so many dedicated volunteers who give their time to support others, whether it's at local sporting clubs, environmental groups, charities, or community organisations. I encourage local volunteer organisations in Bonner to apply for this great opportunity," Kara Cook MP said.



Photo: Supplied.

Local groups interested in applying are encouraged to contact Kara Cook MP's office to express their interest.

The contact details are:

Email: kara.cook.mp@aph.gov.au

Phone: 07 3893 3488

Address: 69 Clara St, Wynnum 4178

THE FIRST AUSTRALIAN GRANTED MEMBERSHIP OF US COAST GUARD

BY HARVEY SHORE

US Coast Guard Auxiliary Commodore Roland Zwicky has always supported Australia's marine rescue volunteers. For the past two decades, he's invited our volunteers visiting Hawaii to join his Sector Honolulu team, to share knowledge and experience.

I first met Commodore Zwicky and his team in 2008, a year after I joined Manly's Coast Guard Flotilla and became their media officer. We got on well, and Commodore Zwicky invited me back a dozen times to go aboard US Coast Guard vessels, helicopters and C-130 transports, and share training and techniques.

In return, I wrote numerous articles about the links between our services. These were published in newspapers and the Australian Coast Guard magazine. The US Coast Guard liked them, and two years ago they awarded me a commendation for promoting international cooperation and friendship.

Also, two years ago, the Queensland government passed the Marine Rescue Queensland Act 2024, which aimed to amalgamate all Coast Guard and Volunteer Marine Rescue (VMR) units in Queensland into one single government-funded service, as happened successfully in New South Wales a decade ago.

The new single service – Marine Rescue Queensland (MRQ) – is designed to offer better funding and consistent training to all marine rescue volunteers, free fuel and maintenance for their vessels, free uniforms for members, and free breakdown and rescue services for all boaties in Queensland. Almost all VMR squadrons in Queensland (24 of the 26) have now transitioned into MRQ, and many Coast Guard volunteers are clamouring to sign up. I signed up last year.

When US Coast Guard Commodore Roland Zwicky heard I'd joined MRQ, he invited me to bring my new uniform to Hawaii, and join his team once again. I thought he meant talk to his team about MRQ, but Commodore Zwicky had something else in mind when he asked me to 'join his team'.



Commodore Roland Zwicky (right) with Harvey Shore. Photos: Supplied.

When I arrived at the US Coast Guard base in Honolulu last month, I found Commodore Zwicky had organised a formal ceremony to present me with Honorary Membership of the US Coast Guard Auxiliary. They said I was the first Australian ever to be granted this honour, which required special approval from Washington.

So now I've linked MRQ and the US Coast Guard Auxiliary, thanks to Commodore Roland Zwicky.

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CAR REVIEW

MG IM6 PERFORMANCE WAGON: A FIRST EV EXPERIENCE THAT IMPRESSES

BY JOHN VANDERMAAT



Spending a few days behind the wheel of the MG IM6 Performance Wagon was my first real introduction to the world of electric vehicles – and it proved to be a memorable one. Having never driven an EV before, the experience felt a little like jumping in at the deep end, but I quickly emerged impressed rather than overwhelmed.

From the moment you step inside, the IM6 makes a strong impression. The interior is beautifully finished and dominated by a sweeping 26.3 inch panoramic display, complemented by a 10.5 inch central touchscreen. There is an abundance of technology on offer, so taking a few moments to familiarise yourself with the controls before driving off is worthwhile. Fortunately, everything is logically laid out and easily accessed through the touchscreen.

Space is another highlight. With the driver's seat adjusted to suit my 188cm height, there was still plenty of room for passengers in the rear. The boot is generously sized and would comfortably handle a couple of suitcases, making the IM6 well suited to family use or weekend getaways.

On the road, the MG IM6 truly shines. The ride is exceptionally smooth, and the acceleration from the 553kW dual motor all wheel drive system is nothing short of thrilling. As a newcomer to EVs, the instant power delivery felt very different at first, but it quickly became one of the most enjoyable aspects of the driving experience. The car feels confident, composed, and genuinely fun to drive.

The technology continues to impress, with features such as multiple camera views, a 20-speaker premium audio system, heated and cooled seats, and AI parking assist all contributing to a sense of luxury and ease. One practical consideration is charging – being limited to slow charging at home highlighted the



Photo: Supplied.

importance of access to ultra-fast charging to fully appreciate the vehicle's advanced 800 volt system.

Overall, my first foray into electric motoring could hardly have been better. The MG IM6 Performance Wagon delivers comfort, space, and excitement in equal measure – and if this is what modern EVs have to offer, the future of driving looks very appealing indeed.

Thank you to Bartons for supplying the MG IM6 Performance Wagon for review. Bartons has a range of EV, PHEV and Hybrid vehicles across 12 brands.

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COULD A CRACKED TOOTH BE CAUSING YOUR SENSITIVITY?

FROM DENTAL ON CAMBRIDGE

Have you ever felt a sharp pain when biting down on food, only for it to disappear moments later? Or noticed sudden sensitivity when eating something cold or sweet? These can be signs of cracked tooth syndrome, a common but often difficult-to-diagnose dental condition.

A cracked tooth occurs when a small fracture develops in the structure of the tooth. Unlike a tooth that is visibly broken, these cracks can be extremely fine and may not appear on standard dental x-rays. Despite their size, they can cause significant discomfort. Many patients describe a sharp, fleeting pain when chewing or when releasing pressure on a tooth.

Research published in the *European Journal of Prosthodontics and Restorative Dentistry* has shown that cracked tooth syndrome is one of the more common causes of unexplained dental pain in adults, particularly in people aged between 30 and 60. Studies also indicate that the condition most frequently affects back teeth, as these teeth absorb the greatest chewing forces.

Cracked teeth can develop for a variety of reasons. Years of normal wear, chewing hard foods, large fillings, teeth grinding, or accidental trauma can all weaken a tooth and lead to cracks. Because the fracture may open slightly under pressure when chewing, it can irritate the inner nerve of the tooth, which is why pain or sensitivity may come and go.

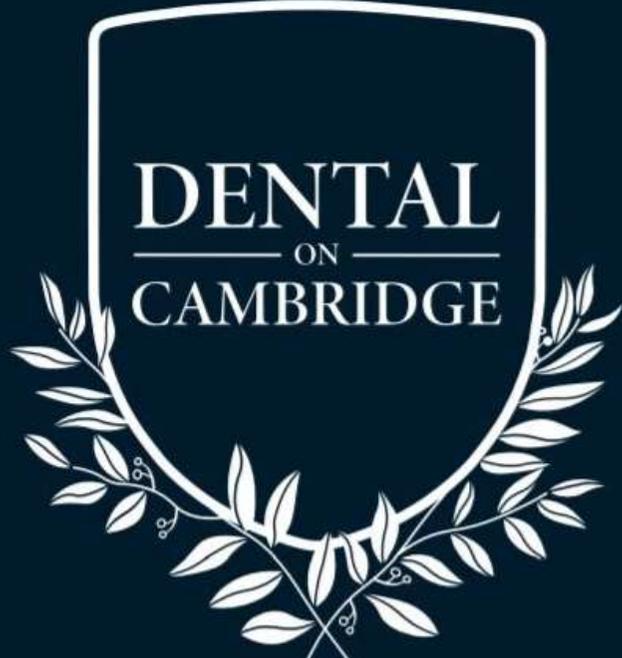
At Dental on Cambridge, our experienced team regularly helps bayside patients identify the cause of these puzzling symptoms. Our compassionate dentists use careful examination techniques to locate cracks that may not be immediately visible.

Early diagnosis is important. If left untreated, a crack can deepen over time and may eventually lead to infection or catastrophic tooth splitting. Treatment often involves placing a protective crown to strengthen the tooth and prevent the crack from worsening.



Photo: Supplied.

If you're experiencing pain when chewing or unexplained tooth sensitivity, book an appointment with the experienced team at Dental on Cambridge. Identifying cracked tooth syndrome early can help protect your tooth and keep your smile healthy for years to come.



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Barry brings decades of experience, including extensive service to Orthodox faith communities, with a calm confidence and deep respect for tradition and ritual.

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