

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside



GIVE A LAYER, LEND A HAND: LET'S KEEP EVERYONE WARM THIS WINTER!

Staying warm is something many of us barely think about, but for some in our community, winter brings real hardship – especially once the evening chill sets in.

Rosies is inviting locals to donate blankets, warm clothing, and other winter essentials to help make the colder months safer and more comfortable for people doing it tough. Even a single warm item can make a meaningful difference to someone facing the night without enough protection from the cold.

The Wynnum Manly Rosies branch has around 140 amazing volunteers who support more than 200 people each week through their outreach services. Their kindness has changed lives, offered hope, and provided connection to those who need it most. You can find out more about how to get involved on page 3.

A huge thank you to everyone who volunteers in our community – you really do make a difference, and we look forward to sharing more of your stories in upcoming editions.

Pictured: Bruce, Tracee, Billie and Christine from Rosies.

#1 AGENT
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WYNNUM WEST

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THAT SHOULD BE FRONT PAGE NEWS...

BAYSIDE
PROPERTY ~ AGENTS

David Pearce
0412 449 387

BEST MONEY. EVERY TIME.

DRAMA AT THE MEN'S SHED!

CONTRIBUTED BY WYNNUM WEST STATE PRIMARY SCHOOL

When a request for help landed at the Wynnum Manly & Districts Men's Shed, Alan Beswick didn't hesitate. His response to Tricia Bawtree from Wynnum West State School was simple and enthusiastic: "Let's do this!"

Drawing on his experience creating theatre props, Mr Beswick was keen to lend a hand. Ms Bawtree had reached out seeking support with a key element of drama and dance teaching: helping students understand and use 'levels' to add depth and focus to their performances.

Until now, students had been improvising with whatever was available – tables, sturdy chairs and even each other to create height differences in their scenes. Two well-used drama boxes had become class favourites, but with multiple groups working at once, more were needed. Ms Bawtree hoped to expand the set to five, ensuring every group could fully participate during lessons.

Taking the idea to heart, Mr Beswick and The Shed members got to work, crafting three additional wooden boxes for the school. Upon delivery to the school, he was welcomed by the school's Cultural Captains, who quickly put the new boxes to use as an impromptu stage.

The new additions are already making a difference, giving students more opportunities to explore creativity and performance in a hands-on way, while also highlighting the value of community partnerships.

During his visit, Mr Beswick asked about upcoming productions, with Ms Bawtree outlining plans for a Year 2 mini musical centred on the Tooth Fairy and noting that an invitation would be extended to Alan and members of The Shed.

The collaboration is a reminder of how local organisations like the Wynnum Manly & Districts Men's Shed continue to support schools and young people, strengthening connections across the Wynnum community, one project at a time.



Photo: Supplied.



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ROSIES CALLS FOR FOOD AND CLOTHING DONATIONS AHEAD OF WINTER

BY ASHLEIGH HOWARTH

With temperatures beginning to drop, bayside residents are being urged to pick up a few extra items at the shops to help people doing it tough, with the team from Rosies Wynnum Manly hoping to boost supplies ahead of winter.

With the charity helping roughly 200 people each week, branch coordinator Bruce Corrie said donations of non-perishable food as well as blankets, warm clothing, swags and sleeping bags are needed to support those who are experiencing homelessness, living in cars, couch-surfing or struggling to make ends meet.

“We are always in need of donations to help our friends who rely on us each week for a simple cuppa, a bite to eat, and someone to chat to,” he said.

“Sadly, the number of people we help has increased in the past few years, so we need the community’s help more than ever.

“Food items like cups of soup, noodles, tea, coffee, Milo, soft drinks, muesli bars and other tasty snacks ensure people have something to fill their belly, while donations of resealable bags, which allow people to take food away in, are also extremely useful.

“Some other items we need include antibacterial wipes to clean down the benches and the cupboards in our van.”

This year marks 10 years since Bruce established Rosies Wynnum Manly after retiring.

“I saw a billboard advertising Rosies in Wynnum, so I called the number and found out it was actually the number for the head office,” he said.

“I went in and spoke to them about starting up the Wynnum Manly Branch and as they say, the rest is history.”


The branch has around 140 volunteers who help each week.

Outreach services are held at St Peter’s Anglican Church on Charlotte Street every Monday from 9:00am to 11:00am, and at the corner of Tingal Road and Charlotte Street every Wednesday, Friday and Sunday between 7:00pm and 9:00pm.

Donations can be dropped off during outreach services, at the group’s hub at Myhorizon, or you can send an email to wynnum@rosies.org.au to arrange a pickup.



Photo: Supplied.




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RQYS CREWS CLEAN UP IN AN EPIC BRISBANE TO GLADSTONE YACHT RACE

CONTRIBUTED BY ROYAL QUEENSLAND YACHT SQUADRON

Easter's historic flagship sailing regatta once again tested the skill of sailors as they embarked on the 570km coastal race from Brisbane to Gladstone, with Royal Queensland Yacht Squadron's (RQYS) eight boats and crew taking out the majority of firsts across the fleet totalling 29.

Wild Thing 100 claimed Line Honours, crossing the finish line on Saturday 4 April at 6:24am, skippered by Grant Wharrington. KERB, skippered by Brett Whitebread, took out first place overall to win the Courier Mail Cup, while Yachtshare Ignition took out first in the two-handed division. With all three boats representing RQYS, the club is once again in an enviable position as one of the strongest fleets in the country.

Brett Whitebread, skipper of KERB, says, "With the forecast looking like a fast one, to say the crew were pumped was an understatement.

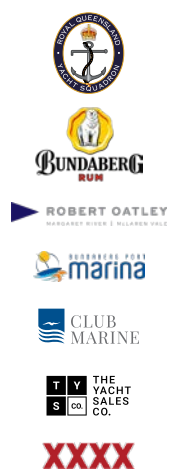
"As the night went on, the breeze kept building, and with each rain squall we saw wind well above 30kts, and with the seas building around Breaksea, we had plenty on. The boat has a limited selection of downwind sails, and knowing that we needed to save our biggest spinnaker for the final run home, we decided on the Chicken Chute (A5) for the run across The Paddock."

The strong South-Easterly trade winds delivered one of the best rides up to Gladstone, with winds in the high 20 knots making for a top boat speed of 25.8 knots for Wild Thing 100, or approximately 50km/hr over ground, making for a very wet ride for the competitors.

With plenty of broken boat gear, the race remains one of the most challenging on the Australian sailing calendar. Queensland sailors now enjoy time to recover before turning toward the newest regatta on the blue-water calendar, the inaugural Brisbane to Bundaberg Offshore Yacht Race, which departs Brisbane on 18 June, before a well-earned rest for sailors during the quieter winter months.



The victorious Wild Thing crew. Photo: Supplied.



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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**



THE AUSTRALIAN BON JOVI EXPERIENCE

Saturday May 16, doors open 7:30pm for an 8:00pm start, Wynnum Manly Leagues Club, Wondall Road, Manly West

Bon Jovi fans, get excited! You're in for a powerhouse night when Australia's leading Bon Jovi tribute act brings a golden era of rock back to life at Wynnum Manly Leagues Club. Audiences can expect soaring ballads, stadium-sized anthems, and the unmistakable Bon Jovi sound that was the soundtrack to a generation. Tickets are \$35 for members and \$45 for non members. For tickets, go to www.wynnummanlyleagues.com.au.



WYNNUM UP LATE

Friday May 8, 5:00pm to 8:00pm, Bay Terrace, Florence Street, Edith Street, Wynnum CBD

Love a spot of late-night shopping? Wynnum's CBD transforms into a lively night-time hub on selected Friday evenings during the year, with Bay Terrace and the surrounding Florence and Edith Streets buzzing for Wynnum Up Late. Wander through local boutiques open until 8:00pm, enjoy roving street performers, and settle in at your favourite restaurants and bars to make a whole night of it. It's the perfect way to ease into the weekend.



STORYTIME IN THE PARK

Wednesday May 13, 10:30am to 11:00am, Wynnum Wading Pool Park, Wynnum

Children and their carers/parents are invited to delight in a vibrant outdoor storytime at Wynnum Wading Pool Park. This First 5 Forever session weaves together stories, songs and playful early learning, creating a warm and engaging experience for families with children aged 0 to five. Designed to nurture early literacy through play, connection and imagination, the session offers a relaxed setting where little ones can learn and grow. With no bookings required and convenient nearby parking, families can simply drop in, find a shady spot under the trees and enjoy a magical morning together. Free to attend, it's the perfect outing for babies, toddlers and pre-schoolers.



WYNNUM MANLY SEAGULLS V NORTH'S DEVILS

Saturday May 9, 3:00pm, Kougari Oval, Wondall Road, Manly West

We're deep into the footy season, and the rivalry is fierce! Get ready for a blockbuster arvo of great local footy as the Wynnum Manly Seagulls takes on the Norths Devils at Kougari Oval. You won't want to miss the intensity and the electric atmosphere that only a Seagulls home game can deliver. Bring your mates, bring your colours, and settle in for a fierce contest that promises big hits, sharp plays, and plenty of passion from both sides.



TWILIGHT ON CAMBRIDGE

Friday May 8, 5:00pm to 8:00pm, Cambridge Parade, Manly Harbour Village

Twilight on Cambridge will again light up Manly on Friday, May 8, with an evening full of flavour, music and fantastic community vibes! Cambridge Parade will transform into a lively hub where locals and visitors can wander, taste and enjoy everything this bayside precinct has to offer. Food lovers can graze their way through an enticing selection of food stalls and food trucks, or settle in for a relaxed dine-in experience at one of Manly's many restaurants and bars.



MOTHER'S DAY BY THE BAY – LIVE MUSIC

Sunday May 10, 8:00am to 2:00pm, Little Bayside Park, Manly

Celebrate Mother's Day by the sea at the Manly Creative Market, where the relaxed coastal atmosphere makes it easy to spoil mum and enjoy time together. Wander through colourful stalls filled with handmade treasures, unique crafts, and thoughtful gifts while you enjoy live music and local entertainment. Stroll along the scenic esplanade and enjoy the beautiful bay views. When you're ready for a bite, the cafés and restaurants of Manly Harbour Village offer plenty of delicious options for a memorable Mother's Day lunch.

BARTONS/BMD PRO-AM: SUNSHINE, REDEMPTION AND A FITTING FINALE

CONTRIBUTED BY BARTONS

There was a sense of redemption at Wynnum Golf Club on Monday 30 March as the Bartons/BMD Pro-Am returned under clear skies after last year's event was dramatically abandoned mid-play due to severe weather. In near-perfect conditions, Australia's richest one-day Pro-Am produced a memorable day and a fitting conclusion to the 2025 Adidas PGA Pro-Am Series.

Long regarded as one of the standout events on the national Pro-Am calendar, the Bartons/BMD Pro-Am once again lived up to its reputation, attracting a quality field of professionals and amateurs for a day that combined elite competition with the relaxed spirit and strong community support the event is known for. A thrilling three-way share of the title provided the perfect finishing touch to a tournament that again showcased why it is held in such high regard.

What continues to distinguish the Bartons/BMD Pro-Am is not only the calibre of golf on display, but the strength of the partnerships behind it. Through the enduring support of Bartons, BMD and a loyal network of sponsors, the event has grown into much more than a tournament. It is a celebrated fixture built on commitment, community and a shared passion for the game.

After the frustration of November, this year's staging felt especially significant. It was more than a successful return. It was a deserved one, and a reminder of why the Bartons/BMD Pro-Am remains one of the most respected and anticipated one-day events on the Australian golfing calendar.



Pictured: Matthew Steiger, William Bruyeres and Hayden Webb. Photo: Supplied.

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UPDATES FROM YOUR LOCAL COUNCILLOR



Wynnum Manly Meals and Services Support Guide

One of the challenges I hear often is not just access to support, but knowing where to find it.

To help, my office has created a simple weekly guide outlining local meals and support services across the Wynnum Manly Ward. It brings together organisations like St Pete's Pantry, Rosie's, Wynnum Community Place and Silky Oaks in one easy place.

These guides will also be distributed through local service providers to ensure they reach those who need them most.

If you or someone you know could benefit, please reach out to my office or one of the listed services.

Scan Me for Guide



Films on the Field

Films on the Field is returning to the bayside, bringing a relaxed night out for the whole family at Wynnum Vikings Oval. We'll be setting up a big screen on the field for an outdoor movie experience, alongside food stalls and plenty of space to settle in and enjoy the evening with family and friends.

- A Minecraft Movie**
- Wynnum Vikings Oval**
- Saturday, 23 May 2026**
- Doors open 4.30pm
Movie starts 5.30pm**

Pack a picnic rug or low chairs and come along for a great night under the stars. I look forward to sharing more details soon.



Engagement Survey

Have Your Say on How We Stay Connected, I'd love to hear from you.

We're running a short engagement survey to better understand how you prefer to receive updates from our office, whether that's email, social media, letterbox drops, mobile offices, door knocking, events or something else.

We also want to know what matters most to you. What would you like to hear more about? Local projects, community events, Council decisions?

Scan the QR Code to complete the survey. It will only take a few minutes and will help us share information in a way that works for you.



THE HAND THAT ROCKS THE CRADLE...

BY JAN NARY

Mother's Day, ironically, grew out of women's peace activism in the American Civil War, with Julia Ward Howe's 1870 call for a "Mother's Day for Peace" and her "Mother's Day Proclamation" to protest against the death of sons in war.

In 1908 Anna Jarvis took moves to recognise her mother's role as a community organiser who cared for soldiers on both sides of the Civil War and to honour women's initiatives for peace and contributions to family and society. A national holiday – the second Sunday in May – was declared in 1914 by President Woodrow Wilson. Although Jarvis grew to regret the commercialisation and commodification of the day's celebration and campaigned (unsuccessfully) to have the day cancelled, it's hard to stop a movement that's established in more than 100 countries worldwide.

Mother's Day in Australia was started by Janet Heyden in 1924. Visiting a friend in a hospital for "infirm and destitute women" triggered a concern for the women, many of whom had lost husbands and sons to war. She campaigned successfully for businesses and schools to donate gifts to the women.

That has grown into a date-keeper on our national calendar, along with the commercialism that so distressed its founder; Mother's Day has grown into a billion-dollar industry in Australia. More importantly, it's a day when families focus on the woman who gave them Mother's Day: Mum.

One of the earliest forms of mother appreciation was the worship of the Titan goddess Rhea, who concealed the birth of her sixth-born (who happened to be Zeus, future CEO of Olympus) from her husband Kronos. An understandable precaution, since Kronos had swallowed their first five children. Her festivals were riotous, rowdy and ecstatic.

Customs and celebratory rites have calmed down somewhat since then and we're more likely to celebrate Mother's Day with breakfast in bed, gifts, special luncheons and flowers. White chrysanthemums have become the traditional floral tribute; in the Victorian language of flowers they represent loyalty, honesty and devoted love – but on the darker side some cultures choose them for funerals and gravesites.



White chrysanthemums have become the traditional floral tribute for Mother's Day.




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Maggie's Mates

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Photo: Supplied.

What's your name? Hey, my name is Mr Ginger Nut. Don't judge, the kids named me.

Suburb: Manly West.

How long have you lived there? Not sure, I have no concept of time. Except when it's dinner time!

What is your favourite local walk? I'm not allowed outside per se, but I do have a 'catio' that's enclosed by netting. I watch the birds from there and yell at them.

What is your most treasured toy? I love to chase people's feet, especially visitors to my house who aren't expecting me to leap out at them. I got a toy once for Christmas from the pet store, and I don't see what all the fuss is about. It was quite ordinary. Feet rule.

What is your favourite food? Chicken, cheese and more cheese, please!

What is your worst habit? Being an orange cat, apparently, I am very noisy. I want what I want when I want it. There is a lot of talk about earplugs in my house.

What's your favourite local hangout? My catio and the kitchen counter (which I technically am not allowed on, but it's fun to test boundaries).

Who is your best friend? Whoever gives me food. That varies by the hour.

Do you have any funny or embarrassing stories you'd like to share? Nup. A gentleman never tells.

What do people love most about you? I am super handsome, and people say I am practically human.

Mr Ginger Nut loves the Animal Welfare League QLD, so we have made a \$50 donation on his 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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MISS MAGGIE OF MANLY



KEEPING YOUR PET COMFORTABLE AND HEALTHY THROUGH WINTER

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

As we move further into autumn, temperatures start to drop, and it is important to make sure our pets stay safe and warm during the winter months.



mindful of overheating, however. if your pet is in a heated environment, you may need to remove any coats.

BEDDING

We all enjoy snuggling under warm blankets when it's cold, and our pets are the same. Provide your dogs and cats with beds away from drafts and elevated from hard, cold surfaces. Extra blankets can be added for warmth – many pets like making a “nest” to cuddle down in.

OUTDOOR PETS

If your pet lives outside, it is important to provide shelter from the cooler weather. A kennel or cat enclosure can keep your pet warm, and a supply

of clean, warm blankets provides extra protection.

KEEP MOVING!

The cooler months offer a great opportunity to get out and exercise without the overwhelming heat and humidity that are so common in Brisbane for much of the year. Keeping your pets well exercised, even when the mercury drops, helps prevent boredom and stops arthritic joints from seizing.

EXTRA SAFETY CONSIDERATIONS

The use of heaters and fires should be carefully monitored to avoid pets being unintentionally injured. Turn off heating devices when not home and always supervise animals around fireplaces

to reduce the risk of burns.

Stock up on hot chocolate supplies, dig out the fluffy slippers and take the opportunity for extra snuggles with your living heat packs (aka dogs and cats!) during the coming months!



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THE FORESHORE GLASS HUNTER: AN ENDLESS TIDE OF SHARDS

BY MICHAEL JULLYAN

In 2015, we got a 'grodle' puppy, and being half retriever, she loves the water. We spend most mornings on the esplanade.

On weekends, many families walk and play on the foreshore beaches, and over the years, our dog has had three very nasty paw gashes from broken glass. I started picking up glass in 2016, carrying it until my hands and pockets were full, and at the same time, picking up plastics.

One day, I picked up an empty plastic container from the beach and used it to hold the glass as I collected it. It turns out a takeaway meal container can hold between 120 and 150 pieces of glass. All of a sudden, I was picking up over 100 pieces instead of 40 on every trip to the beach, which is twice a week.

I started doing the math: a minimum of 100 pieces every week, 50 weeks a year = 5,000 pieces a year for 10 years...already well beyond 50,000 pieces.

In the first three months of this year, I have collected 3,000 pieces, and this year looks like a 10,000-piece year.

At first, I thought yobbos must be having beers at night and tossing the empties, but as you study the glass, some of it is much smoother and rounded (aka sea glass), 90% is beer glass, and the rest is clear or green glass. I started studying glass migration in earnest, which is quite fascinating.

The glass is almost entirely thrown overboard from boats. The wind, wave and tide action roll the glass in a migratory direction from the south-east to the north, the same as the sand migration. The glass is light enough when it gets to the shallow water to be quickly shifted by the wave motion to the tide line, and as the tide recedes, the sloping sand of the foreshore captures the glass. If you walk out on the mud flats as I often do, you do not find glass; it covers that ground very quickly, presumably in one or two tide cycles, to accumulate on the edge of the high tide line. The coastline shape, groins and migratory motion caused by the tide – and to a lesser extent the wind – dictate several incredible local concentrations. For instance, south of the Wynnum Creek sea wall is the highest concentration by far; the second-most is where the esplanade splits. Pandanus Beach and the stretch from the wading pool to Cedar Street are relatively light in comparison.

Some of this glass is in huge jagged pieces, some sticks straight upright out of the sand, but most lies on its side, still with jagged edges exposed. Some are very small shards, but we all know small pieces of broken glass are most likely to injure.

I thought when I started bringing a container to collect glass and my daily haul exceeded 100 every time that



Photos: Supplied.

the glass would get hard to find, but in March this year, in one weekend, I collected over 800 pieces (that's my 'PB'), and the first weekend in April was 430 pieces.

The glass is still there every week, and it is not diminishing! The seabed must be saturated with glass because after 10 years of collecting, and this year, we are looking at 10,000 pieces, it just replenishes.

Sometimes I wonder what it would be like if the 50,000-plus pieces hadn't been picked up.



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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



TRAIN STAFF CUTS FROM MAY

From May, hundreds of Queensland Rail jobs are set to be cut. Wynnum Station will only be staffed in the morning until 9am on weekdays, (except for Wednesdays, staffed until 1pm) – and no staff on weekends. At Lindum Station, a newly upgraded, supposedly accessible station – staff will not be there on weekends. At Hemmant Station, again, there will be no staff after 1pm on weekdays, and none on the weekend. At Lota Station, the same is true, there will be no staff after 1pm on weekdays, and no staff on weekends. At Wynnum North Station, commuters will be left on their own for most of the afternoon and every weekend. At Wynnum Central Station, the heart of our Wynnum CBD – there will be no staff on Sundays.



When you cut train staff, you cut support. Cutting train workers will compromise safety, accessibility and support across the network.

COMMUNITY BENEFIT GRANT WINNERS

Congratulations to local organisations in the Lytton electorate who have secured funding through Round 125 of the Gambling Community Benefit Fund. Bayside Multisport received \$8,532 for a trailer, Mercury Theatre Wynnum \$6,198 for equipment, and South of the River Community Band \$34,228.97 for instruments.



The Manly Lota Scout Group secured \$20,790 to upgrade facilities, Wynnum Manly Sailing Club \$12,982.38 for equipment, Wynnum Manly Touch Association \$4,000 for equipment, Wynnum Tennis Association \$35,000 to upgrade courts, and Wynnum Vikings AFL \$34,794.42 for equipment – boosting local sport.

The Gambling Community Benefit Fund (GCBF) is Queensland's largest one-off community grants program and distributes funding each year to not-for-profit community groups. For more info go to: www.justice.qld.gov.au/initiatives/community-grants

CELEBRATING QLD SMALL BUSINESS MONTH

May is Queensland Small Business Month – a chance to celebrate the hardworking local businesses that keep our community thriving. Queensland is home to over 508,000 small businesses, creating more than 1 million



jobs and generating \$131 billion for our economy. They are truly the backbone of our economy. From cafés and retailers to tradies and family-run enterprises, thank you for your passion, resilience and contribution. Let's continue to support local – because when small business succeeds, our whole community benefits.

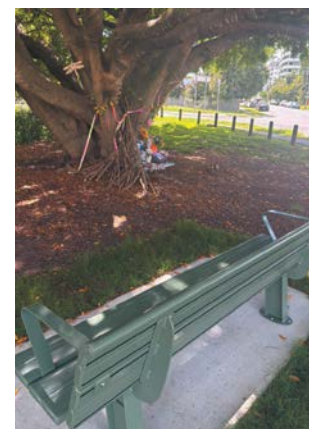
BAYSIDE DV CANDLELIGHT VIGIL

You are invited to attend the Bayside DV Candlelight Vigil on Wednesday 6 May and stand with our community against domestic and family violence. This vigil is about standing shoulder to shoulder – supporting those who have suffered and sending a clear message that violence has no place here. In Australia, 1 in 4 women have experienced violence by an intimate partner since the age of 15. Every candle represents a life, a story, and a call to action. I urge all Baysiders to come along, reflect, and show their support – because real change happens when communities unite and refuse to stay silent.



HONOURING WYNNUM TEEN

Baysiders may have noticed the unveiling of a memorial seat for Declan Phillips opposite the Wynnum RSL – a beautiful, quiet place for reflection beneath the shade of a much-loved tree.



Declan was a remarkable young man, and I had the privilege of experiencing his kindness firsthand. This new seat will stand as a lasting tribute – not just to a life taken too soon, but to the values he carried: honesty, care for others, and quiet strength. To Declan's family and all who loved him, please know our entire Bayside community stands with you. May this place offer you comfort, reflection, and a reminder that Declan's spirit lives on in the many lives he touched.

JoanPease MP

State Member for Lytton

Authorised by Joan Pease 100 Edith Street Wynnum

PO Box 719, Wynnum QLD 4178

(07) 3915 1100

JoanForLytton

lytton@parliament.qld.gov.au

www.joanpease.com

KARA COOK COMMUNITY UPDATE

FEDERAL MEMBER FOR BONNER



Fuel security in focus as Prime Minister visits Bonner

Bonner plays an important role in Australia's energy security, with the Ampol Lytton Refinery supporting close to 1,000 local jobs and contributing to the nation's fuel supply.

The Prime Minister's recent visit to the electorate highlighted just how important our community is to Australia's fuel security.

Facilities like the Lytton refinery help ensure Australia can respond to global supply pressures, strengthen fuel security and reduce pressure on prices, and with cost of living front of mind for many families, reliable and affordable fuel supply remains an important part of the solution.



Medicare Urgent Care Clinic Update

Access to affordable, timely healthcare continues to improve in Bonner, with two Medicare Urgent Care Clinics now operating extended hours across the electorate. More than 5,300 patients have already been seen across both clinics.

The Carina–Carindale clinic operates from 8am to 10pm at 805 Old Cleveland Road, Carina.

The Capalaba clinic operates from 7am to 9pm at 2/8 Dollery Road, Capalaba.

These clinics provide free, walk-in care close to home, easing pressure on emergency departments and ensuring timely treatment when you need it most.



Parliament Update

Parliament has recently focused on practical reforms aimed at easing cost of living pressures and improving fairness for Australians.

New legislation is progressing to crack down on excessive credit card surcharges, ensuring customers are not hit with hidden fees at the checkout.

There are also reforms underway to reduce gambling advertising, particularly to better protect young people from exposure.

Access to mental health support is expanding through Medicare Mental Health, making it easier for Australians to access free, evidence-based digital support without the need for a referral.

The Government has also moved to abolish junior pay rates in certain sectors, ensuring young workers are paid fairly for the work they do.

These reforms are part of a broader effort to make everyday systems fairer, while providing targeted support to households navigating ongoing cost of living pressures.



Multicultural Grants NOW OPEN

Bonner is home to a vibrant and multicultural community, and applications are now open to support local organisations with community infrastructure.

Grants from \$20,000 up to \$1.5 million are available for projects that create safe, inclusive spaces for communities to connect and thrive.

Round one closes on 18 May 2026.

For more information and to apply, visit the Department of Home Affairs website or GrantConnect.



Upcoming Mobile Offices

Thursday 11 June, Mount Gravatt Westfield Shopping Centre, 10:00am-11:00am

Thursday 11 June, Carindale Westfield Shopping Centre, 1:00pm - 2:00pm

Thursday 11 June, Eastside Village, Gumdale, 3:00pm - 4:00pm

Sunday 14 June, Manly Creative Markets, 9:00am - 10:00am



KARA COOK MP
FEDERAL MEMBER FOR BONNER

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



MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE UPDATE

BY JEMANDA HANNOUF, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE

Mother's Day By The Bay

AT MANLY HARBOUR VILLAGE

Mother's Day is the perfect excuse to slow down, soak up the seaside atmosphere, and celebrate the incredible women in our lives – and there's no better place to do it than by the bay at Manly Harbour in Brisbane.

With sparkling waterfront views, fresh sea breezes, and a vibrant dining scene, Manly Harbour offers a relaxed yet special setting for a memorable Mother's Day. Whether you're planning a long lunch, sunset drinks, or a cozy dinner, local cafés and restaurants are preparing delicious specials to make the day truly unforgettable. Be sure to contact your chosen venue early to secure a booking – this is one of the busiest (and most loved) days of the year.

WHERE TO DINE

From fresh seafood to Italian classics and modern Australian cuisine, there's something to suit every taste and every mum. Here are some fantastic local spots offering the perfect setting to spoil your mum:

- Keith's On Cambridge
- Cambridge Lane Espresso + Kitchen
- Andonis
- Pier 88
- Shucks Bar
- Celtic Corner
- Manly Deck Bar & Restaurant
- Manly Fish Co.
- The Arsonist
- Lido Italia – (Mother's Day is the only day they open for lunch!)
- Thai Boat
- Beyond Chinese Restaurant
- Olivera
- Manly Boathouse
- Royal QLD Yacht Squadron
- The Manly Hotel

WHERE TO SHOP

Find the perfect gift! If you're still searching for a thoughtful gift, Manly Harbour's local retailers have you covered with a beautiful selection of Mother's Day ideas in the lead-up to the big day:

- Ebb & Flow Boutique
- Bella Botiqo
- Labels by the Bay
- Manly Village Compounding Pharmacy – offering a range of gift options
- Oscar Oscar Hair Salon
- The Mad Hatters Bookshop

From fashion and beauty to books and unique boutique finds, you'll discover something special that shows just how much you care.

Events
AT MANLY HARBOUR VILLAGE

SATURDAY 2 MAY Movies in the Park. Enjoy a free outdoor movie night under the stars at Little Bayside Park, Manly. Bring a picnic rug and settle in for a screening of *Oddball*, a heartwarming family favourite, all set against the beautiful bayside backdrop.

FRIDAY 8 MAY Twilight on Cambridge – a Mother's Day special event!

SUNDAY 10 MAY Mother's Day by the Bay

Mother's Day By The Bay
Manly Creative Markets
Little Bayside Park
Sunday 10 May | 8am - 2pm

LIVE MUSIC | MARKET STALLS | FOOD | GIFTS

Twilight on Cambridge

2nd Friday EACH MONTH
From 5pm
Cambridge Parade,
Manly Harbour Village

LOCAL EATS | LIVE MUSIC | MARKETS | FOOD TRUCKS

UPCOMING MARKETS

SATURDAY 2 AND 16 MAY
Jan Powers Farmers Market

FRIDAY 8 MAY
Twilight on Cambridge, Manly

SUNDAY 10 MAY
Mother's Day by the Bay at Manly Creative Markets

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.

WHO IS AT RISK OF BOWEL CANCER?

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

Bowel cancer can occur at any age from 12 to 100 years of age. It almost only affects the large bowel – the colon and rectum. Small bowel cancer is extremely rare, probably due to the very rapid transit of residue after food absorption. No one is safe from bowel cancer. Start using unprocessed bran, the only known protector from the commonest cancer. Low-dose aspirin may also be protective.



We do know that a family history of bowel cancer increases the risk for other family members. Those whose sibling has had bowel cancer have an increased risk of one-in-eight of developing the disease at some time in their life. If two family members have had bowel cancer, the risk is one-in-four! Clearly, there is a genetic predisposition in some families. These persons must have a colonoscopy check starting 10 years before the relative developed the disease to remove any polyps. Do not rely on a stool test.

Colonic polyps are common. There are four major types:

Hyperplastic polyps: These are small, flat white polyps that occur anywhere in the bowel and carry no risk of becoming cancerous. However, to diagnose them, they should be removed.

Serrated polyps: These are flat sessile polyps which occur mainly on the right side of the colon in the ascending colon-appendix area. Most are benign, but recently some of these have been associated with cancer development.

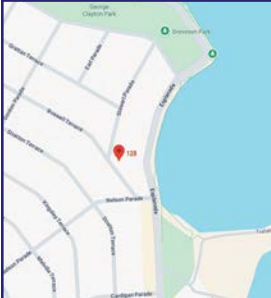
Adenomatous polyps: These can be small or large, sessile or pedunculated and occur in all areas of the colon and rectum, but commonly in the sigmoid and descending colon. They, with time, will develop malignant change in their structure to become a cancer. The time taken for this to happen is unknown. They are less likely and slower to change than the villous tumours.



Villous polyps: These are flat, sessile polyps that can affect a large area of the bowel, often several centimetres, and are most common in the rectum and ascending colon, but can occur anywhere. They tend to undergo much more rapid transition to cancer and are often aggressive.

Barium studies may detect a polyp, but cannot treat them, so colonoscopy is essential. **All polyps MUST be removed** during a colonoscopy. Once you have had any of the last three polyps, regular checks every three years must be undertaken after the first one-year check is clear.

More next time; God bless.




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MORETON BAY BOYS' COLLEGE



BAYSIDE BRASS SHINES AT NATIONAL BAND CHAMPIONSHIPS

Bayside Brass has delivered an outstanding performance on the national stage at the 2026 National Band Championships held at Brisbane City Hall over the Easter long weekend.

Competing against six of the country's finest ensembles in the Open C-Grade Brass Band division, the band proudly secured the title of Runner Up for Australia, but also saw the band crowned 2026 Queensland State Brass Band Champions, reclaiming the title they last held in 2023.

Musical Director and President Damian Bowden expressed immense pride in the band's efforts, highlighting the determination shown in tackling this year's demanding set of test music.

"This music was widely considered to be beyond our level and may even have discouraged some bands from entering," he said. "But our players chose to embrace the challenge and proved that commitment and enthusiasm to have a go can be rewarded."

Whilst there can be a healthy rivalry among bands when it is competition time, Mr Bowden explained, "We could not have felt more supported by our fellow bands".

"We were offered equipment, alternate rehearsal spaces to try different acoustics, as well as mentorship and encouragement from bands all the way from Western Australia to the country's most elite bands right here in Brisbane."

The band also acknowledges the followers in Wynnum and Manly who have long supported their band as their 'team'.

With the pressure of competition banding behind them until 2027, the band returns to its other favourite pursuit of performing for residents and visitors in the parks and gardens of Brisbane. Follow their socials to see where they are performing next!



Photo: Supplied.

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REAL ESTATE NEWS & VIEWS
PROPERTY
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Michael O'Brien
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hendlayrealestate.com.au





Simple Tips To Beat The Cold At Home This Winter

With rising power bills making news headlines, perhaps it's time to think about how you can keep your bills down coming into winter? With some Queensland homes notoriously colder – sometimes colder than outside – there are some simple things you can do to stay warm as the cooler evenings arrive.

Simple ways to stay warm:

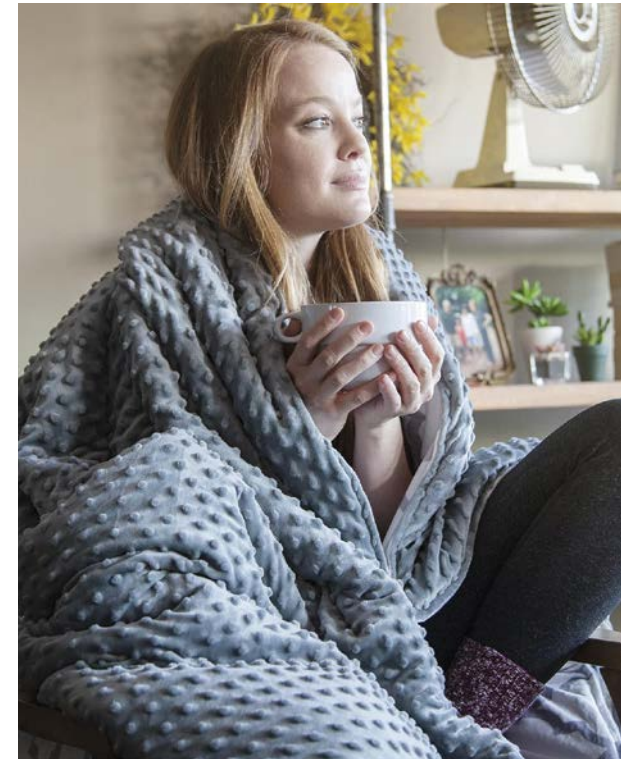
- **Seal those gaps.** Even in mild climates, draughts around doors, windows and floorboards can make rooms feel much colder. Adhesive weather strips or door snakes are inexpensive and make an immediate difference.
- **Use your curtains strategically.** Open them during the day to let in the sun, then close them before dusk to trap the warmth. Thick or lined curtains help reduce heat loss through glass.
- **Warm the person, not the whole house!** Layer clothing, use warm socks, and keep throws on the couch. A heated blanket or heat pack uses far less energy than running a heater for hours.
- **Choose efficient heating.** For short bursts of heat, a small electric heater works well. For larger spaces, reverse cycle air conditioning is usually the most efficient option in Queensland's climate.

- **Use floor rugs.** Timber and tile floors lose heat quickly. Adding rugs in living areas and bedrooms can make the whole space feel warmer.

Getting your home winter ready

- **Service your air conditioner** so it runs efficiently in heating mode. Clean filters can noticeably improve performance.
- **Check the ceiling insulation** if your home feels cold quickly. Even partial insulation can help stabilise indoor temperatures.
- **Plan your warm zones.** Decide which rooms you actually need to heat and close off the rest. Smaller zones warm faster and cost less to maintain.
- **Stock up on winter basics** like extra blankets, hot water bottles, and a few pantry staples for cold nights when you don't want to go out.

Queensland winters are short but can feel surprisingly chilly, especially in older homes. A few small adjustments now can make your place much more comfortable when the temperature drops.



IS IT TIME TO MAKE A CHANGE

Ask Yourself.....

- Does your current Agency offer qualified stable Senior Property Managers?
- Do you have consistency in dealing with the same Property Manager?
- Do you prefer task or portfolio-based management systems?
- Are you happy with the level of communication between yourself and the Property Manager?
- Is sufficient maintenance initiated and undertaken promptly?
- Does the Agency subscribe to zero tolerance with rent arrears?
- Does the Agency offer a premier listing option on realestate.com and weekend OFI's?

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

If you are considering a change, give us a call to have a chat about the level of service that you deserve.

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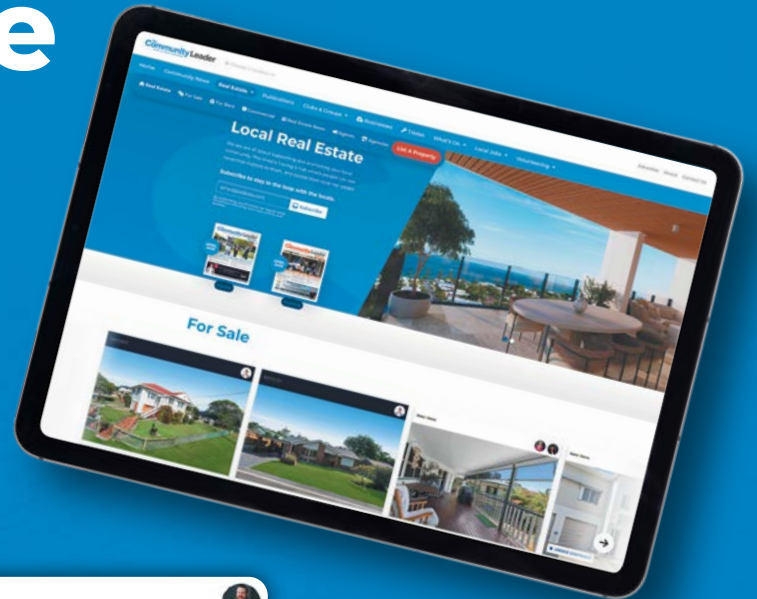


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Wynnum West
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64 Chandos Street, Wynnum West 4178

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Manly
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SCAN TO SEE MORE PROPERTIES FOR SALE

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Wynnum
\$650 per weekly
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2 likes, 2 shares • Duplex Semi-detached

Wynnum West
\$440 per weekly
1/56 Chandos Street, Wynnum West 4178

1 like, 1 share • Studio

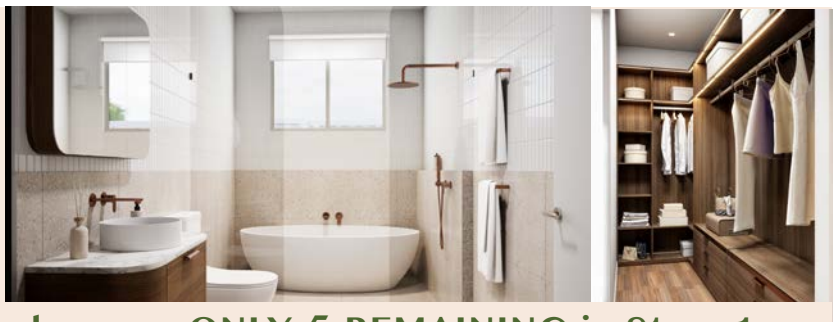
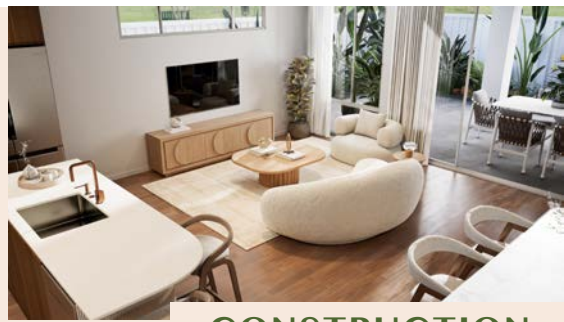
Manly
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4 likes, 2 shares, 2 car icons • House



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Delivering a new Redland Whitewater Centre for 2032 and beyond



As well as delivering a new Redland Whitewater Centre for 2032 and beyond, here are some of the ways the new Queensland Government is delivering for the Redlands:

- 50c fares made permanent
- Delivering a new multi-level car park at Weinam Creek
- Delivering a transit lounge, MRI machine and ICU at Redland Hospital
- Upgrading Alexandra Hills TAFE
- Duplicating Tingalpa Creek Bridge
- Delivering more anti-theft measures and CCTV in Capalaba and Cleveland
- Delivering more early intervention with Top Blokes
- Upgrading Cleveland-Redland Bay Road
- Upgrading Victoria Point and Redland Bay State Schools.

Find out what else we're delivering for you.

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**Queensland
Government**

HOBBYISTS CARVE OUT NEW SKILLS AT WOOD AND CRAFT SHOWCASE

BY ASHLEIGH HOWARTH

Whether you've had a lifelong interest in woodworking or are keen to learn a new skill, the Wood and Craft Showcase at the Belmont Shooting Complex is set to offer something for everyone.

Hosted by the Woodturners Society of Queensland, the event will run from May 29 to 31 and feature a wide range of handcrafted items, live demonstrations, and the opportunity to connect with skilled artisans.

Having been a member of the group for more than 15 years, secretary Binny Willis said this event is not to be missed.

"Our members have been busy turning all year and this event gives them the opportunity to show off their skills and sell some of their beautiful handcrafted items," Binny said.

"There will be plenty of wooden bowls, platters, turned and carved spoons, turned wooden fruit, decorative boxes, jewellery boxes, jewellery, bird feeders, toys, glasswork and more.

"There will also be tools and machinery for sale, as well as timber because we know sometimes getting your hands on good quality

milled wood can be difficult.

"Attendees will also get a glimpse into the kind of woodworking our group does with demonstrations in woodturning and pyrography, which is the art of burning images and designs onto the wood."

Established more than 40 years ago, the Woodturners Society of Queensland provides a forum for members to learn woodturning and other woodcrafts in a safe environment.

Based in Greenslopes, they welcome people of all ages and genders and host two major events a year.

"We are excited to bring this event to Belmont for the first time because it's a big space and we have a lot of members who live on Brisbane's southside and bayside," Binny said.

The showcase will run from 12:00pm to 4:00pm on Friday, 9:00am to 4:00pm on Saturday, and 9:00am to 3:00pm on Sunday. Entry is free and a cafe will be available on-site.

For more information, follow the Woodturners Society of Queensland on Facebook or email secretary@wsqld.org.au.



Photo: Supplied.

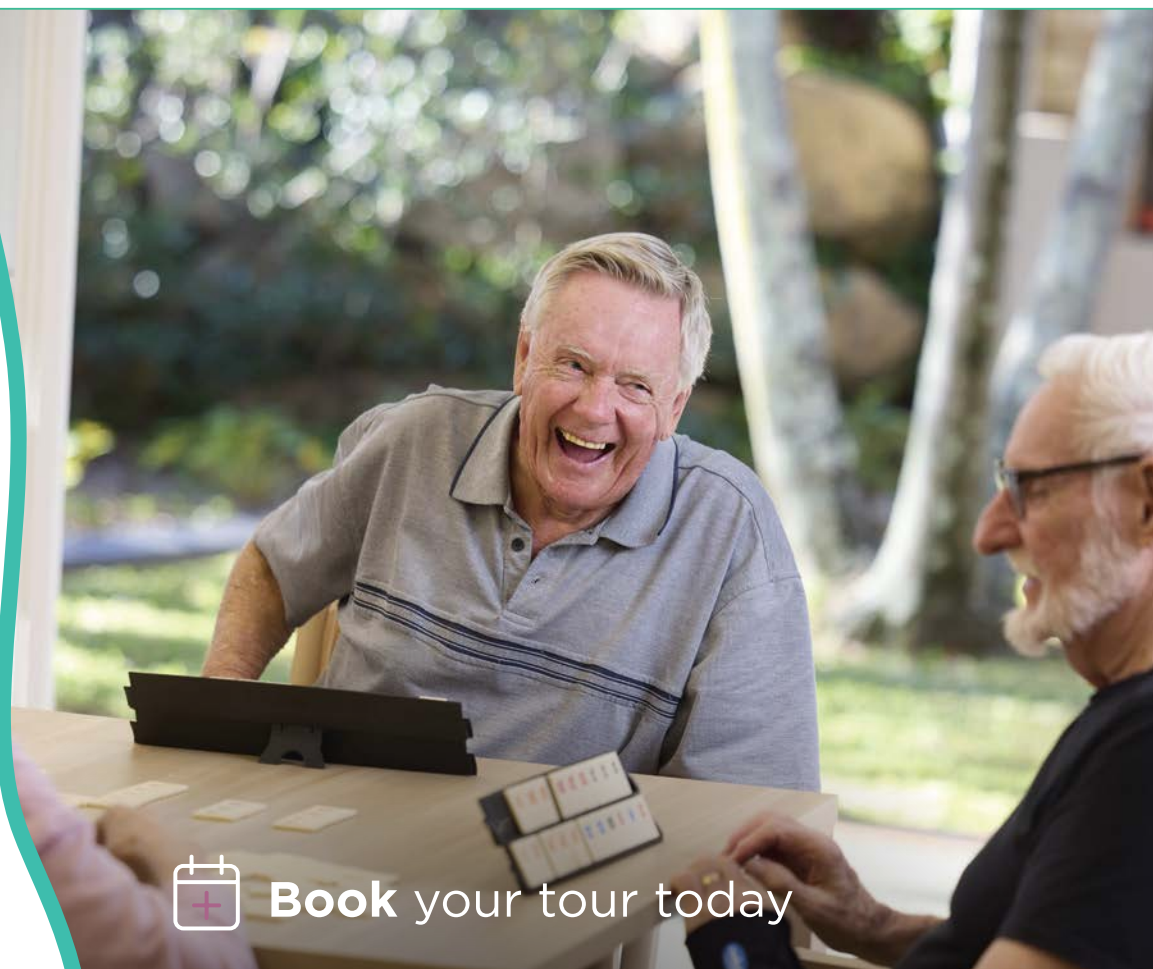
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WYNNUM MANLY SEAGULLS' CYRIL CONNELL CUP TEAM MAKE HISTORY

FROM THE WYNNUM MANLY SEAGULLS

The Wynnum Manly Seagulls' Cyril Connell Cup team has put together an outstanding season, going undefeated on their way to a Grand Final clash with the Norths Devils in April. It's a milestone moment for the club, marking the first time a Cyril Connell side has reached a Grand Final.

Their campaign got off to a solid start with a hard-fought 10–4 win over the Tweed Seagulls in Round 1. From there, the team built strong momentum, recording victories over the South Logan Magpies and Norths Devils before heading into a Round 4 bye. They returned from the break in dominant style, highlighted by a convincing 58–8 win over the Redcliffe Dolphins, which secured them the minor premiership.

In the semi-final in Townsville, the Seagulls carried that form through with a 28–18 win over the Blackhawks, booking their place in the decider. Across the season, the team has shown impressive consistency, great teamwork, and resilience, setting up what was always going to be a thrilling Grand Final.

The Seagulls capped off their remarkable season in style, defeating the Norths Devils 26–12 in the Grand Final to secure the premiership. It was a fitting reward for their undefeated campaign, with the team delivering a composed and dominant performance on the biggest stage, to etch their names into club history.



Photo: Supplied.

GLADSTONE TO BRISBANE: RIDERS TO PEDAL 600KM FOR CHARITY

CONTRIBUTED BY MICHELLE FROM PEDDLE INN

Riding more than 600km over five days, a group of cyclists – including two local figures – will take on the Great Queensland Rail Trail Adventure, riding their bikes from Gladstone to Brisbane. The event raises funds for Rare Ovarian Cancer (ROC) research, a cause close to the hearts of Emily McGhie and Michelle Sando.

Dr McGhie, a Birkdale GP, said she was combining her love of cycling with a push to raise much-needed research funding.

“As a GP, I see firsthand the impact that these sorts of diseases have,” she said.

Dr McGhie said ovarian cancer is actually several different types of cancer, is difficult to diagnose, and challenging to treat.

“Some of the rarer ovarian cancers are not as aggressive as the most common Serous Ovarian Cancers, nor as unusual as the Teratomas, and therefore receive very little attention or funding.”

“The rare Granulosa Cell Cancer is slower growing but affects both younger girls and older women. A significant challenge is that they are much more difficult to ‘cure’.”

Joining the local doctor on the ride is Ms Sando, the owner of Manly West bike shop Pedal Inn Bicycle Garage and treasurer of Redlands and Logan-focused mountain bike club RATS Cycling.

“My friend Peter Smith has been encouraging me to join the Ride for Research events since we met a few years ago. When my riding buddy Emily showed interest in this year’s event, I knew I had to do it.”

As well as training for this “epic adventure,” the local businesswomen have committed to raising \$5,000 each for research.



Photo: Supplied.

“This will be the longest, hardest ride I’ve ever done”, says Ms Sando, “but reading the stories of ROC survivors has been humbling and motivating. I ride to raise awareness and for those who can’t.”

According to organisers, the event is “an epic multi-terrain cycling odyssey” linking three Queensland Rail Trails.

For more information and to make a donation, visit <https://www.rocinc.org.au/r4r26-gqtrta/>

LOCAL READERS – A BOOK REVIEW

THE CORRESPONDENT BY VIRGINIA EVANS

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

“Every morning, Sybil Van Antwerp sits down to write letters – to her brother, to her best friend, to the president of the university who will not allow her to attend a class she desperately wants to take, to her favourite authors to tell them what she thinks of their latest books, and to one person to whom she writes often yet never sends the letter.

“Because at seventy-three, Sybil has used her correspondence – witty and wise – to make sense of the world. But beyond the page, she has spent the last thirty years keeping the people who love her at arm’s length... Until letters from someone in her past force her to examine one of the most painful periods of her life.” Source: *Good Reads*

MY THOUGHTS

This book came as a pleasant surprise. I’d expected an action-packed news or foreign correspondent, but it is far more ordinary, and yet an original, highly engaging read. The story unfolds entirely through letters exchanged between Sybil and various others, gradually painting a picture of Sybil’s past and present, revealing the strengths and struggles of relationships, resilience in the face of advancing age, declining health, and a tragedy whose full circumstances and impact remain hidden from those around her.

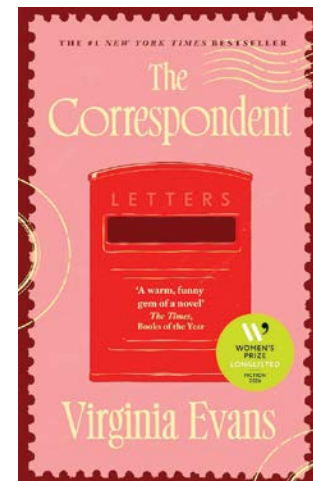
Sybil’s personality leaps out of the pages. She’s strong, fiercely independent, intelligent, witty, opinionated and orderly. Routine has always been her touchstone; earlier as a lawyer, and now as a septuagenarian. In a letter to author Ann Patchet, Sybil comments on a character: “It was wonderful to read such a complex woman of her vintage, bold with intelligence and dignity as well as her errors, and the layers upon layers of her. I saw some reflection of myself in her.”

There’s a dry humour woven through Sybil’s letters. When preparing to attend a funeral, she confides to a friend, “The only black dress I have is from the 1990s, which dips down to the uppermost part of what used to be my cleavage, but which now resembles the skin of a raw plucked chicken”.

Sybil is also flawed – even despicable, according to my book club friend who found her false (she criticises one person to another in her letters), rude, self-absorbed and selfish. She drives over the neighbour’s cat and, when asked to fetch a towel, won’t use one of her own; instead runs into the neighbour’s house where she’s never been invited, grabs his towel which she deems below par, and does a quick critique of the kitchen before returning to help. She expects others to give in relationships but doesn’t reciprocate. She didn’t reply to her dying ex-husband, despite his hope she would, nor did she attend his funeral, though her daughter desperately wanted her to.

As Sybil’s health declines, she accepts it’s time for honesty, reflection and confession, though not necessarily to those who needed to hear it. “What happened... brings me both grief and shame, although with age I have learned my feelings and my experience are sadly not unique. Terrible things happen. We make choices. Time cannot be rewind.”

This is an easy read, at times humorous and others very poignant. Even my book club friend who condemned Sybil as having no redeeming features enjoyed it, so I think it will have broad appeal.



LOCAL POETRY DAWN CHORUS

BY GEOFF SMILEY

The laughter of kookaburras
from the still dark night,
claim a place in the day.
And in the almost light,
discordant crows join, as
darkness takes flight.

The dawn sky
is breaking, and
a lonely car
drives slowly by.

I hear the mournful calls
of the unhappy Plover
angry at the loss
of its darkness cover.

In this place of birds,
musical sounds fly
from bordering trees.
A night heron goes silent away
and the melody of magpies,
fills the sky.

Enter the noisy mynas.
Twittering, fluttering
between flowering bushes,
feeding, fretting and
bullying as survival requires.

The street lights
had chased the dark
and still shine even as
the night flickers,
but fade unnoticed
as the sun breaks
over the hill and trees.

In this place I call home,
people are waking now
and time moves on.
Things to do,
the routines of life begun.
The sky now blue,
another day is born.
© Geoff Smiley



SUPER SIMPLE TOMATO & PESTO SOUP RECIPE

This is an easy, cosy tomato soup that gets a big flavour boost from a spoonful of basil pesto. It uses just a few ingredients, the hero being those tinned tomatoes that make it a total weeknight hero. It comes together fast, tastes amazing, and you can enjoy it hot or cold. Honestly, it's hard to mess up!

INGREDIENTS FOR 4 SERVES

FOR THE SOUP

- 2 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, sliced
- 2 x 400 g tins of tomatoes (diced or crushed)
- 1 tsp sugar
- 2 cups vegetable or chicken stock
- ½ cup of cooking cream (or milk to make it lighter)
- Salt and pepper
- A splash of balsamic vinegar

FOR THE PESTO

You can make this fresh or use store-bought pesto in a jar

- 1 cup of fresh basil leaves
- ¼ cup of toasted pine nuts
- ¼ cup of grated Parmesan or pecorino cheese
- ⅓ cup of olive oil
- 1 clove of garlic – or more if you prefer
- A pinch of salt

Optional: Serve with crusty bread, freshly grated parmesan and basil.

METHOD

1. Put a medium/large heavy pot on the stove top and heat the olive oil. Add the onion and cook until soft and sweet, about 5-6 minutes, then add the garlic and cook for about a minute more (don't burn it!).
2. Add the tinned tomatoes to the pot, then add the sugar and stock.
3. Bring your soup to a gentle simmer and cook for 20–25 minutes to allow the flavours to develop.
4. Use a stick blender to puree the soup until it is smooth. Stir in the cream, then season with salt, pepper, and a splash of balsamic. Keep the soup warm.



If you're making pesto...

5. In a blender or a mortar and pestle, blend the basil, nuts, parmesan, garlic, and olive oil until smooth but still chunky. Add more olive oil if you feel you need to.

If you're not making the pesto...

Grab your jar of pesto and pop the lid.

6. Your soup is almost ready to serve, there's just one more step: Ladle the soup into bowls and get creative with a swirly spoonful of pesto on top.



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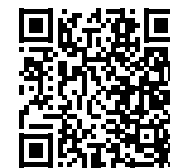




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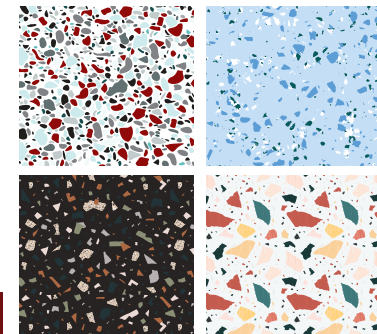
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CELEBRATING GOOD SAMARITANS THIS NATIONAL VOLUNTEER WEEK

BY ASHLEIGH HOWARTH

For the 130 volunteers at Wynnum Manly and District Meals on Wheels, giving their time is about far more than delivering healthy and nutritious meals – it’s about bringing companionship and connection to older Australians and people in need.

As National Volunteer Week approaches (May 18-24), the team’s dedication is being celebrated for the care and support they provide across the bayside community.

Seeing how much the volunteers give to the organisation each day, manager Marcia Dickie said the local branch of Meals on Wheels simply couldn’t operate without them.

“Without our dedicated and hardworking volunteers who go above and beyond every day, this local branch of Meals on Wheels would cease to exist,” she said.

“We are really thankful to our volunteers for the great work they do and the care and compassion they show every day. They truly make a meaningful difference in the lives of the people we support.

“It’s because of them we are able to provide quality, nutritious meals to the elderly and other people in need who might otherwise go without.

“We have lots of different people who give up their own free time to help us. Our youngest volunteer is in his 20s, and we have people who are in their 70s and 80s who have been here for many years.”

The theme for this year’s National Volunteer Week is ‘Your Year to Volunteer’, which invites people across Australia to make 2026 a year of meaningful involvement, in ways that work for them.

If you are looking for a way to give back, there are two different roles within Meals on Wheels where you can make a positive difference.



Photo: Supplied.

“In the kitchen, volunteers do tasks similar to what you would do at home like chopping fruit and vegetables, plating up the meals, packing frozen meals and cleaning,” she said.

“Our drivers then head out to deliver the meals, and we’ve been told many times by families that our volunteers are often the highlight of their loved one’s day.”

Anyone interested in volunteering can phone 3396 9479 or visit the website at www.wynnummanlymealsonwheels.org.au.

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JOIN THE ASTRONOMICAL SOCIETY FOR AN OUT OF THIS WORLD ADVENTURE!

BY ASHLEIGH HOWARTH

If you've ever been curious about space, constellations, planets or the moon, members of the Redlands Astronomical Society will take you on a journey beyond the stars at the upcoming Night Sky Viewing event in Wellington Point.

Held near the boat ramp at Wellington Point Reserve from 6:00pm to 8:00pm on May 23, the event is part of this year's Redlands Coast AdventureFest – a program of activities inviting locals and visitors to explore and celebrate the naturally beautiful region.

Redlands Astronomical Society president Janice Clarke said the evening promises a memorable experience for all ages.

"There will be a variety of telescopes set up on the night for people to look through, allowing viewers to see objects in the sky that are not visible without aids," she said.

"We host the event near the boat ramp because it offers dark conditions and very little light, making it an ideal spot for viewing the night sky.

"For those who have never looked through a telescope, there will be plenty of surprises, and we will even have a telescope connected to a screen showing a live feed.

"For others, this will be your chance to revisit Scorpius, the Southern Cross and other nearby constellations and star groups.

"Our members will also be on hand to answer questions you might have, as we know many people are naturally curious about space."

The group took part in the inaugural AdventureFest last year and is excited to return.

"We had between 60 to 70 people attend last year which was a wonderful turnout, so we hope to see some new and familiar faces this year," Janice said.

As this is an outdoor event, it is dependent on clear dry weather to proceed.

Established more than 25 years ago, the society brings together



Redlands Astronomical Society members explore the night sky at Wellington Point.

people with an interest in astronomy to share knowledge, take part in discussions and attend monthly sky viewing nights.

For more information, visit www.ras.org.au or email redlandsastronomicalsociety@gmail.com.

COMMUNITY ORGANISATION PROFILE

CREATIVES FIND THEIR VILLAGE AT SCATTERED ARTS

CONTRIBUTED BY SCATTERED ARTS

Picture a group of beautifully dressed artisans in Brisbane in the sixties, regularly meeting to exhibit their handcrafted pieces for sale at local markets. Then picture the same talented group of like-minded people growing to such a size that some of them served as guarantors to finance the purchase of an old service station in Norman Park. These visionaries worked hard to turn the dilapidated space into an inspired collective showcasing a gallery in the front of the old service station, along with a workshop out the back. This was the birth of Scattered Arts.

In the years that followed, the group continued to nurture an inspired space for makers to come together and display their work for sale to the public. Down the track, various changes in circumstances led Scattered Arts to move to a new location in Camp Hill, before that shop unfortunately closed. In every way, though, along with every new member who joined, it helped shape and form the collective.

Leaping forward to 2024, Scattered Arts was revived when a committee of equally creative and fabulous people secured a tenancy in the bayside hamlet of Wynnum. This brings us to today, where the vibrant not-for-profit shop is brimming with gorgeous, unique handmade jewellery, clothing, silk and felted scarves, framed art and photography, glasswork and papier mache decorations, scented candles, handbags and totes, woodwork, greeting cards, crocheted toys, vases and knitted throws, all by local artists.

We're proud to be a part of the lively bayside community and along with the delightfully eclectic range of handcrafted items for sale in-store, we also offer a wide range of workshops from glass fusion to watercolours for beginners, papier mache to candle making, woven wall hangings to Cricut for beginners, woven bowls and printmaking, jewellery making and more, all from the comfort of our Edith Street shop.

At the heart of Scattered Arts, now Brisbane's longest-running art and craft collective, is the joy of providing a space for people to create, for local artists to display their work, and to build a platform within our community to share with other local small businesses. In the coming months, we're excited to offer places for guest exhibitors and to invite other community groups into the shop for a social morning.

We're situated at 117 Edith Street in Wynnum, and we're open from Tuesday through to Saturday. Our staff are all friendly volunteers, most of whom are makers exhibiting in-store.

If you're after something handcrafted and unique for yourself, or as a gift for a friend or loved one, we might have the very thing for you. And if you're keen to join a wonderful group of creative makers, Scattered Arts is always open to new members. You're never too young or too old to develop a love of crafting or making art.



Photo: Supplied.

LOCAL FISHING WITH SPERO

GETTIN' JIGGY WITH IT: GET YOUR CUTTLEFISH AND ARROW SQUID NOW!

BY SPERO KARTANOS

If there is one thing I look forward to every year in the bay, it's the colder months when the cuttlefish and arrow squid are in the deeper water. They're fun to catch and yes, you get inked, and yes, they make a mess, but gee, they taste amazing, and they're probably the best tasting of the cephalopods.



Catching them in the bay is different to fishing for tiger squid, which are on the weed beds in shallow water. You will find cuttlefish in the deeper water east of Ormiston and all the way to Mud Island, anywhere from 20 ft to 40 ft depth. I use a ball sinker on top of a jig, all the way to the bottom, and then jiggle slowly. They are also strange creatures in the way they grab the jigs from the side, and many times they will let go on the way up as the barbs of the jigs are on the end. Jigs called razorbacks with barbs on their backs work especially well, and the pink and orange jigs are especially effective.



Photos: Spero Kartanos.

I use extra-light rods, 5 to 6 feet, and a 10-pound line. It's a good idea to use a net with a long handle to scoop them up. Their ink is ten times thicker than squid ink, and it is hard to clean. I use a stainless steel bucket to put them in, and the best ink-cleaning method I have found is 30 Seconds cleaner from Bunnings – it dissolves the ink from everything, but make sure you wash all surfaces down with water after using it.



If you want to read a much more detailed story about how and why and what jigs to use, there is an article I have written over at fishingmonthly.com.au about catching cuttlefish.

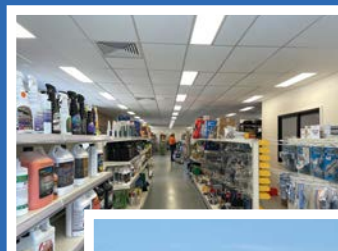
So, have fun, get inked and enjoy catching them!

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LOCAL GARDENING WITH KAT

THE COCOA BEAN SCENE

BY KAT PEARSON, *GIRL IN THE GREEN*

Stop The Press! I have a cacao pod! It may not even be the size of a square of Cadburys, but it is cause for celebration.

I brought two small cacao trees (*Theobroma cacao*) back from Cairns in 2021, which makes them just over five years old. This is the first year they have flowered, and I have just spotted the start of a pod!

From what I remember of my Cadbury factory tour many, many years ago, once ripe, the harvested cacao pods are fermented, dried, roasted (around here is when you start to call it 'cocoa'), separated, ground, 'conched' (a fancy word for a fancy mixing process which makes the chocolate smooth), tempered and then molded. So, not long to go now before I've got homemade chocolate, I reckon (jokes!).

The cacao tree is native to tropical South America, specifically the Amazon Basin. Despite popularly being famous as a traditional bitter Aztec drink called *xocolatl*, it's now believed that it was first domesticated by the Mayo-Chinchipe civilisation (still as a fermented beverage). Over time, it was traded across the world through Spain to Europe and in 1847, J.S. Fry & Sons in England combined cacao butter with cocoa powder (and sugar) and made a solid chocolate bar.

T. cacao is a member of the Malvaceae family, the same as hibiscus. It is cauliflorous, which means it bears its flowers directly on the main trunk and branches. Being an understory tree of tropical rainforests, it likes a warm, humid spot in dappled light and is not tolerant of frost. They are a small tree, growing up to 12 metres in the wild, but usually maxing out at 4-8 metres in cultivation, and they can be pruned much shorter – mine are about 2 metres. In the right conditions, the trees will flower throughout the year, often in response to rain periods, and flowers are pollinated by midges and other small insects (the only good thing about midges?). It takes five to six months for a pod to ripen after it sets, during which time it can grow as big as a football. This sporadic fruiting makes harvesting labour-intensive as the pods don't all ripen at once.

As for my lonely pod, I'm going to try eating the pulp fresh – apparently it's sweet. Fermenting and roasting the beans seems like a step too far, but you never know.



Main Image: My cacao tree, new growth is a pale orange-pink. Inset top right: my baby cacao pod. Inset bottom left: a flower born directly off the main trunk. Photos by Kat Pearson.

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HONOURING THE SANTA SQUAD: 36 YEARS OF CHRISTMAS MAGIC

BY BILL SIMPSON

Every Christmas for the past 36 years, the iconic Big Red Santas have emerged on the roofs, walls, and fences of bayside organisations and homes as if by magic.

The APEX Club of Wynnum members Ray Buntain and Neil Williams (deceased) brought them to Wynnum, and the APEX Club erected them from 1989 until 1994. The Ladies Apex Club of Moreton Bay looked after them in 1995. Then, in 1996, the Ladies Apex club donated the Santas to the Rotary Club of Wynnum and Manly, which has managed them ever since and added an additional popular product: a corflute Santa for display in windows.

Throughout all these years, a group of dedicated supporters has rented Santas for their businesses, some of whom were original participants in Apex 36 years ago.

The Rotary Club of Wynnum and Manly held an awards dinner recently to recognise these generous business owners for more than 20 years of support for the Rotary Santa program.

The funds that they have willingly given over the years have helped many local and international Rotary projects succeed.

The recipients of these awards are:

- Bartons
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- Sandy McDonald



Top, L-R: Ray Knight, Marnie Lewis, Andrew Turner, Kaye Nutley, Neil & Sally Steedman, Sandy McDonald, George Droutsas, John Allen, Mark Beitz, Eric Batten. Front, L-R: Alex Givney, Jo Soothill, Phil Herbohn, Bill Simpson, Michele Walters, Ray Buntain. Photo: Supplied.

Supporters unable to attend the event will have their awards delivered by the elves in the coming weeks.

If you are not on Rotary's annual Santa list but would like to order a Santa (rooftop, wall or corflute) for this Christmas, please contact the secretary by email at secrcwm@gmail.com for more information.

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HAPPY BIRTHDAY ANNIE SHARP: 100 YEARS AND COUNTING!

Annie Sharp was born on 20/4/1926 in Alexandria, Glasgow, Scotland, to Duncan and Sarah Morrison (Hunter).

Annie grew up with her brother Duncan in Glasgow, enjoying life in the Vale of Leven. She lived through the German bombing of the industrial areas while working in a torpedo munitions plant. During the war, she met her future husband, Buchanan Sharp, who was a merchant marine engineer sailing in Atlantic convoys.

After the war, Annie worked in various jobs, including at the Ballantines Whiskey Distillery. They married in 1951 and settled in Glasgow. After Buchanan passed away, Annie cared for her parents. They enjoyed cruising the Mediterranean and to the Azores and Canary Islands.

After her parents passed away, Annie migrated to Australia to live with Duncan. Living initially at Wynnum West in the family home, they moved to a small grazing property just outside of Kingaroy. While there, Annie enjoyed the country life and lawn bowls.

Returning to Wynnum West, Annie and Duncan embarked on an extensive series of cruises on Cunard and P&O liners. She played lawn and indoor bowls with the Wynnum RSL Bowls Club. As a war widow, Annie was involved in Legacy and the Wynnum RSL Auxiliary.

Annie remained independent after Duncan's death and moved to St Vincent's Care at Carina aged 99.5. At St Vincent's, she takes part in daily walks, bingo and any activities she can manage. Annie had no children but is involved in the lives of her brother's descendants who live in Brisbane, Murgon, Canberra and Dubai.



Pictured: Four generations, L-R: Elizabeth Wessling (great niece), Kate Wessling (Great great niece), Paul Wessling (great great nephew), Annie, Duncan Morrison (nephew), Adrienne Morrison, Rebecca Scott, Cody Byrnes (great nephew) and Evelyn Byrnes (great great niece). Photo: Supplied.

MATES THEATRE GENESIS PRESENTS A QUARTET FOR THREE...

BY JAN NARY

Things are desperate in Beecham House and for the retired musicians who live there. Financial problems have been kept at bay by annual operatic performances, but time is taking its toll, and this could be a crunch year. A guaranteed drawcard act would be the highly popular opera quartet of Reg, Wilf, Cissy and Jean – but soprano Jean left the quartet and her husband Reg years ago. However, age has caught up with her, and she moves into the retirement village. Problem solved! Or is it...

MATES theatre group's production of Ronald Harwood's stage play *Quartet* will feature Mark Harrison, an actor well-known to Redlands audiences, back on stage after an absence of some years.

"For the last four years I've been concentrating on directing rather than acting," Mark says.

"I hadn't thought about auditioning, but I got a call from a very persuasive colleague, went to auditions expecting a small feature role and got ambushed into a lead role – and I'm loving it."

Mark says that he prefers acting to directing.

"As a director, you do your bit, but once the show opens, the actors are in control. As a director, you don't have lines to learn, but there's a lot more pressure for it to be a success – you can lose sleep over that sort of thing. And learning lines is like riding a bike – you develop a sort of 'muscle memory' in your brain."

Mark started performing with MATES in 1993, and before that had his first taste of theatre and music with church roadshows.

"That was when the performance bug bit me," he says. "Some hymns are very good and I've also been in a few rock'n'roll and country bands."

Mark's current role of Reg is a far cry from hymns and rock.

"I like quirky characters and I'm playing a stuffed shirt with another side to him – like a cross between Basil Fawlty and Richard Harrison. My forte has always been to play a bewildered idiot – and I think I do it quite well."

For more information, visit <https://events.humanitix.com/quartet>.



Actor Mark Harrison. Photo: Supplied.

GIMME! GIMME! GIMME! A NIGHT OF ABBA HITS

BY ASHLEIGH HOWARTH

You can dance and you can jive when *Dancing Queen* – *The ABBA Tribute Show* brings the disco era to Wynnum Manly Leagues Club for one night only this month.

Celebrating one of the world's most enduring pop acts, this two-hour interactive dinner experience on May 28 promises an evening of laughter, singalongs, dancing and nostalgia.

Having toured nationally and performed to thousands of fans, singer Eilannin Harris-Black said audiences can expect a vibrant, high-energy show.

"My husband Jon and I have been working as ABBA tribute artists since 2019, and *Dancing Queen* first began performing together after the pandemic in 2022," she said.

"I play Agnetha, my husband plays Benny, and we're really excited to bring our new show to Queensland this year after debuting to multiple five-star reviews in Adelaide.

"The new show features a revised setlist packed with more of

ABBA's hits and our costumes are custom replicas. We're very lucky to partner with a wonderful seamstress who has previously made costumes for the Miss Universe pageants, so there's a lot of attention to detail and plenty of sparkle."

More than 50 years after ABBA shot to global fame with their Waterloo victory at the Eurovision Song Contest, their catalogue continues to resonate across generations.

For Eilannin though, choosing a favourite track is no easy task.

"I'm yet to find an ABBA song I don't like – the vocal demands are huge, so it's a wonderful, never-ending challenge," she said.

"I've got a soft spot for *Dancing Queen*, *Mamma Mia* and *Waterloo*, but *Super Trouper* has this magic power of getting people out of their seats, which is always exciting to be part of.

"ABBA's music connects people, so we see a lot of multi-generational groups coming along, which is wonderful."

Tickets are on sale now. To reserve your seat, phone 3906 7800.



Photo: Supplied.

LOCAL PERSONALITY PROFILE

Name: Samantha Jane Vickery.

Suburb: Wynnum.

Where do you work? I am a Senior Associate at DBL Solicitors Wynnum, specialising in Family Law and Estate Planning.

Do you have any fun or interesting stories

about your job? My first court appearance took place two months after I was admitted as a Solicitor, where I was attending for a co-worker who said it would be a simple adjournment.

It was, in fact, a very important court appearance, so I channelled my best 'Elle Woods' and thankfully achieved a successful outcome for the client.

What's your favourite local dine-in and take-away? I can't go a fortnight without Tasty Pocket's delicious fried whitebait with tzatziki and lemon. Do yourself a favour and give it a whirl.

What would you recommend as a great local activity? Being a mother of a toddler who loves the water, I am so grateful to be able to visit the Whale Park at Wynnum, particularly in the summer. It is endless entertainment for my boy.

What's the last book you read? *Mothering our Boys* by Maggie Dent. In order to be the best mother I can be, I need as much information as I can get, and who better to get it from than the queen of common sense.



What's the last TV show or movie you watched? *Survivor*, the combination of strategy and physical endurance they need to be crowned winner is impressive TV viewing.

Is there anything you'd like to see happen in the local area? It would be incredible if we had access to Brisbane CBD via the CityCat.

Is there a local business, club or community group you'd like to give a shout-out to? Each Wynnum. They provide amazing services to the elderly, bringing them together through a variety of activities such as morning teas, crafting and day trips.

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CAR REVIEW

HYUNDAI I30 SEDAN – PREMIUM

BY JOHN VANDERMAAT



At first sight, the Hyundai i30 Sedan looks noticeably different from many other vehicles on the road today. As a sailor, I generally prefer smoother lines and softer chines; however, I was genuinely impressed by the distinctive straight lines and wedge-shaped styling of the i30 Sedan. While the exterior design gives the impression of a compact sedan, it actually delivers the space and comfort of a very roomy family car with good visibility all round. There is ample room in both the front and rear seats, along with a very generous boot – particularly impressive given that it accommodates a full-size spare wheel.

Having had the opportunity to test-drive the Premium edition of this model, I enjoyed its well-appointed cabin. Highlights include an electronic sunroof, leather-appointed seats, a steering wheel and gear shift, and a power-adjustable

driver's seat with memory function. The 10.25-inch capacitive touchscreen, with a blue light filter and split-screen functionality, provides access to an intuitive, easy-to-navigate multimedia system. With four instrument cluster display themes to choose from, it is simple to customise the dashboard to suit individual preferences.

Driving the i30 Sedan was a real pleasure. I consistently felt connected to the road and was more than satisfied with the performance delivered by the 2.0-litre petrol engine. With four drive modes available, selecting the most appropriate setup for current driving conditions is straightforward. The mode selection is far from cosmetic – you genuinely notice the differences between settings. While the car performs very well in Eco, Smart, and Normal modes, engaging Sport mode delivers a distinctly sharper and more responsive driving experience.

The safety features in this model were easy to use and extremely helpful. The cameras that



Photo: Supplied.

provide blind-spot views when changing lanes, along with the on-dash display indicating nearby vehicles, significantly enhance driver awareness and contribute to safer driving.

I greatly appreciated the opportunity to test drive the Hyundai i30 Sedan Premium over several days.

It offers the safety, comfort, convenience, and reassurance expected of a modern vehicle, while remaining approachable and enjoyable to drive.

Thank you to Bartons for supplying the Hyundai i30 for review.



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THE SURPRISING LINK BETWEEN GUM HEALTH AND BRAIN HEALTH

FROM DENTAL ON CAMBRIDGE

When we think about brushing and flossing, most of us think about preventing cavities or keeping our smile looking its best. But emerging research suggests your oral health may be connected to something much bigger – including Alzheimer's disease.

One bacterium in particular, *Porphyromonas gingivalis*, has become a focus of scientific interest. This bacterium is a key contributor to gum disease (periodontitis), a chronic inflammatory condition that affects the tissues supporting your teeth.

Recent research, including work by Shalini Kanagasingam and colleagues, suggests that *P. gingivalis* may be a significant risk factor in the development of Alzheimer's disease¹.

So how could a bacteria from the mouth affect the brain?

Scientists have discovered that *P. gingivalis* can enter the bloodstream through inflamed gums and, in some cases, travel to the brain. Once there, it releases toxic enzymes called gingipains, which have been identified in the brains of people with Alzheimer's disease². These toxins are thought to contribute to inflammation and may play a role in the formation of amyloid plaques and tau tangles – hallmark features of Alzheimer's disease³.

A systematic review of pre-clinical studies further supports this connection, showing that infection with *P. gingivalis* can lead to

brain inflammation, neuronal damage, and Alzheimer's-like changes in laboratory models⁴.

While researchers are still working to fully understand this relationship, the evidence points to a strong association between long-term gum disease and cognitive decline. Importantly, this does not mean gum disease directly causes Alzheimer's – but it may be one of several contributing factors.

What does this mean for you?

The takeaway is simple: looking after your oral health is an important part of looking after your overall health. Healthy daily habits – brushing twice a day, interproximal cleaning (flossing or interdental cleaning brushing) and regular dental check-ups – can help prevent gum disease and reduce inflammation in the body. Additionally, and more critically, if you've been diagnosed with periodontal disease, and need further treatment either from your dentist, or periodontal specialist, take this advice seriously and get on top of it before your health and future brain health are at risk.

At Dental on Cambridge, we take a preventive approach to dentistry. By maintaining healthy gums, you're not just protecting your smile – you may also be supporting your long-term wellbeing. If you've noticed bleeding gums, bad breath, gum tenderness or tooth loosening, it's worth getting it checked early so that you can work



Photo: Supplied.

out a plan to address these concerns and protect your long-term oral health and overall wellbeing. Call us today on 3348 6661.





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