

The Community Leader

WE'RE ALL ABOUT GOOD NEWS

Bayside



WYNNUM WATCH IS UNFILTERED, UNHINGED AND UNMISSABLE!

If you must know why there's a helicopter circling Wynnum, vent about someone's dog doing a 'dump and run' on your lawn, or marvel at the revolving door of lost pets at Manly Road Vet, you know where to go: Wynnum-Manly's community Facebook pages.

These popular yet sometimes nonsensical Facebook pages are community hubs of pure emotion, bravely moderated by small armies of volunteers who don't miss a beat when it comes to local goings on. And since daily life is often a parody of comedy, it's a genius move for local comedians to base a Wynnum Fringe comedy show on the social media pages that are a guilty pleasure for many.

Comedians Emma Zammit and Kat Davidson are excited to debut *Wynnum Watch!* at the Fringe. Each show dives headfirst into the neighbourhood chaos, inspired by local social media posts, and features a special guest comedian who will add their own opinion on the suburb's most pressing issues. It's part stand-up, part community group intervention, and one you won't want to miss!

Catch the chaos for yourself at The Lunchbox Theatre on Bay Terrace from June 30 to July 5, and find out more about this year's eclectic Wynnum Fringe lineup on page 3.

Pictured: Katrina Davidson and Emma Zammit, who will present Wynnum Watch! at this year's Wynnum Fringe.





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BRISSIE TO THE BAY BIKE RIDE: PEDAL POWER FOR A PURPOSE

BY ASHLEIGH HOWARTH

Up to 5,000 cyclists will don their Lycra to help raise vital funds and awareness for neurological conditions, including MS, dementia, epilepsy, stroke, Parkinson's, and motor neurone disease (MND), as part of this year's MS Brissie to the Bay bike ride.

The bayside's largest cycling event returns on June 14 with a completely new course – a first in its 36-year history.

MS Queensland CEO David Curd said the redesign reflects Brisbane's lead-up to the 2032 Olympic Games and offers riders rare access to the new Brisbane International Cycle Park at Murarrie Recreation Reserve.

"We're excited to welcome families and people with all abilities to the MS Brissie to the Bay Circuit Challenge – an off-road 1.2km loop on the world-class Brisbane International Cycle criterium track that's sure to be a hit for people wanting to ride at their own pace, for their own ability," David said.

"There is also an additional stationary bike option for people who prefer to cycle with added support, alongside the 60km, 100km and

130km road courses that take in the best of the bay and end at the Brisbane International Cycle Park."

The event aims to raise \$1 million to support the one in four Queenslanders living with a neurological condition. Funds will go towards services such as the NeuroAssist helpline and specialist tele-nurse appointments, ensuring no one faces neurological disease alone.

The money will help people like Alex McKay, who has lived with MS for the past five years.

"What weighs on me most is the uncertainty. My diagnosis split my life, forcing me to rethink every dream and my entire future, both personal and professional," he said.

"Now, I am focused on continuing to push forward through the tough times while facing a future that is so unpredictable.

"My family are avid cyclists, and as a child, I remember doing the MS Brissie to the Bay ride because cycling as a family is what we do.



Photo: Supplied.

"Little did I know that 20 years later I'd be riding to fundraise for every newly diagnosed person so they can find their support network through MS Queensland.

"I hope that you will ride with me."

To register or donate, visit www.brissietothebay.com.au.



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WYNNUM FRINGE RETURNS WITH ITS BIGGEST, BOLDEST PROGRAM YET!

Wynnum Fringe will return to Brisbane's bayside from 25 June to 12 July 2026, bringing its biggest and boldest program yet to Wynnum! Now in its seventh year, the award-winning festival will once again transform the precinct around the Augathella Spiegeltent on Bay Terrace into an energetic playground of comedy, live music, circus, cabaret and family entertainment.

The 2026 program features more than 200 performances, showcasing a mix of blockbuster acts, cult comedy favourites and emerging artists.

Comedy heavyweights Arj Barker, Luke McGregor, Mel Buttle and Matt Okine lead a stacked lineup, joined by Bradley McCaw's *The Music of Billy Joel*, and the *Wynnum Fringe Comedy Gala*.

One of this year's standout experiences is *In Pour Taste*, a new comedy and wine collaboration with Innocent Bystander. Created by award-winning comedians Ethan Cavanagh and Sweeney Preston, the show blends sharp humour with curated wine tastings in an intimate, high-energy setting.

The festival will also premiere one of its most ambitious productions to date: *Highway To Hell: The Rock 'N' Roll Circus*. Designed exclusively for Wynnum Fringe, the show transforms the Spiegeltent into a 1980s



Aussie pub, celebrating the golden era of Australian rock through a fusion of live music and circus. The production stars Wes Carr and Mahalia Barnes, backed by an all star band and world class circus artists.


The program also includes some familiar favourites, including *Dangerous Goods*, *Elixir Revived*, *Adults Only Magic Show*, *Party Animals*, *The Greatest Magic Show*, *Circus The Show*, *All Star Circus* and *The Rockin' 70s Singalong*.

New this year is The Lunchbox Theatre, a home for intimate and

offbeat works such as *Wynnum Watch!*, a comedic dive into the wonderfully chaotic world of local community Facebook pages. The festival will also host the inaugural *Brisbane Clown Festival*, curated by Andrew Cory and featuring a three-day lineup of local and interstate performers.

Alongside the performances, audiences can enjoy school holiday workshops, a rooftop container bar, food trucks and a pop-up wine experience, creating a lively social hub on Bay Terrace.

Tickets and the full program are available now at wynnumfringe.com.




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RAID YOUR PANTRY TO BOOST ST PETE'S WINTER FOOD DRIVE

CONTRIBUTED BY KEVIN LIEPINS

Looking to help others in need this winter? St Pete's Pantry is seeking food essentials for its Winter Food Drive to assist Wynnum individuals and families in need this winter.

St Pete's Pantry provides food hampers from the St Peter's Parish Hall in Bride Street, Wynnum. These are distributed to people experiencing homelessness, and singles, couples and families doing it tough each Monday and Wednesday morning from 8:30am to 10:30am, with toast, cereal, tea, or coffee available each Monday.

Donations are sought year-round, but are especially appreciated during the winter.

"The Panty receives a lot of extra donations prior to Christmas, which we are very grateful for," said St Pete's Pantry Coordinator Rhonda Bristow.

"This winter, we are asking locals to support our food drive in July, and we particularly need staple food items such as packet soups, baked beans, Weetabix, 2-minute noodles, tea bags and coffee."

Food packages can be dropped off at St Pete's Panty at St Peter's Parish Hall, located at 86 Bride Street, Wynnum on Mondays and Wednesdays from 8:30am to 10:30am.

Non-perishable food donations can also be taken to the Wynnum offices of:

- Joan Pease MP, State Member for Lytton – 100 Edith Street
- Kara Cook MP, Federal Member for Bonner – 69 Clara Street
- Councillor Alex Givney – Wynnum Manly Ward, 3a/212, Bay Terrace

The Pantry operates as a not-for-profit, volunteer-run charity. It was established in September 2020 when St Peter's parishioners felt there was a need for a community outreach program. The service began as a Monday Brekky Club, and in April 2021, the first bags of food were given to those seeking support.

If you would like to donate to St Pete's Pantry, all donations over \$2 are tax-deductible and gratefully received. To donate or to volunteer at St Pete's Pantry, go to www.stpetespantry.org.au.



Rhonda Bristow at St Pete's Pantry. Photo by Kevin Liepins.

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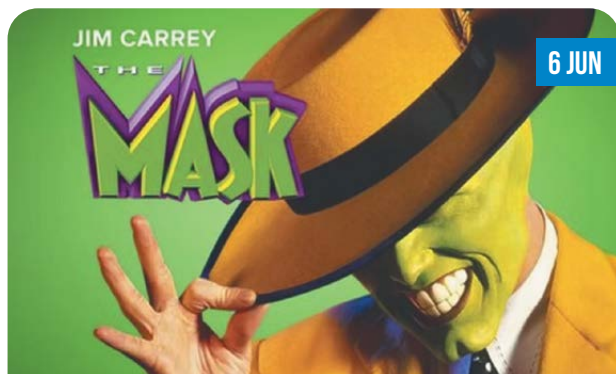
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What's On

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**



6 JUN

FREE MOVIE IN THE PARK – *THE MASK*

Saturday June 6, movie commences at sunset, Little Bayside Park, Manly

June's free, family-friendly movie in the park at Manly is the Jim Carey hit, *The Mask*. Guests can bring chairs or picnic rugs, enjoy music from 4:00pm, and pick up dinner from nearby eateries. Pets on leads are welcome to join the fun. The movie begins at sunset, and early arrival ensures a great spot and time for kids to dance before the show.



12 JUN

TWILIGHT ON CAMBRIDGE

Friday June 12, 5:00pm to 8:00pm, Cambridge Parade, Manly Harbour Village

Twilight on Cambridge will again light up Manly on Friday June 12, 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.



13 JUN

HOPS & HARMONY 80S SINGALONG

Saturday June 13, 7:00pm start, The Lou Lou Room, Wynnum

Big hair, bold moves and belting it out – this is your chance to relive the ultimate 1980s soundtrack in a fun, feel-good sing-along night. From Bon Jovi to Whitney and Madonna, this relaxed, no-pressure event invites locals to warm up their vocals, learn a featured song together and then sing their hearts out to the decade's biggest hits. Grab your friends and get ready for a nostalgic night of music and laughs. Visit www.thelouloorum.com.au for more information.



17 JUN

Smoke alarm information session

Wednesday 17 June
11.00am - 12.00pm
Wynnum RSL

SMOKE ALARM INFORMATION SESSION

Wednesday June 17, Wynnum RSL, 174 Tingal Road, Wynnum

Come along to this free and informative, government-run smoke alarm session at the Wynnum RSL. Learn about the upcoming changes to smoke alarm legislation that take effect in January 2027, and hear about how you can make your home safer. For more information, visit fire.qld.gov.au/smokealarms.



27 JUN

HOWDY ROWDY LADIES DAY

Saturday June 27, 1:00pm to 7:00pm, Wynnum Manly Juniors R.L.F.C, 57 Stradbroke Avenue, Wynnum

Round up your girls and get ready to go pink for a high-energy Ladies Day supporting the McGrath Foundation. With footy action, live entertainment, food and a vibrant western-themed atmosphere, this much-loved annual event is all about fun, friendship and community spirit. Dust off your best pink western outfit and settle in for an unforgettable afternoon on the bayside. Scan the QR code for bookings.



JAN POWERS FARMERS MARKETS – MANLY

1st & 3rd Saturdays in June, 6:00am–12:00pm, Little Bayside Park, Manly

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

ELECTRIFYING ROCK, AS YOU LIKE IT, WITH A BIT OF CIRCUS ON THE SIDE

Highway To Hell: The Rock 'N' Roll Circus is one of the most anticipated shows on this year's Wynnum Fringe calendar, and with a star-studded lineup of musos, it's sure to rock the Bay Terrace spiegelent like nothing else!

Organisers say the show will transport audiences back to their favourite Aussie pub in 1983, "where the greatest music of all time was born, live music was raw, loud and unapologetically real, and every night felt like it meant something".

Highway To Hell: The Rock 'N' Roll Circus is a full-throttle live music spectacular starring powerhouse performers Wes Carr and Mahalia Barnes, backed by an all-star band featuring Matt Smith (Thirsty Merc), Ben Rodgers (Jimmy Barnes Band), Mick Skelton (Thirsty Merc) and Andrea Krakovska (Pseudo Echo).

Produced by award-winning creative and bayside local Tom Oliver, with featured performances from world-class circus artists Katrina Louise (Vice The Show) and Melon The Human (Cirque du Soleil), expect aerial guitar, fire, hair-hang and jaw-dropping physical performance woven through a soundtrack of Australian rock anthems from AC/DC, Cold Chisel, Midnight Oil, Divinyls, INXS, The Angels and Stevie Wright.

Mahalia Barnes said Wynnum Fringe stands out for its personality, energy and unmistakably local feel.

"Wynnum Fringe is one of those festivals that I've heard so many people talk about, but I've never experienced it firsthand," Barnes said.

"The shows have a lot of personality; it feels to me like a festival with real heart and a raw, cheeky energy. I love it when a festival has that kind of spirit. It gives the audience and the artists a chance to share something really unique, special and unforgettable. I can't wait to be a part of it."

The show will run from Thursday June 25 to Sunday June 28 at the Augathella Spiegelent, located at 166 Bay Terrace, Wynnum. For tickets, go to wynnumfringe.com.

- 📅 Thurs 25th June, 7:00pm - BOOK NOW
- 📅 Fri 26th June, 6:30pm - BOOK NOW
- 📅 Sat 27th June, 3:00pm - BOOK NOW
- 📅 Sat 27th June, 6:30pm - BOOK NOW
- 📅 Sun 28th June, 4:30pm - BOOK NOW

- 💰 PRICE: GA from \$59.75
- 🕒 RUNTIME: ~65 mins
- 🏠 VENUE: Augathella Spiegelent
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Photos: Supplied.

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JOAN PEASE'S COMMUNITY UPDATE

STATE MEMBER FOR LYTTON



AMPOL ROTARY FAMILY FUN DAY

Join me and the Rotary Club of Wynnum and Manly for the Ampol Rotary Family Fun Day at George Clayton Park, Wynnum on Sunday 14 June from 10am-2pm.

This free community event will feature live music, face painting, farm animals, a jumping castle, entertainment and a free sausage sizzle for families to enjoy.

A big thank you to Rotary and Ampol for supporting our Bayside community and bringing everyone together for a fantastic day by the bay.



FLU SEASON IS HERE

Winter is here. Now is the time to get your flu shot. Last year, Queensland recorded a significant number of flu-related hospitalisations and deaths. The flu can be serious, especially for older Queenslanders, young children and those with underlying health conditions. The good news is that flu vaccinations are free for all Queenslanders this year and available through GPs, pharmacies and community clinics. A simple flu shot helps protect you, your family and our wider community this winter.



OUR YOUTH PARLIAMENT REPRESENTATIVE

Meet Xavier, our YMCA Queensland Youth Parliament representative for the electorate of Lytton. Xavier is currently completing Year 11 at Wynnum State High School and has a keen interest in politics and environmental policy. It's always encouraging to see young people stepping up, getting involved in civic life and wanting to make a positive difference in their community. Programs like Youth Parliament give students valuable leadership opportunities, build confidence and help inspire the next generation of community leaders here in our Bayside community.



SAY NO TO DOMESTIC & FAMILY VIOLENCE

Thank you to everyone who attended the recent Bayside Domestic and Family Violence Candlelight Vigil at Pandanus Beach. It was a powerful evening as our community came together to honour victim-survivors, remember those whose lives have been lost, and stand with those still experiencing violence today. Seeing hundreds of candles light up the Wynnum foreshore was a strong reminder that Baysiders will not stay silent on domestic and family violence. We must continue to listen, learn, support victim-survivors and work together to build a safer future for everyone.



SHOP LOCAL, SUPPORT LOCAL

Shopping local makes a real difference to our community. Many small businesses are doing it tough. Local businesses like Karen's Mouse House Coffee Cart (pictured) keep local people employed, support local families and help money circulate through our Bayside economy. Queensland's 508,000 small businesses contribute more than \$131 billion to our economy and support over one million jobs across the state. Whether it's a coffee, a meal or a service, every dollar spent locally helps strengthen our community. Let's back local businesses whenever we can.



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

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BAYSIDE RESIDENT HOLDS TITLE OF OLDEST FIRST-TIME GRANDFATHER

When Manly resident Charles Smith held his newborn granddaughter for the first time, he knew the moment was extraordinary, though he had no idea it was also historic. On 29 August 2025, his son, Ashley, and daughter-in-law, Hanna, welcomed their daughter, Isla. That same day, Charles became the world's oldest first-time grandfather at 91 years and 209 days old.

Charles was unaware of the record until Ashley and Hanna handed him a Guinness World Records certificate. They had applied in secret, wanting to surprise him. Before retiring, Charles spent years promoting motor sports, including the Grand Prix. He became a father later in life, welcoming Ashley at 55, and now he proudly goes by "Poppy". As he put it, "There are plenty of grandpas around. Poppy suits me."

Thinking back to the moment he first met Isla, he laughed. "I picked her up and didn't want to give her back – except for the nappy changes," Charles told Guinness. He's convinced they bonded instantly. "She looks at me in my Poppy hat and laughs. I look at my family – Ashley, Hanna, and Isla – and I know this is it. Family." Even with the attention around his record, Charles stays grounded. "She's my granddaughter. Record-breaking or not, she's my family."

Ashley says his dad's independence is what stands out most. Charles spends his retirement travelling around Australia in his camper van and taking his boat out on Moreton Bay. According to Ashley, age hasn't slowed him down and he is now more active than ever. Perhaps the new arrival has put an extra spring in his step?

Hanna told Guinness that she remembers being told Charles was "a little older" before she met him, but she never noticed. "He had such a spring in his step. I feel incredibly lucky to have him as my father-in-law. And it makes us laugh – if Isla had arrived any earlier, he might not have qualified for the record."



Charles with Ashley and granddaughter Isla. Photo: Supplied.

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 HITS FROM 1971 – 78
JUNE 28 PART 2
 HITS FROM 1979 – 93

Maggie's Mates

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Photo: Supplied.

What's your name? Hello, we are Penny and Murphy.

Suburb: We are from Wynnum.

How long have you lived in Wynnum? All our lives!

What is your favourite local walk? Our twice-daily walks around the neighbourhood near Wynnum Golf Club, where we get to visit all our dog friends.

What is your most treasured toy? We both love a small ladybug toy, and we are still trying to get the squeaker out of its inside.

What is your favourite food? Easy: liver treats.

What is your worst habit? Jumping on people when they visit.

What's your favourite local hangout? The small dog park at Elanora Park, Wynnum.

Who is your best doggo friend? Each other.

Do you have any funny or embarrassing stories you'd like to share? We both escaped recently and got stuck in the rain for over an hour, and tried to dig our way back into our yard.

What do people love most about you? We are very cute and little, so people are very nice to us. We get lots of pats.

Penny and Murphy's favourite charity is Guide Dogs QLD, and we have made a \$50 donation on their 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



CHEWING BEHAVIOUR IN DOGS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Destructive chewing is a very common problem in both puppies and adult dogs.



Why do dogs chew?

Chewing is a normal exploratory behaviour in puppies as they learn about the world around them. Teething, play, and attempts to escape confinement are other reasons puppies may chew excessively.

Adult dogs may chew more due to behavioural issues such as separation anxiety and a lack of environmental stimulation and exercise.

How can I stop my dog from chewing everything?

1. Keep your dog busy – exercise, reward-based training activities and the use of slow feeders/puzzle toys or treat balls can provide enrichment and prevent your dog from becoming bored.
2. Dog-proof your house – keep clothes, toys and small objects out of reach; keep cupboards, drawers and toy boxes closed.
3. Supervise your dog when inside or put them in a secure area, such as a crate, when you are not home.

4. Work on training from puppyhood – use the “trade for a treat” method. If your dog picks up an item they are not supposed to, offer a high-value treat in exchange and give positive praise.
5. Provide appropriate chew toys – dogs of different ages and breeds require toys of varying degrees of strength to avoid unwanted destruction – have a chat with your vet about choosing the right chew for your pet.
6. Do not give old shoes, clothes or toys to chew – dogs are unable to distinguish between these and “good” (i.e. forbidden) items.

With a consistent approach from the early days of puppyhood, you can help reduce inappropriate chewing in your dog. If your dog is showing other signs of anxiety and destruction, it may be beneficial to book an appointment with your vet to discuss more involved behavioural interventions.



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MANLY HARBOUR VILLAGE CHAMBER OF COMMERCE UPDATE

BY JEMANDA HANNOUF, PRECINCT COORDINATOR, MANLY HARBOUR VILLAGE

MOTHER'S DAY BY THE BAY

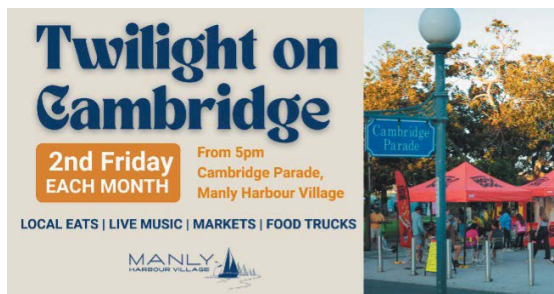
Thank you to everyone who came down to Little Bayside Park, Manly on Sunday 10 May. We hope everyone enjoyed the live music and the Manly Creative Markets.



TWILIGHT ON CAMBRIDGE – FRIDAY 12 JUNE

Twilight on Cambridge is back with another vibrant evening in the heart of the community!

Join us for a relaxed night of local eats, live music and roaming LED twirling performances bringing colour and energy to the streets. Stroll, dine, listen and connect as Cambridge comes alive after dark with family-friendly entertainment and a great community atmosphere.



Bring your friends, bring the kids and enjoy a magical twilight experience right here in our neighbourhood.

MOVIES IN THE PARK

Enjoy a free outdoor movie night under the stars at Little Bayside Park on Saturday 6 June. Bring a picnic rug and settle in for a screening of *The Mask*.



BUSINESS & WELLBING NETWORKING BREAKFAST – FRIDAY 19 JUNE

The Manly Harbour Village Chamber of Commerce is inviting local business owners and residents to come together for a meaningful morning of connection, conversation and community impact at the upcoming Business and Wellbeing Breakfast.

Held on Friday 19 June at the iconic Manly Boat Club, the breakfast is being presented in conjunction with Men's Health Week, shining a spotlight on the importance of mental health, wellbeing and social connection within our business and local community.

This special event will also raise funds and awareness for Men's Walk and Talk Wynnum Manly, a grassroots initiative creating safe spaces for men to connect, support one another and improve mental wellbeing through regular community walks and conversations.

Tickets are now available, and early bookings are encouraged.

BUSINESS & WELLBING NETWORKING BREAKFAST

BUSINESS GUEST SPEAKER

Kathryn Steinhardt
STEINART

Kathryn will bring a Brand Guardian lens to how businesses build credibility and create trust before a customer ever makes contact. Making sure their reputation shows up clearly across every touchpoint, not just in the room.

FRIDAY
19 JUNE 2026
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Eleni Georgiou
TREE OF LIFE

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Jan Powers Farmers Market

EVERY SUNDAY

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FRIDAY 12 JUNE

Twilight on Cambridge, Manly



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LORD MAYOR ADRIAN SCHRINNER

CR ALEX GIVNEY

COUNCILLOR FOR WYNNUM MANLY WARD



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UPDATES FROM YOUR LOCAL COUNCILLOR



Kianawah Road Park - Off-Road Cycling Park

It was fantastic to see such strong community interest in the proposed new off-road cycling track at Kianawah Road Park.

I recently joined local riders, families and the team from Brisbane City Council at Bayside BMX Club to hear directly from the people who will use the space most. Feedback included ideas around jumps, pump sections, skills elements and lighting considerations.

Community consultation plays such an important role in projects like this, and it was wonderful to see riders of all ages sharing their ideas and passion for the project. A big thank you to everyone who took the time to attend and contribute their feedback.



Local Community Group Spotlight Wynnum RSL Women's Auxiliary

This month I wanted to shine a spotlight on the Wynnum RSL Women's Auxiliary Sub-Branch, a local group that has quietly supported veterans, serving personnel and our wider community for 75 years as of March 2027.

From fundraising around ANZAC Day and Remembrance Day to supporting the welfare of veterans and their families, the Auxiliary plays an important role in our community while also creating friendship and connection for local women.

Community groups like this are such an important part of what makes Wynnum Manly special.

For more information, contact womensaux@wynnumrsl.com.au or call Wynnum RSL on 3396 7333.



Local Business Shoutout - Wynnum North Newpaper

Wynnum North Newpaper and local owner John are a wonderful example of the small businesses that help make our bayside community so special.

More than just a newsagency, it is one of those local businesses where people stop for a chat, catch up on community news and enjoy the personal connections that make Wynnum Manly feel like home.

It was lovely to recently drop in and hear how things have been going for the business, including the popularity of their giftware and busy Mother's Day trade.

A big thank you to John and all our local small business owners who continue to invest in and contribute to our community every day.

Road Resurfacing across the Ward

Brisbane City Council has continued delivering road resurfacing and maintenance works across the Wynnum Manly Ward this year, with a number of local streets already completed and others currently underway. These works are important in helping keep our local roads safe and well maintained for residents.

Residents can report potholes and other non-urgent maintenance or by texting the "Fix It" service on 0429 234 948 (0429 2 FIX IT) or contacting our office.

Road resurfacing in the ward:

- Arnold Street, Manly
- Edith Street, Wynnum
- Gibbs Street, Wynnum
- Gordon Parade, Manly (In Progress)
- Granada Street, Wynnum
- Gwyne street Wynnum West
- Hartland Street. Manly West
- Haylock Street, Wynnum
- Ogilvie Street, Wynnum
- Prospect Street, Wynnum
- Sibley Road, Wynnum West (In Progress)
- Stradbroke Avenue, Wynnum
- Wynnum North Road, Wynnum
- West Avenue, Wynnum

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



3403 2180 WynnumManly.Ward@bcc.qld.gov.au [@CrAlexGivney](https://www.facebook.com/CrAlexGivney) 3A, 212 Bay Tce, Wynnum (Monday to Friday 8am - 4pm)

HOLD THE LINE: PELICAN AND SEABIRD VOLUNTEERS TO THE RESCUE

BY ADELIA BERRIDGE

The plea went out in 2021: If anglers could put their thinking caps on and become more responsible with their active and derelict fishing lines, there would be less need for these rescues, but nothing has changed. It's only got worse.

The RSPCA has often called upon the help of the Thorneside-based Pelican and Seabird Rescue (PSBR), noting their gratitude for the release of two Darter Birds in 2021, who were caught up in old fishing nets.

There's little worse for a Darter Bird than getting their beak caught up in netting, and it's an all-too-common occurrence for our seabirds. A trapped beak means a far more vulnerable position to be in, and of course, no access to food. Sadly, many seabirds who become entangled like this will die from starvation if they don't receive human intervention.

Thankfully, with the help of Hammy, from Pelican and Seabird Rescue, the RSPCA was able to capture two tangled Darter Birds, free them of their netting and even release one of the two straight away.

The second was taken into PSBR's care at Thorneside before being fit for release. While these rescues were not recent, it's an almost daily occurrence: calls to rescue birds, often entangled in fishing lines, or call-outs for hooks in beaks or stomachs with lines attached.

The late Hammy founded PSBR after witnessing a pelican trapped in a fishing line during a camping trip in Moreton Bay. She and her friend Sally eventually rescued the bird, inspiring them to educate others about responsible fishing. That camping trip changed both their lives.

PSBR now handles a growing number of rescues, caring for sick and injured birds around the clock with limited resources and fundraising. Volunteers are needed for tasks ranging from animal care to managing paperwork and social media.

RSPCA Queensland and Wildcare Australia provide vital support. You can report any sick or injured animals to the 24/7 RSPCA emergency line at 1300 ANIMAL (1300 264 625).



Photo: Supplied.

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The advertisement features a background image of a modern house with large glass windows. A cartoon kangaroo mascot wearing a blue and red striped shirt is standing next to a pink piggy bank. The kangaroo is holding a coin and dropping it into the piggy bank. The text is arranged in a clear, bold layout, with the price reduction being a central focus. The bottom of the ad has a red banner with the 'SUPA SAVINGS SALE!' text and contact information.

WYNNUM FRINGE'S FAMILY-FRIENDLY SHOWS ARE OUT OF THIS WORLD!

Wynnum Fringe is excited to present three family-friendly live shows to entertain big and little kids during the July school holidays.

Get ready to go wild with **Party Animals** – the ultimate jungle jam for kids and their grown-ups!

Hosted by the larger-than-life DJ, Marty the Monkey, this one-hour spectacular takes you on a hip-shaking journey to try and find the biggest dance party in the jungle! Along the way, little (and big) party animals can dance, laugh, and let their imaginations run free with interactive games, handmade puppets, bubbles, streamers, balloons, and hilarious air-blowers that send toilet paper flying all over the dance floor!

Packed with chart-topping pop hits, retro dance favourites and non-stop energy, **Party Animals** is the perfect first theatre experience for younger children – no sitting still required! Jungle/animal-themed dress is encouraged!

CIRCUS The Show will take audiences on a journey of whimsy, wonder, and amazement with its reimagined family circus spectacular, which families across the globe are raving about!

CIRCUS is the latest trailblazer in children's entertainment, featuring world-class illusions, tumbling acrobats, highly skilled jugglers, breath-taking and elegant aerialists, an endearing clown with his gigantic 6ft balloon, and enough side-splitting comedy to send any grown man running for the toilet!

The Greatest Magic Show is celebrating its eighth year of touring since its sold-out debut in 2018. The production has grown into one of Australia's most successful family magic shows.

The production has earned widespread acclaim across major arts festivals, collecting top honours including *Best Children's Show* at Fringe World (2019), *Best Kids Show* at Sydney Fringe (2019), *Best Kids Show* at the Melbourne Magic Festival (2022) and *Best Children's Event* at Adelaide Fringe (2024).



Photo: Supplied.

Stars of the show, Sam and Justin, will be displaying a spectacular illusion crafted by the same renowned Las Vegas builders who have created magic for legends such as David Copperfield and Lance Burton – if only they can work their way through all the magical mayhem along the way!

Every child who attends the show will receive a free magic wand on entry and have their chance to take a photo with the stars of the show after the performance.

For tickets and a full program of shows, go to wynnumfringe.com.

PREVENTION AND DIAGNOSIS OF BOWEL CANCER

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

I opened the Department of Surgery at the new Newcastle Medical School in 1982, where I also did my advanced Plastic surgical training. My interest was in colorectal and gastroenterological disease as I had trained in endoscopy whilst at Flinders Medical Centre, which we had just opened in 1976.



The question begged: How can I reduce the waiting time for the diagnosis and treatment of bowel pathology? At that time, there was a 3- to 4-month time lag using the existing hospital system. It relied on a complex referral system and Barium radiological studies with repeated visits to specialists.

In the late 1970s, brilliant Japanese technology was developing flexible endoscopes to visually examine the bowel. I was one of the 'grandfathers' who worked out how to use these instruments safely without causing perforation, bleeding or spreading HIV. All were serious complications that did not occur with barium studies.

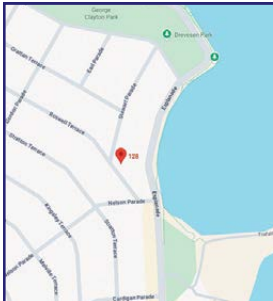
Aware of the deficiencies and inability to treat bowel conditions with radiology, I left the public hospitals to provide and design a one-stop ergonomic shop which would enable people with gut symptoms to have a consultation, examination, and endoscopy, plus an ultrasound if indicated, within 48 hours of referral. Treatment was always completed for whatever pathology was found on the same day. This is the 'Day Endoscopy Unit' concept, which has been adopted and is now accepted worldwide.

I developed an ergonomic design for day-endoscopy facilities in conjunction with the NSW and Queensland Departments of Health, both large and small. Those designs now form the basis for the Queensland Department of Health to assess all Day endoscopy centres after I worked with St Andrews Hospital a state-of-the-art Day endoscopy centre. It was all very exciting.



In 1984, the local Rotary branch in Newcastle took an interest, and we trialled the first 'Bowel Cancer Screening Program', much to the disgust of the establishment, looking for iron in stools from disintegrated haemoglobin using the old Guaiac test. Later, this was replaced with the much more accurate antibody test for haemoglobin, now used in the Bowel Cancer Screening program in Australia. More on screening in a later article.

God bless. Catch up next month.




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WYNNUM AND MANLY ROTARY'S AMPOL FAMILY FUN DAY IS BACK!

FROM LES LOUIS, ROTARY CLUB OF WYNNUM AND MANLY



Photos: Supplied.



The Rotary Club of Wynnum and Manly, supported very generously by Ampol, is busy preparing for the annual Family Fun Day to be held on Sunday, June 14, 2026, at George Clayton Park on the esplanade at Wynnum.

This event began in 2015 and has been held every year since. While the event was intended to raise awareness of the scourge of domestic and family violence, the aim was for families to have an enjoyable day out at little expense.

That year, many children enjoyed a tug-of-war with the police horses, climbing on the firefighting equipment, playing games, having their faces painted, and generally having fun. Their parents had the

opportunity to talk with the police, ambulance, and firefighters in a supportive space. Other organisations also provided information about their services in a safe environment – an opportunity that many appreciated.

This year, the fun will continue, and everything at the park will be free (except the coffee van and soft drinks stall). There will be a free sausage sizzle, fresh fruit, and free activities to entertain the kids, including traditional games and races like sack races, egg-and-spoon races, and three-legged races, a jumping castle, a petting zoo, face painting, and a parachute to flap up and down with balls on it. A new activity is croquet – come along and have a go!

School bands will provide musical entertainment until lunchtime; some local vocalists will follow, and the day will be rounded out by the Brisbane Bayside Brass Band.

Local agencies and organisations such as Police, Fire, Ambulance, Rosies, Red Cross, Manly Kindy, Zonta, Sailability, and Bunnings will have stalls around the park perimeter. In addition, a range of service agencies will be present to provide domestic and family violence support and assistance, reinforcing the day's basic theme, which is closely linked to the DV Prevention Month in May.

Everyone is welcome – come along and have fun!

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SUNDAY 14TH JUNE 10 AM – 2 PM

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EVENT

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Rotary
Club of Wynnum and Manly

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AMPOL

LIONS CLUB CELEBRATES 60 YEARS OF SERVICE TO THE COMMUNITY

BY ASHLEIGH HOWARTH

The Lions Club of Brisbane – Camp Hill Carindale has marked an impressive milestone, celebrating 60 years of dedicated service and lasting impact in the community.

Since its establishment on April 27, 1966, the club has grown into a strong and active force for good, thanks to inaugural chapter president Jack Tobin.

Originally known as the Camp Hill Lions Club, it expanded in 1990 to include Carindale, reflecting its wider community reach.

For long-time member Jorge Salles, the anniversary is a moment to reflect on a legacy built on generosity and teamwork.

“Over six decades, the club has delivered a number of projects that have shaped the local community including helping to fundraise and build the Carina Senior Citizens Centre (now the Carina Community Centre) in partnership with the Stones Corner Rotary Club, host Australia Day Citizenship ceremonies, run the Youth of the Year Program, establish two Lions parks, and build a bandstand at Whites Hill Reserve,” Jorge said.

Beyond individual projects, Jorge says the true strength of Lions lies in its commitment to making a difference wherever it is needed.

“Lions is not a fundraising organisation – it is the largest service organisation in the world,” he said.

“100 per cent of money raised goes back to the community – nothing is kept or used by admin.

“Over the last 10 years, we have provided about \$250,000 in service and support.”

Looking ahead, the club is focused on growth and inclusion.

“We really want to dispel the myths that Lions is a club for males and retirees only, and make people aware that we do more than just sausage sizzles and sell Christmas cakes,” Jorge said.

“We welcome people of all ages and genders who are able to give as much time as they can.”

For Jorge, who has been a Lion for 30 years, including 25 at this club, the motivation to serve is personal.

“My father was a Lion for 42 years, so I developed a sense of giving back early,” he said.

“The feeling you get inside when helping someone struggling is



Photo: Supplied.

amazing and a reward in itself.

“I feel that community service is the rent we pay for the space we take up on this earth.”

For more information on joining or becoming a friend of Lions, contact Jorge on 0418 124 421 or email jorge.salles2@gmail.com.

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REAL ESTATE NEWS & VIEWS

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How TS Projects Bring New Bayside Developments To Fruition

CONTRIBUTED BY TS PROJECTS AND ESTATE AGENTS

Over the past several years, the bayside property market has continued to evolve, with projects in Wynnum attracting strong interest from both owner-occupiers and investors seeking lifestyle-focused living close to the water.

Working across developments such as The Alcove and now Panorama, project marketer and sales agent Tomas, through TS Projects and Estate Agents, has seen firsthand that bringing boutique residential projects to life requires far more than simply constructing apartments.

Having also undertaken his own development projects, Tomas is involved throughout the entire process – from the earliest concepts and planning stages through to marketing, sales and final completion.

“That hands-on involvement from day one gives me a strong understanding of what buyers are looking for and what makes a project successful long term,” Tomas said.

A key part of the process begins with the initial design phase. This involves working closely with architects and planners to shape floor

plates, apartment mix and layouts that genuinely suit the Wynnum lifestyle.

“We focus heavily on the first stage of design,” Tomas said. “That means making sure the apartments feel spacious, take advantage of natural light and, where possible, maximise water views.”

Once the design framework is established, TS Projects and Estate Agents undertake detailed pricing, assessing each apartment based on size, orientation, views, level, privacy and premium inclusions. This ensures the project aligns with current market demand while remaining attractive to buyers seeking long-term value.

Projects such as The Alcove demonstrated the strong demand for high-quality apartment living within Wynnum, while Panorama represents the next stage in the area’s evolution, focusing on elevated design, expansive outlooks and premium owner-occupier appeal.

According to Tomas, early engagement with buyers is increasingly shaping how projects evolve. “Purchasers today are very educated. They want to understand not only the apartment itself, but also the



Photo: Supplied.

long-term value of the location and the overall vision behind the development.”

With continued investment across the bayside precinct and growing demand for well-located residential projects, Wynnum is increasingly emerging as one of Brisbane’s most desirable coastal lifestyle destinations.

IS IT TIME TO MAKE A CHANGE

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- 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.

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Why Some Homes Sell in Days – And Others Sit for Months

BY SOLD PROPERTY GROUP

Two homes can hit the market in the same suburb, at the same time, and have completely different results.

One attracts strong buyer interest immediately. The other lingers online for weeks.

So, what's the difference?

It's not luck or "the market" – it's preparation, positioning, presentation and negotiation.

Today's buyers are informed, selective and quick to move when the right property comes along. They know value when they see it, and they can also spot when a home has missed the mark.

Preparation is where successful sales begin. Small improvements, thoughtful styling and presenting a home at its best can dramatically influence buyer perception. But presentation alone won't deliver a premium result.

Positioning the property correctly in the market is equally important. Overpricing can stall momentum and reduce competition, while strategic pricing creates urgency and drives stronger engagement

from the outset. Launching a property well from day one is critical – buyers pay closest attention when a home first hits the market, and strong early momentum often shapes the final result.

Marketing also plays a critical role. The strongest campaigns are carefully designed to create maximum exposure, attract the right buyers and build momentum throughout the campaign. Every detail matters – from the launch strategy and photography, through to digital reach and buyer communication.

Then comes negotiation – the stage where working with an experienced, award-winning agent can make a significant difference to the final outcome. Knowing how to create competition, manage buyer emotions and negotiate strategically often separates a good result from an exceptional one.

Keryn and her team at SOLD Property Group tailor every campaign to the property, the market and the seller's goals. Strategic preparation, targeted marketing and skilled negotiation are what consistently separate outstanding results from average ones.

Because in today's market, success is a strategy.



Photo: Supplied.

A Standout Start to 2026 15 Price Records by *Keryn Osgerby*

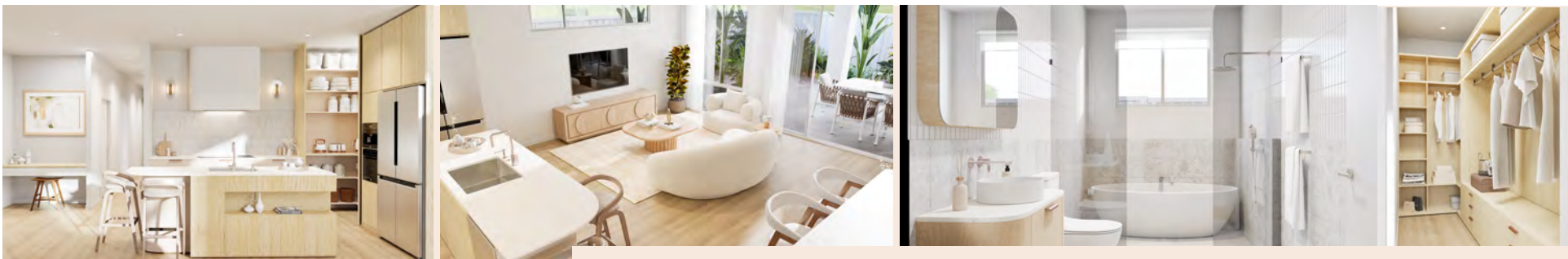
From January to April, Keryn continues to set the benchmark - proving why award-winning experience delivers exceptional outcomes.

Street	15 Underwood Street, Wakerley	\$1,850,000
Street	86 Summit Street, Belmont	\$1,750,000
Street	17 Twynam Street, Belmont	\$1,735,555
Street	10 Suellen Close, Belmont	\$1,600,000
Street	39 Brandella Place, Belmont	\$1,500,000
Street	4 Lycette Street, Belmont	\$1,365,000
Street	50 Hailey Drive, Birkdale	\$1,320,000
Street	1 Keston Court, Tingalpa	\$1,277,000

Suburb*	14/39 Belmont Road, Tingalpa	\$TBA
Street	8 Ashdale Court, Tingalpa	\$1,180,000
Suburb*	44/391 Belmont Road, Belmont	\$1,005,000
Complex	58/391 Belmont Road, Belmont	\$977,200
Complex	41/391 Belmont Road, Belmont	\$931,000
Suburb*	6 Wells Place, Hemmant	\$915,000
Complex	23/40 Bognor Street, Tingalpa	\$865,000

* Townhouse.





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Parkview at 11-14 Michelle Court, Cleveland is an exclusive collection of 56 premium apartments, perfectly positioned to offer the best of Cleveland living. 35% sold so far and 100% owner occupiers! We've gone above and beyond to provide a life of comfort and convenience. When you own at ParkView, you gain access to AFT's signature, resort-style facilities, including:

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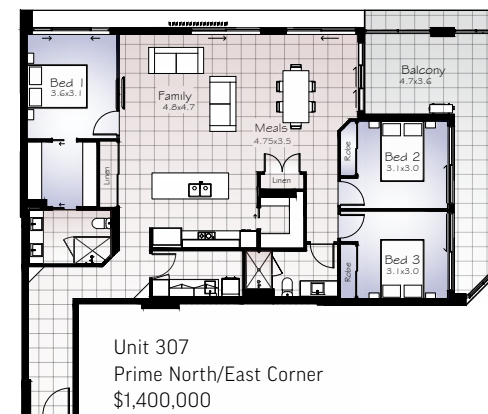
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LOCAL VETERANS ENJOY THEIR QUOTA FEAST AT MORNING TEA

BY HARVEY SHORE

When April showers ended the morning service on Anzac Day in Manly this year, hundreds of local residents hurried to the nearby Manly Lota RSL Hall for a free morning tea.

There, they found a magnificent feast laid out for them on a row of tables. It included drinks, cakes, sandwiches, pies, sausage rolls, Anzac biscuits, various slices, scones and fresh cream buns!

This impressive selection of delicious pastries was prepared by the ladies of the Wynnum Manly Quota Club. Jill Nock from the Quota Club brushed off the gushing praise from guests by modestly saying, "We do our bit".

However, the Wynnum Manly Quota Club does a lot more than a "bit". Formed over 50 years ago by a small group of women who wanted to make a positive contribution to the local community, Quota members (all female) spend their free time raising money and using it where it is needed most.

Quota ladies support local women's shelters, look after local homeless people, and help families who cannot adequately provide for their children. For example, every Monday, they make trays of sandwiches and take them to Wynnum West State School for kids whose families cannot provide lunch, so that no child goes hungry.

Jill Nock said, "We don't make a big fuss about our work. The local Quota Club has a small membership of just two dozen women. We meet monthly at the Wynnum Manly Leagues Club and discuss ways to look after people quietly. We raise money in various ways, such as fashion parades. Then we use that money to help the needy.

"Sometimes we punch well above our weight. For instance, we've given over \$200,000 to Hear and Say Audiology to provide cochlear implants for deaf children. At other times, we simply provide morning tea for



Wynnum Manly Quota Club members prepare their ANZAC Day feast. Photo by Harvey Shore.

local RSL branches on ANZAC Day, Remembrance Day, and Vietnam Veterans Day. Whatever we decide to do, our aim is to fulfil our Quota."

Jill invites any women who would like to join the local Quota Club to call her on 0458 445 308.

Fringe Feed ★★★★★
Entertainment Now ★★★★★
A Young-ish Perspective ★★★★★
One4Review UK ★★★★★
The Advocate ★★★★★
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World Magic Review ★★★★★
Broadway Baby ★★★★★
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WMYC ART AWARDS 2026: ART BY THE BAY RETURNS

FROM WYNNUM MANLY YACHT CLUB



Jump by Tamara Beale; acrylic. Photos: Supplied.



Lazy Afternoons by Peita Crombie; oil.



After a Day on the Water by Jenny Fidler; oil.

This winter, the Wynnum Manly Yacht Club (WMYC) will once again transform its waterfront clubhouse into a vibrant gallery for the WMYC Art Awards 2026 – Art by the Bay.

From 19 June to 2 July, visitors can enjoy a nautical-themed exhibition celebrating the sea, shoreline and bayside life. Open during club and Captain’s Parrot Café hours, the exhibition invites the community to view, vote in the People’s Choice Award, and purchase original artworks.

Entries are open now until 5 June for artists of all levels across painting, photography, printmaking and sculpture. The theme, *Nautical*, captures

everything from mermaids, boats and seabirds to light, weather and coastal stories.

With a strong reputation for supporting both emerging and established local and national artists, the WMYC Art Awards offer valuable exposure and the chance to connect with a wide audience.

Prizes include:

- 2D Category: \$350 + \$600 Fantastic Framing voucher
- 3D Category: \$350 + \$500 Fairfield Travel voucher
- People’s Choice: \$300 + Mont Marte art supplies

A highlight is the Gala Awards Night on Saturday, 27 June, with celebrations from 4:00pm and awards announced at 5:30pm. Guests will enjoy canapés, a complimentary glass of wine, live entertainment and a stunning marina backdrop. There will also be a generous raffle with proceeds supporting Sails at Bayside.

This popular event will sell out quickly, so the community is encouraged to secure tickets early.

For more information, visit <https://www.wmyc.com.au/whats-on/art-show>.



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ART AWARDS

19 JUNE - 2 JULY 2026

ENTRIES OPEN

GALA AWARDS
SATURDAY 4PM 27 JUNE

ARTISTS INVITED TO PAINT, PHOTOGRAPH, PRINT AND SCULPT A NAUTICAL THEME AT THE WYNNUM MANLY YACHT CLUB

SAVE THE DATE FOR THE PROSTATE CANCER CHARITY GOLF DAY

The 2026 Charity Golf Day in support of the Prostate Cancer Foundation of Australia will be held at Wynnum Golf Club on Friday, 19 June 2026.

This year, the major sponsor is Greenslopes Private Hospital, coinciding with the upcoming opening of the Ramsay Surgical Centre in Cleveland in August 2026.

The event speakers are:

- Opening Address: Justin Greenwell, CEO, Greenslopes Private Hospital.
- Guest Speaker: Professor Ian Vela, renowned urologic oncologist with a special interest in prostate and bladder cancer.

The opening of Ramsay Surgical Centre, Cleveland, in August 2026 will mark an important expansion of Ramsay Health Care services for the bayside community.

Ramsay Health Care has a longstanding commitment to men's health and urology in Queensland, with Greenslopes Private Hospital establishing Queensland's first prostate brachytherapy program in 2003 and later becoming the first hospital in the state to offer robot assisted prostatectomy surgery.

In support of better men's health outcomes and the work of the



Prostate Cancer Foundation of Australia, Ramsay Health Care is proud to sponsor the Prostate Cancer Foundation of Australia Golf Day at Wynnum Golf Club in June.

Urology will be one of the key specialties supported by the new day surgery, with biopsies, cystoscopies, and other specialty services available once the centre opens.

For more information, scan the QR code.



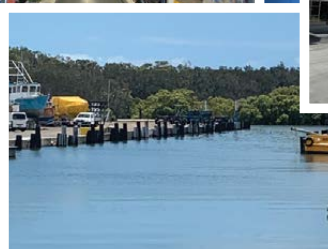
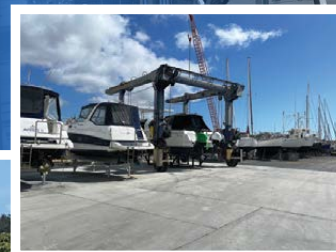
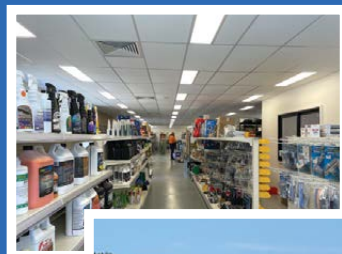
Photos: Supplied.

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LOCAL FISHING WITH SPERO

WINTER WATERS ARE SWIMMING WITH WHITING, MACKEREL AND SNAPPER

BY SPERO KARTANOS

Well, winter is here, and if a few days in May did not get us ready for how cold it's going to be in June, then nothing will! It's always good fishing in Moreton Bay in winter, so while we complain about the cold mornings and cold westerly winds, the prize is that we bring home fish for dinner.



Photos: Spero Kartanos.

Whiting will be around the bay, especially at Banana Banks, Amity Banks and Fisherman's Gutter.

You should find them in greater numbers, close to the east of Darcy Light, all the way to the Port area. For bait, prawns and yabbies seem to work, but I find bloodworms and cured beach worms are the best.

The school mackerel will be around from Green Island to Ormiston, around the Hope Banks, Rainbow Channel and One Mile, and also between the Lazaret Gutter and Amity Banks.

Fish for squire and snapper around the Bay Islands and the artificial reefs. The cuttlefish and arrows will (hopefully) be in the deeper water east of Wello, Green and St Helena.

So, there is plenty to chase in our beautiful bay this month, but a word of warning for small boat owners: remember, when there are westerly winds, it's calm going out, but terrible coming back, and

most of our boat drownings have happened with strong westerly winds.

Sometimes, you just have to say, "I will go another day rather than risk my life and the lives of others in the boat".

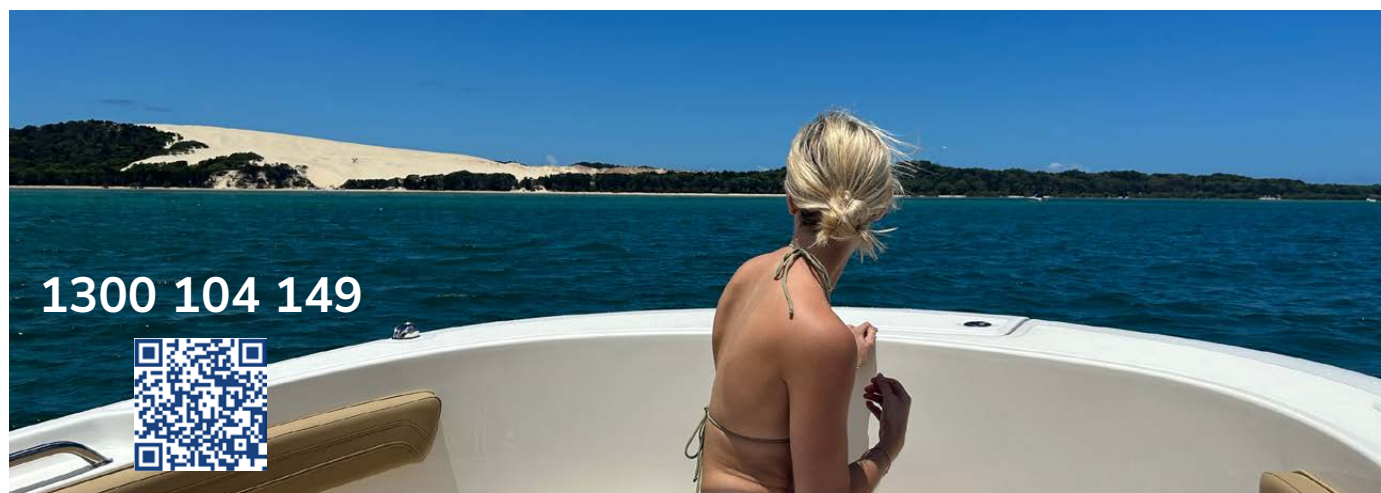
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Any submissions can be emailed to sales@market2market.com.au for consideration.

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Various shopping centres, cafes, clubs and local businesses.



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- Community editorial 9th of June
- Advertising cut off 12th to 15th of June
- Distribution to commence 29th of June
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MEN'S SHEDS HAMMER HOME HEALTH AND CONNECTION

BY ASHLEIGH HOWARTH

In Men's Sheds across Australia, blokes are finding more than just tools and timber – they're building friendships, purpose and resilience.

At the Carina Men's Shed, Roger Ableby and Greg Hourigan have seen those benefits firsthand, from stronger social connections to improved mental health and a renewed sense of purpose.

With Men's Health Week (June 15-21) approaching, they're encouraging older men – particularly those transitioning into retirement or looking to learn new skills and form new friendships – to consider stepping into a local shed.

"After I retired, I did all the house renovations that needed to be done, but then I didn't know what to do next," Roger said.

"I never had a plan on what to do once I retired, and I quickly realised you lose a lot of that social connection that comes with going to work every day.

"I joined the Men's Shed nine years ago and enjoy keeping busy and sharing a few laughs."

While every shed is different, The Carina Men's Shed offers a range of activities including woodwork, glasswork, leatherwork, metalwork, furniture restoration, music, card and board games, exercise classes (gym and aqua), drawing and art, community projects/events, outings, guest speakers, market stalls, gardening, and photography.

"There's always a really positive atmosphere in the shed," Greg said.

"We have members who come from all different walks of life – some come to keep their hands busy and learn something new, while others come for the social connection.

"Some come one day a week, while others are here most days.

"We enjoy working together, but we do take safety very seriously, with members offering guidance to help others learn how to use the tools and machines properly.

"At 10:00am, we always stop for morning tea and have a good chat."

In 2005, there were an estimated 200 Men's Sheds operating in Australia. Today, the Australian Men's Shed Association has a membership base of over 1,300 Men's Sheds.



Photo: Supplied.

"If you're looking for a way to boost your health and wellbeing, you should consider joining your nearest Men's Shed," Greg said.

"Everyone is welcome in a shed – you can come and do as little or as much as you like."

YOGA FESTIVAL RETURNS TO BURBANK FOR SECOND YEAR OF WELLNESS

BY ASHLEIGH HOWARTH

A celebration of mind, body and soul is set to return to Burbank on June 14, with the Yoga Festival Brisbane promising a full day of movement, mindfulness and community connection.

Now in its second year, the festival will be held from 9:00am to 4:00pm on June 14 at the Hare Krishna Temple, one week before the International Day of Yoga.

Following a successful debut last year, which drew more than 500 attendees from across Brisbane, the Redlands organiser Sneha Ghandi is excited to once again welcome yogis of all levels for a day of health and wellbeing.

"We certainly did not expect that many people last year, so we knew this was something we had to do again," she said.

This year's program will feature multiple spaces running simultaneously, offering a wide range of yoga styles, including vinyasa, chair yoga, gentle flow, power yoga, slow flow, and yoga for kids.

Alongside the movement classes, attendees can also take part in a variety of meditation and mindfulness sessions, including breathwork, EFT tapping, Japa mantra meditation, sound baths, kirtan (devotional music), and teachings from the Bhagavad Gita.

"We'll also have more markets and stalls than last year, as well as henna and face painting," Sneha said.

"Everyone will also receive a nourishing, wholesome lunch designed to support the body without feeling too heavy.

"We've also extended the day because last year people didn't want to leave – they were having so much fun they just wanted to stay."

As a certified yoga instructor, Sneha said the festival is about more than physical practice.

"People often forget the true meaning of yoga, which is the connection of the mind, body and soul," she said.

"That's why we are very authentic in everything we offer.

"People go to the gym and focus on the outside, but it's just as important to look after what's happening within.

"Yoga helps reduce stress, improve flexibility and bring mental clarity through movement, breath and meditation."

A \$10 donation secures your entry to the festival, with all proceeds supporting future community events and wellness programs.



Photo: Supplied.

"Last year we were able to run four additional retreats – three of which were free for the community, and we're hoping to do even more this year."

For more information, log onto www.yogafestivalbrisbane.com or search Yoga Festival Brisbane on Facebook.



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SPINACH, FETA AND RICOTTA MUFFIN POT PIES RECIPE

These savoury little muffin pot pies are everything you want in a portable comfort bake. They've got golden, flaky pastry on the outside and a creamy, cheesy spinach filling on the inside. They're just as at home on a lazy weekend brunch table as they are packed into a picnic basket or lunchbox. Enjoy them warm and puffed from the oven, or cold when you need an easy grab-and-go bite.

INGREDIENTS

- 1 tbsp of olive oil
- 1 small onion, finely diced
- 2 garlic cloves, finely chopped
- 250g frozen spinach, thawed and squeezed dry
- 250g ricotta cheese
- 150g feta, crumbled
- 1 egg
- A pinch of grated nutmeg
- Salt and pepper for seasoning
- 1 sheet of frozen puff pastry, slightly thawed (or perhaps 2 sheets, depending on your muffin tin size, and how clever you are at cutting circles!)
- Grated mozzarella cheese – about a 1/4 of a cup

METHOD

1. Lightly grease a 12 cup muffin tray with butter or a spray of olive oil.
2. Grab your frypan, pop it on the stove top and heat the olive oil over a medium heat. Fry the onion until it's soft, then add the garlic and cook for another minute.
3. In a large bowl, combine the spinach, ricotta, feta, cooked onion/garlic, egg, salt, pepper and the nutmeg.
4. Use a round cookie cutter or the rim of a glass or bowl to cut circles from the puff pastry (about 12-14cm in diameter so they can line the base and sides of your muffin tin). Press each pastry circle into your tin, so it lines the base and sides of each muffin space.



5. Spoon the spinach ricotta mixture into each pastry cup, almost to the top. Grate the mozzarella over the top of each one.
6. Bake at 200°C (fan 180°C) for 20 to 25 minutes, until your pies are puffy and golden.
7. Let them cool for 5 minutes before lifting them out of the pan. Serve hot or cold.

Serving suggestions: Top with a dollop of sweet chilli sauce, tomato sauce, or chutney.



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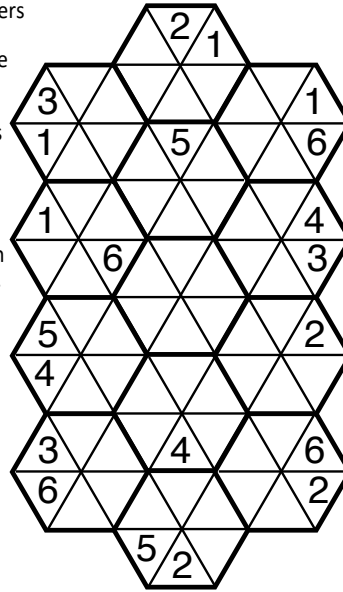
Sudoku

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

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

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.



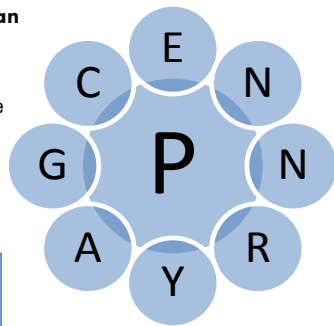
Crossword

1		2		3		4		5		6		7
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							42					
43												

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. 3907

TODAY'S FOCUS Good: 15 words
Very good: 25 words
Excellent: 33 words

ACROSS

- 4 Very small painting
- 8 Try to equal or excel
- 9 Facial contortion
- 12 Acting parts
- 14 Lair
- 15 Uncompounded
- 18 Definite article
- 20 Comforts
- 22 Stopped
- 24 Agrees
- 25 Let it stand
- 26 Little devils
- 27 Learned
- 29 Formed in drops
- 31 Coronet
- 34 Work unit
- 35 Finding fault with
- 38 Flightless bird
- 40 Teaching periods
- 41 Reticence

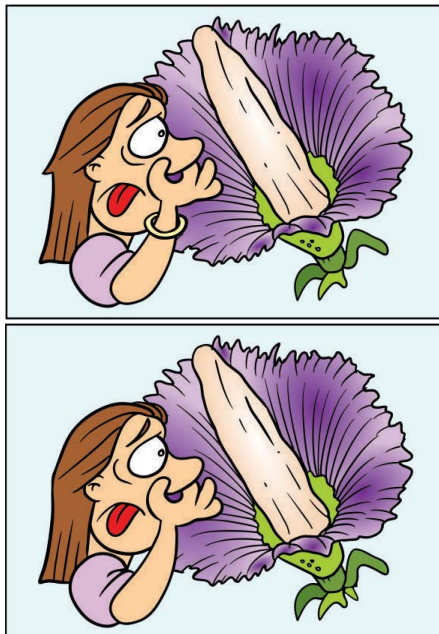
- 42 Highest mountain
- 43 Lying down

DOWN

- 1 Temperature unit
- 2 Military wind instruments
- 3 Brings about
- 4 Combine
- 5 Period of darkness
- 6 Large volume
- 7 Made level
- 10 Lazy person
- 11 Insects
- 13 Chosen
- 16 Children's nurses
- 17 Intense
- 19 Assistant
- 21 Bony outgrowth
- 23 Silly
- 24 Unfinished

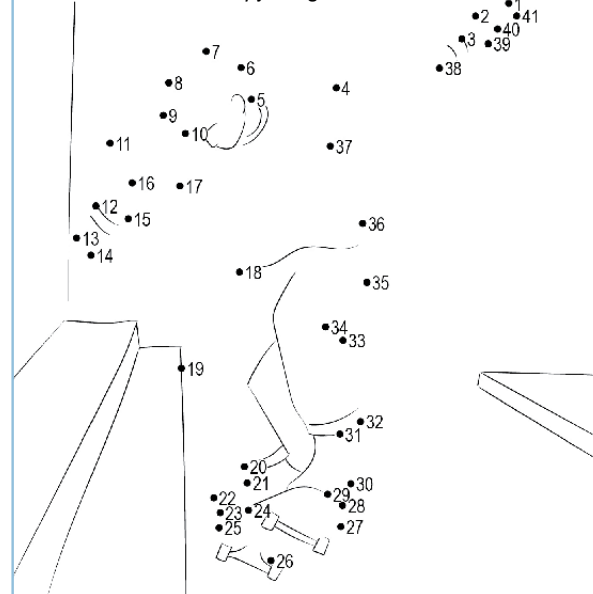
- 28 Happen again
- 29 Carrier
- 30 Matures
- 31 Stifled laugh
- 32 Consents
- 33 Useful things
- 36 Family member
- 37 Capsize
- 39 Bill of fare

Spot the 5 Differences



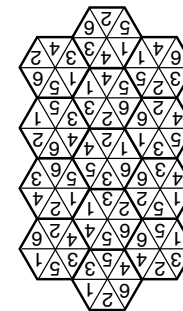
Join the Dots

What is this? Find out by joining the dots.



Solutions

Puzzles and pagination supplied by Auspac Media



SPOT THE 5 DIFFERENCES: Bangie missing, extra leaf, hair changed, bag under eye moved, extra crease in shirt.

FOCUS: cape caper carp gaper gaper grape nape napery neap peac penac pacy pater pater pane paner pang prang prang PREGNANCY prey pyre rape reap recap repa

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

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THE MIGRATORY SHOREBIRDS WE SEE EACH YEAR ON THE BAYSIDE

BY UNA SANDEMAN

For thousands of years, the coastline stretching from Wynnum to Manly and across the Redlands has been one of the most important feeding grounds for migratory shorebirds in Australia. Each year, these remarkable birds arrive on our shores after travelling thousands of kilometres from breeding grounds in the northern hemisphere, escaping the Arctic winter to spend the southern summer feeding and resting around the rich tidal flats of Moreton Bay.

For the last eight months, these birds have been quietly preparing for one of the greatest migrations on Earth. Day after day, they feed across the mudflats, mangroves and sandbanks of our bayside coastline, building the critical body fat reserves needed for their long flight north. Since March, most of them have left our shores and taken the extraordinary journey back to countries such as the Arctic and Subarctic Russia, Alaska, China, and Mongolia, where they will breed during the short Arctic summer.

The bayside coastline is far more than just a resting place. It is a vital refuelling station along the East Asian-Australasian Flyway, one of the world's great migratory bird routes. Without healthy feeding grounds here, many of these birds simply would not survive the return journey.

What makes this coastline so important is the rich mud found across the intertidal areas of Moreton Bay. While mud may not look particularly appealing to us, for migratory shorebirds, it is a banquet table filled with life. Beneath the surface are prawns, tiny fish, worms, molluscs, shellfish and countless microscopic organisms packed with nutrients and energy. Every low tide becomes a feeding frenzy as birds probe the soft mud with specially adapted bills, searching for food to fuel their migration.

Species such as the Bar-tailed Godwit, Eastern Curlew, Grey-tailed Tattler and Great Knot rely heavily on these feeding grounds. Some, like the Bar-tailed Godwit, are capable of flying more than 11,000 kilometres nonstop – one of the longest known migrations of any bird on the planet. To achieve this incredible feat, they must almost double their body weight before departure.

Many local residents may not even realise these birds are here, quietly feeding along the shoreline while people walk dogs, fish, kayak or enjoy the waterfront. Yet these birds are internationally significant. The shores of Moreton Bay support tens of thousands of migratory shorebirds every year and are recognised as wetlands of global importance.

Sadly, these birds face growing threats. Habitat loss through coastal development, disturbance from people and dogs, pollution and climate change are all placing enormous pressure on migratory shorebird populations. Some species visiting our bayside coastline are now listed as critically endangered, with numbers declining dramatically across the flyway.

That is why protecting the Wynnum, Manly and Redlands coastline is so important. Healthy tidal flats, mangroves and coastal wetlands are essential not only for shorebirds but for the overall health of Moreton Bay itself. These habitats support fish nurseries, improve water quality and provide resilience against storms and erosion.

There is also something deeply inspiring about knowing that these birds (some of which can fit in the palm of your hand) connect our local coastline to the farthest reaches of the planet. A bird feeding quietly at Wellington Point in April may now be flying over oceans and continents on its way to the Arctic tundra. Their survival depends on every stop along that journey remaining healthy and protected.

With the southern-to-northern migration season over once again, the shores of our bayside suburbs are part of a truly global story. The mudflats of Wynnum, Manly and the Redlands are not wastelands waiting to be developed – they are life-support systems for some of the world's most extraordinary travellers. Protecting them means ensuring future generations will continue to witness the wonder of migratory shorebirds returning to our shores year after year.

Migratory shorebirds are not only vital to healthy ecosystems, but they also bring enormous potential economic value through eco-tourism. Around the world, birdwatchers and nature lovers travel great distances



Eastern Curlews, Bar-tailed Godwits. Photos by Una Sandeman.

– often spending significant amounts on accommodation, dining, tours, and local businesses – simply to witness spectacular wildlife events such as shorebird migrations. The presence of internationally significant migratory birds along the Wynnum, Manly and Redlands coastline creates a unique opportunity for sustainable eco-tourism that celebrates nature while supporting the local economy. Protecting these habitats not only safeguards wildlife but also helps build a future in which people can experience the beauty and wonder of Moreton Bay's incredible birdlife.

If you would like to know more about these amazing migratory shorebirds and join activities such as monthly shorebird counts, check out the Queensland Wader Study Group website.

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LOCAL READERS – A BOOK REVIEW

WHAT WE CAN KNOW BY IAN MCEWAN

BY ANNE CROWLEY

WHAT THE EXPERTS SAID

“A century from now, a literature scholar pieces together a picture of our times in a novel that quietly compels us to consider the moral consequences of a global catastrophe.” *The Guardian*.

The book’s epigraph sums it up well: “It concerns the kind of human truth, poised between fact and fiction, which a biographer can make as he tells the story of another’s life, and thereby make it both his own (like a friendship) and the public’s (like a betrayal). It asks what we can know, and what we can believe, and finally, what we can love”.

MY THOUGHTS

A Russian warhead detonates accidentally in the mid-Atlantic, triggering a tsunami that – compounded by rising sea levels – leaves little standing beyond a Europe-wide archipelago of mountain tops.

Part 1 is narrated by Tom Metcalfe, a literature lecturer at a British university in 2119 – a place far more interested in science and maths than poetry. He becomes fixated on tracking down a lost poem: a “Corona” (15 sonnets linked in a chain, with the last looping back to the first), supposedly written by Francis Blundy, a (fictional) poet who read it aloud to his wife as a 50th birthday gift in 2014.

Metcalfe is consumed by the Corona, by Blundy, and especially by Blundy’s wife, Vivien. He trawls articles, social media and journals to piece together a portrait of the missing “masterpiece”, the couple, and the contemporaries invited to that party. And becomes besotted with Vivien in the process.

Frankly, I found Part 1’s singular focus and verbosity extremely tedious. I didn’t share Metcalfe’s fascination with the poem, and still less with his detailed conjectures about the mundane aspects of this group’s lives.

I began to suspect the poem never existed – and even if it did, I kept thinking: who cares (apart from Metcalfe)? Even the audience at the supposed reading seemed bored to tears!

For me, the only compelling moments in Part 1 were when Metcalfe briefly diverged from his obsession to make passing comments on the forces behind the global catastrophe – and its aftermath. Almost incidental to the plot, these remarks read as prescient warnings for people in our own time to change course on war and climate.

Thank goodness for Part 2! Here, the story shifts from biography to autobiography, narrated succinctly in the voice of someone who was actually there. It’s far more engaging than Metcalfe’s arrogantly surmised bland version of events, for example, the real Vivien is complex – and not quite the devoted wife-and-muse figure Metcalfe assumed and admired.

The contradictions of Part 1 found in Part 2 neatly expose the limits of a historian’s ability to capture personality and relationships from secondary sources – especially when the people involved have worked hard to conceal the truth and deflect public scrutiny. This, I think, is where the novel shows us ‘what we can know’.

My book club mates were evenly (and strongly) divided on their opinions of Part 1, but everyone enjoyed Part 2. And we all agreed there was a huge amount in the book worthy of robust discussion.

**LOCAL POETRY****VIGNETTE**

BY GEOFF SMILEY

A mature aged woman sits alert in the coffee shop waiting it seems, for others. Then an anxious young woman with pram, negotiating tables and people, arrives.

The miracle of family then happened. Grandmother warmly greeting her child and grandchild. They settle into the booth, child between the daughter and her grandmother.

They change into a family, settled and relaxed. Grandma attends to the child touching her, celebrating her. The child plays happily. Daughter enjoys that interaction and sharing care with another.

Then a further change occurs. The daughter and mother turn to celebrate their bond. They become mother and child as the parent becomes dependent, relaxing into her mother’s love.

They go back to the once were interactions of the past and she allows her mother be parent to her and her child.

The baby is quiet, content it seems. It is a time of support for a busy mother; a confirming interlude for a grandma; and respite for a well-loved child.

Grandmother, Daughter; Child - a vignette of beauty.

© Geoff Smiley



SWAP THE CAR FOR A BIKE ON THIS FREE CREEKSIDE ADVENTURE

BY ASHLEIGH HOWARTH

Fresh air and free fun are on offer when residents swap four wheels for two during a guided bike ride along the Bulimba Creek Bikeway on June 20.

The Bulimba Creek Bikeway Explorer event will take riders on a mostly flat journey through parts of Brisbane’s eastern suburbs, including Murarrie, Cannon Hill, Carina and Carindale, following the creek as it winds through parklands, wetlands and open green space.

Designed for a wide range of ages and abilities, the ride takes place on dedicated bike paths, with opportunities to stop and enjoy the surroundings often missed from the road.

This free event is part of Brisbane City Council’s Cycling Brisbane program, which encourages people to get active and build confidence on a bike through guided rides and workshops.

Lord Mayor Adrian Schrinner said Brisbane’s bikeway network played a key role in supporting active lifestyles.

“Brisbane is Australia’s lifestyle capital and the best place to live, work and raise a family,” he said.

“We’ve delivered great bikeways across the city that help people stay

active and healthy all year round.

“The Bulimba Creek Bikeway is one of our most popular family-friendly rides because it’s safe, largely off-road and suitable for all ages.

“Stretching around 20 kilometres from Murarrie to Eight Mile Plains, it winds through beautiful parklands, wetlands and open spaces, with plenty of places to stop along the way for a picnic or a play.

“Some of the highlights include the Brisbane International Cycle Park and Minnippi Parklands, where riders can enjoy scenic boardwalks, lagoons, and even spot local wildlife like swans, cormorants and, if you’re lucky, a koala or swamp wallaby.”

The guided ride is one of a series of free activities offered across the city, encouraging residents to explore Brisbane’s growing bikeway network while staying active and connected.

The ride will be held from 9:00am to 11:00am and is suitable for adults and children aged 12 and over, with participants under 18 required to be supervised by a guardian.

Bookings are essential. Visit Eventbrite or phone Spoke Sixteen on 0468 671 135 for more information.



Photos: Supplied.

Latest news from the Port of Brisbane June 2026



Trade

Container trade through the Port of Brisbane during the first quarter of the year (January to March 2026) has remained consistent with previous years; import volumes have remained steady while exports have eased slightly compared to previous periods, reflecting normal fluctuations in agricultural production.

Beef exports continue to perform strongly, with sustained demand from Japan, Korea, China and the USA. New season cotton exports are expected to commence shortly.

For more information about the Port of Brisbane, visit www.portbris.com.au or email info@portbris.com.au.

Community

More than 80 applications were received for our 2025/26 Community Grant Program, which provides a total of \$100,000 in grant funding to local and regional organisations. Applicants will be notified of the outcomes in July.

Our one-hour Explorer Tours are a fantastic way to see the Port! Tours will take place during the Queensland school holidays on Tuesday 7 July and Tuesday 22 September 2026.

To book, email info@portbris.com.au or call **07 3258 4888**. Tours cost \$10 per adult, \$8 concession and free for children under 16.

Environment

Our three year project to restore environmentally significant port land at Whyte Island is progressing well. Adjacent to an area also referred to as the Lytton Claypan, the site plays a vital role as a high tide roost for shorebirds and supports important marine plant life and local fisheries.

Through the project, the area has been fenced to protect it from unauthorised access, over 10,000 native trees and plants have been established along with management of invasive species. With the support of our partners B4C, Tuff Yards, Wedgetail Solutions and BMT, we’ve worked to rehabilitate more than 18 hectares of degraded land – helping to safeguard this important habitat for generations to come.

Channel Enhancement Project

Work is progressing on studies for Port of Brisbane’s Channel Enhancement Project’s Environmental Impact Statement (EIS). The EIS for the proposed project involves a comprehensive program of technical studies to understand any potential impacts and inform project planning. Many of these studies include the collection of new data, field surveys and investigations. As an example, water quality instruments are currently deployed at seven locations across the Bay to measure natural turbidity levels. The draft EIS is expected to be lodged with the Office of the Coordinator General (OCG) for review in mid-2027. You can find out more about the project on our website.

Brisbane International Cruise Terminal summer season highlights (1 October 2025 – 30 March 2026)

- We welcomed **101** cruise ships
- December marked our busiest month, with **22 cruise ship calls**
- Since opening in June 2022, nearly **3 million** passenger movements have been recorded through the terminal since 1992

Brisbane International Cruise Terminal Address:

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Information and directions:
www.portbris.com.au/cruise

Car parking: www.wilsonparking.com.au

Cruise requirements/itinerary information:
Please contact your cruise line.

LOCAL GARDENING WITH KAT

STAND TALL: NORFOLK ISLAND PINE IS A FORESHORE STAPLE

BY KAT PEARSON, *GIRL IN THE GREEN*

Following on from our previous foray into Moreton Bay figs, another foreshore staple is the Norfolk Island pine (*Araucaria heterophylla*). Not, in fact, a pine, but related, so we'll forgive that. The Norfolk Island part is real, though – they are endemic to (i.e. only found natively on) the tiny Norfolk Island, having evolved in isolation from other *Araucaria* species found in the Pacific.

Luckily, waaay back in 1774, Captain Cook spied them and thought they'd make great ship masts, being so straight and tall. He was wrong – they were too weak, but they soon became popular ornamental trees, both in Britain and Australia, where they were commonly planted as landmarks (shout out to the trees on Shore Street North in Cleveland, which were planted in the early 1860s). They also make good houseplants and an alternative Christmas tree for warmer climates.

Norfolk Island pines are slow-growing but can reach 50-70 m, with straight trunks and an overall pyramidal shape. Young trees have branches that are horizontal to upright, but branches on old trees (the Norfolk Island locals told me the 'over 60s') start to droop. A bit like humans, I guess!

Each 'level' of the tree has around five evenly spaced branches that are made up of scaly leaves – they are actually quite different to the slender needles of real pine trees. Just like other *Araucaria* species, they are usually dioecious, meaning there are male and female trees – the difference lies in the cones they produce. Male cones are usually smaller and less obvious, whilst the female cones are larger. The birds and bees story is: pollen from the male cones' floats on the wind to the female cones, the female cones are fertilised, seeds are formed, the female cones fall and disintegrate, the seeds fall out, they germinate, and voila! Baby Norfolk Island pines.

Other popular Norfolk Island pine relatives are the Aussie native Bunya pine (*A. budwillii*) with their HUGE edible bush tucker cones and the similar-looking Hoop pine (*A. cunninghamii*). To tell the difference between the Hoop pine and the Norfolk Island pine (both of them are popular in our area), look at the form of the tree. Hoop pine trees have a 'lumpier' look with the leaves clustered more densely in blobs towards the end of branches. The bark of a Hoop pine also flakes horizontally (this is where hoop pine mulch comes from!), whilst the Norfolk Island pine trunk is smoother.



A Norfolk Island pine in Wynnum. Photo by Kat Pearson.

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SLEEMAN SPORTS COMPLEX WELCOMES THE WORLD'S FASTEST BMX RIDERS

Chandler is set to welcome the UCI BMX Racing World Championships this July, where more than 3,000 riders from around the world will compete at the Sleeman Sports Complex.

Featuring a world-class, 400-metre BMX Racing Track, Sleeman Sports Complex is set to showcase the sport at its very best across 8 days from 17 to 25 July and add to Brisbane's growing legacy in BMX Racing.

The facility is the training ground of many of Australia's top riders, including Olympic Champion Saya Sakakibara, who is vying to win the coveted 'rainbow bands' on home turf in front of her friends and family.

Sleeman Sports Complex events manager Lisa Moczynski said the event will be a great opportunity to showcase elite cycling and inspire developing riders.

"We're expecting a great turnout of riders and spectators at the UCI BMX Racing World Championships, when we'll witness history right here in our own backyard and watch the world's fastest BMX riders compete up close," Ms Moczynski said.

"Having such a prestigious event at our venue really helps establish it as a premier destination for global cycling competition, training, development and junior participation, and it's such a win for our onsite cycling community."

Locals will have the rare opportunity to watch the world's fastest and most decorated BMX riders compete, with several ticket options available to suit families and avid fans alike.

With a diverse range of world-class facilities, Sleeman Sports Complex is a Stadiums Queensland venue that supports everything from high-performance training to community sports and recreational activities.

Stadiums Queensland chief executive Todd Harris said the track is ready to welcome the best in the world.



Photo: Supplied.

"The track incorporates the latest international design and construction, helping to not only ensure we attract top events, but also support the top local and national riders who train here," Mr Harris said.

"Our investment in the venue is part of our long-term vision for Sleeman Sports Complex to remain an epicentre of community and high-performance sport in Australia, and ensure Queensland is well-positioned in the lead up to 2032."

For more information and tickets, visit <https://sleemansports.com.au/events/026-uci-bmx-racing-world->

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- Upgrading Alexandra Hills TAFE
- Delivering a new Redland Whitewater Centre for 2032 and beyond
- Duplicating Tingalpa Creek Bridge
- Delivering a transit lounge, MRI machine and ICU at Redland Hospital
- 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.

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CAR REVIEW

RENAULT DUSTER EVOLUTION 4X2

BY JOHN VANDERMAAT



The Renault Duster Evolution 4x2 that I had the opportunity to test drive for a few days was my first encounter with the Renault brand. The model I drove was at the lower end of the range, but it still delivered a nice finish and a good level of comfort.

The Duster is on the smaller side compared to many SUVs on the market right now, but it doesn't feel cramped at all. There's plenty of space for four adults, and the boot is more than capable for everyday use or a weekend away. I also liked that it has a full-size spare tucked away neatly – something you don't always get these days.

As a lower-spec model, my test vehicle lacked some features that have become standard in many modern cars. This entry-level version does not include blind-spot monitoring or front parking sensors and is equipped with only a rear-view camera. However, it comes at an attractive price point. Drivers seeking additional features may want to consider the Techno version, which includes many more of these desirable extras.

I took the Duster up to Mount Glorious and found its performance while climbing the mountain quite impressive for a 1.3-litre engine. The 7-speed automatic gearbox, coupled with front-wheel drive, provided good response and handling on the twisty roads. I felt confident in the car's road-holding capabilities throughout the drive.

Overall, I found the Duster to be a really enjoyable and easy car to live with. Its biggest selling point is definitely the value for money, especially at the lower end of the range. And if you're willing to spend a bit more, there are plenty of options to dial up the comfort and safety, including the Techno and 4x4 mild-hybrid versions.

Thanks go to Bartons for supplying the Renault Duster Evolution 4x2 for review.



Photo: Supplied.

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Simone is particularly valued by her existing patients for her gentle and reassuring approach, making her a favourite among families and patients who may feel nervous about dental visits. She takes the time to listen, explain treatment options clearly, and ensure every patient feels comfortable and confident in their care.

Whether it’s a routine check-up, improving the appearance of your smile, or caring for your child’s dental health, Simone focuses on creating positive experiences and long-term results. She is also bilingual, speaking both English and Portuguese, and is happy to speak to patients and explain treatments in both languages.

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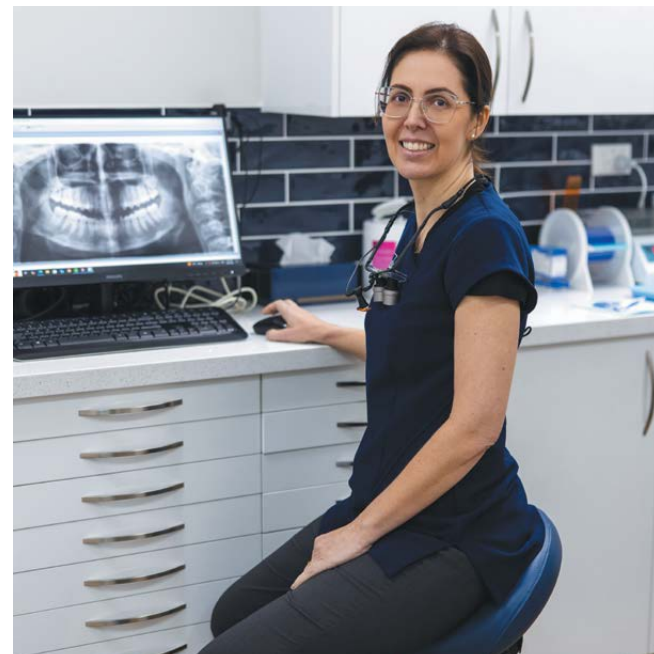


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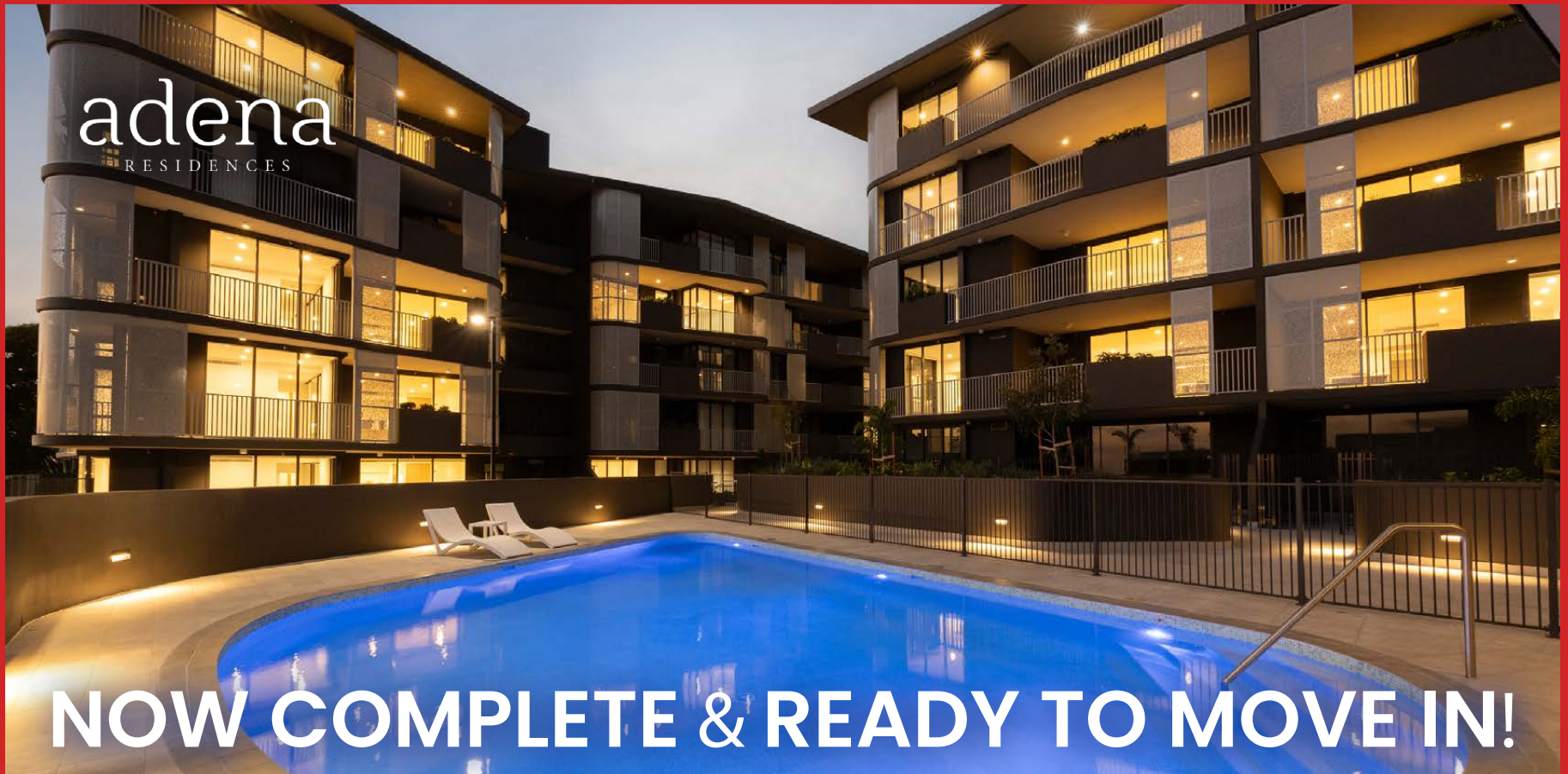
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