

The Community Leader

ISSN 2652-8738

WE'RE ALL ABOUT GOOD NEWS!

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LET'S LIGHT UP MANLY FOR CHRISTMAS!

See the lights on the hill and a shimmer on the sea, and all through the village, there's a twinkle in the trees. Welcome to Christmas in Manly. It's time to get your glow on!

Manly residents, boat and business owners, here's your chance to be part of an illuminating Christmas initiative that will transform the harbour precinct into an enchanting wonderland.

In a collective effort, locals are being encouraged to adorn homes, boats and businesses with Christmas lights.

It's all part of a plan by the Manly Harbour Village Chamber of Commerce to foster community spirit and light up gorgeous Manly.

Strolling through the Manly harbour precinct may be one of the bayside's best free experiences, with quaint heritage storefronts along Cambridge Parade, restaurants and shops, and paths that guide you on a waterfront journey alongside sea life, punctuated by bobbing boats.

And while the village and its surrounds are bursting with charm and natural beauty, lashings of lights will highlight the precinct in a dazzling display of Christmas cheer that should impress even the "grinchiest" of elves. Find out more on page 17.

LOCAL LISTINGS

See what local property is on the market in your community.

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MANLY-BASED BRISBANE COAST GUARD TURNS 49

BY HARVEY SHORE



Bruce Fleming, the father of Brisbane Coast Guard. Photos: Supplied.

In November 1972, after a fatal boating accident near Amity, Bruce Fleming and six fishermen mates created a volunteer rescue team in Moreton Bay using their own boats.

Demand was so strong that Bruce and his mates decided to seek support from the Australian Volunteer Coast Guard. They received their official Coast Guard Charter on November 13, 1973 – 49 years ago!

Originally based in a Wynnum garage, they soon required more space. Leasing land on Manly's Norfolk Point, the volunteers built the current Coast Guard base themselves in 1979.

To date, Brisbane Coast Guard volunteers have completed over six thousand 'assists', rescued over ten thousand people, and earning over a hundred national medals and commendations.



Bruce Fleming and Steve Fleming on the deck of Brisbane Coast Guard.

One member (Steve Creevey of Wynnum) has uniquely won two National Bravery Decorations for rescues. Three others also earned Bravery Awards, and one (Allan Tennent) has received an Order of Australia.

The Lord Mayor of Brisbane became their Patron in 2008. In 2013, Lord Mayor Graham Quirk said, "These volunteers receive no pay for their brave work. They deserve their medals and a great deal of gratitude besides, for their courage and their dedication. They are true heroes, one and all".

Bruce Fleming continued serving as a volunteer at Brisbane Coast Guard until his death last year. He lived to see his son Steve Fleming elected as commander three times. Craig Bowen, another son of an early member, is currently Commander, as Coast Guard prepares to celebrate its 49th year in Manly this November.

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CAN YOU HELP GENERAL GORDON KINDY’S PLAYGROUND PROJECT?

Wynnum’s much-loved General Gordon Kindergarten is asking the community to get behind its outdoor playground project by donating funds to help with construction costs.

“As a not-for-profit kindergarten, funding for large projects such as these relies entirely on fundraising, grants and donations from our local community,” explained Dale Garred, the kindy’s volunteer vice president.

“Our volunteer committee has worked tirelessly for the last two years to try and secure a major grant to fund our playground project; however, grants are highly competitive, and as yet, we have been unsuccessful. Frustratingly, it has been difficult to capture in words the spirit and magic of our kindy. We may be small, but we are mighty, and our impact unequivocally extends deep into our community.”

Dale says the kindy would be eternally grateful for any monetary donation community members can provide to support the playground redevelopment.

Donations can be made directly to the kindy or alternatively through the project’s Go-Fund-Me page.

Wynnum Manly Ward Councillor Cr Peter Cumming has generously kicked off the fundraising campaign with a donation of \$1000.

Donations over \$5000 will be commemorated by an engraved paver that will be laid surrounding the sandpit in the new play space.





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LOCAL EVENTS

See what local events are happening in your community.

SPONSORED BY







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

WYNNUM UPDATE



Friday 4 November, 5pm to 9pm

Florence Street, Bay Terrace and Edith Street, Wynnum

Join Wynnum retailers for an evening of shopping under the stars. Why not get an early start on your Christmas shopping in the cool of the night? Stay late and enjoy the growing range of dining options on offer throughout Wynnum's CBD.

See participating stores for UpLate special offers; more information on Facebook – Wynnum UpLate.

MOVIES IN THE PARK



Saturday 5 November, 7pm to 8:30pm

Little Bayside Park, Manly

Bring a picnic dinner or grab some take-away and enjoy this free family-friendly flick, *Spirit Untamed*. This epic, heart-warming animated tale follows the journey of a young girl who develops a special friendship with a wild horse in a frontier town.

VELVET REWIRED



16 November to 4 December

Raine & Horne Wynnum Spiegelent, George Clayton Park, Manly

Part of the Wynnum Fringe festival, join Marcia Hines, Hula Boy Craig Reid, DJ Joe Accaria and an all-star cast of musical, burlesque and circus performers. This Australian-made global smash hit completely redefines cabaret – it's the glitz and glamour of Las Vegas meets the death-defying world of *Cirque du Soleil*!

Tickets on sale now at wynnumfringe.com.

AMPOL FAMILY FUN DAY



Saturday 26 November from 10am

George Clayton Park, Manly

Wynnum Fringe and Ampol team up to bring you and your family a day of fun, featuring rides, food trucks, face painting, puppet shows, roving entertainment, live music and of course, ice cream!

Entry is free. Find out more at wynnumfringe.com.

TUESDAYS

Wynnum/Manly Meditation Circle

Wynnum

Tuesday 6.45pm – 7.45pm

Thursday 7.30pm – 8.30pm

Free community relaxation classes.

Call John on 0403 676 435.

WEDNESDAYS

Social Tennis

Wynnum Tennis Centre

9.00am – 12.00pm

Social tennis costs \$10 and includes a light morning tea at Colina Street Tennis Centre, Wynnum.

Wynnum Manly Bayside Socials Group

Meets the first and third Wednesday of every month at Celtic Corner, 45 Cambridge Parade, Manly 6.30pm – 7pm. A \$1 donation is appreciated. More details on meetup.com.

Zumba Gold

Drevesen Park, 352 Upper Esplanade, Manly

Every Wednesday 8am to 9am

Zumba costs \$6 pp

For more information phone 0428 419 157.

THURSDAYS

Bayside Health Nook: Wynnum Heart Foundation walk

7.30am

Meet at BHN coffee and walk along the esplanade with a friendly and supportive group.

info@baysidehealthnook.com.au or 07 3162 2778.

BlueBottle Cocktail & Tapas Bar: Karaoke Thursdays

55 Cambridge Parade, Manly

7pm – 11pm

For more information call 07 3161 3764 or visit bluebottlemanly.com.au.

FRIDAYS

Chess and Board Game Enthusiasts' Club

Every Friday at the Wynnum Library, 145 Florence St, from 2pm – 5pm. Bring along your favourite board games or join others. Cost is \$1 which goes towards biscuits and photocopying.

This is not a library-initiated event; all enquiries can be texted to 0423 055 289.

SATURDAYS

Jan Powers Farmers Markets

Little Bayside Park, Manly

Saturday November 5 and 19, 6am – 12pm

Free to attend, family friendly.

Wynnum/Lota Parkrun

Various locations

Every Saturday from 7am

Parkrun is a weekly free 5km timed run.

More information at parkrun.com.au.

SUNDAYS

Sunday Sounds: Tide on the Jetty

William Gunn Jetty, 1 Wyvernleigh Close, Manly

Every Sunday 3pm – 6pm

Find out more by calling 07 3396 8962 or visit tideonthejetty.com.au.

Manly Creative Markets

Little Bayside Park, Manly

8am – 2pm

Free family friendly event.

FOR MORE GREAT EVENTS IN THE COMMUNITY, VISIT THECOMMUNITYLEADER.COM.AU



WHAT’S ON AT THE MOVIES THIS NOVEMBER

FROM MAJESTIC CINEMAS, WYNNUM



Armageddon Time (CTC) – 3rd November
A deeply personal coming-of-age story about the strength of family and the generational pursuit of the American Dream. Stars Anthony Hopkins, Anne Hathaway and Jeremy Strong.



Whina (PG) – 3rd November
The story of Dame Whina Cooper, the beloved Māori matriarch who worked tirelessly to improve the rights of her people, especially women. Flawed yet resilient, Whina tells the story of a woman formed by tradition, compelled by innovation, and guided by an instinct for equality and justice whose legacy as the Te Whaea o te Motu (Mother of the Nation) was an inspiration to an entire country.



Black Panther: Wakanda Forever (CTC) – 10th November
In Marvel Studios’ Black Panther: Wakanda Forever, Queen Ramonda (Angela Bassett), Shuri (Letitia Wright), M’Baku (Winston Duke), Okoye (Danai Gurira) and the Dora Milaje (Florence Kasumba), fight to protect their nation from intervening world powers in the wake of King T’Challa’s death. As the Wakandans strive to embrace their next chapter, the heroes must band together with the help of War Dog Nakia (Lupita Nyong’o) and Everett Ross (Martin Freeman) and forge a new path for the kingdom of Wakanda.



Seriously Red (M) – 24th November
In this rowdy and rambunctious musical comedy Red (Krew Boylan) is at a crossroads in her life. A vivacious and hilarious red-haired woman grappling with high expectations and low self-esteem, she pours herself a cup of ambition and trades her 9-to-5 career in real estate for life under the spotlight as a Dolly Parton impersonator.



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PETER CUMMING’S LOCAL AREA UPDATE

COUNCILLOR FOR WYNNUM MANLY WARD



WYNNUM FRINGE TOP PICKS

Wynnum takes centre stage this November! Wynnum Fringe, running from 16 November – 4 December, is a quality arts festival experience that the whole family will enjoy.

Yana marimba (Good Walk), 18 November

The Wynnum Fringe opening ceremony is a First Nations cultural experience, concluding with a walk along the Wynnum Waterfront. It starts at Pandanus Beach at 4.30pm.

Velvet Rewired, various dates

Dance the night away in the Spiegeltent! Australian pop Queen Marcia Hines stars in a Boogie Wonderland combining DJs, burlesque and circus performers. There’s

a variety of VIP packages available, including a private Disco Booth and preferential seating via the Glitter Club.

The first show takes place on Wednesday, 16 November, and the show runs until Sunday, 4 December. Ticket prices start at \$54 for general admission and go up to \$74 for a Disco Booth admission – which includes a complimentary glass of bubbles on arrival.

Ampol Family Fun Day, 26 November

A child-friendly art and cultural experience with music, puppet shows and theatre.

Find out more about these events, and the full line-up of Fringe acts, at wynnumfringe.com.

MANGROVE HOUSING CHRISTMAS DRIVE

Every year, Mangrove Housing help to relieve the financial burden on their tenants through their free Tenant Christmas Event. Mangrove Housing collect food, Christmas decorations and toys to hand out to families who are already doing it tough. Last year, they handed out 250 hampers.

Let’s see if we can beat that in 2022!

This year, I’ve offered up my office as a drop-off point to help Mangrove Housing with their Tenant Christmas Event. Please bring donations of non-perishable foods and clean, good condition toys to my office between Monday and Friday, 8.30am – 4.30pm.

WASTE SMART BRISBANE AWARDS

The WasteSMART Brisbane Awards were created to recognise and celebrate the achievements of residents and groups who work together for a clean and green city. There are nine award categories and this year, two local organisations made the shortlist.

I was asked to nominate someone for the Councillor’s Choice award and I’m proud to announce that my pick, Repair Café Brisbane Bayside is a finalist. There is one prize of \$350 available for the winner of this category.

Lota State School is also a finalist in the School Award category for their environmental programs and moves towards zero waste. There are two prizes of \$350 available for the winners of this category.

The winners of the Waste Smart Awards will be announced in a ceremony at City Hall on 17 November.



Wynnum Manly Ward Office
3a/212 Bay Terrace (Cnr of Pine Street)
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Office hours: 8.30am–4.30pm, Monday–Friday
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THE BONNER UPDATE

ROSS VASTA MP FEDERAL
MEMBER FOR BONNER



OZFISH PAYS TRIBUTE TO THE QUEEN

Our local OzFish Chapter has an incredible 320 registered volunteers who help restore habitats for Australia's and the World's fish populations. Whilst the majority of their work takes place 'in the water,' the team at OzFish are passionate about ensuring land around our waterways are also restored. That is why it was great to attend their federally funded tree planting event honouring The Queen's Platinum Jubilee. I was proud to secure a \$20,000 grant for this event with trees being planted at the Port of Brisbane. Whilst it is tragic the Queen has passed her legacy and passion for the environment will live on through the many tree planting projects across the Commonwealth.



SUPPORTING OUR VETERANS

It is undeniable that the Manly-Lota RSL Sub-Branch is an integral part of local community. I was delighted to announce this iconic ex-service organisation (ESOs) was awarded over \$20,000 of Federal Government funding through the Building Excellence in Support and Training (BEST) program. This funding will help the Manly-Lota RSL Sub-Branch continue to provide critical advocacy services on behalf of local veterans and their families. I will continue to work hard to ensure our local veterans receive the funding, support, and services they need and deserve.

On Friday the 11th of November, I would also like to encourage you to attend a local Remembrance Day Service:

- Manly-Lota RSL – Manly Memorial Park: 10:30am start
- Bayside National Servicemen's Association – Darling Point: 7am start
- Wynnum RSL: 10:30am arrival, for a 10:45am start

VASTA'S TUNNEL VISION

Did you know that 98% of container freight leaving the Port of Brisbane is transported by truck? This is contributing to increased traffic congestion, pollution, and the degradation of our roads. If we want to expand the Port's capacity, create new jobs, and better protect our lifestyle and environment, our current practice for freight transport isn't working. A recent Federal Government report into the final connection of the Inland Rail to the Port of Brisbane, highlighted a tunnel as the best solution. I am working with the new Federal Government and private enterprise to make this tunnel a reality. This would be a game changer for South-East Queensland as it would create the transport hub of the nation, resulting in 1200 new jobs per year! It would also contribute billions of dollars to our local economy and provide incredible opportunities for local businesses to expand. To put it simply, this is a nation-building project that would leave a profound impact for generations to come. I look forward to updating you on the next chapter of my 'Tunnel Vision,' as I continue to meet with key stakeholders in the coming months.



YOUNG PEOPLE GAINING TRACTION VIA BIKE BUILD PROGRAM

CONTRIBUTED BY TRACTION

Young people were leading the way, one bike at a time, at the Port of Brisbane.

Sandy Murdoch recently kicked off the fourth annual TRACTION CEO Bike Build at the Port of Brisbane with some of our star TRACTION young people from Glenala SHS, Alexandra Hills SHS, Emmaus College and Villanova College.

After a huge fundraising effort from our participating CEOs, we raised \$146,362, which goes directly into scholarships for 60 more young people to experience TRACTION programs across Southeast Queensland.

The annual CEO Bike Build is our young people's time to shine and demonstrate their skills, getting on the tools to lead our participating executives through the process of building a bike. All the bikes built on the day are donated to our TRACTION Bike Build program for more young people to rebuild and ride in future workshops.

A big thank you to everyone who supported and attended the event, our sponsors Port of Brisbane, Merlo and Chop Chop Changs, and most importantly - thank you to all our TRACTION young people who showed up, stepped up, and made us proud of your learning and leadership, well done!

This is one of our favourite events on the TRACTION calendar, and we're already looking forward to next time in 2023!



Photos: Supplied.

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ROTARY HOSTS ANOTHER SUCCESSFUL FAMILY FUN DAY

BY JO-ANNE O’CONNOR

The Rotary Club of Wynnum and Manly Family Fun Day on Sunday September 18 was a terrific success, with an estimated crowd of over 2500 joining in the fun and festivities at George Clayton Park. This year’s Fun Day ran from 10am to 2pm providing entertainment, music and a free sausage sizzle for all the family to enjoy.

Despite the event being postponed for several months due to wet weather, the sun did shine brightly on the day. Joint Rotary president Rod Fletcher revealed crowd numbers have continued to grow as it has now become a signature community event.

“The support we received from the community was overwhelming, and plans are already in place for another Family Fun Day next year,” said Rod.

The day was made possible through great partnerships and support from Woolworths, Perrys Fruit and Veg, the Community Gambling and Benefits Fund grant, and Brisbane City Council’s Lord Mayors Fund grant. Thanks also to MC Steve Rickerts and Lyn Husband for organising the musical program for the day.

Stall holders included DV Safe Phones, Rosies, Probus, Manly Kindy, Zonta, Sailabilty, Red Cross, Trauma Teddies, Quota, and Oz Fish, together with Qld Police (including the Mounted Police making several appearances and participating in the tug of war), the popular Fire and Rescue truck and entertainment for the children that included games, face painting, magician, balloon twister, jumping castle, and popcorn makers.

Feedback from the day reflects its success, with many individuals expressing the very same message: “Can I just say a big thank you to Rotary for the opportunity to attend the fun day? It was a great event that my family all loved”.



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COMMUNITY UPDATE

JOAN PEASE'S COMMUNITY UPDATE, STATE MEMBER FOR LYTTON

QUEENSLAND ENERGY & JOBS PLAN

I am thrilled to announce the \$62 billion Queensland Energy and Jobs Plan, which is all about achieving cheaper, cleaner and secure energy for Baysiders and Queensland.



It's an ambitious plan setting the Queensland economy up for the future.

By 2032, it means 70% of Queensland's energy supply will be renewable – taking real action on climate change, now. As part of the plan, 100,000 new industrial jobs will be created in hydrogen, renewables, manufacturing and critical minerals.

The plan includes:

- Two new pumped hydros at Pioneer/Burdekin and Borumba Dam by 2035
- A new Queensland SuperGrid connecting solar, wind, battery and hydrogen generators across the State
- Unlocking 22GW of new renewable capacity – giving us 8 times our current level
- Publicly owned coal fired-power stations to convert to clean energy hubs to transition to, for example, hydrogen power, with jobs guarantees for workers
- Queensland's publicly-owned coal-fired power stations to stop reliance on burning coal by 2035
- 11.5GW of rooftop solar and 6GW of embedded batteries
- Building Queensland's first hydrogen ready gas turbine

Importantly, around 95% of this \$62 billion energy and jobs plan will be invested in regional Queensland.

And it keeps Queensland's energy assets in public hands for the future.

NAIDOC FAMILY FUN DAY

Winnam Aboriginal and Torres Strait Islander Corporation held their NAIDOC Family Fun Day last Saturday and it was a fantastic day out.

There was great food, cultural games, rides and lots of family-friendly activities for baysiders to enjoy - a wonderful effort by Winnam.



LINDUM STATION PRECINCT UPGRADES



Construction has commenced on expanding the Lindum Station Park n Ride facility, adding an additional 30 parking spaces to the existing carpark.

I am also pleased to advise that the construction tender to upgrade Lindum Station recently closed and Queensland Rail is now working through the submissions to award the contract early next year. These works are being delivered under Queensland Rail's Station Accessibility Upgrade Program, which focuses on upgrading station infrastructure to provide easier access to the public transport system.

The accessibility upgrade will feature a range of improvements, including:

- a new pedestrian footbridge with lift access
- full-length raised platforms and extended platform shelters
- upgraded hearing loops and tactile platform surfaces
- upgraded security cameras and lighting throughout the station
- new wayfinding and platform signage.

It is one of several ongoing improvements to the Lindum Station Precinct.

WYNNUM FRINGE FESTIVAL 2022

I am so excited to announce that Wynnum Fringe is returning to the bayside in 2022.

I love seeing the festival take shape each year. From the outstanding live music showcases, to the plethora of food, drink and activities available, Wynnum Fringe is truly a showcase of our bayside at its best!



We are truly fortunate this year to have the likes of Velvet Rewired starring Marcia Hines AM, Dave Hughes and Georgie Carroll performing right here on our bayside, and many, many more great artists too. If you haven't yet bought your tickets, I would encourage you to visit wynnumfringe.com and browse the extensive list of artists performing at Wynnum Fringe 2022.

E-SCAM COMMUNITY FORUM

Recently, I was delighted to present the Crime Stoppers E-Scam Community Forum, with almost 150 baysiders in attendance.



Our presenters provided expert tips and advice on how to avoid scams and stay protected from becoming a victim of one.

If you were unable to attend the E-Scam Forum, I would encourage you to check the Scam Watch website regularly to stay updated on the latest scams and how you can avoid them.

Furthermore, if you have been impacted by the recent Optus data breach, you can visit IDCARE online for information about how you might be impacted by the breach and what you can do to protect yourself, and you can visit a Customer Service Centre to obtain a new Drivers Licence.

CELEBRATE FOR A CAUSE

What a wonderful night 'Celebrate for a Cause - Santorini Summer' was, at the Royal Queensland Yacht Squadron, Manly.



The event was far more than just a celebration - it was an important fundraiser for The Forgotten Women and the Bayside Community Fund.

PAINT THE BAY ORANGE

Each year, I am proud to support the Zonta Club of Brisbane East's Paint the Bayside Orange Breakfast, which is an annual event to increase awareness surrounding violence against women. On Monday, 21 November 2022, enjoy a delicious hot breakfast at the Wynnum Manly Leagues Club and hear from guest speaker Vanessa Fowler, Chair of the Allison Baden-Clay Foundation and Co-Chair of the Queensland Domestic Violence Prevention Council.



Tickets are \$25 and can be purchased here: <https://brisbanetickets.com.au/event/16864>

JoanPease MP

State Member for Lytton



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4 things to add to your routine to improve **your nutrition**

Most people have great intentions when it comes to nutrition and would even put health at the top of their list of things they are most thankful for, but we're all human, so it's normal to get sidetracked when trying to eat healthy.

Improving your nutrition can help to reduce the risk of developing preventable diseases, such as diabetes and heart disease, as well as increase your mood and energy, and get your body the nutrients it needs.

Nutrition can be easy and enjoyable if we focus on small improvements. For starters, we can look to things you can add to your lifestyle to improve our diet.

Here are 4 easy things you can add to your diet to benefit your nutrition now:

1. Add more water to your day

Getting and staying hydrated throughout the day is essential for your body to perform properly. Water helps cell's function, aids in transporting nutrients throughout the body, and keeps a regular body temperature through sweating.

2. Add a probiotic to your morning routine

Probiotics are among the most popular supplements and for good reason. They contain beneficial bacteria that feed your gut and can improve processes like mood regulation, digestion, immune function and even weight loss.

3. Add adequate amounts of protein to your diet

Eating enough protein is key for optimal nutrition, as it provides the substance your body needs to create new cells and tissues. Some benefits that result from a high-protein diet are an increased metabolism, controlled hunger levels, and a heightened mood.

4. Add more extra virgin olive oil to your meals

Extra virgin olive oil is one of the healthiest plant oils you can cook with. It's loaded with heart-healthy monounsaturated fats and powerful antioxidants that have anti-inflammatory properties.

By Snap Fitness



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SIT N CHAT FOSTERS POSITIVE COMMUNITY CONNECTIONS

A non-professional, non-profit initiative has launched in the Wynnum Manly area, encouraging human interaction and raising awareness of loneliness.

Recently, you may have seen some volunteers dressed in bright orange shirts and caps throughout the bayside. These volunteers are members of Sit N Chat, a movement that encourages human connection and positivity.

Sit N Chat is a network volunteer organisation that facilitates time for conversations and fosters connections in the community. Like its name, it's all about sitting, listening, and chatting.

Organiser Craig Moore says Sit N Chat is "not just a fake 'Hi how are you?'".

"We want communities to connect with each other," said Craig, adding that nine people die from suicide daily in Australia.

"Our goal is to have pop-up locations all over the country at parks and riverfronts, locations at schools for senior students to engage with one another, a mobile Sit N Chat where volunteers visit people's homes."

Sit N Chat is non-religious, and non-political. If you'd like to volunteer your time or learn more about this initiative, contact Craig via email at craig@sitnchat.org, or search for Sit N Chat on Facebook.



Photos: Supplied.

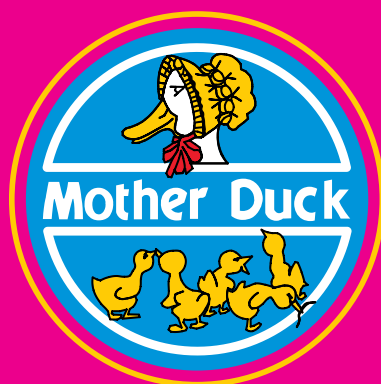
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Name: Harvey.
Suburb: I'm from Wynnum.
How long have you lived there? For seven years.
What's your favourite local walk? Down to the waterfront, and oh yes...to Goldie's at Pierres.
Your most treasured toy? My manky octopus.
Your favourite food? Chicken for sure!

What's your worst habit? Hummm...I'm 90% attitude; I think I am a human and not a dog, that's for sure.
What's your favourite local hangout? At work with Mum, where I get lots of pats and attention.
Who's your best doggo friend? I have two, Harry and Polly.
What do people love most about you? I'm always smiling! Plus my ability to sneeze on command, and how cute I look – people say I look like a sheep!

Name: Miss Frankie, aka Baby Girl.
Suburb: Home is Alexandra Hills.
How long have you lived there? Five years.
Your favourite walk? Just around the hills to give Mum a workout!
What is your most treasured toy? My toys don't last long enough to become a favourite.
Your favourite food? Fresh chicken necks.
Your worst habit? I am the studio receptionist for my mum's hairdressing salon, and if a client just walks by without saying hello, I give them a very sad but slightly accusing side-eye until they give me some attention.

What's your favourite local hangout? Home, as there's always something happening here. I absolutely live for a good pat and chat as clients come and go.
Who's your best doggo friend? I don't have much time for doggo friends but Sophia, Lexa and Charlie visit when their human mum is having her hair done.
Do you have any funny or embarrassing stories you'd like to share? I annoyingly let my Mum know if a client arrives early, even though she already knows.
What do people love most about you? I'm so very friendly and welcoming and I have a beautiful nature.



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MISS MAGGIE OF MANLY



WHY IS MY DOG OR CAT ITCHY?

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

The medical term for itching in dogs and cats is pruritus. There are a number of common causes of pruritus in our pets.

FLEA ALLERGY DERMATITIS

Flea bites themselves are very irritating, but in sensitive pets, an allergic reaction to flea saliva may develop. Flea allergy dermatitis can be seen over the entire body but will often be more pronounced on the lower back, base of the tail and thighs. Animals often develop scabs, and fur loss over the site and live fleas or flea dirt may be seen.

SEASONAL ALLERGIES/ATOPY

This is the equivalent of human hay fever-type allergies and is very common in Spring and Summer. Animals will lick, chew and scratch all over, especially the feet, face, armpits and groin. They may develop red-brown saliva stains at affected sites.

FOOD ALLERGIES

Food allergies tend not to have a seasonal pattern – pets will be itchy year-round. Itching associated with food allergies may be all over the body but may also concentrate on the feet, ears, muzzle, chin and groin region. Some animals with food allergies will develop gastrointestinal signs such as vomiting, diarrhoea and colitis.

CONTACT DERMATITIS

Contact allergies generally affect areas of the body that are less furry and the underneath aspects of the body which come in contact with the ground. Lesions are usually seen on the chin, neck, chest, abdomen, groin, anal area, scrotum, tail and between the toes.

If your pet is showing signs of itching, book an appointment with your vet to help try and determine the cause of the itch and formulate a treatment plan.



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IT'S BIG AND BOLD: WYNNUM FRINGE TICKETS ON SALE NOW!

Wynnum Fringe has raised the curtain on a packed program of star-studded performances, special events, spectacular artists and family firsts, converging on Brisbane's beautiful Bayside from 16 November to 4 December 2022.

Fresh from performing at the NRL Grand Final, Australian rock royalty DIESEL headlines the *Raine & Horne Wynnum Spiegelent* in an exclusive one-night-only performance to kick off the *Rock The Bay: Pop Up Series* on Thursday 24 November.

The inaugural *Wynnum Fringe Comedy Gala* takes to the Spiegelent stage on Thursday 1 December featuring some of the biggest names in stand-up comedy including Mel Buttle, Damien Power, Luke Heggie and Chris Ryan.

Cabaret queen Dolly Diamond brings her fabulous and family-friendly *Storytime* – featuring Wynnum author Dannika Paterson's best-selling children's book, *Beach Kindy* – and *High T* variety show to the Spiegelent over the first weekend.

Also winning young hearts – and the young at heart – is *Chores*, the international kids comedy-circus sensation jam-packed with stunts, acrobatics, roller skates, balancing acts and even toilet paper guns.

These celebrated acts join previously announced Spiegelent headliners including comedians Dave Hughes and Cal Wilson and the Marcia Hines-led *Velvet Rewired*, a glittering, high-energy fusion of disco, dance, burlesque and circus.

In other venues, hilarious family-friendly circus show *Prehysterical* plays *The Vault* while Bayside Music Hall will thump to the sounds of Bullhorn, a formidable Brisbane-based nine-piece featuring trumpets, trombones, saxophones, drums and sousaphone as part of the exciting *Rock The Bay: Pop Up Series*.

Wynnum Fringe Founder and Director Tom Oliver promised an arts and cultural event on a scale not seen before on the bayside, Australia's latest and greatest performing arts hub.

"I am hugely proud of how *Wynnum Fringe* has grown from a three-day event in 2020 – developed as an economic and artistic response to COVID – to this year, welcoming more than 35,000 people over 19 days and celebrating the best in contemporary, independent and alternative arts and entertainment," Mr Oliver said.

"This year's program celebrates our roots with the free family programming and local artist spotlights our community knows and loves and embraces our incredible growth with a huge line-up of big-name acts, internationally renowned productions and special events to dazzle visitors of all ages.

"I'm especially excited to welcome people to the *Wynnum Fringe Garden*, a brand-new festival hub at George Clayton Park on the

WYNNUM FRINGE
16 NOV - 4 DEC 2022

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DIESEL
DAVE HUGHES • CAL WILSON • AKMAL
GEORGIE CARROLL • BULLHORN
GARRY STARR: GREECE LIGHTNING
COMMON PEOPLE DANCE EISTEDDFOD
THNDO • GODZ • CHORES
DOLLY DIAMOND
WILBUR THE OPTICAL WHALE
FIRST NATIONS ZONE
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shores of beautiful Moreton Bay and our homage to the great Fringe Festival hubs of the world.

"The *Garden* is not only the home of the Spiegelent but a place of gathering and celebration, where people meet before a show or grab a drink afterwards for a lively debrief and where free entertainment attracts families on weekends and couples and groups of friends at night."

As well as housing the Spiegelent, *Wynnum Fringe Garden* features a Ferris Wheel, a container bar with a rooftop seating area, food trucks, artists performing *Rock The Bay: Pop Up Series* gigs daily in

Miles: The Caravan Stage and roving entertainment from Cocoloco and Memetica.

The full program includes previously announced acts including comedians Georgie Carroll and Akmal Saleh, *The Voice Australia* 2022 finalist, Thando Sikwila, indelabilityarts' children's production *Wilbur the Optical Whale* and all-ages dance-off, *Common People Dance Eisteddfod* – *Wynnum vs Manly*.

To view the full program, purchase tickets and enquire about VIP Party Packages, visit wynnumfringe.com.

MANLY HARBOUR VILLAGE SPREADS CHRISTMAS CHEER

BY IAN THOMASON, MANLY HARBOUR LIGHTS COMMITTEE MEMBER

The Manly Harbour Christmas Lights committee has worked hard all year to bring Christmas to the harbour. In the lead-up to Christmas, we’re encouraging everyone to light up their homes, yachts, boats and businesses to create a Christmas spectacular for all to enjoy.

The marina precinct will be brimming with Christmas spirit, and all yacht and boat clubs will be participating in lighting up the harbour.

This year, many activities will be hosted in the park, along the foreshore, and in the village throughout December.

Join us in Little Bayside Park for the official launch on Saturday, 3 December and enjoy Christmas Carols, a Christmas movie screening, lots of fun and activities, and maybe even a visit from the ‘Big Red Man’ himself. A Santa photo booth will be set up for families to capture memories during the event.

The fun doesn’t stop there – what better way to see Manly Harbour Village and all the twinkling lights than by a night cruise? Harbour cruises will be offered throughout December, with a \$15 Village Voucher included in the ticket price to spend at participating traders throughout December and January.

Mark your diary for December 3 and set aside the afternoon/evening to kick off your Christmas festivities, or add Manly Harbour Village to your nighttime Christmas lights tours with your kids, grandchildren, neighbours and friends.

For more information, visit manlyharbourvillage.com.



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BAYSIDE COMMUNITY LEGAL SERVICE CELEBRATES ITS 30TH BIRTHDAY

FROM BCLS

Bayside Community Legal Service (BCLS) will be celebrating its 30th birthday this year. To celebrate this special occasion, the organisation is hosting a 30th birthday celebration dinner on Thursday, November 10.

Founded in 1992 and registered in April 1993 as an incorporated association, BCLS has a rich and long history of delivering legal help and assistance to the bayside community. After 30 years, BCLS remains the premium generalist community legal service provider in the bayside region.

BCLS is very much a grassroots community organisation and a unique community legal centre. BCLS' focus is assisting the vulnerable and disadvantaged residents of the bayside region, including Wynnum, Manly, Capalaba, Cleveland and the southern Moreton Bay Islands. The BCLS office is based in Wynnum at the Wynnum Community Centre.

As the smallest funded Queensland CLC, the organisation punches way above its weight, thanks to the large volunteer cohort of eighty-plus solicitors, barristers, mediators and law students, supported by two part-time employed solicitors and a part-time coordinator.

BCLS provides a one-of-a-kind broad-based facilitated mediation service (used by other community legal centres, the courts and the community). Whilst BCLS is a "generalist" legal service provider, the skill base of our volunteers enables us to provide specialised legal services across all areas of family law, domestic and family violence, child protection, neighbourhood disputes, and criminal and civil law matters.

If you would like to discuss organising an appointment for free legal advice or mediation, please contact the office at (07) 3162 3282 Monday to Thursday. You can also enquire online at <https://bcls.org.au/contact-us/>.



Photo: Supplied.

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CHRISTMAS SHOPPING IN WYNNUM

Have you missed our Wynnum Uplate event on Friday 4 November? Never fear we have created a specialised shopping guide just for you!



Start your shopping journey on Edith Street at [Sobidah Clothing Co](#), clothing, accessories or a gift voucher, or an outfit for your Christmas event! Pop across the road to [Bayside Soap](#) and gather items to create your own handmade gifts then next, on to [The Eclectic Mix](#) – Vintage, Upcycled & New Furniture, Homewares and grab a coffee while you are there. A few doors up say hi to Andria at [LeBuste](#) and get your gal a voucher for a lacy ‘something’. Head to Bay Terrace and get Funky at [Funk Yeah \(aka Funky Flamingo\)](#) and pop into [Gigglefit Grammar](#)



to get that ‘hard to find’ book. Further up the terrace stop in at [Cultivate Design Co](#) and Holly will show you plenty of options for gifts. Continue along Bay Terrace, you may need another coffee, or a sugar hit by this stage so pop into [Matilda The Art of Gelato](#) on your way to [The Collective Store](#) across the road, with a collection of over 100 Australian designers, makers and artists there will sure to be a gift for all family members. Next door you will find another haven at the newly opened [Hali Home](#).



Heading down Florence Street, (walk past Miss Mexicana, that margarita is for after you finish), pop into [Lewis & Philp](#) where Stacey can help you find the best outfit for your Christmas event or get a voucher for your best friend! Further down Florence Street, in Florence Place, you will find the newly opened [Red Moon Jewellery](#) full of the most beautiful jewellery

gift ideas. Next door, book your hair appointment (or get a gift voucher) at [Studio K Hair](#). Back to [Miss Mexicana](#) now for that well deserved Magarita!

BUSINESS NETWORKING

Wednesday 16th November 2022 – 5-7 pm
[Wynnum Golf Club, 64 Stradbroke Avenue, Wynnum](#)

Join us for our November Networking Evening and hear from the AMPOL team about their Future Fuels Project.

Ampol’s Lytton oil refinery is one of only two oil refineries remaining in Australia, and processes approximately 109,000 barrels/day of predominantly low sulfur crude oil to produce a variety of fuel products for the Australian fuels market. The Commonwealth Government recently passed legislation to change the Australian fuel standards. This change requires a significant upgrade to the refinery and representatives from Ampol wish to provide a Project Briefing on its Future Fuels Project. The project is expected to create over 300 local jobs during the construction phase.

WCI Members - \$10 Non-Members - \$15
Ticket price includes networking, nibbles and a chance to win a lucky door prize.

BOOK TICKETS HERE:
<https://tinyurl.com/WCI-Networking-Nov>

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HUZZAH FOR STEAMPUNK IN WYNNUM!

FROM WYNNUM MANLY ARTS COUNCIL INC.

Have you ever wondered what Steampunk is? Over a weekend in October, the Wynnum Manly Arts Council Inc. held its first Steampunk Art in Florence event, a festival to introduce people to this community of enthusiasts.

Those passionate about dressing in costume and taking on characters gave the organisers a huzzah, or hooray, for the great weekend.

Locals were amazed at the diversity of costumes, the fun gadgets and inventions stallholders created, as well as the fantastic array of jewellery, books, trinkets and food associated with Steampunk.

The Puppeteer entertained families with witty and amusing antics. Punch and Judy stole the show with children taking advantage of the opportunity to learn magic tricks and plate spinning after the show.

Stalls were selling ornate walking canes, styled hats, patterns for costumes, intricate jewellery, crocheted plants, candles and cookies. The food of choice was ice cream-filled doughnuts.

Saturday was a fine day for a picnic on the lawn outside the Wynnum Community Centre while the local Bayside Youth Orchestra played in the background and held a sausage sizzle to raise funds.

Upstairs, musician Zac Benjamin and harpist Jillian Praeger added an old-world air to the market stalls while people ate fresh scones, jam and cream. There was a surreal atmosphere as those in costume browsed the stalls for new adornments.

Participants also had the opportunity to have their photos taken in costume.

"We had people come from the Gold Coast and Hervey Bay," said organiser Sandra Temple.

"The Steampunk community loves an opportunity to get out their costumes and have fun with like-minded people," said organiser Sandra Temple. We are grateful that local MP Joan Pease was able to present the prizes for the best dressed."

Organisers hope this year's success will assist with funding opportunities for the event to continue next year and more people will join in now that they know about Steampunk.

Sandra also thanked the event sponsors, including Joan Pease MP, Manson Framers, Waterloo Bay Hotel, Wynnum RSL, Mandala VGF, The Nurso, Artist Slingshot, Wild Art, The Hub Precinct, Chocolate Elements, The Community Leader, Raine & Horne Wynnum/Manly, Woolworths Wynnum and local councillor for Wynnum Manly Peter Cumming.



Images courtesy of Greyrose Photographics.



REMEMBRANCE DAY AT WYNNUM RSL



FROM WYNNUM RSL

Crowds gathered on the streets throughout Australia, triumphant cheers and songs of victory rang throughout the cities. It was Monday, the 11th of November 1918, news had just arrived; the four-year war was finally at an end, and armistice had been reached. Despite these celebrations, the devastating toll of World War 1 loomed over Australia and its allies for many years to come. Over 100 years later, we remember them.

Remembrance Day gives Australians an opportunity to pause and pay tribute to the countless men and women who have served and who are currently serving, and to those who sacrificed all for their country.

The red poppy is a symbol of remembrance, which grew in abundance in the fields of Gallipoli. In the wake of brutality and loss, this small red flower blossomed. A symbol now synonymous with our fallen troops, from the World Wars to Peace Keeping missions. A sign, that we will not forget them.

If you're unable to join us at the service, please look at purchasing a poppy. Our Women's Auxiliary will be selling poppies and other merchandise outside Coles Wynnum Central on the 3rd, 4th, 5th and 10th of November. Merchandise will also be available for purchase from the club reception.

At 11.00am, we ask that you observe one minute's silence, to reflect on the comradery, bravery and mateship demonstrated by our troops. The Wynnum RSL Club will be holding a service and wreath laying ceremony on Friday 11th November in the Pandanus Room, we ask that you arrive at 10.30am for a 10.45am start. If you would like to lay a wreath, please email events@wynnumrsl.com.au for your inclusion in our ceremony.

We Will Remember Them. Lest We Forget.



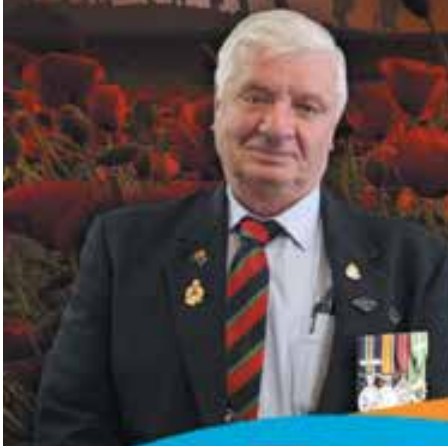
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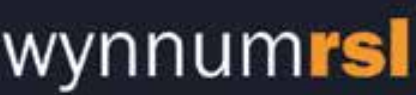
REMEMBRANCE DAY

Friday 11th November

**We invite you to attend our
Service & Wreath Laying Ceremony
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Arrival 10.30am
Start 10.45am**

Lest We Forget.



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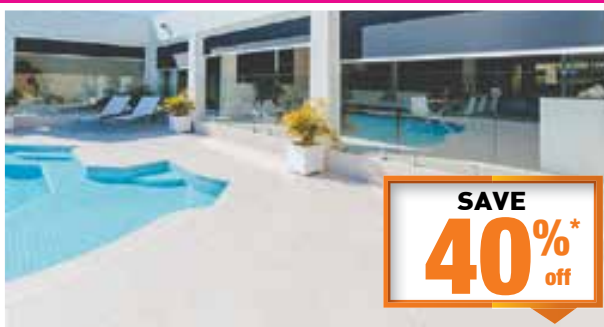
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WHAT ARE THE RISK FACTORS FOR OSTEOPOROSIS, AND HOW CAN IT AFFECT YOU?

BY DR REBECCA LEVY, MANLY VILLAGE MEDICAL

“If it ain’t broke, don’t fix it” is an aphorism that does not apply to our bones!

Osteoporosis is a condition caused by an imbalance between natural mechanisms breaking down bone and rebuilding them. As a result, the bones become weaker and less dense. By the time a person suffers a break/fracture, this process has already been going on for a long time. The time to fix it was before the break!



According to Healthy Bones Australia, over 1 million Australians have osteoporosis, and two-thirds of people over the age of 50 years have either osteoporosis or osteopenia (where the bone density is less than normal, but not as fragile as in osteoporosis).

Common risk factors for osteoporosis are:

- Age (women of 50 and men over 70-years-old)
- Smoking
- Excessive alcohol
- Sedentary lifestyle
- Insufficient vitamin D (e.g. lack of sun exposure)
- Low calcium intake – see healthybonesaustralia.org.au for further information about dietary sources, including non-dairy
- Certain medical conditions or medications that your doctor can discuss with you



If you have more than one of these risk factors, your GP may recommend you get a Bone Mineral Density test (DEXA scan). This measures the density in your hip and spine and will guide advice on further treatment.

The simplest, and freely available treatment for maintaining bone density is exercise. If you already have osteoporosis or osteopenia, it's best to begin a supervised program. Remember, it is never too late to start!



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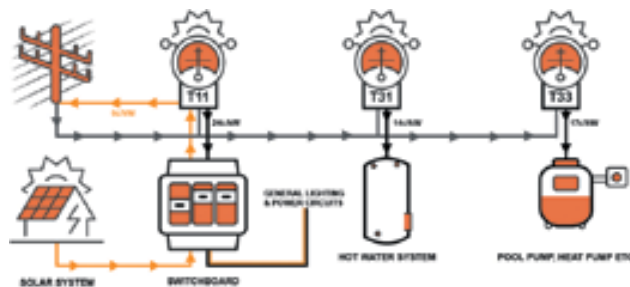
IT'S TIME TO RETHINK YOUR ENERGY TARIFFS AND START SAVING

FROM GOODHEW ELECTRICAL AND SOLAR

Many Queenslanders share the belief that economy tariffs are great for appliances like hot water systems and pool pumps that don't need a constant supply of power. But as more Australian households switch to solar, these tariffs are no longer the most economic option.

WHAT IS AN ENERGY TARIFF?

Put simply, an energy tariff is the rate you pay for power. In Queensland there are a range of tariffs for homes, businesses and farms and can differ based on the energy distributor. The most common tariffs include Tariff 11 – general supply; Tariff 31 – 8hr time of use; and, Tariff 33 – 18hr time of use.



HOW DO ECONOMY TARIFFS WORK?

Most homes use T31 for their Hot Water System which allows for 8-hours of electricity per day between 9pm and 5am. The average tariff rate for T31 is currently 14c/kW. Pool pumps, heats pumps etc. are usually situated on T33 which allows for up to 18hrs of electricity per day and exclude the hours between 6pm and 9pm. It is important to note that times when power is switched off and the duration can vary from day to day at the discretion of the energy distributor.

HOW CAN I SAVE MORE MONEY

If you have solar, then by switching your T31 and T33 tariff appliances over to T11 and utilizing timers during the day, you will ensure you're making the most out of your solar and cut your economy tariffs all together. This is because the average feed-in tariff in Queensland is currently 6.6c/kW with many retailers sitting around the 5c/kW mark. This is set to continue decreasing as more Queensland homes opt to install solar. For the home depicted in

the graphic above, by switching the hot water system to T11 and installing a timer so that it heats between 10AM and 1PM will save the homeowner approximately \$183.45 per quarter. Similarly, if the pool pump is switched from T33 to a timer on T11 the savings are even greater at approximately \$148.51 per quarter.

WHAT IF I DON'T HAVE SOLAR?

Don't stress! There's never been a better time to switch to solar. Energy retailers have warned, as recently as September, that electricity prices will continue to rise approximately 35% over the coming twelve months. This increase will add to growing cost of living pressure, and, the best way to start saving on your power bills is by installing solar. Chat to our team today for more information and to receive your obligation-free solar proposal.

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Brand new luxury bayside apartments

FROM SPACE PROJECTS

A new apartment project is attracting serious attention in Berrima Street, Wynnum. The Moreton comprises 28 two and three bedroom apartments – many with glorious water views. It showcases spacious, seamless, single-level living, crowned by an expansive rooftop terrace for the pleasure of residents and friends. The Moreton is the third project developed in the Wynnum Manly area by Criterion Property Group.

Director Craig Williamson pinpoints the key advantages of The Moreton. “Several years ago we identified the bayside’s appeal as a lifestyle destination, including its excellent connectivity: 30 minutes by train to central Brisbane, easy access to the airport and the port, and the blue waters of Moreton Bay.

“The last census confirmed our expectations with a younger, more skilled and higher paid population moving into the area and changing the face of this established suburb. With this property prices began an upswing. As just one example, properties in our last project in Bay Terrace have risen by around 25% since completion last year. Overall, both sales volumes and prices have increased significantly in Wynnum. Last year the median sale price of apartments here increased by 15%, making it one of the best-performing suburbs across Brisbane’s bayside.

“At The Moreton we’ve responded to what we have found people want in a luxury apartment – house-like proportions, a light and breezy layout that flows out onto large balconies, large functional kitchens with premium Miele appliances and plentiful storage options.”

Pricing at The Moreton offers exceptional value for money with two and three bedroom apartments from \$849,000.



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How's the property market, stat?

BY BYRON FREEBORN, RAINE & HORNE WYNNUM

To start with, the good news is there is a pulse. Patient alive, check! Properties are selling, and deals are getting done. Has the market dropped overall? Yes. Has it dropped to a level that still takes in the juicy gains we experienced over the last 18 months? Undoubtedly. Have we hit a support level? Most likely, notwithstanding any seismic economic shifts in the near to medium future.

As we head into the home stretch of the year, we are seeing an increase in activity – not on all properties and not on all property types/price points – but for most well-priced, neat homes, there are buyers.

This time of year traditionally sees a ramp-up of buyers making decisions; they want to sign off and be in their new home by Christmas. They want to be ready for the new school term or job relocation in the new year.

There are also those investors whose goal was to purchase a first investment property this year, realising they may need to get a wriggle on before the year ends.

We saw a dampening of the buyer spirit from April to August, with some exceptions. This was due to a myriad of causes, ranging from the Federal election, proposed Land Tax changes, the natural cooling off from a heated period, global murmurs of recession, and interest rate hikes, all underpinned by elevated debt levels.

It was the “big wait” – a case of buyers wanting to wait and see. Most buyers that had continued to wait and see saw that interest rates continued to rise, their borrowing capacity shrunk, and property prices were not dropping as much as they'd hoped. During these fallow months, there has been a latent build-up of buyers. How these buyers affect the overall market will be revealed as natural buyer demand needs to be met.

Recent conversations with investors this week have shown they feel now is the right time to pick up a reasonably priced property to be in a prime position for the 2032 Olympics.




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- Outdoor spa

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Sold & Congratulations

17 Hartland Street, Manly West

3 1 1

Picturesque Home on an Elevated 607m2 Block!

- Surrounded by a large yard, allowing plenty of natural light
- Beautiful timber floorboards
- Stand-alone studio out the back
- Built in wardrobes

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4 2 2

Modern Townhouse with Park Views!

- Modern gourmet kitchen with stone counter tops and island bench
- Air-conditioning and ceiling fans
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Sold & Congratulations

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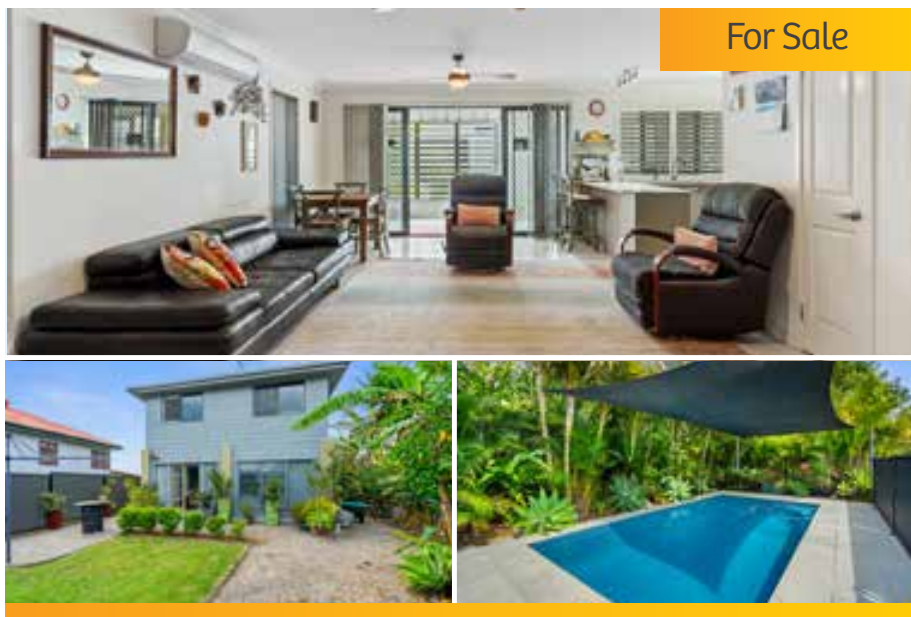
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Price Make an offer

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margaret.vote@wynnum.rh.com.au



For Sale

405m2 1

83 Melville Terrace, Wynnum

View By appointment or advertised open home
Price Make an offer

Land with Unsurpassed Panoramic Bay Views

- Walk to waterfront and Manly Village and train
- Elevated 405m2 - 10m x 40m land
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For Sale

3 1 4

14 Carbethon Street, Manly

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Price \$899,000

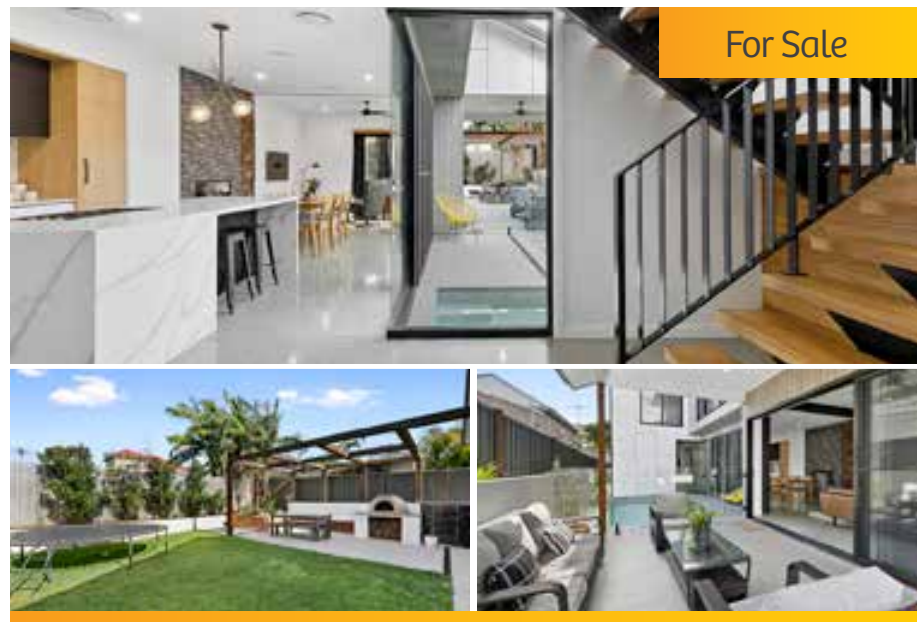
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For Sale

5 3 3

28 Pine Street, Wynnum

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- Ducted vacuum
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33/4 Lewis Pl, Manly West



46 Barbara St, Manly West

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The Alcove is coming soon to Bay Terrace, Wynnum

FROM TS PROJECTS

Following the hugely successful Aquence Tower development at Cleveland, multi award-winning duo David Liddy and Martin Breslin are ready to commence construction of their newest development The Alcove, which is set to reinforce their reputation as the bayside's premier developers.

Located in the thriving heart of Wynnum, the 15 oversized apartments at The Alcove set a new benchmark in luxury living.

This superb bayside sanctuary reflects a commitment to contemporary elegant design and is specifically designed to provide future-proof properties of exceptional desirability for the over-55 owner occupier demographic.

Constructed to celebrate a connection with the water, The Alcove's apartments feature stylish coastal-themed interiors and private balconies with unparalleled bay and island views. Soaring ceilings and generous proportions allow ample natural light and sea breeze to

fill the apartments. Those who love to entertain friends will benefit from the premium kitchen facilities, outdoor kitchens with bar fridges and built-in barbecues, and entertainer's balconies. Guest will be blown away by the views across the bay and over to the Moreton Bay Islands in the distance.

The Alcove is located within walking distance of all the shops, parks and seafront amenities its locale has to offer. Wynnum is renowned for its thriving cosmopolitan feel, cultural variety, and friendly community spirit.

Several apartments have now sold and a builder has been appointed to start construction in November, but a selection of fantastic opportunities still exist to secure your future in this exclusive development.

Contact Tomas at TS Projects for more information about prices an available apartments. See more at thealcove.com.au or visit the new site information centre at 35 Bay Terrace, Wynnum.



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Rates return market to pre-COVID conditions, says REIQ

BY THE REAL ESTATE INSTITUTE OF QUEENSLAND (REIQ) CEO ANTONIA MERCORELLA

The Real Estate Institute of Queensland (REIQ) says the Reserve Bank of Australia's (RBA) decision to raise the interest rate by 25 basis points represented a nine-year high of 2.60%, returning the market to pre-COVID conditions.

REIQ CEO Antonia Mercorella said the latest Australian Bureau of Statistic (ABS) lending figures indicate that in Queensland, the number of loans commitments, average loan size, and the number of first home buyers have remained relatively stable in August 2022.

"Following APRA's lending buffer increase, there's been a downward trend in the number of loans for both owner occupiers and investors of around 20%," Ms Mercorella said.

"First home buyer activity and overall owner occupier levels have returned to pre-COVID levels, and we're seeing these stabilise.

"This indicates that the APRA's increased lending buffer has done its job and is potentially now acting as more of a hindrance, especially given the current rental crisis where we need more investors to put rentals on the market."

Ms Mercorella encouraged loan holders to shop around banks for the best rate.

"With the volume of loans falling, banks are increasingly motivated to attract and recruit new customers, so we'd encourage people to speak to their bank about what rate they can offer, and shop around for the best rate."

Ms Mercorella acknowledged that with six consecutive rises now, mortgage holders who borrowed up to their maximum capacity would be hurting.



"We are seeing the RBA acting in quite an aggressive fashion with one rise after another in quick succession and that's taken many of mortgage holders by surprise, given we've been become accustomed to historically low interest rates," Ms Mercorella.

"While many of those mortgage holders would have been assessed with the buffer test required by APRA, it will certainly start to bite those who have borrowed to their maximum."

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Queenslanders face threat of more extreme weather

CONTRIBUTED BY FALLON SOLUTIONS

Ways to safeguard your home

The Bureau of Meteorology (BoM) has declared a third consecutive La Nina weather event will impact eastern Australia with many in South East Queensland still recovering from the flooding in February. With this in mind, now is the time to prepare and improve your home to safeguard against the extreme weather conditions. So, whilst you can't control the weather, you can control the condition and maintenance of your home to reduce the likelihood of damage.

#1 Check your roof

If you have a tiled roof, check for damaged or loose tiles as they can easily be damaged by a storm. If you have a corrugated roof, check that the sheets have no raised corners.

#2 Weatherstripping on your doors and windows

Inspect every window closely for signs of cracks, loose glass panes or damaged window frames as they can lead to extensive damage during a storm.

#3 Be smart with electricity

Ensure you have both surge protectors and safety switches installed in your home. Power surges caused by lightning and water damage to the cabling of your appliances are serious risks which can lead to damages to appliances, serious injury or death.

#4 Clean your gutters and downpipes

Make sure to keep your gutters clear and get your drainage system assessed, as soon as possible, before more rain comes.



#5 Trim overgrown tree branches

Trim and remove, or secure, any overgrown trees in your garden and house surroundings. DO NOT ever attempt to trim trees near powerlines.

If you are unsure if you have surge protectors or safety switches installed in your switchboard, Fallon Solutions can help. Call 1300 712 028.

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THE NURSO: DOING NURSERY DIFFERENTLY

FROM THE NURSO

The Nurso is excited to welcome you back to 1666 Old Cleveland Road, Chandler, where you'll find plants, gardening accessories, art, gifts and delicious food.

"If you're a local, you've probably known this site under its previous names and that it's always been four hectares of paradise, nestled between the city and the bay," said new owner Marni Robertshaw.

Marni says The Nurso is arguably Brisbane's most extensive retail nursery, with plants and pots galore, including a vast range of indoor plants, acres of outdoor space for sun-lovers to explore, a fernery, cacti room, and potted colour to suit your country-style garden.

Weekends and holidays at The Nurso are atmospheric, powered by live music. Soak up the ambience at the cafe, treat your tastebuds to Asian-inspired meals, browse giftware and meet the animals – you could spend all day here!

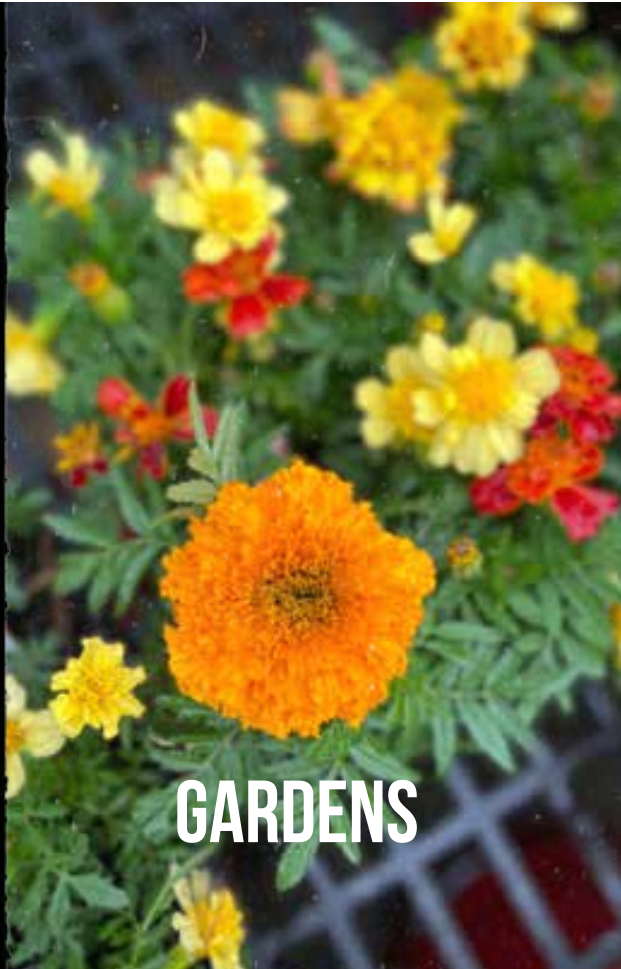
The Nurso also hosts a large, dynamic street-art gallery featuring some of Australia's best street artists.

During spring and summer, The Nurso opens from 7am on school days to offer a free kids' continental breakfast, and the coffee machine will also be fired up. The kitchen opens at 8am for Asian-inspired brunch and lunch items, and the last meals are served at 2:30pm.



"Our horticulture team is always happy to chat and help you find the plants you need, and if there's anything you can't find here (although rare!), let us know, and we'll look into it for you," said Marni.

Open every day of the year except Christmas Day and New Year's Day, come and enjoy the immersive experience on offer at The Nurso.



HANDY SPRING GARDENING TIPS FROM THE NURSO

FROM THE NURSO

As the temperature begins to warm up, now is the time to feed your hungry plants coming out of winter dormancy. Using a liquid fertiliser to give them a quick and easily accessible food source helps to boost growth, as will top dressing with a slow-release fertiliser like blood and bone that will slowly feed them throughout the season.

If you haven't already, now is the time to prune your summer flowering shrubs before they begin to form buds and flowers. Remove damaged, diseased or dying branches and cut back shrubs to keep them nice and compact in growth.

Continue to remove old, finished flowers from plants to help promote a second flush of flowers.

Increase watering as the soil temperature warms, and plants are growing, especially newly planted smaller root systems, to promote new and healthy growth and help them thrive through the growing season.

Now is the best time to start your veggie patch.

Grow a mixture of fast-harvest crops like leafy greens and longer-fruiting crops like tomatoes and cucumbers that you can harvest throughout the season.

The Nurso is located at 1666 Old Cleveland Road, Chandler.



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COMMUNITY PROFILE: WHO ARE THE FORGOTTEN WOMEN?

BY PAULINE DELL, MANGROVE HOUSING

The forgotten women are not invisible, they are our mothers, our aunties, our grandmothers and our sisters. They are the fastest growing homeless population in Australia today.

People often ask me, "how did this happen?"

My first answer is superannuation.

There around 13 million females in Australia and two million of them are over the age of 64. Thirty-five per cent of those women, or 700,000, have zero super. And for those who have super, nearly half of them have less than \$40,000 in super. Super wasn't even compulsory until 1992.

My next answer is equal pay.

While equal pay was granted in 1969 we still have a gender pay gap of more than \$16,000 each year.

That's more than \$600,000 over a work life from 18 to 55.

My next answer is the workforce participation.

Equal opportunity wasn't enacted until the 1980s, and it has not been fully realised even today.

In 1960 women counted for less than 25% of the workforce.

My last answer is US.

- We are all standing here because of our mothers.
- Our mothers took time out of the workforce to have children.
- Our mothers often stayed home to raise children.
- Many of our mothers could only work part-time because their main job was keeping the family running.

Lack of super, unequal pay and gaps in working life compound to create financial hardship.

Add the current housing supply crisis and unaffordable rent and it is clear why this is our fastest growing homeless population. Like many women they do ask for help, many are couch surfing, others are living in their cars, others are going prematurely into aged care facilities

It seems amazing to me that my daughter is growing up in a world where so many of the rights she enjoys have been hard fought by the women that have come before her, yet we have forgotten about them.

The Forgotten Women project is trying to tip the scale back to level.

ABOUT THE FORGOTTEN WOMEN

Mangrove Housing is the founder of The Forgotten Women project, an initiative committed to providing

homes to homeless women over 55 years of age – the fastest growing homeless population in Australia today.

There are more than 40,000 Queensland women over the age of 55 who are doing it tough – suffering financial hardship driven by rising costs, lack of employment, limited superannuation and a lack of affordable housing options. Across the Greater Brisbane area there are over 600 homeless women over 55.

Alarming this figure is predicted to more than double by 2036.

The Forgotten Women's mission is to provide fit-for-purpose housing for homeless women over 55 with individually tailored support. **Everyone deserves to live with dignity and age securely in place.**





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WATERLOO BAY LEISURE CENTRE'S NOVEMBER EVENTS

CONTRIBUTED BY THE WATERLOO BAY LEISURE CENTRE

Everyone is welcome to come along and enjoy the activities and entertainment held at the volunteer-run Waterloo Bay Leisure Centre at 241 Tingal Road, Wynnum.

CONCERT

8th November – entertainment by Redlands Country Music

The cost is \$10 for the concert and morning tea, plus an additional \$10 for a two-course lunch served after the concert.

CHRISTMAS CONCERT

22nd November – entertainment by Ian Maurice and June Lawson

This is our final concert for the year so come along and join in the festive cheer. The cost is \$25 for the concert and morning tea, and a two-course Christmas lunch will be served after the concert.

Doors open at 9.30am and bookings are essential. Please phone 3396 9488 to make a booking. Raffles and lucky door prizes will be held on the day.

We would like to thank all the wonderful people who come along to our concerts for their support during the year.

ART SALE AT WYNNUM PLAZA

Thursday 24th November to Saturday 26th November, 8:30am to 4pm

A sale of artworks by our local talented artists will be held at Wynnum Plaza. Artists in the group show are members of the Waterloo Bay Leisure Centre. There will be a large number of artworks for sale at site 14, opposite the post office. Come along and purchase a unique one-off gift for someone special for Christmas.

REPAIR CAFÉ

Saturday 12th November – 2pm to 4pm

Toss it – no way! Bring along that broken, damaged item to be fixed or repaired while minimising landfill. It's free! Book online at TryBooking.com (Search Repair Café, Wynnum), find us on Facebook (Brisbane Bayside Repair Café) or contact 0474 095 560. Enjoy a Devonshire Tea served by the Waterloo Bay Leisure Centre canteen (cost \$5) while having repairs done.



Photo: Supplied.

RQYS APPOINTS NEW HEAD COACH, ADRIAN FINGLAS

With more than 1,000 enrolments each year in the Sailing Academy, the Royal Queensland Yacht Squadron saw the need and found the ideal person to fill the role of Head Coach, appointing Adrian Finglas.

Better known as "Aidz", Adrian will return to his hometown of Brisbane after spending a few years in Melbourne, where he worked in coaching roles and a time in the construction business.

As Head Coach at RQYS, Adrian will bring a greater emphasis and focus on the development of the youth sailors across all levels and fleets, as well as supporting the growth and skill of the already strong team of coaches and instructors.

"This is such a great step forward for our young sailors to be led by such a talented and highly respected sailor and coach, and we look forward to seeing great results in the future," commented Vice Commodore John Warlow. "We are very excited to welcome 'Aidz' back to RQYS."

Adrian has had a long and very successful sailing career, including several Olympic campaigns (1992, 2008 and 2012), Sydney to Hobart races, and national championships on Sabots, 420s, 470s, 505s and Tasers. Adrian was also the Paralympic Coach in London, where his sailors won gold and silver medals.

Adrian will start his role at RQYS in early November.

"I am so excited and can't wait to get back to coaching and helping more young sailors do the best they can and achieve their own goals and sailing dreams!" said Adrian.

Further information regarding Adrian's appointment or the programs he will be running can be obtained by contacting Sailing Manager Mark Dingley on 0424 101 732 or by email to sailingmanager@rqys.com.au.



Photos: Supplied.

NOVEMBER FISHING’S SWIMMING WITH MACKEREL, SQUID AND SNAPPER

BY SPERO KARTANOS

November is upon us, so let’s hope, like last year, it starts with a bang with lots of fish, and the weather plays its part!

Look for whiting in the bay from the Rous and Small Boat Channel at the Chain Banks, the Sand Hills at Moreton Island, and the Blue Hole – all these areas should hold plenty of quality fish.

It’s also usually a good month for school mackerel; let’s hope the predicted rain and storms don’t eventuate and put a damper on the fish close in. But in any case, if you venture out to the cleaner water around the shipping channels and Rous Channel, there should be plenty of fish to be caught.

The snapper/squire season has also been fantastic, with plenty of fish to be caught since its re-opening and all the usual shallow reefs having plenty of fish. A friend who fishes the Mt Cotton reach has been cleaning up with really nice fish, so it’s worth spending some time on the shallow and artificial reefs in the bay.

The water will start to warm up, so we are hoping again for some sort of spotty mackerel season in the bay, as last year was a total fizzer. By November, we should start to see some surface action, so all we can do is get our chrome slugs ready and hope!

The tiger squid will be in the weed banks where the whiting are, so get your favourite squid jigs out and always have one at the back of the boat while you’re catching whiting.

Till next month, good fishing!



Photos: Spero Kartanos.



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FROM BAYSIDE SOCIAL MUMS CLUB

A little while back, a mum in our Bayside Social Mums Club community posted in the group asking for artificial turf laying recommendations. She wanted to build a cubby house for her son following a relapse of Acute Myeloid Leukaemia. When the mums in our group heard about why she needed the turf laid, they wanted to help!

Little Leo, aged three, spends much of his time in hospital, and when he's not there he's largely housebound as he cannot go to public spaces and interact with other children. To help this amazing mumma make this cubby dream happen for her boy, our amazing group of 3300 mums banded together in an intense fundraising mission. In just one afternoon we pulled together a donation for \$2740, as well as some cubby house toys for gorgeous Leo.

This kindness from a group of passionate mums was able to purchase Leo the cubby house of his dreams and it was so delightful to see the smile on his face when he finally got to play in it. I am so proud of our wonderful mums and what we achieved for Leo and his family, and we wish him all the very best for his cancer journey.

If you'd like to join our community of kindness visit www.socialmumsclub.com/bayside. Connecting mums is what we do – join us!



Photos: Supplied.

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HALLOUMI, RICE AND PUMPKIN SALAD RECIPE

SALAD INGREDIENTS

- 2 tbsp olive oil
 - 1 cup of brown rice
 - 1 225g pack of halloumi cheese, cut into 1cm thick slices
- 2 tsp of chopped oregano leaves
 - 1 tsp maple syrup or honey
 - 2 cups of pumpkin, cut into 2cm cubes
- 2 cups of roughly torn baby spinach or English spinach leaves
 - 1/3 cup of chopped roasted cashews

DRESSING

- 1 tbsp mustard
 - 1 tbsp honey
- 2 tbsp white wine vinegar
 - 1 tbsp lemon juice
- ¼ cup olive oil
 - Salt and pepper to taste

METHOD

1. Place the pumpkin on a baking tray, drizzle with 1 tbsp of olive oil, and bake in the oven at 180°C until tender.
2. While the pumpkin is baking, cook the rice as per packet instructions. Drain and rinse with cold water and set aside.
3. Heat the remaining 1tbsp of olive oil in a frying pan over a medium heat, then add the halloumi. Fry on each side until brown and crunchy, then add the maple syrup or honey to the pan, along with the oregano leaves. Combine for a moment, then remove from heat.
4. Make the dressing by combining all ingredients in a jar or small container with a lid, giving it a good shake.
5. Combine the rice, baby spinach, roast pumpkin and halloumi, and drizzle with the dressing. Sprinkle over the chopped roasted cashews.

Local tip: A baguette from The Little French Bakery, at the Manly Creative Market on Sundays, is a perfect accompaniment to this salad.





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WYNNUM RUGBY UNION CLUB EXPANDS INTO WOMEN'S RUGBY

FROM WYNNUM RUGBY UNION CLUB

Wynnum Bugs is pleased to announce its expansion to offer a female program in 2023.

Ally Baines has been appointed to coach the inaugural senior women's team.

To support the continued growth of the women's division, the club has appointed Leighton Ireland to the position of Women's Academy and Junior Pathway coach. Leighton will lead and develop the girls' rugby academy.

The girls' academy will be a training squad focusing on specific rugby drills and fitness to help them understand and transition into rugby. The program grows each week and represents an exciting development for the club in 2023.



Photo: Supplied.

If you're interested in joining the Bugs for the inaugural year of the womens' rugby program as a player, sponsor or coach, please email Dan Power at seniorvp@wynnumrugby.com.au.

WYNNUM MANLY JUNIORS' 2022 SEASON REPORT

BY ANTHONY CORVEN, WYNNUM MANLY JUNIOR RUGBY LEAGUE

The 2022 Wynnum Manly Juniors' rugby league season has concluded, and what a season it has been!

Under 6's through to the Under 12's saw an increase in participation, and it seems that there was a focus on not only learning new skills but also making new friends and having fun. Outside of these age groups, we had some outstanding results across the board. We had six grand final participants.

Special mentions go to Under 14 Division 3, Under 15 Green, and Under 18 Division 2, all of which won their respective grand finals. The Open women finished fifth overall, which was a great result in their first year in this competition.

Our A-grade team was beaten 32-16 by Wests in the grand final, but they can hold their heads high after an outstanding season!

We can't wait for 2023 for an even bigger season of junior rugby league and lots of fun for all!



Photo: Supplied.

BAYSIDE DINING FIRES UP WITH NEW ADDITIONS NOW OPEN!

Munja Pizza's wood-fired oven is smokin' hot, and pizza connoisseurs are lining up for a taste of the bayside's newest Napoli-style pizza experience. Find Munja at 82B Bay Terrace, Wynnum.

Hajime brings Japan to the bayside with an extensive menu featuring traditional Japanese fare. Grab some gyoza, sushi and sashimi in a cool and comfortable setting at 66 Bay Terrace, Wynnum.

Down at Wynnum Manly Yacht Club on Royal Esplanade, **The Captain's Parrot Café**, run by the popular Creative Mobile Kitchen, is serving up fresh and fabulous meals overlooking the marina. Find them on Facebook for up to date opening hours and menus.



AN INVITATION TO COMMUNITY GROUPS

As The Community Leader evolves, we'd love to include your local story. We openly encourage community groups, sporting clubs, and charities to contact us with their stories and photos. The newsletter's objective is to promote activities and events in the community, while encouraging the support of local businesses. Thank you to the community leaders who have enthusiastically supported the idea of developing a friendly local newsletter. Please support them, and engage with them as best you can. Any submissions can be emailed to sales@market2market.com.au for consideration.





A PHOTOGRAPHIC PERSPECTIVE: HIGH LIGHTING

BY BOB DARLING, AAPS



Photos by Bob Darling, AAPS.

As a long-term resident of Brisbane, I am amazed by the amount and level of continuous development that occurs within Brisbane City, its river and surrounds.

Currently there is considerable construction in progress including new bridges, ferry terminals, a casino, a theatre and numerous office and residential buildings.

On my regular visits to the city there is always something new and interesting to photograph.

These photographic opportunities are greatly enhanced in the late afternoon and evening when the city is bathed in light and colour.

Colourful sunsets are often at the start of this light show which builds with the progressive illumination of the city's bridges and buildings. The bridges include a regular change of colour and become the linkage for one's eyes to the city and its brightly lit tall buildings.

"High Lighting" is a small collection of images in which I have endeavoured to capture the essence of this daily lightshow.

Brisbane is already a very modern and sophisticated city with its own colour, style and beauty. Its favourable reputation amongst residents and visitors will surely grow. It is a city that should make us all feel very proud.

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MY LOCAL MEMORIES: REMEMBERING CRACKER NIGHT!

BY ROSS FARLEY, BAYSIDE RESIDENT

The 5th of November was an annual highlight when I was a kid. On Guy Fawkes Night, bonfires were lit in backyards, and everyone enjoyed fireworks. All sorts of fireworks were available: bungers, spinners (propelled in circles around axils), throw-downs, jumping jacks, Roman candles, skyrockets, etc.

Guy Fawkes was one of a group of conspirators who plotted to blow up the British Parliament. The event was celebrated because the plot failed, and democracy was preserved. It was a rather wild way to acknowledge the survival of our style of government. Once, when some politicians behaved badly, I recall my Dad (tongue in cheek) saying that perhaps Guy Fawkes' plan had some merit.

Government was the last thing on kids' minds. Fireworks enabled all manner of stunts and experiments. Did one of the boys in my class really blow up the teacher's mailbox? Empty jam tins placed over lit bungers would fly high in the air like mortars and return blown out of shape. Skyrockets were always a surprise as you were never sure where they might land, sometimes on rooves, roads or verandas. One set our neighbour's palm trees alight.



This is a photo of my Mum, Charis. I'm on her knee, and my brother John is behind.



Fireworks combined superbly with backyard dunnies, especially when Mum was in the dunny. Dunnies had vents that looked like chimneys and came out from under the seat to rise vertically to just over the roof. The purpose was to release gas and reduce the smell. One boy stood on a second boy's shoulders while a third lit a bunger and passed it quickly to the boy on top. He dropped it down the chimney, and it exploded under Mum's backside. The result was a big bang followed by a series of yells and expletives. We ran away, and by the time Mum pulled her pants up and opened the door, we were long gone. We thought it was great fun, but Mum didn't seem to have a sense of humour.

The Community Leader

REAL ESTATE
NEWS & VIEWS

The Community Leader is a monthly publication, home delivered to Wynnnum, Wynnnum West, Manly, Lota, parts of Capalaba, Gumdale, Wakerley, Hemmant, Tingalpa and Belmont. Please note that if your home has a 'no junk mail' or 'Australia Post Only' label, then we are unable to deliver the newsletter to you. However, copies will be available around the local area for you to read. If your home does not get a copy, you can collect one from a local pick up point.

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



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Belmont IGA
Belmont Newsagent

GUMDALE

Gumdale Newsagent

TINGALPA

Tingalpa Newsagent
Fielders

MANLY

Manly Village Shopping Centre
Manly Hotel
Tide on the Jetty

MANLY WEST

Wynnnum Leagues Club
Manly West Newsagent
Manly Bowls

WYNNUM

Perry's Fruit Market
Wynnnum Plaza
Joan Pease's office
Peter Cumming's office
Ross Vasta's office
Waterloo Bay Leisure Centre
Majestic Cinemas Wynnnum
Sash & Gable

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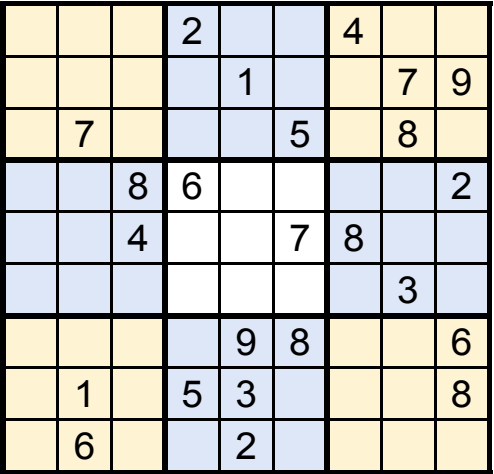
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DECEMBER BOOKINGS

- Community editorial 16th of November
- Advertising cut off 21st of November
- Distribution 29th of November to 5th of December
- Bookings are for a minimum of 3 months and space is limited
- Market to Market Communications reserves the right to refuse any advertising
- **Advertising contact 0421 786 302 or 0416 245 193**
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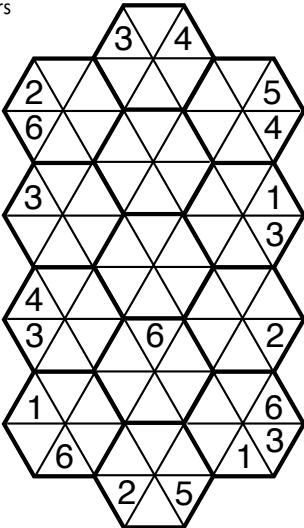
Sudoku

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

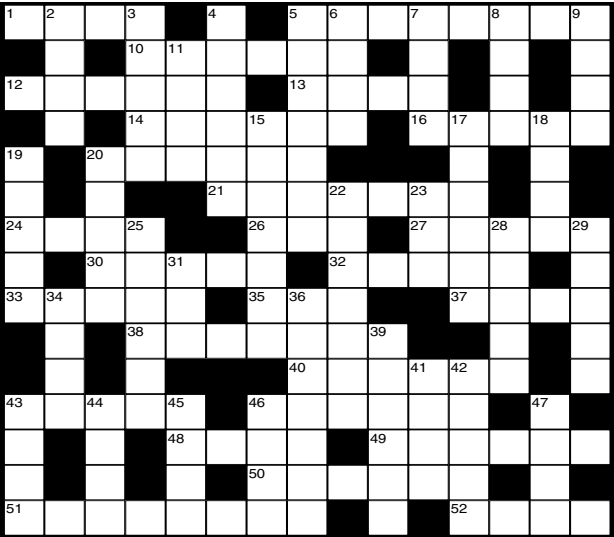


Quick Workout

Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.



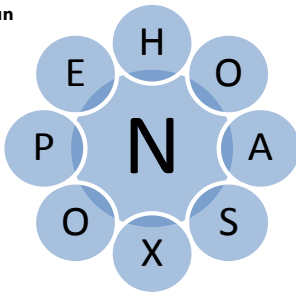
Crossword



Focus An All Australian Word Game

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

TODAY'S Good: 14 words
FOCUS Very good: 19 words
Excellent: 28 words



Reference: Macquarie Concise Dictionary
Focus No. 3861

ACROSS

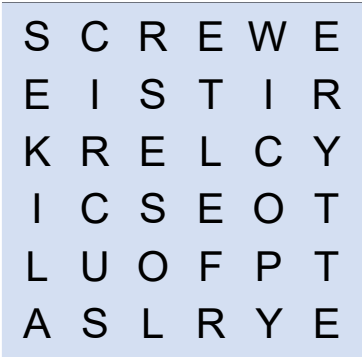
- 1 Prejudice
- 5 Acted violently
- 10 Team member
- 12 Helix
- 13 Passport endorsement
- 14 Dodged
- 16 Wander off
- 20 Tidier
- 21 Oriental
- 24 Curved bones
- 26 Cost for services
- 27 Proverb
- 30 Letting agreement
- 32 Showed listless apathy
- 33 Songs for two
- 35 Short sleep
- 37 Labyrinth
- 38 Scottish national emblem
- 40 Occupant

DOWN

- 2 Little devils
- 3 Lively frolic
- 4 Roof of the mouth
- 5 Opposite in position
- 6 Dry
- 7 Vegetables
- 8 Equipment
- 9 Obligation
- 11 Molten rock
- 15 Stuns with noise
- 17 Cycle for two
- 18 Eagerly excited

- 19 Bitterly pungent
- 20 Stately
- 22 Places of worship
- 23 Sharp blow
- 25 Become established
- 28 Make suitable
- 29 Happening
- 31 Tree
- 34 Unfasten
- 36 Adjusted to harmony
- 39 Meal course
- 41 Drug-yielding plant
- 42 Draws nigh
- 43 Ship's company
- 44 Sagacious
- 45 Fissure
- 46 Utter wildly
- 47 Nothing

Word Find



Find the following words in the grid. They may read in any direction, even diagonally. Some letters are used more than once.

- | | | | |
|--------|-------|-------|------|
| Alike | Ewe | Rock | Toes |
| Circus | Felt | Rye | Tyre |
| Clerk | Foul | Screw | |
| Copy | Lie | Slot | |
| Epee | Loses | Stir | |

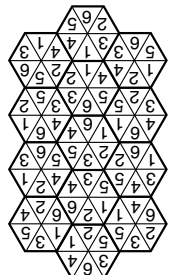
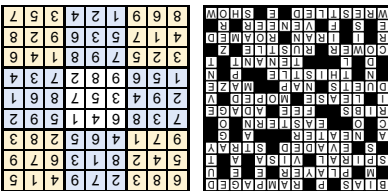
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Solutions

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COMMUNITY PROFILE: ZUMBA AND LINE DANCING WITH LINDA

Zumba and line dancing instructor Linda Whitbourn has kept students active since March 2017.

Linda's teaching journey began from humble beginnings in 2017, when she began holding classes at her garage. Five years later, Linda now enjoys a busy schedule teaching 13 classes each week, including Aqua Zumba, Zumba Gold and Line Dancing.

Linda's class rules are to keep moving, keep smiling and have fun! Linda says she enjoys every moment of each class, and her enthusiasm is contagious. Her classes' success is partly due to her dedicated students who attend her classes every week.

Linda says she not only teaches dancing but also brings the best out of her students by believing in them. Their recent performance at the Ekka was a great success. Linda values the effort, hard work and commitment shown by every member of her 15-strong team at every performance, who are also great role models for an active community.

Her vision and goal are to help those who may be trapped in their own homes to be active and healthy and to make friends along the way. Assisting students to get out of isolation and loneliness by joining her happy classes is important to Linda, "because life is beautiful and it is worth living!".



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Below is the list of current roles we're looking for and wish to list:

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- Sales consultant – Part Time (Wynnum)
- Service Advisor – 9 Day Fortnight – Competitive Rem Package+Comms+Car Allowance
- Apprentice Vehicle Parts Interpreter (Capalaba)
- Vehicle Detailer (Wynnum)
- Aftermarket Sales Consultant – Competitive Rem Package+Comms+Vehicle Allowance
- Pre-Delivery and Reconditioning Manager (Capalaba)
- People and Culture Business Partner Full Time or Part Time
- Social Media Coordinator Full Time or Part Time

If you are seeking a genuine long-term career within the motor industry and believe you have the skills, abilities and positive attitude to become part of the Bartons team, please send your resume to hr@bartons.net.au.

We look forward to receiving your resume and you becoming part of the fantastic Bartons Team!



Bra Fitter/Retail Assistant

Want to be a Bra Fitter? Are you passionate about uplifting and empowering women and ready to be trained in the art of Bra Fitting? Exciting opportunity starts as part-time leading to full-time along with opportunity to become a manager. Call into the store or email andria@lebuste.com.au.



Keith's on Cambridge

Manly, Brisbane

Keith's is looking for a casual barista to work 30-35 hours a week. Must have at least two years' experience in a similar role. The successful applicant must have a friendly attitude, be a team player and provide excellent customer service.

Please email resume to Keithsoncambridge01@gmail.com



Assistant Manager Role

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An exciting career opportunity exists for an experienced hospitality professional to support our Restaurant Manager in all facets of venue operations. Experience in a similar role is absolutely essential. RSA and a current RMLV is preferable. Availability – operational hours of weekdays and evenings, and weekend days.

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- Ensure all correct torque wrench specifications are adhered to.

Our successful candidates will possess:

- Heavy Vehicle Diesel Mechanic trade qualification preferable
- Semi trailer, forklift, crane repair history an advantage
- Good Hydraulic system aptitude and knowledge.

- Ability to diagnose and repair Mechanical and Hydraulic faults.
- Sound understanding of EBS braking systems.
- Experience with Side Lifters would be highly regarded but not essential.
- Reliable, punctual, and conscientious.
- Ability to work unsupervised as well as a part of a team.
- Ability to maintain a clean and safe work area.

This is a permanent position working Monday to Friday from 8.00am to 5.00pm.
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Accounts Manager
The Club is seeking to appoint an experienced Accounts Manager responsible for the preparation and reporting of the monthly accounts and the efficient administration of the Club office.
Candidates may hold formal qualifications or have equivalent experience in finance and accounting processes and systems and the preparation and presentation of monthly accounts, including oversight and preparation of tax and regulatory reporting including BAS, PAYG, Superannuation and Work Cover.
The role requires a very hands on, collaborative, flexible and personable capability in responding to

a welcome stream of member/customer enquiries, and supporting the staff team within a busy and fast paced event and hospitality environment.
Remuneration is under the Registered and Licensed Clubs Award, L10+20%, up to \$75K. Golf, club or hospitality experience would be welcomed however not essential.
Applications without delay should be sent to the email below and include resume and a cover letter outlining interest, experience and availability. Enquiries and PD on request from GM@WynnumGolf.com.au or 3305 3650. Send applications to: BWilson@WynnumGolf.com.au



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CAREER PROFILE: JO SALM, MCCARTNEY FAMILY FUNERALS

How did you decide on a career as a funeral director?

I had worked at K-Mart Wynnum Plaza for 17 years and I decided that I needed a change. I had always wanted to be a mortician and had an opportunity to join a funeral company. Initially I worked as a Cremator Operator, then became a Funeral Director after working behind the scenes for a few years. It can sometimes feel a little strange to know that the families that I served for so long at K-Mart are now the families that I serve as a funeral director, but it is also comforting knowing that I have that connection to their loved one and can support them during their grief and loss.

What does a typical day look like for you?

A funeral director's day can change in an instant, a simple phone call can completely change the things that I need to do. Most days however, I am completing general office duties (there is a lot of administration to complete for a funeral), talking to families, engaging in our community programs and activities, arranging funerals, conducting funerals, and a range of other funeral tasks. My day is always focussed on supporting the families that I am currently serving and making sure they receive incredible service and have the space and time to grieve in a healthy way.

What are the highlights of your job?

Being able to help and guide those people in my community through what is the hardest thing they will ever need to organise and being there for people that I genuinely care about during those times of grief and loss.

Do you have any interesting stories about your job?

One of my families – their mother had everything planned right down to what each child had to do. There were seven children. Mum had made these mobiles to hang off the sides of the chairs – approximately 20 all up. The last request their mum had made was for there to be a conga line out of the chapel to catering with a boombox on someone's shoulder playing a certain song from the '80s. Everyone got into place and conga lined exactly as she had planned. It was a great send off for her. The children had met every one of their mother's wishes.

Has your industry changed over the years?

Since I started in 2004 a lot has changed in the funeral industry. It was very rare that people had photographic slideshows, these are now common at most funerals. We were doing funerals within three days of someone passing, families are now taking their time and taking a week to organise as there is a lot to do and this gives more time for

families to understanding and express their grief in a healthy way without feeling rushed. Technology has come along in leaps and bounds. Gone are the days of the old cassette tape and CDs, it's all now done on USB sticks as MP3s and MP4s. I am still learning.

Are there any common myths and misconceptions you'd like to address about your job?

As a cremator operator I was always asked how many coffins you can fit in the cremator. There is only room for one coffin. The whole coffin goes in including the plastic handles; metal handles are removed and discarded unless the family wants them back.

What advice would you give a young person considering a career in your industry?

It can be the most rewarding career you can ever have. Helping families in need at the worst time of their lives is rewarding. It's not a career for everyone, but for people who are naturally compassionate, empathetic and who have a genuine desire to care for their community, a Funeral Director might just be the career path for you.



Help Wanted

Would you like to earn some extra money, get fit and help connect the local community?

We're looking for locals to distribute The Community Leader and Real Estate News & Views in the bayside. If you'd like to work flexible hours with a good hourly rate, contact Locals R Us on 0403 189 625 or hello@localsrus.com.au.



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What is Family Day Care? It is a care and education service which operates from an Educator's home and is supported by a Coordination Unit staffed by early childhood professionals. Family Day Care Educators work with children and families to create a stimulating, educational, challenging and enjoyable play and learning environment.

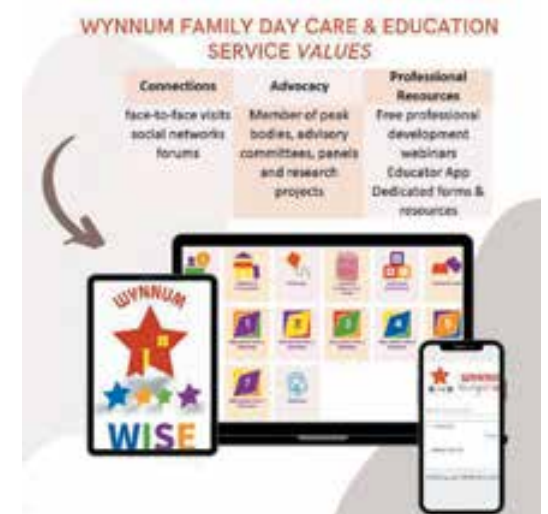
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- Exclusive access to free ECEC webinars and specific FDC training videos
- Free access to Educate (program and documentation software)
- Free access to HubWorks (reporting attendances and invoicing)
- Providing a marketing strategy including client referral
- Regular face-to-face visits from your Coordination Unit Team
- We are here to help you succeed!

Wynnum Family Day Care & Education Service welcomes expression of interest from Early Childhood Educator who are considering opening their own family day care business or family day care educators wanting to change approved providers.

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LOCAL BUSINESS PROFILE: BMD

BMD has grown from a small Queensland family business to become the largest Australian owned, national engineering, design, construction and land development contractor.

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What makes BMD different is its value system, unique culture and commitment to all staff. Renowned for a relationship-based approach to business, BMD puts its people, partners and the community first. BMD was founded on the principle of achieving success through people. Having grown from a handful of employees working in a house in Brisbane's bayside suburb of Manly, BMD now employs 1700 people in every Australian state and territory.

After 40-plus years of operation, BMD continues to invest in the development of long-term relationships with subcontractors and owner operators. This investment serves to maximise the opportunity for local input with flow on effects in the legacies we leave in communities long after the project is delivered. The mantra 'our business is our people' extends to the longstanding relationships developed with key suppliers and partners which have endured for decades. Established on a set of values that are the essence of its culture today, the BMD way continues to be the foundation of the company's success.





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BACK TO SCHOOL HELP: BAYSIDE LOCALS SUPPORTING LOCALS

FROM DENTAL ON CAMBRIDGE

Dental on Cambridge is a local family-owned practice on Cambridge Parade in Manly and one that is always looking for ways to support our local community.

The practice is often approached for donations by larger organisations across Brisbane; however, its main focus remains the local community.

In 2021, in the lead-up to Christmas, Dental on Cambridge partnered with BABI Youth and Family Service in Wynnum to provide some much-needed cheer for their young people’s Christmas event.

This year, in the spirit of sharing the support across our community, the practice will be supporting another local charity, Silky Oaks’ Family Care and Support Program, a housing and homelessness program.

Whilst Christmas is often seen as the time to give, Silky Oaks have identified that back-to-school is always an area of need for their service users. After the Christmas demand for spending, it’s often an area where people need assistance to ensure their children are ready to commence a new school year.

Dental on Cambridge will be donating (as well as collecting) donations of back-to-school supplies during November, December, and early January at the practice. While any donation will be warmly accepted, we’re asking the community to purchase an additional product they would typically purchase for their own family or relatives in preparation for the school year. Examples of suitable products would be HB pencils, erasers, colouring pencils, textas, highlighters, pencil cases, exercise books with ruled lines, scrapbooks with plain paper, rulers and calculators.

In early January, the Dental on Cambridge team will collate the donated items into school packs, ready for distribution to the team at Silky Oaks to deliver to families in need.



Community members are welcome to include a personal note with their donations to be passed on to recipients.

Donations can be made at Dental on Cambridge 4/99 Cambridge Parade, Manly – Monday to Thursday, 8:30am to 6:00pm, and Fridays 8:30am to 5:00pm.

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LOCAL POETRY

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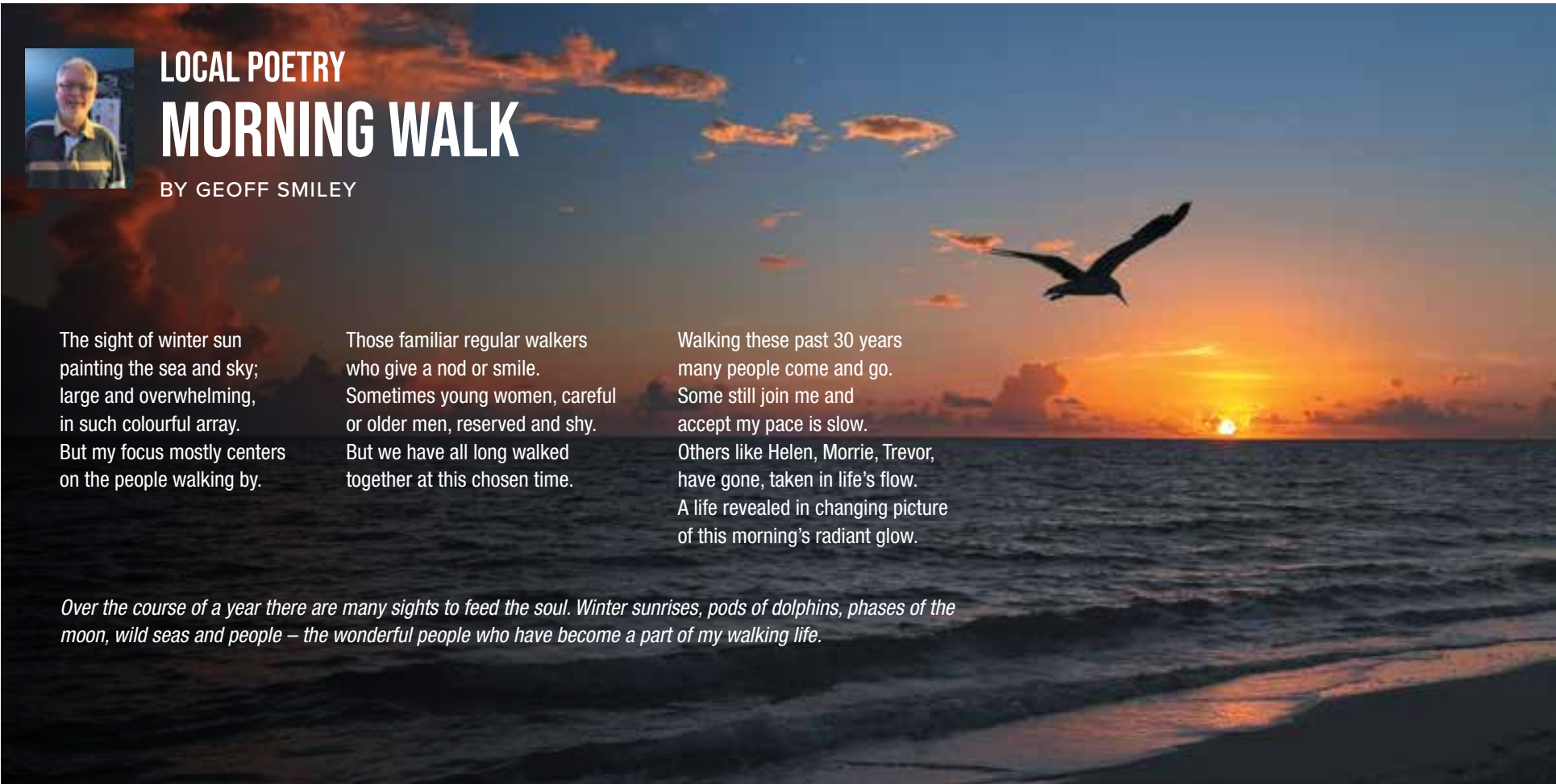
BY GEOFF SMILEY

The sight of winter sun
painting the sea and sky;
large and overwhelming,
in such colourful array.
But my focus mostly centers
on the people walking by.

Those familiar regular walkers
who give a nod or smile.
Sometimes young women, careful
or older men, reserved and shy.
But we have all long walked
together at this chosen time.

Walking these past 30 years
many people come and go.
Some still join me and
accept my pace is slow.
Others like Helen, Morrie, Trevor,
have gone, taken in life's flow.
A life revealed in changing picture
of this morning's radiant glow.

Over the course of a year there are many sights to feed the soul. Winter sunrises, pods of dolphins, phases of the moon, wild seas and people – the wonderful people who have become a part of my walking life.



BECOME A

BAYSIDE VOLUNTEER

Are you bored? Do you have time on your hands, want to meet new people, and develop new skills? Or perhaps you're simply interested in giving back to your community.

The Bayside Community Fund would love to hear from you. We'll connect you with bayside community groups who need volunteers.

Register with us today to help build a better tomorrow.

Volunteer roles include:

- General volunteer
- Behind-the-scenes volunteer –i.e. stall helper for fundraising days
- Entertainment manager
- Photographer/videographer
- Cleaner
- Timekeeper
- Event assistant
- Gift collection/sponsorship manager

SEAGULLS CELEBRATE A SUCCESSFUL YEAR AT GALA

FROM THE BMD WYNNUM MANLY SEAGULLS

BMD Wynnum Manly Seagulls held their 2022 Presentation Gala in October at the Wynnum Manly Leagues Club.

The final event for the season, the gala was attended by players and their families, coaching staff and club sponsors. It was also livestreamed on the club's Facebook page.

Kalolo Saitaua claimed the top Men's award, being named the Hostplus Cup Player of the Year.

Saitaua had a fantastic 2022 season with the Gulls, scoring eight tries, breaking countless tackles, and running for over 2000m in 19 games, generally starting from the bench.

He has also earnt a train-and-trial deal with the Brisbane Broncos for their upcoming pre-season.

Saitaua thanked the departing Adam Brideson for bringing him to the bayside at the beginning of the 2018 season, and for moulding him into the player he has become today.

In the BMD Premiership Women's team, Jazmon Tupou-Witchman claimed the Player of the Year.

In an exciting week for Jaz, she was also named in the Cook Islands World Cup team, and will travel to the UK shortly to compete for her country.

Departing coaches Adam Brideson and Michael Dobson, as well as former CEO Hanan Laban, were honoured with a presentation by Chairman Tom Solah for their outstanding service to the Wynnum Manly Seagulls. Each spoke about the enjoyable times they have had at the club, thanking many people for their respective success, and wishing the club well in the future. These three men will leave a big hole in the club after each holding their positions for five-plus years.

Chairman Tom Solah also awarded Life Membership to three significant contributors to the Seagulls. As the highest honour that the club can bestow upon an individual, the Seagulls were excited to present Life Membership to Paul Green, Jim Lewis and Ken Churchill.

Kerry Crosbie and Kevin Creese were also recognised for their extended service to the club over two decades, with a special speech from Head Coach Adam Brideson.

See a full list of the awards and recognitions below.



Hostplus Cup

Wynnum Manly Leagues Club Player of the Year – Kalolo Saitaua
BMD Players' Player – Harrison Graham
Mitch Cronin Medal – Matiu Love-Henry
Wynnum Manly Old Boys Most Diligent Player – Sam Scarlett
Anthony Schweitzer Memorial Trophy for Supporter's Award – Sam Scarlett

BMD Premiership

Player of the Year – Jazmon Tupou-Witchman
Players' Player – Essay Banu

Hastings Deering Colts

Player of the Year – Nathan Ward
Players' Player – Luke Philp
Trevor Neibling Shield for Best Junior to Senior – Max Plath

McDonalds Seagulls Academy

U19s Girls Player of the Year – Jaydah Tofae
U19s Girls Players' Player – Emma Barnes
U18s Player of the Year – Felix Faatili
U18s Players' Player – Jeremy Trappett
U16s Player of the Year – Zac Herdegen
U16s Players' Player – Zac Herdegen

Life Membership

Paul Green
Jim Lewis
Ken Churchill

Special Awards

Recognition of Service – Hanan Laban
Recognition of Service – Adam Brideson
Recognition of Service – Michael Dobson
Recognition of Service – Kerry 'Binga' Crosbie
Recognition of Service – Kevin Creese
Arch Geary Volunteer of the Year – Lyn Holleran



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WHAT ARE FISSURE SEALS?

FROM DENTAL ON CAMBRIDGE

We're so fortunate to be able to support the oral health of many families within the area. As a preventative dental practice, we highly recommend keeping your children's six-monthly routine examinations and cleans. At this appointment, we not only ensure that we're removing plaque and calculus, polishing their teeth and flossing between their teeth, but we're also on the lookout for any early signs of decay. This means that we can partner with you and your child to start their preventative care journey early!

Often we will identify some signs of vulnerable fissures or grooves, usually on new adult teeth. When this occurs, we recommend a preventative treatment called fissure seals. These seals are thin coatings of white or clear dental material applied to the grooves or fissures of teeth. Molars are the most common teeth that have fissure sealants applied to them. They protect the tooth fissures from tooth decay by keeping food and plaque out of the fissures, effectively 'sealing off' these areas. However, not all fissures require sealing; our dentists will discuss which teeth may benefit from this procedure and why before proceeding with treatment.

The first permanent molar teeth come through around six years-of-age. The ability of children at this age to effectively clean the fissures of these teeth is limited, therefore, sealing these teeth can greatly reduce the risk of tooth decay. Over time fissure sealants may require replacing as children get older.

Applying a fissure sealant doesn't usually require any drilling or invasive removal of parts of the tooth, and therefore no anaesthetic, which means no needles! After the tooth is thoroughly cleaned, a gel is applied for a few seconds, then the tooth is washed, dried, and reviewed in preparation for the sealant to be applied. The sealant then flows into the fissures of the tooth and is set with a blue light. We then check the bite to ensure it all feels ok, and you're set to go!

This treatment is often identified at your child's routine examination and can usually be completed at the



same appointment – which, as we know, is a bonus for busy families! Dr Simone Faoro is our resident child whisperer dentist – she is kind, compassionate, gentle, and a mum herself – so she knows all too well the demands of families' busy schedules.

If you've been putting off that dental check-up for your busy little people, book one now before the end-of-year madness! Call our friendly team on 3348 6661, and we will find a suitable before or after school or daycare time for your family.



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