

October 2013

sandgate GUIDE

**EXPRESSIONS
2013**

PAGE 4

**THE GARAGE
SALE TRAIL**

PAGE 16

**BE CREATIVE
THIS HALLOWEEN**

PAGE 26

WELCOME

Now that spring is upon us, the warmer days are increasing and the flowers are in full bloom. A lovely time of year to enjoy living in our wonderful seaside community. We hope you will enjoy this months issue which is packed full of local information and events to keep you busy and enjoying all that is on offer. A big congratulations to Nicole Stevens from Brighton who won our Deagon Picnic Race Day family pass.

*“I love the sandgate guide for all the upcoming events which get my family out of the house but not out of the suburb. Also love the coupons:-)”,
Nicole Stevens.*

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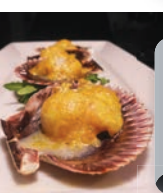


wind down
arvo hour



tuesday to sunday
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wind down with a nice cocktail, beer or wine



wine
appreciation
night



2nd wednesday
of every month



brekky
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coffee
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An Exhibition of Original Pottery & Art

The Shorncliffe Potters are hosting their annual exhibition "Expressions" from Friday 18th October to Sunday 20th October. Featuring a wide range of craft and artwork, from simple-hand pottery to photography and multimedia, Expressions will be held at the iconic Sandgate Town Hall.

The number of exhibiting artists increases every year, and includes talent from both the local area and afar. Outstanding works will be recognized in the following categories:

Pottery Hand Built, Pottery Wheel Thrown, Sculpture / Mixed Media, 2D, Photography & Jewellery.

Opening night will be on Friday 18th, 6:30pm - 9pm, followed by Saturday 19th, 9am - 9pm, and concluding Sunday 20th, 9am - 2pm.

Sponsorship opportunities are available for individuals and businesses wishing to support this event. Any artists who are not listed on the database and would like to receive an entry form, please contact Cheryl on 0401 648 627, or contact via email to shorncliffepotteryclub@gmail.com.

The Shorncliffe Potters are thankful to their good friends at Sandgate Art Society for their assistance in organising the event, as well as the support from the Lord Mayor's Suburban Initiative Fund. They are also very grateful to Kelly Millard MP, and Councillor Victoria Newton who have been very generous supporters for this exhibition since its inception.

A non-profit club, the Shorncliffe Potters are located at the Sandgate PCYC. They have been active in the area for more than 30 years. For 2013, the exhibition's 7th year, the Potter's are looking forward to returning to the atmosphere and splendour of the Sandgate Town Hall, where Expressions began in 2007.

Written by Emma King





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Music By The Sea

Concert of Three Choirs

Sounds of Broadway, pop, jazz, gospel, Aussie composers, sacred renaissance classics, JS Bach and Vivaldi will fill the Sandgate Town Hall as three celebrated choirs perform at Music By The Sea on Saturday 5th October at 7.30pm.

Performances by Musica Antiqua Collegii, Counter Point Vocal Ensemble and Multitude Choir have been likened to a delicious multilayered cake, with something for everyone in this sumptuous feast of vocal music.

Something for everyone in this sumptuous feast of vocal music.

Musica Antiqua Collegii is directed by Spencer Faulkner, and comprises a group of 45 to 55 choristers of all ages who perform magnificent arias by various baroque composers.

Founded by Ian and Leslie Brown 26 years ago, Counter Point specializes in good quality acapella with sacred classics, contemporary vocal jazz, and works by some of the country's leading composers.

ABC FM Choir of the Year, Multitude is a show choir directed by Dale Lingwood performing vibrant pop, jazz, gospel and Broadway numbers.

Tickets: Adult \$20, Concession \$15, Children 5 to 11 years admitted FREE.

For more information and bookings:

www.musicbythesea.com.au.



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The Billycart Markets host beautiful and stylish products especially created for children by talented and original Designers.

The next market will be a twilight market and is held on Saturday 19th October from 3pm-7pm at Sacred Heart Primary School, 92 Brighton Road, Sandgate.

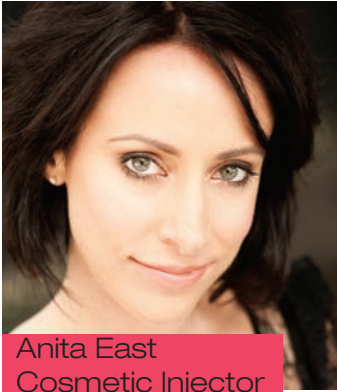
**The New Groove
Jazz Ensemble**

This is a community Big Band providing the opportunity for players young and less young to express their musical passion through the medium of Big Band Swing, Latin, Blues, Funk and Rock.

These concerts are on a Sunday afternoon from 2pm to 4pm. The performances are designed to promote a sense of community as our loyal fans and new friends join us for a free afternoon tea.

Next concert is held on 13th October at the Sandgate Town Hall.





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BRAMBLE BAYWATCH

You are invited to join in on Laurie and Andrew's Beach Walks and learn about life on the sand flats of Sandgate.

Walks are free. Wear shoes that can get wet (not thongs), sunscreen and hat.

Meet across the road of the old Baptist Church on Flinders Parade, Sandgate.

The next walk is on Saturday 12th October at 8am.

For more information phone Laurie on 3269 1671 or Andrew on 3869 4427.



New Coffee Shop Opens Its Doors

Located on Knox Street right near the train station in Sandgate, the newly opened Cypher Coffee shop aims to supply customers a great tasting coffee with a twist.

The owner, Alisa Barnes, is a 21 year old who is venturing into her own business for the first time.

Cypher was born out of her love for jazz, neo soul, true hip hop and the city of Brooklyn, NY.

You will find hints of these things through the décor, music, food, literature and coffee of Cypher.

Alisa grew up in Sandgate and has a deep connection with the local community. This town is not only where she went to primary school, where she swam competitively, the parks she played in or the library she loved; it is also where she discovered herself.



The team at Cypher wishes to help and promote the local community as much as possible.

Cypher is also currently renovating their premises to extend their kitchen, which will of course expand their menu.

Our goal is to keep growing until we can provide Brisbane with that perfect place for breakfast, lunch or dinner, with consistent quality and service.

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SEAWALL REPAIRS UNDERWAY

Repairs to the seawalls along Flinders Parade, Brighton and Sandgate, and Lover's Walk in Shorncliffe are underway.

The seawalls were damaged during the 2013 Australia Day storm event. A Council spokesperson said the works will involve:

- Repairing and replacing over 600m of damaged seawall capping;
- Repairing approximately 60m³ of damaged seawalls; and
- Backfilling minor voids behind damaged seawall sections.

Works commenced on 25 September 2013 and are expected to be completed by 31 October 2013.



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OCTOBER IS
BREAST CANCER
AWARENESS MONTH
AT SNAP FITNESS



Snap Fitness Sandgate are throwing away their national uniforms in favour for Pink. All Snapclubs across Australia in October will be proudly wearing Pink Breast Cancer shirts to promote and raise much needed money for this worthy cause.

"Our members and staff all dressed up in Santa Costumes and walked the streets to raise money for the Starlight Foundation last Christmas. We Shaved for a Cure and we support numerous local schools and events, but to be honest nothing makes me prouder than wearing a Pink Snap Fitness Breast Cancer Shirt and raising money for much needed research" said Adam Parkin, owner of Snap Fitness Sandgate.

Snap Fitness Sandgate members and staff have all purchased their shirts where 100% of this money will be donated to Breast Cancer Research and Awareness. If you see any Pink Snap Fitness members or staff around the Sandgate, Shorncliffe & Brighton areas during October, please show your support by donating money in club or simply a word of encouragement.

Snap Fitness Sandgate is located on the corner of 6th Avenue and Allen Street Sandgate, and donations of any size are warmly welcomed and appreciated.

Refreshing Change



Now that we have clarity on who is leading our country, maybe confidence will come back to the property market.

With Sydney and Melbourne auction clearance rates on the increase, we're hopeful of the ripple effect. However, you have to be mindful that living within the 4017 postcode is unique, as the auction clearance rate in our area is not very high at all! The much preferred form of selling is by private treaty.

With Spring now here and Christmas approximately 13 weeks away, there's plenty to do if you are thinking of selling!

Once you've made the decision to sell, you have to weigh up what is important to buyers. You are now selling your home for someone else to enjoy and

even though you may have lived in the home for a number of years, it is now time to handover to someone else.

Make sure cobwebs are removed, windows cleaned, skirting boards cleaned, light globes working, walls cleaned, de-clutter home, mulch garden beds, remove weeds and generally ensure that all things are in working order. With flowers in full bloom, maybe adding some colour to compliment the home will improve the overall appearances, and at little cost. These little things can make a big difference to the selling price.

This is the perfect time to sell as the warmer months are here and if you're not too sure what your home is worth, please contact Gai, Brendan or Dianne on 3269 1555 to find out or just to have a chat. We look forward to meeting you.



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We're Spring cleaning in Sandgate Arcade!!!

Have you registered your Garage Sale as part of this year's Garage Sale Trail on Saturday October 26th, 2013?

The Garage Sale Trail is a national community program which promotes positive community connections and provides a novel way for residents and local businesses to reduce waste, make money and fundraise.

Whether you're looking for some retro bargains, want to de-clutter, or just to get

to know the neighbours, Garage Sale Trail is for you.

You can see who's selling in your suburb at the website <http://www.garagesaletrail.com.au>

Locally, pop down to Sandgate Arcade where Heel to Toe, Tea & Bisque-It and Park Lane Gifts will be clearing out a wide range of stock at garage sale prices. You'll find jewellery, bags, loads of cards and stationery, shoes, party supplies and much more on the tables outside of their stores. Join them from 9am – 1pm and pick up a bargain! Sandgate Arcade, Cnr Brighton Road & Second Ave, Sandgate.





Shop 2, Sandgate Arcade
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Local Woman Launches New Families Magazine

Janine Mergler, who was raised in Brighton and went to Nashville Primary and High Schools (now Bracken Ridge High School) is launching a brand new magazine to keep parents with children 0 – 12 informed and entertained.

Families Magazine – Brisbane is styled on a similar concept from London, UK. Janine worked on the London magazine as co-editor while in the UK and now that she has moved back to the 4017 area with her family, she continues to keep her hand in the London magazine's production using the internet and staying up late!

With her days free, and her son at school full time, Janine has decided to use her wealth of experience and expertise to design and publish a brand new concept in parenting magazines, right here in Brisbane for Brisbane families.

The magazine, known for being a 'really useful read' will be written by people in Brisbane – people like you as well as professionally written articles from local Brisbane experts – so you know where to go to get more information, should a piece inspire you into action.

With contributions in the very first issue from local Sandgate business 'Something about Audrey' and regular 'Gardening with Kids' column from Nashville Primary School, the first issue will have a distinctive 'local' feel to it! You can get your copy from local schools,

daycare centres, libraries and indoor play centres. You can also read it online from 18 November 2013 and every two months after that!

Keep updated on Facebook

www.Facebook.com/FamiliesMagazine



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WHAT'S ON

in October

Wednesday 2

Full Moon Funnies
Full Moon Hotel 7.30pm

Thursday 3

Organism
Cardigan Bar 7pm

Friday 4

Warm & Soulful
Cardigan Bar 7.30pm

Rob Hackwood
Sandgate RSL 7.30pm

Kerries Party Band
Seaview Hotel 8.30pm

Unplugged Cafe
Sandgate Community Cntr 7pm

Ben Clayton
Full Moon Hotel 7.30pm

Saturday 5

Sandgate Parkrun
Arthur Davis Park 7am

Music By The Sea Concert
Sandgate Town Hall 7.30pm

Keshia Kiely
Full Moon Hotel 7.30pm

Live Music
Cardigan Bar 7pm

Danny Jazz
Cafe on the Park 1pm

Live Music
Raphaels 7pm

Sunday 6

Chilled Vinyl
Cardigan Bar 12pm

Steve Hargreaves
Full Moon Hotel 6pm

Sean Wade
Sandgate RSL 12.30pm

Popular 2wo
Fullmoon Hotel 1.30pm

Brent Decibels
Cafe on the Park 1pm

Rusty
Seaview Hotel 12pm

Pieter & Melissa Kruger
4017 Bar & Grill 3pm

Monday 7

Juice
Cafe on the Park 1pm

Wednesday 9

Wine Appreciation Night
Raphael's Restaurant 7.30pm

Full Moon Funnies FINAL
Full Moon Hotel 7.30pm

Thursday 10

Organism
Cardigan Bar 7pm

Trivia Night
Full Moon Hotel

Friday 11

Warm & Soulful
Cardigan Bar 7.30pm

Rocking Bodgies
Sandgate RSL 7.30pm

Amy Kate Bryant
Full Moon Hotel 7.30pm

Saturday 12

Oktoberfest At The Cardigan
Cardigan Bar 12pm

Hearsay
Sandgate RSL 7.30pm

Sandgate Parkrun
Arthur Davis Park 7am

Gallery Open Weekends
99 Yundah St. Shorncliffe 10am

Danny Jazz
Cafe on the Park 1pm

Ben Clayton
Fullmoon Hotel 7.30pm

Sunday 13

Chilled Vinyl
Cardigan Bar 7pm

The Baton Jukes
4017 Bar & Grill 3pm

Gallery Open Weekends
99 Yundah St. Shorncliffe 10am

Bazmac
Sandgate RSL 12pm

Steve Hargreaves
Full Moon Hotel 1.30pm

Sunday 13

Vic kinner
Seaview Hotel 12pm

New Groove Jazz Ensemble
Sandgate Town Hall 2pm

Thursday 17

Organism
Cardigan Bar 7pm

Friday 18

Warm & Soulful
Cardigan Bar 7.30pm

Expressions 2013
Sandgate Town Hall 6.30pm

West Texas Crude
Sandgate RSL 8pm

Steve Hargreaves
Full Moon Hotel 7.30pm

Dave Ritter Band
Seaview Hotel 8pm

Saturday 19

Twang
Sandgate RSL 7.30pm

Live Music
Cardigan Bar 7pm

Expressions 2013
Sandgate Town Hall 9am

Billycart Twilight Markets
Sacred Heart Primary School 3pm

Danny Jazz
Cafe on the Park 1pm

Sandgate Parkrun
Arthur Davis Park 7am

Sunday 20

Upenders
4017 Bar & Grill 3pm

Popular Two
Full Moon Hotel 1.30pm

Expressions 2013
Sandgate Town Hall 9am

Rob Hackwood
Sandgate RSL 12.30pm

Flatline
Cafe on the Park 1pm

Kevin Smith
Seaview Hotel 12pm

Chilled Vinyl
Cardigan Bar 12pm

Thursday 24

Organism
Cardigan Bar 7pm

Trivia Night
Full Moon Hotel

Friday 25

Warm & Soulful
Cardigan Bar 7.30pm

On The Move
Sandgate RSL 7.30pm

Campfire Karaoke
Fullmoon Hotel 8.30pm

Saturday 26

Live Music
Cardigan Bar 7pm

Amy Kate Bryant
Full Moon Hotel 7.30pm

The Garage Sale Trail
Various Locations

Now & Then
Sandgate RSL 7.30pm

Danny Jazz
Cafe on the Park 1pm

Sandgate Parkrun
Arthur Davis Park 7am

Sunday 27

Steve Hargreaves
Full Moon Hotel 1.30pm

Romio Solo
Sandgate RSL 12.30pm

Chilled Vinyl
Cardigan Bar 12pm

Renior Cats
Cafe on the Park 1pm

Dave Ritter
Seaview Hotel 12pm

West Texas Crude
4017 Bar & Grill 3pm





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**FREE
MEAL**

EXP - 31/10/13

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Sandgate. Ph: 3269 5062

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**10%
Off**

EXP - 31/10/13

Park Lane Gifts & Collectables

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coupon to
receive 10% off
storewide.

Shop 4, Sandgate Arcade
Sandgate. Ph: 3869 2555

More coupons at sandgate.com.au



**10%
Off**

EXP - 31/10/13

SAR HAIR

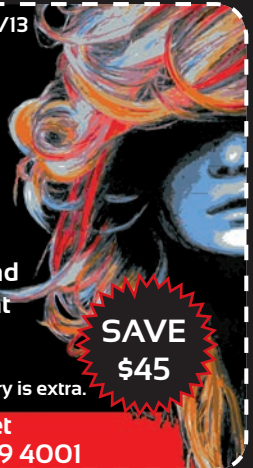
EXP - 31/10/13

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**SAVE
\$45**



EXP - 31/10/13



Gloria Jean's COFFEES

**1/2
Price**

Buy one drink
and get the 2nd
one for half
price*. 2nd drink
must be of equal
or lesser value

Valid at Gloria Jeans Coffees Sandgate



VANDA'S FASTFOOD

Present this
coupon to
receive:

- Curry
- Rice
- Can of drink

Only \$7

Shop 15, Brighton Rd Sandgate
Phone: 3269 7000

**Meal
Deal**



EXP - 31/10/13

BRIGHTON MOWERS

Present this coupon to purchase an oil change for only \$6.



\$6 OIL CHANGE

EXP - 31/10/13

2/74 Ward Street, Brighton
07 3269 5928

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FISH ON FLINDERS

Buy 1 brekky and get a 2nd one free.

Not valid on weekends or public holidays. Up to equal or lesser value. Not valid with any other offer.



FREE BREKKY

EXP - 31/10/13

Opposite Sandgate Pool

196 Flinders Parade,
Sandgate Ph: 3269 6903

THE FULL MOON HOTEL

On Bramble Bay

Buy 1 meal and receive a 2nd meal free.

Up to equal or lesser value. Not valid on public holidays or weekends & not valid with any other offer.



FREE MEAL

EXP - 31/10/13

Sandgate Ph: 3869 0544

More coupons at sandgate.com.au

Something About Audrey

Present this coupon to receive 15% off your purchase.



15% OFF

EXP - 31/10/13

111 Brighton Road, Sandgate
07 3869 1900

More coupons at sandgate.com.au

50% Off Room Hire



Book your function for 2014 and receive room hire for half price.

EXP - 31/10/13

65 Pier Ave, Shorncliffe Ph: 3269 9999



SEAVIEW HOTEL
ON THE BAY



Weight Loss

Where ordinary people achieve extraordinary results You can too!

10% OFF



Sonia lost 56.6kg in 47 weeks

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EXP - 31/10/2013

Gallery Open Weekends

Naracoopa B&B Art Gallery

Every community needs a creative space for local artists to exhibit and inspire with their artistic and original artworks. Naracoopa B&B in Shorncliffe has created a gallery space for local 4017 creative individuals to present a selection of their artworks to the public on the second weekend of the months of October 12/13, November 9/10 and December 7/8 from 10am to 3pm daily, or other days by appointment. Naracoopa Art Gallery is a place to dream, inspire, create, discover; a gathering place for innovative artworks; a host for artists to share their talents. Part of creating this community canvas is providing a gallery space for creative's and artists from our local 4017 area to display and sell their work.

Invited artists for this inaugural three month Gallery Open Weekends are four award winning local artists. Pete Martin, exhibiting his popular watercolour series of local 4017 scenes and selected outback aerial vistas on canvas. Cath Macauley, ceramic sculptor, exhibits her striking Ceramic Heart Necklaces, sophisticated Contessa Wall Plaque series and whimsical ceramic sculpture figures and creatures. David Cross, oil painter, exhibits his Shorncliffe Pier Series as well as other original paintings using light and reflection as a catalyst for colour, tone and texture which

exuberates the imagery. Grace Cross, textile and mixed media artist, exhibits mixed media and textile artworks with a fusion of layers, fibres, fabric, paper, acrylics, stitching, beading and/or embellishments.

Naracoopa Art Gallery is a place to dream, inspire, create, discover; a gathering place for innovative artworks; a host for artists to share their talents.

One key artwork can totally transform your home, office or workplace. When you buy original art you're not only bringing its colours and textures into your space, but its mood and message too. And because you've selected a piece you love, it should bring joy to you, your surrounds and later generations for years to come. We look forward to welcoming you to Naracoopa B&B Art Gallery. Come and have a cup of tea, take in the surrounds, reflect and devour the art and buy that special piece that enriches the soul.

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Easy Tips for Healthier Skin

There are two distinct types of aging; one is genetics (intrinsic) and the other is external factors caused by environmental exposure to not only the sun, but ultraviolet lights (extrinsic). As we age, our skin's collagen and elastin production slows down as does the turnover of new skin cells, resulting in fine lines and wrinkles which are exacerbated when sun damaged.

While you cannot stop the signs of premature aging, you can prevent signs earlier on. The most important treatment is to limit sun exposure. Protect your skin by using quality sun protection consistently all year round, thereby preventing sun damage.

Microdermabrasion will assist in stimulating natural collagen and elastin that will help to restore the skin's texture, elasticity and complexion, in conjunction with medical grade peels, IPL Laser, and is crystal free.

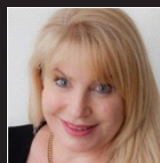
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BE CREATIVE THIS HALLOWEEN

Pumpkins, bats, scythes and hats! Yes, that's right; All Hallows' Eve is just around the corner, on Thursday 31st October.

With Halloween's rapid increase of popularity and acceptance in today's Australian culture, many can enjoy everything which Halloween has to offer.

Whether you're attending house parties or fright nights, dressing up and trick-or-treating, or simply indoors watching your favourite horror classics, Halloween promises to be an eventful and joyful once-yearly occasion.

With reapers, skeletons, zombies, witches and demons, there are many conventional ideas which you can choose to dress up as. But All Hallows' Eve is not all horror and supernatural. Christine Young, Owner of Christine's Costumes here in Sandgate, suggests that Halloween can be viewed as a light-hearted and fun festival, more than a serious one.

"Many people automatically turn to the 'traditional' Halloween-themed costumes during the October holidays," Christine points out, "rather than let their creativity, imaginations and self-expressions be their guide."

"You can dress up for Halloween as anything you like," she added, and noted that props and accessories can further authenticate your choice in costume, as well as provide a deeper visual effect.

If you're looking to be artistic, or daring, in choosing your costume, think outside of the box. Conventional horror costumes are great, but unique costumes can make you stand out above the rest. Who's your favourite character, actor, musician or historical person? On Halloween, you can be who you want to be.

Written by Emma King.



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Pirate Shenanigans in Bramble Bay

The coming of Spring has heralded a rise of Pirate related incidents in the Brighton area. Luckily Brighton State School Prep children have been studying all things Pirate and have been on hand to monitor any local pirate outbreaks.

The Queensland Museum supplied pirate paraphernalia, including peg legs and cannon balls and with the encouragement of "Bramble Bay Betty" great, great granddaughter of a pirate, the children have been writing letters and stories and creating amazing art works.

A swashbuckling lesson with "Pirate Catcher Lucinda" ensured they were ready to counter any local pirate activity.

The class flag was brazenly stolen by Sandgate Sid, only to reappear, whilst the children had a Pirate Morning at Decker Park, flying boldly from the mast of a boat sailing in Bramble Bay!

How lucky we are to have such an amazing play space available at Decker Park next to our beautiful beachfront. On a beautiful Spring morning ... it was certainly the place to be.





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HISTORY BITES

Geologically and historically some things are incredible to consider. To this end let's briefly pull back to a time in our history referred to as the late Triassic Period. More specifically . . . around 215 million years ago?

The dominant sedimentary environment back then consisted of fresh water swamps and streams into which the foliage of typical plants of the period fell or were washed... "Tree ferns, Seed ferns, Cycads, Ginkgos and Horse tails... The fossils of such plants are still contained in outcrops of rock at the mouth of Cabbage Tree Creek, Shorncliffe.

Rock-forms of this type continue around the headland above the present pier and then turn west towards the shopping centre of Sandgate. From here the cliff line continues on in a north - westerly direction along Brighton Road and Brighton Terrace. Running parallel to the present shore, it represents the former position of the coastline when the sea level was higher. Within the layers of this rock, carbonaceous shale deposits give us an indication of the rich plant life that existed then. A riverine rainforest of food for plant-eating dinosaurs of the time, possibly the unidentified bipedal dinosaur and a labyrinthodont amphibian, found in fossil evidence elsewhere in Brisbane.

More recently, that is, during the last million years, ice ages have alternated with warmer interglacial periods, with far reaching effects on the planet. This has resulted in fluctuations in sea levels, causing Moreton Bay to be emptied probably four times in the last 120,000 years.

During the last ice age the sea level was 150 metres lower than at present and the coastline was well east of Cape Moreton. The Brisbane River flowed across what is now the bed of Moreton Bay. North-easterly it was possibly joined by its tributaries the Pine and the Caboolture Rivers. It continued flowing north past what is now Moreton Island, before entering the ocean.

With the end of the ice age, sea levels rose to approximately a metre above present levels. Shorncliffe became an island at high tide with the sea breaking along the cliffs extending through Sandgate and north to Brighton. Since then sea levels fell again until approximately 2,000 years ago.

From this time levels have continued again to rise slowly. And so the cycle continues. The four fresh water lagoons are fairly recent formations caused by the sealing up of small drainage creeks blocked by levee deposition of sand or soil along larger creeks such as Cabbage Tree Creek, around 6000 to 3,000 years ago.

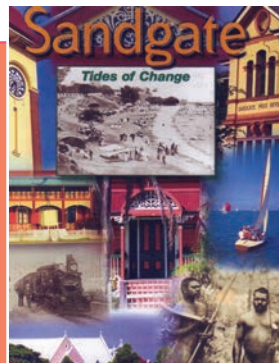
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Tia's New Venture

Tia is still at school and hoping to become a successful model, designer and entrepreneur. With a gentle soul, a keen eye for fashion and a model figure, Tia has started her own business, Peacelily Designs, selling her selection of casual clothing, jewellery, swimwear and dream catchers. Her range consists of hippie wear, crochet bikinis and one piece togs, crochet shorts, tops, beach cover ups and tie dyed pom pom shorts.

The items are all hand-picked to reflect Tia's love of nature, the beach, peace and serenity. Peacelily reflects the vibe of Tia's lines.



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THE GREAT CYCLE CHALLENGE

This October my daughter (Grace) and I (local residence of Sandgate / Brighton) will be participating in the Great Cycle Challenge.

The Great Cycle Challenge is a fund-raising event where by participants are asked to pedal as many kilometres as they can throughout the month whilst collecting donations.

All funds raised from the event will be used to fight kids' cancer to help children across Australia who are bravely fighting this terrible disease.

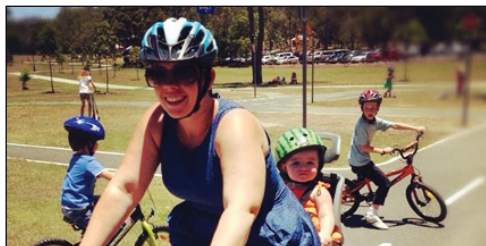
I have pledged to ride over 300kms throughout the month of October, whilst Grace plans to view over 300km worth of Sandgate and Brighton foreshore scenery (whilst relaxing in her bike seat positioned on the back of my bike)!

I believe that the challenge is an opportunity

not only to raise money to help children with cancer, but to show that an ordinary person (me, a stay at home mum) can set out to do something extraordinary (ride hundreds of kilometres on a bike whilst towing a two year old, and raising loads of cash for a good cause).

Let's find a cure!

<http://www.greatcyclechallenge.com.au/Riders/JenniferStevens>



Focus on Fitness

As we head into summer and start thinking about Christmas celebrations our attention often focuses on looking great rather than thinking about our level of fitness. So why would you focus on wanting to be fitter?

The short term benefits to being fitter are not limited to your clothes fitting better, but also include better sleeping patterns, more energy and increased positivity. More importantly, long term benefits for people who have maintained fitness include the ability to ward off medical issues and injuries caused by falls or ill health due to greater levels of physical resilience, agility and flexibility.

Getting fit and staying healthy can be as simple adjusting our way of thinking and some minor lifestyle changes.

1. Get your mind prepared– think about what your end goal looks, feels and sounds like!

2. Talk with your friends, family or health professional about your desire to be fitter so

they can support your decision with positive and practical support.

3. Acknowledge your fears and plan for any potential hurdles so that you can make this the start to your lifelong health success.

4. Be friends with food, you don't need to count every calorie. Get as much sensible advice as you can on food.

5. Get moving! Boot camps are a good place to start with the option of Personal Training to help set personalised goals.

6. Celebrate the milestones along your journey to becoming a fitter healthier you!

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Time	m	Time	m	Time	m	Time	m
1 0059 0.56		9 0551 0.30		16 0126 0.28		24 0600 0.49	
0651 1.74		1221 2.28		0723 2.07		1236 2.12	
TH 1250 0.54		WE 1854 0.55		WE 1333 0.39		TH 1906 0.72	
1905 2.11				1937 2.23			
2 0139 0.45		10 0028 1.77		17 0210 0.22		25 0040 1.55	
0732 1.88		0634 0.38		0810 2.18		0638 0.59	
WE 1338 0.46		TH 1314 2.22		TH 1425 0.36		FR 1320 2.03	
1945 2.17		1955 0.62		2022 2.19		1955 0.77	
3 0216 0.36		11 0128 1.65		18 0250 0.20		26 0131 1.47	
0812 2.01		0729 0.48		0852 2.27		0728 0.70	
TH 1423 0.39		FR 1416 2.17		FR 1512 0.36		SA 1412 1.95	
2023 2.20		2109 0.64		2102 2.13		2058 0.79	
4 0252 0.29		12 0245 1.58		19 0325 0.20		27 0242 1.44	
0851 2.12		0840 0.56		0931 2.31		0832 0.79	
FR 1507 0.35		SA 1528 2.14		SA 1555 0.39		SU 1514 1.91	
2100 2.20		2225 0.59		2140 2.05		2210 0.76	
5 0328 0.24		13 0411 1.62		20 0357 0.22		28 0409 1.49	
0930 2.21		1003 0.58		1009 2.33		0952 0.80	
SA 1550 0.34		SU 1642 2.16		1635 0.44		MO 1621 1.91	
2138 2.18		2335 0.49		2216 1.95		2313 0.67	
6 0403 0.21		14 0527 1.75		21 0427 0.26		29 0520 1.62	
1010 2.28		1122 0.53		1046 2.32		1108 0.75	
SU 1633 0.35		MO 1748 2.20		MO 1713 0.50		TU 1722 1.96	
2216 2.11				2250 1.85			
7 0437 0.21		15 0035 0.38		22 0456 0.31		30 0005 0.55	
1051 2.31		0629 1.91		1122 2.27		0613 1.79	
MO 1717 0.40		TU 1233 0.45		TU 1749 0.57		WE 1211 0.66	
2256 2.02		1847 2.23		2324 1.75		1814 2.02	
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2339 1.90				2359 1.65		1902 2.06	

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What's On in Bracken Ridge

Train Day

The next Bracken Ridge and Central Lions Train Day at McPherson Park (off Denham St - UBD map ref 110 E6) is on Sunday 27 from 9:30am to 2:30pm. Enjoy music and miniature steam trains at the monthly Train Day at Bracken Ridge. Give the family a treat with a ride on a real steam train, run by the Bracken Ridge Central Lions club. A fun-filled family day with food and plant stalls.

<http://brackenridge.qld.lions.org.au/>

Observe the Sky

The Urban Observers is an event organised by the community outreach arm of the South East Queensland Astronomical Society. It is held on the 1st and 3rd Sundays of the month at the Barrett Street Reserve, Bracken Ridge just after sunset. Members of the club bring along their scopes so that the public can come along and see views of the planets, stars, nebula, galaxies, comets etc. in deep space. These events are free and open to everyone.

The nights begin between 5pm and 6pm, and end around 8pm and are ideal for families. Our team are very experienced and we also offer advice on where to purchase high quality, and inexpensive telescopes, as well as offer assistance with telescopes which aren't working properly. You are able to park your car right next to where we are set up and we also



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The Sunday Social

Summer is in full swing and Sundays at Phoenix are set to bring an all new Sunday session to the Northside. Bringing the city bar experience to the suburbs, Phoenix, features a lush outdoor bar with cooling misters, designer cocktail and wine list, and a share-plate menu that you won't want to share. Phoenix brings a whole new level of sophistication to the Northside.

Every Sunday from 2pm the Phoenix lounge band sets the mood with style and laid back music, adding to the fantastic ambience Phoenix provides.

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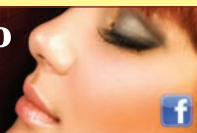
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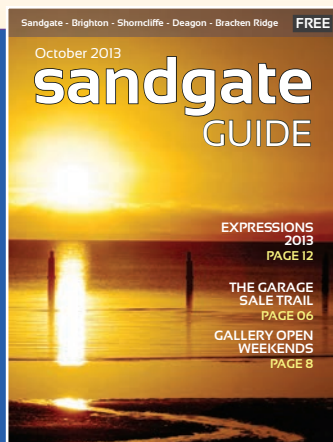
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