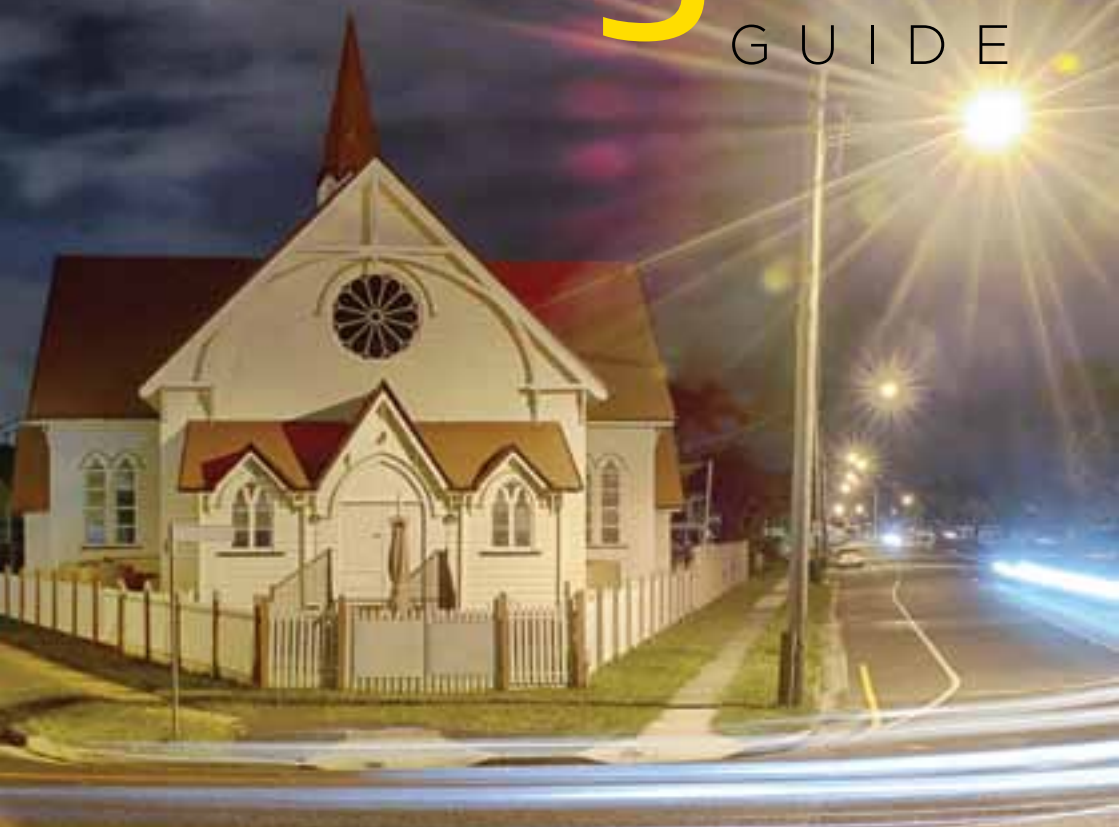


# sandgate

## GUIDE



### **INSIDE**

Standup Paddle  
Board Racing

**Local Talent Exposed**

**BRETT WHITMORE**



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## WELCOME

We hope you enjoyed your summer break just as much as we did. The beginning of 2014 is shaping up to be a busy one. This month inside the Sandgate Guide you will find there is plenty to do around town during February. Our foreshore will be buzzing with activity when Stand Up Paddle-board racing comes to Shorncliffe (p4). Our town will be graced with the talent of local Brisbane band Desert Blues Cartel playing live at the Cardigan Bar (p8). We've put together a list of things to do with pre-schoolers now that the bigger kids have gone back to school (p6) and we introduce local musician Brett Whitmore who plays regularly around town (p14). Don't forget to pick up your Sandgate VIP Card and save when you shop locally. Details on page 13.

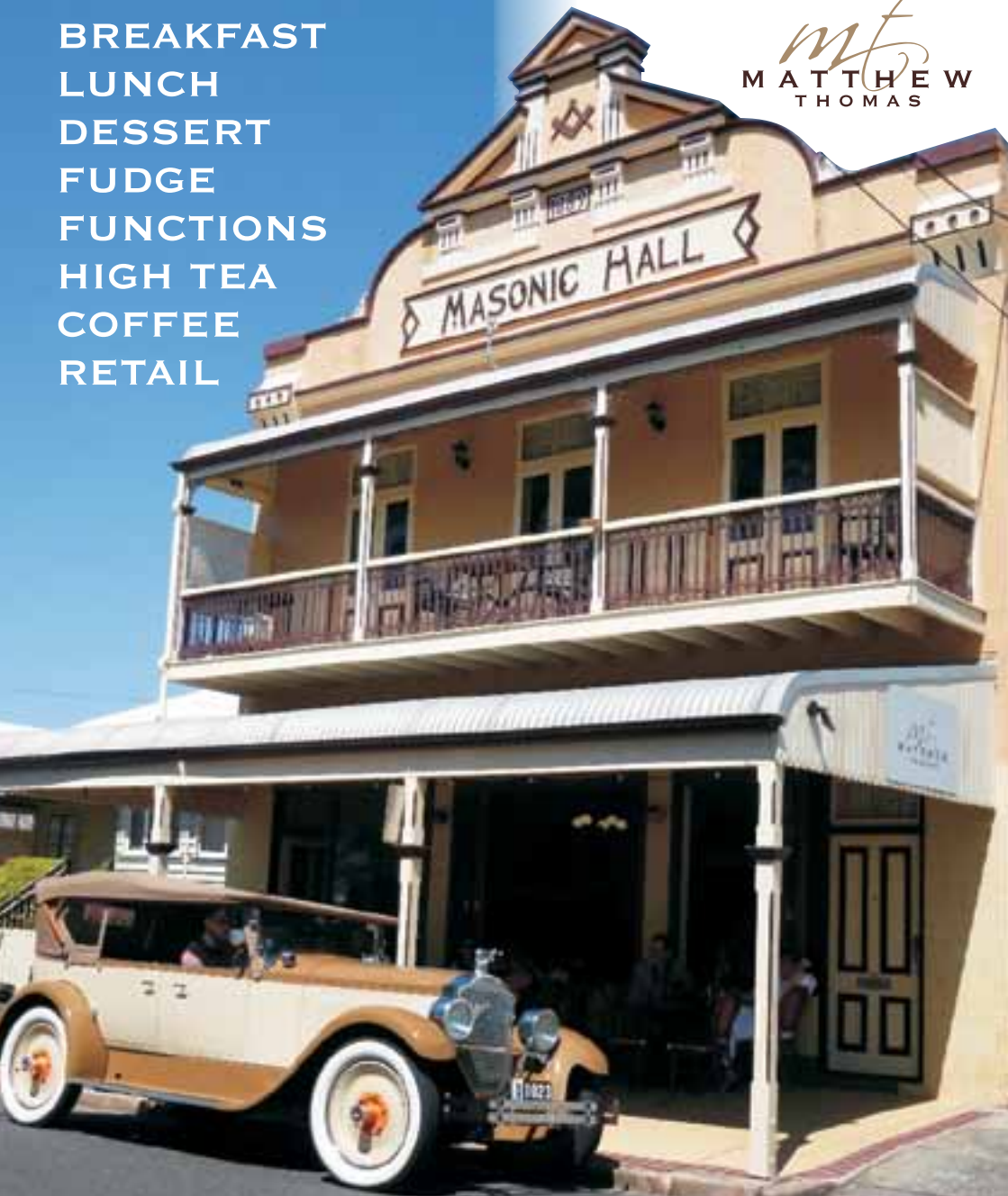


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# Enjoy Summer with Stand Up Paddle-board Racing

**S**ummer's here, and with unusually high temperatures around Brisbane, you may be wondering how you can enjoy the extra sunlight while keeping cool.

BrisSUP, our local paddle-board enthusiast club, is holding fortnightly Stand Up Paddle-board time trial racing, and it's open to the public.

Held Saturday mornings at Lower Moora Park in Shorncliffe, races are based on a Battle of the Paddle style course, which is an M shaped course around pylons and buoys. "Included in the race is a short beach run between each of the 3 laps, and a beach start and finish," Jason Anderson, BrisSUP founding member says, "so there will be plenty of action and excitement for spectators."

People of all ages and skill levels are encouraged to join in on the fun. "Any individual has the ability to win the series," Jason explains. "Because the race is handicapped point based, as long as you regularly attend and improve your PB, it counts towards your overall score."

Races begin at 6am and finish by 6:30am. Participants pay a small \$5 per race fee, which covers a post-race BBQ breakfast for participants, and goes towards the overall prize pool.

Those interested in participating should contact Jason prior to the race and will need to have their own board. Board rentals are available from local shops including Briskites and Surf Connect.

Jason first paddle-boarded a few years ago when his wife gave him a stand up paddle-board lesson as a gift. Today, he is often involved in the activity. "I find paddle-boarding relaxing, along with the cool ocean breeze," Jason says. "It's a great way to socialise as well as stay active outdoors."

BrisSUP is affiliated with Surfing Queensland and also holds many impromptu social paddling events all around Brisbane.

*Story by Emma King.*

**TIME TRIAL RACE DATES:  
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For more information contact Jason Anderson at [brissup.inc@gmail.com](mailto:brissup.inc@gmail.com) or join the Facebook page "Brisbane SUP Group (BrisSUP Club Inc.)".





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# Fun With Kids

**W**hat to do? It's a question many stay-at-home parents find themselves asking as their preschool aged child/ren tear apart the tidiness achieved only hours before. How can this bundle of energy best be expressed? As parents of young children ourselves, we hope to take some of the mystery and unknown out of how best to direct your little bundle of fun, and aim to nurture your sanity in the process.

## ART

Kim Manicini Art Gallery in Deagon offers 'Tiny Talents' stay and play, and 'Mummy n me' classes for older more independent children, taught while parents sit and create their own artwork. **Ph: 0402 473 083**

## DANCE

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## KINDERGYM AT SANDGATE PCYC

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## MUSIC

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## SWIMMING

Swimming lessons are available at the Sandgate Swim Club at Sandgate State School pool **Ph: 0435 751 491**, and also from the Sandgate Aquatic Centre by

the bay where visitors are also welcome for a swim and play throughout the warmer months. **Ph: 3269 7946**

## SANDGATE LIBRARY

Babies Books & Rhymes, and Children's storytime. **Ph: 3403 8888**

## PLAYGROUNDS

Playgrounds are free and full of opportunity for both exploration and a good place to make friends for parent and child. From Decker Park in Brighton, to Lower Moora Park in Shorncliffe, and the fenced Einbunpin Lagoon Parkland playground in between, you are sure to find play equipment to satisfy your child's curiosity. Try out the climbing wall and funnel-web for older children above Dowse Lagoon on Deagon Street in Sandgate.

## PLAYGROUPS

Playgroups are the backbone of many blossoming relationships that can last a lifetime. Now often coordinated and run through schools for preschool aged children, there remain those independently run groups like Sandgate Playgroup at the Girl Guides Hut every Thursday 9:30-11:30, the Sandgate Nurture Playgroup held in the Sandgate PCYC Community Gardens, and Encompass Multicultural Parents' Cafe at the Sandgate Community Centre Monday 9:30-11am.

May every parent find an activity that brings both them and their child, expression and delight. Remember it is often to be found in the journey, rather than the ultimate destination. Have fun!

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# DESERT BLUES CARTEL

**If you love the blues with a splash of gypsy, and appreciate raw local talent then you're in for one big treat. The Desert Blues Cartel are playing a ticketed event at the laneway Cardigan Bar on Saturday 22 February at 7pm, and you'd want to arrive early to get a seat with a plush-covered bed head for comfort.**

This dreamy, yet dirty blues rock outfit elevate their sound with haunting electric violin that would get any gypsy swinging, with Davis' gravelly voice blending Tom Waits and Nick Cave into a growling smoothie. Compared to the likes of Leonard Cohen and The Dirty Three, Desert Blues Cartel have already established a name that draws a crowd, since their first performance in February 2013.

From extensive musical backgrounds varying between post-rock, indie-pop, punk, country and blues, the Desert Blues Cartel form a compelling and eccentric mix of blues, gypsy, country, and jazz with seemingly effortlessly form.

Vocalist Rob Davis explains that the foreshore in Sandgate has inspired "one of our crowd favourites, a duet part-sung in French called 'Ma Cherie'. We were inspired by the historic pier and the adjoining 'Lovers Lane'; one of our favourite romantic places in Brisbane.

"Cardigan Bar is the perfect venue to see the Desert Blues Cartel. Its intimacy, delightful owners and sophisticated touches remind you of the style of bar you stumble across in a laneway, in cities like Melbourne, Paris and New Orleans. Desert Blues Cartel shows almost always include feature performers. We're excited to announce that international burlesque star, Lola The Vamp, will be joining us at the bar.

Lola The Vamp is renowned internationally as a true burlesque icon. Described as a living amalgam of vintage beauty, cast in the mould of yesterday. From her debut in San Francisco, to the Edinburgh Fringe, Las Vegas, and all over Australia, Lola The Vamp is the first performer in theatre history to actually perform burlesque for the award of PhD!

Last year gave Desert Blues Cartel air time on 4zzz and Triple J, saw them performing in the Spiegeltent in Melbourne, and support to author/activist/musician Kinky Friedman at the Black Bear Lodge in Fortitude Valley.

Sandgate get ready. Tickets are \$10 at the door. You do not want to miss this.

*Story by Susannah Holmes*







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# Embrace the New Year with Yoga

**F**or many, a new year signals new beginnings and greater awareness of goals we wish to achieve. Busy lifestyles can leave us stressed, tense and unable to think clearly. As we age our bodies are less forgiving of the silly season's antics, meaning many of us are this year looking to ways in which to improve and address health concerns, and how to improve general wellbeing.

## Partner Yoga



*Photo By Renate Hottmann-Schaefer*

Yoga cultivates health and wellbeing (physical, emotional, mental and social) through the regular practice of a range of many different techniques, including postures and movement, breath

awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation. It is an approach to life that values appropriate effort, based on balance and harmony, within each person and with each other.

**Viroga Yoga Studio and Health Spa** is one of the Sandgate districts premium yoga studios operating from Seaview Street in Brighton. 'Viroga' is a Sanskrit word that means 'wellness', which practitioners aim to promote by providing yoga, meditation, massage, spa services and retreats. All classes are guided by professional and experienced instructors in a private and serene space dedicated to yoga. The studio is fully equipped with mats and props specific to each class. **Ph 3314 1016 or email [info@viroga.com.au](mailto:info@viroga.com.au).**

Qualified instructors Cheng Teo and Lisa Johnson of **Health Holistic** in Brighton teach a fusion of hatha yoga and assisted poses with another person in the class, incorporating gentle and supportive body work in Partner Yoga. Classes use a fusion of classical poses and partner work to invigorate the mind and body. Classes are held on Tuesdays from 6:30pm. **Email [health.holistic@optusnet.com.au](mailto:health.holistic@optusnet.com.au) or ph 3314 1282.**

Partner yoga creates the opportunity to be interdependent, relying on each other's support to keep correct body alignment, balance and focus in a posture. It can be practiced by any two people and is a great way to strengthen a relationship by fostering trust and communication, and is a fun way to add variety and depth to your yoga practice; especially beneficial between parent and child.



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# Restoring the Balance

**C**abbage Tree Creek is a water playground for scores of boating enthusiasts, is home to the Queensland Cruising Yacht Club, and the Volunteer Marine Rescue, where the creek meets the Bay. Our local fishing industry moors trawlers on the banks of the creek and countless wildlife know this creek as home.

Without the perseverance of locals, Cabbage Tree Creek would completely silt up, resulting in the death of magnificent mangroves and the marine habitat and breeding areas. Indeed pressure from volunteers has kept the water quality of Cabbage Tree Creek a priority thanks to those who voluntarily undertake mangrove habitat monitoring and source grants to fund revegetation and studies to test water quality.

Approximately 200kms of Moreton Bay's creek shorelines have been filmed by MangroveWatch, a monitoring program that partner's mangrove scientists and community participants.

So why does Cabbage Tree Creek gather so much interest? Aside from the obvious, a unique habitat exists off the banks in Deagon, nurturing six of Brisbane's eight mangrove species, growing in abundance in a small 1 ½ acre area. JCU MangroveWatch coordinator, Jock Mackenzie says "Mangrove areas such as this are very few and far between around Brisbane. These remnant areas might be small, but they have very high value in terms of providing a nursery ground for marine creatures."

Cabbage Tree Creek's course has been altered by construction over the years, altering the natural water flow. Mud has reduced tidal flushing of the area which threatens the mangroves, decreasing



*Photograph by Geoffrey Redman*

marine creature movement, and creating pools for mosquitoes to breed.

NCN and CTCCC were successful in a proposal to the Department of Transport and Main Roads to perform a hydrological study to determine correct tidal flows in the creek. NCN President and Deagon local, Geoffrey Redman explains, "Mangroves are fifty times better than rainforests. They take in six times the amount of carbon. They hold the banks together. Their root systems take out pollutants. They supply pollen for the pollinators, housing and food for fauna."

Enjoying our waterways, supporting our local fishing industry and enjoying a fresh catch is a part of life here in Sandgate. Geoffrey says that "75% of Queensland's fish have their nurseries in mangroves." Let's look after them.

*Story by Susannah Holmes*



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# Local Talent Exposed: Brett Whitmore

**T**his is a community with a great wealth of artists and performers alike. Some are lounge room warriors, yet others brave the stage and entertain us with their talents and personality. One such latter character is Brett Whitmore, often performing weekend gigs at Sandgate's Full Moon Hotel.

Brett's love for guitar began during his high school years when he rescued a broken guitar from the classroom, literally saving it from the tip. It was lovingly mended with glue and a vision, and so began Brett's life-long passion for the strings.

Redcliffe's Cerebral Palsy League (CPL) benefits greatly from Whitmore's musical talents, with Brett running song writing workshops and an on-site recording studio for people with physical disabilities. For over a decade Brett has found great

joy in "being able to make a difference in people's lives through music", also managing a band called 'Cascades'. An originals band formed by both CPL staff, and clients with disabilities, 'Cascades' are working together to write, record and perform their own songs.

Electronic outfit, 'MeowRocket' is a similar project at CPL, who have recently released a self-titled E.P., playing music based on samples and electronic instruments. Brett's assistance is added through production and bass guitar.

A serious motorcycle accident in 2013 proved a real challenge for Brett in which he broke his upper right arm and left leg. He has spent the last few months recovering and is "absolutely thrilled to be able to strum a guitar again!"

Brett's sights are now set on releasing a solo acoustic album later this year, which is currently in the making. He is keen to introduce new audiences to a number of his original songs, with influences from writers like Neil Finn, Band of Horses, Wouter "Wally" De Backer and Bernard Fanning. As well as guitar and vocals, Brett plays drums, bass, keyboards and mandolin, which enables him to play the majority of what is recorded and mixed for his upcoming release.

With a musical career spanning fifteen years, Brett still enjoys "playing music as much as I did at the very first gig".

You can catch Brett's enthusiasm later this year at Sandgate's popular laneway Cardigan Bar. Brett is also available to play at weddings and private functions.

**For bookings call 0418770483 or email [b.whitmore76@optusnet.com.au](mailto:b.whitmore76@optusnet.com.au).**

*Story by Susannah Holmes*





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# MUSIC BY THE SEA

**M**usic By The Sea Festival was a blast, in January just passed. Now, there's the 2014 Concert Series to look forward to.

To celebrate, Director Zoli Mauritz has engaged two gifted and beautiful women, Hong Kong born Helen Lam-Winther and daughter Sine Winther, to perform a piano recital at Sandgate Town Hall on Saturday 1 February commencing at 7:30pm.

Cambridge University educated, Helen has received international applause, played for BBC, ABC, Hong Kong and Swedish radio, released CD's, taught at Queensland's Conservatorium of Music, and produced a grand masterpiece, her daughter Sine.

Born into a household of classical concert pianists, playing beautiful piano pieces is in Sine's blood. Formally tutored at the Con by Russian pianist Natasha Vlassenko, and winner of various prestigious awards, Sine has emerged as one of the most artistic young performers in Australia.

This celebrated duo will also be joined by special guest artist, cellist Susan Blake. Churchill fellowship recipient, Susan was also awarded early success when she graduated from the Sydney Con as 'Student of the Year', and also as winner of ABC's Concerto Competition. Susan has a special interest in 18th century Baroque music and instruments, playing a cello made by Giovanni Grancino in Milan in 1701.

This year's excellent Concert Series also includes performances by two superstars, flautist Jane Rutter, and much loved pianist David Helfgott.

**Tickets for the February concert are Adult \$30 and Concession \$25. To view the music calendar, and book online visit [www.musicbythesea.com.au](http://www.musicbythesea.com.au).**



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## Your 'Local' Farm

**T**he Your Farm group are again this year working to assist to provide and facilitate access to affordable organic food, and to educate and increase awareness about growing and using organic produce for a healthy and sustainable future.

Towards these efforts, permission has been granted at SANDBAG for the group to manage gardens at the rear of the Sandgate Community Centre; revitalising the space to use as a meeting point, to run workshops and to utilise it as an education space.

Your Farm is an incorporated association, run by community volunteers using the principles of sociocracy, with a passion for and a background in food and farming. The group consists of healthy food

advocates, parents and gardeners. Everyone in the community are encouraged to become involved and help the initiative grow.

With an existing nursery and composting bays already established, the Your Farm group invite locals to join them in their goal towards the promotion of healthy living and harvesting organic foods at the Sandgate Community Centre, 153 Rainbow Street Sandgate on Sunday 2nd February at 8am. Wear covered shoes and protective clothing from the sun, bring a water bottle and a plate of food to share for an early lunch. The focus for the day is weeding and preparing garden beds.

**For further information email [info@yourfarm.org.au](mailto:info@yourfarm.org.au).**



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# Sandgate Bowls Club's 100th Anniversary

**To celebrate its 100th year anniversary, the Sandgate Bowls Club is holding a special program of games and events from February through to November, as well as a celebratory dinner on 14th June 2014.**

One of the key events will include a two day 'Fours Carnival' in June, featuring \$5,000 in prize money, as well as raffles with the chance to win a set of bowls from sponsor Taylor Bowls.

Other exciting events entail a Medley Day in October, the Bluewater Classic in April, Patron's Day, President's at Home Day, and a parents and children's day organised through the Sandgate PCYC.

The Sandgate Bowls Club has contributed much to the community over the past 100 years, fostering sport and fellowship since 1914 and encouraging new members to experience the many benefits of bowls.

"There is some misconception that bowls is strictly for the retired population," Grant Burrows, Chairman of the Centenary Committee, says, "but many people of various ages enjoy the sport and fellowship of bowls."

The Bowls Club is dedicated to making the drive to recruit new

members into the bowls community, a primary goal for this Centenary Year.

"In the next few weeks," Grant says, "we will be extending an invitation to local businesses to join in a 'barefoot bowls' competition for the Corporate Cup."

The corporate barefoot bowls will be an inter-business competition held during the cool evenings over four weeks.

"The atmosphere here at the club is welcoming and friendly," Grant describes, "and during the night-time with the floodlights on, it's very relaxing."

The Sandgate Bowls Club is located on Brighton Rd, Sandgate. Supported by the RSL, the club holds regular weekly bowls for men and for women on individual days, as well as a weekly social bowls day. Facilities include an outdoor BBQ area and an inside bar.

For more information on this year's Centenary games and events, you can enquire by emailing [sandgatebowls@bigpond.com](mailto:sandgatebowls@bigpond.com), or call the club on 3269 2343.

Story by Emma King





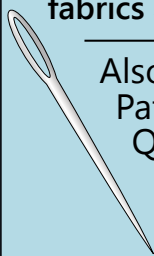


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# WHAT'S ON in February

## SATURDAY 1

### Mainers

Sandgate RSL 5.30pm

### Mama Juju

Cardigan Bar 7pm

### Amy Kate Bryant

Full Moon Hotel 7.30pm

## FRIDAY 7

### Keshia Kiely

Full Moon Hotel 7.30pm

### Veranda Band

Sandgate RSL 8pm

## FRIDAY 14

### After Work Fridays w Mick Diggles

4017 Bar & Grill 5.30pm

### Warm and Soulful

Cardigan Bar 7pm

### Stephen Anning

Full Moon Hotel 7.30pm

### Valentines Day with Romio & Juliette

Sandgate RSL 8pm

### Amy Kate Bryant

Full Moon Hotel 7.30pm

## SUNDAY 2

### Amy Kate

Sandgate RSL 12.30pm

### Steve Hargreaves

Full Moon Hotel 1.30pm

### West Texas Crude

4017 Bar & Grill 3.30pm

### Angie Whiteley

Cardigan Bar 7pm

## SATURDAY 8

### Reverie Blue

Cardigan Bar 7pm

### West Texas Crude

Sandgate RSL 7.30pm

### Brett Whitmore

Full Moon Hotel 7.30pm

## SATURDAY 15

### Billycart Twilight Market

Sacred Heart School 3pm

### Two Crows

Cardigan Bar 7pm

### Old 45's

Sandgate RSL 7.30pm

## THURSDAY 6

### Organism

Cardigan Bar 7pm

## SUNDAY 9

### Casey Watts

Sandgate RSL 12.30pm

### Steve Hargreaves

Full Moon Hotel 1.30pm

### New Groove Jazz Ensemble

Sandgate Town Hall 2pm

### The Baton Dukes

4017 Bar & Grill 3.30pm

### Swampfish - Roots, Blues

Cardigan Bar 7pm

## SUNDAY 16

### Bazza

Sandgate RSL 12.30pm

### Steve Hargreaves

Full Moon Hotel 1.30pm

### The Upenders

4017 Bar & Grill 3.30pm

### Natalie de Jager

Cardigan Bar 7pm

## FRIDAY 7

### After Work Fridays w Mick Diggles

4017 Bar & Grill 5.30pm

### Unplugged Cafe

Community Centre 7pm

### Warm and Soulful

Cardigan Bar 7pm

## THURSDAY 13

### Organism

Cardigan Bar 7pm

## THURSDAY 20

### Organism

Cardigan Bar 7pm

## THURSDAY 27

### Organism

Cardigan Bar 7pm

## FRIDAY 28

### Warm and Soulful

Cardigan Bar 7pm

### Brett Whitmore

Full Moon Hotel 7.30pm

### Dave Ritter

Seaview Hotel 7.30pm

### Hearsay

Sandgate RSL 8pm

## FRIDAY 21

### After Work Friday w Mick Diggles

4017 Bar & Grill 5.30pm

### Warm and Soulful

Cardigan Bar 7pm

### Amy Kate Bryant

Full Moon Hotel 7.30pm

### Chi Chi & The Funsters

Sandgate RSL 8pm

## FRIDAY 28

### After Work Fridays w Mick Diggles

4017 Bar & Grill 5.30pm

## SATURDAY 22

### Desert Blues Cartel

Cardigan Bar 7pm

### Psychodelic Stemcells

Sandgate RSL 7.30pm

### Brett Whitmore

Full Moon Hotel 7.30pm

## SUNDAY 23

### Romio Solo

Sandgate RSL 12.30pm

### Steve Hargreaves

Full Moon Hotel 1.30pm

### Pieter & Melissa Kruger

4017 Bar & Grill 3.30pm

### Urban Rogue

Cardigan Bar 7pm



## DESERT BLUES CARTEL

Performing @  
The Cardigan Bar Tickets \$10 @ door

**Sat 22nd February From 7pm**

## Mummy n me Art!

### Introductory Special

EXP - 28/2/14

\$22.50 for 1.5hrs  
1 adult/1 child

Pay 1 and 2nd  
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MEAL**

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EXP - 28/2/14

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OFF**



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EXP - 28/2/14

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EXP - 28/2/14

## LA FESTA

Italian Restaurant

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for 2. Dinner  
takeaway only.  
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pasta only



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'n'  
Pasta**

**121C Brighton Road**  
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EXP - 28/02/14

## SAT HAIR

EXP - 28/2/14

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style cut & treatment  
only \$85. Save \$45.

\*Coloured foils and blowdry is extra.

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\$45**

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## BRIGHTON MOWERS

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**\$6 OIL  
CHANGE**

EXP - 28/2/14

2/74 Ward Street, Brighton  
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\*Excludes some items

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Sandgate Arcade

**Ph 3869 2555**

EXP - 28/2/14



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EXP - 28/2/14

47 Prince Street  
Brighton Ph: 0417 792 446

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OFF**

**Free**



35 Rainbow Street,  
Sandgate  
07 3869 3069

**Free double serve of calamari or a medium chips with any order over \$20**

EXP - 28/2/14



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**FREE  
MEAL**

EXP - 28/2/14

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More coupons at [sandgate.com.au](http://sandgate.com.au)

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WITH THIS  
COUPON**

400g  
Serves 2



EXP - 28/2/14

Pickup from Raphael's Restaurant

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# BCC February Events Calendar

## Bands in the Park: BrisAsia Music

Join Brisbane Symphonic Band for a program of Asian inspired music arranged for concert band. See Taiko drum collective Toko-Ton for a set of high energy Japanese percussion.

**Date:** Sunday 2nd February

**Time:** 2-4pm

**Venue:** Einbunpin Lagoon, Sandgate

## Bands in the Park: Australian Festival

St John Ambulance Concert Band will celebrate all things Australian from our wild historical past to our beautiful coastal cities.

**Date:** Sunday 9 February

**Time:** 2-3pm

**Venue:** Upper Moora Park Shorncliffe

## Permaculture Design in the City

Hear tips and get inspiration to create an abundant and low-maintenance edible landscape in the urban and suburban areas of Brisbane. Presented by Morag Gamble of SEED International.

**Date:** Wednesday, February 19, 2014,

**Time:** 11am - 12:30pm

**Venue:** Sandgate Library, Sandgate Town Hall, Seymour St Sandgate

**Bookings essential:** ph3403 8888

**Cost:** Free

## Paper Fans: Art Bites

Make a Chinese paper fan with patterned paper or decorate your own. In China fans are used to cool down, swat insects, and as a kung-fu weapon! A breeze to make and a great kid's activity. This workshop is free but bookings are essential: brisbanebrownwls@gmail.com or call 0416 054 342

**Level:** Children

**Date:** Sunday 23rd February

**Time:** 10am-12noon

**Venue:** Sandgate Community Centre, Rainbow Street, Sandgate

## Wings of the World

Discover the incredible life of shorebirds and their epic cross-continental migration between Australia and Japan at the Boondall Wetlands.

Watch a traditional Japanese picture show as you learn about these amazing creatures and their reliance on global wetlands.

Sessions run for 45mins.

**Date:** Sunday 2nd February

**Time:** 10am-12.30pm

**Venue:** Boondall Wetlands

**Bookings:** 3403 8888



[www.tackleland.com.au](http://www.tackleland.com.au)

## Tide Times - Brisbane Bar - Feb 2014

Time	m	Time	m	Time	m	Time	m
1	0421 0.15	9	0535 2.02	16	0412 0.38	24	0440 2.12
SA	1039 2.89	1213 0.89	1023 2.36	1117 0.80			
SA	1720 0.26	SU	1750 1.62	SU	1851 0.48	MO	1856 1.74
	2259 2.18		2355 0.85		2237 2.06		2309 0.57
2	0506 0.20	10	0636 2.11	17	0447 0.42	25	0556 2.24
1122 2.61		1313 0.80		1054 2.32		1237 0.68	
SU	1800 0.28	MO	1852 1.89	MO	1720 0.47	TU	1814 1.82
	2345 2.19				2313 2.09		
3	0553 0.30	11	0654 0.59	18	0522 0.47	26	0624 0.48
1205 2.47		0725 2.20		1125 2.26		0702 2.39	
MO	1839 0.33	TU	1401 0.71	TU	1751 0.47	WE	1543 0.54
			1945 1.77		2349 2.09		1820 1.94
4	0631 2.17	12	0142 0.51	19	0556 0.55	27	0131 0.38
0639 0.45		0807 2.28		1156 2.17		0758 2.52	
TU	1246 2.28	WE	1441 0.64	WE	1822 0.49	TH	1439 0.41
	1917 0.40		2021 1.85				2017 2.07
5	0118 2.11	13	0224 0.45	20	0626 2.07	28	0229 0.37
0727 0.82		0845 2.33		0838 0.84		0848 2.59	
WE	1329 2.07	TH	1517 0.58	TH	1233 2.06	FR	1526 0.32
	1956 0.49		2057 1.91		1857 0.52		2107 2.18
6	0210 2.05	14	0302 0.41	21	0112 2.05		
0822 0.79		0919 2.36		0725 0.74			
TH	1415 1.87	FR	1500 0.54	FR	1316 1.94		
	2042 0.58		2131 1.97		1939 0.56		
7	0311 1.99	15	0337 0.39	22	0207 2.03		
0931 0.91		0952 2.37		0826 0.82			
FR	1514 1.71	SA	1621 0.51	SA	1413 1.82		
	2138 0.45		2204 2.02		2035 0.80		
8	0423 1.87			23	0319 2.03		
1054 0.94				0647 0.86			
SA	1632 1.82			SU	1531 1.73		
	2247 0.88				2150 0.82		

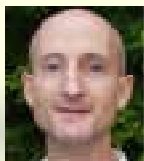


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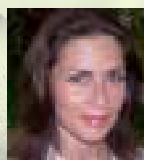
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[sandra@regainpsychology.com.au](mailto:sandra@regainpsychology.com.au)

Shop 1 Laurels Arcade, 113 Brighton RD, Sandgate



# When Railway Came to Sandgate

**T**he “seaside” railway line that opened to Sandgate on 10 May 1882 took only 10 months to complete and was the first railway built in Brisbane specifically for the citizens of the colonial capital.

The introduction of the Sandgate railway line was a necessity for the long term benefit of the local community due to the lack of accessibility to the area without it. The then Governor, Sir Arthur Kennedy opened the line in front of about a thousand people. Regular services between Sandgate and Brisbane began 11 May 1882 from the terminus situated at Curlew Street Sandgate. The station was moved to its present position in 1911.

Mr Greg Hallam, Historian with Queensland Rail will present a talk at the Sandgate Historical Society on the railway arriving in Queensland and what it was like to witness the construction of the historic railway a century and a half ago. Greg will

discuss what it meant to the people of the colony so many years ago, and about how it came to form such an integral part of the story of Queensland.

Mr Hallam is a post graduate student of the University of Queensland, member of the Professional Historians Association of Queensland, and has been employed in the cultural heritage field in Queensland for nearly 20 years. He is also a third generation family member of the Queensland Railways, with a family railway history stretching back over a century.

## **ADMISSION TO THE SANDGATE MUSEUM FOR THIS SPECIAL EVENT**

is by gold coin donation. The talk commences at 1:30 pm on Sunday 23rd February at 150 Rainbow Street, Sandgate.

For further information ph 0408 073 179, or email sandgatemusm@bigpond.com.

*At the old Sandgate station (later Shorncliffe), a Brisbane bound passenger train is photographed, hauled by A12 No. 245, in the early years of the 20th century.*







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# Brighton Bulldogs 2014

**B**righton District Soccer Club are preparing for a busy year in 2014. The clubs Open Day will be held on the 1st February. This is a fun day where locals can pop into the club for a barbeque and a kick-around on our grounds. There will be plenty of info about our club, and players can sign up for the 2014 season.

Serious competition begins Saturday the 15th February with the annual men's tournament - the "Mancini Cup". This competition is a big event on our local calendar with teams coming from as far away as Maroochydore. The first game kicks off at 9:30am. Spectators will be well catered for with canteen, bar and a BBQ.

In addition to competitive men's teams, the club has a strong female contingent with two competitive women's teams. In 2014, a new over 30's women's team will compete in the recreational Friday night league. The Friday night league is popular, with the club also fielding two over 35's men's teams.

Juniors are well provided for at Brighton with a Squirts program for 3 to 5 year olds, small-sided football for 6 -11 year olds, and junior competitive teams for players up to 16 years old.

The "Try Soccer" pre-season program for 6 - 9 year olds starts on Wednesday 5th February. This is a great introduction to soccer for new and existing players.

Brighton District Soccer Club is located at Wakefield Park on Wickham Street in Brighton. The club welcomes all new members.



**FOR FURTHER INFORMATION VISIT THE WEBSITE** [www.brightonbulldogs.com.au](http://www.brightonbulldogs.com.au),  
**FACEBOOK** [www.facebook.com/brightonbulldogsbds](https://www.facebook.com/brightonbulldogsbds)  
**OR EMAIL** [info@brightonbulldogs.com.au](mailto:info@brightonbulldogs.com.au)



## Try Soccer!

**TRY SOCCER PROGRAM**

5th Feb - 1st March,  
 Wed 4.30pm-5.30pm Sat 8.30am-9.30am  
 mini introduction & pre-season for players  
 aged 6-10years.



**SQUIRTS PROGRAMS (x4)**

Saturdays, 8am-9am, ages from 3-5yrs  
 A 22nd Feb-19th March B 26th April-31 May  
 C 14th June-19th July D 2nd Aug-6th Sept

**CLUB SIGN ON / OPEN DAY Sat 1st Feb, 9am-3pm**

Open  
for inspection  
by appointment

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**S**andgate, Brighton, Shorncliffe and the surrounding suburbs are some of Brisbane's best kept secret locations, just ask the locals!

They may not appear on the 'most popular suburbs to buy in' list but thanks to our great facilities, relaxed lifestyle, distance to Brisbane CBD and the airport, friendly community, family values, close proximity to the waterfront (a bonus on those hot days) and so much more, these suburbs are becoming more and more sought after and in demand.

Our history is strong and evident in the beautiful homes that are proudly showcased to those that visit our local area. We have now dusted off 2013 and are moving forward into 2014 and the market is in full swing with indicators showing a good number of buyers eagerly waiting in the wings to pounce on the right home.

Experts are predicting that our Queensland property market will follow on from NSW and Victoria, but they've been saying this for some time now. To be honest, the market is what it is and if you're buying and selling at the same time, then it's a win/win scenario. Each home will have a buyer but pricing is the driving force for all property in any market.

As there are a fewer number of homes on the market than we would normally see this time of year, it is a good time to make your move if you have been considering selling, or even obtaining advice on what your property is worth. As your local property specialists, we understand the road ahead and if you would like some guidance on preparing your home for sale, please don't hesitate to call either Gai, Dianne or John on 3269 1555. We can help you make the most of your valuable asset.



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Opening Hours Monday-Friday 9.00am-5.00pm

Saturday 10.00am-2.00pm

# The Sandgate Bunch

**S**andgate has always had a pretty strong cycling ethos, ranging from track and triathletes to families who peddle together socially. Until now, there hasn't been a social "hub" that enables all riders to routinely get together for bunch rides that finish with the compulsory coffee and general camaraderie. Well that has changed with the emergence of the Sandgate Bunch.

United by a distinctive black and white jersey, you may have seen them peddling around the area or at one of the local coffee shops.

Current rides organized by the bunch range from short Saturday rides, to longer ones on Sunday. The bunch encourages riders at all levels to join in, with the aim of having 2-3 speed categories.

Rides explore various locations around Brisbane. For the more adventurous, there is the opportunity to join in longer rides which include some of the hills and valleys of the hinterland.

Weekend rides start from the Sandgate Pool, Saturday at 6am and Sunday at 5am.

If you are interested in having a local bunch ride, why not drop in to the Saturday group and give it a try.

For more details you can call David Hanlon on 0411 601 949.





**Body Boost Bed** The Body Boost Bed utilises LED light therapy to treat and heal the entire body. LEDs are used in 'phototherapy' where the specialised light activates the skin's natural rejuvenation process for a smoother more even complexion. The holistic benefits of the body boost bed include:

- Skin tightening and improved texture and tone
- Reduced stretch marks and cellulite
- Stimulated immunity
- Improved circulation
- Reduced pain and inflammation

These benefits can then provide treatment for more specific problems such as redness, scarring, post-operative conditions and even sporting injuries. Other issues the Body Boost Bed can address include:

- Cellulite
- Muscular and joint function
- Eczema
- Hormonal problems
- Other dermatological conditions

The effectiveness of this treatment will depend largely on the condition being treated as well as your body's natural response to the treatment.

### Light Emitting Diode (LED) Technology for rejuvenation

The Body Boost Bed combines red, blue and infra-red LEDs for treatment that encompasses a variety of different benefits. The deep penetrating lights of the Body Boost Bed can inspire a range of cellular changes which can improve your appearance and quality of life. The Body Boost Bed provides gentle and safe therapy, where light is converted into cellular energy by your very own cells within your body. This energy is then harnessed to provide rejuvenation, healing and overall improvement.

**Red LEDs** Red LEDs produce collagen and elastin which are the regenerative factors within your skin that maintain a youthful appearance. This LED can also provide anti-inflammatory benefits which means less pain and redness. This therapy is also appropriate when treating rosacea (or chronic redness of the cheeks).

**Infrared LEDs** treat the muscles – reducing spasms, joint pain, stiffness, arthritis and even circulation. Due to the treatment of muscles this LED is suitable for overall relaxation, as well as lymphatic drainage and metabolism.

**Blue LEDs** Blue LEDs assist in the healing of inflammation, burns and fevers, as well as headaches. They are said to provide a thorough calming effect. Blue LEDs also penetrate in wavelengths that eradicate acne-causing bacteria which can result in a rejuvenated skin texture and appearance.

**The Body Boost Bed Experience** The Body Boost Bed is a full-sized 'bed' that does not emit any thermic energy (it does not get hot). You can rest comfortably as you lay down from head to toe in our Body Boost Bed, receiving LED treatment for overall improvement of your skin, muscles and other body tissue.

From dermatological benefits to healing, the Body Boost Bed is an all-encompassing treatment that is suitable for most people.

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# Local Directory

## ACCOMMODATION

**NARACOOPA BED & BREAKFAST** . . . . . 3269 2334  
99 Yundah Street, Shorncliffe

## ACCOUNTING / BOOKKEEPING

**Daniel Mak & Associates**  
Tax Returns from \$95.00 (Incl Gst)  
Shop 1 464 Beaconsfield Tce, Brighton  
**3869 1885**



**KEDWELL & CO** . . . . . 3102 1887  
www.kedwell.com.au

## AIRCONDITIONING

**SAFE & SURE - AIR CONDITIONING** . . . . . 3269 9773  
66 Brighton Tce, Sandgate

## ART CLASSES

**ARTRAGEOUS COMMUNITY ARTS CENTRE** . . . . . 3269 1535  
84-88 Loftus Street, Deagon

## BEAUTY

**CALTALARA BEAUTY** . . . . . 3269 2483  
7/11 Lascelles Street, Brighton

**BRIGHTON BEAUTY & NATURAL THERAPY** . . . . . 3269 1763  
5/11 North Rd, Brighton

**PROFESSIONAL MAKEUP ARTIST** . . . . . 0419 674 302  
Allyson Duncan



**Ruby Divine**  
Jashea • Larova • Janning  
Ph: 0403871560 [rubyddivine.com](http://rubyddivine.com)

## BOOKSHOPS

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## BUILDING & TRADES


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## COMPUTER SERVICES

**NORTON PROFESSIONAL COMPUTERS** . . . . . 0437 621 005  
[www.nortonpc.com.au](http://www.nortonpc.com.au)

## ELECTRICAL

**AAA ANTENNA & TELEPHONE INSTALLATIONS** . . . 3269 0000  
TV - Phone - Data 7/11 Lascelles Street, Brighton



# Local Directory

## ELECTRICAL



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## FLORISTS

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## GALLERIES

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Artrageous, 84-88 Loftus St, Deagon

**NARACOOKA B&B ART GALLERY . . . . . 3269 2334**  
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## GARDENING



## GOVERNMENT



**AMANDA  
COOPER**

Ph. 3667 6000  
Cnr Bracken & Barrett  
Streets, Bracken Ridge  
brackenridge.ward@ecn.net.au

*Councillor for Bracken Ridge Ward*

## GOVERNMENT

**Kerry Millard MP**

MEMBER FOR SANDGATE

P 3269 7018



**Victoria Newton**  
Councillor for Deagon Ward

Deagon Ward Office Cliff St Sandgate 4017

Ph: 07 3667 6011

Email: deagon.ward@ecn.net.au

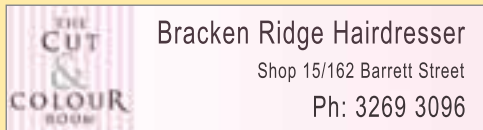


## GYMS

**ABSOLUTELY FLABLESS 24/7 GYM . . . . . 3269 9685**  
Shop 22 / 353 Beaconsfield Tce, Brighton

**SNAP FITNESS SANDGATE . . . . . 3869 3416**  
121d Allen Street, Sandgate

## HAIRDRESSERS




**SAR HAIR . . . . . 3269 4001**  
133a Deagon Street, Sandgate

## HEALTH & WELLBEING

**AAA SKIN SOLUTIONS . . . . . 0417 792 446**  
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# Local Directory

## HEALTH & WELLBEING



**NATUROPATH**  
Cherie Gorringe  
Shop 1, Laurel's Arcade,  
113 Brighton Rd, Sandgate  
Ph. 3269 4794

Natural Medicine Clinic

**VIROGA YOGA STUDIO & HEALTH SPA** ..... 32695511

[www.viroga.com.au](http://www.viroga.com.au)

## IRONING SERVICES

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Phone for bookings

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**SANDGATE PEST CONTROL** Phone  
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## PET CARE

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Sandgate, Brighton, Shorncliffe

**BRIGHTON DOG GROOMERS** ..... 32695450

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## REAL ESTATE AGENTS

**2ND AVENUE REALTY** ..... 32691555

7 Second Ave, Sandgate

**CALIO & SCOTT REAL ESTATE** ..... 32699466

Shop 2,353 Beaconsfield Tce, Brighton

## REAL ESTATE AGENTS

**JANETTE & MARK SOUTHWELL** ..... 0412537519

RE/MAX Property Shop, Sandgate



**SANDGATE REAL ESTATE**  
SALES/RENTALS 27 Brighton Road Sandgate  
[www.sandgate realestate.com.au](http://www.sandgate realestate.com.au)  
3269 0944 [info@sandgate realestate.com.au](mailto:info@sandgate realestate.com.au)

## SOLAR

**SAFE & SURE - SOLAR** ..... 32699773

66 Brighton Tce, Sandgate

## SPORT & FITNESS

**SANDGATE SQUASH** ..... 38690622

20 Barclay Street, Deagon

## TRAVEL AGENTS

**HARVEY WORLD TRAVEL** ..... 3869 1588

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**CONTACT DETAILS**

**P** 07 3269 0114

**E** [reception@everybodiesphysio.com.au](mailto:reception@everybodiesphysio.com.au)

**A** 6/353 Beaconsfield Tce, Brighton 4017

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of your choice from our  
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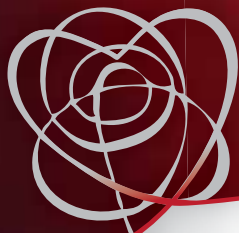
*two seatings*

5:30 pm

*or*

8:00 pm

*bookings  
essential!*



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