

sandgate

guide



INSIDE
Sandgate Theatre's
Latest Production

Po Childs
BREAKING THE MOULD

Cover Photo courtesy of Sandgate Theatre Inc

magazine team

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WELCOME

We would like to thank all our wonderful supporters for the ever increasing popularity of our Sandgate Guide.

The magazine is flying out of stands quicker every month. We have decided to increase the print run to make sure you can all get a copy!

The Sandgate VIP card has also been extremely popular. We've had to order in new stock so that we can keep up with sales. Card holders will be happy to know we now have over 50 businesses participating. If you still need to get your card, go online to order yours now, and if you choose the postal option, we will send out a free \$10 voucher to the Phoenix Bar at the BRT. Limited time only!

We would also like to thank the Cardigan Bar for bringing great talent, Desert Blues Cartel to Sandgate. They rocked the venue and we're sure Sandgate would love to see more great talent like them, play locally.



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mt MATTHEW THOMAS

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Full Moon Hotel Presents BURLESQUE

'Burlesque is a literary, dramatic or musical work intended to cause laughter by caricaturing the manner or spirit of serious works, or by ludicrous treatment of their subjects.'

A little bit too technical for us.. basically, The Full Moon Hotel will once again become a beauty hub with the return of the Burlesque event this year on 7th March. We will have a myriad of pretty lasses frolicking around the Full Moon Hotel as it once again sets a stage for our Burlesque Dinner Show.

This year the entertainment and show is ramped up with four star performers including Lola The Vamp, Red Devotchkin, Davian Mercy and Jacqueline Furey. All

four of these ladies have very professional and classy performances and are sure to bedazzle!

You will be blown away by The Sugarshakers live music on the night which is fronted by Singer/Songwriter Emma-Louise, with Rupert Jenner on electric guitar, Toby Mellonie on double-bass, and a driving drum beat, this four piece 'filly-billy' band is sweetening the palate of Bris-Vegas rockers.

The show is complimented by a three course meal (two options to choose from).

This is an 18+ only event and tickets are available through www.facebook.com.au/fullmoonhotel.

FOR FURTHER INFORMATION or questions regarding bookings, please phone Hollie or Jenny on 3869 0544. Tickets sold out last year so get in quick.



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Get Active at Dowse Lagoon

Queensland Running is a community-based not-for-profit, Cross Country running concept that offers low cost opportunities for both serious athletes and activity seekers, of all ages. Operating for fourteen years as a metropolitan Brisbane competition, Queensland Running caters for more than 500 runners throughout South-East Queensland.

The cross country season commences on the first Saturday in March and runs to the last Saturday in July. Events are held at different locations across Brisbane, and two have been scheduled to be held in Sandgate's picturesque Dowse Lagoon Parklands; Saturday 15th March and Saturday 12th April from 2pm. Events will feature a 500 metre course, and a free family walk later in the afternoon for those wishing to experience this beautiful park.

Each event is open to all ages. The competition is perfect for people wishing to take up running, and there is a genuine camaraderie amongst runners.

Queensland Running offers friendly competition at an affordable cost – children 10 years and under pay just \$3.00, 11-17 years of age pay \$4.00, and adults pay \$5.00 for their afternoon's running. There is no limit to the number of race's runners may participate in once they have paid this small fee. Family rates are available upon request.

FOR FURTHER INFORMATION

Queensland Running's website is:
www.queenslandrunning.com.au
or contact Anne Scott on
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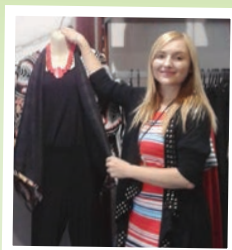
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Look who's coming!

Bayside Brewing and Home Gourmet Supplies

After brewing beer as a hobby for over thirty years, prospects are looking good for Campbell's new home brew store, recently opened on Fifth Avenue in Sandgate. Selling kits and recipes for brewing beverages and gourmet delicacies, there is plenty of floor space in the new premises. Campbell is encouraging customers to request their favourite gourmet products so he can begin stocking them. He hopes to give easy access to products which are sometimes difficult to find. "A lot of the products I sell, people would usually have to buy online," he says. Among the most anticipated products are the gourmet cheese, sausage and yoghurt making kits.



Sweet Georgia Boutique has recently come under the management of Annalisse, a local fashion designer, and Chris, a tradesman turned jewellery designer. Annalisse and Chris say all the favourite brands stocked by the previous owners, Robyn and Rachel, will still be in store, with the addition of their own label, designed to fit in with the boutique's unique style. "We can see that the customers loved the service that they received from Robyn and Rachel and we will enjoy combining the same service with the latest fashions and best quality brands to the store," they said.

Satori Organics currently located on Queens Parade, will soon be relocating to Seymour Street, amidst Sandgate's most popular dining precinct. In addition to the move, the vegan and gluten free menu will include more raw dishes as well as some fermented foods. The juice bar will comprise a range of quirky new recipes, with unusual but delicious combinations including a green tea smoothie. Satori's new decor will be simple, with more outdoor seating and a large display of the foods on offer.



Eco-Eccentric is set to open mid March at 4 Queens Parade Brighton and will offer an alternative shopping experience, stocking products which are largely fair-trade and ethically sourced. Owner Janette Giuliano aims to allow customers to connect with the home wares and clothing she stocks, by giving them an insight into the production process. While some products are manufactured outside Australia, "Everything in the shop has a story and a connection to the process," says Janette. The clothes and home wares stem from a range of local designers, ensuring the revenue circulates through the local community. In the future, Janette would like to introduce new and interesting concepts to her store, such as hanging plant baskets, to offer her customers a diverse shopping experience.

Wanderlust

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Health Talks

Aurora Wellness has joined with local entrepreneur Geri Purcell, to hold free monthly health talks at EclecTea Vintage Tea Shop on Queens Parade, Brighton.

The first of these talks, titled 'Balancing Your Hormones Naturally', will be held on Wednesday 5th March at 9.30am, and is hosted by Medical Herbalist and Homeopath Stefanie Kerwin. Stefanie asks women to consider how they experience their monthly cycle, and whether they are feeling more emotional or tired before each period? These could all be symptoms related to your hormones.

"There are so many reasons why hormones become out of balance. Sleepless nights, shift work, stress, poor nutrition and medications can all play a part. Women have come to expect emotional ups and down as normal symptoms." Stefanie explains that life doesn't have to be this way, "There are

many ways to balance your hormones naturally."

Stefanie will advise people on lifestyle changes, good food choices, how to manage stress, and herbal medicines; all of which can help bring your hormones back into balance.

FOR FURTHER INFORMATION

contact Aurora Wellness on 3204 7477,
or email info@aurorawellness.com.au.



Fruitful suburbs

If you're a keen gardener, have knowledge to share, or would be like some guidance and support, Fruitful Suburbs is a community group devoted to sharing chemical-free produce, and the experience that comes from growing your own.

The group was formed locally over four years ago and meet at 9.30am on the first Sunday of every month at Apex Park, nearest the corner of Queens Parade and Gladstone Street, in Brighton.

Over the years, people attending the meet-ups have shared different varieties of fruit, vegetables and flowers, eggs, seeds, seedlings, cuttings, homemade produce (jams etc.), mulch, manure,

and more. Group members also like to share stories, recipes and gardening tips. The group is recommended to those who wish to share tips about living sustainably, and who enjoy feeling connected to people with similar values.

Fruitful Suburbs is an informal group without membership. No money changes hands and anyone is welcome—even if you have no garden produce or haven't started gardening yet. It operates on the principle of sharing, rather than swapping produce.

FOR FURTHER INFORMATION

contact Anthony on 0428 992 767
or anthony_jenny@hotmail.com.



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MUSIC BY THE SEA

They look like flying saucers. They sound out of this world. And you can catch them in action when they touch down during a world tour at Sandgate Town Hall on Saturday 1st March.

All the fuss is about a new and rare instrument called the hang, or in this case three, played by Viennese musical genius Manu Delago, in collaboration with popular European bass clarinetist Christoph Auer.

Over 4 million people have seen this pioneering fusion of the world's first hang and bass clarinet duo push the limits of its instruments on YouTube.

Now, having already toured through over 20 countries, their creative project headlines as the Living Room and will give a special, one only live Brisbane performance at Music By The Sea.

Manu has rocked the stage with Icelandic singer Bjork, Shpongole, Bugge Wesseltoft, Didier Lockwood, the London Symphony Orchestra, and is currently the focus of a documentary film.

Meanwhile, record label owner Christoph studied jazz-saxophone at the University

of Graz, composes, was awarded Austrian Jazz Newcomer of the Year, and has collaborated with Miles Davis, Sting, and Vienna Art Orchestra.

After playing together in different band projects, the duo decided on this unusual musical pairing of their respective instruments, with a focus on exploring the bass clarinet's huge tonal range, and the non linear, holotropic continuum of the hang.

Handmade by only two people worldwide, the hang is made from a special blend of metals, played on the lap or on a stand, and blurs boundaries and categories with its wide spectrum of sound and mysterious overtones.

So, if you'd like to get the 'hang' of it, the show gives a fresh take on selected original pieces, chamber music played without confinement or restrictions, and creative arrangements by artists such as the Beatles, John Cage, and Beyonce.

THIS IS NOT TO BE MISSED

Ticket prices:
Adult \$30
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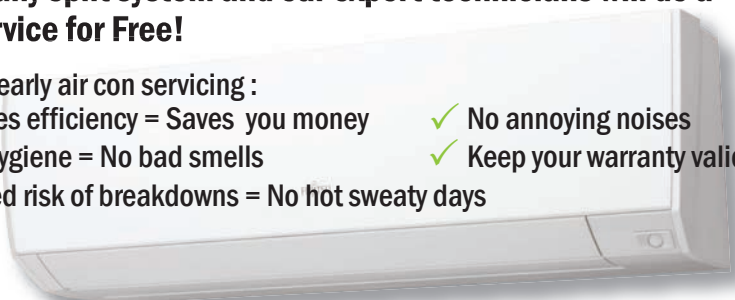


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International Women's Day Events

International Women's Day (IWD) celebrates the economic, political and social achievements of women past, present and future.

Numerous international and regional instruments have drawn attention to gender-related dimensions of human rights issues, the most important being the UN Convention on the 'Elimination of All Forms of Discrimination against Women'. This treaty and others have been ratified by the majority of the world's nations, yet in spite of this, the denial of women's basic human rights is persistent and widespread.

Annually, thousands of events are held throughout the world to inspire women, to further give attention to the importance for equal opportunity, and to celebrate past achievements. The Sandgate district is again host to events drawing attention to the importance of women's rights.

ON THE EVENING OF FRIDAY 7TH MARCH,

local residents are invited to attend the International Women's Day, Wine & Cheese Evening with Wayne Swan MP, Cr Victoria Newton, and special guest Tanya Plibersek MP (Shadow Minister for Foreign Affairs & International Development). Event starts at 6pm at St Patrick's College, 60 Park Parade, Shorncliffe. Tickets are \$10, which includes drinks, nibbles, prizes and a raffle ticket. There will be live music courtesy of local band Danny Jazz Trio.

KERRY MILLARD MP, invites Sandgate electorate constituents to nominate a local 'Queensland Inspiring Woman' with the theme, 'Women of Generosity'. Fiona Simpson MP is hosting the breakfast to honour inspiring women on Friday 7th March, at Parliament House, with a representative chosen by Kerry Millard MP invited to attend.

THE ZONTA CLUB OF SANDGATE, will host the forum 'Real Women, Inspiring Lives', which features four women actively making a difference to the lives of others. They will share their insights into the forces that have shaped and driven them, and in doing so inspire and challenge others to do the same. All are invited to attend. The forum will be held at the Sandgate Bowls Club on Sunday 2nd March, 9:30am to 12:30pm. Cost is \$30 per head, or \$150 for a pre-paid table of six, and includes entry, morning tea and prizes, with funds raised from the forum used to support local and international charitable projects. For bookings and further information, contact Sophie Craker on 0411 374 664 or sophiecraker@yahoo.com.au.

Forum co-ordinator, Sophie Craker (left) of the Zonta Club of Sandgate is joined by Jan Evans (right) of the North East Welcome Hub.

“The story of women's struggle for equality belongs to no single feminist nor to any one organisation, but to the collective efforts of all who care about human rights...”

Gloria Steinem



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Sandgate Theatre presents...

After the hugely successful run of 'Beside the Seaside' in 2011, Sandgate Theatre is proud to announce the upcoming season of the hilarious sequel, 'A Basinful of the Briny', by Leslie Sands.

Yes, they're back! Mr & Mrs Pepper return for their anniversary and again encounter the dragonish Mrs Austin, only now the cat has eaten the leg of lamb, the goldfish is dead, George Albert has returned from the grave, the maid is drunk, there are crooks lurking about and to top it off the in-laws have just arrived! Enough to make you dread visits to the seaside.

This is one show not to be missed, with a star studded cast including Jenny Walsh as 'Mrs Austin', Trisha Bromley as 'Florrie' the maid, Caitlin Jones as Mrs Pepper and David Jones as the interfering Father in-law, 'Mr Hemmingway' and many more talented actors.

"This is one of the first plays I ever did", says David Corrie, President and Director of the play, "I played Sid Collins the underhanded pick-pocket who arrives at the dusty seaside boarding house. Even though I performed in this play over 18 yrs ago it has great memories for me", say David. "It was so much fun with lots of funny characters and a great storyline. I couldn't wait to put it on again."

Corrie has been involved in Sandgate Theatre for twenty years, directing many well-known shows over that time such as 'Travelling North' by David Williamson. He is also an experienced actor last appearing in 'Calendar Girls' and 'Night of Comedy' in 2013, and he frequently MC's his shows. "I love adding variety to my shows", he says. "That's why you'll find most of the shows that I put on have jokes, skits, comic

poetry or singing. I like to give a full nights entertainment and I particularly like to make people laugh. There is nothing better than a good belly laugh and that's exactly what you'll get with A Basinful of the Briny!"

Sandgate Theatre will perform (for the first time ever) at the Bramble Bay Bowls Club, Woody Point, on 14th & 15th March at 7.30pm (meals available) and then back on home ground at the beautiful Sandgate Town Hall on 21st, 22nd, 28th & 29th March at 7.30pm, and a Sunday Matinee on 23rd March at 2pm.

TICKETS CAN BE PURCHASED online at www.sandgatetheatrebookings.com or call Bridget on 3261 2757 (please leave a message).



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WHAT'S ON in March

SATURDAY 1

Steve Hargreaves
Full Moon Hotel 7.30pm

Mama Chair
Cardigan Bar 7.30pm

Music By The Sea Concert
Sandgate Town Hall 7.30pm

Little Stevie and the Tail Fins
Sandgate RSL 8pm

FRIDAY 7

NBD Knock Off Drinks
Phoenix Bar @ BRT 7.30pm

Burlesque Night
Full Moon Hotel 7.30pm

Soul/Groove/Funk - DJ
Cardigan Bar 7pm

Unplugged Cafe
Sandgate Community Ctr 7pm

MARKET DAY

HUB MARKETS

SATURDAY 8TH MARCH
9am - 12pm
5th Ave, Sandgate

SUNDAY 2

Casey Watts
Sandgate RSL 12.30pm

James Dean
Full Moon Hotel 1.30pm

Roy Robot
Cardigan Bar 3pm

Pieter & Melissa Kruger
4017 Bar & Grill 3.30pm

The Sunday Social
Phoenix Bar @ BRT 3.30pm

SATURDAY 8

Sandgate Hub Markets
5th Avenue, Sandgate 9am

Celtic Sessions
Cardigan Bar 3pm

Blues n' bits
Cardigan Bar 7pm

Brett Whitmore
Full Moon Hotel 7.30pm

West Texas Crude
Sandgate RSL 7.30pm

WEDNESDAY 12

Morning Melodies
Sandgate Town Hall 9am

THURSDAY 13

Musicians Night (Organism)
Cardigan Bar 7pm

Thursday Night Poker
Sports Bar @ the BRT 7pm

MONDAY 3

Monday Jam Night
Phoenix Bar @ BRT 7pm

THURSDAY 6

Musicians Night (Organism)
Cardigan Bar 7pm

Thursday Night Poker
Sports Bar @ the BRT 7pm

SUNDAY 9

Amy Kate
Sandgate RSL 12.30pm

Steve Hargreaves
Full Moon Hotel 1.30pm

New Groove Jazz Ensemble
Sandgate Town Hall 2pm

Owen Van Larkins
Cardigan Bar 3pm

The Baton Dukes
4017 Bar & Grill 3.30pm

The Sunday Social
Phoenix Bar @ BRT 3.30pm

FRIDAY 14

NBD Knock Off Drinks
Phoenix Bar @ BRT 5pm

Soul/Groove/Funk - DJ
Cardigan Bar 7pm

Amy Kate Bryant
Full Moon Hotel 7.30pm

On The Moove
Sandgate RSL 8pm

Kerries Party Band
Seaview Hotel 8.30pm

SATURDAY 15

St Patricks Day Celebration
Cardigan Bar 2pm

Hannah Rosa
Cardigan Bar 7pm

Caught In The Act
Sandgate RSL 7.30pm

Jody Fisher
Full Moon Hotel 7.30pm

FRIDAY 21

Soul/Groove/Funk - DJ
Cardigan Bar 7pm

Brett Whitmore
Full Moon Hotel 7.30pm

Romio & Juliette
Sandgate RSL 8pm



FRIDAY 28

Stephen Anning
Full Moon Hotel 7.30pm

Hearsay
Sandgate RSL 7.30pm

Fat Pigs
Seaview Hotel 8.30pm

SUNDAY 16

Romio
Sandgate RSL 12.30pm

Steve Hargreaves
Full Moon Hotel 1.30pm

Angie Whiteley
Cardigan Bar 3pm

Upenders
4017 Bar & Grill 3.30pm

The Sunday Social
Phoenix Bar @ BRT 3.30pm

SATURDAY 22

Asch-Rose & Lucas Duo
Cardigan Bar 7pm

Psychodelic Stemcells
Sandgate RSL 7.30pm

Okjent
Full Moon Hotel 7.30pm

SATURDAY 29

The Cardigan Bus
Cardigan Bar 12pm

Andy and Peter Duo
Cardigan Bar 7pm

Brett Whitmore
Full Moon Hotel 7.30pm

MONDAY 17

Monday Jam Night
Phoenix Bar @ BRT 7pm

SUNDAY 23

Bazza
Sandgate RSL 12.30pm

Steve Hargreaves
Full Moon Hotel 1.30pm

Natalie de Jager - Jazz/swing
Cardigan Bar 3pm

The Sunday Social
Phoenix Bar @ BRT 3.30pm

West Texas Crude
4017 Bar & Grill 3.30pm

SUNDAY 30

Vic Kena
Seaview Hotel 12pm

Steve Hargreaves
Full Moon Hotel 1.30pm

Urban Rogue
Cardigan Bar 3pm

Mick Diggles & The Blues Doc
4017 Bar & Grill 3.30pm

The Sunday Social
Phoenix Bar @ BRT 3.30pm

THURSDAY 20

Musician's Night (Organism)
Cardigan Bar 7pm

Thursday Night Pocker
Sports Bar @ BRT 7pm

THURSDAY 27

Musician's Night (Organism)
Cardigan Bar 7pm

Thursday Night Pocker
Sports Bar @ BRT 7pm

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EXP - 31/03/14

Clean up Australia Day

Clean Up Australia Day on Sunday 2nd March, is a simple way you can take action to clean up, fix up and conserve our prized Australian environment.

In addition to litter on roadsides and in parklands, bayside residents witness the consequence of rubbish often washing up on our shores; especially on high tide. It is a disturbing fact that many people discard rubbish, without care. This culture needs to change.

Every year Australia wide, hundreds of thousands of Australians get stuck in and clean up their local environment by collecting and removing rubbish. Last year, an estimated 550,300 volunteers removed 16,150 tonnes of rubbish at 7,341 sites right across the country. You can get involved this year by volunteering at a site near you.

Keep Sandgate Beautiful Association (KSBA), have been involved with keeping Sandgate a clean and beautiful place since 1971. Meet with KSBA on 2nd March at Decker Park from 8 to 11am, and volunteer with the team who have worked to conserve the environment, during this national event.

Surf Connect Watersports Centre is again supporting Clean Up Australia Day at Sandgate Beach, with sign on at noon opposite their shop at 170 Flinders Parade. Surf Connect, Liquid Force, and Brisbane's Official Jeep Kitesurfing School will host a free BBQ for all participants, after the clean-up. Surf Connect's CEO, Padi Kotwall says, "this is a 'must do' event each year, especially if you live in the area. We have been doing this for 5 years, and the spirit and support is overwhelming. Come and be part of Clean Up Australia Day!"

The Clean Up Australia Day initiative has

evolved to help us all live more sustainably every day of the year.

If you can't volunteer on the day, support your friends, family or colleagues in a different way: donate in order to mobilise hundreds of thousands of Australians to produce fundamental, positive change.

The message is simple – take responsibility for your environment. Take your litter home with you, and properly dispose of any other rubbish you see, whenever possible.

FOR INFORMATION ON ALL REGISTERED CLEAN-UPS AND FURTHER INITIATIVES

visit www.cleanupaustraliaday.org.au/online,
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Photo by Renate Hottmann-Schaefer

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The Future is in Your Hands

When Brisbane City Council announced that they would be holding open sessions to discuss the new Brisbane City Council's Town Plan back in mid 2013, we were one of the first to register.

Concerns ranged from zoning, flooding, keeping of historical homes and the removal and maintenance of character homes within our local community. Since then, Council has received over 2,700 submissions and recently met to discuss the feedback. Council has now released a revised draft New City Plan.

Our local housing styles, history, coastal locality and lifestyle has made our area one of Brisbane's best kept secrets. To help keep it that way, take advantage of this great opportunity to have your say on what is happening within our community. To view and/or make a submission go to www.brisbane.qld.gov.au/newcityplan.

Our local property market is mixed with some homes selling very quickly and

others sitting. There is no right or wrong reason, but most of the time it comes down to the listing price, presentation and attributes. The average days on market varies but at the moment we are sitting on approximately 90 days.

Selling a home can be daunting for some, and as property specialists, we start with a visit to your home to visually obtain an idea of what it has to offer. We then complete a Comparative Market Appraisal (CMA) and once that's done, an explanation of pricing is discussed at which time we may suggest improvements, general maintenance, etc. Once you've decided on an agent, the selling campaign process should be fully explained.

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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Fishmonger Turns 3

Owner and Manager of Sandgate Fishmonger, David Balish has worked as a chef for over 30 years, and has owned three restaurants in this time; Harolds of Spring Hill, Sonomas of Wilston, and Sonomas of Sandgate.

After the birth of his son, David made a conscious decision to “step back from the long restaurant hours, to make more family time,” and in January, celebrated three years at Sandgate Fishmonger. Since the sale of Sonomas of Sandgate in 2013, David is embracing a different side to the food industry with fewer stresses.

Sandgate Fishmonger sources most produce locally, have a strong Australian-only ethic, and use environmentally friendly packaging products. They specialise in gluten-free cooking, and are popular for



their grilled fish, and calamari. Qualified chefs join David behind the burners, complemented by a great team of staff from our local community.

With sweeping views of Moreton Bay, the restaurant is well placed on the waterfront, servicing day-trippers and locals 7 days a week with classic fish and chips, salads, burgers and traditional Italian gelato and sorbet. We are spoilt for choice in Sandgate. All the more reason to stay local, and support businesses like Sandgate Fishmonger.



You may have noticed local agency Harvey World Travel, located at Ibis Central, has recently become **helloworld**. Owner Rhonda Sutton says, “While the name of the business is changing, we will continue to provide the highest levels of personalised service and travel expertise that customers have come to expect from our friendly team.”

With 34 years’ experience in retail travel in Brisbane, and 6 years running Harvey World Travel in Sandgate, Rhonda explains her love for her work, “Working in retail travel

Sandgate says, ‘helloworld’

keeps me driven. Travel retail is a happy business. It’s a people business. It’s helping people realise their dreams”.

For over forty years, *helloworld* have been helping travellers create their adventures through a nationwide network of independent travel agencies Jetset Travel, Travelworld, Travelscene American Express and Harvey World Travel.

It is business as usual for Rhonda and the *helloworld* Sandgate team, who draw from their travel experience and expertise to assist people in planning their adventures.

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Tackle Sandgate



Sandgate, Shorncliffe and Brighton are home to awesome fishing destinations. Whiting, Bream, Flathead are all on the menu.

A popular form of fishing for these guys is by using lures, both Hard Bodied and Plastics from Z Man Grubz to Atomic Minnows. Working the flats in front of the Swimming Pool around to the mouth of Cabbage Tree Creek are ideal locations to start your hunt. Just remember that working with lures can be a bit time consuming but once you catch your first fish it all becomes worth the effort. Be patient and try different techniques and locations.

For those that prefer to relax a little more, there is nothing better than soaking a baited line, kicking back and enjoy both the chase and the views. I prefer to get out first thing in the morning or wait until late in the afternoon to help unwind.

Some of the better baits for our area include Blue & White Baits, Preserved or Live Worms and Yabies and the humble Prawn. If you are chasing some of the larger species like Threadfin Salmon try using Live Herring or Live Mullet.

Beach areas from Brighton to Cabbage Tree Creek will produce quality fish around the High Tide period with Cabbage tree Creek fishing throughout High and Low tides. Baxters Jetty can get a bit cramped but you can explore the Creek right up to the Trawlers. The Main Boat Ramp will provide quality Bream, Flathead, Jewies and the occasional Cod.

It is important that when getting ready for your day out, remember the basics, plenty of water, a hat, sun block and a sun smart shirt, if you are on a Kayak remember to cover your legs as they will burn very quickly!

Enjoy your time with the family and "Maintain the Passion."

*By Mark Templeton
Tackleland Sandgate*

Tide Times - Brisbane Bar - Mar 2014

Time	m	Time	m	Time	m	Time	m
1 0321 0.22		9 0329 1.97		16 0318 0.44		24 0255 2.15	
SA 0933 2.61		SU 1016 0.95		SU 0921 2.30		MO 0940 0.78	
● 1610 0.27		2154 0.81		SU 1547 0.45		● 1524 1.70	
2154 2.27				2140 2.17		2126 0.61	
2 0409 0.21		10 0446 1.96		17 0355 0.43		25 0415 2.17	
1016 2.56		1136 0.91		0954 2.28		1104 0.72	
SU 1649 0.26		MO 1722 1.59		MO 1618 0.42		TU 1651 1.71	
2239 2.33		2315 0.80		2216 2.23		2251 0.64	
3 0454 0.26		11 0554 2.02		18 0432 0.44		26 0531 2.22	
1057 2.46		1238 0.81		1027 2.25		1218 0.61	
MO 1726 0.28		TU 1826 1.69		TU 1649 0.41		WE 1805 1.88	
2322 2.34				2252 2.26			
4 0538 0.36		12 0022 0.72		19 0510 0.48		27 0009 0.55	
1136 2.31		0648 2.11		1100 2.18		0637 2.33	
TU 1800 0.34		WE 1325 0.71		WE 1720 0.42		TH 1320 0.48	
		1914 1.81		2329 2.27		1909 2.04	
5 0003 2.31		13 0115 0.63		20 0548 0.54		28 0118 0.48	
0620 0.50		0733 2.19		1136 2.09		0734 2.42	
WE 1215 2.13		TH 1405 0.63		TH 1752 0.45		FR 1412 0.33	
1834 0.43		1954 1.91				2002 2.15	
6 0046 2.24		14 0159 0.54		21 0009 2.26		29 0217 0.33	
0704 0.65		0812 2.25		0629 0.62		0823 2.44	
TH 1254 1.94		FR 1441 0.56		FR 1214 1.98		SA 1458 0.33	
1909 0.53		2031 2.01		1828 0.50		2050 2.33	
7 0131 2.14		15 0240 0.48		22 0053 2.22		30 0308 0.33	
0753 0.80		0848 2.29		0718 0.71		0908 2.42	
FR 1337 1.76		SA 1514 0.50		SA 1302 1.86		SU 1538 0.28	
1949 0.64		2106 2.10		1911 0.56		2134 2.40	
8 0223 2.04		23 0147 2.18		31 0355 0.33			
0855 0.91		0820 0.78		0820 0.78			
SA 1434 1.62		SU 1403 1.75		2010 0.63		1616 0.28	
● 2041 0.75						2216 2.41	



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BREAKING THE MOULD

“Artists are important because they reflect the current situation in their Art. Here we are now in the age of the individual, and artists reflect that.”

Po Childs is a local character – a father, a performer, and an electrician. Known as ‘The Lone Stranger’, Po artistically works to inspire others, incorporating his eclectic and creative flair; driven to provide a platform for the evolving artist in us all.

First given a guitar at 11 years old in the hills of northern NSW, 30-odd years later you would be challenged to find an instrument that Po isn’t willing or able to play. Po says, “I think people can try everything”, and his performances reflect that, in a combination of musicianship, wit, intellect and daring. His talent inspired the birth of ‘Organism’ three years ago. Forming in mid-2011 and held at the Sandgate Scouts Hall for 18 months, ‘Organism’ is a network of emerging artists that gather to jam, exchange and perform their talents.

On contract, electrically wiring the ‘Cardigan Bar’ in Sandgate, Po and Owner/Manager Chris Fisher built a strong partnership, and now ‘Organism’ comes to life again in Sandgate every Thursday evening from 7pm. Po describes the open mic night as, “...where I can season myself into the performer that I am, and I use

it as an experimental process in human relationships, developing community, networking, with the benefit and opportunity to inspire people to perform.”

Described as, “a thinking person’s music”, Po’s songs always contain a message. “They have to. Otherwise I cannot justify standing up and singing them, and putting all my energy into that. The stage is a highly intended situation.”

Currently recording a twelve track CD at Clontarf’s Lush Recording Studios, Po’s previous releases can be bought at Ironwood Cottage and EclecTea. His latest compositions are described as, “world folk with a sprinkle of eccentricity”, evolving from “tombstone, industrial folk rock”. Po’s earlier meditation recording ‘Steel Waters’, was purchased by, and is now available to borrow through BCC libraries.

As his reputation grows, Po sees the potential for local workshops, “to help emotional balance, and openness through drama as a means of actualising that.” With a degree in Dramatic Arts acquired at the Queensland University of Technology, Po will draw on his education and experience, offering classes to people of all ages.

<http://thelonestranger.reverbNation.com/>

Story by Susannah Holmes



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Brewsvegas @ the Cardigan Bar

Brisbane is coming of age! Last year's 'Lonely Planet' guide describes Brisbane as Australia's 'hippest city' and a star on the rise. "Sub-culture undercurrents run deep here with cool bookshops, globally-inspired restaurants and cafes, bars and band rooms aplenty."

Confirming this trend is a new Brisbane event quirkily named 'Brewsvegas'. The play on words laughs in the face of Brisbane's detractors and the term 'Brisvegas', commonly thought to have originated in jest towards our city's less cultured status during the eighties. While originally perceived as an insult, Brisbanites have reclaimed the word as an endearing soubriquet for the city, as it continues to grow in urban sophistication.

Billed as a grass roots event, 'Brewsvegas' sees the collaboration of beer bars across town including The Scratch, Archive Beer Boutique, and Sandgate's own Cardigan Bar. The week-long event is a community-minded celebration of Brisbane's burgeoning craft beer culture. The popularity of small bars in Brisbane has changed and revitalised the way we share a drink with friends. This evolution has included the service of craft beer into more venues, and exposed people to the idea that there is joy in drinking better beers, most often brewed by small, traditional and independent craft brewers.

As part of the 'Brewsvegas' celebration, the Cardigan Bar is hosting the 'Cardy Bus'; a craft beer-tasting/brewery tour, kicking off in Sandgate at 12pm, on Saturday 29th March. After the first round of drinks at the Cardigan Bar, the bus will take off for other Brisbane venues, including four

tastings from Brisbane breweries, and two presentations from interstate breweries. A meal, and a brewery tour of the recently opened Newstead Brewery, is inclusive, with tickets selling at \$100 each. The bus will return to the Cardigan Bar around 7pm, with entertainment and further craft beers available for purchase on tap.

Owner/Manager Chris Fisher says, "It was very gratifying that our little place in Sandgate was asked to participate in 'Brewsvegas'. Craft beer is brewed naturally, with no additives, preservatives or pasteurisation. This style of beverage lies at the heart of our values as a venue. It is my opinion that craft beer is a far more rewarding beverage for this reason, and because of the amazing variety of flavours".

Tickets are limited. For ticket sales and more information contact the Cardigan Bar on 0419189049 or cardiganbar@gmail.com.

Story by Susannah Holmes



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Black Lime Cafe

Undergoes Renovations

The Black Lime cafe in the heart of Brighton is thriving more than ever after its recent renovations and added deli section. The cafe's new look includes a modern yet creatively decorated interior, cleverly divided to cater for those wishing to sit down and relax, as well as those looking to just pop in and pick up their favourite cheese.

The deli section boasts a wide variety of Australian owned brands, many of which can only be found in Brisbane's inner city. Cafe owner, Scott, says "the deli is hitting new heights in the volume of sales each day." Among the most popular products are the locally produced dressings, which are both gluten and dairy free, especially the balsamic Yarra Valley Salad Splash. Also the double brie, Tasmanian brie and camembert cheeses, salted caramel and cookies and cream ice cream, and yogurts, are among the deli's biggest sellers. Regulars have expressed their excitement at now being able to buy foods that were previously served in some of the cafe's dishes, such as the gluten free bread, and locals have commented that the prices for all deli products are extremely good value. Among the deli favourites are the floral arrangements, which are not only extremely convenient, but give the cafe a colourful touch.

With such premium deli produce so close at hand, Scott says "often customers buy two or three wheels of cheese at a time," revelling in the convenience of no longer needing to travel all the way to Deagon or New Farm. Scott is always eager for customers to sample his cheeses, and makes hampers combining many of the



bestselling delicacies. And Sandgate VIP card holders can receive their 15% discount at the deli in addition to the coffee shop.

With the arrival of the deli, and fresh new makeover of the Black Lime's interior, the cafe has seen a definite increase in customer traffic. With the promise of cheese and beer tasting nights, and the possibility of opening up a stall at some weekend markets, Scott says this is only the beginning of his plans for the expansion of the Black Lime cafe.

Story by Ellen Moynihan



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Local Directory

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CALIO & SCOTT REAL ESTATE 32699466
Shop 2,353 Beaconsfield Tce, Brighton

JANETTE & MARK SOUTHWELL 0412537519
RE/MAX Property Shop, Sandgate



SANDGATE REAL ESTATE
SALES/RENTALS 27 Brighton Road Sandgate
www.sandgate realestate.com.au
3269 0944 info@sandgate realestate.com.au

RETAIL

MATILDA SERVICE STATION SANDGATE 32691367
57 Rainbow Street, Sandgate

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SAFE & SURE - SOLAR 32699773
66 Brighton Tce, Sandgate

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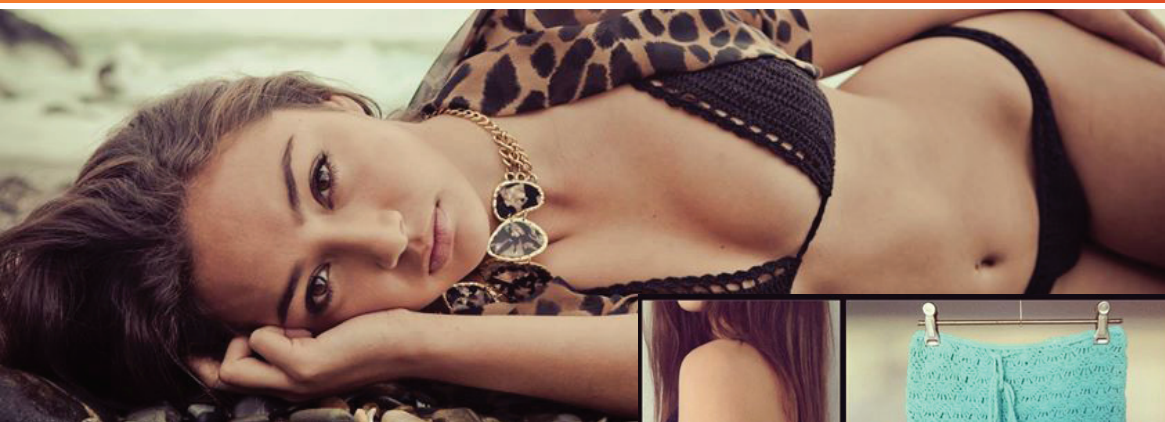
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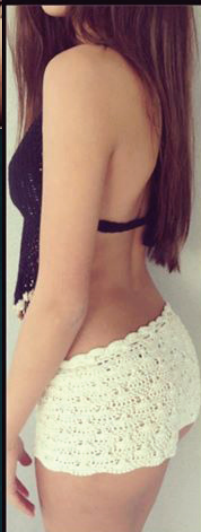


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