

# sandoate

FREE FEBRUARY 2015

## GUIDE

*Shop Local,  
Support Local*  
**VIP CARD  
IS BACK!**

**NEW YOU  
IN 2015**

**Expert Fitness  
Tips Inside**

**Find Out What's Behind  
The Garden Gate**

# EDITOR'S NOTE

Happy New Year everyone! We hope you all enjoyed a well-deserved Christmas/New Year break! We've been busy planning an exciting first issue of the Sandgate Guide for 2015. Firstly, to help kick start your New Year's resolutions, we've put together a 4-page fitness section, with local fitness experts sharing their tips on getting active and keeping motivated to achieve your health and fitness goals. Music By The Sea brings four-piece bluegrass band 'The Company' to the Sandgate Town Hall and we take a look at the history of Sandgate's iconic Seaview Hotel. Also, we're excited to announce

the return of Sandgate's VIP Discount Card! With a variety of local businesses on board, there are many reasons to shop local and support our local community. Have you got your card yet? Enjoy reading this month's issue of the Guide while soaking in the last days of summer.



Dominic Alberth  
*DAberth*

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# sandgate

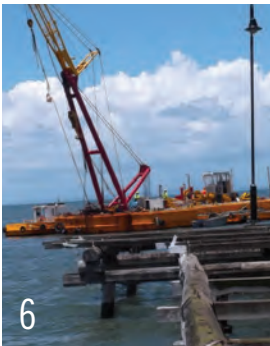
GUIDE

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Photo: Paul Neil

Rochelle Courtney &amp; Dana Flannery with "100kg Chanllenge" participants.

## MUMS COME TOGETHER TO SHED 100 KILOS

**T**hirty-three women based in Brisbane's 4017 postcode have come together via Facebook to shed a collective 100 kilograms. The initiative was set up by Personal Trainer Rochelle Courtney and local business owner Dana Flannery.

The women are mostly mums from the area, many with three or more children who have found it hard to take time for their own health. The "100kg Challenge" is designed to give these ladies plenty of support and health information right on their phones and computers.

The group diet and exercise together and also support each other throughout the month of January.

"I work exclusively with women and most are mums who have struggled to keep fit and healthy as their kids take up so much of their time," said Rochelle Courtney, owner of Bella U Personal

Training for Women in Sandgate. "It's not a 'fat issue', it's a health issue – and women often struggle to take good care of their health."

The idea came about after local business owner Dana Flannery noticed how dedicated 4017 residents were to the idea of 'community'.

"I run a Facebook page for residents of Sandgate, Shorncliffe, Brighton, Deagon and Bracken Ridge. What I love most about this area is the 'community spirit'. It's amazing to see the pride people take in their local area and how we as a community build support networks in our neighbourhoods. It's something truly unique to the area – so supporting each other to be healthier seemed like a good idea to me," Dana said.

The women of 4017 agree, with 33 women signing up in the first day. Together, they plan to lose 1kg each a week to start 2015 off fitter, stronger and healthier. ●●





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Jimmy, Jessica  
and Christine

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*Removal of the pier in progress.*

## THE PIER IS COMING DOWN

**It may be sad to watch, however the old Pier must come down before rebuilding can take place.**

Work commenced in late November 2014 and is scheduled to be completed in early 2016.

Planned upcoming activities are outlined below.

Removal of the existing pier structure will continue through January until April 2015, weather and construction conditions permitting.

A barge arrived on site on Friday 9th January and will be used to assist with removal of the existing pier, including extraction of existing piles.

Some of the existing piles from the pier will be relocated and attached to the old shark enclosure piles located south of the pier (to allow fish aggregation to continue). Once the new pier is completed, these piles will be moved back to the new pier.

Cr Victoria Newton says, "Many thanks to all those who registered interest in the Pieces of the Pier project to re-use some of the old timbers for community projects. The Council's project team is assessing those proposals and will then advise all applicants whether they've been successful. I have also put in a bid for some of the original pieces of the timber so a public artwork can be created for our community.

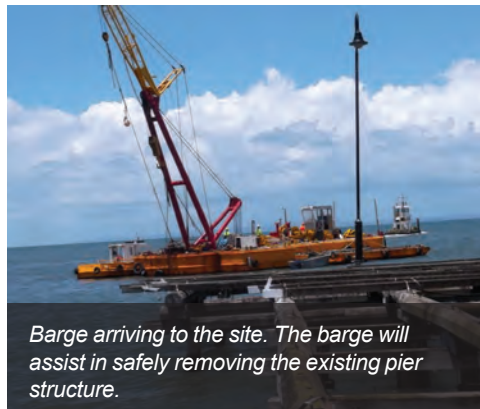
"Once the work to remove the existing Pier is complete, the next part of the project to rebuild the Pier will commence.

"The new structure will be the same length, the same width and on the same alignment as the existing pier. Some elements have been updated to ensure it can be enjoyed by more people for the next 100 years.

"The new Shorncliffe Pier has been promised to be open again to the community by Easter 2016 – something I know many people are looking forward to." ●●



*Timber from the pier being loaded to be recycled.*



*Barge arriving to the site. The barge will assist in safely removing the existing pier structure.*

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General Manager, Barry Batchelor

## MEET ME AT THE GARDEN GATE

Susannah Holmes

**S**andgate's very own organic nursery and café is opening this month! The Garden Gate Nursery on Rainbow Street promises outstanding service, professional gardening knowledge, best-quality organic gardening products, coffee, cake and snacks in a comfortable and relaxed nursery setting. You'll find locally grown seedlings and trees, specialised gardening merchandise and cutting-edge products used in sustainable agriculture and horticulture - products that work with nature and not against it.

Whether you want to brighten up your garden or are looking beyond organic gardening, Barry Batchelor - an award winning organic gardener and permaculture designer - brings his expertise to the nursery as General Manager. "I have locally developed a 2000m<sup>2</sup> 100% spray-free food forest in poor quality acid sandy loam soils over the last 10 years," Barry says. "I've used biochar integrated into advanced organic practices, such as high quality composting, mycorrhizae, trichoderma, remineralising, perennial legumes and high levels of fungi inoculated timber/leaf litter.

"I have also worked with world leading researchers, agronomists, commercial fertiliser/compost businesses, farmers and soil product retailers, and have a successful business of my own, selling low emission biochar machines."

We can look forward to workshops on permaculture, organic gardening, composting, and landscape design, with plans to sell organic produce in the near future.

The nursery and café will provide regular acoustic music and art installations, including an opening day ceremony, all expertly guided by local know-how. Stay tuned for opening day details via SANDBAG's Facebook page, to attend the opening of what will nurture our community for years to come.

The Garden Gate Nursery is SANDBAG's newest social enterprise, and a welcomed addition to SEED Parks and Property Maintenance, winner of the 2014 Australian Small Social Enterprise of the Year award. These enterprises maintain and finance the good work of our local community centres, supporting the 4017 community in providing vital services. ●●

### The Garden Gate Nursery *Helping Sandgate Grow*

153 Rainbow Street Sandgate

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

#### Opening Times

Thursday & Friday from 8.30am - 1pm

Saturday & Sunday from 7am - 3pm

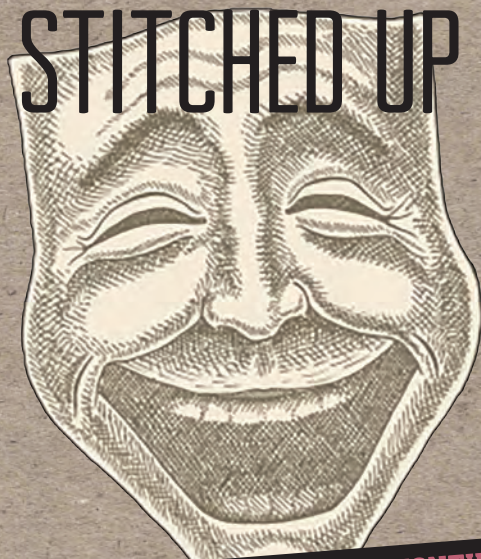
# What's Cooking

**cardiganbar**  
Live Music

W 25 Feb • **SPOKEN WORD**  
T 26 Feb • **OPEN MIC** 7pm  
F 27 Feb • **MOSKI JO** 7pm  
S 28 Feb • **FOLKLORE** 7pm

## COMEDY OPEN MIC

### STITCHED UP



**THIRD WEDNESDAY OF EVERY MONTH**  
ALL WELCOME · SEE BAR STAFF FOR MORE DETAILS

S 01 Feb • **REVERIE BLUE**  
W 04 Feb • Open 5pm - 10pm  
T 05 Feb • **OPEN MIC** 7pm  
F 06 Feb • **TIM AND KELLIE** 7pm  
S 07 Feb • **CLOUD LADDER** 7pm  
S 08 Feb • **SOLARNAUT** 4pm  
  
W 11 Feb • Open 5pm - 10pm  
T 12 Feb • **OPEN MIC** 7pm  
F 13 Feb • **RAVI WELSH** 7pm  
S 14 Feb • **CELTIC SESSIONS** 3pm  
• **ALEX CROOK** 7pm  
S 15 Feb • **YOU AND THE NIGHT** 4pm

W 18 Feb • **STITCHED UP - COMEDY NIGHT**  
T 19 Feb • **OPEN MIC** 7pm  
F 20 Feb • **JIMMY WATTS** 7pm  
S 21 Feb • **SOMETIMES 3** 7pm  
S 22 Feb • **MATT STILLERT** 4pm

**For more info on bands & gigs  
check out our facebook world.**

[facebook.com/cardiganbar](https://facebook.com/cardiganbar)  
[www.CARDIGANBAR.com](http://www.CARDIGANBAR.com)  
198 Seymour Street, Sandgate





# THE LAST TASTE OF SUMMER

## Fundraising Dinner Event

*Susannah Holmes*

.....

**P**icture a garden dinner party, set under the stars with like-minded friends. The 'Your Farm' enterprise are your hosts, known well for beautiful presentation of local stalls and street markets. The 'Goat Pie Guy' in Deagon are catering the event with a signature 'Your Farm' gourmet pie and salads. Entertainment is provided by acoustic guitar musician Matthew Taudevin.

'The Last Taste of Summer' fundraising dinner event is a collaboration between 'Your Farm' and local entrepreneurs Meg and Mick Hobson of the 'Goat Pie Guy'. It will be held in the garden where Your Farm's latest garden project is growing, behind a heritage cottage owned by resident Helen Webster, with much of the dinner

ingredients harvested fresh from the garden.

Helen generously made her land available to Your Farm members in July 2014. Helen says, "The concepts of backyard farming have always appealed to me. It's great that all that participate can enjoy the rewards - both food and friendship. I had a spare block of land, and I didn't want to sell it and I can't afford to build on it, so it was a great way to be able to keep it and use it."

Based in the Sandgate district, Your Farm promotes and advocates for community involvement in socially, economically and environmentally sustainable, community-supported food production and distribution. Members are passionate about sustainable food production, localisation of the food economy and bringing the community together.

Funds raised from the dinner event will go towards plans for a greenhouse, water tanks, chickens and edible plants, bringing Connaught Street residents together and drawing people to the project from further afield.

Connaught Street Your Farm Community Garden is attended each Saturday 8.30 - 10.30am during February, with monthly planning meetings held amongst members. Everyone is encouraged to join in, be you a green thumb or novice, or someone interested in getting to know your community.

To book a place at the fundraising dinner, email [info@yourfarm.org.au](mailto:info@yourfarm.org.au) or call 0410 485 474. Dietary requirements will be carefully considered. ●●

### The Last Taste of Summer Fundraising Dinner Event

**Saturday 28th February from 5.30pm**

**\$20 per person**

**43 Connaught Street, Sandgate**

**Email: [info@yourfarm.org.au](mailto:info@yourfarm.org.au)**

**Phone: 0410 485 474**





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Sarah Cleeland Family Lawyers are experienced Family and Criminal Lawyers located in Sandgate, offering clients advice and representation in all areas of Family Law, Domestic Violence, Child Protection and Relationship Law.

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# A WORD FROM OUR REPRESENTATIVES

## Cr Victoria Newton



**2015 marks another big year for our community, with many new projects underway.**

This year will see the major works on the \$20M Shorncliffe Pier renewal project occurring, with the old Pier being replaced with a new structure which will closely resemble the 140-year-old one. As well as re-using some of the timber from the old Pier on the new Pier (where possible), some of the timber will be used for some local community projects.

Much-needed upgrades to the Sandgate Aquatic Centre are on the cards for 2015, once the development assessment process has been concluded.

Improvements to local pathways, including some of the shared pathway at Brighton will be upgraded, the footpath around Memorial Park Sandgate will be replaced, and the final section of pathway lighting in Peace Park will be installed.

The new mural in Rainbow Street Sandgate, which uses designs of our local environment, created by primary school students in our community, will be completed after a mammoth

effort by Kim Mancini and her dedicated team of volunteer artists.

And a special house for small birds at Curlew Park will be built in support of Keep Sandgate Beautiful Association's project to help provide safe nesting for smaller bird species, including swallows.

I enjoyed visiting the Sandgate Men's Shed to check on their latest project where a new slab was installed to make it safer for their equipment, which I was pleased to assist with a Deagon Ward LMSIF grant.

I'm looking forward to working with the local community on these projects and many more during 2015.



PHOTO: Cr Victoria Newton visits the Sandgate Men's Shed at their first day back at the shed for 2015

## Cr Amanda Cooper



Council's Active Parks program has many free activities on offer which don't require bookings.

Circus skills training is on Sunday 8th February 9:30am to 10:30am near the playground at

Barrett Street Reserve, Bracken Ridge. Come and try a range of activities including plate spinning, poi twirling, flower sticks, hoops, stilts and more. It will be an action-packed workshop for all ages.

For more information contact Prue Enterprises on 0421 445 892.

Yoga and relaxation sessions are on at the shelter in front of the Bracken Ridge Library on Saturdays until 28th March, 7:15am to 8:15am. Suitable for beginners and advanced; with breathing techniques, stretching, strengthening, partner yoga, relaxation massaging - all in the great outdoors. Sessions aim to balance the body, heart and mind. Bring a mat/cushion, water and wear loose clothing. For more information, contact YogAdo on 0478 198 194.



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If you have a notice/event that you would like published in the next issue of the Sandgate Guide, simply enter the details on to our website (maximum 50 words) at:

[www.sandgate.com.au/noticeboard.htm](http://www.sandgate.com.au/noticeboard.htm). This is a FREE community service. (Please note that we may not publish all notices due to suitability and space.)

# COMMUNITY NOTICE BOARD

**Painting at Sandgate PCYC.** Introduction to the skills and knowledge required to produce a painting. Wednesday, 25 February, 9am – 12pm. Sandgate PCYC, 106 Kempster Street, Sandgate. This event is mostly suited for adults . Cost - \$5.

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**Opening Night** - Bramble Place Cafe is holding an Opening Night for local artist Darlene Lavett on 4th April. Cafe owners, Pia and Margus are showcasing her art exhibition called 'Botanical' for 8 weeks. The night is open to the public and offers music, free champagne and finger food.

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**Deagon Sunday Markets** - Come visit and support local farmers and craft markets of produce and nifty items. We have locally grown bananas and vegetables from Beerwah, and many more stalls to come. 5am at the Sandgate District State High School.

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**Queen Of The Dancehalls: Cloudland Ballroom in Brisbane, 1939-82.** A talk presented at the Sandgate Historical Society. Come and meet Dr John Lergessner when he presents his lively and interesting history about Cloudland. Sunday, 22nd February at 2pm. 50 Rainbow Street, Sandgate. For inquiries please phone 07 3869 2283.

**Australian Training institute (ATI) PTY LTD Open Day** - Saturday 7th February 10am - 1pm. Explore our training facilities, meet our staff and trainers, demonstrations and PowerPoint presentations, lucky door prizes and discounts, free face painting from 10am-12pm and free sausage sizzle from 12pm-1pm

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**Circus skills training** is on Sunday 8th February 9:30am to 10:30am near the playground at Barrett Street Reserve, Bracken Ridge. Come and try a range of activities including plate spinning, poi twirling, flower sticks, hoops, stilts and more. It will be an action-packed workshop for all ages. For more information contact Prue Enterprises on 0421 445 892.

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**Dub Sundays** - last Sunday of every month, the next one will be held on 22nd February - Cardigan Bar partners with Rub-A-Dub Caribbean Kitchen & Belly Full Sound system to bring you Dub Sundays, 3pm - 6pm, come and enjoy a specialty beer, Jamaican jerk chicken & pork belly with friends while the sun goes down. A popular event with locals and music buffs in the Brisbane reggae scene.

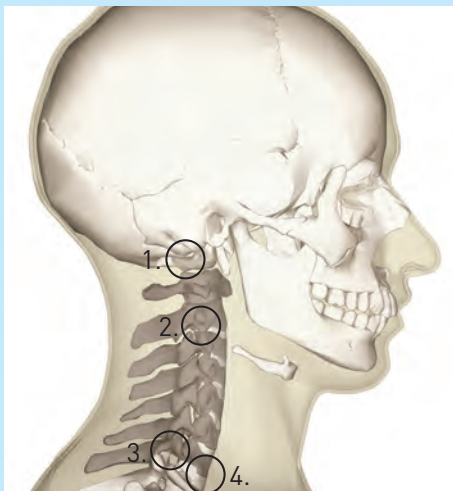


# Health is our most valuable possession

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## Headaches & Neck Pain: Common Causes & Correction

- 1. Atlas misalignment** - Headaches on the top of your head or base of skull, dizzy, vertigo, nausea, difficult to concentrate.
- 2. Axis misalignment** - Headaches around the eyes or centre of head, visual problems, nausea.
- 3. Cervical misalignment** - lower neck pain can radiate pain or numbness into the arms or fingers.
- 4. Disc Bulging** - severe neck pain can radiate into arm or shoulder blade, pain when you cough or sneeze.
- 5. Cervical torticollis** - severe neck pain with any movement, can't turn your neck, muscle spasm, sudden onset (often wake up with it).
- 6. Whiplash** - sudden hyperflexion-hyperextension injury from rear end auto collision or sports (getting hit from behind). This can cause any of the above conditions.



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# SHOP LOCAL SUPPORT LOCAL

## Sandgate's VIP Card Is Back

Emma Harley

.....

### **S**andgate's hottest property this year is the re-launched Sandgate VIP Discount Card.

Following a successful introduction in 2014, the card is back in 2015 with many new businesses on board.

The VIP Card was introduced to promote the idea of shopping locally in the community, supporting the many small businesses that operate.

Cardholders are entitled to a 10 per cent discount at over 50 local businesses as well as exclusive offers and promotions posted regularly on the new Facebook page.

2014 cardholder Kat Gould says the discounts offered through the card are great, and the card is also a way to see the variety of local retailers in the wider community.

"I purchased the card when I moved to the area as a way to get out of my comfort zone and experience some new places I may not have otherwise tried," Kat says.

"I now have a new favourite coffee shop, beauty salon and even an electrician.

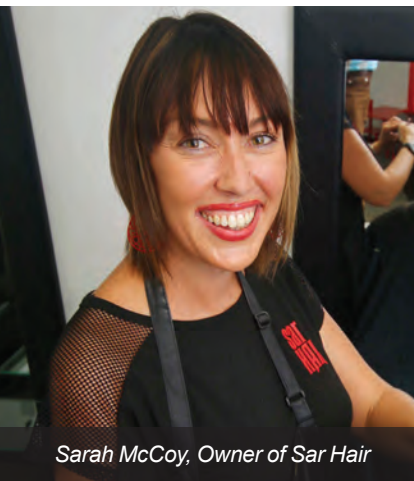
"I'm generally guilty of heading straight for the big shopping centres, but I have found myself staying a little closer to home and focusing on what I have in my own backyard."

Customers are not the only ones to benefit from the card, with retailers experiencing the benefits of the card for their businesses.



(Above) Kat showing off her shiny new 2015 discount card.





*Sarah McCoy, Owner of Sar Hair*

Brighton's Sar Hair has offered discounts through the VIP Card since the card's launch last year and are back on board in 2015.

Owner Sarah McCoy says they have had a very positive response from last year and the clients are excited about its return.

"It's great to support local business and also give our loyal and supportive clients a discount," Sarah says.

"The card is also an incentive for new clients to come and try us out, which is wonderful as it helps grow our business."

The Sandgate VIP Discount Card can be purchased for \$12 online at [www.sandgate.com.au/vip](http://www.sandgate.com.au/vip) or in one of many local stores including Something About Audrey, Heel to Toe, Sar Hair and Little Nest Creations.

For more information phone 0450 078 200 or email [info@sandgate.com.au](mailto:info@sandgate.com.au). ●●

Photos by Paul Neil

## PARTICIPATING BUSINESSES

### DINING & TAKEAWAY

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154 Barrett Street, Bracken Ridge
- CAFE ON THE PARK** . . . . . 3869 1282  
6 Park Parade, Shorncliffe
- CAFE VALLETTA** . . . . . 3269 4976  
Shop 12, 353 Beaconsfield Tce, Brighton
- GLORIA JEAN'S COFFEES BRACKEN RIDGE** 3269 7011  
154 Barrett Street, Bracken Ridge
- GLORIA JEAN'S COFFEES SANDGATE** . . 3869 1962  
19 Brighton Road, Sandgate
- GOAT PIE GUY** . . . . . 0477 002 955  
Shop 1/97 Braun Street, Deagon
- PHOENIX BAR** . . . . . 3269 7011  
154 Barrett Street, Bracken Ridge
- SOMETHING FISHY IN SANDGATE** . . . 3869 3069  
35 Rainbow Street, Sandgate
- THAI SANDGATE RESTAURANT** . . . . . 3869 2311  
2/14 Bowser Parade, Sandgate
- TOWN HALL BAKERY** . . . . . 3269 2316  
2 Brighton Road, Sandgate

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Sandgate Foreshore
- CELEBRANT AVALON MACKELLAR** . . 0419 792 022  
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- SNAP FITNESS SANDGATE** . . . . . 0402 777 788  
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- SURE CONNECT WATERSPORTS** . . . . 3137 0500  
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Sandgate, Brighton, Bracken Ridge

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98 Clayton St, Sandgate
- BEAUTY NATURALLY SKIN CLINIC** . . . 3269 3930  
Shop 1a Fifth Avenue, Sandgate
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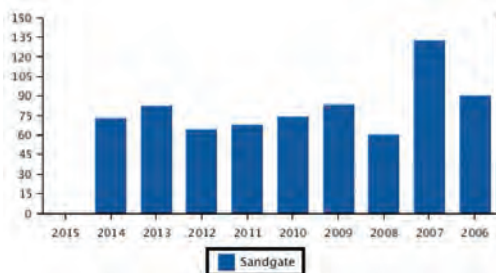
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# PROPERTY MARKET REPORT

## Expectations for 2015

With the Christmas decorations all packed away, children nearly back at school and everyone back to a normal working day, we look forward to an exciting new year.

Looking back at 2014, Sandgate's median house prices were lower than 2012-13 (see graph below RP Data), and the number of properties



In saying this, looking across the board for the 4017 postcode, in 2014 the number of homes listed for sale was down, as was the number sold.

Looking forward to 2015, our prediction is a positive one. Some say that housing prices are going to rise, jobs are on the increase and consumer confidence will improve. Others are predicting the opposite. We prefer to stay with the positives and not waste our time on the negatives. There are so many outside influences that can change the property market, and no one can really foretell which way it will go! Regardless, we'll continue to offer and service our community in any market.

First impressions count when placing a home on the market and we've been busy completing a small garden makeover for a cute cottage. While the inside was great, the outside did not reflect the overall presentation of the home. The sellers trusted our advice, we proceeded at minimal cost, and now we're ready to go to market; the outcome will be in the hands of the buyers!

While information on buying homes is important, we sometimes overlook the investors. Finding a good property management team is important to ensure that your investment is being nurtured and maintained. This can be a difficult task. Our Property Management and Sales teams are available to assist you with advice on any aspect of your property. Just call our team on 3269 1555. ●●

sold slightly higher than 2012. However, there are currently only 28 residential properties on the market in Sandgate - quite low for this time of year.



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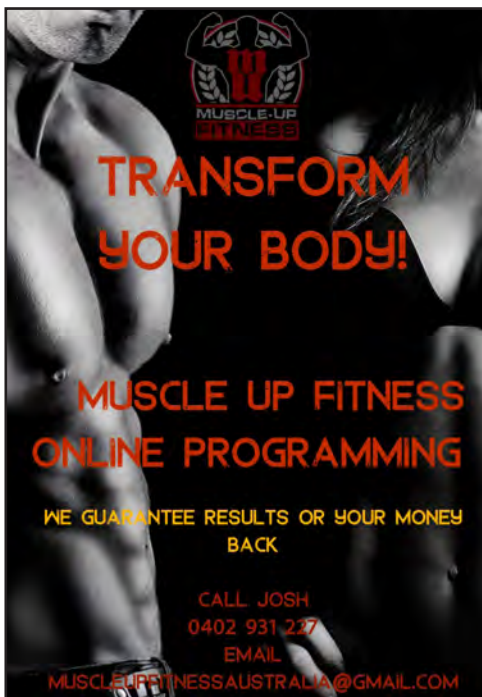
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**A**s we see in the new year, many of us have the intention of being fitter, healthier and happier. We start the year bright, hopeful and full of beans, then usually by about February, our great intentions seem to give way to cream buns, junk food and nights in on the couch.

## Bootcamp For Kids

Maddie Burrows

Our children are getting sicker. Chronic disease in children is an epidemic in Australia and around the world. An under-active and malnourished child can develop serious illnesses such as type II diabetes, obesity, heart disease, kidney/liver disease, asthma, digestive disorders and allergies.

Your child is forming their lifelong exercise and dietary habits right now. It's a known fact that children are finding it harder to avoid social pressures with so many temptations in society today. By introducing a healthy lifestyle now, they will learn the skills they need to make the right decisions and motivate themselves for a healthy future.

Being involved in group exercise is a great way for your child to develop a holistic approach to health. They will learn social skills, team-work, co-ordination, fine motor skills, balance, muscular endurance and cardiovascular endurance. This will support their physical, social, mental and emotional well-being all in a fun and encouraging environment.

**Chew Chew train provides Bootcamps for Kids in the local area at reasonable rates. Call Maddie on 0403 862 439.**

*Instructor Maddie with assistant, Tanya and 3 of the children - Sophie, Grace and Gabby.*



# NEW YOU IN 2015

We spoke with some local fitness professionals to give us some tips on how to make this year different and to help you along with your wellness & fitness goals.

*May 2015 be your year to shine.*

## 5 Reasons Why Online Programing Is For You!

Josh Robson

1. Results - Believe it or not, online programing really does work. Results from online programing vary depending on who you go with and how driven the individual is, but the proof is there and that's why it's becoming so popular.

2. Value - Lets do the maths... You can purchase an online program that provides you with 3-5 sessions per week for about \$150 a month. That comes to \$37.50 per week or about \$9 per session. Now, considering that the average P.T. session is \$45 for 30mins, it's a safe bet that you're getting your moneys worth.

3. Quality - More often than not you're getting top level advice and training from professional experts that are willing to give you their industry secrets to get you into the best shape of your life.

4. Education - One of the biggest benefits of online programing is that the focus is on teaching the client what to do rather than telling the client what to do.

5. CONVENIENCE - Any time, anywhere! Online personal training workouts can be done when you want and where you want. You can train at home, in the gym, on the road, or in the great outdoors. Train anyway you like whether you're the body weight master or you live and die by the barbell.

'I don't have the time' is no longer an excuse thanks to the world of online programming.

**Josh Robson of Muscle-up Fitness can be contacted on 0402 931 227.**

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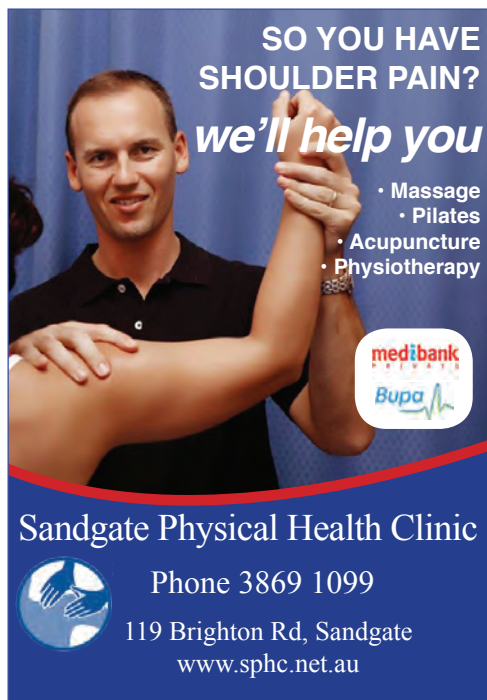
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# NEW YOU IN 2015

## I want to get fit but where do I start?

*Troy Lum*

I think we've all been through that period in our lives where we've lived to excess. I remember when I made the decision to get fit and it was terrifying, confusing and exciting all at once.

So I dusted off my old running shoes that had been in the cupboard from my last attempt the previous year. I ran down the block coughing and spluttering trying to regain my lost youth and learnt a few valuable lessons along the way. So here are my top tips to getting back on that fitness wagon and staying on it.

1. Absolutely without doubt you need to find something you enjoy doing. Whether it be running, swimming, cycling etc. If your chosen activity is like watching paint dry, then find something that interests you.

2. When your activities are social, it actually makes them enjoyable and you are more inclined to stick it out. Hence the growing popularity of community events like parkrun and obstacle racing events such as Tough Mudder.

3. Get some help from an expert. Most gyms offer a complimentary personal training session to help you get started. Just remember the training you do in the gym is so your quality of life outside the gym is improved.

4. If you've made that new year's vow to go on a diet, then clean out your cupboards and throw all of your junk out. Rule of thumb is, if it's in your cupboard or fridge then it's not a matter of IF but WHEN you eat it.

5. Even if you lack the motivation or don't feel like it... show up. Consistency is KING.

Above all, make your activities sustainable and part of your daily lifestyle.

**Troy Lum, Personal Training Manager**  
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PT Session with Alex Grinter

## Get Fit Quick

*Alex Grinter*

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It isn't just boxing at some pads or a bag...it combines boxing techniques and punches with high intensity bodyweight exercises. Boxing is an insane workout for everyone of all ages and body shapes. It is actually one of my favourite methods of training outdoors. All you need is a partner, some gloves, mitts and marker cones and you are set!

Calorie expenditure and fat burning are elevated during boxing as it is such a high intensity workout utilising large muscle groups and constantly keeps you moving. Boxing fitness classes don't add muscle bulk, but tone and define muscles due to its high repetitions.

Physical Benefits of Boxing Fitness:

- Increase your Strength and Endurance;
- Low impact on joints, but still maintaining intensity;
- Cardiovascular Improvement;
- High energy / calorie expenditure in short time.

**Contact Alex Grinter on 0423 133 178 to find out how you can be part of Boxing Fitness group classes for FREE on the foreshore in Sandgate!**

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Photo: Paul Neil

## TALE OF TWO BRIGHTONS

Emma Harley

**M**oving from one Brighton seaside community to another, Café Valletta owner James Bugeja says he is “living the dream”.

Following a period working in a boutique hotel in the UK village of Brighton, James decided to follow his passion and open his own café closer to home.

“This has always been my dream, it has just happened sooner than expected,” James says.

“I could have opened a café in the city, but I noticed a real market gap in the local area and having lived close to the area for over 15 years, it was the right decision for me.”

Café Valletta offers a unique twist with its distinctive touches of Maltese culture.

“My father was born and raised in Valletta, the capital of Malta, so it is a tribute to him and everything he has done for me and my family,” James says.

“Along with traditional cafe fare and an emphasis on gluten free and fresh cuisine, we also offer some traditional Maltese dishes with a

modern twist, such as pastizzi, rabbit dishes and a few of Nonna’s favourites.

“There is also a retail range offering Maltese preserves, prickly pear jam and chutney, and Kinnie soft drink, imported from Malta.”

James says first and foremost, family is at the heart of Café Valletta.

“We are a family business and we greet all customers like family and friends,” he says.

“We are getting to know all our regulars and we like to know what is going on in our customers’ lives, and learn all about their children, grandchildren and families.”

James describes the décor and menu of the café as simple, yet warm.

“Coming to see us should be like going to your mum’s, sister’s or best friend’s house for dinner or a cup of coffee - non-pretentious, inviting and homely,” James says.

“The exception is that you don’t have to do the dishes.” ●●

*Café Valletta is located at Shop 12, 353 Beaconsfield Terrace, Brighton (Next to IGA)*

# LOCAL *Dining*



**Name:** Bracken Ridge Tavern

**Address:** 154 Barrett Street, Bracken Ridge

**Cuisine:** Ribs, Surf & Turf, & Steak & Rib Combo

**Feature:** Panama Jack's Restaurant has a wide variety of meals to suit all tastes, including gluten free dishes. Our signature dishes: PJ'S Ribs, Surf & Turf, & Steak & Rib Combo are legendary.

**Contact:** 3269 7011



**Name:** Bramble Place Tea & Coffee

**Address:** 1 Loudon Street, Sandgate

**Cuisine:** International Café Food

**Feature:** Cafe with Nordic hints serving organic fair trade Botanica coffee and simplified modern food from international cuisines and local products.

**Contact:** 0498 703 406



**Name:** Cafe On The Park

**Address:** 6 Park Parade, Shorncliffe

**Cuisine:** Cafe/Seafood/Salads

**Feature:** We proudly serve you good value honest meals prepared and cooked from fresh ingredients, with an emphasis on Seafood, Specialty Salads, and traditional fare.

**Contact:** 3869 1282





# LOCAL *Di*



**Name:** Cafe Valletta

**Address:** 12/353 Beaconsfield Tce, Brighton

**Cuisine:** Cafe, Gluten Free

**Feature:** Cafe Valletta is a privately run European Cafe, creating a dining experience with a fresh tasty menu of classic & modern favourites with our own signature twist.

**Contact:** 3269 4976



**Name:** La Festa Restaurant

**Address:** 121 Brighton Rd, Sandgate

**Cuisine:** Taste of Italy

**Feature:** Home style cooking since 2010. We know you will find each dish full of flavour. Enjoy discovering your favourite within a warm family-like atmosphere that's fun, relaxing and entertaining. Open for dinner Wed-Sun.

**Contact:** 3269 7262



**Name:** Cypher Coffee

**Address:** Shop 3, 6 Knox Street, Sandgate

**Cuisine:** Coffee Shop

**Feature:** Here at Cypher, we are inspired by Brooklyn, NY. We have all your classic café favourites as well as specialty sweets, bagels, sandwich and smoothie menus.

**Contact:** 0431 168 494



# ning GUIDE



**Name:** EclecTea

**Address:** 2 Queens Parade Brighton

**Cuisine:** Vintage Cafe BYO

**Feature:** At EclecTea you can enjoy all organic coffee, chai's and milk, local produce, GF, all free range meals with exciting dishes always changing. BYO, breezy & water views.

**Contact:** 0418 183 844

**EclecTea**  
Vintage Cafe BYO



**Name:** Fish On Flinders

**Address:** 196 Flinders Pde, Sandgate (opp. Pool)

**Cuisine:** Fish & Chips

**Feature:** At Fish on Flinders we delight in providing the highest quality Australian Seafood. Located opposite the Sandgate swimming pool.

**Contact:** [www.fishonflinders.com.au](http://www.fishonflinders.com.au)



**Name:** Goat Pie Guy

**Address:** Shop 1, 97 Braun Street, Deagon

**Cuisine:** Gourmet Pies

**Feature:** Try something deliciously different and treat yourself to a lunch of goat pie, gourmet salad and 'Chipflers' (our signature crispy baked kipfler potatoes).

**Contact:** [goatpieguy.com.au](http://goatpieguy.com.au)



# LOCAL *Dining* GUIDE



**Name:** Il Forno Pizzeria

**Address:** 3 Third Avenue, Sandgate

**Cuisine:** Italian

**Feature:** Il Forno Pizzeria is now considered one of the best pizzerias in Brisbane. Wood fired pizza, pasta, local craft beers & great wine and cool atmosphere. Fully licensed.

**Contact:** 3269 9766



**Name:** Pacific Fish Bar

**Address:** Cnr Wakefield St & Brighton Tce

**Cuisine:** Fish and Chips

**Feature:** The Pacific Fish Bar prides itself on being a family operated business since the 1950s. Open Wed-Sun providing the best quality fish and chips with the lowest prices.

**Contact:** 32691062



**Name:** Round Table Coffee

**Address:** 3/67 Gawain Rd, Bracken Ridge

**Cuisine:** Coffee Shop

**Feature:** Offering a range of Coffee, Tea, Cake, Slices & Biscuits along with books to read and games to play. Monday-Friday 6am-4pm, Saturday 7am-2pm

**Contact:** [www.roundtablecoffee.com.au](http://www.roundtablecoffee.com.au)







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## ‘A CHIP IN THE SUGAR’

A play by Alan Bennett

**F**or two years back in 1999/2000, Elysium Theatre brought professional productions to the Sandgate Town Hall, including Kaye Stevenson’s *Hildegard*, *The Angry Mime* and *Sikim*. It also produced its own night of Absurdity, featuring Ionesco’s *The Bald Prima Donna*.

After a break of fourteen years, the re-launch of Elysium Theatre will once again take place at the Sandgate Town Hall with ‘A Chip in the Sugar’, a monologue by Alan Bennett (from the Talking Heads series). Bennett is a master of observation in this comic and sometimes dark, poignant and cutting edge look behind the façade of ‘ordinary life’ in northern England.

Starring in this one man show is Toby Chittenden, a well-known and local theatre actor who more recently portrayed Jimmy McKleish, an eccentric, loud and foul Scotsman with a love for Robbie Burns poetry. This latest incarnation of Mr Chittenden however will be far removed

from Jimmy. Instead, he will portray the meek and mild-mannered Graham Whittaker, a middle-aged, single man living with his widowed mother.

The conflict occurs when the routine existence of Graham and his Mam is upset by the re-appearance of Frank Turnbull, an ‘old flame’ from Mam’s past. A Chip in the Sugar, as with other Bennett monologues, divulges unexpected secrets and tests the value of family loyalty. ●●

### A Chip In The Sugar

*A play by Alan Bennett*

**Sandgate Town Hall**

**Friday 27th February 7:30pm**

**Saturday 28th February 7:30pm**

**Sunday 1st March 2pm**

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# GREATEST CHICK FLICKS OF ALL TIME AT SANDGATE

## Grease is the Word

*Suzi O'Shea*

*Photos: Paul Neil*

**P**aul Timms is a vivacious local entrepreneur on a mission to make Sandgate the world's best place to live. "I grew up in the country and always wanted my kids to be raised in a community that is kind, connected and inspiring. We love the area. We believe that this area is special, and over the years we have had the good fortune to meet other locals who also feel the same way", says Paul.

Sandgate Village is a community initiative founded by Paul. The group includes local leaders who run a range of events and programs in the local area. One of those initiatives is Chick Flicks Sandgate.

The Sandgate Chick Flicks was formed as a way of providing an opportunity for local women to enjoy

a fun night out and raise some funds for the local junior sporting clubs. So far, over \$1400 has been raised for the Sandgate Hawks.

A group of local women were surveyed and asked what they thought the Top 12 chick flicks of all time were, and the results are in.

Coming in at number 12 was *Mama Mia*, which was shown at the inaugural Sandgate Chick Flicks event. At number 11 was *Dirty Dancing*, shown at last month's movie night.

Coming in at number 10, and February's Chick Flicks movie, is *Grease*. A timeless classic that spans generations of die hard fans.

As we count down the movies, each month we get closer to the revelation of the greatest chick flick of all time.

The program is coordinated by local worker Sarah Inglis and has been made possible with the support of Tamara and Mark Wecker, the Sandgate Hawks Junior Sporting Club and other local business.

Chick Flicks Sandgate offers a fabulous night out that is more than just a movie. Vicki Sincalair, who is the MC of the night, leads an introductory mingling session (so don't be afraid to go along on your own), there are tables set up for local businesses to exhibit their wares and of course hand massages, pampering, champagne and popcorn.

Whilst the event is called Chick Flicks, guys who are in touch with their feminine side (or perhaps are in the dog house and need some brownie points) are absolutely welcome to attend.

Tickets are \$11 pre-booked online, or \$15 at the door. ●●



**Sandgate Town Hall**

**Wednesday, 11 February 2015**

**6:45 PM to 9:00 PM**



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# THE COMPANY

## Music By The Sea

**I**n early January, the Music By The Sea Festival 2015 brought some of the world's best musicians to bayside Sandgate. Now, at the pinnacle of the Australian acoustic music scene, cutting edge bluegrass band The Company is set to launch the monthly concert series at Sandgate Town Hall on Saturday 7th February.

Boasting bluegrass champions on guitar, fiddle and banjo, the outfit's virtuosity is born of a passion for high energy original and traditional acoustic music that has been described as crisp, melodic and soulful.

Band member Jamie Clark, a CMAA Bluegrass Flatpicking Champion described by Rolling Stone Magazine as "a cracking good guitarist" said, "The music is built on innovation

and is a melting pot of styles, yet has strong ties to deeper, much older traditions that many people instinctively recognise. It has a deep spiritual basis, relating to gospel music of all hues, yet some of its major figures were legendary hell-raisers. There is something for everyone."

Also worth a boast, seventh generation fiddler George Jackson has added the much coveted Colorado Rocky Grass Banjo Contest First Prize to his growing collection of awards and honours. "I love The Company's unique voice within the bluegrass genre. Each member spends a lot of time writing and arranging our own music for the band and it's an exciting experience to be a part of. We all bring our own different backgrounds to the process and what we've come up with is pure enjoyment on stage and off," he said.

Adding flavour to the mix, mandolin and fiddle player Mick Patrick claims his music career was shaped growing up in a family band playing bush dances in north Queensland. Mick plays a 170-year-old violin of French origin, an Aussie mandolin, and has a National Folk Festival 'Declan Affley' Award under his belt.

Complementing the foursome, Norwegian born Markus Karlsen is one of the most highly sought after session bassists in the country, and along with the other lads, also does vocals. He adds, "Our music derives from the American tradition of bluegrass, but our sound and storytelling is from Queensland."

Book your tickets early for this one - The Company is a hit on the folk and country circuit. ●●

*Music By The Sea presents*

### The Company

**Saturday 7th February 2015**

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Mick and Meg celebrate the opening of their new Goat Pie Guy shop at Deagon. See you for Brekky guys!



Adam Cruickshanks and Tino Aprile arrive on their Harleys for a last drink at the Seaview Hotel, Shorncliffe, which closed its doors in December.



Sandgate artist, John Blackley, hangs his painting 'Poppies' at his exhibition at Percolator Gallery Paddington.



Chef Sunny and Mel cook up delicious jerked chicken and pork belly burgers to reggae music and live dub at the Cardigan Bar.



Jessica Martella, looking stylish, likes to scoot around Sandgate on her ride 'Venus'.



Canadian band Jaron Freeman -Fox and the Opposite of Everything, get Music by the Sea Festival off to a flying start at Sandgate Town Hall.



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Owner of Russell's Fabrics, Michael Harrison

## A STITCH IN TIME...

Emma Harley

.....

**S**ixty years of business is a milestone for any company, but for Sandgate's Russell's Fabrics, it's just another stitch in the fabric of this store's long history.

Owner Michael Harrison says the business started with his father, who began working for Pal Russell at Gympie's BNL Drapers at the tender age of 12.

"My father was a young man in his early 30s

when he decided to go out on his own and open his own shop in Sandgate in 1955," Michael says.

Pal accompanied the young businessman in his endeavour, and the name Russell's moved with the store.

"Even though my dad was a Harrison, so many years had been spent building up the Russell name, so it has remained to this day," Michael says.

Michael was five years old at the time of the move to the bayside, quickly learning the family trade after school, on weekends and during school holidays.

"I grew up in Sandgate and went to school here, before starting full time in 1968," Michael says.

"I have been here ever since."

Michael says although the fabric trade appeared to have skipped a generation, there has been a resurgence in recent years.

"Many young ones come in now and they are learning how to sew from their grandparents," he says.

"Also a number of stores have closed in the area over the years, so new people have moved in, getting to know us and bringing with them a new interest in what we offer."

Russell's has been home to many celebrations, but Michael is particularly excited about the store's 60th birthday, hinting the store will offer great discounts to commemorate the event.

"I really want to create specials customers will appreciate," Michael says.

"For our 50th birthday we had 50 per cent off everything, so keep your eyes peeled for some super-duper bargains." ●●

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## NOW IS A GOOD TIME TO REVIEW YOUR FINANCES

The nation's official unemployment rate fell unexpectedly in December 2014 to 6.1 per cent.

The better than expected results will ease pressure on the Reserve Bank of Australia to cut rates this year.

Before the unemployment data was released, traders were expecting a more than twenty-five per cent chance of a 0.25 percentage point rate cut at the next RBA meeting in February, which then fell to a nine per cent chance of a February rate cut according to Credit Suisse.

The market still expects at least one rate cut in 2015, but the likelihood of two rate cuts this year has dropped to forty-four per cent.

In these times of historically low interest rates, competition amongst lenders within the home loan market is fierce.

The average life of a loan back in 2009 was approximately seven years, but more recent data suggests customers are refinancing their loans every three to four years.

The continuous discounting and special offers for home loan lending has lead mortgage customers towards refinancing their loan sooner rather than later.

So now is an opportune time to review your finances, and a good place to start is to give your home loan a health check.



## A better loan. A better way.

The home loan market is a forever-changing environment. Reductions in lender interest rates and fees, and even refinancing cash-back incentives of \$1,000 or more are signals that there may be more cost-effective options for your current home loan, regardless of how long you have had it for.

Perhaps your personal and financial situation has changed. Changing jobs, getting married, renovating, starting a family, and helping your children buy their first home are life events that flag a need to review your current arrangements.

As your needs and circumstances change, consider whether there are more suitable solutions from home loan lenders for your situation.

If you are on a variable interest rate or coming out of a fixed rate period, it's a good time to review your interest rate and the allocation between fixed and variable to ensure you are getting the best deal from the home loan market.

Are you satisfied with the service from your existing lender? Are you paying high fees or for features that you don't use? Are your savings offsetting the amount owing on your home loan and reducing the amount of interest you pay? There are lots of factors to consider when reviewing your home loan.

Refinancing your home loan may save you a significant amount of money, but always check that the benefits, such as interest rate savings, outweigh the costs involved.



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# TACKLING SANDGATE



Mark Templeton

## Well Christmas has been and gone and the kids are back at school.

We hope that everybody had a great break and everyone kept themselves safe.

We found that over the holidays quite a number of families came in store wanting information about getting into fishing for the first time, and families that had not been for a while and wanted to get back into it.

Good news is that the basics of fishing really have not changed at all and getting set up really does not cost all that much.

Once you have a basic rod and reel, basic tackle selection and then a bit of bait you are almost set. A very important item, which is just about always overlooked, is the Law regarding fish sizes and bag limits.

Most Specialist Tackle Stores can give you all the information that you need to make your fishing experience more memorable and help ensure that we all do the right thing.

If you have younger children it could be well worthwhile introducing them to the art of "plastics" fishing. This is where we use artificial bait with a

jig head. There are so many to choose from and it can really be daunting when you first investigate the huge range of plastics and jig heads available.

The easiest way is to drop in and ask for some guidance. We are here to make sure you get the best start and get the gear we know works well for beginners. I would suggest that you limit your purchase to no more than 2 – 3 different types. After all, if plastic fishing is not for you, we do not want a big expense weighing you down.

Plastics fishing is not exactly the easiest style to learn but if you give it a fair trial period you may just find that it can be rewarding and just a bit exciting when you master the basics. I was a bit sceptical at first, but after my first fish (a 15cm Flathead), I knew it was going to be worth the effort. It is better to try and fail than to not try at all!

If you would like more Fishing Tips or you would like us to cover particular topics, visit [www.tackleland.com.au](http://www.tackleland.com.au) and drop us a line.

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

## FEBRUARY 2015 TIDE CHART

Time m	Time m	Time m	Time m
<b>1</b> 0135 0.47 0801 2.34 SU 1439 0.63 2016 1.84	<b>8</b> 0548 0.54 1157 2.22 SU 1821 0.54	<b>15</b> 0626 2.21 1300 0.72 SU 1833 1.83	<b>22</b> 0558 0.31 1202 2.42 SU 1831 0.31
<b>2</b> 0220 0.42 0843 2.39 MO 1519 0.58 2057 1.89	<b>9</b> 0920 1.98 0624 0.64 MO 1229 2.11 1854 0.57	<b>16</b> 0048 0.46 0724 2.38 MO 1401 0.57 1935 1.94	<b>23</b> 0031 2.30 0645 0.45 MO 1245 2.23 1911 0.40
<b>3</b> 0300 0.40 0920 2.41 TU 1555 0.56 2133 1.93	<b>10</b> 0100 1.95 0705 0.75 TU 1305 1.99 1931 0.62	<b>17</b> 0148 0.35 0816 2.53 TU 1455 0.44 2030 2.06	<b>24</b> 0121 2.24 0737 0.62 TU 1332 2.02 1954 0.50
<b>4</b> 0336 0.39 0954 2.41 WE 1627 0.54 2206 1.96	<b>11</b> 0147 1.91 0755 0.85 WE 1349 1.87 2017 0.66	<b>18</b> 0243 0.25 0905 2.63 WE 1544 0.34 2121 2.17	<b>25</b> 0215 2.16 0839 0.77 WE 1427 1.82 2046 0.61
<b>5</b> 0408 0.40 1026 2.39 TH 1656 0.53 2237 1.99	<b>12</b> 0246 1.90 0900 0.92 TH 1448 1.77 2117 0.68	<b>19</b> 0334 0.18 0950 2.68 TH 1629 0.27 2210 2.26	<b>26</b> 0321 2.09 0955 0.87 TH 1539 1.68 2150 0.69
<b>6</b> 0440 0.42 1056 2.36 FR 1723 0.52 2310 2.00	<b>13</b> 0402 1.93 1024 0.93 FR 1606 1.72 2230 0.65	<b>20</b> 0423 0.17 1035 2.66 FR 1711 0.24 2257 2.31	<b>27</b> 0436 2.07 1120 0.87 FR 1703 1.65 2306 0.70
<b>7</b> 0513 0.47 1126 2.30 SA 1752 0.52 2344 2.00	<b>14</b> 0520 2.05 1147 0.85 SA 1724 1.74 2343 0.57	<b>21</b> 0510 0.21 1119 2.57 SA 1752 0.26 2343 2.33	<b>28</b> 0547 2.11 1231 0.80 SA 1815 1.70

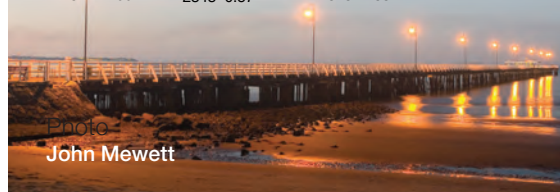


Photo: John Mewett

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EXP - 28/2/15





*Fourplay performing at the 2015 Music By The Sea Festival*

*Photo: Paul Neil*

## WISH I COULD WHISTLE

Catherine Baker

**A**n invitation from a friend took me to Sandgate's Music By The Sea Festival, January 2015. I live in Mullumbimby, northern NSW, have a fair bit of music in my life, and rarely visit Brisbane.

It's such a personal thing, the business of loving this or that kind of music. I guess I'm fairly 'traditional'. Love Celtic, 70s Dylan, Beethoven, among others. So what impressed me most about Music By The Sea is that I loved EVERYTHING that I heard. We missed the Friday but caught most of the other concerts, enjoying a wide variety of great music. The Ensemble Diaspora concert gave us eight musicians (as I recall) from as many countries using more than eight instruments to reflect a cultural diversity – and a cultural cooperation – that had me both deeply reflective and bursting at the seams.

As for Fourplay String Quartet, well! Nobody ever told me a string quartet could sound like that. We'd sat at the back because we were wary

of the possible rock element. Pity about that. I'd have enjoyed it all even more at the front. Fourplay raised the roof with their outrageous, foot-stomping innovation. And I'll never look at a viola again in quite the same light. Then there was more great innovation via Mantratrionic's saxophone – an inspired meeting of eastern and western ideas.

On Sunday morning, Ensemble Re-creation lifted us above the earth and back to the heavenly music of the late-17th/18th centuries. The Sunday program was clearly more classical. The Acacia Quartet played paradoxically sublime music from the 'Roaring Twenties'. Solo pianist Alex Raineri played Brahms and Ravel and the Brisbane-based Orava String Quartet wowed us with Mendelssohn and Rachmaninov – all three of these performances, with their youthful energy, precision, and obvious joy, drew well-deserved stomping, whoops and whistles from the full-house audience.

I wish I could whistle like that. Maybe I should learn. Prepare myself for next year's 14th Music By The Sea Festival. ●●

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# THE SEAVIEW HOTEL

**The Seaview Hotel was built in 1887 in what was known as Kate Street, Sandgate. The street was later renamed Pier Avenue.**

The early licensee, T.L. Homes, emigrated from England in 1850. After purchasing his Pier Avenue site in 1883, he was elected as an Alderman, a position he held for three years. But when his term finished, retirement beckoned and Homes spent a year concentrating on his 30 room hotel and adjoining 12 room cottage.

The hotel has a rich history dating back to the time of early settlers when booze, brawls and bad behaviour were the norm.

In 1901, Sandgate boomed as Brisbane's "seaside resort". The hotel boasted 100 rooms, bath, reading and billiard rooms, a telegraph and telephone, and five comfortable furnished cottages available for rent at hotel tariffs. Patrons could make reservations by telephoning the Hotel through the local manual telephone exchange Phone Number 2.

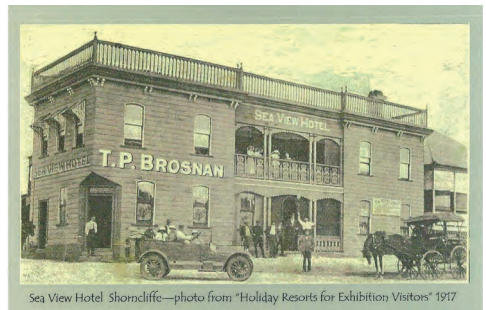
An advertisement in the Queenslander in 1910 says the Hotel has one of the finest positions of any Hotel at the seaside and has every convenience,

both to the beach and to trains. One minute's walk to the beach and two minutes walk to the station. Hotel patrons were given free admission to the pier, which was otherwise one penny.

The Seaview was the centre of bayside entertainment during the 19th and early 20th centuries.

It was modernised in the 1960s and continued to operate as a hotel until the end of November 2014, when it closed. ••

*Information from archival records supplied by Sandgate Historical Society Librarian, Marion Forbes.*



Sea View Hotel, Shorncliffe—photo from "Holiday Resorts for Exhibition Visitors" 1917



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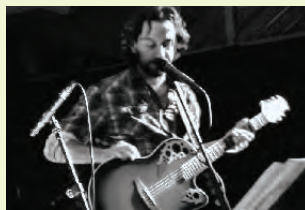


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# GIG GUIDE

## SUNDAY 1

Casey Watt  
Sandgate RSL 12:30pm



Steve Hargreaves  
Full Moon Hotel 1:30pm

Twang  
Chandelier Bar & Grill 3pm

Amy Kate Live Phoenix Bar  
The Bracken Ridge Tavern 3:30pm

Reverie Blue  
Cardigan Bar 4pm

## TUESDAY 3

Romio Solo  
Sandgate RSL 10am

## THURSDAY 5

Tales, Ales & Barrels Dinner  
Mon Komo Hotel 6:30pm

Open Mic  
Cardigan Bar 6:30pm

Sit Down Comedy Club @ BRT  
The Bracken Ridge Tavern 6:30pm

## FRIDAY 6

DJ Galleon Phoenix Bar  
The Bracken Ridge Tavern 6pm

## FRIDAY 6

Boy Robot  
Chandelier Bar & Grill 6pm

Tim and Kellie (Screamfeeder)  
Cardigan Bar 7pm

Unplugged Cafe  
Sandgate Community Centre 7pm

Arthur Black  
Full Moon Hotel 7:30pm

Back Alley Catz  
Sandgate RSL 8pm

## SATURDAY 7

Upenders  
Chandelier Bar & Grill 6pm



cloud ladder  
Cardigan Bar 7pm

Little Stevie - 60's Sensation  
Sandgate RSL 7:30pm

Phoenix Lounge Live Band  
The Bracken Ridge Tavern 7:30pm

Amy Kate Bryant  
Full Moon Hotel 7:30pm

## SUNDAY 8

Shayne Crump  
Sandgate RSL 12:30pm

Steve Hargreaves  
Full Moon Hotel 1:30pm

## SUNDAY 8

Tigerlilly  
Chandelier Bar & Grill 3pm

Amy Kate Live Phoenix Bar  
The Bracken Ridge Tavern 3:30pm

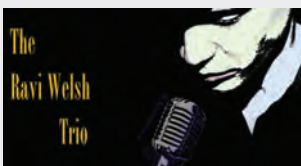
Solarnaut  
Cardigan Bar 7pm

## TUESDAY 10

Jared Alexander  
Sandgate RSL 10am

## FRIDAY 13

DJ Galleon Phoenix Bar  
The Bracken Ridge Tavern 6pm



Ravi Welsh Trio  
Cardigan Bar 7pm

Ben Clayton  
Full Moon Hotel 7:30pm

## SATURDAY 14

Black Catz Reloaded  
Sandgate RSL 5:30pm

Seleen  
Chandelier Bar & Grill 6pm

Alex Crook  
Cardigan Bar 7pm

## SATURDAY 14

Jo and Tommy Live Phoenix Bar  
The Bracken Ridge Tavern 7:30pm

Brett Whitmore  
Full Moon Hotel 7:30pm

## SUNDAY 15

Rod Williams  
Sandgate RSL 12:30pm

Steve Hargreaves  
Full Moon Hotel 1:30pm

Demon Drink  
Chandelier Bar & Grill 3pm

Amy Kate Live Phoenix Bar  
The Bracken Ridge Tavern 3:30pm

You and the Night  
Cardigan Bar 4pm

## WEDNESDAY 18

Stitched up  
Cardigan Bar 7pm



## FRIDAY 20

Jenny Balmer  
Chandelier Bar & Grill 6pm

Seleen  
Chandelier Bar & Grill 6pm

DJ Galleon Phoenix Bar  
The Bracken Ridge Tavern 6pm

## FRIDAY 20

Jimmy Watts  
Cardigan Bar 7pm

Amy Kate Bryant  
Full Moon Hotel 7:30pm

Old 45's  
Sandgate RSL 8pm

## SATURDAY 21

Stone Cold  
Sandgate RSL 5:30pm



Sometimes Three  
Cardigan Bar 7pm

Arthur Black  
Full Moon Hotel 7:30pm

Phoenix Lounge Live Band  
The Bracken Ridge Tavern 7:30pm

## SUNDAY 22

Free Sunny  
Sandgate RSL 12:30pm

Steve Hargreaves  
Full Moon Hotel 1:30pm

Cover Play  
Chandelier Bar & Grill 3pm

Amy Kate Live  
The Bracken Ridge Tavern 3:30pm

Matt Stillert  
Cardigan Bar 7pm

## TUESDAY 24

Wakked Out Duo  
Sandgate RSL 10am

## FRIDAY 27

Seleen  
Chandelier Bar & Grill 6pm

DJ Galleon  
The Bracken Ridge Tavern 6pm

Daryl James  
Cardigan Bar 7pm

Brett Whitmore  
Full Moon Hotel 7:30pm

The Dudes of Doo Wop  
Sandgate RSL 8pm

## SATURDAY 28

The Hi Boys  
Sandgate RSL 5:30pm



Folklore  
Cardigan Bar 6pm

Upenders  
Chandelier Bar & Grill 6pm

Martinis Live Phoenix Lounge Bar  
The Bracken Ridge Tavern 7:30pm



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