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GUIDE

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PARKRUN Continues To Grow In Sandgate

RAINBOW STREET MURAL

Leaving A Colourful Mark In Sandgate

Cover: Paul Neil

EDITOR'S NOTE

As we welcome in the cool winter weather, we also welcome some newcomers to the 4017 community. We sent out our writers to find out more about who's moving in to town, and we have all the info here inside this June issue of the Sandgate Guide.

We also caught up with Sandgate parkrun organisers to find out why more and more people are turning up every Saturday morning for the weekly 5km run along the foreshore.

Plus, look out for Mother Duck and her ducklings as they 'float' down Cabbage Tree Creek this month during the Rotary Duck and Water Festival.



Elise Alberth

sandgate

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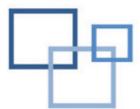




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LEAVING A COLOURFUL MARK IN SANDGATE'S HISTORY

Ellen Moynihan

Sandgate's iconic mural that decks the wall on Rainbow Street is in the final stages of a transformation, overseen by local artist Kim Mancini. Featuring a detailed expanse of blues and greens, with tangled mangrove roots and colourful reeds, a long time can be spent exploring every inch of the wall's quirky detail. After giving art classes to the year three and four students at the surrounding primary schools, Kim collected their illustrations of the wildlife and natural environments that encompass Sandgate. It is these drawings that have inspired the mural.

But the wall is not just for decoration. As Kim explains, it is also a journey. By 'walking the wall', you take a tour of the surrounding natural reserves. "The wall begins with illustrations of the tidal waters of Shorncliffe, and works its way around Sandgate, through the various lagoons, and through the wetlands, until it reaches Hays inlet at the opposite end," Kim says. It is the flora and fauna that Kim most wants people to be aware of, and many of the paintings feature key species that are integral to these ecosystems. She wants her imagery to teach, as well as to entertain.

As exciting as it looks already, there is still a lot left to do on the painting. To complete it in time for the Einbunpin Festival, Kim is asking any adults wanting to enjoy a morning of creativity to come along on Sunday 21st June to help out. No painting skills are required at all, as the work that's left is mostly just filling in pre-illustrated birds and animals with splashes of bright colour. All the materials will be provided, and there will be a sausage sizzle as well. The painting day will also be an opportunity for people to walk the wall, and learn more about the plants and animals shown in each area.

Kim says contributing to the painting is a unique and lasting way to bring the community together, and is something future generations will learn from. "The wall is one of the first landmarks newcomers see as they are driving in, and it is a chance for Sandgate residents to leave their mark on the history of the area."

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SANDGATE CYCLISTS RIDING TO BATTLE MS

Ellen Moynihan

Ateam of Sandgate cyclists will brave the roads of Brisbane in June, in a 100km ride to raise funds for multiple sclerosis. John Blackly, a long time Sandgate resident, has gathered a team of local cycling enthusiasts together for the Brissie to the Bay ride, and they are determined to raise as much money as possible. MS affects 23,000 people in Australia, and is a disease close to John's heart. A close friend of his, Wendy, has had MS for 15 years and it was she who first suggested the idea of the MS bike ride. "Having a personal connection to someone with MS is a big influence," John said. "People with MS are challenged to live through each day, so I may as well challenge myself."

While John has yet to complete a 100km ride, team member Jackie has, and she believes there is a real sense of camaraderie in most long rides. "The MS ride is one of the best I've done," she said. "The support you get from people with MS is amazing. They come to see you at the finish line, and sometimes people suffering from the disease actually do the ride with you."

It is this sense of camaraderie that has inspired John to aim high with his fundraising. After raising \$2,600 last year in the 50km ride, he wants to improve on this. "Sandgate is very community minded, and because of that we are good at

fundraising." He says, "It is because we are a bit further away from Central Brisbane, so there is more of a community feel than a city feel."

In an effort to boost fundraising, John has organised a breakfast for June 17th at the Coffee Club in Sandgate. The breakfast will be hosted by Stirling Hinchliffe MP, and among those attending will be Gary Allen who has lived with progressive MS for the past 8 years. Gary hopes to inform and inspire all those present and will talk about the importance of raising money for sufferers of the disease, as well as providing a valuable insight into his own life with MS. Janine from the Coffee Club is looking forward to helping out. "I'm delighted to be supporting such a worthy cause," she said. There will also be a raffle on the day, and the cost will be \$25 per person.

To book, call the Sandgate Coffee Club on 3869 4688. $\bullet \bullet$





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COMMUNITY CONNECTIONS

Susannah Holmes

oin women in your community on Wednesday 10th June to raise money through the 'Australia's Biggest Morning Tea' initiative, at 'Womenspace'.

Regular 'Coffee & Chat' gatherings are held at 2/11 Second Avenue on the second Wednesday of the month. There is no cost to attend, however this month, donations to the 'Cancer Council Queensland' are welcomed.

Conversation at Womenspace's monthly 'Coffee & Chat' is casual and relaxed, providing a welcoming opportunity to connect with women in your community - furthering existing relationships and forming new friendships.

'Womenspace', on Second Avenue, will soon celebrate their third year in Sandgate, providing a soul space for women to connect. The not-for-profit community organisation exists to provide increasing opportunities for women to connect through varied activities, to help women find love and support through community, to grow in personal and social awareness, to embrace and respect diversity and to reclaim and honour all that is feminine.

'Coffee & Chat' is complemented by an evening book group held on the first Tuesday of the month, and 'Soul & Spirit' sessions on the third Wednesday. The latter is an opportunity to discuss spirituality, with a different topic chosen each month and facilitated by volunteers. Workshops and events are held throughout the year, with special attention given to seasonal rituals held during the solstice and the equinox. An afternoon Winter Solstice ritual will be held in Sandgate on Sunday 21st June.

Cancer Council Queensland is Queensland's leading non-government community organisation. This year, CCQ have committed to devote more than \$24 million to cancer research and support services for Queenslanders affected by cancer. With your support, CCQ are "committed to providing all Queenslanders with the best possible prospects of preventing, detecting, effectively treating and surviving a cancer diagnosis".

There is no need to book for 'Coffee & Chat' on Wednesday 10th June. However if you know you will attend, please RSVP to indicate numbers attending for catering purposes.

"With your support, we are creating hope for a cancer-free future." ●●

'Australia's Biggest Morning Tea' - Coffee & Chat

Wednesday 10th June, 10:00 – 11:30am Womenspace 2/11 Second Avenue, Sandgate

Contact: Susannah Holmes coordinator@womenspace.org.au or 0431 112 721

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INTERNATIONAL COMPUTER SCAM CLOSE TO HOME

Susie Laery

f you think your computer is safe from international criminal syndicates, then think again.

Several computers in the Bramble Bay area have been infected with the destructive 'CryptoLocker' Ransomware.

Victims of the scam receive an email, which appears to be from the Australian Federal Police, stating they have a traffic fine to pay. Upon activating the link in the email to view the traffic infringement, the CryptoLocker Ransomware is immediately installed. All data held on the computer and on any device attached is encrypted, including such devices as hard drives and iCloud. All documents, photos and videos are inaccessible unless a ransom is paid.

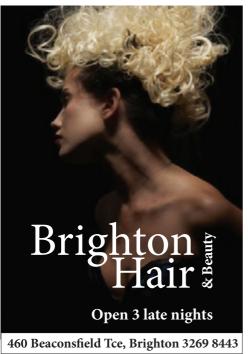
No internet security system can protect you from this Ransomware. For those unfamiliar with Ransomware, it can be described as a type of software which restricts access to the computer system it infects and demands a ransom paid to the creators of the software in order for the restriction to be removed.

Local computer repair expert, Norton Seron

from Brisbane Computer Solutions in Sandgate says this is the work of "evil geniuses who target your most precious stuff". Seron believes international criminal syndicates have targeted Australians, who own the most computers per capita and are generally known to be the most ignorant when it comes to computer safety.

To protect yourself from this 'CryptoLocker' Ransomware, Seron warns to not open emails that look unfamiliar and particularly not this one from the Australian Federal Police. "No official government body initiates communication via email," says Seron. If you are unsure about traffic fines you may have received go directly to the website for information or call the Australian Federal Police directly; do not open these emails. The Australian Federal Police are advising recipients to delete the email immediately.

There is nothing that can be done to resurrect your files. Even if you do pay the ransom only one in five regain access to their files. There have been cases where more and more money is demanded from the victim with nothing in return. This is an enormous business for these criminal syndicates, with huge financial returns for this fraudulent crime.









BARRY'S GARDENING TIPS

Barry Batchelor, Your Local Gardening Expert

Winter is a great time to get out in the garden, the hot humid weather has gone and been replaced by cool mornings and gloriously sunny days. It really is the time to roll up your sleeves and get out there! Give your garden a thorough cleanup; collect fallen fruit, rake leaves and collect weeds for compost, clean out old piles of wood or wire; remember even in your own garden good health and safety practices are important so ensure you wear eye protection and gardening gloves.

Some of the other jobs to be done around your garden are to prune deciduous fruit trees as well as cutting back and transplanting other deciduous trees and shrubs.

In the veggie patch, have a look for the eggs of the white cabbage butterfly on cabbage and broccoli; you can simply rub off the eggs with your fingers.

Check your citrus trees for attack by gall wasps, which cause swellings in the stems. Prune out any affected wood and burn, if possible.

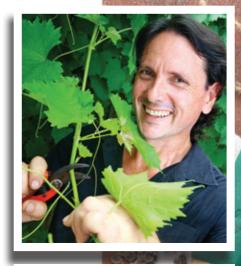
Now's a good time to prune your roses; give them a spray with Eco Fungicide to control mites and powdery mildew.

Mulching is another of those pleasurable and vital jobs this season. Bamboo Mulch has proved to be our most popular product at the Garden Gate, mainly because it's small organic structure helps soil retain moisture and nutrients and it takes a long time to break down, making it economical in the long term.

If you're stuck for space in the garden, or don't have the time or energy to make a veggie patch, you could consider a raised bed such as the Wicking Beds on sale at the Garden Gate. The ready to plant kits come with a round planter base, three bags of high quality compost, an ash base, and punnet of seedlings.

Keep an eye out for our winter workshop series and I hope to see you at the Garden Gate!





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BRIGHTON'S NEW SPOKES MAN

Emma Harley

N estled between Eclectea and Jason's Quality Meats, Revelo Cycles is the newest addition to Brighton's popular Queen's Parade. Specialising in classic and vintage-style bicycles, Revelo caters to those interested in something more than your average bicycle store and with a penchant for stylish riding.

With 60 bikes of his own, owner Paul Viner's passion for all things cycling spans a period of over 25 years.

"I've been playing with, fixing and repairing bicycles since high school and have always loved the idea of owning my own shop," Paul says.

"It started as a restoration business for vintage and veteran bikes and has grown into the sale of good quality bikes such as Papillionaire and Brown Jersey. We also import a frame from Italy called a Galetti, which is a very special, hand-built Italian bike.

"We stock accessories such as helmets, bells and baskets and will soon offer a range of vintage-style scooters and children's timber laminated bikes."

When the time came to expand from his backyard workshop to a retail space, Paul knew Brighton was the ideal location.

"It's a beautiful suburb by the sea, there is a high volume of cyclists and it suits our bicycles more than the city," Paul says. "The area also has a large number of people who are into the vintage scene, so it just felt like the right spot and the right time."

And perfect timing it was, as a chance stop for coffee alerted Paul to the vacant retail space, coincidentally the same space he had his eye on two years earlier.

"When the shop came up for rent a few years ago, we missed out on the lease by a few days so when it came up again, we decided to take the plunge and move the business," he says.

•

Revelo Cycles Queen's Parade, Brighton p 0432 668 309



Mark Southwell 0402 156 580 Janette Southwell 0412 537 519

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How I looked afterwards: Results were instant! I immediately looked fresher faced without the plumped up look you scarily see so many celebs with these days. I think this was one of my worst fears but I cannot stress how natural I look and how much better I feel about myself.

Would I recommend Anita? Absolutely. Anita is amazingly skilled at what she does, very understanding about what you are trying to achieve and works with you to refine your natural features and leave you feeling very confident!





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PARKRUN CONTUNUES TO GROW IN SANDGATE

More than 300 runners are converging on the Sandgate foreshore every Saturday morning, as parkrun continues to grow.

It began in November 2012 with about 70 people as a free, weekly, timed 5km run or walk, and has consistently grown ever since, reaching 407 participants at the start of this year.

Anyone can run 5km on the foreshore any time throughout the week, so what is it that keeps them coming to parkrun? It's community.

"To me, parkrun means a community of likeminded people getting together to swap stories, give support, beat their own goals and generally have a good time while doing so," says regular Sandgate parkrunner, Tracey Wood.

"Parkrun is so important because it brings together so many people from such diverse backgrounds and experiences and unites them all for one common goal."

It's an event for all ages and abilities, with participants aged from 4 to 84, and times ranging from 16 minutes to over 60 minutes.

Sandgate was the 17th parkrun to start up in Australia, and is now one of 117 parkruns around

the country, as well as hundreds more around the world.

The event is organised by Brighton locals Dean and Vanessa Gibson who, together with a team of directors and volunteers, keep the event running smoothly each week – rain, hail or shine.

For run director Nicholas Heeney, it's been life-changing.

"I used to be obese and topped the scales at 116kg when Sandgate parkrun first started," he says. "There was always an excuse not to exercise – too busy, too tired, too dark, too hot, too cold.

"The first parkrun, I couldn't run the whole way and came in a 30:09 but I was hooked. Over the last 2.5 years I have dropped 34kg, my time has improved to 20:30 with a pram, and I'm training for an ultra marathon.

"Parkrun is important to the local community because it provides a fun and positive environment for people to connect and interact."

Sandgate parkrun is on every Saturday morning at 7am at Arthur Davis Park. For more information, or to register for free, go to www.parkrun.com.au/sandgate.

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A WORD FROM OUR REPRESENTATIVES

Cr Victoria Newton



With the Einbunpin Festival coming up on Sunday 26th July, the call is out for local and budding artists to get their entries in for the annual Magic Canvas Competition.

Each year, people of all ages have put

their artistic talents to the test by creating their interpretation of each year's theme on a 30cm x 30cm canvas. Many thanks to Wayne Swan who provides the funds for the prize money each year - with \$100 each for the Adult and Youth categories.

Each year the bridge across Einbunpin Lagoon is transformed into The Bridge Gallery, with special display boards installed to showcase the entries.

So get your brushes out and get your entries in for the 2015 Magic Canvas Competition around this year's theme "Einbunpin Festival: A Little Bay of Sunshine".

Canvasses and entry forms are available from my office for a gold coin donation - or download the entry form from www.einbunpinfestival.org.au.

Either drop your entry to my office by 24th July or bring them along to the Festival on the morning so your entry can be displayed and voted on.

Stirling Hinchliffe MP



Youth unemployment in Queensland remains persistently high. Locally, many young people struggle to find employment in a tough labour market. A key issue is that even entry-level jobs require a certain level

of experience and skills.

I recently discussed this issue at Sandgate's SANDBAG Community Centre with the Minister for Skills and Training, Yvette D'Ath. Staff and volunteers welcomed the reintroduction of the successful Skilling Queenslanders for Work Initiative, a program designed to improve local employment outcomes. An investment of \$240 million has been made over four years to support up to 32,000 Queenslanders into work. Importantly, targeted programs such as Get Set for Work, Youth Skills and Ready for Work will deliver targeted funding for local community groups to assist young people into work.

SANDBAG expressed how important employment was in lifting people out of poverty, and how they were previously able to offer employment-related training and support for ten years before the initiative's axing in 2012.

If you would like more information on the initiative, please visit www.training.qld.gov.au. Round one funding closes on June 19th.

Cr Amanda Cooper



Further upgrade works to the Bracken Ridge hall are under way until 14th June inside the hall. Some of the work will include painting, new light switches and power points, replacing vinyl to match the kitchen and replacing

the skirting with black vinyl skirting. If you have an enquiry about hall bookings, please phone 3407 0811.

Come along and enjoy the refurbished community hall and be part of the Lord Mayor's Seniors Cabaret Showcase in June and July. Brisbane's seniors will be dancing, singing and performing in performance workshops and suburban showcases. Locally, a masterclass will be held at Bracken Ridge hall on Tuesday 16th June, from 10:30am to 1:30pm. There will be a cabaret suburban showcase at the Bracken. Ridge hall on Tuesday 21st July from 11am to 12:15pm with Jason Barry-Smith. If you would like to take part you can register via the Epiphany Productions web site: www.epiphanyproductions. com.au or phone 3257 4905 between 10am and 2pm Monday to Friday. Please note that places are limited.



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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 (max. 50 words) at: 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.)

Car Boot Sale

The PCYC Car Boot Sale is on again, Saturday 30th May from 7:30am to 12pm. Stalls, gardening workshops, live music, cupcake decorating demonstration, dog wash. For more info contact Lorraine on 3269 5628 or email theharbos@ozemail.com.au.

Planning a Farewell

Sandbag Community Centre, 10.30am to 12pm Thursday 25 June. A discussion morning led by two experienced, totally independent celebrants, Paula Knudsen and Kerrie Hayes. Whether planning for yourself or for a loved one, Paula and Kerrie can inform you of the many options available to create a beautiful, personal and unique farewell. Contact Paula on 0448 885 088.

Mally Muster

All Brisbane dog lovers are invited to attend the 'Mally Muster' held at Curlew Park, Sandgate from 10 am to 2pm on Sunday 21st June, 2015, hosted by SHAMROQ (Siberian Husky and Alaskan Malamute Rescue of Queensland). Each rescued SHAMROQ dog is given a new chance at a 'furrytail ending'. Each dog visits a vet to be fully vaccinated, microchipped and desexed to ensure the cycle does not continue and the dog has a chance at a full and happy life in their new home. For more information on how you can help these beautiful dogs in need, please visit their Facebook page - https://www.facebook.com/HuskiesMalamutesOld.



Please support The Flying Tigers

An all girl aircrew team participating in this years Oxfam Trailwalker - a challenge where teams of four tackle Australian bushland in Brisbane between June 19th - 21st. We aim to raise \$4000 for Oxfam through BBQs, raffles and carwashes. You can donate to our team at https://trailwalker.oxfam.org.au/team/home/21995, or if you can donate in any other way please call Jack on 0426 202 616. THANK YOU!

Poets on the Park

We meet on the 3rd Monday of every month from 6.30 to 9pm. Cnr Park Parade and Swan Street, Shorncliffe. Not just poetry, all forms of expression are welcome. For more information call Keyin on 3881 0986

Womenspace Events - Sandgate

Tues 2 June – Book Group 7pm. Please contact Womenspace to join the waiting list.

Weds 10 June - 'Australia's Biggest Morning Tea' Coffee & Chat 10am. Donations to the Cancer Council of Queensland are welcome. No booking necessary. Just come along.

Tues 16 June - Soul & Spirit Evening 7pm. Chanting with Meg Cossar.

Sunday 21 June - Winter Solstice ritual 2-4pm. More details to follow.

More info: www.womenspace.org.au Contact: coordinator@womenspace.org.au

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-Emily, 38.

You've been coming to Sharon for training for 8 years now. Why?

Because I am confident of receiving expert training, advice and assistance. -Bruce, 80. Why do you keep training at Absolutely Flabless 24/7 Gym?

Very convenient. Great staff. Nothing is too much trouble. Been here since day one - NOT LEAVING! -Trent, 46.

Why did you chose Absolutely Flabless 24/7 Gym?

From day one, the trainers have showed a better and more welcoming attitude than other gyms. The equipment is great quality and very well maintained.

Favourite part of Absolutely Flabless 24/7 Gym?

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-Fran and David, 70+



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With interest rates at an all time low and major financial institutions following the lead of the Reserve Bank, now is a great time to borrow and purchase property. All we need is more homes to sell!

Our local market has seen a trickle of properties coming onto the market with 175 currently listed for sale in 4017 (sourced www. realestate.com.au), a decline from March 2014 when we saw 401 and March 2013 with 477. Every suburb has seen a similar decline but we all know that with every down market, there's usually an buoyant return. We are seeing growth spurts and our local area is showing signs of improving. Lets just hope it's worth the wait!

It's interesting to see how some folk dive in head first without caution while others sit back and wait. Confidence has a lot to do with this, as does finances and circumstances outside our control like elections and the weather. We adapt to the changes presented to us and it's no different with the property market.

As with every industry, real estate is governed by legislation and strict guidelines. There are

specific rules covering the advice an agent can give. Sellers need to be mindful of the information they receive from an agent and ensure that it is backed up by current and valid facts. If it sounds too good to be true or you are in doubt, don't just take it as truth, seek further information.

Buyers can also be well prepared and armed with all kinds of information but forget the simplest of things. Do your research but make sure you also make use of free services such as Brisbane City Council, which is a fantastic resource. If in doubt call them and talk to a Town Planner. We all have a role to play—seller, buyer and agent, and we're all accountable for our words and actions. Rather than jumping in head first, sitting back and taking a breath is the best place to be.

We're excited to announce we'll be moving into new premises soon—just a hop, skip and jump over the road to 10 Second Avenue. Some renovations are required before we take up residence and this quaint cottage will be transformed into what we believe will be a showcase for Sandgate! But for now it's business as usual— and if you need us, we're still available to help you. Just call!



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FROM ACROSS THE BRIDGE



REDCLIFFE SHOW 5 The Redcliffe Show is celebrating its 66th

The Redcliffe Show is celebrating its 66th year, and the schedule of events will certainly not disappoint. The three day show will feature entertainment and displays to satisfy all ages.

For the motor enthusiasts, Trackskill will be hosting events throughout the festival with V8 utes, motorbikes and more.

Gary from Trackskill says, "At the Redcliffe Show we will be performing our Holden vs Ford races with our thundering V8 utes, sliding and skidding around the showgrounds.

"We will also be performing our Farmskills show where each team has to move their farm from one side of the arena to the other as fast as we can. Lots of fast fun!!"

The Queensland Mini Trotting & Sporting Association will also be providing a whole lot of entertainment for kids of all ages. At the show, club ponies and children participate in ring events such as lead in & pony in harness classes.

As well as wood chopping, puppet shows, food stalls, drinks, rides and cattle jumping,

there will be loads of entertainment and a huge fireworks spectacular on Friday and Saturday nights.

For all of these details and more, be sure to head to the website www.redcliffeshow.org.au.

Redcliffe Show

Redcliffe Showgrounds Scarborough Road, Redcliffe

Friday 26th to Sunday 28th June 2015

Tickets: Adults \$10
Pensioners \$5

Children 5-14vrs \$5

* All information and details were obtained from the Redcliffe Show website, Trackskill & Qld Mini Trotters. All details were correct and true at time of print.

Out 'n' About with Photographer



Pics of people and life

These pics and more on my blog at www.paul-neil-photography.com and follow us on facebook



Anzac spirit. Australia Air Force Cadets march through central Sandgate on ANZAC Day.



Eeewww! Jacque the Zombie gets his make up done for his flesh -eating role in the movie 'The Cure' filmed in Sandgate in May.



Men in Black. Josh, Darcy, Alex, Sam and Aidan all dressed up to attend St Patrick's College formal at the Hilton Hotel in the city.



Friends, Keegan Hipgrave and Tiahla Coral-Maree, met up for coffee and a catch up at Satori Organics.



Biker boy,Troy Daley, posed for a pic on his Harley Davidson in Sandgate.



Cambodia bound. Lynne Hansen, Kylie Petit and Susan & John Botting are all off to Cambodia soon. Here they enjoy a drink together at their fundraising soiree at Bay Bistro.



TO THE MANNA BORN

Emma Harley

Great coffee, delicious food and a community hub - that's the recipe for success the owners of Wild Manna will cook up when they launch their new café this month.

Located on Brighton Road, Sandgate, Wild Manna will breathe new life into the space previously home to Sakura Coffee & Tea House.

Owner Ashley Otto has a long, rich history in hospitality and is relishing the opportunity to share her love of food with the Sandgate community.

"I have been very fortunate to have had the opportunity to travel with my cooking around Australia and Europe," Ashley says.

"I have always loved cooking and bringing people enjoyment with it."

Growing up in Boondall, Ashley and her family were frequent visitors to Sandgate for outings of picnicking, shopping and socialising with friends.

"We have always loved it here and even when we moved away from the area, we continued to visit and it is a favourite with my husband and son," Ashley says.

"Now feels like the right time for us to contribute to

Sandgate in a personal way, so we were so happy when we found this little shop for lease.

"The area is just beautiful, with the beach and parks and the community itself very close-knit and loyal to each other.

"During the time we have been fitting-out the shop, people have displayed pure kindness and interest towards us and we are really grateful for this warm welcome."

Describing the new café as adaptable, interactive and fun, Ashley says she hopes customers feel that community-hub vibe when they walk through the door.

"Wild Manna will be inviting, with a slightly quirky ambience and a team full of smiles and enthusiasm," she says.

"We love starting each new day with the anticipation of what's ahead, and all the new experiences we can share with others."

Wild Manna will open for breakfast and lunch Monday to Saturday, offering fresh seasonal produce. ••

Wild Manna

115 Brighton Road, Sandgate





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: You are welcome to enjoy a full breakfast or light lunch every day and join us for a cozy dinner on Friday or Saturday nights. Come and

ask us about our afternoon tea options!

Contact: 0498 703 406





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.

Fully licensed - Open 7 days from 7am.

Contact: www.fishonflinders.com.au





Name: Generations Cafe

Address: 133 Deagon Street, Sandgate

Cuisine: Boutique Cafe

Feature: A fun happening place to be where the staff are always friendly and the coffee is always great! With our 'one of a kind' blend that you can only get here at Generations.

Contact: 0400 246 098





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, truffle salted fries and beautiful coffee and

café menu.

Contact: goatpieguy.com.au





Name: Lagoon Coffee Lounge

Address: 12 Lagoon Street, Sandgate

Cuisine: Restaurant / Cafe

Feature: Best place to eat alone or with family and friends and at lower prices. Friendly environment makes you feel like you are in your dining room. We focus on best quality and quantity of food. We serve Gluten Free meals with exciting varieties.

Contact: 3869 4621

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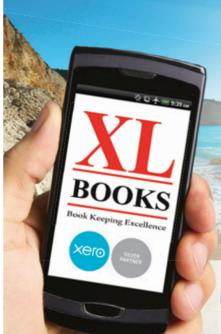
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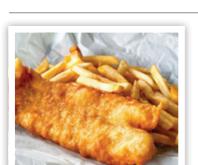




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Name: Pacific Fish Bar

Address: Cnr Wakefield St & Brighton Tce

Cuisine: Fish and Chips

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Name: Round Table Coffee

Address: 3/67 Gawain Rd, Bracken Ridge

Cuisine: Coffee Shop

Feature: Offering a range of Coffee, Tea, Cakes, Slices & Biscuits along with books to read and games to play. Monday-Friday

6am-4pm, Saturday 7am-2pm

Contact: www.roundtablecoffee.com.au



Something



Name: Something Fishy In Sandgate Address: 35 Rainbow Street, Sandgate

Cuisine: Fish & Chips

Feature: Chef owned and run, fresh fish and chips. 4.5 Star rating. Family business. Open Tuesday to Sunday. Phone orders welcome.

Contact: 3869 3069



Name: The Wired Owl Coffee Co

Address: 227 Rainbow Street, Shorncliffe

Cuisine: Specialty Coffee House

Feature: At The Wired Owl we love our coffee and are sure you will too. Try our delicious House Blend or weekly rotation of Single Origin coffees. Tantalising treats and teas

are also on the menu.

Contact: 0410 456 251











VINTAGE YACHT REGATTA

t is one of the best events on the Queensland Cruising Yacht Club calendar, and not just for those who are sailing. With a live jazz band and a roaring fire, Saturday evening will be a great night for visitors to experience the Club, as will Sunday morning when you can bookend your breakfast with a wander around the marina and lawns to enjoy the spectacular boats on show.

A fleet of around 40 of South East Queensland's finest vintage yachts are expected to be on show during the Queen's Birthday weekend (6th and 7th June). "This event is a highlight of the classic yachting sailing calendar in Queensland and attracts a large fleet of beautifully turned out vessels from yesteryear," commented Regatta Director Nigel Statham.

The Regatta, also familiarly referred to as 'The Gaffers', is not only open to sailing yachts; skippers of sailing dinghies, motor boats or those who would prefer not to race are also welcome to join in with the event and participate in the Concours d'Elégance competition.

Berthing for all vessels is free from the Friday

evening throughout the weekend.

On the Saturday and Sunday two races are held each day with a short break in between. The start area is positioned close to shore to allow spectators a good view of the racing. The first three races of the weekend are an 'around the cans' format. All boats use the same start/ finish line, but with the faster boats starting 6 minutes earlier than the smaller and slower ones. They also sail a longer course than the smaller boats to keep the fleet together and add to the atmosphere. Boats are close enough for plenty of crosses and action around the marks. The second race on Sunday is a short passage race, once again with a shorter course for the smaller boats.

Whilst all the courses do have upwind legs, the focus is one of close reaching and downwind runs rather than long beats to windward.

Each yacht's handicap changes after each race based on their performance. This helps to keep results close and everyone in the hunt for good placings.

The first two days make up the Regatta series with the main prize giving being held on Sunday evening. The four races are also the culmination of the Moreton Bay Classics' Annual Point Score Series. The series is based on three Classic Events that begin in October each year. With five races already run and two discards allowed, a good result from the four races at the 'Gaffers' will be the key to a great overall result.

On the third day of the Regatta, there is a pursuit race around the bay with the slowest boats starting first. The finish line is near the Coffee Pots to allow competitors to head straight to their home port once they cross the finish line.

The Regatta also features a Concours d'Elégance competition. Judging takes place over the course of the weekend and awards are given out in a number of categories. With so many achingly beautiful vessels to choose from, judge and local icon Brian Hutchinson has his work cut out

Yacht owners and spectators interested in the event can find full information at the Regatta's website. Go to qcyc.com.au and follow the links. ••



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RUBBER DUCK RACING

All in the name of charity

Susie Laery

f rubber duck racing is on your bucket list, or you are just intrigued at the idea, then lock in June 14th on your calendar for what will be a fun day out for the family.

This inaugural event to be held at Cabbage Tree Creek, Shorncliffe will incorporate food stalls, a pop-up bar, free music and loads of activities for the kids. The Duck Race will involve the releasing of 5,000 numbered rubber ducks which will race each other to the finish line. The winning duck owners will take a healthy stash of prizes to the value of \$5,000, thanks to the generous sponsors of the event

The combined Rotary Clubs of Geebung, Hamilton, Nundah, Sandgate and Brisbane Airport have joined forces to make this important fundraising event come to life.

Dianne Ray, President of the Rotary Club of Sandgate says, "The event is all about raising funds for charity, in particular the Hummingbird House – Queensland's first and only children's hospice. A place to help terminally ill children and their families. A place which Queensland so desperately needs."

Hummingbird House was initially the vision of Gabrielle and Paul Quilliam who, after experiencing foster caring of a little girl with a life-limiting condition, realised how much a hospice would have supported their family and other families in Brisbane.

After their foster daughter left their care for more permanent guardians it became their mission to make a difference, and as a result Hummingbird House was born. The project however couldn't come together without federal and state government funding and a huge amount of fundraising. "To have the support of the Sandgate community not only raises funds for the crucial building stage but it raises awareness for the great need for a hospice in Queensland. It is exciting to see such emerging community support for the project," says Paul Quilliam, General Manager / Co-founder of Hummingbird House.

The combined Rotary Clubs see this as a wonderful charity to raise funds for, but they will also be giving back to the community of Sandgate with donations also going to the water clubs that will be featured on the day.

The festival will be hosting water activities involving the Sandgate Yacht Club, Queensland Cruising Yacht Club, Sandgate Canoe Club, Sailability, Water Police, Naval Sea Scouts, Volunteer Marine Rescue, a Careflight Helicopter Demo and Sandgate Fire & Rescue.

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MAKING MUSIC MAGIC

growing community of musicians and music students are set to raise the roof of Sandbag Community Centre in Sandgate on 14th June, in Triple A Music Academy's mid-year showcase. In just under 18 months, the academy has become a buzzing hub of local music, forming and training new bands to perform at local festivals and events.

This is a music school with a difference: a strong focus on the transformative power of music for players and audiences of all ages and levels. Academy director Fran Vaux Lobut says it's amazing how the community has taken up the spirit of Triple A, a name stemming from its mission to 'achieve airwave alchemy'. Locals who've joined its Jam Classes or Vital Voices community choir, and others who take private lessons, were elated by the experience of performing soul, blues and rock with a full band for packed audiences at the Cardigan Bar, Unplugged Café and the big show to end the year, the 2014 Community Concert, which raised money for the Sandbag Community Centre.

Six months later, the academy's regulars and some new faces are ready to put on a show not to be missed. The headliners are Alchemy, formed by graduates of the Live Performance Training course, who cut their teeth at the Bluewater Festival this year, delivering covers ranging from pop by the likes of Ed Sheeran and Crowded House to fist-pumping rock. Expect to see other students from ages 4 to 64 singing harmonies and playing keyboard, guitar, violin, bass, and drums in various contemporary styles.

Don't miss the concert and your chance to chat with students and teachers. $\bullet \bullet$

Triple A Music Academy Concert SANDBAG Community Centre Hall 153 Rainbow Street, Sandgate Sunday 14 June from 10:30am \$5 Entry

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OLIVER

A Musical Theatre Feast

Ellen Moynihan

musical rendition of Charles
Dickens's 'Oliver', is set to be
staged by the St Joseph and St Anthony
Fellowship of the Arts (JAFA) community
performance group. After successful past
performances of other classics including
'Jesus Christ Superstar', 'Beauty and the
Beast', 'My Fair Lady', and 'The Sound
of Music', this will be their 8th full scale
musical since 2002.

Jackson Hughesman, a student at St Patrick's College, will be playing the role of Oliver. Since beginning acting at the age of 3, Jackson has trained at Fame Musical Theatre, Brisbane Junior Theatre, and Performance Power, and has high aspirations for the future. "I am honoured to be playing the part of Oliver," he says. "I have loved theatre since the day I could walk. My dream in the future is to have my name in lights on New York's Broadway." Supporting Jackson will be Taylah Johns as The Artful Dodger, as well as Tom van Kaliken in the role of Bill Sikes, and JAFA founding member, Phil Halpin as Fagin. Conductor of the Australian Girls' Choir, Lara Boyle, will be playing Nancy.

With thirty-six years of experience in musical theatre, director of the production, Michael Pitman will make his musical directing debut. Until now, Michael has been working with JAFA as an actor, appearing on-stage in the previous five productions. "I was confident about directing the actors having previous acting experience," Michael said, "But directing all the other aspects of the performance has been a big educational experience. We are very lucky to have so many supportive people helping out with the production. It is thanks to everyone's collaboration that it has been a success."

The musical accompaniment will be provided by the Moreton Bay Symphony orchestra, directed by Bronwyn Gibbs. Member of the chorus, Adele, says it has been difficult finding time to rehearse, but they have managed in the end. "We are thrilled to be working with the orchestra, as well as Janet Cook, the former costume designer from Brisbane Arts Theatre," Adele says. "We have people helping out from all over Brisbane, but it's working out really well."

The musical will run from 19th to 27th June, and will be held at the Fr. Bernie Costean Centre, St. Joseph's Primary School, 30 Eldorado Street, Bracken Ridge. Tickets will be \$15 for adults and \$10 for children. Tickets are available at www. trybooking.com/HCZE or call 0431950153. ●●

JAFA presents 'Oliver'

Friday 19 June at 7.30pm Saturday 20 June at 7.30pm Sunday 21 June at 2pm Friday 26 June at 7.30pm Saturday 27 June at 2pm Saturday 27 June at 7.30pm

Venue: The Fr. Bernie Costean Centre, St. Joseph's Primary School, 30 Eldorado Street, Bracken Ridge

Tickets: \$15 Adult; \$10 Concession/

child

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I HEAR THAT TRAIN A-COMIN'

Emma Harley

ome of the country's best blues musos are set to wail on the rails when locomotive musical adventure Steam Train Blues rolls out of Roma Street Station on June 20.

The brainchild of Chris Fisher and Abby Smith-Fisher from Sandgate's Cardigan Bar, Steam Train Blues will see songsmiths Dave Martyn, Jimi Beavis and Jimmy Watts, among others, kick out the jams aboard one of Queensland Rail's beautifully restored steam trains as it chugs its way to the Glass House Mountains.

Along the journey passengers can enjoy a drink or two and take in the scenery and the tunes before arriving at the Glass House Mountains, where Mojo Webb Band will belt out a moody blues set while guests tuck in to an Aussie-style barbecue.

The couple say the inspiration for the event came from their desire to provide more interesting and edgy events for those keen to think (and drink) outside the box.

Chris says the steady rhythm of a steam train coming down the line and the soulful, earthy sound of the blues are a perfect match.

"They each host an earthy romance that captures our imagination and often bring us back to a time when things were simpler," he says.

"Steam trains have to be the most iconic form of travel of the past century (and) blues music speaks historically of the problems and issues faced by the every day person over the past century."

For further information, to book tickets or express your interest in more journeys, visit steamtrainblues.com.au.

Steam Train Blues

Saturday 20th June

Passengers need to be at Roma Street Station by 2.15pm for a 2.43pm departure.

The train will arrive at the Glass House Mountains at 4.05pm and depart at 7.45pm, returning to Roma St Station by 9.04pm.



Free double serve of calamari or a medium chips with any order over \$20 EXP - 30/6/15









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MUSIC BY THE SEA Jeff Lang

Can a world where music is diluted by money and plasticine, give thanks that Jeff Lang is out there. He paints pictures in sound," says Beat Magazine of Music By The Sea's star turnout at Sandgate Town Hall on Saturday, 4 July.

A master of the craft, Australian-based artist Jeff Lang is acclaimed worldwide as a virtuosic guitarist, a dynamic songwriter and a startlingly unique performer whose musical palette has built up a devoted, almost cult-like following from his live performances.

Lang builds a collage of rock, roots, folk, blues, ballads, instrumentals, improvisation and a devastatingly high level of musicality that has netted him seven ARIA award nominations and three wins in 2002, 2010 and 2012.

Joining a back catalogue of 15 studio albums, his newly recorded I Live In My Head A lot These Days was released through ABC - Universal in May this year.

World music album Maru Tarang debuted earlier in February - born of a collaboration

with Bobby Singh, along with Asin Langa and Bhungar Manganiya from Rajasthan.

And in 2012, the album Carried In Mind won the ARIA award for Best Blues & Roots - was awarded Album of The Year by Rhythms, Australia's roots music bible - and won the National Folk Recording Award presented by Australia's National Film and Sound Archives.

Always one to experiment with genres and instrumentation, Jeff's world music project Djan Djan also won the 2010 ARIA for Best World Release.

With his music released in China, Europe, USA and Japan, Jeff has toured the globe for years playing the world's major festivals, clubs, venues and major performing arts centres in Australia, New Zealand, USA, Canada, Japan, China, India, Reunion Island and many countries in Europe.

"Jeff Lang is one of those people who has music dripping from his fingers."

- Courier Mail. Australia

"He explores sonorities as eclectic as they are stunning...Lang's only reference point is himself, a unique singer-songwriter-guitarist who follows his own path."

- Le Soleil, Quebec

"We're treated to moody atmospheric textures, ripping electric lap-steel riffs, delicate acoustic picking, trippy backwards leads, oddball percussion, throbbing tremolo, and unconventional lyrics — all of which Lang blends like some crazed sonic alchemist."

- Andy Ellis, Guitar Player Magazine, USA.

Music By The Sea *presents*Jeff Lang

Sandgate Town Hall Saturday 4th July

Tickets: Adult \$35; Concession \$30 Child (5-12) FREE.

Program and Bookings: www. musicbythesea.com.au



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TACKLING SANDGATE!



Mark Templeton

We will have a few species in the bucket over the next few months but the main species being chased will be the Moreton Bay Snapper!

With the cooler weather really starting to set in, we will see the local Snapper start to make themselves more available around our local reefs and through the Brisbane River areas.

As with Tailor preparation, we need to make sure that we are geared up; rods checked, reels checked and serviced if needed, and the all-important tackle is up to speed.

There will be a few first time Snapper fishos out there and it does not matter if you are on a kayak or a tinny, take your time around our reefs and waterways as there are few hazards under the water which will ruin a great fishing trip.

For those that have not chased Snapper before, the best thing we can say is "keep it simple". Basically, a 2-4kg or a 3-6kg rod is ample and a reel between 2500-4000 will get the job done. Braid around the 10-15lb or Mono line between 15-20lb will do the job for you and help put fish in the esky.

A few of us use both Mono and Braided lines but this comes down to personal preference; one does not normally fish better than the other. If you are just getting into it, I recommend using a robust Braid like "Fins". If you want, stick with quality Mono line like Schneider or Super 100 and then you may upgrade when you are ready.

What do I use - bait or lures? Well, Snapper will take just about anything; hard-bodies, plastics and even jigs like the Lucanus Jig. Trolling 90mm hard-bodies work very well and "dead sticking" plastics and jigs can also be very effective.

When bait fishing, I do like to relax with a good strip of mullet fillet, gar fillet or even a couple of whole hardy heads on a 3/0 Tru-Turn or laser hook. Depending on the run I would normally start with a "0" – "2" ball sinker and adjust from there. Where possible I use as little lead as possible and drift line the bait.

An important trick to remember is to fish as quietly as possible. Don't fly in at full noise and stop; approach your grounds at the idle. If anchoring, "lower" the anchor under control rather than just throwing it in. Be as quiet as you were when you broke curfew and were trying to sneak back in the house!"

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

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





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JUNE 2015 TIDE CHART

Time m	Time m	Time m	Time m
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2 0328 0.56 0900 1.97 TU 1514 0.35 2139 2.48	10 0313 2.22 1002 0.49 WE 1612 1.98 2210 0.72	18 0503 0.52 1.86 1632 0.40 2300 2.49	26 0410 1.84 0.62 FR 1724 1.92 2331 0.90
3 0412 0.53 0942 1.96 WE 1552 0.35 2219 2.51	11 0419 2.14 1101 0.44 TH 1720 2.12 2327 0.70	19 0542 0.55 1115 1.83 FR 1708 0.47 2337 2.41	27 0512 1.82 1142 0.55 SA 1819 2.06
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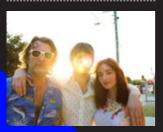
TUESDAY 2

Romio Sandgate RSL 10:30am

FRIDAY 5

Seleen Mcalister Chandelier Bar & Grill 6pm

Unplugged Cafe Sandgate Community Ctr 7pm



Shifting Sands Cardigan Bar 7pm

Dizzie D & The Sting Rays Sandgate RSL 7:30pm

Brett Whitmore Full Moon Hotel 7:30pm

Soulcutz Live Phoenix Bar Phoenix Bar and Lounge 8pm

SATURDAY 6

Danny Cassidy Chandelier Bar & Grill 6pm

Dillion James @ Cardigan Bar Cardigan Bar 7pm

Music By The Sea Presents Simon Tedeschi Sandgate Town Hall 7:30pm

James Dean Full Moon Hotel 7:30pm

Burlesque Show Sandgate RSL 7:30pm

Nik Conomos Duo Live Phoenix Bar and Lounge 8pm

SUNDAY 7

Casey Watt Sandgate RSL 12:30pm

Steve Hargreaves Full Moon Hotel 1:30pm

Jazz x3 Chandelier Bar & Grill 3pm

TUESDAY 9

Jared Alexander Sandgate RSL 10:30am

FRIDAY 12

Rob Black Chandelier Bar & Grill 6pm



The Floyd Family Breakdown Cardigan Bar 7pm

Amy Kate Bryant Full Moon Hotel 7:30pm

Chi Chi Sandgate RSL 7:30pm

Phoenix Duo Live Phoenix Bar and Lounge 8pm

SATURDAY 13

Celtic Sessions Cardigan Bar 3pm

Seleen Mcalister Chandelier Bar & Grill 6pm

SATURDAY 13

Box Falcon Cardigan Bar 7pm

Hayley Wilson Full Moon Hotel 7:30pm

Old 45's Sandgate RSL 7:30pm

Phoenix Lounge Band LIVE
Phoenix Bar and Lounge 8pm

SUNDAY 14

Shayne Crump Sandgate RSL 12:30pm

Steve Hargreaves Full Moon Hotel 1:30pm

Liam Kennedy Clark Chandelier Bar & Grill 3pm

Sunday Session @ Cardy w/ Jamie Palmer Cardigan Bar 4pm

TUESDAY 16

Trevor White Sandgate RSL 10:30am

WEDNESDAY 17

Stitched up - Stand up Comedy! Cardigan Bar 7pm

FRIDAY 19

Nice Verdes Cardigan Bar 7pm

James Dean Full Moon Hotel 7:30pm

Little Stevie & The Tail Finns Sandgate RSL 8pm

SATURDAY 20



Steam Train Blues - Maiden Voyage Contact Cardigan Bar Dept Roma Street Station 2:30pm

Amy Stonehouse Chandelier Bar & Grill 6pm

Tangerine Sky Cardigan Bar 7pm

Stone Cold Sandgate RSL 7:30pm

Hayley Wilson Full Moon Hotel 7:30pm

Candice Bliss Duo Live Phoenix Bar and Lounge 8pm

SUNDAY 21

Romio & Juliette Sandgate RSL 12:30pm

Steve Hargreaves Full Moon Hotel 1:30pm



Maja Cardigan Bar 4pm

TUESDAY 23

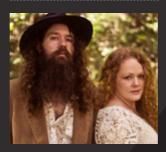
Chris Doyle Sandgate RSL 10:30am

THURSDAY 25

Open Mic @ Cardigan Bar Cardigan Bar 6:30pm

FRIDAY 26

Seleen Mcalister Chandelier Bar & Grill 6pm



Purling Brook Cardigan Bar 7pm

Nye Stewart Full Moon Hotel 7:30pm

The Dudes of Doo Wop Sandgate RSL 7:30pm

Martini Bros Live Phoenix bar Phoenix Bar and Lounge 8pm

SATURDAY 27

Liam Kennedy Clark Chandelier Bar & Grill 6pm

Danny Mose Trio Cardigan Bar 7pm

Regular Gonzales Sandgate RSL 7:30pm

Amy Kate Bryant Full Moon Hotel 7:30pm

Nik Conomos Duo Phoenix Bar and Lounge 8pm

SUNDAY 28

Free Sunny Sandgate RSL 12:30pm

Steve Hargreaves Full Moon Hotel 1:30pm

Demon Drink Chandelier Bar & Grill 3pm

Rub a Dub Kitchen @ Cardigan Bar Cardigan Bar 3pm

Vinyl Club @ Cardigan Bar Cardigan Bar 6:30pm

TUESDAY 30

Wakked Out Duo Sandgate RSL 10:30am

WEDNESDAY 1

Pocket Spoken Word & Poetry Night Cardigan Bar 7pm

FRIDAY 3

Arthur James Black
Full Moon Hotel 7.30pm

Unplugged Cafe
Sandgate Community Ctr 7pm

SATURDAY 4



Amy Kate Bryant Full Moon Hotel 7.30pm

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