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General Contact

0450 078 200

info@sandgate.com.au

Publisher:

Dominic Alberth

Editor:

Elise Alberth

Stories: Emma Harley, Susie Laery,
Melissa Bailey, Ellen Moynihan,
Emily Campbell

Photography:

Paul Neil

Cover Photo:

Paul Neil

Graphic Designer:

Crystal Gentry



Composer Elena Kats-Chernin
and pianist Tamara-Anna
Cislowska

Harpist Marshall McGuire
Photos by Steven Godbee

Music By The Sea

By Donna Phillips

Beautiful Sandgate is about to claim its pride of place in the global ARTS scene with the 2016 World Premiere of the Sandgate Piano Sonata at Music By The Sea on Saturday 2nd April.

Commissioned by Music By The Sea, composer Elena Kats-Chernin and pianist Tamara-Anna Cislowska will introduce the sonata and its story along with other recent works, starting at 7.30pm at Sandgate Town Hall.

In January this year, Ms. Kats-Chernin stayed in the area to gather inspiration, and locals may have spotted her out and about.

Sandgate is the state's only destination in a 2016 national tour of six concerts by both artists.

There's also more good news in store for music lovers who are tuned-in to the area's cultural wealth.

On Saturday 7th May, you'll also enjoy leading harpist Marshall McGuire as he graces the local town hall stage with his contemporary and baroque program.

Described as the world's greatest champion of new music for the harp, Marshall has

commissioned and performed more than 100 pieces.

His music pedigree comes with all the bells and whistles, having studied at the Paris Conservatoire, London Royal College of Music, and Victorian College of the Arts.

Shaping his craft at the best schools has provided an entree to solo performances with the Australian Chamber Orchestra, English String Orchestra, Les Talens Lyriques, Australian Brandenburg Orchestra, and as a member of Elison ensemble since 1988, to name a few music institutions.

As it's a joy to show off such talent, perhaps we can also include his appearances at festivals such as Milan, Geneva, Moscow, Vienna, Aldeburgh, Huddersfield, Huntington, and on home turf in Australia.

And of note, while wearing another hat, Marshall was lauded in his role as guest conductor of Purcell's *Dido & Aeneas* at the 2010 Macau International Festival.

So, there you have it! Go Sandgate!

**For program and booking information
visit musicbythesea.com.au**

SANDGATE MEETUP

Networking Group Casual Drinks



Sandgate's brightest entrepreneurs are mixing business and pleasure thanks to the monthly Sandgate Meetup Networking Group Casual Drinks.

By Emma Harley

The community event allows like-minded business operators to catch up with old friends and forge new business relationships – all over a glass or two of wine.

Event organizer Beth Wild says the group was started by local Leanne Willmott in 2010 for breakfast meet-ups and grew from there.

"Local and home-based businesses would meet up for breakfast at different restaurants in the area," Beth says.

"In 2013 Paul Derry came on board – hosting the breakfast until 2013 – and then two years ago, I introduced Networking Casual Drinks on a Friday night to add a different dimension to the group."

Meeting at Sandgate's Full Moon Hotel on the first Friday of every month, the group attracts up to 40 people at each event.



Beth says participants find the meet-ups extremely beneficial, as they can network with like-minded people in a fun, casual and friendly environment.

"People can have a drink or simply chat – it is a great opportunity to meet new people in the area, make contacts and exchange ideas," she says.

Beth says almost every business is stronger when good relationships are in place.

"Positive associations turn into repeat business,



Organiser Beth Wild



referrals and often clients for life," she says.

"It is the regular people we have coming to our events who continue to make this group amazing."

“ It's awesome to see the strong friendships forming while welcoming a few new faces each event."

2nd Avenue Realty Sandgate salesperson Marguerite Coonan is planning on a return visit following her first meet-up last month.

"It was not only an effective and enjoyable networking opportunity, it was a great way to strengthen my knowledge and awareness of the diverse business services in our community," she says.

"The relaxed location and the way Beth introduced groups ensured we met as many members as possible.

"It was a great, informal way to end the week, and I left with some special connections to follow up."

Beth says the vision for the group's future is continual growth.

"We want to keep growing stronger with more local and home-based businesses joining us on a Friday night once a month to network in a friendly environment."



Sandgate Networking Group Casual Drinks is on from 6pm at the Full Moon Hotel on the first Friday of every month.

For more information contact Beth on shop@aaaskinsolutions.com.au or phone 0417 792 446.



Breastfeeding Discussion Group

Susannah Holmes

Women and children are invited to join the Albany Creek-Bracken Ridge Australian Breastfeeding Association (ABA) group at Womenspace on Wednesday 6 April, 10am-12pm.

Meet new friends, chat with mothers who have 'been there' and connect with trained breastfeeding volunteers over a cup of tea.

ABA groups offer information and mother-to-mother support to assist in our parenting roles at gatherings held in our area, throughout the year. Most ABA meetings held in Sandgate most recently, have met at the fenced park at Einbunpin Lagoon. This year the group is meeting twice at Womenspace in a welcoming, pram-accessible and breastfeeding-friendly events space.

Volunteer ABA Breastfeeding Counsellor, Justine explains, "Our meetings are informal gatherings for mothers to gain information, support and friendship in an inclusive environment. Each meeting usually has a topic for discussion and sharing of ideas, followed by morning tea and socialising. A trained breastfeeding counsellor usually leads

the discussion, or we sometimes have guest speakers.

"Our meeting at Womenspace is an opportunity to meet other mums in your area, and find out how ABA can support you, including the resources available through ABA."

Womenspace is a soul space for women to connect. Womenspace offer numerous opportunities to connect with other women through activities such as workshops, guest presentations, spiritual discussions, book groups, a craft circle and a free morning tea held monthly.

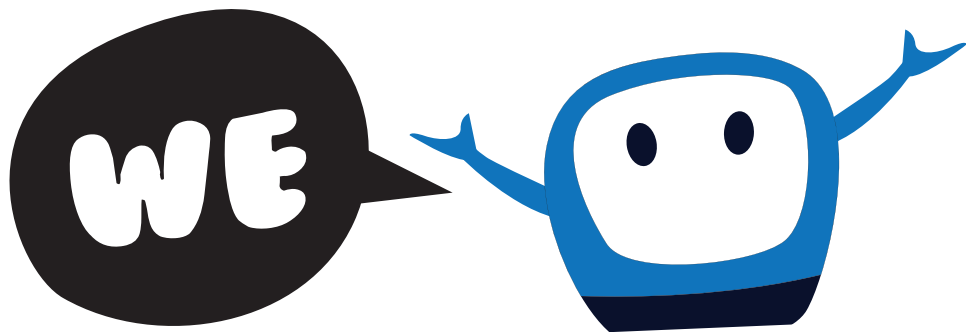
Women of all ages and backgrounds have been connecting with Womenspace since their beginnings in 2000. Womenspace is a not-for-profit incorporated community association, existing to support all women and girls. Register online for free emailed newsletter, 'WomenSpeak', and keep up-to-date with what is happening monthly at Womenspace.

ABA meetings are informal and encourage discussion from mothers about parenting, breastfeeding and the sharing of experiences. This first meeting at Womenspace will be followed by a second one on 6 July. Tea and coffee is provided, but please bring a plate to share for morning tea, if able.

Womenspace

**2/11 Second Avenue, Sandgate
ABA Morning Tea – Wednesday 6 April
10am-12pm**

**www.womenspace.org.au
coordinator@womenspace.org.au
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Award winning Sandgate author Kristina Olsson will feature at the Sandcliffe Writers Festival

Sandcliffe Writers Festival

Adele Moy

It's time again for The Sandcliffe Writers Festival, with events this year being held at Shorncliffe and Bracken Ridge.

Sandcliffe is unique in its support of Indigenous and non-Indigenous writing.

The festival starts on Tuesday 12th April at The Brisbane City Council City Square Library with a panel discussion and audience Q & A, featuring authors Susan Johnson, Melissa Lucashenko and Ellen van Nerveen. Then turns towards the Northern Bayside area.

Friday evening 15th April at 6pm, come dine with author Kristina Olsson at Shorncliffe's Cafe on the Park. For \$18.50 you receive dinner, tea and coffee and a great opportunity to hear Kristina speaking about her writing life.

10 April 2016

Her book 'Boy Lost' was the winner of the 2013 Queensland Literary Award and joint winner of the 2014 NSW Premier's Prize.

You can purchase any of Kristina's books on the night and have them personally signed. Bookings are required for this and places are limited. Please phone 3359 8647 or 0402 121 155.

At 10am on Saturday 16th April, the Bracken Ridge Library will host 'A Sense of Place' featuring author Hugh Lunn, ('Over the Top with Jim'), poet Samuel Wagan Watson, and Shelley Davidow.

The 12.30pm panel session 'Setting Your Story Free' with historian Peter Ludlow, who has written extensively about Moreton Bay, and authors Vicki Bennett and Ian Mathieson will explain how to get your work published, including tips on marketing and promotion.

From 10 - 11am, Indigenous storyteller and picture book author Trevor Fourmile will present an interactive storytelling session for young people aged 4 -9 years.

A young, female Indigenous performance artist, who specialises in rap, will conduct the next session from 1- 2pm, suitable for 9-13 year-olds. Learn how to write and perform a poem to music.

All sessions at Bracken Ridge Library are free. No booking is required for the two panels, but you need to phone the library on 3667 6060 to book for the young people's sessions.

For more information, contact Sandcliffe on 3359 8647 or 0402 121 155.

Friday 15th April at 6pm at Cafe on the Park, Shorncliffe

**Dine with Author Kristina Olsson
Cost: \$18.50. Bookings Essential ph:
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Sandgate Bowlo to Shake it up

Susie Laery

The Sandgate Bowls Club is set to move and shake as it opens its doors to live band performances from April.

Musician Natalie Catherine came up with the initiative to provide a live music venue for local bands.

"It's about starting a local music scene in Sandgate where bands get the opportunity to play and also support other local bands," she says.

Natalie has had an overwhelming response from local bands that are keen to support the idea. She already has bookings well into July this year.

The first gig will take place on Saturday 16th April with fortnightly events from there on. Doors will open from 7pm with bands starting at 8pm and performing though until midnight. Each event will feature four bands that will play a forty-minute set each.

The first night's line up will include 'The Pretty Fingers'; a rock band from Redcliffe, 'Secondhand Toothbrush', 'The Gastons' and 'The Fraymes'.

The second event on April 30th will feature 'Crazy Sanchez', 'Snorkel', 'Generation Jones' and 'Magnetic Drill Gang'.

The Sandgate Bowls Club will transform into 'The Blitz Bar' for the evening with drinks available along with a great atmosphere. As well as featuring original bands, there will also be cover bands playing over the year. There will be a mix of rock 'n' roll, from alternative to grunge and punk music.

Natalie sings and plays the bass guitar in her band 'Crazy Sanchez'. She writes original music in the genre of grunge, punk and funk. The band also plays some covers; but, it is the creative outlet of producing original music that she enjoys foremost.

Playing in bands during the 1990s, Natalie has always been involved in music. She managed and organised events and it is only now after breaking to have children, that Natalie is returning to what she has always done.

"Local musicians have been really supportive. It's an opportunity for them to play their music, have fun and make some money for their efforts."

Photo by Rachael Baskerville



Sandgate Bowls Club

50 Keogh Street, Sandgate

Opening Night 16th April

\$10 and \$8 for HCC Holders, students and Sandgate RSL members.

Sandgate RSL members entitled to use courtesy bus in local area.

The Blitz Bar is on Facebook

Natalie Catherine 0447 746 888 / natcatmax@gmail.com



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Attilla Sautov Solo Violin Recital

By Heidi Kath

Concert violinist Attilla Sautov is currently on tour with a solo violin recital and will perform at the Sandgate Town Hall on Sunday 17 April at 3pm.

Having resided in Australia for ten years, he has steadily increased the number of his fans, for many of whom, he enjoys now cult status.

His star qualities and capabilities as a virtuoso become apparent as soon as he puts his violin to shoulder. His technique is dazzling. What he does with his bow is sheer magic to watch and defies the laws of what such a bow can be expected to do. You are forgiven to think he trained it from its infancy, like a puppy, into total obedience.

Attilla's repertoire contains most of whatever has been written for the violin, and his favourite composer is Paganini. Try as he might have, Paganini hasn't written anything that Attilla couldn't handle.

Why then, you may ask, isn't he performing on the big stages of the big cities? The answer is simple: Been there, done that and had enough. Seeing videos of a young Attilla shaking hands with the conductor in front of a big orchestra is testimony.

Attilla does like to rub shoulders, ordinary ones that is, and he has the most unusual ability

for a musician of his calibre to connect with his audience. He does it with an irresistible, boyish charm. Often, before a performance, he welcomes people at the door himself, talks to his many friends or makes new ones, and his recital is interspersed with comments, explanations or stories of what happened during his career. There is no need to tell jokes. If he is informed of someone's birthday, lucky you, you get a highly embellished, congratulatory version of the song.

Playing Vivaldi's "Four Seasons" that everybody knows and loves is one thing, however, taking a solo violin program of this content on the road is quite audacious. Centrepiece is the famous "Chaconne" by J.S.Bach, with other works by the same composer. The Chaconne is the absolute pinnacle among classical violin repertoire of that period. Paganini takes the stage for the second half, for diversity and a bit of fun, and truly shows off the remarkable versatility of the violin in the hands of a maestro. The program is something for connoisseurs, yet Attilla takes it "out bush", to regional towns and centres up and down the coast, and is leaving a lasting impact.

Sunday 17 April 3pm, Sandgate Town Hall, Seymour St, Sandgate

Tickets: Adult: \$30, Concession: \$25, Student: \$20, Ages 12-17: \$10, Under 12 FREE

Book at www.attillasautov.com or call 0417 619 915 for more details

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Anzac Day March to Honour Centenary

Photo by Paul Neil

Emily Campbell

Upcoming Anzac Day Centenary commemorations will continue through until 2018, which marks a full century since the end of the First World War. It is milestone of special significance for Australians, an occasion to pay our respects to all the servicemen and women who've fought and continue to fight for our nation.

Each year of the Centenary period will acknowledge a particular battle or event that occurred during the Great War.

This year's memorial services will focus on the Battle of Fromelles, Australia's first major battle fought on the Western Front. On April 25th, community members are invited to march alongside our veterans, scouts, school students and politicians, to reflect on the sacrifices defence force members have made for our country.

A dawn service will be held at 6am, with the march to commence on the corner of 3rd Avenue and Flinders Parade, finishing at Memorial Park's cenotaph. Those who wish to attend the later service and march should assemble outside the Sandgate courthouse at 8.50am for a 9.10am start. Following the dawn ceremony, Sandgate's RSL Memorial Club will be opening

their premises all day. Additionally, there will be a traditional coin toss game of Two-up held at the Memorial Club, with profits made from bets going back into the RSL, a not-for-profit organisation that assists veterans and contributes to our community.

For those with an interest regarding Australia's involvement in war, the Sandgate RSL sub-branch museum is a fascinating place to visit. The building contains rooms filled with priceless war artefacts, some dating as far back as the 1800s. Cabinets contain militia and war memorabilia from the Boer War, Korean War, Vietnam War, both World Wars and even ongoing conflicts being fought in the Middle East.

Some of the weaponry held in the museum includes grenades, shells, various rifles, machetes, bayonets, knuckle dusters and even an old cannon. Many local veterans have kindly donated their war medals, uniforms, helmets, diaries and other paraphernalia. The museum is open to the public on weekdays between 7.30am and 1pm and provides a glimpse at some confronting relics.

For more information on the Sandgate Anzac Day ceremonies or the museum, contact Sandgate RSL sub-branch office on 07 3269 1135 or visit <http://sandgaterisl.com.au/sub-branch/>



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Folklore and Legends

Brisbane Symphonic Band

The Brisbane Symphonic Band will return to the Sandgate Town Hall on Sunday 1st May for their first concert of 2016 – Folklore and Legends.

The concert will feature music from all over the world and take the audience on a musical journey of discovery through the stories, myths, and legends that have been passed down through many generations.

Musical Director, Stefanie Smith says that the band has been working on more than just the notes and rhythms for this particular performance.

“Each piece that we are playing tells a story. That story might involve a battle, a death, a celebration, or many other emotions or events. Gaining a deeper understanding of the story helps us with our musical portrayal.”

Stefanie says that she is most looking forward to performing The Epic of Gilgamesh.

“The piece is based on an ancient Mesopotamian poem recorded on a series of stone tablets and is thought to be the earliest surviving work of literature. This was a ‘must have’ for a concert such as this one.”

Band President, Joel Miller says that this is a symbolic concert for the band, which is celebrating its 40th anniversary this year.

“We are very proud to have reached this significant milestone, and feel that it’s important for future members and supporters of the band to know our story.

“We have been working on a digital time capsule, which will be unveiled at our celebratory concert later this year. It will contain 40 years’ worth of memories, which we hope will be added to over the years to come.”



Sandgate residents will remember the Brisbane Symphonic Band’s recent performances at the Town Hall in 2015 (Carnevale del Sol) and 2014 (International Men of Mystery).

The band will once again operate the Homemade Café, which is run by the band members and their supporters.

**Brisbane Symphonic Band presents
Folklore and Legends**

**Sunday 1st May at 2.30pm
Sandgate Town Hall**

**Tickets on sale now at
www.brisbanesymphonicband.com**

Ticket Information

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Tamara's Kitchen Rules

A fulfilling career at the Full Moon Hotel was never going to be a flash in the pan for talented chef Tamara Vicary-Dench.

A lover of cooking from a young age, Tamara began her culinary career at Lawnton before honing her skills in Brisbane's Zen Bar, and then The Caxton Hotel.

"My next stop after The Caxton Hotel was Sandgate's Full Moon Hotel, and I have been here ever since," she says.

"At that time, the hotel had just recently been renovated, changing from The Osbourne Hotel to The Full Moon Hotel, so it was an exciting time.

"They offered a lot of variety such as the wood fired pizza oven, so it gave me another area of cooking to experience."

Fast-forward 16 years, and the dedicated pastry chef has seen the Sandgate area and the iconic hotel go through many changes.

"The community is really changing – it has become an eclectic little hub with its own style of gift shops and organic produce," she says.

"There is a lot more variety of patrons so we do change things up a lot, get out of the standard and fit in more with the area."

Tamara says the hotel's new owners have added a new dimension to the hotel.

"The past owners were Sydney-based, so the customers love seeing the current owners mingling with the patrons and being present in the restaurant – it creates a real homely feel," she says.

"The current owners are the fourth since my time here, but it is always positive as everyone brings new ideas and the hotel is always evolving and changing.

"We have moved away from traditional heavy pub food like bangers and mash, to lighter and fresher food.

"People's tastes are different and we are much more accommodating to allergies and food intolerances – you have to move with the times."

Tamara says one of her favourite changes is the new breakfast menu she helped design.

"My favourite menu item at the moment is the salmon benedict – the salmon is smoked with herbs by a local until it's medium rare," she says.

“ My job is so varied and no day is ever the same – functions, pastry, menu design, meals – it's never boring.”

Tamara Vicary-Dench
Photo by Paul Neil



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THE LITTLE BREAKFAST 13
bacon, eggs (scrambled, poached or fried),
grilled roma tomato, bush tomato chutney
& toasted sourdough

THE BIG BREAKFAST 21
eggs (scrambled, poached, or fried), bacon,
grilled roma tomato, thyme & butter mushrooms,
pork chipolata sausages, bush tomato chutney,
hash browns & toasted sourdough

VISIT OUR WEBSITE FOR THE FULL BREAKFAST MENU AND TO MAKE A RESERVATION!

118 Eagle Terrace Sandgate

PH 3869 0544

www.fullmoonhotel.com.au



LOCAL *Dining* GUIDE



Name: Baaia

Address: 94 Flinders Parade, Sandgate

Cuisine: Modern Australian

Feature: At Baaia Cafe we offer unique and creative flavours – fresh seasonal food cooked by people who love food, overlooking the bay. A great choice for breakfast, lunches, coffee & small bites. Opening soon for dinner.

Contact: 3269 7510



Name: Bracken Ridge Tavern

Address: 154 Barrett St, 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: 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



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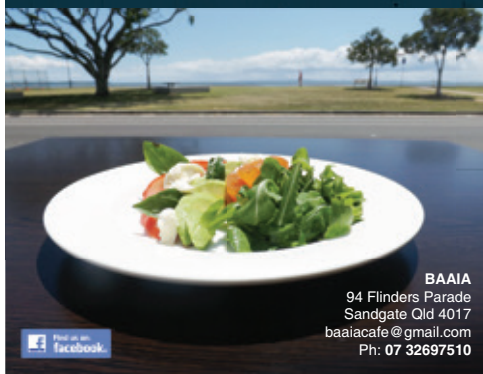
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LOCAL *Dining* GUIDE



Name: La Festa Restaurant

Address: 121 Brighton Rd, Sandgate

Cuisine: Taste of Italy

Feature: Homestyle 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

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LOCAL *Dining* GUIDE



Name: Sandgate Fishmonger

Address: 90 Flinders Parade Sandgate

Cuisine: Fish & Chips

Feature: Sandgate Fishmonger is a family run fish and chip shop on the Sandgate foreshore. We have recently moved and renovated 90 Flinders Pde (between 3rd & 4th Ave), and we're thrilled with the result. We look forward to seeing you soon.

Contact: 3269 0416

**Sandgate
Fishmonger**



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



Name: Wild Manna

Address: 115 Brighton Road, Sandgate

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Da Herb.

Repeatedly relegated to a simple status of garnish, herbs are too-often overlooked as sources of vitamins, minerals, flavour and joy. Yes, joy.



A handful of freshly-plucked mint in a big mug of hot water makes one of the best teas on Earth, and is a great start to any day – a simple, aromatic pleasure. Lots of people don't know that mint grows like a weed. All you need to do is plant some in a forgotten corner of your garden and squirt it with the hose every couple of days. It's about that simple. You could also put it in a pot and watch it slowly plot escape! In the sun, mint will grow fast; grab some regularly to chop up and throw in with stir-fry, smoothies or pretty much anything you're making. It'll go with fruit, fish, honey, capers, citrus, ginger, chilli or chicken. The list goes on!

And so we arrive at basil, one of the Godfathers of herbs in the kitchen. It is the rightful spouse of the tomato and a close friend of garlic and the onion family. Basil may soothe a troubled mind or settle a transient stomach. Pop it in a pot, in good quality potting mix, or in the garden. Plant it near your tomatoes if you are growing them, they both prefer it that way.

Basil is super-fast to grow and is best in its first season. So although it's a beautiful small shrub to look at, don't covet it, eat it! Make your pesto while it's at its best.

Oh, and my personal favourite is parsley. Parlais vous parsilai? Flat leaved or curly, parsley has a subtle flavour that is easily embraced by foods and fans alike. Parsley is a good source of vitamins A and C (and more); anecdotally, it has been associated with fresh breath, taut skin, and even as a cure for baldness! At the very least, it is great in a white sauce.

There are lots more herbs that are easy to grow and good for you; your local community nursery can help you get started. Try tarragon, thyme, rosemary or sage; these flavours from your garden will find favour with your family and friends, so get gardening today!

The Garden Gate Nursery and Café is a social business of Sandbag Inc. and is located at 153 Rainbow St, Sandgate.

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Steps Towards a Balanced Bay

“ Woven through both the human population and the natural eco-systems is a chain linking us all and sometimes having far reaching outcomes.”

— Laurie Jeays in a passage from his March 2009 article, *Environment*.

Ellen Moynihan

By leading people through the vast and complex ecosystems that exist on the Sandgate and Brighton foreshore and extend far beyond, Laurie Jeays hopes to inspire conservation action and a deep appreciation for the interconnectedness of all life. As such, over the past 10 years, he has been running Bramble Baywatch Walks along the beachfront.

Growing up in Sandgate and Brighton, Laurie witnessed firsthand the evolution and growth of the area, as well as the environmental impacts that came with it.

One of the foremost issues that Laurie has helped participants on his walks understand, is the connectedness between human actions on the land, and the quality of the water in the Bay for marine life. Runoff into catchments all around North Brisbane affects the water quality of the Bay. “Every time it rains, the runoff from the surrounding areas ends up on the Brighton beach,” Says Laurie. He believes a decline in water quality is responsible in part for reductions in several species he has observed over his lifetime.

Through the walks, Laurie has helped residents and newcomers to Sandgate discover that the foreshore is home to a multitude of life that lurks



just out of sight, but will present itself to anyone who goes a little further to find it. The smallest of actions, such as picking up rubbish on a walk along the beachfront, or being conscious of the amount of fertiliser used can have huge positive effects on the ecosystems we all share.

“It would be great if we could find a balance between the use of the foreshore, and also preserving what lies on the beach,” he says.

“I want to show people that the ‘mudflats’ are certainly not a wasteland. There is a lot of life out there.”

Though he will no longer be running the Baywatch walks, Laurie wants to pass on his legacy of environmental preservation and appreciation. As from April, a member of the Sandgate Historical Society will take on the organisation of the walks, so that future generations can experience and discover marine life at Sandgate for many years to come.

Baywatch Walks (Free)

Friday April 29th
Friday May 27th
Monday June 27th
Monday July 11th

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Connecting Through Waterways

Not-for-profit organisation, Healthy Waterways, is asking community groups and businesses throughout South East Queensland, to host an event gathering people to recognise and celebrate the important role waterways play in our lives.

Ellen Moynihan

Connect to Your Creek Week is an annual initiative started by Healthy Waterways to encourage people to discover and connect with a waterway.

An event could take the form of any number of activities, such as waterfront picnics, bike rides, tree planting, and kayaking. The main purpose of the activities is to celebrate and make use of the recreational opportunities our local waterways provide. This in turn can motivate people to understand and participate in the conservation of these important natural pathways.

Ms Julie McLellan, the Healthy Waterways Chief Executive Officer, believes that connecting with a waterway provides us with benefits far beyond their immediate enjoyment. "In our latest Healthy Waterways community survey, respondents reported that waterway use played a key role in their mental wellbeing, noting links to relaxation, happiness and a

desired quality of life," She said. "Recreation activities in and around waterways not only help to improve community health and wellbeing, but also contribute approximately \$2.3 billion to the region's economy annually."

There are plenty of areas around Cabbage Tree Creek in Shorncliffe that would serve as the perfect spot for hosting a creek connection event. "There are over 25 events listed so far, from tree planting activities, creek walks, yoga by the lake, and much more," Says Ms McLellan. "There will be something for everyone."

Connect to Your Creek Week runs from Saturday 9 April to Sunday 17 April. To host an event as part of Connect to your Creek Week, or to find a local event, visit healthywaterways.org and submit the online form.

All events registered will be listed on the Healthy Waterways website, and the organisers will receive assistance in promoting their Connect to Your Creek Week event.

Out 'n' About with Photographer



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Paul Neil



Actors Susie Bushnell, Royce Leivesley and Paul Lewis were on stage in Sandgate Theatre Company's "It's On, It's Off" at Sandgate Town Hall.



Flinders Parade Sandgate is a great place for cycling groups on weekends. I couldn't catch these guys to get their names.



Francis Kneebone and Pete B. launched their new album Both/And with a rousing gig with friends and family at the Cardigan Bar, Sandgate.



Fritz, Susan Hammill and Liz Cowan attended International Women's Day Coffee and Chat at Womenspace, Sandgate.



Imogen Scott-Parker, 17, played piano beautifully at the Hopes Room Musical Night fundraiser at Sandgate Town Hall.



"Howzat?" Spin bowler Isaac Blansjaar appeals to the umpire for LBW during the St Pat's First 11 clash with St Laurences.

GIG GUIDE

FRIDAY 1

Dave Di Marco
Cardigan Bar 7pm

Unplugged Cafe
Sandgate Community Centre
7pm

Patrick Flaherty Duo
Phoenix Bar and Lounge
7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

SATURDAY 2

Planet Clare
Cardigan Bar 7pm

Music By The Sea presents
Sandgate Piano Sonata
Sandgate Town Hall 7:30pm

Sarah Booker
Full Moon Hotel 8pm

Diva D'amour
Phoenix Bar and Lounge 8pm

SUNDAY 3

Mark Chomyn
Full Moon Hotel 1pm

Jamie Lee Fox
Phoenix Bar and Lounge 2pm

Sunday Session w/- Keshia
Cardigan Bar 4pm

FRIDAY 8

James Bennett
Cardigan Bar 7pm

Double Jack
Phoenix Bar & Lounge 7:30p

Ned Walker
Full Moon Hotel 8pm

SATURDAY 9

Celtic Sessions - Irish
Cardigan Bar 3pm

BERT
Cardigan Bar 7pm

Soul Cutz
Phoenix Bar and Lounge 8pm

Peko
Full Moon Hotel 8pm

SUNDAY 10

Nick Koschel
Full Moon Hotel 1pm

Rob McMullan
Phoenix Bar and Lounge 2pm

Adam Christy
Cardigan Bar 4pm

FRIDAY 15



Sadie & Jay
Cardigan Bar 7pm

Paris Lane Duo
Phoenix Bar and Lounge
7:30pm

Amy Kate Bryant
Full Moon Hotel 8pm

SATURDAY 16

Celtic Sessions - Scottish
Cardigan Bar 3pm

THE BLITZ BAR- OPENING
NIGHT!!
Sandgate Bowls Club 7pm

Lovecraft
Cardigan Bar 7pm

Jamie Lee Fox Duo
Phoenix Bar and Lounge 8pm

Missy B
Full Moon Hotel 8pm

SUNDAY 17

Kel Harper
Full Moon Hotel 1pm

Peter Thornley
Phoenix Bar and Lounge 2pm

Rob McGowan
Cardigan Bar 7pm


WEDNESDAY 20

Stitched up - Stand up Comedy!
Cardigan Bar 7pm

FRIDAY 22

Shifting Sands
Cardigan Bar 7pm





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FRIDAY 22

Stephen Ward Duo
Phoenix Bar 7:30pm

Quinn McHugh
Full Moon Hotel 8pm

SATURDAY 23

Sometimes Three
Cardigan Bar 7pm

Will Day
Full Moon Hotel 8pm

Anthems Duo
Phoenix Bar and Lounge 8pm

SUNDAY 24

Steve Hargreaves
Full Moon Hotel 1:30pm

Jaime Lee Fox
Phoenix Bar and Lounge 2pm

SUNDAY 24

Rub a Dub Kitchen @
Cardigan Bar
Cardigan Bar 3pm

Vinyl Club
Cardigan Bar 6:30pm



Ben Ely
Cardigan Bar
Friday 29 Apr 7pm

THURSDAY 28

Open Mic @ Cardigan Bar
Cardigan Bar 6:30pm

FRIDAY 29

Ben Ely
Cardigan Bar 7pm

Peter Crawford Duo
Phoenix Bar 7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

SATURDAY 30

You and the Night - EP
Launch
Cardigan Bar 3pm

THE BLITZ BAR
Sandgate Bowls Club 7pm

Amy Kate Bryant
Full Moon Hotel 8pm

Lima Manu Duo
Phoenix Bar and Lounge 8pm



The pier circa 1920 – showing the men's swimming enclosures on the side of the pier

Local History

Great Projects From Timber Salvaged From The Pier

The Sandgate Museum is now displaying one of its souvenir pieces of timber from an original header beam from the old Sandgate Pier built in 1882. The museum had slices of timber taken from one of these souvenir beams. These slices have been sanded and polished to make several beautiful memorial/honour boards that are displayed at the Museum and in the garden.

The Brisbane City Council Pier Renewal Manager advised that 18 local organisations and individuals were to receive timber pieces from the old pier, requesting the pieces to be re-cycled into unique and artful objects such as public sculptures, ornaments, timber photo frames, stools, a retaining wall with viewing deck and other history projects. One artist indicated he was making models of the toredo worm, the culprit named for eating away the pier timbers below the waterline.

The first pier, built in 1882, had separate bathing enclosures for men and women. The women's bathing enclosure was closer to the entrance of the pier, and on the pier side, a



Pier timber on display at the museum (with David Hill and Barry Smith)

high galvanised iron fence was erected to keep away the prying eyes.

The women's baths also had the disadvantage of very little swimming water at low tide. Then, in 1927 the Sandgate Baths were built on Flinders Parade.

In the 1930s, one side of the pier was part of a shark-proof fence. The fence was erected using old train lines taken from the St. Helena Island Penal Settlement and using torpedo (anti-submarine) mesh.

Sandgate Historical Society

150 Rainbow Street,
Sandgate, QLD, Australia, 4017
07 3869 2283
sandgatemusm@bigpond.com

We are open to the public
Wednesday and Sunday
10.00am-3.00pm

Entrance fee \$3 adult / \$1.50 child

APRIL 2016 TIDE CHART

	Time m	
1	0328 2.03	
	1013 0.87	
FR	1602 1.66	
●	2203 0.80	
2	0446 2.09	
	1130 0.77	
SA	1720 1.77	
	2322 0.72	
3	0554 2.21	
	1236 0.64	
SU	1825 1.93	
4	0031 0.60	
	0652 2.33	
MO	1331 0.50	
	1921 2.10	
5	0132 0.48	
	0744 2.43	
TU	1422 0.38	
	2013 2.26	
6	0229 0.37	
	0833 2.48	
WE	1507 0.29	
	2101 2.40	
7	0321 0.30	
	0919 2.48	
TH	1550 0.24	
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	1006 2.43	
FR	1632 0.22	
	2235 2.58	

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	1051 2.32	
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	2322 2.59	
10	0551 0.38	
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SA	1805 1.84	

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	0747 2.18	
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	2019 2.17	
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	0824 2.17	
WE	1447 0.47	
	2053 2.25	
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	0859 2.15	
TH	1517 0.45	
	2126 2.30	
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24	0454 0.58	
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SU	1644 0.46	
	2304 2.35	

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	1108 1.94	
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	2339 2.31	
26	0605 0.68	
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27	0014 2.26	
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WE	1224 1.78	
	1825 0.64	
28	0056 2.21	
	0732 0.78	
TH	1313 1.72	
	1911 0.72	
29	0147 2.16	
	0832 0.80	
FR	1418 1.69	
	2012 0.78	
30	0251 2.14	
	0943 0.76	
SA	1537 1.72	
●	2130 0.79	

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Sandgate Village MARKETS

Inaugural Sandgate
Village Markets
a Huge Success!

The Sandgate community showed their support for the first Sandgate Village Markets held on Saturday 19 March.

Coordinator and "Happy Helper" of the day, Helen Masters was excited to see market goers and stallholders enjoying the inaugural event, with plans for the market to be a regular monthly occurrence.

“ The market is bringing life to Sandgate on a Saturday afternoon,” she said.





With food and drinks, artisan crafts, handmade wares, kids' jumping castle and baby animal farm, face-painting and musical talent spotted around the Einbunpin Lagoon, there was a good variety of stalls that had something for everyone.

"Markets is something Sandgate has wanted and needed for a long time, and this market afternoon had something for the whole family," said one market goer.

"There was so much to look at and do. The atmosphere was amazing. I can't wait for the next one and really hope this becomes a regular event for our community."

There are now plans underway to firmly plant this event in Sandgate's monthly calendar. Paul Timms, who initiated this event, said he's hopeful to make this a monthly market, and will be working hard with council to make it happen.

Stallholder Cat from Indulgence at Shorncliffe explained she had a wonderful time, "Customers were a plenty... wonderful atmosphere and I'll definitely be back."



Photo by Paul Neil

Sandgate Markets

For more information or to book a site visit Sandgatevillage.org

Shorncliffe station precinct heritage restoration

Completed in 1897 and then called Sandgate station, the station building has been added to over its long life and was renamed Shorncliffe station in 1938. Currently listed on Queensland Rail's heritage register, these restoration works will return the main station building closer to its original 1897 appearance.

The current condition of the station building means that it is deteriorating faster than maintenance can prevent. Extensive works are required to preserve this historic Queensland icon, requiring temporary station facilities to be established.

The restoration works will involve, among other activities:

- Moving the main station building from its current site to facilitate foundation repairs
- Removal of all asbestos materials and repair of extensive water and termite damage
- Replacing the existing roofing
- Renewing the interior fit out of the building
- Building a new separate staff operations facility
- Restoration of the air raid shelter

These works will enhance the historic character of the station and are designed to preserve the station and its place in the local history of Shorncliffe for future generations.

Additionally, in line with modern day safety and security requirements, further works undertaken at the station will include the replacement of lighting and security cameras and the installation of new fencing.



Projected timeline

The Shorncliffe station restoration will take around 12 months to complete, weather and construction conditions permitting. Early works associated with the restoration are scheduled to commence in April 2016. The following key milestones provide a rough guide for project timings:

April-May 2016: Site preparation, including construction of temporary access and amenities and start the restoration of the lamp room and air raid shelter

June-July 2016: Construction of new permanent staff facility

August 2016: Relocation of station staff and ticket office, close station building and start investigations

September 2016 - mid 2017: Demolition works, including removal of asbestos station roof and then moving into renovation works for the station building

Mid 2017: Open new station building to the public.

A 12 class steam locomotive standing at the Sandgate (later Shorncliffe) station.

CO. 1905 QR historical collection



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Before



After



Before



After



Tamara and Mark Wecker
at Arthur Davies Park.
Photo by Paul Neil

Doing it for the kids

Fun For All aims for all-access playground

A local real estate agency has joined forces with community group SANDBAG to help ensure a Sandgate park is a fun, safe place for all kids to play.

The campaign, called Fun For All, is run by the RE/MAX Property Shop and aims to raise financial support to install an all-access playground at Flinders Parade's Arthur Davies Park.

There are also plans to raise further funds through on-site weekend information stalls, online crowd-funding campaigns, video and social media promotion, and a major community event midyear.

Property Shop co-owner, Tamara Wecker says the plan is to create a public, cost-free playground with specialty equipment that is truly inclusive for all, including children with a physical disability or are wheelchair bound.

"Our motivation is to help kids with severe illness and disability be kids again – it's that simple," she says.

“Bringing hope and happiness to Aussie kids living with severe illness and/or disability is our true passion.”

Helping out with the campaign is local community organisation, SANDBAG (Sandgate and Bracken Ridge Action Group).

Partnering up as an independent auspice for the cause, SANDBAG will accept and manage donations and support the promotion of the campaign.

CEO Alisa Hall says SANDBAG is passionate about inclusivity, is an active supporter of the National Disability Insurance Scheme and is committed to assisting people with a disability to fully participate in their community.

"We have been working to support the local 4017 community for nearly 25 years and through our Community Linking Program, we have supported people with a disability to access their local community and share space with others," she says.

"We were approached in February and are excited to support the Fun for All Campaign, which will help to create a community space, which is inclusive for all children and families to come together and interact, connect and play."

For more information on the activities or to donate to the Fun For All Campaign, visit the Facebook page or visit www.givenow.com.au/funforall.

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Golfers join charity drive

Photo by Paul Neil

Businesses and community members can swing into action when the Sandgate Village Coronis Classic Golf Event tees up a great day out on the course in aid of some very worthy causes.

Organiser Jarrod Tyler says the idea for the event, at Redcliffe Golf Course on May 6, came about after the resounding success of a previous local sporting occasion.

"The Sandgate Dad's Bowls Night hosted by Paul Timms was held at the end of 2015," he says.

"Both Paul and I agreed that a great way to promote community involvement is through competition, and bowls is something social that anyone can play.

"Naturally, golf was an easy progression from bowls."

Teeing off at noon, the day will comprise of a two-man ambrose tournament, as well as novelty holes, followed by a presentation after the game to announce the winners and a debrief of the funds raised through the event.

The event will be supported by a number of local businesses including Round Table Coffee,

Health Creation Australia, The Coronis Group, Apollo Auctions and Everybodies Physio.

Jarrod says the goal of the day is to raise funds for other activities in the area such as charity events, community group events and other areas in need of support such as the homeless and the elderly.

Jarrod says the event is all about supporting a community initiative while having fun with a friendly round of golf.



The event is open to everyone and we hope to see a wide cross section of the community, as well as golf lovers, participate," he says.

"It is a great event for the local community as it allows local businesses and community members the chance to network, socialise and have some fun.

"My job is very demanding, but I try to get out and have a swing as much as I can, so this event is the perfect opportunity to do that while meeting up with some members of the community."

For more information or to get involved contact Emily Kuhn on emily.kuhn@coronis.com.au



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Sandgate History Walks

The Sandgate & District Historical Society & Museum Inc. will present a series of guided walks in Sandgate in 2016. Walks are rated "easy". Start: 9.30am Cost: \$25 includes refreshments. Bookings essential.

Sunday 3rd April - Historical Buildings of Sandgate and Early Bayside History

Sunday 10th April - Peep into the Past - The Historic Houses of Sandgate

Saturday 16th April - Discovering the Secrets of our Pioneers in the Heritage Bald Hills Cemetery.

Saturday 30th April - Discovering History in the Heritage Bald Hills Cemetery.

Enquiries and Bookings: Museum Ph: 38693383 or email sandgatemuseum@bigpond.com

Pam Ph: 0410327095 or 32657440 or email pam.verney@bigpond.com

Fab 14 Plus Markets

April 16th from 9am, Brighton Health Campus
FAB 14 + Markets is an indoor clothing market.

The markets have stall holders selling their Fashions Already Bought in sizes 14 plus.

As well as clothing there are also shoes, jewellery, bags and accessories so you don't have to wear size 14+ to find a bargain.

Come and check out what is on offer.

Neighbourhood Watch

NHW Meetings held 2nd Tuesday every two months.

Next meeting on April 14th.

One Way Screws - April 30th from 9am to 11am at Einbunpin Lagoon (near the Rotunda). Find out how to make your car number plate thief-proof.

Please contact your current Area Co-ordinator, John Harbison on 0419784569, if you have any questions about your involvement in Neighbourhood Watch, Sandgate Area 7 Group, or any events.

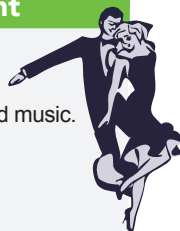
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Contact Wendy Mulder ph 0431 170 710
www.wendymulder.accessconsciousness.com or email swmulder@bigpond.net.au

Next Bars class 2nd April at the Sandbag Community Centre Sandgate

WomenSpace

Fri 1 April – Gardening Group 8-10am. All women welcome. No cost.

Tues 5 April – Book Groups - 11am and 7pm. Join women to discuss books that matter.

Weds 6 April – Wise Women's Circle, 7:15pm. 'Hormones', presented by Charmaine Renaud.

Sat 9 April – Art Therapy Workshop, facilitated by Karen Dickson. 8:45am-4:30pm.

Sun 10 April – Womenspace Planning Day for current members. 10am-2pm

Wed 13 April – Cuppa & Chat morning tea, 10:00am-11:30am.

Tues 19 April – Soul & Spirit gathering, 7pm. 'Self-Care, Mindfulness & Chinese Medicine', facilitated by Lisa Johnson.

Wed 20 April – WomenCraft, join a craft circle and BYO craft project. 10:00am-11:30am

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Photo by Ben McShea

Local voice to grace International Dawn Service

On 24 April 1918, amid WWI, the French town of Villers-Bretonneux saw the world's first battle between two tank forces: three British Mark IVs against three German A7Vs.

The Germans were victorious, but that night and the next day, two First Australian Imperial Force brigades recaptured the town at a cost of 1,200 Australian lives.

One day and 98 years on, in the early morning of Anzac Day 2016, thousands will gather at the Australian Memorial in Villers-Bretonneux.

As voices ring out in song, one of these will belong to Emma Salmon, a north Brisbane local and member of the Voices of Birralee choir.

"We're touring through the Western Front of France, as well as through Paris and Amiens," Emma said.

"We've put so much work into this, so much practice. I don't think I've ever been so excited."

Emma's grandmother, Rhonda May, said singing runs in the family.

“ My father was part of the Redcliffe Music and Arts Society many, many years ago, and Emma's mother sang in the school choir at the old Soubirous College and St Bernadette's in Scarborough.”

Rhonda also recalled her family's history during the First and Second World Wars.

"Uncle Frank fought in the First World War, and my father was in the Navy during the Second.

"It's an interesting story – my father was commissioned by the Royal Australian Navy and was set to depart, but then he got pneumonia and couldn't go.

"The ship departed without him and was sunk."

For Australia, the First World War remains the worst conflict in terms of deaths and casualties.

When the Voices of Birralee sing out in France this year, they will be commemorating the 416,809 Australian men who enlisted, of whom more than 60,000 were killed and 156,000 wounded, gassed, or taken prisoner.



The performance will also pay tribute to the Australian families who fought their own battles back home.

Emma will tour with the choir from 17-26 April, joined by around 30 other Brisbane locals including Voices of Birralee founder and distinguished conductor Julie Christiansen OAM.

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A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy

Stirling Hinchliffe MP



I would like to thank the residents of the Deagon Ward for placing their trust in me to represent the community in City Hall. I look forward to working with the community over the next four years.

I'm really excited to be part of a brand new local campaign to get all abilities play equipment at Arthur Davis Park. I've joined forces with the Fun 4 All campaign being headed by Mark and Tamara Wecker and I'm sure the whole community will come on board.

We have started rolling out shade at local playgrounds around the Deagon Ward with Lambert McBride Park in Zillmere and the Deagon Oval. I'll work with the community to identify other local parks where shade is required.

Planning for this year's Einbunpin Festival will get under way after Easter so keep your eyes peeled for stall and entertainment details.

My Brighton Dog Offleash survey will close on April 30 so please take a minute to fill it out online at www.surveymonkey.com/r/brightnondogoffleash or visit my office for a paper copy.

I'd like to bring to your attention the life changing work of one of our community members, Rochelle Courtenay, who is the CEO and Founder of the not-for-profit charity 'Share the Dignity'. 'Share the Dignity' was founded to provide homeless women with sanitary care products. This organisation was sparked by Rochelle's drive and compassion to ensure no woman would suffer the indignity of having to choose between eating, and buying sanitary products. For the approximately 46,000 homeless women throughout Australia, this is a choice which is all too familiar.

The initial collection grew from 450 sanitary care products to over 1.5 million by the end of 2015, thanks to an appearance on Network Ten's "The Project" and a viral social media presence. In 2016, Rochelle hopes that number will grow to 5 million. Also, Rochelle is encouraging all sanitary care companies to print the national domestic violence hotline, 1800Respect, on the packets of all their products.

If you'd like more information, please visit <http://www.sharethedignity.com.au/>. My Electorate Office is the first place in the country to host the next donation round, which kicks off in early April.

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BOOK LAUNCH A FANTASTIC YOU

Author Charmaine Renaud
Photo by Paul Neil

Natural Health Specialist Charmaine Renaud is launching her new book that describes how a focus on natural health techniques changed her own life, progressing from significant illness in 1995, to one where running half marathons at the age 53 is possible.

As her own health journey progressed, Charmaine gained industry-certified qualifications in Traditional Chinese Medicine, acupuncture, remedial massage, kinesiology, reflexology, Chinese Herbs, AcuGraph and related modalities.

The Introduction of her book details her health journey and discovery of natural health solutions. The balance of the book goes on to describe five health habits, which are:

1. *Nurturing Your Body* – describing in some detail the benefits gained through each of the modalities Charmaine has acquired;
2. *Embracing Physical Activity* – including the benefits of exercise;
3. *Mastering your Mindset* – breaking down long held beliefs that may have been acquired over time;

4. *Sustaining Nourishment Easily* – with recommendations on the links to natural garden food sources, and not just another book on diet;

5. *Feeling Calm and Happy* – through determining items that should be on your bucket list, and how to tick those items off as achieved.

Through owning and managing her own natural health clinic for over twenty years, Charmaine puts into practice an integrated approach and has proven, in her view, that these habits work.

Charmaine notes this book was written so that others may create fulfilled, healthy and happy lives through understanding the value of nurturing and nourishing themselves, enabling them to create calm and balanced families, and settled communities around them.

Book Launch: *A Fantastic You – Five Simple Health Habits for a Wonderful Life...naturally*

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52 GAWAIN ROAD, BRACKEN RIDGE

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17/11 TAIGUM PLACE, TAIGUM

Take a Look at This One!

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Situated next to a beautiful park this property represents fantastic value for first home buyers, families, retirees or investors and ready to move straight in. Complex is well maintained and features beautiful swimming pool with entertainment area and includes an onsite manager. So, if you are searching for a quality home representing fantastic value - this is the one for you!

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