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sandgate GUIDE

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photo by Shoebox Images



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Publisher:
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Graphic Designer:
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Extravaganza for Africa

Christine Chamberlain

Join a celebration of African culture and cuisine while supporting a worthy cause on June 25 at Sandgate Community Centre.

Join the community at Africa Extravaganza, a dinner and dance fundraiser hosted by Enterprising World International to support emerging communities, starting with the Anyuak of South Sudan.

Enterprising World International (EWI) is a non-profit organisation committed to improving the lives of people living in the world's toughest places, as well as supporting emerging communities throughout Australia. It was started by Dr Roxanne Zolin in 2014 with an aim to stamp out poverty around the world by 2050.

EWI treasurer Abang Anade Othow says the money raised at the dinner will go towards agricultural development in South Sudan to relieve the looming famine about to hit the region.

"It will be a rich African experience of food, music, dance and African culture. This will also be an opportunity to hear about the latest developments in South Sudan and what this project will bring," Abang says.

"Subsequent fund-raising efforts will contribute to various ethnic groups and other emerging communities, with a particular emphasis on creating sustainable income streams through entrepreneurship and business mentoring."

Abang knows first-hand what life is like in South Sudan. She was born in war-torn South Sudan, her father was killed and she was separated from her mother at a young age. Abang came to Australia as a refugee and worked as a fashion model while studying at university to become a teacher. She continues



Photo by Ben McShea

Roxanne Dolin 'Director', Abir Oman, Helen James 'Secretary' and Abang Othow 'Treasurer'

her work in the community, volunteering and advocating for disadvantaged communities.

“My goal is to see suffering eradicated throughout the world. Specifically, my goal is to advocate for minority groups and bring awareness to their plight,” she says.

“It is very important to see the people of South Sudan, including minority groups, provided with equal opportunities and also living in harmony.”

African Extravaganza
Saturday 25th June 6pm—10pm
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DIVAS

TAKE THE STAGE

Christine Chamberlain

The historic Sandgate Town Hall will be filled with song on Saturday June 11 when the Bayside Divas host their ever-popular annual concert, *I've Got the Music in Me*.

The Bayside Divas is a women's community choir based in Sandgate, who perform mainly contemporary music in and around North Brisbane. The choir began in 2004 and currently has about 50 members.

Concert co-ordinator Christine Reed says *I've Got the Music in Me* will feature a range of songs from different musical eras and genres.

"We have enjoyed sell out performances in recent years and have a loyal following," Christine says.

The choir is directed by Sandra Milliken, an accomplished musician and conductor and an internationally published composer.

"Sandra's extensive experience both in Australia and overseas, together with her passion for choral music ensures the Bayside Divas continue to grow and improve in their musical journey," Christine says.

Concert goers can expect to hear well-known musical hits such as *Rhythm of Life* and *You Can't Stop the Beat*, together with John Lennon's *Imagine* and Pharrell Williams' 2014 hit *Happy*.

"Some of the songs may be less familiar, for example, *Down in the River to Pray*, an American gospel-style song, whilst songs from the musical *The Sound of Music* will be instantly recognisable," she says.

Audiences will also have an additional treat as the Divas are joined by some special guest artists.

"I think our sense of enjoyment and fun comes out in our performances, and anyone coming to the concert this year will leave having had a good time," Christine says.

THE TWO CONCERTS

A 2pm matinee and 5.30pm cocktail-hour performance will be held at the Sandgate Town Hall, Cliff Street, Sandgate on Saturday, 11th June.



Tickets \$22 adult, \$18 concession and \$11 children under 12 (children under 5 free). Tickets available at baysidedivas.com.au or phone 0400 442 119.

Entry includes refreshments for afternoon performance and wine and cheese for cocktail-hour performance.

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A WEEKEND OF *Yachting*

Ellen Moynihan

The upcoming Vintage Yacht Regatta will be a perfect opportunity for Sandgate locals to see an eclectic mixture of beautiful boats, and the new Shorncliffe Pier will serve as the perfect spot for spectating.

It will be held on the weekend of the 4th and 5th of June this year, with two boat races to be held on each day.

The race will have participants from around Brisbane and as far away as the Gold Coast, but it also welcomes anyone who is completing a longer passage around Australia. There is a special trophy that the Club awards to those who have come a long way for the race. In a previous year, it was awarded to a man who'd sailed up from Hobart. There will be a mixture of prizes including awards for the best looking boat as well as prizes for the faster and slower boats in the race, the most competitive yacht, and a 'Misfortune Award'.

Nigel Statham has been the Regatta director for 7 years, and has a background in sailing. "It's a fairly laid back race," says Nigel. "Most of the competitors are racing more for enjoyment than the competition, the event is more about having fun, showing off your boats and going for a sail, although some do get quite competitive."

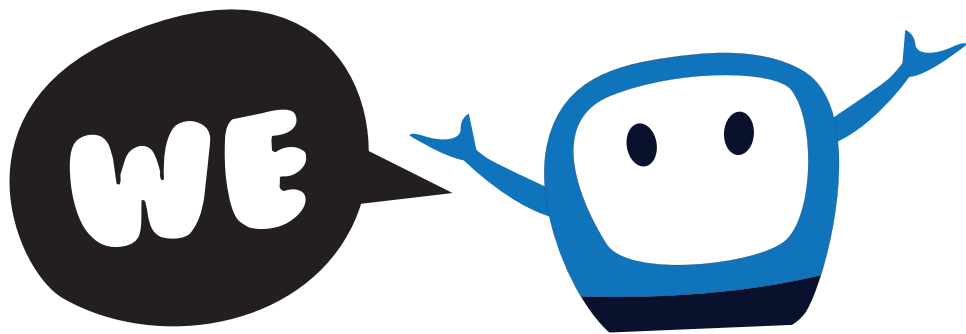
“ It is the biggest and most significant yacht event in Queensland.”

The course is set out as a large circuit, indicated by markers placed in the bay. The faster boats complete the perimeter of this course, and the slower boats complete a smaller course set out inside the large one.

The weekend is a celebration of vintage and classic boats and is open to all who have a vintage boat, or an interest in them. There will be around 40 boats in the race, and on the Sunday morning, the Cabbage Tree Creek marinas will be opened for close-up exploration of the boats.

Entries to the race will close on Wednesday 1st June, but anyone is welcome to go along and watch the races. Each race will run for around an hour and half, from Shorncliffe, only going as far as Woody Point.





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Cardigan Bar gets Mojo

For a dose of live, original solo blues music you have to venture no further than your local music joint, the Cardigan Bar to hear the voice and music of Mojo Webb.

Susie Laery

Cardigan Bar owner Chris Fisher describes Mojo Webb as “one of Brisbane’s most preeminent blues musicians. We are so happy he’s returning again to play in June,” Chris says. Advice from Chris is to arrive early for this high calibre performer.

Mojo Webb will be performing solo at the Cardigan Bar on June 10th. He describes his music as straight authentic blues. “It’s original blues style with a dirty 1950’s electric sound to it,” says Mojo. His songs are an acoustic style, but played with an electric guitar.

“My solo act has a big sound through intricate finger picking guitar and using a stomp box,” describes Mojo.

Mojo has been a professional musician since 1990. He learned to play the guitar from a jazz guitar player at the age of eleven and has been playing and singing ever since.

Mojo has released his own album called ‘The Burden’. He wrote and sang all the songs and played the varying musical instruments of guitar, harmonica, saxophone, bass and drums. He also recorded and mixed the entire album. In 2006 he won the accolade of Australian Blues Music ‘Chain’ Award for ‘Best New Talent of The Year’.

As well as solo performances, Mojo plays in his band the ‘Mojo Webb Band’ who have been together since 1998. The Brisbane based members play locally and have travelled throughout Australia performing at many big musical festivals.

Although Mojo enjoys performing at big venue gigs with his band, playing at smaller venues like the Cardigan Bar is something Mojo loves. “The intimacy of small venues like the Cardigan Bar means you get to see everything and feel the emotion of the audience – it’s something I really love,” he says.

At the Cardigan Bar “the audience will experience an evening of honest, emotional music. Music with a mixture of emotion and movement,” says Mojo. “Blues style music can traditionally be quite slow and mournful but I like to create party music where people want to get up and dance,” says Mojo.

The original sound of Mojo Webb — A homegrown blues experience not to be missed.

Mojo Webb Performance

When: Friday 10th June 7pm
Where: Cardigan Bar
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Bracken Ridge State School Bringing the Community Together

Trade Fair and Markets

Isn't it great when you can access local contacts to choose that special birthday cake for your child, find out more about out-of-school activities or find that special gift?

Bracken Ridge State School Trade Fair and Markets will be bringing together local businesses, party planners, sporting and community groups to showcase their products and areas on Saturday 18th June.

"I'm looking forward to viewing and getting to know what the local community has to offer," said Jo Roberts, fundraising co-ordinator for the Bracken Ridge P&C Association.

"Supporting local businesses injects money into the community, increases local economic growth, supports environmental sustainability and contributes to a unique value. We, as members of the school, are keen to support the local community by building up spirit within the community and making Bracken Ridge State School an open door to the community," Jo said.

The money raised from holding this event will go towards the purchase of playground shade sails.

From sausage sizzles to local school fairs, the school teachers and P&C members actively

encourage all families to help support local schools and community organisations.

"Giving back is important. This event enables us to showcase our work-at-home mums, our small and local businesses, our sporting and community groups to become known in the local community," Jo adds.

"This is most definitely a family event. Parents, grandparents and friends, we encourage you all to pop in and help support our community.

"There will be up to 40 stalls for you to browse, afternoon tea, complete with an outdoor seating area and refreshments available. An outdoor activity session for the children means you can browse at your leisure. "

The Trade Fair and Markets will run from 2pm until 6pm on Saturday 18th June at the Indoor Sports Hall at Bracken Ridge State School, Denham Street, Bracken Ridge. Follow at facebook.com/BRSSTradeFair

Interested stallholders and local businesses can contact Fundraising Co-ordinator Jo Roberts to enquire by emailing northerncraft@icloud.com





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Stirling Hinchliffe, Gary Allen and John Blackley / photo by Paul Neil

Multiple Sclerosis Fundraising Breakfast

Stirling Hinchliffe

On 10th June, I will be hosting a Multiple Sclerosis Fundraising Breakfast at the Coffee Club in Sandgate.

Following the success of the 2015 event, it is a great opportunity for members of the community to come along and learn more about this debilitating condition, and to help raise funds for those living with MS.

My friend of 25 years, Gary Allen, will again be our guest speaker. Gary is a 45-year-old husband and dad who works full-time, and is a big fan of Game of Thrones. He also lives with the condition, and has an amazing insight into the progress of research into MS treatment.

Admission to the breakfast will be \$25 which

includes a donation to MS Queensland and the chance to win a lucky door prize. Anyone coming along should arrive by 8am for an 8.15am start.

Also in attendance will be well-known Sandgate local, John Blackley, who is again leading a team in the annual MS Bike Ride. Should you wish to help support John, you may contribute to MS research by donating at <https://msqldevents.com.au/champion/2016-MS-Brissie-to-the-Bay/BIKINGBUDDIES>.

**Please RSVP for the Breakfast by 5pm
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Club on 3869 4688 or in person.**



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MUSIC BY THE SEA

Acacia, fiery music from around the world

On Saturday 4th June Cello-guitar duo Umberto Clerici and Karin Schaupp brings together two of Australia's finest and most expressive instrumentalists for the premiere of an exciting new work, and a fiery program of music from around the world at Sandgate Town Hall.

During a collaboration for the 70th anniversary of Sydney's Musica Viva festival in 2015, Schupp and Italian cellist Clerici discovered an immediate musical rapport within the engaging tonal combination of the cello and the guitar.

German-born Australian guitarist Schaupp makes a popular return to Music By The Sea as a multi-award winning guitarist with a distinguished history of solo performances, recordings and collaborations.

Sharing the stage in this new endeavour, recently arrived from Italy, Clerici is also in high demand as a soloist and chamber musician worldwide, and also holds the position of principal cellist with the Sydney Symphony Orchestra.

Starting at 7.30pm, Schubert's beautiful Arpeggione Sonata features in the first half of the program, along with the premiere of work by Australian composer Natalie Williams.

During the second half of the program, you are invited on a sumptuous musical journey

through Spain and South America — featuring works by De Falla, Piazzolla, and the Brazilian great Radames Gnattali.

Due to the federal election on Saturday 2nd July, Music By The Sea will present its July concert the following weekend.

Consequently, **Saturday 9th July** heralds the return of outstanding Acacia Quartet (Sydney), whose concert «The Harp and The Harpoon» will include works by Beethoven, Moya Henderson who is one of the country's most established composers, and new generation composer Nicholas Vines.

Violinists Lisa Stewart and Myee Clohessy, violist Stefan Duwe and cellist Anna Martin-Scrase have released many albums, are ARIA nominees, have been Limelight Magazine's 'Editors Choice', and ABC Classic FM's CD of the week.

They are considered to be 'darlings' of the musical world because of the personal warmth that flows into their music, the passion of their performance, and special relationships with top composers.

Acacia members say they also feel welcomed by the Sandgate community because of Myee Clohessy's local family connection.

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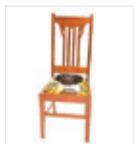
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REDCLIFFE SHOW



Awe-inspiring Show to Dazzle the Peninsula

When a local Councillor and Mayor got together in 1949 to establish one of the first Shows on Brisbane's north side, they could have hardly guessed the value of what they were creating.

The first Redcliffe City Show was underpinned by an admiration of Moreton Bay's local agriculture industry and the families involved.

The Show awed, inspired and brought locals together. And indeed the strength of the Redcliffe community has only amplified in the years since – despite the growing population and rezoning of local Council boundaries.

Of course we're not a farming community anymore, but today's Redcliffe Show is still one of the most anticipated events on the Redcliffe calendar.

WHAT'S ON OFFER?

Those fortunate enough to have wandered the Show's tents and alleyways before will be familiar with the monster fireworks and the crowds at Wood Chopping Championships.

This year's Show will again feature the traditional favourites – a V8 Ute Challenge, freestyle motocross and show jumping.

Friday is the Show's 'People's Day'. Highlights of the day are bound to be the Championship Dog Show (9am), pig racing (from 1pm), and the Trackskill V8 Ute Challenge (5pm).

Saturday's special will be the Wood Chopping Championships (9am). Catch the Caboolture Junior Motocross team at the main arena from 6pm.

Sunday's program includes judging of exotic horse breeds (8.30am), a Children's Pet Parade (11am), and a variety of stage shows including the Brisbane Celtic Fiddle Band and magician Eric Summons.

The Show grounds will be abound in exhilarating rides, carnival games and food stalls. Oh – and let's not forget the abundance of show bags!

The 67th annual Redcliffe Show will run on Friday 24, Saturday 25 and Sunday 26 June at the Redcliffe Showgrounds. Admission for adults \$10, children \$5, pensioners \$5.

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Winter is upon us!

**It's a bit cheeky to complain about
the cool wintry weather of June
in Sandgate, so I will refrain.**

We are blessed with a season that is both moderate and temperate; a cold day's temperature in Sandgate might drop to the late teens according to our Celsius scale, and the nights may plunge to below 10 degrees on occasion. To put this in perspective, should you venture just a couple of short hours south-west from here to Stanthorpe, the nights may greet you with something uncomfortably close to zero degrees.

Rest assured in your flannelette pyjamas that we are in a good place for winter.

It's also a good time to be out in the garden. Violas, pansies and azaleas are flowering, a waft of lavender in the air and camellias near the peak of their annual – and striking – floral show. It is said that to walk amongst a camellia grove in bloom can make you feel like a ninja or a pretty Japanese girl.

Useful as a hedge or a feature plant; camellias can be utilised as soft backdrops to cottage gardens or as standalone small trees in a variety of garden design concepts. The main species that we encounter here in southeast Queensland are *C. sasanqua* and *C. japonica*; *sasanqua* has a smaller leaf, a denser habit when pruned and is sun-hardy. *Camellia japonica*, sometimes known as the Rose of Winter, possesses a larger leaf and prefers semi-shaded environs. For our region, *C. sasanqua* is a more reliable bet, although both are hardy, relatively pest and disease resistant and are abundant of flowers.

Famous for its flavours rather than its flowers, by far the most popular camellia in the world is *Camellia sinensis*. You may know it as simply 'tea'.

Camellia sinensis is grown predominantly in China and India, with numerous cultivars known to exist. While it may be tempting to try to grow your own tea, my recommendation is to purchase an expertly (and ethically) grown, harvested and processed tea to drink; in this case, it's better to direct your growing garden vocation towards visual values over qualities for consumption.

Camellias like a rich and well-drained soil, and this means lots of organic matter like manure or compost. Visit your local community nursery for more advice on growing camellias and other winter loving plants, and get the most out of the cooler months!

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Lest we forget! Sandgate's Anzac Day March was again attended by hundreds as the parade made its way through the main street to the war memorial.



The Carey family were out having fun together on a beautiful afternoon in Curlew Park, Sandgate.



Sandgate teenagers, Finn and Ashleigh were all dressed up and ready for fun on their way to the St Patrick's College Senior Formal at Brisbane Hilton.



Lexi, Ben and Ella Muller were keeping 'cool in the pool' together in the Emily Seebohm Aquatic Centre at Fitzgibbon.



Sandgate Park Run runners get going every Saturday morning at 7am from Arthur Davis Park, Sandgate.



Mum, Sandra and little Georgina had an afternoon of fun on Sandgate foreshore before heading up to the Full Moon Hotel for a family dinner.



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Uncork your wine knowledge and quaff with the best of them when the Bracken Ridge Tavern hosts its Taylors Premium Wine and Mini-Degustation Night.

BRT marketing manager Rob Hamilton says the venue has had tasting and education evenings in the past but have recently upped the ante, offering the successful events at least each month – and the evenings have been a hit with guests to date.

“Patrons are loving the experience, there’s nothing quite like learning on the spot,” he says.

“They really enjoy being able to taste what the brand ambassador is explaining, and the extra elements of sensory pleasure through smell and taste help translate the knowledge being offered.”

Rob says the evening begins with a glass of sparkling wine and light conversation.

“The group takes a seat and are served a glass of wine and the first of seven degustation courses,” he says.

“We swirl and smell whilst being offered notes on aroma and how the wine has come to be.

“Information is then presented over more courses of food and wine with questions being answered during the evening.

“Guests are offered a special price list should they wish to purchase anything from the evening.”

Rob says the evening is special as it is about tasting wines that many otherwise wouldn’t be able to, either due to price or rarity.

“Participants learn about what goes into making your favourite everyday glass of wine – how they evolve from vine to glass and how the processes involved nuance the flavour profiles,” he says.

“The experience is exemplified by adding food that pairs perfectly with the wine to enhance the sensory experience.

“The social interaction and banter is brilliant as most ambassadors have real swagger.”

The Bracken Ridge Tavern also has something for those keen to expand their whisky knowledge, with its Jack Daniels Tasting Experience happening later in the month.

**For more information on the Bracken
Ridge Tavern’s tasting evenings visit
thebrt.com**

The Bracken Ridge Tavern
154 Barrett St, Bracken Ridge
p 3269 7011

LOCAL

Dining

GUIDE



Bracken Ridge Tavern Wine Tasting Night

LOCAL *Di*



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: Bramble Place Tea & Coffee

Address: 1 Loudon St, Sandgate

Cuisine: International Café Food

Feature: You are welcome to enjoy full breakfast, lunch or afternoon tea every day.

Contact: 0498 703 406



ning GUIDE



Name: EclecTea

Address: 2 Queens Parade Brighton

Cuisine: Vintage Cafe & Bar

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

Contact: 0418 183 844

EclecTea
Vintage Tea Shop



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: Goat Pie Guy

Address: Shop 1, 97 Braun St, 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



LOCAL *Di*



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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Name: Pacific Fish Bar

Address: Cnr Wakefield St & Brighton Tce

Cuisine: Fish and Chips

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

Contact: 32691062

ning 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

Cuisine: Seasonal, cafe-style food

Feature: At Wild Manna our Chef is the owner. We have award-winning coffee from Clean skin, great food, wonderful and friendly staff. Come in and enjoy our cozy and welcoming ambience from Monday to Saturday for breakfast and lunch, coffees and homemade cakes.

Contact: 0451 405 989

GIG GUIDE

WEDNESDAY 1

State Of Origin Game 1
Full Moon Hotel 6:30pm

FRIDAY 3

We All Want To
Cardigan Bar 7pm

Outtawak Duo
Club Sandgate 8pm

Ben Stewart
Full Moon Hotel 8pm

SATURDAY 4

Josh Brooks
Cardigan Bar 4pm

Music By The Sea Presents
Karin Schaupp & Umberto
Clerici
Sandgate Town Hall 7:30pm

Leighton Duo
Club Sandgate 7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

SUNDAY 5

Mark Chomyn
Full Moon Hotel 1pm

Facin The Crowd
Club Sandgate 3pm

Rock and Roll Sunday w/-
West Texas Crude
Cardigan Bar 4pm

FRIDAY 10



Mojo Webb
Cardigan Bar 7pm

Missy B
Full Moon Hotel 8pm

La De Da duo
Club Sandgate 8pm

SATURDAY 11

Celtic Sessions - Irish
Cardigan Bar 3pm

Alex Crook
Cardigan Bar 7pm

Anthems Duo
Club Sandgate 7:30pm

Andy Ellem
Full Moon Hotel 8pm

SUNDAY 12

Shayne Crump
Club Sandgate 12:30pm

Ned Walker
Full Moon Hotel 1pm

BERT
Cardigan Bar 4pm

WEDNESDAY 15

Stitched up - Stand up Comedy!

Cardigan Bar 7pm

FRIDAY 17

Busters Duelling Pianos
Club Sandgate 8pm

Chris Talbot
Full Moon Hotel 8pm

SATURDAY 18

Celtic Sessions - Scottish
Cardigan Bar 3pm

Steve Sparrow @ Cardigan Bar
Cardigan Bar 7pm

Cool 2 Cool Duo
Club Sandgate 7:30pm

Tyrone Drahm
Full Moon Hotel 8pm

SUNDAY 19

David Gray
Club Sandgate 12:30pm

Mark Chomyn
Full Moon Hotel 1pm

Sunday Session w/- Cohen
Cardigan Bar 3pm

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FRIDAY 24

Shukura

Cardigan Bar 7pm

Route 66

Club Sandgate 8pm

Shane Wilkinson

Full Moon Hotel 8pm

Route 66

Club Sandgate 8pm

SATURDAY 25

Blarney Stone

Cardigan Bar 3pm

The Dynamics

Club Sandgate 7:30pm

Chris Talbot

Full Moon Hotel 8pm

SUNDAY 26

Steve Hargreaves

Full Moon Hotel 1pm

Rub a Dub Kitchen @

Cardigan Bar

Cardigan Bar 3pm

Vinyl Club @ Cardigan Bar

Cardigan Bar 6:30pm



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Wallflower's Whimsical Winter Workshops

Renae Handy's rustic creativity is about to be shared with the children of 4017 in a series of creative and inspirational workshops to take place in the school holidays.



Business owner Renae Handy / photo by Ben McShea

Susie Laery

With the school holidays fast approaching it's time to get a few ideas ready to keep the kids occupied. Renae Handy's workshops at her boutique florist 'Wallflower' are designed to stretch little children's minds all in the name of art.

Conventional bouquets and posies won't be taught here. Renae sees her work as handcrafted sculptures – “a piece of art that is alive and living,” she says.

The workshops will guide the children into making fairy gardens and flower posies. A mix of fresh and dried flowers and foliage, decorative pieces and items of nature will be used by the children. “I love the process of creativity, when you invite kids into creativity, it is really beautiful,” she says. She hopes the children will achieve a sense of achievement, self-confidence and a time away from screens to work with nature.

Renae has worked with children before and is excited about inviting children into her shop to get creative. “Children are not bound with the same restrictions and boundaries as adults and this is really reflected in their creations,” says Renae. “They come up with amazing and unique concepts that inspire my work too,” she says.

Renae sums up her style as whimsical, rustic and earthly drawing on nature for much of

her inspiration. Renae is drawn to the colours and textures nature provides and often uses Australian native foliage within her designs.

“Whenever I'm doing colour palettes, I try to reflect nature,” says Renae. Dried sorghum, wheat, and zig-zag wattle are some of the plants she often uses.

Renae has an eye for design and her shop space reflects this creative flare. The large backdrop of dried flowers has become Renae's signature trademark. This hanging wall of dried flowers is a moveable wall that slides across the shop allowing for more space. For such a small shop Renae has successfully made a creative, functional and retail space all in one.

Renae has brought to Sandgate a design edge that has been successfully embraced by locals. Walk in customers, weddings, corporate events and all the celebratory days calling for flowers sees Renae running a very busy and successful business in Sandgate.

Renae Handy 0434 107 898
info@wallflowerfloraldesign.com
www.wallflowerfloraldesign.com.au
Facebook - Wallflower



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Accredited and experienced Naturopath, Kim Balson says, "I believe this is innate and intrinsic within each of us. The body wants to keep finding that position of balance... if only we give it the keys."

Kim invites women and girls of all ages to attend 'Soul & Spirit', at Womenspace, where she hopes to provide some keys for participants in June.

'Soul & Spirit' is a regular gathering, held on the third Tuesday of the month, where women discuss spirituality at Womenspace in Sandgate. A different topic is chosen each month. Women are invited to attend and participate in the conversation, sharing their experiences, asking questions and learning from others.

June's facilitator, Kim is one of Brisbane's most experienced naturopaths. Author of a best-selling book called 'Woman to Woman', Kim had her own radio timeslot on 4GR for over two years and authored several government accredited health and nutrition courses.

"If the gut is hostile, then no matter what you eat, you will probably react to it in some way. The easiest approach to begin to correct this, is to remove from the diet known-foods that can cause gut issues in people, repair the gut, remove or reduce unwanted strains of yeasts or bacteria, reinstate good bacteria and slowly reintroduce a broader diet." Kim has much to share with us this month at Womenspace.

Soul & Spirit

Womenspace, 11 Second Avenue, Sandgate

Date: Tuesday 21st June, 7pm

Cost: \$5

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E: coordinator@womenspace.org.au

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Before



After



Before



After

A day for Appreciating Environmental Balance

World Environment Day

Ellen Moynihan

“For most of us, we have learned to adapt our lifestyles to our local environment, but there is a need which can be so easily overlooked, and that is how the environment is adapting to us”. - Laurie Jeays in his March 2009 article, *Environment*.

In our rapidly growing corner of Queensland, it is more important than ever to achieve balance as we continue to build our community. Local environmentalist, Laurie Jeays says the pace of our development can sometimes outstrip the rate that the environment can adapt to our activities, and the rate at which we are able to effectively protect our natural areas.

World Environment Day on 5th June, was started by the United Nations Environmental Programme as a day to raise global awareness of the importance of taking positive action, however small, to protect the planet we all share.

A great way to celebrate this World Environment Day would be to step outside and discover all the wonderful ecosystems the Sandgate area has to offer. “We are very fortunate living in this area”, says Laurie, “we are very well positioned



just in-between the extremes of weather from the north and south.”

There are plenty of areas to explore, and as Laurie says, “we are also privileged to have great preserved areas such as Tinchy Tamba Wetlands Reserve, Boondall Wetlands, Deagon and Brighton Bushlands, and Bramble Bay foreshores all on our doorstep. The benefits these areas give are widespread and often they escape notice in the daily pressures of our lifestyles.”

Aside from the vast foreshore ecosystem which is always an exciting place to discover unusual creatures, Tinchy Tamba and Boondall Wetlands offer great places to launch a canoe and explore the waterways, bushwalk or have a picnic. The bird hide at Tinchy Tamba is also an excellent place for spotting a large variety of shorebirds that dwell in the mangroves and mudflats. The Bushlands at Deagon and Brighton are perfect for a relaxing stroll, also having several walking tracks. There are plenty of habitats surrounding us that offer an opportunity to be amongst the flora and fauna that we live alongside.

As Laurie says, “Our challenge is to ensure we look and listen so both the environment and ourselves can be in harmony.”

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The Sandbag Construction Crew with Chiryl Nimmo of Meals on Wheel - Sandgate



Darryl White, Damien McGrath and Warren Brown

Photos by Ben McShea

'Building Our Community'

Program a Success

Everyone likes a success story, and in this instance, we need to look no further than our very own community centre SANDBAG.

Susie Laery

It was last November that the SANDBAG 'Building our Community' initiative commenced. It was a program inviting unemployed participants to partake in. The program targeted building skills, and on completion, graduates received a Housing Industry Association registered 'Certificate 1 in Construction'.

Luci Davey, *SANDBAG's Work Skills and Pathways Facilitator* says "The Work Skills programs at SANDBAG offer local people with barriers to employment a range of formal and practical skills to assist them into the workforce or on a pathway to further study. Much of the success has been due to the wonderful support of 4017 community groups, volunteers and local businesses."

The success rate of the first program is evident. The first intake of eleven students graduated on the 4th March and seven of these participants have since found employment. One of them is local Sandgate resident Lachlan Treadwell. Since graduating, he is now working as a Trades Assistant with a licensed builder on the south side of Brisbane. He also recently completed a small building project for local Sandgate business 'Thimble and Co'. "The program taught me to be more patient and considerate

to people's needs and circumstances. I've fully regained my drive and ability to help others and discovered how to reach my full potential. The community projects gave me a higher sense of feeling awesome!" says Lachlan.

Luci Davey says as well as offering the program to teach practical building skills it also goes beyond that. "We are helping participants in areas of communication, numeracy and literacy skills – the core skills required to become employable," Luci says.

Luci has been thrilled with the community support that the program has attracted. One example of this support was from Felice's Barber Shop which offered free haircuts to the graduates in preparation for job interviews and future employment. "It's a great program, I'm happy to offer a haircut to make them feel good about themselves and help them on their way to employment," says Felice.

The program has positive outcomes not only for the participants, but also for the local community. The 'Meals on Wheels' organisation has had outdoor bench seating made for them and 'The 'All About Living' organisation has had land clearing and general maintenance work completed.

SANDBAG are currently in the middle of its second intake, with a third and final intake to commence 4th July 2016.

SANDBAG Community Centre
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2016 TAX PLAN STRATEGIES

The end of the financial year is fast approaching. Below is a list of important strategies to consider for small businesses to reduce their tax bill.

Superannuation – Maximising the amount that you put into your superannuation is a well known strategy to reduce taxable income. Contributions are taxed at 15% in the fund. The maximum amount that you can put into superannuation is \$30,000 for people aged 18-49 for the 2015/16 and 2016/17 years. The limit is \$35,000 for those 50 and above. These caps move back to \$25,000 for all taxpayers effective 1st July 2017. Super guarantee is included in these caps. So do not exceed the limits as 49% tax could apply. Your Superfund must receive contribution by 30 June 2016 (Pay employees super by 30 June 2016 to get a tax deduction). Consider whether a Self Managed Super Fund (SMSF) is for you if you don't have one. Compulsory Super is 9.5% of Ordinary Times Earnings from 1st July 2014 – fixed for 4 years.

Write-off items up to **\$20,000** for Small Business with turnover less than \$2 million. An example is if your business needs to spend \$15,000 on a new computer server – then you may be able to write that off all at once. The turnover threshold should increase to \$10 million in 2016/17 financial year.

Spend on tools of trade (Fringe Benefits Tax) Exempt Items – Includes Handheld portable tools of trade, computer software, notebook laptops, electronic organisers, digital cameras, briefcases and mobile phones (All immediate write-offs for your employees).

Defer Income – Where practical, defer issuing further invoices and/or receiving cash / debtor payments until after 30 June 2016.

Bring Forward Expenses – Purchase all consumable items before the end of the financial year such as stationery. Consider repairs to items.

Defer Capital Gains Tax (CGT). If you're looking at selling a property in June 2016, defer contract date until after 1 July 2016. This buys you an extra year and more time to prepare for the planning of the capital gains tax situation.

Ensure motor vehicle log books are up-to-date. Every 5 years this must be done. If the motor vehicle use has gone up, this is then highly worth considering.

Prepayment ideas – Consider prepaying something that will work tax effectively (up to 30 June 2017 period – 12 months). For example, you could buy some shares and prepay the interest on the loan before 30 June 2016 for 12 months. Prepay rent for 12 months. Prepay travel expenses. Prepay subscriptions.

In Summary, consider all the above strategies where appropriate to reduce the taxable income for 2015/16. Talk to Tim of Confidential Tax & Business about how to get ready for the next financial year; Trust Resolutions for Discretionary Trusts; Review Budget Changes; Review changes to Superannuation. And if you are employing staff, make sure you are super stream compliant.

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Get Wet at Local Inflatable Park

/ Photo by

Another reason why you don't need to leave 4017 is the new arrival of an aqua park in Bracken Ridge.

Susie Laery

There may still be some things you would like to see come to our 4017 community, but now you can strike aqua park off the list.

Due to the initiative of the Bracken Ridge Indoor Sports Complex, there is now an aqua park similar to that operating in Bli Bli on the Sunshine Coast.

Looking to expand their business, owners and operators Riwhi Puru and Tina Warren came up with the idea to install a water park over two of their tennis courts at their Bracken Ridge Indoor Sports Complex.

While offering netball, soccer, beach volleyball, tennis and a batting cage for baseball and softball, a water-based activity was something they felt was needed particularly in the hot climate of Brisbane.

“It was about six years ago that the idea came about,”

says Tina. “We had young kids and thought what would they enjoy?” After much research and planning, Tina and Riwhi ordered the inflatable equipment from China and the aqua park opened in May — much to the delight of local children who commonly express how “awesome” it is.

“Our intention is to keep the local kids busy,” says Riwhi. “We have installed two Olympic-sized swimming pools over the tennis courts each with its own obstacles and slides,” says Riwhi. “One is similar to the Bli Bli Aqua Park and the other has big castles around it with slides off them,” he says.

The challenges Riwhi and Tina experienced were discovering punctures to the equipment after the journey from China. At port, a forklift punctured the equipment. This hiccup meant a later opening date than scheduled, but as Tina says, it has given them time to work out their processes and be ready for when the park gets busy later in the year.


The park will be open only on the weekends, and it is for kids fourteen years old and under.

The park will have lifesavers on duty to monitor the children and make sure all regulations are adhered to.

Group bookings are welcome and encouraged. Birthday parties can be held here and catering will also be available.

Bookings can be made online for the three eighty-minute sessions. On Saturday and Sunday there will be three sessions – 10:30am, 12:00pm and 1:30pm.

More Information
<http://brisports.com.au/>
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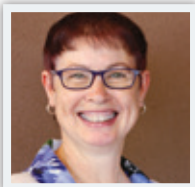
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Transform Stress Literally

Book Launch for "The Benefits of Stress"

Do you feel exhausted from your busy life? Are you overwhelmed trying to fit everything into your day? You are not alone according to the World Health Organisation who says that stress is one of the leading causes of disease.



Local best-selling author and Certified BodyTalk Practitioner, Robyn Spooner is no stranger to stress, personally and professionally. As a natural therapist she has written her book "The Benefits of

Stress" to show people that it's possible to use stress to transform your life.

Robyn is celebrating the launch of her paperback version of "The Benefits of Stress" to give you a chance to meet her and pick up a signed copy of her new book.

When we are challenged by stress, it is actually a wakeup call that can encourage us to reconsider our priorities. Life is too short to waste on endless activities that don't nurture us.

Robyn uses the following 6 Daily Success

Rituals to keep her own health on track and can show that simple strategies make powerful changes when we focus on the things that truly matter to us personally.

- Read your top 10 goals out loud every morning.
- Go for a 20 minute early morning walk.
- Meditate for 20 minutes.
- Tap out your Cortices (a BodyTalk Technique that is easy to learn).
- Keep a Gratitude Journal.
- Plan your day.

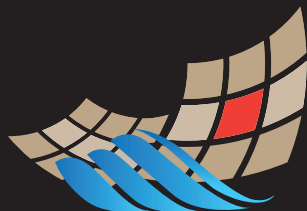
By spending one hour of your morning taking care of yourself, you can increase your vitality, productivity and joy. You can relax when you know you are living your life with purpose.

Released on Amazon Kindle in February this year, "The Benefits of Stress" quickly became a best seller that inspired readers from around the world to leave many positive reviews like 'a perspective on stress that focuses our attention on growth, change and hope'.

To find out more about 'The Benefits of Stress' you're invited to the book launch on Saturday 11th June at 10am SANDBAG - 153 Rainbow Street, Sandgate.

Meet Robyn as she talks about the book, which will be available for purchase at the launch. For more information, call Robyn on 0411 542 889 or visit BodyTalkBrisbane.com.au.

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Beauty and the Beast
10 - 12 June



Movie: *Point Break* (M)
Tues 14 June & Wed 15 June



Movie: *Son of Saul* (MA)
10am Thurs 16 June



The Best of the Eagles
8pm Friday 17 June



Ian Moss
8pm Saturday 18 June



Movie: *In the Heart of the Sea* (M)
10am Tues 21 June



Pants Down Circus Rock
2pm Wednesday 6 July



The Fairies
11am Thursday 7 July



Elton John Experience
7.30pm Friday 15 July



Romeo & Juliet
7.30pm Friday 22 July

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Remembering Sandgate Kiosk

To benefit the numerous visitors to our beaches the Sandgate Town Council decided to construct two kiosks one in Moora Park and another on Flinders Parade. Both were similar and designed by T R Hall and built by Sandgate builder Samuel Drew. The Moora Park Kiosk was built in the late 1890s and the Flinders Parade Kiosk in about 1902.

The Flinders Parade Kiosk was positioned on the foreshore in the vicinity of Fourth Avenue. Mangroves were still growing on the foreshore, and a jetty was built across the rocky ground to access the beach and sea water. The existing rock wall was built during the depression years of the 1930s by relief workers.

The Sandgate Town Band played at both kiosks on alternate Sundays. Teas and locally made soft drinks and ice cream (Kreamco) were served. Also lollies were sold, costing about one penny, and a vending machine dispensed 'three penny' Nestles chocolates.

An open-air theatre was built on the seaward side of the kiosk. Gas lamps were installed for lighting and a water tank installed until town water and electricity were established in the district in the 1920s. In 1927, the salt water baths were built just to the north of the kiosk.

The council owned and maintained the kiosk and over the years, there were several different tenants. For many years the tea rooms were well patronised and popular for functions. By the 1940s,

visitors to the area had decreased considerably — mainly because of the increase in motor transport and the opening of the Hornibrook Highway which made access to northern beaches more accessible.

At this stage, the council renovated the kiosk and added another tea room. The rotunda (bandstand) was removed and placed on a brick base. The larger tea room was built on the seaward side closer to the salt water baths. To enhance the building, the entire structure was enclosed with brick and cement.

As the popularity of the Sandgate seaside reduced, patronage died off and the tenants found the tea rooms unprofitable. The Brisbane City Council called tenders to purchase and demolish the building. Despite efforts from concerned citizens requesting the council to preserve the building as a local landmark, the kiosk was demolished in July 1962.

Story supplied by Sandgate & District Historical Society & Museum Inc.

Sandgate & District Historical Society & Museum Inc.

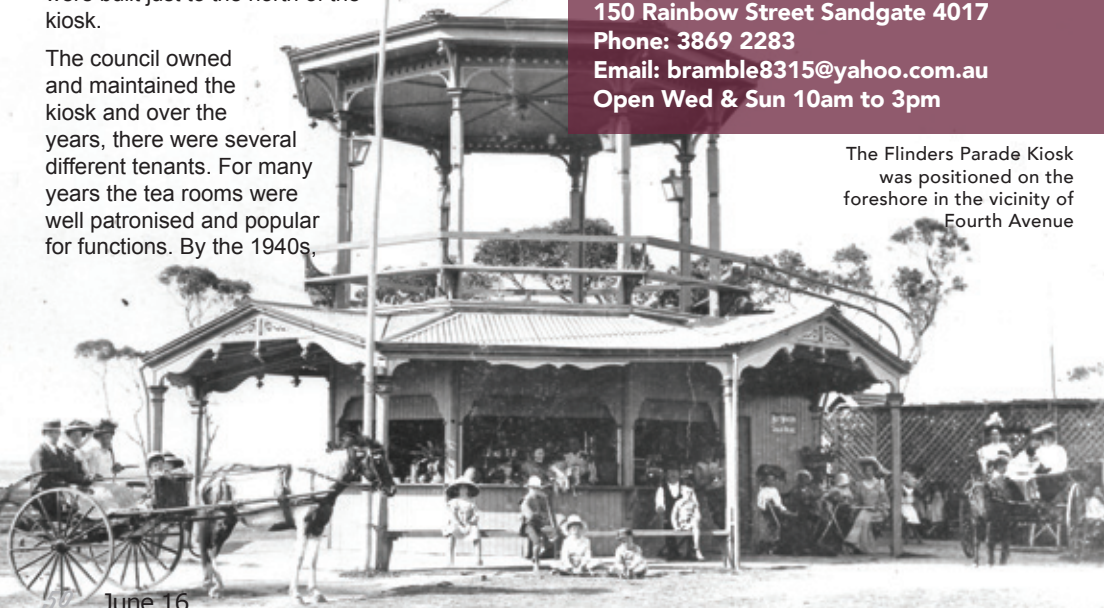
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The Flinders Parade Kiosk was positioned on the foreshore in the vicinity of Fourth Avenue



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Sandgate Village Markets

Sandgate Village Markets

Every third Saturday of the month

Next Market: 18 June 2016 from 2pm

Art & Craft and Food stalls, musicians and entertainment.

Womenspace

1 June – Wise Women's Circle, 7:15pm.
'Wild Woman Within', presented by Sequoia Krop.

3 June – Gardening Group 8-10am.

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

8 June – Cuppa & Chat 10-11.30am.

15 June – WomenCraft, join a craft circle with your own craft project. 10-11.30am

19 June – Winter Solstice Ritual, 2-4pm.

Address: 11 Second Avenue, Sandgate

More info: www.womenspace.org.au

Contact: coordinator@womenspace.org.au

Phone: 0431 112 721

Skateboard Revolutions

Revolutions is a beginner based learn-to-skateboard class. The class has 2 coaches to cater for beginners and also those looking to learn new tricks or touch up on skills.

Meeting point: At the skate park

Requirements: Skateboard, closed-in shoes, hat and water.

Cost: Free to attend. Bookings not required.

For more information visit <http://australianskateboarding.com/revolutions/>

Competition Winner

Winner of the 'Celebrate Mum' Prize Pack featured in the May issue of the Sandgate Guide is Rebecca W. of Sandgate.

Congratulations Rebecca, we hope you enjoy it!

Sandgate Business Networking

Sandgate Business Networking Group

Casual meet-ups now held on the 1st and 3rd Fridays of the month.

Next meet ups: 3rd June at the Full Moon Hotel and 17th June at the Bracken Ridge Tavern between 6pm and 8pm.

Contact Beth Wild on Ph 0417 792 446 or email shop@aaaskinsolutions.com.au

Tea and Jam - Open Mic

From 2.30pm every Sunday at EclecTea

For a fun and relaxed Sunday sesh, join us for local talent showcasing their amazing musical skills. If you want to join in, contact Marty Moles on 0437 220 053 or visit EclecTea on Facebook.

Guided Beach Walks

Laurie's Beach walk

Monday 27th June at 8am

Enquiries and bookings: ph 3269 1671

Historical Guided Walks

Sandgate & District Historical Society and Museum

Saturday 4th June at 9.30am

Guided Walk at the Historic Bald Hills Cemetery.

Saturday 12th June at 9.30am

Guided walk observing the Historical Homes of Sandgate

Saturday 18th June at 9.30am

Guided walk sharing the history of Sandgate and its Historic buildings.

Bookings essential: Phone Museum on 38692283 or Pam 0410 327 095

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Time m
1 0540 2.19
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WE 1710 2.13
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IT'S SHOWTIME

Guys n' Dolls Revue will perform their newest show 'SHOWTIME' at the Sandgate Town Hall on Saturday 18th and Sunday 26th June.

Presenting Magic, Myths & Mystery, Music thru the Years, Rio Carnival and comedy items, this is one show not to be missed!

Guys n' Dolls Revue has been putting on variety shows in Brisbane's north-side for over 20 years, with past themes including Mexican, Italian, and roaring 20s, to name a few. They are completely not-for-profit, and all the cast and crew are volunteers. Proceeds from each show go towards raising money for a charity, and 'Showtime' will support The Smith Family and Cancer Queensland.

Cast of the show were recently seen at the Sandgate Village Market, popping out of the crowd for a flash mob performance.

To book, visit guysndolls.net.au.



Photo by Paul Neil

PROPERTY MARKET UPDATE

An exciting future for
4017 property owners

The May 2016 Housing and Economic report from the RP Data research team includes some interesting figures.

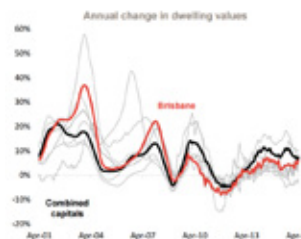
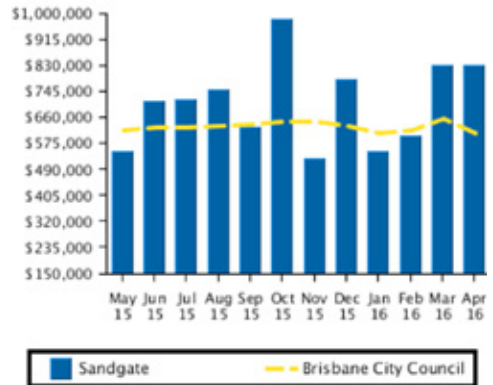
While properties are remaining only slightly longer on market, vendor discounts are lower. Meanwhile, auction clearance rates are rising, recording above 70% last week.

David McMillan for PPA wrote, "Homes in Brisbane are showing strong investor value and will continue to do so thanks to the city's ongoing population growth, low levels of unemployment (currently around 5.4 per cent) and its continued undersupply of housing. Combine this with the fact that the infrastructure spend is up \$1.07B on 2015 and you have a very positive story for Brisbane!"

Sandgate's latest figures are remarkable. Due to recent record high sales both on market and under the hammer, our median price has been driven up to a staggering \$830,000. It is exciting times for the 4017 area.

With older homes being refurbished and redeveloped and local business confidence, a surge of buyer interest in the area is gaining momentum.

Recent Median House Sale Prices



Brisbane home values have increased by **+2.8%** over the past three months and are **+6.2%** higher over the past year. Values are now rising at their fastest annual pace since September 2014.

If you are interested in learning more about the local market, contact Hanna of 4017 Real Estate on ph 0401 521 137 or email sales@4017realestate.com.au



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10 VICTORIA STREET BRIGHTON

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Quaint and cosy ideally located with just a short walk to the waterfront. Corner lot allows side access to the backyard for addition of shed or pool. Solid first home owner option or wise investment choice.

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Having worked in the real estate industry in Sandgate for 10 years, Adam and Hanna have ventured out independently to open their own agency 4017 Real Estate; located on Knox Street, next to the train station and McCormack's Auto.

We live locally. We are involved and connected on a daily basis to our community. We know the local market and we understand buyer's and seller's needs.

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07 3869 1118



Adam Sarow
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adam@4017realestate.com.au

Hanna Bonner
0401 521 137
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BUILDING YOUR 'HOME SWEET HOME'

Building a new home can be an exciting time. It's the one time we get to make a decision about where we want to live, how big our house will be and how the house will look, inside and out, plus much more. However, it can also be a stressful and time-consuming experience. Knowing where to start and what to expect goes a long way to achieving the house of your dreams. We've put together some important tips to help with starting a new building project.

1) Know about the land you're building on, whether you're buying a vacant lot or knocking down an existing house and rebuilding. Before approaching a builder, know what your land size is, how your local council has coded your block and if there are any overlays, and the physical aspects of the block. All these can affect what you can actually build and knowing upfront can be a good indicator as to how many \$\$\$ you may need to build on your dream block.

2) Visit as many display homes as possible. Do your research and gather ideas about what look you want; external façade, internal design, interior decorating and colour schemes. Ask the sales agent at each display for a copy of the floor plans of homes that will suit your block. Don't be afraid to get 'snap happy' and write down the houses you liked the most so you can go back. It's a handy way to remember favourite features and well-planned layouts.

3) Be aware of what the inclusions are with each building company. Ask for a list of the standard inclusions (items that are included in the base price to build). Be aware there are many items that you might expect to be included such as flooring, light fittings and choice of roofing.



The builder can add whatever you want into the contract, and this will substantially increase your price to build. Know that the base price is usually what is listed at a display home, but this does not necessarily mean you'll get a fully finished home for that price. It's a good idea to ask for a 'turn-key' price and what will be included in that costing. This will give you a realistic idea of the cost to build, especially if you are applying for a building loan. You may be able to reduce costs if you or a family member can do some of the work i.e. electrical, plumbing, tiling etc.

4) Choose a builder. This is probably the most important part of building. You need to feel comfortable and trust the builder you employ. You're possibly going to be paying off a mortgage for the next 25-30 years so you want to know your house will be built to last. Ask a builder for the address of other houses they have built that you can view. Ask others who have built with that builder what their experience was. Ask for recommendations from family and friends as they will likely give you honest advice and won't recommend a builder who hasn't provided a favourable experience. Also visit websites such as www.qbcc.qld.gov.au to view if a builder is licenced, and www.productreview.com.au for consumer reviews. Also check to see if they are insured with either Master Builders or HIA. Whether you choose a project home builder or custom design builder, research what other's experiences have been.

All in all, do your research. Know what floor plan and design you are happy with, as well as what features you want in your house prior to beginning negotiations with a builder. Doing this and following the tips should put you in a prime position for a happy and exciting building experience.

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