

sandgate

FREE AUGUST 2016

GUIDE

Ex Paratrooper
Fitness Game
Changer

Collision
of Cultures
Zillmere
Festival

Sacred Sound

JOURNEY

Lifting the Spirit

Healthy
Ageing Expo
Ageing Well

photo by Paul Neil



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Advertising & General Enquiries

Contact: Dominic Alberth
info@sandgate.com.au

p. 0450 078 200

Publisher:
Dominic Alberth

Editor:
Elise Alberth

Stories: Emma Harley, Susie Laery
Ellen Moynihan, Christine
Chamberlain, Lisa Adams

Photography:
Paul Neil

Cover Photo:
Paul Neil

Graphic Designer:
Crystal Gentry

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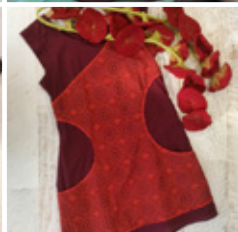
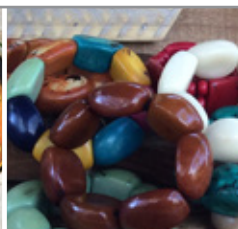
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Helen Ireland, viola



Shane Chen, violin

Music By The Sea Time's Arrow

By Donna Phillips

Inspired by the rich evolution of music, Flinders Quartet (Melbourne) will perform Time's Arrow for Music By The Sea on Saturday 6th August in Sandgate Town Hall.

Starting at 7.30pm, this exclusive Brisbane concert by Shane Chen and Nicholas Waters (violin), Helen Ireland (viola), and Zoe Knighton (cello) will journey across time, weaving together works by Beethoven, Britten and Greenbaum.

According to HQ management, Britten wrote about Beethoven saying that, "Between the ages of 13 to 16, I knew every note of Beethoven."

Greenbaum then added to this powerful creative lineage by referring to Britten's second string quartet, "I hadn't seen the score but I couldn't resist the motto perpetuo energy, and drive that I remember from a single hearing. I just had to see where I could take these techniques for myself."

Time's Arrow Program: Greenbaum - *String Quartet No. 1 "Time's Arrow"* - Britten - *String Quartet No. 2 in C major, Op. 36* - Beethoven - *String Quartet No. 10, Op. 74 in E flat major (Harp).*

Considered to be one of the country's most loved chamber music ensembles, Flinders Quartet is

committed to developing Australian chamber music, musicians and audiences by regularly commissioning and premiering new work.

This outreach invites local students and composers to submit their own short string quartet piece for the Inaugural Composer Workshop later this year, with the successful entry being workshopped and professionally recorded. Details, terms and conditions are available at www.flindersquartet.com.

September Concert As the season turns, sweet September brings **White Halo Ensemble** to Music By The Sea on **Saturday 3rd**.

Ensemble in residence at University of Queensland, this high-profile piano quartet is also in the business of breaking barriers and exploring new terrain in the chamber music field.

White Halo is composed of current UQ School of Music staff and new performers from interstate and overseas - Professor Patricia Pollett (viola), Associate Professor Adam Chalabi (violin), Mr Patrick Murphy (cello) and Dr Liam Viney (piano).

These master musicians seek to "positively influence society by engaging in the pursuit of excellence through the creation, preservation, transfer and application of knowledge."

**Flinders Quartet: 6 August
Adult \$40, Concession \$35**

**White Halo Ensemble: 3 September
Adult \$35, Concession \$30**

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



GREAT BEER, WINE AND HOSPITALITY

MONTH OF AUGUST

3rd Wednesday

First Wednesday Film Club:

The Big Blue

Goat Pie Guy pies

4th Thursday

Goat Pie Guy pies

5th Friday

Jaffle Schmaffle food truck

6th Saturday

Shanksalot food truck

7th Sunday

The Burger Van food truck

11th Thursday

Goat Pie Guy pies

12th Friday

The Burger Van food truck

13th Saturday

Rolls Pho Mi food truck

14th Sunday

Phatboys food truck

18th Thursday

Goat Pie Guy pies

19th Friday

Pit Stop Wings food truck

20th Saturday

Pirate's Plate food truck

21th Sunday

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"Australia Day"

Insight through satire

Sandgate Theatre Inc presents "Australia Day"

Sandgate Theatre Inc's next production, the social satire/comedy "Australia Day", written by playwright and satirist, Jonathan Biggins, and directed by Christopher Packman, will show in August.

Though the ceremonies performed on Australia Day are surprisingly moving, mainly because these are people who are eager to become Australians (they appreciate the values and opportunities that the rest of us either take for granted or exploit with the lip-service of platitudes), the play challenges us to consider, when was it we became a nation of whingers?

Somewhere along the line, have our values changed? Why is there now a disconnect between our rancorous civic discourse, and the effort involved in the often thankless work the organising committees do to engender some sort of pride and gratitude in an increasingly graceless public sphere?

Let's face it, many of our regional communities have been confronted by change on multiple fronts. Tree changes on hobby farms with their radical green ideas, while in stark contrast, the multinationals like Coles and Woolworths, crush the independents, and the internet connects everybody, yet no one. Our cities are about as uniquely Australian as Auckland.

It's time to get back to grass roots. Hopefully, as long as the *Australia Day Organising Committees* can find the strength to co-ordinate the sausage sizzle, the damper bake, the SES display, the school choir, and the deputy mayor is willing to hand out native shrubs to welcome new Australians, we should take a moment to re-discover the self-effacing tolerance that made this country worthwhile in the first place.

"Australia Day" contains bags of good old Aussie humour, buckets of course language, loads of political incorrectness, and will probably offend just about everybody (and you'll laugh yourself silly). Aren't Aussies best known for their ability to take the mickey out of themselves? If that is you, come along and take the mick.

Performance dates:

**7.30pm shows on 12th, 13th, 19th & 20th August
2.00pm Sunday matinee on 21st August 2016**

Admission prices are \$22.00 Adult, \$18.00 Concession.

Bookings, phone 0403886458, or online www.trybooking.com/LZCQ, or visit our website www.sandgatetheatre.org

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Violin and Piano Duo Recital

Violin virtuoso, Atilla Sautov, will join guest pianist from Germany, Oleg Poliansky, to present a world-class classical performance, at the Sandgate Town Hall on Saturday 13 August 3pm.

Sautov has resided in Australia for ten years following a successful international solo career. This will be one of the final concerts in an extensive tour of over forty venues in New South Wales and regional Queensland, which encompasses an area from Goulburn through to Cooktown and Mount Isa.

A trademark of Sautov's performances (aside from his incredible technical ability) is his warm human connection and sense of humour.



Guest pianist from Germany Oleg Poliansky



Above: Violin virtuoso, Atilla Sautov

Often, before a performance he welcomes people at the door himself, talks to his many friends or makes new ones, and his recitals are interspersed with entertaining anecdotes of what happened during his career.

Together with equally acclaimed pianist, Poliansky, Sautov will perform masterful duets, including Massenet's "Meditation" from the Opera Thais, plus works by Bach, Handel, Gluck, Mozart, Paganini, Bazzini, Brahms and Kriesler. Poliansky will also showcase solo piano pieces by Chopin, Rachmaninoff, Tchaikovsky and Stravinsky, plus one of Beethoven's most popular compositions, the Moonlight Sonata.

These musicians are of the highest calibre, and bring unique personalities to the stage to ensure a most entertaining and enjoyable performance.

Although both have enormous experience in the world's most prestigious venues, they are excited to be bringing this concert to smaller communities who do not often have the chance for such an experience.

Don't miss the opportunity to see these world-class musicians in the acoustically impressive surrounds of this historical venue.

**For further details visit
www.attillasautov.com
call 0417 619 915. Tickets \$10-\$35.**



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Cloud 9 is a totally new concept in weight loss. If you want to drop a few kilos or just tone up; but hate the intimidating environment of a traditional gym, this is the place for you!

Enrol at Cloud 9 and you will receive all of the help you need to achieve your goals. They have a clean, boutique, designer space where you can enjoy small group classes in private and amongst friends.

Sandgate is proud to be the location of Australia's first Cloud 9 Studio, first of it's kind in the fitness industry, first of it's kind in the country focussed on weight loss and express style training for busy people.

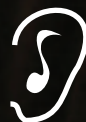
Cloud 9 Studio is the brainchild of Kerry Jeffs who has been running her own successful personal training business since 2008 helping people with weight loss, self confidence and rehabilitation from injury.

Kerry noticed a constant flow of people flowing through the doors of 'standard' style gyms and the biggest complaint she would hear is "I hate the gym"

'They wanted to lose weight and tone up their bodies, but were intimidated by the gym environment and unsure of how to achieve their goals without paying for personal training sessions. Many would join the gym and start running endlessly on a treadmill, reduce their food intake and wonder why they would become discouraged with lack of results or even cause injury. To lose weight, you need to eat food. Real food, regularly and understand which foods to consume at what time. You need to develop your muscles to create a body that uses more energy at rest'

At Cloud 9 they cater for beginner to intermediate fitness levels. There are no 'posers' or crossfit style training, additionally there are no midriff tops and photos of abs.

What you will find is functional weight loss systems using movement and nutrition coaching toward clean eating. Choosing the right foods at the right times is a huge step in the right direction to achieve lasting weight loss.



SANDBAG Seniors
Celebration kicks
off the day with free
hearing tests.

Melodies & More

photo by Paul Neil

Tea, jams, lunch & free hearing tests

As a part of Seniors Week, SANDBAG is holding a seniors celebration. On Thursday 18th August, seniors are invited to a day of activities at the Sandgate Community Centre.

The day is an opportunity to have some fun, enjoy a delicious lunch and be entertained by The Original and Best Musical Melodies.

The day's events kick off at 9am with free hearing tests. Australian Hearing is offering free hearing tests and offering advice to support hearing health.

As a part of morning tea SANDBAG will host morning trivia to warm up the grey matter. SANDBAG community partnerships worker Matilda is looking forward to the day of events.

"The trivia will be a great opportunity to test our general knowledge and get thinking over morning tea," says Matilda.

A two course lunch will be served at 12noon and then The Original and Best Musical Melodies will take to the stage. The Original and Best Musical Melodies are a music variety/cabaret-style production group. They have been entertaining

audiences on Brisbane's Northside since 1992, they are a not-for-profit group, with a cast and crew volunteering their time.

“It's exciting to have The Original and Best Musical Melodies perform for us. We will be entertained by Italian melodies and dance, which will get the whole room moving,” Matilda says.

**9am-11am: Hearing Australia
Free Hearing Tests**

10.30am: Morning Tea and Trivia

12noon: Lunch

**12.30pm: The Original and Best
Musical Melodies performance**

**Contact SANDBAG on 3869 3244
for more information or to book for
morning tea and lunch.**

■ To follow on from the Seniors Celebration SANDBAG will host lunch and presentation on seniors safety and identity theft. This will be held at SANDBAG's community café lunch on Wednesday, 24th August. To book for lunch and the talk please contact the SANDBAG on 3869 3244.



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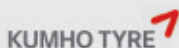
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Vision for Brighton

Brighton Health Campus is a
significant

AGEING HEALTHY

By Lisa Adams

August brings an inspiring initiative for Sandgate's more mature residents, a Healthy Ageing Expo.

This event is being held at the Brighton Health Campus as part of Senior's Week and will include a variety of stalls from community organisations, as well as displays from service providers. People will also be able to participate in some healthy ageing activities such as tai chi and walking groups.

The dedicated staff from the Brighton Health Campus will be on hand during the Expo to discuss rehabilitation and transition care, covering falls prevention, pressure injury prevention and more. Visitors to the Expo will be able to discuss these topics with physiotherapists, occupational therapists, social workers and nurses.

In addition, the Expo will have stalls from BreastScreen Queensland, the Heart Foundation and Heart Foundation Walking, Elder Abuse Prevention Unit, Sandbag Inc., the Sandgate Police, Sandgate District and Men's Shed, the Eventide Bowls Club and many more.

Another purpose for the Expo is so that people in the local community can provide feedback on the draft vision for the Brighton Health Campus. This draft was originally developed through extensive community consultation last year but feedback is still very welcome. Currently the vision is focused on building strong links with the local community as well as increasing social activities at the campus. This sentiment is echoed by the project's Community and Strategic Relationships Manager Danielle Grant-Cross, who said,

“Brighton Health Campus has a mix of permanent aged care residents and long term rehabilitation patients. It's important that when people are living here for months or years they are able to participate in a vibrant social community.”

Those involved with the project are already working to move the Men's Shed to the Campus and are consulting with other community partners to get involved. “There is so much potential here on the foreshore for outdoor community activities and events in the auditorium,” says Ms Grant-Cross.

The Healthy Ageing Expo will be held on Friday 19th August from 9am - 3pm at the Brighton Health Campus, 449 Beaconsfield Tce, Brighton.

■ People can also provide feedback on the draft Vision for Brighton at https://metronorth.citizenspace.com/metro-north/vision-for-brighton/consult_view



Join us on Friday 19 August 2016

Healthy Ageing Expo

Brighton Health Campus
449 Beaconsfield Terrace, Brighton
9am–3pm in the auditorium

A community event and all are welcome!

- Heart Foundation Walking Group (9am start, foreshore walk)
- Official opening for Expo (9.30am – auditorium)
- World Café Forum (10.00am – auditorium)
- Tai Chi Activity (11.30am – grassed area)
- Unveiling of new Brighton Café and BBQ lunch (12.30pm)
- Official opening Sandgate & Districts Men's Shed (1.30pm – follow signage)
- All day – Health information from Brighton staff, health organisations and local community groups (Auditorium)

For more information:

Email: vision4brighton@health.qld.gov.au | Phone: 3631 7568

COLLISION of Cultures

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A Fare Day Out



Zillmere Festival
28 August 10am-5pm
Zillmere Station Cul de Sac
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p 3337 5400



Experience a mixture of cultural dance and music at this year's Zillmere Festival

Cultures are set to combine at Zillmere's popular annual festival, the Zillmere Festival.

By Emma Harley

Now in its 15th year, the colourful festival showcases the diversity and vibrancy of Zillmere and its surrounding suburbs, highlighting their creative communities. August 28, 10am-5pm.

Multicultural Queensland MDA events manager Sebastian Flynn says the festival started with 2000 attendees in 2002 at O'Callaghan Park and has grown immensely over the years, hosting more than 10,000 visitors in recent years from the local community, surrounding suburbs, interstate and overseas.

"The festival has evolved over many years providing something to satisfy everyone's cultural taste buds," he says.

"There are so many things to do, including colourful market stalls, international cuisine, world music and dance from a broad range of community groups.

"There are also art workshops, interactive exhibitions and engaging children's activities."

Co-presented by Jabiru Community Youth and Children's Services and MDA, the Zillmere Festival is supported by the Brisbane City Council and the Queensland Government as part of the Queensland Government's inaugural Queensland Multicultural Month in August.

Sebastian says the event puts the true multicultural north Brisbane on display.

“ Zillmere Festival is an opportunity for everyone in Brisbane's northside community to enjoy different music, food and cultures in one local place,” he says.

"It is great for the local community as it is a free event for families and there is something for everyone to do.

"We encourage people from across the city to come down to Zillmere Festival to learn something new about the people and cultures who make up this great community."

Promoting the customs and cultural heritage of Zillmere and surrounds, the festival will feature a wide range of delicious foods, traditional and contemporary performances from local and international performers, as well as colourful songs, rituals and dances.

Cultural groups will exhibit displays, workshops, crafts, demonstrations and their traditional food in village-style market stalls.

Local community groups and government agencies will also provide information, displays and their own activities for adults and children alike.

■ For more information on the Zillmere Festival visit mdaltd.org.au/zillmerfest



PARTY ON THE PENINSULA

Redcliffe Festival Takes Center Stage

“ We encourage families to spread out a blanket on the grass and enjoy some of the best live music currently touring Australia,”

Redcliffe will welcome spring in family-friendly style this month at the annual Redcliffe Festival from August 27 to September 11.

In its third successful year, the festival will once again showcase everything Redcliffe has to offer over three jam-packed weekends.

The festival features a mixture of free and ticketed events including Redcliffe KiteFest, the Bee Gees Way Dinner, Scarborough Sounds, the Jetty Fiesta and Redcliffe Remembers.

Moreton Bay Region Industry and Tourism CEO Shane Newcombe says this year's festival aims to showcase as much of the beautiful Redcliffe Peninsula as possible, and is perfect for the whole family.

“Every piece of entertainment and festival activity is there to wow people of all ages,” he says.

“We want the kids to be thrilled by everything they see, but we don't want to leave out mum and dad either - that's why there are events such as jet ski stunt shows and aerobatic displays.”

Shane says Scarborough Sounds is another example of the family-friendly vibe at the Redcliffe Festival and a great way to spend Father's Day.

“And that's just one of the events - there is plenty of things to do and see for people of all ages.”

Shane says the festival enhances the local community two-fold - it offers low cost entertainment in a family-friendly atmosphere and also gives a massive boost to the region's tourism sector and local economy.

“In 2015 the festival brought over 70,000 people to the region and generated an estimated \$11 million for the local economy,” he says.

“It was originally created to create a destination event for the Peninsula and the Moreton Bay Region and attract visitation from throughout South-East Queensland and beyond.”

Shane hopes patrons take away memorable moments from the festival and know you don't have to spend a large amount to show the family a great time.

“From Redcliffe's largest markets to the street performers and Moreton Bay Region's largest fireworks display, the Redcliffe Festival delivers all kinds of entertainment,” he says.

“We are certain those who have not visited Redcliffe before, will definitely do so again after experiencing the festival.”

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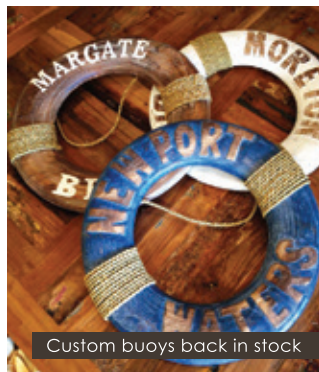


CUSTOMER REVIEW

Kerry Batt

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Paul Neil



Little Atticus and Dad Matt have a quiet moment to float during swimming lessons at the Emily Seebom Aquatic Centre at Bracken Ridge.



"We love Sandgate!" Sandgate girls, Gemma and her mother Jude, have a laugh and pose for a lovely pic together.



Nicole, Sarah, Bianca and Izaak Limbach were out having fun at St Kieran's School Fete.



Lachlan, Tarja, Sophie, Rahema and Dray were all caught ball watching during the parents v kids football game at Brighton Bulldogs 50th birthday celebration.



Penny Farthing riders head down Flinders Parade on a spectacular Saturday afternoon at the annual 'Pennies by the Sea' festival in Sandgate.

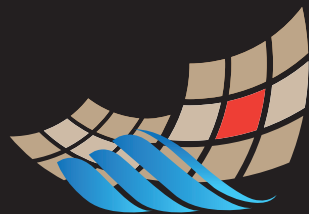


Sandgate Art Society member, Trevor Proud, plays a few tunes at the Sculptures and Scares 2 day pop-up Art Show on the waterfront in Sandgate.

www.sandgate.com.au

Redcliffe Cultural Centre

What's On



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Redcliffe Peninsula Poets
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Movie-
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10am Tues 16 August



Mid Morning Showcase
11am Wed 17 August



Movie -
The Nice Guys
7:30pm Wed 17 August



*Redcliffe U3A Inc.
Raindrops & Rainbows*
10:30am Thurs 18 August



*The Beggars Sing
the Seekers*
7:30pm Friday 19 August



Movie -
The BFG
10am Tues 23 August



Art Exhibition -
Lens & Brush
24 August to
20 September



Movie -
Hunt for the Wilderpeople
7:30pm Wed 24 August



Movie -
Jason Bourne
10am Tues 30 August
& 7:30pm Wed 31 August



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Moreton Bay
Regional Council

A WORD FROM OUR REPRESENTATIVES

Cr Amanda Cooper



Council recognises how valuable community groups and not-for-profit organisations are to our community and in 2013 established the Inclusive Brisbane Professional Alliance.

Many Community Groups and Not-for-Profit organisations may not be aware that the Inclusive Brisbane Professional Alliance can provide free, high-level advice on a number of issues. The Alliance is comprised of a large number of industry professionals from a variety of disciplines including governance, marketing, communications, accounting, social services,

town planning and engineering.

Examples of matters that the Alliance can provide advice on include information about development opportunities and the required application process, assessing an organisation's sustainability in addition to offering advice or recommendations accordingly, discussing current issues and trends that affect not-for-profit organisations with regards to the planning, building and development industry and more.

Meetings are held monthly from February to November. For further information or to register your interest, email the Alliance directly at inclusivebrisbane@brisbane.qld.gov.au. Alternatively contact my office on 3667 6000.

Stirling Hinchliffe MP



The Queensland Government's *Play Star* initiative means eligible local families can now register for free playgroup. The free twelve month membership gives families, who register

before their child's first birthday, access to any Playgroup Queensland affiliated playgroup in the 4017 area. Families can even start their own playgroup with other local families. This gives families the flexibility to hold their own playgroup

at convenient times and places with families who have similar aged children.

I encourage all eligible families to register for this wonderful new program. Playgroups are a great way for parents to connect with other parents, share experiences and learn from each other. This program will help families access early years support, giving children the best possible start to their education. Families can register online at www.playgroupqld.com.au or by calling 1800 171 882 to receive the Play Stars offer.



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DOUBLE SHOT FOR

Wes

By Emma Harley

With a popular Brighton hot spot already under his barista belt, Wes Thompson is set to spread his wings further in the Bayside with the opening of his newest café, Wes' Deagon.

Wes says the decision to start Wes Deagon followed a long-held desire to give commuters and locals a new meeting place with great coffee.

"I have driven through Deagon for over 10 years and thought the area deserved a good venue," he says.

"My wife consistently told me we need to open in Deagon after constant community feedback, and weeks ago I was out riding and noticed the sign for a shop to rent."

Exceptional customer service has always been paramount for Wes and will remain his focus in his newest venture.



photos by Paul Neil

"I grew up in hotels with my family and my father was a publican who taught me the importance of customer service, attention to detail and friendships," he says.

"So I follow his model and run my venues like a country hotel - building friendships and with fantastic customer service.

“ My customers are the gauge of my success - if they return, I believe we have done a great job.”

Wes says he is excited about starting the store, making new friends and creating something totally different.

"We are focused on our specialty coffee and fast, quality boutique food that will be a massive attraction supporting the commuters at Deagon station and locals looking for somewhere to hang out in the mornings," he says.

"All our staff are trained with the highest level of attention to detail and with Belaroma, we feel we have taken our coffee to the next level.

"I have created a menu in memory of the most special person from my childhood, my nanna, who made everything seem so much better – everything tasted better from her.

"The corned beef fritters with poached eggs are definitely my nanna."

A passionate 4017 local, Wes is looking forward to spreading his passion and love for coffee, food and customer service.

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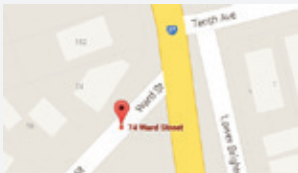
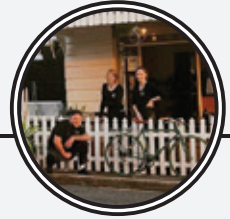
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LOCAL *Di*



Name: Baaia

Address: 94 Flinders Parade, Sandgate Foreshore

Cuisine: Modern Australian

Feature: Creative, fresh, seasonal food, coffee and homemade cakes on the waterfront. Open for coffee, breakfast, lunch and Friday dinners. Eat in or take away.

Contact: 3269 7510



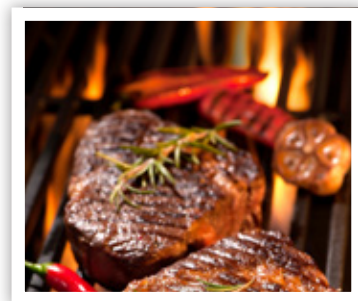
Name: Be Bold 131

Address: 131 Rainbow Street, Sandgate

Cuisine: Cafe

Feature: Discover a new level of coffee and atmosphere, here at Be Bold 131, providing a "Direct Trade" Organic Coffee offering and our amazing range of Gluten Free/Vegan produce. Open 7 Day from 5am to 5pm The Be Bold Promise!.

Contact: 0499 176 629



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



ning GUIDE



Name: Il Forno Pizzeria

Address: 3 Third Avenue, Sandgate

Cuisine: Italian

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

Contact: 3269 9766



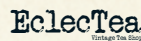
Name: EclecTea

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



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



LOCAL *Di*



Name: Generations Cafe

Address: 133 Deagon St, Sandgate

Cuisine: Boutique Cafe

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

Contact: 0400 246 098



Name: Goat Pie Guy

Address: Shop 1, 97 Braun 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



Name: Pacific Fish Bar

Address: Cnr Wakefield St & Brighton Tce

Cuisine: Fish 'n' 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 'n' 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



Sand Garden Competitions

In 1921, a teacher/writer using the name Martin Hambleton, who contributed to the "The Young Folk" pages in the Daily Mail started the first of many sand garden competitions.

The competitions were held over the Christmas school holidays and continued annually. In 1933, the Daily Mail was merged with the Sunday Mail and these contests continued until the 1950s. They aroused the greatest interest at the beach resorts and provided competitive entertainment for the children.

Sand garden competitions were held on beaches in Northern New South Wales and as far north as Hervey Bay. A ring group of the beaches was formed and competitors from the various beaches (north & south) contested the grand final. First, second and third prize winners at all contests entered the final. With

the help of many volunteers and the local councils, Martin Hambleton organised the timetable for all the districts. A system of marks was adopted and each garden was judged on neatness, balance, architecture and originality.

An area of beach was roped off and each competitor was given a similar sized area for their garden and a time limit of about forty-five minutes.

In designing their sand garden, the competitors could only use items found on the beach. e.g. plants, shells, rocks etc.

The newspapers reported in 1928, over 5000 people witnessed the efforts of the children on the beach at the Sandgate Sand Garden Competition and in 1930, over 3000 people watched the artistic and skilful work of the children competing in the annual grand final at Sandgate. The general opinion was that the scheme is the finest that has ever been instituted for promoting creative and educative enjoyment for the youngsters.

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GIG GUIDE

FRIDAY 5

Able 2 Rock Duo
Club Sandgate 6:30pm

Unplugged Cafe
Sandgate Community Ctr 7pm

Tuxedo Kitten
Cardigan Bar 7pm

Kate McKay
Phoenix Bar 7:30pm

Shane Wilkinson
Full Moon Hotel 8pm

SATURDAY 6

Keshia at Cardigan Bar
Cardigan Bar 4pm

Fiddle Me Please
Club Sandgate 6:30pm

Karl Huttenmeister
Cardigan Bar 7pm

Music By The Sea Presents
Flinders Quartet
Sandgate Town Hall 7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

Lima and Jade
Phoenix Bar and Lounge 8pm

SUNDAY 7

Dave Orr
Full Moon Hotel 1pm

Jason Hoekstra
Phoenix Bar and Lounge 2pm

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

Nik Phillips
Club Sandgate 4pm

THURSDAY 11

Open Mic @ Cardigan Bar
Cardigan Bar 6:30pm

The First Bounce Open Mic
Comedy Sandgate Hawks
Sporting Club 7pm

FRIDAY 12

Adrenaline Duo
Club Sandgate 6:30pm

J-Funk Duo
Phoenix Bar 7:30pm

Tyrone Drahm
Full Moon Hotel 8pm

SATURDAY 13

Chris Stevenson
Full Moon Hotel 1pm

Celtic Sessions - Irish
Cardigan Bar 3pm

Danny Jazz at Cardigan Bar
Cardigan Bar 7pm

Lima and Jade
Phoenix Bar and Lounge 8pm

Missy B
Full Moon Hotel 8pm

Facin The Crowd
Club Sandgate 8pm

SUNDAY 14

Jack Hudson Solo
Phoenix Bar and Lounge 2pm

Nik Phillips
Club Sandgate 4pm

Sunday Session w/-Adam
Christy
Cardigan Bar 4pm

SUNDAY 14

Chris Stevenson
Full Moon Hotel 1pm

WEDNESDAY 17

Stitched up - Stand up Comedy!
Cardigan Bar 7pm

THURSDAY 18

Open Mic @ Cardigan Bar
Cardigan Bar 6:30pm

FRIDAY 19

Zookeepers Trio
Club Sandgate 6:30pm

Mojo Webb at Cardigan Bar
Cardigan Bar 7pm

J-Funk Duo
Phoenix Bar and Lounge 7:30pm

Ned Walker
Full Moon Hotel 8pm

SATURDAY 20

Celtic Sessions - Scottish
Cardigan Bar 3pm

Ear Candy Duo
Club Sandgate 6:30pm

7C's at Cardigan Bar
Cardigan Bar 7pm

Chris Ramsay
Full Moon Hotel 8pm

SOUL CUTZ
Phoenix Bar and Lounge 8pm

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Sunday 4th September



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SUNDAY 21

Pete Cullen
Full Moon Hotel 1pm

Jaime Lee Fox
Phoenix Bar and Lounge 2pm

Nik Phillips
Club Sandgate 4pm

FRIDAY 26

Swizzle Trio
Club Sandgate 6:30pm

SOUL CUTZ
Phoenix Bar 7:30pm

Peko
Full Moon Hotel 8pm

SATURDAY 27

Blarney Stone
Cardigan Bar 3pm

SATURDAY 27

Casey Watt
Full Moon Hotel 6pm

Matt Copley Duo
Phoenix Bar and Lounge 8pm

SUNDAY 28

Steve Hargreaves
Full Moon Hotel 1pm

Steve Williamson Solo
Phoenix Bar and Lounge 2pm

Nik Phillips
Club Sandgate 4pm

Vinyl Club @ Cardigan Bar
Cardigan Bar 6:30pm

7C's @ Cardigan Bar
Saturday 20th August



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Men's Shed

Sandgate Men's Shed celebrates its new facilities at Brighton Health Campus by participating in the Brighton Expo on August 19 during Seniors Week.

A free raffle with a great craft prize will be up for grabs. All visitors and prospective members most welcome, to see how the Shed fosters wellbeing and mentors skills.

Womenspace

Wednesday 3 August – Book Group, 11am. No prior reading required

Wednesday 3 August – Wise Women's Circle, 7.15pm. Sarah Hopkins: Sacred Sound Journey

Saturday 13 August – Cottage Garden Party at 27 Duncan Ave, Bald Hills. 10am - 11.30am. High tea, plants available for sale, entry by donation

Tuesday 16 August – Soul & Spirit gathering, 7pm. 'Creating Peace', facilitated by Janine Quine

Wednesday 17 August – WomenCraft, join a craft circle with your own project, 10am

Sandgate Business Networking

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

Next meet ups: 5th August at the Full Moon Hotel and 19th August at the Bracken Ridge Tavern between 6pm and 8pm.

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

Laurie's Beach Walk

Laurie's Beach Walk

Tuesday 9th August at 8am

Enquiries and bookings Phone 3265 7440

Sandgate Bowls Club

Roll Up, Roll Up, Roll Up

Free Come & Try Fun Day at Sandgate Bowls Club.

Come & Try your hand at the fun game of Lawn Bowls.

Sunday 14th August 10.30am - 12pm

There will be Barefoot Bowls, Kids Bowls Activities and prizes.

For bookings email: sandgate.bowls@bigpond.com or phone 0417 093 172 for more details.

Sandgate Library

Author and entomologist, Tim Heard will be at the Sandgate Library to discuss his book *The Australian Native Bee Book: Keeping stingless bee hives for pets, pollination and sugarbag honey.*

Cost: Free

Date: Saturday 13 August

Time: 11.15am to 12.15pm

Phone Sandgate Library on 07 3667 6022 to reserve your place.

High Tea Fundraiser

Sweet And Salty Cystic Fibrosis High Tea Fundraiser

Grab your friends and come along to a great afternoon out, raising much needed funds for Cystic Fibrosis Qld. \$65 per ticket includes champagne on arrival. Purchase tickets here: <http://www.eventbrite.com.au>.

Where: Eatons Hill Hotel
646 South Pine Road, Brendale

Date: Sunday 21 August

Time: 2pm - 5pm

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Organic Co-op: *Lifestyle* CHOICE



*Pippa van Wijk puts together fresh organic produce for local Sandgate Families
photo by Paul Neil*

Family Gatherings

By Susie Laery

Organic eating is more than just a passing fad for a group of women in Sandgate and Brighton. It's a lifestyle choice for them and their families.

It was eight years ago when Brighton resident Tara Cross joined an organic fruit and vegetable Co-op. She wanted to give her young children the best food available. The Co-op however proved to be a bit more hectic than she liked so she decided to take it into her own hands and create her own group.

"We wanted to create a Co-op on a much simpler scale, one that was much less complicated," says Tara. Along with a friend, Tara sourced a supplier and in no time they had a group of committed like-minded members.

For Tara, "It's about sourcing the freshest, locally grown, chemical free produce. We have a ruling that we never buy from out of the country.

"It's also a fantastic vibe where great friendships have been formed."

When Tara's Brighton based group grew too big, fellow member Pippa van Wijk created a break away group in Sandgate. She has been running this group for the last five years. Pippa was so committed to the Co-op that when house hunting for a new home a key factor was that the house must be suitable to service the needs of the Co-op. A suitable property was found and a garage underneath the house provided a space to have produce delivered and packed ready for distribution. For Pippa it's about:

“ being able to buy local and organic produce at a price that is affordable for a big family. I love the social and community element too and the fact that you have to work a bit harder to get your food,” says Pippa.

Members of the Co-op are required to order an eighty-dollar box fortnightly. They receive a box filled with seasonal produce. It varies depending on what is available at that time of year. Members need to be able to help pack the boxes several times a year. Frequency is determined by how many members are in the group.

The Co-op has compared prices at a local supermarket. Results showed that the same produce in the supermarket amounted to one hundred dollars and these were not organic.

Pippa and Tara firmly believe in living by organic and sustainable principles. Pippa has now ventured into sourcing Barambah dairy produce for Co-op members and she also holds a wholefoods shop from her garage three times a year.

■ For more information on joining the Co-op please contact Pippa on: pippa@jester.com.au



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Ex Paratrooper: Fitness Game Changer

By Susie Laery

It's 5:15am. The sun is not yet up, but a group of early risers gather to be pushed to the limits in a military-style training session at Shorncliffe's Moora Park.

You know you're at the right place when you see the army jeep and instructor Tim Cuming dressed in army fatigues.

The next hour is a combination of bodyweight circuits and what Tim calls 'Battle PT'. This could involve running through the sea to crawling commando style along the sand to press-ups and sit-ups in the sea shallows.

What gets people up at this hour to be put through a gruelling hour of physical and mental exertion?

For Sally-Anne Carey, "I like the military aspect. I have never been pushed to my limits as much as Tim would have in his career and I remind myself of this when it hurts. I refer to him as being positively annoying! He is like your conscience and makes you just keep going."

For the man behind 'SF Training', Tim Cuming or 'Stomps' as he is mostly known (a name that he hasn't managed to lose from his military days), "It's amazing to see the sense of achievement when people push outside their boundaries. I will push people to as far they can go and a bit more.

“ I feel quite exhilarated watching people grow or in some cases shrink,” says Tim.

The physical training however is just a small part of the business for Tim. He is most passionate about running what he calls his 'SF Challenges'.

Sessions are usually about three hour missions where Tim has devised an entire scenario where you have to role-play in the particular mission. He will provide you with a map of the area and within that location you are on a 'tour of duty'. This may be rescuing an injured soldier over a water barrier, building a casualty evacuation centre, towing a broken down land rover or drawing out that ingenious side of you to construct a raft.

Tim believes, "In every civilian there is a little soldier waiting to get out."

An integral part of Tim's business plan to provide a place for combat veterans to rehabilitate back into civilian life. Tim is very aware how real the issue of veteran suicide is.

"We are losing way too many [veterans] and these really are our country's finest and so deserve some much needed support. They don't need a handout, they need a hand up". Tim's intention is to use SF as a vehicle to train them up, use their skills and experience and at the end they will be certified for fitness instruction.

■ <https://www.facebook.com/sftrg>

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Iconic Relay Returns

Heart of Sandgate alive for fun run

Organise your family and friends and start training for Sandgate's annual Sunset Run on October 8

By Christine Chamberlain

The iconic relay fun run around the centre of Sandgate is back for its third year and this year's event promises something for everyone.

Event director Vanessa Gibson says this year a fourth event, the 40-minute Social Relay, has been added.

"The main feedback from last year was about congestion on the track in the Open Relay and casual runners not wanting to share the track with the serious competitors," Vanessa says.

"It is a social, fun, non-competitive option, with an emphasis on team costumes. It's also open for ages 12+, so it means families will be able to take part together."

The popular Open Relay, Junior Relay and Kids Dash are back for 2016 and nominations for all events are now open.

The Open Relay is for ages 16+ with teams of up to four people completing as many laps of the 250-metre course as they can in two hours.

The Junior Relay is for 10-15 year olds in teams of up to four people running as many laps of the 250-metre course as they can in 20 minutes.

■ For more information visit sandgatesunsetrun.com.au or facebook.com/sandgatesunsetrun

The Kids Dash will see children aged 9 years and under running the 250-metre course for five minutes, in a fun atmosphere. Parents are welcome to join in.

“We encourage anyone to come down to spectate the runners and cheer them on,” Vanessa says.

If running is not your thing, there is still plenty to keep you busy during the evening with the Kids Zone, World Food Markets and a new chill-out zone and health expo in Sandgate Town Hall.

"It's a community event run by passionate local volunteers and our main focus is to bring the community together for a really fun night," Vanessa says.

"It's an amazing atmosphere and so unique to have the roads closed and the Sandgate community able to enjoy the heart of the village."

Early bird registrations are open until August 31. This year the fun run supports charity Share the Dignity.

Organisers are still looking for volunteers to help make the night run smoothly. If you can help email sandgatesunsetrun@gmail.com.

■ Photo provided by DreamSport Photography

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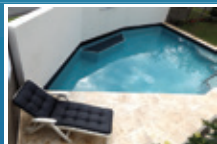
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*Womenspace Sarah Hopkins
Cellist/ Photo by Paul Neil*

Wise Women's Circle

Location: Womenspace,
11 Second Avenue, Sandgate

Date: Wednesday 3 August, 7:15pm
for a 7:30pm start

Cost: \$15, \$12 members

Bookings: www.womenspace.org.au

E: coordinator@womenspace.org.au
or T: 0431 112 721

By Susannah Holmes

Experience the transformational healing power of sound as you journey the harmonic soundwaves with one of Australia's leading composer-performers, at Womenspace.

Sarah Hopkins: 'Sacred Sound Journey' is a unique performance / sound healing immersion - uplifting music for the soul.

Over the years, many people have described Sarah Hopkins' performances and workshops as "life-changing" experiences. Sarah's visionary music for cello, overtone singing, bells and the celestial sounding Harmonic Whirlies take you on a journey deep into the spirit of the land.

Harmonic Whirlies are musical instruments of Sarah's own creation, which everyone can immediately play. Sarah says, "Each whirly produces celestial sounding pure harmonic music, whilst simultaneously providing powerful vibrational healing."

“ Harmonic Whirlies effect all levels of our being: physical, emotional, mental and spiritual and are fabulous for energy balancing, alleviating depression plus cleansing your auric field.”

'Wise Women's Circle' is a regular gathering, held on the first Wednesday of the month, in Sandgate. Womenspace invite a range of exciting presenters each month to offer a sample of wisdom and skill to enlighten our souls, nurture our spirits and educate our minds.

Sarah Hopkins is an internationally acclaimed composer, performer and workshop facilitator, touring as a cultural ambassador for Australia since 1981. Sarah has called Shorncliffe home since 1990, with much of her inspiration drawn from the natural beauty of the area.

One of Sarah's passions is creating music for group unity and consciousness raising; writing compositions that bring together a range of celestial sounding musical instruments which everyone can easily play. Accordingly, the 'Sacred Sound Journey' at Womenspace will include a number of group participation pieces for those who would like to take part.

The magical beauty of these sounds is deeply healing and uplifting. Pieces include, 'Blessings for World Peace', 'Reclaiming the Spirit', 'Sonic Blue' and 'Remember the Joy'.

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Paul Gillard Memorial Ride

Benefits Cure Brain Cancer Foundation

A Brighton local and a dedicated family man, Paul was sadly taken away before his time by a cruel and aggressive brain tumour on 25th August 2015.

Paul's cycling mates, The Sandgate Bunch, are arranging the memorial ride with funds raised being donated to the Cure Brain Cancer Foundation, founded by world renowned brain surgeon, Charlie Teo.

Paul's employer, Audi Centre Brisbane, is proud to be supporting Sandgate cyclists in their inaugural memorial ride to celebrate the support given to many in the region by Paul.

Audi Dealer Principal, Greg Willims said, "Paul was the completely dedicated employee, loved and respected by all of his workmates and all of our clients. His obsession with his work ethic was later matched by his passion for bike riding. It is understandable that he excelled. I am honoured to support this memorial ride."

In 2009 Paul discovered what was to become his greatest passion: cycling. This was not just any cycling: it included many weekends when Paul would ride over 300km. He regularly participated in charity rides, completing the gruelling Eagle Wings 12hr challenge in pouring rain, covering 270km continuously.

Paul loved his riding and the mates he forged friendships with. If there were ever

a problem, Paul would be the first one to offer assistance. He was well known for nursing riders home with broken bikes or broken bodies. He was always there with his hand on your back when scaling a mountain or taking on challenging ride.

Brain Cancer Facts

- Around 1600 people are diagnosed with brain cancer in Australia each year.
- Approximately 1200 die from the disease every year, this is approximately one every 7 hours.
- Brain cancer kills more children in Australia than any other disease.
- It also kills more people under 40 in Australia than any other cancer.
- Brain cancer receives less than 5% of federal government cancer research funding.

Cure Brain Cancer Foundation is dedicated to accelerating the development of new treatments to increase five-year to survival from the current 20% to 50% by 2023.

The fundraiser ride will be held on Sunday 28th August. For details on how to participate in this local event, visit: www.sandgatebunch.org





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



Open 8:30am-4:30pm Mon.-Fri.



Getting the Balance Right

Life is all about balance. We need a balanced diet to stay as healthy as we can be. We need a healthy work-life balance to ensure that our relationships and work environments remain positive and productive. When enough individuals maintain a balanced view of the world, communities and societies benefit.

We are always balancing the different parts of our lives and we adapt to the changes in the world around us as we need to.

Plants also need balance. Combining light, water and food in the right measures for each of your plants is essential to their success and survival.

If you keep these fundamental concepts within reaching distance of your mind while you amble in your garden, and look a little closer at what's going on around you, you can prevent most plant problems from ever occurring. If you do find a pest or problem, take a cutting to your local community nursery and find the solution.

August in Sandgate is a great time to grow leafy greens like silver beet, spinach and various Asian greens, including pak choi, bok choi and tatsoi, provided you can find the right balance for them. You will need a sunny, protected spot in your garden with a reasonable amount of air circulation. They're a bit greedy of nitrogen and will be thankful for rich soil, good drainage and occasional doses of seaweed based fertilizer.

These are all plants that love being picked at regularly, and they are all great for your body too. Calcium is beneficial in maintaining healthy teeth and bones, and there's loads of this in tatsoi. One serving of bok choi or pak choi can pack in almost half of our daily requirement of vitamin k, which is also a bonus for bones. Whatever your choi-ce, your body will thank you!

When conditions in your garden strike the right balance, growing greens is easy! But greens are just one element - don't forget chocolate, wine, friendship and sleep; they're important too! Strive to find a balance in your garden, a balance in your diet and a balance in your life!

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FOCUS ON FUN!

Need a laugh?
Well, don't leave town...

Photo by Paul Neil

Shorncliffe local Anthony Walsh is bringing an end to the trek to the inner suburbs seeking great live entertainment.

Since 2012, Anthony has been bringing comedy to Sandgate, with open mic comedy at Unplugged Cafe and Cardigan Bar, and fundraisers (trivia nights, comedy shows and charity auctions) for local groups like Sandgate Greens, Sacred Heart P&F and Sandgate Hawks.

This month, Anthony launches his new business Focus Trivia & Comedy, partnering with local venues to bring you two monthly opportunities to get a laugh in the 4017 area.

The fun kicks off with "The First Bounce" Open Mic comedy night, at Sandgate Hawks Sporting Club, 7pm, Thursday 11 August (second Thursday every month). The opening show will be a cracker, featuring juggling philosopher Michael Connell, Canadian firebrand Jasmine Fairbairn and many more.

The laughs keep coming with "Stitched Up" Open Mic comedy at Cardigan Bar, 7pm,

Wednesday 17 August (third Wednesday every month). This month we have an all-female line-up, including 2015 Deadly Funny winner Stephanie Tisdell, 2015 Raw Comedy finalist Jenni Burke and local rising star Simone Eclair, among others. Entrance to both comedy nights is free.

Anthony is looking for new regular venues on the Northside for both Comedy and Trivia, so watch this space. Focus Trivia & Comedy is also available for events, fundraisers and functions, with discounts for not-for-profit groups and local venues. Anthony can MC your function, put together comedy shows featuring amateur and/or professional comedians, conduct charity auctions, or run a tailor-made trivia night.

■ To book Focus Trivia & Comedy, contact Anthony on 0428992767 or find Focus Trivia & Comedy on Facebook.

Thursday 11 August, 7pm, The First Bounce Comedy at Sandgate Hawks

Wednesday 17 August, 7pm, Stitched Up Comedy at Cardigan Bar

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	Time	m
1	0239	0.47
	0813	1.86
MO	1420	0.29
	2046	2.53
2	0327	0.41
	0902	1.89
TU	1507	0.28
	2129	2.54
3	0411	0.40
	0947	1.92
WE	1550	0.30
●	2209	2.51
4	0449	0.40
	1027	1.93
TH	1629	0.34
	2246	2.45
5	0523	0.42
	1105	1.93
FR	1706	0.41
	2320	2.36
6	0554	0.45
	1142	1.92
SA	1741	0.49
	2353	2.25
7	0624	0.48
	1219	1.90
SU	1817	0.60
8	0025	2.12
	0654	0.51
MO	1258	1.87
	1857	0.71

	Time	m
9	0100	1.98
	0729	0.56
TU	1343	1.84
	1943	0.82
10	0140	1.83
	0811	0.61
WE	1438	1.81
	2043	0.92
11	0232	1.69
	0903	0.65
TH	1547	1.82
●	2202	0.95
12	0339	1.60
	1006	0.65
FR	1701	1.90
	2326	0.90
13	0455	1.59
	1112	0.61
SA	1803	2.02
14	0033	0.79
	0601	1.64
SU	1211	0.54
	1855	2.15
15	0128	0.66
	0657	1.72
MO	1305	0.45
	1942	2.28
16	0215	0.55
	0745	1.81
TU	1354	0.36
	2024	2.39

	Time	m
17	0300	0.46
	0832	1.90
WE	1441	0.29
	2106	2.47
18	0342	0.38
	0917	1.98
TH	1526	0.25
○	2146	2.51
19	0423	0.32
	1002	2.05
FR	1611	0.23
	2226	2.52
20	0503	0.28
	1047	2.10
SA	1655	0.25
	2306	2.47
21	0543	0.27
	1132	2.13
SU	1740	0.32
	2347	2.37
22	0622	0.29
	1220	2.13
MO	1828	0.42
23	0030	2.22
	0703	0.34
TU	1311	2.12
	1921	0.55
24	0118	2.03
	0749	0.40
WE	1409	2.09
	2024	0.67

	Time	m
25	0215	1.85
	0843	0.46
TH	1517	2.08
●	2143	0.75
26	0328	1.71
	0950	0.50
FR	1632	2.12
	2310	0.73
27	0452	1.66
	1103	0.49
SA	1745	2.21
28	0029	0.63
	0609	1.70
SU	1213	0.44
	1848	2.31
29	0132	0.51
	0713	1.78
MO	1316	0.38
	1942	2.38
30	0223	0.42
	0804	1.87
TU	1408	0.33
	2027	2.42
31	0306	0.38
	0848	1.93
WE	1454	0.31
	2108	2.41

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Saving Bramble Bay

By Ellen Moynihan

The Indigenous Dreamtime story of the dugong relates its journey from grazing grass lands as a large four legged mammal, to grazing sea grass in the shallow tropical waters surrounding Queensland.

Bramble Bay's once clear waters and extensive sea grasses, supported large colonies of Dugong before European settlement. A description by the Sandgate Historical Society mentions the way much of the coastline from Nudgee Beach to the Pine River supported a multitude of life, especially shellfish and crabs that were widely used by the Turrbal People, the Traditional custodians of Sandgate and surrounds.

Since European settlement however, waterways throughout all of South East Queensland including those that flow into Bramble Bay, have experienced steadily declining water quality.

Dr Alistair Grinham, from the University of Queensland, has worked in the area of sediment and nutrient dynamics. "Much of the pollution that flows into Moreton Bay and

Bramble Bay, comes from further inland," he explains. "After rain, the water that flows out of the Brisbane River usually carries a lot of sediment as well as nutrients from chemical fertilisers and sewage pollutants. A lot of the water spreads into Bramble Bay, and since the tidal currents are weaker around the western parts of Moreton Bay, the sediments that get pushed into Bramble Bay do not disperse easily."

Bramble Bay is also very shallow, meaning the sediment and silt are continuously stirred up by wind and waves. This turbidity has in more recent decades caused the lush seagrass beds to die off, and we sadly no longer see Dugong in Bramble Bay. As Dr Grinham mentioned, "The problem with Moreton Bay lies with the fact that it is influenced by so many different factors. There is no single cause and no single solution."

Although Sandgate is really at the end of all the processes that contribute towards water quality, there are still local actions that can be taken to help the bay as much as possible. As local environmentalist Laurie Jeays wrote, "Where possible use less water and fewer chemicals, particularly garden herbicides. Allow gardens and lawns to absorb rain runoff."

Though the dugong may never return to Bramble Bay, there is still plenty that can be done to conserve the host of life that still thrives in the bay and good water quality is essential for these lifecycles to continue.

“ The problem with Moreton Bay lies with the fact that it is influenced by so many different factors. There is no single cause and no single solution.”

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Renovate or Sell?

Deciding whether to sell or renovate is a dilemma most families with growing pains will wrestle with. For some, it will be a finance-driven decision, for others a question of location. An appraisal of the existing house is the number one step you need to do, to get an idea of what your home would be worth, pre- and post-renovation.

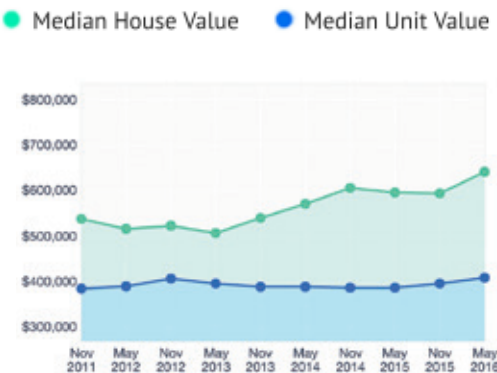
Another factor to consider is where do you stop your renovation? As soon as you renovate more than 50% of a home, the home has to be made to comply with current building regulations. So that's possibly new wiring, plumbing and meeting a new energy rating. A whole part of the house may need to be insulated and so the cost can be quite significant.

Older homes are more likely to need a bigger cash injection to achieve quality renovations, so selling can seem a tempting option. If you've got a very old weatherboard home requiring a lot of maintenance and upgrade work before you do anything, then maybe in that situation you're better off selling it and moving somewhere else. Or, knock it down, rent temporarily and build a new home.

With real estate agent fees and stamp duty expenses, selling costs are another important consideration, comparing these costs with potential renovation bills is the best place to start. If you are looking at renovating under \$100,000, it could be the better option.

To discuss options give Jessica Dignon a call on 0430 031 494 or email Jessica.dignon@dickiesfn.com.au

Median House & Unit Value For Sandgate



Current measurement	Houses	Units
Median Value	\$597,500	\$388,000
Median Weekly Rent (Gross)	\$470	\$310
Suburb Rental Yields	4.05%	4.06%
Annual Number Of Sales	65	17

Source: Onthefhouse.com.au as of 24th July 2016



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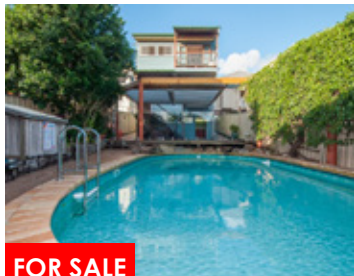
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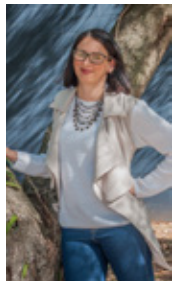
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Consumer Housing Market Sentiment Survey

The latest quarterly housing market sentiment survey by CoreLogic and TEG rewards revealed that almost two thirds of Australian's think now is a good time to be purchasing residential property while roughly the same proportion believed the housing market is vulnerable to a significant correction.



According to CoreLogic research head Tim Lawless, the latest CoreLogic and TEG Rewards Housing Market Sentiment Survey highlights the paradox in housing market attitudes, with the large majority of survey respondents indicating that it's a good time to buy a home at a time when the market may be vulnerable to a significant downturn.

Of the 2,432 Australian residents who participated in the June quarter CoreLogic TEG Rewards Housing Market Sentiment Survey, 64% of respondents thought it was a good time to buy a dwelling, up from 60% of respondents a year ago.

The survey also explored attitudes toward foreign investment.

94% of survey respondents believe that foreign buying activity is placing some degree of upwards pressure on Australian home values, while 17% of those surveyed believe foreign buying is placing 'extreme' upwards pressure on home values. However more than half of those surveyed felt that any upwards pressure on dwelling values caused by foreign demand was modest, slight or non-existent.

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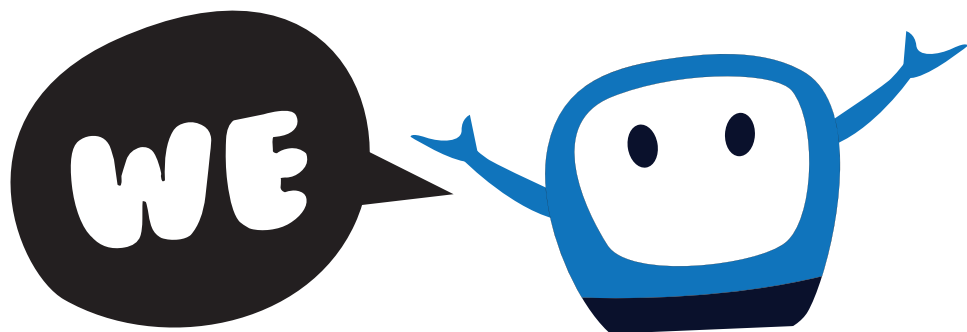


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