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Publisher:
Dominic Alberth

Editor:
Elise Alberth

Stories: Lisa Adams
Melissa Bailey, Emma Harley
Christine Chamberlain, Susie Laery

Photography:
Paul Neil

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Main picture: Ambre Hammond
(pianist) and above: Ian Cooper
(violinist)

Witty VIRTUOSOS

**Saturday October 1, 7.30pm:
Presenting Ambre Hammond (piano)
and Ian Cooper (violin).**

While Ambre Hammond and Ian Cooper took-up instruments before they were five-years-old and in the fullness of time forged brilliant classical careers - what audiences around Australia absolutely love is that together, they present vibrant concerts encompassing a whole world of music genres.

Consequently, the Sandgate crowd can expect virtuosic renditions of classical, tango, gypsy, Irish, country, swing, and the blues, delivered with Hammond and Cook's trademark wit and enthusiasm.

"I have not had the pleasure of performing at Sandgate Town Hall before, but many of my colleagues have praised its magnificent acoustics, says Ian.

"I'll be playing a 1926 German violin at our concert on 1st October, and I am looking forward to filling the hall with sound."

Ian explains, "Ambre and I recently performed 14 concerts around rural Queensland for the Queensland Music Festival. Although we had performed many times together before, having that many concerts jammed inside a two week period meant that our concerts were continually evolving.

"Although it was a similar program each time, spontaneity and imagination eventually takes over when performing that frequently, and no two performances were ever close to being the same. That's the magic of live performance, and being able to bounce ideas and humour off a musician as gifted and technically capable as Ambre Hammond, really made for spontaneous and entertaining concerts," he added.

Book your tickets early, and on the night be amazed and delighted as these two instrumental geniuses try to out-do each other.

**Saturday November 5, 7.30pm:
Presenting Sasta - Irish band**

Recently returned from touring France, Sasta is set to bring all your favorite Irish songs, and some originals, to Music By The Sea for the last concert of 2016.

Used to performing before up to 20,000 people at a time, Sastas's pumping reels and phenomenal energy will provide the loyal annual music series audience with an opportunity to have some end-of-year fun and "raise the roof", metaphorically speaking.

**Ambre Hammond and
Ian Cooper: 1 October
Adult \$35 - Concession \$30**

**Sasta: 5 November
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Booking: musicbythesea.com.au**



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8th Saturday
Sandgate Sunset Run
Arancini food truck

9th Sunday
Phatboys food truck

14th Friday
Mac from Way Back food truck

15th Saturday
Carolina Kitchen food truck

16th Sunday
Pirate's Plate

21st Friday
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Above: 2015 Bloody Long Walk participants at the starting line

BLOODY LONG WALK

Scenic Sandgate kicks off walk

Christine Chamberlain

Sandgate's beautiful parklands and bushland will be the backdrop for this month's Bloody Long Walk, a fundraiser for the Australian Mitochondrial Disease Foundation (AMDF).

More than a thousand people from Brisbane and the surrounding areas will put on their sneakers to walk, jog or run the mammoth 35 kilometres from Sandgate to South Bank.

The Brisbane leg of the national series will take place on Sunday, October 2, starting at Curlew Park, Sandgate.

The walk will then leave the coast and follow the train line through Sandgate, Deagon and on to Boondall. The course then travels along the Moreton Bay Cycleway, through the Boondall wetlands.

Event director Hailey Mason says Sandgate is a great location to start the long walk.

"We wanted to finish in the city centre and scouted locations that would allow us to do this. Sandgate was the perfect option as it allowed us to include some really great parklands, including the Boondall wetlands," Hailey says.

AMDF chief executive Sean Murray says while many walkers have a family member or friend affected by Mito, most participants are simply locals keen for an active outdoor challenge that also helps a good cause.

“We're delighted by the local response to the Bloody Long Walk in Brisbane,” Sean says.

Mito is a debilitating, potentially fatal genetic disorder that robs the body's cells of the energy they need to function properly.

"The profits from registrations and all donations will help the AMDF support people affected by Mito, fund vital research, education and advocacy initiatives," Sean says.

"In addition to raising funds, the Bloody Long Walk is about making the public and medical profession more aware of the symptoms of Mito to ensure proper diagnosis and healthcare," he says.

The long walk route will have check points, which will be manned by volunteers on the day. Locals are encouraged to come along and spectate too.

"We more than welcome spectators to join us at each check point, start and finish line to cheer on our walkers," Hailey says.

■ For more information or to register visit bloodylongwalk.com.au.

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Sunset FUN RUN

2015 Sandgate Sunset Runners showing their team colours
/ photo by DreamSport Photography

Put on your running shoes and finalise your training because Sandgate's iconic roundabout relay is only days away.

Returning for a third year, the Sandgate Sunset Run will transform the heart of 4017 on Saturday, October 8.

Sunset Run organisers Dean and Vanessa Gibson say the fun run is all about promoting health, fitness, fun and charity.

“The Sandgate Sunset Run is so unique and works so well because of this community. We are blown away by the enthusiasm and support of the local area,” Vanessa says.

The relay organisers love that the event is inclusive and suitable for all ages and abilities.

“Because of the 250-metre roundabout running track, it means no one is left behind or feel like they're missing out,” Vanessa says.

“Team events are so much fun. We give prizes for best dressed and most creative team name, so we have teams going all out with their costumes.

“It's such a fun, friendly, encouraging atmosphere, and we get a lot of feedback that

it's definitely a favourite event on the Brisbane running calendar,” Vanessa adds.

There are four relay events runners can be involved in, including the new Social Relay.

The Social Relay is a fun, non-competitive option with an emphasis on team costumes. It's open to ages 12+, so families can take part together.

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

This years event is raising money for Share the Dignity, a local charity providing sanitary items for women who are homeless or at risk or homelessness. Collection bins will be present on the night.

■ Organisers are still looking for volunteers to help out. Email sandgatesunsetrun@gmail.com.

The afternoon event runs 4-8pm. Registrations are capped but limited places are still available. For more information visit sandgatesunsetrun.com.au or [facebook.com/sandgatesunsetrun](https://www.facebook.com/sandgatesunsetrun).



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Food trucks will line the streets of Sandgate during the Sunset Run / photo by Lachlan Simmons

Christine Chamberlain

The heart of Sandgate will come alive with a free community festival as part of this year's Sandgate Sunset Run.

The World Food Markets will bring a gathering of global flavours and gourmet food trucks, adding to the local options already on offer, Run organiser Dean Gibson says.

"We are excited to announce that we'll have 10 food trucks at the Sandgate Sunset Run," he says.

"They will really add to the atmosphere of this already dynamic event."

Dean says food trucks have become a drawcard at local events, and options during the evening will include Greek Street Kantina, Wild Rissole, Rolls Pho Mi, Mr America and Mr Whippy.

"We can't wait to see the locals come out and enjoy some delicious food on their doorstep," he says.

"It doesn't matter if you're not into running, anyone can come down, enjoy some tasty food, lap up the atmosphere and cheer on the teams."

The festival will also include a jumping castle, face painting, live DJ, roving performers, stilt walkers and kids' entertainment including hip-hop dancers and Red Rocket 3.

There will be a Fun Pass available to purchase for \$10, which includes a glow product, jump on the jumping castle, face painting and sausage sizzle.

"There's really something for everyone at the Sandgate Sunset Run," Dean says.

“It's a space that will be a bit more relaxed and slightly away from the action of the run,” organiser Vanessa Gibson says.

This year, the event will also include a Chill Out Zone, a relaxed space outside Sandgate Town Hall.

"We understand that the whole area can get pretty busy and overwhelming, so we're making a space that has soft lighting, comfortable seating and a chilled out atmosphere so spectators can take a few moments to sit back and relax before re-joining the fun of the festival."

The fun will continue afterward at the official after party at the Full Moon Hotel.

"There'll be massages, mojitos, live music, selfies and a great chance to debrief and relax with friends and team-mates," Vanessa says.

■ *The World Food Markets are part of the Sandgate Sunset Run Festival on Saturday October 8, starting at 4pm.*

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Celebrate IN YOUR SNEAKERS

The Full Moon Hotel prepares to host the Sunset Run After Party event / photo by Paul Neil

Emma Harley

To keep the festivities flowing, The Full Moon Hotel will host the Sandgate Sunset Run After Party.

The free, adults-only event will offer runners and spectators a chance to celebrate with live music, cocktails, and even a massage.

Hotel owner Lucinda Dowling Black says the event will give members of the community a chance to let their hair down after the event.

"Speaking with the community, we could tell there was a missed opportunity for the Sandgate Sunset runners, volunteers and supporters to debrief after the event," she says.

"The event will give guests the chance to grab a cocktail, enjoy a massage to ease their weary limbs, kick back to some live music and reward themselves.

"Organising parties gives us a real thrill, so it was a clear and obvious step in how we could best contribute to the Sandgate Sunset Run."

With the theme 'Party Like a Pineapple', the event promises fun, relaxation and cheekiness.

"We wanted an atmosphere that was relaxed, casual and evoked fun memories," Lucinda says.

"It means we can be bright and silly with the décor and have a bit of fun ourselves - it's amazing what creative decorating you can do with the humble pineapple."

The event will even include a Golden Pineapple Selfie Challenge that will raise funds for local charity, Share The Dignity.

Lucinda is excited about the event's involvement with Share The Dignity, a charity which collects donated sanitary items and gives them to homeless women and those in domestic violence shelters.

"I met charity founder Rochelle earlier this year and was moved by her story and selflessness," she says.

"Rochelle is born and bred in Sandgate and is a real 'mover and shaker' within the local community - she is motivated and ambitious to make a difference.

"For each person that completes the selfie challenge we are donating \$25. That's right, you can help a charity by taking a selfie!"

Everyone – runners, spectators and festival goes alike – are welcome to enjoy the After Party event at the Full Moon Hotel.

■ For more information on the event visit fullmoonhotel.com.au

Sandgate Sunset Run After Party
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118 Eagle Terrace, Sandgate
Saturday 8 October from 8pm
This is an 18+ event



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YOU'RE INVITED:

Brighton Bulldogs Annual Gala Day

*Brighton Bulldogs players are ready to celebrate!
/ photo by Paul Neil*

With July 17 marking 50 years for the Brighton Bulldogs District Soccer Club, the group certainly has a strong and proud history in North Brisbane.

This month, Brighton Bulldogs president Sally Faux is inviting locals to the club's Gala Day celebrations.

"Those attending the Gala Day celebrations can enjoy rides and activities for children and adults alike," Sally says.

“ Families can picnic on the field while enjoying the music, food trucks, lolly shop and more. There will be a cent auction, where you have the chance to win great prizes generously donated by local businesses. You can check out the prizes on our Facebook page, and anyone can pre-purchase ride passes and auction tickets at our club website.

"The Bar will be open for adults to sit back, relax and enjoy a beverage in the carnival atmosphere, and there will be a fireworks display at 7pm."

Located at Wakefield Park, Wickham Street, the club is also taking registrations for the Brighton District Soccer's Squirts Program.

The 6-week rolling program is for players aged 3-5 years, and is designed to introduce children to football skills and playing small-sided matches.

"Children are divided into groups, so they can play with others of similar ability," says Sally.

"This is a great preparatory program for Under 6 MiniRoos in 2017."

Sessions are held on Saturday mornings from 8.30am to 9.15am, with the final program for 2016 being held from October 8 to November 12.

■ The Brighton Bulldogs' annual Gala Day evening is being held on Saturday 8 October, from 4pm. More info and Squirts Program registration at: www.brightonbulldogs.org.au.

www.sandgate.com.au

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The Greek Affair

Multicultural Festival

Emma Harley

Enjoy traditional Greek food, live entertainment and more at this year's Greek Affair Multicultural Festival — a kaleidoscope of local Greek culture.

Festival committee member Maria Comino says the festival originated from a desire to educate and celebrate the Greek culture with the local Parish.

"We wanted to give the community an understanding of our culture through food, music and entertainment," she says.

"The festival gives the community a chance to embrace Greek and Australian cultures and promote community cohesion and an awareness of cultural diversity."

With a wide variety of entertainment, food and music, this family-friendly event promises to provide a taste of Greece for all ages.

"Those who attend will be able to sample traditional Greek foods, sweets, music and dance," Maria says.

“ The event will include Zorba lessons, cooking demonstrations, church tours, a live Greek band, children's rides and activities, as well as lots of multicultural entertainment.”

If the idea of Greek food has your mouth watering, be prepared to indulge in a smorgasbord of choices.

Souvlaki, pita wraps, halloumi cheese, moussaka, spinach pie and dolmades will all be on offer.

When dessert beckons, a wide variety of Greek sweets will satiate the sweetest tooth, including baklava, honey puffs, custard slice, shortbreads and more.

Maria says there is more to the Festival than food.

"Grab a delicious Greek coffee from the Greek kafeneion (coffee shop), before heading to the cooking demonstration run by a previous Masterchef contestant," she says.

"Then indulge in some true multicultural entertainment including a live Greek band, Greek and Cypriot dancers, Scottish pipers, Middle Eastern dancers, Indian dancers, Zumba and even a spot of Opacize (Greek dance fitness)."

Maria says the event has always received very supportive feedback and is a much loved annual celebration.

"The locals enjoy the festival tremendously and look forward to it every year," she says.

"We receive many compliments about the festival, particularly our food."

Greek Affair Multicultural Festival

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photos by Paul Neil

Sound the Sirens for a Super Spring High Tea

Kristine Lane

Who would have thought that wearing heels and sipping tea whilst watching a fashion parade would help our local community feel safer?

Brisbane Metro North Crime Stoppers Committee is embarking on another exciting fundraising event on Sunday 9th October with a much-anticipated High Tea and Fashion Parade.

To raise funds that will support rewards to community members for information critical to successful crime-solving, this high tea event is just another key initiative from our hard-working local Crime Stopper volunteers.

As a long-standing program consisting of a telephone hotline, website and now a mobile app for members of the community to provide anonymous information about suspicious or criminal activity, the high success rate of the Crime Stoppers program is just one of the incentives that keep it going – but funds are needed.

With the afternoon frivolities which include a glass of champagne, home-baked delicacies, local couture provided by Sandgate shop Pre Loved on 5th, and a delectable candy bar, what could be more enjoyable than sitting back and relaxing on a beautiful Spring afternoon, all for a good cause?



Leanne Eggins, one of the Police Representatives of the Metro North Area Committee, encourages everybody in the community to come along and help support an instrumental local organisation.

"The Vision of Crime Stoppers QLD Ltd is for a safe, empowered and engaged community. We always seek fellow community support for our events, so it would be great if local Northside residents could get behind us and support what we believe will be a fantastic fundraiser."

Previous events of Metro North's Crime Stoppers conducted to raise funds have included a Bunnings BBQ, Trivia afternoons and a Car Rally.

"Whilst the High Tea and Fashion parade will be a first for us, many of our committee members are very excited and will even be participating. From helping to bake the goods, showing off the clothes, to serving the guests — this is an event for the community, *by the community*," says Leanne.

■ The event will take place at Sandgate's PCYC on Kempster St, Sandgate on Saturday October 9 from 2-4pm. Tickets are \$20 each, 6 for \$100, and 8 for \$130. They can be purchased online at www.trybooking.com.au/228931, or call or text 0468 872 346 by Monday 3rd October.

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Shine a Light on Mental Health

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Wellness in the Bay

Mental Health Week is an important national initiative each October, and the Sandgate community will highlight the important cause this year with a Wellness Day.

Emma Harley

Held on October 12 the event is the passion project of Sandgate and Bracken Ridge Action Group (SANDBAG) and local group Community Connect.

Community Partnerships Manager Matilda Marsh says the day is a way to acknowledge and celebrate Mental Health Week's theme of valuing mental health.

“Mental health is highly prevalent in society, yet is an issue that is seldom spoken about,” she says.

“It is important to highlight mental health issues and value individual journeys, so people on their journey with mental health are aware of the support available.”

Matilda says the day will aim to create a welcoming space for participants.

“It is a community day that aims to bring people together for a day of wellness and mindfulness activities, lunch and information sessions, all while learning about resilience and recovery and how to challenge perceptions of mental health,” she says.

The day will include hand massage workshops and laughter yoga, as well as a volunteer-prepared community lunch using donations from Oz Harvest.

“Visitors can take in the fantastic artworks in the Wellbeing art expo held throughout the week, before participating in a workshop with a guest speaker from Footprints, who will speak to participants about resilience and wellbeing and challenge perceptions of mental health,” Matilda says.

“There is even a book available on the day filled with personal stories from people in the community, which aims to challenge perceptions of mental health and give readers insight into people's journeys with mental health.”

■ For more information on SANDBAG Wellness Day visit sandbag.org.au

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'Expressions'

EXHIBITION showcases local artists

Susie Laery

The 'Expressions' exhibition encourages local artists in the community to submit and showcase their original art pieces.

Hosted by the Shorncliffe Pottery Club and the Sandgate Art Society, the exhibition is proudly supported by Jared Cassidy and Stirling Hinchliffe, and made possible with the assistance of the Lord Mayor's Suburban Initiative Fund Grant Program.

The members of the Shorncliffe Pottery Club at the Sandgate PCYC have been busy working on a joint venture for the exhibition. The theme is 'Under the Sea', and many members have been involved with this 3D collaboration.

Club member, Donna Martens, came up with the initiative as a way for all club members to become involved.

"For the newer members that aren't confident to show on their own, this is a great way to encourage them," says Donna.

This is the 10th 'Expressions' exhibition to be held in Sandgate, and it always brings out the best of local artists.

As Cheryl Ryan from the Shorncliffe Pottery Club says, "the importance of hosting this exhibition every year is to increase the presence of the art world in our area, and give the local community a chance to see the talents of our local artists."

During the four-day exhibition, which starts on October 13, "the community will get a chance



photos by Paul Neil

to mix and meet with the artists and ask any questions they have about their work," says Cheryl. "The artists themselves get a chance to get general feedback from the public and to sell their work."

The opening night on Friday, October 14 is a celebration of the exhibition and an opportunity for the artists to meet their contemporaries.

All money raised by the exhibition helps fund the Shorncliffe Pottery Club and the Sandgate Art Society.

Cheryl adds, "Last year we had 105 artists and had \$8,300 in sales. We had 154 paintings, 120 pieces of pottery and 22 photos. This is a normal amount of entries that has been consistent with previous exhibitions."

■ *The Shorncliffe Pottery Club has been active in the Shorncliffe and Sandgate area for over 35 years. The club is proud of their association with the PCYC and helping interested community members explore their talents through working with clay. For further information contact Margaret on 0497 280 008 or Cheryl on 0401 648 627.*



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Home-grown artist returns to Sandgate

Susie Laery

Life's journey can see people making full circles, which eventually returns them to their roots. In this case we look to painter Steve Cardno who has returned to his childhood place of Sandgate and is exhibiting in the 'Expressions' exhibition.

Steve is known for his bright and bold seascape paintings. "My paintings are a combination of real life with fantasy," says Steve. A common thread in his work is to take a real scene and then adapt it.

His seascapes capture the ever-changing moods of the Sunshine Coast. He depicts scenes of sun-glistened gentle waves to those of thunderous breakers crashing along the coastline. He is known for adding character to his paintings through the inclusion of surfboards, classic cars and wildlife, reflecting his love of the Australian fauna.

Having grown up in Sandgate, Steve has always had a strong connection with the ocean. Together with a love of surfing and scuba diving, his artistic path was very much influenced by this ocean bond.



I've travelled to many memorable places around the world" says Steve,

"However, I'm always stunned at the breathtaking beauty of Australia – the cleanness of the air, the special blue of our sky, and the extraordinary blues and greens of our ever-changing sea. I'm glad others can share in the beauty of Australia through my art."

Steve recently joined the 'Sandgate Art Society' together with his wife Sindy. "It's a great group of people who have a passion for art like I do.

"I am inspired even more to paint now and get involved in the local art scene. The 'Expressions' exhibition gives artists great exposure in the local area," says Steve.

Steve is not alone in his artistic journey. He shares it with his wife, Sindy, also a painter. Sindy has a contrasting style to Steve, which makes them an interesting duo. She favours a style of fashion, femininity and portraiture and describes her work as a blend of impressionism and realism. Unlike Steve, she paints in oils whereas Steve paints in acrylics and gouache, a type of opaque watercolour.

"It's such a blessing to be able to encourage and critique each other," adds Steve. For Sindy, she enjoys working with Steve who understands the requirements of an artist. They share ideas, problem solve and provide much inspiration and encouragement for each other's work.

Sindy will also be featuring her work at the 'Expressions' exhibition.

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Local singer Tony Dee, also of Channel 4 Paralympic Games Trailer fame, will headline The Long Table Dinner under the stars at Shornccliffe Pier.

Photo illustration of "Shornccliffe Pier" by Andrew Sutherland.

PIER *Pleasure*

Christine Chamberlain

The historic Shornccliffe Pier will be the stage for the district's next gala event, a five-star long table dinner showcasing the best of the area.



Main: Tony Doevendans aka Tony Dee, who has Spina Bifida, performs 'We're the Superhumans' with a band made up of other disabled musicians.

Left: Photo illustration of "shornccliffe" by bertknot and "The cheers wave making its way down the long table" by John Biehler.

The Long Table Shorncliffe Pier

Hosted by Sandgate & Districts Chamber of Commerce, the inaugural 'The Long Table Shorncliffe Pier' will be held on Saturday, October 15.

Chamber of Commerce President, Bill Gollan says the gala dinner idea arose because the group was looking to host more events and show off the Sandgate area.

"What better way to celebrate our new pier than to host a great dinner on it and celebrate the area," Bill says.

“ This dinner is going to be five-star. We are going to do something the rest of Brisbane is going to stand up and say 'Wow, Sandgate is great'.”

Bill says the nautical-themed dinner will be a great way for the community to connect.

"We are on the water; it is the night before full moon and you couldn't get a more picturesque place in Brisbane," he says.

The night will begin at 5pm with pre-dinner drinks and canapes at the base of the pier, with local musicians providing the entertainment.

Dinner will then be served on one long table on the pier from 6pm accompanied by a string quartet. The evening will also feature a performance by Tony Dee.

Bill says the chamber is hoping the dinner will become an annual must-do event.

"We are encouraging as many locals to come along and get in early and get your tickets."

A silent auction to be held on the night will raise funds to support local 'Fun For All' campaign to install an all-inclusive playground in Sandgate.

Diners are also invited to kick on afterwards at the Full Moon Hotel.

"Come along, and let's share our wonderful area with the rest of Brisbane."

TICKETS for the 18+ event are \$140, which includes a three-course meal, beverages and entertainment.

Tickets are limited so purchase early to avoid disappointment. For tickets, visit sandgatechamber.com.au/thelongtablegalaevent.



MOTHER

Date: Friday 21 October, 8:00pm

Location: Sandgate Town Hall

Tickets are available online:
www.elysiumtheatre.com
Limited tickets available at
the door. MOTHER features
strong coarse language &
adult themes. Suitable for
people 15+

Screen Sensation takes stage at Sandgate Town Hall

There's a certain energy about Australian theatre – a freshness that perhaps stems from our relatively short history as a nation — and yet the execution is incredibly mature.

Our playwrights speak not so much of swords and witches, but of the ANZACs, the outback and the issues facing society right now.

In MOTHER, one of the newest works to grace Australian theatres, director Daniel Keene (Boxman, Life Without Me, The Serpent's Teeth) explores the concept of homelessness as a metaphor for disconnection.

Written for award-winning actor Noni Hazlehurst (City Homicide, A Place To Call Home), the play delves into the significance of our primary relationships.

Christie (Noni Hazlehurst) has found herself at the fringe of the world. Homeless, aging, living on the outskirts of suburbia, she attracts the curiosity of the locals with the story of her colourful, troubled life.

Her story is part truth, part fiction, and even she is no longer sure which is which. Beneath her wild exaggerations and fantastic tales of

loves lost and struggles overcome, there are the haunting truths that she would rather forget.

Since the first sell-out performance last year, this provocative piece has left audiences around Australia haunted with understanding and sympathy for those living on the edges of society.

“I believe he is one of the best playwrights we have,” Noni says of Daniel Keene.

“I have wanted to do a one-person show for many years, and am delighted that Daniel and [Director Matt Scholten] are keen to work with me to present something of substance, intelligence and heart.”

A storyteller on stage and screen, Noni says she has “always tried to find stories that resonated on a human empathetic level, and let me tell you, that’s narrowed the field of what I wanted to do considerably.

“If something didn’t seem to have value for me, I couldn’t expect it to for anybody else.”

A Play School presenter from 1978 to 2002, and Better Homes and Gardens host from 1995–2005, Noni became the second woman ever to be inducted into the Logies Hall of Fame in May this year.

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Multitude Gala Concert

Stage and Screen Award-Winners

Melissa Bailey

The Multitude Community Choir will be back in Sandgate in October with their Gala Concert Multitude Sings Stage and Screen Award Winners’.

Performing at the Sandgate Town Hall, the not-for-profit show choir will showcase award winning stage and screen songs with proceeds from the night benefiting the Margate Baptist-affiliated Food Bank.

Multitude Community Choir brings its mesmerising melodies to its third concert at the Sandgate Town Hall. The contemporary, community show choir performs a mix of rock, pop, jazz, Broadway and gospel music in the all-inclusive group with members ranging in age from their 20s through to 70s.

This year’s performance theme will treat the audience to a concert of award-winning stage and screen songs. Favourites such as ‘Moon River’ from Breakfast at Tiffany’s, ‘Dancing Queen’ from Top Hat and a ‘Boy from Oz’ segment featuring Peter Allen’s award winning pieces, will provide for a full evening of entertainment.

“We love performing in the lovely Sandgate Town Hall,” says choir Secretary Adele Moy.

“Sandgate has been very generous to us, and we’re looking forward to sharing our music with the Sandgate community.”

Multitude Community Choir was established in Redcliffe in 2004. Since then, the Choir has performed at a huge range of venues and events, including Brisbane Sings, the RNA Ekka each year since 2005, the Celebrating Redcliffe festival, Scarborough Lights and Australian National Choral Association Community Choir Concerts.

“We work hard, but we love to be on stage, dress up and perform,” says Adele.

This year, the Choir welcomes Queensland Show Choir Vox Populus as guest artists at the performance. In the 12 years they’ve been together, singers in the Multitude Community Choir have been honoured with a number of awards, and their biennial concerts have enjoyed great success.

Multitude Gala Concert Multitude Sings Stage and Screen Award Winners

Sandgate Town Hall
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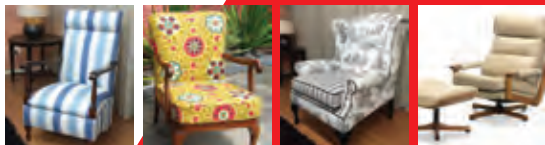
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Here at the Sandgate Guide, we asked three local fitness experts to tell us more about their tried and trusted exercise programs. Plus, they gave us their **“TOP 5 TIPS”** to building fitness and staying motivated.

EXPERTS TELL ALL P36

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LOOKING SHARP WITH SHARLOW

*Rob Hedges of Sharlow Fitness
/ photo by Paul Neil*

Sharlow Fitness - getting people outside and enjoying getting fit.

Lisa Adams

People commonly like to use warmer days and brighter mornings as encouragement to get fit after hibernating during the winter months.

The team at Sandgate's Sharlow Fitness are masters at getting people outside and enjoying the process of getting fit and are certainly worth a visit if you're looking for some motivation and direction.

Sharlow Fitness owner, Rob Hedges, transformed his life after losing 15 kilograms, and the changes this achievement brought about for him personally made him want to help others with their journeys to better health. Over the past four years, Rob has assisted more than 150 people with achieving their goal of losing five kilograms or more. "The

mission of Sharlow Fitness is to help people make informed decisions about their health and fitness goals through providing a personalised approach with clear and simple information," Rob says.

Ultimately, the approach at Sharlow Fitness is not simply about weight loss goals, but is also about helping people achieve gains in strength, weight and muscle mass, depending on the client's focus. As well as this, Rob and his team are skilled at helping clients successfully prepare for specific events and sporting disciplines.

Rob promotes the maintenance of one's health and fitness all year round because it is far less stressful on the body. He reminds people that, "this is better than losing your fitness over winter and then having to regain that fitness and health in summer."

“ The mission of Sharlow Fitness is to help people make informed decisions about their health and fitness goals through providing a personalised approach with clear and simple information.”

— Rob Hedges
Sharlow Fitness owner

ROB'S TOP 5 HEALTH TIPS:

#1 Always make a plan for your health and fitness goals (Make them **SMART** - Specific - Measurable - Actionable - Realistic - Time based).

#2 Nutrition - watch your portions sizes and understand your calorie requirements.

#3 Make exercise enjoyable, train with people you like, train at places that make you feel comfortable.

#4 Hydrate - a large percentage of the bodies function require water, drink heaps of it, just Water - you don't need sports drinks.

#5 Get professional help. Correct professional help will give you knowledge to help you hit your goals.

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SNAP INTO SHAPE

Above: Personal Trainers Alex and Roxy; and above right: Club Manager, Sam Wiltshire / photos by Paul Neil

Today, most of us understand that staying in good kilter is a vital investment in our well-being.

Lisa Adams

An efficient and effective way of achieving this vigour is through strength training. Research shows that a regular strength training program helps to reduce body fat and burn calories which can result in healthy weight loss. This kind of training is key for all people, regardless of age, as it helps preserve and enhance muscle and bone mass.

At Snap Fitness Sandgate, you will find the expert advice you need to help develop a strength and conditioning exercise program.

Providing access to the industry's best fitness equipment as well as group classes and personal training, manager Sam Wiltshire and his team will have you feeling strong and looking fantastic in no time.

The trainers at Snap agree that strength-building exercise is not just about creating

a physical transformation; it is also about establishing a solid foundation for overall health.

“Both physical and mental health is important for everybody. Staying fit will help the mind, not just the body,” explains Sam.

An Exercise Physiologist also operates at Snap, not only to assist individuals with achieving their goals, but also to help older members and those in need of specific rehabilitation.

The gym has been a permanent fixture of the Sandgate landscape for over five years now offering convenient and affordable fitness to the community.

“It's a great place to socialise and have fun,” says Sam.



SAM'S TOP 5 HEALTH TIPS

#1 Routine — You are 90% more likely to 'do it'. Make time for your personal well-being in your schedule.



#2 Mix it up. Going to a gym doesn't mean just jumping on a treadmill for 45 minutes and then leaving. Mix it up. Yoga? High Intensity Class? Weights Session? Keep it exciting.

#3 Reward yourself. There will always be that little child deep down that LOVES to be rewarded. Gym 3 times in a week? Treat yourself to a new pair of running shoes!

#4 Stay motivated. Don't you just wish you could buy motivation in a bottle? If you're looking to drop a dress size, buy the size dress in the size you want to fit into, hang it in plain sight, leave yourself a note on the fridge, keep your gym card on your car keys etc.

#5 ENJOY IT. You will not be able to maintain 1,2,3,4 if you do not enjoy what you're doing. Load your playlist, get your gear on, sweat it out — feel better.

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FLOATING ON CLOUD9

Kerry Jeffs, owner of Cloud 9 / photo by Paul Neil

Now that the weather is getting warmer, many of us look to get our winter bodies in shape for the big summer reveal.

Lisa Adams

Boutique fitness centre Cloud 9 Weight Loss Studio, located in the heart of Sandgate, offers health strategies to make this goal a reality for its clients.

Cloud 9 is an innovative, sophisticated fitness centre with a mission: to help clients become the best versions of themselves. Its dedicated team, boutique environment and commitment to achieving effective results will see people looking strong for summer in no time.

Kerry Jeffs and her team of trainers understand that keeping fit and healthy can be a challenge for many. She believes people often feel frustrated and defeated with traditional gyms and are searching for an alternative environment where they feel it is possible to achieve the results they are hoping for.

"When a person works with us, we can make sure they are given the right direction both with exercise and nutrients to get the fastest possible results in the least amount of time," explains Kerry.

From the outset, the gentle aroma of essential oils and sounds of music create a welcoming space.



From the moment a client walks through the door, the intention is to ensure a feeling of relaxation," says Kerry.

In the beginning, the trainers will take the time to discuss a client's nutrition and exercise goals before developing an individual program to suit.

As well as achieving fitness goals, there is also an emphasis on educating clients about the basics of essential nutrition. Fresh meals from Youfoodz are delivered to Cloud 9 on a weekly basis so that clients can purchase healthy take-away food options if they don't feel like cooking.

Ultimately, maintaining health and fitness all year round is vital. As well as looking great, the multitude of other benefits that result is priceless.



KERRY'S TOP 5 HEALTH TIPS

#1 Make vegetables a priority! Learn about them and how to cook and prepare them in different ways.

#2 Keep hydrated, carry a water bottle everywhere with you.

#3 Get enough protein! It keeps you feeling fuller. Choose eggs, yoghurt, cheese, lean meats and a high quality protein powder!

#4 Movement is life....life is movement.....join us at Cloud 9.

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Paul Neil



Lizzie Ballinger as Rosalind (in red) and Xanthe Jones as Celia, take to the stage in Shakespeare's 'As You Like It' performed in Einbunpin Lagoon Park during the Shakespeare Festival in Sandgate.



Tully, Naomi, Daisy and Jasmine were some of the dancers from Shorncliffe Sate School's Maypole dance group who put on a beautiful performance at the school's 'Spring Fling'.



Edge Taekwondo kids, Filipio, Kiera, Jaydon, Natalie and Courtney get warmed up at their last lesson before school holidays at Sandgate PCYC.



Karen and her granddaughter Bella stopped for a hug while shopping for bargains at Artrageous Gallery's street market at Deagon.



Just moved in! The Spruce family, Theo, Ian, Lyra and Kristin have just bought a house in Shorncliffe and were spotted having morning tea at the Wired Owl Café.



Wayne van Wijk, Kate Jefferay and Phil Brown had a great night out at Sandgate State School's fundraiser event 'Art Fest'.

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Scott has a passion for painting new and existing homes and any other projects you have in mind.

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Double the Hoots at Wired Owl

photo by Paul Neil

Emma Harley

Sandgate favourite, The Wired Owl, is welcoming a new era with the recent expansion of their popular café.

Owner Aaron Leck says the renovation will provide a more open and inviting space for customers.

"We realised early on that we did not have a great deal of outdoor seating, and many weekends went by where there wouldn't be a spare seat out the front of the shop," he says.

"People were actually turning away because there was no space, so as a result we created the courtyard."

Aaron says their vision was to create an intimate space that customers would feel at home in.

"We wanted to create a safe place for families where parents could close the gate, sip on a coffee or two and relax while the kids enjoyed playing with some toys," he says.

"We have added some great quirky touches like the repurposed windows, recycled timber tables and stools made from old pallets."

Aaron says the feedback about the new expansion has been very positive.

"Our customers are absolutely loving the additional space and are looking forward to utilising it over the warmer months," he says.

"We are very lucky that my dad is a builder and he, along with our family and friends, were able to execute our vision."

Aaron says this support from the community has been there since the cafés opening 18 months ago.



Our customers have always shown great loyalty and filled us with confidence that we are on the right track," he says.

"There is such an amazing sense of community in this area, unlike anything we have come across before.

"It is this sense of community that drives us to provide the best possible service and amazing tasting coffee to our customers.

"We love walking down the street and seeing our happy smiling customers — this area is hands down the best kept secret in Brisbane, and while we love that, we also hope that the area continues to grow with new and exciting retail and hospitality businesses."

THE WIRED OWL
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Sandgate
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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 water front. Open for coffee, breakfast, lunch and snacks from 7am. Eat in or take away.

Contact: 3269 7510



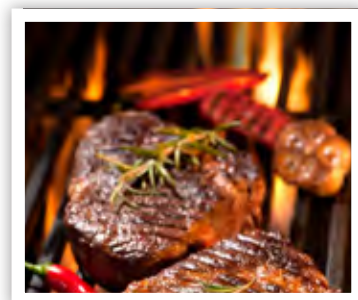
Name: Be Bold 131

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: 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: 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

Generations CAFE

LOCAL *Di*



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: 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: 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



ning GUIDE



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: Viet Street Eat

Address: 121 Brighton Road, Sandgate

Cuisine: Vietnamese

Feature: At Viet Street Eat, we offer fresh, no MSG traditional and popular Vietnamese food like Pho beef, rice paper rolls and bun mee. We also have vegan options as well as Vietnamese coffee and blooming teas.



Name: Wild Manna

Address: 115 Brighton Road, Sandgate

Cuisine: Seasonal, café-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 Tuesday to Saturday for breakfast and lunch, coffees and homemade cakes.

Contact: 0451 405 989

SATURDAY 1

Anthems Duo
Club Sandgate 6:30pm

Wayward Angels
Cardigan Bar 7pm

Music By The Sea
Ian Cooper and Ambre
Hammond
Sandgate Town Hall 7:30pm

Peko
Full Moon Hotel 8pm

Lima & Jade
Phoenix Bar 8pm

SUNDAY 2

Favourites Concert
Sandgate Town Hall 1pm

Mark Chomyn
Full Moon Hotel 1pm

Steven Childs
Phoenix Bar and Lounge 2pm

West Texas Crude
Cardigan Bar 4pm

Nik Phillips
Club Sandgate 4:30pm

WEDNESDAY 5

Michael Whittmore
Club Sandgate 11am

THURSDAY 6

Open Mic @ Cardigan Bar
Cardigan Bar 6:30pm

FRIDAY 7

Vintage Rock Box
Club Sandgate 6:30pm

Shukua Chapman
Cardigan Bar 7pm

J-Funk Duo
Phoenix Bar 7:30pm

Casey Watt
Full Moon Hotel 8pm

SATURDAY 8

Celtic Sessions - Irish
Cardigan Bar 3pm

Nightshift Duo
Club Sandgate 6:30pm

Sometimes 3
Cardigan Bar 7pm

Steve Hargreaves
Full Moon Hotel 8pm

SUNDAY 9

Shane Wilkinson
Full Moon Hotel 1pm

Johnny and the Phantoms
Cardigan Bar 4pm

Nik Phillips
Club Sandgate 4:30pm

FRIDAY 14

The Street
Club Sandgate 6:30pm

Nick Koschel
Full Moon Hotel 8pm

SATURDAY 15

Celtic Sessions - Scottish
Cardigan Bar 3pm

Able2Rock
Club Sandgate 6:30pm

7C's at Cardigan Bar
Cardigan Bar 7pm

SOUL CUTZ
Phoenix Bar and Lounge 8pm

SUNDAY 16

Tim Sladden
Full Moon Hotel 1pm

Matt Copley
Phoenix Bar and Lounge 2pm

Jug O Blooze at Cardigan Bar
Cardigan Bar 4pm

Nik Phillips
Club Sandgate 4:30pm

WEDNESDAY 19

Stitched up - Stand up Comedy!
Cardigan Bar 7pm

FRIDAY 21

Purple Martini Duo
Club Sandgate 6:30pm

Byron Short at Cardigan Bar
Cardigan Bar 7pm

J-Funk Duo
Phoenix Bar 7:30pm

Missy B
Full Moon Hotel 8pm

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SATURDAY 22

Blarney Stone
Cardigan Bar 3pm

BERT
Cardigan Bar 7pm

Peko
Full Moon Hotel 8pm

Facin The Crowd
Club Sandgate 8pm

SUNDAY 23

Steve Hargreaves
Full Moon Hotel 1pm

Dan Lewis
Phoenix Bar and Lounge 2pm

Alex Crook at Cardigan Bar
Cardigan Bar 4pm

Nik Phillips
Club Sandgate 4:30pm

FRIDAY 28

Smooth n Groove Duo
Club Sandgate 6:30pm

SOUL CUTZ
Phoenix Bar 7:30pm

Mark Chomyn
Full Moon Hotel 8pm

SATURDAY 29

Swizzle Trio
Club Sandgate 6:30pm

BERT
Cardigan Bar 7pm

Reece Freeman
Full Moon Hotel 8pm

SUNDAY 30

Chris Stevenson
Full Moon Hotel 1pm

Matty Bar Solo
Phoenix Bar and Lounge 2pm

Rub a Dub Kitchen
Cardigan Bar 3pm

Nik Phillips
Club Sandgate 4:30pm

Vinyl Club @ Cardigan Bar
Cardigan Bar 6:30pm



SANDBAG

Christmas Volunteers WANTED!!!

It's that time of year again. Sandgate Community Centre is recruiting volunteers for their annual Christmas Day Lunch.

Sandbag is seeking people interested in volunteering either prior to Christmas or on Christmas Day.

Those interested can attend a meeting at the Community Centre on Tuesday 11th of October starting at 6pm.

You can contact Sandgate Community Centre and register your intention to attend by phoning 3869 3244 or emailing Garry Hunt at ghunt@sandbag.org.au or Monica at supportassist@sandbag.org.au

Sandgate Library

littleBits Workshop

Wednesday 5 October 3.30 - 5pm

littleBits are simple electronic circuits that snap together to create prototypes. Using littleBits, children will design and create machines while learning about the basics of circuits, motors and motion. No prior experience required. Ideal for children aged 9-12 years. Cost is free. Bookings essential - phone 3403 8888.

Laurie's Beach Walk

These informative walks are free. Please wear covered shoes (which can get wet) Don't forget your sunscreen and hat!!

Join the Walk on Flinders Parade Near the old Baptist Church at the end of Cliff Street Sandgate.

The next walk will be held on Monday 24 October.

To book or for more information, please call Pam on ph 3265 7440.

The Long Table Shorncliffe Pier

Join us on October 15 for an evening you won't forget. An incredible night of food, drinks and music on our historical Shorncliffe Pier.

\$140 per head, includes a delicious 3 course menu, beverages & entertainment.

Tickets at www.sandgatechamber.com.au

Sandgate Business Networking

Casual meet-ups are held on the 1st Friday of every month. This is a free event.

Come and meet other local business owners in a casual and social environment.

Next meet up will be at the Full Moon Hotel on Friday 7 October from 6pm.

Register your interest by contacting Beth Wild on Ph 0417 792 446 or email shop@aaaskinsolutions.com.au

Womenspace

Wed 5 October – Wise Women's Circle, 7:15pm. Monica Nebauer: Healing Touch.

Wed 12 October – Cuppa & Chat, free morning tea with friends, 10am.

Tues 18 October – Soul & Spirit gathering, 7pm. 'Rediscover Your Inner Voice', facilitated by Petra Williams.

Wed 19 October – WomenCraft, make your own fascinator with Kay, 10am.

Mon 31 October – New Moon Drumming Circle, 7pm at Womenspace.

Address: 11 Second Avenue, Sandgate
More info: www.womenspace.org.au

Contact: coordinator@womenspace.org.au

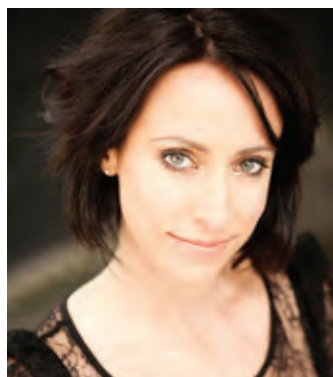
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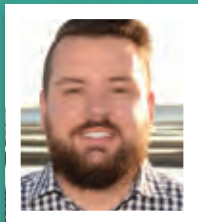
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A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



I would like to pay tribute to Laurie Jeays who recently lost his battle with cancer. Laurie has been a very significant part of the Deagon Ward community for decades and marked his time

with constant community action, which has really paid dividends for our local community. Laurie's actions in helping to preserve the Boondall and Brighton Wetlands is a lasting legacy for all of us to enjoy.

The Volunteer Marine Rescue held another very successful Community and Emergency Services expo, showcasing the fantastic community service they perform and were joined by other community and emergency services. Stirling Hinchliffe and I provided funding to assist with the day and I had the pleasure of officially opening the water activity season with the Sandgate Yacht Club.

I'm looking forward to sponsoring the Sandgate Sunset Run once again this year on October 8. This unique event is really putting Sandgate on the map and even if you aren't a runner you can join in the fun on the night. There will be food trucks, entertainment and children's activities.

Stirling Hinchliffe MP



As the Member for Sandgate, I have the privilege of providing some support to a number of local events that contribute to the beating heart of our community. It is my pleasure to once again sponsor the Sandgate Sunset Run.

Organised by passionate volunteers, the Sandgate Sunset Run brings together a wide variety of people for a night of great fun in a way unique to Sandgate. On 8 October, relay teams of runners will lap the Memorial Park roundabout while spectators cheer them on.

The Sunset Run will consist of both competitive and non-competitive events. If running isn't your thing, the night will also feature 'World Food Markets' and a 'chill out' health expo in the Sandgate Town Hall.

Share the Dignity is this year's charity partner. Share the Dignity is a locally-founded national charity which aims to provide homeless and vulnerable women with sanitary products in times of need.

Registrations for the run are open. More information about the run and registration can be found by visiting sandgatesunsetrun.com.au or facebook.com/sunsetrun.

Organisers for the Sunset Run are in need of volunteers to help make the night a success. If you can assist email sandgatesunsetrun@gmail.com. I look forward to seeing you there!

Cr Amanda Cooper



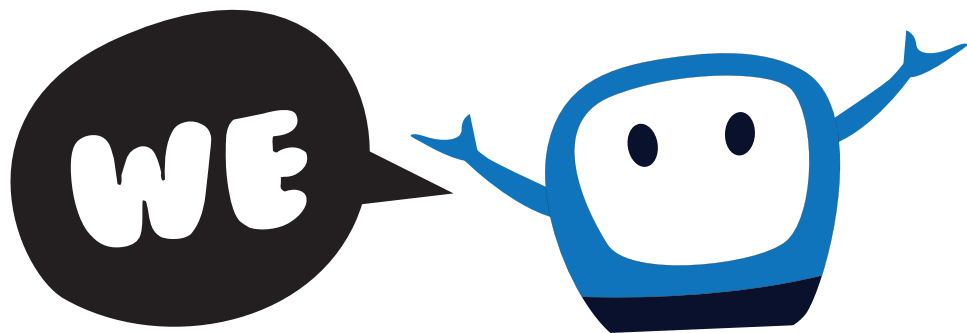
Now that Spring has sprung, what better way is there to enjoy a morning outdoors then to have a Teddy Bear Picnic? Please join me for a morning of FREE fun at Hidden World Playground, Fitzgibbon on Wednesday

2 November from 9:30-11am.

Bring along your favourite teddy to see local clowns Peebo and Dagwood, get crafty with the Bracken Ridge Library and enjoy a delicious picnic style morning tea! For catering purposes,

please register your attendance via the event on my Facebook page at [Facebook.com/Cr.Amanda.Cooper](https://www.facebook.com/Cr.Amanda.Cooper) or contact my office on 3667 6000.

Keeping to the topic of Spring, it's a timely reminder that we are right in the heart of swooping season. July through to December, some native birds (commonly magpies and plovers) swoop those who venture too close to their nesting site. Stay safe by wearing sunglasses and hats or carry an umbrella around known nesting sites. Cyclists might also consider sticking eyes to the back of their helmets.



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PADDLERS *Ahoy!*

Susie Laery

Wherever you reside in the 4017 catchment, you are fortunate to be within minutes of the ocean. For members of the 'Sandgate Canoe Club', the ocean and creeks of Bramble Bay is their playground.

The Sandgate Canoe Club has been going for over twenty years and includes members from 10 years old to 87 years old. This is a hobby and a sport that has something to offer everyone.

For President John Blackley, "I enjoy the fact that as a local, I can participate in a physical activity that the local environment offers."

On October 16th, the club will be holding an open day. The day will offer information on all club activities, alongside entertainment by way of ukulele and a sausage sizzle.

“ We would like more people to take advantage of what the club offers. We want to attract families to take up membership.

"We have a shed full of kayaks and lifejackets all ready to be used by members," says John.

The club consists of three groups that all practice in different ways. The 'Sandgate Propellers' is the racing group. The 'Sea Kayak Group' is all about the challenge and adventure of the open water. While the 'Estuary Paddling Group' takes a relaxed approach and explores the natural environment of the local creeks and rivers.

Another type of paddling activity based out of Shorncliffe is the Polynesian Va'a-alo Outrigger Canoe Club. This club will also be sharing information at the open day.

Long before outriggering became a sport, a canoe to pacific islanders was a means of transport, a way to survive and a way to travel. Now, outriggering is a fun sport for the whole family to enjoy.

For club founder Pili Muaulu, he wanted to create an activity that would benefit the community. "It's a sport that requires skill, fitness and stamina," says Pili. He encourages people to take to the water and advocates the healing power of the water.

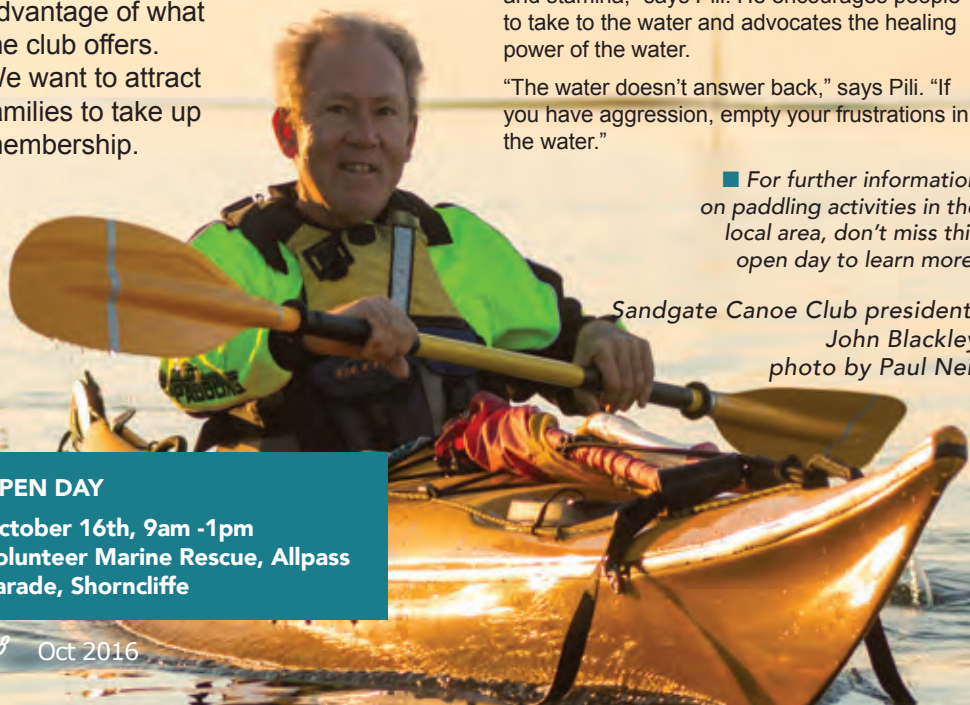
"The water doesn't answer back," says Pili. "If you have aggression, empty your frustrations in the water."

■ *For further information on paddling activities in the local area, don't miss this open day to learn more.*

Sandgate Canoe Club president, John Blackley photo by Paul Neil

OPEN DAY

**October 16th, 9am -1pm
Volunteer Marine Rescue, Allpass
Parade, Shorncliffe**



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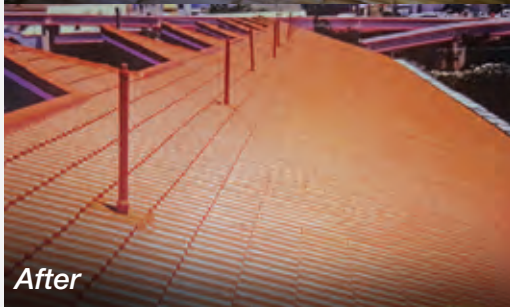
Before



After



Before



After



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



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



Pot Up People!

The painfully persistent expenditure on attire for growing bodies is a problem plenty of parents know well.

It's not cheap to dress a form that grows out of clothes as quickly as bamboo breaks the ground; not to mention the fuel bill and tyres used traveling back and forth to Best & Less over the course of a few years.

Just like kids grow out of their clothes, over time most potted plants will grow out of their pots. The roots develop as the plant advances and the boundaries of the pot eventually get in the way. Before long your favourite fruit tree is looking crook and fading from famine, even though you wisely water and whisper words of encouragement to it on a regular basis.

The solution to this dilemma is known in the nursery trade as 'potting up' or 'potting on'. A plant will be moved into a larger pot to accommodate it's growth or pruned and re-potted in the same pot, so it can continue to thrive. Many indoor plants will benefit from being potted up until they reach their full size.

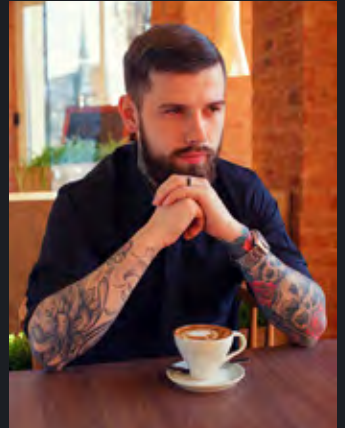
Trees that are often grown in pots include fruit trees such as citrus or olives, or ornamental specimens like the Ficus genus (commonly known as figs, this genus includes around 800 unique species, each one pollinated by an equally unique wasp. Nature is amazing). To keep a growing specimen in the same pot, trees like citrus and figs will periodically need their roots pruned. This will enable them to continue to grow new, fresh fibrous roots to gather the nutrient from the potting mix.

Water the plant and remove it from the pot. Shake off the soil, and using sharp secateurs prune back the significant roots gently, and one at a time. Try not to remove more than one third of the root mass when you prune and re-pot using a good quality potting mix, available at your local community nursery. Water your newly potted plant in well, using a seaweed solution if you have some about.

■ *If you have any questions, come and see us at the Garden Gate Community Nursery; located behind the SANDBAG Community Centre on Rainbow Street, our volunteers and staff can help you find the answer!*



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Time m	Time m	Time m	Time m
1 0341 0.33 0939 2.11 SA 1552 0.41 ● 2147 2.18	9 0215 1.49 0820 0.72 SU 1508 1.92 ● 2157 0.82	17 0406 0.10 1011 2.46 MO 1635 0.25 2223 2.24	25 0543 1.73 1134 0.66 TU 1751 2.11
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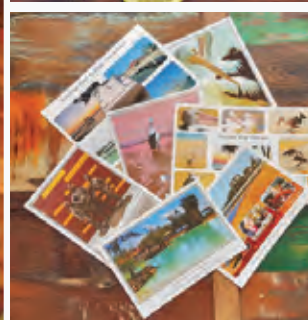
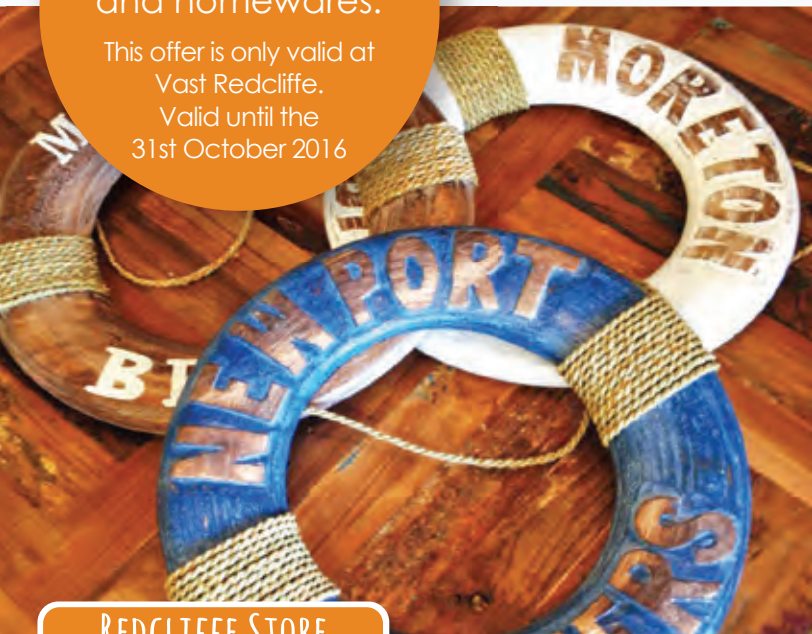


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WADING POOL FOR SANDGATE

In 1935, the Brisbane City Council Works Committee announced future improvements for Sandgate. These improvements included the provision of a wading pool.

For many months, the council relief workers had been constructing the rock seawall along the Sandgate foreshore. The City Works Committee decided to extend the rock sea wall in a curve around the low-lying mangrove area between Seventh and Ninth Avenues. This area would be reclaimed for a wading pool and a recreation area.

In July 1937 the Courier Mail states the Lord Mayor said after visiting Sandgate to inspect the foreshore,

“arrangements had been made with the Government for the reservation of a boulevard two chain wide along the sea front. He had decided to plant trees to improve the appearance of the front.”

The relief workers completed the sea wall, wading pool and surrounding area by 1939. Parents could sit on the concrete steps (which surrounded the pool area) or on seats under the trees. The wading pool proved to be very popular, particularly the slippery slide. Children sailed their tiny boats in the pool. For many years, the R.A.C.Q used this area as a venue for their annual children's picnic when up to 2,000 underprivileged children arrived in cars for a day by the seaside.

The pool with a cement floor was fitted with three inlet valves at the inlet pipes which filled the pool by salt water tidal action. Silting occurred in the pool because of the unfiltered sea water. Another problem in the late 1950's is the sandy/muddy silt promoted breeding of some seashells, mainly the whelks, and these sharp pointed shells soon covered the entire pool bottom.

However, by 1966, due to several complaints about the unhealthy state of the pool, it was declared “unfit for use”, and the area was enclosed with a chain wire fence. The unhealthy state of the water was due to the position of a drain outlet.

With the insistence of the Keep Sandgate Beautiful Association and other interested parties, the area was finally transformed by the Brisbane City Council into the Sandgate Olympic Pool which was officially opened in 1973.



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Sandgate's path towards informed
PROPERTY INVESTMENT

cc Sunset by bertknot

Market Review

Both Buyers and Sellers are in front this year as the amount of stock advertised for sale in the lead up to spring has increased.

As spring progresses it will be interesting to see how many new listings appear and how the market responds. There are a number of factors that have spurred growth in home values in recent months; interest rates at historic lows drives significant competition amongst lenders.

Following the latest interest rate cut, auction clearance rates have elevated to levels not

seen for more than a year. In Brighton we are seeing extremely high demand from buyers. On realestate.com.au, property visits per day are reaching 535 in Brighton and a staggering 801 in Sandgate compared to the Queensland average of 250 per suburb. Lets do the math shall we? There are currently 1336 buyers searching for properties in Sandgate and Brighton; these buyers are competing for the 115 properties currently advertised for sale.

Springtime is here. The time to sell is now. Talk to a real estate professional today.

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Average of QLD

250 Visits per property

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32 SWAN STREET, SHORNCcliffe

A Rather Versatile Home

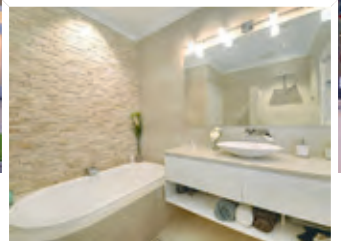
 4  2  1

SOLD AT AUCTION! Whatever your family dynamic, this home has something for everyone with a ground floor level that can be used whichever way you wish – home office, teenager's retreat or self-contained flat.

SOLD

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AUCTION



336 FLINDERS PARADE, BRIGHTON

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4 3 5

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AUCTION



AVAILABLE ON REQUEST

Shorncliffe Central Dream Home

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Around the corner from Queensland Cruising Yacht club and the golf course, is this stunning and immaculately renovated character home that offers more than a family could ever wish for. Clever layout with plenty of spaces to cater for the entire family.

Auction

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info@jimmckeering.com.au

FOR
SALE



21 WOLSEY STREET, SANDGATE

Pure Luxury

🛏️ 5 🏠 3 🚗 4

Positioned in a tranquil, established pocket of Sandgate overlooking the lagoon, this spectacular home has the fusion of clean lines, large decks and beautiful polished timber floors that has created an ambience of luxury, style and comfort.

Expressions of Interest

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LISTED**



44 NORTH QUAY SCARBOROUGH

**STUNNING, LUXURY,
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HOUSE**

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An owner-builder's lifestyle masterpiece. From the impressive pool-side entry to the sky-level hideaway. Open the door to the prestige and elegance of the open plan living, 5th bedroom, separate office and relaxation retreats. Upstairs, wake to views of the Marina, Mountains and Moreton Is. Wall to Wall spaciousness!

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Meg Coonan | 0418 288 153
meg@2ndavenurealty.com.au



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**JUST
LISTED**



114 FRIDAY STREET SHORNCcliffe

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GRACIOUS
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PRICE ON APPLICATION

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Blue Chip Brighton?

Brighton is an undervalued high growth suburb ripe for investment according to the property experts.



Research done by Australian Property Investor has listed the nation's top 60 suburbs to watch, five of which are in the north of Brisbane including Grange, Wavell Heights, Red Hill, Stafford and our very own Brighton.

According to editor Kieran Clair, these aren't the cheapest properties in Brisbane but they certainly are the ones with the best prospects as up and coming suburbs destined for solid growth.

"Homes in these suburbs are terrific set and forget properties. The one thing every location on the list has in common are that the suburbs around them are among the most expensive in the city, and that spells long term potential.

"They are also convenient to good schools, public transport, appeal to tenants and have promising options for redevelopment. However, you have got to be prepared financially, with the best buys being in the 500,000 to 600,000 price range."

In the past four to five weeks, we have seen a shift towards investor activity in Brighton with a number of well-presented properties selling within 1-2 days of being placed on the market. One home in Morcombe Street and another in Wickham Street sold on the same day they were released for sale, selling at or above full asking price. Most of the homes in Brighton are gone in 2-3 weeks.

The feeling we are getting is that the print and TV coverage of Brighton as an investor hot spot has created a real buzz.

We have buyers waiting to pounce on our new stock with the office receiving multiple calls daily asking what we have coming up in Brighton.

It's definitely a sellers' market right now.

Mathew Anderson,
Anderson Family Real Estate

Suburb Snapshot *Number of Streets in Brighton: 167*

Houses - Top 5 Streets by Median Value:

STREET NAME	MEDIAN DOLLAR VALUE
Flinders Parade	\$883,565
Capel Street	\$878,260
Cremorne Place	\$851,292
Baldry Street	\$829,111
Regency Street	\$764,782

Houses - Lowest 5 Streets by Median Value:

STREET NAME	MEDIAN DOLLAR VALUE
Celles Street	\$353,998
Ellora Street	\$390,137
Ambrose Street	\$392,847
Seaview Street	\$395,360
Longstaff Street	\$409,444



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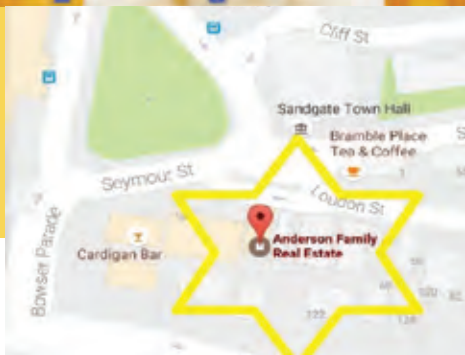
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Mathew Anderson | 3203 6001
mathew@andersonfamilyrealestate.com



**JUST
LISTED**

8 LASCELLES STREET BRIGHTON

**FANTASTIC BRIGHTON
FANTASTIC LOCATION
FANTASTIC PRICE**

 2  1  1

Rated as an up and coming investment hot spot, here's an opportunity to secure a home at a fantastic price point in an unbeatable convenient location.

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mathew@andersonfamilyrealestate.com



**FOR
SALE****25 STANLEY TERRACE BRIGHTON****GENEROUS MULTI-
GENERATIONAL FAMILY
HOME IN PERFECT
BAYSIDE LOCATION**

🛏️ 4 🚿 2 🚗 2

Settled in a quiet tree-lined street overlooking lush parkland and sporting fields, this large family home offers carefully thought-out multi-generational living.

\$748,850

Peter Anderson | 3203 6001
peter@andersonfamilyrealestate.com

**FOR
SALE****97 BRIGHTON TERRACE BRIGHTON****SPACIOUS
CONTEMPORARY
FAMILY HOME, A
STONE'S THROW TO
THE WATER**

🛏️ 4 🚿 3 🚗 3

Standing tall and proud above Brighton's popular parks and avenues, this recently built architecturally designed home showcases low maintenance modern family living.

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