

FUN WITH Celebrate Together

DON'T MISS BACKYARD BONANZA

# SANDGATE CBD REVIVAL

Sunday 14th May Bookings essential

Breakfast Buffet 7:30am to 10:30am Lunch 12 noon to 3pm Dinner 5:30pm to 8:30pm

Experience the chaos ... Friday 19 May 2017 Doors open 7pm

> 'Top-end entertainment...' What's on London

> > ★★★★★ 'Hilarious' Best of Toronto

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Show FAQs: torquaysuitetheatre.com

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# sandgate



### Contact

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Publisher: Dominic Alberth Editor: Elise Alberth Stories: Emma Harley, Ellen Moynihan, Lisa Adams, Susie Laery, Kurt Sanders, Leanne Palmer, Rebecca Fawcett-Smith, Justin Wallace Photography: Paul Neil Graphic Designer: Crystal Gentry

# LOOK WHO'S NEW

# **SHOP LOCAL** Meet the Area's Newest Businesses.



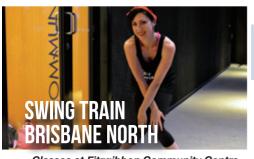
# SOMETHING About Audrey

Sandgate town centre, 111 Brighton Road

### **SOMETHING** About Audrey',

a boutique located in Sandgate, contains an eclectic collection of home

wares, jewellery, clothing, gifts and candles, spread over two levels. New owner Danielle says she bought the shop, along with her father, as a result of a long time wish to have her own shop and work in a creative environment. "We sell things that are very unique and a bit quirky," says Danielle. "We recently introduced a new line of newborn and toddler clothing, which has been very well received."



Classes at Fitzgibbon Community Centre

SWING FITNESS is coming with the arrival of Vicki Lawrance's new SwingTrain dance fitness classes. For over 15 years Vicki has been teaching swing and says her classes are a fantastic opportunity to get fit to a backdrop of Charleston, Swing, Gospel, Electro Swing and Hot Jazz. "I love swing dancing because it's extremely fun," says Vicki. "It's not strict, and there's a little bit of silliness. It's the joyful new way to fitness, having fun, whilst achieving a full body workout at the same time!" Classes start May 2. For bookings, contact Vicki via email, swingtrainbn@gmail.com



For bookings contact Amy on 0414 738 625

**VOODOO YOGA** has recently had a revamp, with new owner Amy van de Belt, along with her husband Nathan and children Jamie and Olivia, taking over the reigns. The newly refurbished studio will be a family-friendly yoga practice, introducing children's and family yoga. There will be child minding available for some sessions as well, and Amy will be running kids holiday workshops, with activities like art therapy, crystals and kids Reiki workshops. "We adore the Sandgate community, and we think it will be a wonderful place to bring up the kids," says Amy.

## EVENTS | MAY 6

Jeff Lang Album Launch Saturday, May 6, 7.30pm Sandgate Town Hall Adult \$40, Concession \$35

# MUSIC BY THE SEA

by Donna Phillips

MAY

Known as Australia's best roots-music artisan, Jeff Lang launches his momentous new album Alone In Bad Company, supported by percussionist Greg Sheehan on May 6.



Two unique performances will offer more for music buffs at Music By The Sea's June 3 concert.

The show opens with an improvised solo piano recital by Sean Foran from classy Brisbane trio Trichotomy.

And the second half presents dashing contemporary jazz by Peedu Kass Momentum Trio (Estonia).

Sean Foran (from Trichotomy) Solo Piano Recital

Peedu Kass Momentum Trio (Estonia)

Saturday, June 3, 7.30pm Sandgate Town Hall Adults \$30, Concession \$25

# JUNE Program & Bookings musicbythesea.com.au

**N** otes on Foran reveal a multi-award winning artist, "Foran's compositions are always interesting, using restraint and intricate subtlety, incorporating classical ideas into a jazz format," reports The Australian.

And according to BBC Inline, Foran's style can be likened to, "Lyrical expression in the manner of pianists John Taylor or Bobo Stenson."

Sean has studied with leading musicians, released albums, and drives a growing profile in this country and abroad.

Then in the closing show expect adventurous contemporary and jazz rhythms and a clear sound from Estonia's Peedu Kass Momentum Trio.

Led by composer and bassist Peedu Kass, with Kristjan Randalu (piano) and Toomas Rull (drums), the trio is well established in the European music scene.

Since winning the acclaimed Latvian 2006 Sony Jazz Stage Competition at the age of 20, Kass has played the field performing with big bands, done session and studio work, composed for orchestras and produced **albums**.

# PARADISE PAINTING CONTRACTORS QLD

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#### EVENTS MAY 7

# Norris Road State School's BIRTHDAY BASH FETE

#### By Rebecca Fawcett-Smith

The grounds of Norris Road State School will be bursting at the seams on May 7 when the school hosts a Birthday Bash Fete to celebrate their 40th birthday.

"I've always wanted to do a fete through the whole school because it shows off our school grounds, and being 40 years we need to do that," said Fete Coordinator, Cheryl Chin.

The main oval will be a kaleidoscope of colour and sound, brimming with a variety of rides and a sideshow packed with games. A licensed bar featuring live music will provide the perfect vantage point for adults to keep an eye on the thrill seekers.

"Parents can sit and listen to music and let the kids roam around on the oval," says Cheryl.

Heeding feedback from previous fetes requesting more activities for the toddler set, the back oval will be transformed into a tiny tots wonderland, with pony rides, face painting and more. "I'm really looking forward to the little kid's area because it's going to have a free play dough table, a free colouring-in competition, as well as the pay as you go rides and ball games. They're going to have lots of fun down there."

The heart of the school will house an assortment of stalls, the school band and choir will fill the hall with their harmonies, and the library will showcase school memorabilia.

Teacher Aide, Mrs Yvonne Gills, has tracked down students who came to the school on the very first day, and she's got some photos of the gates opening for the first time."

With over 2,000 visitors expected, fete organisers hope to raise \$50,000, which will fund two major school upgrades needed as a result of the increasing numbers of enrolments.

"\$20,000 will go towards air conditioning all the classrooms, and the balance will go towards an upgrade of the school café."

# NORRIS ROAD STATE SCHOOL 28 GREENORE STREET, BRACKEN RIDGE

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8 May 2017

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# **CELLULOID HEROES PLUS**







Skippy the Bush Kangaroo 11:00am Miranda (1948) B&W 2:00pm No Rats or Fleas: Brisbane's First Cremorne Theatre 7:30pm (Talk) Come Up Smiling (1939) B&W NO RATS OR FLEAS: BRISBANE'S FIRST CREMORNE THEATRE

#### Elysium Theatre's May 17 event, held at the Sandgate Town Hall, offers films and a talk linking the importance of Sandgate in Brisbane's theatrical past.

The McCallum name also binds the Cremorne Theatre (Stanley St, Brisbane) and Cremorne House (Flinders Pde, Sandgate) with early Brisbane's cultural development.



When early cinema was bringing about demise in live theatre, the Cremorne Theatre enjoyed its heydey from 1920s until it was destroyed by fire in 1954. It was most important in keeping live theatre 'alive' in Brisbane, offering

daily and nightly shows to the public and was instrumental in keeping professional theatre actors in employment. Theatre owner/manager, John Neil McCallum Snr made sweeping improvements to the building, which ultimately brought about his proud declaration, "No Rats or Fleas" (D. Ryan), promoting its suitability as a venue.

John and Lilian McCallum owned and also named their Sandgate seaside residence, Cremorne House after the famous Stanley Street theatre. The McCallum's hosted famous theatrical figures and other prominent people at the budding seaside resort home.

One of three sons, John Neil McCallum

# WWW.ELYSIUMTHEATRE.COM ELYSIUMTHEATRE@GMAIL.COM SHARYN HENRY 0431 296 198



Jnr (1918-2010), went on to become an equally valuable contributor to the success of Australian stage and screen. His 62-year marriage to Googie Withers produced many films together including a 1948 British comedy film, Miranda, which starred the pair.

#### John McCallum Jnr went on to co-produce another famous Australian series, Skippy the Bush Kangaroo, which ran for 90 episodes. It was also made into a feature film.

Come Up Smiling, or Ants in His Pants as it became known, is an extremely rare black and white 16mm comedy film, held by the National Film and Sound Archive in Canberra and is a perfect example of a "cross-fertilisation" (D. Ryan) that was occurring between live theatre and the new media of 'talking films'. Stars included Vaudeville actors, Will Mahoney, Evie Hayes and Australia's first comic actor, George Wallace. Local man Don Sutherland with 55 years experience, will be the projectionist for this important film.

The research of Dr Delyse Ryan, a Senior Lecturer in Drama at the Australian Catholic University, includes Brisbane theatre history. Dr Ryan's presentation will look at key theatrical identities in the life of the Cremorne Theatre and its theatrical activities from 1911. It will examine some of the cross-fertilization that occurred at that time between theatre, radio and television in Australia.

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# EVENTS | MAY 19



If you support locally sourced fashion, comedy and good tunes, you'll love this month's Fashion Parade in Sandgate!



Lidija, Katarina, Vicki and Janice / photo by Paul Neil

#### By Susannah Holmes

Ladies, you're all invited to leave the kid wrangling to others for an evening and sit back at leisure with a glass of wine in hand and great company by your side.

Sandgate district boutiques are airing their wares, fashioned by Sandgate's sassy mums, parading beautiful clothing available to buy on the night and in store. This event is all about enjoying yourself!

Sandgate State School's P&C combine fashion, entertainment and drinks, hosting a second Fashion Parade evening, open for the first time this year to all women outside of the school community.

Boutique Owner, Janette Giuliano is, "Really very thrilled to have been asked to participate again. It was such a fun night last year!"

Atrium, Cocoa Shiraz, Eco Eccentric, Jolie and Willow Coffee & Gifts are all involved, as well as Russell Fabric's very own Rachel Terry; local designer and Sandgate Mum. A number of the businesses involved will be offering discounts on items purchased on the evening, some with a discount the following day for in-store purchases. Relax and share a laugh, with an evening of musical entertainment and giggles provided by local comedian, Simone Eclair MC'ing festivities,

Fashion dahling: Sometimes you're hot (mostly because a child snuck into the bed) sometimes you're not (because a child has ruined your outfit). Join us for a night of bubbles, fashion and child-free fun as we strut local designs for your amusement."

All while raising money for local kids. Buy your ticket now before it sells out!

## **FASHION PARADE**

SANDBAG, 153 Rainbow Street, Sandgate

Friday 19 May, 6:30 - 10:30pm

Tickets: \$15 per person includes drink on arrival, cheese platters and more. flexischools.com.au or cash at the door.

More Info: Lidija 0403 024 787



Join free today at www.bcccinemas.com.au Offer Expires 12th July 2017

## EVENTS | MAY 19

# FAWLTY FUN Comes to the Brt

Are you simply mad for the maniacal Manuel? Or just an all-round Fawlty fanatic?

Either way, you'd be round the twist to miss The Faulty Towers Dining Experience at The Bracken Ridge Tavern on Friday, May 19.

Fans of the iconic British television show can get reacquainted with all of the madcap cast members in a live setting with a three-course meal and wine on arrival.

Bracken Ridge Tavern marketing manager Rob Hamilton says it was an opportunity for the hotel to do something a bit different for its patrons.

"The opportunity arose to have the Faulty Towers Dining Experience, and as it is quite different to many things we do, we felt it was a great chance to provide something a little quirky," he says.

"Whilst we strive to provide different genres of entertainment for members of the community to enjoy, this is the first time the Bracken Ridge Tavern has hosted a themed interactive show.

"We've only just started to promote the event, and already we've had a surge on ticket sales, it's being very well received."

The Faulty Towers Dining Experience has

toured the world to rave reviews, with critics across the globe singing the actors' praises for their inspired portrayals of Basil, Manuel and the entire gang from the purely insane and hilariously funny TV show.

And Rob says even people who haven't seen the famed television show will be in stitches.

Any Fawlty Towers fan is sure to love such a night, but the comedy and wit [are] so clever that anyone will enjoy the experience and appreciate the humour," he says.

"Audiences can expect an evening of good food, great fun and lots of laughs.

"People will feel as though they're spending a night at the infamous Fawlty Towers."

The Faulty Towers Dining Experience is at the Bracken Ridge Tavern on Friday, May 19, at 7pm.

Tickets cost \$89 per person and include a three-course meal and wine on arrival.

#### For more information or to book tickets, visit www.thebrt.com/events

14 May 2017

www.sandgate.com.au





\*Conditions Apply. Adventised pricing is valid May. Ist and expires 31st May. 2017 at Midnight, Gift With purchase is strictly while givenway stacks last. No further discounts capity. See Instore for Nare great specials!





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Drink Responsibly

A SYMPHONY OF

#### The Brisbane Symphonic Band presents A Symphony of Fairy Tales at the Brighton Health Campus on Sunday, May 21.

The concert — aimed at the young and the young at heart — will feature well-known tunes from movies such as Frozen, The Lion King, and Shrek as well as some wonderfully exciting stories that have been set to music such as Tubby the Tuba, Aesop's Fables, and the classic Peter and the Wolf.

Joel Miller, who is the Band's President and will be the concert's narrator and storyteller, says that the band are very excited about the afternoon and already getting into the spirit of things.

The band members have all decided that they will be dressing up as their favourite fairy tale characters and we'd love for the audience to do the same.

Brisbane Symphonic Band pictured at the Shorncliffe Pier

Run away with your imagination to a magical, faraway land filled with music, storytelling, fantasy, and fun.

Miller says that the band have been working on the music since the start of the year, and have found it a very enjoyable challenge.

"Some of the music — especially the films scores — have turned out to be a bit more difficult than we originally expected. It has been great to work through each of the pieces to make sure that they are sounding wonderful. We've played concerts specifically for children in the past, and they can turn out to be the biggest critics!"

The band loves performing in the Sandgate area, having played concerts at the Sandgate Town Hall for many years, and at the Sandgate Uniting Church Christmas Lights Festival for almost 15 years. As a community ensemble, the band members are all volunteers who share a passion for playing music.

The concert will be held on Sunday, May 21 from 2.30pm to 4.30pm.

■ Tickets for A Symphony of Fairy Tales are on sale now from the Band's website: www.brisbanesymphonicband.com.

### Ticket Information

www.brisbanesymphonicband.com Adults \$15; Concession \$10; Children \$5; Family (2 adults and 2+ children): \$35





# Take Control of your Future

Sarah Cleeland Family Lawyers are experienced Family Lawyers located in Sandgate, offering clients advice and representation in all areas of Family Law, Domestic Violence, Child Protection and Relationship Law.

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Sarah Cleeland is an accredited National Mediator and Registered Family Dispute Resolution Practitioner and is available to conduct mediations in all areas of family law













## EVENTS | MAY 28

A celebration of community, families, schools and businesses – the Bracken Ridge Backyard Bonanza is all heart.

\$

# BACKYARD BONANZA

By Susie Laery

MAY 28TH, 9AM-1.30PM MCPHERSON PARK BRACKEN RIDGE

facebook.com/bybevent/



This year's 'Backyard Bonanza' will see thousands of people converge on McPherson Park in Bracken Ridge to enjoy family, friends and community while being offered a vast array of live entertainment.

Acts not to be missed will be 'The Trolls' live stage show and Brisbane-born singer of all genres, Franky Smart.

Franky has performed locally and internationally and will give a performance to enjoy. She is currently working on original music for her own band the 'Franky Smart Band', and the performance at the Backyard Bonanza will be a unique opportunity to see one of Brisbane's homegrown talents for free.

Other professional bands and community and school-based choirs, dance groups and instrumental ensembles will also be performing.

The event is hosted by the 'Bracken Ridge Lions Club' in conjunction with the 'Bracken Ridge Ward', and funded by the Brisbane City Council through the 'Lord Mayor's Suburban Initiative Fund'.

Lucy Kelly from Loud Events says, "This year the aim is to create an event where the community will want to stay for the entire day not just drop in for an hour."

To encourage families to stay, a new youth zone has been created including lots of new activities for the whole family. Many of these activities are free to participate in including science workshops and planting workshops. Participants can be educated about plants and can pot a plant which they can then take home," says Lucy.

There will be a free blow up soccer field with qualified coaches, and skateboarding demonstrations run by the local 'Australian Skateboarding Community Initiative'. They will be giving lessons and prizes with a half pipe for demonstrations. Bring your skateboard and helmet to participate.

The park will also come to life with the 'Bracken Ridge Lions Club's' miniature steam train rides, delicious food trucks and community market stalls and displays. There will also be free face painting and balloon twisting. An animal farm is a new edition to the activities this year, and there will also be a reptile show with lots of reptiles to see.



#### EVENTS MAY 28





# BACKYARD

#### ANIMAL FARM FOR \$5 LASER TAG FOR \$5 LIONS MINIATURE TRAIN RIDES

# **ALL DAY FREE ACTIVITIES**

9:00am-11:00am Free sherbet making workshop in the science tent

9:00am-11:00am Free snowmaking workshop in science tent

**11:14am-1:15pm** Free Glow in the dark bouncy ball workshop in the science tent

9:00am-1:30pm Free Pot a Plant Workshop

**9:00am-1:30pm** Free Ginger Sport Soccer Field with professional soccer coaches

9:00am-1:30pm Free Face Painting & Balloon Twisting

**9:00am-1:30pm** Halfpipe skateboard ramp, free skateboard demonstrations and prize giveaways (BYO skateboard and safety gear)

9:00am-1:30pm Free kids jumping castle



20 May 2017

www.sandgate.com.au

# BONANZA FESTIVAL BRACKEN RIDGE

# BYB STAGE 1

# **ENTER VIA TOMAH ROAD**

START	END	DESCRIPTION
9:00am	9:45am	Franky Smart
9:55am	10:05am	Bracken Ridge State School Senior Choir
10:25am	10:35am	Norris Road State School Choir
10:45am	11:00am	Outback Steakhouse — Steak demonstration
11:10am	11:25am	Bracken Ridge State School Concert Band
11:35am	12:15pm	Franky Smart
12:25am	12:40pm	Wild Encounters- Reptile Show
		Sahara Dance Company — Queensland
12:45am	13:00pm	Bellydance Academy
13:05pm	13:30pm	Aussie Aussie Aussie

# BYB STAGE 2 ENTER VIA DENHAM STREET

START	END	DESCRIPTION
9:15am	9:45aam	Street Science Stage Show
9:55am	10:10am	Zumba with Shari
10:20am	10:45am	Trolls Stage Show
10:55am	11:10am	JAFA Community Choir
11:20am	11:35am	Onemaru Cultural Performing Arts
11:40am	12:05pm	Trolls Stage Show
12:15pm	12:30pm	Bracken Ridge State School Junior Choir
12:35pm	12:55pm	Trolls Meet & Greet
13:15pm	13:30pm	Bracken Ridge State High School Choir

#### SUNDAY MAY 28TH 2017 9AM-1:30PM facebook.com/bybevent/

#### **MCPHERSON PARK**, **DENHAM STREET BRACKEN RIDGE**

\*Performance times are subject to change.

## EVENTS MAY 28

FRANKY SMART MAY 28TH MCPHERSON PARK BRACKEN BIDGE

# BRACKEN RIDGE

# SMART MONEY'S ON The Backyard Bonanza

As far as backyard parties go, this might be the biggest one the very funky Franky Smart has ever played.

Singer-songwriter Franky Smart and her band are set to rock the joint, with a mix of energetic soul and non-stop grooves, at Bracken Ridge's Backvard Bonanza, which will take over McPherson Park on Sunday, May 28.

The bonanza will feature food stands, market stalls, local displays and free family-friendly entertainment, and Smart says she's pumped to be taking to the stage to entertain the masses.

"We are very much looking forward to it." she says.

"New gigs, new faces and new songs. We've only done private functions in the area so bring it on Bayside!"

Smart's musical pedigree goes back a long way to her childhood when the stage beckoned and the young talent was more than happy to oblige.

"I started professionally at a very young age with musical theatre and dance," she says.

"There wasn't a second of my day that wasn't spent listening to music, dancing, singing or daydreaming about the aforementioned. I didn't stop and I loved it.

A lot inspires me. It comes in waves but I will always stay true to Steely Dan, Led Zeppelin, Michael McDonald, The Fugees, The Beastie Boys, Pharrell Williams and those magical MGM Musicals."

And crowds can expect an equally eclectic sounds from her band, whom she says are used



to her throwing new tracks into the mix just before live shows.

"You know those people who start one song then skip to the next song over and over? That's me," she says.

"I do like to mash numerous genres into one song. I would describe the music as energetic and soulful."

Smart says she and the band have some very special things in store for the folks at the Backyard Bonanza.

"There will be lots of bad jokes and dance moves from an ex-dancer ... Kidding!" she says.

"There will be all of that plus some awesome music. Both original and covers to get you all dancing and feeling the feels."

The Backyard Bonanza is at McPherson Park, Denham Street, in Bracken Ridge on Sunday, May 28, 9am - 1.30pm. This is a free event.

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#### **MOTHER'S DAY**





# SANDGATE

### THE BRACKEN RIDGE TAVERN — Panama Jack's

Breakfast Buffet: 7.30am – 10.30am Lunch: 12 noon – 3pm Dinner: 5.30pm – 8.30pm Complimentary glass of Sparkling for Mum

Bookings Essential Call 3269 7011 Barrett Street, Bracken Ridge

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# REDCLIFFE

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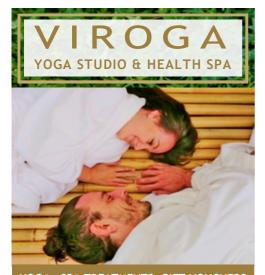
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24 May 2017



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Mother's Day

Sunday

14th May

Sandgate: Ph/Fax 3269 5062 Shop 10 Fifth Ave. Sandgate Q 4017 e: oopsadaisyflowers@interfloraflorist.com.au

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#### **MOTHER'S DAY**

Isis depicted with outstretched wings (wall painting, c. 1360 BCE)

# Memorialising Me

#### By Kristine Lane

The second Sunday in May is not a date anyone would dare to forget, lest showered with cold shoulders and a lifetime of guilt. It's Mother's Day — that one day of the year where mummy dearests are served tea in bed, time to relax, and gifts to open.

# But how did this internationally recognised day begin?

Throughout history, mothers have always held a role of protector and nurturer — a position procuring, quite rightly, some degree of worship and celebration. The Ancient Egyptians held two festivals a year celebrating Isis, the Goddess of Fertility and Motherhood, and beginning around the 5th Century, the ancient Greeks and Romans also held festivals honouring their maternal goddesses, Rhea and Cybele. Seventeenth century England introduced 'Mothering Sunday', celebrated on the fourth Sunday in Lent via a church service honouring the Virgin Mary, where after children would give gifts, fruit cake and flowers to their own mothers.

But with the custom almost dying out in the 19th century, it wasn't until a couple of American feminist writers and activists pushed for a

'mother's day' to be celebrated officially. With a background of the American Civil War, one activist, Julia Ward Howe wrote a passionate appeal to women, urging them to protest the war in her famous Mother's Day Proclamation of 1870.

Her idea spread, but it was not until the early 1900s, that it took off. Fellow American, Anna Jarvis, very much loved her social worker and activist mother, who before she died, often espoused that all mothers, living and dead, need to be honoured for all their contributions made to the home and society. Campaigning to fulfil her mother's desire, she and her supporters lobbied for an official Mother's Day holiday, and in 1914 President Woodrow Wilson signed a document officially designating the second Sunday in May as Mother's Day.

It wasn't long before the idea sailed across the Pacific, spurred along in the mid-1920s by Mrs Janet Heyden; a committee member for Sydney's destitute women and children. Noticing how very lonely some of these women were, she brightened their day with little gifts of hairpins, hankies and soap. Later appealing to the general public through the newspapers to also assist and to remember the mothers of Sydney, she thus became the 'pioneer' of that one special day of the year that Aussie mums love best.

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# Out 'n' About with Photographer

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It was a beautiful day for 'Laurie's Beach Walk' participants on Sandgate foreshore. They even found a stingray in the shallows.



Pas

Ashley Cooper and Martin Anderson were enjoying the view from our Shorncliffe Pier. Martin was a site engineer during the construction of the new pier.



We said farewell to our Sandgate character, and my friend, Nigel Oliver. A memorial service was held on the waterfront opposite his home 'Cremorne'



Vic and Margot Sterling were spotted having a laugh at this year's Sandgate Art Society Easter Art Show.



Dale Taylor and the Crew of 'Sassy' pause for a photo during preparations for the Brisbane to Gladstone Yacht Race.

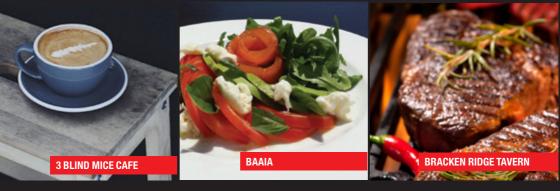


The Chu family, Vanessa, Iris, Annabel, Caitlyn and Sid, were having fun on Shorncliffe Beach at this year's Bluewater Festival.



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# Local DINING GUIDE



4/198 Seymour Street, Sandgate Cafe 0432 067 405

# **3 BLIND MICE CAFE**

**Feature:** Friendly local cafe serving delicious Cleanskin coffee and freshly cooked breakfast and lunch. Come along and enjoy the relaxed atmosphere under the trees, or order your coffee and lunch on the run. Find us on Facebook. Look forward to seeing you.



94 Flinders Pde, Sandgate Foreshore Modern Australian

3269 7510

# BAAIA

**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.



154 Barrett St, Bracken Ridge Ribs, Surf & Turf, & Steak & Ribs 3269 7011

# **BRACKEN RIDGE TAVERN**

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1 Loudon St, Sandgate Traditional & Modern Cafe Food 0498 703 406

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# **ECLECTEA**

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196 Flinders Pde, Sandgate (opp. Pool) Fish & Chips www.fishonflinders.com.au

# FISH ON FLINDERS

**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.

# Local DINING GUIDE





# Shop 1, 97 Braun St, Deagon yourself to a

**GOAT PIE GUY** Feature: Try something deliciously different and treat

yourself to a lunch of goat pie. Gourmet pies available hot to eat or cold to take home and heat.

Gourmet Pies goatpieguy.com.au

# Sandgate Fishmonger

90 Flinders Parade, Sandgate Fish 'n' Chips 3269 0416

# SANDGATE FISHMONGER

**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.



227 Rainbow St, Shorncliffe Specialty Coffee House 0410 456 251

# THE WIRED OWL COFFEE CO

**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.

# SANDGATE | DEAGON | SHORNCLIFFE BRACKEN RIDGE | BRIGHTON





121 Brighton Rd, Sandgate Vietnamese

# **VIET STREET EAT**

**Feature:** At Viet Street Eat, we offer fresh, MSG free, 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.

115 Brighton Rd, SandgateSeasonal, café-style food0451 405 989

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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 cosy and welcoming ambience from Tuesday to Saturday for breakfast and lunch, coffees and homemade cakes.



Shop 4 / 11 North Rd, Brighton Café & Gift Shop 3269 0311

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### NOTICES

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#### Historical Guided Walks

Presented by the Sandgate & District Historical Society & Museum

What: "Peep into the Past" – Historic houses of Sandgate. When: Saturday 6 May Time: 9.30am – 11.30am

What: "The Dowse Lagoon Heritage and Nature Trail Walk" – Explore the Sandgate watering holes – the lagoons, the bird life, the life of Thomas Dowse and the historic 1872 monument at St Margaret's Anglican Church.

When: Saturday 27 May Time: 9.30am – 11.30am

Bookings essential. Phone the Museum on ph. 3869 2283 (Wed or Sunday or message) or phone Pam on 0410 327 095

#### Sandgate & District Historical Society and Museum

What: Interesting and Remaining Wrecks in Moreton Bay. Presented by Keith Boulton, Member/Volunteer of Queensland Maritime Museum, South Bank

When: Sunday 29 May at 2pm Where: The Museum, 150 Rainbow Street, Sandgate

#### St Patrick's College Foundation Business Breakfast

When: Tuesday 16 May Where: Waterford Building, St Patrick's College, 60 Park Parade, Shorncliffe Guest speaker Police Commissioner Ian Stewart AAPM

Tickets: \$50. Purchase online at www.stpatricks.qld.edu.au

#### Wetlands Wander Paddle Race Sunday 28th May

Sandgate Canoe Club will host over 100 local and interstate paddlers at their annual Wetlands Wander race on May 28. Join us for all of the action on the Cabbage Tree Creek Foreshore from 10am! Visit www.sandgate.canoe.org.au for details.

#### Sandgate Business Networking

#### Next Meetup: Friday 5 May 2017 at 6pm at the Full Moon Hotel

Are you a Local Business Owner? Do you want to connect with other business owners in a relaxed and casual setting? Come and meet other local business owners in a casual and social environment. It's free to attend.

The Sandgate Business Networking Group holds a Casual Drinks night on the first Friday of every month.

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

### Sandgate Beach Walks Next Walk: Tuesday 2 May

Time: 8am – 10am

Sponsored by Keep Sandgate Beautiful Inc. "Laurie's Beach Walk" – discover the web of life along the Sandgate foreshore and tidal flats.

These walks are free. Numbers are limited. Bookings essential, please contact KSBA or phone 0410327095.

Discover the soldier crabs, where the stingrays feed, the shell-house worms, moon snails and plenty more.

www.sandgate.com.au



### **EVENTS**

### **Monday Melodies**

When: 1st Monday of each month 9.30am - 10.30am

Where: Sandgate Uniting Church, 116 Board Street, Deagon

Cost: \$10 per person. \$8 per student.

Next concert on 1st May - Dr Steven Nisbett – an organ recital "from Bach to the Beatles".

Morning tea provided. Please book by contacting Cathy Gear on email cathy@ gear.id.au or ph. 0419 014 725.

### **Rock Under The Clock**

Where: Sandgate Town Hall When: Saturday 13 May from 6.30pm

Celebrating the songs of great American musicians Buddy Holly, Elvis Presley, Bill Haley and more.

Bookings essential. Numbers are limited. Three seating packages available for purchase. For more information and bookings phone Rod on 0499 608 703

#### Peaceful Walk and Ceremony

When: Wednesday, 10 May at 4.30pm Where: Starting at Sandgate Police Station in Keogh Street.

Domestic Violence Peaceful Walk commencing at 4.30pm on Wednesday 10th May 2017, outside Sandgate Magistrates Court, followed by a candle lighting ceremony with guest speakers at Sandgate Town Hall.

### COMMUNITY

### Nashville State School Trivia Night

**Date:** Saturday 27 May **Time:** 6pm for Dinner. Trivia starts at 7pm **Where:** Nashville State School Hall, Douglas Street, Brighton.

**Cost:** Tickets \$35 - includes 2-course meal, entertainment and Trivia. Purchase tickets by emailing pandc@nashvilless. eq.edu.au. All funds raised go towards our new playground!

This is an 18+ event.

#### **SANDBAG Community Centre**

What: Yoga Session When: Wednesday 3 May, 2 - 3.30pm Where: 153 Rainbow Street, Sandgate Cost: Gold Coin Donation

With a focus on mind, body awareness, this session will help reduce stress, calm the mind, and build strength, stamina and stability. It is suitable for people of all ages and genders, including beginners. If you have your own yoga mat and towel, please bring them along as we have limited available.

What: All Abilities Dance Movement Therapy

When: Every Tuesday 3-4pm Where: 153 Rainbow Street, Sandgate Cost: \$15

Learn your favourite dance moves to all your favourite tunes with a skilled instructor. Combinations of taught, guided and freestyle dancing to explore, learn and have FUN! Carers and support workers welcome.

What: Dementia Information Session When: Wednesday 10 May at 12pm Where: 153 Rainbow Street, Sandgate

Sandbag Community Centre and Services in partnership with Alzheimer's Australia (Qld)'s, invites the community to a free information session about Dementia.



# THURSDAY 4

Open Mic @ Cardigan Bar Cardigan Bar 6:30pm

### FRIDAY 5

House DJ **Phoenix Bar and Lounge** 6:30pm Dave Clavton Club Sandgate 6:30pm

**Steve Hargreaves** Full Moon Hotel 8pm

# **SATURDAY** 6

Music By The Sea Presents -**Jeff Lang Album Launch** Sandgate Town Hall 7:30pm

**Facin The Crowd** Club Sandgate 7:30pm

**Nicole Style Duo** Phoenix Bar and Lounge 8pm

# **SUNDAY 7**

Jamie-Lee Fox **Phoenix Bar and Lounge 2pm** Rock and Roll Sunday w/- West **Texas** Crude Cardigan Bar 4pm

# THURSDAY 11

Open Mic @ Cardigan Bar

Cardigan Bar 6:30pm



# FRIDAY 12

Mike Winkworth Club Sandgate 6:30pm

House DJ Phoenix Bar and Lounge 6:30pm Full Moon Hotel 8pm

# **SATURDAY 13**

**Rock Under The Clock** Sandgate Town Hall 6:30pm

**Zookeepers Trio** 

Club Sandgate 7:30pm

MO' Groove Phoenix Bar and Lounge 8pm

# SUNDAY 14

Shane Wilkinson (Mother's Day) Full Moon Hotel 1pm

**Tiarne Todd** Phoenix Bar and Lounge 2pm

### **THURSDAY 18**

Open Mic @ Cardigan Bar Cardigan Bar 6:30pm

### FRIDAY 19

Chi Chi Duo Club Sandgate 6:30pm

House DJ Phoenix Bar 6:30pm

# **SATURDAY 20**

**Cool Change** Club Sandgate 7:30pm

Steve Hargreaves

**Stephen Ward Duo** 

Phoenix Bar and Lounge 8pm

# **SUNDAY 21**

**Nigel Jones** Phoenix Bar and Lounge 4pm

# **THURSDAY 25**

Open Mic @ Cardigan Bar Cardigan Bar 6:30pm

## FRIDAY 26

House DJ Phoenix Bar 6:30pm

**Rick Hay** Club Sandgate 6:30pm

# **SATURDAY 27**

The Street Club Sandgate 7:30pm

MO' Groove Phoenix Bar and Lounge 8pm

# **SUNDAY 28**

Matthew Copley Phoenix Bar and Lounge 2pm

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### **ENVIRONMENT**

# STRENGTH IN NUMBERS

Many childhood memories of the foreshore in Sandgate include tidal flats covered by Soldier Crabs "on the march".

### By Leanne Palmer

So prolific were they at different times, the entire area appeared as a single blurry moving mass.

While possible explanations for the variation in population size abound, it would seem we still have insufficient understanding of their habits and needs, to reach a conclusive answer to this question. Most likely there are cyclic factors influencing their numbers and distribution. They are known to follow food, moving from areas that can no longer sustain them, returning at a later date. Water quality, siltation and sedimentation may also affect them.

Without the speed and agility notable of most crabs, these little creatures are easy to catch. Lacking also are pincers capable of grasping anything the size of a finger. For these reasons they are readily captured and studied by curious youngsters, entertained by their tickling, scurrying attempts at burrowing into cupped hands.

Seen up close, the Soldier Crab (Mictyris longicarpus) is distinctive in form and

colouration. The body at maturity measures approximately 25mm, is almost spherical and is held upright. They are one of only a few crabs that move forwards, as opposed to sideways.

Spending the majority of their time buried in the sand, they emerge to the surface a few hours before low tide. Accumulated particles are removed from the body by rubbing themselves with their claws, vibrating, and finally performing a snappy semi-somersault.

# Moving en masse to suitably moist areas, they are now ready to feed.

By scooping sand into their mouthparts, tiny organisms and detritus are gathered and ingested. Inedible material is formed into rounded pellets and dropped. These tiny sculpted balls form vast exquisite patterns. After feeding, and in advance of the incoming tide, they travel up shore. With a unique corkscrew motion they burrow into the sand.

Our fondness for them is undeniable, evidenced by the mosaic on the main street pavement. Although local populations are presently short of those from the past, they can currently be seen to the south of the Shorncliffe pier, and near Eventide at Brighton. Hopefully they will continue to flourish and remain enmeshed in our collective memories indefinitely.



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Artist, Grace Cross / photo by Paul Neil



### By Lisa Adams

Inspired by the layers of nature, local artist Grace Cross is excited to bring an exciting new art workshop to the 4017 area.

Rust Workshop: Rust, Layer, Embellish will teach participants a new way of surface decoration on paper, canvas, or fabric which will create an archival or decaying to the work.

Grace is an award-winning Queensland textile artist who creates mixed media and textile artworks with a fusion of layers of fibres, fabric, paper, rusting, stitching, beading, and embellishments. "Texture is the primary focus, embellished by layering washes of colour, stitching, fabric, paper, beads, and other tactile elements," she explains. As well as being the recipient of numerous awards, Grace's artwork can be found in both national and international collections. "My catalyst is nature, inspired by the lands of Australia and beyond," she says.

With a focus on texture, the workshop will encourage participants to explore the mapping of the landscape through layering surfaces. Techniques of painting, tearing, layering, collaging, embellishing, and stitching will be traversed. "I have been exploring and creating with rust since 2014 in preparation for a special exhibition titled 'Pier'. Many people who have viewed my rust artworks asked me if I ran workshops, so I decided why not. I did two in a row at our studio here at Naracoopa, and both were a wonderful success. I was so inspired with the results and what participants created, I decided to run these workshops in May," explains Grace.

Anybody is welcome to attend. "No experience whatsoever is needed," says Grace. "I will guide the novice art students every step of the way while encouraging those with more art background to push their own boundaries."

With her vast experience, Grace loves presenting workshops to enthusiastic students.

As long as the demand is there, I hope to continue offering workshops, not just in Rusting but also in other surface decoration techniques such as printmaking, silk painting and other textile approaches to art making."

Naracoopa B&B, 99 Yundah St, Shorncliffe 24/25th May and 27/28th May Cost: \$190

Grace Cross 0412 147 456 narabnb@bigpond.net.au





Artist Rhiannon Hetherington / photo by Paul Neil

# COLOUR ME

### By Rebecca Fawcett-Smith

### Gallery 4017 at Artrageous Arts will be a riot of colour when Rhiannon Hetherington presents her 'Colour Me Bold' exhibition in May.

A self-taught artist, Rhiannon has already clocked up a number of achievements in her two years of painting, with her work having been displayed at a number of galleries, cafes and group exhibitions. It [painting] is my happy place and my zone out place. If I've got something on my mind, I paint, and it relaxes me. Even when I'm not painting, my brain's constantly whirring away thinking about ideas and different things I might be able to try."

Her first solo exhibition, 'Colour Me Bold' consists of 18 pieces, with female nudes and animals the dominant subjects.

"I've always been a big animal fan, and I love the female body. It's beautiful to paint and beautiful to look at."

Rhiannon counts the works of Danny O'Connor, Voka, Timothy Parker and Jimmy Law as her biggest influences.

" I like that they use colour and that everything is not exact in what they do."

Vibrant colours and bold brush strokes are a signature of Rhiannon's art, with acrylic paint her preferred medium.

"I fiddle with other bits and pieces every now and then, but I mostly use acrylic. It's what I started with, and I liked it, so it's stuck."

A lone cityscape depicting East Street, Ipswich, is Rhiannon's favourite piece of the exhibition and is proof of her motivation to not be typecast.

I don't want to label myself as just a nude painter or a painter of animals. I want to keep trying different things and not limit myself to one painting style."

A Machine Operator by trade, Rhiannon has just quit her job to travel and practise art full time.

"I hope to do more exhibitions and put myself out there through different opportunities. It's all really new to me. I don't have any artist friends, so I am just making it up as I go along."

### **COLOUR ME BOLD**

Running through 5 – 27 May For more info call Artrageous Arts & Crafts Centre on 3269 1535

Gallery opening hours: Tuesday - Saturday 10am - 3pm Wednesday from 6.30pm - 8.30pm

Gallery 4017, Artrageous Arts, 84-88 Loftus Street, Deagon

rhiannon.hetherington @hotmail.com.au







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# A WORD FROM OUR REPRESENTATIVES Cr Jared Cassidy Stirling Hinchliffe MP



I am once again looking forward to taking part in SANDBAG's Peaceful Walk on Wednesday 10th May from 5pm-6.30pm as part of Domestic Violence Prevention Month.

The walk will commence outside Sandgate Magistrates Court and conclude at

Sandgate Town Hall with a Candle Lighting Ceremony and Community Conversation.

All About Living will celebrate 25 years serving the local community with a Morning Tea on Thursday 4th May 10am-12pm at the Brighton Health Campus Auditorium, 449 Hornibrook Highway, Brighton. If you would like to join in the celebrations, RSVP to 3269 1915.

Bookings are now open for Rock Under the Clock "American Pie" at the Sandgate Town Hall on Saturday 13th May at 6.30 pm. Tickets are selling fast so get in quick, so you don't miss out! Tickets are available through www.trybooking.com/hect Enquiries, please phone 0499 608 703.

I would like to wish the wonderful mothers and grandmothers we have in our local community a Happy Mother's Day for Sunday 14th May. I hope your day is a relaxing one and you get the opportunity to put your feet up!



Queensland has some of the world's best seafood, and as you are no doubt aware, much of it is sourced locally from our Shorncliffe trawlers.

That's why it was fantastic to see the

Queensland Government, alongside sporting legend, Sam Thaiday, launch the "dig into locally caught seafood" campaign to help support Queensland's seafood industry.

Our commercial seafood industry contributes more than \$300 million a year to our economy, so I'm encouraging all residents across the 4017 to continue their ongoing support for our Shorncliffe trawlers.

I'm looking forward to attending the Norris Road State School Fete as part of the school's 40th-anniversary celebrations. With food stalls, pony rides, a live band and performances, it promises to be a great day out for all the family.

The fete will be held at Norris Road State School on Sunday, 7 May between 11am-4pm. I look forward to seeing you there!

# Cr Amanda Cooper



It's no secret that Bracken Ridge Ward residents are some of the biggest dog lovers on Brisbane's northside with 5,179 dogs currently registered. In recent years this has also seen the growing popularity of Council's

dog off-leash parks, enabling owners to let their pets stretch their legs and interact with other dogs at the same time. Many owners may be interested to know that many parks also feature a dedicated 'small dog' area too.

Another great addition to these parks is the

installation of dog agility and training equipment. Given its success in Canterbury Park, Bald Hills and an overwhelmingly positive response to the planned training and agility equipment for Barrett Street Reserve, Bracken Ridge, we will undoubtedly see this featured in more locations to come.

On the topic of all things fur-friendly, it's worth keeping an eye out for Council's discounted microchipping events where owners can have their pets microchipped at heavily discounted rates, meaning Council can reunite you with them faster in the event they get out or lost.

For details on where to find your nearest offleash area or an upcoming microchipping event, please check Council's website at www.brisbane.qld.gov.au.

#### PICTURE FRAMING Northside's biggest art material shop The One Stop Shop for Artists

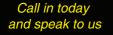
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### EINBUNPIN POSTER COMPETITION



/ photo by Paul Neil

### By Emma Harley

The extremely popular Einbunpin Festival is just around the corner with this year's theme, Celebrating Our Community, putting the Sandgate's citizenry firmly at its centre.

Each year the festival releases a poster that visually represents its theme, with the artwork displayed in shops, community spaces and the festival website.

This annual tradition has taken a different turn this year, with the poster design being run as a competition.

Open to all Year 10, 11 and 12 students; the competition will allow entrants to flaunt their artistic talents and creativity, with the winner receiving a framed poster print of their design.

Councillor Jared Cassidy says the competition is a first for the Einbunpin Festival and an exciting way to get senior students involved.

"Our colouring-in competition for primary school students is a really popular part of our Festival, and we hope our senior students will embrace this new addition," he says.

Local artist and event promoter, Gene Carr, says the competition is a great opportunity to show what the art and design students can do in the local area.

"We started this competition as a way to motivate younger students to pursue careers in art while also giving them a platform through which to expand their art careers," he says.

It will also allow the students to expand their portfolios and add another pathway to an artistic career.

"Entrants are not required to have any qualifications in art or formal skills; it is about creating a piece that can be used by the Sandgate community as a way to promote the festival."

After graduating from high school last year and recently hosting his first art exhibition at Deagon's Artrageous Community Arts and Craft Centre, Gene's passion for art in the community has grown, and he has embraced the opportunity to promote the poster competition.

"I try to contribute by helping others with their art in [any way] that I can," Gene says.

Entries may be drawn, sketched, painted or a collage, but must be submitted electronically (scanned) by 12 May to deagon.ward@bcc.qld.gov.au

For more information on the Einbunpin Festival poster competition or to download an entry, visit einbunpinfestival.org.au

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Tania Milliken and Sandra Maxwell will join the Domestic Violence Prevention Walk. / photo by Paul Neil



# WALK AGAINST VIOLENCE WEDNESDAY 10TH MAY 4.30PM

By Justin Wallace

A peaceful walk through the heart of Sandgate will send a strong and meaningful message against Domestic and Family Violence on Wednesday the 10th of May.

The walk will commence at 4.30pm outside Sandgate Magistrates Court and continue through the Sandgate commercial area on Brighton Road and finish at the Sandgate Town Hall.

This will be followed by a candle lighting ceremony, featuring guest speakers at the Town Hall.

Local Businesses, Community Organisations and Individuals interested in joining in, will all come together to help spread the message that Domestic and Family violence will not be tolerated 'Not Now, Not ever'.

For more than 20 years, Sandgate has been hosting a peaceful walk in recognition of Domestic Violence Prevention month,"

according to Maggie Daunt, Community Programs Manager at SANDBAG (Sandgate and Bracken Ridge Action Group). The walk is being organised by SANDBAG who in conjunction with Act for Kids are also conducting a banner art competition for the Individual/School/Organisation that best depicts what saying no to Domestic and Family Violence means to them. The winners of this will also be announced at the conclusion of the walk. There are cash prizes for both the winners and runners-up.

OUTSIDE SANDGATE MAGISTRATES COURT. DOWN BRIGHTON

RD TO SANDGATE TOWN HALL.

SANDBAG are also calling out for local schools to become leaders in spreading the message about Domestic and Family Violence Prevention and participate in a debate at the end of the walk.

Participants in the walk are encouraged to wear clothing that shows either their organisation's or their own support that Domestic and Family Violence will not be tolerated.

For those individuals who may be struggling with Domestic and Family Violence, SANDBAG also has a counselling program.

Further information on the Walk Against Violence can be found online at: www.sandbag.org.au; www.youtube.com/ watch?v=7uxX\_Jn6b5s and www.communities. qld.gov.au/gateway/not-now-not-ever.

If any have additional questions, contact Maggie Daunt at SANDBAG on 3869 3244.

May 2017

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### De-stress, craft, connect, and share skills and conversation at Womenspace, every third Wednesday of the month.

Many know of the colourful stars woven for the 'One Million Stars to End Violence' project; a Womenspace activity held every second month. Now women are invited to participate in 'Stitched Together', a communal art project with all kinds of crafty goodness to play with, on alternate months.

Local textile artist and WomenCraft facilitator, Kate Jefferay says, "Communal craft is a way of bringing people together to work on a collaborative art project. People share skills and stories with each other and importantly, form new connections within their community. At the same time, they help to create something beautiful."

'Stitched Together' is a collaborative stitching project. "It's essentially a communal artwork that will be gradually added to over a long period of time." No prior experience of sewing is required. If you can hold a needle and have the enthusiasm to join in, then you have all the skills you need, and Kate will be on hand to offer instruction where required. Being a part of the project can be as simple as sewing on a button and people are also welcome to work independently on smaller pieces that can be added to the larger work."

Gail McMeekin, M.S.W., author of 'The 12 Secrets of Highly Creative Women and The Power of Positive Choices' explains, "Thanks to their ability to tune you into yourself and your feelings, crafts clearly have physical, psychological and spiritual powers."

Experience the creation of community through craft at Womenspace — bring a friend, or come alone and make new ones.

### WomenCRAFT 2017

Stitched Together dates: 17 May, 19 July, 20 September, 15 November

Star Weave dates: 19 April, 21 June, 16 August, 18 October

Location: Womenspace, 11 Second Avenue, Sandgate When: Third Wednesday of the month, 10:00 – 11:30am

Cost: Gold coin donation www.womenspace.org.au

> Local artist and facilitator Kate Jefferay / photo by Paul Neil

www.sandgate.com.au

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# **COOL CLASSES THE RIGHT FIT**

### By Emma Harley

### Class is now in session thanks to the very cool and very free Fits'cool fitness classes at the scenic Sandgate waterfront.

Held at Decker Park every Monday, Wednesday and Friday at 6am, Fit'scool offers a free 30-minute exercise program aimed at all ages and fitness levels.

Fit'scool community coach Katie Dempster was

"It was established to be a starting point for individuals and families to create positive and sustainable change in their physical and emotional wellbeing."

It is a journey close to Katie's heart, as she joined the organisation to not only change her life for the better but also to help her son and the community.

"I settled in Brighton with my son eight years ago and just loved the area and community," she says. "My career was in financial planning, however after becoming a single mother my priorities became my son and my health.

"I changed my lifestyle, lost over 20kg and even created a walk and talk page on Facebook with over 200 members to inspire others with their



introduced to the concept in February and was so inspired she started the Sandgate branch, running classes three times a week.

Katie says time and money are the biggest restrictions for most people when it comes to exercise, so Fit'scool aims to solve both those problems.

The classes are free, 30 minutes long and within our own community, so it's a great way to meet locals while getting healthy," she says. own mental health and weight loss.

"I wanted to make a difference and that is when Fit'scool crossed my path."

With future plans to add even more free weekly classes to the Fit'scool program, Katie says she hopes the organisation will help those going through financial, emotional or time stress in their lives to start their day with something positive.

"We are excited when a new person comes and starts their new healthy, active journey, whatever that may be."

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# COUNCIL COMMENCES SANDGATE CBD REVIVAL

Brisbane City Council is revitalising Sandgate's business centre, with works on a \$720,000 project to breathe new life into the area now underway.

City Planning Chairman Julian Simmonds said Council had worked closely with the community to undertake the renewal project, which would focus on the area's southern gateway.

"Council is committed to supporting our suburban business centres, and continues to invest in initiatives to drive economic development in local communities," Cr Simmonds said.

"Sandgate is an important business and community hub that has grown and diversified since the area's original Suburban Centre Improvement Project (SCIP) was delivered, with a variety of shops on Brighton Road and the former semi-industrial area on the corner of Bowser Parade and Rainbow Street now an emerging precinct with a diverse range of businesses.

Council is supporting this growth by revitalising the precinct to ensure it remains vibrant and accessible for residents and visitors and has worked closely with residents and the business community to make this happen."

Cr Simmonds said the renewal project formed an important part of Council's investment in the area as part of a continued push to drive economic activity and attract more visitors to Sandgate.



Sandgate Suburban Centre Improvement Project (SCIP) Renewal Southern Gateway Detailed Plan April 2017

"Council received more than 400 responses from local residents, businesses and property owners as part of a survey undertaken in late 2015 to determine a clear strategy for the future of the area," he said.

"This renewal project is just one result of the feedback received, and Council is continuing to deliver new and innovative project to enhance the area.

"Sandgate is also one of eight suburban centres to benefit from free public wifi as part of the Lord Mayor's \$1 million commitment to expand the city's wifi services across the city.

"The SCIP renewal will deliver new pavement, street furniture, trees and garden beds at the corner of Bowser Parade and Rainbow Streets.

"Several original artworks will also be restored, including two drinking fountains 'Bird Bath' and 'Kissing Fish' by artist Katrina Steel, glazed ceramics inlaid in the pavement entitled 'Soldier Crabs' by Elise Goodrich and the 'Indigenous Cultural Plaques' by Ron Hurley and Delores McDonald."

For more information on the Sandgate SCIP Renewal, visit www.brisbane.qld.gov.au or call Council on 3403 8888.

MAY 2017 TIDE CHART

Time m	Time m	Time m	Time m
			10000
<b>1</b> 0100 2.50	<b>9</b> 0242 0.59	<b>17</b> 0106 2.18	<b>25</b> 0308 0.43
0746 0.59	0829 2.11	0749 0.79	0848 2.19
MO 1325 1.81	TU 1448 0.43	WE 1330 1.67	TH 1512 0.23
1920 0.59	2102 2.34	1921 0.78	2128 2.66
<b>2</b> 0156 2.39	<b>10</b> 0322 0.57	<b>18</b> 0157 2.13	<b>26</b> 0402 0.39
0851 0.65	0905 2.07	0847 0.79	0939 2.14
TU 1435 1.73	WE 1519 0.42	TH 1436 1.66	FR 1556 0.22
2023 0.71	2136 2.38	2024 0.84	2217 2.72
<b>3</b> 0300 2.28	<b>11</b> 0359 0.57	<b>19</b> 0258 2.10	<b>27</b> 0455 0.38
0959 0.67	0938 2.02	0952 0.74	1031 2.06
WE 1552 1.74	TH 1547 0.43	FR 1551 1.73	SA 1640 0.26
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1104 0.64	1011 1.97	1055 0.65	1123 1.98
TH 1706 1.83	FR 1616 0.44	SA 1701 1.87	SU 1725 0.33
2259 0.77	2242 2.39	2256 0.79	2354 2.66
<b>5</b> 0516 2.18 1203 0.58 FR 1809 1.96	<b>13</b> 0509 0.62 1044 1.91 SA 1647 0.48 2315 2.36	<b>21</b> 0510 2.15 1153 0.54 SU 1802 2.05	<b>29</b> 0641 0.46 1217 1.89 MO 1812 0.44
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<b>8</b> 0158 0.62	<b>16</b> 0025 2.25	<b>24</b> 0211 0.50	
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MO 1415 0.45	TU 1239 1.71	WE 1426 0.27	
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# Local Real Estate Trends: RAISING HOMES

Looking for more space and a better view? Consider raising your home. The conventional way of extending a home is to build out, but going under is becoming an increasingly popular approach.

In our local bayside suburbs, builders are wellpractised in jacking up a house and creating more living space at ground level. The 'up and under' approach can maintain the character of an existing house and can also be a good way of complying with any heritage regulations.

Not all houses are suitable for this treatment; they must be timber-framed structures on stumps or brick piers, not on a concrete slab. Full brick or brick-veneer houses are a no-go.

The average cost to lift and re-stump an average size three-bedroom home is between \$20,000 to \$30,000 which is roughly the same as a new roof over a normal extension. The concrete slab is an additional \$20,000 to \$30,000, and from there expect to spend another \$100,000 to \$150,000 for stud walls, plasterboard, stairs and all the other conventional building work. Fitting

out a bathroom will add \$15,000 to \$20,000 to your budget, and a kitchen another \$15,000 to \$20,000. The work can, however, be done progressively over time.

Importantly, there are two legal height requirements that you should be aware of and requirements are dependent on the type of space you're looking to add to your home. 2100mm minimum height includes bathrooms, laundries, toilets, pantries, walk-in wardrobes, corridors, hallways and lobbies. 2400mm minimum height includes bedrooms, living rooms, dining rooms, kitchens, playrooms, family rooms, home theatres, and sunrooms.

Most projects will require written plans, soil tests, engineering, development applications and certification from a building inspector and every project should be assessed on its own merits after seeking professional advice. It's also prudent to consider cost versus resale value of the property to avoid over-capitalising.



Mathew Anderson Anderson Family Real Estate 3203 6001

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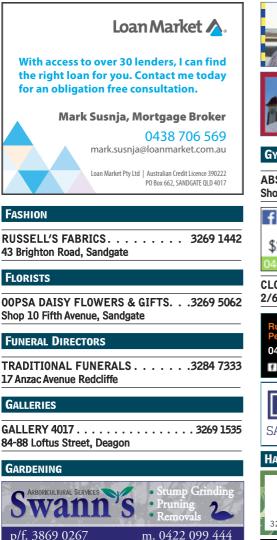
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### Playground Upgrades in Brighton

Brighton locals have a great range of new playgrounds to choose from with several upgrades and brand new playgrounds installed over the past few months.

Wakefield Park (Next to the Brighton Bulldogs) has a brand new playground with swings, slides and other equipment. I surveyed hundreds of local children and families about their ideas and we have a very popular outcome.

I recently surveyed local residents around Princess Street Park about some playground options and this brand new equipment will be installed before the end of June.

Junior Players at the Brighton Roosters have also chosen their favourite option for a new playground at Jim Lawrie Park with the new playground to be installed there in the coming months.

If a park near you needs some new equipment for families in the local area please contact my office and we can add it to the list for upgrades.



