

# sandgate

FREE JUNE 2017

## GUIDE

**JOSIE'S**  
**BLANKET DRIVE**  
**FOR THE**  
**HOMELESS**

**SANDGATE**  
**LOVE RUN**

CALLING  
ALL **SOLE**  
MATES TO  
SHORNCLIFFE  
PIER

*Amoré*  
*Australia*

CLASSIC TUNES  
BY THE BAY

photo by Paul Neil



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**Publisher:** Dominic Alberth  
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**Photography:**  
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**Graphic Designer:**  
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# MUSIC BY THE SEA

*By Donna Phillips*

**Sean Foran (from Trichotomy)  
before intermission Solo Piano Recital**

**Peedu Kass Momentum Trio  
(Estonia) — after intermission**

## SATURDAY JUNE 3

**7.30pm, Sandgate Town Hall**

**Tickets: Adult \$30, Concession: \$25**

Two unique Music By The Sea performances — a solo piano recital by multi-award winning artist Sean Foran, and contemporary jazz by adventurous Estonia's Peedu Kass Momentum Trio - will offer more for Sandgate music buffs in June.

**PROGRAM & BOOKINGS:**  
**MUSICBYTHESEA.COM.AU**

Following on from the release late last year of his most recent solo piano album, *Climb*, and fresh from performances in New York and Chicago, Necks pianist Chris Abrahams' July show at Music By The Sea will be a special event.

## SATURDAY JULY 1

**7.30pm, Sandgate Town Hall**

**Tickets: Adult \$30, Concession: \$25**

Well known for great jazz, experimental work and improvisation, Abrahams combines a probing approach to the sonic potentialities of the piano with a strong emotional and melodic sensibility.

Unfolding from simple starting points, at times his sound maps an almost psychedelic trajectory, expanding to become something hallucinatory and epic.

Abrahams transcends the generally perceived world of music with his use of touch and dynamics, exploring the minutiae of the mechanism by which a piano hammer hits a piano string.

The journey so far encompasses a discography of over 20 works — solos and collaborations — with fellow travellers including Sabine Vogel, The Church, The Whitlams, Midnight Oil, Wendy Matthews, Skunkhour, and Silverchair.

Chris was nominated for Best Original Music Score at the ARIA Awards after producing and arranging music for the Australian film *The Tender Hook* in 2008.

“Routinely in play is Abrahams' penchant for glacial beauty, enigma and a sense of disquiet.”  
— John Shand, SMH

# TURN, TURN, TURN



*By Lisa Adams*

**The Bayside Divas hope to live up to their motto “In Voice We Rejoice” when they present their annual concert, titled Turn, Turn, Turn, later this month. These talented ladies are hoping their many fans will enjoy the experience as much as they do.**

This Brisbane-based women's choir perform mainly contemporary music in and around the bayside area of Sandgate, as well as other locations on the northside of Brisbane.

Directed by Sandra Milliken, an accomplished musician, conductor, and internationally published composer, the group has a joy of performing, hoping to inspire their audiences through both their concerts and recordings.

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

Their latest concert features a range of songs celebrating the four seasons. The performance will include different musical styles and genres from well-known classics

such as the 60's hit ‘California Dreamin’ and ‘It might as well be Spring’ by Rodgers and Hammerstein, to more recent favourites such as a medley from the Disney film Frozen and Fields of Gold, made famous by Sting.

“Some of the songs may be new to the audience, such as ‘White Winter Hymnal’, originally sung by Indie Folk band Fleet Foxes, while others will be well known favourites such as ‘Autumn Leaves’, versions of which have been recorded by artists like Frank Sinatra and Eric Clapton,” explains Christine.

Over the last few years, the Divas' concerts have been sell-out performances and the trend is bound to continue this year, so get in early to avoid disappointment. As well, don't forget to buy your raffle tickets for a chance to win any one of a number of very generous prizes.

■ **For further information or to buy tickets visit [www.baysidedivas.com.au](http://www.baysidedivas.com.au)**

**Saturday 10 June 2pm and 5.30pm  
Sandgate Town Hall**

**Adults \$25, Concession \$20, Under 12yrs \$11, Under 5yrs free**

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# CALLING ALL SOLE MATES

**Lovers who run together have fun together, so keen joggers looking for a heart-filled frolic along the bay should register for the Sandgate Love Run.**

Beginning on the Shorncliffe Pier, the run will continue along Lovers' Walk and down the foreshore before heading back to the pier

Event organiser and running veteran Vanessa Gibson says the team saw a great opportunity for a fun run that truly showcased the Sandgate foreshore.

"We felt the need for an evening event to coincide with a full moon and really put Sandgate on show to the local running community and those all over Brisbane," she says.

"No one else was doing anything about it, so we decided to be the ones to put it on."

With the event incorporating the foreshore's Lovers' Walk, the theme of Lovers was a natural fit for the inaugural event.

Starting and finishing at the Shorncliffe Pier, the Sandgate Love Run has four kilometre and eight kilometre options, with organisers encouraging participants to sign up as couples, be it friends, family or partners

Vanessa says the event will have a great community vibe and while serious runners are more than welcome, the event will focus on fun and participation.

"The mood lighting and music will be really unique, especially under the full moon," she says.

"We also have some great surprises for runners, which will make it a really unique and memorable evening."

Participants will have exclusive use of the Shorncliffe Pier for the event, which will be closed from 4pm.



The atmosphere will be a big part of the run, with mood lighting along the foreshore and music to go with," Vanessa says.

"Every participant receives a medal and we hope to get people of all ages and abilities taking part.

"All are welcome afterwards at the Full Moon Hotel, who have put together a special "Lovers' Menu" for those who want to really make a night of it, or just come along for relaxed drinks and nibbles.

"This will be a night unlike any Sandgate has seen before and all proceeds from the event go towards SANDBAG's Community Café."

■ **Register online at [theloverun.com.au](http://theloverun.com.au)**

**Sandgate Love Run**  
**Saturday June 10, 5:30pm**  
**The Shorncliffe Pier**



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*Before*



*After*



*Before*



*After*

# Medieval Carnivale

*Juggling, minstrels, archery and puppetry... experience medieval merriment, at Sandgate State School's Carnivale!*

by Susannah Holmes

**Begin the day with an espresso coffee and treats from the home bake stall and pull up a seat at one of the many activity tents. Choose from face painting, free paper crown making, or design and decorate your very own shield and sword set.**

**G**et into the theme and join the free juggling workshop in your finest medieval threads. Best costume prizes for children and adults, means men-in-tights sightings are likely!

Over sevens can use longbows and wooden arrows with expert guidance from a medieval re-enactment group who have operated an archery range at the Abbey Medieval Festival for 10 years. Pick up a bow and arrow and try your hand at hitting the target!

Two shows from 'Professor Wallace's Puppet Theatre', featuring Punch and Judy; traditional wooden hand puppets, marionettes and modern Muppets, with both performances including tons of audience interaction.

Primary school students in the local bayside area are competing for cash prizes in the second annual, BIG Talent Quest held from 11:30 am, centre stage. A variety of talent from the kids will entertain even the nastiest knight.

Rainbow Street's Building Block Studio are participating and invite you to build and add your own lance to jousting robots and see who wins the tournament. Will your mini-figure survive the test?

All winners drawn for the Big Raffle will be announced that afternoon, vying for \$1000 cash, a Family Day Pass to Woodford Folk Festival 2017/18, and a Family Day Pass to the Abbey Medieval Festival 2017, to name only a few amazing prizes, plus a cent auction!

The new 'Wipeout Challenge' fair ride is booked with old favourites like the bouncy castle. Satisfy more than your sweet tooth with lunch foods to keep tummies happy.

**Families, show your support for this Sandgate event and enjoy a fun day out with your children, right on your doorstep!**



**Sandgate State School  
54 Rainbow Street,  
Sandgate**

**Sunday, 11 June,  
10am – 3pm**

**FREE ENTRY**

*Jester Wayne Van Wyk and his family / photo by Paul Neil*





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# Amoré Australia

## CLASSIC TUNES BY THE BAY

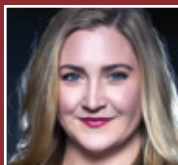
*The newly formed Amorè la Musica is bringing the joy and fun of classical music and opera to Sandgate this month.*



Brett Hann



Daniel Beveridge



Danika Saal



John Woods

**Now's your chance to catch Amorè la Musica presents Amorè Australia, an encore concert on June 17 featuring songs from Australian classics and musical theatre.**

The musical group was formed by baritone Daniel Beveridge and his wife Bronwyn to both share a passion for music, and raising awareness and funds to support those less fortunate in society.

"The kind and generous Amorè la Musica members believe strongly in raising funds to help give people the tools required to help themselves," Daniel says.

"We are proud to be part of the huge charity family that works tirelessly to put our less fortunate citizens in a better place."

Amorè la Musica held its first fundraising concert in May, raising more than \$1300 for three Brisbane charities.

Bronwyn says Sandgate concert-goers can expect something for everyone, with music from The Seekers, Peter Allen, Les Misérables, Fiddler on the Roof, Into the Woods, and much more.

The evening will feature the musical talents of Danika Saal (mezzo-soprano), Marcus Lacy

(tenor), Brett Hann (baritone), Daniel Beveridge (baritone) and John Woods (accompanist).

“They all love to perform and that is why they do it, but they also want to give back to the community,” Bronwyn says.

“Sandgate is beautiful; go for a walk along the pier, have fish and chips at the beach and then come up for a great concert.”

Tickets including light refreshments cost \$28 for adults, \$25 for concession and \$18 for children 12 and under.

Get together a group of 10 people and save — buy eight tickets and bring along an extra two people for free.

For tickets visit [trybooking.com/285288](http://trybooking.com/285288).

For more information visit:

[www.amorelamusica.com.au](http://www.amorelamusica.com.au), phone 0408 268 411 or email [info@amorelamusica.com.au](mailto:info@amorelamusica.com.au).

A Spring Fever concert is planned for September 17 at The Old Museum, Bowen Hills, with all proceeds going to support Brisbane's homeless and disadvantaged.

■ **Amorè Australia will be held on Saturday, June 17 at Sandgate Town Hall, corner Cliff and Seymour streets, at 7pm.**



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# WORLD ENVIRONMENT DAY

## JUNE 5

Leanne Palmer at  
Third Lagoon  
/ photos by Paul Neil

The United Nations promotes World Environment Day as their principal global platform to encourage awareness and action for environmental protection. Starting in 1974, it is now widely celebrated in over 100 countries.

### The theme for 2017 is ... Connecting People to Nature.

by Leanne Palmer

This year there are no organised activities close by, but getting involved can be as simple as going for a walk outdoors, solo, or with family and friends. Make some time, if not on the 5th, perhaps the weekend before. It's really very easy.

#### STEP 1. GO OUTSIDE.

In Sandgate we are spoilt for choice. It's almost impossible to get from A to B without passing some kind of park, reserve, waterway or the foreshore. Sometimes we forget their significance and the enjoyments they offer. Choose your favourite green place or somewhere you've yet to visit. Dowse Lagoon provides a gentle paved stroll with abundant bird life and towering gums. A little wilder, Third Lagoon allows a chance to feel immersed in your surroundings. Raised boardwalks at Tinchi Tamba Wetlands lead you through mangroves and salt marshes. The list goes on...

#### STEP 2. TAKE NOTICE.

You may have been there before but make an effort to see something new. Stay still and be

surprised by the creatures that pass by. Look at the miniature: tiny organisms living on tree trunks and in the leaf litter, the way ants make trails, the veins in leaves, and the camouflage of certain insects. Observe patterns, and the interactions taking place.

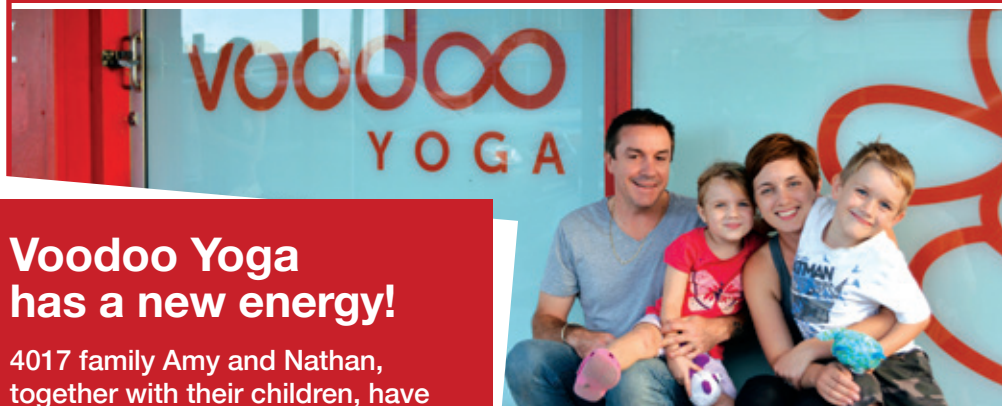
#### STEP 3. ENJOY AND CONTEMPLATE.

Isn't nature amazing? All these different plants and animals, from the ones we can see down to the microscopic. Their lives inextricably entwined, with such robust, yet fragile relationships.

Our modern lifestyles can cause us to forget that we are ultimately dependent on the wellbeing of the natural world. Our positive actions are essential for the benefit of the environment, humanity, and future generations.







## Voodoo Yoga has a new energy!

4017 family Amy and Nathan, together with their children, have recently purchased Voodoo and are breathing new life into the studio.

**O**riginally from Sydney, and having spent more than a decade relocating for work, the family decided to settle here for a nurturing place to raise their children and love the sense of community the 4017 area has.

Since their purchase in early April, Amy and Nathan have renovated the studio and reception area, including building a treatment room which is available for lease by varied practitioners, and revised the pricing structure. They are also in the process of building a new and improved website.

The new timetable, which comes into effect on Monday 5th June, will continue to provide Voodoo's popular heated power yoga sessions (an energetic, low impact alternative to a gym routine). As parents, and having seen the benefits that yoga has on children and teens, the timetable will also have a family focus incorporating teens yoga, Sunday morning kid's yoga (drop the kids at yoga while you hit the markets or grab a coffee!), complimentary childminding during certain sessions and school holiday workshops. The timetable also has a mix of heated and unheated sessions across the styles of Power, Slow Flow, Restorative, Yin and Jivamukti.

Voodoo Yoga has welcomed some new friendly faces to join the existing team of professional and caring instructors. All of Voodoo's instructors are here to help you get the most out of your practice, whether you are new to yoga or an experienced yogi. Providing options and guidance for each pose, Voodoo's instructors help beginners feel comfortable with the basics, allow intermediates to explore the next level, and help experienced yogis to challenge themselves.

Voodoo Yoga's Facebook page continues to be more active, and is a key source of information and happenings. Keep your eye out for instructor profiles, information on the styles of yoga Voodoo offers and short informative videos.

If you have ever wanted to try yoga but not wanted to commit to a long-term contract, Voodoo offers two introductory passes, \$20 for ten days unlimited yoga classes, or \$59 for one months unlimited yoga classes. This offer is valid for new clients or clients who have not been to Voodoo Yoga for 12 months or more. Don't be shy, come along and try it out!

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Chaplain Sam Henley, joined the Radio 96.5 Family morning crew in a live broadcast from Sandgate State School.



Just Married! Tanaya and Dave Connaughton got married in their backyard with friends and family coming from New Zealand and Ireland for the big event.



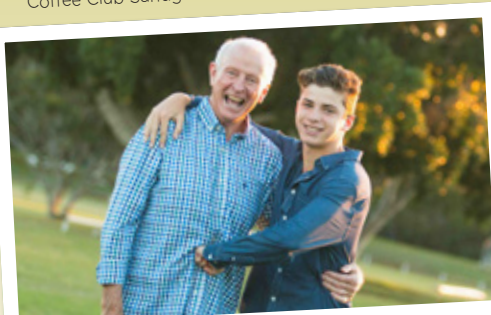
Brisbane Bronco, and old boy of Norris Road State School, Kodi Nikorima was at his old school's 40 Year Anniversary Fete with his Mum, sister and girlfriend Bree.



Jen Gay and her Ukelele band, 'Bramble Bay Ukers' were performing live at the art exhibition launch of paintings by John Blackley and Sandra Walshe at Coffee Club Sandgate.

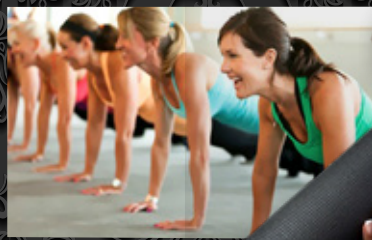


Jennifer Lindemann, Bernadette Hanley and Vanessa Gibson were out 'n' about raising awareness and collecting fabric for Boomerang Bags at Sandgate Mums Night Out at Mr Henderson Bar.



Jim Brophy was in Brisbane for a few days to catch up with family and have a bit of fun with his grandson Lachlan at Curlew Park, Sandgate.

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## CULTURAL FLAVOUR FUSION

**It might be called 3 Blind Mice Café, but you could never accuse its owners of lacking vision thanks to this Sandgate eatery's intense blend of flavours and cuisines.**

Owner Misbah Kane has a long history in the culinary arts, with a background in Pakistani and Indian cooking and a long-held dream to own her own café.

"I was brought up cooking for my family as a young girl, which led to the ownership of an Indian restaurant here in Australia for many years," she says.

"However, during a particularly difficult time in my life, I decided to leave it all behind to study a diploma of hospitality and management at TAFE.

"Now with my experience, qualifications and my goal of owning a cafe, I am looking forward to offering the people of this community something new and fresh."

It was love at first sight when Misbah first saw the café earlier this year, and the result is the culmination of many years of hard work, struggle and focus.

Misbah says she is excited by the way the cafe pushes her creativity, continually improving and changing as time passes.

**“We are very unique and differ from all other cafes around because of my heritage,” she says.**



Misbah and Jay Kane / photos by Paul Neil

"I wanted to infuse my Pakistani upbringing and cooking skills into a traditional cafe setting, and this is starting to take shape.

"I wasn't sure exactly what a Pakistani fusion cafe would look like as there are very few examples, so I am forging my own path in this way, but each day it's becoming clearer what this exciting journey looks like and the customer feedback has been tremendous."

Misbah says the future holds a greater exploration of unique Pakistani fusion cafe dishes.

"At the moment it's going really great, but will only get better as I come up with new flavour combinations and innovative new dishes," she says.

"I also am hoping that the cafe becomes a very real part of this community by supporting community needs.

"I love that Sandgate is such a diverse group of people who join together to make this community beautiful - there is a real sense of ownership and pride within the people here."

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## 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

**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.



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**ECLECTEA**



**FISH ON FLINDERS**



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**Traditional & Modern Cafe Food**

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**2 Queens Parade, Brighton**

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**196 Flinders Pde, Sandgate  
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# Local DINING GUIDE



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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**



**VIET STREET EAT**



**WILD MANNA**



**WILLOW COFFEE & GIFTS**



**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, Sandgate**

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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**

## WILLOW COFFEE & GIFTS

**Feature:** Willow Coffee & Gifts is your one stop shop. Not only do we serve great coffee and gourmet treats, but we also stock a selection of ladies clothing, accessories, and locally made children's wear.

# EVENTS & Notices

JUNE

## NOTICES

### Once in a Blues Moon

Sunday 11 June, Free Event from 3.30pm  
Featuring the Phil Levy Collective from the hills behind Byron Bay playing blues, folk and western swing.  
Where: The Full Moon Hotel Ph 3869 0544

### Sandgate Business Networking

**Next Meetup: Friday 2 June 2017 at 6pm at the Full Moon Hotel**

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](mailto:shop@aaaskinsolutions.com.au)

### Community Markets & Movie Night

Markets will be held Sunday 4th June from 9am-2pm, and the Movie Night and food trucks, featuring "Trolls" will be held Wednesday 14th June at 6pm.  
Where: Bracken Ridge State School, Denham Street, Bracken Ridge.

### Free Legal Advice Clinic

In the spirit of community service, Cudmore Legal will be operating a free legal advice clinic at Sandgate Community Centre fortnightly from 30 May 2017. If you are interested, please book online at [www.cudmorelegal.com.au/clinic](http://www.cudmorelegal.com.au/clinic).  
By appointment only.

### QCWA Sandgate Group

Held on the third Wednesday each month.  
Next meeting Wednesday 21st June 9.30am  
Where: VMR HQ 95 Allpass Pde, Shorncliffe  
At regular meetings we have interesting

speakers, learn or teach new skills/crafts, and enjoy a delicious morning tea — all while making new friends. Small entry fee.  
Contact: [mayes.lesley@yahoo.com.au](mailto:mayes.lesley@yahoo.com.au)

### Sacred Space Workshops

Sacred Space is a weekly session for solitary practitioners of Pagan beliefs to come together to honour the Universe, Elements, Moon and Deities as a group.

It takes place each Monday evening at 7pm for approx. 90 minutes. Cost is \$15 per person, per session, which includes tea, coffee, and all workshop materials.

Where: Thr333fold, 3 Sixth Avenue, Sandgate. Ph: 0412 234 839

### "Evening with Divine Spirit"

Live Platform Reading Public Event + Give-Aways

When: Saturday June 24th 6pm

Where: Sandbag Community Centre  
153 Rainbow Street, Sandgate

Cost: \$40 Single Seat / \$32.50 for 2 Seats or \$30 per seat for 3 seats or more.

Karina and Karen offer you their wealth of valuable experience & spirituality gifts.

For more information visit [www.numerologykarenriley.com.au](http://www.numerologykarenriley.com.au) or for bookings, contact Karen 0400 531 475

### Hair Aid Fundraising Trivia Night

Where: Brighton Roosters Football Club  
When: Saturday 3 June from 7pm

Tickets are \$40 include a meal and entry into the trivia night. Funds raised will help Ms Scherer travel to Manila to join Hair Aid and give back to the local community, by helping low-income and street families in the slums of Manila by simply teaching them to cut hair. Buy tickets at the Brighton Roosters club or call Karen on 0400 190 597





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## THURSDAY 1

Open Mic @ Cardigan Bar

Cardigan Bar 6:30pm

## FRIDAY 2

Darrin Leigh  
Club Sandgate 6:30pmHouse DJ  
Phoenix Bar 6:30pmAKoVA  
Cardigan Bar 7:30pmSteve Hargreaves  
Full Moon Hotel 8pm

## SATURDAY 3

BERT  
Cardigan Bar 5:30pmFacin the Crowd  
Club Sandgate 7:30pmMusic By The Sea Presents  
Sean Foran, and Peedu Kass  
Momentum Trio  
Sandgate Town Hall 7:30pmTyrone Drahm  
Full Moon Hotel 8pmSteve Williamson Duo  
Phoenix Bar and Lounge 8pm

## SUNDAY 4

Dave Orr  
Full Moon Hotel 1pmKate McKay  
Phoenix Bar and Lounge 2pm

Rock and Roll Sunday w/- West

Texas Crude  
Cardigan Bar 4pm

## WEDNESDAY 7

Michael - Seniors Dday  
Club Sandgate 11am

## THURSDAY 8

Open Mic @ Cardigan Bar  
Cardigan Bar 6:30pm

## FRIDAY 9

Woody Dean  
Club Sandgate 6:30pmHouse DJ  
Phoenix Bar and Lounge 6:30pPhil Barlow at Cardigan Bar  
Cardigan Bar 7:30pmReece Freeman  
Full Moon Hotel 8pm

## SATURDAY 10

Celtic Sessions - Irish  
Cardigan Bar 3pmSimply Three  
Club Sandgate 7:30pmKept Secret  
Phoenix Bar and Lounge 8pmMark Chomyn  
Full Moon Hotel 8pm

## SUNDAY 11

New Groove Jazz Band  
Sandgate Town Hall 2pmJamie-Lee Fox  
Phoenix Bar and Lounge 2pm

## SUNDAY 11

Once In A Blues Moon  
Full Moon Hotel 3:30pmDiVersions  
Cardigan Bar 4pm

## THURSDAY 15

Open Mic @ Cardigan Bar  
Cardigan Bar 6:30pm

## FRIDAY 16

House DJ  
Phoenix Bar and Lounge 6:30pMike Winkworth  
Club Sandgate 6:30pmYou & The Night  
Cardigan Bar 7:30pmJimmy D  
Full Moon Hotel 8pm

## SATURDAY 17

Celtic Sessions - Scottish  
Cardigan Bar 3pmAmora Australia - Australian  
Classics and Musical Theatre  
Sandgate Town Hall 7pmGavin Doniger  
Cardigan Bar 7:30pmTriple Play  
Club Sandgate 7:30pmAndy Ellem  
Full Moon Hotel 8pmSoulectrics Duo  
Phoenix Bar and Lounge 8pm

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## SUNDAY 18

Jack Hudson  
Phoenix Bar and Lounge 2pm

Pub Piano Singalong  
Full Moon Hotel 3:30pm

Cheyne Starkie Trio Live  
Cardigan Bar 4pm

## WEDNESDAY 21

Rose - Seniors Day  
Club Sandgate 11am

Po Childs (The Lone Stranger)  
Cardigan Bar 4pm

## THURSDAY 22

Open Mic @ Cardigan Bar

Cardigan Bar 6:30pm

## FRIDAY 23

Jeff Camilleri  
Club Sandgate 6:30pm

House DJ  
Phoenix Bar & Lounge 6:30p

Jon Marsden Solo  
Cardigan Bar 7:30pm

Chris Ramsay  
Full Moon Hotel 8pm

## SATURDAY 24

Nightshift Trio  
Club Sandgate 7:30pm

Steve Sparrow  
Cardigan Bar 7:30pm

Hayley Grace Duo  
Phoenix Bar and Lounge 8pm

Will Day  
Full Moon Hotel 8pm

## SUNDAY 25

Shane Wilkinson  
Full Moon Hotel 1pm

Brad Wild  
Phoenix Bar and Lounge 2pm

## WEDNESDAY 28

Tracy Vaughan - Seniors Day  
Club Sandgate 11am

## THURSDAY 29

Open Mic @ Cardigan Bar  
Cardigan Bar 6:30pm

## FRIDAY 30

Cliffy  
Club Sandgate 6:30pm

Mark Chomyn  
Full Moon Hotel 8pm



# Josie's GIFT

Nine-year-old Josie Borreye's goal to warm the homeless this winter, is gaining traction.

*By Susannah Holmes*

**Josie says, "I want to get a million blankets (laughs), but to be serious maybe about 500. This started because I want the homeless to feel welcome and happy. So many people are helping, it feels good!"**

In conjunction with Orange Sky Laundry, Josie will distribute a donated blanket to people sleeping rough, to assist in keeping the cold at bay during the winter months ahead on the streets.

Orange Sky Laundry is the world's first free mobile laundry service for the homeless, starting in 2014 in Brisbane. Now with eleven services across Australia, Orange Sky Laundry wash and dry over 6.9 tonnes of laundry every week. Of equal importance is the genuine connection OSL make with those less fortunate, gifting positivity and support.

Nashville State School; Sandgate District State High School; Bracken Ridge State High School; Shorncliffe State School; Bracken Ridge State School and St Kieran's Primary School are collection points for donations of blankets, beanies and scarves.

Financial donations to the Orange Sky Laundry charity is encouraged online via their website (listed below). Your time is equally valued as a volunteer to support OSL's services, as a driver, washer/dryer, or conversationalist.



*Josie and her mum, Jacqui / photo by Paul Neil*

“ I want to make a difference to someone because my brother did the Brave Shave and my sister is helping the Syrian Refugees.”

Josie comes from a family of givers. Siarn is eating the rations of a refugee for a week and Jacques shaved for leukaemia. Josie decided she wanted to do something for someone too.

Josie has raised approximately \$500 from local businesses. With further donations Josie can increase her support for those in need.

## Josie's Blanket Drive for the Homeless

Orange Sky Laundry:  
[www.orangeskylaudry.com.au](http://www.orangeskylaudry.com.au)

Donate blankets, beanies and scarves to schools named above

■ For further information, ask for Jacqui Borreye when you phone: 3869 7333

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Zenthai Shiatsu Therapist,  
Keren Dickson  
/ photo by Paul Neil

# the Healing Power of Touch

By Susannah Holmes

**Touch is an important part of living. To feel touched and nurtured helps us to remain resilient, healthy and a balanced human, yet many people are not receiving touch on a daily basis.**

Experienced Zenthai Shiatsu Therapist, Karen Dickson, is presenting the Wise Women's Circle gathering at Womenspace in June, discussing the ways we can experience nourishing touch and the benefits of touch for our health.

Karen explains, "Sometimes all you need is to be held in a big bear hug for the world to feel better! Touch can be subtle and gentle, firm and invigorating, and all things in between."

Wise Women's Circle is a regular monthly group held on the first Wednesday of the month, at Womenspace. A range of eclectic speakers are invited to present each month offering a sample of their wisdom to enlighten, nurture and educate us.

Karen's expertise is in Zenthai Shiatsu, a bodywork modality combining Thai massage, Shiatsu acupressure, osteopathic techniques and fascia work. Zenthai works with the Chinese Medicine meridians and energy techniques which relax, yet re-energise.

Nurturing touch is something we ALL need. It improves our immune systems strength, calms us, helps us to heal both emotionally and physically, and feels great!

Karen invites all women and girls to discuss the ways we can experience nourishing touch and what it does for our health. Learn where emotions can become stuck in our bodies, how to identify and move them in a healthy way and experience hands-on techniques to take home.



A respectful, mindful touch is enjoyable, healing our bodies, healing ourselves through touch."

## Wise Women's Circle: 'Emotions in the Body'

Womenspace,  
11 Second Avenue, Sandgate

Wednesday 7 June, 7:15pm

\$15 non-members, \$12 members  
[www.womenspace.org.au](http://www.womenspace.org.au)

[coordinator@womenspace.org.au](mailto:coordinator@womenspace.org.au)  
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*'Michelle – a client of Anita East, shares her anti-aging journey'*

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**How I looked afterwards:** Results were instant! I immediately looked fresher faced without the plumped up look you scarily see so many celebs with these days. I think this was one of my worst fears but I cannot stress how natural I look and how much better I feel about myself.

**Would I recommend Anita?** Absolutely. Anita is amazingly skilled at what she does, very understanding about what you are trying to achieve and works with you to refine your natural features and leave you feeling very confident!

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Kate with her son, Brian  
remembers a younger  
Sandgate  
/ photo by Paul Neil

---

*50 years ago*, the face of Sandgate looked very different to the fast growing and ever changing suburb it has developed into today. One of the Sandgate area's oldest residents, 103 year old Kate, remembers a younger Sandgate. Although she has seen a lot of change over the years, she believes it remains in essence, the same.

---

# An Age *of* Memories

By Ellen Moynihan

Kate was born in Lancashire, England, in 1914 and moved to Australia in 1958 with her husband and son, Brian. After moving to the Sandgate area, Kate joined the British Ladies Club, and soon became a prominent member. The Ladies Club was a bit of an icon in Sandgate, and the members used to go on outings, have card nights and help out the local community. "We would all take turns at being the president," says Kate, "I had some wonderful times there."

Some of Kate's other favourite memories of Sandgate include playing indoor bowls at the Brighton Bowls Club, shopping in Bayards, a department store of the time, going to the picture theatres that used to be in Sandgate, the Bon Accord and the Beach theatre, and

taking her family on picnics to Suttons Beach at Redcliffe.

Kate explains that hard work has always been one of the most significant and important parts of her life,

“ I have worked my entire life,” she says, “the day I turned 14 I left school and began work as a cleaner for 5 shillings a week.” Over the years, she also worked in a fish and chip shop, then at the courier mail.

Though she is the second born of seven children, only one of Kate's siblings is still alive. Her sister, Joan, is in her 80s living in England, and still rings Kate every week. Kate has two granddaughters, Debra and Julie, four great grandchildren, Bradley, Amy, Olivia and Nicholaas, and the family hopes that a great, great grandchild may soon be on the way.

Kate hopes to spend many more years enjoying life in Sandgate, and watching the area she has come to love continue to evolve.

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# FRIDAY TIME OUT

Local young people have a place to meet and relax thanks to a program at Sandgate Police Citizens Youth Club (PCYC).



/ photo by Paul Neil

*By Christine Chamberlain*

**Once a month youth are invited to a free afternoon of fun hosted by the PCYC called Free Friday, which includes afternoon tea, games and activities.**

PCYC youth development officer Mandy Cotterill says the program began almost a year ago with the idea of offering a safe, carefree place for young people to hang out.

“You can do your own thing, meet other young people, have some fun, play some games, have some food and see what’s going on at the PCYC,” Mandy says.

The program is ideally aimed at high school students, aged 12-17 years, and youth attend for a variety of reasons.

“We have a pool table, air hockey, half basketball court, Yu-Gi-Oh and Pokémon cards, some food, drink and music,” she says.

“We throw some bean bags on the floor so young people can come and get involved or just hang out; it’s totally up to them.”

Mandy says the Free Fridays are also a great chance for PCYC staff to talk to the area’s young people and see what they are up to and gain feedback about what’s needed in the local community.

“Our Youth Management Team (YMT) are looking at running a Hunger Games movie marathon over two weeks in July. Free Fridays give us a chance to sound out these kind of ideas.”

PCYC also invite young people to join the YMT.

Free Friday is held on the first Friday of each month, with the next one being held on 2 June. There is no need to book, just turn up between 3.30pm and 4.30pm.

■ **For more information about any programs at Sandgate PCYC phone: 3269 5358 or follow them on Facebook.**

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# WINNING STREAK FOR SANDGATE TENNIS STAR

By Susie Laery

**Sport is in the blood for local tennis success story Emily Connolly who has just completed a winning streak of tennis victories with her team at St Paul's College.**

At the age of two Emily Connolly was participating in toddler tennis lessons at 'Club Coops' in Carseldine. Both her and her brother Patrick played tennis from an early age at the urging of their father Dean Connolly.

"Emily was very athletic, perhaps due to the competition offered by an older brother," says father Dean.

**"She had a natural style in most sports she tried. She tended to achieve higher levels than her commitment to training deserved."**

Having started playing competitively in Year 8 at St Paul's College, Emily and her team have not been defeated to date. The girls' last win secured them a 5th consecutive 'Open Girls Tennis Premiership' title.

"This last premiership was quite an achievement as all the girls had dropped out of the sport at competitive/tournament levels and still managed an undefeated season," says Dean.

It was in Year 8 that the girls qualified for the Year 12 'Open First' team and helped their team win the premiership that year. For the next three years, they have helped retain further premiership victories.

Emily has trained for many years at 'Club Coops', however over the last couple of years she has avoided the courts and spent most of her time in the gym.

In the past, she would train 3-4 days per week and play tournaments or fixtures most weekends. Family holidays were held in conjunction with tournament locations.

For now, Emily has decided to retire from tennis, as it is a time-hungry sport to be competing at representative levels. She is concentrating on health and fitness and studying hard to achieve good grades at school.

"Although I don't play competitively any more, the discipline I have had through training has carried through and I am able to apply this to all aspects of my life. Having this last success has been a great career ending. With the pressure of competing at tournament level against one another removed, we had a really enjoyable season", says Emily.





*G. R. Brown*  
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# A WORD FROM OUR REPRESENTATIVES

## Cr Jared Cassidy



I participated in the annual SANDBAG Peaceful Walk against domestic and family violence in our community last month. With record crowds and police from right across the Northside of Brisbane, it's clear that our community says not now,

not ever. If you or someone you know ever need assistance, be sure to contact DVconnect on 1800 811 811.

I am pleased to sponsor The Sandgate Sunset Run team's new running event, the Sandgate Love Run. The event will be held on Saturday 10th June from 5:30pm, starting and finishing at the Shorncliffe Pier and running down Lovers' Walk and along the Sandgate foreshore, with events including 4km and 8km. For more information visit [www.theloverun.com.au](http://www.theloverun.com.au)

Sandgate State School will host their annual Carnivale on Sunday 11 June from 10am to 3pm. This annual event is always a family favourite — make sure you head along. I have provided a grant to help support this great event.

The Council budget will be handed down by the Lord Mayor on 14 June. I have been advocating for funding for local projects including the Brighton Foreshore upgrade and improvements to the Einbunpin Lagoon and many other local projects.

## Stirling Hinchliffe MP



On Sunday 18 June I will be co-hosting this year's local "Men's Health Week" event with Councillor Jared Cassidy on the beautiful Brighton foreshore. Join us at 9am for a "Men's Health Walk" followed by a sausage

sizzle to promote community awareness about men's health and well-being.

"Men's Health Week" runs from 12-18 June and aims to raise awareness of preventable health problems by engaging men of all ages within the community through local events.

In most countries, including Australia, the status of male health is generally poorer than that of females.

More men die at each stage throughout life — having more accidents and suffering from more lifestyle related health conditions than females of the same age. Despite these statistics, men are less likely to visit general practitioners or speak up about their health and well-being.

For more details, contact my office on 3639 9100 or [sandgate@parliament.qld.gov.au](mailto:sandgate@parliament.qld.gov.au) or Councillor Cassidy's office on 3667 6011 [deagon.ward@bcc.qld.gov.au](mailto:deagon.ward@bcc.qld.gov.au)

I hope to see you there!

## Cr Amanda Cooper



Brisbane City Council's kerbside collection is an annual service across Brisbane. This is a great initiative by Council to assist residents to dispose of unwanted household items.

The collection dates have now been released for the Northern suburbs and I have included them below for your information.

Please do not place your items on the kerb until the weekend before the collection date as illegal dumping fines may apply. Remember

to keep piles to a maximum of 2 cubic metres, and ensure the footpath and roadway are kept clear. Remove doors from refrigerators and cupboards, remain mindful not to leave out sharp or dangerous objects, and only put out items small enough for two people to safely lift. For a full list of acceptable items, visit Council's website or contact my Office on 3667 6000.

- Aspley 4 September 2017
- Bald Hills 10 July 2017
- Bracken Ridge 10 July 2017
- Carseldine 28 August 2017
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# Rise to Raise

## RESEARCH FUNDS FOR

# MULTIPLE SCLEROSIS

**BREAKFAST AT COFFEE CLUB FRIDAY 9 JUNE**

**Member for Sandgate, Stirling Hinchliffe is encouraging members of the 4017 community to join him for breakfast at the Coffee Club, Sandgate on Friday 9 June to help raise vital funds for research into Multiple Sclerosis.**

Mr Hinchliffe says he will be joined by his good friend of over 25 years and special guest speaker Gary Allen, who lives with Multiple Sclerosis and has an amazing insight into the progress of research and emerging treatment options.

“Gary is a 46 year old Brisbane Husband and Dad, who works full time and runs a blog. He also happens to live with multiple sclerosis, which for the last 8 years has been progressive”.

“Gary serves as an unofficial ambassador, speaking often about living with MS and MS Queensland,” Mr Hinchliffe said.

Mr Hinchliffe also said Gary was the first person in the world to receive an experimental treatment for progressive MS.

Also in attendance will be well known Sandgate Local, John Blackley, who is again leading a team in the annual Multiple Sclerosis Bike Ride.



*Join Stirling Hinchliffe at the Coffee Club, Sandgate for this year's MS Breakfast*

The breakfast costs \$30 per person, with \$10 dollars from each meal going towards Multiple Sclerosis research.

Jeanine from the Coffee Club, Sandgate said they were again delighted to be hosting the breakfast, which will consist of an alternate drop between their famous Bacon and Eggs or Eggs Benedict with exciting raffles and a lucky door prize to be won.

Joining Mr Hinchliffe in supporting the event will be Deagon Ward Councillor, Jared Cassidy Federal Member for Lilley, Wayne Swan MP, Priceline Pharmacy and the Coffee Club.

**■ Please RSVP to Stirling Hinchliffe's office by calling (07) 3639 9100 or via email: [Sandgate@parliament.qld.gov.au](mailto:Sandgate@parliament.qld.gov.au) by Wednesday, 7 June.**

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# Big Change, 'Small' Business.

Big tax change becomes law (Definition of small business now up-to- 10 million in turnover, instant asset write-off still there for another 12 months)

**The government's hard-fought change to the corporate tax rate for small businesses has also altered the definition of "small business" to now include companies with up to \$10 million in annual turnover, meaning budget pledges to extend a number of tax concessions to more Australian companies will be realised.**

When it unveiled its Ten Year Enterprise Tax Plan in the 2016 federal budget, the government promised to "put small business first" by extending the turnover threshold for a number of tax benefits previously on offer for companies with up to \$2 million in annual turnover.

These include access to the immediate asset write-off scheme when investing in items worth up to \$20,000, simplified rules around stock takes, the option of accounting for GST on a cash basis, and the opportunity to take up more simplified PAYG processes.

While the changes do not change eligibility for capital gains tax concessions for small businesses, which currently apply to those with a turnover of \$2 million or less, they were projected at the time of last year's budget to extend benefits to 90,000 more Australian businesses.

Small businesses are the engine room of our economy. The changes will mean businesses of up to \$10 million in turnover will be able to immediately start claiming the concessions;

the government's tax bill that has recently passed on Friday essentially shifted the definition of small businesses to those with up to \$10 million in annual turnover.

The tax rate for eligible companies has reduced from 30% to now 27.5% from 01/07/2016 and if you operate your business through an entity other than a company the threshold for 8% tax discount (up to \$1,000) is for businesses turning over up to \$5 million.

Businesses can buy office equipment, install fit-outs, new tables, chairs, photocopiers, and 3D printers [through that write-off] ...

The notion of going out and replacing old equipment with the new has become a lot more attractive. It's a really good example of how things should work.

The Budget handed down on 09/05/2017 has indicated the \$20,000 instant asset write-offs are for companies turning over up to \$10 million and now runs until 30th June 2018. .

■ **Please contact Tim Wilshire**  
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So what renovations can you make to a property that adds the most value? Here are my top 3 changes you can make to a property to deliver a high rate of return, time after time.

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Adding an extra bedroom can cost on average \$50,000–\$80,000 but can have a massive financial upside. Properties are typically valued by two primary means: land size and the number of bedrooms. You can't change the land size but you can certainly add a bedroom.

## STRATEGY 3: UPDATE YOUR KITCHEN

The kitchen can make or break a sale and as a general rule of thumb, two per cent of the house value is your budget. That's \$10,000 on a \$500,000 home. You can paint old cupboards and replace the doors and handles. Replace the bench top, appliances and old, outdated taps.

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## Tide Times June 2017

Time m	Time m	Time m	Time
<b>1</b> 0232 2.29 0928 0.61 TH 1525 1.79 ● 2112 0.79	<b>9</b> 0340 0.60 0911 1.90 FR 1517 0.41 ○ 2147 2.42	<b>17</b> 0220 2.16 0912 0.63 SA 1514 1.81 ● 2106 0.79	<b>25</b> 0447 0.37 1018 1.98 SU 1624 0.23 2251 2.73
<b>2</b> 0332 2.17 1024 0.60 FR 1633 1.86 2226 0.83	<b>10</b> 0418 0.60 0946 1.88 SA 1550 0.42 2221 2.42	<b>18</b> 0322 2.12 1011 0.56 SU 1625 1.93 2222 0.78	<b>26</b> 0537 0.37 1110 1.95 MO 1710 0.30 2338 2.66
<b>3</b> 0434 2.08 1119 0.58 SA 1736 1.96 2337 0.82	<b>11</b> 0453 0.61 1022 1.86 SU 1623 0.45 2254 2.40	<b>19</b> 0429 2.09 1111 0.48 MO 1732 2.09 2337 0.72	<b>27</b> 0626 0.41 1202 1.91 TU 1758 0.40
<b>4</b> 0533 2.02 1209 0.54 SU 1830 2.09	<b>12</b> 0528 0.63 1058 1.83 MO 1657 0.49 2329 2.36	<b>20</b> 0533 2.09 1209 0.39 TU 1832 2.27	<b>28</b> 0024 2.55 0713 0.46 WE 1253 1.87 1845 0.53
<b>5</b> 0039 0.77 0626 1.99 MO 1254 0.50 1917 2.20	<b>13</b> 0605 0.65 1138 1.80 TU 1733 0.55	<b>21</b> 0049 0.63 0634 2.08 WE 1305 0.31 1929 2.45	<b>29</b> 0110 2.40 0713 0.52 TH 1347 1.84 1937 0.66
<b>6</b> 0132 0.71 0713 1.97 TU 1334 0.46 1958 2.29	<b>14</b> 0005 2.31 0643 0.67 WE 1221 1.77 1813 0.62	<b>22</b> 0156 0.54 0733 2.06 TH 1358 0.25 2022 2.59	<b>30</b> 0157 2.23 0846 0.56 FR 1446 1.83 2036 0.79
<b>7</b> 0219 0.66 0756 1.95 WE 1410 0.43 2036 2.36	<b>15</b> 0043 2.26 0726 0.68 TH 1309 1.75 1859 0.69	<b>23</b> 0257 0.46 0830 2.04 FR 1448 0.22 2114 2.69	
<b>8</b> 0301 0.63 0834 1.93 TH 1444 0.42 2112 2.40	<b>16</b> 0128 2.21 0816 0.67 FR 1407 1.76 1956 0.76	<b>24</b> 0353 0.40 0925 2.01 SA 1537 0.21 ● 2203 2.74	





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