

sandgate

FREE OCTOBER 2018

GUIDE

BRIGHTON BULLDOGS **GALA DAY**

GET YOUR GREEK ON

GREEK AFFAIR & **MULTICULTURAL** FESTIVAL

**TRADES
& HOME
SERVICES**
DIRECTORY
INSIDE

5x THE
**SUNSET
FUN RUN**

photo by Paul Neil

Pauly Fenech's



HOUSES

BOGAN BIBLE



2 HOUR

COMEDY

SHOW

WITH
SPECIAL
GUEST

Vanessa
The Bestest Ass in Sunnyvale™

TICKETS FROM \$30

SUNDAY 21 OCT @ 7PM

TICKETS AVAILABLE ONLINE OR FROM THE BRT RECEPTION



• **DROUGHT RELIEF EVENT** •
SAT 17 NOV • NOON - LATE



BRT

BRACKEN RIDGE TAVERN

Proudly family owned

BRACKEN RIDGE TAVERN

Cnr Denham & Barrett Sts | 3269 7011 | thebrt.com





**Northside Family
Law Centre**



**All your family needs,
in one place.**

Northside Family Law Centre is your local family law firm. We offer city experience, with local convenience. Providing expert advice in the areas of Family Law, Wills and Estates and Conveyancing.

- Family Law
- Children's matters
- Conveyancing
- Wills and Estates
- Power of Attorney
- Domestic Violence

**“Ask us about preparing
for your family's future”**

T: 07 3733 1234 | info@northsidefamilylaw.com.au
89 Brighton Road, Sandgate Qld 4017

www.northsidefamilylaw.com.au

Contents



06 The Brighton Bulldogs are ready to celebrate at their big Gala Day.



14 Sandgate Sunset Run is having its fifth birthday party.



22 Love Handmade markets will be popping up at Sandgate Town Hall.

08 PLANTING PARTY

Hop, buzz or scurry to Dowse Lagoon for a wetland planting party.

10 GET YOUR GREEK ON

You won't want to miss this year's Greek Affair & Multicultural Festival.

28 EXPRESSIONS POTTERY EXHIBIT

Lovers of handmade pottery and sculpture are looking forward to the annual Expressions exhibition in Sandgate.

32 WELLBEING WORKSHOPS

Help is on hand at Sandgate's Ten Wellbeing Workshops.

36 NATIONAL OP SHOP WEEK

Campaign to raise awareness of the important role of charity shops in our community.

42 THE BOGAN BOOK OF COMEDY

Pauly Fenech brings his 'Bogan Bible' comedy show featuring Vanessa Davis to the Bracken Ridge Tavern.

48 GIG GUIDE

Plenty of talented musicians lined up for this month.

52 DINING GUIDE

Have a beer, and now you can also have a bite at Mr Henderson, at the all new Mr Henderson's Kitchen.

78 TRADES & HOME SERVICES

Find skilled local professionals.

A Note FROM THE TEAM

Winter is finally behind us!
What better way to welcome the warmer months than with some fun in the sun, or better yet, at sunset!

The Sandgate Sunset Run marks its five-year milestone with an expected 800+ runners participating in this popular event. Flick to page 14 to find out how to get your running fix!

Starting to panic about Christmas shopping? Get organised with these local art and craft events:

The Shorncliffe Pottery Club will host the annual Expressions exhibition at Sandgate Town Hall from Thursday 18th to Sunday 21st October. The show will primarily feature pottery and sculpture, but will also showcase work from local painters, artisans and photographers.

The popular Love Handmade markets are making their way to Sandgate. On Sunday, 4th November local makers and crafters will sell their original wares in the Sandgate Town Hall. You'll be sure to find a present or two hiding there.

Are you looking for a creative outlet for your spare time? The Sandgate Guide are on the hunt for writers! If you are someone who has their finger on the local pulse, please email us at info@sandgate.com.au to register your interest.



EDITOR *Elise Alberth*

PUBLISHER

Dominic Alberth

EDITOR

Elise Alberth

PHOTOS

Paul Neil

DESIGN

Crystal Gentry

WRITERS

Brooke Jacobson
Christine Chamberlain
Jacqueline Henry
Leanne Palmer
Kylie Fennell
Philip Woods

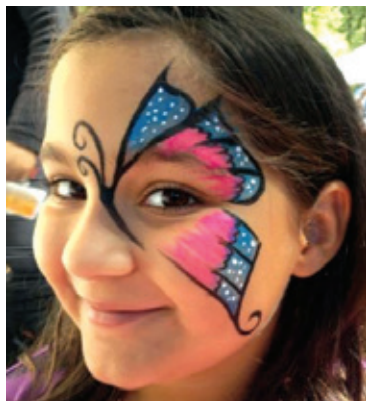
STORY IDEAS

info@sandgate.com.au

ADVERTISING ENQUIRIES

Kristy Yaldwyn
0415 868 471
kristy@sandgate.com.au

The Sandgate Guide is intended for informational purposes. The Publisher and other affiliated parties do not endorse and are not responsible for any third-party contributor information, nor do we endorse the content of any advertisement. Our editors take reasonable care in the development of this publication. However, we do not assume any responsibility for any errors or omissions this Guide may contain.



Bulldogs' Gala Bash

Story *Christine Chamberlain*

After a successful season, the Brighton Bulldogs are ready to hang up their boots and celebrate their annual Gala Day event.

Each year the football club's Gala Day brings together past and present members, players, coaches, volunteers, their families and the local community.

The afternoon will kick off at 3.30pm with presentations for the MiniRoos and the club's junior and senior teams. This year the club fielded 12 competitive teams from juniors and seniors through to Over 30s and 45s.

Afterwards, the family fun continues with an afternoon filled with entertainment, carnival rides, food and drink, finishing with the famous fireworks specular.

This year, the entertainment promises to be bigger and better than ever, with football challenges, bubble soccer, rides, rock wall, jumping castle and more. Ride passes will be available to purchase on the day.

Back by popular demand is the Food Truck zone featuring a wide range of dinner options to suit all ages and budgets. The club canteen will also be open, selling food and drinks.

Club president Nick James says 2018 has been a transitional year for the club with a new management committee dedicated to improving the club both financially and on the field.

"For the first time, we have formed an all-girls U9 team, which has been a great success, and we

hope to build on female participation in all age groups in the coming years," Nick says.

"We have also appointed a head coach to oversee the development of all our young players, at all skill levels."

Nick says the Gala Day is a great opportunity for teams and supporters to get together and celebrate their season, but also a chance to reach out to the community and thank volunteers.

“ Our community is pivotal to the success of our club.”

This spring the club is holding an inaugural five-a-side competition, which will hopefully become a regular end-of-season fixture. The competition will run for eight weeks, kicking off October 10.

■ More info: brightonbulldogs.org.au
Brighton Bulldogs Gala Day
Saturday 20 October from 3.30pm
Fireworks start at 7.30pm



Photo by
Paul Neil

Lachlan, Taria,
Sophie, Dray,
Rahema

DENTISTS

Dr Collins & Dr Emad

- **NO GAP** for check up & clean for children under 16 with Funds
- **NO GAP** for Child Medicare
- Pensioner Discounts
- OPEN EVENINGS & SATURDAYS

Clean and Polish **\$80**

PREFERRED PROVIDERS FOR



HICAPS



VETERAN'S
AFFAIRS



medicare



Shop 14 Corner Lagoon and Hancock St, Sandgate

next to café 63

3269 6252




Holy Cross
FUNERALS

Prearrange today for however
you choose to say goodbye

Phone: **07 3293 0555**

Email: info@holycrossfunerals.com

www.holycrossfunerals.com



An Apostolic Work of the Catholic Church



Hop, buzz or scurry to Dowse Lagoon for a wetland planting party

Plant a shrub in Sandgate and make a difference to birds all over the world

Story Jacqueline Henry Photo Paul Neil

To celebrate the 25th anniversary of Dowse Lagoon being nominated as a Ramsar wetland of international significance, Keep Sandgate Beautiful Association (KSBA) is inviting the community to be part of a wetland planting on Saturday, 20th October.

The objective of the day is to put in 1,500 low growing, wetland plants that will provide food for insects, which will sustain the birds that live and visit the lagoon.

KSBA vice president Linda McMahon said, "It's a great time to do a mass planting as the Brisbane City Council recently cleared the area of para grass.

"The new plants will diversify the ground cover and low growing plants providing an environment for insects to flourish, which will feed birds from all over the world.

"If we plant the plants, the birds will come," Linda said.

Moreton Bay is significant because it is one of the most important migratory wader sites in

Australia, supporting large numbers of species and individuals.

During summer, 32 types of waders, comprising of over 40,000 birds visit the area. Many of those birds and a considerable number of waterfowl depend on the bay's freshwater wetlands, including Dowse Lagoon, for habitat, making it a wetland of international significance.

The Ramsar Convention provides a framework for the conservation and wise use of wetlands and their resources. The initial treaty was signed in the Iranian city of Ramsar in 1971 and Moreton Bay, including Dowse Lagoon, was listed on October 22, 1993.

"Geckoes Wildlife will be on site from 10am to 1pm so you can meet some of the birds, frogs, snakes and turtles who will live among the plants," Linda said. "You will also be able to learn about the Ramsar Convention and more about the 188 different bird species who visit Dowse Lagoon or call it home.

"If you would like to help with the planting, come anytime between 8am and 2pm with hat, sturdy footwear, gloves and drink."

■ **For more information, follow 'Keep Sandgate Beautiful Association' on Facebook. Location: Dowse Lagoon (near Keogh Street).**



• TUESDAY 6TH NOVEMBER 2018 •

MELBOURNE CUP *Luncheon*

ANY 2 COURSES FROM THE SPECIAL MENU \$28.90

— NORMAL MENU AVAILABLE —

TAB FACILITIES • PRIZES

BRIGHTON HOTEL

196 BRIGHTON TERRACE, SANDGATE 4017 QLD • PH: 3269 1971 • WWW.BRIGHTONHOTELMOTEL.COM.AU



**LIMITED
SEATING AVAILABLE
BOOK NOW**
Ph. 3269 1971

HAMPERS TO BE WON,
DOUBLE ENTRIES ON
MELBOURNE CUP DAY

Are you looking for investment advice?



Peter Carpenter can assist you with a range of investment needs from buying and selling shares to comprehensive financial planning.

- Stockbroking
- Superannuation Advice
- Retirement Planning
- Portfolio Administration
- Self Managed Super Funds




Peter Carpenter
Private Wealth Adviser
BBus(Hons) DFS(FP)
Authorised Representative
000295165

**Call 3897 3992
or 0433 709 164**

peter.carpenter@morgans.com.au
www.morgans.com.au/redcliffe
Mon Komo Commercial Suites
Level 1, 99 Marine Parade, Redcliffe

Morgans Financial Limited ABN 49 010 669 726 AFSL 235410 A Participant of ASX Group A Professional Partner of the Financial Planning Association of Australia



Eleni and
Despina Poullos
/ photo by
Paul Neil

GET YOUR GREEK ON

Story *Christine Chamberlain*

The Greek are famous for their food and hospitality, so you won't want to miss this year's Greek Affair & Multicultural Festival.

The Parish of St Paraskevi at Taigum is hosting the huge celebration of Greek culture and multiculturalism in North Brisbane and the whole community is welcome.

The parish has been hosting the festival since 1999 and secretary Maria Comino says the special day began so the parish could give the local community an understanding of their culture through food, music and entertainment.

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

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

The day runs from 9am to 4pm on Sunday October 7 and will feature a live Greek band, church tours and cooking demonstrations.

As a special treat, one of the cooking demonstrations will be led by Geni Papacostas, who was a finalist in season one of MasterChef.

Geni has a passion for food and nutrition and has travelled to Greece many times to experience the food from different regions.

"She is a wonderful cook, a great presenter with a wealth of knowledge of food, and has conducted a number of cooking demonstrations for us in the past with great success," Maria says.

Be entertained throughout the day by Greek and Cypriot dancers, as well as Middle Eastern and Indian dancers.


"It is a fun day for the whole family," Maria says.

Get to taste a wide variety of Greek cuisine including souvlakia, pitta wraps, halloumi cheese, moussaka, spinach pie, dolmathes and more. For the sweet tooth there will be baklava, honey puffs, Galaktoboureko (custard slice) and shortbreads.

Beer (including Greek beer), wine, and soft drink will be on sale, as well as a Greek coffeehouse (Kafeneion).

For the little people there will be children's activities, rides, jumping castle, face painting, fairy floss, popcorn and snow cones.

■ *The Parish of St Paraskevi is at 241 Church Road, Taigum. The Greek Affair Multicultural Festival, Sunday, 7th October from 9am-4pm.*



Go with
our bayside's
most trusted
real estate

www.ratemyagent.com.au

call or email for your
free property
value report

Over 70-years in real estate and making a difference

JIM MCKEERING



REAL ESTATE - EST 1946

p: 3269 1276
e: info@jimmckeering.com.au
w: www.jimmckeering.com.au



Double, Double Toil and Trouble

South East Queensland Symphonic Winds (SEQSW) invites you to join them for an afternoon of magic, mystery and the macabre.

Magic takes centre stage as they perform a selection of enchanting music that will transport you to another realm with everyone's favourite wizard, *Harry Potter*, and will take you on a mystical journey as you follow the path of Rossano Galante's *Last Centaur*.

But not all things magical are good and pure...

Be prepared for the darker side of Halloween as the band takes you on a journey through the haunted fun-house of Robert Buckley's *Smoke and Mirrors* and the classic *In the Hall of the Mountain King*.

Bring the whole family for a fun and spooky afternoon at the Sandgate Town Hall, where this time, you get to be part of the show, with an award for best Halloween costume.

The SEQSW is a 55-piece concert band, providing an opportunity for musicians of all ages to perform together. They continue their series of featured events at the Sandgate Town Hall following the great success of *On Broadway* earlier this year.

Sandgate Town Hall

Sunday, 28th October, 1pm

Tickets at the door \$10, Children under 10 are free

Relax, Paint, Sip, Create

Do you like the idea of a gathering of friends and strangers, perhaps a glass of wine, a blank canvas, and step-by-step guidance from an artist on how to create your own masterpiece?

On 11th October, the Bracken Ridge Tavern will host a 'Paint and Sip' workshop for those who wish to find or free their inner artist.

"It's a fully guided experience; we provide everything you will need, from paints and brushes to the instructions on how to use them, and people get to paint their own canvas which they can take home," says Nita Thomas, owner and operator of Peaceful Palette, a business specialising in artistic experiences.

This workshop will focus on a Moonlight Waterfall image selected by Nita, but the way participants choose to interpret it is up to them. "We don't make people use particular colours or paint it a certain way; it's really just however they feel like creating it and we guide them on the way."

"It's an increasingly popular and affordable date-night experience for couples, but also great for singles or groups of friends," Nita tells us. "There's no judgement or critiquing, it's really just about unwinding, relaxing and enjoying it."

Join in and express yourself!

■ **For more information or to book, go to www.peacefulpalette.com.au**



ANITA EAST
MEDISPA

WHO ARE WE *and* WHAT DO WE DO?

Rebecca

Cosmetic Medicine
Skin Therapist

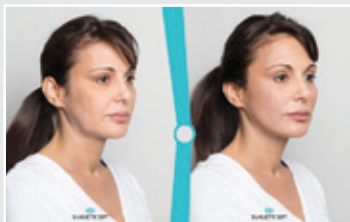
"I perform the skin consultations for our skin care range. I also do the medical grade peels, microdermabrasion, Dermapen needling, laser and skin rejuvenation facial treatments. I also offer brow sculpting and tinting."



Anita

Medical Director
and CEO

"I perform the Silhouette Soft® Thread Lift, O-Shot®. I also perform all the medical cosmetic injectable treatments such as; Dermal Filler, Anti-Wrinkle, IV Nutrition and Vitamin therapy, Vampire Face Lift, Vampire Breast Lift, Vampire Facial, and Fat Dissolving treatments."



We are only 1 of 7 registered practices in Brisbane who are permitted to perform the Silhouette Soft® Thread Lift.

We are only 1 of 3 registered practices in Qld who are permitted to perform the true O-Shot®, Vampire Face Lift®, Vampire Breast Lift® and Vampire Facial®.

CALL US & BOOK TODAY

0413 231 100 | info@anitaeast.com.au | www.anitaeast.com.au
Location 2/7 Second Avenue, Sandgate QLD 4017

5X THE SUNSET FUN



Story *Christine Chamberlain*

Dust off your joggers and get ready to celebrate because the Sandgate Sunset Run is having its fifth birthday party, and everyone is invited.

To mark the five-year celebrations on Saturday, October 13th, a brand-new event, the Hot Lap, has been introduced where participants run one fast lap around the roundabout for a cash prize.

Event director Vanessa Gibson says reaching the five-year milestone is a real reflection of the wonderful support from our active local community.

"From what started as a random idea in a local coffee shop has become one of the best nights out in Sandgate," Vanessa says.

"It's been a big learning curve over the five years, so we are pretty excited to have made it this far."

The run is expected to attract more than 800 runners and about 2000 spectators and will also feature the two-hour Open Relay, a 40-minute Social Relay, a Junior Relay for 10-15-year-olds, as well as a Kids' Dash for those aged nine and under.



The afternoon, which runs from 4pm to 8pm, will also feature World Food Markets, free entertainment, a kids' disco and much more.

“While we have events suitable for every age group and ability, we get that not everyone wants to run. There's plenty to do and see for those who want to come along and support,” Vanessa says.

This year's run will be supporting the Indigenous Marathon Foundation (IMF). The IMF is a health promotion charity established in 2013 by marathon champion Robert de Castella.

One of IMF's programs is Deadly Runners – a free, local, grass-roots group for people starting out on their running or walking journey.

Event co-director Dean Gibson says it's a perfect fit for the Sandgate Sunset Run.

“We've recently seen a Deadly Runners group start up in Sandgate and the ripple effects are already evident,” Dean says.

“We share the same community spirit and values, and we just love the positive difference that the Indigenous Marathon Foundation is making in communities right around the country, as well as right here in Sandgate.”

*Sandgate Sunset Run,
Saturday 13th October
4pm to 8pm @ Sandgate town centre
Visit sandgatesunsetrun.com.au*

Great coffee,
great service,
great company.

**Three
Wise
Monkeys**
cafe

f @ ThreeWiseMonkeysCafe | Open 8am, 7 days a week | Ask about our Seniors discount
Serving breakfast, lunch, cakes, fresh juice, house drinks and Brisbane's favourite Campos Coffee

Campos | **BrackenRidge**
Plaza

T: 07 3261 6102 | Bracken Ridge Plaza, Shop 20,
Cnr of Telegraph & Norris Rds, Bracken Ridge

Music By the Sea

SANDGATE TOWN HALL

► October: The Streeton Trio

Saturday, 6th October at 7.30pm

Streeton Trio performs chamber music from nineteenth century Bohemia, celebrating the traditional and innovative work of that period in *Tales from Bohemia*, with compositions by luminaries Smetana, Dvorak and Suk.



► November: Simon Tedeschi Solo Piano Recital

Story Donna Phillips Photo Cole Bennetts

The young lion of Australian classical piano is sitting on the floor with his legs in lotus position, playing the piano backwards. Just like dressing up in 18th century garb with hilarious over-sized powder wig, frock coat and shoe buckles, he's up for a laugh to show-off the classics. But when Simon Tedeschi performs locally in early November, it's a composed demeanour that will bring the magnificence of masters Brahms and Schubert to the room.

The Sandgate Town Hall audience is accustomed to world-class music. What can they expect from this concert? "Some of the greatest music ever written by the German romantics as well as my customary bad jokes."

What is it about these two composers that appeals to you? "These two composers put melody above everything else—and their music goes beyond the ego into the realm of universal experience."

Are there sections that are more challenging to play? "Everything is difficult to play, especially when you're dealing with composers of such a sanctified tradition and language. Schubert is like meditation, so any tension on my part will easily be felt by the audience — that's probably the most challenging aspect of the program."

Have you been moved to tears while playing a particular piece of music? "Yes, frequently during the first movement of the Fantasy Sonata (by Schubert). That opening is probably the most beautiful thing I've ever heard."

Why would a concert pianist enjoy fishing?... was the topic of an article you published in the Sydney Morning Herald. Would you consider throwing a line out at Baxter's Jetty on Cabbage Tree Creek? "I'd love to but doubt I'll have time, sadly. I like fishing (except I feel sorry for the fish, so it's complicated) but am so impractical that I generally need help in aspects like knots etc."

Saturday, 3rd November at 7.30pm

Sandgate Town Hall

Tickets online: musicbythesea.com.au

THE FULL MOON HOTEL PRESENTS THE

PIMM'S

POP-UP

GARDEN PARTY

Melbourne Cup 2018

TUESDAY 6 NOV from 11:30am

TAB FROM 8AM

LIVE RACE COVERAGE

WIDE SCREEN TVS

LIVE MUSICIAN

SWEEP TICKETS

LUCKY DOOR PRIZE

EXCLUSIVE USE OF THE DECK

BEST DRESSED FILLY AND STALLION

\$85

PP LUNCH & BEVERAGE PACKAGE:
CANAPES, CHEESES & PETIT SWEETS
PIMMS, PROSECCO & DRAUGHT ALES

Book Tickets

VIA WEBSITE FULLMOONHOTEL.COM.AU

FULL MOON HOTEL

118 Eagle Terrace Sandgate

PH 3869 0544

www.fullmoonhotel.com.au

the best of british



coldplay · rolling stones

dire straits · queen

elton john · david bowie

cat stevens · the beatles

supertramp · the kinks

saturday 20th october

from 9pm

performed by

stevenson street band

FREE EVENT

FULL MOON HOTEL

118 Eagle Terrace Sandgate

PH 3869 0544

www.fullmoonhotel.com.au



Will Brisbane Match the West in Environmental Protection?

A proposal has been put forward to Brisbane City Council to place nets over stormwater drains to prevent rubbish washing into waterways, a move already being successfully trialled by Kwinana City Council in Western Australia.

Councillor for Deagon Ward Jared Cassidy is calling for Brisbane to follow the lead of the WA council.

Over a period of five months in the city south of Perth, the outlets of two stormwater drainage pipes (measuring 750mm and 450mm) were covered with nets. The nets were cleared three times during this period, resulting in the capture of 370kg of rubbish that would otherwise have entered the city's main nature reserve.

Cr Cassidy said the nets proved to be simple, cost-effective, low maintenance tools for keeping rubbish out of the water.

"They would seem to be a great fit for our region and I'm calling on the council to trial the nets over at least one of the pipes," Cr Cassidy said.

Others supporting the trial include Cr Charles Strunk of Forest Lake, and Members of the Brisbane City Council's Labour Opposition.

Currently traps to catch 'gross pollutants' (including plastics, cigarette butts and polystyrene) are used in some business premises, however large quantities of waste still find their way into the drains, before entering Moreton Bay and other environmentally-sensitive areas.

Cr Cassidy said that in the WA trial, less than \$20,000 covered the cost of design, manufacture, installation and associated civil works for the two nets.

Once they are installed, it is believed that periodic clearing of the nets would require minimal addition to existing maintenance costs. They are easily lifted into council trucks by machine and taken to a waste sorting station.

"We must never stop looking for solutions to keep our waterways clean and protect our wildlife," Cr Cassidy said. "This is a great idea and it's as simple as the drain plug in your sink. I'm calling on Brisbane to take the initiative and trial these nets."

SP Church

SANDGATE PRESBYTERIAN

A Friendly Family Church in Sandgate



OUR NEW MINISTER'S FAMILY

“Our Vision is to reach
Sandgate and surrounding
areas, all ages and all people
groups with the love of
Jesus Christ

Come and Involve”

OUR WORSHIP TIME

Worship: Sunday 9:00AM

Share group: Wednesday 7:00PM

Kids Church: Sunday 9:00AM- 9:30AM

Young Adult Group: 3rd Thursday 7:00PM

Contact: Rev. Emmanuvel Jhonly
50 Loudon St, Sandgate 0738693010

www.spchurch.co

Facebook:

www.facebook.com/spchurch.co/



BRIGHTON BOWLS CLUB



KENO
let's play!

USET

TRY BAREFOOT BOWLS

OPEN TO THE
PUBLIC

1ST SUNDAY OF THE MONTH - FROM 9:30



FRIDAY NIGHT ENTERTAINMENT

BISTRO • ENTERTAINMENT • FAMILIES WELCOME

TEL: 3269 2385 • FAX: 3869 2404

147 NORTHCOTE STREET, BRIGHTON
EMAIL: ADMIN@BRIGHTONBOWLS.ORG

WWW.BRIGHTONBOWLS.ORG

VISIT OUR WEBSITE FOR LATEST INFO AND TO VIEW/PRINT NEWSLETTER



Twilight Fun for Everyone

Story *Sally Eberhardt*

Relax and enjoy an evening of family, food and fun this month at the Twilight Markets at Taigum's Salvation Army Church.

Organiser Annie Senden says visitors can experience an array of international foods, explore the range of stalls and enjoy entertainment for all ages.

"Mums and Dads can relax to the sounds of local musicians while the kids are busy with activities including bouncing on the jumping castle, petting animals and having their face painted."

"With over 60 stalls displaying giftware, clothes, toys, jewellery and more, this is an opportunity to do some Christmas shopping without the hustle and bustle."

"We make each Twilight Market a little different from the last so there is always something new to be discovered."

Annie says this wonderful event really brings the community together and lets the community know that the Salvos are there for them.

"Everyone can have a great evening together, as well as promoting the efforts of the Salvos."

The proceeds from the Market helps support the work the Salvos do with the youth and children of the community.

Come along for a fun family evening under the stars.

Salvation Army North Brisbane Church
Saturday, 27th October, 4-8pm
Corner Handford and Roghan Roads, Taigum

Join the Walk for Premis

This month, walk to raise money to help save the lives of Premmie babies and provide support to their families.

Life's Little Treasures Foundation will this year host the ninth annual Walk for Premis at 12 locations across Australia, one being at Arthur Davis Park, Sandgate.

Premature birth is currently one of the leading causes of death in newborns in Australia.

The important fundraising work this organisation does, with Walk for Premis being one of the many fundraising events, goes towards providing support, friendship and individually tailored information for families of premature and sick children.

Life's Little Treasures Foundation CEO Shusannah Morris says, "We'd love people to register to walk with us, come along and enjoy a fun day out, knowing the funds raised are making significant change," she says. "Together we can make a difference."

The day will also include a remembrance ceremony and a BYO picnic with children's entertainment. Everyone who completes the walk will receive a participation medal.

■ **The event will be held on Sunday, 28th October from 8.30am to 12.30pm. Cost to participate is \$27 for adults, \$15 for children, and \$8 for infants under 2 years old. To register for the walk, visit walkforpremis.org.au.**

PICTURE FRAMING

**Northside's biggest
art material shop**
The One Stop Shop for Artists

18 Years Experience
Custom Framing
Artwork
Memorabilia
Stitchwork
Photos
Prints
much more...

Ready Made Frames



Mon-Fri: 9am - 5pm Sat 9am - 1pm

*Call in today
and speak to us*

3869 2444

FOR ART CLASSES & SOCIETIES GO TO OUR WEBSITE

140 Braun Street, DEAGON | www.arthousenorthside.com.au

ARTHOUSE NORTHSIDE



Early Learning Centre

enrol now!



Kids on Craig Early Learning Centre

8 Craig St, Brighton Qld 4017

Phone Kerry on 3869 4188

to come in and see our beautiful centre
Open 6.15am – 6.15pm, Monday to Friday

- ♥ A holistic approach to teaching and providing educational programs
- ♥ Delicious meals prepared by Kids Gourmet Food
- ♥ Vacancies available from ages 6 weeks to 5yrs.
- ♥ Open ended play spaces created in natural environments

We Handmade!



Story *Donna Roberts* Photo *Paul Neil*

The Love Handmade markets will be popping up at the Sandgate Town Hall on Sunday, 4th November.

A passionate advocate for locally-made and designed products, founder and curator of the markets, Janmaree Lowe is excited to be bringing her popular markets to our side of Moreton Bay.

"The maker movement is global and not slowing!" Janmaree says.

"Love Handmade Markets' mission is to leave a legacy and inspire our communities to be creative—to create with our hands.

"In a fast-paced life many people are craving a more simple life connected with their local community, and want to know where our products are made and by who.

"There is this incredible beauty in owning an item that has been locally made and often made just for you!"

Love Handmade devotees will already know that the markets make regular appearances in Redcliffe and Samford, and Janmaree is determined to make the markets an annual event in Sandgate.

"I've received so many requests over the years to bring my markets to Sandgate and am excited to make this a reality as many of our makers reside in the local area," Janmaree said.

The Love Handmade markets will host 60 stalls offering an eclectic mix of beautiful products such as jewellery, handbags, skincare, kokedama, art, ceramics, eco wares and so much more... just in time to pick up some Christmas presents!



"The market features a diverse range of made in Brisbane wares by makers from our backyard, which is really special," Janmaree said.

"Maker highlights include Sew Suzie, Luvia Designs, Indulgence at Shorncliffe, To a Tee Design, Market Living, Vovo & Yo, Bliss & Co, Pattie Murray Ceramics, Affrica Renee, The New Divine and Lil' Apotheca.

"The makers are all at the top of their game."

In addition to the goods on offer, Janmaree has organised for some stalls that will cater to your tastebuds.

"The coffee cart will be open, and food stalls will offer on-the-go menus — vegan raw treats, artisanal biscuits and fudge," Janmaree said.

Janmaree is also looking forward to the variety of entertainment that will be on offer at the markets.

"There will be live music, crafty demonstrations, locals popping up shop and (it) promises to be one of our biggest showcases yet—all indoors at the historic Sandgate Town Hall," Janmaree said.

"Sandgate is a beautiful town and I am excited to bring Love Handmade markets to life here."

Love Handmade Markets

Sandgate Town Hall

Sunday 4th November, 8am-1pm

www.love-handmade.com.au

**DO YOU HAVE
A BIRTHDAY
IN OCTOBER?**

*Get a 45 Minute Massage
for the price of 30 minutes*

Physiotherapy • Massage
Acupuncture • Pilates

medibank
Bupa

Sandgate Physical Health Clinic

Phone 3869 1099

119 Brighton Rd, Sandgate
www.sphc.net.au

2019

Lord Mayor's Australia Day Awards

Do you know someone who has made
Brisbane an even better place?
Nominate them now for an award.

For information visit brisbane.qld.gov.au
or call Brisbane City Council on 3403 8888.



Australia Day



Dedicated to a better Brisbane



*Cr Jared Cassidy, Steven Dooley, Renee Kearney
Photo: Paul Neil*

A Good Sign for Local Business

In another step forward for small business in Sandgate, Councillor Jared Cassidy has organised the installation of a sign on the footpath at the entrance to Sandgate on Bowser Parade, which will provide a map of the area and a directory of local businesses.

Cr Cassidy surveyed the local business community and had an encouraging response. "The feedback I have received has been great, not just about the opportunity to have their business on the map, but also the ideas for other local events to help support local businesses," Cr Cassidy says.

"The key theme out of responses so far has been more markets and small local events. I have already discussed this with the Sandgate Chamber of Commerce and we're working on progressing some of these ideas."

The current sign looks like it will fill up fast, and more signs are planned around the community, including along the foreshore and in Brighton, Zillmere and Boondall.

"I hope to get most local businesses on board," Cr Cassidy said. "There is a great range, with larger businesses that employ dozens of people to single operator small businesses. The key is to showcase all of our unique businesses."

Hawks Celebrate 75 Years

Back in 1943, the Sandgate Australian Football Club made its humble beginnings when a South Australian man gathered a group of local boys to form a Club.

What started with this initial group training on the Deagon Oval, progressed to one team of teenagers competing in the Brisbane competition the following year.

Over the subsequent three years of its existence, the Club featured in Junior, Colts and Reserve Grade premierships.

This year marks 70 years since the Hawks were elevated to A Grade in the Brisbane competition.

This year also marks the Club's 75th anniversary. To commemorate this milestone, a pictorial and written history of the Sandgate Hawks has been compiled in a book due to launch in October.

Members past and present are invited to attend the Club's 75th Anniversary celebration on Saturday 6th October at the Lemke Road Clubhouse commencing at 6pm. Tickets are \$30 and can be purchased through the Hawks Sporting Club by email admin@sandgatehawks.com or phone 3363 9666.

Pets of Sandgate

Your Local Pet Experts • Over 5000 Products in Store

OPEN 7 DAYS

Dogs & Cats Don't Eat Grains In The Wild. That is Why Grain Free Pet Food Is Now The Number 1 Choice for Pet Lovers in Sandgate



Grain Free Pet Foods: Ivory Coat, Black Hawk Grain Free, Meals for Mutts, Savour Life and BARF

ROYAL CANIN, Purina, Black & Tan, ADVANCE, Comfortis, Panoram, NexGard, BRAVecto, revolution, Interceptor, Advocate, ENJOY

PH: 3869 1884 121b Brighton Road, Sandgate · www.petsofsandgate.com.au

SOUTH EAST QUEENSLAND SYMPHONIC WINDS PRESENTS

Double double, toil and trouble

Magic takes centre stage as we bring to you a selection of enchanting music that will transport you to another realm. And this time you get to be part of the show, with an **award for best Halloween costume**.

Bring the whole family for a fun and spooky afternoon at the Sandgate Town Hall.

28 October 2018

SANDGATE TOWN HALL | 1:00PM

TICKETS: \$10 | Free for under 10s

Tickets available at the door

South East Queensland
Symphonic Winds

www.seqsw.org.au



Kim Mancini

ARTIST OF THE MONTH

"As a teacher of art, I strive to assist everyone in realising that art is accessible to all, that we can all find a way to love art, be it as a collector or as a creator of it. So in some way even if we don't paint or create art, we are still artists because as collectors, we create a space to display and enjoy our artwork."

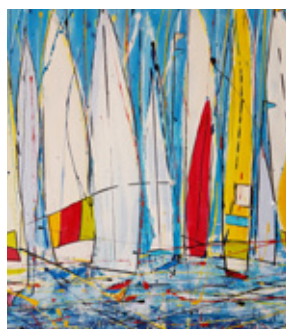
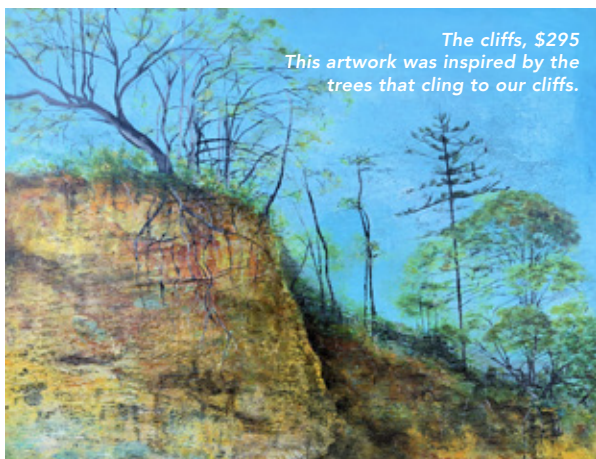
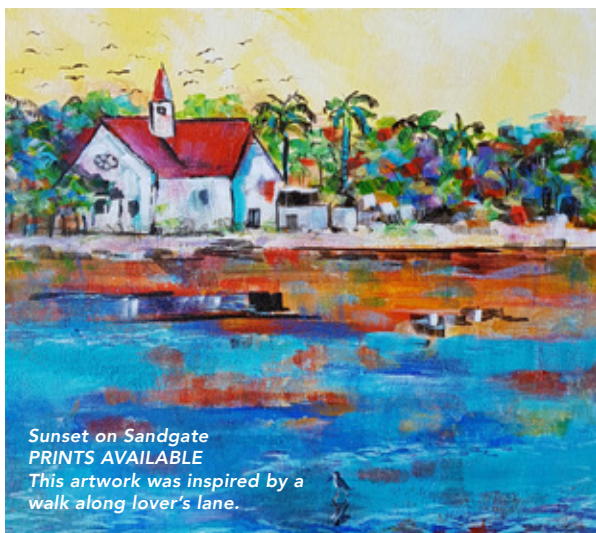
Mancini Art Gallery in Deagon has been established for 14 years. Kim's studio gallery has continued to grow and evolve according to the needs of her community. It's a place where you can simply enjoy the art, or purchase an artwork, or maybe order a commission. You can also learn how to make and create artworks in her classes that are suitable for all ages.

Why not join a class now and find the artist within.

Mancini Art Gallery

Shop 6
140 Braun Street
Deagon

Ph: 0402 473 083



Sandgate Sails
This artwork is all about the race — Brisbane to Gladstone



Still life with leaves, \$295
This artwork is all about the colours that I see in my community.

Why not make 2018 all about you?

All About Living - your local Home Care Package Provider of choice

Providing over 25 years of in-home support in:

- Nursing & allied health
- Home & garden help
- Transport and shopping
- Meal preparation

Receive the very best support from local people you know and trust

Competitive rates & low admin costs

Talk to our friendly care team

☎ 07 3269 1915

✉ info@allaboutliving.com.au



Can you talk confidently about your story and the value you add at work?

Have you become lazy in keeping yourself current and relevant?

Are you going through the motions but yearning for something more?

This is your Career Wakeup Call!

Lynda Bundock from **Top Job Coaching** has developed her seven-step process to Find Work that Loves you Back.

No more waiting for an opportunity to arrive - take back control and create the future you want.

Half-day workshops are held at **The Full Moon Hotel in Sandgate** - morning and evening options.

Visit www.relaunchyourcareer.com.au for dates, times. **BOOK NOW! ONLY \$79**



Lynda Bundock, Principal Consultant
TOP JOB COACHING

M: 0498 652 917

E: lynda@topjobcoaching.com.au

W: www.relaunchyourcareer.com.au



/ photo by Paul Neil

Wheel turns on another year for pottery exhibit

Lovers of handmade pottery and sculpture are looking forward to the annual **Expressions** exhibition in Sandgate.



Story Brooke Jacobson

Hosted by the Shorncliffe Pottery Club at the Sandgate Town Hall, the exhibition is now in its 11th year. Club president Margaret Pettit said it was a highlight in the calendar for craft lovers everywhere.

"There has really been a resurgence in pottery and handmade goods generally," she said.

"Every time we have this exhibit, and again after the Einbunpin Festival where we have two stalls, we get more new members. I'd say we're getting two or three new members to the club each week.

"I think people are really disillusioned with buying things from factories that all look the same – people are looking for something unique and they're looking to create something unique as well."

Margaret has been a potter since the early 1980s and joined the Shorncliffe Pottery Club in 2008.

"It's a craft that you can really get lost in," she said.

"Especially when you're working on the wheel; once the clay is centred, you just live it. Even though it's work, it's relaxing at the same time."

The theme of this year's Expressions exhibit is Ancient and Emerging Pottery.

"We're hoping to have lots of things like medieval water jugs, gargoyles and things like that," Margaret said.

"There will be a diverse range of pottery and sculpture."

The exhibit also features works from local painters, artisans and photographers.

"We will have a table featuring pottery works that are priced at \$30 or under and this is really a great time for people to start their Christmas shopping," Margaret said.

"The pottery club gets a lot of support from SasArt (Sandgate Art Society) and they are helping us with setting up the exhibition, which is wonderful."

Expressions 2018 Exhibition opens on Thursday, 18th October at the Sandgate Town Hall, with an opening night event on Friday, 19th October from 6pm.

Expressions 2018 Opening dates/times

Thursday, 18th October from 6pm-9pm

Friday, 19th October from 9am-10pm

Saturday, 20th October from 9am-7pm

Sunday, 21st October from 9am-2pm



/ photo by Paul Neil

■ For information, contact Margaret on ph. 0497 280 008 or email: margaretpettit4@gmail.com



**Orthotics • Home Visits
Diabetics & General Foot Care**

Private Health Funds • DVA • EPC Referrals



Fiona Green
Podiatry

tel. 3269 3795

Shop 11/15
Lascelles St Brighton

Shop 7 Sandgate Arcade
Cnr Brighton Rd &
Second Ave Sandgate



Venus
SKIN & BODY

Specialising in:

- Waxing • Oxygen Facials
- Pedicure & Manicure
- Skin Rejuvenation
- Body Treatments
- Spray Tan • Lash Lifting
- Lash Extensions
- Eyebrow Shaping
- Pamper Packages

131 DEAGON ST,
SANDGATE
3869 1855
venusskinandbody.com.au

**GIFT
CERTIFICATES
AVAILABLE**



The Pen Is Mighty.

Sandgate Guide is looking for writers to join our team.

Contact Us
info@sandgate.com.au
0450 078 200

sandgate
GUIDE

Sandgate Pool Now Open All Year Round

The Sandgate pool has reopened this school holidays for good, with winter closures now a thing of the past.

While construction of the new, 10 lane heated indoor pool continues, the 50m pool and recently upgraded aquatic play area will be open for use.

Entry for the public will be via the Flinders Parade gates (near Arthur Davis Park) while the new entrance and facilities are being constructed.

You will notice a few other changes when you visit. There is now more shade at the aquatic play area, and there will be much more seating for parents. The area has been landscaped and there are new murals.

Councillor Jared Cassidy said locals are excited to finally see this upgrade happen.

"It has been a very long time coming, but once complete, the Sandgate Pool will be one of the best in Brisbane.

"I want to thank Craig and his team at Australian Crawl who manage the pool and have invested a large amount into our community.

"The next step is to work towards getting the 50m pool heated too so we can have 16 lanes open all year round."

While the main toilets and change rooms are still being constructed, there are brand new toilets near the aquatic play area, and there will be other temporary amenities until the new ones are completed.

The new pool, kiosk, change rooms and gym are all on track to be completed by early next year. This will see the Sandgate aquatic centre open all year round.

ONLY MACCA'S® BRACKEN RIDGE TRY US AND COMPARE



SERVING IN OUR COMMUNITY

ONLY MACCA'S BRACKEN RIDGE FOR
THE FRIENDLY FACES YOU KNOW.

256 TELEGRAPH ROAD
PH: 3261 7300



INTRODUCING



Available between 10:30AM and 10:00PM in store only excluding MyMacca's® Mobile ordering. See www.mcdonalds.com.au/create-your-taste for participating restaurants.



McCafé

open 24 hours

DRIVE-THRU 24HRS
WEDNESDAY
TO SUNDAY

McDELIVERY®
ORDER ONLINE

MCDONALDS.COM.AU/MCDELIVERY
MCDELIVERY 4:30PM TO 9:30PM DAILY
MINIMUM ORDER & DELIVERY CHARGES APPLY.
CREATE YOUR TASTE™ COMING SOON!
(YOUR CHOICE OF 3 CREATE YOUR TASTE BURGERS AVAILABLE)



BUY 1
GET 1 FREE
BIG MAC®



PARENT/CAREER MUST BE PRESENT FOR A CHILD UNDER 14 YEARS TO REDEEM THIS CARD. Hand in this card when ordering to receive offer. Limit of one card per person per day. Not to be used in conjunction with or to discount any other offer or with an Extra Value Meal™ purchase. Available after 10:30am. Not redeemable via McDelivery®, mobile ordering or self-ordering kiosks in Restaurants. Valid until 30/11/18 at McDonald's, Bracken Ridge.



BUY 1
GET 1 FREE
McCAFÉ® COFFEE

(TO THE SAME OR LESSER VALUE)



PARENT/CAREER MUST BE PRESENT FOR A CHILD UNDER 14 YEARS TO REDEEM THIS CARD. Hand in this card when ordering to receive offer. Limit of one offer per person per day. Not to be used in conjunction with or to discount any other offer. Not redeemable via McDelivery®, mobile ordering or self-ordering kiosks in Restaurants. Valid until 30/11/18 at McDonald's, Bracken Ridge.

McCafé

topwok

chinese take-away or dine in

Jimmy, Jessica
and Christine



Made uniquely fresh
and especially for you!

Bracken Ridge Plaza
Cnr Telegraph and Norris Road
Bracken Ridge

• Ph 3261 1753

...A better you, **TODAY!**

HEALTH + Wellness

Sandgate's Ten Wellbeing Workshops Charity Event

■ Sessions tickets are \$10 each or \$5 for concession. Purchased via www.trybooking.com/xwme

When:
Sunday 7th October &
Sunday 14th October –
1pm-6pm

Where:
Sandgate Eco-friendly
Retreat, 9 Derris Lane,
Sandgate

WELLBEING WORKSHOPS FROM LOCAL PROFESSIONALS - all proceeds to charity

Do you struggle finding a healthy work/life balance?
Do you want to get your eating habits on track?
Could your emotional wellbeing do with a boost?

These are common issues many of us face every day. Fortunately, help is on hand at the upcoming mental health week charity event, to be held at Sandgate's Eco-friendly Retreat on Sunday 7th and 14th October.

Event organiser and psychologist, Lisa Johnson, says the event is open to anyone interested in their own wellbeing and keeping their loved ones healthy.

"There's something for everyone in our wide range of sessions across the two days. Attendees will learn new tools and insights to help them create a healthy work/life balance, feel better emotionally and look after their physical, mental and emotional health as a whole."

Through more than 20 years of experience combining holistic, preventative and evidence-based approaches to enhance health and happiness, and as a university psychology lecturer, Ms Johnson saw the need for hosting a local wellbeing event.

"Recent research published in the Journal of Abnormal Psychology suggests that 80% of us will experience a mental health concern in our lifetime. Unfortunately, negative attitudes and avoidance in talking about mental health is detrimental and can cause loss of life, breakdowns in families and loss of employment."

Ms Johnson said collaboration was important to addressing mental health concerns, prompting her to partner with 11 local health professionals who have all donated their time to support the event.

"Sandgate has so many talented, diverse and experienced health practitioners and I want to give our community a chance to meet and learn from them."

The event will raise funds for Peach Tree Perinatal Wellness – a not-for-profit organisation that provides vital support for families experiencing mental illness, particularly to mothers dealing with pre- and post-natal depression.

high

VIBE VEGAN
MARKETS

Every Second Saturday of the Month
9 am to 1:30 pm

Scouts Hall 134 Brighton Road Sandgate

0402141170 or 0408797361  High Vibe Vegan Markets

Markets start on
November 10th

& will be held every
second Saturday
of each month



Begin Your Healing Pathway Here

Homeopathy: 0414 421 675 Carolyn

Bowen & Reiki: 0428 734 146 Julia

Spiritually Gifted Readings:
0400 531 475 Karen

Holistic Wellbeing Clinic At Deagon

Shop 5 Kift St, Deagon
www.essentialhomeopathics.com



SANDGATE
PODIATRY

- Next day orthotics • General nail and skin care
- Diabetic foot care

3269 4273 | Shop 2, 109 Brighton Rd, Sandgate
www.sandgatepodiatry.com.au



VIROGA

Yoga Studio
Health Spa

Yoga • Massage • Energy Therapies • Workshops

Seaview St Brighton  www.viroga.com.au



Spiral Light
Healing

CLARE 0417 480 634
clare@spirallight.com.au

For relief from physical pain and mental,
emotional or spiritual issues

- BOWEN TECHNIQUE • REIKI
- JOHN OF GOD CRYSTAL BED HEALING

www.spirallight.com.au



assethealth
AUSTRALIA

EXERCISE PHYSIOLOGY

YOUR GREATEST ASSET IS YOUR
HEALTH, INVEST IN YOURSELF

0427 758 788

INFO@ASSETHEALTH.COM.AU

MEDICARE AND PRIVATE HEALTH REBATES AVAILABLE

ZILLMERE DENTURES



Denise and Jan
Shop 3, 67 Dunsford St, Zillmere

3265 7652

www.zillmeredentureclinic.com.au



WELLBEING WORKSHOPS

/ photo by Paul Neil

EVENT SCHEDULE

14TH OCTOBER...

1PM: Amy Van de Belt & Lisa Johnson - Yoga and Meditation

Yoga and meditation for stress and anxiety reduction. Explore how certain yoga poses, breathwork and visualisation can assist your mental health.

2PM: Simone Sutherland - Remedial Massage Therapist

The healing power of essential oils on emotions. Discover how the oils work on the emotions and how they can assist your home and workplace.

3PM: Jennifer Coleman - Acupuncturist

Feeling good inside and out. How stress and hormones affect our physical appearance and how acupuncture can assist.

4PM: Jules Kellow, Sally Davidson & Lisa Johnson - Remedial Therapies

Learn massage and reflexology to improve mental health. Learn how massage and reflexology can reduce depression, anxiety and stress.

5PM: Kerry Jeffs & Lisa Johnson - Personal Trainer

Exercise, food selection and mindful eating. Prepare a healthy meal in 3 minutes and benefit from mindful eating.

7TH OCTOBER...

1PM: Pam Hird - Naturopath, Nutrition, and Personal Trainer

Adrenals, burnout and mental health. Explore strategies from natural medicine, nutrition and exercise.

2PM: Joel Delaney - Acupuncturist

Exploring links between pain and emotions. Understanding possible emotional connections with pain and why it hasn't fully cleared and 5 keys to getting change.

3PM: Lisa Johnson - Psychologist

Selfcare and mindfulness strategies to enhance health. Explore a holistic range of daily practices that can boost your physical and emotional wellbeing.

4PM: Alisa Jones - Nutritionist

The effects of diet and gut health on mental health. Gut brain connection, healthy fats and benefits to brain health. Keeping your gut happy to support mental health.

5PM: Katie Stevenson - Acupuncturist

Assisting depression, anxiety and stress. Discussing the use of acupuncture for emotional conditions such as anxiety disorders, stress and depression.

Sandgate's Ten Wellbeing Workshops Charity Event

Sandgate's Eco-Friendly Retreat
Sunday 7th & 14th October 1pm - 6pm
Bookings: www.trybooking.com/xwme

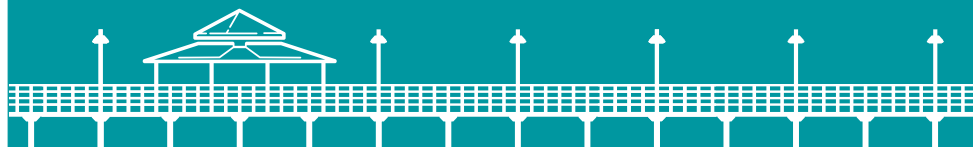
G.R. Brown Solicitor

WE CAN ASSIST YOU IN THE FOLLOWING LEGAL AREAS:

Property Law | Wills & Estates | Family Law |
Neighbourhood Law | Domestic Violence | Driver Licensing
| Enduring Power of Attorney

📍 Suite 5, Sandgate Arcade
16 Brighton Road
Sandgate Qld 4017
(Cnr Brighton Rd & Second Ave)

☎ 3269 1588
✉ grb@grbrown.com.au
🌐 www.grbrown.com.au
☎ 3269 8511



Meals Made Easy

Designed for the whole community in mind! Meals Made Easy are home-style dishes just like your Mum used to make. They are wholesome and nutrition and created fresh and instantly frozen, ready for you to simply heat and serve (in oven or microwave) and eat at your convenience.

Single Serve Meal & Juice Pack

- ✓ Choice of 32 meals
- ✓ Only \$6 per meal
- ✓ **FREE** 1L Juice
- ✓ Minimum of 5 meals
- ✓ **FREE** Delivery


7 Day Meal & Breakfast Package

- ✓ 7 x Soups
- ✓ 7 x Main Meals
- ✓ 7 x Desserts
- ✓ 1 x 1L Long Life Milk
- ✓ 1 x 1L Juice
- ✓ 1 x 700g of Fruit
- ✓ 1 x 1L Custard
- ✓ **FREE** Delivery



Meals on Wheels
Sandgate

Phone: 07 3269 2073 | 149 Rainbow St, Sandgate
Open to the Public Mon-Fri 7am – 10am



Amanda Luszczyk
having fun bargain
hunting at
Vinnies in Brighton

NATIONAL OP SHOP WEEK SEP 30 to OCT 6

Story Leanne Palmer Photo slapics

This year National Op Shop Week has some fun and surprises in store. With the slogan "DONATE...SHOP...WEAR...REPEAT...", the aim is to raise awareness of the important role of charity shops in our community.

The theme for 2018 is ... BIG SPRING CLEAN! A great opportunity to sort out kitchen cupboards, closets, garages and sheds, keeping in mind that only quality goods are suitable for donation.

There are so many benefits to shopping this way: helping to raise funds that can be used in vital local community programs, saving money by buying quality products at a fraction of their cost, and often overlooked, helping the environment by keeping things out of landfill longer.

Big Spring Clean

Not to mention how much fun it can be! Who doesn't like a treasure hunt amongst like-minded bargain seekers?

Veteran op shopper Amanda Luszczek (pictured) is a keen supporter. "I love the trash and treasure aspect of it. The secret is to take your time," she says.

Leonie Simpson is coordinator of Vinnies in Brighton and Sandgate. She's passionate about her job, taking pleasure in helping people find things for special occasions and dress-ups, and has a keen eye for well-made clothes and the brand names.



In our society today the 'fast fashion' industry generates so much waste. I love to be involved in seeing useful items get a second chance. It's all about Reduce, Reuse, Recycle here," says Leonie.

Leonie notes that op shops are a place where everyone can feel very comfortable. "People can just drop in and feel accepted, even just to browse and have a chat. It's a very friendly atmosphere."

The week is also about recognising the valuable role of volunteers. The majority of the energy and effort required for their operation comes from the generosity of these committed and cheerful individuals.

Around our area there are a number of charity shops. Check out the Salvos and Vinnies in Sandgate, Footprints in Bracken Ridge, and Vinnies in Brighton.

Each will have their own events planned. Drop by to see what's going on, and if you don't already, start making op shopping part of your choice as a consumer.

Brighton BEAUTY & NATURAL THERAPY

- Facial Treatments
- Massage & Body Exfoliation
- Waxing & Tinting
- Manicure & Pedicure
- Pamper Packages
- Gift Vouchers &

On-Line Booking Available

49 Regency St, Brighton
PHONE 0407 676 844

Opening hours: Thursday,
Friday & Saturday from 9am

Sandgate Kids

EARLY EDUCATION

LONG DAY CARE CENTRES

Nash Street and Brighton Road cater for children aged 6 weeks to school age, open from 6.30am-6.00pm weekdays.

C&K Kindergarten provides a pre-school program for 3-5 y/o, two attendance options

GROUP 1 Mon & Tues 8.30am - 4pm

**GROUP 2 5-day fortnight basis
8.25am to 2.35pm Wed-Fri**

Our Kindergarten Teachers are passionate about ensuring children have the best possible start to their learning journey.

Limited vacancies - enrol today for 2019 & beyond
enquiries gm@sandgatekids.com.au

Out n About

with Photographer



Pics of people & life

See more pics at
www.paul-neil-photography.com
 Follow me on Facebook
 Out 'n' About with Photographer
 Paul Neil - Mob 0449 660 473



Susi and Matt Bushell got married in a beautiful backyard wedding with friends and family in attendance to help celebrate the big day.



Jazmyne Sutherland, 'Cheeky' the Shetland pony and handler Ash join in the fun in Einbunpin Lagoon Park at Sandgate's Super Sausage Sizzle drought relief fundraiser.



Yikes! Jez from Sandgate's Swann's Arboricultural Services gets to work in full harness, hanging out to trim back the wall garden on a 16 storey building.



Laura, Leisa, Sara, Craig, Andrew and Ron teamed up on the BBQ to raise funds for farmers doing it tough during the drought at Sandgate's Super Sausage Sizzle.



The Bribie Cup Yacht Race contestants make their way out of Bramble Bay on a perfect Sunday spring morning.



Welcome baby Indy! Newborn Indy is 11 days old and getting cuddles from her adoring mum and dad, Paige and Lee Mulholland.



Established 1924

Join the Tradition!



- Term 4 Learn-to-Swim Programs Booking Now!
- Squad Training for Competition & Fitness
- Fun, Free Tuesday Club Night for all members



SIGN ON TODAY! www.sandswim.com.au

Ph: 0455 571 595 e: sandswim@bigpond.net.au

Sandgate's Home of Swimming since 1924



Sandgate RSL Sub-Branch

REMEMBERANCE DAY

Sunday 11th November at 10.45am

(Armistice Day - Medals to be worn)

Commemorative Service Memorial Park Sandgate

All welcome to participate - wreaths may be laid

For all enquiries and more information
phone the Sandgate Sub-Branch on

3269 1135

Lest We Forget



For helpful friendly advice on all welfare, pensions and advocacy matters phone on 3869 1475



Little Pippis' Playgroup

Sandgate State School's playgroup 'Little Pippis' Playgroup' is set to benefit from a new space, with the transformation of the school's old prep building on the corner of Keogh and Lagoon Street to be used exclusively for the space.

Member for Sandgate, Stirling Hinchliffe said that after having put the suggestion to the school community, he was excited to see the space being transformed for exclusive use by the playgroup.

"This is a terrific outcome, using a great space in the heart of Sandgate, to connect local families, enhancing the school community," Mr Hinchliffe said.

Sandgate State School Acting Principal, Tracey Douglas, said that Pippis' is a terrific way for future Sandgate State School students to make friends with each other and become familiar with the school grounds before commencing Prep.

Mr Hinchliffe also said he had a personal connection to the building after it was revealed that it was his preschool building.

"My earliest memories of this space was walking down to the Einbunpin Lagoon with the other kids to see the ducks," Mr Hinchliffe said.

For more information on the playgroup contact Sandgate State School on ph. 3869 7111.

October is Bowls Queensland's "Come & Try Month"

Have you tried Lawn Bowls yet? Bowls Queensland is running a special promotion during the month of October for any Bowls Club wishing to participate in the "Come & Try Month" promotion.

As part of this promotion they are trying to dispel the image that Lawn Bowls is a game just for pensioners with walking aids, which is far from the truth.

Proof that it is a game for all ages lies in the fact that Sandgate Scouts have held very successful barefoot bowls fundraising days at Brighton Bowls Club over the past two years.

A community survey is also under way to help gauge interest level in starting a junior bowls coaching and league.

This event, which is open to the general public of all ages, will be widely promoted by both Bowls Queensland and Brighton Bowls Club over the coming weeks.

Brighton Bowls Club will hold a "Come & Try" day on Saturday, 13th October starting at 2pm.

Set the date aside in your diary and come along to be introduced to the game of Lawn Bowls and discover what it is all about.



SANDGATE PODIATRY

- Next day orthotics
- General nail and skin care
- Diabetic foot care
- Ankle Injuries • Bunions
- Ingrown toenails



3269 4273 | Shop 2, 109 Brighton Rd, Sandgate | www.sandgatepodiatry.com.au

General & Cosmetic Dentistry

Dr Andrew Bachour BDS (Hons) UQ

www.dentalseasons.com.au

All children's preventative dental at
REDUCED PRICES.

WE ACCEPT all Health Funds & Bulk Bill
the Child Dental Benefits Schedule*

For all new patients having a checkup
& clean, mention this ad to receive a
whitening kit at half price or children
aged 16 & under a **FREE** custom made
mouthguard.



dentalseasons
where a smile is always in season

"A different view on dentistry,
with utmost compassion,
gentleness & concern."

 invisalign®

119a Brighton Road, SANDGATE

3269 2064

Evening & Saturday appointments are most welcome by appointment.

*Conditions Apply. Please talk to us for more information.

Pauly's



The Bogan Book of Comedy

Story Philip Woods

You'd better be ready for belly laughs when Australian comedy legend Pauly Fenec brings his 'Bogan Bible' comedy show to the Bracken Ridge Tavern in October!

Perhaps best known for his irreverent and side-splitting television series 'Fat Pizza', 'Housos' and 'Swift and Shift Couriers', Pauly continues to explore the experience of the working (or not) classes in Australia in his newest stand-up show, which will also feature Housos' actor and comedian Vanessa Davis.

Entertainment Manager for the tavern, Adrian Mulvenna is expecting the show to be a big hit with locals.



I'm predicting a sell-out within the first week of tickets being released; that's how much I think our patrons are keen to enjoy this one-off event." Adrian says. "I don't think there will be too many live shows featuring Pauly and Vanessa together, doing what they do best!! Pauly is an entity in his own right, his comedy is genius; it's boganly funny and has the ability to bring out that little Aussie bogan that lives in all of us!"

Paul 'Pauly' Fenech began his career in entertainment when he left school and became a stagehand at ABC TV. Over the following years, he performed a variety of roles at ABC, from sound assistant to floor manager, before realising his ambition of becoming a director.

Since then, Pauly has had Logie nominations and wins at Tropfest Film Festivals; he's made five feature films, over fifty hours of TV comedy and performed in countless live stage performances around the country.

Adrian is excited about being able to bring a show that has featured at Edinburgh Fringe, Brisbane Comedy Festival and Melbourne International Comedy Festival, to our very own Bracken Ridge Tavern.

"We were pretty lucky to land this gig," Adrian says. "I am counting down the days! It's going to be an epic night of raw comedy from two of the best acts going around!"

Don't miss out!

■ **Pauly Fenech's Bogan Bible Comedy Show**
Sunday 21 October from 7pm

Tickets are limited, and available at The BRT, so pop in or give them a call on ph. 3269 7011 to book your place.

Tickets \$30; special release VIP front row tickets \$55 (only 20 available).



YOUR HEALTHY HORIZON
ACUPUNCTURE

[Jennifer Coleman is a passionate acupuncturist, supporting the local community since 2007.]

- Traditional Acupuncture
- Musculoskeletal Acupuncture
- Pregnancy Acupuncture
- Cosmetic Acupuncture



online booking now available

Make an appointment...Brighton 3269 5544
www.yourhealthyhorizon.com.au



A Local Family Company

Redcliffe - Burpengary - Bribie



To Pre-Arrange Your Funeral

Call 1800 672 331 ALL HOURS

www.traditionalfunerals.com.au



Garden Skink:

Are You Calling Me Common?

Story *Leanne Palmer*

Very few Australian childhoods would not have memories of time spent in the backyard, the Common Garden Skink (*Lampropholis guichenoti*) probably forming a part for many.

They are so common that as adults we barely take notice of them anymore. But as a child, what wonder they present; like prehistoric creatures in miniature, going about their business, fully in the moment with encounters of life and death.

Although only about 10cm in length, they are sleek, speedy, skillful hunters. Spending a great deal of time motionless, scanning their surroundings with small shifts of the head and eyes, they will launch ruthlessly at anything resembling prey. This includes all manner of invertebrates: grasshoppers, moths, cockroaches, grubs, spiders and flies, to name a few. When they are really hungry, they will hunt actively, prowling through their domain, waiting to detect movement.

Their terrific adaptability to the human environment has seen them thrive in suburbia. I would hazard a guess that they have a greater per sq. km presence than any other vertebrate species. It's almost impossible to step outside without startling one from its daily routines.

As with many skinks, they have the ability to drop their tail in response to a threat. The detached tail continues to wiggle wildly, attracting the attention of whatever may have been chasing them, while they slink off discreetly to safety. The tail regrows in time. It is typical to see them either tailless or with varying degrees of regrowth of a new one.

Once restricted to the warmer parts of eastern Australia, their range is extending south, possibly as global warming makes new areas suitable for them.

In the cooler months you'll find them basking in the sun on stone or brick walls, paths, or in warm, sheltered sun-lit corners of gardens. As the weather warms they become increasingly active. And hungry!

Encouraging kids away from their screens and outdoors can be an arduous task. But the rewards are plentiful, and even the most common of critters can provide hours of fascination and entertainment. For adults too. A great school holiday thought!



Interior decorating

Curtains

Blinds

Shutters

Custom bedheads

Valances

Cushions

Wallpaper

Timberwork

Lampshades

Upholstery



Visit our showroom and factory: 104 Connaught Street Sandgate
sales@parrywilliams.com.au | www.parrywilliams.com.au

3269 3234



Moreton Bay Designs

Architectural Drafting

New Homes • Renovations • 30 Years Experience

MICHAEL INGAMELLS

0424 510 325 • michael@moretonbaydesigns.com
www.moretonbaydesigns.com

ABN 49622538078 • QBCC: 15073949 • Brighton

EVENTS & NOTICES

OCTOBER 2018

SANDBAG - Faces of Ageing: Through our Lens

The Face of Ageing exhibition explores stories and photographs captured by three COTA Queensland Community Ambassadors across different communities in Queensland. A light lunch and refreshments will be provided

When: Wed 10th October - 2 November
Launch: Wed 10th October from 11am
Light lunch and refreshments to be provided
Where: SANDBAG Community Centre
153 Rainbow Street, Sandgate ph.3869 3244

Multitude Choir meets Swingalicious Big Band with 'Music Fusion'

Multitude Choir will perform a concert with The Swingalicious Big Band this month. Be entertained with songs such as 'Tuxedo Junction', the Motown classic 'I Heard it through the Grapevine' and you won't want to miss their version of 'Bohemian Rhapsody'.

When: Saturday, 27th October, from 7.30pm
Cost: \$20; \$15 concession; Under 12s free.
Tickets available at the door.
Ph.0402 121 155 or at www.trybooking.com
Where: Sandgate Town Hall

Food Truck Fest

Hosted by Food Truck Collective Brisbane, come down to get your fix of your favourite food truck cuisine, or try something new. There are 9 food trucks to choose from. Third Friday each month.

When: Friday, 19th October, 4pm – 8pm
Where: VMR, 95 Allpass Parade, Shorncliffe

Record Fair at Sheeno's

Get down to Sheeno's popular Record Fair. Browse a selection of the best records from collectors, grab a coffee, hear live music and see live spray paint art. Kim Mancini Art will have activities for the kids, plus That BBQ Joint food truck will be on site.

When: Saturday, 6th October
Time: 8am – 12.30pm
Where: Sheeno's Tailor Made Coffee
140 Braun St, Deagon

Take A Moment

The community is invited to take part in an event filled day focusing on giving participants tools to relax and to "Take A Moment" in their busy lives. This is a free ticketed event.

When: Thursday, 11th October
Time: 9.00am – 2pm
Cost: Free Event. Bookings required
Where: SANDBAG Community Centre
153 Rainbow Street, Sandgate ph.3869 3244

Infinity Martial Arts Opening

Sandgate Infinity Martial Arts Grand Opening.

When: Sunday, 7th October, 9am
Where: Third Avenue, Sandgate



Drone ActiveX



*A damaged roof or blocked gutter
can cost \$\$\$\$
in hidden leak damage.*

*Call us today
for an Aerial Survey,
before it's too late!*

YOUR EYES IN THE SKY

A STITCH IN TIME...

Having a functioning roof over your head is something most people tend to take for granted and seldom think about. Maybe it's because of its position where it can't easily be seen in detail that problems often go unnoticed until it is too late. As a homeowner, it is in your best interest to regularly inspect the condition of your roof to prevent minor issues from becoming major ones.

Drone ActiveX has taken to the skies and provides an aerial roof and gutter survey that is your stitch in time, potentially helping you **save tens of thousands of hard earned dollars in roof repairs.**

It is estimated that more than 80% of damaged roofs and gutters are discovered when it is too late—the damage has already been done.

Our aerial survey provides high resolution photos of your roof and gutters that can help you quickly and easily identify a problem. For just \$99 you can have complete peace of mind.

Call now to make a booking or go online.

M: 0421 166 992

W: www.droneactivex.com.au

Oct. GIGGUIDE

Barry Charles
Cardigan Bar
14 Oct



04 THURSDAY

Open Mic
Cardigan Bar 7pm

05 FRIDAY

Nicole Canaway
Cardigan Bar 5pm

DJ Galvanism
Phoenix Bar & Lounge 6pm

John Sophios
Brighton Bowls Club 6:30pm

Peko
Full Moon Hotel 8pm

06 SATURDAY

2 Much
Phoenix Bar & Lounge 7pm

Music By The Sea
Sandgate Town Hall 7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

07 SUNDAY

Eric Mewburn
Phoenix Bar & Lounge 12:30pm

West Texas Crude
Full Moon Hotel 2pm

Jug O Blooze
Cardigan Bar 5pm

11 THURSDAY

Open Mic
Cardigan Bar 7pm

12 FRIDAY

Dj
Phoenix Bar & Lounge 6pm

Cool Daddies
Brighton Bowls Club 6:30pm

Byron Short
Cardigan Bar 7pm

Nick Koschel
Full Moon Hotel 8pm

13 SATURDAY

DiVersions
Cardigan Bar 7pm

BAM Duo
Phoenix Bar & Lounge 7pm

Alex Harris
Full Moon Hotel 8pm

14 SUNDAY

Fab Tolti
Phoenix Bar & Lounge 12:30pm

Barry Charles
Cardigan Bar 2pm

Tnee Dyer Duo
Full Moon Hotel 2pm

Sunday big band
Sandgate Town Hall 2pm

18 THURSDAY

Open Mic
Cardigan Bar 7pm

19 FRIDAY

DJ Galvanism
Phoenix Bar & Lounge 6pm

Inder
Brighton Bowls Club 6:30pm

Mike Ling
Cardigan Bar 7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

THE PERFECT GIFT

'Silent Night at Sunset' Christmas carols - Cool jazz



to touch the soul and stir the spirit!



*for CDs or Pete Vance to
sing at your next event*

0417 788 176

info@PeteVance.com

www.PeteVance.com

All CD sale proceeds support the work of Anglicare Southern Queensland

20 SATURDAY

Jamming
Phoenix Bar & Lounge 7pm

Ryan Munroe
Cardigan Bar 7:30pm

Best of the British
Full Moon Hotel 9pm

21 SUNDAY

Nathan Bruen
Phoenix Bar & Lounge 12:30pm

Pub Piano Singalong
Full Moon Hotel 2pm

25 THURSDAY

Open Mic
Cardigan Bar 7pm

26 FRIDAY

DJ Galvanism
Phoenix Bar & Lounge 6pm

PINK Inc.
Brighton Bowls Club 6:30pm

Upenders
Cardigan Bar 7:30pm

Peko
Full Moon Hotel 8pm

27 SATURDAY

Acoustic Moose
Phoenix Bar & Lounge 7pm

Sametime
Cardigan Bar 7:30pm

Pete Crawford
Full Moon Hotel 8pm

28 SUNDAY

Deon Powter
Phoenix Bar & Lounge
12:30pm

Double Double Toil & Trouble
Sandgate Town Hall 1pm

Ben Stewart Duo
Full Moon Hotel 2pm

Vinyl Club @ Cardigan Bar
Cardigan Bar 6:30pm



FULL MOON HOTEL

ON BRAMBLE BAY

**OCTOBER
CRAZY
BEST BUY!**

**Unbeatable
6 pack offer!
\$80/6 bottles**

2 for \$30
\$16.99/bottle



Hentley Farm "Rogue" Red Blend
Normally \$21.50 each



All Day Rosé!

2 for \$26
\$13.99/bottle



La Sanglière Rosé
Normally \$18.99

2 for \$28
\$14.99/bottle



Angove Organic Rosé
Normally \$16.99

2 for \$35
\$18.99/bottle



Estandon Rosé
Normally \$19.99

2 for \$36
\$19.99/bottle



Temple Bruer Rosé
Normally \$21.99

2 for \$40
\$21.99/bottle



Rivarose Sparkling
Normally \$24.99

Savvy Savings

3 for \$30
\$10.99/bottle



Amongst the Clouds
Normally \$12.99

3 for \$33
\$12.99/bottle



Mt Riley
Normally \$15.99

3 for \$36
\$13.99/bottle



Vidal
Normally \$14.99

BBQ?

GET IT DELIVERED



1 HOUR DELIVERY



**30 MINUTE
PICK UP**

Join the App via the app
store to purchase and have
your order delivered!*

*Selected bottle marts only

Drink Responsibly

Exclusive MEMBERS' ONLY DEALS

\$33.99/700ml
SAVE \$3.00

*NON MEMBERS \$36.99



\$36.99/700ml
SAVE \$6.00

*NON MEMBERS \$42.99



\$34.99/700ml
SAVE \$4.00

*NON MEMBERS \$38.99



\$34.99/700ml
SAVE \$4.00

*NON MEMBERS \$38.99



\$33.99/700ml
SAVE \$5.00

*NON MEMBERS \$38.99



\$33.99/700ml
SAVE \$3.00

*NON MEMBERS \$36.99



Craft Locals! Beacon by the Bay



\$11.99/4pk

Green Beacon
Half Mast India
Session Ale



\$13.99/4pk

Green Beacon
3 Bolt
Pale Ale



\$14.99/4pk

Wayfarer
American Wheat



\$15.99/4pk

Windjammer
India Pale Ale

GRAB'N'GO

BONUS SPECIALS*

Spend \$30 instore & get
any of the below for \$10



Choose from Tecate Mexican 6pk, Cricketer's Arms Session Ale 6pk Or Brancott Sauv Blanc

Only available at these select Bottlemart stores

BOTTLEMART BOONDALL
Sue's Korner, Shop 14,
2128 Sandgate Rd. Boondall
PH (07) 3865 5103

BOTTLEMART IBIS CENTRAL
Woolworths Centre Shop 4/8
Lagoon St. Sandgate
PH (07) 32698160

BOTTLEMART FULL MOON HOTEL
118 Eagle Terrace, Shorncliffe
PH (07) 3269 0083

BOTTLEMART SANDGATE
shop 1, 51 Brighton Rd,
Sandgate
PH (07) 3269 0890

WINE TASTING EVERYDAY!



*Conditions Apply. Pricing is valid from 26th September through to Tuesday 30th October.
Gift with purchases strictly while stocks last, no further discounts apply. See in store for more great offers.

THE FULL MOON HOTEL
ON BOTTLEMAST
www.fullmoonhotel.com.au

Bottlemart

Local **DINING GUIDE**

HAVE A BITE AND A BEER AT MR HENDERSON

Tasty, classic pub fare with a bit of a twist is on the menu at Mr Henderson in Sandgate.



By Brooke Jacobson Photos Paul Neil

After partnering with food trucks for the past couple of years, the local watering hole is now offering its own delicious food.

Co-owner Jason Davis said the bar is sharing a kitchen with next door neighbour, Salad Days.

"It's great to be able to offer a steady menu," he said.

"We're delighted to be working with Salad Days, who by day, are still offering all their favourites and then at night, it becomes Mr Henderson's kitchen.

"There's a separate servery window and people can go up and place their order and then it's brought to their table."

Mr Henderson's patrons can also sit in the seating area at Salad Days at night time, but the licensed area remains at Mr Henderson's only.



Henderson Bar Staff, Jessie, Hannah
Salad Days Owner, Steve (right)

“ People can certainly move about, but if they want to have their drinks with their meal, they have to sit in the current licensed area we have at Mr Henderson,” Jason said. “The area has been done up and depending on how it all goes, there could be plans for expansion further down the track.”

The Mr Henderson menu features pub classics like burgers, chips, wedges and nachos, as well as lighter options like pumpkin and feta salad and an antipasti platter to share.

“The nachos are proving very popular and the sizes are pretty big,” Jason said.

“No-one walks away hungry.

“We’re just really pleased to be able to offer good, honest pub grub – people can come and have a beer, then not have to worry about going home to cook dinner, they can stay a bit longer and enjoy themselves.

“The food options, along with our great range of drinks and live music are proving to be a popular combination on the northside.”

Mr Henderson is at 69 Brighton Road, Sandgate. Opening hours are: Wed-Thurs 4pm-late; Fri 3pm-late; Sat-Sun 2pm-late. The bar features live music every Saturday and Sunday.



■ For more information go to: www.mrhenderson.com.au Check their Facebook page for regular updates on live music.

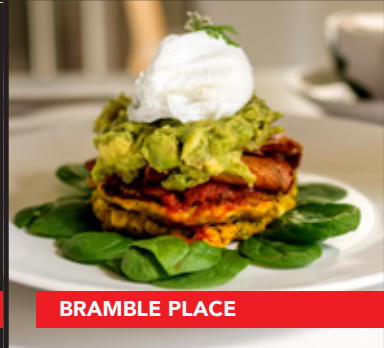
Local Dining Guide



BAAIA



BRACKEN RIDGE TAVERN



BRAMBLE PLACE



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

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, and Steak & Rib Combo are legendary.



1 Loudon Street, Sandgate

Cafe

0498 703 406

BRAMBLE PLACE

Feature: Bramble Place Cafe and Lounge is a vibrant and bustling local cafe in Sandgate serving high quality tea and coffee, beer and wine along with a delicious menu for breakfast and lunch as well as a tapas menu on Saturday nights. GF and Vegetarian options available.

Mon-Fri 7am-3pm, Sat 7am-8pm, Sun 7am-1pm



CHARLIE'S AT BRIGHTON HOTEL



DOUG'S SEAFOOD CAFE



FISH ON FLINDERS



196 Brighton Tce, Brighton

Family Bistro

3269 1971

BRIGHTON HOTEL

Feature: 1950s style family bistro, and home of the \$9.95 roast, the Brighton Hotel strives to offer the best service and value in town. Offering home cooked style meals at great prices! From a Traditional Roast to Fisherman's Basket or a Succulent Lamb Shank, there is something for every member of the family.



60 Flinders Pde, Sandgate

Fish 'n' Chips

3269 4713

DOUG'S SEAFOOD CAFE

Feature: Doug's Seafood Cafe, Sandgate's most iconic fish and chippery, offers fresh seafood dishes to delight any appetite. From our fresh salmon, Tasmanian oysters, local prawns and octopus, calamari, wild-caught barramundi and fresh salads, we have it all. We bring the ocean to your table.



196 Flinders Pde, Sandgate
(opp. Pool)

Fish 'n' Chips

3269 6903

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. Gluten free options available. Visit: www.fishonflinders.com.au

Local Dining Guide



IL FORNO PIZZERIA



MOMENT BISCUITS



MR HENDERSON'S KITCHEN



3 Third Ave, Sandgate

Pizzeria

3269 9766

IL FORNO PIZZERIA

Feature: Ilforno Pizzeria offers Italian Pasta dishes and inventive wood-fired pizzas, in a friendly & cosy atmosphere.

Gluten Free options available plus a great selection of craft beer & wines. Now also with a seperate Vegan menu available. Phone to reserve your space for group bookings. Open from 5pm Tuesday to Sunday.



8 Queens Parade, Brighton

Coffee Shop

0430 753 768

MOMENT BISCUITS

Feature: Moment Biscuits is a small, European-style boutique biscuit shop, located in walking distance from the Brighton foreshore. Open weekdays for delicious, freshly baked biscuits and specialty teas and coffee. Open Mon, Tues & Thurs: 6.30am - 1.30pm; Wed & Fri: 6.30am - 11.00am

Please check out www.momentbiscuits.com.au



69 Brighton Rd, Sandgate

Bar & Kitchen

3269 2496

MR HENDERSON'S KITCHEN

Feature: Adjacent to the rear entrance, Mr Henderson's Kitchen now serves honest, great-value pub grub whenever the bar is open. With a mix of family favourites and healthy dishes, including vegetarian and GF options, lunch and dinner is sorted at Mr H!



SALTWATER CAFE



SANDGATE FISHMONGER



THE WIRED OWL COFFEE CO



228 Rainbow St, Sandgate

Cafe

3269 6970

SALTWATER CAFE

Feature: Saltwater cafe now open. A fresh and seasonal gourmet breakfast and lunch offering with funky creations and your favourite artisan breads and pastries. Open 6am to 3pm daily. Furry friends welcome.



90 Flinders Pde, Sandgate

Fish 'n' Chips

3269 0416

SANDGATE FISHMONGER

Feature: Sandgate Fishmonger is a family run fish and chip shop on the Sandgate foreshore. Having renovated and moved into 90 Flinders Pde (between 3rd & 4th Ave), 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.

Local Dining Guide



YOUR CAFE HERE



WILLOW COFFEE & GIFTS



WOODS COFFEE HOUSE

Advertise YOUR *Cafe* OR *Restaurant*



FROM \$80+GST
Ph: **0450 078 200**



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.



115 Brighton Rd, Sandgate
Cafe
0426 856 506

WOODS COFFEE HOUSE

Feature: Woods Coffee House has reopened recently under new management.

Our cozy cafe offers fresh and delicious breakfast and lunch with good quality Campos coffee.

Check us out on our Instagram and Facebook pages. The cafe is now open 7 days.



★ CAFE ★ BAR ★ TAKEAWAY ★

Waterfront location

BEST FAMILY Fish & Chip Packs

SEAFOOD
LOVERS
\$49.90

Includes:

2 COD
2 PRAWN CUTLETS
2 SEA SCALLOPS
2 SEAFOOD STICKS
10 CALAMARI
2 SALADS
& CHIPS

FULLY
LICENCED



COOKED IN *the finest*
RICE BRAN OIL



OPEN
7AM
EVERYDAY

HOURS: MON-THUR 7AM-8PM | FRI-SAT 7AM-9PM | SUN 7AM-LATE



3269 6903

Opposite Swimming Pool -
Between 8th & 9th Avenue

196 FLINDERS PARADE, SANDGATE
WWW.FISHONFLINDERS.COM.AU





A Grand Old Time For Kids!

The thought of kids spending time with their grandparents may conjure images involving home made biscuits, reading books, and being on their best behaviour. However, Queensland Canoeing has other ideas.

On Wednesday, 3rd October Queensland Canoeing is taking grandparents and their grandkids up the creek as part of their 'Gold n' Kids Kayak Explore' program.

Steve Rowland, Education and Recreation Officer for Queensland Canoeing says, "Grandparents are good at taking care of their grandkids during school holidays, but too often this involves them sitting on the sidelines while the kids do activities. 'Gold n' Kids' gets everyone outdoors for some fun and exercise."

The kayaks will launch from the boat ramp at Shorncliffe, and participants take a guided tour up Cabbage Tree Creek and Nundah Creek to enjoy both the natural beauty and each other's company.

"People love it; they're getting outdoors, seeing and learning about the environment and wildlife." Steve says. "We provide everything they need. People just need to bring suitable footwear and clothing that can get a bit wet, a hat and a water bottle."

'Gold n' Kids' has proven to be very popular, so book early!

Event Details:

Wednesday, 3rd October, 2:30-5:30pm

Sinbad Street Boat Ramp, Shorncliffe

Tickets \$5, available at www.eventbrite.com (search Gold n' Kids)

Lynda's Labour of Love Workshop

Almost 100,000 hours. That's roughly how much time the average person spends working in their lifetime. There is no doubt that this is a significant portion of our days on this planet, so why not try to enjoy it?

Lynda Bundock, Principal Consultant at Top Job Coaching, has made a career out of helping people find a job they love, and she will be holding workshops in October for people who feel like they need to make some changes!

"It's really something like a wake-up call for people who have been around for a while, or who haven't applied for a job in a long time; things have really changed in terms of the job market," Lynda says.

"I've worked with over 200 clients since I started my business in 2014, and over that time I've worked out a process for how to work with people to give them the right mindset for success. What is it you really want from a job and what value can you bring to an employer? We also look at how to attack the current market to find the right opportunities."

Lynda will be holding an intensive weekend workshop at the Full Moon Hotel in October, as well as some half-day introductory sessions.

■ For more information visit www.relaunchyourcareer.com.au



Sandgate Hearing **TURNS ONE!**

Over the past year, we have helped hundreds of clients to hear well and reconnect with their loved ones. Our tests are extremely detailed. Every device is carefully selected, settings adjusted and optimized using the Soundfield speech test.

Seeing you hear well with a smile is all we want to achieve.



WE CARE ABOUT YOUR NEEDS

OUR APPROACH



WE CHOOSE EXCELLENCE



WE USE EVIDENCE-BASED
RESEARCH IN EVERY STEP



WE OFFER
THE BEST VALUE



WE APPLY THE LATEST RESEARCH
IN OUR PRACTICE



REVIEWS



5 STAR RATING!



*"Thank you for your
help and caring"*

I've had industrial deafness for many years and hearing aids that weren't much help for 13 years! After visiting Sandgate Hearing, my life has changed! I now like wearing my hearing aids and I can hear very well. I can hear conversations and the birds around me! Life has been made easier for those around me too.

Thanks so much Ronnie.

Majorie Zillman and great Niece Mel - Brighton



"We're so happy!"

We're so happy! Having better hearing has been life changing. Ronnie has been outstanding - we've been elsewhere, but the tests were not as detailed or professional. Ronnie was patient and went out of his way to make sure we were comfortable. We're so glad we found Ronnie at Sandgate Hearing.

Steph & Mick O'Sullivan - Chermside



*"The hills are
alive with the
sound of music!"*

... hear... hear... I'm so pleased now that nobody can say things behind my back anymore!

David Spann - Scarborough

Call us at 3603 1370 to schedule an appointment 8 Nash Street, Sandgate QLD 4017



The Wild Outdoors

Story *Ellen Moynihan*

With the continual presence of technology in our children's lives, it has become increasingly difficult to incorporate the good-old 'rough and tumble' outdoors playtime that many adults remember fondly from their own childhood.



Sometimes all it takes is a bit of mess and active play outdoors to conquer the ailments caused by our increasingly screen-based, sedentary lifestyles we find ourselves tangled up in today.

Occupational Therapist and mum Madeline Avci has witnessed first-hand the mental, social and physiological benefits that outdoor play can bring our little ones. Three years ago, she decided to create 'Jump Up Outdoors', a program run by Occupational Therapy Service 'Jump up for Kids' in Bald Hills. The program is designed to give primary school-aged children a chance to get outdoors and have fun in an environment they may not often have the chance to otherwise experience.

The freestyle nature of the program means children are free to explore, build cubby houses, play in water and mud, do craft activities, climb, and cook over an open camp fire — all in a supervised and safe space.

"It can be such a liberating experience for kids," says Madeline. "It really gives them the chance to use their creativity in ways they don't get to

in their every day life. It is a really holistic type of approach. They are learning to assess their own physical abilities and gently push themselves, while developing perceptual and problem solving skills, social skills, and creativity, in a really organic way."

Madeline explains the program strives to create a low-stress environment without a rigid structure, which is an important aspect for the kids to develop their creativity.



Often as adults, we place a lot of expectations on kids, and try and work backwards to achieve something specific" says Madeline, "but this is a feel-good kind of program, and I've actually seen fantastic results in kids who were making slower progress during Occupational Therapy sessions".

■ The program will run Wednesday to Friday each week of the school holidays. Full day sessions (8am – 4pm) cost \$80, while half day sessions (8am – 12pm) cost \$45. Bookings can be made on the Jump up for Kids website jumpupforkids.com.au or call 0423 162 478 or 3314 0031.



PRE-PURCHASE BUILDING INSPECTIONS

Same Day Reporting

15 Years Industry Experience
QBCC: 1254398

CONTACT US TO BOOK TODAY
0435 750 028

inspections@inlinebuildinginspections.com.au
www.inlinebuildinginspections.com.au



Ben Guse

Landscaping

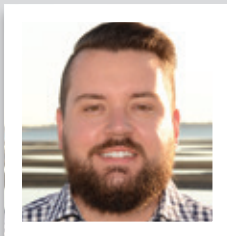
Paving • Garden Clean-ups
New Gardens
All Aspects of Landscaping



Ph 0422 077 151

A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



I recently launched a petition drawing Council's attention to the need for two zebra pedestrian crossings on Flinders Parade. Council has had two zebra pedestrian crossings listed for funding for a number of years but to date

they have not been constructed. The locations include near the Sandgate Aquatic Centre and between Third and Fourth Avenue. Pedestrian counts have already been conducted and support the installation of zebra crossings to make these areas safe for the thousands of residents and visitors who use and/or visit the foreshore and local businesses. I have paper copies of the petition in my office if you would like to sign.

I am proud to sponsor the first ever Sandgate Cinema Club event on Monday 1st October at Sandgate Town Hall. Doors open at 2pm for the free screening of 'Hugo'. Following the free movie, there will be a members only screening of 'Back To The Future' at 7pm. If you would like to become a member of the Sandgate Cinema Club, you can join for \$55 per year, which secures you a year of entertainment!

Head on over to their website for more info: www.sandgatecinemaclub.com.au

Stirling Hinchliffe MP



Spring has well and truly sprung across the Bayside, and this October I am proud to again be supporting a number of exciting events in our community.

Join the Shorncliffe Potters as they present their annual art exhibition 'Expressions'. Featuring local artists, this

exhibition is a key event on the arts calendar both locally and across the Moreton Bay region. The exhibition is held this year between 18th-21st October at the Sandgate Town Hall. For more information, contact the Shorncliffe Potters by phone on 0497 280 008 or via email: shorncliffepotteryclub@gmail.com

Take part in the cultural celebrations at the renowned Greek Affair and Multicultural Festival at the Parish of Saint Paraskevi (241 Church Road, Taigum) on Sunday 7th October. There is always a promising variety of Greek food, dancing and multicultural cooking demonstrations, just to name a few. Contact the Parish secretary on 3865 1218 or via email: secretary@gotaigum.org.au for more information.

It is my pleasure to again be a major sponsor of the Sandgate Sunset Run on Saturday, 13th October. The Sandgate Sunset Run brings together a wide variety of people across the community for a night of competitive and family fun while raising meaningful funds for the Indigenous Marathon Foundation charity organisation. More info at sandgatesunsetrun.com.au.

Cr Amanda Cooper



Works on the \$2.3 million competition-grade BMX Facility at the corner of Telegraph and Lemke Road are now complete and riders are already putting it through its paces! This facility has been designed

for use by people of all ages and abilities, creating more to see and do for local BMX riders as well as providing a competition-grade facility that will attract some of the world's best riders. Brisbane City

Council already have a series of BMX Community Workshops taking place with registrations filling up quickly. In addition to the BMX facility, our growing sport and recreation precinct has also welcomed the addition of a new car park to ensure there is plenty of parking available for visitors to enjoy not only the BMX facility but the Skate Plaza and the Emily Seeböhm Aquatic Centre too. With Summer quickly approaching, these facilities will become a hive of activity. For a full list of upcoming workshops and events, go to www.brisbane.qld.gov.au



REGIS BRAMBLE BAY RETIREMENT VILLAGE

FROM \$440,000

Regis Bramble Bay Retirement Village offers retirees spacious and contemporary, air-conditioned apartments and villas designed for easy living. With clubhouse facilities, an active social life, secure parking and collocated residential aged care, Regis Sandgate is the perfect place to enjoy the security and freedom you deserve.

Call **1300 998 100** or visit **regis.com.au** to learn more about Regis retirement living or aged care specialist services.

**DISPLAY OPEN
EVERY THURSDAY
10AM – 12PM**

**REGIS BRAMBLE BAY
RETIREMENT VILLAGE**

Ward Street, Sandgate QLD 4017

 **regis** | retirement living

1300 998 100 regis.com.au

One Night, One Ball



Story *Philip Woods* Photos *Neda Lundie*

It's been over 200 years since Jane Austen presented her prose to the public, and yet her published pieces still resonate with readers and romantics around the world.

Both Jane's style and her sensibilities will be celebrated at the Sandgate Town Hall on Saturday, 13th October when the Jane Austen Regency Ball is held to coincide with the bicentenary of her book 'Persuasion'.

This is the second year for the event, and organiser Heather Clarke of Australian Colonial Dance says last year's gathering was a great success.

"It's a wonderful event and we sold out last year. It's so different to anything else; a lot of people like the dressing up, but it's a very social form of dancing too. Dancing always was, and still is, the perfect way for young people to meet. You change partners all the time and people love it."

Picture the Sandgate Town Hall as an 18th century ballroom, with attendees in dramatic costumes: ladies in gowns with a high waist, short puffed sleeves, ivory gloves and pearls. Gentlemen in cravats and tailcoats; breeches fastened just below the knee with a garter or ribbons and light stockings below.

Don't be intimidated by the costume requirements though, you can even have some fun improvising!

"It's fun to dress up for the dance but we don't demand it. Most people make an effort though, and if it's not historically accurate it doesn't really matter," Heather says.

The night is about dancing! Heather is an academic dance historian as well as a dance teacher, and will be calling the dances on the night. 'Phillip's Dog', Australian Colonial Dance's very own band will be providing live music.

"Phillip's Dog is actually the name of a dance from 1817," Heather says. "The tune is wonderful too so we thought it would be a great name for our band."



“ We will be holding dance workshops in Samford in the weeks leading up to the ball; we do teach the dances on the night but some people like to learn a bit beforehand.”

Why not take a step back in time and dance like Jane Austen!

Sandgate Town Hall
Saturday, 13th October, 7-11pm
Tickets at www.eventbrite.com

Check out www.colonialdance.com.au for more details.

Greek Affair

MULTICULTURAL FESTIVAL

SUNDAY 7 OCTOBER 2018 - 9.00am - 4.00pm

Entry by
Gold Coin
Donation

Come dance the Zorba

- Music, Dancing • Cooking Demonstrations
- Greek Food • Sweets & other Stalls
- Monster Raffle • Multicultural Performances
- Children's Activities (Jumping Castle, face painting etc.)

241 Church Road, Taigum | 3865 4000

(Greek Orthodox Parish Church Grounds)

LIFESTYLE

HOMES & RENOVATIONS QLD

NEW HOMES • RENOVATIONS & ADDITIONS • PATIOS & DECKS

Call Josh 0408 070 826

108 Shorncliffe Parade, Shorncliffe

BSA Licence No. 116 6776

www.lifestylehomesandrenos.com.au

Serving 4017 since 2008

GUITAR SCHOOL

\$99 Special

- 5 Weeks + Materials
- Beginners Welcome
- Children & Adults

Enrolling Now!

G4 GUITAR METHOD

The Proven Structured Method

Bracken Ridge

Phone: 0402 888 146

E: g4guitarbrackenridge@gmail.com

W: guitarlessonsbrackenridge.com.au

g4guitarmethod.com

Memory of Sandgate seaside home lingers on

Story Jacqueline Henry

The Linga Longa, a QCWA holiday house for countrywomen, was opened by Brisbane Lord Mayor William Jolly on December 12, 1925.

The Linga Longa, overlooking Bramble Bay, was a seaside home away from home for country women and children for more than four decades.

The house at 254 Flinders Parade, Sandgate was an inter-war style home on a large block, perfect for the purpose of housing the thousands of women and children who holidayed there thanks to Queensland Country Women's Association (QCWA).

The Brisbane Metropolitan Branch of the QCWA purchased the large home in 1925 to provide relief and relaxation for women from the country and their children.

Annie Plumridge was the founder and first president of the Sandgate sub-branch of the CWA and was one of two people responsible for the purchase of the house.

Annie provided unwavering support to the Linga Longa until her death in 1930 and was known as the guardian angel of the seaside home and its occupants.

Sandgate CWA members formed committees to meet the trains and look after travelling women and children and also to buy all the fruit and vegetables in bulk.

On November 22, 1926, The Brisbane Courier reported that Deputy Mayor Archibald Watson was so impressed with Linga Longa during a visit, he donated 5 pound 5 shillings, which covered the expenses of five countrywomen in the home for a week.

A new wing containing four rooms and a glassed verandah was opened by Lady Godwin on February 11, 1927, funded by the Cunnamulla Branch of the QCWA.

In October 1929, Linga Longa's fourth year of operations, 194 women and 228 children spent a happy holiday there.

After Annie's untimely passing 1930, a room at Linga Longa was dedicated to her memory.

In the 1960s, holidaymakers preferred to stay in motels, and so flats and boarding houses lost their appeal, and Linga Longa became financially unviable.

In 1967, the QCWA gifted the house to the now Endeavour Foundation to be used as a school and live-in holiday camp, giving parents respite. The name of the house was changed to Karingal - the Aboriginal word for happy home.

Research thanks to Sandgate and District Historical Society and Museum.





1ST PLACE
OLD REGIONAL BURGER KING
 – FAILSAFE BEEF



2ND PLACE
OLD REGIONAL SAUSAGE KING
 – TRADITIONAL ITALIAN CONTINENTAL SAUSAGE

Specials

WHOLE CAPE BYRON
BEEF BRISKETS

\$14.⁹⁹KG

TRADITIONAL ENGLISH
PORK SAUSAGES 2KG

\$8.⁹⁹KG

📍 10 QUEENS PARADE BRIGHTON

☎ **32692049**

S A N D G A T E DOCTORS



GENERAL PRACTICE

One stop family care with Doctors who care about you

- No 5 minute rush throughs
- On time appointments – we respect your time.
 - Male and female GP's
 - Children under 16 bulk billed

Specialties: Leg Vein Clinic, Skin Cancer Clinic, Womens' Health, Cosmetic Medicine, Men's Health, Vasectomy

Shop 5/51 Brighton Rd, Sandgate Ph:3269 1131

Hallowweee

BOO! See, it's not so scary.

In fact, Halloween's history harks from what may have been religious roots, the word itself being a derivation of the term 'All Hallow's Eve', also known as All Saints Eve.



Many Australians think of Halloween as an American ritual that has permeated our culture here, but in fact its origin is in Europe.

It's widely believed that the Christian celebration of Halloween was part of the spread of the early church, which appropriated previously Pagan traditions to further their own ends. Samhain was a Gaelic festival celebrated on the night of October 31st to mark the end of the harvest season and the beginning of winter, and just one of the events that was rolled into our current understanding of what makes a Halloween celebration!

As we know it now, along with many traditional occasions, Halloween could be perceived as a

somewhat commercial affair, another reason for retailers to reap a reward from the consumer, but here in the 4017 precinct we also rightly see it as a chance for a party!

Freaky costumes, trick or treating, communities gathering together and enjoying a break from the normal day-to-day routine: Halloween is as good a reason as any to celebrate!

Halloween Street Party

In our area there's a few things happening; on Saturday, 27th October from 4pm in Rothbury St, Bald Hills, there's a charity Halloween Street Party that's raising funds for farmers in need — with market stalls, a sausage sizzle and gold coin entry. Visit their Facebook page for more info www.facebook.com/halloweenforcharity



Goosebumps 2: Haunted Halloween

Based on the beloved R.L. Stines children's series, 'Goosebumps 2: Haunted Halloween' will be screening at the Bracken Ridge Library on Saturday 27th October from 11am with themed activities and talks; ideal for kids aged 8-13 years.

Monster Mash Halloween Disco

Also at the library, on Wednesday 31st from 4:30-5:30pm join in the fun of the Monster Mash Halloween Disco. Dress up and join in the spooky songs and ghoulish games; suitable for kids from 5-12 years old (bookings essential).

Don't be scared, have some fun this Halloween!

Looking for accommodation?

Waimarie Aged Care & Pension Accommodation

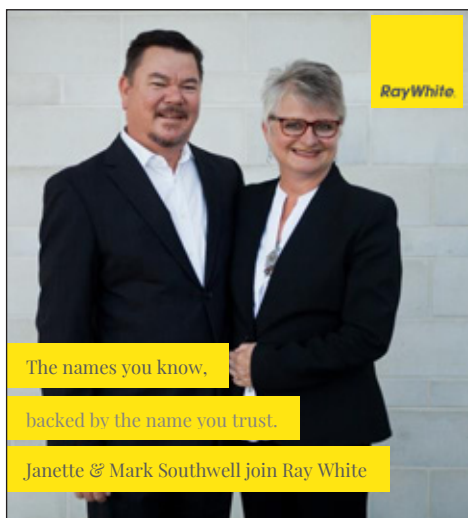


We offer accommodation for

- Pensioners • Aged Care • Those in crisis
- Homeless & Respite Care

24 HR ON-SITE MANAGEMENT

26 Alfred Street, Woody Point
M: 0412 615 337 Ph: (07) 3883 2468



The names you know,

backed by the name you trust,

Janette & Mark Southwell join Ray White

We're better than ever with Ray White Bracken Ridge.

Ray White Bracken Ridge is proud to announce our newest addition to the family.

Janette & Mark Southwell
0412 537 519
0402 156 580
mjsouthwell@raywhite.com

raywhitebrackenridge.com.au

A Truckin' Good Cause!



Story Philip Woods

See the big rigs line up to support children with life-limiting conditions and their families, when the 9th annual Brisbane Convoy for Kids rolls into Redcliffe on 3rd November.

All money raised from this year's event, which starts at Forest Lake and finishes with a Family Fun Day at the Redcliffe Showgrounds, will be donated to Hummingbird House. This hospice in Chermside provides end-of-life care, support, moments and memories to kids who need it and their families.

Steven Rowley is the President of the Brisbane Convoy for Kids executive committee, and has seen the event grow over the time that he has been involved. "It's grown hugely over the last couple of years and last year was amazing; we managed to donate \$40,000, and we are hoping to raise more money with an even bigger event this year," Steven says. "There were 420 trucks and 40 other vehicles in 2017, and we're aiming for more than 500 trucks this year."

The convoy will reach the Deagon Deviation between 9:30 and 10am before following the foreshore towards the showgrounds. People are encouraged to wear the theme colour of jade, and line the foreshore to watch the spectacular sight of up to 10km of pristine trucks, utes, vintage cars and motorcycles passing by.

Everyone is welcome at the Family Fun Day from around noon; the huge Truck and Ute Show will be the main attraction, and visitors can also enjoy free rides, a licensed bar, food trucks, auctions, market stalls, live local entertainment and a fireworks display in the evening!

General Manager of Hummingbird House, Dr Fiona Hawthorne, says, "The convoy of rigs and utes and cars is magnificent. The fundraising has helped us provide care for over 3,700 families who live with and love a child with a life limiting condition."

To find out more about the event or to register your truck or vehicle to participate, go to www.brisbaneconvoyforkids.com.au or check out facebook.com/BrisbaneConvoyForKids, or just head down to the Redcliffe Showgrounds for a great day out supporting a truckin' good cause!

Saturday, 3rd November

**TICKET PRICES FOR ENTRY
TO THE FAMILY FUN DAY:**

\$30 for a family
(2 adults and up to 3 kids)

\$15
Adults

\$5
(under
4's free)

\$10
Concession

Your **local** hearing specialists

DO YOU HAVE ONE OF THESE CARDS?



Then you may be eligible for **FREE hearing services*** on behalf of the Office of Hearing Services

Private and pensioners welcome. Open 5 days a week.

FOR YOUR **FREE HEARING CHECK**,
CALL IHEAR ON **3269 0005**

ihear
Life is worth hearing

**Shop 3, 12 Lagoon Street,
SANDGATE**

www.ihear.com.au Sandgate@ihear.com.au



 **#ihearAustralia**

*Terms and conditions apply

Dusky Flathead

PLATYCEPHALUS FUSCUS



Fish of the month

If you ever hear a fisherman say I caught a huge "lizard" this is what they are talking about.

This time of year around Sandgate and Shorncliffe is perfect for catching this tasty estuary species, although they are around all year long. The mouth of Cabbage Tree Creek and along the Sandgate/Brighton foreshore at high tide, are excellent locations to snag one.

Identified easily by a single black dot on the end of the tail they are often confused with other species such as Sand and Bar-tailed Flathead. Growing to over a metre long and quite the predator at this size, you can only take them between 40cm and 75cm in Queensland as the larger breeding females fish are crucial to replenish natural stocks.

My favourite way to catch them is with a light rod, braided line and a soft plastic lure that is bounced on and off the bottom as you wind in, but they will take many lures and drifting with bait works well too. They love the warm shallow weedy edges of sand banks and mouths of creeks and rivers on the last few hours of the outgoing tide where they wait to ambush their prey.

Japanese friends of mine tell me its the best Sashimi they have tried in Australia, I still like mine steamed whole or beer battered fillets though thanks.

■ **Peter Hansler is a local "fish enthusiast" who promotes and educates about our native fish and responsible angling via his website <http://rainbowrunner.ausfish.com.au>. If you have a question for Peter you can reach him via email at phansler@hotmail.com**

WE'RE BREAKING UP...

WITH THE BILLABLE HOUR



ASK ABOUT OUR FAMILY LAW **FIXED FEES**

Special October Offer

Call now and mention this ad for
a free 1-hour family law consult
1300 283 667



Mel Carter
Practice Manager



Missing teeth?

Complimentary Implant Consultation

97 Braun Street, Deagon (next to KFC)
www.toothkind.com.au

3269 0655

Preferred Providers for

• Child Dental Benefits - No Gap



OCTOBER TIDE TIMES

Time m	Time m	Time m	Time m
1 0054 1.74 0711 0.50 MO 1349 2.11 2018 0.74	9 0337 0.19 0933 2.25 TU 1549 0.27 ● 2145 2.34	17 0302 1.40 0842 0.80 WE 1545 1.91 ● 2254 0.80	25 0344 0.25 0949 2.30 TH 1609 0.41 ○ 2154 2.11
2 0157 1.61 0810 0.58 TU 1458 2.10 ● 2142 0.75	10 0413 0.20 1013 2.30 WE 1633 0.32 2223 2.22	18 0435 1.45 1006 0.83 TH 1657 1.93 2354 0.70	26 0418 0.25 1028 2.35 FR 1651 0.44 2232 2.03
3 0324 1.54 0928 0.61 WE 1616 2.14 2310 0.66	11 0445 0.23 1054 2.31 TH 1715 0.41 2300 2.08	19 0543 1.57 1124 0.77 FR 1756 2.00	27 0451 0.27 1110 2.36 SA 1736 0.49 2313 1.92
4 0456 1.60 1052 0.57 TH 1731 2.24	12 0515 0.29 1133 2.28 FR 1756 0.52 2336 1.92	20 0042 0.59 0633 1.72 SA 1224 0.67 1845 2.08	28 0526 0.33 1153 2.35 SU 1823 0.55 2357 1.80
5 0024 0.52 0610 1.74 FR 1207 0.47 1836 2.35	13 0545 0.38 1212 2.21 SA 1838 0.64	21 0123 0.49 0715 1.87 SU 1314 0.58 1926 2.14	29 0605 0.40 1241 2.31 MO 1917 0.62
6 0123 0.38 0711 1.91 SA 1313 0.37 1931 2.43	14 0012 1.75 0616 0.48 SU 1252 2.12 1924 0.75	22 0200 0.40 0754 2.00 MO 1401 0.50 2005 2.18	30 0050 1.67 0652 0.50 TU 1336 2.25 2023 0.66
7 0214 0.27 0803 2.05 SU 1411 0.29 2020 2.45	15 0052 1.60 0651 0.59 MO 1338 2.03 2020 0.83	23 0235 0.33 0832 2.12 TU 1444 0.44 2041 2.19	31 0158 1.58 0755 0.60 WE 1442 2.21 2140 0.65
8 0258 0.21 0849 2.17 MO 1502 0.26 2104 2.42	16 0144 1.47 0737 0.71 TU 1434 1.95 2137 0.85	24 0310 0.28 0909 2.22 WE 1526 0.42 2118 2.16	



NORTHSIDE
PRINT • DESIGN

WE PRINT

BUSINESS CARDS | FLYERS | BROCHURES

CALL 0450 078 200

WWW.NORTHSIDEPRINT.COM.AU

BRISBANE COMPUTER SOLUTIONS

NOW BIGGER AND BETTER



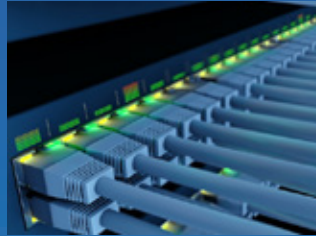
Gaming



Laptops



Office



Servers & Networks



Cloud Services & Storage



Lenovo

**10% SENIORS DISCOUNT
ON LABOUR**



We Offer With all Computers

On Site Visits | Independent Quality Advice | Servicing | Delivery



Shop 4 / 140 Braun Street Deagon
PH 1300 844 753

brisbanecomputersolutions.com.au

TRADES & HOME SERVICES

DIRECTORY

Skilled Professionals



sandgate
GUIDE

CONTACT US

To advertise please email us
kristy@sandgate.com.au
or phone 0415 868 471

Arborist	84
Bathrooms	91
Builder	85
Building Inspector	83
Cabinet Maker	88
Electrician	87
House Raising	86
Mowing Services	82
Painter	89
Plumber	90
Pool Servicing	80
Roofing	81



TRADES & HOME SERVICES

DIRECTORY





ENERGY SAVING EQUIPMENT SPECIALISTS

From energy efficient Pool Pumps that are up to 70% cheaper to run than a standard pump, to Robotic Pool Cleaners so you don't have to run the filter just to clean the pool. We have energy saving covered for your pool.

Simply call **32697665**
or email poolshop@proswim.com.au
and ask us how much money we
can save you this Summer on your
pool running costs.

Proswim Pool Care
162 Barrett St Bracken Ridge
Down the back of the shopping
centre next to Jetts Fitness

Pool Service (non-regular)

\$77.00 plus chemicals. Leaf rake
debris, broom tile band / steps &
vacuum the pool. Test and balance the
water using quality Purex chemicals.
Clean the filter, salt cell, baskets etc.
Check all equipment operation.

Premium Monthly

\$66.00 plus chemicals. Leaf rake
debris, broom tile band / steps &
vacuum the pool. Test and balance
the water using quality Purex
chemicals. Clean the filter, salt
cell, baskets etc. Check all
equipment operation.

Standard Monthly

\$44.00 plus chemicals. Test and
balance the water using quality
Purex chemicals. Clean the filter,
salt cell, baskets etc. Check all
equipment operation.

Valet Monthly

\$22.00 plus chemicals. Test
the water, leave an analysis
sheet with instructions and
quality Purex chemicals to
balance the water.

Proswim
We make pools fun again!

astralpool
alliancepartner

3269POOL (7665)
proswim.com.au



Before



After

ROOF RESTORATIONS

Transform your tired old roof with a
value boosting makeover

Full Roof Restorations From only \$2,000

- Replace Broken Tiles
- High Pressure Clean
- Re-bed Ridge Capping (if required)
- Re-point Ridge Capping
- Sterilise Surface (if required)
- Apply Primer/Sealer
- Apply New Roof Membrane (2 coats)

All roofs age over time. After around 15 years, tile roofs deteriorate to the point where a restoration should be considered. At this age, colour starts to fade, ridge capping becomes brittle, lichen and mould can grow, and tiles become harder to clean. The appearance of your home suffers and your roof is more likely to develop leaks.

Richard Gabriel from Mr Highlights Roofing has over 20 years experience in the roofing trade. He uses only premium quality products for his restorations, and offers a full 10 year warranty on all workmanship and materials.

Richard is an owner/operator and doesn't employ salespeople, so costs are kept to a minimum which means **savings for you!**

Tile & Metal Roofs

Call Richard today and arrange your no obligation free quote!



M: 0402 469 801

P: 3203 1133

www.mrhightlightsroofing.com



Richard Gabriel

SPECIAL OFFER:

Mention this ad and receive up to
4 PAINTED REPLACEMENT ROOF TILES
with every full roof restoration!

**5%
Seniors
Discount**

Accredited Members of Master Painters & Master Builders
QBCC Lic no.1278416 Fully Insured



*Professional, cost effective,
quality service on time,
every time!*

GET A FREE AERIAL GUTTER SURVEY

Delivered by Drone ActiveX (Conditions apply)

**YOUR GARDEN OUR PLANET
WE CARE FOR BOTH**

DO YOUR BIT...

Got to go Green has taken the commercial and domestic mowing business completely into the environmentally friendly world. And you can do your bit by switching to our service. Did you know one petrol mower can emit the same or more pollutants per hour than 11 cars?

That's right — No more nasty cancer causing CO2 fumes and pollutants getting into your lungs. No more petrol spills on your driveway washing into our local water systems. No more loud noises disturbing your peaceful mornings.

We take on all work, big and small, and our services include mowing, edging, hedge cutting, pruning, blowing and green waste removal all at very competitive pricing.

We will have a stand at the Eco Expo at the Brisbane showgrounds (14th to the 16th of September) so come and learn more about our services and the amazing Mean Green mower.

Book us today and get a FREE Aerial Gutter inspection*.

M: 0456 646 888

E: inquiry@gottogogreen.com.au

W: www.gottogogreen.com.au



PRE-PURCHASE BUILDING INSPECTIONS

Same Day Reporting

15 Years Industry Experience
QBCC: 1254398

CONTACT US TO BOOK TODAY

0435 750 028

inspections@inlinebuildinginspections.com.au

www.inlinebuildinginspections.com.au



ARBORICULTURAL SERVICES Swann's

- Storm Work
- Stump Grinding
- Tree Pruning
- Tree Removals
- Palm Cleaning
- Real Estate Work
- Qualified Arborist
- Fully Insured
- Family Owned and Operated
- Obligation Free Quotes

**4017
Based
Company**



[c. swanfamilytrust@optusnet.com.au](mailto:c.swanfamilytrust@optusnet.com.au)

p/f. 07 3869 0267

m. 0422 099 444

79 Kempster Street, Sandgate



5 bedrooms • 3 Baths • Double Garage • Total Building 349.30m²

© Copyright Protected

Builders of Designer Homes, Quality Renovations & Extensions

- New Custom-Built Homes on your land (**We specialise in Hamptons Style Homes that will capture the imagination for generations to come**)
- Home Renovations — Extensions — Additions — Heritage Projects
- Cladding of homes for Hamptons Style Façade
- Design Service
- Granny Flats — Attic Conversions
- Bathroom — Kitchen Renovations
- Decks — Pergolas — Conservatories
- Strata Remedial Maintenance
- **Online Hamptons Inspired Furniture and Home Décor Shop**
- Call now for a free in-home consultation



MEMBER
you're in good hands



Join us on:



www.buildingworksaustralia.com.au

ALTITUDE 9

HOUSE RAISING & RESTUMPING



Altitude 9 is a professional team of people dedicated to delivering a prompt, safe, reliable and friendly service. The team at Altitude 9 work closely with their clients in order to provide the best service possible – at Altitude 9 ultimate satisfaction is our job guarantee.

- No job too big or small
- House raising
- House restumping
- House relevening
- Competitive prices
- Free quotes
- Fully insured

**With over
15 years of
house raising
experience**



0420 363 105

www.a9houseraising.com.au

QBCC 1119504 ABN: 89273597947

THE LOCAL 24 HOUR
ELECTRICIAN YOU CAN TRUST



Call Now

0437 731 830

WWW.JKELECTRICALQLD.COM.AU

INFO@JKELECTRICALQLD.COM.AU

NEED AN ELECTRICIAN?



MITSUBISHI HEAVY INDUSTRIES

REVERSE CYCLE AIR CONDITIONERS

Supplied and Installed

2.5KW **\$1485** INC GST

3.5KW **\$1645** INC GST

5.0KW **\$1950** INC GST

7.1KW **\$2265** INC GST

8.0KW **\$2695** INC GST

We install customer supplied air
conditioners from \$650.00 gst incl.

Includes **5 YEAR MANUFACTURER'S WARRANTY**
*** STANDARD INSTALL ONLY/CONDITIONS APPLY**



TALK TO US ABOUT ANY OF
YOUR POWER NEEDS



SAVE MONEY BY
CONVERTING
LIGHTS TO LEDs

IS YOUR SMOKE
ALARM STILL
IN DATE AND
WORKING?



Free

ELECTRICAL SAFETY
INSPECTION INCLUDED
WITH EVERY JOB



ABN: 26 747 714 878
Licence No.: 75228
Air Conditioning Licence: ARC L087988

WE ALSO SUPPLY THESE BRANDS



Panasonic

DAIKIN



ELECTRICIAN

Custom Built Kitchens



Kitchens are the heart of the home. Today's open plan designs reflect our desire for the kitchen to be more than just a place for cooking and eating. It is where families get together, share stories and lives are lived.

Our design-to-install-service offers you innovative designs and our experience and quality craftsmanship will meet your exact needs.

CONTACT US ON

3889 7977 or **0408 882 456**

SO WE CAN HELP YOU

Create Your Custom Built Kitchen.



Unit 2, 31 Kremzow Road,
Brendale Q 4500

jay@aljaycabinets.com.au

aljaycabinets.com.au

 **ALJAY**
EST 1983 **CABINETS**

PARADISE PAINTING CONTRACTORS QLD

BSA 49709 | ABN 49096388489

Scott Graham established Paradise Painting Contractors in 1992 and since then has become a well known Painter in South East Queensland.

Paradise Painting Contractors service the north side of Brisbane and anywhere between the Gold Coast and Sunshine Coast.

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

He has also painted some of the Endeavour Foundation's Prize Winning Homes.

Scott loves nothing more than standing back after a job well done and seeing the transformation effect.

- **Repaint Specialist**
- **Commercial**
- **Domestic**
- **Airless Spraying**
- **Roof Specialist**



www.paradisepainting.com.au

email: scott@paradisepainting.com.au

Call Scott

0418 721 887

PAINTER



- Bathroom Renovations
- Maintenance Repairs
- Roofing
- Drainage & Sewage

**Your local
plumbing
specialists**

PH: 0409 705 851

hemmingplumbingservices@gmail.com



EVERYTHING BATHROOMS

'Your local bathroom renovation specialists'

Bathrooms • Renovations • Disability Access



Reliable • Realistic • Experienced

FREE QUOTES

CALL US TODAY
3269 7553

VISIT OUR WEBSITE

www.everythingbathrooms.com.au

BATHROOMS

LOCAL DIRECTORY

ACCOUNTING & BOOKKEEPING

Daniel Mak & Associates

Tax Returns from \$95.00 (Incl. GST)

Shop 1, 464 Beaconsfield Tce, Brighton, QLD 4017
Tel: 07 3869 1885 • www.dmak-assoc.com



Tax agent
25282955

NAS TAX TAX RETURNS

- PERSONAL TAX RETURNS
- BUSINESS TAX RETURNS
- BAS RETURNS



**WALK IN
OR PHONE 1300 734 723**

Shop 5 / 2270 Sandgate Road , Boondall
Shop 13 Deception Bay Shopping Centre, Deception Bay
Email – admin@northernaccounting.com.au

AIR CONDITIONING



1300 507 735

Lic No. 72504

42 Depot Rd, Deagon
www.safe-sure.com.au

Your local North Brisbane Air Con Experts

Supply - Install - Repairs - Maintenance

Call **1300 799 430**

visit www.voltoraindustries.com.au



Voltora Industries

Electrical • Data • Security • Air Conditioning



ALTERATIONS - CLOTHING

DOUBLE TWO FASHION 3269 3266

Shop 9, Second Ave, Sandgate

ART CLASSES & GALLERIES

ARTRAGEOUS COMMUNITY ARTS CTR. . 3269 1535

84-88 Loftus Street, Deagon

BEAUTY

BRIGHTON BEAUTY & NATURAL THERAPY

49 Regency Street, Brighton 0407 676 844

SECRET WELLBEING 0457 312 345

6 Queens Parade, Brighton

BEAUTY



SKIN & BODY

131 Deagon St, Sandgate

3869 1855

New Hours Monday 9.30am-6pm

Tue & Thur 8am-7pm | Wed & Fri 8am-6pm | Sat 8am-3pm

BOATING SERVICES & SALES



Your One Stop Boating Megastore

2294 Sandgate Rd, Boondall,
QLD, 4034

Tel: 07 3265 8000

Web: nsmarine.com.au

BUILDERS

DAVID CARR BUILDER 0402 857 874

Decks & Renovations - Since 1985

LIFESTYLE HOMES. 0408 070 826

New builds / Renovations - Josh Lauder

BUILDING INSPECTORS

INLINE BUILDING INSPECTIONS 0435 750 028

Pre-Purchase Building Inspections – call Sam or Michael

BUTCHERS



Shop 17
353 Beaconsfield Tce
Brighton Qld. 4017
Ph: 3269 7268

Opening Times: Mon-Fri 6am-6pm | Sat 6am-4pm | Sun 7am-2pm



Phone
3269 2049
10 Queens Parade
Brighton

CAFES & RESTAURANTS



BE BOLD 131

131 Rainbow Street, Sandgate

PH: 0499 176 629



196 Flinders Pde Sandgate



Cafe Bar Takeaway
Open 8am-8pm 7 days

Phone 3269 6903

CAFES & RESTAURANTS



90 Flinders Pde, Sandgate
Open 7 Days

Sandgate Fishmonger

90 Flinders Pde, Sandgate Q. 4017 Phone: 3269 0416
Fish & Chips Meal \$9.00



CLEANING SERVICES

SK's

EXTERIOR HOUSE WASHING

- Roof & Gutter Cleans
- Exterior House Cleans
- Driveways & Paths
- Pool Areas & Paved Areas
- Pensioner Discounts

Phone Shaun on **0450 073 398**

COMPUTER SERVICES


**WE HAVE MOVED TO
140 Braun St, Deagon**

BRISBANE COMPUTER SOLUTIONS

BUSINESS I.T. SPECIALISTS
SALES • SERVICE • SUPPORT

 **1300 844 753**
www.brisbanecomputersolutions.com.au

CONCRETERS



IMPERIAL CONCRETING *Superior finishes, everytime*
Gerard Tibbetts - 0412474417
imperialconcreting@gmail.com
[@imperialconcreting](https://www.facebook.com/imperialconcreting)

 **FIND US ON FACEBOOK!**

ELECTRICAL



CUSTOM WIRED
ELECTRICAL DATA AIR CON

Phone **1300 069 333**
admin@customwired.com.au
Lic: 62806



24 HOUR SERVICE & MAINTENANCE
DOMESTIC / COMMERCIAL
UPFRONT PRICING / FREE QUOTES
0437 731 830

HASSETT ELECTRICS **0407 221 304**
Servicing The 4017 Area



1300 507 735
Lic No. 72504
42 Depot Rd, Deagon
www.safe-sure.com.au
"gentlemen in the trade"

Your local North Brisbane Electrician
No job too big or small!
Call **1300 799 430**
visit www.voltoraindustries.com.au

Voltora Industries
Electrical • Data • Security • Air Conditioning

FINANCE

OPEN ROAD FINANCE **0479 160 265**
Home / Car / Personal / Business Loans

NAS LOANS

LOAN SERVICES

**HOME LOANS –
ALL MAJOR BANKS**
CAR LOANS • EQUIPMENT LOANS

**WALK IN
OR PHONE** **1300 734 723**

Shop 5 / 2270 Sandgate Road, Boondall
Shop 13 Deception Bay Shopping Centre, Deception Bay
Email – admin@northernaccounting.com.au

FASHION

RUSSELL'S FABRICS **3269 1442**
43 Brighton Road, Sandgate

LOCAL DIRECTORY

FLORISTS

OOPSA DAISY FLOWERS & GIFTS 3269 5062
Shop 10 Fifth Avenue, Sandgate

FUNERAL DIRECTORS

GEORGE HARTNETT FUNERALS. 3869 3077
85 Brighton Road, Sandgate

GALLERIES

GALLERY 4017 3269 1535
84-88 Loftus Street, Deagon

GARDENING



ARBORICULTURAL SERVICES
Swann's

- Stump Grinding
- Pruning
- Removals



p/f. 3869 0267 m. 0422 099 444



AUSSIE
TREE SOLUTIONS



OBLIGATION FREE QUOTES

- Tree Felling & Removal
- Stump Grinding • Pruning & Shaping
- Hedging & Mulching
- Palm Cleaning
- Storm Damage • Reports

35 + Years in Business
07 3351 1722

GOVERNMENT & SERVICES



Cr Amanda Cooper

Councillor for Bracken Ridge Ward



Mail > Cnr Bracken & Barrett Streets, Bracken Ridge
Tel > 3667 6000
Email > brackenridge.ward@bcc.qld.gov.au

GOVERNMENT & SERVICES



Jared Cassidy
Councillor for Deagon

Deagon Ward Office, Cliff Street Sandgate 4017
3667 6011
deagon.ward@bcc.qld.gov.au



Stirling Hinchliffe MP
Member for Sandgate

Shop 2, Fifth Avenue, Sandgate QLD 4017
Ph: 07 3639 9100 Email: sandgate@parliament.qld.gov.au

GYMS & FITNESS

Run Coaching
Personal Training

0408 347 885

 **COACH2RUN.COM.AU**



WORKOUT BRIGHTON 24/7 GYM . . . 3269 9685
Shop 22/353 Beaconsfield Tce, Brighton

HAIRDRESSERS



Brighton Hair
& Beauty

3269 8443



Emma-Jane's Hair Studio

1/65 Gawain Rd
Bracken Ridge

Ph: 3261 9770



JAYA HAIRCARE
& THE TINSNIP HAIRROOM

M. 0433 126 064
E. jayahaircare@gmail.com
W. jayahaircare.com

SAR HAIR 3269 4001
133a Deagon Street, Sandgate

HEALTH & WELLBEING



Skin Solutions

SPECIALISING IN SKIN CONDITIONS

www.aaaskinsolutions.com.au • 0417 792 446



HEALTH & WELLBEING



Anthony Cox
PODIATRIST

4/2337 Sandgate Rd,
BOONDALL
3216 5505

- Sports Injuries ► Ingrown Toenail Surgery
- Computer Orthotic Therapy



brisbane **north** counselling

- Marriage & Relationship Counselling

Ms Francis Borg PACFA Clinical

127 Roscommon Rd, Boondall m: 0406 949 921

Need physio?
3269 0114

EVERY
BODIES
PHYSIO



Ironwood Cottage

BULK ORGANIC WHOLE FOODS
Large range of Organic, Vegan & Gluten Free
4 Fourth Ave, Sandgate
PH: 3869 4548

SANDGATE DENTAL DR. COLLINS . . .3269 6252
Cnr Lagoon & Hancock Sts, Sandgate



SANDGATE
PODIATRY

Sandgate Podiatry
3269 4273
Shop 2, 109 Brighton Road, Sandgate
www.sandgatepodiatry.com.au



VIROGA
Yoga Studio
Health Spa

Yoga Classes Massage
Energy Therapies
Workshops

40 Seaview St Brighton
www.viroga.com.au

LAWN MOVER REPAIRS

Brighton
MOWERS

2/74 Ward Street, Brighton
PHONE 07 3269 5928

MECHANICS

ULTRA TUNE SANDGATE.3269 9755
57 Rainbow Street, Sandgate

PAINTERS

PARADISE PAINTING0418 721 887
Servicing Sandgate and surrounds

PEST CONTROL SERVICES

SANDGATE PEST CONTROL



the termite specialists

Phone

3269 6198

QBCC 108 7905

www.sandgatepest.com.au

PET SERVICES



Holiday care
for your cat at home!
0407 159 903

Find us on
Facebook

www.felinefeeders.com.au



Sandgate 4 Paws Dog Groomers

TUESDAY TO SATURDAY

Ph: 3269 2405

1/99 Brighton Rd Sandgate (next to Westpac)

PLUMBERS

AAA PLUMBERS & GAS0400 124 122
No Job Too Small - Call Bruce

CALL FOR ALL YOUR PLUMBING NEEDS

phone **1300 306 731**

Mention this ad & receive 5% discount



REAL ESTATE



calibre REAL ESTATE

Looking to Buy, Rent or Sell?

ERICA SWANNELL 0407 471 529

"Your local Dragon Agent"

CALIO & SCOTT REAL ESTATE3269 9466
2/353 Beaconsfield Tce, Brighton

LOCAL DIRECTORY

REAL ESTATE

JANETTE & MARK SOUTHWELL . 0412 537 519
Ray White Bracken Ridge

JIM MCKEERING REAL ESTATE3269 1276
200 Seymour Street, Sandgate

JOHN DECKER REAL ESTATE3269 9300
6 Brighton Rd, Sandgate

RETAIL

Bayside Brewing & Home Gourmet Supplies
Shop 8 Fifth Avenue Sandgate
3269 6797

 **Natural Body Products & Soy Candles**
Sales Room 25 Gowen St Shorncliffe
www.indulgenceatshorncliffe.com.au
Ph: 0414066862

REDCLIFFE CURTAIN WORLD3284 8999
Shop 1/91 Redcliffe Pde, Redcliffe

ROOFING

GG GUTTERS0411 377 120
Guttering Repairs -

SOLAR

SAFE & SURE - SOLAR1300 507 735
Call Scott

SOLICITORS

G. R. Brown Solicitor **07 3269 8511**
www.grbrown.com.au
Property Law | Family Law | Wills & Estates
Suite 5, Sandgate Arcade, 16 Brighton Road, Sandgate

SOLICITORS

 **Northside Family Law Centre**
T: [07] 3733 1234
info@northsidefamilylaw.com.au
89 Brighton Rd, Sandgate Qld 4017
www.northsidefamilylaw.com.au

 **SARAH CLEELAND FAMILY LAWYERS**
Ph: 3269 9938
123A Brighton Road, Sandgate
www.scfamilylawyers.com.au

TRAVEL AGENTS

helloworld TRAVEL
THE TRAVEL PROFESSIONALS Sandgate
Shop 1c Ibis Central
Ph: 3869 1588

TUITION

Kip McGrath EDUCATION CENTRES
SANDGATE 3269 3798
Level 1, 3 Fifth Avenue
☑ Maths ☑ English
☑ Primary ☑ Secondary

WATERSPORT

 **Surf Connect Watersports**
Standup Paddle - Kitesurfing - Kayaking
Catamaran & Windsurfing
170 Flinders Parade, Sandgate PH: 3137 0500



SANDGATE REAL ESTATE

SALES/RENTALS

Ph: 3269 0944

1a/7 Second Ave, Sandgate
www.sandgaterealestate.com.au
info@sandgaterealestate.com.au



SARAH CLEELAND FAMILY LAWYERS

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.

The firm prides itself on offering clients a depth of legal experience in Family Law litigation, advocacy and Mediation with Lawyers that bring to the firm background experience in human services, community services, domestic violence and child protection.

The Principal of the firm has been practicing exclusively in the area of Family Law for over 20 years and is committed to conducting a legal practice that has a resolution based approach to Family Law litigation in a practical way that is cost and time effective for clients.

- Divorce
- Parenting Disputes
- Property Settlement
- Child Protection
- Consent Orders
- Defacto Separations
- Domestic Violence
- Mediation

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



Ph: 3269 9938

123A Brighton Rd, Sandgate

www.scfamilylawyers.com.au



LOCAL KNOWLEDGE



DRIVES RESULTS



①



CALIO & SCOTT:

2/353 Beaconsfield Tce, Brighton
P: 3269 9466

②



RE/MAX PROPERTY SHOP:

119 Brighton Rd, Sandgate
P: 3269 0022

③



PROFESSIONALS SANDGATE:

73 Brighton Rd, Sandgate
P: 3869 9999

④



JOHN DECKER:

6 Brighton Rd, Sandgate
P: 3269 9300

⑤



SECOND AVENUE REALTY:

10 Second Ave, Sandgate
P: 3269 1555

⑥



SANDGATE REAL ESTATE:

1a /7 Second Ave, Sandgate
P: 3269 0944

⑦



JIM MCKEERING REAL ESTATE:

200 Seymour St, Sandgate
P: 3269 1276



Automotive Repairer

McCormacks Tyre & Suspension

YOUR LOCAL INDEPENDENT TYRE & SUSPENSION SPECIALIST



- WHEEL ALIGNMENTS
- LIFT/LOWERING KITS
- ALL 4WD ACCESSORIES
- SUPERCHARGE BATTERIES

Cooper
TIRES



FEDERAL



MICHELIN



TOYO TIRES
driven to perform



KUMHO TIRES



BF Goodrich



Continental



3269 3295 • 113 RAINBOW ST, SANDGATE
WWW.MCCORMACKSTYRES.COM.AU