Sandgate FREE FEBRUARY 2019 GUIDE

OVESTRUCK

AWAI

BRIGHTON'S LIVING TREASURE DAWNIE THE LOLLIPOP LADY

TRADES
& HOME
SERVICES
DIRECTORY
INSIDE

Learn New Cooking Skills

GREEN P'S GLOBAL KITCHEN ~ 2ND COURSE ~

photo by slapics

NOW OPEN



Your local recycle Drop'n'Go is now at The BRT!

Located outside Harry Brown Liquor, opp Woolworths

For more info & to sign up for your **Crunch Drop'n'go account**, visit **www.envirobank.com.au**





Proudly family owned

3269 7011 | thebrt.com
Cnr Denham & Barrett Sts







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



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

www.northsidefamilylaw.com.au

2019

Contents







08 BRIGHTON'S LIVING TREASURE

Dawnie the Lollipop Lady, a huge part of the Brighton school community, decides to hang up her stop sign.

14 SANDGATE FILM GALA

Film buffs and lovers of the magic of the big screen won't want to miss this year's Sandgate Film Gala in March.

16 GREEN P'S GLOBAL KITCHEN

Families from different cultures will be sharing their skills and teaching participants to cook.

20 LOVE STRUCK

Musical theatre - a romantic Valentine's Day rendezvous with a difference.

24 CREATE YOUR OWN VALENTINE'S DAY TRADITIONS

Here are some ideas to get your creativity flowing – many are very affordable and in the true spirit of love.

26 GEM AND JEWELLERY FESTIVAL

Skill-sharing workshops and demonstrations, jewellery and gems!

54 GIG GUIDE

Check out the February music line up.

56 DINING GUIDE

Blume Coffee brings food ideas to life.

80 TRADES & HOME SERVICES

Find skilled local professionals.

PUBLISHER

Dominic Alberth

EDITOR

Elise Alberth

PHOTOS

Paul Neil

DESIGN

Crystal Gentry

WRITERS

Christine Chamberlain
Kylie Fennell
Emma Harley
Sally Eberhardt
John Sayles
Brooke Jacobson
Ineke Hodalin
Kate Collins
Leanne Palmer
Philip Woods
Donna Roberts

GENERAL ENQUIRIES

info@sandgate.com.au

ADVERTISING ENQUIRIES

Kristy Yaldwyn kristy@sandgate.com.au Phone: 07 3338 5091



A Note

FROM THE TEAM

Happy New Year to you all from everyone at the Sandgate Guide! This year starts with plenty of things to see and do in the 4017.

February will see our area hosting one of the most stunning festivals around, as the Gem and Jewellery Festival shows off some real beauties of the gem world. There'll be something for everyone at this event!

There's also music and theatre, plus it is Valentine's Day on the 14th! We give you some ideas to personalise your Valentine's Day (page 24) and some appetising dinner ideas to hit the right note (page 22).

Speaking of food, Green P Farm will kick off their Global Kitchen 2nd Course cooking series this month (see page 16 for details). Families from different cultures will share their culinary skills with course participants. It promises to be a popular event, so make sure you sign up quickly!

Love is in the air this month at the Sandgate Town Hall with the musical theatre production of Love Struck taking the stage. There's also a chance to win tickets to this fun show about the perils and thrills of dating, see how to enter on page 20.

We also say a fond farewell to much-loved Brighton School stalwart, Dawn 'Dawnie' McPhillips, who has been the school lollipop lady for an amazing 34 years. Enjoy your retirement, Dawnie!

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.



'Rock Under The Clock' benefits local youth

ow in its 6th year 'Rock Under The Clock' has become somewhat of an institution, a 'nostalgic must' for many lovers of 60's dance and music on the northside..

The biannual event featuring local Sandgate group ,Jim Hansen and The Sonics has earnt over \$45,000 for the Sandgate Police Citizens Youth Club to benefit its Crime Prevention and Youth Diversionary Programmes.

Sandgate PCYC Branch Manager Sergeant Chris Lambert, accepted a cheque for \$8500 from the organisation committee, as proceeds from the most recent dance event. He said, "Rock Under The Clock has become a major donor of funds in aid of our community programs. With limited funding from government we are very dependent on donations such as this to support our activities."

"We are extremely appreciative of the efforts put in by volunteers and the generosity of the local business community which have combined to make each event an outstanding success." he added.

'Rock Under The Clock' is held each May and November at the historic Sandgate Town Hall. Details of the next event on the 25th May will appear in the May Edition of the Sandgate Guide.

Dream of owning a creative business?

Franchise opportunities now available to run your own magazine!

- Multiple Northside locations available
- Build upon an already established and successful magazine brand
- Be 'THE' guide that people know and trust to get the latest info on local gigs, events and community news and stories.
- Support local and watch your community grow
- Easy set up magazine layout design templates and support provided to help get you going.
- Includes online presence.

What are you waiting for! Email your interest NOW to info@sandgate.com.au



POSSIBLE NOT TO LAUGH"

Menopause The Musical®



The Hilarious Celebration of Women and The Change!"

APRIL 5 - 7 REDCLIFFE ENTERTAINMENT CENTRE

REDCLIFFEENTERTAINMENTCENTRE.COM.AU OR PHONE 07 3283 0407

menopausethemusical.com.au



Brighton Crossing Treasure Retires

Story Christine Chamberlain
Photos Paul Neil

or 34 years, Dawn 'Dawnie' McPhillips has been making sure the students at Brighton State School arrive at school safely. Dawnie, 80, is a huge part of the Brighton school community and after walking the equivalent of 5000 laps around the school oval, she decided to hang up her stop sign in December.

The mother of three first started as a lollipop lady at the school when her youngest daughter was in Year 7, in 1985.



Dawnie's smiling face and friendly hello will be missed by the kids and teachers at Brighton State School.

"I was nervous the first three weeks and then I began to love it," Dawnie said.

"The children are what have kept me going. They say good morning to me and bring me little flowers picked out of their gardens."

Brighton State School teacher, Jen Hewett, has known Dawn for more than 20 years and says her friendly smile at the crossing will be missed by all.

"She will always be our treasure of Brighton," Jen said. She is the warm and wonderful smile that greets our students in the morning and that same warm smile wishes them well again in the afternoons."

Dawnie always takes the time to make every child feel special.

"I like to learn each of their names, so I can say good morning to each of them," she said.

Dawnie has seen hundreds of students walk into school on their first day of prep and then she has seen them leaving, on their last day of primary school. Many of these students have returned, years later, to walk their own children into school.

"It's my life. It hasn't really settled in yet, but I'm going to miss it," Dawnie said.

On her last day at Brighton, students and families, past and present, honoured their favourite lollipop lady by covering the fence behind the school crossing with flowers.

"She has supported our students through happy and sad times and has that wonderful knack of saying the right thing at the right time," Jen said.

"Dawnie is simply the beating heart of kindness that exemplifies our wonderful little school."

In 2017, she was recognised for her long-time service to the community with a Lilley Australia Day Award.

Dawnie plans on staying involved at the school, by volunteering her time in classrooms and at the tuckshop.









FAMILY AND COMMUNITY ARE THE FOCUS OF THE BOSS BOXING OPEN DAY

Story Sally Eberhardt Photo Paul Neil

ark your calendar for Saturday 16 February for the Open Day celebrating the official launch of The Boss Boxing into our community.

Come along to enjoy the sausage sizzle, lucky door prizes and fun for the family while learning more about how The Boss Boxing programs develop a healthy mind, body and spirit in a safe multi-cultural environment.

Prevention of suicide and reduction of crime are two of the benefits to the whole community that come from "getting youth off the streets and into the gym" as founder, Sammy Leone says.

Sammy grew up around Sandgate and The Boss Boxing is born from Sammy's longtime desire to 'give back' to the community the many positives that boxing brought to his own life.

Sammy saw this initiative of Pass on the Fire Aboriginal and Torres Strait Islander Corporation as a great opportunity to engage young people in the community and offer everyone a great way to keep fit and active with classes for women, children and the general public as well as training for competitive boxers.

"Boxing gives structure and routine, builds selfesteem and is good for health and wellbeing. But we don't just offer boxing - it's a much more holistic approach with mentoring and linking in with local elders and existing services that assist with all kinds of issues including domestic violence and financial difficulties."

Councillor for Deagon Ward, Jared Cassidy, has been a big supporter of The Boss Boxing since its inception and says it will offer great support to both indigenous and non-indigenous people right across the Northside.

"After meeting with Sammy I was able to provide The Boss Boxing with a grant of almost \$5000 to get the gym up and running and really look forward to seeing the positive impact this will have in the community."

As Sammy says - "The Boss Boxing is so much more than just a boxing club. It's a place where youth can be supported, and mentored in a culturally safe and inclusive environment."

The Boss Boxing Open Day starts at 10am on Saturday 16 February at 385 Zillmere Rd, Zillmere.



WHO ARE WE and WHAT DO WE DO?

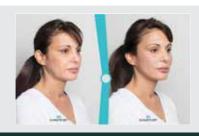
Rebecca Cosmetic Medicine Skin Therapist

"I perform the skin consultations for our skin care range. I also do the medical grade peels, microdermabrasion, medical skin needling, laser and skin rejuvenation facial treatments and IPL hair removal treatments. I am also a makeup artist so teach you how to apply our makeup."



Anita Nurse Practitioner and CEO

"I perform all the medical cosmetic injectable treatments such as; Dermal Filler, Anti-Wrinkle, Platelet Rich Plasma face lifts and facials, fat dissolving and skin tightening treatments. I also perform the antiaging IV Nutrition and Vitamin therapy. I perform the Silhouette Soft ® Thread Lift and Urinary Incontinence Shot."



We are only 1 of 7 registered practices in Brisbane who are permitted to perform the Silhouette Soft ® Thread Lift Anita has performed in excess of 15,000 treatments on clients all over Australia. She has formulated thousands of individual treatment plans to enable each of her clients to look fresher and feel better about themselves.

CALL US & BOOK TODAY



Story Sally Eberhardt Photo Paul Neil

anuary 9, 2018 was a sad day for many Sandgate residents, particularly our more senior citizens. That was the day the former RSL Memorial Club trading as 'Club Sandgate' closed its doors for the final time due to substantial credit issues.

However, new hope has recently arisen for the premises to become a social hub once again with negotiations underway between a hotel group and the Sandgate RSL Sub-branch who own both the building and the land.

Sub-branch president Peter McNamara, said they had received an offer from a hotel group and the outcome would be known by early February.

"They are looking very closely at the building and the options they have to buy or lease," Mr McNamara said. "Hopefully we will get a good outcome for us and the community."

One of the senior citizens affected by the sudden closure of 'Club Sandgate' is Pamela Brookfield. Pamela moved to Sandgate only four years ago and said that 'Club Sandgate' was her lifeline in making Sandgate home.

"It was a friendly place to go. They had a lot of entertainment. It was a place we older folk felt safe and comfortable.

"It was there one day and gone the next. There is nowhere else like it in Sandgate."

John and Madonna Luszczek are looking to move into the area and said they like being able to go out and have a relaxing meal and drink at their local club. "This is where I used to bring my mum and dad," Madonna said. "I have fond memories of bringing them to the Sandgate RSL Club.

"We love frequenting the local clubs and hotels. We like to give back to the community, and enjoy meeting new people. It would be great to see this venue open again."

Councillor Jared Cassidy also expressed hope for the future of Club Sandgate as its closure had a very big impact on the Sandgate RSL Sub Branch.

"Without an ongoing rental income from the club site, the vital work they do for veterans in our community was put at risk. It's great to see that they are now in discussions to reopen the club which will not only support the work the sub branch do, but be a big boost to Sandgate itself.

A new club would mean more jobs for locals, options for people looking to head out and attract more people to Sandgate, which in turn supports all businesses "



Sandgate Hearing

Hearing Aid Users with Severe Hearing Difficulties

"What a difference! " (Terry Baker, Gold Coast, aged 68)
"Such excellent care. My hearing now is just brilliant." (Maurice & Sheila Pinniger, Taigum)

When we meet new clients, it is not uncommon to hear comments like:

"I paid \$5000 for my hearing aids and I still can't understand what my family says."
"I went back to my previous provider many times. They can't do anymore to help me."
"Forget it. My hearing loss is too bad. Hearing aids can't help me."

At Sandgate Hearing we have a keen interest in dealing with people struggling with severe and profound hearing losses. Our audiologist, Ronnie Lam, completed his Biomedical Engineering Degree and Master Degree in Audiology. We disregard those beliefs and focus on every single detail in the diagnosis and treatment of hearing loss. The results allow our clients to hear life so much better. We use the latest research results, scientific testing procedures, have a deep understanding of the hearing system and integrate clinical results from many thousand of patients to regularly up-date our own in-house research program for our clients benefit.







"I was given many options"

I've been to others, but I feel very comfortable and happy with the friendly service and support I get from Sandgate Hearing. I was given many options and took my time choosing the correct hearing aids. I would highly recommend Sandgate Hearing to anyone who needs a hearing check.

"I couldn't be happier"

Over the last ten years I've been to 5 different hearing centres. The last place told me that the hearing aids I've been wearing could not be repaired. I had heard about Ronnie at Sandgate Hearing. Within 15 minutes Ronnie had repaired both of my hearing aids. I couldn't be happier! I have since introduced my friends to Ronnie.

Ronnie is an absolute legend!

Michael Vassilakos, Tingalpa.

"Back in the loop"

After years of hearing problems, Ronnie brought the sound back. I now enjoy hearing my grandchildren and feel like I belong. After time spent in artillery in Vietnam, my hearing started to vanish and it was all too hard to fix. Then along came Ronnie. Thank you is not enough to express my gratitude for the job you do, Ronnie. Sandgate Hearing is simply the best.

Douglas Schmidt, Burpengary

Jo Quinn, Boondall.



of Gold (HOG) International Short Film Festival, which was screened in Gympie late last year.

Sandgate Cinema Club is hosting this year's film gala and at the reins is Griffith Film School graduates, Lachlan Smith and Emma Martindale, who are excited at the opportunity.

Lachlan said events like the film gala bring the feelings of yesteryear and the magic of classic cinema back to Sandgate.

"Many people within the community have yearned for a cinema to be built once again, so these kinds of events help build the film community in Sandgate," Lachlan said.

These events are highly important in solidifying the legacy of Sandgate's cinema history.

"The gala helps to bring the community together for a wonderful evening, whilst providing a platform for emerging filmmakers and actors to get their work out onto the big screen."

Lachlan and Emma see the Sandgate Film Gala as a great step in their emerging film careers and are working hard to ensure the event is bigger and better than ever.

"It's a big project arranging a film gala, securing sponsorship and generating public support,

however, if there's anywhere in Brisbane that has the right community spirit to get behind a winning idea, it's Sandgate," Lachlan said.

Lachlan Smith,

Emma Martindale

This year's Sandgate Film Gala will include an opening night feature film screening on Friday, March 29. A curated package of films from the Gympie HOG will screen on Saturday, March 30.

To top off the weekend of film, the Cinema Club will be hosting their March film screening on Sunday, March 31.

If you'd like a snapshot of what was shown at Gympie's 11th Heart of Gold festival visit heartofgold.com.au.

For information, follow the event on Facebook.

FRIDAY NIGHT (Feature Film Screening Gala Evening) \$25 Adult / \$20 Concession

SATURDAY (3 "Sessions" of Screenings)

\$10 - 1st session / \$8 Concession

\$10 - 2nd session / \$8 Concession

\$20 - 3rd session / \$17 Concession

\$35 For the whole of Saturday (Adult)

\$30 For the whole of Saturday (Concession)





Dining 7 Days A Week

BOOK NOW FOR VALENTINE'S DAY.

MONDAY 250G RUMP STEAK

TUESDAY MARGHERITA, HAWAIIAN OR MEAT LOVERS

WEDNESDAY CHICKEN SCHNITZEL



BRIGHTON HOTEL 196 Brighton Terrace, Brighton • (07) 3269 1971 e: brightonhotel.manager@spirithotels.com.au



FREE Baby Splash Classes Babies 2 - 6 months

FREE Come & Try Session Children 4 months - 3 years

Do you have three or more kids?

Save 10-20% with your third and fourth enrolled child!

Introduce your family to Rackley Swimming Deagon Market Place and enjoy our enriching programs, nurturing teachers and comfortable indoor environment - for FREE.

Babies can swim, they just need to be shown.

Contact us today!

Deagon Market Square 75 Braun St, Deagon 1300 733 053 | deagon@rackleyswimming.com.au



Ani and Lusia Rahebeh will teach their tradional cooking at Global Kitchen 2nd Course

_GREEN P _

MORE THAN A HUMBLE VEGETABLE

Story Ineke Hodalin Photo Paul Neil

reen P Farm is an amazing space inside the Deagon Racecourse. It's also a place where miracles happen, and where a community of enthusiastic volunteers work the land, nurturing a remarkable market garden.

It is a hot December day when I meet Kiera Brett, the Community Partnership worker for Sandbag (Sandgate and Bracken Ridge Action Group) in the Racing Queensland parking lot. We walk to a plot of land that is bordered by the highway and the main road. It feels miles

away and the air has a rich aroma of compost pre-breakdown.

"We have 3000 square metres, which we lease from Racing Queensland. We've got a really great relationship with them," Kiera said. "Everything develops as a community."

Volunteers are always needed, and the current crop is doing extraordinary things.

"We recorded [a segment] with Gardening Australia this year. They picked up our story about our composting activities. We pick up manure from the stables and we do a compost run through a couple of the local cafes. We take



100-150 kilos. It's very heavy. We actually won a big award for it, [last] year, from the Brisbane City Council. It was quite a surprise — we were up against some huge groups."

We pause to greet one of the workers. The broad smile tells an interesting story.

"We have about 120 participants. Seventy-four percent of them come from a refugee or new-arrivals background," Kiera said.

They come from places such as Bhutan, Myanmar, Polynesia, and parts of Africa.

Some of these people have come together to offer locals a very special opportunity. It's called Global Kitchen 2nd Course.

Families from different cultures will be sharing their skills and teaching participants to cook.

Fortnightly classes will be held at SANDBAG, Bracken Ridge and Fitzgibbon for the next two months, with a cookbook being published at the end. However, class sizes will be limited – so hurry, while there is still time to enrol. The cost is a gold coin donation.

Funded by the Department of Local Government, Racing and Multicultural Affairs, it's the second time such a course has been offered. The first was extremely popular.



It's going to be great, seeing cooking from the different cultures. What we find here is people are really sharing their cultures through food. It's a great way to learn."

→ GLOBAL KITCHEN 2ND COURSE →

DATES: Saturday 2 and 16 February and Saturday 2, 16 and 30 March.

CONTACT: SANDBAG on ph. 3869 3244 or visit their Facebook page.



New Service Station Application Lodged

new development application has been lodged with the Brisbane City Council for construction of a service station at 245 Bracken Ridge Road, Bracken Ridge. This is the second application to be lodged with council for a service station in this area, in the past year.

The application notes that there is a related development application that has been lodged concurrently with this application, for the proposed subdivision of the site to create seven residential lots and one non-residential lot. This development application is for the development of a service station on the proposed non-residential lot at the front of the site.

The proposed building will be single storey with a total of 8 fuel pumps underneath the fuel canopy located on the Bracken Ridge Road frontage of the site.

Poem for Sandgateers

The following poem written by one of our readers, Karen van den Broek, was for her elderly uncle when he moved to Sandgate recently. Sadly, her uncle died suddenly, before she was able to read it to him.

Sandgate, Sandgate, Sandgate,

Living by the sea.

Sandgate, Sandgate, Sandgate,

That's the place to be!

Where the air is sweet and the four winds meet

Across the wide blue bay,

And butcher birds sing and parrots take wing

Around lagoons each day;

Where Cabbage Tree Creek and the mud flats speak

To mangroves kissing the tide,

And the sail boards lift as the jellyfish drift

Along the shoreline wide.

O Sandgate, Sandgate, Sandgate,

My heart is by the sea.

Sandgate, Sandgate, Sandgate,

That's the place for me!

General & Cosmetic Dentistry Dr Andrew Bachour BDSc (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 mouthquard.



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

****** invisalign

3269 2064 19a Brighton Road, SANDGATE

> Evening & Saturday appointments are most welcome by appointment. *Conditions Apply. Please talk to us for more information.



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



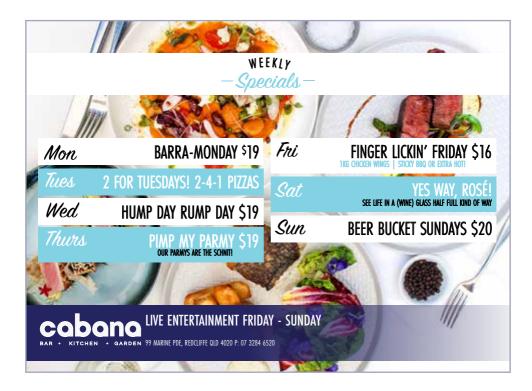
Story Sally Eberhardt Photo Slapics

or a romantic Valentine's Day rendezvous with a difference, treat yourself and your loved one to the musical theatre production 'Love Struck' at the Sandgate Town Hall.

Do you remember those days when you were dating? Nerve-wracking first meetings,

disastrous dates, the funny situations you found yourself in ... No wonder most people are glad they are over!

Oh but then there was someone with whom the sparks flew, fireworks went off in your brain when you kissed, you heard music when they walked into the room... and you were love struck!



It is both the tender and hilarious moments of dating and modern relationships that inspired Lucas D Lynch to compose the title song of the musical theatre production 'Love Struck' for the enjoyment of couples on Valentine's Day.

Brought to you by Lynch and Paterson, the producers of the hit shows 'Lush' and 'A Night with Bernstein', the cabaret 'Love Struck' features a selection of favourite love songs from musical theatre as well as the brand new song cycle after which the whole show is named.

Composer and producer, Lucas D Lynch, said that 'Love Struck' provides the perfect night out for couples, "Be swept away by enchanting songs performed by four of Brisbane's most talented musical theatre vocalists, enjoy some bubbly and decadent desserts for an intimate evening you will never forget."

'Love Struck' will be performed on Valentine's Day, Thursday 14 February from 8pm in the intimate setting of the Sandgate Town Hall.

Tickets are \$27 pp (including refreshments and dessert) or splash out on a dinner and ticket

package (including pre-show meal at Bramble Place, with refreshments and dessert at the theatre) for \$50 pp. Book your tickets at www. lynchandpaterson.com/book-tickets

FOR YOUR CHANCE TO WIN 2 TICKETS TO LOVE STRUCK

(including dinner) worth \$100, in 25 words or less describe your perfect date.

Email entries to lynchandpaterson@gmail.com Entries open on 1/2/19 and close at midnight on 7/2/19. Winners will be announced by 5pm on 8/2/19 and notified via email.

Good luck and Happy Valentine's Day!



Easy Yet Impressive and Romantic Valentine's Day Dinner Ideas

alentine's Day is all about love - and what better way to celebrate than treating your sweetheart to an intimate dinner for two. Why not try a theme of heart-shapes; think heart-shaped home-made pizzas and cookies. Throw in the colour red and fresh flowers and you will have whipped up a romantic dinner in surprisingly little time. Here are a few other simple ideas.

Entrée – either keep it super-simple or skip it. A platter of deli delights, e.g. cheese, cured meat, olives, crackers or some red grapes arranged artfully, is ideal. For an even easier solution, buy crumbed camembert with cranberry sauce, from the freezer at Aldi, and just follow the directions.

Mains – if you both have a favourite meal, then there is no better time to serve it! Otherwise consider pasta with a tomato-based sauce, chicken parmigiana or even make your own heart-shaped pizza with your go-to toppings.

Serve mains with a crisp salad featuring cherry tomatoes, strips of crimson capsicum or thinly sliced radish - it's that pop of red that matters! Dessert - unleash your creative side!

Cheesecakes and tarts created in heart-shaped tins are so cute! Vanilla, chocolate or strawberry flavours are frontrunners for Valentine's Day.

Heart-shaped mini cake tins can also act as a mould for fruit jelly (especially berries in a port, raspberry or strawberry-flavoured jelly) or panna cotta (vanilla or passionfruit).

Let's not forget cake - and if you don't have time to bake, then buy! A decadent chocolate

cake, filled with your choice of cream, jam, creamcheese frosting or chocolate ganache is sure to be a winner.

No matter which

dessert you choose, decoration is key. Swirls of cream, luscious red fruits and chocolate, e.g. Lindt balls can transform your dessert into a masterpiece.

Presentation of the table is paramount in serving a romantic dinner. Use the good china, silver and the crystal wine glasses. Put some flowers on the table, play some harmonies and enhance the mood with candles. Plate and serve the food with loving care and see the smile on your loved one's face and the sparkle in their eye. You are both worth it! Bon appétit!



\$220 SIMPLE WILLS

Sandgate Office Now Open!

Family Law
Wills & Estates
Crime

07 3067 0706

CREATE YOUR OWN

raditions



Story & Photos Sally Eberhardt

alentine's Day is a significant date on the calendars of romantics and couples everywhere - it's a time to celebrate love and show your beloved some appreciation. However, whereas the sentiment is beautiful, the expectations of extravagance built up by retailers, are not what St Valentine intended.

If you enjoy dining out, but not in a restaurant full of gooey-eyed couples, or if you resent the sudden rise in the price of roses, then maybe it's time to start your own Valentine's Day traditions.

I'm not suggesting you go without anything just look for meaning rather than expense. Here are some ideas to get your creativity flowing many are very affordable and in the true spirit of love.

Perhaps you already have some favourite things to do together - whether it's sharing pizza while watching a movie or taking a moonlight stroll on the beach, the important thing is that is YOURS. Making it a tradition takes some of the panic out of Valentine's Day - you know what you will be doing and that you'll both enjoy it.

A special meal together doesn't have to be in a fancy restaurant

Instead of dinner at a booked-out restaurant. pack a selection of delights from the supermarket deli and enjoy a picnic together or cook up something special at home.

Find a favourite movie to watch together

Watching a movie is a great way to mark the milestone of Valentine's Day together - there is bound to be a flick you both love, from a romcom starring Drew Barrymore and Adam Sandler to the heart-swelling drama 'The Notebook' or the quirky '500 Days of Summer'.

Jewellery - A timeless gift

Jewellery is a popular gift item - think about giving one charm, or one very special bead, each year to build a bracelet that truly represents your devotion to each other over time.

Heart-felt words and actions that last longer than a day

There are many ways of declaring your love write a poem and frame it, make a little book detailing what you love about your partner, fill a jar with heart-shaped lollies and vouchers e.g. 'Good for one back rub'.

Whatever you do, have fun and remember that love is meant to be given and received every single day and St Valentine's Day is just a reminder. Enjoy!





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



1300 998 100 regis.com.au



Romancing The Stones

ho doesn't love a beautiful piece of jewellery, or hasn't marvelled at the deep swirling colours of the mystical opal? Many find the appeal of sparkling, precious stones irresistible. The lure of beautiful treasure is so seductive that man's search for nature's jewels has been relentless. Indiana Jones had an extremely tough time of it! However, thanks to the North Brisbane Lapidary Club, a veritable treasure-chest awaits us right on our doorstep, without all the drama of snakes, spiders or villains.

On the 2nd and 3rd of March, the NBLC will present the Gem and Jewellery Festival, an enormous display of gorgeous gemstones and unique jewellery (including Tahitian pearls) at Bracken Ridge State High School. There will be unlimited opportunities to explore this

fascinating field, through skill-sharing workshops and demonstrations. Distinctive jewellery, rough gems and supplies will also be on sale.

Spokeswoman, Katarina Hayston, greeted me warmly when I visited the Club House on Nudgee Road, Nundah. She was eager to share some insights into the club's operation and it was enchanting. The place was buzzing with keen enthusiasts, honing their skills in various aspects of this rewarding hobby.

There are more and more people making their own jewellery. We teach everything here." says Katarina.

This is the 35th time the club has hosted this annual event and it has become extremely popular, attracting over 2000 people and over 60 traders. It is a major fundraiser and brings





PRE-PURCHASE **BUILDING INSPECTIONS**

Same Day Reporting

15 Years Industry Experience OBCC: 1254398

CONTACT US TO BOOK TODAY 0435 750 028

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



GUITAR SCHOOL \$99 Special 5 Weeks + Materials Beginners Welcome Children & Adults Enrolling Now!

Bracken Ridge Phone: 0402 888 146

The Proven Structured Method

E: g4guitarbrackenridge@gmail.com W: guitarlessonsbrackenridge.com.au g4guitarmethod.com





Romancing The Stones

Continued from page 26

together devotees of all the disciplines of this fascinating pastime.

"The theme will be man-made, imitation and synthetic stones, and we will have a display that shows the differences." Katarina goes on to say. "The average person cannot tell the difference only a gemologist can tell them apart. There is nothing wrong with man-made synthetic stones, and we can afford them."

"Because we are one of the first shows (this year), you'll find what's trending and what's coming up for the year and there will be some absolutely amazing jewellery - especially opals and sapphires. Real Australian stuff and, of course, imported stones as well."

Anyone taking the time to fossick through the exhibition will be well rewarded. Come along, you'll find treasures beyond belief.

Food and drinks are available and there is an ATM on site for your convenience.

Festival

WHERE: Bracken Ridge State High School, Barfoot Street, **Bracken Ridge**

WHEN: Sat 2nd March 8.30am to 4.30pm

Sun 3rd March 8.30am to 3.00pm

ADMISSION: Adults \$5.00 Children \$2.00 (under 5 free) Family \$12.00

Or visit their Website: nblc.com.au





it could be

TINNITUS

FREE









✓ Introduction to the Starkey Relax app allowing customisation of 12 different relief sounds for best relief for each user's unique tinnitus.

*terms and conditions apply

innitus

CALL US TODAY ON 3269 0005!



Shop 3, 12 Lagoon Street, SANDGATE

PH: 3269 0005



► February: Guitar Duo -Slava and Leonard Grigoryan

With three ARIA Awards and 24 nominations to their credit, master guitarists Slava and Leonard Grigoryan have the required star power to launch Music By The Sea's monthly concert series for 2019. We invite you to celebrate twenty-two years of quality jazz, folk, classical and world music performances in Sandgate.

Saturday, 2 February from 7.30pm



March: Luca Ciarla (Italy) -Solo Violin

Story Donna Phillips

On his way down to the bay in March, Luca Ciarla's triumphant musical journey will bring him from his home in Italy.

Ciarla has been lauded as a major ticket at world music festivals and concerts in more than fifty countries around the globe. The violin wizard will arrive in Australia like a fresh sea breeze and fill your soul with delicious sounds. This is what you can expect to hear when he performs in Sandgate:

"Luca Ciarla is an artist from Molise, but with a cosmopolitan soul. Around the strings of his violin his gypsy touch blends with jazz, classical and folk sonorities, creating fun and restless music. Informal and casual, easily transcends the boundaries among genres to trace an innovative musical path"

- Vera Lisi, II Fatto Quotidiano (Italy).
- "...one of the most interesting violinists nowadays on the international scene, capable of browsing around different sounds and genres without ever losing his unmistakable style"
- la Repubblica (Italy).

"Luca Ciarla has wooed the classical, jazz and folk crowds with his originality."

— Cover Magazine (Hong Kong).

It's worth booking tickets for you and your ART partner, don't you think? Or better still, how about a three concert package? Check it out online.

Saturday, 2 March from 7.30pm Sandgate Town Hall Tickets online: musicbythesea.com.au

Why are we drowning in information but starving for knowledge?

Story Lizelle Naude

APLAN has come and gone but our focus on the development of better reading skills in all school going learners should not.

We live in an era where loads of information are available at our convenience, all hours of the day. Accurate reading skills as well as the ability to question and interpret what you read have become more critical than ever if we want to stay authentic and informed.

Unfortunately, the human brain is not preprogrammed for reading as it is for language development and speaking. Many skills are involved in the reading process and must happen simultaneously to reading effectively and with understanding. Eye movement, visual perception, language, problem solving, thinking and reasoning all must work together to perform what we call reading.

Reading difficulty can be caused if any of these elements is missing and solving reading problems requires insight into this intricate process. Reading can bring endless joy, or it can be a tedious struggle for understanding.

At the Kip McGrath Centre in Sandgate we have the necessary tools to assist learners of all ages to reach a functional reading age.

Book a free assessment Upstairs@Kip . We will be able to shed some light on the stage already attained by your child and plot their further development. Learner support sessions are run on a daily basis from 3pm to 6:30pm.

Assessments can be booked on-line via the Kip McGrath website or directly at the centre, sandgate@kipmcgrath.com.au or 0428 362 224. Follow us on Facebook and Instagram.



SANDGATE • 07 3269 3798

Level 1, 3 Fifth Avenue **kipmcgrath.com.au/sandgate**





Out in About with Photographer paul Neil



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



The Westwood family are out celebrating Christmas together on Sandgate's main street at 'Jingle All The Bay'.



itarist Johnny Bambrick from the band DiVersions plays



Santa and Mrs Claus take a well earned break after a very busy night of entertainment at Sandgate's 'Jingle All The Bay' Christmas street party.



It's been a long, hot summer and Sue and Graham Turbutt spend the afternoon reading in the shade at Cabbage Tree Creek.



Peter Scott and 'Ruby' exercise together on the waterfront at Flinder's Parade, Sandgate.



International students Vinnie, Wendy and Peter have fun on Shorncliffe Pier on a hot but beautiful Sunday afternoon.

HEALTH+Wellness





SANDGATE

PODIATRY

• Next day orthotics • General nail and skin care





0402141170 or 0408797361

High Vibe Vegan Markets







healthbydesignco.com.au

IOOK Mo's New



Get moving in 2019

f your New Year's resolution is to get fit, Sandgate has a new team ready to help you with that goal.

Owner, Tim Sunderland, together with coaches, Dan Carter and Whitney Muscat, have opened True Technique Fitness.

The trio specialise in injury prevention, management and recovery.

"True Technique aims to help our members strengthen their bodies progressively and appropriately in a fun, challenging and supportive environment." Tim said.

"Our coaches are industry experts, experienced in clinical environments with rehabilitative strength and conditioning practice, committed to providing a reliable and effective program to suit every Sandgate community member."

Throughout the year, True Technique will be hosting "Social Saturday" classes, where guests can come for free.

"We're looking to engage with the local community, supporting and joining forces with local small businesses to bring great value deals and social events," Tim said.

True Technique is at 2/131 Rainbow St, Sandgate (next to Be Bold Café). Visit: www.truetechniquefitness.com

A glittering career

Il that glitters at KarLen Designs is ... gold.The new store is run by husband and wife team, Len and Karen Miller.

The couple bring years of experience in the jewellery trade to the 4017 community and said they wanted to offer "something different".

"We design our own stuff here and we are more like a studio than a traditional jeweller," Len said.

"Customers can see everything being made here on the premises. We offer anything to do with jewellery – repairs, restoration and creating new pieces."

Originally from the UK, the couple have been in Australia for more than a decade and moved to this area just over a year ago.

"This area is so wonderful, people have been so friendly and welcoming. We're really excited to be part of this community." Len said.

According to Karen, one of the nicest aspects of the job was restoring family heirlooms.

"To be able to remodel something that is already close to people's hearts, it's really very lovely," she said.

KarLen Designs is at Shop 2, Sandgate Arcade, 16 Brighton Road, Sandgate. Visit: www.karlendesigns.com.au

MEET THE **4017's** NEWEST BUSINESSES

Photos by Paul Neil



PEPPERMINT COAST

MR HENDERSON

A cut above

tacey Davies has 33 years of hairdressing experience and she is thrilled to be bringing that to the 4017 area with her new salon, Peppermint Coast.

Opening at Brighton on Beaconsfield Tce, near the IGA, Stacey said she had already received a warm welcome.

"Everyone has been amazing," she said.

"The other business owners here have popped in and even during the salon fit-out, we had lots of locals coming over to say hello."

Peppermint Coast is Stacey's second business and she has won awards with her previous salon. She also spent five years working in London.

"My point of difference is that I offer more time and attention for each client," she said.

"I offer affordable, good quality cuts and colour, with one-on-one service.

"Hairdressers really do have an intimate relationship with their clients, they have to trust you.

"I will be offering a couple of little extras – a glass of bubbly for the ladies; a warm face towel for the blokes."

Peppermint Coast will be open six days a week, Monday to Saturday.

353 Beaconsfield Terrace, Brighton Phone: 0401 118 151

Cheers to that

ho amongst us hasn't sat around with friends and dreamed of owning a bar? For Claire Hamlyn, Linda Hamlyn, Tony Bates, Anita Sandeman and Dougie Sandeman, that dream is now a reality with the group recently taking over the ownership of popular Sandgate bar, Mr Henderson.

Claire said the group were regulars at Mr Henderson and had often talked about a joint venture in hospitality.

"Then the bar came up for sale and we thought, 'this is it'," she said.

"We're very excited about owning Mr Henderson. We don't want to make massive changes, we're just looking to build on what the previous owners had here already."

One cool change has been installing air-conditioning, something Claire says the staff are "very thankful for".

"We've got some upgrades to the beer garden coming in then next week, updating the screening and lighting to create more of a backyard feel," she said.

"We've brought the food trucks back and we have live music twice a week.

"We just want Mr Henderson to be a very relaxed, chilled out place."

Mr Henderson is at 69 Brighton Road, Sandgate. Find them online at: www.mrhenderson.com.au



Success All Sewn Up

Story Brooke Jacobson

One of Sandgate's oldest businesses this year celebrates 60 years of serving the 4017 community.

Upholsterers Parry and Williams, in Connaught Street, was started in 1959 by Wal Parry and Ray Williams and is still family-owned and run today.

Ray Williams Jnr and his brother Steven are now in charge, with their sister Diane taking care of administration.

Ray said the secret to success is pretty simple.

"Give the customer what they want and do quality work," he said. "That's it really.

"Sandgate has really supported us and the third generation are coming through here now – with Steve's son Colin - so we are still a family business and it's nice to be able to say that."

Of the original owners, only Mr Williams remains, as Mr Parry died in 1967. But Mr Williams Snr still looks in on the business each day, despite retiring in 1997.

"Dad likes to come in every day and have a cup of tea," Ray said.

Initially specialising in upholstery for both commercial and residential customers, the business has expanded to include interior decorating, window treatments and soft furnishings.

"We've really seen some beautiful pieces of furniture here through the years – you know, it might have been handed down from a few generations and when we get it, you think 'oh it looks rubbish', but by the time we're done with it, it's beautiful," Ray said.

"And [it's] really nice that we get to help people keep something special."

What's SUP?

Story Donna Roberts

Did Santa bring you a stand-up paddle board for Christmas but you are unsure of where to use it?

Nathan Van de Belt runs free stand-up paddle boarding (SUP) sessions, which start next to the Shorncliffe Pier.

"We don't do it as a business, just for fun and fitness," said Nathan.

"We welcome others to join us if they want to experience SUP."

For the uninitiated, SUP is standing on a specially designed board using a paddle to propel yourself across the surface of the water.

SUP participants come in all shapes and sizes, all ages and fitness levels and while the sessions are always fun, the focus can differ depending on the day.

"Some days we do longer paddles, other days we work on paddle technique, balance or turns," Nathan says.

"When you start out the key is to work on your balance and get used to how the board moves with the water.

"Sometimes we do a mix of paddling and body weight exercises on the beach."

Attendees should bring their own SUP, leg rope and paddle and a willingness to have some fun with likeminded new friends.

WHEN: Tuesday and Thursdays (weather and tide dependent)

LOCATION: Follow the facebook page Yundah St SUP Crew for details



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



Medical Centre located next door to the **Nashville Guardian Pharmacy**

NEW PATIENTS WELCOME

We have 4 General Practitioners on staff and full Nursing Support OUR GPs are Dr Jeanne Carpenter, Dr Andrew Butler, Dr Linda Wait & Dr Caroline Burge

WE ARE A MIXED BILLING PRACTICE

Phone: 3555 9790 for appointments or Billing questions 159 Nathan Street, Brighton

Open Monday to Friday 8.30 - 5; Saturday mornings 8.30 - Midday



Monumental Fundraiser

The North Brisbane legal community is coming together to raise funds for two causes that are close to their hearts.

Photo Paul Neil

orta Lawyers and G.R. Brown Solicitor will host The Lord Atkin Monument and Motor Neurone Disease Fundraiser event for Motor Neurone Disease (MND) research and for the continued refurbishment of the Atkin Monument in Sandgate.

The fundraiser to be held on Saturday, 16 February at the Sandgate Town Hall, will feature The Songs and Stories of Paul Kelly – a collection of music, songs, stories and images presented by a five-piece band who pay tribute to one of Australia's most revered artists.

A cash bar will operate on the night and nibbles will be provided.

Event organisers, Lexie Edwards of G.R. Brown Solicitor, and Giovanni Porta of Porta Lawyers said raising funds for the monument was motivated by the late Mr Brown, founder of G.R. Brown Solicitor, who died from MND in 2018.

"Gordon Raymond Brown was a respected legal practitioner in Sandgate for many years and a notary public," Mr Porta said.

MND is the name given to a group of diseases, where neurones fail to work normally. MND can affect a person's ability to walk, speak, swallow and breathe. It is a chronic condition that cannot be cured.

"Before Mr Brown's untimely death on February 12, 2018, he and I exchanged ideas regarding

a fundraiser for the Lord Atkin monument, at Sandgate."

Mrs Edwards added that after Mr Brown's death, a decision was made to split any funds raised.

"Mr Brown was a humble, understanding and kind man," she said.

Fifty percent of the funds raised on the night will go towards MND research, with the remaining funds going towards the Lord Atkin Monument refurbishment.

The Lord Atkin Monument, situated on the grounds of St Margaret's Anglican Church, stands over the graves of Robert Travers Atkin and Grace Travers Atkin, the father and aunt of famous English judge, Lord James Richard (Dick) Atkin (Baron Atkin). Until recently, the Atkin Monument had fallen into disrepair.

"Having been damaged by protruding tree roots and with lichen and fungus getting into small cracks in the porous sandstone slab on which the monument stands, an action group was established to focus on its repair," Mrs Edwards said.

The monument was recently stabilised, restored and the tree attended to, but more work is needed.

"The future plans for the monument are to level a concrete pad close to where the monument stands, and to erect a shelter facing the monument with seating, landscaping and storyboards," she said.

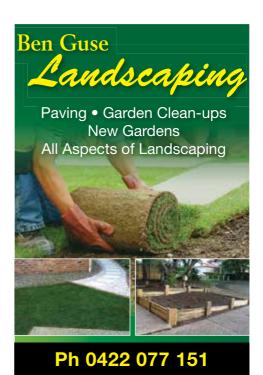
In 1932, Lord Atkin delivered the leading judgment in a landmark case, Donoghue v Stevenson, where a decomposing snail was found in a bottle of ginger beer that had been consumed.

"The case established the law of negligence the duty of care, and is still followed today, some 86 years later," Mrs Edwards said.

"The monument is a historical symbol right here in Sandgate, connecting us to Lord Atkin."

The Lord Atkin Monument and Motor Neurone Disease Fundraiser will run from 8pm to 11pm on Saturday, 16 February. Tickets are \$55 and are available from: www.eventbrite.com.au or call: 3265 3888.





(NOT SO SCARY) Black Swans

Story Leanne Palmer Photo Rick Franks

wans have been part of the stories and beliefs of many cultures for centuries. In fact, before the Black Swan was discovered by Dutchman Willem de Vlamingh, whose party was exploring the Swan River in Perth in 1697, black swans were considered an impossibility, or at best a foreboding mythical creature. Apparently his crew was well and truly spooked.

To the early European settlers they were yet another example of the reversal of the natural order, encountered in this strange antipodean world. However, as the newcomers began to find comfort in these odd surroundings, and develop an appreciation for their 'otherness', our native species quickly made their way more fondly into our hearts and souls.

Black Swans are known for their monogamous pairings, generally mating for life. Their courtship rituals involve exquisite movements with both birds bowing, dipping and arching their necks in synchronicity.

What is less well-known is that about one quarter of these bonds are with the same sex, mostly two males. In these instances the pair usually steals a nest of eggs and proceeds to hatch and care for the young, as if they were their own. Cygnets raised in this way actually have a greater chance of reaching adulthood! The evolutionary basis for this is not entirely understood.

Black Swans are found over most of Australia and can live sedentary lives if there are suitable conditions in one locality. However, more often they are nomadic, engaging in erratic migration patterns in response to rainfall, when they seek out fresh, brackish or salty bodies of water. They survive by submerging their heads to harvest aquatic plants, pulling them out by the roots

Undeniably graceful in form and movement (not taking into account their rather clumsy efforts at walking) they truly are a joy to behold. Locally, they can be spotted easily and frequently at Dowse Lagoon, and Harold Keilly Park in Bald Hills. In recent years, chicks have been raised in both localities. They are most often seen grazing, generally 'swanning about', or snoozing artfully on one leg with their heads tucked into the feathers of their backs. Next time you get the chance, take a moment to enjoy these graceful creatures living alongside us.





K√ndergarten

Kids on Craig Early Learning Centre

8 Craig St, Brighton Qld 4017

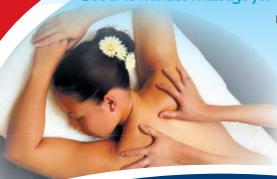
Phone Kerry on 3869 4188

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

Do you have a birthday in February?

Get a 45 minute massage for the price of a 30 minute



Did you know that pain and stress shows on your face? Chronic stress is a major contributor to the ageing process. You might also be suffering neck pain, back pain and headache. Studies show that regular sustained relaxation for 45 to 60 minutes will help manage your stress and pain. Massage is the ideal therapy for stress and pain management.

Phone today for your appointment

Sandgate Physical Health Clinic - 3869 1099

119 Brighton Road, Sandgate • www.sphc.net.au Physiotherapy • Massage • Acupuncture • Pilates

Sandgate's only preferred providers medibank

Bupa |

A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



I'm excited to announce The Boss Boxina will be holding their Official Opening at Road, Zillmere Zillmere on Saturday. 16 February from 10am. This is a community boxing program which aims to target suicide

and crime prevention by offering mentoring and boxing lessons.

This is a great addition to our local community and I'm very proud to have been able to provide funding to make it possible.

Also on 16 February, Council's Love Food Hate Waste team will hold a pop-up stall at Taigum Square Shopping Centre (near Woolworths) from 9am to 1pm.

On average, each Brisbane household sends more than 169kgs of food to landfill each year. This is costing households \$40 to \$70 per week in food that could have been eaten. The program empowers residents to plan ahead, shop mindfully, store food well and cook with care to minimise food waste.

Please join us to get some great tips to save money and cut down on waste.

Cr Amanda Cooper



Happy New Year and happening both large and small across the Bracken Ridge Ward. Construction of the

upgrades in the works including toilet facilities, as numerous road resurfacing projects all being

I'm also in the process of finalising budget

Stirling Hinchliffe MP



After having worked with the Queensland Olympic Council at a local level. I am pleased to announce that 4017 students are set to be inspired to 'get in the game' thanks to a partnership between the Queensland Academy of Sport and the Australian

Olympic Committee working to roll out the school based programme-Olympics Unleashed.

The programme will see home grown, Queensland athletes visiting classrooms throughout our community in a move which will no doubt inspire local students to unleash their individual passionbe that on the field or in the classroom.

This February, the programme is coming to Bracken Ridge State School-the first school in the Sandgate electorate to host an Olympics Unleashed event. Featuring Rio 2016 Olympian, Maddie Groves, and Rio 2016 Paralympian, Monique Murphy, the 45 minute presentation is aimed at Years 4-6 students having interactive conversations with the athletes about their stories and experiences.

The programme will also extend beyond Bracken Ridge State School with more presentations across other schools in our community to come throughout the year. For more information on the initiative please call the Australian Olympic Committee in Queensland on 07 3121 6428 or email qld@ olympicsunleashed.com.au.

improvements to infrastructure and projects that local area. If there's something that you would like to see, please do not hesitate to contact my office on 3667 6000 or send an email to

Lastly, planning for the annual Backyard Bonanza (BYB) in May is progressing and we will soon be calling for expressions of interest. Follow the BYB Facebook page at Facebook.com/BYBevent for updates or contact my office via the details

clinica

cosmetic clinic

- ANTIWRINKLE INJECTIONS
- DERMAL FILLERS
- MEDICAL GRADE PEELS
- BLOOD PLASMA TREATMENTS (PRP)
- BROW, LIP AND EYELINER TATTOO
- MICRO-HYDRABRASION
- LIGHT THERAPY
- SPECIALIST FACIALS
- GIFT VOUCHERS AND MORE



REJUVENATION FACIAL

\$99

Includes: deep cleanse,
Microhydrabrasion for
deep exfoliation,
Purifying mask,
Light therapy for
gorgeous glowing skin,
Deep facial massage,
Advanced serums.



Jules Cann Registered Cosmetic Nurse **Ph** (07) 3269 0029 | 0403 942 421 Unit 14 Brighton, Shopping Village



Revitalise Your Appearance



Land Paddling Has Reached Our **Shores!**

t wasn't so long ago that stand-up paddling became a popular pastime in Australia, and now a version of this healthy and fun activity has reached dry land!

Yenny Stromberg discovered land paddling about six years ago in Noosa. "I had hurt my back and I wanted to do something that would strengthen my back and core." Yenny said.

"I met a guy and he said 'Have you heard about land paddling? You should try that.' So I did. I bought a longboard (skateboard) and a pole and I gave it a go!

"It's really booming in America and the UK, but no one here was really doing it. Then I met a couple of guys who had also just encountered it like I did, and we started doing it together."

You need the right place to skate (or paddle) of course, and the pathways along the Brighton and Sandgate are perfect. "It's great [here]. It's really flat," Yenny said. "I don't surf, but on the longboard it feels just like you are surfing."

Yenny is happy to hear from anyone interested in giving land paddling a go on our local foreshore, so if it sounds like your thing, check out www.facebook.com/ ilovelandpaddling/ or give Yenny a call on 0419 642 705.

Sails Ahoy! **Surf to City Yacht Race Goes Big**

Story Kate Collins

Get set for a horizon of sails, big and small, when the annual Surf to City Yacht Race hauls off towards Shorncliffe Pier on Saturday, 9 February 2019.

Second only to the Brisbane to Gladstone Yacht Race in size, and organised by the Queensland Cruising Yacht Club, the annual Surf to City is a unique Australian yacht race, featuring two fleets: one offshore and the other inshore. Both start from Southport and finish a mile off Shorncliffe Pier.

Some of Australia's most famous yachts and crews will compete. The Surf to City event is seen as a serious warm-up for Easter's Brisbane to Gladstone race.

The inshore fleet will race roughly 48-nautical miles from Southport via the Southern Moreton Bay Islands, while the offshore fleet follows a 94-nautical-mile offshore around Cape Moreton to the same finish line several hours later.

"Surf to City 2019 will be even bigger than ever," said QCYC general manager, Nigel Statham.

The large ocean-going, vessels will dwarf the smaller trailer-sailors, monohulls and multihulls of the inshore fleet, making the Surf to City a unique spectacle as big and small sails crest the horizon.

Online entry is available at www.surftocity.com or visit the Facebook page @ surftocityyachtrace for updates.



OPEN IN SANDGATE NOW

FREE APPRAISAL - SALES AND RENTALS 0407 733 244



WAVE REALTY

68 BRIGHTON TCE, SANDGATE 95 LANDSBOROUGH AVE, SCARBOROUGH



CHECK OUT THE NORTH BRISBANE LAPIDARY CLUB INC WEBSITE WWW.NBLC.COM.AU OR FACEBOOK TO VIEW THE RAFFLE PRIZES AND ALL THINGS GEM AND JEWELLERY FESTIVAL."



Harmonic Whirlies composer-performer **Sarah Hopkins** has put Sandgate on the global music map, co-writing a track on superstar Bjork's Utopia album, one of twenty million sold worldwide.

Story Kate Collins
Photo Paul Neil



n Bjork's Grammy Award nominated album (Best Alternative Music), Sarah plays her own original harmonic whirlies instrument on a track called Features Creatures, based on her original Kindred Spirits hit.

How a corrugated plastic tube produces such an ethereal tone is as mysterious as the music itself, which Bjork calls 'uplifting, other-worldly, magical.'

"A lot of my music is inspired by the natural beauty of Shorncliffe and Sandgate, which continually renew my creativity," Sarah said.

Her inspiration is a combination of that environment and her classical cello training. Her home overlooking the Sandgate waterfront, which is part music studio, part art gallery overflows with Indigenous and asian instruments reflecting her world-wide influences and fan base.

People all over the world have heard my Kindred Spirits on iTunes. Bjork likes it so much she uses it in her live shows worldwide

"Last year, Bjork emailed out of the blue saying she had admired my music for a long time and had a melody for a song that matched my Kindred Spirits track perfectly. She asked if we could co-write a new work for her upcoming Utopia album," Sarah said.

"Bjork heard [my album] and told Double J in an interview my album was a favourite of hers. Suddenly I had all these Biork fans on my You Tube channel and it all went from there."

Sarah's 1990 Kindred Spirits album has also featured on film sound tracks and was picked up by US experimental music producer Bart Hopkin for his box set and book of alternative music.

the Australian Performing Association, has also featured Sarah in its line up of 31 outstanding Australian musicians.

The hypnotic, humming whirlies sound is parttrance part-techno and can be heard on iTunes along with eight of Sarah's other solo and collaborative albums: Reclaiming the Spirit, Honour the Earth, Shining, Past Life Melodies, Sky Song, Australia: Sound of the Earth and Austral Voices



Was your last dental visit like this?



Sleep dentistry now a reality at toothking

Ph: 3269 0655

97 Braun Street, Deagon (next to KFC)

Book Online At: www.toothkind.com.au

Preferred Providers for









Nathan Bruen (above) The Cardigan Bar — Ministry of Sound Night (left)

Story Emma Harley

eed to divert your attention to some great live tunes? The diVersions have just what you need to make your Sunday afternoon a smooth one. Appearing at Mr Henderson on Sunday, 10 February from 4pm, the band plays a mix of covers, blues and original tunes that perfectly complement a few Sunday brews.

"We'll play some pop, soul and rock classics in our own unique musical style," said the group's guitarist Pete Hill. "We've played at Hendo's quite a few times and it's always a great venue."

If soulful acoustic grooves are more your style, then something will be Bruen - Nathan Bruen, that is - at the Bracken Ridge Tavern on Sunday, 24 February.

For those of you who haven't experienced a Nathan Bruen Sunday Session, expect a mix of big riffs and smooth melodies.

"I play very percussively, which gives a big sound from the guitar but I also do a bit of fingerpicking so the performance will go from a big anthemic singalong to something quiet and beautiful, but it depends on the day," Bruen

said. "If people want to dance and get loud, I'll keep that going but if they're sitting back and just watching, I'll play the stuff that you really have to take in to appreciate."

Grab your lollipops and strap on your glowsticks, the biggest beats of the '90s are set to crank out at the Cardigan Bar on Saturday, 16 February from 8pm.

The bar's Ministry night will see all the old Cardigan staff reunite and stomp along to some serious house tunes.

"One of our favourite local DJ's Rox Rox will be spinning all of the old bangers from the late 90s-2000s," bar owner Brett said. "It will be a dress up party so bring your lollipops and glow sticks!"

Have your deck shoes been collecting dust? Brush them off and get to the Full Moon Hotel on Sunday, 17 February for Yacht Rock - a Sunday Session celebrating the SoCal soft rock from the 1970s and '80s. Think Toto. Think Steelv Dan. Think brown leather shoes and unbuttoned boat shirts.

Band Sun Set Sail will take the stage with plenty of drinks and seafood satiating the crowd. Get ready for a cruisy weekend...



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









| EFULL MOON HOTELON BRAMBLE BAY

FREE CAN WITH EVERY **BOTTLE!**

\$14.99/bottle

Hootenanny Sauv Blanc Normally \$16.99

White Wine Whistle Wetters

\$12.99/bottle \$15.99/bottle \$17.99/bottle \$12.99/bottle



Vidal Sauv Blanc Normally \$14.99



Leeuwin Classic **Dry White** Normally \$17.99



Castelli Estate Riesling Normally \$19.99



Pocket Watch Pinot Grigio Normally \$14.99



Roséga Touch of Sparkle

\$22.99/bottle \$19.99/bottle



Le Petit Rosé Cuvee Normally \$16.99



Normally \$18.99



Reverie French Rosé Mirabeau La Folie Rosé Normally \$26.99



Normally \$24.99



\$19.99/6pk

\$64.99/carton

Young Henrys Newtowner Australian Pale Ale, Natural Lager & Stayer Mid cans



hootenanny The new New Zealand









\$34.99/700ml SAVE \$4.00









Begin Gin 700ml Normally \$38.99



Old Number 15 Bourbon 700ml Normally \$38.99



Vodka O 700ml Normally \$38.99



Teachers Scotch 700ml Normally \$39.99



Lucky Devil

Spiced Rum 700ml

Normally \$38.99

Prosecco Perfection!





Bella Modella "Italy" Normally \$18.99



18 Carat Prosecco "Italy" Normally \$24.99



De Bortoli King Valley Normally \$16.99



Normally \$19.99



Only available at these select Bottlemart stores

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

WINE TASTING EVERYDAY!



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





*Conditions Apply. Pricing is valid from 30th January to 26th February 2019. Gift with purchases strictly while stocks last, no further discounts apply. See in store for more great offers.



MOON MOON Bottlemart

www.fullmoonhotel.com.au



FEBRUARY 19

AMAZING MANGROVES ECO ADVENTURE

Wander across mudflats and a shallow creek to mangroves with locals and KSBA members. Bring covered shoes, a drink bottle, snack, sunscreen, hat and insect repellent. This adventure is suitable for all ages and is free. Adam Richmond will lead this adventure with the assistance of other KSBA members.

When: Sunday, February 24, 7am-9am **Where**: Brighton Park, Brighton

SANDGATE CINEMA CLUB

It's the Oscar's Eve and we're rolling out the red carpet! We're screening an Oscar-winning movie, so don't miss your chance to frock up for a great night out in the village.

Not yet a member of Cinema Club? Why not join on a trial basis? – \$20 for three screenings, or go all out with a 12-month Membership for \$55. Info: www.sandgatecinemaclub.com/events

When: Sunday, 24 February 6-9pm **Where**: Sandgate Town Hall

SANDGATE MUMS SUP MEET

All mums welcome. \$10 if you have your own board, \$30 if you need to hire a board and book in advance (minimum 24 hours), otherwise \$60 if booked less than 24 hours or on day. Instructors will teach you all the basics and water safety will be provided at all times. Contact Surf Connect to book or visit the Facebook event "Sandgate Mums Standup Paddling Meet"

When: Sunday, 3 February 7-8am **Where**: Foreshore opposite 170 Flinders Parade, Sandgate

SANDGATE SWIMMING CLUB

Come and experience Sandgate's most enduring swimming tradition. Sandgate Swimming Club's Learn to Swim, Squad and Tuesday club night programs are designed to foster confidence, proficiency, friendships and lifelong enjoyment of aquatic activities. Our program commences for Term 1 on 29th January.

Ph: 0455 571 595 or email sandswim@bigpond.net.au More details at www.sandswim.com.au

HIGH VIBE VEGAN MARKET

Join us every second Saturday of the month. We have eco-friendly vegan products, services, tasty vegan foods, drinks, live entertainment and fun activities for both kids and adults.

When: Saturday 9 February, 9am-12.30pm Where: Scouts Hall Sandgate, 134 Brighton Road

LAURIE'S GUIDED BEACH WALKS

Discover the web of life along the Sandgate foreshore and tidal flats on a Laurie's Beach Walk

Sponsored by Keep Sandgate Beautiful and named after Laurie Jeays in recognition of his environmental interests and work in the community.

When: Tuesday 12 February at 8am

Cost: Free

Booking essential: Phone 0410327095

SANDBAG UNPLUGGED CAFÉ

This is the first Unplugged Café event for the year. Beer and wine available to purchase, admission \$6 (\$3 concession), meals \$10 and dessert \$5.

When: Friday, 1 February, 7-10pm **Where**: 153 Rainbow Street, Sandgate

TOASTMASTERS BRACKEN RIDGE

Gaining Confidence in Speaking Workshop This is a free event. For more info ph. 5498 3224 or email csandl20@bigpond.com

When: Thursday, 28 February, 6.30-8.30pm **Where**: 77 Bracken Street (Bracken Ridge

Library Meeting Room)

(BRISBANE COMPUTER SOLUTIONS)

WE DON'T JUST FIX COMPUTERS WE SOLVE PROBLEMS



Office Dedicated Computers



Servers & Networks



Laptops & Tablets



Cloud Services & Storage

- · ON SITE VISITS
- · REMOTE MONITORING
- SERVICE & MAINTENANCE
- NEW WORK READY COMPUTERS
- · OFFICE 365 SETUP & MIGRATION
- Anti virus & Backups



Shop 4 / 140 Braun Street Deagon PH 1300 844 753

brisbanecomputersolutions.com.au

Feb. GIGGUIDE

01 FRIDAY

Rob Rosenlund Brighton Bowls Club 6:30pm

Double Jack

Phoenix Bar & Lounge 7pm

Planet Clare Cardigan Bar 8pm

Alex Harris Full Moon Hotel 8pm



02 SATURDAY

CFAM

Phoenix Bar & Lounge 7pm

Music By The Sea Sandgate Town Hall 7:30pm

The Lazy Hyena Mr Henderson 8pm

Sound of Soul - Northern Soul Cardigan Bar 8pm

Steve Hargreaves Full Moon Hotel 8pm

The Lazy Hyena Mr Henderson 8pm

03 SUNDAY

Eric Mewburn Phoenix Bar & Lounge 12:30om

Dueling Pianos Full Moon Hotel 2pm

Jug O Blooze Cardigan Bar 4pm

Josh Setterfield Mr Henderson 4pm

07 THURSDAY

Open Mic Cardigan Bar 7pm

08 FRIDAY

Dj Heavensent Phoenix Bar & Lounge 6pm

John McInnes Brighton Bowls Club 6:30pm

Mark Chomyn Full Moon Hotel 8pm

Byron Short Cardigan Bar 8pm

09 SATURDAY

Irish Sessions Cardigan Bar 3pm

Heidi And Scott Phoenix Bar & Lounge 7pm

Peko Full Moon Hotel 8pm

Nicole Canaway Cardigan Bar 8pm

10 SUNDAY

Robbie James & JJ Harris Phoenix Bar & Lounge 12:30pm

Montana Full Moon Hotel 2pm

The Diversions
Mr Henderson 4pm

Alex Crook Cardigan Bar 4pm

14 THURSDAY

Open Mic Cardigan Bar 7pm

15 FRIDAY

Dj Heavensent Phoenix Bar & Lounge 6pm

Christian Argenti Brighton Bowls Club 6:30pm

Steve Hargreaves Full Moon Hotel 8pm





16 SATURDAY

Lucky 13 Phoenix Bar & Lounge 7pm

Steve Tyson and The Train Rex Mr Henderson 8pm

Ministry of Sound Cardigan Bar 8pm

John Wilkinson Full Moon Hotel 8pm

17 SUNDAY

Mick Evans

Full Moon Hotel 2pm

Serena Stanger and Phil West Cardigan Bar 4pm

Mr Henderson 4pm

21 THURSDAY

Open Mic Cardigan Bar 7pm

22 FRIDAY

Di Heavensent

Brighton Bowls Club 6:30pm

Cardigan Bar 8pm

Pete Cullen Full Moon Hotel 8pm

23 SATURDAY

Jade Holland Duo Phoenix Bar & Lounge 7pm Tom Roberts

Full Moon Hotel 8pm

AlfanAnt

Mr Henderson 8pm

DiVersions Cardigan Bar 8pm

24 SUNDAY

Phoenix Bar & Lounge 12:30pm

Full Moon Hotel 2pm

Local Showcase Mr Henderson 4pm

Vinyl Club

28 THURSDAY

Open Mic Cardigan Bar 7pm









"Emilie is also a local in Brighton and has the care and creativity we were searching for in our shop - we have been working together to create some deliciously different menu items."

These include such delights as The Guilty Pleasure: a deep fried dough, cherry and hazelnut parfait dish, and The Flamingo, a sweet potato waffle with smoked salmon, house pesto and poached eggs.

There is also a range of gourmet puff pastry iaffles on offer, as well as house-made sweet treats including their popular caramel tart.

The pair said that as well as cultivating their love for original yet exciting menu choices, they are passionate about maintaining sustainable business practices within the local community.

"We are focused on becoming a sustainable business by using local employees and working with the community on projects as well, such as composting and recycling.

"We are creating better ways to run a business that do not harm the environment as much, such as our Blume Membership program and a coffee grounds program, where our customers

come and collect our grounds for their gardening activities.

"Our coffee roaster is fully sustainable and a B Corporation, which means it has a positive impact on society, workers, the community and the environment.

"We have tried to bring patrons a space that is relaxing, affordable and something that Brighton didn't quite have.

"There are a lot of good quality shops at the Sandgate end of town, so we wanted to bring the goods to Brighton.

For more information on Blume or to check out its gorgeous foodie treats visit their Facebook page at Facebook.com/blume.brighton/ or Instagram feed @blume.coffee

Blume Coffee 512 Hornibrook Highway **Brighton** P 0434 712 316



Jocal Dining Guide









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. Dog friendly.

Now fully licensed and open Friday and Saturday nights til 8 pm.



512 Hornibrook Hwy, Brighton

Café

0434 712 316

BLUME COFFEE

Feature: Blume is Brighton's designated Specialty Coffee shop. Quirky, Creative brunch menu, house baked treats, our signature puff pastry jaffles and well made quality espresso. Only a short stroll from Decker Park.

Open 7 days. Mon 6-10. Tues - fri 6-1, Sat-Sun 7-1.



154 Barrett St, Bracken Ridge

Ribs, Surf & Turf, & Steak

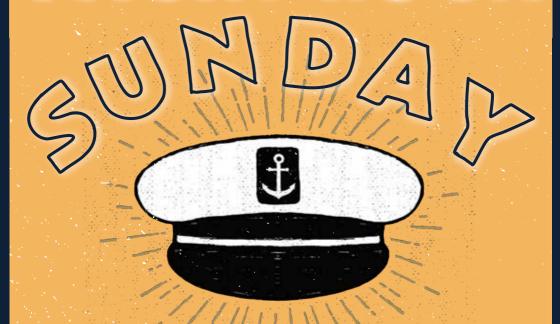
3269 7011

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.

THE FULL MOON HOTEL PRESENTS

YACHT ROCK



17 FEB from 2PM

PERFORMED BY 3 PIECE BAND

SUN SET SAIL

FEATURING TUNES FROM ARTISTS SUCH AS KENNY LOGGINS, TOTO, STEELY DAN, CHRISTOPHER CROSS + MORE!

Cocktail specials that will float your boat!

STAYING FOR LUNCH OR DINNER? BOOKINGS RECOMMENDED!



Jocal Dining Guide









1 Loudon Street, Sandgate

Café

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



196 Brighton Tce, Brighton

Family Bistro

3269 1971

BRIGHTON HOTEL

Feature: 1950s style family bistro, and home of the \$10 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.



74 Ward St, Brighton

Café

0424 420 863

COFFEE WARDEN

Feature: If you love excellent coffee and brunch at an affordable price, be sure to pop in to Coffee Warden in Brighton.

Coffee Warden is open Monday to Friday 5am to 2pm, and weekends 5am to 1pm.

SANDGATE | BRIGHTON | DEAGON SHORNCLIFFE | BRACKEN RIDGE











Shop 12 / 353 Beaconsfield Terrace, Brighton

Café

3269 1964

COOL BEANS CAFE

Feature: Cool Beans Cafe now open. Located walking distance to Brighton foreshore, Cool Beans Cafe offers great value all day Breakfast and Lunch menu, fresh juices, fine quality Tea and DiBella coffee. Gluten free options are available. Open 7 days a week from 6am, indoor seating, wheelchair accessible and pets welcome.



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, wildcaught 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.

Jocal Dining Guide









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 separate 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 walking distance from the Brighton foreshore. Pop in Monday to Saturday for freshly baked biscuits, specialty tea & barista made Italian coffee. Open Monday to Friday from 6am-11:30am. Saturdays from 7-11am. (Closed on Sundays.)



228 Rainbow St, Sandgate

Café

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.









Made uniquely fresh and especially for you!

Bracken Ridge Plaza
Cnr Telegraph and Norris Road
Bracken Ridge

Ph 3261 1753

Jocal Dining Guide









SANDGATE POST OFFICE HOTEL

1 Bowser Parade, Sandgate

Hotel

3869 0606

SANDGATE POST OFFICE HOTEL

Feature: Renown for great steaks, we also have a great range of burgers, pizzas and pub classics. Relax on our new garden deck, open 7 days a week for Lunch 11.30am to 2.30pm and Dinner from 5.30pm to 8.30 pm



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.



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.





3269 6903

Opposite Swimming Pool -Between 8th & 9th Avenue

196 FLINDERS PARADE, SANDGATE

WWW.FISHONFLINDERS.COM.AU



MUM'S THE WORD. 'Swiley' COMES HOME TO REDCLIFFE



Story John Sayles

he star of one of Australia's most iconic films, and a former member of the Bee Gees, Colin Petersen credits his mother for much of his success.

Colin's extraordinary life and career is celebrated in the 'Smiley Comes Home' exhibition at Redcliffe Museum, realised by curator Ron Kelly.

I give my heartfelt thanks to Ron for all his effort in organising this exhibition and I am humbled that I should warrant the recognition I have received," Colin 'Smiley' Petersen said.

The exhibition explains how Colin's mother encouraged him to take dance lessons as a child and after moving to Margate, he went to Humpybong State School where he joined the Humpybong School Marching Band as a



drummer. His uncle, Billy, bought him a new drum kit and arranged for him to have lessons in Brisbane with Harry Lebler, who taught him that "playing an instrument is a conversation, listen to what the other musicians are saying, music is exactly the same". This set him up for later life as a drummer with the Bee Gees.

In 1956, after seeing a notice in the Courier Mail, his mother took Colin, all smart and in his best clothes, to the Astor Cinema in Brunswick Street for an audition for 'Smiley'. He was rejected at first, but Colin went back later, barefoot and in old clothes and was given the role. His mother gave him the hat he wore in 'Smiley' and "was always there encouraging him to respect others and work hard at whatever he did".

At the opening of the 'Smiley Comes Home' exhibition at Redcliffe Museum, the Humpybong School Choir, performed 'A Little Boy Called Smiley'.

Colin said he felt very emotional and sensed his late mother Edna's presence by his side, saying to him "LISTEN, BOY! You have to put your emotions away and step up to the microphone now".

'Smiley Comes Home the lives of Colin Petersen' Exhibition

Showing until Sunday 17 February 2019

Redcliffe Museum 75 Anzac Avenue, Redcliffe



Prices for Colour Front Side Only

SIZE: A5 DL **A4**

\$71.50 \$85 250 \$87

\$138 500 **\$99** \$88

1000 \$137.50 \$110 \$210



CALL 0450 078 200 www.northsideprint.com.au

ZILLMERE DENTURES



Denise and Jan Shop 3, 67 Dunsford St, Zillmere

265 7652

www.zillmeredentureclinic.com.au

Brown Solicitor

WE CAN ASSIST YOU IN THE FOLLOWING LEGAL AREAS:

Wills | Estates | Conveyancing | Property Law 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**
- www.grbrown.com.au
- **L** 3269 8511



Bramble Bites

DON'T BANK ON IT

The Sandgate branch of the ANZ bank will close on Wednesday 6 February, a move that prompted a lengthy discussion on the Sandgate Mums Facebook group.

"Personal banking is well and truly gone," commented one member. "Sandgate loses again," said another.

One resident posted, "I feel sorry for the elderly people who will have to travel further to do their banking."

It seems more and more banks are expecting their customers to complete all their banking online or travel closer into the city to speak to a real person.

DEAGON RACE DAY RETURNS

The Deagon Racing Club has announced the 2019 date for the annual Deagon Picnic Race Day. Mark your calendars for Sunday 7 July. Keep a keen eye on the Deagon Racing Club website for further announcements on when tickets will be released if you don't want to miss this year's event. www.deagonracingclub.com

BLUE-GREEN ALGAE OUTBREAK

An outbreak of blue-green algae along the Sandgate/Shorncliffe foreshore just before Christmas left residents holding their nose.

Information posted on Facebook by Deagon Ward Councillor, Jared Cassidy, said this was a naturally occurring phenomenon.

He posted a link to the Australian Institute of Marine Science, which said, "This particular ocean (event) is probably a major contributor of an essential nutrient – nitrogen. These slicks are made up of masses of blue-green algae called Trichodesmium. The algal cells can join up to each other in strings or clumps. As the cells age, they rise to the surface. The algae do not survive for long in these surface concentrations for various reasons, including damage caused by UV radiation and soon start to go 'on the nose'."

HIT THE ROAD

Deagon Ward Councillor, Jared Cassidy, has welcomed the resurfacing of local roads.

Recently resurfaced streets include Loftus Street, Deagon; Creton Street and Eleventh Avenue, Brighton; Perkins Street, Sandgate; and Handford Road, Taigum.

Borella Street in Sandgate is due to be completed in January, as well as Barclay Street in Deagon, Capel Street in Brighton and Hack, Bartholomew and Carrie streets in Tillmere

Seaview Lane in Shorncliffe is also scheduled for resurfacing in the not too distant future.

"It's great to see these important upgrades being carried out across the entire Deagon Ward," Cr Cassidy said.

"Whilst the works may result in some temporary inconvenience for residents, the end result will be worth a smoother street."

SPORTING SIGN-UPS

Player registrations for the Brighton Bulldogs football club are now open. The club will also be running a TrySoccer program from Tuesday 5 February for four weeks. See the club website: www.brightonbulldogs.org.au for more information.

North Star Football Club are hosting a free, pre-season clinic for girls. Come and try soccer, or if you are already a player, enjoy some coaching and pre-season development. The clinic will be held on Tuesday 5 February. Email: nsfcwomens@ gmail.com for more information.

If you're keen to get into the ring, The Boss Boxing are hosting an open day on Saturday 16 February at 10am. There will be raffles, a sausage sizzle and the chance to find out about boxing programs. The Boss Boxing is at 385 Zillmere Road, Zillmere.

GOING GREEN

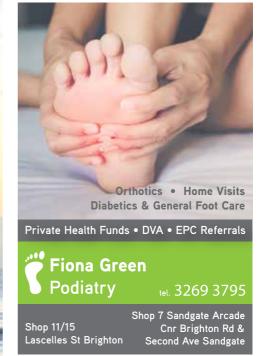
Locals can now drop off their recycling containers and bottles at the new Envirobank pod at the Bracken Ridge Tavern. The pod is located outside Harry Brown and you can find instructions on how to deposit and sign up for your account on the pod. Or just visit: www.envirobank.com.au/dropngo Happy recycling!

Would you like to contribute to Bramble Bites?

Is there something happening in the 4017 community you'd like to share? What are you talking about on social media or at the school gate? Email Brooke to be included in the next Bramble Bites at:

brookecjacobson@gmail.com





Property Downturn? Not Here!

'I've keenly followed the property market in Brisbane over the years because, like many, I have a vested interest...'

Story Philip Woods Photo Peter Hansler

n recent months it's been interesting to note the reports emerging in the media about property prices nationally that speak of a downturn or a slump. Honestly, I just don't see it happening in the Sandgate area.

Market principles of supply and demand prevail, and according to Jacqui McKeering from Jim McKeering Real Estate in Sandgate Village there are several factors that influence this in our area.

"People tend to hold property for longer in Sandgate, for an average of around thirteen years, compared to an average of closer to eight years for Brisbane overall," Jacqui said. This has an effect of limiting supply to the market, and demand is increased by the unique characteristics of the area.

"We are one of only a handful of places in the country that can offer things like a golf-course, a yacht club and a race track, as well as a village atmosphere," Jacqui said. "This is all in a location that's right on the water, with easy

access to public transport. We cleared all of our sales stock at the end of last season and we are experiencing some of the highest attendance levels we've seen at auctions and open houses."

Carl Calio, Principal of Calio and Scott Real Estate in Brighton agreed, "We're coming in to a busy month in February. We've seen a continuing strong demand from people who want to live or own property here. I had a couple today from Emerald who have selectively chosen to buy in this area now, and rent for a few years until they are ready to move down. We get quite a bit of that."

Carl said he's seen the local demographics change over the years since Calio and Scott opened in 1986. "It's an older area and there are older home owners who are sadly moving on or going into aged care, and then there are younger people and first home buyers who are moving in and renovating."

The Sandgate area remains a sought after place for people to purchase property, and the locals know why. We're lucky to live here!





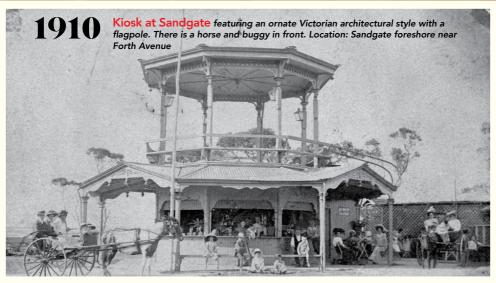


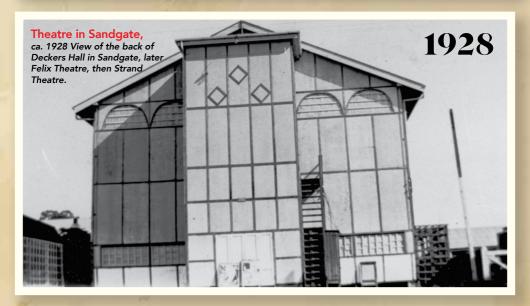
p: 3269 1276

e: info@jimmckeering.com.au

w: www.jimmckeering.com.au

HISTORY Supplieds INTIME





OPEN DAY

Thursday, 14 March, 2019

9am to 10:30am











Unlock their Potential.

Your child's future

starts here.

15 Greenwood St, Brighton Ph: 3269 5989





Crimsonspotted Rainbowfish, Melanotaenia duboulayi

Story Peter Hansler

ur little Aussie Rainbowfish, Blue Eyes, Empire Gudgeons and other fish are loved around the world and kept in aquariums, not only here in Australia but in many countries including Germany, the Netherlands, Austria and the USA. Being easy to keep and breed, most of them do very well in fish tanks and outdoor ponds where they are perfect for eating mosquito larvae and (most) are even tadpole-friendly.

Many people think they look quite dull in an aquarium shop, but they look much better in a planted tank, and after a little while being left to settle, they show their 'true colours'.

In fact, in my opinion, our local Rainbowfish species is one of the prettiest. The Crimson-spotted Rainbowfish or Pink Ear (Melanotaenia duboulayi) is also widely thought to be the reason "Rainbowfish" got their name. Empire Gudgeons (Hypseleotris compressa) can rival

many marine or reef fish for colour, and then there are the iridescent blue eyes in the Pacific Blue Eye (Pseudomugil signifer).

You might know of or heard about Tilapia and Gambusia (mosquito fish) and how destructive these feral fish are to our native fish, waterways and ecosystems. It's such a shame that most of the creeks and lagoons around Sandgate are full of them, which makes it difficult to find any natives at all. It's hard enough for our little Aussies as it is with habitat destruction and pollution!

Please remember: protecting our waterways begins at home, don't let chemicals, poisons or fertilisers run into the gutter. Additionally, the release of any fish into our waterways is not only detrimental to the native fish population but is also illegal.

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







Northside's biggest art material shop





ack when the Moreton Island barge departed from the Scarborough Boat Harbour, my mates and I would push a wheelbarrow laden with camping gear onto the hulking vessel, then off onto a pristine beach a short time later.

Moreton Island has always been a blessing for bayside locals; it's the sort of place that people travel from afar to experience, and its right on our doorstep.

The Quandamooka people of Moreton Bay, who are the islands traditional custodians call this special place Moorgumpin meaning 'place of sandhills'.

Leanne Siebuhr knows Moreton well; she is Brisbane born and bred, and has been a ranger with Queensland Parks and Wildlife Service for 23 years, 13 of those helping to look after Moreton Island.

"Visitors to the Island used to be mainly fishermen and families and it was pretty low-key. Now we see a lot more young people heading over with 4WD's to go camping, but it's still very family friendly." Leanne said. "You can pitch your tent in an established campground or along the many beach front campsites. Some cater for groups of campers while other sites can really give you the remote camping experience."

From Kooringal in the south to Comboyuro Point, North Point and Yellow Patch at the north end of the island, there are literally dozens of options for camping on Moreton.





There are heaps of heritage sites on the island too; the lighthouse at Cape Moreton was built in the late 1800's by convict labour; it was one of the first sandstone lighthouses in Queensland and is still an active lighthouse." Leanne said.



*Conditions apply. Price correct as at 9 Jan 2019. Advertised price based on polar outside cabin. See in store for details.



Snorkeling, Segway beach tours, tobogganing activities, wildlife cruises and day tours around the island are all run from Tangalooma Resort. So for a day trip or overnight stay, head over on the Tangalooma Flyer; find more details at www.tangalooma.com

To get you and your vehicle there check out www.micat.com.au; Micat and Moreton Island Adventures also offer fully equipped 'glamping' at Bulwer, so people who don't have all the gear can still enjoy the experience!





To find out more about the island go to www.npsr.qld.gov.au/parks/moretonisland and enjoy the beauty of our own Moreton Bav!

FEBRUARY TIDE TIMES

Time m	Time m	Time m	Time m
1 0052 0.56 0731 2.28 FR 1406 0.72 1937 1.77	9 0552 0.55 1207 2.26 SA 1840 0.60	17 0111 0.44 2.50 SU 1427 0.56 1958 1.93	25 0141 2.14 0.75 0.72 MO 1348 2.00 2010 0.59
2 0142 0.51 0815 2.35 SA 1452 0.66 2023 1.81	10 0031 1.96 0629 0.65 SU 1240 2.16 1913 0.62	18 0210 0.33 0837 2.64 MO 1520 0.44 2054 2.03	26 0237 2.07 0858 0.86 TU 1441 1.80 0 2059 0.68
3 0224 0.47 0855 2.40 SU 1531 0.61 2102 1.85	11 0113 1.94 0713 0.75 MO 1316 2.05 1952 0.65	19 0305 0.24 0926 2.73 TU 1609 0.36 2145 2.12	27 0345 2.03 1018 0.94 WE 1551 1.66 2202 0.75
4 0302 0.44 0931 2.42 MO 1607 0.59 2137 1.89	12 0203 1.92 0806 0.85 TU 1403 1.92 2041 0.67	20 0355 0.19 1013 2.76 WE 1654 0.31 2233 2.19	28 0501 2.05 1144 0.92 TH 1715 1.62 2316 0.76
5 0336 0.42 1005 2.42 TU 1639 0.58 2209 1.93	13 0308 1.94 0916 0.92 WE 1507 1.81 2145 0.68	21 0443 0.19 1057 2.72 TH 1736 0.31 2320 2.23	
6 0409 0.42 1037 2.41 WE 1709 0.58 2242 1.96	14 0425 2.01 1042 0.92 TH 1628 1.75 2257 0.64	22 0529 0.26 1140 2.60 FR 1814 0.34	
7 0442 0.44 1107 2.38 TH 1739 0.57 2316 1.97	15 0541 2.15 1208 0.83 FR 1746 1.76	23 0005 2.23 0615 0.38 SA 1221 2.43 1852 0.41	
8 0516 0.48 1137 2.33 FR 1808 0.58 2352 1.97	16 0007 0.55 0647 2.33 SA 1323 0.70 1857 1.83	24 0052 2.20 0703 0.54 SU 1304 2.22 1930 0.50	
A SECURIAL COLUMN TALE OF THE PROPERTY OF THE	CONTRACTOR AND AND AND ADDRESS OF THE PARTY		





CALL 0450 078 200 WWW.NORTHSIDEPRINT.COM.AU





sales@parrywilliams.com.au | www.parrywilliams.com.au



82
91
89
90
85
83
85
86
87
88



THE LOCAL 24 HOUR ELECTRICIAN YOU CAN TRUST



Call Now **0437 731 830**

STAY COOL!





REVERSE CYCLE AIR CONDITIONERS

Supplied and Installed 2.5KW **\$1485** INC GST 3.5KW **\$1645** INC GST 5.0KW **\$1950** INC GST 7.1 KW **\$2265** INC GST 8.0 KW **\$2695** INC GST

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

The electrical safety inspection included with every job

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



Licence No.: 85290
Air Conditioning Licence: ARC L087988

WE ALSO SUPPLY THESE BRANDS



Panasonio











THE LOCAL 24 HOUR ELECTRICIAN YOU CAN TRUST



Call Now 0437 731 830

INFO@JKELECTRICALQLD.COM.AU



CEILING FANS

Supplied and Installed

FROM \$240 INC GST

The electrical safety inspection included with every job

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





Air Conditioning Licence: ARC L087988

WE ALSO SUPPLY THESE BRANDS















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



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.

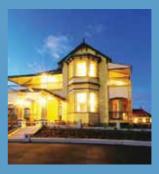
Scott has a passion for painting new and existing homes and any other projects you have in mind.

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.



- Commercial
- Domestic
- Airless Spraying
- Roof Specialist









www.paradisepainting.com.au

email: scott@paradisepainting.com.au

Call Scott

0418 721 887



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.

astralpool alliancepartner 3269POOL (7665)

proswim.com.au



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!



ROOF RESTORATION & REPAIRS

EXTERNAL & INTERNAL PAINTING

M: 0402 469 801 P: 3203 1133

www.mrhighlightsroofing.com



SPECIAL OFFER:

Mention this ad and receive

1 FREE WHIRLYBIRD
with every full roof restoration!

5% Seniors Discount

QBCC Lic no.1278416 Fully Insured



Ph 3142 2744 or Luke 0450086447



Bathrooms • Renovations • Disability Access



Reliable • Realistic • Experienced

FREE QUOTES

3204 7548

VISIT OUR WEBSITE

www.everythingbathrooms.com.au

Builder of Custom Homes, Quality Renovations & Extensions









 Home Renovations – Extensions **Additions**

- Granny Flats
- Bathroom Laundry Kitchen Renovations
- Decks Pergolas Patios
- Call now for a Free In-Home Consultation

QBCC - Member 1239838

Join Us









Call us on **3204 7525** www.degeegroup.com

Member



SWANDS SERVICES SWANDS

- 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

p/f. 07 3869 0267 m. 0422 099 444

79 Kempster Street, Sandgate



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

AIR CONDITIONING



1300 507 735

Lic No. 72504 42 Depot Rd, Deagon www.safe-sure.com.au

Your local North Brighane Air Con Experts
Supply - Install - Repairs - Maintenance
Call 1300 799 430



vigit www.voltoraindustries.com.au

au 😝 🕼 🛭 🏑

ALTERATIONS - CLOTHING

DOUBLE TWO FASHION 3269 3266 Shop 9, Second Ave, Sandgate

ART CLASSES

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 3/159 Nathan Street, Brighton



SKIN & BODY

131 Deagon St, Sandgate

3869 1855

New Hours Monday 9.30am-6pm 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**









学

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



CONCRETERS



MPERIAL CONCRETING

Superior finishes, everytime

Gerard Tibbetts - 0412474417 imperialconcreting@gmail.com @imperialconcreting



COMMUNITY GROUPS

SANDGATE SENIORS CITIZENS 3269 4454

Weekly Activities - All Seniors Welcome

COMPUTER SERVICES

We HAVE MOVED TO 140 Braun St, Deagon

BRISBANE COMPUTER SOLUTIONS

BUSINESS I.T. SPECIALISTS SALES • SERVICE • SUPPORT



www.brisbanecomputersolutions.com.au

ELECTRICAL



Phone **1300 069 333**

Lic: 82806



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

0437 731 830

HASSETT ELECTRICS 0407 221 304 Servicing The 4017 Area



Domestic and Commercia Electrical Aircon Solar TV Data © 0402 734 339

electrical license 121816 contractors 85540

ELECTRICAL



1300 507 735

Lic No. 72504 42 Depot Rd, Deagon www.safe-sure.com.au

Your local North Brighane Electrician No job too big or small!



vicit www.voltoraindustries.com.au

FINANCE

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

FASHION

FLORISTS

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

GALLERIES

GARDENING





OBLIGATION FREE QUOTES

Tree Felling & Removal
 Stump Grinding • Pruning & Shaping

- Hedging & Mulching
 - Palm Cleaning
- Storm DamageReports

35 + Years in Business 07 3351 1722



LOCAL DIRECTORY

GARDENING





GOVERNMENT & SERVICES







GYMS & FITNESS



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

HAIRDRESSERS





Emma-Jane's Hair Studio





SAR HAIR 3269 4001 133a Deagon Street, Sandgate

HARDWARE



10 Hancock St, Sandgate
PH: 3269 1015

Email: sales@jeayshardware.com • Web: www.jeayshardware.com



"they work harder for you because it's their business"

HEALTH & WELLBEING



HEALTH & WELLBEING



brisbane **north** counselling

 Marriage & Relationship Counselling Ms Francis Borg PACFA Clinical

127 Roscommon Rd. Boondall m: 0406 949 921

Need physio? 32690114





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 Podiatru 3269 4273

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



Yoga Classes Massage **Energy Therapies** Workshops

40 Seaview St Brighton www.viroga.com.au



Home visits or visit us at our clinic in Bracken Ridge 0488 302 985 or 3261 5805

MECHANICS

ULTRA TUNE SANDGATE. .3269 9755 57 Rainbow Street, Sandgate

MORTGAGE BROKERS



Nikki Meldrum

Mortgage Broker - Buying Refinancing - Investing www.homeloanprofessionals.com.au



PAINTERS

PARADISE PAINTING 0418 721 887 Servicing Sandgate and surrounds

LAWN MOVER REPAIRS



PEST CONTROL SERVICES



Phone 3269 6198

QBCC 108 7905

www.sandgatepest.com.au

PET SERVICES



PLUMBERS

AAA PLUMBERS & GAS 0400 124 122 No Job Too Small - Call Bruce on 3261 1915

phone 1300 306 731 Mention this ad & receive 5% discount





REAL ESTATE





LOCAL DIRECTORY

REAL ESTATE

CALIO & SCOTT REAL ESTATE 3269 9466 2/353 Beaconsfield Tce, Brighton

JIM MCKEERING REAL ESTATE . . . 3269 1276 200 Seymour Street, 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 WORLD 3284 8999 Shop 1/91 Redcliffe Pde. Redcliffe

ROOFING

GG GUTTERS 0411 377 120 Guttering Repairs -

SOLAR

SAFE & SURE - SOLAR 1300 507 735 Call Scott

SOLICITORS



07 3269 8511 www.grbrown.com.au

Property Law | Family Law | Wills & Estates Suite 5, Sandgate Arcade, 16 Brighton Road, Sandgate

SOLICITORS



We come to vou...

Flexible hours including weekends

Buying or Selling? Contact Bridge Legal Also Specialising in SMSF/Wills & Estate Planning/Probate

Ph: 07 3062 2803

Email: bmc@bridgelegal.com.au



Ph: 3269 9938

123A Brighton Road, Sandgate www.scfamilylawyers.com.au

TRAVEL AGENTS



Shop 1c Ibis Central Ph: 3869 1588

TUITION



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

Cancer Care Outpatient Programs offered at Peninsula Private Hospital

The Cancer Care Program is an exercise, education, and social support rehabilitation program for people who are actively undergoing cancer treatment or who have had cancer in the past. The program is aimed at improving quality of life, helping reduce the side effects of treatment or medications, as well as regaining physical and emotional strength and wellbeing.

How will the Cancer Care Program help me?

 It will provide coping strategies to help manage your cancer

 Individual and group exercise programs to increase your general strength and fitness

Dietary advice for healthy eating and safe swallowing

• Stress management and relaxation training

All sessions are delivered by health professionals with extensive experience in their fields, including;

- Rehabilitation Consultant
- Exercise Physiologist
- Dietitian
- Physiotherapist
- Occupational Therapist
- Speech Pathologist

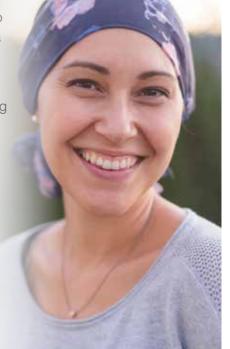
For further enquiries, please contact

Peninsula Private Hospital Day Rehabilitation

Cnr George & Florence Streets, Kippa-Ring QLD 4021

**** 07 3883 9456

www.peninsulaprivate.com.au









BRINGING TOGETHER THE

HISTORY & FUTURE

OF 4017



1. Calio & Scott

- **♀** 2/353 Beaconsfield Tce Brighton
- **** 3269 9466



2. RE/MAX Property Shop

♥ 119 Brighton Rd, Sandgate▲ 3269 0022



5. 2nd Avenue Realty

♀ 10 Second Ave, Sandgateᢏ 3269 1555



Whether you are new to the area, a growing family, a veteran or well known community member, your local **real estate agents** are right on your door step for any assistance you need.





3. Professionals Sandgate

🞙 73 Brighton Rd, Sandgate 📞 3869 9999



6. Sandgate Real Estate

♀ 1a/7 Second Ave, Sandgate **►** 3269 0944

4. John Decker

♦ 6 Brighton Rd, Sandgate♣ 3269 9300



7. Jim McKeering Real Estate

🗣 200 Seymour St, Sandgate 📞 3269 1276







YOUR LOCAL INDEPENDENT TYRE & SUSPENSION

SPECIALIST



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















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