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A Note FROM THE TEAM

March means Sandgate Film Gala Month! This year, it's opening with the award-winning film, *Backtrack Boys*. This documentary takes a moving look at a youth program run by a jackaroo in rural NSW. Be sure to read about everything the film gala is offering, on page 28.

Sandgate loves sport and this month local, Harrison Browne, gives us the inside story on kitesurfing. He started kitesurfing on the foreshore as a kid, and now after ten years of travelling, he's back instructing and teaching others all about this popular sport. Tap into his experiences on page 20.

If you love music, Deagon Ward councillor, Jared Cassidy, says 'get ready!' He's planning a youth-focussed festival for September so there's still time to get your vocal chords warmed up... Read more (and get in on the action early) on page 8.

We're looking at health this month, with stories about local well-being initiatives. Read about the Dementia Hero workshops on page 36. They get people, living with dementia, moving and communicating. Plus, read about how local, Jennifer Coleman, has been treating people with acupuncture in the 4017 area for years, and what you can expect during a treatment (page 34).

Finally, don't forget Friday, 8 March is International Women's Day. Read how Sandgate is celebrating on page 10.

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Tim Estreich [Coach] with Daphne Bourne, Patrick Fraser, Naomi DuFourq.

Photo Ben McShea

Things are going 'swimmingly' for Sandgate Swimming Club, as it enters its 95th year. The club was thrilled to receive a grant for \$35,000 from the Queensland Government's Community Benefit Gambling Fund, in late January.

This money will go towards the construction of a fully-equipped canteen, and an upgrade of the member service's building, at the club's home at Sandgate State School Pool.

Club president, Lorraine Hockey, is excited about the new facilities and what this will mean for the club's growing membership.

"The canteen will provide new opportunities for catering, hosting competitive events and conducting the customer service aspects of our club, as we prepare for our centenary," Lorraine said.

The club offers a range of swim programs, which were originally designed for school-age children. However, in recent seasons, Sandgate Swimming Club has also begun to focus on teaching swimming strokes to children of pre-prep to primary school age and beyond.

Lorraine explained that at primary age, children begin engaging in social aquatic activities away from home, including surfing, paddling, boating or visiting a water park or pool with friends. This is particularly true for Sandgate's seaside community.

"If a child's ability has not progressed beyond basic survival skills, then parents are faced with new safety and participation concerns," Lorraine said.

In addition, Tuesday's swimming club night plays a traditional and very important role in the club's commitment to Sandgate district's children. The club's program directors identified that children, who attend club nights, progress more quickly than with lessons alone, because of their increased swimming confidence.



Coming to swimming club provides children with an opportunity to apply the skills learnt in lessons in a very social, encouraging and supported racing environment," Lorraine said.



"The entire club community comes together to participate in ability-graded events. Our senior members engage with our youngest swimmers, providing assistance as they take on their first club night experiences in 12.5m races.

Club Night participation is free for members, and dinner is available beforehand, which makes every Tuesday night something to look forward to.

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SANDGATE *Ready To Rock*

A NEW MUSIC FESTIVAL FOR THE 4017 COMMUNITY COULD UNCOVER THE NEXT POWDERFINGER.

Story **Brooke Jacobson**

Local bands - it's time to start warming up! Deagon Ward councillor, Jared Cassidy, is planning a youth-focussed festival to be held in Sandgate in September.

"The idea for this event came out of the Einbunpin Festival, where we currently have the youth stage," he said.

"Some of our school students – and former students from the area – are amazingly talented and we wanted to give them more opportunities to perform publicly.

"You know, we could discover the next big band here in Sandgate, the next Powderfinger."

The youth stage at this year's Einbunpin Festival will be used as an audition for the September event, with the competition to be judged by

music industry professionals. The winner will go on to headline the new music festival.

"Those who don't wish to compete will still be able to perform on the youth stage at Einbunpin," Cr Cassidy said.

"But the winner will play at the day in September, alongside other local bands."

Cr Cassidy also said the music festival would be a day-long event, with the main road in Sandgate closed to traffic, with food trucks and other activities on offer.

"This is an opportunity for local artists to come together, it will be great for young people in the area and great for local business as well," he said.

It is hoped the music festival will kick off a series of music-based events in and around Sandgate.

“ The September festival day will be an annual event and we will also look to include other events like battle of the bands, music competitions and monthly performers in the park,” Cr Cassidy said.

“Music is such an integral part of our community and all our events, whether it’s Australia Day, or Anzac Day. With anything that we do, music is a real part of it and it’s something that brings us together.

“We already have an amazing array of local music and this is a great opportunity to develop a series of local events and festivals based around music for young people to perform, develop their skills and support the business community as well.”

The music festival is also being supported by QMusic.

Cr Cassidy is asking for suggestions to name the September music festival. If you have a suggestion, or would like more information, contact his office on: 3667 6011 or email: deagon.ward@bcc.qld.gov.au



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Festival 2018

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Stacey O'Brien

Ladies, Embrace Your Inner Wealth

Story *Ineke Hodalin*

Friday 8 March is International Women's Day, and Womenspace in Sandgate will be hosting a dinner to celebrate. The theme is 'Invest in Women', and two very interesting speakers, Suzanne Clementi and Stacey O'Brien, will share their valuable experience and knowledge at this special event.

Lisa McInerney, events co-ordinator for Womenspace said, "We are finding new ways to get more ladies to use Womenspace. We are kind of re-inventing ourselves, which is quite exciting."

The focus will be on women's relationships with abundance, money and empowerment. It's guaranteed to inspire.

Suzanne and Stacey will offer advice and guidance, encouraging women to unlock their full potential—not only to build their self esteem, but also their financial independence.

"We all get knocked around, it's how you bounce back, and how you build on that," Lisa said.

Stacey has bravely harnessed her own grief to write "A Kiss From an Angel"—the heart-rending account of her journey after her son was stillborn 17 years ago.



"I was just a mum whose baby died – how do you turn that into an industry?" But she did, with spectacular results. It is worth hearing her narrative.

"I had to figure out that investing in me was worthwhile," she said.

It has brought her to the very solid, rewarding and inspiring place she is today.

Suzanne's story is no less remarkable. She believes in "knowing thyself", and with over eleven years experience in art therapy, counselling and psychotherapy, including a strong financial background, she has much wisdom to share.

"It is about abundance, and money is just one aspect of abundance," Suzanne said.

Suzanne stressed that this was an exercise to help women open up to the possibilities, rather than financial advice.

She will also run two workshops at Womenspace over the next few months.

International Women's Day Dinner

Theme: Invest in Women

When: Friday, 8 March, 7–10pm

Cost: \$30 per head. Complimentary champagne, 2 course meal, Lucky door prizes.

Guest speakers: Suzanne Clementi - Founder of "The Delphi Project"

Stacey O'Brien - Author: "A Kiss From An Angel"

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Your Two Cents Worth

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FASCINATING CREATURES

Isn't it wonderful seeing many of the local historical homes being so tenderly restored and the attention taken to maintain their heritage and charm. Perhaps some of the character filled commercial building owners could take note and really bring back the seaside charm to our main street?

Sondra G. – Brighton

KEEPING OUR SUBURB ALIVE

We have some lovely coffee shops and gift shops in the 4017 area, but what do we need to make it a vibrant shopping area, where people will come on weekends, not just for our lovely waterfront, but because we can offer more? I don't know the answer to this question, but I am saddened when so many shops and banks are shutting down.

Penny B – Sandgate

OUR TOWN HALL NOT SO LOCAL ANYMORE

It is great that they have restored the town hall to its former glory, but now it is getting so expensive, it is becoming a non-viable option for the local arts and community groups to access.

Mark P – Deagon

Your Letter Could Be Here!

WHAT A SHAME!

I know it is too late, but wouldn't it have been so great for Sandgate if they had made the current Sandgate Pool into something like


Settlement Cove in Redcliffe. I was imagining a really cool swimming hole, with a little beach, small café's and a boardwalk. This would have made the space an amazing asset for Sandgate. The public pool could have been perfectly located in the sports precinct, near the PCYC.

Catherine – Sandgate

POEM FOR SANDGATEERS

I am referencing the poem published in the February issue of the Sandgate Guide. I would like to thank the author, Karen, for a beautiful poem about a great place. I grew up in Sandgate and my mother lived there for over 60 years. She is 91 and is now in a nursing home. I read the poem to her today and the smile on her face was wonderful to see. A great poem that truly reflects on Sandgate.

Peter Murray



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A woman with long dark hair is dancing on a beach. She is wearing a gold mesh crop top and patterned pants. Her right arm is raised high, and her left hand is extended forward. She is wearing orange strappy high-heeled sandals. The background is a clear blue sky and the ocean.

Shake your *Groove* thing!

Story Donna Roberts Photo slapics

Desperate to put down your phone and immerse yourself in something new? Swing on by Sandgate Town Hall to participate in Quyen Ying's beginner's Salsa dancing course.

Quyen is a former NSW Salsa dancing champion, who has now brought her formidable skills to Brisbane's northside.

Quyen grew up in Sydney, discovering her love for dance and performance at the age of seven. She wants to shine her light, inspire others and teach dance on a whole new level.

"I love Salsa because it is an international language of dance," Quyen said.

"If you know the basic steps, then no matter where you go in the world, you can rock up to a latin party and dance with anyone!"

More than just learning a sequence of steps, Quyen is a strong believer in dance classes promoting personal development and growth.

"I have a holistic approach to my classes, in understanding how the mind and body work together," Quyen said.

////////////////////



I coach my students to not only learn how to dance, but how to also have the right attitude and state of mind to make their experience the best it can be."

The health benefits associated with dancing are endless, as it requires the use of your mind, body and spirit.

"Dancing moves Qi [pronounced 'chee' – meaning energy], around the body, unblocking stagnant energy which is the root cause of stress and health conditions," Quyen said.

"Dance allows you to feel good and free... you utilise the creative part of your brain.

"Self expression through movement is very therapeutic."

If you are tempted to try, but concerned about having two left feet, Quyen would like to put your mind at ease.

"Salsa is a social dance that brings everyone together, and the great thing is that anyone can learn!" Quyen said.

"Most people that dance Salsa socially have never had a previous dance background."

Quyen's course will be run on Wednesday nights from 6:30-7:30pm at Sandgate Town Hall.

For further information, contact Quyen via email at quyenqyn11@gmail.com or phone 0439 378 855.

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Common (Indian) Myna

How to Protect Native Species through Common Myna Reduction

Sandgate has one of the largest roosts of Common (Indian) Myna birds in Brisbane, however these introduced birds have damaging impacts on our local ecosystems and native wildlife. Bulimba Creek Catchment Coordinating Committee operations manager and ecologist, Stefan Hatting, said that in the subtropics, this bird's population is growing rapidly, with no ceiling in sight. They are fast breeders, and have a high protein demand. This puts extreme pressure on food sources, such as insects, for our native birds and wildlife.

"When the Myna populations run out of insects as a food source, they start hunting smaller native birds," Stefan said. "They also take up breeding space in hollows of trees. When they take up a hollow, they take up the entire tree as well. They discourage native birds from nesting in that area."

As part of The 'Common Myna Humane Reduction Program', Stefan will hold a free workshop in the Sandbag Hall on Tuesday, 5 March from 6 to 8pm. He will explain how residents can help put pressure on the Myna populations and assist in controlling their numbers. The workshop will cover the ethical reduction of this species, how to spot the bird, and how to trap it safely in your own backyard.

Bookings for the free workshop can be made through Eventbrite, or by contacting the Bulimba Creek Catchment office on ph. 3398 8003.

Sandgate Vintage Market

Exploring a bygone era is just part of the charm of a vintage market. Picking for treasure, reliving childhood memories, and collecting bespoke pieces with a story is such an enjoyable way to spend a Sunday morning.

The team behind the popular Sandgate Farmer's Market have unearthed some fabulous finds and pulled together some of Sandgate's previous retail residents, to create a morning of nostalgia with their first vintage market.

"It will feel like the markets of old, with fruit and vegetables and a hunt through the trash and treasure, just like we used to do", market joint co-ordinator Lindy Goodall said.

"When you buy a piece from a vintage market, you're getting the history of the piece... the story behind the item..."

Stall holders include Hello Duckie, Hua Girl, Click Clack Lounge, A Touch of Whimsy and an eclectic mix of collectors and sellers, with everything from 1920s fashion to vintage badminton sets!

"The farmers market was just the beginning. We aim to have additional markets each month with different themes to create a destination for locals, and bring in people from outside the area", said Lindy.

Sandgate Vintage Market
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Pontoon boat "Grumpy Walker"

Sailability Qld Expands Fleet

Story **Kate Collins** Photo **slapics**

It was all smiles when Sailability Qld's Shorncliffe branch launched "Grumpy Walker", a new 6.1m pontoon boat, which will operate out of the Queensland Cruising Yacht Club.

The vessel is named in memory of local sailing identity, the late Ron "Grumpy" Walker, a former president of both the local Masonic Lodge and Sailability Qld Shorncliffe.

The gleaming \$63,000 addition to the fleet was funded by the Masonic Lodge's Hand-Heart-Pocket scheme, Sailability Qld and the Gambling Community Benefit Fund. The fleet will expand again next year with a new high-speed Zodiac-style inflatable support-safety boat, as backup for the sailing dinghies.

"Grumpy Walker" will carry groups of ten on guided tours along Cabbage Tree Creek, while another 10 smaller Access 303 dinghies, skippered by volunteers, will take handicapped passengers out. Judging by the smiles, the volunteers love it as much as their passengers.

"We're mainly retired people," said SQ president, Kent Sawyer. "We have women and men, and we're always looking for more volunteers," Kent said.

"You don't have to be Sydney to Hobart standard. We're happy to train you in all aspects of sailing and water safety, and it's a good way to improve your skills. Otherwise, you can come along to help with the other jobs involved in what we do, from winching wheelchair users onto boats, to providing refreshments and maybe entertaining people on the pontoon boat, with local lore while we take them up Cabbage Tree Creek."

"We train all our volunteers to manage the dinghies and, believe me, we all look forward to our Monday morning sails here at Shorncliffe, at least as much as the people we take out."

Sailability Queensland also operates out of Manly and the Gold Coast. Its regular Shorncliffe sessions are held Monday mornings at the Queensland Cruising Yacht Club on Sinbad Street, Shorncliffe.



If you'd like to help out, contact Sailability Queensland via Kent Sawyer on ph. 3878 1426 or online at www.sailabilityqueensland.org.au

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SOARING TO NEW HEIGHTS WITH HARRISON BROWNE



Harrison Browne loves kitesurfing on the Sandgate/Brighton foreshore

Story Kelly Walker **Photo** slapics

From the time he was just ten years old, Harrison Browne has been kitesurfing the waters in Sandgate and beyond. Starting with his very first lesson - from veteran instructor Padi Kotwall at Sandgate's own Surf Connect - to now teaching at Surf Connect himself, Harrison has come full circle.

"It feels really good to instruct at the very place where I first learned to kitesurf," Harrison said. "Sandgate is the only beach I've been to where

the kitesurfers and all of the other water users have come together to form a very caring and united community."

Although school and work commitments have meant taking a few breaks from the sport over the eleven years since he started, Harrison instantly feels that love and connection to it each time he goes back out on the water. "I remember my first time on the board after being away from the sport for a few years," Harrison recalls. "As soon as I got out on the



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water, all of the muscle memory flooded back to me and I realized that this was something I loved."

Now, with over ten years of traveling, teaching and reaching new heights in the sport, Harrison's love for kitesurfing has evolved into a true passion, and he has gained a new respect for the sport along the way.



There is an incredible sense of freedom that comes from being out in the wind on the open ocean — as if you're gliding like a bird,"
Harrison explains.

"Your kite can act like a teddy bear or an absolute monster - but it's an amazing feeling either way."

As kitesurfing is at the mercy of wind and weather conditions, it offers a lot of versatility. For Harrison, it's the thrill of being lifted up out of the water that really gets him excited. "I love being ridiculously overpowered by the wind," he said.

"Those first few moments leading up to a jump can be so tense - and then all of a sudden, the pressure is gone and you find yourself ten metres up in the air. The feeling of floating up there and looking out over the shoreline is such a rush and offers a whole new perspective."

Whether it's kitesurfing under the Indonesian moonlight, mastering a big jump, or enjoying the silent serenity of drifting downwind on a foil board, Harrison has endless stories to tell and he loves to share his passion with others.

"I absolutely love teaching," Harrison said. "It's an incredible feeling to see everything click for a new student and to see their face light up that very moment that they start to fall in love with the sport."

HISTORY

「Snapshots IN TIME

1900

Shepherd & Co Aerated Waters and Cordials factory.
Factory situated on Rainbow Street, Sandgate. ca. 1900



Holidaymakers at Sandgate, ca. 1920-1930,
A large crowd enjoys the water and beach at Sandgate. The women wear sunhats and carry umbrellas and a motorcar can be seen parked on the beach in the foreground.



1920 - 1930



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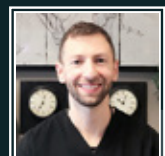


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Gabrielle Conescu

ARTIST OF THE MONTH

A few years ago, Gabrielle Conescu changed her career path. She left her job, attended private art classes and undertook formal studies in leadership, coaching and mentoring. Gabrielle discovered she was well suited to a career as an artist or teacher. She then focused on her desire to create art. Her aim for those who engage with her work is to experience lasting enjoyment.

As an artist, Gabrielle has a vision to see humanity's appreciation for nature become a priority. She shares her vision through her artwork, and also offers intuitive art workshops. Focusing on nature's beauty and aliveness, her paintings often feature the ocean, animals or landscapes. Gabrielle's unique artwork will transform your day to day living spaces.

Gabrielle's artwork can be viewed at Bramble Place Café & Lounge, 1 Loudon Street, Sandgate until Sunday, 31 March. If you wish to purchase artwork, contact Gabrielle direct.

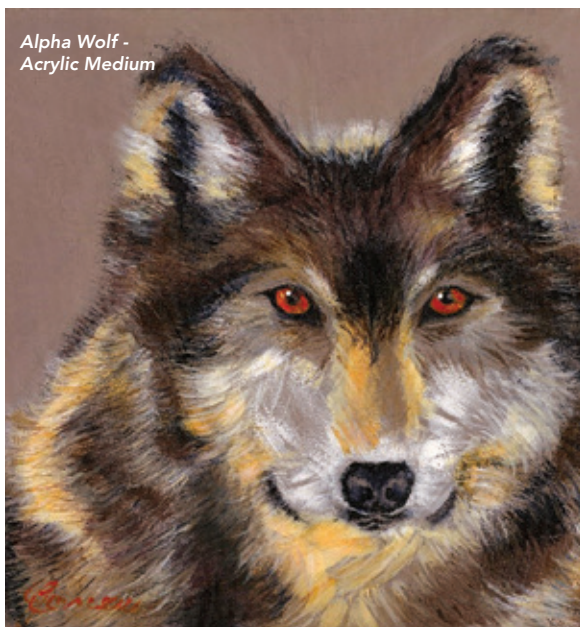
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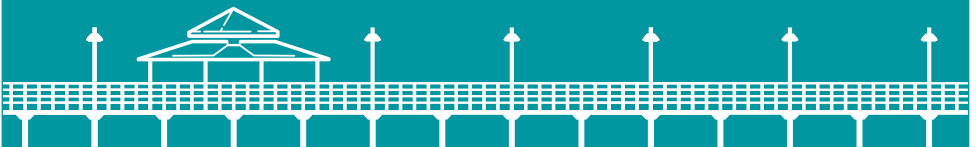
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New Dawn Sessions Shed Light on Local Talent.

Sunday mornings are anything but lazy at Sheeno's Tailor
Made Coffee at Deagon — *they're vibrant.*



From left, Chris Sheeno, Miles Hatton and country musician, Bridget O'Shannessy.

Story Ineke Hodalin Photo slapics

Once a month, Sunday's New Dawn Sessions give aspiring musicians an opportunity to have their original songs brought into the spotlight. Artists are filmed in front of a live audience and the clips are then uploaded to social media. The audience loves it, the performers love it, and the whole community benefits.

The concept is the brainchild of coffee shop owner, Chris Sheeno, and his partner and fellow music lover, Miles Hatton, a talented sound engineer.

"I love music and I love coffee and I tried to find some way of joining them together. After meeting Miles we got to talking and it just sort of nicely happened for me." In their words, one day the idea just "dawned" on them.

"Sunday New Dawn Session is about new beginnings, not just the time of day," Chris said. "It's about building a little community – musos helping other musos out."

Sheeno's is a small intimate space, it's nice and quiet – a perfect place and time to record.

"Being in the music industry ourselves, we've got connections. We're getting sponsorship and assistance from people. We provide a service and charge people a reasonable entry fee to come in."

"It's a much more magical experience when you are watching a band you like just right there in front of you," Miles said.

Brisbane singer, Bridget O'Shannessy said, "Sheeno's has done wonderful things for musicians." She also said that upcoming performers have to have a social media presence, and the fact that Miles and Chris have been able to film, direct and edit the clips has been an enormous help to her.

Already several YouTube videos have been posted online, including the popular "Beamish Boys", and the event is rapidly gaining momentum. The concept is fluid – like all good concepts, it is evolving and changing.

Check them out on Facebook at facebook.com/dawnsessionsofficial/ or see them on Instagram @dawnsessionsofficial. Bookings or info, call Chris on 0428 300 700



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UPLIFTING DOCO OPENS FILM GALA

Story *Christine Chamberlain*

An inspiring story about troubled boys turning their lives around, will be the feature film at this month's Sandgate Film Gala. Catherine Scott's award-winning documentary, **Backtrack Boys**, will kick off the weekend of film at the Sandgate Town Hall

The documentary was filmed over two years and follows three boys in a youth program run by jackaroo, Bernie Shakeshaft, on the outskirts of Armidale, NSW.

The story reveals the challenges and triumphs these boys face as they try to find their place in the world, and the dogs that help them.

"I hope this film will foster a greater understanding of the issues these kids face and inspire communities to develop real alternatives that will help keep them out of jail," director Catherine Scott said.

The film won the Audience Award for Best Documentary at the Sydney Film Festival and screened at the Heart of Gold Short Film Festival last year.

This year also sees the addition of a 4017 Creators' Session to the Film Gala on the Saturday afternoon.

Film Gala organiser Lachlan Smith said the session was added to give local filmmakers an opportunity to showcase their skills.

"Some of the big film festivals are hard to break into, so here is a great local opportunity for anyone to give their ideas a go," Lachlan said.

"Following the success of the Bay of Lights project, we recognised the love the community held for the stories held within our village's history.

"We want our current residents to tell their stories – to show us "their 4017"."

Entry is free and open to all ages. Films should be between one to five minutes long.

The 10 best films will be screened at the gala and the winner announced on the night. The winner will receive a cash prize and a day's work experience with a local filmmaker. Submissions close Monday, 11 March.

Following the Creators' Session, the best short films from the Heart of Gold festival, curated specifically for the Sandgate gala, will air from 7pm.

Money raised from the weekend will go towards supporting the Sandgate Historical Society.

SANDGATE FILM GALA

Friday 29 March & Saturday 30 March
Sandgate Town Hall

Opening night Backtrack Boys, Friday,
March 29, 7pm; 4017 Creators' Session,
Saturday, March 30, 4-6pm

To book tickets visit the event on Facebook.



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Twilight Market's Tastes Set to Tantalise

Story *Emma Harley*

The Salvation Army North Brisbane Church is set to tantalise the community's tastebuds this month as it brings back its popular Twilight Market in March. This time the focus will be on festive multicultural food.

Organiser Annie Senden said they are excited to showcase the many cultures that make up the church. "The Twilight Market is the perfect way to celebrate the many diverse food styles, while bringing the community together," she said.

"There will be a range of home-made cuisine on offer, all cooked by members of the church, including Mexican, Italian, Greek, various Asian treats and even some dishes from Zimbabwe," she said.

Family entertainment, art and craft stalls, a thrift shop, fruit and vegies and other stalls will also be on offer for the event.

Providing a safe and enjoyable event for the local community is important to The Salvation Army, and Annie said this event was shaping up to be their best one yet.

"Not only is it a pleasant way to spend an afternoon with family and friends, and allow local merchants a place to sell their goods in a relaxed and friendly environment, but it also gives us, The Salvation Army, an opportunity to get to know who is in our community and introduce ourselves to them," she said.

For more information, visit salvationarmy.org.au/nbc/

Twilight Markets: March 23, 4-8pm
Cnr Handford & Roghan Roads, Taigum

Cycle of Giving Raises Hopes for Second Chance at Life

Story *Sally Eberhardt*

On Sunday 10 March, keep an eye out for the Cycle of Giving, Queensland's premier annual cycling event, raising funds for organ transplant research.

Starting and finishing at Bunya, the 100km ride cruises around much of the Peninsula including the scenic foreshore from Scarborough to Shorncliffe.

The event hopes to raise more than \$250,000 to fund research that will not only help more people get a second chance at life, through transplants, but also return home and thrive.

Eve Vickerson, marketing manager of The Prince Charles Hospital Foundation, which supports the research, said there were around 1400 people on the organ transplant waiting list.

"Far too many people's lives are hanging in the balance. We need to buy more time for people through transplant research – for every \$44 raised, another hour of research work can occur," Ms Vickerson said.

"By fundraising in Cycle of Giving, every rider and donor has the power to make a huge impact. 100% of the funds raised supports the research."

Give the cyclists a friendly wave and consider contributing to this worthy cause.

The ride starts at 6am at James Drysdale Recreation Reserve, Bunya and finishes at the same location. For more information go to www.cycleofgiving.org.au.

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Pluck of the Irish

TO HIT THE FULL MOON

Charismatic four-piece band, The Madigans are set to ring in St Paddy's Day with true Irish flair at The Full Moon Hotel this month – They have a show set to have the audience in full craic mode.



Story **Emma Harley**

With a history spanning over 30 years and a shared love of Irish fiddle tunes, the Byron Bay lads are excited to paint the hotel green with their toe-tapping folk Celtic blues performance.

Band member, Phil Levy, said they are hoping to make the performance a truly Irish session, where a group of musicians play informally, with

one tune leading to another to create a jolly vibe.

"The Irish call this style 'The Craic'," Phil said.

"We'll be playing sets of jigs and reels and songs with Chris Aronsten on fiddle and mandolin, Breandán An Píobaire on the flute, tin whistle and Irish pipes, Guy Madigan on the Irish drum, and myself on mandolin and Irish bouzouki.

"There are a large percentage of Australians who have Irish ancestry and St Patrick's Day gives a sense of that history.

"You definitely don't have to be Irish to have a great time at the show - come and enjoy 'the craic' and join us for a Guinness."

The Full Moon Hotel's Lucinda Black said members of the band have performed at the hotel before, leaving with rave reviews.



It will be The Madigans' first time performing at the Full Moon Hotel, however a few of the band members were in a blues band called The Romaniacs that played at the venue in 2016, for the Once in a Blues Moon event," she said.

"We had a full house and many happy punters, so we are very happy to welcome them back to celebrate St Paddy's."



The band will perform an acoustic session in the Osbourne Bar at noon, followed by a full musical experience at 2pm in the Moonlight Bar.

The afternoon will also feature Guinness on tap and a menu highlighting fabulous Irish fare.

For more information visit
fullmoonhotel.com.au

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GETTING TO THE POINT OF ACUPUNCTURE

Story *Christine Chamberlain*
Photo *slapics*

The ancient Chinese practice of acupuncture has been around for thousands of years and continues to have its place in the fast-paced modern world we live in.

Acupuncture is one of the core therapies of Traditional Chinese Medicine (TCM) and is used to support and manage a variety of health issues.

During an acupuncture session, fine, sterile, single-use, stainless steel needles are inserted into selected acupuncture points in the body and retained for about 30 minutes.

Local acupuncturist, Jennifer Coleman, from Your Healthy Horizon at Brighton, has been working in the 4017 area for 12 years and sees clients from all walks of life, and across all ages, from babies through to the elderly.

Jennifer has a passion for women's health, musculoskeletal issues, stress, anxiety and pain management.

"I love that in my job I get to support people to live a better quality of life, from being able to walk comfortably along the foreshore, to competing in an iron man competition, to pre-pregnancy health and post-natal care," Jennifer said.

Acupuncturists are registered with Australian Health Practitioner Regulation Agency (AHPRA) and must have completed a four-year bachelor's degree, plus 20 hours of continuing education each year. When receiving acupuncture from a registered acupuncturist, you are eligible to receive private health rebates.



Jennifer said first-time clients are often wary of the needles, but a gentle style soon reassures them.

"A lot of people come in, who are needle phobic or are concerned about needles, but that's very normal," she said.

"The acupuncture needles are very fine, as thin as hair often, and my technique is very gentle.

"Where people might be worried or stressed about it, in fact they feel very calm and will often go to sleep on the table."

Due to the large number of people looking for a natural alternative to cosmetic beauty treatments, cosmetic acupuncture is also popular. Jennifer sees many clients at her clinic for cosmetic acupuncture each week.

"As a bonus to getting a cosmetic treatment, you are also getting a whole-body treatment as well. Acupuncture is all about addressing the source of the problem but also inside health for outside beauty," she said.



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[Jennifer Coleman is a
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Listen With Your Eyes

**Story Rhonda
Valentine Dixon**



Beverley Anne Jansen supports her father Bill Hill, who has dementia

SANDBAG and Tiina Alinen Projects are helping Sandgate resident dance their way to well-being. They have secured Brisbane City Council funding for a dance programme of workshops, which will run throughout 2019. The events are designed to assist and encourage people living with dementia to enjoy moderate exercise and active communication.

Tiina is a local resident with thirty-five years' professional dance experience across education, community and health contexts. "Well-being dance engages and empowers people through communication of a different kind," Tiina said. "I encourage participants and facilitators to 'listen with their eyes'. By improvising with touch, music and tactile materials, such as balloons, scarves and pebbles, participants enjoy interaction that is inclusive and enormous fun."

The two-hour workshops begin with participants connecting with each other. Structured periods include warm-up – where moderate movement occurs, nourishment – tea and biscuits, theme,

and closure. The theme may include props as varied as pebbles, a tennis racket and chocolate cake.

"The highlight of my facilitating communication through dance has been collaborating with Christine Bryden to create Dementia Hero," Tiina said.

Christine was diagnosed with dementia at age 46. She and Tiina have worked together to create a dementia friendly well-being dance programme for Dementia Australia in 2014.

"Christine Bryden and others are rewriting the dementia book and we need to take notice," Tiina said. "In our workshops people can be freely themselves, in the moment, and without judgement. That's empowering".

People with dementia are often overwhelmed when confronted with too much sound or activity, so classes are small – never more than twelve participants; six who are affected by dementia and six who accompany their friend or loved one to support them and to experience the workshop for themselves.

"The feedback regarding the classes, from both the people with dementia and those supporting them, has been overwhelming and heartfelt. Seeing eyes come alive when movement ideas are embraced is a joy to watch," Tiina said.

"We need some serious money behind this model in order to train additional facilitators so that more people with dementia can benefit."

Enquiries regarding Dementia Hero workshops may be directed to Deb at Sandbag dvos@sandbag.org.au

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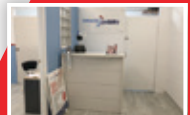
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Creating a Lasting Legacy

AT NASHVILLE STATE SCHOOL WITH BARRY LEWIS

Story Kelly Walker Photo slapics

For the past five years, local artist Barry Lewis has been bringing the walls of Nashville State School to life. Through colourful murals of beautiful Australian landscapes, native animals, and natural elements from far off places such as Africa, the United Kingdom and Japan, these unique pieces are a warm and welcoming sight for all those who are fortunate enough to spend time exploring the school's grounds.





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Barry has spent most of his professional life as an automotive engineer, but his love of art started at an early age. "I was introduced to sketching by an elderly neighbour when I was quite young. Soon after, my parents bought me an artboard and a few pencils and crayons," Barry said.

He studied art until he was 18, however, Barry didn't fully appreciate how powerful it could be at the time. It was when he and his family moved to Brighton from Melbourne, five years ago that he found a way to use his talents to make a real difference.

With his son starting at Nashville State School at the time, Barry wanted to give something back to the school.

"My first mural at Nashville State School included the school's mascot, Nashie," Barry said.

"Over the last five years, I've added new pieces, with mental health and the environment in mind. Life is not all about technology and material things, so I wanted to create something that would freely exist for others to experience and enjoy."

While volunteering to work long hours outside in the hot sun is often a thankless task, Barry forges ahead. "Most of my work was done between terms so that people returning to the school had something colourful and new to greet them," Barry said.

"I hope that the murals can add some friendly support for teachers who might need a mental break, brighten the day for parents struggling during school pick-up, or put a smile on a child's face when they're having a rough time."

To date, Barry's works include local sea life, the Glasshouse Mountains, a New Zealand Pukeko, an African elephant, and more recently, a ladybird, bees, a butterfly, and a water dragon.

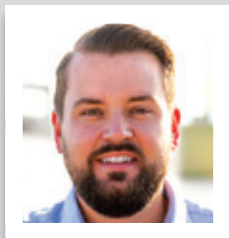
Barry isn't the only artist to have contributed time and talent, adding some colour to Nashville, but he has certainly left an impressive legacy with his creations.

"The world can be a harsh place. If the artwork inspires even one child's mind, or helps one person get through the day, that's what really matters."

For more information on Barry's work, he can be reached at bazzadotinc@gmail.com.

A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



With the school year well and truly underway, I've had the opportunity to attend and participate in many of our local schools' leadership induction ceremonies. These are special occasions for the

school communities, which set the tone for the year ahead. The commitment these young leaders have to both their schools and the wider community shows we have a very bright future here on the Northside.

This time of year is when councillors lodge their budget submissions to the Lord Mayor. My submission is always based on feedback from residents, through my whole of ward survey and other feedback to my office. The projects I will advocate for include the upgrade of the Brighton Foreshore, more investment in the health of the Einbunpin Lagoon and works to improve the access and use of O'Callaghan Park at Zillmere. There are many other projects including road resurfacing, more funding for footpaths and park and lighting upgrades. My full budget submission will be available on my website in the coming weeks.

Stirling Hinchliffe MP



I am proud to again be a major sponsor of the Sandgate Film Gala. This great event is back for a second year after its highly successful inaugural event in 2018.

Held on Friday, March 29 and Saturday, March 30 in the historic Sandgate

Town Hall, this year's Film Gala will feature a film package from Gympie's 'Heart of Gold' Short Film Festival. The night is set to bring back the elegance of film experienced in a bygone era, including a purpose-made bar. Tickets are now on sale at www.facebook.com/SandgateFilmGala

As the Member for Sandgate and Minister for Multicultural Affairs, I am proud to represent a community as diverse and multicultural as the 4017 and surrounding districts. That's why I am excited to share with our community that in February, I announced that nominations for members of the Multicultural Queensland Advisory Council for a three-year term, commencing on 1 August 2019, are now open. I encourage all local residents involved in the multicultural space to nominate.

Please note, nominations close 5.00 pm, Friday 15 March 2019.

For more information, visit the Department of Local Government, Racing and Multicultural Affairs.

Cr Amanda Cooper



Exciting projects are taking off all around the Bracken Ridge Ward in 2019. The Bracken Ridge Library construction has begun and is speedily moving ahead with plans to finish the

project in late-2019. The Aspley Village Precinct Project is also planned to finish in late-2019, with the project plan including public artwork, murals and upgraded footpaths for safety and accessibility.

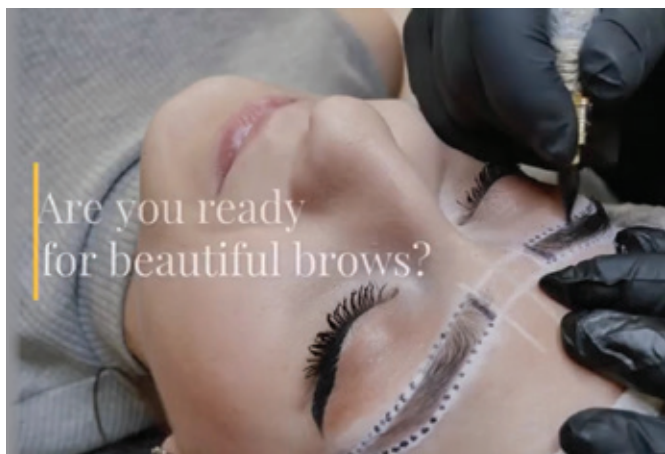
However, they are not the only exciting projects that are coming to the Bracken Ridge Ward. The Bill Brown Reserve Sports Park expansion will begin construction in mid-2019. Council's plan for the project includes four hard courts with lighting for netball, and a new green open space for recreation. We are very excited for these notable projects to come to fruition, which will benefit the whole community.

Please mark your calendars for Backyard Bonanza! Though the event is not until May, meetings begin later this month for those wanting to take part. Contact my office for more information and to obtain an expression of interest form.

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Clean Up 4017 Day

After witnessing the impacts that litter can have on our local environment, Sandgate resident Morag Shealy decided to start up a Facebook page dedicated to keeping 4017 clean. "I set up 'War on Waste 4017' last year after watching the War on Waste TV program," Morag said. "It got me thinking about the Sandgate area and how important it is to keep it beautiful, now and for the future generations."

Soon after she opened the page, there was an influx of support from locals keen to get involved. "I was completely in awe of the amount of people interested. Within a week we had 100 people on Facebook, and over 200 people turned up to the first clean up."

The next clean up day is set for 'Clean Up Australia Day', on Sunday, March 3. This will be the fourth clean up since the group began in February last year.

The clean up starts at 7.30am near Third Avenue, and the Brisbane City Council will supply all equipment such as 'grabbers' and bins, so volunteers just need to turn up.

Morag plans to continue to grow the 'War on Waste 4017' group, and hopes to eventually hold some information sessions on waste and landfill, encourage local businesses to take initiatives to limit waste, and start up community composting, as well as continuing to hold regular beach clean up days.

Dining Experience A Sell Out

Story Brooke Jacobson

It's official - the Long Table Dinner, to be held on the Shorncliffe Pier, is a sell out. Sandgate and Districts Chamber of Commerce president, Bill Gollan, said tickets sold out in record time.

"We've been absolutely overwhelmed and stunned by the enthusiasm for this event," he said. "The Long Table Dinner is really growing into a must do event for Brisbane."

First held in 2016, the dinner is described as "a unique night of dining along the Shorncliffe Pier, under a starry sky and a full moon".

Bill said the event's location was behind its popularity. "The unique venue really makes it so special, to be able to eat dinner on the Shorncliffe Pier is amazing," he said. "It's on the bay, under the moon, it's such a special experience."

"This year we're bringing our original caterers back - Cuisine on Cue - we'll have some lovely food and a great range of beer and wine.

"To see this event now - what it has grown into, is really amazing and it brings a substantial number of people from outside the area to experience the bayside lifestyle."

And as for next year, the only advice Bill had for locals is to plan ahead. "Obviously, we have limited space for this event, so it's first in, best dressed and next year, get your tickets early," he said.

The Long Table Shorncliffe Pier dinner will be held on Saturday, 23 March. For next year's info, 'like' their Facebook page or see: www.sandgatechamber.com.au/events

THE FULL MOON HOTEL PRESENTS



ST PATRICK'S

& GUINNESS ON TAP

SUNDAY, MARCH 17



LIVE MUSIC W' THE MADIGANS

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ACOUSTIC SESSION, OSBOURNE BAR 12PM

FULL EXPERIENCE, MOONLIGHT BAR 2PM

IRISH FARE ON THE CHEFS SPECIAL BOARD

Councillor outlines Deagon Ward **Wish**

Story *Brooke Jacobson* Photo *slapics*

Deagon Ward councillor, Jared Cassidy, is on a mission to secure funding for a number of projects in the **4017 community** in this year's council budget.

The top of Cr Cassidy's wish list is a serious upgrade to the Brighton foreshore. "I will be looking to remind the Lord Mayor that he committed to an upgrade of the area three years ago and that, since that time, basic maintenance is all we've received," he said.

"I'd like to see an upgrade all the way through there, to create a beach area, with better footpaths, more lighting, and seating and toilet facilities."

Another area of concern is the condition of the Einbunpin Lagoon in the heart of Sandgate.

"I'm quite optimistic about this (funding)," Cr Cassidy said. "We held a meeting recently, to discuss options and the plan would be to install some natural filtration, those steep concrete walls would go and a more natural, barrier edge would be installed."

“We’re also looking at creating a wetland-type area, which would be a good habitat for wildlife and it would also filter the water and create a real environment there.

"This is something the community has been petitioning for some time. I have raised it with



council and I am feeling quite positive that we will see some funding for this in the budget."

An upgrade of O'Callaghan Park in Zillmere is also on Cr Cassidy's list, with plans for better lighting and greater public access.

"Currently, we only use half the site," he said.

"There is a lot of rapid development in that area and there's been no additional public spaces – this is a big open space and we're only using the front half."

Cr Cassidy is also campaigning for funding to install up-lighting on the cenotaph in Sandgate's Memorial Park. And following the success of the decorative lighting on the corner of Bowser Parade and Rainbow Street, the councillor would also like to see similar lighting at the top end of Brighton Road.

list'



"I think this would really add to the night time atmosphere of Sandgate," he said.

In the longer term, Cr Cassidy is hoping to secure funding to heat the 50 metre pool at the Sandgate Aquatic Centre and get a new library built.

"In the long run, a new Sandgate library would be great," he said. "Ideally a new space, and the current space might be used to house a museum or tourist information – it's a beautiful heritage building.

"That's something that probably won't be raised this year, but it's something I'd like in the future plan.

"And something else I would really like is to heat the 50 metre pool in Sandgate. The problem there is the ongoing costs of heating, and generally, it's considered to be an expense for the lessee, but it has been raised with me and it's something I am mindful of for the future."



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Music By The Sea

SANDGATE TOWN HALL

► March: Luca Ciarla (Italy) - solo violin

After gracing concert halls and world music festivals in more than fifty countries around the world, Italy's solo violinist Luca Ciarla arrives in Sandgate to wow our local audience with the magical seduction of his innovative jazz, classical and world music.

Saturday, 2 March, 7.30pm



Jane Rutter / photo by Brendan Read



Giuseppe Zangari

► April: Jane Rutter - flute, Giuseppe Zangari - guitar

Story Donna Phillips

Sandgate spices up its reputation as a top music destination when a French knight and an Aussie master salute romantic, passionate Italy with their flute and guitar concert, Viva L'Italia!

Translated here as 'Life is beautiful', the heady union of Jane Rutter and Giuseppe Zangari celebrates the music of a country that gave the world Michelangelo, Leonardo da Vinci and the Renaissance, with popular compositions by Vivaldi, Corelli, Caccini, Rossini and more.

The magnificent, some would say unsurpassable Ms Rutter is a maestro, whose being is steeped to the core with the very-essence of the French Flute School style, and she is also a Knight of the Order of Arts and Letters.

A favourite of Music By The Sea audiences, Ms Rutter has 22 albums to her credit, has shared

the stage with transgender stars, composed the chart-topping sound track album to her film 'An Australian in Paris: Homage to French Flute', and has graced stages from the Sydney Opera House to La Sainte-Chapelle in Paris.

Also of interest are gigs with some of the cool people from Manhattan Transfer, Tina Arina and Tommy Emmanuel, to drop just a few names.

The London Daily Mail said of Ms Rutter: "A star of the flute...Une etoile de la flute".

In Sandgate Town Hall, Ms Rutter will be accompanied, and well-matched, by Giuseppe Zangari, who holds a Bachelor and Master of Music from the Sydney Conservatorium.

Australian-born Zangari is an applauded guitarist with very well-appointed collaborations, and is touring internationally.

This concert is a must see. It would be wise to book early.

Saturday, 6 April, 7.30pm

Sandgate Town Hall

Tickets online: musicbythesea.com.au



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Law Council of Australia
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Stress-Free Lunches

Story *Suzi O'Shea*

Any parent with a child in school understands the torment and stress that are school lunches. Many schools have dietary restrictions, zero packaging rules, and guidelines as to what you can and can't pack, and that's not even beginning to address your fussy kid's eating habits.

So here are a few tips to de-stress the whole situation while making sure your kids eat well.

Cheat Sheet

You can find a wealth of information and ideas online to make your life easier. A friend shared one stroke of brilliance on social media - the Cheat Sheet. Draw a table with the following headings: Protein, Carbs, Vegetables, and Fruit.

Together with your child, fill out the table with their preferred choice of each food group. Come up with ideas that are affordable that you know your child will eat.

Bento Box

Bento boxes are all the rage, and with good reason. They are packaging-free, offer variety, and are portion controlled. You can find loads of

bento inspiration on Instagram and other social media platforms.

Veggie Muffins

I'm all about hiding vegetables to make sure my kids aren't going to fade away. Veggie muffins are a great substitute for sandwiches, and a much healthier option. They are delicious, they use up all the veggies you might have thrown away and they're easy to make! I'm a terrible baker, but I can cook up a batch with ease, meaning anyone can do it. A simple Google search will give you a bunch of recipes to choose from. You can bake in bulk, freeze them and use whenever you like.

Leftovers

Don't be afraid to cook up a little extra dinner and throw some in a Tupperware container. Most dinners taste great the next day and don't have to be reheated. Be mindful of food safety and check whether or not some foods need to be refrigerated.

Be Organised

In this modern world, everyone has a fridge. Prepare and pack school lunches the night before and give yourself an extra 15 minutes to sleep in. Good luck parents.

For more parenting inspiration, follow Suzi on Parenting for Trashabags on Facebook and Instagram.

2019

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Meet the School



MS GALVIN
Principal

St John Fisher College

Ms Galvin is an outstanding education professional and advocate for girls' education, learning and enrichment. She is passionate about developing adaptable, resilient and independent learners who think creatively about challenges to solve problems within and beyond their schooling. Since embracing the role of Principal at St John Fisher College in late 2017, Ms Galvin has introduced a series of innovative programs: French Language Immersion, Fisher Innovation Research & Enterprise (FIRE) and Learning Enhancement and Acceleration designed to further develop high-achieving girls.



ST JOHN FISHER COLLEGE

John Fisher Dr, Bracken Ridge
Phone: 3269 8188



BEN GRAY
Principal

St Kieran's Primary School

St Kieran's Primary School is a vibrant school community that holds the value of working together to support the growth and development of each individual. Our school lives and breathes community where teachers, parents and students welcome friends, family and strangers with sincerity. It is a place where smiling faces shine brightly and where every day is an opportunity for everyone to achieve their full potential. To experience the journey that is St Kieran's join us for our Open Day on Thursday 14 March from 9am – 10.30am.



ST KIERAN'S PRIMARY SCHOOL

15 Greenwood St, Brighton
Phone: 3269 5989



JANET BANNAH
Principal

Nashville State School

Nashville State School is the Bayside's hidden gem, with our focus on the learning and wellbeing of each child. Our unrelenting focus on individual student growth provides learners with the keys to unlocking their full potential. Aligning the philosophies of Positive Behaviour for Learning, Zones of Regulation, Stephanie Alexander Kitchen Garden and eSmart Programs, supports our commitment to quality learning experiences which nurture and extend our students. Students thrive at Nashville in our inclusive environment where diversity is celebrated.



NASHVILLE STATE SCHOOL

Douglas Street, Brighton
Phone: 3869 7333

PRINCIPAL.



SCOTT PADGETT
Principal

Brighton State School

I feel privileged to have been given the opportunity to lead Brighton State School as Principal this year. I am extremely excited to progress the school's explicit improvement agenda, which at its foundation includes writing, student and staff well being and positive school environment. At Brighton State School we are united by our positive school culture which is underpinned by our values and underpinning expectations of – Respect, Responsibility, Learning and Safety. I acknowledge that work around improving student outcomes is an imperative however also acknowledge that genuine levels of community engagement differentiate between good schools and great schools.



BRIGHTON STATE SCHOOL
2 North Road, Brighton
Phone: 3631 9111



MR CHRIS MAYES
Principal

St Patrick's College

St Patrick's College was established on the cliffs of Shorncliffe on 29 January 1952. From its beginning, it has become a significant and proud part of the Shorncliffe and Sandgate communities offering a holistic Catholic education to many local young men from Years 5 to 12. Over the decades, the College has become well-known for its excellence in education and our service programs which have shared much with our local community. We invite you to join us at our Open Day on 28 May 2019.



ST PATRICK'S COLLEGE
60 Park Parade, Shorncliffe
3631 9000



MELISSA BURKE
Principal

Bracken Ridge State School

At Bracken Ridge State School, we focus on educating the whole child. This aligns with our school values of "Integrity, Courage and Life-long Learning". Our emphasis on developing student success and well-being, in particular, our focus on teaching neuroscience, mindfulness and growth mindset, is the key reason why many parents choose to send their child to Bracken Ridge State School. In 2019, we will continue to relentlessly concentrate on improving student achievement across all curriculum areas to ensure that we provide high quality learning for our students.



BRACKEN RIDGE STATE SCHOOL
1 Binburra St, Bracken Ridge
Phone: 3869 7888

Mar. GIGGUIDE

01 FRIDAY

DJ Heavensent
Phoenix Bar & Lounge 6pm

Roy Morris
Brighton Bowls Club 6:30pm

Steve Williamson
Full Moon Hotel 8pm

Black Adder
Cardigan Bar 8pm

08 FRIDAY

DJ Heavensent
Phoenix Bar & Lounge 6pm

Romio & Juliette
Brighton Bowls Club 6:30pm

Little Sparrow
Cardigan Bar 7pm

Brad Poole
Full Moon Hotel 8pm

15 FRIDAY

DJ Heavensent
Phoenix Bar & Lounge 6pm

Keith Haig
Brighton Bowls Club 6:30pm

Nicole Canaway
Cardigan Bar 7:30pm

Steve Hargreaves
Full Moon Hotel 8pm

02 SATURDAY

Tom Foolery
Phoenix Bar & Lounge 7pm

Upenders
Cardigan Bar 8pm

Steve Hargreaves
Full Moon Hotel 8pm

09 SATURDAY

BAM Duo
Phoenix Bar & Lounge 7pm

Jonesy
Full Moon Hotel 8pm

Daryl James at Cardigan Bar
Cardigan Bar 8pm

16 SATURDAY

Mike Ling
Cardigan Bar 8pm

Harry Phillips
Full Moon Hotel 8pm

03 SUNDAY

Dean Watkin
Phoenix Bar & Lounge 12:30pm

Dream Time
Brighton Bowls Club 1pm

Stevenson St
Full Moon Hotel 2pm

open mic
EclecTea 4pm

Jug O Blooze
Cardigan Bar 4pm

10 SUNDAY

Biggy P
Phoenix Bar & Lounge 12:30pm

Will Day Duo
Full Moon Hotel 2pm

open mic
EclecTea 4pm

Adam Christy
Cardigan Bar 4pm

17 SUNDAY

The Maddigans
Full Moon Hotel 12pm

Eric Mewburn
Phoenix Bar & Lounge 12:30pm

Sempf Family Band
Brighton Bowls Club 1pm

open mic
EclecTea 4pm

07 THURSDAY

Open Mic
Cardigan Bar 7pm

14 THURSDAY

Open Mic
Cardigan Bar 7pm

21 THURSDAY

Open Mic
Cardigan Bar 7pm

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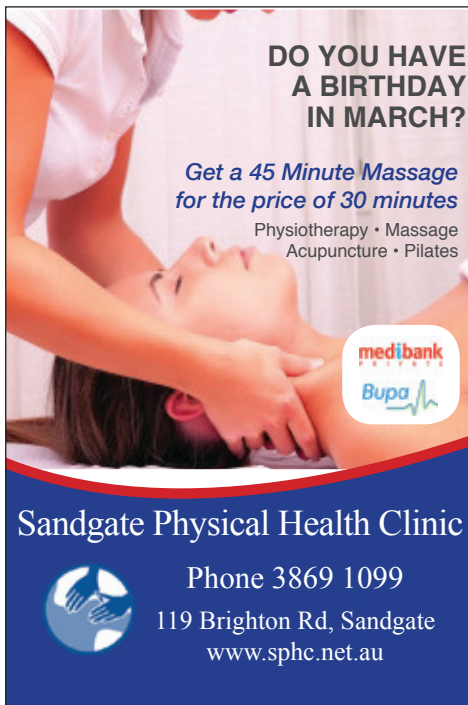
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22 FRIDAY

DJ Heavensent
Phoenix Bar & Lounge 6pm

JAG'N
Brighton Bowls Club 6:30pm

Josh Lincoln
Full Moon Hotel 8pm

Bones River
Cardigan Bar 8pm

24 SUNDAY

Dan England
Phoenix Bar & Lounge 12:30pm

Montana
Full Moon Hotel 2pm

Chill Session Band
Cardigan Bar 4pm

open mic
EclecTea 4pm

30 SATURDAY

Amy & Ant
Phoenix Bar & Lounge 7pm

Sound of Soul - Northern Soul
on the decks
Cardigan Bar 8pm

Steve Williamson
Full Moon Hotel 8pm

23 SATURDAY

The Green Sinatras
Phoenix Bar & Lounge 7pm

Chris Ramsay
Full Moon Hotel 8pm

Into the Mix
Cardigan Bar 8pm

28 THURSDAY

Open Mic
Cardigan Bar 7pm

29 FRIDAY

DJ Heavensent
Phoenix Bar & Lounge 6pm

Linda Street
Brighton Bowls Club 6:30pm

Nick Koschel
Full Moon Hotel 8pm

31 SUNDAY

Mark O'Keeffe
Phoenix Bar & Lounge 12:30pm

Wilko
Full Moon Hotel 2pm

open mic
EclecTea 4pm

Vinyl Club @ Cardigan Bar
Cardigan Bar 6:30pm

Events & NOTICES

MARCH 19

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 the late Laurie Jeays in recognition of his environmental interests and work in the community.

When: Thur, 14 March at 8am

Cost: Free

Bookings essential: Ph 0410 327 095

COMMUNITY GUIDED WALKS

Each year the Sandgate Historical Museum presents a program of guided historical walks throughout the local area. The next walk will visit the historic homes of Sandgate.

When: Sat, 16 March, 9.30am

Cost: \$20

Bookings essential: phone the Museum on ph. 3869 2283 or Pam on 0410 327 095.

GEM & JEWELLERY FESTIVAL

The North Brisbane Lapidary Club annual Gem & Jewellery Festival returns to the Bracken Ridge State High School.

When: Sat, 2 March, 8.30am – 4.30pm

Sun, 3 March, 8.30am – 3pm

Where: Bracken Ridge SHS, Barfoot Street

Admission: \$5 Adults, \$2 Kids, \$12 Family (kids under 5 free)

SANDGATE FILM GALA

Across two big nights, the Sandgate Town Hall comes alive with a huge Gala event with something for everyone.

When: Fri, 29 March, Feature Film 7-9pm

Sat, 30 March, 3 sessions: 2pm, 4pm & 7pm

Where: Sandgate Town Hall, Seymour Street

Facebook: SandgateFilmGala

INTERNATIONAL WOMEN'S DAY BREAKFAST

Zonta will celebrate 100 years and International Women's Day with a business breakfast. Invictus Games medal winner Sarah Petchell will be guest speaker.

When: Wed, 6 March. 6.30am for 7am start.

Where: Bracken Ridge Tavern, Barrett Street, Bracken Ridge

Cost: \$50pp rsvp 1 March at trybooking.com

ST KIERAN'S OPEN DAY

Prospective families will have the opportunity to see the vibrant St Kieran's school community in action during their Open Day. All interested families considering enrolling their child for 2020 are warmly encouraged to attend.

When: Thur, 14 March from 9 – 10.30am

Where: 15 Greenwood Street, Brighton

BLUEWATER FESTIVAL STALLHOLDERS CALL OUT

The Bluewater Festival attracts tens of thousands of visitors to the Shorncliffe Pier and Moora Park. If you want your stall to be part of this great event, go to bluewaterfestival.org.au to complete and submit your application to be a stallholder. Applications close Friday 15 March.

SANDGATE CINEMA CLUB

The Sandgate Cinema Club hosts monthly movie sessions in the Sandgate Town Hall for members. If you're not a member yet, you can join on a trial basis for \$20 for three screenings. Yearly membership is \$55. Info at sandgatecinemaclub.com.au; BYO food – drinks, tea, coffee available for purchase.

When: Next session – Sun, 31 March, 6–9pm

Where: Sandgate Town Hall

KIDS YOGA IN NATURE

Is your child finding the back to school routine a little overwhelming? Brighton mum and yoga teacher Ainsley Moden runs a class called "Kids Yoga in Nature". Suited for kids aged 5 – 12 years. For more information, email: ainsley@beinggrounded.com.au

When: Thursdays at 3.30pm

Where: the grounds of Nashville State School

Cost: \$10 - \$12

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Local DINING GUIDE

A Thai Star IS BORN



Story Emma Harley Photos Paul Neil

A new star has been added to the collective of culinary options in Bramble Bay with the opening of Thai Star Restaurant on Braun Street in Deagon.

Thai Star has taken over the site of the former Thai Sa-Bai and early indications are that the new eatery will be a favourite with local diners and it's set to be a hit on the takeaway front also.

Owner and chef Asdagon Muenjaroen said his mix of experience and his deft touch at bringing out the full flavours in Thai cuisine will be sure to attract diners keen for an authentic, high-quality eating experience.

"I've been working in kitchens and restaurants for about a decade now," he said.

"We know customers want delicious tasting food, fresh produce and friendly service and we can deliver all of it for them."



Asdagon said people might not know that Thai food is different from region to region, and his cooking gives customers the opportunity to taste the different array of flavours the cuisine has to offer.

"Most people love to eat and Thai food can be so different from restaurant to restaurant," he said.

“WE’RE LOOKING FORWARD TO OFFERING DINERS THE OPPORTUNITY TO TASTE THE MANY DIFFERENT STYLES OF THAI CUISINE.”

Asdagon said his focus on diner satisfaction would guide the menu and the atmosphere of the restaurant.

"I have an immense love for cooking and I love to see customers eating Thai food and enjoying Thai food.

"What satisfies our customers is what we want to offer the most and we really want to communicate with and embrace the local community."

And which dish does Asdagon say is a must for locals to try?

"You should try our pork belly and the spicy vegetables," he said.

"They are the stars of the menu."

No pun intended.

Thai Star Restaurant is open for lunch and dinner Tuesday to Sunday.

Thai Star Restaurant
8/138-140 Braun Street
Phone 3269 5359

Local Dining Guide



BAAIA



BLUME COFFEE



BRACKEN RIDGE TAVERN



94 Flinders Pde, Sandgate
Foreshore

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Café

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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

ON BRAMBLE BAY



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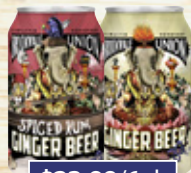
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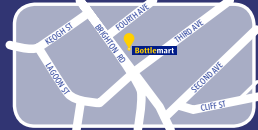
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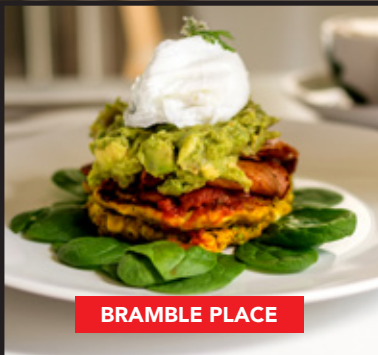
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THE FULL MOON HOTEL
ON BRAMBLE BAY

www.fullmoonhotel.com.au

Bottlemart

Local Dining Guide



BRAMBLE PLACE



CHARLIE'S AT BRIGHTON HOTEL



COFFEE WARDEN



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.



COOL BEANS CAFE



DOUG'S SEAFOOD CAFE



FISH ON FLINDERS

COOL BEANS CAFE

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, wild-caught barramundi and fresh salads, we have it all. We bring the ocean to your table.



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3269 6903

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Local Dining Guide



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228 Rainbow St, Sandgate

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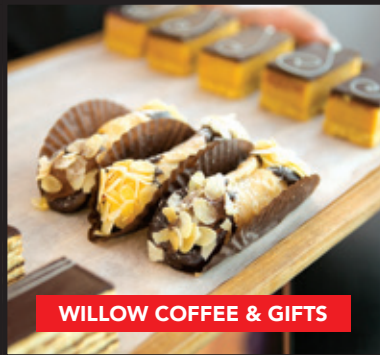
Local Dining Guide



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Bramble Bites

Story *Brooke Jacobson*

TOTALLY WILD AT THE PIER

It's been an interesting summer for wildlife at the Shorncliffe Pier. Video circulated widely on social media earlier this year showed a large shark caught under the stairs near the fishing platform on the pier. The popular video showed footage of a man actually hopping into the water to help free the shark, while a woman standing on the pier was heard to say: "I'd offer you a hand, but I choose life."

Earlier this year, a fisherman caught a white seahorse off the pier, as well.

According to experts from the Queensland Museum, the odds of catching a seahorse with a hook are about 1 in 100,000. The photo of the tiny creature was first posted to the Protect Sandgate Waders Facebook page and quickly went viral, with a number of major news outlets picking up the story.

Fortunately for the little guy, the hook could be removed and he happily swam off. Sadly, the number of seahorses in our waters is diminishing, because of a number of factors that include trawler fishing, loss of habitat and seahorses being taken for the aquarium trade.

It pays to look before you take a dip in the water at the Shorncliffe Pier!

WE'RE OFFICIALLY FAMOUS

Sandgate and Shorncliffe featured on Channel 7's Great Day Out recently. The show highlighted a number of local businesses, including Lucinda Bay Prawns, Wired Owl Coffee, Saltwater Café, Rewind Mid-Century and Old Favourites homewares.

Owner of Old Favourites, Rachel McGregor, was interviewed for the show and she said: "The beauty of this corner (on Rainbow Street) is that we're a package deal. It's a destination for the weekend, for sure."

Social media across the 4017 was quick to light up after the show aired, with everyone excited to see our corner of the world being shown in all its glory. Hopefully local businesses can expect to see more visitors from outside the area, on weekends from now on.

CHARITIES OVERWHELMED

The popularity of Netflix show, Tidying Up With Marie Kondo, has sparked a surge in people around the world cleaning up and clearing out the clutter from their homes. The Japanese author and organising consultant asks people to hold each item in their home and if doesn't "spark joy", it's got to go. The popularity of the "KonMarie" movement has resulted in an overwhelming number of



items being left at local charities. The Vinnies in Brighton recently had a sign out the front saying "No donations today please, we're full" and other charities have also reported overflowing bins. Members of the Things to Swap, Buy or Sell 4017 Facebook page had a number of suggestions for getting rid of clutter:

Vets and animal shelters will take old towels and blankets

Daycare centres will take toys and books

Women's refuges are often looking for clothing donations

Take old magazines to doctors surgeries

H&M clothing stores accept donations of old clothes, sheets and towels. People donating will receive a discount voucher for the store in return

DONATE TO SANDBAG

And speaking of donations, Sandbag is looking for the following: small breakfast cereals, long life milk, instant noodles, instant meals and instant soups, tinned spaghetti, tinned baked beans and tinned soup, fruit juice poppers and small flavoured milk. Donations of shampoo, conditioner, razor blades and toothbrushes and toothpaste are also appreciated. Donations can be left at Sandbag, 153 Rainbow Street, Sandgate, from 9am to 5pm, Monday to Friday.

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



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Story **John Sayles**

Things are getting 'SPOOKY' at Sandgate Town Hall. That's where Sandgate Theatre are performing 'Haunted Halloween', a madcap comedy, typical of prolific Queensland playwright, Judith Prior.

Director Chris Packman commented, "Others do Christmas in July, but Sandgate Theatre does Halloween in March!"

Chris noticed this play a couple of years ago and liked it so much he said, "I decided it would be great fun to perform this show, so I promptly purchased a pile of Halloween Goodies, and have sat on the play since, waiting for the opportunity to direct and share it with our audiences."

The show begins in a small costume hire shop, at Halloween. The owner, young widow Crystal, wants her sister Abigail to use her psychic powers to try to contact Crystal's departed husband, Alan, a gangster shot by the police in a bungled jewellery heist. The sisters want to know Alan is okay and also where he hid the diamonds from the robbery. When the sisters accidentally conjure up Al Capone and a real witch, things get a little complicated. When gang bosses try to intervene, Al Capone and the Witch make sure that rough justice is

served. Later, the action moves to a nightclub, where everyone has a great time.

There are many recognisable songs in this show, including Thriller, Bad Moon Rising and the Monster Mash, so the cast will ensure that you are rocking in the aisles. You are also encouraged to dress up as gangsters, ghouls and witches as prizes will be awarded for the best costumes.

Want a bit of fun in March? Get along to 'Haunted Halloween, with gangsters, ghouls, diamonds and even Elvis gets in on the act. Put on your blue suede shoes and join Sandgate Theatre for an experience to remember.

Snacks and drinks will be available, but you are quite welcome to bring your own food, as seating will be at tables, cabaret style, and it is a BYO venue.

Performances are at Sandgate Town Hall Fridays & Saturdays, March 8th, 9th, 15th & 16th at 7:30pm and a Sunday matinee performance March 17th at 2pm.

Tickets: Adults \$22 Concession \$18
Bookings: trybooking.com
or phone 0474 160 407



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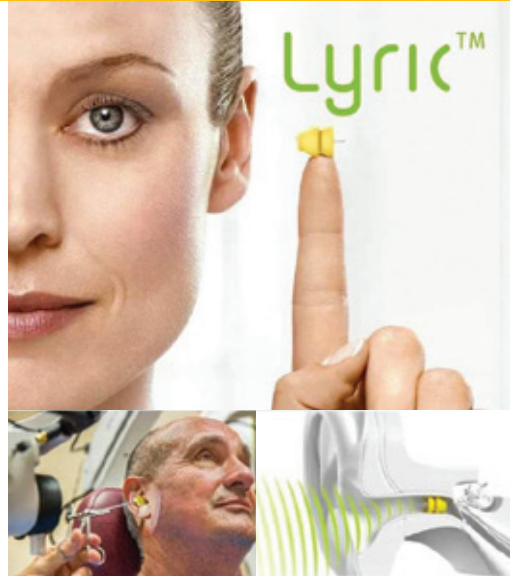
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Vicki McTargat – Clontarf.



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Bla Seh Khuday cooks up a Karen cuisine specialty at Global Kitchen 2nd Course cooking workshop run by SANDBAG and Green P Farm at Sandgate Community Centre.



New Australian, Sheila Pinney, attends the Australia Day citizenship ceremony and receives her citizenship certificate at Sandgate Town Hall.



St Patrick's College AFL 1st 18 take to the field for the first AFL game of the season at Sandgate Hawks AFL grounds.



Loki, Finlay, Noah and Byron trek through the forest at Jump Up for Kids Outdoor Play Program fostering kids love and enjoyment of nature.



It's a blazing hot Summer's day and Leigh and Wil take the kids for a jet ski ride on Cabbage Tree Creek at Shorncliffe.



Madeleine and Sophie Brennan take the silverware at this year's Billycart races at Cotton Street Shorncliffe.

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.

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Recycle Beverage Bottles to give a Local a Job

Story Sally Eberhardt

Don't just throw them in the recycling bin – your aluminium, glass or plastic drink bottles have the potential to create employment!

The Sandgate and Bracken Ridge Action Group Incorporated (commonly referred to as SANDBAG) have registered with the Container Deposit Scheme, so they can collect donations that will be used to fund a SEED employee at SANDBAG's Green P Community Farm

SANDBAG Community Partnerships Worker, Keira Brett, said that this initiative is another great way that the local community can support the Community Farm.

"People can volunteer at the farm, take part in our events, support the businesses that are part of our composting project, and now they can take part in a collective effort to fund a local job through recycling.

"We are employing someone from SANDBAG'S Social Enterprise SEED to do the farm's award winning food scraps and coffee grounds collection from local businesses once a week," Keira said.

The local drop-off point for the Container Deposit Scheme is at the Salvation Army store, 77 Rainbow Street, Sandgate.

Simply use SANDBAG's number C10007874 when depositing to the scheme and help create a job in your local community.

Funding Benefits Community Groups

Northside community groups have received a total of \$99,712.38 in funding from the latest round of a Queensland Government grant fund.

Member for Sandgate, Stirling Hinchliffe, said that round 98 of the Gambling Community Benefit Fund (GCBF) saw five not-for-profit organisations benefit from the grants.

"Community groups are the backbone of our society and here in Sandgate and surrounds we are fortunate enough to have many important groups which make our community a better place," Mr Hinchliffe said.

"I'm pleased to be part of a Government that is ensuring these organisations can continue their important work.

"This funding means more valuable resources and services for community members, making a direct impact where it's been identified as needed most," Mr Hinchliffe said.

Groups that received funding during this round included:

\$16,149.58 Bulwer Progress and Social Association

\$35,000.00 Sandgate and District Aquatic Inc

\$10,827.00 Sandgate Yacht Club

\$22,262.55 St. Paraskevi Childcare Centre Taigum Limited

\$15,473.25 YMCA Norris Road Outside of Hours Care

The GCBF, which is part of the Office of Liquor and Gaming Regulation (OLGR), is Queensland's largest one-off grants program, distributing approximately \$55 million annually to communities statewide.

For more information, contact Stirling Hinchliffe's office on 3639 9100 or email: Sandgate@parliament.qld.gov.au



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BEYOND SANDGATE

A Dam Nice Spot

Story *Philip Woods*

There are hidden secrets all around the south-east corner. While locals of suburbs around The Gap and the foothills of Mt Nebo have known about the tranquil beauty of Enoggera Reservoir for decades, many people are yet to discover it.

Just a short drive from Sandgate is a man-made dam that was constructed across Enoggera

Creek in 1866, to create a water supply for the growing city of Brisbane. Thomas Brady was responsible for the construction of the 380m dam wall. Nestled in a largely natural catchment area, the dam can hold nearly 5 million litres of water when full.

A few things have changed since 1866, and while Enoggera Reservoir still provides a back-up water supply for the city, the dam is now joined by the Walkabout Creek Wildlife Centre, a café and a function venue. The area is a popular place for swimming, paddling, hiking, mountain bike riding and relaxing, just 15km from the CBD.

Margie Davison and her family have been enjoying the dam and its natural charms for years. "We found it when we moved here in the nineties, and we still come out on the weekends for a swim when it's hot," Margie says.



It's a great place for the kids, they love it. Sometimes we bring their bikes out and ride around the dam before we swim."

Enoggera Reservoir was built on the land of the Turrbal people, who have been responsible for looking after much of (what we now know as) Brisbane for over 40,000 years. It has always been an important area for Aboriginal people; it has many natural resources and is believed to have been used as a meeting and ceremonial place.

Most weekends throughout the year you can hire a kayak or a bike, grab a coffee and sit in the shade of one of the majestic trees that surround the dam and the designated swimming area, enjoying both the beauty and the history of this special spot.

Getting there is easy; just follow Waterworks Road to The Gap and then drive another few short minutes until you see the signs. Such beauty so close to home!



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Story *John Sayles* Photo *slapics*

Local musician and talented guitarist, Lachy Stewart, went to extreme lengths to get inside the head of Queen guitarist Brian May for the Redcliffe Musical Theatre's Production of 'We Will Rock You'.

As musical director of the show that celebrates the legendary music of Queen, Lachy wanted to get it right.

"[Queen] were the absolute masters of song writing, the music is so well crafted and put together and I had to re-create the sound that they created," Lachy said.

"I bought a replica version of Brian May's guitar. Brian May has this particular way he does all his lead solos, runs and links that is totally unique to his style of playing. So, I had to try and get into his head and play like him.



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'We Will Rock You' features a seven-piece band and about 20 cast members.

"Set 3,000 years into the future where rock music is outlawed and everything is produced by the machines and computers. Everything is online and nobody goes out and plays anymore," Lachy said.

"Somehow Ben Elton has written this weird, quirky little story to go with 24 of Queen's

greatest hits, with characters like Galileo, Scaramouche and Killer Queen, it's what's called a 'Juke Box Musical', so it goes from one song to the next and kind of makes sense."

Lachy's favourite moment in 'We Will Rock You' is when he takes centre stage to play 'Bohemian Rhapsody'. "I've just loved that song since I was a little kid and used to sing it in the car".

You can also catch Lachy at the Mon Komo Hotel, Redcliffe, where he hosts an open mic night every Wednesday from 8-11pm.

WE WILL ROCK YOU

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2 March 2pm & 7.30pm

3 March 2pm

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THE FRESHWATER EEL'S REMARKABLE MIGRATION



Story *Leanne Palmer*

Most Sandgate folk have spent time at the water's edge of Einbunpin or Dowse Lagoon, either as a curious youngster, inquisitive nature lover, or just to relax and pass the time. The Long-finned Eel (*Anguilla reinhardtii*) is a common resident in both places, and easily spotted with a little patience.

When people throw food into the water for the birds (which is discouraged for the health of the entire ecosystem), you will see them jostling for position with the waterfowl. Reaching sizes of up to 1.6m in length, and 22kg in weight, they are the apex predators of most of the habitats they are found in. Not only do they eat fish, crustaceans, frogs and insects, but also young waterbirds.

The adult eels undertake a remarkable one-way journey that sees them leave their freshwater homes, travel downstream to the ocean, then swim to the Coral Sea to lay their eggs. Although it's an easy journey from Sandgate, they have been known to travel hundreds of kilometres and even jump down dam walls and

slither across land, to accomplish this elsewhere in Australia.

Reaching sexual maturity appears to be the main trigger for the migration. Eels undergo a number of changes: enlargement of the eyes, building up of fat reserves, and growth of their pectoral fins, to name a few. They also need to regulate the salt (salinity) in their blood, as they transition between fresh and salt water, a mechanism more highly developed in freshwater eels than any other fish.

An equally remarkable journey then occurs after the eggs hatch and the young eels return to the east coast of Australia on ocean currents. By now they have grown and at this stage of their lives they are called glass eels, because of the transparency of their bodies. They can detect where freshwater is entering the sea from the land. They find estuaries to enter and swim upstream (and up the dam walls and over land if necessary). With luck, some of them then grow to adulthood, and the cycle repeats.

Next time you see an eel in our waterways, you may well wish to take your hat off to their impressive migratory efforts.

MARCH TIDE TIMES

Time m	Time m	Time m	Time m
1 0609 2.11 1252 0.83 FR 1826 1.67	9 0503 0.49 1108 2.28 SA 1735 0.51 2329 2.15	17 0621 2.34 1308 0.64 SU 1848 1.87	25 0024 2.35 0645 0.59 MO 1233 2.04 1844 0.52
2 0024 0.71 0704 2.20 SA 1343 0.73 1921 1.76	10 0538 0.56 1139 2.19 SU 1804 0.54	18 0055 0.51 0723 2.49 MO 1408 0.50 1949 2.01	26 0108 2.27 0735 0.74 TU 1315 1.84 1920 0.64
3 0120 0.64 0749 2.27 SU 1426 0.65 2005 1.85	11 0006 2.14 0614 0.64 MO 1210 2.09 1835 0.58	19 0158 0.39 0816 2.59 TU 1458 0.39 2041 2.15	27 0157 2.16 0834 0.87 WE 1406 1.67 2004 0.76
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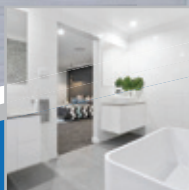
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