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A Note FROM THE TEAM



As winter sets in, there's plenty to do and see in our region – no need to stay inside when so much is on offer!

The popular Deagon Community Race Day is on again, in early July, so there is still time to get your tickets and pick your fashionable look (page 8).

If you want to learn a new sport, or improve your existing form in jujitsu, we have all the information about the Sandgate Kyushin Ryu School. Club members have already shown their expertise internationally, and the club welcomes new members of all ages and levels (page 10).

Music lovers also have lots of choice. The Queensland Music Festival and Brisbane City Council are staging an interactive art and music exhibition, featuring decorated pianos (one will be on Shorncliffe Pier - page 6); the Bayside Diva's annual concert is on, entitled "The Beat Goes On" (page 16); and Tania Balil and her Spanish trio will play classical guitar at the Full Moon Hotel (page 18).

They say laughter is the best medicine and that's what the staff and parents of St Kieran's Primary School promise with their fundraising event: Bogan Bingo - it's half-game show, half-party in Uggs! Find out where you can channel your inner Bogan on page 46.

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Play That Funky Music



Artist, Kate Jefferay, with the piano she is decorating for the Queensland Music Festival piano installation.

Story Brooke Jacobson Photo slapsics

Visual art and music are coming together like never before, for an interactive exhibition called 'Play Me, I'm Yours'. Presented by the Queensland Music Festival and Brisbane City Council, the project will feature 20 pianos, scattered throughout the city, that have been decorated by artists and community groups.

One of the pianos will be placed on the Shorncliffe Pier, and members of the public are invited to come along and play the piano, anytime they like, for the duration of the exhibition.

Sandgate artist, Kate Jefferay, will be decorating two pianos – one as an individual project, and one with local community group, Womenspace.

"I'm actually going to be cross-stitching right onto my piano," Kate said. "I'm drilling little holes into it and I'm stitching straight onto it, using t-shirt yarn."

Kate's design will feature colourful vintage-style roses. "It's a nod to old embroidered doilies that people used to have on their pianos," she said.

"I was a little nervous about drilling into the piano – woodwork is not normally my thing."

The piano for Womenspace will feature string art, with little nails hammered into the piano and thread wound around the nails to form geometric shapes.

"I just really enjoy the challenge of doing something different," Kate said. "I love doing

traditional crafts on a bigger scale or in a way that is a bit unusual. Most of the pianos will be painted, so these ones will stand out."

Queensland Music Festival managing producer, Pip Boyce, said 'Play Me, I'm Yours' was started in 2008 by UK artist, Luke Jerram.

"The project has had iterations all over the world – London, Paris, Japan, New Zealand, Melbourne – but this is the first time it has come to Brisbane," she said.


"In the 12 years of the project there have been 2000 pianos installed worldwide. The whole idea is to look at how we interact with public space. Having a piano there makes people re-examine the space. We're so lucky to have such amazing artists working on these pianos, including the lovely Kate," Pip said.

Each piano must have "Play Me, I'm Yours" somewhere on it and a piano tuner must be able to access the inside of the instrument.

"It's a really wonderful art project and once the pianos are curated and in the different locations, it's going to be amazing," Pip said.

"The pianos do have a life beyond the three week installation – some remain in situ, depending on the location and the weather."

Play Me, I'm Yours, as part of the 20th Queensland Music Festival, launches 2 July at Reddcliff Place in the city. The pianos will then be sent to their various locations from 5 - 28 July.



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L-R: Walter Kuhn, apprentice Jockey, Miki Nakao, handler, Ray Chan and Ben White.



SOCIAL EVENT OF THE YEAR

Ready to Race

Story **Brooke Jacobson**
Photos **slapics & Paul Neil**

The Deagon Community Race Day is odds-on favourite to be one of the social events of the year. The race day has become a fixture on the calendar for many locals, and Walter Kuhn, of the Deagon Racing Club, said he knows why.

"This is really something the local community look forward to," he said.

"A lot of locals probably would never go to Eagle Farm or Doomben, but this is a great, local, social day out.

"And a lot of people in this area would have a connection with the racing community there – maybe their grandfather or their uncle was a trainer.

"A lot of trainers have their homes there at Deagon with stables out the back and they walk their horses down the street or to the beach for a swim and it's a sight to behold."





Racegoers are encouraged to dress up and get creative with their hats and fascinators.

"There will be Fashions in the Field, with some great prizes on offer for ladies, gentlemen and kids as well," Walter said.

For the first time this year, Race Day will feature the perpetual Apprentice Cup, a nod to the racetrack's role as a training ground for young jockeys.



The racing industry has been a part of that area for a long, long time and the Deagon track is a training track," Walter said. "It's the best introduction for apprentices, so we wanted to honour that with the Apprentice Cup."

Walter added the day would have a relaxed, country vibe, with foot races for the kids, and mums and dads, food trucks and pop up bars.

"The mini trotters will be back this year as well; they were a big crowd pleaser last year," he said.

"We will have bookies there and we've done that deliberately – it's easier to deal with bookies, particularly if you don't bet regularly.

"A bookie will give you the time of day, whereas a TAB machine does not."

The Deagon Community Race Day will be held on Sunday 7 July.

Gates open at 10am. General admission \$15; Deagon Racing Club Marquee 'member for a day' \$85 per person, or \$75 per person for a table of 10, includes two platters of finger food. Tickets: www.deagonracingclub.com



THROWING DOWN IN SANDGATE.



Students practicing throw downs on the mats during training at the Sandgate PCYC.

Story Alex Garin Photo Ben McShea

Jujitsu students and senseis from around the region are set to strike, throw and grapple their way to victory at the Sandgate PCYC.

Over 120 members of the Kyushin Ryu School of Jujitsu will vie for first prize in their respective divisions at the school's 18th annual competition on Sunday 16 June, at the Sandgate PCYC.

Competitors across 20 divisions, ranging from "bambinos", weighing under 20 kilograms, to the "sumo men", weighing over 100 kilograms, will compete in three main areas: grappling, standing, and sparring.

Grappling involves performing a variety of different "locks" and holding techniques done from the ground, while the standing and sparring events require contestants to perform holding techniques and strikes from standing positions.

Competitors will battle for several titles, including Most Outstanding Competitor, Black Belt Champion, Sportsmanship Awards and Training Skill Awards alongside championships for each respective division. Most of them have been training hard in anticipation of this tournament.

"I've got to get back and get fit again, so I can stay out of the 90-kilo division," said Greg,

who is training specifically for the upcoming tournament. "They're starting to get into the big boys. If I could stay under 90 kilos I'll be sweet."

He will be competing amongst some of the most skilled jujitsu practitioners in Australia.

The Kyushin Ryu School of JiuJitsu was founded by JiuJitsu Hall of Fame inductee, Jim Stackpoole, and numerous Kyushin Ryu students have gone on to represent Australia in the World Council of Jujitsu Organizations' bi-yearly international tournament.

The public is welcome to witness the amazing jujitsu feats at Kyushin Ryu's competition and will be able to participate in a raffle, with proceeds going to the Sandgate PCYC. Participation in the contest itself will be limited to members of the Kyushin Ryu School of Jujitsu.

"To get involved [in the club] is a simple matter of contacting the Police Citizen's Youth Club in Zillmere, Sandgate or Pine Rivers," explained Sensei Jim Stackpoole. "All of our classes are conducted at the three PCYC's."

The Sandgate PCYC can be reached by calling ph. 3909 9555, or e-mail admin@pcyc.org.au.

The Kyushin Ryu Jujitsu competition will be held on Sunday 16 June, 8.30am to 6pm.



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Sun Sets on Charity Run

Story Brooke Jacobson

Sandgate's popular Sunset Run is coming to an end after five years of encouraging the community to jog for charity.

Event director, Vanessa Gibson, said organisers simply felt they "needed a break".

"We kind of always had five years in our sights, as to how long the event would run for," she said.

"As a charity event, it's run by myself and (husband) Dean and volunteers – we spend a lot of time on it each year and it's just time for a breather."

Starting in 2014, the Sunset Run had become something of a fixture on the 4017 calendar. But running enthusiasts should take heart.

"We're not saying it's gone forever," Vanessa said.

"We're going to enjoy a year's break and then come back and see where our inspiration takes us.

"It may come back in the same form, or we may think about doing something different."

In the meantime, Vanessa and Dean continue to run the Sandgate Park Run on weekends.

"That is attracting about 430 people each week – it continues to grow and thrive and flourish," she said.

"We'd like to thank the community for their support of the Sunset Run.

"Really, just a big thank you to all our sponsors and participants, even anyone who came along and bought a sausage or enjoyed this event on any level."

Sausage Supremacy for Brighton Butcher

Story Sally Gordon

Having won four awards in the recent Sausage King competition, Jason's Quality Meats continues to beef up its reputation as a favoured local butcher.

The free-range specialist returned from the Brisbane North Regional judging at Eatons Hill, with a first in the gourmet category for its beef, tomato and caramelised onion sausage and a third place, also in the gourmet category, for its jalapeno and cheese sausage.

Shop owner, Jason Andrews, said they entered two sausages for two of the 36 gourmet categories.

"To get two awards from the two products we entered was excellent," he said.

Some of the other butchers are entering 80 or 90 products so we were happy to have both of our entries win awards."

The Queens Parade butcher also won second place for its traditional beef sausage and its traditional pork sausage.

As part of the judging, sausages are cooked and then presented to the judges for a blind testing. Sausages are judged on texture, flavour and presentation.

When asked what makes his sausages special, Jason said it was the ingredients.

"Our sausages use high quality cuts of meat and they're all natural with no preservatives," he said.



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SEASONAL GARDEN

Wonderful winter in your garden

Story *Philip Woods*

The air is brisk, the mornings cool and crisp, and the sun shines brightly in our southeast Queensland sky. It's winter again in Brisbane, and a great time to get out into your garden!

Whether your interest is in the beautiful blooms that brighten our world during winter, including azaleas, the Orange Trumpet Vine (*Pyrostegia venusta*) and the rich and varied range of camellia flowers, or simply in growing your own food, June offers the promise of a rewarding season ahead.

The brilliant orange blooms of *pyrostegia venusta* are difficult to miss! This vigorous climber is often seen adorning fence lines and verandahs in residential and public areas; it's hardy and fast to grow in a sunny position with good drainage.

The two species of camellia most commonly grown are *Camellia sasanqua* and *Camellia japonica*; the former enjoys lots of sun and the latter prefers more shade, but both are equally generous in providing a delightful range of flowers to brighten up your garden.

For those who prefer to eat the profits of their gardens, winter in our climate can offer rich rewards. The cooler temperatures and sunny skies are perfect for growing lots of vegies and herbs, including coriander, parsley, snow peas, spinach, beetroot, and of course the brilliant family of Brassicas! This family boasts stars in the vegetable world such as broccoli, cauliflower, cabbages and kale, and they are all easy to grow at home!

Sprouting varieties of broccoli are a good one to try. You might know them as something called broccolini in the supermarket's vegie section. Plant them in friable, loose and rich soil where they will get plenty of direct sunlight. Add a bit of lime to the soil before you plant, as broccoli, like most of the Brassica family, enjoys a slightly alkaline soil to grow in. Keep them watered and harvest the sprouting heads as they grow; you'll get plenty of healthy produce for months to come!

Remember, winter is wonderful for growing plants in Brisbane; visit your local nursery for advice, then go and get gardening! You'll love it!





ANITA EAST
MEDISPA



LET'S TALK ABOUT THE HEART-BREAKING TRUTH OF ACNE

*Article by Anita East and published in
The Cosmetic Surgery Magazine*

If you have ever had acne, you know how debilitating it is for your self-esteem and confidence. If you are one of the lucky ones who has had clear skin all your life, you will know someone who has been hugely affected by this common skin condition.

FACTS ABOUT ACNE

- ♥ Inflammation of a hair follicle and oil gland
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- ♥ Is classified as mild, moderate or severe depending on the presence of pustules, nodules and scarring

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There are many theories about what methods work best to treat acne, but the current therapeutic guidelines are clear and consistent. This is the skincare system that I recommend to my patients who have acne and best of all, it doesn't cost the earth. Read more on my skin care regime at anitaeast.com.au/shop/skin-types

Don't let someone who isn't adequately trained in skin medicine, recommend skin products to you.

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The Bayside Divas will entertain the crowd with their 'Beats' in June.

'The Beat Goes On'

The Beat Goes On' is the Bayside Divas' annual, themed concert; to be held in June, at the Sandgate Town Hall. The Divas are a Brisbane-based women's choir, which performs all over the northside of Brisbane. Their director, Sandra Milliken, is an accomplished musician, conductor, and internationally-published composer.

The concert will feature an eclectic mix of songs with a beat – from the jungles of Africa ('The Lion Sleeps Tonight') to the sands of the Caribbean ('Island in the Sun'). They will also perform songs from the musical, 'Hairspray'; popular Australian musical, 'A Boy from Oz'; and hits from Gloria Estefan to Adele.

The Divas will certainly live up to their motto, "In Voice We Rejoice", and they hope their fans will enjoy the experience as much as they do.

The concert is on Saturday 8 June 2019, with performances at 2pm and 5.30pm. Tickets are \$25 adult, \$20 concession and \$11 children under 12 years, (under 5s are free). Get your tickets online via the website www.baysidedivas.com.au (click 'Book Now') or phone Rosemary Porter on 0400 442119.

Tickets sell quickly, so buy yours early. Don't forget to add raffle tickets to have a chance to win some very generous prizes.

In the market for something retro?

Two Sandgate university students are determined to turn back the clock when it comes to fashion, saving the planet at the same time.

Georgia Harris and Ellie Conomos are running the first ever North Brisbane Preloved Clothing Market on Saturday 1 June, with the aim of creating a fun event that brings vintage cool to the northside.

"We came up with this idea for the market while we were studying business and we thought, maybe we should do it for real," Georgia said.

"We wanted to create an event with a northside Brisbane focus – so many of these types of events are held in other parts of the city."

Ellie said they were both aware of the impact "fast fashion" was having on the planet, and that the market was a great way for fashion lovers to reduce, reuse and recycle.

"We just love vintage clothes and there's the ethical question too, of what effects fast fashion is having on our society," she said.

The entrepreneurs are expecting about 20 sellers at the market.

The market, being held at the Sandgate Scout Hall, will also feature live music, with coffee and treats available.

The North Brisbane Preloved Clothing Market, will be held on Saturday, 1 June, at the Scout Hall, 134 Brighton Road, Sandgate from 9am to 1pm.

For more information search for the North Brisbane Preloved Clothing Market event on Facebook.

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Story Raimy-Rose Lewis Photo slapics



Tania Balil and her Spanish band will play at 'Sangria Sunday' on 9 June.

Tania has just released her third album, entitled Cucurucucú Paloma, showcasing music from her time in Australia. She is continuing to help others while still performing with her brilliant live music. "Stepping onto a stage means that the music is only created as soon as the musicians breathe together, and if the audience breathes and moves together with the performers, then the energy is absolutely magical," said Tania.

Tania first trained as a pianist at the Conservatorium of Music in Barcelona and then spent 20 years honing her skills as a musician. However she always had a deep passion for helping others. "I had always found an inclination towards supporting people in the community who were going through hard times, and this aspect of my life had shaped my understanding of human suffering and distress." But Tania didn't fully realise the potential these two passions held, together, until tragedy struck her family.

"Shortly after I completed my studies, my grandmother, who had been the biggest sponsor of my musical training, had a stroke and was paralysed on her right side. In the last three weeks of her life, I happened to hear about music therapy, as a profession, that assisted people to recover from acquired brain injuries, such as strokes. I was immediately interested in finding out more, and I have often thought of the "Music Therapy door" as the last threshold that my grandmother helped me to walk through, in life and death."

With a new goal in her sights, Tania ventured to Australia where she completed her graduate diploma and masters in creative arts therapy. Now, Tania is sharing her skills and talents as an avid performer, whose live performances are described as a rare mix of passion, sensuality, refinement, depth, and vitality.

She is also helping people from all walks of life with her arts and music therapy, "Music is one of the things that almost everybody has had a relationship [with] to throughout their lives; a language that speaks to the emotions, to the mind, memories, connected to lived experience, to the rhythm of life, our heartbeat. It has been part of so many narratives, relationships, history, and has a tremendous capacity to evoke the deepest of responses."

You can catch Tania Balil's trio performing at The Full Moon Hotel on Sunday 9th June from 2pm.

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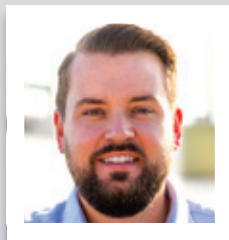
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A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



I was proud to support the Vaisakhi Festival once again on Sunday 12 May at Sandgate Hawks. A citizenship ceremony was conducted as part of the official part of the day and I had the honour of acting as the

presiding officer at the ceremony.

Planning is well underway for the upcoming Einbunpin Festival which is to be held on Sunday 28 July. If you are interested in holding a stall at the festival be quick, as the application period closes soon. Events like the Einbunpin Festival could not happen without volunteers, so if you have some spare time and would like to be part of this great community event please contact my office. It's lots of fun and you feel a sense of pride by working with the community. Festival details can be found at www.einbunpinfestival.org.au.

I'm hosting two events in Brighton on the weekend of 15 and 16 June. Dog's Day Out at Decker Park on Saturday 15 June, and the Men's Health Week Walk on the Brighton Foreshore (starting at Brighton Health Campus) on Sunday 16 June. For more details contact my office.

Stirling Hinchliffe MP



It is fantastic to see so many local schools participating in the Premier's Reading Challenge, the annual state-wide initiative for students in Prep to Grade 9. The challenge started on 13 May and continues through to 23

August. A celebration week will be held 4 - 15 November, when I will attend local schools to present certificates to students.

The Premier's Reading Challenge is not a competition – rather it aims to improve literacy and encourage children to engage in reading for pleasure and learning. Over 181,691 students took up the challenge in 2018, they read a combined total of 2.46 million books. We hope that by encouraging more students to participate this year, we will raise the number of books read by young Queenslanders.

Students are encouraged to participate and improve their literacy. This will be particularly successful where it happens with the support and encouragement of parents.

I look forward to seeing our local students once again diving into the wonderful world of the written word and be acknowledged through the Premier's Reading Challenge.

Cr Amanda Cooper



Last month, Council held a Pest fishing day at Harold Kielly Park, Bald Hills to remove the noxious fish species, Tilapia and Carp, from the pond. Pest fish, in general, outcompete with native fish species, and can detrimentally

impact upon waterway health and vegetation.

It was a great success, despite the overcast skies, with significant numbers of Tilapia caught. Thanks to 2 Bent Rods for running the event so well, and Bald Hills Scouts for supporting the

thirsty anglers! We are hoping this becomes a regular event to keep our waterways in good health and to restore native fish species with the support of the Freshwater Fishing and Stocking Association Qld.

If you're interested in helping to keep our waterways healthy and in good condition, follow my page at [Facebook.com/Cr.Amanda.Cooper](https://www.facebook.com/Cr.Amanda.Cooper) for updates on when and where the next event will take place.

In the meantime, if you have any council matters you would like to discuss please do not hesitate to contact my office on 3667 6000 or send an email to brackenridge.ward@bcc.qld.gov.au.

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LOOK *Who's New*

MEET THE 4017'S NEWEST BUSINESS



TAKE A STROLL DOWN SUNDAY LANE

Story *Emma Harley*

With its collection of globally-sourced designer homewares, furniture and jewellery set against a breezy palette of neutral and earthy tones, Brighton's new Sunday Lane store offers a unique mix of designs for the home and life.

The store has been a labour of love for store owner and creative director, Caitlyn Everett, who has grown the brand from an online business to a burgeoning brand and now stylish shop front.

"A brick and mortar store really was the end goal for me," she said.

"When I started Sunday Lane, never in a million years did I imagine it would come true so soon, but when the brand really started to pick up speed, that was where I saw it heading."

Caitlyn said she loves the area's small, country-town feel, including the tremendous community support for the new store.

"We are feeling so loved up - people were so interested in what we were doing before we even put our signs up," she said.

"We've already met and built relationships with some of the most beautiful locals and they have really confirmed to us that this was a step in the right direction for us and for Sunday Lane."

● **Sunday Lane**
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Put Your Walking Shoes On!

Councillor Jared Cassidy will be hosting two events in Brighton on the weekend of 15 and 16 June.

Councillor Cassidy's annual Dog's Day Out event at Decker Park will be held on Saturday 15 June between 8 and 10am.

Once again Animal Welfare League Queensland (AWLQ) will be bringing along some of their furry friends that are available for adoption. There will be dog themed stalls and Bramble Bay Lions will be cooking a delicious BBQ breakfast.

The Dog's Day Out walk will start at 8.30am and costs \$10 to participate. All proceeds will go to AWLQ.

On Sunday 16 June, Cr Cassidy, in partnership with Stirling Hinchliffe MP, the Heart Foundation and Brighton Health Campus will be hosting a Men's Health Week Walk.

The purpose of the event is to promote not only men's physical health but their mental health as well.

The walk will commence at 8 am at the Foreshore in front of the Brighton Health Campus (entrance to community garden/path). A healthy morning tea and refreshments will be served after the walk.

Last year, Olympic Gold Medal Race Walker, Dane Bird-Smith, joined in the walk. Cr Cassidy said he's hoping Dane will be able to take part again this year.



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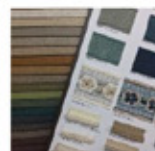
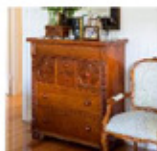
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Mates, Scott Hutchison and Peter Batson with 'The Old Bull' HiLux ute they will drive in the Road Boss Rally.

Rally Trio Ready to Hit the Road.

Story *Emma Harley* Photo *Ben McShea*

Three mates, an old ute and one hell of a good cause. If you see The Old Bull charging, that's just bayside man, Peter Batson, hitting the road with his two companions and an old HiLux ute (The Old Bull) for the 2019 Road Boss Rally.

The rally kicks off on 8 July in the New South Wales town of Cowra, and finishes up in Caloundra on 18 July. It aims to raise funds and awareness for GIVIT, a national non-profit organisation that works to alleviate poverty in Australia.

Batson said he couldn't wait to hit the road with his childhood mates for a good cause.

"I have known Scott since I was 13 and Jason since I was 18 - we were all Scouts and then continued together into the Aspley Rover Crew (scouting between the ages of 18 and 26)," he said.

"I had been asking Scott for a couple of years to come on this adventure with me, as I have previously been on the Road Boss Rally and thoroughly enjoyed myself.

"But circumstances have held things up over the last three years, so when Jason relocated back to Brisbane from Perth just before Christmas, Scott and I thought it was the right time to go ahead, all three of us."

Peter said there were many highlights to participating in a car rally, including the satisfaction of completing an extremely demanding day on the road, helping fellow entrants and the bonnet parties held after the final checkpoint.

But he said the rally was also not without its challenges.

"Our biggest challenge at the moment is the fundraising," he said.

"Fundraising is difficult and time consuming as this is our first year, but we are lucky to have found support from the businesses in our community that we have asked.

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We have a great Casino Night coming up at The Sandgate Post Office Hotel on 8 June, and managers Terry and TJ have been a great help.

"We decided on a casino night as it was a popular fundraising activity when we were in rovers, and it is a great way to showcase Sandgate with the old post office, as it provides a bit of a Monte Carlo backdrop."

Tickets to the event are \$50 per person, which includes entry, finger food and \$1000 in funny money for gambling, as well as prizes.

For more information on the event or to book your place visit trybooking.com

Casino Night
Saturday 8 June, 6pm
The Sandgate Post Office Hotel
1 Bowser Parade, Sandgate

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Congratulations to the winners of the Mum's Massive Giveaway!!! Thank you to the hundreds of people who entered the competition and to the local businesses who gifted these amazing prizes.

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SUMMER D, BRIGHTON: *Glasshouse Limited
Edition Candle, Something About Audrey*

AROHA P: *4 Adult Hoyts Movie Tickets*

NEW LIFE FOR SANDGATE RSL VENUE

Story *Brooke Jacobson*

The Sandgate RSL Venue, known as Club Sandgate for a short time, has been sold. The club closed 16 months ago, with debts of \$1.4million and the loss of 42 jobs.

Michael McGuire, who's family own a swag of pubs and hotels across Queensland, is the new owner of the club, and has a major refurbishment planned.

Sandgate RSL sub-branch president, Peter McNamara, said he was delighted an agreement had been reached about the sale of the club.

"I can tell you that the price is satisfactory for all parties involved," he said.

"It will allow us, the sub-branch, to continue with the welfare work that we want to do in the community."

Mr McNamara said the club would likely get a new name.

"Michael has said he is keen for us to retain our historical links to the club; the sub-branch has

been a part of this community since 1916 and that's a good thing," Peter said.

"The RSL, as an organisation, was never really about running clubs, that's not what we do.

"We do welfare, and we need someone with a business head on their shoulders to do the club part.



So now we can sit back and have a renewed focus on welfare and we'll have the funds we need to do that."

Peter said the sale was a "win" for the community. "It means employment and it means the club will be back at the heart of Sandgate.

"We wish Michael all the best and he certainly has our support."

When Club Sandgate went into liquidation in January 2018, the Sandgate bowls club took back control of its premises, purchasing the assets under the liquidation of the RSL Club.

It has remained open throughout this time and operating as a bowls club in its own right.

The bowls club currently has a redevelopment application in front of council, which includes plans for a microbrewery.



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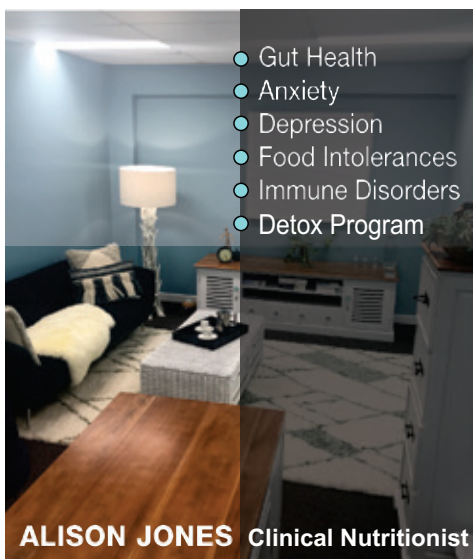
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PUT YOUR BEST FOOT FORWARD!

Story *Philip Woods* Photo *slapics*

Although they carry most of us through our lives, many folks take for granted how important the bony attachments at the end of our legs are to us!

Our feet not only help us walk, but are hugely influential in the quality of life that we experience. Problems with our feet can lead to problems with our legs, or issues with our posture and spine. In fact, understanding more about how to keep them stepping in the right direction can be the key to a happier life.

Local podiatrist, John MacGinley from Sandgate Podiatry, loves to help people find a greater quality of life by helping them to understand the importance of healthy feet.

“I had a sporting background when I was younger; I saw a podiatrist and it really helped me, so I decided to study health sciences and podiatry,” John told us. “Lots of people don’t realise how important our feet are.”

“We see people who are getting back into exercise after a prolonged absence, or kids who are really active, playing sport, running around and putting a lot of pressure on their bodies,” John said. “You don’t need to have pain to get your feet checked. Experiencing muscle tightness anywhere from your hips to your feet can be a sign, and identifying and fixing problems early can make a big difference.”



Podiatrist, John MacGinley.

John moved to the area a couple of years ago, and set up his practice in Sandgate, and he loves the local area. John has found that the different demographics here have various needs. Among his clients, John finds that people suffering from diabetes can benefit particularly from seeing a podiatrist.

“That’s a big one and it’s really vital; a lot of diabetics have podiatry needs that often go untreated. Damage to nerves in the feet caused by the condition are regularly not noticed, and this can lead to ulcers and other really serious outcomes including amputation,” John said.

Whether you like to run around or even sitting down, pay attention to your feet, and if you feel unsure about anything then get a professional opinion from a podiatrist such as John!

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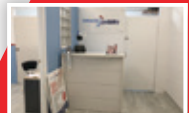
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REAL MEN DO Yoga

Story **Sally Eberhardt** Photo (right) *slapics*

Ordinary blokes' are smashing the stereotype of yoga being only for women in gym gear or hippies in Happy pants, as more men become aware of the various benefits that come with doing yoga regularly.

Yoga improves strength, body flexibility, coordination, cardiovascular health and sexual performance. Regular yoga practice will also sharpen mental focus and help rid the body of toxins.

Many men are finding that yoga supports both mental and physical readiness for other forms of exercise, as well as recovery. Yoga uses natural body weight and resistance to build lean muscle mass, lengthening the muscles and tissue, which improves blood flow. Better blood flow means more oxygen to the muscles, which helps them recover faster so they can grow.

The success of a yoga class just for men that started in Sandgate earlier this year highlights the fact that men from all walks of life are deciding that yoga is as relevant to them as to anyone.

Men say they are calmer, more relaxed, more flexible and sleeping better said Steve Williams, founder of Open Heart Yoga and teacher of the Men's Yoga class.



Many men don't attend yoga because of the perception that classes are full of fit, lycra-clad twenty-somethings where women outnumber men ten to one.

"The men arrive, muscles tight from too much time at a desk or on a construction site and minds weary from the stresses of modern life. We stretch, calm our minds and focus on the breath in a non-judgmental, relaxed class."

"After the class you can see the difference... bodies more limber and relaxed, stress gone from faces. The men say they feel lighter, pain has eased and they are both physically and emotionally better equipped to deal with whatever life brings them," Steve said.

First introduced to yoga 25 years ago by his father, Steve has completed a 350-hour teacher-training course. Steve and his fellow teacher at the Men's Yoga class, Craig Smith, have both been tradies in the past and have suffered various aches and injuries, with Steve also experiencing pain because of poor posture at a desk-based job.

"I have always had a restless mind and body, and yoga has been the key to becoming calmer. Yoga, without doubt, has helped me tremendously in life, with both physical and emotional pain. I aim to use my teaching practice and life experience to help other people experiencing similar issues," Steve said.

He also reminds people to be patient with themselves, as change takes a while. "After all, we have spent our whole lives getting ourselves into knots, these may not be unwound overnight, but with regular practice, our lives can unfold for the better."

At Open Heart Yoga there are other classes as well as those especially for men – see their Facebook page for more information or phone 0423 947183.



Mens Yoga

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Cash in at Sandgate's New Recycling Exchange

Story *Sally Eberhardt*

Turning recyclable bottles and cans into cash will become a whole lot easier, when the Sandgate Bottles and Cans Exchange opens in June.

The Appleton family are long-time residents of Sandgate, and Kevin Appleton said they are proud to offer a service where people are encouraged to reduce landfill and keep the environment clean, while benefitting from extra income.

"My brother, Nigel, has always been excited by recycling and pitched his idea to me and our father, Graham.

"Our automated, self-serve machines are set up for bulk sorting, allowing us to process our customers' recycling quickly and seamlessly.

"We pay cash on the spot, unlike other systems that either deposit money in your bank account or give you a voucher," Kevin said.

The business is looking at servicing schools, pubs, clubs, fetes and other events, so that the areas can be kept clean and money goes back to the community.

Most aluminium, glass, plastic, steel and paperboard beverage containers between 150ml and three litres are eligible, but there are conditions, so do check the website.

For more information go to www.sandgatebcex.com.au
Sandgate Bottles and Cans Exchange,
81 Kempster St, Sandgate

Triple the Talent

Story *Sally Gordon*

The phrase 'good things come in threes' can be applied to an upcoming exhibition in Brisbane that will include artwork from three talented Sandgate artists.

Featuring 36 works of art from Sandgate Art Society members, John Blackley, Marie Smith and Keri McSweeney, the exhibition 'We Three', will punctuate the walls of Paddington's Percolator Gallery with vibrant visuals of flora and fauna.

John, who is the Sandgate Art Society president, said his pieces had been inspired by the Upper Noosa River.



I've been painting for about 10 years and I've always been interested in nature. For this exhibition, I was inspired by a scene in the Upper Noosa River and have created different paintings of the different variations of paperbarks," he said.

Marie's collection features birds, whereas Keri's artwork includes soldier crabs and other scenes from nature.

John's work has been displayed in the Percolator Gallery twice before, but it is the first time that Marie and Keri have exhibited in the Latrobe Terrace gallery.

"This is a chance for local artists to step up and exhibit in an inner-city gallery," John said.

The exhibition runs Tuesday 11 June - Sunday 23 June, with the opening night on Tuesday 18 June, 6pm - 9pm.



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Music By The Sea

SANDGATE TOWN HALL

► 1st June: Shenton Gregory (violin) and Gerard Mapstone (guitar)

The magnificence of improvisation lights up the stage as these two luminaries explore the field beyond the traditional frameworks of flamenco and classical guitar.

Saturday 1 June - 7.30pm



► 6 July: Karin Schaupp - Solo Guitar Recital

Photo Cybele Malinowski

A French playwright coined it back in 1738, and today, the phrase “an embarrassment of riches” certainly hits the mark with yet another star performer set to play in Sandgate.

Karin Schaupp is one of the most outstanding guitarists, recitalists, and concerto soloists on the international scene, and she attracts the highest acclaim from critics and audiences alike. “I am so looking forward to my concert for MBTS on July 6th,” Ms Schaupp said.

“This is part of a national tour for me but there is something very special about playing in my

home ‘town’ and I am delighted to be playing this programme in the gorgeous Sandgate Town Hall.

“The first half will be on my romantic replica guitar – an exact replica of an 1830s Guadagnini guitar. This guitar was made by West Australian luthier, Simon Rovis-Hermann, and I really love its intimate, gentle voice as compared to a modern guitar. The music of that time really comes to life on this instrument so I am going to be playing beautiful works of the early 19th century by Giuliani, Schubert, Mertz and Regondi,” she said.

“Then, in the second half I am playing on my lovely modern Jim Redgate guitar and presenting more recent music with a strong narrative content, including one work in, which I speak and play simultaneously – it’s harder than it sounds! The result is very dramatic and hopefully quite moving!

“I have been really enjoying creating a collaborative projects in recent years, mostly in duo formation, but I am actually looking forward to being alone on stage again. It allows for very direct communication with the audience, and I always find the audience in Sandgate very engaged and satisfying to play for.”

So, there you have it! Add this evening of musical riches to your diary, but don’t be embarrassed by the modest ticket price!

Saturday 6 July, 7.30pm

Sandgate Town Hall

Tickets online: musicbythesea.com.au

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All the fun OF THE FAIR

If you're looking for mermaids, you just might find them at Sandgate State School's annual fete.

Story *Brooke Jacobson* Photo *slapics*

Everyone in the community is invited to come and enjoy Sandgate State School's beach themed 'Carnivale by the Sea', being held this month.

P&C president, Kane Jacobson, said Carnivale was the school's major fundraiser.

"Carnivale is the most important date on our P&C calendar, it is more than just our biggest fundraiser, it is also a great opportunity to showcase our school to the wider community," he said.

"It's a great community day where families and staff are able to spend time together having fun, while showcasing students' talent through music, dance and art.

"It is also a great opportunity for families thinking of Sandgate State School for their children to come and check out the school in a relaxed environment."



School captain, Finn Harper-Giles, Sandgate State School principal, Angela Bell and school captain, Lissadel Burgess.

The Carnivale will feature live performances, amusement rides, games and activities for the whole family, as well as plenty of tasty treats.

"The cake stall is something special," Kane said.

"We are blessed with some amazingly talented volunteer bakers and sweet makers."

For new principal, Angela Bell, the Carnivale will be her first chance to see how Sandgate State School interacts with the wider community.





This is a chance to showcase our school and as far as our students are concerned, it's a great way to build links between school and home," she said.

"I understand the P&C have been using funds from Carnivale in previous years to install air-conditioning in our classrooms.

"All the research shows that there is a direct link between a child's ability to concentrate in class and their learning outcomes.

"And if kids are not too hot, or too cold, their learning outcomes are greatly improved."

Mrs Bell started at the school at the beginning of Term Two.

"I'm very impressed with the school, it's a wonderful school and I look forward to seeing our teacher's professionalism and enthusiasm on display at the Carnivale and for their ongoing commitments to meeting the needs of our students," she said.

Sandgate State School's Carnivale by the Sea

Sunday, 23 June
10am to 3pm



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You Only Live Once - Enjoy The Ride

Professor Mullet is a fictitious character residing in Sandgate. Enjoy his storybook life.

*Story Cyril Columba
Illustrations Maddy Bull*

Sometimes those motivational types ask questions you neither can nor want to answer. But Professor Mullet always had the quick reply to which fictional character he likes best.

"You'll be needing one of these Prof; it's going to become nigh impossible on that piece of wartime claptap". Such was the huge dose of reality dispensed by the village bike shop owner, known to all as Brooksy. Apparently Professor Mullet's old red postie bike was not what the doctor was ordering and Brooksy could see a sale coming his way. "If your Doc's prescribing exercise Prof, do you want to enjoy it or not?" "You don't want to be heading into the wind without gears, when you live by the bay", piped Mrs Brooksy.

Their words were spinning round Prof's head; comfort, age, ease, safety... What did they think they were selling - an adjustable bed with a spot in a retirement village? Sensing his hesitation, Brooksy ordered Professor on the Townie for just a quick ride around the empty carpark out front.

Well, it didn't take long for Prof to be hooked on the comforts of a modern two-wheeler, even though it lightened his wallet considerably. Donkey's years later he still credits Brooksy with giving him the intoxicating and liberating freedom of riding something that is an extension of oneself and feeling young again.

Now, just like a kid, Professor Mullet doesn't ride for exercise; it's his way of getting around.

Look closely in the Prof's front garden and you will spy an old red bicycle leaning against the side fence. It's been there so long, it looks like one of those whimsical garden features with climbing flowering weeds and a nest of sorts in the worn leather saddle.

And Professor Mullet's much loved fictional character? Mulga Bill, with his 'air of lordly pride'.



Maddy Bull

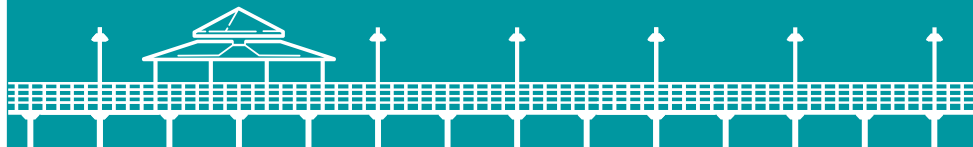
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Judith Quinn

ARTIST OF THE MONTH

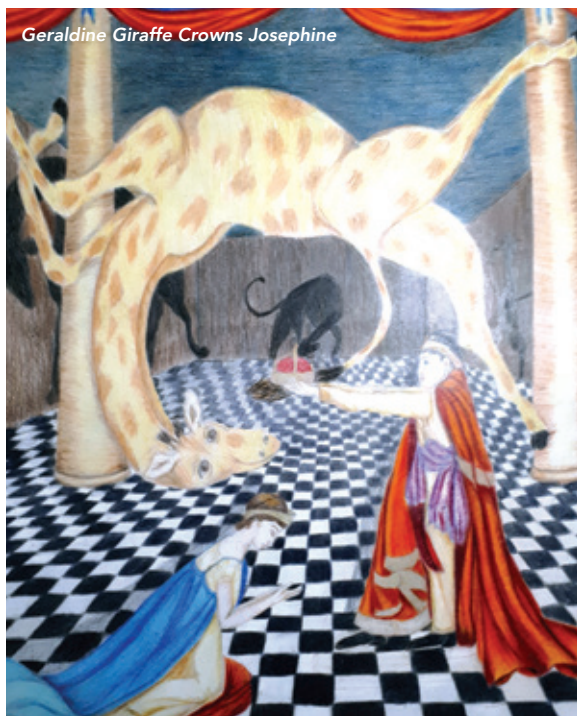
Judy remembers how much she loved art and music, in her teenage years. Painting, drawing and playing the piano were among her favorite activities. She was talented and felt confident asking her parents if she could attend art school.

In those days, life was very different for young women and her parents' reply was, 'Ladies don't go to art school,' so she went on to business college. Judy wasn't keen on this and found business college very unrewarding.

She eventually married and created a family of her own. Only then did she begin painting again.

However, in her 28th year, Judy started to have problems with her vision, particularly, with her corneas and has had numerous cornea graphs since then. This was a defining process for her as she struggled to use a brush. It was this struggle that encouraged her to explore other mediums, namely, coloured pencils. She finds inspiration through this medium to challenge herself and her abilities and she now lives by the principle of being herself and doing what's right for her.

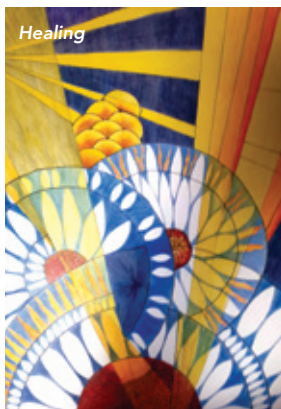
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St John Fisher College Drum Corps lead the ANZAC Day march down Sandgate's main Street to War Memorial Park.



Just married! Nara and Steve cut their wedding cake and celebrate with friends and family at their reception at home in Deagon.



Beautiful young couple Aaron and Lily were off to the St Patrick's College Senior Formal held at the Hilton Hotel in the City.



Past Sandgate State High School students, Avon Evans, Janice Sue Tin and Garry McDonald, joined a large crowd at Post Office Hotel to celebrate their old school's 60th anniversary.



I gathered together the painting, sculpture and photography prize winners for a great photo at this year's Sandgate Art Society (SAS) Easter Art Show opening night party.



The crew of 'Sassy' stop for a team photo at QCYC before setting sail in the Brisbane to Gladstone Yacht Race.




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The Deadly Choices Gold Cup will be held at Shorncliffe on Friday 28 June.

Deadly Competition

There's going to be some fierce competition in this year's Deadly Choices Gold Cup.

Competitors from around South East Queensland, including Sandgate, will descend on Shorncliffe on Friday 28 June, for this year's Deadly Choices' tournament.

The Deadly Choices Indigenous Seniors' Games are open to Aboriginal and Torres Strait Islanders, who have chronic disease or are aged over 50 years.

Entrants compete in individual and team challenges across five games including ten-pin bowling, numbers board, hole in the wall, quoits and darts.

The games have been running for the past three years and the name of the event is derived from Aboriginal slang, with 'deadly' meaning 'great'. The games are designed to empower participants to make great choices about their health.

This year, organisers are expecting to see about 180 competitors take part.

Deadly Choices state coordinator, Dusty Fraser, said the event was a highlight for many elders, with competitors thoroughly enjoying the friendly rivalry.

"The games are active and very competitive, they're great for the brain and participants receive a healthy lunch in a fun and social environment," Dusty said.

Teams need to be registered through their local Aboriginal Medical Service, by Friday 14 June.

Fur the Love of Greyhounds

Story Emma Harley

Greyhound lovers and admirers from across Queensland will gather at Brighton's Decker Park this month, to raise awareness of the lovable breed, as well as other sight hounds in The Great Global Greyhound walk.

It is one of a number of walks happening across the globe this month, with the aim of uniting greyhound enthusiasts, as well as showing the public what wonderful pets they make.

Racing integrity commissioner, Ross Barnett, said The Great Global Greyhound walk is in its tenth year and the QRIC Greyhound Adoption Program is delighted to participate for the first time in 2019.

"Greyhounds are lovely, friendly dogs and this will be a wonderful chance for guests to meet quite a few of them," he said.

"It will also be a great opportunity to meet other greyhound owners and enjoy a lovely walk beside the water in the winter sunshine."

For those thinking of adopting a greyhound for themselves, the GAP team will be on hand to answer any questions about how to adopt or foster a greyhound.

For more information on the walk or to get involved visit gapqld.com.au

The Great Global Greyhound Walk

**Sunday 9 June, 10am – 12pm
Decker Park
Flinders Parade, Brighton**

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Bringing BOGAN BACK

Story *Sondra Grainger*

Farewell soggy cake stands and second hand stalls... there's a new fundraiser in town! Dust off your flanno, book your babysitters, hit the op shops and grow out your mullets because Bogan Bingo is coming to St Kieran's Primary School.

Half game show, half party. It's bingo in Ugg boots, as the caller sings out the numbers as his budding DJ plays songs from the 80s and 90s that rhyme with those numbers. Toss in some jokes, tributes and spontaneous air guitar competitions and you have a night that raises the roof on traditional fundraising events.

Teachers and parents of St Kierans Primary School channelling their inner bogan.



Principal, Ben Gray, said the school's P&F committee run a social night every year. "We know from previous years that our school community love an excuse to dress up and let their hair down. When they suggested a Bogan Bingo night we knew we'd be on a winner!"

Although the focus of the night is on mullets and Ugg boots, there is a more serious element with the P&F Committee, hoping to raise enough funds, through raffles, to assist the library with the purchase of additional LEGO resources.

LEGO is always a key interest for children, particularly now with the introduction of programs such as LEGO Masters. Primary schooling is all about motivating students to achieve their potential and giving them opportunities to shine, both in and outside of the classroom. LEGO enables students to express their ideas and creativity whilst providing them the chance to work collaboratively on a range of projects," Mr Gray said.

"We recognise that not all children want to run around at lunch time, so we try to cater for everyone's interests. When the P&F asked if there was something they could contribute to for the children who prefer quiet indoor activities, the vote to raise money for more LEGO resources was unanimous."

Tickets for Bogan Bingo are on sale now.

BOGAN BINGO

St Kieran's Primary School

Friday 14 June

Doors open 7pm, eyes down 8pm

For bookings and tickets contact

pbrightonpandf@bne.catholic.edu.au

Bogan Bingo is an adults only event.

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WHAT'S *Hot* AROUND TOWN



*Hops and Hogs event (above)
The Lazy Hyena band (left).*

Story Emma Harley

Winter has well and truly set in at our snug Bayside community, but there are plenty of places to stay warm indoors, with a variety of events hotting up the community this month.

For some high energy tunes that will keep the chill at bay, head to Mr Henderson on Friday 21 June, where popular seven-piece band, the Lazy Hyena, will have your toes tapping away the winter blues from 8pm.

"Mr Henderson is one of our favourite venues to play," said band member, Michelle Boyle.

"We've played our mix of motown, soul, disco, rock and funk there seven or eight times now and we love the people and the vibe.

"It's not often you get a big band in your local, so just add yourself to the mix for a great night out of energy and dancing - we've had people tell us afterwards that they haven't danced in years."

For more information on the gig, check out the events on Mr Henderson's Facebook page.

From big band to big crafty brews, the Sandgate Post Office Hotel has something to cure what 'ales' you at their second Hops and Hogs event on 23 June.

Following a successful Easter event, general manager, TJ Marshall, said they were keen to bring more of the same family-friendly fun to the hotel.

"We want to create a 'barbecue on the back verandah' feel to the event, with friends, beer, music and of course quality roast pig on the spit," he said.

"Patrons can chill out on a Sunday afternoon and for \$10 enjoy a delicious fresh roast roll and drink - that's a pretty great afternoon."

For more information visit the Sandgate Post Office Hotel Facebook page.

If you are looking to incorporate some brain power into your entertainment this month, book a table at John Fisher College's trivia night on 22 June.

With proceeds from the event going towards the school's sports department, the evening's theme is fittingly 'Sport', so grab your favourite footy boots or netball skirt, get a team together and join in the fun.

St John Fisher College principal, Cathy Galvin, said the event was an ideal way to bring together the parents, staff and community for a bit of competitive fun.

"The highlight of the evening will be the competition between tables, the camaraderie that develops from the night and the chance to relate to members of our community in a relaxed way," she said.

For more information visit www.stjohnfishercollege.qld.edu.au

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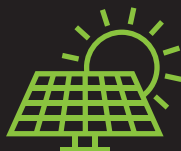
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What's On.

01 SATURDAY

🎵 **PORT ROYAL DUO**

SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **BUSINESS TIME**

PHOENIX BAR & LOUNGE 8PM

🎵 **STEVE HARGREAVES**

FULL MOON HOTEL 8PM

★ **MUSIC BY THE SEA p.34**

SANDGATE TOWN HALL 7:30PM

★ **NORTH BRISBANE PRELOVED CLOTHING MARKET p.16**

SANDGATE SCOUT HALL, 134 BRIGHTON ROAD SANDGATE 9AM-1PM

Facebook: North Brisbane
Preloved Clothing Market

02 SUNDAY

🎵 **BIGGY P & JOEL SWEENEY**

PHOENIX BAR & LOUNGE 12:30PM

🎵 **DARYL JAMES**

SANDGATE POST OFFICE HOTEL 2PM

🎵 **DREAM TIME KARAOKE**

BRIGHTON BOWLS CLUB 2PM

🎵 **DUELLING PIANOS**

FULL MOON HOTEL 2PM

📌 **WETLANDS WANDER**

VMR ALLPASS PARADE, SHORNCLIFFE 7AM

The annual kayak race is in its 24th year with more than 150 paddlers expected. The course runs from Cabbage Tree Creek and up to Nundah creek and back in a 6k loops. Contact President John Blackley on 0438 690 958 for any further details.

📌 **WIND & KITESURF SOCIAL & RACE DAY**

SANDGATE BEACH, OPPOSITE SURF CONNECT 11AM

All participants must sign on before 11.30am. No late entries accepted. Buoyancy vest must be worn.

Entry fee: \$25 (online) or \$35 on day. Online entries close Wednesday before race day. Contact Surf Connect for more information.

05 WEDNESDAY

★ **MENS YOGA p.30**

SANDGATE COMMUNITY CENTRE,
153 RAINBOW ST, SANDGATE 6:30-7:30PM

Every Wednesday



📌 **SALSA & BACHATA DANCE CLASSES**

Wednesdays 6:30pm
Sandgate Town Hall

'The new Social Thing' Life has never been more exciting and fun! Have you ever wanted to try dance but have never gotten around to doing it? Would you like to add some spice to your life and relationship? Would you like to meet new like-minded friends? How about challenge yourself?

07 FRIDAY

🎵 **KEITH HAIG**
BRIGHTON BOWLS CLUB 6:30PM

🎵 **JOHNY LAYTEX**
PHOENIX BAR & LOUNGE 7PM

🎵 **WHISKEY PROTOCOL**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **JOSH LINCOLN**
FULL MOON HOTEL 8PM

🎵 **MIKE LING & BEV DITTBERNER**
CARDIGAN BAR 8PM

08 SATURDAY

🎵 **IRISH SESSIONS**
CARDIGAN BAR 3PM

🎵 **THE MULHOONS**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **PETE CULLEN**
FULL MOON HOTEL 8PM

🎵 **AARON JAMES DUO**
PHOENIX BAR & LOUNGE 8PM

📌 **HISTORIC HOMES GUIDED WALK**
SANDGATE AREA 9.30AM

The Sandgate Historical Museum will present a guided walk through the streets of Sandgate to view the historic homes of the area. Bookings are essential. Contact the museum (message) 38692283 Cost \$20.

★ **THE BEAT GOES ON: BAYSIDE DIVAS p16**
SANDGATE TOWN HALL 2PM AND 5:30PM

www.baysidedivas.com.au

★ **CASINO NIGHT p.24**
THE SANDGATE POST OFFICE HOTEL
1 Bowser Parade, Sandgate 6pm

09 SUNDAY

🎵 **MATTHEW CLARK**
PHOENIX BAR & LOUNGE 2PM

🎵 **TANIA BALIL SPANISH TRIO**
FULL MOON HOTEL 2PM

🎵 **DANNY MOSE**
SANDGATE POST OFFICE HOTEL 2PM

★ **THE GREAT GLOBAL GREYHOUND WALK p.44**
DECKER PARK, FLINDERS PARADE,
BRIGHTON 10AM-12PM

10 MONDAY

📌 **LAURIE'S BEACH WALK**
FLINDERS PARADE 9.30AM

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. Bookings essential for this free event -0410327095

📌 **ABORIGINAL PEOPLE OF SANDGATE TALK**
SANDGATE HISTORICAL SOCIETY, 150 RAINBOW ST SANDGATE 7.30PM

A public talk on the original inhabitants of our area - the Chepara (Coast) people of the Yuggara language group, including the 1800s tribal headmen of this region, early records and photographs, names and mis-names and the present status of their descendants under law.

14 FRIDAY

🎵 **JUG O BLOOZE**
CARDIGAN BAR 4PM

🎵 **DJ HEAVENSENT**
PHOENIX BAR & LOUNGE 6PM

🎵 **JAG'N**
BRIGHTON BOWLS CLUB 6:30PM

🎵 **STILL ROCKING**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **ANDY ELLEM**
FULL MOON HOTEL 8PM

📌 **IN THE SPIRIT OF CURIOSITY**
GALLERY 4017, 82-88 LOFTUS ST,
DEAGON QLD

Photography by Renate Hottman-Schaefer

★ **BOGAN BINGO p.46**
ST KIERAN'S PRIMARY SCHOOL 7PM
Bogan Bingo is an adults only event.

Sametime
Cardigan Bar 7.30pm.



15 SATURDAY

🎵 **SAMETIME**
CARDIGAN BAR 7:30PM

🎵 **SCARLET GUNNER DUO**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **DAN LEWIS**
FULL MOON HOTEL 8PM



Dan England Duo
Phoenix Bar & Lounge 8pm.

🎵 **DAN ENGLAND DUO**
PHOENIX BAR & LOUNGE 8PM

★ **COUNCILLOR CASSIDY'S
ANNUAL DOG'S DAY OUT p.22**
DECKER PARK 8-10AM

★ **REDCLIFFE KITEFEST p.76**
PELICAN PARK, CLONTARF
www.redcliffekitefest.com.au

16 SUNDAY

🎵 **BIGGY P & JOEL SWEENEY**
PHOENIX BAR & LOUNGE 12:30PM

🎵 **STEVE PAYNE**
SANDGATE POST OFFICE HOTEL 2PM

🎵 **WILKO (DUO)**
FULL MOON HOTEL 2PM

📌 **A CELTIC CONCERT**
SANDGATE TOWN HALL 2-4PM

Queensland Irish Choir presents A Celtic Concert. Enjoy Celtic favourites. Guest performers, Scottish dancers and QIA Pipers. Cost is \$15, tickets at the door.

★ **REDCLIFFE KITEFEST p.76**
PELICAN PARK, CLONTARF
www.redcliffekitefest.com.au

★ **KYUSHIN RYU JUJITSU COMP p.10**
SANDGATE PCYC 8.30AM-6PM

21 FRIDAY

🎵 **ROMIO & JULIETTE**
BRIGHTON BOWLS CLUB 6:30PM

🎵 **JOHNNY LAYTEX**
PHOENIX BAR & LOUNGE 7PM

🎵 **THE DIVERSIONS**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **STEVE HARGREAVES**
FULL MOON HOTEL 8PM

🎵 **DREAM TIME ENTERTAINMENT**
BRIGHTON BOWLS CLUB 6:30PM

🎵 **FLATLINERS UNPLUGGED**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **BEN STEWART**
FULL MOON HOTEL 8PM

22 SATURDAY

Double Jack
Phoenix Bar & Lounge 8pm.



🎵 **RETRO VERBS**
SANDGATE POST OFFICE HOTEL 7:30PM

🎵 **DOUBLE JACK**
PHOENIX BAR & LOUNGE 8PM

🎵 **CRYSS COLEMAN**
FULL MOON HOTEL 8PM

23 SUNDAY

🎵 **HAYLEY E DUO**
FULL MOON HOTEL 2PM

🎵 **AMY KATE BRYANT**
PHOENIX BAR & LOUNGE 2PM

★ **CARNIVALE BY THE SEA p.36**
SANDGATE STATE SCHOOL 10AM-3PM

28 FRIDAY

🎵 **DJ HEAVENSENT**
PHOENIX BAR & LOUNGE 6PM

29 SATURDAY

🎵 **BENJAM**
FULL MOON HOTEL 8PM

🎵 **ROCK OF NATIONS**
PHOENIX BAR & LOUNGE 8PM

🎵 **BEETLE MANIA**
SANDBAG, 153 RAINBOW
STREET, SANDGATE 2PM

Sandgate QUOTA invite you to an afternoon of BEETLE Mania to raise funds for Sandbag's Domestic Violence Program. BEETLE is a fun dice game - throw a 6 to draw the BEETLE's body, 5 for his head etc. Throw the dice and try your luck! Cost \$10 includes afternoon tea. Info: 0409635417

30 SUNDAY

🎵 **STEVENSON ST**
FULL MOON HOTEL 2PM

🎵 **SEAN JACKSON**
SANDGATE POST OFFICE HOTEL 2PM

🎵 **DEON POWTER**
PHOENIX BAR & LOUNGE 2PM

🎵 **BUSH KANAGROOS - TINCHI TAMBA**
TINCHI TAMBA WETLANDS 8AM

Bring your children along to this fun, informative walk through the Tinchi Tamba wetlands, with local environment enthusiasts. See the resident Kangaroo population, bring covered shoes, a drink bottle, snack, sunscreen, hat and insect repellent. Also bring a camera and binoculars if you can.



Bathing Boxes at Brighton, Vic - Photo by Con Karampelas on Unsplash.

What's in a Name?

A History of Two Aussie Brightons

Story **Sally Eberhardt**

While 'our' Brighton is a wonderful place to live, it isn't the only Brighton in Australia, with Melbourne sporting a suburb by the same name. Both Brightons are named after the seaside resort in the UK, though not as directly as one might assume.

The youngest Brighton is ours – after being known as North Sandgate. The place appears to be named for the Brighton Hotel, which itself was named after Brighton in England.

The present Brighton Hotel stands on land originally purchased by one of the earliest settlers, Daniel Rowntree Somerset, in 1858. Captain William Townsend purchased Brighton Hotel in 1866 and used it as a private residence (calling it 'Brighton House') until selling it in 1893.

It was then used as an orphanage until resuming its function as a hotel in 1912.

While the name came from the hotel, the greatest reason for Brighton identifying itself as separate to Sandgate happened in 1882 – the Brisbane to Sandgate railway line was completed. This, in turn, promoted development in what was then known as North Sandgate, and as more people moved into the area, they decided to create their own suburb, their own postcode and their own identity. At this point, Brighton was truly born.

The evolution of the name Brighton for the Melbourne suburb is even more complex. In 1840, Henry Dendy, of Surrey, England, purchased 5120 acres of Port Phillip land at £1 per acre, without seeing the site. Dendy arrived in Australia in 1841 to claim his land, known as "Waterville".

A town was surveyed and allotments offered for sale, despite the fact that "Waterville" offered very little in the way of natural water resources. The area became "Brighton Estate", and Dendy's chosen home site was "Brighton Park", after Brighton back home.

When the financial depression came, Dendy's venture failed and the land was on-sold. A few years later, the area attracted wealthy residents who wanted large sites and sea bathing. Brighton officially became a town in 1887 and Dendy Street Beach, with its iconic bathing boxes, reminds us of the suburb's history.

Whether in Brisbane, Melbourne or England, living in Brighton means enjoying life near the sea.





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ARTHOUSE NORTHSIDE

Local DINING GUIDE



New owners of the Sandgate Post Office Hotel, Pete Clark, TJ Marshall and Terry Tai.



Special Delivery For Sandgate Pub

Story Emma Harley Photos Ben McShea

There's some exciting news for our humble postcode, with The Sandgate Post Office Hotel under new management. The historical building that houses one of the area's favourite watering holes has some seasoned hospitality veterans behind its new approach.

Owner, TJ Marshall, and his long-time colleagues and fellow owners, Pete Clark and Terry Tai, took over the hotel in February, following their successful ownership of Herston's Stuffed Badger venue.

TJ said they were immediately inspired to take over The Sandgate Post Office Hotel because



of its many avenues to help locals relax and celebrate life with their family and friends.

"We had been searching for a multi-purpose venue for a couple of years and were very excited when the management rights opened up for the Hotel," TJ said.

"Given the venue is a heritage-listed site, we also saw that there was an opportunity to bring love and soul back into the hotel."

TJ said they are excited about the new changes they have already implemented to the iconic hotel, as well as the many new additions yet to come.

"We've listened to what our local regular customers love the most about the restaurant and from there [have] made decisions on how to increase our team's service delivery and we are preparing new menus for both food and beverage," he said.

"We have also revived the focus on events and functions, by engaging a dedicated functions coordinator and launching a stepped-up functions package selection.



And our newly finished deck area is a great relaxed environment, with a fresh new seating area that is undercover but still outdoors."

There's also exciting plans on the cards to shake things up at the iconic hotel.

"We have some changes in the works but like any good story, we don't want to give too many spoilers," he said.

"We can reveal though that we are currently planning to build a new restaurant bar, as well as giving our existing public bar a gentle facelift."

And it seems the changes will be the perfect fit for the growing coastal community.

"Sandgate and the surrounding area is burgeoning and is a terrific growth corridor where families come to raise their children," TJ said.

"We are excited to be able to inject more life and diversity into the hotel by bringing people from different walks of life together to share great food, beverages and live music with their loved ones.

"Sitting on the deck, looking out on the world with a cold beverage in hand, good company and mouth watering food on the table is a special feeling."

Sandgate Post Office Hotel
1 Bowser Parade, Sandgate
P 3869 0606

Local Dining Guide



BAAIA



BLUME COFFEE



BRACKEN RIDGE TAVERN



94 Flinders Pde, Sandgate
Foreshore

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3269 7510

BAAIA

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512 Hornibrook Hwy, Brighton

Café

0434 712 316

BLUME COFFEE

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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.



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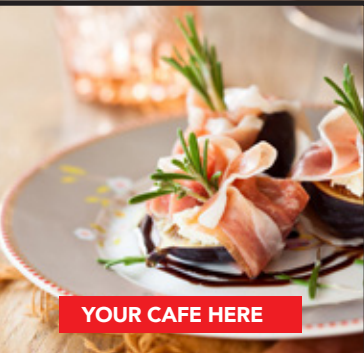
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Local Dining Guide



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196 Brighton Tce, Brighton

Family Bistro

3269 1971

BRIGHTON HOTEL

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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



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.



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, cooked in the finest rice bran oil. Located opposite the Sandgate swimming pool. Fully licensed. Family Friendly. Open 7 days from 7am. Gluten free options available. Visit: www.fishonflinders.com.au

Local Dining Guide



MOMENT BISCUITS



POST OFFICE HOTEL



THAI STAR DEAGON



8 Queens Parade, Brighton

Coffee Shop

0430 753 768

MOMENT BISCUITS

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1 Bowser Parade, Sandgate

Hotel

3869 0606

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Feature: The Sandgate Post Office Hotel, family friendly pub with all day menu, child's playground and drinks for all occasions. With our beautiful Chandelier room also available for functions hire, come check us out.

Head to our website for more information
www.sandgatepostofficehotel.com.au



Shop 8/140 Braun St, Deagon

Thai Restaurant

3269 5359

THAI STAR DEAGON

Feature: Thai Star is the old Thai Sa-Bai restaurant which has operated at 140 Braun Street for approximately 18 years. It has now been taken over by father and daughter Jeffrey and Poy Muenjaroen. They have both had vast experience in the restaurant industry. The restaurant offers fresh Thai cuisine with the influence of Surin In Thailand which is their home town.



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Local Dining Guide



THE WIRED OWL COFFEE CO



THE WITCHIN' KITCHEN



YOUR CAFE HERE



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.



227 Rainbow St, Sandgate

Café

3269 6970

THE WITCHIN' KITCHEN

Feature: Welcome to The Witchin' Kitchen. Owned and run by two local sisters, one an experienced chef, the other a final-year Naturopathy student. Our food is a celebration of delicious and nourishing wholefoods, that are seasonally and ethically sourced and carefully crafted into dishes to delight. Open 7 days, 6:30-2pm.

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Story *Sondra Grainger*

It's a simple question, asked by the latest de-cluttering guru, Japanese organising consultant, author and Netflix star, Marie Kondo. She is, of course, referring to items in your home and whether they are essential to your lifestyle.

So intrigued are we by this minimalist approach, that it has 'sparked' is a sudden rise in 'online selling' – as we rid ourselves of excess clothes, home décor, unwanted gifts and gadgets. It's ensured a very comfortable future for the 'Tidying Up' star, residents of 4017 are also 'cleaning up'.

Traditional selling platforms such as garage sales and classified advertisements have fallen by the wayside as we snap and upload from the comfort of our lounge with little fuss or expense. Ebay and Gumtree have even lost favour as the rise of the Facebook advertiser takes hold. Facebook Marketplace allows you to sell almost anything as a recent 'fresh ice-cube' post highlighted, but it's the groups where all the real local action is.

Buy, Swap, Sell, it's all available if you tick a few basic requirements. Generally, you need to be over 18, live in the designated postcode, be happy to abide by the administrator's guidelines and remain polite to fellow buyers and sellers. Once you're accepted into a group, you can sell up to their limit each day – often around three items. With at least five groups available to the residents of 4017, that's a whole lot of clutter being cleared.

Amanda, a regular seller from the group 'Things to buy, swap or sell 4017' said, "It's great because you know you don't have to go far to pick up anything you buy and sometimes you even discover that you know the person. I like that it's a community page."

If all this de-cluttering leaves you feeling a little more charitable, sites such as 'Sell, buy or freebies Brisbane North 4034 & 4017' also allows you to also list items to simply give-away. With almost 3,500 members, the odds of your unwanted possessions finding a new home are high. That should spark a little joy!



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Property Market Could See Boost

Story *Sally Gordon*

Home buyers keen to snap up a property in the high-demand 4017 postcode should be pleased to hear Australia's banking regulator has proposed changes for the assessment rate for new mortgages.

The Australian Prudential Regulation Authority (APRA) has flagged removing the minimum 7 per cent floor rate that all new mortgage applications are assessed by.

APRA is also recommending lenders make serviceability calculations using a 2.5 per cent rate buffer.

Under the proposed new guidance, banks would be permitted to review and set their

own minimum interest rate floor for new mortgage assessments.

The development could see home buyers accessing residential home loans easier and borrowing more. Property reports are indicating home buyers could tap into tens of thousands of dollars extra if the 2014 APRA guidance is scrapped.

"With interest rates at record lows, and likely to remain at historically low levels for some time, the gap between the 7 per cent floor and actual rates paid has become quite wide in some cases – possibly unnecessarily so," the Chair of APRA, Wayne Byres, said.

A four-week consultation on the issue will close 18 June 2019, ahead of APRA releasing new guidance.



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Bramble Bites

Story *Brooke Jacobson*

FEDERAL POLL A NAIL BITER IN LILLEY

At the time of going to print, counting had just finished in the seat of Lilley, with Labor Party candidate Anika Wells claiming a narrow victory ahead of the LNP's Brad Carswell. With 86 per cent of the seat counted, Ms Wells is ahead of the LNP by 901 votes on two-party preferred. Ms Wells takes over from retiring Labor MP, Wayne Swan.

The coalition enjoyed what many were calling a shock victory in the federal election, returning to power with Prime Minister, Scott Morrison, once again in the top job.

DEMOCRACY SAUSAGES THE CLEAR WINNER

Polling day across the Lilley electorate was a busy one, and despite the close result, there was one stand out on election day – the humble democracy sausage. Schools across the 4017 were kept busy, selling sausages, drinks, cakes, sweet treats and raffle tickets, and taking advantage of the captive audience to do a little fundraising.

Sandgate State School, alone, had sold more than 400 sausages by 1pm on polling day. The fundraising barbecue has become an Australian election day stalwart, with many Aussies checking out the website www.democracysausage.org before voting, to ensure their local polling booth has something tasty to offer.

WATERFRONT SPEED LIMIT UP FOR DISCUSSION

Brisbane City Council is planning on reducing the speed limit in a number of areas across the city and Flinders Parade could be next on the list.

Currently, council plans to change the speed limit on Oxley Road, Corinda and Ipswich Road at Annerley, to 40km/hour.

Deagon Ward councillor, Jared Cassidy, said the next batch of roads to be looked at included Flinders Parade on the waterfront at Sandgate/Shorncliffe.

He said he was interested to hear the community's views on the proposal, including the extent of the 40km/hour zone and possible additions to the area, such as pedestrian crossings.

If anyone would like to give Cr Cassidy feedback on the proposal, please email his office on: deagon.ward@bcc.qld.gov.au

DUMP YOUR TRASH, FIND A TREASURE

The annual Brisbane City Council kerbside collection is coming up for the north side. Council are urging residents to check online to find out what items are acceptable to put out on the footpath. Car parts, glass and mirrors, gas bottles, and bricks and concrete will not be picked up by council.



For Sandgate, the kerbside collection will take place on July 16; for Deagon and Brighton, it's July 23 and for Boondall, it's July 30. See: www.brisbane.qld.gov.au for more information

COOL NEW POOL

The Sandgate Aquatic Centre has officially closed for the winter and will re-open in mid-September. The pool recently posted a tantalising photo on their Facebook page with the caption "Could this be a sneak preview of the Bay Health Club?" The new indoor, heated pool and gym is expected to open in September, with the pool asking local swimmers to "stay tuned". In the meantime, anyone looking for a warm place for a dip – or searching for swimming lessons for youngsters – is advised to go along to the Emily Seehorn Aquatic Centre in Bracken Ridge.

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:
brookecjjacobson@gmail.com

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HISTORY

GARDEN OF EDEN



DID YOU KNOW THERE WAS A BRIGHTON ZOO?

Story *Leanne Palmer*

Photo *p.c. Sandgate Historical Society*

Back in the first half of last century, Australians spent their leisure time quite differently to now. With fewer choices, almost any form of moderately priced attraction was well received by the public. Unless of course, you happened to set up shop in the years of the Great Depression. Such was the unfortunate case for The Garden of Eden Zoological Park in Brighton.

Since European settlement began in Australia, private collections of animals and smaller zoos were not uncommon. Brisbane had several around this time, including the Lone Pine Koala Sanctuary, parks near Toombul and Sunnybank, and another that was located in the City Botanic Gardens, right up until 1958.

The Brighton Zoo was established on approximately 10 acres, bounded by North Road and the sea, roughly where Eventide now stands, and was open for business between the years

of 1932 to 1935. It was a collaborative effort between Charles and Agnes Heiser, and Thomas Mitchell, with each party having different roles.

Doomed by bad timing, it was virtually an immediate failure. Prospective patrons turned up but were shocked by the entry charges of 6d for adults and 3d for children. These were hard years, worldwide. A family of six could purchase four loaves of bread for the same outlay, and obviously having food on the table was the priority.

The zoo itself was of the highest quality; well thought out, well built, and well stocked. It housed a variety of native and exotic species. There were aviaries, aquariums and a reptile house too. A real draw card was a Common Spotted Cuscus, native to the tip of north Queensland, and believed to be the only one in captivity at the time in Australia.

In July 1935 a rampage by a stray dog caused the death of eighteen marsupials, and the injury and escape of further zoo inhabitants. This tragedy finally brought on the decision to close down the operation.

Had the timing been different, who knows what might have happened. It could have thrived and grown, and we could still have this attraction in our backyard.

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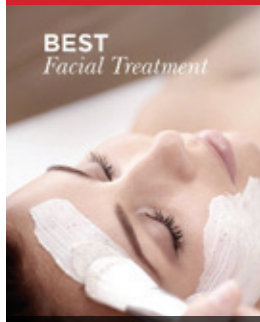
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Get a taste of Stanthorpe!

Story Philip Woods

If you're looking for somewhere a little cooler than Brisbane this winter, take a drive to the wonderfully picturesque and often chilly area of The Granite Belt, with Stanthorpe at its heart.

The region is a veritable platter of culinary delights; its granite-based soils and cool climate provide a rich bounty for lovers of wine and quality produce.

Leeanne Puglisi-Gangemi was born and raised in Stanthorpe, and believes that the mountain climate is a big drawcard for visitors from the coast. "We're sitting at around 1000m above sea level here," Leeanne says. "We're so close to Brisbane and yet climatically we're so different. This morning it was below zero degrees!"

Lots of different kinds of vegetables and fruit are grown in the area, including apples, strawberries, tomatoes, cabbages and broccoli, Stanthorpe is

famous for its wine. The local vineyards offer a range of white and red varieties – from sauvignon blanc, chardonnay and verdelho to merlot, cabernet sauvignon, tempranillo and more.

Leeanne's great-grandfather started growing grapes in the area in the early 1930's, and since then her family have been the proud owners of the Ballandean Estate Winery. "In 1968, my parents, Angelo and Mary, started growing commercially to produce table wines. We opened the cellar door in 1970, and we've been open to the public every day since then."

A highlight for wine-loving visitors is the 'Strange Bird' wine trail, which features up to twenty-eight rare varieties of wine for connoisseurs and wine-buffs to experience.

However, even if you are a tee-totaller there are good reasons to visit the area.

"Our national parks are so spectacular; Girraween particularly, because of the granite pyramids which visitors are always amazed by;



they're gigantic, beautiful and unique. They're a very special part of the region, and then we have the added bonus of the great food and wine culture!" Leeanne told us.

Take your palate on a weekend of discovery, just a few hours drive away in the Granite Belt, your taste buds will thank you!

Check out www.ballandeanestate.com or granitebeltwinecountry.com.au for more details.



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All Eyes On the Sky

The Moreton Bay region will again play host to one of the biggest events on the winter calendar – Redcliffe KiteFest.

Story Donna Roberts Photo MBRIT

Clontarf's Pelican Park is where you will find the Peninsula's most colourful weekend.

Division 6 Councillor Koliana Winchester said she was excited to welcome locals and visitors for a weekend of fun. "It's the ultimate kids' weekend, with a range of low-cost activities and entertainment, all full of fun and colour," Ms

Winchester said.

"Adrenaline junkies can enjoy jet ski stunt shows, aerobatic displays and amusement rides."

REDCLIFFE
Kitefest

A diverse range of entertainment is on offer this year, with many new features in the program.

Moreton Bay Region Industry and Tourism CEO, Shane Newcombe, said that Redcliffe KiteFest had been able to secure the world-famous Baby Shark stage show.

"Redcliffe KiteFest brings tens of thousands of people from all across South-East Queensland to the Moreton Bay Region," Mr Newcombe said.

"We're thrilled to have a world-class entertainment program this year, for locals and visitors to the region."

The Sesame Lane Kids Zone will be a hive of activity for children of all ages with fun activities, exciting workshops and vibrant entertainment.

Flutters Fairy Land will entertain the little ones with twice-daily shows and storytime sessions, as well as face painting, over the weekend.

The Kindred Main Stage will host a line-up of local musicians and bands, plus dedicated children's shows twice daily.

Visitors can enjoy musical acts Hope D, Alex Konsenko, Ben Barker and Ruby Gilbert on the Saturday; and Ballantyne, Leo Altarelli, Kayso Grande Duo and Peppermint Ollie on the Sunday.

The sky above will be an amazing sight as colourful kites are flown high by domestic and international professional kite flyers and the incredible Redcliffe Kite Club flyers. Councillor Winchester encouraged local families to bring their own kite. "Have a go at flying your own kite high in the sky in the USC public kite flying zone," she said.

Redcliffe Kitefest

Pelican Park, Clontarf

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Time m	Time m	Time m	Time m
1 0203 0.67 0744 2.04 SA 1411 0.41 2028 2.38	9 0148 2.42 0844 0.59 SU 1430 1.79 2018 0.67	17 0350 0.56 0917 1.89 MO 1521 0.38 ○ 2154 2.53	25 0226 2.03 0919 0.72 TU 1521 1.72 ● 2104 0.93
2 0251 0.61 0827 2.02 SU 1450 0.37 2109 2.48	10 0248 2.34 0943 0.56 MO 1543 1.85 ● 2133 0.72	18 0433 0.57 0958 1.84 TU 1556 0.41 2232 2.50	26 0321 1.96 1013 0.68 WE 1629 1.81 2218 0.94
3 0338 0.57 0909 1.99 MO 1528 0.35 ● 2151 2.55	11 0352 2.27 1042 0.51 TU 1653 1.98 2249 0.72	19 0514 0.60 1038 1.80 WE 1630 0.46 2308 2.45	27 0423 1.91 1107 0.62 TH 1732 1.94 2332 0.89
4 0424 0.54 0954 1.96 TU 1606 0.35 2234 2.59	12 0455 2.20 1139 0.46 WE 1757 2.13	20 0552 0.63 1116 1.76 TH 1703 0.52 2343 2.38	28 0522 1.89 1158 0.54 FR 1826 2.11
5 0511 0.54 1040 1.91 WE 1646 0.38 2317 2.59	13 0003 0.69 0556 2.14 TH 1232 0.41 1854 2.27	21 0628 0.67 1155 1.73 FR 1739 0.59	29 0037 0.81 0617 1.89 SA 1247 0.46 1915 2.27
6 0600 0.55 1129 1.86 TH 1729 0.43	14 0110 0.64 0652 2.07 FR 1321 0.38 1945 2.40	22 0019 2.29 0704 0.70 SA 1236 1.70 1819 0.68	30 0136 0.71 0709 1.90 SU 1334 0.39 2002 2.41
7 0004 2.56 0651 0.57 FR 1223 1.81 1817 0.50	15 0209 0.60 0744 2.01 SA 1405 0.36 2032 2.48	23 0057 2.21 0744 0.73 SU 1323 1.68 1904 0.77	
8 0054 2.50 0747 0.59 SA 1323 1.78 1912 0.59	16 0302 0.57 0832 1.95 SU 1445 0.36 2114 2.52	24 0138 2.12 0829 0.73 MO 1417 1.68 1958 0.86	



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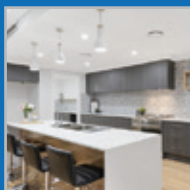
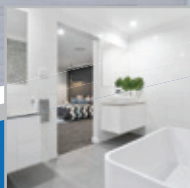
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