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► **INAUGURAL YOUTH MUSIC FESTIVAL**

photo by Ben McShea

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Contents

12



12 YOUTH MUSIC FESTIVAL

See some of the best young and emerging local talent at the inaugural Sandgate Youth Festival. This is an event not to be missed!

18 STATE SCHOOL CENTENARY

A fete with traditional maypole dancing will be how Shorncliffe State School celebrates turning 100-years-old.

18



32 BLUES AND BREWS

Sandgate Blues returns this September with some soulful sounds from bands, State of Appalachia and Corn Liquor.

36 SEPTEMBER WHAT'S ON

NEW LOOK Calendar of Gigs, Events and Notices.

46 DINING GUIDE - Succulent Market Café & Nursery

54 ZILLMERE FESTIVAL

Now in its 17th year, the Zillmere Festival is about celebrating culture and diversity.

64 ACROSS THE BRIDGE: FOOD + WINE

The Moreton Bay Food + Wine Festival in Redcliffe is a great way to discover the best of local food producers and wine makers.

66 TRADES & HOME SERVICES

Find skilled local professionals.

32



PUBLISHER & EDITOR

Dominic Alberth

PHOTOS

slapics
Ben McShea

DESIGN & ILLUSTRATION

Crystal Gentry

WRITERS

Christine Chamberlain
Rhonda Valentine Dixon
Sally Eberhardt
Wayne I Flack
Sally Gordon
Sondra Grainger
Brooke Jacobson
Emma Harley
Kelly Walker
Philip Woods
Jodie Woodward

**GENERAL ENQUIRIES
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ADVERTISING ENQUIRIES

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

A Note FROM THE TEAM



It's good to be able to say that spring is finally on the way, and we can look forward to spending longer days out and about!

September is getting off on the right foot, with a great outdoor musical event. The inaugural Youth Festival is Sandgate's newest music festival and it's set to be a great day

out. It will showcase local youth talent and is a great way to get behind the stars of the future. There will also be food and activities to round out the day.

For those who like their music a little more blues and folksy, the Cardigan Bar is hosting Sandgate Blues, an outing that features blues' bands, State of Appalachia and Corn Liquor. There'll be a barbecue for the family, and beer from Glass House Brewing on the Sunshine Coast will add to the flavour.

Shorncliffe State School continues their centenary celebrations this month; hosting a special assembly and afternoon tea for past students and a fete for the whole community to enjoy. This is your chance to appreciate all the work the senior students have put into preparing a maypole dance — a school tradition since the 1920s.

Let's get out there and greet spring in Sandgate!

sandgate
GUIDE

N **NORTHSIDE**
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redcliffe
GUIDE

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DANCE AND MUSIC *Soiree*

Story **Sally Eberhardt**

Life is more upbeat with music and dance to soothe the senses and lift the spirit. This spring, Artrageous Community Arts Centre at Deagon presents 'A Dance and Music Soiree' - a fun-filled evening featuring a variety of performers to move and entertain you.

Performances by Bohemienne Dreams, Deagon Deviation Tribal Fusion, Carla (Flamenco), Eunoia Dance, Sandy (Native American Flutist) and Monique (Singer) are joined by special guest Adel Amin of Joyful Drumming.

Co-produced by Lee-Anne Martin and Rhonda Campbell, the audience can expect a fun family atmosphere filled with a bit of an 'eclectic cabaret' flair.

Rhonda said that they are very excited to be sharing this event with the 4017 community as Artrageous has brought so much to her life and the lives of others.

"The performers enjoy coming together to celebrate their passion for dance and music. They share experiences while teaching each other new things ... like a family.' Artrageous fosters my love of music, movement, creativity – it brings me joy and I've grown as a person. I used to hide up the back but now I'm more confident and allow myself to be seen" Rhonda said.

The fun starts at 4.30pm when everyone is welcome to join drummer Adel in a music jam – BYO instrument and make some beautiful noise. The show itself starts at 5.30pm and there will be complimentary nibbles, drinks by donation, and lucky door and raffle prizes. All proceeds are being donated to Artrageous said co-producers Lee-Anne and Rhonda.

"I need to keep Artrageous alive because it's given myself and others the opportunity to try new things, to explore and be creative" Lee-Anne said. "We'd like to raise awareness for future generations of Artrageous Arts as a creative hub, an arts venue and a place which builds community" Rhonda said.

Come and enjoy an evening of celebrating dance and music of all genres. Bookings are essential. Tickets are available via Facebook (search for A Dance and Music Soiree) or pop in to Artrageous.

Rhonda Campbell



Adel Amin



Lee-Anne Martin

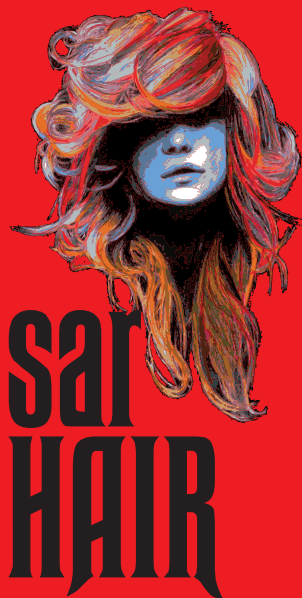


A Dance and Music Soiree

Saturday 14th September

4.30-7pm

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The three-bay, 137sqm, indoor, golf-driving simulator offers players a choice of 100 golf courses, from different countries, to play on and is part of a new golfing centre, currently being built, at 23 Zillmere Road, Boondall.

The site will also feature an 18-hole miniature golf course, kiosk, garden courtyard, new landscaping and ample car parking spaces.

Josh Butterfield, from Butterfield Holdings, who are developing the site, said the complex should be up and running by the middle of November – just in time for the school holidays.

“The unique thing about the outdoor course, is that it will be the first putt-putt course that has a large portion of the facility under a shade sail. People playing the course will enjoy the shade in summer.



The putt-putt course will have 18 interesting holes, each hole with its own challenges,” Mr Butterfield said. “It will be a proper putt-putt course, not just for kids, but appropriate for people of all ages.”

“The indoor driving range simulator bays are 5m wide. Players use a real golf club – their own if they like, and hit a real ball into a screen that has a pic of the golf course that you choose to play on. There will be 100 different courses from around the world to choose from.”

Mr Butterfield said the golf drive simulator was a popular training method for professional golfers as the technology is able to give users the key statistics on their golf swing mechanics.

“A lot of golfing professionals are using these types of facilities to train in. Players can get the statistics on how their club was facing when it hit the ball, how far you hit it, how fast it was ... it's all very real,” he said.

The golfing enthusiast said the popularity of golf simulators was increasing, with more people keen to experience golf courses where you would normally need to be a club member or to be playing in a tournament.

Putters Poised for New Golf Centre

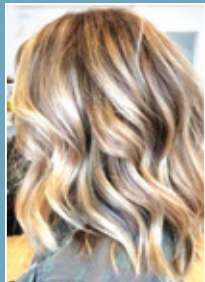
Story *Sally Gordon*

Have you ever dreamed of playing a few rounds of golf on the Old Course at St Andrews in Scotland, or the impeccable grounds of Georgia's exclusive Augusta National Golf Club?

It may be tricky to organise the real thing, but a new indoor golf-driving simulator that is set to open in November at Boondall, will provide golfing enthusiasts with a virtual experience of playing on some of the most prestigious courses from around the world.

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Council lets the dogs out.

Sandra Robertson and her dog, Lulu, down at Sandgate foreshore getting set for the new dog off-leash area.



Story **Brooke Jacobson** Photo *slapics*

Like a lot of Sandgate residents, Lulu enjoys a walk along the foreshore. From September, she might be enjoying it a little more freely.

Brisbane City Council will be starting a 12-month trial of a dog off-leash area, from Second Avenue, extending along the beach area in front of Lover's Walk.

Lulu's owner, Sandra Robertson, said her pampered pooch loved a walk along the beach.

"We walk Lulu down here everyday, the foreshore is why we live here," Sandra said.

"Lulu is part of our family, so I'm excited to finally have an off-leash area on the sand that the whole family can enjoy.



Fingers crossed that everyone acts responsibly, so that it becomes permanent."

Deagon Ward councillor, Jared Cassidy, said there would be a range of community engagement in the lead up to, and during the trial.

"There will be clear signage to identify the foreshore dog off-leash areas, an information kiosk at the location and an online community survey to gather information on the area and resident's understanding of shorebirds and responsible dog behaviour," Cr Cassidy said.

"Following the trial, there will be an additional online community survey."

The area in Sandgate for the dog off-leash trial was chosen after extensive research by the University of Queensland, and the Queensland Department of Environment and Science, which included data on shorebird habitat, and the community's demand for dog walking.

"I know there are strongly held views on both sides of the debate that has occurred locally around this issue, but it's clear that there is a desire for people to see an area for dog off-leash use along the foreshore," Cr Cassidy said.

"All of the locations around Brisbane for this trial must comply with strict Queensland Government standards in relation to the protection of shorebird habitat and other marine environmental values.

"Having a specific dog off-leash area means there can be greater protection of valuable migratory bird habitat along the rest of the foreshore."



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Friday Marmalade band members (from left) Fin O'Connor, Maddie Buechler, Dani Harvey, Jess Heeney with Cr Jared Cassidy

SANDGATE *Youth Festival*

LOCAL TALENT ON SHOW

Story **Christine Chamberlain**
Photo **Ben McShea**

Home-grown four-piece youth band, Friday Marmalade, can't wait to take to the stage at Sandgate's newest music festival. Celebrating the music community with a focus on young and emerging artists, the first Sandgate Youth Festival will be held at Einbunpin Lagoon Park this month.

High school students Jess Heeney, Maddie Buechler, Fin O'Connor and Dani Harvey formed their indie-rock band, Friday Marmalade, in 2017,

and auditioned at the recent Einbunpin Festival for a spot at the new music festival.

"We auditioned with our hit song Paramour, and successfully got a spot. We are super grateful to be chosen out of many other talented candidates," guitarist, Fin said.

Of the 13 acts that auditioned at the Einbunpin Festival Youth Stage, eight acts made it through to the Sandgate Youth Festival. An overall winner will be chosen on September 7.

Friday Marmalade vocalist and bass player, Dani, said the new youth festival was a great opportunity for local musicians of all ages to bond over a love of music.

Continued on page 14



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
- ♥ Can cause long term raised and flat scarring
- ♥ Is classified as mild, moderate or severe depending on the presence of pustules, nodules and scarring

HOW TO TREAT ACNE

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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Jacob Byrne

LOCAL TALENT ON SHOW

Continued from page 12

"I think events like these are important for our community because it brings everyone together," Dani said.

"We live in such an amazing area and it deserves to be celebrated with festivals like this, as well as broadcasting young talent that is all over the area."

Deagon Ward councillor, Jared Cassidy, and local businessman, Brendon Hofmeier, are responsible for turning the local music event into a reality and are excited at the event's possibilities.

"I've been very passionate about promoting our community as a real hub for music," Jared said.

"This is an idea I've had for some time and after a fair amount of planning and working with Brendon Hofmeier, we've pulled this together.

"Brendon is passionate as a young person about supporting young artists and promoting music in the community.

"I hope this is the start of a lot more of this type of thing in and around Sandgate. We have such talented people."

Jared encouraged people of all ages to come along to the centre of Sandgate to enjoy the music and festival atmosphere.



The bands performing and competing are youth and the activities are aimed at young people, but their parents and others are of course more than welcome. We hope they would come to support youth music," Jared said.


As well as an afternoon of music, there will be food trucks and a range of free activities, including mini golf, giant games, free face painting, Henna tattoos and a photo booth.

For more information follow the event on Facebook.

Sandgate Youth Festival
Saturday, September 7
Einbunpin Lagoon Park, Sandgate
4pm-8.30pm

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Celebrating the beauty of **Beethoven**

The fiercely powerful and emotive sounds of Beethoven's opera, *Fidelio*, will fill the air of the Sandgate Town Hall during this special one-off **Eternal Beethoven** concert.

Hosted by 35-piece orchestra ensemble, the Cadenza Chamber Players, the Sunday afternoon of classical music and opera will offer a musical feast of Ludwig Van Beethoven's original masterpieces.

The Cadenza Chamber Players will be joined by well-known Canadian soprano, Rachel Pines, who has toured internationally in concert with The Seven Sopranos and who appeared as a soloist with the Queensland Symphony Orchestra and the Brisbane City Opera, among others.

The Cadenza Chamber Players' conductor, Lucas D. Lynch, said the event would serve as Queensland's farewell to Ms Pines before she heads off overseas.

Mr Lynch said Ms Pines had a remarkable voice and would be singing a few pieces with the orchestra, including the concert aria, 'Ah! Perfido' and 'O Wär' Ich Schon Mit Dir Vereint' from Beethoven's opera, *Fidelio*.

The concert will feature the *Fidelio* Overture and conclude with the famous Fifth Symphony Op. 67.

Eternal Beethoven is on Sunday, 22 September from 2pm – 5pm at the Sandgate Town Hall. Tickets range from \$35.50 - \$37.50 and can be purchased from the Cadenza Chamber Players' website.

Paddlers celebrate 25th birthday

Story Christine Chamberlain

If the idea of getting out on the water appeals to you, come along to the Sandgate Paddling Club's 25th birthday celebrations this month.

The club will be marking this milestone at VMR at Cabbage Tree Creek, Shorncliffe, on Sunday, 15 September.

Club president, John Blackley, encouraged everyone to join the celebrations and see what the club offers.

John has been paddling for 15 years and joined the club because paddling is good for mental and physical health.

"I have always had a love affair with the sea and by joining a club you have some instant paddling pals, which has social and safety benefits," John said.

"Anyone who has thought about the possibility of taking up a paddling sport can come down and check out our friendly members and slick craft."

Over the past 25 years, the club has grown to more than 100 members, ranging in age from 10 to 80+ years. Disciplines cover sea kayaking, racing, creek paddling and juniors.

The family-friendly event will include information for those interested in future 'Come and Try' events.

The day will start at 9am. There will be races, entertainment throughout the morning as well as a coffee van, barbecue lunch and a bar.

Sunday 15 September, 9am. For more visit sandgate.paddle.org.au



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100 Years of Tradition

Flower girl, Gemma, May Queen, Ella, and flower girl, Alyssa.

Story **Christine Chamberlain** Photo **slapics**

The folk tradition of maypole dancing will be one of the highlights of Shorncliffe State School's Centenary Celebration Fete, this month.

The bayside school marked the start of their centennial year on 29 January, and now the focus is on several celebrations over the weekend of September 13 and 14.

Shorncliffe principal, Melanie Rehm, said a formal assembly would be hosted by the current school leaders, followed by a special afternoon tea for past students, on Friday, 13 September from 2pm

"Shorncliffe has a strong sense of tradition," Melanie said.

That evening, the school's P&C Association will host a fundraising cocktail party (18+ years) at

the Queensland Cruising Yacht Club (QCYC) from 6pm.

P&C president, Kristen Davie, said past students were travelling long distances to attend the reunion.

"This is a lovely opportunity for past and present parents, past students and past and current teachers to enjoy a night in Shorncliffe," Kristen said.

The evening will include an online raffle and silent auction. Tickets are \$30 and can be purchased from the school's office.

The focus will then shift to Saturday, 14 September for the Centenary Celebration Fete and further reunions of past students and teachers.

Continued on page 20



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Photos of past maypole dances at Shorncliffe State School

Continued from page 18

The fete will be opened by lord mayor, Adrian Schrinner, and will include a Welcome to Country and an indigenous dance performance.

A reunion space will be set up where past students and staff can come together in decade groups to reminisce and enjoy a Devonshire tea. Tours of the original school buildings will be led by current year five and six students.

During the fete, senior students will perform a maypole dance, a tradition at the school dating back to the 1920s.

"A Shorncliffe tradition is the maypole and our dancers have been learning their routines since the beginning of Term 2," Melanie said.

"Our year six students are writing letters to the future to be placed in the time capsule, when it is unsealed for the first time since the 90th celebrations."

The school's oval will be packed with amusement rides, games and stalls, while the students dance

through the decades and the school bands and choir perform.

"Past Shorncliffe instrumental music strings students will combine with our current students to perform," Melanie said.

Kristen said the weekend of celebrations are a great opportunity to give back to the community.

“**100 years of servicing the community is a really important milestone to celebrate,” Kristen said.**

"We're looking forward to welcoming our past students back to the school to see the differences in the school."

**Shorncliffe State School Centenary Fete
Saturday, 14 September, 10am-5pm**

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1 FORCE Technology, Senselab. (2018, November). Benchmark evaluation of spatial noise management in hearing aids. FORCE Technology Venlighedsvej 4 2970 Hørsholm, Denmark.

NEXT TO NORMAL IS A WINNER

Story Rhonda Valentine Dixon

Photo Ben McShea

Writers have long been captivated by the human condition. Racial prejudice, religiosity, sexuality, oppression, adversity and much more have been diversely documented in theatre and film. It isn't surprising that in this era of actively addressing difficult issues, contemporary writer, Brian Yorkey, has brought a topic to the forefront that has always been confronting – mental illness.

In the production, *Next to Normal*, playwright, Yorkey brings a script to audiences that is laced with all the frustration, pathos and heartbreak that occur in a family trying to cope with a wife and mother affected by Bipolar Disorder. Add to this complex story a stirring musical score by Tom Kitt, and it becomes a Pulitzer Prize winning rock opera, which highlights the loss of self for the wife and mother, Diana, and the dilemma she faces of choosing an appropriate therapeutic treatment that works for her. For Diana, loss and grief are woven through the plot and her experience of these emotions is exacerbated by the Bipolar Disorder.

CAST Georgina Lock - Natalie
Isaac Nelson - Henry [Hat]
Michael Pitman - Doc Fine/Madden
Gary Conwell - Dan
Julie McCoy - Diana

The play also exemplifies how the husband, son and daughter are each impacted by their wife and mother's manic and depressive episodes.

The play will be performed locally by JAFA, a performance group formed from the parish of St Joseph's and St Anthony's Catholic College, Bracken Ridge. JAFA is not new to productions emphasising social issues. It has previously performed *Oliver*, *The Sound of Music*, and *My Fair Lady*, all dramatic interpretations of compelling stories intertwined with complex social concerns.

Producer and director, Lisa Harrison, said of the production, "There are moments of levity and moments of seriousness which are represented in an authentic and thought-provoking manner by the scintillating and soaring musical score."

This presentation of Next to Normal coincides with Qld Mental Health week (6 – 14 October). All profits will be donated to Headspace and Centrecare's Catholic Psychiatric Ministry. Tickets are \$20 per person and available through TryBooking www.trybooking.com/BDJRN. The musical contains some mature language and adult themes and is not suitable for young children.

The performance will be held at the Father Bernie Costigan Centre, 30 Eldorado Street, Bracken Ridge.

27 & 28 September at 8.00pm

4 & 5 October at 8.00pm

6 October at 7.00pm





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SocialSnaps by PAUL NEIL

If you have an event that you think is worth a photo, call me on 0449 660 473



Mary MacKillop College Cheer and Dance team wow the crowd with a fabulous performance at Sandgate's Einbunpin Festival 2019.



Go Hawks! It's 'hands in the middle' at three quarter time for Sandgate Hawks 11 year old girls' AFL team at their last game of the season versus Wilston Grange Gorillas.



1951 ketch, 'Wraith of Odin' and crew sail into Cabbage Tree Creek and into QCYC as the sun sets on the last afternoon of the Sandgate Vintage Yacht Regatta.



Old school! SJFC Senior students, Emma, Zoe and Abby take a ride in a vintage 1927 Chevrolet Tourer at Saint John Fisher College's fantastic inaugural Jags and Jazz Festival.



"Lottie loves it!" Emma and Kurt Sanders take their daughter, Lottie, to her first Einbunpin Festival.



Local author, Tansy Boggon, launches her new book 'Joyful Eating' with her dad Ray and number one fan Peta Gorringer first in line for the book signing at Be Bold Café, Sandgate.

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Music By The Sea

► 7 September: Bungarribee

Bungarribee brilliantly juxtaposes classical, folk, world and improvised music to deliver a sound that emerges from the vast space somewhere between Schoenberg and African folk. If you love intelligent and free-spirited music, this concert is highly recommended.

Saturday, 7 September - 7.30pm



► 5 October: Jeff Lang

At home on the global stage with the likes of Dylan and Geldof, or India's desert-dwellers the Maru Tarang, Jeff Lang now has Sandgate Town Hall marked in his diary.

Lauded as Australia's best roots-music musician by Rolling Stone magazine, Lang's prolific genius is drawn from a well of rock, blues, ballads, instrumentals, delicious, pure improvisation, and self-described as "disturbed folk".

Lang is a consummate story-teller, penning works described as being gutsy, melodic, accomplished, and loaded with soul, even startling.

These conversations fill over 25 albums, some claiming ARIA awards and nominations, and he has attracted a loyal following of folk who claim to hear their own story within the words.

Let's hope some of your favourites make the set-list in our down by the sea gig.

What others say about Jeff Lang:

"Jeff Lang is one of those people who has music dripping from his fingers." - Courier Mail, Australia

"He explores sonorities as eclectic as they are stunning...Lang's only reference point is himself, a unique singer-songwriter-guitarist who follows his own path." - Le Soleil, Quebec

"Jeff Lang is, in my humble opinion, a national treasure, a truly gifted songwriter and an outstanding guitarist. He has been inspiration to countless Australian and internationally renowned roots artists and surely has a place in history as one of this generation's finest. He has really touched me and musically, I had a kind of revelation..." - John Butler, John Butler Trio

Saturday, 5 October – 7.30pm

Sandgate Town Hall

Tickets: www.musicbythesea.com.au or trybooking.com



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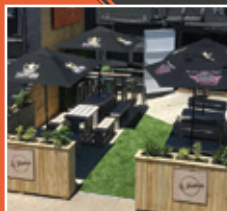
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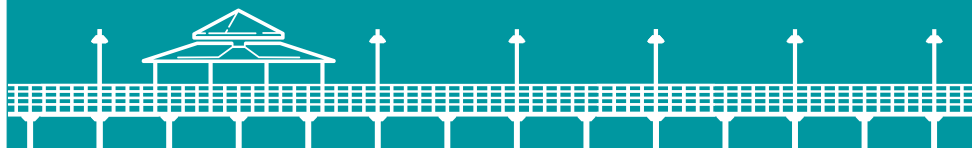
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Spring into the new Season!

Finally winter is over! As the days steadily grow longer and the weather becomes warmer, it's the perfect time to get out into your garden!

Story Philip Woods

The benefits of gardening are well-known. It's a great way to stay physically active; gentle activities, such as spreading some mulch, mixing compost, preparing sumptuous soil, pruning plants and trees or even mowing the lawn, will raise your heart rate and stretch your muscles, helping you to live longer!

It's likely that we've all heard the adage, 'gardening soothes the soul', so to be active in your garden will indeed provide a way to relax, reflect, and find a sense of calm in an increasingly erratic world.

Surely though, the greatest benefit of gardening is the produce – a seasonal harvest of tasty treats to cook with and enjoy! Growing and cooking with your own food adds a diversity of nutrients and flavours to your diet. It also helps the environment, by reducing the impact of large-scale food production and reducing the 'food-miles' of what we consume.

Buying locally grown, seasonal produce is surprisingly easy. Try shopping for your groceries at local farmers markets, rather than at the big supermarket chains, where fruit and vegetables are often imported, or transported from other parts of the country on fuel-guzzling trucks.

Growing your own food is so rewarding! Build yourself a garden bed in a sunny spot in your yard; remove any turf, turn over the soil to a depth of around 30cm, add some organic matter, such as cow manure or compost, sprinkle with some blood and bone, add some lime and mix well.

Give your new veggie patch a couple of weeks to settle in, watering occasionally, and you'll be ready to plant your crops!

If you don't have the space or you are renting, then pop some fruit trees in pots; there are lots of dwarf varieties available that will happily grow in a large pot, and you can take them with you if you move.

Grow and eat with the seasons, you'll love it!



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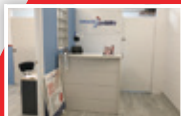
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A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



September is set to be a mammoth month in the Deagon Ward! The month kicks off with Father's Day being celebrated on Sunday 1 September. I'd like to take this opportunity to wish all the Fathers in the ward a Happy Father's Day. I hope you get a chance to relax

and unwind and spend some quality time with your family.

I'm proud to be hosting the first ever Sandgate Youth Festival at the Einbunpin Lagoon Parkland on 7 September from 4pm to 8.30pm. This festival will showcase eight great, local youth bands, battling for the winners title! There will be lots of activities and food too, so come along.

Saturday 14 September is a big day in the local calendar with the Shorncliffe State School Centenary celebrations. Past and present students will come together to celebrate the school's 100 years. On the same day, the famous Zillmere Festival is at O'Callaghan Park, celebrating our area's vast cultural diversity.

Congratulations to the Sandgate Paddling Club who will celebrate the Club's 25th birthday at the Volunteer Marine Rescue at Shorncliffe on Sunday 15 September.

Stirling Hinchliffe MP



Queensland's first ever, ten-year sport and active recreation strategy will soon be released, and with it, a whole suite of measures to support local sporting clubs to help get Queenslanders active and involved in sport.

Over \$40 million will be invested into Queensland sporting organisations, over the next three years. Whether it's new change rooms for sporting clubs or additional lighting for safety, community infrastructure solutions will help local sport and recreation clubs and organisations address barriers to physical activity participation.

Expressions of interest for the first round of grants will open in October, with grants of up to \$1 million available for each project.

I'm encouraging all of our local sporting groups to consider applying for the grants to improve their facilities and get more members of our community up and active!

As always, if you're looking for more information you can contact my office on ph. 3639 9100 or via email: Sandgate@parliament.qld.gov.au.

Cr Amanda Cooper



Council's free Native Plant's program is again underway. This is a great council initiative that allows Brisbane ratepayers, housing commission and defence housing residents to claim two free native plants.

Residents can collect their free trees' voucher from council libraries, council offices or from a ward office upon presentation of a current, paid rates notice or evidence of a recent rental payment for housing commission and defence housing residents.

Schools, registered community groups and charitable organisations are also eligible to apply for up to 50 free plants. This is a great opportunity for schools who will be celebrating Arbor Day in October.

In addition to the above, clubs on leased council land and body corporates may also be eligible for up to 20 free plants.

For further information, please phone my office on 3667 6000 or visit council's website at www.brisbane.qld.gov.au. To keep informed about council programs such as this one, you can also follow me on Facebook via www.facebook.com/cr.amanda.cooper or on Instagram under [Cr.Amanda.Cooper](https://www.instagram.com/Cr.Amanda.Cooper).



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BLUES & BREWS

HIT CARDIGAN BAR



Corn Liquor

Story **Emma Harley** Photo **Ben McShea**

Has your baby left you? Your job got you down? Got a hankerin' for some moody tunes deep in your soul? Sandgate's Cardigan Bar has your back, when its popular event Sandgate Blues returns this month.

Blues mavens, State of Appalachia and Corn Liquor, are set to provide the soulful sounds on the day, and Cardigan Bar owner, Brett Johnson, said audiences could expect their fair fill of stompin' soul tunes.

"It's a fun day out featuring live music from two great bands," Brett said.

"Corn Liquor are Australia's hillbilly cowboys that play tribute to the likes of Johnny Cash. They do a little guitar pickin' and bass slappin' to get your feet tappin'.

"We will also have for the first time, Flamin Grillas, low and slow, American-style BBQ to treat us with mouthwatering, smoked brisket and other goodies.



State of Appalachia



"And the awesome guys from Glass House Brewing on the Sunshine Coast are coming along to showcase a range of their finest brews, and to talk all things brewing. They may even have a few giveaways."

State of Appalachia vocalist and guitarist, Adam Christy, said audiences could expect to hear a stack of covers from some of the best blues names in the business.

"State of Appalachia was formed out of a love of American bluegrass, country/rock, folk and blues," Adam said.

"This music has its roots largely originating from the region of Appalachia in the US, hence the band's name.

"We'll be covering songs by The Steeldrivers, Tyler Childers, Colter Wall, Chris Stapleton and John Prine, and more."

Brett said the event would be the perfect Saturday afternoon escape for Sandgate's blues fans.

"It's a great Saturday session for the locals and a short train ride for our neighbours," he said.

"Expect awesome musicians, mouth-watering smoked barbecue and tasty beverages from a fine brewery who will be on site to talk all things beer."

Sandgate Blues

Saturday, 21 September from 3pm

See Cardigan Bar's Facebook page for more information.



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New CEO Appointed

■ SANDBAG recently announced the appointment of new CEO, Mr Philip Brookes.

SANDBAG president, Mr Rod Hillman, said, "Philip brings an exciting blend of experience with a solid business background."

Outgoing CEO, Ms Maggie Daunt, will continue working for SANDBAG, focusing on the delivery of essential services provided by the organisation.

Speed Limit Reduction

■ Motorist travelling along Flinders Parade in Sandgate will notice a drop in the speed limit, from 50km/h to 40km/h, as from Thursday 5 September.

The speed limit reduction will take effect between Second Avenue and Ninth Avenue.

Message signs will be used during the week prior to the change, with highly visible signage and road markings being installed when the new limit takes effect.

Copper Doors Opening

■ The highly anticipated opening of Copper Doors Cafe is set to be any day now.

Owner, Simon Wescombe, has been busily putting together the finishing touches.

Due to construction issues that delayed the original opening by several months, Simon hinted that we could expect to see Copper Doors open in early September.

Cooper Doors Cafe
19 Brighton Road
Sandgate

21st Century Dads

Story Philip Woods

Becoming a father is a responsibility that is thrust upon many, and one that brings with it a lifetime of expectations and obligations, along with (hopefully) a raft of experience, love and rewards.

It was never meant to be easy, but great achievements rarely are.

Every generation sees changes in the world that we inhabit, and with this, changes what our children need to learn... or so it may seem.

Once, a father would need to teach his children about the land that they lived on and how to take care of it. He still does.

Decades ago, a father would need to teach his children to respect other people and value life. This hasn't changed.

In centuries past, a father would need to teach his children to be resilient and strong in the face of adversity, and to persist beyond small failures to achieve their goals. Sound familiar?

With Father's Day approaching, it is timely to remember the men in our lives who have raised us and taught us to survive in an ever-changing world, and take the time to thank them.

As the world continues to change and evolve, fatherhood is eternal. Thanks Dad!



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Lyric (tiny invisible aid)



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Cloth Brush Drying beaker Air puffer Cleaning beaker and tablet
Vent cleaner Cleaning wire loop

Wax, dirt and moisture: These are the leading causes for hearing aid malfunctions. Wipe your hearing aids with alcohol wipes or clean tissues. If your hearing aids are fitted with wax filters, replace or clean the filters according to instructions. Ensure the microphone and receiver (speaker) sound bores are clean. When using the hearing aid brushes, be careful not to push the dirt into the sound bores. For hearing aids fitted with an earmould and tubing, an air blower is a very effective tool to dislodge any blockage inside the tubing. Investing in a hearing aid dryer will help to keep your hearing aids functioning longer.

Things that you can't do at home: A well-equipped hearing clinic can provide a deep cleaning of your hearing aids by removing the wax and dirt that clog inside the aids and the housing. Replacing the earmould tubing can make a significant difference to sound quality. A hearing aid vacuum chamber can remove moisture from hidden places inside the aids. Also an audio listening check by an experienced audiologist can determine if the hearing aid quality is degraded.

"I still can't hear my family. The background noise is too much. I can't hear clearly": Once possible common faults have been ruled out, a further investigation will help pinpoint a solution to enhance your hearing aid's performance, such as measuring your hearing aid's performance in quiet situations and with speech stimulus, realising and improving your hearing aid's limitations, measuring the nature of your hearing loss and the severity of any hearing distortion.

A hearing aid is a great tool to make your life easier. Studies show that individuals with a hearing loss who wear hearing aids have less incidents of depression, anxiety and social withdrawal than those who do not.

Ronnie Lam, Audiologist, Sandgate Hearing (Ronnie holds a master's degree in Audiology, member of Audiology Australia, NDIS and DVA/Medicare service provider).

What clients say about us



"We're Ecstatic..."

There's a saying that goes, "There's nothing new under the sun," but we truly have found something new and wonderful with Ronnie, the audiologist at Sandgate Hearing. He's extremely thorough & his professional approach from diagnosis to the fitting of hearing aids leads to excellent results. We're not just happy, we're ecstatic!

Peter and Judith Williams – Boondall



"I can hear myself singing..."

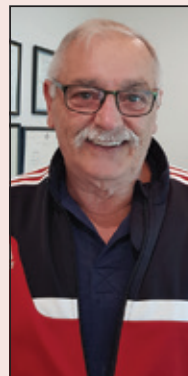
I am so happy that I can hear myself singing. Without hearing aids I can only hear about 60% but with these hearing aids, I now can hear over 90%. I'm very happy.

Sheila Moetara, Fitzgibbon.

My family is thrilled that I have hearing aids.

Now they don't have to repeat themselves.

Hine Whiunui– Redcliffe



"I'm very happy with the services & products..."

I've never had hearing aids before and I'm glad I came to Sandgate Hearing to get my first pair. Sandgate Hearing was recommended to me by my neighbour who was extremely happy with them. I'm very happy with the services and the products and would highly recommended Sandgate Hearing to everyone.

Ian Motley – Fitzgibbon

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What's On.

01 SUNDAY

📌 HAPPY FATHER'S DAY



📌 PAINTING CLASS - COLOURFUL ELEPHANT

SANDBAG 153 RAINBOW ST
SANDGATE 2AM - 4AM

2 hour painting experience with A Painter's Dream. All your equipment is supplied, no experience necessary! Perfect for friends, family or you time! Tickets at www.apaintersdream.com

📌 PYJAMA BOOTCAMP FUNDRAISER

ARTHUR DAVIS PARK 7AM - 8AM
Raising money for The Pyjama Foundation. Come down in your pyjamas and enjoy a fun, active workout. Raffles and prizes to be won. All welcome \$10 entry. Register www.chewchewtrainpt.com

🎵 BACKWATER BRETHREN

FULL MOON HOTEL 12PM

🎵 JACK SWEENEY

PHOENIX BAR & LOUNGE 12:30PM

🎵 DREAM TIME KARAOKE

BRIGHTON BOWLS CLUB 1PM

🎵 THE MULHOONS

SANDGATE POST OFFICE HOTEL 2PM

🎵 WILKO

PHOENIX BAR & LOUNGE 3PM

🎵 FAITH WALLACE

MR HENDERSON 4PM

04 WEDNESDAY

📌 TRIVIA

MR HENDERSON 7PM

Trivia with Anthony from Focus Trivia and Comedy is back. Taking place the 1st Wednesday of every month at 7pm. Get some friends together and come down for a great night full of laughs and fun - Prizes, Pizza Specials, Craft beer, cocktails and of course the trivia host with the most- Anthony!!!

06 FRIDAY



📌 CHAIR YOGA WITH SYLVI

WOMENSPACE 11 SECOND AVE
SANDGATE 4017 10:30AM - 11:30AM

Fun and accessible Yoga for everyBody. Chair Yoga is suitable for all ages, fitness levels, no prior experience required. All the benefits of yoga on a chair instead of a mat. \$10 Womenspace Members, \$12 Non-Members. Bring small towel, water. Call Sylvi 0419 784 114 to book and for details.

JOHNNY LAYTEX
PHOENIX BAR & LOUNGE 5PM

MULHOONS BAND
BRIGHTON BOWLS CLUB 6:30PM

JACK MCKENNA
SANDGATE POST OFFICE HOTEL 6:30PM

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SANDGATE COMMUNITY
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07 SATURDAY



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★ **CRICKET SEASON OPENER** *p44*
SANDGATE REDCLIFFE DISTRICT
CRICKET CLUB 9:30AM

★ **SANDGATE YOUTH FESTIVAL** *p12*
EINBUNPIN LAGOON PARK 4PM

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🎵 **HEIDI & SCOTT**
PHOENIX BAR & LOUNGE 7PM

★ **MUSIC BY THE SEA: BUNGARRIBEE** *p26*
SANDGATE TOWN HALL 7:30PM

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

🎵 **FLOW&SPARROW**
MR HENDERSON 8PM

08 SUNDAY

🎵 **WILKO (DUO)**
FULL MOON HOTEL 2PM



🎵 **LANCE GALLOWAY**
SANDGATE POST OFFICE HOTEL 2PM

12 THURSDAY

★ **BRAMBLE BITES** *p58*
SANDGATE TOWN HALL 6PM

13 FRIDAY



🎵 **DJ HEAVEN SENT**
PHOENIX BAR & LOUNGE 5PM

🎵 **DARYL JAMES**
SANDGATE POST OFFICE HOTEL 6PM

🎵 **LINDA STREET**
BRIGHTON BOWLS CLUB 6:30PM

🎵 **DARREN LAWRENCE**
FULL MOON HOTEL 8PM

14 SATURDAY

FULL MOON
MOON RISING 5:44PM



★ **ZILLMERE FESTIVAL CELEBRATES
CULTURE AND DIVERSITY** *p54*
O'CALLAGHAN PARK 10AM

★ **100 YEARS OF TRADITION** *p18*
SHORNCLIFFE STATE SCHOOL
CENTENARY FETE 10AM

📌 **TWILIGHT MARKETS**
CNR LEMKE & ROGHAN RD,
TAIGUM 4PM - 8PM

Join us for a great time with
Markets, Live Music, Food Vans and
lots of fun in the kids zone.



★ **DANCE AND MUSIC SOIREE** *p6*

ARTRAGEOUS COMMUNITY
ARTS CENTRE 5:30PM - 7PM

♫ **GIN & WALL**

PHOENIX BAR & LOUNGE 8PM

♫ **SCARLET & SAM**

MR HENDERSON 8PM

♫ **DAVE ORR**

FULL MOON HOTEL 8PM

15 SUNDAY

★ **PADDLERS CELEBRATE 25TH BIRTHDAY** *p16*

VMR 9AM

♣ **FOOD TRUCK FEST - SHORNCLIFFE**

VMR, 95 ALLPASS PARADE,
SHORNCLIFFE 12PM

Featuring eight of Brisbane's favourite
Food Truck, ALL INN BREWING Co.
craft brew on tap and live music.

♫ **JACK SWEENEY**

PHOENIX BAR & LOUNGE 12:30PM

♫ **PETE CULLEN (DUO)**

FULL MOON HOTEL 2PM

♫ **THE DIVERSIONS**

SANDGATE POST OFFICE HOTEL 2PM

♣ **PAINTING CLASS - ZEBRA EYE**

SANDBAG 153 RAINBOW ST
SANDGATE 2PM - 4PM

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🎵 **WILKO**

PHOENIX BAR & LOUNGE 3PM

🎵 **CHEYNE STARKIE**

MR HENDERSON 4PM

20 FRIDAY



🎵 **JOHNNY LAYTEX**

PHOENIX BAR & LOUNGE 5PM

🎵 **THE REGULATORS**

BRIGHTON BOWLS CLUB 6:30PM

🎵 **MARLEY MESZAROS**

SANDGATE POST OFFICE HOTEL 6:30PM

🎵 **NIK CONOMOS**

FULL MOON HOTEL 8PM

21 SATURDAY

★ **BLUES & BREWS** p32

CARDIGAN BAR 3PM

🎵 **THE LAZY HYENA**

MR HENDERSON 8PM

🎵 **REECE FREEMAN**

FULL MOON HOTEL 8PM

22 SUNDAY

🎵 **KARMA DUO**

SANDGATE POST OFFICE HOTEL 1:30PM

★ **CELEBRATING THE BEAUTY OF BEETHOVEN** p16

SANDGATE TOWN HALL 2PM

🎵 **MONTANA**

FULL MOON HOTEL 2PM

🎵 **BIGGY P**

PHOENIX BAR & LOUNGE 3PM

23 MONDAY

🚶 **LAURIE'S BEACH WALK**

CNR CLIFF STREET AND FLINDERS PARADE 9:30AM - 11AM

Discover the web of life along the Sandgate foreshore and tidal flats on a Laurie's Beachwalk. Bookings essential for this free event 0410 327 095.

25 WEDNESDAY

🚶 **LOCAL BUSINESS NETWORKING MEETING**

CARDIGAN BAR 5:30PM - 7:30PM

Join the Sandgate & District Chamber of Commerce for a Meet & Mingle. This meeting is not exclusive to chamber members and we encourage other small businesses to attend and network with fellow locals.

26 THURSDAY

🎵 **FREE COMEDY - BIG NIGHT IN**

MR HENDERSON 7PM

27 FRIDAY



🎵 **FLATLINERS**

SANDGATE POST OFFICE HOTEL 6:30PM



🎵 **MOJO WEBB**

CARDIGAN BAR 7:30PM

🎵 **DARREN & JEMIAH**
BRIGHTON BOWLS CLUB 6:30PM

★ **NEXT TO NORMAL IS A WINNER** p22
FATHER BERNIE COSTIGAN CENTRE 8PM

🎵 **TOM ROBERTS**
FULL MOON HOTEL 8PM

28 SATURDAY

🎵 **ECHOLON**
PHOENIX BAR & LOUNGE 7PM

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

🎵 **NOT QUITE JAZZ NIGHT**
MR HENDERSON 8PM



★ **NEXT TO NORMAL IS A WINNER** p22
FATHER BERNIE COSTIGAN CENTRE 8PM

29 SUNDAY

🎵 **JACK SWEENEY**
PHOENIX BAR & LOUNGE 12:30PM

🎵 **BIGGY P**
PHOENIX BAR & LOUNGE 3PM

🎵 **2MORO'S**
MR HENDERSON 4PM

🎵 **PHUZZ DUO**
SANDGATE POST OFFICE HOTEL 6:30PM

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Bottlemart

Grady Woolnough (from left), John Whitehead and Head Coach Vic Williams.

CRICKET SEASON OPENER.

Story Wayne I Flack Photo Ben McShea

While the Australian mens' cricket team battle England overseas for 'The Ashes', local cricket clubs have their pitches prepared and are ready for the new season to swing into gear.

The Sandgate Redcliffe District Cricket Club, will field a 1st grade mens' side against Western Suburbs District Cricket Club, in their season launch, at home this month.

Scott Abbey, president of Sandgate Redcliffe District Cricket Club, said they had been going through a rebuilding stage since their successful season in 2017/18.

"In 2017/18 we finished 2nd in the club championship, were one-day premiers, T20 premiers, and we made the final in the two-day competition losing to Norths," Scott said.

The club was enrolled with full district club status at the Q.C.A. annual meeting, on 8 August, 1961. They've had some household names play for them during this time, notably Trevor Barsby, Martin Kent and current Australian selector, Trevor Hohns.

They have three turf ovals, each named in honour of those three, with the main oval called the Trevor Hohns Field. They also have a number of synthetic ovals for their juniors.

The club also has a successful women's premier side, who are rated in the top 3 in the Brisbane competition. Two of the top women's players are all-rounder, Jemma Barsby, and victorious Australian Ashes squad wicket-keeper, Beth Mooney. Their season launches on 22 September.

Scott said the men started training strongly, once a week, back in July and were optimistic about their chances of success going forward.

"We have a rising star in 21-year-old top order batsman, Bryce Street, who took out our prestige Dixon Medal and is on the verge of selection to play for the Queensland Bulls," Scott said.

So gather the family and head down to Deagon for a relaxing day of suburban cricket, where you could witness the emergence of the next cricketing superstar.

More information could be found via www.gators.qld.cricket.com.au/

Sandgate Redcliffe Gators V Western Suburbs Bulldogs

**Mens' One Day 1st Grade Match
Saturday 7 September, 9.30 am
Sandgate Redcliffe District Cricket Club
Trevor Hohns Field, Cnr Board Street &
Racecourse Road, Deagon**




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Local DINING GUIDE



New Café a Natural Beauty

Business is blooming for Patricia Schult and Craig Hitchen — by name and by nature.

Story *Emma Harley* Photos *Ben McShea*

That's because the pair is the team behind café-nursery, Succulent Market Café & Nursery in Boondall, where fresh, seasonally-prepared café food is set within a haven for plant lovers.

Patricia said the idea behind the eatery was to share their passion for sustainable food practices with the community.

"We decided to open this space to share with our community what we love: coffee, nature, food and house-made products," she said.

"We offer a beautiful and relaxed atmosphere, organic coffee, food made with love from scratch, a selection of our house-made



Owner, Patricia Schult, with customer favourite, the Pulled Pork Burger.

products, and our succulents are waiting here for all the plant lovers."

While Patricia takes care of all things front-of-house, Craig is the culinary brains in background, cooking up their delicious, sustainably-produced café fare.

"Craig's career in the kitchen had an early start; he was 14 years old when he first worked in a kitchen, and since then has made it his life," Patricia said.

"With cooking being his passion, he found a way to create a balance for himself, stepping out of fast-paced cooking and focusing on corporate catering and the creation of beautiful products and recipes made from scratch."

His experience is shining through, with customers embracing his careful approach to crafting every dish from scratch.

"So far our pulled pork burger is the big favourite, and there are some good reasons for it," Patricia said.

"We slow cook the pork leg for 12 hours, which is pulled and soaked in our house-made barbecue sauce. It doesn't really need much more but we serve it on a toasted brioche with crispy coleslaw, ranch dressing, jack cheese and a side of chips."

Patricia said the community had welcomed the new space and had embraced it with open arms, which she said was heartening for any new business owner.



"I am truly amazed with the strong sense of community, the support, the warm welcome and the positivity of our community," she said.

"People are loving it as much as we are, and the reviews have been thoughtful and encouraging. What we are hearing a lot is that the area was missing a space like this one."

For more information, search for Succulent Market Café & Nursery on Facebook

Succulent Market Café & Nursery

2270 Sandgate Road, Boondall
P 0478 747 862



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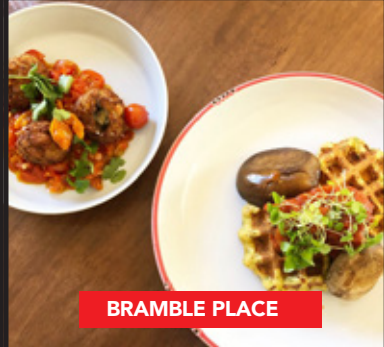
Local Dining Guide



BAAIA



BRACKEN RIDGE TAVERN



BRAMBLE PLACE



94 Flinders Pde, Sandgate
Foreshore

Modern Australian

3269 7510

BAAIA

Feature: Creative, fresh, seasonal food, coffee and homemade cakes on the water front. Open for coffee, breakfast, lunch and snacks from 7am. Eat in or take away. Dog friendly.

Tapas and Live music Sundays 2-4pm. Fully licensed.



154 Barrett St, Bracken Ridge

Ribs, Surf & Turf, & Steak

3269 7011

BRACKEN RIDGE TAVERN

Feature: Panama Jack's Restaurant has a wide variety of meals to suit all tastes, including gluten free dishes. Our signature dishes: PJ'S Ribs, Surf & Turf, and Steak & Rib Combo are legendary.



1 Loudon Street, Sandgate

Cafe

0435 427 174

BRAMBLE PLACE

Feature: Bramble Place is a cosy café with indoor seating located across from the Sandgate town hall. New breakfast, lunch and dinner menus offer delicious everyday options as well as daily specials. Fully licensed.

Breakfast: Mon 6:30am - 11:30am, Breakfast and Lunch: Tue-Fri 6:30am - 3:00pm Sat - 7:00am - 3:00pm Sun 7:00am - 1:00pm, Dinner: Fri-Sat from 5:30pm

Local Dining Guide



CHARLIE'S AT BRIGHTON HOTEL



COFFEE WARDEN



COOL BEANS CAFE



196 Brighton Tce, Brighton

Family Bistro

3051 7646

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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: We serve top quality coffee prepared using Lavazza's classiest coffee beans. We also take pride in providing excellent customer service. Our customers always feel welcomed and enjoy the atmosphere of our small Cafe where they can meet friends and other locals.

Hours: Monday to Thursday : 5am – 2pm
Friday to Sunday : 5am – 1pm



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.

Local Dining Guide



DOUG'S SEAFOOD CAFE



MOMENT BISCUITS



POST OFFICE HOTEL



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.



8 Queens Parade, Brighton

Coffee Shop

0430 753 768

MOMENT BISCUITS

Feature: Moment Biscuits is a small, European style boutique biscuit shop, only a short walk from the Brighton foreshore. Pop in weekdays from 5:30am to 11:30am for freshly baked treats, loose leaf teas & smooth Italian coffee. Now also open Saturdays & Sundays from 7-11am!

Follow us on Facebook for the latest promotions.



1 Bowser Parade, Sandgate

Hotel

3869 0606

SANDGATE POST OFFICE HOTEL

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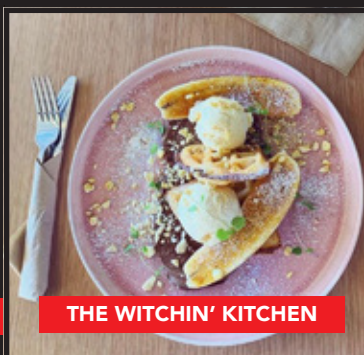
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SUCCULENT MARKET CAFE



THE WIRED OWL COFFEE CO



THE WITCHIN' KITCHEN



2270 Sandgate Rd, Boondall

Café

0478 747 862

SUCCULENT MARKET CAFE

Feature: At Succulent Market Cafe you will find that distinctive flavour that only house-made can offer. Most of our menu items are made from scratch, with lots of love and passion. Come and try the difference.

Open: Monday to Saturday 7 AM to 3 PM serving Breakfast and Lunch.



227 Rainbow St, Shorncliffe

Specialty Coffee House

0413 849 814

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.



Look Out! It's Swooping Season!

Story Kelly Walker Photo (below) *slapics*

With beautiful waterfront trails and parklands, Sandgate is a favourite for families all year round. However, as spring approaches, swooping magpies are the talk of the town, as everyone anticipates the wrath of these perceived feathered foes during nesting season.

Whereas these highly intelligent, accomplished songbirds generally live peacefully among us, they are fiercely protective when it comes to their little ones. Avid cyclist, Rebekah Mannering, is one of the many locals who

knows just how vigilant these birds can be. "I cycle along the foreshore about two to three times a week," Rebekah said. "I have been swooped many times and the noise they make is beyond terrifying!"

Aside from fleeing the country each spring, to avoid the birds altogether, you can take less drastic measures to ward off a potential attack. Take note of any magpie activity along your usual walking/cycling routes throughout the year and avoid these areas in the springtime, whenever possible. As magpies are very territorial, they normally raise their young in the same location, year after year. "There are a few spots where I notice magpies each spring," Rebekah says. "One particularly protective male tends to nest in a tree on Twelfth and Flinders and another one along the Deagon Deviation path."

As it's impossible to avoid nests altogether, it's good practice to protect your head and eyes when venturing outside, this time of year. This could be as simple as attaching cable ties to your bike helmet, or wearing a wide-brimmed hat while walking. Others swear by adding googly eyes or sunnies to the back of their hat or helmet to help to ward off an attack from behind. However, Rebekah has witnessed an even more unusual strategy. "When my friend came over from England, we saw a group of students with ice cream containers on their heads," Rebekah says. "Understandably, my friend was quite shocked when I explained that they were trying to protect their heads from magpies!"

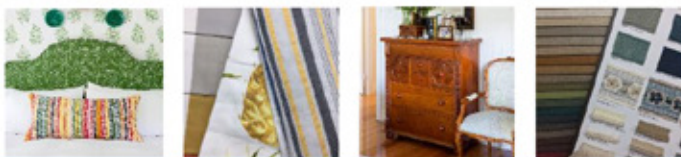
It's good to be cautious, but there's no need to panic. "I try to remember that they are only protecting their young," Rebekah says. "When they aren't feathered bringers of death, they are beautiful and funny birds."



Rebekah Mannering keeps an eye out for swooping magpies during her rides along the foreshore.

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Heilani Polynesian School of Arts

Zillmere Festival Celebrates Culture and Diversity

Story Jodie Woodward

The annual Zillmere Festival promotes and shares the diverse and rich cultural background of the suburb and its surrounding areas. This year will mark the 17th event, since its inception in 2002.

The festival is supported by Brisbane City Council and the Queensland Government as part of Queensland Multicultural month and this year's organisers are focused on creating a space where community members can interact and enjoy the family-friendly environment of this one-day-only festival.

Jabiru Community, Youth and Children's Services CEO, Brett Roland, said the festival celebrates Zillmere's proud, culturally-diverse and creative community.

"We are incredibly proud that stallholders and performers are from our community," Mr Roland said.

At the event, attendees can expect to find themed village-style food and craft stalls from a range of local providers. There will also be a host of cultural groups in attendance who will exhibit displays, hold workshops and craft

demonstrations as well as present traditional song, dance and food for festival goers.

"One of the major highlights this year is the showcase of international food with \$5 affordable meal options," Mr Roland said.

A popular aspect of this family-friendly event is the variety of free activities on offer for both children and adults alike.

"There is a dedicated children and family zone offering free activities including a bouncy castle, face painting, henna art, make up artistry and photobooth," Mr Roland said.

There'll also be a range of local community groups and government agencies in attendance, to provide information, displays and activities to the festival attendees.

If you feel like dancing along to some music instead, there'll be plenty of opportunity for that as well. Music and dancing performances will feature across three stages. There will also be interactive drum, dance and art workshops and activities to join in.

"If you feel like getting into the groove, head to the Interactive Dance Stage where you can learn dances from around the world," Mr Roland said.

You can find out more by visiting the Zillmere Festival Facebook page.

Zillmere Festival
Saturday 14 September, 10am-3pm
O'Callaghan Park
340 Zillmere Road, Zillmere.



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Greg Coonan of Greg's Native Stingless Bees

Bee Society

Story **Sondra Grainger**

Photo (above) **Ben McShea**

There's a buzz around Brighton and it's got the locals heading to their backyards. At just 4mm in length this tiny wonder is drawing people outside, to plant gardens, share stories and marvel at the adventures of something so small.

It's known to purists as *Tetragonula Carbonaria*, but locals call it by its common name, the native stingless bee. Whilst it's estimated that there are approximately 2,000 species of native bees in Australia, this social bee is primarily found in South East Queensland and is rapidly gaining popularity as a backyard buddy in Brighton.

A local 4017 resident, Fraser, installed a log hive (rescued from tree loppers) to help pollinate his garden and create a little eco system.

"I picked an area where we could sit and enjoy watching them. As a landscape gardener, I chose the log one first, to encourage the garden to flourish. It's very easy, no maintenance and nice to have as a feature in the garden," Fraser said.

"We got ours from local native bee hive supplier, Greg's Native Stingless Bees. He stabilised the log with a base and roof and has helped us out with information. Now our neighbours are installing hives too."

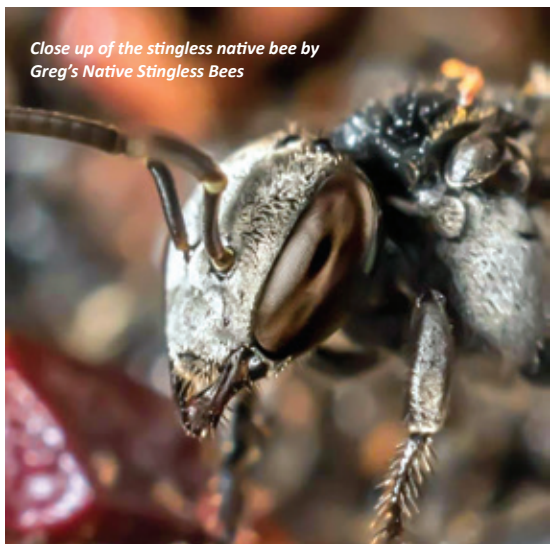
Whereas many native bees need native trees, this species is happy to feed from exotic plants as well, making them ideal for suburbia. Brighton based Greg Coonan of Greg's Native Stingless Bees, said, "The number of hives I sold last season (Sept-Sept) was 50, this next season it's estimated to be over 100.

"They are such a joy to have. I prefer the rescued log hives, but there's plenty of interest in the built hives too. They're a really popular gift for weddings, birthdays, anniversary's and especially Christmas. They are a gift with a difference and zero maintenance. I give people a hand to set up and the bees just thrive."

These busy bees only travel up to 500m to find food, so planting flowers and native trees, and allowing old trees to remain so the bees can nest in the holes is essential. The benefit for us is a much stronger eco system, especially in farming and of course, relaxation, you can watch them for hours!

Find more information on the bees and hives follow Greg's Native Stingless Bees on Facebook

Close up of the stingless native bee by Greg's Native Stingless Bees



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BRAMBLE Bites

Story Brooke Jacobson

PLAY IT AGAIN, KATE

Local Sandgate artist, Kate Jefferay, will have some of her work on permanent display at the Brisbane Powerhouse in New Farm.

Her stunning cross-stitched piano, which she created for the Play Me, I'm Yours, exhibition will now be permanently in place at the Powerhouse.

The Play Me, I'm Yours, art installation took place at a number of venues right across the city, with artists decorating old pianos.

The instruments were then left in public spaces for anyone to come along and play.

Kate said she was delighted to have her piano on show at the Powerhouse.

IS CRIME INCREASING?

There's a great deal of discussion on local Facebook pages about petty crime. A number of community members have reported incidences of bikes being stolen, cars being broken into and people allegedly "looking around" homes and backyards in the 4017 area.

Queensland Police Service has three simple tips for home security:

Make it as difficult as possible for an offender to gain entry – install and use key operated locks on doors and windows, and don't place keys under doormats or other obvious places.

Make it as difficult as possible for an offender to exit your property – make sure your alarms are working.

Make it as difficult as possible for an offender to want your property – engrave or microdot all items of value.

QPS also recommend getting to know your neighbours. Secure your house properly, even when you're at home, ask for credentials from all salespeople, tradies or service providers such as cleaners and gardeners, and keep valuables out of sight and out of easy reach.

In the event of any emergency dial 000 and if you'd like to report a crime, contact Crime Stoppers on 1800 333 000.

Do you think crime is increasing in Sandgate and surrounding areas? What do you do to secure your home and belongings?

FUNDING GRANTS

Round two of the State Government's Thriving Queensland Communities grants was recently announced and it was good news for two local organisations.

The Sandgate and Bracken Ridge Action Group (SANDBAG) received \$20,000 in funding to re-roof the Sandgate Community Centre.

The North East Community Support Group Inc, based at the Zillmere Community Centre, received \$5400 to help train volunteers and community leaders.

More than 70 neighbourhood and community centres across the State shared in more than \$800,000 under the grant program, with successful recipients of the

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



one-off grants now able to run events, deliver projects or purchase equipment to help their communities.

SANDGATE BIRDLIFE

Brisbane City Council is presenting a biodiversity seminar on threatened species at the Sandgate Town Hall, on Thursday 12 September from 6pm.

Millions of migratory birds visit our area each year, from distant breeding grounds, and research has shown that the decline of migratory shorebirds is linked to their resting and feeding sites along their flight path.

Come along and hear how Brisbane environmental groups are making a difference in the conservation and protection of migratory shorebirds.

This is a free event, but attendees are asked to register at: www.eventbrite.com.au and search for Brisbane Biodiversity Seminar: Threatened Species.

FIVE-A-SIDE SOCCER

The Brighton Bulldogs football club is running a five-a-side competition from October 10 to November 28. Competition will be held on Thursday nights from 5.30pm.

Costs to register will be: \$65 for squirts; \$75 for mini-roos; \$85 for juniors; and \$95 for seniors and overs.

For more information, head to: www.brightonbulldogs.org.au

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SEPTEMBER TIDE TIMES

Time m	Time m	Time m	Time m
1 0509 0.20 1055 2.16 SU 1705 0.19 2313 2.56	9 0036 0.71 0610 1.56 MO 1201 0.62 1844 2.16	17 0516 0.40 1115 2.06 TU 1722 0.52 2318 2.07	25 0040 0.58 0620 1.71 WE 1220 0.46 1852 2.38
2 0549 0.22 1142 2.19 MO 1753 0.29 2355 2.39	10 0129 0.60 0706 1.66 TU 1300 0.55 1932 2.23	18 0544 0.43 1151 2.05 WE 1759 0.60 2348 1.95	26 0139 0.42 0720 1.87 TH 1324 0.34 1946 2.50
3 0628 0.27 1230 2.18 TU 1842 0.44	11 0211 0.52 0751 1.76 WE 1348 0.49 2013 2.28	19 0614 0.47 1228 2.03 TH 1838 0.70	27 0230 0.29 0813 2.03 FR 1422 0.24 2035 2.57
4 0038 2.17 0706 0.35 WE 1321 2.13 1935 0.61	12 0248 0.47 0829 1.84 TH 1429 0.44 2049 2.30	20 0023 1.82 0647 0.53 FR 1313 2.00 1926 0.79	28 0316 0.20 0902 2.16 SA 1514 0.18 2121 2.57
5 0123 1.93 0747 0.45 TH 1417 2.08 2039 0.76	13 0321 0.44 0902 1.91 FR 1505 0.41 2121 2.30	21 0105 1.68 0729 0.59 SA 1408 1.98 2031 0.85	29 0358 0.16 0949 2.26 SU 1604 0.18 ● 2204 2.50
6 0217 1.71 0836 0.55 FR 1523 2.03 ● 2200 0.83	14 0352 0.42 0935 1.97 SA 1540 0.40 ○ 2152 2.28	22 0207 1.56 0828 0.65 SU 1519 1.99 ● 2157 0.84	30 0437 0.15 1035 2.32 MO 1652 0.23 2247 2.36
7 0329 1.55 0938 0.63 SA 1637 2.04 2327 0.81	15 0421 0.40 1006 2.01 SU 1613 0.42 2221 2.23	23 0338 1.50 0948 0.65 MO 1639 2.08 2327 0.73	
8 0456 1.50 1051 0.65 SU 1746 2.09	16 0448 0.39 1039 2.05 MO 1648 0.46 2249 2.17	24 0508 1.57 1109 0.58 TU 1751 2.22	



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Off the Beaten Track

Story *Philip Woods*

While our cities continue to expand and roads and suburbs are built to accommodate our growing population, most of our wide, brown land remains undeveloped.

In southeast Queensland, we have great expanses of unspoilt bushland and pristine beaches and coastline, and the best way to get out there and explore these areas is with a four-wheel drive.

Peter Fowler is a long-standing member of the Queensland 4X4 Club, based in Brisbane. "We're actually the oldest four-wheel drive club in Queensland; we were set up in 1971," Peter said. "But I've only been a member for 25 years."

As you may expect, there is a great range of beautiful destinations within a short drive of Sandgate where you can get off-road, and an easy way to find out more about these places is through a club.

"We're quite blessed around here, there are a lot of state forests and national parks, as well as beaches. You've got options like Bribie Island, Moreton Island, Stradbroke Island or even up to Fraser Island and the Cooloola Coast, as well as areas like the Glasshouse Mountains, Mt Mee and the Kenilworth region to choose from."

Off-roaders sometime get a bad reputation in terms of their impact on the environment, but Peter firmly believes that the opposite is true.

"We really encourage people to join a club because all registered clubs have codes of ethics and codes of practice for operating a 4WD. We want to maintain the environment in its current form so that families and people can use those parks forever."

Before you head off-road, make sure you are equipped with the right skills and safety gear. Do some research with one of the nearly 50 registered clubs in Queensland, several of which are based around the northern and bayside suburbs of Brisbane.

Join in one of the family-friendly adventures or activities that are held regularly, including clean-up events and camping trips.

There's so much beauty to be found in the bushland and beaches that are right on our doorstep. Why not go exploring?



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Showcasing the region's top wineries and food producers in one picturesque waterside location, the Moreton Bay Food + Wine Festival is a winning formula.

Following the success of the inaugural event last year, the festival returns to the Peninsula on Saturday 7 and Sunday 8 September.

Moreton Bay Region Industry & Tourism chairman, Shane Newcombe, said the free festival precinct would wind its way down Redcliffe Parade offering foodies a feast for the eyes and senses.

"This is a showcase of our region's finest fresh produce and artisanal products, curated by some of our top chefs, brewers and winemakers against the backdrop of stunning Moreton Bay," he said.

"There'll be an abundance of workshops and cooking classes for those who want to get hands-on.



Visitors will also be able to discover the magic of our foreshore restaurants, who have created special menus for the weekend and will also be hosting ticketed events."

Moreton Bay Region mayor, Allan Sutherland, said that two of the country's most popular cooking personalities were joining the line-up this year.

"I'm thrilled that Matt Sinclair and Alastair McLeod will be sharing some of their favourite recipes on the USC Seafood Cooking Stage," he said.

Another major drawcard is the free entry to the festival precinct, all weekend, with so much to see and do.

Just some of the free highlights include the local tastes pavilion, the seafood cooking stage, the Kindred Beach Teepee Bar & Stage, Mon Komo Hotel's Cuban-inspired pop-up bar, and the Seafood + Wine Deck.

Head along to Charlish Park for Craft Brews by the Bay, where you can try everything from pale ales to stouts, while enjoying a bite from a selection of food trucks.

Sweet teeth will be catered for with a pop-up dessert festival promising sweet, deep-fried, creamy and frozen treats.

Family-friendly activities include Sesame Lane's pizza-making workshops and giant connect 4 games along Redcliffe Parade.

The festival also features paid workshops and events at various local venues.

For more information visit
www.moretonbayfoodandwine.com.au

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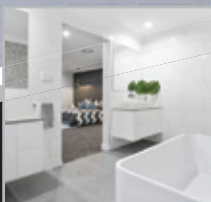
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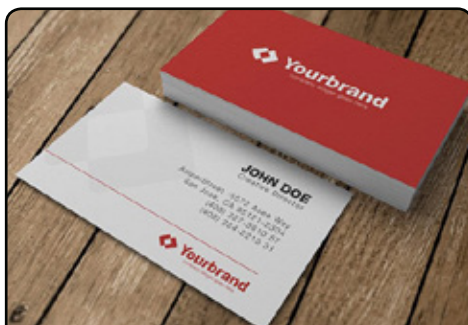
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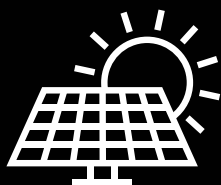


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