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GUIDE



Harry Phillips

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As a Nurse Practitioner of cosmetic injectables and aesthetic medicine, Anita East, BSc, MA, MSN, has now performed more than 18,000 treatments on people worldwide. Anita is a resident writer for The Cosmetic Surgery Magazine and is often called upon to present at cosmetic medicine conferences throughout Australia.

On originally developing a foundation in cardiac medicine, Anita decided to move to the UK and follow her dream of performing and the arts. Alongside furthering her career in cardiac medicine and dermatology, she studied and sang with English National Opera and completed a Master of Acting at Central School of Speech and Drama. Anita worked as a TV presenter for Sky Sports and the BBC, and did acting stints in The Bill, Neighbours and Offspring. She performed in various films, TV commercials and West End theatre productions.

18,000
TREATMENTS
PERFORMED

It was actually on a filmset 15 years ago that saw Anita in the hair and makeup department overhearing a tense conversation between the director and makeup artist. The lead actress had turned up on the first day of the film shoot with grossly overfilled lips and a completely frozen and expressionless face. Anita vowed on that day to make it better. To somehow make cosmetic injectables look natural rather than scary and overdone, which thanks to reality TV, was just starting to become the rage. She set out on her mission as soon as the film shoot wrapped 6 weeks later.

Anita is known for creating Beautiful Unique Faces™ rather than the grossly overfilled and frozen faces that sadly, are becoming commonplace.

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Walking to the Beat of His Own Strum

Story Emma Harley

By its very nature, the Sandgate area is a haven for creatives, musicians and artists. So it's no surprise that one of its deep musical talents, singer-songwriter Harry Phillips, has taken out one of the state's most coveted music awards.

Harry Phillips

The Billy Thorpe Scholarship is a \$10,000 grant given to one Queensland musician every year at the Queensland Music Awards, and this year Harry deservedly got the nod.

"It's a huge deal for me as momentum is a big deal when building a music career, and this win allows me to take all of the plans that I had for recording new music at the end of the year, and move them forward to now," he said.



I was actually one of the four finalists for the same award in 2018, and lost. So it was also a nice payoff for continuing to pursue the goals that I had set for myself since that time."

If you've seen Phillips play around the area, you'll know him by his patented mix of grungy Brit-pop and delicate folk tunes.

"Half of my first EP is Brit-rock, which is the style of a lot of bands that I grew up with, such as The Beatles, Oasis and The Killers," he said.

"The other half are acoustic singer-songwriter tracks styled after the likes of Jeff Buckley and Neil Finn. My second EP is more inspired by artists such as Charlie Puth and Ed Sheeran, but I've tried to keep my very earthy singer-songwriter lyrics."

Phillips - a proud Deagon resident - said he had a huge year planned, with the release of new music just around the corner.

"I am going to finish releasing my first EP Life Without Fairy Tales on 25 April, which people can find on Spotify and Apple Music. I am going to record my second EP in the very near future with the assistance of the Billy Thorpe Scholarship, so keep an eye out for that."

Despite the extraordinary times facing the world community, Phillips said he can't wait to get back to playing live once it was safe to do so.

"My favorite part of performing is looking out and seeing people really enjoying the music. I get a real buzz from that," he said.

You can follow Harry Phillips Music on Facebook and Instagram. Stream Harry's music for free on Spotify and Apple Music.



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Member for Sandgate Stirling Hinchliffe with Fire and Rescue crew.

NEW BASE FOR BAYSIDE FIRIES

If you've ever wanted to meet some of our community's real-life superheroes and get a first-hand view of where they work, now's the perfect chance.

Story Linda Read

The brand new and much-anticipated Bracken Ridge Fire and Rescue Station is opening soon for business – and bayside residents will be invited to have a sneak peek behind the scenes at the state-of-the-art facility.

Building of the station has been underway since April last year. The Bracken Ridge station, on Bracken Ridge Road, will respond to local fires and emergency situations in the area currently covered by the Sandgate Station in Brighton Road, Sandgate.

Member for Sandgate Stirling Hinchliffe and Queensland Fire and Emergency Services will hold a community open day at the station – a date for this event will be decided and communicated at a later date. Visitors can expect to be treated to tours through the inside of the station conducted by local Fire and Rescue crew, with a free sausage sizzle also on offer.

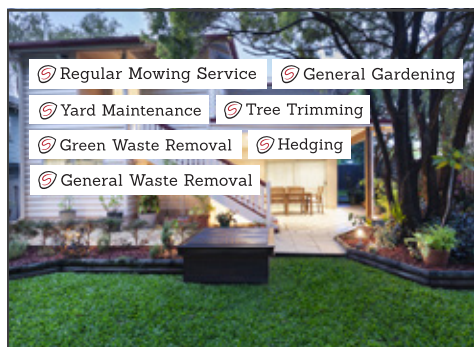
"I am really excited to have this new facility in our local community and to be able to share the privilege of touring the station," Mr Hinchliffe said.

"I encourage locals to take advantage of the opportunity to have your photo taken in one of the fire engines that will be stationed at the new facility."

The new multipurpose building incorporates a Technical Rescue facility, which will be staffed by four specialist technical rescue experts who will be transferred from another station.

The technical rescue facility includes an operational training facility, training rooms, a tower block for high angle rescues and a large storage area for small boats and equipment.

Community Open Day
Date to be confirmed
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NEW ORDER FOR THE FULL MOON

Full Moon Hotel co-owner Luci Black

Story Emma Harley Photo Bruce Redman

Full Moon Hotel publicans Toby and Luci Black are looking on the bright side of the government's shutdown of social outings by ensuring patrons can still get a feed and a beverage from their favourite local.

"With the closures to Pubs, Clubs, Restaurants and other entertainment venues that the Australian Government announced, we had no time to wallow in misery," Luci said.

"So as with all our best ideas, we were having a laugh with a beer in hand, when the idea for Winner Winner Drinks & Dinner presented itself."

Bottle shops have not been included in the closures, so all four of the couple's local bottle shop locations will be operating as usual, while still facilitating social distancing requirements. That's where the smart new concept comes in.

"But how could we combine takeaway food with our bottle shops? That's where Winner Winner Drinks & Dinner comes in," Luci said.

"Customers can call ahead and place your food order to our restaurant, which is cooked and prepared by our chefs and ready for you to pick up within 30 minutes as you pull through the Full Moon Hotel Drive-Thru Bottleshop.

Luci said the takeaway menu would include the pub's three-cheese chicken parmi, a soul warming Thai-style chicken noodle soup, salads, burgers and their famous homemade pie, to name a few.

"There are vegan and gluten free options as well, as we know that can usually be difficult to find on a takeaway menu," she said.

"It means our customers can still enjoy the Full Moon food they know and love and drinks from our bottle shop, with the convenience of a full drive-through service."

Luci said the challenges their industry faced at the moment would be a test of their resilience but they were confident the community would come together during this time.

"Businesses will need to think laterally and pivot quickly and often in order to survive," she said.

"But we wouldn't want to be doing it anywhere else — we are so thankful for our village right now."

To place an order, keep the menu printed on the right of this page, or view it online at fullmoonhotel.com.au, and call the restaurant on 3869 0544. It will be ready in 30 minutes and their staff will run it down from the kitchen to your car.



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w creamy mashed potato, green pea puree, grilled tomato, red wine jus \$26

Sri Lankan Curry

w cauliflower, squash, kale, butternut pumpkin, chilli, chickpeas, coconut & lime sambal, jasmine rice \$20 **GF VG**

ADD optional grilled chicken \$4

Crispy Pork Belly Salad

w shredded wombok, rice noodles, bean sprouts, julienne carrot, coriander, mint, chilli, peanuts, ginger & tamarind dressing, fried shallots \$26 **GF**

Chicken Parmi

w panko crumbed chicken, napoli sauce, smoked ham, three cheese mix of mozzarella, manchego & parmesan, garden salad, chips \$28

Slow Braised Rosemary & Garlic Lamb Shoulder

w pita bread, greek salad, fresh lemon, minted yoghurt \$24

Local Prawn Linguini

w lightly tossed fresh tomato, olive oil, garlic, chilli, fennel, parsley, baby capers \$26

Rosemary & Garlic Lamb Ragout Pasta

w zucchini, garden peas, cherry tomatoes, parmesan \$22

Ground Wagyu Beef Burger

w smoked bacon, melted red cheddar, red onion, tomato, salad greens, housemade mustard & dill pickle mayo, milk bun, chips \$20 **GF M**

Mushroom Burger

w garlic & thyme roasted field mushroom, smashed avocado, red cabbage, tomato, salad greens, basil aioli, mylk bun, chips \$18 **VG GF M**

Crispy Korean Chicken Burger

w kimchi style slaw, sweet chilli & ginger sauce, milk bun, chips \$18

Roast Beetroot & Feta Salad

w mixed greens, blistered cherry tomatoes, roast butternut pumpkin, avocado, crumbled feta, candied walnuts, sprout seeds, vincotto & extra virgin olive oil \$18 **V GF VG**

ADD optional grilled chicken \$4

Char Grilled Barramundi

w broccolini, roasted chat potatoes, cauliflower & rocket skordalia, macadamia nut butter \$29 **GF**

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Story *Brad Flynn*

When the tide goes out you can see who has been swimming naked. This is a very apt allegory for our current unprecedented situation in the small business world. Here is how to make sure you are not too exposed right now and beyond this challenge.

CASH

Now is a great time to do a cash-flow projection. I call this the sleeping pill – if you know what's coming in and out of your business bank account in the coming weeks and months, you can sleep easy. Follow up on customers who owe you money NOW. Get credit NOW. You don't have to spend it, it's just there for emergencies.

Your business expenses should only have one of two purposes – to get new customers or to keep your existing customers. Reduce your unnecessary expenses, renegotiate rates and terms with suppliers wherever possible.

Keep your cash reserves protected as much as possible. Keep the big purchases for when you accelerate out of this situation.

COMMUNICATION

Communicate well, and often, to staff, customers and your supply chain. Consult with your staff – getting them to participate in a problem will

enhance their ownership of the solution. Be open and honest. Be vulnerable. But also be a leader who will guide everyone out of this situation. If you don't communicate often, you risk stoking the rumour mill, which – just like a virus – spreads rapidly and causes untold damage.

Tell your customers what controls you've put in place. These controls are for their health and safety, as well as for your staff. Get their participation in it – everyone is in this situation together.

CONTINUITY

Look to the future. In particular, how can you accelerate your business once this crisis is over (or beforehand)? What can you plan for, can you produce different goods and services, can you find a new and different niche? Remember that there will be holes in the market for goods that have been exported up until now. Can you produce a similar product locally?

Can you up-skill your workers now? Online courses and training will be a great way of keeping staff busy and doing meaningful work.

Take this time to critically review all your business operations. How can you do things better, more efficiently, smarter? Can you look at investing in technology to streamline processes?

www.redcliffepeninsulachamber.org.au/covid-19-business-resources/

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LEST WE FORGET

Story Brooke Jacobson | Photo Paul Neil

For the first time since 1919, Anzac Day commemorations have been cancelled. Back then, it was the Spanish Flu which forced people to stay home and in 2020 it's another pandemic that has halted our national day of remembrance.

Due to the outbreak of the COVID-19 virus, all Anzac Day services and marches in Australia have been called off. Due to the ongoing travel ban, services traditionally held around the world, including at Gallipoli and on the Western Front, will also not go ahead.

Federal Minister for Veterans Affairs and Defence Darren Chester said it was a "regrettable decision".

"A lot of our veterans are approaching 95 or 100 years of age and we didn't want to expose them to those conditions," he said.

It's been 105 years since young men from Australia and New Zealand stormed the beaches at Gallipoli, and despite changes to this year's commemorations, their service has not been forgotten.

The national service in Canberra will still go ahead despite being closed to the public and it will still be televised.

An idea that has taken hold on social media has called for Australians to stand at the end of their driveways, or on their balconies or verandahs at 6am on Saturday, 25 April for a minute's silence.

RSL Queensland state president Tony Ferris said his organisation had endorsed this idea. "We agree it's a brilliant way to collectively honour the dedication, commitment and sacrifice of our service people," he said.

Crowds had been growing in recent years at Anzac Day services, with the 9am Sandgate service regularly attracting up to 4000 people.

A post on the Sandgate RSL Sub Branch Facebook page said, "In line with government and the Federal Chief Health Officers' direction, we regret to inform that the traditional Anzac Day Dawn Service and March in Sandgate are cancelled due to the Coronavirus public health emergency.

"The Sandgate RSL Sub Branch is currently working on alternatives for our members and community to commemorate this important day."

For more information on alternatives to this year's Anzac Day services, please see the Sandgate RSL Sub Branch Facebook page or the state RSL website, www.rslqld.org



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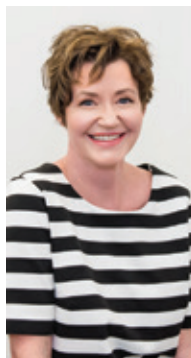
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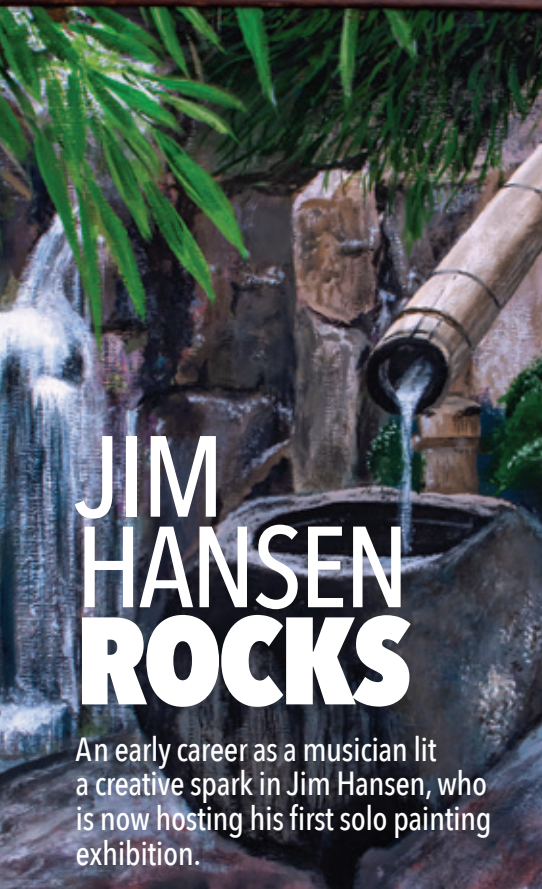
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JIM HANSEN ROCKS

An early career as a musician lit a creative spark in Jim Hansen, who is now hosting his first solo painting exhibition.

Story Donna Roberts

Photo Kyle Marsden

Sandgate-based artist Jim Hansen had spent years working in real estate and the public service before discovering his passion for painting. "Before I started painting seven years ago, I was painting traditional folk art furniture and making leadlight windows," Jim said.

"I have studied visual art at the Queensland Technical College – now QUT – and a full-time course at TAFE and other private courses," Jim said.

Jim is the frontman for the Sonics, a local music group who played popular Brisbane venues such as Cloudland in the 1960s. They now play the 'Rock Under the Clock' shows at the Sandgate Town Hall.

He has been interested in art his entire life, after visiting many galleries locally and globally.

"Australian artists that have influenced my work are William Robinson and William Delafield Cook," Jim said.

"My favourite overseas artist would be Monet and his waterlilies paintings."

Jim specialises in painting landscapes he has encountered through his extensive travel in Australia and overseas.

"Really it's my first solo exhibition, which will show some of my work from the last few years," he said.

"[The exhibition] will feature my recent series on the High Country, Kosciusko and Tasmania, and my current work on depicting the rainforest.

"All the paintings in the show are of places here and overseas that have inspired me."

Jim paints in a studio separate from his house and works there most afternoons accompanied by his favourite music.

He enjoys creating hidden details in his paintings for the viewer to discover.

"I am a representational painter, and love painting highly detailed images, which allow the viewer to discover secret places within the work and then to carry these images with them when they are exploring the natural landscape for themselves," Jim said.



Jim Hansen: There Are Places I Remember
Opening: Friday 27 March, 6.30-8.30pm
Open until Tuesday 14 April
Gallery open Tuesday to Saturday
10am-3pm only
Gallery 4017, 82-88 Loftus Street, Deagon.



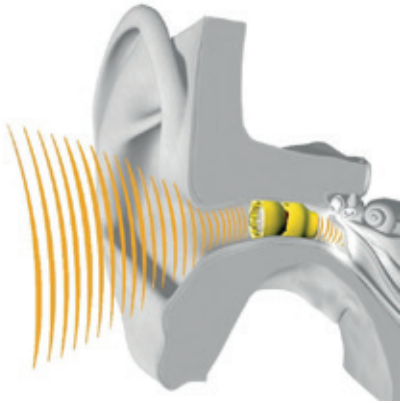
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Ronnie Lam, Audiologist - Sandgate Hearing

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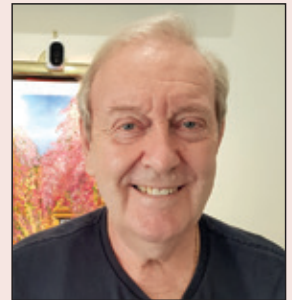
Graham & Lynette Baker - Scarborough



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BLUEWATER FESTIVAL POSTPONED

Story *Linda Read*

The famous Bluewater Festival, one of the brightest jewels in the bayside community's crown, has been postponed until later in 2020.

The Sandgate and Districts Chamber of Commerce reluctantly announced the postponement from its iconic Good Friday slot to an undecided date in September, in light of the rapid spread of COVID-19 worldwide.

Chamber of Commerce president Bill Gollan said the association was working with the organisers of the also cancelled 2020 Brisbane to Gladstone Yacht Race, an event that usually runs alongside the Bluewater Festival, to secure a date.

"As a Chamber of Commerce, we're very mindful of the fact that the festival is not just a community event, but it's about supporting small businesses and family businesses," Bill said. "We need to do something for them."

"From the people who run the stalls, the rides, the food trucks, even the people who clean the toilets – they're all small businesses. The artists, the entertainers – they're all people who work for themselves."

Bill said he urged people in the meantime to continue to support their local businesses wherever possible in the current extremely challenging economic climate.

"Support your local small business; buy local," he said. "That's something we can do as a community to help each other."



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THE FUTURE OF THE SHORNCLIFFE ESCARPMENT

The Shorncliffe escarpment is an outstanding natural feature.

It is the only elevated area in all of north Brisbane that provides views of Moreton Bay. Fringed by Lovers Walk at the bottom and heritage homes around the top, it offers one of the loveliest walks in our city.

Keep Sandgate Beautiful Association (KSBA) is planning a public forum on the Shorncliffe escarpment in the Sandgate Town Hall. A date and time will be advertised once public gathering restrictions are lifted.

Discussion will revolve around Brisbane City Council's development of a management plan for the escarpment. Council will soon release their draft management plan summary for public comment.

"What we have learnt from the Sandgate Neighbourhood Plan, currently underway, is that Council has a well-structured process for public consultation," said KSBA president Linda McMahon.

“Unfortunately, with that project, the community was not well prepared and many found the early stage of the process frustrating or unsatisfactory. There is nothing necessarily wrong with the process, just that the community needs to be better organised in order to mesh well with the council side of it.”

Council met with members of the public and sought written submissions on the escarpment in mid-2019. “KSBA made a major submission and will be using that as the springboard for a discussion on the escarpment,” Linda said.

Speakers will include president of the Sandgate Chamber of Commerce Bill Gollan and the local councillor, and will be followed by a panel discussion. The objective is to allow everyone to be better prepared to respond to the next stage of consultation when council's draft is released.



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CHANGE YOUR MINDSET WITH YOGA

Story Jodie Woodward
Photo Peter Ross Murray

If you're looking for a mindset shift or a change in focus, yoga could be just the thing you need. Even if you have no previous yoga experience, you might be able to find some peace through outdoor Yoga for Mindset classes.

Yoga instructor and neuro-linguistic programming (NLP) coach Lisa Burgess said yoga and mindfulness had played an important part in her own positive changes and inner growth.

"I am passionate about helping others to re-create their lives and make changes to their mindset, and to enable them to break free from the problematic patterns that keep them stuck in limitation so they can move forward and find more freedom and passion for life," Lisa said.

The donation-only classes are a free-flowing Vinyasa style suitable for everyone, including families. Lisa said the idea for the classes was inspired by her desire to ensure the benefits of yoga were available to everyone.

"Yoga calms the entire nervous system and creates the space within our physical body and minds by releasing stresses to enable us to connect with ourselves on a deeper level and,

over time, increase our health, well-being and abundance," Lisa said.

When it comes to mindset, Lisa said yoga was great for teaching detached awareness and inner resilience, so those practising it were able to find harmony and create the life they wanted to live.

"Mindset is so important and, as my coach would always say, it's through having a regular routine to build awareness and cultivate the qualities of persistence and resilience that we are able to break through the adversities of life and move forward to what it is we really want," Lisa said.

Bookings are not required for the Yoga for Mindset classes. Bring a water bottle and a towel or mat.

For more information about Lisa's yoga classes or her Breakthrough Stress/Anxiety Program visit www.ascend2mend.com or email ascendtraining1111@gmail.com

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Local DINING GUIDE

Viet STREET EAT



Riley Draycott

Story *Emma Harley*
Photo *Kyle Marsden*

Since its arrival on Sandgate's high street a few short years ago, Viet Street Eat has become a class local favourite for bayside foodies. Curiosity piqued diners' interest as soon as the bold signage for the restaurant went up in September 2016. Owner Jennifer Chang said there had been a steady flow of locals ever since who consider the deliciously fresh Vietnamese cuisine a weekly tradition.

"The feedback over the years has been overwhelmingly positive, and it's been really supportive from the Sandgate community," Jennifer said.

That strong support from Sandgate diners has seen the restaurant give back to the community in its own way.

"We offer a destination to keep people eating local, and we send our scraps to Green P Farm for compost and our bottles and cans to raise money for their efforts," Jennifer said.

"We also cater for Sandbag twice a year. We buy bread from the local bakery, prawns from Lucinda Bay and vegetables from Lawnton. We also hire local as well."

It's that firm focus on local tastes, local produce and helping the community that has helped set up a strong base of customers that come for the food, but stay for the service.

"Hopefully people find it relaxed and friendly, and they also have a little music and our street art to admire," Jennifer said.

"We serve generous, tasty meals and there's no rush to finish. We are also the only Vietnamese in Sandgate, and we are MSG-free and offer vegan, dairy-free, gluten-free and nut-free dishes.

"We are also hoping to branch out a little into some side products – different specials not on the regular menu like Laksa and house-made curry puffs."

Jennifer said if you were visiting for the first time, you should definitely put the beef rending on your list.

Search for Viet Street Eat on Facebook.

Viet Street Eat
121C Brighton Road, Sandgate
P 3869 3631

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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.



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

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Shop 12 / 353 Beaconsfield
Terrace, Brighton

Café

3269 1964

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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.



19 Brighton Rd, Sandgate

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3269 4666

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6 Knox Street, Sandgate

Coffee Shop

0403 373 875

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Local DINING GUIDE



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 7 DAYS A WEEK from 5:30am to 11:30am for freshly baked treats, bagels, loose leaf tea, milkshakes, iced drinks and smooth Italian coffee. Follow us on Facebook and Instagram for the latest promotions.



6 Park Parade, Shorncliffe

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1 Loudon Street, Sandgate
(across from the town hall)

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0435 427 174

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Breakfast: Sat and Sun 8am – 11:30am

Lunch and Dinner: Tues to Sun 10am – 8:00pm



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 Tuesday-Sunday, 6:30am-2pm.



121 Brighton Rd, Sandgate

Vietnamese

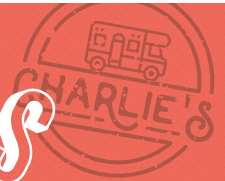
3869 3631

VIET STREET EAT

Feature: At Viet Street Eat, we offer a relaxed atmosphere with great, fresh and delicious meals that are MSG-free, gluten-free, dairy-free, nut-free and vegan. Some of our popular dishes are pho' beef, spicy vegetarian noodles, pork belly rice noodle salad, street rice, beef rendang with roti, pork belly banh mi and freshly made rice paper rolls.



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Sandgate Historical Society and
Museum president Pam Verney

OLD BILLIARD SALOON MAKEOVER

Story **Linda Read** Photo **Peter Murray**

Almost 100 years ago, a grand new billiard saloon was opened in Rainbow Street, Sandgate. Today, after decades of lying under thick layers of paint and housing numerous tenants, the charming art nouveau building is set to become a new landmark, with a recent refurbishment bringing it spectacularly back to life.

Under the careful watch of new owner Ricky Ricardo, the building near the Sandgate train station has been restored as closely as possible to its original design and character – with a few necessary modern twists, including a private walled outdoor courtyard space.

Sandblasting the bright blue paint, which covered the entire building, revealed the original red bricks. One of the most impressive features was also discovered – the art nouveau reddish-brown tiles and floral feature tiles on the shopfront.

It's been a labour of love for Ricky, a former fashion agent with a passion for old architecture, who describes Sandgate as "the most beautiful suburb in Brisbane".

Supplying historical detail to the project was Sandgate Historical Society and Museum president Pam Verney, whose grandfather Charlie Verney built the building in 1922. Pam, who describes the restoration as "very exciting", grew up in the house across the road (now the bait and tackle shop) and her father was one of the managers at the billiard hall.

"It was very much a men's place," Pam said.

"In the front part of the billiard room there was a milk bar. So at interval from the picture theatre across the road, the clients would come across and buy milkshakes and whatnot. I used to go and serve in the café."

While Ricky said he was "slightly crazy" to have taken on such an intricate project, he said he hoped the interest it created would spark others to undertake similar projects and draw more people to the area.

He said while the 'new' venue would lend itself perfectly to a boutique wine bar or microbrewery, the future tenants were unknown as yet.

"I don't want to say what it will end up [as], because I don't know," he said.

"As long as it is someone who appreciates it."



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12 WAYS TO BOOST YOUR IMMUNE SYSTEM

Provided by Alison Jones, Clinical Nutritionist, Indulgent Wellbeing



As we move into the cold and flu season along with the Coronavirus, which is already upon us, it is important to give your body the nutrients it needs to improve your immune system and keep yourself healthy. The best way to do this is through your diet and lifestyle, by eating nutrient rich meals that feed both your body and soul. There is nothing better than the smell of a slow-cooked stew or the waft from a simmering soup. Here is some advice to help you through:

1 Eat a wide variety of seasonal fruits and vegetables – organic or spray free is best. By eating a colourful array, you are accessing a greater range of vitamins and minerals, which are essential to getting your body ready to fight any nasties that may try to enter.

2 Add fresh garlic to your meals – it contains an immune boosting compound called allicin, which helps fight off infections.

3 Ginger and turmeric are anti-inflammatory, and ginger also helps with nausea. They both add a wonderful flavour to a stir fry, curry or even a smoothie.

4 Leafy greens, citrus and the capsicum family – they all have great levels of vitamin C. Nature's immune boosting super star and so easy to consume through food.

5 Fermented foods – with 70% of the immune system residing in our gut, it's a good time to increase intake of fermented foods, such as natural unsweetened yoghurt, homemade sauerkraut, kombucha and kefir.

6 Nuts and seeds are an easy way to increase levels of zinc, vitamin A and E, which are all very important nutrients for the immune system. They also contain magnesium, which aids greatly with anxiety, that the risk of illness can bring.

7 Exercise promotes good circulation, reduces inflammation and more importantly, reduces stress and anxiety levels.

8 Vitamin D – low levels can increase our susceptibility to infection. Vitamin D is synthesised on the surface of your skin so exercise and vitamin D go hand in hand. Just be careful not to get burnt.

9 Bone broth can be made and frozen then added to soups, stews and even spaghetti bolognese. This not only adds to the flavour, but greatly increases the nutrient content.

10 Keep up your fluid intake – Fluids are essential for your immune system's transport system, oxygenation of blood and the removal of toxins and that's just the start.

11 What happens if you become unwell? Why not cook double the amount when preparing a meal, and freeze the leftovers so that if you do fall ill you have a healthy meal on hand.

12 Remember, a home cooked meal is more than food. It is the power of connection, building of memories and the joy of being together. Take care of yourselves, Alison.

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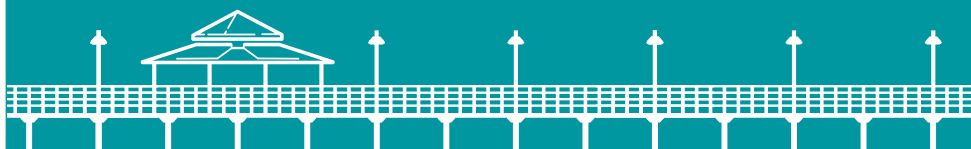
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Sandgate Scout Hall: Where Community is Recognised

Story *Nadia Chapman*

The Sandgate Scout Hall turns 93 this year - and its long history is testament to the value of community spirit. Since opening on 19 September 1927, the Sandgate Scout Hall has become a regular meeting place for community groups and families.

Sandgate Scout Hall coordinator Kylie Bevan said that the hall had regular group bookings that helped bring a sense of community to the Sandgate area.

"We currently have regular bookings by the Christian Church of Samoa, North Brisbane Irish Set Dancing, Toshi Boei Karate-Do, and COMBI Enterprises," Kylie said.

The groups are booked across the week, keeping the hall busy and the people energetic in this little corner of Sandgate. From dance movement therapy to Irish set dancing and street smart martial arts, the Sandgate Scout Hall has helped to provide a safe space for activities since its opening day.

Before a deal was made in 1926, the School of Arts was booked each Friday night for those who participated in the boy scouts, as they waited for the hall to be built. Constructed in 1927 for just \$800, the scout hall was moved in the early 1950s, as an extension was to be added.

Sandgate Hall historian, Lloyd Atkins, said these renovations were mostly volunteer work. "All of the work was mainly done by volunteer labour, primarily the Rover Crew at the time," he said.

Other reconstructions were made to the hall by the Brisbane City Council, so it could become a more inclusive structure. "[The improvements] involved the construction of the ramp at the side door, and the assembly of the upstairs toilet," Lloyd said.

Not only has the Sandgate Scout Hall been used for group activities, but in more recent times, as a temporary meeting place for the Town Hall embassy.

The Sandgate Scout Hall is available for regular hire for families and groups for \$22 per hour, or \$55 per three-hour block.

Visit: sandgatescouts.wordpress.com/hall-hire



**Stirling
Hinchliffe
MP**

While visiting Sandgate State School and Bracken Ridge State High last month, I had the pleasure of announcing the Queensland Government's commitment to air condition all state school classrooms, libraries and staff rooms statewide over the next two years, as part of the Cooler Cleaner Schools program.

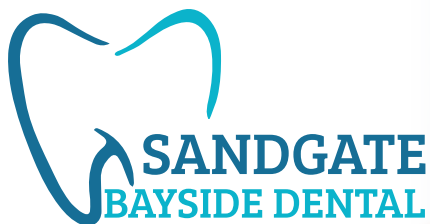
Additionally, further funding has been allocated to the Advancing Clean Energy Schools (ACES) program. This ensures our schools are using renewable energy to power their new air conditioning units, by installing approximately 80,000 solar panels on school rooftops over the next three years.

I thank all our local school P&Cs who have been proactive in funding air conditioning and I highlight this program will mean all future maintenance and replacement costs will be covered.

Schools will be prioritised based on a range of factors, including the potential for reduced energy costs, current levels of energy use, student numbers and site conditions.

Our government is working with QBuild and our schools to ensure local approved contractors will be included in the tender process.

For more information contact my Sandgate electorate office via email sandgate@parliament.qld.gov.au or ph: 3639 9100.



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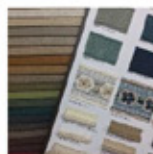
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BRAMBLE Bites

Story **Brooke Jacobson**

PAPERING OVER THE CRACKS IN OUR COMMUNITY

Well, at first it was funny, then we got cranky, and finally we all decided to help each other. Residents of the 4017 initially responded to the toilet paper crisis of 2020 with plenty of jokes and memes, including suggestions of what type of leaves make great toilet paper, or how to fit the garden sprinkler inside your toilet! After the jokes died down, we all took to social media to vent our outrage over “hoarders” and now, at last, our local Facebook pages have been flooded with offers to help any residents who are elderly or isolated.

It's heartening to see us all coming together during these trying times. Let's keep it up!

KEEPING SANDGATE IN BUSINESS

Many of our local cafes, bars and restaurants are adapting to the new “social distancing” recommendations from the federal government in the wake of the COVID-19 pandemic.

The Sandgate Post Office Hotel has opened its upstairs function room for dining and is also offering weekend deliveries of meals and beer.

The Wired Owl Café on the Sandgate/Shorncliffe border still has seating available outside and is asking patrons to pick up their coffees at the courtyard window after ordering.

The Sandgate Coffee Club has taken to social media to remind patrons to order through Uber Eats and have their meals delivered.

Moment Biscuits in Brighton asks that only one person enters the café at a time. Owner Frouke Gill has also expressed her thanks to local residents after posting on Facebook that she was unable to source basic ingredients such as flour and sugar due to panic buying. “I cannot express

my gratitude and love for the overwhelming response,” she said. “From people offering their own stock from their pantries, to people buying me products when they did their shopping. The local community has rallied together to help a small local business in need. From my family to yours, thank you from the bottom of my heart.”

SOMETHING FISHY AT DOWSE LAGOON

Some weeks ago local residents noticed that hundreds of eels and fish had died in Dowse Lagoon. Concerned residents were worried about the smell and the impacts on the environment.

Deagon Ward Councillor Jared Cassidy took those concerns to council.

“I was told by council that it was more than likely related to the large inflow of water after the recent rains, covering vegetation and causing it to rot, causing the smell and the lack of oxygen in the water for the fish,” he said.

“Council's Field Services Environmental Officer has attended and field analysis has indicated that the ‘dissolved oxygen’ levels are not sufficient to sustain fish species,” Jared said.

“Additional water samples are planned by the Field Services Environmental Officer and the State Government Environmental Agency has been notified of the incident.

“I will continue to keep you posted.”

NEW PARENTING GROUP

A new parenting group called, It Takes a Village – Holistic Parents Community Brisbane, has started up in the 4017.

Led by local naturopath Cherie Gorringer, the group has a Facebook page and also meets regularly to discuss parenting issues and help young parents.

“Many modern young families are looking for a nourishing, safe place to come and share their experiences and parenting journey, especially those that have moved away from or have no extended family to support them,” Cherie said.

Cont p.40...

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Cont from p.38...

"The job of growing resilient, healthy families and children is not meant to be a solo gig. It takes a village and we want you to know that you are not alone in this often challenging job of being a modern day parent."

Search Facebook for the group and to find out meeting times.

ALL FOR THE COMMON GOOD

A group of innovative locals, one of whom works for the charity, The Common Good, recently got together and made a short video for the organisation. Currently making the rounds on social media, it depicts people in the community throwing around a roll of toilet paper – an item certainly in hot demand these days.

The Common Good is an Australian charity and an initiative of the Prince Charles Hospital Foundation, which aims to raise funds for important research. The charity is currently focussing its fundraising efforts on research into COVID-19. Head to their website: www.thecommongood.org.au for more information.

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



Luke Howarth MP met with families at the open day for new AEIOU Pine Rivers Autism Centre for Excellence.

New Autism Hub at Bald Hills

Brisbane's northside is now home to a world-class autism hub, with up to 50 local children benefiting from life-changing therapy and care at the new AEIOU Pine Rivers Autism Centre for Excellence.

AEIOU Chair Susan Rix AM said local families could now access appropriate support in a purpose-built centre designed with the needs of young children with autism at its heart.

"This centre replaces a much smaller, ageing facility in Bray Park where local families experienced long delays to gain access to our service," Susan said.

The state-of-the-art centre, made possible with \$4.5 million in funding from the Australian Government, features four well-appointed activity rooms, therapy rooms, motor skills rooms and two state-of-the-art playgrounds. It will also facilitate training, outreach services and research programs.

Federal member for Petrie Luke Howarth said, "Children with autism are a fundamental part of our community; hubs like this will allow them to best utilise their immense potential.

"The children who are educated and the families that are supported at the centre will see the full nurturing that should, and now can, be expected."

Located at Attunga Street, Bald Hills, and operated by AEIOU Foundation, the land has been gifted by the Anglican Schools Commission.

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SPINNING DRAGON FIGHT CLUB

Story Wayne I Flack
Photo Pete Johnson

Want to get fit, learn self-defence and some new skills while having fun without memberships and lock in contracts? If so, then check out Spinning Dragon Fight Club in Bracken Ridge.



Andrew Robertson

The club's head trainer Andrew Robertson said he wanted everyone to just pay as they go.



"We had a family come along and watch for about fifteen or twenty minutes, liked what they saw and came back and joined in with that first lesson being free," Andrew said.

The club has an increasing participation and there's currently one amateur Muay Thai kickboxer, John Campbell, training at the club.

In Muay Thai, they have what is called clinching. This is where they can grasp their opponent, throw elbows and knee them as often as they want. Whereas K1 kickboxing they can grasp, knee and elbow once or twice before being separated.

Andrew's equipped with ten years professional fighting experience, three of those years fighting in Thailand under the fight name 'Spinning Dragon'. He had several bouts televised over there, and also won World Championship silver medal before retiring in November last year.

But these credentials are not what sets this club out from the others. Andrew has a vision of one day having his own premises, where he could make a difference mentoring the area's youth.

Andrew said once he retired from fighting it was his burning desire to pass on his knowledge to other people.

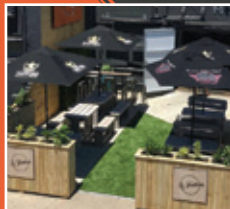
"In the future, I hope to work with troubled youth and the reason why is, I was heading in the wrong direction when I was younger, but was able to get into martial arts and find my way out."

"At the moment I work with Amayda, which runs anti-bullying through the schools systems in which I'm currently a mentor, where I also get through them Government approved training," Andrew said.

The club runs classes for males and females, aged eight to adult every Monday, Thursday and Friday at Bracken Ridge Community Hall. There's circuit fitness training for early arrivals from 5pm and then into the skills sets from 5.30pm.

For more information search Facebook 'Spinning Dragon Fight Club'.

Mr Henderson.



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Taking It To The Streets!

Story *Philip Woods*

Some of the biggest names in music around the world started out busking; think of current Australian global superstar Toni Watson (a.k.a. 'Tones and I'), Tracy Chapman and even Ed Sheeran.

In fact, busking could be viewed as one of the purest forms of art. It's direct, personal, creative and expressive. Street performers have been a part of human society for millennia, making us laugh, cry, smile or sing along; and their value as a proving ground for aspiring musicians is huge.

Nathan Edgell is one of the founding members of the planning team that organises the Toowoomba Busking Festival, which usually happens in April and is now in its third year. "The festival gets better each year," said Nathan. "Last year we had over 80 different performers; some were locals and others travelled from all over Queensland, as well as from interstate to be a part of it.

"We see part of our role as championing artists in the town; doing our bit to support our growing artistic, musical and creative scene," Nathan said.

But it's not just Toowoomba. Buskers are dotted around streets and shopping areas in every city and most towns, and provide great value entertainment to enhance any otherwise mundane day.

Currently there are at least eight busking festivals held every year in Australia and New Zealand, including the Belgrave Buskers Festival in Victoria, the Busker National Folk Festival in Canberra and the World Busker Festival in Christchurch.

Nathan attributes the success of the Toowoomba Busking Festival to a few things. "Everybody loves to see great entertainment, whether it's on the street or in a venue. We aim to provide an environment for buskers where it's more about enjoying the performance than winning any prize, so everybody wins."

The superstars and singers that we love all started out somewhere, so the next time you are out and about, seek out the areas where street performers play and enjoy some (almost) free entertainment. Remember, just a few dollars from your pocket encourages a beautiful tradition of public performance.

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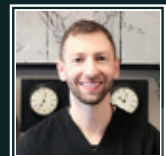
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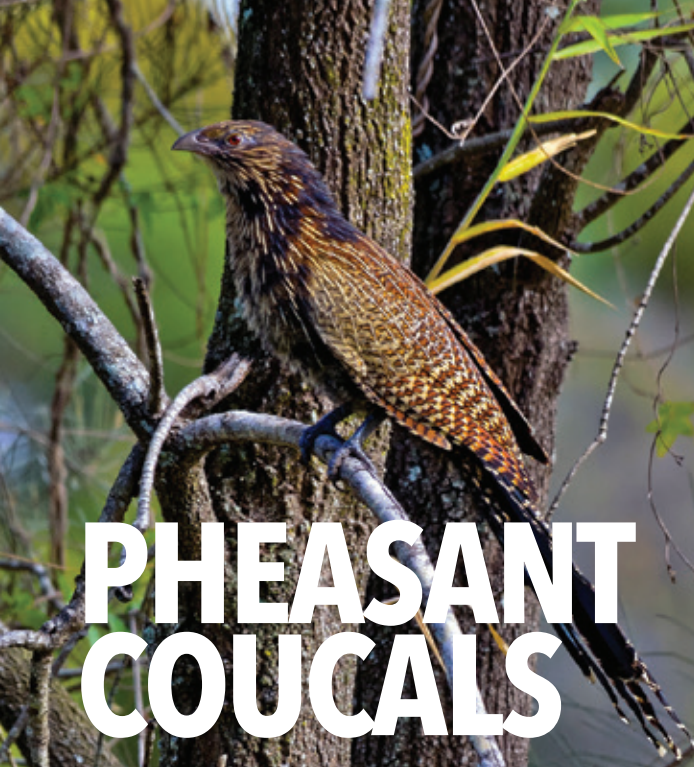


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CENTROPUS PHASIANINUS

Some birds capture our attention on account of their colourful plumage, graceful forms, enchanting voices, or agility in the air. But Pheasant Coucals are just plain strange. Although only the size of a small chicken, their prehistoric appearance and unusual habits certainly inspire curiosity.

*Photo by James Niland from
Brisbane, Australia*

Story *Leanne Palmer*

Even their voice is peculiar. In summer you may hear a low deep “boop boop boop” call, while in winter they make sharp hissing sounds.

Primarily ground dwelling birds, their lack of grace in the air is to be expected. Their manner of walking is quite reptilian, with movements more like a fat lizard than a bird. Clumsiness in flight and a seeming lack of concern with being observed, makes you question how they became an evolutionary success; they appear to be such easy prey.

They are undoubtedly survivors though, distributed widely over northern Australia and preferring habitats with dense lower vegetation. In Queensland, they have found sugar cane fields to make ideal homes, with rich supplies of insects and amphibians, and good shelter for nest-building.

The cuckoo family, to which they belong, are well known for the practice of laying eggs in the nests of other bird species. This behaviour is called brood parasitism, and offers massive time

and energy saving benefits. Pheasant Coucals however, are the only cuckoos in Australia who care for their own young.

A loose bowl-shaped nest is made of leaves, twigs, and grasses. The highest reaching pieces are sometimes pulled together to form a canopy, reminiscent of the constructions made by Satin Bowerbirds.

The chicks, once fledged, are among the strangest young birds you are likely to see—stumpy, with a big head and beak, and covered in short coarse black feathers, with long white wispy strands protruding from their crown.

Pheasant Coucals can still be spotted (or heard) regularly in our suburbs, particularly where there are patches of shrubby undergrowth and long grass. In Sandgate, they are often seen around Dowse Lagoon and Peace Park.

Spring and summer sees them sporting their breeding plumage of mainly black feathers. They are on the move and more likely to be seen passing through backyards. Enjoy your encounters and marvel at one of nature's true oddities.



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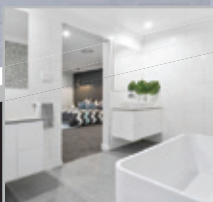
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TIME	M
1 0234	2.08
0912	0.94
WE 1453	1.59
☉ 2059	0.83

2 0352	2.10
1041	0.89
TH 1628	1.62
2228	0.80

3 0512	2.19
1200	0.77
FR 1747	1.75
2346	0.70

4 0619	2.33
1306	0.62
SA 1851	1.92

5 0055	0.56
0716	2.46
SU 1400	0.49
1947	2.09

6 0156	0.43
0807	2.55
MO 1448	0.38
2036	2.25

TIME	M
7 0251	0.34
0855	2.58
TU 1531	0.30
2124	2.39

8 0342	0.29
0940	2.55
WE 1611	0.27
☉ 2210	2.49

9 0431	0.30
1023	2.45
TH 1649	0.27
2255	2.55

10 0520	0.36
1107	2.29
FR 1725	0.32
2341	2.54

11 0609	0.47
1151	2.10
SA 1801	0.41

12 0026	2.48
0701	0.61
SU 1237	1.90
1838	0.53

TIME	M
13 0116	2.38
0759	0.74
MO 1330	1.72
1921	0.68

14 0211	2.26
0909	0.83
TU 1437	1.59
2016	0.81

15 0318	2.15
1025	0.84
WE 1603	1.57
☉ 2135	0.90

16 0432	2.10
1134	0.80
TH 1722	1.65
2303	0.90

17 0540	2.11
1230	0.72
FR 1822	1.78

18 0014	0.83
0635	2.15
SA 1315	0.64
1909	1.92

TIME	M
19 0109	0.74
0720	2.19
SU 1354	0.58
1949	2.04

20 0154	0.67
0759	2.21
MO 1427	0.53
2024	2.14

21 0234	0.62
0834	2.20
TU 1459	0.49
2058	2.23

22 0312	0.59
0907	2.18
WE 1528	0.47
2131	2.30

23 0348	0.58
0937	2.13
TH 1557	0.45
☉ 2204	2.35

24 0423	0.59
1008	2.07
FR 1625	0.46
2237	2.37

TIME	M
25 0458	0.62
1039	1.99
SA 1654	0.49
2312	2.37

26 0535	0.67
1112	1.90
SU 1723	0.54
2347	2.34

27 0613	0.73
1148	1.81
MO 1755	0.60

28 0026	2.30
0656	0.79
TU 1231	1.72
1833	0.68

29 0112	2.25
0751	0.83
WE 1327	1.64
1924	0.75

30 0210	2.21
0901	0.84
TH 1443	1.62
2036	0.81



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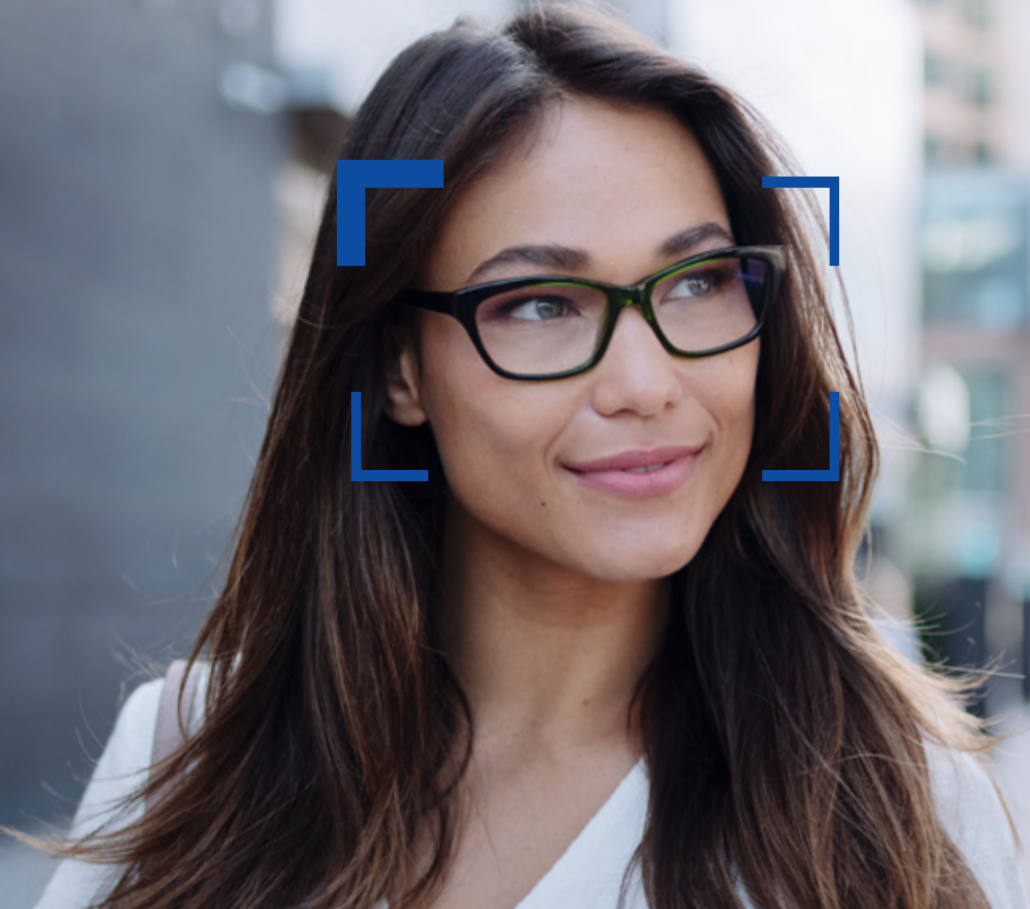
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