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FREE JULY 2020

GUIDE

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RSL VENUE GETS
**MASSIVE
MAKEOVER**

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FESTIVAL**
2020 GOES
VIRTUAL

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SEES **OH BAILEY**
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Reinvented CLUB | A BOON FOR LOCAL JOBS

Story Emma Harley

After closing its doors to the public in 2018, the much-loved old Club Sandgate building is now midway through a stunning transformation that will see it brought back to life for 4017 residents.

*Kedron-Wavell Services Club General
Manager Lyndon Broome*





Above: Artist impressions

The venue — which is now owned by Michael Maguire and will be operated by licensee the Kedron-Wavell Services Club — will be nearly unrecognisable in its new skin with considerable renovations transforming it into a modern, family-oriented club.

Kedron-Wavell Services Club general manager Lyndon Broome said the club's renovation was well underway, with plans to open to the public later this year.

"The Sandgate RSL was always on our mind, as we know the value that community clubs can deliver for their people," he said.

"We are completing a full refurbishment of the whole building and everything will be brand new, including the exciting installation of a new lift that will reposition the entry back to the main door.

"The new facility will incorporate two dining areas, one being a family-style bistro and the other being a table service restaurant."

Broome said the local community had been eager to know when the doors to the new venue would

open, with the old Sandgate RSL Club being a favourite with members and the public alike.

"It has been amazing as everyone we talk to either has an amazing story to share about a memory from the club from many years ago or are simply excited to have 'their' Club back in Sandgate," he said.

"Clubs are an important part of the social makeup of any local community, and this club will provide a safe and friendly location for all to meet and feel included."

The punters aren't the only ones who will benefit. The new club will provide a raft of employment opportunities for locals to take advantage of — especially salient at a time of economic uncertainty.

"The club will employ between 40 and 60 staff with most of these being sourced locally. We will also be implementing school-based trainees," he said.

"We love how much the people of Sandgate love Sandgate, and we can't wait to become a part of the fabric of this community once again."



Jess Elliott — better known by her stage name, Oh Bailey

Free Fall sees Oh Bailey rise to the top

Story *Emma Harley*

With waves of dreamy synth-pop coated in luscious bass keys and textured, layered vocals, Shorndcliffe songstress Jess Elliott — better known by her stage name Oh Bailey — has found her feet in the music world at the strangest of times.

The 22-year-old music student was buoyed when her single *Free Fall* — a stunning, surreal track that washes and swirls slow-wave synth and keys below Jess's indie-chanteuse vocals — made it to number nine on Triple J's *Unearthed* charts, and made it all the way to number three on the *Unearthed* pop charts.

She said it was an incredible way to start her recording career.

"So I released *Free Fall* to Triple J *Unearthed* in December 2019, before I had begun working with my now manager Ellie Vane-Tempest," Jess said.

"She really inspired and encouraged me to promote myself, who I am, and my music to the world. And it worked!

"I have been blown away by the support and love for the track. I'm super grateful for that."

While Jess said she was yet to play a show in her native Sandgate community thanks to the coronavirus pandemic, she has kept busy by organising and playing festivals online.

"I'm hoping once venues open up again, that I'll have the opportunity to perform at venues like Mr Henderson or Cardigan Bar," she said.

"While COVID-19 is around, I won't have any shows in venues but I've recently held an online music festival called *Cabin Fever* with several other artists from JMC Academy [where Jess studies], which was a big success. I'm currently in the planning stage of having a second online festival which you will be able to watch via my Instagram."

When Jess does get the opportunity to get back on stage, you can expect a plethora of smooth, synth-heavy tracks that float close to the feel of her influences.

"I'm influenced by a whole bunch of artists, such as The 1975, The Japanese House and Maggie Rogers, which has steered me into making music in the synth/dream pop genre," she said.

"I love making and listening to music with beautiful synth melodies, unique vocals and guitar, which is something I try to apply to my music when I'm creating."

You can listen to Oh Bailey on all the major streaming platforms or search for Oh Bailey on Facebook and Instagram.

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New Retailer Perfect For Model Citizens

Story Emma Harley Photo Bruce Redman

If you have a passion for all the small things, one of Brighton's newest retailers has the business model for you. Or is that a model business?

Either way, 105th Armoury is set to be your go-to for model kits ranging from sci-fi hits like Star Wars and Zoids through to all of your armed force favourites such as jets, planes, boats and more.

Owner-operator Keelan O'Driscoll is looking forward to his customers starting small but thinking big.

"Our tag line 'Start Small, Think Big' has grown out of a passion for building model kits," he said.

"I love building model kits and I started the business back in 2015 due to the lack of a particular brand and genre of kit.

"Creating this hobby store allows people to experience something new and exciting."

Keen model aficionados can expect an epic range on offer, with kits from a vast array of hit and cult TV shows and movies, the armed forces and much more.

"We offer a wide range of model kits and accessories, from anime kits to military and civilian kits, to the tools and paints needed to complete them," Keelan said.

"The main lines of kits we sell for anime are Zoids, Macross/Robotech, Space Battleship Yamato, Star Wars, Gundam, etc.

"We also stock a wide range of tanks from 1/35th to 1/72nd scale, as well as aircraft in 1/32nd, 1/48th, 1/72nd, and 1/144th scale.

"We even have a wide range of model cars, bikes, ships and helicopters. We also stock a small supply of remote control cars, small compressors and accessories, paints, tools and accessories for model building."

Keelan said he was looking forward to providing a great service for keen model makers across north Brisbane.

"We are helping the local community by providing a close and easy to access hobby shop, as well as giving a new and interesting hobby source for all ages," he said.

"In the future we hope to offer model kits build days, back to basics in model building, advanced classes in diorama and scenic work, as well as airbrush and painting tutorials."

105th Armoury opens on Saturday, 4 July.

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Kevan Buckle with new owner, Leah Gordon.

Arthouse Framers Shares Recipe For Success

Story **Sean Leahy**

This July, picture framer Kevan Buckle will have served the northside's art community for 24 years. While you can still find him at Arthouse Picture Framing in Deagon for a few months yet, he will soon be on a new path. Kevan has sold his business to Leah Gordon. "He's a craftsman," Leah said, "and he's staying on for a few more months to help out, training the new management."

Formerly a chef and restaurant owner, Kevan brings the same care and attention to detail to his framing that he brought to fine dining. "If you are the chef you wouldn't send a meal out that you wouldn't eat yourself. It's an emotional thing for an artist to create art and it's rewarding to be able to make the work look even better."

A stalwart of the local community, sponsoring the Nundah Art Show, Redcliffe Art Society and Bluewater Festival, he's met the art supplies and picture framing needs of customers, from Bribie to the Gold Coast and as far west as Quilpie.

A keen sketcher, this native of Shropshire, is looking forward to a new phase of travel in Europe, cycling and "having the time to draw."

New COVID-19 Counselling Line Launched

A new counselling and support phone line is available to help people being adversely impacted by COVID-19 and the community changes introduced to help stop the spread of the virus.

Community organisation SANDBAG, in partnership with the Queensland University of Technology Counselling and Psychology Clinic and supported by the Lord Mayor Charitable Trust, began operating the support line in June.

Called SANDBAG Connect, counsellors can be reached on 1-800-SANDBAG (1800 726 322). The service offers dedicated counselling, support and connection to other resources and is available Tuesday to Friday, 9.30am to 4.30pm, for adults over the age of 18, living in the Brisbane North area.

SANDBAG's counselling services manager Kylie Heenan said SANDBAG had identified a rise in the number of community members expressing feelings of uncertainty and distress related to COVID-19 and the associated changes around social distancing, employment and caring for children at home full-time.

"This is exacerbated for those with pre-existing mental health vulnerabilities and those experiencing family conflict," Kylie said. "We anticipate that even as social distancing measures ease, the social, emotional and economic ramifications will persist and potentially grow in prevalence over the coming year, which requires a supportive response."

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NEW TRAINING GROUND FOR WHISKEY'S WISH INC

Next month don't be surprised if you're passing by the Sandgate RSL Sub-Branch on Burnett Place and see a flurry of service dog training activity.

The Sandgate RSL Sub-Branch has invited not for profit charity, Whiskey's Wish Inc, to use its grounds for their service dog training.

Whiskey's Wish Inc provides veterans, first responders and correctional officers with customised programs for participants to train their dogs for rehabilitation purposes. The charity, which has been running since 2014, trains dogs to help their owners with mobility issues, post-traumatic stress or mental health disorders, or service-related injuries such as deafness, blindness, brain injuries or social withdrawal.

The organisation hosts training sessions Australia-wide but was delighted to have received the invitation from the Sandgate RSL to utilise their grounds as an additional training area.

Whiskey Wish Inc's community engagement officer Simone Fleming said it was a very generous offer, which the local organisation was delighted to be taking up.

"The Sandgate RSL grounds and surrounding areas are perfect for dog training with the location close to Sandgate's shopping area and Einbunpin Lagoon Park. This provides us

with an opportunity to diversify our training for our recipients and provide 'proofing' training for their dogs," she said.

Proofing training ensures dogs can maintain focus on the person they are with, despite any distractions such as noise, crowds or children.

The training of service dogs takes anywhere between 18 months and two years, and Whiskey's Wish Inc works with members and their own dogs. As part of the course, participants are required to complete training logs and are provided with a range of rehabilitation support services.

While there are criteria for the preferred age, weight and size for service dogs, the organisation has trained dogs from a wide variety of breeds to become successful service and rehabilitation companions for their owners.

Whiskey's Wish Inc's once-monthly training sessions at their new Sandgate location are expected to commence mid to late-July, pending COVID-19 restrictions being scaled back.

Email Whiskey's Wish Inc at info@whiskeyswish.org.au or visit whiskeyswish.org.au



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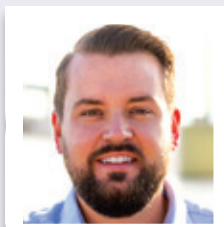
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A WORD FROM OUR REPRESENTATIVES

Cr Jared Cassidy



The community has faced lots of hardship due to COVID-19 from both a health and economic perspective. In response to these needs I have teamed up with Stirling Hinchliffe, State Member for Sandgate to provide care packages

for those in need. The grocery packs are available on Wednesdays on an alternating basis from our offices between 12pm and 2 pm.

I am pleased to support community groups during these tough times through the Deagon Ward Lord Mayor's Community Fund. In particular, SANDBAG for their Connect Counselling Service, Zillmere Community Centre for the Safety and Food Purchase Project and Kurbingui Youth and Family Development for their COVID-19 Community Food Hamper Program. This funding is vital as it enables the groups to provide much-needed support to our local community.

The SANDBAG Connect is a free, confidential telephone support line. If you or someone you know needs support, contact 1800 SANDBAG between 9.30am and 4.30pm Tuesday to Friday.

My office is now open to the public, so please feel free to drop in if you have any Council related issues.

Stirling Hinchliffe MP



With only a minimal number of active cases of COVID-19 left in Queensland, I want to thank everyone here in our local area for the role you played in stopping the spread of this deadly pandemic. Compared to other regions and

countries around the globe, Queensland and indeed Australia as a whole, have managed to contain this pandemic. This has been achieved through the hard work and dedication not just of the government, but of local communities around our great State.

I know this hasn't been an easy task. All of our lives have been greatly affected by COVID-19. Whether you lost your job, watched your business hurt, or missed seeing your loved ones, COVID-19 has been a strain on all of us. Through it all, I have been so proud to watch our community come together to combat this crisis. Whether it was those who joined the Care Army, put teddy bears in their window or just bought takeaway from a locally-owned business. You have played a role in ensuring our community keeps ticking over. As restrictions ease, I want to urge our community to continue to listen to the health advice of the Chief Health Officer. Please continue to be mindful of social distancing while out in the community, wash your hands regularly and if you are sick, stay home and monitor your health.

Cr Sandy Landers



As the cooler months set in, Council is currently undertaking a brazier and fire pit heating trial. From 1 June to 31 August residents are allowed small outdoor fires for heating purposes in braziers or constructed fire pits off the ground with proper aeration of the

fire. If having a fire during this period, please see my website for guidelines and fact sheets. It's also courteous to talk to your neighbours beforehand. Council will continue to investigate complaints during this period and our 24-hour contact centre remains available on 3403 8888.

Council's Free Native Plants program is again underway, meaning Brisbane ratepayers, Housing Commission and Defence Housing residents are eligible to claim two free native plants (per financial year). To receive a free trees voucher, residents can present a current paid rates notice, or evidence of a recent rental payment for housing commission and defence housing residents, at a Council office, library or Ward Office.

As COVID-19 restrictions have been lifting, many of our Council facilities have reopened or started operating in different capacities. Council's Active and Healthy programs have also resumed with capped numbers and social distancing guidelines in place.

To stay up to date with these changes you can follow my Facebook page at www.facebook.com/Cr.Sandy.Landers.

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EINBUNPIN FESTIVAL GOES VIRTUAL

Story **Jodie Woodward**

For the first time in its 29-year history, the Einbunpin Festival is going virtual in 2020.

Councillor for Deagon Ward Jared Cassidy said the event has a rich history and is well known in the local community for being a free family-friendly event. Recent circumstances, however, have meant the festival is not able to go ahead as usual.

"As chairperson of the Einbunpin Festival Committee, I had to make the difficult decision to cancel this year's Einbunpin Festival due to COVID-19 restrictions", Cr Cassidy said.

The festival is one of the biggest fundraising events of the year for many community groups, schools, sporting clubs and local businesses. So rather than cancel the festival entirely, the decision was made to continue in a virtual format.

"I have reached out to stallholders and invited them to contact my office if they are interested in participating and a number of groups have already signed up", Cr Cassidy said.

The virtual stallholders will be invited to advertise products they sell or services they offer. This could be in the form of fundraising raffles or online promotions. Some groups are already looking ahead to how they can get involved.

"We love the festival and sharing the community history with the locals — our "show and tell" objects are always popular," Sandgate Museum president Pam Verney said.

"Come and dance with Jazzercise Sandgate — a fun, effective fitness program that fuses dance-based cardio with strength training and stretching for a whole-body workout," Cindy Sherf from Jazzercise Sandgate said.

School children won't miss out either. The Einbunpin Festival colouring in competition will still go ahead. Entries have been delivered to local schools and winners will be announced at the end of the month.

While the virtual event will be a great way to keep the Einbunpin Festival spirit alive, it's only a temporary measure to see through the current restrictions.

"Next year will be our 30th Festival so we're looking forward to celebrating this significant milestone in the traditional fashion," Cr Cassidy said.

The virtual festival will take place throughout July on the Einbunpin Festival Facebook page.

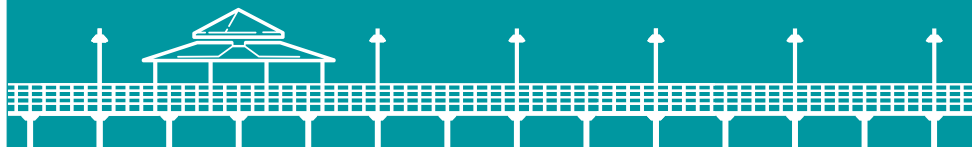
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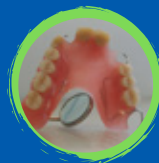
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True Health and Beauty Is Due East.

Story *Emma Harley* Photo *Bruce Redman*

With the influence of Instagram and other social media platforms painting impossible pictures of what beauty is perceived to be nowadays, local resident and owner of Sandgate's Anita East Medispa, Anita East, has written a new book that truly spells out what looking and feeling beautiful is all about.

Entitled *Beautiful Unique Faces*, the book encourages readers to identify and enhance their unique facial features to be happier and more beautiful in their own skin.

With a drive for change and decades of experience as a nurse practitioner in skin and cosmetic medicine, Anita said she wanted women to avoid the never-ending cycle of perfectionism that has seen many others lose sight of their true beauty and health.

"In writing this book, I am speaking out against the common and hugely worrying trend of over-freezing and over-filling faces," she said.

"After considering penning a book about this issue for quite a while, I finally put pen to paper last year.

Anita East

**AUTHOR
SPOTLIGHT**

"I have witnessed the crisis women globally are suffering and realised I couldn't save everyone as a single voice, yet on paper my voice is huge and can reach millions of women."

Anita said her family has been incredibly supportive of her latest move into writing.

"It's certainly been challenging writing a book, running a business and being a mum, but I've written the book to help to protect my daughters and all the girls and women in the world, so writing it has been a necessity," she says.

"My husband is an incredible person who supports all of my hairbrain ideas, of which there are many.

"I've wanted to be an author all my life and he's also a creative person, so he understood that writing this book was important to my own journey of healing."

But writing the book was not without its challenges for Anita, with the process bringing up some personal challenges.

"When writing non-fiction, the author often writes about their area of expertise and for me that's helping women feel great about themselves," she said.

"Writing is therapeutic and healing but to get to the good stuff, you often have to go through the learning too.

"The journey of writing this book brought up a lot of things I needed to heal within myself before I was able to write about how other women can heal themselves too."

Anita said she is passionate about getting the message of the book out into the world, so she can make women feel better about themselves.

"Every person I've spoken to has said how necessary the message of my book is now," she said.

"I have to do my very best to make the world a safer and more accepting place for my two darling daughters and yours."

Anita's first book – Beautiful Unique Faces – will be published in August. Reserve your copy now at www.anitaeast.com.au/books



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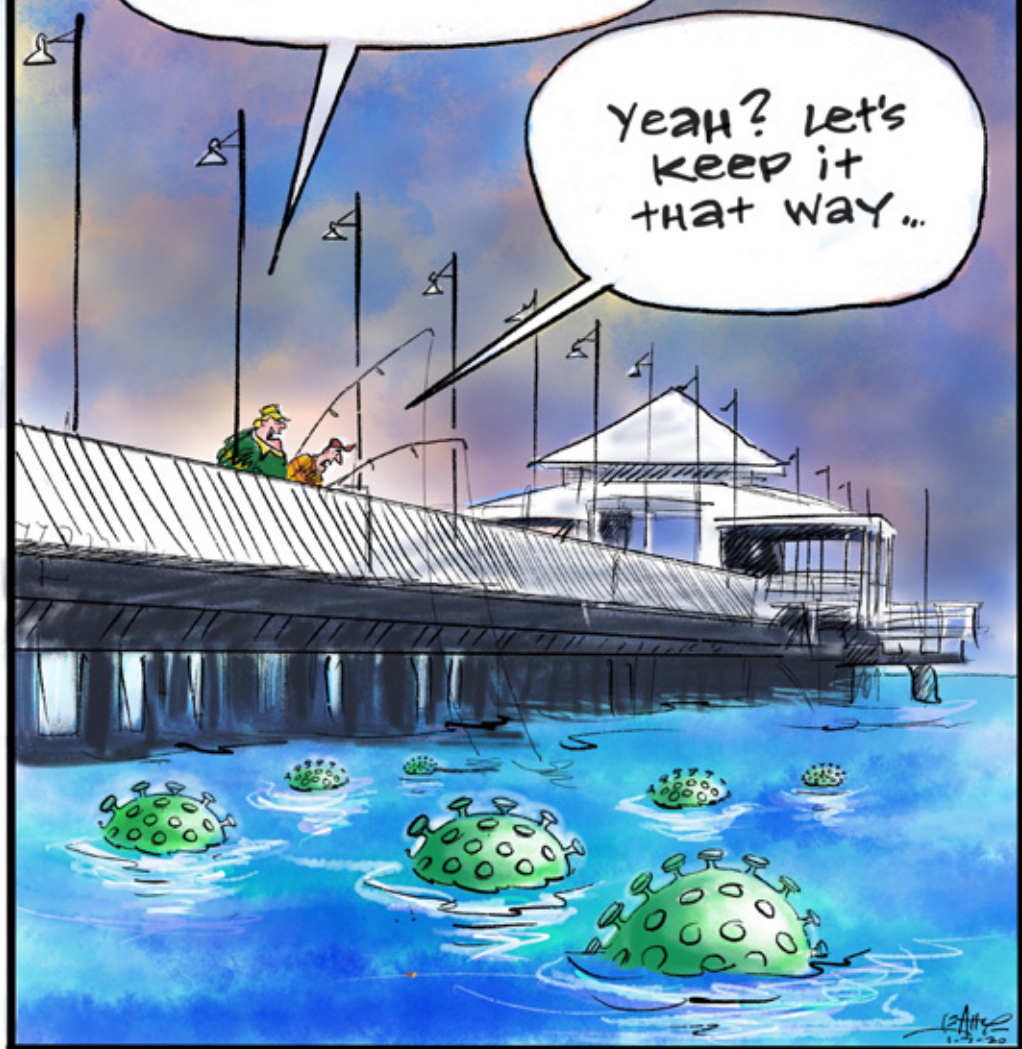
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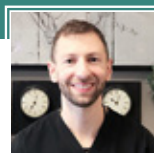
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Dr Andrew Bachour BDS (Hons)
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LOCAL FACES

CLAIRE MORIES KIDU



Claire Mories Kidu

Interview by Linda Read

"My nuclear family [husband Andrew, and four daughters aged four to 20] came to Sandgate in 2012. We moved here from Papua New Guinea because my husband got a regional job as a lawyer in the Pacific, and the regional office was in Brisbane. We chose Sandgate because his mother grew up here and we thought it might be a nice place for our children to grow up.

We're originally from Papua New Guinea (PNG). Both of us are each half Papua New Guinean and half Australian in heritage. I'm now a dual Australian and PNG citizen — I became an Australian citizen in 2017.

Right now, I'm studying fashion design. I can only manage to do it part-time because I have four girls. One of those girls is 20 years old, and the other three are under 12, so it's pretty busy.

I've always wanted to do it [fashion design], but I've probably never had the confidence to do it before this. One of the things that gave me that confidence was watching my children grow into women, and trying to develop their confidence, shows me the need to do that myself.

I want to work with artisans to bring bilums [a PNG bag with a unique weave] to the world in a fashionable way, but also an ethical way, that doesn't exploit the artisans who make them. The bilum is quite an incredible artefact.

There are so many things to love about Sandgate. In the short time we've been here, we've made the kind of friends that you have for life. I think part of the reason is because generally, Sandgate is such a beautiful place that it attracts a certain type of person. There is a community feel in Sandgate that you don't get in every suburb.

I love living walking distance from the beach — that's one of the best things about it. I think the other thing about living here, for me personally, is that because I'm interested in art and design, living in a place where we have just so much natural beauty, I can go out any day of the week and find something beautiful to focus on, in terms of design. It's so abundant. It's an artist's paradise really."

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Local DINING GUIDE



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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.



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8 Queens Parade, Brighton

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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, loose leaf tea, milkshakes, iced drinks and smooth Italian coffee. Follow us on Facebook and Instagram for the latest promotions.



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



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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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SocialSnaps by PAUL NEIL

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Faithe and Tyson find a grassy spot on Sandgate Waterfront for ice coffees on a beautiful winter weekend morning.



Hayley and Karlea have a delicious fresh pastry waiting for you in the morning if you head to The Witchin' Kitchen on Rainbow Street, Sandgate.



Leanne and Paul Hardyman were finally able to get back to their local and favourite bar for a drink or two at Mr Henderson in Sandgate.



Mitch and Sonya enjoyed taking a table to share a morning coffee at 3 Blind Mice on a sunny weekend morning in Sandgate town.



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St John Fisher Bound by the Drive For Books

Year 11 students Helen Frith and Eliza Innes of St John Fisher College proudly display the thousands of books donated to One In Four Children.

During the month of May, St John Fisher College collected over 1600 books from the College community, to donate to an organisation called One In Four Children, which aims to supply one million books over the next five years to build a collection that will service newly built schools in South Sudan.

One in Four founder Stephen Kumal said, "With St John Fisher's contribution and global citizenship we are laying the foundation of tomorrow's dreams today, and to that, we express our unending gratitude"

The organisation said it is currently 10,000 books short of their 30,000 book target for their next shipment. Over 30 years of civil war has been incredibly devastating for South Sudan's students and as a result, one in three children are illiterate.

In the Nuba Mountains, an area the size of Queensland, more than 100 schools were flattened by targeted bombing campaigns in 2015. Many classrooms are under trees and in dilapidated classrooms.

Out of the current 265 schools, 90 per cent lack basic school materials and students have no access to books.

In response to this, One In Four Children launched a campaign in January, working to donate one million books to set up three public libraries in the next five years.

St John Fisher College asked its community to go through their own personal collection and donate books they no longer need to the library. College librarian Kylie O'Brien said she was overwhelmed by the response and generosity of the students, staff and parents, many of whom purchased new books to support the cause.

Further information about this campaign can be found at www.oneinfourchildren.org



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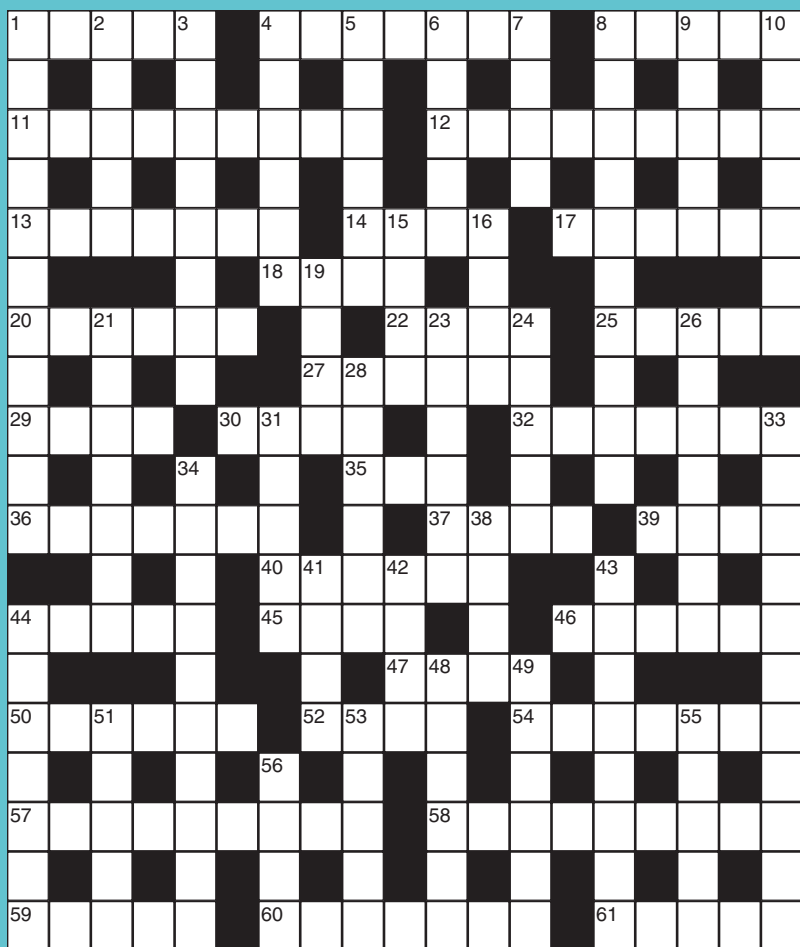


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ACROSS

- 1 Depression (coll)
- 4 Striated
- 8 Personal belongings (coll)
- 11 Sealed
- 12 Logical
- 13 Stamp
- 14 Resistance units
- 17 Extent of something
- 18 Singing voice
- 20 Scolding (coll)
- 22 TV serial, ___ opera
- 25 Faint
- 27 Lithe
- 29 Test paper
- 30 Weld
- 32 Hollow

- 35 Accelerate (abb)
- 36 Washing-machine (4-3)
- 37 Active volcano
- 39 Outer coat of sheep
- 40 Reluctant
- 44 Military trainee
- 45 Claudius's successor
- 46 Ship's accounts officer
- 47 Fellow (coll)
- 50 Flummox
- 52 Abound
- 54 Petty criticism
- 57 Lying next to
- 58 Dead
- 59 Acquires
- 60 Draught horse tackle
- 61 Gift

DOWN

- 1 Truculent
- 2 Remove a lid
- 3 Not authentic
- 4 Apartment ownership; ... title
- 5 Very recent (3-3)
- 6 Light splitter
- 7 Baby's word for father
- 8 Next
- 9 On drugs
- 10 Worldly, carnal
- 15 Pipe
- 16 Animal droppings
- 19 Girl
- 21 Prepared
- 23 Oily fruit on pizza
- 24 Nut

- 26 Eager
- 28 Church caretaker
- 31 Of a city
- 33 Magnification
- 34 Numerical facts
- 38 Mind
- 41 Singlet
- 42 Travelled on a bike
- 43 Boxer
- 44 Coleslaw ingredient
- 48 Arbitrator
- 49 Meaning of =
- 51 Significant
- 53 Lawn trimmer
- 55 Fearless
- 56 Gilled animal

*Solution in Back of Magazine
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Able Anglers participant, Flo Scanlan

REEL FISHING THERAPY

Story Wayne I Flack

Fishing is often seen as a relaxing pastime from the stresses of life, or even as a big-time game fishing sport for many.

What if you are truly struggling with everyday life. This is where Moreton Bay Able Anglers could help.

Director and reel instructor Steve James said Able Anglers (formally Moreton Bay Able Anglers) was founded in 2016 with the aim of offering professional fishing respite services for people living with a disability or mental illness.

"I had my own mental health situation, and fishing and being on the water is what helped me at the time," Steve said.

Able Anglers pride themselves on providing 'reel opportunities for real people'. They assist with emotional and social support for all, along with offering fishing tuition and trips customised to their participants' needs.

"We offer both land and boat-based sessions that have seen significant improvement in the mental health of our participants, and have built some strong friendships along the way," Steve said.

So whether fishing alone or as a like-minded group, Able Anglers could make your next fishing experience a fun, thrilling and fulfilling adventure.

To find out more visit www.ableanglers.com.au

WEEKLY WALK FOR WELLNESS

Story Jodie Woodward

With so many people struggling with their mental and physical health at the moment, one local businesswoman is hoping to reach out and support people through these difficult times.

Qualified counsellor and life coach Kelly Croft is hosting free mind, body and spirit walking sessions with the goal of getting people moving and connecting with others.

"Our aim is to help our clientele achieve a renewed life with the freedom and ability to make the right positive choices moving forward. With the right help and guidance from a qualified individual such as myself, I believe everyone can achieve this," Kelly said.

Kelly will provide education and support during the sessions, which will be limited to nine people during the current restrictions.

If you're thinking about attending, Kelly has this to say to you: "Well done you, for taking the first step in your journey to the new you! Expect to have fun, make new friends, and to move your mind and body."

To find out more and register your interest, visit www.kclifecoaching.com.au or searching for KC Life Coaching on Facebook.

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Decker Park,
Houghton Highway Bridge, Brighton.**












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TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
1 0540 2.03		7 0532 0.53		13 0237 1.92		19 0251 0.63		25 0031 2.49	
1212 0.40		1056 1.80		0927 0.67		0814 1.78		0716 0.44	
WE 1846 2.33		TU 1645 0.44		MO 1544 1.79		SU 1425 0.38		SA 1303 1.94	
		2322 2.48		☉ 2133 0.98		2059 2.49		1900 0.51	
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0642 1.96		1136 1.78		1020 0.65		0901 1.81		0800 0.45	
TH 1306 0.36		WE 1722 0.51		TU 1651 1.88		MO 1509 0.33		SU 1359 1.95	
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3 0214 0.59		9 0646 0.61		15 0437 1.75		21 0422 0.51		27 0206 2.19	
0740 1.90		1217 1.76		1114 0.61		0947 1.85		0848 0.47	
FR 1356 0.34		TH 1800 0.60		WE 1752 2.01		TU 1553 0.31		MO 1504 1.99	
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4 0311 0.53		10 0035 2.28		16 0005 0.91		22 0506 0.47		28 0303 2.02	
0835 1.86		0721 0.65		0539 1.72		1035 1.88		0942 0.47	
SA 1443 0.33		FR 1259 1.75		TH 1205 0.55		WE 1637 0.31		TU 1615 2.06	
2119 2.60		1840 0.70		1845 2.15		2306 2.61		2226 0.79	
5 0402 0.50		11 0111 2.17		17 0108 0.81		23 0550 0.45		29 0411 1.87	
0926 1.83		0758 0.67		0635 1.72		1122 1.91		1041 0.47	
SU 1526 0.35		SA 1345 1.74		FR 1254 0.49		TH 1722 0.34		WE 1726 2.17	
☉ 2202 2.60		1927 0.81		1932 2.28		2348 2.57		2351 0.77	
6 0449 0.51		12 0151 2.05		18 0201 0.71		24 0633 0.44		30 0523 1.77	
1012 1.81		0840 0.68		0726 1.75		1211 1.93		1143 0.46	
MO 1607 0.38		SU 1440 1.75		SA 1341 0.43		FR 1809 0.41		TH 1831 2.30	
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								1929 2.41	



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COVID-19 Q&A WITH STIRLING, JARED & ANIKA

Stirling Hinchliffe MP, Councillor Jared Cassidy and Anika Wells MP recently hosted a virtual mobile office to answer questions from locals regarding COVID-19 and how it's affecting them. The trio went live on Facebook to answer questions from 4017 residents.

Q: Why did the local government elections in March go ahead, and will the state election be going ahead?

STIRLING: The decision to have the local government elections go ahead in March was made on advice of the Chief Health Officer, Dr Jeannette Young, and was very much based upon one, the need to have continuity in local government in responding to the pandemic, but also having taken into account the measures put in place to ensure the election could be conducted in such a way which didn't result in a spike in COVID-19 cases.

I'm pleased to say the period beyond the election (the pre-polling period and election day itself) there was no evidence of a spike as a consequence of the election being held.

The other issue which had been raised online was how things are going to work for a state election coming up later in the year. What I can say is all avenues and all opinions are being considered and looked at.

In fact, the government's advice is a full postal vote is possible if it is determined as the right way forward. That's a decision which has to ultimately be made on the basis of the public health advice at the time.

Q: What is going to happen when JobSeeker stops?

ANIKA: You should know as your local member I have called for the rate of Newstart to be raised, in Parliament back in February. We have been a #raisetherate campaign since then. My view is the Newstart rate of about \$40 a day wasn't enough, and we shouldn't go back to that

figure. Where we land between that figure and the current figure is yet to be seen because at the moment there are too many unknowns. The government itself doesn't seem to have settled its position yet. If you or someone you know experience hardship while being on Newstart, please get in touch with my office.

Q: How has COVID-19 affected the Council?

JARED: A lot of Council's facilities and services have been affected of course. Facilities like our pools, gyms, outdoor exercise equipment whether they be basketball courts, netball courts, hit up walls or playgrounds were all closed based on the health advice. Also, a lot of the face-to-face interactions you normally have with Council whether it's regional business centres, our libraries, city hall, are closed to the public at the moment.

Dumps are open and tip vouchers are still available from my office if you didn't receive them in your rates notice. Just phone or email ahead and we will arrange that for you.

I have been getting a lot of questions about kerbside collections. The advice from Council is they have been postponed from 3 April until further notice.

Another one which has been coming up a bit is the Council's Immunisation Clinic. The question I had is, "Is my elderly mother eligible for a free flu vaccine through the Council's Immunisation Clinic?"

If you are in the following eligible groups: children aged 6 months - 4 years old, pregnant women at any stage of pregnancy, all Aboriginal and Torres Strait Islander People aged 6 months and over, all adults aged 65 years and over, and any individual aged over 6 months with a disposition towards severe influenza.

Q: How have school kids been impacted?

STIRLING: This is something I have been speaking to a lot of people about. I took the opportunity to speak to as many of our local principals as possible and they have given me really good feedback. It was a difficult time, no question. I had experiences of it with my own year 9 at home but it was a learning process for everyone involved. At-home learning was the best option to limit community transmission at the time (nearly all students are back).

Q: Will roads be adapted for roads and pedestrians to accommodate social distancing?

JARED: Some cities around the world have adapted to our new normal very quickly. COVID-19 aside, this is an interesting discussion about how we use road space and public space. This really could be a catalyst about how we think about planning our open spaces in future planning. What we have seen about all the battles to maintain public green spaces over the last 30 years has been particularly worth it at the moment. It is certainly worth adapting how we use public spaces coming out of COVID-19.

Q: How many COVID-19 cases have there been in 4017?

STIRLING: We get the details for the Metro-North Area but not for our local area and we do not have those details. Metro-North is the largest health and hospital service area in the state in terms of population. No concerns about hot spots in our local area.

Q: Financial hardship?

(See Anika's comments on JobSeeker and Newstart for Federal Assistance).

JARED: Council rates for the first quarter have been delivered. If you are facing financial difficulty and need assistance with your rates, get in contact with my office or directly with Council. There are a number of things including payment plans and deferred payments for up to 9 months and interest won't be applied from April to those deferrals. Any rate recovery currently going on or otherwise has ceased.

STIRLING: One of the other things which doesn't go away is your utilities bill. The Queensland Government is providing a \$200 rebate on everyone's household electricity bill. In order to be compensated for electricity and watering costs. Electricity bills are the most effective way of delivering this rebate.

Q: Support for mental health services?

ANIKA: Beyond Blue has experienced a 40% spike in requests and Lifeline was saying they have had more requests in the first month of the pandemic than across the calendar year. So, we did have a win where we got Telehealth put on as a Medicare item so you can now access a telephone appointment with your GP.



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FISH OF THE MONTH

Longtail Tuna

Thunnus tonggol

Story **Peter Hansler**

One of the better tasting fish we pull out of Moreton Bay is the Longtail Tuna, formally known as Northern Bluefin Tuna.

Caught from between northern NSW right around the top of Australia to WA, these fish are great speedsters when hooked, and never give up fighting all the way to the boat. They have been responsible for many sore arms and backs after a drawn-out fight.

Growing to just over one meter and up to 25kg, we rarely take more than one fish home to eat. Most fish we catch are a bit over 10kg.

They can be caught by trolling lures or sight casting. My preferred method is live bait on the surface or just below. They are very frustrating to chase around when they are surface feeding, trying to get close enough to throw lures at them without spooking them. This is why I prefer the method of live baiting around the

general area where I have seen them, or where I have seen birds working and drifting into them.

Four out of five stars eating quality for me. I have fried some in Southern Style Chicken Coating and someone actually thought it was chicken. How good is that?

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





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Story **Brooke Jacobson**

4017 COUNCIL IMPROVEMENTS

Brisbane City Council have started to replace all the water bubblers on the foreshore from Decker Park, all the way around to Frank Doyle Park in Shorncliffe.

The Decker Park playground is also being upgraded. Work was due to be finished by late June, weather permitting. Previous works in the park to upgrade the shade sails were completed just before Christmas last year.

A project to upgrade the lighting in the Sandgate Memorial Park is also due to start in late July/early August.

During the recent council budget announcement, \$363,000 was secured for Flinders Parade Sandgate footpath upgrade work.

ART CLASSES FOR YOUNG AND OLD

Mancini Art Studio is offering a range of school holiday workshops including painting a canvas, making a dream catcher, card and craft Minecraft building, watercolour workshops and paint or bejewel your own denim jacket or jeans. Classes are \$30 per class or two classes for \$55.

The studio is also offering Paint and Sip art classes for adults, at a cost of \$45 per person. For more information, contact Kim Mancini via email at kimmanciniart@gmail.com or by calling 0402 473 083.

DOLPHINS BACK IN THE BAY

A number of residents have spotted dolphins frolicking in the waters around Shorncliffe in recent weeks. They're a popular sight at this time of year, although you'll have to get up early in the morning to see them!

There have been quite a few posts on local Facebook pages with photos and videos of the beautiful creatures enjoying a swim and a play near the Shorncliffe Pier. Have you been lucky enough to spot the dolphins?

DOUBLE JOY FOR LILLEY MP

Federal MP for Lilley, Anika Wells, has announced she is expecting twins in November this year. She will be the first female Federal MP to have twins while in office.

Ms Wells made the announcement on Twitter earlier this year, with her husband Finn having dubbed the impending arrivals as the "Quarantwins".

Ms Wells and her husband Finn are already parents to a daughter, Celeste.

END OF AN ERA

The Northside Chronicle/Bayside Star newspaper will cease publication as of 29 June.

A few weeks ago, News Corp announced up to 76 newspapers run by the company would be switching to digital-only editions, with 14 newspapers, including the Chronicle/Star, disappearing altogether.

Executive chairman Michael Miller was quoted as saying that News Corp's city-based papers would now "double down" on their state focus, with increased regional content.

The Bayside Star was first published in 1987 and the Northside Chronicle was first published in 1985. The two papers were combined into one edition in recent years.

CAN YOU HELP?

SANDBAG are asking for donations to help those in need. They're looking for tinned baked beans and spaghetti; long-life milk; small variety packets of cereal; noodles and packet soup. Please contact the organisation by email at info@sandbag.org.au

KERBSIDE COLLECTION CANCELLED

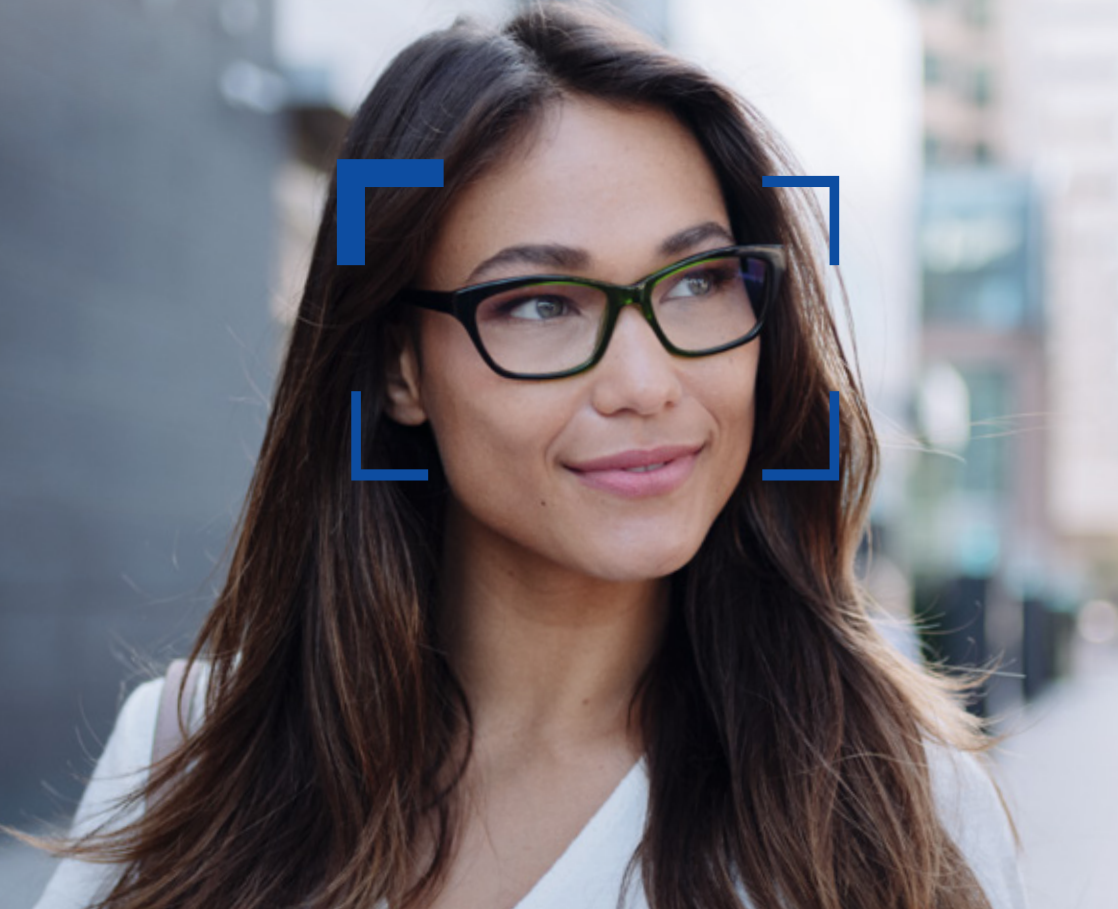
Brisbane City Council announced during the recent budget that it will cancel kerbside collections for the next two years.

Would you like to contribute to Bramble Bites?

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

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Seeing beyond

TAX WITH TIM

5 THINGS TO DO NOW TO MAKE TAX TIME 2020 LESS TAXING



It is important to consider your cash flow from now until Christmas 2020. Do up a personal budget to ensure that you can get to Christmas in a healthy financial position.

Remember, tax impacts the cash flow, so keep records of your receipts and expenses (deductions). Here are five things you can do now to get you and your business through the next six months:

Set yourself up for success.

We see many new businesses launch in the new financial year, which can excite. However, due to the uncertain nature of the economy, a backup plan is needed to ensure that not only the business gets a good kickstart, but that it can survive a future pandemic. So, set up your business accounting software right from the start. Invest in training to boost your knowledge and create consistent good habits. Always start with as much of a war chest as you can.

Understand the difference between GST, income tax and PAYG withholding and PAYG Instalments.

Businesses may have all, some or none of these obligations. Don't assume you know the difference, or rely on advice from your long-lost relative at the family BBQ. Your tax agent is the best person to explain all of these.

Set up separate bank accounts to save money for GST and income tax.

Out of sight, out of mind. This means paying the ATO is much less stressful as you will already have the funds set aside outside of your normal business operations.

Know who can help you.

Do you need a tax agent or a BAS agent (Bookkeeper)? It all depends on what help you need. But getting unqualified advice could be detrimental to your business viability.

Make sure you take advantage of all the COVID-19 stimulus measures.

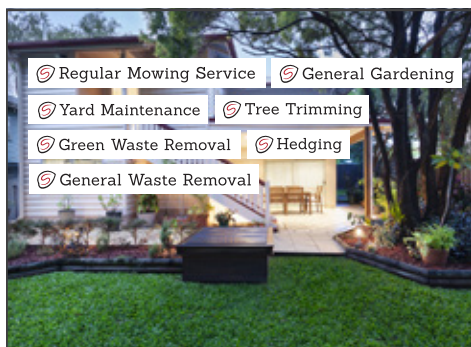
If you employ staff, are you able to get the cash flow boost (minimum \$10,000)? If your turnover decreased by 30% in just one month compared to a previous month, then can you enrol for Jobkeeper?

I suggest talking to your accountant about your tax position, wealth position, and estate planning as you head into the next financial year.

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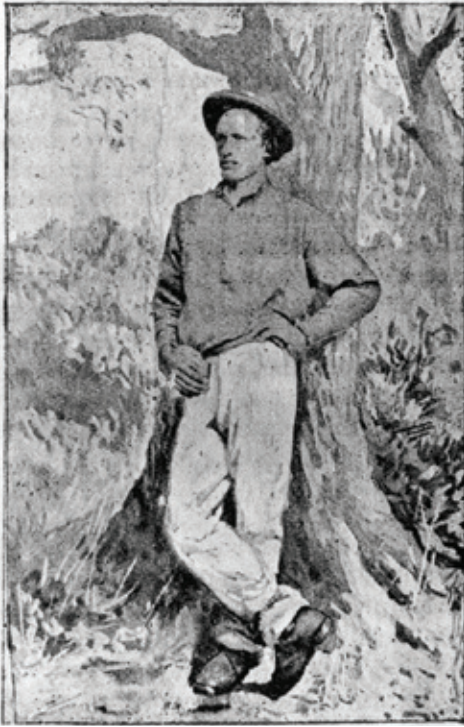
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HISTORY



Our Very Own Bushranger!

Story *Hellen White*

The Wild Scotsman (or Scotchman), last seen in Bracken Ridge. James Alpin McPherson was a legend and anti-hero in the 19th century.

Born in Inverness, Scotland in 1842, his family sailed for Australia and arrived at Moreton Bay in January 1855. His father, John, bought 93 acres in Bracken Ridge in 1862, producing potatoes and maize, and raising cattle.

James went to school in Ipswich. Talented in languages, he was known to be a very entertaining speaker. After a stint at trade school, he ran away in 1863, getting work at various

stations. As with, it seems, everything he did, he became an accomplished horseman and an accurate shot.

In March 1864, he took up with two other robbers to hold up a public house near Bowen. They escaped with three cabbage-tree hats, two pairs of pants, a pair of boots, a gun, a Crimean shirt, a bottle of whiskey and 14 lbs of flour.

The government put a 50-pound price on his head.

James headed to NSW, hoping to take up with infamous bushrangers Ben Hall, Frank Gardiner, John Gilbert and John Dunn. It is alleged that he committed several robberies on the way. He used several aliases and newspapers reported him as John Bruce, Mar, Kerr and Scottie.

He was eventually apprehended for the Bowen heist, but escaped, stole a horse and continued his nefarious activities, mainly holding up stagecoaches. He must have had a sense of humour, because he sent 1700 pounds worth of cheques and money orders to the governor of Queensland, Sir George Bowen, saying in his letter that he had no need of them. The reward for his arrest went up to 250 pounds.

Eventually recaptured in 1866 by local citizens at Gin Gin, the court found him not guilty of the hold up of the pub, as the police officer involved, Sir Frederick Pottinger, had died before he could give evidence. But he was then taken to Maryborough to face charges of robbing the mails. He was found guilty and sentenced to 25 years at St Helena Island in Moreton Bay.

While on St Helena he was shot in the wrist while trying to escape with six others. There he remained until his sentence was remitted in December 1874. At the instigation of the Rev. B.G. Wilson, a group of citizens raised a petition for clemency to release him.

James eventually married, had six children with his wife, Elizabeth, and died falling off a horse in August 1895.

Each year, on the third weekend of March, Gin Gin holds a "Wild Scotsman Festival" to commemorate McPherson's capture by the locals in 1866.

With thanks to the Sandgate Historical Society, Mrs Pam Verney and photo from WikiMili.

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FEEL LIKE A *Wine* THIS WEEKEND?

Story *Philip Woods*

We've all been cooped up inside for many recent weekends; with winter now upon us and our doors re-opening, why not head to the high country for a wine or beer tasting and some majestic views?

Just a short 40-minute drive away is Mt Mee, a charming village found on a beautiful winding road that travels between Dayboro and D'Aguilar. This region offers a lovely mix of rural farming and natural forest, along with some wineries and a brewery.

Kate and Thomas Honnef operate Ocean View Estates; a winery, craft brewery, restaurant and

function centre on Mt Mee Road, and like all of us they are looking forward to the end of the Covid-19 restrictions.

"COVID hit us very hard, especially the first month," Kate says. "We lost a lot of our staff but were still doing takeaway for the locals ourselves. Once the restrictions lifted, we started to get our staff back and knew we had to get creative."

"Our new chef Joel only started in December last year, and luckily he has a passion for pastry, so almond croissants and sourdough have saved us in this time."

For a day trip involving a coffee and a croissant, Mt Mee is the perfect place. But if you're keen to stay longer, you can book an overnight stay at one of the many accommodation options nearby, or even camp up the road at the D'Aguilar National Park.

This area offers a great selection of bush walks, trails and lookouts, as well as cafés, wineries and retreats.

Glengariff Historic Estate, a popular established function centre and winery, is also located on the winding Mt Mee Road, along with the acclaimed Birches Restaurant.

With Mt Mee being so close to Sandgate, it makes a lovely day trip or weekend away. Enjoy a scenic drive, have a coffee and croissant and be home in a few hours, or take a weekend off, stay the night and chill out with wine or two!

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