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**FREE** SEPTEMBER 2020

**GUIDE**

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*Breathe Easy  
Face Mask  
Launch*

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SEPTEMBER 2020



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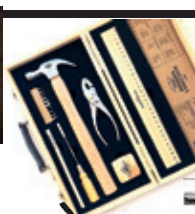
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*Jade Ashton and Sommer Watts.*

# BEHIND THE MASK

Story **Brooke Jacobson**

Photo **Bruce Redman**

**S**andgate naturopath **Sommer Watts** and seamstress **Jade Ashton** have teamed up to help the local community stay safe and look good at the same time.

As the COVID-19 pandemic continues, the local duo has started manufacturing reusable face masks and, according to Sommer, there's plenty of demand.

"Our masks are reusable, they have three layers as advised by the chief health officer and they're fully washable," she said.

"The ear loops are made from soft elastic and they're very comfortable.

"They also have a nose wire, meaning they can be moulded to the shape of your face. The nose wire provides a better fit and also, if you wear glasses, this will stop them fogging up."

Sommer, who runs Health By Design Co, said she approached Jade, owner of She Is Known to Sew, to help with the project, as she knew the quality of Jade's work.

"Jade has worked for Opera Queensland and Queensland Ballet as a seamstress, as well as with fashion designers Sasha Drake and Easton Pearson," she said.

"She has an industrial sewing machine and these masks are commercial quality.

"With everything that's happened in Victoria and then we see what's happening in NSW, this virus is going to be here to stay for a while.

"We want people to want to wear masks for their health and if we can make it a fashion statement, that's great as well.

"The masks are really beautiful. We hand select the fabric ourselves, and there's something for everyone."

Sommer said the masks were "art and medicine coming together in the best way possible".

"The medical advice is, if you can't social distance, wearing a mask is the best way to protect yourself and others – as well as washing your hands," she said.

"Jade and I are just very proud of putting out a quality, Australian-made product."

The masks come in three different sizes – small, medium and large, to suit children, teenagers and adults.

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# AN EYE FOR DESIGN

Gillian Sheehan

**Story Brooke Jacobson**

**Photo Bruce Redman**

**O**pening a retail space the same week that a global pandemic hits might not sound like the basis of a success story.

But for Gillian Sheehan, owner of Sandgate's latest store Oak and Ave, that's exactly what happened.

"I'm really known for my timing," she laughed.

Gillian has a background in fashion, and formerly owned a studio in Paddington, where she designed boutique clothes mainly for the Irish market.

After the GFC, she began helping her husband Marty Steel in his building business, offering home styling for his clients.

Keeping it all in the family was top of Gillian's mind when she opened Oak and Ave on 26 March this year.

"We make all the furniture here ourselves," she said.

"My husband is also a portrait artist – he came second place in the last Bald Archies [a national art competition] – and his work is for sale in the shop.

"We stock local as much as we can, or we make it ourselves. Even the candles – I make those. We just had a collaboration with local ceramicist Billie Wood to make a range of mugs and saucers."

Oak and Ave also specialises in textiles, with cushions handmade in Marrakesh from vintage rugs.

"No two pieces are the same," Gillian said.

Gillian's fashion designing days are not yet behind her, with plans to launch a clothing collection before the end of the year.

"The clothing collection is taking a little longer – it's something I used to do full time and now I'm working it around the shop, but it will be on the shop floor before Christmas," she said.

"It's a women's wear range, casual but can be dressed up; a range of skirts and dresses, made from natural fibres, with injections of colour."

Gillian said she had been delighted by the welcome the store had received from the community.

"The feedback we're getting is that this is very fresh and new; there's lots of colour here, but it's not overwhelming with clutter and colour," she said.

"I personally like black and white with pops of colour, so the shop is very me."

*Oak and Ave is located on Rainbow Street, Shorncliffe, next door to the Wired Owl Café. It is open from Wednesdays to Sundays.*





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A resident writer for The Cosmetic Surgery Magazine, Anita is often called upon to present at meetings on Cosmetic Medicine throughout Australia and internationally. She is a Nurse Practitioner specialising in skin and cosmetic medicine and holds a BSc, MA and MSN, Anita worked as a TV Presenter for Sky Sports, the BBC and UK breakfast television, acted on The Bill, Neighbours, Offspring and Rush, and performed in various TV commercials and films as well as West End theatre shows.

Anita cares passionately about all women. In her debut book, Anita rips apart society's expectations of perfection and reveals her proven formula for becoming happier and more beautiful in your own skin.

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# BRISBANE FESTIVAL *Serenading* OUR STREETS

**T**he Brisbane Festival is coming to the 4017 area with a twist to its live performance events line up when it brings music to the people in an innovative new program, **Street Serenades**.

The Street Serenades program will see free mini-concerts popping up in each of Brisbane's 190 suburbs during the period of the festival, from 4-26 September.

Each of the pop up concerts will feature a 45 minute set, with some of Brisbane's best contemporary musicians, finest classical musicians, DJs, cabaret shows, circus, intimate concerts, and acoustic sets lined up to perform. Four custom-built "band-wagons" will move through the suburbs on Thursday, Friday, Saturday, and Sunday evenings throughout the festival.

Brisbane Festival Artistic Director Louise Bezzina said Street Serenades was created to bring the Festival to the people and fill the city with art, music, and celebration.

"This is a fabulous opportunity for people to come together with their family and their neighbours, sit out on their driveway and their verandas, and be entertained by a fantastic group of musicians," Ms Bezzina said.

"Amid the tumult of international lockdowns, I was so heartened to see news footage of spontaneous singalongs on Italian balconies, tight-knit US communities choreographing socially distant dance performances, bands on the back of trucks playing music as they drove through Spanish streets and, closer to home, neighbours enjoying driveway drinks.

"It is so important for Brisbane Festival to bring that same hope, joy, and sense of connection to every part of Brisbane, as well as to celebrate the depth of incredible talent that exists among Brisbane and Queensland artists."

Brisbane Festival was unable to share the Street Serenade locations due to the current gathering restrictions but said the concerts were more of a surprise and delight pop up than a pre-promoted event.

Keep your eye out in the 4017 area for these special mini-concerts and enjoy the atmosphere that live music brings.

*For more information, including updates and announcements, visit [brisbanefestival.com.au](http://brisbanefestival.com.au) or follow Brisbane Festival on Facebook, Instagram, and Twitter.*

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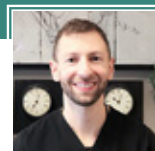
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# EVERY DOG HAS ITS DAY

Story *Brooke Jacobson* Photo *Bruce Redman*

**I**f your dog has had a “ruff” time, help is at hand with natural massage and Bowen therapy. Faye Dabrowski, who moved to Bracken Ridge from Melbourne last year, is offering treatment through her pet practice, *Sit Stay Heal*.

“Bowen therapy is a gentle touch therapy, it restores connective tissue, reducing pain and releasing pressure in the dog’s muscles and nerves,” Faye said.

“It’s like hitting reset on the body.”

An initial session of massage or Bowen therapy for your canine companion takes around an hour, and Faye comes to your door.

“My business is mobile, and we travel all over the northside,” she said.

“I look at how the dog walks or sits and their general movement, and then I do a hands-on assessment, focussing on what’s tight or tense.

“Mostly the dogs really like it – sometimes younger dogs need to calm down a little bit, but we take plenty of breaks and if a dog wants to walk around, that’s fine.”

Massage – known as myotherapy – and Bowen therapy can help dogs recover from injury, improve chronic and skin conditions, reduce inflammation and improve circulation.

“I think it’s really good for their mental health as well,” Faye said.

“It’s especially great for senior dogs, it can really help your dog regain a lot of movement and feel so much better.”

She said some vets even recommended Bowen therapy.

“It’s a natural therapy option; it’s very gentle and unobtrusive and more vets are starting to learn about it and recommend it,” Faye said.

“I’m planning some public demonstrations of Bowen therapy to help pet owners become more aware of it.

“And it’s not just the therapy itself – I can help people be more aware of how their dog moves and what they can do in the home to help them; for example not too much rough play and not over-walking them, particularly since we’ve all been at home so much this year.”

*For more information on Sit Stay Heal, go to their website [www.sitstayheal.com.au](http://www.sitstayheal.com.au) or find them on Facebook.*



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Volunteers having fun at The Bloody Long Walk  
/ Photos supplied by Mito Foundation

# The Bloody Long Walk – Be Mighty for Mito

Story Sally Eberhardt

**R**ally your family and friends to join or support you in the Mito Foundation's annual event, The Bloody Long Walk.

This 35km challenge starts in Sandgate and follows a course through the Boondall Wetlands and along the bikeway to the river, finishing triumphantly at the Story Bridge.

Marketing and communications manager of the Mito Foundation Fiona Glenn said The Bloody Long Walk was about raising awareness for mitochondrial disease (mito); a debilitating and potentially fatal genetic disorder that robs the body's cells of the energy they need to function properly.

"Mito is a terminal illness with no current cure and few effective treatments," Fiona said. "All money raised goes towards funding research and supporting families impacted by mito."

"Every week in Australia, one child will develop a life-threatening form of mito – that's 50 Aussie kids a year. That's why we need as much support as possible."

This year, The Bloody Long Walk will be run as both virtual and in-person COVIDSafe events.

Visit [www.bloodylongwalk.com.au](http://www.bloodylongwalk.com.au) to register, make a donation, or find out more. Whether you walk or run, every step is one step closer to finding a cure for mito.

**The Bloody Long Walk**  
**Sunday 20 September**  
**Curlew Park, Sandgate.**

## Ocean Creatures Alive

Meet and touch live ocean creatures in this fun activity being hosted by the Boondall Wetlands Environment Centre. Children will discover and learn about the different sea animals and their environments in this interactive activity.

Saturday 5 September at 10am and 11am.

This free event is suitable for all ages. Find out more about the Ocean Creatures Alive event and to register, visit [www.eventbrite.com.au](http://www.eventbrite.com.au) and search Ocean Creatures Alive.

## Swim Season is back

The 2020/21 Sandgate Swim Club season starts in October. The first club night for the season will be Tuesday, 6 October. To join the club, either attend on 6 October at 6:30pm at the Sandgate State School pool or email [sandswim@bigpond.com.au](mailto:sandswim@bigpond.com.au).

## Gallery 4017 Exhibition

'Notes from Nature' is an exhibition of work from Leah Gay, the 2019 winner of the 4017 Community Exhibition. Until a few years ago, Leah had only dabbled in art. It took a serious health scare for Leah to confront her own mortality. Leah embraced her creative passions with renewed vigour. Now she engages in her art practice more seriously and has participated in a number of local group exhibitions in Brisbane.

'Notes from Nature' opening night is on Friday 4 September 6.30–8.30pm, Gallery 4017, Artrageous Arts, 82-88 Loftus Street Deagon. All are welcome. For more details, contact Artrageous Arts on ph. 3269 1535 or email [enquiries@artrageous.org.au](mailto:enquiries@artrageous.org.au).



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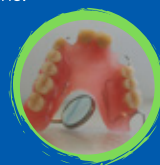
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# A WORD FROM OUR REPRESENTATIVES

## Cr Jared Cassidy



We've hit the ground running after the Council budget was handed down in June, identifying local projects to invest in to create jobs and investment in our community.

Some of these job-creating projects commencing this financial year include park upgrades, new footpaths, and investments in community clubs. Projects like new lighting and upgraded paths in the Sandgate Memorial Park will be complete by November. New shade shelters and tree plantings at the Deagon Skatepark, and lighting of the new Decker Park basketball court will also commence soon.

Works on the Brighton Foreshore path will continue, replacing more of the narrow and dangerous paths and a concept plan for a new carpark and access to the Curlew Park canoe ramp will also be started.

Care Kits for Kids distributes free care kits through Police Child Protection Units and Child Safety, Domestic Violence and Foster/Kinship Care agencies to well over 10,200 Queensland children. Due to year-round demand, care kits are currently expanding drop-off to more locations around Brisbane. My office is now a drop-off point; you can donate between 8.30am and 4.30pm Monday to Friday.

## Cr Sandy Landers



We are only a few months into the new financial year and there are ten smoother streets in the Bracken Ridge Ward after being resurfaced. Bracken Ridge State High School students have a safer crossing point on Barfoot Street and St

Joseph's Catholic Primary School, Bracken Ridge have secured funding for the Active School Travel Program that encourages students and their families to walk, ride, or scoot to school.

In partnering with the Federal Government, some of the Bracken Ridge Ward's major congestion

## Stirling Hinchliffe MP



Queensland's state schools are set for an upgrade after the State Government announced \$220 million to refurbish education facilities, a works program set to create hundreds of jobs for tradespeople across the state. The funding

is on top of more than a billion dollars already announced for new schools and new classrooms, creating even more jobs across the state in 2020.

So how does this affect people here in Sandgate? The Sandgate Electorate's nine public schools will see \$1.5 million in additional funding for minor works and maintenance.

Bracken Ridge State High School will receive \$300,000 for a new kitchen to meet growing demands. Nashville State School will be given \$150,000 to refurbish classrooms including new lights, fans, carpet, repaint, and joinery. Sandgate State School will have all classrooms refurbished at a cost of \$200,000.

A new safe and modern outdoor learning area will be constructed at Shorncliffe State School. These works include new surfaces, astro-turf, handball courts, new seating, and a revamped ANZAC garden, at a cost of \$150,000

The remaining \$738,000 will be shared amongst all schools for general maintenance and minor works.

hotspots are set to be upgraded, including the Barbour and Norris Roads roundabout in Bracken Ridge. Hoyland Street, Bracken Ridge has received \$5.4 million to duplicate lanes in both directions, and \$2.2 million has been secured to kick-start significant upgrades to Beams Road, Carseldine.

Over the coming months (subject to COVID-19 restrictions) I will also be hosting community consultation events and surveys for a major playground upgrade in Gus Davies Park, Bald Hills; a learn-to-ride track in Len Trezona Park, Zillmere; and new facilities for Daintree Place Park, Fitzgibbon. For details on when and where, make sure you follow my Facebook page.



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# WHAT'S *Hot* AROUND TOWN



Angus Hall (above),  
Acoustic duo Montana (left).

## Story Emma Sanders

**D**ad's the word this Father's Day weekend with a bevy of happenings across the 4017 area to celebrate all the great fathers out there.

Angus Hall will return to Eclectea on Saturday, 5 September from 4-7pm for his first post-lockdown show, showcasing his popular mix of laid-back, acoustic tunes.

"I was one of the first musicians to play at Eclectea just after it opened and have been looking forward to coming back," he said.

"With the combination of a wonderful atmosphere, delicious menu and drinks list, and lovely music to pull it all together, Eclectea is the best way to spend a Saturday night in Sandgate.

"People should expect a bit of the familiar as well as a bit of a surprise – while I play some of the classics that you'd expect from an acoustic covers musician, I also find ways to take very un-acoustic songs (from bands like Nirvana, Foo Fighters, The Killers and The Strokes) and make them work for a venue like Eclectea."

For more information on Angus Hall's performance visit the Eclectea Facebook page.

From Angus Hall to Angus brisket, the Full Moon will have dad-sized meals on offer on Sunday 6

September with their Low & Slow Texan BBQ Platter special for lunch and dinner.

Full Moon owner Lucinda Black said the popular watering hole would have great food on the menu and live music so all the dads can tap their toes to their pub favourites.

"The special men - and ladies - in your life can choose from our ever-popular restaurant menu or the Chef's Special 'Low & Slow Texan BBQ Platter' served for lunch and dinner [while stocks last] featuring beef brisket, smokey BBQ pork ribs and buttermilk chicken wings alongside house-made cornbread and slaw," she said.

Acoustic duo Montana will be providing the smooth tunes for the afternoon, with their mix of classic and modern favourites including Tracy Chapman, Van Morrison, The Eagles, The Cranberries, and more.

Comprising Natalie Pearson and Brook Chivell, the Montana duo are regulars at The Full Moon.

"We love catching up with the regulars and getting their song requests into the set – our music is full of harmonies and mashups, so expect a few duets and some unexpected but cool song twists," Natalie said.

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# It's All Greek

**C**elebrating life is one of the many things the Greeks are famous for, and this month, everyone has the chance to join in. Bring your picnic blanket, shade umbrella, and a very big appetite to A Greek Affair 2020 – the annual festival at Taigum's Greek Orthodox Church of St Paraskevi.



Story *Linda Read*

**T**his year's event will be held over two days and will be outdoor picnic-style in the expansive land surrounding the church — a slight difference to previous years — to accommodate for the current social distancing rules.

According to festival organiser Costa Stratikopoulos, the event promises to be as exciting as ever.

An array of Greek cuisine – arguably the biggest crowd-pleaser – will again be on offer, although this year, it will be packaged in unique 'showbags', to reduce handling and contact. The famous Greek honey puffs and many other sweet treats will be in plentiful supply, as will quintessential Greek delicacies including lamb on the spit. There will also be stalls and music.

"It's about the experience of being Greek, and enjoying the food and the environment and the culture," Costa said.

"The smells, the environment, the cooking of the lamb and the roasts, the charcoal, the lambs on the spit – it's all about the food and just enjoying

the outdoors, and some music. We're looking forward to it."

One of the stalls will offer Greek religious icons and other religious artefacts such as rosary beads, and incense, all sourced from holy places in Greece. Guided tours of the church itself – a stunning Byzantine-style building completed in 1995 to service the northside's growing Greek community – will also be conducted throughout the day.

"We looked at the wonderful space and the land we have there, and we thought what better way to take people's mind off the current situation than to celebrate our multiculturalism," Costa said.

"I think it's an opportunity for people to get together in an outdoor environment and enjoy each other's company, and just take our minds off the hardship of 2020."

## A Greek Affair Festival

**Saturday 26 and Sunday 27 September  
St Paraskevi Greek Orthodox Church  
Church Road, Taigum.**



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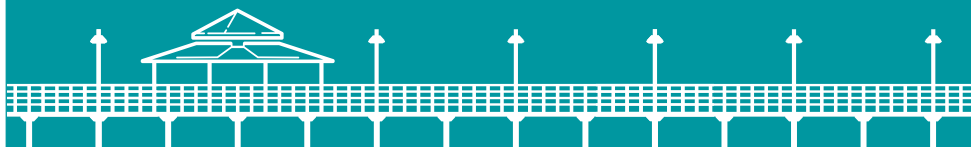
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# TENET

Story *Nick Allford @WatchItWombat*

**I**magine David Lynch making a Bond movie – then you’d have *Tenet*. To explain the plot of this film any other way would take more than my 300 word allocation (even if I did understand it all). That being said, this is a great film with director Christopher Nolan’s signature all over it; a genre-twisting story, an incredible score, next-level practical effects and most of all, exposition fired in your face like a machine gun.

From start to finish you’ll be caught up in a world that you kind of recognise but may struggle to understand, giving you a feeling of unease as you try to decipher the torrent of dialogue, and that’s before we even start talking about the use of ‘time inversion’ and ‘entropy’.

There’s a lot to process, and just when you think you’re grasping something, a whole new plot device or random character is introduced. What this film does expertly is reward those who are willing to pay attention. If you can put in the effort, follow along and learn the rules (and maybe have a degree in physics), you’ll be gifted with a mind-altering experience.

In true Nolan style there’s plenty of ‘score porn’, with Nolan replacing his go-to composer Hans Zimmer with the equally outstanding Ludwig Göransson, although coupled with the thumping sound design, this can make the already tricky dialogue hard to hear.

Another of the director’s favourites, Michael Caine, does make the cut, but only in a cameo. Relative newcomer John David Washington is great, however he does occasionally look like he was trying to understand the script. I don’t blame him. The rest of the cast are good; Robert Pattinson brought a surprising endearing quality, but I found it hard to warm to Elizabeth Debicki.

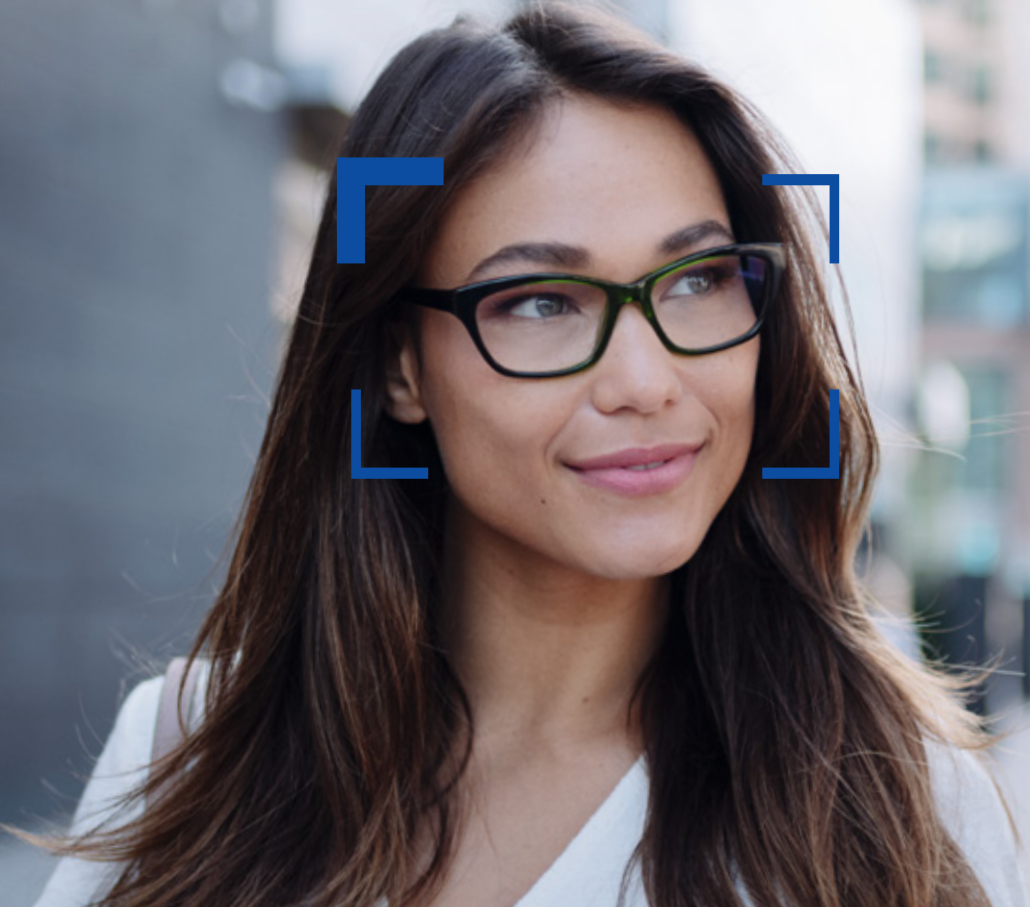
Despite this being a very complex movie, I thoroughly enjoyed it, walking out of the cinema wanting to pull apart and piece back together so many elements of the story and its execution. I recommend watching it at the cinema. Take your mates so you can spend hours dissecting it afterwards.

*IN CINEMAS 27 AUGUST*



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Seeing beyond



# NEW OWNERS HOOK A WINNER AT FLINDERS SEAFOOD & BAR

Story *Emma Sanders* Photo *Bruce Redman*

**It's no secret that Sandgate's fish and chip scene is the setting for on of the most coveted feeds in Brisbane.**

## Local DINING GUIDE

Now, a changing of the guard at popular hotspot Fish on Flinders – renamed Flinders Seafood & Bar – is set to up the ante even higher.

Former owners Trevor and Cheryl Connolly have handed the baton

on to some familiar faces in the Sandgate business community – Adrian Gard and Steven Dooley, who also own popular fishery Shelley Inn at Shorncliffe.

Adrian and Steven said the location and the facilities at Fish on Flinders had been on their mind for quite some time.

"We had spoken to Trevor and Cheryl about taking over management at Flinders, but the time was not right," Steven said.

"When COVID-19 hit Trevor and Cheryl decided to call it a day, so we struck a deal with the Connollys to buy the business."

The business is now undergoing a refit, with the doors to swing open this month.

"We love everything about it: the location, the layout, and most of all we love getting to see a great establishment like Flinders thrive again," Steven said.

"Flinders Seafood & Bar has it all. Beautiful alfresco dining, function room with a bar, gluten-free menu, cakes, Cleanskin Coffee, fresh seafood, yummy burgers, cold beers, wines and spirits, and of course, ice cream."

Steven said the community's feedback about a fresh new look at the eatery had excited them most about their new venture.

"Flinders is an essential part of the Sandgate waterfront," Steven said.

"People flock down there in droves to enjoy the natural beauty of Sandgate waterfront. Being on the main tourist drive, people need a great place to unwind and take it all in.

"Our patrons love it because of the large range of gluten-free products, or the fact you can grab a beer while the wife and kids play across the road in Arthur Davis Park. Or that you can quickly grab ten bucks of hot chips and go back to the aquatic centre to enjoy all the pools and slides."

*Adrian Gard and Steven Dooley.*

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**196 Flinders Parade, Sandgate**  
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# Local DINING GUIDE



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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.



74 Ward St, Brighton

**Café**

0424 420 863

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Shop 12 / 353 Beaconsfield Terrace, Brighton

**Café**

3269 1964

## COOL BEANS CAFE

**Feature:** Cool Beans Cafe now open. Located walking distance to Brighton foreshore, Cool Beans Cafe offers great value all day breakfast and lunch menu, fresh juices, fine quality tea and DiBella coffee. Gluten-free options are available. Open 7 days a week from 6am, indoor seating, wheelchair accessible and pets welcome.



6 Knox Street, Sandgate

**Coffee Shop**

0403 373 875

## CYPHER COFFEE

**Feature:** Cypher Coffee is tucked away right next to Sandgate train station. Discover our selection of toasties, sweet treats and specialty 'Bear Bones' coffee. Dedicated kids area, pet friendly and service with a smile.

Present Seniors Card between 10am-1pm weekdays for 10% discount. Open 7 days 5.30am - 1pm.





### EclectTea



2 Queens Parade, Brighton

Wine Bar

0416 689 465

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196 Flinders Pde, Sandgate  
(opposite pool)

Seafood, Burgers & Beers

3269 6903

## FLINDERS SEAFOOD & BAR

**Feature:** Fish on Flinders is under new management & has been rebranded. Now Flinders Seafood & bar, come down & try out Sandgate's newest hotspot for fresh seafood, yummy burgers, barista made coffee & Ice cold beers, wines & spirits..



353 Beaconsfield Tce, Brighton

Pizzeria

3869 2282

## LA PIZZERIA

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8 Queens Parade, Brighton

Coffee Shop

0430 753 768

## MOMENT BISCUITS

**Feature:** Moment Biscuits is a small, European-style boutique biscuit shop, a short walk from the Brighton foreshore. Pop in 7 DAYS A WEEK from 5:30am to 11:30am for freshly baked treats, artisan bread and (almond) croissants, loose leaf tea, milkshakes, iced drinks and smooth Italian coffee. Follow us on Facebook and Instagram for the latest promotions.





# Local DINING GUIDE



6 Park Parade, Shorncliffe

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& Mediterranean**

3869 1282

## PREECE'S ON THE PARK

**Feature:** We are a family owned café open from 5:30am to 3pm, 7 days a week.

Serving fresh Merlo coffee all day with all home made treats, a massive selection of gluten free cakes too. And not to forget, we have the BEST vanilla slice.



7 Fourth Avenue, Sandgate

**Homestyle Café**

3269 0318

## SALAD DAYS

**Feature:** Open for breakfast, lunch, coffee, milkshakes and smoothies. Specialising in homemade lasagna, quiches, pies, sandwiches, burgers, and cakes. Catering available. Dine in or take away. Wheelchair accessible.

Open Monday to Friday 8am-2pm. Saturdays 8am-1pm. Facebook page – Salad Days Café



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

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## SODA SHOPPE

**Feature:** Old-fashioned soda shop with house-made sodas, shakes, smoothies, organic coffee, ice cream sundaes and house-made cakes. Our extensive menu includes burgers, deli sandwiches, chicken wings, BBQ smoked meats, salads and more. Dine-in, take-away and delivery. Fully licensed.

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. Wednesday – Sunday, 7am – 1:30pm, closed Mondays and Tuesdays.



Bracken Ridge Plaza

250 Telegraph Rd,

Casual Dining

3261 6102

## THREE WISE MONKEYS CAFÉ

**Feature:** Three Wise Monkeys Café is a local family-owned Café serving fresh and flavourful meals and Brisbane's favourite Campos coffee.

Come visit us for our well-renowned burgers and grab one of our delicious bubble teas on the way.

Fuel your day at Three Wise Monkeys Café, located in the Bracken Ridge Plaza. Open 7 days.



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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Guitarist Ella Jones entertains the young crowd at the wonderful and vibrant Franco Markets, a pop-up, pre-loved, Sandgate market. You can find it again soon behind Capulet & Co Cafe on Sandgate's main street.



Faces behind the flowers! Head florist Renae (left) from local florist Wallflower visits her young colleague Ella at her pop-up market florist stall at Franco Markets on a gorgeous long weekend morning in Sandgate.



Cycling groups were out 'n' about riding the beautiful Sandgate and Brighton foreshore before stopping in for coffee and a chat in the winter sunshine.



Can't stop! Gotta run! The pace was too fast for me to keep up with this Sunday morning running group on the Sandgate waterfront.



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# FRIKKER'S Folk Tales

If ever there was a time to listen to an experienced storyteller, it's now. Brighton singer-songwriter Frank Frikker fits that bill perfectly - and he has more than a few tales to tell.

Frank Frikker



Story *Emma Sanders*

**T**he accomplished folk musician — who moved to the region two and a half years ago from Port Douglas in north Queensland — found himself without a stage on which to play this year, thanks to the coronavirus pandemic. So he went about crafting and recording his new album.

"I finished writing new songs this year. The amount of 13 songs developed over the last years," he said.

"After having finished my previous CD, Yarmouk in 2017 I thought: 'This is it. No more songwriting.' But my brain just doesn't stop. Text lines and music fragments pop up in my head until I sit down."

Frikker's prodigious output is good news for music lovers. His music swings between bohemian poetry that sways like the tides, through to beatnik anthems with character narratives that move like a good page-turner.

With influences that range from working-class folk heroes like John Prine through to the likes of the legendary Bob Dylan and James Taylor, it all adds up to a deeply unique storytelling talent.

It's made all the more exciting by his musical partnership with experienced producer Nigel Pegrum, whose musical pedigree is long and distinguished.

"After having recorded my first two CDs in a less professional and sophisticated environment, muso friends of mine told me that I should invest in getting my music properly recorded and produced, and recommended I get in touch with Nigel," he said.

"He is a fabulous, funny and very experienced person. It was only through the process of making Yarmouk that I learned about Nigel's background and history. Man, am I lucky to work with such a guy. Since then we became friends and therefore there was no other way than to work with him again on the new album."

While gigs aren't on the cards right now, Frikker - who has played at Mr Henderson, the Cardigan Bar and numerous other local venues - does intend to launch his new album this year.

"Due to corona, all gigs have been cancelled. I intend to launch my new CD still this year though, maybe at Sandbag Community Centre," he said.

*You can listen to Frank Frikker's music on Spotify, Youtube, iTunes and other streaming services.*



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## 04 FRIDAY



🎵 **OASIS MAK** ECLECTEA 5PM

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

## 05 SATURDAY

🎵 **ANGUS HALL** ECLECTEA 4PM

🎵 **TOM ROBERTS** FULL MOON HOTEL 8PM

## 06 SUNDAY

★ **OUTDOOR ART BY THE SEA**  
FLINDERS PARADE 8AM

🎵 **MONTANA** FULL MOON HOTEL 2PM

🎵 **TUNES ON THE TURF - OPEN MIC**  
ECLECTEA 3PM

## 11 FRIDAY



🎵 **OASIS MAK** ECLECTEA 5PM

🎵 **ALEX HARRIS** FULL MOON HOTEL 8PM

## 12 SATURDAY

★ **SANDGATE VILLAGE MARKET**  
EINBUNPIN LAGOON, 8AM-12PM

🎵 **JACK BRATT** FULL MOON HOTEL 8PM

## 13 SUNDAY

🎵 **WILKO DUO** FULL MOON HOTEL 2PM

🎵 **TUNES ON THE TURF - OPEN MIC**  
ECLECTEA 3PM

## 18 FRIDAY



★ **SHORNCLIFFE FOOD TRUCK POP UP**  
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🎵 **OASIS MAK** ECLECTEA 5PM

🎵 **PEKO** FULL MOON HOTEL 8PM

## 19 SATURDAY

🎵 **NOAH FONOTI**  
FULL MOON HOTEL 8PM

## 20 SUNDAY

🎵 **WILL DAY DUO**  
FULL MOON HOTEL 2PM

🎵 **TUNES ON THE TURF - OPEN MIC**  
ECLECTEA 3PM

## 25 FRIDAY



🎵 **OASIS MAK** ECLECTEA 5PM

🎵 **PETE CULLEN** FULL MOON HOTEL 8PM

## 26 SATURDAY

★ **SANDGATE VILLAGE MARKET**  
EINBUNPIN LAGOON, 8AM-12PM

🎵 **JOSHUA VINE** ECLECTEA 4PM

🎵 **NICK KOSCHEL**  
FULL MOON HOTEL 8PM

## 27 SUNDAY

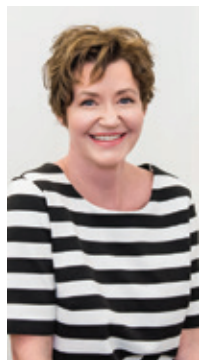
🎵 **BEN STEWART DUO**  
FULL MOON HOTEL 2PM

🎵 **TUNES ON THE TURF - OPEN MIC**  
ECLECTEA 3PM

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# A PASSION FOR PADDLING WITH ALLANA BOLD

*Allana Bold and Joelle Enever*

**Story Kelly Walker Photo Bruce Redman**

**I**magine slipping away to a secluded location with the sun on your skin and listening to the gentle sound of lapping waves. For Allana Bold, there is nothing she loves more.

Comfortable on the water since she was five years old, Allana was born into a family paddling business and has developed a life-long love for the sport. As a longtime 4017 resident, Allana has strong ties to the Sandgate community and has been sharing her passion and knowledge with local residents for the past 15 years.

"I initially started as a canoe and kayak instructor and have since become a coach and an assessor (training other teachers)," Allana said. "I also have my own paddling education business, All About Paddling."

With an innate passion for what she does, Allana loves introducing others to the numerous benefits of paddling sports. Aside from improving fitness levels, paddling can have a profound positive effect on mental health.

"Paddling allows people to connect with nature, and can build confidence through developing leadership, planning and decision-making skills," Allana said. "It's also the perfect way to keep fit and make new friends while social distancing."

Allana has worked closely with the Sandgate Canoe Club (now Sandgate Paddling Club) since 2005, and became the first female president in 2008. In recent years, she has also started offering programs to younger paddling enthusiasts.

"I started the junior club in 2017 to help develop the next generation of paddlers," Allana said. "I wanted to give kids the opportunity to spend time outdoors and learn about healthy risk-taking through the sport."

Allana now helps students of all ages and abilities reap the rewards that come from being out on the water. "Kids can start as young as three and can join the junior club when they're 10," Allana said. "We also have senior members who are over 70, as it's a great low-impact way to keep active."

Whether you're interested in a simple meander up the creek, developing racing skills, or just meeting new friends and staying fit, paddling offers endless opportunities to improve both physical and mental health.

*To learn how you can get involved in paddling, visit [www.facebook.com/AllAboutPaddling](https://www.facebook.com/AllAboutPaddling) or email [allaboutpaddling@gmail.com](mailto:allaboutpaddling@gmail.com).*





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# LOCAL FACES

## CLAIRE WALKER

Claire Walker



Interview by **Linda Read**

Photo **Bruce Redman**

"I've lived in 4017 for about 10 years. I was born in Wanganui, a small town in New Zealand. We [with husband Ray Kelland] relocated from Wellington, New Zealand about 10 years ago to join family that lived on the Sunshine Coast. We rented in Sandgate for a year, and then bought at Bracken Ridge eight years ago.

We just really fell in love with the area; the coastal feel, the lovely community, and the lifestyle, I guess. I started up my business, Ruby Divine, nearly 10 years ago. It's a specialist eyelash extension and brow studio.

It started as a little home-based business, to work around the family. I came from a career in operations management in hospitality, and music promotion, and then started this. Here I am 10 years later.

It works really well [having the salon at home]. It means you can give people really flexible appointment times. People seem to really enjoy that home-based feel. A lot of my clients have been coming for seven, eight, and nine years, so they've really become like friends.

[In 2019] we decided that we would do something different and take the kids [now aged 11 and 4] out of school, and head off around Australia in a caravan. That's what we did for 10 months. Then, at the end of that, we took the kids backpacking through South-East Asia for two and a half months. They were [aged] three and 10. We were home-schooling – well, attempting to.

We refer to that as our gap year. We had lots of unexpected things happen; I took a waitressing job in Darwin, and Ray started working on caravans at one point. It was a lot of 'throw all the balls in the air and see how they fall'. We've done some pretty intrepid travel with the kids over the years, and I guess it was the ultimate extension of that. It was really cool.

Coming back to 4017 was like a warm hug – seeing our friends. But it did take a bit of adjusting. Opening the business up again was great, and I had a lot of old clients coming straight back. Then of course we had COVID, so it was a bit bumpy.

Our new passion is renovating vintage caravans. We've got a little vintage van that we're doing up; that's going to be our 'holiday machine'."

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Story **Wayne I Flack** Photo **Bruce Redman**

**T**he athletic season is upon us once more and Bracken Ridge Little Athletics is blasting out of the starter blocks with a welcoming to parents and athletes this month.

Bracken Ridge Little Athletics Centre manager Sue Williams said there would be three to four events for athletes to rotate through, with all parents involved to manage the events alongside committee members.

"We help teach parents what's involved with running the events and how to participate," Sue said.

"We're also inviting the U17s back and saying farewell to them on this first night of our season, following last year's end of season being rained out by a storm."

Olympic sprinter Alex Hartmann, former NRL and Qld State of Origin player Corey Parker, and former Olympic water polo gold medallist Naomi McCarthy are some of the inspirational role models to have progressed through the centre.

Naomi now brings her own children to the centre, and puts her wisdom and experience back into volunteering her time with coaching.

The centre has grown enormously after relocating in 1998/99 to its present location. It's

now regarded as one of the largest centres in Little Athletics Qld (LAQ) Metro North Region.

This growth could be put down to the dedicated and long-running commitment of Sue Williams. As centre manager, Sue has been able to secure grants for installation of field lighting, solar panels, and has funds ready to install a three-bay shed.

Little Athletics is for kids aged from five to 16. A new Tiny Tots program has started up for three- and four-year-olds who are a sibling of a registered athlete.

Sue said the younger age program was all about fundamental movement skill development, and as they matured, a more competitive environment and refining of skills were added.

"We educate parents not to specialise too early as we do not have age champions, but all athletes achieving their own trophy levels, therefore making them all champions," Sue said.

*For information on the welcoming night and season ahead visit [www.brackenridgela.asn.au](http://www.brackenridgela.asn.au)*

**Competition Season Launch**  
**Friday 11 September, 6pm-8pm**  
**Bracken Ridge Little Athletics Centre**  
**McPherson Park**  
**146 Denham Street, Bracken Ridge.**





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# BRAMBLE *Bites*

Story **Brooke Jacobson**

## STUDENTS UNITE TO HELP OTHERS

Year 9 students from St John Fisher College and St Patrick's College have teamed up to help those in need through the Paddy's Van service.

Held on Monday afternoons from 3.30pm to 4.30pm at SANDBAG in Rainbow Street, the students help provide meals, as well as some company and conversation for disadvantaged members of the community.

Two staff and six students from St Pat's and St John Fisher will be at the venue each Monday, serving in an open area in accordance with strict COVID safe guidelines.

St John Fisher Assistant Principal Mission and Identity Geraldine Swindells said she was thrilled to see the students taking on the commitment, while enjoying "giving back" to their local community.

## ELECTRICITY GRANT SCAM

A fake letter has been distributed to some northside residents offering a one-off \$1860 grant for electricity bills.

The letter features Brisbane City Council colours and letterhead and reads, in part, "It is with joy that we inform you of your successful qualifications for the newly-introduced COVID-19 grant which allows people ... who have lost income due to the COVID-19 outbreak to receive a one-off grant ..."

Deagon Ward Councillor Jared Cassidy said he

urged anyone who received the letter to report the scam to council and the police.

"Do not call the number (in the letter)," he said. "Stay wary and check in on those who may be vulnerable."

"The person behind this scam should be ashamed and I hope they face the full force of the law."

## PARK UPGRADES AREN'T RUBBISH

Deagon Ward Councillor Jared Cassidy has announced some upgrades to Frank Doyle Park in Allpass Parade.

In an effort to combat littering in the area, funding has been secured to upgrade all the bins in the area, helping to protect our waterways.

The project will consist of nine new recycling units and 10 new general waste units – that's an increase of 1680 litres of waste volume.

The upgraded bins will be the same as the 240 litre bins currently seen on Lovers Walk.

While the project is being carried out, wheelie bins will be in the area as a temporary measure.

## SCHOOL FUNDS GO TO HEAD OF THE CLASS

Four local schools have secured State Government funding to help them bounce back from the COVID-19 pandemic.

Bracken Ridge State High School will receive \$300,000 to repurpose an existing science lab into a kitchen for students with disabilities.



## The Sandgate Swim Club is back in 2020!

The first club night is Oct 6th, 630pm - first Tuesday,  
Term 4 - Sandgate State School Pool

*The club aims to teach  
competative swimming to  
all school-aged children  
whilst maintaining a  
friendly environment*



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Nashville State School will receive \$150,000 to refurbish classrooms in Block B.

Sandgate State School will receive \$200,000 to refurbish classrooms in Block D.

Shorncliffe State School is building a \$150,000 outdoor learning space that will include new surfaces, Astro-turf, handball courts, seating, and an ANZAC garden.

## GO GREEN AND VOTE LOCAL

The Sandgate Bottles and Cans Exchange is looking for your vote for the Containers for Change Queensland "people's choice" in the Change Makers Awards 2020.

The team at the recycling centre at 81 Kempster Street said: "If you have enjoyed your time with us and loved returning your containers here at Sandgate BCEx over the past year, we would really appreciate your vote and support for our family-owned and operated container refund point".

Head to the Sandgate BCEx Facebook page for the link to the voting site.

## STEP BACK IN TIME

The Sandgate and District Historical Society and Museum are hosting an event at the Shorncliffe Pier on Saturday, 12 September at 9.30am.

Called "Step into the past on the Shorncliffe Pier", participants will discover the restored pier, and the history behind the Sandgate Pier, as it was once called. Learn about Moora Park, the former kiosk and the historic homes of Park Parade. Enjoy a lemonade where the Sandgate Town Band once played to holidaymakers. Bookings are essential. Please phone: 0410327095.

## 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: [brookecjabobson@gmail.com](mailto:brookecjabobson@gmail.com)*

Women in Brisbane  
wearing masks in 1919.  
/ photo Courtesy of  
the State Library of  
Queensland.



# THE SPANISH FLU OF 1919 *From Sandgate's Perspective*

Story **Leanne Palmer**

"History doesn't repeat itself, but it often rhymes."

This phrase, credited to Mark Twain, rings true now with comparisons being made between the Spanish Flu of 1918/1919 and the current COVID-19 pandemic – especially concerning official responses and the overall severity of the event.

## HISTORY

In Australia in 1919, tough government decisions had to be made and put into action. Many of the same debates took place over the wearing of masks, border closures and the shutting down of schools and other large public gatherings.

The arrival of the Spanish Flu into Australia was linked to soldiers returning from World War I. Southern states were affected first, Queensland later. Quarantining of ships at Lytton, and border restrictions at Coolangatta and Wallangarra mitigated the spread north.

On 31 January 1919, the Daily Telegraph ran a story with the headline – SANDGATE PREPARED, SAFEGUARDS AGAINST PANDEMIC....

"Sandgate is prepared for an outbreak of the influenza scourge," the story said. "The Health

Inspector stated that he did not think there was a healthier town in Queensland. Sandgate was not a likely place for an outbreak, as the strong winds tend to dispel diseases rather than encourage them."

In February, an inoculation depot was set up in the Sandgate Town Hall. Inoculations used in that era could only combat secondary bacterial infections, as vaccinations for viruses were not yet known about. One main difference between the two pandemics is our improved understanding of virology.

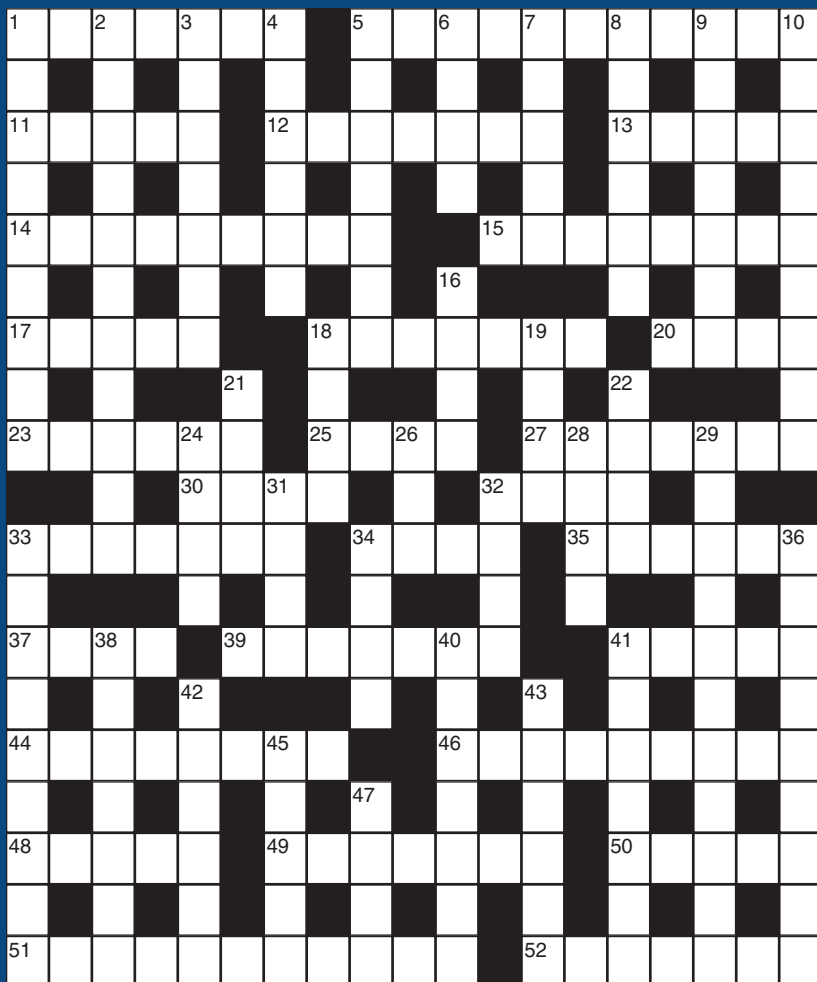
By May, the Sandgate Women's Emergency Corps volunteers were assisting those who became unwell, rallying to provide nursing and the delivery of meals. The Sandgate State School ran a creche to care for the children of sick parents. Skills learned through service during the war years were transferable to this new threat.

At its end, more than 300 people had died from the Spanish Flu in Brisbane; Australia-wide the death toll was 15,000.

While we are yet to know the trajectory of COVID-19 and its full impact, we are indeed lucky for our bayside location – not only for those healthy sea breezes, but for the access to the foreshore and places in nature, and a strong community with a history of coming together in hard times.



# THE BIG ONE CROSSWORD



## ACROSS

- 1 Fair weather cloud
- 5 Painkiller
- 11 Thump
- 12 Harmony
- 13 One who weeps
- 14 Important church
- 15 Program of studies
- 17 Misses
- 18 Shipment
- 20 Sense by touch
- 23 Dry, grassy plain
- 25 Classify
- 27 Facets
- 30 Adjutant

- 32 Shaft
- 33 Young pilchard
- 34 Be acquainted with
- 35 Praises
- 37 Mimic
- 39 Defend (5,2)
- 41 Crab's claw
- 44 Petty quarrel
- 46 Make a hole through
- 48 Inclined
- 49 Complaining
- 50 Cord
- 51 Type of battleship in WWI
- 52 Transform

## DOWN

- 1 Roomy
- 2 Climber
- 3 Boarders
- 4 Safe
- 5 Ring-bearing
- 6 Wildly
- 7 Frothing
- 8 Taunt
- 9 Embroiderer's protection
- 10 Pupa
- 16 Kitchen fitting; droop
- 18 The front
- 19 Trick
- 21 Stratum of ore
- 22 Peak
- 24 Bucket
- 26 Sister
- 28 Murdered
- 29 Helpful
- 31 Nimble-fingered
- 32 Off
- 33 Very viscous
- 34 Variety
- 36 Testimony
- 38 Campaign
- 40 Protestant church member
- 41 Fried bread
- 42 Slackened
- 43 Lamentable
- 45 Back-bending dance
- 47 Loud explosive noise

*Solution in Back of Magazine (p.49)  
Distributed by Auspac Media*

# A COLOURFUL WEEKEND

*Story Philip Woods*

**E**very year spring brings birds, bees and flowers to the forefront of our minds; nature's wonderful displays are hard to miss.

Toowoomba has been celebrating this beauty for over 70 years with its Carnival of Flowers, held annually in September to coincide with the arrival of spring's newest colourful blooms. This year, with some adjustments to ensure a COVIDSafe event, the breathtaking beauty of the carnival will go on.

Toowoomba Regional Council Mayor Paul Antonio said, "Toowoomba is primed and ready to showcase its natural beauty. Nothing can stop the power of the flower and we are inviting people from all over to come and play in the petals this spring."

Floral displays will be featured in the Botanic Gardens at Queens Park and Laurel Bank Park, along with the spectacular Night Garden powered by Ergon Energy, which will be open for 10 nights from 18 to 27 September.

"We are the garden city," Mr Antonio said. "Our rich red volcanic soils along the escarpment and our dynamic black soil plains surrounding us are the envy of many green thumbs around the world, so we need to show the world how it's done. This is what makes the carnival so special. It's a celebration everyone can take part in and we look forward to welcoming everyone back again."

Both Queens Park and Laurel Bank Park will feature entertainment every weekend in September, starring local talent, music makers and storytellers, and of course the fabulous ferris wheel will be operating during the carnival, offering a wonderful way to gain a great view of the splendour of Queens Park.

The food and wine options are inviting, with tasty food truck market stalls, food and wine tours and the #trEATS campaign, where restaurants, cafés and venues across the city offer \$20 special springtime feasts for hungry visitors.

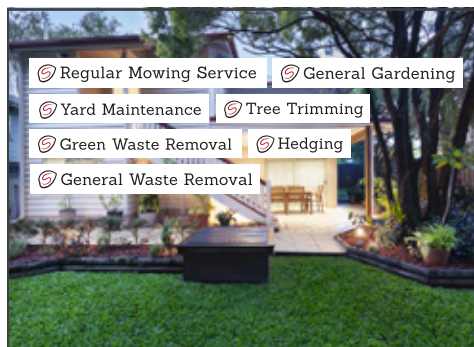
The Carnival of Flowers is also pet-friendly. The 'Petals and Pups' 2020 program boasts more than 20 dog-friendly activities and 27 off-leash parks, as well as dog-friendly cafés, restaurants and accommodation recommendations.

Plan a colourful getaway to celebrate spring.

**Red and White Coaches** is offering an inclusive tour of the Toowoomba Carnival of Flowers through the prize-winning Gardens, Picnic Point, Laurel Bank Park and Spring Bluff Railway Station. Phone 3269 6466 or email [info@coachaustralia.com.au](mailto:info@coachaustralia.com.au)

**Toowoomba Carnival of Flowers**  
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*Ema Pisía  
and her  
husband,  
Kiri.*



# MANNA FROM HEAVEN: A PLACE FOR THOSE IN NEED

Story *Aleasha Bliss*

**I**n the heart of Sandgate, not-for-profit organisation Manna From Heaven has been providing opportunities, support and food for people in need for over 11 years. The outreach creates a safe zone for people to connect and develop relationships that they may not have in their everyday lives.

Manna From Heaven director Ema Pisía and her husband Kiri provide fresh, healthy, cooked meals for the community on the second and fourth Friday of each month from the Sandgate Community Centre and even send people home with bags of fruit and vegetables donated by OzHarvest. She said that the health of people in need was very important to them, and any leftover meals were donated to hostels in Shorncliffe.

"We don't turn anyone away," Ema said. "We cater for people that have been affected by mental health, refugees, aged pensioners, single mums, and people that do not have accommodation. We want the people that come to us to not only have a meal, but to feel loved and cared for."

They also offer in-home assistance when people are sick and have even helped with funeral arrangements - creating a beautiful send-off for those who have no family.

Ema said they have many connections with other organisations and often work together to find accommodation and services to aid people in need. She said that with the help of Homeless Connect, they rescued a man sleeping in a Sandgate Park. He stayed with her for two weeks, was given a haircut, food and new clothes before they found him a home.

"We found him a brand-new caravan park unit and he was so happy," she said. "Our heart for doing this is showing care, generosity and loving people; giving them the help when they have no one to go to."

Manna from Heaven has a great team of volunteers and sponsors, including Bracken Ridge McDonald's owner Rod Chapello, who always provides meals if Ema cannot cook for a night. However, they are looking for some extra help for the rest of the year.

"It's such a privilege and a blessing to be able to do this for our people," Ema said.



## Food Trucks at VMR

The monthly food trucks at VMR Brisbane will be different from September as the weather starts to warm and the sun takes longer to go down. What a perfect way to spend the beginning of your weekend, by enjoying your favourite food truck feed while overlooking the water as the sun goes down. Come down to VMR Brisbane, 95 Allpass Parade, Shorncliffe on Friday 18 September from 4.30pm.

## Nature Journaling Workshop

Join Dr Paula Peeters for this beginner-level workshop designed to demonstrate to each participant that they can draw and write, no matter their skill level.

Along the way, Paula will explain aspects of the ecology of Dowse Lagoon and introduce basic materials for nature journaling.

Bring your own notebook, pencil and something to sit on. This workshop is being on Sunday, 13 September from 9am to 11am and is suitable for ages 15 years and up. For more information and to book your spot (limited to 20 people), email Keep Sandgate Beautiful [ksbainc@gmail.com](mailto:ksbainc@gmail.com).

## History Walks

These popular historical walks take you on a journey back in time. Visit locations of historical importance in our community and learn more about how the area once was.

'Step into the Past on the Shorncliffe Pier' Saturday 12 September – 9.30am

'Secrets of our Pioneers - a guided walk through the heritage-listed Bald Hills Cemetery' Saturday 19 September – 10am

'Ramble on Bramble' Friday 25 September – 10am

Bookings are essential. To book call ph. 0410 327 095. For more information visit [www.sandgatemuseum.com.au](http://www.sandgatemuseum.com.au) or email [info@sandgatemuseum.com.au](mailto:info@sandgatemuseum.com.au).



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# From Training Wheels to Two Wheels

Story **Nadia Chapman**

If you're looking for an inclusive way to teach your little one how to ride a bike without training wheels, the Wheely Fun event might be the perfect start.

Friendly trainers will assist your child transition from training wheels to two wheels in no time.

A Brisbane City Council spokesperson said the event was a good start to help encourage kids to keep riding.

"The program promotes having a healthy and active routine, and the trainers can offer tips and advice to parents and guardians about training," he said.

The event is presented as part of the council's Healthy and Active Program, alongside the Cycling Brisbane program.

These programs aim to be as inclusive as possible by providing sessions to all young people across Queensland.

The Wheely Fun program is aimed at five- to seven-year-olds, and they must be accompanied by an adult.

As this is an inclusive community activity, all young riders who may already be off their training wheels are encouraged to come along too.

*Bookings are essential. You can book tickets by searching 'Wheely Fun' on [www.eventbrite.com.au](http://www.eventbrite.com.au)*

*You can find out more via [www.cyclingbrisbane.com.au](http://www.cyclingbrisbane.com.au)*

**Wheely Fun**  
**Thursday 24 September, 8-9am**  
**Sandgate Second Lagoon Reserve**  
**160 Brighton Road, Sandgate.**

SEPTEMBER TIDE TIMES				
TIME M	TIME	TIME M	TIME M	TIME M
<b>1</b> 0326 0.43 0902 1.86 TU 1502 0.39 2123 2.40	<b>7</b> 0618 0.49 1226 1.98 MO 1830 0.71	<b>13</b> 0015 0.78 0547 1.54 SU 1148 0.60 1830 2.20	<b>19</b> 0455 0.19 1049 2.27 SA 1705 0.24 2303 2.42	<b>25</b> 0352 1.47 0942 0.68 FR 1644 2.11 2345 0.70
<b>2</b> 0400 0.43 0938 1.91 WE 1539 0.39 ○ 2157 2.36	<b>8</b> 0021 1.87 0649 0.54 TU 1307 1.94 1913 0.82	<b>14</b> 0115 0.62 0648 1.69 MO 1250 0.48 1923 2.36	<b>20</b> 0532 0.21 1136 2.30 SU 1753 0.34 2344 2.23	<b>26</b> 0520 1.51 1106 0.68 SA 1754 2.16
<b>3</b> 0430 0.43 1011 1.95 TH 1613 0.42 2227 2.31	<b>9</b> 0056 1.72 0725 0.62 WE 1356 1.90 2007 0.91	<b>15</b> 0206 0.48 0741 1.83 TU 1346 0.36 2010 2.49	<b>21</b> 0609 0.27 1224 2.29 MO 1845 0.48	<b>27</b> 0047 0.59 0628 1.64 SU 1219 0.61 1851 2.22
<b>4</b> 0458 0.43 1042 1.98 FR 1645 0.46 2255 2.24	<b>10</b> 0142 1.57 0811 0.69 TH 1458 1.88 ● 2121 0.96	<b>16</b> 0252 0.36 0830 1.97 WE 1439 0.26 2055 2.57	<b>22</b> 0029 2.00 0648 0.36 TU 1316 2.24 1944 0.64	<b>28</b> 0137 0.50 0720 1.77 MO 1316 0.54 1938 2.27
<b>5</b> 0523 0.44 1115 2.00 SA 1718 0.52 2323 2.14	<b>11</b> 0253 1.46 0917 0.73 FR 1615 1.93 2256 0.91	<b>17</b> 0335 0.27 0917 2.09 TH 1528 0.20 ● 2138 2.59	<b>23</b> 0119 1.77 0731 0.48 WE 1415 2.17 2057 0.75	<b>29</b> 0217 0.43 0802 1.88 TU 1403 0.68 2018 2.28
<b>6</b> 0550 0.45 1150 2.00 SU 1753 0.60 2351 2.02	<b>12</b> 0428 1.45 1037 0.70 SA 1729 2.04	<b>18</b> 0416 0.21 1003 2.19 FR 1617 0.19 2221 2.54	<b>24</b> 0224 1.57 0827 0.60 TH 1526 2.12 ● 2224 0.78	<b>30</b> 0252 0.40 0839 1.97 WE 1443 0.45 2053 2.27



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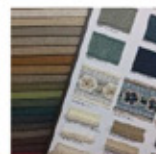
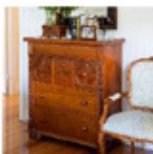
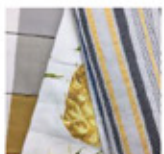
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SUNDAY 6TH  
SEPTEMBER



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