

# sandgate

FREE FEBRUARY 2020

## GUIDE

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**VALENTINE'S**  
**CLICHÉS TO AVOID**

**LAGOON**  
**FACELIFT**  
**ON THE**  
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**BATTLE**  
**OF THE**  
**BANDS**

**TRADES**  
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*photo by Ben McShea*

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PUBLISHER

Dominic Alberth

PHOTOS

Ben McShea

Paul Neil

DESIGN & ILLUSTRATION

Crystal Shaw

CARTOONIST

Sean Leahy

WRITERS

Nadia Chapman

Sally Eberhardt

Wayne I Flack

Peter Hansler

Brooke Jacobson

Linda Read

Hellen White

Jodie Woodward

**STORY IDEAS**

editor@sandgate.com.au

**ADVERTISING ENQUIRIES**

Kristy Yaldwyn

kristy@sandgate.com.au

Phone: 07 3338 5091

# A Note FROM THE TEAM



**W**elcome back everybody! We had a relaxing break and are raring to go for 2020. We all hope you enjoyed the holiday season. Although the holidays are now over, there's still plenty to do in Sandgate this month.

You can find fun on the water this month. Head down to the Shorncliffe Pier for the inaugural Polynesian

Outrigger Canoe Racing Regatta. This new festival will bring the South Pacific to the 4017 with more than 30 six-person canoes racing.

Sandgate lagoon lovers will be excited to hear that the Brisbane City Council is in the process of developing draft plans to rejuvenate the Einbunpin Lagoon. Read our article about the planned improvements, which is the result of lobbying from many local residents who enjoy visiting our inland water environments.

There will be a battle, of the musical kind, in Sandgate this month. Mr Henderson is hosting its first Battle of the Bands, so head on down to the bar to vote or just listen to the participating bands – you might just spot the next big thing in music! This is sure to be a great night out.

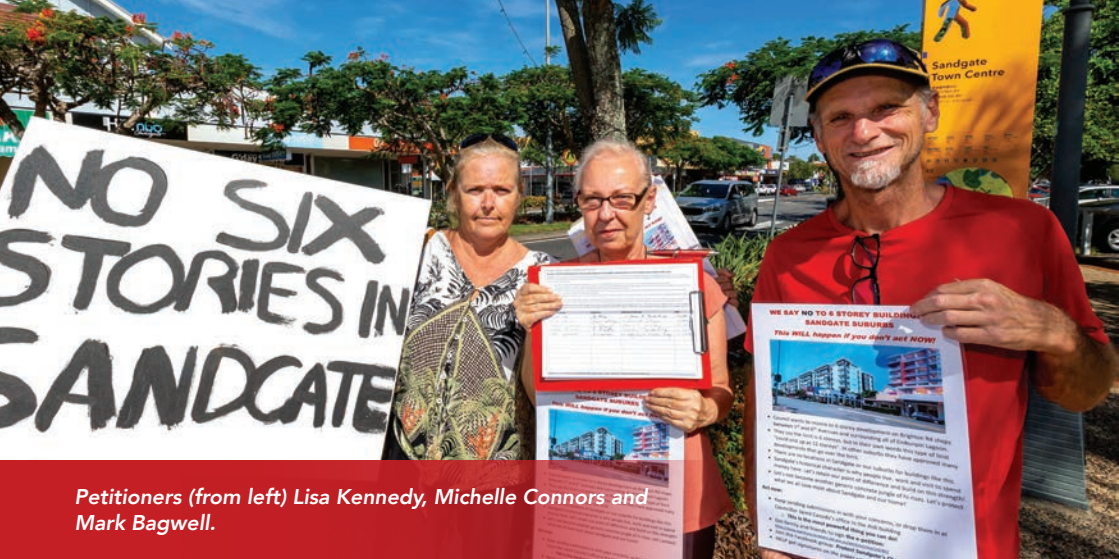
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Petitioners (from left) Lisa Kennedy, Michelle Connors and Mark Bagwell.

## Petitioners Stand Firm Against Six Storeys

Story **Brooke Jacobson** Photo **Ben McShea**

**A** group of dedicated 4017 residents are petitioning Brisbane City Council to stop the proposed draft plan, allowing buildings of up to six storeys in Sandgate.

The area being considered for six storeys circles the Einbunpin Lagoon – Brighton Road, Keogh Street and Lagoon Street and is already zoned for four storeys of mixed use.

Petition organiser, Theresa Dow, said the group was not “anti-development.”

“We know Sandgate has to move with the times, but tearing everything down and replacing it with a concrete jungle is not the answer,” she said.

“We don’t want to lose that historic seaside character that Sandgate has.”

Ms Dow added she had recently been at the Shorncliffe Pier collecting signatures for the petition, and heard the views of a number of people, not all of them local.

“I spoke with people from the Gap, from Wynnum, and they come here because of this area’s natural beauty,” she said.

“There are no high rises and that’s the way they like it.”

Deagon Ward Councillor, Jared Cassidy, said he was concerned at the language council were using around the proposed development.

“I feel this is different to the proposed Deagon re-zoning, which they would back pretty quickly,” he said.

“The language I am seeing coming from council and the Lord Mayor sounds different – they believe there is a range of views on this and they won’t rule out the six storeys in the draft.

“I’ve been contacted by a lot of people, and I don’t believe I’ve had many in support of the six storey proposal – so I’m not sure where the Lord Mayor’s range of views are coming from.”

Cr Cassidy added he had concerns about infrastructure. “Car parking is already at a premium and basement car parks are not able to be built here, so this kind of development would go ahead with reduced car parking,” he said. “The stormwater infrastructure is also inadequate.”

*Residents can sign a paper copy of the petition at Cr Cassidy’s office. Links to the online petition can be found on a number of local Facebook pages, including Sandgate Mums, Sandgate QLD Area General Issues & News, or search for the Facebook group Protect Sandgate’s Character.*



# ANITA EAST

MEDISPA



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

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

---

18,000  
TREATMENTS  
PERFORMED

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

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

Warmest Regards,  
**Anita East MSN, MA, BSc**  
Endorsed Nurse Practitioner

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*Skyler and Izy hold the National Māori Flag (from left), pictured with Shaylah, Gelnys, Jacoby, Tamara and Nleihana in the Sandgate PO Hotel.*

## CELEBRATING NEW ZEALAND'S NATIONAL DAY

*Story Jodie Woodward*

*Photo Ben McShea*

**W**aitangi Day, the National Day of New Zealand, will be celebrated at Sandgate Post Office Hotel for the first time this February.

Waitangi Day commemorates the signing of the Treaty of Waitangi which took place on 6 February 1840. Official celebrations are typically held at the Waitangi Treaty Grounds in the Bay of Islands in New Zealand, but there are also many other events throughout the country and the world that mark this historic event each year.

General manager at Sandgate Post Office Hotel, TJ Marshall, said the inspiration behind celebrating the day locally came from staff members who work at the hotel.

"We have several staff members who are New Zealander and of New Zealand descent and we thought, 'why not celebrate their national day?'" Mr Marshall said.

This cultural celebration will cater for the whole family, making it a great opportunity to get

together with friends and family. It's also a dog-friendly occasion so feel free to bring along your canine friends so they don't miss out on any of the fun.

"We want everyone to come down and join in the music and food for a great time," Mr Marshall said.

"We will be having a local Māori group come in to do the Hukka, a traditional food blessing ceremony and then a New Zealand musician to perform throughout the afternoon."

In addition to the cultural performances and music of the Waitangi Day event, there will also be traditional New Zealand food on the menu for attendees to enjoy during the day.

"We are doing a special menu for lunch featuring local seafood and some Waitangi Day favourite foods as suggested by our staff," Mr Marshall said.

If you're staying for lunch, it's a good idea to book a table in advance, via the website, as these can fill up fast. You can do this and find out more information about the event at [www.sandgatepostofficehotel.com.au](http://www.sandgatepostofficehotel.com.au).

### WAITANGI DAY CELEBRATIONS

**Saturday 8 February, from 12pm**

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## Battle of the Bands

Story *Jodie Woodward*

**A** battle will be fought in Sandgate this month, but there's no need to be alarmed – this battle takes place between bands. Local music venue, Mr Henderson, will host its first Battle of the Bands event in February, continuing its support of live music and local artists.

Music coordinator, Darcy Matthews, said the inspiration behind the event is to motivate and encourage young bands and musicians to perform and give them the opportunity to play for an audience.

"We have not done an event like this before, but we thought our venue would make the perfect space for a local youth Battle of the Bands. We are hoping to make this an ongoing event," Darcy said.

Participating bands will include Make The Moon, 2 Moros, Adder's Rock and Monsters Up North. They will all have the opportunity to expand their

audience and meet other like-minded musicians. The event will be all about building new connections for both musicians and attendees so if you love live music, this will be the ultimate place for you to enjoy it.

"The atmosphere this event will create will be fantastic. Mr Henderson has many patrons that love live music, and this will give them the opportunity to experience a range of music in just one sitting," Darcy said.

When asked for a highlight of the night, Darcy said, "The main highlight for me will definitely be the excitement and anticipation of the competition and seeing who the audience selects as winner. I know these bands are all incredibly talented and the competition is going to be hard to pick."

While the musicians competing in the event are all under 25 years old, the event will appeal to both the young and young at heart, who enjoy live music and discovering new acts.

"Attendees can expect great music, a heap of fun and the opportunity to vote for the band they think is the best," Darcy said.

You can find out more via [www.mrhenderson.com.au](http://www.mrhenderson.com.au) or Mr Henderson's Facebook page.

**Battle of the Bands**  
**Saturday 22 February, 7pm**  
**Mr Henderson**  
**69 Brighton Rd, Sandgate**





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MARY MACKILLOP  
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# 5 VALENTINE'S CLICHÉS TO AVOID

Story *Sally Eberhardt*

**V**alentine's Day! What to do, where to go, what to buy your beloved? Finding just the right thing can be tricky. This year, avoid unimaginative commercial trappings and give your partner something personal.

Let's think beyond generic chocolates and flowers and get to the real heart of the matter.

Here are 5 clichés to avoid:

**ROSES** – are horrifically expensive on Valentine's Day. Best to avoid flowers all together, particularly the last bunch at the supermarket. They will not do. Your loved one deserves better.

**CHOCOLATES** – the gift that is both fattening and predictable. It's particularly poor form if you buy YOUR favourite choccies, not your beloved's.

**SOFT TOYS** – this gift has a 'last minute' vibe. Many are cheap and corny and don't support the message of love and appreciation you want to convey.

**PROPOSING** – don't propose just because it's Valentine's Day. Certainly don't put an engagement ring in a glass of bubbly or a dessert. No one wants to choke on a diamond or accidentally swallow a ring. The evening will be

memorable for all the wrong reasons if it ends at the hospital.

**GETTING MARRIED** – if you've chosen this date so your wedding anniversary is easy to remember, just imagine the double trouble if you ever forget. The significance of your marriage deserve its own special day.

So what DO you get your partner?

This is an opportunity to demonstrate that you know them, love them and care about their happiness.

Here are some options to consider:

**Act of Service** – do something you know your spouse would like, e.g. cook them a special meal, or give them a massage. Consider surprising them with a completed household honey-do that you may have been putting off.

**Words of Love** – saying 'I love you' goes a long way. Write a letter or poem that will become a treasured keepsake.

**Gifts** – a meaningful gift makes your partner feel loved and appreciated. Experiences often bring more happiness than material things.

Take time to think about what would make the day special for your loved one this year and remember that love is for EVERY day of the year, not just Valentine's Day.

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# Music BY THE SEA

## ► February: Katie Noonan - singer, songwriter

Enjoy an intimate evening with the fabulous Katie Noonan. The first Western woman to sing in China's Forbidden City, Queensland's own award-winning songbird will bring her eclectic jazz, pop and classical style to Sandgate.

**Saturday 1 February - 7.30pm start**  
**Sandgate Town Hall**



*The Necks*

## ► March: The Necks - Jazz improvisations

Nothing is planned or discussed. So, when members of The Necks walk on-stage they simply start playing jazz, in the time honored tradition.

As a result, the ever-evolving improvisation that emerges, as masterly fingers explore grand piano or organ, upright bass and drums, has rewarded the trio with global cult band status.

Their popularity was celebrated on their home turf last year, with a gong at the Art Music Awards. Chris Abrahams (piano), Lloyd Swanton (bass), and Tony Buck (drums) took out the Richard Gill Award for Distinguished Service to Australian Music, and were the first band to do so.

Naturally, there's some curiosity around the effect their music has on people. One example is an

article published in the New York Times by Geoff Dyer. The headline reads - My Obsession with the Necks, the Greatest Trio on Earth. Written as an art piece that could be described as music played with words, he explores what he describes as nearly 30 years of genre-bending, improvisational work. As a crescendo to the piece, Dyer says that over the last dozen years, the Australian trio have obsessed him to the point of mania.

Now, in 2020 – and after 20 albums, top industry awards, and sell-out concerts around the world – they're coming back to Sandgate. We hope you'll enjoy their unique sound!

**Saturday, 7 March - 7.30pm start**  
**Sandgate Town Hall**  
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*New Groove Jazz Ensemble vocalists, Trina Lincoln and Vin Paradis*

## Groove Along for Bushfire Relief

*Story Jodie Woodward*

**N**ew Groove Jazz Ensemble perform at Sandgate Town Hall on the second Sunday of every month. This month, vocalists, Trina Lincoln and Vin Paradis will still be leading the band with some great tunes – however, they will be focusing on more than just music, as the group aims to raise money for the recent bush fire crisis.

Music director, Ken Lincoln, said the cause is one which is close to their hearts.

"One of our musicians is a firefighter that has been fighting the fires here in Queensland and may soon be heading down to NSW to help fight the fires there," Ken said.

"These fires have affected so many people, and their devastation is so widespread, that we are pleased to be able to give any assistance we can by donating the proceeds of our February concert to provide some relief for someone in need."

Tickets are available at the door and are \$15 per adult / \$10 concession. Entry includes afternoon tea and all proceeds from the concert will go to Red Cross Disaster Relief and Bat Conservation and Rescue QLD. Find out more via [www.newgroove.com.au](http://www.newgroove.com.au).

**New Groove's Bushfire Relief Concert**  
**Sunday 9 February, 2pm**  
**Sandgate Town Hall**  
**Cliff and Seymour St, Sandgate**

## How Safe is Your Child?

*Story Linda Read*

Young minds may be the most eager – but in the age of cyberspace, they can also be the most vulnerable.

That's why Sparrow Early Learning at Brighton is hosting a presentation by ThinkUKnow, a program that educates parents, carers, and teachers about cyber safety, and other childhood dangers, such as children being left in cars.

Sparrow Early Learning Brighton service manager, Vanessa Robb, said the presentation would be tailored specifically for early childhood.

It will cover issues such as online privacy and security, and provide an insight into popular devices, websites, apps and social networking sites.

Ms Robb said cyber safety awareness was vital for the parents of young children. "Some of our families have older siblings, so they have access to devices at home," she said.

"So, teaching families how to be smart when using technology is extremely important."

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank. The program is delivered in collaboration with policing partners across Australia, and Neighbourhood Watch Australasia.

*Info: [brighton@sparrow.edu.au](mailto:brighton@sparrow.edu.au) or phone Vanessa Robb on 3269 1242.*

**ThinkUKnow presentation**  
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# Lagoon Facelift Finally on the Cards

**//** The early cost estimate is \$650,000 - \$800,000 which is not prohibitive in my experience," he said.

Story **Brooke Jacobson**

Photo **Ben McShea**

**B**risbane City Council is finally making a move towards fixing up the Einbunpin Lagoon in the heart of Sandgate.

With an initial investment of \$250,000, the Einbunpin Lagoon Management Plan is being developed using information collected from water and sediment quality sampling, as well as surveys of the flora and fauna.

Deagon Ward Councillor, Jared Cassidy, said the lagoon had been "very ordinary" for a long time.

"Over the last few years, I've lobbied for funding to fix the lagoon, running petitions and making special requests to the Lord Mayor," he said.

"I know plenty of locals have joined me in this. In this year's budget, we secured funding to develop a management plan to recommend long term solutions to fixing the lagoon."

Cr Cassidy said he had received an initial briefing on what the lagoon could look like when the improvements were finished, as well as how much the work would cost and when it could take place.

"That could easily be accommodated in Council's parks' maintenance budget. As for the potential timing of the work, I've been advised it could be July to October, 2021."

The work, which would include excavating the lagoon and laying a new clay liner, would have to take place over the winter months.

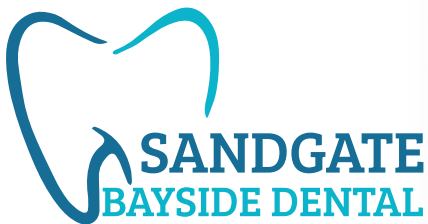
"A temporary bund wall would be built in the lagoon, allowing water to be drained either side of it and the current wildlife would not have to be moved," Cr Cassidy said.

"The lobe of the lagoon, at the Keogh Street end near the toilets, would be carved off and then planted with reeds and other plants.

"It would be more shallow there and a pump system would circulate the water through, like a natural filter."

Cr Cassidy added there would be community consultation, before any work went ahead.

"I want to thank all the locals who've supported me in working towards this – this will be a great thing for the centre of Sandgate, making this an area that people will want to spend time enjoying," he said.



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*From left, Alexander Jeffery, Kaitlyn Robins, Emily Robins, and James Bath.*

# Scouting for Life Skills

Story *Linda Read* Photo *Ben McShea*

**S**couts have long been synonymous with outdoor survival skills such as camping, bushcraft, and hiking. Today's scouts still proudly embody these traditions — but they are also learning survival skills of a different kind.

Contemporary issues, such as youth health, responsible risk-taking, and vocational skills are all part of the modern scouting repertoire — which still promises a world of adventure and fun for young people.

The Bracken Ridge Scout Group is having its annual sign-on day on Saturday, 8 February — a chance for boys and girls aged from five to 17 years to become part of one of the largest youth development organisations in Australia.

Bracken Ridge Scout Group leader, Jeffrey Gridley, said that as well as learning outdoor activities, Scouts offered people a chance to learn life skills such as self-reliance, and thinking about others.



We let kids make mistakes and have the space to do that, and also have to struggle through things a little bit sometimes, just to develop that mental toughness. And when they get to the end of it, they become so proud of what they've achieved."

He said outdoor skills, such as putting up tents, hiking, navigation, and first aid including CPR, are all still part of the scouting experience, but there was also now a strong emphasis on community and environmental awareness.

One of the activities he organised last year was taking the cub scouts (aged 7-10) shopping for gifts to put under the Kmart Wishing Tree.

"It's good for them to understand that there are kids out there who may never have a Christmas gift, because their parents can't put food on the table."

Fostering cultural and racial tolerance was also important, with an emphasis on the culture of the First Australians.

"We get very involved in things like Harmony Day," he said.

"And it's important to understand that indigenous people were the keepers and protectors of the land for a long period of time."

**Bracken Ridge Scout Group Sign-on Day  
Saturday 8 February, 8am-1pm  
Bracken Ridge Scout Den  
Tomah Road, Bracken Ridge.**

*For more information, contact Jeffrey Gridley on 0413 596 873, or email [contact@brackenridge.scoutsqld.com.au](mailto:contact@brackenridge.scoutsqld.com.au)*





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Jessica Pinto

# LOCAL GIRLS DELIVER SHAKESPEARE "AS YOU LIKE IT"

In January, Brisbane's Judith Wright Centre of Contemporary Arts hosted 'Shake Fest', and the Queensland Youth Shakespeare Festival's latest production of 'As You Like It'.

This colourful version of Shakespeare's classic boasted the talents of Queensland's finest school-aged actors; among them were local Bracken Ridge students, Feba Philip and Jessica Pinto, from St John Fisher College.

The talented young performers were selected, following a mass audition process that covered all of Queensland. "Shake Fest brings students from all around the state to celebrate the works of William Shakespeare," said 'As You Like It' director, Madeline Römcke. "By giving students the opportunity to use their skills in a professional theatre environment, they can get a real idea of what this career would be like."

School-aged artists were invited to a series of workshops that covered acting, music, dance, film and photography. A select few went on to perform at a regional festival in October last year. Shake Fest ended with 'As You Like It', where 20-30 of the best students were invited to be a part of the ensemble.

Year 12 saxophonist, drummer and vocalist, Feba Philip, was among musicians, who were

tasked with composing a musical soundtrack to support the production.

"I've been able to bring my own ideas to the table and also get something out of the production itself," said Feba. "I have developed a love for Shakespeare and it's an absolute honour to take part in a Shake & Stir production."

Self-taught hip-hop dancer, Jessica Pinto, incorporated her skills into a dance element, where students were given the opportunity to express narrative through dance, led by choreographers, Chace Wales-Collis and Rebecca Irwin.



We've created an experience and a community that stays with these teens well into their university education and into their careers," said assistant director, Jess Bunz.

Shake & Stir Theatre Company is one of Australia's leading contemporary theatre companies, providing workshops, school touring and professional productions. 2020 marks Shake Fest's eighth year of helping young artists showcase their talents.

Feba Philip





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### TUESDAY 28TH APRIL

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Morning Tea and Lunch included \$80.00pp

### TUESDAY 26TH MAY

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Morning Tea and Lunch included \$80.00pp



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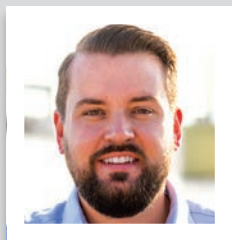
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# A WORD FROM OUR REPRESENTATIVES

## Cr Jared Cassidy



Happy New Year! I hope everyone had a relaxing Christmas break and are enjoying the start of 2020.

I'm looking forward to being part of the official reopening of the Sandgate Library

on 1 February, following the recent upgrade works. The works involved a reconfiguration of the existing spaces, to create a new reading lounge, children's library and more efficient back-of-house area, as well as an internal refresh of the interiors with new wall painting, carpet, a drinking fountain, furniture, shelving and signage. The celebrations will kick off from 9am with free activities and entertainment, including an author talk, live performances, craft activities and more.

If you enjoy watching outdoor movies be sure to put Sunday 16 February in your diary. I am pleased to announce we will be screening High School Musical 3. Join us at the basketball court for some games and activities from 5pm. The movie will commence once the sun sets. There will be food and drinks available. Grab your picnic blanket and come along and enjoy a great night under the stars.

## Stirling Hinchliffe MP



I hope everyone enjoyed their Christmas and New Year's break and are feeling energised and ready for 2020.

Now that we've hit February, new penalties for distracted

drivers are being enforced.

Queensland drivers' illegally using mobile devices behind the wheel, will be targeted with the toughest penalties in Australia to increase road safety.

Under the changes, drivers caught on their devices will be fined \$1,000 and demerit point penalties will increase from 3 to 4 points.

If drivers are caught a second time within 12 months, double demerit points apply and they could lose their licence.

A driver's response time while texting is comparable to that of a driver with a blood alcohol reading of between 0.07 and 0.10.

It's a deadly habit that needs to stop. Put the phone in the glovebox or set it to Do Not Disturb so you're not distracted by it.

## Cr Sandy Landers



Welcome to 2020! It has been an exciting start to the year as we welcomed more than 50 new citizens from 15 different countries at the Bracken Ridge Citizenship Ceremony on Australia Day. A special thank you to the

Bracken Ridge Central Lions Club and Bracken Ridge Scouts for their continued support and making it a very special event for our newest citizens.

For those who are considering making the move from renting to home ownership this year, Council

is helping to ease the financial burden for first home buyers where properties are valued under \$750,000. Brisbane residents purchasing their first home are now eligible for a 50% discount on their rates for the first year up to \$1,000. For more information on how to take advantage of this remission, go to Council's website at [www.brisbane.qld.gov.au](http://www.brisbane.qld.gov.au).

It's also a timely reminder for homeowners, who are receiving a pension, that they may be eligible for a remission on their rates account of up to 40%. To make an application or for further information, you can contact my office on phone 3667 6000.



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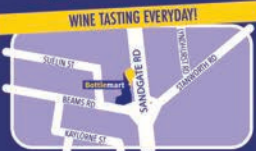
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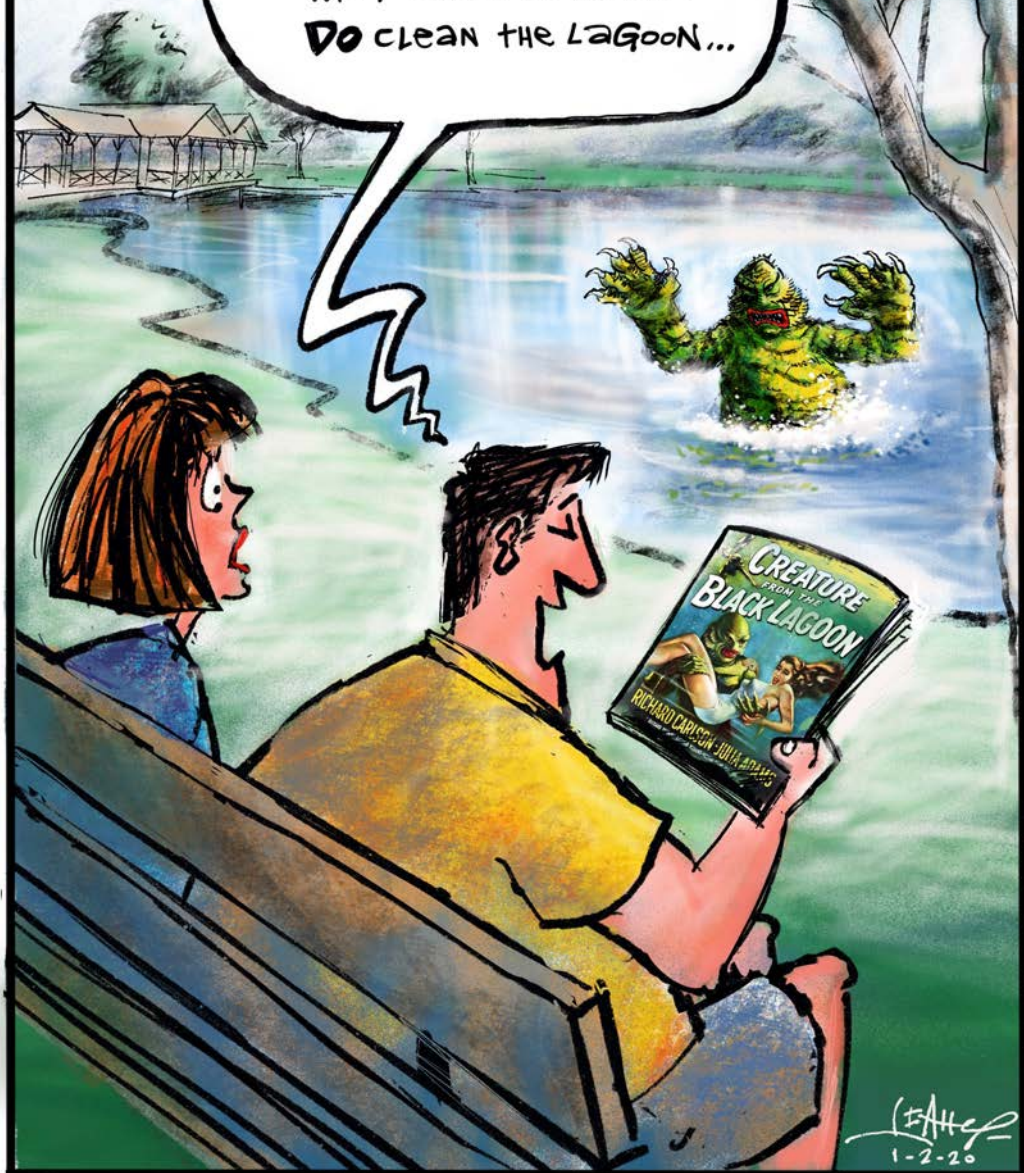
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## It's in the Pouch – Local Women Sew for Bushfire Wildlife

Story *Sally Eberhardt*

**W**hen such a huge disaster as the current bushfires strike, it can be hard to know how to help, but some local women have found a way to help injured wildlife including koalas and kangaroos.

The Crafterdark (Craft After Dark) members of Womenspace have been busy sewing pouches to help heal the wildlife hurt in the devastating fires. Kate Lyndley, a volunteer at Womenspace, said she knew many members would jump at the opportunity to help with the sewing.

"We have a connected community at Womenspace. It was a pull to help, when we know others are in trouble, but we don't know where to start with assistance."

"On the first night we made 90 pouches in just over two hours. The second night we made over 100 and we aim to make 400 next time, as women are cutting material in preparation" Kate said.

Crafterdark is a monthly craft evening where women connect and socialise over drinks and snacks.

Womenspace is a wonderfully creative space that welcomes women from all walks of life. It encompasses many different activities, including Cuppa & Chat, Crafterdark, Gardening Club, and volunteering.

Keep an eye on the Facebook Page [facebook.com/WomenspaceAust](https://facebook.com/WomenspaceAust) for future events.

## OVERBOARD FOR ART WORKSHOP

Starting on 6 February, the Sandgate Guide's own cartoonist, Sean Leahy, will run a Sketch & Paint Workshop Series over six consecutive Thursday evenings at the local yacht club.

Sean, who is also an exhibited artist, will be teaching urban sketching and travel journaling in pen, ink and watercolour.

"It's a wonderful skill to have when relaxing, travelling or anytime life presents you with opportunities and unexpected delays. You can sketch and paint in coffee shops, outdoors... in fact anywhere with a small portable sketching kit," Sean said.

The classes, limited to 20 students, run for two hours, from 7pm to 9pm, upstairs at the Queensland Cruising Yacht Club in Shorncliffe. "The venue is ideal. It's self-contained, air-conditioned and has its own restaurant and bar downstairs. You can turn up at 6pm and buy dinner before class."

"Beginners are absolutely welcome," Sean says.

"I love seeing anyone discover and develop their skills and creative self-confidence over a number of classes. New pathways in the brain are awakened and it becomes a practise in stress reduction and mindfulness. It is a key component of healthy well-being.

Six evening workshops from 6 Feb to 12 March. Total cost \$240.00  
Enrolments through Eventbrite  
[www.bit.ly/2swVwta](http://www.bit.ly/2swVwta)





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# Beth Leads the Way



## Story Wayne I Flack

**It's no secret that women's sport in Australia has gone ahead in leaps and bounds over recent years. One sportsperson who's played a role in this trend is cricketer, Beth Mooney.**

Beth said that when she was young, she would go with her dad to watch her brother, Tom, play junior cricket.

"One day his team was short a player so my dad chucked a pair of whites on me, and off I went," Beth said.

Now twenty-five, Beth, from the Sandgate-Redcliffe Gators Cricket club, batted through the grades to make her test debut in 2017 with the Southern Stars, and won the inaugural ICC T20I Player of the Year and Emerging Player of the Year awards.

Beth is a wicketkeeper and opens the batting for the Brisbane Heat. For the second year running, Beth produced player-of-the-match innings to secure back-to-back WBBL Titles. Battling heat exhaustion to score 65 in WBBL04 Final, Beth came to the fore again, in the WBBL05 Final at Allan Border Field, scoring a superb 56, not out.

Beth said there were a lot of questions about whether they could go back-to-back.

"We made sure we shut them down, and it was an amazing feeling to be out there and make sure we got over the line," Beth said.

Beth took three well-deserved weeks off over the Christmas period following the win, to recharge her batteries. She's now back and getting tuned up for the Women's T20 World Cup to be held here in Australia, running from 21 February to 8 March.

Beth said having the T20 World Cup hosted in Australia was really exciting.

"The outstanding support through the WBBL shows that when the World Cup is on home soil, we are going to have the whole of Australia behind us," Beth said.

The final will be played on International Women's Day at Melbourne's MCG on 8 March with American pop star Katy Perry scheduled to perform.

*For more on the Women's T20 World Cup go to [www.t20worldcup.com](http://www.t20worldcup.com).*

*Find more information on women's cricket in the area via [www.gators.qld.cricket.com.au](http://www.gators.qld.cricket.com.au).*

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# Bikeway Adventure

Story **Nadia Chapman**

**If you're looking for ways to build your fitness in the New Year, the Brisbane by Bikeway: Cabbage Tree Creek ride might be the perfect starting point.**

Enjoy a free, peaceful, guided ride with an experienced cyclist, where you'll find that fitness and nature combine as you ride through Fitzgibbon.

A Brisbane City Council's spokesperson said the event is one of more than 200 rides that are a part of the Council's Cycling Brisbane program.

"The program encourages people to be active and helps them improve their bike skills and confidence by riding with an experienced guide," they said.

Not only are these programs great for a healthy lifestyle, but the Brisbane bikeways are a convenient way for residents and visitors to travel to the many facilities the city has to offer.

"Brisbane City Council is proud to maintain an extensive network of bikeways that provide residents and visitors with a healthy and active way to travel around our city," Council's spokesperson said.

Brisbane bikeways allow Cycling Brisbane to set up annual programs, to keep our community active.

An experienced cyclist will join you on your journey and will go through all of the basic skills, safety, and riding etiquette before setting off — to make sure everyone feels comfortable and at ease.

The council's spokesperson said that bookings fill up quickly, as the maximum amount of people allowed on the ride is limited, with riders from all experience levels.

"The event allows up to 10 riders, which makes it easier for the experienced guide and is suitable for people aged 12 and above."

For safety reasons, children aged 12-15 years old must be accompanied by an adult.

No special clothing is required, but you must bring along a bicycle that is in good working order, and a helmet. This is a free event, but bookings are essential.

**Brisbane by Bikeway:  
Cabbage Tree Creek  
Sunday 9 February, 7–9am  
Bracken Ridge BMX Facility  
Cnr Telegraph and Lemke Rd,  
Fitzgibbon**

*Book your tickets by searching 'Brisbane by Bikeway: Cabbage Tree Creek' 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)*



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From left, Lahina Pranjivan,  
Frank Fofa and Ed Jensen.



## Polynesian Magic Comes to Shorncliffe

Story *Linda Read* Photo *Ben McShea*

**S**horncliffe Pier is about to be touched by the romance of the South Seas, as it becomes the setting for the area's inaugural Polynesian Outrigger Canoe Racing Regatta.

Hosted by Shorncliffe's Polynesian Va'a-alo Outrigger Canoe Club on 15 February, the event promises to be a spectacular day out as more than 30 six-person canoes from about 25 clubs in South Queensland take to the water.

The sound of Polynesian drumming coming from the beach will herald the opening of the day's festivities, beginning with a cultural opening ceremony and followed by an official opening by Councillor Jared Cassidy.

Club Secretary, Steve Tomoana, said the regatta was the first one for the Shorncliffe Club, which was founded five years ago by members of the Polynesian community, who wanted to emphasise the culture associated with the sport.

"Polynesia is a multitude of islands – Hawaii, Cook Islands, Tonga, Tahiti, Samoa, New Zealand," he said. The cultures are all very similar, yet distinct in other ways. The club reflects that Polynesian

aspect – we have members who are Fijians, Samoans, New Zealand Māoris, Cook Islanders."

The regatta's races will range from eight to 16 km, with men's, women's and mixed crews racing. Junior crews also will race in the morning. The day's main event will be the 16km course starting at 12pm (women) and 1.45pm (men). All races can be watched from the Shorncliffe Pier and surrounding beaches, including the Sandgate waterfront.

A food tent selling burgers and cold drinks, a coffee van, and stalls selling paddling and water sports equipment will be set up on the day at lower Moora Park.

Steve said outrigger canoeing was a sport that could be enjoyed by people of all ages, abilities and cultural backgrounds.

"It's very much a multi-age, group sport," he said.

"Our club paddles four days a week – we have a lot of couples, and entire family groups paddling."

*For more information, contact Steve Tomoana on 0422 004 861, or email [pvocc.secretary@gmail.com](mailto:pvocc.secretary@gmail.com).*

**Polynesian Outrigger  
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**Les Hills – Kallangur**



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**Laura DeHann, Boondall**



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# Ancient Remedy For Modern-Day Stress

Story *Linda Read*  
Photo *Taoist Tai Chi Society*

**If the thought of strengthening your body, calming your mind, and lightening your spirit all at the same time sounds appealing, a spot of Taoist tai chi may be just the thing.**

The great news is the ancient Chinese art is coming to Sandgate for the first time – and you can try it for free.

The Taoist Tai Chi Society of Australia, run almost entirely by volunteers and established in Brisbane for more than 20 years, is offering a free introductory class at the Sandgate Town Hall on Sunday 23 February. Regular classes will start from Monday 2 March.

Based on the teachings of Taoism and introduced to the western world 50 years ago by Chinese Taoist monk, Master Moy Lin-shin, Taoist tai chi is also known as a moving meditation. It is reported to have great physical health benefits, while also instilling practitioners with a deep sense of calm.

Taoist Tai Chi Society of Australia Brisbane branch leader, Gem Cowlshaw, said the practice was a holistic workout.

"There's a lot of turning and movement and balance," she said.

"It all focuses on turning around the spine."

There are 108 moves in a tai chi set, or sequence, each with an intriguing name, such as "Carry Tiger to Mountain", "Single Whip", and "Fair Lady Works Shuttles", so the practitioner's memory also receives a strenuous workout.

"As well as the physical body, it's also developing the mind," said Gem.

"It may look easy, but I can vouch for the fact that it's very intensive. There's more to it than people think."

The association reports that medical research shows tai chi's health benefits are plentiful, and include helping control the symptoms of conditions such as Parkinson's Disease and fibromyalgia.

Apart from the health and de-stressing advantages, Gem said there was also a great social benefit to practising tai chi, with the association holding regular social events such as picnics and outings.

*For information or pre-registration for the free event, email [social.brisbane@taoist.org](mailto:social.brisbane@taoist.org).*

**Taoist tai chi free introductory class,  
including afternoon tea  
Sunday, 23 February, 1-3pm  
Sandgate Town Hall  
Cnr Cliff & Seymour Streets, Sandgate**





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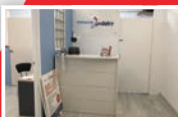
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FEBRUARY 2020 37

# Local DINING GUIDE



EclecTea owner, Kara Rigg

# SUPER HIP SIPS AT THE NEW ECLECTEA

Story Emma Harley Photo Ben McShea

**B**righton's favourite neighbourhood haunt has been revamped, with EclecTea on Queens Parade being reborn as a funky new craft bar with more than a few twists and turns.

After extensive maintenance, renovations, and product taste testing, EclecTea relaunched in mid-December.

New owner, Kara Rigg, said she wasn't happy with her previous employment; so, when the EclecTea opportunity presented herself, it was the happiest of accidents.

"I had resigned with no plan, but to take six months off to recalibrate and figure out what the next step was for me," she said.

"I've dabbled in a fair few things over time, but most recently I've been involved in the corporate world of finance.

"I put my reservation up on Facebook for my family and friends, then on the same day the post from the previous EclecTea owner popped up announcing it was for sale - the rest is history.

"Doing what I'm doing now has always been a bit of an escapist daydream of mine."

Kara said the revamped EclecTea offers a unique food and drinks' menu, local live music on Friday through Sunday, as well as friendly service with a smile. But most importantly, it offers customers a place to come in and relax, and to breathe and unwind.

"I left the banking world in order to be able to express myself and I strove to make EclecTea like no other place," she said.

*Everything about the space is unique and unexpected ... we have a whole lot of fab stuff you never knew you needed.*

"This includes seasonal and rotating food, wine, and cocktail menus to showcase the freshest produce and most exciting products.

"We are supporting independent craft breweries and less well-known or family owned wineries, and we also have plants galore to check out and talk about (or to, if you are so inclined), interesting upcycled furniture to perch on, all accompanied by the beautiful bay breeze."

Kara said the response to the new venture has been exciting and overwhelming.

"We've had people come from all across Brisbane, and those within walking distance, to see what it's all about and the feedback has been excellent," she said.

"Everyone is loving the chilled out vibes of the place and have been telling their friends, who've brought their friends, and friends of friends over the holiday season, which has been just crazy given we are not only newly opened, but brand new to the industry.

"We're very excited about what the new year will bring and have many, many new ideas up our sleeves."

**EclecTea**  
**2 Queens Parade, Brighton**  
**P 0416 689 465**

# Local Dining Guide



BAAIA



BRACKEN RIDGE TAVERN



CHARLIE'S AT BRIGHTON HOTEL



94 Flinders Pde, Sandgate  
Foreshore

Modern Australian

3269 7510

## BAAIA

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

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



154 Barrett St, Bracken Ridge

Ribs, Surf & Turf, & Steak

3269 7011

## BRACKEN RIDGE TAVERN

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



196 Brighton Tce, Brighton

Family Bistro

3051 7646

## BRIGHTON HOTEL

**Feature:** 1950s style family bistro, and home of the \$10 roast, the Brighton Hotel strives to offer the best service and value in town. Offering home cooked style meals at great prices! From a Traditional Roast to Fisherman's Basket or a Succulent Lamb Shank, there is something for every member of the family.

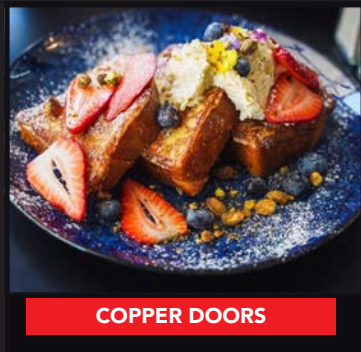




COFFEE WARDEN



COOL BEANS CAFE



COPPER DOORS



74 Ward St, Brighton

Café

0424 420 863

## COFFEE WARDEN

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

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



Shop 12 / 353

Beaconsfield Terrace, Brighton

Café

3269 1964

## COOL BEANS CAFE

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

Copper Doors



19 Brighton Road, Sandgate

Casual Dining

3269 4666

## COPPER DOORS

**Feature:** Beautiful air-conditioned modern space offering fabulous breakfast, lunch and casual nighttime dining Wednesday to Sunday.

Fully licensed we are also the perfect venue for that special private function.

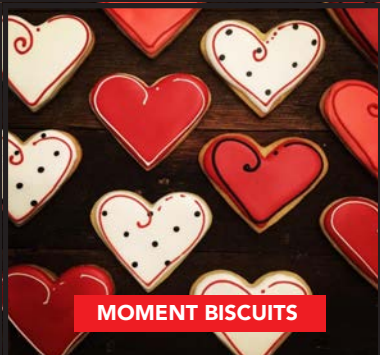
# Local Dining Guide



CYPHER COFFEE



ECLECTEA



MOMENT BISCUITS



6 Knox Street, Sandgate

Coffee Shop

0403 373 875

## CYPHER COFFEE

**Feature:** Cypher Coffee tucked away right next to Sandgate train station. Discover our selection of toasties, sweet treats & 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.

Eclectea



2 Queens Parade, Brighton

Wine Bar

0416 689 465

## ECLECTEA

**Feature:** Expect the unexpected: everything has a story. Fresh seasonal menu, small wineries & craft breweries. Cosy, bayside atmosphere.

Opening Hours: Thurs 3-7pm, Fri – 3-9pm, Sat/Sun 1-9pm



8 Queens Parade, Brighton

Coffee Shop

0430 753 768

## MOMENT BISCUITS

**Feature:** Moment Biscuits is a small, European style boutique biscuit shop, only a short walk from the Brighton foreshore. Pop in 7 DAYS A WEEK from 5:30am to 11:30am for freshly baked treats, bagels, loose leaf tea, milkshakes, iced drinks & smooth Italian coffee.

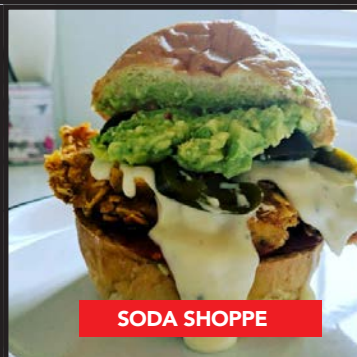
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PREECES ON THE PARK



POST OFFICE HOTEL



SODA SHOPPE



6 Park Parade, Shorncliffe

Modern Australian  
& Mediterranean

3869 1282

## PREECES ON THE PARK

**Feature:** We are a family owned cafe open from 5:30am to 4pm, 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.



1 Bowser Parade, Sandgate

Hotel

3869 0606

## SANDGATE POST OFFICE HOTEL

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

Head to our website for more information  
[www.sandgatepostofficehotel.com.au](http://www.sandgatepostofficehotel.com.au)



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

Sodas, Burgers and More

0435 427 174

## 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: Saturday and Sundays 8:00am – 11:30am  
Lunch and Dinner: Tuesday to Sunday 10:00am – 8:00pm



# Local Dining Guide



SUCCULENT MARKET CAFE



THE WIRED OWL COFFEE CO



THE WITCHIN' KITCHEN



2270 Sandgate Rd, Boondall

Café

0478 747 862

## SUCCULENT MARKET CAFE

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

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



227 Rainbow St, Shorncliffe

Specialty Coffee House

0413 849 814

## THE WIRED OWL COFFEE CO

**Feature:** At The Wired Owl, we love our coffee and are sure you will too. Try our delicious House Blend or weekly rotation of Single Origin coffees. Tantalising treats and teas are also on the menu.



227 Rainbow St, Sandgate

Café

3269 6970

## THE WITCHIN' KITCHEN

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

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# Don't Give Up On Your New Year Health Resolutions

Story *Sally Eberhardt*

**H**ave you decided this is your year to focus on improving your mind and body health? How is it going? It's an important goal to have, but a tough one to accomplish on your own.

With mental health and well-being tied directly to the success of any health and fitness program, the hardest part of achieving New Year's resolutions is often developing the good habits required to attain the goal. In psychology, habits are defined as autonomous reactions. Before we can change our habits — we have to change the way we think.

Staying motivated, to change behavioral patterns on your own, can be difficult, particularly before it becomes a habit. Many of us will tend to make excuses when starting out, such as, 'the weather is bad', 'I'm too tired', 'I don't have time'... sound familiar?

Even the most highly-motivated people need a professional support structure to keep on track.

If you do manage to stick to a program, you may discover over time that it doesn't quite suit your individual requirements, which can lead to abandonment of the goal altogether — inevitably reverting to prior habits.

Having someone in your court can help you address your habitual reactions to daily stress and to tailor the right program to meet your specific needs and lifestyle.

It's so much easier with someone encouraging and supporting you in your efforts. Studies show that we have a harder time letting others down than we do ourselves... hence, you are much more likely to accomplish your health goals by engaging a health and fitness professional such as those you see on this page.

They are specially trained to help you break down your goal into achievable steps and develop the good habits that keep you on track.

If it's time to get serious about your health and fitness, then talk to these local professionals - one is bound to be the perfect fit for helping you succeed in your health and fitness goals in 2020.

## JESSICA FORBES

I am a Women's Health Physio and have a passion for helping women with all their pelvic health needs. It is now recommended that all postnatal women see a physio for a 6-week assessment. If you are having any problems, from incontinence to prolapse, or pelvic floor to postnatal recovery, I can help you recover and work towards your goals.



**SANDGATE PHYSICAL HEALTH CLINIC**

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3869 1099





# LESS PROFESSIONALS



## FIONA GREEN PODIATRY

Healthy feet play a vital role in allowing us to lead productive and independent lives. We often neglect our hard working feet, resulting in pain and limitations.

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## FIONA GREEN PODIATRY

Shop 7 Sandgate Arcade  
3269 3795



## WHITNEY MUSCAT

Coming from a lifelong gymnastics background, Whitney started her career in the fitness industry 13 years ago and does this work, alongside her continuing career as a circus performer. She is an extremely friendly young woman with an extensive knowledge in strength & conditioning and is an absolute superstar specializing in our gymnastics classes for adults and kids.



## TIM SUNDERLAND

Starting in the industry eight years ago, Tim shifted his focus from competitive body building and body composition to corrective strength training. He focuses on how you can make the body stronger and fitter through exercises that can correct and improve our movement quality. After four years in this specialty, he has gone from personal trainer to gym owner as well as an international fitness presenter.



## DAN CARTER

After finishing in the army eight years ago, Dan shifted his attention towards physical rehab within strength training. He met Tim while attending a rehab certification in Sydney 2 years before True Technique opened. Before being offered a coaching position at TT, Dan lived in Sydney, where his clinic had an in-house physio. Within True T Coach Dan specialises in movement correction & pain reduction, nutrition coaching and takes a lot of the semi-private specialized coaching.



## TRUE TECHNIQUE

131 Rainbow St, Sandgate 4017  
07 3869 2345

*Kerry Jeffs*

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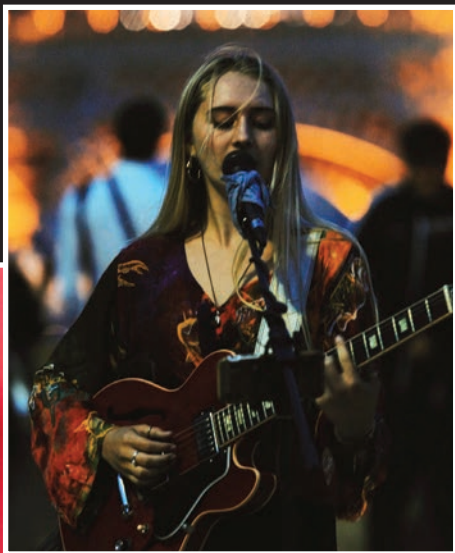
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info@c9studio.com.au

**Cloud9**  
boutique fitness studio

# WHAT'S *Hot* AROUND TOWN



Hannah McLeod (above)  
Montana (left)

## Story Jodie Woodward

**W**ith the weather still warm and the kids back at school, it's the perfect time to catch up with friends and head out for some relaxing tunes. Luckily, there's plenty on around town to keep you busy in February.

Kick start the month with a relaxed Sunday afternoon, as Montana plays at The Full Moon Hotel from 2pm on 2 February. This Gold Coast-based duo features Natalie Pearson on vocals and Brook Chivell on vocals, guitar and stompbox. Expect a diverse range of musical genres including acoustic pop, funk, rock and modern takes on popular hits, as well as original mash-up creations. Follow them on Facebook @montanaliveentertainment.

If you don't have to be at work, head to Mr Henderson for Hendo's Superbowl Monday on 3 February, to catch the big game in a fun environment. The day starts early, but you can grab yourself some breakfast there from 8.30am and then, if you're feeling in the mood, beer will be flowing from 9am. How We Rolls will be there later in the day with some slow-cooked beef brisket and pulled pork rolls to keep you

sustained for the afternoon. Find out more via Mr Henderson's Facebook page.

If you're in the mood for love, celebrate Valentine's Day at Brighton Bowls Club on Friday 14 February. Celebrate your special bond by joining in the couples' karaoke with Joy and Nev from Dream Time Entertainment. Afterwards, sit back and relax as you share a romantic chocolate and strawberry dessert. Find out more on the Brighton Bowls Club's Facebook page.

Finally, Brisbane songwriter, Hannah McLeod, will play at the newly reopened EclecticTea on 22 February from 4pm. After spending some time away overseas, she's looking forward to heading north again for the gig.

"It will be one of my first gigs back in Queensland and I'm excited to play for a local audience. Australians always bring a welcoming atmosphere," Hannah said.

Hannah will keep you entertained with the smooth sounds of electric folk and blues, along with her unique voice and youthful lyrics. Follow her on Facebook @hannahmcleodmusic or find out more via EclecticTea's Facebook page.

Starts 6th Feb

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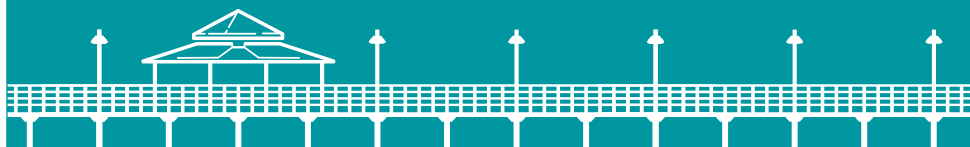

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 📞 3269 8511





# What's On.

## 01 SATURDAY

🎵 **MOTHERMEZ**  
ECLECTEA 4PM

📌 **HOW WE ROLLS FOOD TRUCK**  
MR HENDERSON 5PM

How We Rolls makes toasty brioche rolls, stuffed with smoky spiced and seasoned meats, covered in house made sauces all resting on top of zingy fresh salads.

## THEY'RE BACK



★ **KATIE NOONAN** P.14  
SANDGATE TOWN HALL 7:30PM

🎵 **SHANE WOLF**  
FULL MOON HOTEL 8PM

## 02 SUNDAY

📌 **WATER & WIND SUNDAY  
SOCIAL RACES**  
SANDGATE BEACH 1PM

🎵 **MONTANA**  
FULL MOON HOTEL 2PM

🎵 **THE MULHOONS BAND**  
SANDGATE POST OFFICE HOTEL 2PM

🎵 **LAWDY MAMA**  
CARDIGAN BAR 4PM

🎵 **MABEL MCCORMACK**  
MR HENDERSON 4PM



## 03 MONDAY

★ **HENDO'S SUPERBOWL**  
**MONDAY** P.48  
MR HENDERSON 8:30AM

## 05 WEDNESDAY

📌 **TRIVIA AT MR HENDERSON**  
MR HENDERSON 7PM

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

## 06 THURSDAY

### 🎵 OPEN MIC

CARDIGAN BAR 7PM

## 07 FRIDAY



### ★ MY HEALTH FOR LIFE P.64

BRIGHTON WELLNESS HUB 12:30PM

### 🎵 MAC

ECLECTEA 5PM

### 🎵 DION CERRETO

CARDIGAN BAR 6PM

### 🎵 CHRIS RAMSAY

FULL MOON HOTEL 8PM

## 08 SATURDAY

### ★ BRACKEN RIDGE SCOUT

GROUP SIGN-ON P.20

BRACKEN RIDGE SCOUT DEN 8AM

### ★ WAITANGI DAY CELEBRATIONS P.8

SANDGATE POST OFFICE HOTEL 12PM

### 🎵 IRISH SESSIONS

CARDIGAN BAR 3PM

### 🎵 JOSHUA VINE

ECLECTEA 4PM

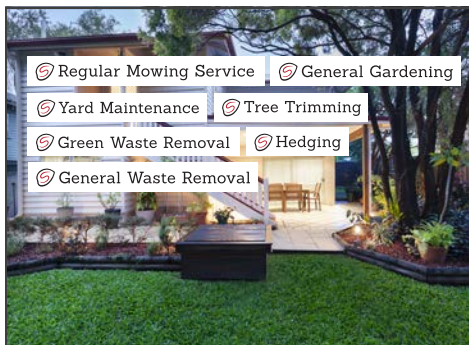


### 🎵 DIVERSIONS

CARDIGAN BAR 7:30PM

### 🎵 REECE FREEMAN

FULL MOON HOTEL 8PM



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Saturday 7:30pm

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21 Kittyhawk Dr, Chermside

Wednesday 7:30pm

Thursday 11:00am

Friday 11:00am

Saturday 11:00am

FREE BUS SERVICE

## REDCLIFFE RSL

Irene St, Redcliffe

Monday 11:00am

www.nudgeebingo.com.au

## 09 SUNDAY

### FULL MOON

RISE 5.33PM



★ **BRISBANE BY BIKEWAY** P.32  
BRACKEN RIDGE BMX FACILITY 7AM

★ **NEW GROOVE BUSHFIRE  
RELIEF CONCERT** P.16  
SANDGATE TOWN HALL 2PM

🎵 **12TH STREET TROUBADOURS**  
SANDGATE POST OFFICE HOTEL 2PM



🎵 **C & C DUO**  
FULL MOON HOTEL 2PM

## 13 THURSDAY

🎵 **OPEN MIC**  
CARDIGAN BAR 7PM

## 14 FRIDAY



❤️ **HAPPY VALENTINE'S DAY** ❤️

🎵 **MAC**  
ECLECTEA 5PM

🔪 **BARE KNUCKLES BBQ  
AT MR HENDERSON**  
MR HENDERSON 5PM

Join us for some of the best Low  
& Slow BBQ in Brisbane. Get in  
early before JD sells out!

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

🎵 **CHRIS PALMER**  
FULL MOON HOTEL 8PM

## 15 SATURDAY

★ **POLYNESIAN OUTRIGGER  
CANOE REGATTA** P.34  
SHORNCLIFFE PIER 6:30AM

🎵 **GEORGE HODGES**  
ECLECTEA 4PM

🎵 **SCARLETT GUNNER**  
SANDGATE POST OFFICE HOTEL 6:30PM



🎵 **STATE OF APPALACHIA-  
ADAM CHRISTY**  
CARDIGAN BAR 7:30PM

🎵 **ANDY SMITH**  
FULL MOON HOTEL 8PM

## 16 SUNDAY

🎵 **SHANE WILKINSON DUO**  
FULL MOON HOTEL 2PM



★ **FREE MOVIE – HIGH SCHOOL MUSICAL 3** P.64  
DECKER PARK 5PM



🎵 **SEAN JACKSON**  
SANDGATE POST OFFICE HOTEL 6PM

**18 TUESDAY**

🎵 **BLACK ADDER**  
CARDIGAN BAR 8PM

**19 WEDNESDAY**

★ **THINKUKNOW PRESENTATION** P.16  
SPARROW EARLY LEARNING 5:30PM

🎵 **FUSION X**  
CARDIGAN BAR 7:30PM

**20 THURSDAY**

🎵 **OPEN MIC**  
CARDIGAN BAR 7PM

*Show your Love*  
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## 21 FRIDAY



### 🎵 MAC

ECLECTEA 5PM

### 🍴 FOOD TRUCK FEST - SHORNCLIFFE

VMR, 95 ALLPASS PARADE,  
SHORNCLIFFE 5PM - 8PM

Featuring 6 of Brisbane's favourite Food Truck Plus ALL INN BREWING Co. will be on-site with some of their famous craft brew on tap. Live music and that beautiful scenery by the bay!!

### 🎵 LINC PHELPS

FULL MOON HOTEL 8PM

### 🎵 BLACK ADDER

CARDIGAN BAR 8PM

## 22 SATURDAY

### 🍴 HIGH VIBE COLLECTIVE MARKET

EINBUNPIN LAGOON PARKLANDS,  
SANDGATE 8AM - 12PM

Eco-friendly vegan products, services, tasty vegan foods, drinks, live entertainment and fun activities for both kids and adults.

### 🎵 HANNAH MCLEOD

ECLECTEA 4PM



### ★ BATTLE OF THE BANDS P.10

MR HENDERSON 7PM

### 🎵 FUSION X

CARDIGAN BAR 7:30PM

### 🎵 ALEX HARRIS

FULL MOON HOTEL 8PM

## 23 SUNDAY

### ★ OUR HOUSE ON THE HILL FUNDRAISER P.70

BRAMBLE BAY BOWLS AND  
SPORTS CLUB 10AM

### ★ TAOIST TAI CHI FREE CLASS P.36

SANDGATE TOWN HALL 1PM

### 🎵 LINK & LAW

FULL MOON HOTEL 2PM

### 🎵 CALYPSO 16 TRIO - DAZ PODLICH

CARDIGAN BAR 4PM



## 27 THURSDAY

### 🎵 OPEN MIC

CARDIGAN BAR 7PM

### 🍴 FREE COMEDY - BIG NIGHT IN

MR HENDERSON 7PM



Join us for a night of fun and laughter at Mr Henderson's Big Night In. Hosted by Sandgate's very own drag queen Gina Realz or funny lady Jas Fairbairn, each night sees a line up of three comedians, interactive games, prizes and lots of laughter.

## 28 FRIDAY



### 📌 TWILIGHT MARKETS BY FRANCO MARKETS

95 BRIGHTON RD, SANDGATE QLD 4017, AUSTRALIA 5AM - 9AM

We are back for 2020 with an exciting pop up collaboration with Capulet and Co. Curating the best of our sellers, vintage dealers & young designers you are sure to find a new unique piece of clothing! Capulet and Co. will be providing drinks & a delicious pop up menu, along with live musicians.

### Capulet & Co X Franco

#### TWILIGHT MARKET



PRELOVED CLOTHING,  
FOOD, LIVE MUSIC

#### 🎵 MAC

ECLECTEA 5PM

#### 🎵 RYAN MUNRO

CARDIGAN BAR 7:30PM

#### 🎵 BEN STEWART

FULL MOON HOTEL 8PM

## 29 SATURDAY

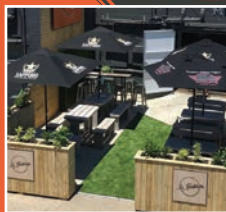
### 🎵 DJ PLAYING DANCE HITS FROM 00'S-NOW

CARDIGAN BAR 7:30AM

### 🎵 NOAH FONOTI

FULL MOON HOTEL 8PM

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# HISTORY



## Margaret Mitchell

### The Woman Who Helped Build Sandgate

Sometimes a personality will shine where least expected and do amazing deeds to help those around.

Story *Hellen White*

**B**orn Margaret Scott, in Scotland in 1853, Margaret Mitchell was just such a shining light. She married John Thomas McDonald in 1875 and bore him seven children. Following John's death in 1897, she married John Mitchell two years later. Thereafter she was widely known in the district as 'Mitch' and did much to enhance the lives of the people of Sandgate.

Margaret was very active in a wide number of charitable organisations and devoted herself unstintingly and selflessly to this social work.

Amongst those organisations that benefited from her dedication were the Red Cross, the Queensland CWA, of which she was a life member, the Distressed Diggers' Association of which she was a foundation member, and the Sandgate Baptist Church, where she raised considerable funds for church works. In recognition of this last, she was made 1st Deaconess of the church.

One of her most memorable legacies is the cenotaph in the town centre.

Margaret and John McDonald's youngest son, Alexander, was killed in action at Dernancourt, France, during WW1. She worked tirelessly to raise the necessary funds to build a permanent memorial to him and other Sandgate sons. She selected the design and was a trustee of the Sandgate War Memorial Committee.

From that time until her death, all photos show her in her widow's black and proudly wearing the Female Relative Badge. This was awarded to women in recognition of them having close relatives serving overseas in the Great War, considered an heroic sacrifice by the Australian government and Prime Minister, Billy Hughes.

The Queensland Women's Electoral League presented her with an upholstered armchair in recognition of her work. During his visit to Queensland, H.R.H. the Prince of Wales presented her with an autographed fan for her services to soldiers during WW1. In 1927, on the occasion of the Duke and Duchess of York's visit to open Federal parliament, Margaret's good works were recognised with a decoration.

The home she built still stands at 34 Connaught Street. It is rumoured that she made the straw and mud bricks herself, although this is not proven.

Margaret passed away in April, 1932, at the age of 80. Her obituary reads, 'Throughout her life, she bore herself with great dignity and was an example to all Queensland women, for she was a worker rather than a speaker.'

*Photographs and historical information thanks to the Sandgate Historical Society and Museum.*



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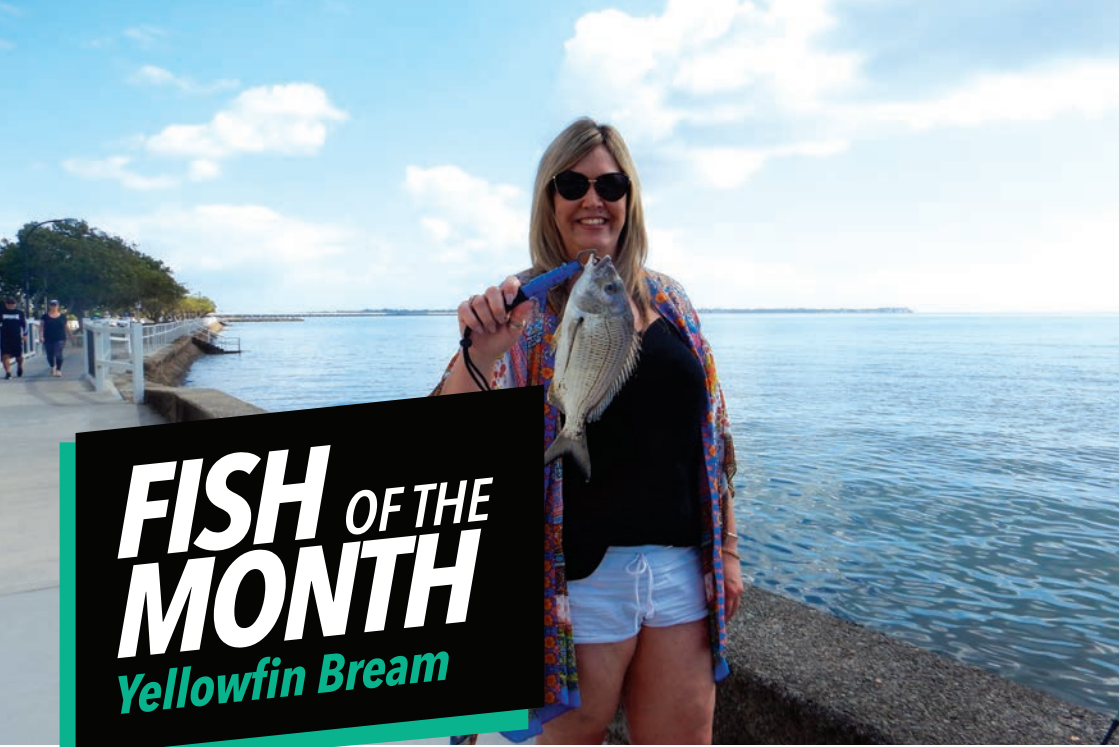
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A woman with blonde hair and sunglasses, wearing a black top and white shorts, stands on a concrete pier by the water. She is holding a Yellowfin Bream in her hands. The background shows a calm body of water under a blue sky with scattered clouds. A black text box with a green border is overlaid on the left side of the image.

# FISH OF THE MONTH

## Yellowfin Bream

## *Acanthopagrus australis*

Story **Peter Hansler**

**O**ne of our favoured local “bread and butter” species, the humble Yellowfin Bream, is actually quite easy to catch on bread! I like to berley with bread, sand and water mixed up to lure them in and then use prawns on a light rod to catch them. Worms, yabbies, mullet gut, chicken breast, flour dough and fish fillets are also good for bait.

The Sandgate/Brighton foreshore, at high tide, is a great place to try and there are plenty of whiting and flathead too. With new lighting, this is an excellent safe spot for night fishing.

Woody Point Jetty, Redcliffe Jetty, Shorncliffe Pier and Hornibrook fishing platforms all hold loads of bream too, as does almost any jetty or bridge in Moreton Bay. The secret for jetties is to berley on high or low tide and don't throw

out, just drop your bait straight down as most times they are sheltering and feeding under your feet.

With a minimum size limit of 25cm, I find many are easily over that size and they are great pan-fried whole, baked or smoked. One decent bream each with a nice salad and beer or wine is a perfect Sunday lunch for us.

*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](http://rainbowrunner.ausfish.com.au). If you have a question for Peter you can reach him via email at [phansler@hotmail.com](mailto:phansler@hotmail.com).*







# — 2019 —

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# Fancy A Foodie Adventure?

*Life's a Feast Cooking School*

Story *Philip Woods*

Photo supplied *Gail Rast*

**N**ot everyone is a natural in the kitchen, but most of us like to eat, and cooking is something that everyone can learn. A great way to learn is by taking a day trip to the Sunshine Coast and checking out one of the several fantastic cooking classes available up there!

From Noosa to the hinterland, with a whole world of flavour to explore, there are some great options just an hour or so away.

Gail Rast is the owner and cooking teacher at Life's a Feast Cooking School in Noosa, and she loves the feeling of showing people the simple pleasures to be found in cooking food.

"Cooking is my happy place. I'm self-taught and I love it. Twelve years ago, I decided to share that love with other people and the cooking school was born," Gail said. "People come to the classes to have a good time and learn new skills. The classes are small. We spend time learning about ingredients and methods, applying those techniques and then enjoying the fruits of our labour with a glass of wine!"

Gail's classes cover cooking styles that include Spanish, Indonesian, Italian, and American barbeques. If you're looking for something different, you don't have to look too far.



Specialising in Asian cuisines, Spirit House Restaurant and Cooking School is set in the lush and beautiful surroundings of Yandina. It is a wonderful place to visit with friends or family to hone your culinary expertise in cuisines such as Thai, Vietnamese or Indian.

If you prefer the hinterland environment, Tamarind Cooking School, at the luxurious Spicer's Retreat near Maleny, offers experienced, professional chefs to guide you. Classes range from traditional French cooking to making dumplings; they even offer a Yakitori Master Class if you wish to explore this wonderful Japanese tradition.

"All sorts of people love to cook and learn more about it," Gail said. "We often have visitors from overseas, but really it's a perfect day trip for people from South East Queensland."

Why not take your taste buds on a holiday!



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# SocialSnaps by PAUL NEIL

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



Allan and Rachael dance the last night of 2019 away at the Full Moon Hotel's Havana Nights New Year's Eve party.



Mark and Chrissy, and Gina and Steve plan their 2020 travels over drinks at Mr Henderson Bar, Sandgate.



Santa and his helper park the reindeer and sleigh for photos with the kids outside the Post Office Hotel in Sandgate.



Brad and Natalie are out with friends for holiday season drinks at Cardigan Bar, Sandgate.



Artist Claire Devine presents her paintings at the very busy Love Handmade Markets annual event in Sandgate Town Hall.



Mum and Dad, Emma and Phillip, and kids, Esme and Mabel, have dinner together on the waterfront at Food Truck Fest at Voluntary Marine Rescue (VMR) at Shorncliffe.

## NEW GROOVE JAZZ ENSEMBLE Bushfire relief concert

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# Healthy Start to 2020

*Story Brooke Jacobson*

If you're keen to start the year on a healthier footing, the State Government is offering a free healthy lifestyle program at Brighton.

Places are now available for the My Health for Life program, which runs for six months.

Participants will meet regularly with a nutritionist, learn about physical activity and making healthy choices and have a personalised, step-by-step plan for living a healthier life.

Program spokeswoman Mary Hegarty said it was a quality, evidence-based program delivered by health professionals.

"The program supports people to achieve the health goals that are important to them," she said.

"By taking small achievable steps participants are supported to develop healthier habits that can reduce the likelihood of developing a chronic disease.

"Participants often tell us that one of the biggest difficulties in living a healthier life is understanding what is involved and getting started.

"We offer participants the support they need, a safe environment and the know how to action and achieve their health goals, one step at a time."

*Bookings are essential. Find out more by calling: 13 74 75 or search Facebook for My Health for Life.*

**My Health for Life**  
**Friday, 7 February 7**  
**12.30pm - 2.30pm**  
**Brighton Wellness Hub**  
**Cnr Nineteenth Ave and**  
**Beaconsfield Tce, Brighton**

## Free 'High School Musical 3' Movie to Entertain the Family

*Story Sally Eberhardt*

**C**ome along and enjoy a great family night, with a movie and more under the stars at Decker Park.

Brought to you by the office of Cr Jared Cassidy, the event starts at the basketball courts at 5pm for games and activities. There will be food and drinks, including a barbecue by the Bramble Bay Lions, coffee, popcorn and ice-cream – or pack your own picnic.

The popular film High School Musical 3 will entertain adults and children alike, and kicks off when the sun sets. This dynamic movie, starring Zac Efron and Vanessa Hudgens, has something that everyone can relate to and features a great soundtrack.

High School Musical 3: Senior Year follows six friends, in their final year of high school, who face the daunting prospect of being separated as they head off to college. Together with their East High Wildcat classmates, they stage their last spring musical, reflecting their experiences, hopes, and fears about the future.

Don't forget to pack your picnic blanket and cushions to make this special evening outdoors comfortable as well as fun.

**Free Family Movie – High School Musical 3**  
**Sunday 16 February, from 5pm**  
**Decker Park**  
**18 Twenty Fifth Avenue, Brighton**



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Karen Skindberg

# Made of Memories

Story Philip Woods Photo Ben McShea

**L**osing a loved one can feel like we are left with an empty space somewhere within us, and often it's difficult to know what we can do to keep hold of precious memories.

It's something that we all experience, sooner or later in life, and Brighton's Karen Skindberg has found that her personal pastime of making teddy bears is also a beautiful way to help people dealing with loss.

"I had been making bears as a hobby for around 15 years," Karen said. "Then about two or three years ago, a good friend of mine lost her dad and she was devastated."

"I suggested that I could make a bear out of some of her dad's clothes and she liked the idea; once it was done she shared it on Facebook and the whole thing just took off!"

Karen uses personal items such as dressing gowns, shirts and pyjamas to make teddy bears and pillows for people to remember their loved ones by, and she also makes them for occasions such as graduations and weddings.

"It's so exciting how the business has grown and how much people love what I make. It's often quite emotional when my clients come to pick the bears up and I just love to see how happy



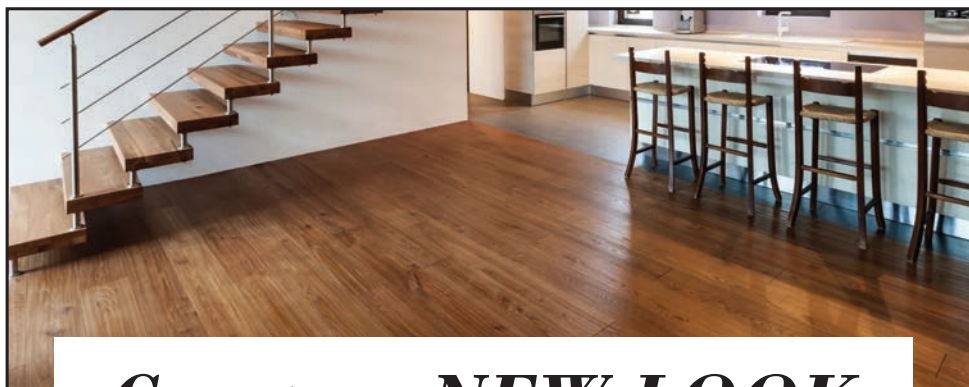
they are. It gives me so much satisfaction to know that I can make others happy by doing something that I enjoy."

Karen now gets requests for the bears from all over Australia, and also overseas.

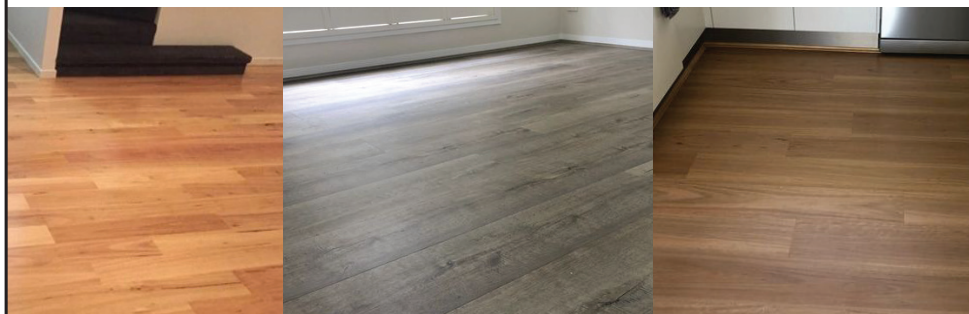
"I get quite a few orders from the United States," Karen said. "I really love that people will contact me from so far away to ask for them. Sewing is like my therapy or my happy place, and to see how grateful people are makes me really appreciate how lucky I am."

"I never set out to make the Memory Bears, but through word of mouth and social media it just grew. I have met so many beautiful families and it means so much to me to know I can make a small difference in their lives."

[www.bosleybears.com](http://www.bosleybears.com)  
[www.facebook.com/memorybearsbybosleybears](http://www.facebook.com/memorybearsbybosleybears)



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# BRAMBLE

## Bites

Story *Brooke Jacobson*

### LOCALS RAISE FUNDS FOR BUSHFIRE CRISIS

The 4017 community started the new year by raising funds for our southern neighbours in NSW and Victoria, who have been devastated by the bushfire crisis.

Il Forno Pizzeria hosted a fundraiser, with 100 per cent of proceeds going to the St Vincent De Paul Society's Bushfire Appeal. The event was also supported by local bar, Mr Henderson.

EclecTea hosted an event called Beer for a Bushfire, with all their tips and containers for change empties funds going to the Australian Red Cross.

Moment Biscuits in Brighton raised more than \$375 for The Rescue Collective, which helps injured wildlife.

Womenspace in Sandgate has hosted a number of events, sewing pouches for injured wildlife, and local cafe Capulet and Co raised \$1450 for bushfire relief, with \$1 from every coffee being donated to the cause, as well as proceeds from t-shirt sales and the staff tip jar.

A big thank you to all these businesses and the many others, alongside our dedicated locals, who have raised funds to help other Australians at this time.

What a great community!

### FOOTY SEASON READY FOR KICK OFF

Despite the warm weather, winter sports in the 4017 are gearing up for kick off.

The Brighton Bulldogs' sign on day is on Saturday, 1 February, from 9am to 2pm. The club will also host the annual Mancini Cup on Saturday, 8 February, from noon to 5pm. See the club's Facebook page for details.

North Star FC, in Zillmere, are also registering players for the 2020 season now. See their website: [www.northstarfc.com.au](http://www.northstarfc.com.au) for more details.

## PACIFIC CULTURE ON THE WATERFRONT

The Polynesian Va'a-alo Outrigger Club will be holding a regatta on Saturday, 15 February, from 7am at the Shorncliffe Pier. See traditional Indigenous and Polynesian performances before watching the races from the Pier or the foreshore. There will also be plenty of food and other stalls.

## IN THE MOOD FOR COOKING CLASSES

Brisbane City Council is holding a Mood Foods Valentine's Day cooking workshop at Brighton. The event is aimed at seniors and is part of council's Growing Older and Living Dangerously program. Learn what foods will help balance your mood and make you feel your best. Try out tasty recipes that you can create at home. This workshop will be held at the Brighton Wellness Hub, Nineteenth Ave, Brighton. The cost is \$5 per participant, and it is open to Brisbane seniors. See: [training.naqnutrition.org/courses/GOLD](http://training.naqnutrition.org/courses/GOLD) for more information and to book.

## READ ALL ABOUT IT

The makeover at the Sandgate Library is now complete! Pop in to browse the shelves, read the paper, or enjoy the new children's section, as well as the upgraded check in/out facilities.

### 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](mailto:brookecjacobson@gmail.com)*

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[venusskinandbody.com.au](http://venusskinandbody.com.au)



From left, The House Band with Event Organiser Kathy Allan and Pinup model LuLu Divine.

# Vintage ROCKS

*Our House on the Hill  
fundraiser*

Story Linda Read Photo Ben McShea

**W**hat happens when you combine vintage glamour, a live music line-up, good food and a great cause, all in a seaside setting? The Our House on the Hill fundraiser on February 23 – an event that promises to be not only fabulous fun, but aims to raise awareness of organ donation and money for medical research.

Money raised will go to The Common Good, an initiative of The Prince Charles Hospital Foundation, which funds life-saving and life-changing health research.

Event co-organiser and Queensland Premier Pinup Event Producer, Lulu Divine, said the fundraiser was inspired by one of the event's organisers, Kathy Allan, who recently had a life-saving lung transplant.

"Kathy wanted to figure out a way to give back," said Lulu. "It's something that's had an amazing impact in her life. That's why the event was created."

Held at the Bramble Bay Bowls Club at Woody Point, the event will feature a pinup competition with the theme of 1950s vintage sports and leisure. Lulu said twelve finalists "who love to embody 1950s fashion and styling" would compete on the day.

"They will come in their interpretation of 1950s sports and leisure wear," said Lulu.

"It could be a cute vintage archery outfit, a swimming outfit, or golfing outfit. They'll strike some poses for the audience and really showcase their personality."

There will also be a full band line-up from morning until well into the evening. Lulu said while the overarching theme of the music was Rockabilly, there will be bands and performances that cater to all musical tastes.

"We're trying to cater to everyone," she said.

"It's going to be really family-friendly, and a good community-oriented event."

As well as the pinup competition and live music, there will be a vintage car show, raffles, and food stalls. Guest speakers will also be aiming to raise awareness of the importance of organ donation and transplants.

*For more information and for sponsorship opportunities, contact Lulu Divine on 0431671174.*

### Our House on the Hill Fundraiser

Sunday, 23 February, 10am-7.30pm

Bramble Bay Bowls and Sports Club

Cnr Victoria Avenue and Hornibrook Esplanade,  
Woody Point



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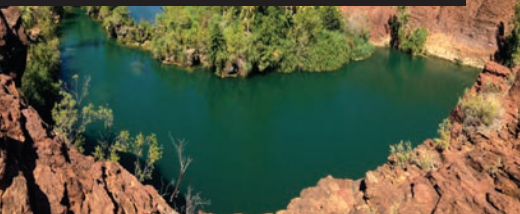
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Story **Nadia Chapman**

**A** variety of exhibitors will be at the Redcliffe Showgrounds in February, where you can browse and compare the latest caravans, camper trailers, boats, 4x4s and much more.

Event organiser, Courtney Stephens, said this year's event will be much more focused on the prizes that will be up for grabs.

**“**This year we will have more than \$20,000 in prizes to be won, which includes a tagalong tour and a boating package for the fellow adventurer,” Courtney said.

“Tagalong Tours is the newest addition to the ‘No Limits’ tour program and will include travelling on some of the Top End’s most remote roads and tracks. The boating package includes a boat, motor, trailer and rego for 12 months.”

Visitors can enter, for a chance to win, simply by finding their unique QR code on their event entry ticket — so you don’t have to pay twice.

Not only will there be grand prizes to be won but the expo will host some of the greatest entertainers for the whole family to enjoy.

The three main entertainers are Kingbrown Camp Oven Kitchen, where Ron Wilson will cook up a storm over a camp oven; Shimano Fishing Tank, where you can join Dave Moss for his daily fishing and casting demonstrations; and Luke’s Reptile Show, where the whole family can come and admire some incredible reptiles.

Courtney said these three put on a captivating show that both teaches and entertains the audience.

The exciting thing about this expo is that each year is different, with different exhibitors, vendors and entertainment present. Some of this year’s featured exhibitors include ModCon Campers, Aussie Roadrunner RVs, Cawood Anchors, Latitude25 Hervey Bay, and much more.

*Entry tickets are \$12 for adults, \$10 for seniors, and children under 16 are free. You can find out more information via [www.bayexpo.com.au](http://www.bayexpo.com.au)*

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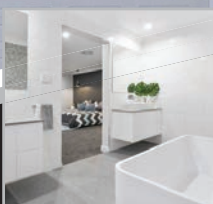
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 0723 2.31  
 TH 1357 0.73  
 1925 1.80

**7** 0139 0.45  
 0813 2.47  
 FR 1451 0.61  
 2019 1.88

**8** 0231 0.35  
 0900 2.60  
 SA 1541 0.51  
 2110 1.96

**Time m**  
**9** 0319 0.27  
 0945 2.69  
 SU 1628 0.43  
 ○ 2159 2.04

**10** 0406 0.23  
 1030 2.73  
 MO 1712 0.38  
 2247 2.11

**11** 0453 0.23  
 1113 2.72  
 TU 1754 0.36  
 2334 2.15

**12** 0540 0.28  
 1155 2.63  
 WE 1834 0.38

**13** 0021 2.16  
 0628 0.39  
 TH 1238 2.47  
 1914 0.42

**14** 0111 2.14  
 0719 0.54  
 FR 1323 2.27  
 1956 0.49

**15** 0207 2.12  
 0817 0.71  
 SA 1413 2.06  
 2043 0.56

**16** 0312 2.09  
 0930 0.84  
 SU 1514 1.86  
 ☉ 2139 0.62

**Time m**  
**17** 0426 2.11  
 1056 0.89  
 MO 1629 1.72  
 2246 0.66

**18** 0541 2.17  
 1221 0.84  
 TU 1750 1.68  
 2358 0.65

**19** 0646 2.27  
 1328 0.74  
 WE 1900 1.73

**20** 0103 0.60  
 0739 2.35  
 TH 1421 0.65  
 1955 1.80

**21** 0156 0.54  
 0825 2.40  
 FR 1505 0.60  
 2040 1.87

**22** 0241 0.49  
 0905 2.43  
 SA 1543 0.57  
 2118 1.93

**23** 0319 0.46  
 0940 2.43  
 SU 1616 0.56  
 2152 1.98

**24** 0353 0.45  
 1013 2.41  
 MO 1645 0.56  
 ● 2223 2.02

**Time m**  
**25** 0425 0.46  
 1043 2.38  
 TU 1713 0.55  
 2254 2.05

**26** 0456 0.49  
 1111 2.32  
 WE 1739 0.55  
 2327 2.07

**27** 0529 0.55  
 1140 2.24  
 TH 1806 0.57

**28** 0001 2.07  
 0604 0.64  
 FR 1209 2.13  
 1835 0.60

**29** 0038 2.04  
 0642 0.74  
 SA 1240 2.00  
 1907 0.65



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