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Sandgate

GUIDE

FREE AUGUST 2022

**RAW
MUSCLE
SET TO HEAT
UP THE BRT**

4017'S
**LOCAL LOGIE
WINNER**

CHECK OUT ALL THE FUN
OF **BACKYARD BONANZA**

**TRADES
SERVICES
& DINING
GUIDE**

**SECTIONS
INSIDE**

COVER PHOTO JOHN PIRES PHOTOGRAPHY



A photograph of the interior of Bluenose Betty, a bar and kitchen. The bar is made of dark wood and features a large, curved, light-colored object (possibly a piece of driftwood or a large horn) as a centerpiece. Behind the bar, there are several shelves filled with various bottles of alcohol, including wine, beer, and spirits. To the left and right of the bar, there are racks of clean, clear glasses. A large, white, conical pendant light hangs from the ceiling. The overall atmosphere is warm and rustic.

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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



Pride Round game day is here for Sandgate Hawks Senior Women's team and players McKenzie, Georgia, Grace and Marly get a selfie in their fab new Pride jerseys provided by sponsor Kuhn Corp Print and Packaging.



'Hold on tight Dad!' I visited St Kieran's Family Fun Day Fete and found Heidi showing her Dad Jason how to take a corner at speed in the Dodgem Cars.



It's the Vintage Yacht Regatta and Skipper Jim Close (above) and crew prepare to set sail in 'Swordfish', an 1869 design Burgess Yawl built by local Shorncliffe resident Darrell Harvey (far left).



Merry Christmas? I found Yvonne and Eunice all dressed up and ready for fun at the Sandgate Senior Citizens Christmas in July luncheon at Sandgate Senior Citizens Centre Hall.



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FROM SELF DEFENSE TO SELF CONFIDENCE

John Cahill

How Organised Activities Can Benefit Kids For Life

STORY **KELLY WALKER** PHOTO **BRUCE REDMAN**

Being part of a local sports club, youth group, dance class or any other type of organised activity group can have far reaching benefits for children and teens that will often stay with them for the rest of their lives. Beyond learning new skills, being part of a shared interest group helps to build confidence, a sense of belonging and positive social skills.

Former police officer and local karate instructor, Sensei John Cahill from JKA Brighton, has seen first-hand the difference that having an involvement in an organised activity can have on youth when it comes to making good decisions in life.

As a police officer for 28 years, John spent the majority of his service interacting with all sectors of society. "I guess I saw a lot of the good and the bad," he said. "My experiences made me realise that young people who were involved in positive organised activities - no matter what they entailed, were less likely to come to the notice of police or authorities. That is not to say that this was the only solution, but it was noticeable."

Practicing karate since the 1970s, and running his own club for more than 20 years now, John hopes that the sport's self confidence building aspect is what will have the most profound effect on his students.

"I've seen many children who initially felt very shy and overwhelmed go on to participate in tournaments and take on leadership roles within their class," he said. "This type of gained confidence can be of tremendous assistance as they face challenges or stressful situations in all aspects of their lives."

Although karate is most commonly known as a form of self defense, the benefits of self confidence, physical fitness, agility and flexibility are all apparent.

"The main hope I have for students, and predominantly junior students, is that they build a confidence that evolves into character building as they progress," he said. "I hope that they first learn to respect themselves and then carry that on to others through kindness, understanding and acceptance."

JKA Brighton prides itself on being a family orientated, welcoming environment, inclusive of all ages, genders and abilities so that all of its students can gain new skills and confidence at any age or stage in life.

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MUSIC BY THE SEA

STORY **DONNA PHILLIPS**

AUG: A new language of music is heading our way, according to Eishan Ensemble, as the group brings its improvised fusion of Western jazz and classical Persian to the beating hearts of Music By The Sea's educated and savvy audience. With the wind of words behind them, "casts a spell of its own ...astonishing power ... compulsive impact", Eishanan lands on Sandgate Town Hall flight deck on August 6.

Saturday, 6 August, 7.30pm - Sandgate Town Hall.

Book online: www.musicbythesea.com.au

SEPT: When she's not climbing mountains and hiking in the backcountry, American born harpist Emily Granger effortlessly reaches lofty heights in the classical, popular and art music worlds. You'll be treated to a mix of these genres on September 3 when she trades boots for elegant slippers.

"I'm really looking forward to performing for Music by the Sea this September. I'll be bringing my In Transit program – music from my debut solo album on the UK-based Avie Records label," Emily said.

"ABC Classic listeners will be familiar with much of the music, including works by Australian favourites Elena Kats-Chernin and Ross Edwards, alongside works by some of my other favourite composers from Australia and the USA."

"Audiences should expect an appearance from The Nightingale – a work that has been very popular with listeners on Amazon Music, Spotify

and Apple Music. This work has taken on new significance in performances in recent months as the nightingale is the national bird of the Ukraine."

In keeping with this play on the travel theme, her impressive career boasts shows at top draw stops and stations including performances at Carnegie Hall in New York City, and the Kennedy Centre, Washington DC.

Emily's a Kansas City girl who took up the harp when she was 11. You'll hear the delightful American twang when she talks to you through her playlist.

And now she's based in OZ, shall we give her a warm Aussie welcome?

Saturday, 3 September, 7.30pm

Sandgate Town Hall

Book online: www.musicbythesea.com.au

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ALL THE BUZZ OF **THE** **BACKYARD** **BONANZA**





STORY **BROOKE JACOBSON**

A fun and affordable day out in your own backyard - that's what's on offer at this year's Backyard Bonanza in Bracken Ridge.

Organiser Louise Gordon told the Sandgate Guide the community could expect a "mini-Ekka".

"Making it affordable for everyone is really important to us, so it's free to go in," she said. "We're going to have lots of rides, performances, and show bags as well."

For the younger children, the characters from Paw Patrol will be making an appearance, with Street Science also coming along to perform for the whole family.

"People can expect to see lots of displays from community groups and schools, we've got a boxing demonstration and the Brisbane School of Iberian Swordsmanship will be there as well," Louise said.

She added the day had a focus on sustainability.

"We're encouraging everyone to bring their own reusable water bottles, which you will be able to fill up for free," Louise said.

"Brisbane City Council will be there with lots of displays and advice about things like composting, so people will be able to come along and talk to the council staff and get lots of tips."

Crowds of up to 5000 are expected to flock to McPherson Park, with the Lions Club miniature steam train rides a big drawcard.

"There will also be lots of different food options – including gluten free and vegan ice-cream, donuts, Indian food, and those delicious baked potatoes," Louise said.

"A bit of everything, for everyone's taste. And that's really what the whole day is about – we're making sure there's something on offer for everyone, we want the whole community to come along and really enjoy the day.

"Post-Covid, it's so important to get out and support these community events."

For more information search Facebook for: BYB.

The Backyard Bonanza
Sunday, 28 August, 9am-2pm
McPherson Park
Denham Street, Bracken Ridge.





PROGRAM FOR THE BACKYARD BONANZA



STAGE 1 MAIN STAGE

9AM
HOST TO WELCOME

9.15
ZILLS & ZAGHAREETS
MIDDLE EASTERN
DANCE

9.30
GUJARTI COMMUNITY
DANCE

9.45
NASHVILLE STATE
SCHOOL
CONCERT BAND

10AM
OFFICIAL OPENING
WITH LORD MAYOR
ADRIAN SCHRINNER

10.15
AUSSIE, AUSSIE, AUSSIE
AUS ROCK BAND

10.45
NORRIS ROAD STATE
SCHOOL CONCERT BAND

11.00
BRACKEN RIDGE STATE
SCHOOL CONCERT BAND

11.15
BRACKEN RIDGE STATE
HIGH SCHOOL CHOIR

11.30
BRACKEN RIDGE STATE
HIGH SCHOOL STRINGS

11.45
BRACKEN RIDGE STATE
HIGH SCHOOL STAGE BAND

12.00
CONCERT BAND (TYSON)

12.15
AUSSIE, AUSSIE, AUSSIE
AUS ROCK BAND

12.45
ST DYMPAS PRIMARY
SCHOOL
4 X PERFORMANCE'S

1.30
AUSSIE, AUSSIE, AUSSIE
AUS ROCK BAND

2PM
FINISH

STAGE 2 KIDS STAGE

9.15
HOST TO WELCOME

9.30
KYUSHIN RYU SCHOOL
OF JUJITSU MARTIAL
ARTS DEMONSTRATION

9.45
STREET SCIENCE

10.30
PAW PATROL SHOW

11.00
ABI DANCE PERFORMANCE

11.30
PAW PATROL MEET
AND GREET

11.45
FAD CHEER AND DANCE

12.15
SOUNDWAVE CHOIR

12.30
PAW PATROL SHOW

1.00
GUJARTI COMMUNITY
DANCE INDIAN
CULTURAL DANCE

1.15
KIDS STAGE CLOSE



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LOGIE WIN FOR LOCAL FILMMAKER

STORY **ALYSSA MACKAY** PHOTO **JOHN PIRES**

A feature documentary written and directed by Brighton resident Dean Gibson has won a TV Week Logie Award.

Incarceration Nation took home the Logie for Outstanding Factual or Documentary Program at the awards ceremony at the Gold Coast in June.



Dean Gibson

Dean said he felt shocked when Incarceration Nation was announced as the winner.

"Both me and my producer Helen Morrison never really thought that our film could compete with the calibre of the other finalists," Dean said.

"But during the night and ceremony, I had many people come and compliment the film and had a good feeling. Because our film was late in the ceremony, I spent much of the time talking myself out of the win. When we won, I just felt a level of satisfaction and recognition for all the hard work put in behind the scenes and by the courage of the people and families who shared their story of trauma and pain at the hands of the justice system in Australia."

Dean Gibson is a multi-award winning Aboriginal filmmaker with more than 12 years' experience in documentary and drama. Incarceration Nation, which took around four years to make, premiered last year on National Indigenous Television Network (NITV).

"It took a lot of research and commitment to dig in when at times it felt just too hard – particularly given the gravity of the content," Dean said.

"It tells the tragic story of incarceration across Australia through the eyes of First Nation Australians, bringing in an historical context leading up to its ongoing impact today through systemic failures. The film is told through a combination of archive footage, graphics, interviews and most importantly – real lived experiences."

The film is currently available to watch for free on SBS On Demand.

"We also encourage groups and companies to create their own screenings for members and staff," Dean said.

"It's an important film to watch. It gives a deeper and more considered context around the impact and collision between First Nation Australians and the justice system. It will hurt and it will create emotions – but for me, the timing of Incarceration Nation is so important as hopefully this nation begins to understand Australia's true back/black story."

For more information visit incarcerationnation.com.au

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Free Hearing Checks

STORY **PATRICIA HIGGINS**

Yes you heard right, Hearing Australia will be offering free hearing screenings to the public at Brighton Wellness Hub.

The community centre is providing the location for the hearing tests to take place on August 11 as part of its commitment to helping people with their health and wellbeing.

Katie Chan, Engagement Support Office at Brighton Wellness Hub said the free hearing checks would be limited to 15 minutes per person but that there would be more on offer — including information on hearing health.

"Hearing Australia is offering service information, help with device maintenance and more," Ms Chan said.

The free hearing screening is just one event in a range of activities and services regularly scheduled at Brighton Wellness Hub, which can include anything from technology demonstrations through to barefoot bowling.

"We provide a range of activities and services – most free, some with a small fee," is the information provided on the Brighton Wellness Hub webpage on the Queensland Government Community and Oral Health Metro North Health website.

To learn more about upcoming events, Ms. Chan advised visiting www.metronorth.health.qld.gov.au and clicking the link to Brighton Wellness Hub.

To secure your free hearing check, call to book your spot on 07 3631 7568.

Hearing Australia Free Hearing Screenings
Thursday 11th August, 10am-1pm
Brighton Wellness Hub
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Anisa Nandaula
and William
Wang



A BELLY FULL OF LAUGHS

DINNER WITH COMEDIANS

STORY **SALLY EBERHARDT**

We could all do with more laughter in our lives – it's good for mind, body and soul. And when the good folks at Eclectea Tapas Bar and Restaurant combine Stand Up Comedy with delicious food and beverages you are in for a real treat!

The comedy show will feature three hilarious acts who are there to bring you deep belly laughter. The three entertainers have diverse backgrounds and styles with each having their own way to tickle your funny bone.

Show organiser, Anisa Nandaula, said there will be insightful storytelling that makes you think, and sometimes shocks.

"Expect the unexpected. There are many "Wow! I can't believe they just said that!" moments. If you are drinking something, be ready to spit it out as the jokes make you laugh so hard," said Anisa.

Anisa herself is a nationally recognised spoken word poet, play writer, educator, and published author. She is the 2016 Queensland Poetry slam champion and runner up for the Australian poetry slam championships. She won the XYZ Innovation in Spoken Word Prize, performed poetry at the Sydney Opera house and had a video go viral with 200,000 views around the

world. In her first six months of stand-up she became the Sunshine Coast laughable comedy champion 2020 as well as winning other comedy competitions.

Performing along with Anisa will be William Wang and a mystery guest.

Anisa said William flew all the way from China to Australia five years ago, with the dream of doing stand-up comedy, because he could not get an American visa.

"His comedy provides a fresh angle and perspective on our culture differences, taking a cheeky look at Eastern versus Western ways of life. Come and see one of Brisbane's fastest rising stars. The only thing William wants in return is some A2 baby formula," said Anisa.

Doors open at 6pm with entertainment starting at 7pm. Bookings are essential so grab your ticket on www.eventbrite.com.au – just search for 'Dinner with Comedians'.

Come along, bring friends, have fun and support Brisbane's starving comedians while filling your own tummy with great tucker and big belly laughs.

Dinner with Comedians
Saturday 13 August, 7pm
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Bulldogs

THE FUTURE IS BRIGHT

For Female Football Players at Brighton Bulldogs

STORY **KELLY WALKER** PHOTO **BRUCE REDMAN**

Brighton Bulldogs Football Club has long been known for its friendly, community atmosphere and welcoming environment for all players. However, in recent years, the club has seen more new female players than ever which has had a very positive impact and is a great sign for the future of female football.

"This year, we have more female-only teams than ever before," said Dave Lowe, Female Football Coordinator at Brighton Bulldogs. "Next season we're hoping to have girls-only teams at every age group from under 8s and up. We're also aiming for our senior women's team, who are currently at the top of their league, to climb the divisions over the next few

seasons. We really want our younger players to aspire to play for our women's first team."

With the success of the Matildas and increased women's football media coverage, there has been an influx of young female players taking up the sport. This has been a welcomed development for the Bulldogs club and they've responded with a major investment into building female change rooms, and by devoting more resources to targeted coaching sessions for the girls-only teams.

As the club continues to grow, they are working to find more ways to engage female players and create positive environments for players to develop their skills.

"One new thing we're doing is to pair up a member of our senior women's team with each girls-only team so that they can be role models for the younger players," Dave said. "We also held a very fun and successful Female Football Night earlier this season with special training sessions, events and a game featuring our senior women's team."

For a relatively small community club, Dave explained that they've always 'punched above their weight' in terms of female football. "We've had female club presidents plus an all-female executive committee managing the club a few years ago," he said. "Also, our Miniroos Coordinator, Amanda Miles, has been highly instrumental in the success of our club with both boys and girls."

"We want all players to enjoy football at whatever age or level they are at," said Dave. "With the Women's World Cup being held in Australia and New Zealand next year, it's a great time to be a female footballer!"

For more info, email womensfootball@brightonbulldogs.org.au



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ON THE SHOULDERS OF A GIANT

STORY **PATTIE TANCRED**

History means little without someone to tell it and so much about the past of our district would have remained unknown or imperfectly known without the efforts of Grace Beecher who died, aged 92, in June.

Grace was born in 1930 at Ipswich, where her family lived until they moved, in 1936, to Brighton, thus beginning her lifelong association with and interest in this area. She attended Sandgate State School but left school in Grade 7 and went to work. She married Herbert Beecher in 1956 at the Bald Hills Methodist Church.

Grace's interest in historical research was piqued when she and two nieces decided to research their family's history. As her interest and expertise in local history grew, the State Library, the State Archives, the John Oxley Library and a number of historical cemeteries became her regular haunts.

The Sandgate Historical Museum was lucky enough to attract Grace and Herbert as members in 1986, at which time she began to deploy her research skills in the service of the museum. At that time, the museum had few photos, a situation she set about remedying by appealing, through the local paper, for people to send in their historical photos. She copied the pictures for both the museum's files and the John Oxley Library. Her research efforts were not confined to Sandgate. She also worked on behalf of many other historical organisations including the Windsor, Enoggera and Nundah historical societies and the Nundah and Bald Hills cemeteries.

It was not only the museum that benefited from Grace's researches: she published



articles of historical interest in the Bayside Star, provided unstinting assistance to families wishing to research their history, and delivered informative talks to many schools and other organisations. A search for Grace Beecher in the State Library catalogue reveals the extent of her impressive oeuvre.

Mrs Barbara Bow, who has volunteered at the museum since 1996, says of Grace, "[She] had a fantastic memory for dates and family relationships" and that she "could help anyone with research". Not the least amazing thing about Grace is that she never learned to drive, so all her journeys to libraries, cemeteries, archives and to talk to people about local history were undertaken by public transport.

The Sandgate Museum, in appreciation of the enormous amount of work Grace did on its behalf, has documented and catalogued the presentations she made over the years and the many articles and items that she wrote. The museum hopes to collate and publish its Grace Beecher Collection in the future.

Vale Grace Beecher and thank you.

With thanks to Sandgate Historical Museum. Photo courtesy of the museum






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LIGHTS! CAMERA! ACTION!

Ann Ingamells, Piper Marten, Bree-Ella Davidson, Chloe Jenkosky

Sandgate High School students, along with students from Aspley State High School and Bracken Ridge State High School are dipping their toes in the international film space, collaborating with Womenspace to say lights, camera, action.

Stuffit Film Festival is a competition that originated in Nambour and now has international input. The competition is aimed at high school students who are required to make a film of up to 15 minutes with all the work being done by the students.

A group of high school students have been meeting at Womenspace Sandgate and in just 10 afternoons, have made a film to submit to the competition.

Secretary of Womenspace, Ann Ingamells, said the project has fostered relationships and has allowed the young women to collaborate on a creative level.

"When they began, they were new to Womenspace and did not know each other. So they have been developing relationships as they go, and working on the film together," Ann said.

"The final product is a film about making a film. It shows how they ensured they all had a part, what they did and learned along the way, and the kinds of interests that the girls making the film have. It is quirky, creative and fun."

Bree-Ella Davidson, from Aspley State High School, is one of the young women who has been participating in getting the film ready for the competition.

"The film is like a documentary, a look behind the scenes of what we do at the Centre. For me it has been a great experience, I've made new friends and it's helped me to socialise more," said Bree-Ella.

"I study drama so I'm into the whole acting thing, so that has helped as well."

This project has offered an opportunity for women of an older generation and younger women to meet at and learn from each other and work collaboratively to see the development of the film from conception through to the final entry into the Film Festival.

The Young Women's Project at Womenspace happens with the support of a grant from the Brisbane City Council Lord Mayor's Fund. The local community will be able to see the film at the Womenspace Anniversary celebrations on the weekend on 24 and 25 September with the winner being announced in October.

Stuffit Film Festival - filmfreeway.com/STUFFitStudentFilmFestival
Womenspace - www.womenspace.org.au

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SANDGATE GETS BOUTIQUE EDGE

Annalise Thiedeke

STORY **PATRICIA HIGGINS** PHOTO **BRUCE REDMAN**

Sandgate has long been home to a boutique with a difference, but owing to recent renovations that have made Gate's Edge Boutique a stunning reality, everything is now happening under a refreshed name and energy.

Gate's Edge stocks labels from a wide range of International brands as well as in-house label Annalise Designs, which are designed by the owner herself.

Owner and Fashion Designer Annalise Thiedeke said she was passionate about finding pieces that people couldn't see anywhere else.

"Our garments are made well, feature exclusive prints and embellishments, and are prominently natural fibres – which is essential for living in Queensland," she said.

According to Ms Thiedeke, the renovations had been watched with much anticipation by the public and were an exciting process in which to be involved.

"I had outgrown the previous space [as Georgia Boutique] and after considering all options decided there was no better location than Sandgate Village," she said.

A story stretching back to 1910 was unearthed beneath an old shop floor which Ms Thiedeke was careful to preserve, fusing original character features with contemporary elements to create a truly dynamic commercial environment.

"We have created a completely new retail experience and our new name is a reflection of the curated and edgy fashion you will find in store," she said.

The name of the store, according to Ms Thiedeke, also pays homage to Sandgate (often known as 'The Gate'), which is an area she believes is thriving more than ever.

"Sandgate's shopping precinct is full of independently owned stores and café's set in the most charming old buildings, and this is a huge draw card," she said.

Gate's Edge builds on that unique appeal via the exclusivity of Annalise Designs, which is complimented by everything from high end silks, velvets and embroideries to hand poured candles, crystal infused fragrances and sneakers.

Ms Thiedeke is now working on her upcoming line of high-end textiles, the majority of which were produced in Brisbane.

Shoppers can find out more (including information on upcoming fashion parades and new product launches) at www.gatededge.com.au and by following on Facebook and Instagram.

Gate's Edge Boutique
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A WORD FROM OUR REPRESENTATIVES

CR JARED CASSIDY

Have you signed up for Council's free early warning alerts yet? The alert service provides advanced warning for severe weather or other public safety events. This helps prepare and protect people and property. The service issues alerts only if the Bureau of Meteorology (BoM) issues a severe weather warning for the Brisbane Local Government area.



You will receive alerts for potentially dangerous weather events, such as hail and severe thunderstorms, destructive winds and cyclones, floods from a number of different sources including creek, river and king tides, public safety alerts. Severe weather alerts are sent after BoM has issued a severe weather warning that includes the Brisbane area. Some storm activity, including strong winds, thunder, lightning and rain may not reach BoM's triggers. Warning alerts are not distributed in this case. Residents whose registered address is within the BoM warning area, will receive early warning alerts. Creek flooding alerts are offered for specific properties that may be affected by creek flooding in certain suburbs.

You can register online at ewa.brisbane.qld.gov.au/ for free early warning alerts or contact Council on 3403 8888. You can also download the Weatherzone app to your mobile device and register through the Council tab.

CR SANDY LANDERS



The Schrinner Council continues to back our area by funding the Beams Road Upgrade in the 22/23 Budget.

The Beams Road upgrade is a project which I'm proud of, as it will reduce congestion and improve safety for all road users. You can check out our 3D fly-through video at Brisbane.qld.gov.au and search 'Beams Road Upgrade.'

In the middle of this Council project is the State Government's Level Crossing upgrade. Council has been working closely with the State Government to ensure that their design could be improved. The changes made to the original design due to Council's work include:

STIRLING HINCHLIFFE MP

August is Queensland Multicultural month, the State's largest celebration of our cultural and linguistic diversity. There are few better examples of this remarkable diversity than our own local community.



According to the recently released 2021 Census data, more than one in four Sandgate Electorate residents were born overseas. Of the 10 percent of people born in English-speaking countries outside of Australia, most are from New Zealand, England, South Africa, Scotland and Ireland. Whereas

13.8 percent of residents who were born in a non-English speaking countries mostly originate from India, Philippines, Fiji, China and Nepal. 17.8 percent of Sandgate residents speak a language other than English at home, with the most common being Southeast Asian languages. This Census data provides a rich snapshot of the nation and informs government, community and business which is why your participation is vital in ensuring comprehensive statistical collection.

I am very proud that people from all over the world have come to call our Bayside community home. I hope you join with me this August in celebrating our rich diversity and take part in some of the great activities happening for Queensland Multicultural Month. Together we can make Sandgate and Queensland a united, harmonious and inclusive place where everyone belongs.


Learn more about Queensland Multicultural Month at: <https://www.cyjma.qld.gov.au/campaign/multicultural-queensland-month>

- Road safety improvements to ensure that heavy vehicles have a safe stopping distance.
- Adequate crossing facilities for people with disability.
- Better drainage, to reduce potential impacts of flooding in nearby homes.

We have an exciting community event coming up with Backyard Bonanza at McPherson Park on 28 August from 9am to 2pm. Running in conjunction with the Bracken Ridge Lions Club miniature train day, market stalls and entertainment it will be a fantastic community day.

Make sure you pick up the new July-December 2022 GOLD Growing Older and Living Dangerously booklet from my Ward office or when you see my mobile offices. Alternatively contact me on 3667 6000 to request a copy.

Follow my Facebook page at [Facebook.com/Cr.sandy.landiers](https://www.facebook.com/Cr.sandy.landiers) or Instagram at [crsandylandiers](https://www.instagram.com/crsandylandiers)



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FROM THE OFFICE OF STIRLING HINCHCLIFFE MP



The 2022-23 Budget delivers good jobs – provides better services – and supports Queensland's great lifestyle. The record investment in healthcare in this Budget will benefit the Sandgate electorate with \$1.06 billion set aside for the Redcliffe Hospital expansion and \$300 million for The Prince Charles Hospital expansion. This is part of the Palaszczuk Government's \$9.78 billion investment to deliver around 2,509 additional beds over six years – the biggest investment in new and expanded hospitals in Queensland's history.

The Palaszczuk Government remains focused on tackling cost-of-living pressures, with \$6.8 billion available for a range of health, energy, water, transport and housing concessions, including the \$175 cost-of-living rebate. This investment supports the ongoing delivery of the \$1.9 billion Queensland Housing and Homelessness Action Plan 2021 – 2025, which will help tackle homelessness through

the construction of 7400 new social and affordable houses across the state.

The Budget invests in our local community, providing \$26.6 million for infrastructure upgrades at local schools. This funding includes \$8 million for the construction of new classrooms at Taigum State School, \$11.7 million for extensive refurbishments at Bracken Ridge High and extended funding for the soon to be constructed brand- new learning centre, \$5 million for the performance hall at Sandgate High as per my election commitment and much more. \$777,000 has also been allocated for works at Bracken Ridge TAFE.

Some of the biggest projects however will be on local main roads. Almost \$5 million will fund the completion of the Gympie Arterial Road and Hoyland Street interchange and a further commitment to replacing and improving noise barriers on Gympie

Arterial Road. Planning also begins for the Bracken Ridge to Pine Rivers Motorway upgrade. Disaster management is vital for the Sandgate Electorate. \$1.7 billion in 2022-23 will continue the recovery, reconstruction and resilience programs following this year's natural disasters.

To read more about the Queensland 2022-23 State Budget, visit:
www.budget.qld.gov.au

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20 YEARS SINCE SANDGATE BOARDING HOUSE FIRE

STORY **ALYSSA MACKAY**

This month will mark the twenty year anniversary of a fatal boarding house fire in Sandgate.

No cause has ever been established for the fire which destroyed the Seabreeze Lodge on Sunday, 18 August, 2002, killing three occupants.

At approximately 11:30pm, two couples travelling in a car noticed a fire at the large timber dwelling on 30 Second Avenue. They contacted emergency services before attempting to douse the flames with a hose and calling for residents to get out of the house.

A fire truck from Sandgate Station responded within four minutes of the call, but by then the structure was almost completely engulfed by flames and there was no opportunity to enter the building to find or rescue anyone trapped inside.

It was later determined that the fire started beneath the main floor at the front of the house, spreading to and destroying the adjoining premises, which was also used as a boarding house.

At the time, news reports said police described the fire as “suspicious”, however to date no one has been charged in relation

to the fire or the deaths of the three men killed in the fire – the caretaker, 58, and two residents, aged 21 and 71.

An inquest into the deaths was conducted in 2005 but no cause of the fire could be established by the police, the fire service or the inquest.

The coroner’s findings noted the possibility that the fire was ignited by an electrical or gas source, but no proof of either could be found.

The inquest was also unable to rule out the possibility that an unknown person started the fire underneath the premises.

In 2005, the owner of the boarding house pleaded guilty to charges relating to the fire, including failing to provide a fire escape plan and other adequate safety measures.

Senior Sergeant Jon Kent, the officer in charge at Sandgate Station, said the Queensland Police Service was committed to the continuing investigation relating to the boarding house fire.

“There remains a \$250,000 reward for information identifying the offender/s for this matter and I urge any person with information to contact Policelink 131 444 or Crime Stoppers on 1800 333 000,” Senior Sergeant Kent said.

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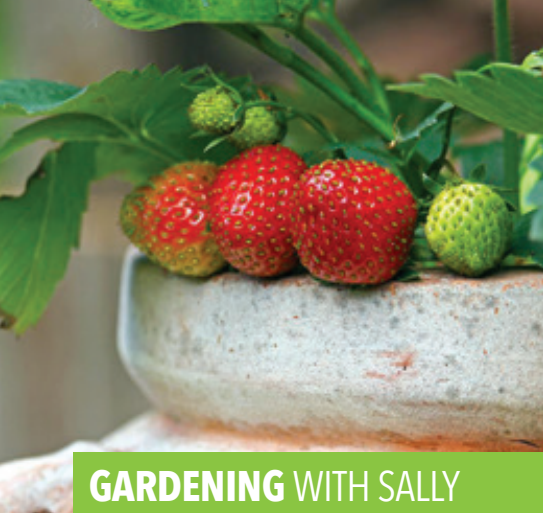
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If you have limited space or aren't sure how to start growing your organic garden, a container garden may be the perfect solution. Pots, planters and even hanging baskets can grow your own delicious, healthy, organic food. And with the price of lettuce nowadays, you could save a fortune!



Container gardens are no-dig, use little water and are easy to shift to find the right position. All you need is a large pot, some organic potting mix and your seeds or seedlings.

Plant seeds or seedlings according to directions on the packet or punnet. Potting mix provides ideal conditions for seed germination so spread seeds out. Don't plant seedlings too close together – think about how big each plant will grow and leave space to reach its potential. Tomatoes only need one strong plant per pot, beans and peas only two to three plants per pot.

Mulch seedlings immediately but let seeds sprout first. Fertilize your plants every 1-2 weeks with organic liquid fertilizer. Mix fertiliser and water in a watering can and drench foliage as well as the soil.

What to plant now - strawberries (from runners), tomatoes, capsicums, beans, pumpkin, cucumber, zucchinis, lettuce, eggplant, okra, rosella, cabbage, silverbeet, corn.

Photo by Kerstin Riemer from Pixabay

LOCAL BUSINESS SPOTLIGHT

ASTUTE SANDGATE

As a Brighton local, George Massa from Astute Sandgate, loves living and getting involved in the local community. In our 'Spotlight on Local Business' this month, *The Sandgate Guide* asked George what he loved most about living in the 4017.

"The community feel," he said. "The people in the area are very supportive of each other and are so willing to provide each other with help when needed. We live in such a special spot along the water, it's like a quiet little coastal town but still so close to the city."

Growing up in Melbourne, George is a proud AFL supporter and loves playing as part of the Sandgate Hawks.

"I love the community spirit around the Club, its members, and also keeping fit as part of a team," George said.

His kids keep him busy too! George and his wife have three children. He volunteers with his son's local soccer team, the Brighton Bulldogs, and loves watching his daughter grow as a dancer with her local dance school.

In late 2021 George decided to utilise his extensive lending and banking background, together with his passion for helping people, by starting a finance brokerage business 'Astute Sandgate'. George focuses on providing financial guidance to his clients. He helps people achieve their financial goals and save money, by reviewing their current finance arrangements including home loans, business loans, and vehicle loans.

"As part of growing my business, I look forward to giving back and supporting our local community."



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PODCAST OF THE MONTH

You're Dead To Me Podcast Review

PODCAST REVIEW **NICK ALLFORD**

Like 'Drunk History' minus the alcohol.

You're Dead to Me is the brainchild of Greg Jenner - public historian, author and Chief Nerd on the excellent BBC series 'Horrible Histories'. He's been helping the young and old alike get their heads around history for years and now he's set his sights on slightly more grown up topics from the past.

Each podcast focuses on an historical character such as Captain Cook (not actually a captain – look I learnt something!) or topics like the history of ice-cream, which is way more deadly than you'd think.

Like most great podcasts he doesn't fly solo, recruiting a knowledgeable expert on each topic and a (not so expert) comedian. These are the two key factors that really help YDTM stand out. Greg has selected fascinating and funny guests that work well together. With the comedian on a mission to fill in the blanks from their historical knowledge, similar to that kid in class who would ask the questions you were too scared to.

YDTM can be used as a great tool for teenagers who are after a lighter way to ingest their knowledge. A history podcast for people who maybe didn't pay too much attention at school.

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FEDERAL MP FOR **LILLEY**

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@ Anika.Wells.MP@aph.gov.au

f /AnikaWellsMP 📞 3266 8244

NEWS BITES

Community Group Grants

Kedron-Wavell's 2022 Community Grants Program is now open. This initiative was developed to support local groups on the northside with funding for their upcoming projects. In 2022, the \$150,000 on offer will be split into amounts of \$1000, \$2500, \$5000, and \$10,000. Applications close on August 19.

To apply, go to: <https://grants.kedron-wavell.com.au>

Mantra Meditation

Mantra Meditation is an evening of fully guided meditation and breathing, mindfulness and reflection. Held at SANDBAG, you will feel stress, anger, anxiety and worry melt away. End the evening with spiced Chai and vegan treats. The sessions are held on the first and third Saturday of the month from 5-6.30pm.

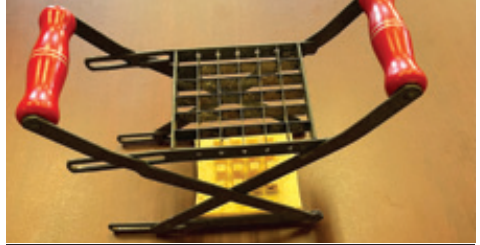
To book, www.eventbrite.com.au/e/mantra-meditation-experience-tickets-255787726977?aff=ebdssbcbitybrowse

Giddy Up Sandgate

Sandgate goes Country as part of Giddy Up Sandgate Bayside 12-14 August. There will be country style music and food across many of your favourite Bayside venues. So dust off your cowboy hats and boots and get ready to show off your best boot scootin' moves!

Open House at Sandgate Museum

Take a stroll down memory lane during Sandgate's Open House on August 21. The Sandgate Historical Museum will open their doors and jog your memory with an array of interesting historical items.



Can you guess what this is?



Did you chat on one of these?



Remember these from your school days?

So pay us a visit at 150 Rainbow St Sandgate for Open House on Sunday, August 21.

Devonshire Tea will be served from 10 - 3 Cost \$5.

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Raw Muscle

#GIRLSNIGHT

STORY **PIPER ZUINO**

Calling all ladies! Ladies' night is sorted this August when Raw Muscle performs their high-energy, classy live show in a one-night-only performance.

The all-male review show has featured in Las Vegas, Italy, and Greece and now the Bracken Ridge Tavern will provide the stage for Raw Muscle to show off their talented choreography, spectacular costumes, and cheeky commentary to deliver some of music history's most famous songs.

Raw Muscle marketing and event coordinator Sacha Halley said if you are in need of a ladies' night out, this event cannot be missed.

"You can expect to see buff men showcasing their many talents live on stage providing a well-choreographed, tastefully teasing, flirtatious, fun-filled show that will leave the ladies screaming for more," she said.

Sacha said the audience will be delighted to see award-winning stripper, Tony Raw, joined on stage by a range of mystery guests.

"And with an International guest appearance fresh off the plane! He has never been to this part of Australia therefore he is excited to see what this town has to offer!"

Due to much audience demand, this live show will feature more audience interaction than ever before.

"The men of Raw Muscle love to interact with the crowd and some ladies may be lucky enough to get on stage and up close and personal with the Raw Muscle men," she said.

Each act has its own array of dance moves, special acts, and music so the audience will be treated to a different experience with each performer.

There will also be a specialised drinks list tailored to the event including a range of indulgent and naughty cocktails.

This show will feature a brand new act that will only be revealed to those who book tickets and come to the event.

"We can give you a hint in saying this includes interaction with the crowd, it's upbeat, fun and gets the audience revved up... also the ladies sure seem to love a good lap dance!"

Raw Muscle Male Revue Live Show
Saturday 13 August, 8pm-11pm.
Bracken Ridge Tavern
154 Barrett Street, Bracken Ridge.



HOTTEST MALE REVUE SHOW

RAW MUSCLE

SATURDAY 13 AUGUST
DOORS OPEN 8PM

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WWW.RAWMUSCLE.COM.AU

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Fourth Best Band

DAWN PATROL STAY UP LATE FOR FUNDRAISER

STORY **BROOKE JACOBSON**

PHOTO **BRUCE REDMAN**

The Dawn Patrol is giving locals the chance to fundraise for a good cause and enjoy a flashback to the 1980's at the same time.

The men's exercise group is hosting a band night to raise funds for their not-for-profit group Four57 Inc.

Dawn Patrol's Ian Turton said the 4017-based collective was all about helping the community and each other.

"The Dawn Patrol is basically a bunch of mates who get together three times a week to exercise," he said.

"We meet at 4.57am at the Sandgate Pool and we're all local blokes, dads, just local fellas – no-one pays any money or anything like that, it's very informal.

"We're done by 6am and then we go for coffee.

"We're a health group, and then for a lot of us, it's become a social network, and it's good for mental health too. Just a bunch of blokes who exercise and support each other."

Four57 is the group's not-for-profit organisation, which helps other local projects.

"The band night is to fundraise for our not-for-profit, which is the vehicle for all the Dawn Patrol type initiatives we like to do," Ian said.

"Last year we held a boxing night and this year it's an 80's themed band night."



Ian Turton

The night will be headlined by Fourth Best Band, all of whom are also Dawn Patrol members.

"We don't take ourselves too seriously, as the band name suggests," Ian said, laughing.

"We'll be rolling out as many 80's classics as we can, and we're also encouraging people to dress up in their best 80's gear – so lots of denim, or fluoro or pastels.

"And we're offering prizes for the best dressed. It's all a celebration of the 80's."

The band like to encourage younger musicians to get up on stage with them and have promised there will be plenty of special guests on the night.

"I guess we like to encourage people to challenge themselves," Ian said.

Tickets for the Dawn Patrol band night are \$20 for adults and \$5 for children.

To book, search Facebook for Fourth Best Band, or go to: www.trybooking.com and search for Fourth Best Band - 80's Night

Dawn Patrol Band Night
Saturday, 20 August, 6pm - 11pm
Sandgate Bowls Club
Keogh Street, Sandgate.



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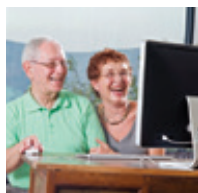
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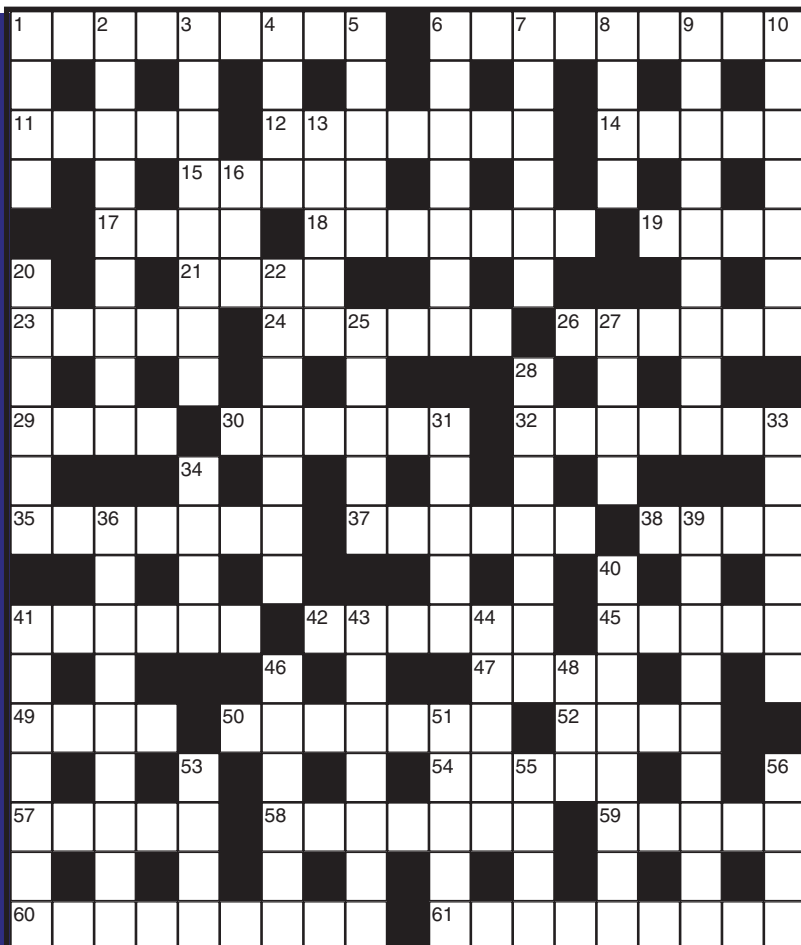
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THE BIG ONE CROSSWORD



ACROSS

- 1 Profane
- 6 Skiing area
- 11 Front part of a stage
- 12 Uniform and fair
- 14 Outdo
- 15 First light of day (3-2)
- 17 Pairs
- 18 Adjusted
- 19 Opening to receive a coin
- 21 Disguise
- 23 Muslimism
- 24 Impiety
- 26 Stole (coll)
- 29 Bud
- 30 Pivots

- 32 Sells
- 35 Tuft of hair at forehead
- 37 Aspirations
- 38 Elegant
- 41 Paints an undercoat
- 42 Tension
- 45 Banish
- 47 Deteriorate
- 49 Ireland, formerly
- 50 Turn aside (from a way)
- 52 Buttress
- 54 Warms up
- 57 Toughen
- 58 Working models (4-3)
- 59 Commotion (coll) (3-2)
- 60 Midweek period
- 61 Promenade

DOWN

- 1 Clock face
- 2 Sat astride
- 3 Clear soup
- 4 So be it!
- 5 Burst forth
- 6 Conquers
- 7 Unfolded
- 8 Animal paws
- 9 Gum trees
- 10 Erased
- 13 Shake or tremble
- 16 America (1,1,1)
- 20 Open-air meal
- 22 Screams
- 25 Stiff
- 27 Accompanying

- 28 Assumption
- 31 Military blockade
- 33 Ailing
- 34 Male parent, as of a horse
- 36 Collection (4-5)
- 39 Conic section
- 40 Died
- 41 Advance screening
- 43 Nervous
- 44 Lottery
- 46 Appeared
- 48 Pertinent
- 51 Digit
- 53 Unit of heredity
- 55 Continent
- 56 Financial institution

SOLUTION: Page 83

Mr Henderson

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BEYOND SANDGATE

Roll Up For Circus Spectacular

STORY **ALYSSA MACKAY**

Celebrate the history of Australian circuses with a special carnival that promises to be the greatest show.

The Blackall Tambo Circus Carnival, organised by regional arts and cultural organisation Red Ridge Interior Queensland Ltd, is set to dazzle the Central West this month.

Red Ridge's project support officer Gretchen Hayman said people could expect to see everything today's modern circus has to offer.

"It's going to be a beautiful ten days of celebrating circus history," Gretchen said. "We are lucky to have Ashton Circus set up the big top tent in both Tambo and Blackall."

The Big Top Circus will be held at the Tambo Showgrounds on Friday, 19 and Saturday, 20 August and Blackall Showgrounds on Friday, 26 and Saturday, 27 August.

Gretchen said the carnival would celebrate the community's connection with the original Perry Bros' Circus, which was first held in the area in 1889.

"The Perrys traded their little pub in the scrub, located between Blackall and Tambo, for a bullock

team and took to the roads to deliver the Perry Bros' Circus. The first performance was in Tambo and the second performance was in Blackall."

To honour this local history, the carnival will feature a dance performance by sixty children from Bush Beatz, which will pay tribute to the tale of Mary Ellen Atkins, a 12-year-old Blackall girl.

"It's fun, romantic and has the most beautiful story of how she ran away with the circus, married a Perry and how her hometown is recognising the importance today," Gretchen said.

As part of the festivities, a Circus Carnival Cabaret will be held on Saturday, 20 August at the Woolshed Baa and Grill in Blackall. The event will include a meal, drinks and entertainment from actor and former Broadway dancer, Matt Young.

"Matt has recently made Blackall his home," Gretchen said. "He is a big-time performer who has travelled the world and he will be our MC for most of our major events."

Local streets will be decorated in a circus theme with painted animals and bunting made by community members.

"It's the first circus carnival and the start of many we believe," Gretchen said.

For the full schedule of events and to purchase tickets go to outbacktickets.com.au/event/blackall-tambo-circus-carnival-16161

**Blackall Tambo Circus Carnival
Friday, 19 August – Sunday, 28 August**

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Local DINING GUIDE



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Artisan Coffee & Gelato Bar
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COCOA BISCOTTI

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insta_cocoa_biscotti_for more info.



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Coffee Shop

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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 and has been rebranded. Now Flinders Seafood & Bar, come down and try out Sandgate's newest hotspot for fresh seafood, yummy burgers, barista made coffee and ice cold beers, wines and spirits.



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.



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

Breakfast, Lunch and Coffee

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7.30am - 2.30pm



154 Barrett St, Bracken Ridge
Bracken Ridge Tavern

Steak & Rib House

3269 7011

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www.thebrt.com



Local DINING GUIDE



6 Park Parade, Shorncliffe

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Sinbad St, Shorncliffe

Bar Restaurant Functions

3269 4588

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7 Fourth Avenue, Sandgate

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3269 0318

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50 Keogh Street, Sandgate

Casual Dining

3609 2001

THE SANDS SOCIAL RESTAURANT & CAFE

Feature: Looking for lunch or dinner with family and friends? Visit the newest restaurant in Sandgate, located at The Sands Social. Enjoy classic club style food as well as freshly made pastas and pizzas. Café is open all day from 10am. Members discounts available. Bookings are recommended.



SANDGATE | BRIGHTON | DEAGON
SHORNCIFFE | BRACKEN RIDGE



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Shorncliffe

Specialty Coffee House

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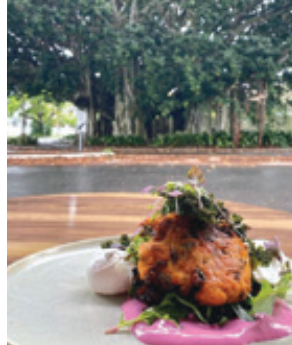
227 Rainbow St, Sandgate

Café

0413 940 277

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.



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CONCERT CELEBRATES NATURE'S SYMPHONY

STORY **ALYSSA MACKAY**

Spring is just around the corner and what better way to welcome the season than a nature-inspired concert?

Chamber orchestra Cadenza Chamber Players will present a Pastoral Symphony at Sandgate Town Hall on Saturday, 20 August.

Artistic director and chief conductor Lucas D. Lynch said the concert would be an 80-minute highlight of some of the best music ever written for orchestra.

"I think as we've had a very frosty winter this year, this music will certainly warm up the soul this August," Lucas said.

"Performing Mendelssohn and Beethoven, all instruments are on display from passionate brass and percussion, to fiery winds and rapid string writing – it's extraordinary."

The concert will begin with Ralph Vaughan Williams' *The Lark Ascending* featuring violin soloist Ann Carew, followed by a lively work by Mendelssohn. The night will conclude with Beethoven's homage to the countryside, the *Pastoral Symphony* (Symphony no.6).

"If you have ever seen Walt Disney's original *Fantasia* movie, Beethoven's *Pastoral Symphony* was the main feature," Lucas said.

"If you're familiar with Shakespeare at all, Mendelssohn's *Overture to the Midsummer Night's Dream* conjures up the perfect fairy world

and if you have never heard *The Lark Ascending*, trust me when I say it's magnificent.

"Listening to Ann perform *The Lark Ascending*, which has been voted the best piece of classical music on many countdown charts around the world, will be something to be present for."

Ann has performed with Cadenza Chamber Players on a number of occasions and regularly plays with the Queensland Symphony Orchestra and Camerata – Queensland's Chamber Orchestra.

"A phenomenal artist and musician who, as they say, 'watch out for that one – she's going places' and indeed she is," Lucas said.

The performance is set to showcase the talents of the 30 musicians who form the Cadenza Chamber Players.

"This orchestra features new and established talent throughout South East Queensland, and afar, and their passion and vitality as an ensemble are amazing," Lucas said. "I am very fortunate to conduct this extraordinary group."

"We have such devoted followers and newcomers and that is exactly what music is about – sharing beautiful sounds with the community."

Tickets are available from \$35.50 at cadenzachamberplayers.com or trybooking.com/events/landing/914310

**A Pastoral Symphony - Saturday 20 August,
7.30pm at Sandgate Town Hall**



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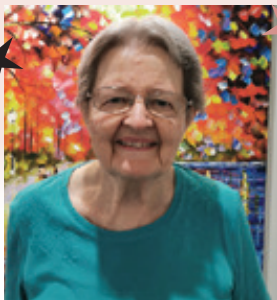
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Ann Campbell – Bracken Ridge



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PCYC HELPING YOUNG PEOPLE GET THEIR P'S

Megan Dwyer, Christine Augustine (Mentor), Mandy Cotterill

STORY **ALYSSA MACKAY** PHOTO **BRUCE REDMAN**

Disadvantaged learner drivers are being given the opportunity to complete their mandatory logbook hours with the support of a volunteer driver mentor program.

PCYC Zillmere and PCYC Sandgate are providers of the Braking the Cycle (BTC) program, where young people without access to a supervisor or registered vehicle can prepare for their provisional licence by driving with trained mentors.

BTC coordinator for PCYC Zillmere and PCYC Sandgate, Mandy Cotterill, said many young people could not afford driving lessons with an instructor, which could cost thousands of dollars.

"They are also unable to regularly access a vehicle or supervisor to help get the 100 hours needed before they can go for their open licence," Mandy said. "Therefore obtaining a driving licence for many young people was something that was impossible.

"This program enables young people to develop a core life and employment skill that supports further opportunities in the workplace, training and education environments. Young people are empowered to break the cycle of disadvantage, unemployment, and anti-social behaviour thereby reducing crime and traffic incidents."

BTC was developed in 2012 by PCYC Ipswich and PCYC Logan in response to a study that identified

180,000 young people were unable to reach the 100 hours of certified supervised driving experience required to apply for their provisional licence.

The program gives participants the chance to drive vehicles provided by the PCYC and pairs them with mentors who offer encouragement and promote road safety.

"The program coordinator will match a mentor with a young person depending on level of skill and experience and consider if there are any mentor/participant preferences," Mandy said.

The program has proven a great success with 48 participants engaged at PCYC Zillmere in the last 12 months, and 22 graduating.

"We have helped many young people find employment in trade positions that require a licence as well as increasing the employment opportunities for many others," Mandy said.

"We have graduates with young families who are now able to drive their children to day care, school, and doctors and hospital appointments. We have a partnership with Domino's Pizza who have helped BTC financially and provided an employment path for our participants and graduates."

To participate in Braking the Cycle or to become a mentor contact your local PCYC or visit pcyc.org.au/youth-and-community/personal-and-leadership-development/braking-the-cycle



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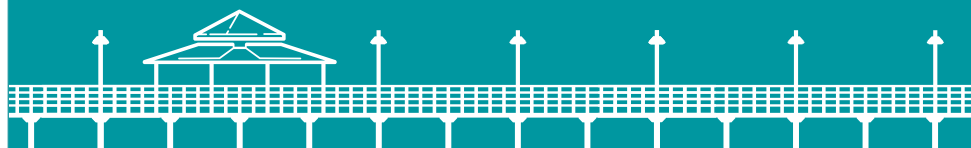
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RECIPES ON PAPER

Simple Basil Pesto (with hidden spinach!)

RECIPE **JULIA LEWIS**

www.recipesonpaper.com.au



If you're trying to kick the flu this winter season, then hiding leafy greens in your food can go a long way. This basil pesto is quick and easy, and no one will know that you have hidden a whole bag of spinach in it. The real beauty of this is that you can add it to almost any mid-week meal for an extra hit of vitamins.

You can also use it on the base of a pizza for a delicious chicken pesto pizza, serve it on grilled fish for a low carb meal or serve it as a dip with warm crusty bread. If you aren't planning to use all of it, you can freeze it in portions so on those busy, cold nights, simply defrost and stir through some piping hot spaghetti and you have a quick and delicious mid-week meal.



Simple Basil Pesto with Spinach

INGREDIENTS

- 2 bunches fresh basil leaves (about 2 cups)
- 120g baby spinach
- 1 clove garlic, minced
- ½ cup freshly grated Romano or Parmesan cheese
- ¾ cup extra virgin olive oil
- 1/2 cup pine nuts (budget friendly options would be chopped walnuts or blanched almonds)
- Juice of half a lemon
- Salt and pepper to taste

Place the basil, spinach and garlic in a food processor and pulse several times.

Add the cheese of your choice and pulse several times more. At this stage you will need to scrape down the sides of the food processor with a rubber spatula.

While your food processor is running, slowly add the olive oil. Make sure you add the oil in a steady stream as this will help it emulsify and keep the oil from separating. You will need to keep scraping down the sides during this stage.



Once you have achieved the desired texture (you might choose to use less oil), taste the pesto and add salt, pepper to your liking. You may need to add some lemon juice if your pesto needs acid to cut through the rich oil so add a little bit at a time and taste as you go.

Store pesto in a jar or airtight container. Freeze in portions.

Note: If you like your pesto smooth, add the pine nuts with the garlic. If you like chunky pesto (pictured), add them after you have blended in the oil and pulse until you have achieved your desired texture.

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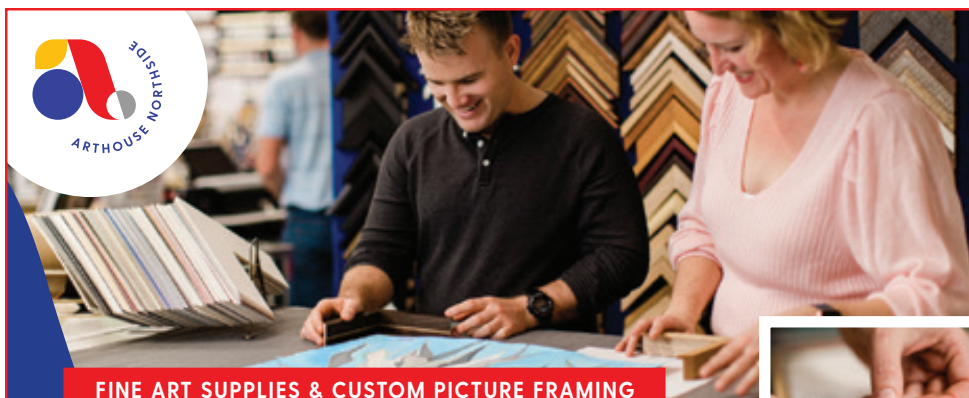
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04 THURSDAY

MORNING MELODIES WITH TRACY VAUGHAN

The Sands Social 11:30am

MORNING MELODIES WITH TRACY VAUGHAN

The Sands Social 11:30am

MORNING MELODIES WITH TRACY VAUGHAN

The Sands Social 11:30am

BOOKS ANON. BOOK CLUB

EclecTea 6:30pm - 10pm

First Thursday of every month: Details on Facebook <https://www.facebook.com/events/165425998743196/>

OPEN MIC NIGHT

Phoenix Bar & Lounge 7pm

OPEN MIC AT THE CARDIGAN BAR

Cardigan Bar 7pm

05 FRIDAY



OASIS MAK

EclecTea 4pm

DJ NICK LIPSANOS

Bracken Ridge Tavern: Phoenix Bar & Lounge 7pm

UNPLUGGED CAFE

Sandgate Community Centre 7pm

THE BLACKWATER DUO

The Sands Social 8pm

MOONLIGHT BAR

Full Moon Hotel 8pm

06 SATURDAY

SATURDAY ARVO SESH W MAK & FRIENDS

EclecTea 5pm

EISHAN ENSEMBLE

Sandgate Town Hall 7:30pm

EISHAN ENSEMBLE

Sandgate Town Hall 7:30pm

EISHAN ENSEMBLE

Sandgate Town Hall 7:30pm

SIDE HUSTLE

The Sands Social 8pm

MOONLIGHT BAR

Full Moon Hotel 8pm

TONY YERBURY TRIO

Bracken Ridge Tavern: Phoenix Bar & Lounge 8pm

07 SUNDAY

CHURCH SERVICE

Sandgate Presbyterian, 50 London St Sandgate 9am - 10:30am

BRETT WHITMORE

The Sands Social 1:30pm



MOONLIGHT BAR

Full Moon Hotel 2pm

COLOUR BY 2

Baaia Cafe, Baaia Cafe 2pm - 4pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

WILKO

Bracken Ridge Tavern: Phoenix Bar & Lounge 3:30pm

10 WEDNESDAY

MOONLIGHT BAR

Full Moon Hotel 1pm

11 THURSDAY

FREE HEARING SCREENINGS

Brighton Wellness Hub 10am

MORNING MELODIES WITH PAUL JAY

The Sands Social 11:30am

OPEN MIC NIGHT

Phoenix Bar & Lounge 7pm

OPEN MIC AT THE CARDIGAN BAR

Cardigan Bar 7pm

12 FRIDAY

OASIS MAK

EclecTea 4pm

DJ GALLEON

Bracken Ridge Tavern: Phoenix Bar & Lounge 7pm

MOONLIGHT BAR

Full Moon Hotel 8pm

JAMMING

The Sands Social 8pm

13 SATURDAY

CELTIC SESSIONS WITH BLARNEY STONE

Cardigan Bar 3pm



DINNER WITH COMEDIANS

Eclectea 7pm

RAW MUSCLE MALE REVUE LIVE SHOW

Bracken Ridge Tavern 8pm

MOONLIGHT BAR

Full Moon Hotel 8pm

RAW MUSCLE: MALE REVUE SHOW

Bracken Ridge Tavern 8pm
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WILD CARD DUO

The Sands Social 8pm

14 SUNDAY

CHURCH SERVICE

Sandgate Presbyterian, 50 London St Sandgate 9am - 10:30am

ALLAN CAMERON

The Sands Social 1:30pm

MOONLIGHT BAR

Full Moon Hotel 2pm

AMY KATE

Bluenose Betty 2:30pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

LR MARSH

Bracken Ridge Tavern: Phoenix Bar & Lounge 3:30pm

DAWN PATROL BAND NIGHT

Sandgate Bowls Club 6pm

A PASTORAL SYMPHONY

Sandgate Town Hall 7:30pm

BLACK 'N' RED

The Sands Social 8pm

MOONLIGHT BAR

Full Moon Hotel 8pm

VIC KENA DUO

Bracken Ridge Tavern: Phoenix Bar & Lounge 8pm

18 THURSDAY

MORNING MELODIES WITH MARCO

The Sands Social 11:30am

OPEN MIC AT THE CARDIGAN BAR

Cardigan Bar 7pm

OPEN MIC NIGHT

Phoenix Bar & Lounge 7pm

19 FRIDAY

**OASIS MAK**

EclecTea 4pm

DJ NICK LIPSANOS

Bracken Ridge Tavern: Phoenix Bar & Lounge 7pm

MOONLIGHT BAR

Full Moon Hotel 8pm

CASEY FOGG DUO

The Sands Social 8pm

20 SATURDAY

ROBBIE MCGOWAN

EclecTea 5pm

21 SUNDAY

CHURCH SERVICE

Sandgate Presbyterian, 50 London St Sandgate 9am - 10:30am

MIKARA

The Sands Social 1:30pm

MOONLIGHT BAR

Full Moon Hotel 2pm

LIAM BRYANT

Bluenose Betty 2:30pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

WILKO

Bracken Ridge Tavern: Phoenix Bar & Lounge 3:30pm

25 THURSDAY

MORNING MELODIES WITH DAVE CLAYTON

The Sands Social 11:30am

OPEN MIC AT THE CARDIGAN BAR

Cardigan Bar 7pm

OPEN MIC NIGHT

Phoenix Bar & Lounge 7pm

26 FRIDAY



OASIS MAK

EclecTea 4pm

VINYL CLUB

Cardigan Bar 7pm

DJ GALLEON

Bracken Ridge Tavern: Phoenix Bar & Lounge 7pm

KLUSTERFUNK

The Sands Social 8pm



MOONLIGHT BAR

Full Moon Hotel 8pm

27 SATURDAY

AUS NATIONAL TUG-O-WAR CHAMPIONSHIP

Backyard Bonanza, McPherson Park 12pm

PAINT & SIP WITH PINOT & PICASSO

The Sands Social 3pm

BLUEGRASS JAM

Cardigan Bar 3pm

TONY DEE

EclecTea 5pm

STATE OF APPALACHIA DUO

Cardigan Bar 7:30pm



MOONLIGHT BAR

Full Moon Hotel 8pm

RADIO ACTIVE

The Sands Social 8pm

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28 SUNDAY

THE BACKYARD BONANZA

McPherson Park 9am

CHURCH SERVICE

Sandgate Presbyterian, 50 London St Sandgate 9am - 10:30am

AL GIBSON

The Sands Social 1:30pm

MOONLIGHT BAR

Full Moon Hotel 2pm

KAYLA RYAN

Bluenose Betty 2:30pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

EMQ

Phoenix Bar & Lounge 3:30pm



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1 0600 0.56 MO 1138 1.85 1737 0.51 2355 2.33		7 0408 1.72 1033 0.53 SU 1729 2.16		13 0455 0.31 1026 1.97 SA 1629 0.23 2251 2.65		19 0204 1.73 0835 0.60 FR 1515 1.94 ● 2133 0.99		25 0246 0.60 0818 1.72 TH 1415 0.46 2044 2.35	
2 0632 0.55 1219 1.86 TU 1816 0.59		8 0002 0.80 0528 1.68 MO 1143 0.48 1838 2.33		14 0535 0.32 1112 2.01 SU 1714 0.30 2331 2.53		20 0300 1.55 0927 0.66 SA 1627 1.95 2310 0.98		26 0321 0.55 0854 1.80 FR 1454 0.41 2119 2.39	
3 0029 2.25 0707 0.55 WE 1304 1.87 1901 0.69		9 0122 0.66 0642 1.70 TU 1249 0.40 1938 2.49		15 0613 0.35 1156 2.03 MO 1757 0.42		21 0425 1.45 1032 0.69 SU 1738 2.02		27 0354 0.51 0928 1.86 SA 1532 0.38 ● 2152 2.40	
4 0107 2.13 0745 0.55 TH 1356 1.89 1956 0.79		10 0226 0.51 0748 1.77 WE 1352 0.32 2033 2.62		16 0009 2.36 0647 0.40 TU 1240 2.02 1841 0.57		22 0031 0.89 0551 1.46 MO 1141 0.67 1836 2.11		28 0426 0.47 1003 1.92 SU 1610 0.38 2224 2.39	
5 0152 1.99 0830 0.55 FR 1459 1.93 ● 2106 0.87		11 0321 0.40 0846 1.84 TH 1449 0.26 2122 2.69		17 0045 2.16 0720 0.46 WE 1325 2.00 1927 0.74		23 0126 0.77 0653 1.54 TU 1241 0.61 1924 2.21		29 0458 0.44 1041 1.97 MO 1647 0.41 2255 2.35	
6 0252 1.84 0927 0.55 SA 1614 2.02 2232 0.88		12 0411 0.34 0938 1.91 FR 1541 0.22 ○ 2208 2.70		18 0122 1.94 0755 0.53 TH 1415 1.96 2021 0.89		24 0209 0.67 0740 1.63 WE 1331 0.53 2006 2.29		30 0528 0.43 1118 2.01 TU 1725 0.47 2327 2.26	
								31 0558 0.42 1158 2.03 WE 1804 0.57	



FISH OF THE MONTH

TAILOR - POMATOMUS SALTATRIX

STORY **PETER HANSLER**

When people mention Tailor the first thing that usually comes to mind is beach fishing Fraser Island (K'gari). This time of year though quite good numbers are caught around Redcliffe, Shorncliffe and from our local fishing platforms and jetties. It has been a really good season so far this year too.

A fast growing fish with a 35cm size limit, most fish locally are 30-50cm but they do grow in excess of a metre long. Being pack hunters, schooling up and eating just about anything that moves, most anglers nearly always catch a few at a time. They are a great sportfish that will take lures and live baits but with their razor sharp teeth will also easily bite through most lines. Care must also be taken as the larger fish can do major damage to fingers.

A great tasting species that is best dispatched, bled and iced immediately. My favourite cooking method is just filleted, rolled in flour and fried on a BBQ or hotplate. They are also one of my favourite fish to do in a smoker as their flesh is moist and oily. Due to the abundance of them around at the moment they're also a great buy at your local seafood market.



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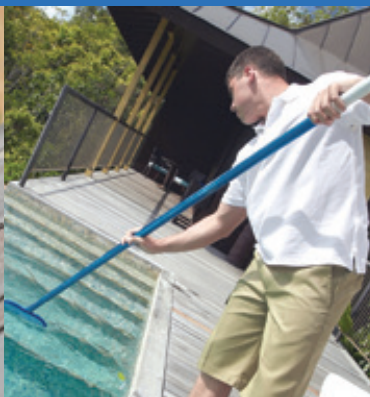
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