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# Sandgate

## GUIDE

FREE OCTOBER 2022

**SANDGATE  
YOUTH  
FESTIVAL**  
THEIR TIME  
TO SHINE!

# FROCKTOBER

**RAISING MONEY TO FIGHT  
OVARIAN CANCER**

**FIGHT NIGHT!**  
FUNDRAISING STYLE

**TRADES  
SERVICES  
& DINING  
GUIDE**  
SECTIONS  
INSIDE

Cover photo Bruce Redman



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 horn or pipe as a centerpiece. Behind the bar, shelves are filled with various bottles of alcohol and glassware. A large, white, conical pendant light hangs from the ceiling. The overall atmosphere is warm and rustic.

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STORY **DONNA PHILLIPS**

**OCT:** Yes, they're all hands, with only two working feet! Internationally acclaimed recording artists Eleanora Spina and Michele Benignetti are touring the four hand form through Oz, Mexico and the USA this year. The piano duo's Sandgate concert is dedicated to Franz Schubert, and selected pieces of French Music.

**Spina & Benignetti Piano Duo**  
Saturday, 8th October, 7.30pm,  
Sandgate Town Hall.

Booking online: [www.musicbythesea.com.au](http://www.musicbythesea.com.au)

## MUSIC BY THE SEA

**NOV:** Paul Grabowsky AO. The man and his music. A not to be missed program of superb jazz on November 5. Are you in?

Well, there's so much to say about this music luminary: seven ARIA awards, two Helpmann awards, several APRA and Bell awards, a Deadly award, 20 feature film scores, four operas and various multimedia works, a Professor at Monash University, an Officer of the Order of Australia. And of course there's more!

**A chat with the master reveals, Q: What's on your playlist for the Music By The Sea audience?**

PG: I'll be playing selections from my album 'Solo' (ABC Jazz), as well as a tribute to the late Uncle Archie Roach.

**Q: What's one of the most rewarding experiences of your career?**

PG: I have been fortunate to have had many uplifting experiences during my musical life. I

regard my work with Uncle Archie Roach and Auntie Ruby Hunter as particularly special, particularly playing to audiences in remote First Nations communities. Similarly, the work I have done over twenty years with traditional ceremonial musicians from S.E. Arnhem Land has been life changing.

**Q. And your thoughts about the role of music on the planet at this time?**

PG: It is one of the mysterious qualities of music that it allows each of us to give ourselves over to a personal experience which can transcend and transform, taking us to a place where we are able to locate feelings and responses that are otherwise difficult, if not impossible, to find. Music also brings people together, more important than ever considering the isolation felt by many people during the pandemic.

**Paul Grabowsky - Piano recital - Jazz master**  
Saturday, 5th November, 7.30pm,  
Sandgate Town Hall

Booking: [www.musicbythesea.com.au](http://www.musicbythesea.com.au)

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111 GOOGLE REVIEWS



# SocialSnaps

by PAUL NEIL



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



St John Fisher College students and staff Holly, Reanna, Jayah and Ms. Tiffany Rabbitt join Deputy Director of Brisbane Catholic Education Mr Doug Ashleigh as he visits the College to officially open the new Mercedes Building and Magnolia Place.



Sandgate friends, Kel and Aaron, celebrate their 21st birthday together with a combined party with friends and family at The Normanby Hotel, Brisbane.



Ted and Ross from Sandgate and Districts Men's Shed sell their timber off-cuts flowers at Backyard Bonanza festival 2022 at McPherson Park, Bracken Ridge.



Tilly and Brooke attend the meet the author presentation event of author and Speaker Anita East's (centre) book 'Beautiful Unique Faces' at Sandgate Town Hall.

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# THE SANDGATE YOUTH FESTIVAL



## FINDING THE NEXT MUSICAL SUPERSTAR

STORY **JULIA LEWIS** PHOTO **PAUL NEIL**  
**PHOTOGRAPHY**

**T**he Sandgate Youth Festival is back and is continuing their quest to find the next biggest music star.

Brought together by Councillor Jared Cassidy, the festival is giving young and emerging artists the stage to showcase their talents, all while supporting each other as musicians.

Councillor Cassidy said the festival celebrates diversity while giving young musicians the chance to break into the industry.

"There will be a number of young and emerging artists performing on the day, from acoustic soloists to high energy rock bands, there's definitely something for everyone," Jared said. "With a sizeable cash prize also up for grabs, it's a great opportunity for local musicians to further their career."

Since its inception, Jared has worked with Brendan Hoffmeier from Beat Connection, a local small business who produces the entire event. Their mission is to create an event that is tailored to the younger generation and provides them with opportunities they may not otherwise have.

"The event encourages young locals to engage

with their community and really put themselves out there," Jared said. "It's also important in its ability to bring people together, regardless of their background."

"Outside of school performances, it's difficult for some of these bands and soloists to get a gig."

As most musicians know, performing for the first time can be daunting, but the Sandgate Youth Festival fosters a supportive environment for young artists.

"For many of these performers, this will be the first time they get to perform on a stage in public," Jared said. "It can be nerve racking, but for some we see them go onto bigger and better things."

"We have uncovered some real hidden gems in the past and expect to do so again this year!"

The festival showcases a wide variety of music and performers from local schools and the community, with past winners packing out venues in Brisbane City.

So, pack a picnic rug, or set up your chairs, and settle in for an evening of tasty food trucks and some of the best local talent around.

## The Sandgate Youth Festival Einbunpin Lagoon Park

**Saturday 15 October - 4pm to 9pm**

*Free event however people are encouraged to click 'going' on the @sandgateyouthfestival Facebook page*





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# HISTORIC POST OFFICE HOTEL TO UNVEIL NEW LOOK

Steven Clark, Ian Van der Woude, Troy Coggins

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

**T**he landmark Sandgate Post Office Hotel is currently undergoing an extensive refurbishment and will re-open this month as a craft beer and rotisserie destination.

New lease-owners Ian Van der Woude and Michelle Christoe are bringing their hospitality and entertainment experience to breathe new life into the heritage building.

Ian said the \$2 million restoration will celebrate the original design of the local icon.

"We have been working with the relevant State Government department and Council on the design," Ian said.

"The old deck to the south of the building has been repurposed to be a more upmarket restaurant within the hotel. And we've been working with Councillor Jared Cassidy's office to introduce footpath dining with canvas umbrellas, windbreaks and landscaping. The bars and furniture are also being upgraded and replaced."

The revamped space will also incorporate contemporary details with celebrated artist Claire Matthews decorating the interior with street art.

Ian and Michelle currently reside on the Sunshine Coast where they run Malt Shovel Taphouse and live entertainment venue NightQuarter.

Ian said he had spent a large part of his life on the northside of Brisbane and saw the Post Office Hotel as a great opportunity when the lease became available.



"It marries in well with the other venues we run and our aspiration as a group to grow our portfolio of local venues" he said.

"I come from a long family background in hotels and pubs, including stints at Castlemaine Perkins and Austotel."

The revitalised hotel promises an extensive range of local craft beers and gins as well as delicious cuisine and traditional pub favourites.

"There will be an extensive menu by our executive chef, Matt MacNamara, featuring rotisserie meat and local seafood, including prawns from Shorncliffe," Ian said.

The hotel will remain a popular venue for functions, events and entertainment. "Live music will be a feature in the operation of the hotel," Ian said. "We will be sourcing local talent and bands from Byron Bay through to the Sunshine Coast."

Those planning Christmas parties will be pleased to hear the hotel is currently taking bookings for November onwards. Ian said they were also seeking front-of-house, kitchen and bar staff.

"We look forward to reopening the hotel in the new format and welcoming the community," he said.

*For more information, to apply to join the team, or to make a booking go to [sandgatepostofficehotel.com.au](http://sandgatepostofficehotel.com.au)*



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# TAKE A TRIP DOWN SPOOKY LANE (IF YOU DARE)

Ghostbusters at Spooktacular 2021

## STORY ALYSSA MACKAY

**T**he 4017 community is pulling out the stops for a scary Halloween this year with a host of things that go bump in the night.

Sandgate residents Lisa Hodgkinson and Blaine Darago are gearing up to frighten the neighbourhood with their annual Sandgate Spooktacular on Monday, 31 October.

Lisa said they were planning a “spooky lane” for everyone to enjoy on Clayton Street (between 8th and 9th Avenues) and Perkins and Murray Streets.

“During COVID we made the decision to limit our display to the front of our house and with the help of our generous neighbours, extending our spooky love throughout our street,” she said. “This is something we continued with last year and are planning to do the same again. This also allows opportunities for streets around us to get involved and make it more of a destination.”

Lisa and Blaine established the Spooktacular in 2017 and have been building upon it each year since. Last year approximately 2000 people rocked up to visit the hair-raising attractions.

“The community has been great and it has been reflected in the size of the crowds each year,” Lisa said. “It brings the whole of the community together. Young, old, doesn’t matter – people all scream the same.”

“We start to gather our monsters as early as April and the rest of the yard takes shape over a couple of weeks. This year we have a few big additions...I don’t want to give too much away.”

Wrapped lollies will be provided by the Sandgate Mums Facebook group. “The treats are paid for by us and our neighbours and it is something we like to do for our community, but these donations

of lollies allow more kids the opportunity to experience trick-or-treating,” Lisa said. “Also, if there are any dentists who’d like to sponsor us, we’re open to talking.”

Trick-or-treaters will also have the opportunity to give back to the community.

“We are accepting gold coins on the day for SANDBAG to support the great work they do,” Lisa said. “Also, please don’t hit our monsters, they have feelings too.”

**Sandgate Spooktacular - Monday, 31 October, 4-9pm 107 Clayton Street, Sandgate.**

The frights don’t stop there – there’s more spine-chilling sessions happening around town.

### Poison Pumpkin Patch

Family-run event Poison Pumpkin Patch is celebrating 10 spooky years. With their very own graveyard, candy, door prizes and plenty of photo opportunities, there’s something for every ghoul. Non-candy options are available for children with food allergies. Visit on Halloween night between 3pm and midnight in their new location at 27 Enbrook Street, Bracken Ridge.

### Halloween in Bald Hills

Community event and fundraiser Halloween in Bald Hills returns on Saturday, 29 October for night markets, live music and food from 4pm. Head along to Rothbury Street and visit the haunted house and maze between 6pm and 10pm (entry is a gold coin). There’s also two trick-or-treat walks kicking off at 6pm and 7pm (tickets are \$5 plus booking fee). The haunted house will open between 5pm and 6pm for people with disabilities and sensory needs (please contact the organiser on 0425070957 to make arrangements). Funds raised go towards charities D.A.R.E. and Zonta, and Christmas hampers for those in need. For more information search for Halloween in Bald Hills on Facebook.

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STORY **BROOKE JACOBSON**

### Be flood ready

The Bureau of Meteorology has officially announced we're heading into the third La Nina summer in a row. That means more rainy days ahead.

Deagon Ward Councillor Jared Cassidy has advised residents to start preparing now. If you live in the 4017, you can:

- Sign up to Brisbane City Council's early warning system at: <https://ewa.brisbane.qld.gov.au/register>
- Pick up sandbags from the depot in Jennings Street, Zillmere and keep them stored at home under a tarp
- Plan what you will need to take with you if you need to evacuate

### Tea and history

Sandgate and District Museum will be hosting mornings with Devonshire tea served with ample amounts of free history on the last Thursday of each month at 10am. Local historians will address topics on residences, identities, businesses, and the lifestyle of Sandgate's bygone era. There will be plenty of time to chat and ask questions. Bookings are essential as numbers are limited. Phone the museum on Wednesdays or Sundays on 3869 2283 or email: [info@sandgatemuseum.com.au](mailto:info@sandgatemuseum.com.au)

### Walk on the wild side

Ramble on Bramble is a free walk sponsored by Keep Sandgate Beautiful Association, being held on Thursday, October 18 at 9am. Discover the web of life along the Sandgate foreshore and tidal flats, and learn about soldier crabs, stingrays, shell-house worms, moon snails and more. Wear waterproof shoes if possible. Bookings are essential. Phone: 0410 327095.

### Church chat & garage sale

Sandgate's Uniting Church is holding a garage sale and car boot sale on Saturday, October 8 from 8am until noon. To book your spot or for more information, email Jodie: [outreach@sandgateuc.org.au](mailto:outreach@sandgateuc.org.au)

The church is also hosting a new activity, simply called "Conversations". It will be held each Monday from 10am until noon and is a safe space for people to have a cup of tea or coffee and chat. All members of the community, whether religious or non-religious are welcome. The church is at: 116 Board Street, Deagon.

### Can you help?

SANDBAG's pantry is critically low and they are asking for your help so that they can continue to support people in need. The organisation is looking non-perishable food items for hampers, including:

- Long-life milk and juices (poppers, up and go or similar)
- Tinned soups, baked beans, spaghetti, tuna etc. (ring pull preferred)
- Pasta, noodles, rice and sauce
- Non-perishable meals (that require minimal preparation)
- Muesli bars and snacks
- Breakfast cereal
- Shampoo and conditioner (500ml bottles for families in need)

Donations can be dropped off at the Community Centre, 153 Rainbow Street, Sandgate between 9am and 3pm Monday to Friday.

### Historic Houses of Sandgate Walk

Saturday 29 October at 9.30am - Accompany a Sandgate Museum historian on an informative journey to view the architectural beauty and history of houses in Sandgate. Easy walking. Walk includes morning tea at an historic home on the beachfront overlooking Bramble Bay. Cost \$25. Bookings essential. Phone 0410 327095

### Local Jazz Afternoon

New Groove Jazz Ensemble is a Big Band of local community members keeping jazz music alive in Brisbane! Their next performance is on Sunday 9 October, from 2pm at the Sandgate Town Hall. For more information including purchasing tickets go to [www.newgroove.com.au](http://www.newgroove.com.au)

**Would you like to contribute to Bramble Bites?**

Email - [editor@sandgateguide.com.au](mailto:editor@sandgateguide.com.au)



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# SANDBAG

## CELEBRATING 30 YEARS OF SUPPORTING THE COMMUNITY.

**T**his year marks the 30th birthday of **SANDBAG** and to celebrate this milestone, they are hosting an evening of celebrations.

SANDBAG's mission has always been to create community connections that strengthen and support individuals, families, and communities. They pride themselves on assisting people who are at risk of experiencing disadvantage, homelessness, domestic and family violence, mental illness, disability, and discrimination due to age, race, gender, or sexual orientation.

Shelly Knight, Operations Manager, said that over the past 30 years, SANDBAG has adapted to the changing times, however their commitment to families has remained the same.

"Over the years, SANDBAG has seen so much change which has been vital to be able to continue to respond to the changing needs of the community," Shelly said.

"What hasn't changed though, is the commitment and belief in working with individuals, families, groups and communities to connect people to opportunities for connection, participation and support."

This birthday is a celebration of the community, and will include live music, good food and free birthday cake.

"Together, we have reached this amazing milestone which would not have been possible without the countless number of dedicated supporters, volunteers, members, committees and service delivery staff. This is as much of a celebration of each-other, as it is of SANDBAG."

Over the past 30 years, SANDBAG has hosted

countless community events that showcase diversity and promote healing.

On October 29, SANDBAG is hosting the Truth Healing and Reconciliation event at Town Hall, where people will be able to enjoy bushtucker, art exhibitions, an auction and lucky door prizes.

Funded by the QLD Govt Dept of Children Youth Justice and Multicultural Affairs - Truth Healing and Reconciliation Taskforce, the evening will showcase a short film, created in collaboration with BRISSC (Brisbane Rape and Incest Survivors Support Centre), the First Nations Women's Healing Group Yad'jin Yoodoo Wung-Gu, along with refugee farmers of various ethnic backgrounds who access SANDBAG's 'Green P Farm'.

The evening will also include a screening of Aunty Dawn's film, 'Lost Daylight', which tells of her family's journey in their pursuit of healing.

For more information about SANDBAG's 30th birthday celebrates, or Truth Healing and Reconciliation, visit: [www.sandbag.org.au](http://www.sandbag.org.au)

### SANDBAG's 30th Birthday Celebrations

#### Unplugged Café

#### Sandgate Community Centre

#### 153 Rainbow Street Sandgate

#### Friday 7 October 6.30pm to 10.30pm.

Entry is \$3 for Concession Card Holders \$8 General Admission Meals \$12. All are welcome, especially those who have been involved with Sandbag over the years. Numbers are limited so anyone interested please contact either Shelly Knight or Garry Hunt at Sandgate Community Centre on 07 3969 3244

### Truth Healing and Reconciliation

#### Sandgate Town Hall

#### Saturday 29 October

#### Doors open at 6:30pm

For ticket prices, please visit: [www.sandbag.org.au](http://www.sandbag.org.au)



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# FULL SPECTRUM OF ARTISTIC TALENT

## LOCAL FACES

STORY **BROOKE JACOBSON**  
PHOTO **BRUCE REDMAN**

**L**ocal artist Freya Pinney sees the world differently and she's hoping to help others who also look at life through a distinct lens.

The conceptual artist is neurodiverse, diagnosed with autism and ADHD when in her early 40's. She said her diagnosis finally helped her understand who she was.

"I tend to really squirrel into new ideas, and honestly, art is a beautiful space to work in for someone with autism," Freya said.

"I really excel at whatever is my passion of the moment. It's a feature of autism, to get into the pure passion of an idea - I won't know what time it is or how long I've been working; I'm more aware of it now, but I just get so excited by ideas."

Freya's latest exhibit at Artrageous in Deagon, was titled "Fitting In: Exploring autistic overwhelm and creating an aesthetic for it. A culture where overwhelm can be accepted, explored, and appreciated. Where you can fit in within neurodiverse cultures."

"The gallery space there has such an inclusive feel, even just being there hanging things on the walls, people were coming to talk to me and it's such a lovely, inclusive community," Freya said.

As part of the exhibition, Freya ran an art workshop for other neurodiverse people in the 4017, and she hopes to make it a regular event.

"I'm employed as an art therapist and I work one on one, in aged care and with people who have NDIS packages - I work with people aged 4 to 92," she said.

"I organised a community exhibit with my clients in July this year, and it made me realise the power of the group.

"It's about helping people understand themselves in relation to what's so called 'normal' and the point of (the workshops) is to be radically inclusive."

Freya added there were networks and communities that were safe spaces for neurodiverse people.

"There are places where you do fit in," she said.

*To get in touch with Freya or to inquire about upcoming art workshops, search Facebook for Freya Pinney - The Process Repository - Artist*





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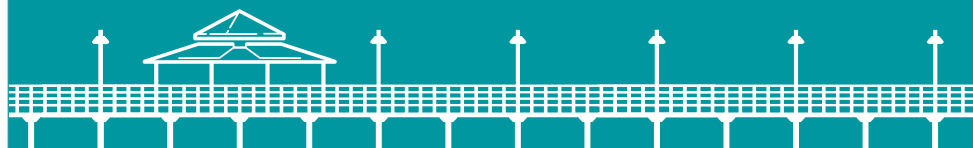
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# A WORD FROM OUR REPRESENTATIVES

## CR JARED CASSIDY

**T**he Northside will become a hive of activity in the next few weeks with events like the Zillmere Festival and Sandgate Youth Festival fast approaching.

**On October the 8th and 15th, these local events are a great chance to get out and enjoy the amazing food, music and undeniable diversity we have within our community..**



More information on these events can be found on facebook!

I've also got some encouraging news for local residents with Council's CEO confirming drainage works are under investigation. After gathering almost 600 signatures from our local community and campaigning hard in Council this is certainly a step in the right direction. I'll continue to highlight these essential suburban works and will keep locals updated with any developments.

If you have any questions regarding this project or other suburb works, please get into touch at either 3667 6011 or [deagon.ward@bcc.qld.gov.au](mailto:deagon.ward@bcc.qld.gov.au)

## STIRLING HINCHLIFFE MP

**I**n October we celebrate Queensland Seniors Month where people of all ages, cultures, and abilities come together to connect, celebrating the essential roles seniors play within our community.



With the continued theme of Social Connections, Seniors Month will provide opportunities to promote positive community attitudes towards older people and ageing, facilitate community participation, and enhance community connections.

Beginning on the United Nations International Day of Older Persons on 1 October and culminating in Grandparents Day on 30 October, the month-long celebration is an opportunity for people of all ages, cultures, and abilities to come together and connect through a range of inclusive events and activities.

It is also a wonderful way to shine a spotlight on the many important roles older people play in our communities as volunteers, colleagues, community leaders, carers, grandparents, workers or advocates.

I encourage all local seniors to get out and about and experience everything Queensland Seniors Month has to offer.

For more information about Seniors Month and to check out what events are available, visit: [qldseniorsmonth.org.au/](http://qldseniorsmonth.org.au/)

## CR SANDY LANDERS



**H**ave you signed up to receive Brisbane Severe Weather Alerts? Brisbane residents who register for this service from now until 1 December 2022 will be in the running to win a family trip to Tangalooma Resort. A trailer full of tools and household emergency kits will also be up for grabs. To register, go to [ewa.brisbane.qld.gov.au/](http://ewa.brisbane.qld.gov.au/)

Day for Daniel is Australia's largest child safety education and awareness day, and this year will be

held on Friday 28 October. The theme for 2022 is brave conversations. Parents, carers, and educators are encouraged to start a conversation with children and young people about personal safety. We will be holding our annual walk to support this day on Friday 28 October. We will start at the Aspley Rugby League Football Club, 29 Kirby Road, Aspley and we will do a circuit via Aspley East State School and Aspley High School. Remember to wear red and please register at [Brackenridge.Ward@bcc.qld.gov.au](mailto:Brackenridge.Ward@bcc.qld.gov.au)

The Zillmere Festival is back and will be held on 8 October at O'Callaghan Park from 10am to 3pm. This event will celebrate its 20th anniversary and is proudly supported by the Schinner Council.



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## SENIORS MONTH: WORDS OF WISDOM FROM OUR SENIORS

STORY **ALYSSA MACKAY**

**S**ocial connection is the theme of Queensland Seniors Month and Bracken Ridge Plaza is engaging local seniors with their latest intergenerational activity.

Seniors Say involves senior citizens writing a message of advice they wish they could give their younger selves and sharing their words of wisdom with the community.

JLL's Queensland regional marketing manager Setty Ferdousian, who manages the centre, said she was excited about the new community engagement piece.

"Our local seniors have helped shape these lively communities and without their involvement in many key community roles as volunteers, carers, community leaders, friends or grandparents, we wouldn't be able to pass on the communities as we know them today," Setty said.

"Seniors Say is a great way to show the local communities' values and appreciation for our local seniors and additionally for our seniors to connect with our emerging generations."

The messages will be displayed on posters throughout Bracken Ridge Plaza, which will include a QR code linking to a video of the senior citizens. Bracken Ridge Plaza and Bracken Ridge Ward Councillor Sandy Landers will continue their celebration of Seniors Month at a morning tea at Rockpool Carseldine Residential Aged Care, featuring a musical performance by Norris Road State School students.

For more information follow Bracken Ridge Plaza on Facebook and visit [www.brackenridgeplaza.com.au](http://www.brackenridgeplaza.com.au)

## Another night of Flower Power

STORY **KELLY WALKER**

**G**et ready to have a gas and get your groove on as you dance the night away with Another Night of Flower Power. Back by popular demand, the Sandgate Bowls Club is once again hosting sensational 60's cover band, Tune In, Turn On, Drop Out.

Lead vocalist, Jim Hansen, said they are very much looking forward to bringing their music back to Sandgate.

"We loved performing at the club last time in front of a capacity crowd of people," he said. "It was great playing for people who loved 60's music and dressed for the night."

Chock full of talent, Tune In, Turn On, Drop Out is comprised of talented artists who between them have played for many popular local rock bands in the 60s such as The Avengers, The Alan Brown Big Band, Equinox, The Feelgoods, Heritage, The National Reps, and The Sonics.

Joining Jim are vocalists and lead guitarists Garry McDonald and Roger Jellicoe, keyboardist Norm Hunter, vocalist and bass guitarist Robert (Scotty) Park, and drummer Mick Monaghan.

With songs in their line-up like Paint it Black, Like a Rolling Stone, Born to be Wild and other 60s classics, the band was initially formed because they all enjoy playing music from their youth.

"We just love getting together and playing our favourite music," said Jim. "We have added some new songs - more songs from the years 1964 to 1969," he said. "Of course there will also once again be some great prizes for the best 60s hippie outfits."

Tickets are \$25 and can be purchased through [www.trybooking.com/CCPAO](http://www.trybooking.com/CCPAO).

**Another Night of 60's Flower Power Music**  
**Saturday 29th October 7-10pm**  
**Sandgate Bowls Club**  
**Keogh St, Sandgate**

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# AT HOME WITH THE ARTISTS

Grace Cross, Marie Smith, Leah Gay

STORY **BROOKE JACOBSON** PHOTOS **BRUCE REDMAN**

**S**andgate residents are being invited into the homes and studio spaces of some of the area's most talented artists.

4017 Bayside Open Studios is now in its second year, and according to organiser Grace Cross, it's an event not to be missed.

"Last year was great for artists and art studios, but also for all the visitors we had – everyone said they really enjoyed the experience of being able to talk to the artists, rather than just see works at an exhibition," she said.

More than 18 artist studios, with 32 participating artists, will feature in Open Studios across Bracken Ridge, Sandgate, Deagon, and Brighton. The event also features three not-for-profit local community art groups – Sandgate Art Society, Shorncliffe Potters, and Artrageous Arts.

"Our goal is to demonstrate, educate and promote," Grace said. "We demonstrate to people who maybe don't understand what it takes to create a piece of artwork, the time involved, and the materials.

"We educate them on the process, what the creative process is like and the stories behind the artworks. And of course, we promote our artists and our local area.

"The environment we have here in the 4017 attracts artists, we're very lucky."

Open Studios will also feature workshops and art technique demonstrations. "We want people to get their hands dirty and learn something new," Grace said.

"Whether you're an art enthusiast or art collector, you can enjoy this rare opportunity to not only see behind the scenes but to speak to and support local artists while acquiring original artwork."

Visitors and art lovers can expect to see a diverse range of art media including paintings, works on paper, textiles, ceramics, sculpture, mosaics, printmaking, mixed media, basketry, woodwork, photography and more.

4017 Bayside Open Studios will be held across two weekends, with all studios welcoming visitors to their creative spaces from 10am to 4pm both days on each weekend, with many studios/galleries also open during the week by appointment.

To download a digital map go to:  
[www.4017baysideopenstudios.com](http://www.4017baysideopenstudios.com)

**4017 Bayside Open Studios**  
**Saturday and Sunday October 15 and 16;**  
**Saturday and Sunday October 22 and 23,**  
**10am-4pm - Various venues and suburbs**



WHERE THE MAGIC HAPPENS

# 4017

## BAYSIDE OPEN STUDIOS

STUDIO 1	<b>Naracoopa Gallery &amp; Artist Studio</b> 60 Phillips St, Bracken Ridge
STUDIO 2	<b>Ray's Pop Up Gallery</b> 108 Tomah Rd, Bracken Ridge
STUDIO 3	<b>Studio on Strowe</b> 57 Strowe Place, Bracken Ridge
STUDIO 4	<b>Studio@Sandgate Uniting Church</b> 116 Board St, Deagon
STUDIO 5	<b>Shorncliffe Potters@PCYC</b> 106 Kempster St, Sandgate
STUDIO 6	<b>Arthouse Studio</b> 3/140 Braun St, Deagon
STUDIO 7	<b>Workshopit</b> 5/140 Braun St, Deagon
STUDIO 8	<b>Mancini Art Gallery</b> 6/140 Braun St, Deagon
STUDIO 9	<b>Esther Street Studio</b> 21 Esther St, Deagon
STUDIO 10	<b>Arttrageous Arts</b> 82-88 Loftus St, Deagon
STUDIO 11	<b>Emily Street Shed</b> 39 Emily St, Deagon
STUDIO 12	<b>Rainbow Street Studio</b> 19 Rainbow St, Sandgate
STUDIO 13	<b>Studio 4017</b> 19 Lunn St, Sandgate
STUDIO 14	<b>Lisa Elms Art</b> 46 Loudon St, Sandgate
STUDIO 15	<b>Bayside Gallery</b> 21 Second Ave, Sandgate
STUDIO 16	<b>Iona Gallery</b> 264 Flinders Parade, Sandgate
STUDIO 17	<b>Eykandi Art Studio</b> 11 Palina St, Brighton
STUDIO 18	<b>Artwork by Tambo</b> 18 Bayview Rd, Brighton

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22/23  
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Dawn Patrol Boxing

# COMMUNITY FUNDRAISER PACKS A PUNCH

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

**T**he idea of boxing and family-friendly don't usually go hand-in-hand, but local group Dawn Patrol plan to knock that idea straight out the water with their upcoming community boxing match fundraiser.

The night, which is set for the first Friday in November, is in support of SMEAC Inc. Veteran Hub (a local organisation which provides veterans and their families with the help, services and support they need) and promises a high energy and good natured community vibe.

"We cater for the novice who is looking to challenge themselves by getting fit, learning a new skill and then trying to execute that skill in front of family and friends. This year we have men and women from 14 up to 50 years of age who are mostly stepping into the ring for the very first time," Chris said.

Chris said that the event's ringside team were consummate professionals and all safety precautions would be adhered to, despite the otherwise informal and lighthearted

atmosphere of the proceedings.

"We want our audience to watch and think – that could be me, I can do that. Our motto is ordinary people – extraordinary event," he said.

According to Chris, the entertainment would be fast, furious and fun, with fights consisting of three rounds of 90 seconds each and plenty of extra flourishes included.

"The boxer's walk on songs are a highlight of the event – this is a moment when they really get to express themselves and their witty and humorous bios often leave the crowd in stitches."

Food trucks will be on hand to service general admission and the Sandgate Hawks will be serving drinks from the clubhouse bar. Ringside table packages are fully catered.

The event is backed by Dawn Patrol, which is a cost-free men's social and support network based around weekly training (currently three times a week at local Sandgate Pool) aimed at "busy fathers and blokes between 30 and 65 years of age".

For tickets: [www.trybooking.com/events/landing/957884](http://www.trybooking.com/events/landing/957884). You can locate more details about Dawn Patrol via Google and social media.

**The Dawn Patrol Boxing - Fight Night 3**  
**Friday 4 November, 6pm-11pm**  
**Sandgate Hawks**  
**120 Lemke Rd, Taigum.**



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# SUE IS FROCKING UP FOR CANCER CAMPAIGN

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

**B**righton local and small business owner, Sue Innes, has raised more than \$13,000 for ovarian cancer research by putting her fabulous frock collection to work.

For over four years, Sue has been participating in Frocktober, Australia's most fashionable month-long fundraiser.

Sue said this year would mark her return to the Ovarian Cancer Research Foundation (OCRF) campaign, after a two-year hiatus.

"Supporting other women is important to me," she said. "With a family history of female cancers and with so little known about this insidious disease, it's a cause that is close to my heart.

"Ovarian cancer is the deadliest gynaecological cancer there is. This is largely due to the fact there is no early diagnostic test – no, it's not detected by a Pap smear – and because it also has very vague symptoms, which can easily be attributed to other health issues and ageing. Shockingly, one woman dies every eight hours from ovarian cancer in Australia."

The campaign encourages anyone, anywhere to channel their creative flair through their favourite frocks for a day, a week, or the whole month of October to shine a light on ovarian cancer.

Sue, who is the owner and operator of local interior design studio, i 4 Design and Style, said she had always been drawn to colour.

"My wardrobe is bursting with bright colours and bold patterns," she said. "Quirky accessories, particularly brooches, are a signature part of my style and fabulous frocks are my guilty pleasure."

Sue has fundraised for Frocktober solo, as a duo, and in a team of 10 women known as The Frocking Rockstars. The team raised \$18,000 in 2019, making them the highest fundraising team in Australia that year.

The fundraising team connected with each other through a Facebook group for the Brisbane-based accessory brand, Ruby Olive. This year under the name Dame fROckstars, they have secured the backing of the brand, who have elected OCRF as their October charity to coincide with Frocktober.

"Frocking up sounds pretty frivolous in contrast to ovarian cancer," Sue said. "But the OCRF's 2022 campaign slogan states 'Life's too short to be boring', and there is definitely some fun to be had while raising awareness and funds for this incredibly important cause."

Follow Sue on Instagram at @si\_stylefiles. To support Sue scan the QR code or go to [www.frocktober.org.au](http://www.frocktober.org.au) and search for Sue Innes.







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# CHAMPIONSHIPS ON OUR DOORSTEP

STORY **ALYSSA MACKAY** PHOTO **RHYS LAVENDER**  
**PHOTOGRAPHER**

**W**atch the best figure skaters in the state and country and cheer on local talent as they showcase their skills at two major ice-skating events.

Iceworld Boondall will host the Queensland Figure Skating Championships this month and the Australian Figure Skating Championships (AFSC) in November and December.

Sports and business development manager for Ice Skating Queensland (ISQ) and Iceworld, Andrew Leventis said holding the AFSC took on special meaning as it was cancelled the previous two years due to Covid.

"It is fantastic to see Iceworld Boondall hosting the AFSC this year," Andrew said. "It is an Olympic-sized and spacious ice rink with substantial spectator seating available – perfect to showcase top level figure skating."

Three-time national champions, the Nova team, will compete in the senior synchronised division at the state championships.

Nova team manager Bev Donaghey said the team's goal was to have two great skates and be nominated by ISQ to represent the state at the national championships. "The team is also working very hard to gain a nomination to compete at the 2023 World Synchronised Skating Championships or an ISU international competition," Bev said.

The team is coached by Boondall Synchronised Ice Skating Club's director of coaching, Natalie Hughes and consists of 19 females and 2 males between 15 and 37 years old. In 2020, they represented

Australia at the French Cup and at the Trophy D'ecosse in Scotland where they came home with the gold medal in the senior division.

"It was an honour for the team to be able to stand on the podium, singing the national anthem and representing Australia," Bev said. "Due to Covid, this was the last time that Nova competed internationally for the past two years."

Taigum resident and figure skater Darian Kaptich is a 2020 Australian national bronze medallist and three-time junior national champion who will compete in the senior men's division at the state championships.

"My biggest achievement so far is either landing a triple axel or getting my Four Continents scores, which allows me to go to a big, worldwide championship," Darian said. "In figure skating, my dream at the end of the day is to go to the Olympics and then become a successful coach after I'm done competing."

The public will be able to watch both the state and national championships at Iceworld Boondall for free.

For more information go to [www.iceworld.com.au/skating-competitions-at-iceworld/](http://www.iceworld.com.au/skating-competitions-at-iceworld/)

## **2022 Queensland Figure Skating Championships**

Wednesday, 19 October – Saturday, 22 October

## **2022 Australian Figure Skating Championships**

Friday, 25 November – Friday, 2 December

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# Wedding Tips from a Marriage Celebrant

STORY **ALYSSA MACKAY**

**O**ctober is one of the most popular wedding months in Brisbane with the arrival of pleasant Spring weather and flowers in bloom.

Shorncliffe resident and celebrant Pamela Colлие-Beckett completed her course with Rose Training this year and now operates as Pamelas Marriage Celebrant. She said her three steps to a happy wedding day were to prepare, focus, and enjoy the day.

"Have your checklist as detailed as possible then simply tick off what you have arranged as you go," Pamela said. "Set the date, set the budget, guest list, book the venue or church, book the celebrant and master of ceremonies, choose a colour theme for the wedding (bridesmaids, flowers, invitations), book the photographer and organise the honeymoon.

"Focus on what and how you intend to share that day with your family and friends to make



the occasion a day to remember forever."

Finally, when the big day arrives it is important to relax and embrace the moment.

"So much work is in the planning," Pamela said.

"Have fun. Your wedding day flies

by so quickly."

Pamela grew up in Shorncliffe and has strong familial connections with the Sandgate area. She is available for weddings, baby naming days, vow renewals, commitment ceremonies, funeral ceremonies and milestone celebrations.

Contact Pamelas Marriage Celebrant by emailing [pamjbeckett@gmail.com](mailto:pamjbeckett@gmail.com) or sending a message to 0427 669 364.

## Art Classes for People with Disabilities

STORY **ALYSSA MACKAY**

**N**ew, inclusive art classes are giving people living with disabilities the opportunity to explore their creative side.

NDIS (National Disability Insurance Scheme) participants have been painting beautiful pictures at Amici House in Bracken Ridge, a community hub run by Co.As.It Community Services.

NDIS art teacher Kate Chadwick said painting was a great way to spend time with others, have fun and learn new skills.

"Each class we are creating all sorts of pictures, engaging our imaginations as well as making new friends," Kate said. "We also have a sit-down lunch together, with meals prepared in the Amici House kitchen."



Kate is a qualified art teacher who works as a NDIS support worker at Co.As.It Community Services. She said the classes have had themes, such as 'Our Backyard'.

"We've made a colourful group collage of lorikeets, a landscape painting (in acrylics) of the backyard here at Amici House, a pop art depiction of a magpie

and watercolours of butterflies and bees," she said.

"Everybody has been so enthusiastic, jumping into each activity, getting a bit messy and very creative. I'm really looking forward to seeing what the participants create during our next block of classes."

Classes are \$60 per hour and run in four-week blocks, which includes lunch. To find out more contact Co.As.It on [ndis@coasit.asn.au](mailto:ndis@coasit.asn.au) or call 3624 6100 or visit [www.coasit.asn.au/ndis](http://www.coasit.asn.au/ndis)

**NDIS Art Classes**  
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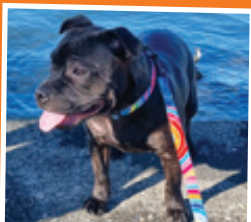


## 4017 PET'S ON THE PAGE

STORY **KELLY WALKER**

### CALI, ENGLISH STAFFY, 7 MONTHS

Hi - my name's Cali and I'm loving bysides life in Brighton. My humans love taking me for walks by the foreshore but I'm not a huge fan of the water just yet. I prefer to be snuggled up at home with my furry friend, Indi, and my human sisters, Ruby, Tess and Eden. I also love finding cool new places to hide my toys outside in the garden beds - but I sometimes get



*Cali*

in trouble for pulling out plants and chewing things I'm not supposed to when mum and dad aren't home. They seem to be quick to forgive me though as they still spoil me with my favourite treats - deer antlers!

### TRIP, STAFFY CROSS, 9 MONTHS

Hi! I'm Trip and some of you may know me from my favourite local hangout - EclecticTea! I love waiting by the front door to greet customers when my dad Blake is working. I'm told that I'm a pretty chill pup who doesn't sweat the small stuff - which is probably why I've adapted so well to getting by with only three legs. I've adjusted just fine and love meeting



*Trip*

new people, playing in the water and just taking each day as it comes. The best part about going to work with my dad is all of the treats that I get - especially the leftover mussels from the potted hummus every Sunday. Be sure to say hi the next time you stop by!

*Cali's photo supplied by Farren Middlemiss. Trip's photo supplied by Kara Rigg*



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# FILMING FOR JUICED TV TAKES PLACE IN SHORNCLIFFE

STORY **ALYSSA MACKAY**

**P**atients from the Queensland Children's Hospital will share their experiences sailing on the banks of Cabbage Tree Creek in a brand new episode of Juiced TV.

*Juiced TV is a show made by kids in hospital, for kids in hospital and last month they filmed at Sailability Shorncliffe.*

*Production and operations manager Elin Reeves said Juiced TV created and filmed meaningful experiences for patients inside and outside of hospital walls.*

*"With the support of local activity providers like Sailability Shorncliffe, we create happy shoot days out for families from our hospital community who can relive and share the memory when the episode airs on the Juiced TV channel," Elin said.*

*"Our crew at Juiced TV were introduced to the Sailability Shorncliffe team by the Mount Pleasant Masonic Lodge, who shared news of the accessible Grumpy Walker pontoon boat recently funded by the Mason Lodge's Hand-Heart-Pocket scheme.*

*"With the availability of accessible, wheelchair-friendly sailing boats, our team at Juiced TV saw an incredible opportunity to collaborate with Sailability Shorncliffe, to provide a sailing experience for children from our hospital community."*



*Sailability Shorncliffe is located at the Queensland Cruising Yacht Club on Sinbad Street. The club consists of a group of volunteers, many aged between 70 and 80 years old, who take people with disabilities sailing on small boats in protected waters.*

*President and volunteer Ted Balneaves said Juiced TV would highlight the positive influences the club had on its clients.*

*"Over the years, we have often seen the way that being on or close to the natural environment of water has a therapeutic effect," he said.*

*He said the children who attended on the day were able to be distracted from the ongoing treatments they experienced.*

*"The experiences of the day will give them new things to talk about and the opportunity to share their outing with family, friends, school friends as well as other patients," he said. "Parents will enjoy being able to share with their children the joy of experiencing a new adventure. The benefits will flow on long after the day has come to a close."*

*Juiced TV episodes are available to watch on the Juiced TV YouTube channel and in hospitals around Queensland.*

*Follow Juiced TV on Facebook and Instagram to catch the episode when it airs. To watch Juiced TV go to [www.youtube.com/juicedtv](http://www.youtube.com/juicedtv)*

*To learn more about Sailability Shorncliffe go to [www.sailabilityshorncliffe.com.au](http://www.sailabilityshorncliffe.com.au)*





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## Your Organic Garden in October

STORY **SALLY EBERHARDT**  
PHOTO **KIE-KER OF PIXABAY**

**S**pring weather brings on lots of plant growth! Your plants will be thirsty and hungry so feed and water them now to keep them thriving!

Fertilising your plants goes hand in hand with watering them. Commercial fertilisers (even organic ones) can burn plant roots if not watered in properly, and most fertilisers rely on water for activation and distribution anyway. While we hope for lovely spring rain, it's important to keep water up to your plants if there isn't adequate rainfall.

Soil microorganisms are also activated by the warmer weather. These amazing microbes help the nutrients in the soil become available to plants and are vital to the abundant growth

of beautiful foliage, flowers and fruit. Step up your microbe health and population with a soil conditioner e.g. EarthFood.

Pests and diseases increase with heat too. The best way to combat them is with strong healthy plants!

Now is a good time to mulch if you haven't already. With summer approaching, it is important to protect soil, microbes and plant roots. Mulching also helps reduce the amount of watering needed.

What to plant now - tomatoes, eggplant, capsicums, cucumbers, pumpkins, watermelons, rockmelons, lettuce, radishes, silverbeet, beans, rosella, okra, and sweetcorn.



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# MEDITATE FOR MENTAL HEALTH

STORY **BROOKE JACOBSON**

**M**indfulness meditation is a great way to find calm and improve your mental health, and according to local integrative health coach, Rachel Therese, anyone can do it.

Speaking to the Sandgate Guide as part of Mental Health Week, Rachel said mindfulness meditation had a profound impact on her life.

"I did an introductory meditation course about 15 years ago to help me cope with anxiety and that's a course I now teach," she said.

"Mindfulness has become a bit of a buzzword but there is a lot of science and research behind it. Science is seeing significant changes in the brain during mindfulness meditation.

"It's quite incredible, and it goes to show our brains are malleable. Meditation can be a huge tool in your mental health toolbox.

"It's not something you would use to replace medication or counselling, but it's something else you can use in addition to those things."

Rachel added most people tell her they can't meditate, as they can't "switch off their brain".

"Mindfulness meditation is not about switching off, it's about being present and aware," she said. "And it does take practice; it's like going to the gym – you need to build up those muscles

and with mindful meditation, you can build your neural pathways.

"You don't have to sit for an hour. If you've got 10 minutes, you can meditate."

Queensland Mental Health Week runs from October 8 to 16, and this year's theme is "Awareness, Belonging, Connection".

Run by the Queensland Mental Health Commission, mental health week aims to encourage all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not, and to encourage "help seeking behaviours, when needed".

Rachel said she was quite open about her own difficulties with mental health. "I think the stigma surrounding mental health is unfortunately still there," she said.


"But mindfulness meditation can help bring about significant change. It's all about bringing your awareness into one moment and giving yourself space before reacting."

Rachel is offering some free mindfulness sessions as part of Mental Health Week.

For more information, go to her website: <https://www.mandalameditation.com.au>

And for more information about Mental Health Week, go to: <https://www.qldmentalhealthweek.org.au>





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# WHAT'S IN THE POT

Bringing Tuscany to Sandgate



Carla Biacchessi

STORY **JULIA LEWIS** PHOTO **BRUCE REDMAN**

**N**estled in the streets of Sandgate, a little piece of Tuscany shines its light on the local food scene.

You would be hard pressed to find a local who hasn't heard of What's in the Pot. An establishment on the Redcliffe food scene for almost a decade, the family run restaurant has now treated the locals of Sandgate to their very own restaurant.

With scrumptious beef meatballs, silky Tuscan ragu, traditional almond biscotti and even Nonna's chicken liver pate, owners Carla and Flori decided to spread their love of Italian food.

"I love food that makes me feel good and happy, and when I sit back for a moment during service, and I see people enjoying their meals it warms my heart," Carla said. "I know I am doing something right. Right there, is the passion that perpetuates."

Their menu comes from traditional recipes, and more importantly, the heart. They celebrate nostalgic recipes that have been handed down through generations, which Carla said is guaranteed to warm you internally and make you happy.

"That is what we do. We take people back to their childhood, when Nonna, an Auntie or a family friend would cook, and they would have

dinner or lunch together. The memories of taste and love," Carla said.

"I love watching my young staff follow recipes, but also put a little bit of their own into it because it means a lot as their own expression also is part of that creation."

What's in the Pot is now so well-known across Sandgate and surrounds, their Redcliffe restaurant was recently graced by none other than Manu Feildel, who said he could instantly feel the love that Carla and her amazing team gave to their diners each service.

"I would have never thought to have a celebrity come to our Little Corner of Tuscany. Manu Feildel came to visit and he was just a delight to have," Carla said. "A down to earth person who understood exactly my heart and ideas."

Passion is at the heart of what Carla and Flori do. From food to their décor, their mission is to make you feel like you are at home. They nurture their diners with the simplicity of great Italian food, and their life-long mission is to make the diners of Sandgate feel like they have just had a warm hug from Nonna, herself.

**What's in the Pot, 19 Brighton Rd, Sandgate**  
**Tuesday to Thursday 5.30-8.30**  
**Friday to Saturday 5.30-9.00**  
**Sunday Lunch 12.00-2.00, Dinner 5.30-8.30**



## Celebrating A Special Occasion or Planning A Christmas Party?

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# Local DINING GUIDE



Lower Moora Park,  
Moora Park, Shorncliffe  
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0450 771 884

## COCOA BISCOTTI

**Feature:** Cocoa Biscotti is a vintage artisan coffee and gelato bar located at the historic Shorncliffe Pier. We serve exclusive di Manfredi coffee and Maleny gelato alongside a selection of pastries, biscotti and sandwiches.

Follow us on fb Cocoa Biscotti Coffee & Gelato  
insta\_cocoa\_biscotti\_for more info.



6 Knox Street, Sandgate  
**Coffee Shop**

## CYPHER COFFEE

**Feature:** Need a coffee hit? Craving something sweet? Maybe something savoury? Cypher Coffee has you covered! Proudly serving 'Bear Bones' specialty coffee. Come and check out our delicious range of Byron Bay cookies, Turkish toasties, and more!

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2 Queens Parade, Brighton  
**Wine Bar**  
0416 689 465

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

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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**  
3269 1629

## MYRTLE & BLOSSOM

**Feature:** Discover Sandgate's inspired new approach to casual eating. We're here to share the joy of real food and fresh local creations. Think deliciousness, delight and sustainability.

Open: Tuesday to Sunday  
7.30am - 2.30pm



154 Barrett St, Bracken Ridge  
Bracken Ridge Tavern  
**Steak & Rib House**  
3269 7011

## PANAMA JACK'S STEAK & RIB HOUSE

**Feature:** Panama Jack's Steak & Rib House at The Bracken Ridge Tavern has a variety of meals to suit all tastes including our signature ribs and Nolan's Private Selection steaks from the grill.

Open 7 days from 11:30am until late.  
[www.thebrt.com](http://www.thebrt.com)



6 Park Parade, Shorncliffe  
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**Feature:** We are a family owned café open from 5:30am to 2:30pm Monday to Friday and 5:30am to 3:00pm Saturday and Sunday.

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# Local DINING GUIDE



Sinbad St, Shorncliffe

**Bar Restaurant Functions**

3269 4588

## QUEENSLAND CRUISING YACHT CLUB

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7 Fourth Avenue, Sandgate

**Homestyle Café**

3269 0318

## SALAD DAYS

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

Open Monday 9am-2pm, Tuesday to Friday 8am-2pm. Sat & Sun closed at present.



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.



227 Rainbow St,  
Shorncliffe

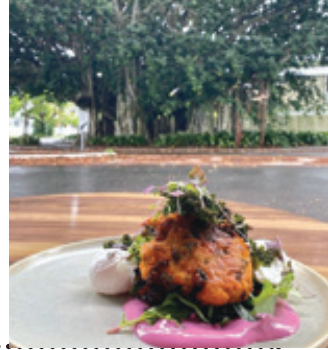
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TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
<b>1</b>	0018 1.79 0630 0.45 SA 1312 2.17 1945 0.76	<b>7</b>	0151 0.36 0735 1.94 FR 1337 0.39 1955 2.43	<b>13</b>	0511 0.34 1133 2.28 TH 1757 0.64 2330 1.79	<b>19</b>	0450 1.40 1014 0.87 WE 1701 1.97	<b>25</b>	1538 0.44 ● 2120 2.17
<b>2</b>	0111 1.62 0717 0.55 SU 1415 2.13 2107 0.81	<b>8</b>	0235 0.29 0821 2.07 SA 1430 0.34 2038 2.41	<b>14</b>	0538 0.42 1210 2.22 FR 1836 0.75	<b>20</b>	0003 0.75 0552 1.55 TH 1130 0.78 1759 2.06	<b>26</b>	0346 0.25 0958 2.36 WE 1623 0.45 2200 2.08
<b>3</b>	0228 1.48 0825 0.64 MO 1533 2.13 ● 2242 0.76	<b>9</b>	0313 0.25 0903 2.18 SU 1515 0.34 2116 2.35	<b>15</b>	0002 1.63 0607 0.52 SA 1249 2.13 1920 0.84	<b>21</b>	0047 0.64 0638 1.71 FR 1229 0.67 1845 2.14	<b>27</b>	0419 0.25 1040 2.41 TH 1709 0.48 2240 1.96
<b>4</b>	0409 1.47 0955 0.67 TU 1656 2.19	<b>10</b>	0346 0.24 0943 2.25 MO 1559 0.37 ● 2152 2.24	<b>16</b>	0216 1.42 0757 0.84 WE 1450 2.00 ● 2156 0.83	<b>22</b>	0127 0.52 0719 1.87 SA 1319 0.57 1927 2.21	<b>28</b>	0453 0.29 1123 2.42 FR 1758 0.55 2323 1.82
<b>5</b>	0000 0.63 0536 1.59 WE 1122 0.60 1807 2.30	<b>11</b>	0417 0.26 1020 2.30 TU 1639 0.44 2226 2.10	<b>17</b>	0342 1.46 0915 0.88 TH 1555 2.00 2256 0.74	<b>23</b>	0203 0.42 0759 2.02 SU 1406 0.50 2005 2.23	<b>29</b>	0529 0.35 1210 2.39 SA 1852 0.63
<b>6</b>	0101 0.48 0642 1.77 TH 1236 0.49 1905 2.39	<b>12</b>	0445 0.29 1058 2.31 WE 1718 0.54 2258 1.95	<b>18</b>	0457 1.59 1033 0.85 FR 1655 2.03 2347 0.64	<b>24</b>	0238 0.34 0838 2.16 MO 1452 0.46 2043 2.22	<b>30</b>	0014 1.67 0611 0.45 SU 1303 2.33 1959 0.69
								<b>31</b>	0116 1.55 0704 0.57 MO 1406 2.26 2115 0.70

# OCTOBER What's On.

FULL MOON - 10 OCTOBER

Rise Time - 6:15pm



## 01 SATURDAY

### ★ EXPRESSION 2022

Callan Centre, St Patricks College 9am

### ★ ANNUAL HIGH TEA

St Margaret's Anglican Church 2pm

### 🎵 SATURDAY ARVO SESH W MAK & FRIENDS

EclecTea 5pm

### ★ GHMX: GAMING, HOBBY & MODEL EXPO

Strathpine Community Centre, 5pm

### 🎵 SATURDAY NIGHT LIVE MUSIC

Cardigan Bar 7:30pm

### 🎵 KLUSTERFUNK

The Sands Social 8pm

### 🎵 TRACE DUO

Full Moon Hotel 8pm

### 🎵 MAT MCCOUAT

Bracken Ridge Tavern: Phoenix Bar & Lounge 8pm

## 02 SUNDAY

### ★ EXPRESSION 2022

Callan Centre, St Patricks College 9am

### 🎵 SUNDAY SOUNDS - WORD ON THE STREET

QCYC 1pm

### 🎵 BRETT WHITMORE

The Sands Social 1:30pm

### 🎵 3 LITTLE PIGS (MINUS SOME BACON)

Full Moon Hotel 2pm

### 🎵 TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

### 🎵 WILKO

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

### 🎵 SUNDAY LIVE MUSIC

Cardigan Bar 4pm

### ★ GHMX: GAMING, HOBBY & MODEL EXPO

Strathpine Community Centre, 5pm

## 03 MONDAY

### 🎵 DANIEL STONEMAN

Full Moon Hotel 1pm

## 05 WEDNESDAY

### 🎵 DANCE FOR CANCER

Sandgate Senior Citizens Centre 3:30pm - 6pm

A fun, fit fundraiser for Breast Cancer. Put on your pinkest workout wear and enjoy an afternoon shopping, Jazzercise, games and Pilates. Great raffle prizes to be won! \$20 entry - all proceeds donated to the National Breast Cancer Foundation. Contact Name - Cindy Scherf Contact Phone - 0414319730

## 06 THURSDAY

### 🎵 MORNING MELODIES WITH DAVE CLAYTON

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

## 07 FRIDAY

### 🎵 OASIS MAK

EclecTea 4pm

### 🎵 FRIDAY LIVE MUSIC

Cardigan Bar 6:30pm

### ★ SANDBAG'S 30TH BIRTHDAY CELEBRATION

Sandgate Community Centre 6:30pm





### **🎸 ANTHEMS! BAND**

Bracken Ridge Tavern 8pm  
ANTHEMS! Live Party Band featuring only the greatest mega-hits from the 60s, 70s, 80s, 90s, and today! ANTHEMS! is a smash performance and is not to be missed! FREE EVENT only at the Bracken Ridge Tavern.

### **🎸 JAMMING**

The Sands Social 8pm

### **🎸 BAM DUO**

Full Moon Hotel 8pm

## **08 SATURDAY**

### **🎸 CELTIC SESSIONS WITH BLARNEY STONE**

Cardigan Bar 3pm

### **🎸 BEN FRANCIS**

EclecTea 5pm

### **🎸 'SHE' ART EXHIBITION**

Unit 84/88 Loftus St, Deagon 6:30pm - 8:30pm

### **★ SPINA & BENIGNETTI PIANO DUO**

Sandgate Town Hall 7:30pm

### **🎸 SATURDAY NIGHT LIVE MUSIC**

Cardigan Bar 7:30pm

### **🎸 THE RICHARD PICTURES**

Full Moon Hotel 8pm

### **🎸 DANIEL SPROULE**

Phoenix Bar & Lounge 8pm

### **🎸 RADIO ACTIVE**

The Sands Social 8pm

## **09 SUNDAY**

### **🎸 SUNDAY SOUNDS - ASLEEP AT THE REEL**

QCYC 1pm

### **🎸 AL GIBSON**

The Sands Social 1:30pm

### **🎸 NEW GROOVE JAZZ ENSEMBLE**

Sandgate Town Hall 2pm

### **🎸 DANIEL STONEMAN DUO**

Full Moon Hotel 2pm

### **🎸 TUNES ON THE TURF - OPEN MIC**

EclecTea 3pm

### **🎸 EMQ**

Phoenix Bar & Lounge 3:30pm

### **🎸 SUNDAY LIVE MUSIC**

Cardigan Bar 4pm

## **13 THURSDAY**

### **🎸 MORNING MELODIES - CATHY DRUMMOND**

The Sands Social 11:30am

### **🎸 OPEN MIC AT THE CARDIGAN BAR**

Cardigan Bar 7pm

### **🎸 OPEN MIC NIGHT**

Phoenix Bar & Lounge 7pm

## **14 FRIDAY**

### **🎸 OASIS MAK**

EclecTea 4pm

### **🎸 FRIDAY LIVE MUSIC**

Cardigan Bar 6:30pm

### **🎸 LR MARSH**

Bracken Ridge Tavern: Phoenix Bar & Lounge 8pm

### **🎸 SIMPLY TWO**

The Sands Social 8pm

### **🎸 TRACE DUO**

Full Moon Hotel 8pm

## **15 SATURDAY**

### **★ 4017 BAYSIDE OPEN STUDIOS**

Various venues and suburbs 10am

### **★ THE SANDGATE YOUTH FESTIVAL**

Einbunpin Lagoon Park 4pm

### **🎸 SPLUMP**

EclecTea 5pm

### 🎵 SATURDAY NIGHT LIVE MUSIC

Cardigan Bar 7:30pm

### 🎵 SHE WILL ROCK YOU: TRIBUTE SHOW

Bracken Ridge Tavern: Phoenix Bar & Lounge 8pm

### 🎵 SIDE HUSTLE

The Sands Social 8pm

### 🎵 BEAVER DUO

Full Moon Hotel 8pm

## 16 SUNDAY

### ★ 4017 BAYSIDE OPEN STUDIOS

Various venues and suburbs 10am

### 🎵 SUNDAY SOUNDS - JULIAN JONES

QCYC 1pm

### 🎵 CHRIS STEVENSON

The Sands Social 1:30pm

### 🎵 NIK & TUFFY ULTIMATE AUSSIE SESSION

Full Moon Hotel 2pm

### 🎵 TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

### 🎵 WILKO

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

### 🎵 SUNDAY LIVE MUSIC

Cardigan Bar 4pm

## 19 WEDNESDAY

### ★ 2022 QUEENSLAND FIGURE SKATING

Iceworld Boondall 5pm

## 20 THURSDAY

### 🎵 MORNING MELODIES WITH TRACY VAUGHAN

The Sands Social 11:30am

### ★ PREPPING YOUR POOCH

EclecTea Tapas Bar & Restaurant 6pm

### ★ 2022 QUEENSLAND FIGURE SKATING

Iceworld Boondall 6pm

### 🎵 OPEN MIC AT THE CARDIGAN BAR

Cardigan Bar 7pm

### 🎵 OPEN MIC NIGHT

Phoenix Bar & Lounge 7pm

## 21 FRIDAY



### ★ TENORUS (MORNING MELODIES)

Sandgate Town Hall 11am

### 🎵 OASIS MAK

EclecTea 4pm

### 🎵 FRIDAY LIVE MUSIC

Cardigan Bar 6:30pm

### 🎵 DANIEL STONEMAN DUO

Full Moon Hotel 8pm

### 🎵 JACK SWEENEY

Phoenix Bar & Lounge 8pm

### 🎵 BLACK 'N' RED

The Sands Social 8pm

## 22 SATURDAY

### ★ 4017 BAYSIDE OPEN STUDIOS

Various venues and suburbs 10am

### 🎵 BLUEGRASS JAM

Cardigan Bar 3pm

### 🎵 SATURDAY SESH W TRINITY MARSH

EclecTea 5pm

### ★ 2022 QUEENSLAND FIGURE SKATING

Iceworld Boondall 5pm

### 🎵 SATURDAY NIGHT LIVE MUSIC

Cardigan Bar 7:30pm

### 🎵 STATE OF APPALACHIA

Cardigan Bar 7:30pm

### 🎵 THE RICHARD PICTURES

Full Moon Hotel 8pm

### 🎵 TREVOR SCOBIE

Phoenix Bar & Lounge 8pm

## 23 SUNDAY

### ★ 4017 BAYSIDE OPEN STUDIOS

Various venues and suburbs 10am

### 🎵 SUNDAY SOUNDS - IPSO FACTO

QCYC 1pm

### 🎵 ALLAN CAMERON

The Sands Social 1:30pm

### 🎵 TRACE DUO

Full Moon Hotel 2pm

### 🎵 TUNES ON THE TURF - OPEN MIC

EclectTea 3pm

### 🎵 THE GUITAR BROTHERS

Phoenix Bar & Lounge 3:30pm

### 🎵 SUNDAY LIVE MUSIC

Cardigan Bar 4pm

## 27 THURSDAY

### 🎵 MORNING MELODIES WITH DAVE GRAY

The Sands Social 11:30am

### 🎵 QCYC - OPEN MIC NIGHT

Eclectea Cafe 6pm

### 🎵 OPEN MIC AT THE CARDIGAN BAR

Cardigan Bar 7pm

### 🎵 OPEN MIC NIGHT

Phoenix Bar & Lounge 7pm

## 28 FRIDAY

### 🎵 OASIS MAK

EclectTea 4pm

### 🎵 FRIDAY LIVE MUSIC

Cardigan Bar 6:30pm

### 🎵 VINYL CLUB

Cardigan Bar 7pm

### 🎵 THE JOYNNERS DUO

Full Moon Hotel 8pm

### 🎵 ABSOLUTE SUAVE

The Sands Social 8pm

### 🎵 MAT MCCOUAT

Bracken Ridge Tavern: Phoenix Bar & Lounge 8pm

## 29 SATURDAY

### 🎵 TONY DEE

EclectTea 5pm

### 🎵 FLOWER POWER 60'S MUSIC NIGHT

Sandgate Bowls Club 6pm

### ★ TRUTH HEALING AND RECONCILIATION

Sandgate Town Hall 6:30pm

### 🎵 SATURDAY NIGHT LIVE MUSIC

Cardigan Bar 7:30pm

### 🎵 JOSH NIXON

Phoenix Bar & Lounge 8pm

### 🎵 NIK PHILLIPS

Full Moon Hotel 8pm

### 🎵 HEIDI AND SCOTT

The Sands Social 8pm

## 30 SUNDAY

### 🎵 MIKARA

The Sands Social 1:30pm

### 🎵 BAM DUO

Full Moon Hotel 2pm

### 🎵 TUNES ON THE TURF - OPEN MIC

EclectTea 3pm

### 🎵 VIC KENA DUO

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

### 🎵 SUNDAY LIVE MUSIC

Cardigan Bar 4pm

## 31 MONDAY

### ★ SANDGATE SPOOKTACULAR

107 Clayton Street, Sandgate. 8pm





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## TenorUS Back By Popular Demand

STORY **ALYSSA MACKAY**

**T**wo talented tenors are returning for an encore performance of their sell-out show.

Former Ten Tenors star, Roger Davy and musical theatre leading man, Adam Bartlett are back to perform as TenorUS at the Sandgate Town Hall this month, following their successful show in April.

Adam said they were excited to return to Sandgate because they had so much fun last time.

"The last show at Sandgate was a huge success and we asked the audience if they would like us to come back and they all agreed they would love another show," Adam said.

The Morning Melodies concert will feature crowd favourites by Andrea Bocelli, Josh Groban, Queen and Adele, as well as a few new songs.



"We like to focus on different artists, so this time we are doing some Tom Jones songs and a tribute to the classic Bond theme songs,"

Adam said. "We have a diverse range of songs from opera to pop and the seventies to now.

"We include songs everyone can sing along to and maybe get up and even have a dance. We love to include the audience and make it interactive. People love the show because they feel they have been a part of it."

To book tickets go to [www.trybooking.com/BZKBF](http://www.trybooking.com/BZKBF)

**TenorUS (Morning Melodies)**  
**Friday, 21 October, 11am-1pm**  
**Sandgate Town Hall**  
**5 Brighton Road, Sandgate.**



# Sandgate Hearing

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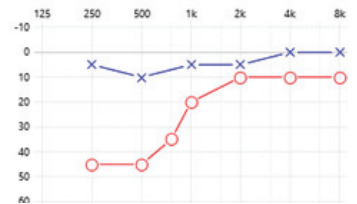
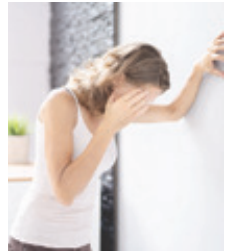


## Hearing Aid Challenge: Meniere's Disease

The classic symptoms of Meniere's disease include ear fullness sensation, dizziness, tinnitus and low frequency hearing loss. In Hearing Science, Meniere's disease sufferers are often characterised with fluctuating hearing, tinnitus with low frequency "roaring" sounds and hypersensitive to certain sounds. The initial hearing loss affects the low frequency region, but eventually progresses reducing hearing loss across all frequencies. In addition, for many people the hearing loss affects only one ear causing hearing asymmetry. Mild to moderate hearing distortion is also quite common. Anxiety and fear surrounding the tinnitus and vertigo may be experienced.

## Audiological Management of Meniere's Disease

Regular hearing assessment and proper communication between you, your audiologist, your GP and ENT specialist can help you resolve emotional issues. An experienced audiologist can help you identify the situation. Hearing aid amplification helps compensate the hearing loss, reduces tinnitus, improves hearing asymmetry, enhances speech understanding and alleviates the ear fullness sensation. However, hearing aid manufacturer-recommended settings are not designed for this type of hearing loss. Your audiologist will need to reprogram all the settings and choose the correct type of earmould design, effectively improving the sound delivery system and outcomes.



There's help for people with Meniere's disease. A study by Kuk et al. provides technical tips in hearing aid selection and programming techniques. At Sandgate Hearing, we take the time to really listen to the patient and then build the settings to what is comfortable, audible and helpful. Functional speech tests help us measure and compare different setting performances for our clients. We always prepare a PLAN B in case the current plan fails. Other services such as auditory training, lip-reading skills and the use of a hearing aid remote microphone may help patients deal with the communication difficulties.

## HERE IS WHAT SOME OF OUR HAPPY CUSTOMERS HAVE TO SAY...



### I Love the Movies....

I love coming to Sandgate Hearing. I'm made to feel very welcome. My hearing has improved and I can now hear conversations around me.

I love the movies now...

**Barbara Best, Sandgate**



### My hearing is perfect

I'm very grateful to Ronnie at Sandgate Hearing. He did such a good job, my hearing is now perfect and I now have a good life again.

Thank you Ronnie!

**Kelemete Ta'Ale, Nundah QLD**

- The Commonwealth Hearing Service Program
- Paediatric hearing assessment
- Workcover, NDIS hearing assessment
- Central Auditory Processing Test
- Micro-suction earwax removal
- Tinnitus consultation
- Custom musician earplug
- Custom industrial noise plug
- Custom swim, surfer & snore earplug



# The Brisbane North Retirement Village & Resort Expo

Sun 16th & Mon 17th October 2022  
Kedron-Wavell Services Club  
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10am-3pm daily | Free Admission

Don't miss this life changing event!

On display will be the latest resort style developments as well as established villages all offering a wide range of services & facilities, sizes, prices and locations, all under one roof.

[www.retirementexpo.com.au](http://www.retirementexpo.com.au)

## Church History celebrated at High Tea

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

**S**andgate Northpoint Anglican Church is inviting the community along to an afternoon of good food and live entertainment.

Their annual high tea event will take place on the grounds of St Margaret's Anglican Church this month.

Priest in charge Mike Donaldson said there would be a range of homemade cooking served on fine china from parishioners' homes.

"Garden parties have been held in the parish since the 1920's and provide a great way for people to support the church and explore the church and grounds," Mike said.

"We want Sandgate and surrounds to rediscover this hidden gem in the life of the community. The Anglican Church has been a part of Sandgate for over 150 years."

The high tea will showcase the work of the parish's sewing circle and feature live music from

The Chill Session.

St Margaret's historic bell will be rung and attendees can visit the newly restored Robert Travers Atkin monument.

"This year marks 150 years since Robert Atkin was buried on the site and left money for constructing the first church in 1891," Mike said.

Proceeds from the event will assist in the restoration of St Margaret's stained glass windows.

The church also holds coffee and chat morning teas at 10am each Wednesday at the Parish Centre.

*To make a donation to the heritage appeal go to [nationaltrustqld.org.au/what-we-do/Heritage-Conservation/heritage-appeals/Brisbane-heritage-appeals](http://nationaltrustqld.org.au/what-we-do/Heritage-Conservation/heritage-appeals/Brisbane-heritage-appeals)*





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**T**he Queensland Police Service (QPS) is committed to recruiting people who can provide the best policing services to the Queensland community.

Since December 2020, to be eligible to apply to become a Queensland Police Service Recruit, individuals must first successfully complete the QPS Entrance Assessments (QPSea), if successful individuals may be invited to lodge an online application for police recruiting.

Information about the examination can be found at Australian Council for Educational Research (ACER) on behalf of QPS.

<https://qps.acer.org/>– Apply Today

<http://www.policerecruit.qld.gov.au/applyToday/>

To find a great deal of information on the process or if you need to know anything further contact the recruiting hotline on 1 300 BE A COP (23 2 267)

Some of the physical requirements you will need to satisfactorily pass will include a Beep test, obstacle course, strength, and conditioning exercises.

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# JASON SNAGS MORE SAUSAGE KING AWARDS

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

**B**righton butcher Jason Andrews has taken home four awards at this year's regional Sausage King, Best Butchers Burger and Smallgoods competition, making a total of twenty awards over the past five years.

Jason's Quality Meats will now progress to the Queensland State Finals of the Australian Meat Industry Council (AMIC) competition this month.

The Queens Parade butcher competed in the Brisbane North East/North West heat, which Jason said had the most amount of entries.

"I was pretty proud when I realised who I was up against and the numbers." Jason said. "My sisters came out with me for the announcement and the first name that got called out was mine and then mine again. The fact that we got four, we did really well."

The business took out first place in the Australian Lamb category for their lamb, rosemary and mint sausage. They also won second place prizes in the Traditional Australian Beef Sausage category for their Australian country beef sausage, the Traditional Australian Pork Sausage category

for their Australia country pork sausage and the Gourmet category for their sweet orange beef sausages.

Jason said the awards had given his father Ron, who turns 80 this year, a second lease on life.

"He basically taught me how to make sausages so if it wasn't for that knowledge at the start, I certainly wouldn't be able to do what I am doing now," he said.

"Originally it was just me and Dad and now I've got my apprentice this year, Frankie. It is hard because we are small in comparison. Some guys we beat have got twenty-something staff and we can only do what we do. The fact we have been getting the results we have with just the two of us, you can see the shock on their faces. One of the biggest guys in the industry shook my hand and congratulated me."

The State Finals will take place at Gambaro Hotel in Brisbane on 14 October.

"All my customers get excited about it when they know it's coming up and ask how we went," Jason said. "It's good for 4017, especially if I can manage to go all the way one day and get a Queensland title."



# CELEBRATING OUR SAUSAGE AWARDS FROM 2018 TILL 2022



4 YEARS RUNNING 16 AWARDS

**JASON'S**  
**QUALITY MEATS**

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—2022—



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- 1<sup>st</sup> Place **PORK & FENNEL SPICY ITALIAN SAUSAGES**
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STORY **ALYSSA MACKAY**

**T**wo legends of the Queensland pub scene are teaming up to relive the glory days of beer garden performances from the 80's, 90's and noughties.

Tuffy and Nik Phillips are bringing their Ultimate Aussie Sessions tour to the Full Moon Hotel this month, promising three and a half hours of musical memories, fun and yarns.

Nik said he and Tuffy would be playing their acoustic guitars, having a lot of laughs and belting out a pile of songs everyone loves at the free gig.

"Back in the 90's, Tuffy and myself played in many of the same venues across Queensland," Nik said. "We were well-known for our fun gigs and we both packed out rooms with people singing their hearts out to our songs.

"After the tough times so many people have had lately, we felt it was the right time for us to join forces and bring back the fun we all used to have in those days. Together we are helping people relive some great memories and also we are introducing the good old-fashioned Aussie pub session to a new generation who have never had the experience."

The audience will be treated to an afternoon of recognisable hits as the pair turn the clock back a few decades.

"Between us we have hundreds of songs," Nik said. "Back when Keith Urban used to play with Tuffy, he called him the human jukebox. Honestly, the list is way too long to mention, but if you have ever had a good time with a song between now and the 60's, chances are we'll play it. We love doing requests. And if we don't know it, we can usually make it up!"

Nik said playing at the Full Moon Hotel was like a local celebration.

"My family and myself have lived in the area for over 15 years," he said. "Most of my kids went to Shorncliffe State School, so the Full Moon has been part of our lives for a long time. As to the show – it's a great venue with a great atmosphere. We are going to have an awesome time!"

Free entry. Book online or call the Full Moon Hotel on 3869 0544.

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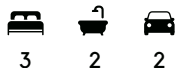
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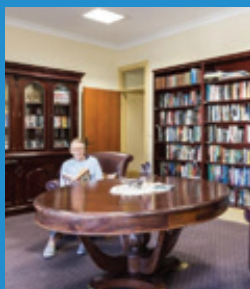
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