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GUIDE

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INSIDE**



A photograph of the interior of Bluenose Betty, a bar and kitchen. The background features a well-stocked bar with numerous bottles of spirits and beer on shelves. A large, ornate brass beer tap is mounted on the bar counter. Above the bar, there are shelves with various glassware and decorative items. A large, glowing pendant light hangs from the ceiling. The overall atmosphere is warm and rustic.

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FROM THE EDITOR

Welcome to the February edition of the Sandgate Guide. I hope you had the opportunity to rest and relax over the Christmas and New Year period.

It is our first edition for the year and once again there is a lot going on in the 4017 this month. There are many great stories, locals to meet, gigs and events inside this month's pages. So, grab yourself a tea, coffee or cold drink of choice and take some time out to see what is happening in your neighbourhood.

February 14 is Valentine's Day and if you are looking for some inspiration to celebrate this day with your Valentine, don't forget to check out our dining guide. There are plenty of options for a special night. Just don't forget to make a booking to avoid missing out!

And I always love to hear from our readers. If you have any stories that you think the people would love to read about in the Sandgate Guide, don't forget to drop me an email.

Until next month, happy reading!

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MUSIC BY THE SEA

STORY **DONNA PHILLIPS**

FEB: Viola virtuoso Roger Benedict and renowned classical pianist Simon Tedeschi unite to delight with reimagined masterpieces from Debussy, Ravel, Gershwin and Kosmar, on 4 February.

Roger says, "I am really looking forward to performing at Music By The Sea in February. It's always an incredible joy to play with my good friend and regular partner-in-crime Simon Tedeschi. We just get each other and love sharing a stage together."

MARCH: He's been touted as "The Hendrix of the Sahara". He's been lauded by the great Elton John. And now, our Sandgate audience has the unique opportunity to experience respected Malian guitarist and musician, Vieux Farka Touré, and his team of brilliant musicians as they perform live on 4 March.

The concert will feature Vieux's exceptional back catalog and critically acclaimed new album, *Les Racines*. According to media sources, the album's genre is from the northern West African musical tradition known in the West as 'Desert Blues'.

The album is about roots, tradition, history, peace, unity, family, and opening the heart. Its sound is woven with ancient circular riffs, imploring voices, waves of dreamy, spiraling flute notes, call and response, the weaving spell of hand claps, and undulating tongues.

And speaking of roots, Vieux's run far deeper than most. His father, the late Ali Farka Touré, was acclaimed as one of the finest guitarists Africa has ever produced. Ali was a pioneer in introducing this style to audiences around the world. Vieux says that all music and modernity find their truth in their roots.

"Every now and then, if you're very lucky, you get to witness a live performance that blows everything else away." - The Independent, UK

"I'm going to make a pronouncement. This is one of the albums of the year. It's amazing - the whole album." Elton John - October 2022



Vieux Farka Toure (trio) from Mali

Bennett (Viola) & Tedeschi (Piano)
Sandgate Town Hall
Saturday, February 4, 7.30pm

Vieux Farka Tourie Trio (Mali)
Sandgate Town Hall
Saturday, March 4, 7.30pm

Bookings: www.musicbythesea.com.au



BROTHERS SING UP A SNOW STORM IN FROZEN JR

Anthony Van Stam, Ella Shegog, Makenzi Goodwin, Lucas Van Stam

STORY **ALYSSA MACKAY**

PHOTO & COVER PHOTO BY **BEN MCSHEA BEAK PHOTOGRAPHICS**

St Patrick's College students Anthony and Lucas Van Stam are taking to the stage in **Frozen Jr.**

Anthony will star as Hans and Lucas as Kristoff when ROAR Academy brings the popular musical to the Redcliffe Entertainment Centre this month.

ROAR Academy principal and Redcliffe Musical Theatre president Madeleine Johns said the brothers were the "right fit" in terms of characterisation and stage persona.

"Anthony and Lucas are both talented and experienced actors and singers – absolute requirements for these roles," Madeline said.

The roles are double cast, with Miguel Gambley also playing Hans and Harry McCormack as Kristoff. Makenzi Goodwin and Tessa Parrish will alternate as Elsa, with Ella Shegog and Zoe Hitchcock as Anna.

"All of these young performers have been training with ROAR Academy – some for many years," Madeline said. "Anthony, Lucas and Makenzi are in the Young Con programme for vocals. All of them have performed lead roles in various productions whether at school or with ROAR Academy. It's so important for young performers to learn and hone their skills in actual performance rather than just the classroom."

Anthony, 17, said he was looking forward to performing the song Love is an Open Door.

"It's such a fun number that sets a false sense of security towards Hans' true intentions," Anthony said. "The thing I love about performing is that I'm able to evoke emotions in the audience that enhances their experience. In the future I hope to make a career of performing in musical theatre professionally and perform at QPAC and all over the world."

Lucas, 16, said it was a great opportunity to perform at the Redcliffe Entertainment Centre.

"What I love about performing is being able to become a completely different person in mind and taking on that role while still adding my own aspects," Lucas said. "I hope that in the future I can continue to perform professionally in musical theatre and bring joy to those who watch. I love seeing people's reactions to the shows I perform in and seeing their excitement watching me perform on stage."

Madeline said ROAR Academy had been lucky to secure one of the first licences for FROZEN Jr in Brisbane. "It's a delightful story of the strength of family bonds, of trust and of belief in yourself," she said.

Tickets from \$34. To buy tickets go to www.redcliffeentertainmentcentre.com.au/Events/RMT-Frozen-Jr

Frozen Jr, 3-5 February
Redcliffe Entertainment Centre
10 Downs Street, Redcliffe.



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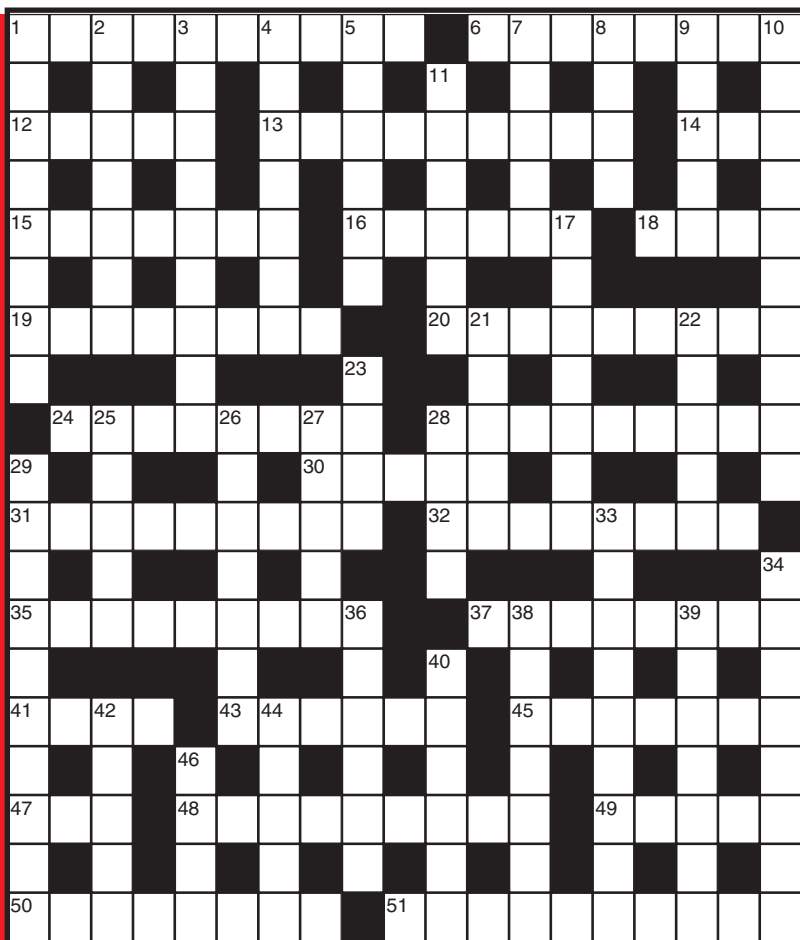
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ACROSS

- 1 Mission
- 6 Boxed
- 12 Heavy pole for tossing
- 13 Sprout
- 14 Spoil
- 15 Gets involved (5,2)
- 16 Seepage
- 18 Twinge of pain
- 19 Logical
- 20 Job candidate
- 24 Febrile
- 28 Conduct
- 30 Discoverer of radium
- 31 Long, thin, high heels

- 32 Needle craft
- 35 Baking dish
- 37 Noisy miner, eg
- 41 Louts
- 43 Restaurant (coll)
- 45 Non-existence
- 47 Some
- 48 Nomadic
- 49 Cuban dance
- 50 Tradition
- 51 Discarded cargo, etc

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- 1 Lineage
- 2 Undermine
- 3 Accurate flywheel
- 4 Reddish purple
- 5 Slim
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- 11 Italian town square
- 17 Chivalrous
- 21 Clean feathers
- 22 Embellish
- 23 So

- 25 Wicked things
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- 40 Whirl
- 42 Entrance hall
- 44 Imitating
- 46 Slant

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A WORD FROM OUR REPRESENTATIVES

hope everyone had a safe and enjoyable break before we all embark on another year. I would like to thank all the people who continued working over the holidays, whether in essential services or retail and hospitality.



WITH CR JARED CASSIDY

A new year brings new projects and activities for our community. This year we will see the first stage of the Shorncliffe Escarpment Priority Works begin with bank stabilisation, new plantings and viewing platforms. I have also pushed for more basic maintenance along the entire escarpment over the coming years.

We will also see the first stage of community consultation on the Brighton Foreshore upgrade project, which is made possible by Federal funding secured by Anika Wells MP.

The Lord Mayor's next budget isn't due until June, but I will be making our community's submission in February. This is an opportunity to outline our priorities to the Lord Mayor and to keep pressure on commitments made. As always, I've asked locals to be a part of this process and encourage you to complete my online Survey.

You can find this link on my website, Facebook Page or alternatively get in touch with my team at deagon.ward@brisbane.qld.gov.au.

hope everyone in our 4017 community enjoyed a much-deserved rest over the Christmas period. With summer sport well and truly wrapping up, registration for the winter sport season is underway in the Sandgate Electorate.



WITH STIRLING HINCHLIFFE MP

To assist families with registration fees for these sports, round eight of the Queensland Government's FairPlay Vouchers program is now open.

This program supports eligible Queensland

parents and carers with a \$150 voucher towards the cost of sports registration for kids aged between 5 and 17.

You can apply if your child is a Queensland resident aged from 5 to 17 years at the time of application, and their parent, carer or guardian holds a valid Department of Human Services Health Care Card or Pensioner Concession Card with the child's name on it.

Applications for FairPlay Vouchers close on 23 March.

Please contact my office on 3639 9100 or email sandgate@parliament.qld.gov.au for more information about the program, eligibility and activity providers that accept the vouchers.

Welcome to 2023, I hope you had a safe and enjoyable holiday period and a very Happy New Year! The Schrinner Council and I look forward to continuing to deliver projects for our community.



WITH CR SANDY LANDERS

In some exciting news, Council's Growing Older and Living Dangerously (GOLD) program is back with some fantastic activities locally and throughout Brisbane. Activities include music, yoga, scrapbooking, kayaking,

Pilates and many more. You can pick up a copy from my office at the Bracken Ridge Library or call on 3667 6000 and we will get a copy to you.

With the new year upon us I know many are clearing out old and unwanted rubbish, if you require further waste vouchers, please contact my office. The free waste vouchers can be used at any of Council's four resource recovery centres around Brisbane.

To find out which recovery centre is closest to you, please checkout Council's website: www.brisbane.qld.gov.au/clean-and-green/rubbish-tips-and-bins/waste-and-recycling-facilities/resource-recovery-centres

If you haven't already done so, don't forget to take advantage of Schrinner Council's free native plants from your rates notice.

To stay up-to-date with news and upcoming events in the Bracken Ridge Ward follow my Facebook page at [Facebook.com/Cr.Sandy.Landers](https://www.facebook.com/Cr.Sandy.Landers) or Instagram [@crsandylanders](https://www.instagram.com/crsandylanders).



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First round of billion dollar disaster ready fund now open in Lilley. Brisbane's northside disaster defences will get a boost, with applications now open for the Albanese

Government's new Disaster Ready Fund (DRF).



WITH **ANIKA WELLS MP**

After years of intense rain and devastating flooding the program will deliver on the Federal Government's election commitment to ensure Australia is better prepared for future disasters.

Up to \$200 million is available next financial year for projects to support communities to reduce risks and better prepare for future floods, cyclones, bushfires, storm surges and other natural hazards.

Projects under the DRF could include:

- Infrastructure projects like flood levees, drainage improvements, fire breaks and evacuation centres.
- Initiatives that improve collection and sharing of data, improve land use planning or strengthen community capabilities.

It's part of a long-term commitment to making Australia more resilient in the face of growing natural hazards, investing up to \$1 billion over the next five years.

This is a great opportunity for every local government, community, and industry group to put forward their ideas on how to minimise the impact of natural hazards.

More information about the first round of the DRF, is available here: www.nema.gov.au/disaster-ready-fund.



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SEA HOLLY BUNGALOW

Do you have a special person or event coming up and can't find the perfect gift? Sea Holly Bungalow in Sandgate is guaranteed to have just what you need, and catering to every budget.

Owner of Sea Holly Bungalow, Geanii Canon, said she was excited to be able to bring her gift and clothing range to the Sandgate area and it had been well received by locals and visitors alike.

"The Bungalow is stocked with a wide range of carefully curated one-of-a-kind gifts. From items such as exquisitely scented candles and diffusers from Mrs Darcy to calming body products from Maine Beach, stunning and distinctive jewellery pieces and a lovely clothing range including brands such as Iris Maxi, Caroline Morgan and Bottega."

Sea Holly Bungalow also specialises in creating bespoke gifts and hampers which Geanii said would be available to be purchased online and instore and can be delivered locally. Being a business owner and mum of two, Geanii said she understands how valuable time is.

"We have designed Sea Holly Bungalow to be the go-to destination for not only gifts, but also that new outfit. We offer complimentary gift wrapping and go above and beyond to make sure your shopping experience is as easy as possible, while providing good old-fashioned service."

- Sea Holly Bungalow is located at 121 Deagon Street, Sandgate and is open Tuesday to Friday 9am- 4pm and on Saturday from 8am to 1pm.



INTEGRATIVE SKIN

Walking into Integrative Skin at Sandgate feels very much like walking into a luxe clinic as it offers a private and tranquil setting, but behind the doors you will find so much more.

Sandgate local and owner of Integrative Skin, Bernadette Wallace, knows from personal experience how hard it can be living with inflammatory skin conditions.

It is for this reason, she has opened Integrative Skin, a purpose-built clinic set up specifically to help treat a large range of conditions including age management and menopausal skin through to inflammatory skin conditions such as psoriasis, rosacea and acne.

"I am a qualified Dermal Therapist and was fortunate to have trained under a Professor of Dermatology who specialises in steroid free based treatments for conditions such as psoriasis and eczema. I treat my clients holistically, delving into triggers including dietary and lifestyle factors and combine these with customised topical skin products."

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"Healing your skin takes more than applying a specific moisturiser. That's why I have an integrative ethos. My passion is for my clients to feel empowered and in control of their skin."

- Integrative Skin can be found at 20 Barton Street, Sandgate. For more details on trading hours or to make a booking online, visit the website at www.integrativeskin.com.au. Or contact Bernadette via email at info@integrativeskin.com.au, or call on 0435 360 241.

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SIGN UP TO GET FIT THIS WINTER

STORY **BROOKE JACOBSON**

Winter sport sign-ons are happening across several sports clubs in the 4017 area. Here's just a taste of the clubs and teams you could be playing for this year.

Brighton Bulldogs Football Club

Feeling like a future Soccerroo after last year's FIFA World Cup? The Brighton Bulldogs are taking registrations for players from Under 6 to Under 18, as well as senior men's and women's teams.

Go to: <https://www.brightonbulldogs.org.au/home> for all the details.

North Star Football Club

Based at Zillmere, North Star Football Club offers teams at grassroots level, community-based football, and elite football programs.

Register for the 2023 season at: <https://www.northstarfc.com.au/2023-season>

Brighton Roosters Rugby League Club

Junior sign-on weekend for the Brighton Roosters was held on January 21 and 22, but if you missed out, there's still plenty of time! Registrations for the club are being taken right up until the season starts.

The club has teams from Under 6's Bantams right through to Open Men's, Under 20's and BRL A Grade.

Head to: www.playrugbyleague.com.au to register or email: roosters@brightonroosters.com.au



Sandgate Hawks AFL Club

Pre-season training for the AFL Hawks has officially kicked off, but there's still time to register for 2023.

This year the club is celebrating the women's team making their QAFW Division 1 debut.

For more information, message the club on Facebook, or contact Senior Coach Ben Long on 0415 868 013 or go to: <https://sandgatehawks.com>

Sandgate Hawks Netball Club

Come and try sessions have commenced, but there's still time to register for 2023. There is a sign on BBQ on Friday 3 February from 4-8pm.

There is also a free come and try session on this day from 6-7pm with final registrations for the winter season closing 5 February.

For more information, go to the Facebook page: facebook.com/SandgateHawksNetball/ or website: sandgatehawks.com/

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SocialSnaps

by **PAUL NEIL**



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It's Christmas Day and Andy Hancock checks in with his Mum, Betty to see if the Christmas Pavlova is ready to serve.



At her family gathering, 2 year old Autumn opens a present on Christmas day with some help from Mum, Michelle.



Sandgate local and founder and director of The Hive Practice, Jono Heath, and fellow founder and director Troy Parsons present Tessa Lewis, Practice Manager of The Feet People with the Team Member of the Year Award at the black tie Hive Practice Awards held at Rydges Southbank.



It's a Happy 21st birthday to Jemima (in pink) and brother, Geordie, and Mum and Dad, Paul and Merran partied on into the night to celebrate with family and friends at Mr Henderson's Bar, Sandgate.



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Jenny Walsh in the role of the Vicar

THE VICAR OF DIBLEY RETURNS TO SANDGATE TOWN HALL

STORY **KELLY WALKER**

Good news theatre fans - this March, Sandgate Theatre is bringing back the very successful 'The Vicar of Dibley'. Danny Cruise, Director of the show and President of Sandgate Theatre is excited to bring the show back after such a successful first run.

"We originally performed this play in 2015," he said. "It was so successful that we decided to do it again."

Based loosely on the long-running British sitcom of the same name, the start of the play is based on season one, episode one of the TV series and goes on to highlight all of the funniest parts of the show from over the years.

"I always wanted to direct 'The Vicar of Dibley' as it's such a funny script," Danny said. "The last time we performed this play, I played 'Hugo', and it was so successful that I thought we should try it again. We were lucky enough to have the pick of all the scripts from the TV series to choose from and they're all very funny."

Showcasing primarily local talent, Danny explained that most of the cast lives within a 10km radius of Sandgate Town Hall where the play is performed.

"I was very lucky to get some really experienced local actors - which, as a director, makes my job so much easier," he said. "Seasoned local actor John Sayles will be playing the role of Jim Trott and Jenny Walsh will be joining us in the role of the Vicar once again."

"I am thrilled to be reprising the role of The Vicar of Dibley after eight years," Jenny said. "It's such a delightful role to play. She is fun, kind and has a wicked sense of humour."

As the show is once again expected to be very popular, Danny suggests booking early.

"There will be seven performances, starting March 10th, and we are expecting huge audiences," he said. "So if you're looking for a good laugh, and an enjoyable night out, come to the beautiful Sandgate Town Hall to see these talented Brisbane actors perform."

Theatre goers are encouraged to bring their own food and beverages, however there will be a few nibbles as well as tea and coffee available for purchase. Tickets available at trybooking.com or call Chris at 0403 886 458.

The Vicar of Dibley
March 10, 11, 17, 24, 25 & 31 7:30pm
March 19 & 26 2pm
Sandgate Town Hall
Seymour Street, Sandgate



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Wafting on the sea air ...

STORY **PATTIE TANCRED**

As with everywhere at the time, health in early Sandgate was a matter of luck. Waves of diseases such as dysentery, typhoid, measles and diphtheria came and went with little or nothing able to be done to control or cure them.

Given the state of sanitation and the precarious nature of the water supply, this is not surprising. Until the 1920s, when Sandgate was connected to the Brisbane supply, householders were responsible for providing their own water. Most houses had tanks, some had wells and some water was fetched from the lagoon, perhaps ill-advisedly since, according to the *Moreton Mail* in 1889, it was “a horrible swamp” containing “about 10 feet of stinking slime”.

There was no sewerage; your toilet was an outhouse from which waste, or ‘night soil’ was removed by sanitary carts (the drivers of which were paid between 21/2 to five pence “per pan”) and taken to the council’s “manure depot” (possibly explaining the naming of Depot Road), some way west up Cabbage Tree Creek.

Sandgate’s public environs were by no means salubrious. In the same 1889 article – a heartfelt plea to the mayor of Sandgate to consider the citizens’ health – the *Moreton Mail* described

areas of the village as being “liberally bestrewn with horses’ skulls, cows’ heads ... and baleful kitchen refuse”, not to mention “the festering remains of fish on the beach and the general want of drainage”, all of which caused a terrible stink.

Surprisingly, notwithstanding these rather unsanitary conditions – all apparently a symptom of the council’s dereliction – Sandgate developed a reputation as a health resort. Medical professionals in the city believed the place to have therapeutic qualities. Accordingly, the Brisbane Hospital rented premises in Sandgate in 1885 to house convalescents, moving to a permanent facility, Broadhurst in Flinders Parade, in 1901. In 1884, the Lady Musgrave Sanatorium for Sick Children, designed and equipped to “afford the utmost comfort and convenience to the little patients”, opened on Allpass Parade. It is to be hoped that the “little patients” were sufficiently shielded from any unpleasant odours drifting up from nearby Shorncliffe beach.

Happily, Sandgate’s public services gradually improved – septic tanks replaced sanitary carts, sewerage replaced the septic – and advances in medical knowledge and care meant that health became less a matter of luck than of technology and innovation. In the midst of our good fortune, let’s honour the memory of the night soil men and give thanks for the flushing toilet.

With thanks to the Sandgate Historical Museum (Open Wednesday and Sunday 10.00-15.00). Photograph: John Oxley Library, State Library of Qld, Neg No 188326

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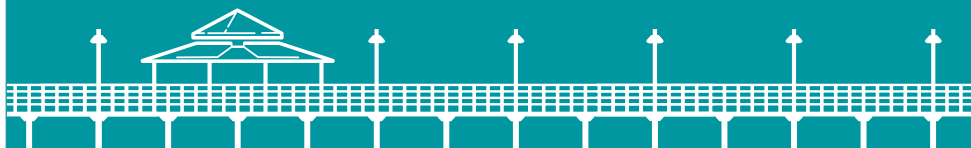
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MEET TRIX, BRISBANE'S FIRST DOLA GUARDIAN

STORY **ALYSSA MACKAY**

Dog owners may have noticed a new canine character standing proudly at the gate to the Dog Off-Leash Area (DOLA) at the Bill Brown Sports Reserve.

Last year, students at Bracken Ridge State School joined together with Brisbane City Council to create a sculpture known as 'Trix', the first guardian dog of a DOLA in Brisbane.

Trix was unveiled in December at an event hosted by Bracken Ridge Ward Councillor Sandy Landers.

"The idea was generated during COVID lockdown when Council saw how much people missed going to their local parks with their dogs," Councillor Landers said.

"Trix is a way for us to celebrate the love we feel for our dogs (and pets in general) and an expression about how we enjoy spending time with them in the park."

The year four students chose the design for Trix with the help of Bracken Ridge State School

principal Kellie Stanton and teachers, Mr Hams and Mrs Fullford. The back of the sculpture features a story about the fictional character.

"Trix was a combined story that was contributed to by a professional story writer in response to the ideas and suggestions of the parks officers, me and staff," Councillor Landers said. "This was then presented to the students and further ideas added by the students, including Trix - a suitable name, shape and appearance for the dog.

"Dogs are very important to young people and often the source of many life lessons. We wanted to have a dog that was for everyone and not just dog owners so it was important that the story included those positive messages of community, friendship, loyalty and fun."

Councillor Landers said the students were excited to find their contributions and see the final story they helped to write.

"It was really wonderful to share in their joy and a great thrill for us to hear and see their ownership," she said.

"Residents are encouraged to share the story with friends and family and it is a lovely way to get kids involved in storytelling and building on the story."

The community can share their photos with Trix on social media and tag #trixthedolaguardian.

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A PLACE FOR HELPERS

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

There's a hidden gem in Sandgate helping our elderly residents, and now it needs your help too.

Jessie's Place is a not-for-profit gift shop located at Regis Aged Care, staffed by volunteers. Funds raised at the shop go towards brightening the lives of residents, and they're looking for more helpers.

Co-ordinator Graham Fresser said volunteering at the shop was one of the highlights of his week.

"It's such a lovely place, the residents mostly pop in to get their toiletries like soap and what have you," he said.

"Or quite often we'll get new residents who will come in looking for something to brighten up their room."

Each month Jessie's Place gives a card to any resident celebrating their birthday, along with a gift voucher for coffee and raisin toast from the café next door to the shop.

They also provide each campus with a birthday

cake each month when the residents come together to celebrate.

Most of the stock is donated, and other items such as toiletries, biscuits, and lollies, are purchased each week by one of the Jessie's Place volunteers.

"People donate some lovely things, like ceramic coffee mugs, and ladies' perfume – all kinds of things," Graham said.

"The residents like to come in for a chat. I had a gentleman come in this morning and he wanted some batteries. Then not long after he came back and asked if I could put them in his remote control for him, so it's the little interactions like that I enjoy.

"We're the only Regis site in Queensland to have a shop like this, and we've had people come in from other Regis locations and they like what they see – they want to start up little shops like ours at other sites."

Jessie's Place is open to the public, as well as the residents, next to the café which is accessed from the Ward Street entrance. It's open Monday to Friday from 9.30am to 12.30pm.

Regis Aged Care Sandgate
60 Wakefield Street, Sandgate.

To volunteer your time, or donate items to Jessie's Place, contact Graham on: gkf@aapt.net.au or 0429 515 650 or Vivienne on: mrsivt@b@gmail.com or on 0429 059 111

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BY **BROOKE JACOBSON**

Council budget priorities

Deagon Ward Councillor Jared Cassidy is asking residents for their views ahead of his 2023/2024 Budget submission.

"Over the past few years my submission has focussed on the maintenance and upgrade of essential drainage infrastructure, the Brighton foreshore upgrade, fixing the Einbunpin Lagoon, delivering the O'Callaghan Park Masterplan and the Zillmere library - to name a few," Cr Cassidy said.

"I'm sure you are like me - happy to pay rates, so long as we know we get good value for money. It's not too much to ask."

You can find the link to Cr Cassidy's survey here: <https://www.surveymonkey.com/r/HZPY86G> or on his Facebook page.

Nature walk

Laurie's beach walks are back for 2023. Enjoy a guided "Ramble on Bramble" on Tuesday, 14 February from 9.30am. Meet at the old Baptist Church on Flinders Parade, Sandgate. To book your place, phone: 0410 327 095.

Clean Up Australia Day

Register now for Clean Up Australia Day, and help clean up the parks, streets, and foreshore of the 4017.

There are several different dates this year:

- Business Clean Up Day Tuesday 28 February
- Schools Clean Up Day Friday 3 March
- Community Clean Up Day Sunday 5 March

Register online at: www.cleanupaustraliaday.org.au where you have the option to register a new clean-up site or join an existing site. Locals registering their own site will be sent a clean-up kit, and additional equipment can be purchased via the website.

Walk on the wild side

Get up close and personal with frogs, lizards, and birds, and meet a wildlife expert who can teach you how to be a good bush neighbour for our native wildlife.

This wild event will take place at the Boondall Wetlands environment centre on Saturday, 11 February from 1.30pm to 2.30pm. Cost is free, but bookings are required. All children must be accompanied by an adult. Please wear a wide-brimmed hat, secure, fully enclosed walking shoes, sun-smart clothing, sunscreen, and insect repellent. Please bring drinking water and a snack or picnic lunch as there are no food outlets on site.

Booking is online via Eventbrite.

Slow down in Shorncliffe

The speed limit in Allpass Parade, Shorncliffe is now 40km/hour. The lower speed limit was implemented on January 18, due to the large number of pedestrians the area attracts, particularly on weekends.

Chill out

Start the new year with a meditation class at SANDBAG. Run by Mantra Meditation, the class is fully guided and includes breathing, mindfulness, mantra/kirtan meditation and some reflections from yoga texts. The evening finished with some spiced Chai and Vegan treats. There are multiple dates, including February 18 from 5pm to 6.30pm at SANDBAG, Rainbow Street, Sandgate. The class runs by donation and bookings are via Eventbrite.

Would you like to contribute to Bramble Bites?

Is there something you're talking about on social media, at the school gate, or the local café? Email Brooke to be included in the next edition of Bramble Bites: editor@sandgateguide.com.au

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SANDGATE HAWKS TURN 80!



Norm Reidy



1945 B Grade Team



Hawks Volunteers



Dick Verdon

CELEBRATING EIGHT DECADES OF AFL GLORY.

STORY **JULIA LEWIS** PHOTOS **BRUCE REDMAN & COURTESY SANDGATE HAWKS CLUB**

Sandgate Hawks Club is turning 80 and to honour the past 80 years, the club is hosting a night of celebration and nostalgia.

The Club was formed in 1943 after Reg Buxton, a native of South Australia, noticed boys kicking a football on Deagon Oval. After meeting a couple of the boys out and about in the community, he was amazed to find out that they played Aussie Rules at school.

From these interactions, Reg encouraged the boys to get a group together, and they eventually started practicing and playing games on the Albury Oval, initially using a girl's netball as the ball.

The year that followed saw the Sandgate team enter in the Brisbane competition which was an under 18 side because the older players were serving in the army.

The boys played the game with mixed jerseys. Some with long sleeves, some with short, some with collars, some without, some were dyed, and some had numbers sewn on the back. It was this competition that kicked off 80 years of community football.

Fast forward to 2022, the club had over 600 registered players ranging from 8 to 60 years of age, and 2023 is looking like it will be an even bigger year.

Des Warnock, President of the Sandgate Australian Football Club said that after 80 years, the club continues to be the heart and soul of the community.

"Due to its longevity, Sandgate Hawks is part of the fabric of the local and AFL community. Whether a fan of AFL or not, most people know of this iconic club or know people who have played here," Des said.

"It's a meeting place for people of all ages with a safe environment where they can not only play footy but learn valuable life lessons and values."

The club's rich history has been captured in a book titled "Hawks History – From Fledgling to Phoenix". The book was written by Janelle Forbes and while the book has sold out, a copy of it can be found at the Sandgate Historical Museum.

The club continues to celebrate current and past players. Norm Reidy, a club icon, player, coach, and former President was quoted saying "The friends I made when I first came to play and coach at Sandgate are still the loyal friends I have today. I can only describe the Footy Club as unique – having no like, equal or parallel."

To this day, the club's first grade best and fairest medal still bears his name.

Join the Club on 25 March for a night of celebrations and nostalgia, speeches from senior coaches, an address from the Clubs President, before announcing the team of 80 years.

Special thanks to Janelle Forbes for assisting with this article.

Sandgate Hawks turns 80 Celebrations
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Facebook page @sandgatehawks or their website www.sandgatehawks.com

SOME LEGENDS OF THE CLUB

NORM REIDY Coach 1953-1959; 1965-1966; Club President 1984-1986, Club Patron 1997-1998.

DICK VERDON AFLQ Hall of Fame Legend; Team of the 20th Century at Full Back; won Sandgate B&F 4 times..

JOHN STACKPOOLE AFLQ Hall of Fame (top 100 Qld players of 20th Century); Team of the 20th Century at Half Forward Flank - won 1973 Ray Hughson Medal for League leading goal kicker; won Sandgate Leading Goal Kicker 2 times.

TOM BROADBENT (1953 Tom Broadbent) - AFLQ Hall of Fame (top 100 Qld players of 20th Century); won 1953 & 1960 Ray Hughson Medal for League leading goal kicker; won Sandgate Leading Goal Kicker 3 times.

GARY WAGNER AFLQ Hall of Fame (top 100 Qld players of 20th Century); won Sandgate B&F 4 times - his son, Scott Wagner (PP Scott W 2) - won Sandgate B&F 4 times.

DON SMITH AFLQ Hall of Fame (top 100 Qld players of 20th Century); Team of the 20th Century at Centre Half Back; won Grogan Medal for League B&F 2 times 1973 & 1979; won Sandgate B&F 4 times.

LOCAL FACES



PETER LUMSDALE

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

As an original member of the Sandgate Men's Shed, Peter Lumsdale understands the importance of the men's shed movement to the local community.

Peter, who resigned from his role as the shed's secretary last year, established its steering committee and its first administration process.

He joined the shed 11 years ago after retiring from his position with Brisbane City Council. At the time, the service was located behind St Margaret's church on Rainbow Street.

"On joining the shed I offered to be the purchasing officer and was duly voted into the position," Peter said. "At the time, the only other position was that of president. There was no administration system in place and so I volunteered to be the secretary and set up a basic administration process – arrange meetings and keep records.

"Shortly after, I established a steering committee to ensure that a democratic process was adhered to and that the membership was equipped with the best advice when voting on matters."

The steering committee was a great success and eventually became the management committee when the shed moved to its current location at the Brighton Health Campus in 2016.

Peter said implementing the administration system and management committee for the shed had given him much satisfaction.

"However, I am most proud when I see the guys looking out for each other, laughing and joking and developing skills they never believed possible," he said. "The care the guys extend to members who have little time left is extremely touching for me and to witness this makes me feel very proud of what I am a part of."

He also acknowledged the support the shed had received from local businesses and the general community who recognised the value of the shed for their husbands, fathers and sons.

Although Peter will no longer be the shed's secretary, he said he had taken on the new committee portfolio of Members/Management Liaison Officer. He would also like to introduce lead lighting as an activity for shed members.

"However, my main objective is to get into woodworking and tap into the huge amount of skills and talents of the other members and just enjoy what the shed has to offer," he said.



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NEW WARNING SIGNS FOR FLOOD HOTSPOTS

STORY **ALYSSA MACKAY**

Automated warning signs are being installed at locations frequently impacted by flooding in a bid to prevent motorists entering flooded roads.

Brisbane City Council installed an Automated Flooded Road Warning System (AFRWS) at Bald Hills Creek on Bracken Ridge Road last year, with another sign to be installed this year on Wyampa Road in Bald Hills.

Bracken Ridge Ward Councillor Sandy Landers said the location at Bald Hills Creek was chosen because it was prone to temporary flooding following very heavy rain.

"Fortunately, it is for very short periods of time, but as it is a creek crossing it can rise quickly," Councillor Landers said.

"Wyampa Road crosses the Tinchi Tamba Wetlands and is an access to a boat ramp. Some users may not be local or familiar with this area so it is important to provide this early warning when it floods from time to time."

Council installed the signs following the record-breaking flood event last February to ensure Brisbane would be better prepared for future events.

The Bracken Ridge Road site was one of 12 new signs installed at the end of last year. A further 12 signs are to be installed by mid 2023, including the Wyampa Road site. A further 13 AFRWS had been installed prior to these new additions.

Each solar-powered sign has a 'Road Closed Due to Flooding' message that is LED-backed, making it clearly visible to motorists at night.

Councillor Landers said the automated signs would advise locals as soon as the water rises and the road is closed.

"The signs switch on automatically when an alarm gauge detects a creek or waterway has reached a certain level," she said. "Council is alerted whenever a sign is triggered and a camera allows the area to be monitored remotely."

The signs will allow time for Council officers to respond and install additional temporary detour signage and barriers.

"It can be extremely challenging for officers to manually erect signs during flooding events," Councillor Landers said. "But the installation of 27 new signs since February, in addition to the existing 10, means we can notify residents sooner of danger and improve road safety."



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Sandgate sports massage therapist Kay Cavanagh with Australian cricketer Steve Smith.

SANDGATE THERAPIST HITS AUSSIE TEAM FOR SIX

STORY **BROOKE JACOBSON**

I takes a squad of experts to help the Australian cricket team perform at their best, and this summer Sandgate local Kay Cavanagh was part of that success.

The sports massage therapist worked on the Australian team during the First Test at the Gabba just before Christmas.

Speaking to the Sandgate Guide, Kay said it was a dream come true.

"I got a call from Karren at S.M.A.R.T Treatments, I've done some work with them before, and she asked if I wanted to go and help with the Australian cricket team," Kay said.

"I was like, 'me? You've picked me?'"

"In Australia, cricket is the big sport – we all live and breathe cricket, so this was up there in my highlights for sure."

Kay added there was a great team atmosphere in the Australian dressing room.

"I was a third party coming in, but I was really made to feel like one of the team," she said.

"And I'm grateful for all my sports team clients, as my banter has improved so much!"

Throughout her career, Kay has worked as a massage therapist at the 2018 Commonwealth

Games, and now works with more than 40 teams across the NRL, AFL, cricket, A-League and even lawn bowls.

"I can honestly say I love my job so much," she said. "What sports massage has given me both professionally and personally is worth more than money."

Kay added the approach to health and wellness had changed a great deal in Australian sport in recent years.

"There's a real focus now on rehab and recovery, which is certainly great for me," she said.

"Along with physio and nutrition, as well as things like meditation, there's an overall body wellness focus now for sports people, it's a holistic approach."

She said she enjoyed her time working with the Australian team and hoped to help them again next time they played in Brisbane.

"Or I'd be happy to hop on a plane and travel to where they are," Kay said.

"I'm very grateful to everyone at Sandgate Physical Health Clinic for giving me the time off to pursue this opportunity.

"And I'm also really proud of what I've achieved, it's been amazing."

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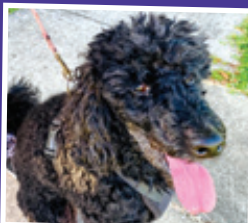
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4017 PETS ON THE PAGE

STORY **KELLY WALKER**



Blossom

BLOSSOM:

Purebred
Miniature Poodle,
8 years old

Hi! My name is Blossom and I'm a delightful miniature poodle. I started off life as a show

dog in Bundaberg, but decided that wasn't the life for me - quite frankly I hated it! Thankfully I was lovingly adopted 3 years ago by my new Brighton based owner, Lyn, and I've been loving the bayside lifestyle ever since. I love going for walks around Shorncliffe and along the Brighton foreshore, but my favourite thing to do is going for car rides. I even have a special sound that I make to let Lyn know that I'd like to have the window down. Although I'm very social and love meeting other people and pups, at the end of the day, I'm happy to just sit high up on the lounge and get my beauty sleep.



Harlow

HARLOW:

Age and breed
uncertain

Hi, I'm Harlow and I'm a neighbourhood favourite on my little street in Brighton. I'm very well behaved and all of

the neighbourhood kids love to give me lots of attention. I am one of many pets in my family as I live with one other cat, a rather large dog, five fish, seven birds and even one stick insect! My humans ensure that we all have our own space so we can live in peace as one big happy family. I love lazing around on top of the caravan parked in the yard and spying on the dogs next door, but when I'm ready to come inside, I just make myself known outside of my human sister's window so she knows to let me in.

To contribute email editor@sandgateguide.com.au

Community Grants Program Open

FROM THE OFFICE OF **STIRLING HINCHLIFFE**

In some great news for local community organisations, the Gambling Community Benefit Fund (GCBF) is kicking 2023 off with a bang thanks to their \$100,000 Super Round.

The Gambling Community Benefit Fund (GCBF) is Queensland's largest one-off community grants program and is offering not-for-profit organisations the opportunity to receive a grant of up to \$100,000 to help enhance their facilities or improve their service locally.

Member for Sandgate, Stirling Hinchliffe MP, said that this is a program that sees tens of millions of dollars reinvested into communities across Queensland.

"Most recently, the 114th round of the GCBF granted almost \$382,000 across nine community organisations in the Sandgate Electorate," reported Mr Hinchliffe.

"This funding has enabled organisations like Bracken Ridge Kindergarten and Koobara Kindergarten to upgrade their facilities and enhance their service for local families for years to come."

"I encourage all local organisations to throw their hat in the ring for this program."

Applications are now open and close 28 February 2023.

To check eligibility requirements, understand the guidelines and to apply, visit: <https://www.justice.qld.gov.au/initiatives/community-grants> or contact the GCBF team on 1800 633 619.



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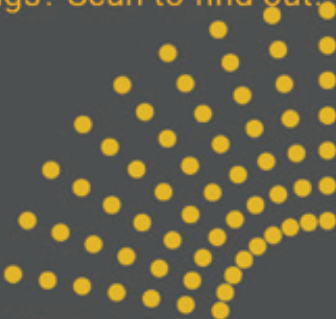


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GARDENING WITH SALLY



Organic Gardening in February

STORY **SALLY EBERHARDT**

Summer typically brings many storms and heavy rain that can leave your garden soggy and over-watered. Plants may be nutrient-stressed or overgrown, and in need of immediate attention.

To replenish your garden, apply natural fertilisers like animal poop, seaweed, or green manure crops to areas where you can dig them into the soil. For ornamentals and pot plants, use liquid natural fertilisers like compost tea, worm castings liquid or good commercial fertilisers. Also look at re-potting those plants that are outgrowing their current containers.

Many plants grow rapidly over summer and may be straggly and overgrown. Most plants respond well to being pruned and will regrow stronger and healthier. Do some research as some plants like a heavy prune while others thrive on a lighter touch. Add the cuttings to your compost.

February is still hot and humid so don't work too hard in the garden until conditions are kinder for both humans and plants. Nurturing your plants is most important this month.

This is an ideal time to order heirloom seeds or unusual varieties from specialist seed vendors, ready to plant them in autumn.

What to plant now – tomatoes, capsicum, eggplant, sweetcorn, beans, cucumber, zucchini, broccoli, cabbage and cauliflower.



'Parenting Hell' Podcast

PODCAST REVIEW **NICK ALLFORD**

How did you parent during Covid? Like many of us you probably had to change your approach quite drastically, home schooling, no playdates and more than a couple of blocks of chocolate (or cases of wine) to see you through.

Well, a problem shared is a problem halved and when English comedians Rob and Josh started whining to each other during lockdown they realised that they weren't alone. Feeling much better hearing from someone who had a worse day than them. So, they started a podcast where they could share stories and tips with celebrity mates and listeners and more importantly laugh at the misery of others. Although born from their time during Covid lockdown, the podcast has evolved to cover more general parenting topics and share some of the hosts' funnier parenting pratfalls. You may recognise them from 'The Last Leg' or my favourite '8 Out of Ten Cats Does Countdown'. Their self-deprecating sense of humour and fast wit help make a subject that could otherwise be quite dry – funny and insightful.

All jokes aside, parenting can be hard, no matter how good your kids are and if you're looking for someone to share the pain and the laughs, Rob and Josh make perfect company. So listen/watch it now, wherever you get your podcasts.



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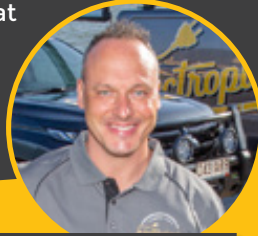
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Artwork created by the customers of Articipate

Artrageous has been operating since 1999, and being a not-for-profit, non-funded community arts centre, means they often need to raise money for the ongoing costs of keeping the centre open.

"Articipate was born as a way to raise money for Artrageous Arts, while providing a unique opportunity for people living with diversity," Anne said. "So it is a win-win for all."

The program is open to anyone living with a disability who would like to make friends with like-minded people. Participants of the program have the opportunity to create artwork by themselves, however there is also the opportunity to create group pieces which are displayed around Artrageous.

ARTICIPATE? YES WE DO

STORY **JULIA LEWIS**

Starting in 2002, Articipate is an artistic program which has been designed specifically for marginalised members of the community.

Run by the volunteers at Artrageous Arts, the program gives participants the opportunity to socialise and make friends, while playing in a creative and supportive environment.

Anne Gadsby, artist in residence and facilitator of Articipate Arts, said the program aims to create a fun and social environment, while giving creative opportunities to people living with a disability.

"We endeavour to do this through art and craft, keeping activities achievable and fun. We were aware that there were a number of marginalised people in and around our community with nowhere to go to participate in such a creative environment," Anne said. "The program creates an environment to have social interaction with each other and the greater community, all for an affordable price."

"From time to time we have worked together on group artworks that are now showcased around Artrageous," Anne said. "These pieces are truly inspiring and are admired by all and I believe bond us closer together as a family.

"This program has enriched many who would normally be overlooked, friendships have been formed and there is genuine caring for all."

Anne encourages anyone and everyone to come along to the classes.

"I would encourage anyone looking for a friendly, creative, easy to get along group to give us a try. Activities are wide and varied, kept simple and achievable with everyone proudly taking something home every week."

Artrageous Arts is a self-funded community centre run entirely by volunteers. It offers affordable weekly and monthly activities and workshops helping to bring the community together. For more information see below.

**Articipate runs two sessions every Tuesday
10am-12pm and 12.30pm to 2.30 pm
Cost \$10 per person
Session includes morning or afternoon tea**

*To book, please contact Artrageous Arts on
enquiries@artrageous.org.au*



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Ian Kulpa



SKETCHING SHORNCLIFFE ONE HOUSE AT A TIME

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

Calling Shorncliffe home for over 23 years, Ian Kulpa has become known as the “cliff sketcher”, making his name known in the local artists community by sketching local homes in his distinctive style.

Walking around the bayside suburbs, Ian finds inspiration from admiring the unique Australian architecture, especially the old cottages which have been renovated and brought back to life.

Prior to sketching houses in Shorncliffe, Ian was creating commissioned artwork for houses that had more of a technical look, but he wanted to branch out and create sketches that showcased the personality of the home.

“I wanted to develop a sketching style that was loose but interesting and entertaining. I was looking for something that would take my sketching out of being technically correct and more into interesting and unique,” Ian said.

“I believe that the houses people live in are usually something more than just a house. They are someone’s home. They are places where people have celebrated their lives, lived out

tragedies, witnessed world and personal events, but above all, they are home to someone.”

Being creative is in Ian’s blood. His mother was a seamstress, and his father made furniture. Growing up around creativity is what influenced Ian to find his own form of art.

“What kid didn’t draw at school. Like most though, I got caught up in life and work and didn’t return to being an artist till I retired from Public Service some 15 years ago.”

When asked how he would describe his style, Ian said that each of his sketches have their own personality which enhances the beauty of each house.

“I could describe my sketches like comparing an old photograph to one taken yesterday on your phone. Sometimes when I look at one of my sketches it looks as though the house is “alive” so I guess I feel that my houses have personalities, even feelings,” Ian said.

“Every house is someone’s home and I’m conscious of that whenever I do a sketch. I purposely don’t favour iconic houses or streets because to me, it’s not who lives in the place or even what street it is in, it’s about giving an inanimate building personality.”

While it is the houses that bring him inspiration, Ian said that the sketches wouldn’t happen without the support of his friends and family.

Find Ian’s sketches on Instagram and Facebook @cliffsketcher

For commissioned enquiries, please message on Instagram or Facebook or send a text to 0402 589 485



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BEYOND SANDGATE

JUMP ON BOARD NOOSA'S FESTIVAL OF SURFING

STORY **ALYSSA MACKAY**

Don't miss the opportunity to watch hundreds of competitive surfers from around the globe catch Noosa's world-famous surf breaks.

Experience an amazing line-up of surf, art, music and culture at the 32nd Noosa Festival of Surfing, which kicks off this year between 3 and 12 March.

Festival director Josh Allen said the event was a chance for people who aren't in the surf community to feel like a surfer for two weeks.

"This year we've got a return of the World Surf League and will be running a qualifying event, which will give people in the Australasia region a chance to qualify for the world tour," he said. "We are expecting 40 to 50 male competitors and 20 to 30 female competitors – the best longboarders in the country."

A new high performance longboard tour event will see competitors being judged for performing manoeuvres in the critical section of the wave.

"It's a step towards the festival evolving and becoming more opportunistic for high level surfing athletes to progress their careers," Josh said. "Also, the fact that it has been around for three decades and it's quite a prestigious event and looked at in high regard by the longboard community."

The ten-day festival is also renowned for its celebration of surf and beach culture.

"There's a beach bar that attracts people from all over Queensland and Australia," Josh said. "You can have a nice beach day on the sand, go for a swim and enjoy a drink or two and a meal in the beach bar, and it's styled like a luxe Bali beach club with affordable pricing."

There will be free events including panel discussions with professional and ex-professional surfers, displays of surf art and a showcase of digitally restored old surf films.

Josh said people wanting to see the world-famous Surfing Dog Championships on Saturday, 4 March at 3pm should arrive early.

"Usually we have around 7000 to 10,000 spectators," he said. "They line the beach, they line the rocks – it is a very big, global event."

"I'd like to thank the Noosa Malibu Club and World Surfaris. Without them, this festival wouldn't be what it is."

Entry to the festival is free. Spectators are encouraged to make use of the free bus service. For more information go to www.noosafestivalofsurfing.com

**2023 Noosa Festival of Surfing
3-12 March
First Point, Noosa Heads**



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CONSULTATION SCHEDULED FOR NEW BRIGHTON FORESHORE PLAN

STORY **ALYSSA MACKAY**

Brisbane City Council has committed to the development of a new concept plan for the Brighton Foreshore, with consultation due to commence early this year.

The announcement comes in response to an online petition by Deagon Ward Councillor Jared Cassidy, calling for Council to fund a comprehensive upgrade of the Brighton Foreshore.

Councillor Cassidy said he had been campaigning alongside locals for the upgrade since he had been elected.

"I've been determined to see this project come to life and after years of work I'm excited to see it take shape," he said.

"As one of the best places in Brisbane to access and enjoy Moreton Bay, the Brighton foreshore has been left behind when compared to Shorncliffe, Sandgate and Wynnum. With patches of unsafe footpath and complete lack of appropriate amenities, the stretch has been neglected for too long.

"The response to my recent petition showed just how important this project is to locals and visitors alike."

The petition closed last May with more than 550 signatures.

Last year, the local Federal member Anika Wells MP announced she would support the delivery of the plan to the value of \$5 million.

"This outcome is a real result of the hard work put in by our community campaign, petitions and local advocacy," Councillor Cassidy said.

"I want to thank all of our petitioners, the many locals that contacted me about the stretch and of course Anika Wells MP for her vital contribution. It's a real win for our community off the back of a sustained, grass roots campaign for essential local infrastructure."

Council said the new concept plan would consider elements of the parkland including pathways, greenspace, shade trees, lighting, picnic facilities, amenities and park furniture.

Councillor Cassidy said he was happy to hear Council would be progressing community consultation.

"I have been advised that community consultation will roll out in the next few months and encourage locals to really take the opportunity to be heard," he said. "There will be newsletters, a web page and public sessions. The more effective this consultation is, the better the outcome for all involved."

For Council's response to the petition go to www.epetitions.brisbane.qld.gov.au

For updates about the consultation process and how to provide feedback, follow Councillor Jared Cassidy on Facebook and Instagram or email deagonward@brisbane.qld.gov.au

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The Sands Social First Birthday Celebrations

STORY **PATRICIA HIGGINS**

A very social atmosphere is planned for The Sands Social's upcoming first birthday celebrations. The popular hospitality venue is described as a place where you can connect, dine, drink and play... by the bay.

According to Emily Robie, venue manager of The Sands Social, celebrations will run over three days from the first Friday in March and feature non-stop entertainment, including performances from local artists. "There are activities to keep all ages entertained and awesome promotions with lots of prizes to win," she said.

There will also be a range of amazing food and drink specials, a sausage sizzle on the Sunday afternoon, and much more on offer. And you can't have a birthday without cake! On Friday 3 March there will be a cake big enough for everyone to enjoy.

"Catch the first round of the NRL in the Bunpin

Bar and Lounge. Of course, we can't wait for the Dolphin's very first game against the Roosters at Suncorp Stadium," Ms Robie said.

Ms Robie said that the community support that The Sands Social had received in its first year of operation had been overwhelming, and that the team was very grateful.

"Our weekend-long celebration culminates a very busy first 10 months in the community. We've supported local organisations such as Volunteer Marine Rescue, local schools, PCYC, Meals on Wheels and Sandgate Golf Club through sponsorship and donations. We've also been the major sponsor of the Bluewater and Einbunpin Festivals and we are looking forward to connecting even more over the coming 12 months. We're thrilled to greet both new and seasoned customers and celebrate the venue's first birthday with everyone," she said.

Make a reservation via www.thesandssocial.com.au.

The Sands Social First Birthday Celebrations
Friday 3 March to Sunday 5 March
The Sands Social
50 Keogh St, Sandgate.

Local DINING GUIDE



Lower Moora Park,
Moora Park, Shorncliffe
Artisan Coffee & Gelato Bar
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!

Conveniently located next to Sandgate train station.
Open 7 days from 5.30am.



2 Queens Parade, Brighton
Wine Bar
0416 689 465

ECLECTEA

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

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



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



Preece's

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Local DINING GUIDE



Sinbad St, Shorncliffe

Bar Restaurant Functions

3269 4588

QUEENSLAND CRUISING YACHT CLUB

Feature: Sandgate's best kept secret right on the water. Fully licenced bar and restaurant. Modern Australian cuisine, extensive wine list and great coffee. Check out our website for opening times, events and function options. www.qcyc.com.au
All public very welcome!



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

Specialty Coffee House

0413 849 814

THE WIRED OWL COFFEE CO

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





227 Rainbow St, Sandgate

Café

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.



What's On.

Full Moon: 6 February
Rise Time: 7:14pm



02 THURSDAY

MORNING MELODIES WITH TRACY VAUGHAN

The Sands Social 11:30am

03 FRIDAY



TONY DEE

EclecTea 5pm



THE UPSIDE

The Sands Social 8pm



MIDNIGHT GROOVE

Full Moon Hotel 8pm

04 SATURDAY

SATURDAY ARVO SESH W MAK & FRIENDS

EclecTea 5pm

BENNETT (VIOLA) & TEDESCHI (PIANO)

Music By The Sea 7:30pm



BENEDICT & TEDESCHI

Sandgate Town Hall 7:30pm

BENEDICT (VIOLA) - TEDESCHI (PIANO)

Sandgate Town Hall 7:30pm

FIFTH AVENUE

The Sands Social 8pm

GAVRICK DUO

Full Moon Hotel 8pm

05 SUNDAY

MAKERS & SHAKERS-STITCHER'S SOCIAL

EclecTea 1pm - 3pm

Makers & Shakers is an afternoon of craft with like-minded people of all ages and abilities. BYO equipment: needles, hooks, hoops, wool and yarn. Huge selection of craft beer, spirits, wine, cocktails and nibbles available. Live music all afternoon!

BRETT WHITMORE

The Sands Social 1:30pm

ULTIMATE AUSSIE SESSIONS NIK&TUFFY

Full Moon Hotel 2pm

DENNIS COMINO

Bluenose Betty 3pm

07 TUESDAY

TRIVIA TUESDAYS 2023

The Sands Social 7pm

09 THURSDAY

MORNING MELODIES WITH DAVE CLAYTON

The Sands Social 11:30am

10 FRIDAY



LOCHIE MATTHEWS DUO

Full Moon Hotel 8pm

RADIO ACTIVE

The Sands Social 8pm



11 SATURDAY

JESS MARTYN

EclecTea 5pm

BAM DUO

Full Moon Hotel 8pm

POCO LOCO DUO

The Sands Social 8pm

12 SUNDAY

CANDICE LONG

The Sands Social 12:30pm

SUNDAY SOUNDS - PHIL GALLETLY

Queensland Cruising Yacht Club 2pm

MIDNIGHT GROOVE DUO

Full Moon Hotel 2pm

DUBLIN ROSE

Bluenose Betty 3pm

14 TUESDAY

TRIVIA TUESDAYS 2023

The Sands Social 7pm

16 THURSDAY

MORNING MELODIES WITH MARCO

The Sands Social 11:30am

17 FRIDAY



CHAMPAGNE JAM

The Sands Social 8pm

DANIEL STONEMAN DUO

Full Moon Hotel 8pm

18 SATURDAY

FTFOI & SOMETIMES NOBODY

EclecTea 5pm



THE DO DAHS DUO

Full Moon Hotel 8pm

KLUSTERFUNK

The Sands Social 8pm

19 SUNDAY

CHRIS STEVENSON

The Sands Social 1:30pm

DANIEL STONEMAN DUO

Full Moon Hotel 2pm

SUNDAY SOUNDS - FIGTREE JAM

Queensland Cruising Yacht Club 2pm

BEAVER DUO

Full Moon Hotel 2pm

ROB SZAKALY

Bluenose Betty 3pm

21 TUESDAY

TRIVIA TUESDAYS 2023

The Sands Social 7pm

23 THURSDAY

MORNING MELODIES WITH DAVE GRAY

The Sands Social 11:30am

OPEN MIC NIGHT AT QCYC

QCYC 7pm

24 FRIDAY

**BEAVER DUO**

Full Moon Hotel 8pm

JAMMING

The Sands Social 8pm

25 SATURDAY

KAFFENE

The Sands Social 8pm

THE DO DAHS DUO

Full Moon Hotel 8pm

26 SUNDAY

CASEY FOGG

The Sands Social 1:30pm

MATTY CLARK DUO

Full Moon Hotel 2pm

MATTY CLARK DUO

Full Moon Hotel 2pm

SUNDAY SOUNDS - RUSSEL BAYNE

Queensland Cruising Yacht Club 2pm

MABEL MCCORMACK

Bluenose Betty 3pm

28 TUESDAY

TRIVIA TUESDAYS 2023

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FEBRUARY TIDE TIMES

| TIME | M |
|---------------|------|
| 1 0648 | 2.19 |
| 1331 | 0.87 |
| WE 1856 | 1.62 |

| | |
|---------------|------|
| 2 0055 | 0.62 |
| 0738 | 2.28 |
| TH 1422 | 0.78 |
| 1950 | 1.68 |

| | |
|---------------|------|
| 3 0145 | 0.57 |
| 0821 | 2.35 |
| FR 1504 | 0.71 |
| 2033 | 1.74 |

| | |
|---------------|------|
| 4 0228 | 0.52 |
| 0900 | 2.39 |
| SA 1541 | 0.67 |
| 2110 | 1.80 |

| | |
|---------------|------|
| 5 0306 | 0.48 |
| 0936 | 2.42 |
| SU 1615 | 0.65 |
| 2143 | 1.85 |

| | |
|---------------|------|
| 6 0341 | 0.45 |
| 1009 | 2.44 |
| MO 1645 | 0.64 |
| 2215 | 1.90 |

| TIME | M |
|---------------|------|
| 7 0415 | 0.44 |
| 1040 | 2.44 |
| TU 1714 | 0.62 |
| 2247 | 1.94 |

| | |
|---------------|------|
| 8 0449 | 0.46 |
| 1110 | 2.42 |
| WE 1743 | 0.60 |
| 2322 | 1.96 |

| | |
|---------------|------|
| 9 0524 | 0.51 |
| 1140 | 2.36 |
| TH 1812 | 0.60 |
| 2359 | 1.98 |

| | |
|----------------|------|
| 10 0600 | 0.60 |
| 1211 | 2.28 |
| FR 1842 | 0.60 |

| | |
|----------------|------|
| 11 0037 | 1.97 |
| 0639 | 0.70 |
| SA 1243 | 2.17 |
| 1914 | 0.61 |

| | |
|----------------|------|
| 12 0120 | 1.97 |
| 0725 | 0.81 |
| SU 1320 | 2.03 |
| 1950 | 0.63 |

| TIME | M |
|----------------|------|
| 13 0213 | 1.97 |
| 0824 | 0.92 |
| MO 1410 | 1.87 |
| 2038 | 0.67 |

| | |
|----------------|------|
| 14 0323 | 1.99 |
| 0944 | 0.98 |
| TU 1520 | 1.73 |
| 2145 | 0.69 |

| | |
|----------------|------|
| 15 0446 | 2.08 |
| 1118 | 0.94 |
| WE 1648 | 1.66 |
| 2305 | 0.66 |

| | |
|----------------|------|
| 16 0605 | 2.23 |
| 1248 | 0.82 |
| TH 1811 | 1.69 |

| | |
|----------------|------|
| 17 0020 | 0.58 |
| 0711 | 2.41 |
| FR 1400 | 0.67 |
| 1922 | 1.79 |

| | |
|----------------|------|
| 18 0128 | 0.46 |
| 0809 | 2.57 |
| SA 1457 | 0.53 |
| 2023 | 1.90 |

| TIME | M |
|----------------|------|
| 19 0228 | 0.35 |
| 0900 | 2.69 |
| SU 1546 | 0.43 |
| 2115 | 2.02 |

| | |
|----------------|------|
| 20 0321 | 0.26 |
| 0946 | 2.75 |
| MO 1631 | 0.37 |
| 2203 | 2.11 |

| | |
|----------------|------|
| 21 0410 | 0.23 |
| 1030 | 2.74 |
| TU 1712 | 0.35 |
| 2249 | 2.19 |

| | |
|----------------|------|
| 22 0456 | 0.26 |
| 1111 | 2.66 |
| WE 1748 | 0.36 |
| 2332 | 2.23 |

| | |
|----------------|------|
| 23 0540 | 0.36 |
| 1149 | 2.50 |
| TH 1823 | 0.40 |

| | |
|----------------|------|
| 24 0015 | 2.23 |
| 0623 | 0.51 |
| FR 1227 | 2.30 |
| 1856 | 0.47 |

| TIME | M |
|----------------|------|
| 25 0059 | 2.20 |
| 0709 | 0.68 |
| SA 1303 | 2.07 |
| 1928 | 0.55 |

| | |
|----------------|------|
| 26 0145 | 2.14 |
| 0800 | 0.86 |
| SU 1344 | 1.84 |
| 2004 | 0.65 |

| | |
|----------------|------|
| 27 0240 | 2.07 |
| 0904 | 1.00 |
| MO 1434 | 1.64 |
| 2051 | 0.75 |

| | |
|----------------|------|
| 28 0349 | 2.03 |
| 1036 | 1.05 |
| TU 1554 | 1.51 |
| 2158 | 0.83 |

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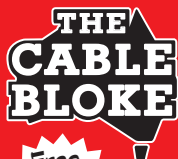
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| E | V | O | E | R | A | I | E | M | O | | | | | | | | |
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| T | R | C | T | W | Z | A | | | | | | | | | | | |
| R | A | T | I | O | N | A | L | A | P | P | L | I | C | A | N | T | |
| Y | | P | | | T | | | R | L | | | | | | | | |
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| P | V | E | | | C | U | R | I | E | N | | | | | | | |
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PROPER ESTATE PLANNING IS MORE THAN JUST A WILL.
WE WANT TO KNOW WHAT IS IMPORTANT TO YOU,
NOT JUST PROVIDE YOU WITH EXPERT ADVICE.

We can help you plan for difficulties that may arise from common issues, including:

- ✓ protecting an inheritance from divorce or separation;
- ✓ keeping your wealth within your family;
- ✓ reducing estate claim risks; and
- ✓ managing tax implications.

Contact us on 07 3269 8111 or sandgate@gillandlane.com.au for more information and to create an estate plan that is right for you (and your family).

We can also help you with:

- ✓ enduring powers of attorney;
- ✓ deceased estates;
- ✓ buying and selling property; and
- ✓ leasing and commercial property.

CONTACT US

Phone: 07 3269 8111 | Fax: 07 3269 9160 | Email: sandgate@gillandlane.com.au
Web: www.gillandlane.com.au | ABN 555 907 562 402

8 Fourth Avenue, Sandgate, Queensland | PO Box 21, Sandgate, QLD, 4017

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