+ BRIGHTON | SHORNCLIFFE | BRACKEN RIDGE | DEAGON | BOONDALL



# BAYSIDE DIVAS

### ARE BACK FOR THEIR **BIGGEST SHOW** OF THE YEAR

LOCAL ARTIST TAKES TOP HONOURS IN BALD ARCHY OUR LITTLEST LOCALS SPOIL MUM ON MOTHER'S DAY TRADES SERVICES & DINING GUIDE SECTIONS INSIDE



lunch & dinner til late (7 days) - craft beer - wine - cocktails - functions

73 Rainbow Street, Sandgate

howdy@bluenosebetty.com.au | www.bluenosebetty.com.au | 3269 3258 | f O

### Northside Family Law Centre

# All your family needs, in one place.

**Northside Family Law Centre** is your local family law firm. We offer city experience, with local convenience. Providing expert advice in the areas of Family Law, Wills and Estates and Conveyancing.

- Family Law
- Children's matters
- Conveyancing

- Wills and Estates
- Power of Attorney
- Domestic Violence

# Ask us about preparing for your family's future

Sandgate | 07 3733 1234 89 Brighton Road, Sandgate Qld 4017 Chermside | 07 3062 7000 1 Kingsmill Street, Chermside Qld 4032

#### www.northsidefamilylaw.com.au

## A Note



#### FROM THE EDITOR

big welcome to May! The nights are a little cooler but the day's are still glorious. And inside the pages of this month's Sandgate Guide you will find lots of great entertainment and events to warm up the cooler nights!

From us all at the Sandgate Guide, we want to take this opportunity to wish all the mums, grandmothers and important women in our children's lives a very happy Mother's Day. We hope you enjoy your special day!

This month, National Volunteer's Week is 15-21 May. This is an opportunity to acknowledge, celebrate and to thank volunteers for the incredible contributions they make each and every day to our community.

The theme for 2023 is 'The Change Makers'. Volunteers are the backbone of many of the wonderful community service organisations in the 4017. If you are interested in volunteering, organisations like SANDBAG, Sailability, Nexus Care, and your local community centre would encouraged you to jump online or give them a call.

Don't forget to support our local small business by using the handy trades and services directory and dining guide inside every month's issue of the Sandgate Guide!

Our GuideCast this month features local Nadeen Payne. Join me by scanning the QR code below to hear more from this talented basketball player and children's book aurther.

So until next month, grab a cuppa and happy reading - and listening! Jodie

## Contents

06 BAYSIDE DIVAS ARE BACK FOR THEIR BIGGEST SHOW OF THE YEAR

Gather your family and friends and come together at Sandgate Town Hall to celebrate through song with The Bayside Divas' biggest performance of the year.

18 LOCAL ARTIST TAKES TOP HONOURS IN BALD ARCHY

Sandgate artist Marty Steel has taken home top honours in Australia's most irreverent art prize, the Bald Archy.

- 08 OUR LITTLEST LOCALS SPOIL MUM ON MOTHER'S DAY
- 60 **DINING GUIDE**
- 65 WHAT'S ON MAY Gigs & Events
- **80 TRADES AND SERVICES**



The Sandgate Guide is intended for informational purposes. The Publisher and other affiliated parties do not endorse and are not responsible for any third-party contributor information, nor do we endorse the content of any advertisement. Our editors take reasonable care in the development of this publication. However, we do not assume any responsibility for any errors or omissions this Guide may contain.



#### **HEADACHES • NECK PAIN • BACK PAIN SCIATICA • WHOLE BODY ADJUSTING** 1 on 1 chiropractic care



Pain Relief: Our aim is to relieve your pain and inflammation as soon as naturally possible

Tissue Repair: using techniques that speed up the natural healing process for sprained & strained tissues.

**Restore movement:** correcting the underlying biomechanical issues that lead to tissue damage.

#### **RELIEF – REPAIR – RESTORE & MORE!**

Coast to Country Chiropractic is back, bigger & better than ever!

- Open 6 days a week
- Multiple practitioners
- Chiro, soft tissue, needling, taping, natural supplements and more!

Present this docket to receive

your initial appointment

.One Docket per Person



Suite 3, The Laurels Arcade 113 Brighton Rd, Sandgate

## Ph 3269 5474

www.c2c.com.au

Find us on

## **THE BAYSIDE DIVAS** ARE BACK FOR THEIR **BIGGEST SHOW** OF THE YEAR

#### STORY KELLY WALKER

ather your family and friends and come together at Sandgate Town Hall to celebrate through song with The Bayside Divas' biggest performance of the year.

Suzan Pekol, current Choir Coordinator, explained that this year's main performance event is called 'Connections' and will explore the various connections that humans make with one another throughout their lifetimes.

"Each of us has our own unique set of connections," she said. "Some of these may be romantic connections while others may be the bonds of friendship, family, or faith."

Christine Reed, Concert Coordinator for the group, adds that their hope is that each of the songs from their performance will have its own special connection for each audience member.

"Our opening song comes from Kenya and will be followed by an eclectic mix of titles from artists such as Eric Clapton, Coldplay, Andrea and Matteo Bocelli, Bruno Mars, and the Beatles," she said. "The concert will be a lovely way for family, friends and community members to share the joy that our choir members find in singing together."

The choir currently has 45 members, many of whom have been with the Divas since the group officially started in 2004. "I have been with the group for 17 years," said Suzan. "Sometimes members have to leave for various life reasons, but we always say, 'Once a Diva, always a Diva!'" The longevity of the choir can be credited to the real sense of community within the choir and the strong support system for all of its members. "Our highly acclaimed Musical Director, Sandra Milliken, has been with the choir for the majority of the 19 years," said Suzan. "We all share a love for singing and enjoy coming together to share that passion and develop friendships."

Suzan encourages any interested ladies who have a desire to get up on stage and sing to come out and give the choir a shot. "We invite ladies to join the choir via three intakes a year," said Suzan. "It's a very simple and painless 'nonaudition' process."

The choir performs multiple events throughout the year and travels both within Queensland and to other states to participate in festivals.

"Some of our regular performances include the annual Einbunpin Festival, various local Christmas events, and the Sandgate Australia Day Citizenship Ceremony," said Suzan.

"We love to take our voices to the community whenever we get the chance!"

#### Bayside Divas - Connections Concert Sunday, June 4, 2pm and 5.30pm shows Sandgate Town Hall Corner of Cliff and Seymour Streets, Sandgate

Tickets prices range from free - \$25 and are available at www. trybooking.com/CHNJU

# Hearing is believing.



## Hear better in 60 days or your money back!\*



Rechargeable and discreet hearing solutions, so you can hear better, live better.

5 year warranty and Hear Now, Pay Later finance options available\*

ihear are proud specialists in Starkey Hearing Technology devices





## Book an appointment now!

\* Terms and conditions apply. Please see website, ihear.com.au for details

#### AUSTRALIA'S HIGHEST-RATED HEARING SERVICES PROVIDER

ihear Life is worth hearing www.ihear.com.au Shop 3, 12 Lagoon Street, SANDGATE

PH: 3269 0005



# OUR LITTLEST LOCALS **SPOIL MUM** ON







Liam 8, Ryan 6, and Lincoln 4 The boys want to take her out for dinner, will make mum a card and take her to the skate park.



#### Isabella 6, and Sophia 3

Isabella is going to get mum her favourite coffee - an iced latte! Sophia will give her mum a big hug and kiss.



#### Harry 9, Juke 13, and Milla 9

Luke, Harry and Milla are going to make their mum breakfast in bed and surprise her with a card they made.



<u>Ily 7</u> *MIA Daisy 5* On Mother's Day the girls will surprise mum with her favourite cup of tea and make her a Mother's Day card.



Abby age 8, James age 4 Abby and James know their mum loves it when they make her a card, so they will surprise her on Mother's Day with a homemade card.



## AUSTRALIAN TRADECOLLEGE



## Year 10 Cadet Program Mid-Year Entry

Accelerate your school-based apprenticeship opportunities through our flagship Business and Industry Work Experience programs

The Trade College is a purpose built independent senior school offering on-site vocational training for Year 10, 11 and 12 students located on Brisbane's Northside. Discover the opportunities for Year 10 students in our Semester 2 Cadet program. Register Now for our next Information Event and Campus Tour.

- Automotive
- Commercial Cookery
- Construction
- Information Technology
- Cabinet Making
- Electrotechnology
- Hairdressing and Barbering
- Metal Engineering
- Plumbing
- Health Services
- Early Years Education

#### New Courses for 2023

- Early Years Education
- Health Services
- Information Technology



Take a Virtual College Tour online today tradecollege.com.au

3880 4331

# Scan to register!



Information Event & Campus Tour Tuesday 16th of May, 6:00pm



#### STORY DONNA PHILLIPS

Known as "... the best band in the world" - New York Times, The Necks return to Sandgate to promote their latest album, Travel. Chris Abrahams (piano, Hammond organ), Tony Buck (drums), and Lloyd Swanton (double bass, bass guitar), will perform an improvised concert on May 6. The trio's sound defies neat labels; at a pinch avant-garde jazz might, though not guite.

JURE Immerse yourself in an evening of elegant classics with György Déri (cello) and Roger Cui (piano) on June 3. Imagine this for a moment if you will. You're sitting with eyes closed, listening and feeling at the same time, allowing the music of the old masters to wash over you. Today, science tells us the benefits for both mind and body are measurable. But we know the immeasurable effects, don't we!

The duo is highly accomplished, with lengthy, worldly bio's. Here's just a snippet from their press release. After taking up the cello as a six-year-old, György Déri (Hungary) went on to become an active soloist, orchestra and chamber musician, with more than 1000 performances to his credit.

As a soloist he performed with the Symphonic Orchestra of the Hungarian Radio, conducted by Zoltán Kocsis. Déri was appointed associate professor of the Ferenc Liszt University of Music and the István Széchenyi University in Győr. And in 2020 a senior lecturer at Griffith University Conservatorium. Recently he founded a pianocello duo with Roger Cui.

Enter Roger Cui. An internationally acclaimed concert pianist, he's described by Badische Neueste Nachricht as "a pianist with not only impressive virtuosity, but poeticism in depth".

The runner-up of 2007 Lev Vlassenko Piano Competition at the age of 18, Cui has been awarded major prizes from piano competitions both in Australia and overseas. He's also collaborated with professional organisations such as the Staatsoper Hamburg, Staatsoper Gießen and Opernloft.

Now, give your imagination a rest. And if you will, consider being there for an empirical night of absolute delight.

> The Necks Sandgate Sandgate Town Hall Saturday, May 6, 7.30pm

György Déri (cello) and Roger Cui (piano) Sandgate Town Hall Saturday, June 3, 7.30pm

Bookings: www.musicbythesea.com.au

MAY 2023





## WEED SPRAYING

- Bindii 🛛 Oxalis
  - **Clover** Dandelion
- Nutgrass
   Onion
   Weed
- Paspalum

Normally \$125 Lawn areas up to 250m²

- Carpet Grass
- And Many

Others

- LAWN GRUB **SPRAYING**
- Lawn Army Worm
- Sod Web Worm
- Black Beetle
- Caterpillars



## 1800 245 955 www.coochie.com.au

FREE on-site professional lawn inspection & advice



"I always go into the ring knowing that I have conditioned my body and mind to the greatest extent possible," he said. "I was pretty confident going into the fight and just enjoyed myself and the experience. There's no point in doing it if you aren't having fun."

As an experienced competitor, Luke had already achieved other state titles as well as a Muay Thai Australia National Title, however, this was his first belt from WKBF. Regardless of how many competitions he has won, the incredible feeling he gets from winning never disappoints. "Those moments make all of the hard work and training worth it," he said. "It's the greatest high knowing that all of the long hours and commitment have paid off."

Luckily, Luke will have his

#### chance to chase that winning high again very soon when he travels to New Zealand.

"This is another step towards my ultimate goal and an opportunity for me to show my skill and dedication to the world," said Luke. "It's also a chance to make all of the people who have helped me get here proud."

One of the people who is most proud of Luke is his mum. "She is my biggest support person and will be attending on the night," he said. "She has been there since the very beginning and continually motivates me at home. Every trial and tribulation I go through, she is there with me and always has my back."

Luke explained that his training gym is like his second home and that Muay Thai has prepared him for so much more than just his big matches. "This sport pushes me in ways I didn't think would be possible," he said. "I don't only love the physical capability that it gives me, but also everything else it prepares me for. It helps me to mentally to take on everything else life throws at me."

#### Luke Fraser

## SANDGATE'S VERY OWN SETS SIGHTS ON AN INTERNATIONAL TITLE

#### STORY KELLY WALKER PHOTO BRUCE REDMAN

t just 16 years old, local athlete, Luke Fraser, is a Queensland World Kickboxing Federation (WKBF) Welterweight champion and will be on his way to New Zealand in May to fight for a South Pacific title.

With 7 years of training under his belt, 5 of those with JTA Training Systems in Sandgate, Luke said that he felt pretty confident leading up to the competition.



TMJ & Sleep Therapy Centre of Brisbane INTERNATIONAL www.tmjsleepbrisbane.com.au info@tmjsleepbrisbane.com.au

3269 2064 119a Brighton Road, SANDGATE

TMJ Sleep Therapy Centre of Brisbane is dedicated exclusively to the treatment of:

- ✓ Chronic pain & sleep
- ✓ Snoring
- ✓ Obstructive sleep apnoea
- ✓ TMJ disorders

- ✓ Chronic pain of the head, face & neck
- ✓ Primary headaches & migraines
- ✓ CPAP intolerance
- ✓ Adults & children





Dr Andrew Bachour BDSc (Hons) MACNEM MScMed (Sleep Medicine)

## GET ACROSS YOUR MONEY MATTERS

#### STORY EMMA HARLEY

#### inancial matters for older residents can get complex, uncomfortable and in some cases, disastrous.

To help ensure Bramble Bay retirees are staying on top of their financial circumstances, the Brighton Wellness Hub in partnership with Caxton Legal Centre's Senior Financial Protection Services are offering a free community education session on how older residents can make educated financial decisions to protect their position later in life.

Brighton Wellness Hub engagement support officer Katie Chan said the session would help people think about how their finances could affect their future.

THE VOICE OF A SAINT

STORY EMMA HARLEY

ou might remember the Australian Girls Choir from the Qantas ads where I Still Call Australia Home rang beautifully across some of the most iconic scenery and destinations in the land.

And for St John Fisher College student Debbie Sibona, her pitch-perfect pipes has seen her join the AGC ranks in 2023.

Debbie is one of just 58 members selected to go on a national tour for the choir starting in September in South Australia.

"I've been in the Australian Girls Choir since 2020 and this is my first tour," she said. "I've never really done anything like this before "It is a free information session that will cover issues such as wills, enduring power of attorney, advanced health directives, loaning money, and much more," she said.

"We invite anyone to attend who may be interested in learning about how to make informed financial decisions and protect finances later in life."

There will be time allocated to ask questions of the experts running the session, and Kate encouraged attendees to check out the hub's other services.

"The Brighton Wellness Hub provides a space for our community to access health information, activities and services – most free, some with a small free. Our activities change regularly but information on how to achieve a healthy life is available daily," she said.

The financial session for older residents is on May 5 from 10-11.30am. Entry is free.

#### Brighton Wellness Hub Cnr Nineteenth Ave and Hornibrook Hwy, Brighton

so I'm looking forward to what this experience gives me.

"While my main goal is to become a doctor, I've always had artistic aspirations and it would be a dream to release a song one day."



St John Fisher College acting principal Britt Gurnett said the college was so proud to have a high calibre musical talent such as Debbie in their community.

"Debbie is a member of our College Rock Band, an incredibly talented student and vocalist, and we are proud of her most recent success of securing a spot on the AGC National Tour," she said.

The National Tour will take place September 15 - 27.

## TURE CLINIC

All dentures made and repaired on site by our qualified technicians

Come in

#### **Our Services**

ANZAC AVE

Implant Dentures • Suction Effective Dentures Full & Partial Dentures • Same Day Denture Reline Service Emergency Denture Repairs • Flexible or Semi- Flexible Dentures Sports Mouth Guards-Custom Fitted • Home Visits Private Health & DVA Gold Card Provider Payment Plan is available



#### Let us keep the smile on your face!

Anzac Avenue Denture Clinic 119 Anzac Ave, Redcliffe, QLD 4020 Ph: 07 3883 2400 Fax: 07 3883 2337 e: anzacavenuedentureclinic@gmail.com www.anzacavenuedentureclinic.com

Sandgate Denture Clinic Suite 6/ 113 Brighton Rd, Sandgate, QLD 4017 Ph: 07 3869 3361 e: admin@sandgatedentureclinic.com www.sandgatedentureclinic.com



#### ASK ABOUT OUR PAYMENT PLAN

Zillmere Denture Clinic Shop 3/ 67 Dunsford St, Zillmere, QLD 4034 Ph: 07 3265 7652 e: admin@zillmeredentureclinic.com www.zillmeredentureclinic.com



## **MAKING RETIREMENT GREAT**

#### 'Not So Secret Men's Business'

#### STORY NICK ALFORD

ow should I spend my retirement? This can be a tricky question, even for those of us who may be decades away from hanging up our work boots.

As a bloke in my early 40's I've heard that Men's Sheds are a great way to keep you busy, even before retirement. I had too many questions, can anyone join, what are the benefits? I wanted to find out more, so I spoke with the Secretary of Sandgate Men's Shed Inc. Ross Smith.

"Mens Sheds are places where men can meet and engage in meaningful activities at their own time and pace. The range is broad, pyrography, metalwork, art, pottery, travel, visits to places of interest, photography, cooking, discussion groups." Ross said.

"Some have set up gyms and formal gym programs, theatre nights, recycling pallets into bagged kindling and fundraising."

The good news is if you're like me and aren't particularly handy Men's Sheds take all aspects of health into consideration.

"Some guys join to learn new skills from others whether this is a trade skill or they might have IT, management skills, or just be prepared to do anything useful to help others." Ross said. If this sounds like something you're interested in or would like to know more, the Sandgate District Men's Shed are holding a 'Making Retirement Great' symposium aimed to offer help to those who may be suffering from mental illness or who just need a safe place to hang out with likeminded blokes.

John describes the symposium as a great opportunity to hear from researchers from the University of the Sunshine Coast, excellent learning facilities and a further 8 speakers experienced in community services.

The Symposium is all about men and how they can live their best life but Ross said it is open to all.

"We hope our men's shed mates and their partners will join us. It's a public event for everyone in the community."

You may have friends you can confide in but I find it's always helpful to speak to someone with a fresh outlook. I'll leave you with a final word from Ross to help put things in perspective "There is no instant replay button on today. Make the best of it."

You can find out more about the here www. sandgatemensshed.com.au

Making Retirement Great Symposium Wednesday 7 June, 9am-3pm Uni SC Morton Bay 1 Moreton Parade, Petrie

#### Our community are our **#1 PRIORITY**



## Electroplumb

## Call Chris today for a **FREE Consultation**

0452 477 612

#### ELECTROPLUMB.COM.AU

# **\$25 BBQ CYLINDER REFILL**

Direct Local Independent Family Owned

CD DROP & SWAP 3.7KG BROP & SWAP 8.5KG

#### 85 Kempster Street, Sandgate Q 4017

1300 20 30 34 www.directgas.co

## LOCAL ARTIST GETS THE NOD FROM COCKY CRITIC

Marty Steel and his winning entry

STORY BROOKE JACOBSON PHOTO BRUCE REDMAN

#### **S** andgate artist Marty Steel has taken home top honours in Australia's most irreverent art prize, the Bald Archy.

It's the fourth year Marty has entered the competition, and after being a finalist two years running, and runner-up last year, he's cracked first place in 2023.

"I was delighted," Marty said, speaking to the Sandgate Guide.

"I guess art is seen as being quite a serious thing a lot of the time, but the Bald Archy is very different, it's great."

Arts administrator Peter Batey, OAM, established the Bald Archy Prize in 1994 as part of the Coolac Festival of Fun in regional NSW.

The Bald Archies were created purely for fun and are in fact the only art prize judged by a sulphur crested cockatoo.

"It was meant to amuse – apparently a problem with people who believe audible laughter shouldn't be permitted in an art gallery, let alone unsolicited conversation with a complete stranger," Peter said at the time.

"It takes 11 galahs to judge the Archibald, but only one cockatoo to judge the Bald Archy."

Peter passed away in 2019. Marty's winning portrait was inspired by Peter and his sense of humour – it depicts him riding his cockatoo, Maude, as they fly through the sky together.

"The Bald Archy is a great thing, and I'll certainly



be entering again next year," Marty said.

"First prize is \$10,000, which is pretty good considering second place at the Archibald gets \$3000."

Marty added he appreciated the artistic community in the 4017 and the support of his family.

"There's a very buoyant art scene here and it's fantastic," he said.

"I have a lot to do with the people at Northside Art, and they're so amazing and helpful; with shops like that supporting us, it's no wonder there's such a good art scene here.

"My family has been so supportive of me as well, particularly my wife Gill."

The Bald Archy entrants are currently on tour in NSW. For more information about the prize, and to see Marty's winning entry, go to: https://baldarchy.com.au



## Prep Enrolments Open!

#### Discover the Sacred Heart difference

Nestled in the centre of historical Sandgate, Sacred Heart is a primary school with heart. Our students are inspired to make a difference in their future and the future of others while being leaders in their learning journey.

With learning at our heart, we strive to be collaborative, curious, and creative, guiding each student in their pursuit of excellence. Sacred Heart is a safe and inclusive learning community that respects, values, and seeks to assist each student to succeed and flourish in all aspects of their schooling.





Discover the Sacred Heart difference. Apply today.

shssandgate.qld.edu.au

92 Brighton Road, Sandgate QLD 4017 **P** 07 3269 3427

😿 A Brisbane Catholic Education School



#### STORY KELLY WALKER



#### **IZAK AND CARA** LABRADOR **RETRIEVERS, 9 AND** 13 YFARS

Hi! I'm Izak and this is my best friend Cara. Before Cara joined our family, I used to be a bit of a menace,

but she has been such a good influence on me that I'm now a perfect little angel. I was originally destined to work for the Australian Border Force, but things didn't work out (thankfully), so now I get to spend my days with Cara and our lovely human siblings - Nya, Macey, Tilly and TJ. When we play fetch, Mum will throw the ball and I'll chase it and drop it off even further away. Then Cara will go collect it and bring it back to mum we have great teamwork! At the end of the day, we love to curl up together, Cara often resting her head on me - just the way I like it.



Snowball and Ginger

#### SNOWBALL AND GINGER BOTH 2 YEARS. 8 MONTHS

Hi! We're Snowball and Ginger - two of the cutest guinea pigs you've ever seen. It's no wonder our human siblings, Emilia and

Milo, spoil us so much! We love spending most of our days outside and enjoy having our own space - except when mum brings us lettuce and corn of course. Although Ginger can be a little shy sometimes, we both love curling up with Emilia when she watches TV as she's very gentle with us. We also love snuggling up under a blanket together at night in our indoor pen. We're not all that vain, but we do like to keep up our beauty routine with our monthly baths and a haircut once every three months - pretty low key for two gorgeous gals like us!

## **ROCK UNDER THE CLOCK: MEMORABLE HITS FROM THE** SILVER SCREEN

#### STORY NADIA CHAPMAN

#### f you are looking for a night full of nostalgia, with all the glitz and glamour, our little corner of Sandgate has it all.

In its 11th year, Rock Under the Clock is hosting a Saturday Night at the Movies event on the 20th of May at the Sandgate Bowls Club.

Featuring iconic dance tunes from the silver screen, locals can expect an awe-inspiring evening full of "Walk of the Stars" floor tiles, lifesize gold Oscars, and plush burgundy bollards, leaving you feeling like a true Hollywood star.

The glamorous theme of the night extends to table seating with iconic movie titles to support the nostalgic ambiance.

To make a good show great, The Blues Brothers will be one part of the night's entertainment and will complement the music with their humorous routines.

But the entertainment doesn't stop there! A live stage performance will take place, with Jim Hansen & The Sonics, with guest star Nicky Steel.

Rock Under the Clock hosts these events to raise funds for Queensland Blue Light Inc. a QLD police service program. All funds raised will support the organisation to continue to encourage better relations between the police, youth, their parents, and the community.

Bookings are essential, and tickets start at \$29.

Saturday Night at the Movies Saturday 20 May, 6pm-onwards Sandgate Bowls Club Keogh St, Sandgate.



Private Health Funds • DVA • EPC Referrals

#### **Fiona Green** Podiatry tel. 3269 3795

Shop 11/15 Lascelles St Brighton Shop 7 Sandgate Arcade Cnr Brighton Rd & Second Ave Sandgate



Lactation Consultant International Board Certified Lactation Consultant Breastfeeding and Parenting Support.

#### www.empoweredlactation.com.au

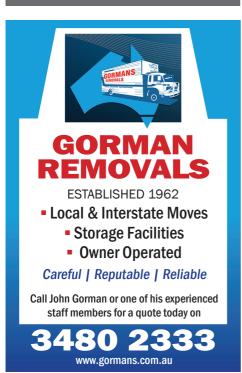
Now consulting in Sandgate at the Sandgate Physical Health Clinic 119 Brighton Rd, Sandgate On a Thursday evening, Friday & Saturday

By appointment only. Book online or call Marney on 0458 588 647





#### Holiday care for your cat at home! 0407 159 903 www.felipefeeders.com.au





## STEP OUT AGAINST DOMESTIC AND FAMILY VIOLENCE

#### STORY ALYSSA MACKAY PHOTO PAUL NEIL PHOTOGRAPHY

#### or more than 25 years, the Sandgate and Bracken Ridge Action Group (SANDBAG) Inc has been organising walks and events to raise community awareness of domestic and family violence (DFV).

This month, to honour Domestic and Family Violence Prevention Month, SANDBAG will host Celebrating Women's Wellbeing and Their Recovery Journeys on Thursday, 25 May, as well as the Annual Peaceful Walk and Tree Planting Ceremony.

SANDBAG Inc's Manager for Domestic and Family Violence Counselling Services, Kym de Thierry said the women's wellbeing event would be held to remember the survivors of DFV and honour the lives lost.

"The event will commence at 10am at SANDBAG Inc Community Centre for the women, young people and children of our community," Kym said. "There will be agency stalls, self-care corners, art and craft activities, pre-loved clothing stalls, food, children's playgroup, and music to enjoy."

Special guest speakers will include the chair of the board of directors for The Allison Baden-Clay Foundation, Vanessa Fowler, who will discuss coercive control, and Anita East, CEO of Anita East Medispa, a clinic specialising in non-surgical cosmetic medicine.

Kym said following the event, the 4017 community and surrounding suburbs were invited to come together at Einbunpin Park Lagoon for the Annual Peaceful Walk and Candle Lighting Ceremony.

"This year, the walk will be led by a group of young men who attend Shorncliffe's St Patrick's College," she said. "This is to highlight the importance of young people being included in the eradication of DFV, saying no to domestic violence and yes to healthy relationships."

Later this month, the community are also encouraged to attend SANDBAG's Annual Tree Planting Ceremony on Wednesday, 31 May. Those keen to attend will plant more trees along the Bald Hills and Bracken Ridge waterway in honour of those who have lost their lives to DFV, and the families left behind.

"When we nurture nature, it survives and thrives," Kym said. "Similarly, when we nurture and support women and children impacted by abuse, we help them to grow and thrive, to recover and to go forward as active community members."

Phone 3869 3244 for more information.

#### Celebrating Women's Wellbeing and Their Recovery Journeys

Thursday, 25 May, 10am-2pm SANDBAG Inc Community Centre 153 Rainbow Street, Sandgate.

#### Annual Peaceful Walk and Candle Lighting

Ceremony Thursday, 25 May, 3:30pm Einbunpin Lagoon, Sandgate.

#### Annual Tree Planting Ceremony

Wednesday, 31 May, 10am Kyeema Crescent, Bald Hills

# WE'RE HERE FOR YOU! Dental Excel is proud to be a part of the MARLEY DENTAL GROUP

#### **FAMILY DENTISTRY**



## NOW OPEN FOR ALL PROCEDURES

**COVID-19 Screening measures in place to ensure safety** 

Dental Excel is grateful for the dedication of our staff who have been there for your emergency treatments throughout this crisis. We are still here for you and still adhering to strict hygiene precautions to keep you and us safe.

## Bulk Billing Medicare Child • Dental Benefit Scheme for Eligible 2-17 yrs

Family Dentistry • General Dentistry • Cosmetic Enhancements
 Zoom© Teeth Whitening • Veneers • Crown and Bridge • White Fillings
 Preventative Dentistry • Children's Care • Gum Disease Maintenance
 Dentures and Veterans Affairs • Dental Implants

### PAYMENT PLAN-NO INTEREST EVER (conditions apply)

after**pay^7 22ip** money

## Ph: 3261 4222

2 /57 Gawain Road, Bracken Ridge Open Monday to Saturday Early and Late Appointments www.dentalexcel.com.au **Ros and Cate** 

## A PODCAST FOR THE AGES

#### STORY EMMA SANDERS PHOTO JOHN PIRES PHOTOGRAPHY

www ith a strong friendship, a passion for life and a bedroom recently converted into a recording studio, local ladies Ros McMaster and Cate Shaw have thrown themselves into the world of podcasting with their own creation, Ironing Out the Wrinkles.

Geared towards changing listeners' perceptions about what it means to get older, the podcast features professionals from a range of fields, aiming to educate, motivate, support and inspire.

"While comparing our beauty routines over coffee one day, Cate and I realised how very differently we approached this second stage of our lives," Ros said. "And so the idea for the Ironing Out the Wrinkles podcast was born.

"After my last child finally flew from the nest, I decided it was the perfect opportunity to get the podcast off the ground.

"Leaning an old mattress against the windows, a soundproof recording studio was created and Ironing Out the Wrinkles came to life in the bedroom of my humble home in the backstreets of Sandgate."

Starting as some lighthearted fun, the podcast soon became part of a larger movement geared towards stamping out ageism. Ros and Cate saw it as their chance to make a difference. "Ironing Out the Wrinkles looks at all issues related to 'older-hood' - a quaint word for ageing that I borrowed from our guest and television presenter Kay McGrath," Ros said.

"For instance, psychologist Suzanne explains how to stop enabling adult children and set boundaries, Maggie Shambrook speaks about systemic issues and solutions related to older women finding themselves homeless, and ageism activist Ashton Applewhite tells us how we're colluding in the ageism narrative with the language we use.

"The Dating Doctor even teaches us how to flirt again!

"We also talk to everyday folk who share their secrets to ageing and how to navigate the challenges that come with it."

Firm friends for over 15 years, Ros and Cate have brought their two unique personalities to the podcast, resulting in some fun banter and entertaining listening.

"After interviewing us on his 4BC morning radio program, Spencer Howson commented on how much he loved the Yin Yang vibe we had," Ros said.

"It was a playful description of just how wonderfully different Cate and I are - it means wherever you're at on your journey through ageing, between the two of us, we can relate."

For more information on the podcast visit rosmcmaster.com/ ironingoutthewrinkles/



Next day orthotics • General nail and skin care
 Diabetic foot care

3269 4273 | 14b Fifth Avenue, Sandgate www.sandgatepodiatry.com.au



Treating Pain & Inflammation | Gut Health | Anxiety Auto-Immune | Viral Support



YOUR FRIENDLY NEIGHBOURHOOD BAF

#### CRAFT BEER ~ COCKTAILS GIN ~ LIVE MUSIC ~ TRIVIA FOOD TRUCKS

OPEN THURSDAY - SUNDAY

#### CHECK OUT FACEBOOK FOR What's on this week

**DOG FRIENDLY BEER GARDEN!** 

"Delicious cocktails and smiling service, always!" ~ Olivia

#### **69 BRIGHTON RD SANDGATE**





## SHUCKS, WHAT A GREAT ECO IDEA

#### STORY EMMA HARLEY PHOTO BRUCE REDMAN

They're a delicacy, an aphrodisiac, a staple on menus at the best restaurants and an Aussie pub favourite - best consumed while slathered in bacon and worstershire sauce.

But the not-so-humble oyster shell is also helping to clean up the waters of Moreton Bay and Brisbane River thanks to a clever initiative from a coalition of sustainability-conscious groups.

Colin Scobie, the vice-president of Rotary Moreton Bay at Redcliffe and an Environmental Sustainability Rotary Action Group ambassador, is helping businesses to collect empty oyster shells, sterilise and clean them, and then return them to the bay where they can help clean the water and avoid going into landfill.

"We have been collecting used shells for 18 months now and we take about one tonne of shell per month to Ozfish Oyster World at the Port of Brisbane for processing," he said.

Colin said the shells were collected three times a week from restaurants and held in specially marked blue oysters-only wheelie bins.

"We then take a trailer load to Oyster World to leave out in the open elements for nature to cleanse the shell to be sure there is no risk of disease entering our Moreton Bay Marine Park," he said. "They are classified as bio secure and meet Department of the Environment marine quarantine regulations. We then wash the biosecure used oyster shell, which is over 12 months old at that point, and these used oyster shells are packed into robust oyster baskets where we then place these in specialty GPS marked locations in the Port of Brisbane, outside the Moreton Bay Marine Park."

The benefits are many and varied: the shells avoid heading to landfill, reefs are restored, coastal erosion slows and used oyster shells attract baby oysters. All in all they are helping to maintain and better the marine ecosystem of the bay.

Local organisations were keen to get involved, Colin said, and he has put the call out for volunteers to collect oyster shells from restaurants.

"The Full Moon hotel is keen to have their used oyster shells collected to save the bay, as other restaurants have," he said.

"We need volunteers to collect a bucket of used oyster shells three times a week - Monday, Wednesday and Friday - and take it to our depot."

Community organisations interested in supporting this initiative can contact Colin via email at ESRAG.MORETONBAY@gmail.com

## AUSTRALIA HIFU

### Feeling Old? Need a Lift?

HIFU stands for High Intensity Focused Ultrasound. It's a non-invasive skin tightening procedure with no downtime.

- ✓ Non-Surgical
- 🎸 Lifts & Tightens
- ✓ Safe & Effective
- ✓ Lasting Results
- 🎸 Fast & Affordable
- 🎸 Suitable for Men & Women

HIFU Face lift

was <del>\$1500</del>

NOW

\$590

Book a treatment with the best in the business. Australia HIFU has 30 years industry experience and has trained all over the world.



#### Look and feel younger today!





Before

Afte





#### Call today to book 0408 200 059

• Birtinya | Wynnum | Hamilton | Newport www.australiahifu.com.au australiahifu

Scan here to find ou more about HIE





## FIND OUT WHO'S SHARING THE SHED

#### STORY ALYSSA MACKAY

## hrand new shared creative space has opened in Shorncliffe.

Popular retail store Oak and Ave on Rainbow Street has closed and the venue has been transformed into The Shared Shed, a place to create content or host a pop-up event.

Gill Sheehan said Oak and Ave would continue to operate as a wholesaler in a studio space at the rear of the building, while the front had been rebranded as The Shared Shed.

"The Shared Shed was born out of a desire to maintain foot traffic for our little corner," Gill said. "We are a very tight knit little community down here and for the space to be idle with just little old me in the back was not ideal for my neighbours.

"We considered lots of options but in the end the vibrancy of pop-ups and workshops appealed. There is a need for this type of venue hire on the northside and The Shared Shed will



hopefully fill it and bring a continuous flow of both old and new faces to the corner."

After Oak and Ave celebrated three years of business in March, Gill closed the retail outlet to focus on the design and development of her own range of outdoor cushions and umbrellas, which she launched in February.

Since April, the Shared Shed has seen local business Lift by Zivkofit celebrate its first birthday, a pop-up shop for local artist, Nadine Sawyer, and a workshop hosted by Frankie from Moments Biscuits. Two more biscuit-decorating workshops are scheduled for this month.

Gill said the venue was a blank canvas that could be easily transformed to suit many purposes, with character walls and seamless white walls for content creation or product photography, and a big table for workshops or co-working days.

"Very often a long-term lease is not the way to go for artisan-type products as the offering doesn't change as often as is required for retail," she said. "A pop-up at The Shared Shed provides a great opportunity for local creatives to showcase their work without the pressure of committing to a lease and all that goes with it. It is an opportunity to get direct feedback on their products and to shine a spotlight on their creative activities."

For more information follow @thesharedshed on Instagram. To keep up-to-date with Oak and Ave go to www.oakandave.com.au

The Shared Shed 227 Rainbow Street, Shorncliffe.



"Have you forgotten your Teeth Clean?" Six months goes by quickly. Book now.



## Call to book your appointment at toothkind today.

## Ph: 3269 0655

97 Braun Street, Deagon (next to KFC) Book Online At: www.toothkind.com.gu

 Come and listen to some:-

#### Big band, Swing, Latin, Blues, Funk, and Rock.

Date: Sunday 14 May, 2023 Time: 2pm-4pm. Doors open from 1.30pm. Venue: Sandgate Town Hall, Cliff & Seymour St, Sandgate 4017 Tickets: \$15 Adults, \$12 Concessions, Under 16 Free.

Buy tickets online www.newgroove.com.au



Paving • Garden Clean-ups New Gardens All Aspects of Landscaping











ST PATRICK'S COLLEGE SHORNCLIFFE

## COME AND FIND YOUR PLACE

MEN OF LEARNING MEN OF FAITH MEN OF HUMILITY MEN OF ACTION



St Patrick's College is a Catholic Boys' School in the Edmund Rice Tradition for students in Years 5-12.

We have a proud history of developing young men into good citizens who make a positive contribution to their community for the good of all.

WE INVITE YOU TO JOIN US AT OUR





#### LEADING WILLS & ESTATES LAWYERS IN NORTH BRISBANE



#### 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;
- $\checkmark$  reducing estate claim risks; and
- ✓ managing tax implications.
- ✓ keeping your wealth within your family;

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 G&L

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



## LIVING WITH CHUCKY - MOVIE REVIEW

#### STORY NICK ALFORD

#### hat if you grew up with a killer doll. For writer and director Kyra Elise Gardner that's exactly what she did.

Her father was the makeup artist and head puppeteer who literally helped bring a killer doll named Chucky to life.

The titular Chucky has been starring in his own film franchise for over 30 years so Kyra was curious to see how her Dad has been spending his time.

Which led her to create this documentary and was also a great excuse to meet the cast and crew involved in the franchise. Like any good documentary it has a purpose.

Kyra has grown up hearing about the crew but has never had a chance to meet them. So, she set out to interview all of the key contributors to find out why Chucky means so much to them. Including the film's creators, crew and stars.

Initially the film brings you up to speed on the premise of the franchise and then takes you on

a blow-by-blow journey through each film. Even though there are massive diminishing returns with the Chucky sequels, I'm always fascinated with how bad films are created. It helps you understand the decisions people made and what they were hoping to achieve.

These films have been surrounded with some controversy which I would have liked to see explored more but I can understand the reason for leaving some elements out due to their sensitive nature and the fun tone of the film.

You don't necessarily need to be a Horror aficionado to enjoy this doco, although it would definitely help as Horror nuts will lap up all of the backstage secrets and on set stories.

If you have an interest in the filmmaking process it offers great insights into the techniques and skills used. Although be warned, if you're more on the squeamish side, there are moments of blood and gore that could be a bit too much for the more discerning viewer.

On the whole this is a solid documentary exploring people's fascination and love for the horror genre, in particular, a little doll named Chucky.

Available on all major Digital platforms including Apple iTunes & Google Play in Australia from April 26th.





## Porcelain Crown – <sup>\$</sup>1299/tooth

## **Porcelain Veneers – from \$890/tooth**

- Premium Quality
- Made in Australian labs
- Free Consult (Quote "Dental 74")

Open Mon- Sat Interest free payment plans available Book Online





## MAY TIDE TIMES

TIME         M           1         0010         0.86           0621         2.12           MO         1300         0.67           1903         1.96	TIME M 7 0450 0.59 1 1018 1.98 1 SU 1630 0.41 2300 2.53	TIME         M           13         0342         2.31           1045         0.65           SA         1635         1.79           ●         2219         0.77	TIME         M           19         0326         0.59           0900         2.02           FR         1515         0.37           2138         2.55	TIME         M           25         0047         2.26           0738         0.86           TH         1303         1.57           1843         0.80
<b>2</b> 0103 0.76 0704 2.17 TU 1339 0.58 1943 2.11	<b>8</b> 0536 0.63 ( 1101 1.88 ( MO 1704 0.46 2343 2.52	<b>14</b> 0450 2.31 1145 0.56 SU 1743 1.96 2336 0.71	<b>20</b> 0412 0.61 0941 1.92 SA 1547 0.40 2216 2.55	<b>26</b> 0132 2.17 0830 0.88 FR 1402 1.55 1938 0.90
<b>3</b> 0152 0.69 0744 2.18 WE 1415 0.50 2021 2.24	<b>9</b> 0627 0.68 ( 1150 1.78 ( TU 1745 0.53	<b>15</b> 0552 2.30 1237 0.48 MO 1840 2.13	<b>21</b> 0454 0.65 1019 1.82 SU 1618 0.45 2254 2.51	<b>27</b> 0225 2.10 0926 0.86 SA 1515 1.59 2046 0.96
<b>4</b> 0237 0.63 0822 2.17 TH 1449 0.44 2100 2.36	<b>10</b> 0030 2.47 ( 0724 0.73 ( WE 1246 1.69 1833 0.62	<b>16</b> 0045 0.66 0646 2.27 TU 1323 0.42 1930 2.29	<b>22</b> 0535 0.70 1058 1.74 MO 1649 0.52 2330 2.44	<b>28</b> 0323 2.05 1022 0.81 SU 1627 1.68 2204 0.97
<b>5</b> 0322 0.59 0900 2.13 FR 1523 0.41 2139 2.45	<b>11</b> 0127 2.40 ( 0831 0.75 ) TH 1356 1.64 1935 0.71	<b>17</b> 0145 0.61 0734 2.20 WE 1405 0.38 2016 2.42	<b>23</b> 0614 0.76 1135 1.67 TU 1722 0.61	<b>29</b> 0423 2.04 1114 0.73 MO 1728 1.82 2316 0.92
<b>6</b> 0406 0.58 0938 2.07 SA 1557 0.40 2218 2.51	<b>12</b> 0231 2.34 ( 0941 0.72 ( FR 1517 1.68 2055 0.77	<b>18</b> 0238 0.59 0818 2.12 TH 1442 0.37 2059 2.50	<b>24</b> 0007 2.35 0654 0.82 WE 1216 1.61 1759 0.70	<b>30</b> 0519 2.04 1200 0.63 TU 1820 1.99
				<b>31</b> 0021 0.85 0610 2.04 WE 1245 0.55



#### The Crimson Spot Rainbowfish Melanotaenia Duboulayi

#### STORY PETER HANSLER

here are many types of Rainbowfish in Australia and Papua New Guinea but the Crimson Spot Rainbowfish is my favourite. A stunning and peaceful addition to any aquarium or outdoor pond, these fish are frog friendly and eat mosquito larvae.

These little Aussies are loved throughout the world and kept and bred by enthusiasts in many countries including Germany, The Netherlands,

Austria and USA. It is a common belief that when first discovered, it was our local species that was thought to be so pretty that they were named Rainbowfish.

Found east of the Great Dividing Range in Northern NSW up to Baffle Creek just north of Bundaberg and in many of our local waterways including Caboolture River, the Pine Rivers and most probably in your favourite swimming hole or duck pond if it isn't infested with feral species like Tilapia and Gambusia.

A few Crimson Spot Rainbowfish in your home pond is all you need to get started as they breed very well in the warmer months. They are easily caught in traps baited with bread and vegemite and if you are quick enough, with a dip net.

A good friend of mine Steve Baines has written a children's picture book called I Believe in Rainbows. This is a great educational story about the plight of our little native Aussie fish and Rodney the Rainbowfish. It is worth looking up if you get the chance.

"The best fish for your pond are always local natives from your closest waterway."

1906 2.16



SECURITY · SAFETY · SUPPORT in your home.

- Specialists in Home Maintenance and Modifications
- We can assist seniors and those with a disability living in their own homes
- A trusted community Organisation since 1993 & funded by State and Federal Government
- No joining fees

Contact us on **07 3869 1000** to discuss your eligibility and needs

e: admin@homeassistservices.com.au w: homeassistservices.com.au Office: 58 Rainbow Street Sandoate Q 4

Office Opening Hours 8.00 am – 4.00 pm Monday to Friday



Clinic 1 3/81 Gawain Rd Bracken Ridge 4017

Clinic 2 16 Handford Rd Zillmere 4034

#### Book Now O7 3261 5805 New Podiatry Clinic In Zillmere! Telephone: 3261 5805 Mobile: 0488302985

www.walkingonairpodiatrists.com.au email: smpodiatrist@gmail.com

Walking On Air Podiatry have been providing podiatry services to Bracken Ridge since 2018.



#### Bespoke Consultation Includes:

- Lifestyle & treatment plan
- Observ 520X images & analysis
- Skincare prescription
- \$99 (Redeemable on product)

Integrative Skin



## Want the Dermaviduals Glow?

High performance skin solutions for everyone

Customised Dermaviduals Facials Healite LED • Medical grade Microneedling

## Book in for a consultation today

#### Sandgate • PH: 0435 360 241

Integrative Skin



\*Age management & Inflammatory Skin Conditions





#### The effect of hearing aid use on cognition in older adults

Research has been shown that good quality sleep, exercise, staying connected with social activities, eating healthy foods and keeping your mind active by learning or taking new interests can prevent or reduce cognitive decline, including memory.

A significant hearing loss can have a negative impact on your social activities and learning.

A recent study at the University of Melbourne, Australia assessed cognitive function by measuring executive function. The results revealed

- 1. 14% reduction in executive function for every additional 10 years of age
- 2. 7.4% reduction in executive function for every additional 10dB hearing loss
- 3. 19% improvement for additional postgraduate education.

## The study also found older adults with hearing loss treated successfully with hearing aids can stabilise or even improve cognitive function.

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



Almost "new woman"...

I'm very happy with my new hearing aids. My sister, Julie, recommended Ronnie Lam at Sandgate Hearing, as she was very happy with him. I can hear much better now. Already I've found the functions of the new aids' technology work so well when I'm out especially with hearing in noises, etc. I'm almost a "new woman" and feel a lot more confident overall.

Suzie Russell, Lawnton

- The Commonwealth Hearing Service Program
- Paediatric hearing assessment
- Workcover, NDIS hearing assessment



#### I'm very pleased ...

As I live in Sandgate, Sandgate Hearing is very easy to drive to. It's a very friendly, comfortable place with lovely people. My new hearing aids are A1. They're very comfortable, I hardly know they're there. I can hear so much better. For example, as I've never heard the indicators in my car before, the first time I did, I had to stop the car and see what was wrong. I notice the birds can be quite loud, too. Overall, I'm very pleased I went to Sandgate Hearing.

Jill Neville, Sandgate

- Central Auditory Processing Test
- · Micro-suction earwax removal
- Tinnitus consultation



### Such Knowledge, Skills & Attention to Detail...

Sandgate Hearing has blown me away. I never imagined anyone or an audiologist to have such knowledge, skill and attention to detail the way Ronnie has. The front desk staff are also very warm and friendly. I feel I can trust them. I'd recommend Sandgate Hearing to anyone with hearing issues.

Selina with daughter, Heather, South Caboolture

- Custom musician earplug
- Custom industrial noise plug
- Custom swim, surfer & snore earplug

# Don't get HACKED!

٩.

Protect <u>yourself</u>, <u>your data</u> & <u>your client's data</u>!

# CALL US TODAY

For Cyber Security peace of mind & a good night's sleep.

# COMPUTERS THAT WORK SERVICE THAT'S REAL, PEOPLE WHO CARE



BRISBANE COMPUTER SOLUTIONS PHONE 3122 3303

Sales@brisbanecomputersolutions.com.au



#### Beach Theatre, Sandgate 1929

# Hollywood comes to Sandgate

#### STORY PATTIE TANCRED

s reported by the Brisbane Courier, the "sleepy residents" of "that somnolent seaside resort" -Sandgate - awoke on 25 May, 1910 to the awful news that their town hall in Kate Street had burned down overnight. The loss of the civic building and most of its contents was bad enough but the fire also deprived Sandgate's residents - sleepy or otherwise - of a venue for all manner of gatherings and amusements, not the least of which were "moving picture shows", such as the "Russo-Japanese war films" shown in 1905 by the Japanese Biograph Company.

Fortunately, cinema-going was not confined to the town hall. The Baptist Church, for example, provided religiously-themed programs, and outdoor cinemas at the Sandgate Pier and in Moora Park catered for holidaymakers with more secular tastes. A major improvement for film fans occurred with the opening, in 1923, of the Bon Accord Theatre in Rainbow Street. While the Bon Accord was Sandgate's first dedicated cinema, showing lost cinematic gems like Woman Proof, it hosted other gatherings like a 1926 children's concert in aid of the ambulance fund, and Anzac Day services in 1931.

The Beach Theatre, built in 1924 in Flinders Parade, was also a versatile location, being used on various occasions for recitals, ballroom dancing, mini golf, roller skating, boxing tournaments and horticultural and poultry shows. But its main purpose was screening films and it, like many other Queensland cinemas, celebrated the annual "Paramount Week", "a great week of real human joy for picturegoers". In the 1960s, the Saturday night movies at the Beach were very popular among teenagers, although probably very little attention was paid to what was on the screen. The Beach was destroyed by fire in 1978.

Films returned to Kate Street in 1928 with construction of the Felix, later renamed the Strand. Like the Beach, it had an annual showing of a whole week's program of Paramount movies. The last theatre built in Sandgate was the Mayfair, which billed itself as "the cosy little theatre with the big reputation."

Given the large number of cinemas that flourished in Sandgate and Shorncliffe between the 1920s and the 1970s (with another operating at the Brighton RAAF base in the 1940s), cinema advertising urging patrons to "Go to the movies and enjoy yourself", was clearly effective. Did they go because "the motion picture broadens the outlook [and] stimulates" or just for fun? Whatever the reason, how lucky they were to have so many picture theatres to choose from.

With thanks to the Sandgate Historical Museum (opening hours: Sunday and Wednesday, 10am to 3pm). Photograph: John Oxley Library, State Library of Old, Neg No 171471



Sandgate Optical Geoff Grounds Optometrist

> Ph: (07) 3269 1977 Fax: (07) 3869 1037

info@sandgateoptical.com.au www.sandgateoptical.com.au U2, 9 Fifth Avenue, Sandgate Q 4017

Spectacles • Eyetests • Contacts • Prescription Sunglasses

Please mention this advert, to receive 10% discount on Frame & Lens purchase\*

# Working for the Northside

- Anika.Wells.MP@aph.gov.au
  - 1176 Sandgate Road, Nundah QLD 4012
- 🜔 (07) 3266 8244



# Asbestos & Silica Related Disease Compensation Experts

Mesothelioma · Asbestosis Asbestos Related Pleural Disease Lung Cancer · COPD/Emphysema

3482 8500 turnerfreeman.com.au **NORTH LAKES** 



Kristine

# SANDGATE PODIATRY

Next day orthotics General Nail and skin care Diabetic foot care Foot & Ankle Injuries Ingrown Toenails Care plans accepted

3269 4273 | 14b Fifth Ave, Sandgate QLD 4017 | www.sandgatepodiatry.com

John

Caitlin & Penny



The Bay Café is the only café situated directly on the waterfront in Sandgate. Our expert chef's present a mouth-watering breakfast menu which then morphs into a classic fish and chip style menu from 11.00am which reflects Australia's love affair with eating fish and chips by the water.

We are constantly congratulated about our coffee and the friendliness of our staff. Come and pay us a visit yourself and see what all the fuss has been about.

Whether your passion is drinking great coffee or eating superb food, come and do it amongst the serenity on Sandgate's foreshore.

# M: 0477 609 479

Hours: Mon-Thu: 6am-3pm; Fri: 6am-6pm Sat: 6am-6pm; Sun: 8am-6pm



#### The Bay Cafe

Located ocean side of the Sandgate Aquatic Centre 231 Flinders Parade, SANDGATE



# A WORD FROM OUR REPRESENTATIVES





WITH CR JARED CASSIDY

once again looking forward to taking part in SANDBAG's Peaceful Walk through Sandgate on Thursday 25 May.

Bookings are now open for Rock Under the Clock "Saturday Night at the Movies" at the Sandgate Town Hall on Saturday 20 May at 6.45pm at the Sandgate Bowls Club. Tickets are selling fast

so get in quick so you don't miss out! Tickets are available through www.trybooking.com/CHPP I am happy to provide sponsorship once again.

The Vaisakhi and Harvest Festival will be held at Curlew Park on 7 May. The event will be attended by 1000s of visitors keen to enjoy the traditional food and activities. I am honoured to support this wonderful event each year through the Deagon Ward Community Fund.

I would like to wish the wonderful mothers we have in our local community a Happy Mother's Day for Sunday 14 May. I hope your day is a relaxing one and you get the opportunity to put your feet up! he Queensland Government's \$371 million Smart Ticketing project continues to gather uptake across the South East Queensland heavy rail network.



Smart Ticketing delivers more ways for customers to plan and pay for public transport across Queensland with Visa, Mastercard and American Express debit or credit cards, including cards in digital wallets of smartphones, smart watches or other wearable devices.

WITH STIRLING HINCHLIFFE MP

Since the launch in November, there has been a 14 percent uptake on the Shorncliffe line.

Transport and Main Roads (TMR) have advised they are currently upgrading all ticketing equipment across Queensland buses and ferries, to make way for Smart Ticketing customer trials later this year. This is another step in making accessing our State's great public transport network just that little bit easier and I encourage everyone to try this new system and tap on and off using one of these options next time you travel on public transport.

For more information, head online to the Translink website, download the MyTranslink app or call 13 12 30.

he Schrinner Council continues to help make a clean and green Brisbane with free kitchen compost caddies. You can take your caddy to one of the local hubs including the Kingfisher Recycling



WITH CR SANDY LANDERS

Centre, the Fitzgibbon Community Garden or do your own composting. Brisbane City Council is making it more affordable to get started on composting at home with our Compost Rebate Program.

Pick up a caddy from my ward office or for more information go to https://www.brisbane.

qld.gov.au/clean-and-green/green-home-andcommunity/sustainable-gardening/compostand-food-waste-recycling/compost-rebateprogram.

Backyard Bonanza is back again this year at

McPherson Park, Denham Street, Bracken Ridge on Sunday 27 August. Interested stall holders can now email the Bracken Ridge Lions Club at brackenridgebyb@gmail.com. Get in quick to secure a Spot!

It is the perfect time of year to get outdoors and enjoy the walks and opportunities our local area has to offer. Remember to stick to the tracks that have served us well over the years and help us look after this valuable habitat so we can enjoy it for years to come. www.brisbane.qld.gov.au/ things-to-see-and-do/outdoor-activities/walkingin-brisbane.

The Lord Mayor's free City Hall Concerts are held every Tuesday at 12pm. If you are a Senior, you can take advantage of the Schrinner Council's free off-peak travel for Seniors on buses and ferries to get you there. For more information on both, head to www.sandylanders.com.au.



#### orthsiders are the first to step forward when someone needs a helping hand.

Volunteers give their time, skills and effort for the betterment of our community, often



without any acknowledgement. They are essential to the Lilley community and their selfless contributions make all of our lives hetter

While we know these volunteers do not do their work for the credit, their hard work deserves to be recognised and appreciated.

WITH ANIKA WELLS MP

Nominations are now open for the 2023 Lilley Volunteers Awards. If you know any Northside person, business or community group who has been upstanding in our community, please nominate them for one of the Lilley Volunteers Awards.

- Laurie Jeavs Award for Contribution to the Preservation of our Environment
- Elaine Darling Lifetime Contribution to Volunteering Award
- Young Volunteer Award (Under 11s)
- Young Volunteer Award (12-18s)
- Lilley Volunteer Group or Community Project Award
- Lilley Volunteer Award for Corporate Social Responsibility

Nominees will be acknowledged and the winners announced at the Lilley 2023 Volunteers Awards Breakfast at the Geebung Bowls Club on Friday May 19, during National Volunteer Week.

To nominate a volunteer, visit my website www. anikawells.com.au, click on the community tab and Lilley Volunteers Awards.



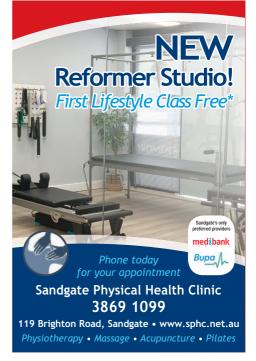
Studio Features: Mixed Media, Pastel Framed Work, Acrylic Wash Ink and Watercolour. Patchwork Australian Quilts and Pyrography.

#### JAN CUNNINGHAM OWNER AND ARTISTS



Open Saturday and Sunday 10am to 2pm e: evkandi@gmail.com m: 0408 744 219





## **OPEN 10AM - LATE 7 DAYS A WEEK**

your LOCAL!

FACILITIES: NEW Gaming Room, Element's Bistro, Zac's Coffee Shop, Wood-fired Pizzas, Functions Room, Over 40 Beer Taps, Bottle-Shop, Keno & TAB

**GEEBUNG RSL** 

OR LIFE

NOW

WHAT'S ON: Live Music | Tribute Shows Weekly Mega Raffles | Weekly Members Draws Bingo every Monday & Wednesday | Trivia BOOK Regular Promotions... and so much more!

📞 (07) 3265-3711 🌐 GEEBUNGRSL.COM.AU 💡 323 NEWMAN RD, GEEBUNG 4034







Register your attendance www.sccc.qld.edu.au

The College of choice on the Redcliffe Peninsula

# The pest memories are gathered around a table

The Full Moon Hotel has been the place to be in the Sandgate community since 1867. Jenny & Christine proudly hold over 20 years of combined experience creating your dream event, wedding or celebration in our stunning venue. Located in the original building, we offer a private and open plan Shorncliffe Room and Boardroom, featuring balcony access, beautiful views of Moreton Bay, and a dedicated team to assist you with your event. Let us bring your vision to life – Contact us today!

 CELEBRATIONS
 WEDDINGS
 ENGAGEMENTS
 BRIDAL SHOWERS

 BIRTHDAYS
 HIGH TEA
 CORPORATE EVENTS + MEETINGS
 REMEMBRANCE

 Image: Strategy of the strategy of th

# Toast to the special ones in your life

the II

For **FREE DELIVERY** on any order to the 4017 area, use our special code **4017** to receive in time for Mother's Day.

# champagnegallery<sub>com.au</sub>

G.H Mumm Champagne &2 Flutes Set \$69.99

GHMUMN

GH.MUMM



For the champagne lovers with exquisite taste.

champagnegallery.com.au

#### Lions Club Members Brian, David, Sandra and Kevin cook up yummy hot donuts by the dozen at this year's Harmony Day Steam Trains event at McPherson Park, Bracken Ridge.

**48 SANDGATE GUIDE** 

After 25 Brisbane to Gladstone Yacht Races on board 'Sassy' Phil Lazzarini

and crew pose for a pic before setting sail from Queensland Cruising Yacht Club in the 75th, and Sassy's last, Brisbane to Gladstone Yacht Race.

# by **PAUL NEIL**

Figure 2 Social Snaps If you have an event that you think is we aphoto, call me on 0449 660 473 If you have an event that you think is worth



in Show prize for his sculpure 'Airbreaker' at this year's Sandgate Art Society

Easter Art Show held at the Callan Centre at St Patrick's College Shorncliffe.







first day of trade under 'new management'.





A Great Place to enjoy Great Seafood With a Beer or a Wine and a view over Bramble Bay

Fresh and Cooked Seafood · Dine In or Take Away · Licenced

## Trading Hours - Open 7 days 11am - 7pm



# **BRAMBLE** BITES

#### BY BROOKE JACOBSON

# **Ramble on Bramble**

Laurie's Ramble on Bramble will be held on Friday, 26 May. Meet at the old Baptist Church, Flinders Pde at 9.30am.

Please wear sturdy shoes that you can get wet. Children must be accompanied by an adult. Numbers are limited so bookings are essential. Book on: 0410 327 095.

# Have a cuppa with history

Tea with History will be held on Thursday, 25 May at 10am at the Sandgate Historical Museum. The Museum is located at 150 Rainbow Street, Sandgate. Cost is \$15 and bookings are essential. Please phone: 3869 2283

# Go green with council

Brisbane City Council is offering a \$70 rebate for residents who purchase home composting equipment, and there's currently a waiver on fees for green waste recycling bins. For more information go to: www.brisbane.qld.gov.au

# **Playground shade**

A new shade sail has been put up at Peebo and Dagwood Place on the Sandgate foreshore, and another shade sail is scheduled to be installed over the playground at Upper Moora Park in Shorncliffe.

# Can you help?

Sailability Shorncliffe is looking for volunteers. Sailability provides water activities for people of all ages with a disability. They are looking for volunteers to help with skippering, assisting clients into and out of dinghies, retrieval of boats, marshalling clients, crewing on our pontoon and safety boat, and registration of clients.

You don't need experience; however, you will need a recreational marine boat licence to skipper a motorised boat. Sailability operates each Monday from around 8am till about 1pm during the school terms, from the Queensland Cruising Yacht Club, 69 Sinbad Street, Shorncliffe.

For any further information, or to express an interest in volunteering, call Peter Kearney on: 0487 396 069.



# Get the dirt on gardening

Good soil is the foundation of a thriving garden. Join horticulturalist Claire Bickle at Sandgate Library to learn why soil matters and how to care for it, from understanding different soil types to managing pH levels, achieving adequate drainage, using organic matter for optimal results, and much more. This event will be at the Sandgate library on Seymour Street on Saturday, 6 May from 10.30am to noon. Bookings required. Please call: 3667 6022 to reserve your place.

# Would you like to contribute to Bramble Bites?

Is there something happening in the 4017 community you'd like to share? What are you talking about on social media, at the local café, or at the school gate? Email Brooke to be included in the next Bramble Bites: admin@3bmedia.com.au

# COSMOPOLITAN

SHUTTERS BLINDS SECURITY



crimsafe

www.cosmopolitanshutters.com.au Servicing BRISBANE | GOLD COAST | SUNSHINE COAST | 1300 321 413 \*Conditions apply, while stock lasts. Offer ends 31.03.2023



WE CAN ASSIST YOU IN THE FOLLOWING LEGAL AREAS: Wills | Estates | Conveyancing | Property Law Family Law | Neighbourhood Law | Domestic Violence Driver Licensing | Enduring Power of Attorney

 70 Loudon Street, Sandgate QLD 4017

 <sup>™</sup> grb@grbrown.com.au <sup>™</sup> www.grbrown.com.au
 <sup>™</sup> 3269 8511
 <sup>↑</sup>
 <sup>↑</sup>



# **BRIGHTON'S ECO WARRIOR**

#### STORY AND PHOTOS BRUCE REDMAN

ictoria Laird is a mother on a mission. She wants us all to be aware of how a shift in our thinking will lead to a planet that is more sustainable for our children's futures.

"Small actions of many can make a big difference" she says, "I want my kids to have a bright and healthy future, and I worry for the world they will inherit if we keep producing waste and damaging the environment at the rate we are now."

Victoria's work in Biosecurity for the Australian Government opened her eyes to the desperate need to make a practical difference in our daily routines.

This burning desire led her to start an online environmentally-friendly product range from her home in Brighton.

Her products for the kitchen, laundry and bathroom are the most popular as they are easy places to start making small changes to reduce short-term use plastics.

"Compostable sponges, dish soap and cleaning tablets do a great job and produce far less waste" Victoria suggests. "In the laundry, once you go to stainless steel pegs, you'll never turn back, mostly because they are unbreakable and won't drive you crazy falling apart. Soapberries are another really interesting product, you just put a couple in with your washing and your clothes come out fabulously clean (with no harsh detergent smell), after 5 or 6 washes, the 'shell' of the berry goes on your garden or in your compost and there is no waste".

"That Eco-Life" also offers children's toys, plates, cutlery and food storage options. "As a parent myself, I really value quality toys that last and not cheap plastic that will break within weeks."

Victoria considered her move into producing household goods very carefully. "I struggled with the idea of selling anything at all," she says, "but now I feel confident that I can help others see the value in thoughtful and more sustainable purchasing."

Thanks to people like Victoria it seems that 4017's environmental future is in good hands. "I have two young girls, and they are already so environmentally aware, and that's something I'm very proud of."

Thatecolife.com.au

# Rest and recharge with Regis respite

real people real moments

# At Regis, we know what it takes to care for someone you love, and what a difference a bit of support can make.

Respite at Regis gives you the opportunity to take a break with the comfort of knowing your loved one is receiving the care and companionship they deserve.

When your loved one stays at Regis, they'll experience the benefits of living in a caring community. Our Homes provide around-theclock care, nutritious meals cooked on-site, and engaging daily activities tailored to residents' interests and hobbies.

To find out more about our community in Sandgate, call us on **1300 998 100** or visit **regis.com.au** 

# regis.com.au | 1300 998 100

Regis Sandgate – Griffith Regis Sandgate – Lucinda Regis Sandgate – Musgrave 60 Wakefield Street, Sandgate QLD 4017







# Sweet Bobby Podcast Review

#### STORY NICK ALLFORD

magine if the love of your life wasn't real. Worse than that, what if someone had not only created an entirely fake persona but strung you along for 10 long years?

This is known as 'Catfishing' where a scammer creates an identity to trap people into a relationship based on a lie. The purpose is usually to exploit their victims for money or sex, but this case is far more bizarre. If this story was made into a film, you wouldn't believe it.

The podcast was created by investigative journalist Alexi Mostrous who decided to help catfish victim Kirat Simran uncover who she'd been communicating with for all these years and ultimately why.

Now your assumption might be, 'I'd never fall for that'. You may want to reconsider when you listen to the lengths that the perpetrator was willing to go to. Developing a whole network of around 40 fake people to corroborate their story and manipulate Kirat.

The bizarre legal battle that follows is an eye opener. If no money was taken, no physical harm caused, then is there a case for the police.

When you find out who's behind wasting a decade of her life you may reconsider if you even need social media anymore. Manipulation on an epic scale.

Available wherever you find your podcasts.

## **COOKIE CLASSES WITH FRANKIE!**

Enjoy a European style grazing platter and a glass of bubbly while you decorate gorgeous biscuits! Limited spots available, \$99 a person or bring a friend and only pay \$75 each. Mother's Day weekend: Saturday 14 May and Sunday 15 May, 4:30-6:30pm. Don't miss out, book NOW via text on 0430753768! \*Custom cookie classes & dates are available from 6 participants!

## **MAKE A DONATION THIS EOFY**

Did you wish you could do more to help after the 2022 floods? Well for some in our local community the floods are not over yet. You can DONATE to help those still struggling with the impact.

Yes, whilst most of us have moved on with our lives, some people are now in the thick of a range of stresses and enormous financial pressure resulting from the floods. People are still not back in their homes, the resilience grants and insurance shortfalls are adding to the pressures. SANDBAG can help your money reach local people in current crisis. Your donations are tax deductible. You can donate through the donate now button on SANDBAG website https://www. sandbag.org.au/

#### **UNPLUGGED CAFE FOR MAY**

On Friday May 5, SANDBAG will shake up Unplugged Cafe! The talented locals who will be entertaining you on the night are, Lesley Synge: Spoken word/poetry, story about love and homelessness. Karen White: Special quest from Gympie area. Karen (vocals and quitar) is a big fan of British singer-songwriter Kirsty MacColl (who died early in 2000) and keeps her legacy alive by featuring her. She is a regular performer at the Edinburgh Fringe Festival. Magpie Season: 5-piece acoustic cover band well known to the regular Unplugged Cafe customers. The Drop Ins: 3-4 piece cover band. For more information go to www.sandbag.org.au/event/unplugged-cafelive-music-2023-05-05/2023-05-05/



# Queensland Cruising Yacht Club

# Come to QCYC

4017's Restaurant and Bar on the waterfront



All welcome. No need to be a member Open Thursday from 5pm through to Sunday afternoon Live music Saturday and Sunday New menu Friendly staff Functions packages available.

Book Your Function Now



Sinbad St, Shorncliffe Phone:- 07-3269-4588 All welcome • New menu • Functions packages available

AT.

# THE BIG ONE CROSSWORD

11       12       13       12       13       12       13       12       13       14 <td< th=""><th></th></td<>	
10       15       10       17       10       10       18 <td< td=""><td></td></td<>	
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	
19     20     21     23     24     25     26     26       22     23     23     24     25     26     26       28     23     29     23     24     30     31     25     26     26       28     33     29     33     30     31     31     31     31     31	
22       1       1       23       24       1       25       26       1         28       1       29       1       1       30       31       1       1       1       1	
28     33     33     30     31     31     31	
28     29     30     31     1       33     33     33     33     33	
33	
	32
34 35 36 37 38	
39	
40 41 42 43 44	
45 46	
47 48 49 50 50	
51 52 53	54
55 56 57 57	
58 59 59	

#### ACROSS

- 1 Travel documents 6 Program on TV and radio at same time 11 Bite 12 Camera stands 14 Thrust 15 Show-off (coll) 16 Insect 17 Jollier 18 Cutlery item 20 Country of Suva 22 Smell 23 Appeased 25 Duplicating machine (abb) 28 Civil wrong
- 29 Contrive to make (a living) 31 Boldly 34 Responses 36 Dipped 37 Exhaled 40 Murky 41 Contorts 44 Evade 46 Relating to the ear 47 Submerge in a liquid 48 Least difficult 50 Pronoun 52 WWF symbol 55 Spanish friend 56 Shakespearean play 57 Spanish noosed rope 58 Beach vehicle 59 Brand

#### DOWN

- 1 Choose 2 Factory part housing the machines 3 Plumpness during childhood 4 Vermin 5 Council district 6 Curse 7 Squashes 8 Speech impediment 9 Be penitent 10 Traveller 13 Send payment for 19 Hesitate 21 Male donkey 24 Egg-shaped
- 26 All right 27 Alongside 30 Minds 32 Gaped 33 Pigeon, eq 35 Trial period 38 State on the Gulf of Mexico 39 Reload 40 Dairy dessert 42 Heavy 43 Whole 45 Asian wrap skirt 49 Separate 51 Burial chamber 53 Exploding star 54 Tree covering Solution: Page 90



# WHAT'S ON WEEKLY

MAIN BAR SPECIALS AND EVENTS



#### \$15 MAIN MEAL SPECIALS

If you're looking for finger-licking good meals to make your new regular when you're low on funds, check out our seriously drool-worthy lineup of \$15 meals!



**VED** 

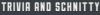
#### POSTIE POURS

As the sun goes, wind down with a beer or a glass of wine at the Postie, it's the perfect place for afternoon drinks. Come on in!



#### TACOS, SANGRIA & GAMES

Great sangria jugs, sunset taco specials and boardgames available from 5pm! Three tacos and a jug of Sangria for \$35.



Trivia at the Postie! It's free to play, grab your mates and get qizzical every Wednesday night. Pair the fun and games with a cripsy chicken snchitzel for \$15.



Every Thursday enjoy Rotisserie for four people with a 2L beer tower for just \$149! Choose a selection of lamb, chicken, pork porchetta and beef brisket! Yum!

#### / LIVE MUSIC

THUR

Live Music at the Postie every Friday, Saturday from 5.30pm in the Main Bar. Come on in, kick back, grab a meal and stay for the show!



FRI

SAT

#### KIDS EAT FREE & LIVE MUSIC

From 5pm, purchase any main meal and recieve a free kids meal for kids under 12 yrs, T&C's apply. Chill out from 1pm in the main bar and enjoy live music!

#### 1 Bowser Pde, Sandgate Queensland, 4017

cheers@sandgatepostofficehotel.com.au | www.sandgatepostofficehotel.com.au | 1800 244 882



# **GARDENING** COLUMN

Image by Ylanite Koppens from Pixabay

# Organic Gardening in May

#### STORY SALLY EBERHARDT

utumn is a favourite time of year for many Bayside gardeners - and it's no wonder with such perfect outdoor weather. The fruits of your earlier labour are now abundant with pumpkins, tomatoes, cucumbers, and many other vegetables ripe for the picking.

The second Sunday in May is Mother's Day - time to honour our Mums with a thoughtful gift. There are plenty of organic options to delight Mum and look after the planet. Have a look at native bee and insect hotels, compost bins, worm castles, micro-greens growing kits, collection of heirloom seeds and organic botanical skincare and fragrance lines. Pot some herbs or make some jam or chutney from your own garden for a personal touch.

Many Mums adore flowers, so rather than a cutflower arrangement with a limited life, consider gifting her a beautiful potted flowering plant from a reputable gardening centre. Buy a plant in bud so Mum can enjoy watching the blooms emerge.

The falling temperatures of May are ideal for sowing a wide range of temperate and cool climate vegetables. Nurture seeds or seedlings now for a tasty winter harvest.

What to plant now – beetroot, silverbeet, cabbages, broccoli, onion family, peas, lettuce, carrots and turnips.

# **SHARE THE LOVE**

STORY ALYSSA MACKAY

ocal community groups have the opportunity to share in a \$5000 prize pool as part of Share the Love, an initiative run by Bracken Ridge Plaza.

Customers are invited to vote for one of six groups as a way of saying thanks for their contribution to the community.

Candidates include volunteer group Project Linus Brisbane, who make over 1000 quilts each year for children in need, including those in hospital and foster care.

Bracken Ridge Girl Guides is part of Girl Guides Queensland, an organisation creating leaders of tomorrow by building on strengths and personal skills development.

Members of the Bracken Ridge Central Lions Club support the community, raise money for charities and assist with appeals at Easter and Christmas.

The Zonta Club of Northside Inc undertakes projects supporting women and girls, including making breast cushions for mastectomy patients and providing an annual bursary for a year 10 student.

Ridgettes Netball Club models a love of sport through competitions, training exercises and skills clinics, and supports and mentors youth during the hardest years of their lives.

Job's Daughters' mission is to create confident young women, respect tradition and shape the future by teaching its members leadership skills and how to use their voice.

Customers can vote online for their favourite community group or place their sales docket in an entry box at the centre. Everyone who votes goes in the draw to win a \$500 gift voucher.

For more information visit www. brackenridgeplaza.com.au or follow Bracken Ridge Plaza on Facebook.



#### **'SHARE THE LOVE'** IS A CELEBRATION & RECOGNITION OF THOSE WHO MAKE OUR COMMUNITY AN EVEN BETTER PLACE TO LIVE.

During the month of May Bracken Ridge Plaza is offering six local service groups the opportunity to share in a **\$5,000 prize pool**. This is our way of saying thank you for their ongoing contribution and commitment to our community. At the same time, we are highlighting the remarkable work of these groups via incentre and online group profiles.

A REPORT OF

How? For the month of May customers will be asked to vote for their favourite community group simply by placing their sales docket in an entry box located within the centre. Customers can also go to the centre website to cast their vote which then puts them in the draw for a chance to win one of  $5 \times 100$  Centre gift vouchers.

The local community groups participating in Bracken Ridge Plaza's **Share the Love** are:

- Zonta Club of Northside
- Bracken Ridge Guides



- Ridgettes Netball
- Job's Daughters
- Project Linus

If you are not aware of these organisations now is the perfect opportunity to discover more, check out our website

www.brakenridgeplaza.com.au and Facebook page @brackenridgeplaza for further information.

We encourage you to **Share the Love** and help make our community even more special just by making your docket count.



Brackenridgeplaza.com.au @Brackenridgeplaza















# A DELICIOUS POINT OF VIEW

#### STORY EMMA SANDERS PHOTOS BRUCE REDMAN

#### f you are what you eat, surely *where* you eat counts as well right?

On the ocean side of the Bay Health Club sits The Bay Cafe - and it's becoming as well known for its food and coffee as its euphoric views of the bay and Moreton Island.

According to owners Craig and Corinne Crozier, the trio of The Bay Cafe, The Bay Health Club and The Sandgate Aquatic Centre is going swimmingly. And it's the cafe that is holding the attention and appetites of hungry baysiders.

"I always thought that a cafe and fish and chip shop in its current location would be well received by the people of Sandgate and beyond," he said. "Sandgate has a great reputation for the wonderful fish



and chip shops along Flinders Parade.

"Many of them have become institutions. I decided to offer a beautiful breakfast menu to be enjoyed whilst sitting directly on the foreshore. Then from 10am we morph into a fish and chip style cafe that provides a menu that befits the Sandgate area."

Craig said the cafe had become an instant hit, with locals and visitors flocking to enjoy great coffee, food, fish and chips, and the star of the show - the uninterrupted views of the bay from Woody Point, across to Moreton Island and south to Shorncliffe Pier.

"To say it has been an instant success would be an incredible understatement," he said.

"From the moment we opened in July last year, we have been embraced by the local community. I am an eternal optimist, however the love and support has been astonishing." coming to watch the tide ebb and flow. The food, coffee and service are superb, with people coming back for more.

"I want our coffee to be consistently great, and our customers tell us we have achieved that by their constant acclamations," he said.

"Having said that, the most important thing to me was to have friendly staff that make the experience of having a coffee or a meal so much more enjoyable. I'm so proud of our staff and I am complimented everyday about how friendly they are."

So which dishes are customers raving about?

"My favourite dish is the New Zealand cod and chips. Hits the spot every time. Our customers' favourite is the egg and bacon burger, which we're told is the best burger going."

#### The Bay Cafe 231 Flinders Parade, Sandgate P 0477 609 479

Despite the vista, diners aren't just





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.



# 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.



#### SANDGATE | BRIGHTON | DEAGON SHORNCLIFFE | BRACKEN RIDGE

# 



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 iov 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 Feature: We are a family owned café open from

6 Park Parade, Shorncliffe Modern Australian & Mediterranean 0447 265 852



Sinbad St, Shorncliffe **Bar Restaurant Functions** 3269 4588

# **PREECE'S ON THE PARK**

5:30am to 2:30pm Monday to Friday and 5:30am to 3:00pm Saturday and Sunday.

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

# 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.gcyc.com.au All public very welcome!







1 Bowser Parade, Sandgate Modern Australian 1800 244 882

# SANDGATE POST OFFICE HOTEL

Feature: Originally built in 1887 as the third post office in Queensland, the iconic Sandgate Post Office has a new lease on life. Stylish and quintessentially Sandgate, it is a destination venue with an elegant gastro-pub restaurant 'The Dining Room', a vibrant Main Bar, a whiskey vault and alfresco dining. Five function spaces. Live music every weekend. 11am - late, Sun - Thurs and 10am - late, Fri - Sat





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



#### Bracken Ridge Plaza, 250 Telegraph Road Casual Dining 3261 6102 - Open 7 days

# 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.

# THREE WISE MONKEYS CAFÉ

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

Come visit us for our delicious, affordable meals and Northside's original bubble teas.Current weekday Breakfast Special: \$10 Bacon & eggs w baked beans or hashbrown.



## SANDGATE | BRIGHTON | DEAGON SHORNCLIFFE | BRACKEN RIDGE



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.



# MAY **What's On.**

EclecTea 7pm - 8:30pm First Thursday of every month: Details on Facebook https://www.facebook. com/events/165425998743196/

# 05 Friday

**TONY DEE** EclecTea 5pm

**DANIEL STONEMAN DUO** Full Moon Hotel 8pm

> JTRACY VAUGHAN AT SANDS SOCIAL The Sands Social 04 Thursday 11:30am

O1 MONDAY

**CHRIS CONNELLY SOLO** Full Moon Hotel 1pm

# 02 TUESDAY

**FULL MOON HOTEL MUSICAL BINGO** Full Moon Hotel 7pm Free to Play!

**TRIVIA TUESDAYS 2023** The Sands Social 7pm

# **O4** THURSDAY

TRACY VAUGHAN AT SANDS SOCIAL The Sands Social 11:30am

**FULL MOON HOTEL TRIVIA THURSDAY** Full Moon Hotel 7pm Free to Play!

**BOOKS ANON. BOOK CLUB** 

#### **FIFTH AVENUE AT THE SANDS SOCIAL** The Sands Social 8pm



**O6** SATURDAY FULL MOON Rise Time: 5.28pm

**LIVE MUSIC SATURDAY'S** QCYC 12pm

SATURDAY ARVO SESH W MAK & FRIENDS EclecTea 5pm

**THE NECKS** Sandgate Town hall 7:30pm

MIDNIGHT GROOVE DUO Full Moon Hotel 8pm

SPECTRUM DUO AT THE SANDS SOCIAL The Sands Social 8pm

# **O7** 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 AT THE SANDS SOCIAL The Sands Social 1:30pm

**BAM DUO** Full Moon Hotel 2pm

**SUNDAY JAZZ @ THE POSTIE** Sandgate Post Office Hotel 2:30pm

**TUNES ON THE TURF - OPEN MIC** EclecTea 3pm

# **O9** TUESDAY

**TRIVIA TUESDAYS 2023** The Sands Social 7pm

FULL MOON HOTEL MUSICAL BINGO Full Moon Hotel 7pm

## **11** THURSDAY

MARCO AT SANDS SOCIAL The Sands Social 11:30am

FULL MOON HOTEL TRIVIA THURSDAY Full Moon Hotel 7pm Free to Play!

## **12** FRIDAY

**JOASIS MAK** EclecTea 4pm

SIMPLY TWO AT THE SANDS SOCIAL The Sands Social 8pm

**THE DO DAHS DUO** Full Moon Hotel 8pm

# **13** SATURDAY

LIVE MUSIC SATURDAY'S QCYC 12pm

**KLUSTERFUNK AT SANDS SOCIAL** The Sands Social 8pm





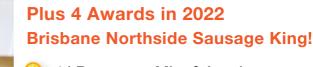


**JASON'S** 



# **QUALITY MEATS** FREE RANGE SPECIALIST SAUSAGE KING QUEENSLAND

1 st Place 2022 - Rosemary Mint & Lamb Sausages





- 1<sup>st</sup> Rosemary Mint & Lamb Sausages
- 2<sup>nd</sup> Australian Country Beef
- 2<sup>nd</sup> Sweet Orange & Beef Sausages
- 2<sup>nd</sup> Australian Country Pork

**5 YEARS RUNNING 21 AWARDS** 

All our BEEF & LAMB is Grain Free and 100% Grass Fed

## **10 OUEENS PARADE BRIGHTON**

@jqm\_free\_range\_butcher 🚯 JQM Free RANGE Specialist 🙆 @jqm\_free\_range\_butcher

3269 2049



**BEAVER DUO** Full Moon Hotel 8pm

## **14** SUNDAY

TRACY LEIGH AT THE SANDS SOCIAL The Sands Social 1:30pm

SUNDAY SOUNDS Queensland Cruising Yacht Club 2pm

**CAPTAIN THUNDERBOLT DUO** Full Moon Hotel 2pm

**Sunday JAZZ @ THE POSTIE** Sandgate Post Office Hotel 2:30pm

**TUNES ON THE TURF - OPEN MIC** EclecTea 3pm

## **16** TUESDAY

**TRIVIA TUESDAYS 2023** The Sands Social 7pm

Full Moon Hotel MUSICAL BINGO Full Moon Hotel 7pm

### **18** THURSDAY

**DAVE GRAY AT THE SANDS SOCIAL** The Sands Social 11:30am **PREPPING YOUR POOCH FOR PUB(LICK!)** EclecTea 6pm - 7:30pm

Full Moon Hotel 7pm

## **19** FRIDAY

**CASIS MAK** EclecTea 4pm

**HOT PURSUIT DUO AT THE SANDS SOCIAL** The Sands Social 8pm

**NIK PHILLIPS DUO** Full Moon Hotel 8pm

## **20** SATURDAY

CYC 12pm

**LUKE SPEERIN SOLO** Full Moon Hotel 1pm

**STEREO BLONDE** Full Moon Hotel 8pm

TRACY VAUGHAN DUO AT SANDS SOCIAL The Sands Social 8pm

MAY 2023



Sandgate Men's Shed is proud to present the

# Making retirement GREAT symposium

This symposium will help blokes and their families navigate opportunities and wellbeing challenges in their retirement journey. This free event includes morning tea and lunch. Places limited booking essential.

#### **UniSC Moreton Bay**

1 Moreton Parade Petrie Qld Wednesday 7 June 2023 | 9am-3pm

#### **BOOKING ESSENTIAL!**

Scan our Eventbrite QR Code, visit sandgatemensshed.com.au or phone 0448 233 971



Symposium supported by:











## 21 SUNDAY

▶ **ATE ANDREWS AT SANDS SOCIAL** The Sands Social 1:30pm

SUNDAY SOUNDS Queensland Cruising Yacht Club 2pm

**MIDNIGHT GROOVE DUO** Full Moon Hotel 2pm

**Sunday JAZZ @ THE POSTIE** Sandgate Post Office Hotel 2:30pm

**TUNES ON THE TURF - OPEN MIC** EclecTea 3pm

## **23** TUESDAY

**TRIVIA TUESDAYS 2023** The Sands Social 7pm

**FULL MOON HOTEL MUSICAL BINGO** Full Moon Hotel 7pm Free to Play!

## 25 THURSDAY

CHRIS BENT AT THE SANDS SOCIAL The Sands Social 11:30am

**T**UKULELE MEET-UP EclecTea 6pm - 8pm

Full Moon Hotel 7pm

## $\mathbf{26}$ friday

**COASIS MAK** EclecTea 4pm

**POCO LOCO DUO ATTHE SANDS SOCIAL** The Sands Social 8pm

**BAM DUO** Full Moon Hotel 8pm



()

**Celebrating** 25 Years of AIC Sport Saturday, 20 May Curlew Park



## $27\,$ SATURDAY

LIVE MUSIC SATURDAY'S QCYC 12pm

**THE DO DAHS DUO** Full Moon Hotel 8pm

CASEY FOGG AT THE SANDS SOCIAL The Sands Social 8pm

# $\mathbf{28}$ sunday

**KATELIN MAREE AT THE SANDS SOCIAL** The Sands Social 1:30pm **BEAVER DUO** Full Moon Hotel 2pm

**Sunday JAZZ @ THE POSTIE** Sandgate Post Office Hotel 2:30pm

**TUNES ON THE TURF - OPEN MIC** EclecTea 3pm

# $\mathbf{30}$ tuesday

**FULL MOON HOTEL MUSICAL BINGO** Full Moon Hotel 7pm Free to Play!

**TRIVIA TUESDAYS 2023** The Sands Social 7pm



Quality Products Great Prices Helpful Advice

- Interior and **Exterior** Paint
- Woodcare
- Paint Brushes and Accessories
- 3.500 Colour Wall Display
- **Colour Consultations**

## Benjamin Moore CUTEK Wattyl



#### **Opening hours:**

Monday-Friday 7am-4pm Saturday 8am-12.30pm

- f <a>Paint Place Sandgate</a>
  - **VIP Rewards** 
    - **Monthly Newsletter**

76 Loudon St, Sandgate, 4017 • Ph. 3869 1115



#### ACCOUNTING, AUDITING & TAXATION SERVICES

Do you need assistance with accounting, auditing or taxation?

Your local Sandgate Accountants can help!

#### We offer the following services:

- Individual Tax Returns
- Company Tax Returns
- Business Activity Statements
- Financial Audits
- Sole Trader
- Partnerships
- SMFS
   <u>Bookke</u>eping

Shares

• Non-for Profits

Capital Gains

- Trusts
- Can't make it to the office?

We offer phone consultations and can work with you via email to complete your return without you leaving your home.

After hours appointments can be arranged. Call us on (07) 32693261 or email elizabeth@chequersfinancial.com.au 137 Rainbow Street, SANDGATE 4017 Chequers Financial Services



#### Mother's Day Gift Certificates & Merchandise

Give your Mum something that makes her feel good... Studio Pilates!

#### **Pilates = Endorphins = Happiness** Gift Certificates available to suit every budget.



Contact the Studio sandgate@studiopilates.com • 0477 771 195

#### Franco Markets Return to Our Bayside Town

#### STORY NADIA CHAPMAN

ravelling from the Sunshine Coast to Brisbane, the Franco Markets return to our little corner of Sandgate this month.

Franco Markets is a bimonthly vintage and preloved market with stallholders from across Brisbane.

With a spacious location behind Sandgate's iconic Capulet & Co., locals can find all things vintage, from pre-loved clothing to handmade products from local artisans. Many stallholders will take you down memory lane with their love for the 60s, 70s, and 80s fashion.

Not only can you purchase pre-loved vintage clothing, but you can find stallholders selling sustainable and plastic-free body products, fresh flower bouquets, and mid-century decor, including mirrors and rugs.



And, of course, by being located behind Capulet & Co., there will be coffee, cold drinks, and nibbles that you can purchase—with plenty of space to sit and people watch.

There will also be live music from a few Sandgate locals to create a better sense of community.

The best part about the

Franco Markets is that anyone can become a stallholder for a small fee of \$65 for racks and \$80 for handmade goods. You can purchase a stallholder ticket via www.francomarkets.com

A \$2 coin is required to enter the Franco Markets, but Eftpos is available.

Franco Markets Saturday 6 May, 8am-12pm Capulet & Co. 95 Brighton Rd, Sandgate.



St John Fisher College

goodness · knowledge · discipline

## **OPENDAY** 23 MAY 2023 | 3:30 - 5:30pm

Find out how we prepare our students for a changing world.



REGISTER TODAY!

#### mullins

IGT.

#### KENO

## GEEBUNG RSL SCHOOLS LIAISON PROGRAM RECOGNISED

**MENO** 

IGT Queensland State Manager, Kelly Egan with Geebung RSL CEO, Greg Hurley at the 2023 Keno & Clubs Queensland Awards for Excellence

#### STORY ALYSSA MACKAY

#### S tudents have been connecting with veterans in a partnership between local schools and the Geebung RSL.

The RSL (incorporating the Geebung, Zillmere, Bald Hills and Aspley RSL Sub Branch) is engaged with 13 local schools as part of its schools liaison program, which was recently acknowledged at the Keno and Clubs Queensland Awards for Excellence.

Geebung RSL CEO, Greg Hurley said the program created a high level of community engagement between the club, Sub Branch, veterans and local schools.

"The school liaison program was deemed so important by the Geebung RSL and the RSL Sub Branch. We felt a great sense of obligation and duty to support our local community and especially the future of our local community, which of course lies in our young children and the youth within the community," Greg said.

"All community stakeholders, participating schools, students, teachers and families are in awe of the amazing contribution and opportunities created by the Geebung RSL school liaison program for their respective communities and loved ones."

Two major initiatives of the program are the Stories of Service and annual sports lunch fundraiser.

"Each year the RSL hosts the very popular

and fun-filled sports lunch, with all proceeds from this function benefiting Aspley and Geebung Special Schools," Greg said. "At this gathering, the combined choir from these special schools delights the audience with their lively choral presentation.

"The Stories of Service is an initiative which allows school children to interview veterans in three stages, with the final stage including a presentation of a short biography on the veteran's life and military experiences."

Other initiatives see students participating in the RSL's commemoration services, undertaking work experience in hospitality, and learning about the contribution of defence force members past and present.

The program was a finalist at the Keno and Clubs Queensland Awards for Excellence 2023 in the Heart of the Community category, which recognises both individuals or groups who are 'unsung heroes' in a club or in the broader community.

"Geebung RSL was so pleased to be acknowledged as a finalist as we know just how much hard work, planning and volunteer hours go into the program," Greg said.

"Special acknowledgement must go to the Geebung RSL Schools Liaison Program Officers, husband and wife team, Ron and Lyn Bird who are so devoted to the program and the young people in our local community." cta

bm





## THE FABRIC SPECIALISTS 43 Brighton Road, Sandgate • Phone: 3269 1442

## STOCK STOCK CLEARAANCE SALE



#### SADLY - WE ARE CLOSING LAST TRADING DAY 23RD OF JUNE 2023

Over the years our loyal staff have made it their priority to provide professional and personal service to our customers in all dealings, especially in selecting patterns and fabrics to make the best choice for the customer to show off their individuality.

One of those staff deserving special mention being Mrs Kennedy who provided over 50 years of continuous service.

The support that our customers have given to the store over the years can never be measured and for that - we are so grateful.

TO ALL, YOU HAVE BEEN A PART OF OUR LIVES THANK YOU

## **COUNTRY** KITCHEN

## STRAWBERRY FLUMMERY

eather Valentine, Vice President of the CWA has sent this month's recipe to us for you to make and enjoy!



"This recipe has been in the family now for four generations and while my great-grandmother Elizabeth Aldous (known at the time as Mrs Ernest Aldous), used orange juice rather than pureed strawberries, it was always a

great favourite over the years as each generation enjoyed this light dessert." Heather said.

"I understand that flummery was also a favourite with the Royal Family so as we commemorate the coronation of King Charles III we celebrate with a red, white and blue dessert."

#### INGREDIENTS

1 cup of caster sugar 1 tablespoon of gelatine 2 tablespoons of plain flour (or rice flour) 200 mls of cold water 1 cup of pureed strawberries

#### METHOD

Blend together caster sugar, gelatine and plain flour in a saucepan. Add the cold water and stir continuously on a low heat for five minutes or until it thickens.

When the mixture is nearly cold, add the pureed strawberries. Transfer the mixture into a mixing bowl and whip for approximately ten minutes or until it is thick and fluffy.

Pour into a suitable serving dish (or dishes) and refrigerate for at least four hours. Decorate and enjoy.

The Sandgate branch of the QCWA meets on the third Wednesday of each month at the Sandgate Bowls Club; and they have a casual craft day on the first Wednesday of each month at the RSL sub-branch hall in Burnett Lane. Anyone interested in joining can email: sandgategcwa@gmail.com

## lt's a Punjabi Party!

#### STORY EMMA SANDERS

urlew Park will come alive on May 7 for the annual Vaisakhi Mela celebration, boasting traditional sikh music, dancing, food and activities.

Punjabi Cultural Association of Queensland secretary Parminder Singh said Vaisakhi is an important time for sikh and local communities to gather together.

"Punjabi communities around the world celebrate Vaisakhi and it is an important way to link the Sikh communities together," she said.

"With more than 15,000 Sikhs living in the greater Brisbane area, it is a great opportunity to celebrate within our own local area."

Held at Curlew Park, the free family-friendly event is open to everyone, so locals have the opportunity to try traditional Punjabi dishes and get involved in the range of colourful activities on offer.

"As with all Punjabi celebrations, there will be plenty of food on offer, cultural and children's activities, as well as a citizenship ceremony," Parminder said.

"And being the harvest festival, local residents will have the opportunity to really get into the spirit of the day."

An important event for the Sikh community, Vaisakhi marks the establishment of the Panth Khalsa, the Order of Pure Ones by the tenth Guru of the Sikhs, Guru Gobind Singh.

"Vaisakhi is also celebrated as the harvest festival and start of the New Year by Punjabis," Parminder said.

"It has been celebrated by Punjabi people since the 1600s, making it an important cultural event in their calendar."

For more information on Vaisakhi Mela visit the Punjabi Cultural Association of Queensland Facebook page.

Vaisakhi Mela 7 May, 10am-5pm Curlew Park 74 Curlew Street, Sandgate



Lucy's greatest passion was playing her violin. When she died, we arranged for her band to play at her funeral. A spotlight marked her usual place, so she could be part of one last performance and take her final bow.

The best way to say goodbye is just the way they would have wanted. George Harnett Metropolitan Funerals knows how.





Sandgate 3869 3077

Learn more

# S ARBORICULTURAL SERVICES

Storm Work Stump Grinding Tree Pruning Tree Removals Palm Cleaning Real Estate Work Qualified Arborist Fully Insured Family Owned & Operated Obligation Free Quotes

WE SELL FIREWOOD

> 4017 Based Company

e. swanfamilytrust@optusnet.com.au

p/f. 07 3869 0267 m. 0422 099 444



THE LOCAL 24 HOUR ELECTRICIAN YOU CAN TRUST

## NEED AN ELECTRICIAN?



#### AUSTRALIA'S BEST REVERSE CYCLE AIR CONDITIONERS



We install customer supplied air conditioners from \$880.00 INC GST



Call Now

0437 731 830

WWW.JKELECTRICALQLD.COM.AU

INFO@JKELECTRICALQLD.COM.AU

#### TALK TO US ABOUT ANY OF YOUR POWER NEEDS



SAVE MONEY BY CONVERTING TO LED'S

DO YOUR SMOKE ALARM'S COMPLY WITH THE NEW LEGISLATION?

Free



ELECTRICAL SAFETY INSPECTION INCLUDED WITH EVERY JOB





LICENCE NO. 85290 Air Conditioning Licence: ARCAU53536











## **ROOF RESTORATIONS**

Transform your tired old roof with a value boosting makeover

#### Full Roof Restorations From only \$3,000

- Repair and Change Out Broken Tiles
- High Pressure Clean
- Re-bed Ridge Capping (if required)
- Re-point Ridge Capping
- Sterilise Surface (if required)
- Apply Primer/Sealer
- Apply New Roof Membrane (2 coats)
- Apply Nano Clear Protect Coating (barrier coat to prevent fading)

All roofs age over time. After around 15 years, tile roofs deteriorate to the point where a restoration should be considered. At this age, colour starts to fade, ridge capping becomes brittle, lichen and mould can grow, and tiles become harder to clean. The appearance of your home suffers and your roof is more likely to develop leaks.

Richard Gabriel from Mr Highlights Roofing has over 20 years experience in the roofing trade. He uses only premium quality products for his restorations, and offers a full 12 years warranty on all workmanship and materials.

Richard is an owner/operator and doesn't employ salespeople, so costs are kept to a minimum which means **savings for you!** 

#### See customer reviews at: g.page/MrHighlights



**Richard Gabriel** 

### Tile & Metal Roofs



0402 469 801 • P: 3203 1133 www.mrhighlightsroofing.com.au





#### **IS YOUR SOLAR SYSTEM WORKING TO ITS POTENTIAL?**

- System Performance Check Only \$99
- Inverter and Panel Replacements
- Property Pre-Purchase Inspections
- **Warranty/Insurance Claim Inspections**
- Panel Thermal Imaging
- Panel Maintenance and Servicing
- System Upgrade Specialists

### CALL ROY ON 0477 003 116

roy@sparkysolar.com.au www.sparkysolar.com.au

**f** 🞯



#### Local.

Based in Sandgate, **Sparky Solar** has completed thousands of Solar installations throughout Queensland.

#### Trusted.

**Sparky Solar** offers system performance checks. Ensuring maximum return year after year.

## ACCOUNTING KEDWELLOC?

ACCOUNTANTS TAX AGENTS **BUSINESS ADVISORS** 

Friendly, knowledgeable and trustworthy

Tax returns from \$110

or book online at www.kedwell.com.au

CPA 🚔

#### **ALTERATIONS - CLOTHING**

8 Brighton Road, Sandgate (next to Town Hall bakery)

DOUBLE TWO FASHION . . . . . . . . . . 3269 3266 Shop 9, Second Ave, Sandgate

#### ANTENNA SERVICES

**Byron Plews** 

0410 908 169 | ABN 44538766986

Call (07) 3869 1844



**ANTIQUE / VINTAGE ITEMS WANTED** 

After All Kinds of Vintage & Antique Furniture, Bric-a-brac, Collectables, Curios & Old Shed Items. Cash Paid. Ph: 0400 749 454

Internet TV Points

#### ART CLASSES

ARTRAGEOUS COMMUNITY ARTS CTR. . 3269 1535 84-88 Loftus Street, Deagon

#### **BATHROOMS/BATHROOM RENOVATIONS**



Steve Froggatt - 0402 730 177 Office - 3863 3089 e: stevefroggatt@hotmail.com www.stevefroggatt.com.au

40 Years Experience | QBCC Lic No 1177107



#### **ELECTRICAL/ELECTRICIANS**



84-88 Loftus Street, Deagon

#### GARAGE DOORS

SM GARAGE DOORS PTY LTD . . . . . 0413 611 947 Services, new openers & doors installed



**OBLIGATION FREE QUOTES** • Tree Felling & Removal Stump Grinding • Pruning & Shaping Hedging & Mulching Palm Cleaning Storm Damage
 Reports

> 35 + Years in Business 07 3351 1722



- Fully insured, professional tree services

Contact us now for a free quote. Mention this ad and get 10% off! loraxetimberandtrees.com.au 0430 198 111





#### GOVERNMENT HANDYMAN Cr Sandy Landers JEAYS HARDWARE Councillor for Bracken Ridge Ward Mail > Cnr Bracken & Barrett Streets, Bracken Ridge Tel > 3667 6000 Email > brackenridge.ward@bcc.qld.gov.au Stirling Hinchliffe MP 10 Hancock St, Sandgate Member for Sandgate PH: 3269 1015 Email: sales@jeayshardware.com • Web: www.jeayshardware.com Shop 2, Fifth Avenue, Sandgate QLD 4017 Ph: 07 3639 9100 Email: sandgate@parliament.qld.gov.au PROUDLY LOCAL HAIRDRESSERS ТНЕ "they work harder for you HAIR CUT & COLOUR · BEAUTY because it's their business" TANNING ROOM **HEALTH & WELLBEING** 14 BOWSER PARADE, SANDGATE 3269 3096 **Need physio?** HAIRCARF ΔVΔ TINSNIP HAIROON 32690114 м. 0433 126 064 E. jayahaircare@gmail.com w. jayahaircare.com Fiona Green Tel: 3269 3795 Hair Dinkum " Podiatry www.fionagreenpodiatry.com.au Deagon Marketplace 75 Braun Street. Deagon Your Local HEARING Specialists 07 3269 4188 Shop 3, 12 Lagoon Street, SANDGATE www.hairdinkum.net e is worth heari PH: 3269 0005 Hair & Beauty Salon 0 f Ironycoo HANDYMAN **BULK ORGANIC WHOLE FOODS** Large range of Organic, Vegan & Gluten Free 4 Fourth Ave, Sandgate PH: 3869 4548 HOME MAINTENANCE PAINTING / CARPENTRY / PRE-SALE TIDY UPS / PLASTERING Sandgate Podiatru Fully Insured ... All Work Guaranteed Tim Stringer 0428 844 887 3269 4273 SANDGATE 14b Fifth Avenue, Sandgate PODIATRY

www.sandgatepodiatry.com.au

#### **HEALTH & WELLBEING**

3 Sunday Street, Shorncliffe, by appointment

#### LAWN MOWING & GARDENING

**Alan's Lawn Mowing** Lawn Mowing & Edges • Free Quotes with a smile Cheapest and Best • Pensioners Discount

36 Years Experience

Alan 0412 074 383

#### LOCKSMITH



#### MECHANICS



#### PAINTING SERVICES

#### **GREG HOOD PAINTING SERVICE** LOCAL PAINTERS

- Domestic & commercial painting
- · Repairs & minor plastering
- Free written guote with prompt response
- QBCC Lic. 71492 | Fully insured

Contact Greg 0400 570 707 hoodpainting@optusnet.com.au

#### PEST CONTROL SERVICES



#### PEST CONTROL SERVICES



for Friendly, Professional & Reliable Service

#### **PLUMBING SENSE SOLUTIONS PTY LTD** IOFI SCOTT 0411 708 810

DOMESTIC and COMMERCIAL MAINTENANCE HOT WATER SYSTEMS BLOCKED DRAINS LEAKING TAPS AND TOILETS | WATER SUPPLY | BATHROOM RENOS QBCC 15118080 • plumbingsensesolutions@outlook.com

#### PLUMBERS

FOR OVER

25 YEARS





## SANDGATE REAL ESTATE

SALES/RENTALS Ph: 3269 0944 1a/7 Second Ave, Sandgate www.sandgaterealestate.com.au info@sandgaterealestate.com.au

#### PRINTER

NORTHSIDE PRINT & DESIGN. . . . . 07 3106 3216 www.northsideprint.com.au

#### **REAL ESTATE**



Over 70 years in Real Estate and making a difference.....

200 Seymour St, SANDGATE • Ph: 3269 1276 JIM**MCKEERING.COM.AU** 

WAVE REALTY SANDGATE . . . . . . . 0407 733 244 1.95% selling commission — Call Anya

#### SECURITY SCREENS





#### TILERS



#### TRAVEL AGENTS



#### **VISA AGENT**



Unit 1, 170 Seymour Street, Sandgate (Opposite Senior Citizens Centre) Consultations by appointment

#### Tel. 07 3118 5700 e: visa@careerup.com.au

#### WATCH & CLOCK REPAIRS

COUGAR WATCHES & CLOCKS . . . . . . 3205 1134 8/16 Brighton Road, Sandgate

#### WASTE SERVICES



- Ideal for general junk, whitegoods, furniture, backyard blitz and green waste
- Brisbane's cheapest skips
- Every size skip bin for every occasion
- Variety of trucks to suit your driveway

#### WATERSPORT



🔮 KITESURFING



**Advertise** In this Directory Section from **\$21** per Issue +GST

Phone: **07 3518 0828** sales@sandgateguide.com.au

#### THE BIG ONE C R O S S W O R D ANSWER KEY





#### **RECENT SALE RESULTS**



Ask us how to get the BEST price for your home! To assist local owners, we are offering a free market appraisal for every home in the local area. You will discover the current value of your property and we will supply you with a personalised, detailed market report. Scan the QR Code to book in your Free Property Appraisal in May.



## Feed the fam with our delicious Dinner Deals WE'RE SERVING UP THESE DEALS FROM 5PM!

MON

WED

## \$15<sup>\*</sup> Sunday Roast

**SUN** 

TUE

THU



ADD 1/2kg wings for just \$10 more.

15% OFF

your total bill!

Simply order between 5 - 6pm on

Thursday to receive 15% off your bill!

\$25<sup>\*</sup> Combo Classic pizza, garlic bread & a beer or wine.\*

\$15<sup>\*</sup> Classic Pizza

\$15<sup>\*</sup> Fish & Chips

#### MON-WED

## Kids eat FREE, Mon to Wed!

Simply order between 5 - 6pm Mon to Wed. Bookings essential!

<sup>^</sup> T&Cs apply. Applies to children 12 and under only. One free child per paying adult. Not available with any other offer.

\*Available from 5pm. T&Cs apply. Member's price shown. Limited time only. #Schooner of beer of the month or glass of wine of the month.



YOUR COMMUNITY CLUB 50 KEOGH ST, SANDGATE (07) 3609 2001 Find out more at f