

FREE JULY 2023 | EST. 2012



FESTIVAL COMES TO THE LAGOON

THE HUMAN LIBRARY Immersive storytelling in Bracken Ridge

COVER PHOTO: PAUL NEIL

TRADES







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FROM THE EDITOR

n the July edition of the Sandgate Guide, we feature all the fun of The Einbunpin Festival for 2023. You will find a complete program attached to the story so you can plan your day. The Sandgate Guide will have a stand at the Festival so come over and say hi!

Bracken Ridge's superstar author, Trent Dalton returns to his old high school for one night only for an intimate Q&A session. If you'd like to go along, there are more details on tickets in the story.

Celebrate 10 years of live music with The Cardigan Bar this month, Music By The Sea provides audiences with a vibrant performance by The Stowaway and learn how you can 'borrow' a story at the Human Library event this month.

These are but a few of the great local stories you can read about in this month's issue.

Our podcast this month features DHEM, a talented local music producer whose music is tearing up Spotify! DHEM joins me this month on GuideCast and to listen to the full interview, scan the QR Code below.

For more local news and events plus giveaways, follow us on Facebook.

Until next month, happy reading - and listening!
Jodie

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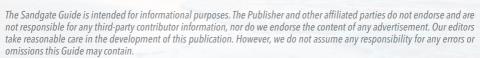
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STORY DONNA PHILLIPS

If you like intriguing and exotic, The Stowaway Collective's rich and vibrant music is said to give audiences a sense of being hidden passengers in the shadows of different cultural traditions. Consider packing your imaginary suitcase and book a ticket for July 1 when the vibrant five-piece ensemble launches its 'music from an unknown country'.

Based in New

York City,
Australian
guitar brothers Ziggy and Miles Johnston have
come a long way. They're considered to be two
of the country's finest young musicians, forging
international careers through the prestigious
Juilliard School in the US. And now they're back
on home soil to launch their new album 'Sidekick'.
The brothers perform in Sandgate on August 5, ten
days before the album launches on the 15th.

Q: Tell us about your new album?

A. Z&M: We wanted this album to represent everything about who we are as artists and our journey as brothers. The title track, Sidekick, was written for us by welsh composer, Katie Jenkins, to intentionally satire and poke fun at our brotherly dynamic both on and off stage. The album also features a new work by Melbourne guitarist/composer Ken Murray, our own "transfixingly"

beautiful" (Vincent Plush, Limelight Magazine) arrangement of Debussy's Clair de Lune, and works that have shaped our musical identity from Spain, Latin America, and Australia.

Q: Has studying at The Juilliard School in NYC been pivotal to your success?

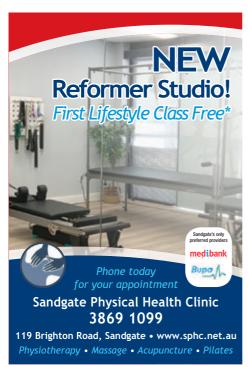
A. Z&M: In 2022, we were accepted into Juilliard's prestigious Artist Diploma program as a guitar duo, becoming the first guitar duo and first Australians in the program's history to be accepted. Juilliard is considered the best music conservatory in the world because of its extremely high level of education.

Q: What do you love about performing?

A. Z&M: For us, concerts are about connecting with our audiences and having a shared musical experience. Classical music and the guitar also offer a level of intimacy rarely found in other genres.

The Stowaway Collective Sandgate Town Hall Saturday, July 1, 7.30pm

Ziggy & Miles Johnston
Sandgate Town Hall
Saturday, August 5, 7.30pm
Bookings: www.musicbythesea.com.au







A Blast From The Past

STORY PATRICIA HIGGINS

njoy a thrilling trip back through time with the upcoming Sandgate Museum Children's Program, which offers a fun and educational family day out on the school holidays.

A Blast From the Past is a workshop that allows kids to play with fascinating toys of yesteryear and take part in intriguing games and puzzles.

According to Elaine O'Brien from the Sandgate Historical Museum, the activities also allow parents and grandparents to get involved, with an entry price of three dollars per child and accompanying adults free (small groups only).

"The objects in the collection will trigger the imagination and introduce children to curiosities and unknown histories about their community," Ms O'Brien said.

Ms O'Brien said that there would also be a treasure hunt of mystery objects throughout the museum, materials provided to construct an old Queenslander, as well as various other

FROM THE OFFICE OF **STIRLING HINCHLIFFE**

he 2023-24 Budget delivers for Queenslanders in health; in housing; in community safety; and, crucially, in bringing down cost-of-living to support our great lifestyle.

Every Queensland household will receive at least a \$550 electricity rebate while eligible Concession holders will benefit from a \$1,072 electricity rebate. Small businesses may also benefit from support in the form of a \$650 electricity rebate to reduce their operating costs.

The Budget is set to give young families a helping hand by funding 15 hours each week of free kindergarten, saving families an average \$4600 yearly. \$4.8 million over two years has also been allocated to the new SwimStart program to help fund eligible children under the age of five to learn to swim.

Funding for Queensland Health will total \$25.8 billion, which includes over \$700,000 for mental health and acute short stay residential services locally, and \$764 million to specifically address ambulance ramping and emergency department wait times.

Addressing pressures on the housing market remain at the forefront of this Budget. \$1.1



competitions and hands-on activities.

"We will be offering the children a chance to play fun-filled old time and perhaps forgotten games like quoits and marbles," Ms O'Brien said.

There will also be opportunities for kids to touch and explore an old typewriter, a switchboard, a crystal radio and other equipment from a bygone era.

A Blast From The Past Tuesday 4 July & Wednesday 5 July, 9am-1pm Sandgate Historical Society 150 Rainbow St, Sandgate.

billion has been provided to drive social housing delivery, while the Housing Investment Fund has been doubled to \$2 billion, to support the construction of 5,600 social and affordable homes by 30 June 2027. Built-to-rent tax concessions are available for eligible development providing affordable dwellings at discounted rents while \$250 million has been committed to housing and homeless support services.

Community safety impacts us all. This Budget commits over \$440 million to boost police resources and help tackle the complex causes of youth crime. The Beams Road Overpass is moving full steam ahead while planning for the Bracken Ridge to Pine Rivers Gateway Motorway Upgrade is well advancing.

Our local schools will benefit from infrastructure upgrades to the value of \$33.8 million. Construction of new classrooms at Taigum State School and Bracken Ridge State High School and works on Sandgate District State High School's Performing Arts Centre are powering ahead while a refurbishment of Block A and the Tuckshop at Norris Road State School are expected to soon kick off. \$800,000 has also been allocated for training infrastructure at Bracken Ridge TAFE.

To read more about the Queensland 2023-24 State Budget, visit: www.budget.gld.gov.au



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1 https://www.manchester.ac.uk/discover/news/20-of-people-with-hearing-aids-do-not-use-them/

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EINBUNPIN FESTIVAL



GET READY TO WEAR YOUR EINBUNPIN GRIN

STORY ALYSSA MACKAY PHOTO PAUL NEIL

ne of the Northside's most beloved family festivals is back with another exciting line-up of local music, great food and fun for the kids.

If you haven't already, mark Sunday, 30 July in the calendar for the 31st Annual Einbunpin Festival at Einbunpin Lagoon Park.

Deagon Ward Councillor Jared Cassidy said he was looking forward to bringing the festival to the local community once again.

"For the 31st time we will celebrate all the wonderful things the Northside has to offer," Cr Cassidy said.

"On a more personal note, the Einbunpin Festival has always been in my calendar – firstly as a young boy hanging out with school friends, to volunteering in my twenties and now as the chairperson of the Einbunpin Festival Committee. It's certainly the best and most anticipated festival the Northside has to offer."

This year will see the return of festival favourites on the Youth Stage and Bunpin Stage, and school bands, choirs and dance troupes in the Festival Arena.

The giant slide, tea cup ride and rock climbing wall will be free for the kids to enjoy, thanks to the generosity of festival sponsors, including major sponsor, The Sands Social.

Kim Mancini, artist and owner of Mancini Art Gallery, is also back with her popular artistic program. She said she had been doing children's activities like kite-making, flying fish and crazy critters at the festival for about 12 years.

"Each year, new themes are explored and developed around nature or Sandgate," Kim said. "Last year, the children and adults were invited to help paint the number 30 with things around Sandgate and the festival.

"This year, I am planning 'A Day at the Seaside' with a retro twist, creating a beach theme picnic area with blow-up palm trees, beach mats and chairs, blue tarps as water and lots of crabs, turtles, fish and birds to cut out and paint, setting them on sticks to flap in the breeze on the edge of the lagoon. Parents and children can bask in the sun and play with colour."

She said the Einbunpin Festival brought together people of all ages. "It reminds us that we are a community of diversity," she said.

For more information follow Einbunpin Festival on Facebook or visit www.einbunpinfestival.org.au

To learn more about Kim and her art classes visit www. manciniartgallery.com.au

Einbunpin Festival 2023 Sunday, 30 July, 9am-4pm Einbunpin Lagoon Park



FESTIVAL PROGRAM

YOUTH STAGE

9 TO 9:20	DUBLIN ROSE	
9:25 TO 9:45	ANOUK BROWN	
9:50 TO 10:10	ARIA COOK	
10:20 TO 10:35	REMEX	
10:40 TO 11:00	GF UNITED	
11:10 TO 11:30	MURDERED BY MONDAY	
11:40 TO 12:00	OLD MATE SPECIAL	
12:10 TO 12:30	SONS OF HADES	
12:40 TO 1:00	SWAG CATS	
1:05 TO 1:25	MELOPHOBIA	
1:35 TO 1:55	SHORE THING	
2:05 TO 2:25	PIER PRESSURE	
2:35 TO 2:55	HEATSTROKE	
3:05 TO 3:25	MISSRIOT	
3:35 TO 3:55	ANTI-SAPIENS	

BUNPIN STAGE

9:00 TO 9:30	TALIA STEWART
9:40 TO 10:00	GETTING'2OLD
10:10 TO 10:30	ADAM BUCHANAN
10:30 TO 11:00	DYLAN SEILER
11:00 TO 11:20	PHOENIX SYMONDS
11:30 TO 11:50	JEFF OWEN AND THE BARIATRICS
11:55 TO 12:10	ANGELO G
12:20 TO 12:40	NARROW GROUNDS
12:45 TO 1:00	THE WATCHMEN
1:05 TO 1:25	THE DARING
1:30 TO 1:45	OSIRIS
1:50 TO 2:20	CHILL
2:30 TO 3:00	AMBITION ROAD
3:15 TO 3:30	EDWARD GILBERT
3:30 TO 3:50	JAZZERCISE SANDGATE

FESTIVAL ARENA

9:00 TO 9:15	KYUSHIN RYU JUJITSU
9:15 TO 9:25	ST KIERAN'S JUNIOR VOICES CHOIR
9:25 TO 9:35	ST KIERAN'S RISING VOICES CHOIR
9:35 TO 9:45	ST KIERAN'S ADVANCED BAND
9:45 TO 10:05	BAYSIDE DIVAS
10:10 TO 10:25	OFFICIAL OPENING
	(WITH PETE VANCE'S EINBUNPIN SONG)
10:30 TO 10:40	SPC DRUM CORPS
10:40 TO 10:55	SOULDANCE
11:00 TO 11:15	SPC JAZZ ENSEMBLE 1
11:20 TO 11:35	SPC JAZZ ENSEMBLE 2
11:40 TO 11:55	MULTITUDE CHOIR
12:00 TO 12:15	COLOURING IN COMPETITION
PRESENTATIONS	
12:15 TO 12.45	EGG & SPOON RACES
12:45 TO 1:15	MULLET TOSS
1:15 TO 1:45	MCLAI PIPES & DRUMS
1:50 TO 2:20	MAGPIE SEASON
2:25 TO 2:35	SOUNDWAVE COMMUNITY CHOIR
2:45 TO 3:30	SECOND WIND COMMUNITY BAND

** TIMES AND PERFORMANCES SUBJECT TO CHANGE **



BRAMBLE BITES

BY BROOKE JACOBSON

Unplug and tune in

The line-up for the next Unplugged Café is a cracker. Come along to see Shaun Fabila MC Chosen the Freestyle Rapper; Vaughan Rostron, entertaining ukulele player; Tom and Kate, brother and sister duo, plus guitarist Dean; and Danny Jazz with the support of quitar virtuoso Steve Bedford.

Unplugged Café will be held on Friday July 7 at SANDBAG on Rainbow Street, Sandgate. Doors open 6pm, music starts at 6.30pm and finishes at 9.30pm.

Seeing is recycling

Did you know you can recycle your old reading glasses at the Bracken Ridge Ward council office just next to the library? The glasses – whole, unbroken pairs only please - are then taken to a Redcliffe sorting facility where they are graded, boxed, and sent overseas to people in need. Pop into the office at the corner of Bracken Street and Barret Street, Bracken Ridge.

Defend yourself

Ako Martial Arts are running free self-defence workshops on Saturday, July 22.

At noon, there will be a Kids Anti-Bully Workshop focussing on setting and understanding physical boundaries and deescalating physical confrontation.

At 1.30pm, there will be a Women's Workshop on setting physical boundaries and understanding how to overcome someone bigger or stronger.

At 3pm, there will be an Adult's Workshop, on defending strikes, safe positions, and spatial awareness.

Workshops will be held at 145 Rainbow Street. Sandgate. To book your spot, call: 0401 901 015 or email: info@akomartialarts.com

Honours List

Federal MP for Lilley, Anika Wells, congratulated three people from the

electorate who were recognised in the recent King's Birthday Honours List. They were:

- 1. The late Mr Archibald Tudehope from Everton Park, who was awarded an OAM for health services to the community.
- 2. Mr Graeme Hall, from Wavell Heights, who received an AFSM - Australian Fire Service Medal
- 3. Mr Matthew Higgins, from Nundah, who received the PSM - Public Service Medal for outstanding public service to Queensland with international impact in the fields of surveying, geodesy, and spatial sciences.

Rise and bake

Always wanted to make sourdough but never known where to start? Come along to a new workshop, Sourdough for Beginners, being held on Saturday, July 8 from 9.30am to 11.30am. The workshop will be held at 56 Connaught Street, Sandgate, and is run by Leah Hutchinson.

Learn about sourdough starter, mix dough, develop the bread structure and flavour, achieve a pretty crust, and bake the loaf. A tasty morning tea based around sourdough is also provided. Tickets are \$112.96 and are available through Eventbrite.com.au Just search for "sourdough for beginners".

Get festive in July

Vend Virginia is hosting a special Christmas in July pop-up market. The event will feature stalls, Christmas food, music, mulled wine and an ugly sweater competition. There will be face painting and a jumping castle for the kids. So get into the festive spirit like the Europeans do and embrace the cold weather!

The market will be held at Vend, 1768 Sandgate Road, Virginia on Saturday, July 22 from 4pm to 9pm. For more information, search Facebook for Vend Virginia.

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

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STORY ALYSSA MACKAY

ocal residents are being given the opportunity to experience The Human Library - a global movement where readers borrow a person instead of a book.

This month, Brisbane City Council will host the event, The Human Library – Unjudge Someone at Bracken Ridge Library on Saturday, 8 July, allowing readers to have a conversation with a person willing to share their unique personal experience.

Civic Cabinet Chair for Community, Arts and Night Time Economy, Councillor Vicki Howard said the Bracken Ridge Library was a special place in the community and hosted several free events every week.

"We are thrilled to be able to bring the unique and immersive storytelling event The Human Library to the Bracken Ridge Library in July," Cr Howard said.

"These events, which started in Denmark in 2000, are truly incredible and we take events to different libraries across our suburbs so more residents can take part in this experience."

The Human Library works in a similar way to a traditional library. Attendees are able to choose three 'titles' on topics they wish to learn more about and then borrow 'books' on those subjects. However, the books are real people with real stories to share, encouraging readers to have open conversations with people they

may not normally meet in a safe and inclusive environment.

Human Books are volunteers from all walks of life, each with a title and blurb they have written themselves. They often represent a group in society that is misunderstood or frequently subjected to prejudice, discrimination or stigmatisation. They have personal experience on their topic and can speak, explain, clarify and diversify the views and ideas about the group they represent.

Aimed at those aged 15 years and older, the event includes 'books' on topics like ethnicity, disability and social status.

The Human Library is a not-for-profit learning platform founded in Copenhagen with the aim of challenging stigma and stereotypes. The project is now active in more than 85 countries, including Australia, with events taking place in libraries, schools and festivals to promote conversations, break down barriers and encourage understanding of individuals with backgrounds and experiences that may differ from their own.

Bookings are required. Call the Bracken Ridge Library on 3667 6060 to reserve a place. For more information about The Human Library visit humanlibrary.org

The Human Library - Unjudge Someone Saturday, 8 July, 11am-1:30pm Bracken Ridge Library 77 Bracken Street, Bracken Ridge.



Date: Sunday 9 July, 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.

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Regis plans special festivities for July

STORY PANAYIOTA

e may not have "chestnuts roasting on an open fire" or "Jack Frost nipping at your nose," but we do have, "Yuletide carols being sung by a choir, and folks dressed up like Eskimos." (The Christmas Song, by Nat King Cole)

Well, maybe not quite like Eskimos, but you get the picture! Santa's been busy inspiring Lifestyle Coordinator, Kathleen Munday and her staff at Regis Sandgate - Lucinda with preparations for Christmas in July festivities.

"This year, we're celebrating Christmas in July," said Kathleen. "We enjoy bringing variety to our residents. It's so precious to hear them reminiscing; they love sharing their stories of old while spending time with family and friends."

Joel Archer's got things going with ole time movies a few days beforehand. Then on 25th July, Brighton State Primary School Choir will sing Christmas Carols. Followed by the sweet sounds of Jillian Praeger, Senior Harpist. For



Celebrating Ten Years Supporting Live Music

he Cardigan Bar is more than just a small bar in an old alleyway. It's a testament to the power of vision, community, and creativity. And this year the Cardigan Bar celebrates 10 years connecting the community with local creativity.

Chris Fisher and Abby Smith-Fisher saw the potential in the reclaimed service entrance, and they turned it into something special. From the



Aderle Street, Santa (John 'Skippy' Schipper), Elwyn Taylor

those who enjoy a bit of pet therapy, Emma, the Christmas Pooch (aka Labrador) will wag her way into your hearts. Oh yes, and Santa will be there too!

"Our chef has gone all out planning a scrumptious feast. From roast turkey and ham to traditional plum pudding. All will be truly spectacular." Said Kathleen.

Located at 60 Wakefield Street, Sandgate, if you'd like to volunteer, email lucindalifestyle@regis.com.au.

lampshades made from Abby's grandmother's cardigans – hence the name - to the live music that fills the bar, the Cardigan Bar has become a beloved institution in the Sandgate community.

For the past two years, the bar has been under the ownership of Adam Christy and Perrie Bourke, who have continued the tradition of supporting local artists and fostering creativity. They've added their own touches to the bar, emphasizing the importance of connection and community but have always remained true to its roots.

"The Cardigan Bar has built a strong following with many locals, and continues to have new patrons discovering its uniqueness," said Perrie.

As the Cardigan Bar celebrates its 10th anniversary, it's clear that it is a place where people come together to enjoy music, food, and each other's company. It's a place where creativity is celebrated and encouraged.

Celebrations will be held over the weekend 29 June-2 July. Food trucks will be available on Friday and Saturday nights and of course lots of live music to be enjoyed. For more information www.cardiganbar.com.au



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10 QUEENS PARADE BRIGHTON







The dance floor was Tony's happy place. So when he died, we made sure he was remembered in his own special way. We found a vintage jukebox full of his favourite songs and turned his final goodbye into a ballroom. Tony was, as he so often had been, the star of the show.

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

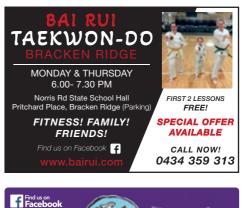






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STORY ALYSSA MACKAY PHOTO QUINN STORRIE

'Callaghan Park will be a hive of activity for Zillmere families this month at the official opening of a new playground.

The playground on Zillmere Road has been named Uncle Lewis Orcher Place in honour of a respected community elder, and will be unveiled at a special opening and dedication on Wednesday, 12 July.

Deagon Ward Councillor Jared Cassidy said the long overdue playground upgrade at O'Callaghan Park was great news for locals and visitors.

"When the project was initially announced, I letterboxed surrounding locals to gauge what they would like to see come out of the upgrades," Cr Cassidy said.

"The feedback was quite clear, locals wanted to see the rusted and outdated equipment replaced and they wanted shade over the playground."

The old playground has been replaced with brand new equipment, including a twisted rope climber, double slide, planets panel, twister climber and shade structure, making it an accessible and inviting space for the whole community.

Cr Cassidy said it was great to see the feedback reflected in the finished work.

"The space is a favourite for young families here in Zillmere and the modern equipment will ensure locals have a safer and more enjoyable

area to use," he said. "In addition to the playground upgrade I'm pleased to announce the updated space will be officially known as Uncle Lewis Orcher Place. To honour his contribution and celebrate the naming, we will be holding an official opening of the playground on 12 July at 10am. We hope to see you there."

The event will include free coffee and tea, cold drinks for the kids and lolly bags. The playground's new sign will also be revealed, which includes information about Uncle Lewis Orcher, a Wakka Wakka / Kabbi Kabbi man, long-term Zillmere local and respected community elder.

Uncle Lewis was instrumental in the development of Koobara Kindergarten and had a strong connection to O'Callaghan Park and the Zillmere PCYC, including organising the first Northside community NAIDOC celebration at O'Callaghan Park.

"He was a fierce advocate, compassionate elder and a real friend for so many on the Northside," Cr Cassidy said.

Official Opening – Uncle Lewis Orcher Place Wednesday, 12 July, 10am O'Callaghan Park, 340 Zillmere Road, Zillmere

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WELCOME BACK TRENT DALTON

STORY ALYSSA MACKAY PHOTO VICKI SINCLAIRE

ward-winning journalist, international best-selling author and former Bracken Ridge resident, Trent Dalton, is going back to school – for one night only!

Trent will return to his roots for a special Q&A style event at his old school, Bracken Ridge State High (formerly Nashville State High School) on Thursday, 3 August at 6pm.

He said the suburbs of Bracken Ridge, Brighton and Sandgate were sacred places to him.

"They are in my blood," he said. "I still walk some Sunday afternoons with my daughters on the low tide mud flats off Flinders and bore them with stories about the magic of 4017. My years at Bracken Ridge High were wondrous and tumultuous and life-changing and any good fortune I've had later in life is deeply rooted in the kindness of the teachers and the lifelong friends in that school who shaped my early life. I can't wait to come back and say thanks."

Trent will tour the school to visit his old classrooms and catch up with former teachers before the Q&A event. He will talk about his school years, journalism career and best-selling literary fiction works, including 2018 debut

novel Boy Swallows Universe, which has been adapted for the stage by Queensland Theatre and is set to be a Netflix series. The multiple award-winning novel is semi-autobiographical and touches on Trent's experiences living in a housing commission home in Bracken Ridge and his time at Nashville High.

Bracken Ridge State High School principal, Michelle Lyons, said the staff and students were thrilled that Trent was visiting his old school.

"It is a fantastic opportunity for him to share his journey from Bracken Ridge to renowned author," Principal Lyons said. "His insights into how his relationships with teachers and education here have led to the development of his story writing will be invaluable to our writers of the future."

As Trent will not be charging for his time, tickets will be an affordable \$10 each. Proceeds of the night will go towards a mural honouring Trent, showcasing his journey from growing up in a housing commission property to a Walkley-Award winning journalist, best-selling author and executive producer on a major television mini-series.

Tickets are expected to sell quickly. To purchase your tickets go to www.trybooking.com/CIOZD

An Evening with Trent Dalton Thursday, 3 August, 6pm Bracken Ridge State High School 68 Barfoot Street, Bracken Ridge.



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ACROSS

- 1 Asian spiced rice dish
- 4 Satan
- 8 Cooped up
- 11 Ignite quickly (5,2)
- 12 Meat-eating
- 14 Demonstration (3-2)
- 16 Yellow cagebird
- 17 Cow's food
- 18 Formal dress
- 19 Classes
- 21 Shields
- 23 British admiral, Horatio
- 27 Excess
- 28 Sidesteps 30 Restrain

- 31 Standard score in golf

32 Ark builder

- 33 Land
- 34 Noise of a wood fire
- 37 Mortals
- 38 Opened a garment
- 40 Moulded metal (3-4)
- 43 Married woman (Italian)
- 45 Binary digit
- 46 Decorate (coll) (4,2)
- 48 Incensed
- 50 Old digging machine
- (5,6)
- 51 Beginnings
- 52 Discourage
- 53 Ridicules 54 Bare

DOWN

- 1 Expressionless (coll) (2-5)
- 2 Get to know
- 3 Unconfined, of poultry
- (4-5)
 - 4 Mouth parts

 - 5 Spiny plant
 - 6 Plant with fronds
- 7 Wears the crown
- 8 Musical note
- 9 Exult
- 10 Visible
- 13 Adjutants
- 15 Covers with frosting
- 19 Mail
- 20 In front 22 Hand-weapon

- 24 Haughty (5-2)
- 25 Drive back
- 26 Ancestry
- 27 Made
- 29 Delivery vehicle
- 35 Turmoil
- 36 Betrayer
- 38 Consumer 39 Dethroned
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- 41 Geometric solid
- 42 Fished
- 44 Prominent
- 47 Imagine
- 48 Affirm
- 49 Louts (coll)
- Solution: Page 37



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Social Snaps If you have an event that you a photo so!!

by **PAUL NEIL**



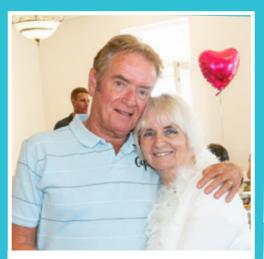
If you have an event that you think is worth



The Hornby family join in the fun and games on a beautiful winter's afternoon at the Sacred Heart Primary School Sandgate Fair celebrating the school's 130th Anniversary.



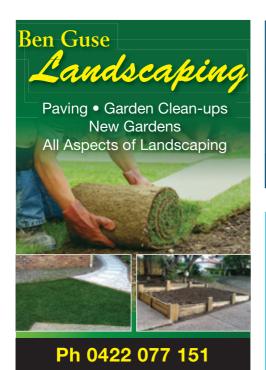
The Bayside Divas end their sold-out 'Connections' concert with a rousing finale for an appreciative audience at Sandgate Town Hall.



lain and Maryanne celebrate their 50th Wedding Anniversary with a lovely family party at The Full Moon Hotel, Shorncliffe Room.



Singers from The St Kieran's Choir share a laugh between songs. They performed with the St Patrick's College Strings Groups and Choirs at a concert at Sandgate's Senior Citizens Centre.

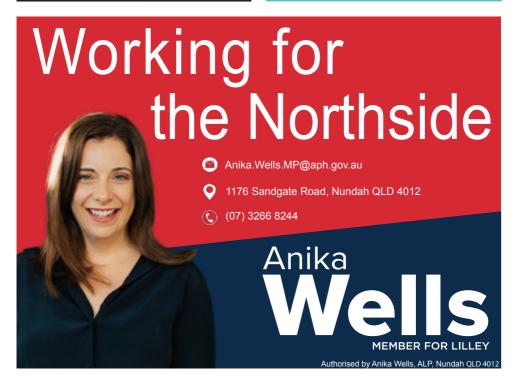






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LIFE COACHING

Unlock your potential with positive questions

o you question yourself? I do. The questions we often ask ourselves may sound like, "Why can't I do this? or What's wrong with me?"

They are not helpful. They are often undermining



WITH TRICIA BOLTON

and critical. They presuppose that there is something wrong with us and reinforce negative self-beliefs we may have.

Negative questions lead to negative answers. We ask a question about our inability to lose weight, and we'll come up with all the reasons we can't and start judging ourselves in

the process too.

Positive questions can help us shift our perspective to help explore new possibilities. Reframing a limiting question from "Why is this happening to me? to "What can I learn from this experience?" helps us view possible challenges as stepping-stones rather than stumbling blocks.

Positive questions can also act as a catalyst for creativity. Imagine being stumped on a project and asking, "How can I approach this differently? Or What steps can I take to overcome this obstacle?" We make it easier for ourselves to find our own inner wisdom and resources.

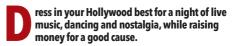
The power of positive questions is undeniable. They help us tap into the potential we all have to transform our own lives. They allow us to find solutions to challenges so we can learn and grow.

Tony Robbins says successful people ask better questions, and as a result, they get better answers. Start noticing your questions. Why not ask yourself better questions and unlock greater possibilities.

If you'd like to talk more with Tricia email: tricia@ triciaboltoncoaching.com

Roll Out the Red Carpet for Fundraiser

STORY ALYSSA MACKAY



After last year's successful 80s-themed fundraiser, local not-for-profit group Four57 Incorporated are back with another rocking event this month — Fourth Best Band Goes to Hollywood.

Four57 Incorporated secretary and Fourth Best Band drummer, Ian Turton said the Sandgate Town Hall event would be a musical and visual experience with iconic songs from movies performed live.

"We can't wait to see everyone's Hollywood costumes, whether it be channelling their favourite movie star or dressed in their red carpet best," Ian said.

Four57 Incorporated president and Fourth Best Band bass player, Chris Ferguson said the song selection would be a mixed bag with a few surprises.

"As our past events have shown, a Fourth Best Band show is more than just the five of us playing well-known songs live on stage," Chris said. "This year we have again encouraged special guests to get involved, ranging from teenagers to adults. They've been rehearsing with us in the lead-up to the show and they are all sounding great."

Four57 Incorporated have partnered with SANDBAG and money raised from the event will go towards a youth outreach initiative.

"SANDBAG initiatives closely align with the group's objectives, promoting and contributing to positive local community engagement and fostering a sense of fun, adventure and innovation in all we do," lan said.

Tickets are \$25. To book go to www.trybooking.com/CJEZQ. Follow Four57 Incorporated and Fourth Best Band on Facebook for updates.

Fourth Best Band Goes to Hollywood Saturday, 22 July, 6-11pm Sandgate Town Hall



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by Photo Mix from Pixabay

Snip Snip, Clip Clip!

STORY SALLY EBERHARDT

t's cold now but set your sights on preparing your garden for abundant fresh growth in spring.

Snip snip, clip clip! Prune your hedges, roses (except old-fashioned varieties), frangipanis, citrus and summer-flowering shrubs like plumbago and crepe myrtle for compact foliage and healthy blooms later. Leave the spring-flowering climbers and shrubs e.g., azaleas, jasmine and Brunfelsia until after they have bloomed.

Finish those projects you began in June before the Ekka winds of August take the fun out of being outdoors. Speaking of which – check your lawn for bindii and eradicate those carrottop rosettes BEFORE they turn prickly. Dig them out by hand, or if prolific, try a natural weed killer like Earthfood Maintain or Slasher. Your feet will thank you later.

Cold, wet soils and the long shadows of winter reducing life-giving sun make July less than ideal for planting vegetable seeds. Empty vegetable beds, particularly those earmarked for growing peas and beans in summer, will benefit from application of organic lime to sweeten the soil. Dig lime into top 10 to 15cms of soil where it will leach over time and raise the pH.

If you want to plant something try beetroot, silverbeet, cabbages, peas, lettuce and carrots.









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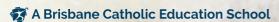
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A WORD FROM **OUR REPRESENTATIVES**

ound 3 of the Active Clubs program has seen various community groups locally receive grants of \$2,500 to support the valuable work

WITH **STIRLING HINCHLIFFE MP**

of volunteers to provide training and equipment to enable Queenslanders to be active.

Congratulations to Bracken Ridge Little Athletics, Brighton Bulldogs Football Club, Brighton Roosters Junior Rugby League Club, Guides Queensland, the Sandgate Hawks AFL, Kurbingui Sporting Association. Parkrun Australia.

Polynesian Va'a-alo Outrigger Canoe Club, Sandgate Golf Club, Sandgate Paddling Club, Sandgate Yacht Club, Sandgate-Redcliffe District Cricket Club and the Boys Brigade Queensland.

The Palaszczuk Government is committed to supporting community clubs to provide an active and healthy future for all Queenslanders.

It's fantastic to see so many great local events being hosted in our community this year.

I'm happy to be able to support the return of St Kieran's Fete on 16 July and can't wait for this terrific community celebration.

I am also proud to support the Einbunpin Festival this year. With more stalls than ever, fantastic performances and family-friendly fun, the day is shaping up to be an absolute pearler.

I hope to see you there!

e know that families are feeling the pressure of rising costs of living. That's why the Albanese Government is increasing the Child Care Subsidy from July.

This is a big reform that is good for children, good for families, and good for Australia. It means parents - especially mums - can work more paid hours if they want to. It means more money in the pockets of families. And it means more

WITH ANIKA WELLS MP

children can access the benefits of foundational early learning.

Under our changes a family on a combined income of \$120,000 with one child in care will save around \$1,700 in the first year of this plan alone. These changes will deliver more affordable early childhood education and care for around 1.2 million families.

If you already receive the subsidy, you don't need to do anything to get the increased rate. It will apply automatically from 10 July.

If you haven't received it in the past, find out if you're eligible and how much your family can save using the calculator here www. startingblocks.gov.au/child-care-subsidy-calculator

To find more information about the changes visit www. childcaresubsidy.gov.au

ncourage your little one's love of reading through
Council's Gold Star (6-12 years) and Little Stars
Reading Program (0-5 years). It's free to join



WITH CR SANDY LANDERS

and runs until Monday 31 July 2023. It's not too late to sign up, visit Bracken Ridge, Zillmere or Sandgate Library or go online to Council's website.

We also have the new GOLD - Growing Older and Living Dangerously booklet for July-December 2023. You can pick up a hard copy from my office.

You may have heard that Council is slashing pool entry prices to just \$2 per person this Summer! From 1 December 2023 to 29 February 2024 the entry fee will be reduced. We know that the cost-of-living pressures are affecting many families, so this is a part of the Schrinner Council's plan to deliver better suburbs, better community facilities and an even better Brisbane.

Another cost of living measure is slashing the cost of household green bins. If you would like a green bin, you can order one by phoning Council on 07 3403 8888.

You can find further information or sign up for any of these initiatives on the Brisbane City Council website: Brisbane.qld.gov.au

Follow me on Facebook for more news and upcoming events at Facebook.com/Cr.sandy.landers or Instagram @crsandylanders.

36 SANDGATE GUIDE

t's not long now until the 31st Annual Einbunpin Festival! It will be held on Sunday 30 July at Einbunpin Lagoon Parkland. The Festival runs from 9am to 4pm. The theme Celebrating our Community is very fitting as it is a fantastic opportunity for community

WITH CR JARED **CASSIDY**

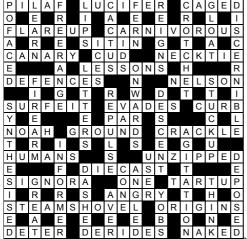
groups/organisations, schools, businesses and individuals from the local area to showcase the fabulous area that we live and work in.

The whole family can spend the day out in Sandgate. Whether it's watching the acts at one of the three stages, participating in family activities, strolling through the many market

stalls or grabbing something tasty to eat from one of the food vendors, there is always plenty to do and enjoy. The famous Mullet Toss will be happening once again in the Festival Arena, along with the Egg & Spoon races.

Planning is underway for the annual Sandgate Youth Festival which will also be held at the Einbunpin Lagoon Parkland, on Saturday 28 October. I'm excited to announce a new event, Geebung Street Party, which will also take place that weekend on Sunday 29 October outside the Geebung RSL. Keep an eye on my Facebook page for more details.

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SACRED HEART WELCOMES NEW PRINCIPAL

acred Heart School has had a busy year - celebrating 130 years of schooling and appointing a new principal.

The Catholic primary school in Sandgate last month announced Sarah McDonald as principal after she had been acting in the role since October 2022.

Sarah said she was keenly aware of what a great school Sacred Heart was after being a staff member there.

"Being principal of this beautiful school in the heart of Sandgate is a great honour," she said.

"We have a vibrant parent community, keen and dedicated staff and students who bring a smile to my face every day with their love of learning and their enthusiasm to make this world a better place."

Sarah has been teaching for almost 20 years, including in Maryborough, Mt Isa and Townsville, and moved to the Sandgate area in 2010 with her family. "Coming from small towns out in regional Queensland we were looking for

somewhere we could raise our children with that same 'small town feel' we had grown to love," Sarah said.

"My mother grew up in Sandgate and I spent many school holidays here with my nan when I was younger. Moving to the Sandgate/Brighton area was a dream come true when I was offered a teaching position at St Patrick's College in Shorncliffe. I am now part of the Sandgate Brighton Catholic Parish and it is wonderful to be able to work and live in my local area."

After her time at St Patrick's College, Sarah worked as an Assistant Principal at Christ the King Catholic Primary School in Deception Bay, before moving to Sacred Heart as Assistant Principal Religious Education in 2021.

"Sacred Heart is an amazing school and I just want to share that with our community here in Sandgate," she said.

"The community has helped us rewrite the Sacred Heart Primary School vision and mission statement, which embodies a lot of what we want to accomplish. We want to develop a strong focus on building community partnerships and developing our STEAM (Science, Technology, Engineering, Arts and Mathematics) programs, especially in our upper years."

Sacred Heart is currently accepting enrolments for 2024 and beyond. For more information visit www.shssandgate.gld.ed.au



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STEP INSIDE SANDGATE'S NEWEST ART GALLERY

STORY ALYSSA MACKAY PHOTO BRUCE REDMAN

professional art gallery has opened on Fifth Avenue, with a focus on promoting local artists at any stage of their career.

Et Al Gallery and Studio will have its opening exhibition this month and for owner, artist and lifelong Sandgate resident, Alison James, it's all about giving back to the community. Alison said the arts had taken a serious hit in the last few years, with many smaller galleries closing their doors and not many on the Northside where artists could exhibit their works.

"I have a strong connection to the 4017 community and believed that this area deserved its own gallery where artists exhibit in a professional and supported environment and members of the public could come and enjoy

seeing and supporting living artists in the local area," Alison said.

"Et Al Gallery and Studio is a professional working gallery. You will see artists exhibiting in a variety of ways, from themed group exhibitions to solo exhibitions. You will see artists at all stages of their careers working on their professional skills and members of the public learning basic art skills that might get them started on their artistic journeys.

"The gallery has the look and feel of a 'proper' art gallery while being accessible and welcoming to anyone who would like to visit."

A former high school art teacher, Alison has a postgraduate degree in art and spent years exhibiting in different galleries. She is also a member of Sandgate Art Society,

who she described as "a wealth of support, advice and encouragement."

"I am still a practicing artist, but I also enjoy combining my business skills, experience and networks to help other artists develop and take pride in their creative practice," she said.

Et Al Gallery and Studio's inaugural exhibition, Signature, will showcase the two-dimensional and three-dimensional works of approximately 25 artists from Brisbane, Moreton Bay and the Sunshine Coast. An opening event will take place on Saturday, 22 July.

"It is based around the idea that just as a chef has their own signature dish, so too an artist has their own signature piece that projects who they are as an artist out into the world," Alison said.

For more information follow Et Al Gallery and Studio on Facebook and @ etalgalleryandstudio on Instagram and visit www.etalgalleryandstudio.com.au For further enquiries email Alison etalgalleryandstudio@gmail.com or visit the gallery.

'Signature' Exhibition & Official Gallery Opening: Saturday, 22 July, 5-7pm Et Al Gallery and Studio Shop 10, Fifth Avenue, Sandgate.



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Emma Nightingale

HOMEWARD CONCERT

STORY PATRICIA HIGGINS



homage to a shared love of music with an operatic focus, a locally-produced concert is coming soon to Sandgate.

'Homeward' celebrates the return of producer Emma Nightingale's good friend and colleague Stephanie Lloyd, who is returning home to Brisbane after four years working as a professional opera singer in one of the biggest opera houses in the world.

As the second performance she has arranged at the Sandgate Town Hall over time, local resident Ms Nightingale, who is also an operatic soprano, writer, and producer, said that the event will include songs from both her and Ms Lloyd's careers, as well as amusing anecdotes and some other special quests.

"Last year we produced 'Hearts Less Heavy', a successful charity concert to raise money for those who were affected by the floods," Ms Nightingale said.

According to Ms Lloyd, the concert is very much about friendship and camaraderie centred around music careers, with notable parallels.

"Emma and I met when we were eighteen years old (we were born one day apart), in our first year at the University of Queensland. We



Stephanie Lloyd

studied together for four years, and in that time, we forged a friendship that has continued across the continents – lasting well over a decade," Ms Lloyd said.

Ms Lloyd said the idea of a homecoming concert came about through discussions with Emma and that she was excited to collaborate with other Brisbane based singers, including "our mutual, long-term friend Sebastian Maclaine".

"This year marks ten years since I left Australia to expand my operatic career overseas. I have grown so much as an artist and can't wait to share my experiences and some funny stories from the last few years, along with some fantastic music," she said.

The duration of the concert will be approximately one and a half hours, with people welcomed to join the performers for a chat over complimentary coffee and tea afterwards.

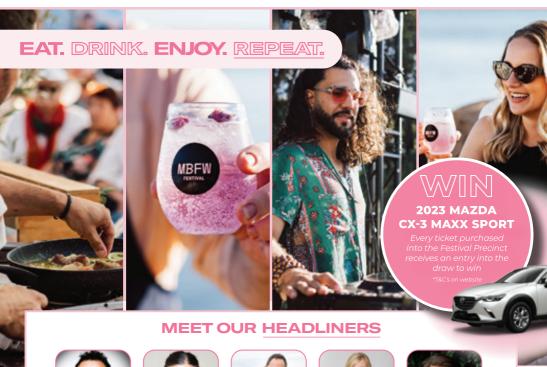
Tickets can be purchased online for 'Homeward' via Eventbrite (search for 'Homeward - a welcome home recital for Stephanie Lloyd' at www.eventbrite.com.au/). Follow the event on Facebook via fb.me/e/11qTyeSlp.

Homeward - a welcome home recital for Stephanie Lloyd Sunday 30th July, 3pm-4:30 pm Sandgate Town Hall Cliff and, Seymour St, Sandgate QLD



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Einbunpin Lagoon c1927, with municipal water pump in foreground

STORY PATTIE TANCRED

f we are ever tempted to think of history as a chronicle of progress, we should pause to consider some things that were "better in the old days". One such is Einbunpin Lagoon. For millennia, the lagoon and its neighbouring water holes were central to the survival of the original inhabitants, the Turrbul people. These water courses were abundant sources of food, among which was an edible root, the Turrbul name for which gives us the name Einbunpin.

Indigenous sovereignty over this rich territory effectively ceased with the arrival of European settlers, whose appropriation of the land for what would become the village of Sandgate initiated both the end of the traditional Turrbul way of life and the decline of the lagoon.

With booming land sales, it was not long before the area around what became known as the First Lagoon was dotted with housing. The settlers imported horses and farm animals, started businesses and planted gardens, all requiring water, most of which came from the two lagoons adjacent to the area of settlement. This placed enormous demand on what was, at best, a fluctuating water supply.

From its inception in 1880, one of the municipality of Sandgate's more enduring problems, along with water shortages, was the state of the First Lagoon. In 1889, a correspondent wrote to the Moreton Mail about

the "standing menace to the health of the place in the shape of No. 1 lagoon" which contained "about 10 feet of black, stinking slime". Council minutes regularly record votes of funds for clearing the land around the lagoon and cleaning weed growth out of it. Equally prominent in the civic records are complaints about citizens using it as a rubbish dump.

More construction around the village, in conjunction with some dubious planning, resulted in flooding when, in 1887, the new post office was built over a main drain, which, unable to cope when the lagoon overflowed after heavy rain, left parts of the village "dotted with pools of stagnant and stinking water". This would, complained the Moreton Mail, pose a threat to the health of Mr Slaughter [the postmaster] and his family, such that they may as well be living "on the West Coast of Africa".

The lagoon has since continued to deteriorate, variously running dry, being threatened with draining, condemned as a health hazard, losing some area to provide parking, and suffering the introduction of non-native plant and animal species. Come the Einbunpin Festival, let's celebrate its former splendour.

[With thanks to the Sandgate Historical Museum (opening hours: Sunday and Wednesday, 10am to 3pm). Photograph: Brisbane City Council Id no: BCC-SGT-13752]

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Prices valid from 1st July to 1st August 2023. Terms & Conditions apply, "Gifts with purchase and giveoways strictly while stocks last. Esky image indicative only. We support the Responsible Service of Akothol. It is against the law to sell or supply alcohol on behalf of the person under the age of 18.



STORY ALYSSA MACKAY PHOTO BRUCE REDMAN

erry Judd has won big in a world championship sporting event, 10 years after being told he had a 10 percent chance of surviving cancer.

In 2013, the 4017 resident was diagnosed with Acute Myeloid Leukaemia (AML) and had a bone marrow transplant. In April this year, he competed in the World Transplant Games in Perth, winning medals in all four of his cycling events, including two golds.

Before being eligible for the transplant, Perry received chemotherapy and had to go into remission. Then the search began for a donor.

"Unbelievably, my only brother was a full genetic match, which was a 25 percent probability, and of course he agreed to be my donor," he said.

More chemotherapy followed the transplant. The father-of-two was then able to look to the future, rediscovering his passion for cycling as a member of local riding group, the Sandgate Bunch.

Perry said it was a privilege to compete in the World Transport Games, winning gold in the Cycling Road Race and Individual Time Trial, silver in the Team Triathlon and bronze in the Team Time Trial.

"I am so lucky that I was able to be cared for, for free, in one of the best healthcare systems in the world, and that my recovery has been without major complications," he said. "Becoming world champion also means I can hopefully now be more effective at promoting the importance of registering to be a donor, both bone marrow and organs."

Member for Sandgate, Stirling Hinchliffe MP said Perry's was an inspirational, goosebump-inducing story of determination and selfless generosity.

"He is living evidence of how important it is for people to get tested and register on the organ donor registry," Mr Hinchliffe said. "It is because of generous donors that people like Perry can continue to live long and happy lives."

Perry plans to compete in the Australian Transplant Games in 2024 and the World Transplant Games in Germany in 2025. He is currently seeking sponsorship to help him achieve these goals.

If he could speak to the man who received the cancer diagnosis in 2013, Perry would say it was okay to feel the emotions that came with such a massive life shock.

"I would tell myself that everything would turn out okay, that not only would I survive, but achieve more that I could have ever imagined," he said. "A cancer diagnosis and the subsequent journey doesn't need to define you. Live each moment and cherish the good things even when your world seems to be falling apart."

For more information on how to register as an organ donor, visit www.donatelife.gov.au/register-donor-today. For more information on how to register as a bone marrow donor, visit www.abmdr.org.au. To learn more about becoming a sponsor, email perryjamesjudd@gmail.com







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- (s) Block of 4 Classes = \$280

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3269 2064

119a Brighton Road, SANDGATE

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- ✓ CPAP intolerance
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Dr Andrew Bachour BDSc (Hons) MACNEM MScMed (Sleep Medicine)



STORY NADIA CHAPMAN

et one of Australia's leading tribute bands take you on a trip down memory lane, all the way back to the 70s, with sensational performances and a show that goes beyond a concept.

Rumours are the ultimate Australian Fleetwood Mac tribute band, and they are coming to spice up Geebung RSL on Saturday, the 29th of July, with a jaw-dropping show.

Debbie Hinton, keyboardist and vocalist as Christine McVie said the tribute band formed in 1995 on the Gold Coast.

"The band consists of five musicians who have pooled their talents and energies to achieve a combination that is hard to equal," Debbie said.

The four other members include Jacqueline Lovazi as the charismatic Stevie Nicks, Adrian McCarlie as solid bass master John McVie, Rick Hay as the moody and artistic Lindsay Buckingham, and Paul McCarlie as powerful drummer Mick Fleetwood.

"Hear the magical Fleetwood Mac sound, reproduced to the highest degree of authenticity, by this committed team of musicians who genuinely love what they are doing."

Each band member is both passionate and charismatic but the concept completely comes

together with their costumes, hair, and makeup, which embodies the entirety of Fleetwood Mac—especially with Debbie and Jacqueline's costumes, who portray the two 'Mac' ladies.

Rumours offer tight and punchy rhythms with various guitar work and rich piano and keyboard backings. Add to this, the harmonies of four superb vocalists, and you are in for the ultimate Fleetwood Mac experience.

The band will play some of Fleetwood Mac's greatest hits, including Dreams, The Chain, Landslide, Go Your Own Way, Gypsy, and Never Going Back Again, to name a few.

Not only can locals expect to relive the 70s during this outstanding performance, but Geebung RSL has a deal for all ticket holders.

Geebung RSL is offering a drink on arrival and a two-course meal with every ticket. So not only can you expect exceptional live entertainment, but you get a full feed to enjoy.

Bookings are essential, and tickets cost \$60 for members and \$75 for non-members.

You can find out more information on www.geebungrsl.com.au

Fleetwood Mac Tribute Show Saturday 29 July, 6.30pm onwards. Geebung RSL 323 Newman Rd, Geebung.



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VIP Rewards Monthly Newsletter

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PLAYING CAT AND MOUSE @ ACT 1 THEATRE

STORY PANAYIOTA PHOTO BRUCE REDMAN

rom pirates to sleuths, Act 1 Theatre Inc continues to entice audiences with adventurous, yet daring stories.

Next in line, we have Sleuth. Written in 1970 by Anthony Shaffer, Sleuth engages us in an incredible cat and mouse chase played out in a cozy English countryside home which just happens to belong to famous mystery writer, Andrew Wyke.

Wyke's welcomed a guest, Milo Tindle. Milo can be seen as Wyke's younger opponent. He finds himself in the thick of it as he shares Wyke's appreciation for deceit and control of others, so much so, that he also shares Wyke's taste in women, namely Wyke's beautiful wife, whom he intends to make his own.

Such cheekiness! Can you imagine being a fly on the wall in that household?

"Our Director, Lilian Harrington, chose this small play specifically because she loves a good challenge and because it's the sort of play which will keep everyone at the edge of their seats," said Debbie Hossack, Committee Member and ongoing Stage Manager.

Lilian has over 50 years experience backing her professional career which incorporates her work as an actress, teaching aspiring actors and directing many productions.

"Lilian knows how to put her actors through their paces and gets great results for it," said Debbie.

Lead actors, Barry Haworth who plays Wyke and John Scandurra, playing Milo, will amaze you with their cleverness while sporting English accents. They are accompanied by supporting actor Graham Hall.

Act 1 Theatre Inc is quite at home at the Old Petrie Town Hall and for many years, has put on productions which for those who participate, has had a huge impact.

"It's become a place where people feel safe and belong. It's our way of giving them a sense of family," said Hossack.

Act 1 Theatre Inc invites both young and old to join their newsletter for upcoming audition notices, as well as show listings by going to www.act1theatre.com.au.

To book your tickets for Sleuth, go to www.trybooking.com/ CGOYH

Sleuth
Friday 14 July and ends Saturday 29 July
Act 1 Theatre Inc
Pine Shire Hall
238 Gympie Road, Strathpine



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STORY PANAYIOTA

t Kieran's Annual Fete recognises the importance of family and community contributions, and most importantly, creating FUN at the centre of it all. After all, it takes many hands to build communities which at St Kieran's Catholic Primary School are treasured and honoured by young and old.

That said, St Kieran's is grateful to the many volunteers who work alongside staff and Principal, Ben Gray, to make every fete better than the one before.

"We're thrilled to be able to host this year's school fete, and we're looking forward to welcoming members of the community to our school," said Principal Gray.

Of course, no school fete is complete without rides, games, face-painting, animals, Sideshow Alley, and the daring Dunk-A-Teacher, plus much more. Your kids won't know where to start.

There's entertainment too! The lineup includes special dance performances by St Kieran's dance students and dance troupe, a choir; everyone's been working hard on their routines. Local organisations like St John Fisher College are also contributing to the show.

For the afternoon, Swingalicious Big Band will offer soothing jazz: a real treat for adults where they can indulge with a drink from the bar, their favourite food, and relax on the lawn. The bar is an adults only area, so anyone under 18yo will need adult supervision.

"As a fundraising event, our goal is to purchase more seating for students and to begin construction of covered footpaths so kids can transition from inside/outdoor areas in any weather," said Principal Gray.

St Kieran's is also grateful for the generosity of their Gold Sponsors; Stirling Hinchliffe MP, Counsellor Jared Cassidy, M&R Auto Care and Zillmere Sports.

"It's wonderful to be able to support the St Kieran's Fete as a Gold Sponsor," said The Honorable Stirling Hinchliffe MP, "I can't wait and I hope to see you there!"

"I'm always happy to support St Kieran's Fete. It's an integral part of not just Brighton but the broader northside community. They do great work in opening their gates and welcoming everyone in," said Councillor Jared Cassidy.

For details, phone (07) 3269 5989 or Facebook on www. facebook.com/StKieransFete.

St Kieran's Fete Sunday, 16 July, 9am to 3pm St Kieran's Catholic Primary School 15 Greenwood Street, Brighton





SUNDAY16 JULY 2023 9.00 AM - 3.00 PM

ST KIERAN'S PRIMARY SCHOOL 15 GREENWOOD ST, BRIGHTON

Come along forrides, games, face painting, sideshow alley, animals, prizes, cake stalls, cent auction, trash & treasure AND MORE!

A huge thankyou to our Gold Sponsors











CHECK OUT WHAT'S ON THE MENU

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DINNER DEALS

WE'RE SERVING UP SAVINGS FROM 5PM, ALL WEEK LONG!

SUN

\$15* Sunday Roast



MON

\$15* Fish & Chips



TUE

\$15* Burger



WED

\$15* Classic Pizza



\$25* Combo Classic pizza, garlic bread & a beer or wine."

THU

15% OFF your total bill!

Simply order between 5 - 6pm on Thursday to receive 15% off your bill!

T&Cs apply. Not available with any other offers

MON-WED

Kids eat FREE, Mon to Wed!

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

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

YOUR COMMUNITY
CLUB



AT THE SANDS SOCIAL IN JULY!

CHRISTMAS IN JULY



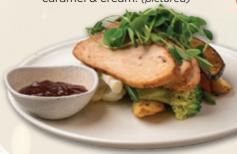
AVAILABLE FOR LUNCH & DINNER THROUGHOUT JULY

\$19.9 MEMBER'S PRICE

CHOOSE FROM TWO FESTIVE FEASTS:

Roast turkey breast, roast potatoes, vegetables & cranberry sauce plus a rich sticky date pudding with warm caramel & cream. (pictured)

Honey roasted ham, roast potatoes & vegetables, sweet mustard pickle glaze, plus a rich sticky date pudding with warm caramel & cream.





*Available only in July 2023. While stocks last. Roast turkey meal pictured.

ALL DAY & NIGHT FRI-SUN IN BUNPIN BAR

FOOD FEVER

BURGER + KARAAGE BITES

\$25*

BURGER + PINT

\$25

PARMY + KARAAGE BITES

\$30

*Member's price. ^Any pint off tap in Bunpin Bar



50 KEOGH ST, SANDGATE | (07) 3609 2001

f 1 The Sands Social



his month's recipe comes from QCWA Sandgate Branch member Carolyn. She says this is a winter warmer meal, prepare it when you have time then put it in the oven ready for your meal time.

You will have time to enjoy your favourite pastime whilst it is cooking.

For four serves:

INGREDIENTS:

4 Oyster Blade Steaks

4 Short cut bacon rashers

1 onion sliced

2 tomatoes sliced

1 cup mushrooms sliced

1 packet French Onion Soup mix

 $1\!\!/\!\!_2$ cup red wine (optional) or substitute beef stock.

METHOD

Grease a deep baking dish and place steak in a single layer and onion on top.

Sprinkle half of the soup mix on top.

Place the bacon strips on top and then the tomato slices.

Sprinkle with the remainder of the soup mix.

Place mushrooms around the edge. Add wine.

Cover lightly with alfoil, crimp foil to edge of dish

Bake in an oven on 150 degrees celsius for $1 \frac{1}{2}$ -2 hours - the time depends on the thickness of the steaks and ovens vary.

Serve with your choice of vegetables



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 sandgateqcwa@gmail.com



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STORY BROOKE JACOBSON PHOTO BRUCE REDMAN

here's nothing quite like a walk along the Sandgate foreshore, and for local resident Pieter van de Kwaak, a daily stroll has led to a whole new way of thinking.

Pieter, aged 87, is getting ready to launch a blog called Walk and Talk at 87, in a bid to connect with the community.

"I had written a bit of my life story for my children and grandchildren, and then Covid hit, and my wife was unwell, so I was staying home a lot – like everybody – and I just started writing," he said.

The former accountant said his daily walk was about more than just maintaining his physical health.

"I walk on the waterfront most days, the same route at the same time, and you get to know people. I made friends with people who were walkers, or fishermen, or out with their dogs – they became like a little family to me," Pieter said.

"I've been doing a lot of reading about something called 'self-directed ageism' which is when people tell themselves, 'Oh I'm too old to learn about new technology'.

"It can be quite harmful to have those beliefs – it can lead to a shorter lifespan, poorer physical and mental health, and cognitive decline.

"Sandgate is so beautiful, it's a very special place. This path around the bay to the pier, it's ideal to connect, to walk, and then stop and talk to people and to listen as well.

"It's good for your physical health obviously, but also your mental health. I just love the Shorncliffe Pier, there's people from all backgrounds who walk there.

"For me, it's really fantastic and helped me to have a happier life and a better quality to my life."

Pieter added the pandemic had driven home to him just how important human connection was to our day-to-day happiness.

"I thought, if I have a blog that families all over the world can read, it's another way to stay connected and we all know how important that is – particularly after Covid," he said.

"I lived in Sydney for many years, and I walked there too, but this is much better. Sydney is very hilly and there's too much traffic. But here in Sandgate, it's perfect."

Pieter added he planned to keep walking and talking for as long as he could.

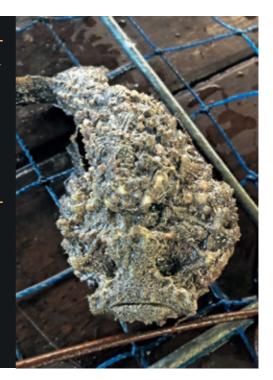
"I'll keep going until I drop," he said. "I don't need any walking aids, and actually people tell me I walk quite fast," he added, laughing.

You can find Pieter's website at: walkandtalkat87.wpcomstaging. com/about-us/

Like the stonefish in this picture, I'm a local resident. My name is Pieter van der Kwaak. but please call me O.P. which stands for Old Pete. I am 87 years old and... I've started my first ever blog.

Read about this stonefish and a lot more on my new website. Each Sunday morning, I'll publish a photo and a new story for you to enjoy over your morning coffee or alongside your newspaper. It's fun and all totally free.

walkandtalkat87.com







STORY ALYSSA MACKAY PHOTO ANGE COSTES PHOTOGRAPHY

n iconic festival is returning to Brisbane this month, giving locals and the wider community the chance to sample a slice of authentic French culture without leaving the country.

Le Festival, the Brisbane French Festival is back in a revised form after a three-year hiatus, in a new location at Victoria Park/Barrambin in Spring Hill.

Le Festival event manager Betty Moinet said after a challenging period, the team were ecstatic to be back on the road to a full event and forging a new chapter at a new venue.

"In the past three years, we have been fortunate to adapt successfully to changing circumstances and are delighted to now have a new opportunity to organise Le Festival the way we love," Betty said.

"Our primary objectives continue to be to showcase the very best of French artistry and savoir-faire, while facilitating a genuine French cultural experience. We will reinstate the crowdpleasers, with a few extra elements to create a celebration truly 'a la francaise'."

The family-friendly event will see the return of favourite attractions like the French Market, showcasing an artisan's corner with quality French and French-inspired items like homewares and jewellery, and a variety of food

stalls with crepes, pastries, nougat and cheese. The Boutique de Maurice merchandise stall is also back, along with a kid's corner featuring French-themed activities.

The popular French Bar will return with a selection of Champagnes, red and white wines, sparkling rose, beer and non-alcoholic beverages.

A line-up of live entertainment on stage will impress Francophile festival-goers, including cancan dancers, cabaret performers, a French choir, Polynesian dancers and a DJ. Roving entertainers like stilt walkers and acrobats will pop up and keep an eye out for Maurice the mascot, too!

There are also 'magnifique' prizes to be won as part of the festival's raffle, including a trip to New Caledonia, an overnight stay in a luxury hotel, a meal at a French restaurant and a \$500 gift voucher with France Travel Solutions.

"Anyone looking for something different to do on the weekend, or seeking a 'touche francaise', will find it at Le Festival," Betty said.

For more information visit www.lefestival.com.au

Le Festival - Brisbane French Festival Friday, 21 July, 4-9pm and Saturday, 22 July -Sunday, 23 July, 8am-5pm Victoria Park/Barrambin, 454 Gregory Terrace, Spring Hill.





Sandgate's Only Waterfront Cafe

M: 0477 609 479

Hours:

Mon-Thu: 6am-3pm; Fri: 6am-5pm Sat: 6am-5pm; Sun: 8am-5pm

The Bay Cafe

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

Local DINING GUIDE



Lower Moora Park,
Moora Park, Shorncliffe
Artisan Coffee & Gelato Bar
0450 771 884

COCOA BISCOTTI

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

Follow us on fb Cocoa Biscotti Coffee & Gelato insta_cocoa_biscotti_for more info.





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 Tayern 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





6 Park Parade, Shorncliffe

Modern Australian & Mediterranean

0447 265 852

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.





Sinbad St, Shorncliffe

Bar Restaurant Functions

3269 4588

QUEENSLAND **CRUISING YACHT CLUB**

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



COO DINING GUIDE



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 guintessentially 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

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.



Bracken Ridge Plaza, 250 Telegraph Road

Casual Dining

3261 6102 - Open 7 days



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.







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.



JULY **What's On.**

O3 MONDAY

JLL MOON SE TIME: 4.38PM

O1 SATURDAY

SEAN BRIDGEWATER

QCYC 12pm

THE STOWAWAY COLLECTIVE

Sandgate Town Hall 5:30pm

THE STOWAWAY COLLECTIVE

Sandgate Town Hall 7:30pm

JANGIE WHITELEY DUO

Full Moon Hotel 8pm

O2 SUNDAY

CASSI MARIE ATTHE SANDS SOCIAL

The Sands Social 1:30pm

JBAM DUO

Full Moon Hotel 2pm

TUNE IN, TURN ON, DROP OUT

QCYC 2pm

O4 TUESDAY

POKER

The Brighton Hotel 11am

TUESDAY NIGHTTRIVIA

The Brighton Hotel 7pm



O5 WEDNESDAY

JPOKER

The Brighton Hotel 11am

O6 THURSDAY

MATT DICKERSON AT THE SANDS SOCIAL

The Sands Social 11:30am

O7 FRIDAY

TKARAOKE @ THE BRIGHTON

The Brighton Hotel 8pm

IT FIFTH AVENUE AT THE SANDS SOCIAL

The Sands Social 8pm



JDANIEL STONEMAN DUO

Full Moon Hotel 8pm

O8 SATURDAY

TLACHLAN FLANAGAN

QCYC 12pm

MATT AND SON AT THE SANDS SOCIAL

The Sands Social 8pm

■ 3 LITTLE PIGS MINUS SOME BACON DUO

Full Moon Hotel 8pm

O9 SUNDAY

■ BRETT WHITMORE AT THE SANDS SOCIAL

The Sands Social 1:30pm

■ MIDNIGHT GROOVE DUO

Full Moon Hotel 2pm

THE DETOUR BAND

QCYC 2pm

11 TUESDAY

JPOKER

The Brighton Hotel 11am

TUESDAY NIGHT TRIVIA

The Brighton Hotel 7pm

12 WEDNESDAY

J POKE

The Brighton Hotel 11am

13 THURSDAY

CATHY DRUMMOND AT SANDS SOCIAL

The Sands Social 11:30am

14 FRIDAY



■ HOT PURSUIT DUO AT THE SANDS SOCIAL

The Sands Social 8pm

TRACE DUO

Full Moon Hotel 8pm

KARAOKE @ THE BRIGHTON

The Brighton Hotel 8pm

15 SATURDAY

JAMAAL SUGARS

QCYC 12pm

I KLUSTERFUNK AT SANDS SOCIAL

The Sands Social 8pm

JBEAVER DUO

Full Moon Hotel 8pm

16 SUNDAY

■ NATE ANDREW AT THE SANDS SOCIAL

The Sands Social 1:30pm

JUVE MIGUEL

QCYC 2pm

MATTY CLARK DUO

Full Moon Hotel 2pm

18 TUESDAY

POKER

The Brighton Hotel 11am

TUESDAY NIGHTTRIVIA

The Brighton Hotel 7pm

19 WEDNESDAY

The Brighton Hotel 11am

20 THURSDAY

DAVE CLAYTON AT SANDS SOCIAL

The Sands Social 11:30am

21 FRIDAY

I KARAOKE @ THE BRIGHTON

The Brighton Hotel 8pm

TITWO WAY ACTIVE DUO AT THE SANDS

The Sands Social 8pm

JIMESSA DUO

Full Moon Hotel 8pm

22 SATURDAY

MAISY TAYLOR

QCYC 12pm

□ RADIO ACTIVE AT THE SANDS SOCIAL

The Sands Social 8pm

NIK PHILLIPS DUO

Full Moon Hotel 8pm

23 SUNDAY

JJESS IRVINE AT THE SANDS SOCIAL

The Sands Social 1:30pm

JBEAVER DUO

Full Moon Hotel 2pm

JASLEEP AT THE REEL

QCYC 2pm

25 TUESDAY

POKER

The Brighton Hotel 11am

■ TUESDAY NIGHT TRIVIA

The Brighton Hotel 7pm

26 WEDNESDAY

JPOKER

The Brighton Hotel 11am

27 THURSDAY

TEA WITH HISTORY

Sandgate Historical Museum, 150 Rainbow St Sandgate 10am



TEA WITH HISTORY Come and join us for a Devonshire Tea served with ample amounts of free local history and a little trivia at the Sandgate and District Historical Museum, 150 Rainbow Street, Sandgate at 10am – 27th July. Bookings are essential. Phone 3869 2283 or info@sandgatemuseum.com.au

TTRACY VAUGHAN AT SANDS SOCIAL

The Sands Social 11:30am

28 FRIDAY

■3 LITTLE PIGS MINUS SOME BACON DUO

Full Moon Hotel 8pm

■ BLACK N RED AT THE SANDS SOCIAL

The Sands Social 8pm

KARAOKE @ THE BRIGHTON

The Brighton Hotel 8pm

29 SATURDAY

JUVE MUSIC

QCYC 12pm

ITRACE DUO

Full Moon Hotel 8pm

THE UPSIDE AT THE SANDS SOCIAL

The Sands Social 8pm

30 SUNDAY

I KT MAREE AT THE SANDS SOCIAL

The Sands Social 1:30pm

J DANIEL STONEMAN DUO

Full Moon Hotel 2pm

TRUSSELL BAYNETRIO

QCYC 2pm



FORTHCOMING AUCTIONS



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120 Shorncliffe Parade, Shorncliffe

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STORY KELLY WALKER



HERBERT (HERBIE) GOLDEN RETRIEVER, 6 YEARS

Hi! I'm Herbie, and I'm the middle child between my two human brothers, Xavier and Spencer. I'm a true 4017 local and have a large

extended family in the area. My biological parents and my girlfriend all live close by, along with many of my own children. That's right - I'm the proud papa to 15 pups! I enjoy spending time outdoors, and I'm always happy to share my food with the family of friendly magpies who frequent our backyard. I also make sure my presence is known (in a good way) whenever the postman or gas reader comes to visit as they always give me lots of welcomed pats. When I need a little down time, I will eagerly climb into the lap of any seated adult, and I especially love to cuddle with older gentlemen - they give the best hugs!



MR. GREY BREED UNKNOWN, 10 YEARS

Hi all! My name is Mr. Grey and although I'm originally from Sydney, I made the move north with my family and am now a proud supporter

of the Maroons right here in Queensland. Since calling Shorncliffe home, I've enjoyed getting to know the area, visiting neighbours, lounging in the sun and meeting new friends. Although I can be a little standoff-ish at first, I choose my favourites to warm up to. I don't watch a lot of TV (I had quite a scare recently when I saw the tiger in Frozen Planet II), but I was recently introduced to watching mice hunting on youtube and, admittedly, I'm a big fan! Now that the weather is getting cooler, I appreciate curling up indoors and tricking dad into giving me treats as often as possible.

If you'd like to feature your loved family pet, email us on admin@3bmedia.com.au

Fun, Fitness, and Friendship: Wetlands Wander

STORY NADIA CHAPMAN

f the idea of fun, fitness, and friendship appeals to you, this next winter event might interest you.

The Sandgate Paddling Club is hosting another Wetlands Wander event on Sunday, the 16th of July, which takes friendship and fitness to a whole new level.

For over 20 years, the Sandgate Paddling Club has welcomed locals of all ages and experience levels to join in on the rewarding sport of paddling.

Whether you are an experienced paddler or not, the Sandgate Paddling Club makes it easy to get started and learn in a safe and inclusive environment.

Previous Wetlands Wander events have included registration and briefing sessions and three different distances to choose from, including 6km, 12km, and 18km tracks.

There is also a BBQ with food and drink available at the end of the course, with showers and toilets for all participants.

Online payment is essential, as the club doesn't accept payment for entry on the day. Entry fees include \$15 for competition junior members, \$25 for competition senior members, and \$45 for junior or senior non-members.

You don't need a kayak, as The Sandgate Paddling Club provides single and double crafts, including kayaks, canoes, ocean skis, spec skis, and stand-up paddle boards.

Wetlands Wander Sunday 16 July, 8am-5pm Sandgate Paddling Club Allpass Parade, Shorncliffe.





Jared Cassidy

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JULY TIDE TIMES

TIME M 1 0152 0.72 0714 1.84 SA 1332 0.41 2013 2.48		7 0013 0708 FR 1239 1830	M 2.65 (0.44 (1.89 0.44
2 0250 0.62 0808 1.83 SU 1421 0.35 2101 2.60		8 0100 0755 SA 1334 1925	2.54 0.46 1.91 0.56
3 0345 0.54 0903 1.84 MO 1510 0.31 0 2149 2.68		9 0148 0841 SU 1433 2026	2.38 1 0.48 1 1.94 0.70
4 0438 0.48 0958 1.85 TU 1558 0.29 2238 2.72		10 0239 0928 MO 1538 0 2135	2.20 1 0.49 1 1.99 0.81
5 0530 0.45 1051 1.86 WE 1647 0.30 2326 2.72	ı	11 0335 1016 TU 1645 2253	2.01 1 0.50 1 2.07 0.87
6 0619 0.44 1.45 1.88 TH 1737 0.35		12 0436 1108 WE 1748	1.86 (0.50 (2.18

13	0012 0541 1201 1846	M 0.86 1.75 0.50 2.28
14 FR	0121 0644 1253 1937	0.79 1.69 0.49 2.37
15 SA	0218 0741 1341 2022	0.72 1.67 0.47 2.42
16	0307 0830 1424 2103	0.66 1.68 0.46 2.44
17	0348 0912 1503 2141	0.64 1.70 0.46 2.44
18 TU	0425 0949 1539 2215	0.63 1.72 0.46 2.42

19 WE	TIME 0459 1023 1614 2248	M 0.64 1.74 0.47 2.40	
20 TH	0529 1056 1648 2320	0.64 1.77 0.50 2.37	-
21 FR	0558 1131 1724 2351	0.64 1.78 0.55 2.32	
22 SA	0629 1209 1802	0.63 1.79 0.62	
23	0023 0701 1251 1844	2.24 0.63 1.79 0.72	
24 MO	0058 0737 1337 1931	2.14 0.63 1.79 0.83	
	4	178	
	_		

25	TIME 0135 0817 1432 2030	M 2.02 0.63 1.81 0.92
26 WE	0223 0904 1540 2144	1.88 0.63 1.87 0.97
27 TH	0325 1002 1652 2309	1.76 0.61 1.99 0.94
28 FR	0440 1106 1800	1.69 0.57 2.15
29 SA	0030 0552 1208 1900	0.83 1.68 0.50 2.32
30	0140 0658 1308 1956	0.70 1.71 0.41 2.49
31	0241 0800 1405	0.56 1.77 0.33

2047 2.62

FISH OF THE MONTH





Yellowfin Tripod Fish, Tripodichthys angustifrons

STORY PETER HANSLER

uite a common catch in Moreton Bay, around the foreshores and from the jetties at Redcliffe and Sandgate this little fish puts up quite a fight if caught when fishing for whiting or other small species. Not rated as an eating fish and even though apparently harmless, being closely related to Pufferfish which are poisonous, I certainly wouldn't be trving them.

The Tripod fish is so named due to the single Dorsal and two Pelvic fin bones forming a tripod sort of set of spikes that enable it to defend itself and also sit on the ocean floor. They have small mouths, eat worms and other small crustaceans and grow only to around 20 cm in length. Try not to get spiked either, as even though they are not poisonous, they are coated in a slime that will make a laceration quite painful and possibly leave a nasty infection.

"Pete's Fishing and Underwater Videos" on Youtube and Facebook

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



It has improved my life in general enormously

I'm very happy with Ronnie at Sandgate Hearing. I've never had aids before and now I do. It has improved my life in general enormously. It was given me much more clarity. Ronnie is very thorough right from the start, he puts in lost of time and efforts. He certainly knows what he is doing and he explained everything to me. I'm very happy. His prices are very good.

Graeme Collins, Redcliffe.



I feel that I can come back anytime

I'm so glad I found Ronnie, the audiologist at Sandgate Hearing in my local area. I wasn't at all happy with the other hearing company, but at Sandgate hearing I found them very professional with excellent personal service. Ronnie is very experienced and he explained everything to me. I ended up paying less than half of what I paid elsewhere for a much better quality product. The after care service, check up and follow up is second to none. I'd highly recommend Ronnie to anyone with hearing problems. If I have any issues, Ronnie is always open to fixing them. I feel that I can come back anytime.

Rov Conomos. Shorncliffe



I am really happy with my new hearing aids

I've had hearing aids before but the attention I received at Sandgate Hearing was far above the care of others. I am really happy with my new hearing aids. The kindness and patience shown by Ronnie, the audiologist as well as the detail and professionalism, makes me feel I can trust him. I'd recommend Ronnie to anyone who has hearing problems.

Julie Jeffrey, Taigum.

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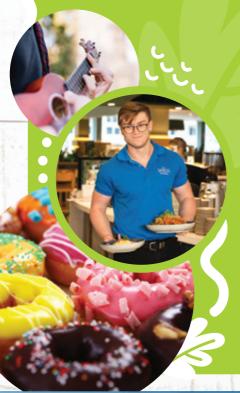


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