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Sandgate

GUIDE

FREE AUGUST 2023 | EST. 2012

**GRAB YOUR
COWBOY HATS**

*AS SANDGATE BAYSIDE
GETS READY
TO GIDDY UP!*

**TWILIGHT
FISHING
LESSONS FOR THE LADIES!**

DON'T MISS THE
FAMILY FUN AT
**BACKYARD
BONANZA THIS
MONTH**

COVER PHOTO BRUCE REDMAN

**TRADES
SERVICES
& DINING
GUIDE**
SECTIONS
INSIDE



A photograph of the interior of Bluenose Betty, a bar and kitchen. The background features a well-stocked bar with numerous bottles of spirits and beer on shelves. A large, ornate brass beer tap is mounted on the bar counter. The bar is illuminated by warm, yellow light from a hanging lamp. The foreground shows the back of three dark-colored bar stools.

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FROM THE EDITOR

Welcome to August! You may know that our eighth month was named after Augustus Ceasar, the first Roman Emporer, but did you know that August was once the sixth month in the original Roman calendar? It wasn't until about 700BC that August became our eighth month when January and February were added.

As we celebrate our official last winter month of the year, The Sandgate Guide once again has your entertainment sorted. Grab a cuppa and plan your activities for the month. There is much to do for the whole family!

The Sandgate Guide team had a great time at the Einbunpin Festival at the end of last month, but if we didn't get to say hi to you, make sure you come visit us at Backyard Bonanza this month! See you there!

And with the Brissie Ekka bringing the Country to Brisbane, Sandgate Bayside has gone Country with the return of Giddy Up! You will find a comprehensive list of events inside to get you in the Country mood! So grab your cowboy hat and boots and Giddy Up!

And don't forget to scan the QR code below to listen to this month's GuideCast.

Until next month, happy reading - and listening!
Jodie



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MUSIC BY THE SEA

STORY **DONNA PHILLIPS**

AUGUST: Two of the country's finest young classical guitarists, Ziggy and Miles Johnston, are currently forging successful international careers while studying at the Juilliard School in New York. Let's welcome the brothers home as they launch their new album *Sidekick*. Ziggy says, "For us, concerts are about connecting with our audience and having a shared experience." To enjoy that connection, grasp the tail of these two shooting stars and pencil August 5 in your diary.

SEPTEMBER: The Riverside Guitar Ensemble has been invited back to Sandgate on September 2. Ensemble director Karin Schaupp says the previous performance was almost sold-out, and the audience loved it.

Ms Schaupp adds that the up-coming concert has something for everyone, from kids to people in their 80's.

"If they love good music and they love the guitar, or even if they love good music, or they love good guitar, I think they'll really enjoy this program."

"There's lots of fun and variety, from Vivaldi to Studio Ghibli. And, Solstice Guitar Duo will play an interlude in the middle of the concert."

"The seventeen member ensemble is made up of really amazing people who play at a high professional level. Based at the Queensland Conservatorium, more than half the group are Queensland's finest young professional guitarists. And that's really not an exaggeration. The rest are our wonderful Con based students. They're the next generation.

"They function like a chamber orchestra that has section leaders, and because the music is unconducted there's a certain sort of electricity on stage. Even for two guitars to play together in time is quite difficult. For seventeen to do that actually is almost supernatural. But, they're finely honed and tuned to each other. And there's a lot of eye contact and intuitive musical connection which is really special. We actively work on that.

"It's exciting to see that many guitars on stage, and we definitely take up every last tiny space on that stage in Sandgate."

Ziggy & Miles Johnston
Saturday, August 5, 7.30pm
Sandgate Town Hall

The Riverside Guitar Ensemble
Saturday, September 2, 7.30pm
Sandgate Town Hall
Bookings: www.musicbythesea.com.au

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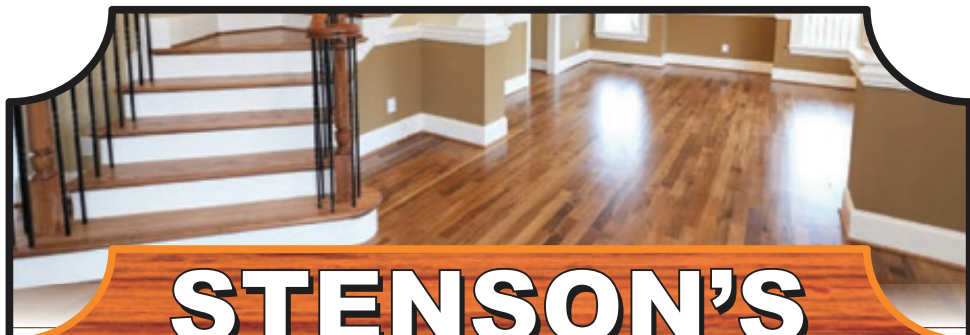
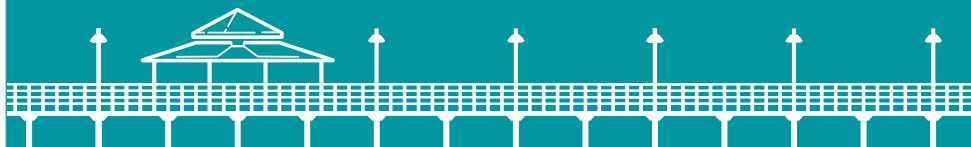
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FISHING LESSON REELING IN WOMEN

STORY **ALYSSA MACKAY**

PHOTO **BRUCE REDMAN**

Ladies, if you've been keen to go fishing but worried you'll feel like a 'fish out of water' then this is the class for you.

This month, women can learn the basics of shore-based fishing at a twilight fishing lesson in Shorncliffe, run by award-winning business, 2 Bent Rods.

Founder of 2 Bent Rods, Sam Beckmann said they had been running women's lessons for the past six months at locations across south-east Queensland.

"There's a lot of women who would like to learn to fish but don't know where to start," Sam said. "Having the session run by women, and the other attendees are women who are all at the beginning of their journey, helps the ladies to feel a bit more comfortable."

Sam is one of ten women chosen by Queensland Fisheries to be part of the Women in Recreational Fishing Network (WIRFN) leadership program, which is one of the reasons she started the women's fishing lessons again after a few years break.

"My role is to promote all aspects of women in recreational fishing and try to get more women to be involved," she said. "Being a predominantly male-dominated sport, it can be

quite daunting. With these lessons, everyone is at the same stage of their journey, so there's no need to feel self-conscious.

"The lessons show you how to do the different things, whether it is tying a knot or casting a rod. Knowing you have learnt a life skill and can go fishing on your own to clear your head, or to catch a fish and knowing what to do when you catch it or would like to eat it, is quite empowering."

Participants will also learn about different rules and regulations, identifying different marks on the beach and how to catch bait with yabby pumps and a bait net. All bait and fishing equipment is provided. Wearing warm clothes is recommended.

Sam said she tried to find a time for the lesson when most women would be available.

"There is a great tide on this day," she said. "It's a more relaxed time, the work week has finished and they can chill a bit."

Bookings are essential. Tickets are \$60 excluding booking fee. To book go to www.2bentrods.com.au/event/womens-twilight-fishing-lesson-shorncliffe/

Women's Twilight Fishing Lesson
Friday, 11 August, 5-8pm
Lower Moora Park (car park)
65A Park Parade, Shorncliffe.

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THE BACKYARD BONANZA RETURNS

STORY **NADIA CHAPMAN**

PHOTOS **PAUL NEIL PHOTOGRAPHY**

Calling all North Brisbane families looking for a day full of fun, visit Bracken Ridge this month and see how our communities celebrate in style.

The Bracken Ridge Backyard Bonanza is returning to McPherson Park on Sunday, the 27th of August, to showcase a variety of activities and local talent.

Cr Sandy Landers, Councillor for the Bracken Ridge Ward, said the event has become a local tradition for all.



"BYB has become a local tradition growing bigger and better every year. Based around the Bracken Ridge Lions Train Day, which is a rite of passage for children growing up in the area, the August Train Day is much much more," Sandy said.

Cr Landers has always enjoyed being a part of the Backyard Bonanza event, as she loves that it brings the community together.

"Like most train days, I will be driving one of the miniature trains to support the other volunteers who do so for the Bracken Ridge Lions Club. The Schrinner Council is a proud supporter of



BYB and giving locals more to see and do in our suburbs."

This year's Backyard Bonanza event is all about our community and showcasing local talent. Locals can expect to see the St John Fisher Rock Band, Norris Road State School Choir, Soundwave Community Choir, and of course, the Aussie Aussie Aussie Rock Band.

"There will also be community groups like Scouts, Girl Guides, Bald Hills Bushies, Bracken Ridge Cricket Club, and Ridgettes Netball Club. The much-loved Paw Patrol is back again this year to entertain the kids, as well as the Animal Farm and Reptiles. We are also very excited to

have the revamped Brisbane City Council 1939 Chevrolet half-tonne truck, which was part of the Council's fleet during World War II on display," Sandy said.

Because of our community's generous sponsors, including BCC, Bracken Ridge Plaza, Bracken Ridge Tavern, and Coronis Real Estate, this entire event is free. However, Bracken Ridge Lions will have their trains running for \$2 per person, with all funds going towards Breast Cancer Research and Guide Dogs QLD.

Backyard Bonanza
Sunday 27 August, 9am-2pm
McPherson Park
146 Denham St, Bracken Ridge.



STORY **ALYSSA MACKAY**

PHOTO **JOHN PIRES PHOTOGRAPHY**

Local sports and community organisations have been awarded grants from Brisbane City Council to put towards new equipment and facility upgrades.

The Sandgate Golf Club in Shorncliffe is one of the not-for-profit groups receiving funding under the latest round of the 2022-23 Lord Mayor's Better Suburbs Grants.

Sandgate Golf Club member and volunteer grants writer, Claire Daly said the members and committee were delighted to learn the club was a recipient of the Better Suburbs Grants.

"The downstairs of the clubhouse was destroyed last year during the February floods and the rebuild is almost complete," Claire said. "Precious funds have been allocated to this rebuild project and we welcome the receipt of grants towards other projects, including course improvement and equipment for the groundspeople.

"We are a small, not-for-profit, community-focused club where many of the members volunteer in some capacity. Grants like this are so important to community clubs as they allow us to purchase necessary equipment, which may not otherwise be affordable."

The club will use the \$10,000 grant to replace their Toro Workman Utility Vehicle.

"The utility vehicle will be replacing one which is over 20 years old, and will be used for hauling, towing, spraying, spreading and top dressing," Claire said. "We will be able to provide our greenskeeper and volunteers a high quality, safe and reliable vehicle in order to maintain a beautiful and neat golf course."

Other local community groups receiving funding under the latest grant round include the North East Community Support Group in Zillmere, and Co.As.It Community Services, who will use a \$10,000 grant to upgrade Amici House at Bracken Ridge with ten all-weather shutters on the open veranda, allowing additional space for participants to access services.

The Geebung Bowls Club Inc have also received a grant to purchase a new barbecue for community events.

Lord Mayor Adrian Schrinner said the grants would be vital in catering to the needs of the wider community.

"From replacing 10-year-old window shutters, to replacing a golf cart maintenance vehicle and installing disability compliant doors at the Zillmere Community Centre, we are committed to providing the necessary funds for our clubs to be even better," Cr Schrinner said.

Applications for the next round of the Lord Mayor's Better Suburbs Grants Community Support Category opens on 24 July.

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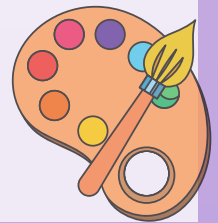
NDIS ART CLASS

📅 **Mondays**

⌚ **12.30pm to 2.30pm**

💰 **Block of 4 Classes = \$280**

Amici House Community Hub
📍 294 Bracken Ridge Rd, Bracken Ridge



Bookings Essential: 07 3624 6100

Email: ndis@coasit.asn.au

No walk-ins





SHORNCLEIFFE STATE SCHOOL CELEBRATES TOGETHERNESS

STORY **PANAYIOTA**

Nothing can warm our hearts better during the cooler months than coming together with family and friends.

Shorncliffe State School's Winter Fair remembers how valuable this is.

"All are so busy, it's so important for students and their families to get together in a real social setting, to take in the atmosphere and have fun," said Georgia Gehrmann, PNC Fundraising Coordinator.

"The PNC are instrumental in running this event. It's very much a team effort," said Principal Arneil.

Kids amusements include rides and games like super slide, laser skirmish, inflatable obstacle course, cup n saucer ride, lucky dip plus more. Ride armbands cost \$25pp.

For a real treat, students will also dance the Maypole Dance. Performing will be the school's choir plus an acoustic singer and the Two-Up Music Show.

From BBQ to nachos, get ready to enjoy the flavours of your favourite foods. For those with a sweet tooth, a special bake stall will be at the festival just for you.

The bar will be set with beer and wine and soft drinks to buy. A gentle reminder, kids under 18yo will need adult supervision.

Shorncliffe State School would like to extend their thanks to the Hon Stirling Hinchliffe MP and Councillor Jared Cassidy for their support.

For details, phone (07) 3631 9222 or email admin@shorncliffess.eq.edu.au.

Shorncliffe State School's Winter Fair
Sunday, 20 August, 10am to 3pm
31 Yundah Street, Shorncliffe

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BY **BROOKE JACOBSON**

FUN ON THE FORESHORE

Discover marine creatures and more while the tide is out with Laurie's Beach Walk in Sandgate. Meet across from the Old Baptist Church on the corner of Flinders Pde and Cliff Street, on Friday, August 25 at 9.30am. Please wear shoes that can get wet – not thongs – and bring a hat and a drink. Numbers are limited, so please book your place by calling: 0410 327 095.

A STITCH IN TIME

Make It Hobby 'n' Craft in Boondall are offering Sew Along classes in their studio each week. Classes are \$25 for two hours, which includes snacks and beverages. Classes are offered on Monday 10am-noon; Tuesday 9.30am-11.30am and 5.30pm-7.30pm; Thursdays 9.30am-11.30am; and Saturdays 9.30am-11.30am. Bookings are essential. Go to: www.makeithobbyncraft.com.au for more information.

MOORA PARK DAMAGE

Deagon Ward Councillor Jared Cassidy recently shared some bad news with the 4017 community about the popular Moora Park playground opposite the Shorncliffe Pier.

"After the Moora Park playground was closed due to vandalism, further damage was discovered," Cr Cassidy posted on his Facebook page.

"I've been closely following this and have been advised termite damage has occurred and an investigation will occur now to determine what extra repairs are needed and how extensive they'll have to be.

"I know this is a big and unique playground and people love the natural aspects of it. I want to make sure that uniqueness is retained if any major works are required.

"Unfortunately, I don't have a timeframe on this work at this stage. As more information becomes available, I'll share with you."

LEARNING AT THE LIBRARY

Meet other parents of young ones for a fun session of singing, clapping, and dancing at First Five Forever. Held at the Sandgate Library on Friday, August 18 from 10am to 10.30am, you and your baby will learn songs and action rhymes to nurture your child's pre-literacy, communication, language, and social skills. No bookings necessary. The library is at 1 Seymour Street, Sandgate.

GET INTO NATURE

Join an informative guided walk at the Boondall Wetlands, around the gentle 100m Tulla-yugaipa dhagun Track. Meaning 'place of useful plants', this short track showcases plants used by both First Nations and colonial people. A volunteer guide will lead you around the trail to identify some of the featured native plants and other wetlands resources and explain some traditional uses. All children must be accompanied by an adult. Please wear a wide-brimmed hat, secure and fully enclosed walking shoes, sun-smart clothing, sunscreen, and insect repellent. Please bring drinking water and a snack or picnic lunch. The walk will take place on Saturday, August 12 from 10am to 11am, starting from the Boondall Wetlands Environment Centre. No bookings necessary.

AUGUST UNPLUGGED

Unplugged Cafe at SANDBAG have a fabulous line up this August. Join them on Friday 4 August for an evening of great live local music.

This month's amazing locals include Francis Kneebone, singer/songwriter from Deagon with a unique blend of folk/soul/blues.

Karen White follows and Coda Red finish off playing a mix of originals and covers. Bring your family and friends and enjoy a night of outstanding music from local musicians in a relaxed atmosphere. Beer and wine available to purchase, admission \$6 (\$3 concession), meals \$10 and dessert \$5.

For more information contact Garry on 07 3869 3244 or go to www.facebook.com/events/1890254267927379/

FRANCO MARKETS

Franco Markets are back in the 4017 on Sunday 6 August from 8am. Get ready for a picturesque morning of all the good things - Preloved clothes, coffee, food, live music, community & local artisans. The markets are held at Capulet & Co, 95 Brighton Road Sandgate. \$2 Entry fee - Eftpos option is available.

BRAIN INJURIES INFO

Brighton Wellness Hub are holding a free Community Health Information Session on Friday 25 August at 10am. They will provide more information relating to Brain Injuries and how they can help provide support. For more information call Katie on 07 36317568.

WASTESMART BRISBANE AWARDS

The WasteSMART Brisbane Awards are back for 2023 and nominations are now open. If you know of an individual, community group, school or business who go above and beyond to reduce their waste in Brisbane, you can nominate them at www.wastesmartawards.com.au/

Would you like to contribute to Bramble Bites?

Is there something you're talking about on social media, at the school gate, or the local cafe? Email Brooke to be included in the next edition of Bramble Bites: admin@3bmedia.com.au



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A woman with glasses and a red and white striped top stands in front of a large, colorful textile artwork made of vertical stripes in various colors like blue, pink, orange, and purple. She has her arms outstretched.

LOCAL ARTIST MAKING WAVES

LOCAL FACES

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

Sandgate textile artist Kate Jefferay is taking her work to a larger audience with a piece in the prestigious Swell Sculpture Festival.

It's the first time Kate has exhibited her work at Swell, and she said she was "very excited".

"It's pretty cool to have something at Swell, it's a big deal," she said.

"When I got the email from them saying I had been successful, I actually had to read it a few times because I couldn't believe they were saying yes!"

Kate's work is based on the idea of "Warming Stripes", a concept from international climate scientist Professor Ed Hawkins.

His images of stripes depicting rising average temperatures around the world struck a chord with Kate.

"I saw his work and I thought 'wow!'," she said.

"In this country the climate 'debate' has been politicised, there's been a culture of discrediting and questioning climate science.

"Having the data displayed like this – it's so accessible, it's visual, and it's easy for people to understand."

Each stripe in Kate's work represents one year, with blue coloured fabric used to depict years of

cooler or below average temperatures, and pink and red fabric to depict hotter temperatures.

"I have tabs on each decade, so people can come along and go 'oh that's when I was born', or 'that's when World War I started' or whatever," she said.

"We've known about this (climate change) for so long, the data has been there all this time and we've done nothing – it makes me angry!

"There's no reversing anything now, there's just mitigating. I hope this (artwork) sparks a discussion about putting more pressure on governments and corporations to make big changes."

The 6m long and 120cm tall artwork is made from mesh fencing panels, and second hand bed linen that Kate found in op shops, or was donated to her from the Sandgate community.

"Having those donated materials gives the community some ownership over it as well, and I love that," she said.

"I wanted to make something that used as much material as possible that already existed – reduce, reuse, recycle."

For more information go to: www.swellsculpture.com.au

Swell Sculpture Festival, September 8 - 17
Currumbin Beach, Gold Coast



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Allan Cameron will perform at this year's Giddy Up Sandgate Bayside festival.



GIDDY UP! IT'S TIME TO BOOT SCOOT YOUR WAY AROUND THE BAY

STORY **ALYSSA MACKAY**

Grab your boots and hats because the Sandgate Bayside Chamber of Commerce will once again join with local businesses in a celebration of country music, dancing and food.

Their popular country music festival, Giddy Up Sandgate Bayside, is back for its second year with a full week of country-inspired activities and events from Monday, 14 August to Sunday, 20 August. Chamber president, Bill Gollan asked all locals and businesses to bring country to the bay by dressing 'country' to celebrate Giddy Up.

"Whether it's wearing cowboy hats, denim, plaid shirts, or any other country-inspired attire, participating in such activities can create a festive atmosphere and bring people together," Bill said. "Enjoy the week of country dressing in Sandgate Bayside!"

A major highlight of the festival will be the free Giddy Up community concert at Einbunpin Lagoon Park on Tuesday, 15 August. From 5pm to 8pm, country music lovers can sit back, relax and enjoy live music and food truck treats. Attendees are encouraged to bring a blanket

or fold-out chair to take a quick rest in between dancing and toe-tapping.

Like last year's festival, local hotels, pubs and cafes are also getting into the country spirit with menus featuring mouth-watering country-inspired food and beverage specials, and entertainment like country-themed trivia, open-mic events, country music karaoke and a massive line-up of live country music talent.

Brisbane-based singer-songwriter, Allan Cameron (who hails from the Australian country music capital of Tamworth) will perform at The Sands Social on Wednesday, 16 August between 1pm and 5pm. He said he was really pleased to be involved in this year's Giddy Up.

"Having performed at Tamworth festivals, Country on Keppel, Gympie Muster, Savannah in The Round, Way Out West Fest and many others, it's really great to do a festival closer to home here in Brissie," Allan said. "For the show for Giddy Up, I'll be performing a set of original tunes, including the singles Father's Eyes and Big Noise, Bright Lights, and then highlighting classic and modern country, country/rock tunes I love for a bit of fun."

Check out the full program in our special 'Giddy Up! What's On' on page 75 of the Sandgate Guide to make sure you don't miss any of the boot scootin' events on offer.

Giddy Up Sandgate Bayside 2023
Monday, 14 August - Sunday, 20 August
Giddy Up Sandgate Bayside Free Concert
Tuesday, 15 August, 5-8pm
Einbunpin Lagoon Park



GIDDY UP! SANDGATE BAYSIDE

AUGUST 14th - 20th 2023

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Scan below or visit sandgatebayside.com.au
for full program



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Shorncliffe Parade (top)
Sandgate Town Hall (below)

JOURNEY BACK THROUGH TIME ON HERITAGE TRAILS

STORY **ALYSSA MACKAY**

Step into the past and discover more about local history with new additions to Brisbane City Council's heritage trails.

Last month, Council announced the new Shorncliffe Seaside Heritage Trail and updated Sandgate Heritage Trail were available to the public.

Lord Mayor Adrian Schrinner said the trails helped residents and visitors explore the unique history of both suburbs.

"Sandgate and the surrounds are a much-loved part of our corner of Queensland and I encourage residents and visitors to explore the area's history through our heritage trails," Cr Schrinner said.

Eleven new locations have been added to the Step through Sandgate Heritage Trail, which pay homage to the area's history as a popular holiday destination in the 1800s. New sites include the Sandgate Railway Station and the Decker Building, named after local alderman and state member, Eric Decker.

The new 4.9 kilometre Shorncliffe Seaside Heritage Trail features 21 historically significant sites, like the Shorncliffe Pier, Baxter's Jetty and Moora Park.

Ian Kulpa, president of the Sandgate and Districts Historical Society and Museum (the Society), said they were thrilled to support the Council production of local heritage trails for Sandgate and Shorncliffe.

"As a local society, we have long been dedicated to preserving and promoting our local heritage," Ian said. "The Council updating of local heritage trails aligns perfectly with the society's mission, offering a unique opportunity to engage residents and visitors in the interesting stories that are part of the past Sandgate and Shorncliffe."

The Society is currently redesigning its Walks and Talks Program, which includes their own cultural and cemetery walks and allows people to gain "local guide insights" into the past. Ian said he hoped the heritage trails would generate increased interest in the Sandgate Historical Museum.

"As more people become aware of the society's work through the trails, we hope visitors' interest in the local past will be heightened and that Society membership numbers will grow, along with volunteer support.

"However, the real bonus of having these trails is that they will serve as living testaments to the rich cultural heritage of Sandgate and Shorncliffe, inviting residents and visitors alike to step back in time and appreciate the stories that have shaped our community."

For more information, visit www.brisbane.qld.gov.au and search 'heritage trails'. Please note parts of the trail may not be accessible for those with limited mobility.



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RAISE A GLASS TO WORKING WITH LOCALS

STORY **BROOKE JACOBSON**

PHOTO **JOHN PIRES PHOTOGRAPHY**

The iconic Full Moon Hotel has been kicking goals on a state-wide stage, with the help of another local business.

The watering hole was recently named as a finalist in the QHA Awards for Excellence in several categories including Best Marketed Venue.

Local marketing company, Kartia Designs, has been working with the Full Moon, and according to creative director, Kass Cartia, it's been a winning partnership.

"They're so easy to work with, they're such a good team there and that makes it easy for us," Kass said.

"They're the kind of client that you can go to with an idea, and they're good with ideas too, so it's a great mix."

Hotel Owner at the Full Moon Hotel, Lucinda Dowling Black, said she loved working with Kartia.

"As we know, the commercial marketing space is competitive, overwhelming and constantly evolving," she said.

"Kass and her team at Kartia Design are professional, diligent, and deliver results, but above all else they are a pleasure to work with and together we are kicking some major goals."

Luci said she was delighted the Full Moon Hotel had been recognised at the QHA Awards.

"On finding out the news, I was most proud of the team's efforts, the value we have created for our customers, and the positive impact we have made in the industry," she said.

"It is a boost to confidence overall and reaffirms that we are on the right track."

Kassi said there were several elements that went into creating the right marketing campaign.

"For the Full Moon, the perfect campaign is something that is not too serious, that's relatable," she said. "I tell them to just be real, be a brand that everyone can relate to and feel comfortable with."

"And that's the route we've taken with them, something fun, they're not uptight, the venue has a very 'come as you are' feel. They're an all-rounder and since the refurb, they've got such a great fresh new look."

Luci added the venue's refurbishment was all part of their new branding.

"Entertainment, such as dining out with friends or family, will continue to play an important part in life for most people, as it offers a way to relax, unwind, socialise and connect with others to maintain our emotional well-being," she said.

"We watch the customer trends closely - which Kartia assists us with - and adapt our offering to suit, to move with the market and remain resilient as a business."

"We are grateful towards those who have supported our business and contributed to its success."

Kassi and Luci have also joined forces to create a women in business networking group, called Sandgate Business Unplugged.

"We are excited to develop this further, to continue to add value to local business and its networks," Luci said.

For information, go to: facebook.com/sandgatebusinessunplugged

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BLACK-BOTTOM CUPCAKES

The following recipe is thanks to CWA member Carol. It is a very unusual recipe for the cupcake topping but it works so well.

"The following recipe is a firm favourite, particularly with the younger members of my family. I came across the recipe in a magazine in the 1990's and it is now a staple request for gatherings. I have made these as mini cakes that look quite dainty or large ones for birthdays. The cooking time needs to have some adjustment for different sizes".

TOPPING

250g cream cheese, room temperature
1 egg
1/3 of a cup caster sugar
1 cup chocolate chips

CUPCAKES

1.5 cups plain flour
1 cup caster sugar
1/3 cup cocoa powder
1 teaspoon bicarbonate Soda
1 teaspoon salt
1 cup warm water
1 teaspoon vanilla
1/3 cup peanut oil (I use olive oil)
1 teaspoon white vinegar

METHOD

Preheat the oven to 180c. Line a muffin tin with patty pans. Or place patty pans on a baking tray. The number of patty pans will depend on size. A guide would be this mix makes about 10 medium cupcakes.

For the topping, beat together the cream cheese, egg and sugar until the mix is smooth and fluffy. Stir in the chocolate chips and stand aside.

For the cupcakes, sift flour, sugar, cocoa, bi-carb and salt into a bowl. In another bowl whisk together the warm water, vanilla and oil. Make a well in dry ingredients and pour in the wet ingredients. Mix thoroughly.

Divide mix evenly between pans filling them to about two-thirds full. Put a heaped dessert spoon of the cream cheese mix on top of each one. Bake for about 25-30 minutes or till they spring back when pressed. Remove from the oven and leave in tins (if used) for a couple of minutes. Cool on a cake rack.



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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Paul, Karen, Brenda and Jan join in the fun and celebration at the opening night of Sandgate's lates art space Et Al Gallery and Studio and their first exhibition 'Signature' on 5th Avenue, Sandgate



Peter, Geoff, Shaun and Tony and their mates from schooldays catch up with each other for an afternoon of fun and laughter at the St Patrick's College Class of 1983 Reunion at the Full Moon Hotel.



Cardigan Bar team Perrie and Adam light the candles and cut the cake, celebrating the 10 year anniversary for the bar and its patrons with a Saturday evening Soiree.



Michael and Karen and the team at Russell's Fabrics say farewell to their Sandgate shop after they first opened their doors for business in 1955. We wish you all the very best for the future.



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LOCAL RUNNING CHAMP EMBARKS ON A DAWN TO DAWN DASH

STORY **GEORGIA WRIGHT**

Being a marathon champion and a warrior for a great cause, Nicole Jukes is a local legend in the making. This September, she will take on the task of a 24-hour ultra-marathon up and down Sandgate's foreshore to raise vital awareness for local foundation, Small Steps 4 Hannah. To accomplish her goals, Nicole will need a strong foundation of inner-fight and outward support.

"I want people, and particularly women, to know that they have a voice...that they need not be silenced and that they have a whole community behind them," Nicole said.

Nicole's run will commence at 7:30am, Friday 1 September, on the foreshore side of Sandgate Swimming Pool. Her finish line will be drawn within Sandgate Parkrun, which begins at 7:00am, Saturday 2 September.

It is there that Nicole would love to see fellow runners and supporters come and say hi, offer support, and join her for the last half hour of her journey.

As a victim herself of coercive control and abuse throughout life, Nicole was shattered by the heartbreaking, too-close-to-home story of Hannah and her children's deaths at the hands of domestic violence.

"I have a voice and I will use it as loud as I possibly can for those who can't," she said.

Her passion for speaking up against violence is one of the many reasons Nicole joined a local club, Run with Rob, which is a safe haven for female runners and runners in general. The friendly community of like-minded people Rob has brought together is very special—even more so as its current main charity is Small Steps 4 Hannah.

While Nicole's 24-hour ultra-marathon is an individual feat, she would love her community's support. Businesses will be able to donate \$1 to SS4H to match every kilometre she covers in the 24 hours, as well as the local community being invited to provide a one-off donation to SS4H. Businesses can also donate prizes for raffles throughout the event, and runners can purchase time slots to run a lap of the foreshore with Nicole.

Most importantly, everyone and anyone is encouraged to come along at any time and show your support and cheer Nicole on.

Businesses or individuals interested in supporting Nicole can contact her via her Instagram (@nicolejukes) or by email at byuaustralia@gmail.com

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HISTORY SANDGATE

Golden Casket ticket, 1932. Sadly, not a winner.

GOLDEN GOOSE, BLACK CAT, DONE WORKING AND STILL HOPEFUL

STORY **PATTIE TANCRED**

It is quite safe to say that half the adult population of Queensland openly admits that it desires to win the Casket". So declared the Rockhampton Morning Bulletin in 1924; and, 99 years on, that is probably still the case.

The first Golden Casket lottery was held in 1916. Originally an initiative of the Queensland Patriotic Fund, its initial aims were funding the repatriation of soldiers returning from the First World War and the support of veterans. The Casket then passed to the government for the purpose of funding the state's hospitals.

These noble ambitions notwithstanding, the Casket did not win universal approval, not least in Sandgate where, in 1921, as reported by the Brisbane Courier, the Rev H Putland of the Sandgate Baptist Church strongly denounced "the present-day spirit of gambling", instancing particularly the Golden Casket as "a gross outrage on the moral tone of the community".

Sadly, the Rev Putland's words failed to deter the residents of Sandgate from indulging in the "gross outrage" and there were enough winners

among them – including two first prizes and a third prize in the first few years - to give even the Rev Putland pause.

As in today, first prize in the Casket was enough to make a very large difference to the winner. In 1928, as the Morning Bulletin reported, "the big prize went to Sandgate", to a Mr J Pithers, whose fortunes were thus improved by £5,000, which would be the equivalent today of close to half a million dollars.

With luck like this so close to home, no amount of anti-Casket preaching could discourage the purchase of lottery tickets. As newspapers over the next few decades attest – for those were the days when lottery results were published and eagerly read – locals were often in the prize money, whether major or minor. Ticket-buying syndicates were formed, their names illustrative of ticket holders' attitudes: Black Cat, Golden Goose and the like courted lady luck; Still Hopeful and Done Working spoke of optimism.

In 1939, a syndicate comprising four Sandgate residents, one from Deagon and three others from Shorncliffe shared first prize of £6,000. As if that wasn't enough, "Mr F. N. Walker, an elderly man of Yundah Street" won fifth prize (£500) in the same lottery.

Living in this beautiful part of the world, we know we've won the lottery but seemingly, in the past, Sandgate and its sister suburbs were showered with luck of an entirely more tangible kind.

[With thanks to the Sandgate Historical Museum, and Ms Pam Verney. Photograph: Sandgate Historical Museum]

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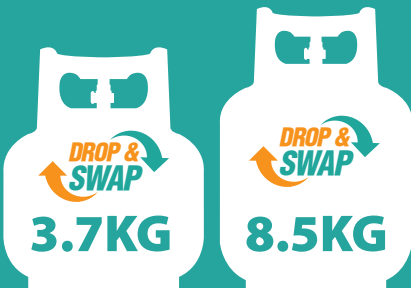
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Your August Garden

STORY **SALLY EBERHARDT**

Cold and flu season is in full force! Nurture and heal your body with the life-giving goodness of your own fresh produce. From vegetable soup to ginger tea - whether a cure or preventative - treat yourself to nature's medicine from your own backyard.

August is the month to dig up your potatoes, ginger and turmeric. You may have carrots and pumpkins, winter greens like cabbage and celery, and onions and garlic. Any vegetable can go in soup to nourish your body and soul. Non-vegetarians can add a chicken frame for a boost of minerals.

Ginger tea is a delicious flu-fighter. Finely slice a piece of fresh ginger about the size of your thumb. Boil for 10 minutes, strain into a mug and add honey and lemon to taste. No fresh ginger? This is a good time to plant ginger, ready for harvest next year. Cut ginger into 3cm wide pieces with 'eyes', leave them to cure for a few days, then plant 10-15cm deep in well-drained soil.

Check soil isn't drying out in the Ekka winds. As temperatures rise towards the end of August, summer vegetables can be sown. Plant tomatoes, capsicum, eggplants, cucumber, zucchini, beetroot, cabbage, carrots, lettuce, and corn.



The Louis Theroux Podcast Review

STORY **NICK ALLFORD**

My money don't jiggle jiggle - it folds." Wise words uttered by Louis Theroux on his viral social media jingle.

Although don't hold that against him, he's actually a very talented journalist and investigative reporter, who has recently added podcasts to his list of achievements.

If you're not familiar with Mr Theroux, his credentials are pretty extensive. He's responsible for some of the most insightful and controversial interviews in the last 30 years. And if you're already a fan of the several thousand different TV shows and docos that Louis has made then you're going to love this podcast - simply because it's more of the same. When 'the same' includes captivating interviews and insightful perspectives with entertaining and thought-provoking guests, then count me in.

His guest lists often include a mixed bag of controversial figures but his podcast so far hosts more mainstream celebs such as Shania Twain, Nick Cave and Craig David. Asking them questions that most people wouldn't have the guts to ask.

He has skill for lulling his interviewees into a false sense of security with his unassuming tone and mild-mannered attitude. Helping expose the soft venerable underbelly of his guests.

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A WORD FROM OUR REPRESENTATIVES

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WITH **CR JARED CASSIDY**

Last month there was an amazing array of local events across the Deagon Ward. We celebrated the 31st Einbunpin Festival, The Boss Boxing Open Day, Sandgate and Zillmere PCYC Open Days, Official Opening of Uncle Lewis Orcher Place at O'Callaghan Park, the 10th Annual 4017 Art Exhibition at Artrageous and the St Kieran's Family Fun Day. It was a very busy and fun month!

On 10 September Sandgate State School will hold their 150 year celebration. At 150 years young, Sandgate State School is the oldest school in the local area. I'm proud to sponsor this wonderful milestone and am excited to be part of the celebrations.

My office will again be a collection point for Share the Dignity's "August Dignity Drive." You can donate any sealed packets of personal hygiene items. Drop your donations in the collection box in the foyer of my office between 9.00am-4.30pm, Monday to Friday.



WITH **CR SANDY LANDERS**

The Bracken Ridge Backyard Bonanza in conjunction with the Bracken Ridge Central Lions Club Train Day, is back on Sunday 27 August at McPherson Park from 9.00am to 2.00pm. Appearances by Paw Patrol with two stage shows on the day, as well as performances from local schools and community groups. While you're there you can get up close and personal with the reptiles and animal farm.

The Australian Government is providing a year's free broadband services to up to 30,000 families with school-aged children as part of the School Student Broadband Initiative.



WITH **ANIKA WELLS MP**

quotas.

The School Student Broadband Initiative is an affordability measure to narrow the digital divide and boost education opportunities for students without access to home internet.

Given the cost-of-living pressures impacting so many Australian families I want to make this assistance accessible as widely as possible.

To apply, please contact the Lilley electorate office on 3266 8244 or email anika.wells.mp@aph.gov.au

Separate from the School Student Broadband Initiative, the Albanese Government is also investing in full-fibre upgrades so that homes, schools and businesses can access higher speeds and additional capacity.

This will see up to 90 per cent of premises in the NBN fixed line footprint able to access 500 Mbps to close to world-class gigabit download speeds by 2025.

There will be free rides, food stalls, market stalls, giveaways, and lots to see and do on the day. The Lions miniature trains will run as usual to the cost of \$2 per person (\$15 for a ten ride pass), going to Cancer Research and the Guide Dogs.

Green waste recycling bin fees have been slashed, so Brisbane households can cut costs and stay sustainable. Under the Schrinner Council's \$80 million commitment to cost-of-living reduction measures, the annual green waste recycling bin fee will be cut from \$93 to \$45. We are also committed to ensuring the amount of green waste that gets diverted from landfill continues rising rapidly so Brisbane remains clean and green. If you would like to order a green bin, please contact my office on 3667 6000.

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

With the FIFA Women's World Cup well underway, Brisbane is the place to be!



WITH **STIRLING HINCHLIFFE MP**

The biggest event in Women's Football is attracting not only the most talented female footballers from across the globe, but also international visitors and spectators.

While tens of thousands will attend each of the eight matches to be held in Brisbane, a specially-designed FIFA Fan Festival in the South Bank Parklands is the 'place to be' outside the stadium during the event.

If you can't get to the stadium or are simply wanting to get into the spirit of the World Cup with other fans, the Fan Festival will provide plenty of fun and games for everyone.

You'll be able to sit and watch the games on a big screen near the banks of the Brisbane River with the soaring city skyline as a stunning backdrop.

The Fan Festival will include a month-long program of entertainment, live music, games, football clinics and activities and visits by the Cup mascot Tazuni.

I encourage everyone to make the most of the festivities while the biggest stage for women's Football is in town.

Best of luck of course to the Matildas in their campaign!

To find out more about the FIFA Fan Festival Programme, visit: www.fifa.com/fifaplus/en/tournaments/womens/womensworldcup/australia-new-zealand2023/fifa-fan-festival/brisbane

The Palaszczuk Government remains highly focused on tackling cost-of-living pressures and as a result, the 2023-24 Budget delivers the strongest direct cost-of-living support package of any Australian State Government.

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

For most households, the rebate will be credited to electricity bills on a quarterly basis commencing from 1 July 2023. Exact timing will however depend on retailers' system requirements and individual billing cycles.

For further information, contact your energy provider or visit: www.qld.gov.au/community/cost-of-living-support/concessions/energy-concessions/cost-of-living-rebate



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HELP CREATE A CHOIR FOR PEOPLE LIVING WITH DEMENTIA

accompanist or have skills in assisting people with dementia to sing, then we would love to hear from you.”

Nearly 1.5 million people in Australia have been diagnosed with dementia and while treatment and medication may help with symptoms, there is no cure.

STORY **ALYSSA MACKAY**

Music has the potential to improve the quality of life for people living with dementia and their caregivers.

That’s why the Brighton Wellness Hub is creating an opportunity for people with dementia, their loved ones and carers to come together and form a choir that will create connections for social and emotional wellbeing.

Brighton Wellness Hub’s Manager Consumer and Community Partnerships, Claire Harrison, said the idea was inspired by the Executive Director for Community and Oral Health, Glynis Schultz, who watched a television series about a dementia choir and noted the fabulous outcomes from it.

“As we work in a facility that supports people with dementia, we often observe the impact it has on those living with it as well as those people caring for the person with dementia,” Claire said.

“We hope to create a choir that will be attended by our Brisbane North community as well as our Metro North Health Service residents and patients.

“We are looking for interest from people who would either like to assist us build a choir or would like to participate in the choir. If you have skills in leading a choir or are an

Some studies have shown that participation in a choir can support the health and wellbeing of people living with dementia and their carers.

The healing power of singing was evident at the Brighton Wellness Hub recently, thanks to the Pine Rivers U3A Sophisticated Folk Choir, who performed for the community, patients and residents.

The choir’s conductor, Kathy Banks spoke about the importance of singing for people with dementia.

“Singing benefits everyone,” Kathy said. “It brings people together, enhances their health through breath and voice practice, connects us to memories, but most importantly, singing is about being present in the moment. And for people with dementia, they only have that moment to be fully present. So, singing in a choir brings moment after moment of joy, connection and shared companionship.”

If you or your loved one with dementia would be keen to be part of the choir, please register your interest by contacting Claire on 07 3631 7869.

If you have any concerns or questions about dementia, please call the National Dementia Helpline on 1800 100 500 or visit dementia.org.au



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\$175
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To organize a free 10 point lawn assessment simply go to our web page and **book** or **call 1800 245 955**.

LAWN CARE PROGRAM

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By joining our Lawn Care Program (LCP), you will receive our unique 6-in-1 treatments, designed specifically for your lawn.

Our treatments contain a mixture of liquid fertilisers, organic soil conditioners and soil moisture retainers to encourage strong, healthy growth in your lawn as well as spot treating for weeds, pests and diseases to give your lawn a lush, weed free appearance year-round.

Our Lawn Care Program consists of 6 visits annually every 8-10 weeks. Every other month your local technician will stop by to apply a seasonal mix of our products to give your lawn a boost of nutrients needed to thrive throughout the season. Your local technician will also monitor and treat your lawn for any weeds, pests, and diseases that may be showing their heads since the last visit.

If you have any questions or just need some good honest help or advice, contact our web page or office and Area Manager, Paul Martin will come out free of charge and give you some

advice, a 10-point lawn health checkup and if you want, he can fix any issue you might have there and then while there.

LAWN GRUB SEASON

Lawn grubs are caterpillars from a small grey moth that eats the green leaf of the lawn and in large numbers can virtually kill the whole lawn if left unchecked. There are many other pests that attack lawns, such as Mealy Bugs, Scarab grubs, Couch Mites, Scale that can cause serious damage, however the Lawn Grub is the main pest here in Brisbane. It costs a lot of money to replace turf these days, so it is a good idea to keep an eye on your lawn for signs of pest invasion.

HERE'S SOME SIGNS TO LOOK OUT FOR:

1. BROWN PATCHES IN YOUR LAWN

Lawn grubs eat the green leaf and leave only the stalk, stripping all the leaf blade bare, thus leaving the lawn brown and thin looking. The lawn will take a long time to recover, and areas might need replacing if it dies right back. The lawn becomes very thin, with no cover to protect the exposed soil, it then dries out and weeds come in, as well the soil starts to repel water as it dries right out in the hot weather.

2. WASP ACTIVITY

If Army Worm are attacking your lawn, you will notice large orange wasps start to hover around your turf. They are looking for the Army Worm & Army Worm Pupa to lay their egg's in.

3. MOTH ACTIVITY

When Army Worm mature they turn into moths, these moths then lay eggs in your turf, under your gutters and in every corner of your property, starting the life cycle starts all over again. If you see lots of moths hovering above your lawn it's likely you have had or will have lawn grubs soon.

4. INCREASED BIRD ACTIVITY ON YOUR LAWN

If birds are pecking at your lawn a lot more lately, it's likely there's some juicy grubs in your turf that they're snacking on.

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4017 PETS ON THE PAGE

s**BELLA** - KHAO MANEE (DIAMOND EYE
GEM), 8 MONTHS

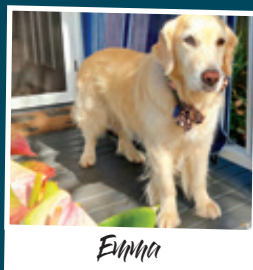


Bella

Hi! My name's Bella and I'm sister to black Burmese kitty Jasmine and Ragdoll Keiko. Very spoiled fur babies of proud Mum Lea of Bracken Ridge. We love toys and treats from Pets of Sandgate. Spend hours playing fetch

and impress spectators with dog like ability to catch and return the ball. Quite a fashionista and known for my trendy dress sense. This little white kitty doesn't need a catwalk — My living room is the runway! BTW: Khao Manee are said to be lucky. Legend says those who own one will be receivers of good fortune. Bella certainly is our diamond eye gem.

EMMA - GOLDEN RETRIEVER, 6 YEARS



Emma

G'day everyone, I'm Emma but my mother calls me Princess Emma like the late Queen's pony.

As well as being my mum's 'best dog in the whole world' I love visiting Regis Aged Care Lucinda every Thursday morning to

see many of my older human lovelies who give me so many cuddles and pats. Mum tells me I lift their spirits and make them smile but they give such good petting I just love going to 'work'.

Once a month I meet up with my golden friends on the Sandgate flats off-leash area where up to 70 of us fluff balls run around like mad things letting our fur down. After a while I find the human with the best treats and just sit next to them until they give me one! I am a very patient and calm girl, they tell me!!

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

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BRAD'S BUSINESS TIPS

Why multitasking is a lie

So, try this for yourself... Next time you go to brush your teeth, make sure you leave your socks on (no shoes just socks).

Put the toothpaste on, run your brush under the tap (if you do this), then start brushing.

Now keep brushing and, at the same time, reach down and take off one of your socks.



WITH **BRAD
FLYNN**

What happened?

Were you able to keep doing both tasks without missing a beat, or were you like me and flip flopped between the 2 tasks, not doing either of them that well? (Or am I just a little bit special and just uncoordinated?)

So often I hear the multitasking mantra helps efficiency, (yes you too ladies), but that is not the truth.

Even the term multitasking, which comes from computer processors and was invented in the 1970's is misleading. The processors could only do one thing at a time, but they were able to switch between these tasks incredibly fast, giving the impression it was multitasking.

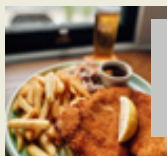
My suggestion to get more done with the time you have?

Do one thing at a time, do it well and don't start your next task until you have completed your current task and see how much you will get done in a day.



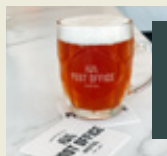
WHAT'S ON AT THE POSTIE

OPEN 11AM-LATE MON-FRI • 10AM-LATE SAT-SUN



MON
- FRI

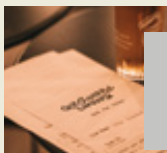
\$15 MAIN MEALS



MON
- FRI

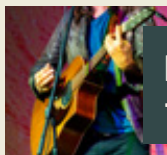
POSTIE'S POUR

**4PM-
6PM**



WED

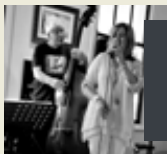
TRIVIA & SCHNITTY



FRI
- SAT

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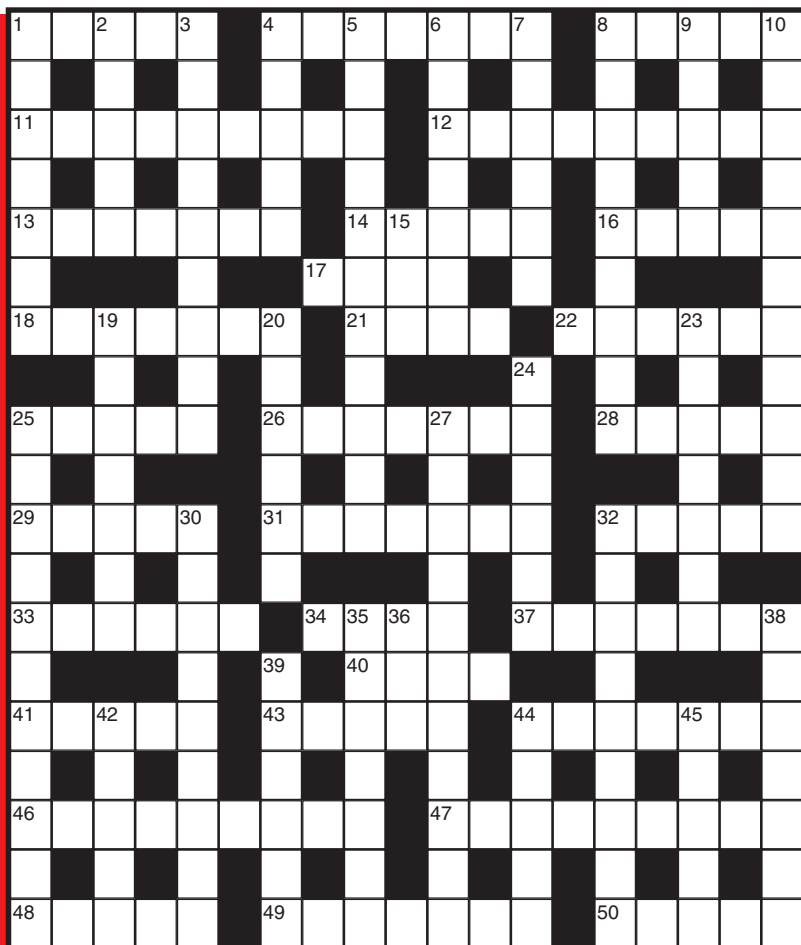


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THE BIG ONE CROSSWORD



ACROSS

- 1 Broadcast again
- 4 Simple card game (3,4)
- 8 Hastened
- 11 Carpentry joints
- 12 Certainly
- 13 Hide
- 14 Large farm
- 16 Sharp ridge
- 17 Pound (slang)
- 18 Bounding
- 21 Pincer
- 22 Hired guns (3-3)
- 25 Action
- 26 Brief view
- 28 Eat like a horse
- 29 Emotional aura (coll)

- 31 Not strict
- 32 Ankle, elbow, etc.
- 33 Espionage
- 34 Secluded place
- 37 Tumbling
- 40 Speed
- 41 Viewpoint
- 43 Cheek cosmetic
- 44 Cut glass
- 46 Founder
- 47 An offering to a god
- 48 Bold (coll)
- 49 Hospital attendant
- 50 Water bird

DOWN

- 1 Extremist
- 2 Black bird
- 3 Chattering
- 4 Bay window
- 5 Decimation
- 6 Supplements
- 7 Half-baked
- 8 Going back over
- 9 Thin pancake
- 10 Acumen
- 15 Be ill
- 19 Friendly
- 20 Flock of geese
- 23 Gin and vermouth cocktail

- 24 Warming device
- 25 Disastrous
- 27 Forerunner
- 30 Seriousness
- 32 Stinger, or box ____
- 35 Goaded
- 36 Delay
- 38 Spanish vessel
- 39 Artificial cave
- 42 Regret
- 44 Arrogant (coll)
- 45 Tester

Solution: Page 91



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WOULD YOU LIKE TO BE A COMMUNITY CONNECTOR?

COMMUNITY CONNECTORS are members of the community who signpost and inform friends, family, colleagues and neighbours about how to access support groups, services and information that might help improve their health and wellbeing.

Being a **COMMUNITY CONNECTOR**, is not about adding another job to your busy day, but about using appropriate opportunities to inform people about the support that's out there.

If you would like to become a Community Connector or just find out more please come along:

When: Friday 8th September 2023
Time: 10am – 11.30am
Where: The Sands Social
50 KEOGH ST, SANDGATE QLD 4017

RSVP or For more information please call Katie 3631 7568

Metro North Health | Queensland Government

Local Artist Knows How to Push Boundaries

STORY **PANAYIOTA**

Creating art is a collaboration between you and your self because when you listen to your inner voice, creative magic surely follows.

Grace Cross, local textile artist at Naracoopa Art Gallery, explores her creativity as an artist and a teacher.

As an artist, she delves into colour, textiles and mixed media with a passion. "For me, it's important I push the boundaries to see what else I can create and where it takes me, which means I seldom do anything twice," said Cross.

After years as a high school teacher, Cross continues to enjoy sharing her knowledge about art. "It gives me great joy educating people about how great art is, how involved it really is so they

can have an appreciation of what we do," said Cross.

One of Cross's signature pieces is her Concertina Artist Book. "It's telling a visual narrative on both sides. As you walk around it, you see the story form a picture," said Cross.

Offered in August is Cross' Concertina Artist Book workshop where she will show different ways of putting a book together. "Each student will pick how they'd like to do it so each person will produce a unique and different piece," said Cross.

For queries or bookings, email grace@naracoopagallery.com.au.

Concertina Artist Book Workshops
Friday 11 August or Wednesday 18 October
12noon to 4pm
Naracoopa Art Gallery
60 Phillips St, Bracken Ridge

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Join Sandgate RSL
Sub Branch in honouring
the many Australians
who served and sacrificed
in Vietnam.

Lest we forget.

Date: Friday 18 August 2023
Time: 10.00am
Location: Sandgate RSL Sub Branch Memorial Wall
12 Burnett Place, Sandgate

For enquiries and more information,
please phone **3269 1135**



RSL
Queensland



Michel Labosse,
Georgina-Bullock

"The themes and topics of our workshops come from the discussions with students. So last year we did a play, this year we might do film; it's a very ensemble feel rather than a formal structured workshop. It's a safe space for people to be themselves."

Georgina added this was the third year indelabilityarts had come to Sandgate.

"We've had lots of support in Sandgate, we're still relatively small, and we're always looking to connect with locals who have a passion for the arts, and with local business," she said. "Sandgate is such a beautiful place."

According to Georgina, accessibility was improving in the theatre space, but there was still a long way to go.

"There have been some, like sensory allocations, and working those into the show, so that people are warned about flashing lights or loud noise, and we feel that is being embraced more and more as part of theatre," she said.

"We have an Auslan interpreter incorporated as a digital projection, so that no matter where we take a show, that is incorporated into it and it's available for all our audiences.

"It's extremely hard for the neurodiverse artistic community, and anything we can do to help people get over those hurdles is so important."

For more information on indelabilityarts shows and workshops, go to their website: www.indelabilityarts.com

Theatre workshops

Term three: Wednesday July 12 - Wednesday September 6

Term four: Wednesday October 11 - Wednesday November 29
3.30pm - 5pm

Ages 16 and over.

Sandgate Town Hall

Cliff and Seymour St, Sandgate

THEATRE FOR EVERYONE

STORY **BROOKE JACOBSON**

PHOTO **BRUCE REDMAN**

The world of the performing arts is expanding to be more inclusive, with a series of workshops being held in Sandgate.

Theatre company indelabilityarts provides professional artistic and training opportunities for artists and community members who identify as disabled or neurodivergent.

Program manager, Georgina Bullock, said the company's workshops, which would be held at the Town Hall, were a safe space.

"The stage is for everyone," she said. "Our classes are for anyone in the community to be able to come along and express themselves creatively, at their own pace."

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☎ (07) 3266 8244

Anika Wells

MEMBER FOR LILLEY

Authorised by Anika Wells, ALP, Nundah QLD 4012



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.

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69 BRIGHTON RD SANDGATE

July RBA Decision to Pause

At the July meeting, the RBA decided to leave the cash rate unchanged at 4.10%.

This is a welcome relief to all mortgage owners and suggests the previous 12 interest rate increases over the past 15 months are having the intended effect.

Inflation in Australia looks to have passed its peak, May inflation came in at 5.6% versus expected 6.1%, so it shows a lot more people are holding onto their cash rather than spending it.

Inflation is still too high and will take some time to correct to a sustainable level. High inflation makes life difficult for everyone, it erodes the value of savings, hurts household budgets, and exacerbates income inequality.

So, what does this mean to the average person or family in North Brisbane? A combination of higher interest rates and cost-of-living pressures



are causing uncertainty and having an impact on household budgets.

My recommendation would be to review your household budget, reduce or remove the waste, and if possible, consolidate your debt.

Engage with your local community, shop locally and support the businesses that support your region.

Mark Sinclair
20/20 Finance Brokers
0429502701

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☑ Select from our delicious and nutritious menu ☑ Delivered to your door ☑ Heat and enjoy

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STORY @WATCHITWOMBAT

She's a Barbie girl (who is having an existential crisis) in the Barbie world. Life isn't so fantastic. So she decides to head to the 'real world' with Ken because we've got everything sorted over here right?

The film highlights the paradox that is Barbie... and owns it. It would seem that they wrote a pros and cons list and tackled every item on it. Was Barbie an astronaut before women were allowed credit cards? Yes. Has she perpetuated unachievable body image stereotypes? Yes. Do they address both of these issues and everything in between - 100%.

Even Mattel, the makers of Barbie and this film, aren't safe, poking fun at their own lack of diversity hiring.

The experience feels very intimate, getting up close with Margot Robbie. From the

literal extreme close ups to the emotion she manages to give when bringing a kids toy to life. Robbie commits to the role but never comes across as ditzy or dumb, growing more with every scene.

However Ryan Gosling doesn't shift out of cheeseball mode but clearly relishes the chance to ham it up as a Himbo.

The narration from Helen Mirren, although brief, is one of the highlights. Punctuating moments with her dry British wit.

The message of inequality is prevalent in every line of this film and although it's an extremely important message, it could have been done without bashing you over the head with it for 2 hours.

Mums and Dads will love the nostalgia and the occasional double entendre. Girls and boys will have fun while hopefully absorbing her (not so subtle) message.

AUGUST 3RD

About My Father
Chevalier

On The Wandering Paths

Meg 2: The Trench

The Miracle Club

August 10th

Dracula: Voyage of the Demeter

Asteroid City

11TH

Animal (Hindi)

Bhola Shankar (Telugu)

17TH

Strays

Sanctuary

Godland

Force of Nature: The Dry 2

18TH

Brand Bollywood Downunder

19TH & 21ST

Metallica M72 World Tour Live

August 23rd

Dream Girl 2 (Hindi)

25TH

Mr Ex (Arabic)

26TH

Andre Rieu's 2023 Maastricht
Concert: Love is All Around

31ST

Past Lives

Ego: The Michael Gudinski

Story

Haunted Mansion

Mercy Road

My Sailor, My Love

The Equalizer 3



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AVAILABLE FROM 5PM, ALL WEEK LONG!

SUN

\$15* Sunday Roast

MEMBERS



MON

\$15* Fish & Chips

MEMBERS



TUE

\$15* Burger

MEMBERS



WED

\$15* Classic Pizza

MEMBERS



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

THU

15% OFF your total bill!^

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

* T&Cs apply. Not available with any other offers. Available for a limited time only.

MON-WED

Kids eat FREE, Mon to Wed!^

Members 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.



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SOCIAL

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SLOW BRAISED LAMB SHANK

Slow braised lamb shank in a rich red wine sauce, served with mashed potato, steamed vegetables & gravy.

\$29.9 MEMBERS | \$32.9 NON-MEMBERS



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Strawberry ice cream sundae, fresh strawberries, wafer cone and whipped cream.

\$6 MEMBERS
\$7 NON-MEMBERS



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Ice cream, cookies & cream syrup, Oreos, whipped cream *(add coffee \$1.5)*

\$6 MEMBERS
\$7 NON-MEMBERS

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50 KEOGH ST, SANDGATE | (07) 3609 2001

  **TheSandsSocial**

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.





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

Breakfast, Lunch and Coffee

3269 1629

MYRTLE & BLOSSOM

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

Open: Tuesday to Sunday
7.30am - 2.30pm



154 Barrett St, Bracken Ridge
Bracken Ridge Tavern

Steak & Rib House

3269 7011

PANAMA JACK'S STEAK & RIB HOUSE

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

Open 7 days from 11:30am until late.
www.thebrt.com



Preece's

6 Park Parade, Shorncliffe

**Modern Australian
& Mediterranean**

0447 265 852

PREECE'S ON THE PARK

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

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.qcyc.com.au
All public very welcome!



Local 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 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

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

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

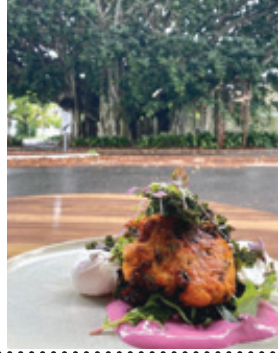


227 Rainbow St, Sandgate
Café
0413 940 277

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.



Great Rock Variety

Your local community station more info: 997fm.com.au

Tune in & you'll never tune out

AUGUST What's On.

01 TUESDAY

FULL MOON
RISE TIME: 5:49PM



🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11am

🎵 TUESDAY NIGHT TRIVIA

The Brighton Hotel 7pm

🎵 FIFTH AVENUE AT THE SANDS SOCIAL

The Sands Social 8pm

02 WEDNESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11am

🎵 ROUND THE WORLD PARI DAY

The Brighton Hotel 12pm

🎵 WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

03 THURSDAY

🎵 MARCO AT SANDS SOCIAL

The Sands Social 11:30am

★ AN EVENING WITH TRENT DALTON

Bracken Ridge State High School 6pm

04 FRIDAY



🎵 INTERNATIONAL BEER DAY

Sandgate Post Office Hotel 11am

🎵 TRADIE CLUB FRIDAYS

The Brighton Hotel 3pm

🎵 LIVE MUSIC WITH PHIL BARLOW

Sandgate Post Office Hotel 5:30pm

🎵 UNPLUGGED CAFE

Sandgate Community Centre 6:30pm

🎵 TRACY VAUGHAN DUO AT THE SANDS

The Sands Social 8pm

🎵 MATTY CLARK DUO

Full Moon Hotel 8pm

05 SATURDAY

🎵 LIVE MUSIC WITH PAUL FOGARTY

Sandgate Post Office Hotel 5:30pm

★ ZIGGY & MILES JOHNSTON

Sandgate Town Hall 7:30pm

🎵 BAM DUO

Full Moon Hotel 8pm

06 SUNDAY

🎵 WICKED WINGS AT THE BRIGHTON

The Brighton Hotel 12pm

🎵 RYAN HURRICANE AT SANDS SOCIAL

The Sands Social 1:30pm

🎵 MIDNIGHT GROOVE DUO

Full Moon Hotel 2pm

🎵 JAZZ SESSIONS W/ JULIAN JONES TRIO

Sandgate Post Office Hotel 2:30pm

🎵 THE POSTIE HIGH TEA SUNDAYS

Sandgate Post Office Hotel 3pm

08 TUESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11am

🎵 TUESDAY NIGHT TRIVIA

The Brighton Hotel 7pm

🎵 HOT PURSUIT DUO AT THE SANDS SOCIAL

The Sands Social 8pm

09 WEDNESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11am

🎵 ROUND THE WORLD PARI DAY

The Brighton Hotel 12pm

🎵 WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

Redcliffe KiteFest

16-17 SEPT

PELICAN PARK, CLONTARF

"IT SMELLS LIKE A BIRTHDAY"

- ELI, 3 YEARS OLD, 2019 -



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10 THURSDAY

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

🎵 **NATE ANDREW AT THE SANDS SOCIAL**
The Sands Social 1:30pm

11 FRIDAY



🎵 **TRADIE CLUB FRIDAYS**
The Brighton Hotel 3pm

🎵 **LIVE MUSIC WITH DILLON CARLSSON**
Sandgate Post Office Hotel 5:30pm

🎵 **STEVENSON STREET AT SANDS SOCIAL**
The Sands Social 8pm

🎵 **BEAVER DUO**
Full Moon Hotel 8pm

12 SATURDAY

🎵 **LIVE MUSIC WITH WOLF'S TALES**
Sandgate Post Office Hotel 5:30pm

🎵 **POCO LOCO DUO AT THE SANDS SOCIAL**
The Sands Social 8pm

🎵 **TRACE DUO**
Full Moon Hotel 8pm

13 SUNDAY

🎵 **WICKED WINGS AT THE BRIGHTON**
The Brighton Hotel 12pm

🎵 **BRETT WHITMORE AT THE SANDS SOCIAL**
The Sands Social 1:30pm

🎵 **BAM DUO**
Full Moon Hotel 2pm

🎵 **JAZZ SESSIONS WITH ROBYN BROWN TRIO**
Sandgate Post Office Hotel 2:30pm

15 TUESDAY

🎵 **POKER AT THE BRIGHTON**
The Brighton Hotel 11am

🎵 **TUESDAY NIGHT TRIVIA**
The Brighton Hotel 7pm

16 WEDNESDAY

🎵 **POKER AT THE BRIGHTON**
The Brighton Hotel 11am

🎵 **ROUND THE WORLD PARMI DAY**
The Brighton Hotel 12pm

🎵 **ALLAN CAMERON AT THE SANDS SOCIAL**
The Sands Social 1pm

🎵 **WEDNESDAY TRIVIA AT THE POSTIE**
Sandgate Post Office Hotel 6:30pm

17 THURSDAY

🎵 **DAVE GRAY AT THE SANDS SOCIAL**
The Sands Social 11:30am

18 FRIDAY



🎵 **TRADIE CLUB FRIDAYS**
The Brighton Hotel 3pm

🎵 **HILLBILLY GOATS**
Sandgate Post Office Hotel 5:30pm

🎵 **FERN BROTHERS**
Full Moon Hotel 8pm

🎵 **SCORPIO DUO AT THE SANDS SOCIAL**
The Sands Social 8pm

🎵 **MATTY ROGERS**
Sandgate Post Office Hotel 8:30pm

19 SATURDAY

🎵 **ELECTRO SWIGGETY**
Sandgate Post Office Hotel 5:30pm

🎵 **JACOB VINCENT DUO**
Full Moon Hotel 8pm

🎵 **WAGNER & GUMM DUO**
The Sands Social 8pm

20 SUNDAY

🎵 **WICKED WINGS AT THE BRIGHTON**
The Brighton Hotel 12pm



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74 Loudon Street, Sandgate (opposite Town Hall)
P. 3269 2443

🎵 **CASEY WATT AT THE SANDS SOCIAL**

The Sands Social 1:30pm

🎵 **MATTY CLARK DUO**

Full Moon Hotel 2pm

🎵 **COUNTRY GENTLEMAN**

Sandgate Post Office Hotel 2:30pm

22 TUESDAY

🎵 **POKER AT THE BRIGHTON**

The Brighton Hotel 11am

🎵 **TUESDAY NIGHT TRIVIA**

The Brighton Hotel 7pm

23 WEDNESDAY

🎵 **POKER AT THE BRIGHTON**

The Brighton Hotel 11am

🎵 **TENOR LUNCH CONCERT**

Sandgate Post Office Hotel 11:30am

🎵 **ROUND THE WORLD PARMY DAY**

The Brighton Hotel 12pm

🎵 **WEDNESDAY TRIVIA AT THE POSTIE**

Sandgate Post Office Hotel 6:30pm

24 THURSDAY

🎵 **DARRIN LEIGH AT THE SANDS SOCIAL**

The Sands Social 11:30am

25 FRIDAY

🎵 **TRADIE CLUB FRIDAYS**

The Brighton Hotel 3pm

🎵 **LIVE MUSIC WITH RUSSELL HUNG**

Sandgate Post Office Hotel 5:30pm

🎵 **CASEY FOGG DUO AT SANDS SOCIAL**

The Sands Social 8pm

🎵 **TRACE DUO**

Full Moon Hotel 8pm

26 SATURDAY

🎵 **LIVE MUSIC WITH DILLON CARLSSON**

Sandgate Post Office Hotel 5:30pm

🎵 **3 LITTLE PIGS MINUS SOME BACON DUO**

Full Moon Hotel 8pm

🎵 **CHAMPAGNE JAM AT THE SANDS SOCIAL**

The Sands Social 9pm

27 SUNDAY

🎵 **WICKED WINGS AT THE BRIGHTON**

The Brighton Hotel 12pm

🎵 **BEAVER**

Full Moon Hotel 2pm

🎵 **JAZZ SESSIONS WITH ROSS NIXON TRIO**

Sandgate Post Office Hotel 2:30pm

🎵 **MONTHLY JAZZ JAM SESSION**

Sandgate Post Office Hotel 2:30pm

🎵 **CHRIS STEVENSON AT THE SANDS SOCIAL**

The Sands Social 8pm

29 TUESDAY

🎵 **POKER AT THE BRIGHTON**

The Brighton Hotel 11am

🎵 **TUESDAY NIGHT TRIVIA**

The Brighton Hotel 7pm

30 WEDNESDAY

🎵 **POKER AT THE BRIGHTON**

The Brighton Hotel 11am

🎵 **ROUND THE WORLD PARMY DAY**

The Brighton Hotel 12pm

🎵 **WEDNESDAY TRIVIA AT THE POSTIE**

Sandgate Post Office Hotel 6:30pm

31 THURSDAY

🎵 **DAVE CLAYTON AT SANDS SOCIAL**

The Sands Social 11:30am





Program

Monday 14 August

Brighton Hotel

Kids eat free with a complementary kids gift bag

Sandgate Post Office Hotel

Slow cooked American BBQ

Tuesday 15 August

Sandgate Bayside Country Show

Einbunpin Lagoon Park FREE

5-6pm The Daisy Dukes

6-7pm Walter Whip and the Flames

Whip cracking show

7-8pm West Texas Crude

Food trucks - Bring a blanket and chair

Brighton Hotel

11am Country Texas Hold'em Poker

7pm Country Trivia and Best Dressed prizes

Full Moon Hotel

7pm Country Musical Bingo (free)

Sandgate Post Office Hotel

8:30pm Dolly Parton Meat Raffle & Drag

Slow cooked American BBQ

The Sands Social

7pm Country Themed Trivia - free for members

Country themed food and beverage specials

Wednesday 16 August

Brighton Hotel

11am Country Texas Hold'em Poker

Showbag give away from 6pm (ages 18+)

Sandgate Post Office Hotel

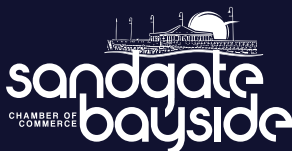
Slow cooked American BBQ

The Sands Social

1-5pm live music - Allan Cameron

Country themed food and beverage specials

Proudly supported by



Thursday 17 August

Brighton Hotel

7pm HoeDown Country Drag Queen Bingo (ages 18+)

Cardigan Bar

From 7pm Open Mic Giddy Up style

Full Moon Hotel

7pm Country Musical Bingo - Free to Play

Sandgate Post Office Hotel

Slow cooked American BBQ

The Sands Social

Country themed food and beverage specials

Friday 18 August

Brighton Hotel

Family Country Music Karaoke

Cardigan Bar

7:30pm live music - Country Gary & the Ramblers

Full Moon Hotel

8pm live music - The Fern Brothers

Chef & cocktail specials

Sandgate Post Office Hotel

5.30-8.30pm live music - The Hillbilly

Goats

8.30pm-10.30pm live music - Matty

Rogers

Slow cooked American BBQ

The Sands Social

8-11:30pm live music - Scorpio Duo

Country themed food and beverage

specials

Sponsored by



Saturday 19 August

Brighton Hotel

Country Soloist in the Bistro

Cardigan Bar

4-7pm live music - State of Appalachia

8-11pm live music - Pete Cullen & The Hurt

Full Moon Hotel

8pm live music - Jacob Vincent Duo

Chef & cocktail specials

Sandgate Post Office Hotel

5.30-8.30pm country swing with

Electro Swiggety

Slow cooked American BBQ

The Sands Social

8-11:30pm live music - Allan Gumm

Duo

Country themed food and beverage specials

Sunday 20 August

Brighton Hotel

Dagwood dog & Strawberry Sunday

Gift bags & facepainting for kids at lunch time

Cardigan Bar

4-7pm live music - Asleep at The Reel

Eclectea

3-6pm Country Open Mic

Mr Henderson

12:30-1:30pm live music - Dublin Rose

3-4pm live music - Emily Hatton

4:30-6:30pm live music - Oleander

Grove

Sandgate Post Office Hotel

2.30-5.30pm Matt Allan Trio

Slow cooked American BBQ

The Sands Social

1:30-5:30pm live music - Casey Watt

Country themed food and beverage specials

Scan for latest updates



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White Admiral Rose
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Varieties
RRP \$14.99

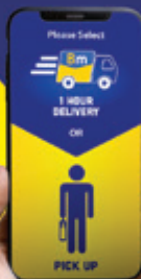


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CRAFTY BEERS



GINGER & PREMIX



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Good Tides Seltzer Mixed 10pk



Vodka Cruiser Zero Sugar Mixed 10pk

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Sue's Korner, Shop 14,
2128 Sandgate Rd, Boondall
PH (07) 3865 5103

BOTTELMART IBIS CENTRAL
Woolworths Centre Shop 4/8
Lagoon St, Sandgate
PH (07) 32698160

BOTTELMART & DRIVE THRU FULL MOON HOTEL
118 Eagle Terrace, Shorncliffe
PH (07) 3269 0083

BOTTELMART SANDGATE
shop 1, 51 Brighton Rd,
Sandgate
PH (07) 3269 0890

2022/23 Q&A BOTTLESHOP OF THE YEAR



Prices valid from 31st July to 29th August 2023. Terms & Conditions apply. *Gifts with purchase and giveaways strictly while stocks last. Esky image indicative only. We support the Responsible Service of Alcohol. It is against the law to sell or supply alcohol on behalf of the person under the age of 18.

www.fullmoonhotel.com.au

Drink Responsibly



AUGUST TIDE TIMES

TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
1 0334 0.45 0856 1.84 TU 1500 0.25 2136 2.72		7 0115 2.23 0756 0.42 MO 1401 2.05 2004 0.72		13 0208 0.69 0735 1.61 SU 1326 0.54 2003 2.32		19 0524 0.51 1108 1.91 SA 1710 0.50 2320 2.27		25 0245 1.59 0910 0.64 FR 1614 1.99 2251 0.92	
2 0425 0.37 0949 1.91 WE 1552 0.21 ○ 2223 2.76		8 0200 1.99 0837 0.49 TU 1501 2.04 ● 2112 0.87		14 0249 0.62 0819 1.68 MO 1412 0.49 2044 2.36		20 0551 0.50 1144 1.93 SU 1745 0.58 2349 2.17		26 0416 1.53 1029 0.62 SA 1733 2.13	
3 0512 0.33 1040 1.98 TH 1642 0.21 2308 2.73		9 0254 1.76 0925 0.55 WE 1610 2.06 2237 0.94		15 0326 0.58 0857 1.74 TU 1451 0.45 2119 2.38		21 0620 0.51 1221 1.93 MO 1823 0.69		27 0021 0.79 0542 1.57 SU 1145 0.54 1841 2.31	
4 0555 0.31 1130 2.02 FR 1730 0.27 2351 2.62		10 0403 1.59 1023 0.60 TH 1721 2.11		16 0359 0.56 0930 1.79 WE 1527 0.43 ● 2152 2.38		22 0019 2.04 0650 0.53 TU 1302 1.92 1906 0.80		28 0130 0.62 0653 1.68 MO 1253 0.43 1939 2.48	
5 0636 0.33 1218 2.05 SA 1818 0.39		11 0007 0.89 0526 1.52 FR 1128 0.61 1825 2.18		17 0429 0.55 1001 1.84 TH 1601 0.43 2223 2.37		23 0053 1.90 0724 0.56 WE 1350 1.92 2000 0.89		29 0227 0.46 0753 1.81 TU 1356 0.31 2030 2.62	
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								31 0401 0.27 0935 2.04 TH 1543 0.17 ○ 2201 2.69	



FISH OF THE MONTH

Winter Whiting *Sillago maculata*

STORY **PETER HANSLER**

This time of year Winter Whiting, sometimes known as Trumpeter or Diver Whiting, schools up in sandy and silty areas in Moreton Bay. Of the few species of Whiting that appear locally the Winter Whiting and Sand or Summer Whiting are the only two that the majority of Moreton Bay anglers will see.



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

While "Winteries" have no size limit and a possession limit of 50, Sand Whiting have a limit of 23cm and a bag limit of 30 so it is wise to know the difference.

Basically Sand Whiting have yellowish fins and Winteries have dark blotches or spots along their back and sides. It is always best though to have a book or an app to help identify fish species.

When you find these fish they are quite easy to catch. The best bait I think is beachworms, with yabbies being great too. Live bloodworms are incredible, but expensive and a lot of work to acquire yourself. A few people also use fresh squid strips dyed red. I have caught them on the incoming tide at Hayes Inlet and quite a few times just drifting in the boat on the sand flats. They also make a great live bait catching Flathead and Snapper.

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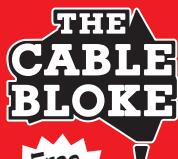
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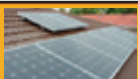


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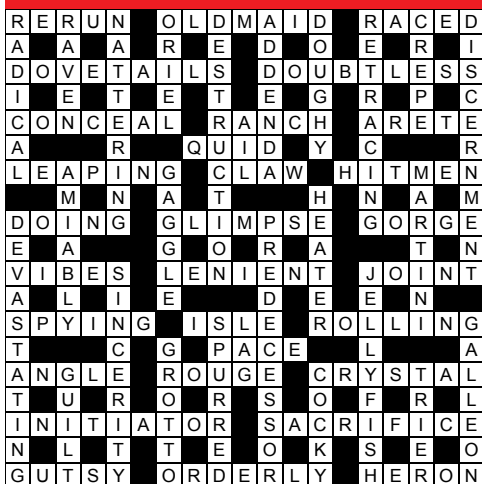
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