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Sandgate

GUIDE

FREE SEPTEMBER 2023 | EST. 2012

**SANDGATE
STATE
SCHOOL**

**150 REASONS
TO CELEBRATE**

**LOCAL
TAKES A
SHOT AT
THE WORLD**

CHAMPIONSHIPS



**TRADES
SERVICES
& DINING
GUIDE**

**SECTIONS
INSIDE**

COVER PHOTO BRUCE REDMAN



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 dark wooden bar counter and the backs of three high stools.

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FROM THE EDITOR

Welcome to Spring and the September edition of the Sandgate Guide.

Grab a cuppa and sit back and enjoy some great local stories and events inside this month's Guide.

Don't forget to use our handy dining guide and trades and services section to help shop and support our local businesses.

All of us at the Sandgate Guide would like to wish all our dads, grand dads and father figures a wonderful Father's Day on September 3. We hope you have a great day and get the chance to relax.

Kristy and I had a wonderful time at Backyard Bonanza at the end of August and enjoyed saying hi to everyone who stopped by our stand.

Don't forget to scan the QR code below for the latest GuideCast!

Until next month happy reading and listening!

Jodie



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MUSIC BY THE SEA

The Yearlings.

STORY **DONNA PHILLIPS**

SEPTEMBER:

Riverside Guitar Ensemble's September 2 concert has something for everyone. There's an item from Anime film and television animation, the classics are well represented the international premiere of Ginastera's Dream by Brazilian composer Chrystian Dozza, works by young Brisbane artists, and a Solstice Guitar interlude to the mix.

Ensemble director Karin Schaupp says that when 17 guitarists play without a conductor it creates a certain type of electricity on stage. She adds that the result is almost supernatural. See if you can spot the interplay. Nevertheless, with or without your woo glasses, it promises to be a great night's entertainment. "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."

OCTOBER:

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.

Chalklen and Parkinson have built a reputation

for their evocative song writing, keen harmonies and mesmerising live performances at home and abroad. If you were in Nashville recently you'd have caught them playing at the famous Bluebird Cafe. Otherwise, you may have heard tracks from their five studio albums, working alongside greats like Larry Campbell (think Bob Dylan and Levon Helm).

There's still a bit of folk and country in there, traveling their own road with a new sound. Martin Jones, for Rhythms magazine, describes Parkinson's signature guitar tones and Chalklen's hypnotic prose as "...unhurried, breathing, spacious and warm."

"The Yearlings express the lyrical truth of storylines about real life that poetically tug at the heartstrings..." - Jimmy Little, living legend.

"There is an almost indescribable musical lexicon that surrounds a Yearlings performance, and it is one that can barely be described, it must be seen and heard for one's self." - Jackorybell, FasterLouder.

"The dark, bluesy Wildflower Girl, will shake your very soul." - Patrick Lang, dB Magazine.

So, roll up with your heart pinned to your sleeve, and meet The Yearlings.

Riverside Ensemble
September 2, 7.30pm
Sandgate Town Hall

The Yearlings
October 7, 7.30pm
Sandgate Town Hall

Bookings: www.musicbythesea.com.au

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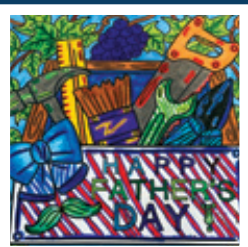
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Wishing all the dads, grand dads and father figures a very

Happy FATHER'S Day



Isla, age 9

Congratulations to Isla aged 9 for her winning entry in our Father's Day colouring in competition. She has won a \$100 gift voucher to the Sands Social so she can take her dad and her family out for dinner!

Congratulations also to Hazel, aged 5, Georgia aged 9, Dylan aged 11 and Gabrielle aged 11 who all received double passes to the movies! Great timing with school holidays coming up.

Thank you to all our entries in the Father's Day competition. We enjoyed seeing your colourful tributes to your dads!



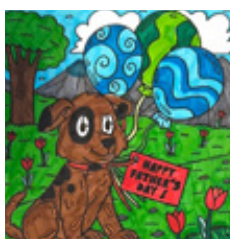
Georgia, age 9



Hazel, age 5



Gabrielle, age 11



Dylan, age 11

Kerbside Collection Returns

STORY ALYSSA MACKAY

It's time to start spring cleaning because Brisbane City Council's kerbside collection service is back again next month.

Lord Mayor Adrian Schrinner said the release of the 2023-24 kerbside collection schedule would help residents plan for the service and potentially avoid having to pay to take items to a Council resource recovery centre.

"Kerbside collection provides a safe and free way to discard large items, helping residents keep their homes clean while also reducing illegal dumping," Cr Schrinner said.

Residents will be able to put out large items like fridges, baths, sporting equipment, mattresses and furniture. Unacceptable items include batteries, bean bags, bricks, car parts and tyres, gas bottles, glass, garden waste and liquids, such as paint.

Cr Schrinner encouraged residents to also consider whether items could be donated or recycled rather than discarded.

"These could include donating items to friends, family, a local charity or recycling eligible items at one of Council's four recovery centres," he said.

Those living in Shorncliffe and Bracken Ridge should have their items ready for collection by 2 October. Sandgate, Deagon, Brighton and Taigum residents will need to have their items ready to be picked up by 9 October. Collection begins in Zillmere and Boondall on 16 October and Geebung on 23 October.

For more information visit www.brisbane.qld.gov.au and search 'kerbside large item collection service' or download the free Brisbane Bin and Recycling app.



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One Local Remembers

Val, a longtime resident of Sandgate and former student of Sandgate State School, holds cherished memories from her time at the school. As the community celebrates the school's 150th anniversary, Val shared some of her reminiscences with us.



In 1946, shortly after the end of World War II, Val, at the age of 5, entered Sandgate State School, eager to begin her educational journey. Transportation was different back then, as Val recalls, "When we went to school, we

either walked or rode our bikes because not many families had cars in those days."

Val vividly remembers various moments from her time at Sandgate State School, with the fancy dress balls at the Sandgate Town Hall being particularly special.

"For weeks before the ball, we had to learn the dances, and some of these had to be done holding a boy's hand," she reminisces. "This was met with a yuk - not the smelly boys!

"I went as a devil, wearing a red satin outfit, and my dad made me a pitchfork. My friend Glennis went as a cabbage girl. Her mum hollowed out a big cabbage, using the outside leaves and stalk as her hat, and sewing the leaves onto a dress!"

Val's experiences at the school not only left a lasting impact on her but also on her friends. She fondly recalls her close friend Janice, who would always panic during exam time. Although Janice didn't pass the scholarship exam, one of their teachers, Mr. Draper, wrote her a heartfelt letter expressing his understanding.

"Janice cherished that letter throughout her life." Val said.

Throughout her time at Sandgate State School, Val formed enduring friendships, some of which continue to this day. Val, Leigh, George, Glennis, Alice, and Janice (who passed away a couple of years ago) have been meeting for lunch since 13 July 2011. These gatherings not only allow them to enjoy each other's company but also provide an opportunity to reminisce about their school days, cherishing the moments that have shaped their lives.



ONE HUNDRED AND FIFTY REASONS TO CELEBRATE

STORY **BROOKE JACOBSON**

PHOTO **BRUCE REDMAN**

Sandgate State School is putting on its party clothes to commemorate 150 years of educating local families.

New principal, Rebecca Campbell, said she felt privileged to be leading the school during this historic anniversary year.

"How many schools make it to 150 years? Not many, so it really is an honour for me to be here," she said.

"I've lived in Sandgate for more than 20 years, and I've always known it's a special place. We have a strong community, and I've always felt this school is at the heart of Sandgate."

The school will be celebrating the milestone with a Carnival that will feature all the fun of the fair – rides, sideshow alley, a bake stall, plant sale, raffle and more.

"Our 150th committee have been working really hard for the past year to organise this event," Ms Campbell said.

"In our school hall, each 25-year period of the school will have its own stand, with photos and displays.



"There'll also be Devonshire Tea in the hall, so people can catch up with friends and take a walk down memory lane."

The first classes for Sandgate State School were held in the chapel of the Baptist Church in 1873, with the first permanent school building opening the following year.

In 1875, the District Inspector reported the school's "buildings are in good order. The teacher and pupils have cleared the playground to a large extent, and a small flower garden has been enclosed. Swings are provided for the amusement of the scholars. The school is well furnished in all respects, and as a whole this is one of the pleasantest schoolhouses in the colony."

The school's most famous alumni is Australian TV star Kerri-Anne Kennerley.

Ms Campbell added the whole community was invited to celebrate the school's historic anniversary, and see the improvements made to the grounds in recent years.

"Of course, we are hoping to see lots of our former students, parents, principals, and teachers," she said.

"All our former music students are invited to come along and perform with the band on the day as well, which will be something special."

A special school logo has been created for the year and families attending on the day will be able to purchase commemorative 150th merchandise.

For more information, search Facebook for Sandgate State School or Sandgate State School P&C Association

Sandgate State School 150th anniversary Carnivale will be held on Sunday, September 10, from 10am to 3pm.

SANDGATE STATE SCHOOL 150TH ANNIVERSARY CARNIVALE

**Sunday, 10 September, 10am-3pm
Sandgate State School
54 Rainbow Street, Sandgate.**

New Sandgate School Principal Rebecca Campbell; the school's special 150th logo; some historic photos of the school (date unknown).





Come along to the 4017 Bayside Open Studios event to see artists at work in their creative spaces.

ARTISTIC COMMUNITY ON DISPLAY

STORY **BROOKE JACOBSON**
PHOTO **PAUL NEIL PHOTOGRAPHY**

Artists and art lovers are invited to spend two magic weekends in Sandgate and surrounds, at the annual 4017 Bayside Open Studios event.

With more than 33 artists and three local galleries participating, this year's Open Studios looks to be bigger and better than ever.

Event secretary, Kylie Davidson, said visitors could experience a diverse range of art media, as well as meeting the artists.

"We live in a community of creatives and people want to see how they work," she said. "Everyone wants to be a part of that creative process. Seeing where artists work, in their creative spaces, is something different."

The self-guided tour will take in artists homes, galleries, studios, and garages – anywhere they create, and the work on show will include paintings, works on paper, textiles, ceramics, sculpture, mosaics, printmaking, mixed media, basketry, woodwork, photography and more.

Several not-for-profit art groups will also be taking part, including Shorncliffe Potters, Artrageous, and Sandgate Art Society (SasArt).

"If you are an art enthusiast, a collector, or even an artist yourself, this is a rare opportunity to see behind the scenes, and speak to and support our local live-in artists," Kylie said.

"This area has always drawn artistic types, because of the natural beauty of this village and the area itself."

Art lovers will be able to purchase pieces during the Open Studios event, and it's also a great opportunity to support other local shops and cafes.

"Open Studios is good for the 4017 as a whole, and we're grateful to be supported by local and state governments, as well as local businesses," Kylie said.

Visiting Open Studios is a free event, and all ages are welcome.

4017 Bayside Open Studios will be held for two weekends, with all studios welcoming visitors to their creative maker spaces from 10am to 4pm both days on each weekend.

Many studios and galleries will also open during the week by appointment.

For more information, book workshops, or download the map go to: www.4017baysideopenstudios.com, search Facebook for 4017 Bayside Open Studios, or find the event on Instagram: @4017.bayside.open.studios

4017 Bayside Open Studios
Saturday and Sunday, 14-15 October and
Saturday and Sunday 21-22 October, 10am-3pm
Various locations, 4017 suburbs

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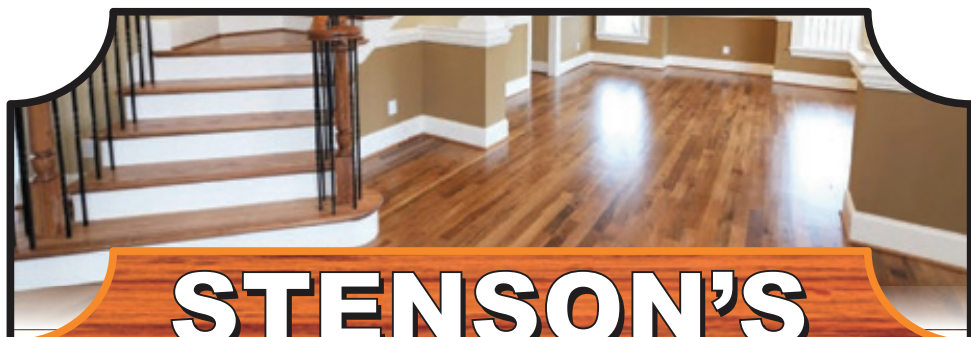
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Old Life, New Perspective.

What do you believe about your life? Is your story filled with chapters you love to revisit or ones to rip out?



WITH **TRICIA
BOLTON**

Often we talk about our lives as though we are reporting the news. We think we are presenting the facts about what happened but like news today, a lot is editorialised making them more story than fact.

We forget these "facts" are just beliefs we've adopted about ourselves like:

- o I'm no good at math.
- o I've never had any self-control when it comes to food.

Negative beliefs undermine our growth. Try helping your children with maths when your beliefs about your maths expertise are laced with judgement.

How much harder is it to lose weight when your story's narrative says you have no self-control?

We believe these thoughts because they are well-rehearsed. They play on repeat in our minds, and we find lots of evidence in our lives to "prove" them.

Learning how to retell your story and change your beliefs takes practice and repetition. You believe and accept the old thoughts not because they are true, but because you accept them as truth. And you listen to them a lot.

You can do the same with new beliefs. It's possible to believe something new about yourself on purpose. In part, it requires deciding to change your thinking and it takes practice.


What new truths can you tell yourself about your life? Your past is just the story you tell, so how can you make yourself a hero?

*If you'd like to talk more with Tricia email:
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LUCAS TAKES A SHOT AT SECOND WORLD CHAMPIONSHIPS

STORY **ALYSSA MACKAY**

PHOTO **BRUCE REDMAN**

Local high school student Lucas Fenech will have his eye on the ball when he represents Australia at the World Blackball Championships in Malta next year.

This will be the second time the 16-year-old Deagon resident has represented Australia in blackball, having played for the U15 team at the 2022 World Blackball Championships in France.

Lucas said representing his country at a world championship was an opportunity he never thought he would experience.

"I didn't know what to expect when I played for Australia in the U15 team last year, but it turned out to be a great experience that I will never forget," he said.

"I was both honoured and proud to not only be representing my country at such a high level, but to be playing alongside and sharing the experience with my friends and teammates.

"To have that honour again and relive the awesome experience of representing Australia is something really special."

Lucas earned his spot on the Australian U18 team following a successful performance at the 2023 Australian National Blackball Championships in Perth.

He finished in fourth place in the U18 Singles and runner-up in the U18 Scotch Doubles final alongside one of his Queensland team mates. He has also been selected as captain of the U18 Australian team.

He first started playing snooker with his grandfather before beginning weekly junior snooker coaching at pool hall, Q-Masters.

He's now been competing in cue sports for four years, playing snooker, billiards, eight-ball and blackball.



"They all have different challenging aspects with rules and ball changes for each, but require similar skills," he said.

In the lead-up to the world championships, Lucas will be working with his coach, Phil Haycock and learning from more experienced players.

He said his goals for the future included being the best he could be, both on and off the table.

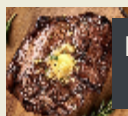
"Also to be known and respected as an honest player who always gives more than 100 percent for his team, and supporting my mates the best way I can," he said.

Lucas is hoping to find sponsorship to support him with travel expenses and tournament costs. To sponsor Lucas, email Kerry Fenech at jkfenech@bigpond.net.au

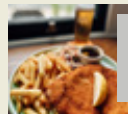


WHAT'S ON AT THE POSTIE

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



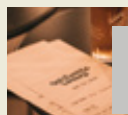
MON / \$20 200G RUMP
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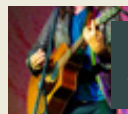
MON - FRI / \$18 MAIN MEALS



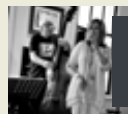
MON - FRI / POSTIE'S POUR 4PM-6PM



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ORGANIC GARDENING



September gardening

STORY **SALLY EBERHARDT**

Hopefully you nurtured both yourself and your soil over winter because spring is the time to plant, plant, plant!

September brings mild weather and gentle rain giving the perfect window to plant seeds and seedlings. Before you fill every space, consider your capacity to keep your garden regularly watered in the coming months.

If you didn't start planting tomatoes, capsicum, eggplants, cucumber, zucchini, beetroot, carrots, lettuce, and corn last month, now is the ideal time.

Other fruit and vegetables to plant include pumpkins, watermelons, rockmelons, tamarillos, beans, radish, rosella, okra and choko.

Keep an eye out for heritage varieties - it's fun to grow something different, and important to keep older varieties alive and available. Some have handy qualities such as drought tolerance and better resistance to pests and disease, even if they don't produce as much.

Speaking of pests – warmer weather encourages the bug population to grow. One of the best ways to prevent decimation of your crop by hungry little critters is to keep your plants strong and healthy with organic fertilizers and the right amount of watering.

When not in your own garden, visit some of the Garden Expos happening this month for education and inspiration. Enjoy!

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Pre-loved Clothing Market, New @ Sandgate Post Office Hotel

STORY **PANAYIOTA**

Sustainable fashion is a movement unto itself whereby people and businesses offer pre-loved clothes and accessories for a second lease on life.

The Sandgate Post Office Hotel along with Noosa based Barely Worn, are bringing to Sandgate a new pre-loved market.

"This is the first for the Sandgate Post Office Hotel," said Michelle Christoe, Manager. "Our event is different. It provides everyone in the community a place to sell their seconds and even swap."

Sustainable living is here to stay. We're

seeing more businesses become aware about producing less waste.

"We're very committed to sustainable living and have initiatives built into our business documents," said Michelle. "We're also very keen to build alliances with businesses who minimise their carbon footprint."

Barely Worn and the Post Office Hotel's relationship is a good example of this. They encourage everyone to join in, in discovering their next wardrobe.

If you've got items for sale, get a stall and share it with a friend. Bring a table, clothes rack or even a suitcase. Set yourself up and off you go.

Held on the last Sunday of the month, this event will help bring like-minded people together. Make a day of it. Stay for lunch and afternoon entertainment. For stall holder details, contact cheers@sandgatepostofficehotel.com.au.

**Barely Worn, Pre-loved Market
Sandgate Post Office Hotel
1 Bowser Parade, Sandgate
Sunday 24 September
9am to 12noon**

Learn How to Draw Better with Suellen Howarth

STORY **NADIA CHAPMAN**

If you are a creative person at heart but still think your craft needs improving, this nifty little workshop in Sandgate should do the trick.

'Can't Draw? Are you sure?' is a six-week workshop program hosted by Womenspace in Sandgate on Wednesday nights and aims to teach participants the fundamentals of how to become a better drawer.

The workshop will be run by Suellen Howarth, who is a Womenspace member, an experienced artist, and a trained teacher.

Suellen will pull inspiration from the idea that drawing from the right side of the brain is a proven method to accelerate drawing

development, while also teaching you how to work through life's challenges as creatively as possible.

This workshop is routinely held on Wednesdays and has been a longstanding event for Womenspace, as it helps women connect, relax, and learn together in a safe space.

Each session offers a brief, half-hour relaxation period from 3:30pm, with classes starting at 4pm and going until 6pm.

Afternoon tea will be provided by Womenspace and will be included in the cost of the programme.

Bookings are essential - contact Womenspace for the next full 6 week program

**Can't Draw? Are You Sure?
Wednesday 6 & 13 September, 3:30-6pm
Womenspace Sandgate
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BY **BROOKE JACOBSON**

TUNE IN HERE

Head to the Unplugged Café on Friday, September 1 from 7pm to hear Thuggee Tennessee, otherwise known as country musician Tony McCall; gospel and soul band Ramshackle; and blind keyboard player and singer, Rikki Chaplin. You'll find Unplugged Café at SANDBAG, 153 Rainbow Street, Sandgate.

TEA AND HISTORY

The Sandgate Historical Museum hosts tea, trivia, and history on the last Thursday of each month, from 10am. Enjoy Devonshire Tea, while learning about our local area. The next tea date is September 28. Cost is \$10, and bookings are essential. Phone: (07) 3869 2283 or 0408 227 126 or email: info@sandgatemuseum.com.au

BEACH WALK

Learn about the beauty of our foreshore with Laurie's Beach Walk, which will be held on Monday, September 25 at 11am. Meet across from the Old Baptist Church on the corner of Cliff Street and Flinders Parade. Please wear shoes that can get wet – not thongs – and bring a hat and a drink. Numbers are limited, please book by calling 0410 327 095.

WAX LYRICAL

Sandgate's Poets on the Park will meet on Tuesday, September 19 at 6pm, at 58 Rainbow Street, Sandgate. Come along to share your poetry, and to hear other local poets reading theirs. All welcome to this literary event!

LOWER MOORA PARK PLAYGROUND UPDATE

Deagon Ward Councillor Jared Cassidy has provided an update on the state of the popular Lower Moora Park playground.

"While the playground was initially closed due to vandalism, when Council inspected the structures, it was clear that some of the wooden elements were deteriorating and in need of further attention," Cr Cassidy said on his Facebook page.

"After conducting these initial investigations, Council has now decided that a specialist report is required to ensure the playground is safe to reopen to the public. This report will assess the extent of damage to the wood and identify elements that need to be replaced, including the wood in ground at the site.

"Council is expecting to be able to reopen either parts of the playground or the entire playground for the upcoming school holidays.

"It's a special part of our bayside and it's important Council gets this work right."

BRIGHTON LIGHTS UP

The Brighton Bulldogs Football club will be celebrating its presentation day on Saturday, September 9. Teams will receive their awards for the year, and there will be food, fun, and fireworks from 6.30pm.

MOVIE MAGIC

A free community movie in the park will be held on Friday, September 1, from 5pm at Hutchinson Park, on Friday Street, Shorncliffe. Come along for a screening of The Mitchells vs The Machines. The Shorncliffe State School P&C will be running a BBQ on the night and would appreciate your support.

COMMUNITY GRANTS

Applications are now open for the Community Road Safety Education Grants.

The grants provide an opportunity for not-for-profit organisations including schools, parents and citizens and parents and friends' groups, local governments and community groups who have an idea about how to educate their local community in solving a road safety issue. One-off funding up to \$40,000 is available.

Applications are open all year round, with the next round closing Friday, 29 September 2023. For more information, including

how to apply, visit www.tmr.qld.gov.au/roadsafetygrants.

DANCE THE NIGHT AWAY

Classic Vibes Line Dancing is running line dancing classes on Tuesday nights from 6pm, at the Sandgate Scout Hall, 134 Brighton Road, Sandgate. Cost per class is \$15. Search Facebook for: Classic Vibes Line Dancing for more information.

And if you prefer not to let anyone see you dancing, why not try No Lights, No Lycra Dancing, on Mondays from 7pm to 8pm at the Nashville State School Hall. Children aged 12 and over are welcome with an adult. For more information, search Facebook for: No Lights No Lycra North Brisbane.

Would you like to contribute to Bramble Bites?

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

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TEDDY BEARS PICNIC

STORY **PATRICIA HIGGINS**

It's soon time for a Teddy Bear Picnic, so gather the little ones, a blanket and their favourite stuffed animals!

This nostalgic custom is returning to the local region to delight families near and far with a variety of activities and attractions.

Mareeva Evans, a spokesperson for MBRIT (Moreton Bay Region Industry and Tourism) — the organisation hosting the event on behalf of Council — said there would be a wide variety of delightful experiences lined up to keep the little ones entertained throughout the day.

"With teddy bear-themed games, arts and crafts stations, captivating storytelling sessions and a charming teddy bear parade, the kids are going to have an absolute blast," Ms Evans said.

She said that parents and caregivers would have the opportunity to browse through a diverse selection of handcrafted items and locally made products.

"It's a fantastic opportunity for people to support local businesses and artisans while immersing themselves in a vibrant and lively atmosphere."

Additionally, Ms. Evans said that plenty of on-site parking would be available (including accessible parking), with parking marshals present to make it even easier for everyone to take advantage of all the event has to offer.

Find out more at www.moretonbay.qld.gov.au/Events/Teddy-Bears-Picnic-Pine-Rivers-Park.

Teddy Bears Picnic Pine Rivers Park

Thursday 7 September, 8am-2pm

Pine Rivers Park

125 Gympie Road,

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Roosters president Karen Maddocks with Brighton Roosters Softball Club.

PITCHING FOR SUCCESS

STORY **BROOKE JACOBSON**

PHOTO **BRUCE REDMAN**

Brighton Roosters Softball Club is celebrating 40 years of sporting glory this year and they're starting off on the highest note possible.

Speaking to the Sandgate Guide, Roosters president, Karen Maddocks, said the club had been awarded Queensland Softball Club of the Year.

"It's the second time we have won that award, and we're really excited about it," she said.

"That award is for what the club contributes to the community, how we promote the game, how we retain our members and players – it really reflects on the club as a whole, and we're so excited."

The softball club started as an affiliation of the Roosters Rugby League Club, a partnership that endures to this day.

"Back then, the boys played league and there was some discussion about having something for the wives and sisters of the footy players to do – of course, women didn't play league back then," Karen said.

"And boys didn't play softball, so initially the club was just for women and girls."

Now it's a game for everyone, with Roosters players competing in mixed teams until the age of 18.

"It's a whole family sport and there are not too many sports like that," Karen said. "Our over 35s play in lots of tournaments, and we even have some people in their 60's and 70's playing."

"I've made lifelong friendships at the club, it's great to come down on the weekends and see everyone."

"There's still some people who don't realise we're here, they think it's just the rugby league club, but we're a big part of the community."

The club plans to hold a 40th anniversary celebration function during the season, with details to be announced soon on the club's social media pages.

Softball is a summer sport, with the season starting on October 7 and running until March 2024, with a break at Christmas.

Games are played on Saturdays, with training held on Wednesdays. Training for the new season has already started, but it's not too late to sign up.

"It's a sport for everyone, and we'd encourage anyone to come down to the club and have a go," Karen said.

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HANDMADE TREASURES IN THE 4017

STORY **BROOKE JACOBSON**

PHOTO **JOHN PIRES PHOTOGRAPHY**

Shopping for gifts while staying local has never been easier, with a new shopfront opening in Brighton.

The Brighton Handmade Collective opened its doors on August 26, and was the brainchild of local gemstone dealer, Sara Boase. "I've been running my own business, Imagem, for the past couple of years online and doing markets, and I've met lots of other lovely people who create beautiful things," she said.

"I had been looking for a shop front for Imagem, and I thought it would be great to have other people here as well.

"You know, I just would see all these people at markets, up at 4am, working so hard and trading and I was lucky to make a bunch of friends and it just evolved. We're all working together, we can only have this shop because everyone is involved, it's all of us.

"None of us could have a shop on our own, but together, we can have that retail space."

The Brighton store has a total of 27 vendors on site, including a children's book author, dried flower arrangements, carved wooden toys, 3D printed dragons made from recyclable material, plants, crochet, and handmade children's hats.

"We also have handmade candles made by a young, neurodivergent lady who is only 12-years-old," Sara said.

"We have five jewellers here, along with handmade bags from Papua New Guinea, and the sales of those bags help support women in PNG who are doing it tough.

"There's something for everyone."

Sara added there had been a movement away from mass produced goods towards handmade items in recent years.

"People love to buy handmade things, and people are so passionate about their art and their craft – it's so rewarding to have something like that in your life," she said. "Most of us have other jobs as well, we're just working on our passions.

"We're really excited to be open, and we're here for Father's Day and why not get in and get some early Christmas shopping done – support local."

For more information search Facebook for: Imagem and Brighton Handmade Collective. The store is at 210 Brighton Tce, Brighton, and is open Tuesday to Saturday, from 9.30am to 4.30pm



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Paul said, "Coochie HydroGreen has been in the local area now for over 20 years and have built up a great reputation for top quality, punctual timeliness and excellent results. We get results that the average click on hose weed and feeding or hardware products just can't deliver. We use organic based fertilizer and commercial grade, pet friendly products, that we install for you and back up with our lifetime warranty while on our lawn care plan."

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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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HOP ALONG FOR FUN WITH FROGS

STORY **BROOKE JACOBSON**

Bayside gardeners should hop to the latest event being hosted by the Keep Sandgate Beautiful Association.

The workshop on frog-friendly gardening aims to help locals make the right choices for their backyards when it comes to attracting amphibians.

Keep Sandgate Beautiful Association secretary, Linda McMahon, said the group had a lot of enquiries about frogs after their display at this year's Einbunpin Festival.

"One of our goals is to promote the conservation of the natural environment and to help people connect with the environment – we've had talks before about kangaroos, and bats, and now frogs," she said.

"If you have frogs in your garden, it shows that the natural systems are working well, and many frog populations are in decline, so whatever gardeners can do to help is great."

Queensland Frog Society Events Coordinator, Jono Hooper, will be conducting the talk.



"One of the main benefits to having frogs in your garden is to keep insects under control," he said.

"There are two important components that frogs need – habitat and shelter. A water source, which can be an old bathtub, a pond, or even a kids clam shell sandpit is great, and I've even seen green tree frogs lay eggs in a bucket of water, so some species aren't too fussy.

"Frog hotels are great – I've seen some pretty magnificent set ups, but it can be just some old PVC pipe buried 30cms in the ground in an area that provides shade.

"Gardeners can also reduce or limit the amount of chemicals they use, provide areas of shelter for frogs and also don't have yards that are too manicured – a flat lawn is not going to provide shelter for frogs."

At the end of the talk, attendees can go outside for a frog hunt, which Jono said was always fun, particularly for children.

"The frog hunt is a really cool way for kids to see the frogs and I find it very rewarding to show people some of the species we've been talking and hearing about," he said.

"The biggest takeaway I think is that the number one risk to frogs, particularly in coastal areas, is habitat degradation – people think it's cane toads, but they're actually further down the list."

For more information about the event, search Facebook for: Keep Sandgate Beautiful Association Inc. To RSVP, email ksbainc@gmail.com or call Linda on: 0437 735 247.

Frog friendly gardening
Saturday 7 October, 4.45pm
Sandgate Scout Hall
134 Brighton Road, Sandgate.



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THIS NEW LIGHT MAYBE I FORGET TOUR

STORY **NADIA CHAPMAN**

Music is an integral part of so many people's lives, and there is no shortage of music, gigs, tours, and community within our little slice of paradise.

'This New Light' embarks on his third major tour and is performing at the beautiful Sandgate Town Hall on Saturday, 16 September.

The creative mind behind the project, Samuel Ayling, said that although this is his third tour, it is his biggest yet, and playing at Sandgate Town Hall is certainly a highlight.

"The show in Sandgate is going to be super special! The venue is heritage-listed and flaunts a mezzanine level overlooking the stage. It reminds me a lot of the Princess Theatre in Woolloongabba, but there's something so beautiful about sharing songs and stories in a stunning building with so much history," Sam said.

To make it even more special, Sam will be playing as a trio, with supporting acts Will Hearn and Emily Coulston.

As a 25-year-old van-living on the Sunshine Coast in his Hyundai iLoad named 'Poh,' Sam launched 'This New Light' in 2019 after graduating from the Queensland Conservatorium. Music hasn't always been the focal point in his life, but has become

a great passion of his since the beginning of the project.

"This New Light allowed me to write songs under a moniker—adding mystery to the project and taking the pressure off me being the 'leadman.'

Since graduating from school, gigging has been the most consistent income for me over the years. I started playing covers at the local markets, but I retreated away from these cover-style gigs in favour of original shows where patrons pay to hear your songs and stories, which is so special and way more meaningful to me," Sam said.

'This New Light' is an indie-folk project that pulls inspiration from artists such as Bon Iver, Novo Amor, Hollow Coves, Hailaker, and Phoebe Bridgers.

"For this tour, I'm so thrilled to share music in new cities, play these incredibly intimate spaces, and make a whole lot of friends along the way."

Tickets start at \$23. You can find more information by searching 'This New Light' on Facebook.

Maybe I Forget Tour
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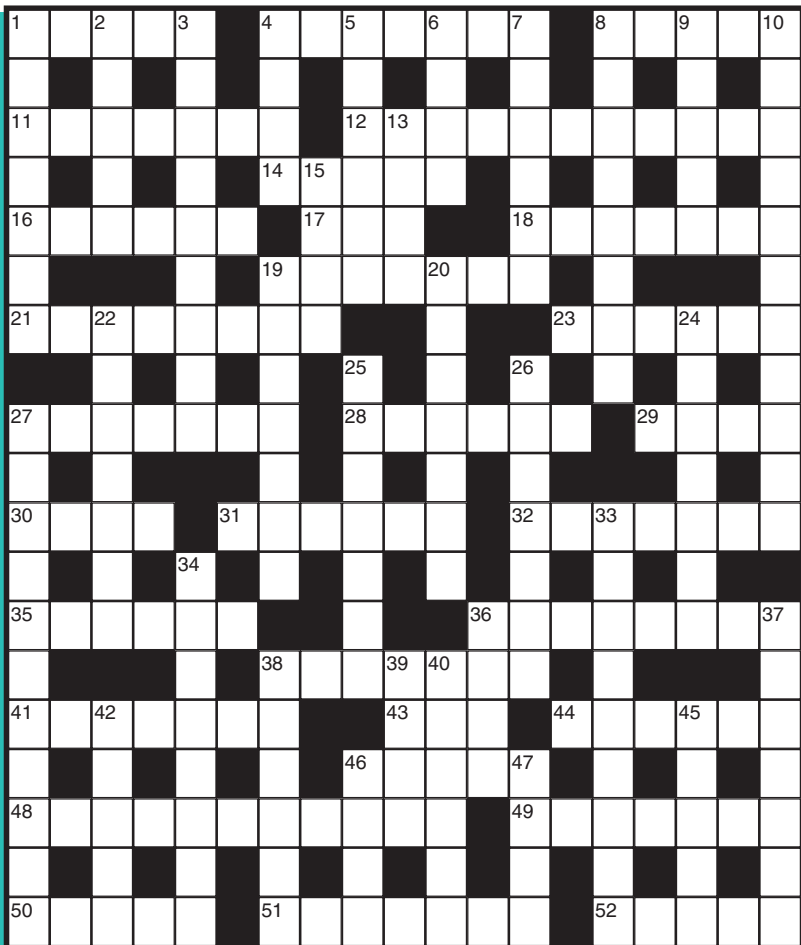


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16 Haunt
17 Food-fish
18 Sincerely intended
19 Spoke
21 Past stars (3-5)
23 Completely consumed (4,2)
27 West Indian ballad
28 B complex vitamin

- 29 Stereo equipment (2-2)
30 Vast age
31 Bent
32 Women's accessory
35 Civil rights leader, Martin ____ King
36 Wall support
38 Popular nightclub (3,4)
41 Japanese military
43 Large marble
44 Emotional shock
46 Overbearing
48 Featureless
49 Took as one's own
50 Pierces
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52 Postage sticker

DOWN

- 1 Extinct elephant
2 Smart; Dressed to the ____
3 Lie in too long
4 Snatch
5 Lucky charm
6 Advance
7 Smelled strongly
8 Astonish
9 Variety theatre
10 Secretly listening in
13 Seam
15 Behaves
19 Wicked
20 Respectful good will
22 Commercial success

- (4-3)
24 Slobber
25 Inaccurate
26 Lacking
27 Lullabies
33 Infamous
34 Unrivalled
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Solution: Page 91

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STORY **PANAYIOTA**
PHOTO **BRUCE REDMAN**

People love running for many reasons, yet what they agree on is how much clearer their mind is and how exhilarated they feel afterwards.

Clive Gross, is no exception. A Sandgate local and engineer, Clive began running early 2019, when he and his family moved to Sandgate. This was a turning point for him as he began recognising the reality of his then lifestyle.



Clive Gross

"I was a smoker, eating poorly, drinking and I realised I needed to reform my life," said Clive. "As a dad, I wanted to really play with my kids, not just for 20min here or there. I noticed there was quite an active running community here and it piqued my interest."

"It didn't take long to realise this is my passion, not just exercise," said Clive, so when asked if he prefers running alone or with others, "running solo is great, but there's an enormous benefit in running with others. I joined our local running clubs and made new friends. We have a training group that helps keep us motivated."

"Since I started running, I've run one marathon (42.2km) a year in some form. I've also completed half marathons (21.1km), 5km and 10km races in between," said Gross. His first marathon was the Beerwah@Daybreak trail marathon in late 2019. His most recent, the Gold Coast Marathon, 2023.

Let's face it, when we love something so much, we just want to enjoy it all the time. Right? So even during the pandemic and after multiple race cancellations, Clive and his friends organised the Sandgate Marathon.

"We were socially distanced so everyone was safe. It started and finished at Decker Park after multiple laps out to Shorncliffe Pier and back," said Clive. What a great accomplishment for Sandgate!

At this point, it's important to note the health benefits running offers. "Most people know regular aerobic exercise, like running, is great for cardiovascular health but many aren't aware that it's also great for brain health, protecting memory and thinking skills," said Clive.

Local Sandgate running organisations include Moreton Bay Road Runners, and Bush Turkey Track Club.

Safety is paramount when exercising, check with your health care professional before starting any form of exercise program.



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HOMEGROUND FATHER'S DAY

PHOTO **BRUCE REDMAN**

This Father's Day, Jon Parker has not one, but two reasons to celebrate. Not only is he celebrating the recent birth of his son, Arley, but also the first anniversary of his barbershop in Brighton, aptly named Homeground.

"My connection with barbershops runs deep, dating back to my childhood," said Jon. "I remember my first haircut at Sue's Corner Barber Shop in Boondall. I nervously requested a number '2' after watching Brisbane Broncos player, Michael Hancock score a try and wearing a number 2 on his jersey."

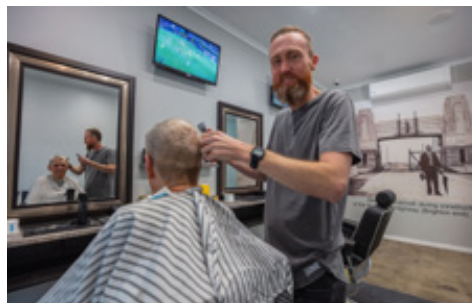
Little did he know that this decision would set the stage for his future career. As Jon grew older, he continued visiting barber shops, following in his father and grandfather's footsteps. He began to realise the significance of a barber's role, extending beyond haircuts to become a confidant and escape from the demands of everyday life.

Jon's father suggested barbering as a potential career path, but initially he dismissed the idea.

Years later, after a shoulder injury and witnessing the resurgence of the barber industry, Jon took his father's advice to heart and embarked on a mature-age apprenticeship. Jon's vision for his own barbershop was rooted in paying homage to the area he grew up in.

"I remember riding my bike over the old Hornibrook Bridge when I was young. To me, the bridge was iconic. There was and continues to be so much history, connecting Brighton to Redcliffe. For me it feels like 'home'. This is why I have called the shop, Homeground. It's the place you go that feels familiar and comfortable."

Homeground Barbershop will celebrate its 1st birthday with a Barbershop quartet plus giveaways on Saturday September 2. The shop is located at 6/11 North Road Brighton.



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Level Up Your Health with Fermented Food and Drinks

STORY **NADIA CHAPMAN**

H health is important, especially during flu season! And what better way to heal your gut and boost your immune system than to make fermented food and drinks?

Leah Hutchinson is hosting a fermented food and drinks workshop on Saturday, the 9th of September, to teach students how to make gut-healthy pickled vegetables and delicious fizzy probiotic drinks.

Despite fermentation sounding quite intimidating, it's an easy process that anyone can do from the comfort of their own home, which is what Leah wants to teach.

This practical class offers hands-on instructions with full demos of how to make gut-healthy drinks, including making secondary products from them, such as cultured butter and kefir cream cheese.

Everyone in the class will also put on batches of sauerkraut and preserved lemons to take home while also learning how to make other pickled vegetables.

As well as pickled vegetables, students will leave with homemade kombucha, ginger beer, milk, and water kefir cultures. Leah will also include a folder full of recipes and fermentation tips.

The best part about the workshop is that there will be a full platter of fermented foods provided.

Students are encouraged to bring their own knife and chopping board. Bookings are essential, and tickets are \$120.

Fermented Food and Drinks Workshop
Saturday 9 September, 9:30-11:30am
56 Connaught St, Sandgate.



As a lifelong fisherman, there's nothing Henry loved more than chasing the next big catch. When he died, we held his funeral at his favourite fishing spot, under the shade of a beautiful old gum tree. Sharing tales from days spent by the water, his family and fishing buddies had the chance to say goodbye in a place that held such special memories.

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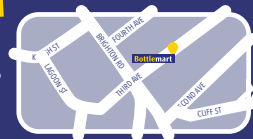
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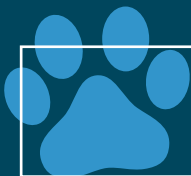


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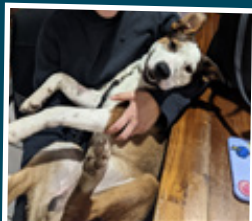
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4017 PETS ON THE PAGE

ROLLA - KELPIE CROSS STAFFY, 2 YEARS



Rolla

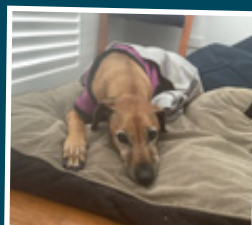
Hi! My name's Rolla and I like to wake up my humans at 5am for my morning exercise and run!

Besides my humans, my favourite thing is my ball. I don't like it to be too far away

from me at all times. I also love a walk on the beach, so I am lucky we live so close to the water.

My mum also takes me to the dog park, plays rope pull with me and gives me loads of cuddles on the couch. They tell me all the time how much joy I bring them.

LILY - RHODESIAN RIDGEBACK, 9 YEARS



Lily

G'day everyone, I'm Lily!

As you can see, I'm a pretty happy fur baby living my best life in these golden years!

Two of my favourite things to do are sleep and lay out in the sun.

I also love coffee. What's not to love!

Food is pretty important to me too! I love to eat but I like to have a good sniff of my food beforehand.

My favourite colour is pink, so I love it when my humans put me in my pink coat. When we go out and about, I keep an eye out for my friend Maverick who is a black Labrador.

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Dr Paul

A MAN OF MANY PARTS

HISTORY SANDGATE

STORY **PATTIE TANCRED**

If, as Voltaire said, “the art of medicine consists in amusing the patient”, then an early Sandgate medical man, Dr Frederic Paul, was the ideal practitioner. From when Dr Paul arrived in Sandgate in about 1887, until he left 12 years later, he was deservedly lauded for both his cultural pursuits and as a physician.

As one of the few doctors in the district, his medical work was varied and demanding. His cases included broken bones, snakebite, food poisoning, burns and typhoid as well as mental health issues, such as the man “of apparently unsound mind” who, suffering from hallucinations, was taken to the Sandgate lockup, where Dr Paul “pronounced him insane and recommended his removal to the reception house”, that is, the insane asylum.

As health officer for the Sandgate municipality, Dr Paul was responsible for public health, reporting to the council on “the sanitary conditions of the borough” and the management of epidemics such as the measles outbreak of 1898, for the treatment and control of which he, as health officer, was allocated £37 13s. 8d by the council’s finance committee. Beyond his medical practice, he served the community as a magistrate at the Sandgate police court and chair of the Sandgate Ratepayers Association. He also stood for election and won a seat on the council.

But it was as a man of culture and a mainstay of the arts that Dr Paul was best known. He was, at various times, an office holder of the Sandgate Literary and Debating Society, the Sandgate regatta committee, the cricket club, the Sandgate Chess Club, the School of Arts and the Sandgate Amateur Dramatic Club.

He was a stalwart of various fund-raising committees to which he lent his talents as an entertainer. In 1895, during a concert in aid of library funds, he and a Mr Jagger performed the quarrel scene from Julius Caesar so effectively that “a number of young people, thinking there was a dispute on, rushed up to the door of the hall in quite an excited state.” He was also a musician, accompanying others on the piano, and himself singing at many amateur entertainments.

To the great regret of his fellow citizens, Dr Paul departed Sandgate in 1899, garlanded with praise – and in possession of “a purse of sovereigns” presented in appreciation for his efforts. The popular doctor, said Mayor Bell, “had always given his services willingly to all the institutions of Sandgate”. His absence must have been acutely felt.

[With thanks to the Sandgate Historical Museum (opening hours: Sunday and Wednesday, 10am to 3pm)]

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GINGER CAKE

Member of Sandgate QCWA, Lynette, has provided the recipe for a fabulous Ginger Cake which she made for a Branch meeting last month and members thought they should share it with the Sandgate Guide Community.

"This recipe I copied from my Mothers recipe book 50 years ago when I first started baking, but as with so many inherited recipes it didn't come with any instructions! So this is what's worked for me over the years. A very simple cake, not a lot of work and a good use for any leftover cream".

INGREDIENTS

1 ¼ cups S.R. flour
1 teaspoon ginger powder
1 cup sugar
Pinch salt
2 eggs
1 cup cream
1 teaspoon vanilla
¼ cup chopped ginger

METHOD

Grease a 22cm cake tin and preheat a fan forced oven to 170 degrees.

Sift the flour, salt and ginger powder into a bowl, add caster sugar and stir to combine.

In a separate bowl combine the cream, eggs, and vanilla. Stir the wet ingredients into the dry ingredients and combine.

Add the chopped ginger pieces and pour into the prepared tin.

Bake for 40-50 minutes. Cake is cooked when a skewer comes out clean. Let the cake stand in the tin for 5 minutes then turn onto a wire rack to cool completely.

Ice with ginger or lemon icing and sprinkle with extra ginger pieces.



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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WED 6 @ 1PM **\$16 SCHNITZ NIGHT**
THU 7 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**
@ 7PM **TRIVIA NIGHT**
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**
FRI 8 @ 8PM 🎵 **3 LITTLE PIGS** MINUS SOME BACON
SAT 9 @ 8PM 🎵 **BEAVER**
SUN 10 @ 2PM 🎵 **MIDNIGHT GROOVE**

MON 11 @ 5:30PM **\$18 STEAK OUT**
TUE 12 @ 7PM **MUSICAL BINGO**
WED 13 @ 5:30PM **\$16 SCHNITZ NIGHT**
@ 6PM **PADDOCK TO PUB**
THU 14 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**
@ 7PM **TRIVIA NIGHT**
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**
FRI 15 @ 8PM 🎵 **MATTY CLARK**
SAT 16 @ 8PM 🎵 **BAM**
SUN 17 @ 2PM 🎵 **BEAVER**

MON 18 @ 5:30PM **\$18 STEAK OUT**
TUES 19 @ 7PM **MUSICAL BINGO**
WEDS 20 @ 5:30PM **\$16 SCHNITZ NIGHT**
THURS 21 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**
@ 7PM **TRIVIA NIGHT**
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**
FRI 22 @ 8PM 🎵 **BAM**
SAT 23 @ 8PM 🎵 **IMESSA**
SUN 24 @ 2PM 🎵 **MATTY CLARK**

MON 25 @ 5:30PM **\$18 STEAK OUT**
TUES 26 @ 7PM **MUSICAL BINGO**
WEDS 27 @ 5:30PM **\$16 SCHNITZ NIGHT**
THU 28 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**
@ 7PM **TRIVIA NIGHT**
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**
FRI 29 @ 8PM 🎵 **TRACE**
SAT 30 @ 8PM 🎵 **AUNTY JACK**
SUN 1 @ 2PM 🎵 **MATTY CLARK**
MON 2 @ 1PM 🎵 **LUKE SPEERIN**

* MUSICIANS SUBJECT TO CHANGE

Schools Out on the Green

STORY **PATRICIA HIGGINS**

Youth and families love being able to put the schoolbooks away on the last day of term and relax on the Bracken Ridge Library Green.

That's what Schools Out on the Green is all about, alongside, of course, an evening of free musical entertainment provided by local artists, with this year's theme being 'Light up the Night'.

Councillor Sandy Landers said the event came about when young people said they would like more to see and do, and a youth team was formed over the last two years with participants from local schools.

"This year saw a new cohort of Year 10 students from local schools who meet every week to work on developing ideas for each event," Cr Landers said.

According to Cr Landers, attendees are encouraged to bring a picnic rug and enjoy a great choice of savoury and sweet items from food trucks, including gluten free and vegetarian options.

She said in terms of the entertainment, local artists under 25 were encouraged to apply (the program includes solo musicians as well as bands).

Applications closed on 23 August or when placements are filled, but more events are to be scheduled in the future.

To find out more, search [schoolsout_onthegreen](https://schoolsoutonthegreen.com) or email onthegreenevent@gmail.com.

Schools Out on the Green
Friday 15 September, 5pm-9pm
Bracken Ridge Library Green
Bracken St &, Barrett St, Bracken Ridge.

Esteemed Principal Farewelled

PHOTO **PAUL NEIL PHOTOGRAPHY**

After six years as Principal of St John Fisher College, Bracken Ridge, Catherine Galvin has been celebrated at a farewell by the college community.

Joining in late 2017, Ms Galvin's departure marks the end of an era characterised by immense growth and transformation at the college, where she positively impacted the lives of students and staff alike.

"I am immensely grateful for the opportunity to serve as the Principal of St John Fisher College for the past six years; it has been an incredible journey of growth and learning, and I have particularly enjoyed fostering a strong sense of community," Ms Galvin said.

"I am proud of the achievements we have made together and the values we have instilled in our students, enabling them to flourish and shine."

The numerous initiatives Ms Galvin introduced, such as the French Language Immersion program, the Learning Enhancement and Acceleration Program (LEAP), and the Girls' Write Now Literary Festival, have enriched the learning experiences of countless students within our local community.

Ms. Galvin's passion for student well-being, academic excellence and diverse learning pathways was evident in the creation of FisherONE, an online learning for Brisbane Catholic Education that continues to empower senior students with quality education.

Acting Principal Britt Gurnett, Cathy Galvin & Fr Gerry Hefferan



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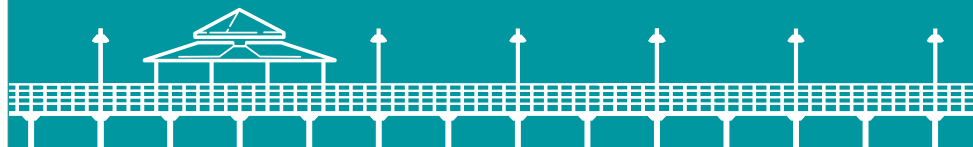
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A WORD FROM OUR REPRESENTATIVES

If you're looking for a free family night out, head to Hutchison Park at Shorncliffe on 1 September for a special outdoor movie screening of *The Mitchells vs The Machines*. I'm excited to be hosting this great event. Come along and enjoy a sausage sizzle from Shorncliffe State School's fundraising BBQ.



WITH **CR JARED CASSIDY**

The weekend of September 9 and 10 will be a huge one of celebration! On 9

September the Brighton Bulldogs will hold their Miniroo Presentation Day at Wakefield Park. On 10 September, our oldest school, Sandgate State School, will celebrate their 150th Birthday! There will be historical displays, rides and more. This will be a memorable day for many locals to come together and reminisce about their time walking the halls and playing in the grounds of Sandgate State School. I'm proud to sponsor these 2 wonderful community events. For more details on these events, please head to my Facebook page.

I'd like to take this opportunity to wish all the dads and grandads in our local community a very happy Father's Day on Sunday 3 September. I hope you get the opportunity to kick back and enjoy a relaxing day with your loved ones.

As Minister for Sport, it has been fantastic to see Women's sport put in the spotlight with the FIFA Women's World Cup.



WITH **STIRLING HINCHLIFFE MP**

The Matildas led an awe-inspiring campaign with record crowds of hometown supporters and it's safe to say that this World Cup fever has infected our community.

Female participation in sport is rising across the board. Whether it be Aussie Rules Footy at the Sandgate Hawks, Football at Brighton Bulldogs or Ridge Hills

United, or Netball at the Ridgettes or Sandgate Hawks, player numbers have never been higher!

With Summer sport coming in hot, make sure to keep your eye out for registration for our local clubs, some of which are already open.

On another note, the Palaszczuk Government is proud to support the return of the Brisbane Festival during September.

Brisbane Festival is a fantastic culmination of both some of our brightest local talent as well as some big names like Paul Kelly.

As part of Brisbane Festival, Street Serenades makes its return to Brisbane's suburbs, including some locally.

For more information on the Brisbane Festival and Street Serenades schedule, visit: <https://www.brisbanefestival.com.au/>

Brisbane's most anticipated event of the year, The Brisbane Festival is on throughout September with so much to see and do. Kicking off on

Saturday 2 September with our much loved Riverfire and this year followed by a 400 drone show and concluding on 23 September with a concert in Victoria Park, where you can join in and create a 10 000 strong Kazoo orchestra (Free Kazoo's supplied on entry). Go to www.brisbanefestival.com.au for a comprehensive guide to what's on.



WITH **CR SANDY LANDERS**

Our local youth have been working hard to put together Schools Out on the Green for our community. The lineup of performances looks fantastic with the theme Light up the Night. So, help us Light Up the Night on Friday 15 September at Bracken Ridge Library on

the Green, from 5.00 pm to 9.00 pm. There will be food trucks and activities so bring along your picnic rugs and chairs and enjoy listening to our incredibly talented youth.

Kerbside Collection

Bald Hills	2 October
Bracken Ridge	2 October
Fitzgibbon	9 October
Zillmere	16 October
Carseldine	20 November
Aspley	27 November

Please remember not to put anything out until the weekend before your collection date.

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

I am pleased to advise the Federal Government's 2023-24 Volunteer Grants round is now open to Expressions of Interest (EOI) from community groups across the electorate of Lilley.

Grants of between \$1,000 and \$5,000 are available to eligible not-for-profit community organisations to support the efforts of their volunteers. Please contact the office directly for Grant Opportunity Guidelines (section 4.1) to confirm your eligibility.



WITH ANIKA WELLS MP

to drive.

- assist with the cost of training courses for volunteers.
- undertake background screening checks for volunteers.
- conduct activities to promote awareness of and increase participation in volunteering opportunities.
- adapt practices to support volunteers' safety.

Please visit www.anikawells.com.au/grants/volunteer-grant-programme-now-open/ to submit your EOI.

The deadline for expressions of interest is 8th September 2023 at 5.00pm.

Next steps after EOI - After all expressions of interest have been finalised, a community consultation panel will conduct a preliminary assessment of proposals before inviting selected applicants to lodge formal applications online.

Please contact my office for further details on 3266 8244 or email Anika.Wells.MP@aph.gov.au

The grants can be used to:

- purchase eligible small equipment items for use by volunteers.
- contribute to volunteers' fuel costs, during the course of their volunteer work.
- contribute to transport costs for volunteers with disabilities who are unable



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Are you being charged a "Loyalty Tax" on your Home Loan?

I recently rang our internet provider with an issue, to check if we had the best product for our needs. It was so refreshing when the representative stated "Mark, you've been with us for 15 years, thank you for your loyalty. I have checked, and you are currently on the best plan possible for your area."



WITH **MARK SINCLAIR**

It's a natural expectation that if you are a loyal customer and have been with the same business/provider for quite some time, you would like to be treated a bit better than a prospective customer.

At the very least, you would expect the business/provider to offer you their product or services for the same price or rate as they would a new customer.

Unfortunately, many Banks do not reward their loyal customers, meaning that those who remain with their lender, and do not periodically ask for a discount on their interest rate can pay a higher interest rate, or what I refer to as "loyalty tax".

Homeowners with a mortgage are currently in a great position to negotiate a better interest rate and reduce their monthly/weekly repayments, as Banks are fighting to retain their customers.

Here are the 4 steps to negotiating a better interest rate on your home loan:

Log into your internet banking and check your most recent home loan statement to determine what your actual interest rate currently is.

Search your Bank's website for their best current home loan rate offer.

Call your Bank and negotiate your rate to match their current offer for new customers.

Add this process to your calendar and complete it every 6 months.

As part of our service as your mortgage broker, we automatically seek a rate review with your current lender and alert you if the offer is not as good as others in the market.

If your Bank is not willing to assist you with this process, call your local Mortgage Broker for advice.

Mark Sinclair
20/20 Finance Brokers, 0429502701

SEPTEMBER TIDE TIMES

TIME	M
1 0443 0.23	
1022 2.13	
FR 1630 0.19	
2243 2.61	
2 0521 0.22	
1108 2.19	
SA 1717 0.27	
2323 2.46	
3 0557 0.25	
1153 2.22	
SU 1803 0.41	
4 0001 2.24	
0631 0.32	
MO 1239 2.20	
1851 0.58	
5 0040 1.99	
0705 0.41	
TU 1327 2.15	
1945 0.76	
6 0122 1.74	
0743 0.52	
WE 1422 2.08	
2053 0.90	
7 0215 1.53	
0830 0.63	
TH 1530 2.02	
● 2227 0.94	
8 0341 1.39	
0936 0.72	
FR 1648 2.02	
2358 0.87	
9 0521 1.40	
1059 0.74	
SA 1757 2.07	
10 0059 0.76	
0630 1.50	
SU 1212 0.68	
1852 2.15	
11 0143 0.65	
0719 1.63	
MO 1308 0.59	
1937 2.22	
12 0220 0.58	
0759 1.74	
TU 1354 0.51	
2015 2.28	
13 0253 0.53	
0833 1.83	
WE 1433 0.46	
2050 2.31	
14 0323 0.49	
0906 1.91	
TH 1509 0.43	
2122 2.31	
15 0352 0.45	
0937 1.97	
FR 1545 0.42	
● 2151 2.29	

TIME	M
16 0419 0.42	
1010 2.03	
SA 1619 0.45	
2219 2.24	
17 0446 0.40	
1045 2.07	
SU 1655 0.50	
2248 2.15	
18 0514 0.40	
1119 2.09	
MO 1731 0.58	
2317 2.04	
19 0540 0.43	
1155 2.09	
TU 1809 0.68	
2348 1.90	
20 0608 0.47	
1234 2.07	
WE 1852 0.77	
21 0025 1.75	
0641 0.53	
TH 1320 2.04	
1947 0.86	
22 0114 1.59	
0726 0.60	
FR 1423 2.02	
2107 0.90	
23 0230 1.47	
0835 0.67	
SA 1545 2.05	
● 2246 0.84	
24 0413 1.46	
1006 0.67	
SU 1709 2.16	
25 0010 0.69	
0539 1.58	
MO 1130 0.57	
1818 2.31	
26 0113 0.52	
0645 1.75	
TU 1242 0.44	
1915 2.45	
27 0204 0.37	
0741 1.93	
WE 1344 0.32	
2006 2.54	
28 0249 0.27	
0830 2.08	
TH 1439 0.25	
2051 2.56	
29 0330 0.20	
0916 2.21	
FR 1530 0.23	
○ 2133 2.50	
30 0408 0.18	
1000 2.30	
SA 1617 0.27	
2214 2.38	



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Best selling author and Bracken Ridge State High School (Nashville High) old boy Trent Dalton, here with teachers Rose, Michael and Brian, returned to his old high school to meet and talk to hundreds of 4017 fans and a few of his old teachers.



Nathan and Kevin from Nashville State School P&C Festival stall fire up the barbie and feed the hungry crowds at Sandgate's marvellous Einbunpin Festival 2023.



Lindy and George frock up in their red carpet best at the 'Fourth Best Band Goes To Hollywood' night of dress up fun and fab music at Sandgate Town Hall. Can you guess their Hollywood characters?



Sheryl, Lyall and Fran and the ladies of our local VIEW Club start their annual 'Walk with VIEW' along the Sandgate Foreshore as a fundraiser for the education charity The Smith Family.



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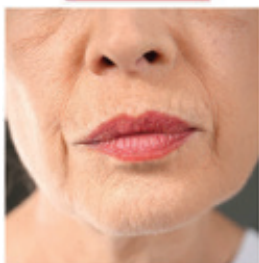
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FOR SEPT!

SUN

\$15* Sunday Roast

MEMBERS



MON

\$15* Fish & Chips

MEMBERS



TUE

\$15* Burger

MEMBERS



WED

\$15* Classic Pizza

MEMBERS



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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, 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.



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SEPTEMBER What's On.

01 FRIDAY



🎵 **LIVE MUSIC WITH PAUL FOGARTY**
Sandgate Post Office Hotel 5:30pm

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

🎵 **KARAOKE @ THE BRIGHTON**
The Brighton Hotel 8pm

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

02 SATURDAY

🎵 **JAMAAL SUGARS**
QCYC 12pm

🎵 **JAMAAL SUGARS**
QCYC 12pm

🎵 **LIVE MUSIC WITH ELECTRO SWIGGERTY**
Sandgate Post Office Hotel 5:30pm

★ **THE RIVERSIDE GUITAR ENSEMBLE**
Sandgate Town Hall 7:30pm

🎵 **THE RIVERSIDE GUITAR ENSEMBLE**
Sandgate Town Hall 7:30pm

🎵 **TRACE DUO**
Full Moon Hotel 8pm

03 SUNDAY

🎵 FATHERS DAY AT THE POSTIE

Sandgate Post Office Hotel 11am

🎵 FATHERS DAY JAZZ AT THE POSTIE

Sandgate Post Office Hotel 12:30pm

🎵 THE LONESOME BOATMEN TRIO

Full Moon Hotel 1pm

🎵 MATT DICKERSON AT THE SANDS SOCIAL

The Sands Social 1:30pm

🎵 ASLEEP AT THE REEL

QCYC 2pm

05 TUESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11:30am

🎵 DISNEY TRIVIA

Sandgate Post Office Hotel 6:30pm

🎵 TRIVIA NIGHT

The Brighton Hotel 7pm

🎵 TRIVIA TUESDAYS 2023

The Sands Social 7pm

06 WEDNESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11:30am

🎵 WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

07 THURSDAY

🎵 TRACY VAUGHAN AT SANDS SOCIAL

The Sands Social 11:30am

🎵 WORLD OF WHITE WINE MASTERCLASS

Sandgate Post Office Hotel 6:30pm

08 FRIDAY



🎵 LIVE MUSIC WITH PAT TIERNEY

Sandgate Post Office Hotel 5:30pm

🎵 KARAOKE @ THE BRIGHTON

The Brighton Hotel 8pm

🎵 3 LITTLE PIGS MINUS SOME BACON DUO

Full Moon Hotel 8pm

🎵 HOT PURSUIT DUO AT THE SANDS SOCIAL

The Sands Social 8pm

09 SATURDAY

🎵 LACHLAN FLANAGAN

QCYC 12pm

🎵 LIVE MUSIC WITH WOLF'S TALES

Sandgate Post Office Hotel 5:30pm

🎵 BLACK N RED AT THE SANDS SOCIAL

The Sands Social 8pm

🎵 BEAVER DUO

Full Moon Hotel 8pm

10 SUNDAY

🎵 NATE ANDREW AT THE SANDS SOCIAL

The Sands Social 1:30pm

🎵 GREG DURRINGTON'S CLASSIC ROCK

QCYC 2pm

🎵 MIDNIGHT GROOVE DUO

Full Moon Hotel 2pm

🎵 SUNDAY JAZZ WITH ROBYN BROWN TRIO

Sandgate Post Office Hotel 2:30pm

🎵 HIGH TEA IN THE TELEGRAPH ROOM

Sandgate Post Office Hotel 3pm

12 TUESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11:30am

🎵 TRIVIA TUESDAYS 2023

The Sands Social 7pm

🎵 TRIVIA NIGHT

The Brighton Hotel 7pm

13 WEDNESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11:30am

🎵 WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

14 THURSDAY

🎵 MARCO AT SANDS SOCIAL

The Sands Social 11:30am

15 FRIDAY



🎵 LIVE MUSIC WITH RUSSELL HUNG

Sandgate Post Office Hotel 5:30pm

🎵 MATTY CLARK DUO

Full Moon Hotel 8pm

🎵 KARAOKE @ THE BRIGHTON

The Brighton Hotel 8pm

🎵 MATT AND SON AT THE SANDS SOCIAL

The Sands Social 8pm

16 SATURDAY

🎵 LIVE MUSIC WITH ELECTRO SWIGGERTY

Sandgate Post Office Hotel 5:30pm

🎵 BAM DUO

Full Moon Hotel 8pm

🎵 KLUSTERFUNK AT SANDS SOCIAL

The Sands Social 8pm

17 SUNDAY

🎵 BRETT WHITMORE AT THE SANDS SOCIAL

The Sands Social 1:30pm

🎵 BEAVER DUO

Full Moon Hotel 2pm

🎵 FIGTREE JAM

QCYC 2pm

🎵 SUNDAY JAZZ WITH RUSSELL BAYNE TRIO

Sandgate Post Office Hotel 2:30pm

19 TUESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11:30am

🎵 TRIVIA NIGHT

The Brighton Hotel 7pm

🎵 TRIVIA TUESDAYS 2023

The Sands Social 7pm

20 WEDNESDAY

🎵 POKER AT THE BRIGHTON

The Brighton Hotel 11:30am

🎵 WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

21 THURSDAY

🎵 CHRIS BENT AT THE SANDS SOCIAL

The Sands Social 11:30am

22 FRIDAY



🎵 ANIMAL WELFARE QSLD CHARITY LUNCH

Sandgate Post Office Hotel 11:30am

🎵 **LIVE MUSIC WITH PHIL BARLOW**
Sandgate Post Office Hotel 5:30pm

🎵 **KARAOKE @ THE BRIGHTON**
The Brighton Hotel 8pm

🎵 **BAM DUO**
Full Moon Hotel 8pm

🎵 **SIDE HUSTLE AT SANDS SOCIAL**
The Sands Social 8pm

23 SATURDAY

🎵 **SEAN BRIDGEWATER**
QCYC 12pm

🎵 **LIVE MUSIC WITH PAUL FOGARTY**
Sandgate Post Office Hotel 5:30pm

🎵 **THE UPSIDE AT THE SANDS SOCIAL**
The Sands Social 8pm

🎵 **IMESSA DUO**
Full Moon Hotel 8pm

24 SUNDAY

🎵 **PREWORN MARKET AT THE POSTIE**
Sandgate Post Office Hotel 9am

🎵 **BARELYWORN PRELOVED CLOTHING MARKET**
Sandgate Post Office Hotel 9am

🎵 **KT MAREE AT THE SANDS SOCIAL**
The Sands Social 1:30pm

🎵 **MATTY CLARK DUO**
Full Moon Hotel 2pm

🎵 **PHIL GALLETLY**
QCYC 2pm

🎵 **ROSS NIXON TRIO AND JAM SESSION**
Sandgate Post Office Hotel 2:30pm

26 TUESDAY

🎵 **POKER AT THE BRIGHTON**
The Brighton Hotel 11:30am

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

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

27 WEDNESDAY

🎵 **POKER AT THE BRIGHTON**
The Brighton Hotel 11:30am

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

28 THURSDAY

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

🎵 **OPEN MIC NIGHT**
QCYC 7pm

29 FRIDAY



🎵 **80S RETRO NIGHT**
Sandgate Post Office Hotel 5:30pm

FULL MOON
Rise Time: 5:37pm



🎵 **TRACE DUO**
Full Moon Hotel 8pm

🎵 **KARAOKE @ THE BRIGHTON**
The Brighton Hotel 8pm

🎵 **SIMPLY TWO AT THE SANDS SOCIAL**
The Sands Social 8pm

30 SATURDAY

🎵 **JOSH NIXON**
QCYC 12pm

🎵 **LIVE MUSIC WITH HANLON BROTHERS**
Sandgate Post Office Hotel 5:30pm

🎵 **RADIO ACTIVE AT THE SANDS SOCIAL**
The Sands Social 8pm

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BEYOND SANDGATE

SPRING INTO THIS YEAR'S CARNIVAL OF FLOWERS

STORY **ALYSSA MACKAY**

The Toowoomba Carnival of Flowers is set to be a big bunch of fun for foodies and floral fanatics across the month-long event.

Only a 90-minute drive from Brisbane, the 74th annual carnival will bloom throughout September with a schedule that's budding with the best the Garden City has to offer.

Chair of the Toowoomba Regional Council Environment and Community Services Committee, Cr James O'Shea said the event would once again take place over 30 days to allow for greater visitation, business connections and community engagement.

"Taking centre stage, as they should, will be flowers and local flavours, as the event continues to bloom into a truly region-wide experience for both locals and visitors," Cr O'Shea said. "We look forward to welcoming visitors from all over Australia this spring."

Visitors will enjoy roaming the city's parks, gardens and public spaces where the region's nursery team have planted more than 190,000 blooms in meticulous designs.

The Festival of Food and Wine will run from Friday, 8 September to Sunday, 10 September, celebrating the best in regional produce and

featuring live performances from Australian music icons like Jon Stevens, Eurogliders, Hoodoo Gurus, Sneaky Sound System and Budjerah.

"Combine this music mix with a wonderful three days of incredible flavours, produce and wine, fresh from the bountiful pastures, orchards and vineyards of the Toowoomba Region and the result is an experience for the ages," Cr O'Shea said.

Celebrity chef Justine Schofield will be joining this year's festival, leading Farm to Fork demonstrations and showcasing a range of in-season regional produce. The Paddock Butchery will be cooking up BBQ delights, alongside pop-up local Cellar Doors, flower crown making, a beer bar, cocktail bar and more.

Don't miss the free Grand Central Parade the following weekend on Saturday, 16 September as street performers and floral floats travel through the Toowoomba CBD with the theme, Create a Buzz.

This year marks the 50th anniversary of the Exhibition Gardens program, which highlights local private gardens between Friday, 15 September and Sunday, 24 September.

The carnival schedule also includes a teddy bear's picnic, Ferris wheel, sideshow alley, fireworks, outdoor cinema and twilight garden tours.

To purchase tickets and to view the full schedule of events go to tcof.com.au

Toowoomba Carnival of Flowers 2023
1 - 30 September
Toowoomba.



Sandgate's Only Waterfront Cafe

M: **0477 609 479**

Hours:

Mon-Thu: 6am-3pm; **Fri:** 6am-5pm

Sat: 6am-5pm; **Sun:** 8am-5pm

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Sandgate Aquatic Centre
231 Flinders Parade, SANDGATE



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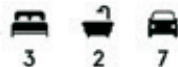
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I'm very happy with the professionalism and I find Ronnie is very detailed and proficient. These are my first hearing aids and I'm so glad that I came to Sandgate Hearing. I'm happy to recommend this clinic to anyone with hearing problems.

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Les Hills, Kallangur



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- ▶ Sheet Set
- ▶ Mattress Protector
- ▶ Memory Foam Pillow
- ▶ Free Delivery & Installation*
- ▶ Free Removal of your old mattress*
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