

+ BRIGHTON | SHORNCLIFFE | BRACKEN RIDGE | DEAGON | BOONDALL

Sandgate

GUIDE

FREE NOVEMBER 2023 | EST. 2012

**GET INTO THE
FESTIVE SPIRIT**
AT CAROLS BY THE CREEK

**WILL THE VICAR
FIND LOVE**

IN SANDGATE
THEATRE SEQUEL?

**KIDS AND COMMUNITY
RAISING AWARENESS**
FOR LOCAL NATIVE BIRDS

**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 counter is made of dark wood. In the foreground, there are three dark-colored bar stools. The lighting is warm and ambient, with a large, glowing pendant light hanging from the ceiling. The overall atmosphere is cozy and rustic.

Bluenose Betty

BAR • KITCHEN • BEER GARDEN

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

73 Rainbow Street, Sandgate

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



**Northside Family
Law Centre**



**All your family needs,
in one place.**

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

- Family Law
- Children's matters
- Conveyancing
- Wills and Estates
- Power of Attorney
- Domestic Violence

**“Ask us about preparing
for your family's future”**

Sandgate | 07 3733 1234
89 Brighton Road, Sandgate Qld 4017

Chermside | 07 3062 7000
1 Kingsmill Street, Chermside Qld 4032

www.northsidefamilylaw.com.au

Welcome to November! I wanted to share with our readers a poem by Yvonne D'Arcy. Many readers will remember Yvonne.

She grew up in Sandgate and spent most of her life residing and working in the 4017. Her loss is felt by all who had the privilege of knowing her. I hope you enjoy Yvonne's poem, composed about Sandgate, the special place she called home. Until next month, happy reading... Jodie

My Sandgate

BY **YVONNE D'ARCY** (1931 - 2023)

Sandgate is a quiet town
Nestling in Moreton Bay,
With great beaches and boardwalks
Inviting you to stay.

A town of three lagoons
Where water birds abound.
Why not come and see yourself
What treasures can be found.

The graceful yachts are a-bobbing
Anchored against the tide,
WAITING, OH AWAITING
To sail the bay so wide.

Gateway to the Peninsula
Across the Houghton Way,
Where more beauty awaits you
Inviting you to play.

How can I describe this feeling?
It just creeps into your bones
When you sit beneath the water and hear the sea
winds moan.

As I wind my way homewards
And smell the fresh salt air,
My heart is filled with gladness
For soon I will be there.

NOVEMBER
2023

Contents

08 **GET INTO THE FESTIVE SPIRIT
AT CAROLS BY THE CREEK**

10 **WILL THE VICAR FIND LOVE
IN SANDGATE THEATRE SEQUEL?**

Prepare for a riotous evening when Sandgate Theatre unveils the show-stopping sequel to their sold-out smash hit, *The Vicar of Dibley*.

22 **KIDS AND COMMUNITY
RAISING AWARENESS
FOR LOCAL NATIVE BIRDS**

A group of community organisations have come together to help raise awareness of the area's native birds, all thanks to the initiative of local children.

64 **DINING GUIDE**

67 **WHAT'S ON NOVEMBER**
Gigs & Events



Scan to hear our latest podcast!

ADVERTISING ENQUIRIES

Call Kristy or Louise **07 3518 0828**

Advertising: sales@sandgateguide.com.au

Story Ideas: editor@sandgateguide.com.au

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



HEADACHES • NECK PAIN • BACK PAIN SCIATICA • WHOLE BODY ADJUSTING

1 on 1 chiropractic care



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

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

Restore Movement: Correcting the underlying biomechanical issues that lead to tissue damage.

RELIEF – REPAIR – RESTORE & MORE!

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

- Open 5 days a week
- Multiple practitioners
- Chiro, soft tissue, needling, taping, natural supplements and more!



People, pets and performance sports



Dr Matt and Dr Shari

Suite 3, The Laurels Arcade
113 Brighton Rd, Sandgate

Ph 3269 5474

Find us on



www.c2c.com.au

DISCOUNT VOUCHER
SAVE \$50*

Present this docket to receive
your initial appointment
for just \$80
*One Docket per Person
NOV23SAN



MUSIC BY THE SEA

Shanasheel

STORY **DONNA PHILLIPS**

November:

Are you intrigued by the thought that a string quartet can also roll as an indie rock band? Lara Goodridge, Shenton Gregory aka Shenzo Gregorio, Tim Hollo and Peter Hollo have developed ways to make their instruments do a lot of unexpected things.

Peter Hollo explains, "Starting off as classical musicians with classical instruments, covering rock, heavy metal and hip-hop we've always embodied "eclectic" ... with Shenzo joining, we brought in a lot more jazz, roots and improvisation." The band is currently celebrating two albums on tour. Check them out and see how it all works.

December:

Shanasheel is a unique ensemble within the Australian World Music scene specialising in classical and folk repertoire from Iraq, Egypt, Syria and other regions of the Middle East.

Violinist, Arabic fiddle and Joza player Nawres Alfreh says, "Join us as we explore the rich tapestry of Arabic and Middle Eastern music and discover why it's an art form that deserves to be celebrated and cherished.

"This musical journey transcends borders and

cultures. It's a unique experience that will leave you enchanted and inspired by the beauty of its tonality and stories told through our melodies. The melodies are full of emotion. This is the power of music. And we express this by utilising a high level of musicality and soulful ornamentations."

Members of the ensemble have played together for many years in other incarnations, united in their passion for a genre that reflects depth and richness.

And they've graced the stage with that presence at many renowned and prestigious events from WOMAD to Woodford Folk Festival.

A commentator says of Shanaseel's music: "It's a fine work that speaks to the soul, and heals and uplifts the human experience into higher levels of well being".

So there you have it. If you wish to take wings, or simply bow to the beauty of music, this concert could be for you.

FourPlay
November 4, 7.30pm
Sandgate Town Hall

Shanasheel
December 2, 7.30pm
Sandgate Town Hall

Bookings: www.musicbythesea.com.au

A man and a woman are standing outdoors, smiling at the camera. The man is on the left, wearing a light blue blazer over a white shirt. The woman is on the right, wearing a light blue button-down shirt and a light blue skirt. They are both looking towards the camera with pleasant expressions. The background is a soft-focus outdoor setting with green foliage.

GET A 5-STAR,
PROFESSIONAL
REAL ESTATE
SERVICE
EXPERIENCE

Matching families to homes
around 4017.

CORONIS BRACKEN RIDGE

07 3105 5788
coronis.com.au

Coronis



waterways," said David.

"Through our volunteer-run foundations, we support causes like emergency and disaster relief, childhood cancer, children's mobility, drug awareness, health and more." BRLC website.

"We're very appreciative of the community for their support," said David. "Cr Jared Cassidy and his team inspired us right from the start."

So, let's get into the spirit of things!

Bring your picnic blanket or chairs, find

yourselves a spot by Cabbage Tree Creek, relax and unwind. This is a family affair so your furry friends (on leash) are welcome too.

Kids can enjoy lots of free entertainment including face painting, ball throw game, candy cones and Kim Mancini's craft activities, etc.

For adults, the bar will be stocked with boutique beers and other drinks and funds raised are in support of VMR. For licensing purposes, NO BYO Alcohol is permitted.

And let's not forget your taste buds! BRLC is catering a good ole fashioned sausage sizzle where proceeds will go directly to their services.

Other treats include Icy Snow Cones, an ice-cream van and more.

The Multitude Choir is back to delight everyone with their selection of Christmas carols. Oh and what would Carols by the Creek be without Santa. Ho! Ho! Ho! He'll be there too, around 5pm.

For those unable to attend but would like to donate, the BRLC website is: lionsclubs.org.au/get-involved/donations/ For donations to VMR, their website is: vmrbrbane.com.au.

Carols by the Creek
VMR Brisbane, 95 Allpass Parade, Shorncliffe
Date: Sunday 26 November
Time: 2pm-5.30pm

KICK START YOUR CELEBRATIONS WITH CAROLS BY THE CREEK

STORY **PANAYIOTA**

This year's holiday season is fast-approaching and everyone's starting to ready themselves for the festivities to come.

Thanks to a major fundraising effort, Hudson This is certainly true for Volunteer Marine Rescue Brisbane (VMR) and Bracken Ridge Lions Club (BRLC), as they prepare for their fourth year presenting Carols by the Creek fundraising event.

"This is our fourth year since 2018," said David Massam, Secretary of VMR. "We love bringing joy to the families of our community."

Many extraordinary people volunteer in our communities and the good work they do deserves recognition and support.

"The VMR contributes by being ready 24/7 to help distressed situations in the Moreton Bay

Hear for the Holidays



UP
TO **20% Off!***
Latest hearing devices



BONUS Gift*

TV STREAMER
valued at \$499



INCLUDES 5yr VIP Package

5 year warranty on devices • Free hearing test every year
Adjustments • Minor repair • Receiver replacement

Enjoy the sounds this holiday season!

**Call (07) 3269 0005 now to take
advantage of this offer!**


ihear
Life is worth hearing

OVER 3,000 REVIEWS!

4.9 ★★★★★

Shop 3, 12 Lagoon Street,
SANDGATE
ph: (07) 3269 0005

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



COMEDY CONTINUES IN HILARIOUS VICAR OF DIBLEY SEQUEL

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

Prepare for a riotous evening when Sandgate Theatre unveils the show-stopping sequel to their sold-out smash hit, *The Vicar of Dibley*.

This month, the beloved characters from St Barnabas are returning to the Sandgate Town Hall, bringing with them a fresh tale filled with laughter and the potential for new romance.

Director Danny Cruise, inspired by the success of the first Dibley play, said he couldn't resist the temptation to create another instalment.

"This play will be a little different from the previous play," he said. "It will be funny, of course, but it will also have emotional moments."

Drawing from his experience with projections in the play *Misery*, Danny said he planned to incorporate similar elements into *The Vicar of Dibley 2*.

"I introduced projections for *Misery* as it extended the entertainment for the basic 'play' format to an experience that stimulated the senses and added an extra dimension, such as travelling from a first-person point of view through the home of Annie Wilkes, or not just 'hearing' but 'seeing' the rain on a window," he said.

Taking to the stage once again, Jenny Walsh said she was looking forward to reprising her leading

role as the vivacious vicar, Geraldine Granger.

"She is kind, funny and has the best intentions of making Dibley a better place to live and be," Jenny said. "And of course, I'm looking forward to hearing that laughter from the audience. It's the best feeling. And believe me, there will be plenty of laughter in this play."

"I think the audience enjoys the depth of this show. There is lots of laughter, of course, but there are moments of sadness for the vicar, which I think a lot of people will connect and empathise with."

Joining Jenny in the cast are James Reid as David Horton, Macauley Franke as Hugo, Freya Crema as Alice, David Jones as Owen, John Sayles as Jim, and Greg Jones as Frank. The play, put together by John using scenes from the popular British sitcom, centres around Geraldine's pursuit of love.

"Will she stay 'married' to her job as the vicar or will she be desperate enough to marry Jim, or even Owen?" Jenny said. "Will the tall, dark and handsome stranger sweep her off her feet? Hopefully this time she will be successful in love."

To book tickets go to www.trybooking.com/CLCTB

The Vicar of Dibley 2
November 10, 11, 17, 18, 19, 7.30pm
November 26, 28, 2pm
Sandgate Town Hall
Seymour Street, Sandgate.



WE'RE OPEN
WEEKDAYS 9 - 5
SATURDAY 9 - 1

FINE ART SUPPLIES & CUSTOM PICTURE FRAMING
SERVING THE LOCAL ART COMMUNITY FOR 25 YEARS



(07) 3869 2444



0401 980 186



ENQUIRIES@ARTHOUSENORTHSIDE.COM.AU



SHOP 3, 140 BRAUN STREET, DEAGON, 4017



WWW.ARTHOUSENORTHSIDE.COM.AU

Mark
THE CELEBRANT

Hi, I'm Mark. I specialise in crafting unique, eventful, and truly special ceremonies. My goal is to ensure that you won't have to worry or think about a single thing. You can just relax and cherish the experiences with those you love.



Celebrant Services

- Weddings
- Coffee Table Weddings
- Naming Ceremonies
- Funeral Services
- Vow Renewals
- Master of Ceremonies (MC)

Locations

- Brisbane
- Moreton Bay
- Gold Coast
- Redlands
- Byron Bay & Yamba
- Coffs Harbour

Let's chat more!



markthecelebrant.com.au



mfc@markthecelebrant.com.au



0412 185 389



@markthecelebrantau



Double the Fun in 4017 this Christmas

STORY **ALYSSA MACKAY**

Christmas is about to get twice as exciting in the Sandgate community this year, with not one, but two festive events organised by the Sandgate Bayside Chamber of Commerce.

Next month, the 4017's annual favourite, Jingle All the Bay, will be joined by the brand new event, Jingle Brews.

Bill Gollan, President of the Sandgate Bayside Chamber of Commerce, said Jingle All the Bay was his favourite event among all of the Chamber's endeavours.

"It's such a great celebration of our community," Bill said. "Bringing together everyone for a giant Christmas party, with food, music, rides, activities, and of course, the parade. What's not to love about this?"

On Saturday, 2 December, the Sandgate Town Centre will once again undergo a magical transformation into a Christmas wonderland for Jingle All the Bay. Locals and businesses are encouraged to decorate their windows in the lead-up to the event.

Like last year, the festivities will kick off at 3pm and extend into the evening, allowing both locals and visitors ample time to immerse themselves in the holiday spirit.

In addition to delicious food, rides and activities, attendees can look forward to live entertainment, market stalls and a visit from Santa Claus.

Adding to the merriment, Jingle Brews will bring the community and local businesses together for

a great afternoon, with all proceeds from ticket sales benefiting Variety Australia, the children's charity.

Teams have been busy registering for the event, which will take place on Saturday, 16 December. Participants will spend the afternoon hopping between five favourite Sandgate venues, including the Sands Social, Sandgate Post Office Hotel, the Cardigan Bar, Bluenose Betty, and Mr Henderson. Each team will have a unique costume, name and captain, and prizes will be awarded.

"We are so excited to be bringing this brand new event to Sandgate this year," Bill said. "It will be a great opportunity to enjoy our amazing local venues and have some light-hearted fun while raising money for a great cause."

Tickets for Jingle Brews are priced at \$99 per person and include a pint of beer at each venue, which can be substituted for house wine or a soft drink. Attendees will also receive a souvenir pint glass and light refreshments.

For more information about Jingle Brews and to book tickets visit www.sandgatebayside.com.au/jingle-brews

Follow Jingle all the Bay on Facebook for updates on entertainment, activities and more.

Jingle All the Bay
Saturday, 2 December, 3-9pm
Sandgate Town Centre
Jingle Brews
Saturday, 16 December, 1-7pm



Sandgate's Only Waterfront Cafe

M: 0477 609 479

Hours:

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

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

The Bay Cafe

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

SANDGATE GRASSROOTS CHARITY AIMS TO HIT A MASSIVE MILESTONE THIS HOLIDAY SEASON



STORY **KELLY WALKER**
PHOTO **BRUCE REDMAN**

Sandgate's very own Share The Dignity charity is aiming to hit a massive milestone with its 2023 'It's In The Bag' donation appeal. This initiative, now in its ninth year, encourages people to pay it forward by filling a bag with essential toiletry items, including period products, as well as optional extras such as lip balm, socks, or a handwritten note.

"Each year thousands of women and girls are waking up on Christmas morning in domestic violence and homeless shelters, or living in poverty," said Rochelle Courtenay, Share the Dignity's Founder and Managing Director. "We want to offer them a gift of hope and love through this appeal because, for many, this may

be the only gift they receive for Christmas."

Rochelle explained that she was initially inspired to start the charity after reading an article in 2015 about homeless women going without basic period products. "I couldn't believe I had never thought about the issue before," she said. "At the time, I had my own personal training business in Shorncliffe and I asked my clients to bring me a pack of period products for every wine they had in the month of February that year."

With the added support of Victoria Newton, former councillor for Deagon, 450 donations were collected that month and distributed to five local charities, with Sandbag being the very first charity they supported. Since that first initiative, Share the Dignity has grown tremendously and has donated over 4.2 million packets of period products to those

in need with the help of over 6,000 volunteers nationwide.

As the charity heads into their ninth Christmas appeal drive, Rochelle is excited about reaching a new milestone. "So far we have collected over 800,000 bags," she said. "We're hoping to see that number surpass 1 million by the end of the campaign this year. To think of the impact that each one of these bags has is incredible, and it's heartwarming to know that so many kind-hearted people are willing to support our cause."

Bag donations can be made at your nearest Bunnings store from November 10 - 26. To register as a volunteer, or to learn more about the difference Share The Dignity is making, visit www.sharethedignity.org.au.

G.R. Brown Solicitor

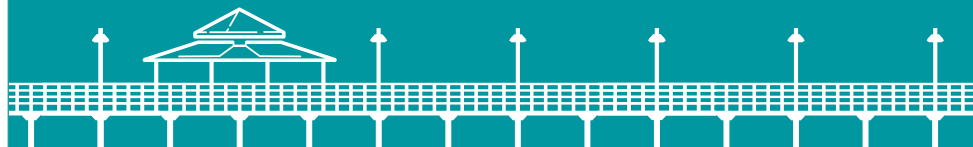
WE CAN ASSIST YOU IN THE FOLLOWING LEGAL AREAS:

Wills | Estates | Conveyancing | Property Law
Family Law | Neighbourhood Law | Domestic Violence
Driver Licensing | Enduring Power of Attorney

📍 70 Loudon Street,
Sandgate QLD 4017

✉ grb@grbrown.com.au
🌐 www.grbrown.com.au

☎ 3269 8511



Southern Cross Catholic College
Co-educational Prep - Year 12
REDCLIFFE

The College of choice on
the Redcliffe Peninsula
for over 25 years

Unwavering in
our pursuit
of excellence

Campuses at
Woody Point | Kippa Ring | Scarborough

Enrolments open for 2025 and beyond
www.sccc.qld.edu.au

BEHIND THE SIGN

Deagon? Who was he? You can discover a little about his life from the sign in the park, for example, that he was born in England in 1907 and came to Brisbane with his family in 1909; that in 1921, at the age of 14, he commenced a baking and pastry-cook apprenticeship at Mr Crosthwaite's Blackwood Road bakery in Deagon. We also learn a bit about his later life, his involvement with various organisations and his status as a respected member of the local community.

All of which is a useful introduction to the public Albert, the good citizen, but a little more research will give us a glimpse beyond the sign to the private Albert, such as that he met his wife, Linda, at a dance at the Sandgate Town Hall; that, as Linda later reported, he was a very good dancer and they enjoyed outings to the Trocadero dance hall. When Albert's apprenticeship was completed and he and Linda were not long married, they moved to Tewantin and later Boonah where he managed bakeries and gained valuable managerial experience.

When they returned to Deagon and Albert took over Mr Crosthwaite's bakery, he renamed it the IBIS bakery, becoming one of the first businessmen of the Sandgate area to use the IBIS (I Believe In Sandgate) slogan.

The sign tells us that in the 1940s and 1950s, Albert was a Brisbane rugby league referee but says nothing of his participation in the sport, a glimpse of which we may glean from a story in the

Courier Mail of August 1933 which reported that he suffered "a fractured and lacerated nose and slight shock" while playing football at Grange. Did that, we may speculate, influence his decision to take up refereeing (or his decisions as a referee)?

Once we know something beyond the information given on a sign, we can appreciate the individual so memorialised as a human and not just a collection of facts. Paddon Park, and others, then become places to remember and appreciate the humanity of those they honour.

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



Albert Edward Paddon Park, Deagon

HISTORY SANDGATE

STORY **PATTIE TANCRED**

How often do we think about our surroundings? What about the park where you held a children's birthday party or the green space where you kicked a ball? Did it have a name? Why was it called that? Were you aware of the history of the space? For instance, did you know that part of what is now Curlew Park used to be the Sandgate rubbish dump?

How about Albert Edward Paddon Park in



PLUMBING



ELECTRICAL



GAS



AIR CONDITIONING



GET READY FOR *summer*



**MITSUBISHI
ELECTRIC**

Supply & standard install,
pricing from (inc gst):

2.5 kw	\$1720
3.5 kw	\$1880
4.2 kw	\$2250
5.0 kw	\$2400
7.0 kw	\$2880
8.0 kw	\$3500
9.4 kw	\$4000



**GREE BORA WIFI ENABLED
+ 6 YEAR MANUFACTURER
WARRANTY**

Supply & standard install,
pricing from (inc gst):

2.5 kw	\$1400
3.5 kw	\$1540
5.0 kw	\$1900
7.0 kw	\$2120
9.0 kw	\$3100

*Conditions Apply

OVER 25 YEARS OF EXPERIENCE

CALL CHRIS TODAY ON **0452 477 612**
ELECTROPLUMB.COM.AU

Direct Local
Independent
Family Owned
Gas

\$25

8.5KG
BBQ CYLINDER REFILL



85 Kempster Street, Sandgate Q 4017

1300 20 30 34
www.directgas.co



DANCING FOR THE COMMON PEOPLE

STORY **BROOKE JACOBSON**

If you remember the halcyon days of the Rock Eisteddfod in the 80s and 90s, a winning group of dancers in the 4017 are your kind of people.

The Northside Side group recently took out top honours in the Common People Dance Eisteddfod as part of the Brisbane Festival.

It's the second time the team has won in the five-year history of the event.

Group founder, Neridah Waters, said the idea came from wanting everyone – no matter their level of experience – to enjoy being on stage.

"I was a theatre-based performer, and when I had my son, who is now seven, I stopped touring with performances and we moved to Sandgate," she said.

"I wanted other people to be able to experience that adrenaline of being on stage, being in costume, but without necessarily having any experience in that area.

"There was an element of being able to let loose as well, and just embrace having fun. And it was really inspired by that 80s and 90s Rock Eisteddfod kind of vibe."

Nashville mum Tamara Hutson is one of the group's most enthusiastic members.

"What I love about this whole thing is that it's very

body positive, it's very diverse, we have kids aged three or four, all the way up to our oldest dancer is 87," she said.

"It's a good stress relief, and Neridah's comic timing is just spot on."

The Northside Side's performance for the Eisteddfod was a hilarious and moving story of the rise and fall of the Toombul Shopping Centre.

"We had giant credit cards symbolising the 80s with the song Material Girl, and then we had O Fortuna for when the floods came – and there have been many at Toombul – and we finished with Love You Brisbane," Neridah said.

"We made them laugh, and we made them cry as well!"

Tamara added the audience loved the storytelling aspect of the performance.

"I was really convinced that Westside were going to beat us this year, they're better dancers, but I think ours had a story and it took you somewhere – honestly people were laughing and crying in the audience," she said.

If you're interested in joining the fun, The Common People Dance Project runs classes and workshops throughout the year, as well as taking part in events like the Brisbane Festival.

For more information head to their website: www.commonpeopledanceproject.com.au



GILL & LANE

Leading Wills & Estates Lawyers in North Brisbane

Estate Planning is more than just a Will.

**We want to know what is important to you and
provide you with expert advice and care.**

Our team will give you guidance and help you plan for difficulties that can arise from these common issues:

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

Contact us today for more information and to create an estate plan that's right for you (and your family).

We can also help you with:

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

gillandlane.com.au
07 3269 8111





Christmas **GIFT IDEAS**



ROARING TWENTIES VINTAGE CAR

www.roaringtwenties.net.au
or call for more information
0405 111 875

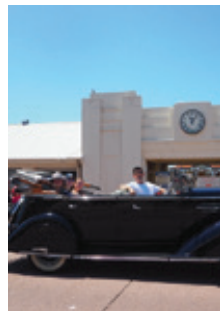
VINTAGE CAR BAYSIDE TOUR

Gift Vouchers available. Only \$250

Vintage car bayside tour - the tour takes about 2 hours from Sandgate to Scarborough and back for up to 4 passengers, 3 in comfort.

Two vintage automobiles to choose from, with FREE DSLR photography.

Ideal gift for a love one for their anniversary, birthday or Christmas. Gift Vouchers available. Only \$250



**Boogie Bounce Redcliffe
Peninsula, North Lakes &
Mango Hill**

0433 638 538

XMAS GIFT IDEA - EXERCISING DONE DIFFERENT

BOOGIE BOUNCE is a dance inspired, choreographed, training concept, which uses a mini trampoline and gravity as resistance. This gives a whole new dimension to the High Intensity Interval Training (H.I.I.T) principle. Rebounding challenges the cardiovascular system and is incredibly effective and efficient at burning fat, while also helping protect the main joints of the body and increasing muscle and bone density.



www.thecrafthaven.com.au

0426 622 675



'TIS THE SEASON TO CRAFT AND CREATE!

Give the gift of endless possibilities by purchasing one of our gift cards or unleash your inner artist and make some truly heartfelt gifts this Christmas.



The SANDS SOCIAL

info@thesandssocial.com.au

thesandssocial.com.au

07 3609 2001

@thesandssocial

THE SANDS SOCIAL Gift Cards for Christmas

We're all about being social and providing a place where everyone can come and catch up with friends and family.

Give a Sands Gift Card to your loved one this Christmas and enjoy an evening at The Sands Social.





YOUR SANDGATE

SOLAR SPECIALIST

WANT A
\$0 BILL?

- Residential & commercial
- New & system upgrades
- Inverter replacements
- Battery systems
- EV chargers
- Bird proofing
- Panel cleaning
- Free system checks



GIVE ROB A CALL

35 years electrical
experience &
15 years in the
solar industry

info@begoneenergy.com.au

0476 467 739



KIDS AND COMMUNITY HELPING THE ENVIRONMENT

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

A group of community organisations have come together to help raise awareness of the area's native birds, all thanks to the initiative of local children.

Keep Sandgate Beautiful Association (KSBA) president, Jenny Carey, received an email from the Sandgate State School outside school hours care (OSHC) after a traumatic event.

"The children at the OSHC had unfortunately seen a bird hit by a car, and they were actually outraged about it," she said.

"The kids decided to raise some money to help birds, and the OSHC director emailed me, asking if KSBA would like the money."

Ms Carey went and spoke to the children about birds.

"I did a talk with them, and then I ended up with \$50 in coins they had raised to help wildlife, but birds in particular," she said.

The KSBA discussed the best way to spend the money to support birds at Dowse Lagoon and decided to purchase and plant native shrubs that would provide food for a variety of birds.

"Dowse Lagoon Bushcare Group leader, Frank Box, bought four *Banksia oblongifolia* shrubs which are native to this area, are very hardy and

will grow well under eucalypt trees, all important attributes for this site," Ms Carey said.

"The Men's Shed also helped out, they made a brilliant little sign in the shape of a duck and they made a plaque saying that these trees had been donated by the Sandgate OSHC."

The chosen plants will attract nectar-loving honeyeaters and will also attract insects, providing food for insect-eating birds such as fantails.

Ms Carey said she was delighted the Sandgate OSHC children had been so keen to help, and also by the input of the community groups.

"The kids can see that if you do care about something, you can start something and see it through to a result; and it only has to be a little thing," she said.

"All the groups pitching in to support the kids' ideas was wonderful; it's good to reach out and connect with other groups, we're all working towards the same things.

"We've got these lovely areas in the 4017, and there are people who are very active and interested in conserving them and promoting them."

The plaque was placed in the Dowse Lagoon area in early October next to the native plants.



All dentures
made and
repaired on site
by our qualified
technicians

Our Services

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



Let us keep the smile on your face!

Anzac Avenue Denture Clinic

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

Sandgate Denture Clinic

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



ASK ABOUT OUR PAYMENT PLAN

Zillmere Denture Clinic

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



Local Recycling Facility Forges Strong Community Partnerships

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

Cousins Michael Talbot and Nicholas Appleton have a shared goal to maximise the advantages of the Containers for Change scheme for the community they grew up in.

This led to the establishment of Sandgate Bottles and Cans Exchange in 2019, six months after the scheme's introduction.

Nicholas said they were very much a local family-owned business with several family members and friends working for them.

"We were very excited when we were awarded the contract to build the Sandgate depot for Containers for Change as it's an area we know very well and at the time we could see the benefit the scheme would bring to the local area," Nicholas said.

The cousins designed and built their own container collection machines for the facility. In 2021, they won the Innovation Award for small/medium businesses at the Annual Change Maker Awards for Michael's Container Counting Machine.

This year, they've been working closely with Containers for Change to launch the Waves for Change Program for schools and the Partners for Change program for community groups and businesses. These programs provide participants with bright green recycling bins, easy-to-read signage and a member number for payments.

Nicholas said they had signed 22 schools and over 35 businesses and community groups.

"One of our first and biggest collectors of eligible containers are the residents of The Village Taigum," Nicholas said. "In the past three months, they have collected over 15,000 containers, or \$1500, which all goes back to their community programs."

Sandgate Bottles and Cans Exchange is also a finalist in the 2023 WasteSMART Brisbane People's Choice Award. Michael said they were very excited the community had recognised their hard work and taken the time to nominate them.

"Since sharing that we are a finalist on Facebook, the community support has been amazing," Michael said. "We know that there are some great businesses, community groups and charities nominated and we are just happy to be selected as a finalist."

This month, the facility is spreading awareness about the expansion of the Containers for Change scheme. From 1 November, Queenslanders will get 10 cents for every glass wine and spirit bottle (150ml up to 3L).

The facility is rebranding to incorporate the wine and spirit bottles into its logo, so customers can easily identify the facility as a place to return their eligible containers. The revamped logo is green to match the new container collection bins.

For more information visit www.containersforchange.com.au/qlld/ and www.sandgatebcex.com.au

Sandgate Bottles and Cans Exchange
81 Kempster Street
Sandgate



NEW
Reformer Studio!
*First Lifestyle Class Free**

Phone today
 for your appointment

Sandgate Physical Health Clinic
3869 1099

119 Brighton Road, Sandgate • www.sphc.net.au
 Physiotherapy • Massage • Acupuncture • Pilates

Sandgate's only
 preferred providers
medibank
Bupa



Mr Henderson
 YOUR FRIENDLY NEIGHBOURHOOD BAR

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

OPEN THURSDAY - SUNDAY

**CHECK OUT FACEBOOK FOR
 WHAT'S ON THIS WEEK**

DOG FRIENDLY BEER GARDEN!

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

69 BRIGHTON RD SANDGATE



SANDGATE PODIATRY
 HAS ***moved!***



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

Call us now
3269 4273
www.sandgatepodiatry.com



17 BRIGHTON ROAD, SANDGATE

Busyness

Have you noticed how many of us talk about how busy we are? It's becoming part of our persona. We've got projects at work, children's sports to attend, appointments to make and emails to answer.



WITH **TRICIA BOLTON**

We list our to-dos like a badge of honour, and it can feel like a competition to see who is the busiest. Research by a Columbia University professor has found that people perceive others who are busy as

important and impressive so maybe that's why some of us like being busy.

So, what's the problem?

Being busy can become our new norm making it hard to slow down. We feel lazy without a crazy calendar, so we overschedule.

We put ourselves at risk of burning out and can experience physical, mental, and emotional symptoms like exhaustion, anxiety and overwhelm.

We also make it harder to find time for what we really want. How can we find time to focus on a new passion when we're so busy? It's impossible.

I have heard it said we are human beings, not human doings so, if we want to become more of a human being, let's get curious about what we're so busy doing.

Are the tasks necessary? Are we doing them because we think we should rather than wanting to? What happens if we stop?

Many of us are approaching the "silly season" so try becoming intentional about how busy you want to be and why. Imagine enjoying a holiday season minus the rush, sound good?

For more, contact Tricia at tricia@triciaboltoncoaching.com

Lions Lap the Map for Diabetes Awareness and Prevention

STORY **PANAYIOTA**

Awareness is the greatest agent of change. – Eckhardt Tolle.

Luckily, organisations like Lions Club Brisbane Bramble Bay (LCBBB) are dedicated to increasing Diabetes awareness, prevention and research.

"Our Lap the Map fundraiser is a family-friendly walk encouraging young and old to get outdoors and walk in support of healthy lifestyles while raising awareness of Diabetes," said David Whiffin, Vice President of LCBBB. "It's a great way to get involved in the community."

LCBBB is proactive in teaching young people, especially, the importance of taking care of themselves.

"We have trained nurses visit high schools to share the values of good diet, exercise and knowing their blood sugar," said David. "We also organise healthy breakfasts through the school's chaplaincy program."

Everyone starts Lions Lap the Map at Sandgate Aquatic Centre foreshore and walk to the end of Shorncliffe Pier and back again — about a 5km walk.

Leading up to World Diabetes Day (14 November), Lions Clubs are aiming to surpass Australia's circumference of 25,760kms. Nationwide they've achieved 15,856kms and counting.

To join in, put on your walking shoes, bring your water, along with your Gold Coin donation. The people are great as are the views and you never know, you might make new friends along the way.

For more details, visit lionsclubs.org.au/lions-lap-the-map-for-diabetes/.

LCBBB welcomes new members/volunteers (<https://www.facebook.com/groups/269781927154680/>).

**Lions Lap the Map for Diabetes
Lions Club Brisbane Bramble Bay
Sunday 5 November
Time: 6am to 8.30am
Donation: Gold Coin**

WE'RE HERE FOR YOU!



Dental Excel is proud to be a part of the MARLEY DENTAL GROUP

FAMILY DENTISTRY

**NOW OPEN
FOR ALL PROCEDURES**

COVID-19 Screening measures in place to ensure safety



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

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

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

PAYMENT PLAN-NO INTEREST EVER

(conditions apply)

afterpay

zip money



Ph: 3261 4222

**2 /57 Gawain Road,
Bracken Ridge**

Open Monday to Saturday

Early and Late Appointments

f www.dentalexcel.com.au



BRACKETS HITS THE RIGHT NOTE WITH YOUNG MUSICIANS

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

Young creatives in the community have found a space to connect through the power of music.

Brackets Youth Music, a drop-in space at SANDBAG Inc, provides a fun and inclusive environment for youth aged 12 to 21 to hold monthly jam sessions.

Community Partnerships Worker, Ashleigh Black, said Brackets was initially started by local community member Susannah Holmes before being adopted by SANDBAG.

"The intention is to provide a space for young people to build their confidence, have fun, express themselves and share their joy of music outside of school or formal music lessons," Ashleigh said.

"SANDBAG values community connections and Brackets is a safe place for young people to be a part of that. It's also a chance to link up with other musicians. So, for example, if there is a drummer who wants to form a band but needs a guitarist, they can meet up at Brackets."

Ella Gelsthorpe, 12, has been playing cello at the jam sessions.

"I enjoy the fact that it gives me a chance to be part of something that I'm not able to do at school," Ella said. "Brackets has provided me with extra time after school to practice my assessments and a chance to play some more exciting pieces that haven't been assigned by my teacher."

The jam sessions are held every second Friday from 3.30pm to 5.30pm and according to Ashleigh, have been a great success since they started at SANDBAG earlier this year.

"We had about 12 people attend, a range of instruments from cello to percussion and everything in between," she said. "We had local band Anti-Sapiens join us, who have been a part of Brackets since its beginning. We also had pizza delivered, which seemed to be a hit."

"The hope is that over time the young people might start to drive the initiative themselves, possibly taking on mentor roles and having the project fly in the direction they chose. We are also hoping that there will be opportunities to collaborate with SANDBAG's Unplugged events as the group grows. But mostly, it's a lot of fun and can be whatever they want it to be."

Musicians attending the jam sessions are required to bring their own instruments, amps and equipment. For those under 16 years old, parental consent is necessary to participate.

For updates visit [Facebook/sandbagincorporated](https://Facebook.com/sandbagincorporated) and [Facebook/brackets.4017](https://Facebook.com/brackets.4017)

Contact Ashleigh at ablack@sandbag.org.au for more information.

Sandgate Kids
EARLY EDUCATION

**ENROL
FOR 2024**

Click on the
QR Code
to book a tour



Nash Street - 3269 7895
Brighton Road - 3269 1937







 @SANDGATEKIDS

Kvndergarten
Approved Program

Queensland Government

- ✓ School Readiness Program
- ✓ Govt. Funded Kindergarten
- ✓ Community Based Not-For-Profit
- ✓ Sustainability focus
- ✓ Safe & Stimulating Environment
- ✓ Qualified Teachers and Educators
- ✓ Foster inclusiveness & safety

Asbestos & Silica Related Diseases

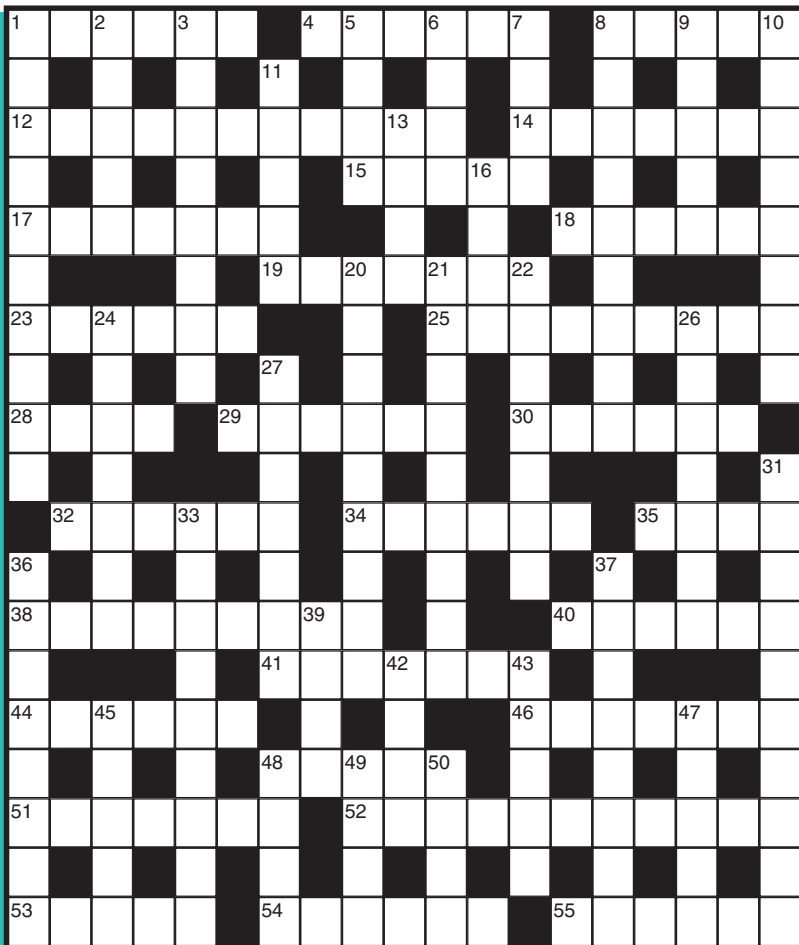
Turn to Turner Freeman.

You may be able to claim a TPD (Total and Permanent Disablement) payment

3482 8500
turnerfreeman.com.au
NORTH LAKES

**Turner
Freeman**
LAWYERS

THE BIG ONE CROSSWORD



ACROSS

- 1 Alter after a draft
- 4 Separated, ___ out
- 8 Scholarship
- 12 Road junction
- 14 Pivot
- 15 Ill-dressed
- 17 Mixed bag
- 18 Choux pastry, chocolate ___
- 19 Entreat
- 23 A thrusting sword
- 25 Unchanged situation (6,3)
- 28 Slave
- 29 Tibetan mountain guide
- 30 Chat
- 32 Tasmanian city
- 34 Sitting
- 35 Passable
- 38 Detestable
- 40 Hood
- 41 Fit of rage
- 44 Firework
- 46 Alfresco (4-3)
- 48 Face coverings
- 51 Pungent base solution
- 52 Woebegone
- 53 Bisect
- 54 Big and powerful
- 55 Cruel

DOWN

- 1 Jungle
- 2 Constituent
- 3 Nude runner
- 5 Pool
- 6 Gang
- 7 Dare
- 8 Irons, putters, etc. (4,5)
- 9 Heart chambers
- 10 Day after this
- 11 Palpitate
- 13 Blood and ___
- 16 Conduit
- 20 Athletes
- 21 Moving staircase
- 22 Bargainer
- 24 Garden framework
- 26 Accelerate
- 27 Nicknack
- 31 Frantic
- 33 Reliability
- 36 In a hasty manner
- 37 Jointly
- 39 Child's mother
- 42 Steal
- 43 Whinges
- 45 Sri Lankan
- 47 Assign
- 48 Mutilate
- 49 Air pollution
- 50 Long cut

Solution: Page 59



Orthotics • Home Visits
Diabetics & General Foot Care

Private Health Funds • DVA • EPC Referrals

 **Fiona Green**
Podiatry tel. 3269 3795

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



GORMAN REMOVALS

ESTABLISHED 1962

- Local & Interstate Moves
- Storage Facilities
- Owner Operated

Careful | Reputable | Reliable

Call John Gorman or one of his experienced staff members for a quote today on

3480 2333

www.gormans.com.au

SANDGATE MOWERS



HONDA
Save \$450
Honda Dollars
when you purchase a Honda EU22i Generator
\$1,899

Kress
FREE 18V GARDEN TOOL
COMING SOON!

Makita
MORE BUZZ FOR YOUR BUCK
FREE 18V 40V BUSHCUTTER
WE'RE LOCAL

BUSH RANGER

129 Rainbow St, Sandgate 0404 724 346 @sandgatemowers



Organic Gardening in November

STORY **SALLY EBERHARDT**
PHOTO **LUISELLA PLANETA**

Time to Get Waterwise!

With predictions of an El Nino weather system, we can't count on normal summer rains this year. And if the dry persists, councils will likely bring in water restrictions.

Regardless, a waterwise garden will serve you, and the environment, very well.

Let's start with the choice of plants. Cacti and succulents are wonderful, and many natives, especially from arid zones, are water efficient and drought tolerant.

Organic matter helps soil hold water more effectively. Dig in natural composts eg animal manure, worm castings or mushroom compost. For a no-dig garden or pot plant top up, use a thick layer of organic matter covered by mulch.

Mulch itself reduces water evaporation by up to 70%. Sugarcane mulch is cheap and easy to use but for pots consider more attractive solutions such as glass pebbles.

Re-wetting agents can reduce your watering by up to 50% by allowing water to soak into soil instead of running off the surface.

Water crystals added to soil or potting mix form a clear water holding jelly that waters plants over a period.

Lastly, healthy plants are more drought tolerant so keep up the organic fertiliser eg liquid seaweed.

Now enjoy your waterwise garden!

Mad Mob Fundraiser Raises Cancer Awareness for All

STORY **PANAYIOTA**

In recent years, we've seen a growth in understanding around the importance that our well-being has in simply living happy, healthy lives.

Unfortunately, though, there are many who find their health compromised.

Thanks to organisations like Mad Mob Social Group (MMSG), many are reaping the rewards their efforts are making into raising funds and much needed awareness, especially for the Choices Cancer Support Centre, Wesley Hospital.

"We came together some 40 years ago through football with our kids," said Shirley, MMSG member. "Once, we were carrying on when one member said, 'We're such a Mad Mob,' and that's how our name came about."

MMSG have been fundraising for 20 years. "We started with breast cancer, then prostate cancer and with wisdom shared by the Wesley, came to realise our efforts were best serving all people," said Shirley. "After all, we've all had someone in our lives who's been affected by cancer."

MMSG's Barefoot Bowls charity fundraiser is all about laughs and fun. Entry includes a sausage sizzle, entertainment by Nigel and lots of Barefoot Bowls. There is also a licensed bar.

"Where would we be without the generosity of Brighton Bowls Club who offer us their venue each year in kind," said Shirley.

To register your attendance or to make a donation, please email: looney962@gmail.com.

Mad Mob Social Group Barefoot Bowls
Brighton Bowls Club
147 Northcote Street
Brighton Qld
Date: Saturday 11 November
Time: 1pm onwards
Cost: \$10pp, \$2.50 12yrs & under



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

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



Learn more



**George Harnett
Metropolitan Funerals**

Sandgate 3869 3077



happy, healthy lives had inspired her to share the easiest and most effective treatments in her latest book, *Proven Tools to Heal Yourself Naturally*.

"In this book, you'll find wonderful natural remedies and hints and tips on everything from colds and flu, stress relief, digestive disorders, hormonal balancing, pain relief and more," Charmaine said.

"These proven tools are great for all the family to help with any illness, or when you're in pain as a go-to."

Charmaine is well-qualified to give expert advice, with industry certifications in many modalities including traditional Chinese medicine, acupuncture, remedial massage, and Chinese herbs.

"The main thing learnt on that journey is the body can heal itself if we give it the right tools," she said.

"My wish is for you to know how to treat common ailments with items from your pantry such as lemon, ginger and rooibos tea.

"I've written this book as a resource to support your health and wellbeing needs."

A few tips from Charmaine's book are -

- Bothered by the heat? Dunk your feet regularly into a tub of water with half a cup of Epsom salts in it to cool your body down.
- Headache pain relief – Wrap a rubber band around each thumb, between your thumb knuckle/joint and the base of the thumb. Ensure it is firm but not tight. Headache gone!
- Feeling tired lately? Become like Tarzan each morning: tap the centre of your chest at least 20 times with your fingertips. This will stimulate your thymus gland and re-invigorate you.

For more information about Proven Tools to Heal Yourself Naturally visit charmainerenaud.com.au/books/

To attend the book launch, bookings are essential - please email Charmaine on charmreno@gmail.com

Book Launch of 'Heal Yourself Naturally'
Saturday, 11 November, 3-5pm
Full Moon Hotel
118 Eagle Terrace, Sandgate

YOU CAN HEAL YOURSELF NATURALLY

STORY **SALLY EBERHARDT**
 PHOTO **BRUCE REDMAN**

Imagine finding the key ingredients to better health in your very own pantry!

Many people are looking for solutions to everyday ailments and to improve their health in general with natural alternatives. The good news is that with some help from an expert, the tools for natural good health are within your reach.

Natural health practitioner, Charmaine Renaud, said a passion for empowering others to lead

Seafood Town Cafe

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

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

Trading Hours - Open 7 days 11am - 7pm



Gary and Vanessa

14 Oxley Ave Woody Point

Phone 31422057





HUDSON'S JOURNEY CONTINUES WITH NEW VAN

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

Locals have rallied together to help a young boy overcome the challenges of a rare genetic disease.

Thanks to a major fundraising effort, Hudson Chadwick, 11, has a brand-new wheelchair-accessible van, enabling him to continue attending medical appointments, school and other commitments.

According to his mother, Claire Chadwick, Hudson has a rare genetic condition called D-2-HGA, which means he will be in a wheelchair for life.

"There's only 100 cases in the whole world, and they don't normally live past seven," Claire said. "He's 11, so he's a miracle."

Having outgrown his previous wheelchair, Hudson needed a new one. However, this also meant he required a new wheelchair-accessible

van to transport him safely.

Hudson's family and support workers brainstormed various ideas to raise the money and decided on a fundraising event, which was held in August.

"We had a fundraiser for his birthday that so many people came to and helped, and donated raffle prizes and cakes to sell," Claire said. "Councillor Landers and Luke Howarth MP got involved and Bracken Ridge Lions did too."

Bracken Ridge Ward Councillor Sandy Landers and Luke

Howarth MP also donated a framed and signed State of Origin jersey for a raffle organised by Bracken Ridge Central Lions Club.

Cr Landers said one of the things she noticed in the community was that even during difficult financial times, people still found a way to support others doing it tough.

"Helping young Hudson to have mobility and be included is important to us all, and we are united in making our local area as liveable as possible for all members of our community," Cr Landers said.

"Hudson and his family are well-known within our community through schools and sport and of course, family ties and this was evident in the great response received."

Thanks to these fundraising efforts and the assistance of a GoFundMe page, Hudson's family raised enough money to purchase the much-needed van. Last month, the family travelled to Sydney to pick up the new mode of transportation.

"We are now able to go for family drives and make memories for our little man as we don't know how much time we have with him," Claire said. Follow Hudson's Journey with D2HGA on Facebook.

**JOIN NOW
\$5 FOR LIFE!**



your friendly local club

OPEN 10AM - LATE | 7 DAYS A WEEK

FACILITIES - Element Restaurant, Zac's Coffee Shop, Gaming Room, Wood-fired Pizzas, Function Room, Over 40 Beer Taps, Bottle Shop, Keno & TAB

WHATS ON - Live Music, Tribute Shows, Weekly Mega Raffles, Weekly Members Draws, Bingo every Monday & Wednesday, Trivia, Music Bingo, Gaming Promotions & so much more!

📞 3265 3711
🌐 GEEBUNGRLSL.COM.AU
📍 323 NEWMAN RD GEEBUNG



Ben Guse
Landscaping

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





Ph 0422 077 151

tooth kind



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



**Call to book your
appointment at
tooth kind today.**



Ph: 3269 0655
97 Braun Street, Deagon (next to KFC)
Book Online At:
www.toothkind.com.au

Preferred Providers for





VETERANS REMEMBER FURTHER AFIELD

STORY **RENEE MCKEOWN**

Remembrance Day is very much about the armistice but it can take on a new meaning now and into the future.

Veterans, their families and the community will gather at the Sandgate RSL Sub Branch on Saturday, 11 November to do just that.

Sub Branch President Paddy Evans said it was important to recognise and remember the human cost of conflict and peacekeeping missions and the impact on veterans and their families.

"When I say remembering, I mean talking about those who have lost their life both during and after conflict," Paddy said.

"When you go to the Commemorative War Grave, there are those who are buried by name, some 'Known Unto God' and there are those who have served and are not remembered but have taken their own lives post-conflict.

"There have been a lot of different journeys for people and they are still dealing with it today.

"It is equally important to look further afield than just the most recent veterans; it goes all the way back.

"We are just more aware of it than we were 110 years ago.

"The sad thing is, it is only the families that know the journey these people have been on."

The Sandgate RSL Sub Branch is working on creating community and camaraderie for people who have served in the forces.

Through understanding both spoken and unspoken, they are creating a place where veterans and their families can come together for support.

The Sandgate RSL Sub Branch has recently undergone upgrades to create a more inclusive atmosphere for veterans from WW2 to the current era who have served our nation.

This provides a comfortable environment for those who meet up at monthly gatherings, card days, and morning teas, and Remembrance Day is another chance to make connections.

The not-for-profit volunteer-based group primarily delivers advocacy and welfare for the serving and ex-serving members of the community and their families.

It was established in 1923 and operates as a traditional Sub Branch with no attached club.

**Remembrance Day
Sandgate RSL Sub Branch
12 Burnett Place, Sandgate
Meet at 10.45am for the service**



Sandgate RSL Sub-Branch

REMEMBRANCE DAY

Saturday 11th November at 10.50am

(Medals to be worn)

Commemorative Service

Sandgate RSL Sub-Branch Memorial Wall

12 Burnett Place, Sandgate

All welcome to participate - public are invited to lay floral tributes

For all enquiries and more information
phone the Sandgate Sub-Branch on

3269 1135

Lest We Forget



FREE

Family & Domestic Violence Awareness Expo



Free Community Information Sessions

Community and Oral Health invites you to attend our Family & Domestic Violence Awareness Expo.

When: **29 November 2023**

Time: **10.00 am – 12.00 pm** (lunch 12.30pm)

Where: **Brighton Wellness Hub**

(Cnr Nineteenth Ave and Hornibrook Highway,
Brighton, 4017)

Tickets: [Family and Domestic Violence Awareness Expo](#)

OR CLICK HERE



Please call Katie if you have any questions 3631 7568

All welcome to attend!

Metro North
Health



Queensland
Government

CONVEY YOUR WAY

Fixed-fee conveyancing services
for North Brisbane and beyond.

We help make people's property
dreams come true.

07 3521 9000 | conveyyourway.com



(L) Ron Degraaf QR Managing Director Station Customer Service, Joyce Phillips, Mike McCarthy, (R) Miffy Tregoe Deagon Station Mistress.

SIX DEGREES OF SEPARATION

STORY **DONNA PHILLIPS**

You've no doubt heard of the concept of 'six degrees of separation'. Well, this story plays on the theme that all people are six or fewer social connections away from each other, but with its own novel twist.

You see, page 18 of the April Sandgate Guide featured an article on the heartwarming wartime experiences of iconic local resident Joyce Phillips (nee McCarthy). And, on page 24, artist Mike McCarthy was mentioned for his role in preparing an installation for Deagon Railway Station, to be celebrated at a project launch.

Then just two weeks later, the cogs in the universal wheel turned. After more than 60 years, four of which Mike spent refining his craft just 200 metres away from Joyce's home, they met.

And the synchronicity continued as their shared family history emerged during Queensland Rail's Positive pARTnerships project launch with Artrageous. The impact, if you'll excuse the pun, was akin to the effusion of an old steam train chimney.

This is what came to light. After the Roma Street

to Sandgate line opened in 1882, Elizabeth and Michael McCarthy worked and lived at Deagon Station. She was the station mistress and he was variously called a fettler, linesman or linksman.

On 3 November 1890, Joyce's father Martin, baby brother to Mike's grandfather Patrick, was born in the station house. His birth certificate reads: 'Deagon Ry. Station Sandgate, Caboolture District'.

Within 'cooeee', Deagon Racecourse was already established as a seaside track. Over the years, thousands of passengers took the air strolling to-and-fro, drawn by the thrill of racehorses, motorbikes, World War I patriotic carnivals, national dances, shows, billy goat races, and even a challenge between a Harley-Davidson and the Ascot Garage plane.

The station also handled animal cargo. When a circus came to town, some were unloaded and walked to the sports field near the race track. Can you imagine the spectacle of a majestic elephant, its large feet rhythmically pounding that same path down Adams Street?

Deagon Station has been considered by some as the 'poor cousin' in the railway family. However, with rich and vibrant stories to boast, it holds a proud place in history. Joyce and Mike wholeheartedly agree.

With thanks to QR Historian Greg Hallam, Miffy Tregoe, Deagon Station, and Sandgate Historical Museum.



CHRISTMAS SEASON *Special*

CELEBRATE THE CHRISTMAS SEASON WITH
OUR TRADITIONAL CHRISTMAS FEAST!

3 COURSE MEAL WITH ALL THE TRIMMINGS

ADULTS \$30 | KIDS \$15

AVAILABLE LUNCH & DINNER | BOOKINGS ESSENTIAL

BRIGHTON
HOTEL



CHRISTMAS DAY *Buffet*

ADULTS \$140 | KIDS \$55 | FROM 11AM - 2PM

BOOKINGS ESSENTIAL

BRIGHTON
HOTEL

ENVIRO -foam

Proudly Producing Australian Made Foam and Mattresses

Foam cut to size, foam mattresses. Most custom shapes and sizes.

12 Oasis Court, Clontarf

www.foam.com.au | 07 3205 6088 | sales@foam.com.au





KEEP ON RUNNING

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

The journey of a thousand miles begins with a single step, but where do you start when you set out to run six marathons?

For Brighton resident Carl Batty, it's the same principle – start small and work your way up.

The owner of Start Running Stay Running will be taking part in the famous New York marathon on Sunday, 5 November.

It's the sixth marathon Carl has run since 2018 when he ran the Tokyo marathon, followed by Boston and Chicago in 2019, London in 2022, and Berlin in September this year.

"I've been a runner my whole life, everything is better after a run," Carl said.

"I'm a better husband, better father, a better version of myself. I also enjoy the goal-setting aspect of it, it's great to have a goal to aim for."

Taking part in the "big six" is an achievement many runners dream of.

"There will be 50,000 people in the New York marathon and feeling a part of that, being with such a huge group of runners, running through those streets and those landmarks – amazing," Carl said.

"Running over the iconic Tower Bridge in 2022 in London, hearing the roar of the crowd, that will stay with me forever."

Carl created Start Running Stay Running (SRSR) in 2021 to share his joy of running with others in the 4017. SRSR will accompany six local athletes, some of whom have never run a marathon before, to New York.

"The coaching is extremely important to me, it brings me immense joy, helping others achieve their goals," Carl said.

"I've seen an incredible change in people's lives, it makes people happier, getting that regular exercise. The athletes we're taking with us to New York, and helping them experience that event, that's going to bring me more joy than completing the six."

And for the average punter wanting to get off the couch, where should they begin?

"You just have to start – find a coach, keep your k's low at first and build up to it; make sure you have recovery time," Carl said.

"You have to respect this distance (marathon), it can hurt people.

"Running doesn't take a lot of time, you're not driving to the gym, you're just going out the front door.

"And you can do it anywhere – I've run all over the world and it gives you a different perspective on the city you're in.

"It's better than any hop-on/hop-off bus tour you could do!"

For more information about Start Running Stay Running, go to: startrunningstayrunning.com.au



**12 AWARDS
2023**



All Our Beef & Lamb is
100% Grass Fed
and Free Range!

JASON'S

QUALITY MEATS

FREE RANGE SPECIALIST



SAUSAGE KING

Brisbane Northside/East



**6 Years Running
33 Awards!**



**1st Traditional Australian
Country Pork**



1st Sweet Orange Beef



**1st Chicken, Garlic and
Camembert Cheese**



2nd Traditional Australian Country Beef



2nd Honey, Lamb & Pork Bratwurst



2nd Lamb, Date and Smokey Fig



2nd Gourmet Pork and Fennel Burger



3rd Smokey Pig and Fig



3rd Rosemary, Mint and Lamb



3rd Pork and Fennel Spicy Italian



3rd Mild Butter Chicken and Capsicum



**3rd Pepper Steak, Worcestershire and
Vegetable Burger**



10 QUEENS PARADE BRIGHTON



@jqm_free_range_butcher



JQM Free RANGE Specialist

3269 2049

Find us on Google
for Directions



SKILLING QUEENSLANDERS FOR WORK

STORY **PATRICIA HIGGINS** PHOTO **BRUCE REDMAN**

The Skilling Queenslanders for Work (SQW) program may be worth looking into if you want advice on how to perform better in job interviews or if you want to upgrade your skills to increase your employment opportunities.

Facilitated by Sandgate and Bracken Ridge Action Group Incorporated (SANDBAG), the program is fully funded by the Queensland Government to assist disadvantaged Queenslanders in obtaining qualifications and relevant skills. This is in order to obtain sustainable employment or move into further study.

Wyatt Emery, SQW Program and Partners Lead, said that SANDBAG is about “inspiring individuals to continue creating valued roles in our community. Which in turn assists with transforming our 4017 area into a thriving, inclusive and supportive community.”

According to Ms Emery, the two programs SANDBAG delivers are full-time paid traineeships.

“Our trainees will gain either a Certificate I in Conservation and Ecosystem Management or a Certificate I in Construction, along with complementing tickets,” she said.

Interestingly, SANDBAG also hosts ‘speed interviewing’ events, which are five to 10 minute interviews centred around local business owners offering constructive feedback on their interview performance to trainees.

“Our speed interviewing events help our trainees build confidence and become more skilled at answering important questions to obtain meaningful employment,” Ms Emery said. “It’s about employability skills, logical thinking, emotional intelligence and creating and maintaining professional and personal relationships.”

When it comes to SANDBAG, it’s all about real-world experience, with actual employers serving on the panel in these situations, as well as work experience supplied in the local area in significant applications.

“We need real employers on our panels in order to offer advice on how to get that job and gauge opportunities for jobs,” Ms Emery said. “We welcome local business owners to participate.”

According to Ms Emery, trainees undertake work put forward by local not-for-profits such as Green P Farm, Gumbuya Garden, Brighton Wetlands, PCYC, Sea Scouts and Volunteer Marine Rescue.

SANDBAG is also currently looking for new not-for-profit partners to work in collaboration to continue benefiting the community. Interested parties can find out more at www.sqwb2day.org.au

Those interested in a traineeship can register at www.sqwb2day.com.

Speed Interviewing
Tuesday, 10 October, 9am onwards
Sandgate Community Centre
153 Rainbow Street, Sandgate.

BRISBANE COMPUTER SOLUTIONS

*Servicing businesses & clients,
at our NEW SECURITY OPERATION CENTRE ...*

BY APPOINTMENT ONLY or **WE CAN COME TO YOU**

- New IT equipment
- Workshop and onsite setup of hardware and software
- Cloud services (365, G-Suite, normal business software)
- Data recovery
- Ransomware, crypto, data loss prevention
- Anti theft protection for data

**WE ARE BRISBANE's BEST CYBER
SECURITY PROTECTION PROVIDER**

Our motto is:

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

BRISBANE COMPUTER SOLUTIONS

PHONE 3122 3303

Sales@brisbanecomputersolutions.com.au



1800 245 955

www.coochie.com.au

YOU ARE IN GOOD HANDS WITH COOCHIE HYDROGREEN
for a beautiful clean, green, healthy lawn

WHAT DOES OUR LAWN CARE PROGRAM INCLUDE?

- Lifetime service & product warranty
- FREE call back & redo policy
- Pay as you go with no lock in contracts
- Free advice regarding lawn care and maintenance
- Cost effective solution for positive visual results
- Pet friendly products

You don't buy any more products, all you need to do is water and mow!
We take care of the rest!

WHY CHOOSE COOCHIE?

- Coochie Hydrogreen services over **30,000** regular clients on our Lawn Care Program Australia Wide
- Our commercial grade lawn products are unique and not available to the public
- Australian owned, home grown business
- No.1 industry leader for over 25 years

FREE on-site professional lawn inspection and advice:



WE DO NOT MOW LAWNS





Meet Paul Martin, Sandgate & Surrounds Area Manager for Coochie HydroGreen.

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."

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

LAWN CARE PROGRAM

- Have you spent hundreds of dollars on weed and lawn pest control products?

- Are you taking up storage space in your shed with harsh chemicals?

- Have you spent hours applying fertilising and weed control products only to end up pulling the weeds out or killing your grass in the process? Coochie Hydrogreen can make these dilemmas a thing of the past.

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.

JUST A NICE QUALITY LAWN

Designed to improve and maintain new and existing lawn areas resulting in greener, healthier lawns, our programmed services include:

- Regular liquid fertilising for thicker greener lawns
- Liquid organics for healthier soils
- Broadleaf, Nutgrass and Grass Weed Control
- Soil-wetters & moisture retainers to reduce watering & increase drought tolerance
- Grub & pest control to eliminate lawn attack & damage



**We offer you -
A Free onsite Lawn Inspection,
Advice & Quotation service**

FREECALL 1800 245 955 • www.coochie.com.au

INGREDIENTS

½ small kent pumpkin, peeled and cut into chunks
2 tablespoons olive oil
2 brown onions, thinly sliced into rings
200g reduced fat cheddar cheese, grated
½ cup walnuts, finely chopped
½ cup dates, finely chopped
2 sprigs thyme (optional)
5 sheets reduced fat puff pastry
1 egg, whisked with 1 tablespoon of water for egg wash
¼ cup mixed sesame, pepita and sunflower seeds, for topping (optional)

METHOD

PREHEAT oven to 200°C.

COAT pumpkin with 1 tablespoon olive oil and roast in the oven for 45 minutes.

COOK onion in a frypan with remaining olive oil, stirring until soft, brown and caramelised.

MASH roasted pumpkin in a bowl and combine with onion, cheddar, walnuts, dates and thyme.

CUT each square of pastry into quarters and spoon 2 tablespoons pumpkin mix into each pastry square. Repeat the process until all the pumpkin mix has been used up.

FOLD each pastry square into triangles and press down on the edges with a fork.

PLACE pumpkin pastry triangles onto a lined baking tray.

MIX water with egg and coat the pastry with egg wash. Sprinkle with seeds.

BAKE in the oven for 20 minutes or until golden brown.

SERVE hot or cold as a snack or with a side salad for a meal.

Serves: 20

Prep time: 15 minutes

Cook time: 50 minutes

½ serve per portion



PUMPKIN, CHEDDAR AND CAMELISED ONION TRIANGLES

The recipe for these tasty little pasties comes courtesy of Maddy Noon, Country Kitchens team. They make great party food, very appropriate as November starts with the Melbourne Cup parties and ends with the Christmas party plans.

The QCWA's Country Kitchens program supports Queenslanders to improve their health by adopting healthier lifestyle behaviours. Their team of dietitians and nutritionists have been supporting QCWA members to run healthy eating and lifestyle initiatives in their communities since 2015. Our recipes have been 'health-a-sized' to include more fruit and vegetables and achieve our Country Kitchens Stamp of Approval! The QCWA's Country Kitchens program is improving food and nutrition literacy, and importantly, influencing behaviour change at a grass roots level. We are proudly funded through Health and Wellbeing Queensland.

For more healthy recipe inspiration or to see when there is a Country Kitchens event near you, head to our website www.qcwacountrykitchens.com.au/



The Sandgate branch of the QCWA meets on the third Wednesday of each month and they have a casual craft day on the first Wednesday of each month at the Sandgate RSL sub-branch hall in Burnett Lane from 9.00am. Anyone interested in joining can email our NEW address: sandgatebranch@qcwa.org.au

UPCOMING AUCTIONS & RECENT RESULTS



AUCTION 16TH NOVEMBER

17 Fourth Ave,
Sandgate, 4017



AUCTION 18TH NOVEMBER

58 Sunday Street,
Shorncliffe 4017



SOLD UNDER THE HAMMER \$1,600,000

3 Kate St,
Shorncliffe 4017



SOLD UNDER THE HAMMER \$1,712,500

23 & 25 East Ave,
Brighton, 4017



Ask us how to get the BEST price for your home!

To assist local owners, we are offering a free market appraisal for every home in the local area. You will discover the current value of your property and we will supply you with a personalised, detailed market report.

Scan the QR Code to book in your Free Property Appraisal in November.



SocialSnaps

by PAUL NEIL



If you have an event that you think is worth a photo, call me on 0449 660 473



St Pat's Yr 11 student Isaac wears his new Senior tie given to him by his Dad, Jonathon and Mum, Sandra, at the St Patrick's College Senior Tie Presentation.



No Grand Final appearance in 2023 but Dolphins members Sam and Don proudly sport their Dolphins gear and are already looking forward to next season.



Artist Linda (in pink scarf) was joined by Gen, Colleen and Alice at her new 'Resurrection' exhibition launch party at Baiia Cafe on Sandgate waterfront.

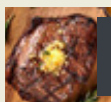


The Queensland Choir perform at Sandgate Town Hall and choir singers Alison, Shan, Jodi and James have a bit of fun on stage before show time.



WHAT'S ON AT THE POSTIE

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



MON /

\$20 STEAK NIGHT

+ \$2 SAUCE / + \$5 CALAMARI OR PRAWN TOPPER



MON
-FRI /

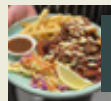
\$18 MAIN MEALS



MON
-FRI /

POSTIE'S POUR

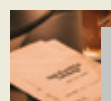
4PM-
6PM



TUES /

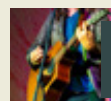
FREE SCHNITTY TOPPER

APPLE SLAW OR BBQ BRISKET PARMY



WED /

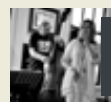
POSTIE TRIVIA



FRI
-SAT /

LIVE MUSIC

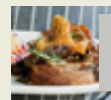
5:30PM-
8:30PM



SUN /

SUNDAY JAZZ

2:30PM-
5:30PM



SUN /

SUNDAY ROAST

1 Bowser Pde, Sandgate, Queensland

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





THE OLD OAK Movie Review

STORY @WATCHITWOMBAT

Is the pub important? For some it's just a place to buy a pint, but for many, it's a second home.

Where friends can meet and discuss the events of the day and share their stories. Which is why director Ken Loach has chosen this location as the backdrop for his latest film 'The Old Oak'.

Before we go any further with this review it's worth noting that Loach's movies tend to be on the bleaker side of storytelling.

No car chases, no Hollywood A-Listers and rarely even a love story in sight. What he does excel at is creating thought-provoking films that often feel so real, you may feel voyeuristic... and The Old Oak is no exception.

Set in a working class town in the North of England, times are tough, and the people are even tougher. The one place that remains constant is The Old Oak public house, standing the test of time through the closures of the mines and its dwindling population.

Tensions rise further when their village starts to house Syrian refugees, who receive less than a warm welcome.

Delving deep into human emotions, exploring themes of resilience, redemption, and the power

of community. The masterful storytelling and the exceptional performances by the cast make it an insightful and realistic journey. It's not all doom and gloom, with the occasional heartwarming moment to elevate the bleakness.

One of the film's strengths is its ability to tackle social issues without being preachy, allowing the audience to draw their own conclusions.

The film sheds light on the harsh realities faced by working-class communities, exploring themes of unemployment, poverty, and the loss of traditional values. Loach's direction is impeccable, capturing the essence of the town's desolation and the despair that sticks to the locals like glue.

It can feel slow, and reducing the time spent on certain scenes would have helped with some of the pacing issues.

Overall, it's a powerful and emotional film, featuring compelling performances and thought-provoking themes. Loach's ability to capture the essence of working-class struggles and the power of acceptance and community make The Old Oak worth a watch.

The Old Oak is screening as part of the Cunard British Film Festival screening in Brisbane from 2nd – 29th November at Palace cinemas.

Keep an eye on our Facebook page for your chance to win double passes.

PODCAST OF THE MONTH

Strike Force Five Podcast Review


STORY BY NICK ALLFORD

Are talk show hosts really funny?

While most of them are sharp and witty, they are also often backed up by a team of around 20 writers, researchers and fact checkers. So, when the writer's strike in the US hit, they were left without a show or a job. Instead of wallowing in self-pity, watching TV and eating cereal all day, five late night hosts decided to start a podcast - John Oliver, Seth Meyers, Stephen Colbert, Jimmy Kimmel and Jimmy Fallon. While it won't win any points for diversity, it is for good cause, as all money raised from the podcast, advertising and merchandising goes to support the writers.

The question is, when you have too many cooks, who is actually going to make the meal? Well, they tend to take it in turns to host/talk over each other, with varying degrees of success.

Now that the strike is done (kind of) they've packed it in and returned to their day (night) jobs leaving us with 12 episodes of banter between mates to enjoy. The last episode also features some of the more interesting material, focusing on their trepidation of returning back to work.

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

JAN CUNNINGHAM
OWNER AND ARTISTS



Open Saturday
and Sunday 10am to 2pm

e: eykandi@gmail.com
m: 0408 744 219



CUSTOM MADE JEWELLERY
JEWELLERY REPAIRS, REMODELING & RESTORATIONS

KARLEN DESIGNS JEWELLERY STUDIO

SHOP 2, SANDGATE ARCADE
16 BRIGHTON ROAD, SANDGATE 4017

Opening Hours:
TUESDAY - FRIDAY 10 am to 4 pm
SATURDAY 10 am to 2 pm
SUNDAY & MONDAY Closed
Tel: 0457 389 650

Valley Fiesta Set to Ignite Brisbane's Nightlife

STORY **ALYSSA MACKAY**

PHOTO **CAT SORENSON**

Brisbane's biggest annual party, Valley Fiesta, returns this month for another unforgettable celebration of live music.

Major headline and local acts will take centre stage in Chinatown Mall and Brunswick Street Mall in Fortitude Valley for the free, two-day event.

Lord Mayor Adrian Schrinner said Valley Fiesta, presented by Brisbane City Council and produced by QMusic, was a cornerstone of Brisbane's music and arts scene.

"For more than 25 years, Valley Fiesta has been captivating audiences and contributing to our incredible local music scene," Cr Schrinner said.

"The festival's two jam-packed days will provide an incredible platform for local artists to strut their stuff while bringing more free and affordable activities to our entertainment precincts."

The festival kicks off with the family-friendly King Street Food Fiesta on Friday, 3 November, where some of Brisbane's favourite emerging artists, including QUBE Effect Lord Mayor's Live Event Award winner Lucy Korts, will perform on the outdoor stage.

Lucy said she was looking forward to being part of an incredible line-up with so many talented artists.

"It's always surreal to see your name beside others who you admire so much," Lucy said. "I can't wait to share my music and stories with new ears."

She said the audience could expect "excitement and vulnerability" as well as "a little heartbreak and a lot of love" from her performance.



Lucy Korts

"I'm so keen to play for everybody attending and I hope you all love the sounds that I make," she said.

The King Street Food Fiesta will also feature performances from Kuzco and Taitu'uga, as well as roving entertainment and a variety of pop-up dining options from King Street restaurants.

The party continues on Saturday, 4 November with a massive line-up of musicians on the main stage in the Chinatown Mall. Acts include Brisbane-based musicians like Mallrat and Hatchie, and Melbourne-based psychedelic jazz fusion group, Mildlife, along with First Beige and Ixaras.

The Brunswick Street Mall stage will feature Skeleten, Miss Kaninna, Party Dozen, Middle Name Dance Band, Selve and JayBird Byrne.

Other fiesta experiences include the Hidden Lanes Bar Trail with local bars offering special deals and DJ performances from the likes of David Versace and El Delpha.

Visit www.qmusic.com.au/programs/valley-fiesta-lineup for the full program and set lists.

Valley Fiesta 2023

Friday, 3 November, 5-9pm

King Street, Bowen Hills

Saturday, 4 November, 3.30-10pm

Chinatown Mall, Fortitude Valley (Main Stage)

Brunswick Street Mall, Fortitude Valley

A close-up, warm-toned photograph of a woman with a joyful expression, her face partially visible on the left. She is holding two glasses of cocktails. The glass in her left hand contains a vibrant red drink with ice and a slice of citrus. The glass in her right hand contains a clear drink with ice, a lime wedge, and a sprig of fresh mint. The background is softly blurred, showing other people in a social setting.

tis the season
to celebrate

the **full moon**
HOTEL ON BRAMBLE BAY

fullmoonhotel.com.au



07 3869 0544 // 118 Eagle Terrace, Sandgate



**Grant Burge
5th Gen Varieties**



**Turkey Flat
Rosé**

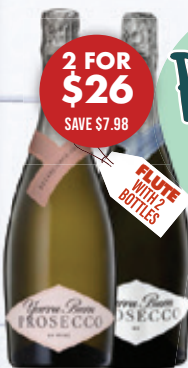


**Tesoro
Prosecco**



**Villa Maria
NZ Varieties***

*Excludes Pinot Noir & Sparkling



**Yarra Burn Prosecco
& Prosecco Rosé**



**Grant Burge Prosecco
& Prosecco Rosé**



**The Lane
Lois Blanc de Blanc**



1 HOUR
DELIVERY

OR

30 MINUTE
PICK UP

Bottlemart

There's more in store™

Tis the Season to Pop!

\$64.99



2 For \$145
SINGLE \$79.99



2 For \$185
SINGLE \$94.99



\$79.99



\$89.99



\$134.99



Jacquart Mosaic NV

Ayala Brut Major NV

Bollinger Special Cuvee

Jacquart Rosé NV

Ayala Rosé

Bollinger Rosé

We Can Send Champagne Australia Wide Express For Christmas!

*Shipping Cost not included and Postage deadlines vary. Special prices while stocks last.

champagnegallery.com.au

CLASSIC CRAFT



\$14.99
4 PACK
\$44.99
16 PACK

Pirate Life South Coast Pale Ale

\$12.99
4 PACK
\$39.99
16 PACK



Pirate Life South Coast Pale Ale 3.5%



2 For \$32
\$16.99
4 PACK
\$54.99
16 PACK

Green Beacon Wayfarer Tropical Pale Ale

2 For \$30
\$15.99
4 PACK
\$49.99
16 PACK



Green Beacon Subtropical Low Carb

\$54.99
10 PACK



WIN A JAMESON ESKY!

\$53.99
700ML



Jameson Irish Whiskey 700ml

Jameson Dry Lime & Raw Cola 6.3% 10 packs

2 For \$38
\$19.99
4 PACK



Lemon Ruski & Smirnoff Soda Varieties

\$22.99
4 PACK



South Ave Seltzer Varieties

\$23.99
4 PACK



Vodka Cruiser Double Varieties

\$41.99
10 PACK



Good Tides Seltzer Mixed 10 Pack

ONLY available at these Bottlemart stores

BOTTELMART BOONDALL

SUE'S KORNER, SHOP 14
2128 SANDGATE RD, BOONDALL
PH (07) 3865 5103



BOTTELMART IBIS CENTRAL

WOOLWORTHS CENTRE SHOP
SHOP 4/8 LAGOON ST, SANDGATE
PH (07) 3269 8160



BOTTELMART FULL MOON HOTEL

118 EAGLE TERRACE, SHORNCLIFFE
PH (07) 3269 0083



BOTTELMART SANDGATE

SHOP 1, 51 BRIGHTON RD
SANDGATE
PH (07) 3269 0890



Prices valid from 1st November 2023 to 1st December 2023. Terms & Conditions apply.
*Gifts with purchase and giveaways strictly while stocks last. Promotional price while stocks last. 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.

Bottlemart

Drink Responsibly

the fmh
FULL MOON HOTEL

A WORD FROM OUR REPRESENTATIVES

I was proud to host the 5th annual Sandgate Youth Festival in late October. Providing a platform for young entertainers to perform in the community is something that I am very passionate about. The quality of talent in our own backyard is outstanding. Congratulations to all the performers!



WITH **CR JARED CASSIDY**

The countdown is on to Christmas and the calendar is filling up with many local events. I'm happy to once again sponsor the VMR Carols by the Creek on Sunday, 26 November. It will be a wonderful afternoon of entertainment, food and family fun. Head down to VMR from 2pm.

Our yearly Carols by the Bay event will be held on Thursday, 7 December from 5pm at Einbunpin Lagoon Park. We will be entertained by the Sandgate, Brighton and Nashville State School choirs singing everyone's favourite Christmas carols. Who doesn't love a good rendition of Jingle Bells? Grab a picnic blanket and come on down for a relaxing night under the stars. There will be a special guest dropping by at the end of the night!

Year 12 students across my electorate of Lilley are currently in the middle of their external exams, with their high school graduation just a few weeks away.



WITH **ANIKA WELLS MP**

And there is good news for those planning on entering tertiary studies. The Albanese Labor Government, in partnership with State and Territory Governments, will deliver an additional 300,000 Fee-Free TAFE places from January 2024.

This builds upon the success of Fee-Free TAFE in 2023.

There are thousands of Fee-Free TAFE places available across Australia for in-demand industries so you can fast-track your skills development and secure a well-paid job.

As we head into summer, it's important we are prepared for a season of potentially extreme weather events.



WITH **STIRLING HINCHLIFFE MP**

While severe weather can occur at any time of the year, October to April is the peak time for severe weather in Australia including heatwaves, bushfires, tropical cyclones, severe thunderstorms and floods.

With the severe flooding event from 2022 still fresh in our minds and with Queensland being on high alert for bushfires for many weeks now, it's a timely reminder that we can't afford to

be complacent about natural disasters.

I encourage all locals, young and old, to get ready and be prepared for the possibility of more extreme weather using these three simple steps: Know your risk. Have a plan. Pack a kit.

For severe storm events, it's important to remember: if it's flooded, forget it.

Sandbags can be collected from 33 Jennings Street in Zillmere.

To keep up to date with any weather warnings or for more information on how to prepare, visit:

Bureau of Meteorology: www.bom.gov.au

Get Ready Queensland: getready.qld.gov.au

Queensland Government Disaster Management: www.disaster.qld.gov.au

If you're eligible for Fee-Free TAFE funding, all of your tuition fees will be covered. There may be additional fees associated with the specific course you choose to undertake.

Fee-Free TAFE offers a range of courses in industry sectors with skill shortages or growth areas, including:

- Care (aged care, childcare, health care and disability care)
- Technology and digital
- Hospitality and tourism
- Construction
- Agriculture
- Defence skills and manufacturing
- the VET (Vocational Education and Training) workforce

Learn more at yourcareer.gov.au/fee-free-tafe

The Lord Mayor's Christmas Carols 2023 will take place on Saturday, 2 December 2023 at Brisbane Riverstage. Further details including ticketing information can be found at www.brisbane.qld.gov.au



WITH **CR SANDY LANDERS**

With bushfire and storm season here, we are asking residents to be prepared. For advice on how to prepare your home go to www.brisbane.qld.gov.au and search "Community Safety".

Brisbane City Council provides free severe weather alerts for Brisbane residents and visitors. The alert service provides advanced

warnings for severe weather or other public safety events to help you prepare and protect yourself and your property. You can sign up to receive Brisbane Severe Weather Alerts at ewa.brisbane.qld.gov.au

To all students who are entering their final exams, I'd like to wish you every success and a well-earned break before embarking on your next adventure.

THE BIG ONE CROSSWORD ANSWER KEY

R	E	V	I	S	E	S	P	A	C	E	D	G	R	A	N	T
A	O	T	T	O	R	E	O	T	O							
I	N	T	E	R	C	H	A	N	G	E	F	U	L	C	R	U
N	E	E	R	D	O	W	D	Y	F	I	O					
F	A	R	R	A	G	O	R	U	E	C	L	A	I	R		
O		K	B	E	S	E	E	C	H	L						
R	A	P	I	E	R		P		S	T	A	T	U	S	Q	U
E		E	R	W	O	C	G	B	U	W						
S	E	R	F		S	H	E	R	P	A		G	O	S	S	I
T	G			A	T	L	L					C	H			
	H	O	B	A	R	T	S	E	A	T	E	D	O	K	A	Y
S	L	D	N	M	T	R	T	E	S							
L	O	A	T	H	S	O	M	E		O		B	O	N	N	E
A		E		T	A	N	T	R	U	M		G				
P	E	T	A	R	D	M	A		O	P	E	N	A	I	R	
D	A	E		M	A	S	K	S		A	T	L	I			
A	M	M	O	N	I	A		M	E	L	A	N	C	H	O	L
S	I	C	I	O	I	S		E	O	A						
H	A	L	V	E		M	I	G	H	T	Y		B	R	U	T


**HEALTH BY
DESIGN CO**


Sommer Watts ND

0432 617 531
 sommerwatts@hotmail.com
 www.healthbydesignco.com.au

Naturopath, Nutritionist, Herbalist

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



**SANDGATE
PODIATRY**

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

3269 4273 | 17 Brighton Road, Sandgate
www.sandgatepodiatry.com.au



SECURITY • SAFETY • SUPPORT
 in your home.

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

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

e: admin@homeassistservices.com.au
 w: homeassistservices.com.au

Office: 58 Rainbow Street Sandgate Q 4017

Office Opening Hours
8.00 am – 4.00 pm
Monday to Friday

BY **BROOKE JACOBSON**

SANDGATE MP ANNOUNCES RETIREMENT

After 17 years in Queensland Parliament, State Member for Sandgate, Stirling Hinchliffe, has announced he will not re-contest the next election.

In a post on his social media pages, Mr Hinchliffe said it had been the "honour of his life" to serve as a government minister and the Member for Sandgate.

"I have come to this decision not because I no longer want to serve or because I am tired, but because it is time to repay the person who has sacrificed the most to allow me to pursue my passion," he said.

"My wife, Megan has allowed me to serve as a Member of Parliament and as a Minister ahead of what she has wanted for long enough. After October next year, it will be her turn to make the calls."

He also thanked his children, Jack, Tom, and May, for their support.

Mr Hinchliffe added he was looking forward to continuing to serve his community until the state election in October 2024, and that he hoped the Labor Party would select a woman to run for the Sandgate electorate.

We will have an in-depth interview with Mr Hinchliffe in an upcoming edition.

FLOOD RECOVERY EXPO

SANDBAG is hosting a Flood Recovery expo on Thursday, 23 November from 3pm to 6pm.

This is an opportunity to connect with people, organisations and services who are working in the disaster recovery space in the local 4017 area. There will be lots of valuable information and interactive activities. It is also an opportunity to hear about what SANDBAG has been up to as part of its 4017 Flood Recovery Project and learn more about how to become involved.

SANDBAG is at 153 Rainbow Street, Sandgate. For more information, contact Ashleigh on 3869 3244.

WORM FARMING TIPS AND TRICKS

Composting with worms reduces household waste and helps your garden thrive. Learn all about it with commercial worm farmer Brian Donaldson, at this free event at the Sandgate Library. Learn all the tips for setting up your worm farm at home and how to avoid common mistakes. Worm Farming at Home is on Saturday, 4 November from 11am to 12.30pm at Sandgate Library, 1 Seymour Street, Sandgate. Bookings are essential. Phone 3667 6022 to secure your place.

BEACH WALK

Discover marine creatures and more while the tide is out with Laurie Jeays Beach Walk. This month's walk will be held on Tuesday, 21 November at 9.30am. Meet opposite the Old Baptist Church at Sandgate on the corner of Cliff Street and Flinders Parade. Wear sturdy shoes that can get wet, and don't forget the sunscreen. Bookings are essential. Phone 0410 327 095 to secure your place.

GET THE WIND IN YOUR HAIR

Come and try windsurfing at the Sandgate foreshore on Saturday, 11 November from 10am to 11am. All equipment is provided, and no experience is necessary. Wear clothes suitable for the water, along with sunscreen and don't forget your towel and a change of clothes. Meet at Surf Connect Watersports Centre, 170 Flinders Parade, Sandgate. This event is free, but bookings are essential. Phone 3137 0500.

LEARN TO PLAY MAHJONG

Newcomers are always welcome at Womenspace on Thursday mornings from 9am to 1pm to learn and play Mahjong. Each game takes around 30 minutes, and organisers say no experience is necessary.

Come along to Womenspace at 11 Second Avenue, Sandgate on Thursdays to learn and have fun. The cost is \$10, which includes morning tea. For more information search Facebook for Womenspace.

YOGA IN THE GREAT OUTDOORS

Start your day with a relaxing yoga session at the Boondall Wetlands. Discover the benefits of mindfulness yoga, while taking in the beauty of the natural world.

Yoga in the Wetlands will be held on Tuesday, 7 November, from 8am to 9am. This is a free event, but bookings are essential via Eventbrite.

Please bring your own yoga mat, and meet at the entrance to the environment centre, at 31 Paperbark Drive (entry via Stanworth Rd), Boondall. For more information phone Laura on 0468 433 697.

Would you like to contribute to Bramble Bites?

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

Saturday Yoga

Hatha Yoga 7 - 8:30am
Yoga Flow 8:45 - 9:45am

Yoga 4 Life
12 Paul St, Sandgate

Booking via - www.yogapracticepeace.com



TMJ & Sleep Therapy
Centre of Brisbane
INTERNATIONAL



www.tmjsleepbrisbane.com.au
info@tmjsleepbrisbane.com.au

3269 2064

119a Brighton Road, SANDGATE

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

- ✓ Chronic pain & sleep
- ✓ Snoring
- ✓ Obstructive sleep apnoea
- ✓ TMJ disorders
- ✓ Chronic pain of the head, face & neck
- ✓ Primary headaches & migraines
- ✓ CPAP intolerance
- ✓ Adults & children

BREATHE, SLEEP, HEAL & LIVE
a quality life



Dr Andrew Bachour BDS^c (Hons)
MACNEM MScMed (Sleep Medicine)

CHECK OUT WHAT'S HAPPENING AT

WE'RE SERVING UP SAVINGS FOR OUR MEMBERS WITH OUR

DINNER DEALS

AVAILABLE FROM 5PM.

SUN

\$17* Sunday Roast

MEMBERS



MON

\$17* Burger

MEMBERS



TUE

\$17* Schnitzel

MEMBERS



UPGRADE TO A PARMIGERANO FOR \$22*

WED

\$17* Classic Pizza

MEMBERS



THU



Kids eat FREE! ^

On Thursday,
kids eat FREE.
Bookings essential!

*T&Cs apply. Children must be 12 or under.
One free child meal, per one full-priced main
meal. Not available with any other offers.

*Available from 5pm. T&Cs apply. Member's price shown. Limited time only.

YOUR COMMUNITY
CLUB



THE
SANDS
SOCIAL

THE SANDS SOCIAL THIS NOVEMBER!

GET SET TO CELEBRATE!

Whether it's with colleagues, friends or family,
have your festive season event with us. **MAKE SURE TO BOOK A TABLE!**

For more info, contact 3609 2001 or besocial@thesandssocial.com.au

TRIVIA *Tuesdays*

REGO FROM 7:00PM

WIN GREAT PRIZES

FREE TO PLAY

BE SURE TO BOOK A TABLE

STARTS AT 7:30PM | **EVERY TUESDAY!**



POKER

PLAYING EVERY THURSDAY NIGHT
IN BUNPIN BAR

REGISTRATION: 6PM
START TIME: 7PM
BUY-IN: \$35

Must be 18+ years to play. Gambling can be harmful to some people. Only gamble what you can afford to lose. For free, confidential help talk with our club's Customer Liaison Officer or contact Gambling Helpline on 1800 858 858 or visit www.gamblinghelpline.org.au.

OPEN FROM 10AM TILL MIDNIGHT, 7 DAYS A WEEK | EASY PARKING
75 GAMING MACHINES, KENO + TAB | DINING | SPORTS BAR

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.



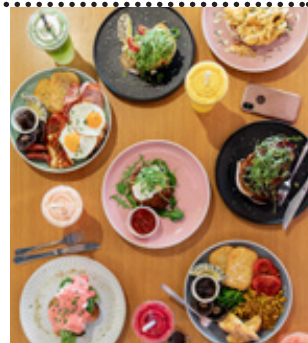
227 Rainbow St, Sandgate

Café

0434 386 429

THE WITCHIN' KITCHEN

Feature: Owners Mel and Lisa, along with their 2 children Frankie and Cooper, welcome you to The Witchin' Kitchen! Since changing hands in 2022, the Witchin' has taken on a new life with a focus on Gluten Free, Vegan/Vegetarian & Meat eaters - a well rounded menu that will suit you and your friends! Lisa, a coeliac pastry chef also bakes amazing gluten free treats right here on site. Wednesday to Friday 730am - 2pm, Saturday and Sunday 7am - 2pm



ADVERTISE YOUR CAFE OR RESTAURANT

FROM \$90+GST | PHONE: 07 3518 0828



NOVEMBER What's On.

01 WEDNESDAY

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

02 THURSDAY

CHRIS BENT AT THE SANDS SOCIAL

The Sands Social 11:30am

BOOKS ANON. BOOK CLUB

EclecTea 7pm - 8:30pm

First Thursday of every month: Details on Facebook <https://www.facebook.com/events/165425998743196/>

03 FRIDAY

TONY DEE

EclecTea 5pm

LIVE MUSIC WITH DILLON CARLSSON

Sandgate Post Office Hotel 5:30pm

BRENDEN SCHICK AT THE SANDS SOCIAL

The Sands Social 7pm

MATTY CLARK

Full Moon Hotel 8pm

04 SATURDAY

ERIC ROETING

QCYC 12pm

SATURDAY ARVO SESH W MAK & FRIENDS

EclecTea 5pm

LIVE MUSIC WITH ELECTRO SWIGGERTY

Sandgate Post Office Hotel 5:30pm

FOURPLAY AT MBTS

Sandgate Town Hall 7:30pm

BAM

Full Moon Hotel 8pm

05 SUNDAY

CASSIE MAREE AT THE SANDS SOCIAL

The Sands Social 1:30pm

DETOUR BAND

QCYC 2pm

MIDNIGHT GROOVE

Full Moon Hotel 2pm

HIGH TEA IN THE TELEGRAPH ROOM

Sandgate Post Office Hotel 2:30pm



SUNDAY JAZZ WITH LEENA SALIM TRIO

Sandgate Post Office Hotel 2:30pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

CHRISTMAS HIGH TEA

Sandgate Post Office Hotel 3pm

07 TUESDAY

THE JJJ'S

Full Moon Hotel 12pm

MELBOURNE CUP @ QCYC

QCYC 12pm

Enjoy Melbourne Cup at QCYC. For \$49pp enjoy fancy finger food plus a Mimosa on arrival. To book go to www.qcyc.com.au. Bookings essential

TRIVIA TUESDAYS 2023

The Sands Social 7pm

TUNE IN, TURN ON, DROP OUT

Brighton Bowls Club 7pm

TRACE

Full Moon Hotel 8pm

SIMPLY TWO AT THE SANDS SOCIAL

The Sands Social 8pm

08 WEDNESDAY**WEDNESDAY TRIVIA AT THE POSTIE**

Sandgate Post Office Hotel 6:30pm

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

09 THURSDAY**DAVE GRAY AT THE SANDS SOCIAL**

The Sands Social 11:30am

10 FRIDAY**OASIS MAK**

EclecTea 4pm

LIVE MUSIC WITH PHIL BARLOW

Sandgate Post Office Hotel 5:30pm

CHRIS FRANCO AT THE SANDS SOCIAL

The Sands Social 7pm

DANIEL STONEMAN

Full Moon Hotel 8pm

11 SATURDAY**JESS IRVINE**

QCYC 12pm

HOLLOW WOOD

EclecTea 5pm

LIVE MUSIC WITH DETOUR COVERS BAND

Sandgate Post Office Hotel 5:30pm

12 SUNDAY**NATE ANDREW AT THE SANDS SOCIAL**

The Sands Social 1:30pm

**DANNY JAZZ**

QCYC 2pm

BEAVER

Full Moon Hotel 2pm

SUNDAY JAZZ WITH ROBYN BROWN TRIO

Sandgate Post Office Hotel 2:30pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

14 TUESDAY**TRIVIA TUESDAYS 2023**

The Sands Social 7pm

15 WEDNESDAY**WEDNESDAY TRIVIA AT THE POSTIE**

Sandgate Post Office Hotel 6:30pm

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

SEINFELD TRIVIA

Sandgate Post Office Hotel 6:30pm

16 THURSDAY

CATHY DRUMMOND AT SANDS SOCIAL

The Sands Social 11:30am

PREPPING YOUR POOCH FOR PUB(LICK!)

EclecTea 6pm - 7:30pm

17 FRIDAY



OASIS MAK

EclecTea 4pm

LIVE MUSIC WITH RUSSEL HUNG

Sandgate Post Office Hotel 5:30pm

PEATS, MEAT AND CIGARS MASTERCLASS

Sandgate Post Office Hotel 6:30pm

DARRIN LEIGH AT THE SANDS SOCIAL

The Sands Social 7pm

3 LITTLE PIGS - MINUS SOME BACON

Full Moon Hotel 8pm

18 SATURDAY

JOSH NIXON

QCYC 12pm

DUBLIN ROSE

EclecTea 5pm

LIVE MUSIC WITH ELECTRO SWIGGERTY

Sandgate Post Office Hotel 5:30pm

THE DO DAHS

Full Moon Hotel 8pm

KLUSTERFUNK AT SANDS SOCIAL

The Sands Social 8pm

19 SUNDAY

KT MAREE AT THE SANDS SOCIAL

The Sands Social 1:30pm

BAM

Full Moon Hotel 2pm

FELLOW NOMADS

QCYC 2pm

SUNDAY JAZZ WITH EDDIE GAZANI

Sandgate Post Office Hotel 2:30pm



TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

21 TUESDAY

TRIVIA TUESDAYS 2023

The Sands Social 7pm

22 WEDNESDAY

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

23 THURSDAY

DAVE CLAYTON AT SANDS SOCIAL

The Sands Social 11:30am

OPEN MIC NIGHT

QCYC 7pm

24 FRIDAY



BOOK SIGNING/CHAT

Baaia Cafe 94 Flinders Parade
Sandgate 8am - 12pm
Book Signing/Chat with emerging author
Travis James. First novel released in July:
ESCAPE To Patonga – a story of mystery
and intrigue. Second novel prerelease
sales on the day: SURVIVAL Life from
Death – A light-hearted murder mystery.

OASIS MAK

EclecTea 4pm

BURGER NIGHT

The Witchin' Kitchen 5pm - 8pm
The last Friday of every month, we sling
burgers from 5pm until 8pm. With a selection
of Chicken, Beef, Pulled Pork, Fish and Veggie
options there is something for everyone! All
burgers can be made gluten free with a bun
swap. Reservations encouraged, Takeaway
and phone orders available. BYO 18+

MARCO AT THE SANDS SOCIAL

The Sands Social 7pm

TRACE

Full Moon Hotel 8pm

25 SATURDAY

THE UPSIDE AT THE SANDS SOCIAL

The Sands Social 8pm

MAISY TAYLOR

QCYC 8pm

BEAVER

Full Moon Hotel 8pm

26 SUNDAY

BARELYWORN PRELOVED CLOTHING MARKET

Sandgate Post Office Hotel 9am

PREWORN MARKET AT THE POSTIE

Sandgate Post Office Hotel 9am

BRETT WHITMORE AT THE SANDS SOCIAL

The Sands Social 1:30pm

MATTY CLARK

Full Moon Hotel 2pm

ASLEEP AT THE REEL

QCYC 2pm

ROSS NIXON TRIO AND JAM SESSION

Sandgate Post Office Hotel 2:30pm

TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

27 MONDAY

FULL MOON

Rise Time: 6.25pm



28 TUESDAY

TRIVIA TUESDAYS 2023

The Sands Social 7pm

29 WEDNESDAY

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

30 THURSDAY

TRACY VAUGHAN AT SANDS SOCIAL

The Sands Social 11:30am



Healthy eating
Made easy



Home delivery of ready made meals

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

- ✓ Large gluten free and dairy free options
- ✓ Convenient ready-made frozen meals
- ✓ Tastes like home cooking
- ✓ Wholesome and nutritious
- ✓ Australian owned and operated
- ✓ Home delivered and available in stores
- ✓ Home Care Package and NDIS approved

Free introductory meal offer for first time customers

Mention the code word **INTRO** and receive one **FREE** meal of your choice. For new customers only.

*No contracts. Minimum order of \$55 applies plus \$8.50 delivery fee. Delivery areas serviced once a week, on the same day every week. Available at selected independent stores. **See website for locations and delivery areas.**

Call now 1300 112 112 www.gourmetmeals.com.au

Pick up address: 46/2 15 Brisbane Road, Labrador QLD 4215. Monday to Friday 9:00am - 4:00pm



IN A PAST LIFE

STORY **PATTIE TANCRED**
PHOTO **LOST BRISBANE**

In the days when Ripples, on Flinders Parade, was an empty, unloved and dilapidated husk, neighbouring children believed it was haunted, and who is to say they were wrong? Why would the many lives that pass through old houses not leave a ghostly imprint, just as people retain their past via memories? If that were the case, Ripples, if it could speak, would have many a tale to tell.

Sandgate, easily reachable by railway from Brisbane, offered sea breezes, sea bathing and relaxation. Holidaymakers coming to enjoy these delights required accommodation and Ripples, a timber cottage distinguished by twin gables,

was built as a holiday letting in around 1906. Its first owner was probably one James Thomson, who held other parcels of land in the vicinity. It was sold to Joseph Mathieson around 1916 and remained a holiday house, eventually passing, on Joseph's death in 1933, to his widow, Isabella.

In 1930, the house was rented by the Catholic Daughters of Australia, a charitable society of Catholic lay women with an interest in the welfare of women and children. The Catholic Daughters provided "an annual Christmas treat for poor children" and thus Ripples became, for six weeks of the year, a place where children "drawn from the poor quarters of the parishes" could enjoy a seaside holiday.

The Daughters rented Ripples – "a one-story wooden structure with a large living-room decked with flowers, a spacious kitchen, accommodation for the supervisors, several bedrooms, and a sleeping-out veranda for the children" – for several years. Asking for donations to support this worthy cause, the organisation assured potential

donors that "all moneys received ... will be expended on making the holiday as bright and happy as possible". More mundanely, occasionally funds had to be used to provide clothing for children who came ill equipped.

Boys and girls were accommodated on alternate weeks, the boys enjoying cricket on the beach, bathing in the sea and eating, the Telegraph reporting, in 1932, the consumption of "23 pounds of cake ... in three days". No less voracious were the girls; one of whom, the previous week, having packed away "four helpings of meat and vegetables and three of sweets".

So, if there are indeed ghosts in Ripples, they are more than likely happy ones and any spectral sounds you hear will be childish laughter. Probably best, though, to lock up the cake.



**PRINCIPAL
PROPERTY**
REAL ESTATE

THE RIPPLES

224 FLINDERS PDE
BRIGHTON



SIOBHAN COWELL
0432 608 634

**FOR
AUCTION**

**SATURDAY
4TH NOV
ON SITE**

PRINCIPALPROPERTY.COM.AU



Principal Property is a boutique real estate agency specialising in delivering exceptional service with a focus on safeguarding your most valuable asset – your home or your investment property.

If you're seeking an up-to-date valuation of your home in this ever-evolving market, don't hesitate to reach out to me.



8 CREMORNE PLACE BRIGHTON



161 LASCELLES ST BRIGHTON

PRINCIPALPROPERTY.COM.AU

NOVEMBER TIDE TIMES

TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
1 0505 0.35 1143 2.40 WE 1823 0.66 2344 1.63		7 0516 1.55 1047 0.87 TU 1712 1.99		13 0303 0.31 0923 2.35 MO 1549 0.56 ● 2118 1.94		19 0117 1.57 0702 0.59 SU 1358 2.30 2105 0.67		25 0137 0.28 0751 2.34 SA 1412 0.55 1952 2.05	
2 0537 0.46 1225 2.29 TH 1912 0.76		8 0005 0.67 0608 1.71 WE 1153 0.80 1802 2.03		14 0335 0.30 1001 2.41 TU 1632 0.56 2157 1.87		20 0234 1.57 0814 0.66 MO 1502 2.27 ● 2210 0.61		26 0217 0.26 0837 2.45 SU 1505 0.54 2038 1.95	
3 0027 1.50 0613 0.59 FR 1309 2.17 2009 0.84		9 0045 0.57 0651 1.87 TH 1247 0.72 1846 2.06		15 0408 0.32 1041 2.43 WE 1717 0.59 2238 1.79		21 0355 1.66 0935 0.69 TU 1609 2.25 2309 0.52		27 0255 0.26 0920 2.52 MO 1556 0.54 ○ 2122 1.86	
4 0120 1.41 0657 0.73 SA 1400 2.06 2115 0.87		10 0122 0.48 0730 2.02 FR 1336 0.65 1927 2.06		16 0443 0.36 1122 2.42 TH 1804 0.63 2323 1.70		22 0506 1.82 1053 0.66 WE 1713 2.24		28 0330 0.28 1001 2.53 TU 1643 0.57 2204 1.77	
5 0235 1.37 0800 0.85 SU 1502 1.99 ● 2221 0.84		11 0157 0.40 0808 2.15 SA 1421 0.60 2004 2.04		17 0520 0.42 1208 2.39 FR 1858 0.67		23 0003 0.42 0608 2.01 TH 1206 0.62 1810 2.20		29 0403 0.33 1042 2.50 WE 1727 0.62 2245 1.69	
6 0408 1.42 0924 0.90 MO 1610 1.96 2318 0.77		12 0230 0.35 0845 2.27 SU 1506 0.57 2041 2.00		18 0015 1.63 0605 0.50 SA 1300 2.34 1959 0.69		24 0053 0.34 0702 2.19 FR 1313 0.58 1903 2.14		30 0437 0.40 1121 2.43 TH 1810 0.68 2326 1.62	

Summer Whiting - *Sillago ciliata*

Summer Whiting, sometimes known as Beach, Sand or Blue Nose Whiting are in my list of top five fish to eat. Luckily we have an abundance of these tasty fish right on our doorstep and you don't even need a boat to get a feed. Blood worms or beach worms are a favourite bait of most whiting fishermen locally but I have been finding earthworms are just as effective. Small peeled prawns, pipis and freshly pumped yabbies are great bait too. Using a number 4 long shank hook, about 30cm of leader, a swivel and a small running sinker with light line they are great fun to catch.

Most of the Whiting I catch are only in very shallow water, mainly knee deep to waist deep so our local beaches and sand flats are perfect. The sandy flats at Scarborough, the little beaches all the way along Redcliffe waterfront, Clontarf beaches, Brighton and Sandgate foreshores are all excellent spots at certain times of the tide. I like an incoming tide over the flats, not a lot of wind and using two rods as they usually seem to turn up a few at a time as they are cruising around looking for food.

A size limit of 23cm and a bag limit of 30 in Queensland lets you take home quite a feed. They grow to just over 50cm but a 30cm fish is considered quite the catch.

FISH OF THE MONTH



Find us on
Facebook



Holiday care for your cat at home!

0407 159 903

www.felinefeeders.com.au



**Claudias'
Conversation Classes**

Italian classes and lessons for all levels

at 115 Robinson Road, Geebung

Purchase a **voucher** for **Christmas** (from \$150 to \$180)
and receive free learning material valued at \$80!

For further information

call Claudia on **0424 943 928**

e: claudiasconersationclasses@gmail.com

Is a more creative 2024 on your list?



**ART FROM THE
Urban Wilderness**

NEW! Print and Paper Art Studio

Workshops & Social Art Events

Studio Access

Venue Hire

Printmaking

Drawing

Book Arts

Papermaking

Sandra Pearce 0419 028 133

Unit 13, 10 Depot Street, Banyo

www.artfromtheurbanwilderness.com.au

Working for the Northside



Anika.Wells.MP@aph.gov.au



1176 Sandgate Road, Nundah QLD 4012



(07) 3266 8244

Anika
Wells

MEMBER FOR LILLEY

Authorised by Anika Wells, ALP, Nundah QLD 4012

THURSDAY DELIVERY

FOR ORDERS OVER \$90, OR \$65 VIA MEAT CLUB

LOCAL & ORGANIC

With Queensland's
largest selection of
certified organic,
free range and pasture
raised meats.

BEEF, LAMB, POULTRY, PORK,
ORGANIC/GLUTEN &
PRESERVATIVE FREE SAUSAGES,
PET FOOD & LOTS MORE

**WANT
5% OFF?**

Join our Meat Club

See website
for details

Call us on **5445 2912** or visit
www.sunshinecoastorganicmeats.com.au

 **sunshine coast**
Organic Meats





Feeling Old? Need a Lift?

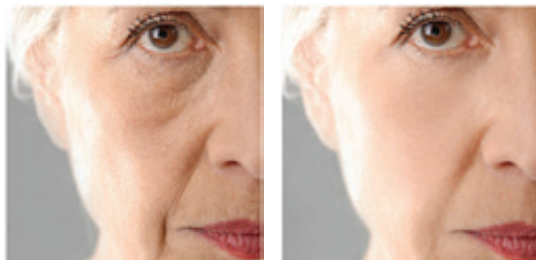
HIFU stands for High Intensity Focused Ultrasound. It's a non-invasive skin tightening procedure with no downtime.

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

HIFU Face lift
was \$1500
NOW
\$590

Look and feel younger today!

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



Before

After



Before

After

AWARDED
HIFU TREATMENT TRAINING
SERVICE OF THE YEAR 2022/2023



AWARDED
BEST HIFU TREATMENT
TRAINING PROVIDER 2022



AWARDED
EXCELLENCE IN TRAINING 2021



WINNER
BEST ADVANCED SKIN
TREATMENTS PROVIDER -
AUSTRALIA 2021



Call today to book 0408 200 059

📍 Birtinya | Wynnum | Hamilton | Newport

www.australiahifu.com.au

follow us



@australiahifu

Scan here to find out
more about HIFU



ARBORICULTURAL SERVICES

Swann's



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



e. swanfamilytrust@optusnet.com.au

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

EVERYTHING BATHROOMS



3204 7525

FREE QUOTES!

WWW.DEGEEGROUP.COM

*"I would highly recommend these guys to anyone. They did a wonderful job of our new bathroom. Our tired, old, modest bathroom was transformed into a much more usable and vibrant bathroom. We absolutely love it!" -
Everything Bathrooms Client*



@degeegroup



@degeegroup

dG de Gee
GROUP
BUILDERS
your builders by the bay.



THE LOCAL 24 HOUR
ELECTRICIAN YOU CAN TRUST



Call Now

07 3150 6020

WWW.JKELECTRICALQLD.COM.AU

INFO@JKELECTRICALQLD.COM.AU



DAHUA SECURITY CAMERAS

- Crystal clear real time & recorded images
- TiOC (Three-in-one) can accurately identify potential risks and effectively warn off intruders
- Smartphone accessible



RING SAFETY DOOR BELLS

- Indoor/Outdoor camera with removable battery pack
- Two-Way talk and motion activated
- Night Vision
- Snapshot Capture
- Smartphone Accessible

Free

ELECTRICAL SAFETY
INSPECTION INCLUDED WITH EVERY JOB

Includes 5 YEAR MANUFACTURER'S WARRANTY

* STANDARD INSTALL ONLY/CONDITIONS APPLY



AUSTRALIA'S BEST FOR 5 CONSECUTIVE YEARS

REVERSE CYCLE AIR CONDITIONERS

MITSUBISHI <i>Supplied and Installed INC GST</i>	DAIKIN CORA <i>Supplied and Installed INC GST</i>
2.5KW \$2085 INC GST	2.5KW \$2300 INC GST
3.5KW \$2255 INC GST	3.5KW \$2500 INC GST
5.0KW \$2570 INC GST	5.0KW \$2815 INC GST
7.1KW \$2885 INC GST	7.1KW \$3145 INC GST
8.0KW \$3355 INC GST	8.0KW \$3600 INC GST

We install customer supplied air
conditioners from \$975.00 INC GST



ACN 625 252 020
LICENCE NO. 85290
Air Conditioning Licence: ARCAU53536



Beacon
ELECTRICAL

PREFERRED
ELECTRICIAN

SILVER
MASTER
ELECTRICIAN

ARC
AUTHORISED



YOUR LOCAL SOLAR PANEL & INVERTER SPECIALISTS

- ✓ **REBATES REDUCE IN 2024 DON'T DELAY
GET SOLAR THIS YEAR**
- ✓ **SYSTEM PERFORMANCE CHECK ONLY \$99**
- ✓ **SYSTEM UPGRADE SPECIALISTS**
- ✓ **SOLAR BATTERY DESIGN AND INSTALLATION**
- ✓ **OLD FASHIONED SERVICE & ADVICE WITH A SMILE**

CALL ROY ON 0477 003 116

email: roy@sparkysolar.com.au

ABN: 43 159 517 389

QLD Electrical Contractors Licence: 75017

Clean Energy Council Design & Install Accredited: A4039955

www.sparkysolar.com.au



Local.

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

No Nonsense.

Clean Energy Council accredited
Electrician Roy Baker guarantees
the work with a
no-nonsense approach.

Trusted.

Sparky Solar offer system
performance checks. Ensuring
maximum return year after year.



ROOF RESTORATIONS

Transform your tired old roof with a **value boosting makeover**

Full Roof Restorations From only \$3,000

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

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

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

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

Tile & Metal Roofs

See customer reviews at:
g.page/MrHighlights



ROOF PAINTERS
ROOF RESTORATION & REPAIRS

MR HIGHLIGHTS PTY LTD

QBCC Lic no.1278416 Fully Insured

M: 0402 469 801 • P: 3203 1133

www.mrhighlightsroofing.com.au



Richard Gabriel

5% Seniors Discount

LOCAL DIRECTORY

ACCOUNTING



**ACCOUNTANTS
TAX AGENTS
BUSINESS ADVISORS**

- **Friendly, knowledgeable and trustworthy**
- **Tax returns from \$110**

Kedwell & Co is a CPA practice

Call (07) 3869 1844

or book online at www.kedwell.com.au
8 Brighton Road, Sandgate (next to Town Hall bakery)



AGED CARE FINANCES



ESTATE PLANNING AND AGED CARE ENTRY SOLUTIONS

SANDGATE AGED CARE STRATEGIST

*Empowering families WITHOUT selling
the home or cashing investments*

Call Tony now 0417 648 969

www.agedcarefinances.com

ALTERATIONS - CLOTHING

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

ANTENNA SERVICES



**Free
Quotes**

**TELEVISION ANTENNAS
DATA CABLING
SECURITY CAMERAS
NBN WIRING
MODEM RELOCATIONS
TELEVISION WALL MOUNTING**



Security Adviser &
Security Equipment
Traveller
Lic. No. 4267951

3269 0000
thecablebloke@gmail.com



Telstra
Accredited Contractor
Lic. No. CD 3807258

ART CLASSES

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

ASBESTOS REMOVAL & DEMOLITION



**Asbestos Removal
& Demolition**

**A & B class licenced
Asbestos Removal**

**Call Paul for a
Free Quote
0405 364 236**

BATHROOMS/BATHROOM RENOVATIONS

BATHROOM RENOVATION SPECIALISTS



info@realbathroomsolutions.com
RYAN: 0432 669 855
CALE: 0411 874 252
www.realbathroomsolutions.com.au

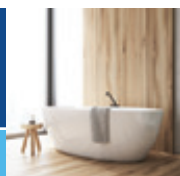
**SLA
INSTALLATIONS**

bathroom specialists
Complete Renovations

darren houston

0413 964 459

slainstallations@hotmail.com



**MASTER
BUILDERS
QUEENSLAND**



QBCC: 15268698

ANTIQUE / VINTAGE ITEMS WANTED

**After All Kinds of
Vintage & Antique Furniture, Bric-a-brac,
Collectables, Curios & Old Shed Items.**

Cash Paid. Ph: 0400 749 454

LOCAL DIRECTORY

BATHROOMS/BATHROOM RENOVATIONS

Bathroom Renovation Specialist

*Complete Bathroom Renovations
All work completed by qualified tradesmen*

Steve Froggatt - 0402 730 177

Office - 3863 3089

e: stevefroggatt@hotmail.com

www.stevefroggatt.com.au

40 Years Experience | QBCC Lic No 1177107



VR VOGUE
RENOVATIONS QLD

"We pride ourselves on quality workmanship"

Bathrooms, Kitchens, Laundries & Wardrobes

WARREN DENNISS - 0416 084 579

Licensed Builder
HIA 1217116
QBCC 1067097

info@voguerenovationsqld.com.au
www.voguerenovationsqld.com.au

BLINDS AND AWNINGS

**BLACKIES
BLINDS & AWNINGS**

Outdoor Blinds & Shade Sails



David Blackie 0415 945 900

BOATING SERVICES & SALES



Your One Stop Boating Megastore

2294 Sandgate Rd, Boondall

Tel: 07 3265 8000

Web: nsmarine.com.au

BOOK KEEPING



Specialising in
Small Business Accounting

Contact: Rachelle

Mb: 0411 064 860

e: RachelleB@serendipityaccounting.au

BICYCLE REPAIRS



Specialists in

**PERFORMANCE BICYCLES
VINTAGE • REPAIRS**

John Harman

ph: 0412 681 496 e: triprocycles@gmail.com

52 Esther Street, Deagon Qld 4017 • www.triprocycles.com

BEAUTY



Sandgate Salon
131 Deagon St.
3869 1855

Brighton Salon
7/11 Lascelles St.
3869 2450

BUILDING DESIGN

JAZZDESIGNS
building designers

Creating spaces to call home

CUSTOM DESIGNED HOMES, RENOVATIONS
& MULTI-RESIDENTIAL DEVELOPMENTS

07 3869 4777 | hello@jazzdesigns.com.au
www.jazzdesigns.com.au

@jazz_designers @jazzdesigns.com.au @jazzdesignsBO

ABN 29 072 257 571 | QBCC Licence #81396

MORETON BAY DESIGNS. 0424 510 325
Architectural Drafting New Homes - Renovations

BUTCHERS

**JASON'S
QUALITY MEATS**
FREE RANGE SPECIALIST

Phone
3269 2049
10 Queens Parade
Brighton

COMPUTER SERVICES

ECO COMPUTERS - CALL ROWAN . . . 0421 555 419
Repair/Support/Upgrade ecocomputers.com.au

COMPUTER SERVICES

The Best Local IT Provider on the Northside!

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

BRISBANE COMPUTER SOLUTIONS

PHONE 3122 3303

Sales@brisbanecomputersolutions.com.au

COMMUNITY GROUPS

SANDGATE HOME ASSIST SECURE 3869 1000
Security, Safety & Support in your home

DOORS



HOME MAINTENANCE DOCTOR

Glass & Security Door Service
New Locks & Accessories,
Mesh Pet Doors, Rollers
0431 570 776

ELECTRICAL/ELECTRICIANS



SAME DAY RESPONSE

24 HOURS | EXPERIENCED

GENUINE | RELIABLE

ELEC LIC: 67648

CALL RICHARD - 0403 889 716



Fast and Affordable Electricians in Brisbane

20 Years Experience in Residential Electrical Installation

\$40 OFF First Service Booked
Use Code BEC040

Fully Licensed and Insured CL 90030

CALL NOW 1300 620 726

e:info@brickhillelectrical.com.au

www.brickhillelectrical.com.au



**THE LOCAL 24 HOUR
ELECTRICIAN YOU CAN TRUST
CALL 07 3150 6020**

www.jkelectricalqld.com.au • info@jkelectricalqld.com.au

ELECTRICAL/ELECTRICIANS



**Domestic and
Commercial**

Electrical | Aircon
TV Data

0402 734 339

electrical license 121816 • contractors 85540

SERVICING BRIGHTON, SANDGATE & REDCLIFFE

Will beat any competitors quote by 10% T&C's apply



Electrical • Air Conditioning • Security Cameras • TV & Data

Family owned. Licensed & Insured.

0431 147 889

LIC. #84889 ARC #L158054 SEC. #4319462

FENCING

G&O FENCING



*Fencing, Decking
and Retaining Walls*

0466 522 102

FOAM

ENVIRO-foam

Foam cut to size. All Shapes & Sizes.

www.foam.com.au • 07 3205 6088

LOCAL DIRECTORY

GALLERIES

GALLERY 4017 3269 1535
84-88 Loftus Street, Deagon

GARAGE DOORS

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

GARDENING



AUSSIE
TREE SOLUTIONS



OBLIGATION FREE QUOTES

- Tree Felling & Removal
- Stump Grinding • Pruning & Shaping
- Hedging & Mulching
- Palm Cleaning
- Storm Damage • Reports

35 + Years in Business
07 3351 1722



LORAXE
TIMBER AND TREES

- Need your trees pruned?
- Need to have a tree removed?
- Need timber for a project?
- Fully insured, professional tree services

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

0430 198 111

ARBORICULTURAL SERVICES
Swann's

- Stump Grinding
- Pruning
- Removals



p/f. 3869 0267

m. 0422 099 444

GOVERNMENT



Jared Cassidy
Councillor for Deagon

Deagon Ward Office, 2a/47 Brighton Rd, Sandgate
3667 6011
deagon.ward@bcc.qld.gov.au
facebook.com/councillorcassidy



Cr Sandy Landers
Councillor for Bracken Ridge Ward

Mail > Cnr Bracken & Barrett Streets, Bracken Ridge
Tel > 3667 6000
Email > brackenridge.ward@bcc.qld.gov.au



Stirling Hinchliffe MP
Member for Sandgate

Shop 2, Fifth Avenue, Sandgate QLD 4017
Ph: 07 3639 9100 Email: sandgate@parliament.qld.gov.au

HAIRDRESSERS



JAYA HAIRCARE
& THE TINSNIP HAIRROOM

m. 0433 126 064
E. jayahaircare@gmail.com
w. jayahaircare.com

Hair Dinkum®



Deagon Marketplace
75 Braun Street, Deagon

07 3269 4188
www.hairdinkum.net

Hair & Beauty Salon



HANDYMAN



HOME MAINTENANCE



PAINTING / CARPENTRY / PRE-SALE TIDY UPS / PLASTERING

Fully Insured... All Work Guaranteed

Tim Stringer 0428 844 887

LOCAL HANDYMAN

Trade qualified carpenter for 30+ years

Pensioner discounts • Fully insured
Home • Office • Shop

Call Brendan 0419 860 606 • Prompt & Reliable

Redcliffe & surrounds work up to \$3300

HANDYMAN

JEAYS HARDWARE MITRE 10

10 Hancock St, Sandgate

PH: 3269 1015

Email: sales@jeayshardware.com • Web: www.jeayshardware.com

**PROUDLY LOCAL
HELPING LOCALS**

"they work harder for you
because it's their business"



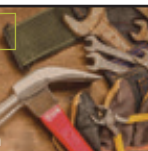
Pricey's Handyman Services

Jason Price

0408 745 391

price.jason.74@bigpond.com

www.priceyshandyman services.com



HEALTH & WELLBEING



**Fiona Green
Podiatry**

Tel: 3269 3795

www.fionagreenpodiatry.com.au

Shop 11/15
Lascelles St Brighton

Shop 7 Sandgate Arcade
Cnr Brighton Rd & 2nd Ave Sandgate

ihear
Life is worth hearing

Your Local HEARING Specialists

Shop 3, 12 Lagoon Street, SANDGATE

PH: 3269 0005



Ironwood Cottage

BULK ORGANIC WHOLE FOODS

Large range of Organic, Vegan & Gluten Free
4 Fourth Ave, Sandgate
PH: 3869 4548



**SANDGATE
PODIATRY**

Sandgate Podiatry

3269 4273

17 Brighton Road, Sandgate

www.sandgatepodiatry.com.au

HOUSE WASHING

RYAN'S HOUSE WASHING 0413 400 666
Gutters, Concrete & Solar Panels.....29 Years Experience

LAWN MOWING & GARDENING

Alan's Lawn Mowing

Lawn Mowing & Edges • Free Quotes with a smile
Cheapest and Best • Pensioners Discount

36 Years Experience

Alan 0412 074 383



blitzing It

Fully Insured ABN 20749551106

Call Ryan 0456 449 387

GARDENING SERVICES

- Lawn Mowing • Edging
- Hedge Trimming
- Weeding and Pest Control
- Waste Removal
- Mulching and Fertilising

LAWN SERVICES

**COOCHIE
HYDROGREEN**



WEED SPRAYING & LAWN CARE SPECIALISTS



- Best Lawn Advice & Service in Town
- FREE on-site inspections & quotations
- FREECALL 1800 245 955
- Book Direct Coochie.com.au
- We do not mow lawns

1800 245 955 | www.coochie.com.au

LOCKSMITH

PRO KEYS LOCKSMITHS

Shop 2, Fifth Ave, Sandgate

Keys / remotes / engraving

Electronics car keys • Watch batteries & bands
Mobile Locksmith Service

PH: 0402 626 144

MATTRESSES

Pure Sleep
BEDDING

**LOCALLY MADE
MATTRESSES**

Custom Caravan Sizes Available

www.puresleep.com.au • 07 3205 6088

LOCAL DIRECTORY



SANDGATE REAL ESTATE

SALES/RENTALS

Ph: 3269 0944

1a/7 Second Ave, Sandgate
www.sandgaterealestate.com.au
info@sandgaterealestate.com.au

MECHANICS



114 Connaught St, Sandgate.

Mon-Fri 8am-5.30pm

Sat 8am-12pm

Phone: (07) 3269 9755

PAINTING SERVICES

GREG HOOD PAINTING SERVICE

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

**LOCAL PAINTERS
FOR OVER
25 YEARS**

Contact Greg **0400 570 707**

hoodpainting@optusnet.com.au

PEST CONTROL SERVICES



Scarborough Pest Control

INCLUDING TERMITES

Ph: 3203 8378

Local and Family Owned

QBCC#15047832

PETS AND PET SERVICES



Holiday care for your cat at home!

0407 159 903

www.felinefeeders.com.au

PLUMBERS

Christian Van PLUMBING & GAS FITTING

- Gas & Electric Hot Water • Roofing & Guttering • Blocked Drains
- General Plumbing & Maintenance • Pensioner Discount

QBCC 1040760

0411 231 173

QBCC Licence no. 15033647



INGRAM
PLUMBING & GAS

**For all your Plumbing,
Drainage & Gas Fitting Solutions**

Call 0430 427 004

or email admin@ingrampg.com.au

for Friendly, Professional & Reliable Service



David Cloake

DSE Pest Management

0458 555 532

dsepestmanagement@gmail.com

ABN: 13582696021 QBCC: 1205229

PLUMBERS

PLUMBING SENSE SOLUTIONS PTY LTD

JOEL SCOTT 0411 708 810

DOMESTIC and COMMERCIAL MAINTENANCE | HOT WATER SYSTEMS | BLOCKED DRAINS
LEAKING TAPS AND TOILETS | WATER SUPPLY | BATHROOM RENOS

QBCC 15118080 • plumbingensesolutions@outlook.com

PRESSURE CLEANER



PINPOINT
PRESSURE CLEANING

MOB: 0410 890 230

www.pppressurecleaning.com.au

House & Roof Softwashing
Gutter Cleaning & Brightening
Exterior Glass & Solar Panels
Driveway, Path & Concrete



PRINTER

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

REAL ESTATE

CALIO & SCOTT REAL ESTATE 3269 9466
2/353 Beaconsfield Tce, Brighton

Jim McKeering EST 1946
AREASPECIALIST

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

200 Seymour St, SANDGATE • Ph: 3269 1276
JIMMCKEERING.COM.AU

SECURITY SCREENS

A&A
SCREENS & SECURITY

Invisi-Gard, diamond grill, blinds & shutters. Best prices, call
NORTH LAKES 0409 645 163 QBCC 1006709

SOLAR



Solar & Renewable
Energy Systems
www.ausolar.com.au

- Free design / quotes
- Reliable systems
- Best quality & workmanship
- Home / Business / Farm / Caravan
- Save money on your electricity bill

Contact Heinz 0411 887819 • e.heinzvhempel@gmail.com

SOLICITORS

G. R. Brown Solicitor

3269 8511

www.grbrown.com.au

70 Loudon Street, Sandgate

Conveyancing | Family Law | Wills | Estates and more...

GILL & LANE

07 3269 8111

8 Fourth Ave Sandgate 4017

www.gillandlane.com.au

CONVEY YOUR WAY

North Brisbane conveyancing

conveyourway.com



**Northside Family
Law Centre**

T: [07] 3733 1234

info@northsidefamilylaw.com.au

89 Brighton Rd, Sandgate Qld 4017

www.northsidefamilylaw.com.au


SARAH CLEELAND
FAMILY LAWYERS

Ph: 3269 9938

123A Brighton Road, Sandgate

www.scfamilylawyers.com.au

STRATA/BODY CORPORATE MANAGEMENT



**BODY CORPORATE
MANAGEMENT**

106a Sutton St. Redcliffe QLD 4020

1300 55 10 19

team@capitolbca.com.au

www.capitolbca.com.au

#ExpectOurBest



LOCAL DIRECTORY

TILERS

SOUTH EAST TILING

Call Craig - 0423 728 860
All Aspects Of Floor & Wall Tiling
QBCC 1118659

TRAVEL AGENTS

helloworld
TRAVEL
THE TRAVEL PROFESSIONALS
Sandgate

Shop 1c Ibis
Central
Ph: 3869 1588



Kathleen Hunt - 0403 008 763
Your Local Cruise Specialist
www.ksgetaways.com.au
f ksgetawaysau | Bracken Ridge, Qld

WATCH & CLOCK REPAIRS

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

WASTE SERVICES

 **Speedy BINS**
for speedy rubbish removal
1300 550 442
speedybins.com.au

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

WATERSPORT



KITESURFING
WINDSURFING
STANDUP PADDLING
KAYAKING
60-6327 8500

10% DISCOUNT
for all Sandgate Guide readers




Great Rock Variety

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

Tune in & you'll never tune out



Sandgate Hearing

Ph: 3603 1370 | 8 Nash Street, Sandgate

• Test • Aids Fitting/Repairing • Lyric



Having hearing loss + Tinnitus?

Phonak Lyric, our 100% invisible hearing aid with 24/7 amplification can help relieve Tinnitus day time and night.

Benefits of Lyric

- Relieves Tinnitus
- 24/7 hearing amplification
- 100% invisible
- No battery to change
- Clear and natural sound

Disadvantage

- Need 3-8 weeks to assess suitability
- Costs

Sandgate Hearing is the only certified Phonak Lyric practitioner in Sandgate and surrounding areas.



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



I can now hear the kettle boiling...

It's nice to be able to hear again. My new hearing aids are so much better than my old ones. I can now hear the kettle boiling, something I've never heard before. I can hear the birds singing outside. I can hear my family and other people so much clearer. I no longer need to ask them to repeat themselves, which was very embarrassing for me. I'm very happy with Ronnie at Sandgate Hearing.

Ann McNamara,
with her son, Peter,
Sandgate.



A lot happier and more confident...

I can now finally hear my son and the birds singing. In general, I feel so much better, a lot happier and more confident. Ronnie Lam is the top audiologist you will find. He's definitely the best one I've been to, and I've been wearing hearing aids for 20 years.

Trevor Drake, Newport



Nothing is too much trouble for him...

My dad, Clive (90 years old), had been struggling with substantial hearing loss, which was affecting all aspects of his life. When we heard about Ronnie at Sandgate Hearing, I immediately made an appointment for his hearing to be assessed.

We are so very grateful to Ronnie – he has improved Clive's hearing significantly, making life so much easier for him and our family. Ronnie has gone out of his way to improve Clive's quality of life and nothing is too much trouble for him.

A special mention has to go out to Kathy, Ronnie's office manager. Kathy is always friendly, welcoming and has a great knowledge of the business.

Clive Boyce, Taigum, with his daughter Shelley

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

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

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

\$30,000 WHEELS OF FORTUNE



WIN A 2023 MG3! VALUED AT \$20,490

MAJOR PRIZE DRAW 10 DECEMBER 2023!

**FROM 1 OCTOBER - 3 DECEMBER THERE'S UP TO
\$1,500 IN PRIZES TO BE WON EVERY SUNDAY WITH**

SPIN THE WHEEL DRAWS EVERY HOUR, 1PM - 5PM

EARN ENTRIES BY SWIPING AT THE KIOSK AND WITH EVERY \$5 FOOD & BEVERAGE SPEND.

\$100 GAMING DRAWS EVERY HOUR, 1:30PM - 5:30PM

EARN ENTRIES WITH EVERY \$5 TURNOVER IN GAMING.



**YOUR COMMUNITY CLUB
50 KEOGH ST, SANDGATE
(07) 3609 2001**

  TheSandsSocial

The Sands Social and Kedron-Wavell members only promotion. Terms and conditions apply. Activate entries in the hour prior to a draw by swiping your members card to be eligible to win. Must be present to win. Gambling can be harmful to some people. Only gamble what you can afford to lose. Contact Gambling Helpline on 1800 858 858 or visit www.gamblinghelponline.org.au for free, confidential support.