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## GUIDE

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# A note from the Editor

DECEMBER  
2023

**C**hristmas is almost here and all of us at the Sandgate Guide are looking forward to celebrating the festive season with family and good friends.

This is also a great time to reflect on the last twelve months, the achievements, the challenges faced and overcome, the highlights and the things we are grateful for.

We hope you've enjoyed the stories and events the Sandgate Guide has shared with you in 2023 and we thank you for your support over the last twelve months.

We are very much looking forward to sharing more local stories and bringing you more great local events in 2024.

There is an amazing team that brings the Sandgate Guide to you each month. Our writers, photographers, advertising sales, distributors, and graphic design artists will all be taking a well deserved break and there will be no January edition of the Sandgate Guide. But follow our Facebook page and join up to our newsletter for local stories and events over this time!

And the Sandgate Guide will be back in stands from 1 February! Until then, happy reading - and a very Merry Christmas and prosperous 2024 from us all at the Sandgate Guide!

Jodie

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## Music By The Sea

musicbythesea.com.au



STORY **DONNA PHILLIPS**

**A**fter 26 years and over 600 performances, Music By The Sea takes a bow on 2 December when the curtains finally close on Queensland's iconic concert series.

You are invited to join Director Zoli Mauritz in savouring the final performance with Shanasheel, a unique ensemble with classical and folk repertoire from Egypt, Syria and other regions of the Middle East. Transcending borders and cultures, this ART form is known to leave audiences enchanted and inspired and offers an uplifting metaphor for life after MBTS.

Of his decision to tie a slipknot in the rich carpet he has woven from multiple genres of music, Zoli says, "I feel it's time to retire. I started the journey establishing MBTS in 1997, presenting concerts in the Sandgate Town Hall, the Monthly Concert Series and 16 years of the Music By The Sea Festival.

"We never went for razzamatazz or visuals. It really has been all about the music. We have hosted an incredible line-up of local, national and international artists playing a diverse array of music."

Elena Kats-Chernin AO adds, "The special highlight for me was Zoli commissioning The Sandgate Sonata from me, premiered by Tamara-Anna Cislowska. The premiere of this piece in this iconic festival will always stand out in my mind as one

of the most special events in my composing career."

Linsey Pollak OAM, also sings praise, "What an achievement. Congratulations Zoli on having the vision, instigating and fuelling and organising this wonderful music project. It has filled many people's ears and hearts with wonderful diverse and inspiring music and you should feel great satisfaction in having created and sustained such a fantastic community project. Thank you also for giving me the opportunity to share many different musical projects as part of Music By The Sea, it has been an honour to do so."

And now, in a fond farewell, Zoli says, "I thank you all, you, the loyal audience; come coming to our concerts since last century! You filled the hall with your applause and appreciation for music that moved and inspired you."

**Shanasheel**

**Saturday, 2 December, 7.30pm**

**Sandgate Town Hall**

**Bookings [www.musicbythesea.com.au](http://www.musicbythesea.com.au)**





A family of five, including a mother, father, and three children, are posed in front of a large, decorated Christmas tree. They are all wearing matching red and white patterned Christmas pajamas. The mother is on the left, the father is on the right, and the three children are in the center. The Christmas tree is decorated with lights, ornaments, and a large white star. The scene is warm and festive.

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STORY IDEAS: EDITORIAL TEAM

7





# SANTA RIDE CELEBRATES YEAR OF HEALTH AND WELLNESS

The Dawn Patrol will be dressing in their Christmas best and cycling through the 4017.

STORY **BROOKE JACOBSON**  
PHOTOS **PAUL NEIL**

**If you see a bunch of Santas cycling around the 4017 this festive season, don't be alarmed - it's just the Dawn Patrol celebrating the end of another year of fun and fitness.**

The men's health and wellness group started in Sandgate 10 years ago, and founder Chris Ferguson said it had become so much more than simply a way to keep fit.

"Dawn Patrol was just a bunch of guys meeting early in the morning to get some exercise," he said.

"It started off as just men's physical health, but it's become about men's mental health as well. "We go for a coffee after our session, and that's how

chats are had, friendships are formed, and all sorts of good things have come out of that."

The Dawn Patrol meets every Monday, Wednesday, and Friday at 4.57am at the Sandgate Pool, and walk along the waterfront.

"There's absolutely no cost, no one runs, and after you've been a part of the group for a while, everyone has to take a session and be a leader, but it's not the same person leading every time," Chris said.

"It's about challenging ourselves to get fitter and step outside of our comfort zones."

The Cycling Santa event began as part of the group's annual Christmas celebrations.

"We have an awards night for things people have done throughout the year, like for the person who has attended the most, and we have also have a Dawn Patroller of the Year," Chris said.

"The Cycling Santas is part of the Christmas party, we all get together and dress up in a Christmas theme, and we cycle from establishment to establishment - it's basically a fun pub crawl.

"The places are always happy to see us, they take photos and put them up on their social media.

"It's not for any charity, it's the charity that is just within the group, and it's a reward for working all year and pushing yourself."

The Dawn Patrol do have a Facebook page, although it's a closed group, so if any blokes out there are interested in joining, there's only one way - turn up.

"There's been a lot of emotional connections over the years, some blokes have said it's the best thing they've ever done," Chris said.

"We take anyone, all ages, all fitness levels. After Covid, I think we all realised that we're social beings, and everyone needs a tribe."

*The Dawn Patrol meets every Monday, Wednesday, and Friday at 4.57am at the Sandgate Pool.*

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# Broadway Showstoppers Swap the Stage for the Ice Rink

STORY **ALYSSA MACKAY**

**B**oondall Figure Ice Skating Club (BFISC) will bring the magic of Broadway to the ice this month in their annual Ice Spectacular.

The one-hour performance, Broadway Wonders on Ice, will showcase a razzle-dazzling array of figure skating performances inspired by beloved musicals at Iceworld Boondall this month.

Director and choreographer, Kate Endriulaitis (Coach Kate) came up with the idea for the theme after noticing the stacked calendar of stage shows and classic musicals in Brisbane this year and next year.

"The theatre buzz on the street got me thinking, why not bring the magic of Broadway to a whole new level with an ice show?" Kate said.

The show promises to have attendees mesmerised by awe-inspiring routines and dazzling costumes while singing along to their favourite hits from popular musicals like Hairspray, Tina, Charlie and the Chocolate Factory, and Wicked.

Kate said the Ice Spectacular was a celebration for the skaters in recognition of their hard work and dedication to the sport throughout the year.

"The show is not just about skilful skating, it's

about embracing everybody's unique qualities and experiencing the joy and excitement that comes from performing in a non-competitive environment, in front of a crowd," she said.

"Our cast includes skaters from all walks of life, including children and adults from the Aussie Skate school program, right through to BFISC's elite skaters, including both Queensland and Australian representative skaters.

"While our elite skating cast will blow you away with the incredible talent on display, it's the Aussie Skate kids who will capture your hearts in their performance in this year's show. Bring tissues!"

Junior cast member Mila Coetzee, 9, joined the Aussie Skate school program two years ago and said this would be her second time performing in the Ice Spectacular.

"I'm not allowed to give away too much, but I'm glad to be performing in one of my favourite musicals of all time," Mila said. "I haven't seen it on stage, but it made a great movie.

"I'm really looking forward to seeing everyone have fun and soaking up the excitement on show day."

*Tickets start at \$25pp. For tickets and information visit [iceshowboondall.com](http://iceshowboondall.com) and follow BFISC Ice Show on Facebook and [iceshowboondall](https://www.instagram.com/iceshowboondall) on Instagram.*

**Broadway Wonders on Ice**  
**Saturday, 16 December, 11am-12pm,**  
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## Anika Wells

MEMBER FOR LILLEY

Authorised by Anika Wells, ALP, Nundah QLD 4012



# CAROLS BY THE BAY BRINGS CHRISTMAS CHEER TO SANDGATE

STORY **KELLY WALKER**

**It's the most wonderful time of the year as Carols by the Bay prepares to bring Christmas cheer to the 4017 community once again.**

Guests will be able to sing along to a wide array of traditional Christmas classics sprinkled with contemporary holiday favourites as students from Nashville, Sandgate and Brighton State Schools combine forces to perform in a special group ensemble. Also, performing once again, are two talented local community choirs – Bayside Divas and Multitude Community Choir.

Deagon Ward Councillor Jared Cassidy said it's always such a joy to see so many families come out to watch the singers perform.

"This event has been running in one form or another for about 30 years now and it's amazing to be able to keep this tradition going with the support of the community," he said. "I remember attending as a child back in the early 1990s and have such fond memories of the event from when I was a kid.

"The strong community support that Carols by the Bay has had from both families and music teachers at Nashville, Brighton and Sandgate State Schools over the years has been incredible.

Without them, the event wouldn't happen."

Annette Grant, music teacher at Nashville State School, will be taking the lead for this year's school performances for her very last time after being at the school for 10 years and working as a music teacher for the last 35 years.

"Carols by the Bay is a lovely way to finish the school year with great attendance and support from families in the Bramble Bay area," she said. "It's such an enjoyable performance opportunity for the kids and wonderful for the community to come together and watch."

With a BBQ, coffee, snow cones and ice cream, as well as Lions Christmas cakes for sale, there will be plenty of food available. To add to the fun, kids can collect a free glow stick to wave around under the stars once the sun goes down, and of course, there will be the much-anticipated visit from Santa himself! So gather your family and friends and come down to Einbunpin Lagoon for a relaxing evening of carols, good food, and festive family fun.

**Carols by the Bay  
Thursday, 7 December, BBQ starts at 5pm,  
performances from 5.30pm  
Einbunpin Lagoon Park  
70 Brighton Rd, Sandgate.**

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# Summer Fun for all at Sandgate Library

**S**andgate Library has a large variety of activities planned this Summer. There is something for everyone!

**The Little Wattlebird Band** – Wednesday 20 December 11-11.30am. Enjoy this fun and interactive musical live show featuring original, nature-focused folk songs composed and performed live by The Little Wattlebird Band. Ideal for children aged 2-6 years.

**Cartoon Games with Phil Judd** – Thursday 18 January 10-11am. Join in the cartoon games and discover different aspects of animation in this unique workshop with Phil Judd. You will learn about flip cartooning, participate in a folding character activity and play a game of duo cartooning with other participants. Ideal for children 7-12 years.

**Coding fun for families** – Saturday 6 January 11am-12noon. Work together as a family to learn basic coding and use your problem-solving skills to complete fun Minecraft-themed challenges. No prior programming experience required. Ideal for children aged 7-12 years and their carers.

**Tea and trivia** – Wednesday 6 December and 3 January 10.30-11.30am. Enjoy a morning of fun by making friends and testing your knowledge with trivia questions. Join us on the first Wednesday of each month. New members welcome.

**Reducing waste through budget friendly meal planning** – Saturday 13 January 10.30am-12.30pm. Learn how to reduce the amount of food your family throws away. Organise healthy meals, shop better, store food and use all that you buy. Meal planning will not only help you to reduce waste but also save money. Presented by Valerie Pearson from Green Living Australia.

**Brain training for seniors** – Wednesday 10 January 11am-12 noon. Join us to discover brain training during this fun and interactive session. Explore the world of puzzles, crosswords, brain teasers, board games, and more through creative problem solving. Play is our brain's favourite way of learning. Bring your imagination!

*Bookings required. Phone Sandgate Library on 07 3667 6022 to reserve your place.*



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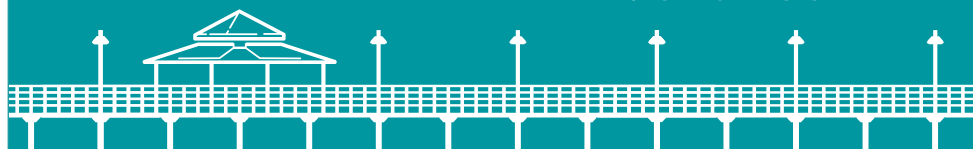
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# HAVE YOUR SAY ON BRIGHTON FORESHORE



STORY **ALYSSA MACKAY**

**The Brighton Foreshore Parklands project is moving forward with the release of a draft concept plan.**

Brisbane City Council is now seeking community input and feedback on the four-page plan until Sunday, 17 December.

Deagon Ward Councillor Jared Cassidy said the Brighton Foreshore upgrade had been a priority for him since he was elected.

"I'm really proud to have worked alongside Anika Wells MP to get this long overdue project underway," Cr Cassidy said. "This upgrade will provide a world-class space on the foreshore for locals and visitors alike and will have a real focus on the natural beauty of our area, including more access to the beach."

The Brighton Foreshore Parklands draft concept plan focuses on the linear esplanade section along Flinders Parade and includes Decker Park, Brighton Health Campus and Sandgate Foreshores Park. The proposed improvements aim to enhance the area between the high tide water mark and the Flinders Parade roadway.

Lord Mayor Adrian Schrinner said Council was excited to release the draft concept plan for the new and improved Brighton Foreshore.

"Shaped from community input shared earlier this year, the draft plan proposes a number

of options from widening pathways, to increasing shade and improving coastal protection for the foreshore area, so it can remain a relaxed and picturesque part of Brisbane's shoreline," Cr Schrinner said.

Other key enhancements in the plan include a new kerbside pathway, a low seating wall, additional picnic areas and facilities, and improved access to the tidal flats.

Residents will have the opportunity to voice their opinions by completing an online feedback survey, or at in-person information kiosks located in Brighton. These information kiosks will be open on Saturday, 2 December and Sunday, 10 December, from 9am to

11am at the parkland picnic shelter between 11th and 12th Avenues. There will also be an information kiosk on Wednesday, 6 December, from 4pm to 6pm at the Brighton Bowls Club.

"It is really important residents take the time to have their say on this concept, which has been designed based on the initial feedback from the community," Cr Cassidy said.

The final concept plan is due to be released in 2024. For more information phone Council on 3403 8888 or email the project team at [brs@brs.qld.gov.au](mailto:brs@brs.qld.gov.au)

To view the Brighton Foreshore draft concept plan and have your say go to [yoursay.brisbane.qld.gov.au/brighton-foreshore-parklands-draft-concept-plan-stage-2](https://yoursay.brisbane.qld.gov.au/brighton-foreshore-parklands-draft-concept-plan-stage-2)







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# BUILDING THEIR WAY TO GREATNESS



Lego legends: Jacob, Riley, Eli, Jack, and Abi.

STORY **BROOKE JACOBSON**  
PHOTO **JOHN PIRES PHOTOGRAPHY**

**A** group of homeschooled kids are taking on the worlds of robotics, science, engineering, and marketing – all by building Lego.

Abi and Jack Degen, Jacob and Eli Wersin, and Riley Jessett were part of the First Lego League Challenge, which took place in late November.

They're known as the Brick Rolled Red team, and together they had to build and code Lego robots, as well as solve a problem through innovation.

"We brainstormed all our hobbies, like crochet, and coding, and beach volleyball," Abi said.

"And we decided there's not enough kids playing beach volleyball, so that's what we solved by making an ad."

The beach volleyball video ad uses Lego and stop motion, as well as live action, to promote the game.

On the day of the competition, their Lego robots had to be built and coded to travel around a special mat, completing missions and challenges along the way – all in just two and a half minutes.

This is the second year Abi and Jack have competed in the Lego League Competition, while for the other team members, it's their first time.

Some of the Brick Rolled Red team were coders for the project, and others were builders, but on the day of the competition, all the students had to do both.

Jack said the team was both "nervous and excited" for the event.

And Jacob added taking part in events like the Lego League was one of the advantages of being home-

schooled.

"Home school is great because you can pretty much do school whenever you want, and there's less curriculum stuff," he said.

"You have more time to do other things that you like."

And according to Abi, homeschooled kids did not miss out on the social aspect of normal school.

"We have lots of park catch ups and there's homeschool groups that meet up all the time, so that's how we all became friends and formed the team," she said.

If the team does well in the regional competition, they can progress to the national championships being held in Gladstone, and from there, the Lego League World Festival, held in the US each year.

"That probably won't happen," Eli said. "But you never know!"

**EDITOR UPDATE:** As we go to print I have received the great news that BRR Team received two trophies in the regionals and are on their way to Gladstone for Nationals! Good Luck BRR!



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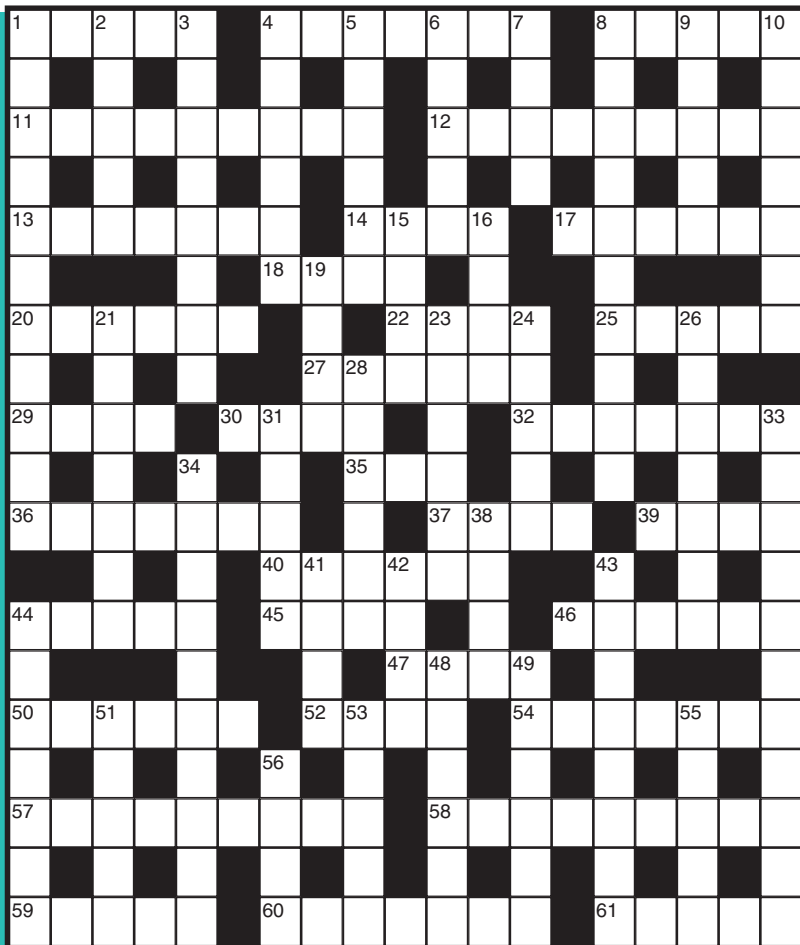
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- 49 Wet or muddy
- 51 Starer
- 53 Unfasten
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# SANDGATE MP FAREWELLS POLITICS

STORY **BROOKE JACOBSON**  
PHOTO **JOHN PIRES PHOTOGRAPHY**

**S**tirling Hinchliffe wants everyone to know he's not tired and he's definitely not retiring.

But after 18 years in State Parliament, the Member for Sandgate is hanging up his political hat.

Mr Hinchliffe said the time was right.

"I love what I do, I love what I do in this community, and I'm not 'over it' at all," he said.

"But under the Labor Party rules, it's time to start the pre-selection process for the next election, so I had to make the announcement that I would not be standing again.

"And the main reason I'm not running again is my wife, Megan.

"I was first elected 18 years ago – but really it was 25 years ago that we had this discussion – and Megan agreed to let me pursue this craziness.

"She has been a solid home base for me and for our children, and now it's time for her. I could not have done this job as effectively or as happily without her, I just could not."

Mr Hinchliffe was first elected in 2006 as the State MP for Stafford, but a career in politics was not always on the cards.

"I actually started a teaching degree," he said. "I met a lot of people at teachers' college that were part of the Labor crowd, and to be honest I didn't

realise you could just turn up and join the Labor Party, I thought you had to be invited!"

Mr Hinchliffe worked in a Federal MP's office, before working for the Speaker of the Queensland Parliament and spending some time as a property industry analyst.

"Then I met Wayne Swan at a function – before he was the Federal Member for Lilley – and he pulled me aside and said, 'I think you've got the chops for this,'" he said.

He added his family had never been "particularly political" but there was an awareness of keeping up with the news as he grew up.

"My grandmother, Alice Reddy, had nine children, one of whom had a disability and she always said to me that working people need Labor governments," Mr Hinchliffe said.

"My parents were always involved in the community in some way, whether it was the football club or the cricket club, and we always talked about what was on the news.

"And in high school, I started to see that you could be involved in the community and make change."

It was in high school that Mr Hinchliffe met his future wife, although he says they weren't high school sweethearts.

"Megan and I had known each other a long time and she is passionate about Labor politics – she was a policy advisor in the Goss government, she



was an advisor to Peter Beattie when he was in opposition," he said.

"Early on, we knew this (politics) was where things were going for us – and you know, it could have been her. But we decided we needed one person to be the front person, and someone else needed to be at home."

A short time into his first stint as a state politician, Mr Hinchliffe found himself in a role beyond being a backbencher.

"I thought I would just settle in, and we would get the feel for how all of this worked, as a family," he said.

"Then 56 days in, there were some events and I ended up being a parliamentary secretary – so this whole time, I have been in executive government, as well as being an MP and that adds to the intensity, it adds to the time you're away from home."

He said his defeat in Stafford in 2012 was a "challenging period".

"I knew the community had shifted against the government of the day and for Stafford, that issue was the health payroll," he said.

"In the lead up to that election, I had a lot of people say to me, 'Thank you for your service', which means, 'Thanks for coming, time to go.'"

The Hinchliffe family – which by now included their three children, Jack, Tom, and May – moved to Sandgate just prior to the 2015 election.

"Our boys were playing basketball with the Northside Wizards, I was on the board, and we were driving from West Chermside to Boondall eight times a week or more," he said.

"We as a family had always come to Sandgate on Christmas Eve to have a picnic on the foreshore and we had a lovely group of friends here, including the person from teacher's college that I had signed up for the Labor Party with – Victoria Newton.

"I thought she was going to run for the State seat, and I said, 'What can I do to help you', and she said, 'Actually, we think you'd be great.'

"That was a contested pre-selection, and I was grateful to have the support from the branch."

Mr Hinchliffe said he had several highlights from his time in politics. "I'm very proud of the amazing facilities and upgrades at our local public schools, particularly the new arts facility at

Sandgate High and the K Block at Bracken Ridge High," he said.

"Saving and reimagining the Brighton Health Campus was a real highlight – there is still some work to do there, so I guess that's a bit of unfinished business.

"And on the broader issues, being involved in the 2032 Olympics bid was super exciting."

Mr Hinchliffe said he wanted to see a young woman succeed him as the Labor candidate for Sandgate.

"The demographic of this electorate has changed dramatically and I think we need someone younger in tune with those issues, and more culturally diverse," he said.

"And the Queensland parliament needs more women."

He added he was excited about his remaining 12 months in office and was "honoured" Premier Annastacia Palaszczuk had asked him to stay on in his ministerial portfolios until then.

And what's next for the long-serving MP? Quite simply, a break.

"Megan and I plan on taking a holiday and doing some travel – we got married quite young and had a young family, so we didn't travel in our 20s," he said.

"But I am not retiring, I still have time to have another career and find another way to contribute. I'll always want to contribute to the community, just in something that is not as intense as this job."

*The next Queensland state election will be held on 24 Oct 2024.*



# AUSTRALIA DAY BY THE BAY



**Off and racing:** The Brighton Roosters will be hosting mud crab racing on Australia Day, along with other events, and a fireworks display at the end of the day.

**STORY BROOKE JACOBSON**

**A**ustralia Day in the 4017 will have a focus on citizenship and family fun.

Federal MP for Lilley, Anika Wells, will help preside over three citizenship ceremonies on the day, including one at Sandgate, which will also be attended by Deagon Ward Councillor Jared Cassidy.

State MP for Sandgate, Stirling Hinchliffe, also has a busy day lined up attending ceremonies welcoming Australia's newest citizens. There will be plenty of fun for the community on Jim

Lawrie Oval at the Brighton Roosters, where the club will host their famous crab races.

See the mud crabs scuttle their way through four heats and a final, with a crowd of enthusiastic 'racegoers' cheering them on.

The club will also have face painting, a lamington eating contest, live music and food, with a spectacular fireworks display at the end of the day.

Events at Brighton Roosters will start at 12.30pm, with the fireworks scheduled for 8pm.

*For more information, search Facebook for Brighton Roosters JRL.*

Further afield, there's a free pool party at Lawnton Aquatic Centre, with music, rides, a poolside disco, games and competitions, and food.

*For more information go to [www.lawntonac.com.au](http://www.lawntonac.com.au)*

Across the bridge, the place to be for your Australia Day long weekend is Scarborough Beach Park from 1pm on the 26th, with food, live music, and market stalls.

*For more information, go to [www.whatsonmoretonbay.com](http://www.whatsonmoretonbay.com)*

The Brisbane Lord Mayor's Australia Day Awards will also be announced on 26 January, recognising community members who have gone above and beyond to improve the lives of others and make the city of Brisbane a better place.

Awards will be handed out for Citizen of the Year, Senior Citizen of the Year, Young Citizen of the Year, Australia Day Cultural/Arts Award, Australia Day Sports Award, Corporate Citizen of the Year, Community Event of the Year, the Green Heart Award, and the Australia Day Achievement Awards.

*Australia Day is Friday, 26 January 2024*



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Christmas Opening Hours: Thursday - Monday | 10am - 4pm  
Extended Opening Hours 2nd December: 10am - 9pm



## BILL BROWN RESERVE PATH

**T**he new Bill Brown Reserve path in Fitzgibbon is now open to the community and has improved connectivity between Telegraph Road and Roghan Road and access to local businesses and amenities.

For residents travelling to the Bill Brown Sports Reserve Netball Courts, Emily Seeborn Aquatic Centre, skate park, BMX facility and dog park from Hidden World Playground, active travel opportunities have been provided and a safer path for walkers and for cyclists.

It has created more opportunities for residents and visitors to come and enjoy the natural areas and explore on bike or on foot. The track is 850 metres in length, and three metres wide. There are six culverts along it that will improve drainage and a bridge at the Telegraph Road end. The fenced path has LED lighting for safety and wayfinding and line marking.

"This is just one of the many active travel projects we're investing in so more people can enjoy our active, outdoor lifestyle, while taking cars off the road and easing congestion" said Cr Sandy Landers.

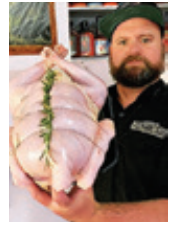
"It also provides recreational opportunities for residents and visitors to enjoy our natural areas and explore our city by bike or on foot. It was great to join with locals to officially open the Bill Brown Reserve Shared Path with Lord Mayor Adrian Schrinner" she said.

"The Fitzgibbon Bushland is an important part of our community and sits in the heart of the Bracken Ridge Ward. To join the two suburbs of Bracken Ridge and Fitzgibbon with a more central and quicker connection provides an important link to locals."



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## COUNTRY KITCHEN

**O**ur Christmas recipes are thanks to our branch member Carolyn. These recipes are from her mother's recipe book and easily made by anyone in the family. They are traditional favourites and easy to prepare!

If the little ones are helping to bake the rum balls, substitute with rum essence.



Wishing everyone in the 4017 Christmas Cheer and a fabulous 2024 from QCWA Sandgate.

### FRESH FRUIT KEBABS WITH A SPICY YOGHURT DIP

Prepare fruit kebabs or a platter.

For the dip:  
125grms of "lite" cream cheese.  
6 teaspoons of sugar free citrus marmalade.  
1 teaspoon of lemon zest.  
1/4 teaspoon of ground ginger or cinnamon.  
1 x 200g tub of reduced fat Vanilla yoghurt.

Beat the cream cheese until "fluffy" then beat in marmalade, lemon zest and spice. Stir the yoghurt through the mixture. Refrigerate in serving bowl (covered) for at least an hour before serving with the fruit.

For a super healthy option use plain Greek yoghurt, stir through some ginger pieces. This makes a refreshing alternative and is quick to prepare!

### WHITE CHRISTMAS

In a large bowl combine

1 cup Rice Bubbles  
1 cup coconut  
1 cup icing sugar  
1 cup mixed fruit  
1 cup powdered milk

Melt 250gms Copha, pour over combined ingredients and mix well

Spread in a slice tin and press down, smoothing top.

Refrigerate overnight or until firm. Cut into squares and store in the fridge.

### TRADITIONAL RUM BALLS

Chop 250 grams of Raisins, soak in 2 tablespoons of Rum.

Crush 8 Weetbix in a bowl.

Add 2 tablespoons Cocoa powder, 1/2 cup of Coconut.

Add soaked raisins and 1 can of Condensed Milk.

Mix thoroughly then roll into small balls roll balls in Coconut to coat them.

Store in an airtight container in the fridge.



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





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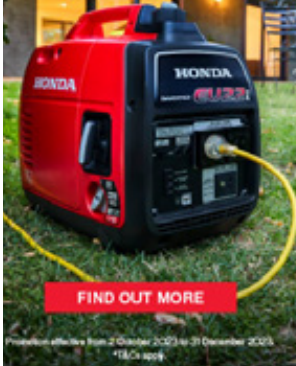
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# PENCIL IN THIS STEAMPUNK LIFE DRAWING CLASS

STORY **SALLY EBERHARDT**  
PHOTO **PIXABAY**

**S**teampunk fashion is ultra cool!

Military styling blends with Victorian-era influences such as corsets, waistcoats and top hats to produce an iconic look perfect to entice the creative in you. And don't worry if you think you can't draw – this life drawing class is fun for everyone.

Alison James, Founder of Et Al Gallery and Studio, said that as their recent Halloween-themed class was so popular, she thought it a good idea to offer costume-based classes on a regular basis.

"Life drawing sessions are usually run with nude models," she said. "I couldn't find many costumed, so I decided to run my own.

"It's good to be able to draw the drape of clothing on a body, and steampunk has such interesting clothing and props."

The class is fun, non-judgemental and a great way to hone your skills.

"We do warmups first with quick sketches and then longer sessions," Alison said. "I give out small prizes for silly things like most complete drawing in a one-minute sketch or most interesting textures."

Class costs \$30 per person. Life models, snacks and drinks are supplied. Participants bring their own drawing materials.

To book, visit [www.etalgalleryandstudio.com.au](http://www.etalgalleryandstudio.com.au) and click on Workshops and Events.

**Costumed Life Drawing -  
Steampunk Edition  
Thursday, 18 January,  
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DECEMBER 2023





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## CHRIST IS OUR LIGHT AT SANDGATE UNITING CHURCH

STORY **PANAYIOTA**

**C**hrist is Our Light is the 2023 Christmas message that Sandgate Uniting Church (SandgateUC) would like everyone to experience with joy in their hearts.

Christmas joy comes with cherished traditions like SandgateUC's Christmas Lights festival, which isn't just about decorating your homes.

According to Paul Fletcher, SandgateUC chairperson and Christmas Lights coordinator, it's about remembering Christ's undying love for us all as we pay it forward by sharing it with each other.

"This is a long-standing tradition," Paul said.

"We've been presenting it for years because we love bringing people together."

"The light displays begin on Saturday, 9 December and from Saturday 16th, we open our

doors for indoor entertainment."

From 6-10pm, there will be stalls and a sausage sizzle. The kitchen will serve drinks, special donuts and other treats.

From 7pm, there will be a line-up of live performances from The South East Qld Symphonic Band, Second Wind Concert Band and Christmas Carols by Rev Garry Dronfield, the Ormiston Heritage Pipes and Drums, Brisbane Symphonic Band, Bayside Divas, Geoverdi Musica, Pine Rivers Brass Band, Multitude Community Choir, Redcliffe City Choir, New Groove Jazz Ensemble, Sojourn, Brisbane Citizens' Concert Band, and the Zillmere Uniting Aboriginal Islander Christian Congress.

Let's not forget the highlight of this tradition where Rev Dronfield offers Christmas Eve and Christmas Day services.

Looks like there's something special for everyone to delight in.

*For more information on the event email  
[office@sandgateuc.org.au](mailto:office@sandgateuc.org.au)*

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# FESTIVAL WINNER HEADED FOR STARDOM



Solo star: Singer/songwriter Rexy holds the winners' cheque with Deagon Ward Councillor, Jared Cassidy.

STORY **BROOKE JACOBSON**

**F**or singer/songwriter Rexy, winning the Sandgate Youth Festival was just the first step in a hopefully long and successful career.

Rex Fonacier, known professionally as Rexy, was the first solo artist to win in the history of the festival and he said he "honestly didn't believe it" when his name was announced.

"I thought for sure one of the bands was going to win," he said.

"I really couldn't believe it when they announced me as the winner. Like, it's still insane to think about."

The 17-year-old said he had been singing in

choirs since prep and had learnt to play guitar and piano.

"I'd consider the genre of music I write to be indie pop, which I absolutely love," Rexy said.

"But I pull influence from a lot of genres like jazz, R'n'B, hip-hop, rock, and anything else I listen to.

"I'd also say my set list is pretty diverse – it's not all the time you see someone perform a Frank Ocean song and then follow it up with a Frankie Valli tune.

"I love music so much because it's creative and freeing."

Youth Festival organiser, Deagon Ward Councillor Jared Cassidy, said this year's event had been a massive success.

"There's been a huge increase in talent, in skill, and in song choice – this year's festival was better than ever," he said.

"The judges were really blown away, and Rexy was a universally popular choice.

"There were music industry people there in the crowd, so it's great to see that we're really building this into a way to support young artists."

Rexy is about to graduate from Year 12 at St Patrick's College and has been accepted into the Pop Course at the Queensland Conservatorium of Music.

"Music is such a big part of my life I couldn't see myself doing anything else," he said.

"I really want to try and get out there and share my music to anyone willing to listen.

"Playing shows for people who like me is the real dream.

"I love performing every time I do it and I couldn't imagine stopping that anytime soon, so hopefully one day I'll be touring around playing my own original songs to everyone who wants to listen."



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# A WORD FROM OUR REPRESENTATIVES

**W**ith the hot weather and school holidays upon us, it's important to keep cool. The Sandgate Aquatic Centre is a good place to cool down and enjoy some relaxing fun. To help ease some cost of living pressure, the general admissions fees will be reduced to \$2 from 1 December to 29 February.



WITH **CR JARED  
CASSIDY**

On 26 January, I am happy to be the Presiding Officer at two very special citizenship ceremonies at the Sandgate Town Hall. The morning ceremony will see 50 new citizens from various nations take the pledge. I am happy to once again partner with Sandgate CWA for this event. The second

ceremony, hosted by the Indian Council of Australia, the Citizenship Ceremony, will form part of the annual Australia-India Day celebrations.

It is important to be prepared this storm season. Sandbags can be used to reduce the impact of flooding on your home or business. Council provides pre-filled sandbags from October to March, available for collection 24 hours a day, seven days a week at the Zillmere North Depot, 33 Jennings Street, Zillmere. If you or someone you know needs storm or flood emergency assistance, please call SES on 132 500.

**H**ousehold budgets have been under the pump this year. I know Northsiders are doing it tough.



WITH **ANIKA  
WELLS MP**

That's why the Albanese government is doing everything we can to help with the cost of living, without adding pressure to inflation.

We have a targeted and comprehensive \$23 billion ten-point plan to help ease the burden on Northsiders, including:

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- Increased rent assistance
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**T**he Palaszczuk Government is giving Queenslanders the ability to transition to a fully digital system when using services across Australia.



WITH **STIRLING  
HINCHLIFFE MP**

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To download the app, you require the licence you intend to digitise which includes a driver's licence, proof of age card or marine licence and an additional piece of identification including a passport, birth certificate or marriage certificate. Search "Queensland Digital Licence" via the Google or Apple app stores to get started.

For more information, visit [www.qld.gov.au/transport/projects/digital-licence](http://www.qld.gov.au/transport/projects/digital-licence)

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- Expanding paid parental leave and
- Creating jobs and getting wages moving again

We've done all this at the same time as we've delivered the first budget surplus in 15 years, seen wages grow around the fastest rate in a decade and seen over 550,000 jobs created since we came to office - a record for a new government.

I know there's still more to do, and I am focused on delivering for Northsiders.

## SEASON'S GREETINGS

Best wishes for a safe and happy festive season. Please keep an eye on your letterbox for my Christmas card and 2024 fridge calendar.

It has been my pleasure to attend a number of school awards ceremonies as the 2023 academic year draws to a close. It is often a time of reflection, celebration, and excitement for families, and I extend my congratulations to all of our senior students who will be embarking on a new journey. I wish you every success! To our younger students, teachers, and staff, enjoy your well-earned break over the coming school holidays.



WITH **CR SANDY LANDERS**

This year has certainly raced by, but the Schinner Council has been able to deliver multiple projects that have contributed to an even better Bracken Ridge Ward. We celebrated the opening of the Bill Brown Reserve shared path recently and Stage 1 of the Beams Road upgrade is well underway. New gym equipment and lighting in Macaranga Park, chess tables and shade at Fitzgibbon and the multi-use games area at Enbrook Park will commence shortly! I wish you all a very Merry Christmas and hope you are able to enjoy time with family and friends.

Stay up-to-date with news in the Bracken Ridge Ward follow my Facebook page at [Facebook.com/Cr.Sandy.Landers](https://www.facebook.com/Cr.Sandy.Landers) or Instagram @crsandylanders.

## THE BIG ONE CROSSWORD ANSWER KEY

S	I	T	A	R	P	I	C	A	S	S	O	N	O	R	S	E
L	A	E	O	A	A	R	U	E	N							
E	X	C	A	V	A	T	O	R	L	I	B	E	R	A	T	E
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R	E	E	A	E	U	P	F	K	N							
E	R	R	O	R	B	I	G	O	T	R	Y	T	R	A	C	T



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# SocialSnaps

by PAUL NEIL



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



Demons, dragons and monsters attended the freaky Halloween and Cars evening held at Bangin' Beans Cafe in Sandgate.



Gary, Kahni and Rod show off the guitars they made as students at the Brisbane Guitar Making Showcase organised by Cardigan Bar, Sandgate.



Dublin Rose performs live on stage and wows the crowd with her new band at the Sandgate Youth Festival in Einbunpin Lagoon Park.



I found young artist Jessie, his Grandad Ray and art lover Yoyo at Ray's pop up art studio at Bracken Ridge as part of this year's Bayside Open Studios 2023.

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TUESDAY

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**\$15\*** Schnitzel  
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THURSDAY

**\$15\*** Fish & Chips  
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\*Available from 11:30am - 3pm. T&Cs apply. Member's only. Available for a limited time only.  
The Sands Social is committed to safely serving alcohol to those over 18 years of age. Drink responsibly.

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# THE SANDS SOCIAL THIS DECEMBER!

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THE SANDS  
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  TheSandsSocial



# CHRISTMAS DRAG QUEEN BINGO AT THE BRIGHTON HOTEL

STORY **KELLY WALKER**

**D**eck the halls and dress to impress for a fabulous night of Drag Queen Bingo at The Brighton Hotel.

Moreton Bay's very own Violet Crumble will be entertaining the crowd all night long with her cheeky callbacks and comedic banter while guests enjoy singing, bingo, dancing and even have a chance to win prizes for best dressed.

As a Moreton Bay local, Violet Crumble has been performing her shows since 2020 and thrives when she's in front of an audience.

"Their interaction and applause are why I perform," she said. "As much as I love to create and be on stage, it's the crowd that draws me back to the spotlight again and again."

Violet Crumble has come to life under the guidance of legendary 'drag mother', Dame

Liz Taylor, and has embraced the opportunity to express her love for art, theatre and music through remixing songs, sewing costumes, perfecting stage makeup, and learning about comedic timing.

"Dame Liz has been performing since before I was born," Violet explained. "She started out as a great friend, and over time has developed into a cherished mentor."

Violet is constantly working to improve her craft and has gone from doing short one-off numbers to being a part of production shows, drag troupes and hosting.

"I've always loved musical theatre, but I sadly lack the ability to sing," said Violet. "Drag has given me a way to express my creativity and comedic antics. I like to think that people come to my shows to escape the daily grind, have a few laughs, kick up their heels and enjoy life for an hour or two."

Violet explained that as a vital part of the entertainment industry, drag is so much more than men and women dressing up and lip-synching.

"Queens are storytellers," she said. "They create safe spaces and offer a friendly smile to welcome everyone from everywhere."

Violet is very excited to be back at The Brighton Hotel as they have welcomed her with open arms.

"The patrons and pub have been incredible so far," said Violet. "We love seeing the audience laughing out loud and smiling from ear to ear – it's truly the audience that makes the night a success."

*Tickets for this adults-only event are available through Trybooking and Eventbrite. For more information visit [www.theoriginalvioletcrumble.com](http://www.theoriginalvioletcrumble.com).*

**Christmas Drag Queen Bingo**  
**The Brighton Hotel**  
**Thursday, 7 December, 7-8.30pm**  
**Charlies@The Brighton Hotel**  
**196 Brighton Terrace, Brighton.**

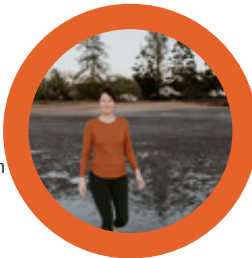


# Saturday Yoga

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

Yoga 4 Life  
12 Paul St, Sandgate

Booking via - [www.yogapracticepeace.com](http://www.yogapracticepeace.com)



Queensland Health, supporting community to achieve health and wellbeing through healthy activities.

## What's on at the Hub?

### Events

- Seminars
- Workshops
- Expos

### Resource Centre

- Brochures
- Information flyers
- Posters
- Translated information

### Activities

- Information sessions
- Technology demonstrations
- Physical activity programs
- Cooking demonstrations
- Meeting groups
- Support groups
- Games / craft
- Barefoot bowling
- Short courses
- "Come and Try" activities

### Support

- "How to" info sessions with "one to one" assistance
- Referral information
- Individual advice / navigation

### Assistance for

- People with disabilities
- CALD communities
- Aboriginal and Torres Strait Islander Peoples

Most activities are FREE - A limited number attract a nominal fee

For more information, please contact our helpful staff on:  
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Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>

Brighton Wellness Hub, Cnr Nineteenth Ave and Hornibrook Hwy,  
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**BRIGHTON HOTEL**

*Christmas Themed*

**7 December**

*Drag Queen Bingo*

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# Christmas GIFT IDEAS



## ROARING TWENTIES VINTAGE CAR

[www.roaringtwenties.net.au](http://www.roaringtwenties.net.au)  
or call for more information  
0405 111 875

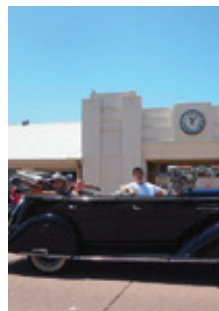
### VINTAGE CAR BAYSIDE TOUR

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Mango Hill**

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***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

# DECEMBER TIDE TIMES

**TIME M**  
**1** 0511 0.49  
 1200 2.34  
 FR 1851 0.74

**2** 0007 1.57  
 0547 0.59  
 SA 1240 2.25  
 1932 0.78

**3** 0051 1.53  
 0630 0.69  
 SU 1322 2.16  
 2018 0.81

**4** 0145 1.51  
 0722 0.80  
 MO 1409 2.08  
 2109 0.80

**5** 0253 1.52  
 0826 0.89  
 TU 1502 2.01  
 ● 2202 0.76

**6** 0407 1.60  
 0941 0.93  
 WE 1600 1.97  
 2254 0.69

**TIME M**  
**7** 0514 1.73  
 1056 0.92  
 TH 1656 1.94  
 2343 0.61

**8** 0608 1.89  
 1203 0.87  
 FR 1749 1.92

**9** 0028 0.52  
 0655 2.06  
 SA 1303 0.80  
 1838 1.90

**10** 0110 0.45  
 0738 2.22  
 SU 1358 0.72  
 1926 1.88

**11** 0150 0.39  
 0820 2.35  
 MO 1448 0.65  
 2011 1.85

**12** 0230 0.34  
 0902 2.45  
 TU 1537 0.60  
 2057 1.83

**TIME M**  
**13** 0309 0.31  
 0945 2.53  
 WE 1626 0.57  
 ● 2144 1.81

**14** 0349 0.31  
 1030 2.57  
 TH 1715 0.55  
 2232 1.79

**15** 0430 0.32  
 1115 2.58  
 FR 1806 0.55  
 2323 1.77

**16** 0515 0.36  
 1201 2.56  
 SA 1857 0.56

**17** 0016 1.75  
 0604 0.43  
 SU 1250 2.51  
 1948 0.56

**18** 0114 1.74  
 0700 0.52  
 MO 1341 2.44  
 2040 0.55

**TIME M**  
**19** 0217 1.76  
 0803 0.62  
 TU 1435 2.33  
 2132 0.53

**20** 0327 1.83  
 0914 0.71  
 WE 1532 2.21  
 ● 2225 0.50

**21** 0436 1.94  
 1030 0.77  
 TH 1632 2.09  
 2318 0.46

**22** 0542 2.09  
 1146 0.78  
 FR 1734 1.97

**23** 0011 0.42  
 0641 2.24  
 SA 1300 0.75  
 1834 1.88

**24** 0100 0.39  
 0734 2.37  
 SU 1404 0.70  
 1930 1.81

**TIME M**  
**25** 0147 0.37  
 0822 2.46  
 MO 1500 0.65  
 2023 1.76

**26** 0230 0.37  
 0906 2.51  
 TU 1550 0.63  
 2111 1.74

**27** 0309 0.38  
 0947 2.51  
 WE 1634 0.63  
 ○ 2154 1.73

**28** 0345 0.40  
 1026 2.49  
 TH 1714 0.64  
 2233 1.72

**29** 0421 0.44  
 1102 2.44  
 FR 1749 0.68  
 2309 1.71

**30** 0455 0.49  
 1137 2.39  
 SA 1821 0.70  
 2345 1.71

**31** 0530 0.55  
 1211 2.33  
 SU 1853 0.72

## FISH OF THE MONTH



## Australian Lungfish Neoceratodus forsteri

While this amazing fish is listed as a protected and vulnerable species, I see them quite often while fishing North Pine Dam and the upper reaches of the Brisbane River. They are called lungfish due to their ability to breathe air using a single lung when the water is very low or devoid of oxygen.

Brown to green and an orange belly, with large scales, a flat head, flipper-like fins and a broad eel-like tail they are quite an unusual looking Aussie native. Found only in south east and central Queensland lungfish can grow to more than 1.5 metres and weigh up to 40 kilograms.

Fossil records indicate that the Queensland lungfish has existed in Australia for at least 100 million years, making it a living fossil and one of the oldest living vertebrate genera on the planet.

Around this time of year if you sit quietly when it's calm in the morning at Bullockys Rest on North Pine Dam, you can see them breaking the surface and when they come to the surface for a breath, you can hear the intake and exhalation of air.



# THE LOFT

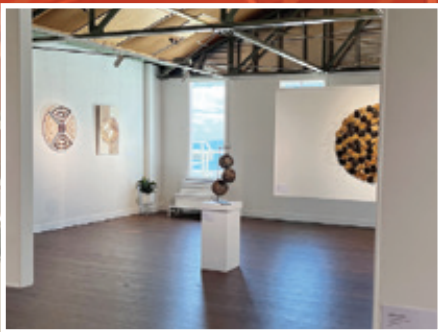
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MCKEERING

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**SOLD UNDER  
THE HAMMER**  
**\$1,415,000**

33 Kate Street,  
Shorncliffe, 4017



**AUCTION  
8TH DECEMBER**

5/28 Lagoon Street,  
Sandgate, 4017



**AUCTION  
JANUARY 2024**

Unit 2/30 Second Ave,  
Sandgate, 4017



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To assist local owners, we are offering a free market appraisal for every home. You'll discover the current value of your property and a personalised, detailed market report.

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



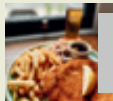
Scan Me



# WHAT'S ON AT THE POSTIE



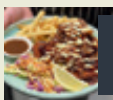
**\$20 STEAK NIGHT**  
+\$2 SAUCE / +\$5 CALAMARI OR PRAWN TOPPER



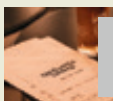
**MON -FRI / \$20 MAIN MEALS**



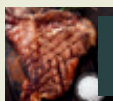
**MON -FRI / POSTIE'S POUR**  
4PM - 6PM



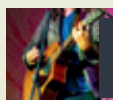
**TUES / FREE SCHNITTY TOPPER**  
APPLE SLAW OR BBQ BRISKET



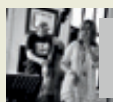
**WED / POSTIE TRIVIA**



**THUR / CLUB STEAK**  
JUST \$25



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**SUN / SUNDAY JAZZ**  
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SANDGATE



**POST OFFICE**  
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BY **BROOKE JACOBSON**

## SANDGATE HIGH GOES GREEN

Sandgate District State High School's student environment committee has won a prestigious award. The committee is the winner of the Brisbane City Council Waste Smart Games competition. This event challenges schools to investigate and implement real change to support the environment through recycling. The judges were impressed with the committee's data collection and analysis. The \$1500 prize money will be used to help more recycling projects at the school.

## CHEAP FUN THIS SUMMER

Keep cool this summer with Brisbane City Council's \$2 summer dips. The cost to visit any council pool will be slashed to just \$2 including public holidays, from 1 December 2023 to 29 February 2024.

## MOORA PARK UPDATE

Deagon Ward Councillor Jared Cassidy has announced there is a contract in place for playground restoration works at Lower Moora Park in Shorncliffe.

The Brisbane City Council construction project team have reached an agreement with the contractor and work has started.

"Because of the urgency, the contractor is fitting the work into an already compacted schedule, so there may not be people visible on the ground every day," Cr Cassidy said.

There is no re-opening date set yet, but Cr Cassidy is hopeful the playground will reopen in time for the Christmas school holidays.

## SIGN UP FOR SOCCER

The summer season has started for the Boondall Indoor Soccer Club, and new players are welcome. Games are played on Monday and Wednesday nights at the Brisbane Entertainment Centre at Boondall. Teams

and individuals are invited to sign up. Email [boondallindoorsoccer@outlook.com](mailto:boondallindoorsoccer@outlook.com) or go to [www.boondallindoorsoccer.com](http://www.boondallindoorsoccer.com) for more information.

## FUNDING FOR WOMEN'S SPORT

The state government has announced a \$15 million Active Women and Girls funding program, which aims to boost sport and active recreation opportunities for women and girls in Queensland. The program is dedicated to encouraging greater participation across all facets of sport and active recreation. The funding can be used across a range of areas, including volunteer training, resources, equipment or creating more participation opportunities for women and girls within clubs, communities, and organisations. Applications close on 6 March 2024. For more information go to [www.qld.gov.au/recreation/sports/funding/active-women-girls-program](http://www.qld.gov.au/recreation/sports/funding/active-women-girls-program) or contact the office of State Member for Sandgate, Stirling Hinchliffe.

## CHEERS TO CONTAINERS FOR CHANGE

There's been a change to the Containers for Change program, with wine and spirit bottles now accepted. The refund locations in our community are located at 81 Kempster Street in Sandgate, 217 Beams Road in Taigum and 162 Barrett Street in Bracken Ridge. For more information on the Containers for Change program, visit [www.containersforchange.com.au/](http://www.containersforchange.com.au/)

## GET A GLIMPSE OF THE FUTURE

It's All In The Cards is hosting a Health and Psychic Expo at Strathpine Community Centre on Sunday, 3 December from 9.30am to 3pm. Experience a Reiki healing, get your tarot cards read, or speak to a psychic medium. Check out a range of stalls including essential oils, jewellery, crystals, oracle decks, books and more. Entry is \$5 and there are raffle

tickets available at the door, with all money raised going to youth cancer charity, CanTeen.

## CHILDREN'S AUTHOR EVENT

Join author Dannika Patterson at Sandgate Library for a reading of her picture book, *Heavy*. There will also be a fun, hands-on craft activity using everyday items to help kids engineer inventions to balance and lift things, just like the main character in the story. Ideal for children aged 4 to 9 years. The free event is on Thursday, 14 December from 10.30am to 11.30am. Bookings are essential. To reserve your place, call 3667 6022.

## SANDBAG COMMUNITY EVENTS

SANDBAG is thrilled to announce its first Christmas gift shop, located at 153 Rainbow Street, Sandgate. On Tuesday, 12 December from 11am – 7pm, the shop will be stocked with gifts donated by local businesses and community members. Explore the selection and choose a gift for someone special. Wrapping stations will be available and Santa himself will be making an appearance for photos.

On Wednesday 13 December, take the kids to enjoy a Christmas themed lunch and movie with free popcorn, drink and ice cream. This community event will run from 12pm to 3pm.

Lastly, mark your calendar for SANDBAG's Community Christmas Gathering on Wednesday, 20 December from 11am to 3pm. This event promises to be filled with festive foods, treats, activities, and of course, Christmas carols performed by Vavachi Entertainment. Don't forget to bring the kids, as Santa will be making an appearance to spread holiday joy.

For more information contact SANDBAG at 07 3869 3244. If you would like to volunteer, an information session will be held at SANDBAG on 5 December from 6 til 7pm.

## Would you like to contribute to

**Bramble Bites?** Email Brooke to be included in the next *Bramble Bites*: [admin@3bmedia.com.au](mailto:admin@3bmedia.com.au)





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[www.healthbydesignco.com.au](http://www.healthbydesignco.com.au)  
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[www.sandgatepodiatry.com.au](http://www.sandgatepodiatry.com.au)





## ORGANIC GARDENING IN DECEMBER & JANUARY

STORY **SALLY EBERHARDT**  
PHOTO **ELIAS FROM PIXABAY**

**T**his time of year can be super busy leading up to Christmas and then we switch to holiday mode for a well-earned break.

Your garden is your oasis of calm at any time. Gardening is such a mindful hobby - it helps us live in the moment and reminds us to practise gratitude. Nothing lifts one's spirits like hearing bees buzz, seeing fresh new growth or smelling fragrant blossoms.

Make time in your garden part of your self-care routine. While nurturing your plants you will also be nurturing your mind, body and soul. Now that's a beautiful win/win.

If you are going away over December or January (lucky you!) consider how you are going to keep your beautiful plants alive. Last month we spoke of mulching and water crystals but if you will be away for more than a week then have a house-sitter or friendly neighbour water your plants as needed.

For indoor plants place them in a few centimetres of water in the bathtub or laundry sink while you are away.

It's too hot for planting so just enjoy your precious green happy space. Have a wonderful festive season and a safe, healthy and prosperous New Year in 2024.

## End of Year Reflections



WITH **TRICIA BOLTON**

**T**he end of the year is fast approaching and many of us are focused on things we need to get done before the holidays begin.

There's a magical period between Christmas and New Year's when many of us get to enjoy some R&R. Even when we're working, it feels different because the old year is ending and the new one hasn't begun.

It can be a wonderful opportunity to stop and reflect. Often though, when we consider what's happened over the year we focus on what we haven't done - what we haven't achieved and we feel disheartened. Dan Sullivan and Dr Benjamin Hardy wrote a book about this phenomenon called *The Gap and the Gain*. We consider what we've achieved during the year and measure it in comparison to where we think we should be and feel discouraged. That's when we're in the gap.

Being in the gain means remembering how far we've come, what we've learnt and the effort we've invested.

Why spend more time in the gain? It's easier to keep taking action towards our goals when we feel better about ourselves and our efforts.

Imagine trying to feel motivated about 2024, when you're so busy criticising yourself for all the things you didn't accomplish in 2023.

So, pour yourself a cup of your favourite beverage and reflect on what has changed. How have you grown? What have you learned? How can you use your 2023 experience to help you in the future? Stay in the gain.

Website: [www.triciaboltoncoaching.com](http://www.triciaboltoncoaching.com)



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- PAW SURGERY**
- PAW DENTISTRY**
- PAW SPECIAL INTEREST IN POCKET PETS  
AND CANINE REPRODUCTION**



STORY **PANAYIOTA**

**B**eing an artist is not an ordinary job, it's a vocation where one connects with their inner knowing, that voice that speaks to them through their soul to encourage beauty, inspiration and change for those who admire it.

Sandra Pearce, local artist, uses her inner knowing, love of nature and printmaking to stimulate us into reconnecting with Boondall Wetlands (Wetlands).

"I grew up in Boondall and every Sunday, my dad and I would go fishing. At the time, I didn't understand what this meant to me," says Pearce, "but just by being out all the time, I learned the value of observation."

Observation is one of the key elements to being a successful artist but this also applies to us all. You see, every moment we spend interacting with our natural world, observation bestows upon us experiences with life-long memories and a sense of being present.

Pearce's work spans many years and her passion challenges us to open up to appreciating this wonder because it exists for everyone.

"I use my memories and personal experiences to influence my creative ideas and I share this journey in my art books and prints," said Pearce.

Pearce's drive and dedication has resulted in her collaboration with a group of local artists and writer/poets to create a wonderful palm-sized book called *Wetland Wanderings*. Dedicated to the Wetlands, this book authentically illustrates nature on our doorstep.

"It's an exciting anthology of creativity where art, science and history come together to create something extraordinary," said Pearce.

Made from 100% recycled paper, *Wetland Wanderings* helps us experience the surroundings from the artists point of view. It not only provides facts and figures but incorporates stories from First Nation artists and others.

"I'm passionate about local parklands and reserves — they are the natural habitats that us urban dwellers are most familiar with," said Pearce. "And I'm grateful to the Brisbane City Council for supporting our project."

Get your free copy at our book launch, follow: [www.brisbane.qld.gov.au/whats-on-and-events/event/wetland-wanderings-book-launch-170641280](http://www.brisbane.qld.gov.au/whats-on-and-events/event/wetland-wanderings-book-launch-170641280) or see info below.

For postal orders (\$10, incl P&H), contact [sandy\\_p09@hotmail.com](mailto:sandy_p09@hotmail.com).

**Community Event – Book Launch**  
**Saturday 20 January 2024**  
**Time: 2 to 3.30pm**  
**Boondall Wetlands Environment Centre**  
**31 Paperbark Drive, Boondall**  
**Entry via Stanworth Road**  
**FREE Entry**





NYE SUNDAY 31ST DEC

# BACARDÍ tropic like it's hot

Pub Classics  
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Bar open til 2am  
Free entry  
**DRESS TROPI-COOL**

Special Guests  
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Live On Stage 8PM  
until **COUNTDOWN**



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HIGHLY RECOMMENDED.**

JUST IN TO CATCH THE BAND?  
POP BY AND PULL UP A STOOL.



FRIDAY  
**26  
JAN  
2024**

**RELIVIN'  
THE GOOD  
OL' DAYS**

**STEREO BLONDE  
FROM 1PM**

**SMASH HITS  
AUSSIE TRIBUTE  
FROM 8PM**

**OPEN FOR BREAKFAST,  
LUNCH & DINNER  
FREE ENTRY**



**RESTAURANT RESERVATIONS  
HIGHLY RECOMMENDED.**

JUST IN TO CATCH THE BAND?  
POP BY AND PULL UP A STOOL.

A little sparkle,  
a lot of cheer



118 Eagle Terrace Sandgate

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PULL OUT & KEEP ME



# the full moon

HOTEL ON BRAMBLE BAY

## RETAIL SPECIALS

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CRISP MID STUBBIES CTN

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ALCOHOLIC LEMON  
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GREAT NORTHERN  
GINGER BEER CAN

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YOUNG HENRYS  
NEWTOWNER  
PALE ALE CANS CTN

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TRAVLA 3.5%  
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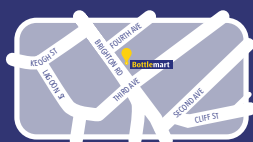
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PH (07) 3269 0083

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



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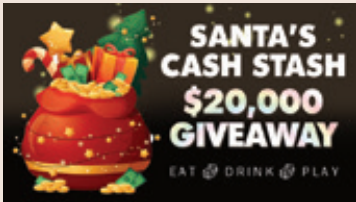
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# what's on december with free live music!

4 PAGE SPECIAL - PULL OUT AND KEEP ME!



STAY IN THE LOOP THIS  
HOLIDAY SEASON!  
SCAN FOR THE FULL  
WHAT'S ON →



FRI - SUN @ 7AM **BREAKFAST BY THE BAY**  
FRI 1 @ 5PM **SANTA CASH STASH MINOR DRAW**  
@ 8PM **MATTY CLARK**  
SAT 2 @ 8PM **BEAVER**  
SUN 3 @ 2PM **MIDNIGHT GROOVE**

MON 4 @ 5:30PM **\$20 STEAK OUT**  
TUE 5 @ 7PM **MUSICAL BINGO**  
WED 6 @ 5:30PM **\$18 SCHNITZ NIGHT**  
THU 7 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**  
@ 7PM **TRIVIA NIGHT**

FRI - SUN @ 7AM **BREAKFAST BY THE BAY**  
FRI 8 @ 5PM **SANTA CASH STASH MINOR DRAW**  
@ 8PM **DANIEL STONEMAN**  
SAT 9 @ 8PM **TRACE**  
SUN 10 @ 2PM **BAM**

MON 11 @ 5:30PM **\$20 STEAK OUT**  
TUE 12 @ 7PM **MUSICAL BINGO**  
WED 13 @ 5:30PM **\$18 SCHNITZ NIGHT**  
THU 14 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**  
@ 7PM **TRIVIA NIGHT**

FRI - SUN @ 7AM **BREAKFAST BY THE BAY**  
FRI 15 @ 6PM **SANTA CASH STASH MAJOR DRAW**  
@ 8PM **3 LITTLE PIGS MINUS SOME BACON**  
SAT 16 @ 8PM **THE DO DAHS**  
SUN 17 @ 2PM **BEAVER**

MON 18 @ 5:30PM **\$20 STEAK OUT**  
WED 20 @ 5:30PM **\$18 SCHNITZ NIGHT**  
THU 21 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**  
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**  
FRI 22 @ 8PM **TRACE**  
SAT 23 @ 8PM **IMESSA**  
SUN 24 @ 2PM **MATTY CLARK**

MON 25 **MERRY CHRISTMAS! VENUE CLOSED**  
TUE 26 @ 10AM **PRAWNS, BEERS + WICKETS!**  
@ 1PM **RJ**  
WED 27 @ 5:30PM **\$18 SCHNITZ NIGHT**  
THU 28 @ 5:30PM **\$18 TIKKA THE NIGHT OFF**  
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**  
FRI 29 @ 8PM **BAM**  
SAT 30 @ 8PM **DANIEL STONEMAN**  
SUN 31 @ 1PM **STEREO BLONDE**  
@ 8PM **TROPIC LIKE IT'S HOT NYE PARTY**  
**FEATURING SPECIAL GUESTS NIK & TUFFY!**

MON 1 @ 10AM **BALTER INTO THE NEW YEAR**  
@ 1PM **DAN MUNN**  
FRI - SUN @ 7AM **BREAKFAST BY THE BAY**  
FRI 5 @ 8PM **HOLLY BUDDY'S**  
SAT 6 @ 8PM **DAY OF EMBERS**  
SUN 7 @ 2PM **BEAVER**

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FOR THE  
YEAR!

\* MUSICIANS SUBJECT TO CHANGE

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# Local DINING GUIDE



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

## COCOA BISCOTTI

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

Follow us on fb Cocoa Biscotti Coffee & Gelato  
insta\_cocoa\_biscotti\_for more info.



2 Queens Parade, Brighton  
**Wine Bar**  
0416 689 465

## ECLECTEA

**Feature:** Expect the unexpected: everything has a story. Fresh seasonal menu, small wineries and craft breweries. Cosy, bayside atmosphere.

Opening Hours: Thurs 3-7pm, Fri - 3-9pm,  
Sat/Sun 1-9pm



# ADVERTISE YOUR CAFÉ

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



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](http://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](http://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.



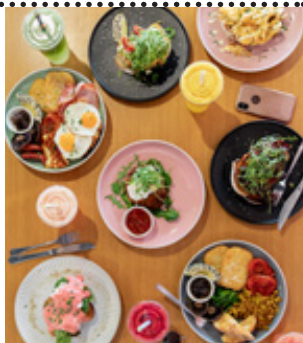
227 Rainbow St, Sandgate

**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**



# DECEMBER What's On.

## 01 FRIDAY



### TONY DEE

EclecTea 5pm

### LIVE MUSIC WITH PAT TIERNEY

Sandgate Post Office Hotel 5:30pm



### UNPLUGGED CAFE

Sandgate Community Centre 6:30pm

### UNPLUGGED CAFE

SANDBAG 6:30pm

### AMBER WORTHINGTON THE SANDS SOCIAL

The Sands Social 7pm

### MATTY CLARK

Full Moon Hotel 8pm

## 02 SATURDAY

### JINGLE ALL THE BAY

Sandgate Town Centre 3pm



### SATURDAY ARVO SESH W MAK & FRIENDS

EclecTea 5pm

### LIVE MUSIC WITH ELECTRO SWIGGETY

Sandgate Post Office Hotel 5:30pm



### SHANASHEEL

Sandgate Town Hall 7:30pm

### SHANASHEEL

Sandgate Town Hall 7:30pm

### BEAVER

Full Moon Hotel 8pm

## 03 SUNDAY

### RYAN HURRICANE AT SANDS SOCIAL

The Sands Social 1:30pm

### MIDNIGHT GROOVE

Full Moon Hotel 2pm

### BAYSIDE DIVAS CHRISTMAS CONCERT

Sandgate Town Hall 2pm

The Bayside Divas are putting on a Christmas concert on Sunday 3rd December at Sandgate Town Hall. It will be a real community event, with gold coin donation only for entry. There will be Christmas songs, Christmas baked treats and Christmas Raffle. Doors open at 2pm for 2.30pm start.

### HIGH TEA IN THE TELEGRAPH ROOM

Sandgate Post Office Hotel 2:30pm

### TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

### CHRISTMAS HIGH TEA

Sandgate Post Office Hotel 3pm



## 05 TUESDAY

### TRIVIA TUESDAYS 2023

The Sands Social 7pm

## 06 WEDNESDAY

### WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

## 07 THURSDAY

### MARCO AT 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/>

## 08 FRIDAY



### OASIS MAK

EclecTea 4pm

### LIVE MUSIC WITH FERN BROTHERS

Sandgate Post Office Hotel 5:30pm



### CHRIS STEVENSON AT THE SANDS SOCIAL

The Sands Social 7pm

### DANIEL STONEMAN

Full Moon Hotel 8pm

## 09 SATURDAY

### LIVE MUSIC WITH ELECTRO SWIGGETY

Sandgate Post Office Hotel 5:30pm

### TRACE

Full Moon Hotel 8pm

### TRACY VAUGHAN DUO AT SANDS SOCIAL

The Sands Social 8pm



## 10 SUNDAY

### ALLAN CAMERON AT THE SANDS SOCIAL

The Sands Social 1:30pm

### BAM

Full Moon Hotel 2pm

### TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

## 12 TUESDAY

### TRIVIA TUESDAYS 2023

The Sands Social 7pm

## 13 WEDNESDAY

### WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

## 14 THURSDAY

### CHRIS BENT AT THE SANDS SOCIAL

The Sands Social 11:30am



## 15 FRIDAY



### OASIS MAK

EclecTea 4pm

### LIVE MUSIC WITH RUSSEL HUNG

Sandgate Post Office Hotel 5:30pm



### COWY AT THE SANDS SOCIAL

The Sands Social 7pm

### 3 LITTLE PIGS - MINUS SOME BACON

Full Moon Hotel 8pm

## 16 SATURDAY

### BROADWAY WONDERS ON ICE

Boondall Iceworld - 2304 Sandgate Rd, Boondall QLD 4034 11am

Broadway Wonders on Ice, Boondall Figure Ice Skating Club Saturday 16th of December 2023. Three Show Times Available - 11:00am, 2:30pm, 5:30pm. Free On Site Parking

### JINGLE BREWS

Sandgate Town Centre 1pm

### LIVE MUSIC WITH ELECTRO SWIGGETY

Sandgate Post Office Hotel 5:30pm

### THE DO DAHS

Full Moon Hotel 8pm

### KLUSTERFUNK AT SANDS SOCIAL

The Sands Social 8pm



## 17 SUNDAY

### PREWORN MARKET AT THE POSTIE

Sandgate Post Office Hotel 9am

### BARELYWORN PRELOVED CLOTHING MARKET

Sandgate Post Office Hotel 9am

### BRETT WHITMORE AT THE SANDS SOCIAL

The Sands Social 1:30pm



### BEAVER

Full Moon Hotel 2pm

### TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

### CHRISTMAS HIGH TEA

Sandgate Post Office Hotel 3pm

## 19 TUESDAY

### TRIVIA TUESDAYS 2023

The Sands Social 7pm

## 20 WEDNESDAY

### WEDNESDAY TRIVIA AT THE POSTIE

Sandgate Post Office Hotel 6:30pm

## 21 THURSDAY

### DAVE GRAY AT THE SANDS SOCIAL

The Sands Social 11:30am

### PREPPING YOUR POOCH FOR PUB(LICK!)

EclecTea 6pm - 7:30pm

## 22 FRIDAY



**OASIS MAK**  
EclecTea 4pm



**LIVE MUSIC WITH PHOEBE OVER**  
Sandgate Post Office Hotel 5:30pm

**TRACY LEIGH AT THE SANDS SOCIAL**  
The Sands Social 7pm

**TRACE**  
Full Moon Hotel 8pm

## 23 SATURDAY

**IMESSA DUO**  
Full Moon Hotel 8pm

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

## 24 SUNDAY

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

**MATTY CLARK**  
Full Moon Hotel 2pm

## 26 TUESDAY

**RJ**  
Full Moon Hotel 1pm

## 27 WEDNESDAY

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

**MOON RISE TIME:** 7.13pm



## 28 THURSDAY

**CATHY DRUMMOND AT SANDS SOCIAL**  
The Sands Social 11:30am

## 29 FRIDAY



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

**SCOTT BROWNE AT THE SANDS SOCIAL**  
The Sands Social 7pm

**BAM**  
Full Moon Hotel 8pm

## 30 SATURDAY

**LIVE MUSIC WITH RUSTBUCKET BLUES**  
Sandgate Post Office Hotel 5:30pm



**CASEY FOGG DUO AT THE SANDS SOCIAL**  
The Sands Social 8pm

**DANIEL STONEMAN**  
Full Moon Hotel 8pm

## 31 SUNDAY

**STEREO BLONDE**  
Full Moon Hotel 1pm

**FIFTH AVENUE AT THE SANDS SOCIAL**  
The Sands Social 1:30pm

**NYE PARTY FEAT. NIK & TUFFY**  
Full Moon Hotel 8pm



# 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
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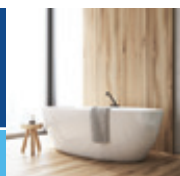
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