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# Sandgate

## GUIDE

**FREE** MARCH 2024 | EST. 2012

**LOCAL NAVY CADETS  
BACK ON BOARD**

**YOUR  
GUIDE TO  
BLUEWATER  
FESTIVAL  
INSIDE!**



**DISCOVER LOCAL  
TALENT AT THIS YEAR'S  
EASTER ART SHOW**

COVER PHOTO BRUCE REDMAN

**TRADES  
SERVICES  
& DINING  
GUIDE**

**SECTIONS  
INSIDE**

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# A Note from the Editor

**A**s we head into March, we also head into Autumn and some slightly cooler nights. I hope you've all survived the rain from last month!

Bluewater Festival hits the Bayside this month and we are looking forward to taking part in all the festivities again this year! Come say hi to us. There is program of events inside this month's issue of the Sandgate Guide to help plan your day.

I'm very excited to share with you the Brisbane Reptile Expo which is in our own backyard this year. I had the pleasure of interviewing Elizabeth Randall who is the force behind the Expo. You can listen to our interview on this month's podcast. Just scan the QR code below. You can also read more and get all the details on the expo on page 8.

March is a huge month as we celebrate Easter at the end of the month, International Women's Day on the 8th of March and St Patty's day on the 17th! Check out our gig guide to find some great live gigs and events to keep you busy the whole month long!

We also have some great stories inside! So until next month, happy reading - and listening.  
Jodie



**Scan to hear our latest podcast!**

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MARCH  
**2024**

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STORY **BROOKE JACOBSON**

## PAINT AND SIP

**T**he Sandgate Post Office Hotel is hosting a Moulin Rouge-themed paint and sip art class on Thursday, 14 March at 5pm.

Ostara Designs owner and art instructor Tara said she enjoys sharing her love of art with others.

"My favourite part of teaching is when I have had clients come into a session and say, 'I can't paint at all', or 'I'm totally not artistic'," she said. "But then they walk out of my session being so surprised with what they have created and even some have said that they will now continue to paint at home as they found it very therapeutic. This makes my day."

The three-hour guided art class includes all art supplies needed, including some sparkly diamantes, a glass of prosecco on arrival, a feather boa, and your completed 16 x 20" canvas is yours to take home.

"I am very much looking forward to working with the Sandgate Post Office Hotel for our upcoming Moulin Rouge-themed paint and sip event," Tara said. "We will have a burlesque-themed painting to create with added diamantes, a photobooth backdrop, music, and bubbles for an all-round fantastic evening. Hope to see you there!"

**Sandgate Post Office Hotel**  
1 Bowser Parade, Sandgate.

*Bookings for 18+ only at [www.opentable.com](http://www.opentable.com) or search Facebook for Sandgate Post Office Hotel events.*



## READ AND REPEAT

**T**he EclecticTea Books Anonymous Book Club meets on the first Thursday of each month at 6.30pm for a 7pm start. The next meet-up for book lovers is Thursday, 7 March.

Each month, attendees cast a vote for the next book off the shelf. The new read is announced on the night and posted on the EclecticTea Facebook page the next day.

This is a fun way to meet fellow readers and enjoy a great book! Head to the EclecticTea Facebook page to respond to the event, and happy reading.

*EclecticTea, 2 Queens Parade, Brighton.*

## CALENDAR GIRLS

**S**andgate Theatre Inc's next production is **Calendar Girls**, based on the true story of 11 members of England's Women's Institute (W.I.) who famously posed nude for a calendar in 1999.

The story follows Annie, whose husband, John dies from leukaemia. Annie and her best friend, Chris resolve to raise money for a new settee in the local hospital waiting room. With varying levels of encouragement, they persuade four friends and fellow members of the W.I. to pose nude with them for an "alternative" calendar. They are assisted by hospital porter

and amateur photographer Lawrence, who looked after John in his final days. This is much to the horror of their local W.I. chairman, Marie. The success of the calendar goes beyond their wildest dreams, and they have soon raised the money needed and much more. Their efforts also catch the attention of the national and international press, who soon descend on the small village of Knapeley in the Yorkshire Dales.

Calendar Girls will be performed at the Sandgate Town Hall from March 15 to 17, at 7.30pm.

*For bookings and more information, search Facebook for Sandgate Theatre Inc.*

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.

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# VARIETY PIG RACES RAISE FUNDS FOR KIDS IN NEED



## STORY PANAYIOTA

**V**ariety - the Children's Charity (Variety) was founded in Sydney in 1975 and in 1985 entrepreneur Dick Smith invited his mates for 'a drive in the bush' to raise funds for the charity. The Variety Bash (Bash) was born and quickly became a successful charity motoring event.

Variety's vision is to empower kids experiencing illness, disability or disadvantage to reach their full potential regardless of their circumstances. Since the charity started, \$27 million has been raised for grants, scholarships, mobility equipment like wheelchairs, educational aids, communication devices, medical items and services and therapy services.

Garry Finley, Team Captain of Tonka and AW2008 at this year's Bash, has been supporting Variety for five years. "Participating in the Bash means each team must fulfil specific requirements in order to register," Garry said.

"This includes raising a minimum of \$8,500 per car."

Last year, Garry's team held pig races at the Linville Hotel, where they not only surpassed the \$8,500 requirement by raising \$12,000 but also secured an additional \$20,000 in sponsorship.

For this year's Bash, his team is raising money at a pig racing event at the Bracken Ridge Tavern (BRT) on Saturday, 9 March.

"The pig races event is not something many people have been to but it's local at the Bracken Ridge Tavern so everyone can come and enjoy," Garry

said.

There will be five pig races, with the first race starting at 1pm.

For kids, there are indoor games like corn sacks. There are raffles, auctions and sweeps lined up with prizes including vouchers, gift packs, and even sports memorabilia that people can bid for.

The BRT will be well-stocked with food and drink for purchase.

"These funds go back to the kids," Garry said.

This year's Bash QLD runs from 12 to 22 August, beginning in Emerald and finishing at the Gold Coast via Lightning Ridge.

When asked what fulfils him most about the Bash, Gary said he loved seeing the looks on the kid's faces.

"Each day, 100 plus cars visit outback towns with gifts," Garry said. "Their look is priceless. Very exciting."

Past gifts to outback schools have included money, a mini-bus and library resources.

Please rest assured, all pigs are well cared for by Kev Kiley at the Sandy Creek Pub.

Tickets are available at the door for \$10pp. Kids under 15 are free.

For more about joining a Variety Bash, contact [info@variety.qld.org.au](mailto:info@variety.qld.org.au)

**Tonka & Car AW2008 Variety Pig Races  
Saturday, 9 March, (doors open 12pm)  
Bracken Ridge Tavern  
154 Barrett Street, Bracken Ridge.**



2024

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# NAVY CADETS

## LOCAL NAVY CADETS BACK ON BOARD

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

**T**he Australian Navy Cadets (ANC) unit Training Ship Paluma in Shorncliffe recently welcomed its latest intake of cadets.

The TS Paluma is part of the Moreton Flotilla and aims to develop young people as leaders and communicators under the framework of the Royal Australian Navy (RAN).

TS Paluma Commanding Officer, Luke Hollman said approximately 10 new cadets between the ages of 12 and 18 join the program each year, with meetings held every Saturday afternoon.

"We run activities to help them develop their skills – it is very self-directed learning," he said. "We do maritime training and power boating and canoeing. We wear their uniforms, use their ranks and their marks of respect, and we salute our officers."

"I think it really gives them a chance to shine and develop. Lots of cadets hone their skills and chase their passions. They can choose their path with the ANC and do what interests them."

Jake Purdey joined the cadet program in 2018 because he wanted to join the Australian Defence Force (ADF). He later decided not to

join the ADF, but said he decided to stay with the program for the valuable experiences it offered him.

"Being a cadet not only helped me socially but also practically," Jake said. "I use techniques where I work that I used at cadets. Over the six years I was there I progressed through the ranks learning different skills with each, did extracurricular activities, and made some great memories."

"I would say the highlight of my time as a cadet would be the courses I attended to develop new skills. Being on a working army base interacting with other cadets from around the state, while developing skills and forming friendships."

"Before I left the organisation, I planned on starting an application to become a staff member to continue the development of both myself and the cadets that come through the program. I now plan to continue with the program for years to come while I also work full-time, balancing the two."

The ANC will showcase their skills at the Navy Week Open Day at Port of Brisbane on Saturday, 2 March, hosted by HMAS Moreton.

*Bookings are essential.*

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# BLUEWATER FESTIVAL UNDER THE STARS

STORY **BROOKE JACOBSON**

**T**he 2024 Bluewater Festival is kicking off with a special twilight event.

Hosted by the Sandgate Bayside Chamber of Commerce, the festival is a highlight of the 4017 social calendar, and according to chamber president Bill Gollan, this year will be extra special.

"We love bringing the Bluewater Festival to our community each year," he said.

"It's not only a chance to get together and celebrate, but it also showcases the Bayside and

keeps visitors coming back to shop, wine and dine, which supports our local businesses.

"We are very excited to be bringing back the Thursday night opening this year.

"We invite the entire community to come down and enjoy twilight food, drinks and music by the Bayside."

The Thursday night twilight event at the Shorncliffe Pier and Lower Moora Park will feature food trucks, live bands, and a great community vibe.

Chamber executive officer, Chris Hare, said





starting the festival the day before Good Friday was perfect for anyone looking to get into the Easter long weekend early.

"Then of course on the Friday, we will have everything people have come to love and expect from the Bluewater Festival – we will have market stalls, activities for the kids, food trucks, live music, rides, and the firing of the cannon to officially mark the start of the Brisbane to Gladstone yacht race," he said.

"It's a big drawcard for this area, and we want people from outside the 4017 to come along, help celebrate our area, see the natural beauty we have here, and then come back at other times – check out our cafes, our shops, and enjoy a day out in Sandgate."



There will be plenty of activities for the kids, including a special visit from the Easter Bunny.

Bill added the festival would finish by lighting up the night sky.

"We bring the festival to an end with our always popular Bluewater beach party and fireworks display on Friday night," he said.

*For more information, search Facebook for Bluewater Festival, or go to: [www.sandgatebayside.com.au](http://www.sandgatebayside.com.au)*

### Bluewater Festival

Thursday, 28 March, 4pm-8pm

Friday, 29 March, 9.30am-8pm

Lower Moora Park,  
65 Park Parade, Shorncliffe.



# BLUEWATER FESTIVAL

**THURS 28 MARCH**  
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**FRIDAY 29 MARCH**  
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Markets, food trucks,  
rides and face painting  
and Easter Bunny visit

**11am**

Firing the 'Pearl Property  
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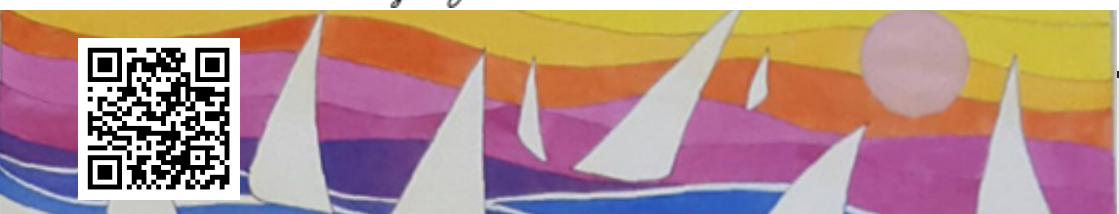
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11:40am Dublin Rose  
12:10pm Harry Phillips  
12:55pm Ang Whitley  
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2:55pm Aussie Aussie Aussie  
4pm 70's Unplugged  
Show (Nik Phillips)  
4:50pm Rock Godz &  
Mirror Balls  
6:05pm Creedence The  
John Fogerty Show

**7:30pm**

The 'Full Moon Hotel  
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**Art Trail from 9am-4pm**





12 AWARDS  
2023

JASON'S



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Ryan Finn

# PARA-SPORT ADVOCATE RECEIVES AUSTRALIA DAY AWARD

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

**B**racken Ridge resident Ryan Finn has been recognised for his voluntary work in the Paralympic sport of boccia at the Lord Mayor's Australia Day Awards.

Ryan was presented with the Australia Day Sports Award at the Australia Day Citizenship Ceremony

held at City Hall in January. He said it was an honour to win.

"I was in shock when I found out I had won the Lord Mayor's Australia Day Sports Award and honestly thought it might have been an error," he said.

Ryan has Charcot-Marie-Tooth (CMT) disease, which he described as an inherited, genetic condition that occurs when there are mutations in the genes. The disease affects the nerves in his feet, legs and hands, and he uses a wheelchair.

He discovered boccia when he called Muscular Dystrophy Queensland in 2014 to enquire about sports opportunities.

"Boccia is a game of strategy and accuracy," he said. "Athletes with impairments that affect motor skills with a varying range of severity, are able to get involved and play. Through boccia, I have been able to meet many athletes with many different disabilities, play great competition and make long-lasting friendships."

Ryan is an active participant and advocate for boccia. He has played in many tournaments, representing the Moreton Bay Boccia Club at the local level, and competed in several interstate tournaments as a representative of Queensland. He is currently seeking private sponsorships to continue his efforts.

He also visits specialist schools across Brisbane to encourage young people with disabilities to engage in and enjoy sports. Since 2018, he has been visiting Redcliffe Special School each week with his support worker and friend Ally.

"We specifically targeted the kids that otherwise wouldn't be able to participate in sport because their wheelchairs aren't compatible with grass or they don't have the range of movement required, but anyone is welcome," Ryan said.

He encouraged schools to reach out to Sporting Wheelies, a Queenslander provider of inclusive sports, recreation and rehabilitation therapy, to explore the available sports options for their students.

He said he considered winning the Australia Day Sports Award and the opportunity to raise awareness about boccia as his greatest achievements to date.

Looking ahead, Ryan envisions a "possible coaching role" and hopes to continue playing boccia for as long as possible.





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# EASTER SCHOOL HOLIDAY BOREDOM BUSTERS

STORY **KELLY WALKER**

**S**tuck for ideas on how to entertain the kids these school holidays? Whether you're looking to inspire their creative side, burn off some energy, or reconnect with nature, you don't have to look far for holiday fun.

As the Easter long weekend kicks off the holidays, make Shorncliffe's famous Bluewater Festival first up on your holiday agenda. Taking place at Moora Park on 28 and 29 March, the festival line-up includes food trucks and live music on Thursday evening and the fun continues all day long on Good Friday with live bands, kids workshops, food vendors, rides, and even fireworks to cap off the evening.

Continue the Easter fun at home over the holidays by baking together, decorating Easter eggs, or challenging your kids to decorate the house with Easter-themed crafts such as paper plate bunnies or colourful garlands. If you need a boost of creative inspiration, the Museum of

Brisbane offers free, downloadable craft and activity ideas (with step-by-step instructions) at [MoBKids@Homeactivities](mailto:MoBKids@Homeactivities).

If you're looking to get your kids outdoors to burn off some extra energy (and Easter chocolate), local playgrounds, swimming pools and skateparks are always holiday favourites. Pack a picnic, grab a coffee and choose from one of the many local options for kids of all ages, or venture a little further afield for a fun day out and a change of scenery. Older kids will love navigating the 12 ninja-style challenges at Redcliffe Parkour Park in Woody Point, and Bradbury Park in Chermside offers unique towers, bridges and more challenging play elements to keep kids in the 10-15 age group active and engaged.

For slower-paced outdoor pursuits, the local environmental centres are the perfect way to interact with local wildlife, breathe in some fresh air and immerse yourself in nature. Both Osprey House and Boondall Wetlands offer indoor education centres as well as meandering boardwalks with different flora and fauna at every turn. Check out their school holiday schedule for activities such as nature card making, bird watching, eco photography and guided adventure walks.

From family walks to fireworks, and swimming pools to parkour, school holidays are all about spending quality time together and making memories so kids feel refreshed and ready to go when it's time to hit the books once again.



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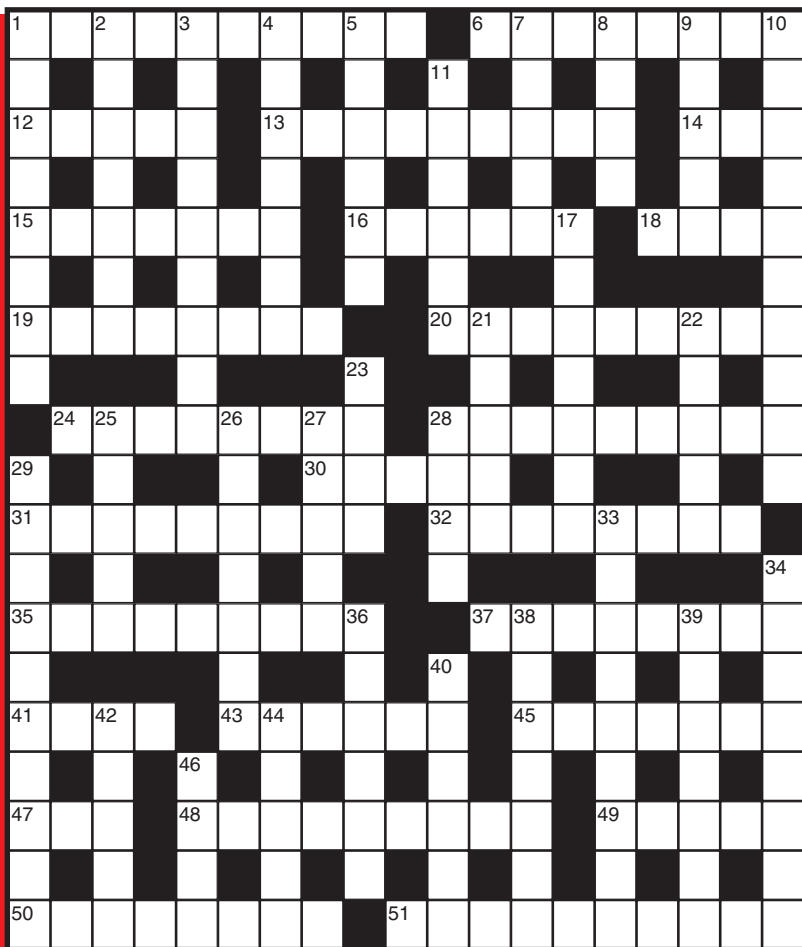
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## ACROSS

- 1 Lover of fine arts
- 6 Busy (coll) (2,3,3)
- 12 Hot milk drink
- 13 Canadian city
- 14 Tavern
- 15 Not professional
- 16 Inundate
- 18 Ring of a bell
- 19 Lifted
- 20 Reduced
- 24 Violent
- Indonesian volcano
- 28 Wise
- 30 Fake
- 31 Money order (4,5)

- 32 Produce
- 35 Rule badly
- 37 Feminine
- 41 Snatches
- 43 Survived
- 45 Proficiently
- 47 New flower
- 48 About
- 49 Cheaply made
- 50 Public vote
- 51 Hypnotised

## DOWN

- 1 Announced
- 2 Secrete milk
- 3 Brand
- 4 Harmful
- 5 Coloured
- 7 Type of orange
- 8 Warning device
- 9 Extracted liquid
- 10 Asian country
- 11 Falsified
- 17 Fruitful
- 21 Ooze out
- 22 Run quickly
- 23 Horse-drawn vehicle

- 25 Tirades
- 26 Coming
- 27 Bid
- 28 Ewers
- 29 Dreadful
- 33 Would-be poet
- 34 Innocent (4-4)
- 36 Temperament
- 38 Dental alloy
- 39 Destines
- 40 Guidance
- 42 Insignia
- 44 Hostility (coll)
- 46 Loose sand

**Solution: Page 88**





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GAS



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SOOTG, now an annual experience, is taking place on Thursday, 28 March ahead of BYW (7-13 April).

Like busy bees, these young minds are working on their theme while booking their entertainment line-up.

Some of last year's performers included Heatstroke, Old Mate Special, Melophobia, and Murdered by Monday, along with solo artists Rosa Quant, Phoenix Symonds, Emelia Palmer and Anouk Brown.

Planned activities include badge-making, giant

blocks, Connect 4, and a photo booth. Scrumptious food vans include much-loved favourites, such as Iced Tea Co, Latino Fusion, potato twisties and ice cream.

Cr Landers gave a huge shout-out to the organising team who dedicated their efforts to such a huge undertaking.

"As a former high school teacher, I love seeing young people take ownership of this event and extend themselves and develop new skills and confidence," she said. "When an event is run by them for them, it's far more meaningful and successful."

It takes many hands to bring this event to fruition, including Brisbane City Council, Visible Ink, Bracken Ridge Library staff, and the Jabiru Youth Team at Bracken Ridge.

"Aspley State School is a great supporter with staff members, Emily and Brendan, playing a big part and also our local PCYCs," Cr Landers said. SOOTG, though aimed at young people, is a great community event where all are welcome. Entry is free.

Check them on Instagram: [schoolsout\\_onthegreen](#)

**School's Out! On the Green**  
**Thursday, 28 March, 5-9pm**  
**Bracken Ridge Library Green, Bracken Ridge.**

# SCHOOL'S OUT! ON THE GREEN @ BRACKEN RIDGE

STORY **PANAYIOTA**

**A**h! What it means to be young! Beautiful minds filled with curious and courageous ideas, along with determination to grow while contributing to the world around them.

Each year, Brisbane Youth Week (BYW) sees individuals and organisations create events that celebrate the achievements of young people aged 12 to 25.

Some of these events are created by the very same young people we honour, including the local youth music festival School's Out! On the Green (SOOTG).

Bracken Ridge Ward Councillor Sandy Landers said SOOTG first started in 2022 when students from the Lord Mayor's Youth Advisory Council (LMYAC) raised a desire for more activities to be available for teenagers in our suburbs.

"With the help of Council's Visible Ink team, Jabiru and local school youth supporters and staff we were able to guide and assist the local LMYAC students to create the first youth concert at Bracken Ridge," Cr Landers said.



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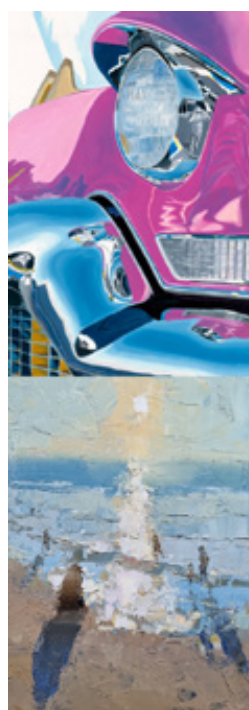
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# SANDGATE ART SOCIETY EASTER ART SHOW

**Featuring**  
**Minhan Cho**

**SasArt**

**FREE ENTRY**

**OPENING NIGHT**  
**28 MARCH 6PM**

**29 - 30 MARCH**  
**9 AM - 4 PM**

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While the second judge is yet to be confirmed, Sally said this year's exhibition would be enhanced by better lighting and setup, ensuring a richer showcase of artworks.

"Local talents Jan Hutchison and Brenda Hall are set to shine, contributing a diverse range of entries," she said. "Entries also include captivating photographic works, textured textile pieces and vibrant paintings, 3D sculpture and ceramic works." She encouraged the community to support local artists at the free event, held at St Patrick's College in

## NEW JUDGE BRINGS FRESH PERSPECTIVE TO EASTER ART SHOW

STORY **ALYSSA MACKAY**  
PHOTO **MINHAN CHO**

**T**he Sandgate Easter Art Show has become a community tradition over the Easter long weekend, coinciding with the Bluewater Festival.

The show is organised each year by the Sandgate Art Society (SasArt) to showcase the talent of local artists and those from the wider Brisbane area.

SasArt president, Sally Chippendale said this year's show would bring a touch of something special.

"We're thrilled to have Minhan Cho as a confirmed judge and featured artist, who is on the lookout for artistic innovation, technique, and the emotional resonance that sets prize-winning pieces apart," Sally said.

A contemporary landscape artist, Minhan is a native of Korea who studied pottery at Seoul National University of Technology before moving to Australia. He relocated to Moreton Bay in 2019, where he has made a name for himself in the artistic community.

Shorncliffe.

"Immerse yourself in inspiration, perhaps find a new favourite artist, and consider bringing home an original piece for your living space," she said.

Paul Kateley took out last year's Best in Show with his sculpture, Airbeater, which he constructed from a mixture of recycled machine parts, leather, metal, wood and rollerblade parts.

He said he had experienced success with winning and selling his art over the 10 years he'd been entering the Easter Art Show.

"My main inspiration is to create pieces which cause people to stop and consider," Paul said.

"I am entering this year's show, and I am working frantically to finish a new piece. I will also enter a 2D piece."

He said the show had become an important event in the local art calendar, with an accessible and well-positioned venue at St Patrick's.

"It is important for SAS to promote the group and share the creative spirit with the community," he said.

*For more information go to [sandgateart.org/easter-art-show/](https://sandgateart.org/easter-art-show/)*

**2024 Sandgate Easter Art Show**  
**Thursday, 28 March, 6-8.30pm (opening night)**  
**Friday, 29 March, 9am-5pm to**  
**Saturday, 30 March, 9am-4pm**  
**St Patrick's College (Callan Centre)**  
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# FULL MOON HOTEL'S SHRIMP-LY AMAZING BAR TRANSFORMATION

STORY **ALYSSA MACKAY**

**T**he Full Moon Hotel is preparing to unveil its latest renovation project, which is sure to surprise and delight patrons.

The popular venue, known for its coastal vibe and rich history, is set to transform the Osbourne Sports Bar into a themed bar with a unique feature – an old timber prawn trawler as a functioning bar.

Lucinda Black Dowling, the owner of the Full Moon Hotel, said it had always been the plan to renovate the Osbourne Sports Bar.

“With the rest of the hotel renovations complete, it naturally only made sense to move onto the next stage,” she said.

Since the Dowling family took ownership of the Full Moon Hotel in 2015, the venue has undergone several renovations. These include a design refresh inspired by the iconic coastal Queenslander homes in the area, refurbishments to the dining area, bar and gaming lounge, the creation of the Harvest Moon Café, and a new custom-designed kids’ play space, The Treehouse.

Lucinda said the latest renovations would be the first transformation the Osbourne Sports Bar had seen in decades, with the local prawn trawler

purchased to become the centrepiece of the space.

“On Wednesday, 31 January, working with the council and Aussie Fit Outs we closed part of Eagle Terrace to crane in the boat for installation – it sure was a spectacle!” she said.

The Full Moon Hotel was originally known as Osbourne House in the early 1860s, before becoming the Osbourne Hotel. The Osbourne Sports Bar, located in the most original part of the building, has been functioning for more than 150 years.

“Now, keeping the charm from the original Osbourne House building, the Osbourne Sports Bar is the place for cheeky banter, cold beers on tap, sports live and loud, and tasty food,” Lucinda said.

When asked about the timeframes for the latest renovation, Lucinda said they would be “casting off mid-March”. However, she is keeping the final design of the updated bar under wraps.

“You’ll have to pop into the Full Moon Hotel to find out for yourself!” she said.

Throughout the renovation process, the Moonlight Bar and Deck, Harvest Moon Café, Treehouse, and VIP Gaming Lounge will remain open to guests.

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# THE OSCARS BEST PICTURE GUIDE



STORY @WOTCHITWOMBAT

**fail at this every year! Watching all of The Oscars Best Picture nominations before they're announced.**

So this year I've created a quick guide on what you can expect and where you can watch them before they're announced on 11 March.

## **American Fiction - Prime Video and select cinemas**

A novelist uses a pen name to create a book to fight the establishment that exploits black literature. It's easy to see why Jeffrey Wright is up for Best Leading Actor.

## **Anatomy of a Fall - In select cinemas**

A small blind boy witnesses his father's murder and faces a tough dilemma when his mother becomes the prime suspect.

## **Barbie - In cinemas**

Barbie and Ken travel to the real world and they soon discover the joys and perils of living among humans.

## **The Holdovers - In select cinemas**

A cranky history teacher is forced to remain on campus over the holidays with a student and a grieving cook. If you loved *Sideways*, you'll adore this.

## **Killers of the Flower Moon - Streaming on Apple Plus and select cinemas**

One of director Martin Scorsese's best recent offerings, although don't feel guilty if you need to take a break. *Oil* is discovered in 1920s Oklahoma, threatening the Native Americans who own the land.

## **Maestro - Streaming on Netflix**

A passion project for director, writer and star Bradley Cooper, this love story chronicles the life of conductor-composer Leonard Bernstein.

## **Oppenheimer - In cinemas**

With a whopping 13 nominations, *Oppenheimer* is bound to take something home. The story of American scientist J. Robert Oppenheimer and his development of the atomic bomb.

## **Past Lives - In cinemas**

Two childhood friends are separated and then reunited 20 years later, but has absence made the heart grow fonder?

## **Poor Things - In select cinemas**

From the nutty and beautiful mind of Yorgos Lanthimos, immerse yourself in this fish-out-of-water tale of a young woman brought back to life by an unorthodox scientist.

## **The Zone of Interest - In select cinemas**

A German commandant decides to build his house next to Auschwitz. Warning, this is not for the squeamish, not because of what you'll see – it's what you'll hear.



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Elizabeth Randall, expo organiser and founder of Shikito's Critters

# EXPLORE A WORLD OF SCALY WONDERS AT REPTILE EXPO

STORY **ALYSSA MACKAY**  
PHOTO **JOHN PIRES PHOTOGRAPHY**

**G**et up close and personal with snakes, lizards and more incredible creatures at the **Brisbane Reptile Expo**.

The event, hosted by Shikito's Critters and the Brisbane Reptile Society, will take place this month at the Northside Indoor Sports Centre in Zillmere.

Owner of Shikito's Critters, Elizabeth Randall, founded the expo after complaining to her grandfather about the lack of reptile expos.

"I'd never been to a reptile expo before and I really wanted to go to one without going interstate," Elizabeth said. "So I organised the Brisbane Reptile Expo in 2023. I had a lot of support from fellow reptile keepers and it was a blast."

She said this year's expo was in a bigger venue with more breeders and a lot more reptiles.

"Last year was just over 1000 square metres, this year it's over 4000 square metres," she said.

"This year we have also made a special needs early entry time. With a maximum of 200 people for the first hour, this allows people who struggle in large crowds to still enjoy the love of reptiles.

"There will also be a few species that are quite rare in the hobby on display at the expo, including green tree pythons, white-lipped pythons, green tree monitors, oenpelli pythons and many more."

Elizabeth founded Shikito's Critters in 2019 with four

reptiles. She now has over 100 reptiles and amphibians, some of whom will be appearing at the expo, like Lefty the baby green tree python.

"He only has his left eye, hence the name," she said. "There is a few hypotheses about why he hatched with only one eye – the most likely is due to temperature fluctuations in incubation."

Another highlight is Aurora, the Hypo Chimera/Paradox carpet python, who was born with a random mutation.

"She hatched out with a split-coloured face!" Elizabeth said. "She reminded me of the Phantom of the Opera with his mask."

The expo will feature over 40 vendors, including breeders, enclosure manufacturers, jewellery designers, artists and authors. For the younger audience, Reptile Relocation and Awareness will provide entertaining shows, alongside face-painting and photo opportunities. Those with a QLD native animal permit may also have the chance to purchase a reptile.

*Tickets start at \$5. Children under 10 are free. To book go to [www.eventbrite.com.au](http://www.eventbrite.com.au) and search for Brisbane Reptile Expo 2024. For the full vendor list search for Brisbane Reptile Expo on Facebook.*

**2024 Brisbane Reptile Expo**  
**30-31 March, 10am-6pm**  
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# MARCH TIDE TIMES

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<b>1</b> 0038 2.08 FR 1234 1.95 1856 0.65		<b>7</b> 0026 0.64 0711 2.41 TH 1400 0.64 1929 1.86		<b>13</b> 0543 0.40 1139 2.36 WE 1803 0.36		<b>19</b> 0527 2.11 1232 0.87 TU 1811 1.59 2353 0.86		<b>25</b> 0338 0.54 0939 2.30 MO 1603 0.53 2200 2.20	
<b>2</b> 0118 2.04 0734 0.93 SA 1313 1.80 1930 0.71		<b>8</b> 0131 0.49 0804 2.56 FR 1449 0.51 2022 2.02		<b>14</b> 0012 2.43 0630 0.55 TH 1218 2.13 1837 0.45		<b>20</b> 0630 2.17 1323 0.78 WE 1905 1.73		<b>26</b> 0412 0.55 1007 2.25 TU 1630 0.50 2231 2.25	
<b>3</b> 0210 2.01 0836 1.01 SU 1406 1.66 2021 0.78		<b>9</b> 0229 0.36 0851 2.67 SA 1534 0.40 2111 2.16		<b>15</b> 0058 2.37 0721 0.73 FR 1300 1.88 1912 0.57		<b>21</b> 0057 0.76 0719 2.24 TH 1403 0.70 1948 1.86		<b>27</b> 0446 0.59 1035 2.17 WE 1655 0.50 2303 2.28	
<b>4</b> 0324 2.00 1005 1.03 MO 1531 1.56 2141 0.81		<b>10</b> 0321 0.28 0936 2.71 SU 1615 0.33 2158 2.29		<b>16</b> 0148 2.28 0824 0.89 SA 1351 1.66 1955 0.70		<b>22</b> 0145 0.67 0800 2.29 FR 1438 0.65 2024 1.97		<b>28</b> 0520 0.65 1103 2.07 TH 1721 0.53 2336 2.27	
<b>5</b> 0453 2.08 1143 0.95 TU 1708 1.59 2310 0.76		<b>11</b> 0409 0.25 1018 2.67 MO 1654 0.30 2243 2.38		<b>17</b> 0249 2.17 0947 0.98 SU 1507 1.51 2056 0.83		<b>23</b> 0227 0.60 0837 2.32 SA 1509 0.60 2057 2.06		<b>29</b> 0556 0.73 1134 1.95 FR 1747 0.57	
<b>6</b> 0609 2.23 1300 0.80 WE 1826 1.71		<b>12</b> 0456 0.29 1059 2.55 TU 1730 0.31 2327 2.43		<b>18</b> 0407 2.11 1121 0.96 MO 1651 1.49 2225 0.90		<b>24</b> 0303 0.55 0909 2.32 SU 1537 0.56 2129 2.13		<b>30</b> 0011 2.24 0634 0.82 SA 1208 1.83 1816 0.63	
								<b>31</b> 0050 2.20 0720 0.90 SU 1250 1.70 1853 0.71	

## FISH OF THE MONTH



## SOLDIER CRAB MICTYRIS LONGICARPUS

**O**ut of the three different species of soldier crabs that inhabit Moreton Bay, the Light Blue Soldier Crab is the most prolific and found across the eastern coast of Australia inhabiting tidal wetlands, sand-flats and estuaries.

About the size of a 20 cent piece they feed on the detritus and algae in the substrate leaving behind little round balls of sand.

Commonly seen as large armies on our local tidal flats and burying themselves like a corkscrew in seconds when threatened, they are probably one of the most loved crabs of Australia, fascinating children (and adults like me) for years.

Larger fish such as bream and whiting, along with a host of others such as sting rays, love feeding on soldier crabs too making them a fantastic and easy to collect fresh bait.



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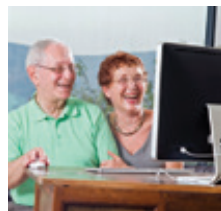
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BY **BROOKE JACOBSON**

## AUSTRALIA DAY HONOURS

Congratulations to the following residents of the Lilley Federal electorate, who were named in this year's Australia Day honours list. Dr Robert Cooke, AM, from Aspley for significant service to pathology, and to professional organisations; the late Reverend Donald Whebell, OAM, from Chermside for services to the Uniting Church in Australia; Dennis Walsh, PSM, from Nundah for outstanding public service to transport and road safety in Queensland; Dr Paul Browning, OAM, from Sandgate for service to education; Dr Peter Aitken, PSM, from Northgate for outstanding public service during COVID-19 and to the field of disaster management; and to Detective Superintendent Andrew Massingham, APM, from Sandgate.

## WELCOMING THE BABIES

Federal MP Anika Wells will be hosting one of the northside's most popular events on Sunday, 3 March, Welcoming the Babies. Held at Albert Bishop Park in Nundah, the event features a petting zoo, face painting, jumping castle, craft activities, and the annual "pram pro-am". If you've had a baby in the past 18 months, contact Anika Wells' office on 3266 8244 for more information.

## TEA AND HISTORY

Come along to the Sandgate Museum on Thursday, 28 March at 10am for Devonshire Tea. It's served with a lot of local history and a dab of trivia! The museum is at 150 Rainbow Street, Sandgate. Bookings are essential. Phone 3869 2283 or email [info@sandgatemuseum.com.au](mailto:info@sandgatemuseum.com.au)

## BEACH WALKS ARE BACK

Discover marine creatures and more while the tide is out with Laurie Jeans Beach Walk. The

walk is held monthly, with the next one on Friday, 15 March from 9am to 10.30am. Meet opposite the Old Baptist Church at Sandgate, on the corner of Cliff Street and Flinders Parade. Wear sturdy shoes that can get wet. This is a free event, but bookings are essential via [eventbrite.com.au](https://www.eventbrite.com.au) – search for "Laurie's Beach Walk".

## CAN YOU HELP?

Sailability Shorncliffe needs volunteers! The not-for-profit organisation provides a sailing experience or a ride on a pontoon boat each Monday on Cabbage Tree Creek, for the disabled community of all ages. They operate from the Queensland Cruising Yacht Club at 69 Sinbad Street, Shorncliffe, starting from 8am until around 12.30pm. The best news is, you don't need to know how to sail, as there are many areas you can help with. If you're interested, please call Peter Kearney on 0487 396 069 for more information.

## STOCK THE PANTRY AT SANDBAG

SANDBAG is in urgent need of instant coffee, fruit poppers, small UHT milk, penne pasta, pasta sauce, spaghetti, canned food, two-minute noodles, biscuits, small, flavoured milk, fruit snacks and ready meals. These items go into grocery hampers offered to families, young people, and other individuals who may access the centre for help due to experiencing hardship. If you can help, please drop donations to SANDBAG at 153 Rainbow Street, Sandgate.

## 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 the school gate? Email Brooke to be included in the next Bramble Bites: [editor@sandgateguide.com.au](mailto:editor@sandgateguide.com.au)*

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## How Saying No at Work can mean Saying Yes to Your Life



WITH TRICIA  
BOLTON

**E**ver found yourself working late, missing out on family movie nights or dinners with friends?

During Covid it was a common scene in our house, me glued to my laptop, promising “just 5 more minutes” that turned into hours. Until I realised one

evening that this wasn't the life I wanted.

I wanted more balance in my life, so I knew it was time to set some serious work boundaries.

Here's the scoop on creating that much-needed balance:

Communication is key: Let your team know when you're clocking out and stick to it. It's about setting expectations.

Prioritise: Not everything is urgent. Focus on what really matters each day.

Learn to say no: It's tough but necessary. Your time and energy are precious. You are not letting people down; you are preserving your energy for the tasks that matter most. It's not about being unhelpful but about being selective.

Disconnect to reconnect: Whether it's the simple act of closing your laptop at night, find a signal for your brain that work time is over.

Be kind to yourself: Some days deadlines will demand more and that's okay. The important thing is to recognise it as the exception, not the rule.

Start small and be patient with yourself focusing on one boundary at a time. And remember, it's okay to adjust as you go along. What matters is that you're moving towards a more balanced you.

For more information or to contact Tricia, head to her website - [www.triciaboltoncoaching.com](http://www.triciaboltoncoaching.com)

## LEARN THE DELICIOUS ART OF FERMENTING FOR GUT HEALTH

STORY **SALLY EBERHARDT** PHOTO **LEAH HUTCHINSON**

**G**ut health is a hot topic right now - your gut biome affects your whole system, even mental health.

Research shows that including fermented foods in your diet supports good gut health as they are antioxidant, anti-fungal, and anti-inflammatory. They also keep blood sugar in check, ward off heart disease and even fight obesity.

Learn how to make gut-healthy pickled vegetables, delicious fizzy probiotic drinks and more at a hands-on fermenting workshop in Sandgate this month.

Workshop facilitator, Leah Hutchinson, said it was surprisingly easy and cheap to make your own fermented foods. “I love that fermenting recipes use simple, old-fashioned processes and everyday household equipment to make delicious products,” she said.

Leah said her favourite recipes are kefir-cultured butter, kefir cream cheese and fermented salsa. Other products made during class include water kefir and kombucha, which are refreshing summer drinks, preserved lemons, which are versatile and make a lovely gift, and sauerkraut, which is so beneficial and simple once you know how.

“After class, we enjoy a big tasting platter of everything,” she said. “It's good for you and saves you money, but the truth is - I'm in it for the great flavours fermenting adds!”

*Tickets are \$120 (excluding booking fee). Bookings essential. Go to [www.eventbrite.com.au](http://www.eventbrite.com.au) and search Fermented Foods and Drinks.*

**Fermented Foods and Drinks 2024**  
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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.

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## POLICE BEAT



### MEET THE NEW TEAM AT PCYC SANDGATE

**T**here is a new team in Sandgate offering opportunities for young people to get fit and healthy in a safe environment. PCYC Sandgate is led by dynamic duo Club Manager, Laura Tyson, and Youth Club Program Manager, Sergeant Bob McDonald, both super excited to be part of the Sandgate community.

"For more than 75 years, PCYC (Police-Citizens Youth Clubs) Queensland has been building safer, healthier communities through youth development, offering wellbeing, learning and developmental opportunities tailored to communities," Laura said.

"The Sandgate Club is well known as a leading provider of quality recreational gymnastics and activities for children under 5 years, an area very close to my heart!"

There is no doubt about that. Laura has been involved within gymnastics since she was 5 years old. She was on the Australian National Squad and competed at two Junior World Championships. She holds an internationally recognised coaching qualification and has studied sports management, making her the perfect person to lead the club's team of over 15 coaches.

"PCYC Sandgate's gym sports include gymnastics, trampoline and Free G (parkour), as well as Little 'n' Active classes for children under 5 years," she said.

"We'd love you to drop by or give us a call to find out more about what works best for you and your family."

Sergeant Bob McDonald has been a Queensland Police Officer for over 20 years with involvement in PCYC Queensland for more than 10 years. Sergeant Bob is a member of the Community Safety Group and delivers prevention, intervention and diversionary programs that support youth development, crime prevention and positive community engagement.

"These programs can have a major impact on young peoples' lives by offering mentoring, education and support at a crucial time, helping them make positive life choices," he said.

"Club programs include a free Boxing After Dark program, the Youth Leadership Team, and The Duke of Edinburgh Award for high school aged young people. Young people can also learn to drive through the PCYC's Braking the Cycle program."

Sergeant Bob has also teamed up with SANDBAG, a local Community Organisation, to deliver a drop-in with free BBQ at Bracken Ridge Library and Bracken Ridge Skatepark, alternating each week. He is also passionate about his work with schools delivering free programs for young people.

"Working closely with schools is an important part of what I do. It's a great way to connect with young people about key topics that are important to them, including road safety, cyber safety, social skills and belonging, bullying, respectful relationships, domestic and family violence, anti-social behaviours, and managing aggression," he said.

*Find out more about what's on offer at PCYC Sandgate by emailing [sandgate@pcyc.org.au](mailto:sandgate@pcyc.org.au) or call 3269 5358. Keep up with the latest club news via Facebook (PCYC Sandgate) and Instagram (@pcyc\_sandgate).*



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**17 BRIGHTON ROAD, SANDGATE**



STORY **SALLY EBERHARDT**  
PHOTO **DOUG FORD FROM PIXABAY**

## **T**he original 'friends with benefits' - companion plants!

For the organic gardener, some knowledge of companion planting is vital in helping achieve your goal of an abundant, healthy garden without the use of chemical fertilizers or toxic insecticides.

Companion planting is the careful placement of plants (especially vegetables and herbs), which have beneficial effects on one another. These may be physical e.g. taller plants provide shelter from the sun for smaller plants, nutritional e.g. legumes (peas and beans) make nitrogen more available to other plants, or biological e.g. some herbs release strong fragrances that deter insect pests from attacking plants in their vicinity.

So what do you grow with what?

Biodiversity is the key to healthy ecosystems. This means growing a range of plants in proximity to each other (permaculture) rather than a big patch of just one species (monoculture).

Before you throw a random mix of plants together, research to ensure they are all friends and not enemies! For example, onion and garlic keep bugs off many plants you can sow this month including carrots, everything in the cabbage family, tomatoes and silverbeet, but should not be grown with peas and beans.

Next month we will look at more handy companion plants.

Happy gardening!

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## Getting Ready to Buy Your Own Home



WITH **MARK SINCLAIR**

Here are some initiatives for first-home buyers, and how they can work for you:

- First Home Super Saver Scheme (FHSS):

This is a great initiative to help eligible first-home buyers save within their super fund to purchase their first home – an effective way

to save a deposit.

The scheme allows each eligible person to make voluntary contributions. The contributions can be made by salary sacrifice contributions and/or personal or voluntary super contributions to their super fund to save for their first home.

The maximum voluntary contribution per year is \$15,000 and a maximum release of \$50,000 can be requested through the FHSS scheme.

Now is the time if you are a first-home buyer and are having difficulties saving your deposit, please consider this savings initiative.

There is a great resource with all the terms and conditions. Please visit [www.ato.gov.au](http://www.ato.gov.au) and search for 'First home super saver scheme'.

- First Home Buyer Stamp/Transfer Duty Concession

This is a Queensland government initiative and is designed to assist first-home buyers reduce the initial cost of purchasing a property to live in.

Stamp/transfer duty when purchasing a property is unfortunately a fact of life, and this initiative offers a concession to first-home buyers when the home is valued under \$550,000.

This initiative has been around for several years and really hasn't kept up with Queensland housing market growth in recent times, but hopefully it will be upgraded in 2024.

To understand all the terms and conditions, please visit [qro.qld.gov.au/duties/transfer-duty/concessions/homes/first-home/](http://qro.qld.gov.au/duties/transfer-duty/concessions/homes/first-home/)

## LOOK *Who's New*



**T** here's a new kid on the block – and the aim of the game is to reduce your workload!

Last month, Vijay Cheemalapati opened Your Laundromat in Bracken Ridge and he's already seeing 'loads' of happy customers passing through his doors.

With multiple massive washers and matching massive dryers, at Your Laundromat, you are able to wash and dry in a single cycle with no need to split the wash load into multiple dryers, saving you time and money.

"I'm excited to be able to bring this kind of professional operation to the 4017 community. One great thing that sets us apart from other Laundromat facilities is the ability to check machine availability online before heading to the Laundry," Vijay said. "We also have some great opening specials and regular monthly specials to help residents reduce costs."

Your Laundromat is a 24/7 operation which boasts 14 machines – 7 washers and 7 dryers with a high load capacity. The Laundry is also cashless, has free Wi-Fi for customers and you can download the Speed Queen App to get rewards credit to pay for future washing and drying.



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# PLANT-BASED COOKING CLASSES TEACH SIMPLE WAYS TO BE HEALTHY

STORY **ALYSSA MACKAY**

**F**iona Anchal, the founder of Wholesome Bellies, is on a mission to teach people how to cook nutritious and delicious plant-based meals.

Her passion for cooking began at the age of 12, when she spent her weekends at her parent's Italian restaurant, helping serve meals to 250 people every night.

Now, with over 14 classes on offer at her Woolloongabba location, Fiona is sharing her love of creating flavoursome food with others.

"I'm passionate about teaching others how to create mouth-watering plant-based dishes,"

Fiona said. "Mainly because I know we all need to eat more vegetables and more whole foods.

"Learning to cook your own plant-based meals means that this way of eating is more sustainable. With variety and flavour, it's easier to maintain. Protein is a huge factor too and learning how to cook legumes and tofu is crucial. Otherwise, most plant-based eaters who can't cook end up eating processed vegan foods and that's not ideal every day.

"Another great thing is cost saving. Right now, everyone is looking to cut down costs with the increased costs of living. Knowing how to whip up a quick, healthy lentil dhal, for example, will set you back a mere \$8, add some rice and you've got an awesome dinner."

One of the newest classes is the Asian Fusion class, where participants will cook dishes like curried potato wontons, sweet potato stir-fried Chinese noodles, and caramelised sticky garlic eggplants.

In the coming months, Wholesome Bellies will be running Malaysian, Middle Eastern, Moroccan, Sicilian, Indian, and Mexican classes, as well as an Aussie BBQ class.

Wholesome Bellies also hosts monthly Vegan Long Table Dinners, where attendees enjoy a four-course dinner. On Saturday, 23 March is a Mexican Long Table Dinner and on Wednesday, 24 April is an Indian Long Table Dinner.

Fiona made the move to a plant-based diet 17 years ago after losing her father to heart disease.

"I wasn't sure how long I would last, but six weeks in I'd never felt stronger and more energetic," she said. "I've never gone back and now I feel like the research supporting a plant-based diet is compelling.

"I'm not one to judge or push veganism onto anyone – Wholesome Bellies exists simply to inspire and empower others to add more vibrant plant-based foods into their life."

*For more information and to book a Long Table Dinner or a cooking class go to [www.wholesomebellies.com.au](http://www.wholesomebellies.com.au)*

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Authorised by Anika Wells, ALP, Nundah QLD 4012



# SocialSnaps

by PAUL NEIL



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



The Sands Bowlo is Open!! Brayden, Vjorn and Lyndon have the sausage sizzle up and running for their big opening day event.



Our own Sandgate singer songwriter Dublin Rose (right) and Bestie Alice have the hottest tickets in town and are off to see their idol Taylor Swift in concert in Melbourne next week.



Artist Catherine Reason Macauley and partner Tim welcome everyone to Catherine's 'Golden Wattle' Exhibition opening at Reason Gallery, Sandgate.



Mark turns 70 and to celebrate he has a back patio tropical party with his wife Gail and his daughter and son-in-law Davina and Mat and friends at his home in Bracken Ridge.

# Mr Henderson

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# March Specials

MEAL OF THE MONTH



## OPEN CAULIFLOWER BURRITO

Fried cauliflower, Mexican beans, rice, haloumi, guacamole, cherry tomato salsa, chimichurri, coriander & chilli on a tortilla.

**\$22.9 MEMBERS | \$25.9 NON-MEMBERS**

## BARISTA SPECIAL



## BUTTERSCOTCH MILKSHAKE

Butterscotch milkshake served in a chocolate Easter egg with a peanut butter rim, dipped in nuts, topped with whipped cream & chocolate fudge sauce.

**\$11.5 MEMBERS | \$12.8 NON-MEMBERS**

## DESSERT SPECIAL



## JAFFA MOUSSE DELIGHT

Orange & chocolate mousse, served with whipped cream & chocolate ice cream.

**\$11.9 MEMBERS | \$13.2 NON-MEMBERS**

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# A WORD FROM OUR REPRESENTATIVES

**E**veryone deserves a place to call home.



WITH **STIRLING HINCHLIFFE MP**

We are all aware of the Australia-wide strain on housing supply and the associated rising cost pressure. That's why the Miles Government has released Homes for Queenslanders, a comprehensive plan to deliver more homes and make sure renters have a fair go. This plan marks the biggest investment in housing supply and homelessness support services in Queensland's history.

We will leave no stone unturned to create more affordable housing.

Our Homes for Queenslanders plan prioritises delivering more affordable housing faster, backed with more than \$3 billion additional investment.

Homes for Queenslanders reforms the planning system to increase housing supply. By delivering on our target of one million new homes, we can put downward pressure on housing prices.

We are bolstering protections for renters and easing cost of living pressures so that they can save for a home of their own. And we're taking care of Queenslanders who have fallen through the cracks, with a record increase in funding for homelessness services and by massively expanding our social housing build. With housing and rental costs under pressure, Homes for Queenslanders is

about working to ensure every Queenslander has a place to call home.

As we celebrate International Women's Day on March 8, it seems timely that more Queensland women and girls will be able to take up sport and recreation activities under the Active Women and Girls Program, with 314 organisations sharing in almost \$3 million aimed at boosting participation. Active Women and Girls is delivered under Activate! Queensland 2019 – 2029 (Activate!), the Miles Government's 10-year strategy to further enrich the Queensland way of life and build on our strong community foundations to deliver better health and well-being outcomes for all Queenslanders.

Through Activate! Queensland, the Miles Government is committed to supporting opportunities which encourage lifelong movement and break down the barriers that prevent Queenslanders from achieving a sufficient level of physical activity.

This funding will also reduce the cost of living impacts felt by our local clubs.

The first round of the Miles Government's \$15 million Active Women and Girls program is set to deliver greater opportunities for playing, coaching, volunteering, officiating, team management and club management. Applications are open until 6 March 2024 (unless exhausted earlier), so eligible clubs and organisations are encouraged to apply as soon as possible. Further information can be found here: <https://www.qld.gov.au/recreation/sports/funding/active-women-girls-program>

**T**he Albanese Government is delivering a tax cut for every taxpayer in the Lilley electorate starting on 1 July.



WITH **ANIKA WELLS MP**

I know that Northsiders are doing it tough and I am laser-focused on delivering cost-of-living relief to support working families.

Since coming to government, we have implemented a raft of measures to help Australians make ends meet including cheaper child care, electricity bill relief, increased rent

assistance, more Medicare bulk billing, cheaper medicines and our \$11.3 billion investment in a wage rise for aged-care workers.

Around 82,000 people - every taxpayer in Lilley -

will receive a tax break from 1 July under Labor's better tax cuts announced by the Prime Minister and Treasurer.

The average tax cut will be \$1634.

Around 70,000 people, or 85 per cent of taxpayers, will receive a bigger tax cut than they would have under the plan Scott Morrison legislated five years ago.

The average Australian wage earner on \$73,000 per annum will receive a tax cut of \$1504 which is more than \$800 extra in their pocket each year than they would have received under Scott Morrison's proposal.

To find out how much you will benefit from Labor's tax cuts, use the calculator on the Treasury website: [www.treasury.gov.au/tax-cuts/calculator](http://www.treasury.gov.au/tax-cuts/calculator)



### Brisbane North Dementia Choir

#### Living well with Dementia

The Brighton Wellness Hub has started a choir for people living with dementia and their carers.

If you would like to find out more information or register, please call Katie at the Brighton Wellness Hub 3631 7568.

Choir Program to run Fridays (7-8 week terms)

Time: 9.30 am – 12.00 pm

Where: @ the Brighton Wellness Hub

Next one commencing April 2024.

\*Please note there will be a small fee for attendees\*

Morning Tea provided



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Second Ave Sandgate

# PODCAST OF THE MONTH

## BONE VALLEY PODCAST REVIEW

STORY **NICK ALLFORD**

Could you believe a convicted murderer?

**A**s most crime aficionados know, when a wife is found dead, the prime suspect is always the spouse. So, in 1987 when Michelle Schofield's body was discovered in a pit in Florida, few people believed the innocence of her husband Leo. That is until over 30 years later when Pulitzer Prize-winning author Gilbert King and his researcher Kelsey Decker start investigating the case. Although this is a true crime podcast, it unfolds more like a work of fiction from the mind of John Grisham – two plucky reporters try to free a wronged man, unearthing new evidence, going up against the government and sticking their noses where they don't belong.

Without spoiling anything, what sets this podcast apart from other true crime podcasts is that it features a blow-by-blow confession from the killer – but that's just the beginning.

At its heart, it's about injustice and trying to uncover the truth. If you love Netflix shows like *Making a Murderer* then this is perfect for you. The podcast is well produced, even including music from the convicted murderer – a strange choice I know, but it'll make sense when you listen to the podcast.

*Find Bone Valley wherever you get your podcasts.*

# LOCALS HEAD TO THE POLLS

STORY **BROOKE JACOBSON FOR DEAGON WARD**  
STORY **ALYSSA MACKAY FOR BRACKEN RIDGE WARD**

Residents of the 4017 will go to the polls on 16 March for local government elections, meet the candidates running in the Deagon & Bracken Ridge Wards.

**T**here are two candidates for the Deagon Ward. The incumbent Councillor Jared Cassidy, the Labor candidate, has represented the ward since August 2015.

"The greatest honour of my life has been to represent my community – the community I grew up in, and have been nurtured by," he said. "I'd like to be given that opportunity again, as I feel I have some unfinished business at both a local level, and a city-wide level."

Cr Cassidy said there were several issues at the top of his "to-do" list including obtaining

greater funding for drainage across the ward, as well as securing an Olympic legacy for local sporting facilities.

"On a city-wide level, it's about getting council back to a basic level of service and delivering on that – footpath maintenance, grass mowing, and upkeep of our local parks," he said. "The Labor party have three main issues we're concerned about – firstly, where Council can help with the housing crisis; secondly, transport and congestion issues; and thirdly, suburban investment, delivering on services and improving the liveability of our suburbs."

"I'd like to see an Olympic legacy locally for our sporting facilities, at the Deagon Sportsground and O'Callaghan Park."

"I think people are happy to pay their rates, if they feel they're getting a return on that – they want to see value for money."

Greens candidate and Boondall resident Edward Naus is new to politics. He said he was prompted to run for office in the aftermath of the 2022 floods.

"I just didn't see any attempt to change the poor planning that I believe contributed to that event, and I just thought – 'why not me? Who else is going to talk about this?'," he said.

"For me, joining the Greens was easy because they are very grounded as a party, they're willing to listen, and they take a more grassroots approach to politics."

"The big parties, Labor and the LNP, they've got lots of people who have studied law and things like that but not a lot of people who have lived a standard life."

At a Brisbane-wide level, Mr Naus said he had concerns about housing availability, and land banking.

"I just want to see a more democratic, grounded approach to the city and how it runs," he said.

LNP candidate Brock Alexander was disendorsed by the party just weeks out from polling day.

In a statement, the LNP said: "The party has made the decision to disendorse the

Deagon Ward candidate ... because of past comments that were not previously disclosed, and do not align with our party's values".

---

**T**here are three candidates for Bracken Ridge Ward. The incumbent, Sandy Landers (LNP) has represented the ward since 2019.

If re-elected, Cr Landers said she would continue to lobby the State Government for a North West Tunnel to ease congestion on Gympie Road.

"We need to keep Brisbane moving and as part of the Schinner Council, I will support critical congestion-busting projects that target roads and public transport, like the Beams Road upgrade and cost-effective upgrades and advanced technology to our existing infrastructure," she said.

She added she was committed to improving security at local clubs, building new parks and playgrounds, and securing a partnership with the State Government for a jointly-funded State Emergency Service (SES) depot.

"And we will keep costs down for residents by maintaining a balanced budget and the cheapest rates in south-east Queensland," she said.

During her tenure, Cr Landers said she had fostered connections between community members and delivered key projects including intersection upgrades, the Bill Brown Reserve shared pathway, and inclusive play equipment in parks.

She thanked residents for their support, trust and friendship over the past four-year term.

"There is still more to do and it is an incredible privilege to represent the community where I grew up," she said.

Labor candidate Thomas Stephen has been with the ALP since 2015, including as an Electorate Officer and Advisor for Stirling Hinchliffe MP. He decided to run for Bracken Ridge Ward during the 2022 floods.

"I had water lapping at my house door and like many in the community received no warning or assistance during that horrible Sunday," Mr Stephen said.

He said he was shocked the nearest sandbag

depot was in Zillmere, which was challenging to access in heavy rain.

"As I helped residents clean up, they were telling me very similar things," he said.

"They were concerned by the lack of help or assistance by Council during their hour of need. This whole experience just made me realise that our community needed a new and energetic councillor."

Mr Stephen said he would advocate for a local SES depot, a new neighbourhood planning system and better funding for drainage and flood mitigation projects.

"As Councillor for the Bracken Ridge Ward I would strongly advocate for Council to ensure that mitigation infrastructure is constructed in our community to alleviate future flooding," he said.

He added that increased congestion was another main issue. "Labor will be focused on addressing these issues by halving bus fares for all Brisbane residents, increasing frequency and reliability of our buses," he said.

Greens candidate and long-term 4017 resident John Harbison said he had been politically active for most of his adult life. He joined the Greens in 2014.

"I have been politically active with no expectation of personal advancement; I want to see the advancement of social welfare," Mr Harbison said.

He has been involved in local community groups and bush regeneration projects for almost 30 years. If elected, he said he would speak with the community to determine their priorities.

"I want to give voters in Bracken Ridge Ward more options than the two major parties – it is more democratic that way," he said. "Participatory democracy is the principal issue; people have the right to be heard on local issues."

He reminded people to be courteous to booth workers and volunteers on voting day.

*Local government elections will be held on Saturday, 16 March. Voting is compulsory. For a list of polling booths, and other information, go to [www.ecq.qld.gov.au](http://www.ecq.qld.gov.au).*

---



# the full moon

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# Local DINING GUIDE

## Bluenose Betty

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73 Rainbow Street,  
Sandgate

Casual Dining

3269 3258

## BLUENOSE BETTY

**Feature:** Bluenose Betty is one of Sandgate's & Brisbane North's, most unique venues, with a spectacular ambience. We're a bar, kitchen, restaurant, beer garden, open midday till late 7days ( lunch & dinner ) with takeaway also available.

Checkout our website [www.bluenosebetty.com.au](http://www.bluenosebetty.com.au).



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.



## EclectTea



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, byside atmosphere.

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



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)



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# 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.



## MARCH What's On.

### 01 FRIDAY



#### FRIDAY CROONING WITH TONY DEE

EclecTea 5pm

#### MAT MCCOUAT

Brighton Bowls Club 7pm

#### CASEY FOGG AT THE SANDS SOCIAL

The Sands Social 7pm

#### HOLLY BUDDY'S

Full Moon Hotel 8pm



## 02 SATURDAY

### NBLC 2024 GEM SHOW

Albert Bishop Park 9am

### LIVE MUSIC

QCYC 12pm

### SATURDAY SESH W MAK & FRIENDS

EclecTea 5pm



### TRACE

Full Moon Hotel 8pm

## 03 SUNDAY

### MAKERS & SHAKERS- STITCHER'S SOCIAL

EclecTea 1pm - 3pm

Makers & Shakers is an afternoon of craft with like-minded people of all ages and abilities. BYO equipment: needles, hooks, hoops, wool and yarn. Huge selection of craft beer, spirits, wine, cocktails and nibbles available. Live music all afternoon!

### MANCINI ART SERIES WORKSHOPS

EclecTea 1pm - 4pm

Using gum leaves collected at Pomona, artist Kim Mancini, will guide you through the process of collage and hand embellished artwork. Tickets available on Humanitix.

### BRETT WHITMORE AT THE SANDS SOCIAL

The Sands Social 1:30pm

### BAM

Full Moon Hotel 2pm

### FELLOW NOMADS

QCYC 2pm

### TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

## 06 WEDNESDAY

### MEET RENAE BLACK

Sandgate Library 11:30am

## 07 THURSDAY

### TRACY VAUGHAN AT SANDS SOCIAL

The Sands Social 11:30am



### BOOKS ANON. BOOK CLUB

EclecTea 6:30pm - 8pm

First Thursday of every month. Details on Facebook.

## 08 FRIDAY

### OASIS CHILL W MAK

EclecTea 5pm



### MUMS IN THE WILD!

EclecTea 6pm - 8pm

Are you keen to escape captivity for the evening? Let your hair down and shake a few tailfeathers?! This is a free event for Sandgate Mums to meet in real life... We will have live music, food, drinkies and a whole bunch of lovely humans catching up.

### CHRIS FRANCO AT THE SANDS SOCIAL

The Sands Social 7pm



### STEREO BLONDE

Full Moon Hotel 8pm

## 09 SATURDAY

### ERIC ROETING

QCYC 12pm

### SATURDAY SESH W ANDY PEACOCK

EclecTea 5pm

### CELTIC WOMEN

Sandgate Town Hall 7pm - 9:30pm

Australian Celtic Women bring together an all-female musical ensemble to transport you back to rolling hills, misty moors, and heavenly voices, with tantalizing harmonies, dazzling costumes and whirlwind fiddle playing. Tickets from \$25 <https://trybooking.com/CNVXP>

### SONGS OF THE HEART

Sandgate Town Hall 7pm

### CHILLI PADI DUO AT THE SANDS SOCIAL

The Sands Social 8pm

### BEAVER

Full Moon Hotel 8pm

## 10 SUNDAY

### NATE ANDREW AT THE SANDS SOCIAL

The Sands Social 1:30pm



### BEAVER

Full Moon Hotel 2pm

### ASLEEP AT THE REEL

QCYC 2pm

### TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

## 14 THURSDAY

### MARCO AT SANDS SOCIAL

The Sands Social 11:30am

### PAINT & SIP

EclecTea 6:30pm - 8pm

We have finally got ourselves together and organised a Paint & Sip evening!! Sean from Artazen Workshops will be leading the way. Tickets available on Humanitix.



## 15 FRIDAY



### OASIS CHILL W MAK

EclecTea 5pm



### ROCKIN ROOS

Brighton Bowls Club 7pm

### CANDICE LONG AT THE SANDS SOCIAL

The Sands Social 7pm



### DAY OF EMBERS

Full Moon Hotel 8pm

## 16 SATURDAY

### MAISY TAYLOR

QCYC 12pm

### SATURDAY SESH W LITTLE IVY

EclecTea 5pm

### SIMPLY TWO AT THE SANDS SOCIAL

The Sands Social 8pm

### DANIEL STONEMAN

Full Moon Hotel 8pm

## 17 SUNDAY

### THE MADIGAN'S

Full Moon Hotel 2pm

### THE LOUNGE LIZARDS

QCYC 2pm

### TUNES ON THE TURF - OPEN MIC

EclecTea 3pm

### KT MAREE AT THE SANDS BOWLO

The Sands Social 5pm



## 21 THURSDAY

### BILLY GUY AT MORNING MELODIES

The Sands Social 11:30am

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

EclecTea 6pm - 7pm

## 22 FRIDAY



### OASIS CHILL W MAK

EclecTea 5pm

### DILLON CARLSSON

Brighton Bowls Club 7pm



**LANN LEVIGNE AT THE SANDS SOCIAL**

The Sands Social 7pm

**IMESSA**

Full Moon Hotel 8pm

**29 FRIDAY****23 SATURDAY****JAMAAL SUGARS**

QCYC 12pm

**SATURDAY SESH W ROBBIE G**

EclecTea 5pm

**3 LITTLE PIGS MINUS SOME BACON**

Full Moon Hotel 8pm

**BODY & SOUL DUO AT THE SANDS SOCIAL**

The Sands Social 8pm

**30 SATURDAY****JESS IRVINE**

QCYC 12pm

**STEREO BLONDE**

Full Moon Hotel 8pm

**31 SUNDAY****ALLAN CAMERON AT THE SANDS SOCIAL**

The Sands Social 1:30pm

**BEAVER**

Full Moon Hotel 2pm

**24 SUNDAY****HOLLYTERRENS AT THE SANDS SOCIAL**

The Sands Social 1:30pm

**JIVE MIGUEL**

QCYC 2pm

**TRACE**

Full Moon Hotel 2pm

**TUNES ON THE TURF - OPEN MIC**

EclecTea 3pm

**25 MONDAY - FULL MOON RISE 5:54PM****28 THURSDAY****DARRIN LEIGH AT THE SANDS SOCIAL**

The Sands Social 11:30am

**PAINT & SIP**

EclecTea 6:30pm - 8pm

We have finally got ourselves together and organised a Paint & Sip evening!! Sean from ArtaZen Workshops will be leading the way. Tickets available on Humanitix.

# THE BIG ONE

## CROSSWORD

### ANSWER KEY

D	I	L	E	T	T	A	N	T	E		O	N	T	H	E	J	O	B
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**Bracken Ridge**  
**www.coasit.asn.au**

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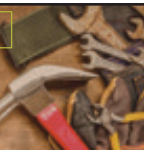
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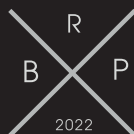
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