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Sandgate

GUIDE

FREE APRIL 2024 | EST. 2012



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A Note

APRIL
2024

FROM THE EDITOR

We hope you had a fantastic Easter and if you have kids or grandkids around, are enjoying the school holidays. We had a great time at the Bluewater Festival at the end of March and hope you did too!

On 25 April, we will mark ANZAC Day and remember the sacrifices made that enable us to enjoy the freedom we have today. We have two lovely stories this month on page 8 and 10 for you to enjoy as a tribute to ANZAC day. If you would like to attend a service or a march, you can find one near you here: rslqld.org/whats-on/anzac-day

There are loads more great stories plus entertainment, trades and services in this month's Sandgate Guide. And don't forget to scan the QR code below to listen to this month's Guidecast!

Until next month, happy reading – and listening.
Jodie

Scan to hear our latest podcast!



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WHAT'S HOT

BY BROOKE JACOBSON

MAGNIFICENT MAGNET MAKING

The Shorncliffe Pottery Club is running a magnet-making competition! Create a magnet celebrating one of the following - Shorncliffe, Sandgate, 4017, Einbunpin, or pottery and ceramics. The maximum size is 8cm x 8cm and can include landmarks, building, history – pretty much anything goes! Members can enter up to four magnets each, with two prizes, one for the Most Creative, and the other for Best Celebration of the Topic. Judging will take place at the Shorncliffe Pottery Club on July 25. The magnets will be displayed and sold at the Einbunpin Festival and 4017 Open Studios.

For more information email shorncliffepotteryclubinc@gmail.com



RISE TO THE OCCASION

If you've mastered the basics of sourdough making and want to stretch your skills even further, book in for the Next Level Sourdough workshop happening in Sandgate. Run by Leah Hutchinson, the class will cover working with different flours, add-ins and flavoured bread, alternative shaping, managing your starter, fun with scoring and stencils, and an introduction to baguettes.

"People need to have already attended my beginner workshop, or be confident making a basic sourdough loaf, to attend," Leah said. "If people have any special sourdough interests, let me know and I'll do my best to include them."

Participants are asked to bring three containers of one-litre capacity to take their dough home. Refreshments and all equipment are provided.

The class is held on Saturday, 13 April at 56 Connaught Street, Sandgate. Tickets are \$117.79. To book go to [eventbrite.com.au](https://www.eventbrite.com.au) and search for Next Level Sourdough 2024.



WOMEN IN BUSINESS MEET UP

The next Meet & Mingle – Women in Business event is being held on Friday, 19 April at 6pm at The Full Moon Hotel.

Launched in 2023 by two Sandgate professionals, Kassi and Lucinda, the Mingle is for everyone – the business owners, CEOs, students, side hustlers, freelancers, young

rising stars, leaders, retirees, women not currently working, women that work for others. The more the merrier.

Expect to make a friend, see familiar faces, learn something new, be inspired, feel challenged, ask questions, feel a connection, offer advice, solve a problem, or even find a mentor. Kassi and Lucinda pride themselves on keeping the event friendly and casual, saying, "There are no tickets, no strings, no agendas and no memberships."

You can RSVP via Facebook, or just turn up on the night. Meet & Mingle is held at the Moonlight Bar at the Full Moon Hotel, which is the main bar downstairs. There is some light catering and drinks on arrival.



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THEY SHALL NOT GROW OLD

HISTORY SANDGATE

STORY **PATTIE TANCRED**

Now just names on a war memorial and over 100 years later that is all that remains of them. But once they were sons and brothers from all walks of life: farmers, printers, and shopkeepers.

Ultimately, though, they were soldiers who died in a war the causes, course and outcomes of which are hardly remembered today. Let's recall a few of these lost boys, all dead and buried in France, and those they left behind.

Private Albert Edward Andresen died on 5 June 1918, aged 20. Albert embarked for the war in December 1916 leaving behind his parents, Nicholas and Maud Andresen of Signal Row, Sandgate (now Shorncliffe). Nicholas and Maud were no strangers to bereavement, having lost their baby daughter – Albert's little sister – Olive Maud, in 1913, aged six weeks. Before enlisting, Albert had been "a devoted officer and worker in the Sunday school" of the Sandgate Methodist Church. In the trenches he gained a reputation

for bravery, but one suspects that that would have been little comfort to his parents.

Sergeant Cedric Austin Bell, killed 14 September 1916, aged 20, was the son of Mr and Mrs E Austin Bell of Flinders Parade, Sandgate. Mr Bell was a certified accountant and Mrs Bell was an indefatigable worker for numerous causes – the Brisbane General Hospital, St Nicolas Church and, during the war, the Red Cross. Cedric sailed from Australia in April 1916. In February of that year, the Sandgate community had held a send-off for 18 local men who had enlisted. A concert, dancing and refreshments (provided by Mrs Bell's ladies' committee) were provided. Cedric was probably among those being farewelled. After his death, his company commander wrote to Cedric's parents that he had the highest opinion of him "both as a soldier and a man" and that "he was beloved by all who knew him." Again, probably scant solace. Despite her loss, though, Mrs Bell continued to work for the benefit and comfort of soldiers both returned and abroad.

There are many more: Private Alex Macdonald of Sandgate, son and sole support of a widowed mother, who, upon embarkation, allotted three

shillings of his daily pay to her, died, aged 24, in early 1918. Private George Walton, killed in August 1918, unluckily close to the end of the war, was a member of a musical family and soloist and song leader at the Sandgate Baptist Church.

These people, soldiers and their families were the victims of a terrible conflict; putting stories to their names illuminates war's true cost.

[With thanks to the Sandgate Historical Museum (opening hours: Sunday and Wednesday, 10am to 3pm). Photograph: John Oxley Library, State Library of Qld, Neg No 63961]





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followed by a parade along Brighton Road, with form up at 8.40am to march at 9am.

Veterans, their families and the community will get to share tales of mates and loved ones who served in all wars, conflicts and peacekeeping operations.

"I actually tried to join the army when Korea was on," John said. "It took me about 12 weeks to grow a mustache and my dad signed a paper for me to join. I was 14 or 15 I suppose.

"Unfortunately the recruiting sergeant realised I was only a young bloke.

"He had me on for about six weeks... Eventually he said, 'I know how old you are! Thank you very much.'"

It took John a few extra years to join the army and he went on to serve for 21 years from 1956 to 1977 in the 1 RAR, 3 RAR, 6 RAR and 42 RQR.

There were also two years at jungle warfare school with the British Army, multiple trips to Malaya and time in the Vietnam War including the Battle of Coral-Balmoral.

VETERANS SWAP WAR STORIES

STORY **RENEE MCKEOWN**

There are many stories of teenagers faking their age to join the army and John Caruana has one of them.

It took him 12 weeks to grow a mustache in an attempt to fight with his country but he could not fool those in charge.

The Sandgate RSL Sub Branch veteran will be one of many people who will commemorate ANZAC Day on Thursday, April 25.

The dawn service will be held once again at Sandgate War Memorial Park just before 5am and

"I was the smallest bloke in the battalion, they made me the policing sergeant," John said. "I looked after my blokes, particularly I worked with the premise that I was pretty hard on people but if they weren't there I wouldn't be there to command.

"I broke my back when I was in Vietnam, I didn't know that at the time but the cold used to get to me when I went to dawn services.

"But now it seems to be warmer so I am looking forward to it, for the comradery."

John eventually retired from the Australian Army as a warrant officer class two to spend time with his late wife Dorothy who he met at Enoggera and their three sons.

He is now a proud great grandfather and war veteran who is a familiar face at Sandgate RSL Sub Branch events including monthly morning teas, meetings and social nights held on the first Friday of each month at 4.30pm.

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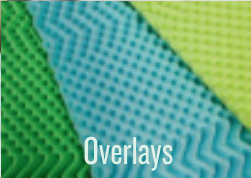
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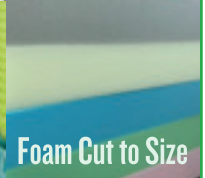
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RAISE A TOAST!

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

Sandgate Toastmasters is celebrating its 50th anniversary this year, while worldwide the organisation is commemorating its centenary.

Local member John Topping said the Sandgate branch started in May 1974, with citizens from the 4017 business community joining up.

"Toastmasters started in the United States, and initially it was just men, but women were finally allowed to join in 1973," John said.

"For a lot of people, public speaking is their number one fear, so they join because they might have an event coming up – like a business presentation or a speech at a wedding – and they want to know how they can best approach it."

John added Toastmasters was a supportive environment.

"Every meeting has a different theme, and new members are encouraged to start small – everyone gets a chance to speak," he said.

"I found it very welcoming. No one sits in a corner. Everyone gets a mentor.

"Your first speech is called an 'ice breaker' and that can be on any topic you like. Everyone is evaluated, but in a positive way."

Marlene Hatton is one of the original members of the Sandgate branch.

"Before women were officially allowed to join, a lot of women just joined up anyway using men's names – and then they had to re-join after women were allowed in," she said.

"I joined because it sounded like fun, and we do have fun. We do learn a lot from what our members talk about at each meeting, and it's a valuable skill to have."

John said Toastmasters was for anyone aged over 18 and encouraged young people to sign up.

"It's great for advancing your career, and Toastmasters is gaining a lot of growth in Asia, because people there see the benefit of being able to speak in English," he said.

"Locally, we're a strong club.

"There's a certain structure that goes with Toastmasters, and Sandgate has been what's known as President's Distinguished for the past four years and Select Distinguished for the past 10 years."

Sandgate Toastmasters meets on the second and fourth Tuesday of each month at 7pm at the RSL Sub-Branch Hall, 12 Burnett Place, Sandgate.

For more information, email: sgatetm@gmail.com

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MEET THE CAPTAINS



Mary MacKillop College is proud to introduce to you our 2024 School Leaders!
Mia Silver-Thomas and **Trinity North**

As the 2024 College Captains we are encouraged by the theme of spirit, to guide our remarkable peers to ignite their own, unique flame. This year as we celebrate the 60-year anniversary of the College's opening, our Diamond Jubilee, we recognise that each student has the ability to demonstrate spirit by embracing an abundance of opportunities.



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Mary MacKillop College
60 Bage Street, Nundah 4012
Phone 3266 2100



Sandgate District State High School 2024 captains **Faith** and **Thomas**

Our role as School Captains at Sandgate District State High School is to strive to improve the school, through its culture and community, by creating an inclusive space for all. To us, leadership is the dedicated work to envision the future of our school and students.

Sandgate District State High School
41 Braun Street, Deagon Qld 4017
Phone 07 3869 9888
Open Day Thursday 16 May 2024 4-6.30pm



BRAEDEN GATES
Captain



ISABELLA IVEY
Captain

At Southern Cross, a strong emphasis is placed on our Lasallian core principles. This year, as College Captains, we aim to focus on being a presence across all four campuses by forming a stronger sense of house and school spirit.

Southern Cross Catholic College
307 Scarborough Road, Scarborough Qld
Phone 07 3480 3600



St John Fisher College 2024 School Leaders
(Left to right) **Anju Maliakkal** and **Gloria Adzraku**

As college leaders for SJFC 2024, our primary goal is to foster a vibrant and inclusive environment. We are eager to embrace the 2024 theme, 'Ignite the Spirit Within,' as our guiding principle. Our vision is to ignite the individuality and inner flames of each student so that they may discover their passions, unlock their potential, and cultivate a sense of unity. We understand that by taking this role, we are not the sole voices, but rather an echo of the wider community.

St John Fisher College
John Fisher Drive, Bracken Ridge QLD 4017
Enrolments 07 3631 0810





St Kieran's 2024 captains **Pippa Shobbrook** and **Connor Payne**

All students are encouraged to demonstrate leadership skills at St Kieran's Primary School. We congratulate all our Year 6 senior students for 2024, who, through our Leadership Ministries, will lead our school. We are proud to introduce our School Captains for 2024 are Pippa Shobbrook and Connor Payne.

St Kieran's Primary School
15 Greenwood Street
Brighton Qld 4017
Phone 07 3269 5989



(Left to right) Student Ambassadors, **Charley Wyatt, Connor Ind, Emily Baulch, Lacey Simpson**

Step into 2024 with courage and embrace vibrant futures! As the 2024 student leaders, our vision is clear: 'Nail the Connection' through communication and participation. We're dedicated to uniting our school community, empowering students to achieve personal, academic, and career success.



Australian Trade College North Brisbane
294 Scarborough Road,
Scarborough, QLD 4020
Phone 07 3880 4331



Left to Right - **Paul Mikhail-Gouda** (Vice Captain), **Cohen Taylor** (Vice Captain), **Riley Horn** (Captain), **Finn O'Sullivan** (Vice Captain).

Our theme for 2024 is 'Brothers in Spirit: United as One'. Our goal as Senior Leaders is to encourage each one of us to be the best versions of ourselves, create meaningful connections and unite the College community as one.

St Patrick's College
60 Park Parade, Shorncliffe
Phone 07 3631 9000



Anirudh Ajeesh, Ryley Leather, Emma Bradbury, Chelsea Whitney

As leaders of Shorncliffe State School, we take immense pride in preserving the values of being **Engaged, Kind, Resilient** and **Respectful**. We are fortunate to lead a progressive school that cherishes its history while embracing learning to ensure students are **Independent, Curious** and **Creative**. These Shorncliffe 7 values bring the community together to ensure a bright future for all students.

Shorncliffe State School
Our Students, Our Community, Our World
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Preparing to enter the housing market

In previous editions we spoke about getting into the housing market, and today we will work through some of the schemes and initiatives that are available to Home Buyers.



WITH **MARK SINCLAIR**

- Home Guarantee Scheme: this allows eligible Home Buyers to purchase a home with as little as 5% deposit.

Usually, home buyers with less than 20% deposit would be required to pay "Lenders Mortgage Insurance" (LMI). Under the First Home Guarantee however, the

Government is guaranteeing the loan and so in essence paying the LMI. This could save you up to \$25,000 in LMI fees.

This incentive is for houses up to \$700,000 in Metro QLD and \$550,000 in Rural QLD. Applicants can be First Home Buyers or previous homeowners who haven't owned a property in Australia in the past 10 years.

This previously was only available to singles or partners, but now siblings can apply.

There is a great resource with all the terms and conditions, please visit www.housingaustralia.gov.au

- Family Guarantor Support: This is a Bank/Lender initiative for Parents/Family Member(s) to help their children get into the property market.

A Guarantor is someone, for example Parents/Family Member(s), who can help secure a home loan by agreeing to offer their own property as additional security for the home loan.

Both the deposit/equity loan and the main purchase home loan are in the Buyer's name, and the Parents/Family Member(s) as the Guarantor. It is becoming more difficult to save a deposit currently with the rent as high as it is, so this is a very popular initiative.

There are many terms and conditions with each individual Bank/Lender, so I would recommend doing your research or contacting a Mortgage Broker to discuss your options.

20/20 Finance Brokers - 0429502701

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ROCK THE BOWLO!

A Night of Food, Fun and Live Music to Raise Funds for SANDBAG

STORY **KELLY WALKER**

The Sandgate and Bracken Ridge Action Group, more commonly known as SANDBAG, is excited to offer a night of live music, food, drinks, raffles and more in an effort to raise much-needed funds.

Kym de Thierry, a Team Leader at SANDBAG, explained that although SANDBAG is still going strong, the space is in need of a little tender loving care, so they have created the perfect community event to make that happen.

"In partnership with local resident Robert Purnell, we've decided to offer the community a night of live music as a fundraiser to help cover the costs of upgrades that need to be done to the space," Kym said. "The money raised will go towards things like an air-con system, a new front entrance, and painting."

Robert reached out to SANDBAG, expressing his desire to support the centre, and given his long-standing relationships in the music industry, the idea to hold a live music show was born.

Rock the Bowlo will feature performances from premier Brisbane bands Fat Chance and Frau Blucher, with special guests Glen Sexton, Suzie Purnell and Rick Young.

SANDBAG is an inclusive community-based organisation that has been working to connect people with programs and services for the past 30 years, and community support through fundraising is a key part of their success.

"This event is not only a great way to raise money – it's also a wonderful way to bring the community together," said Kym. "We hope to create awareness for SANDBAG while having some fun at the same time!"

Entry is \$10 at the door (Eftpos and cash). For more information call 0419 712 760.

**Rock The Bowlo Fundraiser
Saturday, 11 May, 6pm-Late
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MEXICAN & A NEW YORK STYLE DELI

Tony Bates (one of the owners) & Michael Stillman (chef)

Mr Henderson Introduces Two Exciting New Dining Options for Sandgate

STORY KELLY WALKER PHOTO JOHN PIRES

Something new is cooking at Mr Henderson's that's sure to delight the taste buds of 4017 residents.

Claire Hamlyn, co-owner of Mr Henderson, or Hendo's as it's affectionately known to locals, explained how they're introducing two new dining options to the Sandgate community.

"At Mr Henderson, we've always partnered with food trucks to provide a variety of options to our patrons," she said. "However, post-Covid, it's been harder to book them consistently so we thought we'd open our own complimentary food business in addition to keeping a few of our

favourite food trucks on rotation to give our customers the best of both worlds."

Sensing a need for Mexican food in the 4017 community, the stars aligned for Mr Henderson's team when they learned that Mexican food was of particular interest to their chef, Michael Stillman.

"Mexican is easy to eat, really flavourful, and suits our climate well," Claire said. "It also pairs perfectly with our popular Margaritas!"

Mr Henderson's Taqueria will offer eat-in dining, Wednesday to Saturday, from 5-8 pm and will cater to gluten free, vegetarian and vegan diets, creating a menu that everyone can enjoy.

Chef Michael will also be lending his talents as part of a new venture as the Mr Henderson's team gears up to open a New York deli-inspired sandwich shop in the former Salad Days location.

"When Salad Days became available, it just made sense," Claire said. "The new shop, Frankie's on 4th, will deliver a

modern sandwich menu, along with a few salad options."

Opening in early April, Frankie's on 4th, lovingly named after Claire's larger-than-life rescue pup, who has sadly passed, will be an exciting new lunch option for the Sandgate community.

"We've had a bit of feedback over time about the need for more lunch choices in the local area," Claire explained. "People really miss Salad Days and say they're keen for new sandwich options."

Frankie's on 4th customers will be able to eat in or take away, and furry friends will also be welcomed, just as they are in Mr Henderson's backyard.

Claire and her team are more excited than ever to bring these new flavours to the local community.

"You'll see some familiar faces between Hendo's and Frankie's on 4th," she said, "but we're also bringing on some new crew members to ensure that our great standards of service will always be maintained for our customers."

Mr Henderson

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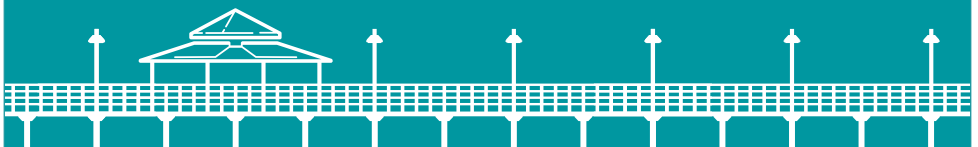
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FAIRYTALE ENDING

Local Children's Author Achieves Publishing Dream

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

Bracken Ridge children's author **Annaleise Byrd** is celebrating the release of her debut novel, ***Losing the Plot***, after a six-year journey from dream to publication.

The middle-grade novel, aimed at children between the ages of 8 to 12, was published by Walker Books last month and launched at a special event at Sandgate Town Hall.

Annaleise said *Losing the Plot* was rejected by publishers twelve times before it was finally accepted.

"That's par for the course for children's writers," she said. "Often when we submit our work, we don't hear back from the publishers at all, because they get such a huge volume of submissions.

"But I had come close several times with this particular story – a few publishers had requested the full manuscript but it had never gotten quite over the line with them."

She met her publisher at the CYA Conference, an annual writing event in Brisbane.

"From the enthusiasm she showed for my story, I knew right away that this time it was going somewhere," she said. "I think that's what we're all waiting for – someone who completely gets what we're trying to do.

"I was very determined to become an author and just kept steadily working towards that dream."

Losing the Plot tells the story of two modern-day children who find themselves in the world of Grimms' original fairy tales.

"We know the original versions of those stories are a lot darker and scarier than the versions that are often told now...so, I wondered, what skills would those modern-day kids need?" Annaleise said. "What would their interactions with the fairytale characters be like? Would the fairytale characters even know they were fairytale characters? That was the initial seed of the idea."

For aspiring authors, Annaleise recommends reading lots, joining a writer's group and thinking outside the box to achieve their goals.

"Consider whether there are any aspects of becoming an author that you don't feel confident about and figure out how to address those things," she said. "For example, if you need to improve your writing skills or learn how to use social media, take a course.

"Be proactive and think of creative ways to work towards your dreams, whatever they may be."

Losing the Plot is available to purchase online at [Booktopia](http://Booktopia.com). For more information visit annaleisebyrd.com





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GREEN THUMBS READY FOR FRESH PLANTING

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

Things are certainly blooming at the Brighton Handmade Collective, with a new garden centre set to open this month.

Business owner, Sara Boase, said she was delighted to be expanding the space on Brighton Road.

"The garden centre will run the length of the building and out into the backyard, it's probably around 100 square metres," she said.

"We're thrilled and the locals are so excited – as soon as you say, 'garden centre' people's heads whip around.

"This will double our footprint and we're excited to be offering this new addition."

Qualified horticulturist and landscaper, Harrison Schell, will be running the garden centre.

He has been a part of the Brighton Handmade Collective since the beginning and has been planning the garden centre expansion for some time.

"There will be lots of indoor plants, and we will also be dabbling in chillies and other produce plants," Harrison said.

"People can expect to see terrariums, carnivorous

plants, and some larger landscaping plants, along with specialised soil and fertiliser."

Harrison added gardening had become a popular hobby in recent years, with the rise of "plant mamas" on Instagram contributing to the craze.

"The thing about gardening is, it's the joy of caring for something and the peace of mind it brings – it takes you away from the mundane life stuff," he said.

"You can create your own little sanctuary and there's a social side to it too. It's a hobby lots of people relate to and people can learn from each other, they trade plants and tips."

Harrison has spent a large part of his career in garden design and installation, and that service would also be on offer in the new garden centre.

"People will be able to come here and talk to me about those bigger gardening plans, those big plant installs, and to have that here locally is going to be great," he said.

"A lot of the bigger plant centres don't offer that kind of landscaping advice, so hopefully people will take advantage of that.

The garden centre will officially launch with an open day.

For more information search Facebook for:

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COMMUNITY RALLIES BEHIND LOCAL'S FUNDRAISING FOR CANCER RESEARCH

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

Local resident Karen Broadhurst is reaching out to her community to help fundraise for a cause that is near and dear to her heart.

Karen and her partner Rich Hodgson have signed up for the Box Rallies, the largest community-based fundraiser for the Cancer Council in Australia, after learning that their close friend has terminal cancer.

Karen said her friend, Amy Roberts, had been diagnosed with stage 4 inflammatory breast cancer last year at the age of 54.

"I was in Thailand when she phoned to tell me," she said. "I was shocked.

"We met about 14 years ago. She was looking to buy our house and we just clicked."

Karen and Rich will be participating with the team name Restless Gypsies in the Sh*tbox Rally, a 3200 journey from Bendigo to Townsville in a car worth just \$1500. The dynamic duo, both in their sixties, will travel from 19 to 25 October on some of the

most formidable roads in Australia to raise awareness and funds for cancer research in honour of Amy and others affected by the disease.

The Box Rallies, founded in 2009, have raised more than \$38 million for cancer research. All teams must raise a minimum of \$5000 to participate, with most teams hoping to surpass that target.

At the time of going to print, the Restless Gypsies had raised \$3500 and were actively seeking support from the community to reach their goal.

Karen said they were planning fundraising events, including a Bunnings sausage sizzle, and were also hoping people would donate online at their fundraising page.

"Unless we raise \$5000 we cannot go," Karen said. "We can't do this without your help. Every little bit helps."

Karen also reached out to local businesses like the Full Moon Hotel, JK Electrical and Bridgestone Sandgate for sponsorship and they have stepped up to support the cause.

"It's fabulous they are supporting us," she said. "They are both very involved with the community. We can't do it without them." Amy and her husband Greg, residents of Canberra, are also participating in the rally and have raised an impressive \$14,000 for cancer research so far.

Donate to Restless Gypsies online at spring2024.shitboxrally.com.au/restless-gypsies or scan the QR code.

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SUMMER SPORTS IN THE SPOTLIGHT

STORY **RACHAEL TICKNER**

Known for its close-knit community, Sandgate, Bayside and surrounds has long embodied the attributes of the mateship and loyalty that comes with playing a local team sport. Our sporting heroes share with *The Guide* some summer season highlights.

Sandgate Hawks

President of Sandgate Hawks, Melanie Fuller, said, "Last year, we had all five senior teams make the finals and 23 youth and junior teams were a part of our AFL community. Over 700 families celebrated our Club's 80-year anniversary, and we welcomed even more female players to our community, which was wonderful to see."

Brighton Roosters

In the Club's 56th season, the Brighton Roosters' President, Mr Dennis Trenery shared: "Our Under 20's and Under 13's teams won the Premiership, and our little Under 6's, 'The Bantams,' made us proud. A-Grade came within a whisker of making the Grand Final."

The Pickering family said: "We're new to the Club, but are so impressed with how the Roosters brings the community together."

Bracken Ridge Ridgettes

Club President, Kylie Raffin-Loof, said, "Ridgettes have had a number of achievements over the past year, including our Division 1 team taking out the premiership, for Brisbane Netball Association."

Ms Emma West, was recognised by receiving the honourable and much-respected, Sharon Casablanca Trophy Leadership Award."

Northside Wizards Basketball

Mark Wrobel, CEO of Northside Wizards Basketball, which is the home Club to more than 400 Sandgate locals, said that the Association had experienced much growth. "A big win was being named as a finalist for the Basketball Queensland Association."

Deagon Ward Councillor, Jared Cassidy, said, "We are spoilt for choice when it comes to community sports each season. What used to be traditionally winter sports, like Football, AFL, and Rugby League, these have been trending towards all year sports. Cricket has expanded beyond summer and with sports, like netball, gymnastics, martial arts, and swimming."

Minister for Sport of Australia, MP Anika Wells, said: "Sport should be for life, and I want people of all ages reaping the physical and mental health benefits that competition and physical activity provides."

"Sport provides intangible community benefits, through the spirit that it fosters in team settings, and I am determined to ensure that more kids and adults are able to easily access sporting facilities."

For more information on your local club: sandgatehawks.com.au, brightonroosters.com.au northsidewizards.com.au ridgettesnetballclub.com.au parkrun.com.au.

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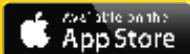
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It's 'Phins up!' for 4017 locals Walter and Sharon at the Dolphins opening game of the 2024 NRL season v Cowboys at Suncorp Stadium.



I found Shorncliffe local couple Andrew and Bec having a morning coffee together at the 4017's new 'Treaty of Paris' Cafe on Wakefield St., Sandgate.



Clinton and Mali are on a 'date night' out without the kids and spent the evening at the Open Air Cinema Free Movie in the Park in Einbunpin Lagoon Park, Sandgate



St Patrick's College and St John Fisher College captains lead the march on their annual International Women's Day walk, raising money for Micah Projects.



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FRESH FACE FOR LABOR IN SANDGATE

STORY **BROOKE JACOBSON**

As State Member for Sandgate, Stirling Hinchliffe prepares to exit the political arena, the Labor Party have announced Bisma Asif as their candidate for this year's Queensland election.

The 27-year-old public policy advisor lives in Sandgate with her husband, and said she was excited to be running for office.

"Sandgate is one of the best places I've lived in, it's so unique," Bisma said. "It's an amazing, vibrant area, and I want to see it grow and flourish."

Bisma has an economics degree majoring in public policy from the University of Queensland, and currently works as a policy advisor for Federal MP for Lilley, Anika Wells.

"I've never been put off or been scared by the prospect of being a woman in politics," she said.

"Here in Queensland, we have such amazing examples – women like Anika, like Kate Jones, like Megan Scanlon – it's inspiring.

"I became interested in politics at university, when I worked on (former Lilley MP) Wayne Swan's campaign. I understand that good government can make an impact on people's lives."

After being endorsed by the party, Bisma has started door-knocking ahead of the state election.

"Going door to door can be daunting, but people

are so friendly, and I've found that if people are going through something, they want to share that, they want to talk about it with you," she said.

"Stirling has been such a tireless advocate for this area and seeing his example, it's really about talking to people about what their issues are.

"I want to hear from the people of the 4017 about what is important to them."

The latest public opinion polls paint a daunting picture for the current government, but Bisma said the only poll that mattered to her was election day.

"I'm talking to people about the issues that matter to them, and my job is to get on with it, meet people, and we will see what happens in October," she said. "Walking around with Stirling, everyone wants to stop and talk to him, and I hope I can be the same kind of representative that people can talk to and make positive change."

Bisma's family moved to Australia from Pakistan when she was eight years old, and she speaks four languages.

"My parents wanted a better life for us, and a better education, and I'm so lucky to have had that," she said. "I hope they're proud – their advice to me has always been, 'just be a good human' and really, that's all any of us can do."

The Queensland State election is scheduled to be held on October 26.



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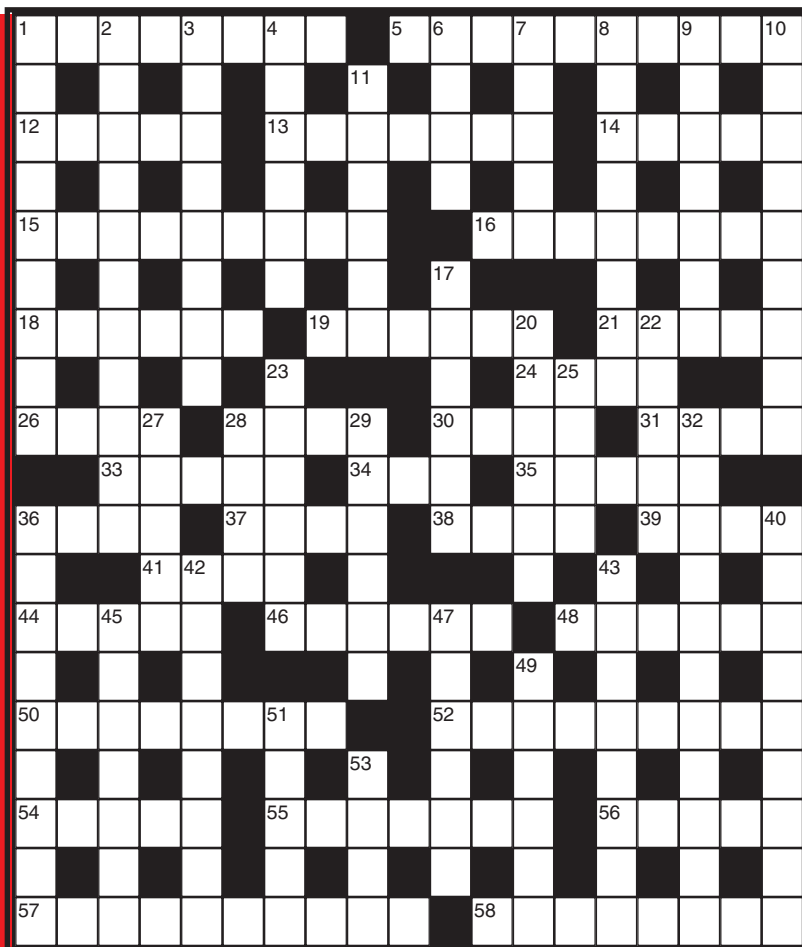
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- 39 Catchy piece of music
- 41 Video
- 44 Lingers
- 46 Stomach exercises (3-3)
- 48 Movie house
- 50 Auditor
- 52 Flying foxes (5,4)
- 54 Impromptu (2,3)
- 55 Time of day
- 56 Spanish comrade
- 57 Rudimentary
- 58 Example

DOWN

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- 2 Oddities
- 3 Charade
- 4 Container
- 6 Leave
- 7 Cleanse
- 8 Snail
- 9 Capital of Uganda
- 10 Second-best team (7-2)
- 11 Loose
- Hawaiian dress (3-3)
- 17 Tosses
- 20 Customer
- 22 One of the twelve apostles

- 23 Bouquets
- 25 Charity
- 27 Savoury
- 28 Contribute
- 29 Throws out
- 32 Retelling
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- 40 Paving material
- 42 Gather
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The Question We Forget to Ask Ourselves



WITH TRICIA BOLTON

In the hustle of daily life, we often extend our care and concern to those around us, asking our family members how they're doing or if they need anything. Yet, ironically, the person we tend to overlook is ourselves. This reflection brings to light an essential aspect of self-care that many of us neglect: the simple act of checking in with ourselves.

Regularly asking ourselves how we're feeling fosters a deeper self-awareness, allowing us to recognise our needs, emotions, and potential stressors. It can act as a preventive measure against burnout and emotional exhaustion, ensuring we address our needs before they escalate.

This simple yet profound question, "How am I feeling today?" can have a ripple effect on our overall well-being. It enhances our emotional and mental health and can strengthen our relationships by improving our capacity to be present and supportive of those around us.

How to Start

- Choose a time each day for self-reflection. It could be morning or evening, whatever suits your schedule.
- Find a quiet moment. Even just a few minutes can make a significant difference.
- Ask yourself: How am I feeling? What do I need? How can I support myself?
- Listen to your response and approach this practice with kindness and without judgment. It's about understanding yourself, not criticising.

It's a small step towards a more balanced and mindful life, ensuring that in our care for others, we do not forget the most crucial person in our lives: ourselves.



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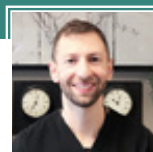
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THE DECK BAR OPENS FOR COMMUNITY ENJOYMENT

STORY PANAYIOTA

Shorncliffe, one of Brisbane North's most cherished seaside suburbs, is home to the Volunteer Marine Rescue Brisbane (VMR).

VMR happily sits on the waterfront overlooking the Sandgate Yacht Club, Moreton Bay and the Port of Brisbane. Though the folks at VMR are well-known for their commitment to water safety, they are also quite the social venue.

"We are a community hub and we encourage locals to gather and enjoy these surroundings," Matt Bugler, Junior Vice President, said. VMR are grateful to their patrons and value their feedback. "In response, we're opening The Deck Bar," Matt said.

The Deck Bar is unique. It will be open every Friday from 4pm to 8pm, beginning 5 April. For sale will be a variety of beers, pre-mixed spirits, wines, sparkling wines and even soft drinks and poppers for kids. Snacks can be purchased too.

"We're open to everyone, including parents who can enjoy a drink on the deck while watching their kids play below," Karen McGowan, Venue Manager, said.

With takeaway shops nearby, VMR encourages everyone to bring their own food. Matt and Karen suggested Shelley Inn down the road.

"Bring your own fish and chips or even your own cheese platters," they said.

VMR is all about the waterfront without waterfront prices. It's also easy to access, with Shorncliffe Station only a 5-minute walk away.

For queries, contact venue@vmrbrisbane.com.au.

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4017'S GOLDEN GIRL OF THE POOL

Winner: Claire Acworth with her medal haul from the Masters Games.

STORY **BROOKE JACOBSON**

Local mum Claire Acworth is proving it's never too late to achieve your sporting dreams. The 43-year-old recently competed in the Masters Games held in New Zealand in both swimming and indoor rowing.

She came home with five gold, four silver and three bronze medals from the pool, and three gold and one silver in the rowing.

Amazingly, Claire had never even tried indoor rowing before attending the games.

"Indoor rowing is just like a rowing machine you use at the gym, and I just walked in on the day and said, 'Do you have any scratchings, can I have a go?'" Claire said.

"They said, 'You can go in the 2000 metre, 1000 metre, 500 metre and the 300 metre,' and ended up with three golds and one silver.

"The lady who got the gold in the 500 metre said to me, 'Oh, I'm sorry you didn't get the clean sweep,' and I said, 'Don't worry, I've never even done this before!'"

Rowing might be a new sport, but when it comes to swimming, chasing the black line has been a lifelong love for Claire.

"I started swimming when I was four and swam all through high school, but you know as you grow up you get jobs and I'm a mum and you do other things," she said.

"I took it up again in June last year when I joined the Belgravia Masters team at Burpengary.

"I find swimming so soothing, it's relaxing – I'd rather swim than walk around the block."

Claire's 13-year-old son also swims, putting in the laps at the Emily Seebohm Centre in Bracken Ridge.

She added it was never too late to start some form of exercise.

"I'd say to people, just do it," Claire said.

"Don't procrastinate, you've got nothing to lose. For the first few months, I was so tired, but now it's great.

"I'd tell people it's never too late, just sign up for six months and see how you go."

Claire recently met with Sandgate MP Stirling Hinchliffe to talk about her experiences at the Masters Games.

"I just want to give a big shout-out to my family, and my team, we had raffles at work to help get me there, and I had help from Stirling and local councillors as well, so I just want to really extend my appreciation to everyone for cheering me on," she said.

"I'll definitely be going back for next year's Games."



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APPLE & SOUR CREAM SLICE

COUNTRY KITCHEN

This month's recipe is with thanks to Sandgate QCWA member, Carol. She made it for the Citizenship Ceremony in Sandgate Town Hall on Australia day and it was a huge hit! It is also a favourite of Carol's grandchildren.

INGREDIENTS

Vanilla Cake Mix (supermarket) 340 grams -some packs look bigger because they contain icing mix as well as cake mix.

150 grams melted butter.

1 cup coconut

400 grams tin pie apple

300 grams tub of Sour Light Cream.

METHOD

Preheat the oven to 180 deg C.

Line a 18cm x 28 cm baking dish with baking paper.

Combine the cake mix, coconut and melted butter.

Spread evenly in the baking tray.

Bake for 15 minutes.

Mash pie apple and spread over the base, top with the sour cream and spread evenly.

Sprinkle it with cinnamon if you like. (Add some Cinnamon to the pie apple if wished)

Bake for a further 15 minutes.

Cool before removing from the baking tray. Store in the fridge.

Enjoy!



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



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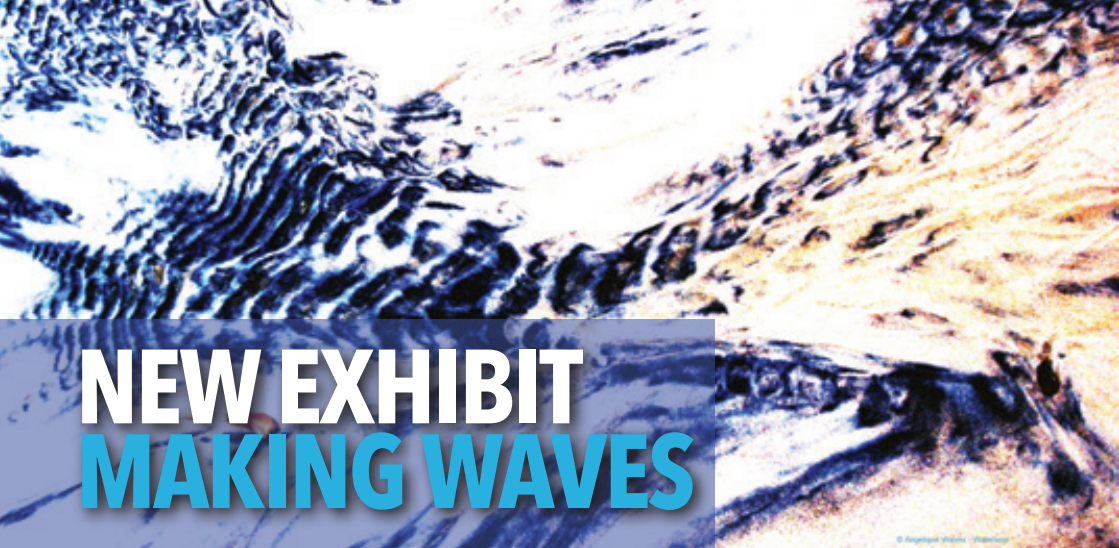
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NEW EXHIBIT MAKING WAVES

STORY **BROOKE JACOBSON**

Sandgate's Et Al Gallery is showcasing a new exhibition entitled *Aqua* by Angelique Waves. *Aqua* is a fusion of photography, prints, and original artwork, blending the dramatic with the serene, ranging from impressionist paintings to scenic photography, and abstract surface reflections.

Angelique said she had always been inspired by the water. "I used to be a dive instructor years ago and I loved it, but I found I still needed my creative outlet as well," she said.

"Now I live by the sea, and I just find so much inspiration there. I need to be by the water each day, it's just part of my soul.

"I feel like the water is a friend that I visit."

A working artist for 10 years, Angelique said she was normally a painter, but this was the first time she would be exhibiting her photography.

"I'm pretty excited about it," she said.

"There are 27 pieces in the exhibition and they're all for sale. I have prints available as well, as I'm conscious that original art can be expensive, so this is another way for people to have art in their homes."

Angelique added the support she had received from the gallery, and the 4017 community, was "amazing".

"Alison at Et Al is awesome, she has created this incredible space," she said.

"The Sandgate community is totally supportive of artists; I feel so inspired by everyone there.

There's just something about that place, and I feel like artists are appreciated."

Prior to the official opening of the exhibition, there will be a chance to accompany Angelique on the Sandgate foreshore, capturing the area's natural beauty through photography.

This experience promises a deeper connection to the essence of *Aqua* and the artistic process.

"It's not going to be a formal atmosphere at all, just very relaxed and fun, and I look forward to seeing people there," Angelique said.

The pre-exhibition waterfront walk will be held at 2pm on April 6. To book your place, please go to www.etalgalleryandstudio.com.au

Aqua Exhibition
Saturday, 6 April, 4pm
Et Al Gallery
10 Fifth Avenue, Sandgate.





The dance floor was Tony's happy place. So when he died, we made sure he was remembered in his own special way. We found a vintage jukebox full of his favourite songs and turned his final goodbye into a ballroom. Tony was, as he so often had been, the star of the show.

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BY **BROOKE JACOBSON**

GET COMPOSTING

Learn all about the magic of compost at a Compost 101 Workshop. Reduce food waste in landfill and help your garden at the same time, with all the hints and tips from a Brisbane City Council certified Master Composter. The workshop will be held on Saturday, 20 April at 3pm at the Gumbuya Community Garden, next door to the Sandgate PCYC in Kempster Street. Cost is a \$5 cash donation on arrival.

Please register by April 14 by emailing gumbuyabooking@hotmail.com

BRING THE POLICE BEAT TO YOU

Northside residents can now put in a request to “bring the beat” to their suburb. The mobile police beat is like a police station on wheels, where community members can visit and seek advice and support from officers. They can be strategically deployed at short notice where needed most, responding to changes in crime, trends, and community concerns.

You can apply to bring the beat to your area, by submitting a form online at mypolice.qld.gov.au/brisbanenorth/2024/02/15/bring-the-beat

LOCAL SPORTS STARS ON THE RISE

St Patrick’s College Year 12 student Zac Leggett has been selected for the Australian Baseball U18 squad travelling to Florida in October. Zac is the only Queensland pitcher to be selected. He was chosen for his outstanding performance playing in the Queensland team at the Australian Youth Championships which were held in Sydney in January, and from his stats playing for his club this season. Well done, Zac!

And from Sandgate District State High School, Year 12 student Shesscintle took to the international stage with the Australian

team, NOVA, in the senior elite 12 division for synchronised ice skating. The first competition took place in Dumfries, Scotland, where Shesscintle and her team achieved a remarkable feat, securing a gold medal and clinching the top spot on the podium. Continuing their journey, they travelled to Rouen, France, for the second competition, where their stellar performance earned them a respectable 5th place finish. Well done to Shesscintle and her team!

MEET YOUR WILDLIFE NEIGHBOURS

Get up close and personal with some of our local wildlife on Sunday, 14 April at the Boondall Wetlands Environment Centre. From 11am to noon, join a wildlife expert as they introduce you to amphibians, reptiles, mammals, and birds. Learn more about these unique Australian animals and how you can help your wildlife neighbours. Suitable for all ages, all children must be accompanied and supervised by an adult. Please wear a wide-brimmed hat, sun-smart clothing, and sunscreen. And please BYO drinking water and a snack.

To book your free place, search Eventbrite.com.au for Meet Wildlife Neighbours.

ART FROM A GALAXY FAR, FAR AWAY ...

May the Fourth be with you, art lovers! Et Al Gallery and Studio are hosting a Costumed Life Drawing Class with a Star Wars theme on May 4. Life drawing sessions are suitable for everyone from beginners to advanced and are a great way to learn how to draw the human form with props and clothing. Please bring your sketchbook and drawing implements (pencils, charcoal, sharpeners, erasers etc) and your sense of fun! The class will be held May 4 from 6pm to 8pm at the Et Al Gallery, 10 Fifth Avenue Sandgate. Cost is \$30.

To book your place, go to events.humanitix.com/costumed-life-drawing-star-wars-themed

NEWS FROM SANDBAG

SANDBAG Community Café and Community Pantry is on every Wednesday, from 11 –1pm at the Community Centre. From 11am is the Community Pantry where if struggling, you can choose from a range of donations offered by our local Woolworths, Sandgate Bakery, Cabbage Patch Discount Grocer and Oz Harvest! SANDBAG's Community Cafe is from 12pm - 1pm. You are invited to share a home cooked meal that is prepared by SANDBAG's community kitchen volunteers! All are welcome, please bring a \$2 donation for each activity and your own shopping bags.

SANDBAG's Women's Chai and Chat Group recommenced for 2024! Every second Thursday from 9:30am – 11:30am at SANDBAG 153 Rainbow St Sandgate. Guest speaker each chat! Updates relating to Chai and Chat will be via SANDBAG FB Page! Keep an eye out! Come along and connect with other women and SANDBAG staff and volunteers! Children welcome.

FROG POND WORKSHOP

Learn how to build a frog friendly pond in your own backyard at a workshop being conducted by Keep Sandgate Beautiful Association. This event will be on Saturday 4 May from 2.30pm-4.40pm at SANDBAG, Rainbow Street Sandgate.

Please register or for more information email ksbainc@gmail.com

FREE ARTIST TALK EVENT

Local art studio, Art from the Urban Wilderness is hosting a free artist talk event on Sunday 7 April at 10am at their studio at Banyo. Artist Rachael Lee will be talking about her art practice, showing her work and tools as well as giving a demonstration on how she makes her lino plates. There will be light refreshments afterwards with an opportunity to talk to Rachael and other local artists. Reserve your spot via our website calendar www.artfromtheurbanwilderness.com.au or call/text Sandra on 0419 028 133 for more information.



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STORY **SALLY EBERHARDT**

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- Basil helps repel flies and mosquitoes.
- Garlic keeps aphids away from roses.
- Mint repels cabbage white moth.
- Rue (Rutus, not Peganum) keeps cats and dogs off garden beds if planted round the borders.
- Nasturtium attracts pollinators. The flowers repel aphids.
- Chamomile gives strength to its neighbour plants, deters flies and mosquitoes.
- Elderberry is a general insecticide, also the leaves encourage compost fermentation. Make a lovely wine with the flowers and berries!
- Fennel (not *F. vulgare* or *F. officinale*) repels flies, fleas and ants.
- French Marigold root secretions kill nematodes in the soil. Will repel white fly amongst tomatoes.
- Sage protects cabbages from cabbage white moths.
- Tansy (Tanacetum, not Senecio) repels moths, flies and ants.


Autumn plantings include lots of leafy greens (mizuna, lettuce, cabbage, spinach, rocket etc), potatoes, carrots, beetroot, broccoli, cauliflower, tomatoes, chilli, and garlic.

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TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
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2	0251 2.12 0953 0.95 TU 1523 1.55 ● 2113 0.84	8	0306 0.36 0905 2.52 MO 1540 0.30 2136 2.47	14	0119 2.34 0815 0.87 SU 1335 1.55 1915 0.77	20	0112 0.77 0717 2.18 SA 1350 0.62 1951 2.06	26	0509 0.68 1038 1.92 FR 1647 0.50 2315 2.41
3	0418 2.16 1121 0.86 WE 1658 1.64 2245 0.79	9	0356 0.36 0948 2.43 TU 1616 0.28 ● 2220 2.56	15	0215 2.21 0930 0.93 MO 1454 1.48 2016 0.91	21	0156 0.69 0754 2.19 SU 1422 0.56 2026 2.17	27	0547 0.73 1114 1.83 SA 1717 0.55 2353 2.37
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6	0114 0.53 0733 2.52 SA 1417 0.44 2002 2.18	12	0620 0.62 1154 1.89 FR 1757 0.49	18	0544 2.09 1235 0.78 TH 1831 1.79	24	0354 0.62 0931 2.08 WE 1550 0.46 ● 2206 2.39	30	0129 2.28 0827 0.86 TU 1354 1.61 1939 0.77

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A WORD FROM OUR REPRESENTATIVES

Sporting clubs in the Lilley electorate will soon be able to apply for a share in the Albanese Government's \$200 million Play Our Way program to support new and upgraded facilities and equipment for women and girls.



WITH **ANIKA WELLS MP**

Northside not-for-profit and sporting organisations can start preparing their submissions following the release of the Play Our Way Program Grant Guidelines on GrantConnect (help.grants.gov.au).

Applicants will be able to apply for up to \$1.5 million for new and upgraded

facilities, and up to \$1 million for projects that support programs or deliver new or upgraded equipment specifically for women and girls.

Grants will be available in two streams:

- Facilities – for projects that establish and improve sporting facilities that are designed for women and girls and further encourage them to take part in sport and physical activity by better meeting their needs; and
- Participation and equipment – for programs that encourage women and girls to participate and remain involved in sport and physical activity for life, by tackling barriers such as disadvantage or lack of equipment.

Applications will be assessed through an impartial, transparent process, led by the Department of Health and Aged Care.

To find out more, visit anikawells.com.au or call the Lilley electorate office on (07) 3266 8244.

The Miles Government is proud to deliver the Queensland Women and Girls Health Strategy. This Strategy is informed by the almost 12,000 responses to the Queensland Women and Girls Health Survey.



WITH **STIRLING HINCHLIFFE MP**

We're putting their health outcomes first and providing greater support through a range of expanded and improved frontline services.

This includes greater support for conditions like endometriosis, expanded access to reproductive care like IVF, easier access to mental health services, improved maternal

healthcare, and a statewide model of affirming care for LGBTIQ+, Sistergirl and Brotherboy communities.

These important services add to the Miles Government's extensive record supporting Queensland women which includes decriminalising abortion, making kindy free to help parents return to work, funding free period products in schools, passing landmark reforms to criminalise coercive control, counting babies in midwife-to-patient ratios, making UTI treatment available at community pharmacies and hiring 20,000 frontline health workers.

The Miles Government is committed to delivering greater access to healthcare for women in Queensland and this strategy ensures that.

To find out more about the Women and Girls Health Strategy, visit: <https://bit.ly/3TeTu9q>



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STORY **KELLY WALKER**
PHOTOS **BRUCE REDMAN**

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Serving locally roasted, award-winning coffee and freshly made pastries, as well as breakfast and lunch, customers are welcome to grab and go, or sit and enjoy the relaxing bay breezes.

Owner Sunny Virk is not only TOP's manager and full-time pastry chef but also takes on the role of barista and dishwasher on occasion, doing whatever is required as a hands-on business owner.

With 12 years of hospitality experience and specialised French pâtisserie training from the French Pastry School in Chicago, Sunny always had his mind set on owning his own French pastry shop and is delighted to be able to bring this offering to the 4017 community.

Sunny, along with Chef Robin, and TOP's team of expert, in-house pastry chefs are committed to their craft and take great care in creating mouth-watering dishes by experimenting with new ingredients and flavours and being meticulous in all that they do.

Tasty treats such as butter croissants, almond tuiles, pains au chocolat, danishes and lemon tarts, along with savoury quiches, pies and sausage rolls in homemade puff pastry, are just a few of the goodies that make every visit a culinary delight.

Chef Robin has worked with Sunny for over five years and has carefully curated a breakfast and lunch menu that is sure to impress. By mastering a range of cooking techniques including artfully smoking meats, expert grilling, and



PASTRIES, FRESH ILY VALUES

open-fire cooking, each dish is prepared to perfection.

TOP is dedicated to serving the local community and catering to what its customers want, with the idea that their offerings will grow over time.

Keeping inflation and cost of living increases in mind, Sunny is dedicated to keeping prices affordable while delivering excellent products and a memorable dining experience.

The restaurant will be celebrating their official grand opening on Saturday, 13 April and will be offering their pastries for \$1 each as a thank you for being so warmly welcomed into the 4017 community.

Top Treaty of Paris
104 Wakefield Street, Sandgate
Open Tuesday-Sunday, 6am-2pm



Local DINING GUIDE

Bluenose Betty

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73 Rainbow Street,
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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.



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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.

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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.

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Sat/Sun 1-9pm



8 Queens Parade, Brighton
Coffee Shop

0430 753 768

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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.





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(across from the town hall)

Breakfast, Lunch and Coffee

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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

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3269 7011

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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.

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www.thebrt.com



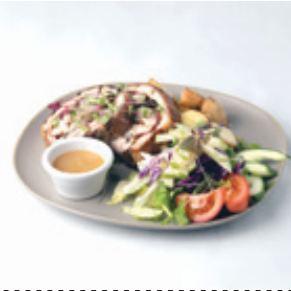
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Casual Dining

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.



Sinbad St, Shorncliffe

Bar Restaurant Functions

3269 4588

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APRIL What's On.

04 THURSDAY

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

EVENT **BOOKS ANON. BOOK CLUB**
EclecTea 6:30pm - 8pm
First Thursday of every month. Details on Facebook.

05 FRIDAY



MUSIC **ADAM HARPAZ AT THE BOWLO**
The Sands Bowlo 4:30pm



MUSIC **FRIDAY CROONING W TONY DEE**
EclecTea 5pm

MUSIC **THE LIARS**
Brighton Bowls Club 7pm

MUSIC **TONY BOYD AT THE SANDS**
The Sands Social 7pm

06 SATURDAY

MUSIC **SATURDAY SESH W MAK & FRIENDS**
EclecTea 5pm

MUSIC **DEON POWTER BAND AT THE BOWLO**
The Sands Bowlo 5pm



MUSIC **KARAOKE AT THE SANDS SOCIAL**
The Sands Social 8pm

07 SUNDAY

MUSIC **BROOKE AUSTEN AT THE BOWLO**
The Sands Bowlo 1pm



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

MUSIC **TUNE IN, TURN ON, DROP OUT**
QCYC 2pm

MUSIC **TUNES ON THE TURF - OPEN MIC**
EclecTea 3pm

11 THURSDAY

MUSIC **DAVE CLAYTON AT SANDS SOCIAL**

The Sands Social 11:30am

EVENT **PAINT & SIP**

EcleTea 6pm - 8:30pm

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.

12 FRIDAY



MUSIC **BRENDAN THE BARD AT THE BOWLO**

The Sands Bowlo 4:30pm



MUSIC **OASIS CHILL W MAK**

EcleTea 5pm

EVENT **MUMS IN THE WILD!**

EcleTea 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.

MUSIC **LUKE DICKENS AT THE SANDS SOCIAL**

The Sands Social 7pm

13 SATURDAY

MUSIC **SATURDAY SESH W JESS MARTYN**

EcleTea 5pm



MUSIC **ZANE & MATT AT THE SANDS SOCIAL**

The Sands Social 8pm

14 SUNDAY

MUSIC **J-HOE JAMMING AT THE BOWLO**

The Sands Bowlo 1pm



EVENT **MAKERS & SHAKERS**

EcleTea 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!

MUSIC **JESS IRVINE AT THE SANDS SOCIAL**

The Sands Social 1:30pm

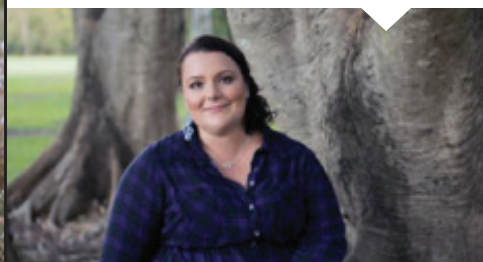


MUSIC **OASIS CHILL W MAK**

ElecTea 5pm

MUSIC **AMBER WORTHINGTON THE SANDS SOCIAL**

The Sands Social 7pm



MUSIC **MAT MC COUAT**

Brighton Bowls Club 7pm

20 SATURDAY

MUSIC **ASLEEP AT THE REEL**

QCYC 2pm

MUSIC **TUNES ON THE TURF - OPEN MIC**

ElecTea 3pm

18 THURSDAY

MUSIC **BILLY GUY AT MORNING MELODIES**

The Sands Social 11:30am

EVENT **PREPPING YOUR POOCH FOR PUB(LICK!)**

ElecTea 6pm - 7pm

19 FRIDAY



MUSIC **MATT BLACK AT THE BOWLO**

The Sands Bowlo 4:30pm



MUSIC **SATURDAY SESH W ELI BUTLER**

ElecTea 5pm

MUSIC **BLACK N RED AT THE SANDS SOCIAL**

The Sands Social 8pm

21 SUNDAY

MUSIC **DAN MUNN AT THE BOWLO**

The Sands Bowlo 1pm

MUSIC **RYAN HURRICANE AT SANDS SOCIAL**

The Sands Social 1:30pm



MUSIC **THE WOLF TALES**

QCYC 2pm

MUSIC **TUNES ON THE TURF - OPEN MIC**
EcleTea 3pm

24 WEDNESDAY

FULL MOON
Rise Time 5.22pm



25 THURSDAY

MUSIC **TRACY VAUGHAN AT THE SANDS SOCIAL**
The Sands Social 10am



MUSIC **FLOOR BURNERS AT THE SANDS SOCIAL**
The Sands Social 1:30pm

26 FRIDAY



MUSIC **NERIDA CURREY**
The Sands Bowlo 4:30pm



MUSIC **OASIS CHILL W MAK**
EcleTea 5pm

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



27 SATURDAY

MUSIC **SATURDAY SESH W ROBBIE G**
EcleTea 5pm

MUSIC **KLUSTERFUNK AT SANDS SOCIAL**
The Sands Social 8pm

28 SUNDAY

EVENT **COLLAGE & COCKTAILS W KIM**
EcleTea 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.

MUSIC **HARRY MORRIS AT THE BOWLO**
The Sands Bowlo 1pm

MUSIC **MATT DICKERSON AT THE SANDS SOCIAL**
The Sands Social 1:30pm

MUSIC **JIVE MIGUEL**
QCYC 2pm

MUSIC **TUNES ON THE TURF - OPEN MIC**
EcleTea 3pm



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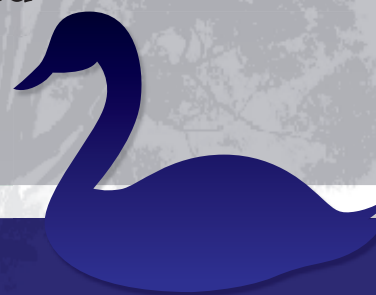
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How to keep hearing aids sounding new?

Hearing aids are usually sitting inside the ear canals, probably for 10 hours a day or more, where sebaceous glands and apocrine glands produce oil and sweat. The body temperature can also warm up the hearing aids. They are also exposed to dust, dead skin and interference from the hairs inside the ears. All these factors result in hearing aids becoming weak and muffled. Therefore, it is very important to keep your hearing aids clean. Follow these steps below to keep your hearing aids in tip-top condition.

1. Wipe the hearing aids with cleaning wipes.
2. If your hearing aids are fitted with wax filters, replace them regularly.
3. Some hearing aids and ear moulds are fitted with air vents. The vent size is usually small and can be easily blocked. Inserting a cleaning wire or using an air blower will unblock the air vent.
4. Purchase a D-Dryer device equipped with a UV light to kill the germs on your hearing aid's surface and to remove moisture.

For our clients, we offer:

1. Every 6 months, a deep cleaning service using our powerful suction pump to clean the microphone, speaker and other electronics.
2. For hearing aids fitted with acrylic ear moulds, replacement of the ear hooks and ear mould tubing which may improve the sound quality.
3. A treatment using a small hearing aid vacuum chamber if moisture is found inside the device.
4. A cleaning of the battery compartment. Replacement of the battery door if required to ensure the hearing aid powers up properly.
5. An earwax management service (Ear Micro suction) to keep the ear canal free of earwax which prevents excessive earwax damaging the hearing devices.



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



Highly recommended for anyone with hearing issues...

My new hearing aids are fantastic, I love them. Compared to my old ones, they're 100% better. The professionalism at Sandgate Hearing is faultless and I found Ronnie's explanations very detailed. I feel I can trust him and I highly recommended Ronnie to anyone with hearing issues.

Graham Nicol,
Bald Hills

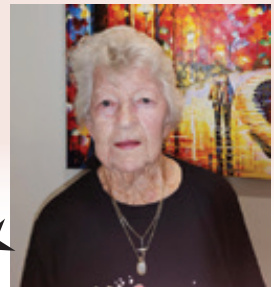


I didn't realise I was living in a cocoon....

I am so happy I can hear again. My family is thrilled too. I attended Grandparents' Day and I could hear everything the teachers said. My grandson was very excited. I even went to the musical and could hear what the children were singing. I didn't realise I had been living in a cocoon.

Thank you, Ronnie.

Lorraine McGregor-Lowndes,
Rochedale South



I Can Hear Everything....

Ronnie Lam my audiologist is so caring and helpful. It's wonderful to hear the world again. It makes a big difference to my life. I've had many hearing aids from other places, but these ones from Ronnie are the best. I can hear everything the birds in the morning, my TV and bright people talking to me, which is the most important thing.

Monica
from Bracken Ridge

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