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ANITA EAST

MEDISPA



As a Nurse Practitioner of cosmetic injectables and aesthetic medicine, Anita East, BSc, MA, MSN, has now performed more than 18,000 treatments on people worldwide. Anita is a resident writer for The Cosmetic Surgery Magazine and is often called upon to present at cosmetic medicine conferences throughout Australia.

On originally developing a foundation in cardiac medicine, Anita decided to move to the UK and follow her dream of performing and the arts. Alongside furthering her career in cardiac medicine and dermatology, she studied and sang with English National Opera and completed a Master of Acting at Central School of Speech and Drama. Anita worked as a TV presenter for Sky Sports and the BBC, and did acting stints in The Bill, Neighbours and Offspring. She performed in various films, TV commercials and West End theatre productions.

18,000
TREATMENTS
PERFORMED

It was actually on a filmset 15 years ago that saw Anita in the hair and makeup department overhearing a tense conversation between the director and makeup artist. The lead actress had turned up on the first day of the film shoot with grossly overfilled lips and a completely frozen and expressionless face. Anita vowed on that day to make it better. To somehow make cosmetic injectables look natural rather than scary and overdone, which thanks to reality TV, was just starting to become the rage. She set out on her mission as soon as the film shoot wrapped 6 weeks later.

Anita is known for creating Beautiful Unique Faces™ rather than the grossly overfilled and frozen faces that sadly, are becoming commonplace.

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TIGERS' NEW HOME

Leanne "Giggles" Symonds
and Damian "Sauce" Lee.



Story Wayne I Flack Photo Bruce Redman

After years of constantly being forced to watch from the sidelines due to flooding, the Redcliffe Tigers AFC finally have reason to celebrate.

The club's new modern facilities have home and away change rooms, umpire change rooms, full amenities, club room with kitchen/canteen and the new MCG sized field with full lighting.

Redcliffe Tigers AFC club president Scott Stanford said the new lights were all LED, whereas at the old grounds they had bulky incandescent bulbs that were expensive to run.

“We're looking at investigating the possibility of a solar system on the roof and hopefully at the end of the day make us a carbon neutral AFL facility,” Scott said.

“This would probably make us the first AFL club in the country to achieve this, which would be a feather in the cap for the Redcliffe Football Club and the Peninsula itself.”

The club's committee and masters (over 35's) had reportedly worked tirelessly in recent years to build a successful community cultured club.

Scott said if they had a kid turn up who was a handful, but were able to build them into a better person, to be respectful of themselves and peers, then success off the field occurred.

“They then bring that discipline onto the field and that's where you get your success,” he said.

The club was ready to host a grand opening of their new purpose-built, state-of-the-art facility on 25 April, but have now postponed the event until further notice.

The Redcliffe Guide will report on the new date for the club's grand opening event once it has been decided, so keep an eye out for it in future issues.

For more information about the club, search Facebook 'Redcliffe Tigers AFC'.

**AFL Ground Grand Opening Day
Postponed until further notice
Redcliffe Tigers AFC
Nathan Road, Kippa-Ring.**



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Story *Brad Flynn*

When the tide goes out you can see who has been swimming naked. This is a very apt allegory for our current unprecedented situation in the small business world. Here is how to make sure you are not too exposed right now and beyond this challenge.

CASH

Now is a great time to do a cash-flow projection. I call this the sleeping pill – if you know what's coming in and out of your business bank account in the coming weeks and months, you can sleep easy. Follow up on customers who owe you money NOW. Get credit NOW. You don't have to spend it, it's just there for emergencies.

Your business expenses should only have one of two purposes – to get new customers or to keep your existing customers. Reduce your unnecessary expenses, renegotiate rates and terms with suppliers wherever possible.

Keep your cash reserves protected as much as possible. Keep the big purchases for when you accelerate out of this situation.

COMMUNICATION

Communicate well, and often, to staff, customers and your supply chain. Consult with your staff – getting them to participate in a problem will

enhance their ownership of the solution. Be open and honest. Be vulnerable. But also be a leader who will guide everyone out of this situation. If you don't communicate often, you risk stoking the rumour mill, which – just like a virus – spreads rapidly and causes untold damage.

Tell your customers what controls you've put in place. These controls are for their health and safety, as well as for your staff. Get their participation in it – everyone is in this situation together.

CONTINUITY

Look to the future. In particular, how can you accelerate your business once this crisis is over (or beforehand)? What can you plan for, can you produce different goods and services, can you find a new and different niche? Remember that there will be holes in the market for goods that have been exported up until now. Can you produce a similar product locally?

Can you up-skill your workers now? Online courses and training will be a great way of keeping staff busy and doing meaningful work.

Take this time to critically review all your business operations. How can you do things better, more efficiently, smarter? Can you look at investing in technology to streamline processes?

www.redcliffepeninsulachamber.org.au/covid-19-business-resources/



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Ryan Elson showing The Guardian Project mobile app

THE GUARDIAN PROJECT

Taking The Heat Out of Separation

Story & Photo **Sally Eberhardt**

Life doesn't always work out as hoped. Many people face breakdown of a relationship at least once in their lives. It's not always possible to have a 'clean break', particularly when children are involved. Some people struggle to maintain civil communication, and text messages sent in anger can lead to further degeneration of the relationship.

Ryan Elson, founder of Tribe Social Belonging, noticed many people dealing with daily abuse via their phone. Witnessing a woman receiving a constant stream of abusive text messages from her ex-partner was the catalyst for The Guardian Project.

" I was sitting with a young friend, her phone going berserk with disgusting abuse from her ex. I knew I had to find a better way. They have to communicate as they have kids," Ryan said.

Ryan and his friend Drew Ranken collaborated to solve the problem of taking the aggression out of communications and created The Guardian Project.

The Guardian Project is a mobile app which filters messages and blocks any that are flagged as abusive. The sender is then informed that the message was not sent and the intended receiver never sees the abusive message or even knows that an abusive message was sent. This alleviates anxiety on the receiver's end.

Ryan said they see the app as like putting out a fire as soon as it starts.

"Like a fire, if you catch things at the point of ignition, they are much easier to control. Guardian stops the fire and heat of potentially damaging messages."

"People overreact, tensions are high. People say stupid things after drinking or in anger. I don't want to see the rest of their relationship ruined in that moment."

"You could still block the person on other forms but if you want to communicate, this lets you do it without anxiety."

While The Guardian Project is designed for separated couples, it's also suitable for other situations e.g. estranged family members, social workers with difficult clients, schools, or child bullying issues.

The app is available on GooglePlay and Apple Store or for further information, go to theguardianproject.net

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Creative Hub



Story **Holly McFarlane**

If you are an aspiring young artist, or looking for a unique place to hold your next event, then Zokki.B Gallery & Studio could be for you.

Redcliffe's newest hidden artistic hub officially opened on 14 March. Located in the heart of the Peninsula, it is quite a spectacular space.

Artist Zokki Bugarski and her husband own and operate the Oasis Café in Redcliffe. From the outside, it is just a small coffee shop, but when you look deeper inside, this small café has some pretty big ideas. With a strong artistic passion, Zokki wanted to share her ideas and bring a more creative culture to the local area.

"I think we can do a lot for the community," Zokki said. "It may only be a small part, but there is so much tourist."

In addition to their already successful café, Zokki said this purpose-built gallery, which is located above the café, will provide the opportunity for local artists to display their work and showcase their talents.



ZOKKI OPENS IN THE HEART OF THE PENINSULA

"We have the right space to do it – there is so much talent out there," she said.

Zokki said she has more ideas, including collaborating with as many local talented artists as possible.

The gallery open night was well attended, confirming that this was something Peninsula residents and visitors want, with guests excited about what could next be seen in the gallery.

Zokki's exhibition *Inklings of Joy* will be on display to the public with free entry from when the café is open until 2pm daily.

The studio will also be available to hire out as a creative space. Offering anything from workshops, live music to small business events, with the café able to fully cater upon request.

For more info on hiring this space, visit Facebook – Zokki.B Gallery & Studio.

Zokki.B Gallery & Studio
163 Redcliffe Parade, Redcliffe
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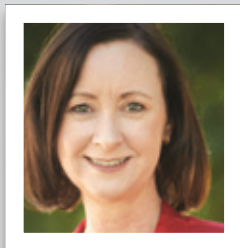




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A WORD FROM OUR REPRESENTATIVES

Yvette D'Ath MP



I am pleased, as your local member, to have successfully worked with our boating fraternity to secure the continued operation of the Compass Marina at Scarborough. Many

boat owners, and in particular those living aboard boats at the marina, were understandably anxious when they received eviction notices from the former marina operator, Compass.

With the advocacy and support of those boat owners I was able to work with the Minister

for Transport and Main Roads Mark Bailey and his department (TMR) to secure the continued operation of the marina, to ensure berth holders could stay and that owners who had vacated the marina could return. Agreement was reached for the Compass lease to end and for TMR to step in and manage the marina and honour existing agreements with berth holders and those people living aboard their vessels.

Thank you to the many locals, and in particular the tenants at Compass Marina, for their patience, support and advocacy throughout the process to secure the future of the marina for the long-term benefit of our Peninsula community.

Luke Howarth MP



As your local federal Member of Parliament, I have always strived to ensure that our community gets the facilities and opportunities it deserves.

I am excited to say that the federally funded extension of our local Redcliffe Coast Guard building is nearing its completion. Many of us have chosen to live in this community due to its close proximity to our beautiful Australian oceans and beach life, so consistent investment in water safety is essential. Funding of \$500,000 has been dedicated by the Australian Government so the crew operation rooms, training rooms and equipment facilities remain up to Australian

standards and can keep our local boaters safe when they need it most. This will ensure that the coast guard has every amenity to help them save lives.

I am also incredibly pleased to have attended the official opening of the new Moreton Bay USC. The campus contains over \$15 million worth of technology; touring rooms such as the thermodynamics laboratory and robotics facilities made me excited for the prospects available to local students. Investments like these will see immeasurable benefits for both future students and their future employers. I look forward to seeing all the opportunities that will now present themselves to our community.

If you have any concerns or ideas for the Redcliffe Peninsula, please let me know at luke.howarth.mp@aph.gov.au or call my team on 3284 8008.

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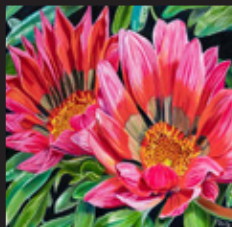
The Redcliffe Art Society at the Old Fire Station Gallery *presents*

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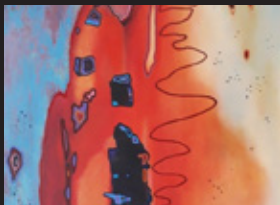
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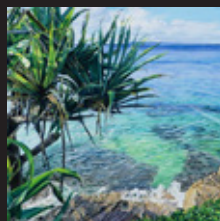
Saturday 9 May at 2pm - entry free



Cecily Slade



Lin Stanton



Catherine Hamilton-Jones

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ICONIC REDCLIFFE

Residents' pride in their town or city is influenced by many factors, including its history, and its famous citizens past and present. Redcliffe has been blessed with many such citizens from all walks of life, from Redcliffe's inception in 1824 to the present time.

In 2013, at the initiation of local Redcliffe identity Richard Lancaster, a group of business people approached the Moreton Bay Regional Council seeking permission to create a Walk of Icons in the Redcliffe CBD. To add substance to the request, support was sought and obtained from the Redcliffe Peninsula Chamber of Commerce.

The Walk of Icons would be located on the footpaths of Redcliffe Parade and would consist of a series of metal plaques set into the pavements, at intervals. Each plaque would have the name of a Redcliffe icon inscribed on it and would also be numbered. These numbers would be cross referenced to a Redcliffe Icons booklet, which would detail the numbered name and history of all of the icon's activities. The booklet would be free and available from council information centres. Thus the Redcliffe Icons would be instrumental in providing both residents and tourists with a visual history of Redcliffe and be complementary to Bee Gees Way.

As it was considered that the project should be self-funded, local businesses or individuals would be encouraged to sponsor the icons. A committee under the auspices of the Redcliffe Peninsula Chamber of Commerce was established. A series of meetings were held between September and December 2013 and progress towards the establishment of the Walk was well under way.

Finally, a complete plan, which included design plans for the icon plaques, and total costings, and time frame, was presented to Council. However, the council rejected the project due to possible traffic disruption and uncertainty about pedestrian safety relating to the pavement plaques.

Due to the generosity of the landlord of the CBD's Jetty Arcade, Dennis Austen, the Walk of Icons became the Wall of Icons, now located in the Jetty Arcade.

In 2024, Redcliffe will celebrate its 200th birthday. Should we revisit the idea of a Walk of Icons again?

How to Find an Extra 10 Hours in Your Work Week

Story Nadia Chapman

If you're a local business owner interested in time management, head down to the Redcliffe Peninsula Chamber of Commerce event hosted by Brad Flynn.

This free event will help business owners understand the important elements that go into time management, in order to find an extra 10 hours in your work week.

Business coach Brad Flynn said locals would leave the event with a new perspective on all things business.

"Local business owners will leave with a new perspective, confidence, and skill set to get the most from their time, as soon as they walk out the door," he said.

The resources discussed on the night will be some of Brad's personal strategies that he uses with clients on a day-to-day basis.

"Strategies such as basic planning, knowing how to get into a zone of effectiveness to focus, and what to do with the time vampires — those activities or people who suck your precious time away," Brad said.

The event is free, but bookings are essential. Book tickets by searching 'Brad Flynn' on www.eventbrite.com.au

How to Find an Extra 10 Hours in Your Work Week
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12 WAYS TO BOOST YOUR IMMUNE SYSTEM

Provided by Alison Jones, Clinical Nutritionist, Indulgent Wellbeing



As we move into the cold and flu season along with the Coronavirus, which is already upon us, it is important to give your body the nutrients it needs to improve your immune system and keep yourself healthy. The best way to do this is through your diet and lifestyle, by eating nutrient rich meals that feed both your body and soul. There is nothing better than the smell of a slow-cooked stew or the waft from a simmering soup. Here is some advice to help you through:

1 Eat a wide variety of seasonal fruits and vegetables – organic or spray free is best. By eating a colourful array, you are accessing a greater range of vitamins and minerals, which are essential to getting your body ready to fight any nasties that may try to enter.

2 Add fresh garlic to your meals – it contains an immune boosting compound called allicin, which helps fight off infections.

3 Ginger and turmeric are anti-inflammatories, and ginger also helps with nausea. They both add a wonderful flavour to a stir fry, curry or even a smoothie.

4 Leafy greens, citrus and the capsicum family – they all have great levels of vitamin C. Nature's immune boosting super star and so easy to consume through food.

5 Fermented foods – with 70% of the immune system residing in our gut, it's a good time to increase intake of fermented foods, such as natural unsweetened yoghurt, homemade sauerkraut, kombucha and kefir.

6 Nuts and seeds are an easy way to increase levels of zinc, vitamin A and E, which are all very important nutrients for the immune system. They also contain magnesium, which aids greatly with anxiety, that the risk of illness can bring.

7 Exercise promotes good circulation, reduces inflammation and more importantly, reduces stress and anxiety levels.

8 Vitamin D – low levels can increase our susceptibility to infection. Vitamin D is synthesised on the surface of your skin so exercise and vitamin D go hand in hand. Just be careful not to get burnt.

9 Bone broth can be made and frozen then added to soups, stews and even spaghetti bolognaise. This not only adds to the flavour, but greatly increases the nutrient content.

10 Keep up your fluid intake – Fluids are essential for your immune system's transport system, oxygenation of blood and the removal of toxins and that's just the start.

11 What happens if you become unwell? Why not cook double the amount when preparing a meal, and freeze the leftovers so that if you do fall ill you have a healthy meal on hand.

12 Remember, a home cooked meal is more than food. It is the power of connection, building of memories and the joy of being together. Take care of yourselves, Alison.

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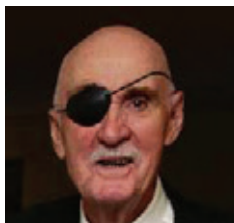
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PENINSULA PIMPERNEL

*Having a best mate
on the Peninsula*

Story **Richard Lancaster**



Owning a dog not only means having a loving, loyal companion, but a good deal of responsibility as well. And it's not just about making sure they are fed and watered, walked and kept dry. It's also about making sure they know how to behave properly when around other dogs and humans. Picking up their droppings and properly disposing of them when out walking is our responsibility as well. Keeping them on a lead when in public places, other than fenced dog parks or at home, is included. Failure to do so can result in a fine of \$266.

There are a total of 7060 dog owners on the Peninsula, who own 8280 registered dogs. The Council currently provides Kroll Gardens, a massive five hectare fenced off-leash dog park at Clontarf, with another shortly to become available at Newport.

Peninsula dogs and their owners are well catered for with a range of services available. If you want your dog to be an obedient companion there are two local dog training facilities: Teamwork Dogs and VCABS, that cater for this need. If you want your best mate to look good, then you can take him or her to Redcliffe's Doghouse Grooming. Going away and worried what to do with Fifi or Fido? Never fear, there are at least three local places to look after your darling: Northside Pet Resort, Bayside Boarding Kennels or Ally's Doggie Sitting will provide adequate care. While all of the major local supermarkets provide a limited range of doggie products, Pet Barn and the Pet Café have a huge range available.

Should your best friend show signs of ill-health or require that annual booster shot, you have at least three qualified vets to choose from: Redcliffe's Peninsula Vet Surgery, the Greencross Vets at Kippa-ring or the Scarborough Vet Surgery. Should it be time to say farewell to your best friend, your vet can assist you or you can give him or her a beautiful send-off by consulting with Pets in Peace Clontarf, where a full funeral service, complete with cremation and urn is provided. But if you are in need of a friend, go no further than the Peninsula Animal Aid at Duffield Road, Clontarf. There is a four-legged friend waiting there, just for you!

Marketing for Indie Authors

Story **Jodie Woodward**

There's a lot more to creating a best-selling book than just writing the words. Local author and publicist Renee Bugden said she can teach you how to utilise free marketing techniques to promote your self-published book.

"Small publishing houses don't have the budget for marketing all their books," Renee said. "These days, even just submitting a manuscript to a traditional publisher means you need a social media presence. The first thing people do is Google you."

This session is part of Write Around Moreton Bay, a series of free seminars for writers and those with an interest in writing. They are designed to help writers learn valuable skills and writing techniques and are presented by professionals in the writing industry. This particular session will help attendees learn everything they need to know about social media and its impact on their writing careers, no matter what stage they are at.

Renee said her Marketing and Social Media for Indie Authors session is aimed at those who are already self-published, those considering publishing, and those who are already traditionally published.

"Attendees will learn why they need to identify a target audience and how to identify their audience," she said. "They will also learn the basics of social media, content ideas for different social media platforms to drive engagement, free and low-cost ways to increase readership and sales, and what to do when you commit a social media faux pas."

Friday 3 April, 6.30pm-7.30pm
Redcliffe Library
476 Oxley Avenue, Redcliffe.

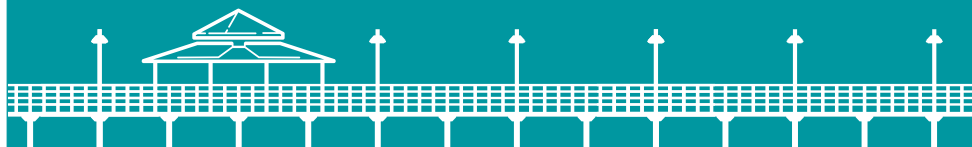
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Distance makes the heart grow kinder

Story Lyndal Magee

As the idea of 'social distancing' spreads far and wide, something else is catching on in the local area – random acts of kindness.

From sharing toilet paper at the check-out to delivering groceries to elderly neighbours, many Redcliffe locals are eager to lend a hand to those in need. So why do some people fight over toilet paper, while others give it away?

Scarborough-based psychologist Sacha Gibson didn't believe there was a straightforward answer. "I can say that taking action is a really critical part of alleviating feelings of helplessness," she said. "We just want to be able to do something."

However, feeling anxious may cause some people to take action in less helpful ways. "When people feel stressed, they are in a state of 'fight or flight' and become highly reactive," she said. "There may also be the occurrence of group-think mentality, which can lead to some of the so-called 'panic-buying' behaviours we've seen in recent weeks."

But there's a healthier alternative, and we're seeing lots of it in the local community. "There's a wealth of evidence that altruistic behaviour has a positive impact on mental wellbeing," Ms Gibson said. "It's definitely what we call a protective factor."

When offering support, she said, focus on friends and family first. "If you're a known source of care and support, you're much more likely to get a better response to your offers of help in these times of heightened fear and anxiety," Ms Gibson said. "If you're not well known to someone, try a phone call or note first to ensure you're not being too invasive and exacerbating their anxiety, especially if they are a vulnerable member of our community."

"One of the best ways you can help is to stay in contact with those around you," Ms Gibson said. "Call, text or email daily to counteract the effects of physical isolation."

"My hope is that if we can help each other to calm our collective anxiety, we can all start to think more clearly and make sound choices," she said. "Hopefully compassion and care of self and others will ultimately prevail."

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REDCLIFFE

MUSIC SPOTLIGHT

A love of
peppermint tea
and a nickname
created Olivia
Week's stage
name:

Peppermint Ollie

Story **Donna Roberts**

The singer-songwriter, Olivia, whose dad lives locally on an old yacht named Tango II, has performed gigs all around Brisbane for five years.

"I've been playing all over Brisbane and across the coast since early 2015."

Olivia not only performs her tunes to live audiences, but also to online audiences around the world with her YouTube channel boasting over 30 thousand subscribers.

"Performing is such an amazing way to connect with people," Olivia said.

“ Nothing makes me happier than seeing people laugh at my lyrics, or come up to me after a show and tell me that something in the music really resonated with them.

“There’s nothing better!”

Olivia released her debut EP ‘Difficult’ in 2017 as well as two singles - Fairy Bread and Once a Day - in 2019.

Her music was recorded locally, at Lush Recording Studios in Clontarf.

“I feel most inspired creatively when I’m near the water, so Redcliffe has been a big part of that for me,” Olivia said.

She describes her intriguing style as ‘playful’ and ‘comedic’.

“I’m a singer-songwriter whose music reflects on the darker trials of life with a playfulness and comedic flair,” Olivia said.

“My greatest success in my career so far would probably be writing music to help children for CBBC’s television show, LifeBabble.”

“Combining my passion of music and creativity with helping kids better understand their feelings was an incredible opportunity.”

If you’re seeing Olivia live, expect to be stuck with an earworm.

“Crowds should expect a charismatic performance with witty lyrics and catchy melodies that will be in their heads long after the show is over,” Olivia said.

“I love performing at festivals, and the energy at Moreton Bay events are always so amazing!

“I’ve played at both KiteFest and Welcome to the Whales events in the past, and they were such fun events.”

Find Olivia’s tunes on Spotify or Apple Music, or via her YouTube channel ‘PeppermintOllie’.

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ANZAC DAY



Tuned in to the Spirit of Anzac

What do you do on that 'one day of the year'— the day that sees young and old rise early from bed, before dawn, to gather en-masse at local Anzac memorials, to remember those who have served our country — and that gathering can't happen because of the COVID-19 public health risk?

You come together as a community, identify your needs and resources to still deliver for the Spirit of Anzac. And that's exactly what happened in a room in mid-March between Cheryl Barrett, vice president of the Redcliffe RSL and 99.7 Bridge FM board members Darryl Brooker and Bev Dawson.

"Fortunately, our president Mr Neville Cullen suggested that we collaborate with 99.7 Bridge FM to broadcast a very special Anzac Service to the community on the morning of April 25," said Cheryl. "It's unconventional but we are still honouring those who fell fighting for our freedom as well as our Veteran community at large."

Starting at 5:30am, the broadcast will include all the trimmings of dawn services past—the Invocation, hymns, readings and prayers—and, of course The Last Post and Reveille.

It will be a condensed service and sections will be pre-recorded out of necessity, but 99.7's very own Big Jon (Jonathon Twartz) is both excited and humbled to be hosting.

"Our station is all about community and we are up for this honour and this challenge," said Big Jon. "We are also encouraging people to show solidarity, as has been suggested on social media, by standing at the end of their driveways as the sun comes up. How awesome would it be to fill all our streets with the sounds of this special broadcast—together but at a distance—tuned in on portable radios, and remembering?"

Anzac Day Special Broadcast
5:30am, Saturday, 25 April, 2020
Tune into 99.7 Bridge FM from the end of your driveway!



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MUSIC SPOTLIGHT

"My parents asked me if I would like to learn the piano and so it all began. After finishing my piano study for seven years, I had already started playing all sorts of music that I heard from my family," Andrew said.

At 16, he began to study classical music, while experimenting with boogie-woogie and a variety of other musical styles.

// *There was always music being played on the stereo in our house, and you had to take it in turns to play your favourite records – so I would usually listen to boogie-woogie, jazz, R&R, and classical," Andrew said.*

After developing a fast-paced playing style without losing accuracy, Andrew decided to start playing gigs in bars and clubs as a solo pianist.

Alongside recording 21 CDs and touring around Australia and New Zealand, one of Andrew's most memorable moments as a pianist was when he met and performed with the Godfather of Australian blues, Dutch Tilders.

"I performed many shows with him towards the end of his life in Australia and New Zealand, and we created a great bond together," Andrew said.

"Another great moment was to meet and perform with the world-famous concert pianist, David Helfgott, at the Bellingen Music Festival."

Despite his success, Andrew still believes that being able to do what he loves for a living is the true achievement — as he loves to connect with his audience and take them on a magical music journey.

Andrew Farrell was set to bring boogie-woogie to Redcliffe in April at the Jumping Goats Bar, but at the time of going to print, it is uncertain this will still go ahead pending government restrictions.

To find out more:
www.facebook.com/andrewfarrellwizard
www.facebook.com/jumpinggoatsbar

Piano Wizard

Get Ready to Boogie

Story Nadia Chapman

With 50 years of musical knowledge under his belt, Andrew Farrell truly embodies the Australian

Piano Wizard, with his boogie-woogie piano playing style.

When asked, Andrew said, "I have never played in or around Redcliffe, but, I love to perform in new places all the time and meet new people. I am always seeking out new festivals, venues and towns."

As someone who started playing the piano at age five, Andrew quickly became mesmerised by the unique sound.



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Peninsula Private Hospital on George Street in Kippa-Ring provides quality private healthcare to the Moreton Bay region and beyond.

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Local
**DINING
GUIDE**



**THE
REEL
DEAL**
Morgan's Seafood





*Peter Michaels
from Morgan's Seafood.*

Story Emma Harley
Photo Pete Johnson

With the launch of its new outdoor precinct last year, Redcliffe favourite Morgans Seafood truly encapsulates the notion of alfresco dining.

Julie Hansson has worked for Morgans Seafood for 11 years and is passionate about the restaurant's progress over the past decade.

"Morgans Seafood was sold to the current owners in May 2016, who spent the first year and a half observing the business, before starting to make changes and improvements," she said.

"One of the most noticeable improvements has been the recent total refurbishment of the outdoor area, which was too small and beginning to look dated.

"The new space is weather-friendly, bigger and a lot more aesthetically pleasing.

"There are now 440 seats and tables with different options of position and types of seating, built-in speakers to give customers music all the time, as well as a live musician each Sunday from noon to 3pm.

"We have also licensed our outdoor area so customers can now enjoy an alcoholic beverage with their meal."

Julie said the feedback over the last few months had been wonderful from both new and regular customers.

"The majority of visitors are loving the new area, particularly the spectacular views of the marina, amazing sunsets and weather protection," she said.

"They also love that they can kick back with a glass of wine or a cold beer with their fresh seafood."

Julie attributes the venue's long running success to its consistency in quality, variety and atmosphere, as well as truly establishing itself as part of the community.

"Morgans has been running for the last 35 years and today employs 45-50 local residents," she said.

"It is a destination for both locals and tourists, and showcases Moreton Bay seafood like no other fish market.

"The freshness of the seafood coming off the boats and straight onto the shop display really sets us apart - couple that with our picturesque location and great new dining precinct and it's a winner."

Morgans Seafood
Bird Opassage Parade,
Scarborough Boat Harbour
P 3203 4592

Local DINING GUIDE



161 Redcliffe Pde, Redcliffe

Bakery Café

Ph 3284 0166

BANJO'S BAKERY CAFÉ

Feature: Banjo's Redcliffe bake fresh on-site every day! Fresh breads, pies, pastries, sweets and salad products with delicious full-bodied coffee... Banjo's is the perfect place for breakfast, lunch or a treat anytime. Dine-in or take-away.



405 Elizabeth Ave,
Kippa-Ring

Bar & Kitchen

Ph 0477 635 013

BEARDY'S BAR & KITCHEN

Feature: Beardy's Bar & Kitchen is a one-stop shop for your culinary needs, caffeine fix and a place to quench your thirst. The bearded brothers prepare their food, fresh on-site. A relaxed venue with arguably the best burgers on the peninsula, fantastic coffee, drive through, live bands and a fully licensed bar.



Shop 2 / 77 Redcliffe Pde,
Redcliffe

**Homestyle,
Modern Australian**

Ph 3883 1515

BIKINI BEACH CAFÉ

Feature: We offer a variety of freshly prepared dishes for both breakfast and lunch in a warm, friendly, relaxed atmosphere.

All with breathtaking views across Moreton Bay.



165 Redcliffe Pde, Redcliffe

Tex Mex

Ph 3284 7990

CACTUS JACK'S

Feature: Great steaks, sizzling fajitas and authentic Mexican served with a full cocktail list and up to 16 Beers on tap.

Monday - Thursday 5pm 'til late, Friday and Saturday 11.30am 'til late, Sunday 8.30am 'til late.





97 Redcliffe Pde. Redcliffe
Restaurant, Tapas, Bar
Ph 3283 3284

LITTLE LAMB RESTAURANT

Feature: There's nothing little about us or our meals. With an extensive modern Australian menu and our own house beer, Lazy Lamb Pale Ale, on tap, we'll have you joining the Little Lamb Fam in no time.

Open for lunch and dinner until late 7 days, with breakfast starting at 7am Friday to Sunday.



1 McCulloch Ave, Margate
Relaxed Waterfront Dining
Ph 3448 3400

MARGATE BEACH HOUSE

Feature: Open seven days for breakfast, lunch and dinner. Enjoy our innovative menu showcasing the best local and seasonal produce. Try our tempting share plates, mouth-watering local seafood or a delicious Wagyu Burger on our alfresco deck overlooking the calm waters of Moreton Bay and choose from a selection of our specialty cocktails or craft beers.



Bird O'Passage Pde,
Scarborough
Steak and Seafood
Ph 3203 5188

MORETON BAY BOAT CLUB

Feature: Our dining showcases the very best in seafood, steak, ribs and pasta, with daily specials that will make your mouth water. Dine on our covered deck, sitting out over the serene waters of Moreton Bay, offering marina and mountain views.

Sunday breakfast from 7.30am, Lunch 7 days from 11.30am, Dinner Tues to Sun from 5.30pm.



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Local DINING GUIDE



Bird Opassage Parade,
Scarborough

Fresh Seafood & Takeaway

Ph 3203 4592

MORGANS SEAFOOD

Feature: Morgans Seafood is the best place to enjoy seafood in Brisbane. Morgans are uniquely located right on the stunning Scarborough Boat Harbour dotted with luxury yachts, pleasure craft and commercial trawl fishing boats, and overlooks Moreton Bay and the Glasshouse Mountains. Fully licensed.



Shop 7 Dolphins Central,
Ashmole Rd, Kippa Ring

Café

Ph 3203 6510

OVER THERE CAFÉ

Feature: Offering breakfast and lunch 7 days a week. Relaxed atmosphere to enjoy great coffee, with a fantastic range of gourmet meals including our 'Half Price Pancakes' every Tuesday.



155 Redcliffe Pde, Redcliffe

**Modern Australian
& Mediterranean**

Ph 3284 2986

PREECE'S AT THE JETTY

Feature: We have the BEST Vanilla Slice in Redcliffe. All cakes, biscuits, slices & ice cream are homemade. Fabulous seaside location.

SPECIAL: three-course dinner deal Thur, Fri, and Sat nights for \$40, entree, main, and dessert.

Sunday-Wednesday: 5:30am – 4pm

Thursday-Saturday: 5:30am – 9pm



34 Anzac Ave, Redcliffe

Casual Dining

Ph 3051 7644

REDCLIFFE TAVERN

Feature: Redcliffe Tavern is serving up all the pub classics 7 days a week. Sunday - Friday lunches 11:30am-2:30pm and dinner 5:30pm-8:30pm. Saturday we have all day dining from 11:30am-8:30pm. Drop in for a flutter on the pokies or TAB as we are open 'til late.





89 Landsborough Avenue,
Scarborough

Eclectic Modern Café

Ph 3880 4770

SCARBOROUGH'S 3EIGHTNINE

Feature: Famous for our range of breakfasts and lunches, providing fresh seasonal dishes, dine while overlooking the beautiful Moreton Bay. We provide options for vegetarians and the gluten intolerant and do great functions.



sea salt & vine

Reef Point Esp, Scarborough
(situated behind caravan
park)

Modern Australian

Ph 3880 4456

SEA SALT AND VINE CAFÉ

Feature: Looking for a tranquil place to enjoy a quality breakfast, lunch or relaxing coffee – overlooking the water with Glass House Mountains views? We are open 7am 'til 4pm every day.



141 Sutton Street, Redcliffe

Japanese, Sushi

Ph 3283 8188

SUSHI CENTRAL

Feature: Want to experience an amazing time with astonishing flavours? Come to Sushi Central at 141 Sutton Street Redcliffe and purchase a variety of products that cater to all your eating desires. Join us on Monday night and Tuesday for our \$3.00 specials. Open 7days for lunch and dinner.



Bluewater Square
Shopping Centre

20 Anzac Ave, Redcliffe

Authentic Japanese Cuisine

Ph 3889 4040

SUSHI NIKKO

Feature: Redcliffe's newest authentic Japanese cuisine experience. With over a decade of combined experience, come in and taste the difference. Whether you're dining in or grabbing takeaway, Sushi Nikko is the place to go. Open from 11am to 8pm – Monday to Saturday.



Local DINING GUIDE



Suttons Beach Parkland
Marine Pde, Redcliffe

**Casual Beachside
Dining & Bar**

Ph 3284 3320

SUTTONS BEACH PAVILION

Feature: Relaxed, truly beachside venue with uninterrupted views across the Bay. The Pavilion has something for everyone, with a beachside Bar and Grill, Cafe, Fish & Chippery, Ice Creamery, the Rooftop Bathers Bar and Function and Wedding Centre. All serving modern, affordable, fresh food in a relaxed family-friendly setting. Come for a drink, stay for the food and view. Fully licensed - Open 7 days a week.



Tempest

Bird O' Passage Parade,
Scarborough

Teppanyaki Grill

Ph 3203 5744

TEMPEST TEPPANYAKI

Feature: It's a sizzling good time! Using the best local produce the chefs will transform the grill into a stage when performing a dining feast of entertainment.

Menu choices include multi-course banquets, create your own selection, and a lunch time bento box style. Lunch: Wed-Sun, Dinner: 7 nights



THAI HUT

Shop 3/265 Oxley Avenue,
Margate

Thai Restaurant

Ph 3284 5962

THAI HUT

Feature: Thai Hut has been on the Redcliffe Peninsula for over sixteen years. We reopened in August 2017 back to where we first started in 2000. Thai Hut cooks authentic Thai food. We do take-away, home deliveries and dine-in.
\$9.90 SPECIAL - Pad Prik Wan, Sweet & Sour.
Just one of our many lunch time specials.



23 Redcliffe Pde, Redcliffe
(Opposite Lagoon)

Ice-Creamery

Ph 3284 5859

THE BIG KID ICE-CREAMERY

Feature: Ice cream flavours for everyone!!! Over 30 delicious flavours to choose from.

Come on in and personalise your own milkshake... How about... White Chocolate and Tiramisu? YUM!!! Don't forget breakfast. Try our mouth watering waffles and fruit smoothies. Open 7 days a week for "The Big Kid" in everyone.





The Boat Shed

63 Landsborough Ave,
Scarborough

Fish & Chips

Ph 3880 0555

THE BOAT SHED SCARBOROUGH

Feature: All our fish is freshly cooked to order in our light tempura batter.

We do not take phone orders, however all orders are cooked and ready in 5 - 10mins.

Open 7 Days 11am - 8pm

Holidays 11am - 3pm | 5pm - 7pm



Kippa Ring Shopping
Centre

Café

Ph 3283 4739

THE COFFEE CLUB KIPPA RING

Feature: At The Coffee Club Kippa Ring you can enjoy your favourite cafe meals and great coffee all day, every day. Open from 7:30am-5:30pm weekdays, late Thursday 7pm, and 8am-4pm weekends. So Meet You at The Coffee Club Kippa Ring.



321 Scarborough Rd,
Scarborough

Bistro

Ph 0406 750 064

THE GREEN SCARBOROUGH

Feature: Scarborough's newest local. The Green Scarborough. From barefoot bowls to pizza and pasta. This family friendly venue has it all - catering, function hall, barefoot bowls and a revamped restaurant that features a roast night on Thursdays.

Find us on Facebook:

The Green Scarborough



Bird O' Passage Parade,
Scarborough

Seafood Restaurant

Ph 3203 5744

SEAFOOD RESTAURANT TEMPEST

Feature: A true trawler-to-plate experience. Seafood platters a specialty. Absolute waterfront location. All you can eat seafood buffet held on the last Thursday of each month. Seafood restaurant open 7 days lunch and dinner.





Taking It To The Streets!

Story *Philip Woods*

Some of the biggest names in music around the world started out busking; think of current Australian global superstar Toni Watson (a.k.a. 'Tones and I'), Tracy Chapman and even Ed Sheeran.

In fact, busking could be viewed as one of the purest forms of art. It's direct, personal, creative and expressive. Street performers have been a part of human society for millennia, making us laugh, cry, smile or sing along; and their value as a proving ground for aspiring musicians is huge.

Nathan Edgell is one of the founding members of the planning team that organises the Toowoomba Busking Festival, which usually happens in April and is now in its third year. "The festival gets better each year," said Nathan. "Last year we had over 80 different performers; some were locals and others travelled from all over Queensland, as well as from interstate to be a part of it.

"We see part of our role as championing artists in the town; doing our bit to support our growing artistic, musical and creative scene," Nathan said.

But it's not just Toowoomba. Buskers are dotted around streets and shopping areas in every city and most towns, and provide great value entertainment to enhance any otherwise mundane day.

Currently there are at least eight busking festivals held every year in Australia and New Zealand, including the Belgrave Buskers Festival in Victoria, the Busker National Folk Festival in Canberra and the World Busker Festival in Christchurch.

Nathan attributes the success of the Toowoomba Busking Festival to a few things. "Everybody loves to see great entertainment, whether it's on the street or in a venue. We aim to provide an environment for buskers where it's more about enjoying the performance than winning any prize, so everybody wins."

The superstars and singers that we love all started out somewhere, so the next time you are out and about, seek out the areas where street performers play and enjoy some (almost) free entertainment. Remember, just a few dollars from your pocket encourages a beautiful tradition of public performance.

When you take to the streets, take in some tunes.

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ON US

Our Redcliffe Team is here to help you see results now, and later. Call to book in for a free chat with our experts.

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www.antiwrinklebrisbane.com.au



HISTORY



Seabrae

Elegant Living in Redcliffe

Story *Hellen White*

From humble beginnings as a small cottage, Seabrae became a major landmark on the Redcliffe seafront in the 19th and 20th centuries.

In May 1882, John Harrop Henzell purchased approximately two acres on the corner of what is now Marine Parade and Anzac Avenue. Henzell was a local real estate agent and also involved with local government.

Once the modest home was built, the Henzell family took up residence and named the home Seabrae. In about 1901, Andrew Stevens rented the property from John and in late 1909, Andrew's wife, Ann, purchased Seabrae. Redcliffe had become a popular holiday destination and Ann Stevens converted the property into a boarding house by adding a wing to the original house. She advertised it as having every home comfort and an excellent menu. Redcliffe was easily accessible from Brisbane, either by motor services or steamer.

Seabrae had electricity and plumbing, a tennis court, and was close to the beach for bathers. Its phone number was Redcliffe 10. Tariffs varied depending on the season. Summer was 12s/6p per day, while in the winter season it was 10s/6p.

Among the younger generation who came to holiday was Edward (Ted) Smout, who fell in love with Ella Stevens, daughter of the owners. They married in 1923.

The guest house was sold again in 1926, for £4000, to Arthur Sampson, a banana farmer from Caboolture. He moved into Seabrae in 1927 with his wife and eight children. A second wing was added and the power upgraded.

In 1934, this original Seabrae was demolished to make way for a modern two-storey building. It could now accommodate the 10 family members, six staff and about 120 guests.

At the outbreak of WW2, the Australian Army commandeered the property as a military training school. When the US entered the war, an American naval base was set up near Brisbane and they took over Seabrae as a recreational facility for up to 142 US personnel. Landing barges would come and go at the Redcliffe Jetty.

At the end of the war, the building was in a very sad state. The US government paid US\$2800 in rent and US\$21,200 for repairs. The Sampson family took over their home again and eventually sold the hotel (as it had become) in 1960. Arthur Sampson passed away in 1964, aged 95.

The elegant building of the photograph is no more, but the name of Seabrae lives on 140 years later, on Marine Parade.

With special thanks to the Redcliffe Historical Society. Refer "Humptybong & After" Feb-Dec 2002, Vol. 17, Nos 7-11, Vol. 18, 1-6.



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Autism Workshops with Anna Tullemans

Story Kelly Livett

Anna Tullemans, educator and author of 11 books on Autism Spectrum Disorder (ASD), works with teachers, teachers' aides, families and others to facilitate understanding of those affected by ASD. "ASD often causes individuals to struggle to understand and relate to other people and to their environment and this can often result in extreme behaviour," Anna said.

This year she is conducting three interactive workshops at the Redcliffe Library designed for close friends and family of those with ASD. Each class is designed to deal with a different part of

living with ASD and to make it easier for people to identify what might be going on with their loved one.



Each workshop costs \$10 and can be paid on the day. You must register your interest in attending as class sizes will be kept small for best learning outcomes. For more information contact Anna Tullemans on 0419168742 or register your intention to attend at www.annatullemans.com.

Autism Interactive Workshops

26 May at 10am

Redcliffe Library

\$10 fee per workshop

APRIL TIDETIMES

TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
1 0234 2.08 WE 1453 1.59 ● 2059 0.83		7 0251 0.34 0855 2.58 TU 1531 0.30 2124 2.39		13 0116 2.38 0759 0.74 MO 1330 1.72 1921 0.68		19 0109 0.74 0720 2.19 SU 1354 0.58 1949 2.04		25 0458 0.62 1039 1.99 SA 1654 0.49 2312 2.37	
2 0352 2.10 1041 0.89 TH 1628 1.62 2228 0.80		8 0342 0.29 0940 2.55 WE 1611 0.27 ● 2210 2.49		14 0211 2.26 0909 0.83 TU 1437 1.59 2016 0.81		20 0154 0.67 0759 2.21 MO 1427 0.53 2024 2.14		26 0535 0.67 1112 1.90 SU 1723 0.54 2347 2.34	
3 0512 2.19 1200 0.77 FR 1747 1.75 2346 0.70		9 0431 0.30 1023 2.45 TH 1649 0.27 2255 2.55		15 0318 2.15 1025 0.84 WE 1603 1.57 ● 2135 0.90		21 0234 0.62 0834 2.20 TU 1459 0.49 2058 2.23		27 0613 0.73 1148 1.81 MO 1755 0.60	
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MAY TIDETIMES

TIME	M
1 0322 2.21	
1018 0.77	
FR 1611 1.69	
☉ 2201 0.79	

2 0436 2.26	
1129 0.66	
SA 1727 1.84	
2321 0.71	

3 0543 2.34	
1231 0.54	
SU 1830 2.03	

4 0032 0.60	
0642 2.40	
MO 1325 0.42	
1925 2.22	

5 0136 0.50	
0735 2.42	
TU 1413 0.34	
2016 2.38	

6 0234 0.43	
0824 2.39	
WE 1456 0.28	
2104 2.52	

TIME	M
7 0328 0.39	
0912 2.32	
TH 1537 0.26	
☉ 2150 2.61	

8 0419 0.40	
0958 2.20	
FR 1615 0.28	
2235 2.65	

9 0509 0.44	
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10 0600 0.52	
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MO 1219 1.78	
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SHEBAH

The All-Women Rideshare Service

Photo Pete Johnson

Shebah has come to the Redcliffe Peninsula. With two drivers already in the Redcliffe area, it is Australia's only all-women rideshare service, safely transporting women and children from A to B. Whether it's getting children to school or to their swimming lessons on time, or taking women home after a big night out, safety is the top priority for these drivers.

Launched on International Women's Day in 2017, Shebah believes in female empowerment, inclusion, and celebrating cultural differences. The Shebah community encourages riders and drivers to connect, network and form friendships that are built around personal safety for both the riders and the drivers.

Disabled passengers are welcomed along with their service animals. Most Shebah drivers are also pet-friendly, getting your furry family from A to B as well.

Shebah drives women and children, as well as those who live their lives as women. Boys under 18 may use the service. Those under 12 may use the service at any time, while those between

13 and 18 can ride up till 5pm unless they are with a guardian. A man may ride if they have a child that requires a booster or baby seat but is asked to sit in the back seat, so drivers feel comfortable.

"For me, driving for Shebah is enormously rewarding. I get to make an impact on other women's lives whilst working in a safe and supportive environment", explained Susie, a long-time Shebah driver.

Shebah believes in giving back to the community and is currently working with a sexual assault 24-hour crisis care centre for victims over 17 years of age.

This service also offers its drivers a source of income, independence and stability. With over 1000 drivers Australia-wide; Shebah's 'Army of Aunties' is increasing daily. The support amongst the drivers is uplifting and engenders them to strive to succeed.

"I get 85 per cent of the earnings, which is very generous," said Shannon, a Shebah driver.

Another driver, Hellen, said, "I love the connections you make. I really feel like I make a difference."

So, how do you book a ride? Download the app, create an account and put in your pick-up and drop-off locations – it's as easy as that. Try it – it's such a great experience. How do you become a driver? Head to www.shebah.com.au/drive and start your application. It could open a whole new world for you, either as a rider or a driver. Shebah, Safer Together.

Shebah driver Hellen White

If you would like to become a driver or book with our Redcliffe Peninsula Shebabes, contact Hellen on 0406 760337 or Jen on 0405 390812.





Lions Sunday Markets

Redcliffe Showgrounds
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Saturday 2nd & Sunday 3rd May
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Hercules Road State School, Hercules Rd,
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Gem Sales, displays of opal, sapphire, pearl,
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SUBJECT TO GOVERNMENT REGULATIONS

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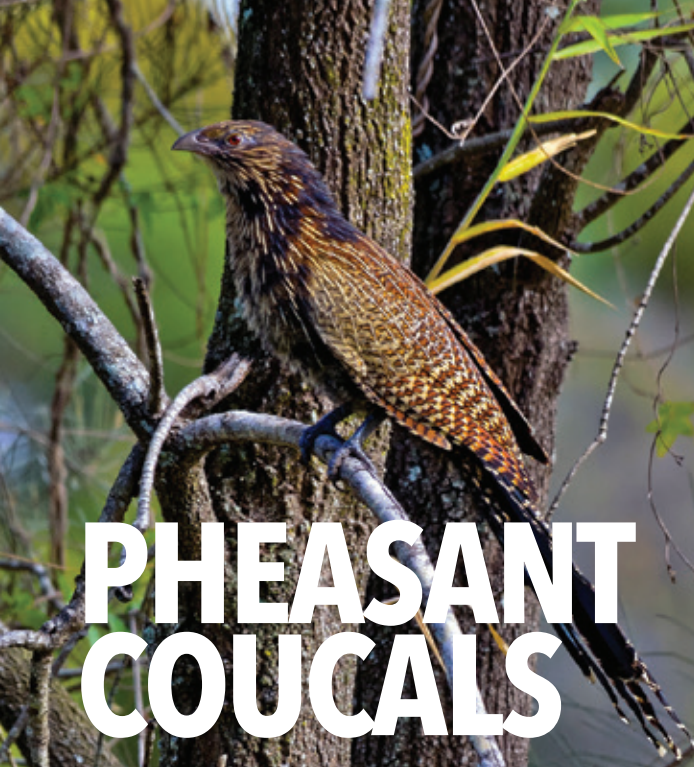
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CENTROPUS PHASIANINUS

Some birds capture our attention on account of their colourful plumage, graceful forms, enchanting voices, or agility in the air. But Pheasant Coucals are just plain strange. Although only the size of a small chicken, their prehistoric appearance and unusual habits certainly inspire curiosity.

Photo by James Niland from Brisbane, Australia

PHEASANT COUCALS

Story *Leanne Palmer*

Even their voice is peculiar. In summer you may hear a low deep “boop boop boop” call, while in winter they make sharp hissing sounds.

Primarily ground dwelling birds, their lack of grace in the air is to be expected. Their manner of walking is quite reptilian, with movements more like a fat lizard than a bird. Clumsiness in flight and a seeming lack of concern with being observed, makes you question how they became an evolutionary success; they appear to be such easy prey.

They are undoubtedly survivors though, distributed widely over northern Australia and preferring habitats with dense lower vegetation. In Queensland, they have found sugar cane fields to make ideal homes, with rich supplies of insects and amphibians, and good shelter for nest-building.

The cuckoo family, to which they belong, are well known for the practice of laying eggs in the nests of other bird species. This behaviour is called brood parasitism, and offers massive time

and energy saving benefits. Pheasant Coucals however, are the only cuckoos in Australia who care for their own young.

A loose bowl-shaped nest is made of leaves, twigs, and grasses. The highest reaching pieces are sometimes pulled together to form a canopy, reminiscent of the constructions made by Satin Bowerbirds.

The chicks, once fledged, are among the strangest young birds you are likely to see—stumpy, with a big head and beak, and covered in short coarse black feathers, with long white wispy strands protruding from their crown.

Pheasant Coucals can still be spotted (or heard) regularly in our suburbs, particularly where there are patches of shrubby undergrowth and long grass. In Sandgate, they are often seen around Dowse Lagoon and Peace Park.

Spring and summer sees them sporting their breeding plumage of mainly black feathers. They are on the move and more likely to be seen passing through backyards. Enjoy your encounters and marvel at one of nature's true oddities.



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REDCLIFFE GEM SHOW

**Dazzling display is
set to shine.**



SUBJECT TO GOVERNMENT REGULATIONS

Story Kelly Walker Photo Ben McShea

Opals, sapphires, crystals - have you ever wondered... Now's your chance to meet the talented artists who do just that and see their efforts sparkle and shine at the 48th annual Redcliffe Gem Show.

Redcliffe Gem Club secretary Chris McNeny said the club's goal for this year's show was to offer visitors a chance to secure a good bargain and have fun. "The most exciting thing for me is meeting new people and talking about a shared passion," Chris said. "It's also fun when you find something really special for a great price."

The show will have exhibits both indoors and out (weather permitting) and will cater to all ages. "Inside the hall, gem traders will have their finest polished, cut and uncut rocks on full display," Chris said. "However, the tailgaters (the outdoor traders), will be able to take advantage of the natural sunlight to highlight the unique beauty of each piece."

With approximately 3000 people expected to attend over the course of the show, there will be a large assortment of unique gems, jewellery, gifts and more.

Chris said the club, founded over 50 years ago, retained some of its original members who were still active today. "The club was started in 1964 by Mr Ossie Rippingale," he said. "It now has 170 members ranging in ages from 12 to 96 years old and is continuing to grow."

The club provides facilities and instruction in the areas of lapidary (cutting, shaping and polishing rocks), metalsmithing, and gemstone faceting (transforming a rough gemstone into a cut and polished piece). "Turning a rock into something beautiful is a skill," Chris said. "It takes a combination of knowledge and artistic ability."

The show offers fun for the whole family with children's activities, door prizes, and a playground next to the eating area.

*Admission is \$5 for adults;
Children 16 years and under are free
www.redcliffegemclub.org.au*

**The Redcliffe Gem Show
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REDCLIFFE *Bites*

Story **Kelly Livett**

WINNING LOTTO TICKET PURCHASED IN KIPPA-RING

One lucky ticket holder has won the first prize on a 'Set for Life' lottery ticket. The Draw No. 1678, which was drawn on the 10th of March this year and was purchase at local newsagent Kippa-Ring Village News. The winner is yet to be found or their name hasn't been disclosed. Whoever the lucky person is, they've won \$20,000 a month for the next 20 years.

ANIMAL REGISTRATION AND MANAGEMENT INSPECTIONS

From the 18th of March until the 30th of June this year, the Moreton Bay Regional Council will be conducting Animal Registration and Management Inspections. These inspections can occur between 8am to 5pm weekdays for the duration of the project. Council officers involved will carry and can provide identification upon request. These inspections will ensure that animal owners are compiling with the council animal laws and regulations.. This will including checking registration, microchipping,

fencing and animal enclosures, as well as the number of animals legally allowed to be kept on a premise, or the presence of any prohibited animals. Anyone who has yet to update or register the details of their pet are urged to contact the council immediately to finalise the process. For more information about pet ownership laws and requirements of the council, you can call this number 3205 0555 or go to the moretonbay.qld.gov.au website and type in Animal Registration and Management.

REDCLIFFE FEVER CLINIC

A fever clinic has been set up in two demountable buildings next to the Redcliffe Hospital Emergency Department. If you have been overseas or been in contact with something who has tested positive for Coronavirus please present to the Redcliffe Hospital Fever Clinic to be tested. The clinic is open from 8am to 6pm seven days a week, outside of these hours please present at the Emergency Department. You can also make an appointment with your GP who can refer you to the clinic if they believe it necessary. It is advised that you inform medical staff if you have symptoms or think you may have come in contact with Coronavirus at the time of booking your doctors' appointment.

SPACE FOR NEW BUSINESSES ON THE PENINSULA

With commercial spaces available across the Peninsula, a question was posed on social media about what type of businesses people would like to see coming to the local area. There was a variety of responses with many people suggesting more local bakeries and butchers fill smaller spaces, along with suggestions for take-away and fast-food restaurants, fruit shops and delicatessens. Some locals suggested that the price of rent could be the cause of spaces remaining unused, while others suggested other factors could be working against certain shopping areas like the design of centres and parking lots as well as available parking spaces. The shopping needs of the immediate surrounding area was also mentioned and some suggested there might be a lack of locals supporting small businesses that may be contributing to the shop spaces remaining vacant.

FOOD RELIEF FOR THOSE IN NEED

Freshwater Anglican Outreach Deception Bay provides emergency food relief every Friday from 12pm to 2pm to help people through the weekend. It is also possible in many cases that they may be able to provide further information about other organisations that can further assist members of the Deception Bay community. Every Wednesday from 9am to 2pm they also run an Op Shop with affordable products. If you or someone you know is in need, you can contact Freshwater Anglican Outreach on ph. 3203 2440 or you can go to freshwateranglican.com to find out more information.

Would you like to contribute to Redcliffe Bites?

Is there something happening in the Redcliffe area you'd like to share? What are you talking about on social media or at the school gate? Email Kelly to be included in the next Redcliffe Bites at redcliffebites@kellylivett.com



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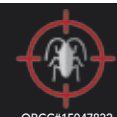


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3 cheese mix.

**Add
\$3**

Cancun

Tomato relish,
pineapple, jalapenos
& grilled cheese.

**Add
\$3**

Godfather

Onion jam, salami,
roasted peppers,
olives & mozzarella.

**Add
\$4**

Marinara

Smoked salmon, sauteed
prowns, spanish onion
& camembert cheese.

**Add
\$6**

WEDNESDAY STEAK DAY

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topper for*
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*with
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