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WITH LOCAL BUSINESSES TO
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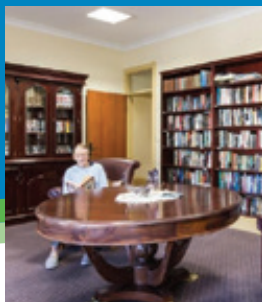
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WHAT'S HOT AROUND TOWN

STORY **NADIA CHAPMAN**

Start your weekend off the right way and party like it's 1999 again.

The Redcliffe Leagues Club is hosting a Blink 182 and Green Day experience like no other on Friday, October 20.

This is Australia's number-one tribute show, and the Redcliffe Leagues Club invites everyone to see this band live and free.

Blink 182 and Green Day brought the pop-punk genre to the forefront of the industry, and audiences can expect to rock out all night long. The show features all the greatest hits and pulls from all eras of both bands. There will also be additional pop-punk and emo covers to end the night.

Blink 182 and Green Day fans will leave the show wanting more.

The tribute show starts at 6pm.

If you're tired of spending your Friday nights alone at home, Redcliffe has just the right entertainment for you.

Velvet Kiss returns to the Bramble Bay Bowls Club on Friday, October 6, with another unforgettable live performance. With strong male and female vocalists, four-part harmonies, smooth live saxophone, flute, three guitarists, keyboards, live drums, and percussion—Velvet Kiss will satisfy your hunger for live entertainment.

Velvet Kiss has played shows across Australia and the world for over 15 years, and Bramble Bay Bowls Club is excited to welcome them back to the stage.

The band play a mix of genres, from the latest pop hits and Aussie rock to laid-back jazz and blues.

Velvet Kiss will perform from 7pm onwards.



If you want to enjoy some mid-week entertainment this month, head to The Komo.

The 70s Unplugged Seniors Show is taking place on Thursday, October 12, as part of The Komo's Senior's Luncheon event.

The show celebrates the music of some of the most legendary artists in the industry from the 70s.

Sit back and relax as performer Nik Phillips

plays tunes from James Taylor, Cat Stevens, Bob Seger, and Bruce Springsteen.

The two-hour show includes over 40 unique videos, a string of stories, and some of the best music of the 70s.

The Senior's Luncheon includes a main meal, dessert, tea, and coffee.

Bookings are required, and tickets cost \$38.37.

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SAM UNITES WITH REDCLIFFE HOTELS IN FIGHT AGAINST CANCER

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

Australian actor Samuel Johnson has spent the past decade fighting cancer through his charity, *Love Your Sister*.

Sam visited The Komo last month to discuss his latest initiative, Sam's 1000, and to mark another milestone in his ongoing partnership with Lewis Land Group, owners of The Komo and The Belvedere Hotel.

Lewis Land Group Queensland regional manager, Chris Allison said The Belvedere helped Sam reach a \$10 million goal at a fundraising event in 2019.

"We raised 23 thousand dollars and he was another 30 thousand short, so we made the decision to donate another \$54,484, which

tipped him over the \$10 million mark," Chris said. "We wanted to claim that for the Peninsula. Sam really values the Redcliffe community. The support he receives from the local community whenever he is here, he really appreciates that community spirit."

Sam described it as a historical and memorable night.

"I was just short of \$10 million and they wrote a large cheque that night," Sam said. "Then you combine all of the other work that Lewis Land Group does in the community. They care about their district, and they care about their people, and they give back."

Sam's latest mission is to rally 1000 businesses to support the provision of precision medicine for all cancer patients. Precision medicine involves analysing tissue samples to determine the most effective treatment.

Sam said he had wanted the treatment for his sister, Connie, who died of cancer in 2017.

"It's currently not available as a standard of care, but it's happening now," he said. "Precision medicine offers the tantalising prospect of putting our cancer patients on the right medication the first time, every time, saving squillions on false lines of treatment, and saving the lives of people like my sister."

Sam's 1000 'champions' are divided into three categories: Heavyweight, Middleweight, and Welterweight. Lewis Land Group is supporting Sam's cause as a Heavyweight Champion, pledging \$1000 a month from each of its four hotels.

"That's the most we expect from a company," Sam said. "Heavyweights like The Komo are doing the heavy lifting and small businesses are helping out as well. It's gone beyond all my hopes and expectations."

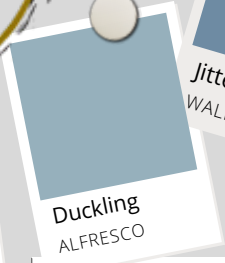
Once he reaches 1000 businesses, Sam plans to meet with the Federal Minister for Health, Mark Butler to discuss expanding access to precision medicine. Until then, he urged more individuals and businesses to join the cause.

"If there are any people out there who can help me get to 1000 as quickly as possible to extract those millions, email me your phone number sams1000@loveyoursister.org," he said.

"The future is in our hands." For more information and to donate go to www.loveyoursister.org/sams1000 or follow Love Your Sister on Facebook.



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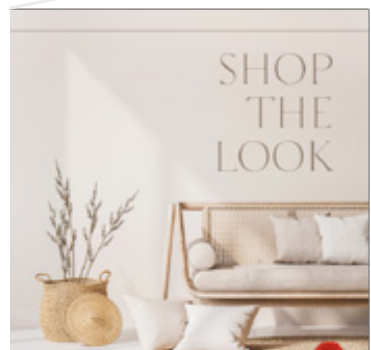
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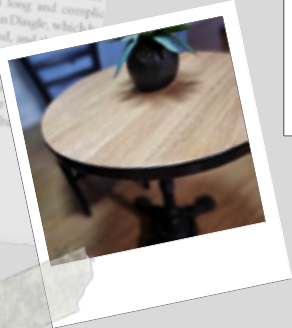


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THE INSPIRING WOMEN OF THE HAYES FAMILY

Caption: William Hayes and family
(and horses Adam and Eve) 1906

HISTORY REDCLIFFE

STORY **PATTIE TANCRED**

When William Hayes died on 8 June 1910, the *Brisbane Courier* lauded him as “a prominent and popular resident” of Redcliffe. He had been chairman of the Humpybong Steamship Company, a member of the Redcliffe Divisional Board and a shire councillor. He was also active in the Church of England, being a lay member of the Synod, church warden and a member of the parish council of St Mary’s and St Mark’s churches. His home, Ellerslie, was one of the grand residences of Redcliffe.

Mr Hayes left a widow, Lydia, two daughters and three sons. The older girl, Florence, and the three sons, Frederick, Percy and William, married and moved away while Mrs Hayes and Miss Lucy Hayes continued to reside at Ellerslie.

Mrs Hayes and Lucy were active in the community, especially in support of St Mary’s Church and the Red Cross Society. They presided over fundraising fetes and garden parties, often held in the grounds of Ellerslie. Lucy was, for 25 years, superintendent of the Sunday school, and organised an annual Christmas tree laden with gifts, “which gladdened the hearts of the little ones”.

Two of her nieces, Doreen and Daisy, were sent to live at Ellerslie when they were children. Daisy

featured in several entertainments put on by her grandmother and aunt, performing in a children’s concert in 1913 (children trained by Miss Hayes), presenting a bouquet to the patron of the fete in 1916 and running a bookstall at another fete in 1922.

Doreen reported on life in the house with her grandparents and “strict maiden aunt”. The girls attended church three times on Sundays, as well as Sunday school (inescapable, perhaps, with Aunt Lucy as superintendent), and each Saturday were given a dose of castor oil. They were, though, also taken fishing, swimming in “neck to knee black costumes”, and for outings to the pictures and the circus. Doreen was given a pony, which she rode to the Humpybong school.

Mrs Hayes died in 1928, aged 80. Her obituary in the *Humpybong Weekly* and *Advertiser* reported she “took a keen interest in the social life of the town”, and was an “ardent church worker” known for her “kindness of heart and sweet nature”. She was interred in Redcliffe Cemetery alongside William. Lucy died in 1941 and is buried near her parents, all three equally deserving of the accolade “prominent and popular” residents of Redcliffe.

[With thanks to MBRC ourstory.moretonbay.qld.gov.au, Image courtesy of Moreton Bay Regional Council, reference number RMPC-100\100934]



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SHIVER ME TIMBERS! FRIGHTFULLY FUN FESTIVAL RETURNS

STORY **ALYSSA MACKAY**

Get into the spirit of Halloween at the Redcliffe Markets Festival of Frights. This month, the Redcliffe jetty will transform into a haunted pirate wonderland featuring some of the region's tastiest street eats, eeriest entertainment and spooky stalls.

Market coordinator Mark Power said the markets offered free entry and participation for all components, making it ideal for young families.

"Halloween is one of our favourite annual events," Mark said. "It's an opportunity to shake off the year, embrace summer around the corner (in what is usually gorgeous weather along the foreshore) and unwind with friends and family – all while dressing up in your best or funniest costumes. We've seen some remarkable outfits in previous years and something tells us 2023 will only be even more exciting."

This year's Festival of Frights will have a Haunted Pirates theme, with selected areas along the foreshore transformed into spooky pirate settings. Attendees can take photos at two designated 'photo op areas' – the pirate graveyard and Davy Jones's locker.

Little ghouls will enjoy a free scavenger hunt, a Halloween-inspired jumping castle and face painting.

With more than 200 stalls to explore, attendees can indulge in fiendishly good street food while enjoying live music and entertainment.

Mark said this year's festival would feature an increased number of roving performers like spooky stilt walkers, as well as a performance from dance company Bring A Plate, who would also be hosting flashmob workshops.

"We've got a main stage this year, plus two other live music locations across Redcliffe Parade and lastly, our official Best Dressed competition and fireworks spectacular," he added.

"Whilst trick-or-treat is gaining lots of popularity in Australia, we like to think the Festival of Frights is a wonderful - and above all - very safe way to enjoy Halloween.

"Coupled with activating the foreshore, celebrating and visiting one of the most desirable locations on Australia's east coast, highlighting local artisan vendors and seeing/visiting the most amazing local businesses along Redcliffe Parade, we think it's one of the best spots to get into the Halloween spirit."

Free street parking will be available. Alternatively, \$7 parking can be found at Pearson Park on Klinger Road.

Register for your free tickets and go in the draw to win a fa-boo-lous prize: <https://bit.ly/festival-of-frights-2023>

Festival of Frights 2023
Saturday, 28 October, 4-9pm
Redcliffe Markets
Redcliffe Parade, Redcliffe.

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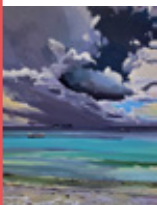
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OVER 50'S HEALTH

Welcome to my new column - Over 50's Health! We all know the benefits that a holistic health approach can have on someone of any age, but once we hit the age of 50 this is especially important.



WITH JAN ROESCH

Did you know that doing some kind of resistance exercise, for example, lifting weights can not only increase your strength, but it can also increase bone density, change your body composition, build that

great muscle to support your balance, oh and strength training is the best antidepressant there is!

I have been keeping an eye on my bone density for a while now, even more-so since I was told I have Degenerative Disc Disease, or Osteoarthritis. The Surgeon told me that the best thing I can do is to find a good Physio, and to lift weights! So that's what I did!

What I have found, being over 50 myself and now a powerlifter, is that I now know the benefits weight training can have on bone strength. If you are concerned about your bone strength, there is an x-ray called a DXA scan that looks at your Bone Mineral Density or BMD. It gives your doctor information about your bone strength or weakness, and your risk of fractures.

If you'd like to know more about how I helped myself, I'm always ready to help. Reach out to me at www.over50shealth.au

REDCLIFFE HOSPITAL GIVING DAY JOINS FORCES WITH 99.7 BRIDGE FM

Now in it's third consecutive year, the annual Redcliffe Hospital Giving Day, which is proudly supported by the RBWH Foundation is almost upon us.

On Thursday 12th October, 99.7 Bridge FM will host a Radio-Thon to help raise funds for the 2023 Raise it for Redcliffe Hospital.

99.7 Bridge FM will be broadcasting live outside their studios, next to the Redcliffe Museum at 75 Anzac Avenue, from 9.00am - 6.00pm

A number of corporate identities in the Redcliffe Community have been amazing throughout the year, with their overwhelming generosity and support, raising thousands of dollars to date for the Redcliffe Hospital.

Although the Giving Day on the 12th October is all about raising those much needed funds for the hospital, the day promises to be a load of fun and together with the Outside Broadcast there will be live entertainment, a plant and bake sale, coffee van, sausage sizzle, Spin and Win on the chocolate wheel for just \$2.00. Everyone is a winner!

Classic Cars on display with 997 model Porsche racing car owned by Shane Wilson from Wiltec Engineering. The day will start with a Yoga session, kicking off from 8.00am and live broadcast commencing at 9.00am

Everyone is most welcome to come along and support the Raise it for Redcliffe - Redcliffe Hospital Giving Day on Thursday 12th October. 99.7 Bridge FM 8.00am - 6.00pm.

REDCLIFFE



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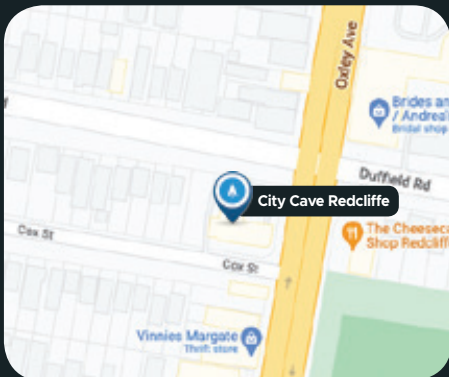
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SCAN ME



Movie in the Park

STORY **PATRICIA HIGGINS**

With evenings becoming warmer, one of Moreton Bay Region Industry and Tourism's (MBRIT's) popular free events, **Movie in the Park Rothwell**, returns to give locals the opportunity to enjoy a movie under the stars.

It's a family-friendly atmosphere, but watch out for those banana peels, with *The Super Mario Bros.* Movie playing over the outdoor screens – and a sausage sizzle, popcorn, fairy floss and other snacks and refreshments available as the perfect accompaniment.

MBRIT CEO, Natassia Wheeler, said *The Super Mario Bros. Movie* is a fun film for the whole family due to its nostalgic appeal, iconic characters and universal themes.

"The movie provides a shared experience that can bridge generation gaps and create cherished memories for our attending families," she said.

Movie in the Park Rothwell is part of a calendar of more than 50 free events that occur annually across the City of Moreton Bay.

"Events such as these bring the community together," Ms Wheeler said.

Complimentary face painting will also be offered. Parking is available in the Grace Lutheran College car park, as well as on-street.

Check out www.whatsonmoretonbay.com.au to find the details of this event and similar happening around the region.

Movie in the Park Rothwell
Saturday, 21 October, 5-8pm
Grace Lutheran College
Anzac Ave and Mewes Road, Rothwell.

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RECOGNITION OF A TRUE QLD HEROINE

STORY **RICHARD LANCASTER**
PHOTOS **BRUCE REDMAN**

For the past 65 years several generations of the Redcliffe community have sadly watched the gradual disintegration of a 19th century once proud Queensland and Australian warship at the base of the Woody Point cliffs.

The ship is the H.M.Q.S. Gayundah that gave its name to the nearby Arboretum and to the esplanade that runs alongside it. Two not for profit groups, The Redcliffe Naval Association and The Gayundah Preservation Society Inc. have dedicated their efforts over the last number of years to ensure that the ship's proud Queensland and Australian maritime history will be properly recognised and maintained for present and future generations.

With Moreton Bay City Council assistance, the Redcliffe Naval Association have commenced the process by constructing a memorial in the Gayundah Arboretum above the final resting place of the ship. Geoff O' Mara, Secretary of the Redcliffe Naval Association said "The Gayundah Memorial will not be officially dedicated until November, but it will be accessible to the public shortly". Meanwhile The Gayundah Preservation Society Inc are about to commence a fundraising drive to raise funds for the construction of a 5 metre long metal scale model of H.M.Q.S. Gayundah, which will be located on the foreground of the soon to be erected multi-storey unit accommodation building on Gayundah

Esplanade, which will sit directly opposite the Naval Association's memorial.

H.M.Q.S. Gayundah had an auspicious beginning. Along with her sister ship H.M.Q.S. Paluma, she was commissioned in 1884 by the Queensland Colonial Government to form a defence force against an Imperial Russian naval fleet that threatened an invasion of Queensland. In 1885, the 360 ton gunboat Gayundah, considered the most heavily armed warship of its type in the world, succeeded in forcing the Russian fleet to leave the Queensland coast, never to return.

On becoming the flagship of the Queensland Maritime Defence Force, her irascible Captain Henry Townley Wright caused the Queensland Government a problem by demanding a years holiday with full pay. The government refused, so the Captain sailed the Gayundah up the Brisbane River threatening to fire on Parliament. He was arrested and replaced as captain. In 1903 the Gayundah became the first Australian ship to transmit a ship to shore message. At the start of World War 1, she became H.M.A.S. Gayundah, also for a time serving as H.M.S. Gayundah. At the end of the war, she was sold to a private company who converted her to a sand and gravel barge on the Brisbane River for the next 40 years. She was sold to the Redcliffe Town Council in 1958 for 400 pounds and has spent her last 65 years as a wave-break at Woody Point.



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A WORD FROM OUR REPRESENTATIVES

With households across the Redcliffe Peninsula feeling the cost-of-living pressures, it is great to see so much interest in the Palaszczuk Government's Climate Smart Energy Savers rebate. The rebate was available for eligible Queenslanders who replaced old appliances with four-star-rated (or higher) energy-efficient appliances and hot water systems. This rebate provided savings of up to \$1000 depending on income and appliance type. Just one way the government is helping Queenslanders.



WITH **YVETTE D'ATH MP**

I also want to congratulate the five local organisations that received funding from the Palaszczuk

Government's recently announced super round of the Gambling Community Benefit Fund (GCBF).

Congratulations to:

- Meals on Wheels - \$14,130 for security screens and doors
- Deaf Sailing Queensland Inc - \$13,200 to purchase sailing dinghies
- Redcliffe Seniors Citizens Centre - \$30,000 to install an acoustic ceiling and public address system
- Multicap Limited - \$17,993 for breakaway short-term accommodation
- The Mini Rescue Inc - \$19,228 for equipment for animal rescues

More great news is that Round 119 is open until 7 November. If your organisation is eligible, please get your applications in. If you need more information, please don't hesitate to contact my Electorate Office.

Our Redcliffe Peninsula has seen a lot of change in recent years, particularly as the secret is out that we are the best place to live, work, enjoy retirement or raise a family. While it's important we continue to deliver new projects such as park upgrades, road resurfacing and the expansion of the library, we must also protect what we love about the Peninsula. A key part of this is promoting building designs which reflect our character.



WITH **CR KARL WINCHESTER**

Council recently engaged in a study of the character of suburbs around the Peninsula, paying close attention to our local buildings' style and heritage.

These investigations will better equip us to sustain what we love about our communities into the future as we work to amend our Planning Scheme Policy - Township Character.

At Suttons Beach, Council have analysed the community feedback on design styles for the new build and it's clear that respondents want a balance between an Art Deco aesthetic and contemporary design elements. Council is seeking funding for the new build through the SEQ City Deal.

Here in Petrie, we couldn't be prouder of our Dolphins inaugural season in the National Rugby League. What an outstanding first season it has been.



WITH **LUKE HOWARTH MP**

In their first season, Dolphin's memberships passed some 30,000, a feat reached by only three other NRL sides. In 2023 alone, the Dolphins community and game development team have driven over 25,000 kilometres, made 241 school visits and covered more than 200 junior clubs throughout Brisbane, Moreton Bay, Sunshine Coast

and Wide Bay and all over Central Queensland.

With an average crowd attendance at Suncorp Stadium of a whopping 32,000 per game in their first year, the Dolphins are now number one in the NRL for on-field jersey sales and number two for sponsorship dollars. Dawn of the Dolphins was the highest-watched feature on streaming service, Stan.

The \$8 million investment by the former Coalition Government went a long way to helping them get into the NRL. At the last election, the Coalition committed \$16 million for a high-performance centre, which we will keep fighting for at the next election. Thanks to everyone involved. You did an excellent job. Bring on the 2024 season.

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CONVOY FOR KIDS ROLLS ON

STORY **PATRICIA HIGGINS**

Brisbane Convoy For Kids has long provided an amazing spectacle for children's charity, but this year it has also included community feedback to give it a special, locally-specific touch.

Following the rollicking rumble of the 650-strong truck convoy as it rolls into Redcliffe en route from Larapinta, there will be even more attractions at the Redcliffe Showgrounds.

Leanne Prince, Treasurer of Brisbane Convoy For Kids Inc, said that the local public has become more involved every year, ensuring the event can only get bigger and better.

"We have been asked for some big-name artists, and after Adam Brand being so warmly welcomed to Redcliffe last year, it's Adam Harvey's turn this year," Ms Prince said.

She said it was important that people were able to enjoy the event by spectating along the route, as well as at the showgrounds.

"We see the numbers of spectators along the route continuing to grow every year, and so that they don't miss out, a lot of people are then coming to the showgrounds to enjoy our day," she said.

According to Ms Prince, those who did intend to get a bird's eye view should arrive early to

secure their spot on the day, and from that point on, all the excitement was ready to be enjoyed.

"Once parked up in the showgrounds, all trucks will be judged for the annual truck show. There will be free rides for the big and little kids, as well as a free animal petting farm," she said.

The main stage will have children's shows by Eric "The Black Knight" Summons, plus Dallas Steele and Adam Harvey performing into the night, as well as a fireworks finale.

The event will benefit Hummingbird House, Queensland's only children's hospice, which provides respite and end-of-life care for children in need, as well as support for the children's families.

Ms Prince thanked sponsors The Traffic Design Company, CNC Cartage, Active Hire Deception Bay and DS Techwrite for all their valuable contributions to the event.

To find out more, including booking your tickets and donation details, visit www.brisbaneconvoyforkids.com.au.

Brisbane Convoy for Kids
Saturday, 4 November, 8am-late
Redcliffe Showgrounds
Scarborough Road, Redcliffe.

SAY NO TO THE VOICE

The Constitution should be colourblind.
This referendum isn't simply about recognition, which both parties support.
Details should come before the vote, not the vote before the details.

DIVISIVE ➤ It will permanently divide us based on race.

RISKY ➤ Opening a legal can of worms, including scope for High Court challenges affecting government decision-making.

PERMANENT ➤ Once it's in the Constitution it can't be undone.

UNKNOWN ➤ Labor refuses to provide details, providing a blank cheque for activists.

IT WON'T HELP INDIGENOUS AUSTRALIANS ➤ More bureaucracy is not the answer.



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4017 BAYSIDE OPEN STUDIOS

Spiritual Wellness & Psychic Reading Event

STORY **PATRICIA HIGGINS**

Offering free entry, the Spiritual Wellness and Psychic Reading Public Event is scheduled to share the gifts of psychic medium reader Eileen Randall employing her mediumship live on stage - among many other spiritual elements.

Organiser Karen Riley said the event was being held in part to celebrate the opening of the new Spiritual Wellness Hub in Clontarf and was the first of its kind.

"We would like to invite you to share with us a lovely Sunday afternoon with readings, healings, and light refreshments, which would not be possible without the Redcliffe Spiritualist Church," Ms Riley said.

With mediumship readings being one of the central features of the event (alongside

numerology, meditations, Reiki and the sale of crystals and artwork) Ms Randall said she found it rewarding to be involved.

"As my readings are about connecting spirit with the ones who come to see me for a reading," she said. "If, for example, there is anything left unhealed, spirit shall guide me to those moments in the person's life, to be lovingly blessed and released."

The event is cash only and readings and healings are priced at 30 dollars.

To find out more, visit the website at karenriley7.wixsite.com/spiritualwellnesshub

Spiritual Wellness and Psychic Reading Public Event (Free)

Sunday, 22 October, 1-5pm

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EDIBLE GARDENS MADE EASY

STORY **PATRICIA HIGGINS**

PHOTO **ANNA FAWCUS**

With the cost of living rising and environmental issues front and centre, there is perhaps no better time to discover ways to grow your own edible garden.

Susanne Englehard, the creator behind the Easy Edible Garden Approach, will be discussing this subject at Deception Bay Library, teaching the five common mistakes people make when starting an edible garden and what to do instead.

No green thumbs are required, in Ms. Englehard's view, because it can be relatively simple to grow food year-round in your own

backyard.

"I believe that if people are given access to information about the basics of growing food, then anybody can do it. Yet, without a few basics, what should be simple and easy for all becomes a hard task that seems out of reach for many people," Ms Englehard said.

She said that it is no longer customary for us to see our parents and neighbours grow food, saying that this means "we miss the opportunity to learn naturally through imitation of others, and then through our own lived experience."

In her talks, Ms. Englehard encourages individuals to produce even a small amount of produce in their backyards to obtain more nutrient-dense food than is generally offered in stores, while also saving money on groceries.

She said the Moreton Bay Library's What's On program provided a valuable service, and she felt honoured to be asked to speak at the upcoming Deception Bay event, as well as at a series of talks to be held

across several Moreton Bay libraries.

"My hope is that people will leave my talk feeling inspired and confident to start their own vegetable patch at their place", she said.

In addition to presenting talks, Ms Englehard also coordinates her initiative Growing Made Simple, which includes community gardens, such as Millen Farm in Samford Valley and holiday activities for children.

"Growing Made Simple is my heart project, with a goal of 'profit with purpose' in order to establish more community gardens across Moreton Bay," she said.

For more information about Ms Englehard's ventures, sign up to the Growing Made Simple newsletter at www.growingmadesimple.com.au.

Monday 9 October, 12pm-1pm
Deception Bay Library
9 Bayview Terrace, Deception Bay

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The Belvedere to Reopen Next Month

STORY **ALYSSA MACKAY**

After more than a year of renovations, The Belvedere is set to reopen its doors.

The popular hotel has been completely closed since July, but the owners have confirmed the venue partially reopened last month ready for the big reveal in early November.

Queensland General Manager at the Lewis Land Group, Chris Allison, said The Belvedere reopened last month in the same format as it was prior to closing but with a refresh to parts of the Pavilion Bar.

"Since August 2022 we've only had one bar open, but come November, guests can expect to indulge in the delights of five bars, plus a pizzeria and gelato shop," Chris said.

"Not only that, but the new areas with sweeping views across Bramble Bay will provide a breathtaking backdrop to complement their dining experience. With an expanded seating capacity, we are thrilled to provide over 1100 seats, a huge increase from the previous 800 – and the current 300 we have available – creating a more spacious and comfortable environment

Melodic Medley of Seasons at Annual Seniors Concert

STORY **ALYSSA MACKAY**

Queensland Seniors Month is in full swing and the members of U3A Redcliffe are getting ready to celebrate with their annual Seniors Concert.

Mark your calendars for Saturday, 28 October to witness a spectacular showcase of the biggest hits from the 40s to the 90s at the Redcliffe Seniors Citizens Centre. U3A Redcliffe President, Steve Wilson, said the event would be a great celebration.

"It's a great opportunity for members to showcase their talents to family, friends and fellow members," Steve said. More than 100 people will be performing across 18 acts. Members of

for our valued patrons.

"It's been a long time coming and we are very much looking forward to reopening the entire venue for our local community."

The renovation includes a revamped public bar, gaming room and indoor dining area, as well as the transformation of a former functions room into a level one lounge bar and open dining area.

A huge recruitment drive is currently underway, with roles including bar staff, floor staff, kitchen staff and management open for applications.

Chris said the transformation of the venue presented a tremendous opportunity for the local community with more than 200 job positions available.

"Our recruitment drive isn't just about filling positions at the pub – we're looking to present locals with more job opportunities and provide the economy with a welcome boost," he said. "This initiative, brought about by the large-scale refurbishment of the venue, is testament to our commitment to not only enhance The Belvedere as an iconic location but also contribute positively to the local community.

"We have all types of roles available and are encouraging everyone who is interested in an exciting career in hospitality to apply."

To apply go to <https://belvederehotel.com.au/careers/>

U3A Redcliffe, part of the University of the Third Age, have been learning to play various musical instruments for the performance, including guitars, banjos, ukuleles, saxophones, trumpets and keyboards. This year's theme is 'Songs About the Seasons'.

The audience will tap their toes and sing along to timeless hits like Summer Holiday, Walking on Sunshine, Those Lazy-Hazy-Crazy Days of Summer, Autumn Leaves, Who'll Stop the Rain, April Showers, You Are My Sunshine, On the Sunny Side of the Street and more. Tickets are priced at \$15, which includes a light lunch. Interested individuals can purchase tickets from the U3A reception in the Moreton Bay Regional Council administration building on Irene Street. Reception is open on weekdays from 8:30am to 3:30pm. For more information contact U3A Redcliffe on 07 3284 2687.

**U3A Redcliffe Seniors Concert
Saturday, 28 October, 10am
Redcliffe Senior Citizens Centre
401 Oxley Avenue, Redcliffe.**

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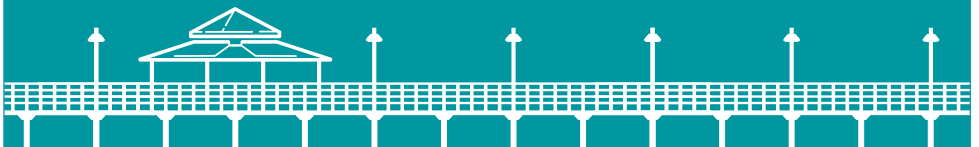
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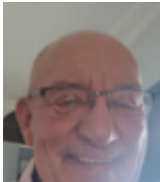


CHAMBER CHAT

Jobs for Seniors and Retirees

The Moreton Bay area, specifically Redcliffe, has many seniors interested in full-time or part-time work, both to enhance their pension and to relieve the boredom experienced by a number of retirees.

These individuals have a wealth of experience in a myriad of trades and businesses. Generally, they are very reliable and loyal, which are unique and desirable qualities.



WITH **KEN DUNN**

In addition, there are benefits for employers in the form of government grants if they take on skilled or unskilled individuals.

Full pensioners are allowed to earn a small weekly income without losing their pension. The Centrelink website details how much can be earned without losing your pension.

The Chamber of Commerce is planning to approach local businesses and identify those willing to take on more mature employees.

Any candidates interested in this program are welcome to contact kendunn1949@gmail.com or visit www.redcliffepeninsulachamber.org.au

The Mayor has said the City of Moreton Bay is a strong supporter of local business. This program has the capacity to grow small businesses in the region and provide retirees with more purpose and enhanced income. A win-win for all parties.

The chamber is approaching a new era, with the election of office bearers at our AGM in October. If you believe you have something to offer, please contact the chamber. We are always looking for new members.

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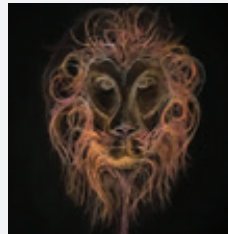
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NEWPORT MARKETS BRINGS ALL THINGS NEW AND LOCAL

Karla Irlam of McKenzie and Sage



Allie Kingsmill of Allie Kingsmill Pottery

STORY & PHOTO **PATRICIA HIGGINS**

Newport Markets are described as a great way to shop small and support local, which is something to which over 50 community stall holders can attest.

Now, the markets have moved to Endeavour Park, where they continue to supply a diverse range of products from grass-roots vendors, with a focus on handmade and specially crafted goods.

One such stall holder is local ceramic artist Allie Kingsmill, who says she loves having a stall at Newport Markets and appreciates the community's support for her work, which goes under the banner of Allie Kingsmill Pottery.

"I make a limited number of items at any one time to ensure the handmade quality shines through by intentionally allowing each piece to be unique and imperfect by design," she said.

Ms. Kingsmill said that workshops, also referred to as "clay play", were a new addition to her offering, whereby participants could learn some pottery methods and use the necessary tools (all supplied) in creating their very own piece to take home.

"Most importantly, the emphasis is to play, to have some fun (to take some time out of our busy lives in order to be kind to ourselves), and to embrace our own unique abilities and imperfections."

You'll find another lovely local brand, McKenzie and Sage, on display at Newport Markets, where the cheerful Karla Irlam is more than delighted to assist shoppers in exploring her range, typified

by "all things spiritual, elegant, and self-care".

"The most rewarding aspect would be the look on people's faces when they are browsing my store," she said.

According to Ms Irlam, she owes considerable gratitude to the local community for "welcoming her brand around the market scene".

"Market life is the best, and it's the vibe, the sunshine and the beautiful faces that you meet that make it such a wonderful experience."

The official word from the Newport Market team on Facebook is to "come along and celebrate our local artisans and load up on delicious goodies from our food trucks, knowing the profits are going directly back into our community."

You can find out more via: www.facebook.com/NewportMarket.est22/

Newport Markets
Every 1st Sunday of the month, 9am-2pm
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Endeavour Esplanade, Newport





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Strange Decisions

STORY **RICHARD LANCASTER**

During my near three-year management of Sir Joh Bjelke-Petersen's post-political, commercial career in the 1980s, I found the ex-Queensland Premier to be an amenable, yet sometimes puzzling individual to deal with. My primary responsibility was to generate business for him. However, two potentially lucrative transactions were examples of mixed messages he gave me.

I received a phone call from chairman and chief executive of News Ltd Ken Cowley. We discussed the possibility of Sir Joh ghostwriting a column for the Murdoch press. He invited us to Sydney to discuss a contract. The offer was an attractive one. A weekly column written by a senior journalist with editorial and content direction coming from Sir Joh. The fee would be \$2000 per column and the contract renewable after a year. I recommended Sir Joh accept the deal. Near the end of the visit, Rupert Murdoch walked in. He chatted about the forthcoming Queensland state election, enquiring of Sir Joh what the outcome would be. As Sir Joh's archenemy Premier Mike Ahern had recently been dethroned by his own National Party, he gleefully responded saying, "Rupert, mark my words, it will be our new leader Russell Cooper leading the Nationals who will win!" Turning to me, Murdoch asked whether I shared Sir Joh's prediction. I said the Labor Party under Wayne Goss would be the victors, which turned out to be correct. On our return to Brisbane, Sir Joh contacted me to say he met with his family. The consensus was a column bearing his name in the papers would be inappropriate. He would say no to the deal. No amount of coaxing from me would change his mind. Later, an advertising agency representing pharmaceutical firm Nicholas Ltd, makers of Aspro, wanted Sir Joh to appear in two advertisements saying words to the effect: "You think you have problems. Well I have them too. But I take Aspro to fix mine!" The fee was spectacular. I forwarded the ad copy to Sir Joh. After hearing nothing for two weeks, I finally got hold of him. He said his family thought the ads would denigrate his image in the public's eyes. He would not perform in the commercials. I was amazed. Two contracts worth over \$130,000 (in today's money \$350,000), tossed aside by a man who had no government superannuation. A few months later, with the Fitzgerald Enquiry in full swing and Sir Joh's lawyers' bills mounting, he asked me whether the two offers were still available. They were not! Sadly no one wanted him any longer.

GOOD MENTAL HEALTH

How to Have Good Mental Health in the Workplace



WITH **TANYA FISHER**

• Mental health is a vital part of our wellbeing, which affects our thoughts, feelings and actions. It can be affected by many factors at work, such as stress, deadlines, conflicts, or feeling a lack of support. Therefore, it is important for employers and employees to promote, protect and encourage positive mental wellness in the workplace.

Some ways to do this are:

- Create a positive and supportive work culture that genuinely values diversity and inclusion.
- Provide flexible work arrangements for workers with mental health conditions when possible.
- Create a stigma-free environment where mental health is discussed openly and seeking help is encouraged.
- Freely supply access to mental health resources, training and counselling services.
- Manage the risks that can harm a worker's mental health by having a zero-tolerance policy about bullying and/or harassment.

By taking these proactive steps, workplaces can become more mentally healthy.

Remember, your mental health and wellness matter. There are great free online resources for business owners and employees from Beyond Blue and Ahead for Business. Nobody is alone, but when you are in the middle of the battle it can sure feel that way! Please do not hesitate to reach out for help. Redcliffe Counselling can give support and guidance if you want further information about accessing mental health resources and counselling services. Contact Tanya on 0487 844 603.



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ARE YOU BUSHFIRE READY?



STORY **ALYSSA MACKAY**

Bushfire season is upon us, which means it's time to make sure you have a plan in place to protect your home and family.

Moreton Bay City Council are calling on residents to get ready for bushfire season after three years of El Nino weather patterns and drier than normal conditions.

Mayor Peter Flannery urged each household to prepare an emergency and evacuation plan, clear properties of high-risk fuel loads and have emergency kits ready to go.

"Our message is simple – Plan. Prepare. Survive," Mayor Flannery said. "Planning means knowing what you will do in the event of a bushfire by creating an emergency and evacuation plan for your household – including your pets and any livestock.

"Prepare by getting your property ready before bushfire strikes by clearing out your gutters and debris from the yard; and creating an emergency kit full of essential supplies that you'll need when disaster strikes. Remember, if you own the fuel, you own the risk!

"And survive by executing your plan and deciding early whether to leave or stay to protect your property."

A Bushfire Survival Plan can be made at the Queensland Fire and Emergency Services (QFES) website and includes ideas for leaving your property well-prepared to withstand

a bushfire. This means trimming low-lying branches and native shrubs, keeping grass mowed and removing rubbish, leaf litter, firewood and fuel containers.

An emergency kit should have enough supplies for everyone in the household, including long-sleeve shirts and pants, boots, hats, safety glasses, drinking water, a battery-operated radio, batteries, mobile phone and charger, blankets, medications and important documents.

Mayor Flannery also encouraged residents to sign up to Council's Moreton Alert system to get real-time weather warnings.

"In the event of an emergency, Council's Disaster Dashboard will have all the key information you'll need to stay informed, from fire danger ratings and current bushfires to road conditions and power outages, evacuation centres and so much more," he said.

"It's important that we all start planning and preparing for bushfire now because dry conditions are expected to continue for roughly three years, and while September-November is typically bushfire season in Moreton Bay, it can extend all the way to March depending on the conditions."

For more information visit Council's Disaster Dashboard at <https://disaster.moretonbay.qld.gov.au> and the State Government's Get Ready Website at www.getready.qld.gov.au

Visit QFES at <https://bushfire-survival-plan.qfes.qld.gov.au> to create a Bushfire Survival Plan.



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IN THE PARK



THE SUPER **MARIO BROS.** MOVIE

**FREE
EVENT**



SAT 21ST OCTOBER
5:00 - 8:00PM
GRACE LUTHERAN COLLEGE
ROTHWELL

whatsonmoretonbay.com.au



REDDYROUNDUP

STORY **JULIA LEWIS**

DEATH CAFE - HAVING HEALTHY CONVERSATIONS ABOUT DEATH WITH COMPASSIONATE COMMUNITIES

Having a good conversation about death can be healthy and empowering. Join Dr John Rosenberg from UniSC and other facilitators for this conversational event at Redcliffe Library about end-of-life. Compassionate Communities is a globally recognised approach to improving the end-of-life experience for people by mobilising local networks, groups, and services to be more conscious, aware and equipped to offer support.

Monday, 9 October | 10.00am to 11.00am

For further information contact Redcliffe Library on 07 3883 5745 or email redcliffe.library@moretonbay.qld.gov.au

MARCHING FOR AWARENESS - MORETON BAY SAYS NO TO VIOLENCE

You are invited to unite with the Moreton Bay community to stand up, speak out, and march together against family and domestic violence. Attendees will march along Redcliffe Parade, the main street of the Redcliffe CBD, continuing along the waterfront and down the ANZAC Avenue access road to Settlement Cove Park amphitheatre/basketball court. Attendees are asked to register their participation to assist volunteer event coordinators, who may need to contact you about unexpected weather announcements and other important information about the day.

Friday, 20 October | 08.30am to 10.30am

For further information, including how to register, visit <https://mbsn2v.com.au>

REPORT SIGHTINGS OF NATIVE SPECIES - HELP PROTECT THE PENINSULA'S WILDLIFE

City of Moreton Bay records wildlife sightings to assist in conservation planning and management of species within the region. Knowledge about resident native wildlife helps Council make better-informed decisions about managing local environments. Please report sightings so Council can continue to support the conservation of our native wildlife. Reportable species are: greater glider, platypus, powerful owl, koala, glossy black cockatoo, echidna, Richmond birdwing butterfly, wallum froglet, new or historic flying fox camps (including on private property), marine turtles (nesting), eastern curlew, swamp crayfish and wild macadamia.

Report to City of Moreton Bay on 07 3205 0555 or 1300 477 161, Monday to Friday, 8.30am - 5.00am

CALM - A PROGRAM FOR KIDS WITH BIG EMOTIONS

Calm, a program for kids with big emotions, is based on the principles of cognitive behaviour therapy and mindfulness. These two therapies are proven to assist in emotion regulation and distress tolerance. The program covers topics such as anger, resilience, letting go, breathwork, self-talk, affirmations, worry and loving-kindness. Led by the experienced facilitator, Alice Grey, a skilled child developmental educator and counsellor, the program offers a nurturing environment where children can learn and bond with their peers. The course is held each Monday from 4pm to 5pm, beginning Monday, 9 October, and runs for 9 weeks alongside the school term.

Cost: \$250 | For more information, including how to book, contact Star Amoranto on 0422 870 255 or email admin@balancecentrementalhealth.com.au | Sully & Sage Wellness, 6/34 Baynes Street, Margate 4019

BLUE-RINGED OCTOPUS SIGHTING AT REDCLIFFE JETTY

Stay on the lookout while wading around the water at Redcliffe Jetty. There have been several reported sightings of the deadly blue-ringed octopus - one of the most venomous creatures on the planet.

SEATED YOGA - LOW-IMPACT YOGA AT REDCLIFFE LIBRARY

Enjoy the benefits of movement and experience the rewards for mind and body in this special seated yoga session for beginners. Connect with like-minded people as you are guided through seated yoga.

Tuesday, 3 October | 10.30am to 11.30am | Free event, however, attendees are required to book as seats are limited.

For bookings and further information, including details of more classes, contact Redcliffe Library on 07 3883 5745 or email redcliffe.library@moretonbay.qld.gov.au

QLD CAKE DECORATORS INVITATION TO FRIENDSHIP DAY

On 28 October you are invited to join in the fun of Friendship Day with the Qld Cake Decorators. There will be stalls, a cent auction, cake decorating demonstrations plus much more! Venue: Webb Hall at the Redcliffe Showgrounds from 12pm. For more information: Gloria 32653043 or Brenden 32563005



SECURITY • SAFETY • SUPPORT
in your home.

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Contact us on **07 3869 1000**
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Office: 58 Rainbow Street Sandgate Q 4017

Office Opening Hours
8.00 am – 4.00 pm
Monday to Friday



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We are Located @79 Maine Road Clontarf

<https://karenriley7.wixsite.com/spiritualwellnesshub>

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MOVIE REVIEW

RUBY GILLMAN, TEENAGE KRAKEN MOVIE REVIEW

STORY BY @WATCHITWOMBAT

High School can be hard, especially when you're a sea monster.

As the title suggests, this film is about a teenager named Ruby, who happens to be a Kraken.

Ruby Gillman, *Teenage Kraken* is the latest animated feature from Dreamworks, who are responsible for classics such as *Shrek*, *Kung Fu Panda* and *How to Train your Dragon*. With a lineage like that you may have high expectations, I know I did. Although it doesn't reach the heights of its predecessors, it's a fun kids' movie with slapstick humour, action and some nice messaging.

I'm hesitant to spoil too much with a lengthy explanation of what you can expect, so here's the gist. Ruby is struggling with most of the trials and tribulations of your average teenager, such as prom, young love and being a creature of the deep. Although Ruby and her Kraken family live in a present day human world, their disguises work on the same principle as Superman in a pair of glasses, no one can figure out their secret identity when they put on a hat or a pair of sunnies - hiding in plain sight. When Ruby discovers that she has more secrets to keep than she thought, her world is turned upside down and who to ask to the dance becomes the least of her worries.

Aside from Oscar winner Jane Fonda and our very own Toni Collette, there's not much star power to speak of, with a voice cast of relative unknowns. The acting can be a bit over the top at times but it's a kids' movie, so why not revel in it?

Unlike a lot of modern animated kids' movies there's usually something for adults, a sly joke or a cheeky nod that should swoop over the heads of the younger audience. Unfortunately, there's nothing along those lines here but my enjoyment usually comes from seeing how much fun the kids have. Young teens may be able to relate to some of the themes here, the awkwardness of growing up and the struggles of trying to fit in, whether it's at high school or within your own family.



The Brisbane North Retirement Village & Resort Expo

Sun 22nd & Mon 23rd October 2023
Kedron-Wavell Services Club
(21 Kittyhawk Drive, Chermside QLD)
10am-3pm daily | Free Admission

Don't miss this life changing event!

On display will be the latest resort style developments as well as established villages, all offering a wide range of services & facilities, sizes, prices and locations, all under one roof.

retirementexpo.com.au

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RE-INVENTING THE FITTED SHEET

Jae Blain with The 4th Corner sheets

STORY **MARNIE BIRCH** PHOTO **TIM VERLANE**

Do you struggle to put fitted sheets on your mattress? You are not alone! Necessity became the mother of invention for Scarborough resident, Jae Blain, who underwent surgery on her forearm for Melanoma in 2018. Unable to make her bed using a conventional fitted sheet, Jae used her own sewing machine and a large dose of perseverance to create a user-friendly fitted sheet called, 'The 4th Corner.'

"I was frustrated that I could not put the fitted sheet on our mattress using only one hand. Everyone complains about fitted sheets, but no one had done anything about it. I wasn't giving up until I found a solution." Jae said.

Jae believes the innovative design sets a new standard in fitted sheets, effectively putting an end to wrangling ill-fitting bedlinen while promoting greater independence for seniors and those with physical limitations, or a disability, who would normally require assistance to change their sheets.

"I did not want the elderly sleeping in soiled bed sheets because it was too difficult for them to make the bed," Jae said.

"The design of the fitted sheet went from frustrating to exciting and back again. I'd create a prototype and test it, only to find that I had to go back to the drawing board. The major challenge was to find a factory to manufacture them."

Featuring a hidden cotton and elastane panel with enough stretch to glide effortlessly over the mattress corners and remain in place, no matter how much a person moves around during sleep, Jae says the 400 Thread Count sheets are made from durable, long-lasting Australian and American organic cotton that becomes softer with every wash.

Jae's advice for aspiring inventors is, "Believe in yourself and your product! Inventions take time and you wonder why you are doing it, but it will be worth it in the end. If you have tested your product with your target market and they love it, then go for it!"

True to her word, Jae is working with husband Steve on the next invention, a mechanical golfing aid due for release in November.

Find out more at: the4thcorner.com.au

Seafood Town Cafe

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

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

Trading Hours - Open 7 days 11am - 7pm



Gary and Vanessa

14 Oxley Ave Woody Point

Phone 31422057



Local DINING GUIDE



ANCHORAGE BAKERY & CAFE

141/145 Griffith Road
Newport

Bakery & Cafe

Ph 3880 3601

Feature: Anchorage Bakery & Cafe is a locally owned and family operated business offering a range of freshly baked bread, pastries, sweets, sandwiches, wraps, a full menu, catering and much more. Freshly brewed coffee dine in or takeaway. We're more than just a bakery.



BANJO'S BAKERY CAFÉ

161 Redcliffe Pde, Redcliffe

Bakery Café

Ph 3284 0166

Feature: Grab 3 Small Savouries for just \$7.95 or one of our many great deals at Banjo's Redcliffe!

In a rush? Skip the queue with the Banjo's Ordering App! Available in the App store and Google Play.

Delicious and made in Redcliffe. Pies, pastries, sweets, sandwiches and coffee. Breakfast, lunch or a treat anytime. Dine in or take-away.



BAY BOATS

439 Scarborough Road
Scarborough

Fish & Chips/Burgers

Ph 3203 5033

Feature: Famous for our great range of tasty seafood, burgers with homemade burger patties, hot crispy chips locals love and customers come from far far away to enjoy. Not to mention fresh sandwiches, great coffee and good old-fashioned milkshakes. Is that chicken or plain salt?



BAY WOK MULTIASIAN

2/150 Maine Road
Clontarf

Asian Cuisine

Ph 38256688 / 0403830037

Feature: Stella & Jack have been in Australia for over 35 years. Bay Wok Multi Asian Restaurant returns to dazzle your taste buds. Formerly at Bramble Bay Bowls Club, now we're back to the neighbourhood, and we're better than ever. Explore our unbeatable Asian cuisine and savour the best of Australian meals. Lunch specials available & offer BYO wine. Open Mon to Sat for Lunch and Dinner 10:30am-2pm and 4:30am-8pm (8:30pm on Fri & Sat)





165 Redcliffe Pde, Redcliffe

Tex Mex

Ph 3284 7990

CACTUS JACK'S

Feature: Great steaks, sizzling Fajitas & authentic Mexican. Served with a full cocktail menu and local beers on tap.

Open Tuesday - Thursday from 5pm - late
Friday - Sunday from 11am - late



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.



75 Redcliffe Parade,
Redcliffe

Bar and Grill

www.era.bar

ERA BAR & GRILL

Feature: Good People, Great Times, Amazing Beer
Era Bar on Redcliffe Parade, overlooking the stunning Moreton Bay offers a massive selection of craft beers on tap, cocktails and wines. Tasty pizzas, burgers and light bites also on offer, with free live music at the weekend.

Open Wed - Sun from 11am



184 Hornibrook Esplanade,
Clontarf

Fish & Chips

Ph 3283 1618

FISH'N AT BELLS BEACH

Feature: Here at Fish'n at Bells Beach we cook kiwi style fish and chips, mouthwatering homemade hamburgers, hand cut calamari, ice cream, coffee, cakes and a heap of treats from NZ including Paua and Kina. With views over Moreton Bay in Clontarf.



Local DINING GUIDE



Cnr Hornibrook Espl &
Victoria Ave, Woody Point

Restaurant

Ph 0433 428 168

GOLDEN BITE RESTAURANT

Feature: Located at the Bramble Bay Bowls Club, our menu includes a variety of cuisines from Asia and locally. If you're looking for great food, takeaway and party events give us a call. We have over 40 years of local and International experience. *Lunch specials available.

Open Tue to Sun for Lunch and Dinner
11.30am-2pm and 5.30pm-8.30pm



69 Redcliffe Pde, Redcliffe

Italian Restaurant

Ph 3284 4512

MAMMA'S ITALIAN RESTAURANT

Feature: Mamma's Italian Restaurant has been family owned & run since 1982. It is the perfect place for celebrating special occasions or the love of exquisite Italian food and wine. Mammass has been fully recognised by the Accademia Italiana Della Cucina Italy. Fully licensed. Mon - Sat 11am til late, Sunday 9am til late



Bird O'Passage
Pde, Scarborough

Steak and Seafood

Ph 3203 5188

MORETON BAY BOAT CLUB

Feature: Seafood restaurant overlooking Scarborough Harbour. Live music Friday nights & Sunday afternoons. See our website for opening times & specials.



Bird O'Passage 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.





155 Redcliffe Pde, Redcliffe

**Modern Australian
& Mediterranean**

Ph 3284 2986

PREECE'S AT THE JETTY

Feature: We have the BEST Vanilla Slice in Queensland. All cakes, biscuits, slices & ice cream are homemade. Fabulous seaside location. Come in and enjoy the views with a fabulous coffee and cake or lunch.

Mon-Sun: 5.30am - 3pm



Bird O'Passage Parade,
Scarborough

Craft Brewery & Restaurant

Ph 1800 727 104

SCARBOROUGH HARBOUR BREWING CO.

Feature: Scarborough Harbour Brewing Co. is a two level venue overlooking the beautiful harbour from both levels. We brew our craft beers onsite. Wine, cocktails, spirits and delicious food also available.
Upper Deck - Wed to Sun 11am til late
The Engine Room - Wed to Fri 4pm to late
- Sat & Sun 11am to late



Reef Point Esp,
Scarborough
(situated behind caravan
park)

Modern Australian

Ph 3880 4456

SEA SALT AND VINE

Feature: Sea Salt & Vine has one of the best locations on the peninsula overlooking the Glass House Mountains. A family & doggy friendly place to enjoy a tasty breakfast or lunch, or just a quiet coffee & cake served in our tranquil café setting under the trees. We are also happy to accommodate large bookings for your special family gathering & are fully licenced & offer BYO Wine. Open 7 days, 7am to 4pm.



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 \$3.50 specials.

Open 7 days for lunch and dinner.



Local DINING GUIDE

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 nineteen 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.

\$10.90 SPECIAL – Pad Pria Wan, Sweet & Sour.
Just one of our many lunch time specials.



The Boat Shed

63 Landsborough Ave,
Scarborough

Fish & Chips

Ph 3880 0555

THE BOAT SHED SCARBOROUGH

Feature: Located overlooking the spectacular Moreton Bay & Moreton Island.

Our seafood is cooked to order and is available for dine in at our alfresco area or takeaway. Come give us a go! You won't be disappointed. Open 7 days (Except Mon/Tue Evenings & Xmas Day.)



Great Rock Variety

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

Tune in & you'll never tune out

OCTOBER What's On.

01 SUNDAY

🎵 **NATE DANIELS**

Bramble Bay Bowls Club 1:30pm

🎵 **HELD TO RANSOM**

Moreton Bay Boat Club 2:30pm

🎵 **ACOUSTIC SUNDAY**

ERA BAR & GRILL 3pm

🎸 **THE SOUND OF MUSIC**

Redcliffe Entertainment Centre 7:30pm
Friday, 29 September 2023 | 07:30 PM - 10:10 PM
Saturday, 30 September 2023 | 02:00 PM - 04:40 PM
Saturday, 30 September 2023 | 07:30 PM - 10:10 PM
Sunday, 01 October 2023 | 02:00 PM - 04:40 PM
Friday, 06 October 2023 | 07:30 PM - 10:10 PM
Saturday, 07 October 2023 | 02:00 PM - 04:40 PM
Saturday, 07 October 2023 | 07:30 PM - 10:10 PM
Sunday, 08 October 2023 | 02:00 PM - 04:40 PM
Adults: \$60.00 Concession:



02 MONDAY

🎵 **MATT SCHLAM**

Moreton Bay Boat Club 7am

03 TUESDAY

🎵 **MICHAEL WHITMORE**

Redcliffe Leagues Club 11am

04 WEDNESDAY

🎵 **TOBY TYLER**

Redcliffe Leagues Club 11am

05 THURSDAY

🎵 **DARRIN LEIGH**

Redcliffe Leagues Club 11am

06 FRIDAY

🎵 **MATT SCHLAM**

Moreton Bay Boat Club 7am

🎵 **FORTUNATO**

Redcliffe Leagues Club 11am

🎸 **DJ FRIYAY**

ERA BAR & GRILL 7pm - 11:30pm
Join our FriYay Night DJs and dance the night away. Free entry.

🎵 **VELVET KISS**

Bramble Bay Bowls Club 7pm

🎵 **LABOUM**

Redcliffe Leagues Club 7pm

🎸 **THE SOUND OF MUSIC**

Redcliffe Entertainment Centre 7:30pm
Friday, 29 September 2023 | 07:30 PM - 10:10 PM
Saturday, 30 September 2023 | 02:00 PM - 04:40 PM
Saturday, 30 September 2023 | 07:30 PM - 10:10 PM
Sunday, 01 October 2023 | 02:00 PM - 04:40 PM
Friday, 06 October 2023 | 07:30 PM - 10:10 PM
Saturday, 07 October 2023 | 02:00 PM - 04:40 PM
Saturday, 07 October 2023 | 07:30 PM - 10:10 PM
Sunday, 08 October 2023 | 02:00 PM - 04:40 PM
Adults: \$60.00 Concession:

07 SATURDAY

🎵 **SOUNDS OF SATURDAY**

ERA BAR & GRILL 4pm

🎵 **THE TURNAROUND**

Bramble Bay Bowls Club 7pm

🎵 **ZOOKEEPERS**

Redcliffe Leagues Club 7pm

🎵 **THE SOUND OF MUSIC**

Redcliffe Entertainment Centre 7:30pm
Friday, 29 September 2023 | 07:30 PM - 10:10 PMSaturday, 30 September 2023 | 02:00 PM - 04:40 PMSaturday, 30 September 2023 | 07:30 PM - 10:10 PMSunday, 01 October 2023 | 02:00 PM - 04:40 PMFriday, 06 October 2023 | 07:30 PM - 10:10 PMSaturday, 07 October 2023 | 02:00 PM - 04:40 PMSaturday, 07 October 2023 | 07:30 PM - 10:10 PMSunday, 08 October 2023 | 02:00 PM - 04:40 PMAAdults: \$60.00Concession:

08 SUNDAY

🎵 **BYRON SHORT**

Bramble Bay Bowls Club 1:30pm

🎵 **DRIED FLOWER POT WORKSHOP HIGH TEA**

Reid's Place Scarborough 2pm - 4:30pm
A fun dried flower small pot arrangement workshop. Step by step instruction & all materials supplied. Your ticket includes your workshop + a delicious vintage high tea. To book: <https://www.reidsplace.com.au/event/dried-flower-pot-arrangement-workshop-high-tea-party/> or phone Reid's Place 07 3203 5686.

🎵 **THE JONESES**

Moreton Bay Boat Club 2:30pm

🎵 **THE SOUND OF MUSIC**

Redcliffe Entertainment Centre 7:30pm
Friday, 29 September 2023 | 07:30 PM - 10:10 PMSaturday, 30 September 2023 | 02:00 PM - 04:40 PMSaturday, 30 September 2023 | 07:30 PM - 10:10 PMSunday, 01 October 2023 | 02:00 PM - 04:40 PMFriday, 06 October 2023 | 07:30 PM - 10:10 PMSaturday, 07 October 2023 | 02:00 PM - 04:40 PMSaturday, 07 October 2023 | 07:30 PM - 10:10 PMSunday, 08 October 2023 | 02:00 PM - 04:40 PMAAdults: \$60.00Concession:

10 TUESDAY

🎵 **MICHAEL WHITMORE**

Redcliffe Leagues Club 11am

11 WEDNESDAY

🎵 **TOBY TYLER**

Redcliffe Leagues Club 11am

🎵 **OPEN MIC NIGHT**

ERA BAR & GRILL 6pm - 10pm
We welcome you to join our fortnightly open mic night, free to attend and while bookings aren't essential, they are suggested to avoid disappointment. Peter Crawford will host the night and play MC featuring local emerging musical talent. If you are interested in playing, please get in touch with Oli via email: info@era.bar

12 THURSDAY

🎵 **CHRIS BENT**

Redcliffe Leagues Club 11am

🎵 **TRIVIAWITHATWIST**

ERA BAR & GRILL 7pm - 9am
Come join Local Drag King 'Will Turn-Her' for a Trivia night like no other! A night full of laughs, twists and drag!

13 FRIDAY

🎵 **FORTUNATO**

Redcliffe Leagues Club 11am

🎵 **ME & JODIE LEE**

Moreton Bay Boat Club 7pm

🎵 **RIFF RAFF**



🎵 **ACOUSTIC SUNDAY**

ERA BAR & GRILL 3pm

Bramble Bay Bowls Club 7pm

🎸 DJ FRIYAY

ERA BAR & GRILL 7pm - 11:30pm
Join our FriYay Night DJs and dance the night away. Free entry.

🎸 DARLINGTON STRIPES

Redcliffe Leagues Club 7pm

14 SATURDAY

🎸 SOUNDS OF SATURDAY

ERA BAR & GRILL 4pm

🎸 POCO LOCO TRIO

Redcliffe Leagues Club 7pm

🎸 CHICK FLICK

Bramble Bay Bowls Club 7pm

15 SUNDAY

🎸 OPEN MIC

Bramble Bay Bowls Club 1:30pm

🎸 SCARLETT GUNNER

Moreton Bay Boat Club 2:30pm



🎸 ACOUSTIC SUNDAY

ERA BAR & GRILL 3pm

17 TUESDAY

🎸 LIVE AT FRANKIES

Redcliffe Entertainment Centre 11am

The Songs of Valli & Sinatra | Tickets \$29

🎸 ROSE POWELL

Redcliffe Leagues Club 11am

18 WEDNESDAY

🎸 TOBY TYLER

Redcliffe Leagues Club 11am

19 THURSDAY

🎸 CATHY DRUMMOND

Redcliffe Leagues Club 11am

20 FRIDAY

🎸 TRACY VAUGHAN

Redcliffe Leagues Club 11am

🎸 DJ PETER

Redcliffe Leagues Club 7pm

🎸 DJ FRIYAY

ERA BAR & GRILL 7pm - 11:30pm
Join our FriYay Night DJs and dance the night away. Free entry.

🎸 ALICE STREET BAND

Moreton Bay Boat Club 7pm

🎸 SLOW COOKER R&B

Bramble Bay Bowls Club 7pm

🎸 BLINK 182 & GREENDAY EXPERIENCE

Redcliffe Leagues Club 8:30pm

21 SATURDAY

🎸 SOUNDS OF SATURDAY

ERA BAR & GRILL 4pm

🎸 COUNTERFEIT HEROES

Redcliffe Leagues Club 7pm

🎸 DIRTY DICE

Bramble Bay Bowls Club 7pm

22 SUNDAY

🎵 **DILLION JAMES**
Bramble Bay Bowls Club 1:30pm

🎵 **RICHARD WATERSON**
Moreton Bay Boat Club 2:30pm

🎵 **ACOUSTIC SUNDAY**
ERA BAR & GRILL 3pm

🎵 **R2**
Bramble Bay Bowls Club 7pm

🎵 **JUST JAMMIN**
Moreton Bay Boat Club 7pm

🎵 **THE ALIENS**
Redcliffe Leagues Club 7:30pm

24 TUESDAY

🎵 **MICHAEL WHITMORE**
Redcliffe Leagues Club 11am

25 WEDNESDAY

🎵 **TOBY TYLER**
Redcliffe Leagues Club 11am

🎸 **OPEN MIC NIGHT**
ERA BAR & GRILL 6pm - 10pm
We welcome you to join our fortnightly open mic night, free to attend and while bookings aren't essential, they are suggested to avoid disappointment. Peter Crawford will host the night and play MC featuring local emerging musical talent. If you are interested in playing, please get in touch with Oli via email: info@era.bar

26 THURSDAY

🎵 **DAVE GRAY**
Redcliffe Leagues Club 11am

🎵 **COUNTRY BOYS**
Redcliffe Leagues Club 6pm

🎸 **TRIVIAWITHATWIST**
ERA BAR & GRILL 7pm - 9am
Come join Local Drag King 'Will Turn-Her' for a Trivia night like no other! A night full of laughs, twists and drag!

27 FRIDAY

🎵 **FORTUNATO**
Redcliffe Leagues Club 11am

🎸 **DJ FRIYAY**
ERA BAR & GRILL 7pm - 11:30pm
Join our FriYay Night DJs and dance the night away. Free entry.

28 SATURDAY

🎵 **SOUNDS OF SATURDAY**
ERA BAR & GRILL 4pm

🎵 **ZED CHARLES DUO**
Bramble Bay Bowls Club 7pm

🎵 **JAM JAH**
Redcliffe Leagues Club 7pm

29 SUNDAY

🎵 **LACHY STEWART**
Bramble Bay Bowls Club 1:30pm

🎵 **DOWN311**
Moreton Bay Boat Club 2:30pm



🎵 **ACOUSTIC SUNDAY**
ERA BAR & GRILL 3pm

31 TUESDAY

🎸 **OPERA CLASSICS**
Redcliffe Entertainment Centre 11am
Tickets \$29

🎵 **MICHAEL WHITMORE**
Redcliffe Leagues Club 11am



BRISBANE SENIORS ONLINE ASSOCIATION INC.

BRISBANE SENIORS ONLINE REQUIRES VOLUNTEER MENTORS IN THE MORETON BAY REGIONAL AREA.

We are seeking retired and semi-retired computer and internet literate people to volunteer in a satisfying and fun role as a mentor to teach over 50s computers and the internet in home lessons.

Windows, Android, Apple and smart phones are taught so if you have any or all of these skills, you are welcome to join Brisbane Seniors Online as a volunteer mentor.

There are also some special interest groups that meet monthly face-to-face or by Zoom or both. These are digital photography, Apple, Linux and Mentor Support.

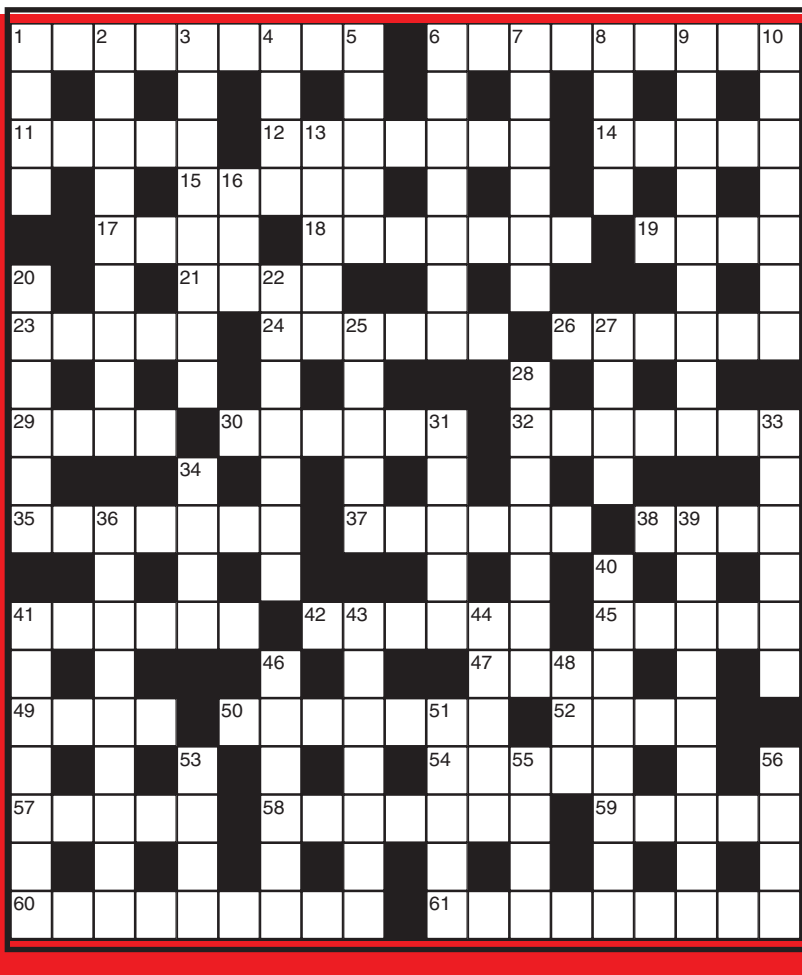
Contact 3393 2225

www.bsol.asn.au

facebook.com/BrisbaneSeniorsOnline

Supported by Chris Whiting, Federal MP for Bancroft

THE BIG ONE CROSSWORD



ACROSS

- 1 Bygone vessel
- 6 Golfers' knickerbockers (4,5)
- 11 Terrible
- 12 Eliminate (4,3)
- 14 Crazily
- 15 Hobbles
- 17 Leader in the Mafia
- 18 Units of time
- 19 Kitchen appliance
- 21 Long ago
- 23 Stone memorial
- 24 Wait on
- 26 Puts up with
- 29 You (arch)
- 30 Beaks

- 32 Shrivelled (5-2)
- 35 Gaping
- 37 Two or more
- 38 Indonesian island
- 41 Captivating
- 42 To thrust
- 45 Pillars
- 47 Funeral pile
- 49 Blowy
- 50 One who lives in solitude
- 52 Bows
- 54 Sill
- 57 Pay-off
- 58 Cilium
- 59 Bush track
- 60 Colour (5,4)
- 61 City in NSW

DOWN

- 1 Vacillate
- 2 Competent
- 3 Area of very calm water
- 4 Injure
- 5 Single beat
- 6 He, she, I, eg
- 7 Disordered
- 8 Give off vapour
- 9 Whole
- 10 Axioms
- 13 Spill
- 16 Particle
- 20 Absent-minded
- 22 Slaughter
- 25 Pound

- 27 Security
- 28 Perfectly
- 31 Eat (soup) noisily
- 33 Clergyman
- 34 Eminent
- 36 Aquatic plant
- 39 Helper
- 40 Light opera
- 41 Cavity of the heart
- 43 Disencumber
- 44 Fencing swords
- 46 Withdraw formally
- 48 Tatter
- 51 Killed
- 53 Bride's garment
- 55 Arab sailing ship
- 56 Chimney

Solution: page 30

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Home mentors still required.

Brisbane Seniors Online has been operating in the Greater Brisbane area for over 20 years including the Redcliffe and adjoining areas. The Peninsula hub of Brisbane Seniors Online is one of 9 hubs across the home training area and has an extensive area of 17 suburbs from the centralised Redcliffe area to North Lakes, Petrie, Kippa-Ring, Rothwell, Mango Hill and Kallangur. Tutoring is available for seniors and over 50s.

With the closing down of banks and other shopfronts, more financial and business activity needs to be done online through the internet. During the pandemic and since, there has been a prolific increase in fraudulent activity which has cost computer and internet users across Australia millions of dollars.

Losses from scams have reached record levels. ACCC data shows Australians lost a total of \$3.1 billion to scams in 2022 – an 80 per cent increase over 2021.

“Australians lost more money to scams than ever before in 2022, but the true cost of scams is much more than a dollar figure as they also cause emotional distress to victims, their families and businesses,” Ms Lowe from the ACCC said.

Brisbane Seniors Online can assist seniors and over 50s on how to recognise scams, minimise risk and use the internet safely and confidently. Whilst tuition is normally offered to learners in their own home using their own device, currently there is a shortage of active mentors in the area necessitating some tutoring to be carried out by mentors remotely.

Home tutoring is more conducive to more confident and quicker learning providing home mentors are available. Mentors need to be empathetic and can be male or female.

More volunteer mentors are sought to carry out this valuable work that involves visiting the homes of over 50s and providing tutoring on their own device and at a pace that suits them. The average age of Brisbane Seniors Online learners is about 74.

Mentors need to be able to confidently relate to learners of a similar age. Tutoring can be fun and also allows mentors to develop additional skills that can be beneficial in their personal lives. Contact Brisbane Seniors Online on 3393 2225 or see www.bsol.asn.au and Facebook.com/BrisbaneSeniorsOnline

BRAD'S BUSINESS TIPS

EBIT is not what a frog says.

Have you ever heard your accountant say “EBIT” or “EBITDA” and wondered what they were saying?



WITH BRAD
FLYNN

EBITDA stands for Earnings Before Interest Taxes Depreciation & Amortisation.

But what does it mean to you, the business owner?

My number one job when I'm working with clients is help them make as much profit (earnings) as possible before the accountant does their black

magic to their business figures before they submit your tax return.

The black magic is how they are able to legally apply figures in your business such as depreciation and amortization to reduce your tax liability. The guidelines for how to apply these figures are set by the government.

The reason the government gives business owners tax breaks using these tools is because business owners provide people jobs, which in turn generates more taxes and means they pay out less for certain government benefits.

Looking at your figures after your accountant has done their black magic however, can be very deceptive, in that it is not a true representation of how well your business performed.

If you are not sure of what your accountant is saying sometimes, ask them. At the end of the day, if you get into trouble with your taxes, you are the one the government will be coming after.

Visit www.businessmentored.com for more information.

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BRINGING SOME MAGIC TO MARGATE

STORY **PATRICIA HIGGINS** PHOTO **PETE JOHNSON**

A magical place full of crystals, jewellery, herbs, holistic therapies and more – that's Made By Me Designs, which is now in Margate and hosting all sorts of craft-oriented and even cosmic experiences and events.

The business, previously solely operated by Lisa Flaherty when it was in Clontarf, is now run in partnership with Emma Hair (a local holistic health care provider) and is buzzing with fresh inspiration.

Regarding her initial approach, Ms. Flaherty said she had started with a small shop before deciding later on that she wanted it to be about more than just crystals and crafts.

"I met Emma that weekend, and she was looking for a space to practice. Within a few weeks, we opened our new location in Margate."

For Lisa and Emma, there was an immediate synchronicity in their goal to "provide an inclusive safe space for all who are seeking to

explore their spiritual selves".

"I asked the universe for a bigger and better place that had room for a holistic therapist, psychic readers and workshops. The universe listened," Ms Flaherty said.

Ms. Flaherty said that following their first event, Once in a Blue Moon Manifestation Evening (which took place in August), they received overwhelmingly positive feedback and quickly received bookings for more of their activities.

"We have our 'Cackle and Chat' on the first Thursday of each month, which is an informal gathering. People can ask questions, share information and explore their spiritual journey with light snacks, tea and coffee included."

According to Ms Flaherty, the team at Made By Me Designs is looking forward to hosting jewellery making and macrame workshops in mid November, followed by vision board and macrame workshops in January of next year.

They are also planning spiritual events, such as celebrations to mark the passage of the sabbaths, the lunar calendar, and other auspicious dates.

You can visit the store in person at 273 Oxley Avenue, Margate. To find out more or to book your spot at an event, access the website at www.madebymedesigns.com.au. Search 'madebymebrisbane' on Facebook to follow the business on social media.

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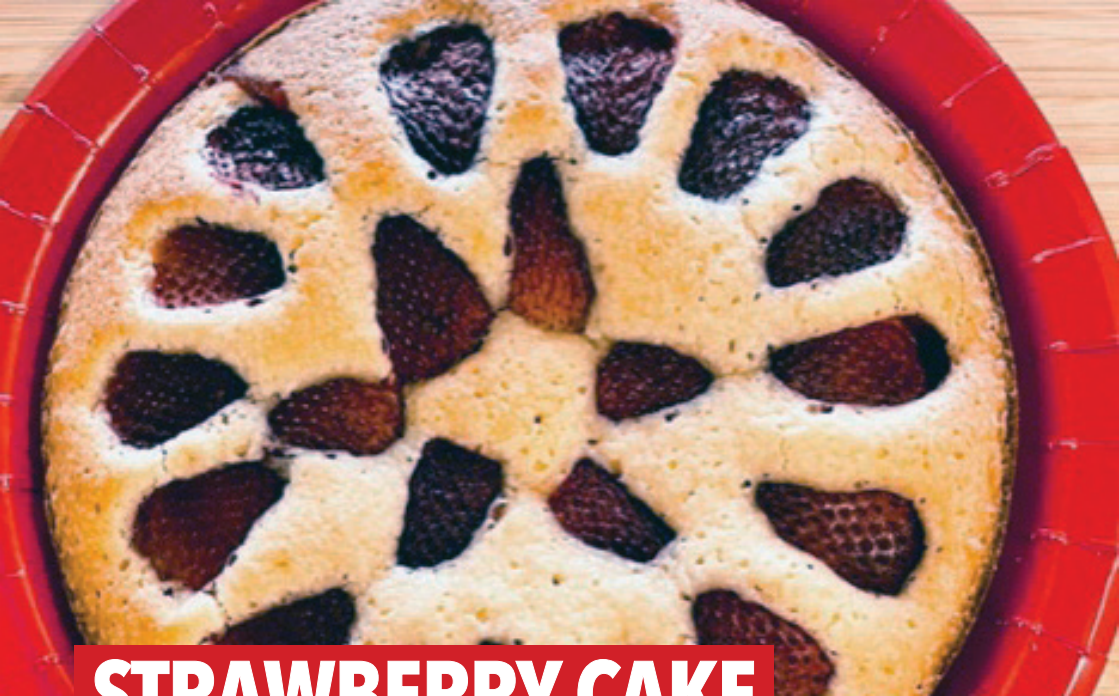
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STRAWBERRY CAKE

The recipe this month comes from the Clontarf QCWA incoming treasurer Heide. It is adapted from fika, by Anna Brones and Johanna Kindvall and makes one 8-inch cake.

This cake originally called for blackberries and almond extract, but it is infinitely adaptable to whatever fruit you have, and I chose to add vanilla with strawberries this time. It's quick and easy to pull together for a last minute cake for morning tea or afternoon coffee.

INGREDIENTS

85g unsalted butter
2 eggs
148g natural cane sugar
1 teaspoon pure vanilla extract
142g all-purpose flour
About 1 cup sliced or quartered strawberries

METHOD

Preheat the oven to 200C (180C fan forced). Grease and flour a 20cm round baking pan.
In a small saucepan, melt the butter. Remove from heat

and set aside to cool.

In a large bowl, whisk together the eggs, sugar, and vanilla until frothy. Pour in the slightly cooled butter and stir until well blended. Sift in the flour and mix until the batter is smooth and creamy.

Pour the batter into the baking pan. Scatter the strawberries evenly over the top. You don't need to press the berries into the cake; their weight makes them sink in a bit during baking.

Bake for 20-25 minutes, until golden brown on top. The cake is done when a toothpick or knife inserted into the center comes out clean. Remove the cake and let cool before serving.



The Clontarf branch of the QCWA hold meetings on the 2nd Wednesday of each month 9.30am, craft every 2nd & 4th Thursday 9am and indoor bowls every Monday morning 9.30am held at the QCWA Clontarf Hall, Cnr Victoria Ave & Georgina Street, Woody Point.

For further information please contact our email clontarbranch@qcwa.org.au

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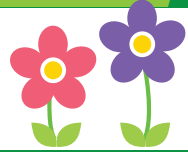
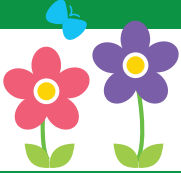
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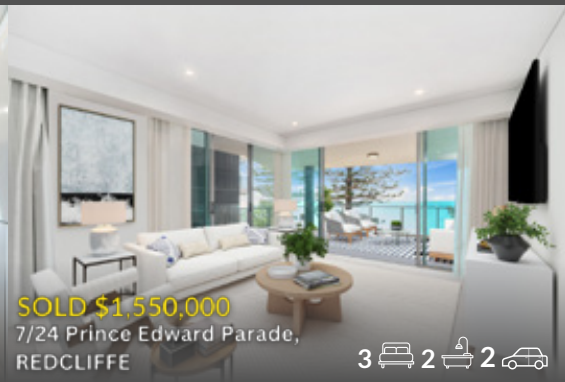
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TIME	M	TIME	M	TIME	M	TIME	M	TIME	M
1	0443 0.19 1044 2.36 SU 1703 0.35 2252 2.20	7	0319 1.32 0846 0.82 SA 1600 1.96 2323 0.85	13	0242 0.42 0838 2.04 FR 1446 0.49 2045 2.20	19	0537 0.44 1215 2.22 TH 1850 0.74	25	0042 0.44 0630 1.89 WE 1226 0.50 1845 2.37
2	0515 0.23 1127 2.37 MO 1748 0.48 2330 1.99	8	0500 1.38 1021 0.85 SU 1714 1.98	14	0312 0.37 0912 2.13 SA 1526 0.48 2116 2.16	20	0013 1.63 0615 0.52 FR 1305 2.18 1951 0.80	26	0131 0.32 0723 2.07 TH 1329 0.42 1935 2.38
3	0545 0.32 1209 2.32 TU 1835 0.63	9	0019 0.75 0604 1.52 MO 1141 0.78 1811 2.05	15	0341 0.34 0946 2.20 SU 1604 0.50 ● 2147 2.09	21	0111 1.52 0707 0.61 SA 1408 2.14 2113 0.81	27	0215 0.24 0811 2.24 FR 1424 0.37 2021 2.33
4	0008 1.77 0616 0.43 WE 1254 2.23 1928 0.78	10	0101 0.65 0650 1.68 TU 1238 0.68 1858 2.12	16	0409 0.33 1021 2.25 MO 1643 0.53 2219 2.00	22	0234 1.46 0821 0.69 SU 1525 2.15 ● 2236 0.72	28	0254 0.20 0856 2.36 SA 1515 0.37 2103 2.23
5	0050 1.56 0651 0.56 TH 1344 2.12 2034 0.88	11	0138 0.56 0729 1.82 WE 1325 0.59 1937 2.18	17	0438 0.34 1057 2.27 TU 1721 0.59 2253 1.89	23	0411 1.52 0951 0.69 MO 1642 2.21 2345 0.59	29	0330 0.19 0939 2.45 SU 1604 0.40 ○ 2145 2.09
6	0145 1.40 0737 0.70 FR 1445 2.01 ● 2203 0.91	12	0211 0.48 0803 1.94 TH 1407 0.52 2012 2.20	18	0506 0.38 1134 2.26 WE 1802 0.67 2330 1.76	24	0529 1.69 1114 0.60 TU 1748 2.30	30	0403 0.21 1021 2.49 MO 1651 0.47 2224 1.94
								31	0434 0.26 1101 2.47 TU 1736 0.56 2304 1.78



Australian Native Aquarium Fish

Did you know that some of the world's most beautiful fish are swimming in your own backyard?

Few people realise that Australia has its own native aquarium fish. Rainbowfish, Pacific Blue-eyes, Gudgeons, and Hardyheads are some common native fish in the Brisbane area.

Many of the same native aquarium fish will have


a distinctively different colour pattern that is unique to each waterway.

Native fish species from your local area are also the best choice for your backyard frog ponds, water features and mosquito control.

Most of the fish found in Australian aquariums come from overseas. You're probably familiar with fish like angelfish, guppies, swordtails, platys, goldfish, tetras, and cichlids. These fish look great in an aquarium, but they don't belong in our creeks and rivers. Unfortunately, some people release these fish into our local creeks where they out-compete our local fish for food and even eat them or destroy nesting sites.

We need to maintain the condition of our creeks and rivers and prevent the release of feral fish into those waterways if our native fish species are to survive and thrive. If you need to get rid of fish in your aquarium the local aquarium shop will usually take them or you can contact me and I will find a suitable home.

"Pete's Fishing and Underwater Videos" on Youtube and Facebook



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These are my first hearing aids and I'm so glad that I came to Sandgate Hearing

I'm very happy with the professionalism and I find Ronnie is very detailed and proficient. These are my first hearing aids and I'm so glad that I came to Sandgate Hearing. I'm happy to recommend this clinic to anyone with hearing problems.

Leona Tong, Rothwell



Absolutely the best hearing clinic...

I have been to a few other places, and Sandgate Hearing is absolutely the best one. Ronnie Lam, the Audiologist is independent, he gives you quality time, one on one and I get to see the same person every time. Ronnie diagnoses correctly and recommends what you really need in order to hear properly. I recently got my new hearing aids from Ronnie and they're brilliant, I just love them. I can now enjoy listening to music, I can hear every single word in my favourite song. In the past, I missed out quite a few words, but not anymore. I highly recommend anyone with hearing problems to come to Ronnie at Sandgate Hearing.

Les Hills, Kallangur



The Lyric is a game changer...

The service I receive at Sandgate Hearing is outstanding. Ronnie has going beyond the call of duty on many occasions to overcome seemingly insurmountable challenges with my hearing aids. The Lyrics (the invisible aids). Have been a game changer for me. They have such beautiful analogue natural sounds, don't require charging and are 100% invisible, which means a lot to me. I can now hear music at home, nature, people's voices etc, all so much clearer which provides me with a better quality of life. Thank goodness I didn't go to a large chain store!

Paul Martin, Brighton

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