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GUIDE

**THE JOE COCKER
EXPERIENCE HAS FANS**

**FEELIN'
ALRIGHT**

**MUSIC IN THE PARK
IS BACK FOR 2024**

**TRADES
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A Note from the Editor

MARCH
2024

As we head into March, we also head into Autumn and some slightly cooler nights. I hope you've all survived the rain from last month. I know it was a terrible time for many and our thoughts and hearts go out to those affected.

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

Tune in to my radio interview with Johnny and Suzy from Bridge FM's 'It Takes Two' on Sunday night 3rd of March for your chance to win a double pass to see the extraordinary Joe Cocker show at the Redcliffe Entertainment Centre. Read more about the show on page 8.

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

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

Jodie

Scan to hear our latest podcast!



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WHAT'S HOT AROUND TOWN



Do you have an upcoming event you would like to see featured in What's Hot Around Town? Email sallyeberhardt@yahoo.com with the event and contact details.



Love to discover some original tunes among classic rock covers?

So much more than just another covers band, the Funny Goats will wow you with their mix of musical genres live at Bramble Bay Bowls and Sports Club on Friday, 22 March.

Influenced by an eclectic assortment of rock royalty like The Beatles, Nirvana, The Eagles, Cold Chisel and more, this Gold Coast-based five-piece band started as a pub rock band and slowly evolved into an original songwriting powerhouse.

With members of the band each being highly skilled in different genres, their original music has a unique sound that can't be pigeonholed but will surprise and delight you.

Free entry. Band plays from 7pm-10pm

STORY **SALLY EBERHARDT**

Ready for some **HIGH VOLTAGE** rock'n'roll?

It doesn't come any more electrifying than **HIGH VOLTAGE - The AC/DC Experience** in a free, live show at Redcliffe Dolphins Leagues Club on Friday, 15 March!

It's no secret AC/DC is the most successful Australian band to ever shred a guitar. With chart-topping hits across multiple decades, AC/DC are a tough act to emulate yet **HIGH VOLTAGE - The AC/DC Experience** will shake you all night long.

The band is dedicated to delivering an authentic experience featuring all their classic hits. The costumes, mannerisms, and attitude are impeccable but it's the perfect music and vocals that will truly blow your mind.

Doors open at 7pm for the DJ, show starts at 8.30pm.



PHOTO **MAGICBOWLS FROM PIXABAY**

Like to start your day with some good vibrations?

Find your Zen with **FREE** yoga and sound meditation workshops at Redcliffe Art Gallery on Friday, 8 March and Saturday, 23 March.

Whether you are a beginner or more experienced, come and promote your physical and mental well-being with gentle yoga, followed by a healing, guided sound meditation.

This workshop takes place before the gallery opens but feel free to stay on afterwards to enjoy viewing the art exhibition, *Intimate Immensity* by Ian Friend, with a calm and receptive mind.

Sessions run from 9am to 10am. Bookings essential. Go to www.moretonbay.qld.gov.au/Galleries-Museums/Events/ and search for 'yoga'.

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THE JOE COCKER EXPERIENCE HAS FANS FEELIN' ALRIGHT

STORY **ALYSSA MACKAY**

Get ready for an unforgettable night of music and nostalgia paying tribute to the one and only Joe Cocker.

Australian blues artist Chev Wilson will lead a 10-piece band in The Joe Cocker Experience, coming to the Redcliffe Entertainment Centre in April.

Chev, who has been performing Joe Cocker's music from a young age, said he joined the Joe Cocker band a bit over a year ago and had learned his whole catalogue.

"I've been performing as a live entertainer professionally for over 15 years but I started singing when I was only about 6-7 years old, jumping on stage with my dad and some of his friends who had bands in the late nineties," he said.

"I've been performing Joe Cocker's music throughout that time. I learned a handful of his songs over the years. I've been performing The Letter since I was about 10 years old."

The Joe Cocker Experience, presented by The Good Company, will take the audience on a journey through Joe's career, including his early days in Sheffield to his iconic performance at Woodstock and beyond.

"The audience can expect one absolutely awesome Joe Cocker show where we go

through all of Joe's big songs and we take people on a journey back to the music of Joe Cocker," Chev said.

Chev and the band will perform hits such as Leave Your Hat On, You Are So Beautiful, Up Where We Belong, Hitchcock Railway, Delta Lady, Unchain My Heart, The Letter, With A Little Help From My Friends, Feelin' Alright and more.

"I think my favourite Joe Cocker song would probably be Many Rivers, just 'cause it's a really, really great song to sing and it has so much really raw human emotion in it," Chev said.

He added he believed Joe's timeless appeal came from his personality and "the fact that he was such a journeyman".

"People really loved that rawness and the fact that he just went up there and he left nothing behind," he said. "He was always 110 percent that guy when he was on stage and I think that's what makes him so popular and so memorable as an artist."

Tickets start at \$44 (excluding booking fee). To book tickets go to www.redcliffeentertainmentcentre.com.au/Events/Joe-Cocker

The Joe Cocker Experience
Saturday, 13 April, 7.30pm
Redcliffe Entertainment Centre
Downs Street, Redcliffe.



Cr Karl

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As a born and bred Redcliffe Peninsula resident, there's nowhere I'd rather raise my young family than here.

That's why maintaining and improving the liveability of the Redcliffe Peninsula is my core focus.

I'm working hard to keep our Peninsula beautiful, vibrant, and an easy-going place to enjoy our lives.

Warm regards,

Cr Karl.

Key Projects.

- Delivering a Better Planning Scheme.
- Building a New Suttons Pavilion.
- Building a Homeless Support Hub.
- Expanding the Redcliffe Library.
- Building Better local Playgrounds.
- Supporting New Affordable Housing in Redcliffe.
- Delivering food and organics household wheelie bins.

My Priorities.

Protecting our liveability by fighting for a more appropriate planning scheme.

Delivering projects that enhance our natural environment.

Building better parks and playgrounds for our community.

GET YOUR GROOVE ON AT MUSIC IN THE PARK



The program features Tayiha – a talented Deception Bay local, Hayden Hack – an award-winning singer playing afro-inspired music, and funky R&B/neo-soul singers and musicians – The Harlem Trio.

Tayiha was a finalist in the Queensland Music Awards in 2021 for her song, No Happy Ending, which she wrote and recorded at the tender age of 14. Her music video, Not Feeling This can be seen on MTV. Tayiha plays piano and guitar and her sound has been likened to Taylor Swift, Lana Del Rey and Ariana Grande.

South African-born songwriter and musician Hayden Hack

takes the listener on a journey with his multi-layered live loops and psychedelic guitar solos. Something transcendent to sit back and chill to while enjoying the autumn weather.

Put this event on your calendar now and make a family day of it.

For more information, search Facebook for Music in the Park Deception Bay.

Music in the Park Deception Bay
Sunday, 17 March, 1pm-5pm
Apex Park
47 Captain Cook Parade, Deception Bay.

STORY **SALLY EBERHARDT**
PHOTO **MBRIT**

Deception Bay will come alive to the sounds of music, fun and joy at the upcoming free Music in the Park event.

Rally your family and friends, pack some snacks or enjoy delicious treats from the food trucks, and relax or dance your butt off! Music in the Park is proudly presented by City of Moreton Bay in partnership with Moreton Bay Region Industry and Tourism (MBRIT).

MBRIT CEO Natassia Wheeler said the event celebrated local talent and provided a platform for artists to showcase their skills.

“We are dedicated to supporting local artists, entertainers, and vendors, and Music in the Park is just one example of the vibrant events we bring to the community,” Natassia said. “We invite everyone to join us for this free, family-friendly event and experience the talent and creativity of our region.

“We hope attendees of all ages will enjoy a fun-filled afternoon of music, food, and entertainment while supporting our community. Remember to bring your picnic blanket, dancing shoes, and a sense of community spirit!”

There is something for everyone, with face-painting for the kids, tempting cuisine and a variety of musical entertainment.



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EGGS-TRAORDINARY FUN AT NEWPORT TWILIGHT EASTER MARKETS

STORY **SALLY EBERHARDT** PHOTO **THE BUBBLE LADY**

Make like the Easter Bunny and hop down to the Newport Twilight Easter Market for fun, laughter, and Easter shenanigans!

The markets are perfect for the whole family, especially the kids who will be bursting with egg-citement. Enjoy everything on offer, including a variety of food trucks, coffee, local stalls, games and entertainment galore.

Get some eggs-ercise in the FREE Easter Egg Treasure Hunt with clues pointing you towards lots of chocolate. Hug a real-life Easter Bunny as he 'meets and greets' – he will be hoppy to see you.

Enjoy the musical performances provided by our talented locals as you stroll the treasure trove of artisan stalls featuring handmade crafts and homemade goodies. Support the vendors knowing that you are contributing to the vitality of your community.

Delight in the beautiful giant rainbow bubbles created by Incredabubbles, Debra The Bubble Lady, from 1pm to 6pm. Be sure to snap pictures of your family through these iridescent life-size bubbles for Easter memories that really pop.

Take in the sunset over the Glasshouse Mountains from this spectacular waterfront location with grassy lawns, picnic shelters and accessible amenities.

For more information search AllEvents.in website for events in Scarborough.

Happy Easter everyone! Make this your family's most egg-cellent Easter yet!

Newport Twilight Easter Markets
Saturday, 30 March, 12pm-6pm
Endeavour Park
Endeavour Esplanade, Newport.



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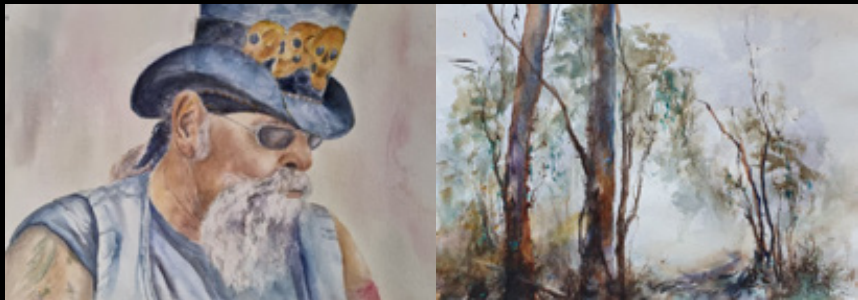


Captured Moments

By Valerie Pettingill and Jo-Ann Middlebrough

At the Redcliffe Art Society – Old Fire Station Gallery

6 March - 7 April 2024



Official Opening 9 March 2024 Commencing 11:30 am

Redcliffe Art Society Inc. The Old Fire Station, 395 Oxley Ave Redcliffe Q 4020
Gallery open from Wednesday to Sunday 10am—3pm: Entry FREE



Audrey Moss with husband of 75 years, Elvyn Moss (passed away aged 99 and dearly missed)

STORY PATRICIA HIGGINS

Living for a century is no small accomplishment, and local resident Audrey Moss and her family are getting ready to commemorate that fact.

March 7, 1924, saw the birth of Audrey May Burnett in Warwick at Welford House, during the Jazz Age and the interval between two World Wars.

According to her son, John L Moss, his mother was the second of six children raised in rural Leyburn, Queensland.

Mr Moss said that Audrey relocated to Brisbane at the age of 18, during the war years, to begin working as a nurse at the Royal Women's Hospital.

"Her eldest sister, Mona, had preceded her to Brisbane and introduced Audrey to the man she was to marry," Mr Moss said.

Marriage to Elvyn Moss (known to his friends as Lem or Len) was swift because, according to the couple at the time, "when you know, you know."

The pair were married in 1945 at St. Brigid's Roman Catholic Church in Red Hill, with a honeymoon spent at Tamborine Mountain.

Audrey had six children in 10 years (Patrick, John, Teresa, Suzanne, Daniel and Maria) who mostly spent their formative years living in the north-west Brisbane locality of Grovely.

"Mum started working as a cleaner in 1960 at Brisbane City Hall and retired in December 1979," Mr Moss said.

After her retirement and after several overseas trips, such as to America, Tijuana and Singapore, Audrey moved to Deception Bay at the start of the twenty-first century.

"Moreton Bay has been her home for 24 years and she has loved it from the foreshore," Mr Moss said.

While Audrey's early passions included needlework and embroidery, she has more recently enjoyed crocheting, a bit of gardening and time spent with grandchildren.

When told of her age on her latest birthday and in anticipation of the next, Audrey Moss said, "Gee, am I really that old!"

To celebrate her upcoming centenary, there will be a letter from the King, Prime Minister, Premier of Queensland, local MP, and City of Moreton Bay Mayor, alongside a small family gathering at Seabrook - McKenzie Aged Care (attendance limited to COVID-related and other restrictions).

A young Audrey Burnett



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MUSICAL PRODUCTION PAYS ARETHA RESPECT

STORY **PATRICIA HIGGINS**

Experience the profound theme of Aretha Franklin's music and life in a spectacular upcoming show at the Redcliffe Entertainment Centre.

The Moreton Bay rendition of RESPECT The Aretha Franklin Story stars "Australia's Soul Mama" Angela (Angie) Narayan and is part of a wider tour taking place throughout Australia and New Zealand in 2024.

According to the show's producer, Monique Cribb of McGee Entertainment, the motivation came from a literal dream in which she saw herself creating a musical production to honour Aretha Franklin's phenomenal life's work and performance.

"I wanted to honour her legacy with the highest regard, so when I went looking for a singer who could connect with Aretha's journey and have a voice to match, I couldn't go past Australia's finest soul singer, Angie Narayan," Ms Cribb said.

Ms Narayan said that at this point she wasn't entirely sure what she was signing up for but that "every cell in her body told her to go for it".

"Monique then went ahead and wrote the show, and six months later, a production was born," Ms Narayan said.

According to Ms Narayan, Aretha Franklin has been one of the greatest musical influences of her life, but there were obviously important considerations to make when taking on the role.

"The biggest challenge to me was when I was figuring out Aretha's approach to songs, that I

still remained authentically 'Angie' and I believe I've managed to do that," Ms Narayan said.

As "the OG Diva" and a true trailblazer of her era, Ms. Narayan said that Aretha paved the path for a number of well-known musicians such as Whitney Houston and Mariah Carey.

"Aretha's also had such a powerful message that we highlight in the show, which is that everybody deserves respect," Ms Narayan said.

Ms Narayan said she was excited about getting to spend time in the Moreton Bay region, describing the area as "unbelievably beautiful."

"I find that Moreton Bay is so passionate about performance and the arts – just really great people," she said.

Find out more at www.respect-show.com and book at www.redcliffeentertainmentcentre.com.au/Events/RESPECT.

RESPECT The Aretha Franklin Story
Saturday 9 March,
3pm-5:10pm and 7pm-9:10pm
Redcliffe Entertainment Centre
Downs Street, Redcliffe.



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STORY **JULIA LEWIS**

SUTTONS BEACH PAVILION DESIGN COMPETITION UNVEILS EXPERT JURY - A STEP TOWARDS REDEFINING ICONIC SEASIDE HUB

City of Moreton Bay Mayor, Peter Flannery, has unveiled the jury for the Suttons Beach Pavilion architectural design competition. Comprising experts like Amy Degenhart, President of the Australian Institute of Architects (Queensland chapter), and Leah Lang, Queensland Government Architect, the jury will assess and shortlist architects for the next stage. Mayor Flannery said he was excited about revitalising Suttons Beach and expects a competition winner by mid-2024. The competition aims to transform the iconic destination, with jury members emphasising the project's potential to bring new life to Redcliffe's cherished seaside area. The initiative aligns with the long-term vision of City of Moreton Bay and encourages architects nationwide to contribute innovative ideas. The shortlist will be decided in February. *For further details, visit [Your Say Moreton Bay's Suttons Beach Public Space Project webpage](#).*

MONTHLY MEETUPS WITH HISTORY REDCLIFFE - UNCOVER LOCAL STORIES AND ENJOY ENGAGING SPEAKERS

Join History Redcliffe and fellow history enthusiasts in exploring the fascinating past of the area. Meetings are held on the first Friday of each month at 2pm in the Redcliffe Library meeting rooms (476 Oxley Avenue, Redcliffe). You're welcome to attend even if you're not a member. Each session features an engaging guest speaker, and afterwards, participants can enjoy afternoon tea for a \$2 donation. The upcoming meeting on Friday, 1 March features Lynne Hooper from the Bribie Island Historical Society discussing Sarah Ball, a Brisbane entrepreneur who built a fish cannery on Bribie Island in 1908. *Visit [historyredcliffe.com.au](#) for more details.*

CELEBRATE INTERNATIONAL DAY OF HAPPINESS WITH LAUGHTER YOGA

Celebrate the International Day of Happiness on Wednesday, 20 March by boosting your joy with Laughter Yoga! This lively session, featuring

clapping, gentle stretches, playful movement, belly laughter, and yogic breathwork, is a highlight of Council's Healthy & Active Moreton weekly program, running throughout school terms and held in the refreshing outdoors of Quota Park. Sessions are run by Queensland's lead trainer, HeatherJoy Campbell from The Happydemic and cost just \$4 a class. *For more information contact HeatherJoy on 0412 742 593 or email laughteryogaql@gmail.com*

BONDING BLISS: FREE MUMS AND BUBS YOGA CLASS AT ROTHWELL COMMUNITY HALL

Enjoy a 45-minute yoga class with your baby, fostering a bond in a safe, inclusive environment alongside other mothers. The class is part of Council's Healthy and Active Moreton program, which offers diverse, free, and low-cost activities for all ages and fitness levels. Sessions take place on Thursday, 7 March and Thursday, 14 March from 9am to 9.45am at Rothwell Community Hall. *Contact Sadhana on 0466 266 837 or Sadhana.org.au@gmail.com for details.*

MORETON BAY SECURES \$45.5M BOOST FOR TRANSFORMATIVE INFRASTRUCTURE PROJECTS

City of Moreton Bay has secured \$45.53 million in funding for key infrastructure and lifestyle projects through the SEQ City Deal Liveability Fund, a collaborative effort with State and Federal Governments. Initiatives include Suttons Beach Pavilion Development, Centenary Lakes Regional Playground, Centenary Lakes Activation, Bongaree to Woorim Transport Network, and The Mill Lakes Precinct. Mayor Peter Flannery highlighted the positive impacts on residents and city growth. Projects aim to enhance liveability and align with the broader \$1.8 billion SEQ City Deal. Federal Minister Catherine King and Queensland Minister Grace Grace expressed commitment to community improvement, especially for the Brisbane 2032 Olympic and Paralympic Games.

Would you like to contribute to Reddy Round Up?

Is there something happening in the 4020 community you'd like to share? What are you talking about on social media, at the local café, or the school gate? Email Julia to be included in the next Reddy Round Up: editor@redcliffeguide.com.au



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DISCOVER A LOVE FOR ROMANTIC FICTION AT AUTHOR EVENT

STORY **ALYSSA MACKAY**

Don't miss the chance to hear from three local authors as they delve into their passion for romantic fiction.

Join T.M. Clark, Louisa Duval and Renae Black at Romancing the Page, a free event presented by Romance Writers of Australia at Redcliffe Library this month.

Author of contemporary African suspense and adventure fiction, T.M. Clark (Tina), said writing the romantic parts of stories makes her smile, sigh and "feel all the good stuff".

"With the darkness I sometimes address in my work, I love writing the love stories parts in the books, as this is the glowing ember in there that ignites the hope and realisation that love can be found," Tina said.

Tina's latest novel, *Song of the Starlings* won the 2022 Killer Nashville Claymore Award for Best Action Adventure. Copies will be available for purchase at the event.

Also attending is Louisa Duval, who writes rural romance set in the fictional town of Ballydoon. She started writing the romance series after being inspired by the life-saving efforts of the rural fire brigade.

"I remember thinking they deserve a love letter for the work they do, and that story became *Ignite*, the first book in my series, *Fiery Hearts of Ballydoon*," Louisa said.

She will be signing copies of her latest release, *The Longest Speed Date*.

Rural fiction author Renae Black will round out the trio of authors. Her latest rural romance novel, *Red Dirt Home*, is released this month by HQ.

Tina, Louisa and Renae will also share valuable advice on the writing and publishing processes.

Louisa said she would tell aspiring authors to be brave, put their stories out there and find a writing community.

"I think one of the greatest challenges is writing a story that's an escape for the reader, but also feels real: that the characters feel real, the emotional arc feels real, and the happily ever after is deserved," she said.

Tina encouraged writers to write what they love.

"Look for stories you love, then read everything you can when you find that genre," she said. "Just because it isn't in vogue at present, doesn't mean there are no stories out there for it."

Bookings required. Book at www.moretonbay.qld.gov.au/libraries/Events/WAMB/Romancing-The-Page-RED

Romancing the Page
Friday, 22 March, 6.30-8pm (7pm start)
Redcliffe Library
476 Oxley Avenue, Redcliffe.

Louisa Duval

Renae Black

T.M. Clark





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WHEN THE GOING GETS TOUGH

of what became known as Humpybong. There was as little in the way of medical assistance, adequate housing, nutrition or even creature comforts for the women of these families as there had been for the Amity families. Among the challenges were poor transportation, backbreaking work, and isolation: until the early 20th century, Redcliffe's population was sparse – fewer than 500 in 1901 – and scattered, most permanent residents being farmers or otherwise involved in rural pursuits such as logging or carting.



Child mortality was as high on the peninsula as it was everywhere: there were six children among the first 27 burials in Redcliffe cemetery, the first being that of two-year-old Edward Pollard, who died in 1882. Few families, of whatever economic or social status, escaped the death of a child: Mrs Fanny Sutton, wife of the Rev John, gave birth to 11 children, three of whom died before they were three; Mrs Annie Copson lost little Ebenezer within a month of his birth; and even Mrs Anna Hobbs, wife of Dr Hobbs, a

Home of Mr and Mrs Copson

great Redcliffe landowner and Brisbane's most prominent medical practitioner, endured the deaths of two sons.

HISTORY REDCLIFFE

STORY **PATTIE TANCRED**
PHOTO **CITY OF MORETON BAY COUNCIL**

When Amity Moreton Thompson was born on 21 September 1824, her parents, Mary and Robert, part of the Moreton Bay Detachment, had lived in what we now know as Humpybong for all of nine days. Amity, named for the ship they arrived on, was the first of three babies born to soldiers' wives during the brief existence of the Redcliffe penal colony: Charles Moreton Miller in November 1824 and Mary Cox in March 1825. They and their mothers, and six other women with children, survived nine months in the primitive squalor of the fledgling settlement.

The Moreton Bay colony shifted to the Brisbane River in 1825, 40-odd years before pioneering families followed in their footsteps as residents

Lacking good medical care, women themselves died of disease, in childbirth, from overwork or a combination of all three. At the inquest into the death of Emma Pearce, who died in 1909 of septicaemia as a result of miscarriage, it was asserted that she "never did any hard work to hurt her, although she helped (Pearce) gardening, hoeing, chopping limbs off trees, cross-cutting, clearing, and whatever he was doing", all this in addition to housework and tending to other children.

International Women's Day celebrates the successes of women; let it also be a day to honour and admire the fortitude and endurance of these and all pioneering women.

[With thanks to MBRC ourstory.moretonbay.qld.gov.au, Moreton Bay Regional Council, reference number RMPC-100/100073]

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SCHOOL STRESS & ANXIETY IN ADOLESCENCE: HOW HEADSPACE CAN HELP

STORY **KELLY WALKER**

Transitioning into a new school year can often be a stressful time for students - whether it's their first day at a new school, their first week of high school, or the first term of their senior year.

As students navigate new environments, evolving friendship groups and academic pressures, it's not surprising that they can often feel nervous and overwhelmed as they embark on these new experiences. And for many adolescents, these anxious feelings can linger throughout the entire school year.

Teri-Leigh Boyd, registered counsellor and Senior Intake & Assessment Officer at headspace in Redcliffe explains that it's common for students to feel a range of emotions when they're heading back to school.

"It can be an exciting time with new opportunities, new friendships and greater independence," she said. "However, many young people find it difficult to have to deal with trying to make new friends, feeling pressured to get the best marks, or bullying."

The good news is that there are ways that students can help ease some of their stress and anxiety – starting with getting enough sleep and packing a healthy lunch.

"By creating routines, setting achievable goals and creating connections, students can help themselves get through some of these challenging times," Teri said. "Connecting with friends, family, school staff, social groups, mentors or volunteer groups can help when students are feeling overwhelmed and challenged."

If additional support is needed, youth mental health organisations like headspace may be able to help.

"We can all benefit from a bit of extra support from time to time," Teri said. "At headspace, we understand that not everyone's the same, so we offer support in different shapes and forms – including an array of online support such as articles, chats, and counselling, as well as in-person social groups and counselling. The best part – it's all free!"

Adolescence and young adulthood can be an exciting, yet challenging time of growth, exploration, and navigating new experiences and transitions, but knowing where to go for a little extra support can ease feelings of being stressed, nervous and overwhelmed.

If you are aged 12 to 25 and require support, please call headspace on 1800 650 890 (9am to 1am, seven days a week) or visit [headspace.org.au](https://www.headspace.org.au). If you would like more general information on the services that headspace offers visit [headspace.org.au](https://www.headspace.org.au).

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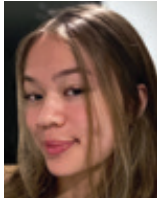
Gary and Vanessa



SPORT IN REDCLIFFE

PHOTO WINNING SHOT PHOTOGRAPHY

Sport plays an important role in most people's lives. Connections are made with players and spectators, and local teenagers are here to prove that.



WITH **JASMINE WINNETT**

Throughout our lives, sport has been prevalent within each and every year. Whether we intend to or not, everyone engages in at least one aspect of sport, whether this be participating in, watching, or talking about it. Players across our region prove that they are positively affected not only physically but mentally, and socially. Teenagers across our

Peninsula are up early on weekends making memories amongst their mates. They form bonds, have a laugh in games, and remain friends away from the pressure of a match.

Teenagers each experience a range of effects from playing sport. A local Redcliffe teen, Harry Osborne, freely expresses how he feels sport is impacting his life.

"I always feel very connected to my team. After our soccer games, the victories and losses all bring us closer together," Harry said.

He believes that sport can help form friendships.

"Within the team, each player celebrates their achievements together after games and through events their clubs hold," Harry said.

After playing their sport they are left feeling happy within themselves, and with their friends.

"Although I play soccer as a main sport, that doesn't mean I don't love others. I try to play as many sports as possible and reach for the goals each one gives me," Harry said.

Local sports can help young players strive toward greatness. This does not mean they have to become national sporting heroes, but each player should strive to be their best selves. This can mean that players who participate



in games can unlock their potential not only physically, but mentally, having lifelong benefits. One particularly strong asset they can attain is the ability to work well within a team. This could then help them benefit in team environments in future employment. For instance, players learn the skill of communication in games, and begin to learn how to apply this outside of sport.

With each connection provided, sport remains vital to youth throughout the Peninsula. Redcliffe teens continue to play and watch sports they love, Harry Osborne demonstrating that. Bonds, laughs, and skills are developed, lasting a lifetime.

A local teen's perspective with special guest reporter Jasmine Winnett. Jasmine is a local to the Peninsula, currently in Year 11 at Southern Cross Catholic College.

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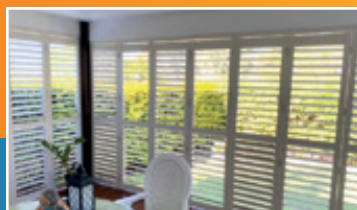
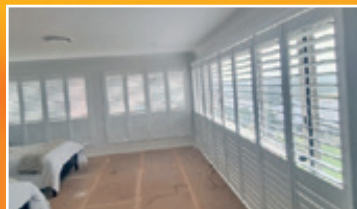
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PICNIC HILL PACKS A PERFORMANCE PUNCH

STORY **PATRICIA HIGGINS**

Picnic Hill is known for its fantastic and mouth-watering array of food truck choices, but it's also amplifying the entertainment with a lineup of local musicians and other acts.

The event has an all-inclusive vibe, with all proceeds going towards Youth Space, an organisation that works with vulnerable young people in the Moreton Bay region to offer support as well as encourage social interaction and work skills training.

Picnic Hill is able to unite people of all ages from all over the region in a “harmonious sharing of food, entertainment, and connection,” according to Kathryn Kenny, business manager at Redcliffe Youth Space.

“The event is hosted by young people on a traineeship at the Youth Space, and this March, we have ROAR Academy, The Phosphenes, Grace Alexander Music and the Detour Band hitting the stage,” Ms Kenny said.

Madeleine Johns, principal head of drama at ROAR Academy, said her students loved performing for the local community at Picnic Hill.

Ms Johns said that her class was currently working on *Joseph and the Amazing Technicolor Dreamcoat* (by Andrew Lloyd Webber) in conjunction with Redcliffe Musical Theatre, and their spot

at Picnic Hill would offer a taste of this Broadway-musical style performance.

“We will also perform a number of popular music theatre hits, such as *Revoluting Children* from *Matilda* and *Supercalifragilistic* from *Mary Poppins*,” she said.

Local dynamic indie alt-rock band The Phosphenes are making their Picnic Hill debut, but they are no strangers to the spotlight, having already recorded their first EP (search ‘Loose: The Demos’ on Spotify) and being featured on Triple J’s *Unearthed*.

The Phosphenes drummer, Toby Vinton, said they were excited to be playing at Picnic Hill and greatly appreciated Youth Space putting on these events.

We love what Picnic Hill offers in bringing the community together with great food and fantastic music,” Mr Vinton said.

Entry to Picnic Hill is by gold coin donation. Kids are free.

For more on Picnic Hill, visit Facebook at www.facebook.com/PicnicHill4020/ and Instagram via [@picnichill](https://www.instagram.com/picnichill)

Picnic Hill
Friday, 8 March, 4-9pm
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A WORD FROM OUR REPRESENTATIVES

A decade ago, I entered politics for a second time after winning the Redcliffe by-election. As I mark this milestone, I have decided not to contest the seat of Redcliffe in the upcoming election.



WITH **YVETTE D'ATH MP**

I extend heartfelt thanks to former Premier Anastacia Palaszczuk for her friendship and leadership over the past decade, as well as Premier Steven Miles for his longstanding support. I remain committed to representing the people of Redcliffe and fulfilling my duties

until the election in October. The next few months carry an ambitious agenda, and I am dedicated to delivering meaningful reforms for the people of Queensland.

Serving in both Federal and Queensland parliaments has been an honour, particularly for someone who left school at 15.

As I step back, the need for balance in my life becomes paramount after nearly 17 years of service. I express gratitude to my family and acknowledge the remarkable community of Redcliffe for its passion and generosity.

Until the election, I will continue working tirelessly for the people of Redcliffe, cherishing the privilege of representing our community in the QLD Legislative Assembly.

As the Federal Member for Petrie, I represent a wide range of sporting and community groups across our electorate. Over the last 10 years, I am proud to have provided funding for so many of these great clubs. Through Stronger Communities and Volunteer Grants, we have been able to support grassroots and community sport, giving people of all ages access to quality facilities and equipment. With the 2032 Olympics on our doorstep, it is crucial we give young people the best opportunities available.



WITH **LUKE HOWARTH MP**

The start of March signals the start of the National Rugby League season. This is an exciting time of the year, whether you support the Dolphins, the Broncos or another club, it is a fresh start and a clean slate. I couldn't be more excited to see what 2024 has to offer for the Dolphins. Supercoach Wayne Bennett's last year at the club is one to celebrate and hopefully reflected by the on-field results. Recruits Herbie Farnworth, Tom Flegler and Jake Averillo are big additions to the roster. All the best to The Dolphins and local community sporting groups for 2024.

U pdate from City of Moreton Bay

City of Moreton Bay is well and truly in recovery phase following the severe weather event on Tuesday, 30 January.

Some of the worst impacted areas were Samford which received 235mm of rainfall in less than three hours, Bray Park (235mm), Bribie Island Road (275mm), Beachmere (145mm), and parts of Caboolture and Morayfield.

The rainfall caused landslips, road closures, loss of livestock and devastating flash flooding for many homes and businesses.

As a precaution, Council opened its sandbag stations six days in advance, and once the rain hit we followed up by opening our libraries as places of refuge and six evacuation centres across the city.

Our amazing asset maintenance crews were cleaning up the debris as soon as humanly possible, so Council's road resurfacing and pothole crews could get to work repairing damage.

Residents can still dispose of flood-damaged

waste for free until 8 March at our 12 waste management facilities and if in an eligible location - this is not available for general waste. They can also request a skip bin for their street by calling our call centre during business hours on 3205 0555.

We are also encouraging residents to submit a damage assessment report to Council online if they have been affected by the floods. This information is vital for Council to build an understanding of support requirements and will help inform State and Federal Government assessment for funding eligibility. All this information can be found on Council's website at www.moretonbay.qld.gov.au/services/disaster-management/recovery-after-a-disaster/flood-recovery as well as financial and support services.

Please sign up to Council's MoretonAlert system at www.moretonbay.qld.gov.au/services/disaster-management/moretonalert to receive severe weather warnings and follow our Disaster Dashboard at disaster.moretonbay.qld.gov.au for all up-to-date info during an event.



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THE OSCARS BEST PICTURE GUIDE



STORY @WOTCHITWOMBAT

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

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

American Fiction - Prime Video and select cinemas

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

Anatomy of a Fall - In select cinemas

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

Barbie - In cinemas

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

The Holdovers - In select cinemas

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

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

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

Maestro - Streaming on Netflix

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

Oppenheimer - In cinemas

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

Past Lives - In cinemas

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

Poor Things - In select cinemas

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

The Zone of Interest - In select cinemas

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



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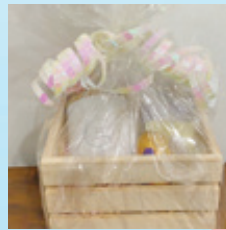


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BLUEWATER FESTIVAL UNDER THE STARS



STORY **BROOKE JACOBSON**

The 2024 Bluewater Festival is kicking off with a special twilight event.

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

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

"It's not only a chance to get together and celebrate, but it also showcases the Bayside and keeps visitors coming back to shop, wine and dine, which supports our local businesses.

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

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

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

Chamber executive officer, Chris Hare, said starting the festival the day before Good Friday

was perfect for anyone looking to get into the Easter long weekend early.

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

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

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

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

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

For more information, search Facebook for Bluewater Festival, or go to: www.sandgatebayside.com.au

Bluewater Festival
Thursday, 28 March, 4pm-8pm
Friday, 29 March, 9.30am-8pm
Lower Moora Park,
65 Park Parade, Shorncliffe.





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FISH OF THE MONTH



SOLDIER CRAB MICTYRIS LONGICARPUS

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

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

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

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



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



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YVETTE D'ATH
State Member for Redcliffe



PODCAST OF THE MONTH

BONE VALLEY PODCAST REVIEW

STORY **NICK ALLFORD**

Could you believe a convicted murderer?

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

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

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

Find Bone Valley wherever you get your podcasts.

Problems Shared are Problems Solved!

An idea developed by Steve Hart and Richard Lancaster, arising out of their concern for the lack of support given to resource-poor Redcliffe arts and crafts communities, prompted the two to form the Redcliffe and District Arts and Crafts Advisory Board. The Board is a voluntary group dedicated to representing and promoting the two communities in matters relating to solving problems faced by them.



WITH **RICHARD
LANCASTER**

Generally the wider Redcliffe community rightly has a passion for our Redcliffe Dolphins and there is a strong supportive network for sport in general on the Peninsula," said board member, Richard Lancaster. "But our local arts and crafts run a poor second when it comes to government and corporate support. We aim to correct the imbalance."

The 15-member board, consisting of representatives from a variety of local arts and crafts groups together with local businesses and three levels of government representatives, have already met twice and have commenced addressing a variety of problems faced by local groups. One major problem faced is the lack of accessibility for local groups to use the Redcliffe Entertainment Centre facility for performances, exhibitions and other arts and crafts activities. "Although there is limited space available for local groups to use the centre, it is almost exclusively given over to outside commercial performances and that is not what the centre was originally built for," said board member, Steve Hart. "We have written to the Mayor asking for clarification on this matter."

Meanwhile, board member Madeleine Johns, Director of the Redcliffe Musical Theatre and ROAR, has offered to share her organisation's facility at Theatre 102, Anzac Avenue, Redcliffe with needy local groups looking for performing and exhibition spaces.

Interested local arts and crafts groups or individuals wishing to join the Redcliffe and District Arts and Crafts Advisory Board may contact Richard Lancaster on 0438 193728 or email ricails@bigpond.com

lancastercollections.com/



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MORETON BAY LOCALS FEATURED IN TV SHOW

STORY **ELISABETH WALSH**

A Channel 9 travel and lifestyle TV show has shone a light on the unsung heroes making a lasting impact on the Moreton Bay community.

In a recent episode of the show, viewers are introduced to four locals who have contributed to the region in unique and inspiring ways.

One such individual is sculptor Phillip Piperides who is known for immortalising the Bee Gees on Bee Gees Way. Phillip has journeyed from humble artistic beginnings to receiving astonishing recognition for his work. He now contributes to major outdoor sculptures, including the statue of Darren Lockyer at Suncorp Stadium.

Also showcased is Indigenous artist Michael Connolly, who only discovered his talent for painting at the age of 30. Despite his late start, Michael's art now features in exhibitions around the world. His gallery, Dreamtime Kullilla Art, displays

Indigenous artwork from across the nation.

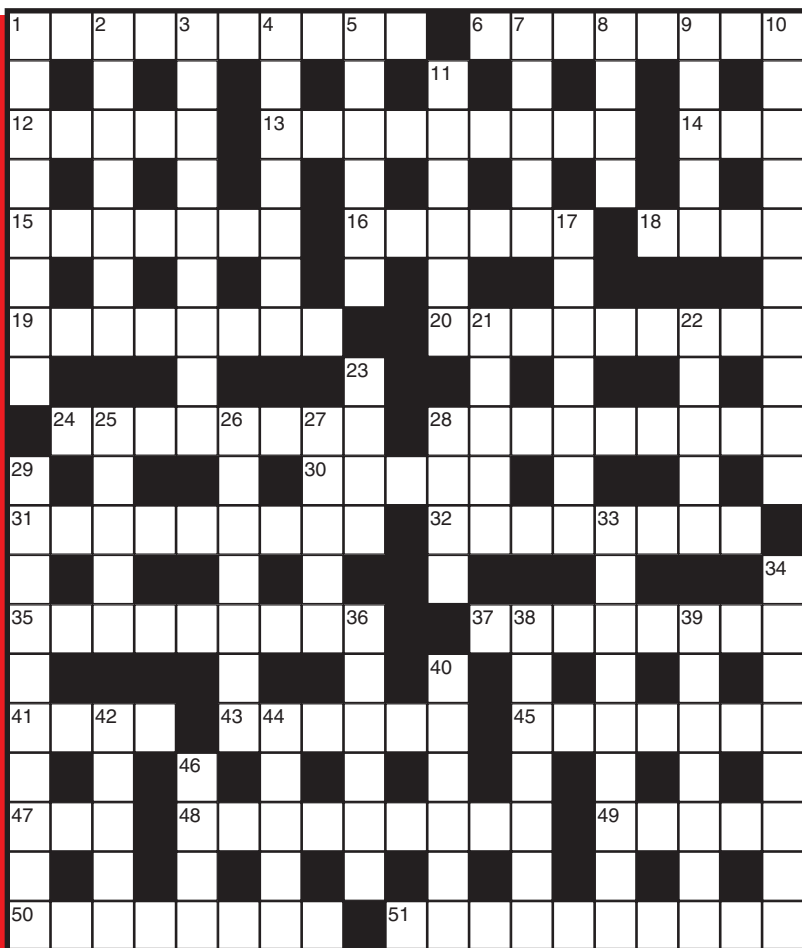
Another Moreton Bay local featured in the episode is Peter Michaels, who started his journey in Australia by landing a job at a fish shop despite knowing nothing about seafood. Fast forward to today, Peter now heads up Morgan's Seafood in Scarborough, maintaining its legacy by focusing on quality, price, service, and presentation.

Viewers will also get to meet Calvin and Rosemary Irons, who have dedicated over 50 years to the study of mathematics. Their passion for education and love of mathematics led them to open Mathema, a maths gallery on their property at Ocean View.

Watch the episode of My Way for free on 9Now.



THE BIG ONE CROSSWORD



ACROSS

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

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

DOWN

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

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

Solution Page 70

Twilight

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Thursday 23 May 2024

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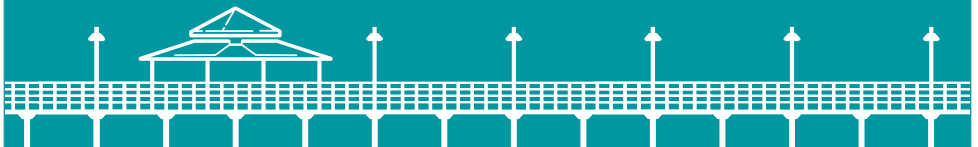
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Local DINING GUIDE



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



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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.



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



Local DINING GUIDE



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.



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 Prik Wan, Sweet & Sour. Just one of our many lunch time specials.



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.





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🌐 homeassistservices.com.au

📍 58 Rainbow Street, Sandgate Q 4017

01 FRIDAY

FORTUNATO

Redcliffe Leagues Club 11am

DOWN311

Moreton Bay Boat Club 7pm



RIFF RAFF

Bramble Bay Bowls Club 7pm

B-ROCKED

Redcliffe Leagues Club 7pm

GOOD MORNING VIETNAM

Redcliffe Entertainment Centre 7:30pm

Tickets: \$49.00

MARCH What's On.

02 SATURDAY

NBLC 2024 GEM SHOW

Albert Bishop Park 9am

BRISBANE CITY POPS ORCHESTRA

Redcliffe Entertainment Centre 2pm

CAUGHT IN THE ACT

Redcliffe Leagues Club 7pm

7DAYWEEKENDS

Bramble Bay Bowls Club 7pm

03 SUNDAY

JAEDEN O

Bramble Bay Bowls Club 1:30pm

RHONNIE

Moreton Bay Boat Club 2:30pm



STAR NBLC 2024 GEM SHOW

02 Saturday
Albert Bishop Park 9am

05 TUESDAY

MICHAEL WHITMORE

Redcliffe Leagues Club 11am

06 WEDNESDAY

TOBY TYLER

Redcliffe Leagues Club 11am

MUSICAL BINGO

Bramble Bay Bowls Club 7pm

FREAKY WHISPERS | CHARMINE WILSON

Redcliffe Entertainment Centre 7:30pm
Tickets: \$60.00

07 THURSDAY

ROSE POWELL

Redcliffe Leagues Club 11am

ROSIES KARAOKE

Bramble Bay Bowls Club 6:30pm

08 FRIDAY

FORTUNATO

Redcliffe Leagues Club 11am

IWD WOMEN'S DAY LONG LUNCH 2024

The Komo 12pm

JUST JAMMIN

Moreton Bay Boat Club 2:30pm



Charmaine
WILSON

THE AUSTRALIAN MEDIUM TOUR 2022



Great Rock Variety

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THUMBTRACK RESPECT | THE ARETHA
FRANKLIN STORY
09 Saturday
Redcliffe Entertainment Centre 3pm

RESPECT

THE ARETHA FRANKLIN STORY



DARLINGTON STRIPES

Redcliffe Leagues Club 7pm

MURPHY'S PIGS

Redcliffe Entertainment Centre 7pm
Adults: \$45.00 | Child: \$30.00

DEADSTAR REDEMPTION

Bramble Bay Bowls Club 7pm

09 SATURDAY

RESPECT | THE ARETHA FRANKLIN STORY

Redcliffe Entertainment Centre 3pm
3pm & 7pm | Adults: \$79.00 | Concession: \$74.00 |
Groups (10+): \$72.00

JAM JAH

Redcliffe Leagues Club 7pm

TRACEY HAMMELL BAND

Bramble Bay Bowls Club 7pm

10 SUNDAY

LACHY STEWART

Bramble Bay Bowls Club 1:30pm

RICHARD WATERSON

Moreton Bay Boat Club 2:30pm

12 TUESDAY

MICHAEL WHITMORE

Redcliffe Leagues Club 11am

13 WEDNESDAY

TOBY TYLER

Redcliffe Leagues Club 11am

MUSICAL BINGO

Bramble Bay Bowls Club 7pm

14 THURSDAY

LLOYD SANIEL

Redcliffe Leagues Club 11am

ROSIES KARAOKE

Bramble Bay Bowls Club 6:30pm

15 FRIDAY

FORTUNATO

Redcliffe Leagues Club 11am



ME & JODIE LEE

Moreton Bay Boat Club 7pm

DJ COLIN

Redcliffe Leagues Club 7pm

JUNIOR & THE EASY ACES

Bramble Bay Bowls Club 7pm

JOSEPH & THE AMAZING TECHNICOLOR DR

Redcliffe Entertainment Centre 7:30pm
2pm & 7.30pm | All tickets \$40

HIGH VOLTAGE: THE AC/DC EXPERIENCE

Redcliffe Leagues Club 8:30pm

16 SATURDAY

DUBLIN DAN @ SLOW SMOKE BISTRO

Slow Smoke Bistro 3pm

COUNTERFEIT HEROES

Redcliffe Leagues Club 7pm

JUKE JOINT

Bramble Bay Bowls Club 7pm

JOSEPH & THE AMAZING TECHNICOLOR DR

Redcliffe Entertainment Centre 7:30pm
2pm & 7.30pm | All tickets \$40

17 SUNDAY

BLARNEY STONE

Bramble Bay Bowls Club 2pm

JASON TOWERS

Redcliffe Leagues Club 2pm

BILLY GUY

Moreton Bay Boat Club 2:30pm

JASON TOWERS

Redcliffe Leagues Club 7pm

JOSEPH & THE AMAZING TECHNICOLOR DR

Redcliffe Entertainment Centre 7:30pm
2pm & 7.30pm | All tickets \$40

19 TUESDAY

ROSE POWELL

Redcliffe Leagues Club 11am

20 WEDNESDAY

TOBY TYLER

Redcliffe Leagues Club 11am

MUSICAL BINGO

Bramble Bay Bowls Club 7pm

21 THURSDAY

DAVE GRAY

Redcliffe Leagues Club 11am

AL GIBSON

Redcliffe Leagues Club 5pm

ROSIES KARAOKE

Bramble Bay Bowls Club 6:30pm

22 FRIDAY

FORTUNATO

Redcliffe Leagues Club 11am

FUNNY GOATS

Bramble Bay Bowls Club 7pm

HARVEST DUO

Moreton Bay Boat Club 7pm

PARIS TEXAS

Redcliffe Leagues Club 7:30pm

JOSEPH & THE AMAZING TECHNICOLOR DR

Redcliffe Entertainment Centre 7:30pm
2pm & 7.30pm | All tickets \$40

23 SATURDAY

ZOOKEEPERS

Redcliffe Leagues Club 7pm

PUBLIC NUISANCE

Bramble Bay Bowls Club 7pm

JOSEPH & THE AMAZING TECHNICOLOR DR

Redcliffe Entertainment Centre 7:30pm
2pm & 7.30pm | All tickets \$40

24 SUNDAY

OPEN MIC

Bramble Bay Bowls Club 1:30pm

EASTER INSPIRED FLORAL BASKET

Reid's Place 377 Scarborough Road, Scarborough
2pm - 4:30pm

Join us for a wonderful creative workshop. Learn a new skill & make a beautiful floral basket arrangement to take home. No experience necessary. Your Easter inspired floral basket workshop includes a delicious vintage high tea. Reid's Place is BYO. All workshop instruction provided. To book: <https://www.reidsplace.com.au/event/easter-in-easter-inspired-floral-basket-vintage-high-tea-workshop/>

BCPO | A CELEBRATION OF MUSICALS

Redcliffe Entertainment Centre 2pm



Adults: \$38.00| Concession: \$35.00| Child 5-15: \$25.00| Child Under 5: Free with a ticket| Groups (10+): \$33.00

JESSE ROBINS

Moreton Bay Boat Club 2:30pm

JOSEPH & THE AMAZING TECHNICOLOR DR

Redcliffe Entertainment Centre 7:30pm
2pm & 7.30pm | All tickets \$40

Redcliffe Musical Theatre presents ...



MARCH 15 to 24

26 TUESDAY

BEN WORTHINGTON

Redcliffe Leagues Club 11am

27 WEDNESDAY

TOBY TYLER

Redcliffe Leagues Club 11am

MUSICAL BINGO

Bramble Bay Bowls Club 7pm

28 THURSDAY

DAVE CLAYTON

Redcliffe Leagues Club 11am

COUNTRY BOYS

Redcliffe Leagues Club 6pm

ROSIES KARAOKE

Bramble Bay Bowls Club 6:30pm

30 SATURDAY

THE ALIENS

Redcliffe Leagues Club 7pm

31 SUNDAY

SCARLETT GUNNER

Moreton Bay Boat Club 2:30pm



Dealing with Intrusive thoughts.

Intrusive thoughts are unwanted and sometimes disturbing thoughts that often come to mind for no real reason, they just

appear. They are very common; we all have them. They are not a sign of mental illness, but they can cause distress and uncertainty when we experience them.

Here are 4 ways to disconnect from intrusive thoughts:



WITH **TANYA FISHER**

- Remind yourself that you do not have to believe everything you think! Thoughts are not statements of fact; they are temporary visitors. You might want to say to yourself “my thoughts are not me” or “these thoughts will soon pass.”

- Practicing mindfulness will help you to observe your thoughts without judging or reacting to them. Remember they are only thoughts.

- Using a visualisation technique where you see the thoughts moving on is also often helpful. Imagine your thoughts as clouds, which come and go in the sky.

- Spending time in nature, with a pet, or other calming activities that distract you from your thoughts can also be helpful when you are lost in your own head.

If your intrusive thoughts are making you feel distressed, or they interfere with your daily functioning or are accompanied by compulsive behaviors, please consider talking to a Clinical Counsellor, like me. Using cognitive behavioral therapy (CBT), we can begin to identify, challenge, and reframe your intrusive thoughts so they become less of an issue for you. Remember, you are not alone, sometimes we all need support to move through life’s issues. All the best to you, Tanya.

Unlocking the Fountain of Youth: The Crucial Role of Protein for Individuals Over 50

As we age, our bodies undergo many changes, and maintaining optimal health becomes a priority. A key player in the pursuit of wellness is protein. Often associated with muscle-building in athletes, protein holds equal significance for the older demographic.



WITH **JAN ROESCH**

One of the most prominent benefits of a protein-rich diet is its muscle-preserving power. As we age, muscle mass tends to decline, leading to a decrease in strength and functionality. Protein, with its essential amino acids, acts as a potent catalyst for muscle protein synthesis, aiding in the preservation and the

rebuilding of lean muscle mass.

Protein’s impact extends beyond mere muscle maintenance—it plays a pivotal role in bone health. With aging, bones become more susceptible to fractures and loss of density. Protein supports the production of collagen, a vital component in bone structure, promoting resilience and reducing the risk of fractures. A protein-rich diet positively influences metabolic health. Adequate protein intake regulates appetite, manages weight, and improves insulin sensitivity. Factors particularly crucial for older adults, as they contribute to maintaining a healthy body composition and reducing the risk of chronic diseases.

Embracing a protein-centric approach is not just about sculpting a strong physique; it’s a holistic strategy for promoting overall health and vitality. Whether it’s lean meats, dairy, legumes, or plant-based alternatives, incorporating ample protein into one’s diet is an investment in the golden years, unlocking the potential for a robust, active, and fulfilling life.



Mastectomy

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Brisbane North Dementia Choir

Living well with Dementia

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

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

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

Time: 9.30 am – 12.00 pm

Where: @ the Brighton Wellness Hub

Next one commencing April 2024.

Please note there will be a small fee for attendees

Morning Tea provided



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2023 is now behind us and proved to be a watershed year for the chamber. Our long-term president, Victor Nicholls, has stood down and passed the baton to vice-president, Paula Burgess. A big thank you to Victor for his unselfish commitment to the chamber. There are some new faces on the board, who will take up the challenge of driving the Redcliffe business sector and continue to work with the business community to ensure there is growth in the local prosperity.

The chamber is still promoting the part-time/full-time employment of Redcliffe seniors, and we ask local businesses to fully support this initiative. We have a pool of seniors who want work. In most cases, there are government grants available to offset salary costs.

On 16 March, local elections are being held in Queensland. *If anyone is interested in working during this period go to www.ecq.qld.gov.au/elections/working-at-an-election/expression-of-interest*

It is appropriate to acknowledge the generous support the chamber receives from the Lewis Land Group, the owners of the Mon Komo and Belvedere hotels. It is an indication of their strong corporate responsibility that all staff were retained during the period of renovations at the Belvedere Hotel.

The new board is enthusiastic and wants to ensure 2024 is a successful year for businesses in the Moreton Bay area. Our bi-monthly member get-togethers have proven very popular, giving business people the opportunity to mingle with their peers.

Board members regularly attend business seminars and Council-hosted events to represent the membership and keep pace with developments.

There are a number of grants available through City of Moreton Bay, and the State and Federal governments to support businesses. Either search the internet or contact the Chamber. We'll assist where possible.

Moreton Money is becoming an integral part of commerce in Moreton Bay and keeps money flowing through the area. *Refer to the Moreton Money website for details www.moretonbay.qld.gov.au/Services/Business-Investment/Moreton-Money*

If you're interested in what's happening in the Moreton Bay/Redcliffe areas there is an extensive list of "what's happening" on social media. The Redcliffe area is showing exceptional growth and is a popular and thriving location in South East Queensland. Remember to consider joining the Redcliffe Peninsula Chamber of Commerce. It will prove to be a good decision for both your business and yourself.

BRAD'S BUSINESS TIPS

Why must you master margins before marketing?

Because you will send yourself broke faster, is the short answer. Let me explain.



WITH BRAD FLYNN

Margins and how to work them out is one of the misunderstood basic principles most business owners struggle to get their head around, as evidenced by my video for this on YouTube being one of the most watched videos on this topic (over 56,000 views as of writing this in Feb 2024).

If you ramp up your marketing on a product or service that has not been priced correctly and does not have enough margin, or even worse a negative margin, you will accelerate the depletion of your bank account. Sadly, most business owners go broke doing this and have no idea why.

First of all, you must be clear on your highest margin products and services that are selling the best and thus making you the most money.

If you are crystal clear on this, go to town with marketing, on the basis that you know it works. By that I mean you know that for every dollar invested (yes invested not spent - big difference) in marketing, you get your initial investment (what it cost) plus a return on your investment back.

If you are not sure, DO NOT pull the marketing trigger until you know.

Otherwise, for every dollar you invest in marketing, you may be losing more than you invest, meaning you are risking a quick trip to Brokeville.

For more information visit www.businessmentored.com

THINKING OF SELLING? Call Jo Szulc & Mary Di Marco

RayWhite



SCAN TO CONTACT US

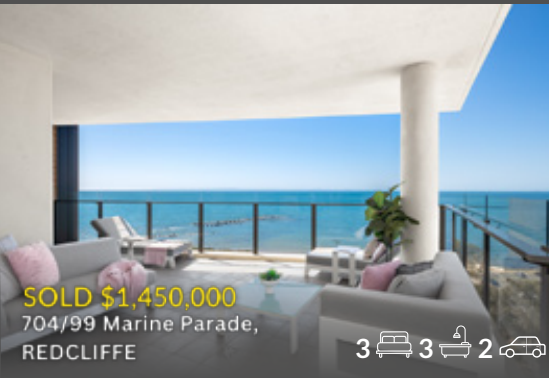
Jo Szulc | 0412 195 577

Mary Di Marco | 0438 054 227

raywhitescarborough.com.au



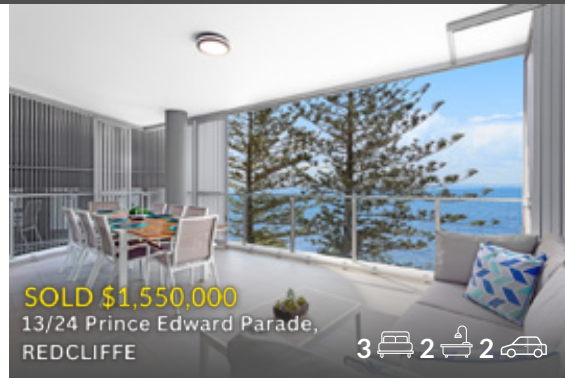
YOUR LUXURY AREA SPECIALISTS WITH OVER 50 YEARS REAL ESTATE EXPERIENCE



SOLD \$1,450,000

704/99 Marine Parade,
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3 3 2



SOLD \$1,550,000

13/24 Prince Edward Parade,
REDCLIFFE

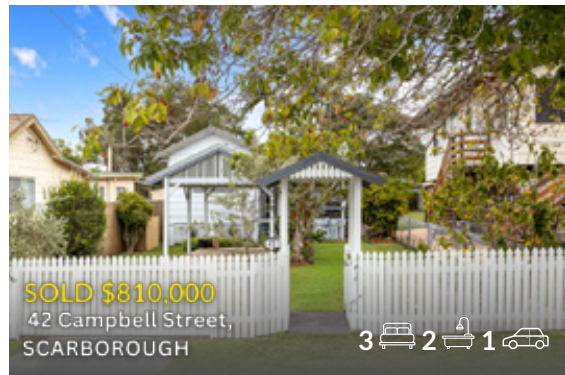
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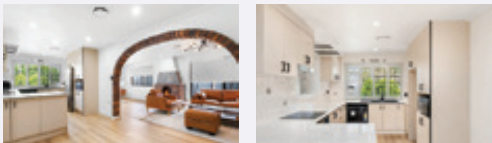
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QCWA Clontarf are having a pumpkin morning tea fundraiser at the hall on the corner of Georgina and Victoria Avenue at 10am on Wednesday, 27 March.

There will be lucky door prizes, raffles, games and competitions so join us as we fundraise for our branch and enjoy some of Lady Flo's famous pumpkin scones. Contact the branch for more details.

INGREDIENTS

- 1 tablespoon butter
- ½ cup of sugar
- ¼ teaspoon salt
- 1 egg
- 1 cup of cooked mashed pumpkin (cooled)
- 2-2 ¼ cups SR flour

METHOD

Preheat the oven to 250 degrees celsius.

Beat together the butter, sugar and salt with an electric mixer until light and fluffy.

Add the egg, then pumpkin and stir in the SR flour.

Turn the dough out onto a floured board and cut into circles or squares.

Place onto a tray and put on the top shelf of the oven for 15-20 minutes.

Remove from the oven, and serve warm with butter.

Enjoy!



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.

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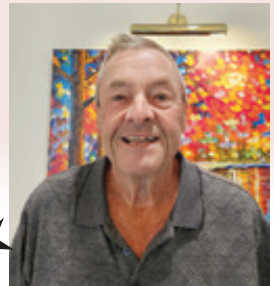
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