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# A Note from the Editor

AUGUST  
2024

## Welcome to the August edition of the Redcliffe Guide.

This month, some of our great stories include how a local video production company and local non profit teamed up to bring AbiliTV to the airwaves.

Meet local Redcliffe High students with their sights set on the NRL big league and another local has won gold and is now heading to the World Powerlifting Championships. Read their stories in this month's Redcliffe Guide.

Redcliffe Museum launches a new exhibition this month that is not to be missed and there is a comprehensive guide to all that is happening on the Peninsula in our 'What's On'.

And don't forget to scan the QR code below to listen to this month's **GuideCast**, a podcast telling the incredible stories of ordinary people in our community.

To keep up to date with these stories and more, follow our **Facebook page** and sign up to our **fortnightly newsletter** here:

<https://theguidesbrisbane.myflodesk.com/signup>

And don't forget to tune in to my **radio interview** on Sunday, 4 August with Suzy and Johnny from 'It Takes Two' on 99.7 Bridge FM. Until next month, happy reading - and listening!

Jodie

Scan to hear our latest podcast!



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STORY **SALLY EBERHARDT**

## DOES SEEING THE FUNNY SIDE OF LIFE GIVE YOU A GOOD BELLY LAUGH?

**T** rue-life storytelling at its hilarious best is brought to you as Redcliffe Musical Theatre hosts **Steven J Whiteley and Friends - National Stand-Up Comedy Tour on Saturday, 3 August.**

Known as the 'Bogan Prince of Australian Comedy', Steven has performed his unique style of observational and musical comedy alongside Billy Connolly, Stephen K Amos and Ed Byrne. This time he is joined by John Peacock – a deep thinker with social anxiety and middle age spread. An impressive stand-up comedian in his own right, John has performed at comedy festivals around the world.

Together they will have you rolling in the aisles with their sharp and highly relatable wit.

Show goes from 7.30pm-9.30pm.

Tickets are \$30. Book at [www.stickytickets.com.au/QAWEI](http://www.stickytickets.com.au/QAWEI)

Photo starbright from Pixabay



## DO THE RHYTHMS OF AFRICA BEAT YOUR DRUM?

**I** f the edgy acrobatics and intoxicating rhythms of Africa make your heart beat faster then don't miss **Cirque Africa at Redcliffe Entertainment Centre on Saturday, 31 August.**

The very best talent from nine African countries including Ethiopia, South Africa, Kenya and Tanzania combine to provide the rollercoaster of wonder and delight that is Cirque Mother Africa.

Immerse yourself in traditional African culture as acrobats, dancers, musicians and contortionists bring you this energetic two-hour spectacle.

Cirque Africa artists have performed for over two million people worldwide and are guaranteed to captivate audiences young and old with their unique performances.

Take a walk on the wild side with this fresh, funky and bold extravaganza of jaw-dropping acts!

Show starts at 7.30pm. Tickets from \$64.90 (excluding booking fee).

Book at [mbrcrec.sales.ticketsearch.com/sales/salesevent/131892](http://mbrcrec.sales.ticketsearch.com/sales/salesevent/131892)

## FANCY FINDING SOME PRETTY TREASURES AT A GEM MARKET?

**E** yes will light up as Redcliffe Gem Club brings you a fantastic outing at their **Gem Market Day at the Redcliffe Showgrounds on Saturday, 10 August.**

There is plenty for everyone at this fun family day. The kids can sieve for a gem and hopefully find something that sparkles. Browse the stalls of gems, fossils, arts and crafts, shells, pearls and more for a special gift for yourself or a loved one.

You might even like to take this opportunity to learn silversmithing, lapidary, faceting, lost wax casting or other new skills.

Refreshments are available, including a sausage sizzle. Open 8.30am to 3.30pm.

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"We started to realise that we could really make an impact in the disability space and aimed to take the show national," Mr Lucas said.

After the first show aired (featuring special guests Jimmy Jan and NDIS Minister Bill Shorten) and a launch event put together, the show is now filmed monthly.

Speaking about the launch event, Mr Lucas said that it was amazing, with a great mix of attendees and "everyone buzzing with excitement and support for the new series."

"Paralympian Rowan Crothers OAM showed up, as well as Peter Doherty from Brisbane Airport's media team," Mr Lucas said.

Even though Trending Media produces the show, ROPE members contribute significantly by using the autocue, running the floor during studio shoots, operating the camera and even

hosting the show.

Mr Lucas said the show was already helping to change the perception that individuals with disabilities are less capable of living fulfilling and successful lives.

"In reality, most are perfectly capable of achieving great things; they just do it differently or think about it differently," Mr Lucas said.

He said that people often don't realise the incredible things individuals with disabilities are accomplishing.

"It's wonderful to showcase these amazing stories, but it's also important to highlight the challenges and struggles they face, so people are aware of both the triumphs and the obstacles in their lives," Mr Lucas said.

Check out AbiliTV at [www.youtube.com/@AbiliTVAustralia](http://www.youtube.com/@AbiliTVAustralia) or by locating AbiliTV on the CTV+ app. To find out more about Trending Media, visit [www.trendingmedia.com.au/](http://www.trendingmedia.com.au/).

*In terms of ROPE, visit [www.rokeassocinc.com/](http://www.rokeassocinc.com/)*

STORY **PATRICIA HIGGINS**  
PHOTO **BRUCE REDMAN**

**P**utting people with disabilities under a positive spotlight, locally-based (and internationally operating) video production company Trending Media Australia has now partnered with Redcliffe-based disability support non-profit ROPE to bring AbiliTV to air.

AbiliTV is now a regular TV show that expands on ROPE's ethos of empowering personal development through the provision of information, education and life skills training.

Co-director Aaron Lucas, who, together with co-director Jesse Ellis, created Trending Media in 2014, said the idea started when ROPE CEO Wes Bleakley engaged his company to produce marketing content.

"Given the variety and depth of ROPE programmes, we suggested to Wes that instead of just creating marketing videos, we could produce a TV show to highlight them all," Mr Lucas said.

In this way, ROPE TV was born, and after two fantastic seasons of the series, the need for something with a broader focus became apparent.





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# LOCAL SCHOOL DEVELOPS FUTURE **NRL STARS**

Ryan White (Melbourne Storm), Wil Berrigan (Brisbane Broncos), Jonathan Alo (Dolphins), Lennox Ngata-Faofua (Canterbury Bulldogs), James Peni (Canterbury Bulldogs).

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

**R**edcliffe State High School (RSHS) has become a hotspot for fostering local sporting talent, with six different NRL clubs across Australia now having signed students onto their teams.

Through RSHS's Rugby League Excellence Program (and with a few boys also represented by sporting talent agency Caliber Sports Group), over ten boys have been signed with NRL clubs and are currently pursuing their goals.

Jay Wilkinson, Rugby League Coordinator at RSHS, said that having the boys consistently signed up to NRL clubs gave the school's program a wonderful sense of recognition and that this was backed up by dedication from all involved.

"We are always proud of what they have achieved and our focus, as a school, is on developing everyone and that includes skills as well as behaviour – that is, developing them as a person," Mr Wilkinson said.

According to Mr Wilkinson, the boys were getting good feedback from the NRL clubs and were able to extract a wealth of experience from their training.

"The clubs are really good about giving them feedback in videos and they can take back things they've learned and teach their teammates at school," Mr Wilkinson said.

One of the RSHS students, Ryan White, who signed with Melbourne Storm, said this was only the start of his journey.

"The hard work doesn't stop here – if anything, being signed has made me more focused," Ryan said.

Caliber Sports Group said their goal for the students they represented was for them to achieve professional success on the field while also pursuing personal growth and contributing positively to the sport and society.

"We believe they have the potential to become influential figures who inspire the next generation of athletes," a representative from Caliber Sports Group said.

The group's spokesperson said they anticipated that these Redcliffe High School students would not only excel in their rugby league careers but also become role models in their communities.

The advice for other aspiring athletes was to understand that success in sports requires a combination of talent, hard work and perseverance.



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# PAGE8 TURN OVER A NEW EP



James Griffith (producer) and Annalisse Thiedeke (writer, vocalist, keys).

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

**T**he product of lots of local talent and skill coming together, Sandgate-based band PAGE8 have produced and distributed their first album, which was recorded in Clontarf.

The debut album, titled *Leaving This Town* (which is described as having a rock, contemporary and alternative sound) was recorded at Lush Recording Studios and has been released on Spotify, iTunes, and YouTube, with live radio airplay on 4ZZZ.

According to Annalisse Thiedeke, vocalist, writer and keys for PAGE8, the band was originally composed of classmates at Rockhampton High School and was reformed via a Facebook connection made during COVID lockdowns.

"This album was written during lockdowns, so Jason (guitarist and writer) would write guitar riffs and send them to me by phone and I would work on putting them together and writing lyrics," Ms Thiedeke said.

She said that she had the most amazing time making the album at Lush Recording

Studios (used by artists such as Katy Perry, Jimmy Barnes and Sarah McLeod) and this included time spent with "session musicians like Steve Francis from the Queensland Symphony Orchestra and Bobby Poulton from Wolfmother."

"Even though we started playing and writing music when we were fourteen, we never got to record those songs," Ms Thiedeke said.

"Writing this new album together felt completely natural and is definitely a reflection of our style of playing and taste in music over the years."

Ms Thiedeke said the band was extremely grateful for the support of local radio station 4ZZZ and praised the "impact they have in supporting emerging musicians in Brisbane" as well as the backdrop of Moreton Bay itself.

PAGE8 CDs are available for purchase at local Moreton Bay businesses such as Letter M in Woody Point and Infinity Martial Arts North Lakes (along with Gate's Edge Boutique and Cafe Bohemia in Sandgate.)

Listen to a PAGE8 track for free on Youtube ([www.youtube.com/@PAGE8music](http://www.youtube.com/@PAGE8music)) and preview or buy the EP on Apple Music by searching for 'PAGE8'.

Order a PAGE8 CD at [www.gatesedge.com.au/products/leaving-this-town-album](http://www.gatesedge.com.au/products/leaving-this-town-album). For more information on Lush Recording Studios, visit [www.lushstudios.com.au/](http://www.lushstudios.com.au/).





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# REDCLIFFE MUSEUM LAUNCHES INTERACTIVE SPACE EXHIBITION

STORY **ALYSSA MACKAY**

**R**edcliffe Museum is reaching for the stars with a free, interactive exhibition that uncovers Australia's role in space technology and exploration.

Australia in Space - Earth and Beyond, a travelling exhibition developed by Questacon - National Science and Technology Centre will be open to the public from 10 August to 3 November.

Questacon's travelling exhibitions manager, Tim Crowther, said the National Science and Technology Centre was excited to showcase the exhibition at the Redcliffe Museum.

"We hope this exhibition allows visitors to discover Australia's inspiring contributions to the space sector and the surprising ways space technologies are used in everyday life," Tim said.

Australia in Space - Earth and Beyond offers space enthusiasts the chance to pilot a simulated Mars rover and discover how Australia's expertise in remote mining could benefit future space missions. Laser-based puzzle games demonstrate the role of satellites in over-the-horizon communication, while

cooperative computer games look at tackling space junk, inspired by Australian technology.

Museum visitors will also have the opportunity to use a virtual telescope to 'link up' with iconic deep space missions.

"Questacon would like to thank the City of Moreton Bay for hosting our exhibition and look forward to playing our part inspiring the next generation towards the many opportunities and careers in Australia's growing space industry," Tim said.

Mayor Peter Flannery said the sky was no longer the limit for City of Moreton Bay with the arrival of the free, hands-on exhibition that was fun for the whole family.

"This August, we have the opportunity to experience first-hand how space exploration pushes the limits of ingenuity and technology, how Australia plays a vital role in the global space community, and how space is changing how we live, learn and work," he said.

"I guarantee you will be amazed."

The exhibition takes off with a free opening event on 10 August, with astrophysicist Professor Tamara Davis from the University of Queensland (UQ) discussing The Dark Side of the Universe. UQ's Science Troupe will also be conducting science experiments in celebration of National Science Week.

Visitors are also encouraged to explore the Beyond the Horizon Imaginarium, an interactive space offering games, activities and videos.

Redcliffe Museum is open Wednesday to Friday from 10am to 4pm and Saturday and Sunday from 10am to 3pm.

Register for the free opening event at [aumbrc.sales.ticketsearch.com/sales/salesevent/135650](http://aumbrc.sales.ticketsearch.com/sales/salesevent/135650)

**Australia in Space - Earth and Beyond**  
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**Redcliffe Museum**  
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"I began strength training for my health after a major surgery I almost didn't survive," she said. "A dear friend of mine, who was a world champion powerlifter, introduced me to a strength and conditioning coach, who helped me recover and get strong."

"Through that process, my friend commented that I was lifting heavier weights

than her and should be competing. So with my team behind me, I decided to enter a novice event, which I won. I was hooked!"

After joining Powerlifting Australia at 49, Jan encountered a significant challenge – contracting long-Covid in April 2023, resulting in an almost year-long recovery.

When the National Championships came around, Jan had only five weeks notice. But with her sights set on success, Jan lifted her way through the competition, qualifying for the world championships in October.

Jan's passion for powerlifting has permeated her professional life, with her business Over 50s Health helping others improve their health through strength, nutrition and mental support.

"The beauty of powerlifting is that it involves the functional movements we make every single day, like walking up the stairs, carrying the groceries, opening doors, sitting down, getting up out of a chair and lifting something from the floor," she said.

"Let me tell you, I've been lifting heavy weights for a while now, and what it does is change my body composition, improve my bone density and give me confidence and better mental health.

"I say there's nothing better than powerlifting – you don't have to compete, but please get strong!"

*For more information visit [www.over50shealth.au](http://www.over50shealth.au)*

# JAN SETTO RAISE THE BARBELL

STORY **EMMA SANDERS**

**P**owering her way to new heights, Redcliffe local and powerlifting champion Jan Roesch is going from strength to strength.

Surpassing her personal best at the recent Powerlifting Australia National Championships, Jan qualified for this year's World Powerlifting Championships.

Jan said she was elated by the results.

"When you achieve your goals as an athlete, the feeling lasts for a long time and should be bottled," she said. "With only four weeks training preparation going into the competition, I wasn't overly concerned if I didn't go for any of the records.

"However, it ended up being my best competition ever and I achieved the Australia and Oceania Total Records, as well as a gold medal for my age group and the silver medal for my weight class. World Championships here we come!"

Jan's road to the top has not been an easy one.



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# RAISE IT FOR REDCLIFFE HOSPITAL GIVING DAY



Patient Vicki Templeman (centre) with (L-R) daughter Tori Coe, granddaughter Penny and son Ben Templeman.

## STORY PIPER ZUINO

**R**aise it for Redcliffe Hospital Giving Day is an annual fundraising effort to add a touch of home to hospital facilities and this year's event will focus on the paediatric and palliative care units.

Celebrated on Thursday, 29 August this year, Giving Day is the major fundraising campaign for Raise it for Redcliffe Hospital, a partnership between the RBWH Foundation and Redcliffe Hospital.

Funds raised support patient care projects, life-changing health research and other hospital initiatives that fall outside the scope of government funding.

RBWH Foundation CEO Simone Garske said more than \$800,000 had been raised by the community since Raise it for Redcliffe Hospital was launched in 2020.

"This year, Giving Day hopes to surpass \$1 million to make even greater community impact," she said.

For the Templeman family, including patient Vicki and her son, Ben, refurbishment of the patient lounge in the rehabilitation and stroke

unit, funded through Giving Day donations, was the greatest gift the Moreton Bay community could have given to people undergoing lengthy recovery.

"You can't believe the difference that it can make, somewhere like this; it just makes the world of difference," Vicki said.

"Mum loves the thought that if anyone else has to be in the rehabilitation unit for as long as she was, that they have a lovely garden to enjoy and a beautiful cafe-style lounge to spend time with family and friends during the long months of recovery," Ben said.

The power of giving will help transform another space in the parent lounge and children's playroom in the paediatric unit, and continue the palliative care unit makeover.

On the day, the event will feature community radio 99.7 Bridge FM onsite at the hospital, bake sales, a plant sale, sausage sizzle, prizes, a ping pong tournament and more.

*For each donation received, Giving Day Impact Partners will double the donation.*

*Visit [www.raiseitforredcliffe.com.au](http://www.raiseitforredcliffe.com.au)*



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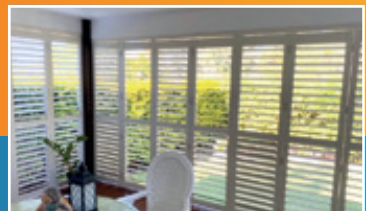
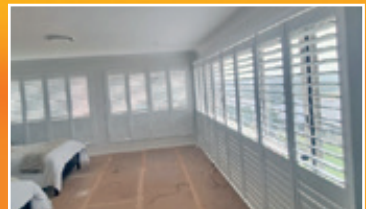
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# HEADSPACE REDCLIFFE CELEBRATES A DECADE OF SUPPORT FOR YOUTH

STORY **ALYSSA MACKAY** PHOTO **PETE JOHNSON**

**T**he community is coming together to celebrate the 10th anniversary of headspace Redcliffe, a beacon of hope for those aged 12-25 needing mental health support.

The milestone will be marked by a Cheers to 10 Years birthday ceremony and an official relaunch of the renovated centre this month.

Community Development Officer Rikki Gross said headspace Redcliffe had supported 4900 young people since opening in 2014.

“There have been countless stories of the strength of young people who have accessed our service and flourished in the wider community,” Rikki said.

“There have been many highlights throughout the decade, however, some have really stood out, including being the charity recipient for the Jetty2Jetty Fun Run and the inaugural Moreton Bay PrideFest charity partner.

“We have recently said farewell to a Youth Reference Group member who has advocated for youth mental health since she was 16. This is a headspace nationwide first and we feel grateful to have had such an impact.

“We hope that by continuing to actively engage in the local community, at schools and events we can break down barriers of access.”

The renovations include two sensory rooms with low-lighting options and a larger family room for young people to bring their friends or family members.

“Our centre renovation has been well overdue, and we are grateful to the community and the Primary Healthcare Network (PHN) for supporting this project,” Rikki said.

“A fresh, bright, warm and welcoming centre reduces many barriers for young people seeking support. Coupled with our amazing staff and services, we now have a space and the environment to continue supporting young people on the peninsula.”

Rikki said the headspace Redcliffe team had remained a positive, genuine and friendly workplace over the years, despite challenges like Covid, which increased wait times and required a waitlist management strategy.

“Afternoon art groups started predominantly for young people on the waitlist, where they could develop friendships, increase social skills, feel less anxious and boost confidence,” she said. “It was and remains a fabulous way for young people to start feeling comfortable in our space until they have their first session with a clinician.”

The Cheers to 10 Years celebration will have free pizza, soft drinks, fairy floss, activities, donuts, community stalls and live music.

Looking ahead, Rikki said headspace Redcliffe would “continue to support the Peninsula’s young people in their mental health journey and to break the stigma of help-seeking.”

*For more information, follow headspace Redcliffe on Facebook.*

**Cheers to 10 Years**  
**Thursday, 8 August, 2.30pm-5.30pm**  
**headspace Redcliffe**  
**Shop 5-7**  
**457 Oxley Avenue, Redcliffe.**



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## Whispers of Colour and Light By Ron Bryant and Heather Kempf

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



# WORK COMMENCES ON NEW PENINSULA SUPPORT HUB

L to R: Major Mark Everitt (The Salvation Army), Mayor Peter Flannery (City of Moreton Bay), Hon Yvette D'Ath (State Member for Redcliffe) and Michelle Gilchrist (The Breakfast Club) turn the first sod to start construction on the new Peninsula Support Hub.

**C**onstruction has begun on the new Peninsula Support Hub in Redcliffe, a \$6.7 million initiative led by City of Moreton Bay to combat the homelessness crisis.

The facility, funded by the council and the State Government's South East Queensland Community Stimulus Program, aims to provide a vital resource for those experiencing homelessness in the region.

Mayor Peter Flannery said the hub would give local service providers The Breakfast Club and Salvation Army a base to reach more people experiencing homelessness and connect them to the services they need.

"It will also serve as a friendly space where anyone can get a warm meal from the commercial grade kitchen, access the shower and laundry facilities and share conversation with old and new friends," he said.

Division 6 Councillor Karl Winchester said the facility would provide people with the immediate support they need.

"Council is proud to be delivering this new home for The Breakfast Club and The Salvation Army who are doing so much for those doing it tough," he said.

President of The Breakfast Club, Michelle Gilchrist, said the new hub would provide better facilities for them to create a safe space for everyone.

"Our guests have raised concerns around food and housing insecurity, social connection, accessing services and mental health, so it's great that this hub will be able to create better access to many beneficial services," Ms Gilchrist said.



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# IMPOSSIBLE QUICHE

~~~~~

This month's recipe is thanks to Kerrie Bennett Waldron, Secretary of the Clontarf Branch. "Mum would call this the impossible quiche - everything in together and it cooks amazingly."

## INGREDIENTS

1 cup grated cheese  
1 onion finely chopped  
½ cup SR flour  
4 eggs beaten  
1 ½ cups milk  
250 g bacon diced finely (pre-cooked tastes better)  
could substitute salmon or any flavourings you like  
1 tablespoon chopped chives or parsley

~~~~~

## METHOD

Preheat the oven to 175 Celsius.  
Stir all ingredients together and season to taste.  
Place into a prepared pie or flan dish and bake for 15-20 minutes.

~~~~~

Perfect for a quick and easy school night dinner or weekend lunch.



*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 [clontarfbranch@qcwa.org.au](mailto:clontarfbranch@qcwa.org.au)*





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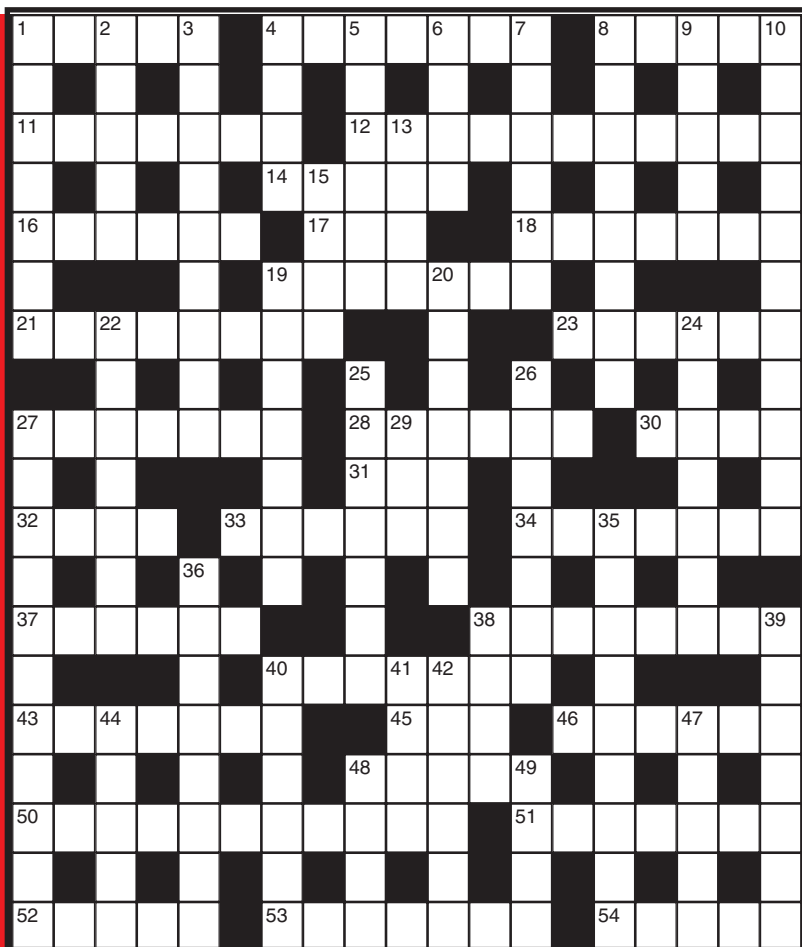
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# THE BIG ONE CROSSWORD



## ACROSS

- 1 To trifle in love
- 4 Guides
- 8 Leather riding breeches
- 11 Sea in Israel
- 12 Salad vegetable (6,5)
- 14 Loud eager cry
- 16 Paraphrase
- 17 Before
- 18 Wide open space
- 19 Rags
- 21 Crazy
- 23 Complains
- 27 Muscle rubber
- 28 Sliding compartment
- 30 Wither
- 31 Pitcher
- 32 Large swallow
- 33 German river
- 34 Begins again
- 37 Rush
- 38 Divisive
- 40 Completely
- 43 Egocentric
- 45 Misery
- 46 Smooth (mus)
- 48 Horde
- 50 Tunnels
- 51 Amid
- 52 To place within
- 53 Wants
- 54 Child's toy

## DOWN

- 1 Calculated
- 2 Relative by marriage (2-3)
- 3 Forbearance
- 4 Described
- 5 Vacation spot
- 6 Fish
- 7 Sight, taste, etc
- 8 Teeth (coll)
- 9 Of birds
- 10 Innocence
- 13 Lord Byron, eg
- 15 Principal
- 19 Subduing weapon (4,3)
- 20 Employs
- 22 Dog breed
- 24 Inactive medicine
- 25 Accessory
- 26 Gossip
- 27 US river
- 29 Abrade
- 35 Touring (2,3,4)
- 36 Triumphant
- 38 Travelled quickly
- 39 Soon
- 40 Yarn
- 41 Amiss
- 42 Slacker
- 44 Endures
- 47 Guardian spirit
- 48 Taxis
- 49 Trousers (coll)

**SOLUTION PAGE 74**

# Unleash Your Creativity at Seaside Artists Gallery!

## “Bubbles & Brainstorming”

Our “Bubbles & Brainstorming” event is the perfect space to spark new ideas and rejuvenate our Gallery’s spirit!

Stay for the Enchanting  
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Artists and craft enthusiasts interested in running workshops at the Gallery are encouraged to call

Studio space is available for hire on-site for painting and other creative activities

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**Date: August 17th**  
**Time: 3pm - 5pm**



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# ARTS & CRAFTS FULLY REDCLIFFE

WITH RICHARD LANCASTER

**T**he Redcliffe & District Arts and Crafts Advisory Board is a not-for-profit volunteer group dedicated to promoting, preserving and protecting Redcliffe's rich arts and crafts culture. If you are an arts or crafts group or a practising individual facing financial difficulty, or you are having trouble finding an exhibition venue to showcase your talent, then we would like you to join us. We would love to help. Contact Richard on 0438 193 728. The membership and the service are FREE!

## The Redcliffe Art Society

The society's members' iconic Exhibition of Excellence-2024 is now on display at the gallery at 395 Oxley Avenue, Redcliffe. This is a judged exhibition and after pre-selection, there are 60 works in six categories on display. The categories are Landscape, Seascape, Portraiture, Still Life, Flora/Fauna and Abstract. Artist demonstrations will also run each Saturday from 11am to 12.30pm, including portraiture artists Julie Purcell on 10 August and Harriet Valcke-Jakins on 17 August. This major exhibition runs until Saturday, August 17.

## The Loft Gallery and Coffee House

An exhibition of the works of A J Walters is now on display in this ambient exhibition space at Redcliffe's newest and largest privately operated exhibition venue located at 136 Sutton Street, Redcliffe. Excellent reviews have been given to this artist's work.  
*For art enquiries call 0405 135 386.*

## Multitude Choir

Redcliffe's Multitude Choir is celebrating 20 years of history in song at a gala concert at the Sandgate Town Hall on Saturday, 31 August at 7pm. Tickets are \$25 (adults) and \$15 (12-16 year olds). Free entry for children under 12.  
*Book online [www.trybooking.com/CSKHW](http://www.trybooking.com/CSKHW)*

## Redcliffe City Choir

Calling all singers – especially men. Gents, if you can sing in tune and have a genuine love of good choral music, this is for you! It's the final call from the Redcliffe City Choir to participate in a concert at the end of September. The performance, titled Redcliffe 200 Years, commemorates the bicentenary of the first European settlement in Queensland, and focuses entirely on works by Australian composers and arrangers.  
*If you are interested, please give Ian a call on 0401 513 723 or send a message to [admin@redcliffecitychoir.org.au](mailto:admin@redcliffecitychoir.org.au) with your contact details.*

## The Seaside Artists Gallery

Located on the top floor of Cominos Arcade, Redcliffe, The Seaside Artist Gallery had a very successful Bubbles & Brainstorming event recently! Events manager, Kirill, has made a good start on implementing the suggestions from the event. The next Bubbles & Brainstorming event will be on Saturday, 17 August from 3pm to 5pm. All are welcome! Kirill then runs the free Sound and Laser Light show after for anyone who wants to stay and enjoy the music and great lighting effects!

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## ORGANIC GARDENING IN AUGUST

Golden grevillea

STORY & PHOTO **SALLY EBERHARDT**

### THOSE NOTORIOUS EKKA WINDS CAN PLAY HAVOC WITH YOUR GARDEN!

**L**et's look at what we can do to protect our precious plants from strong, dry winds. Mulching is great any time of year but is especially important now in helping to prevent the soil around your plants from drying out. There are several mulches, including hay or straw, sugarcane leaf, woodchip or your own grass clippings or compost. Mulching is an immediate solution with many benefits to the soil, which in turn keeps plants stronger and healthier.

Planting in containers is a good option for wind-sensitive plants in winter months as the container can be moved to a sheltered area as necessary.

Solid fences, for example, timber or Colorbond steel, and hedges create a wind shadow which reduces the impact of wind on your garden. Plant or place delicate species in this protected zone.

Structures such as bamboo screening or shade cloth on a frame can be used as temporary windbreaks. They are useful in protecting young trees that you may be growing as a more permanent solution too.

Consider planting a windbreak if sea breezes and westerly winds are often whooshing through your garden. Choose native plants that grow locally.

Plant wind-resistant species such as lomandra (almost unkillable), protea, grevillea and banksia. Those last three are great choices as they produce stunning flowers for much of the year and attract bees, birds and butterflies.

This isn't just for plants – you too will enjoy the warmth of winter sunshine in your wind-protected garden!

## BRIDGE LESSONS FOR BEGINNERS

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# EVERYTHING YOU WANT TO KNOW ABOUT DYING BUT ARE TOO AFRAID TO ASK

STORY **SALLY EBERHARDT**

**D**o you avoid talking about death because you find it too uncomfortable, scary or confrontational?

Most people feel this way, yet there is much peace in having expert information about dying. Dying to Know Day was created to change the conversation around death and dying, bringing what are sometimes perceived as taboo topics into the open.

Everyone is welcome to attend Dying to Know Day Redcliffe, which includes a panel presentation, morning tea and the opportunity to ask questions about death, dying, loss, grief, palliative care, estates, funeral planning and more.

Kerri-Anne Dooley, Founder and Director of My Care Enterprises and Home Hospice Queensland, and Master of Ceremonies for the event said it would be particularly helpful for people with a loved one who is palliative, or seniors who'd like to know more.

"As a palliative care nurse, I see the best deaths are for those who have prepared well," Kerri-Anne said. "I have the privilege to help clients and families prepare for end of life and have seen how the right information at the right time can make a world of difference not just to how someone dies, but for how the family grieves afterwards.

"We are all impacted by death in our lives. Death of loved ones, death of friends, how to be ready for our own death.

"Being ready and prepared for the end of life is one of the reasons why Dying to Know Day was started."

Join Kerri-Anne and the panellists for a compassionate discussion about how to be better prepared. The panellists are

- Cornerstone Funeral Director, Sam Major
- Death Doula, Jacqui Williams (End of Life Transitions)
- Advance Care Planning Facilitator, Michele Linton (Queensland Health)
- Palliative Nurse Practitioner, Andy Coe (Blue Care and Home Hospice Qld)
- Rev Paul Clark (96.5FM At The Top)

Learn from experts, ask questions, enjoy morning tea and gain important knowledge that will make all the difference.

The event is free but registering is essential. For more information and to register go to [www.trybooking.com/CSYDJ](http://www.trybooking.com/CSYDJ)

Please take this opportunity to step out of the darkness of fear and into the reassurance of light.

**Dying to Know Day - Redcliffe**  
**Thursday, 8 August, 10am-12noon**  
**Citipointe Church**  
**195 Elizabeth Avenue, Clontarf.**

Kerri-Anne Dooley of My Care Enterprises and Home Hospice QLD





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# HUNDREDS OF BEAVERS

MOVIE REVIEW

## HUNDREDS OF BEAVERS MOVIE REVIEW

WITH @WATCHITWOMBAT

**Y**ou've never seen a film like this before. A bold statement I know, but from the opening credits you'll be blown away by the creativity and ingenuity of *Hundreds of Beavers*.

In this story of survival and revenge set in the 19th century, an applejack farmer's crop is destroyed by a bunch of beavers. He'll have to survive in the freezing cold with nothing but his wits and a fetching pair of long johns to brave the winter.

Although there is this overarching story, *Hundreds of Beavers* is more like a collection of black-and-white cartoons mixed with a Buster Keaton silent film. From one scene to the next, you never know what's around the corner. What really helps set *Hundred of Beavers* apart is its mix of live-action and animation and oh yeah, did I mention that the beavers are people in costumes? Well they are, and it's just another original aspect of this film to enjoy. I know it may sound like a lot of things thrown together but somehow it all fits nicely into a fun tale.

Written and directed by Mike Cheslik, you can see the love that has gone into creating this world and the characters who inhabit it, meaning that the behind-the-scenes videos are almost as entertaining to watch as the feature itself. The cast, crew and creator have worked hard to stretch their budget and still deliver a quality feature. By the director's own admission, the black-and-white style helps hide a multitude of sins.

In keeping with the old-timey style, hardly a word is spoken, letting the fun score and musical numbers help embed you in this cartoon world. If this film has one flaw, it's the length – it's just too long. However, the constant change of scenery and mini-stories helps the movie tick over.

*Hundreds of Beavers* can be enjoyed by almost everyone, but I can't imagine that younger kids will sit through a black-and-white movie with an almost two-hour runtime.

Rug up and lose yourself in this fantastically imaginative adventure.

*Available in cinemas and on digital platforms now.*



# MORGAN'S SEAFOOD MARKET AND TAKEAWAY



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# ARE YOU A WHIZ AT BIZ?

STORY **EMMA SANDERS**

**A**fter a 24-year absence, the Redcliffe Peninsula Chamber of Commerce Business Awards are back and are calling for nominations.

Redcliffe Peninsula Chamber of Commerce president Paula Burgess said they wanted the opportunity to recognise the high-performing businesses in the Redcliffe area, as well as provide a platform for more exposure to the local market.

"The awards will encourage businesses to seek recognition from the general public and their peers," she said.

"As business owners, we rarely take the time to assess what we have achieved over time. By taking the time to answer the questions for the awards application, it forces business owners to stop and review how far they have come.

"It's a great process for businesses to reflect and celebrate their business."

The Chamber's first awards since 2000, the process will culminate in a premier ticketed awards night to truly celebrate businesses and business leaders in the community.

The awards accept nominations from both the commercial and public sectors and are open to businesses in Redcliffe, Woody Point, Clontarf, Kippa-Ring, Scarborough, Newport, Rothwell, Deception Bay and Mango Hill.

Nominations close on 17 August. To nominate your own business or a business you know, visit [redcliffepeninsulachamber.org.au](http://redcliffepeninsulachamber.org.au)

**T**he Chamber is now actively promoting the 2024 Business Awards. Businesses can be nominated by third parties or they can nominate themselves. If you believe your business is worthy of recognition or you know of a business that should be acknowledged for quality of product, service or general performance, nominate online at [redcliffepeninsulachamber.org.au/2024-business-awards/](http://redcliffepeninsulachamber.org.au/2024-business-awards/). Nominations close on 17 August.

The awards presentation night is being held on 2 November at the Komo Hotel. We are seeking sponsors for this prestigious event. Our website details the three levels of sponsorship available.

On 3 July, the Queensland Government held a Community Cabinet Meeting in Bribie Island. Two of the Chamber Committee members attended, representing the Redcliffe business community. The Premier attended with most of his Ministers and the meeting was well attended by local residents and business people. The subjects touched on included cost of living relief, jobs in Queensland, education, community services and safety, housing and health, and the attendees were fully involved in question time.

With a state election scheduled for late October, the government will no doubt be constantly campaigning, as will the opposition.

The Chamber held a members' meeting on 2 July at the Komo. The theme of the meeting was a presentation titled Anzac Avenue Reimagined, which provided an interesting historical background and a concept going forward for the Redcliffe area. The concept was put together by students of the Sunshine Coast University and has not been formally presented to the City of Moreton Bay, but it certainly has merit.

On 28 August, we are very fortunate to have a presentation by Lyndal Harris, the founder of Podcast VA, How To Launch A Successful Podcast, which we anticipate will be very popular, so register early.

For more information visit [redcliffepeninsulachamber.org.au/events-list/](http://redcliffepeninsulachamber.org.au/events-list/)



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ONE · REDCLIFFE

LIFE REIMAGINED



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**THE KITCHENETTE**

at the

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**FOOD+WINE**

FESTIVAL

August 23rd to 25th, 2024



STORY **JULIA LEWIS**

## **LIFE-SAVING ADDITION: DEFIBRILLATOR NOW LOCATED IN REDCLIFFE JETTY PRECINCT**

City of Moreton Bay has installed nine Automatic External Defibrillators (AEDs) in selected parks to enhance community safety and to increase the survival chances for individuals experiencing cardiac arrest. Each defibrillator has been strategically installed at a location with consideration to the surrounding demographics' age, health considerations, and distance to a hospital. These AEDs provide clear visual and voice instructions to guide users through the resuscitation process until professional help arrives. This initiative is part of a pilot program that may expand to more parks with high visitation rates. Be sure to keep an eye out for this life-saving device! One AED is now available at the Redcliffe Jetty.

## **DISCOVER YOUR ROOTS DURING FAMILY HISTORY MONTH - POP-UP GENEALOGY**

Celebrate Family History Month this August by delving into your ancestry with free genealogy help sessions at selected Moreton Bay libraries. Hosted by Family History volunteers from the Church of Jesus Christ and Latter Day Saints, these special pop-up sessions utilise library genealogy resources to assist participants at all levels of research. Whether you're a beginner starting your family tree or an experienced genealogist seeking specialised support, knowledgeable volunteers will be on hand to guide you. No bookings are required for these free sessions. The sessions will take place at various dates and times across different venues, including at Redcliffe Library on Monday, August 5, 19, and 26 from 9am to 12pm.

*For more information, contact Redcliffe Library at 3883 5745 or email [redcliffe.library@moretonbay.qld.gov.au](mailto:redcliffe.library@moretonbay.qld.gov.au)*

## **DIVE INTO DISCOVERY: MORETON MINDS FOR NATIONAL SCIENCE WEEK**

Celebrate National Science Week with a focus on species survival by joining Moreton Minds at Redcliffe Library on Thursday, 15 August from 6pm to 8pm. Three dedicated UniSC scientists

will share their passion and groundbreaking research aimed at saving various species. This event will highlight the importance of healthy people and a healthy planet, showcasing research conducted in Moreton Bay and beyond. Dr Clare Stawski, senior lecturer in terrestrial vertebrate ecology at UniSC, will discuss how animals cope with environmental challenges such as adverse weather and food shortages, drawing from her research across Australia, Poland, Austria and Norway. Dr Libby Swanepoel, senior lecturer in nutrition and dietetics at UniSC, will highlight the role of seaweed in restoring marine ecosystems and ensuring human food and nutrition security. Dr Trong Tran, senior lecturer in organic chemistry at UniSC, will explore the potential benefits of propolis, a substance in beeswax, and its various bioactive properties, including anticancer and wound healing capabilities.

*This free event is designed for adults and requires bookings. For more information and to secure your spot, contact Redcliffe Library at 3883 5745 or email [redcliffe.library@moretonbay.qld.gov.au](mailto:redcliffe.library@moretonbay.qld.gov.au)*

## **BX NETWORKING: BUSINESS NETWORKING REIMAGINED IN REDCLIFFE**

Unlock the power of word-of-mouth marketing and gain quality referrals for your business at Bx Networking Redcliffe. This innovative business networking event offers a fun, social, dynamic, and productive environment designed to foster business growth through referrals and opportunities. The event, to be held at Sunny's Margate Beach, includes an à la carte breakfast and barista-made coffee, providing a relaxed atmosphere to build strong working relationships with other professionals. The event takes place on Wednesday, 7 August and Wednesday, 21 August at 8am.

*Tickets are \$45. To book, visit [www.eventbrite.com.au](http://www.eventbrite.com.au) and search 'Bx Networking: Business Networking Reimagined in Redcliffe.'*

## **RESIDENTS URGED TO UPDATE PET DETAILS**

City of Moreton Bay is calling on cat and dog owners to update their pet information before animal registration renewal notices are issued in late August. Mayor Peter Flannery said it was important to keep pet details current, noting that the city has over 84,000 registered cats and dogs.



Registered and microchipped pets with up-to-date information have a much better chance of being quickly reunited with their owners if they go missing.

With Moreton Bay's growing population, there are many new pet owners in the area. New residents should remember that all dogs and cats must be registered within 14 days of moving into the city or by 12 weeks of age. Discounts apply for desexed animals and concessions are available for eligible pet owners, such as pensioners.

Please inform Council if you have changed address or contact details, your pet has passed away or been rehomed, your pet has been desexed (a reduced fee may apply), you are now eligible for a pensioner discount, or you would like to receive registration renewal notices by email. *To update your pet's registration details, visit the Council's website or call 3205 0555.*

### 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 Roundup: [editor@edcliffguide.com.au](mailto:editor@edcliffguide.com.au)*



# BOOKWORM BOOK REVIEW

STORY **RICHARD LANCASTER**

**M**ental illness is a terrible burden that some of us suffer from and bipolar is one such illness. Author, publisher and celebrity speaker **Katy More** is a sufferer of this debilitating disorder. In a fascinating insight into the world of bipolar, **More** writes of her personal experiences and battles with it.

This paperback volume descriptively entitled, *Consistently Inconsistent: The Basics of Bipolar*, is a worthwhile read, not only for sufferers and carers of individuals suffering from this terrible illness but those of us like me, who have little or no knowledge of this malady.

In a precis to this book, eminent consultant psychiatrist Dr John Keim recommends this book "to anyone interested in mental illness and especially those sufferers and their relatives".

*Purchase a copy of the book for \$19.95 from [katesworld.com.au/shop/](http://katesworld.com.au/shop/)*

## Mastectomy

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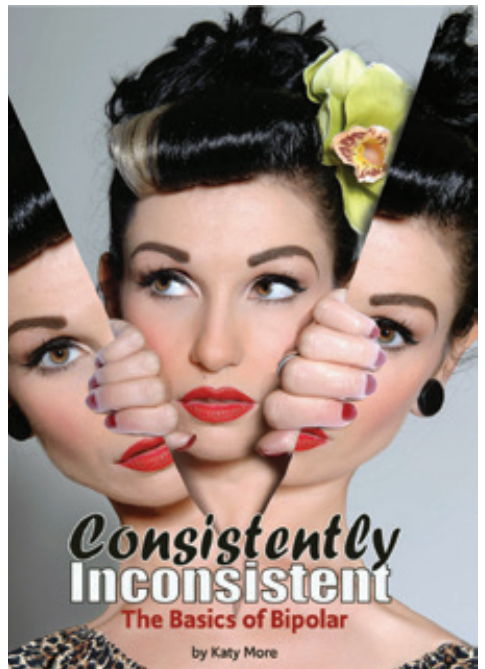


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**Consistently  
Inconsistent**

**The Basics of Bipolar**

by Katy More

## A WORD FROM OUR REPRESENTATIVES

**T**he Miles Government is prioritising what matters, for households and for our growing state. This year's budget emphasises cost-



WITH **YVETTE D'ATH MP**

of-living support, alongside investments in health, education, housing, renewable energy and infrastructure. Across the Redcliffe Peninsula, households are benefitting from electricity bill support, cheaper public transport, cheaper vehicle registration, FairPlay vouchers, first home concessions, fee-free TAFE and free Kindy.

Queenslanders should start noticing the \$1300 energy rebate (\$1000 Qld Govt+\$300 Cmwth Govt, \$1672 for pensioners) in their accounts, offering significant relief. Additionally, the expanded allocation of FairPlay Vouchers, providing up to \$200 for sport and recreation activities for children aged 5-17 has almost been exhausted – apply now and don't miss out!

August is here, and that means ALL public transport fares will be slashed to just 50 cents, including a 50% discount on Airtrain fares. From September, we are reducing vehicle registration fees by 20% for 12 months. This means those who recently paid or are due to pay their registration, will still be able to benefit from these savings at their next renewal.

To support first-time homebuyers, we've raised the stamp duty threshold to \$700,000, with concessions up to \$800,000, aiding approximately 10,000 Queenslanders in achieving their homeownership dreams.

**T**he month of August means that we are well and truly into the second half of 2024... Where has the time gone?!



WITH **LUKE HOWARTH MP**

Previously in July, there were multiple Parliamentary Sitting Weeks, where I was down in Canberra representing you.

You will have seen that the Coalition announced a nuclear and renewables policy heading into the next Federal Election. This would involve lifting the current ban on nuclear, with a plan to have two establishment

**G**reat news for Division 5! Construction will soon start on a new softball clubhouse at Talobilla Park and a new bike pump track at the



WITH **CR SANDRA RUCK**

Deception Bay Sports Complex. New play facilities, fitness equipment and an amenities block will be added to Boama Park, Deception Bay along with upgrades to both Roma Park and Owens Park, Scarborough.

Deception Bay Scenic Reserve will have pathway lighting installed and there will be streetscape improvements

along Captain Cook Parade, Deception Bay. Plus, a basketball/netball combination half-court and synthetic cricket pitch will be installed in Newport Park.

The building extension at the Deception Bay Gem Club is nearing completion, and construction on the new community garden near the Maota Fona, Deception Bay has commenced.

Council is currently planning to deliver koala exclusion fencing to help protect our local koalas living in the Chelsea Street Environmental Reserve. This area (and particularly Anzac Avenue) experiences a very high number of wildlife-vehicle-collisions involving koalas. The installation of fauna safety infrastructure will help to improve road safety for wildlife and drivers.

City of Moreton Bay has also approved a \$300,000 grant to support the Redcliffe District Rugby League Club to upgrade lighting for its junior fields at Talobilla Park.

plants online by 2035. The proposed seven locations for zero-emissions nuclear power plants are power stations that have closed or are scheduled to close.

In Australia, we already use nuclear. We have had a nuclear reactor operating in Sydney since 1958 that creates medicine which saves lives. Out of the world's 20 largest economies, Australia is the only one not using nuclear energy, or moving towards it. Importantly, nuclear means lower power prices for families and businesses.

If you have any questions or feedback on our nuclear power proposal, please do not hesitate to get in touch at [luke.howarth.mp@aph.gov.au](mailto:luke.howarth.mp@aph.gov.au)

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[www.grbrown.com.au](http://www.grbrown.com.au)

EXCITING NEW LOOK COMING SOON



Helen is an active community member of the Moreton Bay shire and always happy to help, *rehome, advise and educate.*

Helen is located at *Betta Produce, 202 Eastern Service Road Burpengary East,* every Saturday between 9 am and 1 pm.

Or just give her a call



**HELEN'S HAPPY HENS**

BACK YARD PETS



0404 265 628



# LOCAL DRAGON BOAT TEAM SHINES AT STATE CHAMPIONSHIPS

**T**he Redcliffe Red Dragon Boat Club made waves at this year's State Championships, leaving with an array of medals and a sense of pride in their accomplishments.

The team, consisting of paddlers aged 50 to 70+ years old, won medals in five of the six categories they entered, including the bronze medal in the Senior B Women's 10's 200m race.

Paddler, Iris Hall, said she wanted to highlight this particular win as there were several in the crew in their first year of paddling and others

who were Senior C's (60+ years of age) and paddled down a category.

"This is what a tribe does, they give support where needed," Iris said.

Another standout victory for the team was in the Senior C Mixed 10's 200m race, where a crew of five women and five men from the 60+ age category dominated the competition, winning by almost a boat length and claiming the gold medal.

The Redcliffe Red Dragons are inviting team-orientated Moreton Bay locals who are looking for a tribe and want to get fit to give dragon boating a try. With regular "Come and Try" sessions and a welcoming atmosphere, the team encourages paddlers of all ages and skill levels to experience the thrill of the sport.

*Go to [www.redcliffedragonboatclub.com.au](http://www.redcliffedragonboatclub.com.au) and click on 'Contact Us' or email [redcliffedragons@gmail.com](mailto:redcliffedragons@gmail.com) for more information.*

## LOCAL FACES - SHARON ALBACK

BY RICHARD LANCASTER

**S**haron Alback is a quietly spoken, modest individual. Other than those involved with her lifelong passion for dance, few would know of her great achievements in Queensland and Australia, as a creative dance spirit.

She has danced and organised dance in Australia for over 70 years and was the first dance teacher in Queensland to gain a full teaching diploma with the Commonwealth Society of Teachers of Dancing. She is only one of 10 Australian dance teachers to hold a Life Membership in Comdance.

For ten years she convened the dance section of the Redcliffe Eisteddfod, until it closed. She and her daughter Diahann Maude, apart from currently running the Sharon Alback Dance School, have in the past organised two International Summer Schools for Comdance, which brought together thousands of dancers from all over Australia and Asia. The first was at Melbourne's La Trobe University and the second was on the Gold Coast.



They have now successfully completed their third national dance spectacular, involving over 2000 dancers from all over Australia, the Born to Perform Festival, which was held at the Redcliffe Entertainment Centre last month from 21-28 July. This major national activity has put Redcliffe squarely on the international artistic scene.

# CAN YOU VOLUNTEER 1 hour per fortnight

to visit an elderly person  
in your area?



The Aged Care Volunteer Visitors Scheme (ACVVS) aims to reduce feelings of social isolation and loneliness in older adults.

We recruit volunteers and match them to like-minded recipients for face-to-face social visits where the volunteer will provide companionship and friendship.



## What is involved?

- 1 hour per fortnight commitment with flexible time arrangements
- Support older people to feel less lonely
- Either chat, go for a walk or complete an activity together
- Make a new genuine friendship

Email us your expression of interest to

[ACVVS@footprintscommunity.org.au](mailto:ACVVS@footprintscommunity.org.au) or call us on

**1800 FOOTPRINTS**

(1800 366 877)



# Cyclone Buninyong

**1** 1893 was a year remembered by past residents of Redcliffe as their worst year yet. Settling in Redcliffe had never been easy. Brisbane was a long way off, with sometimes infrequent ferry, poor road connections and no rail link. But February 1893 caused many to wonder why they had settled there. It was the year that Cyclone Buninyong hit South East Queensland and Redcliffe, in particular. The cyclone tracked its destructive path across Moreton Bay, having already caused major damage further up the coast near Yeppoon, where it had smashed buildings and uprooted trees. Further down the coast at Caloundra, it wrecked the 225-tonne steamer *Dickey*, as well as causing the death of several people, including two children.



WITH **RICHARD LANCASTER**

Buninyong directly hit Scotts Point in Woody Point, sweeping across the suburb's coast road. It smashed fences, unroofed and destroyed houses and headed for Clontarf. Here, it destroyed iconic resident Mrs Bell's house. A piano was the instrument that saved her life, by allowing her to shelter underneath it! A horse was killed, hit by flying metal, and its buggy was lifted and ended up in the fork of one of the few remaining trees left standing.

Another Clontarf house was lifted from its stumps and completely turned around, while its occupants enjoyed breakfast. Unbelievably, the children's breakfast plates remained unbroken.

The cyclone continued its destructive path, destroying more houses, racing across Hays Inlet and ending up in Zillmere, where it petered out.

But the resultant 'rain bomb' flooded local rivers, causing massive damage to Brisbane town and surrounds. It was named The Great Flood of 1893 and caused 35 deaths.

Nowadays, Redcliffians have learned to live with the threat of destructive cyclones, as we did when Cyclone Dora crossed our coast in 1971. The roof of a block of units was blown off, as well as other building structural damage. The Queensland coast averages six cyclones a year, but with climate change, the frequency could increase.

# Here's the truth about repeat business

Here's a scary yet exciting thought.

**W**hat if every customer who bought from you in the past was still buying from you today? How different might your business look?



WITH **BRAD FLYNN**

When it comes to new clients the truth is you are probably going to need them to make more than one purchase before you will begin to make a profit from them.

It can also cost up to six to seven times as much to get a new customer as to keep an

existing one.

Repeat business = Profit.

So for example let's say you have 100 customers who, on average, you make a profit of \$100 per transaction with.

Now, if you put in place some simple strategies like regular meaningful contact (not just invoices), thank you cards for doing business with you, or even just asking them to come back, you managed to boost the average number of repeat transactions by just three.

The resultant extra profit would be 100 customers multiplied by \$100 multiplied by three.

That's an extra \$30,000 in profit!

Walt Disney said it best when he said do what you do so well, they will want to see it again and bring their friends. He should know.

The first step in increasing your repeat business profit is you need to know what your current numbers are.

*If you would like help to work this out, visit [www.businessmentored.com](http://www.businessmentored.com)*

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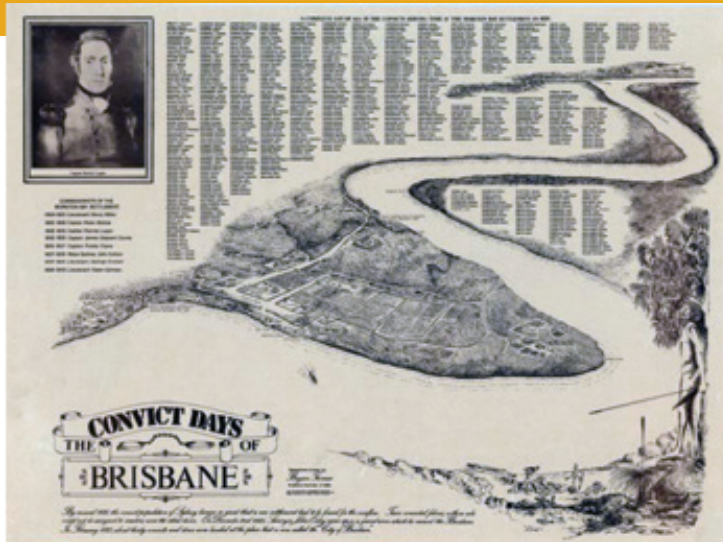
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**Sales@brisbanecomputersolutions.com.au**

It could fairly be said that some of the Redcliffe Peninsula's first European sojourners were not exactly upstanding citizens.

Drawing of Moreton Bay settlement in 1828, with a complete list of convicts.



# REDCLIFFE'S CONVICTS

STORY **PATTIE TANCRED**

**T**he first of these rascals to intrude upon the life of the peninsula's Ningi Ningi people were three thoroughly lost convicts, Thomas Pamphlett, Richard Parsons and John Finnegan, who had, in March 1823, left Sydney to travel to the Illawarra on a timber-getting mission. Disastrously blown off course, 101 days later, after an epic journey drifting and walking north, they came, in June, to what is now Clontarf Point where they were befriended by some Ningi Ningi men. After living and travelling with them for five months, Pamphlett and Finnegan were rescued by John Oxley in November. Parsons was separately found by Oxley the following year.

The next convicts to set foot on the peninsula were the 29 aboard the *Amity*, which arrived in September 1824 under the command of Lieutenant Miller, who was tasked with establishing a penal colony. When Redcliffe proved unsuitable for the purpose, the colony moved to the Brisbane River (which had been "discovered" and crossed by Pamphlett, Finnegan and Parsons during their trek north) in May 1825.

Among the *Amity* convicts who continued their sentences in the second settlement was one Thomas Mills. Mills, a thief, had arrived in Sydney on the *Eliza* in 1820. He was among a group who,

in 1825, escaped by stealing a barge, sailing downriver and heading south along the coast. They made it to near Port Macquarie where they were recaptured. Mills was tried in Sydney and returned to Moreton Bay (again on the *Amity*) where he remained for another year before being sent back to Sydney. Reported to be "an incorrigible character", he died in 1868 after a life of continued offending.

Another *Amity* convict who decided that the Brisbane River colony was not for him was Lewis Lazarus, a 14-year-old tailor tried in 1817 in London for stealing, and transported to Sydney, arriving in 1818. After serving time in Newcastle he was selected to embark for Moreton Bay. In the General Quarterly Return of Public Labour for the colony in 1825, Lazarus was listed as "assistant cook at prisoners' barracks". In 1826, he and three other convicts absconded and headed into the bush. He returned, was punished and remained in Brisbane until 1832 after over seven years at the Moreton Bay colony.

Most of the *Amity* convicts were returned to Sydney, many to reoffend and continue incarceration elsewhere, their time at Redcliffe and Brisbane clearly far from rehabilitative.

*[With thanks to MBRC ourstory.moretonbay.qld.gov.au, Image courtesy of John Oxley Library, image no. 503-968-s0001]*





# GIDDY UP!

# SANDGATE BAYSIDE

## AUGUST 16th - 18th 2024

Catch the country fever and join us for a toe-tapping, boot-stomping extravaganza at Sandgate Bayside! The ultimate family destination with the perfect blend of country charm and beach vibes.

Here's a taste of the music line-up - check out the program for food, activities and more...

### Friday 16th August

★ **Matty Rogers Band**  
Sandgate Post  
Office Hotel  
5:30pm - 8:30pm  
FREE

★ **Country Gary  
and the Ramblers**  
Cardigan Bar  
7:30pm  
FREE

### Saturday 17th August

★ **State of Appalachia  
Country Show**  
Cardigan Bar  
3:00pm - 6:00pm  
FREE

★ **Natalie Pearson**  
7:30pm - 9:15pm  
with 'Darcy' from 6-7pm  
Sands Bowlo

*Come along from 4pm for Beer Yoga,  
Face Painting, Mechanical Bull.  
Tickets [sandsbowlo.com.au](http://sandsbowlo.com.au)*

★ **Palomino III**  
Cardigan Bar  
7:30pm  
FREE

★ **Smokin' Firebirds**  
Full Moon Hotel  
8:00pm - 11:00pm  
FREE

### Sunday 18th August

★ **Eltham Valley Drifters**  
Full Moon Hotel  
2:00pm - 5:00pm  
FREE

★ **Dublin Rose**  
Mr Hendersons  
3:00pm - 6:00pm  
FREE

★ **Akova**  
Cardigan Bar  
4:00pm - 7:00pm  
FREE

Scan to see the full program  
of event or visit our website



[www.sandgatebayside.com.au](http://www.sandgatebayside.com.au)

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Food, Drinks and  
Guest Speaker**

**Myrtle and  
Blossom Cafe**  
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Tickets: [facebook.com/  
Myrtleandblossom](https://facebook.com/Myrtleandblossom)

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**If you're starting strength training over 50, your approach to training should be tailored to your specific needs and abilities. Training as a beginner at this stage of life requires a different strategy compared to elite athletes. Just like learning a new language starts with basic vocabulary and grammar, your strength training journey should begin with foundational principles that set you up for success in the long run.**

Here are essential tips to build a solid foundation for effective training as you progress in your fitness journey:

- **Focus on Technique:** Prioritise proper form and technique in every exercise you do. This helps prevent injury and ensures you get the most benefit from each movement.
- **Achieve Structural Balance:** Aim to develop balanced strength and muscle around each joint and throughout your entire body. This includes front to back, left to right, and top to bottom.
- **Rest Between Sets:** Allow adequate rest between sets, especially for larger compound exercises. As a beginner, aim for 1-3 minutes of rest to recover properly and maintain intensity.
- **Set Realistic Goals:** Establish clear and achievable goals that align with your lifestyle and fitness level. Goals provide direction and motivation for your training journey.
- **Choose Appropriate Exercises:** Select exercises based on your goals and focus on building a well-rounded physique. Include fundamental movements like pushing, pulling, squatting, and bending to ensure

comprehensive strength development.

By following these principles, you'll lay a strong foundation for your strength training journey, ensuring progress and longevity in your fitness pursuits.



# Rediscovering Life in an Empty Nest

BY **TANYA FISHER CLINICAL COUNSELLOR**

**'Finally!'** you think, as your child leaves the family home. While feeling pride in what's been achieved in them becoming an independent adult, there is often a bittersweet ache of sadness and/or loss when the nest becomes empty.

Planning is key. If you've still got a chick or two in the nest, start adjusting now! How might you do things differently when they leave? Trying different hobbies, rekindling friendships, volunteering, or part-time work can help you move through the transition. There is no right or wrong way to do this, it's about knowing that a change is coming and how might you want to invest this new time you are being given.

If you are already there and feeling lost then stop and listen to your emotions. If you're feeling unusually blue, missing the chaos of a full house, or if you're feeling a little directionless—these could be signs that you are feeling the weight of an empty nest.

Chatting with your GP or counsellor about how this change is impacting your wellbeing is a great idea. Seeking help will allow you to look at how this new life stage is impacting you while exploring meaningful ways for you to move toward different life experiences.

Remember, this is not just an ending—it's the start of a whole new chapter.

Your role as a parent isn't over; it's just evolving. Embrace it with the same love and excitement you did the first day you brought them home.





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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



Shop 7/14 Oxley Avenue,  
Woody Point

Café

Ph 3385 5394

## CAFÉ 3EIGHTNINE

**Feature:** Located directly opposite the Woody Point Jetty, Café 3Eightnine Woody Point boasts an uninterrupted 230-degree view of the magnificent Bramble Bay. Since 2018, our Café has been a culinary gem offering a wide range of all-day breakfast, lunch and beverages loved by locals, tourists and cyclists. Open 365 days from 6am to 2pm we are pet friendly, and available on UberEats & DoorDash.



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.



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



136 Sutton Street, Redcliffe

**Cafe & Art Gallery**

Ph 0405135386

## THE LOFT GALLERY & COFFEE HOUSE

**Feature:** The Loft, a vibrant Cafe & Art Gallery in Redcliffe, boasting stunning views of the Jetty. Featuring diverse exhibitions and a tempting menu, it offers a welcoming ambiance for art lovers and those seeking a cozy spot to work or dine

[www.theloftgalleryandcoffeehouse.com](http://www.theloftgalleryandcoffeehouse.com)  
[info@theloftgalleryandcoffeehouse.com](mailto:info@theloftgalleryandcoffeehouse.com)



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.

Thai Hut Margate

Takeaway

Home Delivery \$5

Phone 3284 5962



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# AUGUST What's On.

## 01 THURSDAY

August 1 @ 6:30 pm - 9:30 pm

📍 **ROSIES KARAOKE THURSDAYS** | Bramble Bay Bowls Club

## 02 FRIDAY

August 2 @ 11:00 am - 10:00 pm

🎵 **FRIDAY ENTERTAINMENT AT REDCLIFFE RSL**  
Head down to Redcliffe RSL on Fridays. Enjoy live music from 11am to 3pm, and again from 6pm to 10pm.

August 2 @ 7:00 pm - 10:00 pm

🎵 **THE JAM FACTORY** | Bramble Bay Bowls Club

August 2 @ 7:00 pm - 11:30 pm

🎵 **FRIDAYS AT MORETON BAY BOAT CLUB**  
Kick off your weekends with a bang at Moreton Bay Boat Club! Friday nights are packed with incredible live music that will set the perfect tone for your weekend.

August 2 @ 7:30 pm - 10:00 pm

★ **BUDDY HOLLY IN CONCERT STARRING SCOT ROBIN**  
| Redcliffe Entertainment Centre  
Celebrate the 60th Anniversary of "The Day The Music Died" with a sensational tribute to the iconic Buddy Holly, starring the internationally acclaimed Scot Robin! Experience the magic of Rock & Roll at its finest as we journey back to where it all began with "Buddy Holly In Concert!"

## 03 SATURDAY

August 3 @ 11:00 am - 11:00 pm

🎵 **SATURDAYS AT REDCLIFFE RSL**  
Spend your Saturdays at Redcliffe RSL with a full day of live music, delicious food, and a fun atmosphere.

August 3 @ 7:00 pm - 10:00 pm

🎵 **ANIMAL BAIT** | Bramble Bay Bowls Club  
Bramble Bay Bowls Club

August 3 @ 7:30 pm - 10:00 pm

★ **ONE OF THESE NIGHTS - AN EAGLES RETROSPECTIVE** | Redcliffe Entertainment Centre  
Relive the magical hits of The Eagles, who were one of the most successful musical acts of our time, released their self-titled debut album in 1972 and this concert puts the spotlight on songs from the extensive catalogue.

## 04 SUNDAY

August 4 @ 11:00 am - 3:00 pm

🎵 **FRIDAY ENTERTAINMENT AT REDCLIFFE RSL**

August 4 @ 1:30 pm - 5:30 pm

🎵 **DILLION JAMES** | Bramble Bay Bowls Club

August 4 @ 2:30 pm - 5:00 pm

🎵 **SUNDAYS AT MORETON BAY BOAT CLUB** | Scarborough  
Cap off your weekends with a relaxing Sunday afternoon at Moreton Bay Boat Club. The Sunday sessions feature live music that provides the perfect backdrop for a laid-back day with friends and family.

## 06 TUESDAY

August 6 @ 11:00 am - August 8 @ 2:00 pm

🎵 **WEEKDAY MUSIC** | Redcliffe Leagues Club

## 07 WEDNESDAY

August 7 @ 11:00 am - August 8 @ 3:00 pm

🎵 **WEDNESDAY & THURSDAY LIVE MUSIC LUNCH** | Redcliffe RSL

August 7 @ 7:00 pm - 9:00 pm

📍 **MUSICAL BINGO** | Bramble Bay Bowls Club

## 08 THURSDAY

August 8 @ 6:30 pm - 9:30 pm

📍 **ROSIES KARAOKE THURSDAYS** | Bramble Bay Bowls Club

## 09 FRIDAY

August 9 @ 11:00 am - 10:00 pm

🎵 **FRIDAY ENTERTAINMENT AT REDCLIFFE RSL**  
Head down to Redcliffe RSL on Fridays. Enjoy live music from 11am to 3pm, and again from 6pm to 10pm.

August 9 @ 11:00 am-August 10 @ 11:00 pm

**🎵 FRIDAYS & SATURDAYS AT REDCLIFFE LEAGUES CLUB**

Celebrate the weekend with an extravaganza of live music at Redcliffe Leagues Club! From energetic bands like Zookeepers and Counterfeit Heroes to soulful solo acts such as Fortunato and Dave Clayton, our weekend lineup promises to keep you entertained.

August 9 @ 7:00 pm - 10:00 pm

**🎵 L.R. MARSH** | Bramble Bay Bowls Club  
L.R. Marsh the one-man-band heads to Bramble Bay for your Friday night to be filled with his insane talent and passion for blues and rock. This is one man you won't want to miss!

August 9 @ 7:00 pm - 11:30 pm

**🎵 FRIDAYS AT MORETON BAY BOAT CLUB**

Kick off your weekends with a bang at Moreton Bay Boat Club! Friday nights are packed with incredible live music that will set the perfect tone for your weekend.

August 9 @ 7:00 pm - August 11 @ 5:00 pm

**🎵 WEEKEND LIVE MUSIC** | Bramble Bay Bowls Club

Looking for the perfect way to unwind and enjoy your weekends? Head over to Bramble Bay Bowls Club for an array of exciting music events every Friday, Saturday, and Sunday.

## 10 SATURDAY

August 10 @ 10:00 am - 12:00 pm

**★ CELEBRATE NATIONAL SCIENCE WEEK AT REDCLIFFE MUSEUM**

75 Anzac Avenue, Redcliffe  
Join science enthusiasts from the University of Queensland at Redcliffe Museum, and discover: Feather and rock drop vacuum tubes Gravitational lenses Spectral tubes Bike wheel gyroscopes A collection of eddy current demos Sunset egg (light scattering).

August 10 @ 10:30 am - 12:30 pm

**★ EXHIBITION OPENING: AUSTRALIA IN SPACE - EARTH AND BEYOND**

Redcliffe Museum  
75 Anzac Avenue, Redcliffe  
Redcliffe Museum invites you to this special opening event to celebrate our new exhibition, Australia in Space - Earth and Beyond. Hear from astrophysicist Professor Tamara Davis from the University of Queensland, who will give a presentation and a Q&A session on 'The Dark Side of the Universe'.

August 10 @ 11:00 am - 11:00 pm

**🎵 LIVE MUSIC AT REDCLIFFE RSL**

August 10 @ 7:00 pm - 10:00 pm

**🎵 BLAZING GRACE** | Bramble Bay Bowls Club

August 10 @ 7:30 pm - 10:30 pm

**★ JOHN STEPHAN - A SALUTE TO ROY ORBISON** | Redcliffe Entertainment Centre  
Starring International Sensation "JOHN STEPHAN" - "The Voice From Downunder" Back By Popular Demand Direct from Las Vegas USA "You Got It! - a salute to Roy Orbison"

## 11 SUNDAY

August 11 @ 11:00 am - 3:00 pm

**🎵 LIVE MUSIC AT REDCLIFFE RSL**

August 11 @ 1:30 pm - 5:30 pm

**🎵 BRENDAN THE BARD** | Bramble Bay Bowls Club

August 11 @ 2:00 pm - 5:00 pm

**★ A JOURNEY THROUGH EUROPE** | Moreton Bay Symphony Orchestra

Let the Moreton Bay Symphony Orchestra (MBSO) sweep you away on a captivating voyage through the European continent's rich and diverse musical heritage. From the romance of Vienna to the passion of Spain, this concert will transport you to the heart of Europe's cultural treasures.

August 11 @ 2:30 pm - 5:00 pm

**🎵 SUNDAYS AT MORETON BAY BOAT CLUB** |

Scarborough  
Cap off your weekends with a relaxing Sunday afternoon at Moreton Bay Boat Club.

## 13 TUESDAY

August 13 @ 11:00 am-August 15 @ 2:00 pm

**🎵 WEEKDAY MUSIC** | Redcliffe Leagues Club

## 14 WEDNESDAY

August 14 @ 11:00 am-August 15 @ 3:00 pm

**🎵 WEDNESDAY & THURSDAY LIVE MUSIC LUNCH** | Redcliffe RSL

August 14 @ 7:00 pm - 9:00 pm

**🎵 MUSICAL BINGO** | Bramble Bay Bowls Club

## 15 THURSDAY

August 15 @ 6:30 pm - 9:30 pm

🎵 **ROSIES KARAOKE THURSDAYS** | Bramble Bay Bowls Club

## 16 FRIDAY

August 16 @ 11:00 am - 10:00 pm

🎵 **FRIDAY ENTERTAINMENT AT REDCLIFFE RSL**

August 16 @ 11:00 am-August 17 @ 11:00 pm

🎵 **FRIDAYS & SATURDAYS LIVE MUSIC AT REDCLIFFE LEAGUES CLUB**

August 16 @ 7:00 pm - 10:00 pm

🎵 **R2** | Bramble Bay Bowls Club

August 16 @ 7:00 pm - 11:30 pm

🎵 **LIVE MUSIC AT MORETON BAY BOAT CLUB**

August 16 @ 7:00 pm - August 18 @ 5:00 pm

🎵 **WEEKEND LIVE MUSIC** | Bramble Bay Bowls Club

August 16 @ 7:30 pm - 10:30 pm

★ **CREEDENCE CLEARWATER COLLECTIVE** |

Redcliffe Entertainment Centre

We invite you to join us for a night of Creedence Clearwater Revival and John Fogerty, as we celebrate the music of one of the world's most iconic bands – from the songs they wrote, to the songs covered, to the songs they wrote for others.

## 17 SATURDAY

August 17 @ 11:00 am - 11:00 pm

🎵 **LIVE MUSIC AT REDCLIFFE RSL**

August 17 @ 2:30 pm - 10:30 pm

★ **BEST OF THE BEE GEES GREATEST HITS SHOW** | Redcliffe

The Best of the Bee Gees brings the Greatest Hits Tour to the Redcliffe Entertainment Centre from 8pm on Saturday 17 August, with special guests Colin "Smiley" Petersen and Roslyn Loxton. This brand-new show has a high energy set list with more favourites, more disco and more hits written by the brothers Gibb.

August 17 @ 7:00 pm - 10:00 pm

🎵 **MIDDLE RAGE** – Rock Cover Band

## 18 SUNDAY

August 18 @ 11:00 am - 3:00 pm

🎵 **LIVE MUSIC AT REDCLIFFE RSL**

August 18 @ 1:30 pm - 5:30 pm

🎵 **BRAMBLE BAY'S OPEN MIC**

We're calling all musicians and other talents! Whether you're a solo singer, rocking in a band, chilling doing a duo with your best mate or even a comedian or poet - we want you to come along to Bramble Bay's OPEN MIC - have some fun and show us what you've got!

August 18 @ 2:30 pm - 5:00 pm

🎵 **SUNDAY LIVE MUSIC AT MORETON BAY BOAT CLUB** | Scarborough

## 20 TUESDAY

August 20 @ 11:00 am - August 22 @ 2:00 pm

🎵 **WEEKDAY MUSIC** | Redcliffe Leagues Club

## 21 WEDNESDAY

August 21 @ 11:00 am-August 22 @ 3:00 pm

🎵 **WEDNESDAY & THURSDAY LIVE MUSIC LUNCH** | Redcliffe RSL

August 21 @ 7:00 pm - 9:00 pm

🎵 **MUSICAL BINGO** | Bramble Bay Bowls Club

## 22 THURSDAY

August 22 @ 6:30 pm - 9:30 pm

🎵 **ROSIES KARAOKE THURSDAYS** | Bramble Bay Bowls Club

## 23 FRIDAY

August 23 @ 11:00 am - 10:00 pm

🎵 **FRIDAY LIVE MUSIC AT REDCLIFFE RSL**

August 23 @ 7:00 pm - 10:00 pm

🎵 **BLACKCREEK BAND**

August 23 @ 7:00 pm - 11:30 pm

🎵 **FRIDAY LIVE MUSIC AT MORETON BAY BOAT CLUB**

August 23 @ 7:00 pm - August 25 @ 5:00 pm

🎵 **WEEKEND LIVE MUSIC** | Bramble Bay Bowls Club

## 24 SATURDAY

August 24 @ 11:00 am - 11:00 pm

🎵 **LIVE MUSIC AT REDCLIFFE RSL**

August 24 @ 7:00 pm - 10:00 pm

🎵 **SLOW COOKER R AND B**

Bramble Bay Bowls Club

August 24 @ 7:30 pm - 10:00 pm

★ **QUEEN BOHEMIAN RHAPSODY-50 YEARS ON**

Redcliffe Entertainment Centre

Queen is amongst the greatest rock bands of the 20th century and Freddie Mercury is hailed by many as the most charismatic and flamboyant performer in contemporary rock. Now, fresh off the heels of the successful Bohemian Rhapsody movie, comes an all-new Queen tribute show from well-known Australian Freddie Mercury impersonator Thomas Crane.

## 25 SUNDAY

August 25 @ 11:00 am - 3:00 pm

🎵 **FRIDAY LIVE MUSIC AT REDCLIFFE RSL**

August 25 @ 1:30 pm - 5:30 pm

🎵 **BRENDAN THE BARD**

Bramble Bay Bowls Club

August 25 @ 2:30 pm - 5:00 pm

🎵 **SUNDAYS AT MORETON BAY BOAT CLUB** |

Scarborough

Cap off your weekends with a relaxing Sunday afternoon at Moreton Bay Boat Club.

## 27 TUESDAY

August 27 @ 11:00 am - August 29 @ 2:00 pm

🎵 **WEEKDAY MUSIC** | Redcliffe Leagues Club

## 28 WEDNESDAY

August 28 @ 11:00 am - August 29 @ 3:00 pm

🎵 **WEDNESDAY & THURSDAY LIVE MUSIC LUNCH**

Redcliffe RSL

August 28 @ 7:00 pm - 9:00 pm

🎵 **MUSICAL BINGO** | Bramble Bay Bowls Club

August 28 @ 7:30 pm - 9:00 pm

★ **ANH DO** – The Happiest Refugee Live |

Redcliffe Entertainment Centre

Anh Do's bestselling book The Happiest

Refugee has made readers laugh and cry, and was described by Russell Crowe as 'the most surprising and inspiring read I have had in years.'

## 29 THURSDAY

August 29 @ 6:30 pm - 9:30 pm

🎵 **ROSIES KARAOKE THURSDAYS** | Bramble Bay Bowls Club

## 30 FRIDAY

August 30 @ 11:00 am - 10:00 pm

🎵 **FRIDAY LIVE MUSIC AT REDCLIFFE RSL**

August 30 @ 7:00 pm - 10:00 pm

🎵 **JUKE JOINT AT BRAMBLE BAY BOWLS CLUB**

August 30 @ 7:00 pm - 11:30 pm

🎵 **FRIDAYS AT MORETON BAY BOAT CLUB**

Kick off your weekends with a bang at Moreton Bay Boat Club! Friday nights are packed with incredible live music that will set the perfect tone for your weekend.

August 30 @ 7:00 pm-September 1 @5:00 pm

🎵 **WEEKEND LIVE MUSIC**

Bramble Bay Bowls Club

August 30 @ 7:30 pm - 10:00 pm

★ **TRIBUTE TO SIR PAUL MCCARTNEY WINGS & BEATLES** | Redcliffe

Redcliffe Entertainment Centre

International Tribute To Sir Paul McCartney and Wings Including The Timeless Classics Of The Beatles Celebrate this magical milestone - the 50th Year Anniversary of the World wide No 1 smash hit Album including the hit single "My Love".

## 31 SATURDAY

August 31 @ 11:00 am - 11:00 pm

🎵 **SATURDAY LIVE MUSIC AT REDCLIFFE RSL**

August 31 @ 7:00 pm - 10:00 pm

🎵 **DIRTY DICE AT BRAMBLE BAY BOWLS CLUB**

August 31 @ 7:30 pm - 10:00 pm

★ **CIRQUE AFRICA** Redcliffe Entertainment Centre 100% fun 100% African 100% joy Cirque Africa is produced and directed by 'Papa Africa' aka Winston Ruddle, the director who brought us the HIT BROADWAY SHOW CIRQUE MOTHER AFRICA. Cirque Africa is coming to Australia in 2024 with a brand new show featuring the very best talent from across Africa.

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0417 623 683

# AUGUST TIDE TIMES

| TIME     | M                                                     | TIME      | M                                                   | TIME      | M                                                     | TIME      | M                                                     | TIME      | M                                                     |
|----------|-------------------------------------------------------|-----------|-----------------------------------------------------|-----------|-------------------------------------------------------|-----------|-------------------------------------------------------|-----------|-------------------------------------------------------|
| <b>1</b> | 0139 0.72<br>0700 1.61<br>TH 1259 0.50<br>1945 2.41   | <b>7</b>  | 0531 0.56<br>1111 1.86<br>WE 1706 0.51<br>2324 2.32 | <b>13</b> | 0223 1.63<br>0856 0.69<br>TU 1553 1.89<br>☉ 2217 1.03 | <b>19</b> | 0333 0.42<br>0900 1.91<br>MO 1505 0.25<br>2132 2.66   | <b>25</b> | 0059 2.05<br>0729 0.40<br>SU 1352 2.16<br>2008 0.76   |
| <b>2</b> | 0234 0.63<br>0800 1.66<br>FR 1355 0.46<br>2031 2.46   | <b>8</b>  | 0558 0.55<br>1144 1.88<br>TH 1741 0.58<br>2353 2.22 | <b>14</b> | 0339 1.52<br>1002 0.70<br>WE 1711 1.98<br>2349 0.94   | <b>20</b> | 0416 0.34<br>0948 2.01<br>TU 1554 0.21<br>☉ 2215 2.68 | <b>26</b> | 0147 1.79<br>0813 0.50<br>MO 1455 2.12<br>☉ 2127 0.88 |
| <b>3</b> | 0320 0.57<br>0847 1.72<br>SA 1442 0.43<br>2114 2.47   | <b>9</b>  | 0625 0.55<br>1220 1.89<br>FR 1817 0.68              | <b>15</b> | 0504 1.50<br>1115 0.65<br>TH 1817 2.13                | <b>21</b> | 0458 0.29<br>1035 2.09<br>WE 1642 0.22<br>2256 2.63   | <b>27</b> | 0253 1.57<br>0910 0.59<br>TU 1611 2.11<br>2305 0.89   |
| <b>4</b> | 0400 0.55<br>0929 1.77<br>SU 1523 0.42<br>● 2151 2.46 | <b>10</b> | 0022 2.10<br>0654 0.56<br>SA 1300 1.88<br>1859 0.80 | <b>16</b> | 0101 0.81<br>0616 1.57<br>FR 1220 0.56<br>1913 2.30   | <b>22</b> | 0537 0.26<br>1122 2.16<br>TH 1729 0.29<br>2336 2.49   | <b>28</b> | 0426 1.46<br>1024 0.65<br>WE 1729 2.16                |
| <b>5</b> | 0434 0.56<br>1004 1.80<br>MO 1600 0.43<br>2225 2.43   | <b>11</b> | 0054 1.95<br>0727 0.60<br>SU 1345 1.86<br>1947 0.92 | <b>17</b> | 0158 0.66<br>0716 1.68<br>SA 1319 0.44<br>2003 2.45   | <b>23</b> | 0614 0.28<br>1209 2.19<br>FR 1816 0.42                | <b>29</b> | 0030 0.79<br>0556 1.49<br>TH 1143 0.63<br>1835 2.23   |
| <b>6</b> | 0505 0.56<br>1038 1.84<br>TU 1633 0.46<br>2255 2.38   | <b>12</b> | 0131 1.78<br>0806 0.64<br>MO 1442 1.86<br>2051 1.01 | <b>18</b> | 0247 0.53<br>0810 1.80<br>SU 1414 0.33<br>2049 2.58   | <b>24</b> | 0016 2.29<br>0650 0.33<br>SA 1258 2.19<br>1908 0.59   | <b>30</b> | 0131 0.67<br>0701 1.59<br>FR 1251 0.57<br>1928 2.31   |
|          |                                                       |           |                                                     |           |                                                       |           |                                                       | <b>31</b> | 0217 0.58<br>0751 1.71<br>SA 1345 0.49<br>2013 2.35   |

## AUSTRALIAN COWNOSE RAY RHINOPTERA NEGLECTA

**T**he Australian Cownose Ray occurs in most of eastern and northern Australia and in Papua New Guinea. A strange looking ray with a cow like snout (hence the name), brown on top and usually white or pale underneath. Growing to about 140cm wide, they are usually seen in schools and are quite abundant in the shallow waters of Moreton Bay.

They have flat, plate-like teeth that are used to crush and grind crabs, prawns and other crustaceans they feed on in the sand. Australian Cownose Rays, like other stingrays, have a stinging barb on their tail that is used to protect themselves if they are threatened by other animals. They are not considered a threat to man as the sting is rarely if ever fatal. It also differs from other ray species in that it rarely rests on the bottom, minimizing the chance that someone might step on one. Not a species known for eating.



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