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# Redcliffe

## GUIDE

FREE JUNE 2023 | EST. 2014



# FLORAL & ART FESTIVAL

## COLOUR YOUR WORLD

**ALL IN THE CARDS  
HEALTH AND  
PSYCHIC EXPO**

**TRADES  
SERVICES  
& DINING  
GUIDE**  
SECTIONS  
INSIDE

**RICHARD LANCASTER: ALMOST A QUARTER  
OF A CENTURY WRITING ABOUT REDCLIFFE**

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## FROM THE EDITOR

**J**une is here and so is winter! As the nights cool, it's tempting to stay indoors, but we have loads of entertainment and events inside this month's issue to lure you out and about on the Peninsula.

The 74th Redcliffe Show takes place at the end of this month with some great family friendly entertainment and rides. As well as some prehistoric guests!

Add some colour to your world at this year's Redcliffe Floral and Art festival. This free community event is being held on the 16-18th of June and all the details are on page 8!

Our GuideCast this month is a very special interview with Emily Eklund Power who is the author of the recently released Shirley's Story: A Tale of Strength, Courage and Hope.

Her book is the inspirational story of Shirley Singh, when 20 years ago, three of her children were murdered in Bridgeman Downs.

Scan the QR Code below to hear the interview and like our Facebook page so you can keep your eye out for your chance to win a copy of Emily's book.

Until next month, happy reading and listening!

Jodie



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CELEBRATING THE HIT SONGS FROM JESUS CHRIST SUPERSTAR, CATS, THE PHANTOM OF THE OPERA, SUNSET BOULEVARD AND MORE

STORY NADIA CHAPMAN

**If musical theatre interests you, this next event coming to the Peninsula might be right up your alley.**

Presented by Lynch and Paterson, the Redcliffe Entertainment Centre is hosting the musicals of Andrew Lloyd Webber on Tuesday, the 13th of June—one of the greatest musical theatre composers in the world.

This concert will celebrate Andrew's incredible catalogue of hit songs from musicals, including *The Phantom of the Opera*, *Jesus Christ Superstar*, *Sunset Boulevard*, *Aspects of Love*, and many more.

With two phenomenal vocalists and a trio of musicians, locals can expect to be blown away by Webber's enormous legacy in musical theatre.

*Bookings are essential, and tickets cost \$28 pp.*



**K**ickstart the weekend off the right way with some spontaneous tunes from one of the most versatile duos on the Gold Coast.

Charlie Bravo Duo, a Gold Coast covers band, is coming to the Redcliffe RSL on Saturday, the 10th of June, to perform some of the best acoustic melodies.

The father/son duo, Chris and Deacon Bent have mastered the art of musical performance over the years—especially with Chris having over 30 years of experience as a performer and 20 of those years as a music industry executive.

Locals can expect Chris and Deacon to provide genuine, live acoustic versions of great songs from the '60s to now. You can expect to hear covers from Ed Sheeran, Neil Diamond, George Ezra, and Bruce Springsteen, to name a few.

*Charlie Bravo Duo will perform from 7-11pm.*



**B**efore winter arrives, rediscover the timeless romance of autumn right here on our doorstep.

Bel Canto Singers are hosting an exceptional one-off performance at the Redcliffe Museum on Saturday, the 3rd of June, featuring one hour of specially selected pieces.

Bel Canto Singers is a small acapella group based in Moreton Bay that was formed in 2021 by conductor Chloe Seungeun Han.

This one-off performance will build upon the previous two concerts and include solo performances from each Bel Canto member.

Guests can expect some afternoon tea and refreshments throughout the afternoon.

*Bookings are essential, and tickets cost \$20 pp. Find out more info at [www.anywhere.is](http://www.anywhere.is)*



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# COLOUR YOUR WORLD AT THE REDCLIFFE FLORAL AND ART FESTIVAL

STORY **KELLY WALKER** PHOTO **PETE JOHNSON**

**G**et ready to colour your world at the 6th annual Redcliffe Floral and Art Festival. This free, community event will combine toe-tapping music, hot tips for gardening, local art exhibits, raffles and so much more.

Liz Peters, Coordinator of the Redcliffe Floral and Art Festival, designs installations around a particular theme each year with this year's theme being 'Colour My World'. "The event is held annually as a way to provide a free exhibition space for artists, support local businesses and offer a free event to the community," she said. "The event will also showcase magical balloon designs, Devonshire Teas, and a kids' craft corner."

"The festival will appeal to all generations of plant enthusiasts," Liz said. "There will be tips for bonsai growing, a robust plant stall, flower arranging demonstrations and over 60 floral displays. There will also be themed craft ideas - including how to make a flowered fascinator."

Liz explained that a variety of artists will also be on hand to demonstrate their skills in person.

"They'll be using scratchboard, watercolour, acrylics, pastels and mixed media to engage with visitors as they wander through the event," she said. "We will also have renowned First Nations exhibitor, Garry Pittman, who will explain the stories behind the pictures as well as his art journey."

The event's musical line up will have guests dancing in the aisles with tunes from the band Bits and Pieces, as well as a variety of other musical guests ranging from school performances to dueling pianos. "We're also welcoming instrumental musicians who will be showing off their talents on the harmonica, piano, percussion, violin, flute and even the organ," Liz said. "It will be a wonderful way to celebrate our colourful world."

To add to the fun, Bridge Radio 99.7FM will be on hand to promote the weekend's activities. Visitors can also have their photo taken in front of a gorgeous balloon wall, and shop for cards, art, poetry, costume jewelry and more.

"We're looking forward to welcoming over 1000 visitors this year," said Liz. "It's very exciting as the event appears to get bigger and brighter each year."

*For more information, visit [redcliffefloralandartfestival](https://www.facebook.com/redcliffefloralandartfestival) on Facebook or call Liz at 0400844946.*

**Redcliffe Floral and Art Festival 2023**  
**June 16th & 17th 10am-4pm**  
**Sunday, June 18th, 11am-4pm**  
**St Peter the Fisherman Anglican Church**  
**13 Lucinda St Clontarf**





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# DANCING DINOSAURS ROAR INTO REDFCLIFFE SHOW

STORY **ALYSSA MACKAY**

**T**he highly anticipated Redcliffe Show is back for its 74th year and along with the usual festival favourites, some friendly dinosaurs will be there to entertain families.

Presented by the Redcliffe Show Society, the three-day event promises to be even bigger and better than before – especially if you are a dinosaur fan.

Ranger Jim and Ranger Ally said the Dinkum Dinosaurs show combined every child's wonder at giant dinosaurs with a genuinely hilarious family comedy, and cute, colourful, spectacular puppets like Dillo the dancing dinosaur.

"Imagine if your favourite high energy dance routine was performed by a four-metre long disco dancing dinosaur and then they said you could come and dance too," Ranger Jim said. "Dillo the Dinosaur loves three things – dancing, getting pats and having photos with his fans."

Ranger Ally said the Dino-Larious Ventriloquist was the highlight of the Dinkum Dinosaurs experience.



Dinkum Dinosaurs will entertain families at this year's Redcliffe Show

"Prepare to meet the cutest dinosaur puppets in Australia who will bring giggles of delight from every child, even the ones over 21," Ranger Ally said. "We say that Ozzy and Tickle are the funniest dinosaurs in the world, but our fans tell us it's actually the universe."

Also roaring into this year's show is BMX stunt rider, Eljay, with a show that combines motorcycle and bicycle stunts with a good helping of Aussie humour. Along with rides, sideshow alley and showbags galore, the kids will be delighted to hear Professor Wallace's Puppet Show and the Amazing Animal Nursery are also back this year.

It wouldn't be the Redcliffe Show without everyone's favourite events, including horse jumping, cattle, dog and poultry judging, pig racing, the car show judging and parade, and more. Over the weekend, see the best wood choppers in the world compete across 25 events, including five Queensland State Title Championships.

In the exhibition halls and pavilions, the Orchid Society will be returning with their demonstration on repotting plants. The Redcliffe and District Woodcraft Society Inc will be doing demonstrations and selling local woodcraft items, while over in the cookery section there will be a competition to find the 'best cooks in our district'.

On Friday and Saturday, the show ends with a spectacular display of fireworks.

*For more information go to [www.redcliffeshow.com](http://www.redcliffeshow.com)*

**74th Annual Redcliffe Show**  
**Friday, 30 June, 8am-9pm; Saturday, 1 July, 8am-9pm; Sunday, 2 July, 8am-4pm**  
**Redcliffe Showgrounds**  
**Scarborough Road, Redcliffe.**

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## Older Women's Network: Community By the Bay

STORY **NADIA CHAPMAN**

**If you are a woman over 50 looking to build friendships and participate in social activities, this network by the Bay can help.**

The Older Women's Network is one of many branches in Queensland and is part of a national network that focuses on supporting the needs and interests of older women.

The branch in our little slice of paradise is located in Woody Point, with regular meetings at the Woody Point Memorial Hall every second Tuesday of the month from 9:30-11:30am.

Whether you are still working, a homemaker, near retirement, or already retired, the Older Women's Network does not discriminate, as all are welcome.

The Woody Point branch focuses on social meetings (with a delicious morning tea!), aiming to provide women with information on healthy aging while meeting in a friendly atmosphere.



However, there are additional branches across Queensland and on the Northside, including in Caboolture, Bribie Island, and Morayfield, to name a few.

And not all the activities are the same across branches. Many other branches will focus on coffee catch-ups or lunches, with some even having guest speakers at each gathering.

*There is a \$5 fee to attend a Woody Point gathering. For more information, you can contact Helen on 0418 796 365.*



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# STARS COME OUT FOR PRIDEFEST

STORY **ALYSSA MACKAY**

**D**on't miss Moreton Bay's biggest LGBTQIAP+ celebration, boasting a star-studded line-up that includes drag queen sensation, Courtney Act. The first ever Moreton Bay PrideFest will kick off at Pine Rivers Park on Saturday, 10 June, in time for World Pride Month.

Moreton Bay Regional Council Mayor Peter Flannery said he wanted Moreton Bay to be a place where everyone felt accepted and included for who they are.

"This is a community celebration, so I hope to see a broad cross-section from our whole community turning out to not only support our LGBTQIAP+ community but also enjoy a stellar line-up of superstar performers," Cr Flannery said.

Joining Courtney Act on the PrideFest stage will be Gamilaraay singer-songwriter Thelma Plum, dance music group Sneaky Sound System, Havana Brown and more.

Harry Katsanevas, founder of Harry K Productions and long-running event Fluffy, will appear onstage as DJ Harry K and the Fluffy All Stars. "All I can say is watch out!" Harry said. "The Fluffy All Stars are some of Australia's best LGBTQIAP+ performers and our shows are legendary not only in Brisbane but Australia."

Harry is also the creator of Cloudland's Drag Brunch Club, and their fabulous hosts will appear at PrideFest for a special, adults-only pop-up event. Those who purchase an additional ticket will indulge in a decadent brunch or afternoon tea and drinks package.

"Drag Brunch Club has become a bit of an institution here in Brisbane," Harry said. "It's not

just a drag show but an immersive experience. It's a comedy show, a game show, a drag show with food and alcohol and prizes."

Experiences included in the general ticket price is the Rolla Bae Skating Rink, where festival goers can hire retro skates and spend the afternoon skating in an open-air rink, and the One Love Zone, featuring a DJ stage, drag queens, workshops, photo booth, markets and quiet zone.

"Pride is for everyone and the fact Moreton Bay PrideFest is creating such an amazing event that will bring visibility and accessibility in that region for the LGBTQIAP+ community, plus the best entertainment and activities, is something I am so excited about and proud to be a part of," Harry said. "It's not only a party but a place everyone – especially young people who are discovering themselves – can come to, a place where they feel accepted and part of a community."

Moreton Bay Region Industry and Tourism (MBRIT) CEO, Shane Newcombe said PrideFest would highlight the support services and networks available to the LGBTQIAP+ community. "The event will empower current and future generations to be their true selves and feel accepted and proud of who they are, regardless of their gender identity or sexuality," Shane said.

*A portion of ticket sales will go towards LGBTQIAP+ programs delivered by PrideFest's official charity partner, headspace (Redcliffe, Strathpine and Caboolture). Tickets start at \$60 (plus booking fee). VIP tickets are now sold out. To purchase general admission tickets go to [www.moretonbaypridefest.com.au](http://www.moretonbaypridefest.com.au)*

**Moreton Bay PrideFest**  
**Saturday, 10 June, 1:30-10pm**  
**Pine Rivers Park,**  
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## REDCLIFFE



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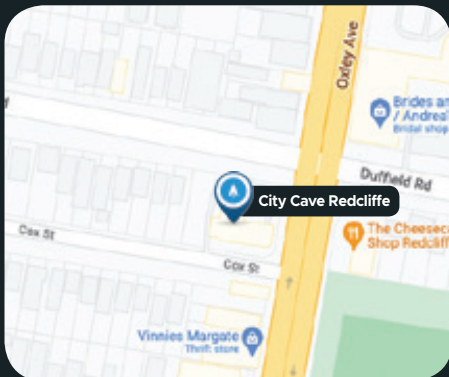
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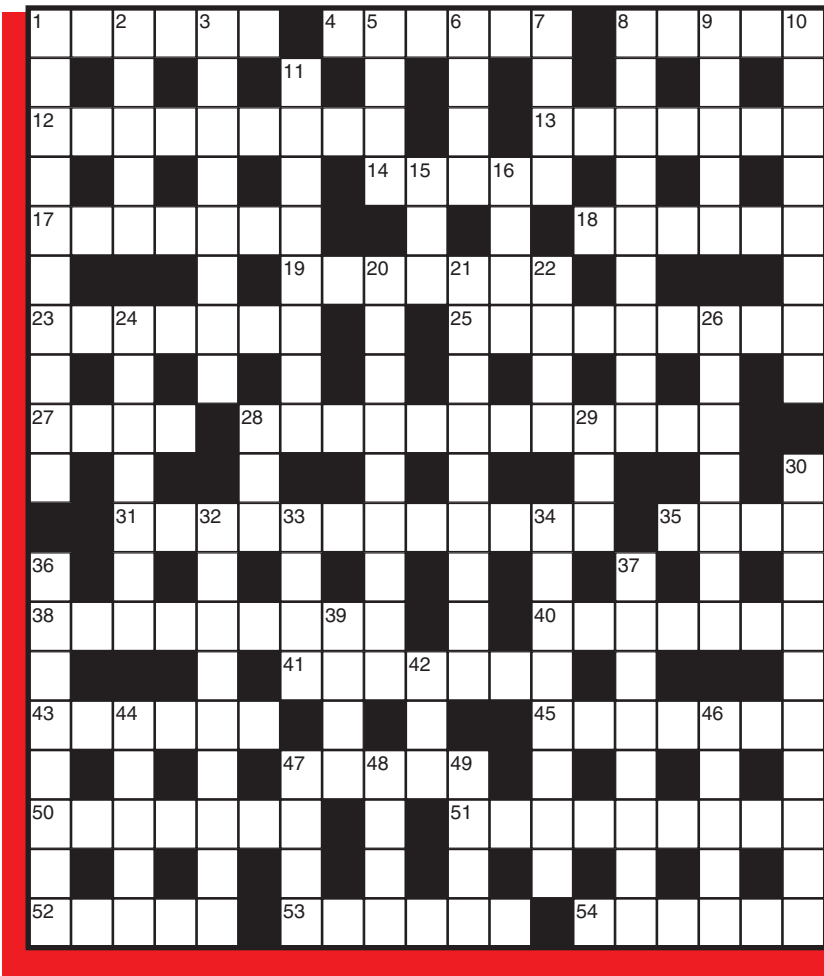
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# Yvette D'Ath MP is delivering for Redcliffe



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## MORETON BAY FOOD & WINE FESTIVAL IS

# ALL THE FASHION



STORY **PATRICIA HIGGINS**

**O**ur much loved Moreton Bay Food and Wine Festival (MBFW) brings fans and foodies from the local region and far beyond, and this year there's more than ever to savour and sample - including headliner chefs and haute couture fashion.

New and exciting elements include a Lifestyle Stage (boasting an eclectic program of panel discussions, Q&As, and demonstrations), a Comiskey Distillery Gin Workshop pop-up and the Oasis VIP Village (featuring a fashion parade alongside many other perks and drawcards).

CEO of Moreton Bay Region Industry and Tourism (MBRIT), Shane Newcombe, said the MBFW Fashion Parade was in partnership with local superstars Molly and Rose and Orange Sherbet and would happen in conjunction with the Ladies Who Long Lunch Presents Sunday Long Lunch event.

This event is ticketed separately on top of general admission and offers attendees the opportunity to "spend Sunday afternoon amongst friends as you enjoy a 3-course sharing experience, a 4-hour drinks package, Empowerment Panel, and, of course, the MBFW Fashion Parade boasting well-known and local fashion and jewellery designers."

Lisa Jones, owner at Molly and Rose, said she was happy to support Ladies Who Long Lunch, which is an initiative after her own heart, as well as excited about the opportunity to showcase home-grown labels.

"It's never been more important to present Australian brands, with labels like Joey the Label, Cazinc The Label and Studio Zee that are really kicking goals," she said.

Check out the list of VIP inclusions in an Oasis VIP Day Pass (including the chance to win a car) at [www.moretonbayfoodandwine.com.au/events/the-oasis-village-presented-by-ray-white-aspley-group](http://www.moretonbayfoodandwine.com.au/events/the-oasis-village-presented-by-ray-white-aspley-group) and events at The Oasis Pavilion at [www.moretonbayfoodandwine.com.au/the-oasis-pavilion-presented-by-robert-oately-wines](http://www.moretonbayfoodandwine.com.au/the-oasis-pavilion-presented-by-robert-oately-wines)

*Full festival program: [www.moretonbayfoodandwine.com.au/](http://www.moretonbayfoodandwine.com.au/). Local discount (Friday only) details: <https://www.moretonbayfoodandwine.com.au/events/locals-ticket-friday>.*

**Moreton Bay Food and Wine Festival (including MBFW Fashion Parade)  
Friday 4 August - Sunday 6 August  
(MBFW Fashion Parade/Ladies Who Long Lunch Presents Sunday Long Lunch Sunday 6 August, 10am-6pm)  
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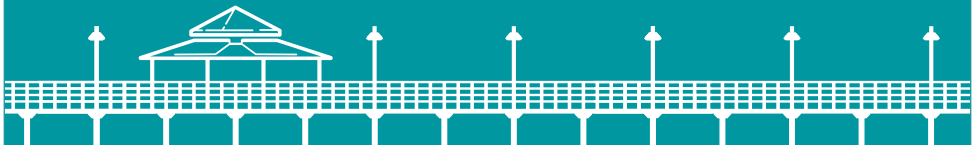
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Miss Amy is Having a Baby incorporates Early Years Learning Framework (EYLF) outcomes “to help children navigate the changes in relationship that can occur when their favourite educator is expecting their own bundle of joy”.

Ms U'Prichard's objective with the book extends to giving children a sense of responsibility and involvement when someone they interact with is pregnant, as informed by her own experience.

“I loved running around with the kids, doing running races outside and dancing with them, helping them burn off energy, as well as having them run up and jump on me for big cuddles.

But all of a sudden I had a little baby growing in me, which I had to be mindful of,” Kate said.

The author said that she expected the book would be helpful for pregnant mums or aunts — those who need to help their own toddlers or nieces and

nephews understand to be more gentle with them when they're pregnant.

Because Kate wanted to be in charge of the illustration, distribution, and advertising of the book, she decided to self-publish it.

“Jasmine Owen, a local artist who runs Flannel Collective, who grew up around the area (and now lives up the Sunshine Coast), illustrated the book. She took the idea and brought it to life,” Kate said.

Kate said was thankful for Jasmine's beautiful illustrations, as well as for her husband's unwavering support.

She said she was excited that the book was not only sold on Etsy but was also now being stocked at Wallflower Florist in Deagon, and Twigs Toy Boutique in Strathpine.

**Miss Amy is Having a Baby is available on Etsy via [www.etsy.com/au/listing/1405857826/miss-amy-is-having-a-baby](https://www.etsy.com/au/listing/1405857826/miss-amy-is-having-a-baby)**

# MISS AMY IS HAVING A BABY

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

**W**hen Kate U'Prichard discovered she was expecting her second child, she was working with toddlers at an early childhood centre. She was conscious of playing with the kids in her care, and this led to the creation of an age-appropriate resource.

Now a delightful book, authored by Ms U'Prichard, is available to help children understand how to behave appropriately when someone they rely on for caregiving, particularly in an educational setting, is pregnant.

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## THIS MONTH'S FEATURED ARTIST

### Lionel Doyle

Multi award-winner, Lionel Doyle, has a degree in Indigenous Contemporary Australia Art & is a lecturer on Traditional & Contemporary Aboriginal Art in numerous schools.

Lionel has also painted murals, performed traditional dance & played the didgeridoo at schools around QLD & NSW.

*Lionel Doyle is the featured artist for July.  
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# HEALTH AND PSYCHIC EXPO: IT'S ALL IN THE CARDS

STORY **NADIA CHAPMAN**

**If you are interested in holistic health and energy healing, the annual health and psychic expo might be the event for you.**

Hosted by Caryn Alner, founder of It's All in the Cards, this year's health and psychic expo will take place at the Redcliffe Leagues Club and focus on various health and energy-related products and services.

"[The main aim of these annual events] is to help others experience [the benefits of] a Reiki Energy Healing, to start the year off balanced, as we clear the old energies," Caryn said.

Whether you had a tumultuous 2022 or need a bit of a pick-me-up halfway through the year, the health and psychic expo might provide you with the clarity you need.

"[You can] get a reading done—either Tarot, Mediumship, or Psychometry, from one of our variety of outstanding readers. Or you can check out the various stallholders with numerous beautiful products, such as crystals, jewellery, Tarot/Oracle Cards, DoTerra oils, a variety of books, incense, and much more."

Caryn has been hosting a health and psychic

expo at the Redcliffe Leagues Club since 2018, offering similar services and products every year.

"We always look forward to seeing everyone on the day, helping to support small local businesses," Caryn said.

But supporting local businesses isn't the only thing Caryn aims to do. As a registered nurse, Caryn is passionate about helping people heal, which is why each expo offers participants the opportunity to buy raffle tickets for a good cause.

With the raffle prizes being generously donated by the stallholders, each ticket costs \$1, or you can purchase six tickets for \$5, with all proceeds going to CanTeen, an Australian not-for-profit organisation that supports young people diagnosed with cancer.

The raffle winner will be announced towards the end of the event.

While bookings are not essential, the health and psychic expo is a ticketed event, costing \$5 per person at the door. Cash and EFTPOS are accepted, although EFTPOS transactions will incur a 50-cent surcharge.

*This event is also wheelchair accessible. You can find out more by searching 'Health and Psychic Expo' on Facebook.*

**Health and Psychic Expo**  
**Sunday 18 June, 10am-3pm**  
**President's Room, Redcliffe Leagues Club.**  
**Cnr Klinger Rd and Ashmole Rd, Redcliffe.**

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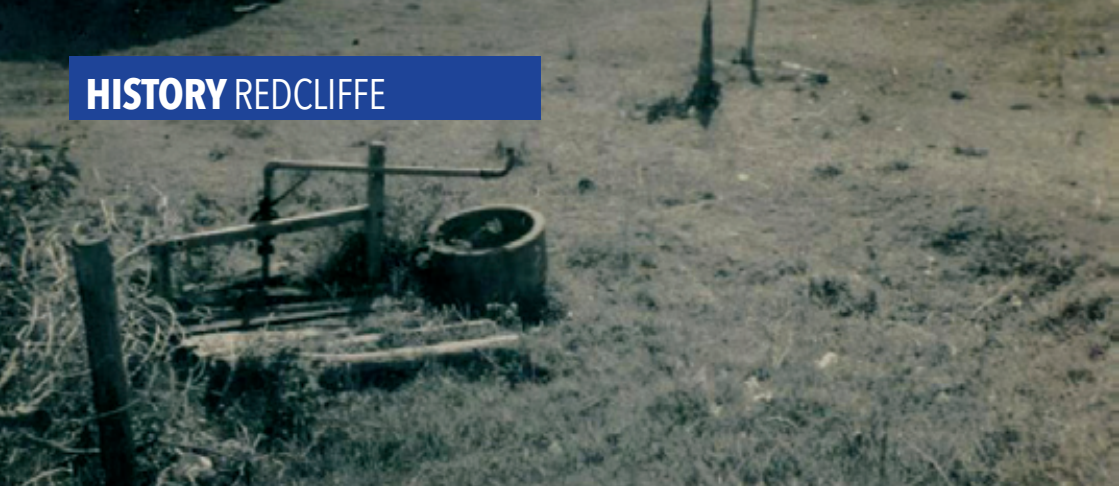
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# WATER, WATER EVERYWHERE?

STORY **PATTIE TANCRED**

**A**re you thirsty? Just pop into the kitchen and fetch a glass of water; we do it every day without thinking about its origin or uses. This was not the case for the Ningy Ningy people, the original inhabitants of what is now the Redcliffe Peninsula. For them, water was more than just a drink. It was a source of stories, of connection to their ancestral spirits and the Dreaming; it was important for ceremonial purposes; and it helped to define boundaries and clan groups.

An 1883 map of Redcliffe depicts extensive lagoons associated with areas of Aboriginal encampment. In addition to these water sources, several freshwater creeks flowed into the sea between present-day Scarborough and Woody Point. Despite having provided spiritual and physical sustenance for millennia, though, these water sources proved inadequate to sustain the first European settlement, the 1824 penal colony situated on Humpybong Creek, not far from the lagoons. Within a year, that first settlement was abandoned, partly because of an unsatisfactory water supply.

The Peninsula was not to remain in its natural state for long. Agricultural land sales were underway by the 1860s, and by the 1880s

there was extensive residential development requiring, of course, a reliable water supply, a matter that would exercise civic leaders well into the next century. Initially, the only feasible water sources were natural waterholes, streams or wells.

With gradual urbanisation, Redcliffe residents relied on rainwater tanks or public wells. There were several of the latter, one – said to be the oldest – at the intersection of Joseph Street and Oxley Avenue and others at Scarborough, Scotts Point and Woody Point. Water was piped from the wells to council water carts which would then deliver it to householders to replenish their tanks. By the 1930s, Redcliffe's rapidly growing population and increasing popularity as a holiday destination rendered a water supply relying on tanks and wells insufficient, and sourcing water from elsewhere – for both drinking and sanitation purposes – became a pressing issue.

Discussions on the matter began in council as early as the 1920s but it was not until 1938 that work commenced on a scheme for piping water, bought from the Brisbane City Council, from Sandgate to a newly constructed reservoir in Duffield Road. Mains water came to Redcliffe in 1940. It had taken more than a hundred years to provide Redcliffe with a consistent and permanent water supply, something our Ningy Ningy predecessors had enjoyed since the Dreaming.

*[With thanks to MBRC ourstory.moretonbay.qld.gov.au. Image courtesy of Moreton Bay Regional Council, reference number RMPC-101101614.]*





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# SOCIAL DANCING IN REDCLIFFE

STORY **PATRICIA HIGGINS**

**If you're over 40 and enjoy the fun and connection of dancing in a social setting, then you might like to bop on down to a dedicated club in Redcliffe.**

The Over 40's Social Dance Club was established over 45 years ago, has retained bands to play live music and continues to entertain patrons every Wednesday night (excluding a month in December).

President Debbie Fullerton said that the incorporated Club has evolved over the years to promote old time, new vogue and modern dancing and that their outlook was expansive.

"Dancers come from far away through our network of advertising and word of mouth," she said.

## Meditation is the Mantra in Deception Bay

STORY **PATRICIA HIGGINS**

**If you're seeking a break from the stresses of daily life, a meditation session with melody, music, and mantra may be the new path for you.**

Organised by the Australian School of Meditation and Yoga (ASMY) and funded by the Moreton Bay Regional Council (MBRC), the activity teaches simple spiritual practices from the ancient yoga system of kirtan and includes a nourishing vegan meal.

Amit Kar, meditation teacher, said that the evening in August would involve responding to the words of the kirtan leader by clapping, swaying and sometimes dancing.

"The meditation practices combined with yoga wisdom can help a person cultivate inner peace, resilience and happiness," Mr Kar said.

The event is part of a travelling meditation program that is being held in Deception Bay for the second time and continues a more than two-decade-long legacy of regular meditation

Social dancing is held at the CWA Hall Redcliffe, supporting fund raising efforts for the CWA, as well as the Queensland Institute of Medical Research.

Ms Fullerton said members and patrons regularly arrive at the dance earlier than the start time to chat and have a laugh.

"People are encouraged to get up on the dance floor and join in to learn dance steps and have fun."

The Club is always keen to welcome new faces. A light supper is provided but participants should BYO water bottle or coffee mug.

*Find out more at [www.over40socialdanceclub.org](http://www.over40socialdanceclub.org)*

**Over 40's Social Dancing  
Wednesday nights (excluding Christmas  
holidays), 7pm-10pm  
CWA Hall  
189 Redcliffe Parade, Redcliffe.**



sessions hosted by ASMY in the inner-city suburb of West End.

"Once a month, we take meditation evenings to a new suburb on the northside and introduce these wonderful practices to a new community," Mr Kar said.

Find out more on the website at [www.asmy.org.au/event/mantra-meditation-evening-deception-bay/](http://www.asmy.org.au/event/mantra-meditation-evening-deception-bay/) which also includes a huge range of free online resources.

**Mantra Meditation Evening Deception Bay  
Friday 9 June, 6pm-8:30pm  
Deception Bay Community Hall  
2 Raymond Terrace, Deception Bay.**



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## The Superhero Complex - Podcast Review

STORY **NICK ALLFORD**

**W**hat if I told you superheroes were real?

Although our emergency service workers are heroes, I'm talking about people in spandex, rocking capes and donning masks. Real people, fighting real criminals. This is the world that my new favourite podcast 'The Superhero Complex' explores.

Journalist David Weinberg interviews a variety of caped crusaders who want to help protect the citizens of Seattle Washington USA and live out their comic book fantasies. Now you may think these mask marauders would be a big bunch of nerds, and for the most part you'd be right. Having said that, the main hero of the piece - 'Phoenix Jones' also packs a punch as a trained mixed martial arts champion. Brandishing his fists, pepper spray and the moniker of 'The world's first legally defined superhero'.

At a glance Phoenix seems as close to the real deal as the world's going to get (minus actual super powers). Which includes a modified \$7,000 Batman costume, sidekicks, and wait for it... even a short-lived catchphrase. What's the worst that could happen? Well apparently, being punched, arrested and stabbed 17 times.

This podcast is superbly produced and a must for those who are fascinated by people's motivation for wanting to do the right thing.

Be sure to check out 'The Superhero Complex' wherever you find your podcasts.

## GOOD MENTAL HEALTH

### How to be a Well Small Business Owner

**R**unning a small business is challenging work! Today, I am challenging the thought that you, as a small business owner, must do it all and all by yourself!!!



WITH **TANYA FISHER**

While it is admirable, in our society, to be that driven, our quality of life, relationships and own mental health can take a beating.

We, and our Ego, forget that we do not know everything about everything, and we stop reaching out for new knowledge and support. We

work so hard, that our business begins to run us and our lives.

On June 6, the Redcliffe Chamber of Commerce (RPCC) in conjunction with Business Chamber Queensland (formerly CCIQ) and Redcliffe Employee Wellness Service (AKA Redcliffe Counselling) are launching RAW. The program, Resilience At Work (RAW), is about promoting the knowledge, resources and services that will support you, the business owner, to remain well and achieve the outcomes you want to see for your business.

The launch, at the fabulous Mon Komo Redcliffe, will have speakers from the RPCC, BeyondBlue, the Small Business Wellness Coaching Team, the Rural & Small Business Financial Counselling Service of Southern Queensland and me! It will be a great night of celebrating small business owners and how we can support each other to be balanced.

To secure your free ticket or find out more check out the RPCC on Monthly Business Meeting ([redcliffepeninsulachamber.org.au](http://redcliffepeninsulachamber.org.au))

If you want to chat about your experiences or the available resources & support, please reach out to me directly on 0487 844 603.



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## BRAD'S BUSINESS TIPS

# What do Business Cash Flow and Bathtubs have in common?

**Y**ou're probably wondering what bathtubs and cash flow have in common when it comes to your business, so let me explain.



WITH **BRAD FLYNN**

There is the bathtub that's holding the water, a tap and a drain.

We put the plug into the drain, turn on taps with the temperature water we want and let the level rise to the height we want.

Here is how the bathtub connects to your business cash flow.

In your business, the taps represent the sales/income for the business, the drain is the expenses and the level of water in the bathtub is your bank balance.

Imagine there's two horizontal lines around the inside of the bathtub.

We want to make sure we keep the level of the bath or cash between these two lines so we feel comfortable.

The challenge when you are a business owner, is to avoid that sinking feeling of all the water running out of the bath while you are still in it, such that you are left exposed.

Often business owners are too quick to pull the plug out and pay everybody else's bills apart from looking after themselves.

While they are doing that they forget about keeping their taps open through their marketing, advertising and sales.

Having a cash flow forecast for your business can help you know exactly when to open or close the taps and when you can pull the plug out or not.

Get my cash flow forecasting tool at [www.businessmentored.com/cashflowtool](http://www.businessmentored.com/cashflowtool)

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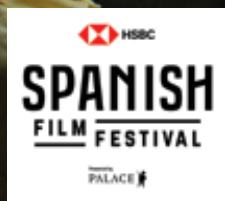


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## A SINGULAR CRIME MOVIE REVIEW

STORY @WATCHITWOMBAT

**don't know about you but I'm a sucker for a movie claiming to be 'Based on a true story' and 'A Singular Crime' (Un crimen Argentino) is just that. Set in Argentina during 1980, the story kicks off with the disappearance of a prominent businessman, but soon evolves into something even more sinister. What heightens this kidnapping even more is that it's set against the backdrop of an Argentinian dictatorship which makes tracking down the criminals and ultimately the hostage even harder.**

The investigation is led by two young clerks of an examining court who are running out of time to solve the case before the hostage turns up at the bottom of a river and before one of the clerks has to emigrate. As you can imagine for an 80's crime drama there's plenty of corrupt cops and politicians for our heroes to navigate their way around. Having to negotiate and bend the law to find the truth behind this mystery and uncover how high up the chain the lies go.

The pace is slow and steady, which is important

when dealing with a story that has so many intersecting parts. You'll definitely need to pay attention if Spanish isn't your native tongue as the dialogue can come thick and fast at times and names are thrown around like tomatoes at the La Tomatina festival.

The performances are good, with the cast fully committing to their roles and delivering the kind of passion and intensity you'd expect from a Spanish language film. There's even a love story added to the mix but I wouldn't call this a romantic movie. You can clearly see they've spent some time trying to make the costumes and settings look as authentic as possible. With classic cars, dodgy moustaches and constantly referencing the recent death of John Lennon to remind you of what year you're in.

If you're after an action-packed Fast and the Furious style shoot out with explosions and car chases, then this may not be for you. However, if you like your dramas more on the political side, with a South American flare then this is worth your time.

*You can catch A Singular Crime and other great Spanish language films at the Spanish Film Festival Brisbane from 14 June to 5 July.*



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# REDDYROUNDUP

BY JULIA LEWIS

## MOUSETRAP THEATRE – SIGN THE PETITION TO REHOME REDCLIFFE’S BELOVED THEATRE!

Mousetrap Theatre has a 70-year history on the Redcliffe peninsula, bringing affordable entertainment to the local area. Recently, the building has been assessed by Council and found to require extensive, and expensive, repairs and upgrades, to the extent that the building is no longer viable. Councillor Karl Winchester is working to find a new home, and he will need the support of other Councillors when it comes to a vote.

*Please help rehome a piece of local history! To sign the petition, visit [www.change.org](http://www.change.org) and search "Rehome Redcliffe's Mousetrap Theatre".*

## REGISTER YOUR PET, OR RISK BEING FINED

Council's Systematic Inspection Program of unregistered cats and dogs will continue next financial year, with Council today approving four more inspection programs through to June 2024. There will be four inspection programs, the next being the 1 July 2023 to 30 September 2023.

*To register your pet, visit <https://www.moretonbay.qld.gov.au> and search for "cat and dog registration".*

## REDCLIFFE UNITING PLAYGROUPS

Well-structured programs of free play, craft, story and singing, outdoor play, painting and more. Cost is \$6 for the first child, plus \$2 for every additional child. Morning tea is supplied for parents. Monday to Friday during school term (Except Public Holidays) from 9:30-11:30am. Please bring your own morning tea for your child.

*For more information visit: <https://www.redcliffeuniting.com.au/>*

## PARK TALES AT YOUTH PARK, SUTTONS BEACH

Join in all the fun of Libraries' much loved Storytime but in a park! The themed Storytimes have a mix of stories, rhymes, songs, felt stories, puppets and early learning resources for kids! Free event

*Monday, 05 June 2023 | 09:30 AM - 10:00 AM or 10:30 AM - 11:00 AM; Monday, 19 June 2023 | 09:30 AM - 10:00 AM or 10:30 AM - 11:00 AM. Youth Park, Suttons Beach, Marine Parade, Redcliffe. For more information call Redcliffe Library on 07 38835745 \*Due to the nature of this event being outdoors, the location and times are subject to change. Please check the website 24 hours prior to the event for any updates or cancellations.*

## FANCY A FREE WALK AND TALK TOUR AROUND REDCLIFFE JETTY?

Come along and join one of the local visitor centre volunteers, as they take a stroll pointing out places of interest, historic locations, and share lots of local knowledge. Meet at the jetty just outside the Visitor Information Centre and enjoy a free walking tour of the site of Queensland's First European settlement. No booking needed. Duration: 1 hour.

*Monday to Friday at 9.30am - 160 Redcliffe Parade, Redcliffe QLD 4020*

## OPEN MIC NIGHT AT ERA BAR!

Welcoming soloists, trios, bands and duos, Era Bar welcomes you to join their fortnightly open mic night. While bookings aren't essential, they are suggested to avoid disappointment.

*If you are interested in playing, please get in touch with Oli via email: [info@era.bar](mailto:info@era.bar). For bookings: [www.era.bar/bookings](http://www.era.bar/bookings) 14th and 28th June - free to attend.*

## SUNRISE DANCE PARTY – BY THE ACTIVE SISTERS

Get ready to dance all morning long while enjoying the beautiful sunrise views. Bring your friends and family to join in on the fun. This event is perfect for anyone looking to have a great time and dance the morning away.

*Saturday 3 June, 6AM - 256 Hornibrook Esplanade, Woody Point, QLD 4019. Plenty of parking available (off street) in the Yacht Club Car Park - Enter into Crockatt Park Roundabout Carpark entrance! Free event however to reserve your ticket, visit: <https://www.eventbrite.com/e/sunrise-dance-party-tickets-628922773947>*

## Would you like to contribute to Reddy Roundup?

*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 at the school gate? Email Julia to be included in the next Peninsula Snapshots: [editor@redcliffeguide.com.au](mailto:editor@redcliffeguide.com.au)*

# Seafood Town Cafe

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

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

**Trading Hours - Open 7 days 11am - 7pm**

14 Oxley Ave Woody Point

**Phone 31422057**



*Gary and Vanessa*



# SEAN GORDON

STORY RICHARD LANCASTER

**O** riginally from the Snowy Mountains in NSW, Sean Gordon moved to various country towns as a school principal before arriving in Brisbane in 2003. Married to Redcliffe local Jo-Anne, they share the parenting of four adult



children. He is a keen cyclist and member of the Redcliffe Bay Bikers.

In 1997 Sean was the on-site leader of the SES team at the Thredbo landslide hearing the voice of Stuart Diver when he was discovered

below the rubble and playing a part in the subsequent rescue. Prior to that he was on the Gundagai Rescue Squad where road rescue was the major task.

In 1999, Sean founded SchoolAid a national charity "empowering young philanthropists" that uses "giving" as a tool to combat the rising incidence of youth suicide, depression and anxiety. By November 2021 SchoolAid had involved some 60% of Australian schools and raised over \$6 million for causes here and around the world.

In 2019, Sean was awarded the Order of Australia Medal for service to education and the community through various organisations.

By 2021 Sean's volunteer work included 22 years as Founder of SchoolAid, 14 years as a Director of the Its Time Foundation, 20 years on five separate Parish Pastoral Councils (Vice- Chair at Holy Cross Redcliffe), two years on NSW CFA and 10 years on NSW SES.

Professionally, Sean Gordon is an executive coach, keynote speaker and entrepreneur. He is the Co-Founder & CEO of Tukkr where provision of healthy meals to schools and OSHC centres is aimed at improving youth wellbeing. He is also the honorary CEO at SchoolAid.

# The Young Archies

**L** earning about portraiture is an important part of the programme for both adults and children at Art So Lively. To capture a likeness of a person, as well as a sense of the sitter's personality, is quite an achievement. The children (and adults) have just finished a unit of drawing, studying the structure of

the features and proportions of the human face. The results were exciting to say the least.



WITH GABRIELLE TURNBULL

This is part of the preparation for another portrait later this year. The young students are preparing for the 'Young Archies', a very prestigious art award for children. Art So Lively



will have a special workshop for interested children where advice, materials, and a dedicated art space will be provided so students can create their masterpiece.

The Young Archies Art Competition now in its 11th year has eclipsed its older portrait prize forebear, the Archibald Portrait Prize by attracting more than 3400 entries this year. This art prize invites young artists aged between 5 and 18 years to submit a portrait of someone who is special to them and who plays an important role in their lives. To enter is free and is open to all young Australians.

Entries are judged on creativity, imagination, uniqueness and artistic merit. The winners and finalists are displayed at the Art Gallery of New South Wales, alongside the Archibald, Wynne and Sulman Art prize exhibitions. The Young Archies exhibition is also displayed on the art gallery's website as part of the 'prizes archive'.

*If you know a young person who might be interested and like to get involved, visit the website [www.artgallery.nsw.gov.au](http://www.artgallery.nsw.gov.au) Also, if you want to find out more about the portraiture workshop specifically designed to create for The Young Archies, text or call Gabrielle on 0477 002 545 or email [gabriellekeim50s@gmail.com](mailto:gabriellekeim50s@gmail.com)*

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STORE**

Lots and lots of lovely handmade items in store!!

Unit 12, 9-11 Redcliffe Gardens Drive, Clontarf

Open Tuesday to Saturday 10am - 3pm

0407 760 601

## Asbestos & Silica Related Diseases

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You may be able to claim a TPD (Total and Permanent Disablement) payment

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turnerfreeman.com.au  
**NORTH LAKES**

**Turner  
Freeman**  
LAWYERS



# A SLICE OF REDCLIFFE'S CULTURE IN SAFE HANDS

STORY JODIE MORPHETT

**R**ichard Lancaster has spent the last 23 years of his life putting his heart and soul into his work as a writer, almost a decade of that, writing for the Redcliffe Guide. With each story he crafted, he has provided his readers with captivating narratives and insightful observations. For him, it has been an incredible journey.

"In 2000 I was approached by Scott Thompson, the then editor of the Redcliffe and Bayside Herald to write an Arts column. Being heavily invested in the Arts community on the Peninsula, I began writing as the 'Culture Vulture' and my writings grew from there," Richard said.

Whether writing for the Redcliffe Guide as the Peninsula Pimpernel or for other publications, many of Richard's stories, numbering over 2000, focus on Redcliffe and the Moreton Bay region.

When it was time to find a new home for them, he approached the Redcliffe Art Society to hold his stories in perpetuity for the future, where they could continue to inspire and give

Richard Lancaster with Deb Darke from RAS

insight into the Peninsula's past.

Richard is no stranger to the Redcliffe Art Society. In fact, he has been an honorary member since 2009, and they were the perfect recipient for his treasure trove of stories. Deb Darke, President of the Redcliffe Art Society was thrilled when Richard approached her.

"The Redcliffe Art Society was founded to foster local art and culture. Richard's stories and columns portray the culture of the region over the last 23 years and the photos and images connect us with its rich history," Deb said. "It's all about the connection to Redcliffe history, art and culture all coming together."

Now that the Redcliffe Art Society is in possession of the writings, they begin the task of absorbing the prolific number of stories and then preserving them.

Richard's decision to entrust his life's work with the Redcliffe Art Society, and their dedication to preserving them, will ensure that his words will weave their spell on future generations.



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[caminocounselling.com.au](http://caminocounselling.com.au)  
[janet@caminocounselling.com.au](mailto:janet@caminocounselling.com.au)



## Lions Sunday Markets

**Redcliffe Showgrounds**  
**6.00am to 11.00am**

*Free on-site parking*  
Entry fee of 20c for adults goes  
to local charities each week.

**Come for an early breakfast and browse  
our stalls and fossick for bargains**

**Enquiries 0418 191 578**  
or email

**[ChairmanR4S@lions.org.au](mailto:ChairmanR4S@lions.org.au)**

## I have pre-planned my funeral, to help take some of the burden off the kids

We all deserve a meaningful farewell and what better way to guarantee it, than by pre-arranging it yourself. You get to choose exactly what you want and in doing so, you're lifting the burden off your family so they can focus on honouring your life.



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

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# A WORD FROM OUR REPRESENTATIVES

**In another display of the Palaszczuk Government's commitment to education, I'm happy to report projects at Clontarf Beach State School and Scarborough State School have recently been completed..**



**WITH YVETTE  
D'ATH MP**

Clontarf Beach State School is now the beneficiary of a new lift to Block D, a staff car park, and a dental pad for the State Government mobile dental clinic. I am also pleased that Scarborough State School's refurbished amenities are now complete with new floor coverings, cabinetry, and an internal re-paint.

In addition, I am delighted to congratulate 5 of our local schools Clontarf Beach State High School, Humpybong State School, Redcliffe State High School, Scarborough State School, and Woody Point Special School on receiving a round one Go for Gold sports equipment grant! This grant will deliver an array of sports, sensory and athletic equipment for our schools.

Round 2 of the Go for Gold grant applications have recently opened and will focus on providing sports infrastructure funding. I strongly encourage our local schools to apply and take the opportunity to enhance and build new sports infrastructure in Redcliffe.

Finally, don't forget, from 30 June to 2 July we have the Annual Redcliffe Show, which is one of the highlights of the Redcliffe calendar. I hope to see you there!

**2023 has to be the year of the Dolphin and we're celebrating with an exhibition at the Redcliffe Museum from 23 June to 8 October covering the club's long and rich history from humble beginnings in 1947 to becoming the 17th National Rugby League (NRL) team.**



**WITH CR KARL  
WINCHESTER**

The club has fostered the talents of footy legends such as Trevor Harken, Arthur Beeton and Petero Civoniceva. It is where local junior players get their first taste of footy action. From Shellgrit to Dolphins takes you inside the world of the Dolphins. From the players

to coaches, to club staff and supporters who have red and white running through their veins.

Our trusty playground at Pelican Park has done its time and is due for an overhaul. Work will commence imminently on a new playground featuring;

- Pirate Ship
- Toddler and kids swing as well as basket swing combination
- Large seesaw
- Carousel element and Spinner element
- Toddler sand play station

Also included are garden bed areas with future shade trees and smaller plants, two totem poles with marine-themed animals and hard wear rubber softfall at all playground exit points and high wear surface areas to minimise ongoing maintenance.

**The Federal Budget is an opportunity for the Government of the day to demonstrate their priorities to the Australian people and outline an action plan to address some of the most pressing concerns for our country.**



**WITH LUKE  
HOWARTH MP**

Australians listened intently to the Treasurer's 2023-24 Budget, in the hope that the promised cost-of-living relief would be delivered.

Our responsibility as the Opposition is to communicate and consider these budget measures back to the local people we represent and offer alternate policies that will help our constituents and all Australians get ahead. Some of the announcements presented by the Leader of the

Opposition, the Hon. Peter Dutton in his Budget-in-Reply speech were;

The restoration of Medicare-subsidised psychology sessions from 10 to 20.

\$4 million in funding for Ovarian Cancer Australia and a review of women's health items available through Medicare and PBS.

Banning of gambling ads during live sporting events

Incentivising unemployed Australians to take up work by increasing how much they can earn before their JobSeeker payments are reduced.

And much more...

If you have any feedback on the Federal budget please contact me on 07 3284 8008 or email me at [luke.howarth.mp@aph.gov.au](mailto:luke.howarth.mp@aph.gov.au).



# Great Rock Variety

Your local community station more info: [997fm.com.au](http://997fm.com.au)

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reasons

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

**It appears that the Moreton Bay Regional Council's assurances of saving the Mousetrap Theatre by refurbishing the iconic old building, which was recently condemned by Council engineers, will not be happening. Now it appears that plans are afoot to demolish the old building.**

The latest Council alternative proposal is that a new theatre will be built adjacent to the Redcliffe Entertainment Centre, which will house both the activities of the Mousetrap Theatre and the ROAR group, who are currently housed and lease a large tin shed at 102 Anzac Ave Redcliffe, adjacent to the Redcliffe Hospital. It is understood that both the parties, when they were approached, were willing to share the new theatre premises, should it eventuate!



WITH **RICHARD LANCASTER**

Sadly the same positive message cannot be said for Pender, the Peninsula Developmental Riding Centre. Established in 2008, the Centre has provided much needed equestrian activities for children with disabilities. The Centre has had the support of the Redcliffe Show Society, who have allowed it to use stabling facilities at the Showgrounds to house the horses, feed and tack and to use part of the grounds for riding purposes.

But this stabling facility has now been decommissioned by the Moreton Bay Regional Council, on safety issue grounds. Unfortunately, the Council have not offered the volunteer run Centre alternative accommodation in which to house the horses or to conduct their activities. However they have said they will give consideration to other alternatives. Sadly, the Centre is running out of time and will have to close unless an alternative stabling and riding facility can be found.

Centre President and Coach Jane Sayer said, "We now have nowhere to store the feed or to stable the horses properly. I understand that Bunnings will consider generously offering to donate a shed for this purpose, but that needs Council approval, so we are hopeful that Council will agree."

# Quota's Trivia and FUNdraising night!

**G**et a group of family and friends together for a fabulous, fun night of trivia and help our homeless youth at the same time!

Hosted by Quota Redcliffe Inc, the theme for the night takes you back to "1973" and for only \$25 per person, you will be guaranteed a night of frivolity and flare and prizes for the best decorated table.

Quota is an organization of professional women who have been incorporated as a club on the Redcliffe Peninsula since 1957.

Their charter is to raise money for local charities, particularly for those helping women and children.

Their current fundraising campaign is for Chameleon House which is an organisation housing our homeless youth.

In Queensland alone, there are 9000 homeless youth each night and Chameleon House aims to help young people on the Peninsula to get back onto their feet.

If you would like to help raise much need funds for new bedding for Chamelion House and have a great time in the process you can contact Quota on [qiredcliffe@gmail.com](mailto:qiredcliffe@gmail.com) or [rsvpqiredcliffe@gmail.com](mailto:rsvpqiredcliffe@gmail.com) for more information or to make a booking.

**Quota Redcliffe Trivia Night  
Saturday 10 June 6.30pm  
Senior Citizens Centre, Redcliffe**

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**DINING  
GUIDE**



**GOLDEN BITE  
RESTAURANT**

**FLAVOURS  
FROM AROUND  
THE WORLD**

STORY **NADIA CHAPMAN** PHOTOS **PETE JOHNSON**

**T**he future is golden for a new little bistro located within the Bramble Bay Bowls Club in Woody Point.

Golden Bite Restaurant officially opened in February of 2022, as the Bramble Bay Bowls Club welcomed the Asian and Australian fusion restaurant with open arms.

Owned and run by head chef Sammy Lui, Golden Bite offers an expansive menu full of flavours from around the world.



"As a chef, I will not be limited to any part of cooking. Cooking is my hobby and my profession, I cook every meal with my love," Sammy said.

With a variety of food from Japan, Malaysia, Singapore, China, and Thailand—you can be sure to experience authentic Asian cuisine right by the bay.

Sammy is an accomplished chef with over 40 years of experience in the culinary arts. Before migrating to Australia, Sammy cooked in a five-star hotel in Hong Kong, where he truly understood the tastes of his guests.

And with 17 of those years in club food contracting, Sammy enjoys the process of learning the needs of the locals and catering to the taste buds of everyone who dines in his restaurant.

"[At Golden Bite], the locals can look forward to a meal that is complete in colour, fragrance, and made with heart."

A year into business and Golden Bite has hit success. The restaurant offers a wide variety of lunch and dinner specials alongside two different banquets that include a mix of entrees, main meals, and desserts.

Some of Golden Bite's most popular dishes include san choy bow, chicken curry, Mongolian lamb, BBQ pork with plum sauce, and Singapore-style noodles, to name a few.

"One of my favourite dishes is Singapore noodles. In addition to the rich side dishes, the taste is also unique because I use a special sauce that isn't the same every time," Sammy said.

Not only can you choose from a variety of Asian lunches, but you can choose from many Aussie lunch options, including crumbed lamb cutlets, chicken schnitzel burgers, and fish and chips.

You can become a member of the Bramble Bay Bowls Club and receive a discount on all lunch prices at the Golden Bite.

### **Golden Bite Restaurant**

**Corner Victoria Ave & Hornibrook Esplanade,**

**Woody Point**

**Tuesday-Sunday**

**Lunch: 11:30 am - 2:00 pm**

**Dinner: 5:30 pm - 8:30 pm**

*For bookings and takeaway inquiries, call: 0433 428 168*

# 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 \$6.25 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?



## THE COFFEE CLUB KIPPA-RING

Kippa-Ring Shopping  
Centre

**Café**

Ph 3283 4739

**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.







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



95 Prince Edward Parade,  
Scarborough

Modern Thai Food

Ph 07 3880 3477

## CHOR CHANG THAI

**Feature:** Chor Chang means elephant in Thai. We will bring modern Thai cuisine to Scarborough. This place is very amazing. Let us do the hard work cooking and friendly service. Chor Chang is the perfect place to celebrate your special occasion or birthday party. Takeaway and dine in also welcome with a Thai smile.

Sun - Wed 11am til 8.30pm  
Thurs - Sat 11am til 9pm



75 Redcliffe Parade,  
Redcliffe

Bar and Grill

www.era.bar

## ERA BAR & GRILL

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

Open Wed - Sun from 11am



184 Hornibrook Esplanade,  
Clontarf

Fish & Chips

Ph 3283 1618

## FISH'N AT BELLS BEACH

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



# Local DINING GUIDE



Cnr Hornibrook Espl &  
Victoria Ave, Woody Point

**Restaurant**

Ph 0433 428 168

## GOLDEN BITE RESTAURANT

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

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



69 Redcliffe Pde, Redcliffe

**Italian Restaurant**

Ph 3284 4512

## MAMMA'S ITALIAN RESTAURANT

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



Bird O'Passage  
Pde, Scarborough

**Steak and Seafood**

Ph 3203 5188

## MORETON BAY BOAT CLUB

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



Bird O'Passage Parade,  
Scarborough

**Fresh Seafood & Takeaway**

Ph 3203 4592

## MORGANS SEAFOOD

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





155 Redcliffe Pde, Redcliffe

**Modern Australian  
& Mediterranean**

Ph 3284 2986

## PREECE'S AT THE JETTY

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

Mon-Sun: 5.30am - 3pm



Bird O'Passage Parade,  
Scarborough

**Craft Brewery & Restaurant**

Ph 1800 727 104

## SCARBOROUGH HARBOUR BREWING CO.

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



89 Landsborough Avenue,  
Scarborough

**Eclectic Modern Café**

Ph 3880 4770

## SCARBOROUGH'S SEIGHTNINE

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



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.



# Local DINING GUIDE



## 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.

141 Sutton Street, Redcliffe  
**Japanese, Sushi**  
Ph 3283 8188



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

Shop 3/265 Oxley Avenue,  
Margate  
**Thai Restaurant**  
Ph 3284 5962



The Boat Shed

## THE BOAT SHED SCARBOROUGH

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

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

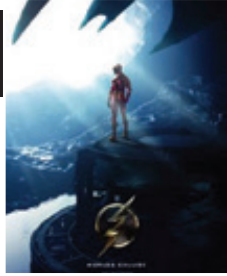
63 Landsborough Ave,  
Scarborough  
**Fish & Chips**  
Ph 3880 0555



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## THE FLASH

Worlds collide in "The Flash" when Barry uses his superpowers to travel back in time in order to change the events of the past. But when his attempt to save his family inadvertently alters the future, Barry

becomes trapped in a reality in which General Zod has returned, threatening annihilation, and there are no Superheroes to turn to. That is unless Barry can coax a very different Batman out of retirement and rescue an imprisoned Kryptonian... albeit not the one he's looking for. Ultimately, to save the world that he is in and return to the future that he knows, Barry's only hope is to race for his life. But will making the ultimate sacrifice be enough to reset the universe?

**Director:** Andy Muschietti

**Main Cast:** Ron Livingston, Kiersey Clemons, Ezra Miller, Ben Affleck, Michael Keaton, Maribel Verdú

**Genre:** Action, Adventure, Fantasy, Science Fiction

**Release Date:** 15 Jun 2023

**Rating:** CTC

**Language:** English



## INDIANA JONES AND THE DIAL OF DESTINY

Harrison Ford returns as the legendary hero archaeologist in the highly anticipated fifth installment of the iconic "Indiana Jones" franchise, which is directed by James Mangold ("Ford v Ferrari," "Logan"). Starring along with

Ford are Phoebe Waller-Bridge ("Fleabag"), Antonio Banderas ("Pain and Glory"), John Rhys-Davies ("Raiders of the Lost Ark"), Shaunette Renee Wilson ("Black Panther"), Thomas Kretschmann ("Das Boot"), Toby Jones ("Jurassic World: Fallen Kingdom"), Boyd Holbrook ("Logan"), Oliver Richters ("Black Widow"), Ethann Isidore ("Mortel") and Mads Mikkelsen ("Fantastic Beasts: The Secrets of Dumbledore").

**Director:** James Mangold

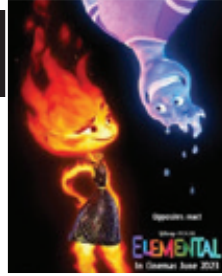
**Main Cast:** Harrison Ford, Boyd Holbrook, Antonio Banderas, John Rhys-Davies, Thomas Kretschmann, Toby Jones, Phoebe Waller-Bridge, Mads Mikkelsen, Shaunette Renee Wilson, Oliver Richters, Ethann Isidore

**Genre:** Action, Adventure

**Release Date:** 28 Jun 2023

**Rating:** CTC

**Language:** English



## ELEMENTAL

Disney and Pixar's Elemental is an all-new, original feature film set in Element City, where fire-, water-, land- and air-residents live together. The story introduces Ember, a tough, quick-witted and fiery young woman, whose friendship with a fun, sappy, go-with-the-flow guy named Wade challenges her beliefs about the world they live in.

**Director:** Peter Sohn

**Main Cast:** Wendi McLendon-Covey, Mamoudou Athie, Catherine O'Hara, Ronnie Del Carmen, Leah Lewis, Shila Ommilnnoent Ekakitie, Mason Wertheimer

**Genre:** Adventure, Animation, Comedy, Family, Fantasy

**Release Date:** 15 Jun 2023

**Rating:** CTC

**Language:** English

## June Releases



The Boogeyman	.....	June 1
Spider-Man: Across the Spider-Verse		
Sweet As		
Adipurush (Hindi, Eng sub)	.....	June 2
Adipurush (Malayalam, Eng sub)		
Adipurush (Tamil, Eng sub)		
Adipurush (Telugu, Eng sub)		
Jawan (Hindi, Eng sub)		
The Black Demon	.....	June 8
Strays		
The Tank		
The Unlikely Pilgrimage of Harold Fry		
Elemental	.....	June 15
The Flash		
The Last Daughter		
You Hurt My Feelings		
Warren Miller's Daymaker	.....	June 18
Asteroid City	.....	June 22
Cats in the Museum		
Driving Madeleine (French, Eng sub)		
No Hard Feelings		
Red, White & Brass		
Transformers: Rise of the Beasts		
Maidaan (Hindi, Eng sub)	.....	June 23
Satyaprem Ki Katha (Hindi, Eng sub)		
Indiana Jones and the Dial of Destiny	.....	June 28
Belle & Sebastians: The Next Generation	.....	June 29

# JUNE What's On.

## 02 FRIDAY

### 🎵 JUNIOR & THE EASY ACES

Bramble Bay Bowls Club 7pm

### 🎵 HARVEST

Moreton Bay Boat Club 7pm

## 03 SATURDAY

### 🎸 50 YEARS ON TRIBUTE TO NEIL DIAMOND

Redcliffe Entertainment Centre 2pm  
2pm & 7.30pm | Adults \$69.90

### 🎸 REDCLIFFE CITY CHOIR

Senior Citizens' Centre, 401  
Oxley Ave Redcliffe 2:30pm  
Redcliffe City Choir will present their first  
concert for 2023 on June 3 at Redcliffe Senior  
Citizens' Centre. The concert 'Folk and  
Friends' will feature easy listening folk songs  
and love songs from countries across the  
world, with wide appeal for the audience.

### 🎵 WHISKEY ON THE ROX

Bramble Bay Bowls Club 7pm

## 04 SUNDAY

### 🎵 HELD TO RANSOM-JAZZ ON DECK

Moreton Bay Boat Club 2:30pm

### 🎵 MATT MOORE

Bramble Bay Bowls Club 3pm

### 🎵 ACOUSTIC WITH STEVE MCCLUGHLIN

ERA BAR & GRILL 3pm

### ★ BROADWAY BY THE BEACH

Redcliffe Outdoor Amphitheatre 3pm



## 06 TUESDAY

### 🎸 ALIVE & KICKING

Redcliffe Entertainment Centre 11am  
Tickets \$28

## 07 WEDNESDAY

### 🎸 MUSICAL BINGO

Bramble Bay Bowls Club 7pm - 9pm

## 09 FRIDAY

### 🎵 ALICE STREET BAND

Moreton Bay Boat Club 7pm

### 🎵 COOL CODA

Bramble Bay Bowls Club 7pm

## 10 SATURDAY

### 🎵 CHERRY RED

Bramble Bay Bowls Club 7pm

### 🎸 CREEDENCE CLEARWATER COLLECTIVE

Redcliffe Entertainment Centre 7:30pm  
Adults \$69 | Conc \$59

## 11 SUNDAY

### 🎵 **ANDY PEACOCK**

Bramble Bay Bowls Club 1:30pm

### 🎵 **THE JONESES**

Moreton Bay Boat Club 2:30pm

## 13 TUESDAY

### 🎪 **MUSICALS OF ANDREW LLOYD WEBBER**

Redcliffe Entertainment Centre 11am  
Tickets \$28

## 14 WEDNESDAY

### 🎪 **MUSICAL BINGO**

Bramble Bay Bowls Club 7pm - 9pm

## 16 FRIDAY

### 🎵 **DOWN311**

Moreton Bay Boat Club 7pm

### 🎵 **HEADROOM**

Bramble Bay Bowls Club 7pm

### 🎪 **THE BEACH BOYS EXPERIENCE**

Redcliffe Entertainment Centre 7:30pm  
Adults \$75

## 17 SATURDAY

### 🎵 **CARAVAN BAND**

Bramble Bay Bowls Club 7pm

### 🎪 **RAISE YOUR GLASS - PINK VS GAGA**

Redcliffe Entertainment Centre 7:30pm  
Tickets \$48

## 18 SUNDAY

### 🎵 **SUNDAY JAM**

Bramble Bay Bowls Club 1:30pm

### 🎵 **GENERATION GAP TRIO**

Moreton Bay Boat Club 2:30pm

## 21 WEDNESDAY

### 🎪 **MUSICAL BINGO**

Bramble Bay Bowls Club 7pm - 9pm

## 23 FRIDAY

### 🎵 **DIFFERENT BREED**

Bramble Bay Bowls Club 7pm

## 24 SATURDAY

### 🎵 **VELVET KISS**

Bramble Bay Bowls Club 7pm

## 25 SUNDAY

### 🎵 **DILLION JAMES**

Bramble Bay Bowls Club 1:30pm

### 🎵 **RICHARD WATERSON**

Moreton Bay Boat Club 2:30pm

## 28 WEDNESDAY

### 🎪 **MUSICAL BINGO**

Bramble Bay Bowls Club 7pm - 9pm

## 30 FRIDAY

### 🎵 **UNDERCOVER BLONDE**

Bramble Bay Bowls Club 7pm

### 🎵 **JUST JAMMIN**

Moreton Bay Boat Club 7pm



Brother and sister team, Phil and Sam

## Brother and Sister team put a new spin on laundry

**A**s kids growing up at Yandina, sister and brother Sam and Phil had dreamed of owning a business together. As they grew up however, their lives went separate ways. Both got married, had kids and their jobs took them to different areas of Queensland. Phil ventured up to north Queensland to work in the mines, while Sam dedicated her life to raising twin girls.

Decades later, fate brought them back together to the Peninsula, where they decided to make their childhood dream a reality.

Their goal was to revolutionize the laundromat industry by providing customers with a sophisticated, comfortable and dare we say ...even enjoyable laundry experience! Sam and Phil wanted to change consumer

expectations about what a laundromat could be.

Most people on the Peninsula are familiar with the popular bakery along Maine Road at Clontarf. But what you may not know is that Sam and Phil have renovated the old empty shop next door into a modern and sophisticated laundromat. That's right - now you can enjoy a scrumptious pie while your laundry spins and tumbles next door!

Their 100% cashless laundromat accepts tap 'n' go payments from card or phone. It is nothing short of extraordinary.

The washing machines come equipped to automatically add detergent, sanitizer, and softener at no extra charge, making laundry day a breeze. The state-of-the-art washing and drying machines are fitted with touch screens, giving customers the option to choose from a variety of wash and dry cycles. There are washers and dryers dedicated to pet and animal garments, so that patrons don't have to mix personal laundry with pet beds and blankets. Not only that, but the laundromat is air-conditioned, offers free Wi-Fi, and boasts many other amenities.

So if you're tired of using old-fashioned laundromats, head on over to Sam and Phil's brand new establishment - QuickSuds. You'll be able to satisfy your sweet tooth at the bakery while enjoying a laundry experience like no other. For this month only Quicksuds is offering a 50% OFF special on washing and dry.

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Shadow Minister for Defence Industry | Shadow Minister for Defence Personnel

Authorised by L. Howarth, Liberal National Party of Queensland, 40 Hornbrook Esplanade, Clontarf QLD 4019.



## *My Country My Home* Aboriginal Art by Garry Pittman

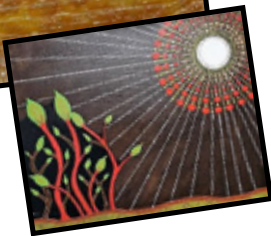
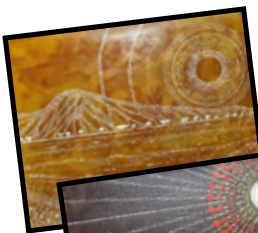
At the Redcliffe Art Society – Old Fire Station Gallery

14 June - 9 July 2023

Official Opening

17 June 2023

Commencing 11am



Redcliffe Art Society Inc. The Old Fire Station, 395 Oxley Ave Redcliffe Q 4020  
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# JUNE TIDE TIMES

TIME	M
<b>1</b>	0118 0.77 0657 2.03 TH 1327 0.47 1951 2.32
<b>2</b>	0212 0.69 0743 2.00 FR 1408 0.41 2034 2.45
<b>3</b>	0303 0.63 0829 1.97 SA 1447 0.37 2117 2.55
<b>4</b>	0354 0.58 0915 1.92 SU 1528 0.36 ☉ 2202 2.62
<b>5</b>	0444 0.56 1004 1.87 MO 1609 0.37 2248 2.64
<b>6</b>	0536 0.56 1056 1.83 TU 1652 0.40 2336 2.63

TIME	M
<b>7</b>	0630 0.57 1151 1.78 WE 1740 0.46
<b>8</b>	0026 2.58 0726 0.59 TH 1249 1.76 1833 0.55
<b>9</b>	0118 2.51 0822 0.59 FR 1353 1.76 1934 0.64
<b>10</b>	0215 2.41 0917 0.58 SA 1500 1.81 2045 0.72
<b>11</b>	0314 2.31 1011 0.55 SU 1610 1.91 ☉ 2159 0.77
<b>12</b>	0415 2.21 1103 0.51 MO 1715 2.04 2314 0.78

TIME	M
<b>13</b>	0515 2.12 1154 0.47 TU 1815 2.19
<b>14</b>	0026 0.76 0610 2.02 WE 1241 0.44 1907 2.33
<b>15</b>	0130 0.73 0703 1.93 TH 1325 0.42 1955 2.43
<b>16</b>	0226 0.69 0752 1.85 FR 1405 0.41 2038 2.49
<b>17</b>	0315 0.67 0839 1.80 SA 1444 0.69 2119 2.51
<b>18</b>	0401 0.66 0922 1.75 SU 1519 0.44 ☉ 2158 2.51

TIME	M
<b>19</b>	0443 0.67 1002 1.72 MO 1553 0.47 2234 2.47
<b>20</b>	0520 0.69 1040 1.70 TU 1628 0.52 2310 2.42
<b>21</b>	0555 0.72 1116 1.69 WE 1702 0.57 2345 2.36
<b>22</b>	0629 0.74 1154 1.68 TH 1740 0.63
<b>23</b>	0020 2.30 0704 0.76 FR 1236 1.67 1821 0.71
<b>24</b>	0059 2.23 0744 0.76 SA 1324 1.67 1909 0.80

TIME	M
<b>25</b>	0140 2.15 0828 0.75 SU 1420 1.68 2004 0.89
<b>26</b>	0227 2.07 0916 0.72 MO 1525 1.74 ☉ 2111 0.95
<b>27</b>	0320 1.99 1008 0.67 TU 1633 1.84 2226 0.96
<b>28</b>	0419 1.92 1100 0.61 WE 1735 2.00 2341 0.91
<b>29</b>	0519 1.88 1152 0.54 TH 1831 2.17
<b>30</b>	0049 0.82 0617 1.85 FR 1244 0.47 1923 2.34

## THE CLASSIC IS BACK!

STORY **RICHARD LANCASTER**

**T**he global pandemic put pay to many local events, not the least of which was the Moreton Island Fishing Classic. After a four year absence this major event on the State's fishing calendar is back. It starts on Wednesday September 6 and finishes on Saturday September 9 and will be held near the Bulwer Fire Station on Moreton Island.

The competition's prize pool is a massive \$70,000 which is sure to attract the cream of the State's fishing fraternity as well as many from the Peninsula and surrounds. This year's sponsors include Moreton Island Adventures, ARB, Anaconda, Ray White Pelican Waters, Sea Legs, Sam Allen and Oztix.

All proceeds from the competition will benefit the Moreton Island Rural Fire Brigade which is in urgent need of new firefighting equipment. The format for this year's competition is similar to that when the

event was first established in 2012. Among the prizes to be given are heaviest species caught, mystery weigh-in species as well as a number of daily random prizes as well.

The junior anglers have not been forgotten with a vibrant junior competition planned as well. As one of the competition's aims is educational, a ladies and juniors casting competition will be held during the event.

*Entry tickets are already on sale and can be obtained from Oztix. Their costs are Adult \$93.50cts and Junior [4-14] \$37.*



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## The effect of hearing aid use on cognition in older adults

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A significant hearing loss can have a negative impact on your social activities and learning.

A recent study at the University of Melbourne, Australia assessed cognitive function by measuring executive function. The results revealed

1. 14% reduction in executive function for every additional 10 years of age
2. 7.4% reduction in executive function for every additional 10dB hearing loss
3. 19% improvement for additional postgraduate education.

**The study also found older adults with hearing loss treated successfully with hearing aids can stabilise or even improve cognitive function.**

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



**Almost "new woman"...**

I'm very happy with my new hearing aids. My sister, Julie, recommended Ronnie Lam at Sandgate Hearing, as she was very happy with him. I can hear much better now. Already I've found the functions of the new aids' technology work so well when I'm out especially with hearing in noises, etc. I'm almost a "new woman" and feel a lot more confident overall.

**Suzie Russell, Lawnton**



**I'm very pleased...**

As I live in Sandgate, Sandgate Hearing is very easy to drive to. It's a very friendly, comfortable place with lovely people. My new hearing aids are A1. They're very comfortable, I hardly know they're there. I can hear so much better. For example, as I've never heard the indicators in my car before, the first time I did, I had to stop the car and see what was wrong. I notice the birds can be quite loud, too. Overall, I'm very pleased I went to Sandgate Hearing.

**Jill Neville, Sandgate**



**Such Knowledge, Skills & Attention to Detail...**

Sandgate Hearing has blown me away. I never imagined anyone or an audiologist to have such knowledge, skill and attention to detail the way Ronnie has. The front desk staff are also very warm and friendly. I feel I can trust them. I'd recommend Sandgate Hearing to anyone with hearing issues.

**Selina with daughter, Heather, South Caboolture**

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