### March 2019 |Newsletter



## INDEPENDENT

## [Volume 7, Issue 03]



#### Our Aim

To support our community, to provide a free newsletter to motorcycle enthusiasts that includes current rides and events as well as ride and pub reviews as well as photos of recent rides/events. Poker run and other event flyers can be published in this newsletter, irrespective of group, provided it has a charitable focus. E-mailing details to info@eatmyshorts.com.au

The advertising of your <u>business</u> or "for sale" items in this newsletter or on our website will attract a small charge to be donated to one of the many charities we support. For the website and newsletter to be successful, we welcome news stories, reviews and other contributions from groups and individuals.

#### About us

Independent Riders is not a club. We are a group of individuals who believe in the enjoyment and freedom obtained through motorcycle riding without the restrictions and politics associated with membership and imposed by "committees" of clubs/associations. Independent Riders have a charitable focus but as true 'Independents' we have no President, Secretary, Founding members or other similar position and the opinion of each person is considered equal. We do however have moderators on the website and Facebook page and one person chosen to be our Public Relations Officer. The role of this person is to promote our worthwhile and charitable causes and social events.

The wearing of Independent Rider merchandise (cloth patch, sticker, banner etc) does not equate to membership but rather a statement to indicate the person/persons belief in the concept of "The Independent Rider". Those who believe in the "Independent" concept are welcome to purchase and wear any of our patches or merchandise with our logo including our banners. Minimal amounts from sales are needed to help purchase new stock and cover basic administrative expenses, most money raised from merchandise sales go to various charitable organisations including: Fraser Coast Family Network and Fraser Coast Wildlife Sanctuary.

Where possible, we provide experience and support with fundraising events for other groups/clubs by assisting with co-ordination, promotion or organising/designing promotional material including banners, patches etc. We believe a united co-op of bikers not only has greater buying power but also the ability to provide positive direction within our community. **E-mail us for details** info@eatmyshorts.com.au or miket60@bigpond.net.au

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#### Postal Address

Independent Riders Pty Ltd PO Box 261 Howard QLD 4659



## Where are Independent Riders?

Independent Riders have supporters as far south as the Gold Coast and to the north Cairns with the odd supporter in most Australian states and territories. While spread around our main contact points are Brisbane (Moreton Bay), Fraser and Capricorn Coast with a new addition Darling Downs, (Branches and contact details provided in this newsletter.

If you have a ride/event let us know and it will go either in the next addition of this newsletter and/or our website. If you know of good pubs, camping, have some great photos/stories or just want to go on our mailing list e-mail Independent Riders at info@eatmyshorts.com.au Visit our website www.eatmyshorts.com.au for more information on what we get up to as well as over a decade of pictures.

Meet us for a drink and a laugh at The Tinana Hotel (The Tinnie), Ferry Street, Maryborough Friday nights from 5.30pm onwards. Hope to see you there

Until	next time, stay safe Independent Riders	Program helping teens receives \$20k
		And the second s
We can be found each Friday afternoon /	Summar / Autumn 2010	An or set of the set o
evening from around 5.30 PM at The Tinana	Summer/Autumn 2019	- World Part And

evening from around 5.30 PM at The Tir Hotel, The Tinnie, just over The Lamington Bridge in Tinana. We are usually located near the bar or on warm days out front in the garden bar. During winter, we softies will be in side to stay warm ©

We usually have a few drinks, have a feed or head off somewhere else for dinner. We also discuss any future rides. If you feel like a chat, come down and see us.

#### Other upcoming Rides for 2019

- 4-6<sup>th</sup> May 3 Day Pub Run
- 19th May Annual Show and Shine
- 1st Dec Fraser Coast Toy Run 2019

Rides can sometimes be very "last-minute" and sometimes get finalised over a beer on a Friday night so please ask to join our Facebook page: Independent Riders Fraser Coast.





Social nights at The Tinana Hotel (Tinnie) Maryborough each Friday evening from 5.30PM

#### April 2019:

- 6 Apr Maryborough Easter Street Party (See website for details)
- 14 Apr Suicide prevention Show and Shine (See website for details)
- 19-22 Street Rods nationals (Flyer with this newsletter)
- 22-26 Apr Support Outback Towns (Moreton Bay) (Flyer with this newsletter)
- 25 Apr Diggers MC Dawn Service Ride. (See website for details)

#### May 2019:

- 4-6 May Independent Riders 3 Day Pub Run (Flyer with this newsletter)
  - 9 May Australia 2020 Indian event. (Flyer with this newsletter)
  - 19 May Independent Riders Annual Show and Shine (Flyer with this newsletter)

#### Do you have ideas for rides? Email us E-mail: info@eatmyshorts.com.au

Interested in mid week rides? E-mail: info@eatmyshorts.com.au New rides are added in weekly so keep checking our website: www.eatmyshorts.com. Or visit us on Facebook. Some day rides will have short notice but where possible these will be advertised.

#### **New Merchandise**

1. Stainless Steel Independent Necklaces \$20.00 IN STOCK NOW!



2. NEW LOOK Independent Riders Stubby Coolers Only \$10.00



## Patches – Independent Riders This cloth patch and others now available. Cost \$9.00 BANNERS NOW UNAVAILABLE!



BELOW: CLOTH FLAG (Sample) 1.5 x 1 METRE APPROX



.Variety of full colour banners excellent for garage or entertainment area

- 1. Full Colour 2.5 x 1 metre ( 8 foot x 3 foot) vinyl banner (Other sizes)
- 2. 20 ounce all weather vinyl
- 3. Flags, light material 1.5 x 1 metre (5 x 3 foot), approx
- 4. Variety of images, or available design or have us design yours.

#### BANNERS FROM \$80.00 FLAGS FROM \$30.00

#### **Our achievements to date**

On the 27<sup>th</sup> of December 2013, Independent Riders Australia presented its first check of, \$1500 to Spina Bifida Hydrocephalus Qld. On Saturday 20<sup>th</sup> December 2014 we signed our last cheque for 2014, bringing our total donation of cash, services and goods for the 12 month period to: **\$22,324.85**. December 2017 saw this amount exceed \$90,000 and by March 2019 this amount exceed \$125,000.



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#### INDEPENDENT RIDERS INDEPENDENT RIDERS DARLING DOWNS

For those interested in attending Darling Downs events their two contacts are: Jol and Shanelle Clark: 0408 744219 and 0417195176.

They can also be e-mailed on:

darlingdowns@eatmyshorts.com.au and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Darling Downs.

#### CAPRICORN COAST

For those interested in attending Capricorn Coast events contact is: Debbie Foster: 0421 114630.

Debbie can also be e-mailed on: <u>capricorncoast@eatmyshorts.com.au</u> and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Capricorn Coast"

#### **INDEPENDENT RIDERS MORETON BAY**

For those interested in attending Moreton Bay events their two contacts are: Jan Cunningham: 0408 744219 and Kevin Cunningham: 0408 744219.

Jan and Kevin (Batman), can also be e-mailed on: windinmyhair@eatmyshorts.com.au and have their own ride calendar on the Independent website, tas well as their own Facebook Page, search "Indpendent Riders Moreton Bay"

#### **Directions to Tinnie Hotel Maryborough**



Help us help others. Need more info? E-mail: info@eatmyshorts.com.au

#### eatmyshorts.com.au

PO Box 261 Howard QLD 4659 PH: 0409 575284 E:-mail: info@eatmyshorts.com.au

#### No Bullshit, No Politics

Find us on the Web: www.eatmyshorts.com.au







Fraser Coast Toy Run 2018 Old Stock on sale, Singlets from \$10 each Limited sizes first in best dressed

FRIDAY NIGHT SOCIAL EVENINGS AT THE TINANA HOTEL Social nights at The Tinnie for April 2019 listed below:

> Friday 29<sup>th</sup> of March Friday 5<sup>th</sup> of April Friday 12<sup>th</sup> of April Friday 19<sup>th</sup> of April Friday 26<sup>th</sup> of April Friday 3<sup>rd</sup> of May

#### **Independent Riders 3 Day Pub Run**

**WHEN:** Saturday 4<sup>th</sup> of May to Monday 6<sup>th</sup> of May 2019 **TIME:** 9.00AM meet at the Puma Servo South Maryborough, (on the highway), departing 9.30am

**DETAILS:** Route will be finalised by the end of March however looks at being a southerly route past Toowoomba somewhere, then head north on the Sunday coming out somewhere near Emerald or Rockhampton.

**Cost:** \$15.00, this includes an embroidered patch. Pub stops, prices etc will be publicized hopefully be the end of March.

### **Independent Riders Show and Shine 2019**

- WHEN: Saturday 19<sup>th</sup> of May 2019
- TIME: Registration from 7.30AM winners presentation 12.30PM
- WHERE: Fraser Coast Wildlife Sanctuary 31 Mungar Rd Maryborough. This is on the Maryborough West side heading toward Biggenden..
- **COST:** Cars and bike participating \$5.00, public entry is a gold coin donation with all proceeds going to The Fraser Coast Wildlife Sanctuary.

**DETAILS:** 6 car and 6 motorcycle categories, for the bikes: Best American, European, Japanese, Trike, Vintage and Best bike of show. For cars: Best Ford, Hold, American, Hot Rod, Custom Classics and Best Car of Show.

All awards are 'Peoples Choice'

NEED MORE INFO? PH MICHAEL: 0409 575284 or JULIE: 0400 690981

## Black Dog 1 Day Run (Wide Bay – Burnett) Results

Thank you for those that attended this year's Wide Bay Burnett Black Dog 1 Dayer. With rain threatening numbers were down from previous years however a total of \$2380 was raised for Black Dog Ride, with around 150 people attending the event.

This is such an important cause for all of us with suicide and depression impacting on many of us personally. Thank you again. Independent Riders was proud to be part of the 2019 Black Dog 1 Dayer.

#### **Independent Riders Poker Run 2019 Results**

This is what your poker run dollars went on in 2019. Thank you to the 20+ volunteers who came down to help out. 108 Care Packages, excellent effort



#### Other projects for 2019

We have a number of exciting projects to consider moving into 2019:

- Support Isis District High School in Technology Challenge
- Support Independent Riders Workshops
- Our Communities Australia More information shortly
- And of course, some EXCELLENT rides!!!
- Care Packages for Aussie Troops. Next batch sch for April 2019
- Need more details? E-mail: info@eatmyshorts.com.au

4



Red writing (location) initially Fraser Coast or Australia. Option for Capricorn Coast or Brisbane Waiting on final pricing for fitted and long sleeve options Positioning of logo may alter slightly.

Shirts now available from \$25 short sleeve, \$35.00 Long Sleeve. Singlet's also available



Embroidered Dress Shirts AND Hoodies available - By order only Enquiries 0417 215978



**New Patches** Some of our embroidered patches. From \$6.00 to \$7.00 per piece See Julie 0417 215978



If you are interested in coming along to any of our advertised events or need more info, please contact Julie or Michael at info@eatmyshorts.com.au or mobile 0417 215978 or Mark 0450 940169

ALL PATCHES AVAILABLE IN: AUSTRALIA, MORETON BAY, BRISBANE, FRASER AND CAPRICORN COAST Brought to you by eatmyshorts.com.au

## EACH FRIDAY 5.30PM - RAFFLES ABOUT 5.30PM - TINANA HOTEL TINANA OUR COMMUNITY

Independent Riders in partnership with other groups and community minded organisations are in the process of developing a website with linked Facebook page that promotes achievements within our community.

The website located at: <u>www.ourcommunityfrasercoast.com.au</u> is still under construction but will include the following:

- Achievements/successes of social groups and Not for Profit organisations including social motorcycle and car groups
- Promotion of organisations or businesses that demonstrate a commitment to our community
- Promotion of local small business
- 4 Recognition of individual achievements as well as the achievements of our youth
- Promotion of local events that support local causes

There has been a bit of delay with the site however large parts of LDAT workshops pages are running, with MACE and Fraser Coast Family Network to be available soon. Image below of the opening page of the site.



## Recognising the achievements - in our community.

My Community - Fraser Coast is website is currently under development. We envisage this site will be functional by early September 2018 and continue evolve from that point. At this stage we hope to have the following content: organisation/association/club details (for participating groups), this could include events, achievements/auccesses, current projects, details on sharing of resources or skills with other groups. Galleries displaying local events, presentations and other successes, event calendar, local business directory, local service directory, plus more



## **INDEPENDENT RIDERS WORKSHOPS**



Volunteers have been busy at the new Independent Riders Workshops with the official opening on the 7<sup>th</sup> March 2019. Being a big success. Dignitaries on the day include Fraser Coast Mayor George Seymour, State MP Bruce Saunders and Federal MP Llew O'Brien. A visit a week or so later by Deputy Prime Minister Michael McCormack, where it was announced that \$20,000 would be given to the workshops to assist in purchasing of more tools and computers.

Pictures on the left are from the opening day.

Shane Muller from The Bikers Brew is kindly supporting this venture. Bikers Brew is on the corner of Walker and Ferry St's Maryborough, (the old Shamrock). If you are in town pop in and say 'hi', check out the bikes, old and new, or enjoy a coffee, drink, snack or meal. By doing this we support local business who support us.



#### Contact Sean on 0408 193750 or Kath 0487 005141 for more details on the workshops

We have moved! Now located at 276 Kent Street Maryborough with workshops opening early 2019. Motorised scooters can be custom made and ordered, ask Sean how/costs. It is believed that with support. these workshops will provide opportunities of employment

for our youth.



New Workshops and store front – 276 Kent Street Maryborough 4650

Brought to you by eatmyshorts.com.au



**MACE Social Overnighter to Esk** 



Picture 1: Start of MACE overnighter Picture 2:. Noel and his Trike Picture 3: MACE arrived at Puma South

## MARCH PICTURES WITH INDEPENDENT RIDERS Poker Run 2019



Pic 1 Julie, Naydeen and Michael Pic 2 A few of the crew from Battlers and Loners Pic 3 Start of Poker Run 2019 Brought to you by eatmyshorts.com.au

Black Dog 1 Day Run 2019



Pic 1 and 2: At Biggenden (Lunch Stop)

Out and about with Moreton Bay



Out and about with Capricorn Coast





Out and about with Capricorn Coast #2





Out and about with Capricorn Coast #4



Penny and Rick



Out and about with Capricorn Coast #6





Breakfast at Byfields #1

 Out and about with Capricorn Coast #8
 Out and about about #8







Breakfast at Byfields #2



## HOW TO SUPPORT MACE

#### Message from MACE Wide Bay Committee

To all that are thinking of or have thought of becoming a MACE member ,Supporter or a helper.

 You must be eligible for a Positive Notice blue card . M.A.C.E. will assist with that



- 2. You must attend at least 3 meetings and help at awareness days or functions. At this stage a Full Member will become your sponsor. You will become an Associate member and you can stay an Associate or stay as a supporter as long as you like. These two categories cannot work directly with Children or represent M.A.C.E. without a full member being present
- To become a full member will take a minimum of (12) twelve months. This period is so as you can learn our policies, procedures and rules of engagement with children.

#### There are two ways.

(1) you own or have access to a motorbike capable of highway speeds
(2) a Full member takes you on as a pillion on his or her bike. If you think M.A.C.E SMC is something that you would like to do please contact us Via Facebook or Email .<u>mailto:barra@maceaustralia.com</u>



#### This Month's Humor and Quotes





Centre Management Station Square Maryborough, Kelly's Nails, The Butcher Shop Tinana, Maryborough Eykandi Artworks and Photography, Arthouse Northside, Wilko's Pro Shine



MUD MAPS ROOM DETAILS Will be available by the end of March 2019.

Route: To be confirmed by Friday 29th of March. Proposed route to take in a south east toewn befor heading north.

Need more information contact:

Michael 0409 575284 Julie: 0400 590981

ALL PROCEEDS GOING TO

# PUB RUR 2019 SATURDAY OTH TO MONDAY OTH MAY

NIGHT ONE: TBA

Independen

# THIS YEAR THE PUB RUN WILL BE A LITTLE DIFFERENT WITH PLANS TO VISIT A COUPLE OF SCHOOLS IN DROUGHT AFFECTED AREAS. WATCH THIS SPACE

#### ENDENT RIDERS Australia Ptv Ltd INDEPENDENT RIDERS **Brisbane Moreton Bay Branch** Ride to Support Queensland Country Towns distance of 2269 Kilometers. Monday to Friday includes Two Public Holidays start 22 nd April 2019 **Australia Pty Ltd** Brisbane to Brisbane **Brisbane Moreton Bay Branch** A.C.N. 606 088 251 Ride to Support Queensland Country Towns distance of 2269 Kilometers. Monday to Friday includes Two Public Holidays start 22 nd April 2010 Brisbane to Brisbane 2019 Event shirts only \$25.00 RIDE SUPPORTING QUEENSLAND OUTBACK TOWNS EMERALD First Annual Ride Starts:

## Monday April 22nd 2019

Total Kilometers 2269

22 April -Brisbane to Mundubbera
23 April - Mundubberra to Emerald
24 April - Emerald to Barcarldine
25 April Barcarldine to Mitchell
26 April - Mitchell to Brisbane

UNDLIBBERA

345 Klms (Public Holiday) 505klms 310Klms 506klms (Public Holiday) 567klms

## Ride Supporting Queensland Outback Country Towns.

This ride is to support and spend money in these country towns Monday 22nd is a Public Holiday and 25th is Anzac Day so we will support the Barcarldine Diggers Dawn Service.

Accomodation selections with approx prices will be emailed to interested riders so bookings can occur.

Each day the rides will be at the Qld speed limit with plenty of stops for comfort, ciggies, petrol, food also to view interesting sights.

Remembering Kevin and I have ridden these roads many times so if you want to tag along there are no fees, restrictions or pressure to stay for the whole ride, leave or join anytime. JUST REMEMBER WE ARE SUPPORTING OUTBACK TOWNS total of approx 2269 klm

22nd April 2019

## Registration Form.

Name:
Address:
Mob Phone
T Shirt Size. S M L XL 2XL 3XL
Accomodation Required Single Double
Email

We will make the booking for you but if payment required you will be notified. Accomodation options on Facebook Page list can be emailed to you

#### Registration \$20 p/p

\$10 of which will be deposit towards T Shirt.



Brought to y

WWW.EATMYSHORTS.COM.AU A.C.H 606 088 251

# Carriers Arms Hotel 405 Alice Street, Maryborough 4650 \* SATURDAY 8TH JUNE 2019 \* **Registration Times:** 10:30am to 12:30pm Entry Fee: \$10 per person (Registration and Entry) \$5 per person (Spectating Only) Show Starts: 1pm For more information PH: 0434204407 All proceeds go to MACE. Motorcyclists Advocating Child Empowerment and SOBS. Survivours of Berevement by Suicide

3rd Annual Wide Bay





RIDE - RALLY - RECORD

Fish out A water productions/The Aussie & The Indian Presents

SAT 9 MAY 2020 **ALL ROADS LEAD TO SILVERTON** NSW **'ICONIC AUSSIE TOWN'** 

info and newsletters -sign up theaussie-theindian.com

> **Registrations open** 9 May 2019

For the first time in Australia, a gathering of all Indian motorbike enthusiasts and a record attempt!



Be a part of history



SEE YOUIN SILVO' SHAMERTON HOLD





## FOR SALE #1

For sale.. **2004 Honda VTR1000.** 119,000km, motor in great shape, regular services. \$1500 ONO. See pictures below More photo's or information phone Michael 0409 575284







#### 2015 Fat Bob. 500kms on clock.

- Registered. Forward controls with heel rests
- Drag bars
- Screaming Eagle black pipes
- Single seat and registered

### \$22000 Contact Mel 0417 355875

### 2004 HONDA VFR LOW KM'S 13517km's

Registration until end Nov. \$5800 ono - no problems getting passed for Roadworthy. Includes rear gear rack. Was immaculate until it fell off stand in driveway causing some fairing scratches but other than that it's very tidy and had only one owner who rode it to work and the off weekend. Selling for friend

More details, phone: 0407 151216





## WHERE OUR MONEY, GOODS AND RESOURCES GO

## Independent Riders Australia – Supporting our community

Charities and Community Groups - supported since 2013	Raised since Inception:	_	\$	125,818.10		Amount	Raised year to	o date:	\$ 4,480.00	
B.A.C.A. Bikers Against Child Abuse					Constant and the		adar carb, goodr -			
Beyond Blue (Throungh Gunalda Hotel)	<b>Charities and Community</b>	Grou	IDS SUDD	orted 1 Jul 2018	- 30 Jun 2019	12:075	en Millike (Billerinever	(a		
Black Dog 1 Day Ride (both Bundabarg & Fraser Coast)		Key					Mo	nies Donated I	or 2018 Fraser Coast	Toy Bun
Buy a Bale (helping /annews)	Navy Cadets	AC	\$		BBQ Toy Run 13		2043		04 December 2017	
CDH Australia (Congenital Diaphragmatic Hernia)	Banner Donations	BD	ŝ	-	bed reprimitie	Ber	nefactors	115 61	Amount	Notes
Fraser Coast Family Network	Care Packages (Military)	CP	\$	2,100.00	Cash and Goods		oast Family Netw	ork.		Cash, Good/Services
Fraser Coast Wildlife Sanctuary	Aust Autism & Aspergers N/W	AAA	\$	1,000.00	Cash and Goods			spergers Network	\$ 1,500.00	
Jaie's Journey	Black Dog 1 Day Ride	BD1	\$	2,380.00	Banner/Flag Donation		CE (Wide Bay)	opengers read	\$ 2,000.00	
Leukaemia Foundation (Ugly Bar Tender)	Buy a Bale (Moreton Bay)	BB	\$	3,100.00	Pub Run 2018	-		Total	\$ 13,100.00	
M.A.C.E Central Queensland		FCFN	\$	9,558.00	Cash and Goods					
M.A.C.E Wide Bay	Fraser Coast Wildlife Sanctua			-	Show and Shine 2019	- Cash Not	A A	mounts above vi	I change between Sept-I	Dec each year
Maryborough Animal Refuge	Local Drug Action Team/TES			2,210.00	Banner, Material, M/Bil				understand this is an imp	
Motor Neurone Disease Assoc Old	Misc Support/Donations	MISC		-	Support to other groups			Charles and the second s	om the Fraser Coast Toy	
Prostate Cancer Research	Isis District State High School	IDSH	s		oupport to contrigroups				as the money is raised. In	
Royal Flying Doctor Service	M.A.C.E Wide Bay	MWB		2,000.00	Cash				assed on prior to the even	
Spina Bifida Hydrocephalus Qld	Queensland Bikers .Com	QB	\$	152.50	Shirts and banner				ceeds of the Toy Run Sta	
State Emergency Service (SES) Fraser Coast	Tough Times Ride	TTR	\$	503.00	Cash to bikers in need	1			ecember each year at Sta	
Yengarie Rural Fire Brigade	Todges times rade	Total		23,003.50	Castrookers inneed		Fin		include cash, goods	
i engane norari ne orgade		TOtal	1000	23,003.30			1 10	ar amounts Ph	menuae cash, goous	and services
Schools supported since 2013	Charities and Community	Grou	ine Sunna	orted 1 Jan 201	3 - 31 Dec 2019		B	reskdown - loc	lependent Riders Pol	er Run 2019
Aldridge State Gigh School HPV	Endinies and community	Key	des combie	area routeer	- AT DEB EALS		Expenses	eakoorn in	rependent inders i o	Event Stats
Kandanga State School	Navy Cadets	NC	Í T		Sausage Sizzle Toy R	in 2019	Sausage Sizz	s		ALCOLOGICAL STREET
Parke State School P&C (Centenary)	FCFN Art Competition 2019	BD			Part of Toy Run 2018	arreorio	Event Patche			
Piverside Christian College HPV	Care Packages (Military)	CP	\$	2,100.00	Cash and Goods		Entertainment		** \$500 Donated by M. Te	whee
riverside crissian college i e v	Rural Schools (Moreton Bay)	CP1	*	2,00.00	Outback Town Run		Merchandise		Expenses absorbed by In	
Mise dobnations and individuals supported since 2013	Black Dog 1Day Ride	BD1	\$	2,380.00	Co-ordinated event		Total Exper		caperises absorbed by a	idependent niders
Braxtons Fight	Buy a Bale	BB		2,000.00	Moreton Bay Run, Pub	Due 2018	Total Caper	* 100.00		
Hear 4 Alana		FCFN	-		Toy Run 2019	Figh 2010	*0.00	Other Expenses		
Maryborough Rainbow Girls/Hear 4 Alana	Fraser Coast Wildlife Sanctua					019				
Haryborough Haribon Olisinear 4 Haria	Independent Riders Workshop		1		Ind Show and Shine 2018 \$0.00 Banner, Material, Time \$0.00 Total Expenses					
Proposed Support for 2019/2020	Misc Support/Donations	MISC	-		Support to other groups!		40.00	rotal Expense	75	
Fraser Coast Family Network	Isis District State High School	IDSH			Support to ouver groups	causes				
MACE Wide Bay	M.A.C.E.Wide Bay	MWB	-		Tay Run 2019		*100.00	Cardennia	cash donated (Excluding	Concerned
Tough Times Ride 2019	Our Communities Australia	OCA			Toy Hun 2013		\$100.00	Goods, services	cash donated (cxcluding	Expenses)
Care Packages Aussie Troops - 2019 Poker Run	Gur Communities Australia	UCA								Column and the second
	L	Total		4,480.00			89.00*/	% Passed on to		
HPV/Tec Challenge - Isis District State High School Our Communities Australia		total		4,460.00			33.00%	7. Passed on to	benefactors	
Our Communities Australia	Multi Care Community F	1.1.	2019 . 1	1 Dec 2019					NACE AND	
Event	Multi Group Community E			STDec 2013	C. A	C11.1	ACCILL D	D	1000	State In
Event	Community Raffles	CR1 TTR			Indepentent Riders, Lo				ictor = 100%	
	Tough Times Ride	TIR		-	Community Raffle, MA	CE, HWD, L	oners, independ	sents.		丽 🔄 💙 🚍
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## **HELPING WITH CARE PACKAGES**

#### What is a Care Package?

A care package is a parcel containing a variety of products that is sent to Australian Troops who are deployed overseas. These packages can contain a variety of products, some of which are listed below.

Funds raised and goods collected from our March 10 Poker Run went towards 60 care packages that were put together on March 24 and sent to our troops on the week ending 1 April 2018. Our plan is to continue collection of goods through 2018 until our poker run in 2019. Depending on goods collected we hope to send a further 20 care packages every couple of months during 2018/19 and a further 80 packages from proceeds of our 2019 Poker Run.

We currently have collection bins at Wilcox Bikes, Alice St Maryborough, Under the Gun Tattoos, Kent St Maryborough The Tinana Hotel Tinana and Fraser Coast Family Network Adelaide St Maryborough, with more added in Hervey Bay shortly. Goods and donations can be dropped off at these locations, products aren't expensive but will mean a lot to our troops.

List for what can go in a Care Packages, anything that you would like to receive from home! Note: If we keep the boxes under 2kg the military will send for nothing.

Razors	• Milo ,
<ul> <li>Roll on deodorants</li> </ul>	Coffee, ( small packets)
Chap sticks for lips	• Tea
<ul> <li>Shampoo and conditioner (Small)</li> </ul>	Nutella
<ul> <li>Sunscreen. (Small)</li> </ul>	Cookies
<ul> <li>Baby wipes. (Wash)</li> </ul>	Nuts
<ul> <li>Body wash</li> </ul>	• Gum
Eye drops	Dried fruit
<ul> <li>Tooth paste or Tooth Brush</li> </ul>	Note books
Timtams	• Biro's
Lollies	Puzzle books
Noodles	<ul> <li>Playing cards. UNO cards, dice</li> </ul>
Vegemite	Magazines. (car books , bikes others that
Peanut paste	would be interesting, national geographic
Muesli bars	books, calendars) etc

Sorry No glass jars or aerosol cans

There is heaps more you can add in however if you are unsure or would like more information or have goods that could be used, then contact: Julie on 0400 690981 or Michael on 0409 57528.

So next time you are doing your shopping, pop in a little extra. Thank you.

## Feel Like a Chat? Flourish Australia Hervey Bay

## Phone 1800 WE LISTEN (1800 9354 7836)

1800 WE LISTEN is Flourish Australia's Peer WarmLine which commenced operation on July 1, 2012.

When you call **1800 WE LISTEN**, you will be speaking to someone who has a mutual understanding of mental illness. Flourish Australia staff combines their own experiences with extensive training to provide you with the support you request.

**1800 WE LISTEN** is <u>not</u> a crisis service, it is simply a number you can call when you want to have a chat, knowing that someone who is successfully managing their own recovery will be there to listen and share experiences.

