September 2019 | Newsletter



INDEPENDENT

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 that as a united force, bikers have the ability to provide positive direction within our community and be the community leaders we so desperately need. **E-mail us for details** info@eatmyshorts.com.au or miket60@bigpond.net.au

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[Volume 7, Issue 09]



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Postal Address

Independent Riders Pty Ltd PO Box 261 Howard QLD 4659

Capricern Coast Capricern Coast France Coast Independent Branches Darting Shows Showsorth Tab 50 min Lare kin Mereton Bay

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

We can be found each Friday afternoon / evening from around 5.30 PM at The Tinana 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.

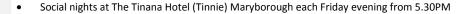
Other upcoming Rides for 2019

- 15 Sept Kingaroy Drought Meet
- 20 Oct Motor Enthusiast Day
- 09 Nov Annual Tough Times Ride
- 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.



Spring 2019



September 2019

- 1st September. Fathers Day Show and Shine Tiaro, Flyer with this Newsletter
- 8th September. Obi Obi Bike Show, Flyer with this Newsletter
- 15th September. Fraser Coast Swap Meet, see our website for details
- 15th September. Bereavement Car and Bike Show Gladstone, Flyer with this Newsletter
- 15th September. Motorbike Drought Meet Kingaroy, Flyer with this Newsletter
- 21st September Grimes Family Poker Run. Darling Downs, Flyer with this newsletter
- 21st September. Ride for Heather. Memorial Ride,, see our website for details

October 2019

• 5th October. Biloela Poker Run. Capricorn Coast, Flyer with this newsletter

20-22nd September. Redcliffe Odyssey, see our website for details

• 20th October. Motor Enthusiast Day. *Details shortly*

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 of our day rides will have short notice but where possible these will be advertised.

New Merchandise

1. Stainless Steel Independent Necklaces \$20.00 LIMITED STOCK!





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





Patches - Independent Riders

This cloth patch and others now available. Cost \$9.00

Banners and Flags are Again Available



Banner example above 2.6x1 metre (approx.). \$75 plus postage

Independent Sons of Bitches Shirts Version 4. (\$25)



Front

Our achievements to date

On the 27th of December 2013, Independent Riders Australia presented its first check of, \$1500 to Spina Bifida Hydrocephalus Qld. On Saturday 20th December 2014 we signed our last cheque for 2014, bringing our total donation of cash, services and goods for the twelve-month period to: **\$22,324.85**. December 2017 saw this amount exceed \$90,000 and by March 2019 this amount exceeded \$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: 0419 746097 and 0409 762374

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.

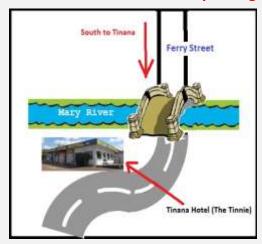
Debbie can also be e-mailed on:
capricorncoast@eatmyshorts.com.au and have
their own ride calendar on the Independent
website, tas well as their own Facebook Page,
search "Indpendent Riders Capricorn Coast"

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

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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 2019
Are now available on pre-order only \$25
All sizes including, V and Round Neck, Singlets

FRIDAY NIGHT SOCIAL EVENINGS AT THE TINANA HOTEL TINANA

Social nights at The Tinnie for September 2019 listed below:

Friday 6th of September Friday 13th of September Friday 20th of September Friday 27th f September Friday 4th of October

From 5.30PM ish each Friday evening

WIN NEWS

Fraser Coast Toy Run 2019

• WHEN: Sunday 1st December 2019

• **TIME:** Registration from 7.30AM depart 9.30AM.

DETAILS: Proceeds from this year's event going to: Fraser Coast Family Networks, MACE Wide Bay (*Child Protection*), Our Community Fraser Coast (*Not for profit providing our young disadvantaged and disabled with opportunities to succeed*)

Cash raffles on the day, merchandise including event shirt and patch, Big raffle includes colour television and much more. This year we will have stalls at both Station Square in Maryborough as well as Stocklands in Hervey Bay.

Cost: Gold Coin Donation.

Toy Run Stall Dates Station Square Maryborough:

- 1. Thursday 12th September. Bottle shop end
- 2. Friday 20th September. Bottle shop end
- 3. Thursday 26th September. Bottle shop end
- 4. Friday 4th October. Noni B end
- 5. Friday 11th October. Bottle shop end
- 6. Thursday 17th October. Bottle shop end
- 7. Thursday 24th October. Bottle shop end
- 8. Friday 1st November. Bottle shop end
- 9. Thursday 7th November. Noni B end
- 10. Thursday 21st November. Bottle shop end
- 11. Friday 29th November. Bottle shop end

Toy Run Stalls Stocklands Hervey Bay:

11 and 27th of September, 10th and 23rd of October, 8th and 20th of November.

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

Motor Enthusiast Day

- WHEN: Sunday 20th October 2019
- **DETAILS:** This event is not about making money for any particular cause, but about promoting your car or motorcycle group. There is no charge to have a stall and car/bike display however we will have a booking process so we can organise a spot. More details shortly.

Tough Times Ride

- WHEN: Saturday 9th November 2019
- **DETAILS:** This year this event will be hosted by MACE Wide Bay and supported by Independent Riders Australia. All proceeds going to a local biker/biker family in need. Watch this space for more details.

Other projects for 2019

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

- Suicide prevention/education. More details soon
- Support Our Community Fraser Coast INC More info shortly
- Sand Drag Bike
- Support Independent Riders Workshops
- And of course, some EXCELLENT rides!!!
- Care Packages for Aussie Troops. 108 sent April 2019
- Need more details? E-mail: info@eatmyshorts.com.au



Red writing (location) initially Praser 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 0400 690981 or 0409 575284

ALL PATCHES AVAILABLE IN: AUSTRALIA, DARLING DOWNS, MORETON BAY, BRISBANE, FRASER AND CAPRICORN COAST EACH FRIDAY 5.30PM - RAFFLES ABOUT 5.30PM - TINANA HOTEL TINANA



OUR COMMUNITY FRASER COAST INC IA58583

Our Community Fraser Coast Inc IA58583 (OCFC), is a Not for Profit organisation and an initiative of Independent Riders Australia with support from other community minded groups here on the Fraser Coast. OCFC provides several services to the local community including free advertising and promotion on their website, for like, minded groups as well as assistance promoting charitable events.

The main focus however of OCFC is to work with other local organisations/institutions to promote and recognise the achievements of our disadvantaged youth disadvantaged through



the running of events where the talents of participants can be used with the first event held in 2018 at Fraser Coast Family Networks.

2019 Art Competition. To coincide with the Fraser Coast Toy Run, Our Community are again running its art competition with those at Fraser Coast Family Networks.

This is an exciting part of the year with participants receiving their own customised toy run shirt, the winner receiving their design on the shirt as well as medals for first through to third and everyone receiving a certificate. As an added bonus participants (with guidance from carers), will decide how \$500 should be spend at Family Networks.

At this stage funding is limited however the aim is to hold 2-3 similar events with other organisations, here on the Fraser Coast. If you feel your organisation may benefit from this initiative contact either Michael 0409 575294 or Tammy 0439 649456.

The website unfortunately is still a work in progress however will continue to work on this in the coming months. The website located at: www.ourcommunityfrasercoast.com.au is still under construction.

INDEPENDENT RIDERS WORKSHOPS IA58897

The Latest

In the next few weeks Independent Riders Workshops INC will have their new banner displayed across the shop front. See Image below

Banner dimensions 9.5 x 0.5 metres

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.



Independent Riders Workshops Inc

Naking a difference the cool way!

Visit us on Facebook:



From mid-September volunteers at the workshop will be running a BBQ at the skate area on Alice St, if you can help out here or help at the workshop please call Sean (Fish), on the number below.

The motorbike mural currently going up at the workshop



Workshop Manager: Eddie Cassar PH: 0400 488244

Bike Mechanic: Nigel Moore

Office Manager: Cindy Huber (Secretary)

Mentors: Wayne and Brett

Students: Kevin, Travis and Kurtis.

Contact Eddie on 0400 488244 for more details on the workshops



Located at 276 Kent Street Maryborough. 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.



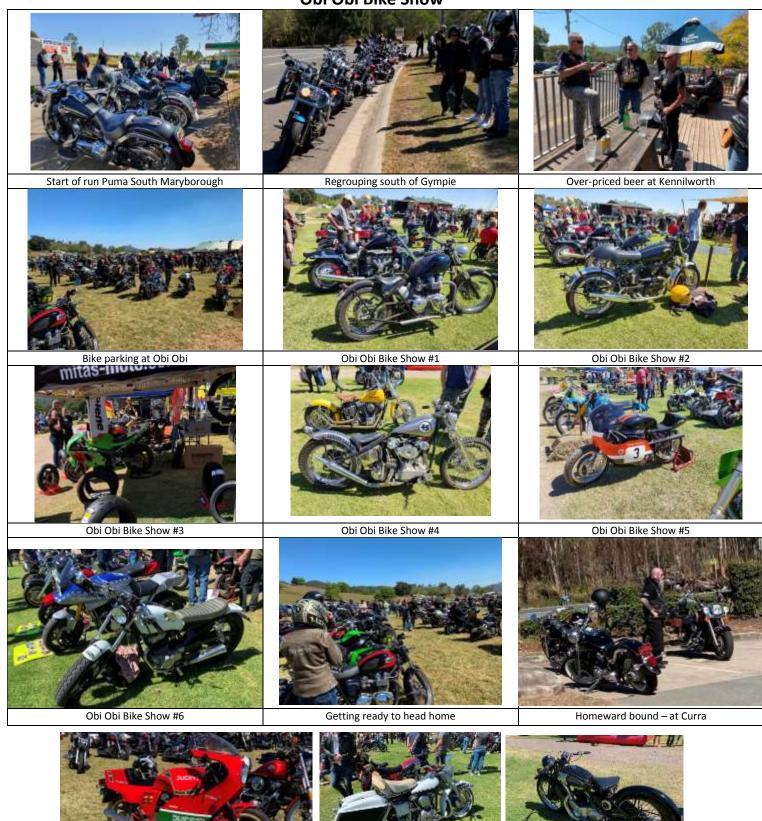


New Workshops and store front - 276 Kent Street Maryborough 4650



SEPTEMBER PICTURES WITH INDEPENDENT RIDERS

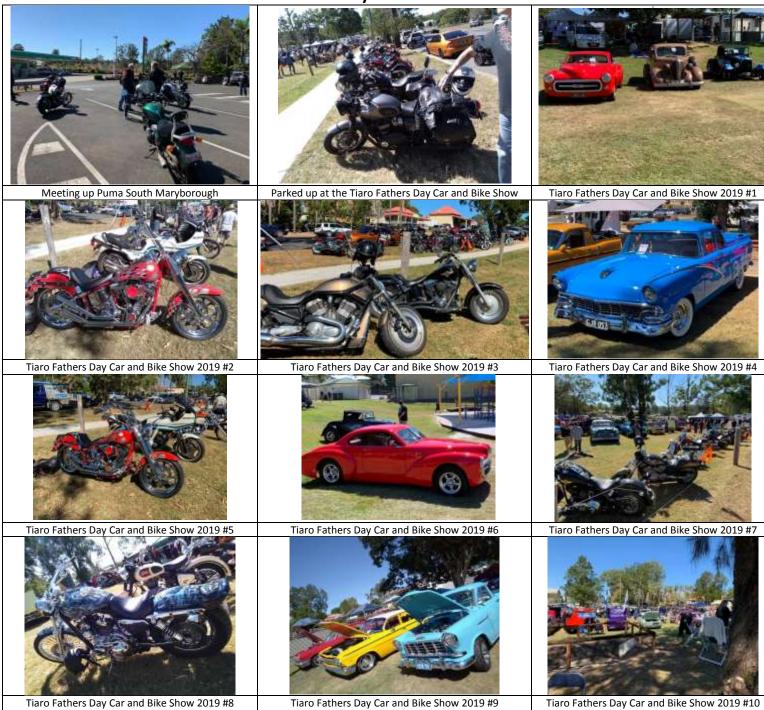
Obi Obi Bike Show



Pictures from the Obi Obi Bike Show 2019

SEPTEMBER PICTURES WITH INDEPENDENT RIDERS

Tiaro Fathers Day Car and Bike Show





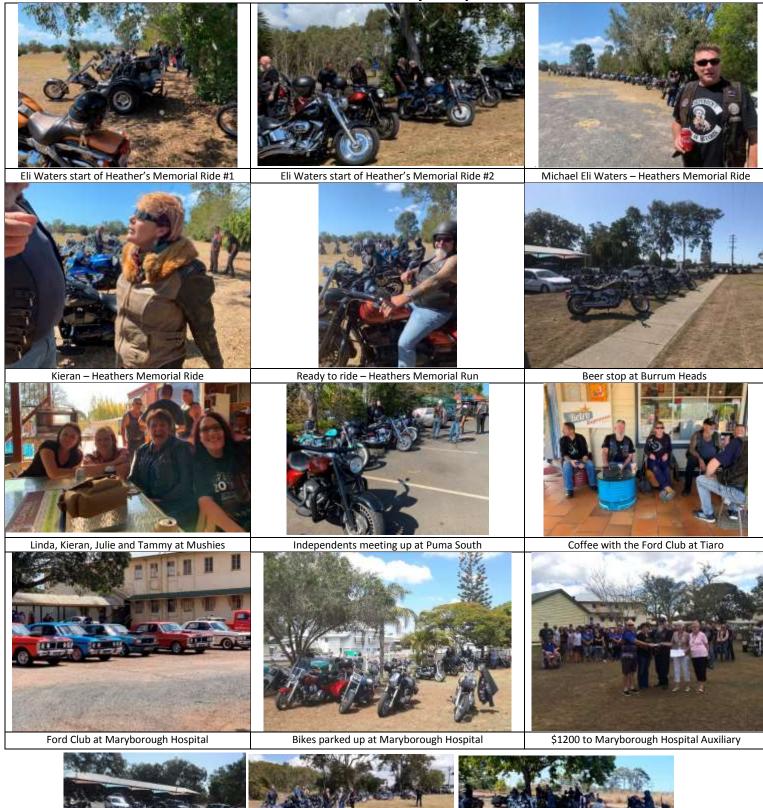




Pictures: #1-2 Buxton Car and Bike Show. Picture #3 Miners Arms Torbanlea

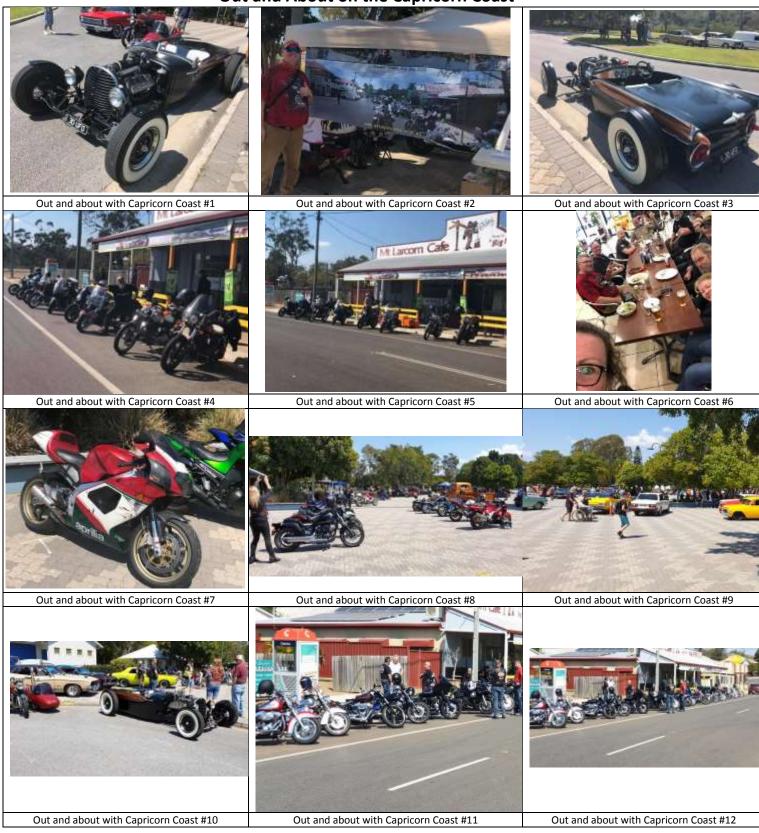
SEPTEMBER PICTURES WITH INDEPENDENT RIDERS

Remember Heather and Community Cheque Presentation



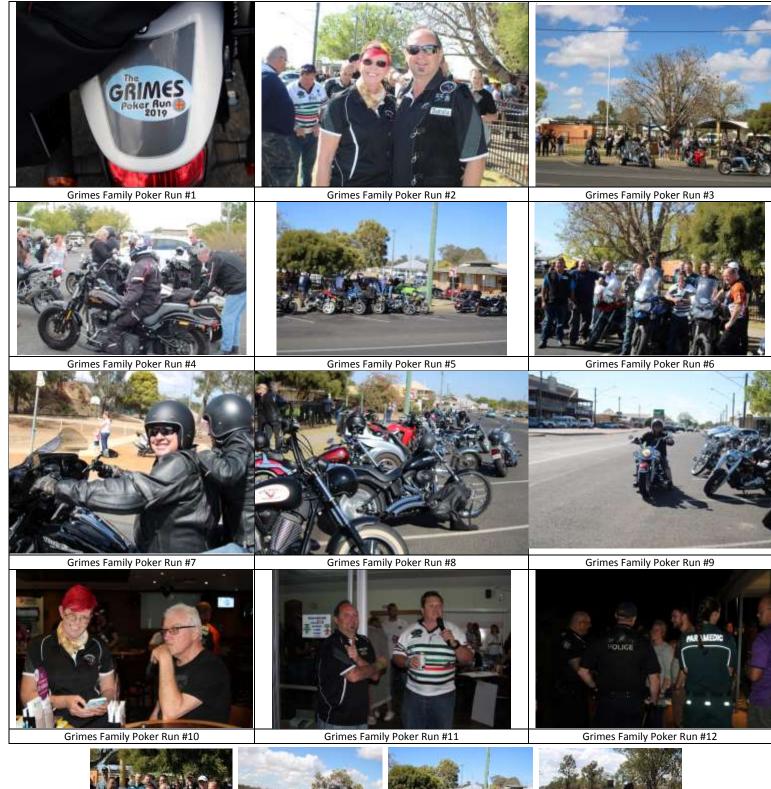
SEPTEMBER PICTURES WITH INDEPENDENT RIDERS

Out and About on the Capricorn Coast



SEPTEMBER PICTURES WITH INDEPENDENT RIDERS

Grimes Family Poker Run - Darling Downs



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
- 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 .mailto:barra@maceaustralia.com





This Month's Humor and Quotes



From that day on, Kevin never touched alcohol again...



"I've combined a laxative and alphabet soup. I call it 'Letter Rip'."







A man sunbathes in the nude and burns his penis. His doctor tells him to dip it in a saucer of milk to ease the pain. Later his blonde wife comes home to find him with his willy in the saucer of milk. F**k me she remarks. I always wondered how you reloaded those things.



PARTNER IN CRIME

ARCASM, AND ADULT LANGUAGE.

OUESTIONABLE MORALS AND

NUDITY MAY BE REQUIRED.

Me: Beautiful dog you got there...

Cop: Yessir, this is Diesel, he's our drug-sniffing dog...

Me: Still in training, huh?

Cop: What?

Me: What?

I am awake.
Please respect my
privacy during
this difficult time.



According to Tetley,
the best way to
make a cup of tea is
to agitate the bag.
So every morning I
slap her arse and
say "two sugars
fatty".



Thank you to our sponsors

















Maryborough

THE REJECT SHOP

















Inc. HardcoreBiker Australia

















Tinana Hotel (The Tinnie)



















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



THIS EVENT IS AN OPPORTUNITY FOR CAR AND MOTORCYCLE GROUPA TO PROMOTE THEIR CLUB AND NETWORK WITH OTHER MOTOR ENTHUSIASTS. THERE IS NO COST TO HAVE A STALL AND A FEW CARS/BIKES ON DISPLAY. CONTACT MICHAEL 0409 575284 OR JULIE 0400 090981 TO BOOK A SPACE.

GOOD COFFEE AND MEALS AVAILABLE ON THE DAY, THIS YEAR THERE IS ALSO \$100 LUCKY DOOR PRIZE TO ONE OF THE STALL HOLDERS



PROUDLY SPONSORED BY



BIOTHPOKERBU





Run commences at 1.00pm Sharp \$20.00 entry fee



Saturday 5th October 2019
TVMCC CLUBHOUSE

Lunch & Dinner Available

Magavalis Sporting Ground Biloela

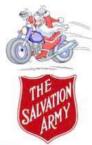
Contact: 49923230 Fridays after 5.00pm for more info.

NO DOGS OR BYO
Clubs By Invite Only

TVMCC2007

CAPRICORNIA CHRISTMAS TOY RUN 2019





SUPPORTING THE SALVATION ARMY CHRISTMAS APPEAL

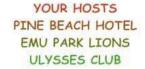




ALL MOTORCYCLISTS
WELCOME
DONATIONS OF TOYS
NON PERISHABLE FOODSTUFF
OR CASH WILL BE GREATLY
APPRECIATED









FOR SALE #1



2018 HARLEY-DAVIDSON FREEWHEELER \$34000

Wild Red Paint

This is your perfect opportunity to get on to a Harley-Davidson Trike with Low Kilometres (11k)and in extremely good Nic for a fraction of the New Price. Genuine reason for sale.

- Still under new bike warranty and fitted with many extras.
- This bike has been well maintained and looked after it has been fitted with:-
- Tinted windshield
- Ultimate Seat" imported from the U.S.
- Engine guard and highway pegs
- Harley risers
- Cooling fan
- Oil temp and volt meters
- Rear luggage rack
- Pillion and Rider backrests
- Plus more, all original parts supplied with the bike



Phone: Dave 0417711727 if interested

WHERE OUR MONEY, GOODS AND RESOURCES GO

Charities and Community Groups - supported since 2013	Total Raised since Inception	on: \$	134,643.10	Am	ount Raised year to dat		\$	13,305.00
B.A.C.A. Bikers Against Child Abuse		Land Little Land			Includes cash, goods an	d services		
Beyond Blue (Throun) unaida Hotel)	Charities and Community Groups Su		0 Jun 2019				45 2040 5	14 11 12 4 13 14 15
Black Dog 1 Day Ride (both Bundaberg & Fraser Coast)	Discourage Control	Key					ed for 2018 Fraser	
Buy a Bale (helping farmers)	Navy Cadets	AC \$	7	BBQ Toy Run 19	21245025010000	As	at 04 December 20	21 AM ACC 1 27
CDH Australia (Congenital Diaphragmatic Hernia)	Banner Donations	BD S CP S	2,100.00		Benefactors F/Coast Family Net		Amount	9,600.00 Cash, Good/Serv
Fraser Coast Family Network Fraser Coast Wildlife Sanctuary	Care Packages (Military)		1,000.00	Cash and Goods Cash and Goods			5	1,500.00 Cash, Good/Serv
	Aust Autism & Aspergers N/W	AAA S BD1 S	2,380.00		Autralian Autism &	Aspergers Network	>	2,000.00 Cash
Jaie's Journey	Black Dog 1 Day Ride	BB 5		Banner/Flag Donation	MACE (Wide Bay)	Total	3	15.21 * 2.0000000 *7.11-20
Leukaemia Foundation (Ugly Bar Tender) M.A.C.E Central Queensland	Buy a Bale (Moreton Bay)	FCFN S	3,100.00 9.558.00	Pub Run 2018 Cash and Goods		lotal	\$	13,100.00
M.A.C.E Central Queensland M.A.C.E Wide Bay	Fraser Coast Family Network	FCWS S	9,558.00	Show and Shine 2019- Cash	Note:		and the same trans	
	Fraser Coast Wildlife Sanctuary	LDAT S			(200) Section (1)			een Sept-Dec each year
Maryborough Animal Refuge	Local Drug Action Team/TESS		2,210.00	Banner, Material, M/Bike, Raffle	=\$/10			is an important time and
Motor Neurone Disease Assoc Old	Misc Support/Donations	MISC S	114	Support to other groups				oast Toy Run are passed
Prostate Cancer Research	Isis District State High School	IDSH \$	200	N. 20020				raised. In previous years
Royal Flying Doctor Service	M.A.C.E Wide Bay	MWB S	2,000.00	Cash				the event. This amount
Spina Bifida Hydrocephalus Qld	Queensland Bikers .Com	QB \$	152.50	Shirts and banner				y Run Stall that runs from
State Emergency Service (SES) Fraser Coast	Tough Times Ride	TTR \$	503.00	Cash to bikers in need	L.			ear at Station Square.
Yengarie Rural Fire Brigade		Total -\$	23,003.50			Final amount	s will include cash	, goods and services
Schools supported since 2013	Charities and Community Groups Su	pported 1 Jan 2019 -	11 Dec 2019		T.	Breakdown - In	dependent Riders	s Show and Shine 2019
Aldridge State Gigh School HPV		Key			Expenses	200200000000	Mark Carlotte Market Sales	Event
Kandanga State School	Navy Cadets	NC	3	Sausage Sizzle Toy Run 2019	Sausage Siza	de ls -	Donated by Al	
Parke State School P&C (Centenary)	FCFN Art Competition 2019	BD		Part of Toy Run 2019	Event Patch		CERTIFICATION OF A SEC	The state of the s
Riverside Christian College HPV	Care Packages (Military)	CP S	2.100.00	Cash and Goods	Entertainme		Paid for	
	Rural Schools (Moreton Bay)	MB1 S	1,325.00	Outback Town Run	Merchandis			orbed by Independent Riders
Misc dobnations and individuals supported since 2013	Black Dog 1 Day Ride	BD1 S	2,380.00	Co-ordinated event	Total Expen	Mark to the second of the seco		We the
Braxtons Fight	Buy a Bale	BB	5500 300 000	Moreton Bay Run, Pub Run 2019				
Hear 4 Alana	Fraser Coast Family Network	FCFN S	1.000.00	Toy Run 2019		\$0.00 Other Expenses	Expenses abso	orbed by Independent Riders
Maryborough Rainbow Girls/Hear 4 Alana	Fraser Coast Wildlife Sanctuary	FCWS S	1.700.00	Ind Show and Shine 2019		\$0.00	.02000000000000000000000000000000000000	
	Independent Riders Workshops	IRW	2,100,000	Banner, Printer, Material, Time	5	\$0.00 Total Expenses		
Proposed Support for 2019/2020	Misc Support/Donations	MISC S	100.00	Support to other groups/causes	-			
Fraser Coast Family Network	Isis District State High School	IDSH	200.00	Support to other groupsycholes				
MACE Wide Bay	M.A.C.E Wide Bay	MWB		Tay Run 2019		5 1 700	00 Amount prese	ent to F/Coast Wildlife Sanctuary
Tough Times Ride 2019	Our Communities Fraser Coast	OCA		The state of the s		2,700.	January Prese	
Care Packages Aussie Troops - 2019 Poker Run	Grimes Family (Darling Downs)	DD1 S	3,500.00					
HPV/Tec Challenge - Isis District State High School	Towns of the second sec	Total \$	12,105.00			100.00% % Passed on to b	enefactors	
Our Communities Australia								
	Multi Group Community Events	1 Jan 2019 - 31 (Dec 2019		<u> 7</u> 2			
Event	Community Raffles/Events	CR1 S	1,200.00	Indepentent Riders, Loners Qld,	MACE Wide Bay	Return to Benefa	ctor = 100%	The second second
	Tough Times Ride	TTR S	74	Community Raffle, MACE, RWB,		ers		
	CONTAINACE VIOLES	5	100	MOP		WHEE		
		122.00	5-10-20-00-00	10 PM	and the last	1		
		Total	\$1,200.00		A INT.		The state of the s	
Community Volunteer Hours \$ Value	Exceeds 4500 Hours		34(5)			A 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	47	
Community Volunteer Hours Per Year	\$ 131,800	.00	100 000 000		- Total		173	
Unpresented monies	\$ 1,000	.00 FCFN			- S	The same of the sa		Ac
\$1000 CONTROL OF THE PARTY OF T	2000	1000 S (2000)	ALC: NO.		AT.	MELLECULE CO. A. C. C.	175.50	The state of the s
						Statement of the last of the l	1	Moreton Bay Support Rural Sch
					100		The state of the s	16 - 18 4

Independent Riders Australia – Supporting our communities

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.

Sorry No glass jars or aerosol cans

- Razors
- Roll on deodorants
- Chap sticks for lips
- Shampoo and conditioner (Small)
- Sunscreen. (Small)
- Baby wipes. (Wash)
- Body wash
- Eye drops
- Tooth paste or Tooth Brush
- Timtams
- Lollies
- Noodles
- Vegemite
- Peanut paste
- Muesli bars

- Milo,
- Coffee, (small packets)
- Tea
- Nutella
- Cookies
- Nuts
- Gum
- Dried fruit
- Note books
- Biro's
- Puzzle books
- Playing cards. UNO cards, dice
- Magazines. (car books, bikes others that would be interesting, national geographic books, calendars) etc

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.

