



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 business 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 Networks 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 leaders our community so desperately need. E-mail us for details info@eatmyshorts.com.au or miket60@bigpond.net.au

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Postal Address

Independent Riders Pty Ltd
Maryborough QLD 4650
ACN: 606 088 251

Brisbane to Capricorn Coast



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 one of our Friday Social Nights, from 5.30pm onwards. Venue details at the bottom left of page 4. 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 2020

- 2-4 May 3 Day Pub Run - **Postponed**
- 17th May Independent Show and Shine
- 5th Jul Muscle on the Mountain
- 5th Sep Yarraman Show and Shine
- 6th Dec Annual Fraser Coast Toy Run

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.



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Autumn/Winter 2020

- Social nights for 2020 will vary each week, our social evening list can be seen on the bottom left of page three (3),
- Our social evenings in Maryborough occur each Friday evening from 5.30PM, all are welcome.

April/May 2020

- 26th April Kenilworth Car Show. **Cancelled**
- 2nd – 4th May Three Day Pub Run **Postponed, details with newsletter**
 - Subject to any social distancing legislation
- 17th May Independent Riders Show and Shine 2020 **Flyer with this newsletter**
 - Subject to any social distancing legislation

June 2020

- Brass Monkey Run – Overnighter. Northern run, exact dates and route TBA

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

These cloth patches and others now available. **Only \$10.00**

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 December 2019 this amount exceeded \$150,000.



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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, as well as their own Facebook Page, search "Independent Riders Darling Downs."

CAPRICORN COAST

For those interested in attending Capricorn Coast events contact is: TBA

Enquiries can also be e-mailed to:

capricorncoast@eatmyshorts.com.au and have their own ride calendar on the Independent website, as well as their own Facebook Page, search "Independent Riders Capricorn Coast"

INDEPENDENT RIDERS MORETON BAY

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

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

Preferred pubs as of April

Lamington Hotel
Ferry Street
Maryborough

Granville Hotel, Oxford Hotels Maryborough
Good drink and food prices

Maryborough Sports Club
Saltwater Creek Rd
Maryborough

White Lion Hotel
John/Walker Street
Maryborough

Help us help others. Need more info?

E-mail: info@eatmyshorts.com.au

www.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



New Fraser Coast Patches \$10 Each



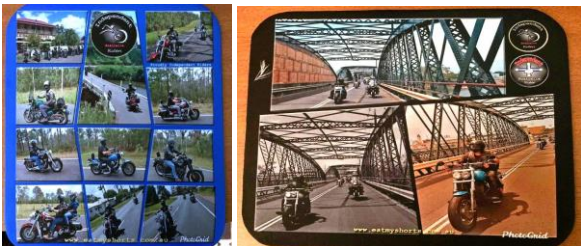
Rider Patches 2013-2020



Supporter Patch

Independent Rider Mouse Mats \$10 Each

Two Styles Available



Care Packages – Volunteers needed

- **WHEN:** TBA
- **Details:** We are currently looking at alternatives but until Covid-19 restrictions are eased are unable to send packages on. One alternative is to donate products purchased or donated and remaining cash from the event to a local organisation such as a respite house or support group that assists returned service personnel. **Watch this space.**

6th Annual 3 Day Pub Run - **POSTPONED**

- **WHEN:** **To be advised**

WE never say cancelled but this event is postponed, we will return as soon as the world becomes sane!

7th Annual Show and Shine - **POSTPONED**

- **WHEN:** 17th May 2020 This will most likely be postponed
- **WHERE:** Fraser Coast Wildlife Sanctuary 31 Mungar Rd Maryborough

Details: We are expecting to postpone this event due to Covid-19 Virus however at day of producing this newsletter have not done so.

All proceeds from this event will go to the Fraser Coast Wildlife Sanctuary.

1st Annual Brass Monkey Run

- **WHEN:** To be advised

With events being postponed and cancelled we have decided to look at a couple of rides around June/July, obviously we need to leave dates open and work in with restrictions etc

Our first ride will be around the coast, 2-400km range but are open to suggestions so we can make our first ride something special.

Our second ride will be an overnigher heading north and will most likely have this as a Brass-Monkey run. We do need to head towards rocky or close by so to meet up with riders there. At this stage we are looking at bringing a support vehicle along to lighten the load

Again we need to leave dates open due to restrictions but would welcome suggestions. If your ideas are used on this one we will put together a bit of a prize most likely a shirt and a patch set as a thank you, but will work that out shortly.

FRIDAY NIGHT SOCIAL EVENINGS – VARIOUS LOCATIONS

Social nights have been cancelled until further notice

However we will return as soon as possible!

From 5.30PM ish each Friday evening

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Other projects heading into 2020

We have a number of exciting projects to consider moving into 2020:

- Suicide prevention/education. More details as we move to 2020
- Support Our Community Fraser Coast INC Art Competitions 2020
- Sand Drag Bike. **Bike currently at mechanics**
- Support Independent Riders Workshops **Ongoing**
- HISS - Homeless Independent Support Services Details 2020
- And ofcourse, some **EXCELLENT** rides!!!
- Care Packages for Aussie Troops. **108 April 2019/200 for 2020**
- Need more details? E-mail: info@eatmyshorts.com.au



Front

Back

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



NAVY



BLACK



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

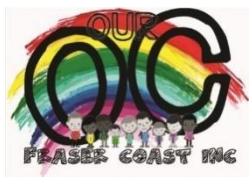
New Patches

Some of our embroidered patches. From \$6.00 to \$7.00 per piece See Julie 0400 690981



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 –SEE SCHEDULE BOTTOM LEFT OF PAGE 4



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 along with the support of other community minded groups 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 and disabled. Since 2018 we have hosted art competitions with the 2019 winner, Caroline, becoming our Disability Ambassador for 2020

In February 2020 with the support of Fraser Coast Regional Council Caroline presented Fraser Toy Run sponsors and supporters with copies of her shirt and certificates of appreciation.

2020 Disability Art Exhibition. We are hoping this event will coincide with disability week later in the year. This project plans to run an art exhibition that is also coordinated by those participating; under the watchful eye of a local artist and carers. The exhibition will be open to those with disabilities across all organisations. More details soon.



Moving into 2020 we have several projects that we believe will provide opportunities for those with disabilities, to be actively involved. These projects include:



- Fraser Coast Toy Run Annual Art Competition
- Exhibition of works for those with disabilities
- Develop small business model for those with disabilities.

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



** Pictures displayed from Caroline's February Toy Run presentation

INDEPENDENT RIDERS WORKSHOPS IA58897

The Latest from Eddie



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.

Workshop Manager: Eddie PH: 0400 488244

Bike Mechanic:

Office: Cassie 07 4121 3010

Mentors: Wayne, Kevin and Brett

Students: Kevin, Travis and Kurtis.



Contact Eddie on 0400488244 for more details on the workshop.

Workshop direct at: 07 41213010

During January the workshops played host to clients of Fraser Coast Family Networks as part of their holiday care program. While it was a full on day their two days with us were a delight and look forward to a return visit next holiday break.



VOLUNTEERS NEEDED

Volunteers are essential to the success of the workshops and our ability to help and guide our youth towards a positive future. If you have spare time, want to give back to our community while providing our youth direction from your learned skills and experiences; then do we have a deal for you.

We are in need of volunteers who will be trained as mentors for our students, skills in any metal craft, including welding, bicycle mechanics, small motors or similar then please contact Eddie on 0400 488244. In return we offer a friendly environment, where your experience can make a difference and training is provided.

A Positive Notice Bluecard is a legislative requirement for our volunteers however we can organise this for you and there is no cost.

Located at 276 Kent Street Maryborough. Motorised scooters can be custom made and ordered, ask Eddie how/costs etc. It is believed that with support. these workshops will provide opportunities of employment for local youth.



New Workshops and store front – 276 Kent Street Maryborough 4650

Here at Independent Riders Workshops, we are pleased to announce that we are open to teach Reading and Writing to all ages including adults. It has been brought to our attention that many people in the Fraser Coast Region are struggling with this skill. After talking to our teacher, we have decided to set up classes that will be available every day to those who need help. Please don't be shy, come in and give it a go. We are here for our community.

INDEPENDENT RIDERS PUB RUNS – 2014 - 2019



INDEPENDENT RIDERS

Poker Runs 2013 - 2020



2013 Poker Run. This was the last year we were FCSR



2014 Independent Riders 1st Poker Run



Kin Kin Pub – 2014 Poker Run



2014 Poker Run – Gunaldah Hotel



Aussie Hotel 2015 Poker Run



Michael – 2015 Poker Run



Chopper presents winner – 2015 Poker Run



Gundiah Pub – 2016 Poker Run



Cliff – 2017 Poker Run



The Tinnie Hotel 2018 Poker Run



Eddie, Graham, Michael, Alex – 2019 Poker Run



Bolgra – Start of 2020 Poker Run



PIC #1 Smithy 2014 Poker Run PIC #2 Kieran and Julie 2015 Poker Run PC #3/4 Memories 2015 Poker Run

INDEPENDENT RIDERS

Fraser Coast Toy Runs 2013 - 2019



2013 – Our 1st run was for the Animal Refuge



Some likely lads – December 2013



2014 Fraser Coast Toy Run



Howard – 2014 Fraser Coast Toy Run



Start of 2015 Fraser Coast Toy Run #1



Start of 2015 Fraser Coast Toy Run #2



Start of 2016 Fraser Coast Toy Run



Torbanlea = 2016 Fraser Coast Toy Run



Army Cadets – 2017 Fraser Coast Toy Run



Hervey Bay - 2017 Fraser Coast Toy Run



Recipients of the Fraser Coast Toy Run 2018



Fraser Coast Toy Run 2019



PIC #1 2014 Toy Run PIC #2 Toy Run 2015 PIC #3 Toy Run 2016 PYC #4 Toy Run 2018

INDEPENDENT RIDERS

Our Show and Shines 2015 - 2019



Trophies for the 2015 Show and Shine



Our 1st Show and Shine in 2015 was in Hervey Bay



Proceeds going to Motor Neuron Queensland



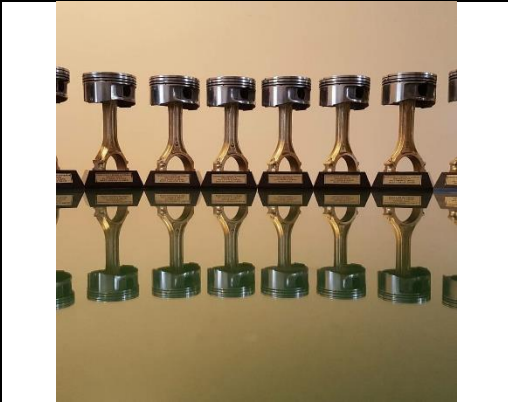
2016 Show and Shine at the Wildlife Sanctuary



All proceeds going to the sanctuary since 2016



2016 Show and Shine



2017 Trophies by Steve



2017 Show and Shine



2018 Show and Shine #1



2018 Show and Shine #2



2019 Show and Shine #1



2019 Show and Shine #2

INDEPENDENT RIDERS

Moreton Bay, Capricorn Coast, Darling Downs 2015 – 2020



Capricorn Coast was the 2nd Branch to open in 2017



Capricorn Coast – May 2017 #1



Capricorn Coast – May 2017 #2



Moreton Bay also opened in July 2017



Fund raising in 2019



The crew from Moreton Bay less Jan 😊



Darling Downs opened in March 2019



Hosting night 1 of the 2019 3 Day Pub Run



Fundraising for toys for Ronald McDonald House



Brisbane Moreton Bay



Capricorn Coast



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.



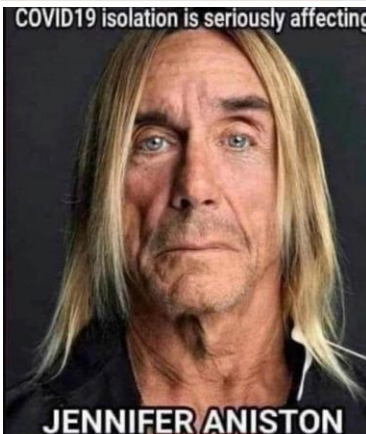
1. You must be eligible for a Positive Notice blue card .
M.A.C.E. will assist with that
2. You must attend at least 3 meetings and help at awareness days or functions. At this stage a Full Member will become your sponsor. You will become an Associate member and you can stay an Associate or stay as a 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
3. 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](mailto:barra@maceaustralia.com)



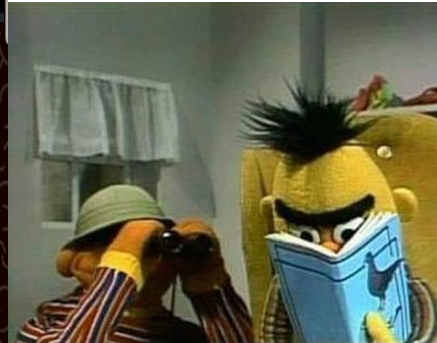
This Month's Humor and Quotes



WE USED TO HAVE VILLAGE IDIOTS, BUT WITH THE INTERNET, THE FUCKERS HAVE GONE GLOBAL.



HOW TO CALCULATE YOUR IQ
 START WITH 150 AND MINUS THE NUMBER OF TOILET ROLLS YOU'VE STOCKPILED THIS WEEK



Bought myself a Christmas tree today. The guy asked if I was gonna put it up myself and I said no, in my living room.

Whoever told me to leave my car at the pub and take the bus home, turns out I was in no fit state to drive that either.

Day 37 of Quarantine and running out of ways to keep the kids entertained



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Just wish his wife would do the same.

There are 3 guys on a boat with 4 cigarettes, but have nothing to light them with. So they throw a cigarette overboard and the boat becomes a cigarette lighter.

Rest of the world: Afraid to travel to Australia because of snakes and spiders.
 Australians: Nobody tell them about the magpies.

Skyscanner

MY WIFE ASKED ME WHY I SPOKE SO SOFTLY IN THE HOUSE. I SAID I WAS AFRAID MARK ZUCKERBERG WAS LISTENING! SHE LAUGHED. I LAUGHED. ALEXA LAUGHED. SIRI LAUGHED.

Thankyou to our sponsors



SHANNONS INSURANCE



Maryborough



CARRIERS ARMS Hotel • Motel • Bar • Grill



0400 876 766
15 Kuluva Grove St. Tinnas Q 4800
PH: 07 412 2607
phillip@absolutediesel.com.au



QBCC: 1042321 PH: 4124 7333



Hans The Paint Doctor



Stockland
it's your place



Tinana Hotel (The Tinnie)



Fraser Coast
REGIONAL COUNCIL



278 Kent St. Maryborough Phone/Fax: (07) 4122 2607



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



Independent Riders

Pub Run 2020

2nd - 4th Nov 2020

NEVER CANCELLED BUT IT IS POSTPONED

Looking ways to help

Three days of no m... 10km's approx
\$150 registration includes embroidered event patch
More... red... shirt available in April
To be finalised by the end of March
The most fun one can have while helping others

ROUTE

Day One: Meet 9am at Olivers, Coffee #... Maryborough
9.30am departure.

- Route to... Tree... Agnus Water via Bucca, M...
possible... confirmed

Day Two: Details s...

THE PUB RUN WILL BE BACK AS SOON AS THERE IS SANITY!

Need more information phone 0409 575284 or 0400 690981

Independent Riders Australia

SHOW 'N' SHINE FOR MORE INFORMATION:
Sunday 17th May 2020 MICHAEL: 0409 575284
 JULIE: 0400 690981

ARGUABLY THE BEST TROPHIES ON THE COAST

MARKETS, RAFFLES, CASH PRIZES, PLUS MORE

WHERE?
 FRASER COAST WILDLIFE SANCTUARY 31 MURRAY ROAD MARYBOROUGH



7th **Annual**
Motors in May

SHOW AND SHINE

ALL PROCEEDS FROM THIS EVENT GO TO THE
 FRASER COAST WILDLIFE SANCTUARY

REGISTRATION 7.30AM - 11.30AM REGISTRATION \$5.00
 WINNERS ANNOUNCED 12.30PM

PEOPLES CHOICE BIKES

- BEST AMERICAN
- BEST EUROPEAN
- BEST JAPANESE
- BEST TRIKE
- BEST VINTAGE
- BEST BIKE OF SHOW

PEOPLES CHOICE CARS

- BEST FORD
- BEST HOLDEN
- BEST AMERICAN
- BEST HOT ROD
- BEST CUSTOM CLASSIC
- BEST CAR OF SHOW

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

Event expected to be postponed

FOR SALE #1

Stainless Steel Barista/Coffee Machine
Comes with everything you need to start your own business
Included with coffee machine :
Stainless steel bench, fully plumbed includes water filter, grinder, touch screen and till (never used), scanner, mini receipt printer.

Originally purchased for \$20,000 this machine has had no commercial use. For inspection and/or to make an offer over \$5,000 contact Michael or Julie

Phone: Michael 0409 575284 or Julie 0400 690981

WHERE OUR MONEY, GOODS AND RESOURCES GO

INDEPENDENT RIDERS AUSTRALIA - WHERE OUR MONEY GOES. LAST UPDATE 15th FEBRUARY 2020																																																																																			
<p>Charities and Community Groups - supported since 2018</p> <ul style="list-style-type: none"> B.A.C.A. Bikers Against Child Abuse Beyond Blue (Through Garvalds Hotel) Black Dog 1 Day Ride (Daphne/Alvoberg & Fraser Coast) Buy a Bike (Helping Farmers) CEH Australia (Congenital Disphragmatic Hernia) Fraser Coast Family Network Fraser Coast Wildlife Sanctuary Life's Journey Leukaemia Foundation (Uply Sir Tredder) M.A.C.E. Central Queensland M.A.C.E. Wide Bay Marjborough Animal Refugio Motor Neurone Disease Assoc. Qld Prostate Cancer Research Royal Flying Doctor Service Spina Bilita Hydrocephalus Qld State Emergency Service (SES) Fraser Coast Tangarie Rural Fire Brigade 	<p>Total Raised since inception: \$ 150,040.10</p>	<p>Amount Raised year to date: \$ 28,765.00</p> <p><i>Includes cash, goods and services</i></p>	<p>Charities and Community Groups Supported 1 Jul 2018 - 30 Jun 2019</p> <table border="1"> <thead> <tr> <th>Item</th> <th>Qty</th> <th>Value</th> </tr> </thead> <tbody> <tr><td>Navy Cockles</td><td>AC</td><td>\$ -</td></tr> <tr><td>Baker's Donations</td><td>BD</td><td>\$ -</td></tr> <tr><td>Care Packages (Military)</td><td>CP</td><td>\$ 2,300.00</td></tr> <tr><td>Auto Auctions & Aspergers N/W</td><td>AAA</td><td>\$ 1,900.00</td></tr> <tr><td>Black Dog 1 Day Ride</td><td>BD1</td><td>\$ 2,880.00</td></tr> <tr><td>Buy a Bike (Moreton Bay)</td><td>BB</td><td>\$ 3,000.00</td></tr> <tr><td>Fraser Coast Family Network</td><td>FCFN</td><td>\$ 9,550.00</td></tr> <tr><td>Fraser Coast Wildlife Sanctuary</td><td>FCWS</td><td>\$ -</td></tr> <tr><td>Local Drug Action Team/TOSS</td><td>LDAT</td><td>\$ 2,210.00</td></tr> <tr><td>Mac Support/Donations</td><td>MSC</td><td>\$ -</td></tr> <tr><td>Isis District State High School</td><td>IDSH</td><td>\$ -</td></tr> <tr><td>M.A.C.E. Wide Bay</td><td>MWB</td><td>\$ 2,000.00</td></tr> <tr><td>Queensland Bikers' Club</td><td>QB</td><td>\$ 152.50</td></tr> <tr><td>Tough Times Ride</td><td>TTR</td><td>\$ 805.00</td></tr> <tr><td>Total</td><td></td><td>\$ 23,000.50</td></tr> </tbody> </table>	Item	Qty	Value	Navy Cockles	AC	\$ -	Baker's Donations	BD	\$ -	Care Packages (Military)	CP	\$ 2,300.00	Auto Auctions & Aspergers N/W	AAA	\$ 1,900.00	Black Dog 1 Day Ride	BD1	\$ 2,880.00	Buy a Bike (Moreton Bay)	BB	\$ 3,000.00	Fraser Coast Family Network	FCFN	\$ 9,550.00	Fraser Coast Wildlife Sanctuary	FCWS	\$ -	Local Drug Action Team/TOSS	LDAT	\$ 2,210.00	Mac Support/Donations	MSC	\$ -	Isis District State High School	IDSH	\$ -	M.A.C.E. Wide Bay	MWB	\$ 2,000.00	Queensland Bikers' Club	QB	\$ 152.50	Tough Times Ride	TTR	\$ 805.00	Total		\$ 23,000.50																																
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Chq presentation Fraser Coast Wildlife Sanctuary



Ceremon Disability Ambassador 2020



Moreton Bay Support Rural Schools

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 Independent Riders Workshops, 276 Kent St Maryborough, Under the Gun Tattoos, Kent St Maryborough, 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

- | | |
|--|--|
| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• 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 ***not*** 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.



Corona Virus Links to The World Health Organisation Website

Links below are directly to the World Health Organisation in regards to the Coronavirus Disease. It is far better in this day and age to arm oneself with facts rather than rumors, hearsay and half truths.

The first link is:

- Myth busters, followed by:
- When and how to use masks,
- Advice to public,
- Videos on prevention,
- Healthy Parenting and finally:
- Virus situation dashboard.

Myth Busters [1](#)

When and How to use Masks

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Advise to Public <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Videos on the Prevention and Spread of the Disease

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos>

Healthy Parenting <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Coronavirus Situation Dash Board <https://experience.arcgis.com/experience/685d0ace521648f8a5beeeee1b9125cd>