

March 2020 |Newsletter

[Volume 8, 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 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 Annual 3 Day Pub Run
- 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 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.

March 2020

- 13-15th March Conondale Rally *Flyer with this newsletter*

April/May 2020

- 25th April ANZAC Day ride with Rum City Diggers *Flyer with this newsletter*
- 26th April Kenilworth Car Show. *Check out our website*
- 2nd - 4th May Three Day Pub Run *Flyer with this 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

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: 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, 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

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No Bullshit, No Politics

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



INDEPENDENT Riders
Fraser Coast



Fraser Coast Poker Run 2020
All sizes V Neck and Round Neck
only \$30

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

Brought to you by eatmyshorts.com.au

7th Annual Independent Riders Poker Run

- **WHEN:** Saturday 7th March 2020
- **RESULTS:** \$89 Registrations, \$3200 raised, over \$1500 in goods donated. Estimated number of care packages to Australian troops 200.

Thank you to all who supported this year's Independent Riders Annual Poker Run. At this stage we envisage packages will be packed in April 2020.

Care Packages – Volunteers needed

- **WHEN:** TBA
- **Details:** Volunteers would We will advise when we will be able to do this
- .

6th Annual 3 Day Pub Run

- **WHEN:** 2nd-4th May 2020
- **START:** Starting at Oliver's (*Old Sexie Coffee*) 9AM for sa 9.30AM departure
- **COST:** \$15.00 includes embroidered event patch and lots of fun.

Day One. Apple Tree Creek first stop then to Agnes Water, then to Miriam Vale pub for lunch then Turkey Beach for the night. Route not yet confirmed.

Day Two. Route not yet confirmed.

7th Annual Show and Shine

- **WHEN:** 17th May 2020
- **WHERE:** Fraser Coast Wild Life Sanctuary 31 Mungar Rd Maryborough
- **COST:** Entrants in the show \$5, all others visiting, gold coin donation.

Details: 7.30am – 11.30am, winners announced 12.30am This event is open to both cars and motorcycles, with six car and six motorcycle categories. Coffee van on site, great food also available. Opportunities for trade stalls, contact Michael on 0409 575284 or Julie 0400 690981.

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

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.

PICTURES FROM MARCH 2020



MARCH PICTURES WITH INDEPENDENT RIDERS

7th Annual Independent Riders Poker Run

		
Brolga Theatre, start of our 2020 Poker Run #1	Brolga Theatre, start of our 2020 Poker Run #2	Brolga Theatre, start of our 2020 Poker Run #3
		
At the registration Desk	Bikes leaving the Brolga Theatre car park	Heading down Walker Street
		
Apple Tree Creek Hotel #1	Apple Tree Creek Hotel #2	Lunch stop at Avondale
		
Smithy and Claire at Miners Arms Torbanlea	Last stop Miners Arms Torbanlea	Best hand Winner receives prize - Torbanlea



PIC #1 Turning onto John Street PIC #2 First stop Apple Tree Creek

MARCH PICTURES WITH INDEPENDENT RIDERS

Out and about on the Fraser Coast #1



Guess who was allowed out to play ☺



Good rollout for day ride to Mapleton



Mapleton Day Ride – At Puma South



Julie and Ed at start of Mapleton Day Ride



Paul at Gunalda – Mapleton Day Ride



Parked up Gunalda = Mapleton Day Ride



At Mapleton – Lunch stop #1



At Mapleton – Lunch stop #2



At Mapleton – Lunch stop #3



Heading out from Mapleton



Fuel stop Golden Nugget Gympie – Mapleton Ride



Last beer stop in Tiaro – Mapleton Ride

MARCH PICTURES WITH INDEPENDENT RIDERS

Sunshine Coast Black Dog 1 Dayer



Waiting in Tiaro for riders



Sunshine Coast Black Dog Ride #1



Sunshine Coast Black Dog Ride #2



Sunshine Coast Black Dog Ride #3



Sunshine Coast Black Dog Ride #4



Sunshine Coast Black Dog Ride #5



Sunshine Coast Black Dog Ride #6



Sunshine Coast Black Dog Ride #7



Sunshine Coast Black Dog Ride #8



Sunshine Coast Black Dog Ride #9



Sunshine Coast Black Dog Ride #10



Sunshine Coast Black Dog Ride #11

MARCH PICTURES WITH INDEPENDENT RIDERS

Out and about with Moreton Bay, Capricorn Coast, Darling Downs



Out and about on the Capricorn Coast March 2020 #1



Out and about on the Capricorn Coast March 2020 #2



Message from Independent Riders Moreton Bay March 2020

Keve an Jan aka Batman an Mrs C . Would like you all to be safe look out for each other. Life is precious and I think we are sure "We are okay mate" cause thats the Aussie way. Just because our leaders are slow at making des ions . We are not children be strong be a biker, be tough an make your own choices keep each other an your family safe. Best wishes to you all. Let us know how you all are . Okay

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.



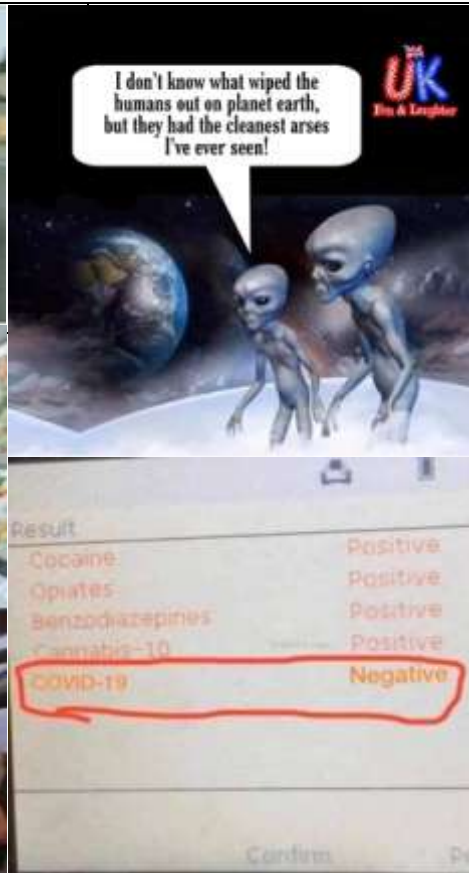
1. You must be eligible for a Positive Notice blue card .
M.A.C.E. will assist with that
2. You must attend at least 3 meetings and help at awareness days or functions. At this stage a Full Member will become your sponsor. You will become an Associate member and you can stay an Associate or stay as a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



Banana is sooo hard to spell!

Caught having sex by our daughter. We calmly told her we were making her a brother. She said "Do it doggy style I want a puppy" 😂

The next time your wife gets angry, drape a towel over her shoulders (like a cape) and say, "now you're SUPER ANGRY!"

Maybe she'll laugh.
Maybe you'll die.



(Her) How long before I am able to have a normal sex life again doctor?
(Dr.) No one has ever asked me that after having their tonsils out.

Got caught up in a really good book last night... I didn't stop coloring till 2am this morning



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



Tips on folding a fitted sheet:
1) Tuck one corner inside the other
2) Fold in half
3) Angrily roll into ball because it's impossible
4) Start drinking...

Sierra Echo
November Delta
Siera Helo India
Tango Papa Alpha
Papa Echo Romeo

I SAID I WANTED PARTS FOR MY MOTORCYCLE

Thankyou to our sponsors



Maryborough



CARRIERS ARMS
Hotel - Motel - Bar - Grill



Hans The Paint Doctor



Stockland
it's your place



Tinana Hotel (The Tinnie)



Harvey Norman



Fraser Coast
REGIONAL COUNCIL



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 May 2020

Finding ways to help our rural community

Three days /two nights, 1200km's approx
\$15.00 Registration includes embroidered event patch
Embroidered event shirt available in April
Route to be finalised by the end of March
The most fun one can have while helping others

ROUTE

Day One: Meet 9am at Olivers, Old Sexie Coffee Bruce Hwy Maryborough
9.30am departure.

- Route to include Apple Tree Creek, Agnus Water via Bucca, Miriamvale,
possibly Turkey Beach. **Not yet confirmed**

Day Two: Details soon

Need more information phone 0409 575284 or 0400 690981

Gladstone All Bike Classic



Brought to you by:



Historical Motorcycle Club QLD - Gladstone

Bike Show Easter Weekend

April 11th & 12th

Saturday 9am - 8pm Sunday 9am - 3pm

with secure display area Friday through to Monday

Gladstone PCYC

53 Yarroon St, Gladstone Central

Heaps of Classes to enter!

From Vintage to Modern, Road and Dirt

Something for all Bike Owners!

Gold Coin Donation for Entry

Free to Display

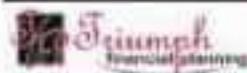
Interested in displaying your rare and interesting motorcycles?

Contact Peter: 0437 426 347 or Steve: 0439 782 954

E: oldbikesgladstone@gmail.com W: www.oldbikesgladstone.org.au



Roderick Removals
John Campbell Plumbing
Blomfield Excavations



Independent Riders Australia



SHOW 'N' SHINE

Sunday 17th May 2020

FOR MORE INFORMATION:

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 MUNGAR 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

VIKING BREED SMC

D'AGUILAR HOTEL
TATTOO & BIKE

SHOW 30th May 2020

COMPETITION REGISTRATION

FROM 12PM

S10 ENTRY ALL CATEGORIES

TATTOO CATEGORIES

BEST COLOUR
BEST BLACK AND GREY
BEST ORIENTAL
BEST REALISTIC
BEST BACK
BEST CHEST PANEL
BEST SLEEVE
BEST TRADITIONAL
BEST OF SHOW

BIKE CATEGORIES

BEST IN SHOW
BEST PAINT
BEST AMERICAN
BEST BRITISH
BEST JAP
BEST BAGGER
PEOPLES CHOICE
OLD SCHOOL
BEST CUSTOM

EVENTS ON THE DAY

TATTOO & BIKE SHOW WITH GUEST JUDGES
TRADE STALLS / LIVE MUSIC / BODY ART
FOOD / FULL BAR / CHILDRENS
ENTERTAINMENT



The Dag Pub is a member of the Queensland Pub Association
0754364533

PROUDLY SUPPORTING

DELANEYS CRK RURAL FIRE BRIGADE

FACEBOOK -VIKING BREED SMC NORTH BRISBANE

DIGGERS MILITARY MC RUM CITY CHAPTER

ANZAC DAY RIDE

Dawn Service at Elliot Heads

Breakfast at Bowls Club

Ride into Childers for RSL March

Lunch at RSL

DATE - 25th APRIL

Stands up - 0445

START POINT - WOOLWORTHS CARPARK AT BARGARA

COST- GOLD COIN DONATION THAT GOES TOWARDS LOCAL VETERANS IN NEED !

For more information contact Hopsy- 0450 489 905

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

Charities and Community Groups - supported since 2012		Total Raised since inception:	\$	230,043.10	Amount Raised year to date:	\$	28,765.00																																																																																																																	
B.A.C.A. Riders Against Child Abuse Beyond Blue (Through Gurrubbi Hotel) Black Dog 1 Day Ride (Both Rowleby & Fraser Coast) Bay a Bale (Yedjka Farmers) CBR Australia (Congenital Disphragmatic Hernia) Fraser Coast Family Network Fraser Coast Wildlife Sanctuary Jane's Journey Leukemia Foundation (Ugly Bir Teacher) M.A.C.E. Central Queensland M.A.C.E. Wide Bay Maryborough Animal Refuge Motor Neurone Disease Assoc. Qld Prostate Cancer Research Royal Flying Doctor Service Spina Bilita Hydrocephalus Qld State Emergency Service (SES) Fraser Coast Kangaroo Rural Fire Brigade		Charities and Community Groups Supported 1 Jul 2018 - 30 Jun 2019 City		Includes cash, goods and services.																																																																																																																				
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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 <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

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>