



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 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

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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 having our Friday social drinks at selected hotels, usually in Maryborough, but once a month at Toogoom RSL. Check out our website or Facebook for our next social evening or ride.

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 2021

- 6th Mar 8th Independent Poker Run 2021
- 16th May Independent Show and Shine
- Oct 2021 – 3 Day Pub Run (*Nit confirmed*)
- 5th Dec 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.



Autumn/Winter 2021

- Social nights for 2021 will vary from week to week, our social evening preferred pub list can be seen on the bottom of page three (3),
- Our social evenings in Maryborough occur each Friday evening from 5.30PM, all are welcome.

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

April 2021

- 1st – 5th April Gladstone all bike classic. (*See our website for details*)
- 11th April Independent Riders Fraser Coast Social Ride. (*See our website for details*)
- 10-11th April Maryborough Swap Meet. (*See our website for details*)
- 18th April Independent Riders Fraser Coast Social Ride. (*See our website for details*)
- 23rd – 25th April Cane Toad Rally. (*Flyer with this newsletter*)

May 2021

- 2nd May WideBay Rodders Show and Shine. (*Flyer with this newsletter*)
- 3rd May Independent Riders – Day Ride
- 22nd May Lindsay Wust Memorial Run. (*Flyer with this newsletter*)
- 22nd May Beenleigh Bike Fest
- 29th May [Super-Hero Family Fun Day](#) (*See our website for details*)

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. Independent Riders Caps \$18.00 Produced on The Fraser Coast



**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 'Let's get Lost' Shirts (\$30)



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 2020 this amount exceeded \$191,000.



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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: Dan Blundestone: 0432 090315

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:

TBA

TBA

E-mail on: info@eatmyshorts.com.au 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

The Post Office Hotel
Bazaar Street
Maryborough

Maryborough Sports Club
Saltwater Creek Rd
Maryborough

Toogoom RSL
Toogoom

Lamington Hotel
Ferry Street
Maryborough

Help us help others. Need more info?

E-mail: info@eatmyshorts.com.au

www.eatmyshorts.com.au

PO Box 3203 Pallas St Walker St
Maryborough QLD 4650
PH: 0409 575284
E-mail: info@eatmyshorts.com.au

No Bullshit, No Politics

Find us on the Web:



New Fraser Coast Patches \$10 Each



Rider Patches 2013-2020



Supporter Patch

Independent Rider Mouse Mats \$10 Each

Two Styles Available



FRIDAY NIGHT SOCIAL EVENINGS – VARIOUS LOCATIONS

They are BACK..... Sorta ☺

Our social Friday nights will be at varied locations however will be displayed on our website and Facebook each week,

From 5.30PM ish most Friday evenings

Brought to you by eatmyshorts.com.au

Independent Riders 8th Annual Poker Run - Results

- **WHEN:** 6th March 2021
- **RESULTS:** \$4000 raised, over 100 registrations.
- **BENEFACTORS:** Diggers Wide Bay for the startup of a drop-in centre for all military personnel irrespective of club affiliations or service.

This year's poker run was an excellent demonstration of individuals and clubs/social groups working together, with a focus of helping those in need and bettering our community. To be part of an event like this and to witness this community focus was indeed a privilege and am grateful that we have people like this around us.

We thank Diggers Wide Bay Military MC, MACE Wide Bay, RWB, Wide Bay and Gympie, Easyriders Ipswich and of course the individuals that supported this event.

Something you can all be very proud of.

Independent Riders 8th Annual Show and Shine

- **WHEN:** 16th May 2021
- **DETAILS:** Spectators, gold coin donation, car and bikes in the event \$5.00, 6 car and 6 motorbike trophies.
- **WHERE:** Fraser Coast Wildlife Sanctuary Maryborough West
 - Supporting Fraser Coast Wildlife Sanctuary

Independent Riders 2nd Brass Monkey Run

- **WHEN:** 24th / 25th July 2021
 - **DETAILS:** Overnighter, southern route. Details TBA.
- WHERE:** TBA

Farewell to Irene aka 'Mum' 22nd April 2021



Irene aka 'Mum', was a familiar site at our charity events through a number of groups including Southern Cross FTC, Fraser Coast Social Riders and Independent Riders.

For around 15 years Mum and Lizzie sold raffle tickets and help raise thousands of dollars for a number of community organisations. On Mums passing a comment 'The end of an era' rings so true, thank you Mum for your time, company, humor and generosity. RIP Mum.

5th December – Fraser Coast Toy Run 2021

- **WHEN:** Sunday 5th December 2021
- **WHERE:** Brolga Theatre Maryborough, route to be advised
- **REGISTRATION:** 7.00-9.00AM
- **ENTRY:** Gold Coin Donation

Other projects heading into 2021

We have a number of exciting projects to consider in 2021

- Suicide prevention/education. More details later in 2021
- Support Our Community Fraser Coast INC Art Competitions 2021
- VR (Visual Reality) Headsets for disabled and others in need
- Support Independent Riders Workshops. **Ongoing**
- HISS - Homeless Independent Support Services **Deferred**
- And of course, some **EXCELLENT** rides!!!
- Support for Aussie Troops. **2021 Poker Run to support returned troops**
- 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 \$30 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 \$10.00 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



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.

2020 Disability Art Competition. This year's art competition was won by Jason from Fraser Coast Family Networks with his design to go on a special custom Toy Run shirt given to all competition competitors, sponsors and available at cost to families of those who participated in the event.



Jason will also become our Disability Ambassador for 2020-2021 and will present a certificate and a copy of his shirt to sponsors in early 2021. Jason will also be able to attend the start of other Independent Riders events and a special Disability Ambassador banner was produced for use at other events that support inclusion at events here on the Fraser Coast.

Pictures below of Jason custom Toy Run shirt and of the Disability Ambassador Banner.

Jason's shirt design front and back:



Disability Ambassador Banner



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.

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, Cass and Travis



**Contact Eddie on 0400488244 for more details on the workshop.
Workshop direct at: 07 41213010**

Cass and Travis. Cass works part time at Independent Riders workshop in part time role including working with other youth in mentor support.



Travis who has been with the workshop for some time started this week on a four (4) week internship. We hope in the new year we will also be able to offer Travis part time paid work.

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

Many people on the Fraser Coast Region are struggling with reading, writing and maths. Independent Riders Workshops, offer literacy and numeracy classes, open to all ages including adults. We have a teacher who is available most days to run classes. Don't be shy, come in and give it a go. We are here for our community.

WE ARE LOOKING FOR SPONSORS

Independent Riders Workshops runs largely unfunded by government funds, with the majority of money raised by the workshop being by the sale and repair of bicycles. To help the workshop to continue its good work we are seeking sponsorship from businesses, organisations and individuals.

In return, sponsors can have their logo placed on the wall in the workshop, on our website and have pamphlets and cards at the front desk. Sponsorship would be annual with options to have logo's on workshop shirts. **Need more information, phone Eddie 0400 488244.**

INDEPENDENT RIDERS APRIL 2021



INDEPENDENT RIDERS

DAWN SERVICE - ANZAC Day APRIL 25th 2021 (Toogoom/Fraser Coast)



A cool start to ANZAC Day - Maryborough



Regrouping with MACE and others – Eli Waters #1



Regrouping with MACE and others – Eli Waters #2



Regrouping with MACE and others – Eli Waters #3



Regrouping with MACE and others – Eli Waters #4



Regrouping with MACE and others – Eli Waters #5



Regrouping with MACE and others – Eli Waters #6



Dawn service at Toogoom #1



Friendly faces in every crowd 😊



Dawn service at Toogoom #2



Dawn service at Toogoom #3















Dawn service at Toogoom #4



PIC #1, 2 & 3 Independents regrouping with MACE and others – Eli Waters

INDEPENDENT RIDERS

OUT AND ABOUT ON THE FRASER COAST – APRIL 2021 #1

		
Julie and Niall - The Fraser Coast #1	Out and about on The Fraser Coast #2	Out and about on The Fraser Coast #3
		
Parked up – Silky Oak Tea Gardens #1	Parked up – Silky Oak Tea Gardens #2	Chilling out with friends 😊
		
Julie – Tea Gardens 26 th April	Wolfgang – Tea Gardens 26 th April	Niall – Tea Gardens 26 th April
		
Ed with Julie – Tea Gardens 26 th April	Suka and Niall – Tea Gardens 26 th April	Inside the bar – Tea Gardens

INDEPENDENT RIDERS
OUT AND ABOUT – CAPRICORN COAST APRIL 2021



Out and about in April – Capricorn Coast #1



Marlborough Hotel – Capricorn Coast #2



Out and about in April – Capricorn Coast #3



Out and about in April – Capricorn Coast #4



Out and about in April – Capricorn Coast #5



Out and about in April – Capricorn Coast #6

INDEPENDENT RIDERS

OUT AND ABOUT ON THE FRASER COAST – APRIL 2021 #2



Start of day ride – Bucca and beyond!!! 18th April #1



Start of day ride – Bucca and beyond!!! 18th April #2



Start of day ride – Bucca 18th April #3



Bikes leaving Olivers 18th April



At South Kolan 18th April



Lunch at Bucca 18th April #1



Lunch at Bucca 18th April #2



Lunch at Bucca 18th April #3



Red and loved one at Bucca and Last beers at Torbo



Lunch at Bucca 18th April #4



MACE tent M/borough Swap Meet 10th April

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>



This Month's Humor and Quotes

Me fresh out the shower looking at myself in the mirror realizing the most attractive thing about me is my motorcycle



me: laying in bed, can't sleep, whips out phone, fires up porn and starts rubbing one out

everyone monitoring my sleep study:



RARE PHOTO OF MOTHER WRENCH FEEDING HER YOUNG. ABSOLUTELY BREATHTAKING!



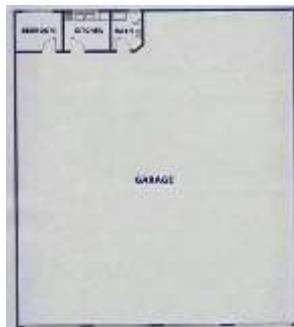
I MADE THIS OUT OF AN OLD PALLET



Just when I thought I had figured out life, I saw this.



You know those orange cones they put on the road for you to knock over? Totally just beat my previous high score.



RESTRAINING ORDERS ARE JUST ANOTHER WAY OF SAYING I LOVE YOU



New Motorcycle designed for couples with joint Facebook Accounts!



A couple of cows were smoking a joint and playing cards. That's right. The steaks were pretty high.

WHEN THE CAMPSITE



ITS BEEN THAT KIND OF DAY



Have faith in the Pfizer vaccine, Pfizer also make viagra, so if they can raise the dead they can save the living ;)

Thank-you to our sponsors



Bay Trailer Hire
Hervey Bay

0488 184698



Stockland
it's your place



Fraser Coast
REGIONAL COUNCIL



BIGW



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

8



SATURDAY, MAY 8, 2021 AT 10 AM UTC+10

Mt Larcom lunch run

Rockhampton

✓ Going

⌚ Maybe

✗ Can't Go

✉ Invite

✎ Edit

...

Details

2 people going, including Scott Ramsden and Daniel Blundstone



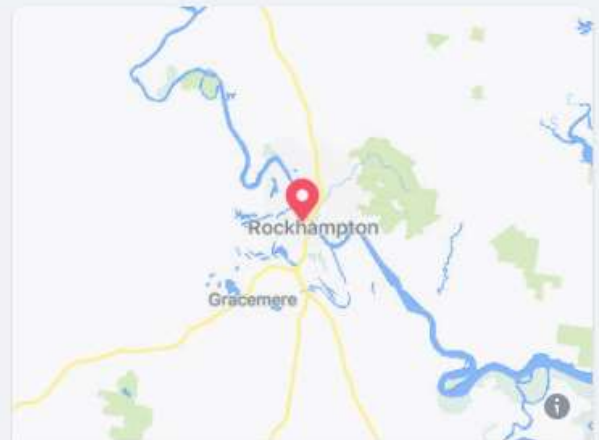
Event by Daniel Blundstone and Independent Riders - Capricorn Coast

Rockhampton

Saturday, May 8, 2021 at 10 AM UTC+10
18–29°C Partly Cloudy

Price: Free

Group - Members of Independent Riders - Capricorn Coast



Rockhampton, Queensland

Phone Daniel: 0432 090315

For this event and other events on The Capricorn Coast



CHATWIN
Irene Gertrude
Alice 'Rene'
(nee Batt)

Of Maryborough. Passed away peacefully on April 27, 2021. Aged 88 years. Beloved wife of Andrew (dec'd). Loving mother of Lizzie and Cliff (dec'd). Loving nan to Kath and Stephen and Sharon. Great nan of Russ and Kel, Boo and Adam, Maddie and Matt and great great nan to Haddy and Noah. Sadly missed by her little dog Leo.

*Close to our hearts she will always stay,
loved & remembered every day.*

Family and friends of Rene are invited to attend a celebration of her life at the Graveside, Tiaro Cemetery on Tuesday, May 4 at 10am.



J. Kirk & Sons
Maryborough 4121 4183
Hervey Bay 4124 2524

For those that knew Irene, aka 'Mum', who passed-away earlier this week, funeral details are on the left.

Mum and Lizzy were a regular site at our events for over 15 years, raising thousands of dollars for those in need in the community.

As Lisa Tabet (*Stacey's sister*), said. "The end of an era". For those unfamiliar with Mum and Lizzy, the enormity of the work they did help Spina Bifida children in Queensland, many local community groups on the Fraser Coast including Maryborough Animal Refuge, Older Men Unlimited, Fraser Coast Family Network, Qld Motor Neurone, Fraser Coast Wildlife Sanctuary, just to name a few.

If you knew Irene/Mum funeral details below, we will be there to say our farewells and quietly thank Mum for her company and contribution to our community.

Independent Riders Australia



SHOW 'N' SHINE
16th May 2021

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



8th 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 BIKE OF SHOW

PEOPLES CHOICE CARS

BEST FORD
BEST HOLDEN
BEST HOT ROD
BEST CAR OF SHOW

WWW.EATMYSHORTS.COM.AU

A.C.H 606 088 251



Lindsay Wust

7.2.58 – 17.5.02



Memorial Run

Saturday 22ND May, 2021.

Meet at Twin Valleys Motor Cycle Club clubhouse,
Biloela at 11.30am.

Please note: The last card will be at the **Jambin Hotel**.

Camping facilities available.

BBQ tea and breakfast on sale.

Meet at **Jambin Hotel** Saturday afternoon if not joining Poker
Run.

Camping available at TVMCC Friday night before Wustys run.

BBQ Lunch available before departing TVMCC Saturday.



WideBay Rodders

Show 'n' Shine

Hotrods, Classics, Australian and American Muscle Cars,
Vintage Motorcycles



MAY 2ND 2021 • GATES OPEN 6AM

Ralph Stafford Park
Seagulls Rugby League Oval
187 Bideford St, Torquay

Entrant vehicles must enter
between 7am - 9am

Entrant Vehicles \$10 each

Canteen by Olders Mens Unlimited
Coffee Vans On Site
Jumping Castle

Entry is \$5 per person
or \$20 per family

All Monies Raised Go To Local
Children In Need

Proudly Sponsored By



BEENLEIGH 20 21 BIKE FEST AND SWAP MEET

Introducing the first inaugural BIKE FEST to be held at
Beenleigh Showgrounds Oval, James Street, Beenleigh, Qld 4207
on 22 May 2021. Starting from 6.00am till 1.00pm.

The Bike Fest will have bikes of all ages on display,
PLUS a competition for best looking bike in Beenleigh.
There will be displays and sales of all bike related merchandise
plus a Bike Swap Meet for all secondhand bike goods
to buy, sell or trade.

A detail floor plan will be available for anyone wishing
sell their bikes, gear or merchandise to book a space.
Contact Brian on 0412 793 352

**WE hope you will support us to make this
inaugural Bike Fest Event a roaring success.**

For more information on sponsorship and bookings
call Brian Carey on 0412 793 352
beenleighbikefest@gmail.com

LINK US ON FACEBOOK TO GET THE LATEST NEWS AND UPDATES

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

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 2020. In 2021 we are hoping to be able to give to an organization in Wide Bay that provides care to our returned service people.

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 Toothbrush• Tim Tams• 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](#)

Updated links will be added in our March Newsletter