



# 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](mailto: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](mailto:info@eatmyshorts.com.au)

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### Postal Address

Independent Riders Pty Ltd  
PO Box 3203 Pallas Street  
Maryborough QLD 4650  
ACN: 606 088 251

## Brisbane to Capricorn Coast



We can be found each Friday afternoon / evening from around 5.30 PM having our Friday social drinks at selected hotels, usually in Maryborough, sometimes in Hervey Bay. 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

- 10<sup>th</sup> Jul Beach M/Bike Races MacKay
- 5<sup>th</sup>-9<sup>th</sup> Sept SCA 5 Day Poker Run
- 30<sup>th</sup> Sep Valley Rally
- 4<sup>th</sup> 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.



## 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](mailto:info@eatmyshorts.com.au) Visit our website [www.eatmyshorts.com.au](http://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 5-5.30pm onwards. Venue details at the bottom left of page 4. Hope to see you there**

Until next time, stay safe... Independent Riders

## Autumn 2022

- Social nights for 2022 will vary from week to week, our social evening preferred pub list can be seen on the bottom of page three (3), currently social nights are scheduled every three weeks, rotating between Maryborough (changing locations) and Hervey, the Hervey Bay Hotel.

- Our social evenings when they occur, start around 5.00- 5.30PM, all are welcome.

### April/May 2022

- 9<sup>th</sup> April. Towballs Ride. Brisbane. *Details on our website*
- 15-17<sup>th</sup> Apr April Rocky Nats Rockhampton *Details in this Newsletter*
- 16<sup>th</sup> April. Twin Valley Poker Run. *Details in this Newsletter*
- 22<sup>nd</sup>-23<sup>rd</sup> April. Cane Toad Rally. *Details in this Newsletter*
- April 29<sup>th</sup> – 1<sup>st</sup> May 2022. Kilbirnie Rally. *Details in this Newsletter*

### May/June 2022

- 21<sup>st</sup> May. Diggers Military MC. Inaugural Poker Run. *Details in this Newsletter*
- 21<sup>st</sup> May. Annual Biker Church – Blanket Run. *Details in this Newsletter*
- 22<sup>nd</sup> May. Ride for Mens Health. *Details in this Newsletter*
- 29<sup>th</sup> May. Dust Hustle Qld Moto Park. *Details in this Newsletter*
- May/June. Ninth Annual Show and Shine 19<sup>th</sup> June 2022. *Details in this Newsletter*
- May/June Disability Ambassador Presentation TBA

## Interested in mid-week rides? E-mail: [info@eatmyshorts.com.au](mailto:info@eatmyshorts.com.au)

New rides are added in weekly so keep checking our website: [www.eatmyshorts.com](http://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 Currently Unavailable**



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

## Independent Riders 2022 Sons of Bitches Shirt (\$35)



### Our achievements to date

On the 27<sup>th</sup> of December 2013, Independent Riders Australia presented its first check of, \$1500 to Spina Bifida Hydrocephalus Qld. On Saturday 20<sup>th</sup> December 2014 we signed our last cheque for 2014, bringing our total donation of cash, services and goods for the 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](mailto: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: VACANT (Interested?) : 0400 690981

Enquiries can also be e-mailed to:

[capricorncoast@eatmyshorts.com.au](mailto: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: VACANT (Interested?) : 0400 690981

-

E-mail on: [info@eatmyshorts.com.au](mailto: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 2022**

The Post Office Hotel  
Bazaar Street  
Maryborough

Maryborough Sports Club  
Saltwater Creek Rd  
Maryborough

Hervy Bay Hotel  
Pialba

Lamington Hotel  
Ferry Street  
Maryborough

**Help us help others. Need more info?**

E-mail: [info@eatmyshorts.com.au](mailto:info@eatmyshorts.com.au)



[www.eatmyshorts.com.au](http://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



2022 Sons of Bitches Tee-Shirt Only \$35.00

## Disability Ambassador Presentation

**WHEN: TBA. Delayed due to COVID and Flooding**

Due to COVID-19 and two lots of floods this event has been delayed however we are hoping to run this presentation later in the year hopefully before the end of April 2022. This event is a thank you to our sponsors with our Disability Ambassador presenting a copy of winning toy run shirt design for 2021. This year Fraser Coast Regional Council will support the event

## Independent Riders 9th Show and Shine

**• WHEN: Sunday 19th June 2022, Confirmed**

INDEPENDENT RIDERS 9TH ANNUAL SHOW AND SHINE. This year we have moved our show and shine to Sunday the 19th of June. As usual all proceeds will go to The Fraser Coast Wildlife Sanctuary. These guys do a wonderful job out there and events like this do make a difference to the animals in their care. Registration from 7.30am until 11.30am with winners announced at 12.30pm.

There are 4 bike categories: Best American, European, Japanese and Best bike of show and 4 car categories: Best Ford, Holden, Hot Rod and Best car of show. Registration is only \$5.00, gold coin donation for those just browsing.

Hot food will be available on the day along with good coffee. Any questions contact details displayed on the flyer below. This will be a fun day, we hope to see you there

## Independent Riders 2022 Fraser Coast Toy Run

**• WHEN: Sunday 4th December 2022, departing from the Brolga Theatre carpark. DATE CONFIRMED ☺**

Proceeds from this event go to charities and support organisations here on the Fraser Coast. More details later in the year.

## New Merchandise

**• Sons of Bitches 2022 Shirt available from late April 2022**

Details and design will be on display in next month's Independent Riders monthly newsletter. This year we have had to increase the price to \$35 and will be available in round and V Neck, all sizes. Draft image below of this year's 'Sons of Bitches' tee-shirt.

Swags for Sale. excellent value and quality only \$120. contact Julie on 0400 690981

### Other projects heading into 2021/2022

We have a number of exciting projects to consider in 2022

- Suicide prevention/education. More details later in 2022
- Support Our Community Fraser Coast Inc Art Competitions 2021/22, Disability Ambassador **Ongoing**
- VR (Visual Reality) Headsets for disabled and others in need
- Support Independent Riders Workshops. **Ongoing**
- And of course, some **EXCELLENT** rides!!!
- Support for Aussie Troops. **2022 Poker Run will support our troops both locally and overseas**
- Need more details? E-mail: [info@eatmyshorts.com.au](mailto: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](mailto: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.



**2021 Disability Art Competition.** The 201 art competition was won by Sioben Ogden from Fraser Coast Family Networks with his design becoming part of a special custom Toy Run shirt given to all competition competitors and sponsors as well as available at cost to families and supporters of this event.



Sioben will be our Disability Ambassador for 2021-2022 and will be present with her certificate and badge at the end of this year's toy run. We are hoping that the out- going Disability Ambassador will be able to present Sioben with her prize. Second place winner went to Kylie Stackman and third went to Raewyn Clark. The Disability Ambassadors are, able to attend the

start of other Independent Riders events however COVID issues have prevented much occurring this year. A special Disability Ambassador banner was produced for 2021 and aim at having one available for 2022 however this may depend on supply. Fraser Coast Regional Council have indicated that they will support the Disability Ambassadors event in early 2022 where Sioben will be able to present sponsors with a copy of her shirt.



In 2022 The Disability Art Competition will be run differently than in previous years. Funding for the event will still be funded by the Fraser Coast Toy Run, however the event will be open to all organisations that have disabled clients. Each interested organisations will need to registered for the event, there will be no cost for this. Once registered templates will be made available to that organization or if they wish may use their own. More details early in 2022, so watch this space 😊

Certificates and Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places of the Disability Art Competition



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](http://www.ourcommunityfrasercoast.com.au) is still under construction.



## The Latest from Felicity



Workshop Manager: Felicity  
PH: 0466 669706

Secretary:  
Treasurer:  
Bike Mechanic:

Office: Cassie: 07 4121 3010

Mentors: Wayne, Kevin, Eddie, Brett and Cass

**Contact Felicity on 0466 669706 for more details  
on the workshop. Workshop direct at: 07  
41213010**



After 3 years at the helm of Independent Riders Workshops Eddie has stepped aside with Felicity stepping up at their recent AGM Felicity accepted the role with Eddie and Cass continuing with their great work providing counselling and NDIS support.

We thank Eddie for his hard work and look forward to seeing the workshop continue to grow under the guidance of Felicity and her crew.

## **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.**



**Workshops and store front**



**276 Kent Street Maryborough 4650**

## **Services**

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 Felicity on: 0466 669706**

# INDEPENDENT RIDERS

## Out and About on the Fraser Coast– APRIL 2022 #1



Out and about – 16<sup>th</sup> April 2022 #1



Out and about – 16<sup>th</sup> April 2022 #2



Out and about – 16<sup>th</sup> April 2022 #3



Out and about – 16<sup>th</sup> April 2022 #4



Out and about – 17<sup>th</sup> April 2022 #1



Out and about – 17<sup>th</sup> April 2022 #2



Out and about – 17<sup>th</sup> April 2022 #3



Out and about – 17<sup>th</sup> April 2022 #4



Out and about – 17<sup>th</sup> April 2022 #5



Out and about – 17<sup>th</sup> April 2022 #6



Out and about – 24<sup>th</sup> April 2022 #1



Out and about – 24<sup>th</sup> April 2022 #2



# INDEPENDENT RIDERS

## Out and About on the Fraser Coast– APRIL 2022 #2



Out and about – 24<sup>th</sup> April 2022 #3



Out and about – 24<sup>th</sup> April 2022 #4



Out and about – 24<sup>th</sup> April 2022 #5



Out and about – 24<sup>th</sup> April 2022 #6



Out and about – 24<sup>th</sup> April 2022 #7



Out and about – 24<sup>th</sup> April 2022 #8



Out and about – 24<sup>th</sup> April 2022 #9



Out and about – 24<sup>th</sup> April 2022 #10



Out and about in April #1



Beers at the Federal Childers



Out and about in April #2



Thank you to RSL Hervey Bay Sub Branch



This Month's Humor and Quotes

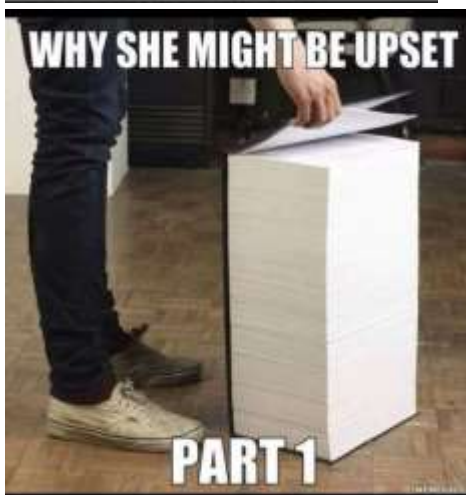


I was getting a hand-job off my new girlfriend when I asked, "How are you so good at this?"

"Years of practice," she said.

"Bit of a player in your day were you?" I laughed.

"No," she replied, "my dad had no arms."



So , my neighbor with the big Titties is outside gardening topless today . . . just wish his wife would do the same 🤔



They reckon that beer contains female hormones. they might be right because after 8 pints i talk shite and cant fucking drive .







**ADVANCE  
TREE WORKS**

4194 5678  
**TRAILERS NOW**

**1STOP**  
Auto Electrics



**Bay Trailer Hire**  
Hervey Bay  
0488 184658



**Mitch's AUTO REPAIRS**  
MECHANICAL • TUNE UPS • SERVICING

**Allweld**  
MANUFACTURING  
pty ltd

**STATION SQUARE**  
SHOPPING CENTRE

**Tyreright**



**MBS BUILDERS SUPPLIES** 07 4121 5643



**BUNNINGS warehouse**  
Maryborough



**BayCityQuality**  
MOBILE MECHANIC

**Harvey Norman**

**P.J. BURNS BUILDER**  
0800 1042321 PB 4124 7333

**FRINT DOCTOR**  
Hans The Paint Doctor



**AES**  
AUTO ELECTRICAL SERVICES LTD

**Sunstate Motorcycles**



**Stockland**  
*it's your place*



**Coffee Tribe Espresso**  
& Coffee Shop



**Fraser Coast**  
REGIONAL COUNCIL



**BLACK & WHITE**  
CASH



**CRUISINGHOON BADGES**  
Inc. HardcoreBiker Australia

**Betta** CARRIERS ARMS  
Hotel • Motel • Bar • Grill

**novus glass**  
Repair & Replacement



**THE REJECT SHOP**

**BIGW**

**Outrigger**  
BURLEIGH

twenty20 Realty, Hervey Bay Boat Club, Centre Management Station Square, Maryborough, Autobarn Maryborough, The Butcher Shop Tinana, Super Cheap Auto Maryborough, Wilko's Pro Shine, Hervey Bay Disability Assistance Inc



# ANNUAL BLANKET RUN



Crossroads  
Biker Church  
Bundaberg



## SATURDAY MAY 21 2022

SUPPORTING OUR NEEDY AND HOMELESS

**ALL MOTORCYCLES & VEHICLES WELCOME**

**Entry:** \$15.00 pp + Blanket or Sleeping Bag

**Start:** Anglican Church (59 Woongarra St)

**Time:** Coffee From 8:30am

**Stands Up:** 9:30am

**Finish:** Anglican Church  
BBQ Lunch  
Prize draws

**Contact:** RayRay 0416 226 745

ENTRY FEE  
INCLUDES RAFFELS  
AND LUNCH!

All proceeds go to the DORCAS SOUP KITCHEN



Southern Cross Association

## Memorial Ride & Poker Run **SUN** **1st May**

**REGISTRATIONS**

and

**SAUSAGE SIZZLE**

from **11am**



**SCA Shed Sturgess St, Hermit Park**

**STANDS UP 1PM**

**\$20 per HAND  
WIN  
up to \$500**

**Raffles &  
Poker Hand  
drawn at  
end of Ride**

Raising money for Children's Charities

Franco - 0427 762 973

Kiwi - 0432 549 262



For INFO - BUGSY 0420 943891



**21st MAY 2022**

*Meet at BP servo Torbanlea - Stands up 10.30am*

1st Prize  
\$300 for  
best poker  
hand

2nd Prize  
\$100 best  
Full House

JOKER  
\$50

Best 3 of  
a kind  
\$50

Percentage of the proceeds  
will be donated to - VETERANS ASSOC



## RIDE for MENS HEALTH and PROSTATE CANCER RESEARCH

**22nd May 8am Airport BP service station**



Join us in promoting MENS health and prostate cancer awareness, wear your suit jacket and tie to show how distinguished you are, and help us promote awareness of a very treatable problem if detected early.

Meet and greet at the Airport Servo 8.0am Sunday 22nd May 2022



Ride as a group along Booral rd, The Esplanade to Gatakers boat ramp Pt Vernon where there will be time for a photo shoot and brief chat



The ride will then travel along the Esplanade past the pier to Dayman park Urangan where there will be a sausage sizzle at the top car park which will be specifically for all motorcycle parking only



It's only a short ride and so suitable for all bikes, vintage, veteran, sidecars, retro, adventure, scooters, sports, steam, diesel, electric, if it has 2 or 3 wheels your welcome

So polish up your machines and get your dapper clobber out and let's raise awareness for mens health

All monies raised will be donated directly to the Maryborough Hospital prostate cancer support group, so put your hand in your pocket and support this very worthy



organisation.







COME VISIT INDIAN MOTORCYCLES!  
**AT DUST HUSTLE**

**DUST HUSTLE 12 | MAY 28 | QLD MOTO PARK**



#### DUST HUSTLE 12: QLD MOTO PARK EVENT SCHEDULE

##### SATURDAY 28 MAY 2022 - Dust Hustle™ 12

- 6:30am Gates open to riders & public
- 7:00am-9:00am Rider sign on
- 9:00am Rider briefing
- 9:15am Riding on track - Morning Session (MS)
- 12:15pm Trackside bar open
- 12:15pm Lunchtime break & demos
- 1:00pm Riding on track - Afternoon Session (AS)
- 4:00pm Riding on track finish
- 4:15pm Awards & prizes
- 6:00pm Trackside bar closed
- 6:00pm Gates closed to public & camping areas

##### SUNDAY 29 MAY 2022

- 6:30am Campers pack down. Please clean up
- 9:00am All event campers gone

##### RIDING CLASSES

- 1. TAN Number Old Mates (pre 90)
- 2. GREEN Number Small Bike Burners
- 3. RED Number Enduro & MX



# Independent Riders Australia



## SHOW 'N' SHINE 19th June 2022

FOR MORE INFORMATION:  
JULIE: 0400 690981  
PJ: 0408 381003 or Brian: 0409 617417



ARGUABLY THE BEST TROPHIES ON THE COAST

### MARKETS, RAFFLES, CASH PRIZES, PLUS MORE

### WHERE?

FRASER COAST WILDLIFE SANCTUARY 31 MUNGAR ROAD MARYBOROUGH



## 9TH Annual Motors in JUNE 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

TRADE STALLS WELCOME PHONE ABOVE TO BOOK

WWW.EATMYSHORTS.COM.AU

A.C.H 606 088 251

# 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 were able to give to an organisation on the Fraser Coast funds to assist them to continue supporting our returned service people. In 2022 we would like to continue to support those that defended our countries beliefs.

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"><li>• Razors</li><li>• Roll on deodorants</li><li>• Chap sticks for lips</li><li>• Shampoo and conditioner ( Small)</li><li>• Sunscreen. (Small)</li><li>• Baby wipes. (Wash)</li><li>• Body wash</li><li>• Eye drops</li><li>• Tooth paste or Toothbrush</li><li>• Tim Tams</li><li>• Lollies</li><li>• Noodles</li><li>• Vegemite</li><li>• Peanut paste</li><li>• Muesli bars</li></ul>	<ul style="list-style-type: none"><li>• Milo,</li><li>• Coffee, (small packets)</li><li>• Tea</li><li>• Nutella</li><li>• Cookies</li><li>• Nuts</li><li>• Gum</li><li>• Dried fruit</li><li>• Note books</li><li>• Biro's</li><li>• Puzzle books</li><li>• Playing cards. UNO cards, dice</li><li>• Magazines. (car books , bikes others that would be interesting, national geographic books, calendars) etc</li></ul>
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**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.**

**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

[Restriction Stages](#)

[Vaccination Bookings / Information](#)

[Places of Concern](#)

[Public Health Directions \(Qld\)](#)

# Gossip, Gossiper, Rumour, Rumour Monger

## GOSSIP/RUMOUR

circulating story or report of uncertain or doubtful truth information, often a mixture of truth and untruth, passed around

*A rumour, is "a tall tale of explanations of events circulating from person to person and pertaining to an object, event, or issue in public concern." In the social sciences, a rumour involves a form of a statement whose veracity is not quickly or ever confirmed.*

## GOSSIPER/RUMOUR MONGER

A person who habitually reveals personal or sensational facts about others.

*Gossipers are desperate and immature people. They need drama, love conflict and are so deeply unconfident they feel compelled to tell and spread false accusations and stories about others in order to feel a sense of superiority, or to be able to play the ultimate role of the victim*

Gossiper - a person given to gossiping and divulging personal information about others. Gossip Monger, News Monger, Rumour Monger, Gossip

**A GOSSIPER IS NOT YOUR FRIEND BUT A PERSON WHO COULD EASILY USE YOU AS THEIR NEXT TARGET!**