



Community Connections Newsletter

COME ON IN AND LAUGH, SHARE, LEARN, DO,
GROW, CRY, CONTRIBUTE, HEAL, SING, TALK,
THRIVE, LEAD, PLAN, CREATE, MEET, DISCOVER,
EXERCISE AND PLAY



March 2023

Mary Boyles Retirement



With much sadness we farewelled Mary Boyle. She has retired from her support officer role at the Community Centre for Livingstone Shire Council. The room was full of community members, staff and volunteers thanking Mary for her support and hard work. The portrait she was given was taken as part of an exhibition with Cyclone Marcia. This was presented by Mayor Andy Ireland and Cr Andrea Friend.

'Happy retirement and congratulations its been an honour to work with you'

The Community Centre team

Community Centre | 80 John Street Yeppoon | Phone 4913 3840

Activities at the Community Centre

Monday

Every Monday

Exercises 9 - 10am
 Playgroup 9.15 - 11.15am
 Mah-jong 1 - 4pm
 U3A Scrabble 1 - 4pm
 NA Support Group
 7.30 - 9.30pm

3rd Monday

U3A Book Club
 10.15am - 12.15pm
 ALP Meeting 6.30 - 8.30pm
 (odd months)

4th Monday

U3A Cultural Connections
 5.30 - 8pm

Fortnightly

Toastmasters 6pm - 8.30pm

Thursday

Every Thursday

Tai Chi 9 - 10.30am
 Art 1 - 3.30pm
 Parchment Craft 1 - 3.30pm
 Tai Chi Beijing 24
 Practise Group 5 - 7pm
 Meditation & Qigong Group
 7.30 - 9.30pm

1st Thursday

LNP Meeting 7 - 8.30pm

2nd Thursday

Family History 10am - 12pm
 U3A Art Group
 9.30am - 12.30pm

3rd Thursday – even months from February

Parkinson's Support Group
 9 - 11am

4th Thursday

U3A Writing Group
 9.30am - 12.30pm
 U3A Art Group
 9.30am - 12.30pm

Tuesday

Every Tuesday

Computers 9.30 - 11.30am
 Cards 1 - 4pm

Every Tuesday

(except 2nd Tuesday)

Writing Workshop 12.30 - 4pm

2nd Tuesday

U3A Astronomy & Space
 Science 10am - 12pm
 Photography 7 - 9pm

3rd Tuesday

U3A Railway Technology
 10am - 12pm

4th Tuesday

U3A Discussion Group
 10am - 12pm
 Photography 7 - 9 pm

Friday

Every Friday

Age of Excellence –
 ManFit 6.30 - 7.15am
 WomanFit 7.15am - 8.00am
 Craft Group 9am - 12pm
 Al-Anon Support Group 12 - 2pm
 Meditation & Qigong 1 - 3pm
 AA Support 7.00 – 9.30pm

1st Friday

Exercises 8.45 - 9.45am
 U3A Music Appreciation
 10.15am - 12.15pm

2nd Friday

Exercises 8.45 - 9.45am
 U3A Anything Goes
 10.15am - 12.15pm

3rd Friday

U3A General Meeting
 9.30am - 12pm

4th Friday

Exercises 8.45 - 9.45am

Wednesday

Every Wednesday

Age of Excellence –
 ManFit 6.30 - 7.15am
 WomanFit 7.15 - 8.00am
 U3A Mah-jong 9am - 12pm
 Textiles 9am - 12pm
 Yeppoon Yarners 1 - 3 pm
 Line Dancing 11.00am - 2.30pm

Fortnightly

QCWA Seasideers
 5.30 - 8.30pm

Saturday

Every Saturday

Fellowship Group 4.30 - 9pm

1st Saturday

Readers Book Club
 10.30am - 12pm

Sunday

Every Sunday

Tai Chi Beijing 24
 Practice Group 7 - 9am
 Living Waters Lutheran
 11am - 1pm
 Fellowship Group
 5 - 7.30pm

2nd Sunday

Ukulele Group 3 - 5pm

3rd Sunday

ALP Meeting 10am - 12pm (even months)

4th Sunday

Ukulele Group 3 - 5pm

March - Look at all the amazing things on in our Community

- 1 March 0-5's Yeppoon Library Children's program @ 9.30am
- 4 March Community Clean Up - Fig Tree Creek Yeppoon
- 5 March Community Clean Up - Emu Park
- 6 March Advanced Health Care **FREE** ILearn session - Emu Park
- 8 March 0-5's Emu Park Library Children's program @ 9.30am
- 8 March International Women's Day
- 8 March Women, Wit and Wisdom event at St Ursula's College
- 8 March Celebrating our Local Women in Business Event
- 9 March Library Play Time Yeppoon Library @ 9.30am
- 11 March The Hub Capricorn Coast Women's event
- 15-19 March Worlds Greatest Shave
- 16 March **FREE** Baby Beatz, Yeppoon Town Hall @ 9.30am
- 16 March Keppel Flix at Yeppoon Town Hall
- 17 March **FREE** Undertow by Shock Therapy Production - Yeppoon
- 20 March Under 1's Yeppoon Library @ 9.30am
- 21 March Harmony Day
- 27 March Under 1's Emu Park Library @ 9.30am

Markets

- Every Saturday Yeppoon Showgrounds from 6am
- 1st Sunday month Fig Tree Markets Yeppoon
- 3rd Sunday month Emu Park Markets



HELP MAKE OUR COMMUNITY A SAFE ONE

CRIME STOPPERS

1800 333 000 | www.crimestoppersqld.com.au

POLICE LINK

131 444 | www.police.qld.gov.au/policelink-reporting

Don't forget to like us and click to follow our page.

'Yeppoon Community Centre' www.facebook.com/YeppoonCommunityCentre



Emu Park Community Cuppa



Sessions are held at Residents Recreation Room, RSL Sunset Ridge Retirement Village Svenson's Road, Zilzie
Friday mornings - 10am to 11.30am - 3,17,31 March - 14,28 April - 12,26 May - 9,23 June

Call Lyn on 4939 6095 for more details

Dignity First Washroom



Have you seen our Dignity first washroom?

It is open from 9am to 4pm weekdays for the use of people in our community that are homeless. We offer hot showers, washing machine and dryer and also a Share the Dignity dispenser for women. You can help our ICare project by donating washing powder and non perishable foods.

QCWA Yeppoon Seaside

QCWA Yeppoon Seaside Branch meets every fourth Monday of the month at 6:00pm. Community Members are very welcome to attend any of our gatherings where membership will be encouraged. The Branch also holds craft nights 2nd and 4th Wednesday of each month and a monthly coffee catch up at Ross Creek weather permitting.

For more information contact the branch at qcwayeppoonseaside@gmail.com or find us on Facebook by searching QCWA Yeppoon Seaside where you will find regular updates of branch activities.

QCWA Product of the Year is Dragonfruit and the photo is of a recent much enjoyed visit by the Branch to Lee's Dragonfruit farm at Alton Downs.



“
WHEREVER THERE IS A
HUMAN BEING, THERE
IS AN OPPORTUNITY
FOR KINDNESS.
”

— SENECA



Is drinking becoming a problem for you or someone you care about?

We have 'Lives Lived Well' seeing clients at our centre and also Alcoholics Anonymous (AA) and Al-Anon— Al Ateen groups meet regularly at the Community Centre .

Call 49133840 for more information on times

Supporting Advance Care Planning in the Community

Central Queensland, Wide Bay, Sunshine Coast Primary Health Network and Brisbane South Palliative Care Collaborative are currently working together to improve understanding about advance care planning in the community.

Advance care planning (ACP) refers to the activities of thinking about, talking and documenting your future health care wishes. This prepares you and others, such as your loved ones and healthcare professionals, for a time when you may no longer be able to communicate your preferences and decisions regarding your health care.

We are providing **free** local community sessions about the following [Queensland ACP documents](#):

- Advance Health Directive
- Enduring Power of Attorney
- Statement of Choices

The next session will be:

Date & Time	1pm on Monday 6 th March 2023
Place	Emu Park Cultural Hall, Hill Street, Emu Park
RSVP	Ph 49133840 to book



Save for a Cure

Blood cancer is Australia's hidden cancer crisis.

Every day, 53 Aussies are diagnosed with blood cancer, and 16 will lose their life.

People with blood cancer need you now more than ever.

You have the power to take action, and raise crucial funds that will give families facing blood cancer all the support and information they need – while driving breakthrough research projects discovering better ways to diagnose and treat blood cancer.

By signing up to World's Greatest Shave, you'll be changing the lives of those who need your help most. And it might change yours along the way.

Now that's something worth raising your clippers, scissors or hair dye to.



HARMONY WEEK

CELEBRATES HOW ALL
OF OUR DIFFERENCES
MAKE AUSTRALIA A
GREAT PLACE TO LIVE!

HARMONY.GOV.AU



International Women's Day 2023



*This survey has been developed in line with this year's UN International Women's Day theme 'DigitALL' by the Capricorn community group, 'Women Making a Difference'. The aim of the survey is to find out how local Livingstone shire residents engage with digital technology and what help they need to use it. We would appreciate you spending a few minutes to complete the survey. **Scan the QR code or go to** <https://www.surveymonkey.com/r/CNSYZL6>*

Cracking the Code
Innovation for a gender
equal future





Bring your children along to experience the wonders of musical play! (BYO Morning Tea)

THURSDAY

16 March

**FREE
SESSIONS!**

9.30am to 10.30am
Yeppoon Town Hall (Upstairs Foyer)
Lift access available for prams

Phone 4913 3840 for more details - no booking required!



Join us this International Women's Day for an evening of

WOMEN, WIT & WISDOM

8 MARCH 2023

College Alumni Guest Panelists:

- HELENA WILLIAMS (1989)
- DEBBIE CLAYTON (1971)
- ASHLYN HOARE (2012)
- SKYE KERR (2020)

Yeppoon Town Hall

5.30pm-8pm

Tickets: \$25/person, \$10/student

Complimentary drink and light refreshments provided

Comper and Panel Interviewer
Chrissy Arthur, Acting Queensland Regional Editor, ABC



Presented by the St Ursula's College Alumni Association and supported by St Ursula's College, Yeppoon, and the Parent Engagement Network

Purchase tickets online at www.ticketebo.com.au/womenwitwisdom



"Equality is the soul of liberty; there is, in fact, no liberty without it" - Frances Wright

BE THE WOMAN WHO FIXES ANOTHER WOMAN'S CROWN WITHOUT TELLING THE WORLD IT WAS CROOKED.



**International Women's Day
2023#EmbraceEquity**

Equity isn't just a nice to have, it's a must have.

A focus on gender equity need to be part of every society

And its critical to understand the difference between equity and equality



THE HUB CAPRICORN COAST & COASTAL KINESIOLOGY PRESENT

International Women's Day

**SATURDAY 11 MARCH
1PM -3PM
STIR & STITCH, YEPPON**

Tickets \$45 per person includes grazing table, gift bag, awards presentation, networking & more!

Award Categories

- Community Spirit Award
- Rookie in Business Award
- Mentor Award

Scan here for more information

Stir & Stitch
COOK.GROW.SEW




LET YOUR BEST 'PURPLE STYLE' SHINE THROUGH TO CELEBRATE OUR AMAZING LOCAL WOMEN IN BUSINESS

CELEBRATING OUR LOCAL WOMEN IN BUSINESS

Relax and enjoy a catch up and networking with our amazing local Women in Business

Hosted by
EDEN WEDDING & EVENTS

WEDNESDAY MARCH 8th FROM 6.30PM-\$50PP

includes Welcome Drink & an evening of Canapés from Creative Cater

GUEST SPEAKERS · FASHION SHOW · PUPPY FASHION PARADE · BAR · BUS AVAILABLE

International Women's Day
#WD2023 #EmbraceEquity

Bookings 0417 684 467

Have you got a great idea
you want to share with
your community?



Livingstone
SHIRE COUNCIL

Community

Grants

Grants of up to \$5,000 are available for community groups to deliver innovative projects that increase their capacity and resilience and respond to community needs.

**Round Two of the
Livingstone Shire Council
2022/23 Community Grants
is now open!**

For more information and eligibility criteria,
scan the QR code or head to
livingstone.qld.gov.au

**Applications close 5pm,
12 March 2023**



AFTERNOON SNACKS
INCLUDED!

LIVINGSTONE SHIRE COUNCIL
SPORTING & YOUTH SERVICES

GAME
ON!

FREE PLAY SESSIONS 2023

EVERY FRIDAY AFTERNOON DURING
SCHOOL TERMS

BASKETBALL STADIUM
CORDINGLEY STREET YEPPOON

3:30PM - 5:30PM



Suitable for school students aged 10
years and up



Free play basketball, ping pong &
board games



Youth support service
available



Healthy
Habits

For further information phone 49135000



Stay up to date with all things 'youth' visit the 'Youth in Livingstone' Facebook Page





4th March 2023 - Yeppoon

We will be cleaning up Fig Tree Creek mangrove and adjacent park areas. Volunteers participating in Capricorn Coast Landcare’s Clean Up Australia Day Event are asked to meet at Merv Anderson Park, to the left of the car park, at 8.00am for a safety briefing and site induction.

Please bring a hat, sun-safe clothing, closed in footwear, water bottle and gloves if you have your own. We will have gloves, collection bags, water for refill, and refreshments for morning tea.

5 March 2023 - Emu Park

Denis Ratcliffe, coordinator for the Lions Club of Emu Park's clean-up, is urging residents to 'step up to clean up' on Sunday, 5th March between 7:00am and 9:00am. Registration is at Lions Park (near the Bowls Club), in Pattison Street, Emu Park where helpers will be allocated an area for clean-up.

Bring family, friends, water bottles, and wear sun-smart clothing including hats, gloves, and sunscreen. Garbage bags will be provided. There will be a free sausage sizzle and cold drinks for helpers following the clean-up.

Contact Denis on 0458 183 483 for more information



A promotional poster for the movie 'Margrete, Queen of the North'. The poster features a woman in a dark, ornate medieval-style dress with a long, flowing cape, standing on a grassy hill under a dramatic, sunset sky. The text on the poster includes: 'THURSDAY 16 MARCH 2023', 'TOWN HALL', 'Doors 6:30 pm', 'Movie 7 pm', 'NO CASH SALES', 'ONLINE BOOKINGS', 'This is a BYO event. Beverages in sealed containers, no eskies thank you. COVID restrictions will apply', and 'BOOK AT www.keppelcoastarts.org.au'. The movie title 'MARGRETE QUEEN OF THE NORTH' is prominently displayed.

Bayside and Bushland

Exclusive Art Exhibition



Bayside & Bushland Exhibition Exclusive exhibition by Elizabeth Kate Fine Art at Fig Tree Galleries from the 4th to the 18th March.

Come and enjoy the two latest collections by Elizabeth Kate Fine Artworks. Opening night on the 3rd of March from 6-9pm includes nibbles, drinks and (of course) beautiful art and an absolute magic atmosphere! Paint and Sips at the Gallery will be Friday the 10th and 17th, from 6-8pm.

Book your tickets for these events at

www.elizabethkate.art/events



17 March 2023

FREE at 11am, Yeppoon Town Hall.

A new original work exploring themes of resilience, mental health, relationships and identity.

Award winning theatre makers Shock Therapy Productions proudly present *Undertow*, an honest and powerful look at the hidden forces beneath the surface that move us and determine the choices we make and the actions we take.

Centering around a high school community, the show follows three central characters, Jesse, Connor and Phil, as they each struggle to cope with the pressures of life while trying to manage relationships with the people close to them.

Funny, moving, poignant and dynamic, *Undertow* is a two-actor tour de force of storytelling. Shock Therapy draw on a range of film conventions and physical theatre techniques to push their signature style in a new direction, blurring the line between different realities. The result is theatre that is fluid and inventive, sweeping you up as the story pulls you deeper.

To register for this free event on Eventbrite

<https://www.eventbrite.com.au/e/undertow-tickets-479580356757>

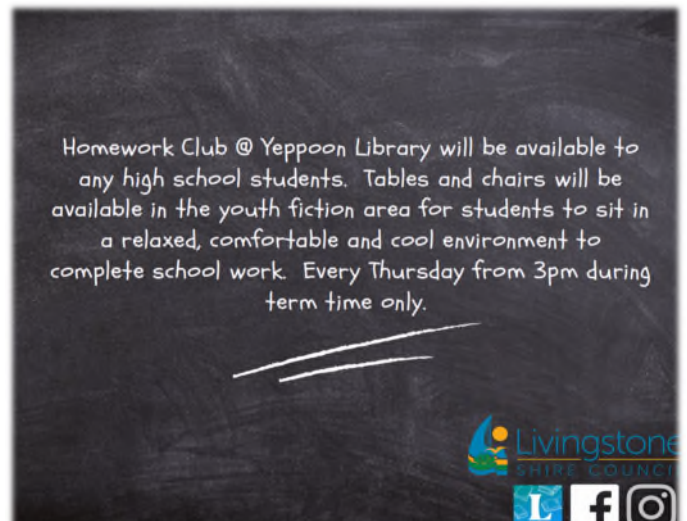
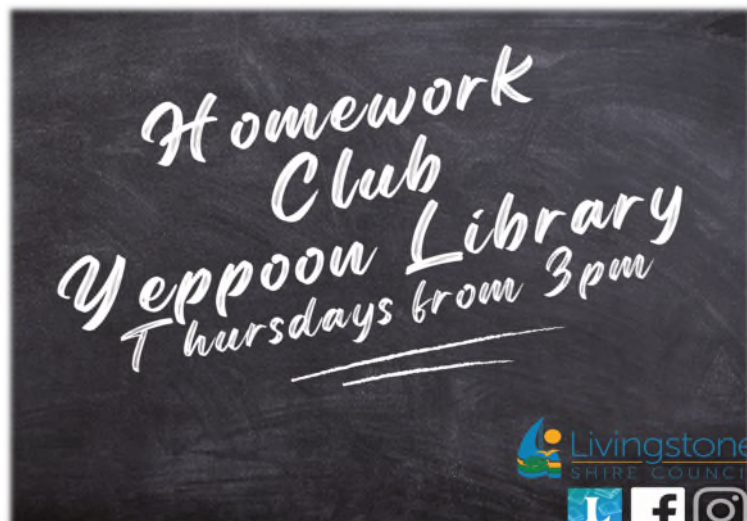


The Hub Capricorn Coast

Have you registered to receive the free digital magazine promoting local services and products ?

The Hub Capricorn Coast is a free monthly digital magazine to help local residents keep connected with all things body, mind and soul on the Capricorn Coast. We are passionate about wellbeing and fostering kindness and connection within the community of the Capricorn Coast. Since relaunching in July 2022, we have established The Hub Giving Fund, which is our local random act of kindness fund giving back to those in need in the community, The Lending Library which is home to over 130 wellbeing books and oracle card sets available for loan and held our first Walk for Wellbeing in support of QLD Mental Health Week from Farnborough Beach to Kemp Hill with more than 120 walkers participating. We are passionate about supporting and collaborating with our local small business community.

at linktr.ee/thehubcapricorncoast



SUPPORTING YOU TO IDENTIFY SCAMS



Learn how you can help keep yourself and your personal information safe online in this free information session presented by **Services Australia.**

YEPPOON

9.30am-11.30am
Friday 17 March

The Hub
7-9 James Street

EMU PARK

9.30am-11.30am
Monday 20 March

Community Meeting Room
(Sports and Rec Reserve)
48 Hartley Street

For bookings or further details please call **4913 3840** or visit **Eventbrite**



Sing 4 Health and Happiness



Music, Song, Movement for everyone including people living with Parkinson's, Dementia, and other life-limiting conditions.

Vocal Exercises,
Toe Tappin' Melodies,
Morning Tea
Singing is Good for You!
Improves Quality of Life!

Respite for Carers,
a place of Belonging and Well-being.
Uniting Church, 17 Lorikeet Ave, Yeppoon
Wednesday 9:30am Ph. 0427391332
The Spirit of Song brings Joy . . .

BETTER MAN PROJECT



Are you concerned about your relationship?

FOR MORE INFORMATION
www.saferfamilies.org.au/betterman

**Simply check out our healthy relationships
website and complete 4 short surveys over 6
months**



Privacy

All the information you provide will be kept strictly confidential and only the research team will have access.

This project has ethics approval from the University of Melbourne (HREC 22745)

Recovery Wrap

Livingstone

Ed.6 March 2023

Welcome to the Recovery Wrap Livingstone.

Useful Contacts

Community Recovery 1800 17 33 49
Lifeline's crisis support 13 11 14
13HEALTH 13 43 25 84

For information [about disaster recovery funds](#) for affected communities.

[Additional information for disaster affected areas.](#)

Support Groups

Australian Red Cross 1800 733 276
Salvation Army 13 72 58

Volunteering Queensland

<https://www.volunteeringqld.org.au/>

At. Vincent de Paul

Assistance 1800 846 643
RSPCA

General enquires 0734 269 999

Blue Care 1300 849 513

St. John Ambulance 1300 785 646

What's coming up?

Maryvale Cuppa and Chat: drop-in bushfire recovery gathering, will be held Saturday 11/3/23 from 4-5pm at Maryvale Rural Fire Brigade Station. This will be a great opportunity to meet your neighbours and find some important information.

CUPPA AND CHAT

Come along for a cuppa at your local Rural Fire Station. Talk to your neighbours and access information about:

- ▶ How to find where the smoke is coming from
- ▶ Where to go after a disaster strikes
- ▶ Working through the recovery process

SATURDAY 11 MARCH, 4PM TO 5PM
MARYVALE RURAL FIRE BRIGADE STATION
5 PADDY'S SWAMP ROAD
BUNGINDARRA

[disaster management](#)

Australian Government

Livingstone Shire Council

AFTERNOON
TEA
PROVIDED

The second **Adelaide Park Cuppa and Chat** will be held in mid-May. Watch this space for the date and details.

School Tours at The Hub

The Disaster Management staff are looking forward to more interactive tours in the coming months with several school groups planning their visit. We have hosted up to 120 students at a time, giving them an immersive hands-on experience, whilst demonstrating the capabilities of the coordination centre.

What's been on?

Adelaide Park Cuppa and Chat, 3rd December.

Adelaide Park Rural Fire Brigade hosted a bushfire recovery session run by Livingstone Shire Council and funded through the Black Summer Bushfire Recovery funding by the Australian Government.

The 1-hour session covered-

- How to find where the smoke is coming from?
- Where to go after a disaster
- Working through the recovery process
- Responses to community questions and concerns
- What projects Council is working on regarding recovery



This session was well attended by enthusiastic community members

and a big thank you to the brigade and Rural Fire Service for hosting us.

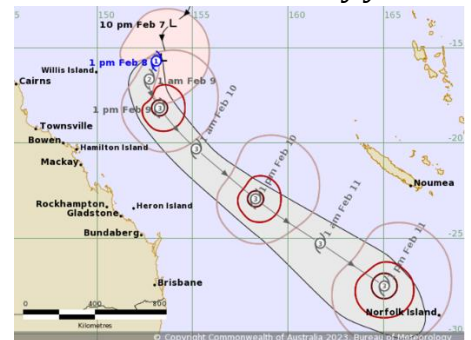
Level Up Tour

On Thursday the 23rd of February, Council had the privilege of meeting 12 young people from the Coal Train Level Up program. The group undertook an escape room challenge at the Hub making their way to the Coordination Centre. From there they participated in disaster coordination scenarios and role playing from the perspective of Planning, Logistics, Operations, Public Information and Incident Control. Logical and innovative solutions were suggested by the group to respond to community prevention, preparedness, response and recovery tasks.



Tropical Cyclone Gabrielle

Although Tropical Cyclone Gabrielle remained well offshore of the Queensland coast, it devastated the North Island of New Zealand. Our thoughts are with the New Zealand community as they now commence significant recovery efforts which will take many years.



Recovery Wrap

Livingstone

Ed.6 March 2023

Cyclone season does not officially end until 30 April and this has been a timely reminder for residents and business to be prepared. To undertake your own preparedness check visit the [Disaster Prepared Communities Portal](#):

bepreparedlivingstone.qld.gov.au

To receive weather warnings direct to your inbox, register for [Opt-In Notifications](#):

disasterlivingstone.qld.gov.au

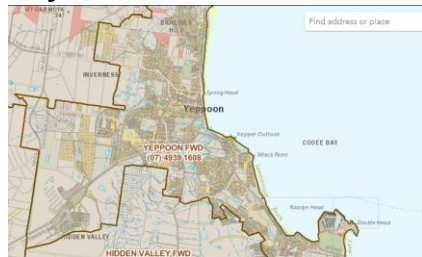
How can you be better Prepared?

Where can you find information that can assist in your decision-making process?

If you go to [Livingstone's Disaster Dashboard](#) you can find a host of information to assist you before, during and after a disaster.

There is also a number of apps and websites that may assist you to find more information.

Queensland Fire & Emergency Services (QFES) [Fire warden finder](#) is a great tool that you can enter your address and find the phone number of your local fire warden. It also gives an indication of which fire area you may reside in.



QFES's [permit to burn map](#) displays permits that have been obtained in the last 30 days. A fire may or may



not have occurred close to this location. Each point is labelled with its permit date.

The Emergency Plus app is a tool that could save your life. In an emergency, time and



location accuracy are critical. It is a tool that will help you call Triple Zero (000) quickly and allow you to accurately communicate your location to emergency call takers.

My Location

Tell the operator your location

Lincoln Crescent
Woolloomooloo NSW 2011

Latitude

-33.86815°

Longitude

151.21891°

what3words

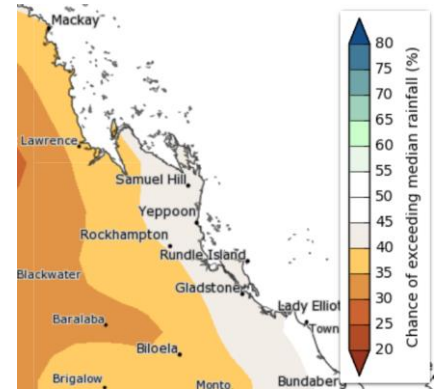
///lunch.splash.runner



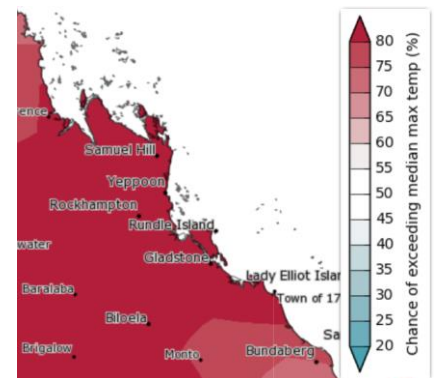
The Season Ahead

Livingstone's Autumn 2023 Weather Outlook

Based on the Bureau of Meteorology climate outlooks, the forecast reflects the status and outlook for several climate drivers, including a declining La Niña.



Most of the Livingstone area has a 45% chance of exceeding median rainfall, whilst the western perimeter of the shire is anticipated to have a 35% of exceeding median rainfall.



There is also modelled to be an 80% chance of exceeding median maximum temperatures.

Historical maximum temperature median averages from 1981-2018 for the Livingstone area range between 24-27 degrees Celsius. Whilst median minimum temperatures for the March to May period are historically around 18 degrees Celsius.

For more information visit the Bureau of Meteorology's webpage. www.bom.gov.au

disaster
management