



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



June 2023

Having fun at
Baby Beatz



Garden Gathering events

Neighbourhood Centre Week



Celebrating Queensland Day on June 6

Celebrating the states culture, heritage, people and industry centering around the states birthday—official date Qld separated from NSW as an independent colony in 1859

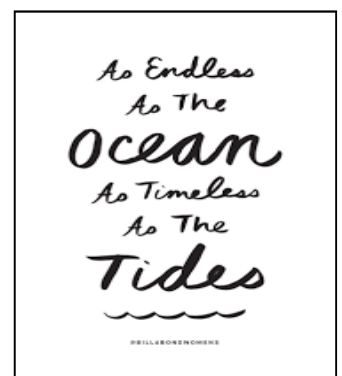
- 1 June Library Time—Outside @ Merv Anderson Park 9.30am
- 2 to 4 Capricorn Writers Festival
- 5 June Under 1's Library Play Time—Emu Park Library @ 9.30am
- 5 June World Environment Day
- 6 June Queensland Day
- 7 June 0-5's Yeppoon Library—Children's program @ 9.30am
- 9 June 2023 CapRescue Golf Day
- 10 June Discover Sailing Day @ The Causeway Lake
- 12 June Under 1's Library Time—Yeppoon @ 9.30am
- 14 June Pawsome 101—Free session about your dog
- 15 June Keppel Flix at Yeppoon Town Hall @ 7pm "Broker"
- 15 June DDS Playtime @ Yeppoon Town Hall at 9.30am
- 17 June Pawsome 101—Free session about your dog
- 16 June Disaster Recovery Skills—Chainsaw Basic Course
- 18 June Mt Chalmers Walking Tour @ 9am
- 18 June Mr Perfect Free BBQ - 10.30am at The Causeway Lake

21 June State of Origin—Suncorp, Brisbane @ 8pm

- 22 June Free Ilearn session about Renting
- 24 & 25 June Out There Sailing—KBSC Youth Program
- 26 June Eat Ally — Working BEE 11am

July

- 2-9 July Naidoc Week 8 & 9 July Shell Show



Activities at Yeppoon Community Centre

80 John Street, Yeppoon



Monday

Every Monday

Exercises	9.00 – 10.00am
Keppel Kids	
Playgroup	9.00 – 10.30am
Mah-jong	1.00 – 4.00pm
U3A Scrabble	1.00 – 4.00pm
NA Support Group	7.30 – 9.30pm

3rd Monday

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

4th Monday

U3A Cultural Connections	5.30 – 8.00pm
--------------------------	---------------

Fortnightly

Toastmasters	6.00 - 8.30pm
--------------	---------------

Thursday

Every Thursday

Tai Chi	9.00 - 10.30am
Art	1.00 - 3.30pm
Parchment Craft	1.00 - 3.30pm
Tai Chi Beijing 24 Practise Group	5.00- 7.00pm

1st Thursday

LNP Meeting	7.00 - 8.30pm
-------------	---------------

2nd Thursday

Family History	10.00am – 12.00pm
U3A Art Group	9.30am - 12.30pm

3rd Thursday – even months from February

Parkinson's Support Group	9.00 – 11.00am
---------------------------	----------------

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	1.00 - 4pm
Writing Workshop (except 2nd Tuesday)	12.30 - 4pm

2nd Tuesday

U3A Astronomy & Space Science	10.00am – 12.00pm
Photography	7.00 – 9.00pm

3rd Tuesday

Railway Technology	10.00am – 12.00pm
--------------------	-------------------

4th Tuesday

U3A Discussion Group	10.00am – 12.00pm
Photography	7.00 – 9.00 pm

Friday

Every Friday

Age of Excellence – ManFit	6.30 - 7.15am
WomanFit	7.15am - 8.00am
Craft Group	9.00am – 12.00pm
AI-Anon Support Group	12.00 - 2.00pm
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	9.00am - 12pm
Textiles	9.00am - 12pm
Yeppoon Yarners	1.00 – 3.00pm
Line Dancing	11.00am - 2.30pm

Fortnightly

QCWA Seasideers	5.30 - 8.30pm
-----------------	---------------

Saturday

Every Saturday

Fellowship Group	4.30 – 9.00pm
------------------	---------------

1st Saturday

Capricornia Dance Exchange	1.30pm – 4.15pm
----------------------------	-----------------

Sunday

Every Sunday

Tai Chi Beijing 24 Practice Group	7.00 – 9.00am
Living Waters Lutheran	11.00am – 1.00pm
Fellowship Group	5.00 - 7.30pm

2nd Sunday

Ukulele Group	3.00 – 5.00pm
---------------	---------------

3rd Sunday

ALP Meeting (even months)	10am - 12pm
---------------------------	-------------

4th Sunday

Ukulele Group	3.00 – 5.00pm
---------------	---------------

Quarter 1 2023 Operational report by Seanna Stanford (Acting Supervisor, Community Centre)

Community Resources—Community Centre Rooms

- ◆ The Community Centre provides rooms for visiting community services and for the community to participate in consultations, community group forums, activities, and workshops.
- ◆ In the first quarter of 2023, 945 occasions of room hire occurred at the Community Centre providing for 4,220 visitations.

Community Support—ICare Project

- ◆ The Community Centre accepts cash donations from the Community for the ICare project. When funds are received, fuel or grocery only vouchers are purchased and allocated to people in need who meet the eligibility criteria. Donations of non-perishable food items are also received from the community for distribution to those experiencing extreme hardship who are not eligible for ICare vouchers.
- ◆ The Community Centre connects people accessing the ICare project to a wide range of other services and support options that can help them.

Community Collaboration—Network meetings

- ◆ ICare Committee meeting held on 9th February with 9 committee members in attendance.
- ◆ Cap Coast Interagency Network meeting held 8th February at the Town Hall with 31 attendees.

Community Volunteering project

- ◆ The Community Centre could not operate without a committed group of volunteers. Volunteers experience a sense of achievement assisting members of community to access information, and services and activities hosted at the Community Centre or available on the Cap Coast.
- ◆ The Community Centre provides volunteering opportunities at the Community Centre in the following areas: Information desk and community administration support services; community education workshops, resource development, technology facilitators; and general helpers.
- ◆ In the first quarter of 2023, volunteers attended the Community Centre on 179 occasions and delivered 2,717 occasions of service to the community.
- ◆ To apply to become a Volunteer please click on the below link to print out an application form - <https://www.livingstone.qld.gov.au/downloads/file/34/volunteer-application-form>

Community Education— iLearn Project

- ◆ In the first quarter of 2023 - 15 community education sessions were delivered with 150 participants.
- ◆ Computer Skills 9 x 2hr sessions
- ◆ Baby Beatz 2 x 1hr sessions
- ◆ Identifying Scams 3 x 2hr sessions
- ◆ Advanced Health Care 1 x 2 hr sessions

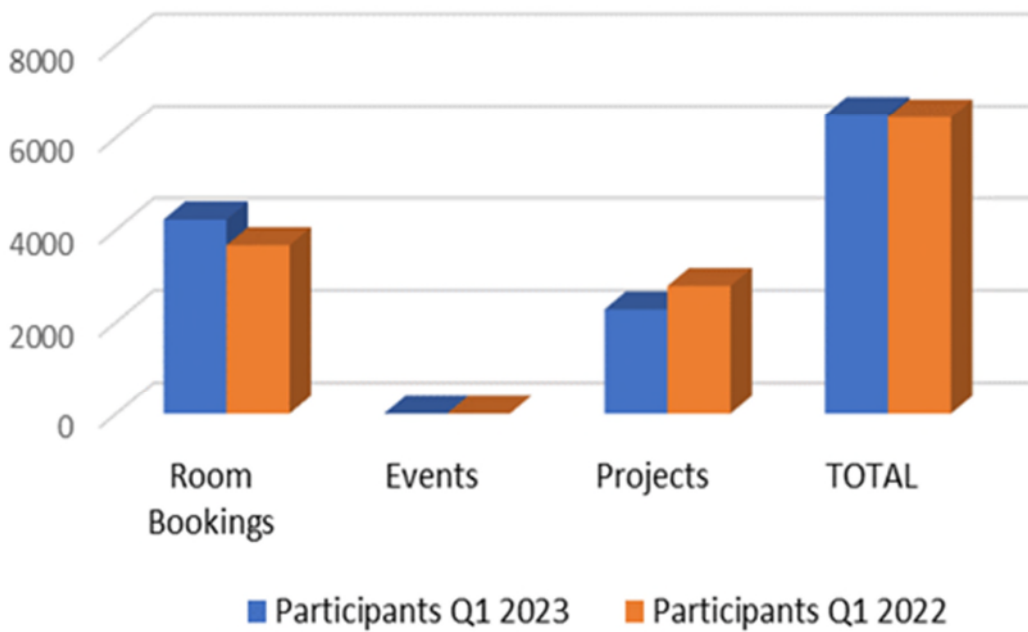
OUR MISSION

The Community Centre is a place for the community to access supportive information and to meet, learn and share others skills and knowledge.

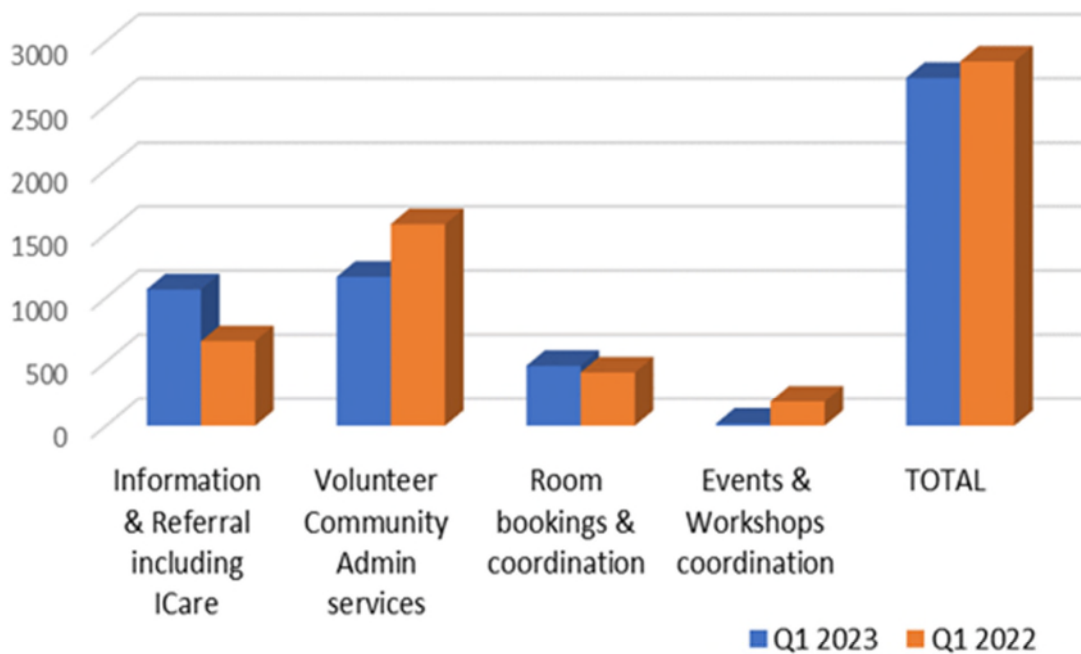
Community Centres are grounded on the principals of enhancing access, equity and equality; fostering participation, inclusion and choice; building community capacity; facilitating partnership and networks .



Improved Social Connectedness Participant numbers



Services delivered by Volunteers



Connecting to another is one of the most important things in the world and you can keep expanding that connection - one person, a family, a community, a country, a society, a culture.

— Eric Fischl —

The need for connection and community is primal, as fundamental as the need for air, water, and food.

Dean Ornish

MR
PERFECT
—
MORE THAN A BBQ



Mr Perfect was founded by Terry Cornick.

Terry Cornick is a Sydney-based father of three young boys, working in the healthcare industry. He also battles depression, anxiety and PTSD.

After escaping the UK, his life in Australia on the surface looked ideal, so much so that his best mate called him "Mr Perfect" regularly.

But like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a path to tackle them and found there was something missing in the support he accessed, with a desire that no man be left behind.

Mr Perfect is a community organisation connecting men across Australia over a relaxed free BBQ to chat about all things life.

But we are more than a BBQ. Online we provide quality resources for the good of men's mental health.

Yeppoon is now offering a FREE BBQ on 18 June @ The Causeway Lake from 10.30am to 12.30pm. Come along and meet Warren and have a chat.

Like them on Facebook or on the web <https://mrperfect.org.au>

Don't think you are alone: Numbers to Call or website to direct you to the right person.

MensLine Australia 130078 99 78 , Lifeline 13 11 14 or Beyond Blue 1300 224 636

There is many resources open to you check out online sites:

<https://mensline.org.au/mens-mental-health> , <https://www.beyondblue.org.au> or

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

<https://www.ruok.org.au/mens-health-week>

If you think your mate is struggling , have a chat about what's out there! Or just lend an ear and listen to their concerns.

There isn't anybody out there who doesn't have a mental health issue, whether it's depression, anxiety, or how to cope with relationships. Having OCD is not an embarrassment anymore – for me. Just know that there is help and your life could be better if you go out and seek the help.

~ Howie Mandel



CQU TAFE is now offering [CHC43315 - CERTIFICATE IV IN MENTAL HEALTH](https://www.cqu.edu.au/courses/certificate-iv-in-mental-health) <https://www.cqu.edu.au/courses/certificate-iv-in-mental-health>. The course is also available with Fee-Free TAFE for [eligible applicants](#) who are existing workers in the Community and Health services industry <https://www.cqu.edu.au/courses/future-students/your-journey/enquire/course-fees/subsidised-training/fee-free-tafe-places-for-queenslanders-in-2023>



Emu PARK Community Cuppa

These sessions are held at RSL Sunset Ridge Retirement Village in the Residents Recreation Hall, Svenson's Road Zilzie
June 9 & 23

Call Lyn on 4939 6095 for more details

Steady Steps Emu Park

Wednesdays | 10.00 to 11.00am -

Chair Yoga Emu Park Wednesday

Wednesdays | 8.30 to 9.30am

Emu Park Cultural Hall

Yearly Registration \$5 Class \$3

Phone Jo 0429 633 702

Suitable for Everyone

KEPPEL BAY SHELL CLUB'S
2023
SHELL SHOW
Yeppoon Showgrounds

SATURDAY 8th JULY
8:00 am – 4:30 pm
SUNDAY 9th JULY
9:00 am – 2:00 pm

ADMISSION:	ADULTS	\$2.00
	CHILDREN	50c
	FAMILY	\$5.00

*Rare and Beautiful Shells
Educational and Scientific Displays
Craft and Shell Stalls
Light Refreshments*

parentline
parentline is a service of yourtown

1300 30 1300 | parentline.com.au

FIND OUT
MORE NOW



ANY
INFORMATION,
ANY CRIME,
ANY TIME.
CONTACT
CRIME STOPPERS.

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



St Vincent de Paul Society
QUEENSLAND
good works

St Vincent de Paul Society QLD Rockhampton Housing and Homelessness Programs are specialist homelessness services that and within Vinnies this service is known as Homestay.

HOMESTAY

Supporting people throughout the Banana, Gladstone, Rockhampton and Livingstone Shires to maintain and establish accommodation tenancies. This service is available to people over the age of 18 years, who have a tenancy:- private, social, community and public rentals.

H Support is available for people who:

- Are having difficulty in maintaining their existing tenancy
- Have received rental breaches or eviction notices
- Having difficulty to manage the expectations for property maintenance
- Support with tenancy skills - lease, rights and responsibilities

Are you moving into accommodation after experiencing homelessness, to establish a successful tenancy?

- Filling out forms
- Setting up rent, power and gas payments
- Assistance to source essential household items

H Homestay is a service delivered in the community which works to empower participants through support, information, skilling and linking in with services. Support staff work with people in their home environments in a confidential and individualised basis. Access to this service can be by self-referral or referral from other organisations with your consent. Referrals can be made 5 days per week between 8:30am and 4:00pm.

Local Contact for all CQ Homestay services:

Phone: (07) 4890 4603

Email: rockhamptonprograms@svdpqld.org.au



Open Friday 9am-1pm
33 William St, Yeppoon; Cnr Hunter & Archer st, Emu Park

Handling fee: \$50



You choose the groceries you like.
One grocery item from 24 shelves
Choice of meats, Fruit & Vegetables,
Breads, Toiletries, Dairy & Eggs



You'll receive groceries to value of \$120 to \$150

*Please bring your bags *You are welcome to come every week
No ID required*



Foodreliefcapricorncoast inc 0468 799 843

Facts of Life

- On any given day, over **half a million households in Australia are struggling** to meet their food needs.
- **Households with children are being hit harder than others** (32% severely food insecure in the past year vs a national average of 21%) and single parent households are the worst of all (37% severely food insecure).
- The **rising cost of living is the most common explanation** for why people are failing to meet their household food requirements (64% of food insecure households). Unpacking this, the cost of food and groceries is the top cause (49%), followed closely by energy (42%) and housing (33%) costs.
- Over half of food insecure households (54%) had **someone in paid work**.
- Nearly **a third of households with mortgages** (30%) have experienced food insecurity in the last year. The situation is even worse in regional areas (36% vs 27% in metro areas).
- On a typical day, **306,000 households are receiving assistance** from food relief organisations.

OUR THEME FOR 2023
'WATER'

YEPPOON SHOW

JUNE 10 & 11
2023

CRACKUP
Sisters

DOG
AGILITY

SHOW
JUMPING

PETTING
ZOO

FIREWORKS
BY
MR. FIREWORKS
INTERNATIONAL

ADULTS: \$12
SCHOOL-AGE KIDS: \$7
UNDER SCHOOL-AGE: FREE
PENSIONERS: \$7

SAND
SCULPTING
WORKSHOPS
WITH
DENNIS
MASSOUD

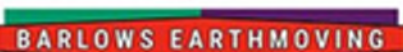


PURCHASE
TICKETS
ONLINE FOR

*Express
Entry*

PLEASE NOTE: ONLINE/PRE-PAID TICKETS INCUR FEE

The annual Yeppoon & District Show is proudly sponsored Gold & Platinum by...



Sponsors accurate at time of printing. Please check out the complete list of our sponsors available online!

YEPPOON & DISTRICT SHOW SOCIETY INC.
ABN: 94 932 714 600

Miss Creative



Are you homeless and need support?

Anglicare Central Queensland homelessness service can assist at the Community Centre on Tuesdays.

For information and support phone on 1300 769 814 or the Homelessness Team 4837 5348 or call into the

Community Centre

John Street Yeppoon



World Environment Day... The theme for World Environment Day on 5 June 2023 will focus on **solutions to plastic pollution under the campaign #BeatPlasticPollution**. The world is being inundated by plastic.



Recycling is **the process of collecting and re-using materials that we would usually have thrown away with the rest of our rubbish**. By recycling, we can minimise the number of harmful pollutants in the atmosphere by making sure these materials are kept away from landfills,

which produce a lot of greenhouse gases.



ICare Pantry Appeal

By contributing items to the Community Centre, you will have a significant impact on individuals facing hardships.

While each donation may feel small, collectively it can make a huge difference.

Most needed items are:

- **Adult toothpaste**
- **Body wash**
- **250ml plastic containers**
- **Shampoo & Conditioner**
- **Cans of Tuna**
- **Pasta Sauce**
- **1 litre long life milk**

Donations can be dropped at Yeppoon Community Centre -
80 John Street - Monday to Friday 9.00am - 4.00pm





Livingstone Shire Library App Features

- Use your smartphone as your library card
- Locate and reserve items
- Manage your reservations and renew items
- Borrow library items using your own device
(Yeppoon and Emu Park branches)
- Access eBooks, eAudiobooks, eMagazines, music and films
- Link your family members' library cards
- See the latest events, adult programs and children's activities
- Scan any book's barcode to see if we hold a copy

Livingstone Shire Council's Libraries offer access to a wide range of information and resources both onsite and online. There is also a wide selection of programs for children, youths and adults. Membership is free and available to all ages.

Mt.Chalmers Walking Tour — Sunday 18 June

@ 9.00am to 12.00pm - Cost \$5

From the Mt Chalmers History Centre, 24 School St Mt Chalmers

Enjoy a guided walking tour of Mt Chalmers taking in the points of historical interest.

Join us for a leisurely walk around Mt Chalmers looking at how history has changed the face of the township. A morning tea is served after the walk. Closed in shoes, hat and water bottle are advised.



Its that time of year!

Do you need to have your tax done ?

Get free help with your tax return form a Tax Help Volunteer

Are your tax affairs simple?

We are taking names for the waitlist

Ring us to secure an appointment

phone 4913 3840

Or find out more by contacting

the ATO on 132 861





ILearn Community Sessions



Are you renting and need advice?

Tenants Qld are hosting these
FREE sessions

Topics include:

Know your rights, Rent Increases
Breaking your lease , then you can ask
questions....

YEPPOON

9.30am-11.30am
Thursday 22nd June
**Yeppoon Community
Centre - Room C
80 John Street**

EMU PARK

9.30am-11.30am
Monday 10th July
**Hartley St Sports
Complex
48 Hartley Street**



For bookings or further details please call
Yeppoon Community Centre **4913 3840**



Under One's Library Time

Especially for babies under 12 months old and their caregivers.

Come along for music, rhymes and bubbles. Become a library member for free and borrow books, toys and more.

Free | No bookings required.

Monday @ 9.30am

Yeppoon Library	Emu Park Library
17 April	24 April
15 May	8 May
29 May	22 May
12 June	5 June
26 June	19 June



0 - 5's Library Time

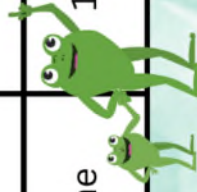
Join these relaxed interactive sessions specially aimed at children aged up to five years old and their caregivers.

Sing and dance, laugh and play, create and discover.

Free | No bookings required.

Wednesday @ 9.30am

Yeppoon Library	Emu Park Library
26 April	19 April
10 May	3 May
24 May	17 May
7 June	31 May
21 June	14 June



Storytime

Share the magic of stories with your child.

Enjoy fun stories, songs, rhymes and craft activities.

Suitable for ages 3-5 years.

Free | No bookings required.

Thursday @ 9.30am Yeppoon Library

Thursday 27 April
Thursday 25 May
Thursday 22 June





**BRING
YOUR
TEDDY**



DDS PLAYTIME MUSICAL ADVENTURES.

0-5 YRS

**9:30 THURSDAY
15TH JUNE
BRING YOUR TEDDY**



YEPPON TOWN HALL

FREE COMMUNITY SESSION



For more details and to register
scan code or contact Yeppoon
Community Centre PH: 4913 3840





Eat Alley
COMMUNITY GARDEN
Working Bee

The Livingstone Youth Action Group are building a new community garden 'Eat Alley'.
We invite you along to get your hands dirty and to help us in learning how to:

Construct and set up a raised garden bed - Workshop by Bunnings
Maximise garden health through composting - Workshop by Landcare
Use companion planting - Workshop by Jack's Paddock

Monday 26 June 2023
11am - 3pm
Community Centre Precinct
80 John St Yeppoon

Working Bee is suitable for high school aged young people, and their families, who are interested in gardening and growing their own produce.

Limited spaces available.

Bookings are essential for all attendees who will participate in the garden set up.

Register your spot here - livingstoneshire.eventbrite.com.au

Participants will need:
water | enclosed shoes | suitable clothing
motivation to learn | a smile

lunch & shovels provided

'Eat Alley' Community Garden is a Livingstone Youth Action Group project.

Thank you to the below supporters of this youth led community project!

CAPRICORN COAST
Sand & Soil

iLearn
free community sessions

BUNNINGS
warehouse

LIVINGSTONE
YOUTH
ACTION
GROUP

Capricorn Coast
Landcare
Group

JACKS
PADDOCK

Livingstone
SHIRE COUNCIL





Pawsitive Talks



Pawsome 101: The Ultimate Guide to everything dogs

These sessions are designed to provide you with all the necessary information, hints, and tips to ensure that you are well equipped to care for your furry friend. We will cover various topics, including nutrition, safety, and your rights and responsibilities as a dog owner.

Presented by dog trainer Heather from Yeppoon Yappers, dog handler Mick from Livingstone Shire Council and Mandy from Tom & Jerry's Pet Shed.

TIME: 9.30am - 10.30am

**DATE: Wednesday, 14th June &
Saturday, 17th June**

**LOCATION: The Garage at Yeppoon
Community Centre, 80 John Street**

These sessions are part of our Pawsitive Talks series. We are providing free community education programs to help the community to responsibly manage the family pet to be happy and healthy.

FREEBIES & TREATS AVAILABLE TO TAKE HOME FOR YOUR PET

For more information or to book contact Yeppoon Community Centre - 4913 3840 or book online - <https://bit.ly/3MurcUZ>



SCAN ME



SCHOOL HOLIDAY WINTER PROGRAM

Livingstone Shire Council's Winter School Holiday Program has many things to keep little minds busy!
Visit www.facebook.com/youthinlivingstone to view the full program.



 Livingstone
SHIRE COUNCIL

Disaster Recovery Skills

Chainsaw Basic Course

16 June @ 8am

Free with discount code –LIVINGSTONE

Oshen Apartments 49 Hill Street Yeppoon

A free training opportunity to enhance community resilience & capacity and to assist in regeneration in the recovery from the Cobraball bushfire. The use of any chainsaw may be hazardous. With a basic understanding of your chainsaw and how it is



intended to be used, you can reduce or eliminate the risk of serious injury or a possible fatality. The Chainsaw course with Duff Consulting is designed to cover the basic skills & knowledge required for safe and competent maintenance & use of a hand-held chainsaw in a range of situations.

<https://www.livingstone.qld.gov.au/events/event/815/disaster-recovery-skills-chainsaw-basic-course>

Go to <https://www.duffconsulting.com.au/course/chainsaw-basic-169/> to book.

DISASTER RECOVERY SKILLS

This project received funding from the Australian Government. A free training opportunity to enhance community resilience & capacity and to assist in regeneration in the recovery from the Cobraball bushfire.

AGRICULTURAL CHEMICALS DISTRIBUTION CONTROL (ACDC)

Increase your knowledge in the preparation, application, transportation and storage of agricultural chemicals

Tuesday, 30th May, at Oshen Apartments from 8am - 5pm

Friday, 2nd June, at Oshen Apartments from 8am - 5pm

CHAINSAW (BASIC)

Gain the knowledge of the safe and competent maintenance and use of a hand-held chainsaw

Thursday, 1st June, at Emu Park Golf Club from 8am - 5pm

Friday, 16th June at Oshen Apartments from 8am - 5pm

Bookings are essential as spaces are limited.

Courses are usually \$428pp but they are **FREE** with discount code 'LIVINGSTONE' at checkout.

This free opportunity is being provided as a result of community feedback and is Commonwealth funded through the Black Summer Bushfire Recovery Grants Program.

SCAN THE QR CODE BELOW TO BOOK





Capricorn Coast
UNIVERSITY OF THE THIRD AGE



Are you looking to new a new group ?

Look no further the University of the Third Age is a regular at the Community Centre.

They have numerous activities for you to try:

Scrabble	Cards 500	Coffee and Chat	Mahjong
Recorder Group	Writing class	Astronomy and Science	Railway Technology
Art Group	Anything goes	Book Club	Gardening group
Cultural Connections	General Meetings		

Email: u3acapcoast@gmail.com for more details

or Phone Sylvia on 0477 167 998 or Carol on 0437 252 692



Bowel Cancer Awareness Month

HELP BEAT BOWEL CANCER

June is **Bowel Cancer Awareness Month** - Bowel Cancer Australia's signature event to raise awareness of Australia's second deadliest cancer and funds for the leading community-funded charity dedicated to prevention, early diagnosis, research, quality treatment and care, so everyone affected by bowel cancer can live their best life...

Bowel cancer claims the lives of 103 Australians every week (5,354 people a year) - but it's one of the most treatable types of cancer when detected early.

While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting people of all ages.

300 Australians will be diagnosed with bowel cancer this week.

Support bowel cancer awareness Month—register your interest, fundraise and or order a awareness pack. <https://www.bowelcanceraustralia.org/bowel-cancer-awareness-month>

What's a food mile?

A mile over which a food item is transported during the journey from producer to consumer, as a unit of measurement of the fuel used to transport it.

A VERY GOOD REASON TO SUPPORT OUR LOCAL GROWERS AND MARKETS!

World Environment Day 2023 is a reminder that people's actions on plastic pollution matters. The steps governments and businesses are taking to tackle plastic pollution are the consequence of this action.

It is time to accelerate this action and transition to a circular economy. It is time to #BeatPlasticPollution.



Capricorn Coast
Landcare
Group

Envirolink Centre, 3/78 John St
Call us on 0474954514 or
email envirolink@cqnet.com.au



LifeFlight Rescue has been providing emergency aeromedical care to residents and visitors to Queensland for more than 40 years. In fact, last year alone, **LifeFlight has helped 6,846 people in emergency situations** - that's more than 1 in every 800 Queenslanders!

Due to a significant increase in fuel costs this year imposed on us by overseas conflict and supply chain issues, we are actively trying to raise an additional \$1 million before 30 June.

But we need your help!

<https://lifeflight.giveeasy.org>

Keppel Coast Flix

Yeppoon Town Hall

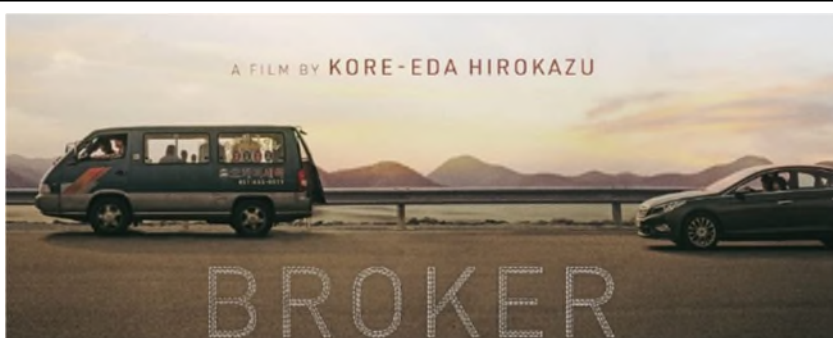
Thursday 15 June at 7pm (doors open at 6.30pm)

"Broker" - Korea - Rated M (Runs for 129 mins) Heartwarming Family Drama

When a young mother reconsiders abandoning her baby, she discovers a scheme selling foundlings for adoption

South Korean drama *film* written and directed by Japanese filmmaker Hirokazu Kore-eda

Tickets online: <https://www.trybooking.com/events>



Have you sailed before ? Here is more information. Each event has booking details.

Discover Sailing Day – 10th June at the Causeway Lake - Come along on the 10th of June for our Discover Sailing Day at the Causeway Lake! This is your chance to try Windsurfing, Paddle Boarding & Sailing (Catamaran, RS Fevas, Tacker boats), for FREE! *Register today!* We will be running from 9am-3pm. There will be a sausage sizzle for a gold coin donation. Register now!

<https://www.revolutionise.com.au/kbsec/events/187681/>

Out There Sailing - Learn to sail for teens - OutThere Sailing is a learn to sail program designed for ages 12-17. The program focuses on having fun, learning new skills and spending time with friends or making new ones. The ideal way to have fun and get active on the water. All OutThere Sailing programs are delivered by qualified Australian Sailing Instructors. This program also offers opportunities for teens to try windsurfing, paddle boarding and power boating whilst learning how to sail ensuring that participants are always engaged with lots of new experiences.

Looking for something for the kids to do this school holidays. Keppel Bay Sailing Club is running an Out There Sailing learn to sail program for teens this holidays, June 24-25th. Register NOW!

<https://www.revolutionise.com.au/kbsec/events/160160/>



2023 GOLF DAY

Presented by

Gold
Sponsor



**REGISTER your team
of 2 TODAY!**

Hole-in-one competition!



JRT is pledging \$5000 to the winner as well \$5000 to CapRescue!*



**Friday June 9th
Capricorn Resort
Golf Club**

*terms & conditions apply

Contact Caitlin - caitlinb@caprescue.org.au or phone 4922 9093 if you would like to register a team



OUT THERE SAILING

YOUTH PROGRAM

DESIGNED FOR TEENS 12-17

KEPPEL BAY SAILING CLUB

GET OUT THERE! WITH THE TEAM AT KEPPEL BAY SAILING CLUB

LEARN NEW SKILLS
QUALIFIED INSTRUCTORS
HAVE FUN ON THE WATER
NO EXPERIENCE REQUIRED

24 - 25 JUNE 2023
9AM-4PM

WHAT YOU WILL RECEIVE

- ALL EQUIPMENT PROVIDED
- NATIONALLY RECOGNISED
CERTIFICATE
- TUITION WITH QUALIFIED
INSTRUCTORS
- COMPLIMENTARY KBSC
MEMBERSHIP

\$99 PP

FAMILY ENROLLING 3+ RECEIVE 20% OFF

07 4939 9534

sailing@kbsc.com.au

kbsc.com.au/project/out-there-teens

SAIL | WINDSURF | PADDLE

DISCOVER SAILING DAY

FREE

DISCOVER
SAILING

9 AM - 3 PM 10TH JUNE



Sign up NOW
for your FREE
Discover Sailing
Experience!!

Come along and try
different water
activities for FREE!
There will be a sausage
sizzle for a gold coin
donation!

Ages 6+ welcome



FREE!

FREE!

FREE!

