

## Community Connections

## Newsletter

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

## April 2023



Location	Details for Anzac Day Services across the Shire
Mt Chalmers - Memorial Gardens old Mt Chalmers School Grounds	1.30pm Service 12pm Sausage Sizzle will be provided
Marlborough	March at 5.27am from Corner of Railway Street to Lions Park and Service in Lions Park at 5.30am followed by BBQ Breakfast Cricket at the Showgrounds in the afternoon
Stanage Bay	Main Service at 11am in Memorial Park across the road from the store Lunch after the main service at the Store
Emu Park	Dawn Service at 5.30am commences at Anzac Court 6:30 BBQ Breakfast available to public. 8:30 Street March assembles in Granville Street. 8:30 Street March steps off. 9:30 Main Service commences at Anzac Court. 11:30 Lunch at the Pine Beach Hotel Lunch at the Pine Beach Hotel - Invitation Only. 1:00pm Traditional Anzac Day Activities at RSL
The Caves	Dawn Service at 4.28am. Followed by Gunfire Breakfast at The Caves Pub - Parade to step off at 11:35am from the Caves Lions Park to Buch Square (assemble at 11:45am) - Anzac Day Service at 12:00pm. Lunch after the main service at The Caves Pub.
Yeppoon RSL	Dawn Service at 5:30m at Beach front Amphitheatre on foreshore followed by a Gun Fire Breakfast hosted at RSL. 8:30am to 9:00am assembly in front of old Railway Station for 9:30am step off for Street March - 10.00am approx for main service.
Keppel Sands	Anzac Day Service in Schofield Park at 9am – A casual Breakfast will be provided for all those attending after the Service.

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 Group12 -2pm Meditation & Qigong 1 - 3pm AA Support 7.00 – 9.30pm

#### <u>1st</u>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 Seasiders 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**

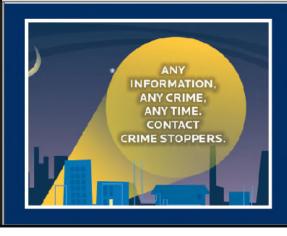
ALP Meeting 10am -12pm (even months)

## 4th Sunday

Ukulele Group 3 - 5pm

April - Look at all the amazing things on in our Community
Marlborough Show Ball
Easter Eggstravaganza in Beaman Park
CQ in Focus Nature Photography Competition closes
School holiday program
Easter
Basketball, Boardgames and Pizza—Yeppoon
Tides & Tunes—Oldskool New Tricks
Wizard of Oz— Dance, Drama, Music FREE holiday workshop
Festival of the Wind
Under 1's Yeppoon Library Children's program @ 9.30am
Register for the Five Rocks Clean up closes
0-5's Emu Park Library Children's program @ 9.30am
Keppel Flix at Yeppoon Town Hall
Five Rocks Clean Up weekend
Under 1's Emu Park Library Children's program @ 9.30am
Anzac Day Services across the Shire
0-5's Yeppoon Library @ 9.30am
Global Pay It Forward Day
Yeppoon Showgrounds from 6am

1st Sunday monthFig Tree Markets Yeppoon3rd Sunday monthEmu 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' <u>www.facebook.com/Yeppoon CommunityCentre</u>



## Community Connections | WHAT'S ON |



We share lots of great information about our Centre and community activities, so please encourage your family and friends to follow us



We are excited that we now have over 80 countries participating in Pay it Forward Day with over 100 state and city proclamations.

Pay It Forward Day is a global initiative that exists to make a difference by creating a huge ripple of kindness felt across the world. Of course, our hope is that people pay kindness forward every day and make each day that little bit brighter. We believe that small acts, when multiplied by millions of people can literally change the world for the better — and on April 28th we'll set out to prove it! For this year's International Pay it Forward Day (PIFD) we are aiming to inspire over 10 million acts of kindness around the world. Imagine the difference that would make! Join us in paying it forward, and help spread the word about this important day!

#### Working smoke alarms

Provide vital early warning in the event of a fire. When people are asleep, they can't smell smoke. Smoke alarms are essential to wake people if a fire breaks out; they give occupants early warning and time to evacuate safely.

So replace your battery and check its working



What you can do !

- Pay for someone's cup of coffee
- Get the next person food, toll, petrol, etc
- Help someone out in need
- Host pay it forward activity in your office
- Give blood
- Donate to a worthwhile cause

## Community Connections | WHAT'S ON |



### Emu PARK Community Cuppa

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

14 & 28 April, 12 & 26 May, and 9 & 23 June Call Lyn on 49396095 for more details



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

Lions Club of Emu Park & Triple M (CQ)

TRIPL

CENTRAL DUFENSIAND



Sunday 16th April 2023, Bell Park, Emu Park and Festival of the Wind Markets

Markets 8:00am to 3:00pm Festival starts 10:00am - Marvellous Kites - Make Your Own Kite - Kids workshops Get your team ready fo - Massive Markets - Beach Volleyball match the Beach Sand Sculpture Competition Games! - Entertainment Crazy Rides Yummy Food Games & Fun - Fantastic Fireworks - Cash Prizes for Beach **Competition Games** Web Site

Bendigo Bank

Emu Park

ing Club

More info @ www.festivalofthewind.com Facebook www.facebook.com/festivalofthewind

Clarke Creek

ABSOLUTE WASTE





# THE 8TH BIANNUAL FIVE ROCKS BEACHCLEAN-UP

## Friday 21st April 2023 to Sunday 23rd April 2023

As well as helping out, it's your weekend to chill, surf, fish, whatever. We come here in the first place because we love it and this is exactly why we want to protect it and enhance it!

#### **REGISTRATIONS REQUIRED BY 18TH APRIL 2023**

Email jwhiting@capcatchments.org.au with the following information

#### CAMPERS

Friday 21st and/or Saturday 22nd April Vehicle rego number Vehicle make/model Number of volunteers coming How many tents you will be setting up How many nights you will be camping DAY TRIPPERS Saturday 22nd April Vehicle rego number Vehicle make/model Number of volunteers coming

For more information please contact Capricornia Catchmentson (07) 4921 0573

ReefClean is funded by the Australian Government's Reef Trust and delivered by Tangaroa Blue Foundation in partnership with Capricornia Catchments.











Calling all CQ Photographers, nature lovers or anyone with a smartphone!

Fitzroy Basin Associations CQ in Focus – Nature Photography Competition is back with \$10,000 worth of prizes up for grabs!

To celebrate the environment that sustains one of the most productive regions in Australia, FBA is looking for the best images of the region's natural assets.

Enter now <a href="https://cqss2030.com.au/photo-gallery/">https://cqss2030.com.au/photo-gallery/</a>

<u>#CQSS #CQ #FBA #FitzroyBasinAssociation #Nature #Photograp</u> <u>hy #Photocompetition #centralQueensland #Naturalasset #visitc</u> <u>apricorn #thisisqueensland #photographycompetition #naturala</u> <u>ssets</u>





Fill out our survey at the workshop stations during the Easter Eggstravaganza in Beaman Park on April 1st and 2nd

to go in the draw to win a \$500 Easter Hamper full of delicious Easter goodies! Terms and Conditions apply.

Visit your nearest Livingstone library to have a crack at our Ea	const const our Easter Eag Guess competition and to get creative with our Easter	It is a set of the set
THES 5. NINES - DENNIN Elys our local artists and there interperom Foreshore Fiday 3. March - 6pm to 8pm at the Yeppoon Foreshore <b>XETR ECCSTANMCANTA</b> This article in the offer marking aggreging antertainment, live evelopery making workshops, Easter bornt making aggreging antertainment, live eveloper making aggreging activities. Saturday 1 April and Sunday 2 April - 3em to 2 pm at Beaman Park, Yeppoon THES & TUNES + RANINF RNDS Easter Burnyl, Free entry with storne pall activities. Saturday 1 April and Sunday 2 April - 3em to 2 pm at Beaman Park, Yeppoon Fibrio our local anters and their here performances Easter Burnyl 2 April - 6pm to 8 pm at Coobernie Park. COOBERRE PARK Limited gasces are available - bookings essential. Monday 3 April from 1 2pm to 3pm at Coobernie Park M Easter Markhon 12 pm to 3pm at Coobernie Park M Fibrio our local anters and their no 3pm at Coobernie Park M Easter Markhon 12 pm to 3pm at Coobernie Park M Terrelly 3 April from 11 2pm to 3pm at Coobernie Park M Arwhon educational and nu curse for keen yourg fishers Participants will complete an introduction to boat operations: course and alpin fouring some social store and system 11 2 pm to 3 pm at Coobernie Park M Arwhon educational and fun curse for keen yourg fishers Participants will complete an introduction to boat operations: course and alpin the adverse for the store and anternoor for the store and and the formation and and acde. Monting tea and label to positing store social store and store 11 April - 3 mu to 113.0 m store and and the formation and and acde. Monting tea and addit - 1000 m to 12.0 m		esental. Hease phone first Ald Easyon 0.447 330.096. Wednesday 12 April - 9am to 11am. Course delivered by First Aid Easy (RTC: 9000) from the Courseway Lake Boat Shed. EASTER CHICK PAPER CRAFT Come and get carly making a cut easter chicken out of lots of different papers and materials and take home your very own little chick. Suitable for ages 5+. Wednesday 13 April from 9:30 m to 10:30 cm at Emu Park Library Tursiday 13 April from 9:30 cm to 10:30 cm at Emu Park Library Wednesday 12 April from 9:30 cm to 10:30 cm at Emu Park Library Wednesday 12 April from 9:30 cm to 10:30 cm at Emu Park Library Worth WEEK TRANING - RSA COURSE This course incoproates the knowledge requirements, under state and territory from a state in the Course cm and a cm to 3 and at the sale or service of alcohol. Suitable for ages 15.0 c3 years. Under gaces available - bookings essentia. Effedy 14 April - Barnto 1:30 cm at the Real Group Veppoon (RTC): 3250 y. <b>ECCO AND PUCLO PLATINE</b> To phy 14 April - Barnto 1:30 cm at the Real Group Veppoon (RTC): 3250 y. <b>ECCO AND PUCLO PLATINE</b> To phy 14 April - Barnto 1:30 cm at the Real Group Veppoon (RTC): 3250 y. <b>ECCO AND</b> and make fifends with pales of Lego and Duplo at the library. Suitable for ages 5+. <b>Fieldy 14 April - Barnto 1:1am at the Veppoon Library</b> <b>WILLARD OF OLY Cornel along</b> darcing and dama, so be ready to get your fieldy 14 April - Jam to 4 pm at Veppoon Town Hall TOPS 1. THES - OLDSKOON NEW PANEN <b>WILLARD OF OLY Cornel along</b> for an afternoon jam packed with a costivity flowing. This workshops is proudly run by Veppoon Choral Society. <b>Fieldy 14 April - Jam to 4 pm at the Veppoon Form And</b> DOP UND UNDER THE APPL of the April - Jam to 4 performance! <b>FIERS 1. UNDE ALL THINGS YOUTH THROUCH OUR YOUTH IN</b> <b>UNDERS 2. TURES - DAMI AND THE SAL</b> Engly our local attists and their live performance! <b>FIERS 0. WILL DAMINES YOUTH THROUCH OUR YOUTH IN</b> <b>UNDERSOOK CONVOLTIONEL PORTOCOLOW REVIEW AND CONTR IN AND THE SAL</b> <b>END OF ACTIVERS ON COUNT INFOUCH OUR</b>
PAINT-A-POT Come along and for the choose and bot up some herbs and flowers to	CPR. Please note there is an online component which must be completed prior to this session. Suitable for ages 15 to 25 years. Limited spaces available-bookings	ALL ACTIVITIES ARE FREE UNLESS OTHERWISE STATED.



#### YEPPOON CHORAL SOCIETY PRESENTS

THE WIZARD OF

# DANCE \* DRAMA \* MUSIC

## FREE HOLIDAY WORKSHOP



## JOIN US :



14 April 2023 1pm to 4pm

Yeppoon Town Hall



Bookings Essential: www.eventbrite.com.au



Location: 80 John Street Yeppoon Hours: Monday to Friday 9am-4pm Phone: 4913 3840 Email: communitycentre@livingstone.qld.gov.au Facebook: @YeppoonCommunityCentre



## **ICare Pantry Appeal**

When you donate food to the Community Centre, you'll make a HUGE difference to people in need by providing one of the most basic human rights – food. The items donated towards our Pantry Appeal are distributed to community members in need who seek assistance.

## MOST NEEDED ITEMS

Tinned Savoury Mince Tinned Stew and Vegetables Ready-to-eat tuna & pasta bowls Pasta & Rice Pouches Deb's instant mashed potato Breakfast Cereal (individual serve or box) 300ml plastic containers

## OTHER NEEDED ITEMS

Single serve milk (200ml) Long life milk (1 litre) Single serve butter/margarine Single serve tea, coffee, and sugar Singe serve spreads (vegemite/peanut butter/jam) Singe serve condiments (mayonnaise/tomato/BBQ) Juice Lunch Box Poppers Disposable plates, cups, and cutlery Foil cooking containers (loaf tin)

## Date required by: April 30th, 2023



# WE NEED... COMMUNITY BBQ HOSTS

ALTH'S MA

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

We're currently looking for a volunteer to host our monthly community BBQs in Yeppoon (Our previous host is relocating so we are in need of someone to pick up the tongs in his absence)

We've put together some useful info about the requirements on the link below Link here <u>https://mrperfect.org.au/blogs/news/want-to-become-a-bbq-host-whats-next</u>

We also have an application form here <u>https://docs.google.com/forms/d/e/1FAIpQLSfwEssGCFZaAYWK9X\_8Fh-vBJM1PgPA2nMnATxOjD2xevaQvg/viewform</u>



Are you passionate about giving back to your community and making a difference?

Livingstone Shire Council is grateful for our incredible community of volunteers who generously donate their time and skills to support a wide range of program, including:

Community Centre, Library, the Nursery, the Arts, Engagement and Events and more.

If you are interested in becoming a volunteer, check out the link below to learn more and get involved.

https://www.livingstone.qld.gov.au/living-here/my-community/volunteer-programs



## We are putting the call out for more volunteers to specifically help run these:

**Keppel Kids Playgroup** once a week on Monday mornings. We are looking for a volunteer or 2 people to share the role to facilitate these sessions, liaise with the parents and children , set up and pack up.

**Baby Beatz,** Learn the art of music education with toddlers and do regular sessions across the shire. We will provide FREE training and assistance with the sessions.



## Volunteer your JP Services

If you are a Justice of the Peace you can keep your skills up to date by volunteering your time, skills and knowledge at JP drop in sessions at our Community Centre.

> Phone: 4913 3840 Email: communitycentre@livingstone.qld.gov.au



Are you a JP? Are you interested in volunteering in the JPs in the Community program at the Community Centre?

Find out how you can volunteer your Justices of the Peace or Commissioners for Declarations Services by calling the Yeppoon Community Centre on 49133840



## VERY FRIDAYAFTERNOON DURING

SKETBALL STADIUM RDINGLEY STREET YEPPOON

3:30PM - 5:30PM

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Suitable for school students aged 10 years and up



Free play basketball, ping pong & board games

> Youth support service 6H) available





For further information phone 49135000

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

AFTERNOON SNACKS

INCLUDED!

LIVINGSTONE SHIRE COUNCIL

SPORTING & YOUTH SERVICES

FREE PLAY SESSIONS 2023

#### Keppel Coast Flix - Yeppoon Town Hall

There wont be any movie in April due to water damage at the Town Hall .....

Check out our May newsletter to find out what film is



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



We have all known the long loneliness, and we have found that the answer is community. Dorothy Day

## The importance of recycling

Australia alone uses 6.9 billion plastic bags a year of which 3.6 billion are plastic shopping bags. If you tied 6.9 billion plastic bags together end on end they would travel around the world 42.5 times. Australians dump 36,700 tones of plastic bags into our landfill every year. That equates to 4,000 bags a minute or 230,000 per hour. Only 10% of Australians take their plastic bags for recycling. If you imagine a piece of plastic 1m wide. As a conservative guestimate, a length of this plastic 40km long is produced each day and this is for one brand of toilet paper packaging. For bread you can triple the length (120km long).



## If each Australian family used one less plastic shopping bag a week, there would be 253 million less bags used per year.

- Recover valuable resources through recycling at home.
- Paper, cardboard, glass, metal cans and tins and plastic containers can be recycled in your yellow-lid wheelie bin that is provided by Council.
- Recycle plastic shopping bags at the Coles Supermarket located in the Keppel Bay Plaza. The designated bin is located outside of the store entrance.
- Recycle organic waste, such as fruit and vegetable scraps, by using a compost bin, worm farm or bokashi bin, or by feeding leftover food scraps to pets or chickens.
- Purchase products made from recycled content and help close the loop on recycling by supporting the recycled product market.

Investigate how you might recycle the many other types of household items, such as electronic waste and household appliances. Find what materials can be recycled at Council's waste facilities or through specialist services in the community.



Have you become isolated from your family, sometimes from conflict or just not having time. Don't forget a quick phone call or text can make a huge difference in someone's life.

Do you need to find a new activity to meet new people?

Call 4913 3840 if you would like to join any social groups to help fill your days.

## WANT TO **LEARN** about native plants and animals?

WANT TO **SUPPORT** local conservation efforts?

## WANT TO **PARTICIPATE** in

environmental activities, workshops and opportunities?

## THEN JOIN US!

Become a member to receive our monthly newsletters with all the latest on local environmental events.

Envirolink Centre, 3/78 John St Call us on 0474 954 514 or email envirolink@cqnet.com.au



Have you donated to the recycle box? Do you have any seeds to add to the seed bank that others may be able to use?



Capricorn Coast **Landcare** Group

### Moneycare, Salvation Army

Will be facilitating financial preparedness workshops this year in the Livingstone Shire, with dates to be advised as venues are booked. Moneycare has produced a new training resource on how to prepare financially for future natural disasters. The workshops are based on the book resource 'Planning for The Unplanned'. This book includes a comprehensive listing of how to prepare financially for an unplanned event. The free workshops will also be an opportunity for people to learn and ask questions in an informal setting.



If anyone would like to register to attend a future workshop or would like the workshop presented to their group in the Livingstone region, please don't hesitate to contact me, phone 0478313636 or kris.palmer@salvationarmy.org.au

The link to the book & other resources is here - <u>https://www.salvationarmy.org.au/need-help/financial</u>-assistance/moneycare-financial-resources/



Come and join us for a great night of dancing at the Annual Marlborough Show Ball!

Hot Hot Will be providing live music, supper is provided and the licenced bar will be operating...

Belle of the Ball, Matron of the Ball, Buck of the Ball, Junior Princess & Prince, Lucky Door and raffles.

Tickets available at the door. Adults \$15, high school \$10, primary school \$5, Family \$50