



MURGON MOMENTS



Produced in association with the Murgon Business & Development Association Inc.
118 Lamb Street, Murgon 4605. P.O. Box 166, Phone (07) 41681066, Fax (07) 41681947,
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MURGON at the foothills of Boat Mountain, in the heart of the Burnett Valley, part of the great South Burnett.



Mr Jim Kingston President of Murgon RSL Sub Branch presents a cheque for \$10,000 to Murgon Rotary member Glen Kapernick to be used towards the purchasing of a bus at Southern Cross Care Murgon Castra.

Murgon Rotary are well on the way to raising the necessary funds to help in purchasing the wheel chair assisted bus and the proceeds of the Murgon Music Muster in October will also go into the kitty. Donations and raffle tickets can be given and bought from members of Murgon Rotary or left with the editor.

Photo L-R: Bernie Holznagel, Richard O'Neill, Glen Kapernick, Bill Ross, Jim Kingston, Trevor Sanderson, Laurie Ramke, Pat Crowe, Len Heading.

South Burnett and Cherbourg On Show

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Work for the Dole Coordinator announced for Fraser Coast, Bundaberg and Burnett areas

Federal Member for Wide Bay and Deputy Prime Minister, Warren Truss, Federal Member for Flynn, Ken O'Dowd and Federal Member for Hinkler, Keith Pitt, today announced that Mission Australia has been selected to deliver the new Work for the Dole Coordinator services in the Bundaberg and Fraser Coast employment services areas.

The Federal Government is rolling out new Work for the Dole arrangements for job seekers aged 18-30 in the Fraser Coast, Bundaberg and Burnett region. "The Work for the Dole program helps people to transition from welfare to work by giving young people the experience they need to make them job ready," Mr Truss said. "The program encourages the participants to demonstrate the qualities and attributes that employers look for, and will help them to become productive and valued employees. "The participants work will boost their confidence and they can be proud of their contribution to building a better community.

"While the Work for the Dole program will complement and enhance the work that is done by the host employer, it will not be a substitute for their paid employees. The scheme will deliver projects in the area that otherwise would not have happened. Federal Member for Hinkler, Mr Keith Pitt said, "Work for the Dole gives job seekers the opportunity to learn new skills to be work ready."

"Our new Work for the Dole programme will include a mix of individual and group based projects in community organisations such as not for profit organisations and local councils."

Federal Member for Flynn, Mr Ken O'Dowd whose electorate also includes the Burnett region added "I strongly believe that the best form of welfare is a job. The Government and our society must not allow our young people to drift into welfare dependency. "In addition to Work for the Dole, the Government is supporting young job seekers through the new Job Commitment Bonus that provides a financial bonus to young job seekers who move off welfare and stay in a job and investing \$5.1 billion in a new employment services system to help more job seekers into work.

"Mission Australia will serve as the first point of contact for organisations in the region wishing to be involved in Work for the Dole and help match job seekers to available places. "We congratulate Mission Australia and welcome their commitment to Work for the Dole and helping more job seekers into work in our region. If you would like any further information on Work for the Dole, please visit www.employment.gov.au/work-dole.

Contacts, Warren Truss: 4121 2936, Ken O'Dowd: 4972 5465, Keith Pitt: 4152 0744

THE MAYORS RED EARTH APPEAL

The Tableland Hall hosted another successful Bar-b-que for the farmers and their families who have been affected by the recent floods and now the drought. Murgon State Primary School Students raised money for the children who attended. Gifts were purchased with the money which the children appreciated very much. Local cooks donated biscuits which were handed to the children and every family were given a bag of baking as well. "Centacare" and "Buy a Bale" donated knitted and crochet beanies, scarves, socks, gloves and toys. The children were very excited and overwhelmed by their generosity. The adults didn't miss out, gifts were available for them also. Local businesses contributed to the evening's success and a big thank you to them. Councillor Kathy Duff welcomed all to the evening and President Joan thanked everyone for coming. The next Red Earth function, another bar-b-que, will be held on the 25th October.



Ross Anderson (Clean and Clever Business Officer, BIEDO) was our guest speaker and presented clever results of workshops at the Murgon Business & Development Assoc Inc monthly meeting in Murgon. The attendees heard how it 'pays to check' your energy bills. After Ross' presentation on the importance of checking the electricity bills and being on the most suitable tariff for irrigating, primary producers can find pumps (18.5 KW) can be on Tariff 65. When using Tariff 62, Tariff 65 and Tariff 66, there was a \$7,000 saving

over a quarter (if you pump 24/7 for around 200 days of the year), for some farmers, had it been on T66.

Ross also showed us the many new energy saving devices available on the market today that could be used in business and households.

Businesses can save 5% to 20% of their energy costs by carrying out regular maintenance on their equipment to make sure it is operating effectively. Not all maintenance tasks need to be contracted out to maintenance professionals but could be completed by people within your business if they have a good working knowledge of how your business equipment functions. For example, checking timers are set and the cleaning of some equipment can be done in-house. Although this suggestion means more work, creating a maintenance plan and schedule (and sticking to it) can help keep machinery running more efficiently, save money on electricity and improve the life-span of your equipment.

Ross is to be congratulated on his presentation and Murgon business owner Mark Smith moved a vote of thanks to Ross and BIEDO.

If you would like Ross to help you get your business energy use and costs on track, book an onsite energy audit by contacting Belinda biedoclients@burnett.net.au or calling 4169 7851. Ross Anderson - BIEDO Clean and Clever Business Officer.

Bridge Load Limits

Hansens Gully Bridge on Mondure Road

Council advises residents that a 10 tonne load limit on the Hansens Gully Bridge, Mondure Road has been imposed due to deterioration and damage to the timber decking planks.

Council is currently in the process of replacing the decking timbers.

Council regrets any inconvenience caused by this load limit but the action is necessary for public safety.

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MURGON SCHOOL RULES LEAGUE TABLE



Murgon State High School's Under-15 rugby league team could be the best in the country. It was twice as good as Sunshine Coast rugby league school of excellence, Mountain Creek, when it took the Keith Gibbs Cup on August 27.

While the Murgon high squad left a trail of heavily beaten sides along the way to making the final they were heavy underdogs before running onto the Jack Stokes Oval in Gympie.

Mountain Creek had just beaten renowned rugby league school, Wavell Heights, and played a structured game much like an NRL side, but the Murgon boys' flair and uncanny knack to read a game had them lead all the way to a 28-14 victory.

Five-eighth and captain Barry Tapau-Fewquandie was Man of the Match and Errol Simpson's move from fullback to centre paid off. "Errol knows when to pop up and be in the right place at the right time," coach Shane Polzin said. He believed the fancied Mountain creek players had no answer for Murgon's ad-lib creativity. "Our boys know when to turn it on," Shane said. "They can see the game unfold before them and are very good at predicting what's about to happen."

The win makes Murgon State High School officially the best team within the Sunshine Coast -Wide Bay region. While there is no longer a Queensland wide, Under-15 competition it must surely put the team amongst the best in Australia. Shane said it showed why school was the best pathway to a rugby league career.

"NRL sides now look for teenagers who are serious, get their education and have first class behaviour and discipline," he said. "We're trying to turn out fine young men as well as rugby league players. They won't get taken by the NRL otherwise. There's plenty of fine young men to pick from." Co-Coach Stephen Simpson agreed. "School is where most scouts start looking," he said. "It's the best step to a rugby league career."

Photo taken by

Jordan Lynas

NEW MULTI-PURPOSE BUILDING FOR SHOW SOCIETY

Good news was given to the Murgon Show Society in July with the receipt of almost \$25,000 to build a shed which will be customised for use as a new canteen, bar and allowing part as storage.

It will be built in the same vicinity as the present Cattleman's Bar and Canteen between the stud beef shed and prime cattle yards making it a very convenient site for volunteers, handlers, owners, and patrons using that area of the showground.

The canteen began its life many years ago where exhibitors could buy tickets for entry for events in the ring. One of the events was trotting. It was very popular for patrons to watch and cheer on but rules changed which meant an inside fence needed to be built. That was just one change but it caused the demise of trotting at most Queensland shows.

The show society has seen the need for a new canteen and bar since the present building has seen many shows and will make a good building for storing equipment needed for the ring at show time.

The old canteen with its BBQ has cooked many bacon and egg burgers for the cattle competitors who are already washing, blow drying and brushing their animals as the sun is rising.

If the cattle exhibitors wish, an order for breakfast can be put in the night before the canteen closes and breakfast will be hot and ready to be eaten at the designated time the next morning. As importantly the urn has been boiling and a cup of hot coffee or tea will also be waiting.

The next job is to get the building up and the cooking equipment, cupboards and a list of other necessary items in place ready for the 2015 show.

The Gambling Community Benefit Fund can only be given the biggest thanks for seeing the benefit of sharing some of its funds with the Murgon Show Society.

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This little Gem could well met your heart - carefully and tastefully renovated by the current owners. Inviting Street Appeal. Air conditioned lounge, Ceiling fans throughout. 3 Generous sized bedrooms, modern kitchen with walk in pantry and store room. Dining room. Modern bathroom. Rear covered entertaining area. American Barn style colour bond shed - 3 bays plus garden shed. The home sits on steel stumps and has vinyl clad external walls. Roof and gutters all good. In fact nothing to do - just move straight in. Ill health is sadly forcing the hands of the current owners. \$239,000

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THE MASS OF ALL NATIONS

St Joseph's Catholic Church Murgon celebrated The Mass of All Nations on Sunday 14th September followed by a multi-cultural meal.

Parts of the Mass were read by parishioners in different languages with the corresponding English version shown on a flat screen.

Former Murgon identity Father Nicholas Okafor from South Africa assisted Father Michael Carroll with the celebration. During the sermon by Father Nicholas Okafor he mentioned happenings in countries like Nigeria.



St Joseph's Murgon, student, Cookie Aubrey, has done it again.

Apart from amazing footy and athletic talent in which he was Wide Bay player of a Queensland tournament and won everything bar the woodchop at the South Burnett Athletics champs he's now returned from the Karate Union of Australia National Championships in Sydney weighed down by medals.

He was very successful, achieving 3 Gold, 1 Silver and 2 Bronze medals. Cookie worked hard to achieve these results.



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Two Glaswegians, Archie and Jimmy, are sitting in the pub discussing Jimmy's forthcoming wedding.

"Och it's all going pure brilliant" says Jimmy "ar've got everythin' organized aw ready - the fluers, the church, the cars, the reception, the rings, the minister, even ma stag night" Archie nods approvingly.

"I've even brought a kilt to be married in" continues Jimmy.

"A kilt?" exclaims Archie, "that's magic, you'll look pure smart in that...what's the tartan?"

"Och" says Jimmy "I'd imagine she'll be in white"!!!!

Kevin Patrick (PAT) McGUIRE (28/8/1920-7/9/2014)

Kevin Patrick McGuire was born on 28th August 1920 at Marburg. Kevin or Pat as he was more commonly known in Murgon was married to wife Edna (who predeceased him) and they were blessed with three children. Pat attended Gatton college in 1940 where he studied Agriculture which led him to his job in the Forestry. When World War 2 broke out Pat enlisted in the RAAF and flew many missions over Germany during 1942 – 1945, he retired from the RAAF as a Flying Officer.

Pat returned to Australia and went back to working in the Forestry until his retirement.

Pat passed away in Murgon Palative Care on Sunday 7th September aged 94 years. Pat was a very quiet, generous and humble man and this was evident by seeing the St Joseph's School form a guard of honour at his funeral. Pat will be sadly missed in Murgon. May he rest in Pea

Ambulance tracking first in accountability

Queenslanders can now see exactly how many ambulances are available in their region and what their workload is, with a simple click of a computer mouse.

Health Minister Lawrence Springborg said in an Australian first, the Queensland Ambulance Service was using social media to release real time tracking of the fleet of more than a thousand vehicles.

"Government should be open and accountable, and now for the first time anyone can see exactly how many ambulances are available at a given time across the state," Mr Springborg said.

"Families want to know that if they have an emergency, an ambulance will be available and this is now possible. "If there is pressure on the ambulance service, that information will also be freely available.

The tracking tool is now up and running on the QAS website via facebook and twitter, and is directly linked to the Emergency Services Computer Aided Dispatch system.

QAS Commissioner Russell Bowles said it should end the fallacy on ambulance availability.

"One of the biggest misconceptions is that when there are ambulances dropping patients at a hospital, there are none available to respond to other emergencies," Mr Bowles said.

"Use of the QAS social media stream has more than doubled in the past six months. We can use this tool to dispel some of the myths." Mr Springborg said the QAS was streets ahead in ambulance services in Australia.

"The QAS is embracing technology and social media for the benefit of Queenslanders and better workforce management," he said.

The link is available at <https://ambulance.qld.gov.au/iroam.html>. Twitter @QldAmbulance

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NEW SIGNAGE PLAN SAVES QUEENSLAND DRIVERS TIME

Queenslanders driving to work and home to their families will be able to get there safer, more quickly and with fewer frustrations with an improved signage system around road works.

Premier Campbell Newman joined Minister for Transport and Main Roads Scott Emerson to announce the new approach that delivers better infrastructure and planning.

“One of the greatest frustrations for drivers is having to slow to a crawl when there are no road works taking place – whether that’s at night or on the weekend,” Mr Newman said.

“Under this new approach, engineers will be required to return signs to a safe speed when works aren’t being carried out.

“At the same time we’ll be working with police to step up enforcement around road works.

“We will be rolling this out to road works across the state to deliver more consistent signage, crack down on speeding and educate drivers and traffic managers of the dangers around road works.

Mr Emerson said the \$8.5 billion deal with the Federal Government to fix the Bruce Highway, including a record \$770 million this year, is a great example of where the new road works system would benefit drivers on long journeys.

“Our new Spruce the Bruce campaign is about asking Queenslanders to be patient and drive safely as we fix the Bruce Highway, but we still want to make sure we are doing everything we can to get drivers where they are going sooner,” Mr Emerson said.

“Our new approach will see drivers being better educated on the delays and will reduce the wait time as much as we can.

“We’re spending \$4.8 billion in 2014-15 on roads, over the next four years we’ll spend \$18.1 billion on road projects aimed at getting Queenslanders home safer and sooner.

“I thank all drivers for their patience and assistance as we future-proof our Queensland roads.”

All drivers are encouraged to measure our performance. If you see something that can be improved around road works, call 131940 or let us know at www.tmr.qld.gov.au/Contact-us

Jeff Seeney MP,
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We sadly mourn the loss of :

M c G U I R E, Kevin Patrick, Late of Murgon

G R O V E S, Marie Doris (Ree), Late of Murgon, formerly of New Zealand

B R O W N, Stephen Ross (Stevie), Late of Proston, formerly of Northside

A L E X A N D E R, Mabel “Alwyn”, Late of Murgon, formerly of Wondai

H E I D E M A N N, Verna May, Late of Murgon

H I N K L E Y, Joyce Alison, Late of Windera

S C H U L T Z, Ronald, Late of Proston

S C H L O S S, Frances Urith, Late of Kingaroy, formerly of Cushnie

K E H L Viv, Late of Murgon, formerly of Monto

NEW COUNSELLING SERVICE FOR THE SOUTH BURNETT

A new confidential counselling service is being offered for the South Burnett area, covering Murgon, Wondai, Cherbourg, Proston, Goomeri and other areas.

Neela Curran, a qualified counsellor and mental health practitioner, specialises in individual and group counselling and therapies, and has returned to live in Murgon from Far North Queensland.

Neela left Murgon recently to work as a Counsellor/Team Leader but then suffered an unexpected health issue and after spending nine days in hospital in Cairns, has returned to live in Murgon and has decided to offer a new business in the local area.

Neela is counselling for a wide range of issues, including loss, grief, trauma and bereavement, including pet grief and loss, workplace issues, depression, anxiety, self esteem and confidence, family and relationship issues, and she has a strong background in mental health and disability. She is a great believer in continual professional development, and is completing postgraduate studies in mental health, grief, loss and trauma and has successfully completed postgraduate Child and Adolescent Counselling.

Group counselling and group therapy is also a key service being offered, which she believes has enormous therapeutic value, as well as a great way to meet new people and make new friends, or just strengthen existing friendships, social networks and supports. Relaxation therapy with mindfulness and art therapy are two of the special group therapies being offered, which Neela hopes will benefit individuals, community organisations and schools.

A special mobile service is available for people wishing to access counselling but do not wish to travel or do not have easy access to get to Murgon. There will be concession rates for elderly and for people who are currently unemployed, but who feel they would benefit from counselling.

Counselling is something that many people feel has a stigma attached and Neela is hoping to dispel this. She said: "People sometimes feel they will be labeled as having a mental health problem. Often there is no mental health problem, and sometimes it is just something that you need some help with resolving or coming to terms with. There is no such thing as the perfect life, and unfortunately grief and loss in particular, are part of the human condition. Everyone experiences changes and challenges in life and there is nothing wrong to sometimes reach out for help and support. I am lucky that I feel I have strong mental health and I'm a bounce-back sort of person, but having good mental health can be cultivated and learnt, so that we don't sink into despair and depression, sometimes about small things that can affect our lives in a big way.

"But everyone, at some time in their lives, has a mental health issue...absolutely no-one escapes this...even mild depression is a mental health issue...so it is important to get help and support. Many people have great friends and family they can talk to, but having a strong social support network is not always there, and many people feel disconnected and isolated. That's why I am a strong believer in group therapies as well as individual counselling.

"I am very solution focused, but often it's just about helping people find their own solutions and their own path in life. There is nothing shameful or being a "failure" to seek counselling, it is an indication of actual strength that a person can recognize when they need a little help, and are willing to do something to help themselves change things for the better, or just to feel a bit more grounded or self confident. I am focused on resilience, reconnection and recovery."

Anyone wishing to have a confidential counselling consultation, or groups wishing to book therapy, can phone Neela on 0477 441944 or 07 4169 5925 to arrange an appointment time.

New Counselling Service Murgon, Wondai, Cherbourg South Burnett areas

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The former Mayors of Nanango, Wondai and Murgon at the Warren Truss Chamber naming celebration.
Photo L-R: Mr Reg McCallum, Mr Perc Izlaub and Mr Bill Roberts.

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Lyle and Emma Hasselbach were married in St Kevin's Catholic church Goomeri on Saturday 20th September by Fr Michael Carroll

September 2014 Exhibition



Main Gallery: 'Sketches' by Zane Stuart

The general format of this exhibition is based on two finished paintings on display in the gallery, both of which portray scenes or experiences from the South Burnett. The main body of works are preliminary sketches on display from the artist outlining scenes, colours and moods needed firstly before larger, more detailed paintings are produced.

Many artists use this method to give themselves direction when embarking upon a painting. Each artist has his own way of arriving at a conclusion. Zane Stuart in this case is prepared to show his behind

the scenes technique when striving to reach a resolution. There will be 40 works in total. Most will bare a modest price tag to help further Zane's path as a visual artist.

Front Gallery: 'Different Dimensions' by Lindley Hart

Two decades of expressive exploration and discovery by local artist Lindley Hart, has led to this collection of works that inspires the way colours can be used. Several works in this exhibition are able to be viewed simply as they are, or with special 3D glasses. This additional viewing perspective is optional and shows a unique way in which colours relate and interplay with each other.

Third Gallery: 'Big Art' by Biggenden Art Group

This is an exhibition of new work by the members of the Biggenden Art Group. The Biggenden Art Group was formed in 2002, and two of the original members, Judith Ferris and Pat Worsley, are still active within the group. Although numbers are now depleted (now only 5) the talented group remain active and successful, winning many awards within the Wide Bay/Burnett and surrounding areas.

Kidz Corner: Murgon State School

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Photography – Share Your Vision

Sharing Photos on the Internet *by Sherrienne Talon of Sherrienne Talon Photography and Digital Imaging*

Sharing your photos with friends and family has never been easier. With the quality of mobile phone cameras and tablets, you can take a picture and have it uploaded to Facebook or Instagram within seconds. And while technology is a great way for us to share our lives with our loved ones, there are issues regarding safety and ownership of photos that need to be addressed.

The only way your photos can truly be protected online is by not posting them. Unfortunately, that doesn't work when you want to share holidays or family snaps with friends on social media.

The question of protecting photos is one that I am asked a lot by clients and students. This is the advice I give them.

1. Check your privacy settings on Facebook or Instagram. Make sure you are only allowing friends and family to see what you post. Keep in mind, however, that if someone sees the photo in their feed, they can just download it and share it with whoever they want. Once a photo is posted on Facebook, it is never really safe but do keep in mind that most people do not steal photos off Facebook and if you are worried that they may then it may be more of an issue of who you have on your friend's list. I don't want to scare anyone away from sharing photos but I will advise them to be careful about the content they are posting and do not allow your children to share photos without checking with you first.

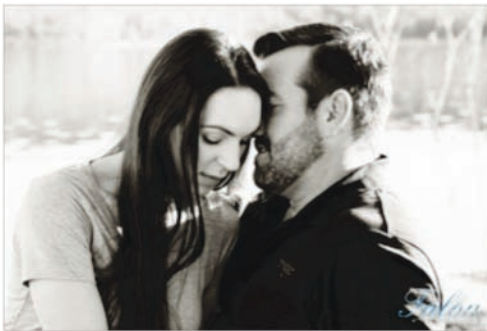
2. If you are posting a particularly stunning shot, you can watermark your photo by using a photo editing program and putting text across it which makes it much harder for someone to steal it.

3. Save a copy (never the original) as a very low resolution file so that it can't be printed easily.

4. Talk to your teens about what they share with their friends.

Love it or hate it, social media is here to stay and posting photos of family and friends for people to see is now a way of life. I know there is a lot of concern from parents, especially. There is no absolute way to share photos and be 100% certain they will not be stolen, that is the danger of sharing anything, including simple text messages. The best way to be safe on the internet is to be aware of the dangers and act accordingly. If it's a photo you wouldn't want being public, don't post it.

For the younger set, the advice I give is this. Allow sometime between taking the photo and posting it. Something that is done on the spur of the moment may be regretted later. Remember that once it's on social media, it's basically there forever. You can remove it, but if someone has already shared or downloaded it, you can't get it back.



The one on one photography courses are very popular at the moment. Got a new camera and want to really learn how to use it? Spend a day learning to use it to it's full potential. Visit www.talondigitalimaging.com and click on the workshops tab.

Join me on FB for specials and sneak peeks.! <http://www.facebook.com/TalonDigitalImaging>

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Over 40 would be Brides registered at the SB PCYC Bridal Expo held in Murgon. The large crowd was appreciative of the many fine stalls set up and the Bridal fashion parade.



MURGON JUNIOR GOLF PROGRAM



VISITING DATES

Thursday 4th
September

Thursday 2nd
October

Thursday 6th
November

Thursday 4th
December

TIMES- 3.30PM-
4.30PM & 4.30PM-
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WONDAI UNITING CHURCH CELEBRATES 100 YEARS.



Sunday 10th August dawned a bright, clear and mild morning, a perfect day for the folk in Wondai to celebrate 100 years of continuous Worship in the Uniting Church Wondai, formally the Wondai Methodist Church. The Celebration Service commenced with a packed congregation of 140 happy enthusiastic people who had travelled from Brisbane, Toowoomba, the Darling Downs, and Rockhampton.

Winston Burrows welcomed everyone and read greetings from Qld' Synod Moderator Rev' Kaye Ronalds, and others who were unable to attend due to old age or sickness.

The Call to Worship was led by retired Rev' John Selwood, with prayer and a responsive reading of Psalm 84 followed by the great Hymn To God be the Glory. Led by the powerful voice of Rev' John Selwood and musicians Muriel Weir Keyboard, Ivy Murray organ and Cara Hall flute providing the beautiful music which inspired the congregation to great heights of vocal enthusiasm, which led to various comments later that we had better check the roof, to see if it had lifted. Other notable people, Very Rev' Lindsay Howie a former Pastor in the Wondai Uniting Church, retired Pastor Jean Sizer, retired Rev' Ken Ebenezer, and Wondai resident the retired Rev' Richard Treloar, Retired Rev' Heather Selwood, retired Rev' Cecil Geyer, Retired Rev' Neville Clarke all participated in the service.

Rev Dr David Ferguson, who has recently accepted the call of Uniting Church Minister for the Kingaroy and Wondai Parish was the Key Note Speaker. He spoke on the importance to continue to build on that firm foundation of faith shown by our forefathers and previous faithful members who saw a vision to build a church 100 years ago and through faith endured drought, fires and floods, to continue to Worship in this place because their faith was based on the solid corner stone in Jesus Christ.

After the Service everyone moved to the hall for a fellowship luncheon prepared by the Wondai Adult Fellowship, where the people enjoyed reminiscing and catching up with folk that they hadn't seen for years. The task of cutting the cake for this celebration was given the longest serving member, Mrs Beryl Reinke and our oldest member Mrs Hilda Wenck. Beryl commenced Sunday School in August 1934. Hilda celebrated her 91st birthday last week. Lindsay Howie and Cecil Geyer spoke of the Joys of Ministry during their time in Wondai.

Councillors Kathy Duff and Ros Heit gave their congratulations on reaching this important milestone and keeping the Christian faith so strong in an ever increasing non Christian world.

The Centenary Celebration Day was an outstanding success.

MURGON & DISTRICT BRANCH – NATIONAL SENIORS AUSTRALIA

The next tour is on Thursday 20th November to Mooloolaba for Dolphin Discovery & Lunch cruise – cost \$58 P/P leaving Murgon at 7.30am, Wondai 7.40am, then Goomeri & Kilkivan.

The General Meeting will be held on Thursday 16th October at the Murgon Bowls Club at 10am after morning tea.

For further information & booking for the tour contact Paula on (07) 41 683114 or 0438708885.

Murgon & District Branch of National Seniors kindly donated \$500 towards Castra fundraising towards their new Bus. Our 2014 Tours itinerary is available on request.

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"Please note - sponsors still being finalised at time of print"

\$20 senior / \$5 junior (5 - 12)

PROSTON BRANCH AFTERNOON TEA WITH FOREST VIEW



The staff and residents of Forest View Nursing Home, Wondai, extended an invitation to us to join them on Tuesday 5th August, to celebrate the opening of Dawn Brown's Craft Exhibition. Dawn is a resident of Forest View, and for many years she has entered her craft in numerous competitions, and won lots of prizes. Her display was absolutely fabulous and a great credit to her.



Her very proud husband George was by her side, as was their dog Zoe.

Councillors Kathy Duff and Ros Heit did the honours of officially declaring the exhibition open, and in true Kathy Duff style, out came the bright pink ribbon which was cut to mark the occasion.

Maria Beer, Diversional Therapist at Forest View, welcomed guests from Proston QCWA, Wondai Quilters Group, and Wondai Hospital Auxiliary, and thanked them for their involvement with the nursing home. Our branch of QCWA will continue to donate

handmade items, such as rugs, beanies, gloves, slippers, and clothing protectors, to Forest View as often as we can.

The afternoon tea was "truly scrumptious" and enjoyed by all. We thank all who prepared and served these tasty treats.

Written by Judith Marek, Publicity Officer, Proston Branch of QCWA.

Photo supplied by Judith



Bjelke-Petersen Dam

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Rotary has been a big part of Bill Roberts life and he had something to celebrate with his birthday and that of Rotary exchange student Lisa Blume celebrating a birthday on the same day, 22 April. Bill and Lisa are surrounded by members of the Murgon Rotary Club.

FARMER'S CARD

In response to the continuing financial pressures resulting from the drought, farmers are registering for the FARMER'S CARD, an initiative of Frontier Services and Buy a Bale, which allows farm families to buy essential household and farm supplies at local businesses – which must also be registered.

Currently, businesses in following categories have been registered:

Butcher, Chemist, Farm Supplies, Green Grocer, Health Services, News Agents, Service Stations, Tyres, Cafe, Farm Equipment, General Store, Hairdressers, Mechanic, Supermarkets, Vet, Others.

To find out more, please visit www.farmerscard.com.au/register-as-a-merchant

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ENTREES

Oysters Natural	3.00 each
Greta Garbo Oysters drizzled with lime topped with smoked salmon and caviar, sour cream and chives	\$4.00 each
Oysters Bloody Mary Shooters Polish vodka, tomato juice, Worcestershire and dash Tabasco with squeeze lemon	\$4.00 each
Seared Scallops on T.O.T Murgon ham and pea and spinach puree	\$16.00
Theebine Red Claw tails Crumbed served with mango dipping sauce and salad	\$24.00
Beer battered Mooloolaba prawns on salad with Asian dipping sauce	\$18.00

MAINS

Steak burger with chips	\$16.00
Beer battered flathead filets with chips and salad	\$16.00
Italian Sausages Forest Glen Organic Meats With mashed potatoes and red wine jus	\$18.00
Fried buttermilk chicken with chips and salad	\$22.00
Pork belly on stir fry	\$26.00
Slow baked beef rib with our own BBQ sauce	\$28.00
Black Angus rib fillet 400g with vegetables and red wine jus	\$32.00

DESSERT

Profiteroles filled with vanilla ice-cream with chocolate ganache	\$12.00
Lemon lime curd tart with icecream	\$12.00

Coffee or tea per person \$4.00

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Gina Gleich with daughter Sophie and Linda Rea (centre) with her family including her Dad Gordon Buchanan at the Hivesville Markets selling Bush Bakery products.

LIONS CLUBS INTERNATIONAL CENTENNIAL SERVICE CHALLENGE – 1917 - 2017

Sharing the Vision



For nearly 100 years, Lions have served their communities with dedication and contributed to the development and wellbeing of millions of people around the world. As we look toward our centennial celebration, Lions are encouraged to serve 100 million people by December 2017 through participation in the Global Service Action Campaigns.

During October, we invite you to join Lions around the world to lead the fight against blindness. Help us raise awareness of the importance of healthy vision and the causes of vision loss in connection with World Sight Day, recognized each October.

You can **donate eyeglasses** at your local eyeglass collection locations. Collections points are located at Clifton Motors and Trendsetter at Murgon and Proston Library and The Outpatients Clinic at Proston.

Help Lions make a difference in our Community ...by helping those who live with blindness and visual impairment.



A woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes. Everybody got off the plane except one lady who was blind.



A man had noticed her as he walked by and could tell the lady was blind because her guide dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and

calling her by name, said, "Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?"

The blind lady said, "No thanks, but maybe Buddy would like to stretch his legs."

Then Picture this:

All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a guide dog for the blind! Even worse, the pilot was wearing sunglasses!

People scattered. They not only tried to change planes, but they were trying to change airlines!

True story.....Have a great day and remember....

THINGS AREN'T ALWAYS AS THEY APPEAR ---- A DAY WITHOUT LAUGHTER IS A DAY WASTED!!!

(This story is not meant to make fun of blind people but also to congratulate them on the many services they do)

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RAMBLES FROM A COMFY CHAIR – Our amazing bodies and minds

As a hypnotherapist, I see some absolutely amazing transformations in my clients. As a biochemist that worked in the drug discovery industry for almost two decades, I can now understand these transformations on many different levels, with new research and concise summaries such as those found in “You are the Placebo” by Dr Joe Dispenza, showing how our cells and even our genes react in response to our thoughts.

In its simplest form – when we believe at every level that we are happy and will be healthy, our body heals much more quickly, and up-regulates many health giving protein-peptide-hormone-messenger genes. When we are negative and miserable, we down regulate these genes and stress hormones cause damage to our bodies and brains, lowering our immune system and muddying our thinking. When we let go of the conditioning of believing we will be sick and will suffer certain genetic illnesses to their full effect, then we have a much greater chance of improving our health.

In the hypnotic trance we work with the subconscious mind – which is 500,000 faster and more powerful than the conscious mind. If you think of your conscious/subconscious as a mobile phone, then the screen on the mobile is the conscious mind showing you what the phone is currently being used for. The subconscious mind then is all the different apps and operating systems behind the scenes making it all work. When we want to re-program part of our conscious experience, it is best and easiest to do it via the subconscious, just like upgrading an app or deleting one if its no longer useful.

Over the last two years, at my Kingaroy Office, I have helped many clients with anxiety, chronic pain, stop smoking, weight loss, depression, release of past trauma, teeth grinding, addiction, wart removal and much more.

I am a licensed and Australian Hypnotherapists's Association registered hypnotherapist, with a provider number for the many private health insurance companies that recognize hypnotherapy.

Almost everyone who wants to experience the hypnotic trance can do so. You can never be hypnotized against your will, nor be given a suggestion against your core values and beliefs. If you would like to know more, I run regular Introduction to Self Hypnosis for Relaxation and Improved Sleep workshops in Kingaroy, as well as an intermediate workshop for Pain and Anxiety. Regular Deep Relaxation Trance sessions are also available every second Wednesday at Boutique 90 in Murgon, and every Friday evening at Amethyst Moon in Kingaroy.

ANZAC DAY CENTENNIAL UPDATE

Well, the Committee is busily working to try and make Anzac Day 2015 a glorious thanksgiving to all those who made the ultimate sacrifice for us. We are trying to make next Anzac Day resemble as closely as possible the months, weeks and days leading up to the first departure of our soldiers to foreign shores.

Did you know that our nurses who left home to tend to our wounded were not provided with nursing uniforms? Instead they were provided with an allowance for fabrics and they sewed their uniforms using a basic guide. Hence, no two uniforms were alike. The collars differed, the skirts varied and the hats they were wearing when they left Australia were soon found to be entirely unsuitable. Their hats were quickly changed to grey veils when on duty and straw bowlers for off duty. (www.awm.gov.au)

Is there someone who may be able to provide a float for the day? Are you a surviving relation of someone who served in World War 1 and would like to march in their memory or just have some memorabilia from that period that you would like to allow us to borrow for the day? Do you have any suggestions for us to help make the centenary even more memorable? Contact us on 0467 849 149.

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WONDAI 2014 SPRING GARDEN EXPO.

Spring is a beautiful time of the year! Join the butterflies and bees, and buzz along to the Wondai 2014 Spring Garden Expo, to be held at the Wondai Sportsground on Saturday 27th and Sunday 28th September. This will be the 9th Wondai Spring Garden Expo, and the 21st year of Wondai Garden Expo.

It is very pleasing to note that, apart from the Agricultural Shows, Wondai Garden Expo is now one of the most successful and long-lived of the region's festivals.

As part of the Expo's commitment to the community, some important improvements have been added to the amenities at the Wondai Sportsground. The scoreboard side derelict toilets were renovated, and this year two new covered sites were finished for the Official Opening of the Autumn Expo. All users of the Sportsground will enjoy these improvements and are Expo's gift to the community.

Enough rain building moisture and filling water reserves in time for Spring plantings would be a blessing. Wise gardeners use the winter months to re-work the landscape, weed and mulch bare areas, make plans and lists for beautiful plants which will be begging to be taken home! We need to encourage populations of beneficial insects and there will be plenty of plants to choose from including flowers, herbs and fruit trees.

Experienced stallholders will be ready to answer your questions, and show you products to keep gardens healthy and productive. Examples of excellent organic soil improvers will make your garden come alive. Enjoy wine and cheese tasting, craft and gift stalls with their appealing arrays of gifts for early Christmas shopping.

Attractions include the Horticultural Show and Display and the weather cooperating, free gardens to visit including entrants from the Wondai District Garden Club's Home Garden Competition. Look for Competition Schedules on the web site. Please note tour buses must make their own arrangements to visit these, and guides will be provided.

The official opening will be held at 11am, followed by the presentation of Garden Competition prizes. Enjoy a tasty lunch [or two!] and hear our guest presenter Rowena Margetts. Wondai's popular "Stepping Stones" group, headed by Geoff Grevell, will provide musical entertainment throughout the week-end.

Above Media Message supplied from the Committee.

Wondai Garden Expo Inc is a Public Organization, dedicated to the development and promotion of the Wondai Autumn and Spring Garden Expos.



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Wondai 2014 Spring Garden Expo

Wondai Sportsground and Lions Pavilion
Bunya Highway Wondai
September 27th & 28th
Saturday 8am – 4.30pm, Sunday 8am – 1pm

Entry \$4-00 per person, Children Free.
NO PUBLIC ADMITTANCE OR TRADING ON FRIDAY

- Quality Nurseries - Allied Garden Products -
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Official Opening at 11am.
Presentations to Garden Competition Winners
Guest Speakers

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SOUTH BURNETT RUGBY LEAGUE GRAND FINALS

Cherbourg Hornets undefeated champions in historic grand final

It's taken 100 years of rugby league but 2014 marked the first that Cherbourg Hornets played an A-Grade grand final in front of their home crowd. The side came ready to impress and put on a spate of tries to lead 30-12 at the first break. Then things got a bit hairy. The Mustangs found form. They started the second stanza with steam coming from their nostrils and a string of penalties and possession.

Two quick tries had the Mustangs get within eight points and the momentum appeared to have swung.

Then the Hornets took it up a notch and scored a mass of tries with their trademark flash and flair.

It was an unbeaten side for the season and showed why to win 59-26.

Centre Alex "Bunyip" Speedy was named Man of the Match having scored three tries.

But it wasn't all about them.

The Under 6s and 8s kicked the day off at 9am with no winners involved except for the game of rugby league.



Then the Under- 12 Cherbourg Hornets and Nanango Stags took to the field for the first grand final of the day. They put on a display of heavy hits, dazzling skill and tactical play that exceeded their players ages.

The Stags came into the match having dominated the season and both teams had opportunities to put on a big score. But torrid and scrambling defence limited attackers' success to 14-10 in favour of the Hornets.

Man of The Match was Cherbourg fullback Alex Georgetown.

Murgon Mustangs came into their U14s game against Kingaroy Red Ants as the season's form team.

But that amounted to nothing. The Red Ants dominated to win 28-14 in a quality match.

Murgon Mustang's and Cherbourg Hornets then did battle for the U16 title having finished equal top at the end of the season. Murgon won the major semi final though and looked confident early on. It took an early lead before Cherbourg hit back and an arm wrestle of brilliant attack and hard tackling ensued, before the Mustangs won 26 – 18.

Murgon's U18s went into its grand final heavy favourites against Nanango Stags due to their opponents having a tough game against Cherbourg Hornets the week before. The Mustangs put on four tries within the first 30 minutes and continued to dominate to win 56-12.

Community spirit wins through

It was a fairy tale ending to a superb day of action and an historical occasion.

South Burnett Junior Rugby League life member and Cherbourg Aboriginal Shire Council CEO, Warren Collins, said it was a perfect day for the footy mad town.

"The games were played in the right spirit and the whole community made it a great day," Warren said

"Volunteers put their hand up to help, thousands turned up and everybody left with a smile on their face."

He thanked Cherbourg Aboriginal Shire Council for its ongoing support, the council works department for having the ground in A1 shape, the painters for sprucing up the buildings, Selwood Constructions for helping upgrade the facilities and all the sponsors for the year. "It was a true community effort," Warren said.

The future

South Burnett Junior Rugby League president Greg Pomfret was stoked. He's now talking about bringing the South Burnett's contracted Intra Super Cup match to Cherbourg. "I'd like to give Cherbourg the opportunity," Greg said. "The quality of the playing surface is probably the best in the South Burnett and they've upgraded the facilities. "They went above and beyond to make the Grand Final day special.

"You could see the emotion. "That's what it's all about. "Being proud of yourself and being proud of your community."

NB: Murgon Mustangs won the South Burnett Junior Rugby League club championship.

Photo Top: Hornets captain Nigel Williams holds the premiership trophy to mark a season where his team went undefeated for the year (Picture by Anne Miller of South Burnett Online).

Photo Centre Right: Corey-Jack Sullivan, 5, flies down the line as brother Gene, 7, lines up to tackle him for the Murgon Mustangs in the Under 8s match. Dad Corey watched proudly from the side line.

Photo Centre Left: After 100 years of rugby league Cherbourg A Grade side got to play a premiership grand final in their home town for the first time. They beat Murgon in an entertaining match to remain undefeated for the season. Man of the Match Alex Speedy (on left) is congratulated by South Burnett Junior Rugby League life member and Cherbourg Aboriginal Shire Council CEO, Warren Collins (on right)

Photo Above: Cherbourg Hornets Jachai Purcell was knocked off his feet trying to bring down Murgon Mustangs U16 captain Barry Tapau-Fewquandie. Mustangs won 26-18



Murgon Bowls

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