Council’s Community Grants Financial Assistance Program

Council’s received 11 applications for Round One of the 2011/2012 Community Grants Financial Assistance Program. Of this number five community organisations were funded to deliver their programs and events.

Council congratulate the following successful applicants across the three program streams:

**Sport and Recreation**
- Bundaberg Dragon Boat Club and
- Bundaberg Cycling Club

**Events**
- Woodgate Community Events and
- Burnett Heads Progress and Sports Association

**Community Development**
- C and K Bundaberg Community Childcare Centre.

To find out more about Council’s Community Grants Process there is an Application Kit available via our website at: [http://bundaberg.qld.gov.au/residents/grants-sponsorships](http://bundaberg.qld.gov.au/residents/grants-sponsorships)

If you have any queries about our Community Grants Programme please don’t hesitate to contact Council’s Sport and Recreation Team at any time throughout the year. Contact Council’s call centre on 1300 883 699. The funding program, while open all year round has two close dates across each financial period. The second round of funding closes on the last Friday of February 2012.

Youth Week Grants for 2012

**Calling our regions youth.** Have you got an idea for Youth Week 2012? Grants are now open for young people under 25, so if you’re eligible apply now. This is your chance to work with Council to design events for youth, by youth. Grants are open to young people living in the Bundaberg Regional Council area with applications closing 30 October 2011. Information and application packs can be accessed via Council’s website or you can call Andrea on 4130 4175 for more information.

**Reminder to all sports and recreation clubs and organisations**

If you have some school holidays activities for youth coming up over the Summer break please get your information through to Andrea - Council’s Youth Development Officer.

For more information about all the upcoming events and opportunities for youth in our region check out the Youth Development page on council’s website at: [http://bundaberg.qld.gov.au/residents/youth](http://bundaberg.qld.gov.au/residents/youth)

All Abilities Sports and Health Expo

The Disability Sector Network in partnership with Council is holding an All Abilities Sports and Health Expo on Wednesday 26th October 2011 from 9am to 12pm at the Bundaberg PCYC. This event offers an opportunity for all of community to come along and “try out” a range of sports activities, watch some demonstrations and to obtain some information on health products and services in our region or to obtain information about services in our region for people with a disability.

The event was postponed from September, when it was to be held as part of Disability Action Week celebrations and activities in the Bundaberg Region. For further information about this free event please contact the Bundaberg Regional Council Community Development Unit on 4130 4150.

Information about the Expo is also listed on our events calendar at: [http://bundaberg.qld.gov.au/events/calendar](http://bundaberg.qld.gov.au/events/calendar)
Council Congratulates the Gin Gin Neighbourhood Centre

Council congratulates the Gin Gin Neighbourhood Centre on its success in being awarded the states best for Keep Australia Beautiful Queensland Tidy Towns 2011 Partnerships Award.

The Gin Gin Neighbourhood Centre is a service hub in the town of Gin Gin which offers a broad range of services, including visiting professionals and community activities to the Gin Gin community. In addition to the broad range of services supported through the Centre, the Neighbourhood centre has recently achieved several beneficial initiatives for its community including: NEC seniors broadband links, Seniors Health Expo and strong advocacy of local organisations such as the Gin Gin Menshed.

Division 3 councillor Wayne Honor joined with Council’s spokesperson for Community and Arts Cr. Judy Peters to congratulate the Gin Gin Neighbourhood Centre on its award “The Gin Gin Neighbourhood Centre has operated for over 10 years and has become a vital link in the area’s network of more than 20 services, agencies and support groups”. Cr. Honor said. Cr. Peters said “the centre had come to the fore during the Christmas/New Year floods when many locals and visitors were affected by the devastating weather event and needed assistance”. Cr. Peters went on to say that “The award justly rewards and recognises the dedication of the staff at the centre, not only during a time of crisis but each and every day”.

Gin Gin Neighbourhood Centre Cont - Health Screening Available Date Claimer - Tuesday 25 and Wednesday 26 October, 2011.

QLD Health and Cancer Council Queensland will be providing health education checks between 9am to 12pm including; physical activity, nutrition, skin cancer, bowel cancer, breast cancer, cervical cancer, alcohol, smoking and other health issues. People are provided resources and education and referred to appropriate health services. Everyone is welcome to attend.

Members of the Gin Gin community interested in finding our more may contact the Gin Gin Neighbourhood Centre on: 4130 4630. Or online at: http://bundaberg.qld.gov.au/residents/neighbourhood-centres/gin-gin

Walkability Volunteers Wanted

The Healthy Lifestyles Group Walkability Audit is nearing a close for the community auditing component of the Audit. Over 45 Auditors have taken part in the Audit, with several new auditors commencing just in the past few weeks. Its not too late to take part by auditing part or all of a suburb.

If you enjoy walking and want to contribute to your community call Jo Schmidt today on 4150 2783 to GET INVOLVED.

Alternatively send an email to Jo at: Joanna_Schmidt@health.qld.gov.au

Bundy Thunder Power Boat Spectacular

Experience the excitement of Queensland's Biggest Power Boat Racing Spectacular at the Wide Bay Australia Bundy Thunder Power Boat Spectacular with two days of high octane circuit racing by Australia's top racing teams. Visitors can experience the unique atmosphere of liquid horsepower racing action, throbbing engines, magnificent paint jobs and interesting personalities with around 70 of Australia's best drivers and teams from Friday 5th to Sunday 7th November at Sandy Hook, Bundaberg.

The weekend includes displays, children's entertainment, controlled access to the pits, continuous commentary, bar and food vendors. Social functions include the Meet n Greet, Display of Boats, Gala Pre-Race Party and Presentations functions. Visit www.bundythunder.com.au for more details.

The Lighthouse Festival 2011

EAT STAY PLAY

Held on Saturday 29 October, 2011 is the Lighthouse Festival, Burnett Heads. A wide range of activities is on offer as part of the festival featuring:

- Live music all day
- Art & Photography Exhibit
- Boating, Fishing & Leisure Expo
- Rides & Activities
- Variety Stalls
- International Cuisine

Join in the fun from 10am to 5pm at Jack Norgate Oval, Zunker Street, Burnett Heads.

For more information check out the website at http://www.thelighthousefestival.com.au/
Community Events Calendar 2011
October and November Activities

October Feature is the CRUSH Festival - The inaugural CRUSH Festival will take place in Bundaberg this October. The arts community has combined their creative forces to generate a program which will mean there is something to see, do or experience in the region almost every day in October. Refer website “crush program of events” for more information (below).

November feature is Relay for Life Charity Golf Day - November 13 from 9.30am at the Isis Golf Club, Goodwood Road, Childers. Refer flyer on the website for more information under the Council’s Online Events Calendar.
For more info on Community events check our website at:
http://bundaberg.qld.gov.au/events

Bundaberg Athletic Club & West Bundaberg Little Athletics
Thank you to the Bundaberg Athletic Club for their contribution to the newsletter.

The 2011-12 summer season of athletics is under way at Kuorikoski Oval in University Drive and an enthusiastic group of athletes of all ages from the Tiny Tots to seniors are taking part in healthy exercise each Friday night. Club patron, Jack Dempsey, member for Bundaberg officially opened the season and urged all to do their best, and thanking the many volunteers who help the club each week. The season continues until the end of March 2012, and the season is jam-packed with local, regional and national competitions to suit everyone from 5 to 105 years with events to suit their abilities and disabilities.

The experienced club coaches are available during the week to help develop the athletes to their full potential and encourage them to gain higher honours. Already some of the members have achieved success further afield with the national primary schools championships held in Darwin, University games at the Gold Coast and Rheed McCracken short-listed for wheel-chair track events at the Paralympics. He will contest his first international competition in Dubai in December.

With many carnivals available over the coming months, more information about the club can be found by phoning the club on 4155 1515, the secretary on 4154 1944 and /or on facebook.

Date Claimer: Bundaberg Chess Club
Thank you to the Bundaberg Chess Club for their contribution to the newsletter.

The Bundaberg Chess Club Inc is having a one day chess tournament at Bundaberg on Saturday 15 October. It is an event for Senior Players and Junior Players. The event will be held at the U3A rooms. The event will be a nine round swiss. Entrance fees $10 Adults $5 children.

Medallions will be presented to the first second and third place getters in the Adults Division and the Child Division.

Please view CAQ website under unrated events for more information: http://www.caq.org.au/ or the Bundaberg Chess Club website at: http://www.freewebs.com/bundabergchessclub/

Bundaberg Dragon Boat Club
Thank you to the Bundaberg Dragon Boat Club for their contribution to the newsletter.

The Bundaberg Dragon Boat Club held a “Come and Try” Day at the Bundaberg Multicultural Festival at Rowers on the River Pontoon on Sunday the 28th August, 2011 and we had ninety seven persons who snapped up the opportunity to try paddling in a dragon boat. The highlight however was the corporate racing that commenced at 12.30 pm with the Bundaberg Regional Council, News Mail and the Rotoract Club competing for the Bundaberg Sunrise Rotary Cup.

As you can see by the photo "Winners are Grinners" with the Bundaberg Regional Council paddling their way to victory. We would love you to come and try Dragon Boating and become part of our Bundy Dragons team. For more information on Dragon Boat Racing contact qdbf.com.au or you can look us up on our local web page www.bundydragons.org

Inspirational Quote
“In the middle of difficulty lies opportunity”
- Albert Einstein
- Active After School Communities Coaching and Funding Opportunity for Sporting Clubs -

The Active After School Communities (AASC) Program has a strong focus in engaging local clubs but also transiting children from AASC to that club/sporting organisation. As well as receiving payment for coaching, clubs are eligible to apply for the following funding:

- Funding for equipment purchases that will benefit AASC sites – Up to a maximum of $2,000.
- Funding for capital projects up to a maximum of $2,000
- Funding to transport children from AASC to local clubs/school sport competition
- Funding to co-ordinate gala days/expo’s up to a maximum of $5,000
- Funding for developing local community coaches to deliver specific activities - e.g. training a coach in their bronze medallion to run a swimming program. For more information about the AASC Program contact Katie Macleod on 4153 3796.

Active Inclusion Program
Funding for Clubs

$3.5 million is up for grabs with the Bligh Government’s latest round of the Sport and Recreation Active Inclusion funding program now open, Sport Minister Phil Reeves announced. Mr Reeves said the program aims to help Queenslanders of all abilities and backgrounds access sport and recreation. “Active Inclusion funds activities which encourage greater participation, education and training, and volunteer development and recruitment,” Mr Reeves said.

"Under this program, organisations can apply for funding under two categories - Healthy Eating and Physical Activity, and Community and Club Support Projects. "Under the Healthy Eating and Physical Activity category, not-for-profit community organisations, sport and recreation clubs, schools and councils can apply for funding of up to $40,000 for healthy eating projects. Community Projects funding of up to $40,000 will be available for projects that increase access to sport and recreation for individuals and groups facing barriers to participation within the community. "Funding of up to $5,000 will be available for Club Support Projects that build clubs through education and training, recruiting and retaining volunteers, and encouraging participation in sport and active recreation in their community.

Funding closes: 28 October, 2011

Refer the website link below for more information:

Or contact your local Bundaberg Sport and Recreation Services Advisor Linda Kleinschmidt on: 4151 9563.

Bundaberg Little Athletics and Thabeban Athletics

Bundaberg Little Athletics and Thabeban Seniors have been very busy lately with promotion and with settling in to a weekly competition that is hotting Up. Promotions have been run in the Seniors Week, Super Sports Sign On, Rainbow Day for Under 5s, and the Sporting Wheelies Day at the PCYC with a Disability Sports Day coming up in October. Pyjama Week and Bring a Friend Day have also been held in the past few weeks.

On the track, the Thabeban athletes returned with a huge haul of 30 medals from the seven athletes who competed. While full details are not yet to hand, it was a very happy bunch returning with Sheryl Coney raising 7 gold and 2 minor medals and Shirley Blair taking 4 gold. Alana Johnson, Ben Porter, Shantell Woodrow, Tristan Wendt and Belinda Johnson also came home with medals.

On 1 October a large contingent will compete in Maryborough with both the Maryborough Athletics Club and Maryborough Masters on the same day.

November will see the Region Relays, Inter City and Region Pentathlon during the course of the month with State Relays soon afterwards.

With records and Personal Bests tumbling everywhere in the weekly competition, it is not too late to climb on board and try your hand at Track and Field events for two weeks free of charge. If you find that you would enjoy participating, fees are very reasonable and we do not charge weekly fees, so it is just the one cost for a whole year, including free training sessions on Wednesdays.

Come visit on Sunday at 2pm at the back of Thabeban State School or enter off Bryde Place. Enquiries to Sylvia on 4155 2790.

Mens Shed for Bundaberg - Have Your Say

Have your say. Would you like to see a Men’s Shed in the Bundaberg City Area?

Come along to a community meeting to discuss this issue at the YMCA, 7 Quinn Street, Bundaberg on Thursday 27 October. Starts at 9.30am with Special guest speaker: Bob Dieckmann from Gin Gin Men’s Shed.

Photo: Courtesy Gin Gin Mens Shed
Thank you to Bargara Over 50’s Social Club for their contribution to the newsletter below.

The Bargara Over 50’s Social Club have several date claimers to share. Dates of their Hoy and Cent Sales are on Saturdays: October 8, November 12. They are holding their big Christmas Cent Sale on December 10, 2011. All sales are from 1pm for 1.30pm start. Come along and enjoy the Cent Sale prizes and Afternoon tea. Everyone is welcome.

The club has a break over Christmas from 29 November and resumes on 30 January 2012.
Special Olympics Bundaberg

Thank you to Special Olympics Bundaberg for their contribution to the newsletter below.

Special Olympics Bundaberg will be sending teams to the Basketball State Games early in October on the Gold Coast. More than 20 athletes and carers will travel by bus or train and compete at the Carrara Centre on October 9th for a chance to make the State Teams. Coach Anthony Parry and his team have been working with the athletes for the past 9 months getting them to this point with weekly workouts at the YMCA and with other competitions as they come available. Our thanks are extended to all who have assisted this year with the basketball but especially Gerry Fidock who has co-ordinated the group to this standard.

Another group of athletes will be attending the State Ten Pin Bowling Championships in October. The co-ordinator for the ten pin team Kathy McCloskey has been steadily building up the team all year and numbers are increasing.

Special Olympics Bundaberg have attended a number of Expos and Promotions in the past two months looking for new members to participate. Criteria allows for athletes with Intellectual Impairment aged from 8 years to adult. This includes athletes with a number of disabilities but who want to enjoy the activities and the friendships that sport can bring. It is hoped that the New Year will see more sports available to the athletes and these will include the Soccer, Football which is at present in recess for the summer, swimming, basketball, Ten Pin Bowling, athletics, golf, and bocce.

Anyone who can assist with coaching for these sports would be most welcome. Volunteers must all register for a Blue Card if they do not have one and all assistance will be offered to them. For more information, contact Sylvia on 4155 2790 or email sylviamcnamara@bigpond.com or Rayne at the YMCA on 0412 496 420.

Childers Craft Bazaar

The annual Childers Craft Bazaar will again be held at the Isis Cultural Centre, Churchill Street, Childers on Tuesday, 18 October from 8:30am to 2:00pm. The Childers Craft Bazaar is known as one of the best craft markets in the region to purchase quality hand-crafted goods and craft supplies. This year will be the 29th annual Craft Bazaar and organisers are predicting that this years event will be one of the best if not the best in years. More than 37 stall holders will be selling their own range of hand made goods, including woodwork, patchwork, pottery, children’s clothing, jewellery, folk art, crochet and much more.

Each item that is on display and for sale will have been lovingly and carefully hand-made by the stall holder selling the product, and is guaranteed to be of excellent quality. The talented Workers Guild will provide demonstrations again this year on how to create a masterpiece from a plain piece of wood. Rob Macklemann will have a display of his miniature farm machinery. We will also have several Artists showing their work. Dragon Crafts will demonstrate how to make paper beads and beaded spider kits and these items will be for sale on the day.

Admission is $3.00 for adults, children are free. Home made Morning tea and light lunch will be available for purchase all day. The Childers Craft Bazaar is proudly presented by the Grace Lutheran Church. For more information, phone Nene on 4126 8885.

Bucca Horse & Sports Club

Thank you to Bucca Horse & Sports Club for their contribution to the newsletter below.

Bucca Horse & Sports went exploring in its own territory on 25th September 2011. Starting from Bucca Hall grounds, the group of 22 riders made their way across the Bucca Crossing, past the Bucca Pub and meandered their way through farmlands as well as through gravel roads lined with trees, stopping at a wooded area for lunch. The weather was superb. Along the way, they were issued cards at various check points. At the end of the ride the rider with the best hand of cards won a prize. Bucca Horse & Sports impending events are: Fun Day 13 November and Moore Park trail ride 3 December 2011.

Thanks to our Sport and Recreation Community

We would like to give thanks to all community, sport and recreation organisations and clubs for your contribution to our community newsletter and for your continued support. Happy Reading!
News from our Events Team

United Nations International Year of Volunteers

Australia’s volunteers play a vital role in our local communities and as this year marks the tenth anniversary of the United Nations International Year of Volunteers, Council is taking the opportunity to thank our community volunteers by hosting civic receptions in Bundaberg, Gin Gin & Childers on Friday 2 December, 2011. If you or your organisation volunteers in the Bundaberg community, please register your details with Bundaberg Regional Council by 20 November 2011. For further information please visit Council’s website bundaberg.qld.gov.au or phone the Call Centre on 1300 883 699.

Pageant of Lights

Be part of the Christmas celebrations at Bundaberg Regional Council’s annual Pageant of Lights Street Parade & Festival. Join us on Thursday 1st December 2011 in the Bundaberg CBD from 6pm to 9pm. There will be plenty for everyone with live entertainment all evening, food and market stalls, turning on of the Christmas lights and a special visit from Santa! Enter the street parade or register a stall. For further information please visit Council’s website bundaberg.qld.gov.au or phone the Call Centre on 1300 883 699.

Christmas Spirit Competition

Discover your Christmas Spirit and enter Bundaberg Regional Council’s Christmas Spirit Competition. There’s categories for everyone from "Best New Entrant" to "Energy Efficiency" and "Best Christmas Theme" to "Best Business". There are fantastic prizes to be won with an overall "Best Residence" selected from all entries. Registrations close Monday 28 November 2011. For further information please visit Council’s website bundaberg.qld.gov.au or phone the Call Centre on 1300 883 699.

Hydration for Athletes

With summer fast approaching its timely to consider hydration for athletes. Each athlete’s fluid intake will vary depending upon the amount of exercise and type of sport or activity participated in as well as the level of competition for the athlete. However, the Australian Sports Commission and the Australian institute of Sport provide some reliable information on this important matter. A few points about hydration are highlighted below and are taken from the Australian Sports Commission website (refer web link below):


Summary of Fluid Guidelines:

Begin each exercise session in fluid balance. This requires drinking regularly throughout the day leading up to training or competition. Have a drink with all meals and snacks.

• Immediately, before exercise commences, consume 200-600 ml of fluid.

• Develop a plan for fluid intake for all exercise sessions longer than 30 minutes. Aim to match previous fluid losses as closely as possible (within 1% of body mass). Take into account all the opportunities within the sport.

• Begin drinking early in the exercise session and continue to drink small amounts regularly. Sports drinks or water are the best options.

• Replace any residual fluid deficit after exercise. You will need to drink 150% of any fluid deficit in the 4-6 hours after exercise to account for ongoing sweat and urinary losses.

When fluid losses are high and/or rapid rehydration is required, sodium replacement may be required. Sports drinks, oral rehydration solutions and salty foods can all contribute to sodium replacement.

You may find more hydration information at:


Carols by Candlelight

Enjoy the Christmas celebrations and come along to one of the Region's annual Carols by Candlelight. Carols will be held at several different locations throughout the region. For further information please visit Council’s website bundaberg.qld.gov.au or phone the Call Centre on 1300 883 699.

Bundaberg Softball Assoc.

Players Wanted

Bundaberg Softball Association is looking for players for T-ball through to men's and women’s competition. Interested players can contact Dave on 0418 199 676 for further information or drop into the Frank Coulthard Complex, Clayton Road, Bundaberg on Saturdays.

Jazz Convention - Date Claimer

First Aid Training
Nationally Recognised
FIRST AID Training

HLTCPR201A: Perform CPR
HLTFA201A: Provide Basic Emergency Life Support
HLTFA301B: Apply First Aid

When: 15 October 2011
Venue: Bundaberg Enterprise Centre
Cnr Quay & Tantitha St, Bundaberg
Duration: 5.5 hrs (assessment completed earlier)
Cost: $125 (includes First Aid book)

Recertification courses also available from $45
Book now by phone: 4153 2333 or email info@bundabergbec.org.au

Qualifications issued under
Wide Bay Volunteers NTIS: 31613

Proudly brought to you by the Bundaberg Enterprise Centre

Healthy Queensland - Website Resource
With the weather warming up and the winter season well behind us, is now the time to step out for a healthier lifestyle - by increasing your activity and taking on healthier eating? If you think yes, the below website may be of help. The Queensland Government's Healthier Queensland website has lots of resources and information, from recipes to fitness and they even include some online programs and warm ups. Why not check it out at:

Other Healthy and Active sites you may want to explore include:
Find your 30
http://www.10000steps.org.au/

Or any of the other Healthy community website resources listed on Council's Sport and Recreation page under our below weblink:

Bundaberg Cycling Action Group
The newly formed Cycling Action Group met on the 6th September 2011 to discuss strategies to make Bundaberg the most cycle friendly region in Queensland. The primary role of the Bundaberg Regional Cycling Reference Group is to assist Council by: Implementing aspects of Regional Plans and Strategies associated with cycling. Providing advice to Council on the development, management and promotion of cycling within the region. Promoting community environments and transport systems that support cycling. Promoting cycle safety and education of all road users.

The Regional Cycling Action Group consists of members from Council, Department of Communities, Department of Transport and Main Roads and representatives from Bundaberg Cycling Club, Coral Isle Cyclists, Mad Cycologist and the Community. The Regional Cycling Action Group encourages residents with concerns, issues or suggestions in making our region the most friendly region in Queensland to contact a local cycling group or Council's Sport and Recreation Officer.

Bundaberg Regional Council
190 Bourbong Street, Bundaberg QLD 4670
Ph: 1300 883 699  Fax: 4151 1813  Web: www.bundaberg.qld.gov.au
If you would like to receive this newsletter via email or would like to submit an article for the next edition please email: sandra.borg@bundaberg.qld.gov.au