

What's on in your community...

Games Night in the Park
FREE EVENT—come Solo and make new friends or bring a CREW Free Games! Giant Games!

Food and Drink for Sale!
Non Alcoholic Event

When: First Thursday evening of each month 5.30pm—7.30pm Next event 5th November
Where: Gallery Park, next to Bundaberg Regional Art Gallery and Behind the Post Office
Hosted by Rotaract Club of Bundaberg

Innes Park Markets—
NEW marketplace—
Food, produce, fashion, art and craft and a whole lot more!

When: Fortnightly next event 31st October 7.30am-1.00pm
Where: Innes Park Country Club, 234 Innes Park Rd

Vintage Film Club
Free Event—Light refreshments and screening—free of charge

When: Meets on a monthly basis 10.00am-12.00pm
Where: Maryborough Library Monday 2nd Nov phone 4190 5788
Hervey Bay Library Wednesday 14th Oct phone 4197 4220

Details and more events:
www.frasercoast.qld.gov.au
www.southburnett.qld.gov.au
bundabergregionevents.com.au



Do You Have Too Much Stuff?

Do you have too much stuff? Too much of anything no matter how special and unique can be a problem.

“Millions of people’s lives are affected in negative ways by the volume of stuff that they have acquired. Isolation, frustration, loss of hope, eviction, divorce, debt, fire. The potential is there to lose everything.”

“Those who acquire and keep too much stuff are stuck, hung up on something emotional, something unseen beneath the surface of life.”

“Difficulty de-cluttering isn’t really about the stuff, it’s about what the possessions represent to us.” - Lee Shuer

Challenging your beliefs about your attachments is the first step to minimizing the amount of stuff you have. If you believe your collection is becoming unmanageable and is starting to impact on your wellbeing there is help available. Please contact RHL for more information on local supports available. It’s never too late to start.

GET READY!!!! Emergency Plan CAN SAVE LIVES!!!!

DON'T WAIT UNTIL IT IS TOO LATE—GET READY NOW

As the storm and fire season is upon us, having an Emergency Plan is an important step to prepare for, survive and cope with emergencies. You can access **fact sheets** to help you prepare on the RACQ Get Ready Queensland website at getready.qld.gov.au/be-prepared.

Important points to consider are: prepare your emergency plan, prepare for evacuation, prepare your emergency kit, prepare your home, tune into your local radio station or ABC radio for updates and warnings, check your neighbours, have a pet emergency plan in place.

Important Contact Numbers :

000 for all life-threatening emergencies
132 500 State Emergency Services SES
13 19 40 Road Closures
1300 883 699 Bundaberg Regional Council
1300 794 929 Fraser Coast Council
4189 9100 South Burnett Council



Client Survey

RHL is excited to advise our General Client Survey for 2015 is available to access at <https://www.surveymonkey.com/r/RHLClientSurvey2015>

RHL values the participation of tenants in planning, reviewing and developing services and developed a Tenant Participation Strategy which will help guide this part of our work. Your active and honest participation in opportunities to feedback, such as this survey, will help RHL improve tenant satisfaction, review our service delivery model and improve our front line services. Please take two minutes and let us know what you think of the service we provide. We are happy to hear your thoughts and any ideas for improvement. Please use the link above or alternatively call in to the office for a printed copy.



Bacon & Veggie Slice

Ingredients:

- 2 teaspoons vegetable oil
- 2 middle bacon rashers, chopped
- half of 440g pack of thin hokkien noodles
- 2 medium zucchini, grated
- 2 medium carrots, peeled, grated
- 125g can corn kernels, drained
- half cup frozen peas
- 4 shallots thinly sliced
- 1 cup SR flour
- half cup grated tasty cheese
- 4 eggs
- half cup of milk
- 1/4 cup vegetable oil, extra
- Mixed salad leaves to serve

Method:

1. Preheat oven to 180c/160c fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm on all sides.
2. Heat oil in a frying pan over medium-high heat. Add bacon. Cook stirring occasionally, for 4-5 minutes or until just golden. Remove from heat.
3. Separate noodles with your hands. Chop up into 5cm pieces.
4. Squeeze excess liquid from zucchini and carrot. Combine noodles, bacon, vegetables, flour and cheese in a bowl. Place eggs, milk and extra oil in a jug. Whisk to combine. Stir through noodle mixture. Season with salt and pepper. Spread into prepared pan.
5. Bake for 30-35 minutes or until golden and just set. Stand for 15 minutes to set. Slice and serve with salad.

Our Intrepid Cyclists Adventure Comes to an End!

Neale and Vikki Glanfield's epic adventure cycling through Europe has come to a glorious end! Their journey saw its grand finale in Germany and then into Paris. By all accounts the couple have had an amazing time and an adventure of a lifetime. Along the way, they helped raise awareness and funds to the sum of \$1000.00 for Youthcare in Hervey Bay, that provides crisis accommodation for young people in the Fraser Coast region.

If you would like to see the whole adventure you can visit Neale and Vikki's blog at: grumpydonkeyblog.wordpress.com/



Take The Plunge Coffee Shop

Take The Plunge Coffee Shop's goal is to "Make the socially uncomfortable to be made to feel comfortable". Call in at 17 Electra St (opp Hinkler Kmart) and meet the lovely ladies that run this community coffee shop. You can enjoy a free cup of coffee that has been paid forward "Suspended coffee" by someone who cares and would like you to benefit by this free cuppa. Thursday mornings at 9.30am is where you can

meet to join the newest group "The Sewcial Group" for a morning of coffee, a chat and sewing. Call Beth or Justine on 0468 855 449 for further details.



Rising Energy Bills - Energy Saving Tips

Are you having difficulty managing your electricity bills? Ergon Energy have a Customer Assist Program that is designed to help customers who find themselves in financial hardship get back on track. For these customers Ergon offer a payment option to suit each situation and also offer an electricity home audit to be able to reduce future bills. Ergon can also advise on any other rebates, concessions or grants that may be available. Get back on track and contact the **Customer Assist Program** on **13 10 46**



Top Tips for Saving Energy

1. Thaw food before preparation
2. Use minimum water to cook food in
3. Use the right hotplate size for the pot

4. Turn the oven off 10 minutes before cooking time is finished and use residual heat
5. If using aluminium foil, use the dull side out
6. Turn appliances, microwave/oven & cooktop off to avoid using standby power
7. Only boil as much water as needed when using the kettle
8. Only use dishwasher / washing machine with a full load
9. Wash clothes in cold water
10. Turn off lights when not in use
11. Turn off TV's and computers when not in use
12. Use fans instead of air-conditioning units. Increase thermostat temperature on your air-conditioner in summer and decrease in winter—every degree warmer you set your thermostat in summer and every degree cooler in winter saves you 10% on your running costs—and that is considerable!
13. To reduce water heating—reduce showering time

Silly Facts

- Snails can sleep for 3 years without eating
- Dolphins sleep with one eye open
- A baby octopus is the size of a flea when born

We want your feedback!

Let us know how we're doing via:
Email: info@regionalhousing.org.au
Phone: 1300 642 123