

## What's on in your community...

### Childers Festival

**When:** 25th July - from 2.00pm and 26th July - 9.00am - 3.30pm  
**Where:** Highway Childers

### Bundy Flavours Festival

**When:** 13th September  
**Where:** Alexander Park Bundaberg

### Details and more events:

[www.frasercoast.qld.gov.au](http://www.frasercoast.qld.gov.au)  
[www.southburnett.qld.gov.au](http://www.southburnett.qld.gov.au)  
[bundabergregionevents.com.au](http://bundabergregionevents.com.au)

### Watch This Space:

#### Upcoming Event:

Homelessness Prevention Week  
This years Homelessness Prevention week will carry the Theme: "Step Up"  
The activities will begin Monday the 3rd of August and run to Sunday the 9th of August.  
There will be a special day where all sorts of free goodies and services will be available.  
More information to come as the details become final.



## Fire Safety—Everyone's Responsibility

Across Queensland, 15 people died in house fires last year and nine of those deaths were during winter.

It is reported that winter is the worst time for fires for several reasons. One being that we desire more hot food and while in the cooking process, unattended food, especially hot oil, can quickly burn and catch on fire. Another reason is the wide use of heaters. Some people will place a heater too close to flammables in the house, or they will put it in a closed room during a really cold night and during the night it can get too hot, while throwing off bedding it can fall across the top of the heater, and that will cause it to smoulder and catch on fire.

Old appliances will have thermostats that don't work properly and the first time you will know about it is when it causes a fire.

### Safety Tips:

- Make sure your smoke alarm batteries work.
- Replace older appliances: eg: electric blankets and heaters.
- Make sure nothing flammable can fall on heaters.
- Turn heaters and other electrical appliances off when not using them.

### WHAT TO DO IN THE EVENT OF A FIRE

If you hear a smoke alarm sounding proceed immediately to the nearest EXIT and evacuate the building to a safe area or designated evacuation point, if applicable.

Contact the fire service on **000**

- If you see fire or smoke and the alarms have not been activated, immediately warn other occupants by shouting **FIRE! FIRE! FIRE!**
- If possible, attempt to close doors and windows behind you, but **ONLY** if it is safe to do so and **ONLY** if it does not slow the evacuation of other residents.
- No one is to re-enter the building until a RHL manager or the fire service advise that it is safe to do.
- Advise RHL of the incident as soon as possible.



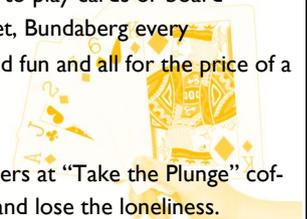
**Take Fire Safety Seriously!!!!**

### BOMNET—Bundaberg's Older Men Network

\* "Cards and Board Games Morning" Are you an older man (50 years of age or over) and interested in mixing with other like minded older men on a weekly basis to play cards or board games? Join others at "Take the Plunge" coffee shop at Electra Street, Bundaberg every Wednesday between 9.00am and 12 noon. Have some company and all for the price of a cup of coffee.

### Feeling lonely and over 60?

\* Each Thursday afternoon from 1.00pm you can come and join others at "Take the Plunge" coffee shop for a coffee, a chat and some company. Make new friends and lose the loneliness.



## An Update From the CEO



### Beef and Beer Pie

#### Ingredients:

- 2 tablespoons of olive oil
- 800g beef chuck steak, trimmed, cubed
- 1/4 cup plain flour seasoned with salt and pepper
- 2 onions, chopped
- 2 carrots, chopped
- 2 tablespoons of tomato paste
- 1 1/2 beef stock
- 375ml bottle lager beer
- 1 tablespoon Worcestershire sauce
- 1 sheet of frozen puff pastry
- 1 egg lightly beaten
- 2 teaspoons sesame seeds
- tomato sauce to serve

#### Method:

1. Heat half of the oil in a large, heavy-based saucepan on high. Dust beef in flour, shaking off excess. Cook 4-5 minutes, until well browned. Transfer to a plate and set aside.

2. Heat remaining oil in same pan on high. Saute onions and carrots 4-5 minutes.

3. Return beef to pan with tomato paste, stirring 1 minute. Add stock, beer and sauce. Bring to boil. Reduce heat to low. Simmer, partially covered, 1 1/2 hours, until beef is tender. Stir occasionally to prevent burning.

4. Meanwhile, preheat oven to hot, 200 C. Spoon beef mixture evenly between 4 x 1 1/2 cup ovenproof dishes (or one large one). Cut pastry large enough to cover. Place over filling and brush with egg. Sprinkle with sesame seeds.

5. Bake 20-25 mins, until puffed and golden brown.

Winter may have been a little reluctant in coming this year, but as the colder nights become more frequent we are reminded of the essential need for fire safety.

Tenant safety is our top priority and we do everything we can to educate our tenants and reduce the risk of fire wherever possible. We need your help to ensure you and your neighbours stay safe this winter. If you hear a **smoke alarm in your building, next door, or across the street, please call 000 and report it!** Don't assume the occupants of the building are home, or have heard the smoke alarm. Please read the Fire Safety information on this newsletter and if you have any questions, please contact your Tenancy Manager for more information.

With some RHL staff away on extended leave over the past few months, many of you will have experienced a change in your Tenancy Manager. We do appreciate the value of knowing your Tenancy Manager and aim to minimise this sort of shuffling as much as possible. I'm pleased to say that as of the 1<sup>st</sup> of July 2015 our Tenancy team members have returned to their usual roles, and I'd like to thank all of our tenants for being so understanding and co-operative during the temporary changes.

I mentioned last newsletter that RHL is working on new tenant participation programs and I can now reveal the RHL Tenant Participation Advisory Group will soon be calling for Expressions of Interest from tenant's who would like to be part of this exciting initiative. This group will provide participating tenants with an opportunity to shape the way RHL delivers services to you and other RHL tenants. Our Tenancy team will send out additional information over the next couple of months outlining how the group will work and how you can be a part of it. ~ Brett Hanna CEO

### Our Intrepid Cyclists Adventure Continues!

Neale and Vikki Glanfield are still cycling through Europe, they are currently in Italy at a majestic place called Lake Como. They enjoyed their 25th wedding anniversary in this idyllic place.

They are meeting the challenges of cycling steep inclines and declines everyday with much courage and gusto as you would expect. Their efforts to continue to raise funds to assist the Youthshelter in Hervey Bay are very much appreciated by all. We ran a fundraising afternoon tea here at the Bundaberg office and raised \$85.00.

You can help by making a donation at the official Everyday Hero supporter page at: [give.everydayhero.com/au/neale-2](http://give.everydayhero.com/au/neale-2).

You can also follow their adventure on their travel blog at:

[grumpydonkeyblog.wordpress.com/](http://grumpydonkeyblog.wordpress.com/)

The Youthcare Accommodation Program pro-

vides crisis accommodation for young people (aged 16 – 21) in the Fraser Coast region. The shelter operates 24 hours a day, 7 days a week and is staffed by youth workers. The youth workers undertake intensive case management with the residents and work with the young people towards independent living.



#### Silly Facts

- Paraskevidekatriaphobia means fear of Friday the 13th, which occurs 3 times a year
- Winston Churchill was born in a ladies room during a dance



#### Tenancy Fact

All tenants residing in RHL managed properties have the responsibility to:

- ◆ Treat people in the organisation with courtesy and respect
- ◆ Take reasonable care of the property and furniture
- ◆ Not alter, repair or affix anything without prior approval
- ◆ Allow neighbours to live in comfort, peace and privacy
- ◆ Not use the premises for illegal activities or to operate a business
- ◆ Notify us as soon as possible of any damage or maintenance issues
- ◆ Advise us of all changes to the household income
- ◆ Not keep pets at the property without prior approval

#### Contacting RHL

Keep us informed. General Enquiries:  
**1300 642 123 or**  
**(07) 4153 1239**

Emergency After Hours Maintenance:  
**0412 699 087**

email:  
[info@regionalhousing.org.au](mailto:info@regionalhousing.org.au)  
website:  
[www.regionalhousing.org.au](http://www.regionalhousing.org.au)

**Bundaberg Office**  
30 Tantitha St

**Hervey Bay Office**  
Shop 6 / 12 Nissen Street

#### We want your feedback!

Let us know how we're doing via our website, by email or by phoning our office on 1300 642 123.