



HIBISCUS HERALD

SEAFORTH PROGRESS & SPORTS ASSOCIATION President's Report

So the first year of this Committee has ended and by now a new Committee will be in place. Hopefully the new Committee can continue to introduce new activities and programs and encourage the local residents young and old to get involved in the Progress Association's activities. Let's continue to make this a great place to live.

Markets - The Mega markets concept has continued to be well received. At this point I would like to make a special mention to Allison Jensen. Allison has been the Market Convenor for the past twelve months and has been a major part of the growth of the Markets. She has turned up rain and shine, the only time she has not been there is when she has family issues that always will take priority.

The down side with the growth of the Mega Markets is the Coordinator's role has grown as well. This combined with Allison's increasingly busy life has prompted a major change in the operation of the Markets coordination role. To help this situation we have introduced changes in the way the markets operate. Specifically we now have a mobile phone dedicated to the Market Convenor. For most markets Kym Neven will be fielding the enquiries and taking bookings. The stallholders set up in the morning will be coordinated by Kym for most Mega Markets and by myself or other volunteers on regular market days. I take the opportunity again to thank Allison for her past efforts and confirm my offer that if she would like to get involved in the coordinating team in future we would love to have her help.

Youth Activity Night - We had our first night on Friday the 13th of March. This was organised by Cathy Staib with a little bit of help from myself and Skye. It started a bit slow but ended great with around fifteen high school students turning up. A great night was had by all and everyone wanted to do it again. On that score we are looking to run these nights once a month the **next will be the Friday 17th of April.** See story Page 5.

Fun Run - A lot of interest and discussion has been generated with this event with a few even coming out from town and Sarina. Katie has done a magnificent job on the organizing so we have everything ready. Jeff Rounsefell will be playing music, Seaforth P&C doing the BBQ, lots of market stalls. See Page 4 for details.

Trivia Night - We are starting up the Trivia Nights again on the school holidays on Saturday 18th of April. Again the P&C will be running the BBQ starting at 6:30pm with the Trivia starting at 7:00 pm. This will be a licensed event but children under adult supervision as well as teenagers are encouraged to attend.

As always the committee would like to thank all the volunteers who have helped over the past 12 months as without you all the events we held would not have been such fun.

Len Turvey—Secretary
Seaforth Progress & Sports Association Inc.

**Seaforth Progress & Sports Association
School Holiday Activity Programs**
at the Seaforth Multi-Purpose Sports Centre
(next to the Seaforth Bowls Club)

CRAFT WITH QCWA
Friday 10th April, 2015 — 10am to 12pm



CARD MAKING

Learn to make your own
greeting cards just in time for
Mother's Day

and/or

TEDDY BEAR MAKING

Learn how to hand sew and stuff your
own Teddy Bear



Cost \$5 per child per activity
(Cold water/cordial supplied)

Fee must be paid to the QCWA Seaforth Branch with completed application form to secure a spot in the class. Payments and forms can be dropped off at the **QCWA Seaforth Branch Stall** at the Seaforth Sunday Markets; to the **QCWA Shed** on Tuesday mornings between 9am to 12pm or drop off to the **Seaforth State School Office** for collection.

There will be a cut off with numbers depending on applications received. **Application forms available** from QCWA Stall, Progress Assn Stall at Sunday Markets or the Seaforth State School.

For any enquires please contact:
**Len Turvey (SPSA): 0429 897 045 or
Carolyn Martin (QCWA) 0409 400249**

SAND WIZARD

\$12.00 for two laminated cards
and \$2.00 for a sausage sizzle after

Wednesday 15th April, 2015 at 10am

For Sand Wizard bookings,
phone Len Turvey 0429 897 045

GENTLE EXERCISE CLASS

at the SEAFORTH COMMUNITY HALL

EVERY WEDNESDAY

(with Shanneen every 2nd Wednesday)

8.30 to 9.30am -

Phone Narelle on 49 590 976 or just rock up.

Tai Chi for Health Classes

FRIDAYS: 9am to 10am

Seaforth School Library

Cost: \$5.00

For more information please contact **Carol on 49590 755**

NO BOOKINGS REQUIRED

SEAFORTH POLICE BEAT NEWS

Non urgent service: 131 444 In an emergency please call 000

Police Beat 4959 0056 Crime Stoppers 1800 333 000

(Provided by Officer in Charge—Senior Constable Adam McLoughlin)

Crime

Over the past month the Seaforth area has once again been relatively good when it comes to crime. There has been a couple of reported property offences in the area with one construction company in Redcliffe Ave, Seaforth having numerous tools stolen from a locked trailer. Some garden tools and equipment were also stolen from the back of a ute at the Victor Creek Boat ramp. I will again remind you all, to lock up your belongings. If anyone has any information that might assist police in solving these crimes please let me know or contact Crimestoppers on 1800 333 000.

Traffic

As most of you are aware there have been several traffic crashes in the area of late. Please drive to the road and weather conditions and stay below the speed limit. The Mount Ossa Seaforth road has deteriorated since it was last graded. This road is the perfect example of where you should be driving to the road conditions. There's been several traffic crashes and incidents on the road and the Council have been contacted by the community and police in an attempt to get the condition of the road improved.

With the Easter Holiday upon us there will be an increase in traffic on the roads. Please drive safely and as usual there will also be an increase of police presence on the roads conducting traffic enforcement. Hopefully we can get through the holidays without any incidents on our roads.

You may have also noticed that Seaforth Pines Centre has had numerous school groups stay at the facility lately and they regularly walk from the facility into Seaforth and down to the beach along the side of the road. As always, please be mindful of your speed and remember that when you are leaving Seaforth on George Street that its 50 km/h until you reach the 80km/h sign near the refuse, not accelerate up to 80Km/h the moment you drive pass the service station.

Stay safe.

Cheers Adam

Community Organisations/Clubs Contact List

Police/Fire/Ambulance

Emergencies	000
Non-Urgent	131 444
Police Beat	4959 0056
Crime Stoppers	1800 333 000

Fire Wardens

Seaforth Town—Bert Benson	4959 0669
Seaforth District—Steve Smith	0417 731 569
Chris Fredrickson	4959 0886 0429 067 134

Emergency Liaison Officers

Charlie Symons (Seaforth Town)	0408 776 564
Jessica Newton (School area)	0409 587 128
Dwayne Shea (Cape Hillsborough Rd, Ball Bay & Holiday Bay)	0407 647 166

Seaforth Progress & Sports Association

- Terry Richards (President) 0402 456 534
gtrichos@bigpond.net.au
- Shellee Denigan (VP) 0410 551 967
shelldenigan@hotmail.com
- Len Turvey (Secretary) 0429 897 045
lturvey5@bigpond.com
- Tracie Johnson (Treasurer) 0417 706 025
traciejohnson3@bigpond.com
- Elleasha Johnson 0400 453 523
elleashaj@hotmail.com
- Carolyn Martin (Editor Hibiscus Herald)
editor.hibiscusherald@gmail.com 0409 400249
- Kym Neven (Assist Editor) 0457 817 767
- Market Co-ordinator 0400 446 876

Community Hall/Sports Ground Enquiries

Maralyn Ross	0407 640 135
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Mackay & District Bowmen

Mike Beard (President)	0439 677 293
Debbie Lamb (Secretary)	0407 022 906

QCWA Seaforth

Mary Vassallo (President)	4954 0961
Carolyn Martin (Secretary)	0409 400249
Josie Hammond (Cottage)	4959 0108

If you would like to add your Club/Organisation contact details to this list, please phone Carolyn 0409 400249 or send details to editor.hibiscusherald@gmail.com

Seaforth Beach Erosion Sub-Committee

All Seaforth and other nearby local residents are invited to an important Community meeting to be held at the **Seaforth Community Hall on Monday 13th April at 7.00pm** to discuss the proposed future restoration work to be carried out on Seaforth Beach. As many people know, some sand scraping work and revegetation planting has already been carried out on the beach area in front of Poinciana Avenue. We were able to get this done prior to the commencement of the turtle nesting season. The rest of the proposed restoration work to be carried out on remaining Seaforth Beach cannot commence before April 1, 2015.

We need as many people as possible to attend this meeting as it affects the whole Community. The beach is ours for our residents, friends, relatives and tourists to enjoy. The State Government was helpful in obtaining the permit to do the remediation works but neither the Mackay Regional Council nor State Government has been forthcoming with any monetary support to actually carry out the works. It has been up to this point an entirely Community based funded action and it appears that it will continue to be so. As a Community, we need to look at making decisions now to determine our future action in trying to preserve our beach

Chris Hayes, Troy Francis & Cameron Morris—Seaforth Beach Erosion Sub-committee



Before sand scraping



After sand scraping

Join the fun and get fit with

AQUA AEROBICS

CAPE HILLSBOROUGH NATURE RESORT POOL

TUESDAYS: 9am to 10am - \$5.00/class
(except winter months)

Enquiries to **Sandy on 4959 0821**





KUNDALINI YOGA CLASSES

Tuesday nights - 6.15pm
SEAFORTH COMMUNITY HALL

Bring a friend and each receive 25% off for a month.

Phone Merrilyn on **49664 065**

CALENDAR OF UPCOMING EVENTS 2015			REGULAR HAPPENINGS in the COMMUNITY				
Month	Date	Event	Day	Time	Event	Contact	Contact No
	5 Easter Sun	SPSA Mega Market Easter Fun Day—Seaforth Bowls Club & Easter Market Cent Sale hosted by Seaforth Ladies' Bowling Club—tickets on sale 3pm	MON	9.00am	Hibiscus Dieters Club	Shirley	4959 0452 *
	9 Thu	SPSA Monthly Meeting 4.30pm at Community Hall	TUE	9.00am	QCWA Activity/Craft morning every Tuesday at "The Shed"	Josie	4959 0108 *
	10 Fri	Kids' School Holiday Activity with QCWA from 10am to 12pm —Card Making (just in time for Mother's Day) and/or Sew your Own Teddy Bear. \$5.00 per activity—bookings required		9.00am	Aqua Aerobics (<i>except Winter</i>)	Sandy	4959 0821 *
	13 Mon	Seaforth Beach Erosion Community Meeting —Community Hall at 7.00pm		6.00pm	QCWA Monthly Meeting—2nd Tues every month at "The Shed"	Carolyn	0409 400249 *
	16 Thu	Health & Welfare Group—Morning Tea/Bingo 9.30am		6.15pm	Kundalini Yoga Classes	Merrilyn	4966 4065 1
	17 Fri	Seaforth Community Youth Night	WED	8.30am	Gentle Exercise Class (<i>with Shanean every 2nd Wednesday</i>)	Narelle	4959 0976 1
	18 Sat	SPSA Trivia Night—Community Hall 6.30pm	THU	9.30am	Health & Welfare Group (<i>Morning tea and bingo Apr 2nd, 16th and Cent Sale 30th</i>)	Maralyn	4959 0332 1
	19 Sun	SPSA Fun Run 7.00am start 3, 5 & 10km distances— <i>contact Katie Geiger on 0408 550 415</i>		4.30pm	SPSA Meeting (<i>2nd Thur each month</i>)	Len	0429 897 045 1
	30 Thu	Health & Welfare Group—Cent Sale 9.30am	FRI	9.00am	Tai Chi at Seaforth School Library	Carol	4959 0755 *
	MAY	3 Sun	SPSA Mega Market	SAT	8.30am	Seaforth Town Brigade (<i>Training 1st Saturday each month</i>)	Ross
	14 Thu	SPSA Monthly Meeting 4.30pm at Community Hall		4.00pm	Seaforth District Rural Fire Brigade (<i>Members' Training 1st Saturday each month</i>)	Wade	0419 510 198 *
	23 Sat	Australia's Biggest Morning Tea Fundraiser 2.00pm at Tackles Restaurant (Seaforth Bowls Club)	SUN	8.30am	Seaforth Markets	Market Co-ord	0400 446 876 *
JUN	7 Sun	SPSA Mega Market		8.30am	Ball Bay/Holiday Bay Fire Brigade (<i>Training 1st Sun each month</i>)	Frank	4959 0532 2
	11 Thu	SPSA Monthly Meeting 4.30pm at Community Hall		9.00am	Mky & District Bowmen Shoot (<i>1st & 3rd Sunday each month</i>)	Mick	0439 677 293 *
	20 Sat	QCWA Seaforth Branch Competition Judging/International Day for Knitting & Crochet, Cookery and International contests at 1.30pm in the Shed. Entries in by 1.00pm.		2.00pm	Garden Club (Last Sunday each month)	Sandy	4959 0821 *
JUL	5 Sun	SPSA Mega Market	1. Community Hall - 2. Holiday Bay Fire Shed - * Contact the individual for venue information				
	11 Sat / 12 Sun	Mky & District Bowmen Zone B Invitational	FRIDAY is PIZZA NIGHT OUT at the OLD STATION TEA HOUSE Enjoy SOUP, Wood Fired PIZZA, SALAD & SWEETS \$35 per person (BYO Alcohol welcome) BOOKINGS ARE ESSENTIAL Phone 49590 528 (before 5pm on the Friday, please)				
	11 Sat	SPSA Trivia Night—Community Hall	The History of Seaforth book is available at the following outlets. Books \$25 / DVD \$20 <ul style="list-style-type: none"> • SPSA Stall at the Sunday Markets • Seaforth Post Office Store • Seaforth General Store 				
	12 Sun	SPSA Community Fun Day					
AUG	2 Sun	SPSA Mega Market	To add your Group or Organisation's Community Event or Regular Happening to these calendars, please send details to the Editor at email editor.hibiscusherad@gmail.com or phone 0409 400249				
	8 Sat / 9 Sun	SPSA Car Show					
SEP	6 Sun	SPSA Mega Market					
	12 Sat	QCWA Seaforth Branch "Spring" Cent Sale at 1.30pm in the Shed.					
	13 Sun	13th Annual Health & Lifestyle Expo					
	26 Sat	SPSA Trivia Night—Community Hall					

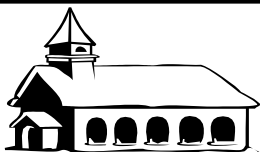
LOCAL SERVICES

MOBILE LIBRARY
 WED April 8 & 22
Ball Bay
 10:30 am-11:30 am
Seaforth School
 12:30-2:00 pm
Seaforth Beach
 2:30 pm- 4:15 pm
RECYCLE BIN DAYS
 WED April 8 & 2s

SEAFORTH WASTE TRANSFER STATION (The Tip)
 Open Thurs, Fri, Sat and Sun from 7am to 5pm



Seaforth CHURCH SERVICES



Uniting Church - 9.00 am
 1st & 3rd Sunday each month
Anglican Service at Uniting Church - 5.00 pm 2nd & 4th Saturday
Catholic Church - 7.00 am every Sunday

Do you need the services of a JP ?

We thank the following Commissioner for Declarations and/or Justices of the Peace who have made their names available for this newsletter. Please phone them to arrange a convenient time.

Debbie Roberts	Seaforth	4959 0229
Doug Scells JP (Qual)	Haliday Bay	4959 0241
Vicki McGuren JP (Qual)	Ball Bay	4959 0074
Jennifer Borg	Kuttabul area	4954 0487
Mavis Gibson JP (Qual)	Mt Jukes area	4959 0447

Some of the above volunteers work during the day and may not be available at the time of your choosing. Please show some consideration when arranging a time suitable to both parties to avail yourself of this service. Should you be new to our area and have these qualifications and would like to be included on the list, please contact the Editor (editor.hibiscusherard@gmail.com)

SEAFORTH COMMUNITY HALL, SPORTS GROUND AREA & EVENING COURT HIRE

For bookings and enquiries contact

Maralyn Ross 49590 332 or 0407 640 135

SEAFORTH MARKETS

EVERY SUNDAY from 8.30am to 12.00pm
"Mega Market" on 1st Sunday every month

Stall enquiries to Market Co-ordinator

Phone: 0400 446 876

Seaforth Town Rural Fire Brigade Update

A REQUEST from all Rural Fire Brigades—as we are now in a relatively low risk time for wild bush fires, we ask landowners to do a fire risk assessment on their properties. Burn off any dead timber that would increase the threat to your assets. Spray weed killer around the edges of sheds and garages and where implements, fuels and oils are stored. This assists fire crews because most of the time we can't know what farm fuels are stored there. In many fires, we are protecting homes and sheds when the owners are not at home.

John Byrne

LOCAL NOTICES

PLAYGROUP

EXPRESSIONS OF INTEREST

Playgroup will commence on **Tuesday 21st April, 2015** subject to minimum group size being achieved. More enrolments are needed to get this group up and running.



Please contact Kym Neven to **register your interest by Friday, 17th April, 2015** on **0457 817 767** or 4966 4123 or email k.neven@bigpond.com

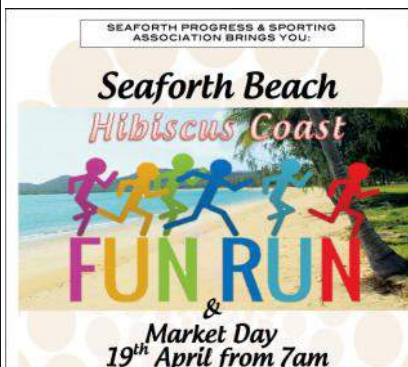
C&K Seaforth Community Kindergarten has vacancies for 2015



We offer a play based, approved education programme on Mondays, Tuesdays and alternate Wednesdays during school term.

For enquiries please phone Tona at the Kindergarten on **4966 4072** or go to www.candk.asn.au to apply to go on the wait list.

Come and join in on Seaforth's very first FUN RUN!



There are 3 different distances for you to run or WALK – 3km, 5km & 10km. It's only \$20 per runner/walker or \$50 per family of up to 6. Your payment will get you a free burger and drink with the remainder going to our chosen charity - Volunteer Marine Rescue & to the Progress Association to keep building the fund for our much needed footpaths.

Registration will be open from 6.00am. The 10km will leave at 7.00am with the 5km & 3km to leave after that. You can still get registration forms from the Seaforth Post Office Shop & Seaforth General Store with payment being made directly into the Progress Assn's bank account or give cash to either of the Shops along with your completed registration form.

The 10km & 5km track will go from the top of the enclosure through the park & down Acacia Ave to the playground, around along Walsh Ave, back along Elizabeth St, back through the park & along the front right up to the dirt road towards Seaforth Creek. The 3km will go from the top of the enclosure, along Poinciana Ave, down towards Seaforth Creek on the dirt road & back again.

Important information for people living around Elizabeth St, Hansen St, Macartney St, O'Neill St & Walsh Ave, the road will be closed at the corner of Elizabeth St & Acacia Ave & manned by Adam our local Police Beat Officer between the hours of 6:30am and 9:30am. The residents along these roads plus Poinciana Ave, we ask you to please be mindful that morning of the runners and urge you to get out in your front yard and cheer them on. The morning run will be followed by the 'Massive Market' and also music entertainment so why not invite your town friends down for a wonderful day out at the beach!

We are also looking for volunteers to help with manning the track, registration table & water station tables, so please phone me if you would like to help us out. Otherwise, we'll see you on the track!

Katie Geiger—0408550415

LOCAL SERVICES

Seaforth BOWLS CLUB NEWS

Phone 49590 201



TACKLES RESTAURANT



Lunch Thur to Sun 12.00pm—2.00pm **Dinner** Wed to Sat 6.00pm—8.00pm

Restaurant bookings essential or Take Away Meals phone **0437 541 744** - Member Discounts

COURTESY BUS: Friday and Saturday nights - phone 4959 0201 for bookings

All Day/Every Day Pizzas \$12.00 (Members) / \$14.00 (Non-members) Byrnes Pies \$4.50 (Members) Available from the bar

What's On

Mug of the Week—buy a drink on Mon, Tue, Wed between 4-7pm to go into the draw on Wednesday at 7pm. 10 pot cards to be won. Jackpots.

FRIDAYS 'R' ROCKIN

Raffles - 5.30pm to 7.30pm

Membership Draw - 7.00pm to 7.30pm

Live Music

Fri, Apr 10
Fri, Apr 17

Camera Shy
Hardrive

Fri, Apr 24
Sat, Apr 25

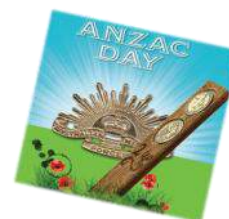
The 2 Harves

Anzac Day—2Up and Crab Races at 2pm
(all proceeds go to RSL)

SATURDAYS

Punters Club from 12 noon - \$10 entry (winner takes all) **Lucky Loser** \$50

Goose Club drawn at 3.00pm with sausage sizzle (Tickets available all week)



Playing Days

Every Wednesday: Social Bowls 1.00pm start (names on board)
Friday: Medley Pairs 1.30pm start (names on the board. Multi dress)
Every Sunday: Social Bowls 1.30pm start (names on board)

****CHECK the BOARD for MIXED BOWLS on FIRST SUNDAY ****

FANTASTIC LOCAL FUNDRAISER

Even though it was one of the hottest days on record, a capacity crowd attended the enjoyable Afternoon Tea and Fashion Parade at the Seaforth Community Hall to raise funds for Ovarian Cancer research.

Event Organiser, Monique McLoughlin sincerely thanks the many people who were involved in various ways to make the afternoon such an outstanding success. This valued assistance involved:- the organising, setting up and cleaning on the day; providing cutlery, crockery and tablecloths; modelling the lovely clothes provided by Rockmans (Canelands); donating cash, cent sale and numerous raffle prizes; providing food for the afternoon tea; entertainment, and general help on the afternoon.



Monique would also like to sincerely thank those who attended the event for their incredible generosity on the day. It was quite overwhelming, with \$6,500 being donated to the cause. A fantastic result!



L-R Monique McLoughlin (Event Organiser) and models Joan Said, Monica DuBriard, Kate Cridland, Linda Nicolai and Beth Windor.



Seaforth Community Youth - SCY

Freaky Friday Update

On Friday 13th March, we held our first ever Youth Night in Seaforth for 12-17 year olds. We opened up the games room at the multi-sports complex (tennis courts) and invited the local youth to come down and check the place out. There was pool, table tennis, a foosball table, music, etc. The teens seemed to have enjoyed the facilities and the time to call this beautiful place they live in their own. They had a game of footy on the field, some of them danced, they rode scooters, all topped off with a burger & drink.



Myself and the other helpers were so impressed (but not surprised) at their behaviour and how much they seemed to really want something like this to take ownership in their Community. I personally would like to thank my helpers, Len Turvey & Skyie for all their help, the fantastic parents for getting the teens down there and also the teens themselves for showing their support and maturity and making it the night it was.

We are looking forward to holding another, possibly on the last Friday of school holidays on the 17th April and hope it only grows in popularity from here. Please share around our Facebook page called "Seaforth Community Youth - SCY" and feel free to contact us with any suggestions or feedback on the FB Page or direct to **Cathy Staib on 0418 648 496**.



Girls' best friend - REMEMBER the name Daisy, as she's a friend women might want to have. Daisy is an app developed by 1800RESPECT, and funded by the Australian Government's Department of Social Services. It connects women to support services relating to domestic and family violence and sexual assault. There is access to specialist services, legal support and advice, through to crisis



accommodation for each state and local area. Daisy also includes a number of security features such as a *get help* button that allows users to quickly call 000 and a *quick exit* button to leave screens containing service information. Daisy is free to download now from Google Play for android phones and will be available soon in the App Store for iPhones, with an updated version of Daisy to be released later this year. Find out more at: <https://www.1800respect.org.au/daisy/>

Help for those on the land - FARMERS in the region who might be doing it tough are reminded that there are Government assistance options available for those who meet the criteria. The Liberal National Government has boosted funding provided through Farm Finance Concessional Loans, and up to \$1 million is available for eligible farm businesses to restructure existing farm business debt. The loans are for terms of up to five years, and applications close on April 30. Find out more by contacting the QRAA office on 1800 623 946. Another option for those on the land is the Farm Household Allowance. This is administered by the Department of Human Services, and eligible applicants can access up to three years of payments at the same level as the Newstart Allowance (in the vicinity of \$465 to \$557 per fortnight). It's assessed per individual, and is income and assets tested. Find out more by calling the Farmer Assistance Hotline on 132 316. When considering any form of assistance, don't self-assess. Contact the experts on the numbers provided and get the full story.

Facts on schools - THE *My School* 2015 website is up and running, providing more information for parents and communities. The outcomes from the 2014 round of NAPLAN testing are available and there are reviews of more than 9,500 Australian schools, including the latest profiles, financial and population data on each school. This year's website release now includes seven years of data for parents that can be compared with other schools to ensure they have the most up-to-date information available to make informed decisions about their children's education. The *My School* website is jointly owned by the Australian Government and states and territories, and is managed by the Australian Curriculum Assessment and Reporting Authority (ACARA). To find out more, visit www.myschool.edu.au.



Mr Christensen on a visit to Emmanuel Primary School, conducting one of the many school visits he makes each year.

What's in the box? - AN issue which has been raised with me on numerous occasions is the need for country of origin labelling on food products. To simply have wording like "Made in Australia from local and imported products" is just not good enough. People want to know where their food comes from and how much of it is Australian and this is why the Liberal National Government has recently begun the process of making such labelling mandatory. I've also asked for country of origin laws to extend to restaurants serving seafood and meat products. We impose many costs and protocols on Australian producers to ensure a higher quality product, and if we're going to do that we need to acknowledge it through labelling.



COSTO'S CORNER

An update from JASON COSTIGAN MP
Member for Whitsunday
Electorate Office 4945 3343
whitsunday@parliament.qld.gov.au

CONGRATULATIONS to the 2015 student leadership group at Seaforth State School.

I recently had the honour of presenting badges to these new leaders and I wish school captains Alex Watson, Riley Beggs and all the other office bearers whom I met every success this year.

It was also great to see so many parents and grandparents at the assembly where I made the point to all students that you don't have to wear a badge to be a leader!

For the record, Seaforth is one of 23 schools across 24 campuses in the electorate - spanning from Glenella in the south to Hayman Island in the north so as you can imagine, the schools alone keep us busy.

Speaking of which, since the election, I have been handed a new role in addition to my work as your local MP - that being the Shadow Assistant Minister to the Opposition Leader for North Queensland.

This promotion will take us around the North but be rest assured, my first obligation is as your local MP and serving the good people of Seaforth and neighbouring communities along the Hibiscus Coast.

COMMUNITY organisations around Seaforth may wish to contact my office to get their hands on a Queensland flag.

I'm very keen to promote the flag so if you think your group is deserving of one, please call 4945 3343 to arrange a presentation.

FINALLY, all the best to the Seaforth Sub-Branch of the RSL ahead of this year's Anzac Day commemorations.

At the time of writing, I was unsure of my plans for the centenary of the Gallipoli landings but having attended the dawn service here at Seaforth last year, in memory of my cousin, the late Noel Costigan, well known to long-time locals, I know the Seaforth 'Diggers' will be expecting a huge crowd.

I hope you had a Happy Easter and best wishes,

Costo



Hi all,

One of my favourite lines from the Queensland Country Women's Association (QCWA) Creed is - "To laugh—and love—and lift".

I think as women it's important to raise each other up and lift one another. Too often I see, particularly on social media, so many women crucifying one another for the choices or decisions they make. Why do we judge others so quickly when we don't even know what goes on behind closed doors.

From the hot debate of breastfeeding vs bottle feeding or education choices, even whether you carry your baby in a sling or let them self settle. I would like to think that since having my two healthy happy kids, that the way I fumbled my way through, guessing and going with the flow they will turn out just fine, even with them both being bottle fed and their mother dealing with PND (postnatal depression and anxiety). It's been a hard road and I am learning to ask for help. Thankfully throughout it all I have had my QCWA Seaforth Branch by my side the whole way.

So try to laugh and love and lift - your life will be much richer for it.

The Seaforth Branch Competition Judging day for Knitting, Crochet and Cookery and International Day will be held on Saturday June 20th 2015 at 1.30pm in our Shed. Please contact us for more information about Contest rules. We will also have them posted online for people with access to Facebook.

For those practicing recipes for the Cookery contest, here is another recipe you could use for Section 1: Baking—Class 6.

BUDERIM GINGER SLICE

- | | |
|--|---------------------------|
| 125g butter | 1 egg |
| 1 cup caster sugar | 2 cups Self Raising Flour |
| 1 cup milk | ½ teaspoon ground ginger |
| 1 cup finely chopped crystallized ginger | |

Place flour, ground ginger and sugar in a bowl. Rub in butter until mixture resembles bread crumbs. Press half the mixture into a lined 19 x 28cm tray. In a bowl beat egg into the milk and stir in crystallized ginger. Add this to the remainder of the flour mixture. Mix well and pour over base. Bake in a moderate oven (180 degrees) for 30 – 40 minutes. Ice with lemon icing. Cut into 5cm square pieces.

We are trialling our **monthly meetings at the new time of 6.00pm** every second Tuesday to accommodate women who work or be unable to attend morning meetings. If you would like to come along you are more than welcome.

So that will mean we now have **Craft is every Tuesday from 9am** at "The Shed" behind the QCWA cottage. Everyone is welcome even if you just want to come for a cuppa and a chat.

Find us on Facebook or email qcwaseaforth@gmail.com or send us some snail mail to PO box 49 Seaforth Post office.

Have a great month, until next time. Laugh and Love and Lift.

Louise Cowan—Press Secretary (QCWA Seaforth Branch)
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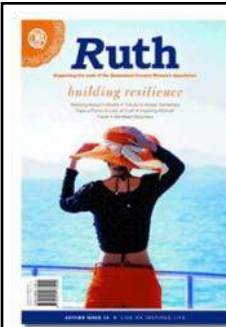
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