

Around the Ridges

And a bit beyond

Issue 147 September 2016 E: aroundtheridges@hotmail.com

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Top tips for improving Mental Wellbeing

Looking after your general wellbeing is important, but it's easy to overlook when you're busy or distracted. Check out some easy tips on how to look after your mental health that can make a big difference.

Exercise. It makes you motivated and releases endorphins which can improve your mood.

It's OK to be not OK.

Never let your pride prevent you from asking for help.

Surround yourself with positive people. Seeing and hearing positive actions often translates to thinking and feeling positive.

Appreciate the simple things.

Make time to have fun. Every day. Take a break from work or study.

Focus on the things you can change instead of the things you can't.

Stay connected. Call a friend and ask how they are doing. Or let them know if you're not feeling too crash hot.

Whether it's giving or receiving help - reach out. Start by having a chat with a close friend.

(From www.reachout.com.au)

Mental illness is nothing to be ashamed of. Neither is talking about it. It's #TimetoTalk.

Need help?
Contact
Lifeline on
Phone
13 11 14

Mental Health Week FREE events

Community Wellness Festival

Riverbank precinct

Come and join us for Rocky's annual community Wellness Festival. Free BBQ, music art and other workshop activities for all the family. The winners of the CQ Mental Health Art & Literary competition will be announced. There will be representatives from many support agencies, stories of recovery, support information and plenty of ideas for achieving, and maintaining good mental health.

Friday, Oct 14
3pm - 7pm

World Mental Health Day

Rockhampton Regional Library

Monday, Oct 10
10am - 1pm

Listen to some inspiring speakers from the local community, try your hand at different art and craft projects, chat to a variety of agencies supporting mental wellness - and learn interesting tips on improving mental wellness.

On **World Gratitude Day**, Tuesday 21 September we should focus on what we are grateful for and appreciate what we have, rather than what we want or think we need.



Sadly, the **Creative ArtsFest Competition** did not receive enough entries for the event at the Alton Downs Hall on 15 October. **The event has been cancelled.**

Karaoke at the Hall @ Xmas

The charming Ridglands Hall will be the setting for the annual Christmas Karaoke party on **Saturday 3 December** starting at 6.30pm.

For those new to the area, the event is a relaxed low cost event where talented local cooks whip up a delicious main meal and pudding served on long tables - a fine way to meet neighbours and make new friends. Bring your purse or wallet along as there will be raffles and auctions to raise funds for the ongoing maintenance of the hall. After dinner, Santa makes a brief appearance before local singers break loose on the beautifully appointed stage with rousing renditions of old and new Karaoke classics.

Brush up on those vocal chords and get involved with the district's premier Christmas event.



The **Alton Downs Rural Fire Brigade** will be holding a Public Meeting at the Alton Downs Hall at 7pm on **Wednesday 21 September** to discuss the Fire Levy and the Annual General Meeting.

Come along and support your local fire brigade and the important work that they do.



SHOOT safely with an expert

Interested in learning how to use a firearm safely? Local firearm instructor Ben Abotomey teaches individuals and small groups how to handle both small and large calibre firearms. Theory and practical elements are covered by the licenced trainer.

Apologies to Ben as the wrong phone number was included in the last few *Around the Ridges* newsletters. You can phone Ben and discuss your shooting requirements on 0429 341 550.

DATE CLAIMER: TRIVIA NIGHT @ ALTON DOWNS HALL FRIDAY 4 November 2016 starting at 7.30pm

First and Second World War Veterans



*William Blank
9th Battalion*

The Alton Downs and Combined District Memorial Committee are looking for any photographs, documents, diaries, letters or information about soldiers from the local area who served in these two conflicts. This information will be used for upcoming Remembrance Projects. Check out the Fitzroy Ridges website www.fitzroyridges.com.au or contact Andy on phone 0418 458 321 for more information.

Around the Ridges and a bit beyond is a community and school newsletter. Stories, notices, poems, anecdotes and historical memoirs need to be submitted by the 11th of every month — if you have a special event, allow a two month lead in time. We love our sponsors - and hope that you do too. Please support them and buy locally!

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POET'S CORNER



Survival of the fittest

I can't help but admire the true Aussie bloke
The type that screws up his eyes when he smokes,
He wears navy singlets and worn out shorts
And in front of the TV, he plays all the tough sports.

In winter he walks around in bare feet
But uses rubber thongs in the summer heat
He wouldn't be seen dead in those made from leather
'Cause he's a fair dinkum masculine fella.

He drives a much-loved but broken-down ute
And he's favourite expression is 'Wacko you beaut'
He goes fishing when his pregnant wife is overdue
And if he owns a dog it's always called Blue.

His favourite food is a meat pie with hot sauce
And of course he always knows when to back a fast horse,
He always drinks stubbies or rum and a coke,
And prides himself on being a beer-bellied bloke.
He never goes to the doctor unless he's half dead
And the only time he cleaned his teeth was the day
that he wed.

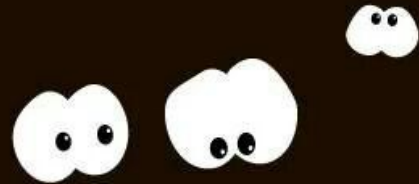
He never shows affection to his girlfriend or spouse
But always expects to come home to a clean house,
In his backyard, he'll have a large mango tree
Where he can sleep off a hangover or three.

As a species, they must be incredibly tough
To survive all this life-threatening macho stuff.
Survival of the Fittest was Darwin's pet theory
But bending the elbow makes them all quite weary.

In fact if you ask them to do an honest days work
They'll all head off for the back of Bourke.

© Ann Lucas- Munster

If dark chocolate's
less fattening...



eat chocolate with
the lights off!

CHOCOLATE FUDGE SLICE

1 x 250 g packet plain sweet biscuits
1 cup chopped walnuts
3/4 x 400g sweetened condensed milk
1/4 cup cocoa powder
1 teaspoon vanilla essence
125 g butter, melted
200g Choc Melts
2 tablespoons desiccated coconut



Line the base and two long sides of an 18cm x 28 cm slice pan with baking paper.
Crush biscuits lightly and place in large bowl.
Stir in walnuts, condensed milk, cocoa, vanilla essence and melted butter - mix well.
Press the mixture over the base of the pan.
Cover, and refrigerate for several hours.
Melt Choc Melts in a heatproof bowl over a pan of simmering water, stirring until smooth.
Spread chocolate over biscuit base, sprinkle with coconut.
Cover, and refrigerate until firm.
Cut fudge into triangles to serve.

GET INVOLVED in your community

QCWA

Ridgelands Branch
Meetings are held on the first Wednesday of each month, commencing at 9.30 am
Contact Joyce
Ph: 4934 5120 for further information.

Fitzroy Northern Area Ratepayers Association meeting will be held at the Alton Downs Hall on the 7 November 2016 at 7:30 pm.
All welcome

Old-Fashioned Card Night

In years gone by, the Alton Downs Hall hummed with monthly Euchre and dance nights. Rediscover the charm of playing card games at the Hall on Saturday 12 November starting at 7:30pm. Individuals or groups welcome.

Euchre | 500 | Bridge Whist | Gin Rummy | Canasta | Go Fish |

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is on again!
22 and 23 October
Tickets from Australian Country Living or
Ph: 0438 752 284

Organised by the Inner Wheel of Rockhampton Sunset, all proceeds will go towards Carinity Communities Wahroonga.

Ridgelands & District Sporting & Agricultural Association Inc.

Monthly meetings are held on the second Wednesday of each month, commencing at 7:30 pm at the Ridgelands Show grounds.
Next meeting
12 October 2016



Did you know?

AM stands for 'ante meridiem' which means 'before noon' in Latin.
PM stands for 'post meridiem' or 'after noon' in Latin.
It is believed that the Egyptians were responsible for dividing our 24 hour day into equal parts.

Stitch and Chat Group

Meets on the 2nd and 4th Tuesday of each month starting at 9.30 a.m.
Ridgelands QCWA room.
All welcome.
Phone Hilary Chippendale
Ph: 4934 5125

Sewing fills my days, not to mention the living room, bedroom, and closets.

Author Unknown

Grant Christoff LANDSCAPING

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Nobody cares if you can't dance well. Just get up and dance.

Dave Barry

POP on your dancing shoes

SLIP on a pretty dress

PUT on a sharp outfit

GRAB the man or woman of your dreams....

and head down to the Alton Downs Hall for an old-time

Country Dance

Friday 30 September
7:30 pm



HAPPY BIRTHDAY

to our local residents celebrating their special day -

**Tom Rayner
Karen Munro
Jeff Estreich
Leonie Thompson
Fiona Petersen
Greg Dyer**



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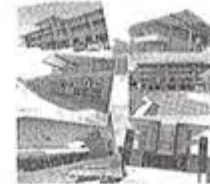
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