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Issued Weekly as an Advertising Medium to the people of Allora and surrounding Districts.

Your **FREE** Local

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THURSDAY, 3rd AUGUST 2017



Attendees at the Country Kitchens program held recently at the Allora QCWA.



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Country Kitchens finishes in Allora

The last session of the Country Kitchens program was held on Saturday 22 July on a freezing day. The young presenters enjoyed their first experience of a Downs winter while dishing up a healthy sausage roll with tomato chutney before setting the group to work in their version of the mystery box. Groups chose old favourites such as fish cakes, dip, chocolate muffins, pikelets, apple crumble and quiche and chose ingredients to replace or reduce sugar, salt and trans fats.

We enjoyed the new versions for lunch and went home with many new ideas such as cannelloni beans in the chocolate muffins. Did you know mashed pear makes a good sweetener? For those who missed out, the program will run at Glen Aplin and Clifton this month. Clifton will begin on August 24 from 4-8 pm. If you are interested contact Kath Brown 0427 136 908 or kath.kb@gmail.com

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Connie from Country Kitchens presents Certificates of Appreciation to Sharon Hannah and Alison Payne.

Letters to the Editor...

Dear Editor,

Historic Ormiston House, the birthplace of Queensland's sugar industry, is celebrating the 50th Anniversary since the first Restoration Committee of Ormiston House was formed. We are holding a celebration later this year, and we are trying to track down as many former committee members from Ormiston House as possible.

We would like to put out a call for former committee members from Ormiston House to contact us. The original restoration committee was formed in 1967, and we are attempting to locate as many people who have been committee members since that time, right up to the present day.

We are asking people to get in touch with us via phone (0457 675 137) or email (administrator@ormistonhouse.org.au) if they have ever been on a Committee at Ormiston House, or if they know of anyone who used to be on a Committee at Ormiston House.

Kind regards,
Jessica Stroja
Historian, Historic Ormiston House

Dear Editor

Social Media has made its way into many areas of our society, however, the recent discussions in the social media sphere regarding the Allora Bush Christmas in the street vs the Creekside Carols in Dalrymple Park intimated the Allora Community Circle did not support the very talented members of the Community who provide an extremely professional and enjoyable Yuletide Event. Allora Rotary provided a special Event in the street; however, the financial impost on closing the street became untenable. The Allora Community Circle has supported the Creekside Carols since its inception & hope to

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DEADLINE: Advertising and Articles - Tuesday 4.00pm

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Solution in classifieds section

enjoy them for some time to come. Social Media may have a place for some, but one would hope the discussions are not focused on undermining the efforts of a small number of people who provide entertainment for our community. Instead come along and lend a hand to make this a successful Event - there is always room for more helpers.

Name Supplied

Letters to the Editor must have name and address for authentication, but upon request there will be consideration to withhold names. Publishing or editing of letters is at the editor's discretion.



Allora CWA

July 21 saw the Annual General meetings of Allora and Clifton CWA at Allora and Victoria Hill in the afternoon at their hall. The weather excelled itself with a very cold day but Allora was ready with hot drinks and a snack in a warm



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WEATHER FORECAST

Day	Forecast	Min	Max
THU	Afternoon Clouds. Cool.	6	21
FRI	Rain Early. Mostly Sunny. Cool.	8	17
SAT	Mostly Sunny. Cool. Crisp.	6	19
SUN	Morning Clouds. Cool.	6	20
MON	Sunny. Cool. Crisp.	6	20
TUE	Mostly Sunny. Cool. Crisp.	6	20

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hall. Division President Margaret Grayson presided and entertained and enlightened the group with her story. The CWA scheme where office bearers have a two year term with the option of a second term meant no changes in the office bearers at Allora this year. After Clifton held their meeting, a choice of homemade soups was served followed by tasty slices before people moved over to Victoria Hill. It has been a busy year for Allora with a good average attendance though we have had several members ill during the



Sharon Hannah, Alison Payne, Margaret Grayson, Trish Thornberry and Joan Mutch.

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year. Highlights were the Allora Festival and the Country Kitchen's sessions. After a visit from Jamie Deacon the group collected a very large box of toiletries for the Community Liason Office to give to Domestic Violence victims. In the new year, the group will continue planning for some urgent maintenance and updating of the Hall. This will be dependent on grants and fundraising. There will also be a community nutrition project planned to carry on the message from Country Kitchens

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Events Calendar

2017

August -

- Fri 4** **BNW Accountants Allora Visit**
Allora Advertiser office
- Sun 6** **Wattles vs Valleys**
Platz Oval, Clifton
- Fri 11** **BNW Accountants Allora Visit**
Allora Advertiser office
- Fri 11** **Senior Citizens Bingo**
Allora Senior Citizens Hall, 10.00am
- Sat 12** **Australian Anti Ice - Warwick's Got Talent Concert**
St. Mary's Hall, Warwick, 6.00pm
- Fri 18** **BNW Accountants Allora Visit**
Allora Advertiser office
- Fri 25** **BNW Accountants Allora Visit**
Allora Advertiser office
- Fri 25** **Senior Citizens Bingo**
Allora Senior Citizens Hall, 10.00am

September -

- Sat 2** **Allora Men's Shed Golf & Bowls Day**
Allora Sports Club.
- Fri 8** **Senior Citizens Bingo**
Allora Senior Citizens Hall, 10.00am
- Fri 15** **St. Davids Street Stall**
- Sat 16** **Glengallan 150th Anniversary Dinner**
Glengallan Homestead
- Fri 22** **Senior Citizens Bingo**
Allora Senior Citizens Hall, 10.00am

October -

- Sat 7** **Allora High Tea**
Allora Community Hall
- Fri 13** **Anglican Parish Allora-Clifton Fete**
St. David's Church Grounds, Allora
- Fri 20** **St. Patrick's Fete**
St. Patrick's School Grounds, Allora
- Sat 28** **The Shoestring Theatre Cabaret & Dining Experience**
Allora RSL Hall

November -

- Sat 11** **Wattles Rodeo**
Allora Showgrounds

IMPORTANT INFORMATION - Clients wishing to include their events in the *Events Calendar*, must book a display (boxed) colour advertisement for the event in *The Allora Advertiser*, sized AT LEAST 2 column x 4 cm. Clients will then automatically receive, as a bonus, a calendar entry. These entries will be in a 2 line format as above, starting in bold with date and event, followed by venue and time.

If people wish to contact The Allora Advertiser and discuss their particular needs, please feel free to do so. Ph 4666 3128.

New Youth Council gets the nod under latest Youth Action Plan

Southern Downs Regional Council has adopted the 2017/2018 Youth Action Plan and supported the implementation of a new Youth Council.

The 2017/2018 Youth Action Plan was developed following the annual planning evening held on 2 May 2017. Feedback from the young people involved indicated that the planning event went extremely well, with quality participation by all those present.

All participants were especially enthusiastic about discussing the issues facing young people across the region. A Southern Downs Youth Survey undertaken across the 12 – 25 age group found that young people are most concerned about drugs and alcohol, bullying, health and wellbeing, employment, education and relationships. This feedback was incorporated in the development of this year's Youth Action Plan.

A significant recommendation of the Youth Action Plan is the establishment of a Youth Council, which Council has supported and which will replace the current Young Leaders program when it concludes at the end of the year.

The Youth Council will comprise nine young people aged 12 – 18 years (one from each high school across the region) and five to nine young people from outside of school, aged 18 – 25 years. A Youth Mayor and Youth Deputy Mayor would be selected at the first formal meeting of the year. The Youth Council will meet once a month, and will allow young people to have the opportunity to provide input and share their ideas on certain Council initiatives, as well as provide feedback about Council policies, local laws, services and programs that affect young people.

Council's Manager Community Services and Major Projects, Michael Bell said that the Youth Council gives young people with leadership skills a chance to improve and grow under the supervision of Councillors.

"The Youth Council offers young people the opportunity to learn more about how local government operates and how local government policies are made. It's an avenue that will help expand their horizons and give them a real insight into the operations of this tier of government," he said.

Southern Downs Mayor Tracy Dobie said all Councillors are keen to work with young people on issues of importance.

"We have confidence that our young leaders and those appointed down the track to our Youth Council will be the voice of young people in the Southern Downs, and that they will have a positive impact in matters of importance and interest to our young people," said Cr Dobie.

BAD JOKE OF THE WEEK

Two explorers were lost in the desert. One of them went on ahead. When he came back he said, "There's some good news and some bad news. The bad news is we're going to have to eat sand."

His friend said, "Blimey, what's the good news?"

The first one said, "There's plenty of it."

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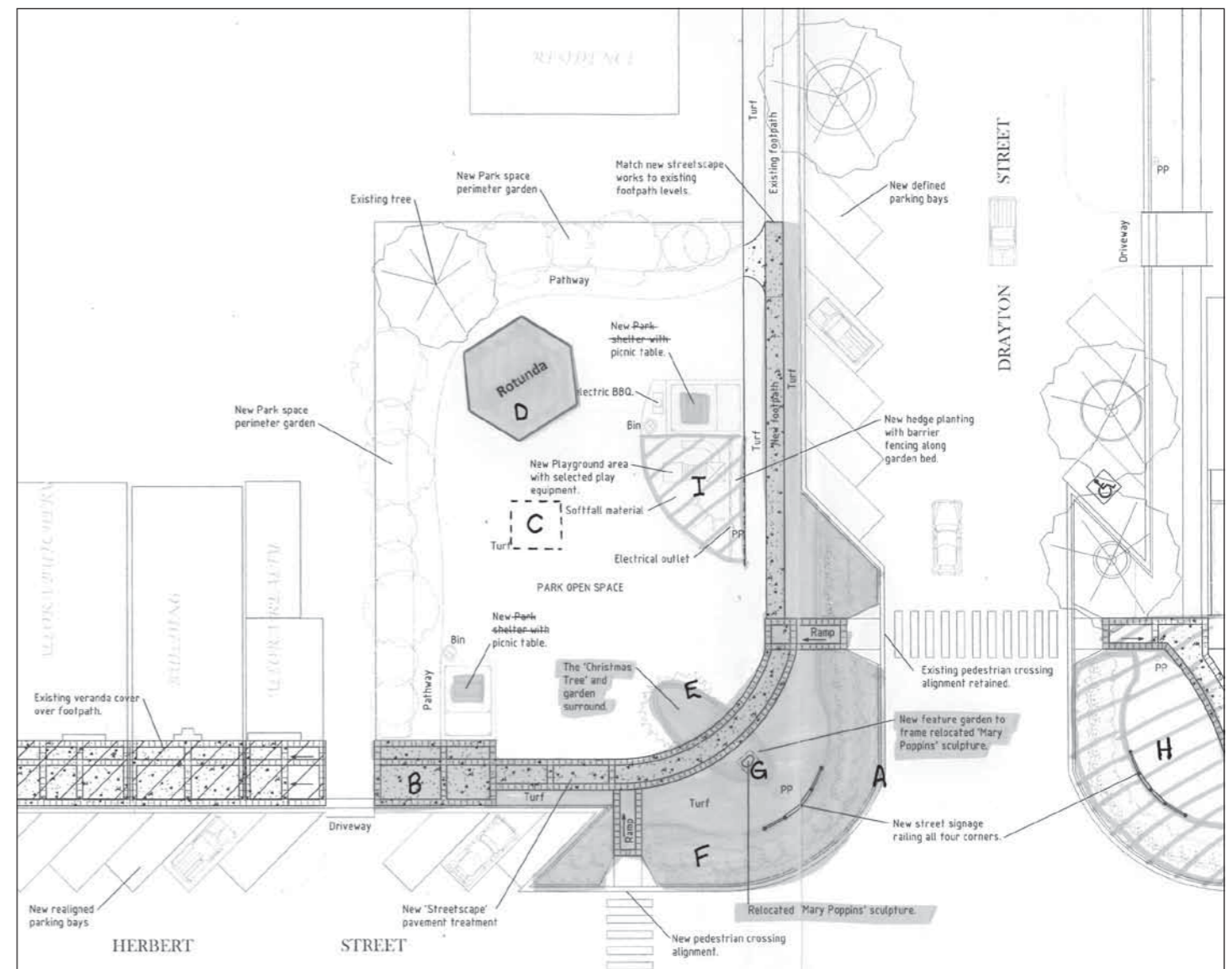
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Let's Talk Allora Streetscape

Council recently announced that it would commence work on the first stage of the Allora Streetscape this August. In April interested residents attended a discussion regarding how the \$200,000 State government funding would be spent.

P. L. Travers Park is to have a rotunda as indicated in the map below. It is an exciting first stage in developing P. L. Travers Park, which will be opened first week of August 2018 to celebrate not only the author's birthday but also her connection to the history of Allora.

Should community members wish to be involved in developing a new Event for Allora around our unique connection with the author of the Mary Poppins series of books, to draw tourism to our town and make the Park a destination in and of itself, contact the Allora Community Circle: allorafestival@gmail.com



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John Dee and SDRC collaboration to bring 150 new jobs

John Dee and Southern Downs Regional Council have been successful in a rare joint application between local government and the private sector for \$4.8 million in Federal funding towards a \$15 million project, which will bring 150 new jobs to the Southern Downs region.

The Federal Member for Maranoa, Mr David Littleproud MP today announced that the Federal Government had approved the John Dee and Council joint application to the Building Better Regions Fund for the redevelopment of the John Dee facility in Warwick, including the expansion of the water main.

The joint application is seen as an innovative approach to seeking funding for industry growth and job creation projects.

The redevelopment will entail the set-up of a new packaging area and cold stores, logistics and freight expansion, and will free up more space in the production area. Crucially, it will provide for 150 new jobs across the entire business at John Dee including information technology, freight and logistics, and processing.

Southern Downs Mayor Tracy Dobie welcomed today's funding

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announcement by Mr Littleproud.

"From Council's point of view, this \$15 million project, to which the Federal Government has today committed \$4.8 million, is

an enormous boon for our region.

"150 new jobs are expected to come out of this redevelopment, along with the creation of a state of the art facility. Council's Economic Impact model suggests that the 150 new jobs will generate an additional 187 jobs in the wider economy, which is why projects of this type are important in regional towns like Warwick.

"It goes to the heart of what Council is striving for; more investment, more jobs, more visitors and more residents. Assisting existing businesses to expand and attracting new businesses to come into our area is a key function for Council's Economic Development Department. "Council is really pleased to be involved in this joint application with John Dee and it just goes to show that by working together we can make a difference and we can work towards building a better region here in the Southern Downs," she said.

Construction is likely to begin in September this year and the project is stage one of a larger investment that will occur.

Cr Dobie also highlighted that "Council hopes to announce other employment generating projects in the near future."

The John Dee project augments the recent investment in the poultry industry with the Darwalla Group announcing a new \$22 million chicken hatchery in Allora in addition to the significant investment by the Churches of Christ Care in construction of the Regency Park Retirement Village, currently underway in Warwick.



Funding success: L-R: Federal Member for Maranoa David Littleproud MP, John Dee CEO Warren Stiff and Southern Downs Mayor Tracy Dobie (front) inspect a new robotic arm which will assist in the packaging process at John Dee P/L Warwick.

Allora's Past 100 years ago August 1917

Mysterious Car

Three men in a new Studebaker motor car passed through Allora late last week, en route to Toowoomba. In conversation with several residents they admitted coming from New South Wales, and that they were interested in the strike, and that it was going their way satisfactorily. They had a Red Cross on the bonnet of the car, and, when attention was drawn to it, they said that they were looking after wounded soldiers. Their manner of speech and attitude in this respect, together with the Red Cross on the bonnet of the car, raised indignation in the town. Toowoomba authorities were immediately communicated with to be on the lookout for the car and its flash occupants.

Allora's Past 150 years ago August 1867

Allora Burglary

A daring burglary was committed at Allora on the evening of the 26th ult. when the home of Mr. Doyle was broken into, and a large quantity of valuable property consisting of a watch and chain, wearing apparel, and other articles were stolen therefrom. Information was given to the police, and very shortly after, Constables Waldron and Lonergan arrested a man named Cliff, a navvy, on suspicion of the robbery. He had been seen loitering about the house of Mr. Doyle during the day and was arrested as he was leaving the premises when the stolen property was found in his possession. Mr. Doyle was absent from home at the time the robbery took place, but on his return home he identified the stolen property. The prisoner was brought up before the Police Magistrate, and remanded until Tuesday next.

Colin Newport



Ken Smith, Ray and Olive Shooter demonstrating the Rickert corn sheller at the 125th Jubilee celebrations of the Allora State School.

Looking Back...

Allora's Past 25 years ago August 1992

School 125 Years

Wet weather did not deter hundreds of past and present pupils and friends of the Allora State School attending the celebration of the 125th Jubilee of the school. Current and longest serving principal of the school, Mr. Peter Doherty, said that many past pupils had a strong attachment to the school. Former pupil Mr. Jim Burge, 87, cut the 125th Jubilee cake to begin the day of celebrations.

Allora's Past 50 years ago August 1967

FAREWELL PRESENTATION

A Farewell Presentation will be made to Mr. Vince Murphy at the Railway Hotel on

Friday, 11th August at 8 p.m.

At this function, Mr. Peter Schriek will be presented with his Life Membership Badge of the Allora Rugby League.

Allora's Past 75 years ago August 1942

Saving Petrol

The owner of a small car, a Warwick resident whose working area owing to war conditions today is more than twice that covered by him previously, has found that he is able to cover his enlarged territory on his petrol ration scale by the economic method of coasting and taking advantage of the wind at every available opportunity. In a trip to Allora and back, a distance of 33 miles, he coasted 11 miles, aided on this particular occasion by a following wind. The resident's experience serves to indicate that petrol can be saved when necessity compels rigid economy.

Council to host Backpacker Ag Forum for local producers

Are you hiring backpackers this season? This forum will tell you all you need to know...

Local producers and farmers are invited to connect with industry service providers on Friday, 11 August 2017 from 11am - 3pm at the Agriculture Industry Forum and Trade Show, hosted by Southern Downs Regional Council at the Stanthorpe Civic Centre.

Southern Downs Mayor Tracy Dobie said the forum is specifically aimed at providing information and assistance for the region's local producers hiring backpackers.

"Representatives from the Fair Work Commission, employment agencies, Growcom, Department of Agriculture and Fisheries and Council will present updates onstage and through their trade stalls.

"A range of topics will be covered throughout the event including backpacker engagement, immigration, border protection, fair work practices, workplace health and safety, training, pest management and bio-security, grants assistance and more.

"I'd highly encourage all local producers to come along to this event.

"Council is also inviting agencies and businesses that support or contribute to the agricultural and horticultural industries in any way to come and join us and to have their own trade stall. "Agriculture drives the regional economy and accounts for more than 22% of the regional outcome. Forums like this both strengthen industry networks and provide key opportunities to keep abreast of issues and changes affecting the industry," she said.

Registration and trade stalls for the forum are free, but bookings are essential. To register to attend the forum or to book a trade stall, contact Council's Economic Development Officer, Jenny Sherrin on Ph: 4681 0527 or email Jenny at edu@sdr.cld.gov.au.

DoubleHelix

SCIENCE TRIVIA QUIZ

1. Do African elephants sleep for longer when they are in zoos or in the wild?
2. What is the term for the moment before sunrise when the sky is no longer completely dark?
3. A popcorn kernel will burst at approximately what pressure? Is it a) football pressure (70 kPa), b) racing bike tyre pressure (900 kPa) or c) 300 metres below the surface of the ocean (3000 kPa)?
4. What body parts does your Achilles' tendon connect?
5. True or false? Boomerangs work on the International Space Station.

Answers in Classifieds pages

Originally published in Science by Email. For more CSIRO Double Helix science visit doublehelix.csiro.au or call 02 6276 6643.

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Warwick mums and bubs benefit from Rotaract donation

Southern Downs mothers and babies have benefitted from the fundraising efforts of Warwick Rotaract members, who have donated a Medela breast pump to Warwick Hospital. Warwick Rotaract members have been busy manning Bunnings



(from left) Rotaract member Mindi Devine, Rotaract member Chrissy Alley, Warwick Child Health nurse Cathy McCosker (holding baby Bridie Alley), Rotaract Warwick President Jessica Carey, Warwick Child Health nurse Linda Coombes and Rotaract member Clodagh Sinnott.



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sausage sizzles and the Rotary Chip Van to raise funds for this much-needed piece of equipment, valued at \$2198.

Warwick Hospital Associate Nurse Unit Manager Maternity Services Ross Newton said breast pumps were used by Warwick Hospital's Child Health program to assist with infant feeding.

"Warwick Child Health provides a service to new mothers and babies, offering home visits, new parent programs, immunisations, clinics and infant feeding support," he said.

"As part of infant feeding support, some mothers need urgent short-term assistance with feeding through the use of a breast pump.

"Often this occurs when mothers can't stay with premature babies, or when either the mum or baby becomes unwell.

"In these times the use of a breast pump is important to help mothers maintain their breastmilk supply and provide breastmilk to their babies.

"Our existing breast pump was due for replacement and the donation of the new one allows us to continue supporting breastfeeding mothers in the Warwick community.

"I would like to thank to Warwick Rotaract Club for their fundraising efforts resulting in the donation of this valuable piece of equipment."

Warwick Rotaract Club president Jessica Carey said the club was pleased to make the donation. "We would like to thank the Warwick Hospital, particularly Ross Newton, for collaborating on this project," Ms Carey said.

Don't be the next scam victim

The Australian Taxation Office (ATO) is urging all Australians to keep their personal information secure and to report any suspicious activity immediately this tax time.

Assistant Commissioner Kath Anderson warns that identifying information like tax file numbers, bank account numbers or your date of birth are the keys to your identity, and can be used by scammers to break into your life if they are compromised.

"We cannot stress this enough – your personal information must be treated like your bank PIN. If someone knew your PIN, they would have access to your hard-earned income, and it's the same with your personal information and tax return," Ms Anderson said.

"The ATO works really hard to maintain the highest levels of security, but if someone gets your personal information, they can use it to impersonate you and engage in fraudulent activity."

"More than one thousand taxpayers reported their personal information had been compromised in June, up by 26 per cent from May, so we know it is a real problem at this time of year."

Ms Anderson said all reports of identity theft are taken seriously, with the ATO working directly with taxpayers when they suspect their identities have been stolen, misused or compromised.

"We are committed to supporting victims of tax scams and tax crimes. If you think your tax file number has been stolen or compromised, you should contact our Client Identity Support Centre on 1800 467 033 right away," Ms Anderson said.

"By alerting us we can immediately take steps to secure your identity and limit the damage done by scammers. Your information also helps us understand the constantly evolving scams and therefore better protect the community from falling victim to them.

Ms Anderson said the best defence against scammers was keeping your information safe and knowing what to do if you are targeted.

"You can't be too careful when it comes to your personal details. If you are contacted by anyone purporting to be from the ATO and you have any doubts about whether it is legitimate, immediately hang up and get in touch with the ATO to verify the call."

Ms Anderson said the ATO makes thousands of outbound calls to taxpayers each week, but there are key differences between a call from a scammer and a legitimate call from the ATO.

"Tell-tale signs include a caller threatening you with arrest or jail, aggressive or rude behaviour, or asking you to pay money into strange bank accounts or settle tax debts with things like gift cards or iTunes cards. We would never do this," Ms Anderson said.

"If something doesn't sound right, you can always check your myGov account, ask your tax agent, or call us directly on 1800 008 540 to see if the contact is legitimate. Be especially wary if you're asked to make a payment, make sure you only use one of the methods listed on our website."

For more information on scams, visit ato.gov.au/scams
For more information identity theft visit ato.gov.au/identitytheft
To see a list of things the ATO may contact you about, visit ato.gov.au and search for 'Current ATO SMS and email activities'.
How to spot a scammer - Everyone can play their part in stopping scammers. Your reports help protect the Australian community.

The ATO will not:

- be abusive or offensive to you
- threaten you with immediate arrest
- ask you to transfer money into an account with a BSB that is NOT 092009 or 093003
- request payment via unusual methods such as iTunes gift cards or other prepaid cards
- request personal security information such as your TFN or your bank details via email or SMS or social media sites
- ask you for money up front in order to receive a refund or other payment
- direct you to download files from the internet

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- provide you with a range of options for paying debts, which are all set out on our website at ato.gov.au/howtopay
- contact you by phone
 - if you are in doubt about the authenticity of a call claiming to be from the ATO, you can call us on 1800 008 540 to verify
 - you will generally be aware of any debt before it is due for payment, but you can check through your myGov account, your tax agent or by calling the ATO
- send emails and SMS asking to you to take specific action such as:
 - provide additional information required to process a BAS or tax return lodged
 - provide additional information required regarding an application that's been made
 - verify changes to an account
- send general notifications and reminders via SMS or email
- send promotional and informational SMS and emails



Allora Golf Notes

Results for last Friday's Percy's Fruit Duckrun, with a good field of players the winner after countback on 19pts

was Max Angel from Rod Simpson. Well done Max and Rod. The scribe was waiting for Garry Garney to shine this week after just missing taking out the last two Duckrun rounds hopefully you can bring it home this week Garney. Approach for the 12th went to Jeff Rees, pin for the 16th Ken Wilson. Congratulations to the winners and all players.

Sunday was our Captains V Presidents stableford event, teams were organized with buggies at the ready and plenty of banter with some cracking scores coming in the winning team was that of Tom Bartholomai and Rod Simpson with 52 pts. Great golf, our 'struggling' B grader assured us Tom done all the work well done. The runners up was Team Sparksman, Russel and John on 49 pts again well done to you both. Pins for the 7th and Eagles Nest went to Clifton visitor Craig Newman, 16th Aaron Simpson, 8th John Sparksman, 17th 'Scully'. Approach for the 2nd Rougan Geraghty, 11th Lindsay 'Moose' May. Long Drive for the 1st Rod Simpson and Craig Newman the 10th. Congratulations to the winners and all players thank you to our sponsors, our President now has bragging rights, well done Lindsay's team.

Today the second Round of Matchplay between Aaron Simpson and Max Angel was played with Aaron moving into the third round winning 2/2. Lindsay May moves into the third round with Chad Wilson retiring.

This Friday the Duckrun will be teeing from 2 pm all welcome to attend then Sunday while a group of players travel to Texas for their Open day we will play for the Railway Hotel Monthly mug teeing from 11.30 all welcome to attend but dont forget your sandbuckets and great golfing to you all.

WATTLES LAST HOME GAME! SUNDAY 6th AUGUST

Wattles 'Warriors' V Valleys at Platz Oval, Clifton

Game Times: U18 ... 11.30am, Reserve Grade ... 1.00pm, A Grade ... 2.30pm
Stay on for a drink in the clubhouse at the end of the day.



Game Day sponsor -



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• CHURCH NOTICES •

Scots Presbyterian Church - Allora 12 Jubb Street, Allora

THIS SUNDAY AT ALLORA - Service/Sunday School at 9.30am.
TUESDAY - Ladies Bible Study at 10.00am.
WEDNESDAY - Bible Study at 7.00pm, at the church.
MENS BREAKFAST - Last Saturday in each month, 7.20am.
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• ANNOUNCEMENTS •

Birth Notice...

Proud parents Fraser & Rhiannon welcome with love **KAI CLARK**, born 30th July 2017, 7 lb 2 oz, at Toowoomba.
Naturally, the best looking baby in the hospital. No surprise there.



The Allora Advertiser team...

Wish to congratulate Fraser & Rhiannon on the birth of our new little Graphic Designer/Dalek Builder, KAI.

Thank You...

Thank you to neighbours & friends for your support of Brett Fullwood who is currently recuperating at home. Thank you also to Marg Hentschel for flowers - lovely like you.

• PUBLIC NOTICES •

ANNUAL GENERAL MEETING
Allora & District Historical Society
Wednesday 16th August 7.30 p.m.
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• SOLUTIONS •

THIS WEEK'S SUDOKU SOLUTION

1	8	6	2	7	5	3	4	9
4	5	9	1	8	3	7	2	6
7	2	3	6	4	9	5	1	8
5	9	2	7	6	4	8	3	1
3	6	4	9	5	1	8	7	2
8	7	1	3	6	2	9	5	4
9	4	7	8	3	1	2	6	5
2	1	8	5	6	7	4	3	9
6	3	5	4	2	1	9	8	7

DOUBLE HELIX QUIZ ANSWERS

1. African elephants in zoos sleep more (five hours a night) than those in the wild (two hours a night). It is astronomically dawn. It is formally defined as the time when the Sun is 18 degrees below the horizon in the morning.
2. Some racing bike tyres connect some of your calf muscles to your heel bone. True. Boomerangs don't need gravity to work. But they do need air, so they wouldn't work outside the station!
3. a) Corn kernels pop at about nine atmospheres of pressure, which is the same pressure found in some racing bike tyres. The Achilles' tendon connects some of your calf muscles to your heel bone.
4. True. Boomerangs don't need gravity to work. But they do need air, so they wouldn't work outside the station!
5. African elephants in zoos sleep more (five hours a night) than those in the wild (two hours a night). It is astronomically dawn. It is formally defined as the time when the Sun is 18 degrees below the horizon in the morning.

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Renewed focus on physical wellbeing to improve mental health

The Queensland Mental Health Commission has pledged support to an initiative focused on promoting the physical health of people living with mental illness. As part of a national commitment, the Commission has endorsed a call for greater attention to improving quality of life and bridging the life expectancy gap between people living with mental illness and the general population. Effective health promotion, prevention and early intervention and a holistic, person centred approach are among the essential elements outlined in the Equally Well Consensus Statement, launched last week by the National Mental Health Commission. With the support of state and territory mental health commissions, government and non-government health service providers and community organisations, the statement calls for equity of access to quality health care. While equality in health is a basic human right for all Australians, many factors contribute to poorer physical health outcomes for people with mental illness. Queensland Mental Health Commissioner Ivan Frkovic said: "Queenslanders who experience mental illness are twice as likely to experience cardiovascular disease and more likely to suffer other long-term health conditions such as cancer and diabetes that can reduce life expectancy." According to the Commission's 2016 Performance Indicators

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Report, Queenslanders with mental illness are more likely to consume alcohol at risky levels and smoke tobacco daily. They are also less likely to undertake physical activity which, when combined with other factors such as the effects of some medications, increases the risk of experiencing chronic and life-threatening physical health conditions. The Consensus Statement seeks action from across the health sector to improve physical as well as mental health. It calls for better collaboration and coordination between governments, professional bodies, social and community services and other leaders in mental health to make physical health of people living with mental illness a national priority. These goals are consistent with Queensland's blueprint for mental health action, the Queensland Mental Health, Drug and Alcohol Strategic Plan 2014-2019, and the Queensland Mental Health Commission's role in driving reform.

...Continues on back page

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Continued from page 11...

Mr Frkovic said: "The Commission had a strong focus on physical health through its Stronger Community Mental Health and Wellbeing Grants Program this year."

Funded projects included:

- A 16-week mental health and wellbeing project for Sunshine Coast seniors (over 50) living with a mental illness or those wanting to improve their mental health and wellbeing. Under the program up to 30 seniors set personal goals for physical health, and work with peer support to develop cognitive and physical tools to improve mental health and wellbeing (\$44,000 — Sunshine Coast Council).
- Development of a Healthy Minds & Bodies program in southern Brisbane and Logan with easily accessible and supported physical activity programs to improve social

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opportunities for people living with a mental illness and intellectual disability (\$46,500 — Karakan).

- A Far North Queensland program to improve physical health and community connections for Indigenous adults recovering from mental illness. The project involves capacity building to enable sustained delivery (\$49,800 — Queensland Police Citizens Youth Welfare Association in partnership with Queensland Institute of Medical Research).
- The Healthy Active Lifestyle Program for members at a Brisbane clubhouse including workshops on nutrition, diet, mobility and stretching, aerobic, cardiovascular and strength training exercises to improve quality of life, overall mental wellbeing and recovery (\$28,700 — Stepping Stones Clubhouse).

As a signatory to the Equally Well Consensus Statement, the Commission will continue to promote the importance of a holistic, person centred approach to physical and mental health and wellbeing.