

Maryborough Moves - August 2009



Fraser Coast
REGIONAL COUNCIL



Active, Healthy Lifestyles

From the Editor's Desk

Hello everyone!



By now, you all know that I have a dog. And so, inevitably, inevitably, I look for fun things to do with the big, goofy mutt. I say that in a most loving way, ofcourse. Dogs' Day Out is coming up later this month, and I have included some more information about this annual event on page 2. I look forward to seeing you there! (I'll be the one with an oversize chocolate labrador behaving much like Santa's Little Helper).

As predicted, The Mary Poppins Festival was a huge success, as was 1859 Port to Prosperity. I sat around a 'campfire' at the lamplight bazaar with my kids eating delicious food from various stalls, and it was pure magic!

Another great Council event it was, although it **must** be stressed, that without the guests there ain't no party... A big pat on the back to us Marybourians for ensuring the event's success.

Lots of other events, too. Seniors' Morning Tea in three locations (see right ↷) which will again be held later in the month.



**Have a great
August!**

Anna

The newsletter is now available on the website, and can be found using this link:
www.frasercoast.qld.gov.au/community/Recreation

Your feedback and input is important so please contact the Community Development Office on 4190 5821 or send an email to anna.clark@frasercoast.qld.gov.au

Fraser Coast Regional Council
P O Box 1943
Hervey Bay QLD 4655
Phone: 4190 5821
Number: 35

Seniors Week **2009**
15 – 23 August
positively ageless

Seniors' Morning Tea
20 August 2009
9.30 AM
Maryborough City Hall



- Morning tea
- Musical Entertainment

FREE ENTRY

Proudly presented by
Fraser Coast Regional
Council as part of

Seniors Week 2009
RSVP 14 AUGUST - CALL 1300 794 929



Separate gatherings will be held in
Tiaro and Woocoo;

- Woocoo Community Hall, Sunday
23/8/2009, 2.00-3.30pm
- Glenwood Community Hall, Monday
24/8/2009, 9.30-11.30am



Fraser Coast Canoe & Kayak Club



The group that enjoyed a paddle at Big Tuan Creek

August Paddles

Sun 9th Burrum Heads

Sun 23rd Toogoom (Beelbi Creek)

If you have a kayak and would like to join us you would be more than welcome. If you do not have a kayak you are welcome to use one of the clubs kayaks. For a trial paddler the cost is \$5.50 The club is trying to encourage more members to join from the Wide Bay area. We arrange paddles each 1st & 3rd Sundays and also some weekend paddles camping overnight.

For further information contact Perry 41231898

Dogs' Day Out

Date: 23 August 2009

Where: Ululah Park, off Cheapside Street

When: 9.00 - 11.30

Competitions, prizes, performances and great canine fun!



Bridge to Brisbane update

Entries are open for the Sunday Mail Suncorp Bridge to Brisbane fun run on Sunday 30 August. Proceeds this year will go to the Heart Foundation. Get a group of friends together and take part in the 10km or 5km event. To enter or for more information visit the [Bridge to Brisbane](#) website or pick up an entry form from a Suncorp Branch.



Specific associations between types of physical activity and components of mental health

As well as a sound evidence base for the benefits of physical activity on physical health, there is now strong research supporting the mental health benefits of being active. These include improving levels of depression, anxiety, self-esteem, mood, cognitive functioning and health-related quality of life. Previous research has found more complex relationships between mental health and the various domains of physical activity than that for physical health and across different population groups. This study analysed associations between five types of physical activity: housework; leisure active transportation; biking to/from work; walking to/from work and sports participation, and two dimensions of mental health: perceived stress and psychological distress, stratified by gender, age and occupational category.

The participants were 1919 adults aged 20-65 years, using data from the Flemish Policy Research Centre for Sport, Physical Activity and Health (SPAH). Physical activity and demographics were measured using the Flemish Physical Activity Computerised Questionnaire (FPACQ) and participants also reported the amount of time spent in each week they spent doing housekeeping and gardening, active transportation in leisure time and walking and cycling to/from work. Mental health was measured using the Perceived Stress Scale (PSS) and the General Health Questionnaire (GHQ12). Statistical analyses were conducted across gender, age, and occupational categories.

The results found sports participation to be the only one of the five types of physical activity inversely associated with both stress and distress (Odds Ratios of 0.375 and 0.480 respectively). Sports participation was related to less distress in unemployed mid-aged adults and to less stress in unemployed women, unemployed young adults, and young adults with blue collar jobs. Housework was associated with both more stress and distress in women with blue-collar jobs. Correspondingly, in young adults with an inverse association between housework and distress was found. Cycling to and from work was associated with more stress in men with blue-collar jobs.

These findings further our knowledge of the mental health benefits of physical activity, demonstrating the greater positive effects from sporting activity. They also suggest the potential worth of specific health recommendations for physical health and for mental health separately in different population subgroups. This should be taken into account when planning individual, group-based and community interventions, for example, promoting incidental activity may not be as effective as structured activity in some groups. Further research should aim to determine a causal link between physical activity and mental health through longitudinal studies and investigate the effect of different doses in each activity domain.

Amanda Bird, Senior Health Promotion Officer

Wide Bay Population Health

Maryborough Clay Target Club May-July 2009

The last couple of months have been particularly busy for the Maryborough Clay Target Club. In May we held our annual two day shoot, the feature event of which was the Commonwealth Mixed Targets Championship. This event comprised ten targets Double Barrel, ten Single Barrel, 10 Point Score and 10 pair Double Rise. Commonwealth Championships are highly prized and this one attracted a number of our sport's top shooters. In this case, the event was won by John Maxwell, a previous president of our club. He also won the Overall High Gun for the weekend.

In June we held our annual Continental Carnival. In continental events the targets vary in height as well as angle, making them even more challenging than usual. The shoot included three South East Zone championships that had been allocated to our club for this year. Once again the events attracted a good field of shooters. The 25 target SEZ Double Barrel event was won by D. Stevens, the 25 Target SEZ Single Barrel by R. Dean and the 25 target Point Score by D. Stevens. R. Rehbein from Bundaberg won the Overall High Gun for the day.

Sunday 19 Jul 09 was our annual inter-club competition with Fraser Coast Sporting Clays. In the morning they came to our club and we all shot 50 targets Double Barrel. In the afternoon we went to their grounds and shot 50 targets Sporting Clays. Sporting Clays simulate field shooting and include targets thrown from many angles and heights. There were targets that rolled across the ground, ones that flew through at tree top level, or at head height over water. Some came from behind us, others flew towards us. All this made it particularly challenging for the Maryborough members who are not used to such varied targets.

It was a great day of competition, with the Fraser Coast Sporting Clays team beating us for the second year running. The final scores were Fraser Coast Sporting Clays 412 points, Maryborough Clay Target Club 382 points. Congratulations to the Sporting Clays team for a great win, but we all hope for a different result next year.

Our next shoot is a Double Rise day commencing at 10.30am Sunday July 26. If you want more information about our sport or the results of particular events, our website is

www.mctc.org.au .

- Linda McGregor

Fraser Coast Classic Hervey Bay & Maryborough 6 Aug 2009 to 9 Aug 2009

Grab your putters and head down to the 2009 Fraser Coast Classic. This growing four day Pro-Am Fraser Coast Golf Championship attracts both national and international players, with a prize purse of over \$60,000. Entry is easy and you have the chance to share in the generous prize money on offer. Still learning? Come along and watch the pros!



Interclub Shoot 19th July 2009 (Top to bottom): Trevor Cecil calling for low target, Maryborough President Trevor Cecil presenting the interclub trophy to Fraser Coast Sporting Clays President Leo Cao, and Malcolm Zipf going for a high target.

ON YA BIKE!

- Earth Ride Day on 30th September 2009 aims to have millions of people right around the globe on their bikes! Earth Ride is about encouraging everyone to engage in a solution now that we already know offers significant benefits towards the goal of a low carbon future. Riding a bike for transport will significantly reduce your carbon footprint in comparison to taking the car and is even better than riding on public transport. Register now at www.earthride.com.au

HORSE RIDING

WIDE BAY EQUESTRIAN PARK

Lessons and Horse Sales

Located midway between Hervey Bay and Maryborough offers professional tuition in learning to Horse Ride and is the longest established Riding School in the Region

Riders are taught basics of Horse Care and Riding up to any level they wish to acquire experience in incl General Riding, Jumping and Show Work.

Lessons are available in small groups or Privately.

- Bookings are essential and spaces are limited.
- Horses and helmets are provided.
- School Holiday dates are available upon inquiry.
- All levels of riding ability accepted. Ages start from 4yrs

CONTACT : Susan McLeod

Wide Bay Equestrian Park Ph 07 41224618 Mob 0411141679
Email susan.mcleod@bigpond.com



COMMUNITY GRANTS AVAILABLE

Fraser Coast Regional Council Grants Schemes are now available for the following categories:

Community Grants Program – One-off support for a community project or event - Applications close Friday 28 August 2009 and successful applicants will be notified in October 2009.

Financial Assistance to Sportspersons Scheme – limited funding is available and applications can be made at any time.

Application forms are available from Council Administration Centres and Libraries in Hervey Bay, Maryborough, Tiara, Burrum Heads and Howard.

Forms can also be downloaded from Council's website
www.frasercoast.qld.gov.au

All enquiries should be directed to **Carole Bye, Community Services** on **4197 4345**.

**PO BOX 1943
HERVEY BAY**

**ANDREW BRIEN
CHIEF EXECUTIVE OFFICER**



MARYBOROUGH HOCKEY

July has been a very busy time for the MDHA as many of our underage representative teams travel throughout Queensland to attend their age State Championships.

Some information about the underage Championships.

First of all the MDHA extends a **huge thank you** to all of the **Coaches/Managers** who gave up their time freely to coach and manage these representative teams, this is done on a voluntary basis and they are required for a weeks duration whilst the championships are being conducted.

This comes after many weeks of trainings and preparation.

Their efforts along with those of the **parents** assisting are very much appreciated by the MDHA.

All teams faired reasonably well at the Championships with all athletes learning from and enjoying the experience.

Some of our athletes were chosen in State Teams or were Talent Identified.

Cody Goldenstein(Wallaroos)& Josh Mynott (Brothers) were selected in the Queensland U15 Boys team to play in Adelaide in the September /October holidays.

Kiah Hawker(U13G) Talent Identified and will attend developement camp during September/October holidays.

Andrew Eaves(Brothers)included in the Queensland Secondary Schoolboys team to go to New Zealand in September.

Stefany Worner(Uniteds) & Grace O'Hanlon (Brothers) competed in the Queensland U18 Womens team at the National titles in Canberra where Q'ld finished 4th.

Stefany has since been added to the Q'ld Scorchers & U21 squads as well as being granted a QAS scholarship for 2010.

We are now approaching the business end of the season and all teams are training hard in preparation of their finals hopes.

Some dates to remember are Saturday 22/8 -- Semi-Finals. Sunday 23/8 -- U7 & U9 Break-up.

Saturday 29/8 -- Preliminary Finals. Saturday 5/9 -- Grand Final Day.

Thanks,
Cheryll Brown
Maryborough District Hockey Association