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Hub Happenings

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Serving the community for 60 years

BUS SAFETY REMINDERS

The Queensland Government recently announced changes to the penalties for those caught not wearing a seat belt in vehicles. From July 1st the fine for this offence will rise from the current \$413 to a massive \$1,078! For those with a driver's license it will also mean 4 demerit points for the offender. New camera technology has made it easier for police to catch offenders using mobile phones whilst driving but can also easily detect non-seat belt wearers.

With safety in mind can I remind everyone that when on our buses please observe the following rules:

- Please put your seat belt on as soon as you are seated. Ask for help if required.
- Do not undo your seat belt until the bus has come to a complete stop. So not a block before the destination, not even 10 metres.
- Do not stand up or move about the bus whilst it is moving. Please ask and we can pull over, if safe to do so, to assist with your needs.

Thank for your cooperation in our efforts to provide a safe journey for all.

Pete Johnson - Transport Officer, Metro Community Hub

We welcome winter, and hope for clear sunny days, with minimal rain. I think we have had our share.

We receive many calls from people looking forthat something, be it exercise or keeping the mind active, but that elusive entity – to keep busy, to keep active, to get to know people, to have a laugh, to get to know the community. People are moving closer to family, like me they have spent their lives in another city/ town/ country; and they want or their family feel, they need to be closer. It can be hard to relocate and re-establish oneself. One answer is to find community centres like ourselves, which are run by the community for the community. We are open to suggestions and visions for what you would like us to provide.

Another option is to volunteer, people believe they are so busy but I feel if there is one thing we have learnt from the last few years – is to stop, breathe and re-evaluate, as anything is possible. Recently I had the pleasure of having morning tea with a group of members, and the most frequent comment was, *'I don't like to worry my family as they are always busy'*.

Volunteering can be a one-off event, an hour here and there or as a more permanent roster. Volunteering can be rewarding to both parties in so many ways including; improving quality of life, new relationships and skills.

Volunteer Queensland has a variety of position open at present:

- If you can speak another language, they have a great need for people to spend time with people in aged care facilities.
- Volunteer Bus Drivers
- Retail positions in Op shops
- Retired accountants
- Choir Buddies
- Visiting people in their home for an hour a week / fortnight
- Administration work
- Girl Guides
- Musician
- Café Assistant

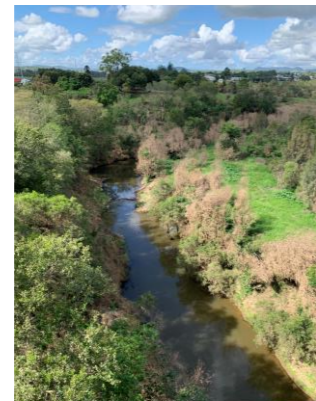
Check out their website <https://volunteeringqld.org.au/>

Volunteering Queensland will assist with any necessary Police Check or other requirements. Have a look, you might be surprised on what you can assist with,
 Regards Lynelle

Booking policy: *bookings are essential.* All bookings and changes to go to the Office on 3391 8122.



GYMPIE TRIP – a few snaps for you to enjoy



Happy Birthday to you:

Betty J; Jim P; Juanita E; June C;

Mary O; Cherie B; Brent W; Kay L;

June Flower – Rose, Honeysuckle
Meaning – Romance, Happiness

June Birthstone – Pearl
Meaning – Purity. The ancient Greeks believed pearls were the hardened tears of joy from Aphrodite, the goddess of love



A little medical word search for you this month

Diabetes Mellitus

Word Search

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ALX
JHHTJVLHI
RBHMWQSAYICNE
MQSQAHXFPTOPPPMHWQ
XEKTXEQLGTHHRXPEWTD
MZDMRENALXYJGUABQFCE
AYIGOLLUVSWATNSOEHAQB
SCDCIKRCNIOKIHEARTIJGCV
BLMITEOXCSOSMIFKPMHIFMF
RDGSNRSAALEWOWKZEFDRKTVE
RVDNEENLSCTLSCKBCKCATTAGP
DCEOSVCHSAEGYKYZCWRQRHOB
LBGRIHNEYKRBGOLLFLDGAZCMNTU
IVMITHIXCCEAYRGXEIGGCOLDHAS
WZQHADLEHUMIFORLHVUKNNCJQL
MHJCGURRZQDPUEAQSM TGV RUBL
YZOIDSCHCKYRNPWLCRZNSNSMV
XXPLVNIYRHYROYITOMLTHAIUK
WBPJISYPXNPXHELVA MVEYCF
TPMQYETZZFLWAWQDADRPIKV
DOCKEHNOITNEVERPCVKND
QCIUIRUDPAXAZSINUUILH
WNBZQNNTOGNDHAOFRJY
RXHFATGENXKPOLLR L
QBRSSENDERITY
UPWFRVSSX
HYG
          
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Sugar	Glucose
Tiredness	Hyperglycemia
Complications	Hypoglycemia
Control	Heart Attack
Care	Insulin
Stroke	Medicines
Diabetes	Prevention
Diet	Pancreas
Physical exercise	Renal
Hunger	Thirst

Group of Studies and Research on Diabetes (GED)
Federal University of Jequitinhonha and Mucuri Valleys (UFVJM)
Diamantina - Brazil

With all the rain we've had lately, here's something to make you smile:

When its raining cats and dogs, poodles are everywhere!

Q. Why is a new born baby like a windy day?
A. Because it begins with a squall.

Q. What did one windscreen wiper say to the other?
A. It's a shame we only meet in the rain.