

THE HINTERLAND
CRAFT BEER
Festival
EUMUNDI EST 2018



SATURDAY 30TH JUNE
12 PM - 8 PM | FREE ENTRY

STREET FOOD LIVE MUSIC ARTISTS PERFORMERS & MORE

SHOWCASING THE BEST LOCAL BREWERIES

EUMUNDI BREWERY

STALWART BREWING

SUNSHINE COAST BREWERY

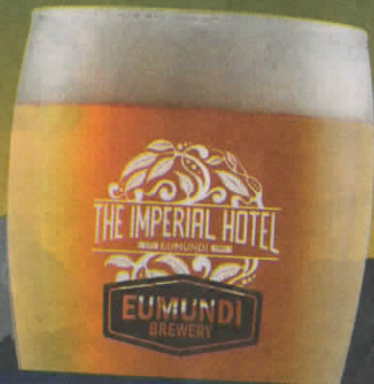
BROUHAHA BREWERY

COPPERHEAD BREWERY

MACLEOD BREWING

SUNSHINE BREWERY

LAND & SEA BREWING



1 ETHERIDGE ST EUMUNDI QLD | PH: 5442 8811 | #HINTERLANDCRAFTBEERFESTIVAL

Since 1983, Mrs Cooke has visited Golden Beach every morning to pick up rubbish and do her part in the war against plastic.

She said living waste-free was an attribute she was raised with.

"I have been a no waste person all my life," Mrs Cooke said.

"I live very simply and

she said, closely aligned with how she was already living her life.

"I've grown up with that, it's part of my mentality, that's not something I have to work on or anything, it's just the way I live," she said.

As the issues of climate change continues to broadcast throughout society, the discussion of environmental sustainability

"When I pick up any recyclables in the morning I don't throw into the ordinary bin, I take them to this place where they have a recycle bin.

"Sometimes I spend another quarter of an hour sorting the recycling bins.

"All those recycles will go to landfill and they will be wasted."

Grey Medallion courses on offer

MENTION the Bronze Medallion and a lot of people will know it's to do with swimming and lifesaving.

But have you heard of the Grey Medallion?

The Grey Medallion is a lifesaving award created for the over 50s by the Royal Life Saving Society.

You don't have to be able to swim to participate in the program.

The program helps people learn essential lifesaving and emergency care skills that could one day save family members, friends or even your own life.

Grey Medallion trainer Patricia Barry said the course taught crucial skills.

"Many people think that toddlers and young children are at most risk from drowning, but in fact it's the over 50s," Patricia said.

"The Grey Medallion is definitely not a swimming award, and you don't even have to be physically fit to do it.

"It's a two-day course that



KEY SKILLS: Enrol to earn your Grey Medallion.

PHOTO: CONTRIBUTED

teaches how to act in emergency situations both on land and around the water.

"We teach CPR, first aid, how to use a defibrillator, about marine stings, and water wise skills."

Many older Australians also care for their grandchildren after school and during the holidays, and many have pools or access to creeks, dams or the sea, so the course looks at this aspect too.

"People don't need to be able to swim," Patricia said.

"We teach dry rescue skills, where you don't even need to get into the water."

Due to increasing demand, there will be two free Grey Medallion events held this year – the first on July 28 and 29, and the second on August 18 and 19 as part of Seniors Week.

If you are interested, visit caloundracity.org.au or please phone Patricia on 0402 454 644.