



Queensland ABA Reunion, 13-15 October 2017. Coolangatta, Currumbin & Tweed Heads, Gold Coast.

		Venue	Cost
Friday Oct 13			
6.00 (Q) - 7.00	Meet and Greet. Dress casual (M1) Meet the Nineteen 21 Bar	THBC	PAYG
7.00 (Q) - 9.00	Barefoot Bowls game, finger food and fun	THBC	\$20 ad. \$10 kids
9.00 (Q) - 11.00	Fun with friends and music in The Lounge	THBC	PAYG
Saturday Oct 14			
8.30 (Q) - 10.00	Beach Barbecue brekky. Dress Hawaiian (M0)	JEBH	\$10 pp
10.00 (Q) - 1.00	Stay afloat guided kayaking on the Tweed River with John Thurgar & Robyn Hill (bookings are essential) *. Cost includes insurance \$30	JEBH	Pay Stay Afloat
10.00 (Q) - 3.00	Or excursion to the Buskers by the Creek Festival Car pool or catch the 768 bus (a 12-minute ride).	BBCF	Free
3.00 (Q) - 6.00	Rest up or enjoy a stroll in the sunshine		
6.30 (Q) - 11.30	Queensland Bravery Dinner in the Blue Room Dress is formal, Jackets for men (M2)	THBC	\$80 (inc. 1 drink) \$35 kids
Sunday Oct 15			
8.30 (Q) to 10.00	Breakfast at Rainbow Bay Surf Club (M0)	RBSC	PAYG
11.30 (Q) to 3.00	Tweed River lunch & Catch a Crab cruise (M0) Enjoy a fun day on the river, fishing and yabby pumping. Dress comfy, to keep the sun off and the rain out Kids aged 4-14. Departing 11.45 (Q)	TEC:	\$90 \$45
3.00 (Q) to 5.00	Farewell coffee, cake & fun in the club (M0)	THBC	PAYG
BBCF:	Winders Park, Duringan St; Currumbin Beach		
JEBH:	Jack Evans Boat Harbour Picnic Area, Bay St, Tweed Heads		
M0:	Medals – wear none. M1: Wear miniature medals. M2: Wear full-size medals		
PAYG:	Pay as you go		
RBSC:	Rainbow Bay Surf Club, 2 Snapper Rocks Rd, Coolangatta.	P:	(07) 55 366 390
TBC:	Tweed Heads Bowls Club, Cnr Wharf & Florence St; Tweed Heads.	P:	(07) 55 363 800
TEC:	Tweed Endeavour Cruises, 2 River Crescent, Tweed Heads.	P:	(07) 55 368 800

To find good deals on accommodation, go to www.trivago.com.au and search for motels in Wharf Street, Tweed Heads. 10 mins from Gold Coast airport. Book early to get the best rate.

* To reserve your place on the Kayak event, email Robyn at robynh@stayafloat.org.au see attached Stay Afloat information sheets for a full overview of this memorable event.



REGISTRATION FORM - ABA QUEENSLAND REUNION 13-15 OCTOBER, 2017

1 Member - Adult

Title: _____ First name: _____ Surname: _____
 Post nominal/s: _____ Phone: _____ Mob: _____
 Postal address: _____

- | | | | |
|--------------------------|------------------------------------------|-----------|-----------------|
| <input type="checkbox"/> | Barefoot Bowls game, finger food and fun | \$20 | \$ _____ |
| <input type="checkbox"/> | Barbecue Brekky on the beach | \$10 | \$ _____ |
| <input type="checkbox"/> | Qld Bravery Dinner | \$80 | \$ _____ |
| <input type="checkbox"/> | Tweed River lunch & Catch a Crab cruise | \$90 | \$ _____ |
| | Sub Total | \$ | \$ _____ |

2 Partner/Guest - Adult

Title: _____ First name: _____ Surname: _____
 Post nominal/s: _____ Phone: _____ Mob: _____
 Postal address: _____

- | | | | |
|--------------------------|------------------------------------------|-----------|-----------------|
| <input type="checkbox"/> | Barefoot bowls game, finger food and fun | \$20 | \$ _____ |
| <input type="checkbox"/> | Barbecue Brekky on the beach | \$10 | \$ _____ |
| <input type="checkbox"/> | Qld Bravery Dinner | \$80 | \$ _____ |
| <input type="checkbox"/> | Tweed River lunch & Catch a Crab cruise | \$90 | \$ _____ |
| | Sub Total | \$ | \$ _____ |

3 Guest/Guests - Adult

Title: _____ First name: _____ Surname: _____
 Post nominal/s: _____ Phone: _____ Mob: _____
 Postal address: _____

- | | | | |
|--------------------------|------------------------------------------|-----------|-----------------|
| <input type="checkbox"/> | Barefoot Bowls game, finger food and fun | \$20 | \$ _____ |
| <input type="checkbox"/> | Barbecue Brekky on the beach | \$10 | \$ _____ |
| <input type="checkbox"/> | Qld Bravery Dinner | \$80 | \$ _____ |
| <input type="checkbox"/> | Tweed River lunch & Catch a Crab cruise | \$90 | \$ _____ |
| | Sub Total | \$ | \$ _____ |

4 Kids under 14

First names: _____ Surname: _____

- | | | | |
|--------------------------|------------------------------------------|-----------|-----------------|
| <input type="checkbox"/> | Barefoot Bowls game, finger food and fun | \$10 | \$ _____ |
| <input type="checkbox"/> | Barbecue Brekky on the beach | \$5 | \$ _____ |
| <input type="checkbox"/> | Qld Bravery Dinner | \$35 | \$ _____ |
| <input type="checkbox"/> | Tweed River lunch & Catch a Crab cruise | \$45 | \$ _____ |
| | Sub Total | \$ | \$ _____ |

TOTAL (Person 1 + Person 2 + Person 3 = Person 4) **\$ _____**

Please post the completed registration form + EFT receipt or cheque to:
 ABA Qld, C/- S. Gregory
 23 Vantage Point Drive; Burleigh Heads. Q. 4220

Payments to be made to:
 Australian Bravery Association National
 Executive Inc.
 BSB#: 034122 Acct #: 688064.

NB. Please add your surname + Qld to EFT payment info.
Payments and booking forms should be received no later than Friday 30 Sept.
E: sally.gregory@forbravery.org.au

INVITATION TO GO PADDLING



**SEA KAYAKING COME AND TRY DAY
LOCATED ON THE BEAUTIFUL WATERS OF THE
TERRANORA INLET & RAINBOW BAY, COOLANGATTA**

14 OCTOBER 2017 – Cost \$30



Sea Kayak Instructors Robyn and John. This is an excellent opportunity to learn to sea kayak in safe and scenic waterways which offer idyllic weather conditions and an ideal location to learn new skills.

What is Project Stay Afloat?



Project Stay Afloat is a not for profit organisation that aims to support individuals and their family, affected by Post Traumatic Stress (PTS), depression and anxiety by participating in paddle sport activities. We aspire to bring people together in a supportive and recreational environment, offering exercise, challenge, camaraderie, exercise and social connectivity.

Why paddling?

Paddle sports have a proven track record of having a positive impact on a person's path to recovery and to a more stable and resilient sense of self. Created to provide a safe and enjoyable activity to promote well-being and fitness, Project Stay Afloat offers unique, pleasurable, cost effective activities, which seek to stimulate and exhilarate, whilst providing an opportunity to experience and enjoy a true sense of peace whilst on the water.

Project Stay Afloat extends an invitation to members of the Australian Bravery Association and their families to join us on a Come and try Sea Kayaking day on the beautiful Coolangatta and Tweed Coast.

SKILLS REQUIRED

From the novice to the experienced, this is an activity to suit all skill levels. Our dedicated volunteer instructors will consult with each participant, ensuring the highest level of safety, whilst at the same time providing a host of opportunities for challenge, fun and adventure.

WHAT TO BRING

A good attitude and genuine desire to have some fun. Plus paddling footwear, steamer or similar if the weather turns, rashie or long sleeved sun protective shirt and shorts, brimmed hat, sunglasses, sunscreen, water bottle, and towel.

Kayaks, paddles and buoyancy vests supplied.

PROGRAM

Saturday 14 October 2017. 10.00 am.

Meet at Jack Evans Boat Harbour. A busy morning with the issue and explain/demonstrate/fit - safety equipment, First Aid revision, Introduction to sea kayaking. Instruction to include: entering and exiting a kayak; wet exits; basic paddle strokes; emergency stops; turning the kayak; assisted rescues; pod formations and signals; plus whilst on water – the 'rules of the road'. This will be followed by a 'confirmatory paddle', where the lunch stop will be a popular 'fish and chip' restaurant extending over the water and accessible by kayak (pay as you go).

HOW DO I BOOK?

FIRST. Email robynh@stayafloat.org.au to reserve your paddle spot and wait to receive confirmation of placement availability (limited numbers, so get in early).

SECOND. Make your payment to Stay Afloat for the Come and Try Day - **\$30 pp** (see details below). This payment includes the use of the sea kayaks and paddling equipment, individual paddler **insurance cover** with Paddle NSW and instruction.

Booking Details

Payment of \$30 before 10 October 2017

Tour cancellation fee of \$20 applies after that date.

EFT Details. Acct Name: Stay Afloat

Bank: Northern Inland Credit Union

BSB: 802-298 Acct: 100101243

Payment Ref: Your surname

Further Information?

Contact: Robyn Hill M: 0415 514 708

e: robynh@stayafloat.org.au

or John Thurgar M: 0439 610 913

e: johnthurgar@hotmail.com