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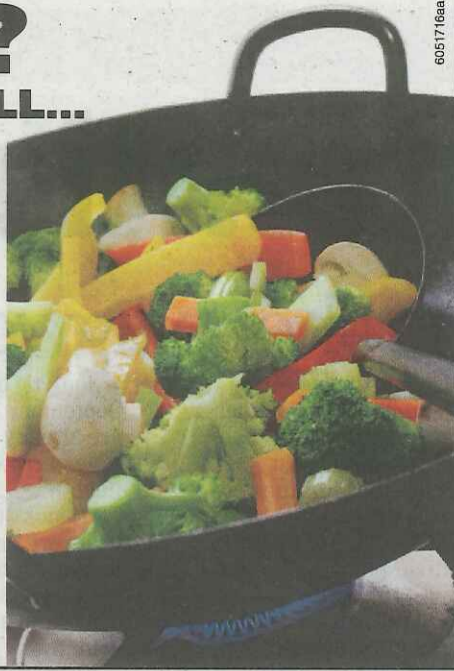
Ph: 5499 7075

LUNCH - Tuesday to Sunday 11am to 2pm

DINNER - Tuesday to Sunday 5pm to 9pm

**CLOSED MONDAYS**

Shop 3/18 Bulcock Street, Caloundra



60517/60aa

## News



**SURF SAFETY:** Seniors take the Grey Medallion course during Seniors Week.

PHOTO: CONTRIBUTED

# Seniors get up to speed in the pool

A RECORD number of 40 seniors got their swimming costumes on to take the Grey Medallion life saving course during Seniors Week.

Shelley Beach retiree Joey Garton, 64, said she was interested to hear the over 55 age group was the second most vulnerable to drowning.

"All of a sudden, these older people - of which I am one - start to relax and think they know everything ... but they're not really as capable as what they think

they are," she said. "It (the course) means we can be more useful and confident grandparents and parents."

Ithica Caloundra City Life Saving Club secretary Patricia Barry said the two-day Royal Life Saving Course was designed specifically for people over 55. It concentrated on key issues like CPR, dry rescues, water and pool safety and looking after the kids and land-based aquatic emergencies, and made use of BreakFree Grand Pacific Resort's heated pool, where

participants practised their dry rescue skills in comfort.

"Our participants really took every opportunity to practise their CPR on our adult, children and baby manikins," Ms Barry said.

"They particularly enjoyed working on our life-size electronic manikins that give immediate feedback on how effective compressions and breaths are."

The club provides CPR and defibrillator training free for not-for-profit community groups.

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THE **EAGLES** SHOW

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**VS**

**EAGLES**

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Travelin' Band

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Desperado  
Best Of My Love  
One Of These Nights  
New Kid In Town  
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## THE BEST IDEAS FOR LOCAL COMMUNITIES COME FROM LOCAL COMMUNITIES.

Since 2011, Suncorp and the Queensland Police Service have been funding local initiatives through the Safer Queensland Community Grants program.

2014 recipient Katrina Mackenzie had an idea that's making a big difference to people with disabilities in Acacia Ridge. Thanks to a \$6,000 grant, she's been delivering road safety strategies, so clients at Westside Community Services can lead more independent lives. We have \$250,000 in grants that could help your community. Do you have an idea that could make a difference?

Find out more and apply for a grant at [SuncorpSaferQLD.com.au](http://SuncorpSaferQLD.com.au)

Applications close 14 September, 2015

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