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LETTER OF THE DAY

Thanks on behalf of medallion attendees

I WOULD like to thank Così Ronconi and his staff at the Grand Pacific in Caloundra for the kind service they provided to 30 Grey Medallion course attendees during the very busy Tough Mudder weekend. Despite the workload required by a full house, the staff smilingly provided assistance when needed. The boardroom was a perfect venue for the course work and the pool more than met the needs of the practical segments.

Thank you to Patricia, Tony and Margaret, instructors from the Ithaca Caloundra City Life Saving Club. They did an excellent job and showed how valuable the Ithaca club is. Thanks to the experience and knowledge of these instructors we went away with greater confidence in our practical lifesaving and first-aid skills which, I for one, hope we never will have to apply. I'd recommend this course to any 50+!

LAUREEN

Golden Beach



MUDDER STATEMENT: Tough Mudder camaraderie came on the run during an electric weekend.
PHOTO: IAIN CURRY

DES SULLIVAN
Sunshine Beach

Pensioners, make your voices heard at voting time, as neither major party has said they will improve our below the poverty line circumstances.

Prisoners come first apparently? The message is clear: behave badly to get better treatment.

Pensioners deserve better. We do not waste money like politicians do!

G. HARVEY
Buderim

Home Assist

I WOULD like to express my sincere thanks to the Sunshine Coast Home Assist Team. I have had to call them twice in the past few weeks: once I lost all electrical power, and the second

time about my hot water system.

The "hidden" staff at the call centre were, as always, very helpful and efficient. You do not see what they do behind the scenes but it is very much appreciated.

My first call: the electrician was there within 15 minutes; luckily he was in the area. The second call, at the end of last week, he was there within the hour. They also were both very professional, pleasant and resolved the problems in no time at all.

So once again my sincere thanks to Home Assist, the team behind the scenes and the "front men."

MICHAEL J. O. ROCH
Buderim

INSTAGRAM PIC OF THE DAY



@colzy81 took this photo of a dog enjoying the sunset view over the water at Buddina.

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daily. Tag your
photos with
#sunshinecoast.

Mudder and sun

WHAT a Mudder of a weekend. Sunshine, locals and tourists about. Stimulating in many ways.

Keep that dial switched to sun mode.

TONY SPINKS
IGA Alexandra Headland

Comedy duo

RECENT photos of Rudd and Beattie together remind me of that famous comedy duo in old movie films. I wonder if after September 7 Beattie will be saying to Rudd: "This is another fine mess you've got me into". I certainly hope so.

D. BAILEY
Nambour

Abb-Hoc Party

I REFER to the "Abb-Hoc" Party, soon sadly, to be elected to run or ruin as the case may be, this fair country - from the point of view of the working people, on the average wage, that is.

If you cast your mind back a few years when these two were ministers in the Howard government for "workplace relations matters", just spare a thought for what they are in charge.

The average wage earner will then be in real trouble. They will make our "Hon" Premier look like a saint. May you get who you deserve.

S. ALLEN
Nambour

FACEBOOK

How can we stop littering?



LOWER tip fees! My husband went to the tip with half a ute load of green waste and they wanted him to pay \$15!

Heather Mackay



FREE kerbside collection.

Pamela Macarthur Garland



RATEPAYERS should be given x amount of free greens waste and normal waste tip vouchers when they get their rates.

Sonia Wearne

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KATHY SUNDSTROM

Kids do strange things to parents

FRIENDS are expecting their first baby.

As soon as I heard the news, I had to call and share in their excitement.

Moments later, it was as if I'd jumped into Marty's car and was being whisked back to the past, to 2001, the time I discovered I was pregnant.

And all the promises I made to that little gift that was growing in my belly. "Mummy won't yell at you," I said, full of pious assurance that I wouldn't need to. We will discipline our kids, if we have to, Doug and I agreed, but it will "never be in anger".

"We will always make time to do things together as a family."

Quicker than any time travel machine, one of my kids screaming hurtled me back into the year 2013.

Where I have three beautiful, adorable kids and I'm not the parent I'd promised I'd be.

I have a confession to make.

I flipped the bird at my kids once. And no, I don't mean I showed them a rainbow locket in the backyard.

I mean, I showed them the "rude finger". And then I ran away up the driveway, determined not to make a return any time soon.

And I scream. A lot. It seems normal tone doesn't register in their vocabulary and I have to raise it 10 octaves before the message gets through.

It could be because they are hard of hearing - if you heard how loud they put the television on you'd wonder -



but I know they are not.

I know because I took them for a hearing test in the part hope there would be a physical explanation for them ignoring me.

Don't get me wrong, it's not all bad. It's mostly good and I love my kids and the time we spend together.

It's just that I never expected to become the parent I have.

Before they were born I fantasized about how I would enjoy their endless questions. Now I fantasize about a moment's silence and reading a book.



I scream. A lot. It seems normal tone doesn't register in their vocabulary.

Sometimes the intensity of it all threatens to overwhelm me and when I've resorted to yelling, again, I burst into tears because this wasn't the plan.

But every night, when I get to kiss them goodnight, the day's strife is insignificant.

Parenting is tough. You can't say how you are going to be until you are in it. But it is also so worthwhile.

TODAY'S POLL

What do you think of the Tough Mudder event?

Great for the Coast, well done

63%

Too much fun .. I'll be back next year

22%

Wish I'd entered now

5%

Just a load of filthy nonsense

10%