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August 1st 2021



Join us for Dunecare next Saturday 7 August

We'll be weeding, planting and tending the dunes at the Outriggers Beach from 8.30-10.30am, COVID permitting

Meet where the Coastcare flags fly near the picnic tables and afterwards we'll catch-up for a cuppa and chat.

New members, especially families, are always welcome.

Volunteers are reminded to wear hats, covered shoes, comfortable clothes, sunscreen, insect repellent and BYO water. Please remember your masks!

Any queries please phone Graeme on 0413352511



Landcare Volunteers Have Improved Wellbeing; Report

Newly published findings by KPMG Australia in partnership with Landcare Australia, indicate Landcare/Coastcare volunteers enjoy substantial improvements to their mental and physical wellbeing – with a significant decrease to their healthcare costs

Report;

https://mcusercontent.com/bcf52285aaa0a0e8441eebffc/files/a8ea6558-d239-bbda-3150-4ac1c71b1296/Wellbeing_Report.docx

Participate in the National Landcare Conference

Share experiences from across Australia this week and join the National Landcare conference online from Thursday 5 August - Friday 6 August.

Registering to attend as an online delegate is free and more than 1,700 people already have! See the link hereunder.

All sessions are live-streamed and recorded. You'll have the opportunity to access the posters and speaker presentations as well as chat to other Landcarers and Coastcarers. There's also the virtual 2021 National Landcare Awards on Thursday 5 August from 6pm that you can access.

With over 60 speakers and the program includes a diverse range of topics from mental health and wellbeing; bushfire recovery and resilience; to empowering rural women and meeting the challenges of climate change

<https://mailchi.mp/landcareaustralia/landlinkjuly2021?e=922354567f>

Happy memories still abound from Coastcare's involvement hosting the field trip for delegates attending the 2018 National Landcare Conference in Brisbane. Showcasing the island and recently funded grant projects was so rewarding for local participants. <http://coochiemudloislandcoastcare.org.au/wp-content/uploads/2019/02/29-October-2018.pdf>



Membership fees:-

- Single annual membership \$2
- Family annual membership \$5
- Life Membership Single \$50
- Life Membership Family \$100

If your details have changed please fill out a [membership form](#).
Choose your membership level and Direct Deposit to Coochiemudlo Island
Coastcare Inc – Commonwealth Bank BSB 064-149 Account 10096929.

You can:

- Return your form with payment to 94 Victoria Parade, Coochiemudlo Island; or
- Email your form and a copy of your payment receipt
to coochiecoastcare@gmail.com.

(If paying electronically, please include your full name as the reference.)



Don't forget to add the Coastcare email to your contacts - coochiecoastcare@gmail.com



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