

OCTOBER 2025

Poona Community Progress Association

Poona Post



POONA FIRST AID CONTACTS...

In an emergency, first
call 000. Then call for
local assistance.

Merv Milfill
0407 844 888

POONA POST EDITOR:

MICHELE MUIR:
poonaposteditor
@gmail.com



THANKS
GOES
TO
GYMPIE
TOYOTA!>>>

FOR THE
PRINTING OF OUR
POONA POST

THE NEW COMMITTEE OF THE PCPA ARE ALL GETTING INTO THE SWING OF THINGS WITH THE FUNCTIONING OF OUR HALL.

BY THE TIME THIS ISSUE IS DELIVERED THE SPRING FESTIVAL WILL HAVE TAKEN PLACE. THIS IS ALWAYS A FANTASTIC DAY FOR EVERYONE, A HUGE THANK YOU TO ALL THE WONDERFUL VOLUNTEERS THAT PUT THIS FESTIVAL TOGETHER TO ENSURE IT RUNS SO SMOOTHLY.

THE HALL HAS BEEN SEEING AN INCREASE IN NUMBERS ON FRIDAY NIGHTS WHICH IS GREAT TO SEE. THE FRIENDLY ATMOSPHERE IS REALLY MAKING THESE NIGHTS A GREAT EVENING OF GOOD COMPANY & LOADS OF GREAT LAUGHS ALONG WITH SOME GREAT ENTERTAINMENT. DON'T FORGET TO CHECK OUT PAGE 9 FOR WHAT IS COMING UP IN OCTOBER.

OUR CLEANING PERSON HAS GONE AWAY FOR 6 MONTHS SO JUST WONDERING IF THERE IS ANYONE WHO MIGHT BE ABLE TO STEP IN TEMPORARILY? CONTACT A COMMITTEE MEMBER.

WE ARE ALWAYS NEEDING MORE HELPING HANDS AT THE HALL. WE ARE LOOKING FOR MORE VOLUNTEERS FOR THE KITCHEN. TEAM MEMBERS & COOKS ARE REQUIRED. THE BAR COULD ALWAYS USE MORE HELP TOO. SO GIVE IT SOME CONSIDERATION PLEASE!

MELBOURNE CUP IS ALSO JUST AROUND THE CORNER. THIS IS ALWAYS A FANTASTIC DAY OF FUN & LAUGHTER AT THE HALL.

NEXT GENERAL MEETING: SATURDAY 11TH OCTOBER.

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DID YOU KNOW



HOME ICE-CREAM IS NOW COMING TO POONA ONCE A MONTH.

2ND MONDAY OF THE MONTH.

SUPPORT FOR THIS EFFORT WOULD BE GREAT FROM LOCALS!!!

POONA: JP'S

JAN PALMER
PH:4129 8431

KEN MAAS
PH:4129 8265

LIZ McHUGH
PH: 0419 743829

Link to Poona page:

<https://www.frasercoast.net/poona.html>

ALSO:

www.poonacommunity.com.au

GIRL'S NIGHT IN MONTH IS HERE

Girls' Night In At Mitch's
Saturday 25th October 2025

“CELEBRATING AUSTRALIANA”

- Mini Tombola •
- Raffles •
- Dancing!! •
- Fun!! •



6.30pm for 7pm
179 Boronia Dve, Poona

YOUNG AT HEART

TUESDAY 7TH OCTOBER.



WE CELEBRATE Qld MENTAL HEALTH WEEK WITH GUEST SPEAKERS DR MARK BOON & HIS TOPIC, D,D,D. CAN YOU GUESS WHAT THESE D'S REPRESENT? COME ALONG & FIND OUT! JOANNE BOON WILL “CONNECT FOR MENTAL HEALTH” WITH A FOCUS ON CENNECTING WITH SELF, COMMUNITY, OTHERS & NATURE. AFTER THESE DISCUSSIONS THERE WILL BE A DELICIOUS MORNINGTEA THAT YOUNG AT HEART ALWAYS PROVIDE FOR \$3.00 PER PERSON.

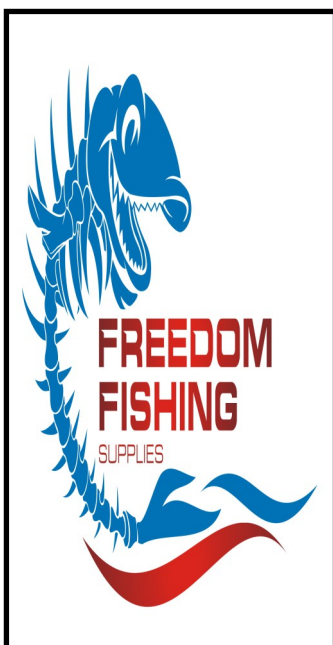
HOPE TO SEE YOU THERE!!!

Errors & Omissions Excepted. Opinions do not necessarily reflect those of the Editor.



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Fraser Coast locals have embraced the change in the weather, which has been consistent over the past week. Targeting our estuary and river system has provided some good fishing options. Changing up tactics and getting on the water earlier in the day before the spring winds pick up is a smart choice. Now let's have a look what was caught.

We'll start out this week's report in the Mary River where the warmer days will only continue to raise the water temps and stir the fish up even more. Throw the cast net around the mangroves and snags and you will pick up some livies, can't beat fresh bait. Hot spots for Barramundi and Threadfin this week have been around The Power and Crab Islands or closer up into town around Dundathu Bend or The Pocket. Whilst the river is fishing well for the big fish there's still plenty of table bread and butter species being targeted, with fisho's bagging out on Bream and Flathead most are a really good size and quality.

Moving into the Burrum system the reports are good. Barra and grunter are being landed and the first of the red dogs (jack) are hitting aggressively giving anglers that adrenaline rush we all love.

The inshore reefs have been a popular destination, smack it early and hit the reefs for a few hours before the winds pick up. Snapper, Painted sweetlip head home with a decent feed. Fig Tree Ledge, Gary's Anchorage, Sammies and Moon have all been fishing well for Blackall, Cod, Grassy Sweetlip and the occasional late season Squire or snapper.

The back beach of the island is still on fire. Quality tailor up to 55cm have been pulled from some of the big schools. Casting the trusty Halco twisty and any shinny slug will get you onto some good fish. A set of gangs and a pilchard is the go too if you're a bait fisho.

Another positive to spring is targeting the freshwater species, the Australian bass have been firing up. Blades, spinner baits and sinking some plastics have been the go too. With the water temps rising a few barra are starting to fire at Lenthals.

Lets have a look at the brag board.

First up this week is Josh with a beautiful mangrove jack. Bring em on.>>>>>>>>>>>



<<<<Matt landed this nice tasty looking threadfin.



**Trent & his boy had a great trip bringing
this cobia over the side.>>>>>>>>>>>>>>>**



<<<<Jacko also had an awesome trip landing some good fish including this sweetlip.



John's smile says it all.
Mudcrab for dinner.>>>>>>>>



KEEP UP TO DATE WITH WHAT'S HAPPENING IN POONA ON OUR FACEBOOK PAGE — [PoonaCommunityNoticeboard](#)

Errors & Omissions Excepted. Opinions do not necessarily reflect those of the Editor.



MELBOURNE CUP **IS JUST AROUND THE CORNER!!!**



START SORTING OUT YOUR OUTFITS FOR THE DAY & DON'T FORGET TO ORDER YOUR HAT OR FASCINATOR TOO!!!



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WHAT IS YOGA???

A look into one of our long standing Activities & it's Benefits for our Body, Mind & Spirit, by our very own Desley. Certainly worth a try & it is held twice a week at the Poona Hall.

WHAT IS YOGA?

Yoga is a way of living, a way of thinking, a way of behaving & more than that, a way of becoming. Yoga is widely considered an holistic practice with both philosophical & practical aspects & while it is not 'science' in the same way a Western empirical disciplines, it does have scientific underpinnings that are being increasingly supported by research.

Yoga is a mind-body practice that originated in ancient India combining physical postures (asanas) breathing exercises (pranayama) & meditation to promote overall well-being. It aims to create harmony between body, mind & spirit & can be practiced for physical fitness, stress reduction & spiritual growth.

If we concentrate on breathing while doing the physical practices the following benefits will result:

Steadiness & thoroughness in execution, because the actions are definite & purposeful.

Conscious feeling of lightness & freedom, because concentration dispels tension & definite breathing gives continuous oxygenation to the blood. Rhythm is brought into the practice & this is important for co-ordinated movement.

These benefits along with the many benefits of Meditation are very powerful tools to not only help us through challenging times life throws at us but to also find gratitude & joy in this beautiful world we all share.

Namaste

Desley (With thanks to Joan Voysey from Turiya Yoga Centre)

Check out Page 5 for the Yoga timetable.



KEEP UP TO DATE WITH WHAT'S HAPPENING IN POONA ON OUR FACEBOOK PAGE — PoonaCommunityNoticeboard

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POONA HALL ACTIVITIES!

MONDAY:

6.30AM(SUMMER)	<u>EXERCISE CLASS</u>	1.00PM	<u>UKULELE GROUP:</u>
7.00AM(WINTER)	(PAM:0407 013 675)		(JENNY C: 4129.8462)
8.30AM	<u>TAI CHI</u> 1.00PM	3.00PM	<u>SINGING GROUP</u>
	(AILEEN: 4129 8770)		(SUE: 0428 154 213)

TUESDAY:

7.30AM(SUMMER)	<u>LADIES ONLY TENNIS</u>	8.30AM	<u>YOGA</u>
8.30AM(WINTER)	(SUE: 0415 557 569)		(DESLEY:4187 1650)
			OR 0400 082 881)
10AM(1ST & 3RD)	<u>ART GROUP</u>	1.00PM	<u>LINE DANCE/BEGINERS</u>
	(PAM: 0407 375 267)		(GILLIAN: 0481 205 497)
3.00PM(SUMMER)	<u>GARDEN GROUP</u>	6.00PM	<u>CARDS & MAHJONG:</u>
2.00PM(WINTER)	(GREG & TERI-ANN 0427 116 519)		(DI: 0428 416 631)

WEDNESDAY:

6.30AM(SUMMER)	<u>EXERCISE CLASS</u>	1.00PM	<u>INDOOR BOWLS</u>
7.00AM(WINTER)	(PAM: 0407 013 675)		(PETER: 0477 015 324)
9.00AM	<u>LINE DANCING</u>	6.30PM	<u>18+ POOL NIGHT</u>
	(GILLIAN: 0481 205 497)		(MERV: 0407 844 888)

THURSDAY:

8.30 AM	<u>YOGA:</u>	1.00 PM	<u>MAHJONG:</u>
	(DESLEY: 4187 1650)		DI PRICE: (0428 416 631)
4.00 PM(SUMMER)	<u>MIXED TENNIS:</u>		SUSAN GREEN: (0418 795 867)
3.00 PM(WINTER)	(KEESHA: 0405 929 241)		

FRIDAY:

6.30 AM(SUMMER)	<u>EXERCISE CLASS</u>	9.00 AM	<u>CRAFT :</u>
7.00 AM(WINTER)	(PAM: 0407 013 675)		BYO project

THEN IT IS FRIDAY NIGHT FUN TIME!!!

5.00 PM	BAR IS OPEN AND...	6.00 PM	MEALS WILL BEGIN TO BE SERVED
			(HALL: 4129 8800)

SUNDAY:

1.00PM TO 4.30PM	<u>CARDS AFTERNOON</u>	DI PRICE: (0428 416 631)
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A COURTESY REQUEST TO ALL!

SHOULD YOU BE COMING TO THE HALL FOR FRIDAY NIGHT DINNER WITH A LARGER NUMBER OF GUESTS, IT WOULD BE GREAT IF YOU COULD ADVISE THE KITCHEN CONVENOR OR A COMMITTEE MEMBER PLEASE SO THAT CATERING CAN BE INCREASED TO ENSURE WE COVER THE QUANTITIES REQUIRED!!!

(BY THE WAY, WE ENJOY THE EXTRAS COMING TO THE HALL TO ENJOY GOOD COMPANY, A FEW DRINKS & A GREAT TIME!!!) SO KEEP THEM ROLLING IN!

View the colour online version of the Poona Post

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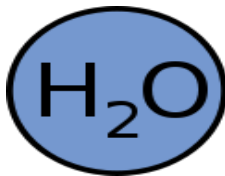
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PCPA
Committee

PH: 0400 068 653

ALSO:

A graphic for Mental Health Awareness Week 2025. The text "MENTAL HEALTH" is in large, bold, black capital letters. Below it, "AWARENESS WEEK" is in smaller, black capital letters. At the bottom, "2025" is in large, bold, black capital letters. The text is centered between two stylized green trees. The background is white with green cloud-like shapes at the top and bottom.

A woman with long brown hair is singing into a black microphone. She is wearing a blue and white patterned top. The background is a rustic wooden wall with a large silhouette of a guitar and a yellow diamond-shaped sign.

A cartoon illustration of a diverse group of approximately 15 people of various ages and ethnicities sitting in a row, facing forward. They are dressed in casual to semi-formal attire, suggesting a community meeting or a public gathering. The style is simple and colorful, with a focus on representing a cross-section of society.

A vibrant, cartoon-style illustration of a young boy with blonde hair, wearing large blue headphones and oversized orange-tinted sunglasses. He is smiling and making a peace sign with his left hand. He is wearing a green t-shirt with a cartoon character on it and red wristbands. He is positioned behind a professional DJ turntable with two decks and various knobs and buttons. The background is filled with dynamic, yellow and orange streaks, suggesting energy and music. The entire illustration is set against a white background with a black border on the left and right sides.



**ORDERING IS FROM 5.30PM
WITH SERVING FROM 6PM>>>>>>>>>>>>>>>**



WHAT IS YOUR PROPERTY WORTH???

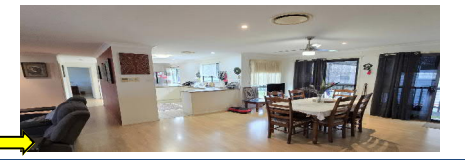
\$0 UPFRONT COSTS!! FREE APPRAISALS



FOR AUCTION - 103 Boronia Drive (ref:692) 1636m²
Prime location on the waterfront! First time in 39 years this property has been on the market. With THE best sandy beach spot right out the front of this property. 2bedr, 1bathr, 4 car, large sunroom, enclosed verandah



Offers Over \$695,000 - Snapper Drive (ref:690) 1000m². 4bedr, 2bathr, main w/suite. Open plan living. Ducted air-con and heating. Extra utility room can even make it a sleepout. 2 bay 6m x 6.5m shed plus 6m x 6m carport. 4.5m x 10m caravan port.



\$780,000 - 148 Boronia Dr (ref:689) 764m²
Waterviews! Across from the foreshore access to the sandy beach! 3 bedr w/ aircon + built ins, main bedr w/ ensuite. Large lounge room, spacious kitchen. 3 different entertainment areas. 2 bay shed + 2 bay carport w/ concrete driveway. Fully fenced.



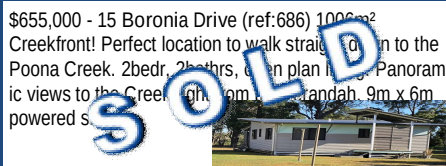
Contact Agent - 26 Westringia Dr (ref:683) 1002m²
Perfect travelling base. Steel frame home. 2 bedroom studio style living with 2 way bathroom. Outdoor entertainment area. Caravan port. Backing to the reserve.



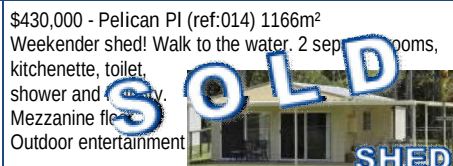
\$620,000 - Cottonwood Crt (ref:687) 1000m².
Low set brick home. 3 bedrooms, 2 way bathroom, open plan living with aircon. 2 bay powered shed. Solar System. Short walk down the road and through the foreshore to the beach! Backing onto the reserve!
Currently Tenanted



\$640,000 - Osprey Tce (ref:680) 1000m².
3 bedrooms, 2 with good sized built in robes, 1 bathroom, Open plan area w/aircon, 1 car garage plus another carport, Outdoor entertainment area, Solar System, 2 bay shed 6m x 9m, Bore water, Concrete underground water tank, Fully Fenced, Concrete Driveway



\$655,000 - 15 Boronia Drive (ref:686) 1000m²
Creekfront! Perfect location to walk straight down to the Poona Creek. 2bedr, 2bathrs, open plan living. Panoramic views to the Creek. 9m x 6m shed. 9m x 6m powered shed.



\$430,000 - Pelican Pl (ref:014) 1166m²
Weekender shed! Walk to the water. 2 sep bedrooms, kitchenette, toilet, shower and laundry. Mezzanine floor. Outdoor entertainment



\$465,000 - Corella Street (ref:015) 1000m²
Large 9m x 10m shed. Highest door measures 2.1m high. Remote door 1.6kw solar. Toilet and shower. High quality block. Insulated. 15m x 10m caravan connection

**FIND OUT WHAT YOUR
PROPERTY IS WORTH
TODAY!**

TRADING HOURS

MON - FRI= 9:30 - 3:30PM

SAT = 9:30 - 2:00PM

SUN = PRE-ARRANGED APPOINTMENTS

