

# Medal recognises community help

A FORMER Pine Rivers Shire councillor has been included on the Queen's Birthday honours list.

Peter Campbell, an institution in the Albany Creek and Pine Rivers communities, was thrilled to be granted a Medal of the Order of Australia (OAM).

He joined two other people from the *North-West News* circulation area, Keperra's Stanley Bennett (OAM for athletes) and Dr John Beumer of Arana Hills (Public Service Medal for his contribution to fisheries) as Queen's Birthday honour recipients.

Mr Campbell was named for his contribution to civic and cultural life in his district.

"I have been doing the same thing for 40 years," Mr Campbell said.

"My family was community involved.

"So I am just involved in a lot of things, just working at the back.

"When I grab something, I stick with it for a long time.

"I think it (the award) is for a whole blend of things."

From offering free photocopy and faxing services to community organisations,



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■ Contribution honoured . . . Peter Campbell has been awarded the Medal of the Order of Australia.

to providing a meeting room at his real estate office for fledgling community groups, Mr Campbell has been a helper.

"Being a real estate person, it was important (community) organisations had a

home, organisations like scout halls, pony clubs, so they could have a base and expand.

"It has been good to help build the area up a bit. I am very proud," Mr Campbell said.

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Stress may cause weight gain because stress makes the body create a hormone called cortisol. High levels of cortisol are linked to an increase in abdominal fat, which means if your stress levels are high, you are likely to develop fat around the 'belly'. This is why once pear-shaped types may become more apple-shaped. Apple-shaped body types are more at risk for life threatening conditions such as diabetes, stroke, cancer, and heart disease than their pear-shaped counterparts.

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