

Burdekin Community Association Inc.

Round a Bout

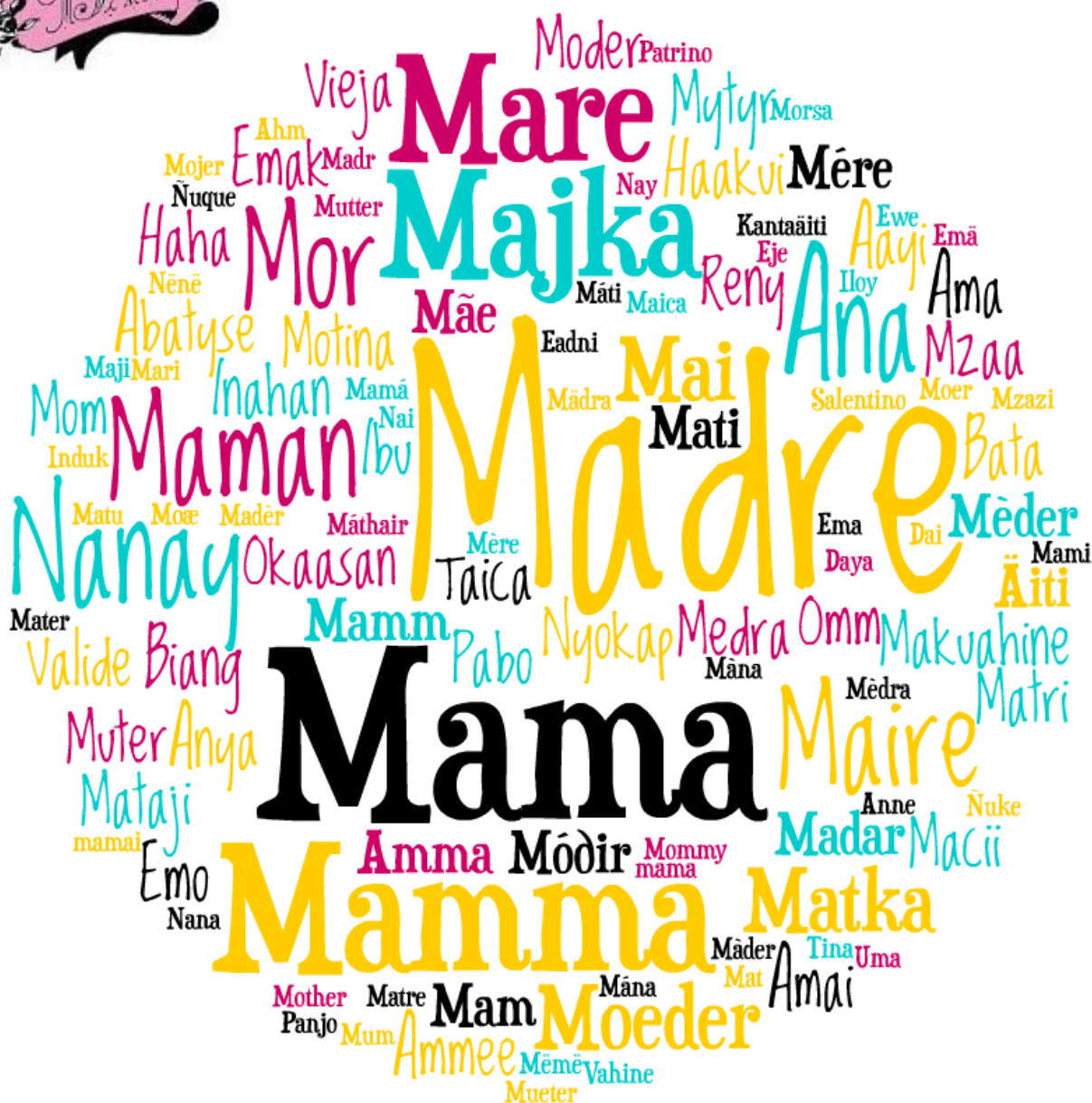


Financial
Support
Appreciated



Edition 129

April/May 2014



SENIORS'
SUPPORT
SERVICE

The 'Round a Bout'
Has been our Community Publication
since 2002

www.burdekincommunityassociation.org.au



Burdekin Community Association Inc.

Contents

- 1 Mothers Day
- 2 Rob's Reflections & Rebecca's Corner
- 3 BCA Information
- 4 Public Notices
- 5 Burdekin Theatre & Burdekin Delta Cinemas
- 6/7 Council News
- 8 Medical Care Guide & Drivers Licences
- 9 ECCLI
- 10 Hardy Ha Ha
- 11 Crossword & Recipe 'Eggplant Pizzas'
- 12 UK 'Wow Factor' (Part—5)
- 13 Make the Call campaign
- 14 Healthy Chat
- 15 Healthy Chat
- 16 Lest we forget (Photos WW1)
- 17 Historical Photos
- 18 Readers Contributions
- 19 Friendship Group, Scooter and VIP Support Groups
- 20 Burdekin Woodcraft Association Inc. News
- 21 Bendigo Bank 'Tinkering with the Age Pension'
- 22 Burdekin District History
- 23 Burdekin District History Photos
- 24 Rural Health Lifestyle Tips 'Osteoporosis'
- 25 Beyond the Big River
- 26 Burdekin Men's Shed Assn. Inc. News
- 27 A Minute with Menkens
- 28 Australia Post 'My Concession Account'
- 29 Nuttall's Garden Centre
- 30 Tide Times 'February & March'
- 31 Health Corner 'Influenza'
- 32 Profile 'Burdekin Community Association Inc.'

B.C.A. Seniors' Support Service Meeting	3rd Tuesday Monthly - 1.30 pm Burdekin Centre for Rural Health, Ayr Rob 4783 3744
B.C.A Seniors' Computer Group	1st and 3rd Thursday Monthly - 9.15 am Burdekin Neighbourhood Centre, Ayr Dianne 4782 1521 or Ian 4783 2439
B.C.A. V.I.P. Support Group	2nd Thursday Monthly - 9.30 am Burdekin Centre for Rural Health, Ayr Rob Lesca on 4783 3744
B.C.A Scooter Club	Meet fortnightly on Tuesdays - 9.30 am At Ayr Anzac Park Laurel 4783 3861 or Louraine 4783 7240
B.C.A Broadband for Seniors Internet Kiosk	Thursday & Friday 12pm - 4pm or a time that is suitable to client and tutor BCA Inc. Bookings essential @ \$5.00 per session for the over 50's 4783 3744

Round-a-Bout for Seniors
printed by the
Burdekin Community Association Inc.
130 Queen Street, Ayr
Ph: 4783 3744 Fax: 4783 3990

Robs Reflections

Hi all, another month gone and no calamities to mention as such, only time poor as usual. Rebecca's family has had a rough time as of late and can only hope as time goes on there may be more normality in their lives.

April has been full of important events, such as the Easter weekend of Christian events, sporting and family events. Our family gathered at our home on Sunday afternoon. The grandchildren showed us what the Easter Bunny left them and told us about all the bits of carrot and chocolates he left all over the floor. You would think after all these years he/she would have been house trained by now. We also had an Easter egg hunt, ball games, afternoon tea and of course more chocolates. We are thankful for grandchildren as they make the day a real joy.

Also on April the 25th we remembered and paid tribute to the Australians who travelled to the other side of the world to pay the ultimate sacrifice so their families could have peace and the opportunities of a democratic society. I viewed the Anzac parade along Queen Street and was proud of the support shown by all to the Anzac tradition.

The media at present is reporting all the possibilities of a rather unpleasant budget and is all the talk at this time. I can only hope that the Governments, Federal and State consider the impact to all sections of our society, especially the most vulnerable. Anyhow we will know in the near future.

Rob

Email-rob@burdekin.qld.gov.au



Rebecca's Corner

So Baby Sari is twelve weeks old.... Where on earth has twelve weeks gone. Dad's been gone eleven weeks and our Family still struggles daily with him gone.

We had our first trip to the Cape without him this month. This was the hardest task of all.

We've never been without him.

Everything that could have gone wrong did. I suppose these things take time. The girls miss him immensely especially Daimee. She was recently in hospital sick and Mum asked her "if you had one wish what would you wish for?" thinking she'd reply "to go home", Mum was stunned with the answer "I wish for Poppa to come home for good" Breaks our hearts.

Take care and bless you all.

Rebecca



Electronic Round-a-Bout— <http://www.burdekin.qld.gov.au/community-information/burdekin-community-association/>

**Have the Round a Bout Magazine mailed directly to you for twelve months.
Our subscription Fee is \$30.00. Application Form Page 3.**

Burdekin Community Association Inc.

Support Night

Red Carpet Movie Premiere of

MALEFICENT

Thursday 29 May 2014

8.00 pm wine and nibbles

8.30 pm movie

tickets \$20.00 (dress - cocktail)

Maleficent is the 'Sleeping Beauty' tale told from the perspective of the villainous Maleficent and looks at the events that hardened her heart and drove her to curse young Princess Aurora. Starring Angelina Jolie, Elle Fanning and Sharlto Copley (Rating PG)

Tickets available from:

Burdekin Community Association Inc,

The Support Centre, 130 Queen Street, Ayr Phone: 4783 3744



BURDEKIN COMMUNITY ASSOCIATION INC.

The Support Centre

130 Queen Street

PO Box 815

AYR QLD 4807



Round-a-Bout Subscription Mail List

/ / 20

I, _____

Of _____

Phone No. _____ E-mail _____

Wish to have the Round-a-Bout magazine mailed to me
at the undermentioned address.

Name: _____

Address: _____

Payment of \$30.00 enclosed for the Annual Subscription

Ten Year Award



At a recent Burdekin Community Association function, Volunteer Co-Ordinator Rita Quagliata was presented with a 'Certificate of Appreciation' by Debra Cochran (BCA Chief Executive Officer). Debra mentioned that Rita has always supported our Volunteer Program with enthusiasm, compassion and has always encouraged our seniors to maintain their connection with the community by volunteering for events and supporting the many BCA initiatives, such as aged care visiting, support groups and fundraising.

Funded by



Queensland
Government



The Round-a-Bout is
proudly sponsored
by the Burdekin Shire
Council



The Round-a-Bout is
proudly sponsored by the
Ayr Rotary Club

Public Notices

Ayr Amateur Anglers Fishing Club Ayr Anzac Club, Ayr Every second Thursday 7.00 pm Ph: Kevin Richards 4783 3756	Cuppa Club Uniting Church Hall, Ayr Every second Wednesday Ph: Eleanor Quaresmini 4783 3493	Old Time Dancing St Helen's Anglican Church Hall, Home Hill Every Saturday 8.00 pm to 11.30 pm Ph: Merle 4782 1604 / Tom 4783 1616
Crochet Group Burdekin Neighbourhood Centre Every Monday afternoon 1pm to 5 pm Ph: 4783 4243 Email: bncfront@bigpond.net.au	CWL Home Hill Card Mornings Catholic Parish Hall, Home Hill 2nd & 4th Thursday monthly 9.00 am to 12 noon Ph: Lydia Toohey 4782 1905	Plantation Park Markets Plantation Park, Ayr Vietnam Veterans Association Every third Sunday monthly 8.00 am Ph: Lynette 4783 1375 / Don 4783 6627
Ayr State High School Bingo Ayr Anglican Church Hall Every Saturday 2.00 pm Ph: Audrey Hazel 4783 1872	Endeavour Bingo Colts Hall Wickham Street, Ayr Every Thursday 9.30 am & 7.30 pm	Probus Club Anglican Church Hall, Ayr First Wednesday monthly Ph: Lillian 4782 1423
Ayr & District Orchid Society C.W.A. Hall, Young St, Ayr First Tuesday monthly 7.30 pm Ph: Colette Piva 4782 8438 or Melba Hyne 4782 5194	Friends and Neighbours Handicraft Uniting Church Hall, Home Hill Every Wednesday 9.00 am Ph: Leona Vassalini 4782 1835	Ayr Handicrafts Association CWA Hall, Ayr Every Tuesday 12.30 pm Ph: Lorraine Fuller 4782 5580
Burdekin Parkinson's Support Group Burdekin Neighbourhood Centre Chippendale Street, Ayr Fourth Friday monthly 10 am (Gold coin donation for light refreshments) Phone: Elvie Dickinson 47831 896	Home Hill Choral Society Inc. 81 Ninth Avenue, Home Hill Practice: Tuesdays and Thursdays 7.30 pm Phone: Erin Brennan 47821166	Home Hill Endeavour Foundation Bingo Catholic Parish Hall, Tenth Street, Home Hill Every Friday 7.30 pm—9.30 pm
Brandon Seniors Citizens Old Renown Theatre, Brandon Second Friday monthly 9.30 am Ph: Elda Dionysius 4782 5224	Burdekin Art Society Home Hill Memorial Meeting Room Second Wednesday monthly 9.30 am Ph: J. Pola 47836020/B. Kelly 47826889	Home Hill Trimmers Memorial Hall, Home Hill Every Tuesday 9.00 am Ph: Merle Betteridge 4782 0174
Burdekin Woodcraft Association Inc Little Drysdale Street, Ayr Second Thursday monthly 7.30 pm Ph: Ruth Diehm 4783 5732	Burdekin Laurel Club Ayr Anzac Club, Ayr Third Friday Monthly 9.30 am Ph: Marian Becke 4782 1952	Writer's Group Every second Tuesday Ph: Cherielle Murphy 4783 2601 or Jan Bridges 4783 1116 (day time)
Burdekin Branch Cancer Council Qld Meeting Room Memorial Hall Home Hill First Wednesday monthly Ph: Hazel 4782 1139	Burdekin PCYC—Hoy 164 MacMillan Street, Ayr Fortnightly 9.30 am Ph: 4783 1009	Local Ambulance Committee Bingo Anzac Club, Ayr Every Tuesday 9.30 am Ph: Marla 4783 2998
Breast Cancer / Women With Cancer Support Group 22 Moss St, Ayr Last Thursday Monthly 10.00 am - 12.00 noon Ph: Shirley Gilmore 4783 1950	Plantation Park Markets Plantation Park, Ayr Ayr State School P. & C. First Sunday monthly Ph: 4790 3333	QCWA Hoy & Cent Sale C.W.A. Hall, Young St, Ayr Every Second Sunday monthly 1.30 pm Ph: Josie 4782 5503 / Lorraine 4782 5580
Burdekin Patchwork and Quilters Catholic Parish Hall, Edwards Street, Ayr 9.30am on the 1st and 3rd Saturday monthly Contact Lynette Spelta 47831 1735	Mahjong Burdekin Neighborhood Centre Every Monday—1pm Merle — 4783 1954	Fuller Masonic Lodge Macmillan street, Ayr Meets fourth Wednesday monthly 7.30 pm except March & December Phone Mike L'Huillier - 4783 1177
Burdekin Family History Association Memorial Hall, Ninth Avenue, Home Hill 9.30am every third Saturday of the month Contact Kathleen Wood 47832401	NASHOS RSL Hall, Eleventh Avenue, Home Hill First Sunday Monthly 9.30 am Ph: Bev Woods 4782 2368 / Don 61400238758	Friendship Group Masonic Hall, MacMillan Street, Ayr Tuesdays 9.30 am – 11.30am Lillian 4782 1423 or Esme 4782 1776 Open to Men and Women of all ages

 <p>131 Queen Street, AYR, QLD 4807</p> <p>Phone: 4783 2122 Fax: 4783 5399</p> <p>Email: ayr@helloworld.com.au</p>	<p align="center">Explore Port Douglas</p> <ul style="list-style-type: none"> * 4 Day Explore Port Douglas from \$725* per adult ex Townsville! * One-way Premium Economy seat from Townsville to Cairns on-board the Spirit of Queensland * Return coach transfers to Port Douglas with Exemplar Coaches * 3 nights in a One Bedroom Coral Villa at Rendezvous Reef Port Douglas * Full Day Outer Reef with Quicksilver * Sailaway Sunset cruise with Low Isles Sailaway * 3 Breakfast, 1 Lunch <p align="right"><i>Conditions Apply.</i></p>
--	--

THE BURDEKIN DELTA CINEMAS

Ph: 4783 5459



X-Men : Days of the Future

130 mins:

Action / Adventure / Fantasy

The X Men send Wolverine to the past in a desperate effort to change history and prevent an event that results in doom for both humans and mutants.



Transcendence

119 mins: Drama / Mystery / Sci-Fi

As Dr. Will Caster works toward his goal of creating an omniscient, sentient machine, a radical anti-technology organization fights to prevent him from establishing a world where computers can transcend the abilities of the human brain.



The Grand Budapest Hotel

100 mins:

Comedy

The adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted



Godzilla

123 mins:

Action / Adventure / Sci-Fi

The world's most famous monster is pitted against malevolent creatures who bolstered by humanity's scientific arrogance, threaten our very existence.



Bad Neighbours

96 mins:

Comedy

A couple with a newborn baby face unexpected difficulties after they are forced to live next to a fraternity house.

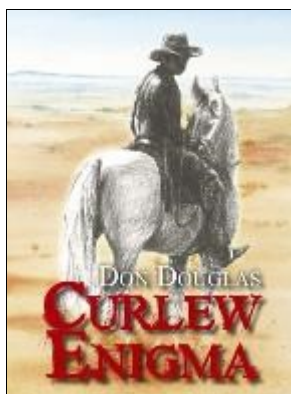


Pensioner / Senior Rate is now \$10.00

Burdekin Theatre

161 Queen Street, Ayr Ph.: 4783 9880

May/June 2014



"Curlew Enigma"

Sunday, 11th May, 2014
3:00pm Book Launch

A novel by Burdekin author Don Douglas will be launched in the theatre foyer at 3pm by Burdekin Mayor Bill Lewis. This is a free event and anyone may attend.



Burdekin Junior

Eisteddfod

Commencing Saturday

17th May, 2014 9:00am

Saturday, 17th Highland
Sunday, 18th Irish
Sunday, 18th Music
Monday, 19th Music
Tuesday, 20th Music
Wednesday, 21st Dance

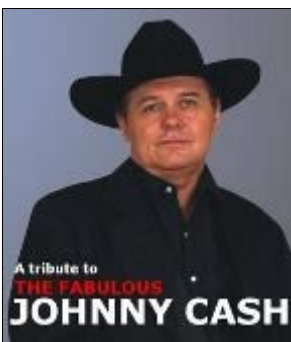
Thursday, 22nd Dance
Friday, 23rd Dance
Saturday, 24th Dance
Sunday, 25th Dance
Monday, 26th Art/Lit/Photo
Tuesday, 27th Speech



Zonta Club Burdekin Inc.

Bush Poets Breakfast

Sunday 1st June, 2014. 8.00 am



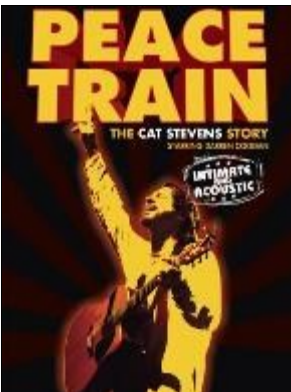
'Johnny Cash

Tribute Show'

by Dail Platz

Friday, 13th June, 2014

8.00 pm



'Peace Train'

The Cat Stevens Story

Starring

Darren Coggan

Sunday, 15th June, 2014

7.30pm

www.mccathiesrealestate.com.au



Burdekin Shire Council News

with Bill Lewis



As I write this article, Council's new Chief Executive Officer, Mr. Matthew Magin, has completed his first month in office and Council is pleased with his progress. Matthew has had a busy time since he commenced duties on the 2nd April, not only becoming familiar with Council operations but also getting to know all council personnel. He has reinvigorated the Council Chambers with his presence and Council looks forward to a bright future under his leadership.

Matthew and his wife Lyn have relocated to the Burdekin and are gradually settling in to their new home and environment. I imagine some of you will have already met Matthew as he is gradually introducing himself to the local community through stakeholder meetings and is keen to get involved in community activities. He has a wonderful community minded spirit and I'm sure he will quickly become one of 'the locals'.

Easter and Anzac Day 2014: The last couple of months have been quite eventful, with lots of things happening around Council and Easter and Anzac Day falling only a few days apart. I hope you had a very happy Easter and enjoyed some quality time with your family and friends. Apart from the couple of days of rain and wind associated with Cyclone Ita, the weather has been perfect recently, so I imagine many families took the opportunity to spend some time in the great outdoors over the Easter and Anzac weekends.

I was very impressed again this year with the number of people who made the effort to attend an Anzac Day service in the community. On behalf of the Burdekin Shire Council, I thank everyone who participated for their community spirit and particularly acknowledge the schoolchildren who came out en masse to pay tribute to our past and present service men and women.

Next year is the 100th anniversary of the historic landing at Gallipoli. It will be a very important year in Australia's history with special ceremonies and tributes and I am aware that government agencies and various organisations are already planning events and projects to acknowledge this significant milestone.

Visitor Information Centre Conference: Burdekin Shire Council assisted Burdekin Tourism Association to host the North Queensland Visitor Information Centre Volunteers Conference in the Burdekin on the 18th and 19th March, 2014. This is the second time Burdekin has hosted this conference and this year's event attracted almost 100 delegates. The annual event is a wonderful opportunity for communities to showcase their district and members of the Burdekin Tourism Association capably shared some of our district's experiences with the visitors.

I congratulate the organisers of the event on a job well done!

Memorial Service for ex-Shire Clerk: During March, I met with Reverend Father Keith Foote, John Foote and Alan Foote, grandsons of the late Edgar John Foote, who was Ayr Shire Clerk from 1916 to 1919. Keith and his brothers travelled to the Burdekin to hold a Memorial Service and Blessing of the Grave and Headstone for their grandfather

on Friday 21st March, 2014 at the Ayr Cemetery. Unfortunately, up until now Edgar John Foote lay to rest in an unmarked grave site.

Some of you may have read an article in a recent edition of the Advocate about Edgar John Foote. He had what his grandsons referred to as 'a colourful career' having died a tragic death at the young age of 46 as a result of a train accident in 1919. Edgar was a controversial figure in the community. He was accused of setting fire to a council office and resigned as Shire Clerk in 1919 not long before he was tragically killed.

It was a pleasure to meeting Edgar's grandsons and help them research some of the history of their grandfather. This is a photo of the group taken during their visit to the chambers, when they were looking through historical Council Meeting Minutes.



Joint Select Committee on Northern Australia: Some readers would be aware of the Federal Government's decision to form a Joint Select Committee on Northern Australia to consider policies for developing the parts of Australia which lie north of the Tropic of Capricorn, spanning Western Australia, Northern Territory and Queensland. The Committee has been tasked with the important role of helping to define the future of Australia's North—a region vital to the economic future of the nation. On behalf of the community, Burdekin Shire Council made a submission to the Committee to encourage the Australian Parliament to invest in the development of North Queensland. The Committee held 'hearings' in a number of centres in North Queensland to take further evidence from stakeholders to enable it to properly consider all submissions. I appeared as a witness during a hearing in Ayr on 1st April, 2014. Council is hopeful that something positive for the future development of North Queensland will come out of the enquiry and eagerly awaits the findings of the Committee.

Open Day Palm Island - 16th April, 2014: You will recall in my last article for Seniors' Roundabout, I spoke about plans for the "Burdekin Open Day" run in conjunction with Townsville Enterprise Limited. This proved to be an outstanding success and attracted a large number of visitors to our community.

On 16th April, 2014, Palm Island Aboriginal Shire Council hosted a similar day on Palm Island. Cr. Uli Liessmann and his wife Loretta, Cr. Ted Bawden and his wife Marla, accompanied my wife Trish and me on an excursion to the island for the open day. It was my first visit to Palm Island and I found it both interesting and informative. I see great potential for the advancement of Palm Island and wish the community all the best in their endeavours to develop the island as a tourist destination. Palm Island's Mayor, Cr. Alf Lacey, was very pleased I and the other councillors had made the effort to accept his invitation to the Open Day.

Home Hill State High School Golden Anniversary: By the time this edition of Seniors' Roundabout goes to print, the Home Hill State High School will have celebrated its golden anniversary. 50 years ago the Home Hill community celebrated the opening of the community's first State High School. It was a major milestone for the community at that time and this year marks another milestone in Home Hill's history.

To celebrate the occasion, the school formed an anniversary celebrations' organising committee to decide how the school and the community would celebrate this significant historical event. I am aware that the committee has been working hard now for many months to bring together a programme extending from Friday evening 9th May through to Sunday 11th May, 2014. The programme includes a Fete on the Friday evening, an open day on Saturday from 10.00 a.m., a dinner on Saturday evening and a farewell morning tea on Sunday.

The school invited me to be a part of the celebrations on Saturday morning. Whilst I was not a student of the Home Hill High School, each of my children were and I am looking forward to representing Council and attending the celebrations.

Launch of 'Curlew Enigma': Ayr resident, Mr. Don Douglas, is an author who has written a number of books including a series of seven books about Australians and the early settlers. Don has recently been successful in having the first of his series of seven books, titled "Curlew Enigma", published by Boolarong Press and is launching it this month.

I have had the pleasure of reading Don's book in advance of its release, as he has invited me to launch it on 11th May, 2014 at the Burdekin Theatre at 3.00 p.m. The launch is an open event and you are welcome to attend. Don's book is very interesting and I look forward to seeing the remainder of the series published in the future.

Following the launch, Don will be available at the Burdekin Theatre to personally sign a copy of his book. After that date, you can purchase a copy of his book at the local newsagencies. I'm sure readers will be impressed with Don's work and be captivated by his interpretation of "Curlew's" story, believed to be the first female bushranger in Australia.

Australia Post: I recently became aware that certain concession card holders may be eligible to purchase postage stamps at a reduced rate. If you have a concession card, you might like to go the Australia Post website via the following link to see if you are eligible.
<http://auspost.com.au/parcels-mail/mypost-concession-account.html>

The link takes you to the Australia Post's webpage that includes details of the 'MyPost Concession Account' and what you have to do to apply for the concession.

There is a form available on the webpage that you will need to complete and lodge to be approved for the postage concessions. Given that postage rates have just recently increased again, it may well be worth your while investigating your eligibility.

Conclusion: A friendly reminder to all residents, that Council meets on the second and fourth Tuesday of every month and you are welcome to attend any of the meetings as an observer. Meetings usually commence at 9.00 a.m. in the John Drysdale Chamber.

Until the next edition, I hope you enjoy our perfect weather conditions and stay happy and healthy.

Bill Lewis (Mayor)

B.S.C. Enquiries: 4783 9800

Email: burdekinsc@burdekin.qld.gov.au

Website: www.burdekin.qld.gov.au

Burdekin Veterinary Services Pty. Ltd. **Common bacterial diseases in Dogs**

Salmonella: Several bacteria of the salmonella species are capable of producing acute infectious diarrhoea in dogs. Salmonella remains alive for many months or years in soil and manure. In dogs, the disease is acquired by consuming raw or commercially contaminated foods by eating animal manure, or by making oral contact with surfaces that have been contaminated by the diarrhoea of an infected dog. The bacterial infection is a risk in dogs fed raw diet, unless excellent food handling hygiene is practiced at all times.

Puppies and young adults are most susceptible, as a dog whose natural resistance has been compromised by a viral infection, malnutrition, parasites, or being housed in crowded, unsanitary quarters.

Signs of illness include fever, vomiting and diarrhoea. The stool may be bloody and foul smelling. Dehydration develops when vomiting and diarrhoea are prolonged. Bacteria in the bloodstream can cause abscesses in the liver, kidneys, uterus and lungs. The acute illness, which lasts four to ten days, may be followed by a chronic diarrhoea that persists for more than a month. Dogs with chronic diarrhoea shed salmonella in their faeces and are a potential source of infection to other animals and humans.

Bordetella: Bordetella bronchiseptica bacteria are frequently found in dogs with the kennel cough complex and other respiratory diseases. Signs of upper respiratory illness caused by bordetella include dry hacking cough accompanied by a clear nasal or eye discharge. The bacteria can be cultured from nasal swabs or transtracheal washings.

Bordetella vaccinations are not routine, but may be advisable for show dogs, boarded dogs, dogs who go to grooming salons or obedience classes and dogs who live in kennels.

As a service to our districts Seniors we are offering a **FREE** pick up and return service for your pet. Also house calls can be arranged.

102 Edwards Street, Ayr
Phone: 4783 2911
Mobile: 0418 184 676



Medical Care Guide



Ayr Medical Group: 4783 9100

2a Chippendale Street, Ayr

Dr. D. Oats
Dr. R. Martinez
Dr. S. Agilan
Dr. A. Mashaei
Dr. W. Taylor
Dr. S. Nahar
Dr. H. Newman
Dr. P. Parvazinia

Outback Family Medicine: 47837999

140 Mackenzie Street, Ayr

Dr. Margaret Culpan Dr. W. Aung

Home Hill Women's Clinic: 4782 2200

Home Hill Hospital, 42 Eighth Street

Dr. Narelle Martin

Home Hill Surgery: 4782 1479

143 Eighth Avenue, Home Hill

Dr. Martyn Griffiths

Dr. Kaye Griffiths

The Family Practice At Ayr—4783 3888

10 Cameron Street, Ayr

Dr. H. Kaur

Dr. N. Unar

WEEKEND PHARMACY ROSTER

10th & 11th May
07th & 08th June

Julie's Pharmacy
144 Edwards Street, AYR
Ph: 4783 1719
A/H: 0417 613 625

17th & 18th May
14th & 15th June

Ayr Amcal Pharmacy
82 Queen Street, AYR
Ph: 4783 1203 A/H: 4783 1203

24th & 25th May
21st & 22nd June

Robert Tomarchio's
Health Care Pharmacy
156 Queen Street, AYR
Ph: 4783 5277

31st May & 1st June
28th & 29th June

George Fotinos Chemmart
109 Queen Street, AYR
Ph: 4783 1235

Saturday mornings
8.30am - 12.00pm

Ayr Friendly Care Pharmacy
2a Chippendale Street, AYR
Ph: 4783 1356

Saturday mornings
8.00am - 12.00pm

Home Hill Pharmacy
67 Eighth Ave, HOME HILL
Ph: 4782 1084

Saturday mornings
8.00am - 12.00pm

Mark Watson, Corner Pharmacy
101 Eighth Ave, HOME HILL
Ph: 4782 1228



000 Emergency Services

Wish to invite you to attend the Annual Fundraising Event

"GALA BALL"

4th October 2014

At Burdekin Memorial Hall, Home Hill
Commencing 7.00pm

Dress: Formal

Entertainment & Dinner Provided, Raffles
Proceeds to Ronald McDonald House
Cost \$65 each

Tickets are on sale now Ayr Police Station
P.O. Box 291, Ayr. Q. 4807.
Phone: 47903555



Renewing your Queensland Drivers Licence

Ayr Police Station:
(Phone 4790 3503)

Monday & Friday: 9am-11.30am
& 12.30 pm to 3.00 pm.

Tuesday, Wednesday &
Thursday-12.30pm to 3pm.

(Subject to change)

Home Hill Police Station:
(Phone 47821 300)

Monday, Tuesday & Thursday
9am-12 o'clock.

If you are or over 75 years of age
you require a current medical
certificate. Also if you have a
medical condition that may effect
your driving e.g. diabetes, epilepsy
you will require a current medical
certificate.

Giru Police Station:
(Phone 47829 180)

Monday, Tuesday,
Wednesday & Friday
9am-2pm.

Fees: (New Smart Card)

- 1 Year \$66.45
- 2 Years \$92.65
- 3 Years \$114.65
- 4 Years \$132.65
- 5 Years \$148.80

Duplicate Licence: \$63.70

Adult Proof of Age

Card: \$58.05

Marine Licence: \$92.95

Ayr Police continue to offer free home security audits. These home security audits involve a VIP and/or a Police officer attending your residence at an agreed time and conduct a security audit of your house and give you tips on how to improve your security. The offer for free home security audits continues to be on-going. Please contact Ayr Police Station between 8am and 4pm week days (except public holidays) to register.

Remember to secure
your property.
"lock it or lose it".



bp
BURDEKIN PRINTERS
Your local
SHARP DEALER
TONERS
PRINTING
STATIONERY
113 EDWARDS STREET
PH: 4783 4044

BURDEKIN MOTORS PTY LTD
NISSAN **HYUNDAI** **KIA**
MITSUBISHI **RACQ**
SALES & SERVICE
183 QUEEN STREET AYR 4807
Ph: 4783 7077



ETHNIC COMMUNITY CARE LINKS inc

Centrepont Arcade, Ayr Qld. 4807
Phone: 4783 4781

At Ethnic Community Care Links Inc. (ECCLI), we will work with you and/or your carer to help you retain or improve your independence and discuss what support you need to achieve this.

Our friendly Case Managers and Support Workers, who speak various languages other than English, are here to assist with communication to eligible clients, who may require support when shopping, visiting the doctor's or even on a social visit. Services are based on individual needs therefore consulting with a Case Manager will help you identify your care requirements.

We have outings and social events which happen regularly in our three centres at Townsville, Ingham and Ayr. We will help you to be part of the community by actively assisting with the cultural, physical or verbal barriers you may be experiencing.

We also assist you by: (a) Identifying your life goals and helping you achieve & maintain them, (b) Enhancing or rebuilding your capacity to undertake and manage your day to day activities, (c) Ensuring you are happy and safe at home for as long as possible and (d) Being there for you in a timely, friendly and courteous manner.

Bingo High Tea

On Friday 7th March, we began our Social Calendar with a Bingo High Tea which was held at the Catholic Church Hall in Edward Street. Social Club members and ECCLI clients played Bingo and partook of the High Tea – a selection of cakes, savouries and sandwiches. The atmosphere was warm, friendly and all who attended had an enjoyable time.

Carers Day

Galaxy Gardens hosted Carers Day on the 14th March and was well attended. Carers listened to two guest speakers – Margaret Milan from Blue Care speaking about Continence and Amanda Norton who spoke about Chronic Disease/Diabetes. Both speakers provided valuable information for carers and clients both. After an inviting morning tea provided by Suzzi Jerkic (proprietor), carers and clients were treated to a movie "Robot & Frank" which they all thoroughly enjoyed.



Craft Workshops

The apple baskets were a huge success with clients enjoying the process of learning how to create them using recycled 1.25L plastic bottles. Clients still created amazing articles with knitting and crochet and enjoyed being part of this social group. This month clients learnt how to make lovely little pendants out of eggshells and next month under the skilled instruction of our Craft Coordinator Margaret Redweik, clients will be learning how to make baskets using newspaper and old catalogues.

If you are interested in joining our fun group, please do not hesitate to sign up at our ECCLI office in Centrepont Arcade. We look forward to seeing you.



Queen Street Interiors

BIO-MAGNETIC UNDERLAY'S



**Electric Lift
Reclining Chairs
and Beds
On Display Now**



FURNITURE COURT

CARPET COURT

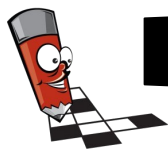
BEDS' R' US

87 Queen Street, AYR, Q 4807 Ph:4783 1644



Sue Tuck-Audiologist
Lew Tuck-Audiometrist
Personalised Service
FREE HEARING AIDS
For eligible pensioners

Testing for Adults and Children
VISITING AYR 3 DAYS MONTHLY
Burdekin Centre for Rural Health
12A Chippendale Street, Ayr
Phone: 1800 008 308



HARDY HA HA !!

A TRUE LOVE STORY



This 89 year old woman was arrested for shop lifting.

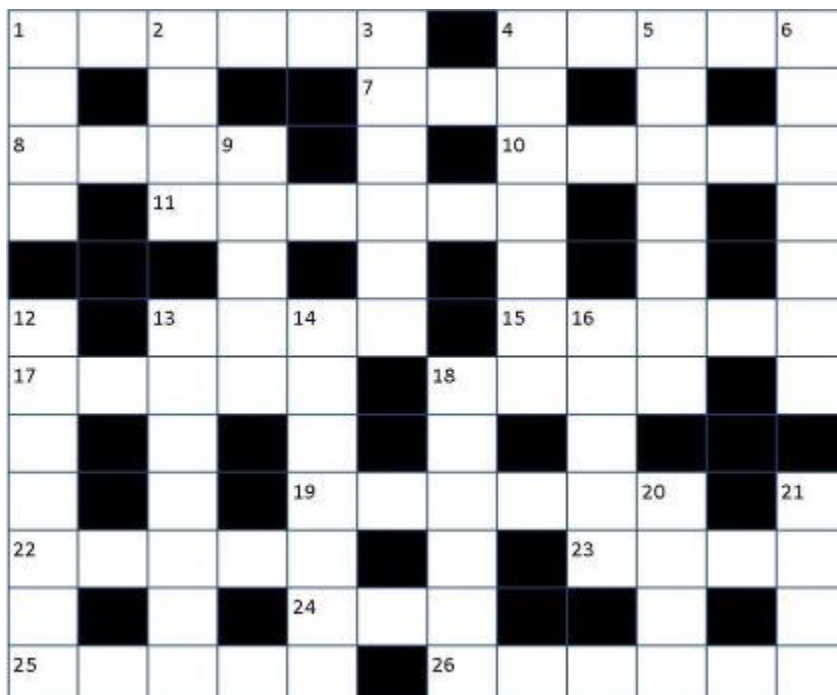
When she went before the judge in Cincinnati he asked her, "What did you steal?" She replied, "A can of peaches."

The judge asked her why she had stolen the can of peaches and she replied that she was hungry. Then the judge asked her how many peaches were in the can. She replied 6.

The judge said, "Then I will give you 6 days in jail."

Before the judge could actually pronounce the punishment, the woman's husband spoke up and asked, the judge if he could say something on his wife's behalf. The judge said, "What is it?"

The husband said,
"She also stole a can of peas."



Will You Live to see 85?

Here's something to think about.....

I recently picked a new G.P. doctor.

After two visits and exhaustive Lab tests, he said I was doing 'fairly well' for my age. (I've just reached 65).

A little concerned about that comment,

I couldn't resist asking him, 'Do you think I'll live to be 85?'

He asked, 'Do you smoke tobacco, or drink beer,
wine or hard liquor?'

'Oh not much grog these days and don't smoke' I replied.

'I'm not doing drugs, either!'

Then he asked, 'Do you eat rib-eye steaks, fatty roasts
and barbecued Ribs?'

'I said, 'Not much.. my former doctor said that all red meat is very
unhealthy!'

'Do you spend a lot of time in the sun, like playing golf,
boating, sailing, surfing, hiking, or bicycling?'

'No, I don't,' I said.

He asked, 'Do you gamble or drive fast cars'

'No,' I said...

He looked at me and said,...

'Then, why do you want to live to 85?'

Holy Humour

"Somebody has said there are only two kinds of people in the world.
There are those who wake up in the morning and say,
"Good morning, Lord," and there are those who wake up in the
morning and say, "Good Lord, it's morning."

A Sunday School teacher began her lesson with a question,
"Boys and girls, what do we know about God?"
A hand shot up in the air. "He is an artist!" said the kindergarten boy.
"Really? How do you know?" the teacher asked.
"You know - Our Father, who does art in Heaven... "

People want the front of the bus, the back of the church, and the
centre of attention.

I would be
unstoppable.
If only I
could just
get started.



Love is blind but marriage is an eye-opener.

When a newly married couple smiles, everyone knows why.

When a ten-year married couple smiles,
everyone wonders why.

Crossword

Across:

- 1 Salad plant (6)
4 Office items (5)
7 Observed (3)
8 Submerged (4)
10 Monastery head (5)
11 Make beloved (6)
13 Egg (4)
15 Banish (5)
17 Poplar (5)
18 Thought (4)
19 Surpass (6)
22 Measuring device (5)
23 Blue ink (4)
24 Contend (3)
25 Elbow (5)
26 Riding accessory (6)

Down:

- 1 Orient (4)
2 European (4)
3 Value (5)
4 Overshadowed (7)
5 Part of Russia (7)
6 Bag (7)
9 Varlet (5)
12 Early humans (7)
13 Drugged (7)
14 Frighten (7)
16 Algerian pirate ship (5)
18 Moves by degrees (6)
20 Stained (4)
21 Joint (4)

Solution Page 29

Coming Events

- May 02-04~Rotary District Conference**
May 02~Inter Schools Drama Festival
May 03~Home Hill Golf Club Ladies Open C/ships
May 04~Burdekin Sugar Rush Running Event
May 04~Giru Daycare Centre Markets/Car boot sale
May 04,09,11,16,18,23,25 & 30~Social Bocce Games
May 07,21,28 ~Eathornes S/power Open Touch C/Ship
May 08~Rostrum Voice of the Youth—BCH School
May 09~Home Hill SHS Golden Anniversary Fete
May 09~Cowboys-v-Broncos (NRL Home Game)
May 10~Home Hill SHS Golden Anniversary Gala Ball
May 17~Cowboys-v-Roosters (NRL Home Game)
May 17-27~Burdekin Junior Eisteddfod
May 24~Back to Osborne Day.
May 31~Cowboys-v-Storm (NRL Home Game)
June 01,06,08,13,15,20,22,27,29~Social Bocce Games
June 04,11,18,25~Eathornes S/Power Open Touch C/ship
June 13~Gala Sports Dinner
June 25~Burdekin Annual Show
June 28~Cowboys-v-Rabbitohs (NRL Home Game)

Recipe



Indian—Style lamb & eggplant pizzas

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 eggplant (about 400g), cut into 1cm pieces
- 8 fresh curry leaves (see note) (optional)
- 300g lamb mince
- 1/3 cup (110g) tomato kasundi (see note)
- 4 naan breads
- 2 tomatoes, seeds removed, chopped
- 1/2 cup (140g) thick Greek-style yoghurt
- 1/2 cucumber, coarsely grated
- Juice of 1/2 lemon
- 2 tablespoons chopped coriander

Method:

1. Preheat oven to 200°C.
2. Heat oil in frypan over medium heat. Add onion, garlic and cook, stirring, for 3-4 minutes until softened. Add eggplant, curry leaves (if using) and cook, stirring, for 6-7 minutes until lightly golden. Add the lamb mince and cook, breaking up any lumps with a wooden spoon for 5-6 mins until browned. Stir in the kasundi and season.
3. Place naan on a baking tray and top with the lamb mixture. Top with tomato and bake for 6-8 minutes until warmed through and edges are starting to crisp.
4. Mix yoghurt, cucumber, juice and 1 tablespoon coriander together in a small bowl and season. Dollop the yoghurt mixture on the pizzas and scatter with remaining 1 tablespoon coriander. Cut into slices and serve.



Neville and Lori Boyle have been dealing with families in the Funeral Industry for the past nine years and have now brought their combined experiences of offering a complete service to the Burdekin. This includes a mourning car when needed.

Apart from Funeral Services, we are pleased to help organise your monumental work and Cemetery Plaques. For all **Monumental** work, we use **Noel Zahner** who has 30 years experience working in Ayr & Home Hill Cemeteries.

Also available are our new locally made 'all weather ceramic crosses' in a variety of styles/colours and also new 'all weather lifelong' grave decorations such as butterflies, roses and windmills, made specifically for local use.

Other designs/styles can be custom made in many different colours or personalised for your loved one.

Burdekin Funerals "ONLY" use Australian made Coffins & Accessories.

Neville and Lori are available at 86 Railway Street, Ayr

Or can be contacted 24 Hrs on Phone No. 4783-1608. Email: burdekinfunerals@yahoo.com.au



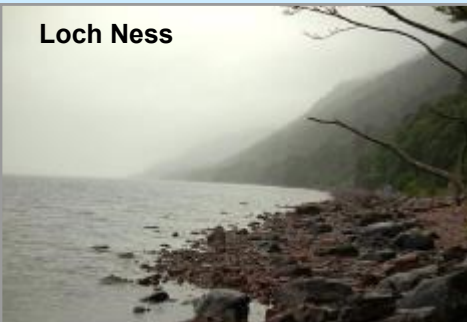
WOW Factor! Part - 5

Back again, with the trip progressing wonderfully.

The B&B's are still feeding us well. We don't buy any food throughout the day unless it is from a bakery or a packet of chips or biscuits or chocolate to get us through to tea. I think we are both losing weight despite the huge start to the day. We are doing a lot of walking though.

We made it to Loch Ness. We didn't see **Nessy** though. It was like I thought it would be because the Scotch mist was rolling in and it was very bleak. Walked down at one point and felt the water in the Loch which was pretty cold, don't think I would go for a swim over here. The road runs right along the loch but the trouble is you can hardly see anything because of all the trees or walls or hedges.

Loch Ness



Urquhart Castle, Loch Ness

We continued on to Fort George, we went for a walk around the outside but didn't go in. It is still a working army barrack so if we went in there, there would have been plenty of security. That didn't worry us but we are cheap skates and decided to save the money for a castle that would be more interesting. Talking about castles, there are hundreds for them over here. We will have a look at a few more yet, haven't done many. See them all the time along the road but there are a lot of ruins as well.

Us rum drinkers went for a tour of the Glenlivet Whiskey distillery. It was very interesting to see how few people it takes to make 100000's of litres of

whiskey. They don't bottle it there but there are lots of barrels stored there as well as other parts of Scotland. This company has whiskey that is up to 25 years old stored. They have different ageing's that they bottle. We got to taste it at the end of the tour and I can tell you, I won't be drinking whiskey when I get home.

The lady that did the tour said that spirits have a 75% tax in the UK. The only time to buy I think would be at duty free outlet on the way home.

Again the accommodation was looking a bit thin so the first B&B we found we took. It was a nice place and the owner told us where to go for tea. It was a little village with bugger all houses but the food at the pub was lovely.

The temps have been not too bad. If the sun is out I don't even need a coat and that is with short sleeves. If the wind is blowing however it gets a tad chilly. I don't even wear a coat when we go out at night. Surprising hey? For those who don't know me, you may have guessed that I am a bit of a cold frog and am usually rugged up.

Today we went into Aberdeen. On the way in we saw a sign for what they call a Park and Ride which means that you park your car in the huge car park and catch the bus into the centre of town. It cost a whole £3 for the full day. This way I don't get frustrated with the navigating and Ray doesn't stress about the traffic. Aberdeen was not what I expected, there were plenty of shops but the streets weren't that packed with people. The buildings aren't as old here, so it was a different look. We did a big walk around before going back to the car. We stopped in a few smaller places on the way to Dundee.

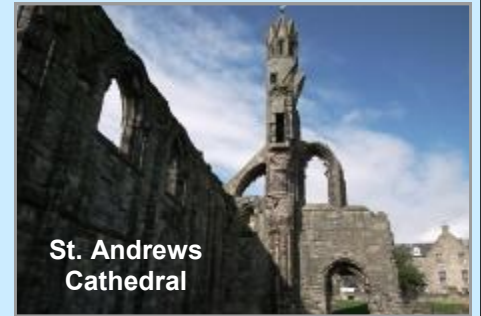
Aberdeen



We followed the river around Dundee, we didn't go in, instead we went to the bridge then out. We found a B&B just up the road from St Andrews so we

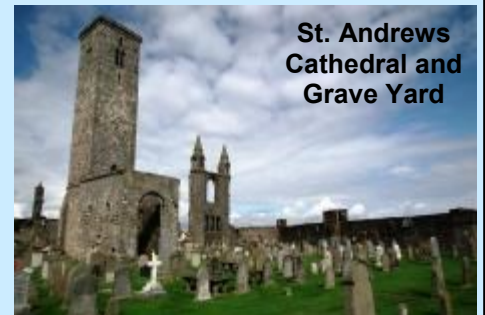
drove into St Andrews for tea and went to a lovely Thai restaurant. We were saying last night that the meals have been lovely. I suppose we are not that fussy but we really can't say we have had anything we didn't enjoy.

The plates are usually pretty clean after each meal and the restaurants would find it really easy to wash the plates after we finish.



St. Andrews Cathedral

The next morning we went into St. Andrews and had a look at the Cathedral. It would have been massive in its day. It is now a ruin but you can see the outline and some of the main structures still standing.



St. Andrews Cathedral and Grave Yard

There are graves on the grounds as well. It was interesting to read how old the people who had passed away and what they did. There were not that many old people by today's standards and there were a lot of children, which was sad.

It was nice to have a look and see how old this place is and reading about it on the notices around the Cathedral. We left here and went to have a look at the castle ruins as well but when I went to take a photo I noticed that I had lost my reading glasses and am so blind without them.

I retraced my steps but no luck in finding them so off we went for a walk around St Andrews to see if I could find some ready readers. I was lucky to find some otherwise I couldn't read the map and we would have had to stay in St Andrews or just drive aimlessly around the UK.





Media release: 24/04/2014
Minister for
Communities, Child
Safety and Disability
Services

The Honourable Tracy Davis
May is domestic and family violence
prevention month

'Don't let concern become regret – make the call to DVConnect': That's the message from Communities Minister Tracy Davis in the lead up to Domestic and Family Violence Prevention Month 2014.

Ms Davis said the month which was held each May, raised awareness of domestic and family violence and aligned with the Queensland Government's election promise to revitalise frontline services.

"The aim is for every Queenslanders to stay safe from domestic and family violence, which can include non-physical abuse as well as physical violence," Ms Davis said.

"We want people to recognise the warning signs of domestic and family violence if it is happening to someone they know and to call the DVConnect statewide hotline for advice if they suspect abuse is occurring."

Ms Davis said non-physical forms of domestic violence could include intimidation and threats, monitoring someone's movements or stalking and it was important people sought professional support before violence escalated — possibly to serious assault or homicide.

"To help get this message across, this year we're saying 'Don't let concern become regret – make the call to DVConnect'," she said.

"As a community, we need to realise that non-physical abuse is serious and can escalate to physical abuse and that domestic and family violence will not be tolerated.

"This is the second year of the Newman Government's **Make the Call campaign**, which unlike previous social marketing campaigns, has generated real and positive community-wide action," she said.

Ms Davis said many organisations, including community groups, sporting clubs, media outlets, businesses and local councils, would hold awareness raising events and activities throughout May.

"For example, in Cunnamulla, the Paroo Shire Council and the Police and Citizens Youth Club recognise that educating young people is critical to breaking the violence cycle so have partnered to run awareness raising workshops with young men and women," she said.

"Other events include art workshops with young people to promote healthy, respectful relationships and to educate them about non-physical forms of abuse; and a film and discussion night to challenge attitudes towards domestic and family violence and to empower the community to be proactive about preventing it."

For information on how to identify domestic and family violence and for a full list of community events, visit

www.qld.gov.au/makethecall

<http://www.qld.gov.au/makethecall>

To get help for yourself or someone you know, make the call to DVConnect Womensline on 1800 811 811 or Mensline on 1800 600 636.





Julie's Pharmacy

144 Edward St, AYR, QLD 4807

Ph: 4783 1719 Fax: 4783 3997



for Homy Peds & Gifts



Agents for

Diabetes Australia

www.diabetesqld.org.au



Come in and see Julie & the Girls

For help with all your Pharmaceutical Needs.

We also went for a little walk on the St Andrews Golf Course which is the oldest golf course in the world. We didn't have a game. Apparently they don't let you play if you can't prove that you can play.

It is interesting navigating around here. You find the road you want and the

town it goes toward then suddenly that town name no longer exists and is replaced with another town but that may be 3 pages away on the map so I get a bit confused and we take roads that were not quite right, but hey, we are on holidays so it is all about exploring hey?

I have got tickets to the Edinburgh Tattoo for Wednesday night. They are nose bleed seats but better than nothing. Have to go seeing as we are in the area. I will let you know what it was like in the next instalment.

Take care. *Carol B.*

April 2014



Healthy Chat

Burdekin Community Association Inc.

"The Homestead"

12A Chippendale Street
PO Box 815, AYR QLD 4807

Phone: (07) 4783 2711

Fax: (07) 4783 7611

Email: bca@burdekin.qld.gov.au

Would you like to learn how to
make healthy choices?

The Lighten Up Program
can help you



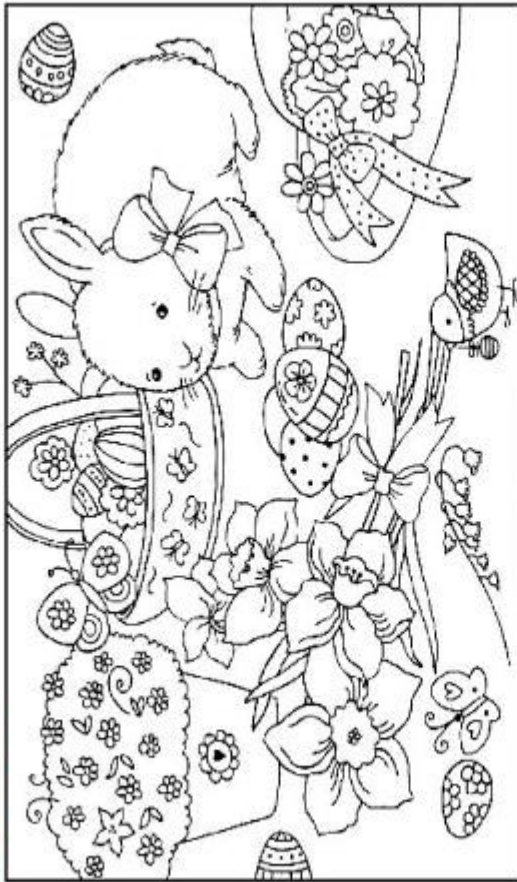
Starting 30th April at the
Burdekin Centre for Rural Health
Call Jeanie or Luis
on 4783 2711 for more information

Healthy Communities - Now and For the Future



Happy Easter!

Find The Differences
and Colour The Picture



Find The Differences!



In an Emergency Dial '000'

Kids and 4 Wheelers - There's no safe mix

Research shows that the majority of children accidentally injured or killed on farms were not performing chores but were engaged in recreation or play (including transport for recreation). This is true in both young and older children. For children aged 10 to 14 years, motorcycles (two, three or four wheeled) were the most common cause of accidents. Adults should set an example for safe use of farm motorcycles.

Parents and other adults responsible for children must think carefully before allowing their children to ride four wheeler motorbikes, quad bikes or ATV's (All Terrain Vehicles). Manufacturers recommend that ATV's should not be used by children under 16 years of age and that there should never be an extra rider on the vehicle.

If you have children on the farm or home (your own or visitors) – please use the checklist below to ensure there is no tragedy on your property.

- ☐ Are children appropriately trained and supervised when learning to ride motorcycles.
- ☐ Do all riders **always** wear a correctly fitted helmet, long pants and sturdy footwear when riding motorcycles.
- ☐ Prevent children under 16yrs from riding four wheelers (ATV's)
- ☐ **Always** prevent passengers riding on four wheelers (ATV's)

Live Safe, Work Safe, Play Safe - visit www.farmsafe.org.au

STATISTICS

Quad Related Deaths and Injuries in Australia 2013 - Media Monitors Report

In 2013 a total of 21 quad related deaths were reported for this period.

Of the 21 reported deaths, 15 (71%) occurred on a farm.

Of the 21 reported deaths, 11 (52%) were rollovers.

11 of the 21 (52%) fatalities occurred in Queensland.

Visiting Health Services May 2014 Dates Contact Details

1 st	Clarity Hearing Solutions NQ Foot & Ankle Centre TMML—Diabetic Educator	Bloom Hearing 1800 027 779
2 nd	Rural & Regional Therapy Services	Burdekin Hearing Sue Tuck – 1800 008 308
5 th	Burdekin Kumon	Burdekin Kumon Peta Bird – 0417 070 826
6 th	Burdekin Kumon Lillies & LLIDS TMML—Dietitian	Carer's Support Group 4773 5808
7 th	Helping Hands OT Marisa Pilla	Clarity Hearing Solutions Grant Collins (Audiologist) - 4779 1566
8 th	Healthy Sleep Solutions NQ Foot & Ankle Centre VIP Support Group	Healthy Lifestyle Group 4783 2711
12 th	Burdekin Hearing Burdekin Kumon	Healthy Sleep Solutions Bruce Piggott – 0423 402 569
13 th	Burdekin Hearing Burdekin Kumon Lillies & LLIDS TMML—Diabetic Educator	Helping Hands Occupational Therapy Cassandra Webb – 4723 9539
14 th	Burdekin Hearing	Lillies & LLIDS Specialist Counselling Trudy Jacobsen – 4767 7199
15 th	NQ Foot & Ankle Centre TMML—Diabetic Educator	Marisa Pilla Accredited Herbalist and Nutritionist 0408 769 655
16 th	Irlen Diagnostics	New Directions Health & Fitness PT Luis Bello – 0439 310 042
19 th	Bloom Hearing Burdekin Kumon	NQ Foot and Ankle Centre Tony Pascoe (Podiatrist) - 4723 5500
20 th	Bloom Hearing Burdekin Kumon Lillies & LLIDS	Rural and Regional Therapy Services Occupational Therapist Kathy Luke – 4767 7199
21 st	Helping Hands OT	Townsville Mackay Medicare Local Diabetic Educator & Dietitian 4421 7730
22 nd	Clarity Hearing Solutions NQ Foot & Ankle Centre	VIP (Vision Impaired Persons) Support Group Phone Rob Lesca on (07) 4783 3744
23 rd	Lillies and LLIDS	
26 th	Burdekin Kumon	
27 th	Burdekin Kumon Lillies & LLIDS	
28 th	Helping Hands OT TMML—Diabetic Educator	
29 th	Clarity Hearing Solutions NQ Foot & Ankle Centre TMML—Diabetic Educator	

Photographs below were taken by Captain James Francis (Frank) Hurley O.B.E. official photographer with the A.I.F. during World War 1. These photos and many more were exhibited at the Kodak Salon, George Street, Sydney in 1919.

LEST WE FORGET



Squadrons of the 4th Australian Light Horse Brigade in formation at Gaza Picture: Frank Hurley, February 1918



The 2nd Australian Light Horse Regiment behind the front line barricades at Nalin in Palestine, one man passing across a grenade. Picture: Frank Hurley, January 17, 1918



Australians of the Imperial Camel Corps form up at Rafa, Egypt. Picture: Frank Hurley, 26 January 1918



Four camel ambulances attached to the Imperial Camel Corps at Rafa - used as a base for the attack on Gaza. Picture: Frank Hurley, 1918



An Australian Light Horseman collecting anemones near Belah in Palestine. Picture: Frank Hurley, 1918



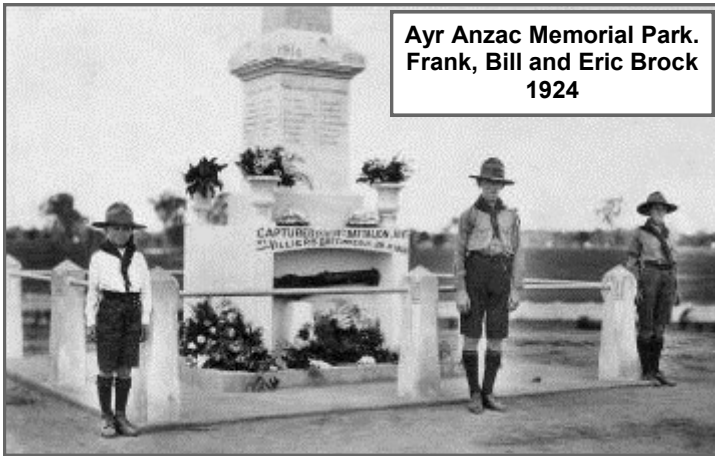
The 3rd Australian Light Horse Regiment machinegun in action at Khurbetha-Ibn, Palestine.



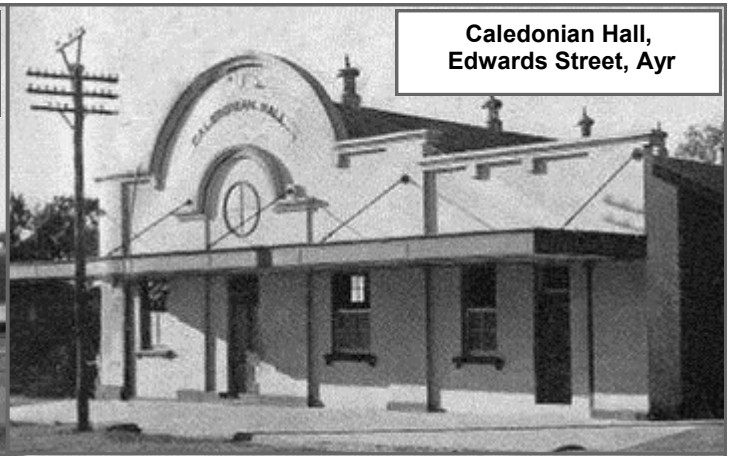
Waiting the order to fire a camouflaged eight inch gun from the 1st Australian Siege Battery before the main attack on Polygon Wood in Belgium.



Australian Flying Corps planes in Palestine. Picture: Frank Hurley, 1918



**Ayr Anzac Memorial Park.
Frank, Bill and Eric Brock
1924**



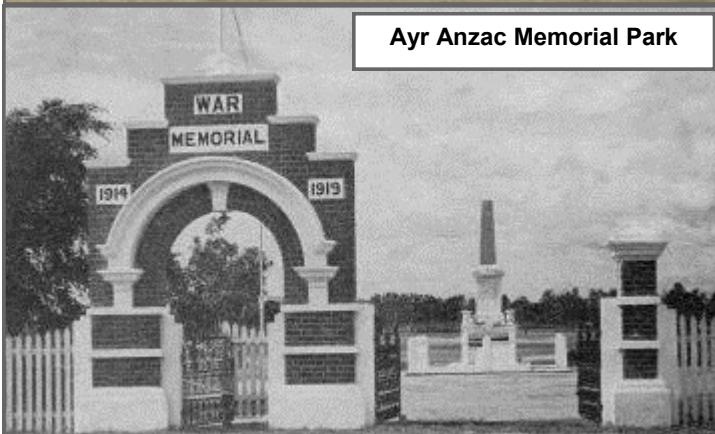
**Caledonian Hall,
Edwards Street, Ayr**



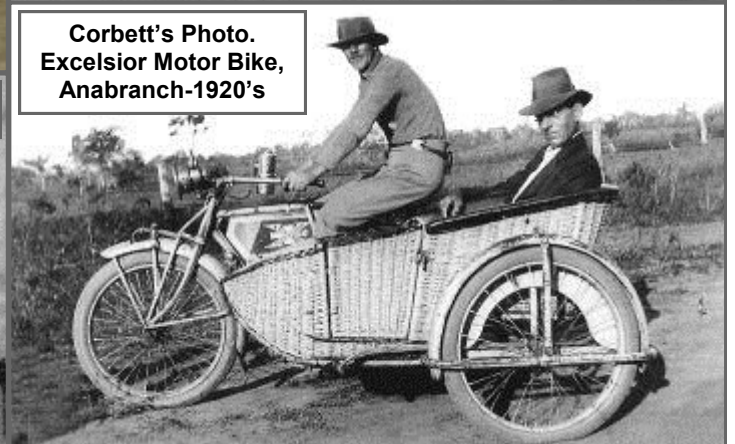
Ayr Anzac Memorial Park-1937



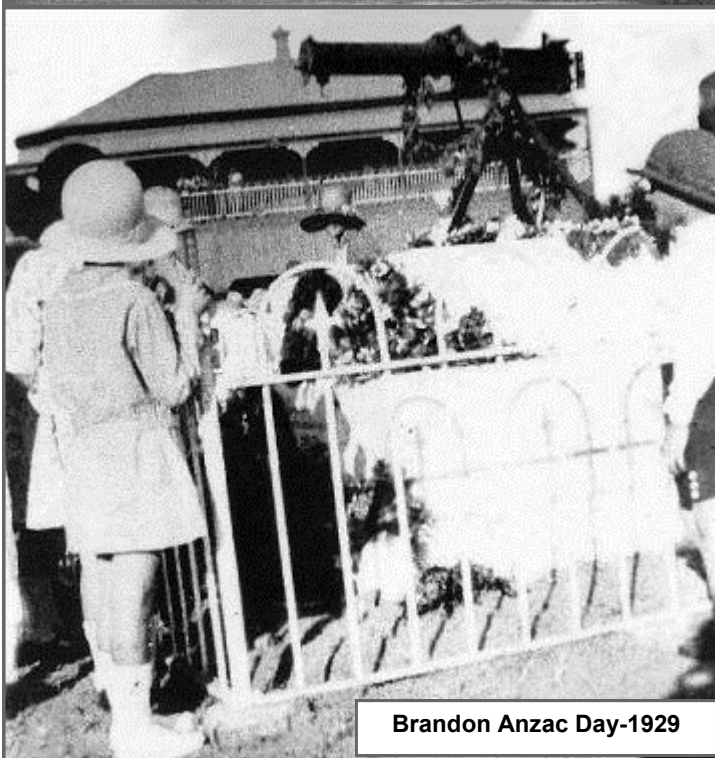
**Military Drill Hall, Queen Street, Ayr.
1915**



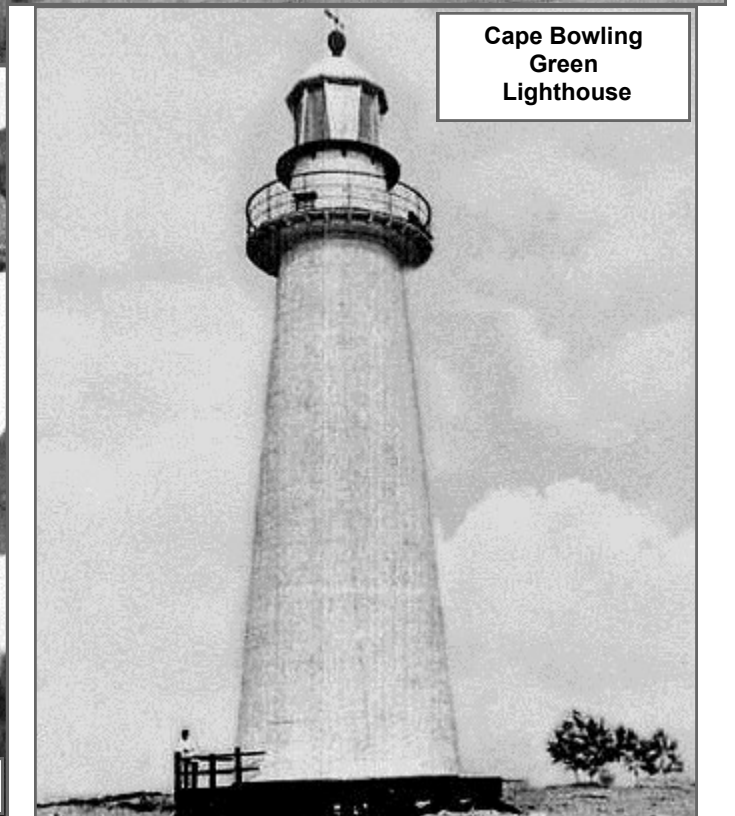
Ayr Anzac Memorial Park



**Corbett's Photo.
Excelsior Motor Bike,
Anabranh-1920's**



Brandon Anzac Day-1929



**Cape Bowling
Green
Lighthouse**



Readers Contributions



The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know.

I stood up to look around when a gentle hand touched my shoulder. I turned round to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, 'hi handsome, my name is Rose. I'm eighty-seven years old. Can I give you a hug?' I laughed enthusiastically responded, 'Of course you may!' and she gave me a giant squeeze.

'Why are you in college at such a young, innocent age?' I asked. She jokingly replied, 'I'm here to meet a rich husband, get married and have a couple of kids'. No seriously, I asked. I was curious what may have motivated her to be taking on this challenge at her age. 'I always dreamed of having a college education and now I'm getting one!' she told me.

After class we walked to the student union building and shared a chocolate milkshake.

We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this 'time machine' as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went.

She loved to dress up and she revelled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet.

I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor.

Frustrated and a little embarrassed she leaned into the microphone and simply said, 'I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know.'

As we laughed she cleared her throat and began, 'We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy and achieving success. You have to laugh and find humour

every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it!

There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight.

Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets.'

She concluded her speech by courageously singing 'The Rose.' She challenged each of us to study the lyrics and live them out in our daily lives.

At the year's end Rose finished the college degree she had begun all those years ago.

One week after graduation Rose died peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be

When you finish reading this, please send this peaceful word of advice to your friends and family, they'll really enjoy it!

These words have been passed along in loving memory of ROSE.

Remember Growing Older is Mandatory. Growing up is Optional.
We make a Living by what we get, We make a Life by what we give. *Margie*

Should I Join Facebook?

When I bought my Smart Phone, I thought about the 20-year business I ran all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my kids, their spouses, my 4 grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space. My phone was beeping every three minutes with the details of everything

except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue Tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at K-Mart talking to my wife and everyone within 50 yards was glaring at me. I had to take my hearing aid out to use it and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying, rudest person I had run into in a long time.

Every 10 minutes she would sarcastically say, "Re-calculating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead. It was not a good relationship.

When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Alice, the GPS lady, at least she loves me.

To be perfectly frank I'm still trying to learn how to use the cordless phones in our house. We have had them for four years, but I still haven't figured out how I lose three phones all at once and have to run around digging under chair cushions, checking bathrooms and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them with me. Now I toss it back to them. When they ask me, "Paper or plastic?" I just say, "Doesn't matter to me. I am bi-saksual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No!."

We seniors don't need any more gadgets. The TV remote and the garage door remote are about all we can handle. *Fl.*

The Friendship Group

February went by quickly, our get togethers every Tuesday were all most enjoyable and on Valentine's Day Alfie's really outdid themselves with the dainty cakes and slices decorated with hearts. etc. Then on Strove Tuesday their pancakes were simply delicious. Thanks Jan.

March was also a busy month, we were all in green for St. Patrick's Day. We must mention all of the entertainers who come along and give up their time so freely to sing and play for us. These are Betty and Bill, The Sinclair Brothers, Stan, Josie, Donn, John, Jean, Verley and Clytha our sincere thanks to you all.

On the 18th. March we welcomed guests from various organisations; these were the (a) 'Bowen Pensioners League' and their President Pearl Russell. Also I wish to mention that fourteen of their members travelled by private motor vehicles. This was a great representation from their organisation. (b) Members of the Muroona Gardens Home who were accompanied by one of their carers Shelley and their bus driver, Adrian, (a former Burdekin resident). It was nice to see some of Adrian's old school friends come along to catch up with him too.

The Palarus Pals singers from the Townsville R S L Club also came down by bus to sing and entertain us with their many and varied items. They presented an hour long variety show and both of their pianists had the hall's old piano tinkling beautifully. Our sincere thanks to the Palarus Pals.

On the 15th April we were visited by the Thuringowa Seniors. I will detail this visit in the next issue of Round a Bout.

Our very best wishes go to Rob who has been ill.

So do come along and join us at the Masonic Hall in Mc Millan Street, Ayr. We meet every Tuesday from 9.30 am to 11.30 am.

Lil can be contacted on 47821423 or Esme on 47821776.

Till next time God Bless.

Lillian & Esme



BCA Silent Knights Scooter Club

Hi from the Scooter Club, Autumn has arrived and the weather is a bit kinder for outings in the park.

Meetings for the month of April were Tuesday 8th and Tuesday 22nd April. We've had a good rollup at our meetings and we now welcome Carol and Quentin, her guide dog. It's a joy to have them attend our fortnightly meetings. We always have a great social time with lots of delicious food for morning tea. If you have a scooter, you are more than welcome to join us at any time.



Twin Towns
SERVICE Tyre and Mechanical
www.repcoservice.com

4783 7029
27 McCathie Street
AYR QLD 4807
www.repcoservice.com

1027669

We also sell and service Mobility Vehicles



We offer services and parts to mobility scooters including, tyres, Repco range of batteries and Century batteries. As an Repco Authorised Service Centre we offer a nationwide warranty on all servicing and repair work conducted. Discount of 10% for senior

Our meetings in May will be on Tuesday 6th May, and Tuesday 20th May.

We look forward to your company.

Quote of the month: (One for mother's day)

"Great mothers build bridges instead of walls."

(Reed Markham, Educator)

Club Contacts: Louraine 47837240 or Laurel 47833861

F60.



BCA V.I.P. Support Group

The support group recommenced meetings for 2014 on the 13th March at the Rural Health Centre. I was away for this meeting but John and Michelle capably attended to the business of the morning and assisted with morning tea.

Fourteen members attended the meeting which was great to see for the first meeting of the year. Thanks to John and Michelle for their assistance.

Our February meeting was again well attended with fourteen members again attending. There were two apologies noted for Don and Margi.

We were treated to a game of Bingo which was conducted by Louraine and the lucky winner was our dancer Yvonne. Hope she enjoyed the prize which was a chocolate Easter Bunny.

We had our morning raffles and these prizes were won by Carol, Michelle, Noel, Bob, Edna, Gloria, Joe, Rob and Shirley. The lucky door was won by Rob.

Our round robin as usual was entertaining with remarks such as; too old to be on Facebook, recipe for cooking green paw paw, commenced a vegie garden, jokes, forgot t.t.h and also mentioned was that the Council has been making preparations for the new tack tiles in Queen Street, Ayr.

There was a special mention that Carol and Quintin (Guide Dog) had graduated as a team.

Meeting closed at 11.30 pm. *Rob*

21 Lando Street, Ayr



\$349,00

Location, Quality, Excellent Value

This immaculate home has 3 bedrooms, open tiled living area, modern kitchen, tiled bathroom. Large outdoor living area with 2nd shower & w/c. Room for a boat & car under.

262 Queen Street
Ayr

McCathie's
REAL ESTATE

PH: 4783 1911

www.mccathiesrealestate.com.au

Burdekin Woodcraft Association Inc. News

The Burdekin Woodcraft Association has been busy over the past month building items for the Associations first fundraising raffle for 2014. A coffee table has been completed (see picture). A magazine rack, come side table, is almost completed too. This will be second prize and differs from the magazine rack offered in last years raffle as it has a small folding revolving table on top. It is a fine piece of crafted furniture made from silky oak. Third prize will be a large toy semi-trailer which is almost complete. Raffle tickets will be on sale after the Anzac weekend at the end of April.



A safety induction workshop was held at the end of March. Members were introduced to numerous pieces of machinery where safety features were demonstrated and explained. Over twenty members attended. This workshop was conducted in response to insurance requirements and in the general interest of safety in the workshop environment. All members using the workshop from now on will need to complete an induction course on each piece of machinery. This is not too difficult and can be arranged through the Association executive. New members will be taken through this induction as part of their joining process.

The woodcraft association building continues to be open on Wednesday and Saturday mornings 8.30am to 12 noon and Tuesday nights from 7pm to 9pm. Recently, members attending, have been wood turning. A number of beautiful bowls have been turned from a wide range of interesting timbers. Perhaps wood turning is something you have thought of in retirement or as a hobby after work. Please feel free to drop in at the above times, have a look and ask questions, there will always be an association member to introduce you around. Other members have made bandsaw boxes, repaired furniture, built new furniture and made toys.

The association is planning two workshops in the next month (May). The first one (26th – 27th April) will be an

Introduction to the Scroll Saw. This workshop is conducted every year for new members and any one who is interested in scroll sawing. For this workshop contact Allan Grey on 47831060 or the president Lyn Cecil on 47833792 for further details. The second workshop will be an Introduction to Intarsia. Intarsia can be described as making a picture from contrasting pieces of timber. Each piece of timber is cut out and placed on a backing board to build the picture. This workshop will be held over two weekends. The first workshop will be May 3rd – 4th, for cutting out with the second workshop 10th – 11th for assembly. A visiting instructor will conduct the workshop. A requirement for this workshop is that participants will have completed an Introduction to the Scroll Saw workshop. Once again for this workshop, contact Lyn Cecil on 47833792 or drop in on the day for a look.

Here is a little safety hint. Ordinary spectacles are not adequate eye protection. They can shatter when hit causing serious damage. If you have to wear glasses when woodworking or using machinery, safety glasses over glasses are available or alternately use a safety visa. If you are interested in wood work and would like to join, contact:

President: **Lyn Cecil on H 4783 3792/Mobile 0400353364**
Secretary: **Ruth Diehm 4783 5732**

or drop in to the Association workshop at Little Drysdale Street on Saturday mornings, 8.30am to 12 noon, Tuesday evenings 7.00pm to 9.00pm, or Wednesday mornings 8.30am to 12 noon.

There will be Association members on site to show you around and introduce you to the workshop.

Newsletter editor. *Malcolm Armstrong.*



The ride is being held on the 24th and 25th May, cycling from Townsville to Ayr

and back, camping overnight at the Ayr Showground.

The ride is promoted by the Rotary Club of Townsville Central to raise awareness of mental health issues in our community and to raise funds to aid research and support local health initiatives.

Full details are available on the website:

<http://www.banishtheblackdog.org.au>



**Merv Milburn Painters
& Decorators**

Phone: 4782 2433



FURNITURE PLUS

Sliding door mirror robes in all sizes and layouts.
Come and see our display today!
Discount on presentation of Seniors Card.

262 Queen Street, Ayr, 4807
Phone: 4783 1470
Kari Ravizza: 0437 832 932





Don West Toyota

**New Vehicles, Quality Used Vehicles,
Serviceing & Genuine Parts**

Ph: 4783 1600 Fax: 4783 4802
282 Queen Street Ayr 4807
www.donwesttoyota.com.au



Tinkering with the Age Pension

The Government recently passed into law various changes to a range of income support payments including the age pension. These changes were flagged during the 2013 election and debated over the past 6 months.

The change to the age pension relates to the treatment of some annuities (also called an income streams) in the income test. The changes extend the normal deeming rules to account based income streams. This may be a little obscure for people unfamiliar with this area. A brief recap may be helpful.

The amount of age pension you may be entitled to receive depends on a number of factors including your relationship status, home ownership and your assets and income above a threshold.

For many people over age pension age, their assets include their home (which is usually excluded from both the asset and income tests), financial investments such as a term deposit and possibly an investment property or holiday home. Most assets generate income; rent earned on an investment property or interest on a term deposit for example. Thus most assets affect both the asset and the income tests.

The actual income earned on some assets (for example, rent on an investment property) is included in the income test. In contrast, financial assets are "deemed" to earn a set income irrespective of the actual income earned. Thus a term deposit may earn 4.50%p.a. but for the age pension income test it is deemed to earn a set 3.50%p.a. for example. From 14 November 2014, for a single person the deeming rates are 2%p.a. for the first \$46,600 of financial assets and 3.50%p.a. thereafter.

Annuities come in all shapes and sizes. Generally, you invest an upfront lump-sum and in return receive a series of regular payments. The payments may be a fixed or fluctuate with inflation or investment returns. An annuity can be for life, a fixed term or until there is no remaining capital. An annuity may return capital at the end of the term or as part of the regular payment. A super pension is a common form of annuity for many people.

Under the existing rules, a regular payment from an annuity is included in the age pension income test. However, the payments are discounted to reflect a return of capital component. Under the new rules, account based income streams will be subject to the deeming rules. For example, you set up a super pension with a balance of \$250,000 and receive 5% of the balance over the year as regular monthly payments.

At the end of the year there is \$240,000 capital left in the super pension account. You have \$50,000 in a term deposit outside super. In this case, the capital in the super pension account will be deemed to earn 3.50%p.a. This deemed income will be included in the age pension income test irrespective of the actual monthly payment you receive from the super fund. The changes start from 1 January 2015. If you are receiving the age pension before this date and have an account based annuity before this date, then

the existing "discount" rules will continue to apply. However, if you change annuities, buy a new annuity or only start receiving the age pension after 1 January 2015, then the new deeming rules will apply to your account based annuity.

Unfortunately there are further complications. The new rules apply to "account based income streams". Typically this includes super pensions because you set up a separate account with assets from your super. The minimum payment you may receive from an account based super pension is a set percentage (depending on your age) of the balance in the account.

Some annuities products are not based on separate accounts and may not be subject to the deeming rules. It is difficult to provide general guidelines because of the wide variety of annuities. The government is expected to provide further clarification of which annuities may or may not be subject to the changes.

The government believes the changes level the playing field for similar financial investments. Thus you can choose an investment based on merit rather than just its effect on pension entitlements. But arranging your assets to maximise your entitlements remains important. If you will reach age pension age this year, or you have a super pension but were thinking about making changes, then it may be worthwhile seeking professional financial advice before 1 January 2015.

Stella Bull is a Financial planner and representative of Bendigo Financial Planning, ABN 81 087 585 073 AFSL 237898, a subsidiary of Bendigo and Adelaide Bank Limited ABN 11 068 049 178. Contact your local Bendigo Bank branch today to make an appointment for your complimentary consultation.

This article contains general information only and is based on information believed to be accurate and reliable at the time of publication. You should consider your own circumstances and obtain professional advice.

Update on the Age Pension age **(18th March 2014)**

The Age Pension age is the age at which you can claim the Age Pension from Centrelink. It is currently the same (65) for both women and men born before 1 July 1952.

From 1 July 2017, the qualifying age for Age Pension will increase from 65 years to 65 and a half years. The qualifying age will then rise by six months every two years, reaching 67 by 1 July 2023.

In short, your Age Pension age is 67 years if you were born after December 1956, and your Age Pension age is 65 years if you were born before July 1952.

For birth dates between these two key dates, see below for your Age Pension age:

Date of birth - Qualifying age at -

- ♦ 1 July 1952 to 31 December 1953. 65 years and 6 mths
- ♦ 1 January 1954 to 30 June 1955. 66 years
- ♦ 1 July 1955 to 31 December 1956. 66 years and 6 mths
- ♦ From 1 January 1957. 67 years

Extract-COTA Queensland Magazine.



Burdekin District History

Glenis Cislowski Ph: 4783 3398

Laura Scott Ph: 4782 1434

SERGEANT THOMAS PHILLIP FANNING 454 OF 2ND LIGHT HORSE



Thomas was born in the vicinity of Stuart, near Townsville, Queensland in 1888 to Thomas and Kate Fanning (nee Quirke). He was one of seven children. The family came to Brandon in about 1909. He joined the local 27th Light Horse Squadron based in Ayr in 1911. The 27th Light Horse comprised of units from Bowen, Proserpine, Mackay and Townsville.

At the outbreak of World War I, Tom, a farmer and at that time being 26 years old, enlisted in Townsville on the 21st August 1914. He was in 'C Squadron', 2nd Light Horse Regiment, 1st LH Brigade when he embarked from Brisbane on the 24 September 1914 on the 'HMAT *Star of England*' A15.

The ship arrived in Egypt on the 9th December, 1914. The regiment arrived at Gallipoli from Alexandria on the 9th May, 1915. Tom was wounded in October, before leaving Gallipoli in October 1915. He was then ferried to Egypt for further deployment. By 1916, 1917, 1918 he was in the Sinai and Palestine, in action at Upper Egypt, Romani, Kantara, El Arish, Magdhaba, Rafa, Beersheba, Gaza, Ramleh (which today has a war cemetery pertaining to WW1 and 11), Ludd, Jaffa, Jerusalem and Es Salt Ghoraniye Bridgehead on the River Jordan. Tom was wounded quite a few times. He returned home on the 'HT *Port Darwin*' which left Suez on the 18th November, 1918, arriving in Australia on the 26th December 1918. He was discharged on the 26th February, 1919 at the age of thirty. The main regiment then sailed home to Australia in March 1919. The horses of the regiment were shot or transferred to the Indian Army at the end of hostilities.

The following names were local people in the same regiment on the same Ship '*HMAT Star of England*' with Thomas Fanning were: Lieutenant-Irvine J Barton (K), Captain-Dugold M L Graham (K), Captain-Gilbert Birbeck buried in the Ayr Cemetery, Lance Corporal-George R Drysdale 461 died prisoner of war, Trumpeter Edward Bower 477, Lance Corporal-Robert Beatson 483, Privates Alexander D Coutts 492, Phillip W Giffard 518, Reginald O'Hara 558, Frank W Radcliffe 560, Frederick Watts 581, Alfred Watts 583, Arthur E Andersen 556 (K), Trooper William W Trail 573, Home Hill. There are others from the district who served in 2nd Light Horse but they enlisted at a later date.

The pictures that I have used are from Thomas Fanning's Collection. Thomas and his family have preserved these photos for nigh on a hundred years. Our many thanks go to Fred Fanning for sharing them with us.

I thought you might enjoy them as they show some of the sites that Tom would have seen during his war time service 1914-1918.

The donkeys being ridden by the troops in the picture would have served a dual purpose for the troop's. Not only did they transport food and ammunition to the troops but a donkey race would have given them some entertainment as well. It is said there were about 8,000 donkeys in use in one part of the war. The railway was another means of transportation. A trip to the Churches in Jerusalem would have been a must. There is a scene from Beersheba where the famous charge on horses took place.



Beersheba Scene



A Railway Station



Cemetery & Railway at Ramieh



Donkeys used for transporting supplies & races



Church in Jerusalem

Jerusalem. Salbungsstein. Pierre de l'unction.
The stone of unction.



Jaffa Scene

Genis

I Am

helping you manage
your prescriptions

A-Z

**PRESCRIPTIONS
ON FILE**

**Take the worry out of remembering
where you left your prescription with
our prescriptions on file service**

- Keep your scripts safe in the pharmacy and never lose them again
- Call ahead and have your prescriptions ready and waiting when you come in

Other services available:



Get the right advice, and improve your health and wellbeing today by asking our team at Ayr Amcal Chemist about our range of services.

Amcal
Expert advice for every Australian.

**Ayr Amcal Chemist, 82 Queen
Street, Ayr. Phone: 07 4783 1203**



Folk Art/Decorative Art
Phone: 0449088802

FAHEY
CERTIFIED PRACTISING ACCOUNTANTS
PONTI

- Personal Income Tax
- Business Structuring
- Financial Planning Services

Ph: 4783 2444

144 QUEEN STREET, AYR, 4807

ABN 29 610 511 956



101 Burke Street, Ayr QLD 4807

- Seniors Menu - 7 days
- Bingo • Keno • Gaming
- Courtesy Bus (Mobile: 0418 763 205)
- ATM Facilities & C/card
- www.ayranzac.com

Ph: 4783 1283
Fax: 4783 5178

*"Join your
Local Club
Today"*

**DELTA CLEANERS
AND LAUNDRY**



- Dust Control Mats
- Hygienic roller towels
- Table Linen
- Hire Linen
- Dry Cleaning

Email: dcl@tpg.com.au

OFFICE: Ph: 4783 1888 Fax: 4783 4622
182 Queen Street AYR Q 4807
TOWNSVILLE Ph: 4771 4809
54 Plume St, TOWNSVILLE 4810

'Rural Health Lifestyle Tips'

PREVENTING OSTEOPOROSIS

Exercise and bone density: Regular physical activity and exercise plays an important role in maintaining or improving bone density for healthy bones. Our bones become stronger when a certain amount of impact or extra strain is placed on them. This means there are specific types of exercises that are better for bone.

Exercise throughout life: The specific goals of exercising for bone health change throughout life. For the elderly the focus of exercise is to increase or maintain muscle mass and strength and address risk factors for falls, particularly any difficulty in balance and walking ability.

The right kind of exercise: Specific types of exercise are important for improving bone strength.

Weight bearing exercise: (exercise done while on your feet so you bear your own weight) e.g. brisk walking, jogging, skipping, basketball / netball, tennis, dancing, impact aerobics, stair walking.

Progressive resistance training: (becomes more challenging over time) e.g.: lifting weights - hand / ankle weights or gym equipment. The ability of an exercise to build bone, it's *osteogenic* capacity, depends on the specific way that stress is applied to the bone during the exercise.

Note: certain exercises like swimming and cycling may be good for general health but have little benefit to bone.

Get the most out of exercise:

Exercise must be regular

- At least 3 times per week

Exercise should progress over time

- Amount of weight used, degree of exercise difficulty, height of jumps...must increase or vary over time to challenge bones and muscles.

Exercise routines should be varied

Variety in routines is better than repetition.

Exercise should be performed in short, intensive bursts

- Regular short bouts of weight bearing exercise (separated by several hours) is better than one long session.
- Lifting weights quickly is more effective than lifting them slowly.
- Rapid short bursts of movement (e.g. skipping or jumping) is more effective than slow movements.

Balance Exercises and Preventing Falls: Balance and mobility exercises do not improve bone or muscle strength but can help reduce falls. Exercises that assist with balance include standing on one leg (increasing to standing on one leg with eyes closed), heel-to-toe walking and tai chi.

Falls are a common cause of fracture. For people with osteoporosis, even a minor fall can cause a fracture. Half of all falls occur around the home and approximately one third of people over 65 fall each year. It is estimated around 6% of falls result in a fracture so preventing falls has become an important part of managing bone health. Falls are most commonly caused by:

- Poor muscle strength
- Problems with balance (weak muscles, low blood pressure, inner ear problems, some medicines, poor nutrition)
- Poor vision
- Home hazards that cause tripping

Source: www.osteoporosis.org.au

Luis Bello

Senior Fitness Trainer/Health Promotion Officer

For more information contact:
Burdekin Centre for Rural Health:

Phone: 47832711



HEALTHY LIFESTYLE GROUP 2014 MEETING SCHEDULE

When: 3RD WEDNESDAY of the month. 1PM - 3PM

Where: Burdekin Centre for Rural Health **Contact:**

Jeanie Zonta or Luis Bello 47832711

Email: jeaniez.bca@burdekin.qld.gov.au

May

21st May

Mickey McKellar
Pen Pushers Writing Club
&
Book Club Group
Information and discussion about the groups'

June

18th June

Phil Scuderi
(1.15pm to 2pm)
Toast Masters
&
Chris Viero
(2pm to 2.30pm)
Swim School & Exercise Centre



Don West Toyota

Ph: 47831600 Fax: 47834802

www.donwesttoyota.com.au
282 Queen Street, Ayr

Servicing the Burdekin for over 30 years

Sales ♦ Service ♦ Parts ♦ Finance & Insurance

Keeping Profits in the Burdekin

You can find out more at Home Hill
Community Bank® Branch,
93 Eighth Avenue Home Hill
or phone 4782 2249.

Bendigo and Adelaide Bank Limited, ABN 11 068 049 178, AFSL 237879. (S36587)(08/11)

It starts with



Bendigo Bank



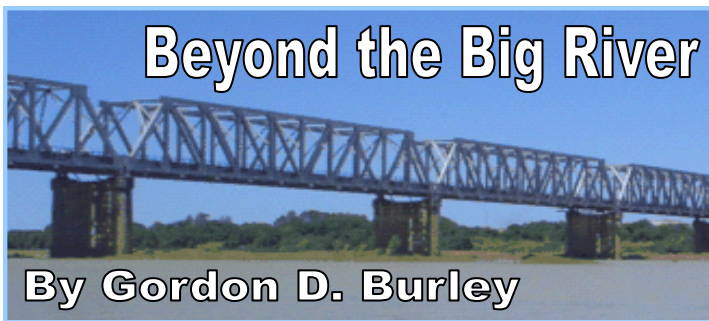
SIBSON ACCOUNTING

87 Eighth Avenue, Home Hill

Ph: 4782 1944
Fax: 4782 1022

Accountants & Advisers. Setting the Standards.

Beyond the Big River



By Gordon D. Burley

O, the power of touch! A firm handshake, an embrace of greeting or farewell, or a sympathetic hug. They are more effective than words at an emotional moment. A means of contact and intimacy, which becomes dangerous if exploited or even abused.

They used to consider touch one of the five senses, along with sight, hearing, taste and smell. But, now scientists include the external feelings of warmth and cold, pain and pressure, as well as the internal sensations of both hunger and thirst. Whilst receptors on our skin continue to send nerve messages to an active brain.

Christ knew the power of touch. When the woman who had suffered for 12 years touched his cloak, "she had a feeling inside herself that she was healed of her trouble." (Mark 5v29). Earlier Jesus "was filled with pity. Stretched out his hand and touched the leper" (Mark 1v41). That's without him wearing rubber gloves!).

It goes on to say that everywhere he went people begged him to at least touch the edge of his cloak and be made well. (Mark 6v56). The feeling was stronger than either sight or sound.

When Graham Greene, the novelist and play right, asked his friend and spiritual brother, a Spanish Catholic priest, if he had true faith. Leopoldo Duran immediately replied, "To do not believe in God, I touch Him." Just as nowadays, we sing in some of our churches that lively chorus, "To get a touch from the Lord is, so real...."

In those forty days after Easter, we realise that it was the power of touch which had become convincing proof of the Resurrection. Unless I see the scars of the nails in his hands and put my finger on the scars". Thomas said and put my hand in his side I will not believe." Then the confident words of Jesus. "Feel me and know", "He said, "a ghost doesn't have flesh and bones."

Now these physical appearances ended with Ascension Day. ("This year on 29th May.) Just as we say to a departing friend "Keep in touch, or of an old acquaintance "we lost touch". Maybe in life's demands we should experience ourselves the simple reality of Leopoldo Duran's words, "I do not believe in God, I touch Him."

Gordon Burley

"BEYOND THE BIG RIVER".
97.1 SWEET FM - SUNDAYS
11 AM to 12 NOON.

CHURCH SERVICES

Anglican Churches:

St Helen's 14th Street, Home Hill
Sunday - 9.00 am

All Saints MacMillan Street, Ayr
Sunday - 9.00 am and 5.30 pm
Ph: 4783 2293

Assemblies of God:

Burdekin Community Church
International Drive, Ayr
Sunday - 9.00 am and 6.00 pm
Ph: 4783 5552

Burdekin Baptist Church:

151 Beach Road, Ayr
Sunday - 10.00 am
Ph: 4783 7713

Burdekin Uniting Church:

32 Twelfth St, Home Hill
Sunday - 8.30am

Ayr Uniting MacKenzie Street, Ayr
Sunday - 10.00 am Ph: 4783 2251

Presbyterian Churches:

St Andrews 9th Avenue, Home Hill
Sunday - 8.20 am
MacMillan Street, Ayr
Sunday - 10.00 am
Ph: 4783 5771

Catholic Churches:

Sacred Heart Parish
98 Edward St, Ayr
Saturday - 6.00 pm
Sunday - 9.30 am and 5.30 pm
Ph: 4783 2316

St Colman's
10th Street, Home Hill
Sunday - 7.00 am and 8.45 am
Ph: 4782 1695

St Josephs, Clare
Saturday - 6.00 pm
Ph: 4782 1695

St Josephs, Giru
Sunday - 7.00 am Ph: 4782 9135

Greek Orthodox:

St Stephen's,
8th Avenue, Home Hill
1st Saturday monthly - 8.00 pm
Ph: 4783 5039

Salvation Army Church:

116 Young Street, Ayr
Sunday 10.00 am
Ph: 4783 2527

Seventh Day Adventist Church:

15 Parker Street, Ayr
Thirteenth Avenue, Home Hill
Saturday - 9.30 am
Ph: 4783 6859

Burdekin Christian Outreach Centre:

26-30 Edward Street, Ayr
Sunday - 9.30 am and 6.30 pm



Books
and
Bibles



C.D's and DVD'S
(Order only)

Gifts and gift wrapping



Cards for all occasions

Mustard Seed
142 Young Street, Ayr.

Opening Hours 9.00 am to 2 pm Monday to Friday—Phone: 4783 1510
Saturdays 9 am to 11 am. Commencing 6th May

Shed projects.

The Burdekin Men's Shed Association Inc. members have again supported the Ayr and Home Hill Hostels in crafting 2 therapy inclined boards and 2 quoit frames. The Shed Workshop Manager Bob Spencer presented the crafted items on behalf of the Men Shed members. Bob said that the Shed members who crafted and painted the items were pleased to support the Home for the Aged Hostels in Ayr and Home Hill.

Diversional Therapy Manager Mandy Oats, Ayr Hostel Resident Virgilio Raponi and Assistant in Nursing Sharon Schultz accepted the donations. Mandy thanked the Men's Shed members for the 4 crafted items. Resident Virgilio Raponi then tried out the inclined plane therapy board.

A dog box has been made for a Shed neighbour and work is progressing on the new bore pump shed. The bore and bore pump were donated by Carl List of Ayr Boring Company Pty Ltd.

Our members are also preparing for their next garage sale on Saturday 10th May 2014. The front Shed Building is overflowing with good bargains in electrical goods, cupboards, lounges, crockery, books, a new Triton 2000 saw and router bench, pine timber bundles, planter boxes, plants and other bric a brac items.

The new shipping container project is now completed. The project was funded by FRRR Foundation for Rural and Regional in the recent (CARA) Caring for Ageing Rural Australians-Round C8: 2013. The \$6,303.00 funds were provided in collaboration with the Sylvia & Charles Viertel Charitable Foundation. Members dug and poured the foundations and laid the concrete area in front of the container. The shipping container will be used as a storage area for our stocks of donated used timber and steel.

Monthly General Meeting Guest Speaker.

Our guest speaker at the March General Meeting was Grant Collins who is the Principal Audiologist /Managing Director of Clarity Hearing Solutions. Grant regularly visits the Office of Rural Health in Ayr.

Clarity Hearing solutions offers a full range of services to help address your hearing needs.

- ◆ Full diagnostic adult hearing assessment by a University qualified Audiologist.
- ◆ Full comprehensive hearing aid assessment including the latest QuickSIN. This is a test to access hearing ability with background noise and leads to better hearing rehabilitation.
- ◆ Full diagnostic paediatric hearing assessments on children 3+Years by a qualified Audiologist.
- ◆ Central Auditory Processing testing and advice.

- ◆ Free rehabilitative hearing consultations to anyone over 25years.
- ◆ Free high quality advanced invisible digital hearing aids to eligible pensioners and DVA recipients.
- ◆ Accredited Work Cover Provider/Assessments.
- ◆ Workplace Audiological Screening.

Being independently owned and operated, Grant can supply you with the best hearing aid from any manufacturer to give you the best hearing solution.

Contact Grant: 07 4779 1566

Email: gcollins@clarityhearingsolutions.com.au

Shed activity.

Our Shed members recently had a get together with Advocate Journalist Dannielle DePinto to thank her for her support of the Men's Shed and its members wished her well in her new position in Brisbane. Dannielle was given a small presentation after a morning tea with the members.

The Men's Shed now has 63 members with other Community Men showing interest in becoming a member and enjoying the many opportunities that the Shed can provide. Our shed provides a safe and friendly environment where men of all ages can come and have a chat, a cuppa, make new friends, share and learn new skills, contribute again to the Community and avail themselves of Men's Health Information and the Medical Resources within the Burdekin Community. A warm welcome awaits you when you visit the sheds.



Handover of Hostel Projects

L-R.BMSA member Bob Spencer, Diversional Therapy Manager Mandy Oats, resident Virgilio Raponi and Assistant in Nursing Sharon Schultz.



L-R: BMSA President Bevan List and Grant Collins



Goodbye Dannielle dePinto

BMSA meet and greet sessions every Friday, Saturday, Monday 8.00am-11.30am.

Working bees every Thursday, Friday, Saturday and Monday 8.00am -11.30am

General meetings are conducted the 3rd Saturday every month com 2.00pm.

Our sheds are at 155-157 Young Street Ayr.

New members and interested persons welcome.

Further Information: contact Charles Ford: Phone: 0747 831 223. Mobile: 0402800249.

Email: charlesford@internode.on.net

A Minute with Menkens

Member for Burdekin Rosemary Menkens MP

State Government Senior Whip

Chair of the Education & Innovation Committee

Phone: (07) 4783 2017 Facsimile: (07) 4783 4163 Free Call: 1800 817 594

Email: burdekin@parliament.qld.gov.au



Make every day Fatality Free



I am urging all Burdekin residents to be aware of the 'Fatal Five' and also drive safely. Police Minister Jack Dempsey launched this year's campaign in time for the Easter school holidays in the lead-up to Fatality Free Friday (May 30). Queensland's road toll is 24 below (as at April 1) what it was last year. However, any death on our road is a tragedy. Too many drivers are being distracted by the likes of mobile phones, on-board DVD players, satellite navigation. Distraction, Speeding, Drink and Drug Driving, Failure to wear a Seatbelt and Driving while Fatigued make up the Fatal Five. Driving to conditions is also important—slow down in the wet and always obey road signs. Remember if it's flooded, forget it! Spread the message to overseas travellers who may be visiting the Burdekin.

Family historians now have easy, affordable access to the growing treasure trove of digitised documents held by the Queensland Registry of Births, Deaths and Marriages. More than 650,000 historical records are already available online and can be downloaded instantly to home computers, tablets and smart phones at greatly reduced cost. For example, downloading a scanned image now costs just \$20, compared to \$39 previously for a hard copy certificate ordered over the counter. In just eight months since June 2013, the online service has generated sales of more than \$500,000 from approximately 20,000 transactions for historical records, compared with \$355,000 for historical products across all service channels for the previous 12 months. The registry holds more than six million records and expects to complete the digitisation project in 2015, greatly enhancing services to official agencies requiring identity validation. Public access online will be limited to historical records, broadly defined as births more than 100 years ago, marriages more than 75 years ago and deaths more than 30 years ago. Visit www.qld.gov.au/law/births-deaths-marriages-and-divorces/

Quotable Quote

**Respect your parents. They
passed school without Google**
- Author unknown

Judges and magistrates can now sentence young offenders to the regional boot camp at Ingham as an alternative to juvenile detention, provided they have not been convicted of serious violent or sexual crimes. Under the two-year trial, approximately 80 young Queenslanders will spend a month in the boot camp with a focus on physical training, healthy living and substance abuse education, followed by up to five months of community and family activities under strict supervision. The program is designed to teach them discipline and respect for themselves and others, as well as giving them skills that will help get them get jobs.

Community organisations in the Burdekin will soon find it easier to apply for Community Benefit Fund grants of up to \$35,000. Four funding programs will be merged into one and the level of funding will be standardised. The merging of the four current funding programs—the Gambling Community Benefit Fund, Jupiters Casino Community Benefit Fund, Breakwater Island Casino Community Benefit Fund and the Reef Hotel Casino Community Benefit Fund—means eligible organisations will have simple, one stop access to funding to help them continue their important work. For more information on these changes and for grant applications (see below) and please visit <http://www.olgr.qld.gov.au/grants/index.shtml>

Grant information

Breakwater Island Casino Community Benefit Fund established in 1988 to provide funding to community groups in North Queensland. One off grants for up to \$5000 are allocated to approved not-for-profit organisations to help provide community services or activities that benefit the community. There are two annual funding rounds. The closing dates for applications are 31 May and 30 November. For more information go to www.olgr.qld.gov.au

Regional Arts Development Fund is an ongoing fund to support the professional development and employment of arts and cultural workers in regional Queensland. For more information go to www.arts.qld.gov.au/funding/radf

Gambling Community Benefit Fund was established in 1994 to provide funding to community groups in Queensland. One-off grants of up to \$35,000 are allocated to approved not-for-profit organisations to help them provide community services or activities that benefit the community. There are four funding rounds, closing dates for applications are 28 February, 31 May, 31 August and 30 November. More info at: www.olgr.qld.gov.au

The new amalgamated program is expected to be available for the funding round that opens mid-July and closes August 31, 2014. For more information on grants available within the Queensland Government areas go to: <http://www.qld.gov.au/grants/>



Australia Post launches MyPost Concession Account

- ◆ 5.7 million eligible Australians now have access to concession stamps and other qualifying products and services at a concession rate, through MyPost Concession Account
- ◆ Eligible customers can now register for a MyPost Concession Account at their local post office
- ◆ Concession stamps and 70 cent domestic stamps available from 31 March 2014

Australia Post will introduce a concession stamp for the first time from 31 March 2014. The concession stamp will be available through the MyPost Concession Account, which entitles 5.7 million eligible Australians with access to 60 cent concession stamps for the next 3 years along with concession rates on other qualifying Australia Post services and a digital mailbox.

The basic postage rate will increase by 10 cents to 70 cents on 31 March. The 10 cent increase was not objected to by the Australian Competition and Consumer Commission (ACCC) or by the Minister for Communications.

"It is vital that Australia Post ensures we provide an affordable and accessible letters service for all Australians. We remain mindful of the impact to the cost of living of an increase to the stamp price, particularly for those groups who are more dependent on our traditional services," said Managing Director and CEO Ahmed Fahour.

"The MyPost Concession Account has been created to meet the needs of those customers to help them manage costs by providing them with access to the concession stamp.

"Our customers' needs are changing and Australia Post must evolve our services to ensure that we continue to help people stay connected by providing a range of choices of relevant services, whether it's physical or digital," added Mr Fahour. "Last year, our mail business lost \$218 million and this increase to the domestic stamp price will go some way to off-setting this loss but it will not eliminate it. The establishment of a MyPost Concession Account ensures that our services remain affordable for low income groups while maintaining our essential services for all Australians." MyPost Concession Account holders will receive a MyPost concession card that entitles them to 5 free concession stamps, with the option to purchase a maximum of 50 concession stamps per year. Account holders will also have access to concession rates on Mail Hold and Mail Redirection services and a digital mailbox to securely manage communications, pay bills and store important

documents online with privacy, choice and control.

The MyPost Concession Account is available to holders of the following Federal Concession cards:

- Pensioner Concession Card
- Health Care Card
- Commonwealth Seniors Health Care Card
- Department of Veteran's Affairs Card
- Veteran's Repatriation Health Card

Eligible customers can sign up now for MyPost Concession Account at their local Australia Post outlet, or download the application form from auspost.com.au/mypost.



Vehicle registration discounts (Eligibility)

You may be eligible for a 50% reduction (or more) of your vehicle's registration fee if you meet the following conditions.

You hold 1 of the following:

- Pensioner Concession Card
- Queensland Seniors Card.

Or, you are an impaired service person (former member of the Australian Defence Force) and you are:

- receiving a disability pension and assessed as at least 70% incapacitated
- receiving (or have received) a permanent impairment payment and you have been assessed as a person having at least 50 impairment points under the *Military Rehabilitation Compensation Act 2004*.

In addition to the above:

- You must be a Queensland resident.
- You must be the registered operator of a motorbike, motor vehicle (up to 4.5 tonnes), motorised caravan or a recreational ship.
- Your Pension Concession Card or Seniors Card must be in the same name as the registered operator of the vehicle or recreational ship.
- The vehicle or recreational ship must be for private use. You can only receive 1 discount for a vehicle and one for a recreational ship at any one time.

Apply for the discount:

Complete a Registration Concession Application form and take it to any Department of Transport service centre. Also take in one of the cards listed above.

If you are an impaired service person, you will need to provide a letter from the Department of Veterans Affairs.

Holden & Mazda Service

With Summer fast approaching, have the Burdekin's most experienced team service your vehicle while you wait.

Queens Street Ayr.
Call us today on 4783 2344

Servicing the North and the Burdekin since 1913.

HONEYCOMBES
SALES & SERVICE

Burdekin Tyre Service

Ph: 4783 2500 Fax: 4783 2577
A/H: 4783 5677

PO Box 509, Ayr 4807. 147 MacKenzie St, Ayr Qld 4807



- Batteries
- All brands of Tyres
- Brakes & Suspension

NQEmployment

Disability Open Employment Service

When you're looking for a job or an employee call us first

- ◆ Job Search ◆ On the job training
- ◆ Resumes
- ◆ Workplace modifications

Wage subsidy available

53 MacMillan Street, Ayr. Qld 4807
Phone: (07) 4783 3966
Fax: (07) 4783 5491
Email: receptionayr@nqemployment.org.au

Have you noticed the Frangipani leaves are starting to fall? There is a lot of the Frangipani rust on trees in the Burdekin area. Look at the underside of the old leaves, as the rust shows up as orange spots. Don't put the old leaves in your mulch pile, as they can re-infect the trees next year. Just rake the old leaves up, put them in the green waste bin and let the Council dispose of them.

While there are various fungicides to help beat the problem, it's easier and more economical to spray the tree when it's bare of leaves. Another way to help the tree is to add potash to the soil around the root system. Sulphate of potash, Muriate of potash, liquid potash, or Condy's Crystals are all different forms of potash, as is ash from wood fires. All the rose and citrus fertilizers have higher levels of potash and can also be used.

Seedlings are now in stock at all your local nurseries. Of course all good gardeners have dug the garden beds over and added compost and/or cow manure, haven't you? Now comes the fun of planting. Whether you are planting flowers or vegetables, plant into moist soil and water in well. The young plants will need several watering's a day until they settle in. If you are growing from seed, keep the soil moist but not soggy at all times. Bigger seeds such as beans and peas can be germinated on damp kitchen paper toweling and planted out as they shoot. Remember to spray young bean seedlings for bean fly. The fly only seems to hit young plants, so one or two sprays is usually enough.



Hymenosporum Flavium

The nursery has just got stocks of the native Frangipani (Hymenosporum Flavium). It hasn't been around for a while, which is a pity, because it's an attractive tree. Despite its common name, it is unrelated to the true Frangipani, which comes from Central America. The native Frangipani occurs in Northern NSW, Queensland and New Guinea. While it can grow to 8 metres in a rainforest situation, it's more likely to grow to 3 – 5 metres in our area. The cream to yellow flowers are in clusters and have a strong sweet fragrance. When in full bloom, the flowers almost cover the tree.

There has been a lot of talk about the perfect vegetable

garden and while a large vegetable garden can be useful while the kids are young, the area needed is less when providing for one or two people. Consider sharing with a friend. Two local ladies take turns with buying a punnet of lettuce. A full punnet of lettuce is too much, so they buy a punnet on alternated weeks and each plant half a punnet. With tomatoes, a single bush is often enough, so it's worth buying a single plant instead of a full punnet. Other plants like beetroot and carrots and silver beet last better than lettuce and can be cropped over a longer period.

The range of Chilies is always increasing, but the Trinidad Scorpion said to be fifty times hotter than Tabasco sauce. Other hot varieties in stock are Hot Thai and Habanera Chocolate. Ajar Limon and Hungarian Black are also hot varieties, while Purple Tiger has beautifully marked leaves and Black Prince has dark leaves and fruits. It's interesting that the descriptions don't just say they're hot – they are listed as "hero category".

In the tropics we tend to grow flowers and vegetables in the cooler months. It's often hard to guess when the wet weather has gone, so raised beds are best, because water logging can be a problem.

Mulch or compost is always a good addition to any garden. It is almost impossible to dig in too much compost. A little lime will help the breakdown of raw organic matter and dolomite lime is better because it contains both calcium and magnesium. With cooler weather, soups are both filling and nutritious and what better way to use up those extra vegetables. An old garden book says to run the rows of vegetables north to south, to allow both sides of the crop to get a share of sunlight.

Peter

E	N	D	I	V	E		D	E	S	K	S
A		A			S	A	W		I		A
S	A	N	K		T		A	B	B	O	T
T		E	N	D	E	A	R		E		C
			A		E		F		R		H
C		O	V	U	M		E	X	I	L	E
A	S	P	E	N		I	D	E	A		L
V		I		N		N		B			
E		A		E	X	C	E	E	D		K
M	E	T	E	R		H		C	Y	A	N
E		E		V	I	E			E		E
N	U	D	G	E		S	A	D	D	L	E



Eathorne's Tide Times

SPORTSPOWER

Ph: 4783 5744
138 Queen Street, Ayr Q 4807



APRIL 2014								
Day	Time	Mtr	Day	Time	Mtr	Day	Time	Mtr
01	0350	1.03	12	0137	1.18	23	0456	3.19
	0943	3.23		0723	3.16		1143	1.03
	1609	0.85		1354	1.05		1749	2.69
	2222	3.6		1947	2.97		2329	1.15
02	0440	1.34	13	0159	1.15	24	0542	3.34
	1019	2.88		0743	3.18		1226	0.83
	1642	1.08		1408	0.96		1805	2.96
	2308	3.12		2009	3.10			
03	0545	1.65	14	0222	1.14	25	0021	1.01
	1056	2.52		0804	3.19		0620	0.44
	1722	1.34		1423	0.87		1304	0.68
				2036	3.22		1847	3.20
04	0001	2.86	15	0248	1.16	26	0106	0.92
	0728	1.87		0829	3.16		0655	3.46
	1143	2.19		1443	0.81		1337	0.59
	1828	1.58		2108	3.29		1927	3.39
05	0121	2.65	16	0318	1.23	27	0147	0.90
	1001	1.83		0900	3.07		0730	3.42
	1422	1.95		1509	0.80		1409	0.55
	2051	1.72		2147	3.31		2007	3.51
06	0357	2.64	17	0359	1.36	28	0227	0.95
	1128	1.62		0938	2.91		0806	3.30
	1716	2.10		1543	0.86		1440	0.57
	2235	1.65		2232	3.25		2047	3.55
07	0512	2.79	18	0508	1.52	29	0309	1.07
	1207	1.44		1024	2.70		0841	3.10
	1755	2.29		1625	1.00		1509	0.67
	2335	1.52		2324	3.13		2128	3.50
08	0548	2.91	19	0631	1.65	30	0353	1.25
	1238	1.32		1124	2.45		0917	2.86
	1823	2.45		1728	1.18		1538	0.82
							2209	3.37
09	0017	1.39	20	028	2.98	31		
	0616	3.01		0806	1.67			
	1302	1.23		1244	2.25			
	1347	2.59		1902	1.35			
10	0048	1.30	21	0203	2.90	MOON PHASES Full Moon 15 th 1st Qtr 7 th Last Qtr 22nd New Moon 29th		
	0640	3.08		0944	1.51			
	1323	1.17		1442	2.22			
	1909	2.72		2047	1.41			
11	0114	1.23	22	0353	3.01			
	0702	3.13		1052	1.27			
	1339	1.12		1818	2.42			
	1928	2.84		2221	1.31			
Location					High	Low		
Bowen					+0.50	+0.50		
Burdekin River Groper Creek					+1.00	+1.30		
Cape Bowling Green					+0.02	+0.06		
Cape Upstart					+0.18	+0.12		

MAY 2014								
Day	Time	Mtr	Day	Time	Mtr	Day	Time	Mtr
01	0106	3.13	12	0504	1.28	23	02560	1.41
	0803	1.24		1028	2.54		824	2.72
	1250	2.15		703	0.72		1540	0.55
	1721	0.90		2308	2.93		2146	2.62
02	0134	2.98	13	0539	1.18	24	0350	1.23
	0900	1.45		1101	2.52		0912	2.69
	1306	1.84		1729	0.69		1613	0.52
	1734	0.99		2335	3.11		2216	2.85
03	0154	2.76	14	0617	1.11	25	0437	1.10
	1736	1.09		1136	2.47		0953	2.63
				1756	0.69		1643	0.52
							2249	3.03
04	0206	2.52	15	0005	3.24	26	0521	1.02
	1705	1.12		0657	1.08		1032	2.53
				1214	2.37		1710	0.55
				1818	0.76		2322	3.16
05	0407	2.29	16	0038	3.28	27	0602	1.00
	1531	1.02		0743	1.11		1107	2.42
	2331	2.23		1254	2.21		1734	0.59
				1710	0.80		2353	3.23
06	0301	2.09	17	0116	3.24	28	0643	1.02
	0739	2.28		0838	1.18		1139	2.29
	1531	0.91		1339	1.99		1752	0.66
	2301	2.24		1739	0.93			
07	0319	1.92	18	0202	3.11	29	0022	3.23
	0815	2.38		0955	1.22		0721	1.08
	1543	0.86		1438	1.75		1208	2.15
	2244	2.26		1807	1.13		1758	0.76
08	0333	1.77	19	0304	2.93	30	0049	3.17
	0838	2.46		1133	1.16		0802	1.18
	1554	0.83		1605	1.56		1234	1.99
	2239	2.31		1828	1.40		1709	0.83
09	0347	1.63	20	0423	2.77	31	0110	3.04
	0902	2.51		1316	0.98		0850	1.30
	1604	0.82		2137	1.86		1259	1.80
	2231	2.40					1723	0.93
10	0407	1.50	21	0005	1.74	MOON PHASES Full Moon 15 th 1st Qtr 7 th Last Qtr 21st New Moon 29th		
	0928	2.54		0600	2.69			
	1618	0.80		1419	0.78			
	2232	2.54		2127	2.10			
11	0434	1.39	22	0144	1.61			
	0957	2.54		0725	2.70			
	1639	0.76		1502	0.63			
	2245	2.73		2124	2.36			
Location					High	Low		
Bowen					+0.50	+0.50		
Burdekin River Groper Creek					+1.00	+1.30		
Cape Bowling Green					+0.02	+0.06		
Cape Upstart					+0.18	+0.12		



Hello again!

Winter is fast approaching and since many of you will have done so already, I'd like to cover the topic of flu vaccinations and why they are important. Every year the flu affects millions of Australians, especially the older population, as the immune system weakens with age. If it is not treated promptly, it can have serious effects and in some cases, can be fatal. This is why vaccination is vital for all patients at risk of complications. Influenza (more commonly known as the flu) is a viral infection spread between people by coughing, sneezing or touching infected surfaces such as door handles. It is commonly caused by either the influenza A or B viruses. Many patients still confuse its symptoms with those of a common cold (which is caused by rhinovirus) and this can affect treatment. The main differences between the flu and a common cold are:

	The Flu (Influenza)	The Common Cold (Rhinovirus)
Type of symptoms	Fever >38.5 degrees & chills Headache Severe muscle aches and pains Exhaustion/fatigue Congestion, runny nose, dry cough	Mild fever Headache Mild aches and fatigue Congestion, runny nose, dry cough
Onset of symptoms	Sudden – within 24 hours	Gradual – over a few days
Time of year	More in winter months	All year-round
Possible complications	Pneumonia, especially in elderly patients	Middle ear infection, sinus infection

Complications associated with the flu (e.g. pneumonia) can be a lot more serious than those from a common cold, especially in older populations. This is why getting your annual flu vaccine is very important. Vaccines are generally given between March and May and last for up to a year. People who are considered to be at high risk of getting the flu and/or its associated complications should be vaccinated every year. These groups include:

- ◆ Those aged over 6 months who have medical conditions that put them at risk of serious flu complications
- ◆ E.g. heart disease, severe asthma, diabetes
- ◆ Aboriginal and Torres Strait Islander people over the age of 15
- ◆ Pregnant women
- ◆ Those aged over 65 years
- ◆ Staff, volunteers and frequent visitors of hospitals and nursing homes
- ◆ People living with or caring for someone aged over 65 years or who has a chronic illness

Three things you may not know about the flu vaccine!

1. It does not contain a live virus
2. The vaccine changes year to year
3. It is safe for pregnant women at any stage of pregnancy

Frequently asked questions about the flu vaccine:

- ◆ How do flu vaccines work?
Most flu vaccines are trivalent, meaning that they protect against three strains of the flu (Influenza A H1N1, Influenza A H3N2, and Influenza B). They cause antibodies to develop about 2 weeks after injection and are designed to protect against those strains for about a year thereafter (known as the flu season).
- ◆ I got a flu shot last year; do I still need to get one this year?
Yes. Each flu season is different, and immunity does not last. The composition of the vaccine changes every year according to the types of strains prevalent each year, so you must be re-vaccinated each year.
- ◆ Are there any side effects from the vaccine?
Common but not serious side effects include: redness, swelling around the injection site, fever and fatigue. Some side effects may mimic the flu, but because the vaccine does not contain any live virus, it does not actually cause you to get the flu.

Keep all of this in mind if you have not yet received but are considering getting a flu vaccine, as it can greatly reduce your risk of developing complications in the long term. It will also help to prevent spread to others.

I look forward to writing to you all again,

Alex Pitiris (Intern) **Ayr Amcal Chemist**

82 Queen Street, Ayr. (Phone: 4783 1203)



PROFILE – BURDEKIN COMMUNITY ASSOCIATION INC.

The Burdekin Community Association Inc. (BCA) is a not-for-profit, incorporated association, which strives to fulfil the unmet social, welfare and health needs of the Burdekin community. A diverse range of community services are delivered by the BCA to the Burdekin Shire. Since establishment in 1975, BCA has evolved to become one of the largest community organisations in the region.

The BCA is a registered charity, has an Australian Business Number, Income Tax Exemption and Deductible Gift Recipient status.

Many of BCA's initiatives are made possible by the generosity of local service clubs, business houses, individuals and the Burdekin Shire Council. The BCA shares a common goal with the council, *"to make the Burdekin the best Australian rural community in which to live."*

Our Vision is *"to provide leadership in the field of community services and become the provider of choice by residents and referring agencies when seeking community services in the Burdekin region."*

Our Mission is *"to assist the aged, families, children and individuals who are suffering hardship and distress, and to enhance the quality of life of people in the Burdekin."*

We recognise that Burdekin residents trust us to act in their interest at all times. To fulfil our vision and mission and to sustain this trust, we share four core values, *"Caring for people; Leadership; Respect and Integrity."*

Our Operating Principles include *"Responding justly and fairly; Working in partnership; Enabling and supporting improvements in the community services sector; Being accountable for our resources and actions."*

BCA Services:

► Broadband for Seniors Kiosk	The Support Centre
► Burdekin Community Directory	The Support Centre
► Burdekin Mental Health Foundation	The Support Centre
► Commonwealth Home & Community Care Program	The Support Centre
► Community Support Service Program	The Support Centre
► Community Visitors Scheme	The Support Centre
► Emergency Relief Program	The Support Centre
► Homelessness Services	The Support Centre
► Information Hub	The Support Centre
► Qld. Community Care Program	The Support Centre
► Round-A-Bout for Seniors Magazine	The Support Centre
► Seniors' Support Service	The Support Centre
► Veterans' Home Care Program	The Support Centre
► Volunteers Program	The Support Centre
► Burdekin Centre for Rural Health	The Homestead
► Burdekin Community Rehabilitation Centre	The Homestead
► Counselling Service	The Homestead
► Health and Wellbeing Education Programs	The Homestead
► Medical Accommodation	The Homestead
► Queensland Illicit Drug Diversion Initiative	The Homestead
► Support Groups	The Support Centre & The Homestead
► Telehealth Hub	The Homestead
► Transport Services	The Support Centre & The Homestead
► Community Information Centre	119 Queen Street, Ayr
► Administrative Support	The Support Centre

Management Committee, Staff and Volunteers

Our Management Committee comprises of 8 local people across a broad range of local interests.

The above listed Services employ approximately 60 staff and sub-contractors, supported by 105 unpaid volunteers.

Office Locations:



The Support Centre (Main Office)



The Homestead
12a Chippendale Street,
Ayr

Burdekin Community Rehabilitation Centre
12a Chippendale Street, Ayr



Community Information Centre,
119 Queen Street, Ayr



Debra Cochran
Chief Executive Officer
Burdekin Community Association Inc.

Telephone: 07 4783 3744
Facsimile: 07 4783 3990/Email:
debrac.bca@burdekin.qld.gov.au

Website: www.burdekincommunityassociation.org.au