

**Burdekin Community
Association Inc.**

THANKS TO YOU!

Your support makes a difference every month...

Round a Bout

Edition 170 - 2018

**MERRY CHRISTMAS
&
HAPPY NEW YEAR**

**May this Christmas be bright and
cheerful and may the New Year
begin on a prosperous note!**

*From All Of Us
At The Burdekin Community
Association Inc.*



**SENIORS'
SUPPORT
SERVICE**

The 'Round a Bout' Community
Publication has been printed and
distributed by the Burdekin
Community Association Inc. since
2002



Burdekin Community Association Inc.

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BCA Money Board Winners

Draw-05/11/2018 Orange Ticket 40-W.Cooper
 Draw-08/11/2018 Blue Ticket 01-J. Codega
 Draw-13/12/2018 Red Ticket 35-G.Fabbro

Rob's Reflections

Hi All. The end of the year is nigh and what a busy year it has been for most of us. Now it is time to reflect, wind down and look forward to the festive season. This means travel, hut time or celebrate at home. Wherever we may be take care on our roads and watch our families near water.

On page 28 of this issue I have shared with you our readers another award for our community publication. Since 2002 we have been awarded six 'State Awards', one 'National Highly Commended', one 'Finalist' mention and now a 'Runner Up' mention. My thanks go everyone that has made this happen once more. The Judges comments were "There is no doubt that Robert packs a lot of interesting and useful content in the BCA's newsletter".

This issue is the last for the 2018 year and as mentioned above is packed with a lot of useful and interesting articles.

In closing I wish you all to have 'A Happy and Holy Christmas and the Best of Health and Happiness in the New Year' *Rob*

Co-ordinator: Seniors' Support Service.

Thank you for monetary support it ensures the continuity and viability of our community publication

Robert.Lesca@bcaburdekin.org.au



BCA Closure Notice

The Support Centre, 130 Queen Street, Ayr,
 The Burdekin Centre for Rural Health,
 12A Chippendale Street, Ayr and
 BCA Information Centre, 119 Queen Street, Ayr
 Will be closed from
Monday the 24th December, 2018
 and will reopen for business on
Monday the 7th January, 2019



The Lions Club of Ayr donates cakes and 45 cake slices for BCA's Crisis Accommodation Program. Photo L-R Lions Club President Jan Hatherell and BCA CEO Debra Cochran.



BCA Volunteers, celebrate International Volunteers Day with Rita Quagliata Volunteer Co-Ordinator



The Burdekin Shire Council staff donates food and gifts for BCA's Crisis Accommodation Program. Photo L-R Rebecca Grogan, BCA CEO Debra Cochran and BSC staff representative Fiona Smith

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.

BCA's vision is for "compassionate and connected communities where everyone is supported and free from hardship and distress."

BCA's purpose is to "assist the aged, families, children and individuals who are suffering hardship and distress and to improve the health and wellbeing of people in the region."

Our core values include "Compassion; Respect; Integrity and Leading through learning." Our values provide a platform for individual, team and organisation attitudes and behaviours, the way we work and interact with people.

BCA Services and Programs:

The Support Centre

Burdekin Community Directory
Information Hub
Networking Groups and Support Groups
Office and Meeting Room Hire
Visiting Community Services
Community Recovery Centre

Home Care Service

Commonwealth Home Support Program
Home Care Packages Program
National Disability Insurance Scheme
Qld Community Care Program
Veterans' Home Care Program
Brokered Services

Housing and Community Support Service

Community Drought Support Program
Crisis Accommodation Program
Dignity Program
Financial Hardship Assistance Program
SecondBite Community Connect Program
Specialist Homelessness Service
State Emergency Relief Program
Telstra Safe Connections Program

Seniors' Support Service

Be Connected Network
Older People's Action Program
Round-a-Bout Magazine

Volunteer Service

Community Information Centre
Community Visitors Scheme
Volunteer Program
Work for the Dole Hosting Program

Burdekin Centre for Rural Health & Burdekin

Community Rehabilitation Centre
Chronic Conditions Program
Psychological Therapies Program
Schools Life Skills Program
Suicide Prevention Program
Telehealth Hub

Support Groups and Network Groups
Office & Meeting Room Hire
Visiting Health Professionals
Community Recovery Centre

Management Committee, Staff and Volunteers

Our volunteer Management Committee comprises of 10 local people across a broad range of local interests.

The Association employs approximately 60 staff and sub contractors and these people are supported by 70 volunteers.



Office Locations:

The Support Centre (Head Office)

130 Queen Street, Ayr

Community Information Centre

119 Queen Street, Ayr

Burdekin Centre for Rural Health

(The Homestead)

12a Chippendale Street, Ayr

Burdekin Community Rehabilitation

Centre, 12a Chippendale Street, Ayr

Debra Cochran
Chief Executive Officer
Burdekin Community Association Inc.

Telephone: 07 4783 3744

Mobile: 0407 637 421

Facsimile: 07 4783 3990

Email: Debra.Cochran@bcaburdekin.org.au

Website:

www.burdekincommunityassociation.org.au

Facebook: www.facebook.com/bca1975



Public Notices

<p>Ayr Amateur Anglers Fishing Club Ayr Anzac Club, Ayr Every second Thursday 7.00 pm Ph. Kevin Richards 4783 3756</p>	<p>Cuppa Club Uniting Church Hall, Ayr Every second Wednesday Ph. Keith Peach 4783 2918</p>	<p>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</p>
<p>Crochet Group Burdekin Neighbourhood Centre 40 Chippendale Street, Ayr Monday afternoons 1pm to 5 pm Ph. 4783 4243</p>	<p>CWL Home Hill Card Mornings Catholic Parish Hall, Home Hill Every Thursday monthly 9.00 am to 12 noon Ph. Lydia Toohey 4782 1905</p>	<p>Plantation Park Markets Plantation Park, Ayr Vietnam Veterans Association Every third Sunday monthly 8.00 am Ph. Lynette 4783 1375 / Don 4783 6627</p>
<p>Ayr State High School Bingo Ayr Anglican Church Hall Every Saturday 2.00 pm Ph. Audrey Hazel 4783 1872</p>	<p>Home Hill Trimmers Memorial Hall, Home Hill Every Tuesday 9.00 am Ph. Merle Betteridge 4782 0174</p>	<p>Burdekin Heart Foundation Walking Group Meets in front of BCHS, Gibson Street, Ayr Tuesday & Friday afternoons at 4.50 pm Ph. 4783 4243</p>
<p>Ayr & District Orchid & Allied Plants Society C.W.A. Hall, Young St, Ayr First Tuesday monthly 7.30 pm Ph. Sharon Kenny 4782 5116 or Violet Kachel 4783 4388</p>	<p>Friends and Neighbours Handicraft Uniting Church Hall, Home Hill Every Wednesday 9.00 am Ph. Beryl Thompson 0417 722 673</p>	<p>Ayr Handicrafts Association CWA Hall, Ayr Every Tuesday 12.30 pm Ph. Lorraine Fuller 4782 5580</p>
<p>Burdekin Support Group of Parkinson's QLD Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Fourth Friday monthly 10 am Ph. Elvie 47831 896</p>	<p>Home Hill Choral Society Inc. 81 Ninth Avenue, Home Hill Practice: Tuesdays and Thursdays 7.30 pm Ph. Erin Brennan 47821166</p>	<p>Friendship Group Ayr Anglican Church Hall, Edwards Street, Ayr Tuesdays 9.30 am – 11.30am Lillian 4782 1423 or Esme 4782 1776 Open to Men and Women of all ages</p>
<p>Meals on Wheels 109 MacMillan Street, Ayr Office Hours 6.30 am—1 pm weekdays Ph. 47832659</p>	<p>Lower Burdekin Historical Society Inc. Meet Third Wednesdays monthly 4.30 pm Crown Hotel, Home Hill Ph. Laura 47821 434</p>	<p>Fuller Masonic Lodge Macmillan street, Ayr Meets fourth Wednesday monthly 7.30 pm except March & December Ph. Mike L'Huillier - 4783 1177</p>
<p>Burdekin Woodcraft Association Inc Little Drysdale Street, Ayr Open days: Tues. 7 pm, Wed. 9am. Sat 9am. Ph. Mindi Lennon. 0418 986 869</p>	<p>Burdekin Laurel Club Ayr Anzac Club, Ayr Third Friday Monthly 9.30 am Ph. Esther McIntosh 4782 5276</p>	<p>Burdekin Machinery Preservationists Brandon Heritage Precinct Last Monday monthly 8 pm Ph. Alf 4782 1453</p>
<p>Burdekin Branch Cancer Council Qld Meeting Room Memorial Hall Home Hill First Wednesday monthly Ph. Hazel 4782 1139</p>	<p>Woolworths Variety Markets Second & Fourth Sunday monthly Ph. Helen 4783 7572</p>	<p>Local Ambulance Committee Bingo Anzac Club, Ayr Every Tuesday 9.30 am Ph. Marla 4783 2998</p>
<p>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</p>	<p>Plantation Park Markets Plantation Park, Ayr Ayr State School P. & C. First Sunday monthly Ph. 4790 3333</p>	<p>QCWA Ayr Branch Meetings Q.C.W.A. Hall, Young St, Ayr Second Wednesday monthly 9.30 am 'Working for Women & Families'</p>
<p>Burdekin Patchwork and Quilters QCWA Hall, Young Street, Ayr 9.30-3.00 on 1st; 3rd; 5th Saturdays monthly Ph. Maryann Kelly 4782 6868</p>	<p>Mahjong Burdekin Neighborhood Centre Every Monday—1pm Ph. Merle — 4783 1954</p>	<p>Burdekin Art Society 154 MacMillan Street, Ayr. Every Tuesday from 9 am. Ph. Louisa—0448 509 927</p>
<p>Burdekin Gem and Mineral Society Inc. Clubhouse, 86/88 Graham Street, Ayr Second Wednesday Monthly 8 pm Ph. John Paine 0747 833 826</p>	<p>NASHOS RSL Hall, Eleventh Avenue, Home Hill First Sunday Monthly 9.30 am Ph. Bev Woods 4782 2368 / Don 61400238758</p>	<p>Burdekin Artisans Community Assn. '170 Arts on the Avenue', 170 Eighth Avenue, Home Hill. Open every Tues. to Sat. 10am to 4 pm Ph. Jane Farmer—0427147009</p>

Funded by



Queensland
Government



Burdekin Shire Council

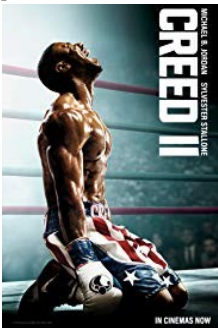
The Round-a-Bout is
proudly supported by the
Burdekin Shire Council



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

**THE BURDEKIN
DELTA CINEMAS**

PHONE—47835459



CREED 2
M 2h 25min
Drama

Under the tutelage of Rocky Balboa, light heavyweight contender Adonis Creed faces off against Viktor Drago, son of Ivan Drago



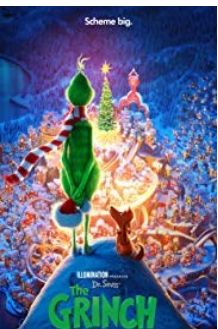
THE NUTCRACKER
PG 1h 54min
Adventure / Fantasy

A young girl is transported into a magical world of gingerbread soldiers and an army of mice.



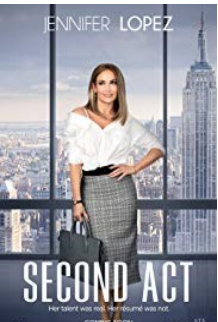
SPIDERMAN
PG 2h 12min
Animation / Action

Spider-Man crosses parallel dimensions and teams up with the Spider-Men of those dimensions to stop a threat to all reality.



THE GRINCH
PG 1h 26min
Animation / Comedy

The Grinch tells the story of a cynical grump who goes on a mission to steal Christmas, only to have his heart changed by a young girl's generous holiday spirit.



SECOND ACT
M 1h 59min
Comedy / Romance

A big box store worker reinvents her life and her life story and shows Madison Avenue what street smarts can do.



ROBIN HOOD
MA 2h 23min
Action / Adventure

A war-hardened Crusader & his Moorish commander mount an audacious revolt against the corrupt English crown in a thrilling action-adventure packed with gritty battlefield exploits, mind blowing fight choreography, & a timeless romance



Pensioner / Senior Rate is now \$11.50

**WHAT'S ON AT THE
Burdekin Theatre**

MORNING MELODIES 2019
ALL SHOWS HAVE A NEW START TIME IN 2019
SHOWS START 11AM | FREE MORNING TEA FROM 10AM

13 February 2019 | The Lounge Suite
Starring Dale Pengaly

27 March 2019 | The Music of the Carpenters
Starring Angela Lumicisi

5 June 2019 | Tenterfield to Rio
Starring Danny Elliot and Sharna Le-Grand

14 August 2019 | Practically Perfect
The Music of Julie Andrews

16 October 2019 | Tenori
Starring David Kidd, Craig Atkinson & Andrew Pryor

27 November 2019 | The Beggars
2019 Christmas Show

Tickets Available From

BURDEKIN THEATRE BOX OFFICE | 4783 9880
COUNCIL CUSTOMER SERVICE | 4783 9800
WWW.BURDEKINTHEATRE.COM.AU



**Burdekin
Theatre**
Entertainment | Events | Functions

Burdekin 4x4 club.

Meets Burdekin Neighbourhood Centre.
1st Tuesday of the month at 7.30 pm.
(Except December)
Ph. Merv. 0409834156

Burdekin Senior's Computer Club

Burdekin Neighbourhood Centre
Every 1st & 3rd Thursday monthly
9.15am to 11.15am
Ph. 4783 4243

Burdekin Dementia Support Group

Burdekin Neighbourhood Centre
First Tuesday monthly
10 am to 12.00 pm
Ph. 4783 4243

Burdekin Shire Council Update with Mayor Lyn McLaughlin



Welcome readers,

It's hard to believe that it's now December and that we're steadily moving towards the end of 2018. Whilst December signals a lot of things, such as the Approach of Christmas Festivities and it also marks The beginning of disaster

season. Now's the time to make sure you're ready for a Disaster event. Some simple Steps include making an emergency plan, restocking your emergency kit and preparing your home by securing fixtures and removing any debris.

In many disaster events, the SES are often the first on the scene offering assistance. In late October, four Burdekin SES members were recognised for their long serving contributions to the volunteer organisation. John George, Mario Vardanega, Barbara 'Jane' Beckett and Robert Sutcliffe each received a Meritorious Medal clasp for their periods of service (15, 25, 20, and 40 years respectively) to the Queensland SES. Robert Sutcliffe also received a National Medal clasp for 35 years of ongoing diligent service. In addition to the long service awards, Ayr Group member Bradley Hutchinson received an SES Week Award for his special contribution to the SES through his outstanding work, dedication and strong moral character. On behalf of Burdekin Shire Council and the community, I would like to congratulate Mario, Jane, John, Robert and Brad on their remarkable achievements. I would also like to thank each and every SES volunteer for their contribution to keeping Queenslanders safe. If you are interested in becoming a member, you can contact the SES Local Controller on (07) 4783 9711 for information.

In addition to the SES, there are countless other every-day heroes in our community. Every year, the Burdekin Shire Council Australia Day Awards recognise members of our community who have made an outstanding contribution to the community and for their exceptional achievement in a variety of areas. The 2018 Australia Day Awards are being held at the Burdekin Theatre on Friday 25 January. I encourage all residents to come along and recognise those outstanding members of our community who make the Burdekin a great place to live. Tickets are only \$3 and are available from the Burdekin Theatre from Thursday 13 December. For more information:

Visit www.burdekintheatre.com.au

or phone the Theatre on (07) 4783 9880.

December 1 also signalled the beginning of summer. As we all know, summer in North Queensland is always warm and a great way to cool off is to go for a swim. I'm happy to announce that both our Ayr and Home Hill Swimming Pools are now equipped with upgraded chair lifts which allow members of the community with mobility issues to more easily access the water. The chairs feature arm and foot rests as well as a safety belt to help residents feel comfortable in accessing these great public amenities.

This summer, there's plenty of activities happening at the Burdekin and Home Hill Libraries over the December/January period. There's everything from special Christmas Storytime's to snow globe making sessions, movies and even adult craft sessions. Check out Council's website for all the details.

Finally on behalf of Councillors and staff, I would like to wish all the 2018 school leavers the very best in their future endeavours, and a very happy festive season to all our residents. I hope you enjoy time with family & friends.

Until my next article, take care and stay safe.

Lyn McLaughlin (Mayor)

Public Notice—Christmas & New Year Closures

BURDEKIN SHIRE COUNCIL CHAMBERS

Closes 4.00pm Friday 21 December 2018 and reopens 8.00am Wednesday 2 January 2019.

BURDEKIN LIBRARY – AYR

Closes 1.00pm Saturday 22 December 2018 and reopens 9.00am Wednesday 2 January 2019.

BURDEKIN LIBRARY – HOME HILL BRANCH

Closes 4.00pm Friday 21 December 2018 and reopens 10.00am Wednesday 2 January 2019.

BURDEKIN THEATRE

Closes 4.00pm Friday 21 December 2018 and reopens 10.00am Wednesday 2 January 2019.

BURDEKIN MEMORIAL HALL

Closes Monday 17 December 2018 and reopens Friday 11 January 2019.

AYR AND HOME HILL SWIMMING POOLS

Both pools will be closed on Christmas Day.

ALL TRANSFER STATIONS & KIRKNEIE RD LANDFILL

All transfer stations will be closed on Christmas Day.

GARBAGE COLLECTION

Normal operating services.

FOR ALL SERVICES AND EMERGENCY CALLS

Including animal control, water and sewerage emergencies please phone (07) 4783 9800.



Dr Kaushik (Kosh) Hazratwala **ORTHOPAEDIC SURGEON**

Orthopaedic Outreach Clinics at the
Burdekin Rural Health Centre

Treatment and Surgery for conditions of the lower limb – Hip, Knee, Foot, Ankle

Upcoming Clinic Dates: 07/02/2019, 07/03/2019, 04/04/2019, 02/05/2019

To make an appointment after consulting with your GP, phone **47274111**

or email reception@tsvlc.com.au



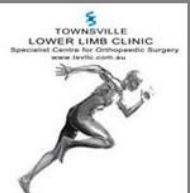
Dr Kaushik Hazratwala



tsvlc_drkosh



Web: www.tsvlc.com.au





Hanks Optometrists by George & Matilda Eyecare

Back to School Checklist

Uniforms ü Books ü Backpack ü Shoes ü Lunchbox ü I think all parents are familiar with the 'back-to-school' routine before the beginning of any new school year. But in reality, no amount of new clothes, books or stationery will help your child succeed if they have an undetected problem with their eyes. A comprehensive eye exam should also be an important part of our back to school routine.

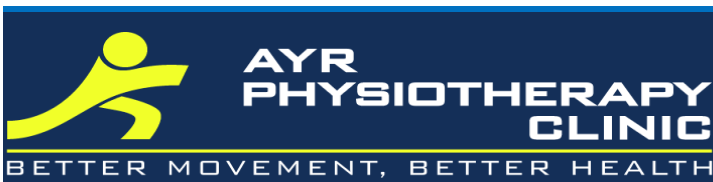
Children can struggle silently with vision problems as they are unaware that people don't see things the way that they do. Even a small change in vision can cause eye strain, headaches or blurred vision which can be very distracting while in school.

If you are wondering whether your child is experiencing vision difficulties, here are a few things to look for:

- Frequent rubbing of eyes or blinking excessively
- Squinting of eyes when looking at something in the distance
- Unusual tilting or turning of head when looking at something
- Complains of frequent headaches, blurred vision or double vision
- Standing too close to the television
- Confusing colours
- Holding a book closer than usual
- Frowning whilst reading and writing
- Writing has become smaller and crowded
- Poor concentration span and/or avoids close work
- Difficulties with reading, such as skipping words or lines or confusing letters and using a finger to guide eyes

If required, a simple vision correction can make a world of difference not only in academic performance, but also in a child's ability to play sport and their level of confidence when interacting with others.

It is estimated that almost 80% of learning at school is visual. Make your child's eyesight a priority this school year and arrange an appointment for a comprehensive eye test. With clearer vision, this school year could be the best ever!



Christmas Wellbeing

It's drawing close to the end of another year, and I hope everyone has had a happy and healthy year. If however you have experienced some aches and pains throughout the year, and they continue to linger, our physiotherapists at Ayr Physiotherapy Clinic may be able to help you!

Our Physiotherapists treat a large variety of musculoskeletal conditions, including:

- ◆ Back pain
- ◆ Neck pain
- ◆ Shoulder and elbow pain
- ◆ Hip and knee pain
- ◆ Ankle and foot pain
- ◆ Arthritis

Our Physiotherapists use hands-on manual therapy techniques, including massage and stretching, to assist with managing your pain. We also offer dry needling, which can be used to loosen tight muscles and decrease your pain. You will also be prescribed a home exercise program, tailored to your condition, to continue managing on your own.

Wishing everyone a very Merry Christmas and New Year, filled with happiness and good health. We look forward to meeting some of you in the New Year! Better Movement, Better Health – Rachel Mottin (Physiotherapist).

Rachel Mottin (B. Physiotherapy)
Ayr Physiotherapy Clinic,
54 MacMillan St, Ayr, 4807
Phone: (07) 4783 4699
FAX: (07) 3220 6023

“Wishing you a Merry Christmas and a Happy New Year”



Waste not want not

Putting food on empty plates for our Burdekin community

Burdekin Community Association Inc.

The Burdekin Community Association has partnered with Coles Ayr and Second Bite to help provide nutritious food for those in need.

The Coles store and the Burdekin Community Association have committed to collecting food that is still edible but surplus to the stores needs and would otherwise be going to landfill.

This program will provide those in need with access to nutritious food free of charge and is available from the Burdekin Community Association, The Support Centre 130 Queen St, Ayr, Tuesday, Wednesday, Thursday and Friday from 9:30 AM until stock is gone each day .

Photo : Debra Cochran (BCA Chief Executive Officer) and Rebecca Grogan (Service Co-Ordinator) displaying food stand with produce and products available.



BCA Home Care Service

Providing quality Home Care Services in the Burdekin since 1978
Visit The Support Centre - 130 Queen Street, Ayr or call 4783 3744

Home Care Packages

BCA Home Care Service is an approved provider for Home Care Packages level 1, 2, 3 and 4.

Home Care Packages enable recipients to access a much higher level of services than the Commonwealth Home Support Service.

Services available under a package include but are not limited to:

Domestic Assistance, Social Support, Respite Care, Personal Care, Home Maintenance, Transport, Allied Health Services, Continence Aids and much, much more.

Home Care Packages are delivered as consumer directed care (CDC), this means you are able to choose which services you would like to receive within the available funds allocated by the government.

BCA Home Care Service team are qualified, experienced, dedicated and ready to help you.

If you have been approved for or allocated a Home Care Package, please don't hesitate to contact us on 4783 3744 for more information - **we will happily come to your home to provide you with more information.**

If you are waiting on the National Queue to be allocated a Home Care Package, please call us for more information regarding the process once you have been assigned a package.

*BCA Home Care Service is your
local one stop shop for Aged
Care Services.*



NDIS



**BCA Home Care Service is NDIS Approved
and does not have a waiting list in place!**

If you are a current NDIS participant, or would like more information about the NDIS, please don't hesitate to contact our team. BCA Home Care Service provides a wide range of services under NDIS to eligible clients.

BCA is an approved provider for the following supports:

Accommodation/tenancy assistance

Assist with personal activities

Assist travel/transport Development of life skills

Household tasks

Participate in community

Therapeutic supports

Daily Tasks/Shared Living

Exercise Physiology & Personal Wellbeing activities

Innovative Community Participation

*Remember that you
have a choice in who
provides your Home
Care Services.*

BCA Home Care Service

Transport schedule

In-Home Services

Home Care Service can provide the following basic maintenance and support services to eligible members of the community through the Commonwealth Home Support Program and the Queensland Community Care Service.

Domestic Assistance - basic house cleaning, clothes washing, bed making, assisted meal preparation and unassisted shopping.

Social Support - friendly visiting, shopping, bill paying, banking, taking people to appointments or social outings, letter writing and telephone based monitoring.

Personal Care - bathing or showering, dressing, grooming, toileting, getting in and out of bed and moving about the house and medication monitoring.

Respite Care (in-home) - care recipient supervision, assisted personal care, accompaniment on social outings, assistance with meal preparation.

Home Maintenance - lawn mowing and rubbish removal

Transport - Locally and to Townsville—'door to door' transport to appointments, shopping, social activities and venues in our bus which has disability access including a wheelchair hoist.

Counselling/Support, Information and Advocacy - advice given to assist you to cope with your situation as well as the provision of information about other services available in the area.

**Make BCA Home Care
your local provider of
choice for Home Care
Services.**

**Call us on 47833744
for more information**

Burdekin Community Association Inc.

Home Care Service

Transport Service

bookings phone: 4783 7015

Monday to Friday - 9.00 am to 4.00 pm
schedules and fares effective July 2016

**Bookings are essential with at
least 24 hours notice**

Local Schedule and Fares

DAY	PICK UP LOCATION	FARE
Monday Tuesday Wednesday Thursday Friday	Ayr Home Hill Brandon Carers only	\$8.00 \$5.00
Thursday (Fortnightly only)	Giru Carers only	\$8.00 \$5.00

Townsville Schedule and Fares

DAY	PICK UP LOCATION	FARES
Monday Tuesday Wednesday Friday	Ayr Home Hill Brandon Giru Ayr Brandon Giru Home Hill Carers only	\$5.00 with PTSS* \$60.00 \$66.00 \$5.00

** Clients who do not provide the Driver with a completed and approved PTSS Form on the day of travel are not eligible for the subsidised fare and will be required to pay the full fare.*

Refer to the Transport Brochure for Conditions of Travel



Don West Toyota

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

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

Australian Food Safety Week 10th to 17th November 2018

The theme for the 2018 **Australian Food Safety Week** will be *'Food Poisoning - take it seriously!'* We know food poisoning is a serious issue that affects many people every year.

There is an estimated 4.1 million cases of food poisoning in Australia that result in 31,920 hospitalizations, 86 deaths and 1 million visits to doctors on average every year.

During the 2018 Australian Food Safety Week we particularly want to help those who are at greater risk if they do get food poisoning such as pregnant women, the elderly and people with poor immune systems.

The following points are important to remember to reduce risk of food poisoning.

Our health is in our hands!

- Clean hands will decrease the possibility of food poisoning.
- Remember the 20/20 rule: wash hands for 20 seconds with warm soapy water dry hands for 20 seconds before starting to cook repeat frequently especially after handling raw meats, or vegetables with visible soil.
- Wash utensils and cutting boards with soap and warm water, dry thoroughly, before handling different sorts of foods.

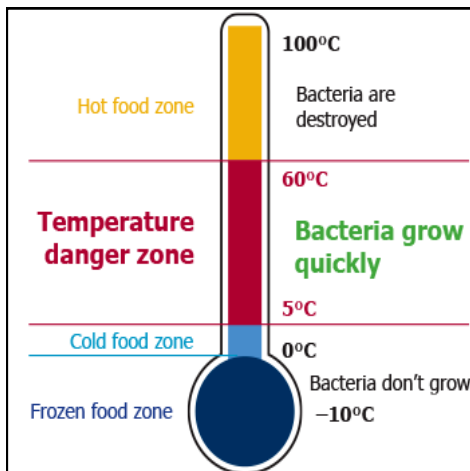
Food meant to be kept chilled should be!

- As soon as possible after purchasing meat, poultry, dairy foods, vegetables or salads etc refrigerate at or below 5°C.
- A fridge thermometer should be used to make sure the temperature is at or below 5°C.
- Refrigerate leftovers promptly.
- Freshly cooked food, not for immediate consumption, should be cooled as quickly as possible. Divide food into small shallow containers and place in the fridge or freezer as soon as it stops steaming.
- Frozen foods should be defrosted in the fridge NOT on the kitchen bench.

- Make sure you have enough fridge space as fridges won't work properly when they are overloaded or when food is packed tightly because the cold air cannot circulate.

Cook foods properly to minimize risk!

- Cooked chicken, minced or boned meats, hamburger, stuffed meats and sausages right through until they reach 75°C using a meat thermometer.
- Serve hot food steaming hot above 60°C. Defrost frozen poultry and rolled and stuffed meats thoroughly before cooking.
- If you are keeping food warm for someone put it in the oven at 60°C to 100°C or as low as your oven will go.
- Temperature range between 5°C and 60°C is known as **Temperature Danger Zone**. In this zone food poisoning bacteria can grow to unsafe levels that can make you sick.



Cross-contamination is a major way for food borne diseases to spread.

- To avoid cross contamination always keep raw and cooked foods separate during preparation.
- Cross contamination can occur if raw meat juices drip onto cooked foods, fruit and other ready to eat food.
- Food should be stored in covered containers in the fridge and raw meats should be placed in the bottom of the fridge.
- Don't put cooked meat back on the plate the raw meat was on.

What are the higher risk foods?

- Foods made with raw or minimally cooked egg such as home-made egg mayonnaise, hollandaise sauce, uncooked cakes and desserts and eggnog can be dangerous.
- Raw foods should always be treated as though they are contaminated. Raw food, such as meat, poultry or seafood need to be kept at proper temperatures to avoid spoilage.
- **If in doubt, throw it out-** If perishable food has been in the temperature danger zone for 2 to 4 hours consume it immediately. After 4 hours throw it out.

REFERENCE: <http://foodsafety.asn.au/>

Rural Health Nurse-Jeanie Zonta

BCA Burdekin Centre For Rural Health-Phone: 47832711

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Jarvisfield State School-New buddy bench:

A new buddy bench was recently handed over to Lisa Bello the Principal of the Jarvisfield State School to combat loneliness and bullying in the schoolyard. The project was instigated by the school's senior leaders Logan Hutton and Laughlin King who also assisted with the building of the buddy bench. The buddy bench was a joint venture between the School, the Burdekin Men's Shed Association Inc. and Dale Last MP member for Burdekin. Dale Last MP said the Men's Shed members have supported the buddy bench initiative right from the start in supporting schools throughout the Burdekin electorate.

Guest speakers at the November General Meeting:

Shed members conduct their monthly general meeting every third Saturday of each month commencing at 1.30pm. At each meeting the members are addressed by a guest speaker on some aspect of Men's Health or Safety. The guest speaker at the November General Meeting was Ayr Police Officer in Charge Senior Sergeant Steve Barton who addressed the members on the Qld rules of roundabouts and rules on merging into traffic and home security.

Hints on Roundabout rules:

Turning left at a roundabout-

1. Position your vehicle in the left lane, unless arrows on the road or signs indicate otherwise.
2. Use your left indicator as you approach and enter the roundabout.
3. Give way to all vehicles already on the roundabout.
4. Remain in the left lane as you complete your turn.
5. Continue to use your left indicator as you exit the roundabout.
6. Stop indicating once you have exited the roundabout.

Going straight ahead through a roundabout-

1. Position your vehicle in either lane unless the arrows on the road or signs indicate otherwise.
2. There is no need to use your indicator until you are ready to exit the roundabout.
3. Give way to all vehicles already on the roundabout.
4. Before exiting, use your left indicator and follow the exit lane marking.
5. Stop indicating once you have exited the roundabout

Turning right or U-turns-

1. Position your vehicle in the right lane, unless arrows on the road or signs indicate otherwise.
2. Use your right indicator as you approach and enter the roundabout.
3. Give way to all vehicles already on the roundabout.
4. Before exiting, use your left indicator and follow the exit lane marking.
5. Stop indicating once you have exited the roundabout.

Another way of looking at roundabouts-

1. Turns that occur at roundabouts can be described by imagining the roundabout to be a clock face.
2. Any turn that exits the roundabout before 12 o'clock can be considered a left turn.
3. Any turn that exits the roundabout after 12 o'clock can

be considered a right turn.

4. Straight ahead at a roundabout is taken to be at half-way around or at 12 o'clock.

Merging on roads that have lane markings-

1. On roads where there are lanes marked on the road—if your lane comes to an end, you must give way to traffic already in the lane you are moving to.
2. On roads where there are no lanes marked on the road—when lines of traffic merge, you must give way to any vehicle that is ahead of you.

Questionnaire on home security:

1. Senior Sergeant Steve Barton handed out home security questionnaires to the members.
2. When completed and handed into the police station a police representative will check out your home for security purposes.

Garage sale items:

Selected garage sale items for sale will be published on face book "Burdekin Buy, Sell and Giveaway" and all other local and district sites. These and other garage sale items may be viewed and purchased at the Sheds at 155-157 Young Street Ayr on Monday, Wednesday, Friday and Saturday 9.30am-11.00am each week.

General Information:

BMSA addresses any issues of isolation, loneliness and depression. The Men's Shed provides a safe and friendly environment where men of all ages can meet and have a chat and a cuppa, make new friends, share and learn new skills, contribute again to the Community and avail themselves to men's health information and the community health resources available. The BMSA conducts meet and greet sessions every Monday, Wednesday, Friday and Saturday 8.00am-11.30am. General meetings are conducted the third Saturday of each month com.1.30pm. Our sheds are located at 155-157 Young Street Ayr. New members and interested persons are welcome. Annual Membership fees of \$10.00 New Membership Fee and \$40.00 Annual Membership fee are now due. You can be assured of a friendly welcome when you visit the Shed.

Further information please contact:

BMSA: Phone 0477 083 502:

Email: burdekinmensshed@outlook.com



Handover of a buddy bench to the School

BMSA President Rob Ritchie thanks Senior Sergeant Steve Barton for his interesting address on Qld road rules and home security.



Burdekin Veterinary Services



Health Checks:

Pets, on average, age five to eight times faster than humans. By age two, most pets have already reached adulthood. At age four, many are entering middle age. By age seven, many dogs, particularly larger breeds, are entering their senior years.

Because pets age so rapidly, major health changes can occur in a short amount of time. The risk of cancer, diabetes, obesity, arthritis, heart disease and other serious conditions all increase with age.

Today's pets are living longer than ever, chances are that many may experience a potentially serious illness during their lifetime. Annual health checks can help your veterinarian diagnose, treat or even prevent problems before they become life-threatening. They're also a great opportunity to ask us about nutrition, behaviour or any other issues.

Health Check List:

The most important annual health screenings for dogs and cats:

Adult dogs and cats (1-6 years)

- * Vaccinations
- * Parasite check
- * Heart check
- * Dental health
- * Blood test
- * Chemistry panel
- * Urinalysis

Additional exams for senior dogs (7+ years)

- * Osteoarthritis check
- * Chest radiograph
- * Thyroid check

Additional exams for senior cats (7+ years)

- * Osteoarthritis check
- * Renal disease screen
- * Thyroid check
- * Blood pressure check

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- 74 Brazen woman
DOWN
 1 Rice wine
 2 Long time
 3 U.S. Air Force
 4 New territory dwellers
 5 Environmental protection agency (abbr)
 6 God of Islam
 7 Tell a secret
 8 Walk back and forth
 9 Run
 10 Scientist's office
 11 Open mouthed
 12 Santa __
 13 Clean feathers
 21 Nimble
 22 Ocean
 25 Unrefined metal
 27 Shade of black
 28 Winter precipitation
 29 Syrian bishop
 30 Adolescent
 31 Breaking sound
 34 Coloured
 35 Poisonous snake
 37 Bygone
 38 Ruler
 39 Spot
 41 Time period
 45 Puritan
 46 Freudian selves
 47 Uncooked
 50 Contend
 52 Capital of the Bahamas
 53 Large meal
 54 Ice house
 55 Greek government
 56 Islands
 59 Make over
 60 Snaky fish
 62 Pork servings
 63 Organizational backing (alternate spelling)
 64 Say its not true

ACROSS

- 1 Gravy
 6 Dog food brand
 10 Light source
 14 Fable writer
 15 Vault
 16 Seaweed substance
 17 Australian bear
 18 Dress decoration
 19 Nude
 20 Information
 21 Counterfeiters
 23 Pastry
 24 Man who built the arc
 26 Sea between Turkey and Greece
 28 Mythical deities
 31 Sun
 32 North by east
 33 Hydrocarbon
 36 Dueling sword
 40 Do what you're told
 42 United States
 43 Sweet potatoes
 44 Grow smaller
 45 Salt's opposite
 48 Drink slowly
 49 Eager
 51 Framework
 53 Fine fiber
 56 Hawkeye State
 57 Self-esteem
 58 A way out
 61 Cast off
 65 Astringent
 67 Stagger
 68 Utilization
 69 Fly alone
 70 Doing nothing
 71 Charming tomboy
 72 Has toed
 73 Green seedless plant

Solution Page 26

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Staff at the Ayr Hospital recently celebrated over 400 years of service by a dedicated group of employees. A special congratulations to Raylee who celebrated 35 years and Ana who has been a part of the team for 40 years!

Parliamentary Update: With sittings for the year complete, I have been able to spend more time in the electorate which is always welcomed.

As we head into the festive season, my thoughts are especially with the people who are doing it tough this Christmas, particularly those who have lost a loved one or been affected by drought and recent bushfires.

I know we won't have a white Christmas but I'm sure everyone would welcome a green Christmas

Thank you for your support during 2018 and I look forward to flying the flag for the Burdekin electorate again in the New Year.

I'd like to take this opportunity to wish you and yours a Merry Christmas and a prosperous 2019.

Let's make it a date! By now you should have received my 2019 calendar in your letter box. If you need an extra one or missed out for some reason, please pop into my office.

Lookout on the road at Inkerman: The new lookout at Inkerman Hill is proving to be very popular; perhaps too popular. An upgrade at the Highway intersection is needed and has been designed, however funding is the issue.

The Bruce Highway is part of the National Highway so I have written to the Federal Minister for Transport asking for the funding to be fast tracked for an upgrade.

Powering in to Summer Savings! As you know, I've been calling for regional Queensland to have a choice in their energy provider. Until that happens we need to save energy wherever we can to keep our electricity bills under control. Little things like making sure your air-conditioner filters are clean and sealing air leaks to keep the cold air in can make a big difference.

Christmas spirit on show again! I sincerely appreciate every single donation made so far to the Burdekin Electorate Christmas Appeal. Donations are being accepted at my office until December 19th and will assist the Salvation Army.

The people of the Burdekin never cease to amaze me. Thank you for your generosity.

Christmas Holidays: My office will close on Friday, December 21st and reopen on Monday, January 14th. Emails and phone messages will be checked regularly so if you need help urgently please let me know.

Until the next edition (and the New Year), stay safe and well, Dale.

Coming Events

20th January, 2019-Burdekin Surf Rescue Championships

21st January, 2019-Burdekin Surf Rescue Championships

23rd January, 2019-Ordinary Council Meeting

25th January, 2019-Australia Day Awards Evening

If you want to see what I am doing in my daily travels check out my Facebook page with regular updates.

www.facebook.com/DaleLastLNP - don't forget to LIKE my page or go to www.dalelast.com.au

Have an issue within our Electorate? Send me an email on burdekin@parliament.qld.gov.au

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- 2 Years \$106.30
- 3 Years \$131.55
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- 5 Years \$170.75

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If you are or over 75 years of age you require a current medical certificate.

Also if you have a medical condition that may affect your driving e.g. diabetes, epilepsy you will require a current medical certificate

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Summer Gardening with Peter

The rain we had was very welcome, but the hot dry days have been stressful on everyone. We tend to think of ourselves, but in this sort of weather change your pet dog or cats water every day. As you go past their bowl stick your finger in to check the temperature. Sometimes the water is lukewarm, so give them some fresh cool water.

Bird baths are another problem, because they are usually in the sun and sometimes the water is hot enough to make tea. If you can top up the bird bath two or three times a day, the birds will love you for it.

Plants need more TLC in hot weather but try to water in the early morning or late afternoon when the plants can benefit from the moisture. If the shade house is very hot, it's possible to lower the temperature by hosing the floor. On the old Queenslanders with hard wood flooring on the verandahs, a regular sprinkling of water would drop the heat and bring cool air into the house.

So many of the old houses have made the verandahs closed in which tends to defeat their cooling effect. Another asset of old houses was the trees around them. Trees are natural air conditioners and the effect of their shade on gardens and house walls is often underestimated.

The old Poinciana is not often planted now because it can be a big sprawling tree, but they have been flowering spectacularly after the dry winter. The Poinciana is from Madagascar and was endangered in the early 1800's, but seeds were taken to Kew Gardens and from there to most of the tropic countries of the world. The Indians call it "Gul Mohur", after the reddish gold of the Mogul Emperors, while the Jamaicans call it "Fancy Anna", playing on the name Poinciana. Another common name is "Flamboyant" in French Polynesia.



Poinciana

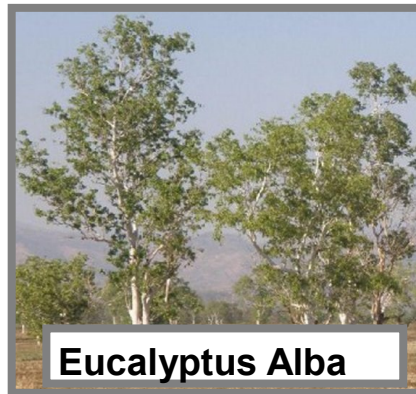
When the Red Poinciana's are in flower beside the yellow Cassia the colour combination is definitely flamboyant. Many of the local Gums have come into flower and the Bee keepers have moved their hives to take advantage of the heavy blooming. The Morton Bay Gums earned the name "Blacksocks" from the dark tessellated bark on the lower two meters of trunk.

The Poplar Gum with big round leaves like the European Poplar is called Eucalyptus Alba because of its chalk white trunk. The road side trees between Ayr and Townsville show these white trunks very well.

While we regard the gum trees as being essentially Australian, the Poplar Gum ranges from the Australian Tropics to Timor and New Guinea. Plants grown in Fiji have grown extremely well since Fiji has none of the Australian bugs that eat them.

Brazil has over a million hectares of Eucalyptus plantations. Other major growers are India, Spain, South Africa and Portugal. All these plantations provide timber for heavy engineering projects or building construction.

Eucalyptus oil is used in cough syrups and medicines and is one of Australia's contributions to the world of medicine. The Lemon Scented Gum or Eucalyptus Citriodora, contains citronella and is grown for the perfume industry. It is a slender upright tree with a small crown and at one time groves of Lemon Scented Gums were planted on cattle properties in case the smell could chase flies from cattle. There are now chemical solutions to use for this problem.



Eucalyptus Alba

The Pontine Marshes near Rome were a source of malaria so the Trappist Monks planted Eucalyptus trees in the 1870's hoping the smell would disinfect the area. The plan worked because the trees took up water and dried the marshes. This left no breeding area for mosquitos.

Eucalyptus trees were later used to drain similar swamps in Israel. I can remember Gum branches at windows at Christmas. Were they to chase flies?



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Burdekin Community Association Inc.

Flexible Financial Hardship Fund

The Burdekin Community Association Inc. has been contracted by the Department of Communities, Disability Services and Seniors to deliver a Flexible Financial Hardship Fund to residents in drought declared areas of the Burdekin Shire.

Assistance of up to \$1500 is available to assist with household and property costs to ease the burden on drought affected residents. We recognise that the amount available to households is relatively small; however we hope the contribution is of some support in easing the financial hardship to families and businesses as a result of the drought.

Applications will be considered from drought affected residents to assist with freight costs for reducing/restocking of stock numbers and fodder for stock, utilities (power, phone, fuel, etc.), school fees, rates and other costs.

The maximum amount available per household/property address is \$1,500 (excluding GST) per application, supported by an invoice/receipt of the expense.

To be eligible you must reside in the Burdekin Shire (proof of residency must be provided).

In the application you will be asked some questions to help us understand the full impact of the drought on community resilience and if we can include you in future communications in relation to the future community drought resilience activities.

If you wish to apply please email your Application Form to:

bca@bcaburdekin.org.au.

Post to PO Box 815, Ayr QLD 4807 or Fax: (07) 4783 3990.

Applications will not be able to be accepted once total grant funding has been expended, on or before 28 February 2019.

For queries please contact::

Rebecca Grogan

Phone: 07 47833 744.

The Support Centre,

130 Queen Street, Ayr. Qld. 4807

From Where I Sit

By
**Senior Sergeant
Steve BARTON**



An unusually high number of older people have been victims of home break-ins in Ayr over the past few months. Unfortunately this trend is continuing. These break-ins are generally occurring just after dark till about midnight and are what Police call "sneak breaks". These types of break-ins are when offenders enter your home generally via an unsecured door or window while you are at home or use something to cut the flyscreen on a security door and stick their finger through the hole to flip up the door lock latch (hence why it is important to key lock these doors). They then rummage through a drawer or take easily accessible items like wallets or phones from the kitchen bench or table before quickly decamping.

There are some simple guidelines to make it difficult for someone to walk on to your property and take your belongings:

- Place items such as car keys, cash, wallets, laptops and mobile phones in cupboards and drawers to make it hard for the thieves to find.
- Ensure screen doors, front and rear doors and garages are locked using the key, or a suitable security door fitted while you are home.
- Fit window locks which allow the windows to remain partly open to allow breeze in but not allow people to climb in.
- Do not leave external doors open when out in the yard or in a back room of your house
- Always lock accessible garage doors and windows even if you're just going out for a few minutes.
- Store ladders and wheelie bins securely away from windows.
- Install sensor lighting that turn on automatically when someone approaches.

Always be aware of unusual activity in your neighbourhood. Keep a phone and torch beside your bed and keep your security screen key with you. If someone comes to your front door wanting a drink, use your phone or say they are looking for someone, don't open your door but take a note of their description. This is sometimes used as a ploy to see if the resident is home.

Home Security Audits

Previously Ayr Police offered to conduct Home Security Audits of homes. We are again offering this service using a QPS Home Security Audit form (available on the QPS website along with a Protecting Your Home fact sheet).

If you are interested, ring Ayr Police Station on 4790 3555 between 9am and 3pm business days and a time/day will be arranged.

If you wish to conduct this audit yourself, the form can be found on the QPSZ website at <https://www.police.qld.gov.au/programs/cscp/homeSecurity/homesecurityauditchecklistandfactsheet.htm>

SCAMS

People of the Burdekin as elsewhere are regularly targeted by scams. These can be by phone calls, text messages, emails, etc. They generally request a seemingly small amount of money with a promise of a very high dividend or substantial property. Do not be fooled. These scams obviously sound really good to fool people into giving them money.

Remember, if it sounds too good to be true, it is. If you think someone has tried to scam you or just wanting information about what scams are being pushed, go to the scam watch website.

If you have any information about crime or illicit drugs, phone crime stoppers on: **1800 333 000. Remember to secure your property:**



LOCK IT OR LOSE

LOCK YOUR HOME and HIDE YOUR KEYS



THE BURDEKIN SHIRE HAS A NEW EMERGENCY MANAGEMENT WEBSITE

EMERGENCY DASHBOARD



The **Emergency Dashboard** has been designed as a "ONE STOP" location for residents and visitors to access all necessary resources and information during an emergency situation.

The **Emergency Dashboard** will allow you to view up to date information from:

- Burdekin Local Disaster Management Group
- Burdekin Shire Council
- Bureau of Meteorology (BoM)
- Department of Transport and Main Roads
- Ergon Energy
- Queensland Ambulance Service
- Queensland Fire and Emergency Services
- Queensland Police Service



For all enquiries please contact
Council's Customer Service Centre
Phone: 07 4783 9800
Email: enquiries@burdekin.qld.gov.au

*This project was funded by the
Queensland Reconstruction Authority as
part of our Get Ready Burdekin funding.*

TO VIEW THE
EMERGENCY DASHBOARD
VISIT
disaster.burdekin.qld.gov.au
OR SCAN QR CODE →



Brandon Heritage Centre Ye Olde Machinery Place News



Panfilo was a blacksmith at the Kalamia Mill for many years with his father who learned the trade in Italy before the war. Robert Matthews' father, the late Malcolm Matthews was also a blacksmith at Kalamia. This indeed was a historical event for the team.

On Sunday the 11th November, The Burdekin Machinery Preservationists held their annual open day. This event followed their display at the Home Hill Harvest Festival on the Saturday.

The day was well attended and held interest for young and old. From rides behind the steam traction engine of Lara and Tony Little from Chillagoe to viewing the pumping engines running in the Ruston Hornsby Shed.

The Burdekin Marshal Tractor was on display and driven by John Hansen. A milestone was reached this week with the Walker being turned over for the first time using compressed air. The almost completed Walker No 1 Engine was displayed along with Sugar Mill Loco Pioneer No 1 and Inkerman No 1.

The workshop was open with the planner working and this attracted a lot of interest by the public. Members Panfilo DiLullo and Robert Matthews manned the Blacksmith shop forge.

The steam plant worked well with all the engines running silently on steam. Also this year we had a large steam whistle donated by the late John Tait. Unfortunately it was only used a few times as it used so much steam the boiler would get low on steam. Our boiler engineer Peter Murray was not impressed. Our secretary Lex Kelly himself an engineer kept an eye on things as well. The old Brandon Church with the history of Brandon was opened for the day and was popular as well. Being Armistice day a flag ceremony was held accompanied by a younger bugler from Home Hill. We also had some regular visitors with engines from north and south who joined in and enjoyed the day displaying their engines. We have our working bees on every Monday and invite those interested in joining us at 10 o'clock for morning smoko. We will now adjourn till after Christmas with our next monthly meeting on the 28th of January.

From our members, we wish you a Merry Christmas and a Happy and safe New Year.

Jim Phillips

Burdekin District History

Glenis Cislowski Phone: 4783 3398

FROM SYDNEY TO TOWNSVILLE AND BACK IN 1931 IN A BRITISH 1930 SINGER JUNIOR 8 H.P. MOTOR (PART 2)

William Langford Penny and Raymond Becker left Townsville, Labour Day, Monday 4th May 1931 to return to Sydney. The road to Ayr was in excellent condition. They camped on the Ayr side of the Burdekin River for two or three days whilst William had an entertaining day at Brandon where he commenced his schooling in 1913.

They left Home Hill on Thursday 7th May at 7.30p.m. for Bowen. They had a pleasant night drive until they reached a dry sandy creek crossing 28 miles from Bowen. Because the vehicle was overloaded and the sand was soft, a universal joint was broken at about 10.30p.m. A horseman arrived about 10a.m Friday and took them to Guthalungra in order to phone for assistance from Bowen. Mr Easterbrook of the Denison Motor Service came out and towed the vehicle into Bowen in the dark, where they arrived about 6.30p.m. The men stayed at the Exchange Hotel.


They left Bowen on Sunday 10th May at 2.30pm for Proserpine. It took four hours. The two men left at 7.30.a.m. Monday 11th for Mackay. Fourteen miles from Proserpine nearing one of the river crossings, the vehicle's main leaf front spring snapped. So Langford and Raymond returned sadly to Proserpine where a local smithy made a new leaf. Leaving Proserpine for the second time that day at 5.30p.m. the men camped at a timber contractor's camp at Gunyarra. They reached Mackay at 5.00 p.m. Tuesday.

After ten days in Mackay and acquiring a cattle pup, **Buddy**, from Miss Minnie Leeding of Mackay, they left on Saturday 23rd May for Rockhampton at 5.30a.m. As a mascot Buddy was a failure. At Ilbilbie, the repairs done at Bowen on the universal joint splintered again. Mr Thomas, from Carmila towed them into town. The men left Carmilla at 2.00p.m. on Sunday 24th May and at Clearview Creek two and half hours later, the side rear spring parted company with the axle and at the same time the brake rod snapped. Temporarily fastening the spring to the axel with fencing wire, the two men left Clearview at 11.00a.m., for St Lawrence fifteen miles away. They appreciated a hot meal at 12.30p.m. at St Lawrence, replaced the broken U bolt and left at 4.30p.m. for Rockhampton. The men camped sixty miles further along the road, near Old Marlborough. On Tuesday, 26th, after breakfast, they left for Yamba and then onto Rockhampton at 4.00p.m.

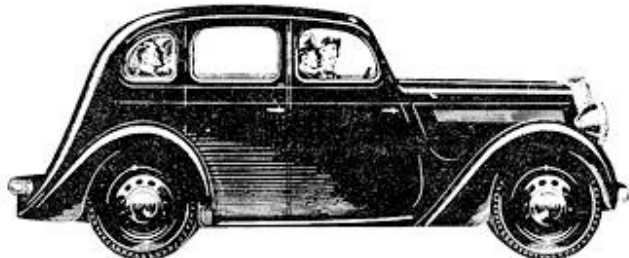
No more mishaps occurred and the Junior Singer with its occupants arrived at Maryborough at 10.15a.m. Saturday, June 6th. After spending a few days holiday at North Isis, with Langford Penny's relations, Mr and Mrs W.T. Buss. The men attended the Childers Show and were impressed with the displays and the friendly locals who made them feel welcome.

The Junior Singer car was then twelve months old on 6th June. Langford and Raymond left Maryborough Sunday 7th June passing through Gympie, Nambour and Caboolture for Brisbane. W Langford Penny, Raymond Becker, Buddy, (the cattle dog) and Rastus, (the Junior Singer Car) arrived back in Sydney on Friday 19th June 1931 after leaving Sydney Monday 2nd February. They were welcomed by representatives of Williams Motors. Ltd. and Shell Company of Australia Ltd. The vehicle had arrived back with the original rethreaded tyres and no punctures. Particulars of the vehicle 1930 Model Singer Junior, all British 8 horse power, weight 14cwt and petrol consumption of 50 miles per gallon. The vehicle had covered altogether 12,000 miles, 5,650 miles of which were Sydney-Townsville-Sydney. Very impressive considering the vehicle was made for British roads.

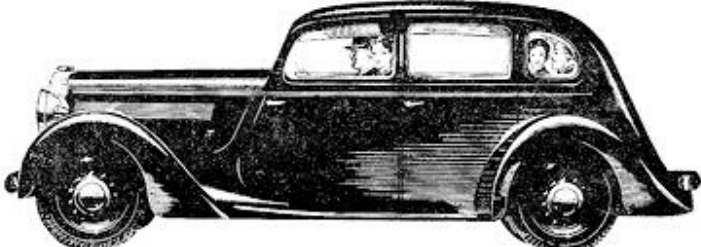
SEE THE 1939
SINGER CARS
at STAND No. 121
EARLS COURT



1939 SINGER NINE BANTAM De Luxe SALOON £119.10



1939 SINGER SUPER TEN SALOON £195

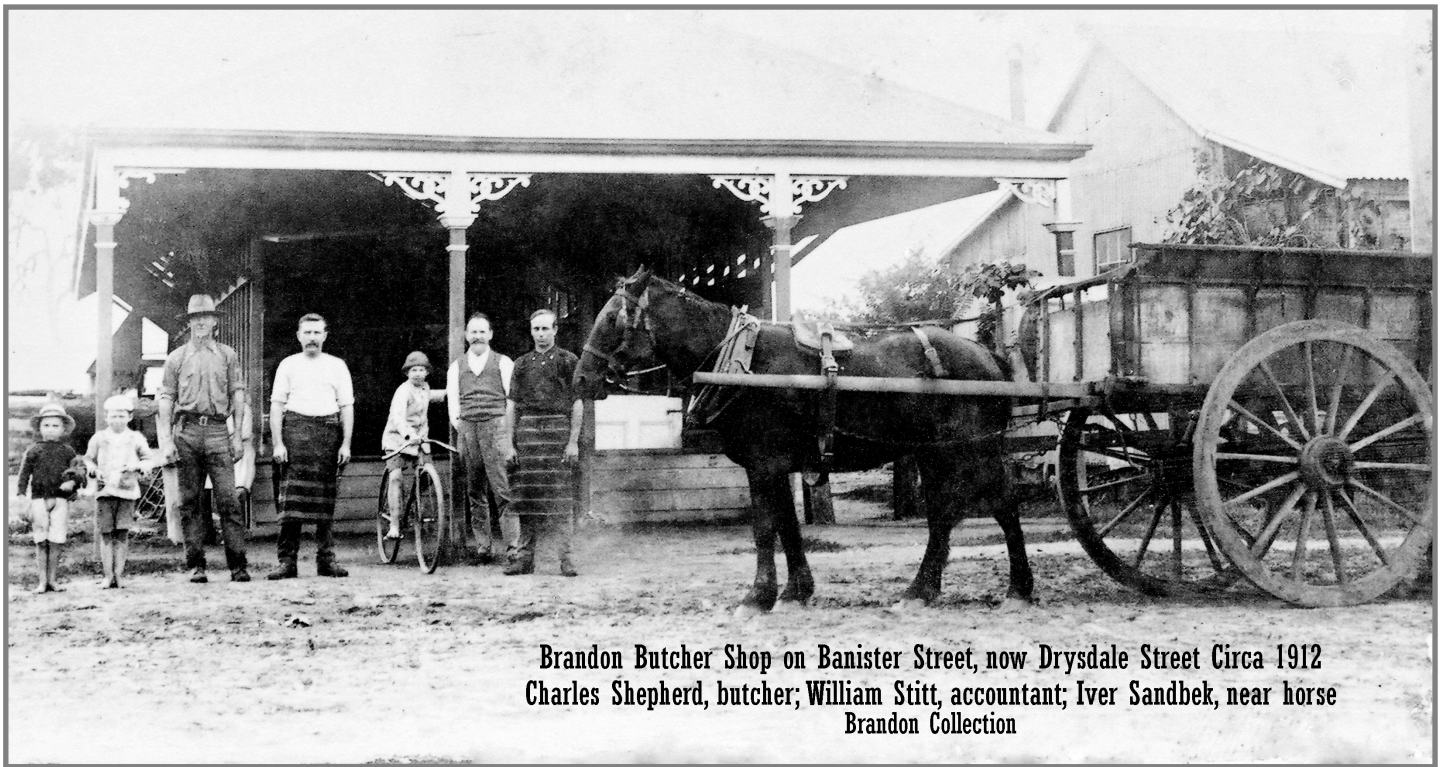


1939 SINGER SUPER TWELVE SALOON... £219
1939 SINGER 12 h.p. DROPHEAD COUPE £279

You are cordially invited to arrange a trial run with your local Singer Dealer,
the Singer London Showrooms at 25-29, Park Lane (Greenwich 2565), or

SINGER MOTORS LIMITED, COVENTRY

Continued next page.



Brandon Butcher Shop on Banister Street, now Drysdale Street Circa 1912
 Charles Shepherd, butcher; William Stitt, accountant; Iver Sandbek, near horse
 Brandon Collection



Photo from the Brandon collection: The Brandon State School on right and now a residence.
 The new Brandon State School on left. (1913)

George Singer, the founder of Singer Motors Ltd. instigated the company with his brother-in-law, J E. Stringer in Coventry manufacturing bicycles. He was previously foreman of the Coventry Sewing Machine Company from which he resigned to commence manufacturing bicycles. The company manufactured motorcycles until 1915 and then commenced the Singer Cycle Company and commenced manufacturing motor cars in 1901. It went on to produce vehicles until 1955 when financial difficulties became apparent and the Root Brothers acquired the company in 1956. Roots Brothers also had financial troubles and the company was then acquired by the American Chrysler Corporation in 1970.

The last car to carry the Singer name was an upmarket version of the rear engine *Hillman Imp* called the *Chamois*. The site of the Singer factory in Coventry is now occupied by Singer Hall, a hall of residence for Coventry University.

The photos of Brandon are from the Brandon Historical Collection. The advertisement is from the Internet. You can find out more of the Singer Motor Car from Wikipedia. The papers from Trove were Daily Mercury Thursday 14 May 1931 p10, Evening News Rockhampton Thursday 28 May 1931 p16 and Friday 26 June 1931 p16, Maryborough Chronicle Wednesday 10 June 1931 and Sydney Morning Herald Saturday 20 June 1931 p17.

I hope you enjoyed this article as much as I. My research into the history of this world famous name 'Singer' was interesting and captivating.

All the best in health for Christmas and the New Year.

Glenis



**The Burdekin Community Association Inc.
accepts community donations**



The Woolworths Ayr Store NightFill team members, put together 13 hampers from goods they have donated. These hampers will go to service users who may not have anyone to share Christmas with this year.



Sue Rains thanks Matthew Trenfield who has been collecting toys all year to give to needy families.



Thanks to the staff at Suncorp Bank for their donation of food for Christmas.



**CHURCH
SERVICE TIMES**

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 5937

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 - 9.00 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

The Gospel Outreach Centre Inc.

15/17 Cox Street, Ayr
Sunday 10.30 am & 6.30 pm
Ph: 0437 777 116



Funds for VMR: I was happy to share the good news of a \$20,000 funding boost for boating rescue service VMR Burdekin recently, who had voiced their concerns about boating safety following a decision by the Bureau of Meteorology to cease broadcasting weather forecasts in regional Queensland.

I was able to provide a solution through the Stronger Communities Program to allow them to purchase a new VHF transmitter and upgrade their computer equipment and radio console to allow the dedicated volunteers at VMR to provide those vital weather forecasts to all boats.

The \$18,181 grant provides approximately 50 per cent of the funding for what will be a \$36,550 project to purchase the VHF transmitter, upgrade computer equipment and the radio console, purchase and install automatic equipment to download, convert text to voice, and broadcast marine weather forecasts.

This is the second boost I've achieved for VMR Burdekin. They also secured \$20,000 last year for Stage 1 of the upgrade of their headquarters on Ayr Dalbeg Road.

areas where WHM visa holders can work for three months in specified farming work and allowing 12 months of work with the same agricultural employer. Adjustments are also being made to the Seasonal Worker Program, including increasing the period of work in Australia to nine months for all workers (it's currently six months for some countries) and reducing out-of-pocket expenses for employers.



Carl Walker (Bowen Gumlu Growers Association and George Christensen MP)

Salvos extend help to farmers in need: The legendary Salvos have opened some avenues of assistance to drought-affected farmers. The Mackay's Salvation Army expression is extending assistance to drought-declared areas west and north.



Those in a drought-declared area can reach the **Salvos on 02 8757 8088** or can visit salvos.org.au/drought and fill out an assistance form.

Other services available include:

Rural Aid on 1300 327 624

Rural Financial Counsellor 1800 686 175.

Country Women's Association 02 8337 0210.

To donate visit: salvos.org.au/rural support.

Authorised by Federal Member for Dawson
George Christensen, 2/21 Milton St, Mackay Qld 4740.
Phone: 4944 0662-www.georgechristensen.com.au



L-R-Robert Murolo (President Northern Zone), Member for Dawson George Christensen, Vince Papale (President Burdekin), Dale Last, Deb Frecklington and Lionel Tappenden (Vice President Burdekin).

Young achievers: It was great to see so many bright students recognised for their academic, sporting, civic and cultural efforts at Home Hill State High School awards night recently. Well done to all awardees and all school leavers on graduating.

Changes to visa programs: We're helping farmers in the Burdekin address labour shortages with changes to two visa programs. The Working Holiday Maker (WHM) subclass 417 and 462 visa program adjustments will lift the annual caps on visas, opening up the number of regional

Lori & Neville Boyle
(07) 4783 1608 ALL HOURS 86 Railway Street, AYR, Qld 4807
burdekinfunerals@yahoo.com.au

RUDDY TOMLINS & BAXTER
Solicitors (Est. 1925)
126 Young Street, Ayr Qld. 4807
Phone: 4783 1733 Fax: 4783 2067



Mobility Scooter Safety

It's vital for mobility scooter users to exercise care and attention for the safety of both themselves and of those around them. Below are some tips to keep everyone safe

- Travel at a speed suitable to the conditions.

- Use streets with footpaths or other off-road pathways, where possible.
- Try to avoid hilly routes if an alternative route is available because these use more power and may be more difficult to navigate safely.
- Make turns slowly.
- Approach ramps and curbs head-on.
- Be aware that your smaller size often makes you less visible.
- If you have a battery power gauge, be mindful that the second half of the battery is drained faster than the first half. As visibility on roads and paths is often poor at night, try and make sure pedestrians and motorists can see you.
- Consider how unevenly distributed weight could affect the balance of your mobility scooter, particularly when you are turning or travelling onboard public transport, which may unexpectedly brake or accelerate.
- Display a white light at the front, a red light at the back and reflectors for times when there is less daylight.

Maintenance:

You should keep your wheelchair or mobility scooter in good repair and do maintenance regularly. Before each trip, check it over:

- Is it in safe working order?
- Are the tyres pumped up?
- Are the brakes functioning properly?



9	3	7	4	1	6	8	5	2
4	6	8	2	7	5	1	9	3
5	2	1	8	9	3	4	6	7
6	4	2	9	3	7	5	8	1
8	1	9	5	6	2	3	7	4
3	7	5	1	8	4	6	2	9
7	9	4	6	5	1	2	3	8
2	8	6	3	4	9	7	1	5
1	5	3	7	2	8	9	4	6

- Are all the lights and indicators working?
- Is your battery fully charged?

If you have a motorized device, make sure the battery is fully charged. A flat battery can make it difficult to climb a ramp and board public transport unassisted. As well, a flat battery may leave you stranded.

Plan each journey:

It is a good idea to plan ahead when wanting to travel on public transport. Many services are accessible for passengers travelling with wheelchairs and mobility scooters, but some are not. If you are booking an accessible taxi, you should plan ahead and pre-book your taxi. Make sure you let the booking company know that you require an accessible taxi as these bookings must be given priority over general bookings.

Risks and injuries:

Australians have become injured or died after through mobility scooter use, particularly the elderly. Dangers arise when the rider does not have:

- Enough hand strength and movement to use the controls, and steer and turn the scooter
- The ability to turn their head to look to the side & behind
- Enough balance when riding on bumpy or rough ground
- The ability to sit for periods of time or to change the position of their body when going up and down inclines
- The ability see or hear vehicles and pedestrians approaching, or the ability to correctly judge distances.
- The ability to concentrate for the entire period of the journey and to react quickly enough to stop and turn suddenly if necessary.
- The ability to exercise patience in crowded areas, such as shopping centers.



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Married Four Times

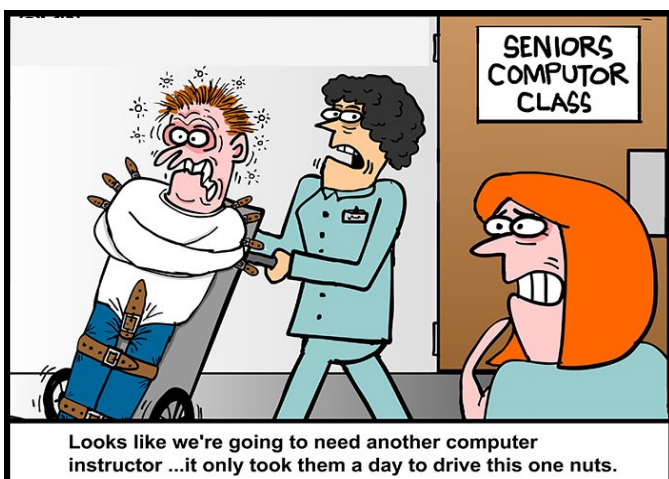
The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80 and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

- She smiled and explained, "I married one for the money, two for the show, three to get ready and four to go."



Murphy says to Paddy,
"What ya talkin into an envelope for?"
"I'm sending a voicemail ya fool!"

My daughter asked me for a pet spider for her birthday, so I went to our Local pet shop and they were \$70!!!
Blow this, I thought, I can get one cheaper off the web.

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves.

There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.

A man buys a parrot and brings him home.

But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"

BEST EVER SENIOR CITIZEN JOKE - A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck." The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

*Be kind,
for everyone you meet
is fighting a hard battle.*

- Plato



Practical Tips for safer homes Part 4

BEDROOMS – PLAN A SAFE SLEEPING AREA

Injuries can occur in bedrooms so it is important to plan future physical needs. Not all measures require a huge outlay. Changes may include simply reducing clutter on the bedroom floor or making sure there is space for reading glasses on the bedside table.

Check these safety tips:

- Install a telephone wall socket beside the bed for convenience and emergency calls (remember, cordless do not work if the power fails) or have your mobile phone next to your reading glasses and have it charged all the time.
- Keep a torch handy if you cannot reach a light switch from your bed. If you have bedside light, make sure you can reach them from the bed. Better have a touch lamp by your bed so all you have to do is touch it and the light comes on.
- Have battery-powered nearby in case of a power failure.
- If you have a continence problem, put a clean aid on before you go to bed wear. Have a floor mat with a nonslip back beside the bed so when you stand up you won't slip in urine. Ask your local Nurse or Continence Advisor where you may obtain the special floor protectors.
- Turn off electric blanket before getting into bed.
- Never smoke in bed.
- Turn off and unplug electric blanket when not in use. When storing electric blankets roll them up – do not fold them.
- Keep the bedroom floor free of electric cords and general clutter.
- Make sure your glasses are within easy reach for when you get out of bed.
- When getting out of bed, sit up and place both feet firmly on the floor before standing up.



Smoke Alarms:

Install photoelectric smoke alarms in a hallway outside bedrooms and/or between the living areas and bedroom

Individual households may receive free in-home safety advice from local fire-fighters by phoning **13 74 68**. *Department of Community Services.*



Do you know: By 1st January 2022, the following additional measures, over and above the standards set out in the Fire and Rescue Services Amendment Act 2006 and are as follows:

- Smoke alarms must be installed in every bedroom
- All smoke alarms must be powered by either 240 volt or 10 year lithium battery
- All smoke alarms must be interconnected to each other
- All smoke alarms must be photoelectric rather than ionization

Recipe Snacks Part 1

Use Toast as a base for a quick way to satisfy your hunger. Shop smart. Always choose wholegrain breads to boost your fibre intake, aiming for at least 7g per 100g. Also check that the sodium levels are no more than 400mg per 100g and that one slice of bread contains about 15g of carbohydrate.

- 1. GOAT'S CHEESE, BLACKBERRY AND ALMOND**
 - Spread 15g of goat's cheese over 1 slice toasted bread.
 - Top with 2 Tbsp. Blackberries, 1tablespoon sliced almonds and 1 teaspoon of honey.



- 2. TOMATO, BOCCONCINI AND BASIL**

- Top 1 slice toasted bread with 3-5 slices tomato.
- 30g thinly sliced bocconcini.
- 1Tablespoon shredded basil and 1 teaspoon of 99% fat-free balsamic dressing.
- Sprinkle with freshly ground black pepper.



- 3. WHITE BEAN**

- Top 1 slice toasted bread with 1/3 cup rinsed and drained cannellini beans
- ½ teaspoon basil pesto
- 2 tablespoons chopped tomato



- 4. SALMON, CUCUMBER AND RED ONION**

- Spread 3 teaspoons extra light cream cheese over 1 slice of toasted bread
- Top with 4 thick slices cucumber
- 105g can pink salmon, drained and flaked,
- 1 Tablespoon thinly sliced red onion.
- Few sprigs of dill.



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PRESENTED TO

Robert Lesca

*Burdekin Community Association
Round a Bout newsletter*

IN THE CATEGORY

**Most effective newsletter or
communications vehicle for older Australians**





About half way into our four year round Australia odyssey, we were travelling across the Nullarbor Plain towards Perth. We had left Adelaide at the end

of March and started on the approximately 2700 km journey. We had made our way through Port Augusta and Whyalla before getting to Ceduna which then was the start of the Nullarbor proper. This was in 1969 and at that time the sealed road finished at Ceduna and from there to Norseman the 'road' was gravel or sand, full of potholes of indeterminate size which were usually full of bull dust.

Our vehicle was a Ford Falcon XM Panel Van towing a thirteen foot Valiant caravan. It goes without saying that this was a long time before the advent of air-conditioned vehicles and although it was autumn it was still very hot which meant that we had to have the van windows open most of the day. Another drawback was that we were travelling west and as the days were drawing in the sun was low in the sky earlier in the day. This coupled with the fact that the air was so full of dust from passing trucks meant that it was almost impossible to drive after three o'clock in the afternoon.

We pulled into the BP at Eucla on the South Oz – West Oz border just after three in the afternoon. We had been travelling since eight that morning and were tired, thirsty, sweaty and covered in a dust so fine it was like talcum powder. There was a caravan park at the back of the Service Station and after I had set up the van and had a beer I made for the showers. It must have been a Friday.

Bear in mind that this was the late 60's when everybody had hair. Mine was not that long but my beard was magnificent, a deep bushy red which covered most of my face. Grabbing soap and towel I made for the showers and was soon standing under a good flow of warm water. Soaping up I vaguely noticed that it was taking some time to work up lather but I persisted and was soon covered in soap. Which is where the trouble started. I had never experienced 'hard' water before and didn't even know of the existence of hard water soap. My inexperience in this department was soon evident as I tried to wash the lather off my body. This proved very difficult and although I managed to get most of the soap off my body, the bodily hair was more of a problem and when I finally emerged from the showers I was walking in a peculiar fashion.

You would not believe how difficult life was in these circumstances; my hair and beard stuck out in spikes in all directions, I couldn't put my arms by my side and don't even think about the state of my groin. But going to bed was the worst part as my head stuck to the pillow and I couldn't turn over. Rumpy pumpy was completely out of the question as my legs were stuck together.

The next morning in extreme discomfort we continued our journey getting as far as Caiguna, the next service station with any facilities. Again the water was of the hard variety and after another day's hard travel you can only guess at my appearance. It wasn't until the next day at Norseman where, blessed with soft water from rain water tanks I was able to wash off what was by then a pretty disgusting mess and I imagine I would also have been a bit on the nose. The moral to this tale is that if you are travelling off the beaten track, always take some hard water soap, just in case.

Cyclops

LOCK IT OR LOSE IT

-  **LOOK** to ensure all valuables are out of sight, particularly through windows and doors
-  **LOCK** all doors, windows, security screens and garden sheds
-  **Leave** your home only when you are convinced that you have secured it to the best of your ability

AN INITIATIVE OF COUNCIL'S BUILDING SAFER COMMUNITIES ACTION TEAM



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Falls Prevention

Simple Tips to Prevent Falls

Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard proofing your home.

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions and sometimes the medications used to treat those conditions make falls more likely.



1. Make an Appointment With Your Doctor: Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- **What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired or affect your thinking.
- **Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies
- **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

2. Keep Moving: Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.



3. Remove Home Hazards

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

4. Light Up Your Living Space: Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed for middle-of-the-night needs.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

5. Wear Sensible Shoes: Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.



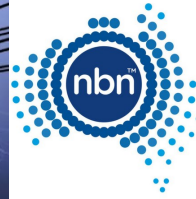
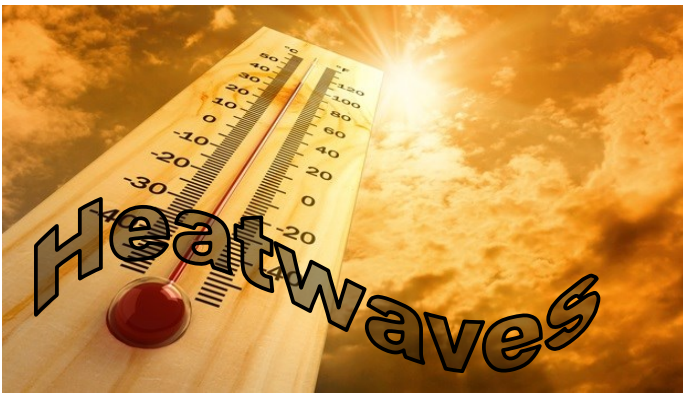
6. Use Assistive Devices: Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment.

If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.





Australia's
broadband
network

NBN POWER OUTAGES:

Where the nbn access network is affected, nbn will prioritise reconnecting essential services, such as hospitals, fire, police and emergency services. Community infrastructure will also be included with traffic management, sewerage, power and water utilities a high priority. We will also work to prioritise the reconnection of business services essential to community recovery, such as banks, petrol stations and supermarkets.

Prepare an emergency kit:

We recommend that you put together an emergency kit which includes equipment (like a charged mobile phone) that can be used in the event that there is a power outage, or if your connection to the nbn™ access network is disrupted.

Equipment connected over the nbn™ access network will not work during a power blackout. Electronic equipment connected to the nbn™ access network needs its own separate battery backup to work in a power outage. Examples of devices requiring separate battery backup include your modem, cordless phone, or gateway/Wi-Fi router. This is not provided by nbn.

A number of factors influence the resiliency of the nbn™ access network to continue to provide uninterrupted services during a power outage. Even with network power resiliency and in-premises battery backup, power outages may last longer than the battery life. Therefore, we recommend you are always prepared to be without landline phone and internet services for some time.

NBN Access Network Outages:

Unplanned or unexpected outages to your nbn™ access network connection can occur for many reasons, such as severe storms, cyclones, bushfires, car accidents, or trees or branches falling onto power lines.

NBN understands the inconvenience unplanned outages can cause to users. This is why we have an emergency response team dedicated to preparing for and responding to, the recovery of the network in emergencies.

Power supply and outages:

For power supply and outages, please contact your energy provider.

If you require a safety critical device such as a medical alarm, fire alarm or lift emergency phone to work during a power outage, nbn recommends you speak to the supplier of that device about the best solution for ongoing service continuity.

Premises within nbn™ Fixed Wireless and Sky Muster™ satellite areas will have the choice to keep their existing landline phone service over the copper network active, or switch over to a VoIP (Voice over Internet Protocol) service on the nbn™ access network through a preferred phone and internet provider – connecting your new phone via the nbn™ supplied equipment.

Now that summer has kicked in we are well and truly in heatwave season. Heatwaves will likely be more challenging for the elderly, pregnant women, young children and babies. Heatwaves are a risk for anyone who does not take precautions to keep cool, even if you are healthy. Heatwaves can also cause normally reliable infrastructure such as power and transport to fail.

Severe and extreme heatwaves have taken more lives than any other natural hazard in Australia's 200 year history. An example in Victoria; 173 people perished as a direct result of the bushfires, however 374 people lost their lives to an extreme heatwave before the bushfires .

Heat stress and heat exhaustion can be serious, even fatal. Know the signs:

- Breathlessness
- Chest pain
- Confusion
- Intense thirst
- Weakness
- Dizziness
- Cramps which get worse or don't go away

Before a Heatwave:

- Think about modifying your planned activities so that you are indoors or in air-conditioning.
- Install blinds, curtains or other devices which help to keep the heat out.
- Check your fans and air-conditioners are working properly.
- Plan ahead to make sure you have enough food, water and medicine.

During a Heatwave:

- Drink plenty of water and avoid caffeine and alcohol.
- Stay out of the sun, especially between 11am – 3pm.
- Close curtains and blinds to keep rooms cool.
- Avoid physical exertion if possible.
- Wear loose, cool clothing and wear a hat, glasses and sunscreen if going outside.
- Have cool baths or showers or splash yourself with cool water.

After a Heatwave

Check on friends, neighbours and vulnerable people who may be less able to look after themselves.

Getting Seniors Tech Savvy

Many seniors are hesitant to use computers and have one in their home, however with some education and assistance, computer use becomes much easier. Computers don't have to be a hassle or intimidating and there are certain features that can make them more appealing.

Having a computer at home can be very helpful and is a major part of daily life for many people, some examples include paying bills, video calling friends, exploring hobbies, using emails, looking up the weather, learning new skills, finding recipes and listening to music. It's an all-inclusive great tool for connecting with those around you and opens up a world of opportunities. Regardless of who you are, a computer is a great investment and I would advise getting one as soon as you feel comfortable.

The good news is that there are more options than ever these days and there's a device just for your liking. First, though, consider what you actually want to do on your computer and then what you potentially want to use it for in the future. The temptation might be to replace your old / broken computer like for like. But that may not be the best approach. First, it's important to weigh the options for computer use in general. The options are Desktops, Laptops and Tablets

Desktops: Desktops are less portable, but more durable. They offer more memory, larger screens and are lower priced than laptops. Seniors will find that the mouse is easier to use than with a laptop and there are more options for keyboards.



Desktop computers are the easiest to use and are plugged into the power source at all times. They have a larger screen which is important for many older people who have poor vision. Also, senior citizens who started out by using desktop computers will have more of a similar experience. Nowadays you can buy desktops not only in separate, (as in a desktop box and a monitor), but as, all in one desktops, where all the computer components now fit into the size of the monitor, creating an all in one solution. The advantage of this is there is less to set up, less space taken up and less cords getting in the road.

In most cases, a set up guide will come with the product and seniors are more than capable to connect everything together, otherwise having one of their family members or friends to help, works out just as well.

Laptops: Laptops are portable and allow you to use the computer away from home. They are lightweight and smaller in size than desktops. Just make sure the screen is large enough so that you can read from it.

Display & Size: When glasses are an everyday necessity and eye strain is more than an occasional problem, having a high-quality display is extremely important.

You'll want one that's capable of a high level of contrast to make text and images show up more clearly, as well as high resolution to sharpen the edges. Look for a HD screen one with a 1920x1080 resolution.



If your laptop will be spending most of its time on your desk, you may be less concerned with the weight and size of your laptop. In this case, get a large screen (at least 15") for clarity, which will also have a larger keyboard size that will be much easier to use. However, if it will be traveling with you frequently, make sure to get something that isn't too heavy. In this case, you may want to settle for a 13" screen and perhaps consider a laptop stand for when it's at home to reduce neck strain.

Tablets: A tablet can be an ideal desktop replacement these days. Tablets tend to be very easy to use, so long as the person using it can adapt from using a keyboard and mouse to operating a touchscreen. Some people love them instantly, while others simply cannot cope with a touchscreen, or having to hold the tablet in one hand and operating it with the other. That's why I recommend you do a trial first with a borrowed tablet to see whether you like it. You'll also need a compatible printer with Wi-Fi and it's a good idea to buy a keyboard too, however these keyboards are quite small.



The pros are they are extremely portable, lightweight and run fast. The cons are there is a bit of a learning curve if it's your first time using a tablet. It can also be tricky to print from and the screen might be too small for your liking.

Connecting to The Internet: Once you have chosen your preferred device you will need to connect to the internet. This can be done by connecting to an internet provider like Telstra or Optus. If you're going to use the internet at home frequently, you may want to connect your home to the NBN, otherwise you can get pre paid mobile broadband or use your data from your mobile phone. E.G. fees below-

Cheapest Telstra NBN	\$70 per month (pm)	100GB Data
Cheapest Telstra Mobile	\$30 per month (pm) \$150 per year ~ \$12.50 pm	10GB Data 50GB Data

Conclusion: Make sure that when you are researching computers and internet plans that you know what you are paying for and it's not just a regular computer with a higher price tag. If possible, have someone in your family who knows about computers, check out the model for you and don't just rely on testimonials or sales tactics. Once you make an informed decision, you'll be on your way to using computers with ease.

Bone health: Tips to keep your bones healthy

Protecting your bone health is easier than you think. Understand how diet, physical activity and other lifestyle factors can affect your bone mass.

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too.

Why is bone health important? Your bones are continuously changing — new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodelling continues, but you lose slightly more bone mass than you gain.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on how much bone mass you attain by the time you reach age 30 and how rapidly you lose it after that. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age

What affects bone health? A number of factors can affect bone health. For example:

- **The amount of calcium in your diet.** A diet low in calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.
- **Physical activity.** People who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts.
- **Tobacco and alcohol use.** Research suggests that tobacco use contributes to weak bones. Similarly, regularly having more than two alcoholic drinks a day increases the risk of osteoporosis, possibly because alcohol can interfere with the body's ability to absorb calcium.
- **Gender.** You're at greater risk of osteoporosis if you're a woman, because women have less bone tissue than do men.
- **Size.** You're also at risk if you're extremely thin (with a body mass index of 19 or less) or have a small body frame because you might have less bone mass to draw from as you age.
- **Age.** Your bones become thinner and weaker as you age.
- **Race and family history.** You're at greatest risk of osteoporosis if you're white or of Asian descent. In addition, having a parent or sibling who has osteoporosis puts you at greater risk — especially if you also have a family history of fractures.
- **Hormone levels.** Too much thyroid hormone can cause bone loss. In women, bone loss increases dramatically at menopause due to dropping estrogen levels. Prolonged absence of menstruation (amenorrhea) before menopause also increases the risk of osteoporosis. In men, low testosterone levels can cause a loss of bone mass.
- **Eating disorders and other conditions.** People who have anorexia or bulimia are at risk of bone loss. In addition, stomach surgery (gastrectomy), weight-loss

surgery and conditions such as Crohn's disease, celiac disease and Cushing's disease can affect your body's ability to absorb calcium.

- **Certain medications.** Long-term use of corticosteroid medications, such as prednisone, cortisone, prednisolone and dexamethasone, are damaging to bone. Other drugs that might increase the risk of osteoporosis include aromatase inhibitors to treat breast cancer, selective serotonin reuptake inhibitors, methotrexate, some anti-seizure medications, such as phenytoin (Dilantin) and phenobarbital and proton pump inhibitors.

What can I do to keep my bones healthy?

You can take a few simple steps to prevent or slow bone loss. For example:

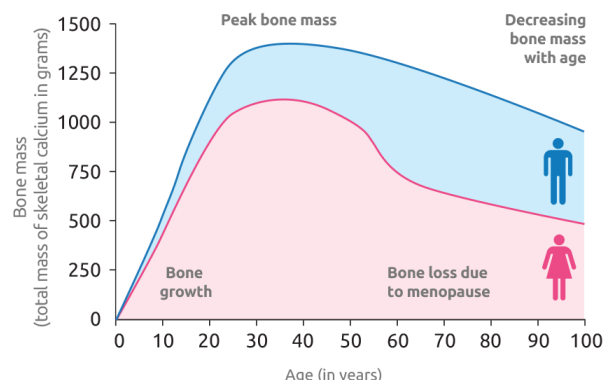
- **Include plenty of calcium in your diet.** For adults ages 19 to 50 and men ages 51 to 70, the recommended dietary allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation increases to 1,200 mg a day for women after age 50 and for men after age 70.
- **Good sources of calcium include** dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.
- **Pay attention to vitamin D.** Your body needs vitamin D to absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation increases to 800 IUs a day for adults age 71 and older.
- **Good sources of vitamin D include** oily fish, such as tuna and sardines, egg yolks, and fortified milk. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.
- **Include physical activity in your daily routine.** Weight-bearing exercises, such as walking, jogging, tennis and climbing stairs, can help you build strong bones and slow bone loss.

Avoid substance abuse. Don't smoke. Avoid drinking more than two alcoholic drinks a day.

Enlist your doctor's help: If you're concerned about your bone health or your risk factors for osteoporosis, including a recent bone fracture, consult your doctor. He or she might recommend a bone density test. The results will help your doctor gauge your bone density and determine your rate of bone loss. By evaluating this information and your risk factors, your doctor can assess whether you might be a candidate for medication to help slow bone loss.

Reference:

<https://www.mayoclinic.org/healthy-lifestyle/adult->





Eathorne's Tide Times

SPORTSPOWER

Ph: 4783 5744
138 Queen Street, Ayr Q 4807



DECEMBER 2018									JANUARY 2019								
Day	Time	Mtr	Day	Time	Mtr	Day	Time	Mtr	Day	Time	Mtr	Day	Time	Mtr	Day	Time	Mtr
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Bowen			+0.50			+0.50			Bowen			+0.50			+0.50		
Burdekin River Groper Creek			+1.00			+1.30			Burdekin River Groper Creek			+1.00			+1.30		
Cape Bowling Green			+0.02			+0.06			Cape Bowling Green			+0.02			+0.06		
Cape Upstart			+0.18			+0.12			Cape Upstart			+0.18			+0.12		

Whats happening at BCA Rural Health

News and Upcoming Events

- **Fab Support Group** - Is held every second Monday morning from 10.30am to 12pm. This is a **free** get together to meet new people, open to everyone in the community. Come along for a cup of tea or coffee and enjoy a range of social activities or just meet for a chat.
- **Tai Chi** - Classes continue to be held in Ayr every Friday morning at 9am and 10am, and every Monday morning in Home Hill at 10am.
- **Functional Fitness** - These group exercise classes are conducted every Monday morning in Home Hill and are run Monday, Wednesday and Friday at our Ayr Rehab Centre.
- **'I Can Class'** - Rehab will be commencing an 'I Can' class for people with cancer on Monday afternoons in Ayr at 3.30pm. If you wish to find out more about this class contact BCA Centre for Rural Health for more information.
- **'My health for life Program' (MH4L)** - The next course for this exciting new program is scheduled to commence again in **February 2019**. 'My health for life' is a Queensland Government fully funded risk assessment and behaviour modification program, designed for people at high risk of developing chronic disease. The program aims to support people to set goals and action healthy lifestyle changes to prevent the development of chronic health conditions. To find out about eligibility for this program phone BCA Rural Health Centre.
- **For more information** on any of these activities contact BCA Centre for Rural Health on 47832711, between 9.30am to 4.30pm Monday to Friday.

Our Services

- **Telehealth Hub** - Have an appointment with your Specialist or Allied Health Professional here in Ayr using our real-time video Telehealth Hub.
- **Fitness & Wellbeing** - Our Rehabilitation Centre is open Monday to Friday for clients suffering obesity, cardiac, musculoskeletal & other chronic diseases. The fitness programs are facilitated by a qualified Exercise Physiologist & Fitness Trainer. Weekly Functional Fitness Classes are also conducted several times a week in Ayr and Home Hill.
- **Health Promotion** - Providing education & information sessions to the public, kindergartens and schools, healthy lifestyle modification programs, farm safety education, child injury prevention initiatives and health information stalls at public events and district locations.
- **Psychology Service** - Confidential counselling and psychology services for any families & individuals living in the Burdekin area is available from Monday to Friday with GP referral. Our current psychologists are Jennifer Sergo, Justine Goddard, Phil Murray, Dana Corden and Child Psychologist Manya Scheftsik.
- **Suicide Prevention Program** - This initiative provides education, resources, face to face and telephone support. The service is centred around Suicide Prevention, Mental Health support and wellbeing. Activities available through the program include workshops, information sessions, community information stalls and the 'FAB' Support group.

Visiting Service Providers

• **Bloom
Hearing**
(1800 027 779)

• **Burdekin
Hearing**
(1800 008 308)

• **Clarity
Hearing
Solutions**
(4779 1566)

• **Burdekin
Kumon**
(0417 070 826)

• **Healthy
Sleep
Solutions**
(0423 402 569)

• **NAPHL**
Dietician,
Diabetic
Educator and
Exercise
Physiologist
(4722 8766)

• **NQ Foot and
Ankle Centre**
(4723 5500)

• **Judy Satish
Podiatry**
(4721 1822)

• **Townsville
Lower Limb
Clinic**
Dr Kaushik
Hazratwala
(4727 4111)

Contact us

Burdekin Centre for Rural Health, Burdekin Community Association Inc.
12a Chippendale Street, Ayr ~ Phone 4783 2711 ~ Fax 4783 7611
Email: bca@bcaburdekin.org.au



Burdekin Community Association Inc.