

COMMUNITY CONNECTIONS



Our CEO Debra Cochran met with Pricy - Thanks to Pricy and Triple M Townsville for their generous donation!

EDITION 188

September October November 2023

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NEW LOOK!

Welcome to our new look Quarterly Community Connections Magazine!
Now printing editions every quarter. This edition is filled with all of the relevant information to keep you updated and informed.
Please keep providing us with feedback as to how we are doing, and what you would like to see within these pages.
Contributions are always welcomed.

Burdekin Community Association Inc.

BCA has been established since 1975 “To provide direct relief to the aged, families, children and individuals who are experiencing poverty, sickness, suffering, distress, misfortune, disability or helplessness.” BCA is a registered charity & the largest NFP community organization in the shire.



BCA'S main Services/Programs include :

The Support Centre

Burdekin Community Directory
Information Hub
Support Groups & Network Groups
Office & Meeting Room Hire
Visiting Community Services
Community Recovery Centre

Housing & Community Support Service

Community Support Services Program
Crisis Accommodation Program
Dignity Program
Domestic & Family Violence Support Service
Older People's Action Program
Safe Connections Program
SecondBite Community Connect Program
Specialist Homelessness Service
State Emergency Relief Program

Volunteer Service

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

Home Care Service

Burdekin Community Transport NQ Program
Commonwealth Home Support Program
Home Care Packages Program
National Disability Insurance Scheme
Qld Community Support Scheme
Qld Country Care Navigation Program
Wellways Carer Gateway Service
Brokered Services (i.e. Veterans Home Care)

Burdekin Centre for Rural Health & Burdekin Community Rehabilitation Centre

Integrated Chronic Care Program
Psychological Therapies Program
Suicide Prevention CAP Program
Telehealth Hub
Support Groups & Network Groups
Office & Meeting Room Hire
Visiting Health Professionals
Community Recovery Centre

Office Locations

The Support Centre (Head Office) : 130 Queen St, Ayr **4783 3744**

Community Information Centre: 119 Queen St, Ayr **4783 7633**

Burdekin Centre for Rural Health (The Homestead) & **4783 2711**

Burdekin Community Rehabilitation Centre: 12a Chippendale St, Ayr

Website: www.burdekincommunityassociation.org.au

Facebook: www.facebook.com/bca1975



Burdekin Community Association Inc.



Burdekin Social Opportunities

<p>Ayr Amateur Anglers Fishing Club Ayr Anzac Club, Ayr Every second Thursday 7.00 pm Ph. Kevin Richards 4783 3756</p>	<p>NASHOS RSL Hall, Eleventh Avenue, Home Hill First Sunday Monthly 9.30 am Ph. Bev Woods 4782 2368 / Don 61400238758</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 second, third and fourth Thursday 9.00 am to 12 noon Ph. Lydia Toohey 4782 1905</p>	<p>Burdekin Bocce Club Inc. International Drive, Ayr Weekly social games SUNDAY 3.00pm - 5.30pm Phone: Club house 4783 3815 / Regina 0408 728 576</p>
<p>Burdekin Friendship Club Fortnightly, on Mondays from 9.30am to 11.30am at St Helen's Anglican Church Hall, Crm Fourteenth Street and Tenth Avenue, Home Hill, \$7, Phone: 0458561965</p>	<p>Brandon Senior Citizens Old Renown Theatre, Brandon Meets second Friday of the month 9.30am Phone: Terry 4782 5224</p>	<p>Local Ambulance Committee Bingo Anzac Club, Ayr Every Tuesday 9.30 am Ph. Marilyn 0409825236</p>
<p>Ayr & District Orchid & Allied Plants Society Q.C.W.A. Hall, Young St, Ayr First Sunday monthly 2 pm Ph.: Sharon Kenny 4782 5116 or Violet Kachel 4783 4388</p>	<p>Friends and Neighbours Handicraft Home Hill Community Sports Club (ex Bowls Club) Every Wednesday 9.00 am Ph: Rosalea - 0427 804 129</p>	<p>Burdekin Dementia Support Group First Tuesday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243</p>
<p>Mahjong Burdekin Neighborhood Centre Every Monday—1pm Ph. Merle — 4783 1954</p>	<p>Home Hill Choral Society Inc. 81 Ninth Avenue, Home Hill Practice: Wednesdays 7 pm Ph. Cheryl Platt - 0407 752 452</p>	<p>Queensland Country Women's Association Ayr Q.C.W.A. Hall, 117 Young St, Ayr 1st Wednesday of the month at 3.30pm Phone: 0408 835 503</p>
<p>Burdekin Men's Shed Association 155-157 Young Street, Ayr Meet & greet sessions Mon, Wed, Fri & Sat 8.00am-11.30am, Meetings 3rd Saturday of each month 1.30pm, Phone: 4783 1223</p>	<p>SAGE Social Activities Group for Everyone Uniting Church Hall, Mackenzie St, Ayr Every Monday (9am—12noon) Margaret Thorne 0459 365 424 Rev. Malia 0487 017 555</p>	<p>Burdekin Machinery Preservationists Brandon Heritage Precinct Meeting held last Monday monthly 7.30pm Ph. Bruce 0427825197</p>
<p>Burdekin Woodcraft Association Inc 30 Little Drysdale Street, Ayr Open days: Wed. 9am. Sat 9am. Ph. Mindi Lennon. 0408 986 869</p>	<p>Burdekin Laurel Club Ayr Anzac Club, Ayr Third Friday Monthly 9.30 am Ph. Esther McIntosh 4782 5276</p>	<p>The Home Hill Lions Club Meets at the Crown Hotel on the second and fourth Mondays of each month</p>
<p>Table Bowls Phone: Peter 4783 4938(A/H)/4782 3825(W/H)</p>	<p>Writers Group Phone: 4783 2601 / 4783 2163</p>	<p>Burdekin Roadrunners & Walkers Phone: Tony Felesina 4783 4016 / 0417 643 269</p>
<p>Ayr State High School Bingo Ayr Anglican Church Hall Every Saturday 2.00 pm Ph. Audrey Hazel 4783 1872</p>	<p>Burdekin Senior's Computer Club Burdekin Neighbourhood Centre Every 1st & 3rd Thursday monthly 9.15am to 11.15am Ph. 4783 4243</p>	<p>Burdekin Art Society 154 MacMillan Street, Ayr. Every Tuesday from 9 am. Ph. Louisa—0448 509 927</p>
<p>Burdekin Patchwork and Quilters Guild QCWA Hall, Young Street, Ayr 9.30-3.00 on 1st; 3rd; 5th Saturdays monthly Ph. Maryann Kelly 4782 6868</p>	<p>Burdekin District 4WD Club Inc. Meets Burdekin Neighbourhood Centre. 1st Tuesday of the month at 7.30 pm. (Except December) Ph. Ross 0429 142 800</p>	<p>Burdekin Artisans Community Assn. '170 Arts on the Avenue', 170 Eighth Avenue, Home Hill. Open every Tuesday to Saturday 10am to 4 pm. Ph. Jane Farmer—0427147009</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>Burdekin Beats (Modern, fun dance fitness for people with disabilities) Multipurpose Hall, Ayr Showgrounds, 9-21 Edward Street Ayr, Every Monday 5.30pm - 6.30pm Contact Amy Cranitch 0438 799 249</p>	<p>Burdekin Support Group of Parkinson's QLD Last Friday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243</p>

Are you part of a social group that meets regularly and is in need of some new members or faces? Let us know so we can include your details in our Magazine.

Funded by



Queensland
Government

Save the Date:

BCA AGM

**26th September,
Home Hill Memorial
Hall**

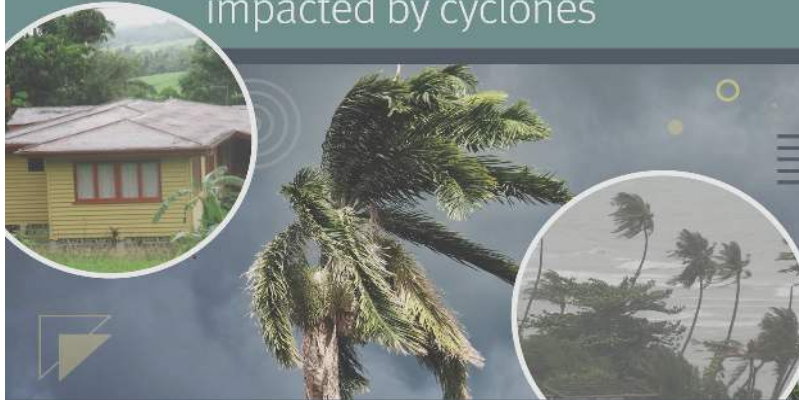


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HOUSEHOLD RESILIENCE PROGRAM

Help for coastal homeowners impacted by cyclones



For more information or to apply for funding

 qld.gov.au/strongerhomes

 3007 4485 (9am to 5pm Monday to Friday)



Free Legal Community Legal Advice Program

First Tuesday of every month
Burdekin Neighbourhood Centre

40 Chippendale Street, Ayr
Phone: 4783 4243



READER CONTRIBUTIONS

Have something that you would love to share? We are giving you the opportunity contribute to our Magazine. Please send us your funny jokes, stories and pictures and you could see them featured in a future edition of the Community Connections Magazine.

Email:

Rebecca.Grogan@bcaburdekin.org.au or drop in to the Support Centre, 130 Queen Street, Ayr.

WE
NEED
YOUR
HELP



Volunteers NEEDED

Burdekin Community Association Inc. are recruiting for volunteers. Have you been thinking of getting involved within your local community? Volunteers can make a huge difference for someone in need.

Help us give you an opportunity to make a difference. We have many volunteering opportunities that can suit you and your needs.

Please consider applying to volunteer with us and proactively improve the life of others, as well as increasing your own benefits on a personal scale.

Volunteering is a great way to meet new people, to increase personal satisfaction, encouraging interaction between people and strengthening the bond with your community.

If you're interested in giving an hour a week or fortnight (or more) of your time, please don't hesitate to contact BCA Volunteer Coordinator,

Rita Quagliata on 47833744.



Burdekin Centre for Rural Health & Burdekin Community Rehabilitation Centre

Are you a health or wellbeing service provider looking for a comfortable, clean and modern environment to see your clients in? Then look no further.....

The Burdekin Community Association Inc. (BCA) is a not-for-profit incorporated organisation, which strives to fulfill 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 established in 1975, BCA has evolved to become the largest community organisation in the region. BCA is a registered charity and has the vision to be compassionate and connected to ensure everyone is supported and free from hardship and stress.

Ayr is an aging population of approx 17,000 residents, located 90kms south of Townsville.

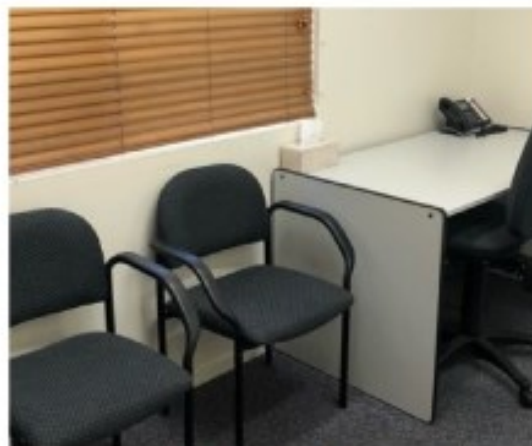
Our purpose built building is located in the Ayr Health Precinct alongside Ayr Medical Group, Ayr Ambulance, Ayr Hospital, Chiropractic Care, Physiotherapist, QML and Ayr Diagnostic Imaging.

Consult Room Hire: Full Day Rental - \$95 inc GST. Half Day Rental - \$55 inc GST.
Rural Health boasts three professional spacious clinical consult rooms and one office room.

The Bill Hodson Meeting Room has capacity for 30 people.
Each trapezoidal table can be formatted as required.

Full Day Rental: \$120 inc GST.

Minimum hire: \$36 for 2 hours - additional hours at \$18 per hour.



Rental includes:

- Complimentary Wi-Fi access.
- Air-Conditioning.
- Access to kitchen and coffee/tea making facilities.
- Dedicated reception desk and patient waiting area.
- Wheelchair friendly access.
- Off street parking.
- Disability toilet including shower access.



Burdekin Centre for Rural Health. 12a Chippendale|St, Ayr. Qld. 47832711.

Burdekin Seniors Month 2023

Tuesday 3rd October

Orchid Society & Patchwork & Quilters
'Free Morning Tea'
RSVP to the Burdekin Community Association
47833744
QCWA Hall 117 Young St 9:30am-12pm

Monday 9th October

Burdekin Men's Shed Association Open Day Inc
10am-12pm (Free event)
RSVP to the Burdekin Community Association
47833744
155-157 Young St, Ayr

Tuesday 10th October

Burdekin Bocce Club
9-11am
Game & Morning Tea with Raffle/Lucky
door
\$10pp Booking essential Call BCA
47833744
International Drive, Ayr

Thursday 12th October

BCA Olympics
'Morning tea & games'
9:30am-11:30am \$5pp
RSVP to the Burdekin Community
Association
47833744
Catholic Parish Hall
98 Edwards St, Ayr



Tuesday 17th October

Burdekin Community Association Inc.
'Get Online Get Connected Open Day'
Morning/Afternoon Tea Provided (Free event)
**Book an Appointment by calling Rita at the
Burdekin Community Association.
Phone: 4783 3744
130 Queen Street*

Tuesday 17th October

Little Leaves Nursery
'High Tea with Guest Speaker
Peter McInain'
Talking all things
gardening in the
Burdekin
98 Drysdale St, Brandon 10am
(\$15pp)
Booking essential Ph Ree
0747012904

Wednesday 18th October

Burdekin Woodcraft
Association
'Open Morning' 9:30am-12pm
Closed in footwear essential
30 Little Drysdale St, Ayr

Monday 23rd October

Burdekin Shire Council
'Seniors Month Expo and
Luncheon'
Ayr Showgrounds Hall
10.30am-1.30pm (\$10pp)
**Tickets must be pre-purchased through
the Burdekin Theatre.
Phone: 4783 9880*



Wednesday 11th October

Morning Melodies
King of the Swingers
11am \$15pp
Tickets at Box office

Wednesday 25th October

Home Hill Friends & Neighbours Craft Group
Display/Raffle/Morning Tea
9am-11:00am \$5pp Ph Rosalie 0427804129
Display Crafts available to purchase
Home Hill Sports Club, 87 Ninth Avenue



Bookings essential for all events for catering purposes & some events need to be prepaid.



the SharkCage®

Empowerment Group

Ongoing Group Counselling Service

This interactive group program is a human rights approach to empowerment and healing for women who have experienced Domestic and Family Violence.

**Monday Morning's
The Support Centre
130 Queen Street, Ayr.**

Also available as an 8 Week Group Program with
Certificate on Completion

**Please note that pathways into this program are through a referral process.*



For more information call the
Burdekin Community Association Inc.
on 4783 3744



Make it Happen Life Skills Group



Everyday life skills you might like to develop

WHERE : BCA CENTRE FOR RURAL HEALTH , 12A CHIPPENDALE ST, AYR.

WHEN: EVERY THURSDAY 1.00 -3.00PM

CALL 47 833744 OR EMAIL BCA@BCABURDEKIN.ORG.AU FOR MORE INFORMATION

- **Build independence:** Maybe you'd like to learn to cook or manage everyday household duties.
- **Develop social skills:** Meeting new people and developing friendships are important parts of creating an enjoyable and fulfilling life. As you practice your communication skills, your confidence will grow, enabling you to explore your community and make new social connections.
- **Take care of your health & wellbeing:** When you feel good, you can get the most out of life. Learning to plan and cook healthy meals, while developing valuable skills along the way.

WHEN YOU BUILD YOUR LIFE SKILLS, YOU BUILD YOUR INDEPENDENCE TOO.

WE CAN ASSIST YOU IN MAPPING OUT AND REACHING YOUR HEALTH AND WELLBEING GOALS



**Burdekin Community
Association Inc.**



HOT OFF THE PRESS

The 2023-2025 Visit Burdekin Visitor Guide

Burdekin Shire Council is happy to announce the release of the new **Visit Burdekin Visitor Guide**.

The **Visit Burdekin Visitor Guide** promotes all there is to see and do in the Burdekin, where to stay, local events, businesses and much more to assist visitors who have just arrived or who are planning their trip to the **Burdekin**.

You will find the **Visit Burdekin Visitor Guide** available in Visitor Information Centres across Queensland, at tourism expos and on display in local businesses including accommodation and tourism operators.

If your business or organisation would like to display the new Visitor Guide, email tourism@burdekin.qld.gov.au.



World First Wastewater Bioremediation Treatment Facility

Burdekin Shire Council and Pacific Bio have officially signed agreements to advance RegenAqua, a world first **Wastewater Bioremediation Treatment Facility** at the Ayr/Brandon Wastewater Treatment Plant.

"We are excited about this partnership, showcasing innovation and environmental responsibility through a world leading circular, carbon neutral solution," Cr McLaughlin said.

"We extend our gratitude and thank the team at Pacific Bio and Burdekin Shire Council's Executive staff for envisioning and executing this monumental project."

With initial earthworks almost complete, this visionary project is set to transform wastewater treatment.



Flying Foxes

Following on from Council's Flying Fox Relocation Program conducted in May 2023, and coming into the mango and flying fox breeding season, Council will be increasing the number of surveillance patrols and minor relocation disturbance activities around Home Hill.

Activities will include slow moving vehicles with flashing lights and loud noises created by a shotgun simulator. No pyrotechnics will be used at this stage. Council encourages all residents to report any flying fox roosts with more than 10 flying foxes by contacting the Customer Service Centre on 4783 9800.



Residents urged to be vigilant

Vandalism has become an alarming issue in the Burdekin, resulting in damage to public property and an unjustifiable drain on ratepayers' funds.

"The resources utilised to repair and restore areas affected by vandalism are funded by ratepayers, which means we all bear the cost of these thoughtless acts," Cr McLaughlin said.

"Council calls upon parents, teachers, community leaders, and all residents to educate and instil a sense of respect and responsibility among youth."

Be vigilant, if you see any suspicious activity or witness vandalism, report it to the Police immediately. If you come across any vandalised property phone Council's Customer Service Centre on (07) 4783 9800

Exciting additions and upgrades unveiled at local parks in the Burdekin region

The Burdekin Shire Council is excited to announce the opening of its newest playgrounds at Groper Creek and Alva and the new Sensory Trail in Home Hill, all featuring a range of exciting equipment for children of all ages and abilities.

The new playgrounds and trails, located at the heart of the communities, offer a range of play options designed to inspire creativity, imagination and active play.

Locals and visitors to the region will now have even more reason to visit and enjoy the beautiful scenery and newly constructed playgrounds and trails.



Sourced from Burdekin Shire Facebook page 5.9.23

Jokes

What do dentists call their X-rays?

Tooth pics!

Why did the melon jump into the lake?

It wanted to be a watermelon.

Can February March?

No, but April May!

What do you call an elephant that doesn't matter?

An irrelephant



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The Best Vegetables to Plant this Spring (QLD)

Spring makes for a great veggie planting month in QLD. The winter chill has gone, the days are getting longer and your garden is about to burst into life.



Time to plant

Spring is the perfect time to plant just about anything. The soil moisture is still high and plants can become established before the heatwave hits. To add organic matter and nitrogen to your veggie patch, consider a green manure crop. Once it starts shooting, dig it back into the soil for a naturally prepared bed.

Pests

As the weather warms up aphids become active in the veggie patch or on the new growth of roses. Psyllids can also appear on the new growth of Lilly Pillies and need to be controlled to prevent them spreading. Use a garden insecticide to keep them in check.

Fertilise

Before the growing season gets into full swing, just about everything will appreciate a good dose of fertiliser. Blood and bone and dynamic lifter are perfect for Australian natives. Just throw a handful over every four square metres. Dig compost and manure through the veggie patch and soluble fertilisers to any veggies that you already have planted. Potted plants will love liquid fertiliser for a quick boost and a dose of slow release fertiliser to keep them going.

Vegetables that will thrive if planted in Spring:

cabbage

carrots

capsicum

celery

cucumber

chili

lettuce

potatoes

pumpkin

radish

rockmelon

squash

sweet corn

sweet potato

watermelon

Zucchini

Sourced on 20.1.23 from <https://australiantreeservices.com.au/blog/the-best-veggies-to-plant-this-autumn-qld/>



Lori & Neville Boyle

(07) 4783 1608 ALL HOURS 86 Railway Street, AYR, Qld 4807

burdekinfunerals@yahoo.com.au



Mayor's September Report

Over recent months, Burdekin Shire has undergone substantial development and progress in various areas in the region.

Council and Pacific Bio officially signed agreements to advance RegenAqua, a world first Wastewater Bioremediation Treatment Facility at the Ayr/Brandon Wastewater Treatment Plant.

The facility boasts 12 initial tertiary treatment ponds, with potential expansion to 16 ponds to accommodate future needs. We are excited about this partnership, showcasing innovation and environmental responsibility through a world leading circular, carbon neutral solution. This project will not only create economic opportunities for our community, but it will also help reduce our carbon footprint and protect the environment.

We extend our gratitude and thank the team at Pacific Bio and Burdekin Shire Council's Executive staff for envisioning and executing this monumental project.

Another big milestone for the region is the Burdekin Aquatic Centre kiosk and entrance upgrades that are close to completion. The facility reopened on the 1 September, and it is great to see many patrons using the water park and also preparing for the upcoming swim season. Construction works began in January 2023, so Council is very excited to welcome residents and visitors to the newly upgraded amenities.

The kiosk serves as a central hub featuring a covered seating area offering clear visibility across the aquatic facility and water park with café-style service options. The adjacent Macmillan Street entrance has also been upgraded with a reconstructed two-way road, additional parking, pedestrian footpaths and a shared crossing zone. The final artistic screen, being manufactured locally, will be installed to the entrance

in the coming months.

This is an exciting development for the community, and I am sure people will be impressed with the new design and associated works that are set to significantly enhance the community's recreational experiences. Council has subscribed to the Community Profile within Informed Decisions (id). The Community Profile is an online tool that provides comprehensive demographic profiling insights for the Local Government Area, and districts within it.

Council has been subscribing to the Economic Profile tool from .id to access economic data and gain insights into the region for several years and the newly added Community Profile subscription complements this existing data.

The addition of the Community Profile will continue to support Council in providing further data and also gives access to the public, local businesses, organisations, and community groups and assists in decision making, grant funding applications, demographic and economic evidence.

While these projects are underway, Council continues with Capital Projects to ensure the ongoing development and enhancement of the community's infrastructure and services.

I want to express my gratitude to all levels of government for their ongoing support. Council is in a fortunate position with several significant projects currently underway, and the support from Federal and State Governments is instrumental in enabling the visions for the Burdekin come to life.

I want to extend my appreciation to Burdekin Shire Council's Councillors, Senior Leadership Group and staff for their commitment and hard work.

Lyn McLaughlin Mayor –
Burdekin Shire Council



October 2023

BURDEKIN SENIORS MONTH CELEBRATIONS

Full details of events found on our program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Orchid Society & Patchwork Quilters	4	5	6	7
8 Men's Shed Open Day	9	10	11 Morning Melodies	12 BCA Senior Olympics	13	14
15	16	17 Little Leaves High Tea BCA Get Connected	18 Burdekin Woodcraft	19	20	21
22 Seniors Expo	23	24	25 HH Friends Craft Group	26	27	28
29	30	31				





The Burdekin Community Association Inc. (BCA) Housing and Community Support Service provides accessible counselling and court support services to people who are experiencing (or have experienced) Domestic and Family Violence (DFV).

We are here to listen, help and support you in your choices.

We can:

- Provide counselling
- Assist with safety planning and identifying ways that you can increase your safety in your home, work and social environments
- Refer to appropriate services for immediate and safe accommodation
- Assist to arrange transport
- Refer to services for financial assistance
- Assist with safety upgrades to your place of residence

The service is completely free and confidential

Domestic violence, in all its forms is unacceptable and a violation of human rights.

BURDEKIN COMMUNITY ASSOCIATION INC.

**Domestic and Family Violence
Support Service**

DOMESTIC AND FAMILY VIOLENCE CAN AFFECT ANYONE

Domestic and family violence is when one person in a relationship uses violence or abuse to maintain power and control over the other person. It causes the person being abused to live in fear.

Domestic violence can include physical, verbal, sexual, emotional or psychological abuse. It can include behaviours like stalking, isolation or controlling what a person does, who they see or even what they wear. Living with domestic violence can have a profound effect on children and young people. There is often more than one victim of the abuse.

For more information about the signs of domestic violence, supporting others and raising awareness in our community visit www.qld.gov.au/trustyourinstinct

FOR FURTHER ASSISTANCE

In an emergency or for 24 hour help please call the helplines

24 HOUR HELP	
Emergency	000
DV Connect Womensline	1800 811 811
DV Connect Mensline	1800 600 636
Kids Helpline	1800 551 800



**REACH OUT
ASK FOR HELP**

If you would like to talk, or make an appointment, call our Domestic and Family Violence Support Service between 9am and 4pm, Monday to Friday.

(07) 4783 3744

All calls are confidential. We won't call you back unless you say it's ok to do so.

Or you can visit us at
Burdekin Community Association Inc.
The Support Centre
130 Queen Street
AYR QLD 4807

Email: bca@bcaburdekin.org.au
Text only service: 0427 832 178

If it's an emergency or someone is in immediate danger call the police on 000 (triple zero).

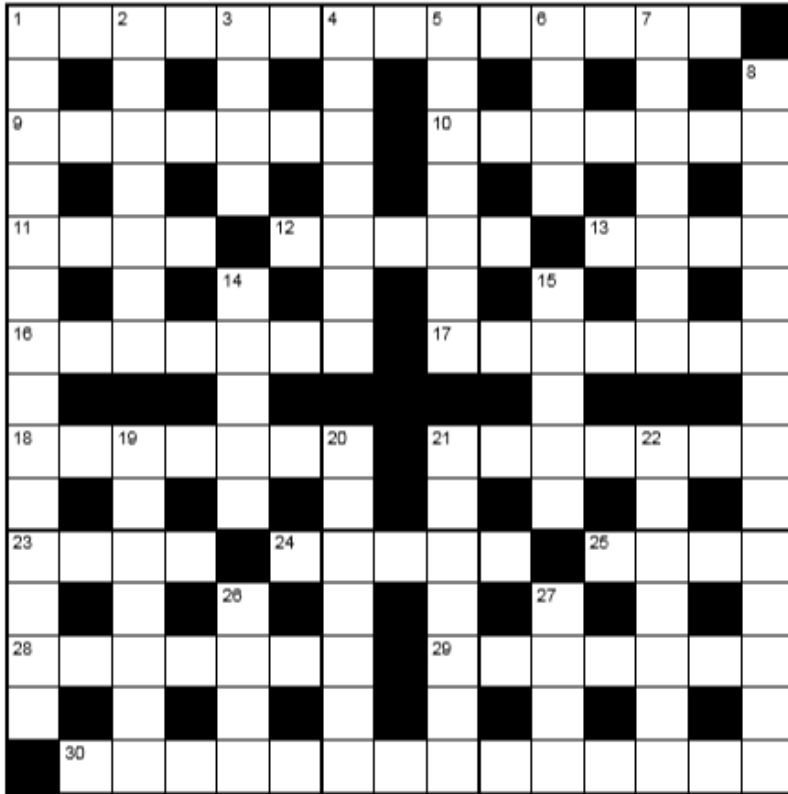


PUZZLE PAGE



Each edition we will be publishing our puzzles without solutions

Crossword



ACROSS

- 1 Mostly training and skill show how easily something can be done (14)
- 9 Admires new weapon (7)
- 10 Company chief ordered to get a small house (7)
- 11 A fool rejected Turner perhaps (4)
- 12 Transaction includes black fur (5)
- 13 Endlessly show respect by going down on one? (4)
- 16 Cut head off...cut head off exotic flower first (7)
- 17 Get together for prayer (7)
- 18 A very short dance? (3-4)
- 21 The weather worried Tim and Alec (7)
- 23 Transport for vagrant mostly (4)
- 24 Embargo on nobleman (5)
- 25 God whose reflection is seen in canal (4)
- 28 Spoke but spoke indistinctly first off (7)
- 29 He worked with vicar to keep records (7)
- 30 Deborah started changing act (5,3,6)

DOWN

- 1 Launch sailing vessel and celebrate lavishly (4,3,4,3)
- 2 Composition by an Italian poet (7)
- 3 Melt some of the path away (4)
- 4 Announcer on the radio for match (7)
- 5 Rustic leaders of British union get tummy ache (7)
- 6 Permit takes time for Latvian (4)
- 7 Apprentice from Aintree messed up (7)
- 8 Again advanced smaller sum to head, showing persistence (14)
- 14 Damp has to destroy finally (5)
- 15 The King lives – that's crazy! (5)
- 19 One demands former thespian (7)
- 20 I put lad off with praise (7)
- 21 Piece of music for choir at end of performance (7)
- 22 Studio is refurbished late – that's right (7)
- 26 River associated with a waste product (4)
- 27 Copy Spain and Switzerland, love (4)

Free Crosswords Online. (2019, February 25th).

Sudoku

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

Riddle me this:

What goes up when the rain comes down?

Sourced on 23th September 2022 from <https://www.romper.com/life/>



Sudoku

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

Riddle me this:

Answer: Because it wasn't raining.

Answers for this Edition 188

Crossword

1	P	R	A	C	T	I	C	A	5	B	I	L	I	T	Y				
	U		N		H		O			U		E		R		8			
9	S	I	D	E	A	R	M			10	C	O	T	T	A	G	E		
	H		A		W		P			O		T		I		L			
11	T	I	N	A			12	S	A	B	L	E		13	K	N	E	E	
	H		T			14	M		R		I		15	E		E		N	
16	E	X	E	C	U	T	E			17	C	O	L	L	E	C	T		
	B					S							V					L	
18	O	N	E	S	T	E	P			21	C	L	I	M	A	T	E		
	A		X		Y		L			H		S		T		S			
23	T	R	A	M			24	B	A	R	O	N		25	Z	E	U	S	
	O		C			26	U		U				27	E		L		N	
28	U	T	T	E	R	E	D			29	A	R	C	H	I	V	E		
	T		O		E		I			L		H		E		S			
		30	T	R	E	A	D	T	H	E	B	O	A	R	D	S			

Sudoku

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

Riddle me this:

Answer: An umbrella

COUNSELLING

Ayr Hospital —Community Mental Health Service	(07) 4783 0890
Beyond Blue —Anxiety and depression information and support—Available 24/7	1300 224 636
Burdekin Centre for Rural Health - Free psychology service for adults and children—Gp referral required	(07) 4783 2711
Centacare NQ —Individual and family counselling Self referral	1300 672 273
Headspace —Free health services for young people aged 12-25	(07) 4799 1799
Kids Helpline —Free and confidential support for 5-25 years old—Available 24/7	1800 551 800
Lifeline —Crisis support and suicide prevention Available 24/7	13 11 14
Mental Health Access Line Confidential mental health triage service that provides the first point of contact to public mental health services to Queenslanders—Available 24/7	1300 642 255
Northern Australia Primary Health Ltd Free counselling services for people 14 years & over—GP referral required	(07) 4799 1799

This list has been prepared by Burdekin Community Association Inc. and is current as at Feb 2019. For more information please contact (07) 4783 3744.

Medical Care Guide

Ayr Medical Group: 4783 9100

2a Chippendale Street, Ayr

Dr. D. Oats	Dr. S. Wijaya
Dr. R. Martinez	Dr. I. Mussa
Dr. S. Agilan	Dr. N. Nimmala
Dr. S. Mukkamala	Dr. M. R. Enrile
Dr. W. R. Taylor	

Outback Family Medicine: 4783 7999

140 MacKenzie Street, Ayr

Dr. Margaret Culpan, Dr. W. Aung

Home Hill Women's Clinic: 4782 2200

Home Hill Hospital, 42 Eighth Street

Dr. Narelle Martin

Home Hill Surgery: 4782 1479

67-69 Eighth Avenue, Home Hill

Dr. S. Tata, Dr R. Yandra, Dr V. Pulavarthy

The Family Practice At Ayr: 4783 3888

10 Cameron Street, Ayr

Dr. B. Susic, Dr K. Snook

FOOD RELIEF ASSISTANCE

**A joint Community Response by
Burdekin Community Association
Inc. and St. Vincent de Paul Society.**

**The Support Centre, 130 Queen
Street, Ayr, Food Relief Clinic
Every Monday 1:00pm-1:30pm**

**Or through consultation with BCA
Support Staff Mon-Fri 9am-4pm**

(Centrelink Income Statement required)

**Salvos Doorways Community
Support**

Every Thu 10am-1pm 1300 371288

Please call helpline first.

Justice of the Peace Services

The Burdekin Library,
108 Graham Street, Ayr
Hours of operation:
Every Tuesday 10am - 2pm.
Phone: 1300 301147
www.qld.gov.au/jps

St Andrews Lower Burdekin

MEALS ON WHEELS

109 McMillan St AYR

Phone 4783 2659

Courtesy Buggy Service Townsville Hospital

Courtesy buggy service-A free buggy service is available for patients, their families and hospital visitors.

Courtesy buggies are available between 8am and 4 pm each weekday and provide transport to paid car parks, Palliative Care, the Birth Centre, Ronald McDonald House and Red Cross.

Buggies can be found at the main entrance of the hospital or call 4433 3174 to arrange pick up.

Queensland Health-Ayr Hospital

Ayr Health Service can provide financial assistance through the Patient Travel Subsidy Scheme to eligible patients who need to travel away to other health services for procedures and tests not available locally. Application Forms/Claims can be lodged, Open for Claims—Monday to Friday 9 am to 1 pm

LOCAL PHARMACIES

Julie's Pharmacy,
144 Edwards Street, Ayr
Phone: 4783 1719. A/H: 0417 613 625

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

Burdekin Plaza Pharmacy
118-120 Edwards Street, Ayr
Phone: 4783 5277

Terry White Chemmart
109 Queen Street, Ayr
Phone: 4783 1235

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

Home Hill Pharmacy
129-141 Eighth Ave, Home Hill
Phone: 4782 1084

Mark Watson, Corner Pharmacy
101 Eighth Ave, Home Hill
Phone: 4782 1228

Sunday Pharmacy Roster

July	August
2 nd Julie's	6 th Amcal
9 th Amcal	13 th Burd Plaza
16 th Burd Plaza	20 th Terry White
23 rd Terry White	27 th Julie's
30 th Julies	
September	October
3 rd Amcal	1&2 nd Amcal (king's bday)
10 th Burd Plaza	8 th Burd Plaza
17 th Terry White	15 th Terry White
24 th Julie's	22 nd Julie's
	29 th Amcal
November	December
5 th Burd Plaza	3 rd Burd Plaza
12 th Terry White	10 th Terry White
19 th Julie's	17 th Julie's
26 th Amcal	24-26 th Burd Plaza
	31-1 st Amcal (new)

What's on AROUND

LOCAL 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 5.00 pm
 Ph: 4783 5937

Burdekin Baptist Church:

151 Beach Road, Ayr
 Sunday - 10.00 am
 Ph: 0449793295

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 6.00pm
 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

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

Burdekin Wesleyan Methodist Church

CWA hall—117 Young Street Ayr
 Sunday - 3pm
 Phone: 0427607315

LOCAL MARKETS

Plantation Park Markets

Plantation Park, Ayr
 Vietnam Veterans Association
 Every third Sunday monthly
 8.00 am
 Ph. Lynette 4783 1735 /
 Don 4783 6627

Plantation Park Markets

Plantation Park, Ayr
 Ayr State School P. & C.
 First Sunday monthly
 Ph. 4790 3333



BP Ayr

Now offers Driveway Service
Thursday 9am-3pm

Filling up cars
 Checking tyres
 Cleaning windscreens



CARPET • VINYL • RUGS • INDOOR OUTDOOR

Gary & Therese Puddelfoot

P. (07) 4783 1854 F. (07) 4783 7594
 56 Wickham St, Ayr Qld 4807

therese@burdekinfloorcoverings.net.au
 www.burdekinfloorcoverings.net.au

An advertisement for Honeycombes Sales & Service. It features a white sedan and a red Mazda pickup truck. The logo for Honeycombes Sales & Service is at the top, with the tagline 'LOCALS SUPPORTING LOCALS'. At the bottom, it says 'AYR | 213-217 Queen Street (07) 4783 9200' and includes the Mazda logo.

An advertisement for Honeycombes Powersports. It features a red and yellow Honda motorcycle. The logo for Honeycombes Powersports is at the top, with the tagline 'HONDA STIHL'. At the bottom, it says 'AYR | 213-217 Queen Street (07) 4783 1892'.

WHAT'S ON AT THE Burdekin Theatre

BRIEFS *Dirty Laundry*
CIRCUS DRAG
BURLESQUE

30 SEPTEMBER 2023
7:00pm - \$49.00



KING OF THE SWINGERS
Rhydian Lewis

MORNING Melodies

11 OCTOBER 2023
11:00AM - \$15.00
Free Morning Tea from 10:00am



**#1 LADIES NIGHT OUT!
MEN LOVE IT TOO!**

Menopause
The Musical

31 OCTOBER 2023
7:30pm - \$79.90



MORNING Melodies

CHRISTMAS WITH
Karen Knowles

29 NOVEMBER 2023
11:00AM - FREE
Free Morning Tea from 10:00am



BURDEKIN THEATRE BOX OFFICE
(07) 4783 9880 | www.burdekintheatre.com.au

GROVES AND CLARK SOLICITORS

- ◆ Powers Of Attorney
- ◆ Wills
- ◆ Retirement & Estate Planning
- ◆ Conveyancing

AYR
Ph: 4783 1577



- ◆ Carpets Steam Cleaned, including Upholstery/ Lounge/Dining Suites & Vehicles.
- ◆ High Pressure Tile Grout Cleaning Floor Polishing.
- ◆ Full Interior & Exterior Cleaning (Walls, Windows etc.)
- ◆ Discounts for Pensioners may Apply

For your free quote call:
Mobile—0419 733 091
Phone—4783 2946

Community Bank
Home Hill and Ayr

**Building better
communities**

Find out more. Search Bendigo Bank near me.
📍 Home Hill 4782 2249 · Ayr 4783 3288

Bendigo Bank

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL (1556974-1556972) EXPORT 31/08/2023

BURDEKIN MOTORS PTY LTD



SALES & SERVICE

183 QUEEN STREET AYR 4807

Ph: 4783 7077

Asparagus, Eggs & French dressing

RUNNY YOLKS, DIJON MUSTARD & FRESH TARRAGON

Ingredients

- ½ a small red onion
 - 4 large free-range eggs
 - 350 g asparagus
 - ½ a bunch of fresh tarragon , (15g)
- 2 heaped teaspoons Dijon mustard



Burdekin Shire Council

Method

1. Peel and very finely chop the red onion, place in a bowl, cover with 4 tablespoons of red wine vinegar and add a very good pinch of sea salt.
2. Lower the eggs into a pan of vigorously simmering water and boil for 5½ minutes exactly.
3. Line up the asparagus, trim off the woody ends, and place in a colander above the eggs, covered, to steam while the eggs cook. Meanwhile, pick the tarragon leaves.
4. In a bowl, whisk the mustard with 6 tablespoons of extra virgin olive oil, adding it gradually, then pour in the soaking vinegar from the onion through a sieve, whisking constantly. Taste and season to perfection with black pepper.
5. When the time's up on the eggs, divide the asparagus between your plates.
6. Refresh the eggs under cold water until cool enough to handle, then peel, halve and plate up, sprinkled with the tarragon leaves and onion.
7. Drizzle each plate with 1 tablespoon of dressing (save the rest for another day), season from a height with a pinch of pepper, and dig in.

Sourced on 20.8.23 from <https://www.jamieoliver.com/recipes/asparagus-recipes/asparagus-eggs-french-dressing/>

Spring Chicken & Citrus Stew

WITH FENNEL, ASPARAGUS & TARRAGON

Ingredients

- 1 large free-range chicken
- 6 cloves of garlic
- 1 large onion
- 1 bulb of fennel
- 1 leek
- 1 handful of asparagus spears
- 1 handful of fresh peas
- 1 handful of broad beans
- ½ a bunch of fresh flat-leaf parsley
- ½ a bunch of fresh dill
- a few sprigs of fresh tarragon
- 600 ml organic chicken stock
- 1 large handful of green olives
- 1 handful of tinned cannellini beans
- 2 lemons
- 2 large free-range eggs
- 2 tablespoons natural yoghurt
- extra virgin olive oil
- Parmesan cheese

Method

1. Joint the chicken into legs, thighs, breasts and wings.
2. Put a large casserole pan over a medium heat and add 3 tablespoons of olive oil. Season the chicken portions and place in the pan. Cook for 10 minutes, until browned on all sides, turning regularly, then remove to a plate.
3. Meanwhile, prep your veg. Peel and finely chop the garlic and onion. Trim and finely chop the fennel, trim and finely slice the leek and snap the woody ends off the asparagus. Pod the peas and broad beans, then pick the herb leaves and finely chop the stalks.
4. There should be a few tablespoons of fat left in the pan; if you have more, get rid of most of it. Add the garlic, onion, leek, fennel and herb stalks and cook until softened, stirring occasionally.
5. Place the chicken back in the pan, pour in the stock and season with black pepper. Cover with a lid, then cook over medium-low for around 45 minutes, or until the chicken is tender and falling off the bone.
6. Bring the mixture back up to a boil, destone and stir in the olives, peas, broad beans and cannellini beans. When the vegetables are done, add most of the herb leaves, reserving some for garnish.
7. Remove the chicken from the stew and use 2 forks to pull the meat off the bones. Discard the bones, return the meat to the pan, then season to perfection and remove from the heat.
8. At this point, the stew will be delicious, but it's the next step that makes it amazing. Beat the juice of 2 lemons and the eggs together well, then pour slowly into the stew – don't let it boil or the egg mixture will scramble – it should just add a gorgeous shine.
9. Stir in the yoghurt before ladling the stew into bowls. Drizzle a little extra virgin olive oil over each bowl, grate over a little Parmesan and serve sprinkled with the reserved herbs.



Sourced on 20.8.23 from <https://www.jamieoliver.com/recipes/chicken-recipes/spring-chicken-citrus-stew/>

Happy 48th Birthday BCA



Love from All of Us!



Ayr Swimming Pool 1986



Burdekin Aquatic Centre 2023



BOB GOULD FABRICATIONS

- Built-in Furniture
- Windows & Doors
- Glass & Aluminium
- Keys, Locks & Key safes
- All Glass Replacement
- Home Assist & Blue Care Requirements
- Internal & External Shutters & Blinds
- Crimsafe Security Screens & Doors

Phone: (07) 4783 2300

165 Drysdale St, Ayr Q 4807

Email: sales@bobgouldfab.com.au
www.bobgouldfabrications.com.au



K. & S. Wright Funeral Directors

Personally serving the Burdekin and surrounding areas with compassion and dignified service for over 50 years.

Ken & Elizabeth Wright



Also offering: Funeral Plans & Pre Arrangement Facilities

40 Fourteenth Street,
Home Hill

Phone: 47821270

A Senior's Guide to Avoiding Financial Scams

Many financial scams specifically target seniors. Knowing what the warning signs are for each of these scams can help you avoid falling for them.

Reasons Seniors Are Targets of Financial Scams



Declining health often makes them vulnerable



Feeling alone can lead to readily trusting others



They typically have a high net worth



Many have little skill with technology


Fake-Check Scams

Signs:

- Check exceeds what is owed
- Request to wire back excess funds

When in Doubt:

- Talk with your bank for an expert opinion.
- Never send money back.




Tech-support Scams

Signs:

- Unverifiable phone number
- Uses urgent language

When in Doubt:

- Don't call phone numbers on warning pop-ups.
- Use a verified virus removal service.




Medicare Scams

Signs:

- Unsolicited call from a "Medicare employee"
- Confidential information is requested

When in Doubt:

- Don't share confidential information over the phone.
- Shred old Medicare cards.



Grandparent Scams

Signs:

- Involves a family member
- Urgent need for money and secrecy



When in Doubt:

- Verify said family member's whereabouts.
- Ask detailed questions only your family member would know.



Charity Scams

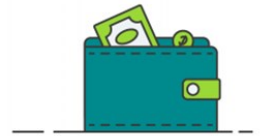
Signs:

- No verifiable information online about the charity
- Urgency and pressure to donate



When in Doubt:

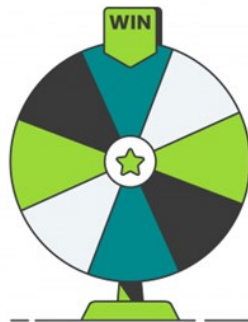
- Research the organization.
- Talk with a trusted friend or family member.



Lottery Scams

Signs:

- Uses urgent language
- You must pay a "fee" before getting your prize



When in Doubt:

- Don't offer up personal and confidential information.
- Keep a list of contests you've entered so you'll know when you've won a real prize.



Investment Scams

Signs:

- Guaranteed high returns
- Urgency and pressure to invest



When in Doubt:

- Ask a trusted financial advisor for their advice.
- Verify the salesperson's credentials.

Sources on 30.8.2023 from <https://www.annuity.org/financial-literacy/seniors-guide-to-financial-scams/>

BCA Home Care Service

Home Care Service Update

Home Care Service

BCA's Home Care Service supports frail, older people and younger people with a disability to remain living in their own home and maximise their independence.

Home Care Packages

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

What Help Can I Get?

Depending on your level of Home Care Package, you can receive support services such as:

Services that keep me well and independent

- Domestic Assistance (Help with basic chores around the house)
- Home maintenance (help with keeping your home and garden safe)
- Home modifications (Changes to your home to improve safety and access e.g. ramps and rails)
- Goods, equipment and assistive technology (Items to help you get around or adapt e.g. walking frame, shower chair)

Services that allow me to interact with my community

- Transport (Community transport, transport to GP and specialist appointments)
- Social support (Social activities in a community-based group setting or accompanied activities)

Services that keep me safe in my home

- Personal Care (help with Showering, self-care, hygiene and grooming)
- Nursing (wound management or help with medicine)
- Allied Health and therapy services (health and therapy services e.g. podiatry, physiotherapy and occupational therapy)
- Specialised support (Help for people with a particular condition e.g. vision, dementia)
- Meal preparation and diet (Help with feeding, meal preparation, and eating utensils)

Accessing Services

To receive an assessment for a Home Care Package phone My Aged Care on 1800 200 422, or visit www.myagedcare.gov.au

Providing quality Home Care Services in the Burdekin since 1978

BCA Home Care Service



NDIS



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

Burdekin Community Association Inc.

Support Worker

Part time and Casual Positions

Burdekin Community Association Inc. is a not-for-profit registered charity which strives to fulfil the unmet social, welfare and health needs of the Burdekin community.

We are seeking a number of Support Workers to join the Home Care Service Team.

Support Workers assist clients to remain in the community by providing domestic assistance, social support, respite care and personal care. Certificate III in Individual Support desirable but not essential. On the job training provided. Availability to work weekends providing personal care desirable.

An Application Package can be obtained from The Support Centre, 130 Queen Street, Ayr, by telephoning 47833744 or emailing

bca@bcaburdekin.org.au

*** All applications received within the past 12 months are still valid and will be considered.**

www.burdekincommunityassociation.org.au

Transport Schedule

Burdekin Community Association Inc. Home Care Service

Transport Service bookings phone:
4783 3744

Monday to Friday—9.00 am to 4.00 pm
Schedules and fares effective July 2022

Bookings are essential with at least 24 hours notice

Local Schedule and Fares

DAY	PICK UP LOCATION	FARES each way
Tuesday to Friday	Ayr Home Hill Brandon	\$11.00
	Carers only	\$9.00
Thursday (Fortnightly only)	Giru	\$20.00
	Carers only	\$9.00

DAY	PICK UP LOCATION	FARES each way
Monday Tuesday Wednesday Friday	Ayr Home Hill Brandon Giru	\$8.00 with PTSS*
	Ayr Brandon Giru	\$37
		\$20
	Home Hill	\$40.00
	Carers only	\$9.00

Townsville Schedule and Fares

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



Call The Support Centre - 4783 3744



Burdekin District History

Glenis Cislowski Phone: 4783 3398

SHIPWRECKS ALONG THE BURDEKIN SHIRE COASTLINE PART 2

This continues our shipwreck series.

1888. April 16th 1888 while under tow with **SS Corea**, the wooden steamer **Bronzewing**, foundered at Cape Upstart. Bronzewing left Cleveland Bay Townsville In March 1888. She was being towed back to Brisbane. Bronzewing was a wooden steamer yacht-tender for Mort's Dock and Engineering Co. Balmain Waterview Bay Sydney Harbour. This company was the first Dry Dock, slipway and shipyard in Australia opened in 1855. This dock was finally closed 1959. In May 1876 Bronzewing was sold to Australian Steam Navigation Co (A.S.N. Co) for service in the Fitzroy River at Rockhampton.

1891 The German Iron Barque **Moltke**, 827tons, arrived in Townsville 15 April. She was wrecked 23 May 1891 in the vicinity of Cape Bowling Green and Cape Upstart. She was built in Hamburg in 1870. Captain Heyenga was in charge, she was carrying cargo from England to Townsville and then onto Rockhampton. There was no loss of crew. She was eventually re-floated back to Townsville and bought by Burns Philip and Co where they used her as coal Hulk. In Cyclone Leonta March 1903 with about 600 ton of coal she was blown out to sea and was wrecked at Geoffrey Bay Magnetic Island. She was scuttled in 1911 and marked with beacons which were in place till well after WW11. She is now a part of the wrecks one can explore on Magnetic Island .

1893 The three masted schooner **Ellerton** 87tons Master- Captain John Penboss was lost near Cape Bowling Green 18 March 1893. Ellerton was built at Auckland in 1877 as a steamer which had been converted to a schooner. Her registered owner was Mrs Elizabeth Penboss of Sydney. Ellerton left Sydney February 18 for Townsville with a cargo of coal and cleared port March 7 with a cargo of bone dust from Alligator Meat Works for Hobart. The wind was blowing a gale and stayed at Cape Bowling Green until 18th March which she left for south and ran into southern bank of Broadhurst

Reef in Flinders Passage. The vessel appeared to breaking up and the crew of five left Ellerton in a boat for Townsville. An enquiry into the loss was that the Captain lost it through negligence.

1894 The wreck of the ketch **Sea Nymph** 93tons with Master-Captain W.J. Carmichael was wrecked off Plantation Creek near the mouth of the Burdekin River September 10th . She was owned by Mr William Sydney Preddy, of Sydney. Mr W. S Preddy was a timber merchant of Sydney who also owned quite a few ships. Sea Nymph left Sydney via Newcastle for Townsville 21st August 1894 with a cargo of Coal, under charter to Messrs Rabone Feez and Co. She apparently ran into a hidden wreck or coral reef off Plantation Creek where she was beached. On board were five crew. They walked to Plantation Creek landing and were taken to Townsville. It was salvaged by a Captain Scowcroft with aid of the steamer **Christina Gollan** and floated back to Townsville. Sea Nymph was then registered and used as a lighter to The North Queensland Meat Export Co. It was broken up in Cairns in 1920 Rabone Feez & Co, was founded in 1851 by Adolph Feez from Germany in partnership with Rabone Brothers & Co a metal manufacturing firm.



The Four Winds belonging to the Wallace Family with Bill, George and Jim Wallace.

1900 The iron ship **Drehna** 1504 tons Captain Hansen was wrecked 31st October on a reef at Flinders Passage north-east of Cape Bowling Green. She had left Liverpool and arrived in

Brisbane and left 17th October for Townsville. Her cargo was consigned to Welch and Co Townsville agents iron wire, white lead, bedsteads, oil, general merchandise, and about 400 tons salt to the value of £10,000. She had a crew of twenty-one including the master and two mates. There was no loss of life but the ship as she was lying on an exposed reef, was endanger of breaking up very quickly. The steamer **Wakefield** together with the aid of steamer **Bobbie Towns** were there to salvage what they could of the cargo which included 300 drums of oil, wire, salt and malt and cocoa. By the 20th November all that that the owners wanted to save had been salvaged. The owners then had it for sale, Monday 26th November (Brisbane Courier 24Nov.1900p6.) A syndicate bought the wreck and the remaining cargo. They made a profit on the sale of the cargo according to Mr Frederick George Margetts their spokesman who was an auctioneer of the firm Margetts and Wakeford, Townsville. He later had a farm at Maidavale Ayr.

1911. SS Yongala disappeared on 23rd March 1911 off Cape Bowling Green during a cyclone. Captain William Knight was in charge and the ship was owned by the Adelaide Steamship Company. More will be said of this ship at a later date.

1915 The wooden schooner **Mary Peverley** 95 ton touched a reef and stranded near to Cape Upstart 11th May and was refloated and beached at Cape Upstart in about 7 feet of water, but was beyond repair. Master-Captain C J Anderson was in charge. He was part owner along with and other part owners Ferguson & Co of Gympie. Mary Peverley left Townsville for Maryborough in ballast. She would have had timber as her cargo. Mary Peverley was built in 1874 at Jervis Bay Sydney by William Peverley and named for his wife Mary. This wooden schooner had been travelling backwards and forwards from Sydney and Maryborough for 40 years. She had collided with the Ranelagh in the Brisbane River in 1885 but not much damage incurred. In 1882 she was owned by John Ritche and by 1900 Ferguson & Co.

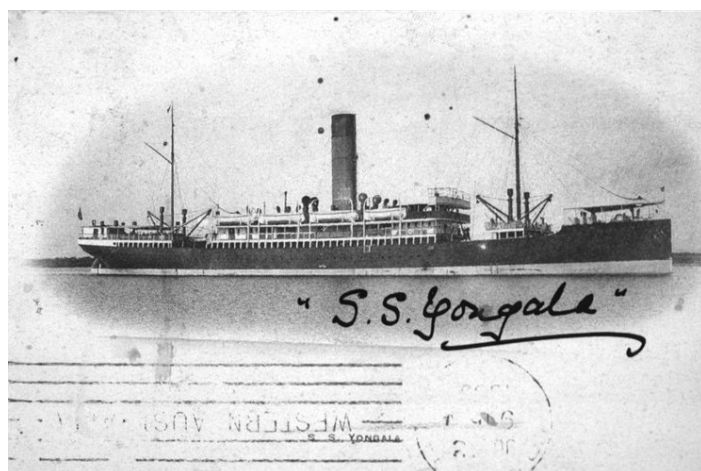
1940 Jim Wallace a fisherman of Inkerman had his launch **Four Winds** wrecked 22 December at Cape Upstart. The anchor chain parted and with the heavy North-west wind prevailing was wrecked on the rocky shore line of Cape Upstart in the bay. Another launch was wrecked at Cape Upstart, the

Wanderer owned by Bob Overs. I only found one reference for the Wanderer. Bob Overs had a plumbing business in 8th Street.

1954 February 7th a cyclone hovered off the coast between Cardwell and south to Rockhampton. As it moved south along the coastline the centre of the cyclone passed by Cape Bowling Green and Cape Upstart. Two launches from Groper Creek were wrecked on the rocks at Flagstaff (Cape Upstart). The launch **Zilona**, owned by two brothers Kenneth and Maurice Stockdale was wrecked. Aboard were Kenneth Stockdale, his two children, Morris Stockdale, Les Potter, George Child, Claude Baker and Bert Bussatin. They had been holidaying in Stockdale's hut at the Point. Wrecked in the same period was the launch, **Hornet** owned by Lance Couper. The Launch had just been repainted. Hornet was skippered by Ellis Swindley accompanied by his son Jim, and Harold Moustoukus. There was no casualties. The launch **June Two** owned by Harold Clay had on board Bill Lindsay, and Duncan McDonald was there also but escaped the same fate as Zilona and Hornet.

1974 26th February 1974, the fishing boat **Jo-ean** was lost near Cape Upstart

These wrecks could not have been written about without reference to:- Wrecks on the Queensland Coast by Jack Lonely First Edition 1993, Wreck-ollections Ships and Shipwrecks in Queensland Water Volume 1, 2 and 3 by Lance Paterson 2003,2008,20013. Trove National Library and many papers thereof as well as Wikipedia.



Yongala

Outdoor Activities For Kids and Grandparents



Just spend some time together, exploring the great outdoors. Photo by Freestocks.org

- Plant flowers

Gardening is a fun and low-impact activity for grandchildren and grandparents to do outside. Whether planting flowers in a garden or in pots, this is a great one-off or regular activity they can enjoy together.



There's sure to be a lot of giggles when you find grandpa under the bed. Photo by Pexels-Monstera.

- Go on a walk

An easy walk down the street can be a lot of fun for grandparents and kids. This low-impact physical activity can be done anywhere and it's always free. Walk to a park, walk around the block, or walk somewhere fun for a little treat. We've also got a dozen suggestions that help [turn an everyday walk into an adventure](#).

- Take a bike ride

A bike ride is a fun and easy way to get out and get moving. Even if the grandparents aren't on bikes, they'll still enjoy a stroll with their favorite little bikers around the neighborhood or to a local park. Better yet? Have grandparents [teach kids to ride a bike](#)! It's a memory everyone will treasure.

- Play hide-and-seek

Hide-and-seek is an awesome game to play both indoors and outdoors. Get the grandparents in on the fun and there's sure to be a lot of giggles.

- Go to the movies

A movie outing is a fun way for grandparents and grandkids to spend some time. Pick a movie the whole family will like, sit back, and enjoy the show.

- Go on a picnic

A picnic gets everyone outside to enjoy the little fresh air and do something different. Half the fun is packing a bag or picnic basket together filled with lunch and favorite treats to share.



Rocks are fun to paint and they make lovely keepsakes. Photo courtesy of the author

- Paint rocks

[Painting rocks](#) is a fun way to get creative with nature. Grandparents and kids go on the hunt for the perfect rocks and paint them for the garden or front yard. These are adorable mementos of time spent together.

- Make a birdhouse

Birdhouse kits or even a [do-it-yourself birdhouse](#) are pretty easy to make. With a few simple pieces of wood, wood glue, and birdseed, grandkids can make an awesome birdhouse to hang in the tree at their house or at grandma and grandpa's house.

- Pick wildflowers

Go on an adventure to find pretty flowers (even if some flowers end up being weeds!) to put in vases around the house.



Everyone loves a day of mini golf. Photo by Caleb Oquendo, Pexels.

- Play a round of mini golf

Miniature golf is an easy activity for kids and grandparents to do together. These small courses are slow-paced and made with kids in mind. Plus, it can be fun to get a little cross-generation competition going.

- Go to the zoo

You're never too young or too old to appreciate the magic of animals. Check out our [list of favorite zoos across the country](#) to find the best zoo near you.

- Go bowling

Bowling is a fun game that everyone can play regardless of skill level. With bumpers for little ones and cosmic bowling at many places later at night, there's a perfect place to bowl for everyone from toddlers to tweens.

- Draw with sidewalk chalk

Sidewalk chalk is an easy and inexpensive thing to play with anywhere and any time. Create a driveway or sidewalk masterpiece together, or use the chalk to create sidewalk games like hopscotch or tic-tac-toe.



Spend a peaceful day trying to catch dinner. Photo credit Stephen Andrews, Pexels

- Go fishing

Fishing is a summer rite of passage for a kid. This is an easy and non-strenuous activity for kids to do with grandparents. Whether it's a day trip to a lake or just a stroll to a nearby fishing hole, this is a fun activity the kids will never forget.

- Go to a farmers market

A farmers market is a lovely way to spend a morning. Walk the aisles picking sweet treats or ingredients for that night's dinner.

- Play with bubbles

Who doesn't love good old-fashioned bubbles? Set up the grandparents and kids with fresh bubbles and they'll enjoy some great outdoor time trying to catch or pop them all. Try this in the winter months, too—[frozen bubbles are amazing!](#)

- Go to a new park

While every park is magical as a kid, make a park day even more special by trying a new park or [a destination park in your city.](#)

Sourced on 30.8.23 from <https://mommypoppins.com/boredom-busters/activities-for-grandparents-to-do-with-kids>



Learn to play a duet! Photo credit Alena Darmel, Pexels

- Take a class together

[Taking a class](#) with grandma or grandpa is a really special experience. They can try painting, cooking, pottery, art, music, or a movement class.

- Go out to eat

A meal out is an even more special occasion when it's with grandparents. Whether it's a quick bite or a dressed-up occasion, everyone will love the memories made while [dining out](#) together.

- Visit a new pool or splash pad

In the summer months, take the time to enjoy a little water play at a new [water park, pool, or splash pad](#). If there's an indoor pool option near you, you can even make a pool party date in the winter.

- Visit a farm for berry or apple picking

The summer and fall are a great time to visit a [berry, flower, pumpkin, or fruit farm](#). Then bring home the actual fruits of your labor and get eating, cooking, or even canning.

SEPTEMBER

	Time	m	Time	m
1	0403	0.63	16	0316 1.06
	0933	3.15		0908 2.69
FR	1535	0.38	SA	1502 1.04
	2205	3.73		2131 3.03
2	0445	0.73	17	0330 1.06
	1023	3.03		0936 2.66
SA	1620	0.75	SU	1521 1.22
	2244	3.37		2149 2.86
3	0530	0.90	18	0345 1.08
	1116	2.83		1012 2.59
SU	1718	1.21	MO	1542 1.44
	2322	2.91		2208 2.65
4	0630	1.10	19	0405 1.14
	1223	2.61		1059 2.50
MO	1856	1.64	TU	1605 1.69
				2230 2.41
5	0007	2.42	20	0431 1.24
	0753	1.25		1203 2.39
TU	1426	2.50	WE	1915 1.96
	2140	1.79		2254 2.13
6	0138	1.99	21	0516 1.39
	0934	1.27		1358 2.34
WE	1653	2.70	TH	2315 1.84
	2352	1.51		
7	0523	2.01	22	0045 1.85
	1058	1.15		0834 1.43
TH	1756	2.97	FR	1653 2.61
☉				2346 1.54
8	0042	1.23	23	0422 1.90
	0615	2.18		1015 1.25
FR	1155	1.01	SA	1733 2.93
	1832	3.15	☉	
9	0116	1.06	24	0016 1.27
	0645	2.32		0520 2.17
SA	1238	0.90	SU	1116 0.99
	1900	3.24		1806 3.24
10	0145	0.98	25	0048 1.02
	0710	2.42		0558 2.47
SU	1312	0.83	MO	1201 0.72
	1925	3.29		1838 3.52
11	0211	0.98	26	0119 0.80
	0730	2.50		0632 2.77
MO	1336	0.80	TU	1242 0.48
	1947	3.32		1910 3.74
12	0230	1.01	27	0150 0.62
	0749	2.57		0709 3.04
TU	1355	0.78	WE	1319 0.33
	2010	3.32		1943 3.86
13	0245	1.05	28	0221 0.50
	0806	2.62		0748 3.24
WE	1410	0.79	TH	1357 0.31
	2031	3.30		2017 3.86
14	0256	1.07	29	0252 0.45
	0823	2.67		0830 3.34
TH	1426	0.82	FR	1436 0.44
	2053	3.25	○	2052 3.70
15	0306	1.07	30	0324 0.49
	0844	2.69		0915 3.32
FR	1444	0.90	SA	1518 0.72
●	2113	3.16		2128 3.40

OCTOBER

	Time	m	Time	m
1	0357	0.62	16	0249 0.77
	1003	3.19		0923 2.95
SU	1610	1.10	MO	1510 1.36
	2202	2.99		2105 2.76
2	0431	0.84	17	0310 0.80
	1056	2.99		1002 2.90
MO	1726	1.50	TU	1542 1.57
	2236	2.52		2131 2.53
3	0517	1.10	18	0336 0.90
	1200	2.75		1051 2.80
TU	1918	1.78	WE	1744 1.79
	2314	2.07		2203 2.26
4	0647	1.35	19	0408 1.07
	1403	2.61		1157 2.67
WE	2248	1.66	TH	1946 1.86
				2250 1.96
5	0307	1.71	20	0504 1.29
	0900	1.43		1339 2.61
TH	1634	2.77	FR	2221 1.64
	2345	1.34		
6	0533	1.96	21	0135 1.76
	1030	1.32		0801 1.40
FR	1727	2.96	SA	1600 2.80
☉				2311 1.35
7	0018	1.12	22	0415 1.96
	0601	2.17		0949 1.26
SA	1129	1.17	SU	1656 3.07
	1800	3.09	☉	2346 1.09
8	0046	0.99	23	0506 2.28
	0625	2.34		1056 1.04
SU	1211	1.05	MO	1734 3.31
	1826	3.16		
9	0113	0.93	24	0020 0.86
	0645	2.48		0545 2.59
MO	1243	0.98	TU	1144 0.84
	1849	3.21		1808 3.50
10	0134	0.92	25	0053 0.66
	0706	2.59		0621 2.89
TU	1307	0.94	WE	1226 0.71
	1911	3.23		1840 3.60
11	0151	0.93	26	0123 0.52
	0724	2.68		0659 3.14
WE	1328	0.93	TH	1306 0.66
	1930	3.23		1912 3.61
12	0203	0.92	27	0152 0.42
	0743	2.76		0738 3.33
TH	1345	0.95	FR	1346 0.71
	1949	3.20		1945 3.50
13	0214	0.89	28	0221 0.39
	0801	2.84		0820 3.43
FR	1403	0.99	SA	1430 0.87
	2007	3.14		2018 3.28
14	0222	0.84	29	0249 0.45
	0824	2.91		0904 3.42
SA	1423	1.07	SU	1521 1.12
	2024	3.06	○	2052 2.97
15	0233	0.79	30	0317 0.59
	0850	2.95		0951 3.31
SU	1445	1.20	MO	1622 1.40
●	2043	2.93		2125 2.60
31				0344 0.80
				1042 3.13
				1739 1.64
				2156 2.22

NOVEMBER

	Time	m	Time	m
1	0410	1.06	16	0330 0.74
	1140	2.92		1053 3.12
WE	1931	1.74	TH	1804 1.67
	2230	1.88		2213 2.20
2	0450	1.34	17	0418 0.93
	1306	2.74		1156 3.02
TH	2229	1.58	FR	1938 1.66
				2335 1.97
3	0238	1.64	18	0538 1.15
	0750	1.53		1316 2.95
FR	1519	2.74	SA	2116 1.49
	2313	1.35		
4	0505	1.87	19	0135 1.90
	0941	1.50		0730 1.29
SA	1634	2.85	SU	1458 3.01
	2343	1.18		2222 1.26
5	0531	2.09	20	0335 2.08
	1045	1.40		0913 1.28
SU	1714	2.94	MO	1608 3.15
☉			☉	2311 1.02
6	0011	1.07	21	0440 2.36
	0556	2.28		1029 1.19
MO	1131	1.30	TU	1657 3.26
	1743	3.01		2351 0.82
7	0035	1.00	22	0530 2.66
	0618	2.44		1128 1.11
TU	1207	1.23	WE	1737 3.31
	1807	3.05		
8	0055	0.95	23	0028 0.65
	0641	2.58		0613 2.94
WE	1236	1.20	TH	1220 1.08
	1829	3.06		1812 3.29
9	0111	0.90	24	0100 0.53
	0702	2.71		0654 3.17
TH	1302	1.19	FR	1308 1.09
	1847	3.05		1845 3.21
10	0125	0.84	25	0131 0.46
	0722	2.84		0735 3.35
FR	1327	1.20	SA	1357 1.15
	1905	3.03		1920 3.06
11	0136	0.76	26	0200 0.45
	0745	2.97		0817 3.46
SA	1352	1.23	SU	1445 1.25
	1923	2.98		1955 2.86
12	0147	0.68	27	0228 0.51
	0810	3.10		0900 3.48
SU	1419	1.28	MO	1537 1.37
	1944	2.91	○	2030 2.62
13	0203	0.60	28	0257 0.63
	0841	3.19		0944 3.41
MO	1453	1.35	TU	1632 1.51
●	2010	2.81		2105 2.37
14	0226	0.57	29	0326 0.80
	0917	3.23		1030 3.27
TU	1538	1.46	WE	1737 1.62
	2043	2.65		2142 2.14
15	0255	0.61	30	0357 1.01
	1000	3.21		1117 3.10
WE	1645	1.58	TH	1858 1.69
	2122	2.44		2226 1.92

Eathorne's Tide Times



Ph: 4783 5744

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BCA Older Persons Action Program

Your paragraph text

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- Accommodation, health, education and transport
- Financial and legal matters
- Household assistance
- Social activities
- Retirement

Call or drop in to see how we can assist you !

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Older People's Action Program

Assistance for older community members and their family/friends to access services and information regarding:

- ◆ Accommodation, health, education and transport
- ◆ Financial and legal matters
- ◆ Household assistance
- ◆ Social activities
- ◆ Retirement



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INFORMATION ON ELDER ABUSE

RIGHTS OF OLDER PEOPLE

Every adult has the right to self determination. United Nation's Principles for Older Persons include the rights for:

- Independence
- Participation
- Care
- Self-fulfillment
- Dignity

ELDER ABUSE

"Elder Abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person."

World Health Organisation 2002

Abuse can be physical, sexual, financial, psychological, social or neglect.

RISK FACTORS

- Dependency
- Family Conflict
- Isolation
- Physical Health Issues
- Mental Health Issues
- Impaired Capacity
- Carer Stress
- Addictions
- Language & Cultural Barriers

PATHWAYS FOR ADDRESSING ELDER ABUSE IN THE BURDEKIN COMMUNITY

USEFUL LOCAL & STATEWIDE NUMBERS

Elder Abuse Prevention Unit	1300 651 192
Burdekin Community Association	4783 3744
Police Link	131 444
Townsville Seniors Legal & Support Service	4721 5511
Aged Care Assessment Team (My Aged Care)	1800 200 422
Seniors Enquiry Line	1300 135 500
Ayr Hospital (Social Work)	4783 0855
Centrelink Older Australians Line (Social Worker)	132 300
National Dementia Helpline	1800 100 500
Carers Qld	1800 242 636
Aged & Disability Advocacy Australia	1800 818 338
DVconnect Womensline	1800 811 811
DVconnect Mensline	1800 600 636
Translating & Interpreting Service	131 450

**IN AN EMERGENCY
CALL 000**



Burdekin Community Association Inc.



Burdekin Community Association Inc.

burdekincommunityassociation.org.au
facebook.com/bca1975



PREPARING FOR A DISASTER

PREPARING IN ADVANCE

Prior preparation is the best way to survive any natural disaster. Ahead of our usual disaster season, when you have plenty of time to prepare, go through this brochure to make sure everything is ready. Preparing in advance saves time and reduces the number of things you have to do when a disaster is about to strike. While cyclones and flooding are most common in our area, we could also experience fire, tsunami, earthquake and landslide.

It is important to know what you will do in each scenario

- ◆ Know your risk.
- ◆ Decide in advance if you will evacuate or shelter in place. Know your evacuation route.
- ◆ Have an emergency kit.
- ◆ Take steps to limit damage to your property.

Prepare your family by discussing and writing down

- ◆ What might happen during a cyclone, flood, storm or bushfire?
- ◆ What will you do if an emergency happens and you are in different locations (school, work, home)?
- ◆ Where you would evacuate to?
- ◆ Your emergency meeting places.
- ◆ How and when to call 000 or 112 from your mobile.

EMERGENCY KIT

Your emergency kit contains a collection of essential items that will equip your household in the event of emergencies like cyclones, floods, bushfires and storms. Your kit should be kept in a sturdy, easy to

carry bag or waterproof storage box and stored in a safe place that is easy to access. Include items you would need for several days in case of disruption to essential services (i.e. power and water supplies). Also, include the equipment you'll need to prepare meals with no power. Keep your kit in a waterproof storage container and store in an easy to access location. Check your kit every season to stock up and rotate supplies to ensure provisions are fresh and safe to use.

Items to include

- ◆ Food and water for at least a week (approx 10 litres of water per person as 3 days supply) and ensuring that your food is non-perishable. Items such as tinned fruit or vegetables, baked beans, tinned spaghetti, tinned tuna or meat (spam, sausages etc), rice, pasta, instant noodles, long life milk, muesli bars, cereal and biscuits etc. Also ensure that you have the items necessary to utilize these foods such as a can opener, cutlery, oil or bottled water for cooking and cooking equipment.
- ◆ First Aid Kit and manual
- ◆ Essential prescriptions filled and at least a week's supply of medications
- ◆ Prepaid phone cards and coins for phone booth calls. Additional cash.
- ◆ Toilet paper, personal hygiene items and toiletries – toothbrush, toothpaste, soap etc.
- ◆ Battery or wind-up torch/lantern and battery or wind-up radio (plus extra batteries)
- ◆ Fully charged mobile phone and charger
- ◆ Change of warm protective clothes and shoes for everyone
- ◆ Any important documents – keep original or certified copies and if possible scan copies to USB or online storage

PREPARING YOUR HOME, CARS, BOAT AND PETS

Home

- ◆ Clean up the yard. Trim trees and over hanging branches. Check and fix loose fittings, such as railings.
- ◆ Check external of home including

windows and roof. Remove debris from gutters.

- ◆ Get to know your neighbours and check in with them regularly before and during a disaster.
- ◆ Hold a family meeting to prepare your household Emergency Plan so everyone knows what to do, where to meet, and how to get out.
- ◆ Identify how and where to turn off the mains supply for water, power and gas.
- ◆ Store poisons up high.
- ◆ Make sure that you have enough of the essential items—food, water and medicines to last for the duration of the event, if in doubt aim for at least a week's supply of the essentials.

Pets

- ◆ Secure animals before an emergency event, or use a secure pet carrier/cage/leash if you are transporting them.

WARNINGS

The Bureau of Meteorology issues weather information and warnings.

The Burdekin Local Disaster Management Group uses this information to make decisions about what action people should take.

WARNINGS ARE URGENT – you need to act immediately on the information provided.

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 →



What's happening at BCA's Rural Health Centre - September 2023

Welcome to the September Rural Health Centre Newsletter.
BCA appreciates the continued support by the Centre Users and Health and Wellbeing Service Providers and their clients.

Integrated Chronic Care Program

Funded by the Nth Qld Primary Healthcare Network Ltd (NQPHN)

Both Individual and Early Intervention activities continue to be delivered out of the Rehab Centre whilst monitoring the number of clients at any one time, maintaining social distancing and practicing good hygiene of equipment. The services are free of charge for eligible clients.

The Exercise Physiologists, Exercise Scientists and Fitness Instructors (Cert IV), Lisa and Vicky are delivering programs in the Rehabilitation Centre, enabling us to provide you with the best and most effective individualised and group programs suitable to your health conditions. Please visit your GP for a referral.

Psychological Therapies Program

Funded by the Nth Qld Primary Healthcare Network Ltd (NQPHN)

Face to face Psychology consultations are available. Psychologist, Phillip Murray and Mental Health Social Workers, Rick Scott and Melanie Usher offer confidential counselling sessions. All counsellors are highly qualified with many years of experience.

The Program is free of charge for anyone who holds either a pension card, health care card or low income card. A referral from a GP is required to be sent to Connect to Wellbeing who will triage, complete intake with client, approve and send on to a Provider registered under the program such as BCA.

Private Psychological Counselling

GP or self referrals for Private Consultations with our Psychologist or Mental Health Social Workers can be forwarded directly to us at Rural Health. A staff member will call you to offer an appointment. The fee charged will be at the mental health professionals discretion.

Consult & Meeting Room Hire

Please refer to the right side of this flyer for current Health and Wellbeing service providers working out of the Burdekin Centre for Rural Health. Contact the Provider directly for an appointment or call our office on 4783 2711 with any enquiries including room hire fees.

Are there any Health and Wellbeing services you'd like to see service our community? Please call with any suggestions.

Telehealth Hub Services

The Centre has a Telehealth Hub. This is an online, face to face appointment with your specialist, eliminating the travel time out of town. Ask your GP or Specialist if they can see you via Telehealth.

For more information on any of the above activities, please contact the Burdekin Centre for Rural Health between 9.00am and 4.30pm Monday to Friday.

We currently have capacity for Consult and Meeting Room hire to health and wellbeing service providers, individuals and groups. Please ask our team for the details.

*Hearing or Speech impaired, call us via the National Relay Service.
(TTY: 133677 SSR: 1300555727)*

Service Providers

Psychological Therapies Program
47832 711

Private Psychological Counselling
4783 2711

Bloom Hearing
1800 027 779

Burdekin Hearing
1800 008 308

Centacare NQ Counselling
1300 672 273

Clarity Hearing Solutions
4779 1566

Synergy Health Centre
Exercise Physiologists
Exercise Scientists
Diabetic Educator
Dietician
4724 3250

NQ Foot & Ankle Centre
Podiatry
4723 5500

Telehealth Hub Services
Free

CONTACT US

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Email: bca@bcaburdekin.org.au
Website: www.burdekincommunityassociation.org.au



Burdekin Community Association Inc.