

# Burdekin Community Association Inc

A GOLD COIN DONATION  
WOULD BE APPRECIATED.

# COMMUNITY CONNECTIONS

*Welcome to 2025*

**The Burdekin Community Association are proud to be heading into the 50th year of offering support and services to the community.**



**Established 1975**

**January February March 2025**

[www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)  
[www.facebook.com/bca1975](https://www.facebook.com/bca1975)

**EDITION 193**



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### Debra Cochran

#### Chief Executive Officer

Burdekin Community Association Inc (BCA)

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Email: Debra.Cochran@bcaburdekin.org.au

Website [www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

Facebook: [www.facebook.com/bca1975](https://www.facebook.com/bca1975)

Photo source 'Burdekin Life'

## READER CONTRIBUTIONS

Have something that you would love to share? We are giving you the opportunity to 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](mailto:rebecca.grogan@bcaburdekin.org.au) or drop in to the Support Centre, 130 Queen Street, Ayr.



# **Welcome** to the first edition of Burdekin Community Association's Community Connections Magazine for 2025.

*We hope the Festive Season was filled with lots of nice moments for all.*

*The New Year thus far has certainly been a trying time for many, with the weather event taking place. Excess rain, flooding, road blockages and food shortages just a few of the many challenges our community has had to face.*

*This year Burdekin Community Association will continue to provide the community with information and resources through print.*

*These editions will be released quarterly in March, June, September and December.*

*If there is something you would like to see or share in the magazine please email or drop in to the Support Centre.*

## **THE BCA TEAM**

### **The magazine is available at the following establishments:**

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| ⇒ BCA Support Centre                  | ⇒ Groves and Clark              |
| ⇒ Burdekin Centre for Rural Health    | ⇒ Helloworld Travel             |
| ⇒ BCA Community Information Centre    | ⇒ Home Hardware                 |
| ⇒ Alfies Bakery                       | ⇒ Home Hill Info Centre         |
| ⇒ Alliance Pharmacy                   | ⇒ Home Hill Discount Drug Store |
| ⇒ Amcal Pharmacy                      | ⇒ Home Hill News and Coffee     |
| ⇒ Ayr Diagnostic Imaging              | ⇒ Home Hill Surgery             |
| ⇒ Ayr Medical Group                   | ⇒ Honeycombes Sales and Service |
| ⇒ Ayr Anzac Memorial Club             | ⇒ Intersport                    |
| ⇒ Ayr Camping World                   | ⇒ Julies Pharmacy               |
| ⇒ Bendigo Bank Ayr and Home Hill      | ⇒ McCathies Furniture Plus      |
| ⇒ Blue Care                           | ⇒ Meals On Wheels               |
| ⇒ Bob Gould Fabrications              | ⇒ MP Office                     |
| ⇒ Burdekin Library Ayr and Home Hill  | ⇒ NQ Employment                 |
| ⇒ Burdekin Men's Shed                 | ⇒ Nutrien Harcourts             |
| ⇒ Burdekin Motors                     | ⇒ Nuttall's Garden Centre       |
| ⇒ Burdekin Neighbourhood Centre       | ⇒ Oar and Horan Dental          |
| ⇒ Burdekin Plaza Pharmacy             | ⇒ Outback Family Medicine       |
| ⇒ Burdekin Shire Council              | ⇒ QML Pathology                 |
| ⇒ Burdekin Visitor Information Centre | ⇒ Regis Ayr and Home Hill       |
| ⇒ Canegrowers                         | ⇒ Raine and Horne               |
| ⇒ Centrelink                          | ⇒ Ruddy Tomlins and Baxter      |
| ⇒ Chill Café                          | ⇒ Salvation Army                |
| ⇒ Chiropractic Care                   | ⇒ Shannon Davies Eyecare        |
| ⇒ Cignal                              | ⇒ Sibson Accounting             |
| ⇒ Delta Dry Cleaners                  | ⇒ Sullivan Nicolaides Pathology |
| ⇒ Don West Toyota                     | ⇒ Tosh's Convenience store      |
| ⇒ Fahey and Walsh                     | ⇒ Terry White Chemist           |
| ⇒ Farmhouse Coffee and Café           | ⇒ Wood's News and Lucky Casket  |
| ⇒ FriendlyCare Pharmacy               |                                 |
| ⇒ Giru Convenience Store              |                                 |



# 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 :

### Support Centre

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

### Housing and Community Support Service

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

### Burdekin Centre for Rural Health and Burdekin Community Rehabilitation Centre

Integrated Chronic Care Program  
Mental Health Stepped Care Program  
Support Groups and Network Groups  
Telehealth Hub  
Visiting Health and Wellbeing Services  
Community Recovery Centre

### Home Care Service

Burdekin Community Transport Program  
Commonwealth Home Support Program  
Home Care Packages Program  
National Disability Insurance Scheme  
Old Community Support Scheme  
Brokered Services  
Non-funded Services

### Volunteer Service

Aged Care Volunteer Visitors Scheme  
Be Connected Program  
Volunteer Program  
Work for the Dole Hosting Program

### Community Information Centre

Information Hub



## Office Locations

**BCA 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](http://www.burdekincommunityassociation.org.au)

**Facebook:** [www.facebook.com/bca1975](https://www.facebook.com/bca1975)



**Burdekin Community Association Inc.**





## **Emergency Relief Assistance**



### **Coles Second Bite**

**Monday - Friday**

**from 9am until stock is gone each day**

**The Support Centre,**

**Burdekin Community Association**

**130 Queen Street, Ayr**

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### **St. Vincent De Paul Society**

**1800 846 643**

**Every Monday 1pm - 1.30pm**

**(Centrelink Income Statement required)**

**The Support Centre**

**Burdekin Community Association**

**130 Queen Street, Ayr**

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### **Salvos Doorways Community support**

**Every Thursday 10am - 1pm**

**07 3001 6288**

**(Please call helpline first for  
assessment 9am - 4pm Mon to Fri)**

**The Support Centre**

**Burdekin Community Association**

**130 Queen Street, Ayr**

Older

People's

Action

Program



Burdekin Community Association's Housing and Community Support Services (HCSS), provides assistance and care for older persons and their family and friends.

Depending on the unique needs of the older population, these needs may be regarding

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

Along with providing access to relevant services, information and resources on the above, the HCSS team also offer social interaction and community engagement opportunities.

One of these opportunities is the weekly 'Community Connections' group, which is held on Wednesdays at Burdekin Centre for Rural Health, 12a Chippendale Street, Ayr.

A sausage sizzle is held once a month at Plantation Park.

Morning tea is provided, along with lots of conversation and laughter.

If you, or someone you know is looking to make connections with others, this group provides a perfect opportunity.

Please call the Support Centre on 47 833 744 if further information is needed.

The HCSS department also offer the older community an opportunity to remain connected and educated regarding social, welfare and health services, through the quarterly distribution of the Community Connections magazine.



# COMMUNITY CONNECTIONS GROUP

COME ALONG TO THE  
BURDEKIN CENTRE FOR RURAL HEALTH  
WEDNESDAY  
9:30AM-11:30AM

HAVE A  
CUPPA

LEARN  
SOMETHING  
NEW

HAVE A  
CHAT





Make it  
Happen  
Life Skills Group



## Everyday Life Skills You Might Like to Develop

COMMENCEMENT DATE & TIME TO BE ADVISED

REGISTRATIONS ESSENTIAL

CONTACT BCA FOR MORE INFORMATION

CALL: 4783 3744 OR EMAIL: [REBECCA.GROGAN@BCABURDEKIN.ORG.AU](mailto:REBECCA.GROGAN@BCABURDEKIN.ORG.AU)

**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.**





# EXPRESSION OF INTEREST



**Burdekin Community Association  
Tai Chi for Arthritis Program**

**Ph: 47833744**

**to register future interest**





Keep an ear out how  
Burdekin Community Association  
will be raising awareness in May for  
'Domestic and Family Violence Protection Month.'



## BURDEKIN COMMUNITY ASSOCIATION INC.

### 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](http://www.qld.gov.au/trustyourinstinct)

### FOR FURTHER ASSISTANCE

In an emergency or for 24hr help please call the helplines below

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

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.***



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](mailto: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).**



# Healing Waves

## MENTAL HEALTH PEER SUPPORT GROUP

**A friendly, warm and safe space to share experiences and support one another through the journey of mental health**

Healing Waves provides a safe space where group members can provide support and insight to one another through the sharing of their lived experiences.

Group members will also learn and discuss topics such as self-care, mindfulness, stress management and more..

**Now taking expressions of interest for  
attendance in 2025**

For more information and to register for your place in this group, please call the Burdekin Centre for Rural Health  
on **(07) 4783 2711**



# Burdekin Community Association Inc.

## Aged Care Volunteer Visitors Scheme

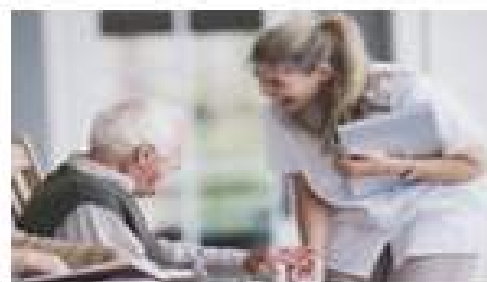
Do you or someone you know require some company? Many of our seniors feel lonely or trapped in their own home. Their families work and often have other commitments to deal with. They may live away or are unable to visit.

Our **Volunteer Visitors** have been carefully selected for you:- they're caring, compassionate, understanding and can become a very good friend.

BCA Community Visitor's are someone you can:

- Share stories with
- Have a cuppa or lunch together
- Read together
- Shop together
- Share a hobby, interest or activity
- Play cards, or board games together
- Someone to talk to and listen to

There are many ways of getting to know someone and becoming a friend.



**For further information please contact:**

**Burdekin Community Association Inc.**

The Support Centre, 130 Queen Street, PO Box 815, AYR QLD 4807

Monday to Friday 9.00 am - 4.00 pm • Phone 07 4783 3744 • Fax 07 4783 3990  
[bca@burdekin.qld.gov.au](mailto:bca@burdekin.qld.gov.au) • [www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

# Computer /Smartphone

## Lessons for 50's plus



Burdekin Community Association Inc.

*For further information Call Rita Quagliata on 47833744 or call in at The Support Centre*

### **The Burdekin Community Association Inc. ONE ON ONE COMPUTER/ SMARTPHONE LESSONS FOR SENIORS**

**The Support Centre,  
130 Queen Street, Ayr.  
Monday and Tuesday  
9am to 1pm & (Friday-12.30pm 2.30pm)**

Learn how to use your smart phone, your Ipad or laptop. Experience stress-free, effective lessons that are provided by specialized volunteer tutors who focus on your individual needs and learning styles.

Enjoy a safe and comfortable learning environment while benefiting from the latest technology and software.

Effectively learn programs and software on your device.

Enjoy a wide range of sessions from beginning basics ; such as intro's to Computers, Internet and E-mail, to more advanced sessions, for example:-


- Cybersecurity and Digital Imaging etc.
  - Learn how to video call family,
  - Research your family history,
- Surf the internet, access My Gov, medical appointments, renew passports,
  - Shop or buy groceries online, pay bills, send emails, Facebook,
  - Bpay and so much more that you can do online.

**GIVE IT A TRY AND SEE WHERE TECHNOLOGY WILL TAKE YOU**





# 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 are interested in finding out more information or volunteering at BCA, please contact the organization's Volunteer Coordinator, Rita Quagliata on **47 83 3744**.**

## **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**

## What's Happening at BCA's Rural Health Centre - March 2025

### BURDEKIN CENTRE FOR RURAL HEALTH

Welcome to our March Rural Health Newsletter. Our dedicated team will continue to provide vital services for the Burdekin community through funded programs, donations and centre activities.

#### Integrated Chronic Care Program

Individual and Early Intervention activities continue to be delivered out of the Burdekin Community Rehabilitation Centre. Our Exercise Physiologists, Exercise Scientists and Fitness Instructor (Cert IV), are delivering effective individualised and group rehabilitation programs from 7am Monday to Friday. Please visit your GP for a referral. Services are free of charge for eligible clients.

***Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)***

#### Journey Coordinator Program

The Journey Coordinator connects adults and children to the services and supports they require to support their health and wellbeing and guide individuals to access timely and appropriate mental health services. The Journey Coordinator can be accessed Monday to Thursday and Saturday, 9.00am to 4.30pm. Bookings and walk-ins accepted.

Ask about Healing Waves, the peer support group where members can learn and discuss topics such as self-care, mindfulness, stress management and more. Call 4783 2711.

***Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)***

#### Psychological Therapies Program

Psychological Therapies consultations are available with our mental health professionals through a centralised intake via the Head to Health Phone Service. Speak to your GP about acquiring a referral to see one of our mental health professionals through this funded service.

Sarah Lutkin (Clinical Psychologist), Philip Murray (Psychologist) and Rick Scott (Mental Health Social Worker) are BCA's mental health professionals. They can accept Psychological Therapies referrals for adults, young people and children 12 and under as well as suicide prevention services for adults.

***Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)***

#### Private Psychological Counselling

GP referrals accepted. Fees will be at the mental health professionals discretion and paid directly to them.

#### Room Hire

Consultation Room & Meeting Room Hire available for health & wellbeing service providers.

Ask about accessing our free Telehealth Hub Services.

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

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

#### Allied Health Providers

**Psychological Therapies Program**  
47832 711

**Private Psychological Counselling**  
4783 2711

**Centacare NQ Counselling**  
1300 672 273

**Bloom Hearing**  
1800 027 779

**Burdekin Hearing**  
4946 4906

**Clarity Hearing Solutions**  
4779 1566

**NQ Foot & Ankle Centre**  
Podiatry  
4723 5500

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

**Telehealth Hub Services**  
Free

### CONTACT US

Burdekin Centre for Rural Health & Burdekin Community Rehabilitation Centre.  
12a Chippendale Street, Ayr - Ph: 4783 2711 Fax: 4783 7611

Email: [bca@bcaburdekin.org.au](mailto:bca@bcaburdekin.org.au)

Website: [www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

Facebook: <https://www.facebook.com/bca1975>



Burdekin Community Association Inc.



Burdekin Community Association Inc.



## Burdekin Centre for Rural Health Room Hire

The Burdekin Community Association Inc. (BCA) is a not-for-profit incorporated organisation and a registered charity providing a wide range of services in the Burdekin since 1975.

The Burdekin Centre for Rural Health and Burdekin Community Rehabilitation Centre are located in the Ayr Health Precinct alongside Ayr Medical Group, Ayr Ambulance, Ayr Hospital, Chiropractic Care, Physiotherapist, QML, Ayr Diagnostic Imaging and Sullivan Nicolaides Pathology.

### Consult Room Hire

3 spacious consult rooms.

Full Day Rental - \$70. Half Day Rental - \$55.

### All Purpose Meeting Room Hire

Capacity for 30 people to meet or conduct an exercise or wellbeing program.

Full Day Rental: \$70. Minimum hire: \$20 for 2 hours. Additional hours at \$10 per hour.



### Rental Includes:

- » Complimentary Wi-fi access
- » EFTPOS and Telehealth facility
- » Air-conditioning
- » Access to kitchen and tea/coffee making facilities
- » Receptionist and dedicated reception and waiting area
- » Disability access, toilet and shower
- » Spacious off-street parking
- » Extensive service promotion

Burdekin Centre for Rural Health. 12a Chippendale St, Ayr. Qld. Ph: 4783 2711.

November 2023



APRIL 25TH

They went with songs to the battle, they were young.  
Straight of limb, true of eyes, steady and aglow.  
They were staunch to the end against odds uncounted,  
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.

Lest We Forget

Anzac Day Parade details not available at time of print

**Burdekin Community Association** Support Centre in Queen Street, will be closed Friday, 25th April 2025 to pay our respects to the Anzacs. The Support Centre will reopen Monday 28th April 2025 at 9am.

**Burdekin Centre for Rural Health** in Chippendale Street, will be closed Friday, 25th April 2025 to pay our respects to the Anzacs. Burdekin Centre for Rural Health will reopen Monday 28th April 2025 at 9am.



# THANK YOU



*With the generosity of many Burdekin locals and businesses, Burdekin Community Association were able to offer over 50 hampers to individuals and families in the community. Thank you to those who donated to BCA's Christmas Appeal in 2024. You have helped to bring smiles to many faces.*



Photo sourced-Burdekin Shire Council Facebook page





**Burdekin  
Community  
Association  
is appreciative of  
donations all year  
round.  
From families  
experiencing  
Domestic and Family  
Violence to older  
persons in the  
community, any  
donations big or  
small help make a  
difference to many.**



# *It's raining it's pouring... and pouring... and pouring...*

While none of us here at the BCA claim to be weather experts, we know we wouldn't be mistaking to say "that was a lot of rain!"

Along with the disruptions to many persons' everyday life, North Queensland experienced school and business closures, rail and road disruptions, food shortages, property and infrastructure damage, livestock and vegetation loss, evacuations and displacement, economic loss, power outages and tragic losses of life.

Burdekin's Local Disaster Management Group (LDMG), which is made up of a team of emergency services, health and other relevant agencies played a vital role during the weather event, ensuring the safety and wellbeing of the Burdekin community. The LDMG helped the community 'prevent, prepare, respond and recover' from the weather event. Burdekin Community Association plays an active role in the LDMG.

After its successful use in Ingham, the LDMG announced that a 10-seater rail bus, will be deployed by Queensland Rail, to help residents travel between Ayr and Home Hill, while the Bruce Highway at Plantation Creek was impacted by floodwaters. This allowed passengers to have access to medical appointments and staff to attend their work place.

In the aftermath of the weather event the LDMG also announced the commencement of the Community Recovery Hubs. The Community Recovery Hubs allowed residents

who were experiencing hardship, to apply for grants, obtain emotional and wellbeing support and receive referrals to other community and government organisations for further assistance.

Shortly after the clearing of the skies, news of a tropical low, which formed into a cyclone, formed off the Queensland coast. At the time of print Cyclone Alfred was nearing regions of South East Queensland and Northern NSW. This serves as a reminder to 'be prepared' as Mother Nature can change her mind unexpectedly.

Ensure to **'Understand your risk, make a plan and pack a kit.'** Visit your local Disaster Dashboard regularly for updated emergency news, weather warnings, road conditions and power outages. The Burdekin Disaster Dashboard also contains emergency contacts, plan and prepare information and more.

The Burdekin Disaster Dashboard can be found at <http://disaster.burdekin.qld.gov.au>

Upper Houghton Rd underpass near Giru



Photo sourced from Ergon Energy Network Facebook page.  
Photo was contributed to page by Johnny B

QR Rail bus



Photo provided by Sharon Byrne

# EXTREME RAINFALL EVENT 2025

## BURDEKIN FALLS DAM, CLARE WEIR HEIGHTS AND

## RAINFALL RECORDS

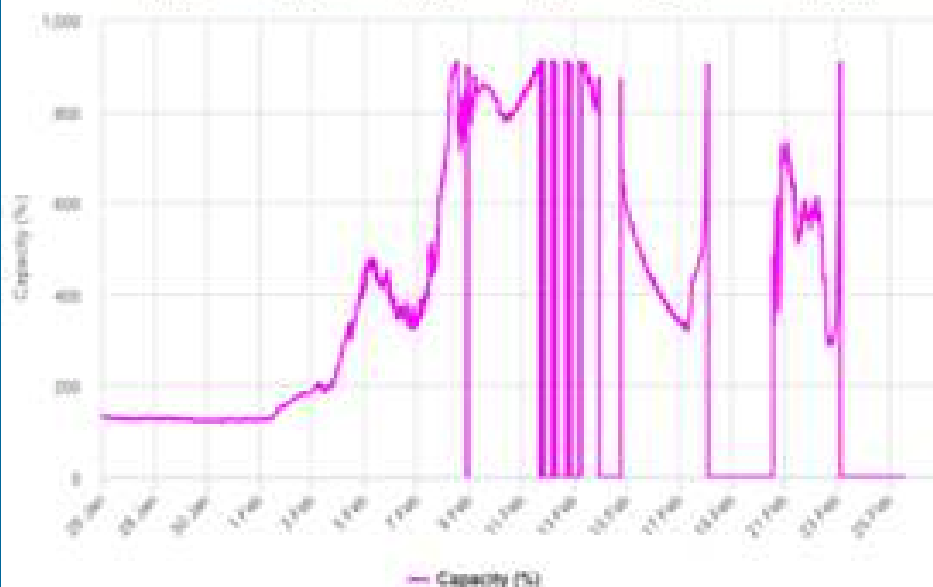


### Clare Weir

Updated 25 February 2025 at 12:43

Current Capacity Current Level Current Volume 24hr Change Full Supply Level Full Supply Volume

0.0 % 21.82 m 0 ML 0 ML 20.34 m 15,900 ML



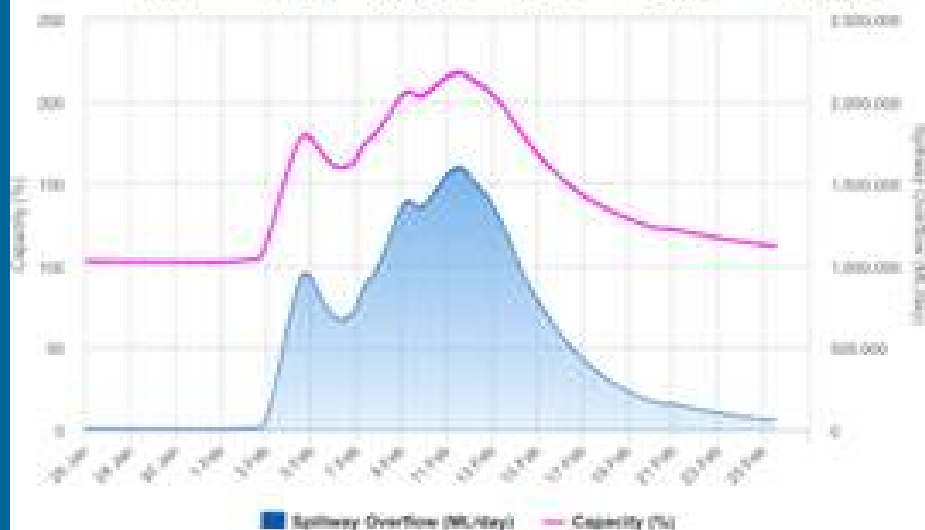
ML = megalitres (one million litres)

mAHSD = elevation in metres with respect to the Australian Height Datum

Updated 25 February 2025 at 12:00

Current Capacity Current Level Current Volume 24hr Change Full Supply Level Full Supply Volume

112.0 % 154.85 m 2,082,642 ML 19344 ML 154.00 m 1,880,000 ML



ML = megalitres (one million litres)

mAHSD = elevation in metres with respect to the Australian Height Datum

MM HR

Sat 01/02/2025	0.0	
Sun 02/02/2025	0.0	
Mon 03/02/2025	256	24
Tues 04/02/2025	16	24
Wed 05/02/2025	5.2	24
Thu 06/02/2025	43.4	24
Fri 07/02/2025	60	24
Sat 08/02/2025	0.0	
Sun 09/02/2025	0.0	
Mon 10/02/2025	70.4	24
Tues 11/02/2025	68.4	24
Wed 12/02/2025	21.4	24
Thu 13/02/2025	0.4	24
Fri 14/02/2025	0.0	
Sat 15/02/2025	0.0	
Sun 16/02/2025	0.0	
Mon 17/02/2025	14.0	24
Tues 18/02/2025	0.0	
Wed 19/02/2025	0.0	
Thu 20/02/2025	0.0	
Fri 21/02/2025	0.0	
Sat 22/02/2025	0.0	
Sun 23/02/2025	0.0	
Mon 24/02/2025	0.8	24

All information has been sourced online from Sunwater and Farm online weather.

**Burdekin Community Association** have been busy supporting the Burdekin community with recovery response, due to the monsoonal trough. As the waters receded in the Burdekin, this has included support at the local Community Recovery Hubs.

**Community Recovery Hubs** are a place where residents who are experiencing hardship, unable to apply online or over the phone, or needing emotional or wellbeing support can visit for assistance. Community Recovery Hubs are available to provide support, including assistance with grant applications and emotional wellbeing services. Many persons, including locals and visitors who found themselves unexpectedly stranded on either side of the river were able to access many services at the Community Recovery Hubs.

The hubs were located in various locations including Ayr, Home Hill, Giru, Clare, Jerona, Rita Island and Jarvisfield.

## Community Recovery



### Pop up Hubs



The Community Recovery team, including Disaster Recovery, Dept. of Housing and BCA



Support organisations assisting the Giru community



BCA staff at the Giru CWA Hall



Australian Red Cross at the BCA Support Centre



What an amazing community we have, with many individuals reaching out their hand to others in preparation for, during and after the weather event. Locals helping their neighbours and strangers, volunteers and business owners, the community thanks you for your helping hand.



Local Betina Wilks, with the help of her neighbour Christina Mosby-Naáwi placed out a box of snacks every morning to support those stuck in the queue. The box included items donated by the community. The pair also delivered 45 home made sandwiches.

**COMMUNITY**  
 "A small act of kindness can have a very large impact on someone else."  
 —Christian Taylor  
 Olympic Gold Medalist, World Champion,  
 Track & Field



Photo and information sourced from Burdekin Life



The Country Ayr Motel team cooked 300 meals in 3 days, to assist the community during the floods.

Photo and information sourced from David Crisafulli MP Facebook page

### SUPPORT HUB:

Resources for managing tough times





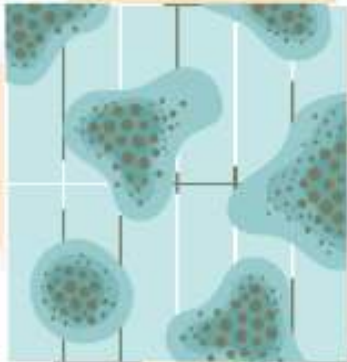
NATIONAL CENTRE FOR FARMER HEALTH

Find practical tools and guidance for Australian farmers and agricultural communities to navigate everyday or extreme challenges

[farmerhealth.org.au/support-hub](http://farmerhealth.org.au/support-hub)

Mould after a disaster fact sheet

# Cleaning up mould after a disaster



Wet conditions and heavy rainfall create an environment where mould can grow.



Mould colours surfaces and leaves a musty, unpleasant smell. It can cause some people to develop health problems.

When cleaning mould from surfaces, you can use:

- ✓ products designed to kill and remove mould from hard surfaces
- ✓ household cleaning agents or detergents
- ✓ white vinegar (do not mix with bleach).

Carpets that have been waterlogged for more than two days may need to be removed. Dry your home out quickly by opening all the doors and windows.

Protect yourself by wearing:

- ✓ rubber gloves
- ✓ safety goggles
- ✓ a P2 face mask
- ✓ protective clothing
- ✓ enclosed footwear that you can throw out or wash.



Avoid cleaning mould from a surface with a dry brush. This could release spores into the air which may affect health and spread mould to other places.



Bleach may not be effective in killing mould on porous surfaces. However, bleach will help to get rid of other disease-causing organisms.

Call 13 HEALTH (13 43 25 84) at any time.

Contact 13 QGOV (13 74 68) for your nearest Public Health Unit.

If you or anyone in your household is experiencing any health effects from mould, seek medical advice from your doctor.



Queensland  
Government



The recent floods and long periods of rainfall may promote an increase in the number of mosquitoes, which means an increased risk of mosquito borne disease. Standing water provides the perfect conditions for mosquitoes to breed. Some of the most common mosquito borne diseases include Ross River Virus, Barmah Forest Virus, Japanese encephalitis Virus (JEV) and Dengue.

Mosquito borne disease infections may cause mild to very serious illness. Illness may include flu-like symptoms such as pain in muscle and joints, rashes, nausea, vomiting, fatigue, headaches and fever.

See a doctor immediately if you are experiencing these symptoms.



Have a look around your home and empty any items that may be holding water. This may include garden pots and bases, bird baths, tyres, pet food bowls and palm fronds.

Apply insect repellent, wear loose clothing, ensure insect screens are in good condition, keep your lawn mowed and limit outdoor activities when mosquitoes are most active.

Information sourced from—  
[www.qld.gov.au/mosquito-borne-disease](http://www.qld.gov.au/mosquito-borne-disease) and  
[www.health.qld.gov.au](http://www.health.qld.gov.au)

A container filled with water is a potential breeding environment for mosquitoes.

# Protect yourself from mosquito bites



Mosquitoes in Queensland can carry serious diseases. You can catch these diseases if you are bitten by an infected mosquito.

Mosquito borne diseases to be aware of in Queensland include:

- Ross River
- Barmah Forest
- Dengue
- Japanese encephalitis (JE)
- Murray Valley encephalitis (MVE).






Mosquito borne diseases can cause mild symptoms or very serious symptoms. You may experience symptoms such as:

- pain in muscles and joints
- rashes
- headaches and
- fever.

Sometimes it can take up to two weeks for symptoms to appear.

## Reduce the risk of mosquito bites (stay protected)



There are simple things you can do to protect yourself and your family from mosquito bites.

-  **Cover up** with loose-fitting, light-coloured clothing and covered footwear.
-  **Apply insect repellent** containing DEET, Picaridin or Oil of Lemon Eucalyptus.
-  **Stop mosquitoes from getting inside.** Cover doors and windows with insect screens. Make sure your screens are in good condition.
-  **Clean up around your home.** Empty, remove or drain any standing water to prevent mosquito breeding.
-  **Limit outdoor activities** when mosquitoes are active.


## See a doctor if you get symptoms

If you or anyone in your household is experiencing symptoms after being bitten by mosquitoes, contact your doctor.

**In an emergency, call Triple Zero (000).**



Visit [www.qld.gov.au/mosquito-borne-disease](http://www.qld.gov.au/mosquito-borne-disease)





# 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](http://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](mailto:bca@bcaburdekin.org.au)

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

[www.burdekincommunityassociation.org.au](http://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
Tuesday to Friday	Ayr Home Hill Brandon (up to 3 stops) Carers only	\$11
		\$9
Thursday (Fortnightly only)	Giru	\$20 Each way
	Carers only	\$9

### Townsville Schedule and Fares

DAY	PICK UP LOCATION	FARES
Monday Tuesday Wednesday Friday	Ayr Home Hill Brandon Giru	\$8.00 with PTSS*
	Ayr Brandon Giru	\$37 Each way
		\$20 Each way
	Home Hill	\$40 Each way
	Carers only	\$9

*\*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.*

Refer to the Transport Brochure for  
Conditions of Travel



**Call The Support Centre -  
4783 3744**



## 2025 Qld Public Holidays

As per Queensland Government's website at [qld.gov.au/recreation/travel/holidays/public](http://qld.gov.au/recreation/travel/holidays/public)

**New Year's Day**—Wednesday  
1 January 2025

**Australia Day**—Monday 27  
January 2025

**Good Friday**—Friday 18 April  
2025

**Easter Sunday**—Sunday 20  
April 2025

**Easter Monday**—Monday 21  
April 2025

**Anzac Day**—Friday 25 April  
2025

**Labour Day**—Monday 5 May  
2025

**King's Birthday**—Monday 6  
October 2025

**Christmas Day**—Thursday 25  
December 2025

**Boxing Day**—Friday 26  
December 2025

## Local Annual Events

**NQ Fast Track Talent Showcase**

Saturday 22 March 2025

**Burdekin Junior Eisteddfod**

Wednesday 7 May–Sunday 18 May 2025

**Burdekin Grower's Race Day**

Saturday 17 May 2025

**Norm Perry Memorial Duck Race**

May 2024—Date TBA

**Burdekin Show**

Wednesday 25 June 2025

**Sweet Day's Hot Nights**

Friday 30 & Saturday 31 May 2025

**Burdekin Art Society Art Exhibition**

Saturday 30 August—Saturday 6 September 2025

**Burdekin Water Festival**

Saturday 6 September 2025

**Giru Show**

Saturday 13 September 2025

**Home Hill Harvest Festival Grand Parade and Street Party**

Saturday 8 November 2025

Event details may be subject to change

**Celebrating**  
**75 YEARS OF**  
**CLARE STATE SCHOOL**  $E = MC^2$

We invite all alumni, current students, families, and community members to come together and celebrate 75 years of history, achievements, and memories.

**CLARE STATE SCHOOL**

Friday 28th March 12 - 4pm Open Classroom

➡ Meet & Greet @ Clare Club Friday From 4pm ⬅  
6pm P&C BBQ dinner \$ Bar open till 12am

Saturday 29th March Fete  
**OPENING OF THE TIME CAPSULE**

Kids Rides & Entertainment	Roll CALL, Memorabilia
<b>FOOD &amp; DRINKS</b> School Tours	<b>MARKET STALLS</b>
History slideshow <b>RAFFLES</b>	

★ ★ ★ Dinner Saturday night 29th  
@ Basketball Courts From 6pm

Catered Meal, <b>BAR</b>	Roaming Mic, <b>LIVE MUSIC</b>
<b>CAKE CUTTING</b>	Reminiscing old times

More Info : 4782 7133  
[css.pandc@outlook.com](mailto:css.pandc@outlook.com)

\*\*Tickets on SALE SOON \*\*



Thank you to Burdekin Uniting Church's, Bluey's Thrift Shop, for the donation of \$2000 to Burdekin Community Association.

Photo sourced Burdekin - Home Hill and Ayr Uniting Church Facebook page

## Seniors Enquiry Line

☎ 1300 135 500

"Age  
is simply  
the number  
of years  
the world  
has been  
enjoying  
YOU"

- Unknown



Don West Toyota

Ph: 47831600

[www.donwesttoyota.com.au](http://www.donwesttoyota.com.au)

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The Burdekin's  
own radio station

**97.1**  
*Burdekin beats*  
**SWEET FM**

## The National Dementia helpline

Call 1800 100 500 for free and confidential expert information, advice and support, 24 hours a day, seven days a week, 365 days a year.

*Sweet Days*  
**HOT NIGHTS**  
*festival*



FRIDAY 30 MAY 2025  
BURDEKIN CULTURAL FAIR FEATURING FIRST FIRE

SATURDAY 31 MAY 2025  
AUSTRALIAN HAND CANE CUTTING CHAMPIONSHIPS  
HOME HILL SHOWGROUNDS





# International Women's Day

Together we can forge **women's equality.**  
Collectively we can all  
**#AccelerateAction.**

March 8

[www.internationalwomensday.com](http://www.internationalwomensday.com)

## Free Community Legal Advice Program

First Tuesday of the month  
(excl. January)  
Burdekin Neighbourhood  
Centre

Contact for bookings:  
Burdekin Neighbourhood Centre  
40 Chippendale Street, Ayr  
Phone: 4783 4243  
E: [admin@thebnc.org.au](mailto:admin@thebnc.org.au)



**THE Senior**



Newspaper available at Burdekin Community Assoc.

### PLANTATION PARKRUN

A free community event, open to all abilities where you can walk, jog or run 5km

7am every Saturday at Plantation Park  
Register once at [www.parkrun.com.au](http://www.parkrun.com.au)

### **St Andrews Lower Burdekin MEALS ON WHEELS**

109 McMillan St AYR  
Phone 4783 2659

### 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](http://www.qld.gov.au/jps)

### Courtesy Buggy Service Townsville Hospital

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- Patient Travel Scheme (PTSS)

Ayr Health Service can provide financial assistance through the Patient Travel Subsidy Scheme to eligible patients, who need to travel more than 50kms away from their nearest hospital. Application Forms/Claims submitted at the main reception.



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[www.bobgouldfabrications.com.au](http://www.bobgouldfabrications.com.au)



**BURDEKIN MOTORS PTY LTD**



**SALES & SERVICE**  
183 QUEEN STREET AYR 4807  
**Ph: 4783 7077**



# Australia Day

Reflect. Respect. Celebrate.

*Sunday 26th January 2025*

I can't believe it, we won! You little ripper!

— Paula Byron

Pull out your wedgie! It's not a good look.

— Lisa McCarthy

Check out that massive kanga!

— travel bug

G'day owyagoin alright?

— Mark Easton

Heaps of ankle biters in that park

— Maorriyan Santoso

What an awesome feed! There was so much food, I'm absolutely chockers.

— George Krehein

Yeah, we'll just grab the tinny and go out Crabin'

— Todd McGeary

Wadyasay you were doing today

— Amy Cribb

They've been here for yonks.

— Rachel Lambell

I'm just going to veg out with these blokes for a while. Maybe go for a surf later?

— Oliver Heathwood

Whether it was slappin'a few snags on the barbie or chillin' out in a shady spot, we hope you had a bonza of a time celebrating all things great about Australia!

Geez mate, you pong!

— travel bug

Oi we're goin' to the beach, bring ya togs!

— Ryan Sorensen

Should see Bazza's new car - 't's UNREAL!

— George R. Smith

During the war, though out numbered, our Diggers still showed the enemy the might of "AUSSIE MIGHT"

— AUSSIE MIGHT

Let's go down to watering hole with our mates.

— Harald Klette

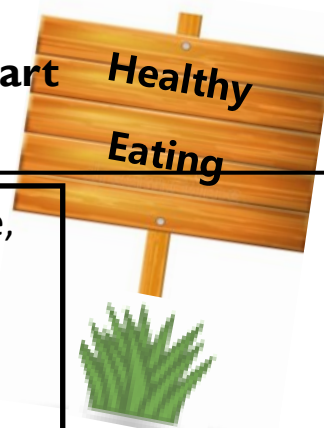


Aussie slang words sourced from '<https://www.australiaday.com.au/fun-activities/browse-the-aussie-slang-dictionary>'



**If three months on your New Years resolution of mindful eating has taken a major U turn perhaps**

**National Nutrition Month might just be your sign to start**



⇒ While healthy eating is recommended all through life, as we age certain factors, like cognitive decline, food intolerances and diabetes can affect the nutrition we need.

⇒ Using dietary supplements may be needed when nutrient requirements cannot be met. If considering a mineral, vitamin or herbal supplement, be sure to discuss your options with a registered dietitian, doctor or pharmacist. A supplement that seemed to work for the lady you chatted with at the shop, may not be beneficial for you.

⇒ Eat breakfast. Start your day with a healthy breakfast that includes whole grains, lean protein, vegetables and fruit.

See your GP or a nutritionist for healthy breakfast ideas.

⇒ Our requirement for calcium increases as we age and extra serves of low fat milk, yoghurt and cheese may be needed. Women aged 51+ recommended dietary intake of calcium is 1300mg, Men aged 19-70 is 1000mg, with both women and men aged 70+ is 1300mg.

Calcium requirement information sourced from-<https://www.betterhealth.vic.gov.au/>

⇒ Chewing certain foods may be difficult as people age, due to tooth loss. This can lead to individuals not receiving their recommended intake of fruits, vegetables, grains, lean meats and dairy, all which are essential for a healthy and balanced diet. Try soft foods, milled grains, soft cooked and canned fruit and vegetables and finely ground nut pastes and butters. It is important to see a dentist, doctor, nutritionist or pharmacist for dietary advice, tailored to suite each individuals needs.



**National Nutrition Month  
1-31st March 2025**

# March is National Nutrition Month



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods  
from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal  
fibre varieties



Vegetables and  
legumes/beans



Lean meats and  
poultry, fish, eggs,  
tofu, nuts and seeds  
and legumes/beans



Fruit



Milk, yoghurt, cheese and/or  
alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



Sourced from-'[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)'



## Why Recycle Glasses?

An estimated 120 million people\* are visually impaired because of uncorrected refractive errors (far and near sightedness). Almost all cases can be corrected and normal vision can be restored with eyeglasses, contact lenses or refractive surgery.

The lack of eyeglasses denies children and adults opportunities for education, employment and a better quality of life.

## The Journey of Recycled Glasses

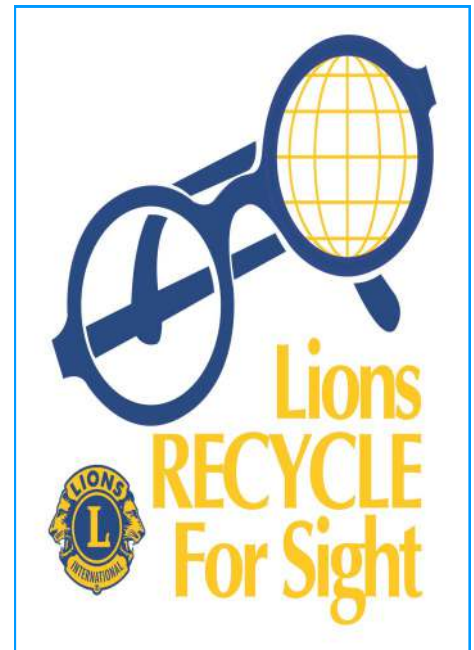
1. Lions and Leos collect used eyeglasses at various community locations.
2. The glasses are shipped to the nearest Lions Eyeglass Recycling Center where trained volunteers sort, clean and determine the prescription strengths of the glasses.
3. Volunteers at the recycling center carefully package the prepared glasses and store them until they are required for eyeglass-dispensing missions. Glasses that are not suitable for reuse are recycled for scrap, with the earnings benefitting local Lions and Leos projects.
4. At the mission site, eye care professionals and trained Lion and Leo volunteers perform vision screenings and dispense the appropriate recycled glasses, free of charge, to children and adults in need.

\*World Health Organization Statistics

**Burdekin Community Association is proud to be a part of the Lions Club International Worldwide Eyeglass Recycling program.**

**Bring your glasses in and place them in the box on our display wall.**

Alternatively, you can mail them to  
Reply Paid 3021,  
Lions Recycle for Sight,  
PO Box 3021,  
Clontarf, MDC QLD 4019.



## Do You Know...

Lions Eyeglass Recycling Centers throughout the world clean and store usable recycled eyeglasses.

Lions Eyeglass Recycling Centers operate voluntarily with the support of public donations, individual member contributions, and Lions Clubs International Foundation grants.

Many Lions Eyeglass Recycling Centers help minimize landfill waste by supporting precious metal reclamation and scrap processing. Broken glasses are discarded, providing "scrap to cash" income that can aid local community projects.

100% of public donations to Lions clubs are used for charitable causes – none go for administrative expenses.

## Your Efforts Count!

Donate your used glasses, including sunglasses and reading glasses, to a Lions or Leos club collection point near you.

Sourced from brochure information-<https://www.lionsclubs.org/en/resources-for-members/resource-center/recycle-eyeglasses>

## Burdekin Social Opportunities

<b>Ayr Amateur Anglers Fishing Club</b> Ayr Anzac Club, Ayr Every second Thursday 7.00 pm Ph. Kevin Richards 4783 3756	<b>NASHOS</b> RSL Hall, Eleventh Avenue, Home Hill First Sunday Monthly 9.30 am Ph. Bev Woods 4782 2368 / Don 61400238758	<b>Old Time Dancing</b> St Helen's Anglican Church Hall, Home Hill Every Saturday 8.00 pm to 11.30 pm Ph. Jim and Pam 47821177
<b>Crochet Group</b> Burdekin Neighbourhood Centre 40 Chippendale Street, Ayr Monday afternoons 1pm to 5 pm Ph. 4783 4243	<b>CWL Home Hill Card Mornings</b> Catholic Parish Hall, Home Hill Every second, third and fourth Thursday 9.00 am to 12 noon	<b>Burdekin Bocce Club Inc.</b> International Drive, Ayr Weekly social games SUNDAY 3.00pm - 5.30pm Phone: Club house 4783 3815 / Regina 0408 728 576
<b>Burdekin Friendship Club</b> Fortnightly, on Mondays from 9.30am to 11.30am at St Helen's Anglican Church Hall, Cnr Fourteenth Street and Tenth Avenue, Home Hill, \$7, Phone: 0458561965	<b>Brandon Senior Citizens</b> Old Renown Theatre, Brandon Meets second Friday of the month 9.30am Phone: Terry 4782 5224	<b>Local Ambulance Committee Bingo</b> Anzac Club, Ayr Every Tuesday 9.30 am Ph. Marilyn 0409825236
<b>Ayr &amp; District Orchid &amp; Allied Plants Society</b> Q.C.W.A. Hall, Young St, Ayr First Sunday monthly 2 pm Ph.: Sharon Kenny 4782 5116 or Violet Kachel 4783 4388	<b>Friends and Neighbours Handicraft Home Hill Community Sports Club</b> (ex Bowls Club) Every Wednesday 9.00 am Ph: Rosalea - 0427 804 129	<b>Burdekin Dementia Support Group</b> First Tuesday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243
<b>Mahjong</b> Burdekin Neighborhood Centre Every Monday—1pm Ph. 47834243	<b>Home Hill Choral Society Inc.</b> 81 Ninth Avenue, Home Hill Practice: Wednesdays 7 pm Ph. Cheryl Platt - 0407 752 452	<b>Queensland Country Women's Association Ayr</b> Q.C.W.A. Hall, 117 Young St, Ayr 1st Wednesday of the month at 3.30pm Phone: 0408 835 503
<b>Burdekin Men's Shed Association</b> 155-157 Young Street, Ayr Meet & greet sessions Mon, Wed, Fri & Sat 8.30am-11.30am, Meetings 3rd Saturday of each month 10am, Phone: 4783 1223	<b>SAGE Social Activities Group for Everyone</b> Uniting Church Hall, Mackenzie St, Ayr Every Monday (10am—12noon) Margaret Thorne 0459 365 424 Rev. Malia 0487 017 555	<b>Burdekin Machinery Preservationists</b> Brandon Heritage Precinct Meeting held last Monday monthly 7.30pm Ph. Bruce 0427825197
<b>Burdekin Woodcraft Association Inc</b> 30 Little Drysdale Street, Ayr Open days: Wed. 9am. Sat 9am. Ph. Mindi Lennon. 0408 986 869	<b>Burdekin Laurel Club</b> Ayr Anzac Club, Ayr Third Friday Monthly 9.30 am Ph. Linda 0409 246 644	<b>The Home Hill Lions Club</b> Meets at the Crown Hotel on the second and fourth Mondays of each month
<b>Burdekin Support Group of Parkinson's QLD</b> Last Friday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243	<b>QCWA Bingo</b> CWA Hall 117 Young Street, Ayr Friday Eyes down 9.30am Sunday Eyes down 7pm	<b>Burdekin Roadrunners &amp; Walkers</b> Phone: Tony Felesina 4783 4016 / 0417 643 269
<b>Burdekin Gem and Mineral Society Inc.</b> Clubhouse, 86/88 Graham Street, Ayr Second Wednesday Monthly 8 pm Ph. John Paine 0747 833 826	<b>Burdekin Senior's Computer Club</b> Burdekin Neighbourhood Centre Every 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday monthly 9.15am to 11.15am Ph. 4783 4243	<b>Burdekin Art Society</b> 154 MacMillan Street, Ayr. Every Tuesday from 9.30 am. Ph. Louisa—0448 509 927
<b>Burdekin Patchwork and Quilters Guild</b> QCWA Hall, Young Street, Ayr 9.30-3.00 on 1st; 3rd; 5th Saturdays monthly Ph. Robyn 0448 544 656	<b>Burdekin District 4WD Club Inc.</b> Meets Burdekin Neighbourhood Centre. 1st Tuesday of the month at 7.30 pm. (Except December) Ph. Ross 0429 142 800	<b>Burdekin Artisans Community Assn.</b> '170 Arts on the Avenue', 170 Eighth Avenue, Home Hill. Open every Tuesday to Saturday 10am to 4 pm. Ph. Sandi 0427 821 065

Are you part of a social group that meets regularly, or has your group listed above changed details? Let us know so we can include or update your details in our Magazine.







# Burdekin District History

Glenis Cislowski Phone: 4783 3398



## AYR'S FIRST ANGLICAN CHURCH (ALL SAINTS)

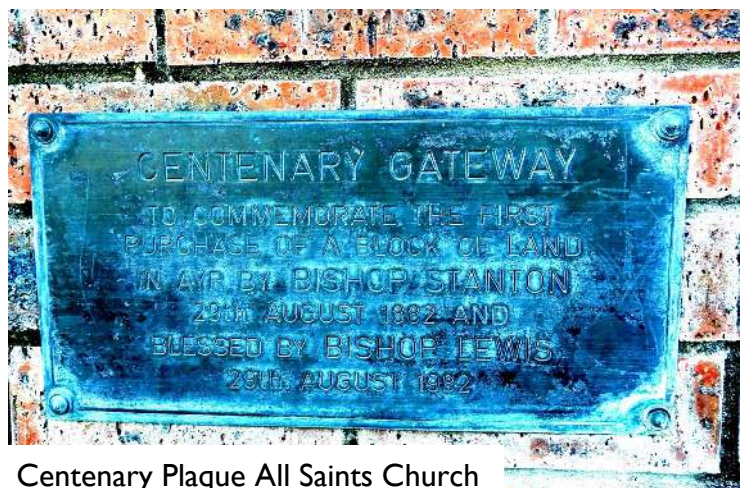
**OPENED SEPTEMBER 16 1894**

Ayr was surveyed in 1882. The Anglican Bishop of North Queensland his Lordship George Henry Stanton, bought two blocks of land for the Anglican Church on the corners of Osman (Macmillan), Sultan (Edwards) and Ismail (Wickham) Streets. The rectory was built on Edwards and Wickham Streets while the Church was built on MacMillan and Edwards Streets, Allotment 10 Section 1.

July 17, 1894, the first block of All Saints Church was laid by the Rev. A. G Perkins in the presence of a large assembly. September 16 saw the building which was formally opened the Venerable Gilbert White, Archdeacon of North Queensland. The Bishop of North Queensland was away from the Diocese at the time. The building is of pine, with hardwood frame, and measures forty feet by twenty-four feet, with high pitched roof and Gothic doors and windows, and seated about 130 people. The total cost amounts to very nearly £300. A public tea was held in the grounds adjoining the church on the Saturday in order to mark in some way the event of the morrow. This was followed by a concert in the Federal Hall (Harvey Norman today), Ayr. The hall was filled to the limit, and the concert was very

successful in every way. Of the vocalists, Mr. and Mrs. Richardson won special praise, Archdeacon White in a very short speech after the interval congratulated the people of Ayr on opening their church free of debt.

The ceremony of opening took place at 3.00pm on Sunday Afternoon. The Archdeacon accompanied by the incumbent, Reverend A.G Perkins. Proceeded to the west door, which had been closed, and demanded admittance in the name of the Bishop of the Diocese, and on entering the evening service was proceeded with. The petition praying for it dedication was then presented by the members of Building Committee, Messrs. J MacKenzie, Seaforth, and W Johns, and received by the archdeacon, who thereupon formally declared the church open, and that it be known as the Church of All Saints. His earnest address to the congregation was characteristic of the occasion, and touched feelingly upon the energy shown by the people in thus showing satisfying a long felt want. The church was beautifully decorated with palms and bougainvillea, and the green and gold hangings of the sanctuary were relieved by a beautiful cross of white lilies over the communion table, and by carefully selected vases of flowers. The opening of this building marks an epoch in the history of the Lower Burdekin, and is evidence of the progress it has made in the past few years; and it bids fair to form a nucleus of important work in a prosperous district since 1882.



Centenary Plaque All Saints Church

Cyclone Leonta visited the Burdekin March 9, 1903 and destroyed All Saints Church building and the rectory to the value of around £7,000. Another Anglican Church of St John's Brandon was destroyed as were two Roman Catholic and one Presbyterian Churches in the Burdekin. In that same year, 6 December, 1903 the Venerable Archdeacon David Garland dedicated a new weatherboard building of All Saints Church.

Some pews were donated by families and their name was on a plaque on the pews.

By 1935, The Jubilee of the Anglican Church in Ayr, the parishioners were looking to build a more substantial building in bricks and mortar. This did not happen till 1954, and the new Memorial All Saints Church building was built on the corner of Edward and Macmillan Streets. The erection of the building began in early August 1954 with the contractors for the building being Hansen and Angus from Ingham and the foundation stone was laid 4 September 1954. The Archbishop of Brisbane Dr. R. C. Halse laid the stone with the aid of Rev. J. Roderick assistant priest at Charters Towers. The new church was supposed to cost £22,000. Came 25 September 1955 and the new church to be known as War Memorial All Saints Anglican Church was opened and dedicated by Bishop Ian Shevill with the Rector of the Church being Cannon A.D. Thorpe. The wardens at the time were Mr. E.A. Quatermaine and Mr. L.L. Honeycombe. The old church became the Parish Hall, which today is gone and a new hall being used.

Some other facts Reverend A. G Perkins, the incumbent minister in 1894 married Laura Ida MacKenzie, the daughter of James MacKenzie owner and manager of



Centenary Gate All Saints Church

Seaforth Sugar Mill. Rev A. G. Perkins became first headmaster of Cranbrook School Sydney. Archdeacon Gilbert White became first Bishop of the Diocese of Carpentaria and also wrote two books, ***Round About the Torres Straits and Thirty years in Topical Australia.*** Reverend John Roderick was the Anglican Minister for St Helen's Home Hill in the 1960's.

Archdeacon David Garland Parish Priest at St Paul's Charters Towers 1902 and appointed Archdeacon of North Queensland Diocese in 1903 went on to become a Senior Army Chaplain during World War 1 in Brisbane area. Served overseas in the Middle East from 1917 to 1920. He was the first Chaplain to celebrate the eucharist in the Anglican Chapel of the **Church of the Holy Sepulchre** after the Turks were expelled from Jerusalem. He was one of Queensland's ardent instigators for ANZAC Day. Today, the Western Freeway adjacent to the Toowong Cemetery was renamed the Cannon Garland Overpass in 2019, 80 years after his death.

Glenis



## What is the Patient Travel Subsidy Scheme (PTSS)?

The Scheme provides financial support for patients to get specialist medical treatment when the service is not available within 50km of the patient's closest public hospital or public health facility.

Eligible patients can apply for travel and/or accommodation subsidies to help with the costs of getting to and from the closest public hospital or public health facility that provides the specialist medical treatment. Patients who need help when travelling can also apply for a patient escort to travel with them.

The PTSS does not cover the full costs of travelling for specialist medical treatment. Any costs incurred in addition to approved subsidies are at the patient's expense.

## Am I eligible for PTSS?

Patient must be a Queensland resident and be eligible for Medicare to receive PTSS subsidies.

They must also have a valid referral for an approved PTSS specialty, that is not available within 50km of their nearest public hospital or health facility.

## What subsidies are available?

**Travel and accommodation subsidies are available for eligible patients and their patient escort.** Patients should apply for PTSS as early as possible prior to travel.

Eligible patients can submit one retrospective application for assessment for travel undertaken in the last 12 months. **The approved travel subsidy** is for the most clinically appropriate and cost-effective mode of transport available, and is calculated using the rates on the table to the right.

Mode of transport	Subsidy amount
Commercial—air, bus, ferry or rail	Fully subsidised payment*
Private car (driving)	A rate of \$0.34 per km, calculated using a predetermined toll-free route between facilities.

\* equal to the lowest economy rate (excluding GST)

**The accommodation subsidy** provides financial support for accommodation costs for as long as the patient is medically required to be away from home and is calculated using the rates below:

Type of accommodation	Subsidy amount *per approved person
Commercial accommodation	Up to \$70 per night
Private accommodation	\$10 per night

The accommodation subsidy does not apply to any nights the patient spends in hospital. Patient escorts may still be eligible during this time.

My PTSS ID is:

My local hospital or health facility is:

Their phone number is:

Their email address is:



## Do you need to travel for a specialist medical appointment?

If you are a permanent Queensland resident, and have a referral to a specialist medical service that is not available locally, you may be eligible for financial support as part of the Patient Travel Subsidy Scheme (PTSS).



For more information visit:

[www.health.qld.gov.au/ptss](http://www.health.qld.gov.au/ptss)  
or call 13 HEALTH (13 43 25 84)



# Your guide to the Patient Travel Subsidy Scheme (PTSS)

## Assessment

Your application is assessed against the PTSS Guideline to decide eligibility or alternatives to travel. You will be notified of the outcome of your PTSS application.



Step

2

ASSESSMENT COMPLETED

Step

1

## Referral

Have you received a specialist referral located more than 50km from your local public hospital or public health service? Check if you are eligible for a travel subsidy using the Eligibility Checking tool online or ask your doctor for more information.

To register, complete three simple forms:

- ☐ Form A: Patient Registration
- ☐ Patient Vendor Banking Details form
- ☐ Form B: Travel Referral – ask your doctor to help fill this out

Submit these forms for assessment:

- ☐ Online (Form A only)
- ☐ To any Queensland public hospital or public health service in person via email, fax or post

## Booking

After you have received confirmation of approval via email, you can book your travel or accommodation.

- If you need support contact your local public hospital or public health service to help book your travel or for accommodation assistance.
- If you choose to book your own travel or accommodation, remember to keep all your tax invoices.



Step

3

Step

4

## Attendance

When you attend your appointment, ask the specialist or a representative to fill out **Form C: Appointment attendance**.

If you are staying with family or friends, complete and sign **Form D: Accommodation confirmation**.

Remember to keep these forms to submit a claim later. If you need assistance booking your return travel home, contact your local public hospital or public health service.



Step

5

Step

6

## Subsidy payment

Subsidy payment should be received within 30 business days of submitting all necessary and correctly completed paperwork.







Australian Government

**my medicare**

# Introducing MyMedicare

Information for patients



## What is MyMedicare?

MyMedicare is a voluntary patient registration system that aims to formalise the relationship between patients, their general practice, general practitioner (GP) and primary care teams.

Seeing your GP regularly and formalising the relationship you have with your GP and general practice through MyMedicare can lead to better health outcomes.

By registering as a patient of your chosen general practice and selecting a preferred GP, additional funding will be available from the government to assist your primary care team to deliver the care you need.

It is voluntary and free to register in MyMedicare, and registration is open to Australians with a Medicare card or Department of Veterans' Affairs (DVA) Veteran Card. To find out if you're eligible for MyMedicare read the Registering in MyMedicare factsheet.

MyMedicare is a registration system and won't hold any of your clinical health information. Your clinical health information will continue to be stored in your My Health Record, if you have one. All personal information recorded in MyMedicare, including your chosen healthcare providers, will be kept secure and your privacy will be maintained. Read the MyMedicare Privacy Notice at [health.gov.au/mymedicare-privacy](https://health.gov.au/mymedicare-privacy) for further information.



Scan this QR code  
for registration  
information

**Talk to your regular general practice or GP  
about registering in MyMedicare, or find out  
more at [health.gov.au/mymedicare](https://health.gov.au/mymedicare)**

Brochure sourced from - MyMedicare | Australian Government Department of Health and Aged Care

## Benefits of registering for MyMedicare

Many general practices across Australia have registered in MyMedicare to support them in offering tailored care and services to fit the needs of their regular patients.

### By registering in MyMedicare, you may benefit from:

**A formalised relationship** with your general practice or GP, which has shown to improve health outcomes.

**Longer Medicare Benefit Scheme (MBS)** funded telehealth consultations with your GP.

**Incentive for longer telehealth consultations** for children under 16 and Commonwealth Card Concession card holders, from 1 November 2023.

**More regular visits from your GP** and better care planning for people living in a residential aged care home, from August 2024.

**Connections to more appropriate care** in general practice for people who visit hospital frequently, from mid-2024.

Longer funded telehealth consultations may be particularly beneficial for people seeking assistance with their mental health, people with disability, older Australians and people in rural or remote Australia.

Further registration benefits for patients will continue to be added as part of the Australian Government's commitment to strengthening Medicare. If you choose not to register in MyMedicare, you'll still be able to access the same quality of care from your healthcare providers.



Scan this QR code  
for registration  
information

Talk to your regular general practice or GP  
about registering in MyMedicare, or find out  
more at [health.gov.au/mymedicare](https://health.gov.au/mymedicare)

## DID YOU KNOW?

Did you know you if you need to speak with a medical practitioner and you are unable to make an appointment in person, you can book a phone consult. Ask your Medical Centre if they offer telehealth appointments.



## What is advance care planning?

Advance care planning involves shared planning for your future health care needs. It is a voluntary and ongoing process. It enables you to make some decisions now about the health care you would or would not like to receive if you were unable to communicate your preferences or make treatment decisions.

**Everyone should consider advance care planning, regardless of their age or health. Advance care planning gives you the chance to:**

- Talk to your family, friends and doctors about how you would like to be cared for in the future.
- Write down your own preferences for care and medical treatments.
- Choose who you would like to make medical treatment and care decisions for you.

### Benefits for you and the people close to you

**Advance care planning:**

- Helps to ensure your wishes and preferences about health care are known and respected if you are too unwell to speak for yourself.
- Assists those who are close to you. Families of those who have done advance care planning have less anxiety and stress when asked to make important health care decisions for other people.

**Writing your wishes and preferences down allows you to say what you would want. This can give peace of mind to you and comfort to others as wishes and preferences are clear, understood and more readily respected.**

### What do you need to do?

#### Be open

- Think about your wishes and preferences for current and future health care.
- Decide who you would like to speak for you if you become very sick and are not able to communicate. Ask them if they are prepared to be your substitute decision-maker.

**Think about a trusted person who is:**

- available
- over the age of 18 years
- prepared to speak on your behalf and make the decisions you would make when talking to your doctors, other health professionals and family members.

Depending on your state/territory, you may be able to appoint more than one substitute decision-maker.

#### Be ready

- Talk about your wishes and preferences with your substitute decision-maker and other people involved in your care, such as family, friends, carers and doctors.
- Write your plan.
- Appoint your substitute decision-maker.

See [advancecareplanning.org.au/create-your-plan](https://advancecareplanning.org.au/create-your-plan) and find the forms for your state or territory. Your GP or other health professional can support you to do advance care planning. You can also contact the National Advance Care Planning Support Service for free advice.

More information is available at  
[advancecareplanning.org.au](https://advancecareplanning.org.au)

Monday 17th March to Sunday 23rd March 2025 is

# National Advance Care Planning Week.

Advance care planning gives you an opportunity to think about, discuss with you loved and doctors and record your personal preferences of the health care you would like to receive should you become unable to make decisions about your care.



**Advance Care Planning Australia**  
An Australian Government Initiative

FACTSHEET FOR  
INDIVIDUALS

## Be heard

A written advance care planning document will make things easier for your substitute decision-maker(s), if the need arises. It will give everyone peace of mind, knowing your wishes and preferences will be heard and respected.

Make copies of any documents and store them with:

- your substitute decision-maker(s) and family members
- your GP/local doctor and specialist(s)
- other care providers such as your aged care home or hospital.

You can also upload a copy of advance care planning documents to My Health Record for free.

Review your advance care planning documents regularly—for instance every year, or if there is a change in your health, personal or living circumstances. If you make changes, be sure to share updates with the people mentioned above and upload the new document to My Health Record.

## The law and advance care planning

Different states and territories in Australia have different laws on advance care planning. For example, in some states and territories, there are important rules regarding who can witness documents for you. When planning for your own future health care, it will be helpful to understand the law in your own state/territory. See [advancecareplanning.org.au](https://advancecareplanning.org.au) for information.

## Conversation starters

Speak to your family and others close to you about your wishes and preferences for your health care.

To get started, choose a quiet setting where you won't be interrupted.

Let the conversation happen naturally. There may be laughter and tears, grief and acceptance. You don't need to talk about everything all at once. Remember that advance care planning is an ongoing conversation. The more those close to you understand your wishes and preferences, the easier it will be for them to help guide your medical treatment. Tell them what treatment outcomes you would consider acceptable and which ones you would find unacceptable.

Starting the conversation can be the hardest part, so here are a few ways to begin:

- What I value and enjoy most in my life are \_\_\_\_
- I was thinking about what happened to \_\_\_\_ and I realised that I \_\_\_\_
- I would want \_\_\_\_ to make medical decisions on my behalf if I was unable to do so
- If \_\_\_\_ happened to me, I would want \_\_\_\_ because \_\_\_\_

Consider why you have given these answers.

## Where can I get more information?

Advance Care Planning Australia™

- 📍 [advancecareplanning.org.au](https://advancecareplanning.org.au)
- 📞 National Advance Care Planning Support Service™ : 1300 208 582

Advance Care Planning Australia™ is an Australian Government initiative and administered by Brisbane South Palliative Care Collaborative, Metro South Health.

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Brochure sourced from - <https://www.advancecareplanning.org.au>



# 2025

Local Time

## TOWNSVILLE – QUEENSLAND

LAT 19° 15' S LONG 146° 50' E

Times and Heights of High and Low Waters

### MARCH

Time	m	Time	m
<b>1</b> 0315 0.53		<b>16</b> 0319 1.33	
0947 3.91		0944 3.11	
SA 1615 0.92		SU 1535 1.28	
2200 3.36		2201 2.88	
<b>2</b> 0352 0.79		<b>17</b> 0333 1.56	
1023 3.66		0958 2.87	
SU 1652 1.01		MO 1548 1.34	
2250 3.23		2230 2.76	
<b>3</b> 0436 1.18		<b>18</b> 0345 1.80	
1100 3.29		1005 2.63	
MO 1738 1.17		TU 1603 1.42	
2346 3.02		2307 2.62	
<b>4</b> 0548 1.64		<b>19</b> 0354 2.03	
1143 2.84		1001 2.40	
TU 1847 1.36		WE 1618 1.54	
<b>5</b> 0105 2.80		<b>20</b> 0004 2.46	
0811 1.97		0347 2.25	
WE 1244 2.38		TH 0605 2.33	
2031 1.49		1630 1.69	
<b>6</b> 0351 2.83		<b>21</b> 0558 2.53	
1106 1.83		1602 1.85	
TH 1608 2.15		FR 1823 1.88	
2227 1.40		2035 1.84	
<b>7</b> 0531 3.15		<b>22</b> 0557 2.75	
1218 1.49		1230 1.71	
FR 1751 2.36		SA 1738 2.06	
2342 1.19		2252 1.66	
<b>8</b> 0619 3.43		<b>23</b> 0605 2.97	
1301 1.25		1240 1.53	
SA 1834 2.57		SU 1748 2.28	
		2338 1.41	
<b>9</b> 0033 0.99		<b>24</b> 0622 3.21	
0655 3.60		1259 1.36	
SU 1336 1.10		MO 1809 2.54	
1906 2.75			
<b>10</b> 0114 0.85		<b>25</b> 0013 1.15	
0724 3.69		0644 3.45	
MO 1407 1.05		TU 1322 1.18	
1931 2.89		1835 2.82	
<b>11</b> 0145 0.78		<b>26</b> 0044 0.89	
0750 3.72		0708 3.68	
TU 1433 1.07		WE 1346 1.00	
1957 3.00		1905 3.12	
<b>12</b> 0210 0.79		<b>27</b> 0115 0.69	
0816 3.69		0734 3.87	
WE 1454 1.11		TH 1412 0.83	
2022 3.06		1940 3.38	
<b>13</b> 0230 0.85		<b>28</b> 0147 0.57	
0841 3.62		0804 3.96	
TH 1510 1.16		FR 1438 0.69	
2046 3.07		2019 3.58	
<b>14</b> 0246 0.97		<b>29</b> 0223 0.58	
0904 3.49		0836 3.93	
FR 1519 1.21		SA 1506 0.61	
2111 3.04		2102 3.68	
<b>15</b> 0303 1.13		<b>30</b> 0301 0.74	
0926 3.32		0912 3.74	
SA 1526 1.24		SU 1536 0.64	
2135 2.98		2148 3.65	
		<b>31</b> 0347 1.04	
		0948 3.40	
		MO 1611 0.77	
		2239 3.51	

### APRIL

Time	m	Time	m
<b>1</b> 0453 1.42		<b>16</b> 0346 1.90	
1028 2.97		0923 2.46	
TU 1653 0.99		WE 1533 1.22	
2337 3.27		2257 2.83	
<b>2</b> 0630 1.77		<b>17</b> 0604 2.08	
1115 2.50		0933 2.25	
WE 1801 1.27		TH 1556 1.37	
		2350 2.69	
<b>3</b> 0057 3.03		<b>18</b> 1624 1.54	
0853 1.86		FR	
TH 1240 2.08			
1956 1.49			
<b>4</b> 0329 3.02		<b>19</b> 0119 2.58	
1100 1.59		1150 1.82	
FR 1623 2.09		SA 1311 1.83	
2202 1.46		1905 1.73	
<b>5</b> 0502 3.23		<b>20</b> 0430 2.72	
1157 1.30		1135 1.63	
SA 1738 2.36		SU 1623 2.00	
2319 1.28		2130 1.67	
<b>6</b> 0551 3.40		<b>21</b> 0504 2.95	
1236 1.12		1154 1.44	
SU 1817 2.60		MO 1704 2.26	
		2247 1.47	
<b>7</b> 0014 1.13		<b>22</b> 0531 3.18	
0626 3.48		1218 1.24	
MO 1311 1.03		TU 1737 2.55	
1848 2.78		2335 1.24	
<b>8</b> 0055 1.04		<b>23</b> 0559 3.39	
0655 3.50		1245 1.03	
TU 1340 1.01		WE 1811 2.86	
1915 2.91			
<b>9</b> 0127 1.03		<b>24</b> 0015 1.04	
0719 3.48		0626 3.57	
WE 1402 1.03		TH 1311 0.82	
1940 3.01		1846 3.18	
<b>10</b> 0152 1.07		<b>25</b> 0054 0.89	
0743 3.41		0655 3.68	
TH 1419 1.06		FR 1337 0.63	
2005 3.07		1925 3.47	
<b>11</b> 0213 1.16		<b>26</b> 0133 0.83	
0803 3.32		0728 3.70	
FR 1429 1.07		SA 1405 0.48	
2030 3.11		2008 3.69	
<b>12</b> 0230 1.27		<b>27</b> 0216 0.87	
0822 3.18		0803 3.58	
SA 1433 1.06		SU 1436 0.42	
2055 3.11		2053 3.80	
<b>13</b> 0249 1.40		<b>28</b> 0307 1.02	
0839 3.02		0842 3.34	
SU 1442 1.05		MO 1510 0.47	
2120 3.09		2142 3.80	
<b>14</b> 0309 1.55		<b>29</b> 0409 1.25	
0854 2.85		0924 3.00	
MO 1456 1.07		TU 1550 0.63	
2147 3.04		2234 3.67	
<b>15</b> 0328 1.72		<b>30</b> 0521 1.48	
0908 2.66		1013 2.62	
TU 1514 1.12		WE 1641 0.87	
2219 2.95		2332 3.45	

### MAY

Time	m	Time	m
<b>1</b> 0651 1.64		<b>16</b> 0613 1.90	
1116 2.24		0953 2.14	
TH 1749 1.15		FR 1606 1.22	
		2345 2.89	
<b>2</b> 0047 3.23		<b>17</b> 0756 1.88	
0842 1.61		1101 1.98	
FR 1310 1.99		SA 1702 1.37	
1927 1.38			
<b>3</b> 0237 3.11		<b>18</b> 0049 2.81	
1015 1.43		0932 1.74	
SA 1536 2.08		SU 1302 1.91	
2119 1.45		1835 1.50	
<b>4</b> 0410 3.15		<b>19</b> 0220 2.82	
1116 1.24		1022 1.55	
SU 1655 2.30		MO 1502 2.02	
2241 1.39		2019 1.55	
<b>5</b> 0507 3.21		<b>20</b> 0342 2.93	
1200 1.11		1100 1.35	
MO 1745 2.52		TU 1614 2.25	
2342 1.33		2149 1.49	
<b>6</b> 0546 3.22		<b>21</b> 0431 3.08	
1237 1.04		1133 1.13	
TU 1824 2.69		WE 1704 2.54	
		2258 1.38	
<b>7</b> 0030 1.30		<b>22</b> 0510 3.20	
0617 3.19		1205 0.92	
WE 1307 1.02		TH 1749 2.85	
1856 2.82		2353 1.27	
<b>8</b> 0107 1.32		<b>23</b> 0545 3.28	
0644 3.12		1237 0.71	
TH 1330 1.02		FR 1832 3.17	
1926 2.93			
<b>9</b> 0139 1.37		<b>24</b> 0045 1.18	
0706 3.04		0620 3.30	
FR 1344 1.02		SA 1308 0.54	
1953 3.02		1917 3.46	
<b>10</b> 0206 1.44		<b>25</b> 0136 1.12	
0725 2.93		0659 3.24	
SA 1351 1.00		SU 1342 0.41	
2019 3.08		2003 3.69	
<b>11</b> 0231 1.51		<b>26</b> 0230 1.12	
0743 2.82		0741 3.11	
SU 1359 0.96		MO 1418 0.37	
2045 3.12		2050 3.82	
<b>12</b> 0259 1.58		<b>27</b> 0325 1.16	
0800 2.70		0827 2.91	
MO 1413 0.94		TU 1500 0.41	
2112 3.14		2140 3.85	
<b>13</b> 0330 1.66		<b>28</b> 0424 1.25	
0820 2.57		0917 2.67	
TU 1433 0.94		WE 1547 0.54	
2142 3.12		2230 3.76	
<b>14</b> 0410 1.75		<b>29</b> 0529 1.35	
0845 2.44		1015 2.43	
WE 1459 0.99		TH 1640 0.75	
2215 3.07		2324 3.58	
<b>15</b> 0504 1.83		<b>30</b> 0642 1.42	
0915 2.29		1123 2.21	
TH 1529 1.09		FR 1738 0.99	
2256 2.99			
		<b>31</b> 0023 3.35	
		0800 1.44	
		SA 1249 2.08	
		1848 1.23	

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Datum of Predictions is Lowest Astronomical Tide

Times are in local standard time (Time Zone UTC +10:00)

Moon Phase Symbols ● New Moon ○ First Quarter ○ Full Moon ○ Last Quarter

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# Eathorne's Tide Times

# INTERSPORT®

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## Sunday/Public Holiday Pharmacy Roster

### MARCH 2025

2nd—Amcal Pharmacy, Ayr

9th—Alliance Pharmacy, Home Hill

16th—Terry White Chemmart, Ayr

23rd—Julie's Pharmacy, Ayr

30th—Amcal Pharmacy, Ayr

### APRIL 2025

6th—Complete Health Pharmacy, Home Hill

13th—Julie's Pharmacy, Ayr

18th-21st- Terry White Chemmart, Ayr

25th & 27th - Amcal Pharmacy, Home Hill

### MAY 2025

4th—Burdekin Plaza Pharmacy, Ayr

11th—Terry White Chemmart, Ayr

18th—Julie's Pharmacy, Ayr

25th—Amcal Pharmacy, Ayr

## **Burdekin Medical Clinics**

### Ayr Medical Group

2A Chippendale St, Ayr

Phone 47 83 9100

### Family Practice

10 Cameron St, Ayr

Phone 47 83 3888

### Home Hill Surgery

67-69 Eighth Avenue Home Hill

Phone 47 82 1479

### Outback Family Medicine

140 MacKenzie St, Ayr

47 83 7999

The Australian Federal Budget for 2025-26 is scheduled for 25th March 2025, in anticipation of the upcoming Federal Election. However, depending on when the election is called, there is a chance the 2025-26 Federal Budget will be delayed to later in the year.

Sourced from-<https://www.grantthornton.com.au/insights/federal-budget-2025/>

**Australia's Tropical Cyclone Season typically runs from November 1st to April 30th. Preparing in advance saves time and reduces the number of things you have to do when a disaster is about to strike.**

**THE BURDEKIN SHIRE HAS A NEW EMERGENCY MANAGEMENT WEBSITE**

# EMERGENCY DASHBOARD



**Emergency Dashboard** Burdekin Shire Council

Home Council Services Community Regulations Documents and Publications Contact

10 Emergency News Published on 21/01/2025

5 Weather Warnings Published on 21/01/2025

3 Road Conditions Published on 21/01/2025

0 Power Outages Published on 21/01/2025

Emergency Contacts Plan & Prepare Emergency Action Guide

Weather Radar (BoM) River Heights Recover

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](mailto: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](https://disaster.burdekin.qld.gov.au)  
**OR SCAN QR CODE →**





# Our Hardship Policy *Summary*

If you're having trouble paying your electricity bills, our Customer Assist Program is designed to support you.



## How we'll support you



### Create personalised payment plans

We'll work with you to set up personalised payment plans based on your usage and what you can afford, to get you back on track.



### Provide energy usage tips

We'll offer expert advice on how to use less electricity to lower your future bills and talk about whether you're on the right plan.



### Discuss financial assistance

We'll check your eligibility for government rebates and available concessions. We'll also connect you with additional financial assistance options.



### Speak with authorised support

You can provide permission for a support person to speak with us. This could be a financial counsellor or someone who helps manage your bills.



### Protect from disconnection

While you're working with the program, we'll make sure you're not disconnected and protect you from normal credit collection demands.

## What you'll need to do:



### Work with us

Together we'll determine your capacity to pay and develop an agreed payment plan.



### Stick to the plan

You'll need to make the payments as agreed.



### Keep us updated

Let us know if anything changes with your circumstances that may impact your ability to make agreed payments.



### Update your info

Make sure we have your latest phone and email contact details.



### Respond to contact

You'll need to respond to our attempts to contact you and take part in reviews of your payment plan when needed.

## Contact us

Customer Assist

**1800 670 352**

8am – 5pm, Mon to Fri



Part of Energy Queensland

To read the full Ergon Energy Retail Hardship Policy visit: [ergon.com.au/supportprograms](https://ergon.com.au/supportprograms)

# Burdekin Men's Shed Association Inc.



## **Invitation to visit or join the Men's Shed.**

The Burdekin Men's Shed Association Inc. addresses the issues of men's health (physical, emotional and social well-being) within the community. It engages the elderly, differently-abled, youth, veterans, indigenous and other groups of men in the Burdekin and surrounding communities and to especially address any issues of isolation, loneliness and depression.

It also supports the social interaction of men in transitional periods (for example, redundancy, bereavement, retirement, ill health, relocation and respite care.)

The BMSA provides a safe and friendly environment where men of all ages can come and have a chat, a cupper, make new friends, share and learn new skills, contribute again to the community and avail themselves to men's health information and the medical resources within the Burdekin Community.

### **Membership details**

At present the Men's Shed has 44 financial members. Membership fees are a once only \$10.00 new membership fee and a \$50.00 annual membership fee. Annual Membership fees are due on 1<sup>st</sup> July each year. A pro rata membership fee applies from April-June each year. The new membership fee covers a name badge for the new member and partner, a shed cap, a pen and digital copies of the constitution, member's manual and workshop manuals. The annual membership fee contributes to the Member's insurance cover and Shed building and contents insurance. Men's Shed polo shirts in stock only are available at \$20.00. Morning tea at the shed commences at 9.00am and costs \$2.00. Soft drinks are on sale for \$2.00. Fresh eggs are available for \$5.00 per doz. Members also enjoy the vegetables from the raised garden beds and fruit from the citrus trees.

The opening hours are Monday, Wednesday, Friday and Saturday 8.30am-11.30am.

Membership to the Burdekin Men's Shed Association Inc. is open to men aged 18 years and over.

Members enjoy a modern air-conditioned Meeting Room complete with a modern kitchen, billiard and table bowls tables, TV and all audio-visual aids. Outside the Meeting room is a disability toilet complex. Workshop No 1 provides members with a working area with well-equipped woodworking tools and equipment. Workshop No 2 offers a well-equipped Metal and Metal Fabrication Area and A Vehicle maintenance area. Workshop No 3 provide a well-equipped area for small woodworking or other member's projects. The front building houses our Garage Sale stock of furniture and sundry item for sale. Add to these facilities we have our chooks, raised gardens, orchard and an internal carpark. We have our own underground bore, solar hot water and solar power.

Monthly General Meetings are conducted on the 3<sup>rd</sup> Saturday of each month com. 10.00am. A health specialist volunteer or organisation dealing with seniors are engaged to conduct a presentation at each Monthly Meeting. A sausage sizzle at a cost of \$3.00 is conducted after each monthly meeting. The members, partners and friends attend a monthly luncheon at 6 different venues within the Burdekin. Visits to other Men's Shed within our Qld Zone are arranged subject to the member's interest.

New members and interested persons are most welcome.

Contact the Secretary: Charles Ford Email: [charlesford@inet.net.au](mailto:charlesford@inet.net.au) Mobile: 0417401303

### **Photos.**

Left: BMSA Front Building containing Garage Sale items.

Right: Members take delivery of a new John Deere Ride on Mower

(L) Chris Payard Gardener, John Furnell Grant Officer, Honeycombe's Rep. Steven Caltabiano, Rob Ritchie President, Charles Ford Secretary.





# RECYCLE RIGHT



✓ Aluminium cans



✓ Steel cans and aerosols



✓ Paper, cardboard and Magazines



✓ Glass bottles and jars



✓ Plastic bottles and containers



✓ Juice and milk cartons



Plastic bags



Food scraps



ceramics



Clothes / rags



Broken glass



Polystyrene



Green waste



general waste

For more information:  
[www.burdekin.qld.gov.au](http://www.burdekin.qld.gov.au)



## Clean Up Australia Day

Sunday 2nd March 2025

In recognition of Clean Up Australia Day here are some Recycling Do's and Don'ts which you can adhere to, to do your part in help Australia work towards a sustainable future.

**HARMONY DAY 21 MARCH**



**HARMONY WEEK**

**17th-23rd March 2025**

**CELEBRATES HOW ALL OF OUR DIFFERENCES MAKE AUSTRALIA A GREAT PLACE TO LIVE!**

[HARMONY.GOV.AU](http://HARMONY.GOV.AU)





## LOCAL CHURCH SERVICE TIMES

### Anglican Churches

St Helen's 14th Street, Home Hill  
Sunday - 10am  
All Saints MacMillan Street, Ayr  
Sunday - 8.30 am and Thursday 9am

### Burdekin Community Church

International Road, Ayr  
Sunday - 9am  
Ph: 4783 5937

### Burdekin Baptist Church

151 Beach Road, Ayr  
Sunday - 10 am  
Ph: 0449 793 295

### Burdekin Uniting Church

32 Twelfth St, Home Hill  
Sunday - 8.30am  
130 Mackenzie Street, Ayr  
Sunday - 10 am  
Ph: 4783 2251

### Presbyterian Churches

St Andrews 75 Ninth Avenue, Home Hill  
Sunday - 8.20 am  
109 MacMillan Street, Ayr  
Sunday - 10am  
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  
Saturday - Bible Study 9.30 am  
Church Service 11am  
Saturday 21st December 10.30am  
Ph: 4783 6859

### U R Church Burdekin

26-30 Edward Street, Ayr  
Sunday - 10am  
Ph: 4723 2978

### Ayr Gospel Outreach Centre Inc.

145 - 149 Queen Street, Ayr  
Sunday 10am & 6pm  
Ph: 0437 777 116

Has there been a change to your service details? Please let us know on 47 83 3744

## LOCAL MARKETS

### Plantation Park Markets

Plantation Park, Ayr  
Vietnam Veterans Association  
Every third Sunday  
monthly at 8am  
Phone Lynette 47 831735  
or Don 47 836627

Plantation Park, Ayr  
Ayr State School P&C  
First Sunday monthly  
**Phone 47 903333**



- 101 Burke Street, Ayr, Qld, 4807
- Bistro Meals - 7 days
- Bingo / Keno / Gaming / Trivia / Poker
- Courtesy Bus mob 0418 763 205
- ATM Facilities & c/card
- www.ayranzac.com
- Ph: 4783 1283
- Fax: 4783 5178

*"Join your Local Club Today"*

## MOTHERS DAY



## Sunday 11th May 2025

Together we can stop elder abuse.  
Let's start a conversation.

**Free, anonymous and confidential assistance:**

- 1300 651 192 (Queensland only)
  - (07) 3867 2525 (rest of Australia)
  - Visit [www.qld.gov.au/StopElderAbuse](http://www.qld.gov.au/StopElderAbuse)
- In an emergency, call Triple Zero (000)





## BP Ayr

Now offers Driveway Service  
**Thursday 9am-3pm**

Filling up cars  
Checking tyres  
Cleaning windscreens



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56 Wickham St, Ayr Qld 4807  
[therese@burdekinfloorcoverings.net.au](mailto:therese@burdekinfloorcoverings.net.au)  
[www.burdekinfloorcoverings.net.au](http://www.burdekinfloorcoverings.net.au)




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(07) 4783 1892



# ENJOY SOME Country MUSIC AT Burdekin Theatre

## Forecourt FRIDAYS LIVE Starring Adam Harvey *Let the Song Take You Home Tour*

FRIDAY 28 MARCH 6:00PM **BURDEKIN THEATRE FORECOURT**

## SIX TIME GOLDEN GUITAR AWARD WINNER MELINDA SCHNEIDER SINGS GREAT WOMEN OF COUNTRY

**Burdekin Theatre**  
WED 2 APRIL | 11:00AM  
Complimentary Morning Tea from 10:00am

**MORNING  
Melodies**

Want to see  
what's on?



FOR BOOKINGS OR MORE INFORMATION CONTACT  
**Burdekin Theatre Box Office (07) 4783 9880**  
[www.burdekintheatre.com.au](http://www.burdekintheatre.com.au)

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- ◆ Full Interior & Exterior Cleaning (Walls, Windows etc.)
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**Phone—4783 2946**

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**Ph: 4783 1577**

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**Bendigo Bank**

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31/08/2023

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# **Burdekin Community Garden**

## **Opening for the 2025 season on Monday 12 May**

The garden exists to grow fresh produce to share free of charge with the local community especially with our visitors that come to spend time with us each week. Growing fresh fruit and vegetables is just the tip of the iceberg when considering the purpose of the garden. The garden is also wonderful meeting place for local people from all walks of life.

Everyone is welcome to come to the garden located at the rear of the Burdekin Community Church on International Road. However, Monday morning from 9 am – 11 am is the best time to visit. Every Monday morning, excluding Public holidays, garden co-ordinators Karina Lima, and Rhonda and Rodney Williams will be present to show people around the garden.



They are more than happy to make visitors a free cuppa to share over a chat and some morning tea. Weeding and other garden work is always optional at the community garden.

Everyone is welcome to come and share in the comradery of the Burdekin Community Garden. Hope to see you there.

Want more information. Find us on Facebook or contact us at [burdekincommunitygarden@gmail.com](mailto:burdekincommunitygarden@gmail.com)







# International Day

‘On March 20th every year, the world comes together to commemorate

## *International Day of Happiness.*

The International Day of Happiness is a global movement towards a

*‘happier, more inclusive and resilient world.’*

“Camping and travelling makes me happy”.”  
“Lots of things make me smile. Having a sip of coffee. Listening to upbeat music. Having a girls night.”  
“When I need cheering up I like to have a good ol’ chat with a friend and get out in nature.”

**-Aimee**

“Seeing my girls happy, makes me happy”.”  
“Having a shindig with my family always makes me smile.”  
When I need cheering up I like to do something creative.”.

**-Rebecca G**

“My grandchildren and children make me happy”.”  
“My friends always make me smile.”  
When I need cheering up I like to hug my fur babies.”

**-Rita**

“Being with family and friends makes me happy”.”  
“My daughter always makes me smile.”  
“When I need cheering up I like to watch a funny movie.”

**-Holly**

“Winter makes me happy”.”  
“My pets always make me smile.”  
When I need cheering up I like to drink, swim and sing.”

**-Ruby**

“Wine makes me happy”.”  
“Spending time with my family and friends always makes me smile.”  
“When I need cheering up I like to people watch.”

**-Sharon**

# of Happiness



*In celebration of this special day, some of the BCA team were asked to share*

*What makes you happy?*

*What makes you smile?*

*What do you like to do when you need cheering up?*

"Seeing my little boy wake up smiling makes me so happy".

"Seeing others smile always makes me smile."  
"When I need cheering up I always look through old photo's or videos of my son when he was little."

**-Chloe**

"When I see family and friends it makes me happy."

"Sparkling a brief connection with a stranger and sharing a laugh, always make me smile."

When I need cheering up I like to "go walking and listen to my favourite songs."

**-Kimberly**

"Food makes me happy".  
"My husband always make me smile."  
When I need cheering up I like to go for a walk."

**-Anonymous**

"Travelling makes me happy".  
"My doggo always make me smile."  
"When I need cheering up, I like to catch up with the girls."

**-Ebony**

"Being with those I love, like my partner, family and friends and my pets makes me happy".

"Watching my cats while having a good coffee, with a dash of Bailey's always makes me smile."

"When I need cheering up I like to talk to the man upstairs, sing at the top of my voice, listen to country music and then read recipe books."

**-Roe**

**"The surest way to be happy is to seek happiness for others."**

**-Martin Luther King Jr.**



# **BURDEKIN WOODCRAFT**

## **ASSOCIATION FEBRUARY**

### **REPORT**

Well, what a way to start a year! We dried off after the pre-Christmas rain and were getting back to normality, then the skies opened up causing major problems to the north of us, but thankfully somebody “up there” took pity on us and spared us the same trauma. Such is life in North Queensland.

Since our last report members have again been busy in our workshop crafting projects for themselves and for members of the public. These have been greatly varied – one member specializes in making very complex and beautiful cutting boards; others have made bingo boards, playing card holding boards, jewellery boxes, funky toys, a dolls cradle, speaker boxes, hat racks, and a wooden laundry trolley for a lovely lady who likes “retro” items. As well, one of our ladies built a TV cabinet, and another lady is (at time of writing) is making a large display cabinet for up to 150 Matchbox models, in the shape of a truck with the display section being the truck body – a comparatively simple design but very time consuming. A recent item made by some members is an hexagonal “nibbles” tray with seven compartments. It is an interesting design which would make an attractive addition to a party table, or as a gift.

We sincerely thank the Burdekin public for their generous support at our display at the Water Festival, and with our Squatters Chair raffle. We keep hearing “I’ve been trying to win this for years”. The answer, of course, is that we can make chairs for customers, and at a mere fraction of the price one of our members saw in a gallery near Canberra. We congratulate the winners who are enjoying their prizes; the chair was won by Graham Ross, the King Billy steam train by Brenda Troon, the pizza board by Audra Bush, the Jewellery box by Ray Kiehne, and the Christmas tree by Carlo Capuzzi.

The container generously funded for us the Foundation for Rural and Regional renewal has now had the storage racks installed, and they quickly were filled with quality timber which we either acquired or were donated from a variety of sources.

As well, we were able to purchase from Ayr State High School an unusual combination thick-nesser/jointer/table saw which was surplus to their requirements and is now in our workshop.

As always, we recommend that you make us your first choice for all your woodworking needs as we have members with the skills to handle virtually any project. We are at 30 Little Drysdale Street, just before the tennis courts, on Wednesday and Saturday mornings from around 8.00 till 11.30, and occasionally at other times if members need to work on their items. You can contact Sandy on 0428 420322, Phillip on 0409 615559, or find us on Facebook. We are always very keen to help you develop your own woodworking skills – you will definitely enjoy making beautiful items from timber.

Phillip Scuderi

Burdekin Woodcrafts Association



Laundry trolley made by Geoff for a customer who likes the 'retro' look.



TV cabinet made by Roselea.



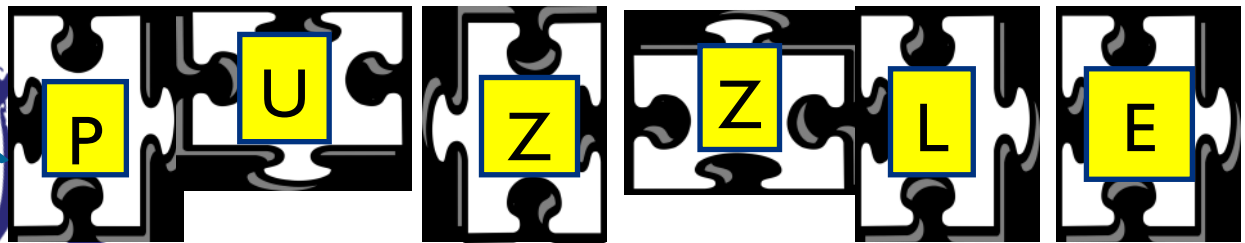


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## AUTUMN

By Jimmy and Evelyn Johnson - www.qets.com

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Answers p 63

Apple  
Autumn  
Chestnut  
Chilly  
Cider  
Cornucopia  
Cranberry

Deciduous  
Football  
Halloween  
Harvest  
Hayride  
Leaves  
November

Nuts  
October  
Pumpkin  
Quilt  
Reap  
Scarecrow  
September

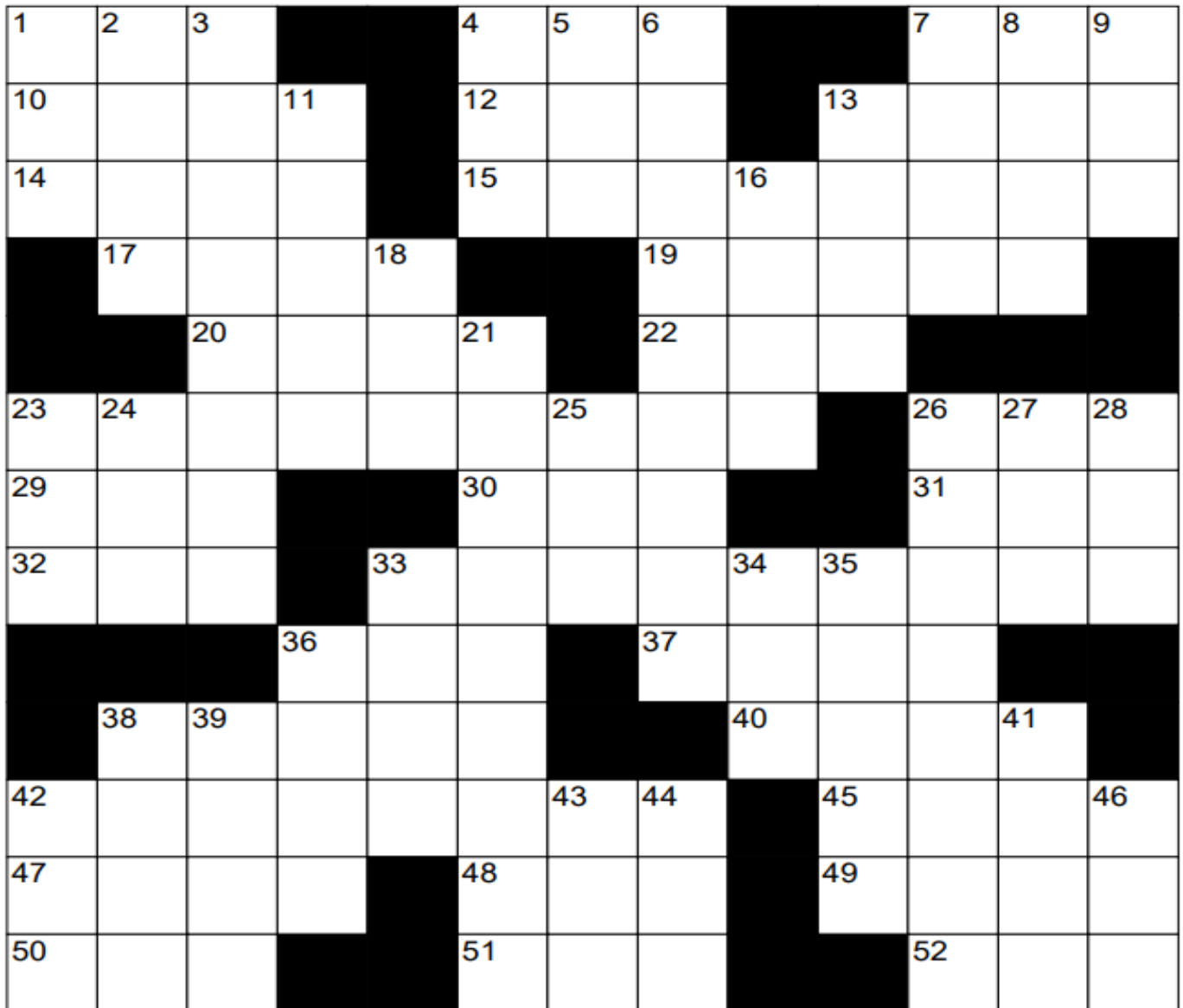
SecondBites 2024 Charity Report confirms that demand for food relief in Australia continues to increase. 1 of the 6 findings was 'Different demographics seeking food assistance are emerging.'

For further report findings: <https://secondbites.org/publications/charity-partner-survey-2024/>





# JANUARY



## ACROSS

- 1 Abdominal muscles (abbr.)
- 4 Pocket
- 7 Can
- 10 Religious division
- 12 The other half of Jima
- 13 Father
- 14 Frau's husband
- 15 Rags
- 17 Tight
- 19 Jungle plants
- 20 Green legumes
- 22 Kimono sash
- 23 January zodiac sign
- 26 Frozen water
- 29 Maturity
- 30 Gnawer
- 31 Guy

- 32 Spacecraft detachment

- 33 Water patroller
- 36 Winter mo.
- 37 What the telephone did
- 38 Open mouthed
- 40 Skewer
- 42 Dance with stamping and clapping
- 45 Institution (abbr.)
- 47 Women's magazine
- 48 Billion years
- 49 Approach
- 50 Imbue
- 51 Caviar
- 52 Sere

## DOWN

- 1 Fire remains
- 2 Root vegetable
- 3 Thrown out
- 4 Title of respect
- 5 Admiration
- 6 Warm bed covering
- 7 Minnesota (abbr.)
- 8 Branch of learning
- 9 Affirmation
- 11 Not as false
- 13 Dress
- 16 Northeast by north
- 18 Thai
- 21 Scribe
- 23 Soft, close fitting head wear
- 24 Gone by
- 25 Lout
- 26 Ideated

- 27 Sedan
- 28 Stop
- 33 Run easily
- 34 Oxygen
- 35 Unfasten the pins of
- 36 Brand
- 38 Member of an alliance
- 39 Strong wind of at least sixty miles per hour
- 41 Despot
- 42 Federal government (abr.)
- 43 Speak softly
- 44 Single
- 46 Stress



The **Free Flu Vaccination Program** started on 1st March 2025.

Queensland residents aged 6 months and older can get their Free flu vaccine from providers such as GP's and Pharmacies until 30th September 2025.

**\*\*Queensland reported 78,950 lab-confirmed influenza cases last year (1 January to 16 December 2024) – over two times the 5-year average**

**\*\*Information sourced from AMA Queensland Free Flu Vaccines media release.**



## Queen Elizabeth's Drop Scones

### Ingredients

- 3 cups (400g) all-purpose flour
- 2 teaspoons baking soda
- 3 teaspoons cream of tartar
- 1/4 teaspoon salt
- 2 large eggs
- 1/4 cup superfine sugar, or heaping 1/4 cup granulated sugar
- 1 1/2 cups (350 ml) whole milk (and maybe a little more if needed)
- 2 tablespoons butter, melted

### Method

Mix the dry ingredients:

Whisk together the flour, baking soda, cream of tartar, and salt in a large bowl.

Mix the wet ingredients:

In a separate medium sized bowl, whisk together the eggs and sugar. Then whisk in most of the milk.

Make the batter:

Make a well in the middle of the flour and pour in the milk egg mixture. Whisk until smooth, adding more milk until you get the right consistency - thin enough to spread on the pan, but not so thin as to run. Fold in the melted butter.

Cook the drop scones:

Heat a griddle or large cast iron pan on medium-to-medium low heat. Coat the pan with a little butter, spreading it with a folded over paper towel. Drop large spoonful's of batter on the griddle to form pancakes. When bubbles start to appear on the surface (after 2 to 3 minutes), use a metal spatula to flip the pancakes over. Cook for another minute, until lightly browned. Remove to a plate and cover with a clean tea towel to keep warm while you cook the rest of the drop scones. Serve with butter, jam, or golden syrup (Americans sub maple syrup).

Recipe and background picture sourced from-<https://www.simplyrecipes.com/>

# Rice and bacon pie



## Ingredients

- 2 tsp Flora spread
- 2 slice short-cut bacon rashers (fat trimmed, sliced)
- 2 packet Continental Chicken Rice
- 2 cup hot water
- 2 tbs sun-dried tomato (chopped)
- 3 eggs (beaten)
- 1/3 cup basil (shredded)
- 2 tbs parmesan (grated)

## Method

Preheat oven to 180°C (160°C fan-forced). Lightly grease a 20cm cake pan or baking dish with Flora spread.

Heat oil in a large fry pan and brown bacon. Stir in rice and water and bring to the boil. Cover and simmer gently for 10 minutes.

Stir well, replace lid and allow to stand for 2 minutes. Stir through tomatoes, eggs and basil and pour into cake pan or baking dish. Sprinkle with parmesan and bake for 25 - 30 minutes until set and golden.

Recipe and picture sourced from-<https://www.kidspot.com.au/>



The smell of freshly cooked pancakes wafted through the BCA Support Centre building on Tuesday 4th March, as the team provided the community with some delicious pancakes, in celebration of Shrove Tuesday.





AUGUST 1941 - JANUARY 2024

# Merna Bitter



The late Merna Bitter was a champion for BCA and the community. Merna was a volunteer from 2010 until 2021, when she went into residential care. Merna also gave an annual donation to the organisation, for Volunteer services, for a number of years.

Merna's final act of support and love for the community was bequeathing her home to BCA. We are enormously grateful to Merna for her very generous gift and contribution to BCA. I invite you to read Merna's eulogy below. It was provided by Mr Shane Bonato and provides us with a glimpse into the life, love and light shared by Merna and her late husband Eric.

Debra Cochran (CEO)

Merna Anna Hintz was born in Chicago, Illinois on the 9th August 1941 to Elmer and Ann Hintz. Merna was one of two children, her sibling, a sister, having passed away a few years ago.

Merna's father, Elmer, was a postman working for the US Postal Service. Merna spoke of growing up with not having much and thought this was why she had problems later in life, of not being able to throw anything away.

Merna was blessed academically, having skipped two semesters of her Primary School years before attending High School. Merna graduated from High School, as the highest-grade student for that year, at the age of 15 and with the help of a Scholarship enrolled at Jacksonville MacMury College.

Part of Merna's scholarship was she had to work 20hrs per week at the university, this she did working in the office. Merna's natural ability for administrative duties shone and the Admissions Department claimed her as their property.

In 1962, after 4 years of study, Merna completed her degree, Bachelor of Arts - cum lauda (with High Distinction).

To earn extra income Merna worked during the term and semester breaks, working for "Steivers". Steivers was a labour hire company and Merna's skills were in the office area. She told a story of working for a company in Chicago during one of her breaks. She impressed the owner so much he had a contract with Steivers for Merna to come and work in his office whenever she was on a break. After finishing her Degree, Merna worked in that same office prior to going overseas. Even though she enjoyed working for this company the negative was the travelling time, being 1.5 to 2 hours one-way, by train.

Merna's Lutheran Missionary work began with her travelling by ship from San Francisco, via the Pacific Islands to Sydney. Then it was another sea voyage from Sydney to Papua New Guinea. Merna said that was the last year missionaries travelled by sea as air travel had become cheaper.

Merna's 1st placement to New Guinea.

Merna first went to Kakar Island on the norther side of Papua New Guinea. She was there for 6 months then moved to Banz and then onto Bumajong High Schools for the remainder of the 4 years she was in Papua New Guinea. In her first 4 year placement she worked as an English Teacher.

Merna had commented that initially she found it odd that some of her students were older than her. Merna told me of a story where one day she was driving the mission truck, with her students riding on the back, when trying to negotiate a tight turn one of the front wheels went off the road and into a ditch. This caused the back wheels to loose traction. She had resigned herself all having to walk back to the mission. One of the older students got all the others to lift on the front of the truck, this gave the back wheels enough traction for Merna to back the truck out of the ditch.



### Merna's 2nd placement to New Guinea.

Merna returned to the States for an extended leave and upon returning to Papua New Guinea she worked as an Education Officer. It was during this time she met Eric, a romance ensued and they married in 1970. Merna spoke of a policy, that at that time a married woman could not undertake missionary work.

After their marriage Merna resigned and Eric and Merna moved to Australia, using Brisbane as a base while looking for work. In 1974 Eric got a job as a Co-Op Manager in a small town in North Queensland. They packed up and headed north, it was the wet season. After avoiding some flood waters further south, they were stuck on the south side of Saltwater Creek, just south of their destination, Home Hill. They and their vehicle were ferried across the creek by some enterprising locals.

During the time Eric worked for the Home Hill Co-Op, Merna obtained work in Ayr, first at Cormack's, then to Ruddy, Tomlins and Baxter Solicitor's, followed by working for the Inkerman Sugar Mill, in administration. Eventually Eric and Merna purchased McCleod's Hardware store, which they ran together. When Eric and Merna retired from McCleod's Hardware Store Merna went back to work, working at Ruddy Tomlins and Baxter solicitors. At the age of 67 Merna retired from the workforce.

Both Eric and Merna enjoyed travelling, the first trip aboard was three months travelling in the United States and Canada. Over the years many trips followed; they visited China, Vietnam and a few times they went to Malaysia. We were both amazed at how Merna could get the most for her travel dollar, getting up at 1:00 o'clock in the morning to get a fantastic deal on air fares, or going to a Travel Expo and getting an amazing deal on a tour package. On one of their trips to China, Eric and Merna stayed with a couple they new from their Papua New Guinea days, who were working in China at the time. Merna said that one of the things they were advised to bring with them was toilet paper, as at that time it was difficult to get, in China.

Merna loved to cook and her collection of cook books was legendary. In her later years she tried to give away as many books as she could, however technology caught up with her, with nobody wanting a cookbook when all they needed to do was Google any recipe they desired.

April 2009 her sole-mate Eric, died. This was a dark time in her life as she became very depressed. Merna enjoyed sitting at her computer searching, looking for all sorts of things. This research revealed to her she needed to get out and socialise with like-minded people, to recover from her depression. She joined the Seniors Computer Club and frequented the RSL to play the pokies. She admitted this was one of her vices and allowed herself so-much a week to play. If she lost big on one occasion, she would not go back until the average per week balanced.

One of her other vices was MacDonald's Chocolate Thick Shakes.

Merna's obsession with grammar in the written language was an annoyance to herself. She admitted to this on more than one occasion and put it down to her years as an English Teacher. I know of a couple of times when Merna wanted Regis staff to correct grammar mistakes on government forms. Merna was not backward in writing an e-mail to an organisation when she noticed a grammatical error on a form or in a Terms and Conditions Statement. I have a chuckle when the Cadbury's add comes on the television, as Merna would be annoyed at the grammatical error that appears at the end of the add. This error appears in the statement "A Glass and a half in every one". I have learnt more grammar, in the years I have known Merna, than all my years at school.

Merna was a loud advocate for recycling. At times she grappled with the thought of the amount of waste generated by our modern society. She worked at the age care home to encourage a recycling culture. Merna struggled all her life with the thought of having to throw things away. This grew progressively worse as she got older until in the end it became such a problem, it affected her quality of life.

Merna's love of wanting to give to those less fortunate was with her to the very end. For many years she donated to charities both local and international.

Over the years Merna's health slowly declined and finally in February 2021 she moved across the street into the Age Care Home. Merna passed away peacefully in her sleep on the 16th January 2024.

That is not the end of the story, Merna has donated her body to science and is at this present time in the James Cook University, Medical Department.



# Support numbers

<b>TRIPLE ZERO</b>	<b>000</b>
<b>13 YARN</b>	<b>13 92 76</b>
<b>1800 RESPECT</b>	<b>1800 737 732</b>
<b>ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)</b>	<b>1800 177 833</b>
<b>BEYOND BLUE</b>	<b>1300 224 636</b>
<b>DV CONNECT WOMENSLINE</b>	<b>1800 811 811</b>
<b>DV CONNECT MENS LINE</b>	<b>1800 600 636</b>
<b>HEAD TO HEALTH PHONE SERVICE</b>	<b>1800 595 212</b>
<b>HEADSPACE</b>	<b>1800 650 890</b>
<b>KIDS HELPLINE</b>	<b>1800 55 1800</b>
<b>LIFELINE AUSTRALIA</b>	<b>13 11 14</b>
<b>MULTICUTURAL CONNECT LINE</b>	<b>1300 079 020</b>
<b>QLIFE</b>	<b>1800 184 527</b>
<b>RAINBOW SEXUAL, DOMESTIC &amp; FAMILY VIOLENCE</b>	<b>1800 497 212</b>
<b>STANDBY SUPPORT AFTER SUICIDE SERVICE</b>	<b>1300 727 247</b>
<b>SUICIDE CALL BACK SERVICE</b>	<b>1300 659 467</b>

## 2025 Easter closure dates

**Burdekin Community Association** Support Centre in Queen Street, will be closed from Thursday 17th April 2025 at 4pm and will reopen Tuesday 22nd April 2025 at 9am for the Easter break.

**Burdekin Centre for Rural Health** in Chippendale Street, will be closed from Thursday 17th April 2025 at 4.30pm and will reopen Tuesday 22nd April 2025 at 9am.

THE BCA TEAM WISHES YOU A **HAPPY EASTER**



# AUTUMN

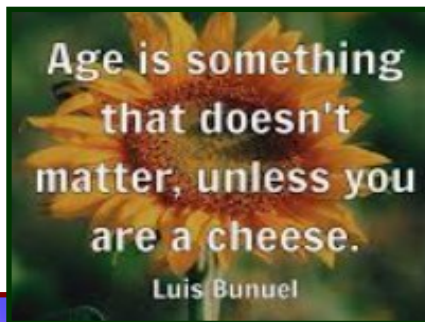
HIDDEN QUOTATION  
BY  
Albert Camus

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advertising  
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**Telephone:** (07) 4783 3744  
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**Email:** rebecca.grogan@bcaburdekin.org.au



I knew I was going  
bald when it was  
taking longer to  
wash my face.

-Harry Hill



## Did you feel the earth move?

Around 9.30pm on Saturday 1st March 2025, residents in Townsville experienced a 4.4 magnitude earthquake, with some comparing the 'big bang' to a 'truck crash' or 'bomb blast.'

About 5000 people between Cairns and Mackay reported to Geoscience Australia, that they had felt the earthquake.

Ergon Energy reported about 4000 properties lost power.

The largest recorded earthquake, with a magnitude of 9.5, was in Valdivia Chile in May 1960.

Information sourced from -  
[www.thenewdaily.com.au](http://www.thenewdaily.com.au)  
[www.abc.net.au](http://www.abc.net.au)  
[www.britannica.com](http://www.britannica.com)

EFFULGENT	VS	ELOQUENT
<p>Shining brightly, radiant.</p> <p>"The effulgent glow of the setting sun painted the sky in vivid colors."</p>		<p>Fluent or persuasive in speaking or writing.</p> <p>"Her eloquent speech moved the audience to tears."</p>

EnglishGrammar.org



## JANUARY

Solution:

1	A	2	B	3	S		4	S	5	A	6	C		7	M	8	A	9	Y
10	S	E	C	T			12	I	W	O		13	S	I	R	E			
14	H	E	R	R			15	R	E	M	16	N	A	N	T	S			
	17	T	A	U	T		18				19	F	E	R	N	S			
		20	P	E	A	S		21			22	O	B	I					
23	C	24	A	P	R	I	C	25	O	R	N		26	I	C	E			
29	A	G	E				30	R	A	T			31	M	A	N			
32	P	O	D			33	L	I	F	E	34	G	U	A	R	D			
				36	N	O	V			37	R	A	N	G					
	38	A	G	A	P	E				40	S	P	I	T		41			
42	F	L	A	M	E	N	43	C	O		45	I	N	S	46	T			
47	E	L	L	E			48	E	O	N		49	N	E	A	R			
50	D	Y	E				51	R	O	E			52	D	R	Y			



**REMINDER**  
Rates notices  
are now issued  
half yearly.

Approximate issue dates are  
February and August.  
Effective 1<sup>st</sup> July 2024



*"Supporting the community since 1975"*

**Burdekin Community Association Inc. (BCA)  
Membership**

**BCA membership is only \$5.50 per year, by becoming a member you are showing that you support us when we apply for funding and grants for services and new programs**

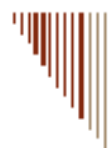
Membership entitles you to vote at the Annual General Meeting and helps support our not-for-profit association to fulfil the unmet social, welfare and health needs of the Burdekin community.

We encourage any interested person to join our organisation.

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"

[www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

*If you would like to become a BCA member please complete the form below and return it to the office with your payment*



**BURDEKIN COMMUNITY ASSOCIATION INC.**

**The Support Centre**  
130 Queen Street  
PO Box 815  
AYR QLD 4807



**APPLICATION FOR MEMBERSHIP**

/ / 20

I, \_\_\_\_\_

of \_\_\_\_\_

Phone No. \_\_\_\_\_ E-mail \_\_\_\_\_

hereby apply for membership of the Burdekin Community Association Inc.

Proposer \_\_\_\_\_

Applicant \_\_\_\_\_ Secondor \_\_\_\_\_