

Burdekin Community Association Inc

A GOLD COIN
WOULD BE APPRECIATED

COMMUNITY *Connections*

Let's celebrate our seniors

this October

See page 34 for a list of local
Seniors Events including BCA's Seniors
Day Out and Get Online Week

July August September 2025

Edition 195



Supporting people in the Burdekin Community since 1975

Contents

- 1 Cover page
- 2 Contents
- 3 Hi Readers
- 4 Profile-Burdekin Community Association Inc
- 5 BCRH Newsletter
- 6 OPAP Active and Seniors Group
- 7 Tai Chi for Arthritis
- 8 Emergency Relief Assistance
- 9 DFV Flyer
- 10 Journey Co-ordinator program
- 11 Healing Waves Mental Health Support Group
- 12 BCA Support Services
- 13 Community Information Centre
- 14 NQWLS
- 15 NQWLS
- 16 Computer/Smartphone lessons for Seniors
- 17 BCRH Room hire
- 18 BCA Home Care Service
- 19 BCA Home Care Service
- 20 Join the BCA Volunteer community
- 21 Aged Care Volunteer Visitor Scheme
- 22 BCA Supporting community events
- 23 BCA Supporting community engagement
- 24 The Support at Home Program
- 25 Homelessness Week 2025
- 26 50 years of...
- 27 50 years of...
- 28 Renewing your Drivers Licence
- 29 Password Protection
- 30 Pharmacy Roster
- 31 Information
- 32 Information
- 33 Church times
- 34 Seniors Month Calendar
- 35 BCA Senior Day Out
- 36 BCA Get Online Week
- 37 Seniors Month
- 38 Seniors Month
- 39 What's on
- 40 What's on
- 41 What's on
- 42 What's on
- 43 International Volunteers Day
- 44 Burdekin Social Opportunities
- 45 Protecting you legacy
- 46 National Secure Your Home Day
- 47 National Secure Your Home Day
- 48 Support for grandparents/ non carers of children
- 49 Pensioner Concessions on Rates
- 50 Burdekin Woodcraft Association
- 51 Burdekin Woodcraft Association
- 52 Dementia Awareness
- 53 Dementia Awareness
- 54 Burdekin District History
- 55 Burdekin District History
- 56 Burdekin District History
- 57 BCA volunteers/staff 10+ years of service
- 58 Eathorne's Intersport Tide Times
- 59 Fishing
- 60 Breast Cancer Month
- 61 Breast Cancer Month
- 62 Snake Season
- 63 Snake Season
- 64 Spring is in the Ayr
- 65 Spring Planting Guide
- 66 DIY composting
- 67 Garden safety Checklist
- 68 HSHS and ASHS Growing Futures Together
- 69 HSHS and ASHS Growing Futures Together
- 70 Take a Break puzzle page
- 71 Take a Break puzzle page
- 72 Recipe
- 73 Recipe
- 74 Puzzle answers
- 75 Support numbers
- 76 50th Annual General Meeting



Debra Cochran
Chief Executive Officer

Photo source 'Burdekin Life'

Burdekin Community Association Inc (BCA)

Telephone: (07) 4783 3744

Mobile: 0407 637 421

Facsimile: 07 47837611

Email: Debra.Cochran@bcaburdekin.org.au

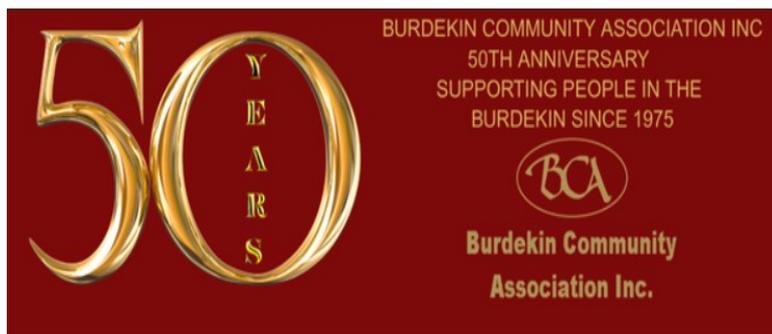
Website www.burdekincommunityassociation.org.au

Facebook: www.facebook.com/bca1975

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 donna.wood@bcaburdekin.org.au, drop in to Burdekin Centre for Rural Health or phone 4783 2711



www.burdekincommunityassociation.org.au
www.facebook.com/bca1975



Hi there Readers and welcome to edition 195 of *Community Connections Magazine*!

Congratulations to all celebrating a birthday, anniversary or other special event at this time.

And...

A big Happy 50th Anniversary to Burdekin Community Association!!

50 fabulous years of providing support and services to the Burdekin community.

This would not be possible without the dedication of the BCA team past and present, the Management Committee, volunteers, funding bodies and businesses, service organisations and community members.

Continuing on with the 50th theme, check out pages 26 and 27 for a list of movies, books, songs, TV shows and more, which also originated in 1975. See how many you can remember!

We have put together our annual October's Seniors Month Event list on page 34, which includes BCA's Get Online Week and Seniors Day Out. We hope you can join in celebrating our wonderful elder community, What fun last years bus trip was!

In the next issue, released in December, we will share all the wonderful pics from our 50th Anniversary celebrations and Seniors Month fun, along with the many other events our team will be involved in moving forward.

We are proud to be providing you with another informative *Community Connections* magazine and we look forward to another 50 years of supporting people in the Burdekin Community.

Happy reading.

The BCA Team



BCA staff invited the community to join in celebrating 50 years, with two Open Days



PROFILE – BURDEKIN COMMUNITY ASSOCIATION INC.

The Burdekin Community Association Inc. (BCA) is a not-for-profit, incorporated association, which strives to fulfil the unmet social, welfare and health needs of the Burdekin community.

A diverse range of community services are delivered by the BCA to the Burdekin Shire. Since establishment in 1975, BCA has evolved to become one of the largest community organisations in the region.

The BCA is a registered charity, has an Australian Business Number, Income Tax Exemption and Deductible Gift Recipient status. Many of BCA's initiatives are made possible by the generosity of the Burdekin Shire Council, local service clubs, business houses and individuals.

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

BCA's Purpose is "To provide direct relief to the aged, families, children and individuals who are experiencing poverty, sickness, suffering, distress, misfortune, disability or helplessness".

BCA's main Services/Programs include:

The Support Centre

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

Home Care Service

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

Housing and Community Support Service

- Burdekin Community Support Neighbourhood Centre Program
- Crisis Accommodation Program
- Dignity Program
- Domestic & Family Violence Support Service
- Safe Connections Program
- SecondBite Community Connect Program
- Specialist Homelessness Service
- State Emergency Relief Program

Volunteer Service

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

Burdekin Centre for Rural Health

- Accredited Exercise Physiology Program
- Burdekin Community Rehabilitation Centre
- MyndKind Program
- Older People's Action Program
- Telehealth Hub
- Support Groups & Network Groups
- Office & Meeting Room Hire
- Visiting Health Professionals
- Community Recovery Centre



Management Committee, Staff and Volunteers

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

The Association employs approximately 80 staff and sub-contractors and these people are supported by 60 volunteers.

Office Locations:

The Support Centre (Head Office): 130 Queen St, Ayr
 Community Information Centre: 119 Queen St, Ayr
 Burdekin Centre for Rural Health (The Homestead): 12a Chippendale St, Ayr
 Burdekin Community Rehabilitation Centre: 12a Chippendale St, Ayr

Ph: 47833744
 Ph: 47837633
 Ph: 47832711
 Ph: 47832711

Debra Cochran

Chief Executive Officer

Burdekin Community Association Inc.

Telephone: 07 4783 3744

Mobile: 0407 637421

Facsimile: 07 4783 7611

Email: Debra.Cochran@bcaburdekin.org.au



Burdekin Community Association Inc.

Website: burdekincommunityassociation.org.au

Facebook: facebook.com/bca1975



What's Happening at BCA's Rural Health Centre - September 2025

BURDEKIN CENTRE FOR RURAL HEALTH

Psychological Therapies Program (MyndKind)

Psychological Therapies consultations are available with our mental health professionals through a centralised intake via the Medicare Mental 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.

Journey Coordinator Program (MyndKind)

The Journey Coordinator connects adults and children to timely and appropriate mental health services and can support with referrals to other community support services. This service is delivered Monday-Thursday 9.00am to 4.30pm (bookings and walk-ins accepted) and Saturday 9.00am to 4.30pm (by appointment only). Ask us about our Healing Waves Peer Support Group, a safe space to share lived experiences of mental health and learn basic coping skills such as self-care, mindfulness and more. Call 4783 2711. *Funded by the Northern Queensland Primary Health Network Ltd (NQPHN)*

Accredited Exercise Physiology Program

Individualised Rehabilitation sessions delivered by an Accredited Exercise Physiologist. Speak to your GP about a referral through a Chronic Disease Management Plan or Department of Veterans' Affairs. Speak to your Health Fund, NDIS or Aged Care Provider to see if you are eligible. Private fee for service available.

Active and Social Seniors Group

Individualised Rehabilitation and Group Exercise sessions for Seniors delivered by Exercise Physiologists, Exercise Scientists or a Fitness Instructor. Speak with your GP about a referral. *Partially funded by the Older People's Action Program.*

Burdekin Centre for Rural Health Open Day

Join us for our Open Days on 8th & 9th September between 9:30am and 3:30pm at Burdekin Centre for Rural Health. Drop in and Celebrate 50 amazing years with us— Everyone's welcome

Room Hire

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

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

Lives Lived Well

AOD Services

1300 727 957

Synergy Health

Centre

Exercise Physiologists

Exercise Scientists

Diabetic Educator

Dietician

4724 3250

Telehealth Hub

Services

Free

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



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

Website: www.burdekincommunityassociation.org.au | Facebook: www.facebook.com/bca1975

Burdekin Community Association Inc.

OPAP

Active & Social

Seniors Group

NOW TAKING EXPRESSION OF INTEREST!



PHONE THE BURDEKIN CENTRE
FOR RURAL HEALTH ON:

07 4783 2711

FOR MORE INFORMATION & TO
REGISTER YOUR INTEREST!

Social and Active Support





EXPRESSION OF INTEREST



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

Ph: 47833744

to register future interest



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

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

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



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

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



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

(07) 4783 3744

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

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

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

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



Journey Coordinator Program

The Journey Coordinator is a new BCA service aimed at providing more timely mental health care to Burdekin adults and children. The program is funded by the North Queensland Primary Health Network (NQPHN).

The Journey Coordinator works with you as an independent partner in your care journey and will support you with:

- Identifying barriers and developing a personalized individual support plan to address mental health concerns.
- Providing step-by-step guidance and learning tools to build your capacity in coping with mental health stressors.
- Referrals to support services and external agencies that will support you on your journey to wellbeing.
- Accessing self-management approaches including digital mental health services and low intensity group programs.

The Burdekin Centre for Rural Health (BCRH) is open Monday to Saturday from 9.00am to 4.30pm.

Referrals to the Journey Coordinator Program can be made by contacting the Burdekin Centre for Rural Health.

12A Chippendale St, Ayr. Ph: 4783 2711

E: bca@bcaburdekin.org.au

People can also refer by contacting the Head to Health Phone Service on 1800 595 212.



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

A safe space where group members meet fortnightly to provide support and insight to one another through the sharing of their lived experiences.

Group members will have the opportunity to learn and develop coping skills to manage their mental health such as self-care, mindfulness, stress management and more..

Every second Monday 10.00 a.m.- 12.00 p.m.
Location: 12A Chippendale Street, Ayr
*** Tea and Coffee Provided**

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



The Burdekin Centre for Rural Health at 12A Chippendale Street, offers a range of visiting services who operate out of our centre including but not limited to, Allied Health Providers, Funded and Private Psychological Counselling, Hearing Specialists, Podiatrist, Dietician and Diabetic Educator, an Accredited Exercise Physiology Program, Individualised Rehabilitation and Group Exercise sessions which is partially funded by the Older People's Action Program, Telehealth services and Social Connection and Mental Health Community Groups and Room Hire. Phone 4783 2711 or pop into 'The Homestead' for more information on the services provided.



The Burdekin Community Association Housing and Community Support Service, located at The Support Centre, 130 Queen Street Ayr, offers assistance to individual/s and families within the community who may be experiencing hardship or crisis through a mix of support, case management, advocacy, advice and provision of information and referrals, within a confidential, non judgmental, inclusive and culturally appropriate environment. To make an appointment to see one of the Community Service Officers call Burdekin Community Association on 4783 3744 or visit reception at 130 Queen Street, Ayr.



COMMUNITY INFORMATION CENTRE

119 Queen Street, Ayr

The Community Information Centre is located in Queen Street Ayr and provides local and regional community and service information to local people and visitors to the community.

The Community Information Centre could not function without the ongoing dedication, participation, commitment of our volunteers, said Manager Rita Quagliata of the Volunteer Service. Every year our CIC volunteers, provide many hours of their time, giving to their community a professional, informative and reliable service. During the year the Information Centre was staffed with 14 volunteers, who have committed their time and skills in providing an efficient and invaluable service for their community and proudly serve, greet, assist in providing information to locals and visitors to our community.

The Centre is a pathway to promote the regions attractions, services, work and events etc. The role of the Information Centre is to spread community awareness and information to all visitors to our district and to develop a greater sense of place and pride amongst the community.

Our beautiful winter approaching will attract many visitors to the Burdekin and the CIC has been a pit stop by a

number of Grey Nomads as they're traveling through.

The volunteers had many requests for places to see and things to do within the Burdekin.

Information provided for the Sweet Days Hot Nights, our beaches, The Yongala, Mt Inkerman, Cornford Lookout, Charlies Hill, Brandon's Heritage Precinct, where to catch a barra, fishing spots, camping areas, markets or walking areas. Other frequent enquires were in relation to - directions, maps, bus timetables, tides, employment, accommodation, backpackers' accommodation, doctors, medical center's, restaurants and cafes, road information, caravan parks, museums, lawn mowing services, surgeries, garage sales, Centrelink information, local transport, local entertainment, local tutoring services, child care facilities, local events and scenic tours etc. To accommodate these requests, the Centre is open Monday to Friday, between 9am to 4pm.



Article and photos contributed by Rita—BCA Volunteer Service Manager

nqw women's legal service

Providing legal support for women across North Queensland

Free legal advice Second Tuesday of every month at **Burdekin Community Association**

Call now to book an appointment

1800 244 504 or (07) 4772 5400

How we can help

LEGAL ADVICE AND ASSISTANCE



- Domestic, family and sexual violence
- Family law - separation, divorce, parenting and property settlement
- Child safety
- Migration and visa matters

CLIENT SUPPORT



- Centrelink
- Financial matters
- Emotional wellbeing
- Housing and more



nqwls.com.au



Providing legal support for women across North Queensland

Legal clinics in Ayr 2025



1800 244 504

nqwls.com.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 MyGov, 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

Tech Support



NOW OPEN EVERY SATURDAY

Burdekin Centre for Rural Health

CONSULTATION ROOM & MEETING ROOM HIRE

OPENING HOURS

Monday to Saturday
9:00am – 4:30pm

LOCATION

12A Chippendale Street,
Ayr Qld

CONTACT

07) 4783 2711
Email enquiries
bca@bcaburdekin.org.au

ONE-OFF OR ONGOING
BOOKINGS AVAILABLE

MONDAY to SATURDAY



- Complimentary Wi-fi access
- Air-conditioning
- Access to Kitchen & tea/coffee making facilities
- Disability access, incl. toilet & shower
- Spacious off street parking
- Digital Meeting Board available
- Receptionist and dedicated reception area included

Consult Room Hire

Full Day Rental - \$77 Half Day Rental - \$60.50

All Purpose Meeting Room Hire

Capacity for 30 people. Suitable for Meetings, Training Programs, Exercise or Wellbeing Programs

Full Day Rental - \$77

Minimum Hire: \$22 for 2 hours. (Additional hours at \$11 per hour).



BCA Home Care Service



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

Burdekin Community Association Inc.

Support Worker

Part time and Casual Positions

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

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

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

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

bca@bcaburdekin.org.au

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

www.burdekincommunityassociation.org.au

**Call The Support Centre
- 4783 3744**

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 Carers only	\$20 Each way \$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.*



Home Care Service

Refer to the Transport Brochure for
Conditions of Travel

BCA Home Care Service

Home Care Service

Update

Home Care Service

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

Home Care Packages

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

What Help Can I Get?

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

Services that keep me well and independent

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

Services that allow me to interact with my community

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

Services that keep me safe in my home

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

Accessing Services

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

Providing quality Home Care Services in the Burdekin since 1978



Burdekin Community Association Inc.

JOIN OUR VOLUNTEER COMMUNITY

Volunteering offers a wide array of benefits; improving mental and physical health, enhanced social connections, and providing opportunities for personal and professional growth.

Volunteering can boost self-esteem, provide a sense of purpose, and even lead to new friendships and networking opportunities.



OUR ACTIVITIES

- ✓ Administration Support
- ✓ Be Connected Program
- ✓ Community Information Centre
- ✓ Fundraisers
- ✓ Aged Care Volunteer Visitors Scheme
- ✓ Work for the Dole Hosting Program

HOW TO JOIN OUR TEAM?

- CONTACT RITA QUAGLIATA
- FILL OUT THE APPLICATION FORM
- ATTEND A VOLUNTEER ORIENTATION

PHONE : 47 833744

EMAIL: BCA@BCABURDEKIN.ORG.AU

130 QUEEN ST, AYR, QLD 4807

Volunteer with BCA

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 • www.burdekincommunityassociation.org.au



~Burdekin Community Association is proud to support local schools and students. Attending the Ayr High, Home Hill High and Burdekin Catholic High School **Careers Day's**, BCA Community Service Officers had the opportunity to speak with students regarding the services BCA provide the community and potential future career options.

~**Wear It Purple Day** is celebrated across Australia to show support for the LGBTQIA+ youth and their supportive and respectful allies. It's a day to raise awareness about the importance of inclusion, respect, diversity and acceptance. BCA staff members showed their support by attending an Ayr State High School event, offering resources and gift bags to the students.



**MOMENTS MATTER!
LONELINESS AWARENESS
WEEK**

On Friday the 8th August, the **BCA Housing and Community Service Team** provided an opportunity, during **Loneliness Awareness Week**, for members of the local community to make new connections, whilst enjoying a sausage sizzle and friendship bracelet making morning.

Community Engagement

Smile



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



Some of the Community Connections Session attendees enjoying a coffee and catch-up at Chill Cafe and Coffee, with vouchers won during Community Connection session activities.

The Support at Home Program

is a new government service starting on 1st November 2025. It will replace the current Home Care Packages and Short-Term Restorative Care programs.

This new program is designed to make it easier for older Australians to get the help they need to stay safe, healthy and independent in their own homes

Below is a transcript sourced from a Youtube video link-<https://youtu.be/JICjxvrQ8bM> on <https://www.myagedcare.gov.au> website.

‘Home is where we feel safe and where memories are made. We're making changes to aged care so you can get the support you need to stay at home. The Australian government's new support at home program will help older people live independently for longer in their own homes. Support at home replaces the existing home care packages and short-term restorative care programs with one new program ensuring that the support you need to stay at home is there when you need it. You can get support for everyday tasks like cleaning, gardening, shopping, and meal preparation if you are approved. You'll also have access to clinical care like nursing, physiotherapy, and continence care. If you have more complex needs, higher levels of support are available to help you stay in your home.

There are also short-term pathways to meet your needs. The assistive technology and home modifications scheme helps you to access products, equipment, and home modifications to support you with things like mobility, domestic life, and communication.

The restorative care pathway can help you stay independent and keep doing the activities you enjoy. The end of life pathway provides extra support for those nearing the end of life, allowing older people to stay in their home as long as possible.

If you're already receiving a home care package, you won't need a new assessment. Your provider will contact you about moving to support at home. They will review your care plan and you will be asked to sign an agreement. Getting older doesn't mean you need to leave your home to be cared for. Support at home is here to help you stay in the place where you are most comfortable.’

To learn more, contact my aged care for help. Support at home. ‘Helping you live independently for longer at home.’

Please contact BCA's Home Care Service team if you have any enquiries regarding the new Support at Home Program.



Thank you!

♥ A huge thank you , Burdekin Catholic High School and the Burdekin Shire Youth Council . Amazing effort organising the Stand Up Sleep Out.

an incredible \$4,211.85 was raised .

The Burdekin Community Association proudly received these funds that will go to support people in our community experiencing homelessness or at risk.

Thank you to everyone who contributed to making a real difference. Together, we are changing lives!



STAND UP SLEEP OUT



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

50 years of...

Movies—

The Return of the Pink Panther
 Jaws
 The Rocky Horror Picture Show
 Picnic at Hanging Rock
 One Flew Over the Cuckoos Nest
 Monty Python and the Holy Grail
 The Stepford Wives
 The Godfather Part II
 Shampoo
 Murder on the Orient Express

Books—

Salem's Lot—Stephen King
 Tuck Everlasting—Natalie Babbitt
 Shogun—James Clavell
 Danny the Champion of the World—Roald Dahl
 The Great Train Robbery—Michael Crichton
 Forever— Judy Blume
 The Philosophy of Andy Warhol (From A to B and Back Again)—Andy Warhol
 Curtain (Hercule Poirot, #44) - Agatha Christie
 Ramona the Brave— Beverly Cleary
 Terms of Endearment—Larry McMurry

Songs—

Love Will Keep Us Together—Captain & Tennille
 Rhinestone Cowboy— Glen Campbell
 Philadelphia Freedom— Elton John
 Before the Next Teardrop Falls— Freddy Fender
 My Eyes Adored You—Frankie Valli
 Some Kind of Wonderful—Grand Funk Railroad
 Shining Star— Earth, Wind & Fire
 Fame— David Bowie
 Thank God I'm a Country Boy—John Denver
 Jive Talkin —Bee Gees

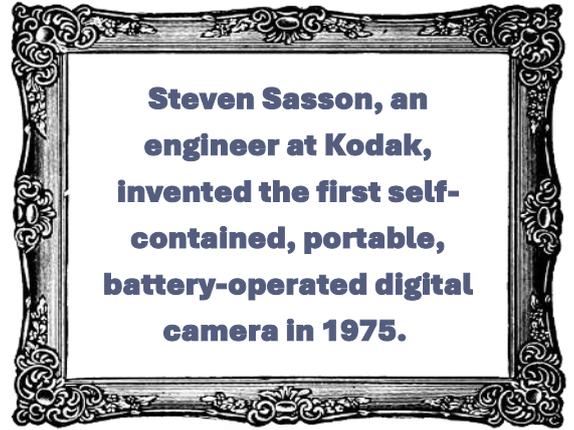
Green means calm, black means stressed, violet is passionate, and blue is relaxed. Through the temperature in your body the 19754 unusual invention of the mood ring accessory. The trend is still around today!

In 1975, the Drive-Thru concept is unveiled at McDonalds in Oklahoma.

In September 1975, a 900-gram loaf of wrapped ordinary bread in Queensland cost 46 cents, according to a news article from the National Library of Australia. A 680-gram milk loaf was also available for the same price

TV Shows—

All in the Family
Rich Man, Poor Man
Laverne & Shirley
Maude
The Bionic Woman
Phyllis
Sanford and Son
Rhoda
The Six Million Dollar Man
Happy Days



Steven Sasson, an engineer at Kodak, invented the first self-contained, portable, battery-operated digital camera in 1975.

Celebrities—

Drew Barrymore— February 22nd
Eva Longoria—March 15th
David Beckham—May 2nd
Enrique Iglesias—May 8th
Angelina Jolie—June 4th
Tobey Maguire –June 27th
Charlize Theron—August 7th
Michael Bubl — September 9th
Kate Winslet—October 5th
Milla Jovovich—December 17

Saigon fell to North Vietnamese forces, marking the end of the Vietnam War and resulting in the evacuation of Americans and South Vietnamese in April 1975.

A popular collectible toy made in 1975 was PET ROCK



<https://pinterest.com>

Established in 1975, Norm and the 'Life. Be in it' crew health campaign was shown on television. The campaigns success in Victoria, saw the campaign roll out across the country in 1978.



<https://lifebeinit.org/>

The FORD F-150 truck



<https://pinterest.com>

was released in 1975.

EST .1975

Renewing your drivers licence

A licence renewal should be sent to you approximately 6 weeks before your licence expires.

If you have signed up for e-notices you will receive your renewal notice by email. If not the notice will come via postal. You can sign up for e-notices with this link <https://www.service.transport.qld.gov.au/>

To renew your licence in person, you can visit a [transport and motoring customer service centre](#).

People in remote areas can download the Queensland Drivers Licence Remote Area Kit to apply, renew, upgrade, replace, or surrender a Queensland driver licence.

This can be accessed with this link - <https://www.qld.gov.au/transport/licensing/driver-licensing/renew-replace/renew/remote>

If you are travelling or temporarily residing interstate or overseas, you may be able to renew your Queensland driver licence by mail or [online](#). You can do this up to 6 weeks before your licence expires.

You can download the interstate or overseas licence renewal kit -

<https://www.qld.gov.au/transport/licensing/driver-licensing/renew-replace/renew/interstate>

If you are 75 and older you must get a doctor to assess your medical fitness to drive every year. After your assessment the Doctor will complete and sign a Medical Certificate for Drivers form. You will need to carry this medical certificate with you, whether or not you have any medical conditions. If you drive without a medical certificate, you may face a fine of \$161.

You can find support when you can no longer drive on the Qld Government Website. By searching 'Age and Driving' in the search bar. Otherwise head to your local court house, who may be able to provide you with this information.

You can also find resources to support older drivers to continue to travel on QLD roads for as long as you can do safely.

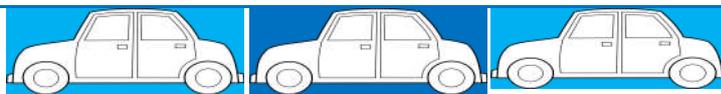
You may voluntarily surrender your drivers licence or have it cancelled because of a medical condition at any time. You may be able to get a free photo identification card as a form of identification.

You can apply for a photo identification card at a transport and motoring customer service centre, Queensland Government Agency Program Office (QGAP) or at a police station that provides licensing services.

As at 1st July 2025, the photo identification card fee is \$80.

The cost of *Provisional, probationary and open licence drivers licence renewal fees* is as follows (at time of print-as at 1 July 2025)

1 year driver licence	\$91.55
2 year driver licence	\$127.70
3 year driver licence	\$157.95
4 year driver licence	\$182.75
5 year driver licence	\$205.05
Replacement driver licence—issued with the same expiry date as your current licence	\$36.20
Interstate licence transfer—If your interstate licence is current	\$84.20



Did you know?

If you hold a senior, pension or service person concession card, you may be eligible for a reduction on your vehicle or boat registration fee. Download or access the *Registration Concession Application* at your local transport and motoring customer service centre, Queensland Government Agency Program Office (QGAP) or at a police station that provides vehicle or boat registrations.

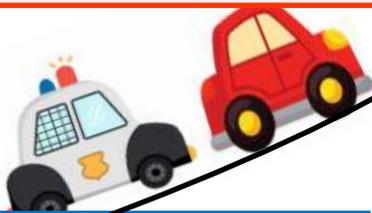
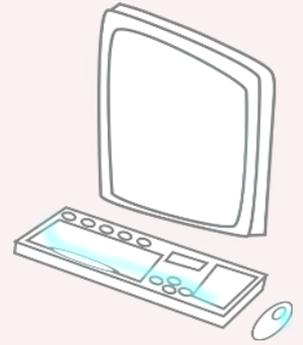
Information sourced from <https://www.qld.gov.au/transport>

Stay One Step Ahead: Password Protection for Peace of Mind

In today's connected world, passwords act like the keys to your digital life—whether you're reading emails, shopping from home, or managing your finances online. Just as you'd lock your front door, it's essential to keep your online accounts protected with strong, secure passwords. The best part? You don't need to be a tech whiz to stay safe. A few simple changes can go a long way in protecting you from online threats like scammers, hackers, and identity theft.

Here are 10 straightforward tips to help you strengthen your passwords and stay secure online

- Never use 'easy to guess' passwords, or passwords that include sensitive or personal information like your date of birth, consecutive numbers, significant dates or a series of the same number
- The longer the password, the harder to crack
- Use a variety of characters—upper/lower case, numbers, special characters (e.g. !@#%\$%)
- Don't reuse passwords
- Use a sequence of words or a sentence that is hard for others to guess. For example, instead of "12345", try something like LollipopMoonOrange2032@!"
- Don't share your passwords with anyone
- Use a password manager— Password manager programs safely store your passwords and help you log in automatically. Some are very easy to use.
- If you write your passwords down, store them in a secure place, such as a safe or locked drawer
- Ensure your device's anti-virus software is up to date
- If you think an account has been compromised, change your password immediately



Digital Licence App

You can download the Digital Licence App from the Apple App Store and Google Play Store.

This App gives you the option to store your licence on your mobile phone. The Digital Licence is not compulsory.



Robyne and Holly proudly holding BCRH's art contribution to the Community Art Exhibition held from 25/08/25 -27/08/25 at the Burdekin Theatre Foyer. The exhibition was an opportunity to create a powerful visual display of hope, safety, equality and respect. Displaying of the artwork, coincided with the Hannah Clarke Foundation's delivery of the Halt program to the youth of the Burdekin.

Sunday/Public Holiday Pharmacy Roster

SEPTEMBER 2025

7th– Julie’s Pharmacy, Ayr

14th– Amcal Pharmacy, Ayr

21st– Complete Health, Home Hill

28th– Terry White Chemmart, Ayr

OCTOBER 2025

5th—Julie’s Pharmacy, Ayr

6th - Julie’s Pharmacy, Ayr

12th– Amcal Pharmacy, Ayr

19th– Burdekin Plaza Pharmacy, Ayr

26th– Terry White Chemmart, Ayr

NOVEMBER 2025

2nd– Julie’s Pharmacy, Ayr

9th– Amcal Pharmacy, Ayr

16th– Alliance Pharmacy, Home Hill

23rd—Terry White Chemmart, Ayr

30th - Julie’s 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

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.

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.

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.

If you receive one of the following SERVICES AUSTRALIA payments, you may be able to apply to get an **advance payment**.

- Age Pension
- Carer Payment
- Disability Support Pension
- Farm Household Allowance
- JobSeeker Payment
- Parenting Payment
- Widow Allowance
- Youth Allowance for job seekers
- ABSTUDY Living Allowance
- Austudy
- Youth Allowance for students
- Family Tax Benefit A
- Mobility Allowance

There are rules depending on the payment you get. For more information or to apply online, go to the MYGov website or call Centrelink on 136 240 or the Centrelink multilingual phone service on 131 202.

A **myGov account** is an online account provided by the Australian Government that allows individuals to access and manage multiple government services—such as Medicare, Centrelink, and the ATO—in one place. Contact the myGov helpdesk if you need assistance with a myGov account. The helpdesk can be reached by calling 132 307

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.



BURDEKIN
PRINTERS **office**
choice

SIGNAGE - STICKERS - BANNERS
PHOTO, PLAN & DOCUMENT PRINTING
STATIONERY - CARTRIDGES - FURNITURE
SCANNING & EMAILING - PHOTOCOPYING
BINDING - ENGRAVING - DESIGN & MORE...
113 EDWARDS STREET, AYR
PH. 4783 4044
sales@burdekinprinters.com.au

- And in the end, it's
not the years in
your life that count.
It's the life in your
years

-Abraham Lincoln

Seniors Enquiry Line

1300 135 500

 **Don West Toyota**

Ph: 47831600

www.donwesttoyota.com.au

282 Queen Street. Ayr

Servicing the Burdekin for over 45
years

Sales • Service • Parts •
Finance & Insurance

2025-26 Commonwealth Government Rebate

The Commonwealth Government has announced all households will receive a \$150 electricity rebate, which will be automatically applied in two \$75 quarterly instalments in July and October 2025. We'll update this page once we have more information.

Eligible seniors, pensioners and concession card holders will receive the above payment plus the existing \$372.20 Queensland Electricity Rebate that's applied throughout the year.

Learn more about the [Commonwealth Government Rebate](#).

Got a small business? Learn about [small business rebates](#).

What do I need to do?

Absolutely nothing! We want to assure you that there's no need to pick up the phone to receive the Commonwealth Government Rebate, as it will be automatically applied to all eligible accounts.

Sourced from <https://www.ergon.com.au/>



The Continance Aids Payment Scheme

(CAPS) is an Australia Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence and/or have an eligible neurological condition or eligible other condition that is the cause of a permanent and severe incontinence, to meet some of the cost of their continence products, such as pads, pants, and catheters.

To be eligible for CAPS, you must have a permanent and severe incontinence.. This can include conditions such as overactive bladder, neurogenic bladder, or bowel incontinence.

To access CAPS or to find out more information , speak with your local pharmacist, contact the Continance Aids Payment Scheme on 1800 239 309. The Continance Helpline on 1800 33 00 66 or the Health.gov.au website.

Getting
old is no
joke. I'm
on a very
rigid nap
schedule

BURDEKIN MOTORS PTY LTD

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

Grandparents Day

Sunday 26th Oct 2025

Justice of the Peace Services

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

**St Andrews Lower
Burdekin
MEALS ON WHEELS**
109 McMillan St AYR
Phone 4783 2659

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

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



THE Senior QUEENSLAND



Newspaper available at Burdekin Community Assoc.

Handy tip!

Use rotating organisers to reach the back of shelves and cupboards.

Inexpensive and easy to use, the rotating organisers (sometimes known as 'Lazy Susans') can help with those hard-to-reach items, easily turning them items at the back to the front.

Let us know if you have a Handy Tip to share!

DO NOT CALL REGISTER

-The Do Not Call Register is a secure database where individuals and organisations can register, check or remove their Australian telephone, mobile and fax numbers to opt out of receiving most unsolicited telemarketing calls and faxes.

-Registration is free and you only need to do it once.

-Once registered, a number will stay on the register indefinitely unless the number owner or their representative removes the number.

You can call the Do Not Call Register contact centre on 1300 792 958 from Monday to Friday, between 8.30 am and 5.00 pm, or alternatively find more information online at <https://www.donotcall.gov.au/>

**ELDER ABUSE
PREVENTION UNIT**

1300 651 192



**BOB GOULD
FABRICATIONS**

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

Phone: (07) 4783 2300

165 Drysdale St, Ayr Q 4807

Email: sales@bobgouldfab.com.au

www.bobgouldfabrications.com.au



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
8am

Phone Lynette 47 831735
or Don 47 836627

Plantation Park, Ayr
Ayr State School P&C
Phone 47 903333

Sunday 7th September
8am Ayr State School
Sunday 21st
September 8am VVAA
Sunday 5th October
8am Ayr State School
Sunday 19th October
8am VVAA
Sunday 2nd November
8am Ayr State School
Sunday 16th
November
8am VVAA



- 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 *"Join your Local Club Today"*
- www.ayranzac.com
- Ph: 4783 1283
- Fax: 4783 5178



CARPET • VINYL • RUGS • INDOOR OUTDOOR

Gary & Therese Puddefoot

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

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

-The prevalence of daily smoking and insufficient physical activity will continue to fall through to 2032, however, overweight and obesity will likely continue to rise.

-Hospitalisations for conditions such as COPD and coronary heart disease are forecast to decrease over this period whereas hospitalisations for mental and behavioural disorders and injuries will increase, making up a higher proportion of all hospitalisations.

Sourced from Queensland Chief Health Officers Report
<https://www.choreport.health.qld.gov.au/>



Queensland Seniors Month

October
2025

OCT

8

Burdekin Men's Shed
Cuppa, Chat and Chew
9am-12pm 155-157 Young Street, Ayr
RSVP 0417 401 303
charlesford@iinet.net.au

OCT

14

Little Leaves Nursery
\$10 Coffee and Cake Morning
9am-11am 98 Drysdale Street, Brandon
Bookings 4701 2904

OCT

14

QCWA Ayr Branch
Morning tea-Cup of tea or coffee and scones
Starting 9.30am
117 Young Street, Ayr

OCT

14

Burdekin Bocce Club
Free Open Day Watch or Play
3pm-5pm International Drive, Ayr
RSVP to Regina 0408 728 576

OCT

16

BCA Seniors Day Out
Bus Road Trip
9am - 2pm Pre book your spot at the BCA
Support Centre at 130 Queen Street
Phone 4783 3744

OCT

18

Lower Burdekin Landcare
Come and Try Volunteering Day
8am-11am 57 International Road, Ayr
Enquiries phone Deb 0407 333 927
secretary@lowerburdekinlandcare.org.au

OCT

21

BCA Get Online Week
Free Info Tech and Sausage Sizzle
9.30am-12pm 130 Queen Street, Ayr
Phone 4783 3744

OCT

30

Burdekin Shire Council
Seniors Month Expo and Luncheon
10.30am Burdekin Memorial Hall
77-79 Ninth Avenue, Home Hill
Pre-purchase tickets via the Burdekin Theatre website
or by calling 4783 9880

Flyer created by Burdekin Community Association

SENIOR



DAY

OUT

THURSDAY 16TH OCTOBER 9:00am-2:00pm

Join us for a Bus Road Trip

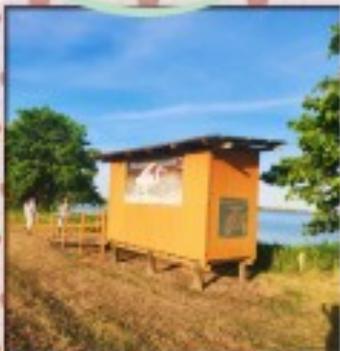
Pickup & Drop Off Plantation park Carpark

**1st Stop- Horseshoe Lagoon
Conservation Park**

**2nd Stop- Giru Bowls
& Recreation Club**

**\$15
Per Person
Includes
Lunch**

**Drinks
Available
\$5 Games
of Bowls
Not compulsory**



SAVE THE DATE TUESDAY 21st OCTOBER 2025 to Be Connected and Get Online Week.

This year we are holding a FREE sausage sizzle at the front of the BCA (Burdekin Community Association)

It will be a great opportunity to BYO device and ask all your tech questions.

Get Online Week is about learning to be safer and more confident online. An opportunity to get free friendly help to improve your digital skills and learn how to be connected.

1. Learn how easy it is to connect with family, either via messenger, or facetime.
 2. Learn how to avoid scams.
 3. Learn how to receive, send messages and emails,
 4. Learn to take photos and save photos in your gallery.
- If you want more, you can learn how to pay bills online, online shopping & banking, store photos online, research family history, surf the internet, book medical appointments, Bpay, Facebook, and so much more.

Come along and bring all of your digital questions and concerns to our team who are always happy to help.

HOPE TO SEE YOU THERE

Rita Quagliata
Service Manager
Volunteer Service

 **get
online
week**



Burdekin Community Association Inc.

**Burdekin Community Association
invites you :-**

**“FREE INFO TECH
SAUSAGE SIZZLE”**

**An opportunity to BYO device and ask
us all your tech questions whilst
enjoying the free sausage sizzle.**

On Tuesday 21st October, 2025

9.30am to 12pm

All happening out front of BCA.

**Call Rita Quagliata at BCA 47833744 if you wish to
make a one on one appointment.**

Get Free and friendly help to improve your digital skills and learn how to be connected. Learn how easy it is to connect with family, either via messenger, or facetime. Learn how to avoid scams. Learn how to send messages, send emails, take photos and save photos in your gallery. If you want more, learn how to pay bills online, online shopping & banking, store photos online, research family history, surf the internet, book medical appointments, Bpay, Facebook, and so much more.

Come along and bring all of your digital questions and concerns to our team who are always happy to help.

HOPE TO SEE YOU THERE

Get Online

Get Connected Sausage Sizzle

www.getonlineweek.com/aus





4th-12th October 2025

Connect for mental health



CUPPA, CHAT AND CHEW. 8th OCTOBER 2025

This event will be combined with the Men's Shed contribution to the Qld. Senior's Month activities.

Where: **Burdekin Men's Shed Association Inc.**
Located at: 155-157 Young Street Ayr Qld 4807

Program:
9.00am -10.00am Morning tea
10.00am-11.00am Guest speaker/s
11.00am- 12.00pm Sausage sizzle

Admission Free: RSVP to attend. Contact Mobile 0417401303
by Monday 6th October 2025 or email charlesford@iinet.net.au



COME AND TRY VOLUNTEERING AT LOWER BURDEKIN LANDCARE

Lower Burdekin Landcare would like to invite all seniors with a passion for gardening to come and try volunteering with us. We are holding a come and try day on October the 18th 2025 at our Landcare Nursery, located at 57 International Road between 8-11am.

This day will provide all prospective volunteers with an insight into the daily tasks that are conducted at Landcare, from different propagation techniques, mixing different soil types, weeding, pruning, potting up and much more. They will also get

to interact with our amazing long-time volunteers and hear about why they enjoy coming to Landcare.

We will be providing a sausage sizzle, morning tea and refreshments at 9.30am in the day. Charlie Scuderi will be there with the Sweet FM can to conduct interviews and produce his show from our carpark. We hope to see you there.

Please contact our secretary Ginett on secretary@lowerburdekinlandcare.org.au or call me Deb, on 0407 333 927 if you would like any further information regarding this event.

Deb Calligaro



Lower Burdekin
Landcare

QCWA AYR BRANCH

TUESDAY, 14TH OCTOBER
117 YOUNG STREET, AYR

YOU ARE INVITED TO CELEBRATE WITH US,
SENIORS MONTH

MORNING TEA
Cup of Tea or Coffee and Scones
Starting 9:30 AM



Entertainment
Prizes & Giveaways
Roast Lunch & Dessert
Information Stalls
Regis Bingo

Senior's Expo & Luncheon

Burdekin Memorial Hall
Home Hill

\$15 per person
THURSDAY | OCT 30 | 10:30AM

Tickets must be pre-purchased via the Burdekin Theatre.
Visit the box office, online at burdekintheatre.com.au or phone 4783 9880.
Please note any dietary requirements at time of booking.

Mark Your Calendar!

Circle the date and get ready to join in the fun that promises laughter and lasting memories. Whether you come for the music, the food or the community spirit, this is the event where everyone belongs.

We can't wait to see you there!

"Viva La Italia"

Friday 26th September 7.30pm

Saturday 27th September 1.30pm

Sunday 28th September 1.30pm



The Vault - 83 Ninth Avenue

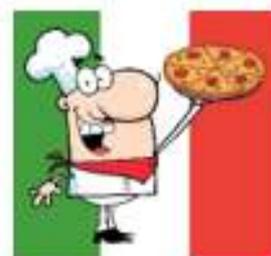
Tickets available \$35

Entertainment and light refreshments

Book now!

Erin Brennan

0428 822 091



COMING SOON TO THE
Burdekin Theatre

Viva
PAVAROTTI
Burdekin Theatre
SUNDAY 14 SEPTEMBER 2025 | 3:00PM
TICKETS FROM \$40.00 - \$49.00



Wonder
by Little Red Company
WEDNESDAY 15 OCTOBER 11:00AM
Tickets \$15.00
Includes Complimentary Morning Tea from 10:00am



ABBA THANK YOU FOR THE MUSIC
"THE ULTIMATE PERFORMANCE"
FRIDAY 24 OCTOBER 7:30PM \$55.00 - \$74.00



JIMEOIN
PANDEMONIUM
BURDEKIN THEATRE 20 NOVEMBER 2025
TICKETS FROM \$64.00 - \$69.00



Want to see what's on?
SCAN HERE



FOR BOOKINGS OR MORE INFORMATION CONTACT
Burdekin Theatre Box Office (07) 4783 9880
www.burdekintheatre.com.au

Jetstream
HOUSE WASHING

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

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

GROVES AND CLARK
SOLICITORS

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

AYR
Ph: 4783 1577

Community Bank
Home Hill and Ayr

Building better communities

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

Bendigo Bank

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

ASPIRE
BUSINESS SOLUTIONS QLD

Empowering businesses to be successful

- Bookkeeping /Accounting
- Cash Flow Forecasting
- Farm Accounting
- Payroll Services
- Rental Property
- Succession Planning
- SMSFs
- GST
- Strategic Planning
- Taxation
- Trusts

Formerly **FAHEY & WALSH**
CERTIFIED PRACTISING ACCOUNTANTS
ESTABLISHED 1927

144 Queen Street, Ayr
Tel. 07 4783 2444 • Fax. 07 4783 3984
admin@faheywalsh.com.au
www.faheywalsh.com.au

CPA
Fahey & Walsh is a CPA Practice

xero

Aspire Business Solutions QLD Pty Ltd
t/as Fahey & Walsh is a Corporate
Authorised Representative No. 126 8523 of
BMIF Advisers Network Pty Ltd
ABN: 64 155 907 681 AFSL: 430062 www.sbn.com.au
Authorised for the provision of superannuation advice only.



Burdekin's Biggest Garage Sale



**08 NOVEMBER
15 NOVEMBER**

**8:00AM TO
12:00PM**



**Ayr Showgrounds
Hall**

Find out more at
garagesaletrail.com.au

FUN DAY TUESDAY BOWLS AT THE HOME HILL COMMUNITY SPORTS CLUB INC



WHERE: HOME HILL COMMUNITY SPORTS CLUB -
87 NINTH AVENUE HOME HILL

CONTACT: 0468 313 115

WHEN: STARTING TUESDAY, 1ST JULY 2025

TIME: FROM 10:00 AM ONWARDS

WHO: OPEN TO EVERYONE 16 YEARS AND OLDER

JOIN US FOR A RELAXED AND FRIENDLY DAY OF SOCIAL
BOWLS AND CONNECTION WITH COMMUNITY!

WHETHER YOU'RE A SEASONED PLAYER OR JUST
CURIOUS TO TRY, COME ALONG AND BE PART OF THE
FUN. BRING A MATE OR MEET NEW ONES!

NO EXPERIENCE NEEDED - JUST A SMILE AND A SENSE
OF FUN!

GOLD COIN DONATION

**Grand
Parade**

Saturday
8 November 2025
5pm
Eighth Ave, Home Hill

Burdekin Uniting Church Craft Spectacular Markets

Sat 29th November 9am - 2pm
 Home Hill Memorial Hall
 PO Box 95 Ayr 4807 Ph / Fax (07)4783 2251
 E: burdekincraftspectacular@gmail.com

Burdekin Craft Spectacular Markets return in 2025. This year this amazing event will again be brought to you by the Burdekin Uniting Church on Saturday 29th November at the Burdekin Memorial Hall, Ninth

Avenue, Home Hill from 9am to 2pm.

Entry fees are \$5.00 each. **Please bring cash for entry fees.** Group bookings of ten or more are available at a discounted price which will include morning tea. Group Bookings must be made in advance by email.

Children under twelve are free.

There will be a huge array of stalls displaying the amazing talent of the residents of the Burdekin and surrounding districts.

There will also be free demonstrations running throughout the day, a Children's Treasure Hunt (each child participating will receive a prize) and food will be available in the beautiful Dining room with the ever-popular High tea trolley tempting you with incredibly delicious treats.

A Cake stall alongside a book stall will also be operating on the day.

Come along with your family and friends including the male members, because there is plenty to interest them too. Check out our extensive range of stalls and share a beautiful dining experience with homemade quiches, cakes, and the high tea trolley delights.

The Burdekin Craft Spectacular Markets are the perfect place to purchase Christmas gifts for family or friends or to purchase something special for yourself.

Adults and children are invited to show their creative talents and enter our competition to hand make a model village or small-town building. All the buildings will be placed together in a diorama as a village or small town and will be displayed in the foyer as you enter.

Entries should be shoe box size or smaller and can be of any medium e.g. cardboard, wood, plasticine, clay, paddle pop sticks, or even edible gingerbread. The buildings may be heritage, modern or fantasy in design.

Examples are a Post Office, Church, School, Fire Brigade, Ambulance, Shops, or houses.

Entry fee is \$2, and all entries will be on display in the hall on the day. Entries will be judged by the public by a gold coin donation. Your \$2 entry fee will be the first vote for your entry. All money raised from this competition will go towards supporting our local Burdekin School Chaplains. The most popular entries Senior and Junior will receive a prize. Entries should be brought to the Memorial Hall

between 3 and 7pm on Friday 28th November so we can assemble the diorama or by 8am at the latest on the day.

Any inquires please email burdekincraftspectacular@gmail.com
 or ring Judy Berryman on 0428 877 883.

A Community event proudly brought to you by the Burdekin Uniting Church.

Showing & Telling the Good News of Jesus





International Volunteers Day is celebrated globally on December 5th each year.

It is a day that offers a chance to acknowledge and celebrate the remarkable achievements of volunteers and to reflect on the impact of volunteerism on society.

Volunteering not only strengthens communities but also fosters unity by bridging cultural and social divides.

Volunteering empowers individuals and inspires collective action, proving how even small efforts can lead to transformative change. Every small act of kindness is a step toward a better world. As we serve others, we discover a joy and fulfillment within ourselves.

Celebrate the power of giving this International Volunteer Day and sign up and volunteer.

Burdekin Community Association Volunteer Service will acknowledge

INTERNATIONAL VOLUNTEERS DAY.

On FRIDAY 5TH DECEMBER 2025, THE BCA BALCONY ROOM at 10.30AM.

BCA PROUDLY RECOGNISES OUR VOLUNTEERS OUTSTANDING COMMITMENT, GENEROSITY AND PASSION.

Thank you for making a difference in your community.



Happy International Volunteer Day!

Burdekin Social Opportunities



Ayr Amateur Anglers Fishing Club

Ayr Anzac Club, Ayr
Every second Thursday 7.00 pm
Ph. Kevin Richards 4783 3756

Old Time Dancing

St Helen's Anglican Church Hall, Home Hill
Every Saturday 8.00 pm to 11.30 pm
Ph. Jim and Pam 47821177

Crochet Group

Burdekin Neighbourhood Centre
40 Chippendale Street, Ayr
Monday afternoons 1pm to 5 pm
Ph. 4783 4243

CWL Home Hill Card Mornings

Catholic Parish Hall, Home Hill
Every second, third and fourth Thursday
9.00 am to 12 noon

Burdekin Bocce Club Inc.

International Drive, Ayr
Weekly social games SUNDAY 3.00pm -
5.30pm
Phone: Club house 4783 3815 /
Regina 0408 728 576

Burdekin Friendship Club

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

Brandon Senior Citizens

Old Renown Theatre, Brandon
Meets second Friday of the month
9.30am
Phone: Terry 4782 5224

Local Ambulance Committee Bingo

Anzac Club, Ayr
Every Tuesday 9.30 am
Ph. Marilyn 0409825236

Ayr & District Orchid & Allied Plants Society

Q.C.W.A. Hall, Young St, Ayr
First Sunday monthly 2 pm
Ph.: Sharon Kenny 4782 5116 or
Violet Kachel 4783 4388

Friends and Neighbours Handicraft Home Hill Community Sports Club (ex Bowls Club)

Every Wednesday 9.00 am
Ph: Rosalea - 0427 804 129

Burdekin Dementia Support Group

First Tuesday of every month, 10am
Burdekin Neighbourhood Centre,
40 Chippendale Street, Ayr
Phone: 47834243

Mahjong

Burdekin Neighbourhood Centre
Every Monday—1pm
Ph. 47834243

Home Hill Choral Society Inc.

81 Ninth Avenue, Home Hill
Practice: Wednesdays 7 pm
Ph. Cheryl Platt - 0407 752 452

Queensland Country Women's Association Ayr

Q.C.W.A. Hall, 117 Young St, Ayr
1st Wednesday of the month at 3.30pm
Phone: 0408 835 503

Burdekin Men's Shed Association

155-157 Young Street, Ayr
Meet & greet sessions Mon, Wed, Fri & Sat
8.30am-11.30am,
Meetings 3rd Saturday of each month 10am,
Phone: Charles 0417 401 303

SAGE Social Activities Group for Everyone

Uniting Church Hall, Mackenzie St, Ayr
Every Monday (10am—12noon)
Margaret Thorne 0459 365 424

Burdekin Machinery Preservationists

Brandon Heritage Precinct
Meeting held last Monday monthly 7.30pm
Ph. Bruce 0427825197

Burdekin Woodcraft Association Inc

30 Little Drysdale Street, Ayr
Open days: Wed. 9am. Sat 9am.
Ph. Merv Mohr 0409 834156

Burdekin Laurel Club

Ayr Anzac Club, Ayr
Third Friday Monthly 9.30 am
Ph. Linda 0409 246 644

The Home Hill Lions Club
Meets at the Crown Hotel on the second and
fourth Mondays of each month

Burdekin Support Group of Parkinson's QLD

Last Friday of every month, 10am
Burdekin Neighbourhood Centre,
40 Chippendale Street, Ayr
Phone: 47834243

QCWA Bingo

CWA Hall 117 Young Street, Ayr
Friday Eyes down 9.30am
Sunday Eyes down 7pm

Burdekin Roadrunners & Walkers

Phone: Tony Felesina 4783 4016 /
0417 643 269

Burdekin Gem and Mineral Society Inc.

Clubhouse, 86/88 Graham Street, Ayr
Ph. Allan 0497 828 983

Burdekin Senior's Computer Club

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

Burdekin Art Society

154 MacMillan Street, Ayr.
Every Tuesday from 9.30 am.
Ph. Louisa—0448 509 927

Burdekin Patchwork and Quilters Guild

QCWA Hall, Young Street, Ayr
9.30-3.00 on 1st; 3rd; 5th Saturdays
monthly
Ph. Robyn 0448 544 656

Burdekin District 4WD Club Inc.

Meets Burdekin Neighbourhood Centre.
1st Tuesday of the month at 7.30 pm.
(Except December)
Ph. Ross 0429 142 800

Burdekin Artisans Community Assn.

'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.

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.



To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their baby.

To reduce the risk of injury and other harms to health, children and people under 18 years of age should not drink alcohol.

Sourced from Australian Alcohol Guidelines revised | Australian Government Department of Health, Disability and Ageing



Protecting your legacy

It becomes increasingly important, as we grow older, to ensure our wishes are respected and our loved ones are cared for. Creating a will is one of the most effective ways to make sure your assets are distributed according to your desires and to provide peace of mind for both you and your family. Whether you have a modest estate or significant holdings, having a clear, legally binding will can prevent confusion, reduce stress, and protect your legacy.

What is a Will?

A Will is a legal document that explains what a person wants to happen to their belongings and responsibilities after their death.

Why do I need a Will?

You've spent a lifetime building memories, relationships, and a legacy. A Will ensures your wishes are honored, your family is protected, and your estate is handled the way you choose—not the courts. From passing down treasured possessions to naming guardians for grandchildren or supporting a favorite charity, a will gives you control and peace of mind. It's not just paperwork—it's a final gift of clarity and care for the ones you love.

What happens if I pass without a Will?

If you pass without a Will, the law decides who gets your money, home and belongings. This may cause arguments within the family and can take longer to settle your estate. If you have children, the court also decides who takes care of them. A Will makes things easier and clearer about your wishes.

Wills vs. Trusts—Which one do I need?

A Will is a legal document that spells out how you want your property, money, and belongings distributed after you pass away. It can also name guardians for minor children or pets and appoint someone (an executor) to carry out your instructions.

A Trust is a legal arrangement where one person (called the **trustee**) holds and manages money, property, or other assets for the benefit of someone else (called the **beneficiary**).

Think of it like a special container for your assets, set up with rules about how and when those assets are used or given out.

How do I make a will?

For generations, writing a will meant meeting with a lawyer, signing thick stacks of paperwork, and storing it all in a locked drawer or safety



deposit box. But times have changed. Just like banking and bill-paying, wills have gone digital. A digital will is still a legally binding document—but instead of being typed, printed, and stored in a folder, it's created and managed online. Several reputable services guide you step-by-step, asking simple questions about your assets, beneficiaries, and final wishes. When you're done, you can print a hard copy to sign or, in some states, even sign electronically.

Sometimes your family lawyer, solicitor, financial planner, or trusted relatives can help guide you through the process.

Australian Seniors provides a free downloadable legal will kit, which includes easy-to-understand instructions to help you prepare your own will.

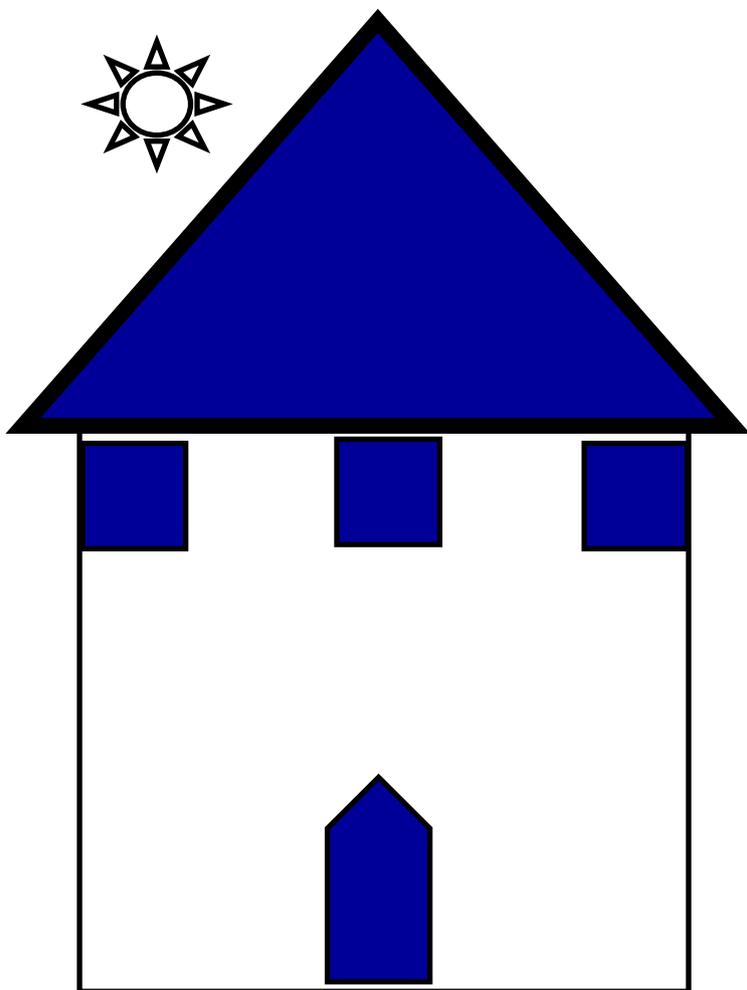
The Burdekin Neighbourhood Centre offers free legal advice sessions with local solicitors on the first Tuesday of each month. To make an appointment, contact them at (07) 4783 4243. Queensland Public Trustee provides a free will making service - 1300 360 044

Doug was writing his last will and testament in his nursing home. He was surrounded by his wife, his three daughters and his nurses. Slowly he went through each family member and told them what they stand to inherit after he has passed away.

"My daughters, each of you will take my offices in the city, my apartments in the east end and the Mayfair houses," he said. Doug then turned to his wife and added: "My darling, you will take all of the residential buildings on the banks of the river."

The nurses had been caring for Doug for several months now and were shocked to discover how much property he owned. One of the nurses, curious to know how he gained all of this property, leaned over to his wife and whispered: "Your husband must have worked very hard to have accumulated all of this property."

Doug's wife looked at the nurse in confusion and replied: "Property? No! The old bugger is leaving us his paper route! - startsat60.com



House break-ins are one of the most common crimes and can occur at any time of the day or night.

By looking objectively at your home security, you can take steps to reduce identified vulnerable spots, and therefore reduce the likelihood of becoming a victim of crime.

Homeowners are often worried about the cost and complications around some security measures.

There are some simple and inexpensive measures you can utilise from around your home, that can assist with

If you hear an offender in the home or if you suspect they are still nearby, get yourself to a place of safety and at the earliest opportunity call police on Triple Zero 000.

If you have information for police, contact [Policelink](#) by providing information using the [online suspicious activity form](#) 24hrs per day at www.police.qld.gov.au/reporting.

Report crime information anonymously via [Crime Stoppers](#). Call [1800 333 000](tel:1800333000) or report online at www.crimestoppersqld.com.au

increasing your security.

- Removing keys from screen doors, making sure the screen doors are locked.
- Place pieces of wood doweling, curtain rods or similar in the window and door tracks.
- Make sure doors are closed and locked before leaving the house or at night.
- If you have a sensor light installed, make sure it works correctly.

Home security system can be affordable and installing CCTV cameras is a good security measures that can greatly reduce the chances of your property being broken into, burgled, or vandalised.

A lot of systems are easy to install yourself and have audible alarms that can be set when you are away from your home or at night.

Having cameras inside your home is an alternative to outside cameras.

This could be as simply repurposing a no longer used baby monitor with the camera facing an entrance door.

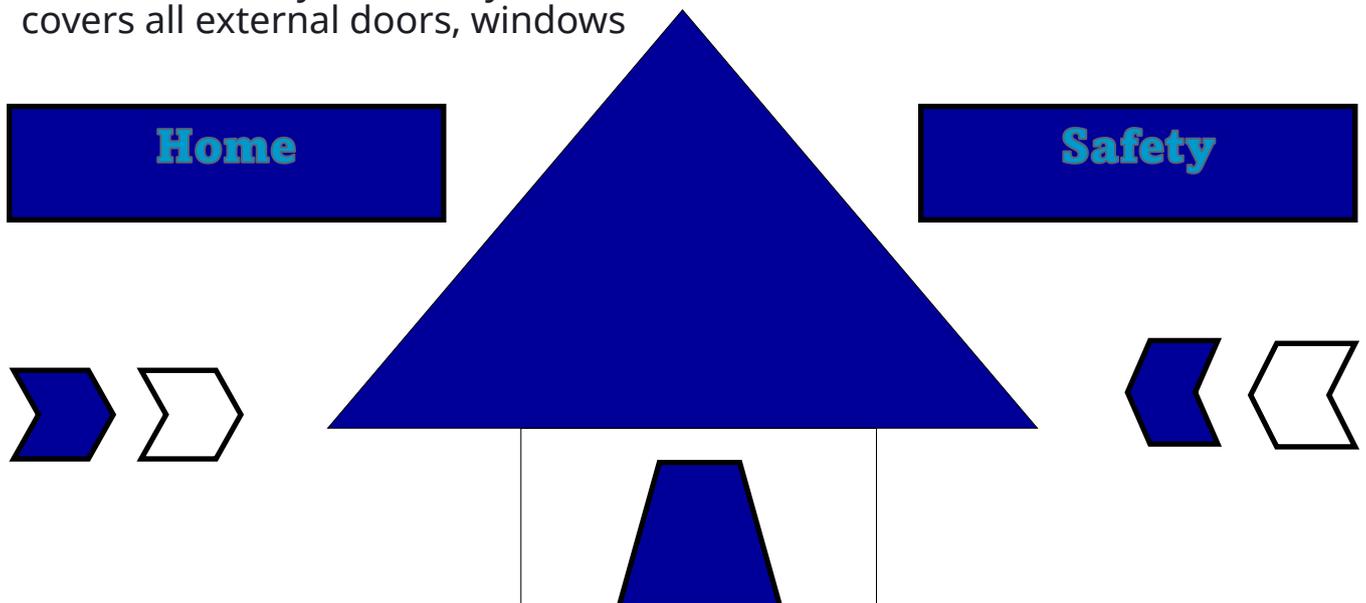
By reviewing your home security measures through the identification of security risks both inside and outside the home, you are in a better position to take appropriate action to correct any problems and to try to deter opportunistic thieves from breaking in.

If you have a CCTV system at your home, or business you can register it, through the [Community camera alliance program](#).



More tips to prevent break ins

- Ensure doors are always locked with a key even when you are home.
- Ensure that all external doors, including your internal garage door, are solid and fitted with quality locks.
- Consider fitting security screen doors, designed and installed to Australian Standards.
- Install a door viewer that allows you to see the person before you open the door.
- Fit secure locks to your windows which meet Australian Standards and never leave the keys in the window lock.
- Ensure security grills and shutters are properly installed and allow an exit in case of an emergency.
- Consider installing an alarm system and security camera system that covers all external doors, windows and garage. Ensure the system is installed to Australian Standards for domestic applications.
- Always ensure car and house keys, mobile phones, handbags and wallets are stored out of sight.
- Ensure trees and shrubs are trimmed to allow visibility into and out of your property and your house number is clearly visible.
- Lock away items of value such as bikes, lawn mowers and garden implements such as ladders. Always keep your garage or shed door closed and locked with a key.
- Consider installing perimeter security lighting including sensor lights.
- Have an emergency evacuation plan and review it regularly.



NATIONAL SECURE YOUR HOME DAY 27—28 September 2025

Review and improve your security by registering to receive a National Secure Your Home Day Kit. The kit includes a home security checklist, evidence based and proactive security measures, property target hardening techniques and other tips to harden your home security.

For further information and to register for your National Secure Your Home day Kit visit secureyourhomeday.com.au

Support for grandparents and non-parent carers of children



centrelink

Grandparent Advisers

Grandparent Advisers provide extra support for non-parent carers, including grandparents, foster carers and kinship carers who have ongoing care for children. They can help you by:

- providing tailored information about payments and support services based on your family circumstances
- arranging appointments for grandparent carers and non-parent carers with specialist staff, including social workers
- arranging referrals to federal, state and community service providers, and
- helping with any other Medicare, Centrelink or Child Support enquiries.

Payments and services

If you're a grandparent or non-parent carer of children and live in the same house as a parent, you may not be eligible for payments. If you're in this situation, you can contact us to discuss your circumstances.

If you're a grandparent or non-parent carer of children, you may be eligible for:

- Family Tax Benefit—to help with the cost of raising children
- Child Care Subsidy and Additional Child Care Subsidy (Grandparent)—to help with the cost of child care
- Medicare payments—to help with health care costs
- Double Orphan Pension—to help with the costs of caring for children who are orphans or who can't be cared for by their parents

- concession and health care cards, including Foster Child Health Care Card—to help with accessing cheaper health care services and medicines, and
- child support—you may be able to receive child support from one or both parents.

You may be eligible for other payments and services. Contact a service officer or a Grandparent Adviser to discuss your circumstances.

We have specialist staff available to provide additional support to your family, including:

- social workers
- Financial Information Service Officers
- Indigenous Specialist Officers, and
- Multicultural Service Officers.

Next steps

For more information about assistance available for grandparents, and non-parent carers, go to humanservices.gov.au/grandparentcarers or humanservices.gov.au/nonparentcarers

To speak to a Grandparent Adviser, call Freecall™ 1800 245 965.



Australian Government
Department of Human Services

humanservices.gov.au

Pensioner Concessions on Rates

Council offers a concession to eligible pensioners who own and occupy their property as their principal place of residence. The Queensland Government also provides a subsidy to approved pensioners. This is equivalent to 20% of the total rates and charges up to a maximum amount of \$200 per annum. This subsidy is paid by the State Government to Council to pass on to approved applicants.

To be eligible for a remission on your rates you must live on the property permanently and be either the sole owner, joint owner, part owner, or life tenant of the property. You must also have one of the following:

A current Queensland Pensioner Concession Card, or

A Department of Veterans' Affairs or a Veteran Gold Card - Repatriation Health Card for All Conditions

To check for eligibility please contact Customer Service or visit us to complete a [Pensioner Rate Concession Application](#) Please note that proof of pension must be supplied at the time of application.

A statutory declaration may need to be completed - please refer to the Application for Pensioner Concession on Rates for more information.

Once you have applied, there is no need to reapply unless one of the following has occurred.

1. You have recently sold your property and purchased another within the Burdekin Shire Council area. Pensioner applications are property specific and cannot be transferred from one property to another.
2. There has been a change to your pension entitlement

Information sourced from Burdekin Shire Council Website—www.burdekin.qld.gov.au



REMINDER
Rates notices
are now issued
half yearly.

Approximate issue
dates are February and August.

Effective 1st July 2024



THURSDAY SEPTEMBER 11th 2025

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.



BURDEKIN WOODCRAFT ASSOCIATION AUGUST REPORT



Well, we had an interesting winter didn't we, with the weather changing it's mind from single digit mornings to a taste of spring, and touches of rain. None of which, of course, stopped activity in our workshop.

As mentioned last time, we were chosen by Ayr Rotary to receive a grant from the proceeds of their annual Norm Perry Memorial Duck Race. This generous donation has now been received, and part of it is being used to modernise our machinery and tools. As well, we also gratefully received a four-figure donation from the Ayr Anzac Memorial Club, which will help us to better serve the community. Many heartfelt thanks to Ayr Rotary and the Ayr Anzac Club for their kindness.

Customer projects are many, and include various cutting boards, an honour board for the Ayr Police Station, and a small and interesting item - a local gentleman is restoring a 1930's model Dodge, and needed an adapter to attach the rear vision mirror to the timber frame around the windshield. This took a little ingenuity to construct, and also trials of various types of timber. A piece of European Ash worked out to be a perfect match for the windshield frame.

Since last report, we have had displays at both the the Sweet Days Hot Nights cane cutting championships, and at the Burdekin Show. Unfortunately, the inclement weather reduced the attendance at the Saturday event of the Sweet Days Hot Nights festival, but almost perfect weather brought a large crowd

for the Burdekin Show. Many thanks to everyone who supported us at these events by purchasing a large quantity of craft items, especially the toys made by two of our craftsmen, and who helped us to make our raffle a success. The winners of the six prizes are mentioned on our Facebook page.

By the time this issue will be available, we will have started our annual squatter's chair raffle featuring our much-admired chair, as well as other prizes. These include an unusual small occasional table made of a dark timber with resin highlights, a display rack designed for matchbox sized toys, but can be used for other small collectible items, and an end grain cutting board of an interesting design. We thank you in advance for your generosity and support when you see us out and about in the usual places.

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

Matchbox toy display



Barrys table



Squatters chair, First prize in the Burdekin Woodcrafts annual raffle.

TAXI SUBSIDY SCHEME

The Queensland Government's Taxi Subsidy Scheme (TSS) subsidises taxi travel for people with severe disabilities—half of the total fare, up to a maximum of \$30 per trip.

For more information call 1300 134 755



DEAF OR HARD OF HEARING

Queensland Fire Department provides funding through the Deaf Connect Smoke Alarm Subsidy Scheme to help Queenslanders who are deaf or hard of hearing to purchase specialty smoke alarms.

To find out if you are eligible contact:
Deaf Connect

Email: smoke.alarms@deafconnect.org.au

Phone: 07 3892 8500

TTY: 07 3892 8501

Information sourced from <https://www.fire.qld.gov.au/>

Dementia Awareness

'Nobody can do it alone' is the focus of this year's Dementia Action Week campaign. Dementia Action Week in 2025 will be held from Monday, September 15 to Sunday, September 21, which includes World Alzheimer's Day on Sunday, September 21. This week is a major campaign led by Dementia Australia to raise awareness and advocate for people living with dementia, their families, and carers.

There are many small actions people can take to create a big difference for people impacted by dementia, their families and carers. With compassion and understanding you can positively change the life of someone living with dementia. Everyday actions can support people living with dementia to remain included, accepted & connected in their own community.

Dementia can happen to anybody, but it is more common after the age of 65.

What are the early signs of dementia?

The early signs of dementia are very subtle and vague and may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss
- Confusion—including forgetting simple words / Using wrong words
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks.

Treatment and management of dementia

At present there is no prevention or cure for most forms of dementia. Some medications have been found to reduce some symptoms. Support is vital for people with dementia. The help of families, friends and carers can make a very positive difference to managing the condition.

There are risk factors you can't control, like getting older, genetics and family history.

Whatever your age, there are simple changes

you can make to protect your brain health and live a long, fulfilling life.

Good nutrition— Try to eat something from the five food groups when you can.

Get a good nights sleep— Sleep plays a major role in brain health. Set a sleep routine, don't take naps to late in the afternoon, Avoid alcohol and caffeine near bed time.

Take care of your heart- Cardiovascular conditions, including high blood pressure and obesity are linked to a higher risk of developing dementia later in life. Get regular health check ups, maintain a healthy weight, stay active and limit alcohol.

Look after your head—Repeated head injuries increases your risk of Chronic Traumatic Encephalopathy (CTE) In some cases, CTE can result in dementia. Some tips to avoid injury to your head are: limit falls by making your house 'trip free friendly', - Secure rugs and electrical cords, be mindful if you have pets that may get under your feet. Install hand rails in the bathroom. Use a walker or cane if you feel unsteady on your feet. Rise slowly from a seated or laying position.

Stay social—Loneliness and depression are linked to a higher risk of cognitive decline. Stay in contact with friends or join local community groups.

Omit or limit alcohol, tobacco and other drugs-can all increase your risk of dementia.

There are support groups available to assist you with this. National Alcohol and other Drug Hotline (ADIS) on 1800 250 015. Quitline offers support to quit smoking 13 78 48.



Dementia Action Week
15-21 SEPTEMBER 2025
Nobody can do it alone
An initiative of
Dementia Australia

Look after your hearing and vision—People with mild hearing loss are twice as likely to develop dementia than those with normal hearing. People with severe hearing loss are up to five times more likely. There's also research suggesting a link between vision impairment and dementia in later life. Avoid loud noise, get hearing and vision checks and wear your prescribed glasses are some strategies to care for your eyes and ears.

Physical and mental exercise – Your body and your mind benefit and get stronger from 'working out'. The Australian Physical Activity and Sedentary Behaviour Guidelines recommend older people aged over 65 do *30 minutes of moderate intensity activity* (Talk to your GP before commencing any exercise program) Enjoy a daily walk or get out in the garden to keep active. Keep your brain healthy by completing crosswords, learning a new language, writing letters or a journal or cooking in the kitchen.

There are APPS available to assist with

BrainTrack is a free app that helps you monitor and understand changes in cognition over time, which you can use to start a conversation with your GP.

A Better Visit is a free app featuring a range of two-player games designed to enhance communication and facilitate positive social interactions between people with dementia and their visitors.

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.

Find more information at Dementia.org.au

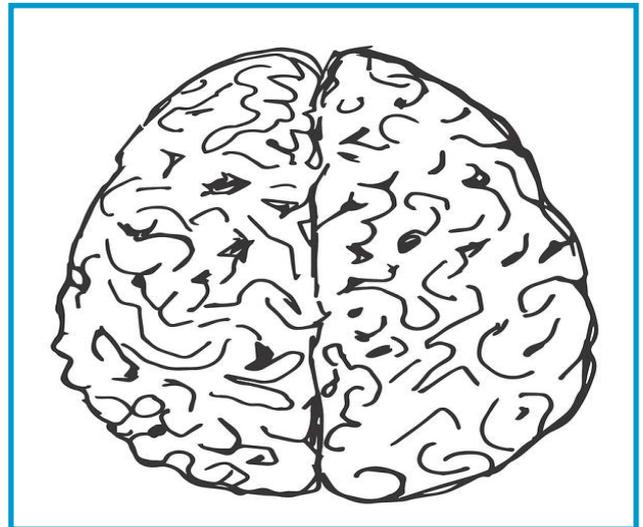
Queensland Statistics:

In Queensland in 2025 there are an estimated 85,200 people living with all forms of dementia. This figure is projected to increase to an estimated 168,300 by 2054 with a projected percentage change of 98%

In 2025 there are an estimated 5,900 people living with younger onset dementia. This figure is projected to increase to an estimated 8,300 by 2054 with a projected percentage change of 41%.

Australia Statistics

Australia – All forms of dementia In 2025 there are an estimated 433,300 people living with all forms of dementia. This figure is projected to increase to an estimated 812,500 by 2054 with a projected percentage change of 88%.



Local Dementia Support Group:

1st Tuesday of each month at
Burdekin Neighbourhood Centre
10am to 12pm. For enquiries
phone 47834243.



Burdekin District History

Glenis Cislowski Phone: 4783 3398

AYR COUNTRY WOMEN'S ASSOCIATION OVER 100 YEARS ~ 1923-2025

Queensland Country Women's Association was formed in Queensland 11 August 1922 at Albert Hall Brisbane. The C.W.A was Australia wide. It began in New South Wales in 1922 and by 1936 was in all states and Northern Territory. CWA of Australia officially ceased to operate in early 2022 but individually still operates today. The objects of the Association were broad but included some pacific items.

1. To improve welfare and conditions of women and children in the country.
2. To draw together all women, girls and children in Country Districts.
3. To bring opportunities for recreation and enjoyment within reach of all members.
4. To encourage the active study of Local, Municipal and State affairs and to promote a wise and kindly spirit.
5. To improve educational facilities in the Country.
6. To secure better provision for the safeguarding of Public Health, especially of children, and the securing of more adequate Medical and Hospital facilities for Country Districts.

Mrs. Ruth Beatrice Fairfax was elected as first President. Mrs Fairfax campaigned throughout Queensland for CWA to be in most towns throughout the state. Ayr formed a chapter of CWA at a meeting held in the Shire Hall August 1923. Present were Mesdames C.R. Crofton (President), L Gielis (Secretary), A. V. Loram, L Smith, N. Fielding, F.A.J Neal, F Clark, Coombes, C Oakes, D. Edwards, W Mytton, A.A. Shann, M. Macmillan, Frith, H.A. Wellington, E.T.

Duggan, Ritchie, W. Jackson, A Stewart, Ferguson, Meakens, J. Dossetto, and the Misses Lynch, J. Paine, I. Rayward, M. McAllister, L. Paine, N. Bates, and Miss Burke.

In 1924, the CWA ladies had raised money to commence the building of a dressing shed at Lynch's Beach and to hold a coin evening at an early date. The local CWA decided to erect a rest room at the Annual General Meeting March 1927, on the corner of Young and Munro Streets near the centre of town. The site cost £209 in cash. The old Croquet Club had donated a shed to the CWA but it was no use to them and they sold it back to Ayr Shire Council for £10.00. Mrs Linsley Smith was elected as President with Mrs Franklin, Oats, D Edwards, and Campbell as Vice Presidents, Treasurer Mrs E. T. Duggan Treasurer and Mrs F Julin Hon Secretary. Mr R W Edwards and Miss G Lynch were appointed trustees for the site of the proposed rest room. By June 28th of that year, the Ayr CWA had held a stump capping ceremony on the CWA rest Rooms. Mrs Fairfax (State President of the CWA) was honoured to performed the ceremony of capping the first stump which was met by a guard of honour, composed of the Girl Guides and Boy Scouts. The building was to be built of fibrolite, and will be the first fibrolite building in the town of Ayr. Mr Rennie was the contractor; the architect was Mr Smith of Ayr. Mr Ruddy was the Honorary Solicitor. A fee of £2/2/- (2 Guineas) was to be the necessary o cap a stump. The Boy Scouts considered that all the good work that the CWA did, they would subscribe £3/3/- . .



CWA Ladies Brandon

Also, on that day Ayr had the honour of flying the first CWA flag in Queensland which they presented to Mrs Fairfax. The local membership was 114. Mr C H Crofton (President of Pioneer and Kalamia Mill Suppliers Association along with acting Chairman of Ayr Shire Council Cr R W Edwards were speakers

The official opening of the Ayr Rest Room took place on September 24th 1928. The delightful building built on the corner of Young and Munro Street was well shaded with big trees, cost £563. To erect without improvements (such as electric light installation and a concrete footpath) The building was fibrolite with a red and black tiled roof.

There was a twelve foot veranda which was latticed in with Aerolux Blinds. Whilst the club room was fitted out with a comfortable kitchenette and electricity throughout

The official opening was conducted by the Shire Chairman, Mr H. Barsby, who was introduced by Mrs Franklin the President. Mrs Franklin extended welcome to any visiting delegates. Mr George Neilson spoke along with Rev. E G. Gray (Presbyterian) and the guests were entertained by Mrs W.T. William,

Mr Chich, Mr W Govan, Mrs Mason Heatly, Mrs Crees, Miss E Jeffrey and Miss O'Sullivan's Orchestra. By the end of November 1928, the debt was cleared.

The rooms were available for country women to have a place of rest and by 1932 the room were used two days a week for a baby clinic. Present membership at that time was 70 members. The princely cleaning figure was 2/6 weekly. Sometime in the 1930's a Younger Set had formed. This Younger Set of the CWA had successfully sponsored a local branch of the Comfort Fund. The Ayr CWA Silver Jubilee was celebrated November 10 1948, with the Shire Chairman, Cr McCathie congratulating the branch on their twenty-five years to the district.

In September 1951 QCWQ Ayr Branch had remodelled the Rest Home again at the cost of £790. It was opened by The Ayr Shire Chairman, (Mr C G. McCathie M.L.A) at a special afternoon and fete attended by about 200 guests.

In 1959 CWA raised money and land for a CWA Students Hostel on the Corner of Chippendale and Wilmington Street near the Ayr Hospital, was officially opened by Department of Education Saturday 24 October. Buildings were purchased in 1958 to provide accommodation for outside country students to study for Junior and Senior's education. The total cost of purchasing equipping the Students Hostel £17,500. (£ for £ subsidy from the Government. The Regional Inspector of Schools, H. G. McCarthy, Mrs H Spottiswood was the President of the Burdekin Division of C.W.A. Came 1964 and the Iona State School on the Home Hill side of the River was sold and shifted to the CWA Hostel. In 1982, the hostel was still being used by ladies waiting to have their babies and relatives of very sick people in hospital. .

Continued over page

By the time 1985 came round, the QCWA Hostel was remodelled where one block was converted to four semi self-contained units with cooking facilities and other section had rooms only. People could rent a room as a place to stay. Today IComply operates out of these buildings

The Ayr QCWA in Young Street is still in operation today as is the Giru QCWA Branch which began Tuesday 28 June 1927.

Other CWA branches operated within Lower Burdekin Region. **Rita Island** CWA branch was operating in 1926. **Brandon** CWA began in 1943 **Rossiter's Hill** had a branch which

opened about 1962 off Old Home Road, and purchased the old McDesme State School, situated at Honeycombe Street and Laurence Crescent, Rossiter's Hill,. **Clare** CWA branch began in 1950 in the Irrigation Water Supply Commission Mess Hall. **Millaroo** branch CWA began in 1957 **Home Hill CWA** began on August 11 1926 and after 73 years folded in 2003.

In Home Hill, the CWA decided to build a Rest Room. It was attached on the northern side of the Memorial School of Arts in 9th Avenue. The veranda (60 x 14feet) with a

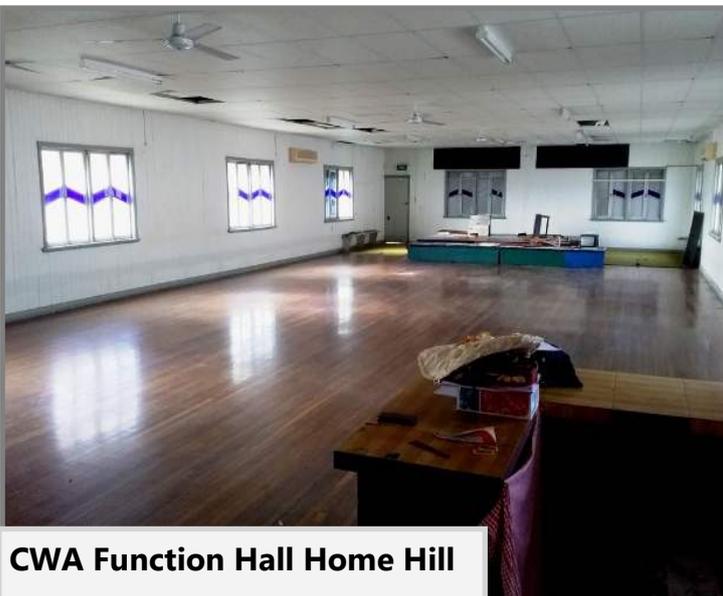


CWA Ladies Young Street, Ayr

kitchenette (21 by 14feet) was enclosed with 9 pairs of casement windows. There was an inside door which could be opened into the main Memorial School of Arts building. Woodward's built the hall and opened in November- December 1935. Mrs Stockdale was the President. The CWA used this attached hall until 1954 when a new CWA building was erected next door. This new CWA building was used by the Home Hill Choral Society until June 2020, their last show in December 2019. The Home Hill Choral Society bought the Commercial Bank Building in 8th Avenue, in 2019, known as **The Vault** where they performed their first performance in March 2020. Over the years many weddings and events were held. Down stairs at the front of the building the Baby Clinic was held.

The local QCWA were there for Baby Health Clinics, feeding stranded passengers from trains in times of flood and war times. An affectionate name for QCWA ladies were also known as The Queensland Chin Waggers' Association.

Glenis



CWA Function Hall Home Hill

Staff with 10+ years of service with Burdekin Community Association

25

Debra
Cochran

22

Rosemaree
Linton

22

Beth
Pearce

21

Rita
Quagliata

18

Debbie
Moffat

12

Julie
Kupke

12

Rebecca
Grogan

10

Kathleen
Brennan

10

Kylie
Lennox



Current volunteers with 10+ years of service with Burdekin Community Association

28

Majella
Meehan

24

Brian
Soroan

11

Geraldine
Chandler

*Thank
you*

10

Loris
Bradley

10

John
Furnell

10

Treana
List

10

Gladys
Sgarbossa

If you love fishing, you could be eligible for a discounted **Annual Fishing Permit**.

Who qualifies?

You may get the discount if you hold one of these cards:

Queensland Seniors Card
Pensioner Concession Card
Health Care Card
Repatriation Gold Card

Enjoy the outdoors and save a little too!

With Barramundi Season ending in October, perhaps it's time to squeeze in a little fishing. Barramundi fishing in the Burdekin offers seniors a wonderful opportunity to enjoy some light exercise in the outdoors, whilst potentially catching one of Australia's most iconic fish. Whether it be fishing from the waters edge of Alva Beach, the banks of the Burdekin River or in the boat at one of the local creeks, there are plenty of places to choose from.

The benefits of fishing are many, such as stress reduction, connection with nature and mindfulness.

Fishing can also be an opportunity for social engagement, with the chance to join in local fishing clubs, organize a group outing or a family get-together.

Fishing has physical health benefits as well, as it promotes gentle exercise, including improving hand-eye coordination and enhancing balance. Don't forget the use of the arm muscles as you pull in that big one, that hopefully doesn't get away!

To help ensure the day is a peaceful one, don't forget to pack the mozzie spray, sunscreen, wear a hat and weather appropriate clothing.

From the very early days where fishing was more about survival to the modern days, where fishing has become an enjoyable and popular sport, the benefits of eating your catch, remain the same.

Along with being high in nutrients, some evidence suggests that fish and omega 3 acids may protect against age-related macular degeneration (AMD), a leading cause of vision impairment and blindness in older adults. For seniors who have digestive issues or trouble with chewing, fish is soft and flaky, which may assist with both of these.

The high content of omega 3 acids, is known to support heart and brain health, improve cholesterol levels and lower blood pressure.

Fish like salmon, mackerel, herring and sardines are a good choice for this added benefit.

So, whether you like your fish grilled, baked, crumbed, in a stew or soup or even in a taco, having a day out on or near the water reaps great benefits.

May you not come home with a 'one that got away' story!

FISH CAKES

Serves 8 fishcakes

Large non-stick frying pan

Large non-stick saucepan

Colander

Slotted spoon

Mixing bowl

Potato masher

- 500 g **white fish fillets**, skinned, Rockling or similar

- 3 **bay leaves**

- 150 ml **milk**

- 150 ml **water**

- 500 g **potatoes**, peeled and roughly diced

- ½ tsp **lemon zest**

- 2 **spring onions**, finely chopped

- 2 tbsp **parsley**, finely chopped

- 200g **tartare sauce**, see recipe (1 batch)

- **sea salt**, to season

- **black pepper**, to season

- 50 g **plain flour**

- 1 **egg**, lightly beaten

- 150 g **breadcrumbs**

- **Vegetable oil**, for shallow frying

- Lay the fish in a large frying pan with bay leaves, milk and water. Cover and bring to the boil, then lower the heat and simmer for 4 minutes. Remove from the heat and let stand, covered, for 10 minutes to gently finish cooking the fish.

- Meanwhile, place the potatoes into a pot of boiling salted water and simmer until just tender. Drain the potatoes in a colander, allowing them to stand in the colander for a few minutes to dry out. Then return the potatoes to the pot and mash to a fluffy consistency.

- Lift the fish out of the milk with a slotted spoon and set aside on a plate to cool slightly.

- Transfer the potatoes to a large mixing bowl and add 2 tbsp of the tartare sauce, the lemon zest, spring onions and parsley. Season with salt and pepper to taste.

- Drain off any excess liquid from the fish and, using your hands, roughly flake it into the potato mix. Continue to gently mix using your hands until the fish and potatoes are roughly combined. Set aside to cool to room temperature.

- Prepare a crumbing station using 3 bowls – one each for the flour, beaten egg and breadcrumbs.

- Divide the fish mixture into 8 portions and carefully shape into cakes about 3cm thick. One at a time, roll in the flour then dip into the egg to coat. Finally, place into the breadcrumbs and press gently to coat on all sides. Transfer to a plate, cover and refrigerate for 30 minutes.

- Heat the oil in a large non-stick frying pan over medium heat. Fry the fish cakes for 5 minutes on each side, or until golden and crispy. Serve immediately with the remaining tartare sauce, lemon wedges and a leafy green salad.



FATHERS

DAY

Sunday

7th September 2025



Recipe and picture from <https://southsidekitchen.com/>

2024 BREAST CANCER STATISTICS IN AUSTRALIA

Breast Cancer Network Australia



In 2024, it is predicted that

20,973 women & **221 men**

will be diagnosed with breast cancer. This means that approximately **21,194** people will be diagnosed with breast cancer in Australia in 2024.

INCIDENCE

ON AVERAGE, **58**

people will be diagnosed with breast cancer every day.



The incidence rate of women and men being diagnosed with breast cancer in Australia is increasing.

however the mortality rate from breast cancer is decreasing.

THE RISK OF BEING DIAGNOSED WITH BREAST CANCER OVER A LIFETIME IS

1 IN 7 & **1 IN 556** FOR MEN



Breast cancer is the most common cancer diagnosed in Australia in women. It is estimated that breast cancer will account for approximately **28 PER CENT** of all new cancers in women in 2024.

SURVIVAL



The chance of surviving at least five years (five-year relative survival) has increased from **78 per cent in 1990-1994** TO **92 per cent in 2016-2020**.



The chance of surviving at least 10 years (10-year relative survival) is **87.4 per cent**.

Australia has one of the best breast cancer survival rates in the world.

Increasing survival is due to earlier diagnosis through screening and improved treatments.



In 2020, we estimate there were at least **10,553 PEOPLE** living with metastatic breast cancer in Australia.

We do not know for sure because they are not counted by our cancer registries.

PEOPLE LIVING IN RURAL & REMOTE AREAS, YOUNGER (PRE-MENOPAUSAL) WOMEN, MEN, FIRST PEOPLES & PEOPLE WITH LOW SES STATUS OFTEN HAVE POORER OUTCOMES.

MORTALITY



Breast cancer accounts for **14.1 PER CENT** of all cancer deaths in Australian women and is currently the second leading cause of cancer death in Australian women after lung cancer.

In 2024, it is estimated that **3,272 women** & **36 men** will die from breast cancer. That means **9** Australians die from breast cancer every day.

RISK



THE RISK OF BEING DIAGNOSED WITH BREAST CANCER INCREASES WITH AGE.

APPROXIMATELY **80 PER CENT** OF NEW CASES OF BREAST CANCER ARE IN WOMEN AGED 50 OR ABOVE.

Approximately **5-10 PER CENT** of breast cancers are due to a strong family history or genetic mutation, such as BRCA1 or BRCA2.

THE FUTURE

Given the increasing and aging population, the number of people diagnosed with breast cancer is expected to increase each year.

With **Breast Cancer Month** coming up in October and statistics showing 58 people will be diagnosed with breast cancer everyday, with 9 Australians losing their life to this second most common cancer, it serves as the perfect opportunity for a reminder to look after your health and 'check your breasts!'

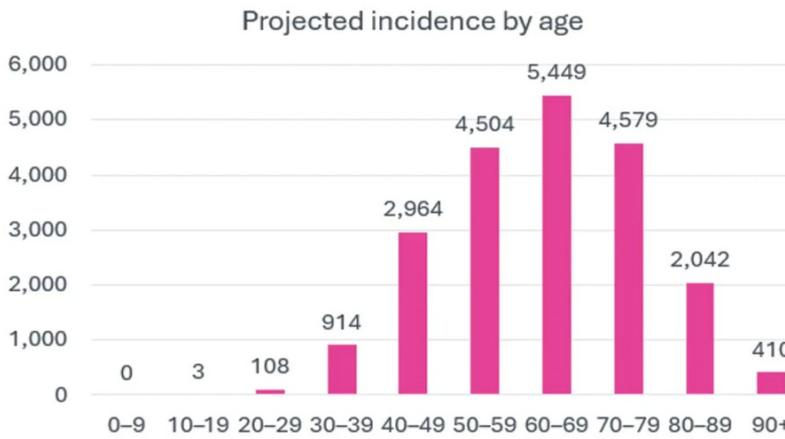
The majority of breast cancer cases, about 80%, occur in women over the age of 50. But breast cancer still occurs in young women, with close to 1,000 women under the age of 40 projected to be diagnosed with the disease. In women, the average age of first diagnosis of breast cancer is 62.

Around 200 men were diagnosed with breast cancer in Australia in 2024, and the majority of these men will be diagnosed after the age of 50. With an aging population, it is likely that the number of men diagnosed with breast cancer will continue to increase.

Everyone's breasts look and feel different. They may be lumpy, different sizes from each other or different shapes. One or both nipples might be pulled in ('inverted'), either since birth or when your breasts developed.

[Australian Institute of Health and Welfare 2024](#)

Try to get used to your 'normal' by doing self-examination regularly. There's no right or wrong way to check. You can:



- Sit or stand in front of a mirror with your arms by your sides, then above your head or pulled back.
 - Feel your breasts in the bath or shower, when you use body lotion or when you get dressed.
- Just decide what you are comfortable with and what suits you best.

When you check your breasts, try to be aware of anything that's different for you.

It's common to hear "I felt a lump" from people who have had a breast cancer diagnosis. A lump is one sign, but there are many other symptoms or warning signs to watch for.

Breast changes may include:

- a lump or swelling in your breast or underarm (armpit)
- changes in the shape or size of the breast
- irritation or dimpling of your breast skin
- pain in any area of your breast that is unusual or ongoing
- an indent (puckering) in part of the breast when you lift your arms
- a rash or red, crusty or flaky skin in your nipple area or your breast
- a change in the shape of the nipple, such as it turning inwards ('inverting')
- discharge from the nipple, other than breast milk

Not everyone has symptoms with breast cancer. Routine screening is important to pick up changes and cancers. See your doctor as soon as possible if you notice a change in your breast.

BCNA's Helpline is a free and confidential service providing information, support and referral to relevant services and resources.. 1800 500 258

Burdekin Breast Cancer/Women with Cancer Support Group

Last Thursday of the month at DalSanto's Deli
Contact Shirley Gilmore

07476 157 571

segilmore@westnet.com.au

<https://www.bcna.org.au/services-and-support-groups/services-data/burdekin-breast-cancerwomen-with-cancer-support-group/>

With September to April, being the warmer months where snake sightings are more common, they can occur all year round. Queensland is home to over 120 species of snakes, both found in the land and in the ocean. Some snakes bites may not show immediate symptoms. All snake bites, regardless of the type of snake, should be treated as a medical emergency. If you believe you, or someone around you has been bitten, ensure to act quickly.

***Snake season in Queensland**

Snakes are most active in the warmer months, typically from September to February, but can be active at any time of the year.

Queensland has approximately 120 species of snakes, with over half of these venomous including:

- Eastern Brown Snake
- Inland Taipan
- Red-Bellied Black Snake
- Death Adder

Tiger Snake

Other common non-venomous snakes in Queensland are:

- Carpet python
- Green tree snake
- Spotted Python

Understanding snake bites

Types of snake bites

- Dry bite: Many snakes, especially venomous ones, will deliver a "dry bite," where no venom is injected. This behaviour is often a warning
- Venomous bite: When a snake bites and venom is released

There is no way to know which type of bite has been received so any snake bite should be treated as a medical emergency.

Some common signs and symptoms of a snake bite may include:

- Early collapse
- Bite marks
- Swelling
- Bleeding
- Pain
- Dizziness
- Blurred vision
- Breathing difficulties
- Nausea
- Muscle weakness or paralysis

Best ways to prevent snakes and snake bites

You can help prevent snake bites by:

- Mowing the lawn and clearing the rubbish
- Teaching children to never touch snakes
- Making sure you and your children wear appropriate shoes to avoid bites
- Getting a professional to remove snakes or nests

Snake Removal

Never attempt to remove a snake from your home on your own. Always enlist the help of a professional snake catcher who can safely identify, catch, and remove the snake for you.

Useful websites

Queensland Poisons Information Centre - [Snake bites | Queensland Poisons Information Centre \(health.qld.gov.au\)](https://www.health.qld.gov.au/snake-bites)

****Have I been bitten?**

Signs of a snake bite aren't always visible. In some cases, you may not even feel the snake bite you. Symptoms of a snake bite might not appear for an hour or more. It's important to act quickly if you think a snake has bitten you or someone else. If a snake bites you or someone else don't panic, run or try to catch the snake. You should move to a safe place and stay still. Don't wash, suck or cut the bite site.

How to treat bites

If a snake bites you or someone else, call [Triple Zero \(000\)](https://www.healthdirect.gov.au/triple-zero). If the person collapses or stops breathing, start resuscitation (CPR). Find out about [how to perform CPR](https://www.healthdirect.gov.au/how-to-perform-cpr) on the Healthdirect website.

What you do next depends on where the bite is. Always lie the person down to stop them from walking or moving around until the ambulance arrives.

****Leg bites**

Call [Triple Zero \(000\)](https://www.healthdirect.gov.au/triple-zero) and apply a bandage and splint. Make sure the bandage is comfortable, as it will need to be worn until a doctor removes it. Apply the bandage even if the person is already ill from the poison.

Keep the person's whole body still and don't remove their clothing. Moving them may cause more venom to enter the blood stream.

Information on this page sourced from [*https://www.childrens.health.qld.gov.au/](https://www.childrens.health.qld.gov.au/) and [**https://www.poisoninfo.health.qld.gov.au](https://www.poisoninfo.health.qld.gov.au)

- ⇒ Apply a broad pressure bandage over the bite site as soon as you can. Crepe bandages are best, but you can use any flexible material. For example, clothing or towels
- ⇒ Bandage upwards from the lower part of the bitten leg. Wrap it firmly without stopping blood circulation. It should be as tight as you would apply to a sprained ankle.
 - ⇒ Wrap the bandage as high as possible up the leg.
- ⇒ Apply a splint to the leg. You can use any stiff object as a splint, for example, a piece of wood or tree branch, or rolled up newspaper
 - ⇒ Bind it firmly to as much of the leg as possible



How you treat a snake bite depends on where you are bitten. More information on how to treat snake bites can be found at this website—<https://www.poisonsinfo.health.qld.gov.au/bites-and-stings> Photos by WA Poisons Information Centre

One snake that you can be assured won't bite is the giant carpet snake, at Plantation Park in Ayr. This 60 metre artwork depicts Gubulla Munda, the Aboriginal totem and the protective spirit for the Birri Gubba people. Gubulla Munda holds sacred cultural and spiritual significance to the Traditional Owners.



Emergency+ app

Save the app that could save your life.

You can call Triple Zero (000) in the **Emergency+** app on your smartphone.



emergencyplus

The app will display your location coordinates if you don't know exactly where you are. The app also has what3words and drop a pin functions. These can help you explain where you are during an emergency. You can also watch CPR videos in the app.

Information sourced from <https://www.ambulance.qld.gov.au/>



Lori & Neville Boyle

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

burdekinfunerals@yahoo.com.au

Supporting people in the Burdekin Community since 1975

Spring is in the AYR



Stay healthy this Spring Season...

Goodbye winter and hello Spring!

With the heat and humidity of Summer not yet arriving, the season of Spring offers numerous opportunities for seniors to prioritize their mental, physical and social wellbeing, by engaging in outdoor activities.

Walking:

Enjoying a walk alone or with a friend, can not only improve your physical health but lift your mood. Even taking a walk for a short period of time can have many benefits. The Burdekin has many beautiful parks, beaches and walking tracks to enjoy. Remember to ensure to stay hydrated.

Scenic drives:

Go for a leisurely drive and enjoy some scenery.

Picnics:

Perhaps during a walk or a scenic drive, stop and enjoy a meal outdoors with family and friends. Incorporate in-season fruit and vegetables for added health benefits.

Arts and Crafts:

Enjoy the spring weather with some outdoor arts and crafts. Draw pictures or take photos of the blooming flowers and the birds.

Plant a garden:

Use the information on the following page to plant some nutritious fruit and vegetables. If you do not have space outdoors, use small pots and containers for indoor gardening. Utilize the window sills for the plants that benefit from the sun.

Try a new recipe:

Choose a recipe which incorporates some seasonal fruit, vegetable and herbs which you have never tried before. Perhaps you may be able to use some of the fresh produce from your newly planted spring garden.

-However you decide to spend your spring days, ensure to be mindful to spend 'time out' doing things which bring you joy. Your body and mind will thank you for it!



Magpie swooping season, typically spans annually from July to December, as a territorial response to protect their nests and their young during the breeding season, This can sometimes lead to serious injury, particularly to the head and the eyes.

Things you can do:

- Wear sunglasses, a broad brimmed hat or use an umbrella to protect your face.
- Avoid areas which are known to be high risk. Be aware of warning zone signs and take an alternate route if possible.
- Ensure no rubbish or food scraps are left in your yard and avoid feeding magpies.
- Avoid provoking magpies or disturbing nests as this may provoke aggressive behaviour.
- Attaching a brightly coloured flag or cable ties to your helmet may discourage magpies from swooping.
- If you get off your bike and start walking, this may stop the magpie from swooping.

Spring

Herb, Fruit & Veggie Planting Guide

By Temperate/Regional Zones

For Spring Flower Planting or Seasonal Planting Guides;

www.aboutthegarden.com.au



Subtropical (includes: South-east Qld & Northern NSW)

HERBS - sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

FRUIT & VEGETABLES - sow beans, beetroot, broccoli, cabbage, capsicum, carrot, chicory, Chinese cabbage, cucumber, eggplant, lettuce, melons, mustard, onion, parsnip, potato, pumpkin, radish, rosella, silver beet, squash, sweet corn, sweet potato, tomato and watermelon.

Wet & Dry Tropical (includes: North Queensland, NT & WA)

HERBS - plant basil, chilli, chives, dill, ginger, mint, oregano and parsley.

FRUIT & VEGETABLES - Plant beetroot, capsicum, carrot, chilli, Chinese Cabbage, choko, corn, cucumber, french beans, eggplant, leek, lettuce, onion, radish, rockmelon, silver beet, spinach, squash, sweet potato, pumpkin, tomato, watermelon and zucchini.

Dry Inland (includes: Arid or Outback areas)

HERBS - Protect plants from heat in late spring. inland areas have a good climate for growing all types of herbs.

FRUIT & VEGETABLES - Stop planting most vegetables by spring, although beans, capsicum, onion, radish and sweet corn can still do well. Harvest by summer. Watch out for fruit flies and control spray lawn weeds.

Temperate Areas (includes: Sydney, coastal NSW & Victoria)

HERBS - sow basil, chives, coriander, dill, min, oregano, parsley, sage and thyme.

FRUIT & VEGETABLES - Sow beans, beetroot, broccoli, Chinese cabbage, capsicum, cucumber, eggplant, endive, lettuce, melons, okra, onion, parsnip, potato, pumpkin, radish, rhubarb, rosella, silver beet, spring onion, squash, sweet corn, sweet potato, tomato and zucchini.

Cool & Southern Tablelands (includes: Melbourne & cool highlands)

HERBS - sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

FRUIT & VEGETABLES - Sow beetroot, broccoli, cabbage, capsicum, carrot, cauliflower, celery, cucumber, eggplant, endive, leek, lettuce, onion, pak choi, pea, spinach, spring onion, strawberry, sweet corn, zucchini and tomato.

Mediterranean (includes: Adelaide & Perth)

HERBS - sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

FRUIT & VEGETABLES - Sow broccoli, carrot, celery, cucumber, lettuce, silver beet, snow pea, spinach, strawberry, sweet corn, zucchini and tomato.

Sourced from www.aboutthegarden.com.au

DIY COMPOSTING



HOW TO COMPOST

Step 1

Choose a warm position outside where the compost has direct contact with dirt or soil.

Step 2

Place coarse twigs on the bottom of the compost to help with drainage and air flow.

Step 3

Organise your organic waste in a bin or pile. Put kitchen waste on the compost heap, but NO meat, bread or dairy foods.

Step 4

Layer your compost, alternating between nitrogen-rich green layers (e.g. lawn clippings, weeds, kitchen scraps, manure) and carbon-rich brown layers (e.g. dried leaves, branches, straw, shredded paper, egg shells).

Step 5

Keep your pile moist (not soaking wet) with tea and coffee grounds, or grey water from the kitchen.

Shred your scraps as fine as possible.

Step 6

Ensure your pile is aerated by turning it with a garden fork or compost turner to allow air in.

Step 7

Keep your pile covered – this will ensure it doesn't dry out or get too soggy in the rain.

COMPOSTING REDUCES THE AMOUNT OF ORGANIC WASTE GOING INTO LANDFILL.

Composting converts it into a useful by product that's ideal for a garden fertiliser.

HELP! I HAVE A COMPOST PROBLEM

You need the right balance of moisture, heat, air and materials to have a successful compost environment. Here are some common problems and suggested solutions:

NOT BREAKING DOWN

- » Add water
- » Add equal amounts of veggie scraps or fresh lawn clippings with fallen leaves or straw
- » Create better air circulation by punching holes in your bin

SMELLY

- » Add wood ash or dolomite to neutralise the heap
- » Rebuild with some dry materials

FLIES

- » Cover organic waste with a layer of soil
- » Avoid meat or dairy products

TOO WET

- » Improve drainage under the heap
- » Mix in some dry carbon-rich materials, e.g. shredded newspaper and hay

VERMIN

- » Cover each organic layer with soil and place the bin on a layer of fine mesh
- » Always keep the lid on

Not suitable for composting!

Some organic waste items encourage vermin and smell when they decompose. Avoid putting these items in your compost heap/bin:

- » Fats and oils
- » Meat products
- » Dairy products
- » Cat or dog faeces

Also, avoid man-made materials such as plastic, steel, aluminium and glass for safety reasons

IF IN DOUBT, CHECK IT OUT

www.burdekin.qld.gov.au 07 4783 9800



Burdekin Shire Council



Safety Checklist Older Adults in the Garden

STAY SAFE STAY ACTIVE STAY INDEPENDENT
WITH THE FOLLOWING GARDEN CHECKLIST

Before you begin:

- Invest in ergonomic garden tools to reduce strain on the joints
- Warm up with gentle stretches
- Dress appropriately according to weather conditions, including a hat, gloves and sturdy shoes
- Apply sunscreen and insect repellent
- Take a water bottle
- Take your mobile phone, ensure a phone is close by or wear a medical alert device in case help is needed quickly
- Ensure walkways are flat, slip resistant and stable with no trip hazards

During Gardening:

- Stick to early morning or late afternoon to avoid sun exposure. Follow the shade around your garden
- Treat cuts, bruises or insect bites immediately
- Listen to your body. If it is telling you to stop or rest, do so. Take regular breaks to avoid fatigue and overexertion
- Ensure your gardening power tools are safe. Use them carefully and follow the safety instructions
- If the weather changes, head inside
- Use raised garden beds or containers where possible to reduce the need for bending, kneeling and squatting

After Gardening:

- Store all tools and equipment safely after use
- Wash your hands with soap and water after gardening to kill bacteria that may be present in the soil
- Continue to drink plenty of water to replenish any fluids lost while gardening
- Pay attention to how your body feels. If you experience symptoms of heat exhaustion, such as dizziness, headaches or confusion rest in a cool, shaded area and seek medical attention if symptoms persist.





Students from Home Hill State High School and Ayr State High School are reaping the rewards of hands-on horticultural learning thanks to an exciting partnership.

Through the Certificate II in Production Horticulture, students are gaining real-world skills in planting, picking, packing, and preparing fresh produce, all while learning how to work effectively in teams. Central to this learning experience is the state-of-the-art Cravo protected cropping structure at Home Hill SHS and the thriving Dig INN Plot.

Inside the Cravo greenhouse, students manage climate-controlled environments to grow cucumbers and lettuce, learning about fertigation, plant health and care and harvest techniques. Adjacent to the structure, the Dig INN Plot offers seasonal rotation of crops, including gourmet tomatoes, capsicums, eggplant, corn, flowers —teaching students about soil health, plant health, weed control, irrigation, and sustainable farming practices.

Growing Futures Together:

HSHS and ASHS Students Dig Into Horticulture

Supporting this program is Heidi Wiggerhauser from the Department of Primary Industries, who has been actively assisting students and staff with crop health monitoring, pest and disease identification, and practical horticultural knowledge.

“Heidi’s support has been invaluable,” said the coordinating teachers. “Her expertise is helping students link classroom learning to real industry practices, giving them confidence and understanding in what is a vital regional industry.”

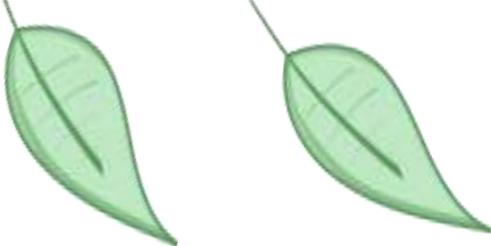
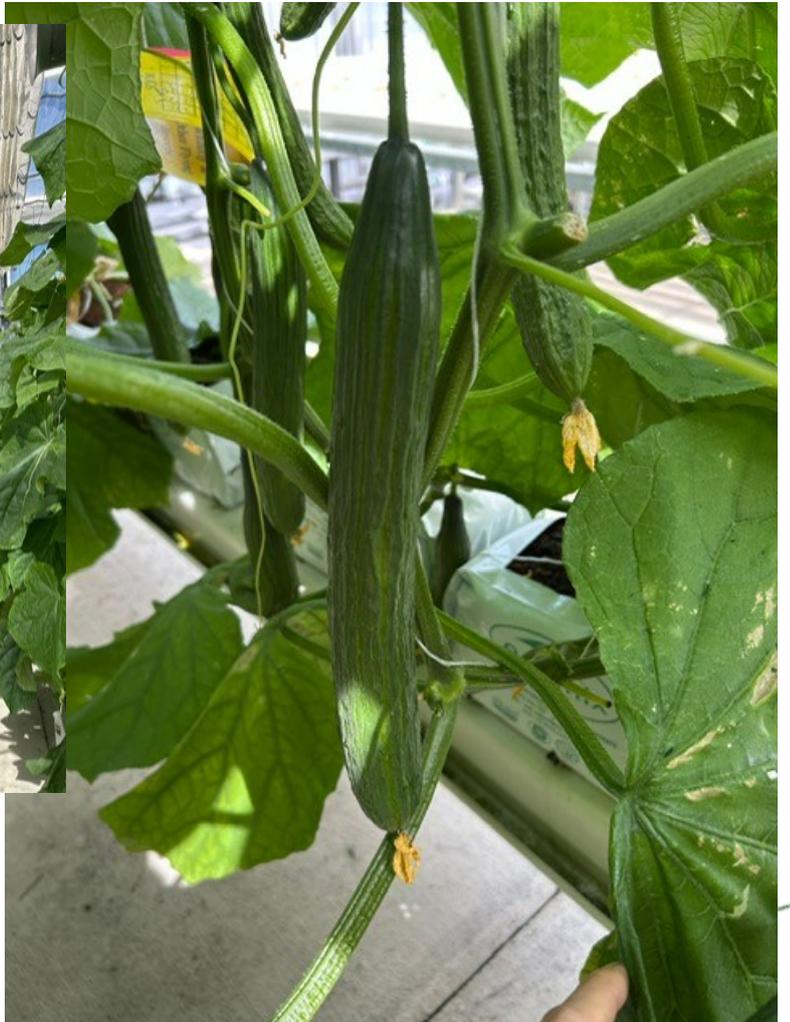
Whether it’s collaborating in the field, monitoring crops, or harvesting students are developing essential skills for the future—right here in their own backyard. Continue to watch this space

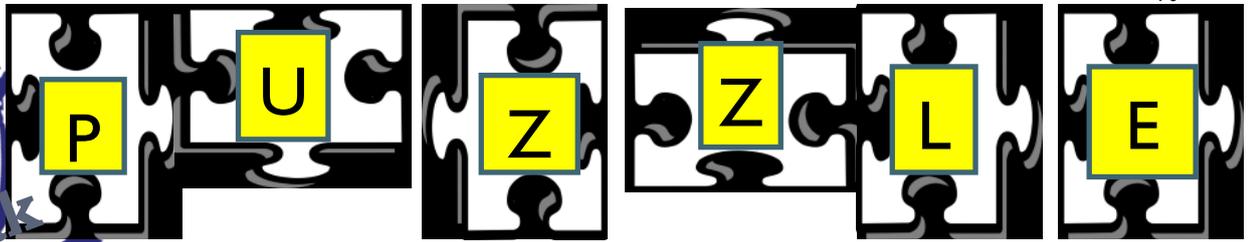
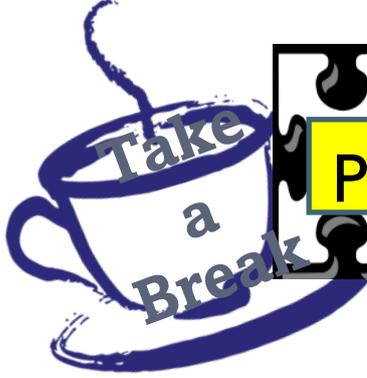


Article contributed by Louise Nicholas

Teacher Agricultural Science | Certificate II Production Horticulture







SEPTEMBER

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.



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



By Jimmy and Evelyn Johnson - www.qets.com

Apples	Fall	Picturesque
Autumn	Football	Quilt
Chilly	Gloves	Scarf
Cider	Harvest	School
Coat	Holiday	September
Dogdays	Leaves	Squash
Equinox	Libra	Windy

Answers p 74

SEPTEMBER



By Jimmy and Evelyn Johnson - www.qets.com

ACROSS

- 1 Keep
 5 Fall mo.
 8 Point
 11 Tel ___
 12 Expression of surprise
 13 Transparent substance
 14 Belief
 15 Bone
 16 Secondary
 17 Billboards
 19 Very reluctant
 21 Hubbub
 22 Shade
 24 Escudo
 27 Infirm
 28 Chilly
 30 Jar

- 33 Thespians
 34 Cloth worn around the neck, head, or shoulders
 35 Mature
 36 X
 37 Hard work or effort
 39 Gain
 42 Southeast by south
 43 Appall
 45 Lotion brand
 48 Okay
 50 Scent
 51 Great
 52 Pose
 53 Helps
 54 Talk
 55 Foxy
 56 Woody plant with long trunk

DOWN

- 1 Popular condiment
 2 Bypass
 3 September zodiac sign
 4 Fair
 5 Paddle
 6 Causing a cool feeling
 7 Banned
 8 Atmosphere
 9 Frozen water
 10 Chart
 13 Miles per hour
 18 Shuffle
 20 Hunters
 23 Single
 24 Self-esteem
 25 Title of respect
 26 Disks

- 27 golfer's goal
 29 Limited (abbr.)
 30 Clock time
 31 Expert
 32 Dashed
 33 Gone by
 35 Descend by repelling
 38 Chasm
 39 Lowest point
 40 Eat away
 41 Concise
 42 Attack
 44 Jacket
 45 Opens lock
 46 Government agency
 47 Rive
 49 Eye infection

By Jimmy and Evelyn Johnson - www.qets.com

International Coffee Day is a celebration of the coffee sector's diversity, quality and passion. It is an opportunity for coffee lovers to share their love of the beverage and support the millions of farmers whose livelihoods depend on the aromatic crop

Jenny's coffee cake

- 
- 1 tbsp Coles Instant Coffee Powder
 - 1 tbsp boiling water
 - 125g butter, softened
 - 1/2 tsp vanilla essence
 - 3/4 cup brown sugar
 - 2 eggs
 - 1 1/2 cups self-raising flour
 - 1/2 cup Bulla Light Sour Cream
 - 1/4 cup chopped walnuts
 - Coffee icing
 - 3 tsp Coles Instant Coffee Powder
 - 2 tbsp boiling water
 - 2 cups icing sugar mixture
 - 20g butter, softened



Step 1

Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 20cm-round (base) cake pan. Line base and sides with baking paper. Combine coffee and boiling water in a bowl. Stir until coffee is dissolved.

Step 2

Using an electric mixer, beat butter, vanilla and sugar until light and fluffy. Add coffee mixture. Beat until combined. Add eggs, one at a time, beating after each addition (mixture may curdle). Sift flour over butter mixture. Stir until just combined. Add sour cream. Stir until combined.

Step 3

Spoon mixture into prepared pan. Smooth surface. Bake for 45 minutes or until a skewer inserted in the centre comes out clean (cover with foil if over-browning). Stand in pan for 5 minutes. Turn onto a wire rack to cool.

Step 4

Make Coffee icing: Combine coffee and boiling water in a small heatproof bowl. Stir until coffee is dissolved. Sift icing sugar into a large bowl. Add coffee mixture and butter. Stir until smooth and combined. Place cake on a serving plate. Spoon icing onto cake and spread to edge. Sprinkle with walnuts. Serve

Recipe and picture from taste.com.au



Wednesday 1st October 2025

International Coffee Day

Vietnamese egg coffee

4 egg yolks, at room temperature

80ml (1/3 cup) sweetened condensed
milk

2 cups strong black coffee, hot

Use electric beaters with whisk attachment to beat egg yolks and condensed milk in a small bowl for 10 minutes or until pale and creamy.

Divide coffee between two cups. Pour the mixture slowly over the back of a spoon into each cup. Serve immediately.

Chilled long black with coffee crush

1 single shot (30ml) hot espresso coffee

1/2 cup boiling water

Coffee crush

1 single shot hot espresso coffee

Make coffee crush: Combine espresso and 1 cup cold water in a jug. Pour into an ice cube tray.

Freeze overnight

Combine espresso and boiling water in a heatproof jug. Refrigerate for 1 to 2 hours or until cold

Place coffee cubes in a plastic bag. Squeeze bag to expel air. Wrap bag in a tea towel. Place on a hard surface. Pound with a hammer or rolling pin until ice is crushed. Place in a serving glass. Pour over chilled espresso mixture. Serve.

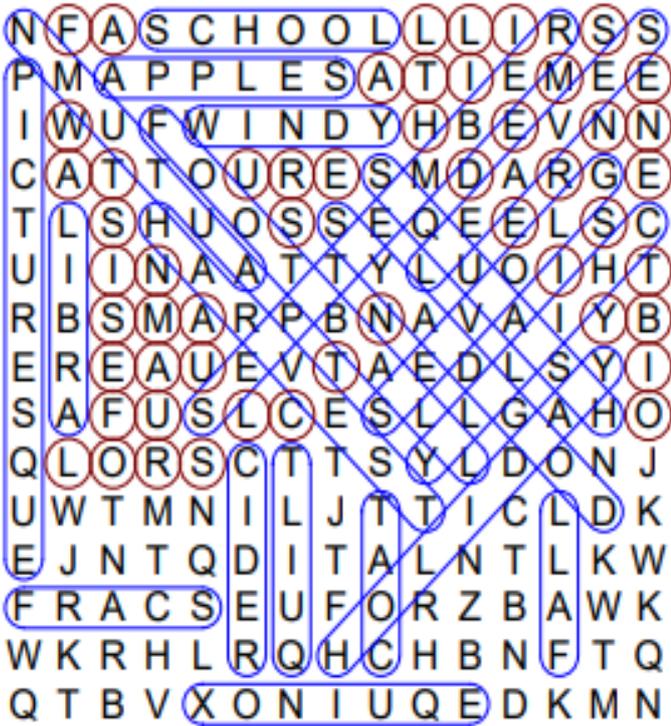
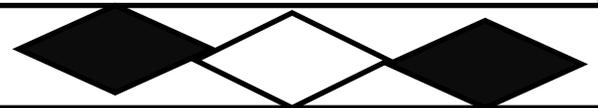
Recipe and picture from taste.com.au

Australia Post Concession stamps

If you are a concession card holder, you may be eligible for a free MyPost Concession account, which entitles you to concession stamps and other benefits.

- Pensioner Concession Card
- Healthcare Card (all types)
- Commonwealth Seniors Health Card
- Department of Veterans' Affairs Card
- Veterans' Repatriation Health Card

For more information go to <https://auspost.com.au/receiving/mypost/concession-account> or visit your local Australia Post.



Funded by

Queensland Government

9 out of 10 times when I lose something... it's because I put it in a safe place.

The Burdekin's own radio station

97.1
Burdekin *beats*
SWEET FM

At 30 June 2024, Australia's population included 8.6 million people who were born overseas.
<https://www.abs.gov.au/>

Solution:

1	S	A	V	E		5	O	C	T		8	A	I	M				
11	A	V	I	V		12	A	H	A		13	M	I	C	A			
14	L	O	R	E		15	R	I	B		16	P	R	E	P			
17	S	I	G	N	S		18		19	L	O	T	H					
21	A	D	O			22	C	O	L	O	R		24	E	S	C		
					27	P	U	N	Y		28	29	A	L	G	I	D	
30	C	A	R	A	F	E		33	A	C	T	O	R	S				
34	S	C	A	R	F			35	A	G	E	D						
36	T	E	N			37	38	L	A	B	O	R		39	40	41		
					42	S	E	B	S		43	44	S	C	A	R	E	
45	46	47	K	E	R	I		48	49	Y	E	S		50	O	D	O	R
51	E	P	I	C				52	S	I	T			53	A	I	D	S
54	Y	A	P					55	S	L	Y			56	T	R	E	E

Jeanne Calment (France) – 122 years, 164 days
Calment holds the official record for the longest confirmed human lifespan.

- Jiroemon Kimura (Japan) – 116 years, 54 days
Kimura holds the record for the oldest verified man, reaching 116 years and 54 days before his death in 2013

Sourced from <https://en.wikipedia.org/>

Sumptuous is used to describe things that are very expensive, rich, luxurious, or magnificent.

-The celebratory meal was a sumptuous feast of dishes from our host's homeland.

Sourced from <https://www.merriam-webster.com/>

Support numbers

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

Burdekin Community Association Support Centre in Queen Street, will be closed on Monday 6th October 2025 for the King's birthday and will reopen at 9am Tuesday 7th October 2025.

Burdekin Centre for Rural Health in Chippendale Street, will be closed on Monday 6th October 2025 for the King's birthday and will reopen at 9am Tuesday 7th October 2025.





BURDEKIN COMMUNITY ASSOCIATION INC.

"Supporting the community since 1975"

The President and Members of the
Burdekin Community Association Inc.
extend to you an invitation to the

50th Annual General Meeting

Tuesday 23rd September 2025

**Home Hill Community Sports Club Inc
87 Ninth Ave, Home Hill
Commencing at 7.00pm**

**Guest Speaker — Margaret Thorne
(Burdekin Uniting Church)**

RSVP by Friday 19th September 2025
to 4783 3744 or
bca@bcaburdekin.org.au

Light Refreshments will be served



Burdekin Community Association Inc.