



Barcoo Shire Community Newsletter

Barcoo School Students go digital!

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At the Barcoo Shire Sports, Cr Bruce Scott presented our local schools and students with Telstra Digital Maker Kits, donated by Telstra through the Rural Advisory Council. All students received a colourful Telstra cap and a mini LED fan with the Digital Maker kits given directly to all the schools.

LSODE, Jundah, Stonehenge & Windorah Schools will benefit from the Digital Maker Kits with each kit including cutting-edge products, designed to get kids creating digital technology – not just consuming it. There are activities for all ages starting from creating circuits and lighting to building wearable devices and designing robots.

Isolation will no longer be a barrier for our local students as we progress further into a digital age. The kits have a strong focus on building knowledge in STEM (Science, Technology, Engineering & Mathematics), and will provide our local school students with skills that will be critical to young people as they innovate to create the jobs and industries of the future.

On behalf of all Barcoo Schools, Jundah State School Principal, Chris Volker, thanked the Mayor and Telstra for the donation and said that all schools and students look forward to having fun with kits.

June 2018 Weather Data

Average High Temp	21.9°
Highest Temp (11/06)	29.5°
Average Low Temp	7.9°
Lowest Temp (19/06)	1.6°
Average Rainfall	8.6mm
June Rainfall Total	0.4mm

Sourced from www.bom.gov.au

Windorah Fishing Competition

The Windorah State School P&C Annual Yellowbelly Hunt Fishing Competition was held on the Cooper's Creek, Windorah on Saturday 5th and Sunday 6th May 2018. There were a total of 97 nominations. Over the two days, the keen anglers, some travelling from as far as Brisbane to attend, caught 75 fish, in the categories of Yellowbelly, Bream and Catfish. Saturday Night entertainment was Music by Leonie Gilby with the bar operating and meat tray raffles being sold. The competition concluded on Sunday with presentations at 5.30 pm. The Windorah State School P&C would like to sincerely thank all sponsors of cash and prizes, a special thank you to Tom and Emma Elliot of "ELLIMACON" for their donation as well as local community members for all their hard work ensuring the weekend was again a successful event in 2018.

SOME OF THE HAPPY FISHING WINNERS!

WINDORAH P&C YELLOWBELLY HUNT FISHING COMPETITION

2018 WINNERS

Champion Angler – NIFTO GEIGER

Mens Winners

Yellowbelly - Nifto Geiger

Bream - Nifto Geiger

Catfish - Matt Lampard

Ladies Winners

Yellowbelly – Karen James

Bream – No ladies caught Bream

Catfish – Sonja Johnston

Junior Winners

Yellowbelly – None were caught.

Bream – Polly Lampard

Catfish – Lily Richards

Raffle Winners

Nomination Prize Draw Winner – Matt Lampard

Cowhide Rug Winner – Nifto Geiger

BBQ Raffle Winner – Koby Geiger



Jundah State School News



The Principal's Conference in Longreach on the 29th and 30th of May had many highlights, including the focus on the small schools in our region and the praise for the projects the Outback Advantage are working on. The group of nine principals presented to a group the advantages of teaching in a rural and remote school. Longreach, as the host, showcased the work that is being done in the area and presented an excellent couple of days.

The school had a visit from North West Health on June the 7th. Bridget, the dietician, did a sorting activity with the students. A paper snake was cut up into pieces and coloured: white, yellow, orange, red, purple and green and placed in a circle. In the middle were pictures of different foods. The students were given a colour each and had to find that colour food in the pictures. However, it could only be everyday food, not "sometimes" food. The students found many foods for each food group. Bridget also spoke to the students about switching sometimes foods for everyday foods. Two of her suggested switches were soft-drink for water and lollies for a carrot. Erin, a sports physical therapist, talked to the students about the importance of stretching and physical exercise. She enjoyed playing a game of Pacman with the students, after stretching.

The student's athletics and sports training with Peta (Mason) Geiger concluded on Thursday, 7th June 2018. The children showed improvement in their athletic ability and were very responsive to the feedback given by Peta.

On Monday, Tuesday and Wednesday, the 11th to the 13th of June, Mrs. Volker and Miss Roisin were in Longreach to attend the curriculum planning days with the department curriculum team. The event entailed planning for the next English unit. Science has been planned for the next two terms and the HASS has been planned, with an overview in draft form.

The school has purchased more reading books to complete the PM and Sunshine reading schemes from levels one to thirty. More home readers will also be purchased. New dictionaries for the classroom have also been purchased.



School holidays start on Friday 29th June and school will resume for Term 3 on Monday 16th July 2018. Happy holidays everyone!

Yours in education

Chris Volker

Principal

Barcoo Shire Sports

The Barcoo Shire Sports Carnival was hosted by Jundah State School on Friday, 15th June 2018. The Sports Carnival took place at the Barcoo Shire Sports Complex. Thank you to the P&C for catering for the day. Thank you to the Barcoo Shire Council for their support, both financial and human, and their assistance with the running of the day. Thank you to the staff of Jundah State School who worked tirelessly and work to ensure these events continue into the future. Thank you to Peta Mason, our chief judge and adjudicator, who provided guidance and support on the journey to run the Barcoo Shire Sports day. Congratulations to all the students who competed and congratulations to the winners.

The winners for the day were:

Minor-junior Girl Champion: Bindi Geiger

Minor-junior Boy Champion: Tallis McKnight

Junior Girl Champion: Zoe Haylock

Junior Boy Champion: Harry Allen

Senior Girl Champion: Heidi Bateman

Senior Boy Champion: Brodie Pidgeon

Mohammed Family Memorial March Past Trophy: Jundah State School

Wray Buntine Memorial Relay Trophy: Stonehenge State School

Tamie Geiger Memorial Ball Games Trophy: Stonehenge State School

Kay Wood Encouragement Trophy: Daitonah Gorringe

Kay Wood Sportsmanship Trophy: Jess Haylock

Barcoo Shire Perpetual Shield: Stonehenge State School



Windorah Police Station

Drink Driving

Queensland Police remain committed to ensuring road safety and the enforcement of the fatal five (speeding, seatbelt, fatigue, inattention, drink and drug driving).



Given that there is an increase in social activities within the Windorah area it is important to remind road users of their responsibility especially in relation to the above fatal five, particularly drink and drug driving.

Research has shown that even with an alcohol limit of .05, the risk of being involved in a traffic accident is double compared to an alcohol level of zero.

In a study conducted by US Department of Transport (1995) they identified that there were a number of reasons why people decide to drive after consuming alcohol. Some of those reasons are listed below:

- A majority of subjects believed that if they had only to travel short distances or use back roads, it would reduce the risk of being caught.
- A percentage of subjects reported that they did not consider negative consequences.
- A small number of subjects felt there was only a small chance of being caught.
- Some subjects drove because they felt that it was possible to avoid negative consequences, by driving slowly or more carefully.
- Subjects stated that their decision to drive was based upon no other transport available.
- Some subjects drove because they did not consider alternative transport options
- Subjects mentioned that the availability of a place to stay was a contributing factor for their decision to drive.
- Subjects reported that the availability or convenience of a vehicle was the basis for driving.
- planning to drink and drive, plans to have the least affected person to drive, or drive a short distance to stay rather than all the way home
- Plans made to have the least affected person to drive, or drive a short distance to stay rather than all the way home

S/C R. Edwards

Windorah Police

Sheep Shenanigans

Anticipation was high on Saturday the 9th of June as punters and sheep alike took to the track for the running of the annual sheep shenanigans. The event kicked off at midday with a delicious lamb and gravy roll followed by a vast array of home baked goodies. Whilst enjoying lunch, attendees browsed the sheep themed photography competition and local students' sheep collages. Honours of selecting the competition winners was donned to guest tourists, to ensure a completely unbiased opinion. After all, the prizemoney up for grabs was well worth the artists' efforts!

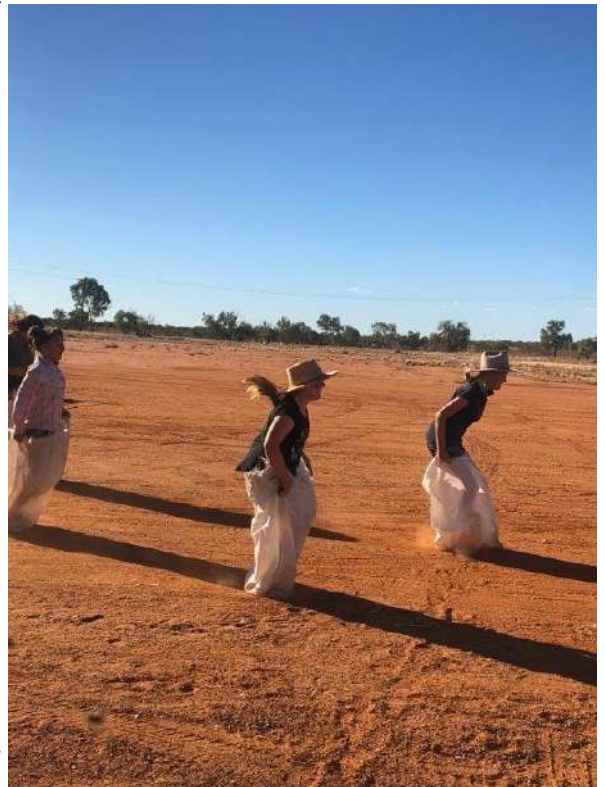
As the day progressed, first time sheep racers were eager to see the unique event. Competition was fierce amongst the group to nab a contender, and a potential winner, in one of the five races. The sheep did not disappoint, and several races produced nail biting endings.



Mayor Bruce Scott and the winners of the Photo Competition themed "Sheep Industry". The winner was Heidi Bateman with Briony Pitman 2nd and Heidi again collecting 3rd.

Once the champion was crowned, it was time to let the competitors rest. This signalled time to sample the lamb stews that had been simmering away in the camp ovens for the better part of the day.

The results were delicious, and the fresh damper allowed for every last morsel of the tasty meal to be enjoyed. As the sun set on an eventful day, Outback Sound provided entertainment for the crowd. This provided an opportunity for new and old friends to come together, swap stories, and enjoy each other's company well into the night.



The Jundah Progress Association would like to thank all those who attended the event, and those who donated their time and resources to make the day a success. Furthermore, financial assistance received through the Barcoo Shire Council, Department of Communities and RAPAD's Community Drought Relief Funding ensured that the event was viable and allowed the Jundah Progress Association to generously serve dinner to crowd free of charge. We look forward to seeing everyone there again next year!

Everyone Welcome

Help Kath Millar celebrate her 90th birthday

Where: Jundah Hotel

When: Friday 6th July 2018

Time: 6pm

The hotel will have a Buffet available for purchase on the evening.

RSVP - Phone: 0407 016 579



Community Notices

The Jundah P and C would like to thank the Barcoo Shire Council for all of their help contributing towards the Barcoo Shire Sports Athletics carnival. We would like to acknowledge the generous funding we received through the 2018 Community Drought Support Package which we used towards catering to provide free food for everyone. Thank you to all who attended. We had a great turnout!



Tackling Tough Times Together (TTTT) Round 11 NOW OPEN



The Tackling Tough Times Together grant program helps communities access the resources they need to support one another through the ongoing effects of the drought. Grants of up to \$15,000 are now available across most of Queensland (see Guidelines for eligible Council areas). A small number of grants valued at up to \$50,000 are also available for larger-scale and multi-year projects that have a broader impact.

Funding will support community-based activities that both help to relieve current stressors and symptoms, but most importantly, build capacity and resilience for the future. Funds could also support activities that engage people in being active, exploring options and creating something that will stand the test of tough times.

The program was founded by the Tim Fairfax Family Foundation, and is now further supported by the Qantas Foundation and a number of individual supporters. **For more info: www.frrr.org.au/grants/tackling_tough_times_together**

JUNDAH BRONCO BRANDING & RODEO

21st July 2018

Bronco Branding 8am Start

Novice. \$1000

Open singles. \$1800

Open doubles. \$2450

Rodeo 6pm Start

Bronc Ride. \$800

Bullride. \$800

Station Buckjump. \$700

Open Barrel race. \$500

(limited to 25 competitors)

Bullock Ride. \$700

Poddy Ride. \$100

**DJ
Bar & Catering
Free Camping**

For enquiries contact: Georgie 0431211962 maxvalestation@gmail.com

Shire Caravan Parks

Windorah: Have you seen the new extension to the Windorah caravan park? The number of powered sites have doubled and there is a brilliant new camp kitchen, a new laundry and fabulous new amenities. Trees and lawn are being planted and it is looking a treat. Visitors are wasting no time in utilising the new section of the Windorah Caravan park and with the upgrades to the Jundah and Stonehenge facilities, the Information Centre's are receiving some very positive feedback from travellers. Some general comments are that our Caravan Parks are very spacious, tidy and well maintained.



Stonehenge (below): A full house at Stonehenge Caravan Park thanks to the 4WD Tag along Tour having a stopover in the Shire.





**COMMUNITY
ACHIEVEMENT AWARDS**

Media Release Media Release Media Release

REGIONS; BRING OUT YOUR BEST!

The Queensland Community Achievement Awards have been launched for 2018 and the search for our community champions has begun.

“Don’t miss out on nominating some of our Local Heroes from the three communities in Barcoo Shire, said Mayor, Bruce Scott.

We need to give thanks and now you can by nominating them into one of these categories;

- Prime Super Agricultural Innovation Award
- Prime Super Employer Excellence in Aged Care Award
- Australia Pacific LNG Community Hero Award
- Pullenvale Ward Outstanding Achievement Award
- Ricoh Australia Customer Service Award
- University of Southern Queensland Teaching Excellence Award
- Awards Australia Small Business Achievement Award
- DSS Law Community Group of the Year Award

Great prizes are up for grabs with each category winner receiving a \$2,500 Award prize from Foundation Partner, Commonwealth Bank. Plus every nomination will receive a certificate of achievement.

To submit a nomination, simply go online www.awardsaustralia.com/qldcaa and select ‘Nominate Now’. Alternatively make the process that much easier by calling us and passing on their details and we will take it from there.

Nominations close Tuesday 28th August, for assistance please feel free to call the Awards Office on 1300 055 096 or email gcaa@awardsaustralia.com

End

The Queensland Community Achievement Awards began in 2002, with a regional focus, but is now conducted state wide. The awards have been encouraging, acknowledging and rewarding the valuable contributions that individuals, communities and businesses are making throughout Queensland. These awards recognise those that work tirelessly to improve their communities by promoting the social, economic and environmental prosperity.

Community Update #2:



7 Petals to

Patient Care that Stems to Good Health and is embedded in the Community

Improving Chronic Disease Care and the Wellness of those living in the Communities

Windorah Jundah
Stonehenge Yaraka
Birdsville Bedourie
Bouli

Integrated Care Innovation Fund (ICIF) Project

Connected Care through Connecting with Communities

Better Health for the Barcoo, Diamantina and Bouli Shires

Hello Everyone,

Since our last visit, we have been working on the requirements required for the technology, training and all the details that we need to have ready to launch Connected Care through Connecting with Communities.

The launch date will reflect the beginning of a Better Health journey for you, your family and your community. We are enjoying working with you all and by way of celebrating this achievement, we would love for you to join us for a meal. The following dates are when we are launching Better Health in your community:

Birdsville – Tuesday 14th August with a community dinner

Bedourie – Wednesday 15th August with a community dinner

Bouli – Friday 17th August, with a community dinner on Thursday 16th August

Windorah – Tuesday 21st August, with a community dinner on Monday 20th August

Jundah – Wednesday 22nd August with a community dinner

Yaraka – Wednesday 29th August with a community breakfast from 7am

Stonehenge – Wednesday 12th September with a community lunch from 12pm

Until then, we will be finalising the training for staff and the technology to support the delivery of improved Chronic Disease care.

Please remember to register for My Health Record; the staff at your primary health centre will help you with this and ensure your details are up to date.

Thank You once again for your patience, contribution and support over the last 18 months as we strive for Better Health for you, your family and your communities.

PARTNERS



RFDS CLINIC 2018 CALENDAR

To make an appointment call 4654 1233 or email: rfdscv@rfdsqld.com.au

Jan-18						
S	M	T	W	T	F	S
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Feb-18						
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Mar-18						
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18	19	20	21	22	23	24 Stoneh
25	26	27	28	29	30	31

Apr-18						
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22	23	24	25	26	27	28
29	30					

May-18						
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13	14	15 Windora	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Jun-18						
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3	4	5	6	7	8	9
10	11	12	13 Yareka	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

20th April - Dr Claire Schmidt will be available for consultations at Eulo and Yowah

18 May - Charleville Show Holiday

1st June - Dr Claire Schmidt will be available for consultations at Eulo

The Charleville Base office is closed on Weekends and Public Holidays

Updated 12th March 2018

Male Sexuality: Bladder and Bowel Issues

Bladder or bowel control issues can have an enormous impact on sexuality and the way we feel about ourselves. Many people report that they feel embarrassed about leaking and wetting their clothes in public. As a result, people restrict their movements outside of the home and alter the clothes they wear to disguise any wetness or staining (for example by wearing dark or patterned clothing).

Emotional Concerns

- Embarrassment and shame
- Anxiety and depression
- Low self-esteem or confidence
- Feeling lonely and isolated
- A loss of desire for intimacy
- Feeling dirty as they are reminded of their own early experience in toilet training
- An overwhelming sense of loss and grief because of their inability to control this bodily function



Physical Concerns

- Leaking urine or bowel motions during sexual intercourse due to position and pressure, or due to a bladder spasm or bypassing a catheter
- Odour from leakage and infection
- Irritation to genital area from allergies or ill-fitting continence aids
- Presence of drainage bag and/or catheter
- Sexual dysfunction - impotence, premature ejaculation, lack of sensation
- Pain or fatigue associated with the underlying cause of incontinence
- Concerns in managing continence aids (for example, catheters) particularly during intercourse
- The effect of medications
- Hypersensitivity or spasm from an underlying condition (for example multiple sclerosis, motor neuron disease, spinal injuries or cerebral palsy)

You need to know you are not alone in these feelings and that help is available.

The topic of sexuality is an important one, yet is often difficult to discuss and many people feel uncomfortable talking about this area, especially when they have concerns about bladder or bowel control.

If you have any questions or concerns, please call NWRH on (07) 4652 7100 to speak to your local Continence Advisor - Jane McArthur. NWRH offers a wide range of allied health professionals who service communities across Central West Queensland. To obtain a referral or book an appointment please contact your local medical practice or health clinic.

This information was extracted from the article *Promoting continence and sexual health* written by Annie Norrish, Royal Talbot Rehabilitation Centre, for the Continence Foundation of Australia.

Acknowledging the Continence Foundation of Australia

19 Duck Street/PO Box 256, Longreach, Qld 4730 | t 07 4652 7100 | f 07 4658 3630
1800 799 244 | nwrh.com.au

Windorah

**GYMKHANA
STOCKMAN'S CHALLENGE
BRONCO BRANDING**

Saturday 14th & Sunday 15th July 2018

HORSE & MOTORBIKE GYMKHANA

Horse Gymkhana starts 8.00am - Saturday 14. July 2018

Motorbikes start after horse events conclude

Nominations: \$20 kids & \$40 Adults

Nom fee includes entry in all events per age group

Age Divisions: 7 & under led, 7 & under, 8-11 years, 12-15 years, Ladies & Mens.

Events: Bending Race, Flag Race, Barrel Race, Figure of 8, Keyhole, Walk, trot & lead. Free Kids games & foot races.

Open events: Guzzlers Race, Bang & Go Back, Rescue Race & Barrel Race.

Kids motorbikes limited to 250cc. No adult 4 wheelers.

ALL KIDS MUST WEAR A HELMET

ALL MOTORBIKE COMPETITORS MUST WEAR A HELMET

Thank you to all our sponsors who help make this event possible!



STOCKMAN'S CHALLENGE

Starts 8.00am - Sunday 15. July 2018

Junior (13 & Under) Led, Dry & Obstacle. Nom: \$10

Open - Wet & Dry Work. Nom: \$30

**SATURDAY NIGHT BAR
& ENTERTAINMENT
BAR & CANTEEN ALL
WEEKEND
\$5 GATE ENTRY/DAY**

BRONCO BRANDING

Starts 8.00am - Sunday 15. July 2018

Prize pool over \$5000

Novice - Nom: \$15

Singles - Nom: \$60/team

Doubles - Nom: \$75/team



FOR MORE INFO

Windorah Info Centre

Phone: 4656 3063

Wind Miller 2018

Winter Warmer Recipe

Lasagne Stuffed Meatloaf

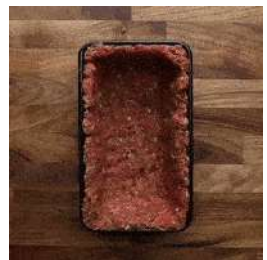
What you need

INGREDIENTS

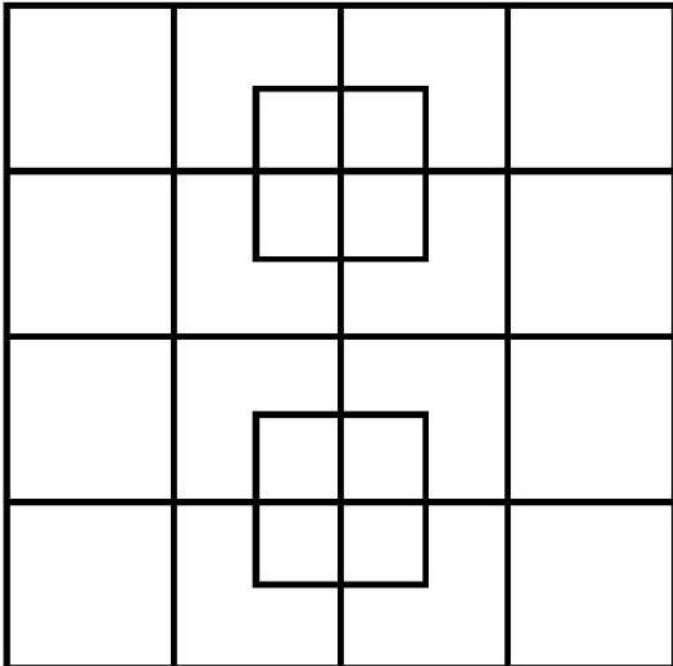
- 1lb beef mince
- 2/3 cup breadcrumbs
- 2 eggs, whisked
- 1/4 cup finely chopped parsley
- 3 cloves garlic, minced
- 1 tbsp tomato paste
- 1 tsp salt
- 1 tsp pepper
- 2 cups ricotta
- 1 tsp salt
- 1/2 tsp pepper
- 4 Fresh Lasagne noodles cut to bundt size
- 1 1/2 cups tomato sauce
- Mozzarella slices

Directions

- 1 Preheat oven to 180°C (350°F).
- 2 In a large bowl mix together beef, bread crumbs, eggs, parsley, salt, pepper, garlic and tomato paste until combined.
- 3 Press 3/4 of mix into a loaf tin along the bottom and press up the edges keeping a well in the middle.
- 4 Mix together ricotta with 1 tsp salt and 1/2 tsp pepper.
- 5 In the well, layer lasagna followed by ricotta, slices of mozzarella. Repeat with 4 layers with the last layer being lasagna.
- 6 Cover with remaining meat to seal.
- 7 Bake for 30-40 minutes covered with foil. Take out and flip over onto a tray. Top with tomato sauce and slices of mozzarella. Grill in the oven until golden brown and bubbly.
- 8 Enjoy!



HOW MANY SQUARES?



I found _____ squares.

Liquor Station ©2012

BRAINTEASER

DIRECTIONS: ***WITHOUT*** taking your pencil off the paper, draw ***4 straight lines*** through each dot! You can only go through each dot ***ONCE!*** Remember that each line has to be a straight line, and you can only draw 4 lines! Draw more boards if you need to!

