



Issue Number 152 January 2018

Barcoo Shire Community Newsletter

This Issue In this Issue

Mayors Message

Pge 2

- Christmas Lights of Barcoo
 Pge 5
- Reward offered Pge 7
- School Calendar Pge 8
- Christmas Lights Comp
 Results Pge 9
- Poaching Alert Pge 10
- Australia Celebrates

Pge 11

- Windorah Photos Pge 12
- Community Information
 Pge 13

NDIS Ready Pge 14

Back to School Podiatrist
 Tips Pge 16

Jundah School jottings

Pge 17

Busy Kids Pge 18

• Ten Too Hot to Cook Recipes Pge 19

Barcoo Shire Council Officers for 2018



Photo above: Cr Mike Pratt, Cr Peter Batt, Cr Dianne Pidgeon, Mayor Bruce Scott, Cr Jill Fitzgerald and CEO Michael Parker at the first council meeting held on 17th January 2018.

Michael Parker was welcomed back into the Barcoo Shire where he served as CEO in the 2000's. For those who don't know Michael, here is a short version of his working professional life.

MEET THE CEO - MICHAEL PARKER, CHIEF EXECUTIVE OFFICER

Michael Parker comes to the Barcoo following an extensive and varied career in local government.

Michael has previously been CEO in central Queensland and southern Queensland councils over the past twenty years. Most recently, Michael was employed at Central Highlands Regional Council, filling various management positions in the Infrastructure Department there, and also provided eight months service as CEO at Balonne Shire Council to transition the Council over the 2016 local government election period.

Michael enjoys the west, and looks forward to attending the country race meetings in the region."

Mayors Message

Dear Barcoo Shire Residents,

Happy New Year to you all, I sincerely hope everyone has had a good Christmas and New Year break —and that your families and friends have all travelled to and returned safely from holidays, putting their children back in school or in school for the very first time.

It sure is a difficult time for families as we send the children off to school, particularly now with the decreased age for starting secondary school. I know of a number of families who are dropping off children for their first time who will be very sad for the void in their family and concern for their young ones.

I do not think that you can understand the angst of sending your children to boarding school or to board with family or friends until you have done it yourself. It doesn't get any easier with time. But to see them come home progressively over their secondary education as mature, structured and well rounded young adults - it makes you realise the importance of education. The social interaction in boarding school life is also so important, and learning to live in a multi cultural and multi personality environment readies them for the world. It is also where children learn that to achieve and succeed at scholastic and sporting activities, you have to make your own way based on merit and hard work.

There is also some of our children who will be entering the workforce for the very first time, and I am sure that the learning from your parents, peers and educators will stand you in good stead for working life – good luck for your future in your chosen vocations.

I hear so many wonderful reports from businesses and employers about just how nice it is to employ young adults from the bush. These persons are well sort after for all positions, and the comments about their attitude to work and their ability to be self starters and free thinkers is a testament to their family upbringing, community grounding and their teachers' willingness to invest their time and efforts.

There has certainly been no relief from the relentless hot and dry weather. I am hearing that many dams are dry, almost dry or lower than they have been for many years. These reports are also saying that waterholes and dams are receding at a very rapid rate. In discussing the current weather patterns and available pasture with a neighbour, he was saying that in his opinion, we are starting to approach the dreadful seasonal conditions of 2002 in some parts of the shire.

We are very lucky for the small upstream flows in the Thomson River for our town water supplies. We would certainly be in a very precarious situation in Stonehenge and Jundah – potentially carting water in Stonehenge and desalinating water in Jundah-and Windorah would be starting to see breaches in the Currareva Waterhole, on top of the Murkin waterhole being completely dry.

The cattle market is starting to slow and fall as sales resume in 2018, and is showing the effects of the prolonged dry on over-supply and decreased demand, as many producers are having to force sell some or all of their herds. Notwithstanding the slowing in demand, the market is still respectable for most classes of cattle, despite coming off the highs of 2017, if producers are in this unfortunate situation.

The wool market is still strong as demand for wool continues to increase, though the market did see slight reductions last week as 1 million bales were offered for sale. I sincerely hope that with a break in the season, and getting the wild dogs under control, we will see more producers going back into sheep and wool production.

For those working and feeding stock, the lack of supplies of readily available hay is making this job that much harder. It seems that most of the traditional suppliers are sold out or didn't have a crop to turn into hay. Fortunately, whole cotton seed is still reasonably priced, though availability is questionable until the new season cotton is picked, for those wanting something with a high protein value for lactating cows and heifers.

Most weather scientists are forecasting an autumn break to the current conditions – I hope they are right, as many producers will struggle to go past the next 4-5 weeks if weather conditions stay as hot and dry as it has been during the past 9-12 months.

I am starting to notice the native wildlife struggling with the current seasonal conditions, with particularly the emus and kangaroos not venturing far from water and loosing body condition rapidly.

The below graph (Pge 4) really shows the seriousness of the current season in the catchment, with the historical reliability of floods in Cooper's Creek, compared to the last 6-year period 2012-18. Particularly considering that Cooper's Creek starts to run onto the Diamantina Developmental Road at 4.35m.

Australia Day celebrations were held in the three communities on Friday evening, with Gillian O'Brien and Peter Geiger recognised with Community Spirt Awards for their contribution and dedication for the Jundah and Windorah communities and residents. The Windorah Rodeo Club was recognised for

Mayors Message......cont

holding successful events in 2017 and contributing to the local economy through increased visitor numbers. We congratulate the recipients of the Australia Day awards, and warmly thank them for their contribution to Barcoo Shire.

It was great to see members of the community attend the celebrations – especially the little children enjoying themselves on the jumping castle and the older members playing indoor bowls at the Windorah event.

Gillian O'Brien - Someone who puts their heart and soul into what they do.

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." - Helen Keller

Peter (Punk) Geiger - Someone who just makes a difference by their presence and effort

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." - David Brinkley

Windorah Rodeo Club - A can-do club with a can-do attitude

"Nothing great was ever achieved without enthusiasm." - Ralph Waldo Emerson

As the Barcoo Shire Council start to get back into the day-to-day maintenance schedules, the 2018 road works program and the 2017-18 budget capital works projects - it is certainly going to be another busy year ahead of the council and workforce.

I will have an update on the programed works and capital works projects in the next edition of the newsletter once the CEO, Michael Parker and engineer, Greg Clark have assessed their capacity to deliver on the current budget, and present a revised budget to council.

There is always emergent works or opportunities for funding that have an impact on the delivery of the programed budget, and we need to be a bit flexible and agile in our program so we can take advantage of these opportunities. I suspect our building projects like the Jundah Road house and general store and the new houses will have to be pushed back for completion in

of the 2018 calendar year, as the need for the completion of the Works for Queensland projects has interrupted the council's program.

Council also needs to complete some projects and plans that are of an administrative nature. Council will be consulting with the 3 communities regarding a sport and recreation infrastructure plan for the shire. Council has engaged Ms Chris Capel to complete this consultation in conjunction with council, and there will be community notices going to the community to advise of these meetings.

There is a lot of work to do in reviewing and completing the Barcoo Shire Local Disaster Management Plan and sub-plans so we meet the requirements of the elements under the Queensland Disaster Management Act 2003.

The Disaster Management Act 2003 (the Act) clearly articulates disaster management stakeholders must be ready and equipped to help the community prevent, prepare, respond to and recover from both natural and man-made disasters.

Council will also be sending information and material to landholders seeking to update council, the Local Disaster Management Group (LDMG) and Queensland Fire and Emergency Services (QFES) of the location of major activity areas i.e. homesteads, out stations cattle yards etc.. as well as equipment available to use in the event of a disaster situation.

Warm regards,

Bruce Scott

Jundah Sports Club

Would like to thank the following:



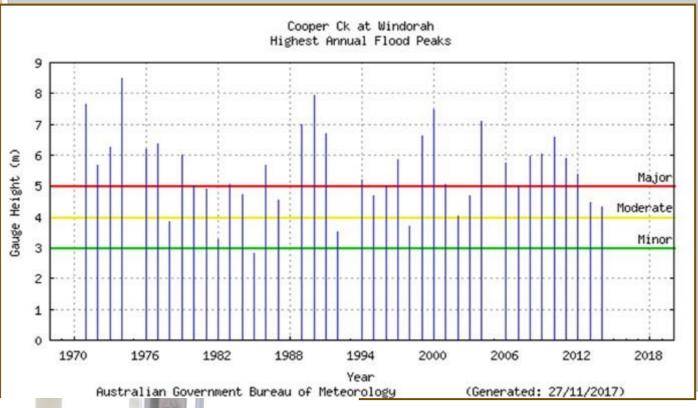
Linnea Olsson, Ronnie Rayment

& Roisin Wada

For organising and cooking the BBQ at the recently held Australia Day celebrations in Jundah

Congratulations to Ms Gillian O'Brien for her 'Community Spirit Award'

Mayors Message.....cont



The state of the s

Long-time Yabby Windorah Jockey Celebrates

Frank turned 95 on the 26th Jan 2018. He always reckons we get a holiday on the 26th for his birthday.

He had 14 guests at the Moama Sports Club. The cake was made by Redda's daughter Lisa.

Guests were 8 family members including Redda, 4 other Victorian tourists that Frank has become good friends with at Windorah & Jundah plus my-self.

Frank is very well apart from loss of eyesight which is now very poor.

He moves around well but the nursing home insists he use a walking frame.

He is still the same witty, likeable bloke & speaks fondly of his times in Jundah, Windorah & Stonehenge.

He would love to return but recognises that is not possible.

He managed to eat a full serve of fish, chips & salad, pav & birthday cake so he's doing ok.

Anyone who would like to contact him can call him on 0488 033 554 or write to:

Frank Jenkinson, C/o Cohuna District Nursing Home, 158 King George St, Cohuna, Victoria, 3568.

Daryl Cossar

Christmas Lights of Barcoo





Photos are: Paradise turnoff, Corella turnoff, Smileys Shed, Jundah Police Station



Barcoo Shire Council , P O Box 14, 6 Perkins St Jundah 4736 QLD T (07) 4658 6900 E: shire@barcoo.qld.gov.au www.barcoo.qld.gov.au

Community Information

January Flower: Carnation

January Stone: Garnet

January Bird: Tawny Frogmouth



#stopbullyingnow #doitfordolly

BARCOO SHIRE COUNCIL

TENDERS FOR SALE OF BUILD-INGS FOR REMOVAL

TENDERS will be received up to twelve o'clock, noon, on Friday, the 8th March for the sale for removal of the old Shire Office Building (without tank) at Stonehenge.

Tenders to state time required in which to remove the building. Highest or any tender not necessarily accepted.

S. E. TOOTH, Shire Clerk.

Council Chambers, Jundah. 12th February, 1940.

PUBLIC NOTICES

NOTICE TO SELECTORS AND GRAZIERS

Having bought out Mr. W. J. Swan, Shearing Contractor of Longreach, I appeal for your shearing support, and trust those who have lately given their contracts to Mr. Swan will favour me with same. Quotes for shearing and crutching can be obtained on application.

PAT GLEESON, Wren Street, Longreach.

Barcoo Shire Council, PO Box 14, 6 Perkins St Jundah 4736 QLD T (07) 4658 6900

LOST

OST—One pound note through not placing my order for printing with the Longreach Printing Co. Ltd. during their discount month. Finder return to "Won't Happen again."

Franks Party goers

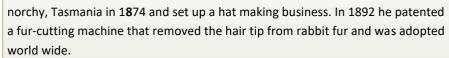


Birthday boy Frank, Redda and Darryl Cossar

Australia Icon—the Akubra

Akubras are made from wild Australian rabbits with Belgian, French and Ukrainian rabbits also in the mix. A single hat uses approx. 14 rabbits skins. Sixty people are involved in the making of a single hat and the 19 stage manufacturing process hasn't changed for 100 years.

The Akubra story began with English hatter Benjamin Dunkerly, who emigrated to Gle-



The name Akubra are historically associated with our defence forces and 80% of the company's business once came from Australian Defence Force contacts, with more than two million hats produced for service men and women since World War I. From the end of World War II until the late 1950s, Akubra was making between 700 000 and one millions hats annually.

One of our most iconic symbols and inextricably linked to working life in Australia, the Akubra is proudly plonked atop the pates of visiting dignitaries, pop stars and royal visitors. Who can forget the Minister for Natural Resources being interviewed at Welford NP with his Akubra on backwards......

But in the beginning, the Akubra served a simple and vital function: shielding workers from the notoriously brutal Australian sun.

For Australians who worked the land it remains exactly that. But for many other of a certain age the Akubra is associated with one man: Ian 'Molly' Meldrum. There's just one problem with this—Molly wears a Stetson, not an Akubra. Molly, for shame! That sort of behaviour is simply *un-Australian*.

The name is believed to be derived from the aboriginal word for head covering.

E: shire@barcoo.qld.gov.au www.barcoo.qld.gov.au

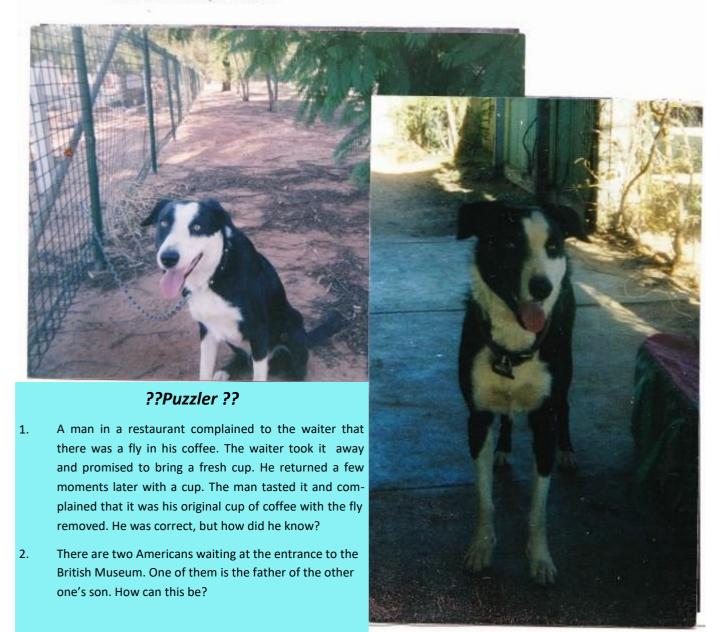
Reward offered

Finding Hector

\$2000 reward for the return of Hector, a much loved short haired Border Collie dog, or for information that leads to his return, to Clem Paynter (Mobile: 042 335 7064 or E-mail: clementpaynter@yahoo.com).

Hector was born in December, 2004, at Arapinta, Wyandra. Reported by the person in whose care Hector had been entrusted that Hector had been killed by a snake in May, 2008, it was discovered in 2015 that this person had instead sold Hector in Windorah in May, 2008.

The photos below of Hector were taken in 2007 in Charleville. Hector has a scar near his right nostril.



Community Information

State School Dates for 2018

Holidays Resume

<u>Term 1</u> 01/01/2018 22/01/2018

Public Holiday 26/01/2018

<u>Term 2</u> 30/03/2018 17/04/2018

Easter Holidays 30/03 to 02/04/2018

Public Holiday 07/05/2018

Term 3 30/06/2018 16/07/2018

Term 4 22/09/2018 08/10/2018

Public Holiday 01/10/2018

Pupil Free Day 22/10/2018

<u>Term 5</u> 08/12/2018 29/01/2019

AT TIMES WHEN WE FEEL OVERWHELMED IT IS IMPORTANT TO KNOW WHO CAN HELP

CALL 1300 64 2255 (1300 MH CALL)

TO CONNECT WITH MENTAL HEALTH, ALCOHOL AND OTHER DRUGS SERVICE 24 HOURS 7 DAYS A WEEK



OR CALL

COUNTRY CALLBACK 1800 54 33 54

LIFELINE 13 11 14

SUICIDE CALLBACK SERVICE 1300 659 467
KIDS HELPLINE 1800 55 1800
MENSLINE SUPPORT 1300 78 99 78
WOMENSLINE DV CONNECT 1800 811 811
PARENTLINE 1300 30 1300
ALCOHOL & DRUG INFO 1800 177 833
IN CASE OF EMERGENCY 000

Puzzler Answer:

- 1. He had sweetened his coffee and upon tasting it, he knew the waiter had just removed the fly.
- 2. They are the mother and father of a child.



Prepare for your decision to affect others

QFES' If it's flooded, forget it - 2017/18 campaign has launched, reminding Queenslanders of the dangers of driving through floodwater.

This year's campaign, running until the end of the severe weather season, asks people to prepare for your decision to affect others.

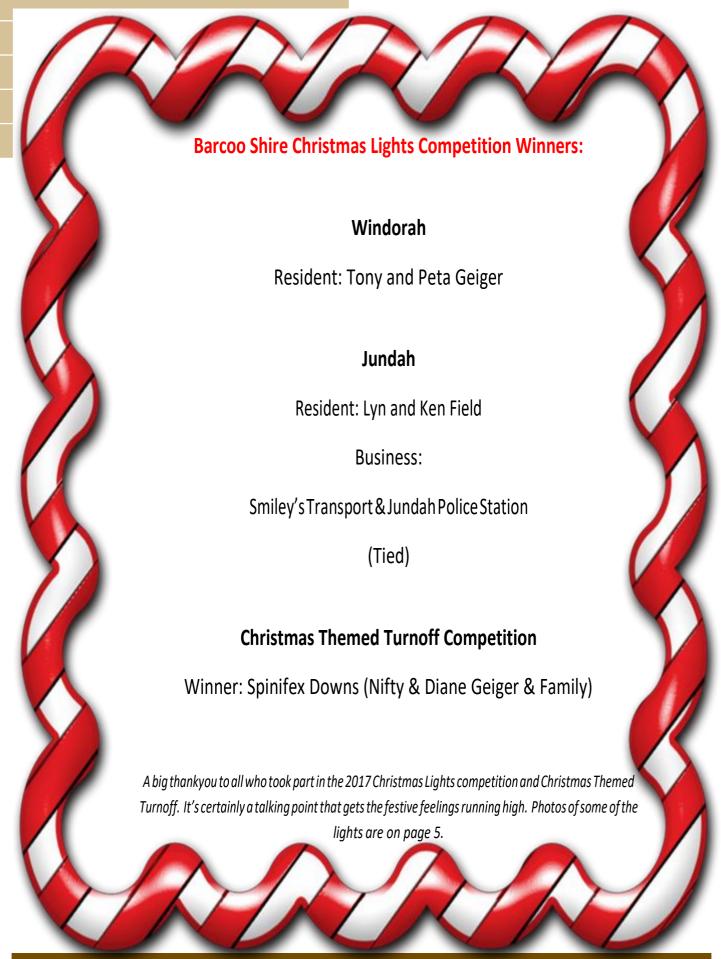
This builds on the previous key message of prepare to stay safe, which encourages people to think about what they can do to stay safe before severe weather strikes.

Advertising on television, billboards, social media and online will point to the "If it's flooded, forget it" website.

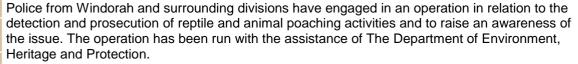
Turn your face toward the sun and your shadows will fall behind you.



Christmas Lights Results



Poaching alert in our Shire





The Windorah and surrounding areas are well known particularly for the inland taipan and other venomous snakes and reptiles. Researchers and enthusiasts often frequent the area to study the animals. However, information has been received that in recent times there have been incidents where people have come onto the properties to try and capture reptiles, particularly the inland taipan, without the consent of the managers or owners. Under the Nature Conservation Act 1992 (NCA), these people are possibly committing offences.

Further offences are also being committed in terms of trespassing and potentially wilful damage; for example the cutting of fences to access areas.

Not only are individuals committing offences by taking protected wildlife, they also potentially commit offences by taking items from the environment, such as sand, rocks and flora to simulate environments from where the animals have come from. Financial gain can be made from taking these items and selling them. For example authorities state that red sand on the market can average \$30 for five kgs.

There are also concerns in relation to biosecurity issues for graziers, where if vehicles access grazing land without approval and declaring them, it potentially can impact on the running of the properties and people's livelihoods.

Not only are people potentially committing offences, but they also put themselves at considerable risk of serious injury and possible death when handling the reptiles and given the remoteness and limited resources, survival is greatly reduced.

Substantial amounts of money can be made in the illegal trade of reptiles and other species of native wildlife in Australia. Due to the iconic and unique species which occur in Western Queensland some of these species can attract significant value. Authorities advise that a reptile may be worth a few hundred dollars on the domestic market, however when it is sent overseas, the value escalates from anywhere from \$5000 to \$15000 an animal.

There is an animal in Western Queensland which is of significant value.

The egg of this animal can receive up to \$300 000 Euros on the black market in Europe.

This is equivalent to \$450 000 Australian dollars. Hence the financial incentive for poaching this animal is significant.

To date there have been a number of persons that have engaged in illegal animal poaching activities in South West Queensland that have been charged. Some of these people have engaged in the international trade of animals. There are also some that have had associations with criminal motorcycle gangs.

Members of the public are encouraged to relay any information to Police in relation to this matter. Reports can also be made to Department of Environment, Heritage and Protection by ringing 1300 130 372 or alternatively through Crime Stoppers on 1800 333 000.

If you witness or suspect an offence to wildlife, you can notify the department via a wildlife complaint form, found at www.ehp.qld.gov.au/contactus.

Members of the public are encouraged to report incidents of wildlife related crime or incidences where they believe wildlife related crime has occurred.

In Queensland, native animals are protected and taking or possessing them without a permit is against the law, with penalties of up to \$378 450 or two years imprisonment for an individual.

Senior Constable R. EDWARDS Officer in Charge Windorah Police Station Ph 46563133



Australia Celebrates

Here are some interesting facts about Australia's National Day.



It wasn't always known as Australia Day but rather "First Landing Day". This was the day commander of the First Fleet Captain Arthur Phillip rowed ashore at Sydney Cove and raised the union Jack and proclaimed British sovereignty over part of the continent in 1788. The first recorded Australia Day celebrations were held in 1808 to mark 26 years since the landing.

Lachlan Macquarie was the first Australian Governor to hold the first 'official' Australia Day celebration in1818, to mark 30 years of European settlement. The celebrations included a 30 gun salute and a ball at Government House.

Another celebration took place in New South Wales in 1858 to mark the 50th anniversary of the Sydney Cove landing. It was the first declared public holiday.

The first Australia Day was held on 30th July 1915 to raise funds for the World War I war effort.

In 1935 all the states adopted a common date. It took until the 1940's to have a national public holiday proclaimed.

The two animals featured on the Australian coat of arms are the Emu and the Kangaroo—the reason for this being that neither animal can walk backwards, but instead can always go forwards, symbolising Australia's desire to do the same.

AND there's more.....

23 million people and 180 million sheep live in Australia.

Some of our most famous inventions include—ultrasound, vegemite, the tank, utes, football, the refrigerator, WIFI, post it notes, the esky, Hills hoist, wine casks, selfies and pre-paid postage.

Some things we lay claim to but shouldn't are—pavlova, Russell Crowe, Crowded House and meat pies.

It may be sunnier Down under than in the UK, but the Australian Alps get more snow than Switzerland.

2018 Year of the Dog



Symbol: Intelligence and Protection

Prediction: A new Start

Colours: Blue, Black & Green

Element: Earth

16th February sees the start of the Year of the Dog in the Chinese horoscope. In 2018, success as in love and in work, depends primarily on the quality of the communication between people and learning that being selfless and generous can bring the promise of a more generous harvest in return.

It is a good time for lifestyle changes (time to quit smoking, change residences) and start new business ventures. Now is the time to implement life plans.

2018 will be eventful and marked by security concerns and the rise of social conservative movements within society. There will be more universal values of empathy and social justice.

Strength of character, education, morality, social life, health and caring for the elderly are revised and improved during this pivotal year.

There will be advances in industrial

projects particularly in solar energy.



Windorah Celebrates Australia Day



The Windorah Community Hall hosted the celebrations where awards were presented at the Australia Day Celebrations.

They were:-

"Community Spirit Award" to Peter Geiger "Community Event Award" to Windorah Rodeo Club.

A barbeque dinner was enjoyed by all. The jumping Castle was a real hit with the younger generation and the Indoor Bowls Challenge finished the night off well. A great family and community get together out of the heat.

Photos show: Rob Gordon, Secretary of the Rodeo Club receiving the award for Events from Mayor Bruce Scott
Lottie Taylor visiting from Charleville enjoying the indoor bowls
Jumping castle fun - Kane Weston, Will Geiger, Daitonah Gorringe, Peyton Weston & Bindi Geiger

Community Information

RFDS Clinic Days

Windorah

6th & 20th February 2018

Jundah

13th & 27th February 2018

Stonehenge

14th & 28th February 2018

Yaraka

14th & 28th February 2018



Thanking the Windorah Community

Windorah PHC staff would like to thank the Windorah LAC for donating a vitalograph which will be of great benefit to the community.

Windorah community has turned out to enjoy another night of "Battle of the Sexes" trivia whilst welcoming visiting Mental Health clinician Jason Levinge. Whilst the night was extremely hot (both weather and participant wise) the females decided to allow the males to win and even up the scores. Next round is being held on Tuesday 6th February at the tennis courts, with a community barbeque, so wear your thinking caps.

Tuesday 6th February RFDS clinic and incontinence advisor.

Tuesday 6th Feb Jason Levinge (Mental Health)

Thursday 8th February NWRH allied health team.

Longreach Legal Services

ABN: 74 095 065 587

Jennifer (Penny) Rayment

Master of Laws (QLT)

124b Eagle Street

Longreach Q 4730

P: 07 4658 1234

M: 0427 267 445

Email: jennifer.rayment@bigpond.com.au

Fixed prices most matters Open Monday-Saturday

"... a professional feam who can be entrusted with your confidential matters and who can offer advice with your best interests at heart."

IP services available

Rural, residential and commencial sales and prochases Wills and estates/ commal/civil matters

Jundah QGAP Business Hours

Monday to Friday 12noon to 3.00pm

Please phone 4658 6193 for enquiries Ms Gillian O' Brien

December Weather Statistics



On 30th November 2017, Steve Sigler was awarded the National Medal in recognition of long and diligent service with the SES for a period of over 15 years of service. Steve first joined the SES on the 22nd July 1999. The SES Capricornia Area Controller Peter Downing and Mayor Cr. Bruce Scott, presented the medal to Steve with local SES members in attendance.

"I would encourage everyone to volunteer their time at some point in their lives. Selflessly giving your time for the benefit of others and your community, grows you as a person and strengthens your resolve when dealing with adversity." - Steve Sigler.

NDIS Ready

Rockhampton, Gladstone and west to the borders QLD



From **1 January 2018** the National Disability Insurance Scheme (NDIS) will become available to eligible people in the Rockhampton, Gladstone and west to the borders region covers the local government areas of:

- Panana
 Barcaldine
 Barcoo
 Blackall Tambo
 Central Highlands
 Diamantina
 Gladstone
 Livingstone
- Longreach Rockhampton Winton Woorabinda

The National Disability Insurance Agency (NDIA) is working with Early Childhood Early Intervention (ECEI) and Local Area Coordinator (LAC) partners to deliver the NDIS in local communities across Australia.

ECEI and LAC partners help participants navigate the NDIS and connect them with other community services, where appropriate.

BUSHkids will deliver ECEI services to children aged 0-6 in the Gladstone, Central Highlands and Rockhampton Regional Councils, including the Livingstone local government area and the Banana Shire.

Carers Queensland Incorporated will deliver LAC services to the Gladstone, Central Highlands and Rockhampton Regional Councils, including the Livingstone local government area and the Banana Shire.

Key figures

Current and estimated demand in Rockhampton – Participants

Current	Full Scheme	Growth #	Growth %
2500	4900	2400	96%

Current and estimated demand in Rockhampton – Investment (\$ millions)

Current	Full Scheme	Growth #	Growth %
90	220	130	144%

Current and future workforce in Rockhampton

Current workforce (FTE range)	Estimated Required Workforce (FTE range)
650 - 800	1500 - 1800

NDIS ready cont......

Key messages

• From 1 January 2018 the NDIS will become available to eligible people in the Rockhampton, Gladstone and west to the borders region. This is a significant moment for people with disability, their families and carers in this region.



- The NDIS will also generate jobs and local investment in the Rockhampton region. More than 850 new jobs could be created over the coming years and an additional \$130 million will be injected in to the local economy.
- The NDIS provides Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.
- It gives all Australians peace of mind that if their child or loved one is born with or acquires a permanent and significant disability they will get the support they need.
- If you already receive supports from the Queensland or Commonwealth Governments, you will be contacted by an NDIS representative when it is time to transition to the NDIS.
- If you are not currently receiving supports, live in the Rockhampton region and think you may meet the access requirements for the NDIS, contact the NDIA on 1800 800 110.
- For people who need help with English the NDIS can be contacted by calling the TIS National line on 131 540.
- For people with hearing or speech loss the NDIS can be contacted via TTY on 1800 555 677.

NDIS Ready

The NDIS will provide all Australians under the age of 65 with a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life.

To support the roll out of the NDIS, we are asking communities across Australia to get NDIS Ready.

Individuals and organisations can help spread the word about the NDIS in their local area by holding this sign, saying cheese and sharing a photo on social media using #ndisready, with a link to the NDIS website (www.ndis.gov.au).

We love seeing people, communities and groups across Australia promoting the NDIS and building awareness of what this major reform means for people with disability.

Office locations

NDIA North Queensland office location Ground Floor 235 Stanley Street Townsville 4810 Q

NDIA Rockhampton Regional Office

(Co-located with Centrelink) 190-194 Musgrave St, Rockhampton, QLD 4700

Emerald

56A Theresa Street Emerald Q 4720



Carers Queensland Offices (LAC partner) Level 2, 39 East Street Rockhampton 4700 Q

BushKIDS RockhamptonShop 1/17 Bolsover Street
Rockhampton Q 4700

Emerald Office 5 Clermont Street Emerald Q 4720

NWRH Podiatrist Tips



Back To School Helpful Tips from the Podiatrist

Shoes

Wearing the wrong shoes can affect many aspects of foot health. First, your shoes must fit. Shoes that fit too tightly can cause hammer toe, corns, ingrown toenails and general foot pain. Overly large shoes prevent your heel from settling in the proper place as you walk, causing blisters and calluses, sore heels and excessive shoe wear. Remember that your feet "stretch out" late in the day, so go shoe shopping after work, when your feet are at their largest. It is important to pick the right shoes for the



activity you are doing, even if the shoes fit properly if they are not designed for the job they can cause problems for your feet.

Socks

We've already covered the importance of shoes, but socks can be easy to overlook. They're an integral part of your daily foot care routine. Not only do they protect your feet from wear and tear, they absorb and wick away moisture.

For basic day-to-day wear, use socks made with natural fibers like cotton or wool. They're absorbent and will eventually wick moisture away from your feet to the breathable portion of your shoes (leather or mesh). For high-performance socks, there are synthetic materials made for athletes that are better at wicking moisture away because the material doesn't compress as much as natural fibers do when saturated with sweat.

If you have any questions or concerns, please call NWRH on (07) 4652 7100 to speak to your local Podiatrist. 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.

Hi there,

My name is Cat and I am a Producer on the upcoming series of The Great Australian Bake Off Series 4. I just wanted to let you know that we are currently casting for Series 4 which is very exciting! We are back and on the hunt for Australia's best

home amateur bakers who will have their bakes tasted in The Bake-off Shed by the iconic Maggie Beer and culinary genius Matt Moran.

I was wondering if some of your members might be interested in applying and if so, would you be happy to share the attached flyer with them or post via your social media platforms?

We sincerely appreciate any assistance in spreading the word. Any other questions, please feel free to drop me an email. Kind regards,

Cat and The Bake Off team

Also if you could spread the word over email that we are on the lookout for amateur bakers all you have to do is follow this link and it will take you to the application form.

HTTPS://BAKEOFF.CASTASUGAR.COM<https://

urldefense.proofpoint.com/v2/url?u=https-

3A bakeoff.castasugar.com &d=DwMFaQ&c=BxKcMbETFwSkts

<u>L116c0CLzwOlCGdYKnl0_kgHBnEac&r=LnQ5zPn-</u>

3j1Xe6cAlk9zFaBF3ocum-

<u>Dt0mgtF8b99RhM&m=gtU4Q77ojnsMTrtr5KK4vaGhxKSuTQlFkW</u> OuOfWuG-

E&s=Cs5urfhEKpKKzML0en9hUEbBx7Jy92BzpjySuvgFypc&e



Jundah School Jottings

Book Review -Eddie Gilbert by Mike Colman & Ken Edwards—Aboriginal biography

On November 6, 1931, Queensland's Aboriginal fast bowler Eddie Gilbert dismissed Don Bradman for a duck after a spell of bowling the champion batsman rated the fastest he'd ever faced.

With that one ball the young man from Barambah Aboriginal Settlement earned a place in Australian sporting folklore. To government officials of the day it was seen as public vindication that their controversial settlement system was working: while for Aboriginal people it was proof that one of their own could compete against the best of white men and win.

Gilbert came up against Bradman on two more occasions, took on Douglas Jardine during the infamous 1935 Bodyline tour, vied for Test selection and was branded a 'chucker' - but his powerful and moving tale transcends cricket.

Though he could never be termed a 'typical' Aboriginal, Eddie Gilbert's experiences on and off the settlement provide a fascinating - and timely—insight into Australia and Australians of his time.

Much as been spoken and written about Eddie Gilbert since that day in 1931, lots of it wrong. As is so often the case with sporting heroes, myth has overshadowed fact, whether it be about the speed or legality of his bowling, his treatment at the hands of white officialdom or, ultimately, his lonely and pitiful death.

Historical House in the dry times in Outback Qld



Jundah State School Jottings

Welcome to the 2018 school year. This year our school has grown with two Prep students, one Year 1, one Year 2, two Year 3's, 1 Year 4 and four Year 6 students. Kindy has also started with two students attending. All students have settled back into the school routine.

Congratulations to Gillian O'Brien on receiving her Australia Day award. An honour to be recognised for all that she does and contributes to the community.

This term, the three Barcoo schools will be having swimming lessons on four Fridays with Caroline Taylor at the Jundah pool. Caroline is travelling from Longreach to conduct the lessons. The Barcoo Shire swimming carnival will be held at the end of the term.

In English, the students will be studying narratives and advertising. The younger students are examining feelings and emotions in print, the middle students are studying "The Twits" and the upper students are exploring advertisements. Primary Connections units are being used for the biology topics in Science, with dinosaurs and gum trees as the topics. Reading and writing continue to be a focus with STEM and the use of digital technologies every day in the classroom being explored this year.

During the holidays, a cover was constructed over the sandpit, providing the students with another shaded area to play and the wet sand is definitely a hit on the hotter days.

Parade will continue to be held on Thursdays at 9.00am and the invitation to all community members to join us to celebrate our week.

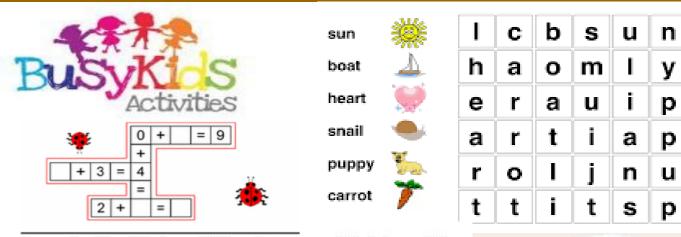
In the week before school started, Mrs Volker and Miss Roisin attended the Principal's Business Meeting in Longreach. The focus continued on the Australian Curriculum with the English being refined, the HASS being further explored and the Science being developed.

The last day of the term will be on Thursday 29th March as Good Friday is the next day and during the school holidays the Commonwealth Games will be held on the Gold Coast. Some of the students have been researching the Commonwealth Games to put together a power point to present to the class at the end of the term.

Yours in learning.

Chris Volker





Pet Mopiton Mix-Up Logie Puedle

Cindy, Lisa and Tanya Chalmers, three very responsible girls, loved animals and wanted to care for their own pets. Their parents agreed that they were finally old enough to adopt one pet each and drove them to the pet center to pick out the pets they wanted to adopt.

After playing with many dogs, cats and rabbits, each girl decided to choose a different type of pet from the others and their parents filled out adoption papers for each pet. When they were finished, the attendant said that the pets would be delivered to their home the next day after the paper work had been processed.

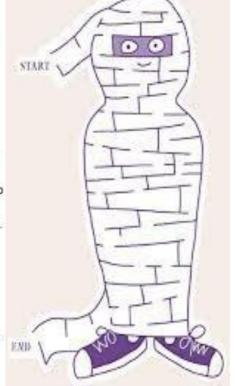
Minutes after the Chalmers family left the pet center, a mischievous parrot flew over to the stack of adoption papers and started shredding the papers with his sharp claws. The attendant gasped and ran over to rescue the papers, but found them in pieces.

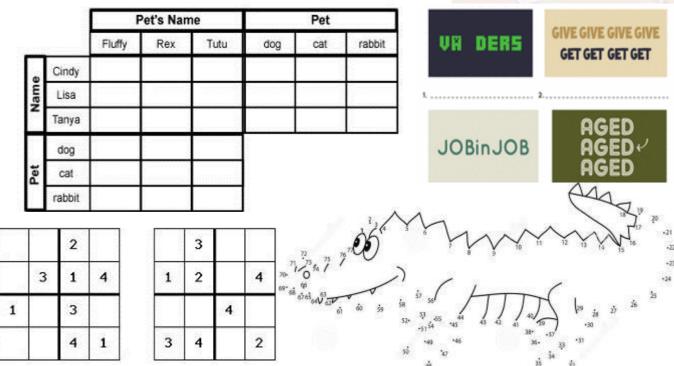
"Oh no!" the attendant moaned, "I do not want to disappoint those wonderful girls. I guess I'll have to try to piece this information together so the pets can be delivered tomorrow like I promised."

With much of the paper shredded to bits, here is all of the information the attendant had to work with.

- 1. The girl who adopted the dog did not name it Tutu.
- 2. Lisa's pet, who she named "Fluffy," is not the type of animal that hops.
- Rex, who is not a dog, was adopted by Tanya.
- The rabbit was not adopted by Cindy.

Can you help the attendant figure out which pet each girl chose and the name of each pet? Use the chart below to help make your deductions. Put an "X" in the grids that are false. Put a dot or a checkmark in each grid that is true.





Too Hot to Cook Recipes

We've done celebrating, eaten all the left overs and the school year has commenced.....This month I have included some main dish salad recipes to give the chef a break from the heat in the kitchen.

Potato and Egg Salad

600g baby potatoes 6 eggs

4 rashes bacon diced 1/2 cup egg mayonnaise 1/2 cup sour cream 1 tbl Dijon mustard 6 shallots sliced finely 2 tbl chopped chives

Boil potatoes and cut into quarters. Boil and peel eggs. Cut in half. Cook bacon and drain. Combine mayo, mustard, sour cream and shallots. Fold through bacon and potatoes. Top with eggs and chives. Delicious with cold ham and beetroot relish.

Broccoli and Apple Salad

2 broccoli heads 1 pink lady apple sliced

4 radish sliced 80g baby spinach

1/4 cup apple cider vinegar 2 tbl olive oil

1 tsp wholegrain mustard 1 tbl chopped chives

1/3 cup pecans chopped

Remove florets and cut stalk into matchsticks. Discard rest. Place florets, stalk, apple, radish and baby spinach in a bowl. Toss to combine. Whisk oil, vinegar, mustard and chives. Season with salt and pepper. Arrange broccoli mix on a platter. Drizzle with dressing and sprinkle with pecans.

Watermelon and Haloumi Salad

1/3 cup olive oil 100g pita bread pockets

2 teas sumac 1/2 teas garlic

1 tbl lemon juice1 tbl balsamic vinegar1/2 teas honey250g pkt haloumi sliced

1kg watermelon 1 cup fresh herbs—your choice

1 avocado sliced 5 radish thinly sliced

1 Lebanese cucumber peeled into ribbons.

Cut melon into small triangles. Heat 1/2 oil and cook pita bread in frying pan. Should crisp up 2-3 minutes. Sprinkle with 1/2 sumac. Cool and coarsely tear. Whisk the juice, vinegar, honey, sumac, oil and garlic. Season. Cook the haloumi in pan. Coarsely tear. Onto a platter place avocado, watermelon, herbs, cucumber, pita and haloumi . Drizzle with dressing . Tip: I use mint & coriander as fresh herbs

Middle eastern Brown Rice and Egg Salad

2x250 pkts microwave brown rice 4 eggs

1 lemon grated and juiced
2 tbl olive oil
1 teas cumin
1 lge zucchini chopped
1 onion grated
2 tbl currants
1 bunch dill picked
4 shallots thinly sliced

2 tbl toasted pine nuts

Cook the rice according to packet directions. Set aside to cool slightly. Boil eggs and peel. Place lemon juice, rind, oil, currants and cumin in a bowl. Chop 1/2 the dill then add dill, zucchini, shallot and 1/2 the pine nuts to rice. Toss to combine. Plate up then carefully place the halved eggs to top of the rice. Drizzle with remaining dressing and pine nuts. Season

Hungarian Salad

1 pkt mixed salad leaves 2 apples

1 can pineapple pieces200g cheddar cheese125g mayonnaise1 tbl sour creamJuice 1 lemon1 tbl sugarPinch mustardseasonings

Mix the mayo, sugar, sour cream and lemon juice. Cut the apples, ham and cheese into bite sized pieces and mix the dressing into the drained pineapple pieces. Tear salad greens, toss all together and sprinkle with some cheese.

Chicken, Mango & Chilli Salad

1 mango diced 1 shallot finely chopped

1-2 chillies chopped juice 2 limes

1 chopped chicken breast 1/2 iceberg lettuce sliced

1 bunch coriander chopped 1/2 teas sesame oil

1 teas groundnut oil

Tumble the mango cubes into a bowl with the chilli, shallots and chilli. Leave to steep. Mix the chunked chicken shredded lettuce and most of the coriander. Add the oils and toss again before combining. Decant onto a serving platter and sprinkle over remaindering coriander.

Anglo Asian Lamb Salad

10g garlic oil 1 lamb loin or equivalent

1 pkt salad leaves 45g chopped mint 1 tbl red current jelly 30ml rice vinegar

1 teas soy sauce 1 chilli chopped and deseeded

1 shallot finely sliced

Cook lamb to medium, wrap in alfoil and rest 5 minutes. Whisk the dressing ingredients. Thinly slice the lamb. Add juice to dressing. Plate up the salad leaves, then the sliced lamb on top and pour over dressing. Scatter the chopped mint on top.

Barcoo SHIRE COUNCIL To forward news items for the community newsletter please email to: Stonehenge Community Centre

E: stonehengeinfo@barcoo.qld.gov.au

(T) 07 4658 5857 (F) 07 4658 5859

