



Barcoo Shire Community Newsletter

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RFDS 91 Years

May was the month the RFDS celebrated 91 years. After years of campaigning, John Flynn's vision of providing a 'mantle of safety' for the people of the bush became a reality. The Australian Inland Mission Aerial Medical Service, later the Australian Aerial Medical Mission, then Flying Doctor Service, before becoming the Royal Flying Doctor Service, was created ninety one years ago on the 15th May. The first flight of the RFDS took place two days after on the 17th May.

Prior to the formation of the RFDS there was little medical help for people who lived in places far from cities. If they were seriously injured they had to travel hundreds of kilometres by horse, cart or camel to reach a doctor. They often died before they got there.

You could almost guarantee that near enough every person in outback Queensland has had some sort of an experience with and gratitude towards the RFDS. Whether it be they themselves, or somebody they are close to, we are all grateful in some way or another to the amazing doctors, nurses and pilots of the RFDS. They are a completely invaluable service to us all, and to celebrate 91 years is amazing.



RFDS pilot Mark Davies and Dr Charles Ellis celebrating 91 years with a cake and Stonehenge community members at the Stonehenge clinic.

Domestic & Family Violence Prevention Month

Domestic and Family Violence Prevention Month

Each May, Queensland holds Domestic and Family Violence Prevention Month to raise awareness of the impact of domestic and family violence and engage all across the state in mechanisms to prevent such violence and harm

Research tells us that one in six women and one in 16 men over the age of 15 have suffered physical or sexual violence at the hands of a domestic partner. That means, on those numbers, that all of us know at least one person who was a victim of domestic and family violence and all of us has a responsibility to do something.

Most people in intimate relationships disagree about things from time to time. Disagreements are a normal part of a healthy relationship. Both parties should be able to put forward their different points of view or concerns and feel comfortable discussing them together. In a healthy relationship both parties treat each other as equals and compromise to seek solutions to overcome their problems.

However, in a relationship where domestic and family violence is occurring the situation is very different. One person in the relationship uses abuse and/or violence to **control** the other person through **fear**. The victim feels threatened - too frightened to argue back or too scared to disagree or express his/her opinion. The perpetrator has power over the victim.

If you are experiencing family or domestic violence or sexual assault or know someone who is, please call 1800RESPECT (1800 737 732), in emergencies call 000 or come see one of the Police Officers in the Barcoo Shire.

Jundah Police Station 4658 6300
Windorah Police Station

<http://www.domesticviolence.com.au/>

Domestic & Family Violence Prevention Month

Who can help?

There are many support and referral agencies available to provide assistance.

In an emergency dial Triple Zero (000)

DV Conned (women's line) 1800 811 811

(Toll free 24 hours, call cannot be recorded on your telephone account)

DV Connect (men's line) 1800 600 636
(Open - 12 midnight, 7 days)

Relationships Australia
1300 364 277

Crisis Care
07 3235 9999 or 1800 177 135

Veterans and Veterans Families Counselling Service
1800 011 046

Kids Help Line
1800 551 800

Alcoholics Anonymous Helpline (10am-10pm 7 days)
07 3255 9162

Drug Arm (Mon-Fri 8:30am-5pm)
1300 656 800

Mensline (Mon-Fri 9am-5pm)
1800 600 636

Immigrant Women's Support Service
(Mon, Tue, Thurs, Fri 9am-4pm)
07 3846 3490

Legal Aid Queensland
1300 651 188

Women's Legal Service
07 3392 0670

Aboriginal and Torres Strait Islander Women's Legal and Advocacy Service
(Mon-Fri 8:30am-4:30pm)
1800 442 450 or 07 3392 3177

Interpreting and Translating Service
131 450

Lifeline (Counselling Service)
131 114

For more information, please visit the Queensland Police Service (Domestic Violence) website on: <http://www.police.qld.gov.au/programs/crimeprevention/dv/default.htm>



Mission Statement

To serve and protect the people of Queensland by protecting life and property, preventing crime and safety, promoting crime and upholding the law in a manner which has regard for the public good and the rights of the individual.

Domestic Violence

affects everyone



Is this affecting someone you know?



Save the date:
WINDORAH
GYMKHANA,
BRONCO BRANDING
& STOCKMAN'S
CHALLENGE

13TH & 14TH JULY 2019

*Horse & motorbike events, canteen both days, bar, camping,
showers, entertainment*

More Details contact 07 4656 4955



MARKET DAY



9TH JUNE | 8AM ONWARDS
JUNDAH WAR MEMORIAL PARK

TRASH & TREASURE, ARTS & CRAFTS, PLANTS,
JEWELLERY, HOMEMADE GOODIES, & HOT BRUNCH

Hosted by the Jundah Bronco
Branding/Rodeo Club.
To book a table email
jundahrodeoclub@gmail.com



Ringers ride for a Cure



Men on horses – will ride 192k in 5 days
BEDOURIE to BIRDSVILLE

- 23rd June** Bedourie bbq sendoff
- 24th June** depart Bedourie – camp on Glengyle
- 25th June** depart Glengyle – Cacoory Ruins
CRICKET – CAMPFIRE – BBQ – YARNS
- 26th June** depart Cacoory Ruins – Mooney’s Grave
- 27th June** depart Mooney’s Grave – Waddi Trees
- 28th June** depart 7am – riders welcome to bring their own horses and ride the last 10k
- 28th June** GALA DINNER 5.30pm (18+ event)
 Guest Speakers Charity Auction
 \$60 per ticket - \$300 table of 6

Tickets pre-sold: Bev Morton 0746563250 – mortonbev952@gmail.com

Fund raising cancer research and support

- 29th June** Birdsville Horse Gymkhana
30th June Birdsville Motorbike Gymkhana

Birdsville Social Club inc President & Secretary

Don & Judy Rayment - djraymnt@bigpond.com 0746563321/0427300489

Ringers Ride for A Cure Liaison Officer:

Geraldine Monaghan - breeannacoulthard@hotmail.com 0448596667



DONATIONS WELCOME

RINGERS RIDE FOR A CURE – BSB 034-194 ACC 258928 WESTPAC BANK

BIRDSVILLE SOCIAL CLUB INC – BSB 084-407 ACC 00090122 COMMONWEALTH BANK

Bedourie to Birdsville
 23 – 28 JUNE 2019

Gala Dinner - Birdsville
 28 JUNE 2019

Horse & Bike Gymkhana
 29 & 30 JUNE 2019

Community

Are you on Facebook or Instagram?

Make sure you share your photos & posts from our beautiful shire to the Visit Barcoo pages on both Facebook and Instagram.

Use the hashtags of :

#visitbarcoo; #Windorah; #Jundah;
#Stonehenge; #barcooway and any other tag that you think will attract likes, shares and views to our pages.

Also using the @visitbarcoo on Facebook and Instagram will let us and your followers know you have mentioned us and we will get more hits that way also.

If you have an event, an interesting fact or a great photo that you would like the world to see, send them through to your relevant Visitor Information Centre at

windorahinfo@barcoo.qld.gov.au

jundahinfo@barcoo.qld.gov.au

stonehengeinfo@barcoo.qld.gov.au and

we will put them up on our facebook page and Instagram and get your event a much wider audience.

Jundah Rodeo/Bronco Branding Club \$1000 board draw

The \$1000 board has been drawn!

The winner was #70 and won by Jundah local Ash

Muller. The beers and milkybars are on you Ash 😊

Thanks to everyone near and far who purchased a ticket, your support and generous donations are very much appreciated 😊

Here is our lucky winner with the biggest of grin and fattest of wallet now.



Congratulations to Boof & Mary Matheson of Jundah on the safe arrival of their beautiful baby girl Maisie Grace. Maisie was born in Townsville on Wednesday 10th April 2019 weighing 5lb 12oz.



Rural Lands Report

The Land Water Animal Management Advisory Committee wishes to advise they have presented their first five Weed Free Certificates under the Barcoo Shire Council's program WEED FREE BY 2022; these were presented to the following properties,

Arrabury

Hayfield

Mutti

Paradise

Waroona

The Barcoo Council has applied for and received a grant from the Communities Combating Pests and Weed Impacts During Drought Program to tackle Declared Pest Plants and is calling for Expressions of Interest from properties in the Barcoo Shire who would like help with either chemical or Weed spraying contractors, please give me a call or email to work out what suits your situation to make this grant go as far as possible.

Peter Pidgeon

Rural Lands Officer

Barcoo Shire Council

0459028596

Peter.pidgeon@barcoo.qld.gov.au



Jundah Primary Health Centre

RFDS Clinic – Fortnightly

April

16th Dr Jon Outridge & Nurse/Midwife

30th Dr John Ella & Nurse/Midwife

May

14th Dr Scott Bentley & Nurse/Midwife

28th Dr Tony Dorr & Nurse/Midwife

June

11th Dr Scott Bentley & Nurse/Midwife

25th Dr John Ella & Nurse/Midwife

For bookings please phone either Jundah PHC on 46586500 or RFDS Charleville Base on 46541233

Women's Health

May

7th Della Turner

For bookings please phone Jundah PHC on 46586500

NWRH

May

8th Diabetic Educator & Dietician

9th & 10th Physiotherapist, Exercise Physiologist, Podiatrist & Dietician

For bookings please phone Jundah PHC on 46586500.



JUNDAH Primary Health Centre

WHAT IS A FUNCTIONAL ALCOHOLIC?

- A functional alcoholic is someone who struggles with alcohol abuse or addiction but appears just fine
- **IN REALITY, THEY ARE NOT**



THEY FIT THE DIAGNOSIS OF AN ALCOHOL USE DISORDER WITHOUT EXHIBITING ALL THE SOCIAL, RELATIONAL AND PROFESSIONAL SIGNS OF ADDICTION

Six Signs of a High Functioning Alcoholic:

1. Can't just have one. One is never enough.
2. Get drunk when you don't intend to.
3. Need alcohol to relax or socialise.
4. Drinks daily. Unable to cut back or quit.
5. Surround themselves with other people that like to drink.
6. They have an excuse and reward for everything, they feel they work really hard so deserve a drink.

ICIF (Better Health)
Community Meeting

Better Health *for* Stonehenge

Come and chat with us about:

- Your feedback on the Better Health program in your facility and let us know how you are progressing.
- Presentation of the Partnership Strategy.
- Discussion regarding establishment of a local Community Action Network group. (ie meeting group where you can raise your concerns and provide feedback about the health services provided in your local community).

Visitors Include:-

Karen Mills

Patti Smith

Lisa Wells

Questions?
Phone Karen Mills
07 46528000

Wednesday 19th June 2019

1pm - 4pm

Stonehenge Information Centre

Afternoon Tea Provided

PARTNERS



Mothers' Day Stonehenge

Iffracombe Garden Nursery joined us at the Stonehenge community hall for Mothers' Day this year. With a gorgeous selection of plants and flowers on sale, we had a great turnout of people treating themselves or spoiling the ladies in their life, joining us afterwards for a morning tea. Huge thanks goes to Di and John from the nursery for making the effort to come to Stonehenge. We hope it was well and truly worth their while for their business to come and join us for the day.



Jundah State School News

This month, the school has been continuing with their curriculum, professional development and a variety of activities.

At the Annual General Meeting of the P&C, the committee was elected. Congratulations Megan Miller, President, Briony Pitman, Vice-President and Roisin Wada, Secretary. The position of Treasurer has not been filled and any volunteer who might like to consider this role, please contact Megan Miller or the school.

The Jundah State School families and some community members planted trees in the school grounds and a paver for each family will be cemented in at each tree. Thank you to Donna for donating the trees and for those who brought trees in to plant. Thanks to the Mayor, Bruce Scott for his support. This was followed by the BBQ and the school leader induction. Congratulations to Lillie Barr-Richards who was inducted as school leader for 2019.



Tree planting followed by BBQ and school leader induction for 2019.



Jundah State School News

The interschool visits and lessons with Stonehenge State School have continued this term each Friday. Jundah State School will visit Stonehenge every second Friday and Stonehenge State School will visit us on the alternate Fridays. Students will continue to do Health/PE with Mr Kempthorne, HASS and English with Mrs Lindsay and English with Mrs Volker. Maths rotations are in the afternoon session.

The staff have been involved in professional development. The staff completed a web conference on Literacy, reading, writing and speaking with different strategies discussed. Miss Byrnes, Miss Hill and Mrs Volker attended the Speech language workshop on STRIVE with the speech pathologist Claire Nolan. Mrs Volker attended the procurement training and ADO, timesheets and school budget solution training in Longreach. Helen Commens (Kidd) drove the bus to Stonehenge. The Principals' Business Meeting with two days of training with Dr Chris Dann and Dr Peter Curtis on digital technologies and a packed agenda is on in Longreach followed by the Kindy workshop.

Jundah State School has signed up to participate in the Premier's Reading Challenge. The Premier's Reading Challenge is not a competition but a way to encourage students to develop a love of reading for life. Through the challenge children and students are given an opportunity to develop their appreciation of the English language, and additional languages, and are encouraged to explore and enjoy a wide range of literary texts.

Jundah State School has signed up for the Woolworths 'Earn & Learn' program. The stores are supporting small schools and sending them stickers. If you have family, friends, anyone who might send the school the stickers please ask/beg them to send the stickers. The stickers earn points that allow the school to get equipment. The more points, the more equipment the school can select.

Scholastic book fair has also just finished with books being purchased to provide reward points for the school to keep updating the library.

The Showcase Awards for Excellence in Schools are presented annually to Queensland state schools with excellent practices that significantly improve outcomes for students. This year, the Outback Advantage, the nine small schools of which Jundah is one, have entered a submission for their work with the C2C Curriculum team planning and implementing a multi-age curriculum. The first of the units have been published and are now being accessed by all schools across Queensland. Regional awards may be announced later in June.

Jundah State School also hosted Under 8s with painting, mobile making, contact pictures, goop and tooth pick men to make. The students had a wonderful time doing the activities and playing.

Yours in education,

Chris Volker



**PROUDLY PRESENTED BY:
WINDORAH POLICE AND
BLUE LIGHT**

WINDORAH DRIVE-IN MOVIES

**WINDORAH POLICE AND BLUE LIGHT
PROUDLY PRESENT WINDORAH'S FIRST
DRIVE-IN THEATRE.**

Location: Windorah Community Sports Ground

Date: Saturday the 8th June 2019 at 6:30pm

FREE entry

Screening: Mary Poppins Returns

This event will be alcohol free.



JUNDAH SPORTS CLUB
INVITES YOU TO....

SOCIAL SPORT

FOOD AND DRINKS FOR SALE

EVERY TUESDAY
6PM

@ TENNIS/SPORTS COMPLEX

GIFTED COUNTRY

JOHN ELLIOTT'S PORTRAITS OF PEOPLE WHO MAKE AUSTRALIAN MUSIC



1st June to 31st August 2019

Artist talk at the Gallery
on Sunday 2nd June at 11am.

**THE GALLERY at
THE QANTAS FOUNDERS MUSEUM
Longreach Queensland**

www.elliottcountry.com

Tuna & Salad Pinwheels



INGREDIENTS

- 2 wholemeal or multigrain wraps
- 1 small avocado, mashed
- 1 small carrot, grated
- 1 small cucumber, cut into thin ribbons
- 180g can tuna in springwater, drained, flaked
- 1 tablespoon whole-egg mayonnaise
- 2 iceberg lettuce leaves, shredded

METHOD

Step 1 Place 1 wrap on a board. Spread with half the avocado, leaving a 1cm border. Top with half the carrot, cucumber and tuna.

Step 2 Drizzle with half the mayonnaise and sprinkle with half the lettuce. Roll up wrap tightly to enclose filling. Trim ends (if using round wraps).

Step 3 Cut into 6 slices. Repeat with remaining wrap, avocado, carrot, cucumber, tuna, mayonnaise and lettuce.

7 Day Workout Challenge

Daily Workout Plan

Sunday

45 jumping jacks
15 squats
5 jump squats
50 Russian twists
30 seconds plank
10 standing calf raises
5 kneeling push-ups
30 seconds Superman
10 lunges (each leg)
40 crunches

Monday

100 jumping jacks
50 crunches
20 tricep dips
15 squats
20 lunges (each leg)
70 Russian twists
20 standing calf raises
5 push-ups
30 second plank
10 lunge split jumps

Tuesday

80 jumping jacks
50 vertical leg crunches
20 sit-ups
15 tricep dips
20 squats
10 side lunges (each leg)
15 leg lifts (each leg)
50 bicycles
15 wall push-ups
40 Russian twists

Wednesday

90 jumping jacks
20 tricep dips
10 sit-ups
30 bird-dogs
30 seconds plank
30 squats
15 incline push-ups
40 crunches
10 oblique crunches (each side)
20 standing calf raises

Thursday

100 jumping jacks
25 vertical leg crunches
30 crunches
20 squats
20 wall push-ups
50 Russian twists
15 seconds side plank (each side)
10 lunge split jumps
5 jump squats
40 high knees

Friday

60 jumping jacks
40 crunches
10 sit-ups
10 tricep dips
20 side lunges (each side)
15 incline push-ups
10 oblique crunches (each side)
30 butt kickers
5 jump squats
15 jack knife sit-ups

Saturday

50 jumping jacks
20 squats
100 Russian twists
5 kneeling push-ups
1 minute downward dog
15 jack knife sit-ups
10 lunges (each leg)
10 side lunges (each side)
20 bird-dogs
20 inner thigh lifts (each leg)