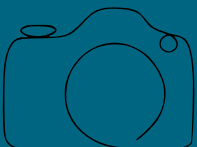


BARCOO *Santer*

COMMUNITY NEWS • JULY 2024



Jundah Camel Races



Send to us, tag us, share with us your best photo to feature in our monthly newsletter!



BARCOO *Banter*



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Please send all Newsletter content to:
newsletter@barcoo.qld.gov.au

Cut off date for AUGUST Newsletter
 COB 26 August 2024



Want to give back to the
 Jundah community?

Be a volunteer ambulance driver.
 You might just save someone's life.

For more information call the
 Director of Nursing at the
 Jundah Primary Health Centre.

> 4658 6500



Contact Council

Jundah Council Office
 Phone: (07) 4658 6900
 Email: shire@barcoo.qld.gov.au

Mayor Sally O'Neil: 0447 723 193
sally.oneil@barcoo.qld.gov.au

Cr Roger Batt: 0448 585 942
roger.batt@barcoo.qld.gov.au

Cr Andrew Miller: 0428 437 975
andrew.miller@barcoo.qld.gov.au

Cr Tony Jackson: 0428 583 254
tony.jackson@barcoo.qld.gov.au

Cr James Kidd: 0475 800 388
james.kidd@barcoo.qld.gov.au

MAYOR'S *Message*

WITH SALLY O'NEIL



Hello Everyone

Hope all is well. July certainly presented us with a mix of cold weather and wet weather. The Windorah Gymkhana weekend got rained on but didn't dampen the spirits of the competitors, the show went on for the horses and bikes but got too wet for the Bronco Branding. A second rainy day in late July has brought about another cold snap.

Jundah Camel Races

At the end of June the Jundah Camel Race committee hosted their first event. It was a huge success with many camels and trainers travelling from afar to compete. The event attracted a large crowd of tourists and locals. The day was fun filled with a dog jumping competition, sheep races and of course the camels. The main race was won by Harry the camel, owned by Peter Hodge and jockeyed by Rachael Woodham. Rachael has been a jockey for 25 years riding camels for Peter Hodge. This event will certainly be one to lock into your calendar for years to come.



National General Assembly (NGA)

Deputy Mayor Tony Jackson and I attended the Australian Local Government Association NGA in Canberra recently. It attracts Councillors and CEO's from all over Australia. Presentations were given by Ministers, the newly appointed Governor General Her Excellency the Honourable Ms Sam Mostyn AC and various specialists in fields talking all things Local Government. The RAPAD region was strongly represented with all 7 Councils present.

Parliament House Visit

Deputy Mayor Tony Jackson and I recently attended meetings in Brisbane. We met with Minister Glenn Butcher to seek funding for a feasibility study into an option for a bore in Jundah. We also met with Lachlan Miller member for Gregory and Shadow Environment Minister Sam O'Connor to discuss the opposition position on the future of recently purchased Tonkoro and Vergemont for National Parks.



MAYOR'S *Message*

CONTINUED...

Glen Arrol Farewell

A crowd of locals and visitors gathered on Friday night at the Jundah racecourse for a farewell for Glen. Glen has been Jundah's Senior Sergeant for the past 10 years based in Jundah and has contributed to the community in many ways apart from policing. Glen will be missed by the community and we wish him the very best in his retirement.



The following is the externally funded project status update:

- Budgerygar floodway – contractor engaged due mid July
- Stonehenge water treatment plant new shed and filter upgrade – contractor due on site to incorporate current alarm system with new filter system, to be completed by September
- Water meter installation – complete.

The following is an update of our work crews and their progress on roads around the Shire:

- Council has changed the work crew roster temporarily to a 5 on 2 off roster due to compliance with National Heavy Vehicle Regulator. This is a temporary measure whilst the appropriate plans are implemented and should be resolved in about one month.
- Dave Ross's crew are doing an 8km resheet at Sly's Lookout on the Windorah Birdsville Rd.
- Jason Beilby's crew are continuing work on the Bimerah Isisford Rd project due for completion in the next couple of weeks and will then head over to Retreat Yaraka Road to do a resheet.
- Contractor Crew are doing flood damage from Warbreccan to Eldwick. Flying gang are working on the bulk signage project between Windorah and Birdsville and a TMR box culvert replacement at Sly's Lookout.
- Contractor grid crew are doing maintenance on grids between Retreat and Yaraka. The maintenance grader will be doing work on the Jundah Winton Rd.

If there are sections of roads requiring immediate attention, please notify Council.

Don't forget, Council meetings are open to the public and all community members are welcome. Council meetings are rotated around the three towns, and we notify via an online flyer of upcoming Council meeting dates and times. The next meeting will be held in Stonehenge on the 21st of August 2024.

Please don't hesitate to contact me on the details below if you have any queries or concerns.

Regards

Sally O'Neil

Mayor Barcoo Shire

Sally.oneil@barcoo.qld.gov.au and please note my new phone number 0447 723 193.

COUNCIL NEWS

JULY COUNCIL MEETING WRAP UP

All Barcoo Shire Council minutes can be downloaded for public viewing on our Publishing Portal at the following link <https://myportal.barcoo.qld.gov.au/public/publications>. Below are some extracts from the minutes of the May meeting.

ADOPTION OF THE 2024/2025 OPERATIONAL PLAN

- Council adopted the 2024/2025 Barcoo Shire Council Operational Plan. You can download the full document online here <https://www.barcoo.qld.gov.au/about-council/reports-and-publications/operational-plan>

EXTENSION OF WET & DRY PLANT HIRE CONTRACT

- Council approved the extension of the existing pre-qualified supplier arrangement (T05-2021/22) for Wet & Dry Plant Hire until 30 June 2025 and notify the relevant suppliers accordingly. See list here <https://www.barcoo.qld.gov.au/about-council/tenders-and-quotes/preferred-suppliers>

The Barcoo Shire Council holds its next Ordinary Meeting on Wednesday 21 August 2024 at the Stonehenge Community Centre, commencing at 9:00am. This is an excellent opportunity to meet with Councillors and senior Council staff to discuss ideas or matters of concern you may have. Council encourages community engagement and interest, and we hope to see members of the community at our Council meetings or joining us for morning tea.

APPOINTMENT OF CHIEF EXECUTIVE OFFICER

At this month's Ordinary Meeting, Barcoo Shire Council appointed Edwina Marks as its new Chief Executive Officer after an extensive recruitment process.

Edwina brings a wealth of Local Government and Corporate experience to the Barcoo Shire with a career spanning more than two decades in banking and regional, rural and remote councils in Qld, NSW and the NT. She is guided by her values of integrity, accountability and service and believes in the importance of actively collaborating with communities to build a resilient and sustainable future. Her approach includes implementing sensible and transparent financial management practices whilst embracing innovation and a commitment to open communication to build trust in the council and its organisation. Edwina holds a Masters in Business, a Phd and Masters in Fine Art (Research) and is a graduate of the Australian Institute of Company Directors. She is looking forward to her new role in the Barcoo Shire to deliver on Council objectives now and into the future.



Edwina Marks, BSC Chief Executive Officer

Edwina has now commenced in the role as CEO and we look forward to welcoming her into the Barcoo Community.

COUNCIL NEWS - 30 SECONDS WITH A COUNCILLOR

Mayor Sally O'Neil

What do you most enjoy about being Mayor?

I enjoy being the Mayor as it gives me the opportunity to advocate on behalf of the community for funding to upgrade and maintain infrastructure across the shire.

Share with us something people might not know about you?

I am very bossy at home so my husband and daughter tell me.

What is something you would like to see improved on within the Shire?

Our ability to generate our own source revenue. If anyone has any great ideas, please let me know.

Contact Sally on sally.oneil@barcoo.qld.gov.au or 0447 723 193.



Mayor, Sally O'Neil

Councillor James 'Dude' Kidd

What do you expect will be the thing you will most enjoy about being a Councillor?

I will most enjoy continuing the tradition of Kidd Barcoo Councillors being the fourth generation to help make Barcoo a great shire to live in.

Share with us something people might not know about you?

Hard to believe but I don't mind a beer.

What is something you would like to see improved on within the Shire?

Ensuring the security of each town's adequate water supply as well as widening narrow sections of bitumen within the Shire.

Contact Dude on james.kidd@barcoo.qld.gov.au or 0475 800 388



Councillor James 'Dude' Kidd

Councillor Roger Batt

What do you expect will be the thing you will most enjoy about being a Councillor?

As a Councillor you are given a chance by the community to try and make our shire a better place for all of us to live by using funded or shire money amongst our community. I enjoy being part of these decisions to hopefully having a positive impact for all.

What is something you would like to see improved on within the Shire?

To me roads, rubbish and rates is the core business that council should do first and foremost. I still feel there is plenty of improvement in these areas for us as a Council to strive towards.

Contact Roger on roger.batt@barcoo.qld.gov.au or 0448 585 942



Councillor Roger Batt

COUNCIL NEWS

DOG REGISTRATIONS

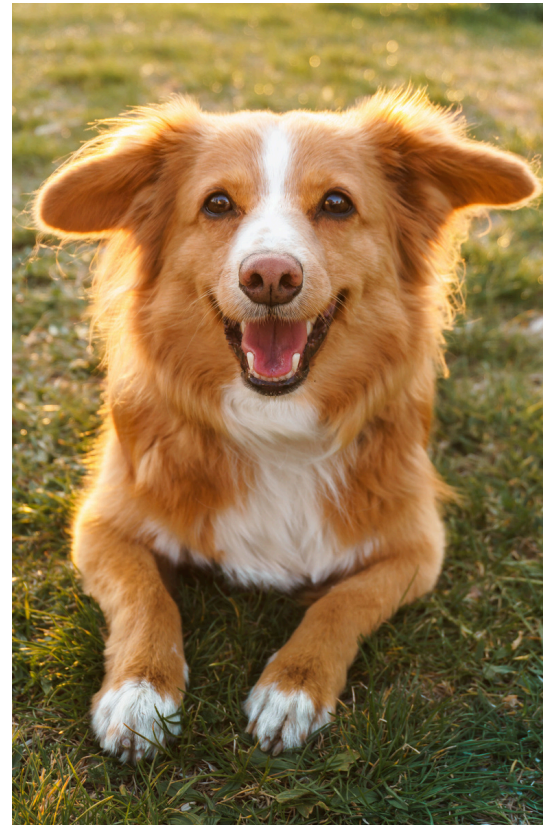
Dog Registration invoices have been issued, if you did not receive your renewal please contact Council immediately. If you wish to receive a discount on your Dog Registration, please pay by no later than 2 August 2024. A maximum of 2 dogs per house applies without a permit. All dogs must be registered after 3 months of age, within 14 days of acquiring the dog or 28 days of becoming a new resident of the Shire.

An application for a permit to keep additional dogs can be lodged to Council. A permit will only be issued if your application is approved. If your animal is no longer in the Shire, please let us know so we can update your details.

To assist making payments Council offer several ways to pay including:

- Cash at Council main office in Jundah and Windorah and Stonehenge information centre,
- By post via cheque or money order,
- BPAY your payment information is Biller code 293209 Reference on your animal notice.
- Credit card over the phone.

Please contact Council's Accounts Receivable Officer Amy Deppeler if you have any questions or wish to discuss this further on (07) 4658 6910 or via email accounts.receivable@barcoo.qld.gov.au.



To view all Councils fees and charges visit the following link <https://www.barcoo.qld.gov.au/.../reports.../fee-and-charges>

COUNCIL RATES WILL BE ISSUED EARLY AUGUST

Just a friendly reminder that Council Rates will be issued in early August. Once you receive your Rates please make payment by the due date to receive your discount.

To assist making payments Council offer several options including:

- Cash, card or cheque at Council main office in Jundah or Windorah and Stonehenge Information Centres,
- By post via cheque or money order,
- BPAY - Biller code 293209 - Reference is included on your rates notice,
- Credit card over the phone, please call 4658 6900,
- Council also offer payment plans weekly, fortnightly and monthly if you wish to pay your rates off.

Please contact Council if you have any questions or wish to discuss this further with us on (07) 4658 6910 or via email accounts.receivable@barcoo.qld.gov.au

COMMUNITY NOTICES

STONEHENGE BUSHMAN'S CARNIVAL 2024

FRI 16 AUG - TEAM PENNING

Start: 4.30pm
 Nom: \$30 team +insurance/stock levy
 \$2,000 prize money
 Sponsor: Bonsey's Transport

SAT 17 AUG - HORSE GYMKHANA

Start: 8.00am
 with U6 led and un-led all events.
 Followed by all other age groups
 Nom: Adults \$25 Children \$15
 Includes: Bending, Flags, figure 8 & Barrels.
 Sponsor: Foodworks

SUN 18 AUG - BRONCO BRANDING

Start: 9.00am
 Singles \$1280 Nom \$60 Team
 Doubles \$1600 Nom \$75 Team
 Jackpot Novice Nom \$40
 + Insurance/cattle levy
 Painted calf initiative
 Prize: Bronco branding rope
 Donated by: Cam Nunn Fencing and Machinery Hire
 Sponsor: Gavin Groves Plumbing

SAT 17 AUG - STOCKMAN'S CHALLENGE

Start: 8.00am
 Open \$1,500 - Nom \$30
 Novice \$800 - Nom \$25
 Rookie \$500 - Nom \$20
 Juvenile \$300 - Nom \$15
 Junior \$200 - Nom \$10
 + insurance/stock levy
 Sponsor: RDO Equipment Emerald



SUN 18 AUG - MOTORBIKE GYMKHANA

Start: 8.30am
 Noms: \$15 Jnr & \$25 Open + insurance
 includes entry in all events per age group.
 Events: Flag, Bending, Figure 8, Barrels & Double Barrels.
 Sponsor: Centretune Motorcycles

SUN 18 AUG - OBHC

Start: 7.30am
 See their FB page for more details

\$27,000+ PRIZE MONEY

NOMINATIONS OPEN AUGUST

SAT 18 AUG - RODEO

Start: 3.30pm - RSA Affiliated
 Cite Civil Jnr Barrel Race
 \$300 - Nom: \$20
 Suncorp Juvenile Barrel Race
 \$500 - Nom: \$20
 Smiley's Transport Novice Barrel Horse
 \$1,000 - Nom: \$30
 Champion Contracting Mini Bulls (9-11)
 \$150 - Nom: \$20
 Batt Power Mini Bulls (12-14)
 \$150 - Nom: \$20
 Elmes Rural Open Bronc Ride
 (to be ridden in stock, poley, or bronc saddle)
 \$3,500 - Nom: \$60
 Southern Wire Novice Bull Ride
 \$1,500 - Nom: \$50
 RPL Open Bull Ride
 \$3,500 - Nom: \$60
 Dawson Valley Heliworks Steer Wrestling
 \$1,500 - Nom: \$50
 Brands Rural Contracting Ladies Ranch Ride
 \$2,000 - Nom: \$50
 Pitman's Mechanical Ladies Barrel Race
 \$2,000 - Nom: \$40
 Longreach Toyota Bullock Ride
 \$1,000 - Nom: \$50
 Pre Nominations Essential

NEWLY ADDED!



PLEASE NOTE: All riders must bring own ropes and saddles. Helmets must be worn by all children. All competitors ride at their own risk. The Committee reserves the right to change the program
 Please bring cash - ATM facilities unreliable due to phone reception. Rodeo Grounds PIC Number: QGBC0069



Races Meet Rodeo
August 30 & 31 2024
 GATES OPEN 3PM FRIDAY AND 10AM SATURDAY

FRIDAY NIGHT

Rodeo

MINI BULL 9&UNDER
 MINI BULL 10-12 YEARS
 STATION BUCKJUMP
 SADDLE BRONC RIDE
 OPEN BULL RIDE



LIVE BAND
Brother Hollow Trio
 ALL WEEKEND!

CAMPING
 BAR & CANTEEN
 SKY RACING &
 BOOKIES ON COURSE



SATURDAY Race Day
 6 RACE CARD INCLUDING
 'THE BETOOTA ADVOCATE CUP'
 FASHIONS ON THE FIELD
 BETOOTA CUP CALCUTTA
 ICPA AUCTION AND RAFFLES



Remember, volunteering isn't just about what you give, it's also about what you gain!
 If you're keen about serving our community and making a positive impact, consider joining the Jundah Rural Fire Brigade!

JOIN NOW

0409 353 195



WINDORAH CAMPDRAFT, CHALLENGE, RODEO & BRONCO BRANDING 9TH - 11TH AUGUST 2024

FRIDAY AUGUST 9TH - 7AM START, MAIN ARENA

STOCKMANS CHALLENGE (DRY & WET WORK)

AACO - SOUTH GALWAY, OPEN

Noms \$30

PARAWAY PASTORAL - TANBAR STATION, 5 AND UNDER CLASSIC

Noms \$25

PARAWAY PASTORAL, DAVENPORT DOWNS ENCOURAGEMENT

Noms \$20

PARAWAY PASTORAL COMPANY - TANBAR STATION FUTURITY

DRAFT

Highest Cutout Sponsored by Elders Quilpie

Noms \$40 | TOTAL PRIZE POOL \$1000

Horses are to be aged 4 and under only. Horses 4 years and under, who have not started in an open age draft. Registration/Vet Certificates are required by the secretary for proof of age prior to draft. No vet will be available on the grounds.

PARAWAY PASTORAL COMPANY - DAVENPORT DOWNS

ENCOURAGEMENT DRAFT

Noms \$25 | TOTAL PRIZE POOL \$1000

Competitors must be aged 17 years and over. A win will not alter the status of the horse. Competitors cease to be eligible to compete after winning one (1) Encouragement or one (1) open age campdraft or placing three (3) times in an open age campdraft.

8AM START - BRONCO BRANDING ARENA

MOEC WATER & ENERGY BILL CORRINCE MEMORIAL OPEN SINGLES

- Noms \$60/team.

JACKPOT MAIDEN SINGLES - Noms \$60/team

HUBBARD PASTORAL & M&M GORRINGE DOUBLES - Noms \$75/team

FRIDAY NIGHT, 6.30PM - THYLUNGA TWO HANDED CUTTING

Noms \$30 | TOTAL PRIZE POOL \$1000

The committee reserves the right to change the program if required

Nominations will be taken through Campdraft Central: www.campdraftcentral.com.au. Nominations open 26th of July, 7am and closing on the 28th July 11.59pm or when full. NRCA Insurance & ambulance payable when nominating.

Scratching rule: A 100% refund of the nomination fee will be given if the competitor withdraws more than 14 days prior to the start of the program. If a competitor withdraws less than 14 days prior to the start of the program, the nomination fee will be retained by the committee. If the committee deems that extenuating circumstances apply, then a refund may be granted.

The status of a horse winning a campdraft will be determined by the highest class of horse that competes with the exception of Juniors, Juveniles, Ladies, Old Buffers, Associates and Encouragement campdrafts. The winner attains the status of the highest class of horse participating (eg. if one open horse competes then it is classed as an Open draft).

Riders under the age of 18 must wear helmets whilst mounted on a horse at our events. Helmets must comply with current Australian and New Zealand safety standards and must be securely fastened under the chin at all times.

Medical services provided by QAS proudly sponsored by Hancock Pastoral.

For more information contact
secretary.windorahrodeoclub@gmail.com
or call Natalie on 0419 895 386

SATURDAY AUGUST 10TH - 7AM START

AACO SOUTH GALWAY SOCIAL CLUB LADIES DRAFT

(One Round Only, 2 horse limit)

Highest Cutout Sponsored by Max & Mabs Gorringe

Noms \$30 | TOTAL PRIZE POOL \$1000

MITHAKA ABORIGINAL CORPORATION MAIDEN DRAFT

(One Round & Final)

Highest Cutout sponsored by Adcock Partners

Noms \$40 | TOTAL PRIZE POOL \$2500

TRUDY CORRINCE MINI DRAFT (Under 8 years)

Noms \$5 | TOTAL PRIZE POOL \$150

Lollie's and Ribbons for all competitors - Helmets MUST be worn.

COSTELLO CARRIERS JUNIOR DRAFT (8-Under 13 years)

Noms \$10 | TOTAL PRIZE POOL \$300

Helmets MUST be worn.

MAX & MABS CORRINCE JUVENILE DRAFT (13- Under 17 years)

Highest Cutout sponsored by Josh & Natalie Gorringe

Noms \$15 | TOTAL PRIZE POOL \$500

2 horse limit & Helmets MUST be worn.

BLACKET HELICOPTERS NOVICE DRAFT

(One Round & Final)

Highest Cutout sponsored by Adcock Partners

Noms \$45 | TOTAL PRIZE POOL \$2500

Time permitting MAIDEN & NOVICE FINAL

SUNDAY AUGUST 11TH - 7AM START

SANTOS OPEN DRAFT

(One Round & Final)

Highest Cutout sponsored by Kelvin & Roxy Weston

Noms \$60 | TOTAL PRIZE POOL \$5500

SANTOS OPEN DRAFT FINAL

Bar & Canteen all weekend | EFTPOS available | Gate Entry: Adults \$20 includes pannikin & wrist band | Under 18 and pensioners FREE | FREE camping & amenities | NO cash out at the grounds |

SATURDAY NIGHT RODEO - 6.30PM RODEO ARENA

J&N GORRINGE JUNIOR BARREL RACE (UNDER 18)

Noms - \$20 | \$150 + Buckle sponsored by Josh & Natalie Gorringe

HUBBARD PASTORAL LADIES BARREL RACE

Noms - \$40 | \$500 + Buckle sponsored by RLR Photography

HAYDEN & ASHLEE LASKER MEMORIAL 9 & UNDER MINI BULL RIDE

Noms - \$20 | \$100 + Buckle sponsored by the Lasker Family

J&N GORRINGE MINI BULL RIDE- 10-15 YEARS

Noms - \$20 | \$150 + Buckle sponsored by Josh & Natalie Gorringe

MOLINEUX PASTORAL STATION BUCKJUMP

Noms- \$40 | \$600 + Buckle

SANTOS OPEN SADDLE BRONC RIDE

Noms - \$50 | \$1000 + Buckle

GLENN HENNEY MEMORIAL BULLLOCK RIDE SPONSORED BY ARRABURY PASTORAL COMPANY

Noms - \$40 | \$500 + Buckle

BARKLY HELICOPTERS OPEN BULL RIDE

Noms - \$50 | \$1000 + Buckle

Thank you to our sponsors!

Grace's Ann
Rayment

PARAWAY
PASTORAL CO.



WATER AND ENERGY



HITCHING
RAIL



Thanks to our cattle donors
Kelvin & Roxy Weston
Thylunga Station, Tylungga Station
& Keppangoodoor Station



THYLUNGA
STATION



RAYMENT
ROADWAYS

Lasker
Family



THE ART OF
AUSTRALIAN BEEF

Roy Neeson
Photography



For more information contact
secretary.windorahrodeoclub@gmail.com
or call Natalie on 0419 895 386



Hubbard Pastoral Company
Corner Drovers Camp

COMMUNITY NOTICES



WINDORAH INTERNATIONAL

Y A B B Y R A C E S

6:30PM, 4TH SEPTEMBER 2024

WESTERN STAR HOTEL

4 RACE PROGRAM

WEDNESDAY BEFORE THE ICONIC BIRDSVILLE RACES, THERE'S A RACE OF A DIFFERENT KIND AS THE WINDORAH INTERNATIONAL YABBY RACES TAKE OVER WESTERN QUEENSLAND.

FRIDAY NIGHT

BINGO!

STONEHENGE HALL



DOOR OPEN AT 5:00PM

GAME STARTS AT 5:20PM

22nd MARCH. 5th APRIL. 3rd MAY. 17th MAY.

31st MAY. 14th JUNE. 12th JULY. 26th JULY.

9th AUGUST. 23rd AUGUST. 6th SEPTEMBER.

COME ALONG AND HELP SUPPORT THE KIDS AT

... **STONEHENGE STATE SCHOOL** ...

COMMUNITY NOTICES

HOC HEALTH & WELLNESS CALENDAR

August 2024



WINDORAH	
6	RFDS Clinic
7	NWRH Physio, POD DTN
20	RFDS Clinic
22	NWRH EP, CON, OT
29	LLW AODS
JUNDAH	
6	NWRH Physio, POD, DTN
9	CWHHS Social Worker
13	RFDS Clinic
21	NWRH EP, CON, OT
27	RFDS Clinic
30	LLW AODS
30	CWHHS Social Worker
STONEHENGE	
8	NWRH Physio, POD, DTN
7	RFDS Clinic
21	RFDS Clinic

JUNDAH COMMUNITY MONDAY

3.15 pm Kids Gym | Racetrack

THURSDAY

3.15 pm Kids Running | Racetrack

4.30 pm Pilates | Racetrack

SUNDAY

5.00 am Walk Run Ride | Old church

STONEHENGE COMMUNITY FRIDAY 9TH & 23RD

5.00 pm Bingo | School Hall

WINDORAH COMMUNITY FRIDAY 23RD AUGUST

6:30 Trivia Night | Windorah Hotel

Virtual Health and Wellbeing Hub – now open!
 Barcoo residents take stock of your health and wellbeing in three easy steps:

1

Call 1300 680 834 to book your appointment with your HOC Wellbeing Team

2

Create your Personal Wellbeing Plan at your appointment

3

Manage and track your plan via regular appointments

HEALTHY OUTBACK COMMUNITIES

Royal Flying Doctor Service
BARCOKLANDS REGION

Online booking link coming soon.



COMMUNITY NOTICES

HEALTHY RECIPES CAULIFLOWER PIZZA BASE

INGREDIENTS

- 1 SMALL HEAD OF CAULIFLOWER
- 1 EGG
- SALT AND PEPPER TO TASTE
- OLIVE OIL SPRAY

INSTRUCTIONS

- Preheat your oven to 200c and Line a tray with baking powder. Spray the paper in the oven to heat up.
- Cut Cauliflower Florets and discard the stalk
- Grate the cauliflower using a food processor until it resembles rice
- Place in microwave safe container and cover with plastic wrap microwave for 8 minutes.
- Allow the cauliflower to cool and then pour it into a tea towel.
- Wring the water out of the tea until your cauliflower looks dry. Place in a bowl
- Add the remaining ingredients and mix with your hands.
- Place the dough on the baking tray and flatten out with your hands into a pizza shape.
- Bake in the oven until golden brown this can take from 10-20 minutes depending on your oven so best to keep an eye on it
- Remove from the oven allow to cool slightly
- Top with your favorite Topping- Try tomato paste, red onion, red capsicum, sliced bocconcini , cheese and sprinkling of fresh chives.
- Bake in oven until the crusts are golden and the topping has melted to your liking
- Allow to cool for a couple of minutes before slicing and serving



*Virtually NO CARBS
PIZZA*



DID YOU KNOW?

Cauliflower is a high in Vitamins C and K, and is also a good source of folate, which supports cell growth and is essential during pregnancy



EXERCISE MOVE TO ADD YOUR DAILY ROUTINE

DEAD BUG EXERCISE

Dead Bug is a bodyweight exercise, ideal for those looking to build strength and control. For your core and lower



2024 BARCOO SHIRE EVENTS CALENDAR

IF YOU HAVE AN EVENT YOU WOULD LIKE ADDED PLEASE EMAIL
NEWSLETTER@BARCOO.QLD.GOV.AU

AUGUST

9-11 - Windorah Campdraft & Rodeo
(Windorah Rodeo Club)

16-18 - Stonehenge Bushman's Carnival
(Stonehenge Bushman's Carnival)

SEPTEMBER

4 - Windorah International Yabby Races
(WDB)

13 - Stonehenge Tennis
(STAG)

28 - Bronco Branding & Bullock Ride
(Jundah Rodeo Club)

OCTOBER

4-6 - Barcoo Spring Fling
(Jundah Race Club)

NOVEMBER

2 - Barcoo Big Bash
(STAG)

