# QUILPIE SHIRE COUNCIL COUNCIL COMMUNITY NEWS May 2022



#### MAYOR'S MESSAGE

#### **Federal Election**

Well the dust has settled after the election and the political landscape has changed enormously. If you look at a map of Australia where each electorate is mapped out in the colour of the party that holds it something becomes very apparent. In an area sense virtually the whole country is either Liberal, National or, in one electorate, Katter. The only red (Labor) or green (Greens) areas are tiny little spots in the cities which hardly show up on a map of Australia.

In other words, Australia is a politically divided nation where the people who vote for the left live in the cities and everyone else votes conservative. The days where mining electorates in the regions voted Labor and the wealthy professional inner city electorates voted Liberal seems to have gone.

While there are many reasons for this, possibly the most focal and indicative issue is climate change. In my opinion it best illustrates the divergence in thinking of city and regional Australians. City Australians, the people most removed from the natural world, are the ones calling for more "government action on climate change". They don't seem to comprehend that the government, or indeed, Australia as a country, can't do a thing about the climate.

Producing only 1.3% of the world's emissions, we could shut down the whole country tomorrow and it isn't going to change the climate one iota. We could also shut down our coal mines and all the users around the world would just source it from other countries — there's plenty out there.

We would just lose an enormous amount of export revenue. Maybe city people realise this but just want more "action on climate change" so they feel better about themselves. Either that or there are people out there who actually think a change of government will reduce the number of floods! I really don't understand it.

Regional Australians, I think, get this. We are sensible, pragmatic and generally have a far better understanding of how the natural world works and our place in it. While we all want to do our bit for the environment and some are concerned about climate change we understand that our government can't do anything about it and that, while total renewable power is a nice future objective there is absolutely nothing to be gained by being in front of the rest of the world. Does anyone honestly think countries like China or Russia are going to shut down all their coal fired power stations any time soon! I don't think regional Australians believe it makes any sense to do something that hurts your community or your economy when it achieves nothing except making you feel good!

It appears that it will become increasingly more difficult for any political party to win seats in both the regions and the cities and because of the population distribution you can form government by just winning urban seats but would be very unlikely to ever form government with just regional seats – there's not enough of them.

#### **Sustainable Councils**

Recently there was a media report quoting the Oueensland Audit Office about how many councils in the state are unsustainable. Councils were grouped into three categories high, moderate and low risk. Quilpie Shire was listed in the "Moderate Risk" category. This assessment is based on certain financial ratios that the audit office likes to use and that we have to report on. The main reason we are regarded as "Moderate Risk" is because our "own source" revenue doesn't cover our operating expenses. The "own source" revenue, however, only covers what council can bring in ourselves i.e. rates, charges etc. No regional council has been able to cover costs from their rate base for decades - probably ever.

That is why we have financial assistance grants from Federal Government and always have. That comes in every year and is regarded as operating income so the ratio they use, I believe, isn't accurate and the story about unsustainable councils is misleading.

After twenty years being around Quilpie Council's finances I can say, without a shadow of a doubt, that we are as financially sustainable as we have ever been. These same rules don't apply to State Governments interestingly. If you disregarded Federal Government funding to the states (all of the GST income for example) then no state would be sustainable either. It is frustrating when factually incorrect stories get reported.

We are nearly half way through 2022 and, so far, it is certainly promising to be a good year. We are having the best season for many years, markets are strong and a busy tourism season appears imminent. Best of all, for probably the first time in two years, I haven't felt the need to mention Covid. Hopefully it is

finally behind us.

Kind Regards,

Stuart Mackenzie Mayor



### **Quilpie Calendar of Events**

26th May Deadly Choices Youth Activities

28th May "Babushka Book Club" Production - Quilpie Shire Hall

29th May Battle of the Bush Quilpie Cup and Fashions from Afar at Bulloo Park

2nd June Queen's Platinum Jubilee Beacon lighting at Baldy Top - BYO Chair drinks nibbles



3rd June - Indigenous Art Exhibition Quilpie Shire Gallery

Monday 6th June - Queensland Day

11th & 12th June 2 Day Triples Bowls Carnival

13 June "The Alphabet of Awesome Science" Production

18th & 19th June Saturday & Sunday Toompine Polocrosse Carnival, Bulloo Park Includes camping, bar and canteen

#### **Ordinary Council Meeting Wrap UP**

The Unconfirmed Minutes of the Ordinary Council Meeting of Tuesday 17 May 2022 are available in full on Council's website: www.quilpie.qld.gov.au

- Council adopted a new 10 year plant replacement program to assist the annual budget program, and asset management process
- PVE Civil Solutions was appointed as project manager of Quilpie Airport Runway Upgrade. The project will begin construction shortly
- Quilpie Cultural Society received a cash contribution of \$3,000 to assist with the cost of employing an Arts Development Officer to assist with sourcing funding opportunities, preparing grant applications, acquittals, social media, website and advertising
- Council approved applications for RADF Round 2 funding to QCWA for \$4,205 to run a workshop to teach people to spin wool from fleece, and to Opera Queensland for \$7,928 to stage the Composed in Queensland Opera
- A donation of \$1,580 was approved to assist the Quilpie Lawn Bowls Club with hosting their two day 2022 'Open Triples Carnival' on 11 and 12 June 2022
- Council resolved to continue to sell AvGas and Jet A1fuel at the Quilpie Airport at a 10% mark-up on Council's purchase price, rather than the previous 20% mark-up, with a review in six months
- The CEO was authorized to negotiate terms and conditions of a lease arrangement with Outback Gondwana Foundation in respect of the premises of the Eromanga Natural History Museum
- Council voted to disclose any confidential information noted in regards to the proposed Waster Management Utility Charges for the purpose of the 2022/2023 Budget
- Quilpie Polocrosse Club Inc was granted a cash contribution of \$500 to assist with the cost of running the Carnival on 9 and 10 July, and in-kind hire of tractor and grader for field preparation to the value of \$2,000

 Council resolved to dispose of various plant and equipment items via public auction, and delegated authority to the CEO to negotiate, finalise and execute all matters related to the auction, subject to Council's normal procurement policies and practices

The next Ordinary Meeting of Council will be held at 9.30am on Tuesday 21 June 2022 at the Quilpie Shire Council Board Room.

The Minutes and Agendas of Council meetings are available in full on Council's web site www.quilpie.qld.gov.au

#### **SMOKE ALARMS SAVE LIVES**

The tragic loss of life due to fire is something no one ever wants to endure ...

Working smoke alarms give you warning ... hopefully enough time to get out alive ... Check your smoke alarms are working ... All rented or leased homes must now comply with Qld Smoke Alarm legislation as of 1 January 2022

https://www.qfes.qld.gov.au/prepare/fire/smoke-alarms

If you are renting or leasing accommodation and smoke alarms are not working or not installed to comply with current Qld legislation speak to your landlord or property manager.

It's your life, your kids, your family ...



#### **Works Update**

Roads across the Shire were closed as a result of the weather event that commenced on 10 May. South Comongin crossing of the Bulloo River was closed on Sunday 15 May some damage occurred to the causeway which couldn't be repaired until the deck was dry on 17 May.

Residents are reminded that Council no longer supplies free loads of loam.

#### **Flood Camera**

Council now has live or near live flood cameras across hot spots for flooding in the Shire. They are located at

- South Comongin Crossing of the Bulloo Rover on Quilpie Thargomindah Road.
- Winbin Creek on Old Charleville Road Flood alternative route
- Winbin Creek on the Quilpie-Charleville Road
- Paroo River at the Shire boundary on the Quilpie Charleville Road
- Gunnadora Bridge on the Adavale Black Road
- Blackwater Creek on the Quilpie Adavale Road just outside of Adavale
- Woorbil Creek on the Diamantina Developmental Road Quilpie-Windorah Road

To view the cameras, Go to

·WWW. Quilpie Shire Council

Disaster event dashboard at the top of the page

- Go to Map Layers
- Cameras
- Click on the blue coloured camera signs







#### **Dumping of Asbestos**

Recently a small quantity of asbestos cement (fibro ) sheeting was dumped in the transfer station skips at the Quilpie dump. The material was not wrapped in plastic and was loose.

Dumping of asbestos in this way is illegal and you can be prosecuted by the State Government .

If you must dispose of asbestos, please contact Council before you go to the dump so the asbestos can be disposed of correctly.

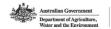
Work has commenced on the monorail being installed at Bicentennial Park



Additional seating and toilets have been installed at Baldy Top













The program will be held over the proposed following dates:



#### Applications open 31 January 2022

est in yourself. The program is open to anyone over the age of 18 from any industry. The program is aimed at curious industry, which is a simple and their region, have strong relationships within the community or want to develop them, and who want to influence the resilience their community has, to adapt and manage uncertainty.

- The opportunity to create new networks, to work alongside others and to not lead on your own as there is added strength in collaborating with others
- » The chance to collaborate with others who are willing and ready to respond to the future impacts of climate
- » To ask bigger, broader and more expansive questions about the future and what can be done now.
- When you complete the program you become part of the ARLF network of alumni of over 1,700 members who are working for the greater good of rural, regional and remote Australia.

All places are funded by the Australian Government's Future Drought Fund.

The program is free of charge, however you will be responsible for funding your own travel and some meals.

An allowance of up to \$500 to cover up to \$50% for your travel costs is available at the end of the program.

To find our more or apply visit: rural-leaders.org.au/drought-resilience-leaders-development-program

Quilpie Shire Council obtained funding to install electronic signs in the Shire towns to assist with promoting local events and to announce changes to road conditions. Mayor Mackenzie, Deputy Mayor Jenny Hewson and Cr Volz are picture with the Toompine and Eromanga signs.

If you have information that could be displayed on the signs, please contact Council on 4656 0500











#### Your facilitators







Louise Adcock, Regional Lead | E touiseadcock1@bigpond.com | P 0407 090 089 For assistance to complete your application please call the ARLF on 02 6281 0680.

#### Community Extension Grants

Participants in the program will be eligible and supported to apply for Community Extension Grants of up to \$4,000 These grants provide participants with the opportunity to design and run activities that share the skills and knowled developed during the program with their community.

#### About the Australian Rural Leadership Foundation













Local Road Maintenance has received a boost thanks to funding under the Government's Roads to Recovery Program.

Quilpie Shire has received \$828,374 as part of this program. The Hon David Littleproud said "We are investing in infrastructure nationwide to drive Australia's world-leading economic recovery from COVID-19.

"Assisting local councils to maintain and improve roads under their jurisdiction is a big part of that, which is why we have made a \$2.5 billion commitment through the Local Road and Community Infrastructure Program and earlier this year brought forward \$1.3 billion of the 2021-22 Financial Assistance Grant payment."

Mr Littleproud said the Australian Government supports local governments to provide vital infrastructure and services through a range of programs.

"This support includes the Financial Assistance Grant and Bridges Renewal, Black Spot, Heavy Vehicle Safety and Productivity, Roads to Recovery and Local Roads and Community Infrastructure programs."

### FUNDING AWARDED TO UPGRADE NBN IN QUILPIE

Residents across regional, rural and remote Queensland will soon be better connected following successful applications for funding improved mobile coverage and broadband services under Round 2 of the Regional Connectivity Program.

Minister for Regional Communications, Bridget McKenzie said the projects form part of the Coalition Government's continuing roll-out of the \$257 million Regional Connectivity Program (RCP).

The \$43.5 million in Coalition Government funding will be invested across Capricornia, Flynn, Kennedy, Leichhardt, Maranoa, and Wide Bay to deploy a combined eight new mobile sites, five fixed wireless networks, upgrades to three existing mobile base stations, and upgrading the nbn™ service technology in several locations from nbn™ Sky Muster Satellite to nbn™ Fibre to the Premises (FTTP) technology.

"I'm very pleased that residents and businesses across Queensland will soon be able to enjoy the benefits and opportunities that this project will bring in terms of digital connectivity. "Digital connectivity is an essential part of how we work, learn, stay safe and remain in contact with loved ones. The Government will continue to invest in this critical infrastructure as part of our plan for a strong economy and stronger future.

"Our Government has continued to take a collaborative approach with the telecommunications industry and regional and remote communities to make sure that the funded projects are tailored to the needs of each region and are supported by the community. This approach has resulted in an opportunity to create real change in the regions.

#### **Quilpie – Maranoa to receive \$4,755,957**

The project will upgrade the nbn™ service technology in the town of Quilpie from nbn™ Sky Muster Satellite to nbn™ Fibre to the Premises (FTTP) technology.





### Did you attend the Eromanga Rodeo and Camp Draft 16 April?







Kids and parents enjoyed Charlotte's Web performance at Quilpie Shire Hall on 23 May

Sponsored by RAVA Productions, Arts Queensland and Quilpie Shire Council











### **Kyabra Road Update**

Council are continuing road repairs to Kyabra Road, with the road currently open to local traffic only while repairs are ongoing

At present, the road is scheduled to be sealed commencing Monday 30 May 2022 (weather depending)

Due to the shoulders of the road remaining very saturated, additional time is needed for these sections to dry out and work to be undertaken. As a result, crews currently working on Kyabra Road may demobilise to another site and remobilise once the site is accessible

23 May 2022

Justin Hancock

(07) 4656 0500

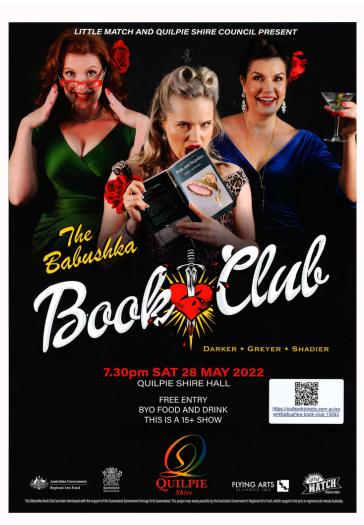
Chief Executive Officer

www.quilpie.qld.gov.au









Do you have a story to tell? The ABC's Heywire competition is calling for stories from young people aged 16-22, living in regional Australia. It's a chance to show the rest of Australia what life is like in your neck of the woods and to be in the centre of conversations that shape your communities. Winners will get to work with ABC producers to share their story on the ABC and an all-expenses-paid trip to the Heywire Regional Youth Summit in Canberra. Enter your story by September 16!



For more information https://www.abc.net.au/heywire/competition/

#### CATHY WENDELBORN INDUCTED TO SHEARERS HALL OF FAME

As a young kid, I fondly remember watching Cathy Wendelborn many-a-times on the shearing platform at the Millicent Show. She was renowned for being tough, efficient — and — one of the best shearers getting around. She was a clean shearer, shearing close to the skin but never nicking the sheep.

She was also a lovely, funny and, kind person. I'd frequently see her with my parents at my aunt and uncle's house. Something that always caught my eye about Cathy whenever I'd see her, were her chiseled arms. They were slender but full of muscle. She was fit and could stand her own against any men in the shearing shed.

Cathy was a trailblazer for women shearers and traveled widely shearing in Australia and New Zealand. After leaving high school, she worked in local shearing sheds in Millicent as a shed hand before professionally picking up a hand piece around Esperance in Western Australia.

Cathy worked as a full time shearer for over 21 years. In 1996, she shore 286 sheep and crutched another 52 all in one day, running the shed out of sheep. They couldn't keep them up. Just an ordinary day for Cathy.

Throughout Australia, she competed in open class events against the men and made many finals. In 1988, at the opening of the National Wool Centre in Geelong, she shore a sheep in front of the Queen and presented her with a lock of wool. Ten years later, she travelled to Ireland competing in the Golden Shears World Championships where she won the "Ladies Invitation" event.

Cathy is known to be Australia's — and possibly the world's best female shearer. She has three adult children and retired from shearing in 2004, purchasing the Quilpie Bakery in Queensland known as the "Off Shears Bakery".

An inspiration to many women in the wool industry and the entire agricultural sector, Cathy was inducted in to the Australian 'Shearers Hall of Fame' at Shear Outback\* in Hay, NSW on Sunday, April 17 2022.

Written by George the Farmer https://www.georgethefarmer.com.au/blogs/news/cathy-wendelborn-inducted-to-shearers-hall-of-fame





#### **MOSQUITO SAFETY**

Considering the recent rains, it is important that the community be reminded of the public health risks caused by mosquitoes. Breeding of mosquitoes is considered a public health risk under the legislation and the community must now be extra vigilant with the emergence of the Japanese Encephalitis Virus (JEV) which is spread by mosquitoes and is considered a serious disease.

It only takes one infective mosquito to spread a mosquito-borne disease, and they breed quickly. Once the eggs hatch it takes about 7-10 days to develop in to adult mosquitoes. Once you have these mosquitoes in your home they won't leave until you get rid of their breeding sites.

#### **Protect Your Home**

You can reduce the number of mosquitoes around your home by:

- Removing potential mosquito breeding sites.
   Some mosquitoes lay eggs in containers found around your home, so extra care needs to be taken to remove containers and rubbish from around your house.
- · Keeping your lawns mowed.
- Killing adult mosquitoes with insect surface spray - occasionally spray in dark hiding places, such as under furniture, inside cupboards and behind curtains.

#### **Remove Potential Breeding Sites**

Under the Public Health Act, you could be fined by your local council if you are breeding mosquitoes around your home.

Check the following areas around your home weekly for evidence of mosquitoes or mosquito larvae and tip out, wipe out, throw out or dry store items that can hold water.

- Tip out, and wipe out any water from things like plastic containers, tarpaulins or buckets.
- Store anything that can hold water undercover or in a dry place, including work equipment, surplus materials or trailers, and keep bins covered.
- Throw out any rubbish lying around like unused or empty containers, tyres or additional materials and keep worksites tidy.

Mosquito prevention materials (usually in a tablet or powder form) can be ordered online or through local agents.

#### **Avoid Mosquito Bites**

Protect yourself against mosquito bites. Not only are they irritating, mozzie bites can also spread disease.

Different types of disease-carrying mosquitoes can bite at different times of the day, so it's important to be vigilant at all times.

- Install or repair insect screens on all doors and windows, especially in sleeping areas.
- Use insect repellent containing DEET or Picaridin, to protect against mosquito bites.
- Read and follow all directions and precautions on the mosquito repellent product label, especially for infants. As a general rule, repellent is not recommended for infants under the age of 2 months (babies under 2 months can be protected with light coloured clothing covering their arms and legs).
- For young children, apply just enough repellent to cover exposed skin, re-apply every 4 hours and avoid applying repellent to a child's hands or near their eyes or mouth. Do not allow children under 5 years to apply repellent to themselves.
- Wear long, loose clothing to help protect yourself from bites (light coloured clothes are best).
- Use a plug-in insecticide vaporiser (indoors) or mosquito coils (outdoors).
- · Use a mosquito net when camping



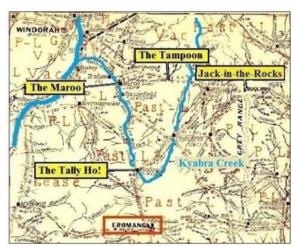
# Ruins of old bush pubs in the Eromanga District: (i) Jack-in-the-Rocks Rob Savory

#### General Introduction

There are ruins of four old bush pubs within the Eromanga District. They are all associated with old coach roads and/or stock routes.

- <u>Jack-in-the-Rocks</u> and <u>The Tampoon</u> pub were located beside the Adayale-Windorah road.
- <u>The Maroo</u> and <u>The Tally Ho!</u> were close to Kyabra Creek, on the stock route from Windorah to Eromanga and Thargomindah.

These pubs were built at various times between about 1884 and 1913. After some years, they all closed due to lack of business (with the advent of motorised trucking) or as a result of an accidental fire. After each the pub had closed, it was stripped bare of outbuildings, windmills and any reusable timber and roofing iron. Certainly the neighbouring property owners were right into 'recycling' long before it became the trendy word it is today.



Road Map of Queensland (1913)

#### Jack-in-the-Rocks

This bush pub was a Cobb & Co change station on the old Adavale - Windorah road. It was known universally as Jack-in-the-Rocks despite the fact that it was officially registered as J.D. Springs Hotel.

Jack-in-the-Rocks, as it was sometime in the 1880-1890's



Two wagons, loaded with bales of wool, setting off into the morning sun

The ruins - today



Unrecognisable as a once-thriving pub

According to *Kings in Grass Castles*, Jack-in-the-Rocks was the first licensed premises on Cooper's Creek. With its whimsical name and its close association with the Durack family, the pub is steeped in legend. It was built in what was a small oasis, where original Adavale - Windorah road crossed the Grey Range. There is strong evidence that the first European to visit this place was John 'Big Johnnie' Durack. 'Tree JD' is marked on the 1898 Township survey.. Hence the J.D. Springs Hotel.

From this distance in time, it is difficult to separate the facts from the far-fetched legends. The origin of the name 'Jack in the Rocks' is based on the story of an old man called Jack who died and was buried under some rocks. There are various versions of this story but the most reliable one comes from Darryl Duff, a local who was shown Jack's grave as a youngster: "The story we were told on how it came to be called Jack-in-the-Rocks was someone died and they buried him just to the west of the old pub, they couldn't dig a hole so they chopped his legs off with an axe and put them in the bit of a depression they made and piled rocks over him, the axe was stuck in the rocks to mark his grave, I can remember seeing it as a kid but I've been back since and unable to locate it."

#### Timeline of events

1884. The first licensee was John Cummings, followed by Mike Fitzmaurice, Charles Horne and William Heness.

1889 The English lady traveller, Constance Ellis, wrote in her book I seek Adventure:

"So on we went to the next change – known as 'Jack in the Rocks'. It was some distance from a watercourse, but there was a constant supply – a spring – in some rocks there."

1893. Patsy Skeahan held the license. He was the son of Dinny & Mary Skeahan. ('Poor Mary' as she was called, was one on the original Duracks who emigrated from Ireland.

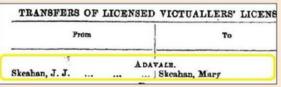
	ADAVALE.		
Kelly, Patk.	•••	•••	Imperial Gunnadorah
Skeahan, P. J.	•••		J. D. Springs
Taylor, F. H. Woodhatch, Ed	wd.		Royal

GG. Vol 58, page 385

1897. Poor Mary Skeahan took over the license from her son. Meanwhile, her ne'er-do-well husband Dinny delivered mail to Thylungra and Kyabra and entertained travellers with stories in his Irish brogue.

[Error: Skeahan, J.J. should read Skeahan P.J.]

Also in 1897, one square mile of land (640 acres) surrounding the pub was resumed from Bulgroo Run. The **Town Reserve of J.D. Spring** was declared.



GG. Vol 68, page 1286

THE WINDORAH LAND AGENT'S DISTRICT.

TOWN RESERVE (J. D. SPRING).

On the Resumed Part of Bulgroo Run.

County of Gordon.—Area, 640 acres.

GG. Vol 67, page 259

1898. After being given a new name, the **Township of Bulgroo** was surveyed by Richard Unsworth. His Plan shows Main Street, Cona Street and Mulga Street. There are 20 allotments each measuring 2 x 5 chains (1 acre). Two of these allotments are registered to M. Skeahan. Within her allotments we see 'Hotel', a well and a garden. There are various yards associated with the Cobb & Co change station.

1913, Poor Mary died and was buried in the Ray Station cemetery. *Kings in Grass Castles* portrays her as a rather pathetic, spineless wife. But her Obituary and other surviving records reveal a different character altogether.

1922. Bulgroo Township Reserve was rescinded. The Jack-in-the-Rocks pub would have closed sometime prior to that date.

#### A previously unidentified grave, probably that of Charlie Fowler.

In March this year, Wendy Sheehan ('Trinidad'), Adam Murray ('Belombre') and the writer went to Jack-in-the-Rocks, searching for the legendary grave and for the JD Tree. We were unsuccessful on both counts, probably because the whole site has been bulldozed at some time in the past. But we did find an unregistered grave, probably that of Charlie Fowler, a hawker. His grave is now included in the Register of Bush Graves for the Eromanga District.

A telegram from Charleville reports the death of Charlie Fowler, a well-known hawker between the Cooper River and Adavale and Charleville, and well known by old hands out Boulia way. He died last week at Jack-in-the-Rocks, aged 52, after suffering from an attack of pleurisy.

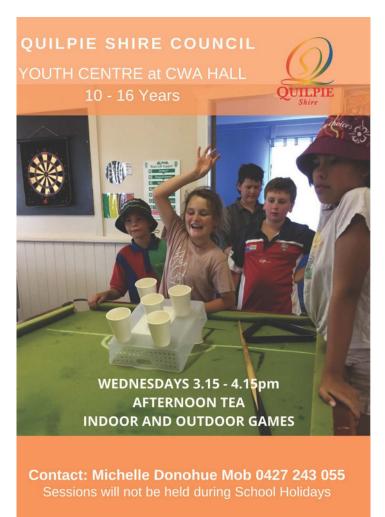
Evening Telegraph Charters Towers (18th November 1907)



BUSH GRAVE marker BG 29 installed by Adam Murray (L) and Rob Savory.

NOTE. These ruins are now on 'Canaway'. . Access only with prior permission from the Landowner.

Acknowledgements. Janet Foley, Wendy Sheehan, Adam Murray and Darryl Duff have added value to this article.



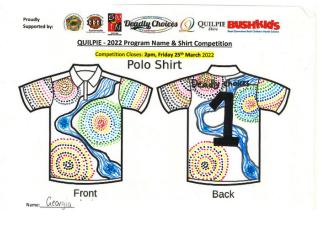


AFTERSCHOOL CRAFT ACTIVITIES at CWA HALL 5 - 9 Years





Contact: Michelle Donohue Mob 0427 243 055
Sessions will not be held during School Holidays









# Wriggle & Rhyme

At the

### **QUILPIE LIBRARY**

Every Tuesday from 10.30am – 11.00am

Stories, Rhymes and Songs Followed by

"Busy Kids"

Play & Learn Lessons
For Children 0-5 Years

For further information call, Janet or Tracey on 46560550







#### **Bush Tomato and Herb Muffins**

Prep time: 15 minutes
Cook time: 20 minutes



1/2 serve per portion

#### Ingredients

2 cups self raising flour

1 tablespoon dried, ground bush tomato

- 1 egg, lightly beaten
- 30g margarine, melted
- 2 tablespoons milk, reduced fat
- 1 cup mashed pumpkin
- 1 zucchini, grated with excess liquid squeezed out
- 2 tablespoons parsley, finely chopped
- 2 tablespoons chives, finely chopped
- Sesame seeds (optional) 6 cherry tomatoes, halved

#### Method

PREHEAT oven to 180°C. Line a 12-hole muffin pan with muffin cases.

COMBINE the flour and dried bush tomato in a large bowl.

COMBINE the egg, margarine and milk together in a small bowl and then add to the flour. FOLD in the pumpkin, zucchini, parsley and chives being careful not to over mix.

SPOON the mixture into lined muffin trays.

SPRINKLE the muffins with sesame seeds and then place a cherry tomato half on top.

BAKE in oven for 20 minutes or until golden brown and cooked through.

Recipe courtesy of the Country Kitchens team



# MINISTRY OF FOOD LET'S GET COOKING! Cooking classes from the comfort of your home We're offering FREE online cooking classes with Jamie's Ministry of Food for South West residents. Our lessons include knife skills, nutrition tips, budget friendly recipes and food safety in the kitchen. Classes are held once a week over the course of 5 weeks, occurring at the same time each week. We will provide you with a full ingredient and recipe list. Oueensland









#### WHERE?

#### **GOOD TO KNOW**



## You don't have to eat less you just have to eat right









qcwacountrykitchens.com.au



#### SWHHS Visiting Specialists Dates

#### 2022

**Podiatrist** 

25th & 26th May

22<sup>nd</sup> & 23<sup>rd</sup> June

Physiotherapist

3rd, 4th, 16th 30th & 31st May

13th, 27th, & 28th June

Speech Pathologist

17th May 14th June

Dietitian

17th May

14th June

Occupational Therapist

17th May 14th June

Child Health Nurse

17th & 18th May

14th & 15th June

Diabetes Educator

May June

Cardio Nurse

May June

Mental Health

Every Thursday

Referral required for Visiting Specialists

Contact Quilpie Medical Practice 07 4656 1158



# italHealth

#### AREAS OF INTEREST





#### **SAM SALLWAY EXERCISE PHYSIOLOGIST**

Sam Sallway is a Senior Exercise Physiologist based in Roma who provides outreach services to Mitchell and Quilpie.

Sam's passion for her profession stems from an innate love of exercise and the evidence-based difference it can make on an individual's physical and mental wellbeing. Her skills and experience is evident in the short and longterm progress her clients make following when using exercise as part of a multidisciplinary approach to therapy, rehab, weight-loss, lung capacity, diabetes management and more. Sam is currently undertaking further training in pre and post natal exercise and looks forward to offering these services in

#### Sam will be providing Exercise Physiology services to Quilpie on the following dates:

- 18th, 19th & 20th of May
- 15th, 16th & 17th June
- 13th, 14th & 15th July
- 2nd 3rd, 4th & 30th
- 10th, 11th, 12th August 7th, 8th & 9th September
  - 1st & 2nd December

• 5th, 6th & 7th October

#### TO BOOK AN APPOINTMENT WITH SAM:

Phone: 07 3556 9455



**HOMESIDE** is an international study investigating the effects of music and reading activities for people living with dementia and their family caregivers.



".... the opportunity to experience shared meaningful time together"

In partnership with







Please click here to register your interest https://www.homesidestudy.eu/australia



#### WHO IS THE STUDY FOR?

This study is for people living with dementia and their family ibrinformall campiters. You can participate in the study if:

- You are or you have a family caregit
- You live together at home

#### DURING THE HOMESIDE PROJECT:

- Everything will take place face-to-face (via an online mode)
- Youwill participate in the study for 6 months
- You will receive training from experienced professionals to use music or reading activities at home
- You both will be asked to fill out question naires at 3 time points

#### THE MUSIC AND READING PROGRAMS WILL:

- Be tailored to your individual preferences and needs





#### TO FIND OUT MORE ABOUT PARTICIPATING, SIMPLY CONTACT US

homeside-australia@unimelb.edu.au (03) 9035 3057

### Flu Vaccintions now available at Ouilpie Pharmacy

Walk ins are welcome, but if you would like to book please call Quilpie Pharmacy 07 4656 2254 We are able to offer this service 9am-12.30pm Monday- Friday \$25 per vaccine No prescription necessary

We can vaccinate anyone 10 years or older

WHAT ARE COLDS? Colds are infections of the respiratory tract.

Symptoms can include sneezing, a blocked or runny nose, a sore throat and coughing. A flu injection will give you protection against the flu.

#### How are coughs and colds spread?

Colds are usually passed from person to person by touching hands or objects (e.g. tissues and toys), or by breathing in droplets from sneezes and coughs. So when you go back to work or your child goes back to childcare, preschool or school, it's important to know how to prevent the spread to others.

To help prevent the spread of colds:

- cover your mouth when sneezing or coughing
- keep hands away from your eyes, nose and mouth
- use tissues to blow your nose, and throw them away after use
- wash your hands with soap, particularly before preparing, touching or eating food and after blowing your nose
- avoid sharing cups, glasses and cutiery.

#### Relieve the symptoms

- Rest may help to fight the virus and help you or your child feel better.
- Drink something soothing. Encourage children to drink their usual amount of fluids
- Avoid exposure to cigarette smoke.

Some medicines can relieve the symptoms of a cold. Always ask your pharmacist or doctor for advice on the most appropriate medicine for you or your child and always read the label.

Over-the-counter medicines for colds, coughs or flu can cause serious side effects. Some people may not be able to use certain medicines, including:

- people with particular medical conditions or taking certain medicines
- children and older people
- women who are pregnant or breastfeeding.

Few clinical trials have proven the effectiveness of various 'cough and cold' and 'cold and flu' medicines. particularly for children.

#### Relieve blocked sinuses, clear mucus or dry

- Saline (salt water) sprays or drops can help clear mucus.
- Inhale steam from a running shower. Do not sit children over a steam bowl as hot water can burn the lining of a child's nose, and the water can spill.
- Decongestant tablets, mixtures, sprays or drops help some adults relieve blocked sinuses
- Use an cintment to soothe dry or chapped skin around your nose.

#### Soothe a sore throat or cough

- Gargle warm salty water.
- Suck on ice or a throat lozenge
- Common pain relief medicines like paracetamol, ibuprofen or aspirin can ease the pain of a sore throat. Aspirin is not suitable for children and some adults.



- light hurting the eyes chest pain
- temperature higher than 38.5°C, or chills
- noisy or fast breathing vomiting
- nerk stiffness
- difficulty waking up.

- severe headache

- bulging of the fontanelle (the soft spot on top of a baby's head)
  - a high temperature (in babies under 6 months of age)
- excessive initability
- lack of energy loss of appetite/
- persistent cough

### OR if your child or baby has any of the following:

- high-pitched cry
- not drinking. feeding poorly
- earache







13th & 14th August 2022



Canteen and flar operating all weekend, Ammunities and Self centained camping
Saturday 10th 100 targets,
Remely 2 man team shoot under lights, 24 target (cash divide)
Sanday 14th 10 targets



# Mobile Sexual Health and Women's Health Clinic



Location: Quilpie Medical Practice

Next clinics: Tues 28 /06 and Wed 29/06

For appointments phone: 4656 1158



- Sexual Health testing
   Consideral Screening
- Breast / testicular examina
- Contraception and family planning information
   Education and Information
  - South West Hospital and Health Service

# QUILPIE MEDICAL PRACTICE

Phone: 46 56 11 58

### **OPENING HOURS**

MONDAY......9:00am to 5:00pm
TUESDAY.....9:00am to 5:00pm

WEDNESDAY......9:00am to 5:00pm

THURSDAY......9:00am to 5:00pm

FRIDAY......9:00am to 5:00pm

SATURDAY......<u>CLOSED</u>

SUNDAY......CLOSED
CLOSED PUBLIC HOLIDAYS

\_\_\_\_\_\_\_

CLOSED FOR LUNCH 1PM - 2PM

IF YOU REQUIRE <u>EMERGENCY</u> MEDICAL ATTENTION AFTER HOURS PLEASE CALL <u>"000" IMMEDIATELY</u>



IF YOU REQUIRE OTHER MEDICAL ATTENTION AFTER HOURS PLEASE PRESENT TO

QUILPIE HOSPITAL

OR CALL THEM ON

PHONE: 46 560 100

Wool Spinning is an ancient art that predates written history

Quilpie CWA is bringing the art of spinning back to Quilpie

Come along and learn how to spin your own yarn from Quilpie fleece

Saturday and Sunday
28 & 29 May
9am - 4pm
\$50 per person - Lunch provided

Quilpie Shire Hall Supper Room

Contact Lorraine Mathieson 0419 870 276

With assistance from RADF and Quilpie Shire Council



#### Sharon Young Bio

Sharon relocated from the Sunshine Coast to Charleville in July 2020 having trained and worked as a registered Nurse, Midwife, then Child Health nurse before attaining her Masters in Advance Practice in Sexual health. She qualified in 2019 as a Nurse Practitioner in Sexual and reproductive health.

She has worked abroad in the UK, USA, Cambodia, Vanuatu and Laos PDR before returning to Australia to marry and have her family. She is passionate about Woman and Men's sexual and reproductive health care and feels it is an important aspect of holistic client centred care. She currently provides a mobile service every 4 months to support the sexual and reproductive health of the men and women (young and mature) of Quilpie.

As a Nurse Practitioner she is qualified to provide the following services:

- · Cervical screening (Pap smears)
- Contraception, including Implanon insertion and removal and provision of scripts
- STI and blood-borne virus testing, treatment, and management
- · Continence referrals
- Information about menopause
- · Assessment re menstrual problems, abnormal bleeding etc.
- Pregnancy options
- Direct gynaecological referral as required
- Information and support on all women's health issues.

To make an appointment simply ring the Quilpie Medical Practice on 4656 1158, no referral necessary. Sharon's next clinic in Quilpie is on Tuesday 28<sup>th</sup> June and Wednesday 29<sup>th</sup> June.