MAYOR'S BUDGET MESSAGE 2022-23

Our home, our communities, your Quilpie Shire Council

The last financial year has been another positive year for the Quilpie Shire. A good average season across most of the Shire has underpinned good returns from excellent commodity prices for our rural sector. A run of seasons which couldn't regarded as "droughts" have seen livestock numbers across the Shire slowly building with breeder numbers generally up allowing producers to leverage increased incomes off the higher commodity prices. We saw the best tourist season in 2021 that the Shire has ever seen although this has resumed more normal levels in 2022 as the COVID impacts on tourist behaviour start to wane.

Our resource sector is experiencing a lift in activity as oil and gas prices hit high levels and this is resulting in increased activity across the Cooper Basin, both in increasing production and exploration. Despite prophecies of the anti-fossil fuel alarmists, oil and gas are critical resources that this country is going to need for many years to come.

The Quilpie Shire Council has completed a pretty productive program for the year under what

has been. times. fairly challenging circumstances. Maintaining a full staff contingent has been difficult with vacant positions proving difficult to fill and COVID enforced quarantines also contributing to staff shortages at times. Unusually wet conditions at the start of 2022 also impacted on our work program so, all in all, we did well to achieve the program that we did.

The Council has completed a \$6.6M capital works program for the 2021-22 year out of a budgeted \$8M. Most of the shortfall has come through the delays to the planned three new houses in the Shire, two in Quilpie and one in Eromanga. building industry has been under enormous pressure and it was no when these surprise houses couldn't be delivered. They are in this coming year's budget although it is still a challenge to find builders for the Quilpie homes.

At the beginning of last financial year Council estimated a small surplus in our operating budget of \$178,000 but a drop in our overall cash position of \$142,339. As we so often do, we will end the financial year in a better position than predicted with the estimated financial position as at 30 June showing a surplus of \$5.3M and a cash position of \$31.4M (\$5.2M in grants received in advance). Once there have been surprises and we have finished the year achieving most of what we had planned and with the Shire in a strong financial position with healthy cash reserves.

Your Outback Adventure

CAPITAL WORKS

We are planning a larger capital works program this next financial year with \$19.8M in projects allocated. Some projects such as the Toompine artesian bore (\$780k) are dependent on grant funding and the \$3.8M plant replacement budget is to be spent over two years as no one can



guarantee the delivery of or vehicles within machinery twelve months so orders need to go out as soon as possible to give us the best chance of receiving replacement plant within that two year period. The largest capital item will be the Ouilpie Aerodrome pavement replacement estimated to cost \$1.8M. We will be using the Federal Government's Local Roads and Community Infrastructure Program funding for this project. Although there has never been a failure at the Airport are told by pavement we engineers that it doesn't meet their standards and it restricts what size airplanes can land here and Council feels it is something that has to be addressed. We still have the three houses to be built and/or installed which is a carry-over from last financial year. Council is also moving forward on the design and construction of the townhouses at the old depot site but, with the building industry experiencing its present difficulties, it is unlikely we will make a start on these until 2023-24. We have, however. allocated \$7.8M in this year's budget for this project and we are hopeful of some external funding for some of this. This will develop the site and also go towards the first building stage of six apartments.

One particularly exciting project that Council will be progressing next year is the connectivity upgrade to the town of Quilpie. We have been working with NBN and Telstra over the last few years to find a solution to the connectivity problems in the Shire. We are specifically talking about internet rather than mobile. We have sourced \$4.75M through the Federal Government's Regional Connectivity Program which will see NBN "renting" the existing Telstra fibre to Quilpie and installing Fibre to the Premise (FTTP) in the town of Quilpie. Having public fibre (NBN) to Quilpie will also allow possible fixed wireless options to be rolled out to other areas in the Shire in the future. It is a huge step for the Shire to, hopefully, shore up our future connectivity needs.

We will continue to maintain and, when necessary, upgrade our community assets as a priority and in the next twelve months we will see \$400k go towards a Quilpie main water upgrade, \$1.1M towards reseals and causeways across the Shire roads and and \$620k towards streets, refurbishments and upgrades to Council buildings across the Shire. Maintenance of community assets is a core role of Council and, I feel. the condition of your assets reflects very strongly on how well

the Council is being managed both at an operational and financial level. Generally speaking this Shire is doing pretty well.

RATES AND CHARGES

After the major valuation changes that impacted on rates in last year's budget this year has been relatively straight forward. Council has decided on a 3.5% rise across the board which is reflective of the CPI increase measure that we use rather than inflation which is higher than that. It is the largest rise we have had for many years but we are seeing costs risina substantially more than we have seen before. Wage rises are a constant and coupled with fuel, machinery and other such expense increases we really felt we had no option but increase rates and charges by this much.

The vast majority of rate payers across the Shire won't see increases above 3.5% except where the individual property is still catching up from last year's changes and capping (100% for rural and 10% for others) was applied to alleviate too large an increase in one year.

Council has introduced a new charge this year called the Waste Management Levy. In recent years we have been under intense scrutiny by the Environmental Protection Agency in regard to our landfill operations and this has operating landfills made Eromanga and Adavale unsustainable in the medium term. We have also had to modernise and do substantial upgrades to the Quilpie landfill which will eventually be the only one operating in the Shire. We will be closing the sites at Eromanga and Adavale and





replacing them with transfer stations. In the long run it will hopefully be a cleaner and simpler service to run but it all costs money. With that in mind we have introduced a Waste Management Levy. It is not a huge impost with the annual charge being \$156 for all relevant rate payers. Obviously rate payers who don't utilise our landfill operations and dispose of their waste in a compliant alternative manner would be exempt.

As I remind everyone each year Council endeavours to fully fund our service provision (waste, water and sewerage) through revenue raised from the charges for those services. We are pretty close to achieving that. Council have made changes to the way waste (garbage) is charged to those that utilise this service but the majority won't notice an increase. However, around onethird of our residents will and I encourage you to talk with our staff to review your service levels.

Our rural and mining ratepayers pay for these services out of their own pocket so it is only fair that those fortunate to have those services provided pay the full cost to Council. We don't try to make a profit from it.

CONCLUSION

To summarise, Council has applied a 3.5% increase to rates and charges for the 2022-23 financial year. This is a reflection of the new higher inflation environment we now live in.

We have not seen inflation as an issue for fifteen years, since the 2007 global financial crisis, and we may have to get used to this new world.

We have generally restricted increases to rates and charges to 2% or less over that period but that may change in the future. We have also introduced a new charge, the Waste Management Levy, again in response to changing circumstances.

Once again Council staff should be congratulated on the last twelve months, continuing to provide high quality services, asset management and general community oversight and doing it all within budget.

Although we see it happen year after year we shouldn't take it for granted and we should always appropriately acknowledge their great contribution to our Shire.

We should all look forward to the next year with confidence, comfortable in the knowledge that Council is very strong financially, has great staff and has well developed plans in place to guide the future development and improvement of the Shire.

As always, I am happy to discuss the budget anytime.

Kind regards

Stuart Mackenzie

Mayor



Your Councillors

Cr Stuart Mackenzie

Mayor

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The Unconfirmed Minutes of the Special Council Meeting of Wednesday 6 July 2022 and the Ordinary Meeting of Tuesday 19 July 2022 are available in full on Council's website: www.quilpie.qld.gov.au

- Council resolved to award Tender 25 21-22 QSC FD2022 - Screening of Material for Restoration of Essential Public Asset Works 2022 to APV Contracting Pty Ltd for an amount of up to \$622,000.00 Excl GST as per Council's Procurement Policy
- In-Kind support was provided to the Bulloo Bush Bash Ball for the hiring of the bus to provide a pick up and drop off service on the night of the Ball in October 2022
- The Quilpie District Show & Rodeo Committee were granted in-kind support of 50,000 litres of potable water plus water truck and operator to facilitate a Jetpack stuntman to perform at the Show on 9 & 10 September
- A Husqvarna PZ 29D Zero Turn Mower was disposed of to the Eromanga Natural History Museum (Outback Gondwana Foundation) at a nominal cost of \$1, in accordance with S236(1)(b) (ii) of the Local Government Regulation 2012, noting that:

- The Eromanga Natural History Museum (Outback Gondwana Foundation) take on responsibilities for insurance, registration, maintenance etc
- Council noted correspondence regarding the Quilpie Swimming Pool Management Contract, and agreed to provide small business grant opportunities through Council's Manager Economic Development & Tourism
- Council endorsed the motion for the following annual Local Government Association of Queensland conference: The LGAQ calls on the State Government to reform the eligibility criteria for the Queensland Housing Finance Loan to support Queenslanders in regional, remote and first nation communities who can afford to buy or build a home but cannot get private finance from a bank or building society
- Council was successful in obtaining a grant to purchase a replacement vehicle for Eromanga SES. Quotes for the supply and delivery of one (1) 4WD Twin Cab Utility. A quote from O'Brien Toyota for a total price of \$49,090.91 excluding GST was accepted. The new vehicle replaces Unit 31 which will be disposed of via auction
- Council resolved to write a letter to the State and Federal Ministers for Department of Agriculture and Fisheries, that, in light of the FMD threat, Council requests the State to locate a bio-security officer in Quilpie Shire, and to provide funding for large scale feral pig eradication
- Council authorised the CEO to undertake a Tender Consideration Plan in accordance with s230 of The Local Government Regulation 2012 for the purchase of up to four (4) x Four (4) bedroom houses to be presented at a Council meeting at a future date.



Works have been completed on the Bulloo River Walk including upgrades to the signage and pathways. Have you been for a walk lately, to spy the local plants and wildlife? Maybe find the jolly swagman camped under the shade of the Coolabah tree?



While you're out walking the dogs, have you seen the upgrades to the pathways at Baldy Top? Guaranteed perfect sunset views daily.



The concrete structures crew installing flood-proof signage at the Bulloo River Walk, funded by Federal Government Local Roads and Community Infrastructure Program.

The rebuild of the Playground equipment installation Bicentennial Park is continuing. This upgrade is funded by the Federal Government Local Roads and Infrastructure Program. There was a delay in delivery of the soft-fall material which has put back the finalisation of the works until early August.





Other projects keeping the Engineer's directorate busy include:

- Roadworks on Congie Road for the APA major load works
- shoulder grading on Quilpie -Charleville Road and Quilpie
 Windorah Road
- Sidetrack works on Adavale -Quilpie Road
- Jabiru Street footpath completion
- Flood damage restoration works on Secco Crossing Road



 Preparation for further sealing works on Adavale Red Road



- Gravel investigations for Quilpie Aerodrome Runway upgrade
- TMR Testing on Diamantina Developmental Road near the Grey Range area.





POLICE NEWS.

ROAD SAFETY:

The safety of every person using our roads is a community responsibility and every effort should be made by us all to reduce the incidents and likelihood of traffic crashes on our roads. The Southern Police Region which the Quilpie Shire comes under has seen 39 people being killed on our roads which is a 62% increase from the previous year. This does not take into account those injured or left permanently disabled.

As of 1st July the monetary penalties for certain 'life endangering' offences have increased to reflect the Queensland Government effort to reduce the number of persons killed and injured on our roads. Examples of the new Government set penalties are:

Speeding: Less that 11km over the limit \$287 1 point

Between 10-20km over the limit \$431 3 points

Between 20-30km over the limit \$646 4 points

Between 30-40km over the limit \$1078 6 points

More than 40km over the limit \$1653 8 points & 6 month D/L suspension

Seatbelts: Failing to Wear your Seatbelt \$1078 4 points

This also includes passengers in vehicles and unrestrained children not in proper car seats. As the driver you are responsible for ensuring all children under the age of 16 years have their seatbelts on or are properly restrained.

Mobile Phones: Driver Use Hand Held Mobile Phone \$1078 4 points

It is illegal to hold a mobile phone in your hand or have it resting on any part of your body, such as your lap, when driving. This applies even if you're stopped in traffic. The phone does not need to be turned on or in use for it to be an offence.

Learner and P1 drivers under 25 must not use hands-free, wireless headsets or a mobile phone's loudspeaker function. If your phone is in a pocket of your clothing or a pouch you're wearing, you must not use it in any way. This includes touching it, looking at it or operating it with your voice.

In summary stick to the posted speed limits, put your seatbelt on you and the kids and ignore your phone if you are driving. Don't be the one who gets stopped or becomes a statistic.

With the increase in tourists in the area we also need to be aware of Giving Way to our Right at the intersections around town. Slow down, look right & left and stop if necessary at all times of the day and night.



PROPERTY SECURITY:

It is also important to ensure our belongings are secure in our homes and our vehicles. We had a couple of recent incidents where cars were entered and property stolen. Most thieves cannot access a locked car or house so don't make it easy for them. **LOCK IT or LOSE IT.**

MOTORBIKES AROUND TOWN:

For the parents of kids that have motorbikes and ride down near the river can you impress upon them to give the caravaners and tourists that are camping a wide berth. We had a couple of complaints over the school holidays of kids riding too close to the campers. There is plenty of space to ride the bikes without riding and doing jumps within meters of a camper. Something to be kept in mind for the next school holidays.

BLUE EDGE PROGRAM:

An initiate of the Queensland Police Service, Blue Edge (*Educate Develop Grow Empower*) is a program of physical training designed to extend a young person's mind and physical capability and includes career education, motivational speakers and mentoring with a view to having youth actualise their potential.

The intention of the program is to grow and develop skills and attitudes young people need to take part in society, now and in the future.

It is designed for secondary school students and allows students to work within their physical capabilities. The program is not designed to make super athletes out of the participants. Ideally the program will run twice a week (Tuesday/Thursday in the mornings before school) for eight weeks including a light exercise program, team building exercises, local guest speakers and a breakfast.

The Blue Edge program relies on the support of local communities to assist Police. Quilpie Shire Council and Quilpie State College are active supporters of this program.

Should any persons wish to assist with the implementation of this program in any way please contact:

Mark BAKER at Quilpie Police Station - 4656 8181.

Stay safe.



Brendan / Mark & Heather

https://www.police.qld.gov.au/station/quilpie-station

Non urgent: 131 444

Emergency: 000

Crimestoppers: 1800 333 000



Ruins of old bush pubs in the Eromanga District: (iii) The Maroo

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 Adavale-Windorah road.
- The Maroo and The Tally Ho! were located beside Kyabra Creek, on the stock route from Windorah to Eromanga.

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.

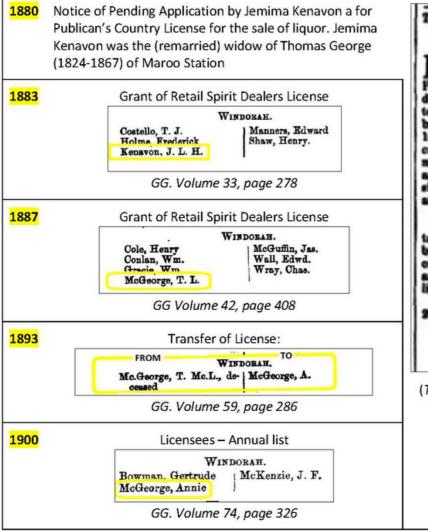


Road Map of Queensland (1913)

THE MAROO PUB

(Maroo! Maroo! - Aboriginal for place of many frogs.)

Time line of events



To the Worshipful the Justices of the Peace acting in and for the Police District of Isisford, in the Colony of Queensland.

JEMIMA G. H. KENAVON, now residing I, at Stoney Point, Cooper's Creek, in the Police district of Isisford, Lower Barcoo,

Police district of Isisford, Lower Barcoo, do hereby give notice that it is my intention to apply at the next Licensing Meeting, to be holden for this district at Isisford, on the 18th day of July, next ensuing, for a Publican's Country License for the sale of fermented and spirituous liquors in the house and appurtenances thereunto belonging, situated at Kyabra Creek, near Stoney Point, and to be known by the sign of the MAROO HOTEL.

The house is my own property, and contains the necessary accommodation required by the Act—siz bedrooms (and four more in course of crection), large cellar, yards, &c.—and which I intend to keep as an Inn or Public-House.

I am a widow, and have held a licence for 20 years in N.S.W.

O years in N.S.W.

Given under my hand this twenty-fourth
day of May, one thousand eight hundred
and eighty.

JEMIMA G. H. KENAVON.

(The Western Champion, 16th June1880 p. 3)

NOTE

The MAROO HOTEL was built on Maroo Station, the only pub in the Eromanga District that was not built on a Government Reserve.

1914

"On Christmas Eve, the boss and a buggy boy went down to the Maroo Hotel for drinks.

When they arrived there, all that remained of the pub was a smouldering heap of rubble."

A Well-Sinker's Daughter (p.34) by Maude McGeorge

1918

"We called at Maroo on our way back to Lynwood. It was the first time we had been there since the Maroo pub burned down, and we were sad to see it; part of history had ben destroyed."

A Well-Sinker's Daughter (p.45) by Maude McGeorge

Ruins of the Maroo pub - as at March 2022

View of what used to be the back of the pub; mostly 4 ft stumps Kyabra Creek is in the background.



108 stumps (9 rows of 12) and not a skerrick of charcoal to be seen anywhere - evidence that the pub did not 'burn down to a smouldering heap of rubble'. Instead, legend has it that the building was demolished and that the materials were used to build the 'Fairfield' shearing shed. Why did Maude McGeorge mislead her readers?

Artefacts







Two deaths at the Maroo pub

- Fredrick Augustus Stewart (Qld BDM ref: 1887/C/1208; Bush Grave BG 57)

 He was a drover aged 35 years who died at the pub on 1st August 1887. His cause of death was 'Rupture of blood vessel caused by fever.' His place of burial was 'Maroo' with one of the witnesses being his brother, Archibald Stewart of Windorah. The exact location of his grave is currently under investigation.
- Honor Ford (Qld BDM Ref:1896/C/1261; Bush Grave BG 56)
 She was a 75 year old spinster who died at the pub on 11th November 1895. Her occupation is given as Companion. Her cause of death was 'Shock from burns' her night dress caught fire from a candle. She was buried on nearby 'Tenham' but the location of her grave is unknown bush graves on the Kyabra Creek floodplain were often lost to posterity.

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

Acknowledgements:

Joe Tully ('Tenham'), Janet Foley, Jane Wilson and Craig Fullerton.... all have added value to this article.



KEY MESSAGES

Know the biosecurity risks for your property

Have a biosecurity plan - work through the risks and actions to take to minimise the risk

Provide a visual reminder with Biosecurity signs at property entrances

QLD Biosecurity - FMD



Come clean, go clean – equipment, clothing, vehicles

Ensure visitors who have arrived from overseas do not have contact with Australian livestock for at least 7 days

Record and restrict movement

of visitors on your farm – ask if visitors have travelled overseas in the past month DAF - Animal Health Preparedness



Animal Health Australia



Prevent contact between farmed and feral pigs and no swill feeding Quarantine introduced livestock for 14 days to watch for signs and prevent other biosecurity risks such as weed seed spread

Know the signs and symptoms of FMD

and if you suspect presence of FMD report it immediately to the Emergency Animal Disease Hotline on 1800 675 888 or to Biosecurity Queensland 13 25 23

Farm Biosecurity



Ensure livestock movement records are up to date on the NLIS database and ensure all National Vendor Declarations are completed accurately and contain all required information





Be alert but not alarmed

Foot and mouth disease is a highly contagious viral infection that can infect all cloven-hoofed animals (cattle, pigs, sheep, goats, deer, camels, llamas and alpacas). Horses are not susceptible to FMD.

FMD is transmitted primarily by close contact from infected animals through saliva, blood, faeces, milk, semen, urine and other fluids.

FMD can be indirectly spread by fomites including clothing and footwear and other equipment and under some conditions can be spread on the wind.

FMD does not affect humans and production animals infected with FMD are still safe to consume.

What is the impact to Australia?

FMD has not been found in Australia since 1872 but it is present in many other countries, including the Asian region. The close proximity to Asia intensifies the risk to Australia.

A 2012 study found that the social and economic impact to Australia would equate to \$52 billion in lost revenue over 10 years, but today, this is estimated at between \$80 and \$100 billion.

What is the risk to Australia?

Australia has strict import conditions in place. The introduction of FMD through the legal importation of these commodities or live animals is very unlikely.

Illegal introduction of contaminated animal products brought in by passengers on aircraft and ships, or sent through the post, is our greatest risk.

Windborne spread to Australia from infected near neighbouring countries is considered possible, but of low likelihood due to the distance and prevailing weather conditions.

Travellers bringing contaminated equipment or clothing into Australia and then having contact with livestock in Australia is also an indirect pathway.

What can members do to help?

See something unusual in your livestock? Report it to the Emergency Animal Disease Watch Hotline on 1800 675 888 immediately.

During an exotic animal disease outbreak, the Queensland Government will implement movement controls. It is important that producers comply with these directions to prevent the spread of disease.

Please be aware that a livestock standstill will apply to any property where there are ANY cloven-hoofed animals (cattle, sheep, etc - even in small numbers where the main farm activity is in other commodities such as Cane or Grains).

Be aware of the signs of FMD

Symptoms include:

- blisters and ulcers in the mouth, feet and teats
- lameness
- excessive salivation
- · multiple animals are sick

Never feed swill to pigs -

Pigs are more susceptible to FMD through ingestion of contaminated products, therefore swill feeding has been outlawed in Australia since 1996.

Never feed swill to pigs and make sure that ruminants cannot access feed containing restricted animal material (some chicken and pig stock feeds).



Quilpie Shire Council Kelly Walton, Milan Milosevic Troy Minnett

Invite you to join them

Rick 'Milo' Milosevic Memorial opening

To be held at the 'Jump Up'

(approximately 60km east of Quilpie)

Saturday 27th August 2022 arrive no later than 4.00 pm

Community event to follow at the Quilpie Club Music by the Army Band, free meal provided, bar available.

R.S.V.P

DRESS CODE Smart Casual

Toni Bonsey Quilpie Shire Council

Phone: 07 46560500 Email: tonib@quilpie.qld.gov.au



Heading down for the

Kangaranga do Street Party?

Tuesday 30th August

Come grab one of our delicious burgers or rolls

Hamburgers \$15

Hotdogs \$12



Chicken & Gravy Rolls \$12





All proceeds go to Quilpie Sport & Recreation no cash out

QCWA 2022 CENTENARY



QCWA is celebrating 100 Years of giving to communities with a party for Quilpie

Doors open at 7.00pm

Saturday 6 August 2022

Quilpie Shire Hall



100 years and beyond



Dancing & Music with Cathy Drummond

Delicious Party Food Supper and 100th Birthday Cake

Bar service QSC fund raiser for RFDS

Games and Competitions with prizes Best decorated table * costume * lucky door prizes

Dress as your favourite character from the past 100 years School Age \$10 - Adults \$25 Outback Tickets or call Lorraine 0419 870 276



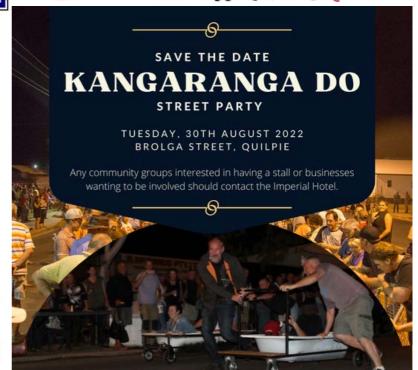












Quilpie's coming events !!!!!

6 August - CWA Centenary Party tickets here

13 August - Sporting Clays Carnival

20 August - Quilpie Golf Club Open



SAVE THE DATE

Quilpie Sporting Clays Club Inc Inaugural 2 day Novelty Sporting Shoot Quilpie, South West Queensland

13th & 14th August 2022



Canteen and Bar operating all weekend, Ammunition and Self contained camping

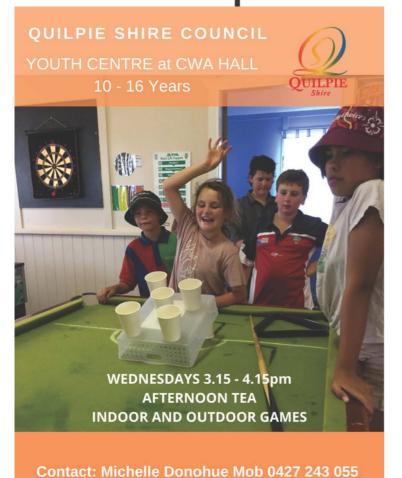
100 targets.

Novelty 2 man team shoot under lights, 24 target (cash divide)

Sunday 14th



Contact: Cam McConnell 0437 794 592 Like and follow us on Facebook for undates!





2022 MASCOTT QUILPIE GOLF OPEN SATURDAY 20 & SUNDAY 21 AUGUST 2022



OVER \$15,000 IN CASH & PRIZES AND THE CHANCE TO WIN A CAR!*

QUILPIE GOLF CLUB

20 & 21 AUGUST 2022 | *BE ONE OF THE FIRST 100 TO REGISTER TO HAVE THE EAGLE DR, QUILPIE, SW QLD | CHANCE TO WIN A CAR!

More information:

quilpiegolfclub083@gmail.com

BOOK NOW TICKETS



QUILPIE SHIRE COUNCIL

AFTERSCHOOL CRAFT ACTIVITIES at CWA HALL





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

Would a Home If interest of the Medicines Review

help you?

A Home Medicines Review helps you, your doctor and pharmacist, manage your medicines. Your doctor may arrange a trained pharmacist to visit you at home. At the visit the pharmacist will help you get the most out of your medicines.



How will a Home Medicines Review help me?

- You'll learn more about your medicines. For example, what they do and the best time to take them.
- · Identify any possible side effects or interactions.
- · Identify any medicines you no longer need.



What will happen?

- Your doctor contacts your regular or local trained pharmacist.
- The pharmacist will call you to make a suitable time to visit you at home.
- At the visit the pharmacist will help you with your medicines and medical devices (inhalers, blood pressure monitors and blood glucose monitors).
- 4. The pharmacist will send a report to your doctor.
- You will then meet with your doctor to discuss the report.
- Your doctor will develop a medicines plan. This will be shared with your regular pharmacist.



A Home Medicines Review may be useful if you:

- · take five or more medicines, or
- · take more than 12 doses of medicines per day, or
- have had changes to your medicines in the last three months, or
- · take medicines that need monitoring, or
- · think you are suffering a side effect, or
- · are worried your medicines are not working, or
- · find it difficult to manage your tablets, or
- see more than one doctor, or
- have been discharged from hospital in the last four weeks.

This sevice is available in Quilpie Saturday 13th of August by the Quilpie Pharmacy owner Kirsty Bradley. If interested call Quilpie Pharmacy on 07 4656 2254

An Australian Government Initiative



Would a Home Medicines
Review help you?

Speak to your doctor
or pharmacist about
one today.

Facts

- A Home Medicines Review is FREE.
- The visit with the pharmacist will take about 45 minutes.
- The visit is at home, so the pharmacist can check the storage of all of your medicines.

www.nwmphn.org.au



































SWHHS Visiting Specialists Dates

17th & 18th Aug

9th August 6th September

9th August 6th September 9th August

6th September 16th & 17th August

13th & 14th September

14th & 15th September

8th, 24th & 25th August 5th, 19th & 20th September

2022

Podiatrist

Dietitian

Physiotherapist

Speech Pathologist

Occupational Therapist

Child Health Nurse

Cardio Nurse August September

Every Thursday Mental Health

Referral required for Visiting Specialists





























qcwacountrykitchens.com.au

Cauliflower and Curried Lentil Soup

Serves: 4

Prep time: 10 minutes Cook time: 30 minutes



2 1/2 serves per portion

- 1 cauliflower, trimmed of leaves, chopped roughly
- 2 tablespoons extra virgin olive oil
- 2 teaspoons fennel seeds
- 1 cup red lentils
- 3 tablespoons curry paste
- 1 L vegetable stock, salt reduced
- 1/2 lemon, juiced and zested



Everyday Food

Method

PREHEAT oven to 180 oC. Line baking tray with baking paper.

HEAT large pot with remaining oil, add lentils and stir through curry paste, adding vegetable stock and bring to slow boil. Simmer for 25 minutes until lentils are cooked through. TOSS the cauliflower in a bowl with $\frac{1}{2}$ the oil and fennel seeds until evenly coated. ARRANGE cauliflower over baking tray in single layer and roast in oven for 15 minutes. COOL cauliflower slightly, add to deep jug to blitz with stick blender until smooth. ADD cauliflower to cooked curried lentils and stir through with lemon juice and zest.

Recipe Courtesy of the Country Kitchens Team





Contact Quilpie Medical Practice









