Community News

November 2022



Our home, our communities, your Quilpie Shire Council

Your Outback Adventure

CEO'S MESSAGE

The past month has seen rainfall across the Shire once again, adding to the current favourable season leading into what is traditionally the 'wet season'.

It feels quite ironic to start this newsletter discussing water security in the current conditions, however it is always important to ensure sufficient water supply is available in our communities. Council have recently been successful in obtaining \$670,548 from the State Government through the Building our Regions Round 6 program for a new bore at Toompine. The existing bore is over 100 years old and has slowly been deteriorating for the past few years. Council have engaged Brandon and Associates to commence drafting the scope and tender documents for this project which is expected to be released early in the new year. This process is in line with Council's installation of a new bore in Quilpie in 2019.

This type of funding ensures that Council can complete infrastructure for the community. The competitive based funding can always be difficult when competing against the larger and more resourced Councils.

Quilpie has been successful in receiving a number of grants over the past 12 months, including:

1. State Government – Building our Regions Round 6 - Quilpie Sewage Treatment Plant Replacement - \$299,965.13

2. State Government – Building our Regions Round 6 - South West Queensland Water and Sewerage Alliance - Water and Sewerage Infrastructure Strategy - \$1,522,600.00

3. State Government - Local

- 3. State Government Local Government Grants and Subsidies Program – Town House Residential Estate Stage 1 -\$2,192,077.50
- 4. Federal Government Remote
 Airstrip Upgrade Program Round 9
 -Toompine Airstrip Runway
 Lighting and Delineation \$42,192.00
 Council has also received

additional funding for noncompetitive grants to support the delivery of projects within the funding guidelines, including:

- 1. Federal Government Roads to Recovery – Various Street Sealing - \$891,657
- 2. Federal Government Local Roads Community Infrastructure Program – Quilpie Airstrip Rehabilitation - \$1,783,314.00 3. State Government – Works 4 Queensland 2021-2024 – 1 x Eromanga Dwelling & 2 x Quilpie Dwellings - \$1,080,000.00

Quilpie has also received the welcome news this year that the Grants Commission that is responsible for the distribution of the Federal Government Financial Assistance Grant, has applied a new methodology which will result in an 11% increase to the Shire's grant allocation for the next three years. This increase will result in over \$1.5M over the next three years, supporting Council's operations and long term sustainability.

Working collaboratively with State and Federal Governments on funding allows Council to invest in new, and to replace existing infrastructure which contributes to the liveability of the entire Shire. The Shire also elects to provide a co-contribution to most projects as having some 'skin in the game' shows the commitment by the Shire towards the delivery of the projects. I looks forward to providing updates to the community on these projects as they progress in the new year.

Kind regards,

Justin Hancock

Chief Executive Officer



Reader's letter:

Whilst I was at the Quilpie Medical Centre on Monday, receptionist Sally Ann Challenor told Cr. Lyn Barnes and I a Good News Story that I thought I would share with you.

Sally said that a visitor to Quilpie had told her that when she filled her vehicle up at the Fuel Depot, she accidently left her wallet on the tonneau of her vehicle and drove away.

When she realised that her wallet was missing, the visitor drove up and down the road to the fuel depot looking for her wallet without success.

She went to see the Police to check if anyone had handed her wallet into them. The Police said someone had left the wallet on the Police Station porch. They had obviously had been closed when it was dropped off.

When she checked her wallet, everything was still in there including the cash money.

Have to feel proud of the honesty and goodwill of our locals!

Quilpie Shire Council Values

Trust

Pride

Respect

Communication

Fun and Humour

Teamwork

Confirmed the date and times of Ordinary Meetings of Council for January to December 2023





If the weather forecasts are accurate, there is a lot more wet weather headed our way. Please take care when driving in the wet, and obey all road closure signs. It keeps you safe and looks after our valuable roads.



Keep up to date with all our news - Follow us on

facebook

Your Councillors

Cr Stuart Mackenzie

Mayor

P: 4656 4771 M: 0429069314

E: mayor@quilpie.qld.gov.au

Cr Jenny Hewson

Deputy Mayor

P: 4656 1311

M: 0428 461 294

E: jhewson@quilpie.qld.gov.au

Cr Roger Volz

M: 0428 561 468

E: rvolz@quilpie.qld.gov.au

Cr Bruce Paulsen

P: 4656 1421

M: 0476 166 378

E: bpaulsen@quilpie.qld.gov.au

Cr Lyn Barnes

M: 0428 561 461

E: lbarnes@quilpie.qld.gov.au



The Unconfirmed Minutes of the Ordinary Council Meeting held on Tuesday 15 November are available in full on Council's website: www.quilpie.qld.gov.au

- Subject to funding approval and finalisation, Council awarded RFQL 05 22-23 full service bitumen re-surfacing works to RPQ Spray Seal Pty Ltd for an amount of \$654,142.34 excluding GST
- Council awarded RFQL06 22
 South West Queensland
 Trough Flooding event 7
 September 15 September
 2022 Project Management to
 Proterra Group at cost as per
 RFQL06 22-23 Response
 Schedule
- Council received and noted the audited Financial Statements for 2021/2022
- Council received an expression of interest from a resident to agist 50 - 60 cows and calves on the Cheepie Town Common for a period of two years, with the option to extend at the end of the term if seasonal conditions allow. Council resolved not to allow the application, and agreed that the Depasturage Policy (EP.01.) and related fees and charges for all commons and reserves across the Shire should be reviewed, ensuring that the Policy meets Legislative requirements, is consistent across the Shire, and recovers costs
- Council disallowed a request to allow the prompt payment discount on assessments 00300-00000-000, 00334-00000-000, 00338-00000-000 and 00449-70000-000 and to write off any interest that was accrued as a result of the ratepayer misreading the due date and subsequently paying the rates on 30 October 2022 rather than the 20 October 2022
- A Development Application for a Material Change of Use to establish "Short-Term Accommodation" and "Tourist Park" (Motel and Caravan Park) on land situated at 8-10 Webber Street, Eromanga, formally described as Lots 501-510 on E3051 was approved, subject to conditions
- Council resolved to adopt the Appointment of Acting CEO Policy to provide for a more efficient mechanism to appoint a person in the Acting Chief Executive Officer's (CEO) position when the CEO is absent
- Council resolved to accept updates to the Recognition of Service Policy for Quilpie Shire Council Staff

- Council authorised the CEO or the CEO's delegate to provide views to APA in relation to the proposed leasehold arrangements over Congie Station - Lot 4 GO51.
- In accordance with S170 (3) of the Local Government Regulation 2012, the local government may, by resolution, amend the budget for a financial year at any time before the end of the financial year.
- The following amendments were resolved:
 - Note that the budget has been prepared on an accrual basis and is consistent with the Corporate Plan and annual Operational Plan.
 - Approve the Quarter 1
 (September) 2022/23
 budget amendments
 (operational and capital)
 which are outlined in the report.
 - Approve the revised financial statements for the Quarter 1 2022/23 budget amendments and the following report attachments:



- Revised Budget Financial Statements (Financial Position, Cash Flow, Income and Expenditure and Changes in Equity) -2022/23 and the next two years
- Revised Long Term
 Financial Forecast 2022/23 and the next nine
 financial years
- Revised Measures of Financial Sustainability for 2022/23 and the next nine financial years (Ratios)
- Revenue Policy 2022/23
- Revenue Statement 2022/23
- Total Value of Change in Rates and Charges
- Include the Quarter 1 2022/23 Budget Review document on Council's website

- Council accepted the 2021 2022 Annual Report, as presented
- Subject to funding approval and finalisation, Council awarded RFQL 04 22-23 Flood Restoration Works Package D for the Restoration of Essential Public Asset Works on Old Charleville Road, to SA Travers & SL Traversfor an amount of \$ 1,110,981.28 excluding GST
- Subject to funding approval and finalisation, Council awarded RFQ 07 22-23 Flood Restoration Works Package E for the Restoration of Essential Public Asset Works on Big Creek Road, to APV Contracting for an amount of \$626,170.00 excl GST

- Council resolved to write off outstanding debtor account balances totalling \$8,439.82 as they have been deemed unrecoverable or uneconomical for Council to recover
- Council endorsed their vote for Queensland Tourism Industry Council (QTIC) for the following two nominees as 2022 Board Directors;
 - Peter Woodward (incumbent) – CaPTA Group, and
 - Oriana Wyrozebska Moreton Bay Regional Industry and Tourism



"Simply Unique"



Mayor Stuart Mackenzie



Deputy Mayor - Cr Jenny Hewson Portfolios – Health and Community Services



Cr Roger Volz Portfolios – Arts, Culture and Tourism



Cr Bruce Paulsen Portfolios – Sport, Recreation and Youth



Cr Lyn Barnes Portfolio – Business Development



PUBLIC NOTICE

Quilpie Shire Council invites Expressions of Interest

For the provision of Bar at Bulloo Park During Australia Day Celebrations

Friday 27 January 2023

Expressions of interest are invited for the provision of a

Community Bar

to be held during the Australia Day Celebrations at Bulloo Park on Friday 27 January 2023.

The successful applicant will be responsible for the purchase and service of liquor and the set up and clean-up of bar.

This event will operate from

5.00pm - 10.00pm

Expressions of Interest should be in writing marked <u>"2023 Australia Day Bar"</u> and returned to Quilpie Shire Council by

For further information please contact Council's Customer Service

Centre on (07) 4656 0500.

5.00pm Wednesday 11 January 2023

Justin Hancock
Chief Executive Officer

(07) 4656 0500

21 November 2022

www.quilpie.qld.gov.au



PUBLIC NOTICE

Quilpie Shire Council invites Expressions of Interest

For catering at Bulloo Park During Australia Day Celebrations

Friday 27 January 2023

Expressions of interest are invited for the provision of a <u>Community BBQ</u> to be held during the <u>Australia Day Celebrations</u> at Bulloo Park on Friday 27 January 2023.

Expressions of Interest should include options similar to below:

- BBQ Steak/Steakettes/Sausages, Onions, Salads & Bread Rolls or
- · Cold Meats, Salads & Bread Rolls

Catering is for approximately 180 people (These are approximate numbers and may be subject to change)
The successful organisation will be paid accordingly.

Expressions of Interest should be in writing marked "2023 Australia Day Catering" and returned to Quilpie Shire Council Office by COB Wednesday 11 January 2023.

For further information please contact Council's Customer Service Centre on (07) 4656 0500.

21 November 2022

Justin Hancock
Chief Executive Officer

(07) 4656 0500 www.quilpie.qld.gov.au



Australia Day 2022







Australia Day Awards 2010





Australia Day Awards 2021



PUBLIC NOTICE

Quilpie Shire Council AUSTRALIA DAY AWARDS 2023 NOMINATIONS

On **26 January 2023**, Australians all around the country will celebrate what's great about Australia. We would like you to help us celebrate what's great about our community by nominating someone you know for an **Australia Day Award**.

The *Quilpie Shire Council* Australia Day Awards will recognise members of our community who have made an outstanding contribution to the community throughout 2022

The Award categories open for nominations are:

- Citizen of the Year
- Young Citizen of the Year
- Community Group Award
- Certificates of Appreciation

Eligibility in Categories: All nominees must be a resident of Quilpie Shire at the time of nomination.

Selection Criteria: There are selection criteria included in the nomination form that are required to be considered when completing the nomination.

How to nominate:

Nomination forms are available at the Council Office or the Quilpie Shire Council Website www.quilpie.qld.gov.au Please complete this form and submit to Council by 5.00pm on the closing date Thursday 12 January, 2023

Award Recipients

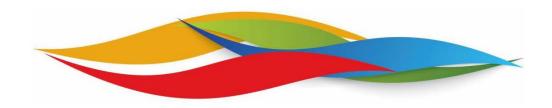
Award recipients will be announced at the ceremony during our **Australia Day** celebrations at Bulloo Park on **Friday 27 January 2023, commencing at 5.00pm**.

Enquiries: Please contact Quilpie Shire Council 46560 0500

21 November 2022

Justin Hancock
Chief Executive Officer

(07) 4656 0500 www.quilpie.qld.gov.au





Despite the rainfall interrupting our works schedule, we have managed to seal 11.5 kilometres of the Quilpie Adavale Red Road this month, funded by Queensland State Government Transport Infrastructure and Development Scheme Funding.

The cattle seem to be comfortable with the new road ...



You never know what is going on underneath the flood waters. This photograph illustrates the damage to the 3 Mile Crossing, 5 kms west of Quilpie, and is just one small example of the extent of the damage. Roads are important infrastructure. Please take care and obey road closed signs.



Council has been successful in attracting funding from State Government 'Building Our Regions Round 5' to establish a new bore at Toompine. Design works have commenced, and a tender will be called shortly.

Toompine Airport is also receiving an upgrade, thanks to Remote Airstrip Upgrade Funding from State Government.

Council uses Facebook to update road conditions multiple times per day during flooding events. If you are not a Facebook user, you can still see the information without being a Facebook member.

Just use your computer to search for

www.facebook.com/people/Quilpie -Shire-Council/100068665398397/

You can also see the state wide road conditions reports by clicking on the Emergency Event Dashboard on Council's web page www.quilpie.qld.gov.au



Council has relocated the pedestrian crossing from the corner of Buln Buln and Jabiru Streets further north, to create a safer environment for school children and pedestrians to cross the road. Recently there was a 'near miss' at the intersection, as a driver was busy watching for traffic and did not see a small child crossing. Safety First!



Locating and registering historical bush graves

Rob Savory Locations

There are many lonely graves out there in the bush, some dating back more than 130 years. They are to be found on stations (in a cemetery or just where the person died); some are found along the original stock routes/coach roads; some are found on the opal fields. Many graves are marked with a headstone or a metal plaque. Some are marked with just a single star picket and no name. And some old graves that are located on a floodplain (Cooper Creek, Kyabra Creek, Wilson River) are lost for ever.

Registration

The Register of Bush Graves is a cooperative project with input from many locals – including a 14 year-old lad. Invaluable support has been provided by Jane Wilson (Outback Grave Markers Qld). The project is sponsored by the Eromanga Royal Hotel.

Most historical bush deaths are recorded in the Qld Register of Births, Deaths & Marriages. In 2014, Eromanga Police Officer S/Const. Brien Ledger tagged twelve local bush graves. Subsequently S/Const. Conrad van Egmond photographed and GPS'd them all. The current *Register of Bush Graves* was initiated in 2018. We now have 107 graves listed of which 40 are fully detailed (photos, GPS coordinates and personal data). A recent initiative is the installation of permanent markers (welded steel plaques) at those graves where there is no existing headstone or metal plaque. By doing so, our heritage is preserved and the unfortunate person who died - often alone in the bush - is duly remembered and respected.

Grave markers



Traditional headstone, Mount Margaret cemetery

Steel plaque, Wallyah



Welded steel plaque, Hammond



Home-made metal plaque, Burkobulla



Brass plaque, Yeppra opal field



Brass plaque, Kyra



Temporary aluminium tag, Kyabra



Recently installed permanent steel plaque at Bush Grave 02 beside Kyabra Road

Inventory of bush graves that have been photographed and GPS'd to date

Bush graves located on properties

Location	Name	Grave marker	BUSH GRAVE No.
Belombre	William Cameron	Headstone	BG 06
	June Crowson (child)	Plaque	BG 08
Bodalla	Brumby Jack Skivington	Metal tag	BG 32
Cranstoun	Alfred Walker	Headstone	BG 01
Kyabra	Hugh Toohey (child)	Headstone	BG 11
	Unnamed Aboriginal 'King'	Metal tag	BG 12
	Unknown	Metal tag	BG 13
	Unknown	Metal tag	BG 14
Kyra	Evelyn May Mott (child)	Plaque	BG 09
Lynwood	Thomas McGeorge (2)	Headstone	BG 17
940	Thomas McGeorge (3)	Headstone	BG 18
	Ethel Margaret Doyle	Headstone	BG 19
Mount Margaret	William Hickson	Headstone	BG 37
227	Skeahan twin girls (children)	Headstone	BG 38
	Leslie Knowles	Headstone	BG 39
	Unknown bore driller	Plaque	BG 26
Regleigh	Reginald McGeorge	Headstone	BG 40
	Maude A McGeorge	Plaque	BG 41
	John Horsington	Plaque	BG 42
Tallyabra	Effy May Jacka	Headstone	BG 07
Tenham	David Tully (child)	Headstone	BG 43
	Desmond Grainger	Metal tag	BG 45
Trinidad	Sydney Ballard	Plaque	BG 16
Wallyah	Poppy Pegler & her baby	Headstone	BG 34
	Lucy Dawson (Aboriginal)	Plaque	BG 35

Bush graves located along roads / stock routes

Location	Name	Grave marker	BUSH GRAVE No.
Windorah-Kyabra-Eromanga Road	Luodo Goodan	Plaque	BG 15
		Recent	BG 02
	Arthur Gentry (child)	plaque	
		Recent	BG 24
	Ben McCasker	plaque	
Windorah-Adavale Road	Bertie Eaton	Plaque	BG 44
	Unknown bullocky	Metal tag	BG 21
	Unknown	Metal tag	BG 29
Kyabra –Thylungra Road	Unknown tinsmith	Metal tag	BG 10
Eromanga-Quilpie Road	William Cameron	Headstone	BG 06

Bush graves located on the Keeroongooloo opal fields

Location	Name	Grave marker	BUSH GRAVE No.
Yeppra	Peter Boylan	Plaque	BG 05
Stony Creek	Albert Jacka	Metal tag	BG 03
Hot Springs Bore	Unknown miner	None	BG 04
Fish Ponds	Herbert Buttfield	Plaque	BG 89

Quilpie Shire Council

2022 Christmas Lights Competition

The Quilpie Shire Council Christmas Lights competition is on again and everyone across the shire can enter!!



Christmas Wonderland - Grand Prize \$1200

QUILPIE TOWN RESIDENTS

(NO NOMINATIONS REQUIRED)

Judging commencing Monday 12 December 2022

BEST LIGHTS DISPLAY - PRIZE \$500

SPECTACULAR SENIOR AWARD - PRIZE \$250

FESTIVE FENCE - PRIZE \$250

BEST DECORATED BUSINESS AWARD - PRIZE \$350

EROMANGA & ADAVALE TOWN RESIDENTS

(NO NOMINATIONS REQUIRED)

Judging commencing Monday 12 December 2022

BEST CHRISTMAS LIGHTS DISPLAY EROMANGA - PRIZE \$500

BEST CHRISTMAS LIGHTS DISPLAY ADAVALE - PRIZE \$500

RURAL RESIDENTS

(NOMINATIONS ESSENTIAL)

Photos & Nomination Forms submitted by 5.00pm Monday 12 December 2022

OUTBACK CHRISTMAS DISPLAY - PRIZE \$500

For rural residents nomination forms are available on the QSC Website and at the QSC

Administration Customer Service desk.



PUBLIC NOTICE



2022 -23 RADF ROUND 2

APPLICATIONS OPEN – 13 OCTOBER 2022 CLOSING – 30 NOVEMBER 2022

Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Quilpie Shire Council to support local arts and culture in regional communities.

Quilpie Shire priorities for the 2022-2023 RADF program under the framework of the Arts and Cultural Plan the local priorities are:

1. Our People & Community

A creative, engaged, cohesive community which supports and acknowledges its artists and artisans

2. Our Place

An appealing, attractive Shire with quality arts & cultural facilities and amenities

3. Our Pas

Preservation and celebration of our rich natural and cultural heritage

4. Our Partnerships

Productive partnerships and alliances within and external to the Region

5. Our Prosperity

An arts and cultural sector that contributes economic value and prosperity

Before submitting, an EOI please read the RADF Program Guidelines. EOI forms are available on the Quilpie Shire Council website — www.quilpie.qld.gov.au.

For further information please contact:

Toni Bonsey radf@quilpie.qld.gov.au Phone: (07) 4656 0500

12 October 2022

Justin Hancock
Chief Executive Officer

(07) 4656 0500

www.quilpie.qld.gov.au

2022 FREE BRO LIVE MUSIC - CAROLS FEATURING: GOLDEN GUITAR WINNER BRENDON WALMSLEY C LIZZIE SEQUIT LIZIE WILL SCOTT LIZIE WILL COUNTY MULL, 31 time frevoring Christmas For The Brush Bash will be coming to eight venues over two weeks. Check out your nearest Bush Bash for the Country music, 31 time frevoring Christmas carols and a free BBQ. A night of festive flux and excellent entertainment for everyone. TOOLIFINE HALL SUNDAY 20th NOVEMBER 5-30pm WINDORAH COMMUNITY CENTRE WEDNESDAY 22th NOVEMBER S-30pm OULPIE BILL CO PARK FRIDAY 25th NOVEMBER 5-30pm ZOULDIF CRY TAP SATURDAY 25th NOVEMBER 5-30pm AUGATHELLA HALL WEDNESDAY 30th NOVEMBER 5-30pm AUGATHELLA HALL WEDNESDAY 30th NOVEMBER 5-30pm WINDORAH 13th DECEMBER 5-30pm AUGATHELLA HALL WEDNESDAY 30th NOVEMBER 5-30pm WINDORAH 13th DECEMBER 5-30pm AUGATHELLA HALL WEDNESDAY 30th NOVEMBER 5-30pm WINDORAH 13th DECEMBER 5-30pm AUGATHELLA HALL WEDNESDAY 30th NOVEMBER 5-30pm AUGATHELA HALL WEDNESDAY 30th NOVEMBER 5-30pm AUGATHELA HALL WED

QUILPIE DIGGERS RACE CLUB AGM



DATE: THURSDAY 15TH DECEMBER 2022

TIME: 6.00PM

VENUE: BULLOO PARK

INFO: E: QUILPIEDRC@GMAIL.COM

SAM - 0428 020 289, KAREN 0418 241 665 Everyone welcome!



PUBLIC NOTICE

Town Clean Ups

Quilpie, Eromanga, Adavale

(Cheepie and Toompine by request)

Council is carrying out the annual town clean ups in the week commencing *Monday 28 November 2022*

General items no longer required can be placed neatly on the footpaths outside your property by 6.00 a.m. on Monday 28

November.

Items that can be collected include furniture, white goods, timber, garden prunings/branches, tyres and scrap metals. No putrescent (food) waste is allowed. Asbestos in any form should not be put out for collection.

Council will also collect cars from within properties by appointment. To arrange removal of cars, please contact (07) 4656 0500 and advise the address and type of vehicle.

This is at no cost to the property. This may avoid a clean up order being issued in the future where too many car bodies are on site.

For residents in Toompine and Cheepie villages, contact (07) 4656 0500 to request assistance within the village areas only.

31 October 2022

Justin Hancock

(07) 4656 0500

Chief Executive Officer

www.quilpie.gld.gov.au





QUILPIE CULTURAL SOCIETY INC P.O. Box 172 Quilpie 4480



RADF FUNDED WORKSHOP

PATCHWORK WORKSHOP - LOCAL TUTOR LOUISE HALL

'TRIPLE F - FUN, FABRIC, FINISH -2'

4 Day Workshop

FRIDAY 24, SATURDAY 25, SUNDAY 26, MONDAY 27 FEBRUARY, 2023

Do you have unfinished quilt tops???

Are you struggling with a patchwork project & need help???

Would you like help with an Applique project????

If you answer "YES" to any of these questions - this workshop is for you!!

Local tutor, Louise Hall is a skilled & creative teacher who has extensive knowledge in all things "Patchwork & Quilting".

 $Encouraging \& \ supporting \ local \ tutors \ is \ a \ wonderful \ achievement for \ our \ "Unique" \ Shire.$

BOOKINGS ESSENTIAL FOR THIS WORKSHOP – Contact Jan McConnell 0428562083 for booking into this workshop

Daily Workshop Fees -

- Members \$35.00
- Pensioner \$30.00
- Non-Member \$70.00

Membership Fees - \$50.00 per year

The Regional Arts Development Fund is a Queensland Government and Quilpie Shire Council partnership to support local arts and culture.



Are you interested in helping us promote the Quilpie Shire?

We are looking for kids, adults, families, grandparents and anyone passionate about the Quilpie Shire to join our image and film database.

If you are interested in being contacted about participating in any future photo or film events to promote the Quilpie Shire, we would love to hear from you.



(07) 46 560 540



tourism@quilpie.qld.gov.au













RSVP: Monday 21 November 2022













Wexer

14th November - 3rd December 2022

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 – 7:00am	Axis 8 WEXER			Les Mills Body Balance 90 Flexibility WEXER	Les Mills Body Pump 121 Strength WEXER
12:30-1:00pm			SCULT: Booty Arms and Abs WEXER	30 Minute HIIT Aerobics WEXER	Les Mills Sh'Bam 44 Dance Cardio WEXER
5:30 – 6:30pm	Les Mills Sh'Bam 42 Dance Cardio WEXER	Functional Fitness Carn	BoxHIIT 30 Full Body WEXER	War 19 WEXER	Les Mills Core 46 Core Workout WEXER

Members are welcome to use the virtual classes when the group fitness room is not in use.

CLASS DESCRIPTIONS

Axis 8 - A 30 minute focus on your foundation - the core. Create stability from the AXIS, the middle of your body, the basis of all mx mobility, strength and power. Move like never before, beginning from the core and reach farther than you thought possible.

Sculpt - Lift, sculpt and define in all the right places! In less than 30 minutes, you will hit your booty, arms and abs, building long and lean muscle

BoxHIIT - Intense shadow boxing paired with high intensity interval training. This workout has a full body focus challenging your whole body

COMMUNITY INVESTMENT FUND 2022

APA Group is committed to positively contributing to communities in the local and regional area of its proposed East Coast Grid Expansion Project. As part of the commitment, we have established a Community Grants Program to benefit local communities. The first round of funding is now open for applications. Community groups and organisations located in the regions of the Project and within the Quilpie Shire Local Government Area are encouraged to apply for funding or in-kind support through the Fund.

Please visit our website for further information: https://www.apa.com.au/aboutapa/our-projects/east-coast-grid-expansion

All applications must be made using the application form available on our website:

Applications will be assessed against the eligibility criteria outlined in the Community Investment Guideline, also available on the Project's website. Completed application forms can be submitted to:





Minister for Agricultural Industry Development and Fisheries and Minister for Rural Communities, The Honourable Mark Furner: Queensland Government's Rural Economic Development Grants program has marked its 2000 good jobs milestone after more than \$12 million was invested over four rounds since 2018.

And a fifth round of the good jobs-creating grants is open for expressions of interest with a further \$3.9 million in grants up for grabs.

Co-contribution grants of up to \$200,000 are aimed at strengthening primary production sectors and bolstering good jobs in rural and regional communities. For more information visit grida.qld.gov.au/program/rural-economic-development-grants.



Department of Employment, Small Business and Training

Business Basics Grants update

Opening soon: Business Basics Grants program - Round 4

The Queensland Government is continuing to show its support for the small business sector with the launch of Round 4 of the \$5 million Business Basics Grant program.

Eligible small businesses (including non-employing and micro businesses, and new and emerging businesses with less than 20 employees and a turnover of less than \$300,000 for the last financial year) will be able register their interest to apply for a \$5,000 grant from 9am, 24 November.

The program guidelines, eligibility criteria and FAQs for the Business Basics Grants program are <u>now available</u> online.

Funds are to be used for a project to increase core skills and adopt best practice — think website development and upgrades, strategic marketing, training and coaching, and business planning for continuity and succession.

This round has a \$5 million funding pool, of that \$1.5 million has been allocated for regional businesses outside of South East Queensland. The program is extremely popular, and we receive many more applications than can be funded. We are committed to best practice and listened to feedback from small businesses to make the application process easier.

Grants will be awarded through a two-stage process starting with businesses registering their interest to apply by completing an online form that collects basic business information. Then businesses will be selected by a ballot process to complete their applications.

This process ensures all small businesses have equal and fair opportunity to register their interest at any time once registrations open and have an equal chance of being selected to apply. Please note that not all businesses that complete a registration of interest or a full application will be successful.

Registrations of Interest will be open from 9am, 24 November and will close at 11.59pm on 5 December 2022.

To learn more visit: www.business.qld.gov.au/business-basics
Got questions? Call the Small Business Hotline on 1300 654 687 or email grants@desbt.qld.gov.au

Stay up-to-date with the latest small business information from the Queensland Government:

- · visit the Business Queensland website
- follow us at facebook.com/businessqldgov
- · subscribe to our newsletter.









PROGRAM 2



27th November 2022 - 22nd January 2023 No Program 19th December 2022 - 8th January 2023

Program 2: Boarding school kids finish a week earlier than state, so program will be an additional week

The participation of our youth in this program is really important for their health and wellbeing as well for the overall community. We would love your support by seeing your kids attending this program so that we can also obtain funding for future programs.

Days: Tuesday and Thursday Time: 7:00am-8:00am Trainer: Cameron Welk Venue: QSR Gym

Open to all children aged 10 - 16 years

To book for Program 2 - 27th November 2022 - 22nd January 2023 (6 weeks) please go to this link: https://o7kn2qycvt3.typeform.com/to/GejTABCD or head to the gym's facebook page to click on the link to register





The Merinda's Music Workshops include

- · Song Writing & Beat Making
- Voice Recording
- · Music Video Development
- Filming of Music Video
- · Music Video Editing
- Music Video Launch

Bookings Essential

Suitable for kids 10 to 17 years



https://outbacktickets.com.au/event/17143

- Tuesday 13 Dec
- 10.00am 12.00pm Voice recording Group 1
- 2.00pm 4.00pm Voice recording -Group 2

Wednesday 14 Dec

• 10.00am - 12.00pm Music Development, costume prep and dancing

Thursday 15 Dec

• 9.30am to 12.00pm Music video filming - Group 1

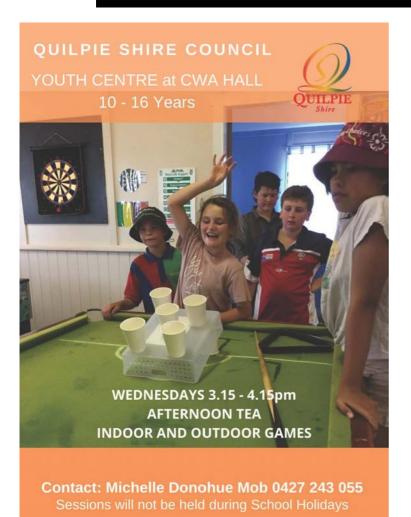
QUILPIE SHIRE COUNCIL

• 1.30pm - 4.00pm Music video filming - Group 2

Friday 16 Dec

• 10.00am - 11.00am Music Video Launch

Venue - Quilpie Shire Hall Date - 12 to 16 December 2022 Daily times available on booking. LIMITED PLACES AVAILABLE





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



COMMUNITY ACTIVITIES AND SENIORS PROGRAM

Michelle Donohue: Health Promotions Officer Phone: 4656 0500 Mobile: 0427 243 055



Halloween Fun at Quilpie Library

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 1:30pm CWA Hall Craft & Chat	2 10:30m CWA Hall Tai Chi	3 9:00am Aqua with Alina 2:00pm CWA Hall Healthy Minds	4	5	6
7 9:00am Aqua with Alina	8 2:00pm CWA Hall Craft & Chat	9 10:30am CWA Hall Pamper Morning	10 9:00am Aqua with Alina 2:00pm CWA Hall Healthy Minds	11 Remembrance Day	12	13 World Kindness Day
14 9:00am Aqua with Alina	15 10:30am Library First 5 Forever Program	16 10:30am Gyrica Gardens Men's Group	17 9:00am Aqua with Alina 2:00pm CWA Hall Healthy Minds	18 10:00am CWA Hall Exercises with EP Tim Millar Vital Health	19	20
21 No Program	22 11:30am CWA Hall Nutrition Talk with Laura Bate BYO Lunch	23 10:30am CWA Hall Chair Dancing	24 9:00am Aqua with Alina 2:00pm CWA Hall Healthy Minds	25	26	27
28 9:00am Aqua with Alina	29 11:30am Gyrica Gardens Sausage Sizzle Bring a Salad	30 10:30am CWA Hall Balance Exercises				





Need a Dental Appointment?

Please give us a call and we will listen to your needs and provide you with care You can be offered an appointment or given the option to be placed on our waitlist and appointments can be made for dental emergencies and check ups.

The Dentists at Roma and Charleville visit other towns across the South West Hospital and Health Service providing full dental services

To be eligible you will need: Health Care Card; Pension Concession Card; Commonwealth Seniors Health Card; Queensland Seniors Card or a Veterans Affairs Card.
You can be seen as a Fee-Paying patient for emergencies or other care if there is no access to a Private Dentist in your area.

Call 1300 215 659 or 46 24 2716 South West Oral Health Service





SHOP HANDMADE THIS FESTIVE SEASON AT THE QUILPIE SHIRE GALLERY'S



Join us Saturday 12th November 2022 from 9.30am to officially open this exhibition.

With everything handmade from Jewellery, Wooden Items, Clothes, Art, Sauces & Condiments Christmas Cakes, sewing and so MUCH, MUCH MORE

There is sure to be something for everyone at this year's display.

> FOR MORE INFORMATION OR CONTACT THE

FAMOUS 3 INGREDIENT CHRISTMAS CAKE

1 kg (6 cups) dried mixed fruit 600 ml (2 ½ cups) iced coffee 265 g (2 cups) self-raising flour

Place the mixed dried fruit into a very large bowl. Add the iced coffee (or liquid substitute) and mix well. Cover with plastic wrap and place into the fridge overnight.

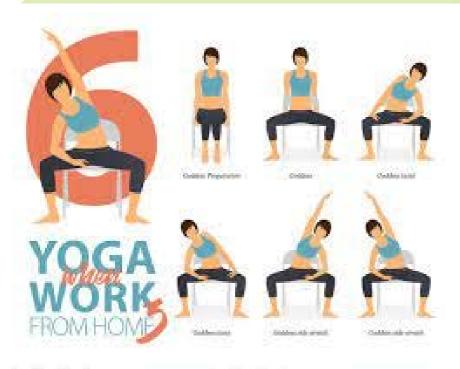
Preheat oven to 160 degrees celsius (fan-forced). Grease and line a 23cm cake tin with baking paper and set aside.

Stir the self-raising flour through the fruit mixture and pour into the prepared tin.

Bake for approximately 1 hour or until the cake feels firm in the middle and a skewer inserted comes out with a few moist crumbs on it.

Alternatives include substituting Iced Chocolate Milk, adding nuts or spices, and a dash of your favourite Christmas spirit!









When: Saturday 26th November

Where: Shire Hall Supper Room

Time: 2:30pm



Cost: Adults \$5.00 Children Free

Special Xmas Gift Stall – Lucky Dip – Buy yourself an early XmasPresent 🐠 Don't forget to get into the Xmas Spirit







SWHHS Visiting Specialists Dates 2022

Podiatrist 7th & 8th December

12th & 13th December Physiotherapist

Speech Pathologist TBA

Dietitian TBA

Occupational Therapist TBA

Child Health Nurse 13th & 14th December

Diabetes Educator TBA

Cardio Nurse TBA

Social Worker TBA

Mental Health **Every Thursday**

Child Youth Mental Health Every Monday

Referral required for Visiting Specialists Contact Quilpie Medical Practice 07 4656 1158





National Skin Cancer Action Week (21-27 November) highlights that we need to do more to promote sun protection.

Australia still has one of the highest rates of skin cancer in the world, including melanoma and non-melanoma skin cancers. Currently two in three Australians will be diagnosed with skin cancer by the age of 70 every year, and around 2000 Australians die from this disease.

Despite improvements in melanoma rates amongst Australians under the age of 40, skin cancer remains Australia's most common cancer, the most costly and one of the most preventable. It is estimated that there have been around 20,000 deaths from skin cancer since the last national skin cancer prevention campaign.

In order to reduce the risk of developing skin cancer, all Australians need to use the five forms of sun protection when the UV level is 3 or higher:

- . Slip on sun protective clothing that covers as much skin as possible.
- Slop on broad spectrum, water resistant SPF30 (or higher) sunscreen. Apply 20 minutes before going outdoors and every two hours afterwards.
- Slap on a hat broad brim or legionnaire style to protect your face, head, neck and ears.
- Seek shade.

or visit sunsmart.com.au



Most skin cancers can be successfully treated if found early.

Skin cancer can appear anywhere on your body, so check all of your skin not just sun-exposed areas.

Ask a friend or family member to check the skin you cannot see, such as your scalp and back.

Check your skin regularly and see your doctor if you notice a new spot, or a spot has changed in size, colour or shape.

Warning signs

Get to know your skin to help you spot changes early.

Solar sunspots



- · Red, flattish scaling dry skin that may sting if scratched.
- Appears on skin most often exposed to the sun, like hands and face

Dysplastic naevi



Larger moles with uneven colour.

Moles



- Harmless spots that are even in shape and colour.
- The more moles or freckles you have, the higher your risk of skin cancer.
- Observe moles carefully for changes.

Seborrhoeid



- · Discrete edge that looks like it sits on top of skin.
- · Colour varies from pale brown to orange or black.

Skin cancer images kindly provided by Skin & Cancer Foundation Victoria

Aurest 2017



MURAL PARK, QUILPIE