

July 2023



Our home, our communities, your Quilpie Shire Council

Your Outback Adventure

MAYOR'S MESSAGE

THE GOOD, THE BAD AND THE UGLY

The Good – Transport and Main Roads

An issue that has been creating serious problems for some landholders in recent years is how TMR have not been replacing their stock grids on the main (or state) roads through the shire. These roads are not to be confused with shire roads where council maintains and replaces grids when required. The main roads through the shire are Quilpie-Charleville, Quilpie-Windorah, Quilpie-Thargomindah, Quilpie-Blackall (Red Road) and Quilpie to Thargomindah through Eromanga. Any grids on these roads will, at some point, reach the end of their life and TMR policy at the moment is not to replace them but to negotiate with the landholder and work out another solution, preferably to fence off the road.

This has created real issues for landholders and council has been in discussions with TMR for some time. Just recently a senior contingent agreed to come to Quilpie and meet with Council and then with affected landholders, one on one, about their particular situation.

The meeting with Council went well as, I believe, did the ones with landholders. They have relented from original intent by agreeing that some grids have to be replaced if there is no alternative, especially if they are a property boundary grid. Where they can they are attempting to facilitate a fencing alternative that is of greatest benefit to the landholder and they will contribute to the cost of that.

I would like to thank the senior TMR officials who came out for their conciliatory approach. Negotiating with departments always comes down to the actual people you have to deal with and we presently have some good people in those roles. They have also been instrumental in sourcing funds to upgrade the road west of Quilpie and that pavement widening and culvert renewal will greatly enhance the safety on that particular section of road. There was a fatal accident on one of the culverts a few years ago when a ute and a truck collided head on. The widening will be completed over a 4.7km stretch of the Diamantina Developmental Road, starting 30.2km West of Quilpie.

The Bad – Gravel Pits

Council was shocked earlier this year when we were told by the Department of Agriculture and Fisheries (DAF) that permits wouldn't be renewed for half the gravel pits in the shire after June 30. The reason was that we needed an Indigenous Land Use Agreement (ILUA) for each one before we could proceed. These are historically long winded and difficult legal processes to go through and we were told we would have to negotiate one for each pit. So, despite the Native Title Act being around since 1994 and these gravel pits being used from before that time, some boffins in DAF decided this was a good idea! It basically meant we couldn't do any road works in the western half of the shire and we have millions of dollars of flood damage to be done over the next twelve months.

It is incredibly frustrating when someone in these departments (you never find out who) makes a decision without spending a nanosecond thinking about the consequences of that decision! To their credit they have come up with an "interim" solution but only after a lot of heat being applied. Some shires west of us are having nearly every pit in the shire closed!

MAYOR'S MESSAGE (cont.)

Pressure is building across the state and we can only hope that sanity will prevail at some point!

The Ugly – The Stampede to Decarbonisation

I have just returned from a Bush Councils conference at Goondiwindi and a Regional Development Australia conference at Toowoomba. There was an overwhelming feeling of concern and, in some cases, disbelief, at the pace and consequences of the whole renewable energy roll out and decarbonisation policies generally. For example, the largest wind farm in the southern hemisphere is being built in the Goondiwindi shire. It started off being 180 turbines and then, without any consultation with the local council or community, was doubled to 360! There is around 1000 cubic meters of concrete going into the foundation of each turbine which is consuming an enormous amount of water and gravel from the surrounding country. They are also destroying the habitat in the construction area as well as the roads. The resultant jobs in the area when the construction is finished is zero!

To add to the absurdity, the companies investing in these projects are overseas entities but are getting massive government subsidies (our taxes) to build. The materials - wind turbines, solar panels, etc, - are all produced overseas using steel made from our iron ore and created with our coking coal so that we can all stop using our coal here to produce our cheap energy!! Go figure!

We heard of other stories across the regions of massive renewable projects that are unregulated and seem to have open slather to do whatever they want whenever. Looking after the environment doesn't seem to be a prerequisite for these developments while we still have to get a special permit to knock a tree down to feed our stock. It's a huge concern to many councils but there seems to be no way of stopping it or even slowing it down. Of course, city people are oblivious to this and are just excited that they will be getting green power.

Quilpie Shire will be affected in two ways. Firstly, the number of properties being sold to carbon farming investors could explode which will change the whole social fabric of our community. This is because the Safeguard Mechanism legislation brought in by the Federal Government forces the largest emitting companies to either reduce their emissions or off-set them. There aren't the technologies available currently to reduce emissions easily so that leaves off-setting, and it seems to me the easiest way to do that would be to buy up large tracts of country where it's cheapest and convert to carbon and get as many credits off them as possible.

Secondly, our oil and gas industry is coming under increased pressure from all quarters, as are all the fossil fuel industries. Our resource industry is so critical to the economic well being of our council and our community and its demise will have profound lasting consequences on this shire.

We will still need oil, gas and coal for years to come but I can see the day where we will be buying it from overseas because we are hell bent on shutting our own industries down so we can all feel better. Of course, it is an indisputable fact that we could shut all of Australia down tomorrow and it won't change the climate one bit – our emissions are too small. Go figure!

My take out from last week is that regional Australia is just starting to fully realise the full consequences we are facing with this race to decarbonise. It's the regions that will cop the full brunt of the changes with very little options to grasp any real and long lasting benefits. They haven't even come after our methane emitting live-stock industries yet but it's coming!!

The really crazy thing is that our wealth as a region, a state and a country comes from our mining and agricultural exports but I am getting used to crazy at the moment!

Regards,

Mayor Stuart Mackenzie

M: 0429069314

E: mayer@quilpie.qld.gov.au



Council Meeting Wrap Up



The Unconfirmed Minutes of the Ordinary Council Meeting held on Tuesday 18 July 2023 and the Special Council Meeting held on Friday 21 July 2023 are available in full on Council's website: www.quilpie.qld.gov.au

ORDINARY MEETING OF COUNCIL, HELD 18 JULY, 2023:

- On behalf of the South West Queensland Water and Sewerage Alliance, for which Quilpie Shire Council acts as secretariat, the tender SWQWSA 230035.9 SWQWSA Sewer & Manhole CCTV to Insight Asset Services Pty Ltd was awarded for a total of \$1,063,098 excl. GST.
- Council confirmed its resolution to replace the Quilpie Sewage Treatment Plant, and Toompine Town Bore.
- Subject to funding approval and finalisation, tender RFQL18 22-23 Old Thargomindah Roads PKG was awarded to SA Travers & SL Travers for an amount of \$1,577,063.38 excl. GST.



- A Community Assistance Grant Application was approved to Quilpie District Show & Rodeo Committee to provide 50,000 litres of potable water plus Water Truck & Operator hire to transport to the show grounds (This water will be non-contaminated after use and can be reused as water for roads or irrigation) and In-kind use of Generator and portable lighting (both solar and regular) from Friday 8 September to Monday 11 September, 2023.
- The updated Quilpie Shire Wild Dog Information sheet was approved for 2023-2024.
- Council adopted an updated Cyber Security Policy, Investment Policy, the Entertainment and Hospitality Policy, Advertising Spending Policy, Councillors Reimbursement Policy and the fourth quarter Operational Plan.
- Updated rental charges were established for the newest Council residences in the Register of Cost-Recovery Fees and Commercial Charges.
- An amendment was approved to the Lease to the Outback Gondwana Foundation to formalise the Council's annual contribution for maintenance and the relevant terms and conditions.
- Support for an application for the Eromanga Natural History Museum – Stage 3 application under the Growing Regions Program – Round 1 was approved with a financial cash contribution up to \$3,000,000 (GST Excl).
- A report on the review of Queensland's place naming conventions and practices was noted, with no action required.
- The Regulatory Impact Statement (RIS) for the Queensland Lake Eyre Basin (LEB) was tabled, with Council voting to retain the status quo in relation to extent of mapped protections, permitted future activities and environmental attributes, noting that the current regimes were considered appropriate to support the gas and oil industries.

Council Meeting Wrap Up (Cont)



- Local Roads and Community Infrastructure Program – Phase 4 Grant Agreement was considered, with selected projects being Eromanga Pool Precinct – Total Budget \$1,200,000 – Funding Allocation \$891,657; and Coonaberry Creek Road Reseal – Various Locations – Total Budget \$764,280 – Funding Allocation \$514,327.
- A Special Meeting of Council was held on Friday 21 July 2023 to adopt the Operational Plan and Council Budget for 2023/2024.
- Motions to be put to the Local Government Association of Queensland (LGAQ) for consideration at the 127th Annual Conference to be held in October 2023 were endorsed:
 - (a) That the LGAQ calls on the State Government to give greater priority to finding solutions to the unrealistic demands and prohibitive costs being imposed on councils renewing Quarry Sales Permits because of the Department of Agriculture and Fisheries' (DAF) interpretation of the Native Title Act 1993 (NTA); and
 - (b) That the LGAQ calls on the State Government to guarantee the long-term competitiveness and sustainability of Queensland's Resources Sector during the implementation of current Net Zero policies, recognising the financial contribution the exploration, coal, metals and petroleum and gas sectors make to local communities, emerging industries (such as renewables) and the State as a whole.
- The CEO was delegated to negotiate a proposal from the current Swimming Pool Lessee to extend the Swimming Pool Lease for an additional eleven (11) months, including the management of the Quilpie and Eromanga Swimming Pools as there is insufficient time left for Council to undertake and complete a competitive tender process for the procurement of a longer-term management contract arrangement covering the two pool complexes before the current arrangement expires. Council is satisfied, for Local Government Regulation subsection 235(a), that All About Aquatics is the only supplier who is reasonably available to provide the pool management services in the short term, pending finalization of a tender specification and completion of the tender process to select the supplier for provision of the services under a new, longer-term contract.

YOU'RE INVITED TO THE

2023

BULLOO BUSH

BALL

SEPTEMBER 30TH, 2023

6.00 PM - 12.00 AM
 QUILPIE SHIRE HALL

BEER & WINE INCLUDED
 WOODFIRED PIZZA
 LIVE AUCTION
 CASH BAR FOR SPIRITS
 BLACK TIE ATTIRE
 18+ EVENT

WITH LIVE MUSIC BY
Radio Club Band

Raising funds for



DROUGHT ANGELS



WIDELAND GROUP

RODEO

QUILPIE

FRIDAY
 SEPTEMBER
 8TH

OVER
\$7,000
 IN PRIZE
 MONEY



JCB

BULLOO PARK
 6PM - MIDNIGHT

CALL 07 5499 1700 TO
 NOMINATE FROM AUG 30

OPEN BULL RIDE
 NOVICE BULL RIDE
 JUNIOR BULL RIDE
 MINI BULLS

WITH BULLS BY AHERN CONTRACTING



WIDELAND GROUP **QUILPIE AG & TECH**

FIELD DAYS

SEPTEMBER
 8TH & 9TH
 9AM - 4PM

- MACHINERY, VEHICLES & EQUIPMENT
- RAM STUDS
- CATTLE HANDLING EQPT
- BOUTIQUE STALLS
- AND MUCH MORE...

Have a product or business Graziers should see?

BOOK YOUR SPOT NOW!
 Contact Dannielle 0408 700 480

AT THE QUILPIE SHOW




QUILPIE SHOW & RODEO

SATURDAY THE 9TH OF SEPTEMBER

FIREWORKS



JET PACK ENTERTAINMENT



HELLY HOOPS



GEE'D UP



VIV'S FARM ANIMALS



PHOTOGRAPHY

ENTRIES CLOSE: FRIDAY THE 18TH OF AUGUST AT 5PM

ENTRIES ARE TO BE EMAILED TO QUILPIESHOWPHOTOS@GMAIL.COM

Please ensure the email has entrants name, section and class for each entry. High resolution photos (1MB minimum) is recommended. This section is open to amateur photographers only.

OPEN PHOTOGRAPHY

1. People – person or persons to be main subject
2. Flora Study
3. Animal Study
4. Water Study
5. Sunset/Sunrise
6. Events
7. Drone Photography

JUNIOR PHOTOGRAPHY

1. People – person or persons to be main subject
2. Flora Study
3. Animal Study
4. Water Study
5. Sunset/Sunrise
6. Events

WWW.ACTIVEATTRICTIONSANDAMUSEMENTS.COM.AU
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0413 852 296



ARCADE GAMES



TWIN DRIVER, DDR DANCE MACHINE, PINBALL MACHINES, PING PONG TABLES, ARCADE TABLES AND SHOOTING GAME

2023 SCARECROW COMPETITION

- BEST BUSINESS SCARECROW
- BEST RESIDENTIAL SCARECROW
- BEST SCHOOL/COMMUNITY GROUP SCARECROW

Back to basics

Remember that we are all about keeping things simple this year, throw a scarecrow up and join in the fun!



FunTime amusements



Laughing Clowns



Chair-O-Plane

SATURDAY 9TH OF SEPTEMBER

ALL DAY RIDES PASS PRICES:
 Under 5 - \$25.00
 Adults & Kids - \$40.00

Arm bands available at the Secretary Office



Dodgem Cars



Twirling Tubs



Showbag Trailer

CEO'S MESSAGE

The 2023 calendar year is progressing at a rapid rate. The 2022/23 financial year was a very important year for the Quilpie Shire with a number of projects either completed, in progress, or planning has finalised with construction to commence in the coming year. Reflecting on the 2022/23 year, Council finished with an operational surplus of \$3.5M which was propped up due to a pre-payment of the Financial Assistance Grant from the Federal Government. Although welcomed, this pre-payment does cause issues around financial forecasting which Council are legislatively required to do for a period up to 10 years.

Council is now commencing our 'audit season' with Council's appointed auditors due to be on site in early August to verify Council's final financial position. At present, Council has forecasted its final position to include a cash balance of \$37.3M, with \$6.2M of this balance incorporating funding received in advance to deliver on future projects (such as flood damage works etc.). This healthy position has allowed Council to capitalise on high interest rates, generating interest revenue of a little over \$800K for the year. Moving into the 2023/24 period, Council have committed to a new investment strategy, looking to maximise interest revenue capabilities for the Shire, generating additional revenue which will flow back into the community.

Through the delivery of the operational and capital budget, Council have engaged with between 20 to 34 local businesses monthly, culminating in an annual local spend of \$11.9M.

A major component of this has been Council's delivery of flood restoration works, with \$10.5M expensed in the 2022/23 year from events that occurred in 2021 and early 2022. Damaged sustained from the September 2022 flood event is finally being assessed and approved at the State level after lengthy delays due to the large amount of damage sustained Statewide over the past 12 months. It is currently forecasted that an additional \$17M in flood restoration works will be delivered in the 2023/24 period.

Turning a focus onto Council's capital program, the 2022/23 period has seen the delivery of small projects such as the upgrade to air-conditioning at our community library, through to the delivery of three new houses in the Shire, with two more arriving shortly. A large amount of work has been done on planning for a number of projects, which will see delivery commence or be completed over the next 12 months, this has included Opalopolis Park in Eromanga, the Eromanga pool, Quilpie Airport Upgrade, Toompine Bore and the roll out of NBN in Quilpie.

Advocacy on behalf of the community is also a very important part of Council's operations, albeit not every issue raised will result in an outcome, it is the small wins which we must celebrate. The current upgrade works on the Grey Range is an example of years of advocacy work which has led to the widening of an existing potentially fatal narrow road width. Transport and Main Roads must be acknowledged for this funding allocation and working collaboratively with Council. TMR has also commenced planning on the upgrade to the South Comongin crossing and we await the final proposed design to be released.

Council continues to advocate on the issue of Housing within the Shire, this issue has multiple aspects which need addressing, ultimately improving on the availability and diversity of the Shire's housing stock to help grow the population into the future. It is so refreshing to see a small community with such a young community, it is extremely important that this young population remain local and the need for our next generation being able to become first home owners within the Quilpie Shire will ensure a strong future.

Council's 2023/24 budget was adopted on 21 July 2023, the full details of this budget will soon be available on Council's website and available for the public to review to see the full list of Projects Council has in the 'pipeline' for delivery. I look forward to providing the community with updates on these projects throughout the year as the delivery progresses.

Kind regards,

Justin Hancock

Chief Executive
Officer



YOUR COUNCILLORS

Proposed Development

Make a submission from
03/08/2023- 23/08/2023

**Warehouse (Rural Storage) and
Animal Keeping (Temporary
Spelling Yards and Horse
Stables)**

Where: Diamantina Development
Road, Quilpie Qld 480

On: Lot 14 on SP273738

Approval sought: Development
Permit

Application ref: DA05 22-23

**You may obtain a copy of the
application and make a
submission to:**

CEO- Jusitn Hancock
PO Box 57 Quilpie Qld 4480
Ceo@quilpie.qld.gov.au
0746560500
www.quilpie.qld.gov.au

Public notification requirements are in
accordance with the *Planning Act 2016*



Cr Stuart Mackenzie
Mayor
P: 4656 4771
M: 0429069314
E: mayor@quilpie.qld.gov.au



Cr Lyn Barnes
Portfolio – Business
Development
M: 0428 561 461
E: lbarnes@quilpie.qld.gov.au



Cr Jenny Hewson
Deputy Mayor
Portfolios – Health and
Community Services
P: 4656 1311
M: 0428 461 294
E: jhewson@quilpie.qld.gov.au



Cr Roger Volz
Portfolios – Arts, Culture and
Tourism
M: 0428 561 468
E: rvolz@quilpie.qld.gov.au



Cr Bruce Paulsen
Portfolios – Sport, Recreation
and Youth
P: 4656 1421
M: 0476 166 378
E: bpaulsen@quilpie.qld.gov.au

Quilpie Shire Council Values

Trust

Pride

Respect

Communication

Fun and Humour

Teamwork

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

facebook

TOOMPINE | CHEEPIE | ADAVALE | EROMANGA

Quilpie Shire Council
4.4K followers • 34 following

Message Follow Search

Posts About Mentions Followers Photos Videos More



Wriggle & Rhyme

Join us at Quilpie Shire Library for stories, songs and play every Tuesday at 10:30

Contact Quilpie Library on 4656 0550 for more information

First 5 Forever is a family literacy program funded by State Library of Queensland in partnership with the Queensland Government for children 0-5.



New Books at the Library!



On the third anniversary of their brother's death, four estranged sisters decide to trace the many recipients saved by his donated organs. Also available as an audiobook and ebook!



This eye-opening memoir recounts the journey of a hard-partying Sydney medical intern becoming a dust-covered GP in remote Western Australia. Also available as an ebook!



In Candice Fox's latest heart-pounding thriller – a couple hold the LAPD to ransom in a desperate attempt to find their missing daughter. Also available as an audiobook!



Squirrel knows exactly what to do to throw the best party, but Bear isn't so sure and is feeling a bit shy. Can they find a way to work through their worries and stick together? Picture Book

Quilpie Shire Library is open Monday to Friday 10:00am to 4:30pm. You can also reserve titles through the QLDLibraries App or by calling the library on 4656 0550.



eSafety with BeConnected



iPhone Basics Webinar

Where? Quilpie Shire Library
When? Thursday August 3, 3-4 PM

This free presentation will help you get the most out of your iPhone, including its privacy & accessibility features.

For more information contact Quilpie Shire Library on 4656 0550.

South West Strive for 10 000 Steps Challenge



PLEASE JOIN OUR 10 000 STEPS TOURNAMENT!

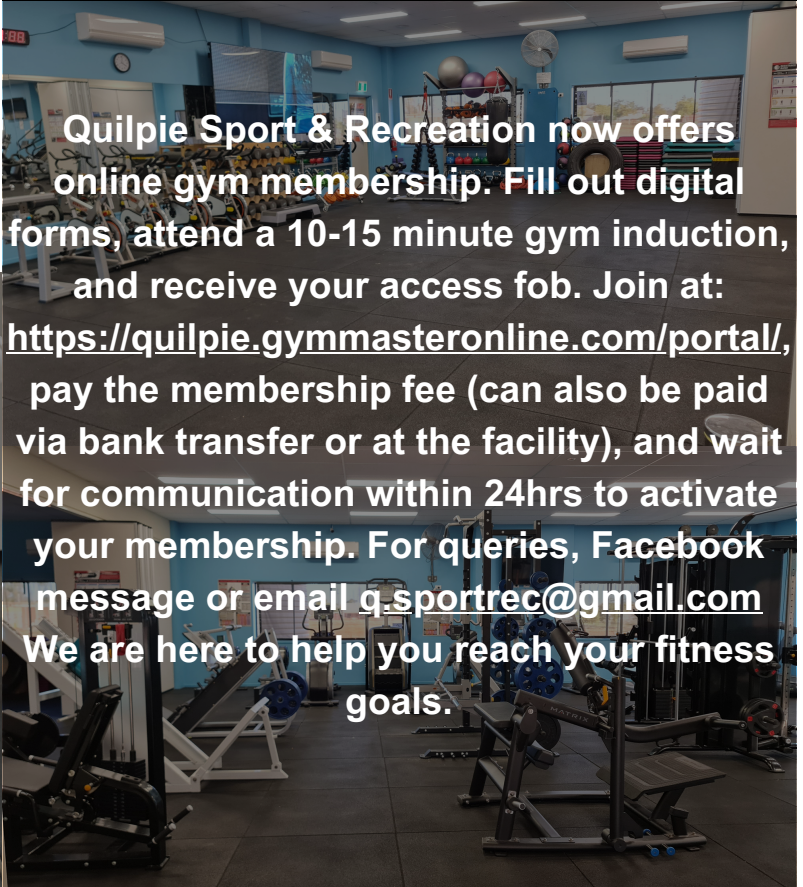
WHERE: South West Region

WHEN: 1st - 30th September 2023

WEBSITE: www.10000steps.org.au

GOAL: Team with the highest average daily step count will be our winner!

GET YOUR TEAMS TOGETHER AND APPOINT YOUR TEAM CAPTAINS IN TIME FOR SEPTEMBER



Quilpie Sport & Recreation now offers online gym membership. Fill out digital forms, attend a 10-15 minute gym induction, and receive your access fob. Join at: <https://quilpie.gymmasteronline.com/portal/>, pay the membership fee (can also be paid via bank transfer or at the facility), and wait for communication within 24hrs to activate your membership. For queries, Facebook message or email q_sportrec@gmail.com We are here to help you reach your fitness goals.

Join the Mascott Quilpie Golf Open Weekend on August 19-20, 2023, for exciting events & prizes.

Saturday features the Super Saturday Social Golf Extravaganza, Sterling House Removals 18-hole 4-ball Ambrose with prizes like an Odyssey putter and a Toyota Hilux.

Sunday hosts the Open Day with prizes including Custom Staff Golf Bags and fantastic items like Smart TVs and outdoor settings. Don't miss the chance to win a luxury resort stay as a lucky door prize!



MASCOTT QUILPIE GOLF OPEN WEEKEND

Book now @ tickets.outbacktickets.com.au

A SHOW FOR 2 - 7 YEAR OLDS AND THEIR FAMILIES!

TWINKLE AND THE MOON



QUILPIE SHIRE HALL
MONDAY 21 AUGUST
SHOW 10.30AM

FREE
EVENT

BY
NADIA SUNDE



red
chair
www.redchair.com.au

Music & Story Play



This project is supported by the Queensland Government through Arts Queensland.

redchair.com.au



Excavator at work on the Grey Range Road Widening Project. It took a bit longer than anticipated due to rain interruption, and an addition to the project by TMR to seal the shoulders on the vertical crest between the present job and the Cooper Developmental Road turnoff.



Hoek Homes have delivered all components of 2 x 4 bedroom houses and 2 x 5 bedroom houses into Quilpie. Council workers continue on the installation of the houses, with airconditioning, plumbing and concreting works near complete. Fencing, sheds, landscaping and electrical works remain to be completed.

The Engineer has completed the statutory requirements to complete Council's annual waste survey, and the water and sewerage returns to ensure the safety and compliance of Council's services.

Culvert works are being completed to replace and repair existing culverts which have sustained damage due to age and wear and tear and all of the recent rain events. This will improve road surfaces on approach and departure to the culverts, and provide a smoother drive for all of the people using our roads.

Thousands of tourists passed through our Shire coming and going to the Big Red Bash held in Birdsville recently. Some travellers were unable to get through the wet conditions safely to attend the event, although the closed roads were not in Quilpie Shire. While we are happy to see tourists enjoying our town, it does create a busy time for our Engineering Services team.



Town Services Crew has commenced work on the median strip work on Broilga Street, implementing the Quilpie Main Street Masterplan. These works will reduce the amount of watering required to maintain the garden beds, which will create a more sustainable and environmentally friendly environment for Quilpie's entrance to the town.

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

MASCOTT QUILPIE OPEN GOLF WEEKEND 2023

ENTER TODAY
FOR YOUR
CHANCE TO
WIN A CAR!

BOOK NOW

19 & 20
AUGUST 2023 | **QUILPIE GOLF CLUB
QUILPIE, SW QUEENSLAND**

BIGGEST PRIZE POOL EVER IN THE SOUTH WEST!

Saturday 19th Sterling house removals super Saturday social golf extravaganza
18 hole 4 ball scramble | Drive holes in Black Topsoil Hill (20) | Tees at \$40.00
Camrandaide Transport - \$500 Drive for Show (N4) | Camrandaide Transport - \$500 Putt for Dough (N19) | Quilpie Hardware - \$500 Heaviest to Pin (Saratonia) (M8)
Lucky Door Prize Win 5 nights in a 2 Bedroom Spa Apartment @ Of Resort and Spa, Surfers Paradise

Sunday 20th Mascott Quilpie Open & Zone 3 Championships
18 hole Stroke | Men's & Ladies Gross Champions will each win a magnificent Championship Custom Staff Bag
(Each valued at \$750) & LUCKY DOOR PRIZE 5 nights at a 2 Bedroom Ocean View Apartment @ Gemini Golden Beach.

Thanks to our sponsors: Mascott | Sterling House Removals | Camrandaide Transport | Quilpie Hardware | Royal Albert | Qi | Surfers Paradise | Gemini Resort | Friendly Grocer | Quilpie Motor Inn | Direct Portables | Black Toyota | Toowoomba City Golf Club

More info, call Bruce: M: 0476 166 378 E: quilpiegolfclub083@gmail.com

PURCHASE YOUR TICKET TODAY | ALL INCLUSIVE (INC MEALS)

QUILPIE & SOUTH-WEST INDIGENOUS EXHIBITION OPENING

**Sunday 2nd July 2023
10am - Middy
Quilpie Shire Gallery**

**THIS EXHIBITION FEATURES
INDIGENOUS ARTISTS FROM
QUILPIE & SOUTH WEST
QUEENSLAND.**

**Free Sausage Sizzle
Tea & Coffee Provided**

QUILPIE SHIRE
YOUR OUTBACK ADVENTURE

For more information contact: 46 560 540 or tourism@quilpie.qld.gov.au

SAVE THE DATE

KANGARANGA DO STREET PARTY

TUESDAY, 29TH AUGUST 2023
BROLGA STREET, QUILPIE

August events.

- 12th - 13th August - Quilpie Sporting Clays Annual Novelty Shoot
- 19th - 20th August - Quilpie Golf Open Weekend, Quilpie Golf Club
- 26th August - Mirusia Under the Stars Baldy Top Lookout, Quilpie
- 29th August - Kangaranga Do, Imperial Hotel Quilpie



COMMUNITY ACTIVITIES AND SENIORS PROGRAM
Michelle Donohue: Health Promotions Officer
Phone: 4656 0500 Mobile: 0427 243 055



August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 2:00pm CWA Hall Healthy Minds	2 10:30am Wheellie Walker Wiggle Gyrlica Gardens	3 2:00pm Library Webinar How to use your I Phone	4	5	6
7 10:30am Wheellie Walker Wiggle Gyrlica Gardens	8 2:00pm CWA Hall Craft & Chat	9 10:30am Multi-Purpose Centre Men's Group	10 2:00pm CWA Hall Healthy Minds	11	12	13
14 No Program	15 2:00pm CWA Hall Healthy Minds	16 9:00am Michelle & Nicola Outreach Trip Eromanga	17 2:00pm Library Crochet, Knit & Giggles	18	19	20
21 10:30am CWA Hall Chair Exercises	22 2:00pm CWA Hall Craft & Chat	23 9:30am Multi-Purpose Cntr. Gyrlica Gardens Footcare	24 2:00pm CWA Hall Healthy Minds	25	26	27
28 12:00pm Fish and Chips RSL Park RSVP 25/08/23	29 2:00pm CWA Hall Craft & Chat	30 9:00am Michelle & Nicola Outreach Trip Adavale	31 2:00pm CWA Hall Healthy Minds			

Ageing is just another word for Living.

Andre Rieu's internationally famous Star Soprano

Australia's number one Classical Crossover recording artist

Mirusia

UNDER THE STARS

Performing her Songbird Show

SATURDAY 26TH AUGUST 2023
BALDY TOP, QUILPIE
SOUTH WEST QUEENSLAND



QUILPIE SHIRE
YOUR OUTBACK ADVENTURE



visitquilpieshire.com.au

BOOK NOW



10th July – 15th September 2023

This timetable is subject to change and members will be notified as soon as possible should this occur.

Non Gym Members welcome to attend the Functional Fitness Class

\$15 / person, payable prior to class starting

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 – 7:00 am		Gentle Morning Mobilizer WEXER		30-minute Energizing Yoga Flow WEXER	
12:30-1:00 pm	Cycling Warmup Cycling Beginner Cycle Cool Down & Stretch WEXER	20-Minute KettleBell Tone WEXER	30-Minute Move It! Line Dance WEXER		15 minute HIIT on the Step & Cardio Step Finisher WEXER
5:30 – 6:30 pm	Body Burn 4x4 WEXER	Functional Fitness Cam		21-Minute Fat Burner HIIT Sweat LA30 + Full Body Cool Down WEXER	

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

QUILPIE SHIRE COUNCIL YOUTH CENTRE at CWA HALL 10 - 16 Years



**WEDNESDAYS 3.15 - 4.15pm
AFTERNOON TEA
INDOOR AND OUTDOOR GAMES**

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

QUILPIE SHIRE COUNCIL AFTERSCHOOL CRAFT ACTIVITIES at CWA HALL 5 - 9 Years



**MONDAYS 3.30 - 4.30pm
Fruit Snack Provided
CRAFTS AND FUN**

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

Banana, Blueberry and Oat Muffins

1 ½ cup wholemeal flour
1 cup oats
1 teaspoon baking powder
1 teaspoon bicarbonate soda
⅓ cup honey or maple syrup
4 tablespoon plant based margarine
2 eggs
½ teaspoon vanilla extract
4 overripe bananas, mashed
1 cup blueberries, fresh or frozen

1. PREHEAT oven to 170°C. Line a 12-hole muffin pan with cases or spray with olive oil spray.
2. COMBINE flour, baking powder, bicarbonate soda and ¾ cup oats in a large bowl.
3. WHISK honey, margarine, eggs, vanilla extra and mashed banana in a separate bowl.
4. FOLD banana mixture into flour mixture and stir to combine.
5. ADD blueberries and gently fold through without over-stirring.
6. SCOOP batter into muffin pan and sprinkle the rest of the oats on top of the muffins.
7. BAKE in the oven for 25 minutes, or until a skewer comes out clean.
8. COOL for 10 minutes and then turn out onto a wire rack.

5 Key Messages...



Get more **fruit and veg** into your meals



Cook at home



Check your **portion size**



Be aware of **sugar in your drinks**



Sit less, **move more**

Cooking on a Budget

Healthy, nutritious food doesn't need to break the bank. With a bit of extra time and a few small changes to your routine, it can be easy to reduce your food budget. Follow our top tips:

1. **Make a plan:** plan your meals around what you already have in your fridge, freezer and pantry, as well as what's on special.
2. **Create a shopping list:** and stick to it!
3. **Batch cook:** prepping and freezing meals in advance will help you cut down on food waste and save time in the long run.
4. **Love your leftovers:** throw leftover vegetables into a frittata, mince or soup, and use leftover bread to make croutons or breadcrumbs.
5. **Cook with tinned food:** Canned food is an excellent way to cook without breaking the bank. Elevate tinned tuna, tomatoes, legumes and other canned vegetables to create impressive dishes that require minimal fuss.
6. **Embrace imperfect:** Many stores now sell imperfect produce, which is cheaper and still just as nutritious as what we are used to buying.



Information courtesy of Queensland CWA





DID YOU KNOW THAT YOU CAN GET YOUR RATES EMAILED?

go green and get delivery
to your inbox instead of
your Post box!

[https://quilpie.qld.gov.au
/register-for-rates/](https://quilpie.qld.gov.au/register-for-rates/)

REMINDER

Animal registrations renewal for the period of
1st October 2023 to 30th September 2024
will be sent out in the coming weeks.

If you have an unregistered animal please contact us to
organise registration.

If you no longer have your registered animal, please
contact us so we can amend our records.

If you have any queries please contact Councils
Administration office on 07 46560500.

