

A GOLD COIN DONATION  
WOULD BE APPRECIATED.

## COMMUNITY CONNECTIONS



After a special matinee fundraiser performance, Burdekin Singers and Theatre Company presented BCA HCSS Community Services Manager with a cheque donated to family and domestic violence.



# EDITION 191

July August September  
2024



Burdekin Community Association Inc.

## Contents

- 1 Burdekin Singers Fundraiser
- 2 49th Annual General Meeting
- 3 Profile-Burdekin Community Association Inc
- 4 Burdekin Social Opportunities
- 5 Volunteers Needed
- 6 Burdekin Singers Fundraiser
- 7 Domestic and Family Violence Support Service
- 8 Community Connections group
- 9 Life Skills Cooking Class
- 10 BCA Community Pantry
- 11 Home Hill State High School - Dig Inn plot
- 12 Wear it Purple Day
- 13 Jokes
- 14 Burdekin Shire Council Update
- 15 Burdekin Shire Council Update
- 16 Visual Impairment activities for Seniors
- 17 Visual Impairment activities for seniors
- 18 Puzzle page
- 19 Medical Care Guide & Pharmacy Roster
- 20 What's on Around Town
- 21 Coming soon to the Burdekin Theatre
- 22 Seasonal Food Guide
- 23 Seasonal Food Guide
- 24 Spring Recipes Fruit
- 25 Spring Recipes Vegetable
- 26 BCA Home Care Service
- 27 BCA Home Care Service
- 28 Burdekin District History
- 29 Burdekin District History
- 30 NQ Women's Legal Service
- 31 Get Online Week
- 32 Elder Abuse Line
- 33 Eathorne's Intersport Tide Times
- 34 Older Person's Action Program
- 35 Puzzle Solutions
- 36 Burdekin Woodcraft Association
- 37 Burdekin Woodcraft Association
- 38 Therapy dough recipe
- 39 Therapy dough exercises
- 40 Adult Vaccinations
- 41 Adult Vaccinations
- 42 National Bowel Cancer Screening Program
- 43 National Bowel Cancer Screening Program
- 44 Burdekin Seniors Month
- 45 BCA Seniors Month
- 46 Rural Health Room Hire
- 47 What's Happening at Rural Health
- 48 Happy Birthday BCA



**Debra Cochran**  
**Chief Executive Officer**  
**Burdekin Community Association Inc**  
**(BCA)**

Telephone: (07) 4783 3744

Mobile: 0407 637 421

Facsimile: 4783 3990

Email: [Debra.Cochran@bcaburdekin.org.au](mailto:Debra.Cochran@bcaburdekin.org.au)

Website:

[www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

Facebook: [www.facebook.com/bca1975](https://www.facebook.com/bca1975)



The President and Members of the  
Burdekin Community Association Inc.  
extend to you an invitation to the

### **49th Annual General Meeting**

**Tuesday 24th September 2024**

**Burdekin Sacred Heart Hall**  
**98 Edwards St, Ayr**  
**Commencing at 7.00pm**

**Guest Speaker — Nick Wiseman**  
**(Home Hill-Ayr Lions Club)**

RSVP by Friday 20th September 2024  
to 4783 3744 or  
[bca@bcaburdekin.org.au](mailto:bca@bcaburdekin.org.au)

*Light Refreshments will be served*





# Burdekin Community Association Inc.

BCA has been established since 1975 “To provide direct relief to the aged, families, children and individuals who are experiencing poverty, sickness, suffering, distress, misfortune, disability or helplessness.” BCA is a registered charity & the largest NFP community organization in the shire.

## **BCA'S main Services/Programs include :**

### BCA Support Centre

Burdekin Community Directory Program  
Information Hub  
Support Groups and Network Groups  
Office and Meeting Room Hire  
Visiting Community Services  
Community Recovery Centre

### Housing and Community Support Service

Burdekin Community Neighbourhood Centre  
Community Connections Magazine  
Crisis Accommodation Program  
Dignity Program  
Older People's Action Program  
Safe Connections Program  
SecondBite Community Connect Program  
Specialist Homelessness Service  
State Emergency Relief Program

### Burdekin Centre for Rural Health and Burdekin Community Rehabilitation Centre

Integrated Chronic Care Program  
Psychological Therapies Program  
Private Psychological Counselling  
Visiting Allied Health Providers  
Consultation Room & Meeting Room Hire  
Telehealth Hub  
Support Groups and Network Groups  
Community Recovery Centre

### Home Care Service

Commonwealth Home Support Program  
Home Care Packages  
National Disability Insurance Scheme  
Burdekin Community Transport  
Qld Community Support Scheme  
Brokered Services

### Volunteer Service

Be Connected Program  
Community Information Centre  
Aged Care Volunteer Visitors Scheme  
Volunteer Program  
Work for the Dole Hosting Program



## **Office Locations**

**BCA Support Centre ( Head Office) :** 130 Queen St, Ayr **4783 3744**

**Community Information Centre:** 119 Queen St, Ayr **4783 7633**

**Burdekin Centre for Rural Health (The Homestead) &** **4783 2711**

**Burdekin Community Rehabilitation Centre:** 12a Chippendale St, Ayr

**Website:** [www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

**Facebook:** [www.facebook.com/bca1975](http://www.facebook.com/bca1975)



**Burdekin Community Association Inc.**



# Burdekin Social Opportunities

<p><b>Ayr Amateur Anglers Fishing Club</b> Ayr Anzac Club, Ayr Every second Thursday 7.00 pm Ph. Kevin Richards 4783 3756</p>	<p><b>NASHOS</b> RSL Hall, Eleventh Avenue, Home Hill First Sunday Monthly 9.30 am Ph. Bev Woods 4782 2368 / Don 61400238758</p>	<p><b>Old Time Dancing</b> St Helen's Anglican Church Hall, Home Hill Every Saturday 8.00 pm to 11.30 pm Ph. Jim and Pam 47821177</p>
<p><b>Crochet Group</b> Burdekin Neighbourhood Centre 40 Chippendale Street, Ayr Monday afternoons 1pm to 5 pm Ph. 4783 4243</p>	<p><b>CWL Home Hill Card Mornings</b> Catholic Parish Hall, Home Hill Every second, third and fourth Thursday 9.00 am to 12 noon</p>	<p><b>Burdekin Bocce Club Inc.</b> International Drive, Ayr Weekly social games SUNDAY 3.00pm - 5.30pm Phone: Club house 4783 3815 / Regina 0408 728 576</p>
<p><b>Burdekin Friendship Club</b> Fortnightly, on Mondays from 9.30am to 11.30am at St Helen's Anglican Church Hall, Cnr Fourteenth Street and Tenth Avenue, Home Hill, \$7, Phone: 0458561965</p>	<p><b>Brandon Senior Citizens</b> Old Renown Theatre, Brandon Meets second Friday of the month 9.30am Phone: Terry 4782 5224</p>	<p><b>Local Ambulance Committee Bingo</b> Anzac Club, Ayr Every Tuesday 9.30 am Ph. Marilyn 0409825236</p>
<p><b>Ayr &amp; District Orchid &amp; Allied Plants Society</b> Q.C.W.A. Hall, Young St, Ayr First Sunday monthly 2 pm Ph.: Sharon Kenny 4782 5116 or Violet Kachel 4783 4388</p>	<p><b>Friends and Neighbours Handicraft Home Hill Community Sports Club</b> (ex Bowls Club) Every Wednesday 9.00 am Ph: Rosalea - 0427 804 129</p>	<p><b>Burdekin Dementia Support Group</b> First Tuesday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243</p>
<p><b>Mahjong</b> Burdekin Neighborhood Centre Every Monday—1pm Ph. 47834243</p>	<p><b>Home Hill Choral Society Inc.</b> 81 Ninth Avenue, Home Hill Practice: Wednesdays 7 pm Ph. Cheryl Platt - 0407 752 452</p>	<p><b>Queensland Country Women's Association Ayr</b> Q.C.W.A. Hall, 117 Young St, Ayr 1st Wednesday of the month at 3.30pm Phone: 0408 835 503</p>
<p><b>Burdekin Men's Shed Association</b> 155-157 Young Street, Ayr Meet &amp; greet sessions Mon, Wed, Fri &amp; Sat 8.00am-11.30am, Meetings 3rd Saturday of each month 1.30pm, Phone: 4783 1223</p>	<p><b>SAGE Social Activities Group for Everyone</b> Uniting Church Hall, Mackenzie St, Ayr Every Monday (9am—12noon) Margaret Thorne 0459 365 424 Rev. Malia 0487 017 555</p>	<p><b>Burdekin Machinery Preservationists</b> Brandon Heritage Precinct Meeting held last Monday monthly 7.30pm Ph. Bruce 0427825197</p>
<p><b>Burdekin Woodcraft Association Inc</b> 30 Little Drysdale Street, Ayr Open days: Wed. 9am. Sat 9am. Ph. Mindi Lemmon. 0408 986 869</p>	<p><b>Burdekin Laurel Club</b> Ayr Anzac Club, Ayr Third Friday Monthly 9.30 am Ph. Linda 0409 246 644</p>	<p><b>The Home Hill Lions Club</b> Meets at the Crown Hotel on the second and fourth Mondays of each month</p>
<p><b>Burdekin Support Group of Parkinson's QLD</b> Last Friday of every month, 10am Burdekin Neighbourhood Centre, 40 Chippendale Street, Ayr Phone: 47834243</p>	<p><b>Burdekin Beats (Modern, fun dance fitness for people with disabilities)</b> Multipurpose Hall, Ayr Showgrounds, 9-21 Edward Street Ayr, Every Monday 5.30pm - 6.30pm Contact Amy Cranitch 0438 799 249</p>	<p><b>Burdekin Roadrunners &amp; Walkers</b> Phone: Tony Felesina 4783 4016 / 0417 643 269</p>
<p><b>Burdekin Gem and Mineral Society Inc.</b> Clubhouse, 86/88 Graham Street, Ayr Second Wednesday Monthly 8 pm Ph. John Paine 0747 833 826</p>	<p><b>Burdekin Senior's Computer Club</b> Burdekin Neighbourhood Centre Every 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday monthly 9.15am to 11.15am Ph. 4783 4243</p>	<p><b>Burdekin Art Society</b> 154 MacMillan Street, Ayr. Every Tuesday from 9 am. Ph. Louisa—0448 509 927</p>
<p><b>Burdekin Patchwork and Quilters Guild</b> QCWA Hall, Young Street, Ayr 9.30-3.00 on 1st; 3rd; 5th Saturdays monthly Ph. Robyn 0448 544 656</p>	<p><b>Burdekin District 4WD Club Inc.</b> Meets Burdekin Neighbourhood Centre. 1st Tuesday of the month at 7.30 pm. (Except December) Ph. Ross 0429 142 800</p>	<p><b>Burdekin Artisans Community Assn.</b> '170 Arts on the Avenue', 170 Eighth Avenue, Home Hill. Open every Tuesday to Saturday 10am to 4 pm. Ph. Sandi 0427 821 065</p>

Are you part of a social group that meets regularly and is in need of some new members or faces? Let us know so we can include your details in our Magazine.



**Contact details for all editorial or advertising**

**Magazine Editor:** Rebecca Grogan

**Telephone:** (07) 4783 3744

**Mobile :** 0427 753 899

**Email:**

Rebecca.Grogan@bcaburdekin.org.au

**BURDEKIN PRINTERS** office choice

**SIGNAGE - STICKERS - BANNERS**  
**PHOTO, PLAN & DOCUMENT PRINTING**  
**STATIONERY - CARTRIDGES - FURNITURE**  
**SCANNING & EMAILING - PHOTOCOPYING**  
**BINDING - ENGRAVING - DESIGN & MORE...**  
**113 EDWARDS STREET, AYR**  
**PH. 4783 4044**  
**sales@burdekinprinters.com.au**

Ayr

Mobile van site: August to December 2024

Street address:

Ayr Hospital

2 Chippendale St

Ayr QLD 4807



## Free Community Legal Advice Program

First Tuesday of the month (excl. January)  
Burdekin Neighbourhood Centre

Contact for bookings:

Burdekin Neighbourhood Centre

40 Chippendale Street, Ayr

Phone: 4783 4243

E: [admin@thebnc.org.au](mailto:admin@thebnc.org.au)



## READER CONTRIBUTIONS

Have something that you would love to share? We are giving you the opportunity to contribute to our Magazine. Please send us your funny jokes, stories and pictures and you could see them featured in a future edition of the Community Connections Magazine.

**Email:**

[Rebecca.Grogan@bcaburdekin.org.au](mailto:Rebecca.Grogan@bcaburdekin.org.au) or drop in to the Support Centre, 130 Queen Street, Ayr.

Edition 191 Page 5

WE  
NEED  
YOUR  
HELP



**Volunteers  
NEEDED**

Burdekin Community Association Inc. are recruiting for volunteers. Have you been thinking of getting involved within your local community? Volunteers can make a huge difference for someone in need.

Help us give you an opportunity to make a difference. We have many volunteering opportunities that can suit you and your needs.

Please consider applying to volunteer with us and proactively improve the life of others, as well as increasing your own benefits on a personal scale.

Volunteering is a great way to meet new people, to increase personal satisfaction, encouraging interaction between people and strengthening the bond with your community.

**If you're interested in giving  
an hour a week or fortnight  
(or more) of your time,  
please don't hesitate to  
contact BCA Volunteer  
Coordinator,  
Rita Quagliata on 47833744.**

BCA Inc. Community Connections



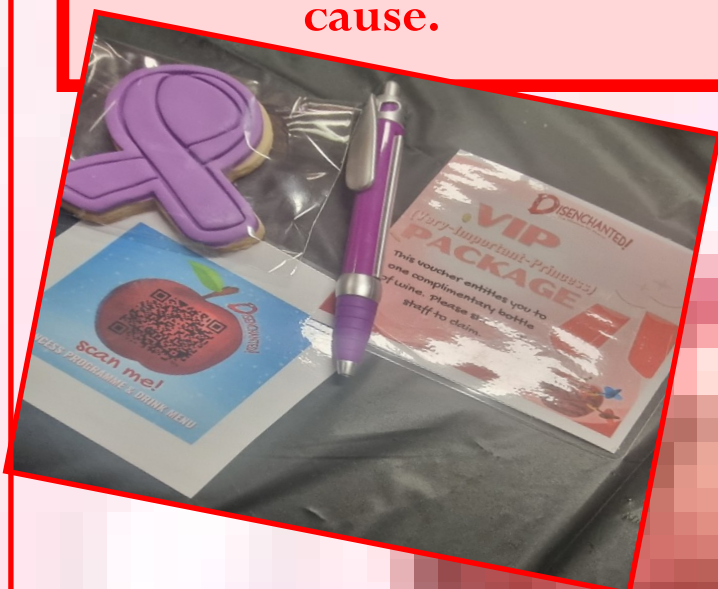


On the afternoon of August 17th, the BCA team were invited to a very special screening of **'DISENCHANTED'**.

The afternoon screening was a fundraiser for the Burdekin Community Association in support of Family and Domestic Violence.

Lawrence Polga presented a cheque of \$1000 to BCA HCSS Community Services Manager, Rebecca Grogan.

A big thank you to Burdekin Singers and Theatre Company for a delightful afternoon, an outstanding show and the very generous donation, all in support of a very special cause.





**BURDEKIN  
COMMUNITY  
ASSOCIATION INC.**  
Domestic and Family Violence  
Support Service

**DOMESTIC AND FAMILY VIOLENCE CAN AFFECT ANYONE**

Domestic and family violence is when one person in a relationship uses violence or abuse to maintain power and control over the other person. It causes the person being abused to live in fear.

Domestic violence can include physical, verbal, sexual, emotional or psychological abuse. It can include behaviours like stalking, isolation or controlling what a person does, who they see or even what they wear. Living with domestic violence can have a profound effect on children and young people. There is often more than one victim of the abuse.

For more information about the signs of domestic violence, supporting others and raising awareness in our community visit

[www.qld.gov.au/trustyouninstinct](http://www.qld.gov.au/trustyouninstinct)

**FOR FURTHER ASSISTANCE**

*In an emergency or for 24 hour help please call the helplines below*

24 HOUR HELP	
Emergency	000
DV Connect Womensline	1800 811 811
DV Connect Mensline	1800 600 636
Kid's Helpline	1800 551 800

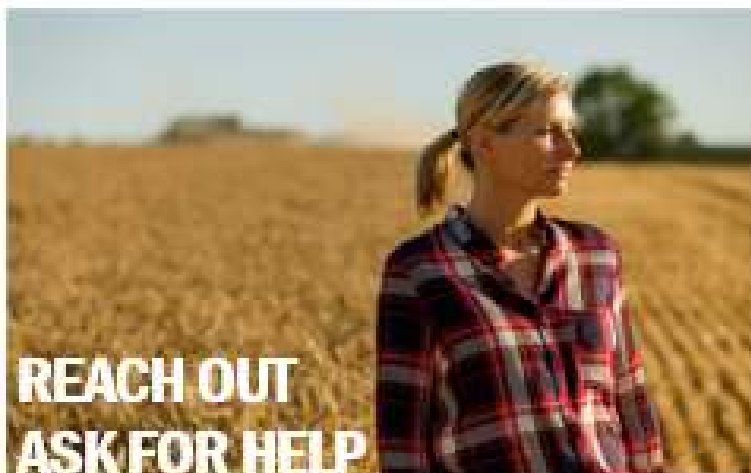
The Burdekin Community Association Inc. (BCA) Housing and Community Support Service provides accessible counselling and court support services to people who are experiencing (or have experienced) Domestic and Family Violence (DFV).

We are here to listen, help and support you in your choices.

We can:

- Provide counselling
- Assist with safety planning and identifying ways that you can increase your safety in your home, work and social environments
- Refer to appropriate services for immediate and safe accommodation
- Assist to arrange transport
- Refer to services for financial assistance
- Assist with safety upgrades to your place of residence

The service is completely free and confidential



If you would like to talk, or make an appointment, call our Domestic and Family Violence Support Service between 9am and 4pm, Monday to Friday.

**(07) 4783 3744**

All calls are confidential. We won't call you back unless you say it's ok to do so.

Or you can visit us at  
Burdekin Community Association Inc.  
The Support Centre  
130 Queen Street  
AYR QLD 4807

Email: [bca@bcaburdekin.org.au](mailto:bca@bcaburdekin.org.au)  
Text only service: 0427 832 178

If it's an emergency or someone is in immediate danger call the police on 000 (triple zero).



Every Wednesday from 9.30-11.30am, Burdekin Community Association holds a Community Connections session at Burdekin Centre for Rural Health.

As the name portrays, this session provides an opportunity for members of the community to make connections with others. The morning is filled with lots of laughter and conversation. Morning tea is provided with a special sausage sizzle get-together held once a month at Plantation Park.

For more information please call

47 83 3744

**COMMUNITY CONNECTIONS GROUP**

REGISTRATIONS NOW OPEN CALL THE BCA FOR MORE INFORMATION ON 47833744 STARTING JAN 2024

COME ALONG TO THE BURDEKIN CENTRE FOR RURAL HEALTH

EVERY WEDNESDAY 9:30AM-11:30AM

HAVE A CUPPA

LEARN SOMETHING NEW

HAVE A CHAT

**BCA**  
Burdekin Community Association Inc.





Registrations are open for the next intake of Burdekin Community Association's 'Make it Happen Life Skills' program.

The program goes back to the basics of cooking, ranging from kitchen hygiene to meal planning and budgeting.

Call BCA on 47 83 3744 to register.



Life Skills facilitator Eboni

**INTAKE 2**  
**MAKE IT HAPPEN**  
**LIFE SKILLS - 8 WEEK**  
**COOKING**  
**CLASSES**  
**STARTS 24TH OCTOBER**

- Skills, Safety & Hygiene in the Kitchen.
- Cooking for Beginners.
- Meal Plan, Budgeting & Creating Grocery Lists
- Prepare & Cook Basic Recipes.

**REGISTRATIONS ESSENTIAL** | **THURSDAYS 1PM - 3PM**  
 Burdekin Centre for Rural Health - 12A Chippendale St, Ayr

**BCA**  
 Burdekin Community Association Inc.

07 4783 3744  
[rebecca.grogan@bcaburdekin.org.au](mailto:rebecca.grogan@bcaburdekin.org.au)



Burdekin Community Association Inc's

# Community Pantry

We have partnered with Coles, SecondBite and now we want to partner with you!  
Do you have any extra produce in your vegetable garden or on your fruit trees?  
Why not share your excess with others in our community.

We invite you to consider donating to our Community Pantry, located at:  
**The Support Centre, 130 Queen Street Ayr.**  
Enquiries in person or Phone **4783 3744**



*-Take what you need...  
...leave what you can...*

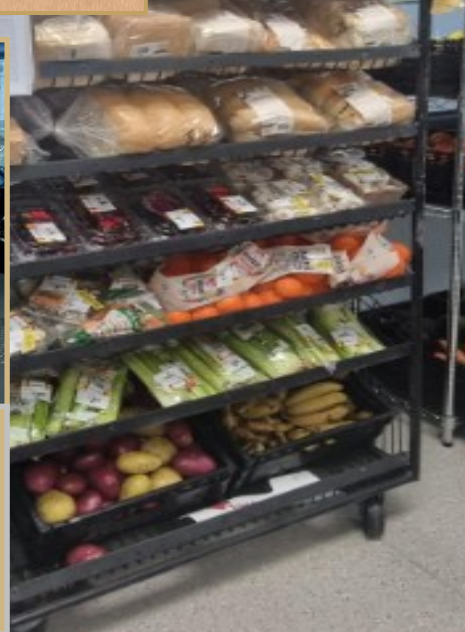
We are so **GRATEFUL!**  
to have received donations  
of beautiful  
fresh home grown vegetables  
for our Community Pantry.



If you have a surplus  
of Fresh fruit and Veg  
from your garden  
we would love to  
receive donations  
no matter how big or small  
it is making a difference



BCA staff with Daniel, standing in front of some fresh produce kindly donated by the DIG INN Plot at Home Hill State High School.





# DIG INN PLOT - POLLINATORS, PLANTS, PRODUCE AND PICKERS



They say a picture says 1000 words!!

So much going on at the DIG INN Plot at Home Hill State High School over the year. We would like to take this opportunity to thank Daniel Lavery for assisting with the picking of the produce and the donation to Burdekin Community Association. Students have been very busy caring for the plants and they are very proud that they are giving back to the community. Next year will see the construction of the protected cropping structure finalised and students will be able to enrol in a Certificate II in Production Horticulture.

Keep an eye out on this space!!



We are an Agribusiness Gateway to Industry School



Article and photos contributed by Louise Nicholas—  
Teacher Agricultural Science Home Hill State High School





On Thursday 15th August and 29th August, BCA was invited to join in Ayr State High School & Home Hill State High School's 'Wear it Purple Day' event. This event supports people in the school who identify as LGBTQIA+. The event focuses on celebrating diversity and inclusion and also recognizes those who are supportive and respectful allies.



In recognition of 'R U OK? Day' BCA set up a stall outside the BCA Support Centre. Community Services Officers, Aimee and Eboni (pictured) asked Queen Street passerby's 'How are you doing?' and provided resources relevant to the day.

Resources, including helpline numbers are available at [www.ruok.org.au](http://www.ruok.org.au)



**Lori & Neville Boyle**

(07) 4783 1608 ALL HOURS 86 Railway Street, AYR, Qld 4807

[burdekinfunerals@yahoo.com.au](mailto:burdekinfunerals@yahoo.com.au)



This issues jokes have been contributed by staff at BCA



# JOKES

Steve's keyboard must be broken. He keeps hitting the escape key, but he's still at work.



What happens to a frogs car when it breaks down?



It gets toad

What has five toes and isn't your foot?

My foot!

Thank you Jennine, Eboni, Aimee and Donna for the 'hilarious' funnies

What did the duck say when she bought lipstick?



Put it on my bill

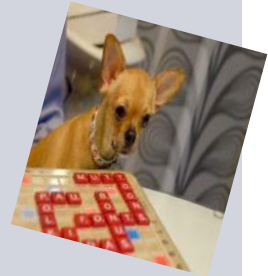


What is Bob the Builder's name when he retires?

**BOB**

Mountains aren't just funny.. They are hill areas!

My dog ate a box of scrabble tiles.



I took him to the vet but there's no word yet...

Why did the gym close down? It just didn't work out ...

**ASPIRE**  
BUSINESS SOLUTIONS QLD

*Empowering businesses to be successful*

144 Queen Street, Ayr  
Tel. 07 4783 2444 • Fax. 07 4783 3984  
admin@faheywalsh.com.au  
[www.faheywalsh.com.au](http://www.faheywalsh.com.au)

- Bookkeeping /Accounting
- Cash Flow Forecasting
- Farm Accounting
- Payroll Services
- Rental Property
- Succession Planning
- SMSFs
- GST
- Strategic Planning
- Taxation
- Trusts

Formerly **FAHEY & WALSH**  
CERTIFIED PRACTISING ACCOUNTANTS  
ESTABLISHED 1927

Fahey & Walsh is a CPA Practice

**xero**

Aspire Business Solutions NQ Pty Ltd  
t/as Fahey & Walsh is a Corporate  
Authorised Representative No. 128 8523 of  
SMRF Advisers Network Pty Ltd  
ABN: 64 155 907 681 AFSL: 430062 [www.asn.com.au](http://www.asn.com.au)  
Authorised for the provision of superannuation advice only.



# Burdekin Shire Council Update

In recent months, Burdekin Shire Council has progressed on various projects and initiatives designed to improve our community's infrastructure and overall well-being.

One significant step is our transition to half-yearly rates, with the first distribution of rates notices sent out in early August. The introduction of half-yearly rates can make budgeting easier for residents, as smaller, more frequent payments may better align with income cycles and financial planning.

We recognise that local government rates can be complex, so here is a clear breakdown to help you understand how your rates are calculated, what they fund, and why they are essential for supporting our community.

**General Rates:** Your general rates, increased by 1% in the 2024-25 Budget, are calculated based on the *rateable value* of your property, which is determined by the Queensland Government's Valuer-General. This valuation reflects the market value of your land, excluding any buildings or structures.

This is the primary charge that applies to all properties within the Shire. These rates help cover local government services including road and footpath upgrades and maintenance, recreation and sporting facilities, swimming pools, community and cultural services, libraries, welfare services, public halls, environmental health services, parks and playgrounds, cemeteries, Council's public buildings, economic development initiatives, contributions to disaster management, community health initiatives and improvements throughout the Shire - services that benefit the entire community. The total amount for your general rate can be found on the first line of your notice.

**Utility Charges:** These include charges for;

**Sewerage services:** Services that connect your home to the town's sewerage system, ensuring safe and sanitary disposal of wastewater and waste. Sewerage rates increased by 8%.

**Waste collection:** These include charges for your weekly waste collection (your green, yellow and red bins), recycling services and landfill management. Waste rates increased by 5%.

**Water access and consumption:** The water access charge provides water to your home or property so you can wash your clothes, stay hydrated, and water your yard. Your water consumption charges are calculated based on your usage. Council's website provides some great information on how to save water. Water access increased by 4%. Water consumption charges for usage up to 1,000,000 litres increased from \$0.45 to \$0.50 cents per 1,000 litres, and for usage above 1,000,000 litres increased from \$1.80 to \$1.85 per 1,000 litres.

**Environmental Levy:** The Environmental Levy on rates is to fund environmental initiatives and programs that protect and enhance the local environment. This levy helps cover the costs of managing natural resources, preserving biodiversity, controlling invasive species, and addressing environmental concerns. There was no change to the environmental levy charge.

**State Government Charges:** The Emergency Management Levy is a state government levy and is collected by Council on behalf of the Queensland Fire and Emergency Services to fund emergency services.

Rate Period	Issue Date (approx.)	Due Date (approx.)
1 July to 31 December	August	September
1 January to 30 June	February	March

Issue dates and due dates vary every financial year. It is the responsibility of the ratepayer to check and pay in full by the due date.



## Half Yearly Rates Information

Burdekin Shire Council now issues rates notices twice a year. The key details include:

- **No Second Rate Increase:** In the annual Budget meeting, rates for the entire financial year are set and there will be no additional rate rise in the second notice. The only charge that will differ is the water consumption

charge as this is dependent on water consumed for the relevant period. Your half yearly rates represent half of your total annual rates, except for water consumption.

**Water Charges:** Since water usage varies, the charge on your second rates notice will reflect your actual water consumption for that period. This ensures you are only paying for the water you use.

## Paying Your Rates

- **Due Date:** Your rates are due twice a year, with the specific dates listed on your notice.

**Payment Options:** We offer a variety of payment options, including online, direct debit, and in-person at Council offices. Please note that you can still choose to pay your full year's rates upfront if you wish. The only charge that will vary is the water consumption charge, as it depends on the amount of water consumed during the relevant rating period. You don't need to notify Council of your advance payment as it will automatically be applied to your account. Please note each property has an individual customer reference number (CRN). Be sure to use your CRN found on the front of your notice when paying electronically.

**Pensioner Concessions:** Eligible pensioners may qualify for a concession on their rates. Contact us to see if you're eligible.

## Comparing our rates to other Councils

Rating categories are rarely comparable between councils, as no two are identical. Comparing rates, water, sewerage, refuse and separate charges does not take into account the different services offered by councils, the geography of the council areas, the size of the ratepayer base who share the cost, or the mix of residential, commercial and other rate paying categories that contribute to rate revenue.

Most councils in south-east Queensland do not own water businesses. Their residents receive a rates notice from the local council and water notices from completely different organisations

It is important to remember that some other councils don't include water charges on their rates notices so comparison of total amounts is not a reliable comparison.

## Need Help?

If you have any questions about your rates, need assistance with payment options, or want to learn more about the services we provide, Council's Customer Service Centre is here to help.

Contact us on (07) 4783 9800 or visit Council's website for more information.

If you would like to get in touch with me, please feel free to phone me on 0447 150 582 or email [mayor@burdekin.qld.gov.au](mailto:mayor@burdekin.qld.gov.au).

Pierina Dalle Cort,  
Burdekin Shire Council Mayor



The Community Connections |  
magazine is proudly supported by  
the Burdekin Shire Council

Photos sourced from Burdekin Shire Council Facebook page and website.



# ACTIVITY LIST FOR SENIORS

## LAST ISSUE— RELAXING ACTIVITIES

Ensuring ourselves and our loved ones keep their bodies and minds engaged and active is very important and can sometimes be challenging, especially for those who need a little bit of extra assistance.

This week's activity list is **VISUAL IMPAIRMENT ACTIVITIES**

**ARTS AND CRAFTS** Craftwork is tactile by nature and many activities can be adapted to suit a person who is blind or has low vision. These include:

Basket weaving

Needlework

Knitting

Painting

Collage using bright pictures from magazines

Pottery

Modelling clay or sculpting



**READING** Some books and magazines are available in large print, audio and braille. Vision loss agencies such as “Vision Australia’ ([visionaustralia.org](http://visionaustralia.org) /1300 654 656) offer access to a library for individuals with a print disability. Audio apps are also available for download and some of these include ‘Audible’ and ‘Hoopla’.



**LISTENING TO PODCASTS** Podcasts are a great way for seniors to listen to topics of interest, catch up on the latest news or to learn something new. Podcasts can be listened to through apps downloaded on a phone or computer. There are many podcasts which are available for free. ‘Life’s Booming’ is a ‘popular podcast series, by Australian Seniors, for Australian Seniors.’

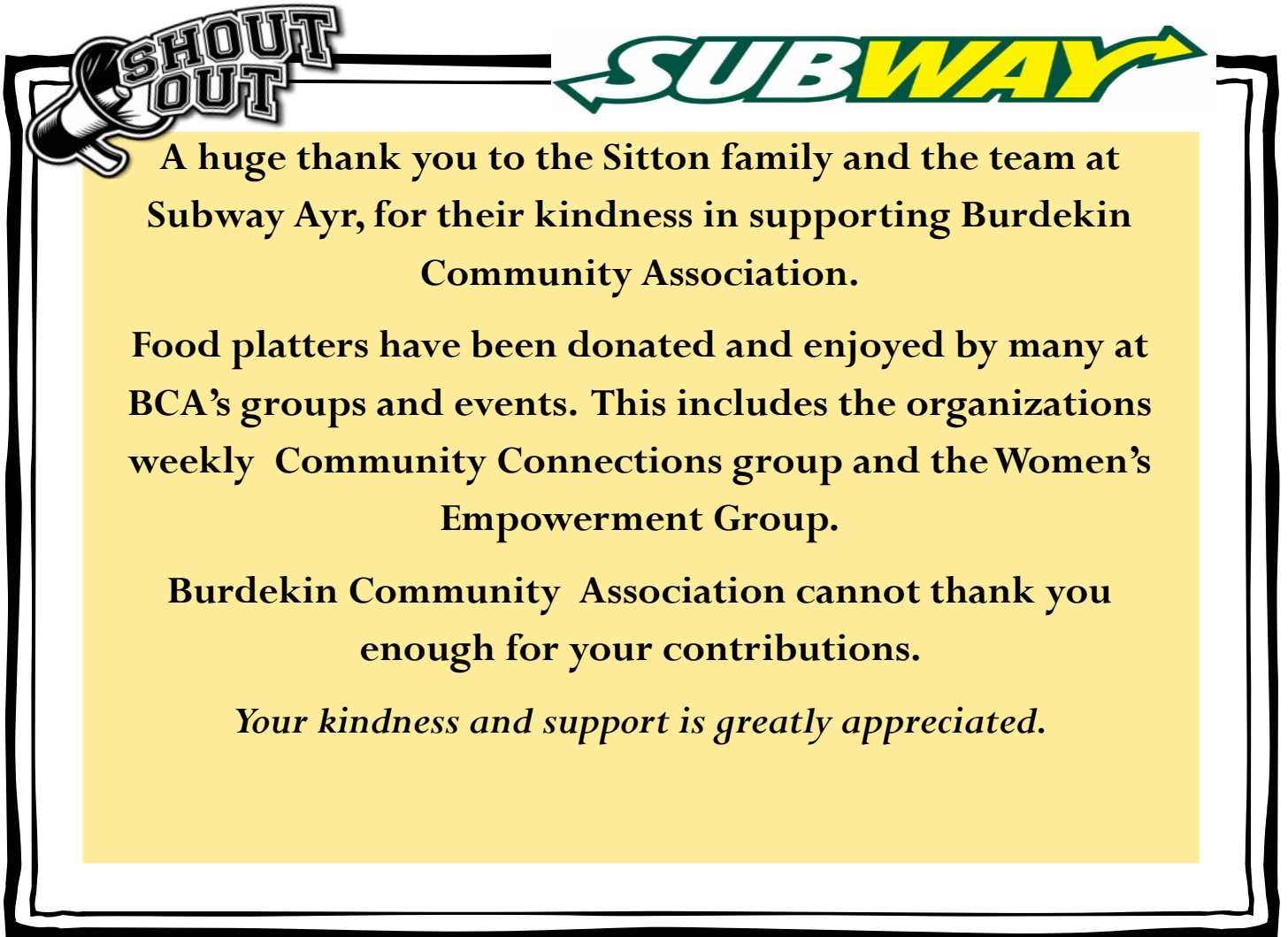
**MUSIC** Both listening to and making music has many health benefits including enhancing mood and expressing oneself. Listening to music promotes relaxation and learning new songs is great for cognitive function for seniors and can elevate the release of endorphins, which along with the distraction of music may serve as a natural pain reliever.



# ACTIVITY LIST FOR SENIORS

**MEDITATION** is an ancient practice that dates back several thousand years ago. Meditation may have many benefits to your emotional well-being and overall health, including lowering blood pressure, reducing stress and helping you sleep better. Relax with meditation, indoors or outdoors, in silence, or while listening to music.

**CONNECTING WITH OTHERS** and enjoying some relaxed conversation is a great mood booster. Whether it be spending time with a loved one, having a cup of tea with a neighbour, calling another on the telephone, or attending a local community group, reaching out to others can be very beneficial to our mental and physical wellbeing. Don't forget Wednesday's Burdekin Community Associations Community Connections group, which is a great opportunity to connect with others



**A huge thank you to the Sitton family and the team at Subway Ayr, for their kindness in supporting Burdekin Community Association.**

**Food platters have been donated and enjoyed by many at BCA's groups and events. This includes the organizations weekly Community Connections group and the Women's Empowerment Group.**

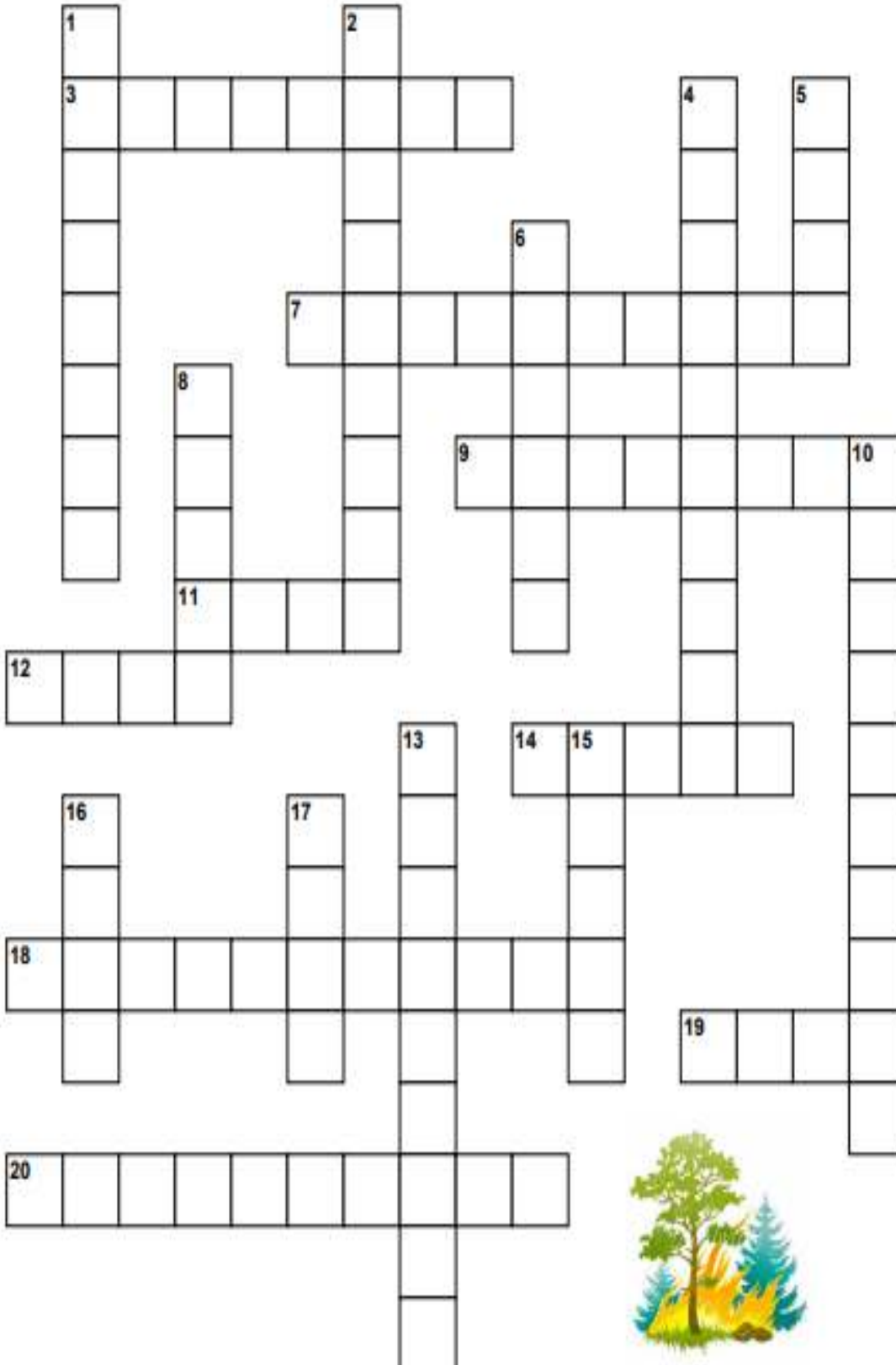
**Burdekin Community Association cannot thank you enough for your contributions.**

*Your kindness and support is greatly appreciated.*

# Puzzle Page



## WILDLAND FIRE SAFETY



### ACROSS

- 3 Take people away from
- 7 Avoidance
- 9 Ready or equipped for a wildland fire emergency
- 11 Emergency kit needed for these non-human members of a family
- 12 First priority in firefighting, then property, then environment
- 14 Cut back or reduce
- 18 Surroundings that people, plants and animals live in
- 19 Substance when burned releases heat
- 20 Able to be reached

### DOWN

- 1 Way of acting
- 2 Report these types of conditions before they can cause a wildfire
- 4 The act of reducing the potential
- 5 Description of actions to take in the event of a wildland fire
- 6 Refuse
- 8 Surface at an angle
- 10 Capable of being defended
- 13 Capable of catching fire
- 15 Course of travel leading to safety in case of fire
- 16 Area of land
- 17 Hard material lying under the bark of a tree



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

ANSWERS ON PAGE 35



## COUNSELLING

<b>Ayr Hospital</b> —Community Mental Health Service	<b>(07) 4783 0890</b>
<b>Beyond Blue</b> —Anxiety and depression information and support—Available 24/7	<b>1300 224 636</b>
<b>Burdekin Centre for Rural Health</b> - Free psychology service for adults and children—Gp referral required	<b>(07) 4783 2711</b>
<b>Centacare NQ</b> —Individual and family counselling Self referral	<b>1300 672 273</b>
<b>Headspace</b> —Free health services for young people aged 12-25	<b>(07) 4799 1799</b>
<b>Kids Helpline</b> —Free and confidential support for 5-25 years old—Available 24/7	<b>1800 551 800</b>
<b>Lifeline</b> —Crisis support and suicide prevention Available 24/7	<b>13 11 14</b>
<b>Mental Health Access Line</b> Confidential mental health triage service that provides the first point of contact to public mental health services to Queenslanders—Available 24/7	<b>1300 642 255</b>
<b>Northern Australia Primary Health Ltd</b> Free counselling services for people 14 years & over—GP referral required	<b>(07) 4799 1799</b>

*This list has been prepared by Burdekin Community Association Inc. and is current as at Feb 2019. For more information please contact (07) 4783 3744.*

## FOOD RELIEF ASSISTANCE

A joint Community Response by Burdekin Community Association Inc. and St. Vincent de Paul Society.

**The Support Centre, 130 Queen Street, Ayr,  
Food Relief Clinic Every Monday  
1:00pm-1:30pm**

**Or through consultation with BCA Support  
Staff Mon-Fri 9am-4pm**

*(Centrelink Income Statement required)*

**Salvos Doorways Community Support**

**Every Thu 10am-1pm 1300 371288**

**Please call helpline first.**

## Justice of the Peace Services

The Burdekin Library,  
108 Graham Street, Ayr  
Hours of operation:  
Every Tuesday 10am - 2pm.  
**Phone: 1300 301147**  
[www.qld.gov.au/jps](http://www.qld.gov.au/jps)

## **St Andrews Lower Burdekin**

### **MEALS ON WHEELS**

109 McMillan St Ayr  
4783 2659

## Courtesy Buggy Service Townsville Hospital

Courtesy buggy service-A free buggy service is available for patients, their families and hospital visitors.

Courtesy buggies are available between 8am and 4 pm each weekday and provide transport to paid car parks, Palliative Care, the Birth Centre, Ronald McDonald House and Red Cross.

Buggies can be found at the main entrance of the hospital or call 4433 3174 to arrange pick up.

## LOCAL PHARMACIES

Julie's Pharmacy,  
144 Edwards Street, Ayr  
Phone: 4783 1719. A/H: 0417 613 625

**Ayr Amcal Pharmacy**  
82 Queen Street, Ayr  
**Phone: 4783 1203 A/H: 4783 1203**

Burdekin Plaza Pharmacy  
118-120 Edwards Street, Ayr  
Phone: 4783 5277

**Terry White Chemmart**  
109 Queen Street, Ayr  
**Phone: 4783 1235**

Ayr Friendly Care Pharmacy  
2a Chippendale Street, Ayr  
Phone: 4783 1356

**Home Hill Pharmacy**  
129-141 Eighth Ave, Home Hill  
**Phone: 4782 1084**

Mark Watson, Corner Pharmacy  
101 Eighth Ave, Home Hill  
Phone: 4782 1228

## *Medical Care Guide*

Ayr Medical Group: 4783 9100  
2a Chippendale Street, Ayr

<b>Dr. D. Oats</b>	<b>Dr. J. Lando</b>
<b>Dr. R. Martinez</b>	<b>Dr. N. Nimmala</b>
<b>Dr. S. Agilan</b>	<b>Dr. W. Aung</b>
<b>Dr. A Vasefi</b>	<b>Dr. M. Lawson</b>
	<b>Dr. M. Noori Ahmadabadi</b>

**Outback Family Medicine:** 4783 7999  
140 Mackenzie Street, Ayr  
Dr. A. Attard Dr. W. Aung

**Home Hill Women's Clinic:** 4782 2200  
Home Hill Hospital, 42 Eighth Street  
Dr. Narelle Martin

**Home Hill Surgery:** 4782 1479  
67-69 Eighth Avenue, Home Hill  
Dr. S. Tata, Dr R. Yandra

**The Family Practice:** 4783 3888  
10 Cameron Street, Ayr  
Dr. B. Susic.

## Queensland Health-Ayr Hospital

Ayr Health Service can provide financial assistance through the Patient Travel Subsidy Scheme to eligible patients who need to travel away to other health services for procedures and tests not available locally. Application Forms/Claims can be lodged, Open for Claims—Monday to Friday 9 am to 1 pm

## **Sunday Pharmacy Roster**

### **SEPTEMBER 2024**

1<sup>st</sup>-Terry White Chemmart, Ayr  
8<sup>th</sup>- Julies Pharmacy, Ayr  
15<sup>th</sup> Amcal Pharmacy, Ayr  
22<sup>nd</sup> -Alliance Pharmacy, Home Hill  
29<sup>th</sup>-Terry White Chemmart, Ayr

### **OCTOBER 2024**

6<sup>th</sup>—Julies Pharmacy, Ayr  
13<sup>th</sup>—Amcal Pharmacy, Ayr  
20<sup>th</sup>—Complete Health Pharmacy, Home Hill  
27<sup>th</sup>—Terry White Chemmart, Ayr

**LOCAL CHURCH SERVICE TIMES**

**Anglican Churches:**

St Helen's 14th Street, Home Hill  
Sunday - 9.00 am  
All Saints MacMillan Street, Ayr  
Sunday - 9.00 am and 5.30 pm  
Ph: 4783 2293

**Burdekin Community Church**

International Drive, Ayr  
Sunday - 9.00am  
Ph: 4783 5937

**Burdekin Baptist Church:**

151 Beach Road, Ayr  
Sunday - 10.00 am  
Ph: 0449793295

**Burdekin Uniting Church:**

32 Twelfth St, Home Hill  
Sunday - 8.30am  
Ayr Uniting MacKenzie Street, Ayr  
Sunday - 10.00 am Ph: 4783 2251

**Presbyterian Churches:**

St Andrews 9th Avenue, Home Hill  
Sunday - 8.20 am  
MacMillan Street, Ayr  
Sunday - 10.00 am  
Ph: 4783 5771

**Catholic Churches:**

Sacred Heart Parish  
98 Edward St, Ayr  
Saturday - 6.00 pm  
Sunday - 9.00 am and 5.30 pm  
Ph: 4783 2316  
St Colman's

10th Street, Home Hill  
Sunday - 7.00 am and 6.00pm  
Ph: 4782 1695

St Josephs, Clare  
Saturday - 6.00 pm  
Ph: 4782 1695

St Josephs, Giru  
Sunday - 7.00 am Ph:4782 9135

**Greek Orthodox:**

St Stephen's,  
8th Avenue, Home Hill  
1st Saturday monthly - 8.00 pm  
Ph: 4783 5039

**Seventh Day Adventist Church:**

15 Parker Street, Ayr  
Thirteenth Avenue, Home Hill  
Saturday - 9.30 am  
Ph: 4783 6859

**LOCAL MARKETS**

**Plantation Park Markets**

Plantation Park, Ayr  
Vietnam Veterans  
Association  
Every third Sunday  
monthly  
8.00 am

Ph. Lynette 4783 1735 /  
Don 4783 6627

**Plantation Park Markets**

Plantation Park, Ayr  
Ayr State School P. & C.  
First Sunday monthly  
Ph. 4790 3333



**BP Ayr**

Now offers Driveway Service  
**Thursday 9am-3pm**

Filling up cars  
Checking tyres  
Cleaning windscreens



**BOB GOULD  
FABRICATIONS**

- Built-in Furniture
- Windows & Doors
- Glass & Aluminium
- Keys, Locks & Key safes
- All Glass Replacement
- Home Assist & Blue Care Requirements
- Internal & External Shutters & Blinds
- Crimsafe Security Screens & Doors

Phone: (07) 4783 2300

165 Drysdale St, Ayr Q 4807

Email: sales@bobgouldfab.com.au

www.bobgouldfabrications.com.au



**HONEYCOMBES**  
SALES & SERVICE

WE'RE ALL ABOUT  
**MAKING IT EASY**

**AYR** | 213-217 Queen Street  
(07) 4783 9200

**HONEYCOMBES**  
**POWERSPORTS**

HONDA STIHL

**AYR** | 213-217 Queen Street  
(07) 4783 1892



WHAT'S ON AT THE

# Burdekin Theatre

## THE VISITORS



**7 SEPTEMBER 2024**  
TICKETS FROM \$17.00

## CELTIC ILLUSION



**14 SEPTEMBER | TICKETS FROM \$84.90**

**AMELIA RYAN & MICHAEL GRIFFITHS**



**MORNING Melodies**

## Livvy & Pete

THE SONGS OF OLIVIA NEWTON-JOHN & PETER ALLEN

**WED 2 OCTOBER | 11:00AM**  
**TICKETS \$15.00**  
FREE MORNING TEA FROM 10:00AM



**Burdekin Theatre**

BURDEKIN THEATRE BOX OFFICE  
(07) 4783 9880 | [www.burdekintheatre.com.au](http://www.burdekintheatre.com.au)

## GROVES AND CLARK SOLICITORS

- ◆ Powers Of Attorney
- ◆ Wills
- ◆ Retirement & Estate Planning
- ◆ Conveyancing

**AYR**

**Ph: 4783 1577**



- ◆ Carpets Steam Cleaned, including Upholstery/ Lounge/Dining Suites & Vehicles.
- ◆ High Pressure Tile Grout Cleaning Floor Polishing.
- ◆ Full Interior & Exterior Cleaning (Walls, Windows etc.)
- ◆ Discounts for Pensioners may Apply

**For your free quote call:**

**Mobile—0419 733 091**

**Phone—4783 2946**

**Community Bank**  
Home Hill and Ayr

## Building better communities

Find out more. Search Bendigo Bank near me.

📍 Home Hill 4782 2249 · Ayr 4783 3288

**Bendigo Bank**

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL (1556974-1556972) EXPORT 31/08/2023

## BURDEKIN MOTORS PTY LTD



### SALES & SERVICE

**183 QUEEN STREET AYR 4807**

**Ph: 4783 7077**

# SPRING is in the air...



## Seasonal Food Guide

A U S T R A L I A

[seasonalfoodguide.com](http://seasonalfoodguide.com)

### Seasonal Produce Guide - Australia General

#### FRUIT

Apples	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Blackberries	Spring	Summer	Autumn	Winter
Blueberries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Grapes	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Mandarins	Spring	Summer	Autumn	Winter
Melons (Honeydew)	Spring	Summer	Autumn	Winter
Melons (Rockmelon)	Spring	Summer	Autumn	Winter
Melons (Watermelon)	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Pears (Nashi)	Spring	Summer	Autumn	Winter
Persimmons	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Quinces	Spring	Summer	Autumn	Winter
Raspberries	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter





# Seasonal Food Guide

## A U S T R A L I A

[seasonalfoodguide.com](http://seasonalfoodguide.com)

### Seasonal Produce Guide - Australia General

#### VEGETABLES

Artichokes	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beansprouts	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Fennel	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Mushrooms	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkins	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Snow Peas	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onions	Spring	Summer	Autumn	Winter
Sweetcorn	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter

# Recipes to Celebrate Spring

*Add spring listed fruits on the previous page to this simple custard recipe and enjoy a delicious after dinner dessert or*

## Ingredients

- \* 4 cups whole milk
- \* 1 tablespoon vanilla extract
- \* 1 teaspoon butter
- \* 4 eggs
- \* 1/2 cup white sugar
- \* 3 tablespoons cornstarch



## Directions

1. Place milk, vanilla extract and butter in a saucepan. Cook and stir over medium heat until simmering; remove from heat before it comes to a boil.
2. Whisk eggs, sugar and cornstarch together in a bowl until sugar dissolves.
3. Set the saucepan back over low heat. Pour in egg mixture slowly, whisking constantly, until custard thickens enough to coat the bottom of a spoon, 5 to 10 minutes
4. Serve warm or transfer custard into a large bowl, cover and allow to cool before chilling.

Recipe from Allrecipes.com



# Recipes to celebrate Spring

*Enjoy this tasty side dish and Dip using in season vegetables.*

## Brussel Sprouts with mushrooms

- \* 4 cups Brussel sprouts, trimmed and halved
- \* 5 tablespoons butter
- \* 1/2 pound whole mushrooms
- \* 1/2 cup chopped fresh parsley
- \* Fresh lemon juice

1. Cook Brussel sprouts in a pot of lightly salted boiling water for 15 minutes, or until fork-tender, strain through a colander, removing as much water as possible. Set aside.

2. Melt butter in a large skillet over medium-high heat. Cook and stir mushrooms until lightly browned.

3. Toss Brussel sprouts with mushrooms and sprinkle with parsley, lemon juice, salt and pepper.



## Spinach Artichoke Dip



- \* 4 cloves garlic
- \* 1 (14 ounce) can Artichoke hearts, drained and chopped
- \* 1 (10 ounce) package frozen chopped spinach, thawed and drained
- \* 1 (10 ounce) container Alfredo style pasta sauce
- \* 1 cup shredded mozzarella cheese
- \* 1/2 (8 ounce) package cream cheese, softened
- \* 1/3 cup grated parmesan cheese

1. Preheat oven to 175 degrees Celsius
2. Place garlic in a small baking dish
3. Bake in the preheated oven until soft, 20-30 mins. Allow to cool enough to handle, then squeeze out softened garlic cloves from skins into a large bowl.
4. Add artichoke hearts, spinach, Alfredo style pasta sauce, mozzarella cheese, cream cheese, and Parmesan cheese to garlic cloves in the bowl.: mix until well combined. Spread into an 8x8 inch baking dish.
5. Bake in the preheated oven until cheeses are melted and bubbly, about 30 mins. Serve warm.

# BCA Home Care

## Home Care Service Update

### Home Care Service

BCA's Home Care Service supports frail, older people and younger people with a disability to remain living in their own home and maximise their independence.

### Home Care Packages

BCA's Home Care Service is an approved provider for level 1, 2, 3 and 4 Home Care Packages.

### What Help Can I Get?

Depending on your level of Home Care Package, you can receive support services such as:

#### ***Services that keep me well and independent***

- Domestic Assistance (Help with basic chores around the house)
- Home maintenance (help with keeping your home and garden safe)
- Home modifications (Changes to your home to improve safety and access e.g. ramps and rails)
- Goods, equipment and assistive technology (Items to help you get around or adapt e.g. walking frame, shower chair)

#### ***Services that allow me to interact with my community***

- Transport (Community transport, transport to GP and specialist appointments)
- Social support (Social activities in a community-based group setting or accompanied activities)

#### ***Services that keep me safe in my home***

- Personal Care (help with Showering, self-care, hygiene and grooming)
- Nursing (wound management or help with medicine)
- Allied Health and therapy services (health and therapy services e.g. podiatry, physiotherapy and occupational therapy)
- Specialised support (Help for people with a particular condition e.g. vision, dementia)
- Meal preparation and diet (Help with feeding, meal preparation, and eating utensils)

### ***Accessing Services***

To receive an assessment for a Home Care Package phone My Aged Care on **1800 200 422**, or visit **[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**

## Providing quality Home Care Services



# BCA Home Care



**NDIS**



BCA Home Care Service is NDIS Approved and does not have a waiting list in place!

## Burdekin Community Association Inc.

### Support Worker

Part time and Casual Positions

Burdekin Community Association Inc. is a not-for-profit registered charity which strives to fulfil the unmet social, welfare and health needs of the Burdekin community.

We are seeking a number of Support Workers to join the Home Care Service Team.

Support Workers assist clients to remain in the community by providing domestic assistance, social support, respite care and personal care. Certificate III in Individual Support desirable but not essential. On the job training provided. Availability to work weekends providing personal care desirable.

An Application Package can be obtained from The Support Centre, 130 Queen Street, Ayr, by telephoning 47833744 or emailing [bca@bcaburdekin.org.au](mailto:bca@bcaburdekin.org.au)

*\* All applications received within the past 12 months are still valid and will be considered.*

[www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

## Transport Schedule

**Burdekin Community Association Inc.  
Home Care Service**

Transport Service bookings phone:  
4783 3744

Monday to Friday—9.00 am to 4.00 pm  
*Schedules and fares effective September 2024*

**Bookings are essential with at least  
24 hours notice**

### Local Schedule and Fares

DAY	PICK UP LOCATION	FARES
Tuesday to Friday	Ayr Home Hill Brandon (up to 3 stops) Carers only	\$11    \$9
	Thursday (Fortnightly only)	Giru Carers only

### Townsville Schedule and Fares

DAY	PICK UP LOCATION	FARES
Monday Tuesday Wednesday Friday	Ayr Home Hill Brandon Giru	\$8.00 with PTSS*
	Ayr Brandon	\$37 Each way
	Giru	\$20 Each way
	Home Hill	\$40 Each way
	Carers only	\$9

*\*Clients who do not provide the Driver with a completed and approved PTSS Form on the day of travel are not eligible for the subsidized fare and will be required to pay the full fare.*

Refer to the Transport Brochure for Conditions of Travel



## Call The Support Centre - 4783 3744



# Burdekin District History

Glenis Cislowski Phone: 4783 3398

## **CALEDONIAN HALL AS A CENTRE OF ENTERTAINMENT IN BURDEKIN FOR OVER FIFTY YEARS.**

The Caledonian Hall in Edward Street had played a very important part in the life of the Burdekin District for over fifty years. It was opened on 27 August 1927 at a Scot's Reunion by Mr H Barsby. This community hall was closed 30 March 1979 after fifty-two years of serving Ayr and the Burdekin Community. It was bought by Coutts Pty Ltd., business establishment.

The Caledonian Association, which was responsible for the building of the Callies, was formed at a meeting held in the Coffee Room of the Delta Hotel on 4 June 1910. It was presided over by Mr J D Edwards which included A Young, C Carcary, M B Walker, William MacKenzie, G Wilson, McIntyre, A Payard, D Pyott, C Coutts, A Leaton, J Aitchison, J D Mackersie-Secretary, Cowie, R Trail, J Chrichton and H Mathewson. It was about fifteen years later that the Association decided to provide a hall not only for entertainment but a suitable meeting place for all citizens.

In December 1925 The Federal Hall (also known as The Queens Hall) on the site of Harvey Norman's Today,) was burnt down. This land was owned by the Lynch Family and next door to this hall was The Queens Yards facing Edwards Street, where public auctions took place- namely horses. Lynch Family also owned this and by 1925 the land was vacant. The Caledonian Association had land somewhere else and with an agreement with the Lynch Family they exchanged the land for The Queens Yards.

Tenders were called for a hall to be built in

October 1926. Mr Hilton, a notable builder of the time was to build the Caledonian Hall. The Caledonian Hall was completed on 26<sup>th</sup> August 1927 and that night the Callies and their friends celebrated with a free dance.

The following day, 27<sup>th</sup> August 1927, a Scots Reunion was held and it was at this function that The Caledonian Hall was officially opened the Mr H Barsby, the Shire Chairman. It was a splendid achievement for the Caledonian Committee to raise this money. Today we can get Government Grants and subsidies for financial assistance. Back then there was no such help.

The Caledonian Hall was an immediate success as the weekend dances attracted large crowds. The Jazz craze hit the world and the lively music was provided by Karl Nelson and his band at the Callies each Saturday night. Such was the popularity of the Hall in the early thirties, the Committee considered extending the building to provide a supper room, office and a front awning. Tenders were called for on 24<sup>th</sup> November 1934 and work was completed in early 1935. In recent years further extensions were carried out to provide indoor toilet facilities, dressing rooms extensions to the stage. Balls, speech nights, fancy dress balls, even discos took place. Many a person met the match in the marriage field at the dances. Concerts were also held as well as many a Burns Night Celebration over the years.

In the Caledonian Hall's long history there were noted personalities of State Nation and International notoriety. However, one who was best remembered for his great efforts on behalf of the local community was the late David McCrae Morton.



Dave Morton was a most remarkable man in the fact that in his youth he met with an accident and lost both his hands. But this was no handicap to Dave. In 1932 and 1933, Dave was chief of the Ayr Caledonian Association and from 1933 till 1961, he was Secretary/Caretaker of the Caledonian Hall.

Despite the handicap of having no hands, Dave used to take all the minutes of his meetings and write all his own correspondence. It was amazing the way he would take his pen between the stumps of his arms and proceed to write. His writing was magnificent. It was what was termed in those days real Copper Plate Script. So splendidly did Dave Morton write that many organizations would ask him to write their Certificates.

For just on twenty years Dave lived in quarters at the Caledonian Hall. Despite his handicap he would prepare his own meals do his own laundry and as caretaker would sweep and clean the entire hall building. Dave was a familiar figure in the town riding his push bike which was fitted with special raised and lengthened handle bars. He smoked a pipe and filling the bowl with tobacco and lighting it was a work of art. A truly remarkable man was David McCrae Morton who passed away on 19<sup>th</sup> September, 1963. One memory of Dave was people went to pay a bill at the Hall. It was a very cold morning and Dave had trouble keeping the receipt flat while trying to write. He was heard to say "My fingers are all thumbs today."

Friday, 30<sup>th</sup> March, 1979 was the last night when the curtain was lowered on the Caledonian Hall as the district's leading centre of entertainment. The Lower Burdekin, Caledonian Pipe Band held the

final function "Night of Nostalgia" to climax an era that covered over fifty years.

Coutts Group of Companies bought the building. In 1987 the Scottish Clans of the Burdekin moved into a new home one Saturday evening and had celebration at the New Caledonian Hall which was formerly Hornets Rugby League Club Headquarters in Edward Street down past the High School.

In conclusion I would like to thank the late Bill Weston, and Les McKersie for their efforts in researching the history of the Ayr Caledonian Hall, in the Advocate Friday 30<sup>th</sup> March 1979, John Kerr's Black Snow and Liquid Gold and Trove for this trip down memory lane.



Caledonian Hall, Edward Street.

**Burdekin**  
**FLOORCOVERINGS**

CARPET • VINYL • RUGS • INDOOR OUTDOOR

*Gary & Therese Puddefoot*

P. (07) 4783 1854 F. (07) 4783 7594  
56 Wickham St, Ayr Qld 4807  
therese@burdekinfloorcoverings.net.au  
www.burdekinfloorcoverings.net.au

SECOND  
TUESDAY EVERY  
MONTH

*nay* women's legal service



FREE LEGAL ADVICE

**AYR**

In person at the Burdekin  
Community Association

FAMILY LAW PARENTING / PROPERTY

FAMILY + DOMESTIC VIOLENCE

CHILD SAFETY / PROTECTION



**CALL NOW TO BOOK**

Townsville: (07) 4772 5400  
Quote 'Ayr Clinic'





# get online week



Burdekin Community Association Inc.

Burdekin Community Association  
Inc invites you to:-

**“BE TECH & SCAM SAVVY”  
OPEN DAY”**

**GET FREE HELP FOR YOUR  
MOBILE PHONE OR ANY OTHER  
DIGITAL DEVICE**

**On Tuesday 15th October, 2024  
9am to 4pm**

**BOOK AN APPOINTMENT NOW**



**Get Free and friendly help to improve your digital skills** and learn how to be connected. Learn how easy it is to connect with family, either via messenger, or facetime. Learn how to avoid scams. Learn how to send messages, send emails, take photos and save photos in your gallery. If you want more, learn how to pay bills online, online shopping & banking, store photos online, research family history, surf the internet, book medical appointments, Bpay, Facebook, and so much more.

Come along to our Open Day and bring all of your digital questions and concerns to our team who are always happy to help. Morning and Afternoon tea will be provided. Book your **FREE** appointment now:- call **Rita at BCA on 47833744**

**Get Online**

**Get Connected Open Day**

**[www.getonlineweek.com/aus](http://www.getonlineweek.com/aus)**





Australian Government

If you witness, suspect, or experience Elder Abuse, call the National Elder Abuse phone line for information, support, and referrals.

**1800 ELDERHELP (1800 353 374)**

**WE'RE LISTENING. YOU'RE NOT ALONE.**

Elder abuse may involve physical harm, misuse of your money, sexual abuse, emotional abuse or neglect.



If you require immediate assistance in an emergency or life threatening situation, contact **Triple Zero (000)**.



A collaboration between the Australian, state and territory governments



# TOWNSVILLE – QUEENSLAND

LAT 19° 15' S LONG 146° 50' E

Times and Heights of High and Low Waters

# 2024

Local Time

## AUGUST

Time	m	Time	m
<b>1</b> TH 1337 2003	0214 2.42 0.82 3.51	<b>16</b> FR 1239 1930	0139 1.30 2.34 0.75 3.32
<b>2</b> FR 1411 2034	0249 2.47 0.59 3.56	<b>17</b> SA 1313 1959	0206 1.13 2.55 0.52 3.57
<b>3</b> SA 1439 2105	0321 2.51 0.59 3.55	<b>18</b> SU 1347 2030	0235 0.98 2.78 0.32 3.77
<b>4</b> SU 2135	0349 2.51 0.65 3.48	<b>19</b> MO 1424 2104	0306 0.86 2.93 0.21 3.89
<b>5</b> MO 2204	0415 2.49 0.75 3.36	<b>20</b> TU 2141	0340 0.78 3.03 0.23 3.88
<b>6</b> TU 2232	0438 2.42 0.90 3.20	<b>21</b> WE 2218	0416 0.76 3.03 0.41 3.72
<b>7</b> WE 2259	0501 2.33 1.10 3.00	<b>22</b> TH 2258	0458 0.82 3.04 0.73 3.41
<b>8</b> TH 2325	0528 2.22 1.34 2.77	<b>23</b> FR 2339	0548 0.93 2.79 1.16 2.99
<b>9</b> FR 2350	0605 2.10 1.60 2.53	<b>24</b> SA 1902	0649 1.07 2.62 1.59
<b>10</b> SA 1637	0703 2.02 1.86	<b>25</b> SU 2135	0729 2.53 1.16 2.56 1.77
<b>11</b> SU 2251	0817 2.29 1.57 2.04	<b>26</b> MO 2347	0807 2.12 1.14 1.51
<b>12</b> MO 1819	0912 2.07 1.49 2.37	<b>27</b> TU 1800	0904 2.10 1.00 3.10
<b>13</b> TU 1825	0922 1.84 1.96 2.60	<b>28</b> WE 1843	0946 1.22 2.25 0.84 3.31
<b>14</b> WE 1841	0949 1.65 2.03 2.83	<b>29</b> TH 1916	1027 1.02 2.39 0.72 3.43
<b>15</b> TH 1903	0914 2.16 0.97 3.07	<b>30</b> FR 1945	1000 0.93 2.50 0.65 3.48
		<b>31</b> SA 2011	0930 0.92 2.59 0.64 3.48

## SEPTEMBER

Time	m	Time	m
<b>1</b> SU 2036	0254 2.64 0.67 3.44	<b>16</b> MO 1958	0205 0.73 2.99 0.31 3.85
<b>2</b> MO 2100	0314 2.66 0.74 3.36	<b>17</b> TU 2030	0233 0.59 2.20 0.25 3.90
<b>3</b> TU 2124	0328 2.65 0.85 3.24	<b>18</b> WE 2106	0303 0.50 3.32 0.35 3.80
<b>4</b> WE 2145	0337 2.61 1.00 3.08	<b>19</b> TH 2143	0335 0.50 3.32 0.60 3.53
<b>5</b> TH 2204	0345 2.54 1.20 2.88	<b>20</b> FR 2220	0411 0.60 3.22 0.99 3.13
<b>6</b> FR 2217	0355 2.45 1.43 2.65	<b>21</b> SA 2300	0452 0.78 3.03 1.42 2.84
<b>7</b> SA 2225	0406 2.34 1.67 2.42	<b>22</b> SU 2353	0555 1.03 2.81 1.71 2.15
<b>8</b> SU 2218	0422 2.22 1.91 2.20	<b>23</b> MO 2223	0731 1.23 2.73 1.61
<b>9</b> MO 1803	0440 2.15 2.13 2.20	<b>24</b> TU 2345	0820 1.85 1.25 1.27
<b>10</b> TU 1755	0508 1.80 1.91 2.42	<b>25</b> WE 1741	0923 2.07 1.10 3.18
<b>11</b> WE 1756	0538 1.70 1.76 2.66	<b>26</b> TH 1819	0929 1.02 2.30 0.93 3.31
<b>12</b> TH 1811	0601 1.49 1.96 2.92	<b>27</b> FR 1849	0903 0.88 2.48 3.36
<b>13</b> FR 1833	0648 1.29 2.19 3.18	<b>28</b> SA 1915	0933 0.84 2.61 3.36
<b>14</b> SA 1859	0712 1.10 2.45 3.45	<b>29</b> SU 1938	0959 0.86 2.70 3.33
<b>15</b> SU 1927	0738 2.73 0.48 3.68	<b>30</b> MO 2000	0919 0.91 2.78 3.27

## OCTOBER

Time	m	Time	m
<b>1</b> TU 2020	0232 2.79 0.95 3.18	<b>16</b> WE 1956	0200 0.30 0.44 3.40 0.53 3.60
<b>2</b> WE 2038	0239 2.80 1.07 3.05	<b>17</b> TH 2030	0230 0.31 0.27 0.67 3.50
<b>3</b> TH 2053	0244 2.79 1.21 2.89	<b>18</b> FR 2108	0300 0.33 0.14 0.93 3.18
<b>4</b> FR 2106	0252 2.75 1.38 2.71	<b>19</b> SA 2147	0333 0.48 3.43 1.26 2.78
<b>5</b> SA 2117	0305 2.69 1.58 2.52	<b>20</b> SU 2232	0412 0.60 3.24 1.54 2.32
<b>6</b> SU 2129	0321 2.60 1.78 2.31	<b>21</b> MO 2343	0509 0.99 3.01 1.64 1.91
<b>7</b> MO 2126	0338 2.09 1.15 2.09	<b>22</b> TU 2205	0651 1.26 2.89 1.45
<b>8</b> TU 1703	0357 2.37 2.23 2.24	<b>23</b> WE 2315	0917 1.80 1.33 2.98 1.10
<b>9</b> WE 2352	0420 2.48 1.58	<b>24</b> TH 2357	0457 2.06 1.24 3.10 1.00
<b>10</b> TH 2353	0427 1.72 1.51 2.74 1.36	<b>25</b> FR 1742	0540 2.30 1.13 3.17
<b>11</b> FR 1729	0500 1.98 1.30 3.00	<b>26</b> SA 1813	0631 0.90 2.49 1.06 3.19
<b>12</b> SA 1755	0614 1.14 2.27 3.26	<b>27</b> SU 1838	0600 0.86 0.61 1.05 3.17
<b>13</b> SU 1823	0639 0.93 2.57 3.48	<b>28</b> MO 1900	0624 0.88 2.73 3.12
<b>14</b> MO 1851	0605 0.73 2.88 3.66	<b>29</b> TU 1920	0642 0.87 2.81 1.15 3.04
<b>15</b> TU 1922	0633 0.54 3.17 3.74	<b>30</b> WE 1937	0652 0.87 2.88 1.24 2.94
		<b>31</b> TH 1953	0659 0.85 2.92 1.33 2.83

© Copyright Commonwealth of Australia 2023, Bureau of Meteorology

Datum of Predictions is Lowest Astronomical Tide

Times are in local standard time (Time Zone UTC +10:00)

Moon Phase Symbols ● New Moon ○ First Quarter ○ Full Moon ○ Last Quarter

"The Bureau of Meteorology gives no warranty of any kind whether express, implied, statutory or otherwise in respect to the availability, accuracy, currency, completeness, quality or reliability of the information or that the information will be fit for any particular purpose or will not infringe any third party Intellectual Property rights.

The Bureau's liability for any loss, damage, cost or expense resulting from use of, or reliance on, the information is entirely excluded."

# Eathorne's Tide Times



138 Queen Street, Avr Q 4807

PH: 4783 5744

“

Laughter is timeless.  
Imagination has no age.  
And dreams are forever.

WALT DISNEY



## Older People's Action Program

Assistance for older community members and their family/friends to access services and information regarding:

- ◆ Accommodation, health, education and transport
- ◆ Financial and legal matters
- ◆ Household assistance
- ◆ Social activities
- ◆ Retirement



### BCA Specialist Homelessness Service & Crisis Accommodation Program not only offers :

- Short and/or medium term housing
- One-on-one weekly support visits
- Transition from crisis housing to permanent long term housing

Staff work with community to offer a range of prevention interventions, including eviction prevention, support for survivors of Family Violence. All of these methods are helpful in success to combat homelessness in our community

#### Why are people homeless?

There is no one reason why someone is homeless. Homelessness is often a result of a number of complex issues which can include:

- The chronic shortage of affordable *and* available rental housing.
- Domestic and family violence.
- Intergenerational poverty.
- Financial crisis.
- Long term unemployment.
- Economic and social exclusion.
- Severe and persistent mental illness and psychological distress.
- Young people exiting state care.
- People exiting prison.
- Severe overcrowding/housing crisis.

#### Where do people go?

There are a number of places people stay These include :

- 39% in severely crowded dwellings
- 20% Specialist Homelessness Services
- 17% living temporarily with other households
- 17% in boarding houses/lodge
- 7% "rough sleeping"



- 101 Burke Street, Ayr, Qld, 4807
- Bistro Meals - 7 days
- Bingo / Keno / Gaming / Trivia / Poker
- Courtesy Bus mob 0418 763 205
- ATM Facilities & c/card *"Join your Local Club Today"*
- www.ayranzac.com
- Ph: 4783 1283
- Fax: 4783 5178

**THE Senior** QUEENSLAND 

Newspaper available  
at  
Burdekin Community  
Association



**Don West Toyota**

Ph: 47831600  
www.donwesttoyota.com.au

**282 Queen Street, Ayr**

**Servicing the Burdekin for over 45 years**

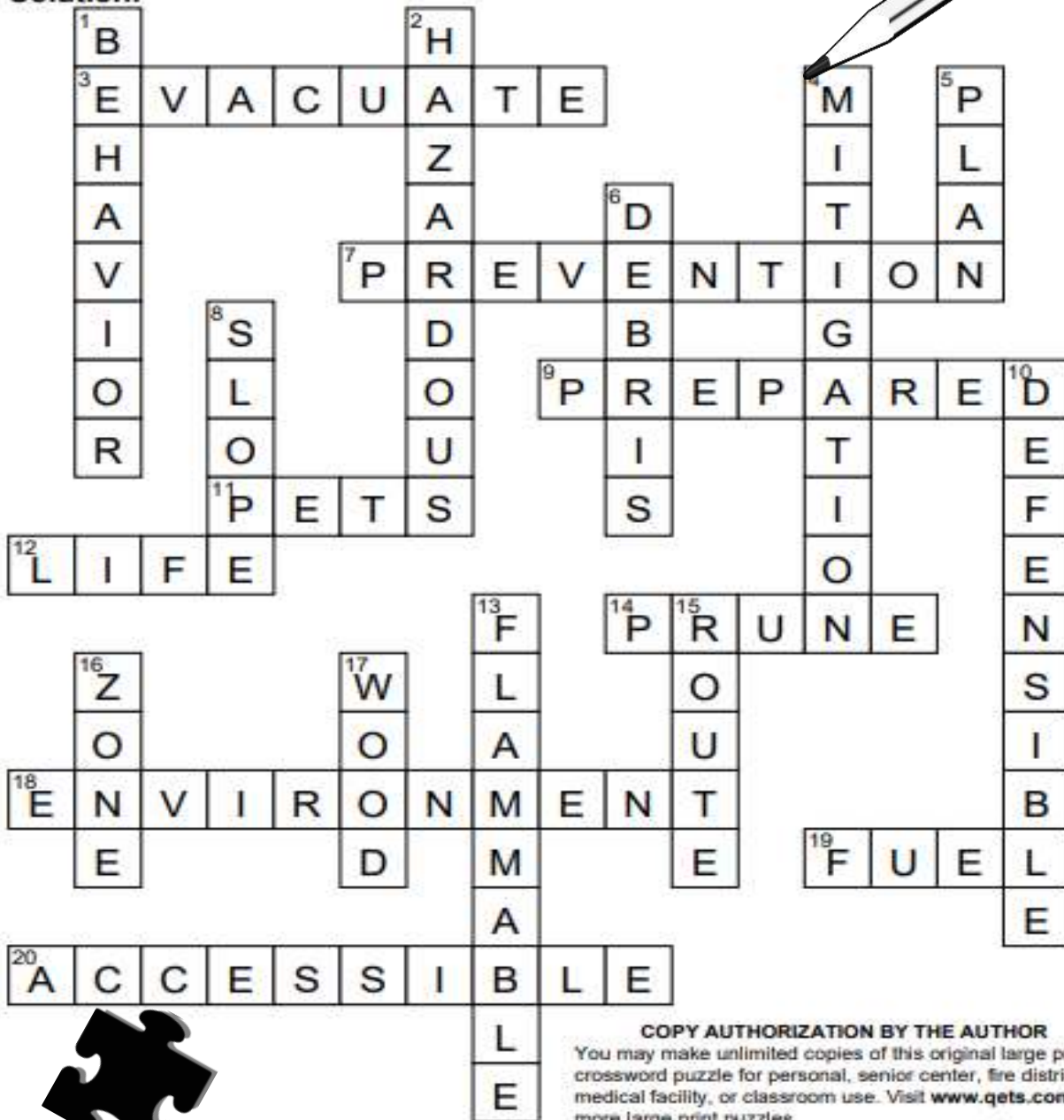
**Sales ♦ Service ♦ Parts ♦ Finance & Insurance**



# SOLUTIONS FOR PUZZLE ON PAGE 18

## WILDLAND FIRE SAFETY

Solution:



**COPY AUTHORIZATION BY THE AUTHOR**  
 You may make unlimited copies of this original large print crossword puzzle for personal, senior center, fire district, medical facility, or classroom use. Visit [www.qets.com](http://www.qets.com) for more large print puzzles.

Evelyn Johnson

### K. & S. Wright Funeral Directors

Personally serving the Burdekin and surrounding areas with compassion and dignified service for over 50 years.

Ken & Elizabeth Wright



Also offering: Funeral Plans & Pre Arrangement Facilities

40 Fourteenth Street, Home Hill

Phone: 47821270

# BURDEKIN WOODCRAFT ASSOCIATION

## SEPTEMBER REPORT

Once again, I can report that our workshop is filled with the humming of machinery as our members are busily crafting creations for themselves, family, and customers.

Mentioned last time was that we were awaiting delivery of two items funded with generous grants. The first is a state-of-the-art thicknesser courtesy of the Gaming Machine Benefits Fund. This is now operational and impressing our members with its 650mm working width, and a very smooth finish. The second is a storage container funded by the Foundation for Rural and regional Renewal. This has now been delivered and anchored to the concrete slab, and at time of writing is awaiting construction of storage racks for inside. We are frequently offered timber from the generous public, which we usually have to regretfully decline. Very soon that will now change.



We sincerely thank the Burdekin public for their generous support at the annual Show, and we also thank the Show Committee for the prominent location that they allocate us. Our now ongoing project is the post-Covid return of our annual Squatters Chair raffle, supplemented by four other lovely prizes all crafted by our members. You will see us in various locations, where you will be able to enter the draw for these desirable prizes.

Projects for our customers are again varied, both in size and complexity. The largest of these is a kitchen island bench, which we made from Maple Silkwood and rain Tree, both very attractive furniture grade timbers. We have also renovated a lovely large dresser with sentimental value to its owner; converted two dog beds into secure and well ventilated using slatted doors and frames. We have also made two large silky oak table tops to go onto existing legs, installed sets of shelves, and renovated some beautiful dining room chairs and repaired a lovely old antique chiming clock. Another request was for a sign with the name of a family home to be mounted a fence in Wickham Street. There were also a number of smaller items, including an interesting one requiring a new handle for a very old screwdriver.

As always, we recommend that you make us your first choice for all your woodworking needs as we have members with the skills to handle virtually any project. We are at 30 Little Drysdale Street, just before the tennis courts, on Wednesday and Saturday mornings from around 8.00 till 11.30, and occasionally at other times if members need to work on their items. You can contact Sandy on 0428 420322, Phillip on 0409 615559, or find us on Facebook. We are always very keen to help you develop your own woodworking skills – you will definitely enjoy making beautiful items from timber.

**Phillip Scuderi**  
**Burdekin Woodcrafts association**

**Edition 191 Page 36**

**BCA Inc. Community Connections**





Photos: The squatters Chair and a 50cm long “Puffing Billy” steam train, first and second prizes in our raffle, and crafted by members of Burdekin Woodcrafts.

## **Burdekin Woodcraft Association**

30 Little Drysdale Street, Ayr QLD

0409 615 559/0428 420 322

[burdekinwoodcrafts@gmail.com](mailto:burdekinwoodcrafts@gmail.com)



Find Burdekin Woodcrafts Association  
on Facebook

# Playdough

is a great way to strengthen and rehabilitate hand muscles, not only for children, but for seniors as well.

Use the simple recipe below and follow the pictured hand strengthening exercises to not only maintain dexterity in your hands but, as every person's hand movement registers with the brain, you'll be benefiting your brain as well!

## Ingredients

1 cup plain flour

---

1 cup boiling water

---

1/2 cup cooking salt

---

1 tablespoon cream of tartar

---

1 tablespoon cooking oil

---

Food colouring (optional)

---

## Method

Mix flour, cream of tartar, salt, and oil in a large mixing bowl.

---

Add food colouring to boiling water (if using).

---

Gradually add water to dry ingredients and mix until the dough comes together.

---

Allow mixture to cool.

---

Knead the dough until the stickiness has gone.

---

## Notes

- Therapy dough can last up to 6 months if stored in an airtight container.
- Use wheat free ingredients if you have a wheat allergy.
- Add sand or rice to change the texture of the dough.



# Hand strengthening exercises using therapy dough

Hold each position for a few seconds and repeat 5 to 10 times depending on your ability.



1. Squeeze the dough with all your fingers and your thumb.



2. Keep your knuckles straight, and bend the tips of your fingers to squeeze the dough.



3. Pinch the dough with your thumb and each finger in turn.



4. Bending your hand only at the large knuckles, press the dough down against your thumb.



5. Press the dough against your index finger with your thumb. Keep your other fingers straight.



6. Squeeze the dough between your thumb and the side of your index finger.

## Important

These exercises may not be suitable for you. Consult a health professional before beginning this exercise if you are unsure.

Seek medical assistance if you feel any new or increasing pain, if you feel dizzy, clammy, or short of breath.

Do not consume therapy dough.

# Adult Vaccinations

Information about free vaccines to protect you against harmful diseases

[health.gov.au/immunisation](http://health.gov.au/immunisation)

## Routine vaccinations for adults

The National Immunisation Schedule outlines recommended vaccines that are available free under the National Immunisation Program.

Adults can receive free vaccines as long as they have a Medicare Card or are eligible for one.

Extra vaccines may be available free under State and Territory Government programs.

### Missed vaccinations

People who missed their childhood vaccines can catch up for free up until they turn 20 or up to age 26 for the HPV vaccine. Speak to your health professional.

## Adults with eligible medical conditions

Adults with eligible medical conditions may also receive additional vaccines for free such as pneumococcal and meningococcal. Talk to your health professional to see if you are recommended to get these vaccines.

## Refugees or humanitarian entrants

If you are a refugee or humanitarian entrant of any age, you can catch up on missed childhood vaccines for free. Speak to your health professional.

## Vaccines are safe

All vaccines available in Australia have been assessed by the Therapeutic Goods Administration to ensure they are safe and effective before they are approved for use. Their safety continues to be monitored once in use.

All vaccines in use in Australia provide benefits that far outweigh any risks. It is safer to be vaccinated than get the disease.

## National Immunisation Schedule (Adult)

Age/risk condition	Diseases
70 years or over 50 years or over for Aboriginal or Torres Strait Islander people	● Pneumococcal
65 years or over 50 years or over for Aboriginal or Torres Strait Islander people People with an eligible medical condition	● Shingles (Shingle <sup>®</sup> ), 2 doses
65 years or over Aboriginal or Torres Strait Islander people People with an eligible medical condition	● Influenza annually
Pregnant women*	● Influenza ● Pertussis (whooping cough)

\*See Maternal vaccination brochure.

## Booster vaccines

You may need a booster dose of a vaccine you have had before such as tetanus and whooping cough. Talk to your health professional for advice. Booster doses are not available for free.



# Adult Vaccinations

## Pneumococcal

Pneumococcal disease is a bacterial infection. It can cause pneumonia, bloodstream infection and meningitis (inflammation of the membranes around the brain). It can be more serious for older people and those who have an existing medical condition. Pneumococcal vaccines prevent infection from the strains that commonly cause the most disease.

## Shingles

Shingles is a painful blistering rash caused by reactivation of the chickenpox virus. It can also cause severe nerve pain that can last for months. Without vaccination, about 1 in 3 people will get shingles in their lifetime. Shingles usually affects older people. If you get shingles, the risk of getting serious disease increases as you get older.

Two doses of the shingles vaccine are provided for free under the NIP for eligible people. The vaccine is effective at preventing shingles and its complications and is safe for people who are immunocompromised.

## Where to get vaccinated

- local general practices
- pharmacies in some states or territories
- community health or local council clinics in some areas
- Aboriginal community health services.

While vaccines are free, your health professional may charge a consultation or administration fee for the visit. Check when you make your appointment.

## Side effects

You may experience mild side effects following vaccination. Most side effects last no more than a couple of days and are part of the immune system's natural response to the vaccine.

### Common reactions include:

- Pain, swelling or redness at the injection site
- headaches, fatigue
- mild fever
- decreased appetite
- feeling faint and fainting
- muscle / body aches.

Serious reactions to vaccines are rare. If you have a reaction you think is severe or unexpected, seek medical advice straight away.

## Pertussis (whooping cough)

Whooping cough can cause serious complications including brain damage, pneumonia and sometimes death.

Pregnant women are recommended to receive pertussis vaccine during pregnancy to protect young babies from whooping cough. Babies under six weeks of age are too young to get vaccinated against whooping cough themselves.

Partners, grandparents, carers and other adults who have contact with babies should also have the whooping cough vaccine to protect the baby from infection. This is not available for free.

## Influenza (Flu)

Flu is a very contagious infection of the airways. It is especially serious for older people. It can cause serious illness and even death in otherwise healthy people.

The strains of the influenza virus can change from year to year, so the vaccines may be updated from one season to the next.

That's why it's important for people to get the vaccine every year. There is an enhanced vaccine available for people who are 65 years and older.

## Vaccination records

Your health professional will record your vaccinations on the Australian Immunisation Register (AIR).

You can get your Immunisation History Statement from the AIR by:

- going to [my.gov.au](https://my.gov.au) and signing in to access your Medicare online account or using the Express Plus Medicare mobile app
- calling Services Australia on **1800 653 809** to request a copy
- asking your vaccination provider to print a copy for you.

### MORE INFORMATION

If you have questions you can:

- talk to your health professional
- visit [health.gov.au/immunisation](https://health.gov.au/immunisation)
- contact your state or territory health department.



**National  
Immunisation  
Program**

A joint Australian, State and Territory Government Initiative

# National Bowel Cancer Screening Program

As part of the 2024/25 Budget, the Government has lowered the screening age of the National Bowel Cancer Screening program from 50 to 45.

Bowel cancer often develops without any symptoms and regular screenings are important to catch the disease early and begin treatment. According to the [health.gov.au](http://health.gov.au) website, if found early over 90% of bowel cancers can be successfully treated.

You are eligible for the screening test every 2 years if you:

- are between the ages of 45 to 74
- have a Medicare card and entitlement type of either Australian Citizen, permanent migrant or register as a Department of Veteran Affairs customer



- have an Australian mailing address
- People with signs, symptoms, or a family history of bowel cancer should talk with a doctor before screening with the program.



**NATIONAL  
BOWELCANCER**  
SCREENING PROGRAM

Information sourced from 'health.gov.au' and World Health Organization' website



# Do the bowel test



**It's free.  
It's easy.  
It could  
save your life.**

**If detected early, bowel cancer  
can be successfully treated  
in most cases.**

Join millions of people aged 45 to 74 who do the free  
test every year. Speak to your doctor if you have any questions.

**1800 627 701**

**[www.health.gov.au/nbcsp](http://www.health.gov.au/nbcsp)**



For information in your language:

- Call the Translating and Interpreting Service: 13 14 50
- Visit [www.health.gov.au/nbcsp-translations](http://www.health.gov.au/nbcsp-translations)



**NATIONAL  
BOWELCANCER**  
SCREENING PROGRAM

© 2015-2016

# SENIORS MONTH

2024

OCTOBER

WED  
09

## BURDEKIN MENS SHED CUPPA, CHAT & CHEW

9am start 155-157 Young St Ayr. RSVP- Men and Women  
welcome 0417401303 email charlesford@inet.net.au

## BURDEKIN MACHINE PRESERVATIONISTS VIEWING AND DEMONSTRATIONS

10am 21-27 Spiller St Brandon  
RSVP Bruce 0427 825 197

MON  
14TH

TUES  
15TH

## BCA Be Tech & Scam Savvy Open Day

130 Queen st Ayr-Ph 47833744 for bookings

TUES  
15TH

## Little Leaves Nursery

### \$10 Coffee & Cake Day Bookings Essential

Contact Ree 0448 289 841 98 Drysdale St Brandon

## Seniors Expo & Luncheon

Burdekin Memorial Hall, Home Hill \$15pp  
Call 47839880 for bookings

WED  
16th

Sunday  
20th

## Burdekin Bocce Free Open Day Watch or Play

RSVP- Regina 0408728576 2:30-5:30pm  
International Drive, Ayr

## COUNTRY WOMENS ASSOCIATION COME ALONG FOR A GAME OF HOY

9:30AM Free Cuppa&Scones  
117 Young St, Ayr RSVP Diana 0408 835 503

WED  
23RD

WED  
30th

## BCA Lets Celebrate Seniors Excursion

Pickup Plantation Park Info Centre 9:15am-3pm Roast lunch \$10pp  
at Molongle Creek Caravan Park- RSVP 47833744





**BURDEKIN COMMUNITY ASSOCIATION  
2024 SENIORS DAY OUT**

**Wednesday 30th October  
9:15am-3pm**

**Bus Trip to Molongle Creek Caravan Park  
Pickup from Plantation Park Information Centre**

**9:15am-3:00pm**

**Roast Lunch/Dessert/Tea&Coffee**

**\$10pp**

**Bookings Essential**

**Ph:47833744**

**Love getting older  
in Queensland**





**From July 6th 2024, Burdekin Community Association expanded their mental health support services.**

**Burdekin Centre for Rural Health will be open to the public from 9-4.30pm Monday to Saturday.**

**Please visit the Centre at 12a Chippendale Street, Ayr , phone 47 83 2711 or email [bca@burdekin.org.au](mailto:bca@burdekin.org.au) to receive information about BCA's health and wellbeing services.**



**Burdekin Community Association Inc.**



### **Burdekin Centre for Rural Health Room Hire**

The Burdekin Community Association Inc. (BCA) is a not-for-profit incorporated organisation and a registered charity providing a wide range of services in the Burdekin since 1975. The Burdekin Centre for Rural Health and Burdekin Community Rehabilitation Centre are located in the Ayr Health Precinct alongside Ayr Medical Group, Ayr Ambulance, Ayr Hospital, Chiropractic Care, Physiotherapist, QML, Ayr Diagnostic Imaging and Sullivan Nicolaidis Pathology.

#### **Consult Room Hire**

3 spacious consult rooms.

Full Day Rental - \$70. Half Day Rental - \$55.

#### **All Purpose Meeting Room Hire**

Capacity for 30 people to meet or conduct an exercise or wellbeing program.

Full Day Rental: \$70. Minimum hire: \$20 for 2 hours. Additional hours at \$10 per hour.



#### **Rental Includes:**

- » Complimentary Wi-fi access
- » EFTPOS and Telehealth facility
- » Air-conditioning
- » Access to kitchen and tea/coffee making facilities
- » Receptionist and dedicated reception and waiting area
- » Disability access, toilet and shower
- » Spacious off-street parking
- » Extensive service promotion

**Burdekin Centre for Rural Health. 12a Chippendale St, Ayr. Qld. Ph: 4783 2711.**

November 2023



**Burdekin Community Association Inc.**

**[burdekincommunityassociation.org.au](http://burdekincommunityassociation.org.au)  
[facebook.com/bca1975](https://facebook.com/bca1975)**



## What's happening at BCA's Rural Health Centre - September 2024

### BURDEKIN CENTRE FOR RURAL HEALTH & BURDEKIN COMMUNITY REHABILITATION CENTRE

Welcome to our September Rural Health Newsletter. We will continue to provide vital services for the Burdekin Community through funded programs, donations and centre activities.

#### **BCA's Burdekin Centre for Rural Health - Expansion of Mental Health Services**

We are very pleased to let community members know that BCA has appointed a new Journey Coordinator as part of our Mental Health services expansion.

The main aim of the Journey Coordinator is to connect adults and children to the services and supports they require and ensure that they access timely and appropriate mental health services. In the future, we expect that the Journey Coordinator will also be able to deliver free group mental health education sessions, for people needing low intensity mental health support services.

The Burdekin Centre for Rural Health is open from Monday to Saturday, 9.00am to 4.30pm. The Journey Coordinator's days and hours are Monday to Thursday and Saturday, 9.00am to 4.30pm.

Refers for the Journey Coordinator Service can be made by visiting or telephoning the Burdekin Centre for Rural Health or the Head to Health Phone Service on Ph 1800 595 212.

#### **Psychological Therapies Program**

Psychological Therapies consultations are available with our mental health professionals through a centralised intake via the Head to Health Phone Service. Speak to your GP about acquiring a referral to see one of our mental health professionals through this funded service.

Sarah Lutkin (Clinical Psychologist), Philip Murray (Psychologist) and Rick Scott (Mental Health Social Worker) are BCA's mental health professionals. They can accept psychological therapies referrals for adults, young people and children 12 and under as well as suicide prevention services for adults.

*Funded by the Nth Qld Primary Healthcare Network Ltd (NQPHN)*

#### **Private Psychological Counselling**

GP or self referrals accepted. Fees will be at the mental health professionals discretion and paid directly to them.

#### **Integrated Chronic Care Program**

Both Individual and Early Intervention activities continue to be delivered out of the Burdekin Community Rehabilitation Centre. Our Exercise Physiologists, Exercise Scientists and Fitness Instructor (Cert IV), are delivering effective individualised and group Rehabilitation programs from 7am Monday to Friday. Please visit your GP for a referral. Services are free of charge for eligible clients.

*Funded by the Nth Qld Primary Healthcare Network Ltd (NQPHN)*

**Consultation Room & Meeting Room Hire and Telehealth Hub Services also available**

**For more information** on any of the above services, please contact the Burdekin Centre for Rural Health between 9.00am and 4.30pm Monday to Saturday.

**Hearing or Speech impaired, call us via the National Relay Service. (TTY: 133677 SSR: 1300555727)**

#### **Allied Health Providers**

**Psychological Therapies Program**  
47832 711

**Private Psychological Counselling**  
4783 2711

**Centacare NQ Counselling**  
1300 672 273

**Bloom Hearing**  
1800 027 779

**Burdekin Hearing**  
4946 4906

**Clarity Hearing Solutions**  
4779 1566

**NQ Foot & Ankle Centre**  
Podiatry  
4723 5500

**Synergy Health Centre**  
Exercise Physiologists  
Exercise Scientists  
Diabetic Educator  
Dietician  
4724 3250

**Telehealth Hub Services**  
Free

#### **CONTACT US**

Burdekin Centre for Rural Health & Burdekin Community Rehabilitation Centre.

12a Chippendale Street, Ayr - Ph: 4783 2711 Fax: 4783 7611

Email: [bca@bcaburdekin.org.au](mailto:bca@bcaburdekin.org.au)

Website: [www.burdekincommunityassociation.org.au](http://www.burdekincommunityassociation.org.au)

Facebook: <https://www.facebook.com/bca1975>



Burdekin Community Association Inc.



Burdekin Community Association Inc.

# Happy 49th Birthday BCA!

*Celebrating the 49th birthday of the Burdekin Community Association.*

*Proudly serving the Burdekin Community since 1975.*

