

The Bottom Rail

Aramac & Muttaborra

Issue 737: 26 September 2018

IMPORTANT DATES

SEPTEMBER

29 Garden Expo - Aramac

OCTOBER

9 Tramway and cultural AGM - 4:30pm

13 Rural Minds in Muttaborra

13 Best in the West Touch Tournament

15 Aramac Local Ambulance Committee AGM 5pm at the Aramac State School.

17 Council Meeting—Jericho

20 Babushka in Happily Ever After—Aramac

28 Babushka in Happily Ever After—Muttaborra

NOVEMBER

6 Festival of Small Halls—Aramac

7 Festival of Small Halls—Muttaborra

11 BRC Community Consultation Forum—Aramac

15 BRC Community Consultation Forum—Muttaborra

21 Council Meeting—Aramac

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Notices must be received at the Aramac Office by **12 noon on Tuesday**

COUNCIL NOTICES

Positions vacant

Aramac/Muttaborra

- **Mechanic (Heavy Plant)** - Full Time
- **Administration Officer (Records)** - Full Time
- **Plumber** - Full Time at Muttaborra

If you are interested in applying follow this link to Council's website,

<http://www.barcaldinerc.qld.gov.au/council/employmentopportunities.shtml>

Applications for the above positions close on Monday, 1 October 2018 at

Dental Service in Aramac

The Oral Health Dental Service will be visiting Aramac from **Monday 22 to Friday 26 October 2018**

To be eligible for publicly funded oral health care, you must:

- * Hold a concession card with current expiry dates
- * Be a dependent of a concession card holder
- * Be a child 4 years to grade 10

All interested persons are to contact the Aramac Primary Health Centre to register their details, you will then be contacted by Central West Oral Health with an appointment time.

If you do not hold a current concession card an account for payment will be issued in your name and full payment required in full on the day of the treatment

Please note that not all treatments are offered under the Government Funded Dental Program

Rates Reminder

Rate notices were issued on the **17 September** and payments should be made by the **22 October 2018** to be within the discount period.

If you have any questions or concerns regarding this matter please contact the **Aramac Office on 4652 9999** between **8am - 4.30pm**.

Proudly brought to you by BARCALDINE REGIONAL COUNCIL

2018 Get Gardening Expo

9.00am to 1.00pm

Saturday 29 September 2018

Aramac Memorial Park and Harry Redford Centre

- MARKET STALLS
- WIRE SCULPTURE DEMONSTRATION by Milynda Rogers
- CHILDREN'S COLOURING COMPETITION
- FOOD AND DRINKS
- LUCKY DOOR PRIZES
- JUMPING CASTLE
- GARDENING GURU Annette Irish respected horticulturist
- GARDEN COMPETITION WINNERS ANNOUNCED

FUN DAY OUT FOR THE WHOLE FAMILY

The annual Get Gardening Competition and Expo is a Barcaldine Regional Council initiative which encourages individuals, businesses and community groups to take pride in their properties and areas.

HEALTH CLINICS

IN AN EMERGENCY DIAL 000

ARAMAC PHC

OCTOBER

Mon 1	CLOSED
Tue 2	Doctor Child health
Wed 3	Podiatrist Diabetes educator My Health Records goes live
Mon 8	Doctor
Tue 9	Doctor

Appointments: Ph: 4652 9000
Monday to Friday
8 am to 12 pm and 2 pm to 4 pm

Consultation with specialists is available via video conferencing. Patients should arrange with their specialist in the first instance. For more information please contact the Clinic.

MUTTABURRA PHC

OCTOBER

Mon 1	CLOSED—Emergencies only
Wed 3	Doctor My Health Records goes live
Thu 4	Physiotherapist Exercise physiotherapist
Wed 10	Doctor

Appointments: Ph: 4658 7500
Monday to Friday
8.30 am to 12 pm and 2 pm to 4 pm

Outside appointment times please call
1300 health (1300 432 584)

Look after your mates for Mental Health Week

Longreach and wider Central West communities have the opportunity to meet and hear from Matthew Johnstone, a passionate mental health advocate and author of 'I Had a Black Dog', together with other speakers as part of the *Look After Your Mates* forum.

The Central West Suicide Prevention Network and local partners are hosting the **second annual *Look After Your Mates* forum at the Longreach Civic Centre on Wednesday 10 October from 8.30 am as part of Mental Health Week 2018.**

The focus this year is on depression, with lived-experience presenters openly discussing living with depression and coming successfully out the other side.

Key speaker Matthew Johnstone said his passion for working with people on their own journey to mental health and wellbeing is limitless and has been forged by his own experiences.

Longreach local Nik Heslin is also presenting and said the Look After Your Mates forum is the perfect platform for telling his story about the Post-Traumatic Stress Disorder and depression he developed during active service in the Australian Defence Force.

The forum is also the perfect place to get the facts on mental health and discover the best way to help your mate (or yourself) start on the journey to better mental health.

You can find out about depression – what is it and what to do about it, the role of your GP and who are your local service providers. Meet some of the people and not-for-profit groups who may become part of the all-important support network for people impacted by depression.

There will be also be a community question and answer session and information on strategies to prevent suicide.

The *Look After Your Mates* forum commences at 8.30 am on Wednesday 10 October at the Longreach Regional Council's Civic Centre, corner of the Landsborough Highway and Eagle Street in Longreach. Morning tea is also provided.

For further information please contact **Jamie Small**, Central West Suicide Prevention Network 4652 7981.



BEST in the WEST Touch Tournament

\$1000 CASH FIRST PLACE



SATURDAY 13TH OCT @ ARAMAC SHOWGROUNDS

\$100 Per team
Max 10 players
Must incl. 2 ladies
On the field at all times
Best dressed team prize
9am till late
Food and drink (licensed)

Drills and Skills for 5 years +
Monster Raffle
Entertainment
Jumping castle
Free camping

Nominations to tmkin0@eq.edu.au or phone Tayla 0427070393

Burning refuse at the dump is strictly prohibited

Residents are reminded that burning refuse at the Aramac and Muttaborra dumps is strictly prohibited.

Offenders may be fined.

