

Around the country

JULY

1-31 JulEYE

1-31 Dry July

1-31 National Desexing Month

11 World Population Day

14- 20 National Diabetes Week

19 National Pyjama Day

21-26 National Farm Safety Week

24 Stress Down Day

26 White Ribbon Night

30 International Day of Friendship

28 July—4 August—Donate Life Week

29 July—4 August Local Government Week

AUGUST

1-7 World Breastfeeding Week

1-31 MS Readathon (one month challenge)

1-31 Tradies National Health Month

2 Jeans for Genes Day

5-11 Dental Health Week

9 Red Nose Day

12 International Youth Day

17-25 Qld Seniors Week

18 Vietnam Veterans Day (Long Tan Day)

19 Cupcake Day for RSPCA

19-25 Keep Australia Beautiful Week

23 Daffodil Day

All groups have recommenced

If you have ideas or suggestions for an activity or group, please let us know. The door is always open

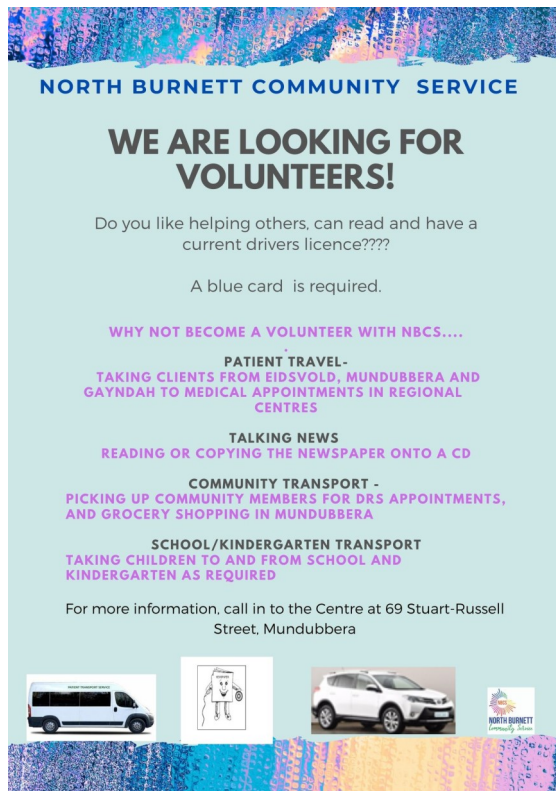
P—41654690

E—cm@nbcs.org.au

CHAIR EXERCISES—EACH MONDAY, 10am

DIABETES SUPPORT GRP—1st WEDNESDAY, @ 10.30am

MUNDUBBERA GARDEN GRP—2nd THURSDAY, @ 9.30am



NORTH BURNETT COMMUNITY SERVICE

WE ARE LOOKING FOR VOLUNTEERS!

Do you like helping others, can read and have a current drivers licence????

A blue card is required.

WHY NOT BECOME A VOLUNTEER WITH NBSC....





PATIENT TRAVEL -
TAKING CLIENTS FROM EIDSVOLD, MUNDUBBERA AND GAYDAH TO MEDICAL APPOINTMENTS IN REGIONAL CENTRES

TALKING NEWS
READING OR COPYING THE NEWSPAPER ONTO A CD

COMMUNITY TRANSPORT -
PICKING UP COMMUNITY MEMBERS FOR DRS APPOINTMENTS, AND GROCERY SHOPPING IN MUNDUBBERA

SCHOOL/KINDERGARTEN TRANSPORT
TAKING CHILDREN TO AND FROM SCHOOL AND KINDERGARTEN AS REQUIRED

For more information, call in to the Centre at 69 Stuart-Russell Street, Mundubbera

Community Events

Central Burnett Landcare Inc - THE ROLE OF WEEDS IN REGENERATIVE AGRICULTURE FIELD WALK **3rd & 4th July 2020**
Ruth Vicary + Secretary - 0427 654453 **Sara Darrow** + President - 0456 793279 **Emily Vicary** + Treasurer - 0499464936

Gayndah Museum Steam Day— July 7 @ 9am

Biggenden Wanderers Walking Group—July 7 @ 8.30am 41276400 Letitia

NAIDOC week postponed to 8-15 November, 2020

National Diabetes Week— July

Seniors Wk—August

Five things every Queenslander should know about sun safety beyond slip, slop, slap, seek and slide. Did you know that Queensland UV levels are high enough that they're dangerous to your skin year round? Or that not every T-shirt is giving you the same level of protection from the sun: Queenslanders hear a lot about sun safety every year, courtesy of living in the Sunshine State, but the advice to slip, slop, slap, seek, and slide is tailored to an Australia-wide audience.

1. the Daily UV Index rarely drops below 3 and this is a big deal! In Qld, the UV index sits above 3 all year round.
2. Australia takes sunscreen very, very seriously. Australia has very specific standards that need to be met before something is permitted to have the "sunscreen" on the label, AND strict, additional standards that need to be met before terms like 'SPF rating,' water resistance,' and broad spectrum protection' can be used as well.
3. You really want broad-spectrum protection from your sunscreen. Sunscreen providing broad-spectrum protection will filter out both types radiation, providing your skin with a more comprehensive protection
4. Find the right sunscreen that suits your skin and lifestyle. There are two different types of sunscreen, that protect you in different ways. The first creates a physical barrier which blocks and reflects UV light. The second type provides a chemical barrier that absorbs and filters ultraviolet radiation and it tends to be less visible to the naked eye.
5. Not all clothes are created equal when it comes to sun protection. The best sun protection comes from covering up as much skin as possible, but darker clothing with a tighter fabric structure will generally offer better protection than lightly-woven fabrics.

Carol's Chronicle

North Burnett has much to celebrate! Congratulations to each of the communities for keeping Covid-19 from our region. It is you, the people, who have been fastidious and careful in following the recommended practices to keep us all safe. It is another example of the determination and resilience of people in a region that is no stranger to disaster.

Our local businesses have also played a vital part in keeping us safe by adopting the protocols required. May we continue to support them as they have supported us through this time. Despite the difficulties that they have faced, many Mundubbera businesses still found the strength of spirit to dig deep to support our Cancer Council Biggest Morning Tea as did the people who attended and many who couldn't attend. Perhaps this is a reflection of how many of us have been impacted by this disease.

Our communities have also displayed our caring nature, assisting the elderly and those in need during the restrictions and volunteering time and effort to meet the needs of others.

Now as we finally get to meet with family and friends and travel further afield, let us continue to be mindful of the concerns and needs of others and continue the practices that have ensured our community is safe.



Russell's Roundabout

I have been able to get out of the office to visit the towns of the North Burnett. I have walked the main streets of each town giving away 330 personal hand sanitizers. I might have given one to you. I take time to stop and talk to people and to the hard working business owners of the North Burnett. I will also visit you at your residence. Last month I visited 5 farms and assisted these people to find resources or just provided a safe and confidential conversation. I am willing to travel to see you all you need to do is ask me and I will come.

I did get out to the Eidsvold sale. It was a good afternoon and I had several good conversations. I drive a burnt orange XTrail with the NBCS logo on the side. Give me a wave or flag me down I will stop and talk with you or make a time to come back to see you.

Networking is something I like to do. I find out things that are on offer. You may be aware of some of the service on offer to you as a farmer or person in a drought declared location. I have started to build an extensive network list to be able to give you some contacts that may assist you.

Every person is different, so am I. I work with you on whatever is the need at that time. I am not bound to the clock if I need to spend several hours with you that's ok. My role is also free.

If I am asked to look for something I will look for you I will call you back or drop in on you to let you know what I have found.

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A lunch was held for Glenys and a small presentation made to Glenys to acknowledge the years of volunteering and paid work with NBCS



Wheel of Well-being

Body. Mind. Spirit. People. Place. Planet. Research is showing us how our health and happiness can be boosted by doing certain things on a day-to-day basis.

Spirit: Give...

Did you know that giving to others does amazing things like reducing your blood pressure and improving your sleep? Practicing random acts of kindness, volunteering time, or simply saying 'thank-you' all work wonders for your well-being.

Australia's Biggest Morning Tea held on the 17th July, 2020 raised a fantastic amount of \$800.00!!! Two sessions were held and attendees enjoyed both sessions.



North Burnett Patient Transport Service

Volunteer drivers are available for travel from Mundubbera, Eidsvold and Gayndah for **medical appointments only**.

Simply have the Doctors Surgery complete the necessary paperwork, bring to NBCS for authorisation and we organise the driver.

NBCS Office Hours

Monday to Thursday 8.30am to 5pm
Friday 8.30am to 3pm

Volunteers drivers always welcome!

Community Transport

North Burnett Community Service is able to offer transport services to residents of Leichhardt Lodge and Mundubbera town residents.

Transport service is provided to residents to assist in getting out of the house and do their jobs.

Whether it be shopping, banking, hairdressers or medical appointments.

If you require transport, please phone 41654690

Volunteers drivers always welcome!

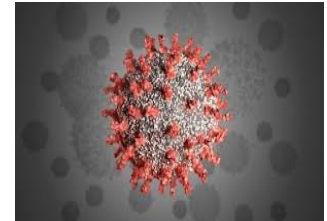
LILY'S CORNER

How Corona Virus Affected Me?

Corona Virus has affected me by not being able to go to the library and NBCS to do volunteer work; I also could not go to public events.

I have to wait a bit longer to have my 18th birthday party.

However, during lockdown I did some cooking, swimming in the pool at home, played cards, board games, candle making, soap making and played the Wii u.



1. Bats are the only mammals that can actually fly.
2. The tallest man ever recorded was American giant Robert Wadlow (1918-1940) who stood 8 feet 11 inches Wadlow's size was a result of abnormally enlarged pituitary gland
3. The oldest person to have lived was 122 years old.
4. Octopuses have three hearts.

Miley Cyrus Facts

Miley Cyrus has been in the public eye since she was a tween on Disney

Miley has a medical heart condition called tachycardia.

Miley first tried out for Hannah Montana at the age of 11.

Miley's tattoo on finger symbolizes her support for gay rights.

Famous country singer, Dolly Parton is Miley's godmother.

As a child, Miley would collect gifts from her father's fans on stage and donate to a nearby hospital.

Miley's Grandmother Loretta Finley, is the only family member who calls her Destiny now



Funny Jokes

Q) Why do we tell actors to break a leg?

A) Because every play has a cast

A woman in labour suddenly shouted,
Shouldn't ! Wouldn't ! Couldn't ! Didn't ! Can't !
Don't worry said the doc those are just contractions.

Q) Why don't scientists trust atoms?

A) Because they make up everything

