



Developing and Supporting the Community

February 2023



Miles ~ Chinchilla ~ Tara ~ Wandoan ~ Taroom ~ Meandarra ~ Drillham ~ Dulacca ~ Jackson Condamine ~ Guluguba ~ Hannaford ~ The Gums ~ Glenmorgan ~ Cameby ~ Brigalow



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Miles

The 12th of December 2022 will forever be a day of remembrance for police, as well as citizens of Tara township. On that day an innocent citizen went to a neighbour's property to help three monsters who killed him in cold blood by shooting him. All he did that day was to see if he could help his neighbours, and this was how they repaid his kindness. His name was Allan DARE. Two police officers were also murdered that day by the same criminals who shot Mr DARE. They were Constables Rachel MCCROW and Matthew ARNOLD. They were shot and executed in cold blood when they, too, were only at that property to help someone that was listed as a missing person. Two other police officers escaped from the ambush with mental scars that will haunt them the rest of their days.

In response to the tragedy the communities of Tara, Chinchilla and Miles covered their local police with love and care and well-wishes for the future. Thank you all. It was at times very difficult to keep emotions in check when members of the community approached police with condolences and shock at what had occurred. Thank you all

for the care packages, the fresh cakes and so many beautiful messages in the cards and flowers brought to the police station. There will be a time of mourning, as well as a period whereby police officers will depart from the Southwest Police District. Be assured, however, that your local police will continue to provide the service that is rightly expected from them by the communities they serve. Police look forward to working in collaboration with the community to make the community a safer place; a place where people can feel safe on the street and inside their homes.

Happy New Year. May you be blessed with health and wealth in 2023.





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Murilla Community Centre Chinchilla Community Centre



Tara Neighbourhood Centre

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tascnational.org.au

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Miles news



OAM for Eric Geldard



Her Excellency the Honourable Dr Jeannette Young AC PSM with Eric Geldard after he received the Medal of Order of Australia from her. We previously reported, in the August 2022 edition, about our local legend Eric Geldard being awarded the OAM in last year's Queen's Birthday Honours. Finally the day was here! On Thursday, 1st December 2022 Governor of Queensland presented Eric Geldard OAM with the Medal of the Order of Australia in a special private Investiture Ceremony. Many of Eric's family and friends joined to celebrate Eric on his extraordinary day.

Eric's recognition is extended for efforts at a grassroots community level in organisation's such as, Miles Show Society, Miles Freemasons, Miles RSL, Dogwood Fire Brigade and Miles Historical Village Museum- in particular his instigation, procurement and curation of the amazing War Museum collection at the Village. Eric also served in our Armed Forces in World War II.

Her Excellency the Honourable Dr Jeannette Young AC PSM was joined by Mayor, Councillor Paul McVeigh for the ceremeony as well as for the visit to Miles State High School and Miles Hospital, a tour of the Miles Historical Village Museum as well as a community morning tea at the Dogwood Crossing Gallery.

Staff and students of the Miles State High School with her Excellency the Honourable Dr Jeannette Young AC PSM and Mayor, Councillor Paul McVeigh Photo from Miles State High School







Miles Christmas Lights

The yearly Miles and District Christmas Lights Competition was anticipated by many. Lots of very good displays were to choose from, creating some tough competition. Judges believe that this would have been a record number of displays in Miles.

A big congratulations to the winners and everyone else who has helped to light up our community for the Festive Season.

Several great neighbourly displays were adjoining houses, particular in the western end of Daisy Street and north of the corner of Dawson and Edith Street. A Neighbourhood Award was not awarded this year, but it will be looked at again in the future.

The winners were:

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*Local Residence – Tie between Mrs Jan Mullins at Cnr Edith & Wallen Streets, and Alyssa Mirabito & Jamal Hazard at Lawton Place. Jan has since donated her prize money to the Royal Flying Doctor Service.

*Local Business/Community Service – Carinya Hostel Southern Cross Care

*Encouragement Award – Cody Schwerin at 29 Racecourse Rd, for the way he lit up his WB Holden Ute. During the day it looks like the old Ute he's going to rebuild, and at night time it's a flashing Dream Machine Christmas display.



Annie Cardillo and Scott Cawley in Jan Mullins' light and bright backyard.



Annie Cardillo with winner Alyssa Mirabito & Jamal Hazard



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Miles NEWS

Dance Academy shines

2022 was another exciting year for MMAD. Classical ballet and combination Jazz continued to be offered in Miles and Drillham and thankfully, there were no more Covid disruptions to affect classes.

This year's concert was themed "A night at the movies" and dancers performed individual items to a standard that fully showcased the steps they had learned and further developed throughout the year.

Thankyou once again to the dedicated group of high school volunteers who helped me backstage during the dress rehearsal and the concert - there would be no concert without you. And a special thanks to Ken Gray, Sally Presnell and Ronnie Gray for their organisation and running of the sound and lighting.

In December we were fortunate enough to be asked to perform at the Miles Christmas Carnival. Thankyou to the Miles Chamber of Commerce and Miles Football Club for putting on such a wonderful event and allowing us to show our community a snippet of the talent our dance school produces.

I hope that everyone had a restful break over Christmas and is as excited to see what 2023 brings as we are here at Madonna Moore's Academy of Dance.

If you are interested in dance and would like to know about Madona Moore Academy of Dance just go on the website https://www.madonnamooredance.com/

JB DESIGNS A stitch in time could be mine

Janene Banks 17 Bishop Drive, Miles (07) 4627 1549 robert.neil4@bigpond.com

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Miles news



Miles Christmas Carnival

On Saturday, 3rd December 2022, Miles Footy ground was in full swing with Christmas cheer.

Miles & District Chamber of Commerce organised the yearly event with the Miles Devils - Miles and District Rugby League Football Club. After a two year break due to CoVid, a sizeable crowd visited the Miles Footy grounds. Local stalls, Face painting, Children's choir, Petting Farm, kids horse riding, and much more were offered on the evening. The hightlights were Santa's visit and Madonna Moore's Academy of Dance Show.

The evening finished off with musical entertainment from Memphis Moovers. Bar and BBQ were available thank to the Miles Footy Club.

Thanks to the Miles & District Chamber of Commerce, Miles Devils, all sponsors and volunteers, who made this event as successful as it was.





Geldard family met Santa Claus at the Miles Christmas Carnival.



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Chinchilla

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Miles NEWS



St. Luke's Christmas Market - Fashion Parade (10th Dec'22)

Janene Banks, Lyn Ward, Maree Cruickshank. and Ted Gibbons. Most of the models chose to purchase their outfits on the day!

Child Care Staff at MCC Christmas Party at Miles Golf Club (15th Dec'22) L-R: Chanchira Cawley with baby Darcie Archinal, Natalie Kirby, Jody Sanders, Tara Bass, Karen Beleville, Nisa and Elise Young, Georgie Gyemore, Laura Heath. Karen Harbort, Judith Mandebvu, Cecily Brockhorst and Susie Bidgood.





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IN THIS NEW YEAR. LET'S TALK MORE, CHAT LESS. LET'S CALL MORE. TEXT LESS. LET'S MEET MORE. SKYPE LESS. LET'S TRAVEL MORE, COLLECT LESS. LET'S CARE MORE, IGNORE LESS. LET'S DO MORE, **GOSSIP LESS**. LET'S PRAISE MORE, BLAME LESS. LET'S SHARE MORE, ACCUMULATE LESS. LET'S EXPERIENCE MORE, FEAR LESS. LET'S LOVE MORE, HATE LESS.

By Trupti Paliwal

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OH WHAT A FEELING

Origin Community Update February 2023

Late in 2022, we were proud to attend the Miles Primary School annual awards evening to present the 'Origin All Rounder' award to Lulu Walker. This award recognises Lulu's participation and passion across a wide range of areas including goal setting, perseverance and demonstrating fairness and respect for others. Well done, Lulu!

Please also join us in congratulating Seth Gerke, recipient of the Origin/APLNG sponsored 'Youth Merit Award' at the 2022 Western Downs Regional Artists Exhibition held at the Dogwood Crossing Gallery in Miles. Seth was acknowledged for his work across photography, digital, and new media art and received the Youth Merit award for his time-lapse documentary 'Domination 3', which involved collecting, editing and composing more than 100,000 photographs to capture the immense scale of nature in a continuously changing environment. Fantastic achievement Seth, congratulations!

The Chinchilla Melon Festival is back

After a pandemic break, it's great to see excitement building for the iconic Chinchilla Melon Festival this month. We are proud to be sponsoring live entertainment at the festival and will again host our in-demand gas asset tours. Visit https://www.melonfestival.com.au/ for more information and to make your booking.

Watch out too, for a new Origin mascot after 'Angas' was put out to pasture. What will it be? Our teams have been working hard on this one, and we are looking forward to participating in the parade and sharing the excitement as friends, family and visitors get together to experience the Western Downs and all the region has to offer.

Words out West School Day 2023

Words Out West returns to Chinchilla in March, offering a novel approach to storytelling with a host of events for all ages and interests. We are pleased to again sponsor the Chinchilla School Day, encouraging curiosity, creativity and enquiry without barriers for students across the Western Downs.

Fantastic presentations by Morris Gleitzman, Dave Lowe, and Aleesah Darlison, performances by Mr Snotbottom and workshops by Orgital Swan to suit prep through to year 6 will engage students with key literacy themes and help ignite their love of reading and writing.

Community Sponsorship applications now open

Origin's Community Sponsorship Program, managed on behalf of Australia Pacific LNG, offers organisations and groups the opportunity to access financial assistance and in-kind contributions to support events and programs which make a positive contribution to the community in the areas of economic development, natural resource stewardship, community safety and wellbeing, and/or regional growth and liveability.

There are four rounds of the program each year. Applications should be submitted by 30 April 23, 31 July 23, 31 October 23, or 31 January 24. For more information, contact our team on 1800 526 369 or email community.sponsorship@originenergy.com.au.

Keeping in touch

As always, please contact us if you have any questions.

Origin Miles Office 105 Murilla Street, Miles

Origin Chinchilla Office 5 Dwyer Court, Chinchilla

Origin Community Hotline 1800 526 369

Origin is the Upstream Operator of Australia Pacific LNG

Words

1-29 MARCH 2023

Onerated by

origin

JSTRALIA

Taroom news



Written by: Jacinta Cummins

The Murray Builders New Years Eve Races saw more than 3000 revellers and punters descend on Taroom to welcome in 2023.



The event was a sell out with people travelling from Charters Towers, Winton, Tambo and even as far away as Douglas-Daly near Darwin.

Revellers and fashionistas alike embraced the 1920s Great Gatsby theme taking part in the Senex Energy Fashions On The Field event as well as the five race programme and two fireworks displays to mark the New Year.

A special thanks does to Kelly O'Leary from Injune and the Federal Member for Flynn, Colin Boyce of Taroom for stepping in to judge when the judges were struck down by illness!

Senex Energy Community Relations Manager Trevor Robertson said Senex was proud to sponsor a great community event which boosted Taroom's economy. "This is about Senex working with the Dawson Jockey Club and our local community to host an event which provides a fun day out for locals and visitors alike," he said. "Exciting local events like this support local businesses such as retailers, accommodation providers, fuel stations, grocery shops and the pub all benefit from increased trade which in turn contributes to the sustainability and vibrancy of Taroom".

The number 7 jockey Brooke Richardson's lucky number with her riding five-year-old mare "Was Met" and threeyear-old filly "Emirate Pride" to victory in Races 1 and 2 and placing third in Race 3 on "Raspberry Bullets" (all three horses wore number 7!). But the real upset came when "Dinny's A Suspect" overcame awful form at Warwick earlier that week to beat the odds and win Race 5.

It was the first time the six year old gelding had raced at Taroom and he backed it up on January 12 when he won the \$19,000 Searle Garden Products Class 2 Plate at Kilcoy, his most significant career win.

Dawson Jockey Club President David Parry-Okeden said the great day of country racing had only cemented Taroom's reputation as a must do fixture on the country racing calendar.



"The crowd was well behaved and it's great to provide country horses, jockeys, trainers and owners a top quality meeting with many Taroom winners going on to achieve in the wider racing circuit," he said. "But

as with anything, it doesn't just happen. We couldn't do it without all the generous sponsorship from businesses such as Murray Builders and Senex Energy and our local businesses and vendors. A huge thanks has to go to all our committee members and the volunteers who spend hours and days in the lead up to host the event and then clean up afterwards," he said.

"We look forward to seeing you at the Taroom Cup in September!"

Best Dressed Lady Tara Bentley with Valerie Robeyn, Taroom winning Best Dressed 1920s Lady and Roma's Katie Hancock winning Best Millinery. PHOTO: Tracee Hay Photography





WESTERN DOWNS Regional council

Approved Inspection Program – Western Downs Regional Council

TITLE: Approved Inspection Program 01/2023

PURPOSE: A systematic inspection program to:

 ${\bf a})$ Monitor compliance with the registration provisions of the Animal Management (Cats and Dogs) Act 2008; and

b) Monitor compliance with conditions relating to the keeping of regulated dogs in accordance with the Animal Management (Cats and Dogs) Act 2008.

START DATE: 01 January 2023

APPLICABLE AREAS AND PLACES: All residential, multiple occupancy, rural residential, and small town properties within the Western Downs area.

Program expires 30 June 2023

HarvNHeck

Phil Harvey

Proprietor

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The Careers in Agriculture Magazine – is an initiative of Queensland Farmers' Federation (QFF) and the Queensland Government in conjunction with the Rural Jobs and Skills Alliance (RJSA). It was launched at the end October 2022 and is a resource that raises awareness of agriculture and aquaculture careers, education, training and job opportunities for young people.

The plan, developed by QFF in partnership with Jobs Queensland and in collaboration with RJSA, identified actions to assist the agriculture sector to be productive, innovative and profitable by investing in workforce development.

Mark Furner, Minister for Agricultural Industry Development and Fisheries and Minister for Rural Communities welcomed the magazine as an important contribution to building the future agricultural workforce.

The Careers in Agriculture Magazine is available from https://www.careerharvest.com.au/qff-careersinag

Your guide to CAREERS IN AGRICULTURE AGRICULTURE Adrive real stories

New \$10 million Queensland Microgrid Pilot Fund

The Queensland Government has announced the release of guidelines and opening of applications to the two-year program. It offers grants for communities on the edge of the electricity grid to deliver shovel-ready microgrid projects or provide support to develop future projects through feasibility studies.

Aims:

- increase energy and network resilience in regional and remote communities
- contribute to the decarbonisation of these communities, which are generally reliant on diesel generation.

Grant funding from \$250,000 is available for feasibility studies

More info: https://www.epw.qld.gov.au/about/ initiatives/queensland-microgrid-pilot-fund

Australia's National Action Plan for

Production Animal Health

Australia's first national action plan for production animal health consolidates themes from over 30 existing strategies, action plans and frameworks—including both the Commonwealth Biosecurity 2030 roadmap and recently-released National Biosecurity Strategy.

The priority animal health activities in the plan were developed and agreed through extensive stakeholder engagement with governments, industry organisations and animal health experts.

Visit for more information https://www.agriculture. gov.au/agriculture-land/ animal/health/animalplan ANIMALPLAN 2022 to 2027

Right photo from named website



Historical Village Museum & Visitor INFORMATION CENTRE

BRING ON 2023

We trust our readers have had a great start to the New Year. We look forward to once again welcoming our visitors, new and returning to explore the unique collections on display here at the Historical Village Museum. If you have family or friends visiting Miles we would love you to bring them in for a visit.

AGM – 2023 COMMITTEE

Thank you to all our members who have supported our facility throughout the recent years. The AGM was held on 18 December 2022 and we wish to congratulate and thank our incoming Committee members for 2023.

Executive team:

President:	Mr Kerry Mulholland
Vice-President:	Mr Scott Franklin
Secretary:	Ms Elizabeth Upton
Treasurer:	Mr Peter Williams

Committee Members:

Mrs Robyn Coleman; Mr Peter Dunn; Ms Shirley Makin;

Mrs Carla Ramos-Skinner; Mr Ross Uebergang;

Mrs Karen Williams

We extend a big thank you to Mrs Margaretta Morgan for her assistance and time on the Committee over the last three years. We wish you well. We also extend our welcome to Mr Peter Dunn for rejoining us on the committee this year. We are looking forward to another busy and exciting year in 2023.

A major event ahead of us will be the 52nd Anniversary of the Village to be held in conjunction with the Miles Back to the Bush Festival from 7-10 September 2023. Be sure to mark these dates on your calendar.

VOLUNTEER AWARDS

It was wonderful to have two of our volunteers receive recognition for their volunteering endeavours recently.

Congratulations to Julie Weger who reached the Finalist shortlist for the Volunteer category at the Galleries and Museum Awards (GAMAA) in December 2022. We were very honoured to have one of our volunteers recognised at such an occasion.



An excerpt from the media release: Julie takes pride in looking after the collection items in the various Julie Weger -GAMAA Award

buildings and ensuring that they are well maintained. Attendance at the 2020 Queensland Small Museums Conference informed and inspired Julie to confidently restore a number of badly deteriorated leather artefacts. It set Julie on a journey of rehabilitating many of the Museum's artefacts – she has recently undertaken, of her own accord, to restore the Museum's mannequins. Julie strives to maintain the authenticity of the displays, and eagerly engages with visitors within the Historical Village Museum to explain or discuss many of the artefacts and the restorative projects she is working on.

Shirley Makin was awarded the Western Downs Regional Council Volunteer of the Season. Shirley volunteers on a regular basis at the Miles Visitor Information Centre whilst also being a committee member for the Miles &



Shirley Makin – WDRC Volunteer Award

District Historical Society Inc, assisting with many varied events and tour guiding.

Congratulations to both Julie and Shirley on receiving these awards in recognition of their valued time and efforts.

Volunteer Birthday: It was lovely to celebrate Juliana Stiller's 21st birthday with her at our Village Christmas party. We wish Juliana a fantastic 21st year.

FOLLOW US ON SOCIAL MEDIA @ mileshistoricalvillagemuseum





Juliana Stiller -Happy 21st



COMMUNITY UPDATE



- Shell QGC Communities Fund opened for applications on 1st August and closed 9th September 2022.
- 23 eligible applications were received, with the request for funds totalling ~\$1.3m.
- An independent assessment panel scored each application.
- Six organisations have been notified that their projects were successful for the 2022 round of funding.

CONTACT DETAILS qgccommunity@shell.com 1800 030 443



Previous Communities Fund recipients – Chinchilla Historical Society

2022 Communities Fund Recipients

Miles District Rugby League Club	Upgrade Floodlights at Centenary Oval
Taroom Kindergarten Association Inc	Improvements to ensure the safety of the Taroom Kindergarten Building
Taroom Cancer & Palliative Care Group Inc	Kookaburra Place – Guttering replacement
Wandoan and District Kindergarten Association Inc	Playground Upgrade
Chinchilla Tennis Association	LED Lighting Upgrade for two courts
Dalby RSL	Installation of Air-conditioner system

For further information on Shell QGC community contributions programs:

<u>Shell's QGC Community Contributions | Shell</u> <u>Australia</u>

Chinchilla news



Sod-turning an exciting moment in redevelopment and expansion of the Illoura Village, Chinchilla

Written and Photos by: Southern Cross Care



The first sod has been turned at Illoura Village Aged Care Home in Chinchilla, which is set to open its doors in 2024.

This is the first stage of Southern Cross Care Queensland's (SCCQ) vision and master plan which includes building a new purpose-built contemporary aged care home to accommodate up to 81 residents.



The first sod was turned by local Federal MP, Member for Maranoa, the Hon David Littleproud, SCCQ Board Chair Francis Price, SCCQ CEO Jason Eldering and SCCQ Regional Residential Manager for the Western Downs Lance Payne, along with members of the community.

They were joined by the Member for Callide, Bryson Head; Lord Mayor Western Downs Regional Council, Paul McVeigh, and representatives from Southern Queensland Rural Health, Goondir Health Services and the Toowoomba and Surat Basin Enterprise. Leader of The Nationals and Maranoa MP David Littleproud said the sod turning was a huge milestone in a new era for aged care in Chinchilla.

"I am thrilled the former grant of \$14 million I secured before the election is now locked in and the physical works are beginning," Mr Littleproud said.

"Ultimately, this project is about people and about being able to age in a place close to family, reinforcing the future of care for senior residents here and across Maranoa."

The development will also include a new Training and Education Centre to provide vital training opportunities for people in the region who are embarking on a healthcare career and responds to the need for more aged and healthcare workers in regional Australia.

SCCQ Chief Executive Officer Jason Eldering said that it was a great moment to witness the first sod being turned, after many months in the planning and consultation phase.

"Growing communities where people can live their best life and serving and supporting Queensland communities is our core mission, and this is a very exciting moment in the evolution of this project," Mr Eldering said.



Members of the local community attending the sod turn celebrations

Chinchilla NEWS

"What is so exciting about this particular project in Chinchilla is that it is being purpose built to meet the clinical needs of the residents, while at the same time having that 'home-like' feeling.

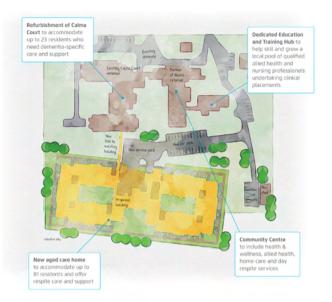
"This new facility will accommodate more residents and will boost access to high quality aged care services to the local community, so residents can maintain their established connections to the area, their families and loved ones.

"The new home comprises two wings and features 81 single bedrooms each with an ensuite. Residents in each wing will have access to internal courtyards, sitting, living and dining areas and nurse stations situated in close proximity to resident common areas and rooms.

"While the new dedicated Education and Training Hub will help skill and grow a local pool of gualified allied health and nursing professionals undertaking clinical placements in aged care through a partnership SCCQ have with Southern Queensland Rural Health (SQRH).

"The challenges of providing quality aged-care in Australia's rural and remote regions continue to grow for various reasons, including the ageing population, a declining workforce, lack of housing options for new workers and uncertainty over training and immigration.

"A recent detailed economic study from Evaluate, has showcased the opportunities for better aged-care



outcomes in Australia's rural and remote towns if they are underpinned by strategic and innovative investment in healthy ageing.

"Our new Hub will also accommodate Goondir Health Services who play a critical role in providing integrated allied health, community and wellness services to the Aboriginal and Torres Strait Islander community in South East and South West Queensland.

"This sod turning is an important step for the future of Chinchilla and surrounding regions, where our deeply valued Illoura Village residents, families and the community can live their best lives," Mr Eldering said.



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Miles news



Go Girls



Emma was named in team of the tournament. Bree is currently playing representative cricket in Canberra for Queensland Country.

Bree and Emma also played in the Brisbane Premier League (BPL) for Western Power during the September Holidays.

The girls are looking forward to club cricket starting back, playing one day games, where UQ is currently on top on the Table.

Emma Jackson and Bree Craven both play for UQ Cricket Club in the Brisbane Premier League.

Both girls have had a very successful season so far. First half of the season saw the girls playing T2O competition, which UQ went on to win against Valley's.



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Miles Child Health

Miles Child Health nurse Helen Wylie is based at the Primary Health Care Unit at Miles Hospital. Helen is an experienced Midwife and Child Health nurse with over 20 years of experience working with families in our region. Our service offers parenting advice and support as your baby grows and develops from newborn and beyond. A Child health nurse can assist with regular health checks for infants and children, help manage behaviour issues and support your parenting needs of:

- Getting to know your baby
- Breastfeeding
- Growth and developmental milestones
- Healthy eating habits introduction of solids
- Sleep patterns settling techniques
- Immunisation
- Hearing assessments

Appointments are available on Monday, Tuesday and Wednesday for both Clinic scheduled appointments and Home visiting as required.

Contact Helen on 4628 5629 or the Miles Hospital on 4628 5600.



Optometrist Lincoln Wagner Ph: 07 4627 2027

Visiting the Murilla Community Centre

Wednesday, 8th Feb 2023

Consultations Bulk Billed Free Retinal Photos



DARLING DOWNS MOBILE WOMEN'S HEALTH CLINIC

Darling Downs Health Mobile Women's Health clinics offer a range of services including:

cervical screening tests; breast awareness; sexual health testing; advice for issues such as: +continence +menopause +family planning +contraception +general well being.

THE SERVICE IS CONFIDENTIAL AND AVAILABLE TO ALL WOMEN.

Chinchilla Health Service, phone 4662 8888 -9th & 13th February

Dalby Health Service, phone 4669 O517 - 7th & 23rd February

Miles Primary Health Care Centre, phone 4628 5600 - 8th February

Tara Primary Health Care Centre, phone 4682 7900 - 6th February

Wandoan Primary Health Care Centre, phone 4627 4444 - 15th February

Nore info https://www.darlingdowns.health.qld.gov.au/ services/womens-health-clinics





Health Tips

Body Clock

Your body clock, also known as your "circadian rhythm" governs not only your sleep-wake cycle, but

also your physical, mental, and behavioural changes within a 24-hour period. The circadian rhythm is dictated largely by light (both artificial and natural).

Here are a few tips to get your body clock on track so you can feel alert during your waking hours, and get quality sleep throughout the night. For shift workers and those with irregular sleep times, these tips can still apply to you! You may just need to get creative with how you put them into action.

<section-header><section-header>

Contact Amanda 0447 126 666

Serotonin

It's the brain hormone that controls your mood and makes you feel happy. But how does serotonin work?

This hormone works throughout your body including your bones, blood, brain and digestive system. It acts as a messenger in the brain to help create feelings of happiness and keep your mood stable.

Around 90% of serotonin is found in your intestines, where it's released into the blood.

Here are some hacks to naturally boost serotonin in your body.



Sources: Queensland Health; The Cleveland Clinic (2022). Serotonin; Healthdirect (2021). Serotonin; Healthline (2022). Everything you need to know about serotonin | 11 ways to boost serotonin without medication; Very Well Mind (2022). How to increase serotonin | How to increase serotonin: 6 natural remedies

ACTON HEALTH PHARMACY

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Buzzing Noonga

Written by: Polly Leahy

December was a BIG month of accomplishments for Noonga. Youngster Tom York (son of Claire & Scott York) was voted in as Miles State High School captain for 2023, and he commenced a school-based apprenticeship as an Auto Electrician. Cory Leahy gaduated Year 12 at Miles State High and took many awards at the School Awards Night, including the Defence Force Award in Mathematics, and won School-based Apprentice of the Year Award.

Cory's oldest Sister Marnie Leahy graduated her university degree from CQU a week later, becoming a fully qualified teacher, Marnie graduated a Bachelor of Education -specialising in Early childhood, which gives her the tools to teach Kindy to year 6. Marnie has chosen to stay on as the Teaching director of the Jason Richards Kindergarten in Miles.

Noonga celebrated the end of another year with the annual Noonga Christmas tree evening. This year the community dedicated the evening to Leigh Phelps, a fellow Noongaite who lost her long battle with cancer during the year. Around 26 years ago, Leigh along with Fiona Sinnamon were the



Pat Devlin as Noonga Santa

instigators of creating the Christmas tree and the Noonga community has celebrated it in country style ever since. Leigh's husband Stephen thought it was a fitting tribute to his late wife in honouring her memory while everyone charged their glasses and toasted to Leigh, unfortunately Leigh & Steph's boys were unable to make the community event this year.

Then 2023 rolled in......WELL! Noonga OPENED the new year with a bang! The Sheryl Sinnamon Memorial Cricket Day hit off on January 7th 2023 with a total of 17 teams entered and most dressed in theme for the big event – Everything PINK! This year the community's Charity of Choice was the McGrath Foundation. The money raised will be donated to the worthwhile cause to help keep Breast Cancer nurses in rural areas. The community raised \$15,000 in 2022 and donated it all to the Miles Hospital for the new palliative care unit, this year a WHOPPING \$20,500 was raised for the McGrath Foundation. \$5,000 of this was donated by Leigh Phelp's family of Noonga, who wanted to give back to the McGrath foundation for the love and care the nurses provided to Leigh during her breast cancer journey. Big



Thank you to Stephen Phelps and his family for this amazing contribution. Hundreds of families and friends came from everywhere to attend Sheryl's Cricket Day 2023. There were many people and strangers that the Noonga community had never seen before, but who all wanted to participate in this fabulous "original" annual event.

Sheryl's Father Malcolm along with her brother Milton, sister Karyn and nephew Jason all travelled out from Toowoomba to be there, bringing with them Sheryl's much loved therapy dog "Daisy" the Snag dog, who now resides with Malcolm for companionship. The annual Sheryl Sinnamon Memorial Cricket Day was created by Sheryl's husband Barry and sons Clancy and Henry along with the Noonga community members to dedicate a day to remember the much-loved mother, devoted wife and cherished friend, neighbour and

Noonga NOTES

Noonga volunteer, who was taken way too early after her battle with cancer. It was through the Sinnamon boys (dad Barry included) love for cricket that the idea eventuated into an indoor/outdoor court, cricket competition and that all the money raised each year would be donated to a much needed charity of choice not-for-profit organisation so that it can help better the lives of people living in rural areas. The four artificial grass tennis courts famous at Noonga, become transformed into 4 indoor cricket nets and the fun just kept rolling with every ball bowled. People of all ages and genders couldn't get enough of the community invented fun.



Teams Daisy Snag Dogs & Run 4 Beer

Prizes were awarded for best dressed team in Theme which was taken home by the Curran family of Drillham and best dressed individual went to Lulu Walker of the Westrex team @ Jackson. The winning team of the day was won by "Pitch it Up" from Miles. The runners up being "Abbey's Ballburners" and in last place was "Sticky Wickets" from Roma.





The Noonga Community Association in conjunction with the Sinnamon & Bazley families want to express a MASSIVE thanks to the whole of the Noonga Community and its members who work tirelessly for these events. To everyone who attended and supported Sheryl's Day, whether it be through sponsorship, donations for raffle or Auction, volunteering on the day or before & after.

Our community is extremely proud of the outcome and we know that this money will help assist many rural families in their saddened time of need.







Senex Community Relations Manager Trevor Robertson and 2022 Wandoan Photo Challenge Coordinator Helen Golden congratulate Donna Reading on "Dino Racers" coming second in Open Category: Adults at Play in 2022. Photo: Jacinta Cummins

2023 Senex Wandoan Photo Challenge will put Wandoan in the picture again

The Senex Wandoan Photo Challenge is back to showcase life in Wandoan and surrounds with a \$5500 cash prize pool up for grabs, so get snapping!

Heading into its seventh year, the competition is getting some fresh perspectives with Hope Powne and Leesa Rathbone coming onboard as coordinators this year, a new judge and two new categories: *Faces* and *Places*.

Senex Community Relations Manager Trevor Robertson said Senex is delighted to once again sponsor this competition which has attracted entries from amateur and professional photographers as far away as Sydney and Brisbane previously as well as a host of local entries.

"This competition has become a staple on the Wandoan calendar and is a community favourite which was shown by its continued success when it went online during Covid," he said.

"Wandoan and surrounds offers a great lifestyle for people from all walks of life and what better way to illustrate this than with photos of everyday people, places and events out here?

"Senex is proud to play a role in promoting life in our community and I look forward to seeing this year's photos." The two new Open Categories *Faces* and *Places* give people an opportunity to capture the people and the places which make Wandoan such a unique area.

The ever popular *Small Town, Big Country* is back once again for any photos which don't fit into these two categories.

Junior shutterbugs can also enter with \$500 on offer in the youth category *Small Town, Big Country* and a \$200 encouragement award.

Heidi Morris, the Moree based photographer behind the renowned social media account "Lens Of Rosie" and who has worked as a photographer across Australia and in New York is judging this year's competition.

The top 30 photos she shortlists will be displayed at the Wandoan Show on April 14 and 15 for the public to vote for their favourite to win the *People's Choice* prizes.

All photos must be taken within a 100 kilometre radius of Wandoan as the crow flies since March 2022.

For more information, follow Wandoan Photo Challenge on Facebook and Instagram or head to www.wandoanphotochallenge.com



December was a busy month at the Bowlo with the clubs Committee AGM, The Men's AGM and the Ladies AGM. The outgoing committees have done a wonderful job over the past 12 months and the new committee members look forward to an exciting and successful year ahead.



It's wonderful to see so many people turning up on a Wednesday night for our Social Bowls night, we are seeing a lot of new faces each week coming down for a roll and

Wednesday Night Bowls Club

a bit of fun. If this interests you come down and see what all the fuss is about from 5pm every Wednesday. Register before 5.45pm, games start at 6pm and go until 7.30pm. The bar is open from 5pm and you are more than welcome to take a bevvy out onto the Green with you whilst you bowl, you can even kick the shoes off in this warm weather!! We are a family friendly club and welcome you all.

Come down to The Bowlo on Friday nights and try your luck at taking home one of our raffle prizes....meat trays, fruit trays, 6 packs of beer or the occasional tray of prawns. We also have a Members Draw, Pick the Card



and cut throat raffles, so lots of opportunity to snag yourself a prize or some \$\$ to take home with you!

Stay tuned for some exciting 2023 news (ok, here's a wee bit of the news....we are getting a new chef!!!!....and we'll be opening 4 days a week!!).

Bob Wise presenting Dallas Brown with his cheque

Written and Photos by: Karen Jones

We are planning some exciting new things at the club this year...so watch this space! More news to come on opening days/times/menus very soon.

It is with great pleasure that the Bowls Club was able to support our youngest bowler Dallas Brown with a \$500 sponsorship donation for his participation in the Qld Juniors State Championships in Bundaberg from 15th – 20th January 2023. Bob Wise (Club Chairman) recently presented Dallas with his cheque. We wish Dallas all the very best in this tournament and we know he will do



Miles Bowls Club proud!

Also in December Bob Wise presented a \$2,000 donation cheque to Miles State Primary School P&C Committee Members Jessica Gorry (President) & Natalie Best (Secretary) which will go towards their fundraising goals for a new shed to house the school bus.

Natalie Best, Bob Wise and Jessica Gorry

If you haven't already...like our Facebook Page so you can stay up to date with what is happening at The Bowlo!



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With the conclusion of last year and the beginning of this one, it's time to take a trip down memory lane and remind ourselves of just where 2022 took the Murilla

Garden Group.

CALENDAR!

"Condabri". Miles

UPCOMING GARDEN DAYS - MARK THEM ON YOUR

March 2023 – Currently we have no garden locked in for

this month. Consider becoming a member of the Murilla

Thursday, 6th April 2023- Kylie and Simon Drury

A shout out to all gardeners - whether your garden is

big or small, young or established, Murilla Garden Group

would love to visit. Remember, in the words of Jen

Sturrock, "Every garden has something special to offer, and someone who loves it, whether it is large or small.

simple or elaborate, manicured or overgrown." So don't

Currently we have a number of dates on the calendar that we would love to see filled. If you are at all

be afraid to come forward and share your garden.

Garden Group Facebook page to stay informed.

FEBRUARY GARDENING TIPS February, with it being so hot, is typically a difficult time of year for gardening. Now however, is the time to take the opportunity to get your garden beds ready for the planting season that is just around the corner. Maybe rise with the sun and enjoy a few beautiful hours out in the garden before it gets too hot. There is much to be said for the "siesta", if your lifestyle permits!

Written by: Paula Derksen

- Remove those pesky weeds that have taken hold and then mulch to reduce weed growth.
- Ensure the soil is at the right pH add lime or dolomite to raise the pH or sulphur to lower, if necessary.
- If you want to have a go at planting vegetables this month, try tomatoes, capsicums, eggplants, beans, cucumbers, zucchinis, beetroot, silverbeet and radish.

Until next time, happy gardening



March - Bruce&Margaret Uebergang; April - Helen&David Wylie; May - Steve&Kylie Bourne; June - Jenny&Joe Hill



August - Robbie&Miranda Ronnfeldt; September - Sonja&Dean Langham; October - Anthony&Sharron Colley; November - Riley&Primrose Sturrock



Miles | Hookswood Pelham Road Your Dream Home Is All That's Missing!

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- Located on the edge of the township
- Large residential allotment of 4,796m²
- Fully enclosed lock up shed 21m x 12m x 4m
- 2 roller doors on each end and roller door on side
- Fully concrete floor, power, office room with air-conditioning
- Kitchenette, shower, toilet plus two rainwater tanks
- Plenty of space to build your dream home
- Short drive to the Primary and High School

Price \$300,000

Miles | 30 Bishop Drive

Splendid Family Living

- Located in a family friendly area on 815m² allotment
- Large open plan kitchen, dining and family living
- Second family room retreat or media room
- Modern and stylish kitchen complete with island bench
- Four good size bedrooms all with built-in cupboards
- Large main bedroom complete with en-suite
- Laundry with additional cupboards and bench space
- Fully fenced yard to keep the kids and pets in plus double garage

Price \$375,000



Miles | 12 Constance Street

Solid Investment- 8.2% Yield with potential for more!

- Complex of seven units ideally located on a 1,421sqm block
- 6x one-bedroom, one-bathroom, kitchen, dining and living area
- 1x two-bedroom, one-bathroom, kitchen, dining and living area
- 2 units recently renovated with modern bathroom facilities and a fresh coat of paint
- Split system air-conditioning and ceiling fans to each
- Undercover car parking located at the rear of property
- Total rental income of \$1105 per week!

Chinchilla | 11 Hughes Avenue

Amazing Investment or The Perfect Family Home!

- Modern kitchen with open plan living and separate formal lounge
- All four bedrooms with walk-in robes and ensuites
- Ducted air-conditioning throughout
- Outdoor undercover alfresco area
- Double garage with remote door plus double bay lockable shed
- Fully fenced back yard
- Property being sold as fully furnished
- Currently tenanted at \$400 per week

Price \$415,000

Nutrien Harcourts

Price \$700,000



Ashlee Molyneux M: 0429 136 029 ashlee.molyneux@gdlrural.com.au





1-29 MARCH 2023



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LISA CURRY

WILLIAM MCINNES

LION'S SAROO BRIERLEY

MORRIS GLEITZMAN





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RACHAEL JOHNS

E PERRY

Tertiary Access Payment

The Tertiary Access Payment (TAP) is for students from regional or remote Australia who are going straight to tertiary study after finishing year 12.

It's a payment of up to \$5000 that you can use to help you move away from home to study.

You can claim from 1st January to 31st December in your first year of tertiary study if you're moving to study and your family home is at least 90 minutes by public transport from your place of study.

You need to be enrolled in at least 1 year of full-time tertiary study directly following year 12 or equivalent. You need to be 22 or younger on the day you start your course and your parents' or guardian's income has to

be under the threshold, parental income limit of \$250,000.

You can get the Tertiary Access Payment at the same time as other student payments like Youth Allowance, ABSTUDY, and the Relocation Scholarship.



Photo: Unsplash

For more information, and to check your eligibility, visit www.servicesaustralia.gov.au/tertiaryaccesspayment or your local Services Australia Agent.

Claim now!

You don't need to wait for your formal course offer to claim a student payment online.

You can claim a student payment up to 13 weeks before your course starts. That means, if your course starts in Semester 1, you can claim right now.

There's no need to wait for your formal course offer. You can list your first preference when you claim and if your plans change you can update it later.

This will put you in the best position to have your payments finalised before your course or apprenticeship starts. Claim a payment using your Centrelink online account linked to myGov.

If you need help to set up your myGov account we, your Services Australia Agents are here to help you or hop online https://my.gov.au/en/create-account/

Government Services—closer than you think - Miles, Chinchilla & Tara

Services Australia can help you with Centrelink, Medicare and other government programs and services. We're all Agents of Services Australia. Using our computers, you can log into your myGov account and do your business on the spot. If you don't have a myGov account, we'll help you to set one up.

You can access the phone self service or speak to a Services Australia Service Officer. If you'd rather use your mobile phone or tablet, we've got free Wi-Fi available 24/7. You don't need a password so you can get online straight away. You can also use the Wi-Fi to download and install the Express Plus mobile apps. We can help you set up your digital services if you're not sure what to do. You can also lodge forms, get your identity documents confirmed and pick up brochures. Your local Agents are:

Murilla Community Centre, 73A Murilla St, Miles. We're open Monday - Friday from 9am to 4pm or call 07 4627 2027 to make an appointment.

In Chinchilla, you can visit the **Chinchilla Family Support Centre** in 67/71 Middle St. Monday to Friday 8:30am to 4pm or call 07 4662 8528 to make an appointment.

Tara Neighbourhood Centre at 41 Day Street is open Monday to Friday 9am to 12pm and 1pm to 4pm. Please call O7 4665 3508 to make an appointment.

Chinchilla news



We are a local Western Downs Dance Academy located in Chinchilla & Miles, Queensland. Xpression Dance Academy was founded in 2015 by Principal Owner Director Miss Maggie. Her love and passion for creativity, diversity and unity through movement, brought together the academy's foundation and vision. XDA offers a range of dance classes including Jazz, HipHop, Tap, Contemporary, Ballet, Acrobatics & Pom Cheerleading.

Every year XDA host's an Annual Dance Concert in which all students participate and perform in. Seen are dances of all styles and age groups over 2 days of shows full of glitter, props and beaming smiles. At XDA every child is valued and nurtured at their own individual pace,

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incorporating each students strengths, talents and differences into every lesson and performance. With the best quality dance tuition for students of all ages and abilities there is bound to be something for you. We also have a state of the art Studio Complex complete with shock absorbent dance vinyl flooring, 2.5m standing mirrors, airduct cooling and heating system and extensive class equipment. At XDA we pride ourselves on encouraging students to explore their imagination,



challenge themselves and strive to achieve their goals and dreams. We are so proud of the standard we have created and are so grateful to be able to offer the diverse range and quality of dance education to such a beautiful community.

With love,







Written by: Sue Akeroyd

A brand new year is ahead of us. New plans, new projects and new enthusiasms. A new Art Installation is being created which gives all visitors a chance to soak up the peace and special tranquillity and sense of place in the Garden. School students and local artists will contribute.

The first working bee of the year, in March, will see improvements to the main road through the Garden and better and more visible tracks to hidden gems within the Garden Circuit.

In April a much larger working bee will see improvements to some more of the Heritage buildings, a new water tank installed while old tanks are removed and one of our garden areas will receive lots of attention, new plants, more plant labels and weeds removed. There will be a community planting in the township of Glenmorgan during this same period. We would love to see lots of local people coming to help with the planting and the celebrations. More details next time.



This photo shows part of the wall of The Single Workers Quarters. The scores from old darts games still show clearly on this wall and were left untouched when the building was repainted.





Miles and District Race Club Annual Races

Febuary 11th Gates open 11.30 purchase tickets online or at the gate https://www.eventbrite.com.au/e/miles-races-2023tickets-496764976417

Riley Young Band Derby Day Fashions Derby D

Dash for Cash and Pantomine Horse Race Childrens Entertainment



Update from the Wind Farm



Written and photos by Robert Gardiner

Progress to date on the farm has matched initial expectations and the project is drawing towards completion. As many of our readers may have noticed, the Dulacca Wind Farm now has 43 standing turbines in situ. The turbines are undergoing commissioning and full load testing, gradually the turbines will be switched on and come into full production over several months as they are brought on line.

Readers may be interested to know that the turbines can be turned on and off quickly so over the next few months passing motorists will start to notice individual turbines turning and not turning as the individual turbines are fully commissioned.

Recycling as the Dulacca Wind Farm Decommissions: To date the Dulacca Wind Farm has provided via direct donations well over 120,000 kgs of steel to the Miles High School, individual landowners and local organizations for reuse as building materials. Some of the local projects include steel water tank stands, steel sculptures and steel fencing posts (however, these materials are rapidly running out). In terms of timber, the volume of high quality pine timber and hardwood pieces has now exceeded 50,100 kg, which has included industrial timber pallets, domestic timber pallets, very large timber frames (suitable for immediate use as construction materials) and hundreds of large sized offcuts of builders ply (over 80 sq metres). There are no longer any large blue tarps available (over 300 were provided locally for use as heavy DUTY covers for silage and building protection etc. Over 400 strong lifting straps were also donated (but they are no longer available). Last week alone over \$15,000 (about 150 brand new light fittings were provided to the Miles High School for community projects). They are brand new 240 Volt appliances, which have just been superseded by the latest LED light fittings and are perfectly suited for multiple uses in sheds, outdoor garden tables and shelters and domestic homes. These light fittings were received as excess stock and rather than being disposed of as e-waste, were provided to the Miles High School for local projects within the community.

There are still opportunities for local individuals and organizations to collect many hundreds of other reusable sources of building materials, such as fence palings, large steel cable drums, timber cable drums (great for outdoor BBQ furniture) and other items (far too numerous to mention). If you are interested, do not procrastinate and SMS Robert Gardiner (0422 159 753) to arrange collection or to borrow the community car trailer to transport to your own location. Please SMS Robert rather than ring as mobile reception is very poor near Dulacca and he will call you back when he is in the office.



The Dulacca Wind Farm Community Car Trailer (designed and built by the Miles High School) is available for use to transport materials to local people and community organizations. The trailer (shown above) is loaded with 38 timber pallets. If you have your own transport, then large cable drums with a mass of up to 1400 kg. can be loaded onto your truck.



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Santa visited QWCA Jackson

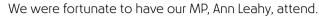
The QCWA Jackson Community Christmas Party was held on Saturday 10th of December 2022.

Thank you to everyone who attended and to our sponsors, Maranoa Regional Council, who contributed to the event.



Locals and members of our neighbouring communities of Noonga, Yuleba and Wallumbilla and families gathered for a delicious meal. A beautiful range of food was put together prepared and served by our members.

The night was a wonderful way to come together and celebrate the year past and share Christmas as a community.



We thank Steve Scott, Bendemere Director, and his wife Michele and LDO Madonna Mole and her husband,

Paul for attending and for their help and support throughout the year.

It was extra special to have Santa make a visit with treats and gifts to hand out. We thank Santa for coming and wish him and his helper happy travels.





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SMALL BUSINESS SUPPORT CONTINUES TO 2025

The Business Navigator team is happy to announce that Shell QGC has extended funding for their pro-bono small business coaching and advisory program until 2025.

Lead Business Coach, Paulene Rorich said "We are so thrilled that Shell QGC has committed to refunding the Business Navigator program for another 3 years. It really is an acknowledgement of the importance of small businesses in our local economy."

The Western Downs Business Navigator program is an initiative of Shell QGC's business and delivered by Toowoomba and Surat Basin Enterprise. It has been successfully assisting local businesses with marketing and business support since 2018.

"Our clients are very diverse; they range from metal fabricators, tourism operators to clothing boutiques and therapists!"





From L to R: Marketing Advisors' Tim Entwistle and Ailsa Cass with client

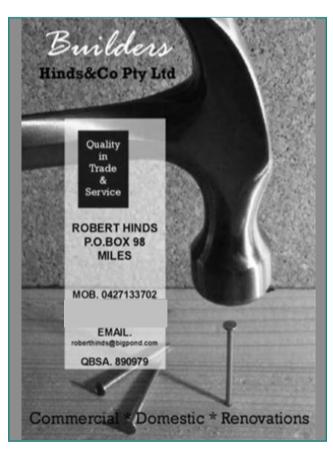
The Western Downs Business Navigator team consists of two generalist business coaches who provide free, tailored coaching and support to local businesses in such areas as strategic planning, product development, business diversification, and scaling for growth. The team also has two marketing advisors helping business owners with both traditional and digital marketing.

Business Navigator is now accepting new program participants for 2023. For more information, please email paulene@navigatorwesterndowns.com.au

Business Navigator Western Downs is supported by Shell's QGC business and delivered by Toowoomba and Surat Basin Enterprise. The social investment program, supported by Shell's joint venture partners Tokyo Gas and CNOOC, contributes to a strong and diverse economy within the Western Downs.

SBE







Senior / Junior Miles Devils UPDATES

January 2023 NEWS

With a new season almost upon us, it is great to see a few enthusiastic young Rugby League players training every Tuesday and Thursday night at Centenary Oval. Coaches Tom Chaplain and Ryan Rayner have been appointed for the 2023 season and the Miles Devils Club is looking forward to continued improvement and a more competitive year in the Roma and District Competition.

As well as winning the QRL XXXX community Club of the Year in 2023, the Miles Club has also been recognised by the Western Downs Regional Council by being awarded the Local Community Organisation Achievement Award for their outstanding contribution to the Miles region. The Club is very proud of their achievements and are continually encouraging the young men in the Club to aspire to do their best, both on and off the field.

Over the last few years, the Miles community has witnessed a very productive and proactive Devils committee transform Centenary Oval into a very well maintained and proud asset for the township of Miles to be proud of. With the inclusion of a Grandstand, BBQ shed, turfing of bare dirt areas and continued upgrades of the Clubhouse this facility really is taking shape.

These projects are made possible by the generosity from sponsors, supporters and through various funding programmes. This year will see the upgrade of the floodlights at Centenary Oval. This project will see the Club work in partnership with Shell QGC – who have provided funding for this project. The current floodlights at the oval were installed in 1976 by well known local electrical contractor Earl Wallis. These lights will be replaced by more modern user friendly, and economical lighting. This job will be undertaken by CRC Electrical who are the major sponsor of the Miles Reserve Grade team.

The 2023 season kicks off on the 18th of March with the annual Miles Charity Trials. Beneficiary from this carnival

will be the Miles Palliative Care Unit. Entry to the grounds by donation and the Miles Hospital Auxiliary ladies will be conducting a multi draw raffle. The following weekend (25th March) is the annual Terry Charles Shield where the Clubs from the old Western Downs Rugby League play for the annual trophy. This year it is Miles' turn to host the carnival, and hopefully the opening Carnival for the Western Downs Junior Rugby League will be on the same day – watch our Facebook page or Miles Community News.

Even though the Miles Devils is a Rugby League Club – it isn't all about playing footy. The Club encourages social interaction in the town. This is why we love hosting other events at Centenary Oval. The Back to the Bush Festival was a well-attended event, and the Miles Christmas Carnival – held at the oval for the first time in partnership with the Miles Chamber of Commerce in 2022 was a huge success. So if you are new to town, or just want to meet and mingle with other people, come and have a beer, a feed and a yarn. There's plenty do see and do on a game day. We look forward to seeing you all on the hill in 2023.





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Life is full of opportunities to show someone we love them. One such opportunity is the funeral or memorial service. Such a loving event celebrates the choices they made, the relationship you shared, and honour the memory of your loved one.

HONOURING LIFE

Honouring the achievements of your loved ones and celebrating the life you shared together are the cornerstones of healing after loss.

It's important to take the time to acknowledge the uniqueness of the deceased: the individuality of their personality, and the uniqueness of their life's path. Not just for them, but for you; it affirms the relationship, and leads to healing after loss. Honouring their life is truly an act of love – for the both of you

IT'S ALL ABOUT THE RELATIONSHIP

Honouring the life of your loved one means you value the relationship you shared. We look forward to helping you decide how to celebrate that bond, and honour the unique individual you've lost. We can make suggestions to enhance your tribute ideas. Together we will create a fitting and memorable event. <u>Contact us</u> today to discuss the possibilities.

Owens Courtesy Funerals & Chinchilla Funerals Call to arrange an appointment on 0428 980 921

Locally owned by John Owens, 107 Murilla Street, Miles Email: owensfunerals@live.com Website: www.courtesyfunerals.com.au Funeral & Cremation Services

LOVE is in the air -VALENTINE'S DAY

Easiest ways on "How to make your partner happy?"

• Clean up after yourself!

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- Make your partner laugh.
- Tell her/him "You're amazing. Thanks for being there for me."
- Write a sweet little note for her/him
- Pick or buy some flowers
- Cook dinner or invite her/him to dine out
- Repeat on other occasions.



Valentine Smile By Joanna Fuchs

On Valentine's Day we think of those Who make our lives worthwhile,

Those gracious, friendly people who

We think of with a smile.

I am fortunate to know you, That's why I want to say, To a rare and special person: Happy Valentine's Day!

Best Valentine's Day Jokes from goodhousekeeping.com

Why did the skeleton break up with her boyfriend before Valentine's Day?

Her heart wasn't in it.

What Valentine's message can you find in a honeycomb?

Bee mine.

Why couldn't the mineral water ever get a Valentine?

All of his friendships were so pla-tonic.

Why are artichokes so beloved?

They're known for their hearts.

THURSDAYS 3:30PM AT THE MILES STATE HIGH SCHOOL TRADE CENTRE Mens Shed only - Saturdays



Everyone is welcome!





JC Mechanical is a local business which is independently owned and operated by James Conway. JC Mechanical services the Western Downs, Banana and Maranoa districts in Queensland.

- JC Mechanical provides diesel and heavy diesel onsite:
 - Servicing
 - Repairs
 - Rebuilds
 - Air conditioning



write a review

FOR THE MURILLA COMMUNITY CENTRE

Help to spread the word by leaving a review, so:

- people can find us easily and feel comfortable knowing MCC Staff care and are happy to help
- help us to follow our continuous improvement plan for the organisation



- Google "Murilla Community Centre, Miles"
- On the right side of the google page, Click on
- "Write a review"

Thank you for your help



HR WEST – REALTOR HENRY WEST (07) 3102 3105



CA\$H BUYER REQUIRES

VACANT LAND - 200+ ACRES -UP TO \$800,000 CASH

HOUSE & LAND - 200+ ACRES -UP TO \$1,400,000 CASH

DISTRICTS - WALLUMBILLA, YULEBA, JACKSON, DULACCA, DRILLHAM, MILES, CHINCHILLA, TAROOM, WANDOAN

Keep the ball rolling

We had a roller coaster of a year in 2022 with the wet weather but here is to hoping for a good season in 2023!

Firstly, we would like to thank all our members & congratulate our 2022 season winners!

- Golfer of the Year: Gary Howson
- A Grade Champion: Warren Tribe
- B Grade Champion: Anthony Colley
- C Grade Champion: Alex Hartigan

Best Nett: Gary Howson & Ross Gundry

Another congratulations is in order for our current Treasurer, Mavis Klein. At our recent AGM Tribey moved that Mavis be presented with a Life Membership of the Miles Golf Club. Of course, we were all in favour! Mavis has been a huge part of our club for many years and we wouldn't be where we are today without her. She is always there to lend a hand, share some advice and give some cheek. We couldn't imagine a more deserving person to join our current Life Members Amy & Fay.

What's new in 2023 you may ask? We are starting up a 9 Hole 2 Person Ambrose Summer Sporters every Saturday leading up to our 2023 season. Names in by 2:30pm if you want to join us for a hit followed by a cold one. You yelled and we listened! Trivia Nights will become a more consistent event held at Miles Golf Club! Our first event was a huge success and hopefully you guys will put your thinking caps on and join us for one of our future events.

Keep an eye on our Facebook Page @milesgolfclub for our latest events.

Hope to see you on the course!

Right photo: Warren Tribe, Alex Hartigan & Gary Howson

Below: Mavis Klein







OPEN DAILY 6am to 7pm

Fresh Bread, Fruit & Vegetables, Flowers In House Butcher Deli with BBQ Chickens Cafe, Take-Away & Coffee

IGA Member Rewards Deliveries available Carpark with room for Caravans



Supporting the Miles Community



רן:





Do you have a service to offer or have something for sale?

You can advertise for free in the classified section.

Simply email: mccmcd@bigpond.com or call 0746272027

FOR SALE Tri-Colour Jack Russell Pups FOR SALE Plants & Seedlings 59 Edith Street, Miles

Contact 0429 633 058

FOR SALE Good condition Scooter (red)

Contact 0427 212 912

Full Page 24.5cm High x 17.5cm Wide \$254.55 \$280 1/2 Page 12cm High x 17.5cm Wide \$177.27 \$195 1/3 Page 8cm High x 17.5cm Wide \$81.82 \$90 1/4 Page 12cm High x 8.5cm Wide \$83.64 \$70 1/8 Page 6cm High x 8cm Wide \$31.82 \$35 Trade Directory 3.5cm High x 5.5cm Wide \$22.73 \$25 Classified Words Only - Limited Space Allocated FREE FREE The newsletter is published at the beginning of the month and covers the following towns: Miles, Chinchilla, trara, Wandoan, Taroom, Meandarra, Orillham, Dulacca, Jackson Condamine, Guluguba, Hannaford, The Gums, Glenmorgan, Cameby,Brigalow Intrade FULL PAGE 1/2 PAGE 1/8 PAGE 1/2 PAGE 1/3 PAGE		Dimensions		Cost	Inc. GS
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Chinchilla Community Centre 🔹 newsletter@cfsc.org.au		1/2 PAGE	Directory 1/3 P.	Classified AGE	

Alterations Dressmaking – alterations and mending

Contact Val 0408 682 011

Business Computer Systems IT support, design & consulting for SMBs

0457 317 942

Crafts by Sharon Handmade gifts knitted & crochet. Contact Sharon 0473 249 323

Guitar Repairs & Setups located in Miles electric & accoustic guitars Fender certified technician 0429 641 030

Potable Water Deliveries Palmer's Coaches, Palmers

Transport & Logistics Contact 4627 1294

Katelann Maree Health & Fitness

Personal Training, Group Fitness, Health & Wellbeing Services For a full list of services contact **0431 334 029**

SURAT MUSIC MORNINGS

Every 3rd Tuesday of the month. 9:30am-12pm Everyone is welcome. Contact Wendy for more info **0418 205 810**

Missy's Healing Room

Angel reading, Energy clearing Home cleansing, Massage therapy Distance sessions 0459483972

Social Tennis

All welcome each Wednesday 7-8AM at Miles Courts Contact Janene **0458 490 466**



Blonde D'Aquatane Weaners

If you want more beef on your weaners inquire today. Heifers and bulls available. **0458 000 951**

FOR SALE

Commercial Angus Bulls 07 4627 4437

FOR SALE

Ragdoll Kittens & Maremma puppies

0409 246 329

FOR SALE

3.6Mtr Clark Tinny, 20HP Mercury, more extras, both reg., good condition, located in Miles **0486 048 983**

FOR SALE

CMS Heavy Duty Alu Canopy, good condition, located in Miles **0486 048 983**

WANT TO BUY

1950-1960 Soft Drink Bottles made in Cordial Factory in Chinchilla or Roma

0409 486 413



Appointments every second Tuesday - To book, please contact Murilla Community Centre **07 4627 2027**

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4	7	1	2	5	6	9	3	8
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1	6	5	4	9	8	3	2	7
8	2	3	7	6	5	4	1	9
7	9	4	3	1	2	6	8	5

MILES COUNTRY MUSIC

The second Sunday of each month at the Catholic Church Hall. **Contact Maree 07 4627 1494**

Wings 4 All Shapes Healthy Lifestyle keeping our curves, and Laughter Workshops Contact Alicia 0402 691 178

Intuitive Engery Therapy Energy healing therapy, card reading and spiritual art messages.

Contact Leanne 0458 928 510

Jumping Castle Hire from the Meandarra Anzac Memorial Museum

0429 332 119

FOR SALE DOG Muzzle Baskerville Size 4 brand new O417 619 636

FOR SALE

Poll Santa Gertrudis Bulls, classified and commercial, reasonably priced

0436 290 190

FOR SALE Midea Bar Fridge Excellent condition, \$50 Contact Wayne 0427 007 737 or 0427 222 197

FOR SALE 2 Seater Buggy & 2 sets of harnesses \$600

Contact 46 271 786



Footsteps

Starting, staring, string, sting, sing, sin, in, l.

A Penny.

David.



45

HAY FOR SALE- 4x4 round bales Green-cut hay- (Maxamillet \$99; Forage \$77/\$60) Grass \$66; Stubble hay \$66/\$55/\$50 Phone Jim Gosden 0427 584 397

WANT TO BUY

Old bottles from 1950-1960, Stone Gingerbeer pop tops **0400 940 644**

Dedicated Computer Services Qualified & insured. IT serves 8 years experience Phone Cris 0481 266 481

FOR SALE FOR REMOVAL

4 Bedroom House in Condamine Area

Contact Rob 0477 012 505

Qualified mechanic required

Fulltime, 5-days-a-week Miles Auto Parts **07 4627 2066**

Working Dog Training Online

A comprehensive online resource, dedicated to the training and handling of working stock dogs. www.workingdogtraining.online

FREE to Good Home

5 Beautiful Kittens - AVAILABLE -JAN 14TH, 2023. Will have had 1st Vet Check and Wormed. Vaccinations/Spay/Neuter will be responsibility of new 'parent'.

Contact 0456 422 481



Around the community

Church Services

Catholic Church - Dulacca • 2nd Sunday 9:00am Ph: 4627 1139	Catholic Church - Miles Cnr Dawson & Edith Streets • 1st Sunday 8:00am Mass • 2nd Sunday (Sat. vigil) 6:00pm Mass • 3rd Sunday 8:00am	Catholic Church - Miles Liturgy with Communion • 4th Sunday 8:00am Mass • 5th Sunday 8:00am Ecumenical Service • Ph:
Crossroads Christian Outreach 64 Murilla Street, Miles • Sunday Service 9:00am • Prayer Meeting 6:00pm Ph: 0437 337 772	Lutheran Church - Miles Murilla Street • 1st and 3rd Sunday 11am (HC) Ecumenical Service Contact Jean Austin or Pastor Stuart Ph: 0437 195 795	Presbyterian Church - Miles Cnr Murilla & Dawson Streets • Sundays 9:00am Ph: 0427 163 050
Church of United Spiritualism Australia-Miles Services will be held on the 3rd Tuesday of every month 1:30pm at Senior Citizen Building To join via Zoom Meeting possible. For further information ring Reverend Leanne 0458928510 email larchinal@gmail.com	St Luke's Anglican Church Cnr Dawson & Constance Sts, Miles • Every Sunday 8:00am • 5th Sunday 8:00am Ecum.Serv Ph: 0419 779 686	
The Gums Church • 3rd Sunday 9:30am Ph: 4669 4336	Presbyterian Church - Wandoan Moore Street • Sundays 9:30am Contact Rev Laurie Peake Ph: 0438 274 157	Wandoan AOG 23 Royd Street • 10:00am Every Sunday • 5th Sunday 10:30am Wandoan Churches together Ph 0429 200 589

Around the community



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Church Services **Country Hope Church** Chinchilla Church of **Chinchilla Baptist** Church Christ 3 Burbank St. Chinchilla 27 Heeney St, Chinchilla 16 Villiers St, Chinchilla Every Sunday 10.00am Every Sunday 9:30am • Every Sunday 10.00am Ph: 4668 9471 Ph: 4669 1124 Ph: 4668 9522 **Chinchilla Uniting Church** Chinchilla SDA Church Life Church Chinchilla 102-104 Glasson Street 117 Cemetery Rd, Chinchilla 31 Middle St. Chinchilla Sabbath School 9:30-10:30am Church Service 11am-12pm • Every Sunday 9.30am Every Sunday 10.00am Ph: 0415 202 946 Ph: 4662 7318 Ph: 4669 1083 **Our Lady Help of Our Lady Help of** Christians Christians - Chinchilla **Catholic Church** 2nd & 4th Sunday 9:00am ٠ Mass 8 Villiers St, Chinchilla 5th Sunday 9:00am, Liturgy of 1st & 3rd Saturday 6:00pm the Word Vigil Mass Ph: 4662 7031 St. Cecilia's Anglican **Trinity Lutheran Church** Presbyterian Church of Church Queensland- Chinchilla 25 Sheriff St, Chinchilla Middle Street, Chinchilla Every Sunday 10.00am & 1st & 3rd Wednesday 9.30am 6.30pm Every Sunday 8.30am ٠ • 1st & 3rd Saturday 6.30pm Every Sunday 9.30am Ph: 4668 9721 Ph: 0413 960 056 Ph 0438 689 662 **Tara Community Church** Sunday Service 9:00am ٠ Ph: 4669 4336





Community Grant Writer- Kate Bradley

Need assistance with a grant application?

The Community Grants Writer is a free service offered to not-for-profit community groups, organisations, and Traditional Owner groups in the Western Downs.

Chinchilla (Chinchilla Community Centre) – 17th February 2023

Dalby (Myall Youth&Community Network Cen-tre)- 16th February 2023

Miles (Murilla Community Centre)–14th February 2023

Tara (Tara Neighbourhood Centre)–22nd February 2023

The service is funded by Shell QGC and delivered through the Murilla Community Centre. Appointments are available in Dalby, Chinchilla, Miles, Tara, Wandoan, or via phone/email anytime.

For more information, contact Kate at mccmgrants@bigpond.com or 0499 805 858 to book an appointment to meet during an upcoming Community Days.

Update from the Community Grant Writer

Feedback provided in a survey that was circulated last year indicated that 'finding grants' is one of the most useful services that I offer. With this in mind, I have developed a calendar that details grant opportunities during 2023. This interactive resource allows you to select location, project type, and amount of funding required to then narrow down grant programs that may be a good fit. Please contact me (details above) to receive a copy.

Murilla Commi Centre Inc.

73a Murilla St. Mile 4415 Ph: 07 4627 2027

St Luke's Markets

St Luke's Church Dawson Street, Miles Second Saturday of the month 8:30am - 12 noon Contact 0419 779 686

Chinchilla Showgrounds Gaske Lane Third Sunday of the month Starts 7am Contact 0439 074 088

Chinchilla Markets

Community Markets



Miles Community Bus

The Murilla Community Bus is transport facilitated by the Murilla Community Centre. Transport is available from Miles to Dalby or Toowoomba including stops, when requested, in Dalby.

This bus assists members of the community who are unable to drive, do not have a vehicle, or do not have family or friends to assist with transport to non urgent medical appointments in Dalby or Toowoomba.

These appointments can include X-rays or other tests, specialists appointments and/or hospital appointments. One bus is equipped with a wheelchair lifter.

Transport is available the 2nd Tuesday and 4th Thursday of each month (departure times will depend on the time of the first appointment). See bus timetable below for an outline of all dates for 2022.

Ask your referring doctor for a Patient Travel Subsidy form (PTS) to receive a rebate on the cost of travel. Please visit or contact the Murilla Community Centre on O7 4627 2027 for bookings or information.

	Community Centre Toowoomba Bus Timetable 2023							
January		February		March		April		
Tuesday	10	Tuesday	14	Tuesday	14	Tuesday	11	
-Thursday	-2-6instead	Thursday	23	Thursday	23	Thursday	27	
Wednesday	25							
Мау		June		July		August		
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Thursday	25	Thursday	22	Thursday	27	Thursday	24	
September		October		November		December		
Tuesday	12	Tuesday	10	Tuesday	14	Tuesday	12	
Thursday	28	Thursday	26	Thursday	23	Thursday	28	





Where Fertility and Function come First

Brangus and Angus Bulls Available

Yearling and 2 year old Bred and fed on grass - BBSE tested Contact: Kay Taylor 0447 285 214

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RIDDLES from www.riddles.com/best-riddles

The more you take, the more you leave behind. What am I?

What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?

What has a head, a tail, is brown, and has no legs?

David's father has three sons: Snap, Crackle, and ____?

Solutions on page 41

Cheap & Easy RECIPES



4 Ingredients Sausage Rolls



Makes 16 servings | 15min prep | 30min cook

Ingredients

- 500 grams chicken mince
- 1 carrot peeled and grated
- 1/4 cup honey
- 2 sheets puff pastry

Pineapple relish

- 1/2 small fresh pineapple, peeled, cut into 1cm pieces
- 1/2 red onion, finely chopped
- 1 long fresh red chilli, deseeded, finely chopped
- 1 lime, rind finely grated, juiced

Method

- 1. Preheat oven 200°C.
- 2. Mix together mince, carrot and honey, seasoning with sea salt and cracked pepper.
- 3. Lay a sheet of pastry on a flat surface. Cut the sheet in half.
- 4. Spoon the mince mixture down the centre of each pastry half.
- Fold the pastry over the filling, overlapping the edges, placing the join underneath to enclose.
- 6. Cut into 4 short pieces. Place on a baking paper lined baking tray.
- 7. Repeat with remaining pastry and filling.
- 8. Bake for 30 minutes or until golden.

Recipe Notes

Optional: An easy way to make the recipe go further is to grate in extra veggies; we added zucchini and onion. Or simply add 1 grated apple and ½ cup grated cheddar cheese to the above – Sensational!

Find this recipe and others on their website: www.4ingredients.com.au/

Pink Lemonade Scones

Makes 12 servings | 10min prep | 15min cook

Ingredients

- Butter, to grease
- 450g (3 cups) self-raising flour
- 1 tsp rose pink liquid food colouring, to tint
- 250ml (1 cup) lemonade
- 600ml carton pouring cream
- Raspberry jam, to serve
- Pure icing sugar, to decorate
- Fresh raspberries, to serve

Method

- 1. Preheat oven to 220C/200C fan forced. Grease a baking tray with butter. Sift the flour into a large bowl. Make a well in the centre. Combine the food colouring and lemonade in a jug.
- 2. Add lemonade mixture and 250ml (1 cup) cream to flour. Use a flat-bladed knife to stir until a sticky dough forms (do not overmix).
- 3. Turn dough onto a lightly floured surface. Sprinkle with flour. Use clean hands to gently press dough into a 2cm-thick disc.
- 4. Use a 7cm-diameter (at the widest point) heartshaped pastry cutter dipped in flour to cut 12 scones from the dough. Press the scraps together to form the last scones. Place on the greased tray 1cm apart. Bake for 12-15 minutes or until scones sound hollow when tapped on top.
- 5. Use electric beaters to beat remaining cream in a bowl until firm peaks form.
- 6. Split scones and fill with jam, cream and raspberries. Dust with icing sugar to serve.

Recipe credit: www.taste.com.au





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Community CALENDAR

	February 2023
1st	CWA Miles Branch Meeting, Miles RSL contact:0438 690 359
	Social Bowls at Miles Bowls Club, 5:30pm weekly event
2nd	Miles Chamber of Commerce, MCC Meeting Room 5:30pm
3rd	Speaking for Fun, 10-11:30am at Senior Citizen Hall, Miles \$5/pp
6th	Wings 4 All Shapes Workshop start at Wings Shop, contact Alicia 0435 938 370
11th	St. Lukes Markets - Miles, Phone 0419 779 686
14th	Miles District Hospital Aux. Inc. Bingo, 9:15am Senior Citizens Rooms. All welcome.
	Miles State Primary School P & C Meeting 5:30pm School Admin Building, Update on Facebook page
	Miles Golf Club Monthly Meeting 7pm at the Golf Club
14th	Community Grant Writer Kate Bradley in Murilla Community Centre. More info/dates page 44
16-19th	Chinchilla Melon Festival, more info website: www.melonfestival.com.au
17th	Speaking for Fun, 10-11:30am at Senior Citizen Hall, Miles \$5/pp
	Community Grant Writer Kate Bradley in Chinchila Community Centre. More info/dates page 44
18th	QCWA Saturday Craft Mornings 9:30am at the Miles RSL, any enquiries contact 0438 690 359
22nd	Senior Citizen Meeting 9:30am at Senior's Room, opposite Foodworks
23rd	RSL Meeting 11am, 26 Marian St, Miles
	Miles Show Meeting, Walsh Pavilion 7pm. All welcome.
24th	Miles District Hospital Aux. Inc. Bingo, 9:15am Senior Citizens Rooms. All welcome.
	Miles District Hospital Aux. Inc. Meeting 2pm, Hospital Conference Room. All welcome ; Bingo, 9:15am Senior Citizens Rooms. All welcome.
25-26th	Wandoan Arts Council Inc Creative Arts Escape weekend, more info on their Facebbok page
28th	Low Impact Exercise 10-11am at Mary MacKillop Hall, Miles \$5/pp

Community News is supported by Origin as Upstream operator

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