



Kilkivan & District KICKSTART

Kilkivan, Goomeri, Tansey & Woolooga

FREE!

We recognise the Gubbi Gubbi people as the Traditional Custodians of the land located in South East Queensland

80th birthday celebrated in distinctive style! Resilient buffalo black powder-targeted!

Moving to Kilkivan at the turn of the century was a no-brainer for two long-term residents: where else could the keen shooters from the Sunshine Coast find a small town with a rifle range at the end of the main street?! Mates Keith Cree and Hayden Winn then shot at the range together for many years, until health conditions led Hayden to relinquish his guns and membership. Keith has continued his sport, and his enthusiasm for black powder shooting has been contagious with a new generation: Max & Kate Dalton, and their sons Beau & Juan are now being mentored by Keith in the arcane practice.

In late June, to celebrate Hayden's 80th birthday, Keith & the Dalton family organized a black powder shoot in Hayden's honour. Hayden, under Keith's close supervision as Range Officer, was able to go buffalo hunting once more, by firing a Sharps rifle like those he previously owned. And in a neat contrast, 21st century drone footage provided a terrific perspective on the event.




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Visited Offices:

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Kilkivan

Biggenden

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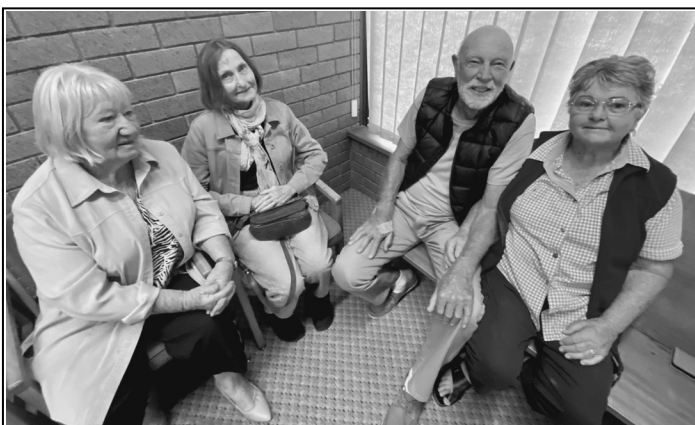
KDCCAI Update

- Seniors' Social Hub continues to be well attended. In late June, 4 guest speakers attended: Cr Warren McEwan (Division 6 rep) accepted questions & comments about various Council issues, including the Rail Trail maintenance & unmaintained roads in Kilkivan township. Then the UniSc research team of Sophie Andrews, Danna Lee & Anangsha Patatk provided some insights into the preliminary findings from their RAW dementia study which has involved locals from Kilkivan, Goomeri & Woolooga. Watch out for more info on the next stage of the study.
- A Hub session in July saw a record crowd of 37 gather! Discussion about the recent imposition by GRC of green waste fees at the Kilkivan dump continued, with a unanimously-supported resolution for KDCCAI to write to GRC on the matter. (See the kilkivancare website to read the letter.)
- About 20 people took the opportunity in July to check out the interior of the former Catholic church now owned by KDCCAI. The bell was rung to herald the new era!
- KDCCAI commissioned economist Mabel Wood McLeod to report on Social Return on Investment (SROI) of KDCCAI's overall Rise & Shine Ageing-in-place Project – the results are impressive! Check out both the summary by our Secretary Andrea Ferris and the full Report, as well as lots of other information on the revamped Kilkivancare website. The report has been provided to GRC, state and federal politicians.
- This is a shout-out to the many people involved in fund-raising efforts to help pay for the church purchase – from sellers & buyers, we are truly getting a community-wide commitment to the Rise & Shine Ageing-in-place Project. That's appropriate: we all aspire to get to a ripe old age by living where we want to be!
- KDCCAI has become a quite complex organization

during the last year as we juggle an increasing advocacy and fund-raising role with much heavier demands on the management team of three and the coordinator. Therefore, KDCCAI's management team has reluctantly decided to reduce some of KDCCAI volunteer activities in order to remain effective in the priority areas. We will be moving to a quarterly publication schedule from the end of 2024. We hope that another group or organization will accept the challenge to produce a locally focused newsletter, especially in the interests of those who do not access online materials/news. There will also be a few other adjustments to our range of volunteer activities to ensure our organization's sustainability.

Kilkivan Care update

- The excellent collaboration involving Kilkivan Care Coordination, Trilogy Care HCPs and Mable support workers works best when clients and workers give each other as much notice as possible when schedules need to be altered. Unless there's an emergency or sudden illness, please do not cancel at the last minute.
- Did you know that in **June this year, 68,000+ senior Australians were waiting for a Home Care Package?** That waitlist has more than doubled in 12 months, so it's vital to be proactive in registering with My Aged Care and being assessed if you are eligible. Unless your care needs are assessed as "urgent", you will currently wait 6 – 12 months to access a Level 3 or Level 4 Home Care Package (HCP).
- **Kilkivan Care specializes** in helping local seniors get the best value possible from their HCP – with **38 HCPs now under our coordination** across Kilkivan-Goomeri-Tansey-Woolooga, this pleasing recent increase means that the local support workers can rely on increased hours. **Call KC Coordinator Robyn Haack (0482617803)** for professional, experienced help & advice.



Seniors' Social Hub regulars Robyn Ditton, Robyn McIntosh, Greg Segnit & Jo Edwards enjoyed catching up in July.

**APRIL
11-13
2025**

**SAVE THE DATE
Kilkivan Great Horse
Ride weekend**

Did you know that **Kilkivan Kindy** receives funding from the Queensland Government to help us operate? This funding does not cover our costs, so we have to fundraise to keep our doors open.

There are many ways you can help:

- ☺ Donate your Containers for Change C10082607
- ☺ Volunteer for fundraising events
- ☺ Give us fundraising opportunities at your events

Thank you for your support! Ph: 0491152020

 Kildergarten
Approved Program

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Government

Bingo at the Bowls Club

The monthly bingo games continued to attract players of all ages from a wide area: Brisbane, Nerang & Bells Bridge visitors in June joined the large party, with Helen & Ray Chapman's live music & delicious snack food adding to the positive Bowls Club vibe.

After regular Kilkivan attendee Arthur Cornwall's sudden passing, a potentially sombre mood at the June bingo session was avoided by building on Arthur's bingo box legacy: an opening auction of his last box, donated in May to KDCCAI, raised \$200! Judy Farrow prevailed in a field of keen bidders, urged on by auctioneer Ray Chapman. And the raffle prizes that night (donations from Gympie Vet Services, Barambah Valley Confectionery & the Bowls Club) & 10 game prizes went down a treat before the **\$650 jackpot went off**, fittingly, to Mark Cornwall, Arthur's son.

Then in July, with Helen & Ray Chapman's live music again adding to a positive atmosphere, players from Kilkivan almost exclusively shared the spoils. Lisa Richardson, who drove out from Gympie and was cheered on by her little darling Morgan Mae, featured in 4 game wins! Amazingly, two of these were shared with Marg Denton.



Vegetarian Hilary was delighted to win the super fresh Farmer's Table donated veggie box.

Adam & Natalie from The Farmer's Table were among donors who generously supported Bingo at the Bowls Club by providing raffle prizes in June & July. Much gratitude also to Gympie Vet Services - the local service donated 4 bags of Hills cat & dog food which proved popular.



Thanks to generous donations from Gympie Vet Services, Helen & Julie took home Hills cat & dog food.

Ruby is ready to be won!

The beautiful Honda Pioneer 700 - 2 arrived in Kilkivan in late July in time for the final 4 weeks ahead of the big draw on September 4. Funds raised will go towards KDCCAI's purchase of the former Catholic Church.

Thank you to the following businesses which are selling buggy raffle tickets while they last:

- Kilkivan Post Office
- Kilkivan Hotel
- Nedloh, Goomeri

KDCCAI is also grateful to **Sullivan's Livestock** for allowing KDCCAI to sell tickets at all their Gympie & Woolooga cattle sales until late August. Gratitude also to **South Burnett Livestock Exchange** at Murgon Saleyards. And thanks to **Kilkivan General Store** for the use of their sign frame to display a corflute.



Housing Cooperatives Explained - Is this the way forward for Rise & Shine?

Join us at Senior's Social Hub on Wednesday, 7 August 2024 at the former Kilkivan Shire Council chambers, starting at 9.30am for a basic introduction to the housing cooperative model presented by KDCCA Secretary Andrea Ferris.

The options for government funding or public/private partnerships to deliver the Rise & Shine ageing-in-place housing project in Kilkivan have been exhausted. This is the fourth and most ambitious element of K&DCCA's ageing-in-place agenda that includes options for affordable, independent rental housing, a share-house for those that need higher levels of in-home support, and an enterprise incorporated into the former Catholic church. Could a community housing cooperative model deliver the project without relying on government support? Housing cooperatives are well-established in Europe and are gaining traction in Australia for people willing to work together to meet a common need for affordable and sustainable housing. After the presentation you will have a general understanding of what a housing cooperative is; the legal and financial basics; the seven international principles of cooperatives; some of the pros and cons, and what the steps are to form a cooperative.

We expect it will give many people much to think about and spark some interesting discussion!

For more information visit the website at www.kilkivancare.com.au

Health Matters

- **Loneliness** can have a negative impact on your well-being and health: "...social connection has been scientifically proved to benefit your health... by connecting with six people in your neighbourhood, feelings of loneliness and stress are decreased and there is a positive impact on your mental health and well-being..." Jennie Sager, 2023
- Did you know that **Kilkivan Health Centre** has two visiting GPs who both bulk-bill? This rural community is blessed to have them! Call Loraine on **0439208558 between 8am & 10am Monday – Friday only for inquiries & appointments.**
- In fact, all the **popular health professionals (GPs, podiatrist & physio)** at **Kilkivan Health Centre** report strong patient numbers but encourage new patients to call for possible appointments. All of these Sunshine Coast-based professionals are dedicated to providing health care to locals here and seem to genuinely love being around their rural patients.
- **Liveup.org.au** is a website for those seniors interested in doing a quiz re ageing, and accessing resources and other ageing information. It is funded by the Australian Government.

Wondering why KDCCA's Rise & Shine Project is getting plenty of attention from bureaucrats lately? Check out this website: Kilkivan & District Community Care Association Inc. – A place-based solution devised by locals for locals...(kilkivancare.com.au)

Woolooga Resurgence!

It is great to see the dynamic vibe in Woolooga these days. Pickleball is now being played at the courts opposite the recently renovated and reopened Woolooga Hotel. And their bingo nights are also well attended. Go, Woolooga!



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Kilkivan Triumphs at Bowls!

Kilkivan Bowls Club welcomed mixed teams from the Gympie, Burnett and Fraser Coast regions on Sunday 14 July for the third annual Lightsource bp Winter Carnival. The Carnival was a great success, thanks to the strong support of regional bowlers and major sponsor, Lightsource bp.

Kilkivan Bowls Club's President, Kev Sempf, welcomed all visiting players and spectators, following a traditional country morning tea prepared by local club volunteers. All teams played three 15-end games with one of the local Kilkivan teams taking top honours. The winning team comprised Mick Barkle, Les Baillie, Warren Wessling and Ashley "Jacko" Hewson. Second and third placegetters were Binjour and Gayndah respectively whilst last game highest score was awarded to a Maryborough Services team.

Sportsmanship, good humour and a friendly country atmosphere was ever present throughout the day as visiting players from Maryborough, Nanango, Kingaroy, Gayndah, Kilcoy, Durong, Tansey, Murgon and Binjour all joined the Kilkivan locals for a successful day.



About 20 locals attended an open house at the former St Kevin's church in July. All agreed the atmosphere is lovely and the acoustics great!

Quotes for a re-paint of the exterior have been sought so this lovely property is well maintained.



Dawn and Bronwyn were both impressed by the beauty and messaging in *The Flower Thief* by former mother-and-daughter locals Amelia & Jacinta Olsen. The illustrations are by Mary Allen who worked with Amelia at Widgee State School. As well as being a beautiful story of kindness, the book contains some self-help strategies for dealing with grief, loss, life.

Did you know? Kindness is scientifically proven to be good for us! Being kind increases the supply of both the love hormone & Serotonin, energy, lifespan & pleasure. How about performing a random act of kindness today?! It'll be good for you!

Source: randonactsofkindness.org


Crime


Agriculture


Main Roads


Health


Seniors Cards

Congratulatory letters
(birthdays / wedding anniversary)

Deb FRECKLINGTON MP

Member for **Nanango**

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Authorised by Deb Frecklington MP, Shop 2/36 Alford Street, Kingaroy QLD 4610

Boost from dog retrieving groups!

They aren't very visible but there is a small but definite boost being provided each year in our area by various dog-retrieving groups who visit to use local rural properties for their sport.

Many Kilkivan folk will remember the retrieving demos provided at various Great Horse Ride Days by members of SSAA-affiliated UFR, who return every October for the Kilkivan Cup trial.

In late July, a group fresh from the annual Unification Cup held at Goochie decided to stay locally for the week until the next Championships event being held at a Woollooga property. While here, they eat & spend locally, and catch up with locals who have become friends. And they regularly express their love for the area.

Laurelle, Joy and Danny were spotted doing some training with their keen canines on a Kilkivan farm – even though it had been a very cold morning, the dogs were keen to get wet!



Rail Trail Advocacy on Track

Advocacy for the Kilkivan to Goomeri section of the Kilkivan to Kingaroy Rail Trail moves into top gear on 1 August 2024 when representatives from Bicycle Queensland, Rail Trails Australia, South Burnett Regional Council, Gympie Shire Council and others including trail advocates, local business and tourism representatives meet to workshop the issues and challenges facing rail trail management.

The agenda for the half-day workshop includes discussions around funding, maintenance scheduling, rail trail data, promotion, and the future of the trail.

The objective of the workshop is to develop a strategy to ensure the rail trail becomes a safe and enjoyable experience for users and attracts visitors to the district to boost the local economy.

Thank you to those buying buggy raffle tickets, especially those who are far from Kilkivan! Tickets by people from Moree in NSW & from near Mareeba have been purchased! Delivery may be challenging but we love the support!

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Out & About!



Lovely to see 3 of the original 6 Haack sisters together at Kilkivan Hotel recently: Wilma, Robyn & Lynda!



Di Wade(left) chatted with stall holder Monika Sinclair at the Kilkivan Markets.



These four local guys (from left: Boyd, Mason, Scott & Stuart) were looking relaxed in late July a week out from competing in the annual Hells Bells 24 hour Adventure Race! It's Australia's longest running 24 hour race and involves a lot of trekking, kayaking and mountain biking! The 120km+ course is only revealed to competitors hours before the race. Go well, guys - and Dan who was absent for the photo.



Carol Badke was keen to see what Graeme Perkins was up to with his forge display at Kilkivan Markets in late July.



Dawn Choate (left) & Kate Dalton were part of Hayden Winn's 80th celebrations at Kilkivan Rifle Range.



Great to have students from Kilkivan School's Cattle Club travel to Gympie Saleyards recently. Drivers always find KSS students a pleasure to transport.

WHAT'S ON

AL-ANON - Local Support Meeting - Thursdays 11am at Goomeri Showgrounds Pavilion building. Contact 0428 106 239.

Bingo at the Bowls Club - Saturday 17.8.24 & Saturday 21.9.24 at the Kilkivan Bowls Club. Opens 5pm for heads down at 6pm. 10 games + the jackpot draw + raffles. Snack food & drinks available.

Busy Bee Craft Group - Alternate Mondays in Kilkivan & Goomeri. Ph Robyn 0429 441 280 or Jan 5484 1156.

GROOVE Exercise - Tuesdays 6-7pm, Wed. 8:30-9:30am at Woolooga Hall. Ph Suzanne 0455 268 311.

For the Kids! - Kilkivan Playgroup at Kilkivan Kindy. Thursdays 9am -11am. Ph Fiona 0410 976 191.

Storytime at Kilkivan Library. Fridays 9:30am. 0-5 y/o. Ph 5484 1209.

Woolooga Playgroup at Woolooga State School. Fridays at 8am. 0yrs to school age. 5484 7171.

Neighbourhood Watch Meeting - 3 Aug at 12pm, CWA Rooms. Ph Cherrilyn 5484 1181.

Nibbles & Giggles - 2nd & 4th Tuesday each month at Goomeri Library. Ph 4168 4340.

Railway Markets - Last Sunday of the month from 7am. Delicious breakfast available. Ph Dallas 0407 731 344.

QCWA Kilkivan Meeting - 1st Thursday of month at 10am. QCWA Rooms. Ph Jo 0438 391 760.

Senior Citizen's Over 50's Club - 2nd Wed. each month at 9:30am. Kilkivan Supper Room. Ph 0448 841 253.

Seniors' Social Hub -

7.8.24 presentation by KDCCA Secretary Andrea Ferris on how the **coop model** may help deliver The Rise & Shine Project

21.8.24 see KDCCA Facebook page for details

4.9.24 Buggy raffle draw at 10am!

18.9.24 see details on KDCCA Facebook page

From 9.30am; gold coin donation (covers a delicious morning tea); at Council Boardroom. *New seniors from the whole district always very welcome.*

Thai Chi Tuesdays - Tuesday's 9am at CWA rooms, Kilkivan. Ph Dallas 0407 731 344.

Union Church Services - Sundays, 9am. James Street, Kilkivan. Ph Dawn 5484 1145.

Hearing , Diabetes 2... are you aware?

When a Hearing Australia representative visited Kilkivan Health Clinic recently, locals who took up the free hearing test opportunity were provided with information about the **significant number of health issues linked to hearing loss**. Included in that list, along with falling, kidney disease and dementia & Alzheimer's Disease, was **Diabetes 2: hearing loss is twice as common in people with diabetes**.

The number of people living with type 2 diabetes in Australia increased almost 3-fold between 2000 and 2021, from around 400,000 to almost 1.2.

Diabetes Australia advises that the symptoms of type 2 diabetes are not always obvious and can be mistaken for other conditions or even missed.

A few signs to watch out for: feeling tired all the time, going to the toilet a lot more often, feeling thirsty, blurred vision, numbness, cuts or wounds that heal slowly.

Type 2 diabetes can often be managed through lifestyle modifications: eating well, exercising regularly, regular monitoring of BSLs...

Our area is a beautiful place to live! Let's all be proactive in living well?!



KILKIVAN RAILWAY MARKETS

All plant & veg sales are now located in Community Garden area (across the tracks).

Op Shop operating on Tuesdays again. The op shop and plant stall open Tuesdays from 9-12.

Railway Markets last Sunday of the Month. Delicious breakfast available.



Kilkivan Bowls Club

Progressive Games - Come on in & have fun at the Bowls Club! Progressive Games Day every 2nd Thursday of the month. Next one 8th August 10am start. Play Bingo, card & board games. Light refreshments available to purchase. All welcome!

WEDNESDAY

Bar open from 5pm

FRIDAY

Bar open from 5pm
Meals/takeaway from 6pm

SUNDAY

Bar & Social Bowls - Names in by 1pm; Play 1:30pm.

OPEN MIC first Sunday of the month. Bar & Meals from 12pm. Enquiries: Call the Bowls Club on 5484 1270.

Disclaimer: Every effort to ensure accuracy of information has been made prior to publication; however, neither the publisher (Kilkivan & District Community Care Assn Inc.) nor individuals involved assume responsibility for any loss, damage or disruption caused by error or omissions, whether such errors or omissions result from negligence, accident or other cause.