

CARPENTARIA SHIRE COUNCIL NEWSLETTER

March Edition



Carpentaria Shire Council

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Welcome Back Mayor Jack!

A Message from the Mayor

What a show!! The world is going mad and will take us with it unless we settle down. For all the Facebook posts are worth, they are scaring the community unnecessarily. Council are working on getting messages out, but the rumour mill seems way in front all the time. If you have any questions that concern council please ask me or our staff and after next week your councillors who will be all sworn again. Treat social media with the respect it deserves.....none (unless council puts it up). Federal and State governments are changing rules and policies everyday and we are doing our best to keep you updated with the latest things that affect us as a community and we don't need mixed and false messaging confusing the public more than it is now.



The facts are this. The chances of COVID-19 coming to the regions in the next few months is quite high. Pretty much all of us will be affected in some form or another. It is a severe flu/cold or whatever you want to call it for those with breathing issues just as every other flu. For many it will be mild symptoms only, just like any other flu. The problem with this one is it is so easily caught and spread between us, which in a town of vulnerable people such as Normanton and Karumba means we can't take risks of infecting others by hanging in groups. Families need to stick to themselves and party days are over.....think of Nan and Pop. End of story.

“Flattening the curve” as they say is all about slowing the infection rate so that there are enough resources in the hospitals to look after us. This will work fine as long as they are not overloaded with visitors from down South or overseas. If you are an interstate visitor don't take offence, take heed. We love you dearly but if you get sick up here there won't be enough facilities to care for you. Stay home, isolate and remain healthy.

Remember that by slowing the spread we are also slowing immunity but with a bit of luck the Aussies will come through with a vaccine before it reaches us.

In all the mixed messaging I have been getting there seems to be a few main points to take notice of:

1. Act as though everyone but yourself is infected and keep your distance (min 1.5 mtrs);
2. Don't touch your face with your hands. (Nose, mouth, eyes);
3. Wash your hands in soap and water (other flash sanitisers and stuff can be used but soap and water is the go); and
4. Unless you have a sound reason not to, (medical or otherwise) get your FLU SHOT as soon as it becomes available.

National parks, Van parks and camping grounds are closed (fines apply) to the public so there is no reason for tourists to be travelling. The locals can help regulate this by reporting strange vehicles, van and interstate rego numbers to the cops. No good reporting to Council we just relay it to the police and it wastes time. The caravan parks are turning people away and our local "sheriff" Phil Grieve has been getting the message out in work hours and also in his own time so thanks Phil. I believe Jesse in Karumba has made a big effort to get the message out there also, so thanks Jesse. Thanks also to all the businesses, accommodation houses and parks for your cooperation in these hard times.

Permits are in place for our own benefit which covers our own and provides a trace on outsiders as well if it becomes necessary to chase the virus back to a source. A quick call to the front desk will get you an explanation if you are confused and with all the conflicting advice it's easy to get bushed.

We have signage up at Cloncurry, Julia Creek and at our boundary on the Croydon Road declaring ourselves a pandemic control area. The Dunbar Road is still closed from the wet. People have no right to be travelling unless they are essential services or locals so you should not be seeing strangers from interstate in town. Having said that there will always be exceptions to the rule for genuine reasons such as heading out to a property for work or something.

Fishing (which would cover hunting and gathering) is allowed but only as a family unit or in pairs. It should be noted that this rule is to catch a feed and not about brag mats. Just remember only as a family or in twos.

Anzac Day will be very different this year, but our returned soldiers and diggers can be still shown the respect they deserve by everyone standing in their driveways or front gates at dawn and listening to The Last Post being played. We will still play it from the Shire Hall in Normanton and raise the flag for those within earshot but your televisions and radio will have it on for sure. Still not sure about Karumba but we'll work something out.

On that note I'll sign off and ask you to remember my first point about assuming everyone else is infected and keeping your distance, washing hands and please stay home unless it's essential to go out. As a parent I feel your pain if you have little ones and you have my utmost respect and admiration for hanging in there. No one knows when, but there will be an end to this madness and we will return to normal eventually.

Stay safe, act like a hermit and stay healthy
Jack Bawden.



Council Preps for Camp!

Council's Construction Camps are gearing up to head out starting from the 16th April to start the 2020 construction season.

Council has been fortunate to be able to continue their road program during these unprecedented times and will be putting extra measures in place to ensure workers are able to continue to work in a safe environment.



Handwashing at the Daycare

The Educators and children at the Normanton Child Care Centre have been learning about germs and the importance of hand washing. They have been listening and learning hand washing songs with actions on how to wash their hands. The children are learning how to take responsibility for their own health and physical wellbeing.



Superhero Day

This week we have been looking at the book 'Supertato'. It is a story about a superhero Potato that saves the supermarket from the bad pea. We decided to do a dress up day as superheroes. All the children came dressed up as their favourite superhero. We had Spider-mans, Captain America, Batgirl and Catboy. Even the staff dressed up with Miss Nicole leading the team as Wonder Woman. Role playing is a great opportunity for children to express themselves and use their cognitive skills like their imagination. At the end of the day we all have a bit of superhero in us.



Council's Landfill Gets a Clean Up

Plenty of work is happening out at the Normanton Landfill with Council's new operator cleaning up and sorting out all of the material.

Please make sure that all waste is deposited in the correct location and is appropriately sorted (for example do not place rubbish in the green waste or steel section).

Additional signage is being installed to provide direction, but if in doubt speak to our operator Tony, who will provide assistance.

Council will be issuing fines for material not deposited in its correct location.



2020 ANZAC Day Celebrations

Due to current circumstance the 2020 ANZAC day services can no longer proceed. Council along with the local ABC radio is supporting the movement where people will stand in their own driveways at dawn service on 25th April 2020.

Together we will hear The ode, The Last Post and share a one-minute silence.



Parvo Warning

Council's Ranger has noticed an increase in Parvo within the Community in recent weeks. As such, Council would like to remind all residents to ensure they are vaccinating their dogs and puppies with the required parvo vaccines. Please seek medical advice from your vet for the timelines on when Parvo shots should be given.

We understand in these current times and living remotely that it can be difficult to get to a vet. Here are some tips to keep in mind and where possible call your vet to see if the vaccines can be sent.

- Limit your puppy or unvaccinated dog's exposure to other dogs until they've had their vaccinations.
- Avoid places where your puppy or unvaccinated dog could be exposed to Parvovirus.
- Parvovirus is very difficult to kill and can live in the home and the soil in backyards for over 12 months. Where possible keep unvaccinated dogs away from grass and soil. With the dry weather in our shire be aware of soil transition through the air.

Let's keep our Dogs Safe



Staff Profile

8 Questions with Phil Grieve



Council Ranger
33 Years with
Council

1. What do you find most enjoyable about your job?

Interacting with the public and being a service to the public at all times, day or night.

2. What parts of your job do you find most challenging?

Interactions with outside visitors and trying to make them understand localised rules.

3. Describe one of your typical work days?

Early start at 5am. Start with a patrol around all streets in Normanton and feeding the dogs in the pound. Then I head to Karumba to patrol the streets and check in on the pound up there. Every day is a new adventure as I monitor all aspects of animal control and local laws in the shire.

4. If you could pick any career what would it be?

What I am doing now. Council Ranger.

5. If you could have lunch delivered every day what would it be?

Roast Pork with veggies and crackle.

6. What is your favourite thing to do in town?

Feeding all my animals and fixing things around the house and yard. Spending time with the family and grandkids. Fishing when I can.

7. Favourite Month of year in Carpentaria?

August - Its my birthday.

8. If you could work anywhere, where would it be?

Here!

Trainees and Apprentices

Council would like to welcome our new Trainees and Apprentices who started their journey with Council in 2020.



Jesse Callope
Cody Reid
Aaliyah Logan
Arnold Rainbow
Mackinnley Pollard

Apprentice Diesel Fitter
Apprentice Diesel Fitter
Business Admin Trainee
Apprentice Carpenter
Apprentice Carpenter (School based)

N150 Project Completed



The Normanton 150 project, celebrating 150 years of Normanton is now laid! Council would like to thank all of those involved in the project celebrating our town. Once the foundation is set, the fencing will come down for all to visit and enjoy!



How to Keep Up to Date with The Coronavirus Epidemic

Disaster Dashboard

Council's disaster dashboard is your central point for all updates during disasters, visit disaster.carpentaria.qld.gov.au to view emergency news on the Coronavirus epidemic.



Facebook

Find us on Facebook at Carpentaria Shire Council and click like!

Website

www.carpentaria.qld.gov.au

Click on the Coronavirus Support information link on the main page.



Council's Local Spend Report A Year Review

Month	Total Local Spend	Local Spend %
April 2019	\$955,252.01	51%
May 2019	\$1,651,938.60	43%
June 2019	\$2,218,862.40	54%
July 2019	\$2,435,047.95	41%
August 2019	\$3,809,346.98	62%
September 2019	\$2,591,735.32	48%
October 2019	\$2,732,821.69	60%
November 2019	\$3,466,267.27	52%
December 2019	\$4,475,434.01	65%
January 2020	\$646,479.63	20%
February 2020	\$284,444.49	18%
March 2020	\$320,338.96	14%
TOTAL	\$25,593,808.36	49%

Carpentaria Shire Council has contributed a total of \$25,593,808.36 to local businesses over the past 12 months. What a great outcome for our shire!





Council's Capital Expenditure July 2019 - March 2020

Items	Expenditure 1 July 2019 - 31 st March 2020	% Funded through Grants	% Funded through Council
Buildings	\$65,189	99%	1%
Plant & Equipment	\$1,610,901	1%	99%
Road & Bridges	\$3,854,992	95%	5%
Water	\$1,656,707	0%	100%
Sewerage	\$4,607	0%	100%
Other Structures	\$1,219,290	67%	33%
Housing	\$238,347	100%	0%

Summary of Capital Expenditure

Council Funded Capital	\$3,841,006.65
Grant Funded Capital	\$4,518,577.82

Should I be tested for Coronavirus (COVID-19)?

I have the following symptoms



Fever



Cough



Fatigue



Sore throat



Shortness
of breath

AND one of the following also applies

I have
travelled
overseas
in the past
14 days

OR

I have been in
close contact*
with a confirmed
case of COVID-19

*Close contact is more than 15 minutes face-to-face or more than 2 hours in a closed space.

If you meet these criteria you can be tested for COVID-19

Further information

visit www.health.qld.gov.au/coronavirus
or call **13 HEALTH (13 43 25 84)**



Queensland
Government

3

STEPS

for household
cleaning



Use a clean cloth,
detergent and water
to clean the surface

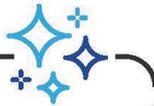


Then rinse with
clean water and
another clean cloth



Allow to dry

You can also reduce
the **germs** in your
home **by regularly:**



Cleaning everywhere

Disinfecting surfaces

Washing linen and towels

For more information, visit
www.health.qld.gov.au/coronavirus



Queensland
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Simple steps to reduce the risk of **CORONAVIRUS** for yourself and others



Wash your hands often with soap and water, for at least 20 seconds

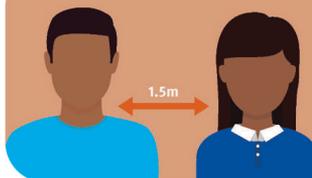


Have a plan for your family

make sure you have enough medication and food if you have to stay home in isolation



Cough or sneeze into your elbow or a tissue. Throw the tissue in a bin and wash your hands straight away



Always stay 1.5m apart



Stay at home to help limit the spread of coronavirus



Protect our old people

by keeping our little ones away

Stay calm and do not panic

Most people who get coronavirus will have mild sickness

CORONAVIRUS

Worse than flu

Coronavirus is a new germ going around; it will come through our community. It spreads like flu.



Cough or sneeze into your elbow, not on other people



Wash ya hands!
Many times a day!
Use soap and water!



Wipe clean places people touch, many times a day!



If our older people get crook or fever, they must go to the clinic

Managing Your Mental Health Online During COVID-19

COVID-19 has brought rapid changes to our daily life, together with uncertainty and dramatic news headlines.

Some people may be feeling worried or depressed at the moment, especially if they already have some mental health problems.

There are many services that can help without leaving home. During this crisis, Australians can use Medicare to talk to health practitioners about mental health.

There are also other ways to get help on a phone, computer or tablet. These include crisis and counselling services, and mental health treatments that have been converted into web programs or apps. Some services link users to a practitioner who acts as a coach or guide and tracks their progress as they use a web program. Others—"self-guided" ones—are for people who prefer to work on their own. Most of these programs and services are free. We have listed them below.



A great thing about these services is that most are available over extended hours. Crisis services, programs and apps can be used at any time. And they are not just for people with mental health diagnoses—they are for anyone who is facing some problems.

A good place to start looking is:

Head to Health

The Australian Government's digital mental health gateway

Head to Health

Head to Health is the Australian Government's searchable portal that brings together information, apps, online programs, online forums, and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is the place to start.

Free assessment and treatment that is supported by psychologists is at:

MindSpot

Australia's free national online mental health clinic



MindSpot is the Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

Ph: 1800 61 44 34

Some other services are on the next page.

*DISCLAIMER

The information provided throughout is intended for information purposes only. Whilst many of the services and resources listed are government funded, individuals should independently investigate, evaluate and verify the content and credentials of any service or resource before choosing to use it. The services listed in this guide are not exhaustive and represent primarily Australian products.

Crisis Support - Phone and online counselling



Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467
National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636
Telephone (24/7), online and email counselling.



1800RESPECT 1800 737 732
24/7 phone & online counselling for people seeking for domestic violence situations.



MensLine Australia 1300 78 99 78
Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



GriefLine 1300 845 745
Phone and online counselling for individuals and families experiencing loss and grief.

Apps



MoodMission
A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Snapshot
A free app for Australian adults to check and monitor their mental health and wellbeing status.



MindGauge
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



BeyondNow
An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



ReachOut Breathe App
A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



Smiling Mind
A website and app teaching mindfulness meditation to young people and adults.

Aboriginal and Torres Strait Islanders



MindSpot - 'Indigenous Wellbeing'
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



iBobbly
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.



Older Adults
MindSpot - 'Wellbeing Plus'
An online program for stress, worry, anxiety and depression in adults aged 60 and above.



Be Connected - e-Safety Commissioner
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

Self-Guided Programs



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



THIS WAY UP

A range of self-paced online CBT courses (free during COVID-19 crisis). Helping you learn practical skills to improve how you feel. Can be self-help or guided by your own clinician.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Moderated Forums



Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



Sane Australia

Moderated forums providing peer-to-peer support.

Young People



Kids Helpline 1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



headspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Meeting Dates for May 2020

The Ordinary Meeting of Council will be held on the 20 and 21 May 2020 commencing at 9am, at the Karumba Civic Centre.

Due to current events, this meeting will not be open to the public as maximum attendance numbers are currently in place.

Items to be considered at the Council Meeting must be lodged with the Chief Executive Officer no later than Tuesday the week prior to the meeting. The Mayor and Councillors will be in attendance and available to answer these questions, comments or any business concerning Council matters that you may wish to have discussed.

