



BUR-DEL Community Newsletter

The Bur-Del Co-Operative Advancement Society Limited

Caring for Indigenous & Non-Indigenous People since 1975



The Administration
Centre 72 Wickham
Street, Ayr

Issue No. 10—June 2026

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From the Editor

The Private Health Insurance Rebate Cut: What It Means for You

We as older Australians are again facing a major new hurdle in the midst of an ongoing cost-of-living crisis. The Federal Government's latest budget proposal outlines significant changes to the Private Health Insurance (PHI) rebate, a move that will impact significantly on our often strained budget. This an unfair choice that we have to make between our health and our household budgets.

What is Changing?

Currently, the government provides higher health insurance rebates to older Australians to help offset higher premium costs as we age. The new policy plan completely removes these age-based tiers, flattening the rebate to a baseline of **24% for everyone**, regardless of age.

If passed, the changes will take effect on **April 1, 2027**.

* **Aged 65–69:** The rebate drops from 28% to 24%

* **Aged 70 +:** The rebate drops from 32% to 24%

The reality in \$'s. (Estimations only)

Single Pensioners: If you are a single person on a top-tier "Gold" hospital plan, losing your senior rebate means an immediate out-of-pocket increase of **\$200 to \$550 more per year**.

Senior Couples: For a couple on a typical "Gold" plan, the loss of the higher age rebate means a premium jump of **\$800 to \$1,600 more per year**.

These substantial increases come on top of the standard, everyday premium hikes that health funds implement annually.

We all know that the cost of groceries, electricity, and everyday essentials has soared. For retirees on pensions or fixed incomes and not being to subsidize with **additional earnings** finding an extra \$400 to \$1,200 a year just to keep the same healthcare is simply not feasible. Approximately 400,000 pensioners currently rely on private cover and how many of us will be forced to downgrade or completely drop their health insurance it. This will inevitably push more people into an already struggling public hospital system, leading to longer wait times for everyone and we already know how that effects our quality of life.

Robert Lesca



The Bur-Del Co-Operative Advancement Society Limited

Is a not for profit organisation and was registered as a large Society in Queensland in 1975.

The organisation provides services to Individuals through funding by donors and government agencies. These services may be provided by one or more organisations within the Burdel Pty. Ltd. Group of entities and auspices the following Charity Programs.

**Community and Home Care
Community Housing
Early Childhood Education**

Business Sites

Ayr

Administration Centre

72 Wickham Street, Ayr

Phone: (07) 47 834 560 / (07) 47 833 680

Butterfly Lodge

114-118 Cameron Street, Ayr

Phone: (07) 47834 560

Allied Health Hub

114-118 Cameron Street, Ayr

Phone:(07) 47834 560

Bur-Del Bee Kind Early Education Centre

110-112 MacMillan Street, Ayr

Phone: (07) 47833 684

Home Hill

Bur-Del Community & Home Support

IGA Complex

Eighth Avenue, Home Hill

Phone: (07) 47 834 560 / (07) 47 833 680

Townsville

Bur-Del Community & Home Support

141 Thuringowa Drive, Kirwan

Phone: (07) 47 834 560 / (07) 47 833 680

Website: www.burdel.org.au

Email: hcp@burdel.org.au

care@burdel.org.au

Monday to Friday 9 am to 12.00 pm

1 pm to 4.30 pm

ABN 42609591731

BURDEKIN DELTA DINER

Open

**Monday
to Friday
8 am. to 2 pm.**

*Mum
Said*



**145-149 Queen Street,
Ayr
Ph. (07) 47831 914**

**Burdekin Delta
Diner**



The Burdekin Delta Diner is a meeting place for fresh meals, great coffee and friendly service. Whether you're catching up with friends, grabbing a bite on the go or enjoying a relaxing day, we've got something for everyone. Our Diner is perfect for families, workers and visitors. Looking forward to catching up with you.



**Food & Drink Menus
Pages 27 & 28**



BINDAL SHARKS

How you can support your Burdekin Community

*Decisions should be made with us...
not for us!*

If you are 18 years old or older

Enrol with AEC to vote today,

- Local council
- State
- Federal elections

More people enrolled may strengthen our
community's case for,

- Better infrastructure
- More homes
- More services

**Its time to stand up, be counted,
and make our voices heard!**

**Have your say and make
your vote count!**

Our elders fought hard for our right to
vote in the 1967 Referendum.
Showing up to vote is vital.
These are the tools that give us
visibility and power.

We have a responsibility to uplift and
support our people in local elections,
for our voices to be heard
and represented at both the
state and federal levels.

If you require assistance with registration, enrolling and updating details.
Please contact Bindal Sharks AEC Team on the details provided.

The Bindal Sharks AEC Team

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REGISTER TO VOTE



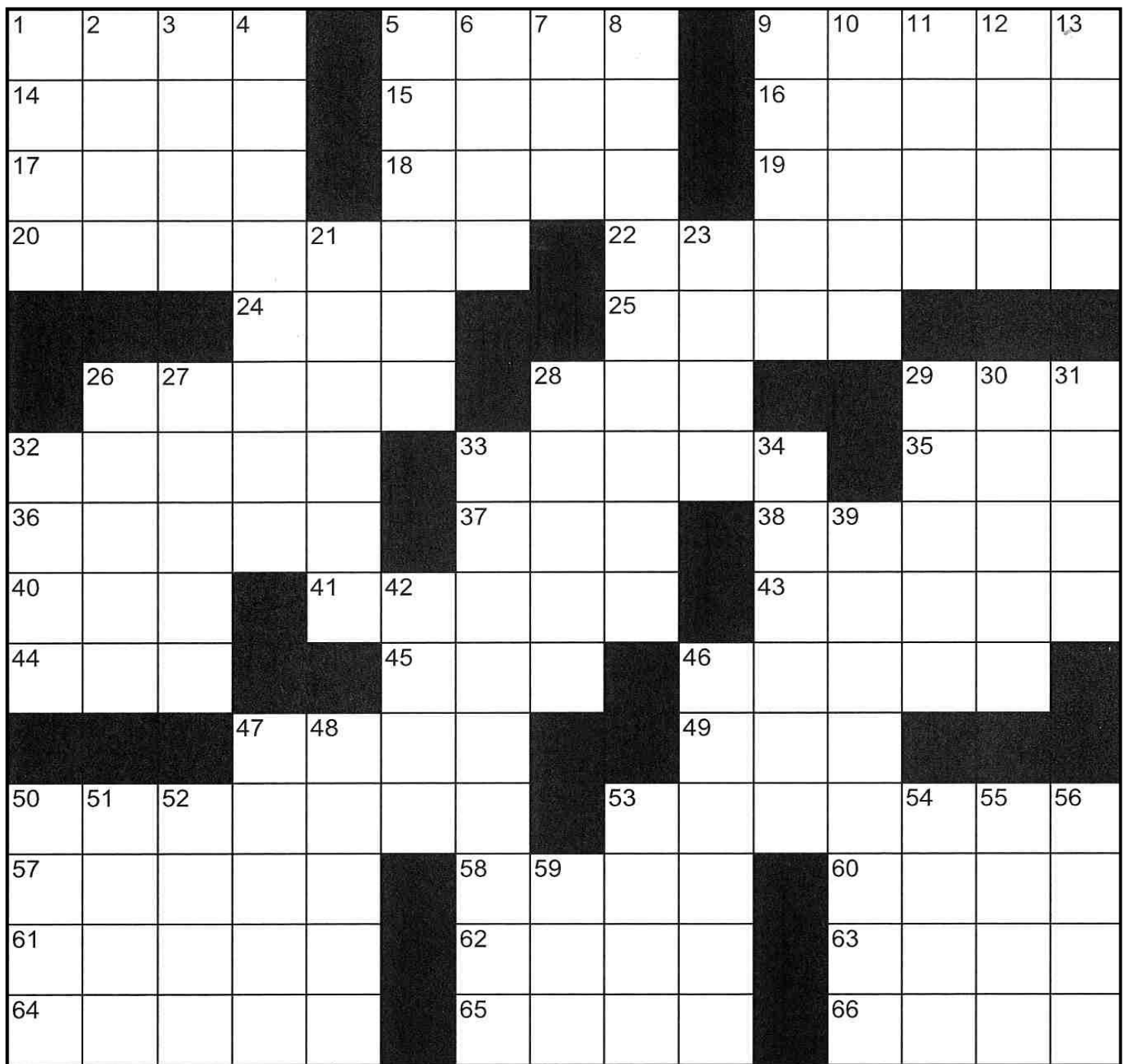
www.aec.qov.au



Representatives from the Bindal Sharks Office met with Bur-Del staff to promote the AEC (Australian Electoral Commission) campaign 'Decisions should be made with us not for us'. Flyers were distributed within Bur-Del and client base to support our Burdekin Community by enrolling with the AEC. Photo L-R Emene, Chloe, Lynette and Viaella.



Practice Fire Drill at Bur-Del Administration Centre. L-R. Client Vince, Michael, Kathy, Glennis, Kyle, Gavina, Raymond Jr., Lynette, Isabel, Toni, Monique, Tamara and Errol.



ACROSS

- 1 Tie shoes
- 5 Uproar
- 9 Type of monkey
- 14 Flatten
- 15 Sympathize
- 16 Grind
- 17 Ham
- 18 Colors
- 19 Quick-witted
- 20 Defends their country
- 22 Lunges
- 24 Flurry
- 25 Glance over
- 26 Group discussion
- 28 Motor vehicle
- 29 Not JFK
- 32 Approximate date
- 33 Liners
- 35 Rio de Janeiro
- 36 Surpass
- 37 Summer skin color
- 38 Tiny particles
- 40 Fib
- 41 Plant trunks
- 43 Ramble
- 44 Headed

DOWN

- 45 Type of music
- 46 Crimes
- 47 Tuber
- 49 Dashed
- 50 Tutor
- 53 Madman
- 57 Shelter under branches
- 58 Kiln
- 60 Prank
- 61 Purple fruit
- 62 Pit noise
- 63 Brand of sandwich cookie
- 64 Sugar-free brand
- 65 Long
- 66 Apply a varnish

DOWN

- 1 Wilted
- 2 Realm
- 3 Cake
- 4 Entry
- 5 What children attend
- 6 Rigid
- 7 Wrath
- 8 Curbs
- 9 Louis' partner
- 10 Netherlands' capital
- 11 Wading bird
- 12 Shed
- 13 V.P.'s boss
- 21 Utopian ideas
- 23 Lyre
- 26 Elf
- 27 Arched
- 28 Winner
- 29 Put icing on a cake
- 30 Ten cent coins
- 31 Optimistic
- 32 Tiny body part
- 33 Sauna (2 wds.)
- 34 Island inhabitant
- 39 Twisters
- 42 Maple

- 46 Stems
- 47 Quick bread
- 48 Troika
- 50 Record
- 51 Goofs
- 52 Connect
- 53 Optical device
- 54 Exhaust
- 55 Whim
- 56 Rad!
- 59 Seven

Easy

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

Medium

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

Hard

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

Expert

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

Master

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



Apples
Autumn
Chilly
Cider
Coat
Dogdays
Equinox

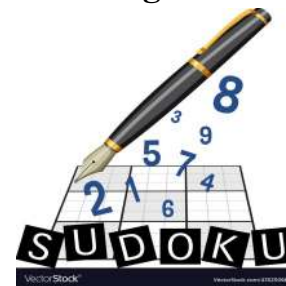
Fall
Football
Gloves
Harvest
Holiday
Leaves
Libra

Picturesque
Quilt
Scarf
School
September
Squash
Windy



Solutions Crossword, Sudoku & Find a Word

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Find The Word

Find the words in the grid. When you are done, the unused letters in the grid will spell out the hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

*Hidden Quotation by
Laura Coffman*

N F A S C H O O L L I R S S
P M A P P L E S A T I E M E E
I W U F W I N D Y H B E V N N
C A T T O U R E S M D A R G E
T L S H U O S S E Q E E L S C
U I I N A A T T Y L U O I H T
R B S M A R P B N A V A I Y B
E R E A U E V T A E D L S Y I
S A F U S L C E S L L G A H O
Q L O R S C T T S Y L D O N J
U W T M N I L J T T I C L D K
E J N T Q D I T A L N T L K W
F R A C S E U F O R Z B A W K
W K R H L R Q H C H B N F T Q
Q T B V X O N I U Q E D K M N



Using an 'Enduring Power of Attorney' EPOA to reduce the risk of financial abuse

Financial abuse is the second-most common type of elder abuse, according to the Elder Abuse Statistics in Queensland report 2024-25, yet Queensland Public Trustee's 2025 research showed that 33 per cent of Queenslanders aged 65 and over did not have an **EPOA**.

It is a good idea to have an enduring power of attorney in place, in case you suffer from temporary or permanent loss of capacity due to illness, injury or disability in the future.

An enduring power of attorney is a legal document that allows the maker, known as the 'principal', to appoint one or more trusted individuals to make financial and other types of decisions on their behalf.

It ensures your wishes are respected and your affairs are managed if you're ever unable to manage them yourself. This gives you peace of mind and can prevent stress and confusion for loved ones during challenging times.

To find out more information on how an enduring

power of attorney is made and strategies for making an effective enduring power of attorney, visit the Queensland Public Trustee or contact your own legal representative.

Key Indicators of Financial Abuse:

- **Controlling Access:** A partner or carer controls all money, restricts access to bank accounts, or demands an "allowance" that doesn't cover expenses.
- **Coerced Debt & Documents:** Being forced to sign loans, credit agreements, mortgage documents, or acting as a guarantor against your will.
- **Employment Sabotage:** Preventing you from working, studying, or forcing you to work in a family business without pay.
- **Asset Theft or Misuse:** Selling your property (car, jewelry) without permission, stealing from your bank account, or changing a will or Power of Attorney under pressure.
- **Financial Surveillance:** Demanding receipts for everything, monitoring purchases via apps, or forcing you to justify every expense.
- **Neglect (Elder Abuse):** An older person not having money for food or medicine despite having funds, or forced to pay for a carer's expenses.

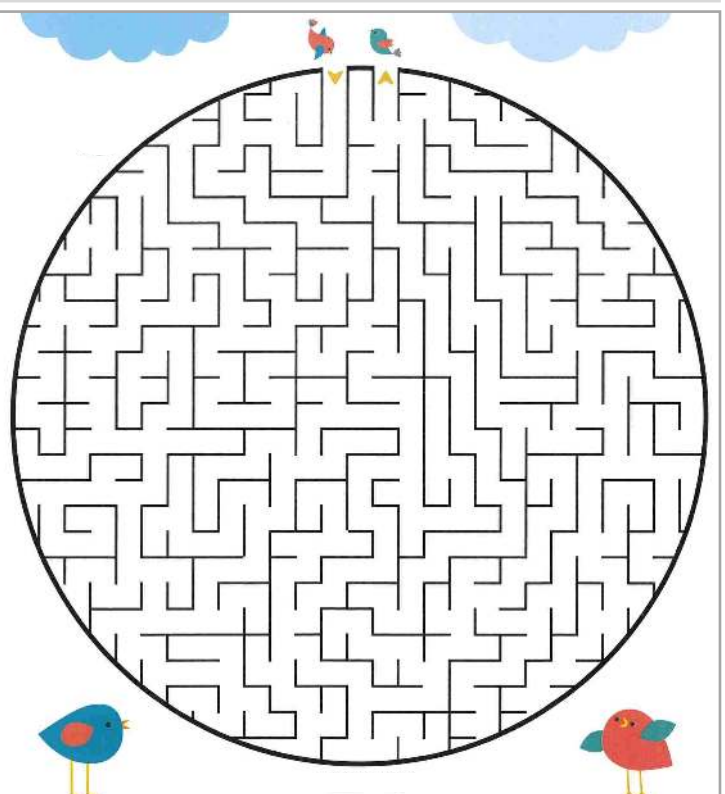


Find the difference



8

Puzzle Solutions Page 18





From October 1, 2026, Australians will no longer pay a fee for debit, prepaid and credit payments using eftpos, Mastercard and Visa cards. The Reserve Bank of Australia estimates the change could save consumers around A\$1.6 billion a year.

The case for change sounds simple enough: one price, no add-ons, no surprises at the end of a transaction.

But credit card companies, banks, restaurants and others are already warning they could raise fees and prices in other areas once card surcharges are banned. That means we could see costs shifting, rather than falling.

How a card payment actually works: Most people experience paying by card as a direct exchange with a shop. Behind that tap, several other parties are quietly collecting their share before your money reaches the shop.

When you pay at a cafe, your bank approves the transaction and releases the funds. The cafe's bank receives that money on the business's behalf. Between them sits the card network usually Visa or Mastercard – routing the payment from one to the other.

Then there's the payment service provider, the company behind both the software processing the transaction and the physical device you tapped your card on.

Each of them charges for what they do. When a business applies a surcharge on card payments, it's trying to claw back some of these costs.

The largest charge is the interchange fee, currently at 0.8% of your purchase for credit cards and 0.2% for debit cards, paid to banks.

The Reserve Bank regulates most of these fees (other than the payment service provider fees) and its October changes aim to bring down costs.

(These changes won't apply to American Express cards or "buy-now pay-later" like Afterpay, which will be looked at in a separate public consultation starting in mid-2026.)

What's changing from October: From October 2026, surcharges on most debit and credit card transactions will be banned.

Interchange fees paid to banks will be capped below their current levels. For credit cards, those fees will drop from 0.8% to 0.3%.

And for debit cards, the fee will drop from the current rate of either 10 cents or 0.2%, down to either 8 cents or 0.16% (whichever is lower). That's expected to cost banks an estimated \$660 million a year.

The Reserve Bank (RBA) decision was based on a clear principle: what the price tag says should be what the customer pays, regardless of how they choose to pay.

The RBA said they were responding to "strong feedback" from a public survey, which found (76%) of people wanted surcharges to end.

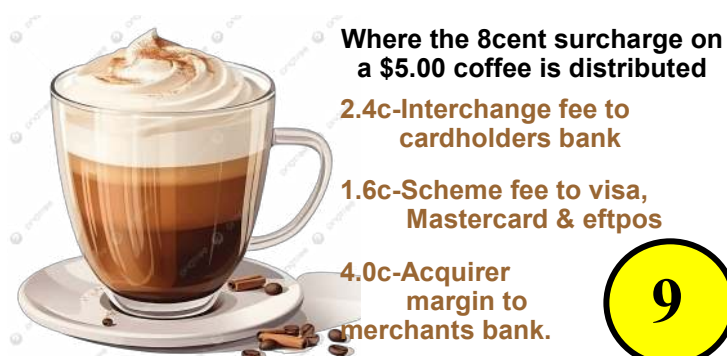
Which consumers look set to pay more: The RBA estimates a surprisingly low share of merchants—just 16% in 2024/25—add surcharges for card payments. But that's doubled since 2022, making it harder for consumers to avoid unexpected, costly surcharges.

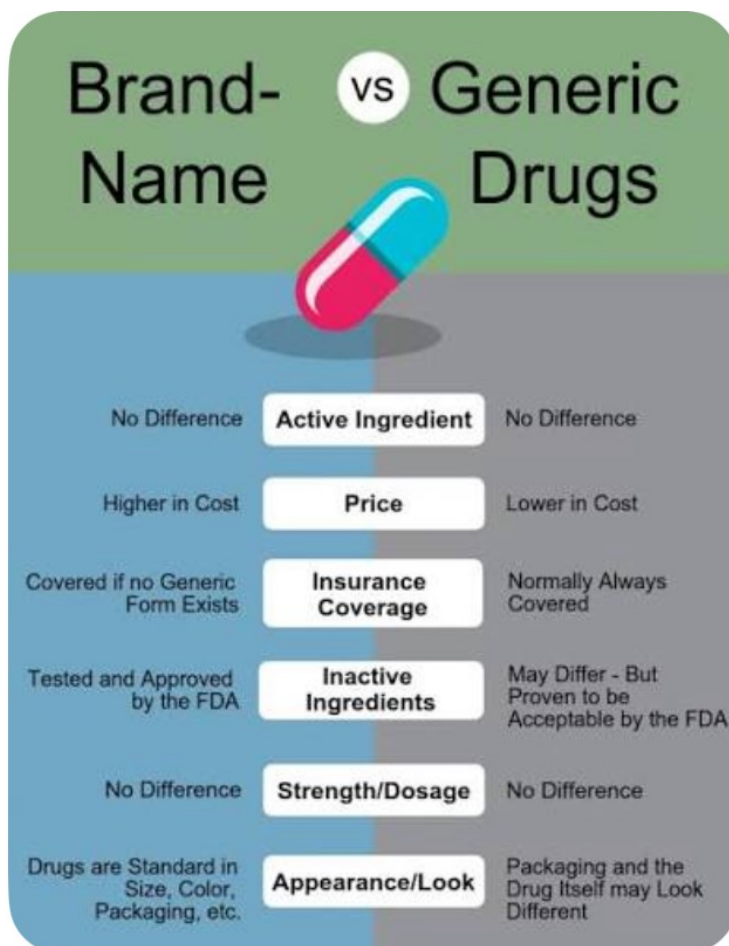
The central bank acknowledges that from October, businesses that have had surcharges "may increase their advertised prices to cover the cost of accepting card payments". But it expects those price rises "to be negligible".

In practice, the RBA is saying that if you pay a card surcharge at your local cafe today, expect its prices to rise slightly in October, once surcharges are banned. If you always pay by credit card now, you might not notice any difference then.

But if you're in the minority of Australians who pay with cash, or insert a debit card into the eftpos machine to pay lower surcharges, you could end up paying slightly more at some businesses from October than you do now.

(Extract 'The Conversation')





Medication prices vary in Australia mainly due to brand premiums, pharmacy competition and whether a drug is listed on the Pharmaceutical Benefits Scheme (PBS). While the government subsidizes most, pharmacies can discount medicines cheaper than the maximum co-payment, leading to price variations, or charge extra for specific brand name brands.

Main Reasons for Price Differences:

Brand Premiums: Some brand-name medicines cost more than their generic equivalents because the manufacturer sets a "brand premium," which is an extra fee paid by the consumer.

Generic vs. Brand-name: Generic medicines contain the same active ingredients but are generally cheaper than brand-name counterparts.

Pharmacy Competition: For prescriptions below the maximum co-payment (e.g., in 2026), pharmacies can set their own, lower prices, leading to variations in what you pay.

Dispensing Fees and Costs: Individual pharmacies may have different overhead costs (rent, staffing) which can influence the final price,

particularly for non-subsidized private prescriptions.

Private vs. PBS Scripts: Medications not listed on the PBS (private scripts) are not subsidized, allowing pharmacists to set their own prices based on market rates.

As of 2026, the maximum co-payment for most PBS medicines is capped at \$25.00, down from previous years, aimed at reducing costs for patients, but comparing prices between pharmacies remains worthwhile.

Why are generic medications prescribed?

Cost Savings (Affordability): Generic medicines are cheaper because manufacturers do not spend on the original drug's research, development and marketing. This makes them more affordable for patients and reduces the cost to the government.

Active Ingredient Prescribing: Since Feb 1, 2021, Australian doctors are required to use the drug's chemical (active ingredient) name rather than the brand name. This reduces confusion (e.g., prescribing *paracetamol* instead of a specific brand), reducing the risk of patients doubling up on medications.

Equal Quality and Safety: The Therapeutic Goods Administration (TGA) tests all generic medicines to ensure they have the same quality, safety, and effectiveness as the original brand.

Supporting the Healthcare System: Using generics allows the health budget to be used more efficiently, allowing savings to be reinvested into funding new, expensive medicines.

Common Examples of Generic Medicines in

Australia

- **Pain Relief & Fever:** Paracetamol (sold as Panadol, Herron, or generic brands), Ibuprofen (sold as Nurofen or generic).
- **Cholesterol Lowering:** Atorvastatin (generic, Sandoz) instead of Lipitor; Rosuvastatin (generic, Sandoz) instead of Crestor.
- **Heartburn/Reflux:** Omeprazole (generic) instead of Losec; Esomeprazole (generic) instead of Nexium.
- **Mental Health:** Sertraline (generic, Sandoz) instead of Zoloft.
- **Blood Thinners:** Warfarin (generic)



A Message from the Board Chair Jean McRuvie

We are often hearing advice on how we should age. Yes, like every other age, we need to eat healthily, exercise, socialise and keep our minds and bodies busy.

What nobody talks about is the emotional toll of ageing. Coming to terms with activities that you can no longer do easily – taking lids off jars comes to mind immediately. Realising that your career is over, your children love you but do not necessarily need you, you need to adjust your living situation to fit the fact that you are not as agile as you used to be and your purpose in life is not as clear cut as it was once.

The fact is that growing older is another stage in your life's journey when you must make decisions on ways to ensure your life has meaning, joy and love. **My favourite saying is that happiness is having something to do, something to love and something to look forward to.**

Unfortunately the society in which we live is not always helpful. For example, when you reach the age of 75 regardless of your circumstances you are obliged to take a senility test if you want to keep your driving licence. When I had to do this the young nurse asked me to count backwards from 100 in sevens. I easily completed this and handed her the numbers on a piece of paper. She immediately took out her calculator to check that I was correct. While this story is amusing, I found it depressing. The fact was that I had now reached an age where the assumption was that I was becoming incapable of looking after myself.

"Growing old is not a disease. We all grow old. But are you, is anyone, worth less, or less important, because they've been around for longer?" (The Little Paris Bookshop. Nina George)

I love this quote and it underlines the reason that COTA Queensland focusses on the issue of ageism, particularly in the health, care and dignity space. Older people are no different from middle aged or young people – they just have different needs particularly the need to be seen, heard and respected.

COTA Queensland is committed to ensuring the voice of people as they age is heard loudly and clearly. That those people who help to care for you when you are no longer able to do everything for yourself listen to you and respect you. So please tell us your experiences so we can continue to work towards change.

I hope you have survived the floods and cyclones, the global turmoil and the fuel crisis and life is being kind to you.

Jean McRuvie (Chair of the Board)

(Extract COTA Queensland newsletter April 2026)

Since 1957 Council on the Ageing (COTA) Queensland has played a vital role in ensuring the voices of older people are heard in policy development and community conversations.

Through advocacy, education and practical support, they empower older Queenslanders to live with dignity, independence and purpose. They deliver programs that help older people stay informed, maintain independence and access services that enhance their lives. Also, they engage directly with seniors through forums, workshops and focus groups to understand their real-life experiences. This grassroots feedback informs their policy efforts and drives positive change.

Council on the Ageing (COTA) Queensland works closely with government, community groups and businesses to promote the interests of older people across the state.

Queensland Seniors Month runs from 1–31 October, beginning on the United Nations International Day of Older Persons (1 October) and including the celebration of Grandparents Day (Sunday, 25 October 2026).

The theme for 2026 Seniors Month is
"Connect and celebrate".

HEALTHY EATING FOR DIABETES

FOODS TO CHOOSE



FOODS TO AVOID



Managing diabetes effectively starts with making smart, consistent food choices. Diabetes Australia and the Australian Dietary Guidelines emphasise balanced meals, low-GI foods and whole, minimally processed ingredients. Whether you are newly diagnosed or adjusting your lifestyle, understanding the right foods to include and avoid can help you maintain healthy blood sugar levels and improve long-term wellbeing.

Why Diet Matters for Diabetes:

Every food choice you make affects your blood glucose levels. A diabetes-friendly diet focuses on

- Stable blood sugar
- Healthy weight management
- Heart and kidney protection
- Reduced risk of complications
- Better daily energy and mood

The goal is not strict dieting but creating a sustainable, balanced lifestyle that suits Australian eating habits.

Foods for Better Diabetes Management:

1. Low-GI Carbohydrates. Low-GI foods are strongly recommended because they release energy slowly and avoid rapid spikes in blood sugar. Basmati rice, wholegrain bread, rolled oats or Weet-Bix, quinoa, barley, buckwheat, sweet potato, low-GI pasta (Leggo's, San Remo brand)
These foods keep you full longer and help stabilise glucose.

2. High-Fibre Vegetables. Broccoli, cauliflower, spinach, green beans, zucchini, carrots, tomatoes, capsicum, eggplant, pumpkin and mushrooms.
Half your plate should come from non-starchy vegetables. Aim for 5 serves of vegetables daily.

3. Lean Proteins. Protein supports fullness, balances blood sugar and helps maintain muscle health. Skinless chicken, lean beef or kangaroo, eggs, tofu and legumes (chickpeas, lentils, kidney beans), fresh

or tinned tuna, salmon, or sardines (in spring water), cottage cheese or Greek yoghurt.

Pair protein with low-GI carbohydrates for best blood sugar control.

4. Healthy Fats. Healthy fats are encouraged in moderation because they improve cholesterol and slow digestion. Avocado, extra virgin olive oil, nuts and seeds, natural peanut or almond butter, chia seeds and flaxseed.

These can help stabilise blood glucose levels throughout the day.

5. Fresh Fruits (Low-GI Options). Australian guidelines do not restrict fruit—just choose low-GI varieties. Best options include—apples, oranges, berries, pears or Kiwi fruit.

Stick to whole fruit rather than fruit juice.

Foods to Limit or Avoid:

1. Sugary Drinks. Australian recommendations is to eliminate sugar-sweetened drinks. Avoid: soft drinks, fruit juice, sports and energy drinks, iced teas with sugar, flavoured milk.

Drink water, sparkling water, or unsweetened tea.

2. Refined Carbohydrates. These convert quickly into glucose and spike blood sugar. Limit: white bread, white rice, regular pasta, cakes, muffins, pastries, biscuits, crackers and packaged snacks.

Replace with wholegrain or low-GI options.

3. Deep-Fried & High Fat Takeaway Foods. Common Australian comfort foods can be harmful if eaten often. Avoid or reduce: hot chips, fried chicken, pies, sausage rolls, fast food meals and potato wedges.

Opt. for grilled, baked or air-fried alternatives.

4. Processed Meats. These contribute to inflammation and increased health risks. Limit: bacon, salami, sausages, ham or deli meats

Choose fresh lean meat or plant-based proteins instead.

5. High-Sugar Treats. Enjoy occasionally, not regularly. Chocolates, ice cream, lollies, sweet biscuits or bakery desserts.

* Keep portion sizes moderate—even healthy foods can spike glucose in large amounts.

* If cravings hit, choose healthy snacks-like nuts, hummus with veggie sticks, low Gi crackers, dark chocolate, or Greek yoghurt with berries

* Drink 6–8 cups of water daily.

CONSUMER ALERT

Do you need to apply for a Birth, death or marriage certificate?

Make sure you're on the official Qld Government website:

www.qld.gov.au/law/births-deaths-marriages-and-divorces

Queenslanders are being warned not to use third-party services charging inflated prices for certificates from the State's Registry of Births, Deaths and Marriages.

The Registry has become aware of at least one commercial website where applicants are paying more than three times the cost for a certificate, with approximately \$100 being added in extra fees

As well as the additional charges, the use of third-party services could pose an increased risk of identity theft due to the personal information provided as part of the application process.

The Registrar-General advises that applicants could apply for certificates themselves online through the registry's website www.qld.gov.au/rbdm or by downloading the relevant application forms directly from the site.

Given the level of personal information required to lodge these applications, The Registrar General urges Queenslanders to lodge applications directly through the Registry.

Applying directly to the Registry for a certificate costs just \$56.20 but this third-party service is charging almost \$160 for the same document.

If people are searching online, they should stop if they see third-party websites come up in their search results and check they're clicking on the official Queensland Government website before sharing any personal information or payment details.

(information extract Dept of Justice website)



Lookin for Love Romance Scams

If you are looking for love, the Office of Fair Trading is warning people that dating and romance scams are on the rise.

Scammers use social media, dating, gaming apps and websites to earn your trust and steal your money. They'll target anyone, anywhere.

While losses dropped to \$23.6 million in 2024, Australians had already lost more than that by September. Average losses also rose from \$8,000 to more than \$8,500 per person.

People aged 65 and over experienced the highest total losses, amounting to \$8.1million.

Scammers are patient and can wait years to build your trust, so it is important to know how to spot red flags and stay safe online. You can protect yourself and learn how to recognise and avoid common scams through awareness and education.

Warning signs to look for:

- the scammer refuses to meet in person or video chat
- the scammer moves your chat from a social media or online dating app to another platform
- the scammer asks you to invest your money or asks for an urgent loan

Actionable Tips:

- Never send money or banking details to someone you have not met in person.
- Do Not share intimate pictures/videos, as these are used for blackmail.
- Search the person's profile picture using Google Reverse Image Search.
- Notify your bank instantly if money was sent.
- Report to [Scamwatch](#).
- Report to the Queensland Police



The festival is celebrated in the Torres Strait Islands on 1 July each year. It commemorates the arrival of the London Missionary Society in Torres Strait at Erub (Darnley Island) on 1 July 1871, introducing Christianity to the region. The predominantly Christian Torres Strait Islanders hold religious and cultural ceremonies across Torres Strait and mainland Australia to celebrate the day.

(History) In 1871 representatives of the London Missionary Society (LMS) arrived in the Torres Straits on the schooner *Surprise*, which had been chartered by the Society after the French Government had demanded their removal from the Loyalty Islands and New Caledonia in 1869.



They decided to expand into the Torres Straits and New Guinea. They were represented by two Englishmen, Revs S. Macfarlane and Archibald Wright Murray and eight Lifu (Loyalty Islander) evangelists: Tapeso, Elia, Mataika, Guchong, Kerisidui, Wauaded, Sevine and Josaia and their wives.

The missionaries reached Erub (Darnley Island) on 1 July 1871, an event that came to be known as the "*Coming of the Light*". Dabad, one of the tribal elders of the island, met them at Kemus Beach.

Dabad befriended the missionaries and introduced them to Amani, another tribal elder, and the rest of the Erub Islanders. His role in the bringing of Christianity to the Torres Straits is memorialised by Dabad's Monument at Badog.



All Saints Anglican Church is a heritage listed church at Darnley Island, Torres Strait Island Region, Queensland, Australia. It was built from 1919 to 1938.



Torres Strait celebrated 150th year of Coming of the Light on the 1st July, 2021

2026 Coming of the Light Events (July 1st)

- Torres Strait Islands (Whole Region): The 1st of July is a public holiday across the Torres Strait Island Regional Council area, featuring community events, traditional dance and church services.
- Erub (Darnley Island): The birthplace of the celebration typically hosts major historical re-enactments.
- Cairns Service: A 150th Anniversary-style celebration of the Coming of the Light is planned for 3 pm on Wednesday, 1 July 2026, at St John's.
- NPA Region: Official Coming of the Light celebrations are scheduled on 1 July 2026 in the Northern Peninsula Area.

Centre Base clients Bowen Excursion



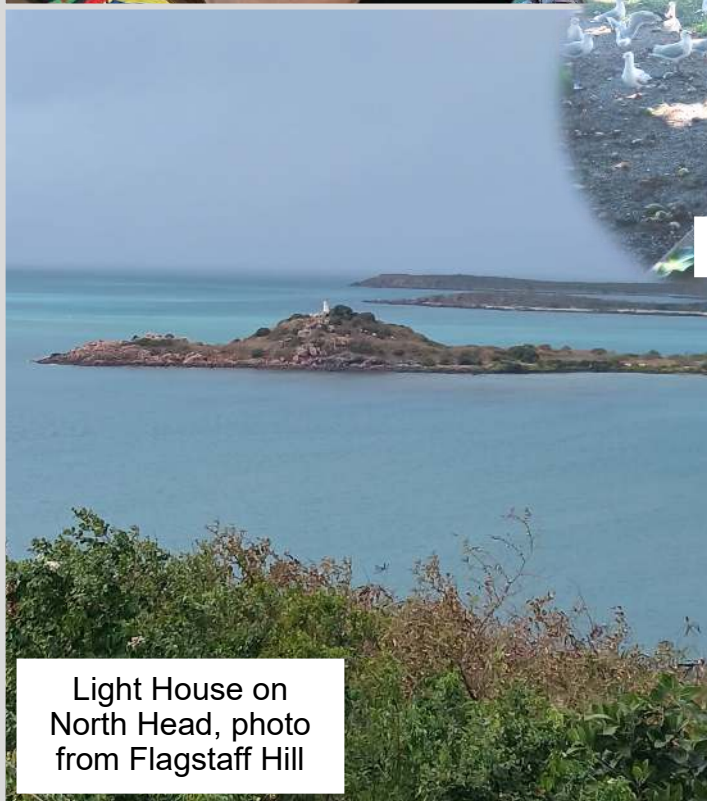
L-R Michael, Lila,
Barry, Eileen,
Pierina & Lua



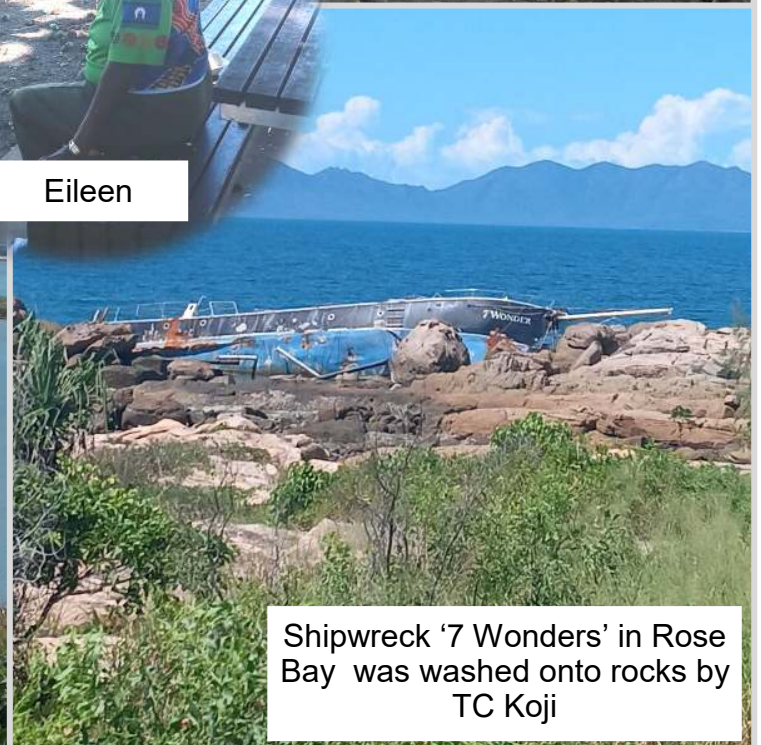
Tanya



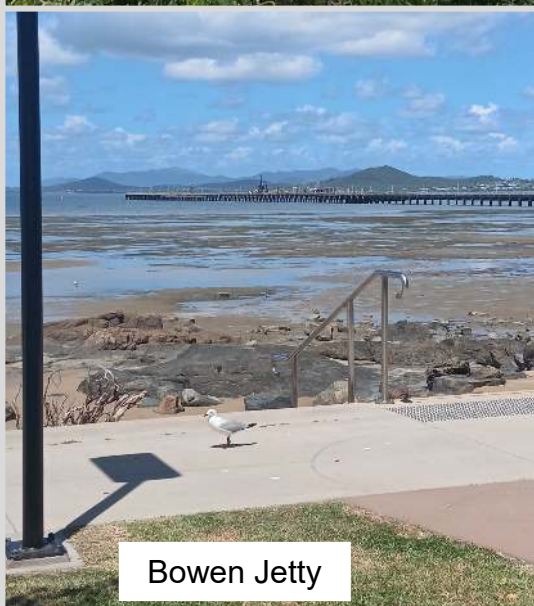
Eileen



Light House on
North Head, photo
from Flagstaff Hill



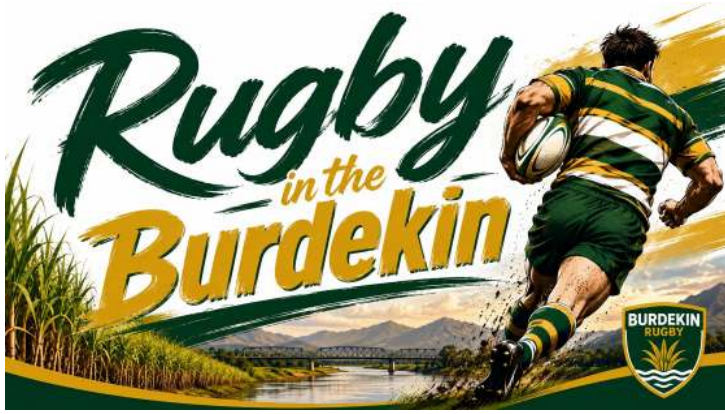
Shipwreck '7 Wonders' in Rose
Bay was washed onto rocks by
TC Koji



Bowen Jetty



L-R Mavis, Barry, Peter, Debbie,
Maria, Pierina and Anesa



Rugby League fans in the Burdekin have an exciting couple of weeks coming up at Bendigo Bank Park in Ayr, formerly called Rugby Park.

The Roosters are currently in a five home game streak against other teams in the R L T D. Last Saturday they played and defeated Norths in three grades and this coming Saturday they will host Western Lions in three grades.

Following that, there will be two huge days at the Park with first of all Townsville Centrals visiting in three grades and then old rivals Herbert River.

On Saturday July 18 when Centrals play here the ever popular Ladies Day will be staged. That day is always well patronised and looked forward to, so much that the allotted 200 tickets were sold out in two days. The A grade Roosters will wear special jerseys which will be auctioned at the end of the game in the Ladies area.

During the four hours of the afternoon, the Ladies will be entertained as well as have plenty of food and drink whilst taking part in games.

In 1986 the last club Grand Finals were played before the Burdekin moved to Townsville,

Burdekin Whitsunday and then back to Townsville where they play now. Those Grand Finals were played in under 17 and A grade with the Home Hill Devils playing in both A grade with Hornets and under 17 with Colts winning both the under 17 by 12-10 and the A grade 36-6.

For the Hill in under 17, Ross Power and Nick Mamalis scored tries with Steven Brady kicking 2 goals while for colts Calvin Warcon and Brett Starkey scored tries and Brian Mahon a goal.

In A grade the try scorers for the Devils were Frank Connors, Ricky Gudge, David Howie, Merv Taiters, Charlie Cole and Billy Heron, with Billy also kicking 6 goals with Wes Heron the try scorer for Hornets converted by Wayne Cornford.

On Saturday July 18 the Home Hill Devils will be holding a re-union of those two teams first on Friday July 17 at the Crown Hotel in Home Hill and then on Saturday at Bendigo Bank Park. That will mean Ladies Day will be one end of the Park and the re union the other end of the Park.

On July 25, the Blackhawks will be playing Burleigh Bears in Ayr while the Roosters will meet Herbert River in A grade reserve and under 19. Games that day will start at 9 am with the Little Roosters playing Townsville teams in the Junior Rugby League from under 6 to under 17. Teams from Bowen will also meet Townsville teams that day as well in Ayr.

Brian Carnes 06/07/2026



Emene and Lynette



Kathy, Lynette, Rob and Leanne



Steve and Emene

STAY ON YOUR FEET

How Can I Get Up Off The Floor

Using my knees

1 Turn onto your back



2 Roll onto your side



3 Push onto your hands



4 Push up onto your hands and knees



5 Kneel, using stable furniture to steady yourself



6 Place your strongest leg forward



7 Stand up



8 Turn slowly



9 Sit down. Rest and tell someone you have fallen



* Don't Panic.

* Stay calm, remain positive and assess the situation.

* Decide whether or not you can get up safely.

Can you get up safely?

YES

1. Try rolling onto your side and push up onto your hands and knees.

2. Use stable furniture to help you get up.

3. Tell someone you have fallen and see your doctor or Aboriginal health worker.

NO

1. Get somebody's attention:
..Press your personal alarm.
..Reach for a phone.
..Make a loud noise.

2. Use pillows or blankets within reach to stay warm and comfortable.

3. Once help has arrived, tell someone you have fallen and see your doctor or Aboriginal Health Worker.

17

Using my arms

1 Turn onto your back



2 Roll onto your side



3 Push onto your hands



4 Prop yourself up with both arms behind you



5 Use a cushion (or other low sturdy object) as a low seat



6 Lift bottom back onto cushion



7 Push as far back as possible



8 Lift bottom back onto chair



9 Sit down. Rest and tell someone you have fallen



Easy

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

Medium

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

Hard

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

Expert

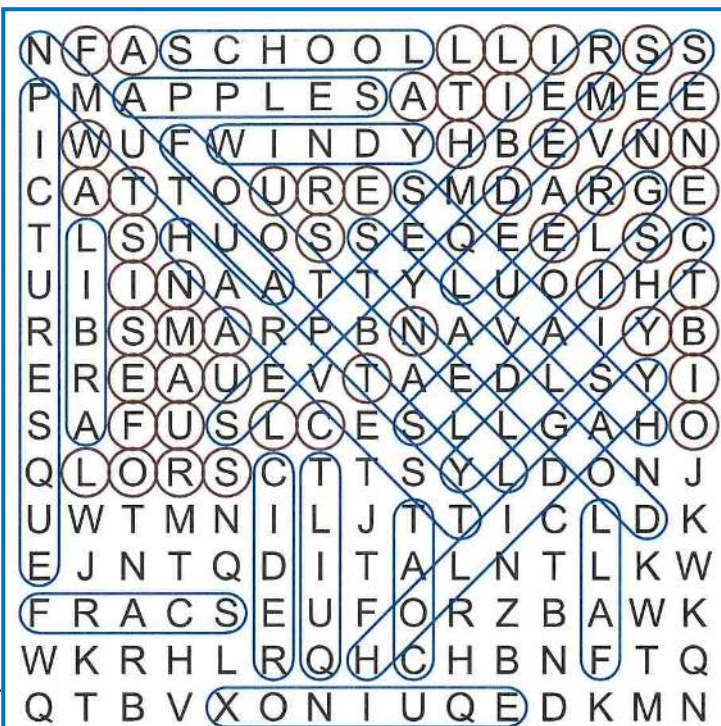
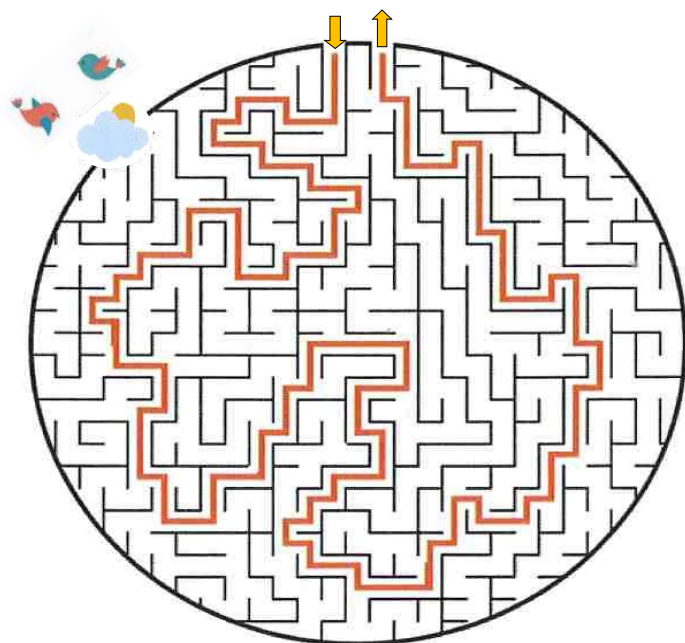
1	7	5	8	3	2	4	9	6
3	6	9	7	4	5	2	1	8
2	4	8	1	9	6	7	5	3
9	8	2	5	6	1	3	7	4
7	3	6	4	2	9	1	8	5
4	5	1	3	7	8	9	6	2
6	2	7	9	8	4	5	3	1
5	9	4	6	1	3	8	2	7
8	1	3	2	5	7	6	4	9

Master

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

**Hidden quotation by
Laura Coffman**

*Fall is a time when
nature dresses in
its many beautiful
colors*



**NOPE... IT CAN'T BE DONE ONLINE...
YOU ACTUALLY HAVE TO TAKE THE RAKE OUTSIDE**



Let's Laugh

A man of faith hears on the radio there's going to be flooding. He shrugs at the radio and says, "God will take care of me".

He wakes up the next day and the first floor of his house is flooded.. as the water rises, he climbs up onto the roof.

A guy floats by in a canoe and says, "hop into the boat, the waters rising".

He waves the guy off and says, "God will take care of me".

Now the water is halfway up the roof and he's straddling the roof ridge.

A woman in a boat speeds up and says, "Get in the boat! The waters are going to keep rising !" The guy waves her off and says, "God will take care of me".

The guy is now on tip top of the chimney the water swirling around his neck. A helicopter hovers overhead and the pilot repels down and says, "grab on!" Again, the guy says, "no thanks, God will save me."

The guy wakes up at the pearly gates, in line as St. Peter is waiting for windows to install updates. He says God through the gates on his throne, Jesus sitting on his lap. He yells up at God, "Why didn't you save me?"

God yells down, "I sent you a canoe, a boat and a Helicopter!!!!"

I was in my garden when I got the news that my father had fallen from a 20 feet ladder and was in the hospital. I rushed to the hospital expecting that my father had some major fractures, but he was alright except for some minor cuts. When I told him that it was a miracle, he disagreed and told me, "Son, I had just fallen from the first step of the ladder."

Two friends are in a car when they approached a red-light and instead of stopping, the one driving just kept going through it.

The passenger friend yelled "Hey! you just ran that red light".

"Don't worry.", the driver said. "My brother does this all the time..."

So they're going along, come to another red-light and the driver again just drove right through it.

"Didn't you see that red-light you just went through?", asked the passenger.

"I told you, don't worry about it...my brother does it all the time!", answered the driver.

So they're going along, come to an intersection with a green-light and the driver slammed on his brakes.

The passenger then screamed, "Why are you stopping at a green-light?"

"My brother might be coming the other way..".



Who Remembers *Wash* ON **MONDAY**

Iron on Tuesday

In the early 1950s, Australia's traditional "wash day" was a labor-intensive event routinely held on a Monday. The process required using a woodfired copper, hand-cranking mechanical wringers and using harsh soaps. Also blueing to brighten whites. The task often spilled into the next day for ironing.



The Washhouse/Laundry: This was usually located in a detached outbuilding in the backyard, removed from the home or main living quarters

A Typical Washday Process:

Soaking: Clothes especially linens and whites were first soaked overnight in cold water.

The Copper: The next morning the clothes were then moved to a wood-fired "copper" (a large boiling tub) and boiled for hours with grated soap and washing soda. After boiling the items were extracted with a long stick (dolly) and transferred to double cement laundry tubs.



Washboards: To clean heavily soiled clothing it was necessary to hand scrub the items back and forth across



the ribbed washboard to force the dirt

from the weave.

Rinsing: After scrubbing, clothes were transferred to a rinsing tub where a *Reckitt's Blue* bag was squeezed into the water. (This blueing agent neutralized yellowing and made whites appear to be brighter).



Wringing: Once rinsed, items were fed through a hand-cranked rubber wringer attached to the double concrete tubs to squeeze out as much water as possible.



Drying: Clothes were pegged to long wire lines strung between poles, often requiring a long wooden fork to prop the heavy lines up in the wind.

Hard Soaps: Brands like Sunlight and Velvet soap were the universal cleaning agents. families used "soap savers" (mesh wire cages on wire handles). Small soap scraps were placed inside the cage, which was swirled vigorously in hot Water to manually create suds before the washing process began.



Detergents: In this era there were no detergents as such but Australians used a combination of hard bar soaps, washing soda, plant extracts and boiling water to clean their clothing.

Washing Soda (Soda Crystals):

Used in conjunction with hard soap, washing soda softened the water and boosted grease removal. It was essential in pre-treating heavily soiled collars on shirts or work clothes.



Ironing Process:

Because store-bought ironing boards didn't exist or were too expensive, women used the end of a kitchen or dining table. To protect the wood and provide a smooth, padded surface, they would cover the table with thick blankets and top them with clean bedsheets.



Dampening and Starching:

To prepare for ironing, clothes were often dampened with water on Monday evening, then rolled tightly and usually put into pillow cases for ease of handling and moisture retention. Any items that had to be starched for crispness, usually men's shirts, ladies dresses and doilies, these were dipped into a starch solution, wringed out and then placed into pillow cases or rolled towels to retain moisture.



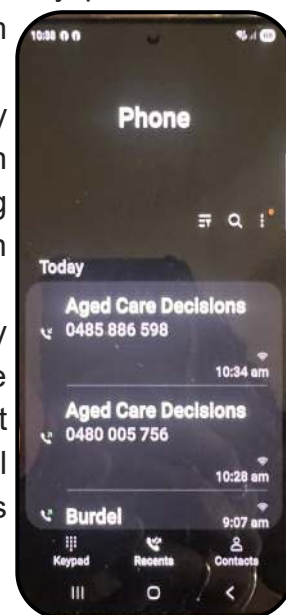
SCAM ALERT



Scammers are becoming increasingly active in targeting clients/seniors pretending to be consultants from **'My Aged Care Decisions'**. Scammers often harvest public information from platforms to personalize their calls, making them sound highly convincing.

What the Scammers Are Doing:

- ♦ **Impersonation:** Callers may pretend to be an IT helpdesk from MAC (My Aged Care).
- ♦ **Urgency:** They may create false decision making, such as claiming referral codes for certain services from clients.
- ♦ **Data Mining:** They may ask for sensitive information, client account details, referral codes or SAH Levels information



What You Should Do:

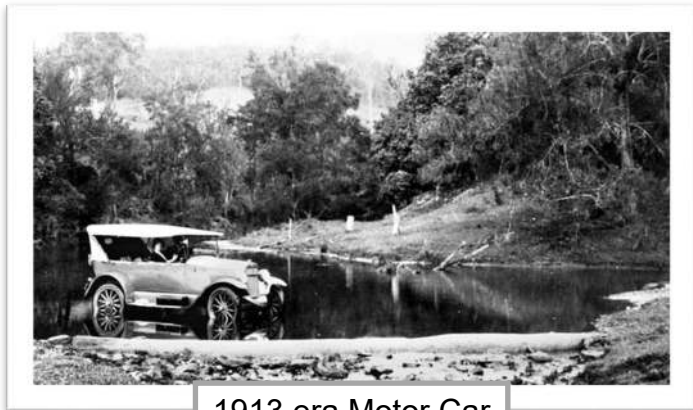
- ♦ **Verify Identity:** If you receive an unexpected call requesting action, hang up. Verify the request by calling the individual or organisation back using a trusted, independent number (do not call the number back directly).
- ♦ **Never Share Details:** Do not disclose client information, company passwords, or personal details over the phone unless you are 100% certain of the caller's identity.
- ♦ **Be Skeptical of Urgency:** Legitimate clients and managers will rarely pressure you to make instant, demand private data on the spot.

If you receive a suspicious call, please report it immediately to My Aged Care 1800 200 442, Bur-Del clients please call Burdel Management (07) 47833680.

ALLIGATOR (CROCODILE) CHASE AT CLARE 1913

'HIGHLY ILLEGAL TODAY 2026'

Thursday 14 August 1913, a shooting party consisting of Mr. John Leahy, (licensee of Delta Hotel Ayr), Lieutenant S Walker, (Army Reserve) his mother Mrs. Walker and Mr. Hawkins (Federal Land Valuator) journeyed to Clare in Leahy's new motor car, in search of alligators. Clare was reached and they went some distance past Clare to a chain of water holes well known to John Leahy. (Maybe these waterholes are known as Gladys Lagoon of today.



1913 era Motor Car

After doing a considerable amount of fossicking around, a large alligator was seen leisurely basking in the sun. It was hard to get to him and they made a half circle round some few hundred yards to get a better shot. The order was given to fire together at the alligator's back which was side on. The shots found their mark and the alligator ducked, then rose again with its mouth wide open. Lieutenant Walker immediately killed the alligator by firing down its mouth. The alligator sank to the bottom. *(I have asked a one-time crocodile shooter when it was legal to do so if this is correct. If you wish to shoot a crocodile you shoot between the eyes for the lethal shot. I wonder how they killed it.)*

The trouble then arose how to get the prey out of the waterhole which was five feet deep. Lieutenant S Walker dived in and put a rope round the alligator and they dragged it out on the bank. Whilst Lieutenant Walker was in the water two of the dead alligator's mates kept hovering round, but were kept off by Messrs Leahy and Hawkins peppering with .303

bullets. The alligator was skinned and the party returned to town. The skin which was on view for a few hours on the Hotel Delta veranda Ayr was seen by quite a large number of people. The skin measured a few inches over 16ft. Lieutenant Walker intends having the head and skin cured and taken to his home at Ballarat.



John Leahy Hotel Delta Ayr 1912

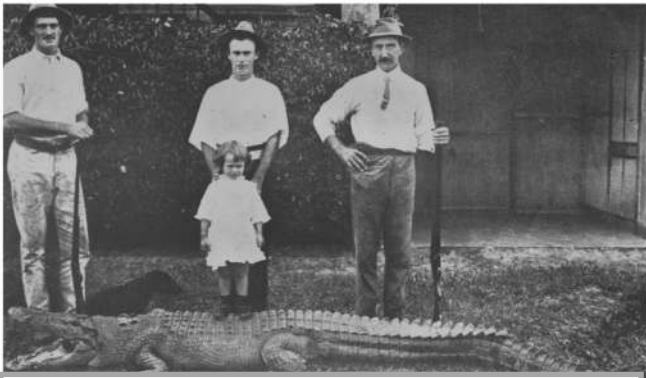


Hotel Delta Ayr Bush House

In these early days the Burdekin River was a wild, flood-prone waterway known for a significant population of saltwater crocodiles (historically termed "alligators"), with sightings common near the railway bridge under construction between Ayr and Home Hill. Crocodiles were a documented threat to residents and railway workers, often seen on sandbanks or near flooded waterways.



Burdekin River Rail Bridge 1913



Large crocodile killed in a cane field near Ayr, 1917 State library photo

One story goes which is authentic. Two fishermen decided to go fishing for the weekend in Bowling Green Bay and camp on the inside of Cape Bowling Green. They were returning to the landing at Baratta Creek when suddenly down the bank, a crocodile came running and landed in the water right in front of the air-boat. The air-boat ran straight over the top of the crocodile. I believe the two men turned grey as they wondered what would have happened if the crocodile had landed in the air-boat. This incident happened in the 1980's.

My grandfather tells the story of his young days fishing at Hellhole or maybe the mouth of the Burdekin River and camping on the sand for the night. Upon waking in the morning, they were very dismayed to find a crocodile's foot prints had come out of the water and walked around them and returned to the water. Needless to say, they never slept on the sand beside the water again.



Big Ben 1928

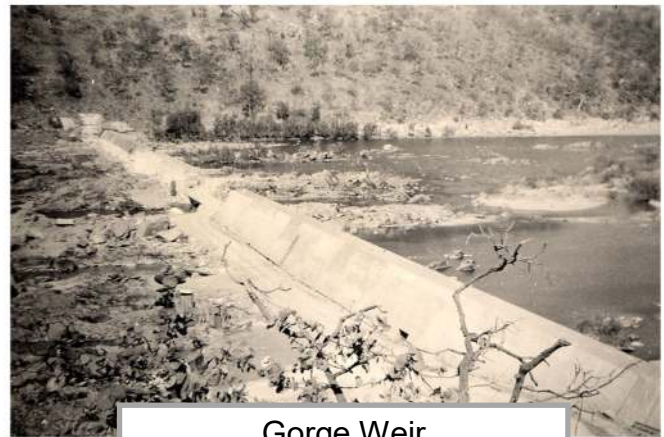
There were two big troublesome crocodiles caught in Queensland one was called "Big Ben". It was caught at Alligator Creek Townsville in 1928.

Maybe some of you have a story to tell hunting crocodiles in the Burdekin, that is when it was legal to do so. The Burdekin Delta is full of crocodiles as they are now a protected species.

Glenis Cislowski



Gorge Weir—Circa 1952



Gorge Weir



Gorge Weir—Circa 1952



Brays, Groper Creek—Circa 1930's



Meet The Bur-Del Team



Emene, Christine & Kathy
Management



Leanne
Finance



Toni
CEO Assistant



Glenis
Finance



Gavina
Finance



Tamara
Housing



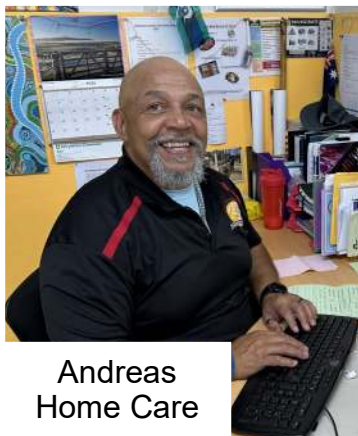
Stephanie
Housing



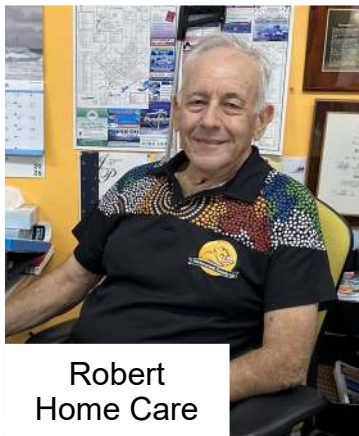
Errol
Management
Assistant.



Lynette
Home Care



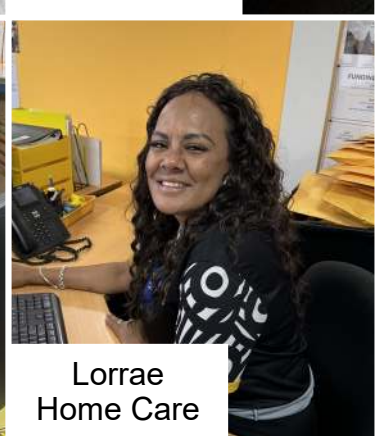
Andreas
Home Care



Robert
Home Care



Rell
Home Care



Lorrae
Home Care



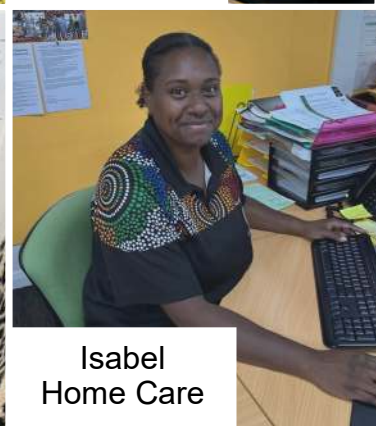
Coral
Home Care



Melissa
Reception



Nora
Reception



Isabel
Home Care



Christine & Ainsley
Support Workers



Shirani
Support Worker



Margaret & Nasa
Support Workers



Fiona & Isabella
Support Workers



Carmena
Support Worker



Kylee
Centre Base Kitchen



Sasha & Isabella
Support Workers



Tanya
Centre Base



Lillian
Support Worker



Shaquarn & Emene
Maintenance



Graeme & Mark
Transport



Michael
Transport



Bernie, Shyakelle & Sue
Home Care



Ingredients:

- 2 tablespoons wholemeal plain flour
- 500 g lean beef, diced
- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 1 leek, thinly sliced
- 1 medium onion, diced
- 2 large carrots, peeled, sliced into thin rounds
- 1 small sweet potato, peeled and diced
- ½ small swede, peeled and diced
- 4 sticks celery, diced
- 400 ml salt reduced beef stock (see tip)
- 200 ml water
- 400 g can no added salt diced tomato
- 3 tablespoons parsley, roughly chopped
- 1 tablespoon Worcestershire sauce
- 2 tablespoons parsley, roughly chopped, to garnish

Method:

Step 1. Place beef and plain flour into a large bowl and toss to coat.

Step 2. Place a large heavy based pan over medium heat and add 1 tablespoon olive oil. Add meat and cook for 2-3 minutes or until meat is brown. Remove meat from the pot and set aside.

Step 3. Add remaining olive oil to the pan and cook onions, garlic and leek for 1-2 minutes, or until just softened. Add carrots, sweet potato, swede, celery, beef stock, water, diced tomato, parsley, Worcestershire sauce and beef to the pot and bring to the boil.

Step 4. Reduce heat, cover and cook on low heat for approximately 2 hours, stirring approximately every 20 or 25 minutes.

Step 5. Garnish fresh parsley on top of beef stew.



Ingredients:

Apple Filling:

- 5 (approx.600g) Granny Smith or Pink Lady apples, peeled, cored and diced)
- 1 tbsp lemon juice
- 1 tsp ground cinnamon
- 1/4tsp ground nutmeg
- 1tbsp cornstarch
- 1tbsp water

Heart Smart Crumble:

- 1 cup certified gluten-free rolled oats
- 1/4 cup almond meal or gluten-free flour
- 2 tbsp pure maple syrup
- 2 tbsp extra virgin oil
- 1 tsp ground cinnamon

Instructions:

1. Preheat and Prep: Preheat your oven to 180° C (350°F). Lightly grease a 1.5-litre (or 8x8 inch) ovenproof baking dish with cooking spray or a drop of olive oil.

2. Make the Filling: Toss the diced apples, lemon juice, cinnamon, nutmeg, cornstarch, and water together in a large bowl until evenly coated. Transfer the mixture into your baking dish.

3. Mix the Topping: In a separate bowl, combine the gluten-free oats (or Weet-Bix), almond meal, and cinnamon. Drizzle with the maple syrup and olive oil. Mix with your fingers or a fork until the mixture is moist and crumbly

4. Assemble & Bake: Sprinkle the crumble evenly over the apple filling. Bake in the oven for 35 to 40 minutes, or until the apples are tender when pierced with a fork and top is golden brown.

5. Serve: Let it cool for 5 to 10 minutes before serving.

This gluten-free, heart-smart apple crumble swaps heavy butter and refined sugars for cholesterol-lowering rolled oats, olive oil and natural maple syrup. It provides a delicious, fiber-rich dessert that supports cardiovascular health.

MENU



BURDEKIN

DELTA

DINER

(07) 4783 1914



★ SALADS ★

CRUNCHY CHICKEN SALAD 22.50

On a bed of salad greens with
honey mustard dressing

SMOKED SALMON SALAD 27.50

Smoked Salmon (M) Salad sits atop
variety of fresh salad and garnished
with Spanish Onions & Capers with
an Italian Dressing

BATTERED FLATHEAD & SALAD BOWL... 21.90

Battered flathead (M) atop variety of
fresh salad served with
Tartare sauce and Lemon

PLOUGHMAN'S PLATE 22.50

Sliced Ham, Salami, Cheese,
Boiled Egg, Olives, Sundried
Tomatoes, Pickled Onions,
Salad & Farmhouse Pickles

★ FRIES ★

SIDE 4.50

BOWL 8.50



★ GOURMET ROLLS ★

CRUNCHY CRUMBED CHICKEN 19.90

Crunchy Crumbed Chicken,
Lettuce, Tomato, Aioli and Cheese

BELT 18.50

Bacon, Egg, Lettuce, Tomato &
Cheese with BBQ Sauce

FISH ROLL 19.90

Battered Flathead (M), tartare sauce,
lettuce & tomato



PRICES SUBJECT TO CHANGE WITHOUT NOTICE

★ DRINKS ★

ORANGE JUICE 6.00

APPLE JUICE 6.00

ICED PEACH TEA 6.00

ICED LEMON TEA 6.00

COKE & COKE ZERO 4.50

PEPSI MAX 4.50

LEMONADE 4.50

BUNDABERG GINGER BEER 6.00

BUNDABERG SARSAPARILLA 6.00

BUNDABERG LEMON/LIME BITTERS 6.00

SPIDERS - ANY SOFTDRINK ADD 1.50

ICED COFFEE 8.50

ICED CHOCOLATE 8.50

ICED MOCHA 8.50

ICED LATTE 8.50

★ MILKSHAKES ★

SMALL 6.00 LARGE 8.00

THICKSHAKES

SMALL 7.00 LARGE 9.50

Flavours - Chocolate, Strawberry,
Caramel, Lime, Banana, Vanilla, Coffee

★ COFFEE ★



	CUP	MUG
CAPPUCCINO	4.50	7.50
FLAT WHITE	4.50	7.50
MOCHA	4.50	7.50
LATTE	4.50	7.50
CHAI LATTE	4.50	7.50
DIRTY CHAI	4.50	7.50
LONG BLACK	4.50	7.50
ALTERNATE MILKS	1.50	
POT OF TEA	5.50	

MENU

BURDEKIN DELTA DINER



(07) 4783 1914

★ BREAKFAST ★

— Served before 11:30am —

TOAST & JAM 8.50

Your choice of Strawberry Jam,
Nutella, & Vegemite

CINNAMON TOAST 8.50

GOOGIE EGGS ON TOAST 16.50

Your choice of Fried, Poached or Scrambled

BREKKY ROLL 18.50

Eggs, Bacon, Lettuce, Tomato,
Cheese with B.B.Q. Sauce

EGGS BENNY WRAP 19.50

Bacon, Eggs, Cheese & Hollandaise
toasted

BACON & EGGS 21.50

Bacon, Eggs (cooked your way),
served with Tomato Relish on
Door Stop Toast

EGGS BENNY

2 poached Eggs, Spinach topped
with Hollandaise

Ham 22.50

Crispy Bacon 24.90

Smoked Salmon (M) 27.90

FRENCH TOAST 19.90

Served with Crispy Bacon &
maple syrup

SAVOURY MINCE 19.50

Topped with a Poached Egg

★ OPEN GRILLS ★

All open grills served with fries

AUSSIE 14.50

Ham, Tomato, Spanish Onion & Cheese

BARNYARD 14.50

Chicken, Cheese & Aioli

ITALIAN 14.90

Salami, Spanish Onion,
Sundried Tomato & Cheese

HAWAIIAN 14.90

Bacon, Cheese & Pineapple

★ TOASTIES ★

HAM, CHEESE & TOMATO 11.90

CHICKEN, CHEESE & AIOLI 11.90

★ KIDS ★

FAIRY BREAD 5.90

HAM & CHEESE TOASTIE 11.90

TOASTED VEGEMITE SOLDIERS 8.90

LITTLE MERMAID FISH & CHIPS ... 12.90

Fish (M)

DINOSAUR NUGGETS & CHIPS... 12.90

SOFT SERVE ICE CREAM

SMALL 4.50

LARGE 7.50



★ DIETARY REQUIREMENTS? ★

Please let our team know.
We'll do our best
to assist.