

DECEMBER 2022

Wishing you a

mistmas

and a happy new year

IT'S HERE New FDC to open in Tieri!

Christmas Celebrations

Tieri Golf Club Wins PGA Regional Tournament of the Year

Coming up in 2023... Tieri is turning 40!

tieri.com.au



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FROM The Editor



Well Tieri, I had heard that this top little town was home to some top events and I have to say that has certainly been my experience over the last few months. It was fantastic to see so many of you at the Christmas party on the weekend - I hope you all enjoyed yourselves as much as I did. Judging by the photos on page 10, it certainly looks like everyone was having a good time.

I understand it's been a hot topic and the talk of the town for a while now, so I am absolutely delighted to share with you in this edition of Tieri News that a family day care service is due to open in January 2023! You can read all about Lisa Austin-Richards and her new Ladybugs and Rugrats Day Care on page 4. Congratulations Lisa and on behalf of Tieri, thank you for helping to bring this much sought after service to town. I'd also like to thank Roger Decker from Town Services for his help in finding a suitable home and facility for Lisa to set up her family day care.

Hearing your views on key issues like day care is one reason we do the Local Voices Pulse Survey. It's your opportunity to share your feedback and help shape decisions that affect our town. The latest survey is now open, so be sure to have your say - see page 25 for details.

A big congratulations to the Golf Club for their PGA Regional Tournament of the Year win (page 22) and to Oaky Creek's Emergency Response Teams for their recent results at the Queensland Mines Rescue Service Open Cut Challenge (see page 26). We're lucky to have such capable and dedicated colleagues like you to ensure our coal mine workers - members of our family and our friends - are in good hands in the event of an emergency.

I know many of you will also be sending your congratulations to Sue Hall who very deservedly won the 2022 QNMU Nursing and Midwifery "Positive Practice Environment Champion" Award! I've been told that Sue has played and continues to play - a critical role in the lives of so many Tieri families as she works tirelessly to protect the health and well being of our children and us. Thank you Sue! Check out page 21 to hear from Sue about her career and what this award means to her.

With so many interesting people around town, we're launching a new section to our newsletter called Meet the Locals. This edition, we met with Damien Wynn, the new General Manager and Senior Site Executive at Oaky Creek Coal. As you'll see on page 24, Damien's no stranger to Tieri having raised his two girls here - it's great to have you back Damien!

If there's a local you think the community should meet, or a business you'd like to shine a Spotlight On (see <u>pages 12</u> and <u>13</u>), or if you have a story you'd like to share in the next edition of Tieri News, I encourage you to email me at paul.gardner@glencore.com.au. As this edition is released we are only 10 days away from Christmas.

We have announced the dates for the Tieri 40th celebration next year. Ensure you lock the dates in your calendar as this is sure to be a great week of stories, celebrations and going down 'memory lane'.

More information on this will be out in the New Year- see <u>page 3</u> for a sneak peek of what's in store!

For now, I thank you all for making me feel so welcome here and wish you all the best for the festive season. I look forward to seeing you in 2023 when we'll be celebrating the 40th anniversary of Tieri and Oaky Creek.

Happy and safe holidays, Paul Human Resources Manager

SAVE THE DATES Tieri is Turning

Next year in late August and early September we will be celebrating Tieri's 40th Birthday.

There will be a week of events to ensure everyone can attend some of them.

We are in the early stages of planning but have already locked in a number of events.

Date	Event	
Thursday 24th August	Tieri Book Launch	
Friday 25th August	School Fete	
Saturday 26th August	Billycart Derby	
Saturday 26th August	Markets 24	
Sunday 27th August	Golf Ambrose 3	
Tuesday 29th August	Open Air Movie	
Wednesday 30th August	Morning Tea	
Thursday 31st August	Trivia and Bingo Night	
Friday 1st September	Chook Run at Golf Club	
Saturday 2nd September	Music Event	
Sunday 3rd September	Mini Footy Carnival	

Lock these dates in your diaries and be sure to get in touch with old friends who have lived in Tieri.

Tieri 40th Book

A book to commemorate the 40 years of Tieri has been commissioned. Historian Ray Christison who has written 'The Oaky Creek No.1' and a number of other similar books will be putting together stories and the history of Tieri.

Early in the New Year, Ray will be looking for input from locals who have any interesting historical stories or photos. Stay tuned to www.tieri.com.au for details.

Start Building your Billy Carts!

A big event in the Tieri 40th celebrations will be the return of the famous Billy Cart Derby.

BASIC RULES

- Maximum of 3 pushers
- No mechanical or electrical assistance
- Must be self-propelled
- Billy Cart must have braking mechanism

For more details or to register your interest, contact Ross Clark on 0419 761 807 or Ben Preston on 0423 704 503.

ATE CLAIMER August – eptember 2023





THINGS TO DO:

- 1. Lock the dates in your calendar 2. Contact old friends who have lived in Tieri
- 3. Give suggestions for events you can email paul.gardner@glencore.com.au or tieri@ctmlinks.com.au
- 4. Get involved find an event to volunteer in and join the fun!

IT'S HERE New Family Day Care B to Open in Tieri!

OPENING Late January 2023

You've been asking for it for some time now and, after months and months of research, investigation and trials of different day care options, Glencore announced last year that they were partnering with Enhance Family Day Care to bring much-needed day care service to Tieri.

Well folks, it's finally here. With the support of Oaky Creek Coal and Enhance, Lisa Austin-Richards will be opening the doors to Ladybugs and Rugrats Family Day Care in early 2023!

We took the opportunity to chat to Lisa and Enhance to find out what you can expect.

Congratulations on this new venture Lisa. Tell us a bit about yourself - how long have you lived in Tieri? I've been living in Tieri for about four months now.

What's your background - and what led you to apply to be an FDC Educator?

I have worked in large childcare centres for the last two years. I loved the work, and the children, but I felt it was hard to get to know each individual child and their personality, due to the large group setting. I enrolled my daughter in family day care and noticed how much she was thriving there and the close friendships she formed. It ignited my passion for family day care and the personalised attention the children receive. Being able to do a job I love and have my daughter with me every day is an absolute dream come true. Watching children grow, laugh and learn new skills fills me with an intense pride and joy I've never experienced in any other role.

What has the process been and what training have you had to undergo?

I hold my Certificate III in Early Childhood Education and Care and am currently studying my Diploma of Early Childhood Education.

I will be registering my Family Day Care service, *Ladybugs and Rugrats Family Day Care*, with Enhance Family Day Care as the Approved Provider. The process of becoming a Family Day Care Educator involves an interview, background checks and certifications, as well as physical checks of your home environment to make sure it meets legal requirements.

Where will you be located?

Gemini Street, Tieri

What can families and children expect from your FDC?

I will be providing a flexible and fun play-based learning environment that is guided by each child's interests. We will enjoy plenty of outdoor play, providing experiences for the children to explore and care for their natural environment; even growing our own vegetables and herbs!

When will you open for business?

The anticipated opening of *Ladybugs and Rugrats Family Day Care* will be the second half of January 2023.

What will your opening hours be?

Opening hours will be determined by the needs of our community and will be clearer once families make a formal expression of interest to enrol their child/ren, over the coming weeks. Standard care during the day will be offered for children under school age, and before and after school care, and vacation care will also be offered to school age children. Overnight care may also be offered. There may be a mix of permanent and casual places depending on availability.

What's the application process for parents looking to secure a spot for their child?

I will be managing a wait list for families. If you are interested in a space for your child, please contact me on 0402 687 054, or send me a message via Facebook Messenger Ladybugs and Rugrats Facebook. When the house is ready for me to move in, interested families will be able to book a visit to come with their children and see where we will play, learn, rest and eat.



How many children will you be able to look after?

I can care for up to three children under school age and three school-aged children per day. A total of seven children, including my daughter.

What are you most excited about?

Opening my own Family Day Care has been a passion of mine for many years and I cannot wait to see the children grow, play and thrive together. There is something special about hearing children laugh, play and be completely carefree. Ladybugs and Rugrats Family Day Care will be a space where children feel safe, warm and loved.

How would you describe your approach to Early Childhood Education and Care?

It is important to me to foster the children's independence and encourage them to explore the environment and experiences in their own way. Seeing a child be creative and use things in unexpected ways is one of the best parts of working as an Educator.

I like to have open-ended games and invitations to play set up for the children and watch how they choose to use the resources. To adults, a pot is something we cook with, but to a child it can be a hat, shoe, drum, hiding space and anything else their growing minds can think of.

I also combine learning experiences together, such as literacy with arts and crafts. For example, by having playdough cutters in the shape of letters and numbers on the playdough table, we can talk together about the letters they are using, which may then lead to making their own letters from the dough by rolling and cutting, or to counting rhymes, or singing the alphabet. So many skills and ideas to explore!

What do you hope your Family Day Care will offer to the families and children of Tieri?

Children deserve a space where they have control over their environment and what they do and that is exactly what I am hoping to provide. A space where children can learn to be independent thinkers and make decisions about their day. A place where families feel welcome and secure, knowing their children are building relationships as they learn and play.

Anything else you think the Tieri community should know?

I am extremely passionate about providing a safe space for children to grow and learn. I believe it is something every child should experience.

It's been a journey to get FDC set up in Tieri - tell us about the Enhance process and what's been happening behind the scenes to get Lisa up and running?

Working with the Glencore Oaky Creek staff has been wonderful! Together we have been able to identify ideal housing options and any necessary modifications to meet requirements. Our Enhance Recruitment Officer, Peta Fitzpatrick, has taken Lisa through the onboarding process, with a virtual interview, regular phone and email support, and a collection of required documents throughout the process, including Blue Card, Police Check and references.

OCC HR Manager, Paul Gardner, Environment and Community Manager, Joel May, took Lisa and her beautiful daughter, and Peta on a virtual tour of the house. It was a wonderful opportunity for us to all meet. Through this virtual visit, a meeting with Glencore and Cathy Cahill, General Manager Children's Services at Enhance Family Day Care, and regular communication, we were able to discuss the process of registering Lisa as an Enhance Educator and set-up of the home ready to welcome new families and their children!

What support will Enhance be providing Lisa to ensure Tieri's FDC is a success?

On an ongoing basis, Lisa will have Enhance Family Day Care Practice Mentor, Teneil Travers, to support her in her practice. This will involve physical visits by Teneil to see Lisa and the children, and hopefully meet some of Tieri's families too!

There is also support via phone, email and Zoom/Microsoft Teams. Our administrative staff are an additional support to both Lisa and families in relation to fees, Child Care Subsidy and other administrative matters.

We value connection for our Educators, particularly when living in more remote locations, and will connect Lisa with other Educators to ensure she can share ideas and have peers to talk with – and who knows – maybe even join with for future playgroups, should other Educators move to the area.

What makes a great FDC Educator and Family Day Care environment?

At Enhance Family Day Care, we value environments with flexible and natural resources that give children room to be creative in their play. A balance of open active areas, quiet restful nooks to read or watch the birds fly by, and spaces to explore a wide variety of interests, indoors and outdoors, is important for young children.

Connection to nature and care for the environment is an important part of teaching children about both future sustainability and the ancient history of this land.

An Educator who values children's agency as experts in their own play and is there to provide resources to extend on that play – whether it be some tools, fabric, a watering can, a book, a magnifying glass or a question for a curious mind – is an Educator who understands the learning process. One who helps nurture children's relationships, self-expression and identity, creates safe spaces of belonging for children and families.

Lisa has already proved to be a reflective and forward-thinking professional, committed to ongoing learning and very communicative. We are so looking forward to working with her as she provides this much needed service to the children and families of Tieri.

If anyone is interested in becoming an FDC Educator, where can they go for more information?

Please contact Peta Fitzpatrick, Enhance FDC Recruitment Officer, on 0447 127 137 or via email enhancerecruitment@fdcqld.org. She would love to speak with you about what is involved in becoming a Family Day Care Educator!

Anything else to add?

From the Enhance perspective, this has been a wonderful experience to see how working together can increase access to early childhood education and care for our rural and remote communities. This project is a shining example for other such ventures across Queensland. We cannot wait to see Lisa in action with Tieri's children as they create, play and grow together!

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Community EVENTS

Community events are the heart and soul of Tieri. Come rain or shine, it's been fantastic to see everyone coming together over the past few months, especially after Covid restrictions limited our events for far too long.

It takes a lot of hard work, dedication and a passion for our community to put on these events. We'd like to extend a big thank you to CTM Links, Glencore, and to the members of our community who create these events or volunteer at them, and for the resources and effort they provide to bring us all together in this top little town of ours!

Here's a snapshot of our community events from the last few months...

2022 Capella Rodeo - 28th August

The 2022 Capella Rodeo was held on the 28th August at the Capella Covered Arena. Thanks to the valuable support from Glencore, Capella Rodeo was one of the largest rodeos in Queensland, with over 376 competitors, more than 1200 spectators and a prize pooling totalling over \$40,000.

The event kicked off at 8am with a full day of rodeo events, before the main performance at 6pm with a near full capacity grandstand to take in the spectacle. The Capella State Primary School choir led the National Anthem in the grand entry, with the top cowboys and cowgirls alongside them.

The Glencore big screen provided an elite spectator experience with instant replays and sponsor advertising displayed throughout the evening. There was something for all ages at the Capella Rodeo this year, with kids' entertainment, quality food and drink, lucky gate prizes and courtesy bus. In addition, the designated sponsors area with catered food and drink was a great success and acknowledgement to our valued gold and platinum sponsors.

This year saw the inaugural Ross Ford Memorial bronc ride shoot-out, with Glencore representatives being involved in helping our rodeo announcer draw the cowboys and bronc horses out of a hat for the winner-takesall event. The Ross Ford Memorial bronc ride shoot-out was won by Collinsville cowboy Clayton Braden.

Capella Rodeo 2022 was a huge success and a wonderful event for our local community. The committee appreciates Glencore's commitment to the beloved sport of Rodeo and thank them again for their generous contribution. We look forward to continuing this valuable relationship into 2023 and beyond, as we strive to make Capella Rodeo one of the largest and most respected rodeo events in Australia.

"The kids absolutely loved the activities for Halloween organised by CTM links. There was colouring and biscuit decorating which was a real hit. Everett and Knox had a blast collecting lollies around town. Thanks so much to everyone that contributed to making this so fun for everyone."

Halloween Community Event - 28th October

The 28th October was fright night for all ages thanks to CTM Links' Halloween program of events, with over 150 people turning up to spook each other.

There was the Junior Halloween Party held at CTM Links haunted house from 3.30pm, with Halloween themed team games, ghoulish afternoon tea, spooky craft and sensory play including biscuit decorating, pet rocks and messy play with gloop and cloud dough and a slime tub, as well as face painting by Crazy Cat Lady Art Spooky Room Photo Booth and prizes for the best dressed.

This was followed by Treat-or-Treat through Tieri Streets with over 25 houses displaying orange balloons on their mailbox so kids knew which houses were participating.

From 6.30pm, the Teenager Street Scavenger Hunt challenged teams of 4-6 teens to solve a riddle before heading to the next location to solve the next riddle and the next, and the next. Prizes were awarded for first, second and third place.

The evening finished with a teen movie, music and BBQ.

"It was an amazing event for all ages in Tieri," agreed Lisa May. "My kids love Tieri Halloween - they are already looking forward to next year. The Photo Booth was cool. The haunted house got all the kids excited. It was such a great atmosphere! And we love how Tieri gets behind the whole event and looks out for all the kids roaming the streets living their best lives."

As Sammy J Dare shared in a Tieri Noticeboard Facebook post, special memories were made:

Hey Community. Just wanted to say thank you to all involved in making yesterday's Halloween celebrations great. My girls loved it and they made great memories!









Tieri Sunset Markets - 25th November

What a fantastic event! Tieri Shopping Centre came to life at sunset on Friday 25 November as 18 stall holders came together to market their wares to the community - everything from plants and homewares to clothing, babywear and jewellery, to spiritual tools and readings, candles and art was available.

Tieri State School P&C put on a tasty BBQ, funded by Tieri Social Cohesion Project with all proceeds going to Tieri P&C Committee. Central Highlands Karate had a Fairy Floss Stall. DJ Hodda provided the music. Tieri LAC (Local Ambulance Committee) Ham Wheel and Tieri Daycare ran a raffle to win a Thermomix. Tieri Auxiliary Fire Brigade was there for kids to meet our Firies, try the fire hose, and collect a Blazer the Bear sticker. Tieri Ambulance officer, Gill, was available for meet and greets.

There was plenty of entertainment too, from Elite Inflatables Jumping Castle & Velcro Wall to the Giant Chess Board, borrowed from Tieri State School and a petting zoo! The children were absolutely thrilled to cuddle 1-day old ducklings and guinea pigs.

A big thank you to Krissy Watson, a.k.a. Crazy Cat Lady Face Paint, who donated 50% of proceeds from her face painting (a total of \$70) to Tieri Youth Group.

Tieri Youth Group Duck Fishing Game raised \$180 toward Tieri Youth Group Activities. A tremendous thanks to Michelle Stallman for engaging our kids with such a sense of fun and merriment. CTM LINKS ran a Kids Activity Tent where they could decorate their own Christmas bauble, fill in the colouring-in mats,

and play with the jumbo blocks.

fantastic! They had a wide variety of stalls for everyone and it was all really well done. It's amazing in little communities like this when people can come together for a nice afternoon and the local mall is the perfect location! A huge thanks to Kath and the CTM links team. You guys are amazing!" Kirby & Bill Hoover agreed.

"Tieri Sunset Markets were

A big thanks to Stacey Barry, not only for manning the tent but for helping to set up and manage the whole event.

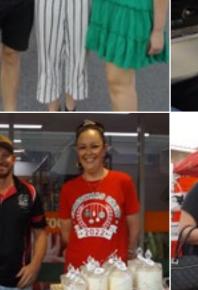
Kerry Walker described the event as "...such fun with a joyous atmosphere and colourful kiddies with massive sticks of fairy floss and painted faces, thanks to Krissy. There was a lovely mix of stalls with plenty of products to peruse or purchase. Lots of laughs with the ham wheel and Sue selling the tickets. This event is so well organised by Kath from CTM Links and her helpers on the day. Thank you Kath for bringing this great event to our little T Town. The steak burgers made by the Tieri State School P&C were delicious and very well priced. Made by Mumz had a very prosperous evening and enjoyed the music from DJ Hodda. Many thanks again to all involved... can't wait for the next Tieri Sunset Markets!"





















Tieri Town Christmas Party -10th December

The annual Tieri town Christmas party was held on Saturday 10 December 2022 at the lush green lawn at the Tieri Town Shopping Centre.

After a wild storm swept through and destroyed a marquee in the afternoon, the clouds cleared to create a beautiful evening and the perfect backdrop for family and friends to come together and celebrate the start of the festive season.

The community came out in droves and it was great to see everyone able to meet up and mingle with old friends, make new ones, kick back, relax and enjoy themselves.

With live music providing the soundtrack to the event, there was an array of free delicious delights for dinner, along with ice cream, snow cones, popcorn and soft drinks.

Old and young alike enjoyed free fun on the jumping castles, super slide, tea cups, dodgem cars, jump mats and more. Santa made an appearance and handed out presents and lolly bags to kids. And the fantastic firework display left smiles on everyone's faces.

A big thank you to Glencore and the organising committee for putting on such a top event and, of course, to you - the Tieri community - for coming along and bringing the event to life, making it the fun and success that it was!













COMING UP in 2023...

- Youth Christmas Holiday Activities
- Colour Run
- Tieri 40th Birthday Celebrations (see page 3)
- Easter Colouring-In Competition
- Easter Morning Tea
- Sunset Markets
- And much more!

Keep an eye on the following for details: www.ctmlinks.com.au www.tieri.com.au

Facebook: <u>@Tieri Noticeboard</u> and <u>@ctmlink</u> Shopping Centre Noticeboard Foodworks Window

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SPOTLIGHT ON...

La Bella NAILS & BEAUTY

Founder/Owner: Lisa Franco Established: Only this year Locations serviced: Tieri Follow on: Facebook: La Bella Nails & Beauty at Koa and Instagram <u>@la_bella_nailsbylisa</u>

Tell us about your business and the services you provide?

La Bella Nails & Beauty offer a range of services that currently includes nails, spray tanning, pedicures and facial waxing and tinting. I am in the process of getting the beauty room set up to provide further services such as relaxation massages, facials and teeth whitening.

How did you come up with the name?

La Bella means 'beauty' in Italian. Having Italian nationality I knew it was the perfect fit.

What can people expect when they come to La Bella Nails & Beauty?

When people come to visit La Bella Nails & Beauty @ Koa they can expect to have a friendly and compassionate service with a no negative environment.

How did you discover your interest in - and talent for - nails and beauty?

It wasn't until after I had both my children that I decided I wanted to get into beauty. I was a lover of getting my nails done religiously every two weeks and then one day I thought maybe I could do this.

After enrolling to do my Certificate III in Nail Technology, I decided this was definitely my career path. The passion I have for doing nails is next level. You will often find me Googling different nail designs to try and recreate.

I am forever learning new ways to perfect my nail art as I am not a very artistic person in general.

What journey has your career taken?

I have been creating beautiful nails for the last six years down on the south coast of the beautiful Jervis Bay. From working part time in a beauty salon to now being a full time business woman, I get to create long-lasting relationships with clients.

What's been your greatest achievement to date?

My greatest achievements are my two children. Being a single mother we have been through some crazy obstacles however by taking this massive leap of faith and moving to Tieri to start my business I am showing them that it is possible to follow your dreams and make them come true. How did you end up here in Tieri?

I tagged along for the ride when my sister Jayme told me she was moving up here to open the hair salon. I didn't hesitate to jump on this journey, not only for a once in a lifetime business opportunity but also to grow within myself and to show my children what it's like to have the old school childhood that we all remember having.

What do you love most about this top little town of ours?

I love this town for the fact that everybody is so welcoming and friendly. Coming from a busy holiday area like Jervis Bay, to the quiet little town of Tieri has been amazing. I thought I wouldn't have been able to adjust, however the support and love from the community has made me realise that this is where I am meant to be.

What's the best thing about having your own nail business?

The best thing is that I have the flexibility to work around clients and their needs and also it gives me the best possible work life balance.

With the festive season upon us, what are your top 3 tips for beautiful nails?

- 1. Stay hydrated and make sure cuticle oil is used regularly
- 2. Make sure your appointments are booked regularly
- 3. Nails are jewels not tools!

What's coming up in the new year for La Bella Nails & Beauty?

I can't reveal too much right now, but everyone needs to keep an eye on our socials as 2023 will have some new and exciting things coming!

How can people contact you or make a booking?

We'd love you to come into Koa hair studio and see both myself and Jayme to book an appointment or even just to have a chat about our services. Or you can contact me via our Facebook or Instagram pages.



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SPOTLIGHT ON...

Eufloria Health

Founder/Owner: Chloe Dredge Established: June 2020 Locations serviced: I travel between Tieri, Rockhampton, Gladstone and also offer online consultations Follow on: @eufloriahealth on Instagram and Facebook

Tell us about your business and the products and services you provide:

Eufloria Health started as an educational platform when I was studying a Bachelor of Health Science (Naturopathy). It was a way for me to communicate with like minded people and to share what I was learning with an interested audience.

When I graduated in mid 2021, I expanded to offer naturopathic consultations, either in-person or online, where I provide clients with naturopathic medicine as well as dietary and lifestyle advice.

What exactly is naturopathy and how did you discover your interest in it?

Naturopathy is a form of alternative medicine that utilises diet and lifestyle modifications, as well as nutritional and herbal support, to promote self-healing in the body. As a naturopath I believe our bodies have the ability to heal themselves so I use non-invasive treatments to stimulate that healing.

I've always had a passion for natural health. I grew up in a family where, every winter, Mum would give us a spoonful of olive leaf extract, which was disgusting but it stopped us getting sick.

I think my interest stemmed from there, but it's been fuelled after seeing multiple family members go through cancer and other illnesses, and have utilised natural remedies where possible alongside traditional medicine to support their healing.

On a personal level, I suffer from endometriosis. There is no mainstream medicine "cure" for endometriosis, so I have to utilise natural approaches to treat my symptoms and manage the pain.

Who are your typical customers?

It really varies but I tend to see primarily women in the clinic. I have a passion for women's health and hormonal conditions. I see a lot of clients in their mid-20s and 30s who are looking for support around fertility, hormonal imbalances, or nervous system complaints such as stress and anxiety. I also see women in their 40s or 50s seeking help with menopause as well as young children needing support with behavioural issues or skin conditions.

Why do you love what you do?

I love what I do because I'm helping to educate people on their health. In my consultations, it's not just about me providing treatments, it's about educating them on what's going on in their body. That's what really motivates me. The saying 'knowledge is power' is absolutely true. I also love it when clients email me to say they've fallen pregnant, got their period back, or whatever outcome they've been aiming for. It's fantastic to share in their journey.

What are you most proud of about your business?

The fact that I've set it all up from scratch myself. Everything from my website, to making my own herbal teas and tonics. It was scary initially but I'm so glad I took the leap and I'm proud of what I've achieved in a short amount of time.

How did you come up with the name, Eufloria?

It's a play on the words 'euphoria' - a feeling of extreme physical and emotional wellbeing - and 'flora', which means plants. I thought the name was fitting because I utilise plant medicine to facilitate that feeling of physical and emotional wellbeing. From a business perspective, I also thought it would be good to have a unique name so people remember it.

What can people expect when they engage with you for a consultation?

All new clients see me for an initial consultation where we go through a full health history, a diet and lifestyle review, family medical history and any pathology testing they've had done recently. From there, after I've gathered all the information, I'll prescribe any necessary treatment and diet and lifestyle modifications, and refer them for other pathology tests if needed.

From there, we'll have a follow up consultation in 2-4 weeks. This is where the magic happens. Clients have had a month to implement the changes and get into a groove. I present a more indepth treatment plan and provide them with all the resources and tools they need to go out on their own. It normally takes around three months for our red blood cells to turn over and for optimal results to be shown, so I check in after another two months when clients have typically seen a resolution in their symptoms.



How did you end up in Tieri and what do you love most about living and working here?

I was born in Rockhampton, lived in Gladstone, Sunshine Coast and WA before moving to Brisbane where I studied for my degree. My partner works for a construction company here in town. He used to do FIFO every week, but after I graduated we made the decision to move here permanently.

I love the peace and quiet here. I'm a very empathetic person so living in Brisbane, I found I took on everyone else's stresses and concerns. Tieri, and the people here, are really relaxed, so I'm a lot less stressed and far more productive.

What dietary and lifestyle advice do you have for people over the silly season and beyond?

Listen to your body. Try to be as intuitive as possible with your diet. If you know certain foods don't sit well, avoid them until we find out the cause. If you experience symptoms that are unusual for you, it's worth investigating. Sometimes we over complicate things.

The basics are to make sure you're eating two serves of fruit and five veggies a day. Within this, variety is important because each fruit or vegetable has a different nutritional content.

Drinking enough water is vital. The average adult needs 2-3 litres per day of pure filtered water.

And, whilst it is important to be sun safe, getting enough vitamin D is also important as we need it to recharge our batteries. We're like walking solar panels - we need the sun to give us energy.

What's coming up for Eufloria Health in 2023?

I'm excited to be continuing our herbal workshops in the new year along with our women's wellness workshops. Stay tuned for more details by following @eufloriahealth on Instagram to stay up to date.

How can people contact you or make a booking?

Head to eufloriahealth.com to find out more about our offerings, book an appointment or workshop or browse our online store for all your natural health needs. For any questions, feel free give me a call on 0475 510 568, I always love having a chat!





Tieri Daycare Raffle



Tieri Daycare Centre is holding a Thermomix raffle. When all tickets are sold we will announce the lucky winner. All proceeds raised will help with resources to keep our centre a safe, happy and fun place.

Tickets can be purchased at trybooking.com/CDXXL

If you have any queries please call the centre on (07) 4984 8554.

INVESTING IN Our Community

Do you have an idea or initiative that could benefit our local community?

Then make sure you apply for a **Glencore Smarty Grant by visiting** glencore.smartygrants.com.au

To be eligible for a Smarty Grant, you must represent a local not-for-profit club or organisation, and - importantly - the grant application must be for an idea, project or initiative that addresses an identified need within the community, for example:

- · Health and wellbeing: ideas relating to sport, exercise, and mental health, and encourage healthy lifestyles and better health care
- The environment: including wildlife, ecosystems, recycling and sustainability
- Education: such as learning materials and resources, educational events or skills development
- The local community: ideas for events and activities that engage, promote and foster community spirit.

"We know Tieri is full of passionate people with amazing ideas on how we can improve our town and the services available, or for events that can help bring our community together," says Joel.

"We're always looking for initiatives to support so if your club is working on something that meets the grant criteria, we'd love to support you"

In addition to the Oaky Creek Coal specific grants, Glencore provides additional grants at a corporate level. Stay tuned to the Smarty Grants portal for these grants which are also available to our community, including the:

- Glencore QLD Junior Sports Development Program – 2023 Round 1 & 2
- Glencore QLD School P&C Grant and Glencore School Scholarships
- Glencore QLD Community Investment Program.



Cassandra, Jack, Colby and Joel.

community projects and initiatives through its Smarty Grants program. The aim of the Smarty Grants program is to give community-focused organisations a helping hand getting their ideas off the ground to the benefit and engagement of the people in communities surrounding the area in which we operate.

"We're passionate about supporting community group initiatives to upgrade local services and facilities," explains Joel May, Environment & Community Manager at Oaky Creek Coal.

"The different levels of our grants program allow us to create and maintain partnerships with local government and education bodies, as well as help facilitate family-friendly, inclusive community programs and events."

Two recent examples of this are the Capella Rodeo (see page 6) and Glencore's partnership with Capella State High School which has enabled them to purchase new machinery for their manual arts workshops, and even establish a school radio station in 2023. Glencore also sponsored two of the school's pinnacle awards aimed at fostering leadership in young people from both Tieri and Capella who demonstrate leadership potential. With the funding, the school has established a leadership programme that takes those students through a series of leadership development challenges. At the recent graduation ceremony, Joel proudly awarded Lily Peacock, a year seven student, with the Glencore Junior Leader of the Year award, along with \$200, for her outstanding contributions leading her fellow students with strength and encouragement. Additional funding has gone towards the 2023 Glencore Tertiary Scholarships to support graduates who are continuing on to university entry in 2023. These students will each receive a \$2,000 scholarship to assist with their relocation and study expenses. The scholarships were awarded to Jack Thompson, Colby Campbell, and Cassandra Hood. Huge congratulations to Lily, Jack, Colby and Cassandra!

So far this year, through the Smarty Grant program, Glencore has invested a total of \$66,806 in community initiatives, across:

- Education, including the 'Engaging for Success' program at Tieri State School, Tieri Daycare group time mat, Tieri State School student awards, Capella State School cultural celebration day
- Health initiatives such as Janis' Colour Run Fundraiser, meals and accommodation for visiting health services, Tieri State School health & hygiene packs, Tieri Family Unit and Child Health Centre letterbox drops; and
- The local community, including Capella Show Ball Gala, Tieri Golf Pro-Am, Capella Christmas in July Markets, Mackay Central Highlands 6th Annual Championships, Capella Rodeo, Emu Park Golf Pro-Am. ●

CTM LINKS Update



It's been another busy three months for Kath Hema and crew at CTM LINKS. From community events (see <u>pages 6-11</u>) to providing space for Tieri teens to hang out to health and wellbeing initiatives, Kath and her team are committed to helping our community prosper.

Tieri Youth Drop In

Thanks to the CTM LINKS & Glencore Tieri Social Cohesion Project - 'Tieri Together' - and Central Highlands Regional Council Youth Development Program, the Tieri Youth Drop In nights are proving to be a popular weekly hang out.

The initiative consistently sees 15-25 kids attend each Tuesday from 3.30 - 5.30pm at CTM Tieri HQ in Talagai Avenue.

Each week offers the youths different activities to engage in. They can make their own afternoon tea, choosing from toasted sandwiches, air-fried pizzas, snacks, chicken wraps and much more. Tim Tams are proving to be a firm favourite! They can watch a film in the Movie Room, play board games or computer games; get creative with the gloop, cloud dough and Christmas craft activities; head outdoors to play volleyball, ping pong or kick the footy around; they have even been helping prepare for our Halloween and Sunset Markets Community Events!

We know from feedback in the Local Voices survey (see <u>page</u> <u>25</u>) that having somewhere for our local teens to hang out is really important to the community," says Kath. "It's great to see them coming along and getting stuck into different activities. They've all been really respectful of each other and of us and the volunteer parents - it's a pleasure to provide this service for them."

Tieri Youth Inc.

As part of the Central Highlands Regional Council Youth Development Program, Tieri Youth Inc. is an initiative set to establish a Youth Reference Group in each of the council's towns, with the objective of giving the youth in our Central Highlands communities a voice and a platform to be heard.

Sign up day was 8th November and, so far, we have had nine students sign up to take part.

Their first excursion was to Emerald to participate in the QLD Youth Forum Survey, followed by an afternoon at Emerald Town Pool before heading to Macca's for dinner.



Capella State High School Yr 7 Wellbeing Sessions

Kath Hema and Kim Tompson from CTM LINKS, along with CHRC Youth Development Officer, Lauren Roberts, were thrilled to be invited back to Capella State High School to hold ongoing Wellbeing Sessions in Term 4 2022 for Year 7 students.

The weekly Monday morning sessions are designed to show students how positive, intentional activities and actions can contribute to improved overall wellbeing; in turn building and improving capacity and resilience when faced with life's pressures and stresses.

Activities aligned with the fundamental aspects of the Wheel of Wellbeing included:

- 1. **BODY:** *Be Active* ~ Fun games like: Human Rock Paper Scissors, Red Underpants, Beanbag Toss, Laughter Yoga
- 2. **MIND:** *Keep Learning* ~ Paper Plane & Launcher, Paddlepop Stick Catapult, Modelling Clay of your favourite hobby, Meditations
- 3. SPIRIT: Give ~ Wellbeing Survival Bags
- 4. **PEOPLE:** *Connect* ~ Secret Handshake Generator, Varying teamwork activities
- 5. PLACE: Take Notice ~ Polaroid Camera Collages
- 6. PLANET: Care ~ Nature Scavenger Hunt

"The program has been received so well by students and teachers alike that we have been invited back in 2023," says Kath. "We're delighted to be expanding the initiative next year to include Year 7's in Term 1, Year 8's in Term 2, Year 9's in Term 3 and Year 10's in Term 4."

Kids Supporting Kids with Cancer Foundation

"Using the Wheel of Wellbeing

Framework, we base our activities

on the six aspects of the Wheel of Wellbeing which has been

developed through evidence-based

research into what people globally

purports to promote their own

personal happiness,"

explains Kath.

It started when running across four lads at the Tieri Shopping Centre who were offering to sell a 'pirate ring'. When asked why they wanted to sell, the response was to make some money. How would they like to spend that money? After much discussion, the boys made a joint decision that they would like to give their income "to people that need it".

From there, it was decided to use the proceeds from the sale of the pirate ring - along with some extra support from CTM LINKS - to head to Foodworks and purchase items that could be sold at a popup stall run from the chairs and tables at Tieri Shopping Centre.

The four young entrepreneurs, Zanen Bridges, Chael Bridges, George Burt and Kairo Bridges, sat down and created a sign listing the various items available and the prices. They set up shop to see where their aspirations may take them.

For the next couple of weeks the boys learnt many lessons about becoming entrepreneurs and managing a micro business. How the use of manners goes a long way. How ensuring the items you sell cover your costs. How to manage many friends wanting to be involved. And how to develop money-handling skills.

After a week of selling and buying, the boys came to CTM LINKS to share their experience, get some advice and decide what to do with their profits. After doing some internet research, they decided they would donate their funds to the Kids with Cancer Foundation. They also opted to keep the pop-up shop open for another week to aim for a dollar goal.

The following week they headed to Tieri Post Office to deposit the funds. With a little extra from CTM LINKS, the boys were very proud to donate \$80.00 to the Kids with Cancer Foundation.

"With that, our little joint venture was complete and the boys learnt how good it felt to give to a good cause without any expectation of anything in return," says Kath.

"But then, much to our delight, a parcel arrived in the mail containing Certificates of Appreciation for everyone and goody bags for the boys. It was a wonderful acknowledgement of their good-doing."

When asked for comment from the boys, they said:

- "I am happy that we are helping kids and hope one day there will be no cancer in hospitals anymore. Thank you for the present." - George (7)
- "I feel good. I like the presents thank you." Kairo (5)

"I feel really great about what we have done. It's good to do something

> • "I feel great about it because we are putting money towards helping kids with cancer." - Chael (9)

If you would like to follow their example and donate, you can do so via the Kids with Cancer Foundation website: https://kidswithcancer.org.au

Merry Christmas & Happy New Year F^{un} **CTM LINKS**

66

for someone else."

Zanen (7)

The staff and community members of Capella Tieri Middlemount Community Support Network Inc. (CTM LINKS) would like to sincerely thank everyone that supported our organisation throughout 2022.

Your sustained support will ensure we continue to create and establish community-focused events, activities, programs and assistance that best support our region.

Wishing for a prosperous 2023 for all.



ON-CALL PHONE NUMBER: 0491 276 263

IN AN EMERGENCY CALL TRIPLE ZERO (000)



Notice of Annual General Meeting



We invite interested Community Members of Capella, Tieri & Middlemount to come along, join the CTM LINKS Committee & contribute to our Vision to 'Support Our Region to be Resilient, Informed & Resourceful'.

All positions will be declared vacant at the meeting.

DATE: Friday 20th January, 2023

TIME: 2:00pm - 3:00pm

VENUE: CTM LINKS Administration Office, 26 Talagai Ave, Tieri or via ZOOM Please email admin@ctmlinks.com.au for link

Afternoon Tea Provided

CTM LINKS plays an important role in strengthening community connections and generating social wellbeing Tieir. Here's a reminder of the many ways in which Kath and her team work to create a warm, welcoming community and nurture this top little town we call home:

- Social cohesion working with individuals, families and community groups to provide ways and means for people to connect and engage in a variety of community activities, events and groups.
- **Conduit to support services** connecting members of the community to social, local and government services.
- Connection to networks establishing and maintaining a strong network of connections with local governments, local resource industries, emergency services, local businesses, human service sectors, schools and other groups in order to provide the community of Tieri with relevant, timely information and connections.
- **Community support** providing trusted, confidential and practical community support including, but not limited to:
- Printing, scanning and uploading of documents
- $\ensuremath{\,\bullet\,}$ Assistance with applications, documentation and forms
- Internet connection for community members to access websites relating to government services, social services, study and employment opportunities
- Emergency financial relief
- Delivering a series of valuable, relevant community activities, programs, projects and events (see <u>pages 6-11</u>)

If you have an idea for a community activity, event or project, email Kath Hema via tieri@ctmlinks.com.au to find out how they might be able to help you with:

- Planning support
- Facilitating meetings

- Assistance with grant submissions
- Auspice awarded grants
- Spreading awareness
- Being a
- participating party

The work of CTM LINKS doesn't stop there, they also collect all types of **donations,** run the **Containers for Change** project, welcome newcomers to town and facilitate **volunteering opportunities.**

There are a wide variety of volunteering opportunities within Tieri and the surrounding area, including:

- Tieri State School P&C
- Tieri State School Tuckshop
- Tieri Sharks Swim Club (see page 24)
- Tieri Possums Playgroup
- Central Highlands Karate
- Peak Downs Junior Pirates Rugby League Club
- Tieri Golf Club (see page 22)
- Tieri Local Ambulance Committee
- Tieri Community Reference Group
- Tieri Catholic Caring Shop
- CQ Wellbeing Hubs Inc.
- CQ Wildlife Carers Inc.
- And of course, with so much going on, CTM LINKS is always looking for volunteers themselves! Drop in for a cuppa and to chat through the various opportunities with Kath at 26 Talagai Avenue, call her on 0491 276 263 or email tieri@ctmlinks.com.au for further details.

something back to Tieri, make a difference to the people around you, make new friends, connect with old ones, or develop a new skill, volunteering can be the perfect pathway...plus it's incredibly rewarding!"

"Whether you want to give

says Kath.

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MEET THE New Tieri Sharks Committee

Tieri Sharks welcomed in a new committee this season. We took the opportunity to get to know them a little better. Here's what we learned:

Name: Timmy Pfeifer

Role on the committee? President



What does this involve? Working as a team and ensuring we have enough volunteers to make sure our events are successful and our children have a positive experience and passion for swimming.

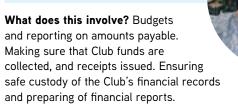
Best thing about being involved with Tieri Sharks? Watching our children grow and achieve their best personal results that they can in a sport they enjoy! But most of all it's about having fun.

What do you hope to bring to the club? A positive 'can do' attitude and to show our kids that Dad's can be a part of this too.

Why do you love swimming? I grew up doing swim club and it was a big part of my childhood. I want the same for my children. Without a great committee our kids wouldn't have this opportunity. I'm proud to be a part of it.

Name: Jess Dawson

Role on the committee? Treasurer



Best thing about being involved with Tieri Sharks? My children are training to keep improving their swimming each week, teaching water safety, social skills, and time management skills.

What do you hope to bring to the club? A positive attitude and collaboration with other parents and swimmers.

Why do you love swimming? Teaching water safety, life saving skills, water confidence, and teamwork



Name: Tania Marttila Role on the committee? Secretary

What does this involve? Taking the minutes from swim club meetings and any other forms that need attending to.

Best thing about being involved with Tieri

Sharks? Watching my children's confidence improve in their swimming as well as the social aspect with their peers.

What do you hope to bring to the club? Encouragement, positivity, support and fun.

Why do you love swimming? I love swimming as it's great fitness, it's a sense of calm and it's a great way to connect with my family.

Name: Natalie Walsh

Role on the committee? Race secretary

What does this involve? All things

computer, I make our meets for Thursday night and set up the computer system to make our club nights run smoothly.

Best thing about being involved with Tieri Sharks?

I love watching all the kids race every week and get a new PB (personal best) time. It's great watching how much the kids grow!!!

I also love going to the race meets around the Central Highlands and competing against other towns. It's a great night on a Thursday watching the kids swim. Most importantly though, when I think of the best thing about being involved with the Sharks, it has to be our amazing coach, Belsie. The kids, parents and the committee all absolutely adore her and are so grateful for what she contributes to the club. The time and effort she puts into everyone's kids - even though hers don't swim anymore - is incredible. She goes above and beyond to support their swimming adventure. On behalf of all of us, thanks Belsie!

What can members look forward to in the coming season?

We are hoping to host our Tieri Sharks Shield Carnival in January. This is always a fun day, seeing all the local towns come to Tieri for our meet. We'll confirm the exact details with members once they get finalised.





Sue Hall Wins ONMU NURSING AND MIDWIFERY EXCELLENCE AWARD

On Friday 28th October, at The Tivoli in Brisbane, our very own Sue Hall, Registered Nurse and Midwife at Tieri Family Unit and Child Health Centre, won the 2022 QNMU Nursing and Midwifery *"Positive Practice Environment Champion"* Award!

The Queensland Nurses and Midwives' Union (QNMU) is the professional association for nurses and midwives in Queensland. Their annual Awards recognise and celebrate the professional excellence and contribution of its 69,000 members. A QNMU member of 45 years, Sue believes the only way to improve the health system is to be a united front. She strongly advocates for a collaborative working environment where staff are encouraged to learn and constantly improve their skills for their communities.

Sue has been Tieri's resident child health nurse, midwife and immunisation nurse for over two decades and delivered countless babies in that time...some of which were in an ambulance en route to the hospital!

Tieri News caught up with Sue to chat about her recent win, her career journey and why she loves being a nurse and midwife.

What does winning this award mean to you?

To be recognised by not only my colleagues, but by the community is such an amazing feeling. It is actually very surreal. After 45 years of nursing, I was still stunned at the variety a nursing career offers now. The people at the presentation night were all so very talented and passionate about their jobs, yet they were all so very different, except for one thing: the goal of giving great care to people.

What prompted you to become a nurse?

Well, it's a funny story actually. I wanted to be a policewoman, but in those days police women stayed at their desks, no females were out and about in the field. I never could sit still very well, so I looked into Nursing. Shift work, family friendly, lots of variety, government job, stability, and I liked to talk to people - I thought it sounded great. Many vocations did not allow you to work once you were married and had children - there was no maternity leave when we had our children. Back then, a woman's place was in the home!

Where did you train and when did you qualify?

I did my training at Rockhampton Base Hospital in 1977. Training was done at the hospital, not at a University. The Sisters still wore the flying caps on their heads and all nurses wore uniforms that were colour-coded to represent what year level they were.

I qualified in 1980. I nursed for a few years and then we had our wonderful children. I went to University to do my Bachelor of Health Science, then my Midwifery and then Child and Adolescent Health. I couldn't have done all that studying without my husband who was not only good with taking the kids fishing and camping, but also the housework, so I could study.

Any patient moments or stories from our career that stand out for you?

Where do I start?! Sorry, what happens at the Tieri Family Unit and Child Health Centre stays at the centre - your secrets are safe with me, Mums and Dads of Tieri!

But I will say I have had many a great laugh with parents regarding their children. REMEMBER: if they are still sleeping in your bed when they are 18 years of age and they bring the girlfriend or boyfriend into bed with you then, YES, we definitely have a problem!

What do you love most about your job as a nurse?

What's there not to love? The people and families are amazing, the way they let me into their homes and lives and the trust we build is rewarding. I love the freedom I have, to provide care to people and families within our region.

The versatility of this centre is great. I see antenatal and postnatal women; babies and toddlers from birth; immunisations from birth to 100 year olds; primary and secondary school children through to elderly clients. The list is never ending.

What do you remember about your first week on the job in Tieri?

That was a long time ago, nearly 25 years - a quarter of a century! Tieri was in the middle of the boom then. I was seeing 50 clients a week and we had 60 babies born in town each year. I know I didn't have any administration assistance, so paperwork? What paperwork?!?! LOL.

Fast forward to today, what's your current focus in your role?

Providing the best care that my community needs. The client will always come first and foremost in this position, and I will do everything possible to make sure they know someone is fighting for them and their health.

Is there anyone you'd like to thank or mention?

I would like to thank my husband, Darrell, for helping me study and thereby obtain the best job in the world.

I would also like to thank my Administration Officer (AO) past and present, Kerry. Without a great AO, I really would go around in circles. It's not a pretty sight.

Also thank you to our Operational Stream past and present, Darrell and Krissy. The centre does look like a cyclone has entered, but believe me when I say the children had the best time playing.

As for the grounds, they always look great, and the gardens take a lot of work to maintain.

And of course, a very special thank you to the Tieri community for all your support. There has been many a tear shed in the centre, but a lot of laughter as well. You are amazing, don't forget that. Be kind to yourself.

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TIERI GOLF CLUB WINS PGA Regional Tournament of the Year

Congratulations to Tieri Golf Club who recently won the PGA Regional Tournament of the Year for their Oaky Creek Coal Pro-Am - a magnificent result for a small country golf club!

The Professional Golfers Association (PGA) of Australia is the third oldest Professional Golfers Association in the world and traces its origin back to 1911 when a group of expatriate Scottish golf Professionals formed a national Association to promote the game of golf and elevate the vocation of the golf Professional within Australia.

The PGA of Australia is a not-for-profit Member-based organisation representing both Tournament Professionals and the Club Professionals who form the cornerstone of the industry, working in golf facilities throughout Australia and overseas.

Once a year, the PGA holds the Queensland Golf Industry Awards - an industry awards night where golf clubs and golfers from across the Sunshine State are recognised for their contribution to the sport.

This year's Awards night was held in October at The Star Casino on the Gold Coast. Almost 600 guests were on hand to celebrate a successful year of golf in Queensland, as the PGA, Golf Australia, Golf Course Superintendents Association of Queensland and Golf Management Australia gathered together to celebrate

the achievements of the industry as a whole.

Sat on their table at the back of the room, Mick Cutts, Club President, said he was completely shocked when they announced that Tieri Pro-Am had won the Regional Tournament of the Year award.

"I wasn't at all prepared. I struggled to get my suit jacket back on, I was in shock. It was like being at the Logies. As I walked through the crowds to the stage people were high-fiving me and sharing their congratulations, it was an incredible feeling. Luckily those few minutes gave me time to gather my thoughts and think of something to say in my acceptance speech!" Mick Cutts



PGA representative, Wayne Trenerry, Mick Cutts (with shield), Brendon Smith, golf professional.

The Regional Tournament of the Year award is voted for by the professionals who compete in the Pro-Am, as well as members of the PGA. The award is based on hospitality, presentation of the course, the overall level of professionalism and ultimately the satisfaction of the pros that visit.

"We're only a little club with about 100 members so to win against big clubs like Mackay, Rockhampton, and clubs along the Northern rivers of NSW, all of which have thousands of members, is really quite something."

For the club, Mick hopes the win means sponsors will continue to support the Tieri Pro-Am. *"We can't survive without the generous support of our sponsors,"* he explains.

"Thanks to them, we currently offer \$30,000 prize money for our Pro-Am. We're looking to increase this prize pool to \$50,000 next year which will result in twice as many Pros coming to play in the tournament. It puts us into a different league and takes our small little country club into the PGA's Order of Merit. It also helps to put Tieri on the map and bring in business for our little community."

"For me personally the win represents a huge reward for the effort of the golf club committee and our small band of hard-working volunteers - for whom I'm really grateful and express my deepest thanks."

"In particular, I'd like to acknowledge our Treasurer, Arthur Dobeson, who does a great job managing our money; Ben Liddell for his focus on our fundraising and sponsors without whom we wouldn't be able to put on this tournament; and our Groundskeeper, Wayne Trenerry - a big part of this award is down to his tireless work ensuring our greens are top class. Thanks guys! I'd also like to thank my good mate and

Australian golf legend, Terry Price, for being our MC at the Pro-Am."

Coal Fields Cup Charity Golf Day

On Saturday the 19th November, the Coal Fields Cup Charity Golf Day was held at Tieri Golf Club. We spoke to Ben Liddell, who works closely with the committee, about the event:

What was the event in aid of?

We put together this event last year so the Tieri Golf Club could give back to causes in need. Last year we raised money for Leuk the Duck foundation. This year we are raising money for the purchase of commode chairs (shower chairs) for patients to use while they await admission into the Spinal Ward at the PA Hospital Brisbane. Currently patients have to wait to use and share these chairs which can be quite distressing. Having seen this first hand recently I know how much this will mean for someone who is unfortunate enough to have to be in this position. The chairs are approximately \$4,000 each.

What did the Coal Fields Cup Day entail?

It's a Three Man Ambrose event for golfers with a GA Handicap, with first prize being \$1,500 for the winning team. It was a fantastic day with 20 teams (60 players) from Tieri, Dysart, Moranbah and Emerald, with the team from Emerald taking out the prize for the second year in a row.

1st Place: 57.34 Ryan Aspinall Pete Purnell-Webb Mark Carter

2nd Place: 58.67 Craig Nicholls Andrew Crowe Joe Dickey P

3rd Place: 62.00 Ben Liddell Mat Lines Brendan Smith

Nearest to Pins went to: **NTP 12** - Matt Youd, Noah Reiter-Youd, Wayne Miller **NTP 17** - Ben Liddell, Mat Lines, Brendan Smith

How much money was raised?

Our aim was to raise enough money for two chairs based on activities throughout the day and the generous sponsorship from the Sbrizzi Family, Triple Torque, CHMS, HD Mining, Moranbah Discount Tyres and Mechanical, Quarry Mining, All-Pro, Minova, PROK and Toll Direct.

We are also raffling a Callaway Golf Bag signed by Craig Parry and a framed Manly jersey signed by Brett and Glenn Stewart.

In the end, donations on the day totalled \$1,533 to go along with the \$10,750 which already gives us enough to purchase *three* of the commode chairs. At the time of writing, the online raffle is still up and running (tickets will be drawn on 10th December at the Town Christmas Party) which will make the final amount raised even higher.

A massive thanks to the sponsors, committee, numerous volunteers, greens staff, and of course the players and everyone who has generously donated. I know what we did on the weekend will make a significant difference in someone's life.



Our top little town is full of interesting people from varied backgrounds. We want to get to know you better so Tieri News is excited to introduce a new section to our newsletter: Meet the Locals. Each edition, we'll be chatting to local members of the community to get their story and share it with you.

First up, we spoke to Damien Wynn, General Manager and Senior Site Executive at Oaky Creek Coal.

MEET THE LOCALS... Damien Wynn

General Manager and Senior Site Executive at Oaky Creek Coal.

Damien, welcome to Tieri! Or should we say, welcome back?! It's not your first time here - what's your history with OCC and Tieri?

This is the third time I have worked for OCC. I started my career as a Graduate Mining Engineer back in 2003, living in Tieri with my wife. Our two daughters were initially raised here in Tieri. They still have fond memories of the town, their friendships and growing up in Central QLD.

I left and worked elsewhere in CQ and Brisbane, then returned in 2016 as Production Manager of Oaky Number 1. And then, in September I returned as the General Manager & Site Senior Executive (GM/SSE) of Oaky Creek Coal.

What does this role involve?

Ultimately, I am accountable for setting the direction and leading OCC to ensure the business produces coal safely and responsibly to deliver value to our shareholders. But I'm also keen to see Oaky Creek continue to do what we can to support local communities, particularly those living in Tieri.

How have things changed for the mine and the town since you were last here?

There has been a lot of innovation with advancements in technologies like mining automation that has really taken us forward as an industry.

In fact, I'm delighted to see the pilot project on longwall automation, that started in 2019, become an Australian industry and world leader in this space.

It's really pleasing, though, to note that Tieri has continued to keep that small town community spirit, supporting local business and welcoming new families.

What would you like to achieve for OCC during your time as GM? What are your goals for the mine and for the community at large?

OCC is a fantastic asset with a long history in the community and with our stakeholders. I personally want to ensure OCC continues to be a safe, productive, professional and enjoyable place to work and to be actively involved in the Tieri community.

How would you describe yourself?

I enjoy seeing others around me succeed and supporting them to reach their goals. I see myself as - and aim to be - professional, open, and accessible.

How would others describe you?

Fair, reasonable, dependable and someone they could go to if they needed help.

What role do you believe Glencore OCC plays in the community?

We play an active role in the community, whether it be chairing the Community Reference Group of small businesses and local stakeholders; supporting local sporting groups, businesses, the primary school, and services; being there in times of personal family challenges; or simple volunteering to cook the snags or find someone to put on the Santa suit for the town Christmas party.

What keeps drawing you back to this top little town of ours?

Quite simply, this town has a big heart and some incredible characters. I started my career here and my two daughters spent their first few years growing up here. I've been here when severe storms have hit, creating a lot of damage, and taking out power for a week. But that's when you see the Tieri character at its best: everybody helping everybody.

How do you spend your spare time...and with whom?

I enjoy Mountain Bike riding and spending time with my wife and two daughters.

5 things you can't live without?

Family, 2. Friends, 3. Good wine and food,
 Travelling, 5. Mountain Bike riding.

What's a little-known fact about you? I ran with the bulls in Pamplona.

Dead or alive, who would be your ideal BBQ guests?

Andy Thomas (Australian astronaut), Lewis Hamilton (FI Driver), Chris Hemsworth (Actor), Tom Hanks (Actor) and Muhammad Ali (Boxer).

If you could have anyone else's job in Tieri, whose would it be and why?

The baker: their pastries and pies are amazing!

HAVE YOUR SAY Local Voices Pulse Survey Now Open!

The latest Local Voices Pulse Survey is now live and Glencore is calling on the entire community to have your say. If you have previously registered to take part, an invitation to complete the survey will have been sent to your email.

If you have not yet registered, it's not too late to join - simply head to voconiglocalvoices.com/tieri/ or scan the QR code. **REGISTER NOW!** Your voice is important.



The feedback you provide helps to inform focus and direction, as well as investment and resourcing decisions," explains Joel May, Environment & Community Manager, Oaky Creek Coal.

"A prime example of this is day care. You've been telling us for some time that this is a key area of concern for you so we're thrilled that we've been able to support Lisa Austin-Richards in setting up Ladybugs and Rugrats Family Day Care which will open early in the new year!" (see page 4-5)

If you're looking for a reason other than providing feedback that can help shape the town, for every completed Pulse survey, a \$5 donation is unlocked for a community group of your choice. Choose from the list on the survey website, or nominate a new group.

So far, including the original Anchor survey (which unlocked \$10 per completed survey), a total of \$2,300 has been donated to the following groups, thanks to your feedback:

- Capricorn Helicopter Rescue Service,
- Central Highlands Wildlife Carers Inc.,
- Tieri Sharks Swimming Club,
- Peak Downs Karate,
- Tieri Possums Playgroup,
- · Tieri Family Unit & Child, Health Centre,
- Tieri State School P&C,
- Capella Tieri Middlemount Community Support Network Inc (CTM LINKS)

The survey will be open until January so be sure to have your say and help shape decisions that impact our community.

Participants in this Pulse Survey will also go into the draw to win a Yeti esky - perfect for summer! Remember, you've got to be in it to win it so be sure to have your say in this Pulse Survey.

We'll be providing an update on the Pulse surveys, as well as key findings from your feedback in upcoming editions of Tieri News!

The Local Voices 'pulse' survey is NOW OP



Help Oaky Creek Coal understand what matters most to you

A \$5 donation is made to local community groups for every survey completed

Participation is 100% confidential

Your feedback will help Oaky Creek Coal support vibrant local communities

Have your say this December & January and go in the draw to win a YETI Tundra 35 Hard Cooler!

Learn more and register now





voconiqlocalvoices.com/tieri

OAKY CREEK

ALN: AL

OCC MINES RESCUE TEAMS Compete in QMRS Opencut Challenge

Mines Rescue is the specialised profession of responding to an extensive range of mine emergencies including rescuing trapped and injured miners. Recently, Mines Rescue Teams from Oaky Creek North and Oaky Creek's Surface operations have been competing against other mine rescue teams in the QMRS annual competitions.

We spoke to Mannie Coates, Emergency Response Coordinator at OCC and Richard Leeds, Oaky Creek Surface Emergency Response Coordinator to find out more.

What are the OCC Mines Rescue and Emergency Response Teams and what do you do?

Mines rescue teams consist of 5-8 team members who follow Mines Rescue guidelines to effect emergency response actions in areas where the mine's Safety and Health Management System has deemed it too dangerous for coal mine workers to stay or return to.

The teams respond to emergencies that can occur on site, ranging from surface fires, equipment fires, to first aid treatment.

Hostile environments can include toxic or low oxygen environments, hot and humid environments, or areas where an incident has occurred and rescue team members need to wear breathing apparatus to protect themselves from the atmosphere.

Why is it important for OCC to have a Mines Rescue and Emergency Response teams?

Essentially, to respond to all emergencies and to preserve and protect people and assets at Oaky Creek.

Mines rescue is the specialised job of rescuing trapped and injured miners and others; combating fires; and responding to other mine emergencies. Mines rescue teams are highly trained and well equipped to deal with a wide range of hazards and situations including fires, explosions, rockfalls, toxic gases, influx of water, and injuries.

Mines rescue team members are required under legislation to maintain an effective emergency capability. The mine benefits in many ways by having highly trained and skilled workers across the shift to render assistance to injured coal mine workers, lead self escape groups to safety, and to offer advice in an emergency.

Tell us about the competitions?

Queensland Mines Rescue Service (QMRS) provides expertise in assisting the mining industry to manage risk and ensure safety in underground and surface mining. Every year they run a series of Regional, State and National competitions to test Mines Rescue Teams from different mines, including Yarrabee Mine, Dawson Mine, Gregory Mine, Newlands Mine, Collinsville Mine, Rolleston Mine and Oaky Creek.





This year, the Oaky Creek Surface Emergency Response Team (OCS ERT) came 2nd in the QLD State "Northern Challenge" and Oaky Creek North Mines Rescue Team came 6th in the national Australian Mines Rescue Competition.

What are the competitions based on?

The competitions are based on real events that have occurred at the coal mine in the past; training scenarios that are designed to test minimum equipment, guidelines and protocols and emergency deployment procedures.

What do they involve - what areas do you compete in?

Competitions involve scenarios such as first aid, extrication, fire fighting, installing Ventilation Control Devices, timbering, seal inspections, search and rescue, recon of areas, monitoring and reporting atmospheric and environmental conditions to Incident Management Teams.

Teams are assessed based on a number of different criteria including:

- Efficient preparation of mines rescue equipment
- Performance of rescue team standard procedures
- · Performance of arduous tasks in a safe manner
- Effective fire fighting techniques, introduced to gas fires and advanced branch techniques
- Practical demonstration of mines rescue equipment
- Testing and use of Breathing Apparatus in a simulated rescue environments
- Understanding of hostile environments and the interpretation of atmospheres in confined spaces
- Teamwork and team safety
- Communication protocols used to ensure that information is passed on in a clear concise method to ensure correct control and decisions are made, first aid, prioritise, stabilise and treat the injured

How do you prepare for the competition?

Teams do core skill training onsite twice per month where they cover Road Crash Rescue, Confined Space Rescue, Vertical Rope Rescue, Hazmat Training, Fire Fighting, and First Aid Training. They also spend around one week of training at QMRS stations before the competition.

What's next for the teams?

OCN Mines Rescue Team is a new team, so for them to win the regional competition, come 3rd in the State comp, and 6th in Nationals is a great outcome. And for the OCS ERT to come 2nd in the State comp is truly a massive effort and we're really proud of them.

Looking ahead, they'll both be focusing on how their team can work best together and training hard for the State competitions next year and to ensure we're at the top of our game should there ever be an emergency or incident at the mine - we want to be the best we can be for our coworkers.

The OCS ERT have been competing in the Open Cut Rescue Challenge for the past six years since its conception. Last year they got 3rd place and this year 2nd place so next year they are striving for 1st place!

A special thanks and congratulations to:

OCS ERT: David Pratchett (ERT Captain), Josh Flood (Vice Captain), Matt Martell, Ron McGowan, Richard Leeds, Nakia Lange, Salvatore Cutrale, Cameron Mason, Desmond Williams, Jordan Bonetti, Zeb Warren, Peter Allan, Ben Dawson, Shaun Strang, Tony Armstrong, Joseph Obermeier, Brad Lane

2022 Mines Rescue Challenge OCS Team: David Pratchett (ERT Captain), Josh Flood (Vice Captain), Jordon Bonetti, Nakia Lange, Ron McGowan, Desmond Williams, Ben Dawson (reserve), Joe Obermeier (reserve).

2022 OCN Comp team: Robbie McShane (Captain), Matt Fitzpatrick (Vice Captain), Coleman Roberts, Liam Cotterill, Sam Lindley, Tony Armstrong, Ben Ormsby.





Tieri Pharmacy has been serving Tieri since 2008. Locally owned and operated, Tieri Pharmacy's customers are guaranteed friendly and confidential service. You will find an extensive range of products including:

- Prescription and over the counter medicines
- Cosmetics and perfumes

First Aid

Well-being and fitness supplements

Baby needs

- Hygiene/personal
- grooming products
- Essential oils and
- Gifts and homewares

We also offer a **free same day delivery** service around Tieri and **shopping centre car park delivery!** Great for people who have tested positive for Covid and have to self-isolate, or for those less mobile or unable to get to the pharmacy.

TRADING HOURS:

Monday to Friday 8am to 7pm Saturday 8am to 1pm



CHRISTMAS TRADING HOURS:

Last trading day for 2022 will be Saturday 24/12/2022

First day of trading for 2023 will be Tuesday 03/01/2023

Email: tieripharmacy@gmail.com Ph: 0749816756 Fax: 0749816785

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Organisations carrying out mining activities in Queensland are legally obligated to rehabilitate the land. In line with this, and as reported in June's edition of Tieri News, Oaky Creek Coal is in the process of developing a Progressive Rehabilitation and Closure Plan (PRCP).

We caught up with Joel May, Environment & Community Manager at Oaky Creek Coal to get a status update and learn more about PRCPs.

What is a Progressive Rehabilitation and Closure Plan (PRCP)?

The Environmental Protection Act 1994 requires that all areas disturbed by mining activity must be rehabilitated to a post-mining land use.

A PRCP helps us plan exactly what activities need to be carried out - as well as where and how - in order to successfully rehabilitate the land occupied by the OCC mine and return it to a stable condition.

A 'stable condition' means we can demonstrate that the rehabilitated land is:

- Safe: Geotechnical
- Stable: Erosion control
- Non-polluting: Hydrology
- Sustaining: Ecology

What does a PRCP include?

A PRCP consists of two parts: a Rehabilitation Plan and a PRCP Schedule.

The Rehabilitation Plan includes the following information:

- General information about the mine site and operations
- A project description for the life of mine
- Details of technical studies regarding flooding, groundwater, revegetation, geotechnical stability, water management, etc.
- Proposed post-mining land uses, including analysis and justification
- Information about consultation with relevant members of the community (e.g. local landholders, Government, Traditional Owners, etc.)

• Details of the proposed rehabilitation methods and techniques that will be used

The PRCP Schedule outlines the timing for delivering the rehabilitation.

When did you start working on the PRCP?

While Glencore has always had progressive closure practices in place as part of the way we do business, formal work on the PRCP began in 2020 through a range of studies examining ecology, landform, hydrology, to name a few. Land rehabilitation is a core part of our business with approximately \$10 million spent on average annually. We recently secured sign-off from the Queensland Government on 433 hectares (equivalent to almost 700 football fields) of rehabilitated mined land. Added to the 133 hectares that was signed-off in 2020, that brings our total rehabilitated land at Oaky Creek to 566 hectares! Something we're immensely proud of.

What is the latest status of the PRCP?

We've been busy undertaking a series of geotechnical, ecological, aquatic, terrestrial and hydrology studies to help understand the current lay of the land. For example, the gradient of the land, the soil conditions, identifying fish, bird and plant species, and testing the water chemistry and quality.

We've also held consultation sessions with local landholders, council and State Government, and other relevant members of the local community, including the Tieri Community Reference Group (CRG), regarding the rehabilitation and closure of the site.

Using the information and findings from our studies, as well as the insights from our community consultations, we were able to provide some initial proposals for Post-Mining Land Use (PMLU) for certain areas to the Department of Environment and Science (DES) for feedback, including grazing land, open woodland and wetland areas.

Their feedback has meant we've reclassified some areas of the land. It's important to note here that regardless of the land classification we must continue our responsibility to rehabilitate lands impacted by our mining activities using best practice environmental management in order to achieve the post mine land aims while minimising risks to the environment.

We're now in the process of completing the PRCP studies and compiling application documentation for approval.

When is the PRCP due to be submitted?

Originally the PRCP was due for submission at the end of 2022. This deadline has now been extended to November 2023 to allow time to complete the necessary studies, consultations and assessments.

Who approves the PRCP?

OCC will submit the PRCP to the DES for regulatory approval. They assess the PRCP to determine whether it meets the legislative requirements in the Environmental Protection Act.

What happens once the PRCP is approved?

If the DES approves the PRCP, they issue the final PRCP Schedule. This is a statutory document that includes time-based milestones that Oaky Creek must comply with for the successful completion of rehabilitation.

How can the community keep up to date with the status of the PRCP?

We have already published articles in previous editions of Tieri News and on www.tieri.com and we'll continue to do so as things progress.

We also present updates at the guarterly Tieri Community to join the Tieri CRG as they are a fantastic way to learn what's happening in our community and help prioritise and deliver the right projects, in the right places. New stakeholders are always





the Land in 2022

Rehabilitation of the land on which Oaky Creek Coal operates is a core part of the Environment & Community team's work.

Annual rehabilitation efforts continue with bulk earthmoving activities currently occurring at inactive open cut pits Aquila and A7. The work involves six D11 dozers.

The target for this year is 352ha of seeded Community Advisor. "Part of the seeded land this year will include a section of the out-of-pit tailings storage facility - approximately 15ha - which has been reclaimed by removing the from reprocessing are disposed of in inactive pit voids under current operations, which is helping

Annual rehabilitation monitoring activities, undertaken by an external consultant, have been completed at 48 transects across 11 sites.

In addition to the above, Oaky Creek aims to submit a total area of approximately 1,200 ha for certification by the Department of Environment and Science (DES) before the end of the year. The certification areas include 48ha in G4 of rehabilitated dragline spoil from open cut mining and 362ha of surface infrastructure that supported underground mining from Oaky No.1 and Oaky Creek North. The age of the rehabilitation extends from the oldest in 1999 (dragline spoil) to the newest 2021 (some surface infrastructure).

"Four representatives from the DES visited the site on Friday, 25 November 2022 to discuss and inspect the areas proposed to be submitted in the application," says Marijke. "Their feedback was encouraging and they did not have any immediate concerns about the proposed areas, which is promising."

In other activities, the Environment & Community team takes soil and water samples throughout the year to test the quality of rehabilitation and ensure it meets their objectives. They are also doing surface runoff trials in G4 to ensure the quality of rainfall runoff coming from rehabilitated slopes is safe to the environment and wildlife. These studies will also provide evidence to support the progressive certification application - we'll keep you posted on the outcome of this and more in future editions of Tieri News.

CHRC LAUNCHES 'My Community Directory'

Following feedback from community members, Central Highlands Regional Council (CHRC) has launched a new community directory service through My Community Directory.



The aim of My Community Directory is to support local groups, clubs, and service providers to promote their services. It also helps community members and visitors find out what services or clubs operate in the region.

Accessible through a computer or mobile app, you can use My Community Directory as your one-stop-shop to find a club that piques your interest, recruit more members to your own club or search for and post volunteer opportunities.

The My Community Directory platform is implemented by over 55 local governments across Australia. It is available to the public for viewing, and to not-for-profits, service providers, clubs and groups to list their services.

Add your community organisation

My Community Directory is for health and community organisations that provide services and activities with a community benefit. Community organisations and groups are encouraged to create a listing on the My Community Directory platform at mycommunitydirectory.com.au/Register.

Registration on the directory is **free** but you or your organisation need to meet at least one of the following criteria:

- Provides services that are free, or minimal cost, or are funded by the council, state or federal government
- Provides services that can be accessed by people in the community and are free, funded, low cost or subsidised
- Run events to support people or groups in the community
- · Provide advocacy or support services to the community

Services which have a significant cost can list if most users may claim back a large proportion of the fee from sources such as:

- Medicare
- My Aged Care
- National Disability Insurance Scheme
- Health and Allied Health services which are claimable with most major health funds

You can find the full criteria for listing at <u>mycommunitydirectory.com.au/Resources/ListingMyOrganisation</u>, or contact Council's Customer Service team on 1300 242 686.

In the announcement on Council's website, Mayor Kerry Hayes says: "There are a lot of clubs and services in our region that support everything from art, sport, common interest, advocacy and more. With My Community Directory, people will see all clubs and services in one place instead of stumbling across Facebook pages or through word of mouth."

My Community Directory has also collaborated with Central Queensland Hospital and Health Service to create Access my Healthcare. This page within the directory lists the fixed and travelling health services available in the Central Highlands.

Ready to create a listing?

Create a listing for your club or sporting group by registering at <u>mycommunitydirectory.com.au/Register</u>. If you have questions or need help creating or managing your listing, please reach out to Council's Customer Service team on 1300 242 686 or email enquiries@chrc.qld.gov.au.

Tieri Community Directory



Community Information & Support CTM LINKS Community Support

& Development		
CH Wildlife Carers Inc		
Snake Catchers - Allan Barry		
Brad Lane		
CFMEU Oaky North Lodge		
13 Health (Assessment, Referral, Advice)		
LIFELINE (Phone Support)		
1800 Respect (Domestic Family Violence Support)		
(Domestic Family Violence Support)		
MensLine Aust. (Prof. Counselling & Support) 1300 78 99 78 Kids Helpline (Prof. Counselling & Support Ages 5-25)		
Kids Helpline (Prof. Counselling & Support Ages 5-25)		
(Prof. Counselling & Support Ages 5-25)		
CQ Financial Counselling Service		
QLD Gambling Helpline		
QLD Alcohol & Drug Information & Support1800 177 833		
Tieri Community Churchtiericommunitychurch@gmail.com		
Nearest Vets Emerald or Clermont		

Social Media - Facebook Tieri Noticeboard **Oaky Creek Coal & Town Services**

Town Services - Housing / Maintenance	4984 7700
Membership Golf Club / Gym Pool	4984 7700
Kids Club Creche Gym / Pool	4987 7700
Oaky Creek Coal Reception	
Oaky North Comms	
Oaky Surface CHPP Comms	4984 7292
OCC HR & Payroll	
Oaky Creek Coal Community Hotline	1800 732 895
Employee Assitance Program (EAP)	1300 687 633

Emergency Services

In an emergency, call Triple Zero (000)

Police Fire Ambulance 000 Police Link 131 444 SES 13 25 00

Central Highlands Regional Council PH: 1800 242 686

<u>WATERING DAYS</u> (for Private Gardens) Mondays Tuesday, Thursday, Saturday 4 - 8pm Wednesday, Friday, Sunday 4 - 8pm

No Sprinkler use Zone A (NW of Malvern Av.) Zone B (SE of Malvern Av.)

BIN DAY - THURSDAY Red Lin Bin (General Waste) WEEKLY Yellow Lid Bin (Recycling) FORTNIGHTLY (Even numbered weeks)

 WASTE FACILITY - DUMP

 Tieri - Capella Road (3km from town)

 Monday - Sunday
 9:00am - 5:00pm (Closed 1:00 - 1:30pm)

TIERI LIBRARY & TRANSACTION CENTRECorner of Grasstree & Anncrouye StreetsMonday Friday9:00am - 5:00pmSaturday9:00am - 12:00pm

Community Groups & Volunteering

Tieri State School P&C Tieri State School Tuckshop Tieri Sharks Swim Club Tieri Possums Playground Central Highlands Karate Peak Downs Junior Pirates Rugby League Club CTM Links Community Support Network Inc. Tieri Golf Club Tieri Local Ambulance Committee Tieri Community Reference Group Tieri Catholic Caring Shop Central Queensland Wellbeing Hubs Inc. Central Highlands Wildlife Carers Inc. **Email: tieri@ctmlinks.com.au for contact details**







Follow QR Code to <u>www.tieri.com.au</u> for more about Tieri, Upcoming Events & Updated Contacts Data correct at TIME OF PRINTING - SEPTEMBER 2022

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