



# MESSAGE Mayor from the Mayor

# JOHN 'TRACTOR' FERGUSON

After a long and challenging year, I look forward to what 2026 can bring for our community. We have some significant projects on the horizon, including:

- Upgrading the Sewerage Treatment Plant
- Sams/Frew Street Truck Infrastructure
- \$5M investment on Warri Gate Road
- Noccundra Airstrip sealing and fencing
- Nearly \$100M in QRA DRFA road restoration works

These projects will help strengthen our community, improve essential infrastructure, and support the resilience and growth of Bulloo Shire.

I also want to acknowledge the Premier and the Queensland Reconstruction Authority's support in funding a flood study and exploring a future levy, which will help our community better prepare for and manage flood events.

# **Disaster Recovery**

Recovery is a long road, and progress has been slow, but we're getting there. We're pleased to share that our first Council houses will be occupied before Christmas, with the remaining homes scheduled for early March. We apprentice that it will be a hot summer and are working with Forge to get people into homes as soon as possible.

Council will remain based at the VIC into the new year, with the Administration Centre due for completion in April 2026. It's been a tight fit, and we thank the VIC team for sharing their space with us.

#### **Disaster Funding for Sport and Recreation Venues**

The Department of Sport, Racing and Olympic and Paralympic Games has announced the disaster recovery grant program for sport and recreation venues. We are preparing submissions for the Memorial Park, the Community Centre, Rodeo Grounds, Football Oval, and Golf Club. If successful, this funding will help restore these facilities to their pre-flood condition.

We will continue to explore additional funding options to support the recovery of our tourism assets.

#### Paroo Bridge at Eulo Stakeholder Engagement

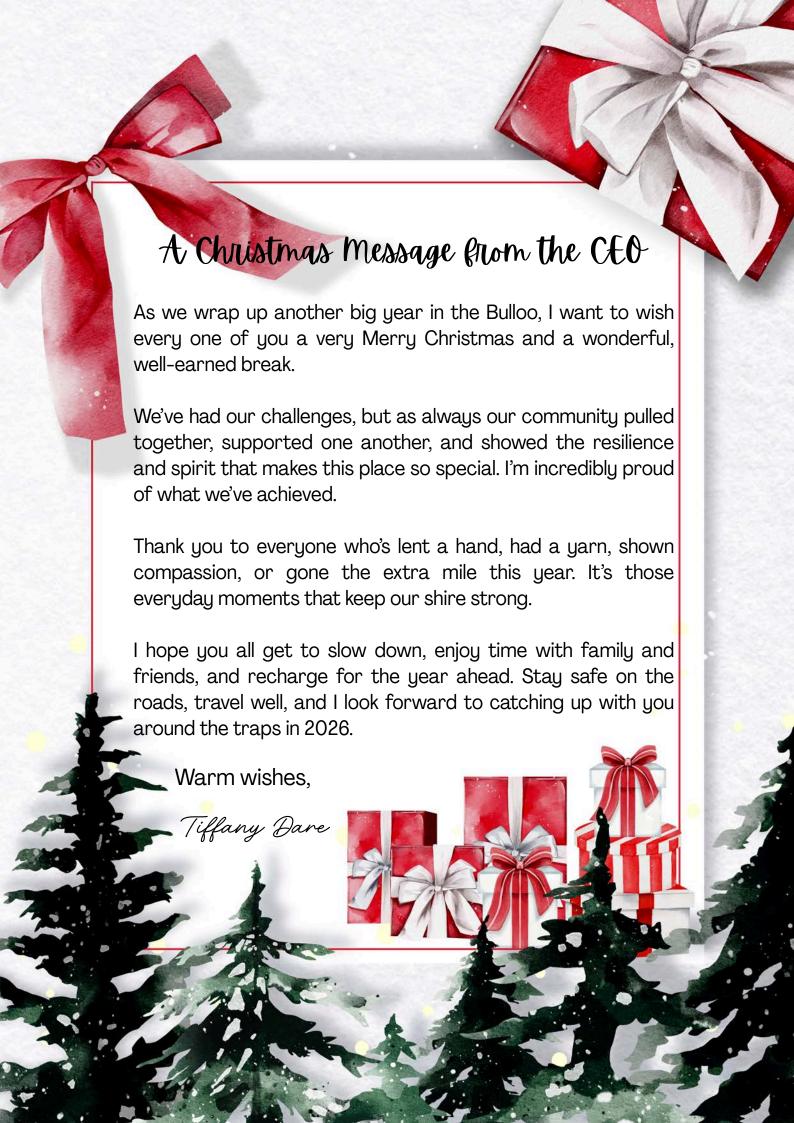
The Department of Transport and Main Roads (TMR) is continuing stakeholder engagement regarding options for raising the Paroo Bridge at Eulo. TMR has met with Bulloo and Paroo Shire Councils, with wider community engagement planned on-site in February–March 2026. The project is expected to provide greater resilience by reducing bridge closures by up to 50%.

At the same time, TMR is progressing design work to raise the South Comongin crossing on the Quilpie-Thargomindah Road.

I would like to thank Council staff, contractor, volunteers, and community members for their dedication and support throughout the year.

Merry Christmas and a Happy New Year! Have a wonderful break and enjoy some special time with your family.





# **Road Maintenance Budget and Challenges**

Council would like to remind residents that while we do our best to maintain our extensive road network, it simply isn't possible to grade every road every year.

Council's annual budget for road maintenance, which includes town streets, rural roads, and resealing, is approximately \$2 million. Given the high cost of road construction and maintenance, Council relies heavily on external funding sources such as state and federal disaster recovery grants.

# **Typical Road Maintenance Costs:**

Medium Formation Grade (no gravel): \$6,500 per km
 Resealing: \$42,000 per km

# **Council Maintains:**

- 2.216 km of unsealed roads
- o 282 km of sealed roads

Maintaining the entire road network every year is not financially viable. While ratepayers contribute to Council's budget, these funds must support a broad range of essential community services, including:

- Waste collection and disposal
- Parks and recreational facilities
- Libraries and community centres
- Environmental management
- Public safety and health programs
- Local planning and development
- Emergency and disaster response

# **Restoration of Essential Public Assets (REPA)**

Council has \$48.8M in approved REPA works from previous events that are either out to tender or being prepared for tender. In addition, Council has lodged a \$49 million REPA submission with the Queensland Reconstruction Authority (QRA) for the restoration of road sections impacted by the recent disaster event.

Once this submission is approved, Council will engage a contractor to undertake the restoration works.

East \$26.4MNorth \$18.3MSouth \$3.6M



# **Bitumen Seal Works**

This completed work is another step in providing Bulloo Shire with a more resilient road network, greater accessibility and improved road safety.



# Warri Gate Road

Work completed under the Roads to Recovery (RTR) Program



# **Bundeena Road**

Work completed under Transport Infrastructure Development Scheme (TIDS)



# Network: 3 Dec 2025 at 10:40:03 am AE -27.667261, +142.553421 ±2.1. 351 N. Innamincka Rd. Bulloo Shire Altitude: 119.5meter

# Innamincka Road

Patch repair work completed under Queensland Reconstruction Authority (QRA)

# Australia Day weekend!

Friday 23<sup>rd</sup> January 2026

Fishing Competition Begins.

# Saturday 24th @ Sports Oval

Fishing comp official weigh in and measure
 8am-9am @ Sport Oval

# Sunday 25th @ Sports Oval

- Fishing Comp official weigh in and measure
   8am-9am
- Final fishing comp official weigh in and measure 5pm
- Family Fun Day 5pm
- Kids Magic & Bubbles Show 5pm
- Tug-A-War Competition teams of 4 starts
   6pm
- Ironman/woman Competition 7pm
- Novelty Fishing events throughout afternoon
- Free BBQ Dinner BYO Drinks

# Monday 26th January AUSTRALIA DAY

- Kids Magic Workshop 10am Kullilli Room
- Official Australia Day Celebrations/Award Presentations Dinner 6pm @ Golf Club entertainment and Fireworks



"ASSISTED BY THE AUSTRALIAN GOVERNMENT THROUGH THE NATIONAL AUSTRALIA DAY COUNCIL"



BULLOO SHIRE
COUNCIL THANKS
YOU FOR
SUBMITTING YOUR
AUSTRALIA DAY
NOMINATIONS.

THESE WILL NOW GO TO OUR AUSTRALIA DAY CELEBRATIONS.

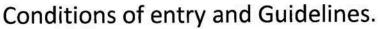
COUNCIL WOULD LIKE
TO TAKE THIS
OPPORTUNITY TO INVITE
ALL TO ATTEND THESE
CELEBRATIONS.





# Australia Day Essay Competition,

# "What it means to be Australian"



This Essay Competition is open to all residents of the **Bulloo Shire**. Please find below categories and subject matter requirements for each category.

# Primary School Yr 4-6

Suggested length 500-750 words

Essayist's Prize: \$150

The aim of this essay is to think about and explain what being Australian means—how people from different backgrounds come together, how we treat each other with fairness and a "fair go," and how we look after our land and community—and then share what being Australian means to me.

# High School Yr 7-9

Suggested length 750-1000 words

Essayist's Prize: \$250

The objective of this essay is for you to explore and explain the different way people identify as Australian — such as through our cultural values, history, Indigenous heritage, immigration and the land — and then reflect on how you personally understand being Australian today.

# Upper High School Yr 10-12

Suggested length 1000-2000 words

Essayist's Prize: \$350

This essay aims to explore how my identity and experiences intersect with broader ideas of Australians—examining cultural values, Indigenous heritage, immigration and connection to the land—and to reflect on how I personally interpret being Australian in today's society.

#### Young Adults 18-25 years

Suggested length 2000 -3000 words

Essayist's Prize: \$500

This essay aims to examine and evaluate the multiple dimensions of Australian identity—such as Indigenous heritage, multiculturalism, national values, and our relationship with the land—while forming a reasoned argument about what being Australian means in contemporary society and reflecting on my own perspective within that context.

Submissions will be judged on content, grammar, spelling, punctation and clarity. All submissions will also be checked for plagiarism.

Each essayist will receive a Certificate of Acknowledgement, acknowledging participation in the Competition.

#### **Essay Submission Deadline:**

5pm on Friday the 16th January 2026

# **Essay winners Announcement and Presentation:**

26th January Australia Day Celebration @ Golf Club 6pm





# RURAL SERVICES

# Agforce Carbon Farming Outreach Workshop

Producers attended a workshop at the Thargomindah Golf club with presentations on Carbon Farming, including:

- · The fundamentals of carbon tailored to your region and commodity, focused on facts and free from media or political spin
- Carbon in your property and business: How it works & how to change it Veg, soil, energy and livestock
- Supply Chains and Governments Opportunities, risks, expectations
- Carbon calculators and how to use them
- · How to prepare yourself and identify carbon advisors trying to sell you a lemon
- Pulling it all together for your business





# Town Common Cattle Muster

The October Common muster was held on the 25 & 26 October. There were 35 cattle sold, 7 moved off the common and 1 calf branded. There are now 43 cattle registered to 9 owners on the common.



# Weeds (Invasive Plants)

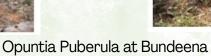
Gavin O'Connor from Biosecurity Queensland visited Thargomindah 15-16 October to undertake surveillance on weeds at Bundeena, Hungerford and Thargomindah.

#### Bundeena

The Opuntia Puberula has been killed at Bundeena and a sweep of the area was also conducted with no new plants being found. The Coral Cactus is slowly being eaten away by the Cochineal Bug, with some new plants being found. Another sweep of the area will be conducted in 12 months to hopefully confirm no new plants.



30 May 2024





15 October 2025

# Hungerford

The Coral Cactus at Hungerford has taken off after flooding.
The bug was knocked around by the water and is coming back in some plants. Plants were sprayed in house blocks, at the dump, sports grounds, along the roadside and in vacant blocks



# Mexican Poppy

Many Mexican poppy plants have germinated along the roadside and in-house yards since the large flooding event. This is an introduced species from Mexico and is not currently a Declared Plant in Queensland, but its control is recommended. It has low nutritional value and is not grazed by stock and is known to be toxic but with no conclusive cases.





Thargomindah

Mimosa was found near the Hungerford Crossings, these were sprayed to prevent spreading.

### Picarilli Ram Sale

The Annual on Farm Picarilli Ram Sale was held on 22 October. A Helmsman Auction was conducted with buyers present onsite and participating online. Care Outreach also attended the day talking to landholders. A BBQ lunch was provided by Picarilli.





# SQ Landscapes Fish Surveys

Fish Surveys were conducted in the Bulloo River around Thargomindah during October. All fish caught (502) were native, they included Bony herring, Silver Tandan, Desert Rainbow Fish, Yellowbelly, Spangled Perch and Gudgeons. Also caught were turtles, yabbies and shirmp. Most sights had plenty of juvenile species present which can be attributed to the flooding in March 2025. The largest Yellowbelly caught was 45cm.



Silver Tandan

45cm Yellowbelly

# **HUNGERFORD BILBIES**

In consultation with the Hungerford community, Council commissioned three x 1 metre high bilbies for the township.



These little guys have now been installed in front of the Hungerford Hall.



Be sure to check them out next time you're passing through!

# TOURISM HAPPENINGS



Despite the setbacks, the tourism calendar bounced back quickly. Two of our major events were postponed by around three to four weeks, which meant we ended up hosting three major events in just over two months. This brought a huge number of visitors into the region and gave local businesses a strong boost.

Throughout the year, the Bulloo Shire continued to be a popular stop for bus tours, aviation groups, and organised tour operators, all contributing to steady visitor numbers. A highlight has been the launch of Ted and Lynette's Birdwatching Tours, which have been incredibly well received. Birdwatchers have been travelling specifically to spot species found only in our part of the outback.

We also welcomed several film crews across 2025, helping to promote the region through Tourism and Events Queensland and other media channels. These visits captured everything from Lake Bindegolly's wetlands to our night skies, the Hydro Power Plant, and iconic outback landscapes—keeping Bulloo Shire firmly on the tourism map.

Tourism staff will now utilise the quieter off season to revamp some of our attractions and set up new displays ready for the next tourist season

Thank you to the community, volunteers, local businesses, and visitors who helped make 2025 such a successful year for tourism in the Bulloo Shire.





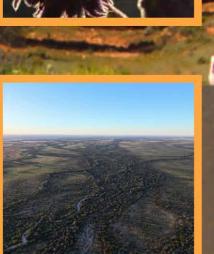
# PHOTOGRAPHY CONTEST



- Within the Bulloo Shire
- Aerial Photography
- Landscape Photography
- Nature Photography



will be used on the front page of the next addition of the Explore Bulloo Visitor Guide Book!



For more information please contact the Thargomindah Visitor Information Centre:

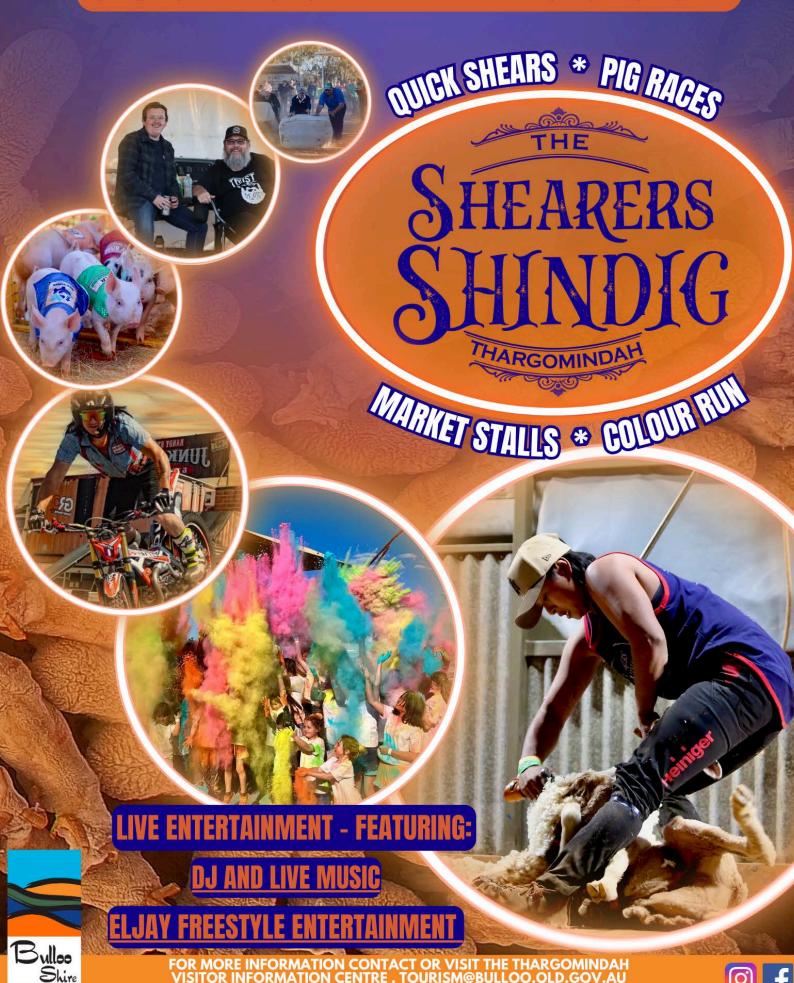
07) 4621 8095

tourism@bulloo.ald.gov.au



YOUR EPIC OUTBACK ADVENTURE,
THARGOMINDAH, SW QLD

# 22 & 23 MAY 2026





Brian Letto

Leece Blinman

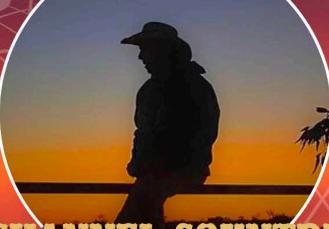
the Stewies

# THARGOMINDAH SW QLD 13 - 19 JULY 2026

candie Dogg

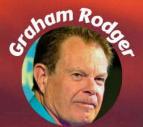








aob Breese



# **Entry Fees**

Main Event 18th -19th \$45 p/p per day

**EFTPOS** available for Festival Tickets & Camping ONLY.



# On Site Camping

NON POWERED CAMPING From the IIth - 19th July 2026

Showers, Toilets & Limited Water available Dogs allowed but must be kept on leads

Generators permitted from 8am - 8pm



ach Mcko

# \$5 per site per night Early Entry from Saturday the 11th July



# Give the Bush a Helping Hand!

- Walk Ups with Rob & Dawn From Monday the 13th July
- Tuesday Movie Night
- Wednesday Damper Cooking Competition (The Golden Camp Oven Award)
- Wednesday Night 70's Theme
- Thursday Night Camp Oven Meal
- Friday Night Old Time Dance
- Saturday Night Party Night!!

Planned Activities throughout the week (eg, Line Dancing and Bingo)

Food and Market Stalls Available on Site

Regular Shuttle Bus | Prizes for Shopper Dockets



Contact the Thargomindah Visitor Information Centre on:

Phone: 07 4621 8095 Fmail: tourism@hulloo.old.gov.au.



Did you know the average Australian goes through approximately 340 litres of water per day? Did you also know that the residents of Thargomindah used 26,263 kilolitres of water during the month of February alone – this actually equates to a whopping 3,501.7 litres of water per person per day!

Some easy ways to cut back on water usage around your home includes:

- Install a water saving shower head they use around 40% less water than a standard shower head.
- Keep showers short and sweet a standard shower uses 15-25 litres of water per minute, reduce your shower time to reduce water usage.
- Turn off the tap when you brush your teeth this can save 6 litres of water per minute.
- Fix dripping taps a dripping tap can waste 15 litres of water a day, or 5,500 litres of water per year.
- Only run fully loaded washing machines and dishwashers those half-filled loads add up to lots of wasted water over time.
- Be water efficient whenever possible for example, wash your car on the lawn to water and fertilise the grass at the same time. Car shampoos use phosphates similar to many fertilisers.
- Don't use water if another tool can do the job use a rake, broom or outdoor blower to clean paths and driveways rather than a hose.
- Only water your lawn when it needs it if it springs back after stepping on it, it doesn't require
  watering. When you do water, a good soaking every now and then is preferable to frequent light
  watering. Thorough watering encourages deeper roots, giving you a stronger, more drought resistant
  lawn.
- Water at the right time watering your garden in the early morning or evening reduces water loss through evaporation. Don't put the sprinkler on if it's too windy.
- Choose the right plants local native varieties and other water wise plants attract wildlife and need less maintenance and watering.
- Mulching plants is key to retaining moisture as well as reducing evaporation and water run-off, a
  good quality mulch will also provide nutrients to the plants and restrict weed growth.



Council are asking the residents of Thargomindah to be aware of the damage foreign objects can cause when flushed down the toilet. Foreign objects being flushed down toilets can potentially cost Council several thousands of dollars to either remove or repair pipework or pumps.

Recently a towel was was removed from the discharge pumps – this caused the pumps to shut down with the potential to cost Council several thousands of dollars to repair damage when they became trapped in a pump at the Vacuum Sewerage Treatment Plant. This blockage caused a major electrical problem which shorted out the switchboard and required the pump to be replaced.

Other items flushed that are often causing problems within our sewerage network include wet wipes, toys and tools to name just a few.

Please remember to only flush the Three P's - Pee, Poo and (toilet) Paper!

# What not to flush

Do you ever wonder where your waste goes once you flush the toilet? The network of pipes under your house are designed to carry toilet paper, pee and poo. But un-flushable items like cotton buds, wet wipes, paper towel, tissues, toys and rags always make their way into our wastewater system.

Once down the drain, these items can clump together and can cause serious blockages to your household pipes that can force the waste to back up in your pipes and flood into your home or yard. This can have a significant impact on the sewerage system and the environment, and be expensive to repair. Even some products that are labelled as flushable can contribute to massive pipe monsters!

Not sure how to dispose of other waste products?

**Cotton buds, tissues and wet wipes aren't flushable**. These items don't disintegrate like toilet paper. So don't even think about putting them anywhere near your loo. The same goes for paper towel and dental floss which also won't break down in water. Instead, use a bin to dispose of any items that can't be flushed.

# Nappies, sanitary products, condoms and fabric items (clothing, underwear, towels or rags etc)

Save the poor plumber that task of fishing these nasties out of your drain by wrapping them up and placing them in your rubbish bin. Dispose of razors in the bin and syringes should go in a sharp disposal container.

**Food scraps, coffee grounds, tea leaves** - If you have food scraps or leftovers to discard, bin them rather than tipping them down the toilet or drain. Always keep a strainer in your sink to make sure scraps don't make their way down the drain. Don't forget, most food waste can go into a compost bin or worm farm so your garden can benefit from the extra nutrients.

**Cooking fats and oils** - Fats, oils and grease hardening in pipes cause 30% of our wastewater blockages. Play your part by removing grease and food scraps from your pots, pans and dishes before you wash them. Pour cooking oil and grease into a container and put it in the freezer until bin day – or decant any cooking oils and fats into a suitable sealed container and drop it off at the oil recycle drop off area at the Thargomindah dump.

**Chemicals** - Paint, cleaning products, fertilizer, pesticides or oils should not be poured down drains. Instead, contact Council in regard to dropping them off at the hazardous waste section at the Thargomindah dump.

**Engine oils** - Place all engine oils in a purpose-made container with a secure cap (the container in which the oils were purchased in is perfect) and drop it off at the oil recycle drop off area at the Thargomindah dump. Just remember that cooking oils and engine oils need to be separated.

**Unused medicines** - You can take any human or animal medication to the Thargomindah clinic, or any pharmacy next time you're away, for safe disposal. This includes prescription or over the counter medicines, herbal or complementary supplements that are expired or no longer required.

# The Dos and Don'ts flushing

If you or your family feel confused about what you can and can't flush down the toilet, here are some dos and don'ts.

- DO flush pee
- DO flush poo
- DO flush toilet paper
- DON'T flush tissues
- DON'T flush paper towels
- DON'T flush wet wipes
- DON'T flush sanitary items
- DON'T flush nappies
- DON'T flush kitty litter
- DON'T flush cotton pads
- DON'T flush any fabric items
- . DON'T flush anything other than pee, poo and toilet paper





# **EXECUTIVE ASSISTANT**

# LEVEL 2.1 - 4.4 STREAM A LOCAL GOVERNMENT AWARD

- 5 weeks annual leave
- 17.5% leave loading
- 15 days personal leave
- · Fortnightly RDO's,
- Locality Allowance
- Salary Sacrifice Rent & Super
- Opportunities for professional development and career growth
- Employee Assistance Program
- 12% Super
- Health & wellbeing support
- Relocation Assistance



# **ABOUT THE BULLOO SHIRE**

Located in Queensland's Far South - West the Bulloo Shire stretches across 73,600 square kilometres, making it the third largest shire in the state.

We are a modern-day Council that is consistently striving to improve our facilities, venues,, infrastructure and plant. Council is dedicated to supporting the growth and development of our Bulloo Shire

# THE POSITION

As the Executive Assistant to the CEO, Mayor and Councillors, you will play a pivotal role in providing exceptional professional and highly confidential administrative support.

This role

- i) acts as a key liaison and facilitator for customer service and communication within the Office of the CEO and Mayor, both internally and externally.
- ii) assist in managing compliance with the legislative and statutory functions undertaken by the Council, including maintenance of statutory registers—and disclosures, delegations and authorisations, policy development and review, liaising with external agencies and government departments and other governance issues. The work to be undertaken will be under the direction of the CEO.

# **KEY RESPONSIBILITIES**

- Provide high-level administrative support to the Chief Executive Officer and other senior executives.
- Manage and coordinating the CEO and Mayor's time, priorities, and schedules
- · Prepare and proofread correspondence, reports, and presentations.
- Coordinate meetings, including agenda preparation and minute taking.
- · Handle confidential information with discretion.
- · Maintenance of statutory and governance registers
- Liaise with internal and external stakeholders on behalf of the executives.

# **KEY REQUIREMENTS**

- Proven experience as an Executive Assistant or in a similar role.
- Excellent organisational and time-management skills.
- · Strong written and verbal communication abilities.
- Proficiency in MS Office Suite (Word, Excel, PowerPoint, Outlook).
- · Ability to work independently and as part of a team.
- · High level of professionalism and confidentiality

### WHAT IS NEXT

Please submit your resume and a cover letter outlining your suitability for the role to council@bulloo.qld.gov.au by 5:00pm Friday 9<sup>th</sup> January 2026

For more information about this position, please contact Human Resources on 07-46218000. Join the Bulloo Shire Council team and help us make a positive impact on our community!

For position description please visit: https://www.bulloo.qld.gov.au/About-Council/Positions-Vacant

# **BULLOO SHIRE COUNCIL IS HIRING!**

# **ROLLER OPERATOR**



68 Dowling St, Thargomindah





The Bulloo Shire is located in the far Southwest corner of Outback Queensland and covers an area of 73,600 square kilometers (4.26%), making it the third largest Shire in the State.

We are a modern-day Council, that is consistently focused on improving our facilities, venues, infrastructure and plant. This Council is committed to supporting growth and development in our Shire and not let our towns become a casualty of limited employment, and declining population.

# **REQUIREMENTS**

- January 2026 Start
- Current Roller Operator Ticket and Light Rigid (or willingness to obtain)
- Construction Induction (White Card) or willing to obtain before starting
- Proven experience in roller operation and basic equipment maintenance
- Knowledge of road construction and maintenance techniques
- Strong time management and job planning skills
- · Ability to identify on-site hazards and follow safety protocols
- Able to work independently and as part of a team

#### AWARD & AGREEMENT

This position is governed by the <u>Local Government Industry Award (Stream B) - State 2017</u> and the <u>Bulloo Shire Council Employees Certified Agreement</u>. Salary and conditions will be determined in accordance with the relevant provisions of these agreements.

#### BENEFITS WORKING WITH BULLOO SHIRE COUNCIL

- 5 weeks annual leave
- 17.5% leave loading
- 15 days personal leave
- Fortnightly RDO's,
- Locality Allowance
- Salary Sacrifice Rent & Super
- · Accommodation available if required

(Rental fees will apply)

- Opportunities for professional development and career growth
- Employee Assistance Program
- 12% Super
- Health & wellbeing support
- Relocation Assistance

### WHAT IS NEXT

To apply for the position please email your Cover Letter and Resume to council@bulloo.qld.gov.au

If you are interested in this role and like more information, please contact Human Resources on 07 4621 8000

For more information, please visit https://www.bulloo.qld.gov.au/

**APPLICATIONS CLOSE 5:00pm FRIDAY 09 JANUARY 2026** 

# **HUMAN RESOURCES & TRAINING OFFICER**

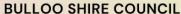
# **LEVEL 2.1 - 4.4**

#### STREAM A LOCAL GOVERNMENT AWARD

# Benefits & Allowances

- 5 weeks annual leave
- 17.5% leave loading
- 15 days personal leave
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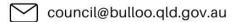






(2) 68 Dowling St, Thargomindah





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We are a modern-day Council, that is consistently focused on improving our facilities, venues, infrastructure and plant. This Council is committed to supporting growth and development in our Shire and not let our towns become a casualty of limited employment, and declining population.

# THE POSITION

Your key responsibilities include, but are not limited to;

- Assist in developing, reviewing and updating Council's HR policies, procedures and practices
- Assist with pay run schedules, ensure all processing of timesheets, superannuation and Single Touch Payroll is processed correctly and accurately within required timeframes
- Monitor, review and make relevant changes to staff Position Descriptions in consultation with Supervisors and Management
- Implement Employee Wellbeing activities such as Staff BBQs, teambuilding and end of year activities (Christmas Celebration, Secret Santa, Breakup Lunch)
- Assist in the development and review of Council's training policies, procedures and practices

# KEY COMPETENCIES INCLUDE

- Ability to meet deadlines and prioritize work
- Ability to identify training needs, organise training sessions and support staff development
- Ability and willingness to work effectively within a team across the Community, Culture and Places Department

# AWARD & AGREEMENT

This position is governed by the Local Government Industry Award (Stream A) - State 2017 and the Bulloo Shire Council Employees Certified Agreement. Salary and conditions will be determined in accordance with the relevant provisions of these agreements.

# WHAT IS NEXT:

To apply for the position please email a copy of your Cover Letter, addressing the key responsibilities and Resume to council@bulloo.qld.gov.au

For more information on the requirements of the position, please visit https://www.bulloo.qld.gov.au/

If you are interested in this role and like more information, please contact Human Resources on 07 4621 8000

APPLICATIONS CLOSE 12TH DECEMBER 2025

# Naturally occurring fluoride in Thargomindah's drinking water

Fluoride is a natural element often found in water, plants, rocks, soil, air and some foods. Research shows that fluoride helps protect teeth against tooth decay. Regularly drinking water containing small amounts of fluoride can help reduce tooth decay for people of all ages.

# What is the drinking water standard for fluoride?

The Australian Drinking Water Guidelines recommend an upper limit of 1.5 milligrams per litre (or parts per million) of fluoride in drinking water. This is equivalent to one twentieth of a teaspoon of fluoride in a bathtub of water.

Many Western Queensiand towns source their drinking water from groundwater (i.e. bores). These water sources can contain natural fluoride levels that are above this limit.

Monitoring of Thargomindah's drinking water supply has indicated that it contains naturally occurring fluoride in the range from 1.6 to 1.9 milligrams per litre. This is slightly above the recommended limit in the Guidelines.

Conventional water treatment processes and most domestic water filters do not reduce the level of fluoride present in your drinking water.

# What are the risks of elevated levels of fluoride in drinking water?

There are two side effects that have been associated with elevated levels of fluoride in drinking water. The first is dental fluorosis and the second is skeletal fluorosis, which only occurs with very high levels of fluoride in drinking water.

#### What is dental fluorosis?

The main side effect associated with elevated levels of fluoride in drinking water is a condition known as dental fluorosis.

Dental fluorosis is largely an aesthetic concern and most often occurs as a mild change to the appearance of tooth enamel. It can appear as small, almost invisible, white lines in the enamel. More rarely, and in more severe cases, it can appear as pitting or staining of the enamel.

Dental fluorosis can occur if too much fluoride is ingested when teeth are developing at around one to four years of age. Teeth already present in the mouth are not at risk of developing fluorosis.

The risk of developing dental fluorosis, or experiencing more severe forms of the condition, increases with greater levels of fluoride in drinking water. However occasionally dental fluorosis occurs in developing teeth at relatively low fluoride levels.

Showering or bathing in water containing high levels of fluoride does not increase the risk of developing dental fluorosis.



#### What can I do to minimise the risk of dental fluorosis?

Most domestic water filters do not reduce the level of fluoride present in your drinking water. Parents can reduce the risk of children developing dental fluorosis by:

- Ensuring children do not take fluoride supplements (e.g. fluoride tablets and/or drops).
- Cleaning children's teeth with low fluoride or fluoride free toothpaste until the age of 18 months, unless
  otherwise recommended by a dentist.
- If fluoridated toothpaste is used, ensuring only a pea-sized amount of toothpaste is used and that
  children spit out after brushing and rinse their mouths with water.
- Monitoring and restricting other sources of fluoride in their children's diet (such as seafood and tea, which are known to contain fluoride).
- Providing bottled drinking water with low fluoride content where possible and not substituting bottled drinking water with soft drinks or other drinks high in sugar.
- Breast-feeding infants where possible and using bottled water to add to infant formula.

# Help and assistance

For general enquiries contact your local Public Health Unit:

Darling Downs Phone: 4699 8240

For more information:

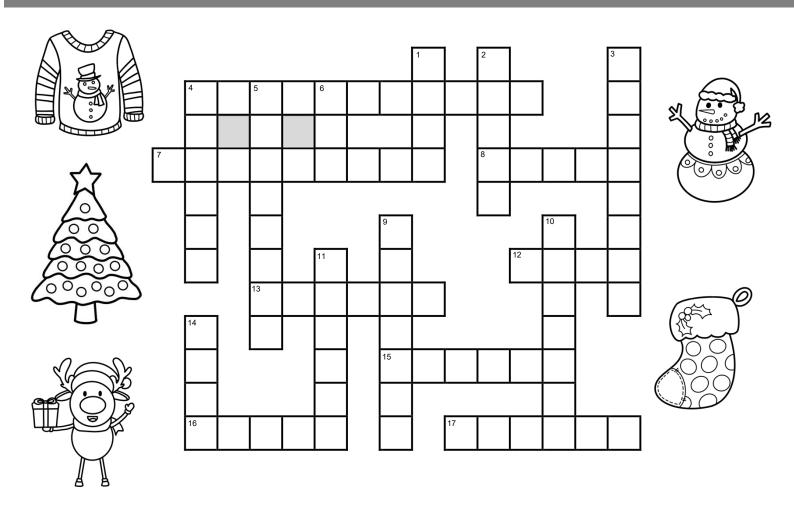
Contact your dental professional

- Visit www.health.gid.gov.au/oralhealth
- Call 13 HEALTH (13 43 25 84) for confidential health advice 24 hours a day, seven days a week
- Email oral\_health@health.gld.gov.au

The information in this fact sheet applies only to those parts of Queensland with levels of naturally occurring fluoride above the drinking water Guideline or 1.5 milligrams per litre. It does not apply to locations with standard levels of water fluoridation.

Disclaimer: Please note that any material printed is regarded as an uncontrolled copy. It is the responsibility of the person printing the document to refer frequently to the latest electronic copies for updates.

# Christmas Crossword



### Across

- 4. A type of biscuit you can build a house out of
- 7. You kiss under this plant
- 8. A toy that you might get that runs on a track
- 12. Yo u eat this chocolatey log at Christmas
- 13. A type of meat eaten at Christmas
- 15. You decorate the tree with this sparkly decoration
- 16. A gathering of people having fun
- 17. You get fairy ones of these on a Christmas tree

<u>Down</u> 1. You might have an evergreen or artificial

one of these covered in decorations

- 2. Another name for Father Christmas
- 3. These are used to pull a sleigh at Christmas
- 4. Fictional character that hates Christmas
- 5. A play that tells the story of the birth of Jesus
- 6. The day before Christmas day
- 9. You wear this ugly knitted item at Christmas
- 10. Reindeer with a red nose
- 11. A famous snowman name
- 14. You do this to presents before you give them to someone



