

# THE LONG YARD

September/October

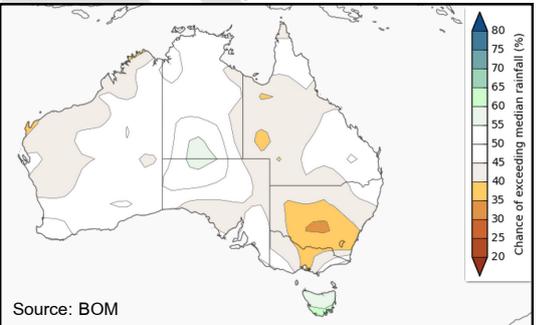
Suncare will be on show during the Westech Field Days at Barcaldine on the 9th and 10th of September 2014. Our display will feature Stan Cornish - an expert butcher who will show off meat cuts during his well known butchering displays. This is a must see for anyone wanting to get more meat from a carcass and make the most from their meat cuts for simple and delicious home cooking.

Stan will also be complimented by the Barcaldine Mens Shed who will follow on with a healthy and nutritious BBQ. Dietician, Kate Rose, will be on site to give nutrition tips and while you taste a delicious healthy burger, chat to the Suncare Staff and grab your free copy of the Bush Bible.



## Tips for managing drought affected pastures

With the September to November BOM rainfall outlook sitting on the fence & predicting neither a wetter or drier spring, some people may be thinking about what they can possibly do now to manage & protect any remaining grass or tussocks they have left. Would you like to pick up some field techniques for assessing the health of your pastures? It may look dead but is it really? So perhaps, you may like some strategies that can be implemented now to help with recovery of your grass after it rains? To help answer some of your questions, there is a number of great resources readily available to graziers.



Go to: <http://www.business.qld.gov.au/industry/agriculture/crop-growing/grazing-and-pasture-management/improved-production/mitchell-grass-mulga-lands> where there is a variety of free information fact sheets and links to valuable pasture management and planning resources. Some articles & publications have been written or contributed to by local graziers & experts making them a reliable & worthwhile tool to add to your current or future management plans. You can also phone the DAFF Call Centre on 13 25 23 for more information.

### Connect with us to follow the latest news, events and all things social

#### Channel Country Ladies Day

The 2014 Channel Country Ladies Day boasts an exciting line up of guest speakers and informative workshop sessions for lifestyle, health & wellbeing. Spend the weekend in Betoota and relax with rural women from across the regions from 17-19th October. Registration is quick and easy, simply visit: [www.channelcountryladiesday.com.au](http://www.channelcountryladiesday.com.au) Suncare Community Services is proud to be a sponsor of this fabulous rural event.

#### What's been happening lately?

Recently, we have visited Blackall, Winton, Boulia, Bedourie and Birdsville. A highlight was having the Bush Bible and the official Emirates Melbourne Cup come face to face in Bedourie during the Melbourne Cup tour leg through Western QLD. Keep a look out for us at events coming up in your area soon. We are here to provide you with drought relief information, support and assistance at anytime so feel free to contact us if you would like to chat about the options that are available to you. You can also download a free copy of the Bush Bible from [www.suncare.org.au](http://www.suncare.org.au)



<h4>Upcoming Events...</h4> <ul style="list-style-type: none"> <li>Westech Field Days - Barcaldine</li> <li>Barcoo Big Bash Cricket - Stonehenge</li> <li>Blackall Horse Sports</li> <li>RFDS Field Day "Sunnyside" - Longreach</li> <li>Jundah Annual Race Day</li> <li>Channel Country Ladies Day - Betoota</li> </ul>	<ul style="list-style-type: none"> <li>9-10 September</li> <li>20 September</li> <li>27-29 September</li> <li>30 September</li> <li>4 October</li> <li>17-19 October</li> </ul>	<p><b>suncare</b> community services inc.</p>	<p>Ingrid Miller Drought Relief Co-ordinator Suncare Community Services Inc. "Warbreccan" Station Stonehenge QLD 4730 Phone: (07) 4658 5933 Mobile: 0455 070 962 Email: <a href="mailto:ingrid.m@suncare.org.au">ingrid.m@suncare.org.au</a></p>
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