

# Heat Hacks

The new year is a time for fresh starts, and with these tips, you can make the most of the summer season safely. Remember, it's okay to slow down and take it easy in the heat. A little planning and care can keep you cool, comfortable, and ready to enjoy all that this time of year has to offer.

## Beat the heat with these 8 hot tips:

- 1. Stay Ahead of the Weather**  
Keep an eye on the forecast so you know when hot days are coming. Planning ahead can make all the difference.
- 2. Hydrate, Hydrate, Hydrate**  
Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid alcohol and caffeine, as they can increase dehydration. Snack on fresh, cold foods like salads or fruits to keep cool and nourished.
- 3. Chat with Your GP**  
If you take regular medications, have a quick conversation with your GP to understand how the heat might affect your health, diet, or fluid intake.
- 4. Plan Your Day Around the Heat**  
Try to avoid outdoor activities between 11 am and 3 pm, the hottest part of the day. If you need to be outside, wear loose-fitting, light-coloured clothing, a hat, sunglasses, and sunscreen (SPF 30+ or higher). Always seek shade and stay protected.
- 5. Keep Your Cool Indoors**  
Close curtains or blinds to block out the sun, and use fans or air-conditioning to keep your home comfortable. Cool showers, baths, or even dipping your feet in a bowl of cold water can also help. If your home gets too hot, visit air-conditioned spaces like libraries or shopping centres.
- 6. Rest and Recharge**  
Listen to your body—rest when you feel tired and ensure you're getting plenty of sleep to recover from the heat.
- 7. Check On Others**  
The New Year is a great time to reconnect! Check in on friends, family, and neighbours, especially those who live alone. A friendly call or visit can be great for your health!
- 8. Have a Support Plan**  
Keep a list of contacts handy—family, friends, or local services—who can help if you're feeling overwhelmed by the heat.



Adapted from: [www.act.gov.au](http://www.act.gov.au)



See inside for a special  
message from **Bishop Michael**

# A message from Bishop Michael

In 1962, my predecessor, Bishop Francis Rush attended a gathering of bishops in Rome and brought back the enthusiasm of this meeting with the Holy Father and 3500 of his colleagues from around the world. Bishop Rush brought each of these sessions back to the diocese, to the priests and the religious and retold the theological and pastoral debates.

It was Sr Anne-Marie Kinane and Fr Frank Gilbert, inspired by this new council and reflecting on the story Jesus told about helping the poor and vulnerable, the Good Samaritan, who stepped out boldly with Bishop Wallace and established the Christian Family Centre 50 years ago.

50 years, an incredible achievement, supported by the bishops, the priests, the religious and the laity of this Diocese.

Our journey has taken us from our humble beginnings to an organisation across our Diocese with more than 400 employees. Begun by Sr Anne-Marie and Fr Frank and the Catholic Diocese of Rockhampton, it has become a sophisticated incorporated structure.

As Bishop, I express my gratitude to all in CatholicCare, for partaking in the mandate of the Church, the central message of our being as told by Jesus himself, the Samaritan who took the injured person and cared and nursed the person back to health and wholeness.

I thank all the people of CatholicCare, under the leadership of Robert Sims and the CatholicCare Board Chair, for the great work they do and for each one of those who are part of their rounds each week.

My prayers and blessings go with this newsletter.

*Michael McCarthy*

Most Rev Michael McCarthy  
Bishop of Rockhampton



**CatholicCare Founders:**  
Sr Anne-Marie Kinane  
& Fr Frank Gilbert, circa 1974

**CHRISTIAN FAMILY CENTRE IN OPERATION**

A step forward in the Church's Social Welfare programme has been taken with the opening of the Christian Family Centre in Rockhampton in February.

It is perhaps fitting that this newest venture is situated on what is most probably the oldest piece of Church property in the city — in Derby Street, behind the old St. Patrick's School, facing the City Hall grounds.

The Centre is staffed by Sister Anne Marie, a trained Social Worker, Father Frank Gilbert, Chaplain of the Christian Family Organisation and Miss Therese Lawlor as secretary-receptionist.

It is hoped that the centre will become a focal point for activities in the Diocese that bear on the welfare of Christian families.

Trained as she is in social welfare work, Sister Anne Marie will be of enormous value to the Diocese in the guidance she can give. Her specialised work lies in the area of child guidance, fostering and adoption.

With the opening of the Centre in the first week of February, plans were made to establish a teaching and referral centre for all matters pertaining to the Natural Method of family planning. Couples who need help with the Method can either join in teaching classes which will be advertised, or make an appointment to receive (as a couple) particular instruction.

Similar Family-Planning instruction centres are being planned for Mackay and Bundaberg. It is expected that eventually the activities of the Christian Family Organisation will be extended to other centres to which a client may be referred.

The staff at the Centre to develop the work of the Father John White is at doing a Social Studies course at Queensland University. He has finished his training and will benefit from the services of two trained Social Workers in Sister Anne Marie and Father White.

The staff at the Centre enquiries by ringing Rockhampton 27 1424 or by addressing correspondence to P.O. Box 4700, Rockhampton, 4700. The staff are convinced that the basic unit of society is the family.

# CatholicCare

for every stage & every age, we're here

For over 50 years we've been providing quality services to our community.  
We've grown since 1974, and so has our range of services!



## Family & Relationship Support

- Family & Relationship Education
- Family Support
- Family Mediation\*
- Domestic & Family Violence Response\*
- DV Court Support\*



## Wellness & Education

- Counselling & Psychology
- Dementia Together Education Retreats
- WorkingWell Employee Assistance
- School Savvy CQ Back-to-school\*

You matter



## Aged Care

- Home Care Packages
- Personal Care & Domestic Assistance
- Nursing\*
- Medication Assistance
- Meal Preparation
- Social Support
- Social Group Activities\*
- Transportation Services\*
- Home & Yard Maintenance\*
- Home Safety & Security Upgrades\*
- Allied Health Services
- Advocacy
- Case Management



## Disability Care

- NDIS Support Coordination
- NDIS Plan Management
- Personal Care & Domestic Assistance
- Nursing\*
- Medication Assistance
- Meal Preparation
- Social Support
- Social Group Activities\*
- Transportation Services\*
- Home & Yard Maintenance\*
- Home Safety & Security Upgrades\*
- Allied Health Services
- Advocacy
- Case Management

\*Please note: services not available in all regions. Contact us for more details

To find out more visit: [www.catholiccarecq.com](http://www.catholiccarecq.com)

Call 1300 523 985 or Find us on



# Beaded Bracelets

Create jewellery that looks a million bucks, but doesn't cost it!

**You will need...**

- Size 2 Safety Pins (about 25 for a small bracelet, 30 for a larger bracelet)
- Assorted beads of your choice (glass, wooden, plastic)
- Elastic bead cord
- Super glue

Source: [crafts-for-all-seasons.com](http://crafts-for-all-seasons.com)

**Just five simple steps...**

1. Begin by threading on the beads to each safety pin. Experiment with some different techniques.
2. Lay all your safety pins in a row as they will be in the finished bracelet. Using the elastic cording, begin to thread the cord through the bottom loop of each safety pin.
3. Thread another length of elastic cording through the top of each safety pin. Thread it through the little hole that is in the head of each safety pin.
4. Holding on to the ends of the elastic cording, gently flip the beaded bracelet craft over, and curve them around in a bracelet shape. Tie the ends of the elastic cording to each other to make a square knot, then double knot it again.
5. Snip off the ends of the elastic cording. Your beaded bracelet craft is ready to wear or give as a gift.

 WONDERWORD

## Weather Words

*The weather in Australia may be unpredictable, but the quality of our Wonderwords never is!*

- |           |          |          |        |
|-----------|----------|----------|--------|
| HURRICANE | TORNADOS | HEATWAVE | NIGHT  |
| FROSTY    | FLOODS   | HUMID    | SNOW   |
| BLIZZARD  | FALL     | WARM     | STORMS |
| CLOUDY    | SUMMER   | RAIN     | ICY    |
| COLD      | HOT      | WINDY    |        |

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



**Need a hint or looking for the solution?**  
Scan the QR code or visit:  
[www.catholiccarecq.com/wonderword](http://www.catholiccarecq.com/wonderword)

Wonderword Source: [thewordsearch.com](http://thewordsearch.com)