



## Mayor's Message - R U OK?

Next Thursday 9 September is R U OK? Day, the national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

We are no stranger to emergencies and testing times like droughts and floods in Buloke Shire. Every day stresses are now being exacerbated by the COVID-19 pandemic. As the restrictions ease and tighten, it can be really difficult to understand how you are tracking yourself, let alone those around you.

Supporting people can make a real difference whatever they may be facing.

So, don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going.

You may have that gut feeling that someone you know or care about it isn't behaving as they normally would. Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

Remember, before you can look out for others, you need to look out for yourself.

Are you in a good place? Are you willing to genuinely listen? Can you give as much time as is needed?

Make sure you are prepared for the answers that might come when you ask R U OK? Are you prepared for them to tell you they are not tracking so well? You also need to understand they may not be ready to talk or may not want to talk to you about it, even though you are coming from the right place.

**Pick your moment well.**

**Choose a comfortable, quiet space to ask R U OK?**

**Make sure it is a good time for them to chat and that you have enough time to chat properly.**

**Ready to ask R U OK?**

**Be relaxed, open with easy questions like "How are you going?"**

**Listen with an open mind. Take what they say seriously and don't interrupt or rush the conversation.**

**Encourage action. Ask what they may have done in similar situations, or how you can support them.**

Remember to check back in. Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.

Are they really OK? Ask them today. Your conversation could change a life.

**You can learn more about R U OK? Day at [www.ruok.org.au](http://www.ruok.org.au)**



### Current Tenders

**Contract No. C103 – 2021/2022**

#### **Nullawil Football and Netball Court Lighting Upgrade**

The Buloke Shire Council invites Tenders from experienced and competent building and/or construction contractors to upgrade the sports lighting facilities at Nullawil Oval and Netball Court. Further details are available at [www.buloke.vic.gov.au/tenders](http://www.buloke.vic.gov.au/tenders).

Tender documents are available for downloading from <https://portal.tenderlink.com/bulokeshire>. Tenders close 2.00pm AEST Wednesday 6 October 2021.

**Contract No. C104 – 2021/2022**

#### **Charlton Football Oval and Hockey Pitch Lighting Upgrade**

The Buloke Shire Council invites Tenders from experienced and competent building and/or construction contractors to upgrade the sports lighting facilities at Charlton Football Oval and Hockey Field. Further details are available at [www.buloke.vic.gov.au/tenders](http://www.buloke.vic.gov.au/tenders).

Tender documents are available for downloading from <https://portal.tenderlink.com/bulokeshire>. Tenders close 2.00pm AEST Wednesday 6 October 2021.



### Employment Opportunities

Council is an equal opportunity employer. Our roles are non-gender specific and Council encourages all suitably qualified applicants to apply. Council is recruiting for:

#### **Senior Diesel Mechanic – Permanent Full Time**

Are you experienced in the repair and maintenance of a variety of large machinery? If you are searching for a leadership role that offers variety, look no further!

**Applications close Friday 17 September 2021.**

#### **Manager Customer Engagement – Permanent Full Time**

Council is looking for a media and communications professional that can bring strong management skills to deliver an all of organisation customer first approach.

**Applications close Friday 24 September 2021.**

Visit [www.buloke.vic.gov.au/employment](http://www.buloke.vic.gov.au/employment) or call Human Resources on **1300 520 520** for full details on these exciting roles.

**HOW TO APPLY**-Send an email with a copy of your resume to [recruitment@buloke.vic.gov.au](mailto:recruitment@buloke.vic.gov.au) or forward to: **Human Resources, Buloke Shire Council, P.O. Box 1 Wycheproof, Vic 3527.**

**Building a Better Buloke.**