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YALGOO BULLDUST



War Memorial

Yalgoo's latest project is the construction of a War Memorial, it will be built ready for ANZAC day

See inside for more information plus an invitation to attend the dawn service on the 25 April 2014

GENERAL DISCLAIMER

The Yalgoo Bulldust is published by the Shire of Yalgoo as a public service for the community.

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REMINDER – DEADLINES FOR BULLDUST ENTRIES

The deadline for articles and notices to go into the Yalgoo Bulldust is the second last Friday of every month.

Contributions can be left at the Shire of Yalgoo Office or email to reception@yalgoo.wa.gov.au

Advertisement

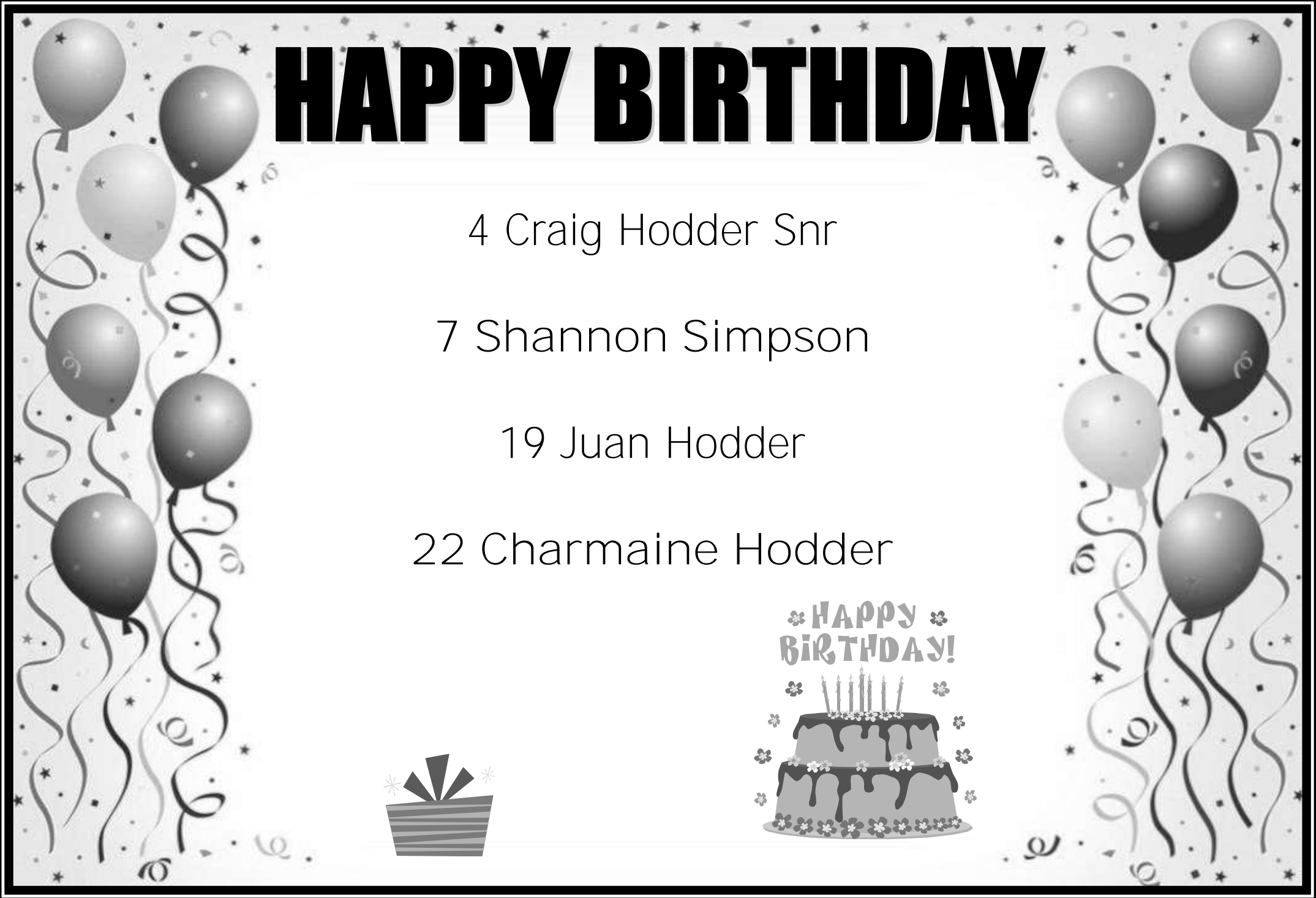
Do you want to promote what you have to offer?

The Yalgoo Bulldust can help you.

At the Shire we can place an advertisement in the bulldust for the following charges:

Advertising Commercial - Full Page	(Black & White)	\$34.00
Advertising Commercial - Half Page	(Black & White)	\$23.00
Advertising Commercial - Quarter Page	(Black & White)	\$17.00
Advertising Community - All of above	(Black & White)	<u>FREE</u>

Please call the Shire If you have any enquiries on 08 9962 8042



If you would like to see yours or even a loved ones birthday displayed in the bulldust for all to see
Please contact the shire to let us know.
08 9962 8042



2014 Meeting Dates

Council Ordinary

Thursday 03 April 2014	Yalgoo Chambers
Thursday 22 May 2014	Paynes Find
Thursday 19 June 2014	Yalgoo Chambers
Thursday 21 Aug 2014	Yalgoo Chambers
Thursday 25 Sept 2014	Paynes Find
Thursday 23 Oct 2014	Yalgoo Chambers
Thursday 16 Dec 2014	Yalgoo Chambers

Australian Poets

Going to School

Did you see them to-day, Bill, Kate and Robin,
All astride upon the back of old grey Dobbin?
Jigging, jogging off to school, down the dusty track
What must Dobbin think of it—three upon his back
Robin at the bridle-rein, in the middle Kate, Billy
holding on behind, his legs out straight.

Now they're coming back from school, jig, jog, jig.
See them at the corner where the gums grow big;
Dobbin flicking off the flies and blinking at the sun
Having three upon his back he thinks is splendid fun:

Robin at the bridle-rein, in the middle Kate, little
Billy up behind, his legs out straight.

Poem by Clarence Michael James (C.J.) Den-

NOTICE



Licensing Centre Closed

From the 31 March to the 3 April 2014
the Shire office will be closed to all
Licensing due to Staff being away for
Training

So please see Elisha or Diane on Friday 28th
April for any licensing requirements

Yalgoo Library



Reminder

The library is open during office
hours 9am to 4pm

New books arrive every month

Register at the front desk for your
very own Yalgoo Library card



Yalgoo Nursing Post UPDATE

As of the 3rd February 2014 Carol the nurse
will be working one week on in
Yalgoo and one week off.

A nurse from Mt Magnet will attend the
Nursing Post on Tuesdays & Thursday's
while Carol is on her one week off

This is a trial for 3 months

The Nursing Post opening hours are 8:30am
to 5.00pm

As usual Sondra Hodder our Community
Health Worker is working her usual hours

If unsure please contact Sondra at the
Yalgoo Nursing Post on
08 9962 8600



Pet Sterilisation if you Missed out last year

Once again the Veterinary students from
Murdoch University will be travelling to
Yalgoo to perform pet checks, vaccinations
and sterilisation free of charge to
residents of Yalgoo

Please contact the Shire to register your
interest in having you pet
sterilised and micro chipped.

For more information call the Shire
office on 9962 8042

* NOTE *

This visit are for both Cats and Dogs

BROKEN WINDSCREEN?

Call 9965 5555

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WINDSCREEN REPLACEMENTS

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MORAWA FAMILY COUNSELLING SERVICE

Jacob Di Trani

YOUTH COUNSELLOR

0419 348 006

Email: ndcsgyouth@westnet.com.au

P: (08) 9971 1898 F: (08) 9971 1084

Northern Districts Community Support Group Inc.
68 Gill St, Morawa, WA 6623



Government of Western Australia
Department for Child Protection

MORAWA FAMILY COUNSELLING SERVICE

Anne Hague

COUNSELLOR

0428 711 030

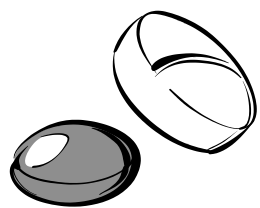
Email: ndcsgfamily@wn.com.au

P: (08) 9971 1030 F: (08) 9971 1084

Northern Districts Community Support Group Inc.
68 Gill St, Morawa, WA 6623



Government of Western Australia
Department for Child Protection



Unwanted Medication



If you have tablets or any other medication you no longer
need or want

Please return them to the NURSING POST instead of
throwing them out.



ROAD NOTICE

Anyone using the Great Northern Highway
Please Note

WA Main Roads will be undertaking road works from
Paynes Find South for 40km during the period 18/11/13 to
31/3/14.



MURCHISON DENTAL TEAM VISITING SCHEDULE 2014



















Meekatharra	10th Feb 2014	-	21st Feb 2014
Mt Magnet	3rd Mar 2014	-	14th Mar 2014
Yalgoo	31st Mar 2014	-	11th Apr 2014
Meekatharra	28th Apr 2014	-	9th May2014
Mt Magnet	26 May 2014	-	6th June 2014
Sandstone	9th Jun 2014	-	13th Jun 2014
Meekatharra	23rd Jun 2014	-	4th Jul 2014
Cue	21st Jul 2014	-	1st Aug 2014
Meekatharra	18th Aug 2014	-	29th Aug 2014
Burringurrah	1st Sept 2014	-	5th Sept 2014
Mt Magnet	15th Sept 2014	-	26th Sept 2014
Meekatharra	13th Oct 2014	-	24th Oct 2014
Mt Magnet	10th Nov 2014	-	21st Nov 2014
Meekatharra	8th Dec 2014	-	19th Dec 2014



Murchison Dental Contact Numbers



Meekatharra	08 9981 0640	Mobile: 04 2738 6647
Yalgoo Primary	08 9962 8024	
Mt Magnet, Cue, Sandstone	04 2738 6647	



Community & Youth Development News from piP

April School Holidays

Eddy on the Road - Change of Dates

Courtney and the gang from *Eddy on the Road* will now be coming a few days later. They arrive on Monday 14th April instead of the 12th. Like last time they were here they invite all the high school kids to come and have dinner with them at the race course.

On the Tuesday and Wednesday they will be running activities in the rage cage for all kids in town before they pack and leave for Meekathara on the Thursday.



Community Benefit Fund Advisory Committee

Still looking for nominations

A new committee is being formed to advise the Shire on how it should spend the money it gets annually from the local mining and haulage companies.

The money might go to community groups or to the Shire to spend on programs that benefit our local community. Basically the new committee will get together a few times a year to discuss how the money will be spent and then make a recommendation to the Shire. It can add up to quite a lot of money so the work of the Committee is important. So that everyone in our community gets a chance to have a say the Shire Council agreed to the following make-up of the Committee.



- | | |
|---|---|
| 1 x Elected Member of the Shire Council | 2 x Member of the Yalgoo township community |
| 1 x Pastoralist | 1 x member of the Paynes Find Community |
| 1 x member of each of the resources/haulage companies contributing more than \$20,000 per annum to the Community Benefit Fund | |
| 1 x Shire Community & Youth Development Coordinator | |

**If you're interested in being a member of this special advisory committee
please contact Pip on 99628174**

Banners in the Terrace

It's on again! C'mon...who's going to get involved this year?

Man...we got a crazy theme this year. It's going to take all the imagination we can muster to work out a design that fits with the theme..."Illuminate – Transparency, Trust, Transformation".

If you've got an idea what can be painted for that theme then you're a genius!

But we've got to work out something!

I know whatever we come up with it will be brilliant...just like last year's entry...which should have won, of course!

If you want to be part of the team to design and paint the banner then come and see Pip in the hall



Disability Access & Inclusion Plan

The Shire of Yalgoo is committed to making our area great place for all its residents and visitors. One of the ways we do this is by making sure we have a really decent Disability Access and Inclusion Plan. The plan works towards ensuring that,

- individuals with disabilities and their families/carers enjoy living in an accessible friendly place;
- the local community is supported in developing and delivering facilities, information and programs that are inclusive of everyone in the community;
- awareness of issues for people with disabilities and their families/carers is raised through events and training; and
- people with disabilities are able to be involved in decision making about their community.



The Shire aims to achieve improved access and inclusion through the strategies outlined in our Disability Access and Inclusion Plan. The Plan is now up for review and will be re-written over the next couple of months. I will be doing consultations with the community over that period so I ask you to let anyone know who might have a disability. I would really like to hear from the community about what we can do to make it easier for them to get about from place to place, make a complaint or get information from the Shire. Please contact me on 99628174.

Below is a survey that we'd love as many people to fill out as possible. It's very easy to do and won't take up too much of your time. I'd be happy to do it face to face with you if it makes it any easier. Come and see me in the hall.

Yalgoo Disability Access & Inclusion Plan

All local governments in Western Australia are legislatively required to have a Disability Access and Inclusion Plan (DAIP).

DAIPs assist councils to plan and implement improvements to access and inclusion across six outcome areas.

- Access to buildings and facilities
- Access to services
- Access to information
- Access to equitable service from staff
- Access to equitable opportunities to make complaints
- Access to equitable opportunities to participate in consultations

These plans benefit people with disability, the elderly, young parents and people from culturally and linguistically diverse backgrounds.

The Shire is currently reviewing its existing DAIP and seeks the contributions of community members.

By consulting the community the Shire can be confident that it has taken into consideration all the views, thoughts and wishes of the community and therefore be better equipped to produce a relevant and proactive DAIP.

Please see Pip at the hall or phone him on 9962 8174 if you would prefer to have the survey completed through direct discussion.

We look forward to your contribution.



Shire of Yalgoo

Disability Access & Inclusion Plan Survey 2014

THE SHIRE ENCOURAGES EVERYONE TO COMPLETE THIS FORM
YOU DO NOT NEED TO HAVE A DISABILITY

A Disability Access & Inclusion Plan aims to reduce barriers to people accessing goods, services and facilities. The Shire is interested in identifying the potential barriers that may be faced by people with a disability within the Yalgoo district.

1.1. ACCESS TO AND WITHIN BUILDINGS AND FACILITIES

Please rate each facility below according to its level of accessibility and how important it is to you.

	Very accessible	Accessible	Not very accessible	Not accessible at all	Important	Neutral	Not Important
Sports or recreation facilities							
Shire Office							
Community Hall							
Railway complex							
Meedac Building							
Nursing Post							
Yalgoo Store							
Police Station							
Primary School							
Caravan Park							
Ambulance Shed							
Fire Service Shed							
Footpaths							
Car Parks							
Public Toilets							
Parks							
Other?							

1.2. For each of the facilities that you rated 'not very accessible' or 'not accessible at all' and 'important', please explain the main difficulties experienced:

1.3. Do you have any suggestions for improving access to these facilities?

2.1. ACCESS TO SERVICES

Please rate the following community services within the Yalgoo district according to their level of accessibility.

	Very accessible	Accessible	Not very accessible	Not accessible at all	Important	Neutral	Not Important
Library							
Home and community care							
Centrelink							
Centacare							
Respite care							
Children's services							
Youth services							
Community groups							
Health/medical services							
Emergency/safety services							
Yalgoo Interagency							
Council meetings/forums							
Transport							
Events							

2.2. For each of the services that you rated 'not very accessible' or 'not accessible at all' and 'important' please identify the service and explain the main difficulties experienced:

2.3. Do you have any suggestions for improving access to these services?

3.1. ACCESS TO INFORMATION

How would you rate the availability and accessibility of information from local services?

	Very accessible	Accessible	Not very accessible	Not accessible at all	Important	Neutral	Not Important
The Shire							
Centrelink							
Meedac							
Police							
Centacare							
School							
Nursing Post							
Emergency/safety services							
Transport Providers							

2.2. For each of the services that you rated their information 'not very accessible' or 'not accessible at all' and 'important' please explain the main difficulties experienced:

3.3. Do you have any suggestions for improving access to information from these services?

4.1. ACCESS TO QUALITY SERVICE FROM STAFF

Do people with disabilities receive the same level and quality of service from the staff of a public authority as other people receive from the staff of that public authority?

	The same	Not as Good	How is it different?
The Shire			
Centrelink			
Meedac			
Police			
Centacare			
School			
Nursing Post			
Emergency/safety services			
Transport Providers			

4.2. If you think the quality of service is not as good for someone with a disability how do you think it can be improved?

5.1. ABILITY TO MAKE COMPLAINTS

Do people with disabilities have the same opportunities as other people to make complaints to a public authority?

	The same	Not as Good	How is it different?
The Shire			
Centrelink			
Meedac			
Police			
Centacare			
School			
Nursing Post			
Emergency/safety services			
Transport Providers			

5.2. If you think the opportunity to make complaints is not as good for someone with a disability how do you think it can be improved?

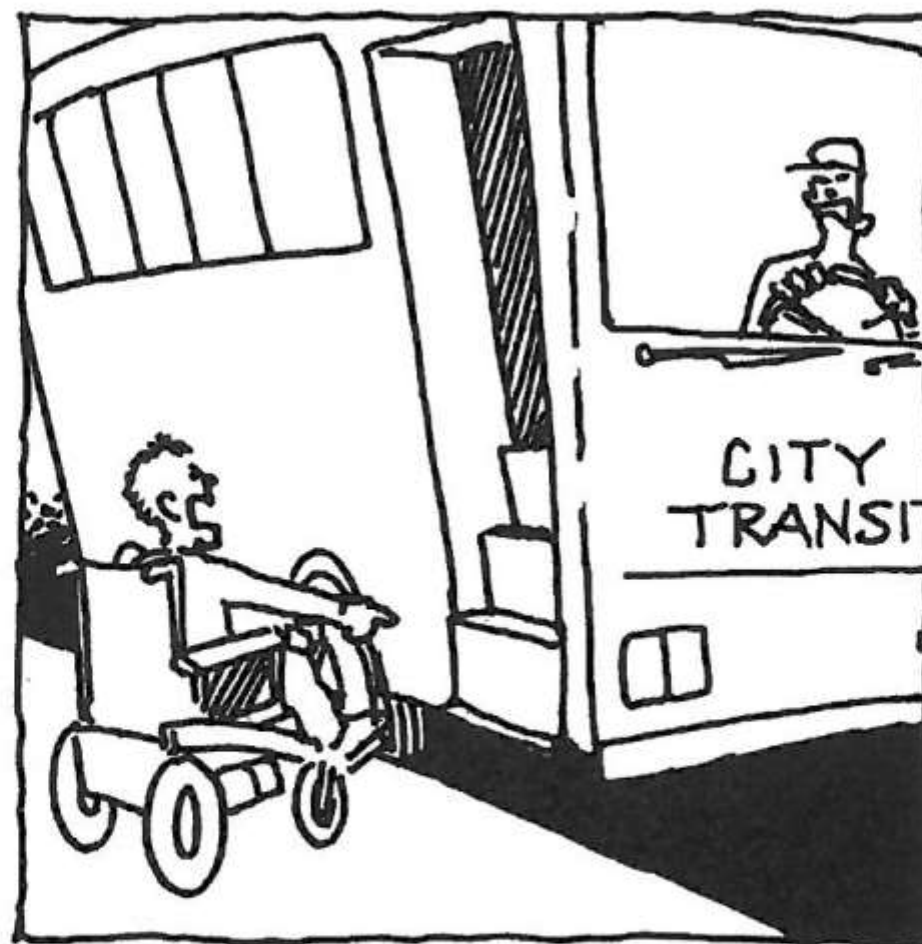
6.1 ABILITY TO PARTICIPATE IN PUBLIC CONSULTATIONS

Do people with disabilities have the same opportunities as other people to participate in any public consultation by a public authority?

	The same	Not as Good	How is it different?
The Shire			
Centrelink			
Meedac			
Police			
Centacare			
School			
Nursing Post			
Emergency/safety services			
Transport Providers			

6.2. If you think the opportunity to participate in public consultations is not as good for someone with a disability as it is for others, how do you think it can be improved?

7.1. Do you have any final comments that relate to making Yalgoo more accessible and inclusive for all people, not matter what their circumstances are?



Please return this survey to Pip at the hall or by email to
community@yalgoo.wa.gov.au or by post to Shire of Yalgoo, PO Box 40,
Yalgoo, WA 6635

War Memorial / ANZAC DAY

An Invitation to All

Please join the Shire President, Councillors and CEO at the Dawn Service to commemorate the ANZAC Centenary and the unveiling of the new Yalgoo Commemorative Wall.

Special Guest:

Sandra Playle - Military Historian

Gather at Community Park at 6.00 am

A later service and community breakfast will be held at 10.00 am

Friday 25 April



520 x 150		
This commemorative wall acknowledges and honours James (Jim) Gordon of Yalgoo. Jim was awarded the highest decoration available to a member of the Australian armed services, the Victoria Cross in 1941 for gallantry on the battlefield.		
520 X 475MM		
<p>WWI 1914-1918</p> <p>J.E. NIDD</p> <p>WWII 1939-1945</p> <p>G. BEATON W. BROWN P.R. CARLTON J.G. CLARKE (25) W.G. CLARKE (26) W.A. CLOHESY (16) J.I. HOWARD H.C. COATES (28) F. COLBOURN A.C.D. DAWSON L.S. DELANEY H.J. DOWER R.B. EVERINGHAM N.A. FORDHAM H.S. FOSTER (22) E.A.S. FOWLER T.V. FOWLER J.G. GILBERT H.S. GODSEBAM S. HARRISON J. HAY (21)</p> <p>J.M. HOGAN E. JENKS W.M. JONES G. JONES J.S. NIDD J. KING H.E. LEWIS M.B. LINDLEY (26) G.A. LINES J. LLOYD-JONES F. MARK D.S. NOLAN (22) W.R. MORRISSEY (18) W.H. MUIR C.J.B. NAIK (16) R. OLIVER W.T. OLIVER W. PUGHGRIFF S.B. POPE (22) P.J. REBECHY (10) A. ROBERTSON</p> <p>S.G. ERIKSSON C.A. RODDAR (24) M. RODAR S.J. RUSSELL T. ROYAN J.A. SANDERSON (16) W.R. SCARF J.P. BERRY G.J.C.D. SOURLES R.J. SOURLES (11) A. THOMPSON C. THOMPSON F.S. TOWNATH P.T. TURNER (22) H.G. TURNER H.I. VINCENT T.J. WALDON C.H. WALLIS (23) A.N. WATKINS R. WILCOCH E.F.H. WILTON</p>		

600 x 250		
<p>THIS COMMEMORATIVE WALL HONOURS THE MEN AND WOMEN OF YALGOO WHO HAVE SERVED IN AUSTRALIA'S ARMED SERVICES</p> <p>LEST WE FORGET</p> <p>600 X 475MM</p> <p>WWI 1914-1918</p> <p>W.C. ANDERS A.G.H. ANDERSON D.G. ANDERSON P.M.F. BARNES S. BASTIAN C.E. BEATON R.M. BEATON J.P. BIGNELL W.F. BLACKENBEE A.E. BODDINGTON D. BODDINGTON J.M. BODDINGTON E.A. BODDINGTON A. BRAND F.V. BRISLEY H.C. BROAD W.C. BROAD D.V. BROWN D.V. BROWN E.A. BROWN (21) C.J. BURGESS P.J. BURNS A.J. CALLOW J.H. CAPE W. CARLTON</p> <p>J.M. CHEWIDDER P. CHEN J.P. CLARK R.G. CLARKE P. CLUNCH J.W.J. CUNCH L. CUNCH C.E. COLLINS A.G. COUSINS J.E. COYNE M.D. COYNE C.G.E. CUMMINGS W.J. DOUGS A.C. DUFFIELD J.J. ELLER S.R. FAY C.A. FOGARTY S.E. GALBRAITH W.J. GALBRAITH J.G. GILBERT A.H. GILLAM A.J. GILLAM L. GILLAM R.J. GOODVINE J.H. GORDON</p> <p>J.C. GREEN W.T. GREEN J. GUINAN D.Y. HALEEN S.D. HALLMAN R.M. HANLEY R.L. HAYES J. HOLWAY J.E. HOPE T.J. HOWARD K. HUTCHINGS J. JOSEPH G.H. KEYSER (21) J.F. KEYSER (25) J.F. KIRMAN A. LATHAM R.F.B. LEPROY S.A. LINES G.S. MACPHERSON L.E. MACPHERSON L.T. MACDON A.H. MAHLE M. MARCHEL G.L. MARRIN L.W. MARSHALL</p>		

520 x 150		
Those who died on the battlefield or as a result of battle wounds or ailments caused by war are listed with an asterisk and with their age at time of their death.		
520 X 475MM		
<p>WWI 1914-1918</p> <p>P.K. MARSHALL H.R.D. MARTIN P.K. MAXWELL A.J. MCCLAREN J.N. MCLENCH R.J. MCMAHON H. MILLING F. MURPHY C.H. MITCHELL F.M. BONEY J.A. MOORE K. MOORE P. (Peggy) MOORE P. (Peggy) MOORE E.M. MOWATY H.F. MORRISSEY (21) A.D. NAUGHTON A.H. NICHOLS J.F. NIVISON J.P. O'CONNOR T.B. O'CONNOR E.P.G. O'DONNELL W.R. O'DONNELL P. O'DONNELL</p> <p>T.W. OLIVER S.E. O'NEILL W.A. PRACOCK E.W. PENMAN C.O. PLAYLE W.L. REICHMAN J.H. RING L.A. ROSE G.H. ROSE G.B. ROUSE R.J. RUSSELL K.F. RUTHERFORD R.J. SEAMAN R.A. SHEEHAN H.G. SMITH W.H. SMITH G.H. SQUIRES B.A. SYMES S.B. TAYLOR K.C. TAYLOR-VERNON R.I. THOMAS C.H. THOMPSON J.R. THOMPSON P.J. TOLLEY H.G. TURNER</p> <p>R.M. TURNER P.J. TURNER H.T. VINCENT D.T. VIVIAN N.W. WALLACE W. WALLACE N.C.P. WELLS E.W. WHITSHURST J.P. WILEY D. YELLAND L. ZANCA</p> <p>KORAN WAR 1950-1953</p> <p>L.K. OLIVER A. SANFORD</p> <p>VIETNAM WAR 1962-1975</p> <p>M. HANSEN</p>		

The plaques to be affixed to the wall



Artists impression of the new commemorative wall

100 YEARS OF ANZAC

THE SPIRIT LIVES
2014 - 2018

CENTACARE YALGOO

APRIL 2014



MANS BUSINESS

*This month's meeting will be held at the Yalgoo Shire Hall at the usual place. I will be away for a month and Pip Parsonson and Percy Lawson will be running the meeting. The Men's group are planning a camp to Horrocks beach with the young men and boys in our community so come along and have your say. **"Next meeting and breakfast has been scheduled for Saturday 12 April 2014 @ 9am all men welcome".***

MORAWA PARENTING SUPPORT NETWORK

It has been a hectic start to the year for some of our students and I would like to thank the parents that have come along and supported the group. There is another Group Meeting at the Morawa Ag Hostel on Friday 11 April @ 11am if you would like to attend and support the MORAWA PARENTING SUPPORT NETWORK please contact Tamisha Hodder or Percy Lawson

WOMEN'S GROUP

The Women's group is held at the shire hall every Wednesday from 12 – 2pm. Come along for a cuppa, sandwich and a yarn. Women of all ages invited.

PLAY GROUP

Play Group is now up and running so come along with your child.

Play group will be held at the Shire hall every Monday and Wednesday from 9am – 11.30am, for further inquiries please contact Tamisha Hodder or Mata Te Hiini on 99628207.

OP SHOP

The Op Shop is open every Thursday from 11am. If you have anything to donate please contact Tamisha Hodder on 99628207.

COUNSELLING SERVICES

Northern Districts Community Support Group - Morawa Family Counseling Service. Family and financial counselors available to provide support to rural individuals and families; through counseling; information and education. This is a free service to the families of Yalgoo.

Address: Morawa Family Counseling Service
PO Box 6, MORAWA, WA, 6623, Phone :08 9971030
Relevant subjects for this organisation: Counseling,
Family and Community Groups/Support Services:
for more Info please contact Anne Hague directly or
Mata at the Centacare office.

KUPU HOU - NEW WORDS

Hari Huritau:

Happy Birthday

Number (21)

Rua tekau ma tahi

Mata Te Hīini

Indigenous Parenting Co-ordinator

Centacare Family Services

*15 Shamrock Road **YALGOO WA 6635***

Phone: (08) 99628207 Fax: (08) 99628206

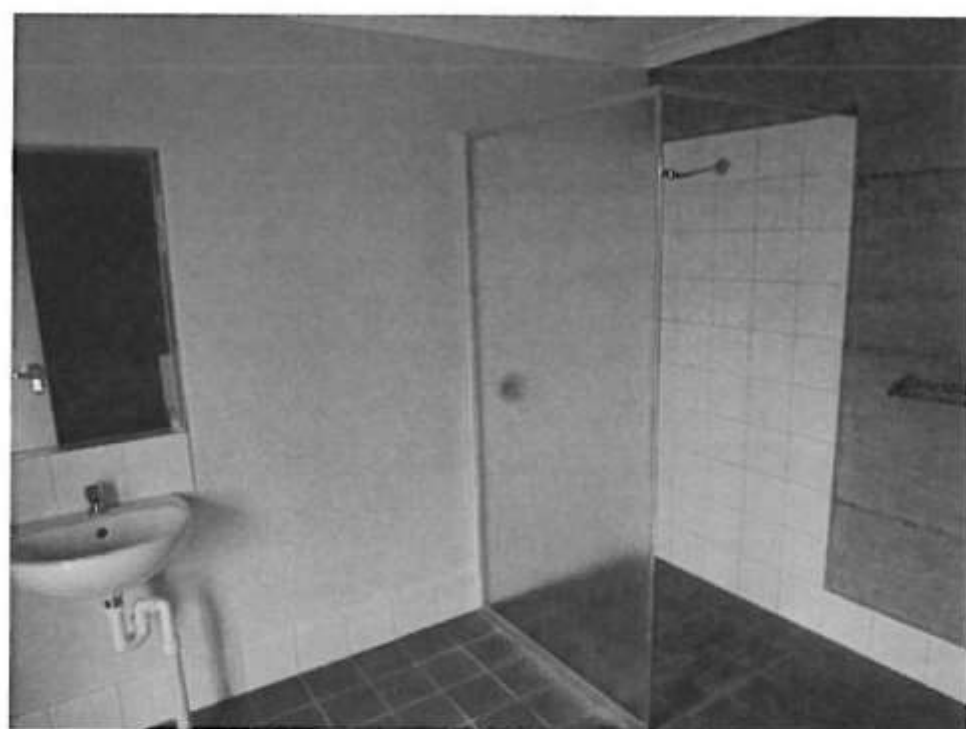
mata.tehini@centacaregeraldton.org.au

"TENĀ RĀ KOUTOU KATOĀ"

News from the Caravan Park

The caravan park construction is getting close to being finished with the painters putting colour throughout the new accommodation and amenities... and it looks great.

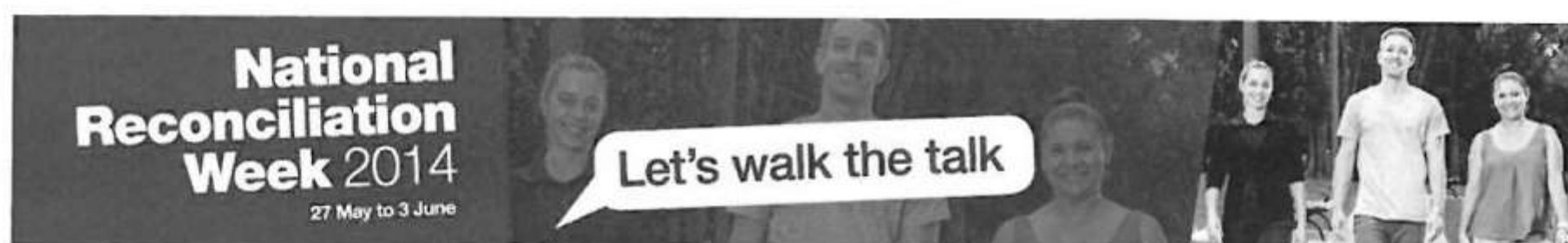
Most of the trades final fit-out is now completed. Now we are just waiting for the floor covering to be laid and the furniture to be delivered.



How good
do these
look!

Geez these
new rooms
look bloody
great!





Reconciliation Week is on again from 27 May to 3 June.

The Shire has a small budget to run an event in that week.

Any ideas?

What would you like to do?



Reconciliation
AUSTRALIA has some ideas...

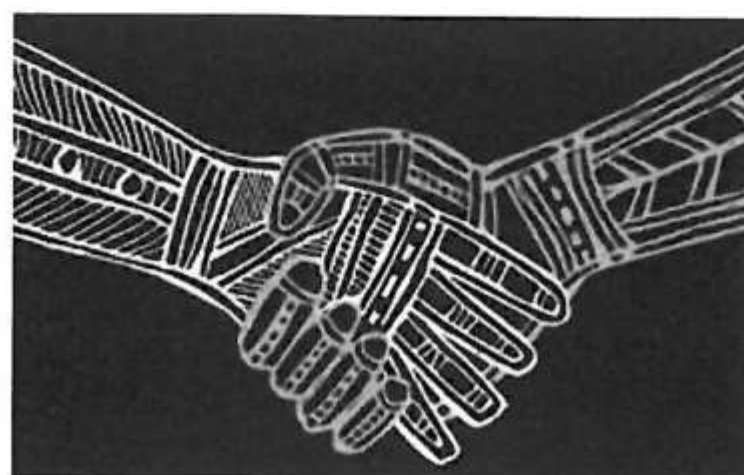
- HOST A BBQ
- PLAY ABORIGINAL MUSIC
- COMMISSION AN ARTWORK
- WATCH A FILM
- Go on a cultural walking tour
- Hold a Welcome to Country ceremony
- Have a conversation about Mabo

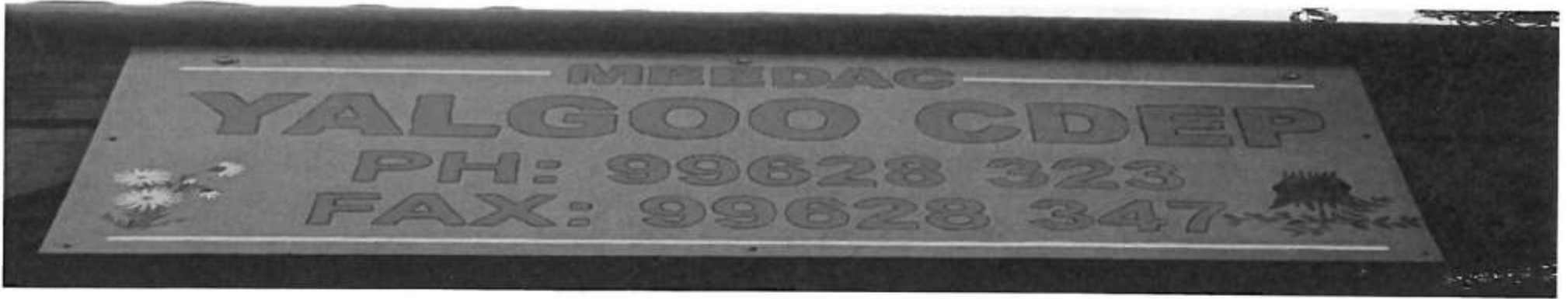
Contact Pip if you have any ideas that you'd like to make happen

What is National Reconciliation Week?

National Reconciliation Week (NRW) is celebrated across Australia each year between 27 May and 3 June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.





It is an exciting time in Yalgoo with the community garden project now up and running at the school. It is great to see the effort put in by everyone and you should be proud of your efforts.



The art ladies have been hard at work so don't forget to come down and have a look at what is being produced.

The job board at MEEDAC is updated regularly so come down and have a look. If you have any work or need a hand we also include local jobs.

It is a requirement that each participant does their 3 hours a day don't forget to fill in a time sheet.

The breakfast program at the school is running successfully so thank you to those who are attending. We are looking into extending this into a possible healthy lunch program soon so let me know if you have any ideas.

Training course coming soon

White Card

Bayalgu Course (Register Interest)

Upcoming Community Projects

Yalgoo Race Track Busy Bee

Photography

Mt Wittenoom Garden Trip

Pia Wadjarri Clean-Up



Assistance Programs

Working with Children Bus

Proposed trip to Geraldton for Birth Certificates

Driving Lessons (Available Soon)

Resume Assistance (Bookings)

Any inquires pop in and see us at the office in Gibbons Street opposite the shop

Adam Fawkes

Meedac Co-Ordinator





LEMON GARLIC CHICKEN

This is a garlic and lemon flavored, oven fried chicken. Serve this with the Low-Fat French Fries recipe from Quick & Healthy Recipes and Ideas and a salad for a healthy quick meal. Look for cornflake crumbs in the breadings section of the grocery store. This recipe is also a good choice for a diabetic menu.

1 pound skinless, boneless chicken breasts, cut into 4 portions
 1/4 cup lemon juice
 1 tablespoon minced garlic
 1/4 cup cornflake crumbs
 1/8 teaspoon salt (optional)
 1/8 teaspoon ground black pepper
 lemon slices (optional)

Place chicken breasts in a plastic bag. Add lemon juice and garlic. Be sure the lemon juice and garlic mixes with all of the chicken. Seal and marinate in the refrigerator for 10 minutes.

Meanwhile, preheat oven to 425 degrees. Spray a 9-inch by 9-inch baking pan with non-stick cooking spray.

Drain the lemon juice from the chicken and discard.

Pour cornflake crumbs onto a plate. Roll chicken in corn flake crumbs to coat evenly.

Arrange chicken pieces in the baking pan so that they are not touching. Top with any garlic remaining in the plastic bag. Sprinkle with salt and pepper.

Bake for 15-20 minutes or until chicken is cooked.

For an attractive presentation, serve topped with a thin slice of fresh lemon.



WHITE CHOCOLATE MOUSSE WITH BERRIES

Try this very light and refreshing dessert. It is so quick to prepare! Use a variety of berries alone or in combination. When fresh berries are not available, substitute frozen berries that have been thawed. This recipe is also a good choice for a diabetic menu.

1 small box (1 ounce) sugar-free instant white chocolate pudding
 2 cups nonfat milk
 2 cups nonfat whipped topping
 2 cups fresh berries (or frozen, thawed) such as raspberries, blueberries, or huckleberries

In a medium bowl, mix pudding with milk. Stir constantly with a wire whisk for 2 minutes. Refrigerate for 5 minutes. Add whipped topping and mix well.

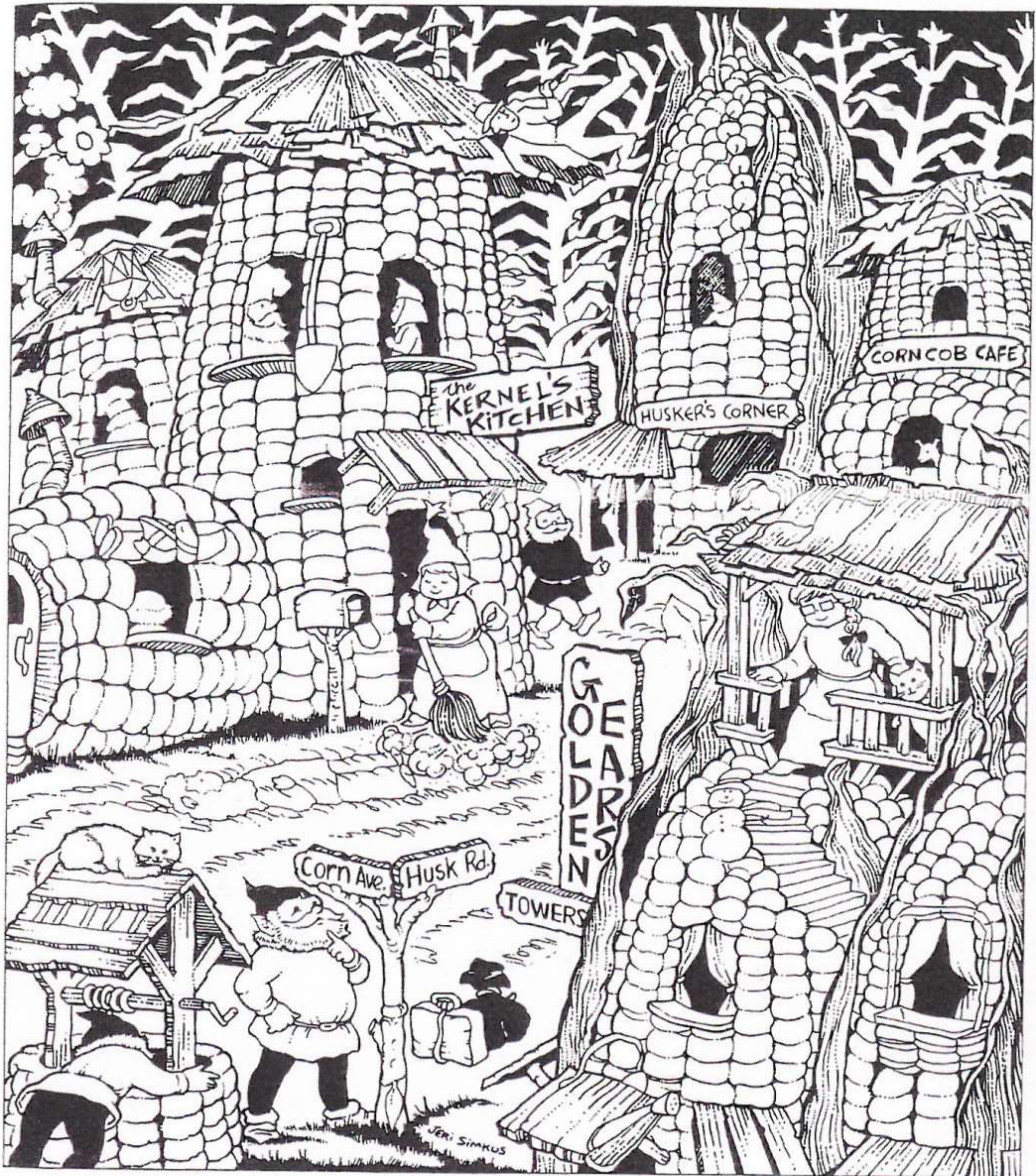
Layer mousse with berries in a serving bowl or individual parfait glasses. Be sure to save some berries for the top.

This is ready to eat or you can refrigerate it and serve later.



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KIDS' CORNER



Corneyob City Elves

As the elves go about their corny business, can you find the seventeen hidden objects? Look for a sprinkling can, girl, basket, scarf, elf shoe, toy soldier, ladder, candle, shovel, string of beads, man, flower, lantern, palm tree, snowman, campfire, and table.

Item of footwear		Furnishing layout		More or less		Enclosure	Element		Belonging to him		Every or all	
Dairy product						Monkey or ape	Drink slowly				Molecule	
						Marine mammal						
Poison		Diplomat							Pig pen			
		Mother of pearl							Secret			
					Long poem					Nothing more than specified		Matured
					Lowest point							
Pouch	Domain						Punctuation mark					
	Sang-Froid											
			Japanese currency	Small recess							Examine carefully	
Be nosy												
Momentary				Large flatfish		Australian state, initially	Effrontery					
							Cogwheel					
								Hollow grass				
Flightless bird		Treat carefully						Reckless		Fit		Repair
		Impluse										
			Unwell		Armed conflict				Spoil		Depression	
					The night before							
Corrupt payment						Stroll						
Sylphlike	Handwear						Beauty shop					
						Astute						

S u d o k u M E								
	7					8		
			2		4			
		6					3	
			5					6
9		8			2		4	
	5			3		9		
		2		8			6	
	6		9			7		1
4					3			



Department of
Health



ICCWA
Injury Control Council of Western Australia

Nine steps to Stay On Your Feet WA®

1. Be active

- Aim for at least 30 minutes of exercise per day
- Focus on activities that include strength, balance and flexibility
- Choose activities you enjoy

? Do you do less than 30 minutes of physical activity a day?



2. Manage your medicines

- Keep an up to date list of medicines you take
- Ask questions and learn about your medicines
- Get your medicines reviewed regularly

? Are you taking three or more medicines?



3. Manage your health

- Review your lifestyle to make healthy choices
- Take control of long-term health conditions
- Have a regular health check

? Do you experience dizziness, light headedness, unsteadiness, drowsiness, blurred or double vision?



4. Improve your balance

- Balance can be improved by being active and managing your medicines
- Seek medical advice for safe activities to regain balance, strength and confidence

? Are you unsteady on your feet, do you find it difficult to get up from a chair or do you have trouble walking?



5. Walk tall

- Do activities that assist with balance, strength and flexibility
- Walk upright and look ahead
- Consider appropriate walking aids that are fitted for you

? Do you shuffle when you walk?



6. Foot care and safe footwear

- See a podiatrist if you have foot pain
- Do foot exercises to improve circulation and keep your feet and toenails healthy
- Safe shoes have a good fit, laces or velcro fasteners, low broad heel with a good grip

? Are your shoes too tight or too loose?



7. Regularly check your eyesight

- Have your vision tested regularly
- Take time to adjust to new lenses and sudden changes of light
- Take extra care when wearing bifocal or multifocal glasses

? Has it been more than 12 months since your eyes were tested or your glasses checked?



8. Eat well for life

- Eat at least three meals a day with plenty of fruits and vegetables and high calcium foods
- Add sunshine to your life to maximise your Vitamin D
- Drink plenty of water – aim for 6 to 8 glasses per day

? Do you skip meals or not eat enough at meal times?



9. Identify, remove and report hazards

- Have good lighting and reduce clutter inside the home
- Maintain pathways to ensure they are even and non-slippery
- If you see a hazard, report it to the most appropriate authority

? Are electrical cords and clutter blocking your walkways?



?

Have you had a fall in the last year?

Have you answered "yes" to one or more of the questions?

The good news is that there are steps you can take now to reduce your risk.

Want to know more?

Contact the Stay On Your Feet WA® Team:

- A free information pack detailing the nine steps to Stay On Your Feet®
- referral information for services and activities in the local area
- organising a free community presentation.

Phone: (08) 9420 7212 **Email:** soyfwa@iccwa.org.au **Web:** www.stayonyourfeet.com.au

tip sheet

family violence

Family violence can affect anyone from any social or cultural background, regardless of gender or sexual orientation. It is about gaining and maintaining power and control. Family violence (or intimate partner violence) can take many forms of abuse. It is not limited to physical violence or sexual assault, but can also include emotional abuse, manipulation or social/financial control.

Family violence includes:

- Grabbing, pushing, slapping, punching, unwanted sexual behaviour – this is physical/sexual assault
- Yelling, screaming, punching walls, standing over, making threats or preventing the other from leaving
- Name calling, belittling remarks, put downs, continuous criticism, making fun of the other, threatening to harm oneself – this is emotional and psychological abuse
- Making most of the decisions
- Controlling the money of the household
- Not allowing the other to socialise or see their family

Family violence has some devastating impacts. Long term impacts of this behaviour may include:

- Relationship and family breakdown
- Long term psychological damage, such as depression
- Restricted access to children (when applicable)
- Serious injury
- Assault charges and legal issues

If you believe that you have a family violence problem:

1. Take responsibility for your actions – no one 'makes' you do or say anything.
2. Accept that you need help. Research shows that family violence behaviours do not just 'go away' despite the best intentions to stop. In fact, family violence is very likely to get worse over time.

Feeling remorseful because of a recent incident of abuse is NOT a good indicator of whether you will change.

3. Call MensLine Australia. Reaching out for help often takes a great deal of courage. MensLine Australia can offer you non-judgmental and confidential support to assist you in dealing with family violence issues.
4. Discuss how to develop a safety plan with a MensLine Australia counsellor. A safety plan is a series of behaviours and steps that you commit to in order to keep your family safe.
5. Follow up on referrals to counselling or behaviour change groups as soon as possible.

If you believe you are experiencing abuse:

1. Recognise that the abuse is unlikely to stop unless the other person agrees to seek professional help or you remove yourself from the situation.
2. Call MensLine Australia to provide you with support and discuss options.

This tip sheet is part of a series of self-help tools for men. More tools can be found at www.mensline.org.au. For more information and assistance, call MensLine Australia on 1300 78 99 78.

1300 78 99 78

www.mensline.org.au

MensLine Australia is a professional telephone support, information and referral service for men, specialising in family and relationship concerns.

Mens

AUSTRALIA

**medicare
local**

GOLDFIELDS - MIDWEST

Connecting health to meet local needs

Why does the Doctor want to know if I am Aboriginal?

To make sure you get quality health care and access to the right services. The Government's Closing the Gap (CTG) initiative aims to improve the health of Aboriginal people so they live longer.

How can CTG help me?

- Assistance to manage a chronic disease like Diabetes or Asthma through an Aboriginal Health Worker or Outreach Worker
- Access to transport
- Access to affordable medicines
- Bulk billed Aboriginal health check ups



Contact Natasha
the Aboriginal Outreach Worker at
Goldfields-Midwest Medicare Local on
9960 6800
or ask your Doctor or Nurse for more
information.



Australian Government





GOLDFIELDS - MIDWEST

Connecting health to meet local needs

How can an Aboriginal Care Coordinator help you?

- Assistance to attend appointments with your Doctor
- Help with understanding your care plan and managing your chronic disease
- Help with understanding how to take your medicines
- Coordinating allied health appointments for you e.g. to see a podiatrist or specialist
- Helping you access cheaper medication

Who qualifies for care coordination?

- You must be Aboriginal
- Must have a chronic disease
- Referred by your Doctor

Contact Beryl
the Care Coordinator at
Goldfields-Midwest Medicare Local on
9960 6800
or ask your Doctor or Nurse for more
information.





Vince Catania MLA
MEMBER FOR NORTH WEST CENTRAL

THE NATIONALS
for Regional WA

13th March 2014

Media Release

Five Shires awarded group funding for construction of the Murchison region vermin cell

The shires of Mount Magnet, Sandstone, Cue, Yalgoo and Wiluna are set to benefit from funding allocated from the Country Local Government Fund (CLGF) Projects – Regional Grouping Fund 2012-13 for the Murchison region vermin cell project.

The ***Royalties for Regions*** CLGF Regional Grouping Fund encourages local governments to come together to deliver projects that benefit multiple towns and regions.

Member for North West Central Vince Catania MLA said the regional grouping component of the CLGF is to provide financial assistance to local governments to fund large scale projects identified as priorities by the towns themselves. The Murchison region vermin cell project aims to construction a dog proof fence to create a fully enclosed Vermin Cell in the Murchison region to eradicate wild dogs within the cell and increase small livestock numbers (sheep and goats) in the pastoral industry.

"I congratulate the four shires for winning this competitive funding which clearly demonstrates the high level of collaboration and partnership among these agencies. Sharing financial and non-financial resources is central for communities in the remote and rural regions. I am excited about the additional benefits for the residents of the Murchison region as a result of their joint efforts", said Vince.

"Pastoral production has experienced a sharp decline of the past decade attributed to drought and wild dogs. The low stock numbers and productivity are considered to be largely caused by wild dog predation".

The completed fence will be 1,400km in length and will comprise 100km of fence (to be constructed through this funding) in conjunction with existing fence (450km of State Barrier Fence and 470km of the MRVC Vermin Fence 1 and 2). It is proposed that this group would manage and subsequently own the fence. It is anticipated livestock rates will be raised by this initiative.

Fact File

- **The Royalties for Regions Country Local Government Fund (CLGF) helps local governments in regional WA build and maintain infrastructure.**
- **The CLGF Regional Grouping Fund is separate to the CLGF and encourages local governments to come together to deliver projects that benefit multiple towns and regions.**
- **Since 2008, more than \$306million has been allocated to CLGF, which has seen about 1200 projects funded across 109 country local governments.**

For media enquiries please contact Vince Catania on (08) 9941 2999 or email northwest@mp.wa.gov.au

YALGOO RACE DAY

SATURDAY 5TH APRIL

They're on again. This year the races are on 5th April from 11 am until 10 pm.

All the usual fun will be on again this year with a full 6 race program featuring the cream of the regional racing circuit, DJ Rev, best dressed comps, bouncy castle, Mikey's Cup kid's foot race and plenty of food and drink.

Don't miss out on your chance to have a punt or win the best dressed bloke or sheila on the day!



The Yalgoo Jockey Club would like to thank all our major sponsors for this year's event



The Yalgoo Jockey Club is looking for volunteers to help man the gate for yalgoo race day on Saturday April the 5th. Any available time that you can give will be very much appreciated. Please contact the president of the Jockey Club Pip on 9962 8174.

The Shire of Yalgoo



Western Bros
Haulage



Hope to see you here