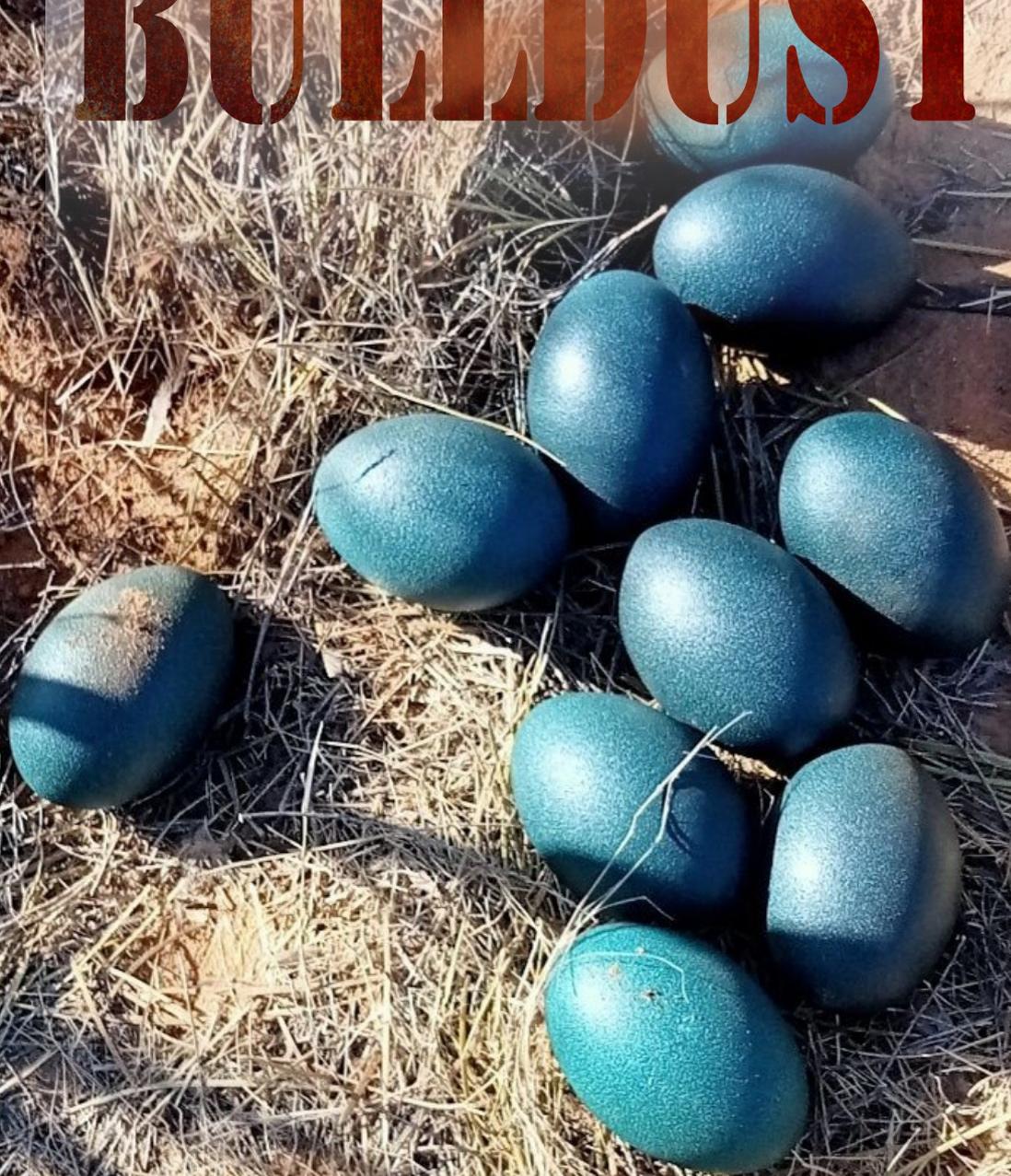


YALGOO BULLDUST



May - June 2023 Edition



SHIRE OF YALGOO

DISCLAIMER

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

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Mail: 37 Gibbons St, Yalgoo 6635
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Email: cdo@yalgoo.wa.gov.au

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ADVERTISING

WOULD YOU LIKE TO PROMOTE WHAT YOU HAVE TO OFFER?
THE YALGOO BULLDUST CAN HELP.

- Advertising Commercial - Full Page (Black & White) \$35.00
- Advertising Commercial - Half Page (Black & White) \$25.00
- Advertising Commercial - Quarter Page (Black & White) \$18.00
- Advertising Community - All of above (Black & White) FREE
- Advertising Commercial - Full Page (Colour) \$60.00
- Advertising Commercial - Half Page (Colour) \$45.00
- Advertising Commercial - Quarter Page (Colour) \$30.00
- Advertising Community - All of above (Colour) FREE

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

EDITION: May - June 2023

YALGOO BULLDUST

COUNCIL MEETING DATES 2023

The Shire of Yalgoo schedule of meeting dates and locations for 2023 are as follows:

DATE	LOCATION	TIME
31 March 2023	Community Centre, Paynes Find	11.00am
28 April 2023	Council Chambers, Yalgoo	10.00am
26 May 2023	Council Chambers, Yalgoo	10.00am
30 June 2023	Council Chambers, Yalgoo	10.00am
28 July 2023	Council Chambers, Yalgoo	10.00am
25 August 2023	Community Centre, Paynes Find	11.00am
22 September 2023	Council Chambers, Yalgoo	10.00am
27 October 2023	Council Chambers, Yalgoo	10.00am
24 November 2023	Council Chambers, Yalgoo	10.00am
15 December 2023	Council Chambers, Yalgoo	10.00am

Ordinary Council Meetings commence at 10.00 am and are held in the Council Chambers, Gibbons Street, Yalgoo, or in the Community Centre, Paynes Find at 11am

The Ordinary Council Meetings are open to the public.

Ian Holland

Chief Executive Officer

FROM THE CEO'S DESK

National Road Safety Week

Yalgoo Railway is being illuminated yellow this week to promote National Road Safety Week. Stonework at the Railway Station is very near completion with woodwork and other renovations still underway.

Throughout the day and evening over 400 travelers some in heavy vehicles 60m long drive hundreds of kilometers along the Geraldton-Mt Magnet Highway. We hope that this visual recognition of Road Safety helps to educate drivers and remind them to drive so others survive.

Every year, more than 1200 people are killed and 44,000 seriously injured on Australian roads. National Road Safety Week is a time for us to remember those people who have experienced trauma on our roads. We urge everyone to ensure the roads are safe for everyone. To drive so others survive.

Buildings and landmarks all over Western Australia have been turned yellow in recognition of National Road Safety Week. Grant funding for this initiative was received from the Road Safety Commission. Visit their website for more information.

Condolences

In January a long time dedicated employee and bushfire volunteer of the Shire, Mr Ray Winfield tragically passed away while combatting a bushfire. Community members and employees attended Rays funeral in March and I am sure that everyone in Yalgoo will continue to keep Ray in their thoughts. This tragedy has shocked the community and anyone still requiring support or just a chat is encouraged to visit the Shire Office or call.

Current Projects

Orders have been placed for a Kenworth Prime Mover and Howard Porter trailer combination among other plant however it is unlikely that they will be available this financial year. Recruitment has begun for a new Deputy Chief Executive Officer, thanks is extended to Tom Gorman for his time in Yalgoo, he has moved to a new local government position up North.

Further sealing work will be carried out on Yalgoo-Ninghan Road and sections of Morawa-Yalgoo Road have been recently reconstructed.

The Shire is still awaiting approval for flood damage for events AGRN962 and AGRN1021 which occurred in 2021 and 2022 respectively.

Two new modular residences have just been delivered. These will be leased by the WA Country Health Service who are now the managers of the Yalgoo Nursing Post property.

Asbestos has been removed from the Yalgoo Town Hall and an inspection has been completed. Recladding and renovations will commence once a builder has been appointed. Stone work on the Yalgoo Railway Hall has been completed and the building which can be seen from the Geraldton-Mt Magnet Hwy is looking fantastic.

Ian Holland

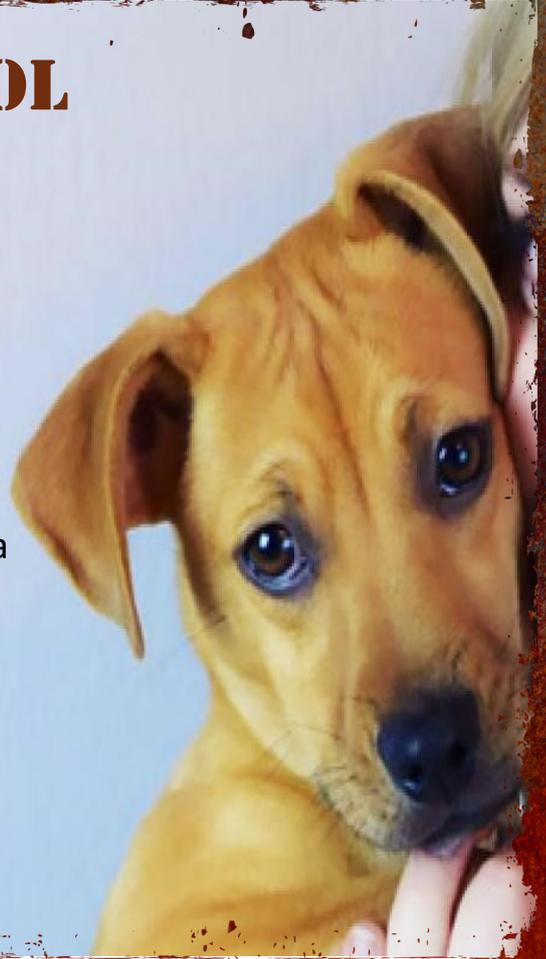
Shire of Yalgoo CEO

DOG CONTROL

The Shire of Yalgoo will be introducing signage reminding dog owners that their pets should be on a leash in public.

After a local advertising campaign the Shire will be issuing **FINES of over \$200** dollars for every instance of a dog being in a public place without a leash

Please exercise your dogs at the racecourse or oval and ensure you clean up after them.



DRY HIRE

Please be advised the Shire of Yalgoo is unable to hire loose equipment such as lawn mowers, whipper snippers or vehicles. If you require assistance with private works please contact the administration office on 99628042.



shutterstock.com · 178179590



JOB ADVERT

SHORT TERM CASUAL WORK

The Shire of Yalgoo is seeking local individuals for casual work to provide support to our outside works and parks and gardens crew. Occasional and on call work will be available when requested by the Shire Foreman which may include tidying Shire Facilities and preparing public spaces for community functions.

Experience with gardening equipment, power tools and pressure washers is desirable and training and personal protective equipment will be provided.

Further information can be obtained from the Shire of Yalgoo Office on 08 9962 8042 or by emailing works@yalgoo.wa.gov.au.

Please submit your resume to the Yalgoo Shire Office, application will be accepted until 4.00pm Friday, 2 June 2023

Craig Holland
Works Forman

 National
Road Safety
Week 2023
14 - 21 May



**DRIVE
SO OTHERS
SURVIVE**



ENROLL TO VOTE

Local Government Elections is
COMING SOON so if you would
like to sit on Council or to have a
vote who sits on Council please
make sure you are enrolled to
vote



**Moved
house?**

**Changed
your name?**

**Need to enrol
for the first time?**



Scan above or visit
www.aec.gov.au/enrol

201 178

www.aec.gov.au 13 23 26



Authorised by the Electoral Commissioner, Canberra



COMMUNITY DEVELOPMENT

What has been happening in Yalgoo over the past few months?

Well we can we start! Seniors morning tea's for our elders are being held once a month on a Monday, so far three have been held and the turnout has been amazing but I know there are a lot more elders in town so I hope to see them at the next one.

Movie Nights have been put on the Calendar for the kids, one during the holidays and one during the School term normally held on a Friday Night in week 5 so please encourage your Kids to come down.

Wes Ward from the Stephen Michael Foundation is continuing his fortnightly visit to Yalgoo doing sports at the School, then conducting afterschool activities for the Shire, keep an eye out for the dates in the Newsletters.

Also on the calendar this year is Indigenous Tennis Lessons and Learning, with one of the locals Josh Callow running these sessions, so please send the kids down at 3pm for tennis lessons and if any teenagers want to come along and learn or have a game they can meet Josh at the ragecage at 4pm.

The GRAMS Tackling Indigenous Smoking Team had visited a number of times in the past few months, educating the kids at School and members of Yalgoo about smoking. They have also been hosting BINGO nights for the adults which everyone looks forward to.

Auskick has started, we were invited to participate with Cue, Mt Magnet, and Meekatharra and share the visits, if you want dates contact the Shire Office.

This year for Road Safety Week we have decided to light up the old Railway Station building with yellow LED light in support to Road Safety Week in keeping our road safe.

This years the Shire is collaborating with the Yalgoo Primary School for the NAIDOC Day Celebration, so please come along and help celebrate this day with our kids and share in the culture and stories of our past as the Theme is "For Our Elders"

Stare Gazing Night has been put back to Term 3, 21 September 2023, and as always there are limited spots for those to attend, so don't leave it too late and contact the office to book your spots, kids attending Yalgoo Primary School have their spots booked already.

Feel free to drop in and have a chat.

Elisha Hodder

Shire of Yalgoo, CDO



SHIRE OF YALGOO

Senior's Morning Tea

MONDAY'S

Yalgoo Arts & Cultural Centre

10.00am to 12.00pm

13 March 2023

3 April 2023

15 May 2023

12 June 2023

17 July 2023

14 August 2023

18 September 2023

16 October 2023

13 November 2023

11 December 2023

More Information Contact Elisha on 0419 325 964 or
email cdo@yalgoo.wa.gov.au

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SENIORS MORNING TEA



What a great start to the year!



We now have a day once a month dedicated for our local elders and residents who are home bound. The purpose of our Senior's Morning Tea is to get our elder or those stuck at home out and about mingling and chatting with old friend, and it has certainly been wonderful.



Also a big thanks to Naomi and Serina from Morawa Dessert Blue Connect for your support and attending our morning tea's please know your welcome any time.



Planting Herbs



Drawing Designs for a Tea Towel

AFTER SCHOOL ACTIVITIES

Murlpirmarra



Indigenous Tennis & Learning
With Josh Callow




At the Yalgoo Rage Cage Tennis Courts

Every Tuesday

Jnrs 4yrs - 11 yrs. Start at 3pm to 4pm
Teens 12yrs - 17yrs. Start at 4pm to 5pm

More info contact Josh on 0472 912 101

Wes Ward Visits Thursday's



18 May 2023
1 June 2023
15 June 2023
29 June 2023

FOOTY
BASKETBALL
CRICKET
ATHLETICS





GRAMS TIS and YOUTH will be visiting Yalgoo on the Following Days

Wednesday

21 June 2023




4	8	37	17
8	3	51	67
3	40	41	72
12	32	57	65



YALGOO ARTS AND CULTURE CENTRE

TEENS ART CLUB

Every Wednesday

3pm to 5pm

At the Yalgoo Art Centre

“

Work hard, be kind, and amazing things will happen.”

CONAN O'BRIEN

Parents

Murpymarra



Connection



**Indigenous Tennis
& Learning**
With Josh Callow



YALGOO ART CENTER

2023 UPCOMING WORKSHOPS



All Art Workshop have 10 spots available.

FIRST IN FIRST SEATS

Arts Center

Workshops

April
16

Candle and soap making

with Jane Grant
at the core stadium
From 10am to 4pm

Mosaic

With Dawn Lapuma
at the core stadium
From 10am to 4pm

May
20 & 21

June
17 & 18

Dont drink the paint

With Julie Simpson
at the core stadium
From 10am to 4pm

Creative Clay

With Maree Mark
at the core stadium
From 10am to 4pm

JULY
15 & 16

August
12 & 13

Crochet

With Suzannah
at the core stadium
From 10am to 4pm

Portrait painting

With Jill Ansell
at the core stadium
From 10am to 4pm

Sep
16 & 17

APRIL SCHOOL HOLIDAYS

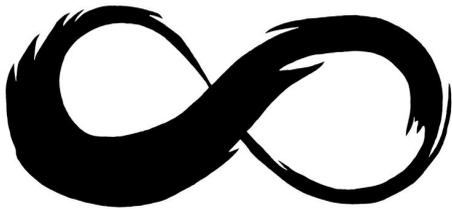
A big thanks to FairGame for sending an amazing team to spend the first week of the School holidays in Yalgoo, our kids absolutely loved and enjoyed your visit and are already asking when you are returning, and as always a big thank-you to Nick Austin from Infinity Skates the kids have been practicing their tricks and making good use of our skate park.



Yalgoo Skater Kids

Trip to Three Deckers

FAIRGAME
Healthy Communities



Infinity Skate

DATE HAVE CHANGED

Yalgoo STAR GAZING ASTRONOMY NIGHT

DREAM TIME STORIES
With
Yued Moora Woman
MADELINE ANDERSON



SEPTEMBER

21st

★ 6pm - 8.30pm

at the

CORE STADIUM OVAL

**Mitchell Street,
YALGOO WA 6635**

The Shire of Yalgoo and the Yalgoo Primary School would like to invite members of the Yalgoo Community to attend it's very first and one night only Star Gazing Astronomy Night.

You'll discover our solar system, Milky Way Galaxy and beyond. Find out why people around the world envy WA's spectacular dark night sky and learn new things about the stars above.

Ask all the questions you can think of!

LIMITED SPOTS AVAILABLE

Light Dinner will be Provided - NACHOS
Tea, Coffee and Water will also be available

Contact Elisha on 0419 325 964 or email cdo@yalgoo.wa.gov.au
to have your names put on the list



STARTRACKS
ASTRO EVENTS

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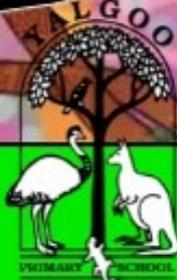
For our Elders

NAIDOC DAY
COME & JOIN US

HELD AT THE
YALGOO PRIMARY SCHOOL

WEDNESDAY, 21 JUNE 2023
9:30AM - 2:00PM

ART ACTIVITIES
FOOD
CULTURE AND STORIES



Contact us for more info on 0419 325 962



MOVIE

Night

FRIDAY, 26 MAY 2023

CORE STADIUM

BBQ DINNER | DOORS OPEN AT 6.00PM



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EDITION: May - June 2023

YALGOO BULLDUST



Elder Rights WA

FACT SHEET

This fact sheet has information about Elder Rights WA

What is Elder Rights WA?

Elder Rights WA (ERWA) is a holistic legal service for seniors and the aged based in the Civil Law Division of Legal Aid WA.

Our legal team provides legal advice, assistance and representation on certain types of legal matters and our social work team provides a range of tailored social work support in assisting clients in dealing with social, physical and mental challenges.

Who can use our service?

Our clients are people who are 65 years and older and First Nations and Culturally and Linguistically Diverse clients who are 55 years and older.

We can also provide information and referrals to "third parties" such as adult children or carers of the older person. However, we will not provide advice to third parties in most cases.

Who provides the Elder Rights WA service?

Lawyers and social workers with specialist experience in laws and issues that affect older Western Australians.

Our Cost

Elder Rights WA provides free legal advice.

"Our team of lawyers and social workers provide a state-wide service for vulnerable seniors who are experiencing certain types of legal problems"

Where is the Elder Rights WA service located?

Our team is primarily based in Perth, with the state-wide service also accessible through 9 regional Legal Aid WA offices, as well as a network of 16 Virtual Offices in metropolitan Perth and the regions.

We also have an Elder Rights WA lawyer from Peel Community Legal Services who provides our services in the Peel Region, as Peel has one of the highest proportion of seniors in WA.

We provide advice by telephone, virtual office, face to face and through community outreach.

This fact sheet contains information only. It is not legal advice. If you have a legal problem, you should speak to a lawyer. Legal Aid WA aims to provide accurate information but does not accept responsibility if it is not.

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PAGE 1 of 2

Last reviewed: 18/08/22



INFOLINE 1300 650 579

WEBSITE www.legalaid.wa.gov.au

What types of legal matters does Elder Rights WA cover?

Legal advice and information on matters relating to planning for the future, including:

- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Advance Health Directives
- Wills

Note: While our service does not prepare or write these documents, the advice provided at our service is very valuable in helping our clients to make appropriate decisions.

Other matters we can give advice about include:

- Loans given to adult children or others
- Money or debts owed by clients
- "Granny flat" arrangements or other shared living arrangements
- Problems arising from living arrangements, including when adult children move in and refuse to leave
- Guarantors for loans/ mortgages for adult children
- Violence, including physical, psychological, emotional and sexual abuse
- Guardianship and Administration matters at the State Administrative Tribunal
- Voluntary Assisted Dying laws

Other services include:

- Representation in certain Guardianship and Administration matters in the State Administrative Tribunal
- Information and community legal education
- Referrals to specialist units within Legal Aid WA including Family Dispute Resolution Services and Domestic Violence Legal Unit

How can I access the Elder Rights WA service?

To refer clients to the service or to request an appointment with a lawyer, please email:

ElderRightsWA@legalaid.wa.gov.au

or call the Legal Aid WA Infoline on **1300 650 579**.

To find out more about Elder Rights WA you can visit the Legal Aid WA website: **www.legalaid.wa.gov.au**.

The Legal Aid WA website has information, videos and self-help guides on a range of legal topics.

If we cannot advise or assist on a particular issue, we may refer you to an appropriate service.



What is elder abuse?

This fact sheet has information on elder abuse and how Legal Aid WA can help.

What is elder abuse?

Everyone has the right to feel safe and be treated with respect. Unfortunately, some people do not feel safe and experience violence or abuse from someone else.

If an older person is experiencing violence or abuse, this is called elder abuse.

Elder abuse can include:

- » physical violence,
- » financial abuse,
- » emotional or psychological abuse,
- » social isolation,
- » sexual abuse, and
- » neglect.

Everyone has the right to feel safe and be treated with respect.

Who can elder abuse be from?

Elder abuse can be from a partner, another family member, neighbour, carer, someone who lives in your home or residential facility, or someone in a position of trust.

“ If an older person is experiencing violence or abuse, this is called elder abuse. ”

What is physical violence?

Physical violence is when someone hurts you physically.

For example: if someone slaps, pushes, hits or physically restrains you.

What is financial abuse?

Financial abuse is when someone uses your money without your permission.

Financial abuse includes:

- » someone selling your property without your permission,
- » someone forcing you to sign things you do not understand, and
- » someone taking control of your bank accounts.

If someone pressures you to give them money, this is also financial abuse.



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INFOLINE 1300 650 579 WEBSITE www.legalaid.wa.gov.au

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Last reviewed: 12/05/2022

What is emotional or psychological abuse?

Emotional or psychological abuse is when someone calls you names, swears or shouts at you, intimidates or humiliates you.

It includes threats to harm you or your pets.

What is social isolation?

Social isolation is when someone refuses to let you go out and do things.

It includes stopping you from having contact with your friends, grandchildren, family members, support services, culture, and religion.

What is neglect?

Neglect is when someone is meant to take care of you but doesn't give you proper food, clothing, healthcare, personal care or shelter.

Neglect can be intentional or unintentional.

Legal Aid WA has a specialist service for older Western Australians experiencing elder abuse.



How can Legal Aid WA help?

It can be difficult to talk about these things if they are happening to you.

However, there are many services that can support and help you.

Legal Aid WA has a specialist service for older Western Australians experiencing elder abuse, called Elder Rights WA

Elder Rights WA operates from the Perth office at Legal Aid WA.

Advice can be provided by phone, face to face and through community outreach.

Lawyers with specialist experience in the laws that affect older Western Australians provide the Elder Rights WA service.

There is no cost in receiving advice from a lawyer at Elder Rights WA.

You can access Elder Rights WA by calling Legal Aid WA's Infoline on 1300 650 579.

You can also email: ElderRightsWA@legalaid.wa.gov.au

To find out more about Elder Rights WA you can visit the Legal Aid WA website: www.legalaid.wa.gov.au.

The Legal Aid WA website also has information, videos and self-help guides on a range of legal topics.

ICPA YALGOO BRANCH

WORKING TOGETHER TO IMPROVE ACCESS TO EDUCATION IN THE REGIONS

ALL WELCOME TO JOIN US ON FACEBOOK,
OUR FACEBOOK PAGE IS CALLED - ICPA YALGOO BRANCH

IF YOU WOULD LIKE TO SUPPORT OUR BRANCH AND BECOME A MEMBER,
PLEASE SEND US A MESSAGE VIA OUR FACEBOOK PAGE

PRESIDENT: RUTH ROWE
VICE PRESIDENT: MARY-KATE WALSH
SECRETARY/TREASURER: ROXANNE MORRISSEY



Isolated Children's Parents' Association of WA (Inc.)

ICPA^{WA} *Your* **Voice for**
Regional Education

ICPA WA supports families to access education at all levels from Early Childhood, Primary and Secondary through to Tertiary

President:
Sally Brindal
0427 275 014
wapresident@icpa.com.au

Secretary:
Kym Ross
0427 371 027
wasecretary@icpa.com.au

Who we represent:

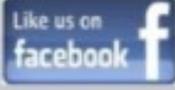
- Regional primary and secondary schools
- Distance Education / School of the Air
- Small rural and remote schools
- Government and Non-Government
- TAFE and Apprenticeships
- Agricultural Colleges
- University

We assist with:

- Information & Communications Technology
- Tertiary Access & Accommodation
- State and Federal Allowances
- Early Childhood Education
- Special Needs Education
- Boarding Facilities
- Teacher Training
- Student Travel



Help us by adding your voice to our Membership
To join
www.wa.icpa.com.au



The work we are doing is for the COUNTRY KIDS of OUR COUNTRY

Aboriginal Mental Health First Aid Workshops

LEARN TO
LISTEN AND
NOT JUDGE

RECOGNISE
EARLY
WARNING
SIGNS

SUPPORT YOUR
COMMUNITY,
FAMILY AND
FRIENDS

GET ACCESS FROM
OTHER SUPPORT
NETWORKS

ACCESS SUPPORT
FROM
PROFESSIONAL
MENTAL HEALTH
SERVICES

SUPPORT SOMEONE
WHO IS GOING
THROUGH A MENTAL
HEALTH CRISIS

FREE TRAINING
Come together
help yourself
and your
community!

Gain the skills and confidence to assist people experiencing mental health problems.

You can make a significant change in another person's life. You could be the difference!

Aboriginal and Torres Strait Islander Mental Health First Aid Training tailored for those working frontline and delivering services to the Indigenous community as well as community members.

- Developed with Aboriginal Mental Health workers.
- Focusing on improving the mental health and wellbeing of Aboriginal and Torres Strait Islander people and the community.

Don't miss out!

To register expression of interest please contact
Willa on 0428 803 279 or
willa@nationalwellbeing.com.au



STANDBY[®]
SUPPORT AFTER SUICIDE

Dedicated to supporting people and communities across Australia bereaved or impacted by suicide

We can help with:



Person-centred support and follow-up



Contactable 24/7 to arrange face to face or telephone support



Locally tailored community workshops



Connect and coordinate local support that fit individual needs

StandBy – an initiative funded by the Australian Government



We acknowledge the traditional Custodians of the land on which we operate, and pay our respects to their elders past, present and emerging.



Our organisation is a place where human rights are respected and people of diverse genders and sexual orientation are welcomed and supported.

What do I say? What do I do?

Supporting those bereaved or impacted by suicide



Support After Suicide

Who do we help?

We support anyone who has been bereaved or impacted by suicide including:

- individuals, families, friends, witnesses
- schools, workplaces and community groups
- first responders and service providers

To find your local **StandBy** site please use our website

www.standbysupport.com.au

Many people are impacted by each suicide death including family members, close friends, kinship groups, colleagues and whole communities.



Mid West & Gascoyne



24/7 Support Needs

1300 727 247

standby.midwestgascoyne@anglicarewa.org.au

www.standbysupport.com.au



It's never too late to seek support

Grief is a journey. It's okay to acknowledge you may need support days, months, years or decades after your loss.

Additional supports:

- Friends and family
- Doctor and/or health professional
- Community health service
- Counselling / support group
- Spiritual, community and cultural support
- Telephone helplines
Lifeline **13 11 14**
Kids Helpline **1800 55 1800**
MensLine **1300 78 99 78**
Beyond Blue **1300 22 4636**
QLife **1800 184 527**
- If life is in danger call **000**



Water and your health

Drinking plenty of water every day is important for good health. Our body relies on it for many of its functions. Water helps to:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

Sources:
Eat For Health - What is a serve?
Nutrient References Value - Water
Mayo Clinic - Nutrition and health eating

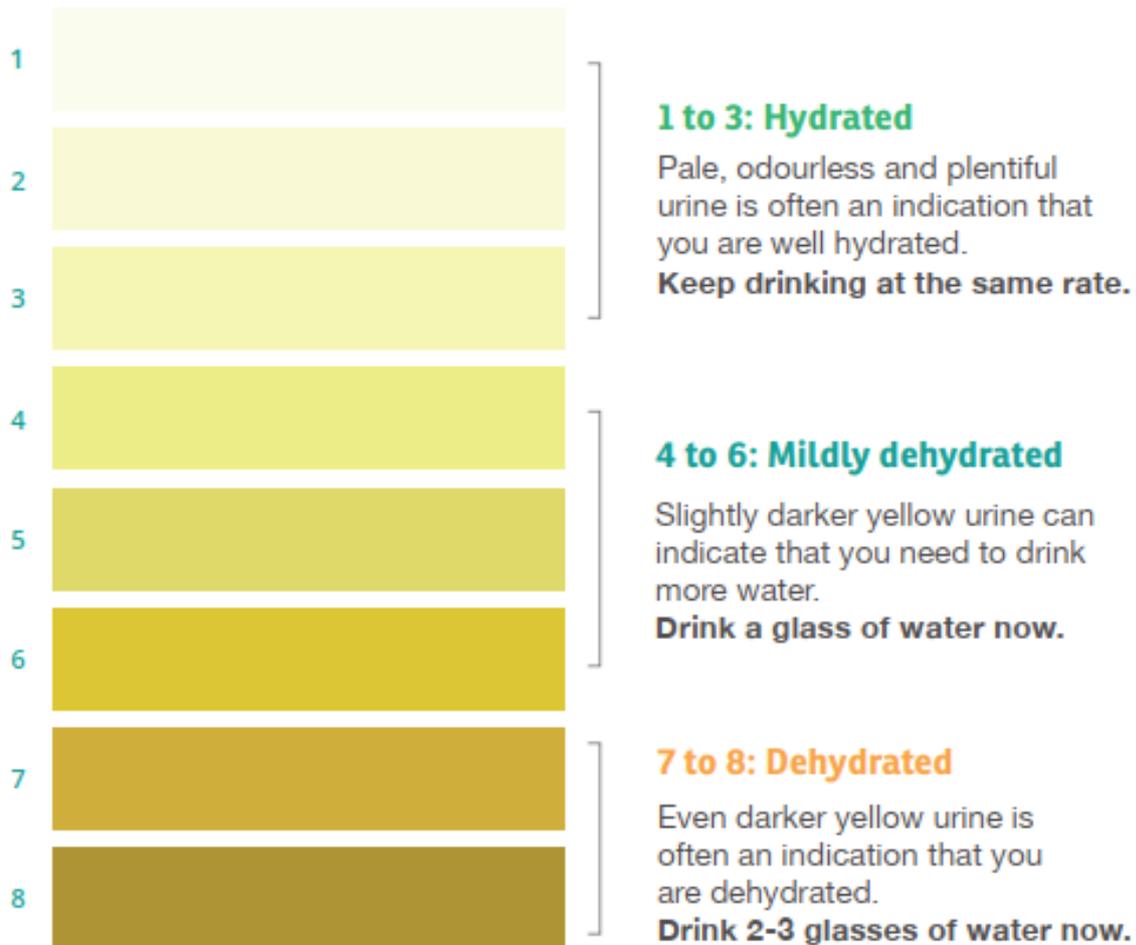
*In Australia, 1 cup is equivalent to 250ml.





Am I drinking enough water?

Use this urine colour chart to assess how hydrated you are. It is important to drink plenty of water each day to stay healthy.



What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

Sources:

Kidney Australia - Drink water instead factsheet
Armstrong et al.; Urinary indices of hydration status; Int J Sport Nutr. (1994)
Armstrong et al.; Urinary indices during dehydration, exercise and rehydration; Int J Sport Nutr. (1998)



www.healthdirect.gov.au

PROSPECTING PENALTY



Government of Western Australia
Department of Mines, Industry Regulation and Safety

Do not prospect
on land unless
you have
authority.



A prospector was recently fined \$5,000 for prospecting on land without the authority to do so. The maximum penalty is \$150,000.

For more information about rules for prospecting go to:

www.dmp.wa.gov.au/prospectingwa

HEART ATTACK

SIGNS & SYMPTOMS

What are the symptoms of a heart attack?

If you have any of the symptoms below, you could be having a heart attack. If symptoms are severe, get worse, or last longer than 10 minutes, call triple zero (000) immediately and ask for an ambulance. If calling triple zero (000) does not work on your mobile, try calling 112.

The most common symptoms of a heart attack are:

- [chest pain](#) — pressure or tightness in your chest that may spread to your jaw, neck or left arm
- suddenly feeling [dizzy](#), [faint](#), [light-headed](#) or [anxious](#)
- [nausea](#) or [vomiting](#)
- a feeling of indigestion
- sweating, or a cold sweat
- looking pale
- shortness of breath or [difficulty breathing](#)
- [palpitations](#) (being aware of your heart beating)

Chest pain may come and go.

Heart attack symptoms in females

Females may experience different symptoms, such as:

- breathlessness and generally feeling unwell
- tightness or discomfort in your arms
- chest pain that feels more like burning, throbbing, tightness or like trapped wind
- a feeling of indigestion or upper tummy pain
- upper back pain or pressure

Heart attack symptoms differ from person to person. Some people experience no warning signs before a heart attack. It's possible to not feel any chest pain at all.

PNEUMONIA

SIGNS & SYMPTOMS

What are the symptoms of pneumonia?

Quite often, people with pneumonia have previously had cold or flu symptoms for a few days or weeks that have got worse, not better.

The most common symptoms of pneumonia are:

- cough — can be dry or may produce thick mucus (cough can last for several weeks after pneumonia has been treated successfully)
- fever (a temperature of 38°C or higher), sweating and shivering — though in older people it can cause lower than normal body temperature
- difficulty breathing, or rapid breathing (especially in young children) or shortness of breath. In children, the ribs or the skin under the neck can suck in, or babies may bob their heads while breathing
- feeling generally tired and unwell
- loss of appetite

People with pneumonia may also:

- have a headache
- have pain in the chest that is worse with breathing or coughing
- cough up blood
- have abdominal (tummy) pain
- feel nauseous and maybe even vomit
- ache all over
- be confused or disorientated (especially older people)
- have a blue colour around the mouth (cyanosis), due to lack of oxygen in more serious cases



PATS process and forms have changed

(Patient Assisted Travel Scheme)

Your GP no longer needs to sign your PATS application form

What is the new process?

- 1 You complete a PATS application form and include any requests for consideration outside the current guidelines.
- 2 You submit your PATS application form in person, by post, fax or email to your local PATS office.
- 3 Your application will be assessed internally by WACHS. Your GP may be contacted for additional information, as required to support the decision.



Ready to get started?

Contact your local PATS team or scan the QR code to visit the PATS internet page.

Geraldton, Midwest & Murchison

(08) 9956 2216

PATS.Geraldton@health.wa.gov.au

Gascoyne

(08) 9941 0313

PATS.Carnarvon@health.wa.gov.au





Government of Western Australia
Department of Transport



Remote Services

Department of Transport

Visiting	Yalgoo
When	Monday 12th June 10am - 1pm
Where	MEEDAC Offices Yalgoo

We will be able to help you with the following services:

- Practical Driving Assessments
- Driver's licence applications
- Theory tests
- Rego and driver's licence renewals
- Photo card applications
- Change of address
- Vehicle transfers
- Return of number plates

To enable us to help you, please ensure you bring your birth certificate, Medicare card, bank card and two types of proof of residency, along with cash or card for payment.



For enquiries please call:

Karen - 9216 8194

DoT Direct

Swap queue time, for you time

Online services available 24/7

Sign up to DoT Direct online services for around the clock services, payments, and applications, to manage your personal details, and more.

www.transport.wa.gov.au/dotdirect



Government of Western Australia
Department of Transport



Remote Services

Department of Transport

Visiting	Pia Wadjarri
When	Tuesday 13th June 9am - 12pm
Where	Pia Wadjarri Community

We will be able to help you with the following services:

- Practical Driving Assessments
- Driver's licence applications
- Theory tests
- Rego and driver's licence renewals
- Photo card applications
- Change of address
- Vehicle transfers
- Return of number plates

To enable us to help you, please ensure you bring your birth certificate, Medicare card, bank card and two types of proof of residency, along with cash or card for payment.



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DESERT BLUE CONNECT



FREE Counselling & Mental Health Support

Desert Blue Connect offer free counselling and mental health support services to men and women living in rural and remote areas of the Midwest.

Make an appointment today!

Phone: 0419348006

Email: info@desertblueconnect.org.au

Or Call Elisha Hodder on



Domestic violence help in your region

1800 080 083

www.dvassist.org.au

Supporting those experiencing family and domestic violence in regional, rural and remote Western Australia

Online Services Directory

Counselling Services

Information Hub

Find Help For

- Accommodation
- Alcohol and Drugs
- Counselling
- Crisis Support
- Education
- Employment
- Every Day Necessities
- Financial
- Legal
- Medical
- Men's Support
- Mental Health
- Women's Support
- Youth Support





ART CENTER

Opening Hours



Monday 8.00am - 3.00pm

Tuesday 8.00am - 3.30pm

Wednesday 8.00am - 3.00pm

Thursday 8.00am - 3.00pm

Friday 8.00am - 3.00pm



Kids Arts Club 2.30pm - 3.30pm

A AT THE YALGOO HOTEL

CHASE THE ACE!

THURSDAYS FROM 6-9PM





Know your standard drinks



WINE

13% alcohol
100ml



BEER

4.9% alcohol
285ml



CIDER

4.9% alcohol
285ml



SPIRITS

40% alcohol
30ml

healthdirect

YALGOO GENERAL STORE

STORE HOURS

Monday - Friday

8.30am - 1pm
2:30pm - 5:30pm

Saturdays

10am - 1pm

Sundays

10am - 12pm

Public Holidays

CLOSED

POST OFFICE

Monday - Friday
8.30am to 11am

Looking for a

Justice of the Peace

M. Raul Valenzuela Escobar

YALGOO WA 6635

Residential Phone: (08) 9962 8033

Mobile Phone: 0448779241

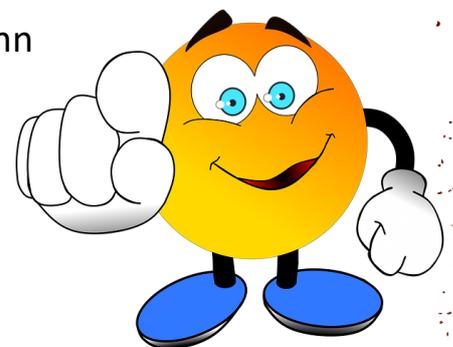
YALGOO ST JOHN AMBULANCE SUB-CENTRE



St John

Are you wanting to make a difference in your community..

Become part of the Yalgoo St John Ambulance Sub-Centre



For more Information Contact the Chairperson Raul Valenzuela on 08 9962 8033 or Secretary Diane Hodder on 08 9962 8042 Monday to Fridays 8am—5pm

YALGOO NURSING POST



Royal Flying Doctor Service



DATE	LOCATION
22 Feb 2023	YALGOO
8 Mar 2023	PAYNES FIND
22 Mar 2023	YALGOO
5 April 2023	PAYNES FIND
19 April 2023	YALGOO
3 May 2023	PAYNES FIND
17 May 2023	YALGOO
31 May 2023	PAYNES FIND
14 June 2023	YALGOO
28 June 2023	PAYNES FIND

Dr Carter

Diabetic Educator—Julie

Kidney Doctor—Jenny

Visit's Yalgoo once a month

To know exact dates keep an eye out for the flyers or contact the Yalgoo Health Centre on **08) 9962 8600**

YALGOO HOTEL MOTEL

Accommodation and Meals



Take-Away alcohol
Take Away food

Available from 4:30pm –9pm Monday—Saturday's
Available from 6:00 pm—7.45pm Monday—Saturday's

Stan Willock
Owner

T: (08) 9962 8031
F: (08) 9962 8046
E: stan.willock@hotmail.com



YALGOO CARAVAN PARK

The Yalgoo Caravan Park is situated in the main street of Yalgoo (Gibbons Street) which is a comfortable six hours drive north of Perth or just two hours east of Geraldton. We have first rate facilities to suit all travelers including; motel style unit accommodation for singles, couples or families, large powered or unpowered caravan sites and drive through sites big enough to suit the largest RV. Pets are welcome to this clean and friendly park.

One of the best features of the Yalgoo Caravan Park is its central location to the many attractions in the region. Within a short distance from the park you can experience a wildflower wonderland from late July to September, visit one of the smallest Dominican Chapels built by Monsignor Hawes and see majestic Wedge Tail Eagles, kangaroos or emus in their natural environment. For the convenience of our visitors there is a tourist information Centre situated in the caravan park.

The Yalgoo Caravan Park offers travelers a full range of on-site facilities including:

- Rammed earth units to accommodate all types of travelers
- Drive through sites for the largest bus, motor-home or caravan
- Shady large sites with concrete slabs
- Modern camp kitchen with fridge, microwave, 2 hotplates, toaster & electric jug
- Laundry with washing machine & dryer
- Ensuite style bathrooms
- Large disabled shower/toilet room for wheelchair and carer
- Sullage dump point
- Water access
- BBQ's
- Tourist information Centre
- Pet friendly
- Telstra mobile reception in town
- Shady, grassed and level tent sites
- Pension discount available.

Address Gibbons Street, Yalgoo

Phone 08 9962 8472

Email cpark@yalgoo.wa.gov.au

Fax 9962 8020



YALGOO CARAVAN PARK PRICE LIST

FAMILY ENSUITE UNIT

\$210:00 p/night

- Sleeps 5
- 1 Queen bed in first room
- 1 king single bed & 1 set of single bunk beds in second room
- Flat screen TV
- Fridge
- Reverse cycle air-conditioning
- Tea & coffee making facilities

QUEEN ENSUITE UNIT

\$140:00 p/night

- Sleeps 2
- 1 Queen bed
- Shower & toilet
- Flat screen TV
- Fridge
- Reverse cycle air-conditioning
- Tea & coffee making facilities

The Yalgoo
Caravan Park is
Open for Business

TWIN UNIT

\$90:00 p/night

- Sleeps 2
- 2 King single beds
- Flat screen TV
- Fridge
- Reverse cycle air-conditioning
- Tea & coffee making facilities

DAY

Powered Site \$28

Powered Site (Pension) \$22

Powered Site (Extra Person) \$5.50

Unpowered Site \$18

Unpowered Site (Extra Person) \$5.50

NON RESIDENTS

Showers \$5

Washing Machine \$3

Book
Online
Now
(Units Only)

WEEK

Powered Site \$160

Powered Site (Pension) \$126

Powered Site (Extra Person) \$26

Unpowered Site \$95

Unpowered Site (Extra Person) \$16.50



SHIRE OF YALGOO

NEWSLETTER FEEDBACK

Tell us what you liked, what you didn't like, what could be improved and what you would like to see.

Cut out and drop your feedback form into the Shire office, or place in the **Bulldust Feedback Box** at the Shire of Yalgoo reception.

YALGOO BULLDUST

EDITION: May - June 2023



COMMUNITY SURVEY

If you have any Ideas that could benefit our community please feel free to let us know, whether it's activities, workshops or something you would like to see in the near future.

