

# Eneabba News

Proudly Sponsored by  
Eneabba Progress Association Inc. & Shire of Carnamah  
Issue No: 462 Thursday, 5 March 2015

## LIVESTOCK EXPO



## Thursday, 12th March

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### *Inside this issue:*

- Carnamah Show/Art Exhibition Meeting
- Shire Notices
- Vermin Championships Report

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# Community Calendar 2015

## March

Saturday 7th	Introduction to Fire Fighting & Bush Fire Fighting Training Course
Sunday 8 <sup>th</sup>	Introduction to Fire Fighting & Bush Fire Fighting Training Course
Tuesday 10 <sup>th</sup>	Women's Health Day and Visiting Doctor, Silver Chain Eneabba Seasonal Updates & AGM, WMG, Badgingarra Community Centre, 8am Carnamah Show/Art Exhibition Meeting, Carnamah Landcare Building, 5.30pm
Thursday 12 <sup>th</sup>	Livestock Expo, WMG & Eneabba General Store, Eneabba Rec. & Sporting Club, 1pm
Wednesday 18 <sup>th</sup>	Shire Meeting, Eneabba Sportsman's Club 2pm Busy Bee, Eneabba Tennis Club, 4.30pm
Friday 20 <sup>th</sup>	Registrations close, Midwest Autumn Craft Round Up
Saturday 21 <sup>st</sup>	Iluka – Invitation Doubles Tennis Tournament, Eneabba Tennis Club, 1.30pm
Friday 27 <sup>th</sup>	Interschool Swimming, Eneabba Pool Coorow P&C Quiz Night, Maley Park, Coorow, 6.30pm
Saturday 28 <sup>th</sup>	Carnamah Triathlon, Carnamah Pool, 2pm

## April

Tuesday 14 <sup>th</sup>	Visiting Doctor, Eneabba Silver Chain
Wednesday 15 <sup>th</sup>	Shire Meeting, Carnamah Council Chambers 2pm
Saturday 18 <sup>th</sup>	Midwest Autumn Craft Round Up, Irwin Rec Centre, Dongara 9.30am -4pm
Sunday 19 <sup>th</sup>	Midwest Autumn Craft Round Up, Irwin Rec Centre, Dongara 9.30am -4pm

## May

Tuesday 12 <sup>th</sup>	Visiting Doctor, Eneabba Silver Chain
Wednesday 20 <sup>th</sup>	Shire Meeting, Carnamah Council Chambers 2pm

## June

Wednesday 17 <sup>th</sup>	Shire Meeting, Eneabba Sportsman's Club 2pm
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ADVERTISING RATES 2015 (per issue)			Advertisements and community notices may be emailed to <a href="mailto:enenews@live.com.au">enenews@live.com.au</a> or placed in the Eneabba News box at the Eneabba General Store.  The Eneabba News is published weekly on a Thursday, except during school holidays.
	Black & White	Colour	
¼ page	\$5.00	\$7.50	
½ page	10.00	\$15.00	
Full page	\$20.00	\$30.00	

NORTH MIDLANDS AGRICULTURAL SOCIETY

# SHOW MEETING

## YOU'D BE MAD TO MISS IT !!!!!

Tuesday 9<sup>th</sup> March 5.30pm

Carnamah Landcare Building

**Please join us. The Committee is well on track organising the Art Exhibition to be held on Saturday 12 September this year. We welcome any ideas and offers of help. So far we are planning an afternoon of activities followed by the Art Exhibition on the evening. More details soon.**

**It won't be anything short of fantastic!!!!**

More information:

Secretary: Brenda 0427 511339



**Ankle & Foot**  
Health Group

P 08 9965 4331  
E [adminger@afhg.com.au](mailto:adminger@afhg.com.au)  
W [www.afhg.com.au](http://www.afhg.com.au)

**Regularly visiting:**  
Jurien Bay, Leeman & Three Springs

Some conditions we treat:

- \* Children's feet
- \* Diabetes
- \* Ankle injuries
- \* Foot pain
- \* Footwear advice
- \* Corns, Callus, Warts
- \* plus much more





March, 2015

### **“Vermin championships, a success for the west midlands”**

Two West Midlands Group (WMG) Vermin Championship events took place on the weekend of the 21-22 February; one in Badgingarra and the other in Eneabba. Winners of the “Vermin Championship” shields were “The Professionals” (Jeff Felber, George Waghorn and Brice Maddock), Badgingarra who culled 13 foxes and 89 rabbits and “Fully Loaded” (Ashley Cooper, James White and Gavin White), Eneabba culling 18 foxes and 35 rabbits.

Farmers with a registered firearms license were encouraged to go shooting on Friday and Saturday nights. This was followed by a vermin count and a BBQ breakfast. In total there were 224 foxes, 5 cats and 338 rabbits culled over the weekend by farmer teams. This was a mammoth effort compared to last year where 73 foxes, 3 cats and 314 rabbits were culled.

The WMG would like to thank staff from Rabobank for cooking a delicious BBQ breakfast in Badgingarra and to local farmers, Graham White who dug the hole at the Badgingarra Research Station in order to bury the dead vermin, and Geoff and Ray Hortin who hosted the event in Eneabba.

This year farmers were asked to dig deep and donate any loose change they may have in order to raise much needed funds for the Royal Flying Doctors Service (RFDS). In total \$112 was raised which will go towards looking after the people in our rural communities. Local grower groups such as the WMG see the value in supporting a cause that delivers environmental, economic and social benefits, and would like to thank everyone who made this event another success.

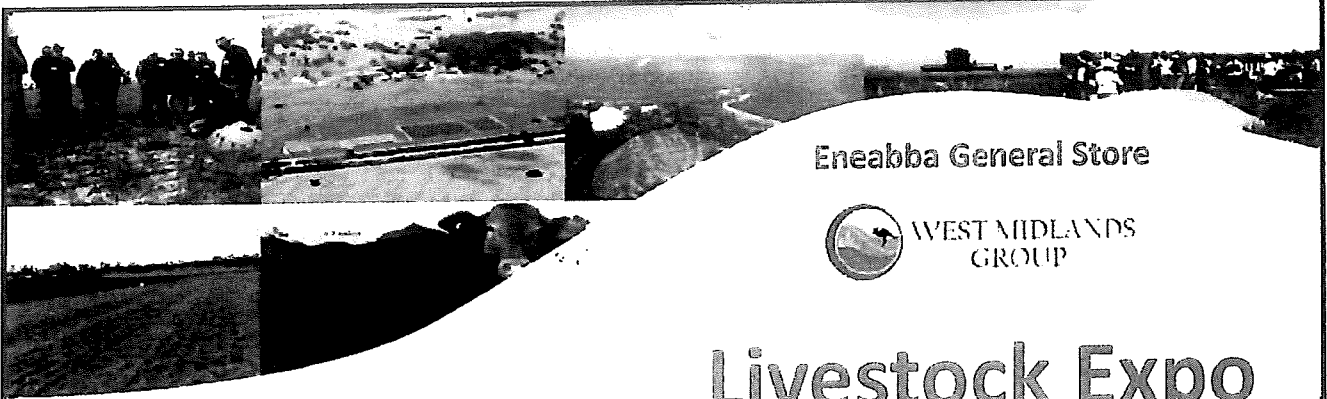


**Image One:** Winners of the WMG Vermin Championships, “The Professionals” (Jeff Felber, George Waghorn and Brice Maddock) of Badgingarra culled 18 foxes, and 89 rabbits.



**Image Two:** Winners of the WMG Vermin Championships “Fully Loaded” (Ashley Cooper, James White and Gavin White) of Eneabba culling 18 foxes and 35 rabbits.

**Media contact:** Jennifer Bairstow, phone 9651 4008, email [jennifer@wmgroup.org.au](mailto:jennifer@wmgroup.org.au)



Eneabba General Store



WEST MIDLANDS  
GROUP

# Livestock Expo

1:00pm Thursday 12 March

Eneabba Recreational & Sporting Club

## Key Topics:

- \* The importance of reporting sheep diseases - Dr Kevin Hepworth, DAFWA
- \* Scabby mouth - Paul Mahoey, Wellards International
- \* Animal health treatments & With Holding Periods - Dr Susan Swaney, Virbac
- \* Mini dog training demonstration - Dave Lacey
- \* Yearly timetable for sheep treatments to improve efficiencies - David Mills



RSVP by Wednesday 11 March to Eneabba General Store ph: 9955 1524



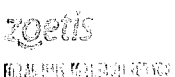
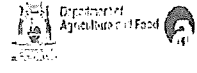
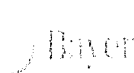
## Diamond Sponsors:



## Event Sponsors:



Louis Dreyfus  
Commodities



ALOSCA Technologies Pty Ltd





# Shire Notices

## COUNCIL MEETING MARCH 2015

The next Ordinary Meeting of Council will be held on  
**Wednesday 18th March 2015**  
at the Eneabba Sportsman's Club, Eneabba Drive, Eneabba  
commencing at **2pm**.

Members of the public are welcome to attend.



## ADSL2 UPGRADE CARNAMAH EXCHANGE

The Shire is pursuing the upgrade of the Telstra exchange in Carnamah from ADSL1 to ADSL2. There are currently no ports available at the exchange for residents wishing to access broadband internet. The upgrade would also improve the broadband speed that is currently available with ADSL1.

The upgrade is likely to require some funding from the Shire. The Shire is interested in ascertaining from internet users the level of interest in accessing ADSL2 if it should become available.

Please contact Jenny Hayley at the Shire office on 9951 7002 or email [eso@carnamah.wa.gov.au](mailto:eso@carnamah.wa.gov.au) with any feedback you would like to provide on the current situation in Carnamah and your thoughts on the possibility of accessing ADSL2.

## TEMPORARY CLOSURE OF WINCHESTER EAST ROAD

It is notified for public information that the Shire of Carnamah has authorised the closure of the section of Winchester East Road from Burns Road to Rowland Road from the 18<sup>th</sup> February 2015 to the 11<sup>th</sup> March 2015 to all traffic except that generated by adjoining landholders requiring access to their properties.

The purpose of the road closure is to enable water binding and bitumen sealing works to be carried out.

Further details about the proposal may be obtained from the Shire office and any submissions may be forwarded to the undersigned.

## RESTRICTED BURNING PERIOD

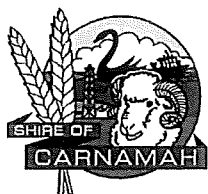
The Shire of Carnamah is now in a restricted burning period from 31st January—15th March 2015.

Permits are required for burning and these are available at the:

Shire of Carnamah Office, Macpherson Street Carnamah.

Monday to Friday 8.30am—4.00pm.

**W T ATKINSON**  
**CHIEF EXECUTIVE OFFICER**



# Shire News

## **COUNCIL MEETING OUTCOMES FEBRUARY 2015**

### **PROPOSED ADDITION TO HEAVY HAULAGE PERMIT NETWORK ROADS – CAMAC ROAD**

A request has been made to Council that consideration be given to have the section of Camac Road within the Shire of Carnamah included on the MRWA Restricted Access Vehicle Policy as a Network 4 road.

The section of this road in the Perenjori Shire is designated as a Network 4 route.

MRWA will be requested to assess the road for suitability as a Network 4 route.

#### ***It was resolved:***

- 1. That Council request Main Roads WA to assess Camac Road within the Shire of Carnamah for suitability as a Network 4 heavy haulage vehicle route.***
- 2. That should Camac Road be deemed suitable to accommodate Network 4 vehicles, that Council endorse an application to Main Roads WA to formalise the position.***

### **ADSL2 COVERAGE – CARNAMAH**

After considering a report on the lack of an ADSL2 service to Carnamah, Council at its meeting of the 15<sup>th</sup> December resolved:

*That the Shire pursue, as a matter of priority, the implementation of ADSL 2 to service the Carnamah townsite.*

On the 27<sup>th</sup> of January 2015, the CEO met with Mr Gavin Treasure (CEO) and Mr Robert Smallwood (Mid West Digital Economy Strategy Manager) of the Mid West Development Commission; and Mr Ron Van Der Sluys – (ADSL Capacity Planner – WA) for Telstra to discuss how ADSL2 may be provided to service the Carnamah townsite.

The following points were discussed at the meeting:

- Parts of Carnamah have ADSL1 at present, but it is slow and unreliable. The Shire has approved a motion by Council to investigate options for improving the service that is currently available.
- The Carnamah exchange is currently on Telstra's fibre network; however the backhaul connectivity to ADSL within the exchange is limited to a data stream of 8 Mb and would require a hardware upgrade to increase this. Even if ADSL2+ equipment were available in the exchange, this is insufficient capacity to service ADSL2+ and would require an exchange upgrade.
- The Shire would like to investigate options for providing ADSL2+ or similar capability to the residents and businesses near the town centre.
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# Shire News

- It was emphasised that ADSL2+ would be useful only to customers within 5km or less from the exchange and that connection speed is limited by the length of the copper wires.
- Presently, a broadband capacity upgrade or DSLAM upgrade to enable ADSL2+ at the Carnamah exchange is not on Telstra's planned exchange upgrade path and any capital works upgrades would be unlikely to occur in the short-term *in the absence of a co-contribution from the Shire* or the government.
- An exchange upgrade to enable ADSL2+ via the provision of 192-port DSLAM functionality would cost in the vicinity of \$160k, with a design architecture that would provide for future dynamic expansion of capacity. Currently, through ADSL 1, Carnamah has 70 ports which are fully taken up.
- Should external co-contribution be secured, (with an agreement signed and funding secured), 12-weeks lead time would be required to source the equipment with a 3-6 month time-frame from agreement and funding to the delivery of a final solution that is available at the customer level.
- There are no LTE700 scheduled plans for an upgrade at the Carnamah mobiles site. Things might change in the future subject to further funding allocations and capacity needs. (This refers to the 4G mobile spectrum that has been freed-up by the shutdown of the old analogue TV spectrum)
- Discussion will be initiated with Council with respect to a potential co-contribution.
- Next steps to be determined by the outcome of these discussions.
- The question of what co-contribution from the Shire may get Carnamah prioritised for ADSL2 was discussed. It was considered that a contribution of \$80,000 would enhance the chances of Carnamah having ADSL2 installed.
- At present there does not appear to be any State or Federal government funding/grant programs available for projects of this nature.

Additional discussion was had on the alternative of installing a wireless system on the Telstra tower near Lakes Lookout. The outcomes were as follows:

- Telstra to investigate how a fixed wireless solution would compare to the cost of providing ADSL2+. The advantages of this include the fact that the wireless system would provide coverage over a wider geographical area and may be cheaper. The disadvantages include the fact that it is old and slower technology.
- Independent of the immediate requirement for broadband in the town area of Carnamah, that MWDC would be interested in learning more about fixed wireless for potential applications that could address farming and other rural needs beyond the town centre.

The key question for Council is to consider is the level of priority with other competing interests for the provision of ADSL2 in Carnamah.





# Shire News

Carnamah is certainly disadvantaged through not having ADSL2; however this was not identified as an issue requiring attention when the Shire's Community Strategic Plan was adopted in 2012. The availability of ports for new users wishing to access broadband has however emerged as an issue, and current users, especially businesses would welcome faster broadband speed.

While there may be some opportunity to attract contributory funding for ADSL2 in the future, if ADSL 2 was to be provided in the short term, the Shire would need to commit \$80,000 towards this project.

***It was resolved that Council agree to providing a co-contribution towards the provision of ADSL2 in the current financial year through adjusting expenditure priorities in the Shire's 2014/15 financial year budget.***

## **CARNAMAH PLAYGROUP – PROPOSED FUTURE SUPPORT AND TENANCY ARRANGEMENTS**

The Carnamah Childcare Committee has taken the decision to vacate and sell its property located at Lot 3 Macpherson Street. The Carnamah Playgroup which has also been using this building is seeking an alternative venue for its operations from early 2015. It has been proposed that the Playgroup share the former Uniting Church premises (owned by the Shire) with the Cultivating Carnamah Toy Library, the members of which are agreeable to the proposal.

During December, the President, CEO and Project Officer met at the former Uniting Church building with Mrs Cherie Doust and Mrs Richelle Essers who were representing the Carnamah Playgroup, to discuss the proposal.

It was ascertained that the Playgroup currently caters for parents and caregivers of 17 children aged between 0 to 5 years of age. The group meets for two hours per week.

The building itself is fit for purpose with the only request being that some old redundant items be removed. Outside of the building in the proposed playground/activity area, the following improvements would need to be made:

- Fencing to contain the children within the area (Estimated cost \$3,000).
- Shade structure (Enquiries being made to ascertain if structure from the Childcare Centre may be transferred and erected with volunteer labour);
- Small shed to accommodate equipment; structure (Enquiries being made to ascertain if shed from the Childcare Centre may be transferred and erected with volunteer labour);
- Cubbyhouse (Playgroup likely to sell its existing cubbyhouse to help fund a more robust replacement unit);
- Removal of one cotton palm and five trees stumps (Cost \$700);



# Shire News

- Removal of woodchip mulch from a 4 x 4 metre area and the placement of a suitable surface for play activities (cost of alternative surface to be ascertained).

The Playgroup has made an initial offer to contribute \$1,000 towards the fence, play surface and sand pit.

Given precedents with respect to the letting of premises to other groups by the Shire, the following tenancy arrangements are proposed:

## **The Shire:**

- Will provide the premises at a cost of \$10.00 per weekly session;
- Will pay water, power and building insurance costs

## **The Carnamah Playgroup**

- Will be responsible for public liability insurance relating to its activities.

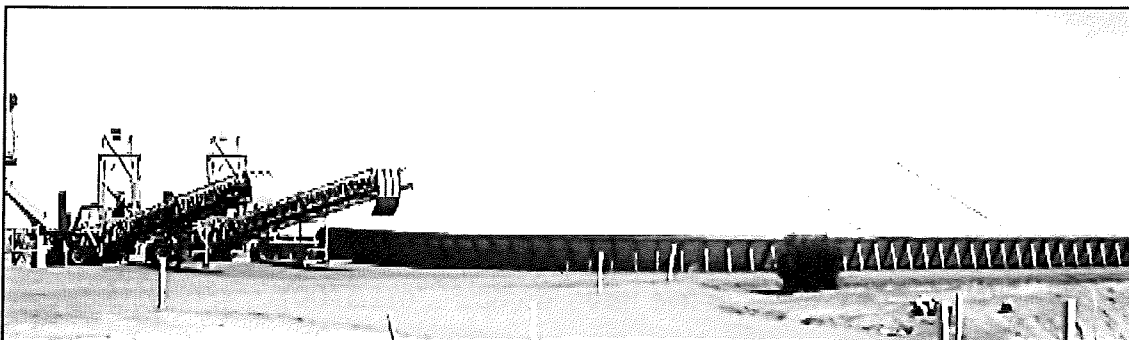
***It was resolved that Council accept the proposal for the Carnamah Playgroup to occupy the former Uniting Church building in Macpherson Street, Carnamah and to assist the group in improving and making safe the external playground/activity area to support its operations.***

## **CBH LTD – APPLICATION FOR PLANNING APPROVAL - UPGRADE OF GRAIN RECEIVING AND HANDLING EQUIPMENT**

The proponents intend to remove and replace redundant infrastructure and to carry out some new bitumen works at its receival facility in Carnamah. Details are shown on the attached plan. The value of the proposed work is \$1,173,213.

The proposed use of the land is consistent with the provisions of the *Shire of Carnamah Local Planning Scheme No 2*.

***That Council grant approval to the proposal submitted by CBH Ltd for the upgrade of grain receiving and handling equipment in Carnamah on Lots 1 & 11, Railway Avenue & Hill Streets.***





# Shire News

## 2015 TRIATHLON – REQUEST FOR SUPPORT

Mrs Angela Dring wrote to the CEO on the 11th of February as follows:

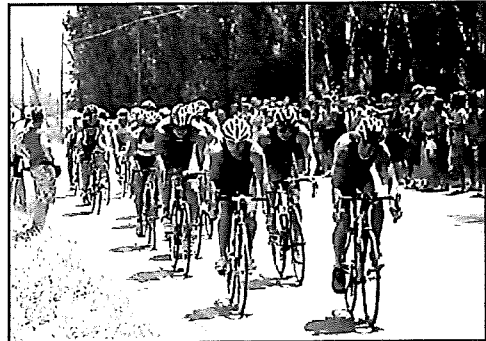
*We are writing to request the support of the Carnamah Shire by way of providing free entry and use of the pool on the day. By encouraging people to participate, we are not only encouraging people to address their health and fitness, but to use the wonderful amenities provided by the Shire in the lead up to the event.*

*We will also liaise with Pool Manager Kevin Price in the event preparation for the pool area. Kevin's role as pool manager will not be impeded.*

*On the streets during the cycle and running legs, we will use the same route outlined in 2014. Some assistance from the shire to provide placards, witches hats and safety bunting would be much appreciated.*

*As in 2014, we will adopt a First Aid Plan and involve and circulate the safety plan to all those involved, including Pool Manager Kevin Price and Sasha Risinger our attending Doctor. We will also forward the plan to Merle Isbister for review.*

The inaugural triathlon event was successfully conducted in March last year and this year's event will be conducted along the same lines. The CEO has spoken with Mrs Dring about possible routes for the running and cycling components of the triathlon. It is not intended to close any roads or streets to accommodate this event given that the run will be only about 2 kilometres and the cycle not more than 7 kilometres and therefore of relatively short duration. Some signage to the effect "Caution – Event Ahead" would be appropriate.



As it is intended to be a community event with the pool needing to be necessarily set aside for a short time for the swimming part of the triathlon and the fact that a community BBQ will be held afterwards, it has been requested that pool entry be waived for the day. This is in recognition that some members of the public may be inconvenienced due to the pool being exclusively set aside for this purpose for a few hours; the fact that several participants would hold season tickets in any event; and the fact that the triathlon will be a community event which will culminate in a celebratory BBQ to which all members of the community are invited. The applicant has also asked the Shire to waive photocopying fees for the printing of certificates (The organisers will provide the paper).

It may be necessary for the pool to be open a little earlier or later, depending when the triathlon takes place. The Carnamah Pool Manager, Mr Kevin Price has kindly offered to open the pool for the additional hours necessary, in his own time.



# Shire News

With respect to the liability aspect raised by the applicant, advice has been conveyed that the Shire is not covered for issues that may arise through the holding of an event, beyond the public liability insurance cover it holds with respect to the facilities it provides and for any proven negligence caused by its employees. In other words, the auspicing body would need to assess the probabilities of a public liability claim arising from the holding of the triathlon to determine how it deals with the insurance aspect associated with such.

***That the Shire support the organisers of the triathlon in Carnamah on the 28<sup>th</sup> of March 2015, by way of waiving swimming pool entry fees, providing some event signage and usage of a photocopier for the printing of certificates.***

## **FUNDING ARRANGEMENTS: HANDOVER OF ENEABBA-COOLIMBA ROAD**

Council at its ordinary meeting held on the 18<sup>th</sup> June 2014, resolved:

***That Council agrees to the handover of the Eneabba-Coolimba Road from Main Roads WA to the Shire of Carnamah, effective from the 30<sup>th</sup> June 2014, subject to the formalised terms and conditions agreed to.***

Concerted efforts have been made to secure a formal agreement from Main Roads WA to fund the upgrade of the road to an acceptable standard of a 7.2 metre seal of a 9.0 metre formation as described in the attached Project Proposal document.

Main Roads WA has formalised the situation with a letter of agreement (attached)

The principal concern was that the Shire would have been left with a significant financial impost if the agreed staged upgrade of the road is not funded by Main Roads WA. Funding of \$400,000 has been allocated for the 2014/15 financial year by MRWA which is being applied to securing and stockpiling gravel for the project and in extending culvert pipes and installing headwalls.

The Mid West – Gascoyne Office of MRWA has applied for funding in 2015/16 to fund the first stage of the widening of the formation and bitumen sealing out to 7.2 metres.

It is important that Council ensures that every effort is made each year to apply for the funds required for each stage of the project through to completion.

***That Council acknowledge and accept the letter of agreement (and attachments) as it applies to the commitment of Main Roads Western Australia to fund the upgrade of the Eneabba- Coolimba Road.***

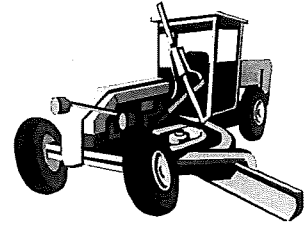


# Shire News

## ROADS – UPDATE

### **Carnamah-Bunjil Road**

These works have been put on hold while the outside staff water bind and seal the Carnamah-Eneabba Road and the Winchester East Road.



### **Carnamah-Eneabba Road**

Council's outside staff have commenced water binding on the Carnamah-Eneabba Road in readiness for sealing of 4 kilometres on Tuesday 17<sup>th</sup> February 2015.

### **Storm damage**

The outside staff were called out after hours on Tuesday 3<sup>rd</sup> February to clean up debris on the Bunjil Road and to close Inering and Billeroo Roads due to a lack of access after a storm. The roads were reopened on Thursday morning.

### **Eneabba-Coolimba Road**

Dudawa Haulage has commenced carting of gravel to the stockpile area at the rear of the Horseman's Oval Eneabba.

Parwood Contracting were contracted to widen culvert pipes on Eneabba-Coolimba Road approx 26km west of Brand Highway. Works have been completed.

## PROJECTS – UPDATE

### **Eneabba Revitalisation – Garden Beds**

A second garden bed of limestone blocks has been built around one of the existing beds in front of the roadhouse, and reticulation has been connected. This will bring uniformity to the area and expend the balance of the funds for this project.

### **Carnamah Revitalisation – Carnamah Caravan Park**

Construction of the Camp Kitchen has now commenced. The frame was erected on Friday 6<sup>th</sup> February. Brickwork will be completed in the next two weeks.

### **Carnamah Revitalisation – Macpherson Street Entry**

Picket fencing has been installed as part of this revised project. The photo fence has also been completed and has arrived in Carnamah. The fence frame will be constructed in the next month and then the fence panels will be attached.

### **Community Pool Revitalisation Program**

The shade shelter at the Carnamah Swimming pool has been completed. It has a Colourbond roof as opposed to the shade cloth it replaced. The Pool Manager has commented that it provides very good shade.





# Shire News

## **Townscaping - Fencing of 14 Macpherson Street**

Picket fencing has now been installed along the front boundary of 14 Macpherson Street. Some planting will occur when the weather cools off.

## **Carnamah Revitalisation – Photos in Windows**

The six photos that have been waiting to be installed (very patient photos and very patient Cr Woollorton) were installed on Saturday 1 February by Mick Haines from Haines Signs. They all look amazing and thanks must once again go to Andrew Bowman for his assistance with this project as well as the landowners who agreed to have the photos displayed in their buildings.



## **Acceptance of Tender 1/15 – Supply and Delivery of Gravel**

On the 12<sup>th</sup> January 2015, Crs Bowman and Kikeros and the CEO met to consider tenders received for the supply and delivery of gravel for the Eneabba – Coolimba road job.

It was agreed that the CEO exercise his delegated authority to accept the tender submitted by Dudawa Haulage Pty Ltd for the supply and delivery of 32,400 tonnes of gravel at a cost of \$314,280.

## **Macpherson Homestead Recladding**

The external reclad and refit of internal walls at the Macpherson Homestead is now complete.

## *Silver Chain - Caring for Eneabba*

### **Silver Chain Eneabba Health Centre**

**Visiting Doctor:** Midwest Aero Medical is now coming to Eneabba Silver Chain every four weeks. Please support this venture. Midwest Aero Medical offers GP services, men's health, women's health, various full health assessments, skin checks, excisions, plus more. Dr Dominic Higgs will visit next **Tuesday 10<sup>th</sup> March**. To make an appointment, please phone 9956 8999.

**Women's Health Day:** Midwest Aero Medical will be providing a female practitioner for a Women's Health Clinic on **Tuesday 10<sup>th</sup> March**. Lorna Jackson specialises in Pap-smears, breast checks and contraception. This will only go ahead if the day is fully booked. To make an appointment, please phone 9956 8999.

**Child Health Nurse:** Jan Pooley (Child Health Nurse) from Dongara has recommenced services to Eneabba now that there is a room available for her in the new clinic. For appointments, please telephone 9927 0200.

**Podiatrist:** I am investigating the possibility of obtain the services of a visiting podiatrist. To secure this service I need to be able to guarantee at least six clients each visit. If you would use a podiatrist, please contact me at the clinic. Podiatrist can assist with toenail cutting, general feet assessment, orthotics, sports injuries to the feet, plus more.

**Diabetes Educator:** Do you have diabetes? When was your last review with a diabetes educator? Eneabba Silver Chain can now offer a face to face virtual diabetes clinic via video conferencing. The clinic will occur on the second Wednesday of each month. If you are interested, please contact Jody at the clinic, as a referral will need to be completed.

**Other services:** I am able to provide referrals to a dietitian, psychologist and physiotherapist if required. These services are all available out of the Leeman Silver Chain.

**Ladies Health Group:** Are you trying to lose weight? Are you trying to lower your blood pressure? Are you trying to improve your health? There are a number of ladies that attend the clinic weekly, on a Wednesday morning for a health check. You will be seen individually and confidentially for a weight, blood pressure, pulse, blood sugar level (if required). You will be given suggestions and advice on improving your life style. If you can't attend weekly, that is fine. If you can't attend on a Wednesday, that is fine also. Give me a call at the clinic to discuss.

**Flu vaccinations:** We have received notification that the 2015 flu vaccine has changed significantly from 2014; therefore the development of this year's vaccine has been delayed. The vaccines are not going to be available to any health professionals until at least mid-April. At this stage I am still not even able to order them. I will let the community know when the 2015 flu vaccinations are available.



**Silver Chain**

community. This is a wonderful way to give back to your community. If you are interested in becoming a volunteer, please contact one of the existing volunteers, or myself at the clinic.

**Blood tests:** I am happy to perform blood tests, if you have your request forms. I would appreciate it if you please telephoned ahead to make an appointment. Please remember for fasting blood tests you can not have any food or tea or coffee. The only thing you can have prior to a fasting blood test is water. There should also be no smoking during the fasting period of 10 hours! Please contact me if you have any questions.

**Blood pressure & blood sugar levels:** When was the last time you had your blood pressure and blood sugar level checked? Come and see me.

**Clinic Opening Hours:** The Eneabba Silver Chain clinic hours are:

- ❖ Monday 0800 – 1200 and 1230 – 1600
- ❖ Tuesday 0800 – 1200 and 1230 – 1600
- ❖ Wednesday 0800 – 1200 and 1230 – 1600
- ❖ Thursday Clinic Closed – Nurse rostered at Leeman Silver Chain
- ❖ Friday 1300 – 1600 for emergencies only, or by prior arrangement only.

**After Hours Process:** After hours, the clinic telephone is diverted to Health Direct. All calls will be answered by a registered nurse. Your condition or injury will be assessed. If it is deemed an emergency, and I am on call, Health Direct will transfer the call through to me. Alternatively you will be given advice for your condition or injury. Please do not come directly to my front door to ask for help. The reasons why I ask this:

- ❖ The after hours statistic can not be put down, as I have not been notified through the correct process. This decreases the over statistics for after hours calls. These statistics are studied closely by the Head Office.
- ❖ I may be on a rostered weekend off, and spending time with my family.
- ❖ My family often over hear what the problem is – putting them in a situation of knowing information they probably shouldn't know.
- ❖ If something is contagious, you are bringing the illness to my home and to my family.

**Please contact me at the clinic:** If there is anything in this update you would like to discuss, or anything not in the update about your health, please feel free to call in and see me during open clinic hours.

Jody Morton  
Remote Area Nurse  
Eneabba Health Centre  
Ph: 9955 1163



## Monthly Visiting Doctor

Midwest Aero Medical Services at  
Eneabba Silver Chain

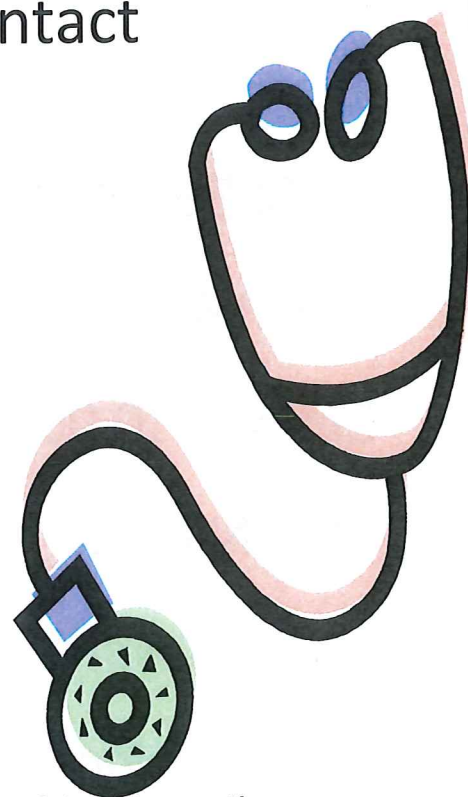
Third Tuesday every month

For bookings please contact

9956 8999

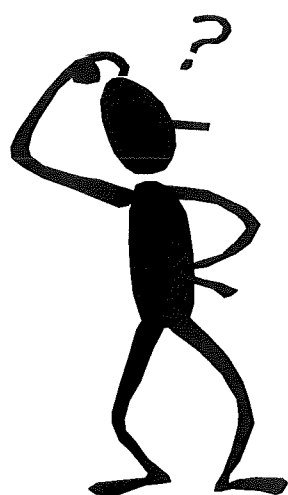
### Services we provide:

- GP
- Men's Health Checks
- Women's Health-Pap Smears
  - Contraception advice
  - STI Screening
- 45-49 years Health Assessments
- 40-49 years Life Style modification program
- ATSI Aboriginal TSI Assessments
- 75+ years Health Assessments
- Care Plan- Any condition that is not resolved In 6 to 12 months
- Healthy Kid checks
- Diabetic review
- Skin Checks, excisions and skin management



# COOROW P&C

## Quiz Night



**Friday 27<sup>th</sup> March  
2015**

**Maley Park, Coorow**

### **Prize for the best dressed themed table**

Come along with your table of 8 dressed as your theme choice, for example a table of pirates, a table of celebrities, or a disco dressed themed table, the choice is yours

**TABLES OF 8**

**7.00PM START - Bar opens at 6.30PM**

**Entry: \$10.00 per head**

**BYO Nibbles**

**Free babysitting available**

**Prizes Galore and Auction**

**RSVP: COOROW PRIMARY SCHOOL**

**Jayne Cullen                      9952 1043 or  
jayne.cullen@education.wa.edu.au**





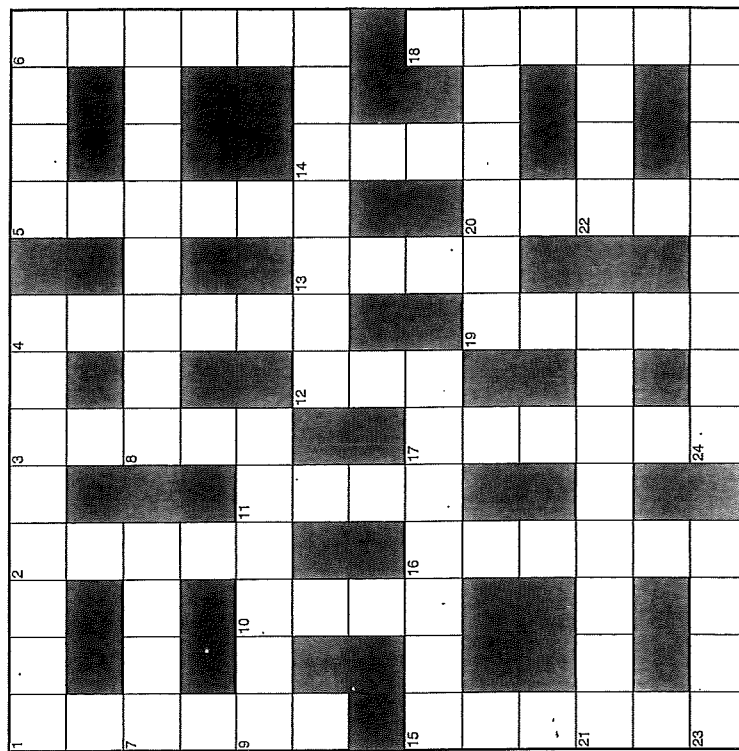
# SUDOKU



4	8					3	1
				9	5		
			8	4			
7		6					
					1	2	
	4	5	9				
	5		6			3	2
2			7				
				1			

## Medium PUZZLE 62

# Crossword 62



- ACROSS**
- 1. Messaging
  - 5. Poke
  - 7. US wild cat
  - 8. Arose (from)
  - 9. Apart from
  - 12. Banqueted
  - 15. Oddly
  - 19. Luggage tags
  - 21. Rooms for cooking
  - 22. Horseback sport
- DOWN**
- 1. Smoked herring
  - 2. Wise saying
  - 3. Motionless
  - 4. Peek
  - 5. Shrimp relatives
  - 6. Avoided
  - 10. Encryption
  - 11. Stare (at)
  - 12. Travel through air
  - 13. Greenish blue
  - 14. Use computer keyboard
  - 15. Shakes
  - 16. Constructs (building)
  - 17. Operating handles
  - 18. Usher
  - 19. Surgical cutting beam
  - 20. Two-footed creature

# Word Search 62

Darts

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

- ANGELDART  
ARROW  
BAG OF NUTS  
BARN DART  
BLACKDOG  
BUCKET OF NAILS  
BUCKSHOT  
BUSTED  
CHUCKER  
CLASSIC
- DINKYDOO  
DOUBLE  
FLIGHT  
FOOT FAULT  
HAT TRICK  
KNURL  
MATCH  
MUGS AWAY  
NINES  
POINT MONGER
- POPCORN  
PUB  
RUBBER  
SEVENS  
SHOOT  
SHUT OUT  
SLIP SHOT  
TRIPLE RING  
WOOD

V	I	N	O	T	A	T	R	R	W	B
R	A	P	A	T	H	E	T	C	X	O
S	O	P	T	M	S	T	C	U	R	A
U	S	U	O	B	U	B	R	S	H	L
O	V	B	X	L	K	E	K	X	H	L
D	V	Q	S	L	H	T	E	A	S	S
E	G	K	E	E	O	P	M	O	Z	E
S	T	N	W	S	T	B	E	G	O	K
X	O	V	E	M	A	K	E	G	V	I
T	N	E	O	A	L	P	M	O	E	A
C	A	C	O	P	N	H	T	E	R	G

# Solutions

Q	U	A	K	E	F	S	H	C
O	U	T	D	O	R	I	I	A
T	A	M	S	A	N	D	S	T
S	E	A	S	H	E	L	L	B
T	A	M	E	S	E	X	P	L
Y	A	A	F	E	X	P	L	I
C	O	L	L	A	P	S	I	N
O	R	D	I	N	A	R	Y	I
N	E	E	A	T	U	N	W	E

8	1	4	3	5	6	9	2	7
6	9	3	7	2	1	8	4	5
2	5	7	8	9	4	6	1	3
3	8	6	9	4	2	7	5	1
4	2	1	5	6	7	3	8	9
5	7	9	1	8	3	2	6	4
7	4	8	2	3	5	1	9	6
9	3	5	6	1	8	4	7	2
1	6	2	4	7	9	5	3	8

Puzzle 61

*on on again...*

# ***Carnamah Triathlon***

**SATURDAY 28 MARCH 2014**

**From 2:00pm at the Carnamah Pool**

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**ENTRICER C:** Swim: 300m/Cycle 7.5km/Run 2km

**ENTRICER B:** Swim: 150m/Cycle 5km/Run 1km

**ENTRICER A:** Swim: 50m/Cycle 2.5km/Run 500m

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Get training and tackle your Entricer as an individual.  
or join the fun and get a team together

**FREE to participate - FREE pool entry – Thanks Shire of Carnamah!**

**BBQ, refreshments and a hit of Tennis held afterwards at the  
Carnamah Tennis Club. Everyone welcome!**

Please call or email event coordinators for more information and your  
Entry Form. All willing helpers required on the day.  
Please register your interest today.

**Entry Forms due by Sunday 22 March.**

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**EVENT COORDINATORS:**

Barb Smallwood P: 9951 1551 M: 0459 222 235 E: [pebaag@gmail.com](mailto:pebaag@gmail.com)

Angela Dring P: 9951 1036 E: [lindum.1926@bigpond.com](mailto:lindum.1926@bigpond.com)

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***ALL AGES - swim ride run***

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