

Country Women's Association – Walgett Branch

The meeting held on Monday, 11th November, was the first monthly meeting of our new president, Cath, who has some very interesting thoughts for our branch including a book club, gardening club, photography club and open morning club. It sounds very exciting.

One of our long-standing life members, Joy Evans has moved to Dubbo but before she departed she was presented with a medallion for 50 years of service to CWA.

The Senior Citizens Christmas Party was discussed and catering details finalised.

Our branch Christmas Party and 60 year Celebration will be held at the Walgett District Sporting Club on 4th December at 6.30pm for 7pm start. The cost is \$20 per head. RSVP 28th November with Cath Deshon: Fax 02 68288437 or Margaret Weber Phone/fax: 02 68281974. It is hoped that all members will attend and possibly bring along a guest. Please reply as soon as possible to assist with the catering.

Members are requested to assist with Mother and Baby Packs for Papua New Guinea. These should consist of the following for baby: new born outfit, singlet, cloth nappy x2, snib or pilchers, woollens i.e. Cardigan, booties, hat, bunny rug. Mother: underwear (size 12 to 14), sanitary pads (4 or more), face washer, soap, nightie and towel. The articles of clothing for the baby need not be new.

Mrs Jodi McLean will be facilitating a workshop the week of 26th February to the

2nd March 2007.

It is the award winning Reaching the Remote, Sustainable Farm Families Project, of the Western District Health Service (WDHS), Hamilton Vic: supported financially by the Aust. Government Dept. of Health and Aging. Walgett is one of only five remote locations selected in Australia to hold this workshop.

Offered free of charge to participants, limited to 30 farming families or farm related workers within the Walgett District, the project aims to establish a link between the health of people managing farms, understanding how health impacts on business decisions and the financial performance of those farms.

This project will involve attendance at a 2-day workshop in year 1 and a follow-up 1-day workshop in year 2.

During the workshop, participants will be physically assessed for health status (cholesterol, blood, glucose, body mass and weight) and the following health topics covered; current state of rural health, cardiovascular diseases, cancer, farm health and safety, nutrition, diet and stress. This will be performed by a team of health professional from WDHS, Hamilton Vic. And all information will be kept confidential. The local Walgett Health Service is in full support.

Information can be obtained from the facilitator on 68283335 or jodi.mclean@dodo.com.au

Marg Bow