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# The Spectator

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## Farm Family Health is number one

The good health of the farmer and the family farm is the most important investment a farming enterprise can have.

This is the key message of the award-winning Sustainable Farm Families (SFF) project, which has been funded by the Federal Government to run a one-off pilot program in the Walgett shire.

The project has been working with farmers across eastern Australia, developing a program which improves farming family health, which in turn improves the farm's bottom line.

It is now being brought to Walgett by Jodi McLean, the Department of Health and Ageing and Western District Health Service, Hamilton the initiator of SFF.

The program involves a two-day workshop, followed by a one and half day workshop the next year. Over the two days, participants are provided with practical information on the importance

of good health, health and safety and its link to productivity of the farming business.

Each participant undergoes a physical health check to assess blood sugar

levels, cholesterol, body mass index, waist-hip ratios, blood pressure and physical assessment.



John Anderson says that "as a farmer, I know too well that my health and the health of my family is the single most important part of investment capital that a farming business can have. As we are all aware, our health is linked to our productive output and this course will

## Country Energy helps Walgett Shire Celebrate 100 years

Country Energy would like to congratulate Walgett Shire Council for celebrating 100 years of local Government.

"Country Energy is thrilled to be able to help the Walgett Community commemorate such a significant milestone by sponsoring the centenary celebrations," said regional manager north western region, Kevin Sweeney.

"Country Energy and Walgett Shire have enjoyed a good partnership over the years providing street lighting and other services to the local community," said Kevin.

"We are looking forward to continuing that relationship for another 100 years," he said.

Walgett Shire was proclaimed a town in 1885 but it wasn't until 1906 that the Shire was created by the Local Government Act.

"The Walgett community will be in party mode from Friday 8 December to Sunday 10 December 2006 to mark the Council's 100 years of service," said Council's Tourism Development Officer, Alana Douglas.

"Celebrations began with a free family fun day on Friday at number one oval commencing at 11am and finishing at around 2.30pm.

"There was plenty of fun for all the family including clowns, face painting, a magician, and performances by Walgett Community College Primary, Walgett High School and St Joseph's Primary School," Alana said.

"In addition, Sport and Recreation conducted a number of traditional Aboriginal games for everyone to take part in," she said.

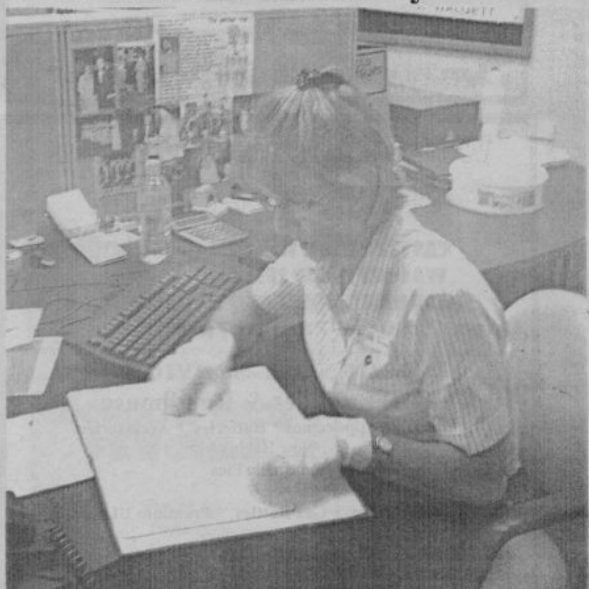
Activities included a dinner

Saturday and Sunday included a dinner and breakfast for past and present staff and councillors.

assist with assessing our health needs or areas that can be potentially improved. I urge you to consider finding time to commit to the Sustainable Farm Families Project as every person should be aware of their health and in particular understand the consequences'

be eating. SFF was handled very professionally and confidentially by the team. I recommend attending this workshop to test how your health is.

## Council Centenary



Kerry Warden looking through 100 year old Minutes in advance of the Council Centenary. She is wearing gloves to avoid damaging the old documents.



Kate Schwager, 2006 RIRDC Rural Women's NSW Award Winner who with the help of her husband runs a successful cotton and wheat share farming enterprise says that "the SFF Program is a great opportunity for people to take a good look at their health and gain a basic understanding of what you should be looking for to improve your health. I attended a workshop and it certainly made me think about my health. I have given up smoking and now have a very different outlook on what sort of foods I should



Facilitator, Jodi McLean says that this pilot program has been funded to come to our area for a single program, (one in Walgett and one Burren Junction) and interested farm families should take advantage of this one-off opportunity.

For more details, visit [www.sustainablefarmfamilies.org.au](http://www.sustainablefarmfamilies.org.au), or phone Jodi McLean on p/f (02) 6828 3335 or 0427 926 301.