

Invest in farm family health

Our investment in the future



Roseville Park (NSW) ram purchased at 2006 Katanning Ram Sale, \$7000

On Property Ram Sale Tuesday 19 September

Em-A-Lee Downs, Gibson. 200 poll merino rams will be offered for auction. Inspection starts 10.30am, sale starts 1pm. Light lunch available. Private selections from 20 September

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By **TINA CAVALLARO**
kristina.cavallaro@ruralpress.com

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

This is the key message of the Sustainable Farm Families project, which has run for several years in Australia's eastern states and received an Award for Excellence in Public Health at the 2006 Victorian Public Health Awards.

For the first time Sustainable Farm Families is launching a pilot program in the Esperance-Ravensthorpe region.

Called 'Reaching the Remote,' the program will involve about 30 participants, with the aim of improving farming family health.

The program will involve a two-day workshop, to be held early next year, and a one and a half-day workshop the follow-

ing year.

During the first workshop, participants will undergo a quick physical health check to assess blood sugar levels, cholesterol, body mass index, waist-hip ratios and blood pressure.

They will be provided with practical information on the links between health, wellbeing and safety to productivity in the farming business and asked to draw up their own health action plan.

Local residents Dale Rooney, Tanya Robinson and Marg Carmody have undergone an intensive three-day training course in Hamilton, Victoria to enable them to facilitate the Esperance-Ravensthorpe program along with Western District Health Service professionals.

Ms Rooney said the results of the two-year

Reaching the Remote program would be benchmarked against other regions and industries.

"It's interesting to learn what kind of health problems there are in different industries such as dairy, sugar, cotton and broad acre in the eastern states," Ms Rooney said.

Ms Rooney said farm families should take advantage of this one-off opportunity and volunteer as participants because "there is no point in a better bottom line if you're not there to enjoy it."

Those who are interested should contact Ms Rooney on 9076 7063.

Reaching the Remote has been funded by the Federal Government and is being brought to the Esperance-Ravensthorpe region by the Western Australian Country Health Service and the Western District Health Service.



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South East Forest Foundation Inc

FARM FORESTRY FIELD DAY

Visual Presentation and On Ground Tour

Tuesday September 26 2006
Gibson Soak Hotel

Open to anyone interested in farm forestry
New developments in farm forestry and advice on
planning for combining the best commercial and
environmental benefits of tree crops.

Program