

**Woodham
Petroleum
Services**

- Fuels
- Oils, etc
- Distributors for
Walgett District

Phone: 6828 1356

The Spectator

79 Wee Waa Street, Walgett NSW 2832

P.O. Box 63 Walgett NSW 2832

Phone: (02) 6828 1008

Fax: (02) 6828 2105

E-mail: walgettspectator@bigpond.com

Price \$1.20 (Incl GST)

The Spectator Wednesday 19th March 2008

Registered By Australia Post Publication No NAC 1545



**WALGETT TYRE
SERVICE**
102 Fox Street
Ph. 6828 1500

SUCCESSFUL SUSTAINABLE FARM FAMILY WORKSHOP CONCLUDES

Eleven people recently completed the second and final year of the award-winning Sustainable Farm Families project in Walgett and 10 in Burren Junction during the last week of February 2008. Throughout the whole workshop emphasis was placed on how the health of the farmer and the family impacted on the productivity of the farming business.

At the start of the 2 day workshop, participants underwent a physical health check to assess blood sugar levels, cholesterol, body mass index, waist-hip ratios, blood pressure, respiratory function and physical assessment. Participants compared and discussed their results determined this year to their previous year's results with nurses privately. Following this, active group learning sessions were conducted involving discussions, videos, photos and hands-on exhibits on diabetes, physical activity, mental health and well being including: depression, anxiety, suicide, practical assistance and lifestyle activities. The group's then separated into genders to learn about men's and women's health. This year was reversed in that the men learnt about women's health and the women learnt about men's health. At the conclusion of the workshop, the groups were then presented with results to date from the project, comparing remote farmers with other dairy, cotton, sugar, broad acre and grains farmers across Australia.

Each participant was provided with a valuable resource manual, pedometer

and resistance bands to use and they were encouraged to share with their families. This is because research has shown that a lot of people learn their health information through their own family networks. Local health representative Donella Mitchell also attended the workshop from the Hunter New England Health Service to provide a local point of contact for families.

Participants learnt valuable information including, that rural people die an average 7 years before city people. There are many reasons why this happens including the fact that farmers live where they work, more children drown on farms than anywhere else in Australia and dust inhaled from sheep and cattle yards may contain dangerous farm chemicals and animal excrement particles which can cause damage when inhaled.

This project which is funded by the Department of Health and Aging, was brought to the Walgett Shire by the Western District Health Service, Hamilton, Victoria, the initiator of SFF. The reaching the remote project has been working with farmers across remote Australia, including Katherine, Tennant Creek (NT), Esperance (WA) developing a program which improves farming family health, which in turn improves the farm's bottom line.

For more details and photos, visit www.sustainablefarmfamilies.org.au, or phone (Jodi McLean, 0427 926301).



WALGETT TWILIGHT BULLS & BARRELS

Walgett Charity Bushmans Carnival
6.00 pm. Thursday 20th March 2008-03-17
at Walgett Showground!

LOST!

WEDDING RING. On No. 2 Oval, vicinity of the Bar.

Substantial Reward Offered..

If found, Phone Scott on 0409827065.



ST PETER'S THINGS THAT MATTER, SNIPS & CHATTER

A few important dates and times to note on your calendars. Easter Services will be held at St Peters Walgett on Good Friday and Easter Sunday both starting at 8.45 am. Collarenebri Services will also be held on Good Friday and Easter Sunday commencing at 11.00 am. For Rowena there will be a service on Good Friday at 1.30 pm only and for Cryon on Easter Sunday at 5.30 pm. There will be a Sunrise Service at Walgett on Easter Sunday morning starting at 6.30 am followed by yummy pancakes to nourish the early risers.

For all our local churches we are having a combined service at Collarenebri on Sunday 30th March, 2008 starting at 9.30 am with a cuppa and chat. The service will start at 10 am and be followed by a finger food lunch. Bishop Peter Brain

will be the guest speaker. There will not be any services at Walgett, Rowena or Cryon on that day.

Don't forget on Saturday, 5th April, 2008 we are holding our Morning Tea and Market Stalls Fundraiser day. This will be at St Peters Walgett starting at 9.30 am. Anyone wishing to set up a stall is very welcome - please contact Joan Pearson on 6828 1429 or the Vicarage - 6828 1590. There will be cake stalls, a white elephant stall plus others. Absolutely delicious cakes and slices to go with your cuppa so please bring a friend along and enjoy a relaxing morning.

Megan Duncan
Hon Treasurer
St Peters Church Walgett