

GASSY GOSSIP

SEPTEMBER 2020



BLAST FROM THE PAST



LOVE YOUR LIBRARY

Saturday 31st October **22**

Times given for an usual

Gascoyne Junction Pink Stumps Day

DATE: Saturday, 31st October

TIME: 3pm game starts

VENUE: Gascoyne Junction Town Oval

DRESS: Anything Pink

Bring your friends and cheer a stid!

4pm head on over to the Junction Pub for presentations, raffles and a buffet meal. **KEY DRESSED UP FOR THE KIDS! HALLOWEEN PARTY! PRIZES TO BE WON!**

PINK STUMPS DAY



COOKSCORNER

Recipes chosen just for you at home



BIRTHDAYS

Happy birthday to you all.



GASSIFIEDS

Advertisements, new arrivals, birthdays and more.



GLENBURGH STATION

.Natural Bushland Camping sites on the banks of the



Camp on green shady sites or camp in our comfortable accommodation.



HALLOWEENACTIVITES

Save the Date



SMOKO TIME

Take a break and enjoy the puzzles and word games.



KIDS CORNER

Puzzles and Games to keep the kids entertained.

51



UPCOMINGEVENTS

Here you will find all the important dates to jot down in your diary.

Ordinary Council Meeting Dates

Wednesday 12th February

Wednesday 25th March

Wednesday 29th April

Wednesday 27th May

Wednesday 24th June

Wednesday 29th July

Wednesday 26th August

Wednesday 30th September

Wednesday 28th October

Wednesday 25th November

Thursday 17th December

Council meetings commence at 8:30am in the Shire Council Chambers located at 4 Scott Street, Gascoyne Junction.

All ratepayers and residents are welcome to attend the council meetings and participate in the Public Question Time session which is held at the beginning of each Council Meeting.



COUNCIL NEWS

CEO Update

This month has been extremely busy with a lot of planning going into delivering our 2020 / 21 projects on the ground. We have a fortnightly "War Room" meeting where we all get to see the status of each project, this way we will not have any surprises and if we hit a road block we can work out collectively how to keep things on track. I have put a new section into the agenda that will keep Council apprised of the status of our projects.

From a personal perspective I am now not receiving any treatment for my Cancer. The oncologist is going to get a further PET scan in early November to see if any disease has come back, if it is still all clear we will go for a further 3 months and check again, if it has reappeared I will go back onto treatment.

The Junction Races have been run and won with the Gymkhana on the Sunday. Due to COVID 19 restrictions this event was a ticketed event with approximately 700 people in attendance. From all accounts the event was a resounding success with little to no trouble. All the JRC volunteers and my staff are to be congratulated on the outcome. The Shire assisted with ticket sales and track preparation. Unfortunately due to wind erosion the track had to be re-sheeted with sand just prior to the race meeting.

The Shires Auditors, Moore Stephens, attended the Shire offices and carried out the end of year audit. Advice received indicated that there were no major issues aside from recording a contingent liability for our waste site. I took exception to this ruling as we only have a registered site and not a licensed site. I escalated this issue to the Office of the Auditor General for their ruling, I am pleased to say that common sense has prevailed and we do not need to record a contingent liability. Although this issue did get a bit heated it was not such a bad thing as it has required that we look at the waste site from a statutory view and ensure that our operations comply with the relevant legislation. We are working with John King from Talis to ensure that we are fully compliant.

I attended a District Health Advisory Council Meeting in Carnarvon on the 16th of September 2020 where I raised the issue of the Burringurrah Community Ambulance. As part of this group we prioritised our goals for the year and the number one project was to get a health service back into Gascoyne Junction.

We have had two Gourmet Events in the Shire with the Mount Augustus Biggest BBQ and a new event – Gourmet Gazing. This was somewhat challenging as COVID 19 restrictions are still in place although a lot more relaxed than earlier in the year. Unfortunately I did not attend the Mount Augustus event due to treatment, but by all accounts it was another very successful event.

The Shire again entered the annual Keep Australia Beautiful Tidy Towns Sustainable Communities 2020 Awards. This year we entered two categories, the General Appearance Category for our ongoing Town Beautification Project and the Community Action and Wellbeing Category for our Community Christmas Party, Community First Aid and our COVID Care Packages. The adjudicators visited our town on Wednesday 16th of September and carried out their inspections and collected further information regarding our submission. The finalists will be revealed in October 2020 and the Winners will be announced at Optus Stadium on Friday 27th of November.

I have spent a fair amount of time working with Robert Fenn from Develop WA in an attempt to get things moving with opening up further industrial and residential land. Unfortunately nothing moves very quickly in this space but we have made a start.

I have reviewed the proposed changes / additions to the Local Government Act and have submitted these to WALGA for inclusion in their overall deliberations / response. Overall there were 65 recommendations some of these were well thought out; however, there were many that were ill conceived and not workable in a small remote Local Government.

I have been working with four other neighbouring CEO's to establish a CEO's forum where we can discuss sector wide issues that are common across boundaries. We will look at collaboration, sharing of information, possible resource sharing and regional co-operation. At this stage it appears that all of the CEO's are in favour of such a platform, I will now draft a terms of reference document and set some tentative dates for a meeting, it is proposed that we share the meetings between Local Governments and the chair will be the hosting Local Government, the Shire of Ashburton has kindly offered to supply secretarial services.

This month has seen three tragedies at Mount Augustus National Park. I would like to offer my condolences to the friends and families of the deceased. As we all know when these types of things happens the ripple effect is far and wide with many people either directly or indirectly effected. I will be attending a meeting with the Police and DBCA on Thursday the 24th of September to see if we can come up with some interventions that may assist with the issues at hand. I am advised that the Mount Augustus Tourist Park is completely booked out for the October School Holidays at a time of the year when our climate is relatively hot and getting hotter causing even further issues with climbing the rock.

August saw the adoption of our 20/21 Budget, which allowed staff to proceed with plans on delivering various programs and projects flagged for commencement in this financial year. For my area this meant starting the recruitment process to procure a Tourism and Community Development Officer.

Advertising for this role kicked off in early September with a closure date of 12th October 2020. We hope the 4 weeks will give ample time for potential candidates to submit an application addressing our lengthy criteria, and to showcase their experience, knowledge and skills with a heavy focus on tourism development and sustainability, economic related growth and community engagement and connection. We are eager to see the results of our recruitment efforts – watch this space!

The onsite visit for our 19/20 End of Year Audit took place recently when we had two Auditors from Moore Stephens come onsite and perform the audit over 4 days. An informal exit meeting was held with the Auditors before they left the office to update the CEO and myself on the progress of the visit, and we were given a tick of approval for a clean onsite audit. This means that the Auditors could not find fault with any of the test samples they reviewed during their visit. This is a credit to staff for their efforts and due diligence - this does not go unnoticed, so in recognition I would like to extend a huge thank you to all the staff and commend them on a job well done!

Maintenance Graders:

Ian is still pushing north on the Ullawarra road including the Lyons River road into Kennedy Range campgrounds. Thomas is still off work and Ray Hoseason-Smith filled in for us in the interim. QEM have an operator on standby if Thomas remains off work. This grader will tidy up between town and Pells before heading north to patch grade Cobra Dairy Creek south end.

Construction Crew:

Both Blackspot projects are now complete. Both projects have greatly improved driver safety on our roads. Our next project will start in October 3km north of the Landor homestead. We will be sheeting approximately 9km of road and clearing back slopes and drainage along the entire length of this section. Work should be complete in early December.

Equipment:

The new drop deck and space cab ute will arrive on 2nd October. The works manager car has been delivered. I am working on the scope for the replacement grader camp and Ausquipp have been given the go ahead to build the tipper body and GVM upgrades for our Mack truck. The truck is due to be ready by end of October.

General:

Once again we have had another big month in planning and moving forward in our capital works, capital purchases and town maintenance. The pub solar, depot shed lighting and airport resealing are all completed. The office disabled toilets are underway as well as town works including new shed at 52 Hatch Street, removal of old gardeners shed and new wash pad in depot. Quotes are being sorted for the pavilion upgrades, new house for 50 Hatch Street and various other works on staff housing and office repairs.

The town crew put a conservative effort into preparing for the WA Tidy Towns visit on the 16th September. While appearance is one aspect of the competition, Amanda also walked the judges through the community services and additional work the shire does for the district and town. Fingers crossed we go one better than making the finals last year.

The Junction Races were a huge success, well done to the committee for holding a great event. The shire was engaged to assist in re-sheeting the track a few days out from the event, this is in addition to the usual in kind assistance we give them and will be paid for by the club. Thank you to Junction Contracting, Roger Davies Contracting and Ian Golding for their volunteered help.

Gourmet Gazing was held at the pub on the 19th September. Plenty of people enjoyed the amazing tucker and viewing the stars through a high tech telescope. Thank you to Sean and Amanda for setting this up and the pub for hosting the event.

We have been working in with DBCA and DBNGP to put in a bypass on the northern end of the Kennedy Loop around the Mt Sandiman homestead. The owners have expressed their concerns regarding traffic passing through the homestead and station infrastructure. I have organised signage and am seeking quotes for their installation to redirect traffic to the south west of the homestead along an existing track used by DBNGP.

Sadly Shiney has decided to call it a day and has sold Junction Contracting to Quadrio Earthmoving. Shiney has been a local legend and while calling Gascoyne Junction home, he ran a successful business and will always be remembered by some of his work around the shire including helping to build Killili Bridge. Shiney has always been quick to jump in and help the town and its clubs when needed and had some laughs along the way. I would like to wish Shiney and Sandra all the best for their retirement in Jurien Bay.



Figure 1 Mt Sandiman bypass

COUNCIL UPDATE....



FLOOD DAMAGE REINSTATEMENT REPORT

SHIRE OF UPPER GASCOYNE – AGRN908 FLOOD DAMAGE REINSTATEMENT MONTHLY PROGRESS REPORT – September 2020 (PACKAGE 1)

Contractor	QEM Group	Package Start Date:	19 Sept 2020
		Forecast Completion Date:	Sept 2021
Works this period (Sep 2020)		Works next period (Oct 2020)	
Landor Mt Augustus Rd Completed works on this road between Slk 4 - 20. Work comprised of removal of silt, reforming and resheeting of pavement. These works were completed as priority to allow the Shire to commence the planned in-house capital upgrade works in this area. Landor Meekatharra Rd Commenced works on this road from the Shire boundary heading north towards Landor. The works comprise removal of silt, reinstatement of unsealed floodways, reforming and resheeting of pavement, medium and heavy grade		Landor Meekatharra Rd Continue with the works on this road. The remaining works are expected to be complete in early October 2020 and will comprise removal of silt, reinstatement and cement stabilisation of unsealed floodways, reforming and resheeting of pavement, medium and heavy grade Landor Mount Clere Rd Commence work on this road. The works comprise the removal of silt, reinstatement of unsealed floodways, reforming and resheeting of pavement, medium and heavy grade	
Status of Roads			
		This Month	Last Period
Overall Package		4%	0%
Bingegaroo Rd		Not yet commenced	
Cobra Gifford Creek Rd		Not yet commenced	
Cobra Mt Augustus Rd		Not yet commenced	
Dooley Downs Rd		Not yet commenced	
Edmund Gifford Creek Rd		Not yet commenced	
Landor Mt Clere Rd		Not yet commenced	
Dalgety Downs Landor Rd		Not yet commenced	
Landor Meekatharra Rd		29%	0%
Landor Mt Augustus Rd		13%	0%
Lyndon Minnie Creek Rd		Not yet commenced	
Meekatharra Mt Clere Rd		Not yet commenced	
Mount Augustus Rd		Not yet commenced	
Mount Augustus Woodlands Rd		Not yet commenced	
Mooloo Downs Access Rd		Not yet commenced	
Pingandy Rd		Not yet commenced	

Pingandy Homestead Access Rd	Not yet commenced
Potts Rd	Not yet commenced
Waldburg Rd	Not yet commenced
Wanna Rd	Not yet commenced

Discussion Items	
Water	Resources report will be provided at the next Council meeting as the contract has only just commenced.
Materials (gravel / spoil)	
Camp	<p>The camp is located to Landor station "Roo shooters camp". The camp comprises of:</p> <ul style="list-style-type: none"> • Accommodation for 22 staff, • Kitchen and separate mess station, • Male and Female ablutions, • Contractor site office, • Laydown area, • Workshop and container storage, • All catering / cleaning etc is being undertaken by a dedicated camp attendant. <p>This camp will be in this location for approximately 5 months.</p>

FLOOD DAMAGE REINSTATEMENT REPORT CONTINUED...



SHIRE OF UPPER GASCOYNE – AGRN863 FLOOD DAMAGE REINSTATEMENT MONTHLY PROGRESS REPORT – September 2020 (PACKAGE 2)

Contractor	QEM Group	Package Start Date:	16/04/2020
		Actual Completion Date:	18 Sep 2020
Works this period (Sep 2020)		Works next period (Oct 2020)	
Landor Mt Clere Rd Completed all works on this road. Landor Mt Augustus Rd Completed all works on this road. Landor Meekatharra Rd Completed all works on this road. Dalgety Downs Landor Rd Completed all works on this road. Dalgety Downs Glenburgh Rd Completed all works on this road.		All works complete.	
Status of Roads			
	This Month	Last Period	
Overall Package	100%	79%	
Bingegaroo Rd	100%	100%	
Cobra Dairy Creek Rd	100%	100%	
Cobra Gifford Creek Rd	100%	100%	
Dalgety Downs Glenburgh Rd	100%	0%	
Dalgety Downs Landor Rd	100%	0%	
Dooley Downs Rd	100%	100%	
Landor Meekatharra Rd	100%	0%	
Landor Mt Augustus Rd	100%	95%	
Landor Mt Clere Rd	100%	30%	
Mooloo Downs Access Rd	100%	100%	
Mount Augustus Woodlands Rd	100%	100%	
Pingandy Rd	100%	100%	
Waldburg Rd	100%	100%	
Wanna Rd	100%	100%	

Discussion Items	
Water	Refer attached summary of water sources for details.
Materials (gravel / spoil)	Refer attached summary of material sources for details
Camp	<p>The camp is still located at the Landor station "Roo shooters camp". The camp comprises of:</p> <ul style="list-style-type: none"> • Accommodation for 22 staff, • Kitchen and separate mess station, • Male and Female ablutions, • Contractor site office, • Laydown area, • Workshop and container storage, • All catering / cleaning etc is being undertaken by a dedicated camp attendant. <p>This camp will remain in this location for the commencement of the AGRN908 contract.</p>

Landor Mt Clere Rd



Dalgaty Downs Landor Rd



New Rubbish Truck Requirements.

Dear resident,

as you maybe aware, the Shire of Upper Gascoyne has purchased a new automated rubbish truck. This will be in use for the roadside rubbish bin service. Rubbish collection will still be on Tuesdays, however we will require a little assistance from you to streamline this service. Moving forward can you please ensure the below steps are followed;

- Ensure your bin is placed 1 m from road edge with the lid closed. (see picture below)
- Please avoid over filling your bin, if the lid can't shut it can cause rubbish to fall out.
- If your bin is damaged or missing a lid, please contact us on 08 9943 0988 and we will endeavor to rectify it.



We appreciate your co-operation.

BLAST FROM THE PAST

THIS SEGMENT OF THE GOSSIP EXPLORES PAST ARTICLES ON NEWS AND EVENTS. THIS ARTICLE WAS ORIGINALLY PUBLISHED IN THE NORTHERN GUARDIAN NEWS IN SEPTEMBER 22 2003

Gascoyne dash is on its way



MICHAEL FENTON gets under way in the four wheel drive section of Saturday's race.

THE Kickstart Gascoyne Dash took a big step up this year as a Confederation of Australian Motor Sports approved event on its way to becoming a national desert race.

Formal regulations covered the race, spectators and medical emergencies.

CAMS official Rod Style said the dash was a fantastic event with a lot of community enthusiasm and commitment from individuals.

He said the dash had the potential to be a big event.

Mr Style said there were a few teething problems on this first official event but organisers did not cause them and experience would deal with them.

"We look forward to a bigger and better event next year," Mr Style said.

CAMS officials will write a report to the committee and said Mr Style said he thought the report would be favourably received.

Coordinator of this year's Finke Desert Race, Australia's premier desert race, Bronnie Hayes was a spectator at the dash.

She said around 15,000 people came to this year's Finke Desert Race and it was the biggest community event in Alice Springs bringing the whole town together.

"This will be the same in 10 years time," Ms Hayes said.

A core group of Trevor Cook, Peter Broad, Jim Millar and Bidgemia Station owner Lachlan McTaggart built the course.

Mr Cook said competitors were excited about the challenge and variety of the course and were comparing it with high profile national courses.

"We are focused to become Western Australia's only nationally accredited off road race," Mr Cook said.

"The Dash has the potential to be a national off road desert race."



GASCOYNE JUNCTION CRAFT GROUP CALENDAR 2020

8 th and 9 th Feb	Untutored workshop -Outback wives projects (Fabric basket, table runner, cushions)
7 th and 8 th March	Jelly Roll rugs
4 th – 5 th April	Dongara Autumn Craft Round Up Road Trip
10 th Apr – 27 th Apr	School Holidays and Easter
23 rd and 24 th May	Basket weaving (TBC)
20 th and 21 st June	Untutored Workshop
4 th July – 19 th July	School Holidays
25 th and 26 th July	Copper Foiling- Stain glass suncatchers (TBC)
29 th and 30 th August	Powertex projects with Tina & Alys (TBC)
26 th Sept – 11 th Oct	School Holidays
31 st Oct & 1 st Nov	Mosaic Workshop (TBC)
28 th and 29 th Nov	Christmas Craft Workshop (TBC)

For any queries please contact the Secretary
Tina Matthews
junctioncraft@gmail.com
9943 0531

GASCOYNE JUNCTION PLEASE KEEP IN TOUCH

We're here to help you

It's important to share any concerns, issues or ideas you may have to allow us to work together to find solutions as we all travel through difficult times



CONTACT US & STAY in TOUCH

Email - northwest@mp.wa.gov.au



Telephone - 99412 999



@VinceCataniaMP

Regular updates will be available via facebook & email

**Let's Stay Safe, Stay Well
& Keep our Distance...**



THE NATIONALS *for Regional WA*



Save the Date

DECEMBER 17TH

The shire are pleased to
announce the date of our
annual

Community Christmas Party.

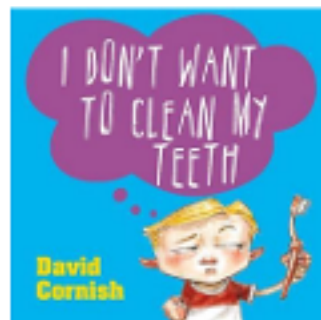
We ask you to lock this date in
and get ready to help us
celebrate the festive season!

Watch this space for more information to come

BOOKS OF THE MONTH



I DON'T WANT TO CLEAN MY TEETH

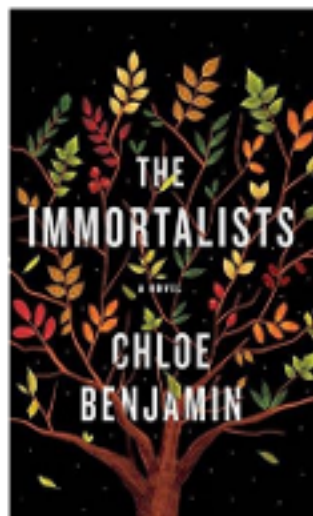


The final book about Rollo, the little boy who didn't want to eat his dinner or go to bed. Now he doesn't want to clean his teeth!

Every morning and every evening, Rollo would cry out, 'I don't want to clean my teeth.'

Rollo's family are on track with dinner times and going to bed but now Rollo doesn't want to clean his teeth. The simple text and brightly captivating illustrations will make this book a hit.

SAFE HOUSE



A sweeping novel of remarkable ambition and depth, *The Immortalists* probes the line between destiny and choice, reality and illusion, this world and the next. It is deeply moving testament to the power of story, the nature of belief and the unrelenting pull of familial bonds.

It's 1969 in New York City's Lower East Side, and word has spread of the arrival of a mystical woman, a traveling psychic who claims to be able to tell anyone the day they will die. Four adolescents on the cusp of self-awareness sneak out to hear their fortunes.

The prophecies inform their next five decades. Golden-boy Simon escapes to the West Coast, searching for love in '80s San Francisco; dreamy Klara becomes a Las Vegas magician, obsessed with blurring reality and fantasy; eldest son Daniel seeks security as an army doctor post-9/11; and bookish Varya throws herself into longevity research, where she tests the boundary between science and immortality.



Placed in care at a very early age, Paolo Hewitt went to live with a foster family where he endured extreme abuse and humiliation. Following years of abuse he was sent to Burbank children's home at the age of ten where he met a gang of children.

Like him they were outsiders struggling to find their place in the world. Paolo paints a vivid picture of his coming of age in the children's home; of bruising fights, failed love, brushes with the law and enduring friendships, and describes how his salvation eventually comes through his passion for music and literature. Gripping and perceptive, this book is a testament to the resilience of children who 'go to sleep at night believing the world to be a dark and terrible place' but wonderfully emerge from the darkness to shine their lights on all.

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BORROWBOX- is an eBook and eAudiobook service that makes it easy to browse, preview, reserve, and download bestselling titles on your electronic devices. The service is free to all library users, so all you need is a library card number - contact our friendly CRC and Shire staff for more information on how to access this great service!

<https://my.nicheacademy.com/cityofwanneroolibraries/course/2077>

OVERDRIVE/LIBBY/OVERDRIVE FOR KIDS- Borrow and download thousands of eBooks and eAudiobooks, including fiction and nonfiction specifically aimed at children. <https://my.nicheacademy.com/cityofwanneroolibraries/course/1451>

RBDIGITAL- There are now more than 3,500 magazines to choose from, many of them in languages other than English. Enjoy a huge range of full colour, interactive eMagazines to download and keep, from a wide range of genres including automotive, health & fitness, food & cooking, hobbies and even celebrity & gossip. No holds, no checkout periods, and no limit to the number of magazines you can download. <https://my.nicheacademy.com/cityofwanneroolibraries/course/177>

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<https://my.nicheacademy.com/cityofwanneroolibraries/course/3129>



Closed for School
Holidays

Hope you all enjoy.

See you back for Term 4!!!



Saturday 31st October

Please join us for our annual

Gascoyne Junction Pink Stumps Day

DATE: Saturday, 31st October

TIME: 1pm game starts

VENUE: Gascoyne Junction Town Oval

DRESS: Anything Pink

Bring your friends and choose a side!



4pm head on over to the Junction Pub for presentations, raffles and a buffet meal. **GET DRESSED UP FOR THE KIDS HALLOWEEN PARTY! PRIZES TO BE WON!**

PINK STUMPS MERCHANDISE, RAFFLE TICKETS, SAUSAGE SIZZLE AND DRINKS ON SALE.



PLEASE NOTE THAT THERE IS NO EFTPOS ON SITE.

ALL PROCEEDS FROM THE DAY GO TO MCGRATH FOUNDATION.

For any information please contact the Gascoyne Junction School on 99430515 or email

blanche.walker@education.wa.edu.au



Need a doctor when your local practice is closed?

Access to doctors after hours and all public holidays by phone or video in rural WA*

1800 CALL A DOC (1800 225 523)

* Available to specific postcodes in rural WA, to check your eligibility visit www.1800calladoc.com.au

Consult with a doctor when yours is unavailable

Consult with an experienced Australian based doctor after hours via phone or video from the comfort of your own home



Call 1800 CALL A DOC
(1800 225 523)



Book your appointment
We will confirm if a doctor can help



A doctor will call you back
Within 1 hour

Doctor advice, diagnosis and treatment*

Medical certificates*

Prescriptions sent to your local pharmacy*

Care summary shared with your local GP with your consent

*Where appropriate as determined by HealthNow, a telehealth service provided to you by Telstra ReadyCare

Available from Monday to Friday 1800 – 0800, Saturday 1200 – 2400 and Sunday and public holidays all day. The CALL A DOC service has been made possible by WA Primary Health Alliance through funding provided by the Australian Government under the PHN Program.

1800 CALL A DOC

In case of emergency, call 000

Find out more

☎ 1800 CALL A DOC (1800 225 523)

🌐 1800calladoc.com.au

This service is funded by
WA Primary Health Alliance
better health, together

phn
PERTH NORTH | PERKIN SOUTH
GOLDEN HILL
KIMBERLEY

Dementia affects close to half a million Australians. That number is set to double in the next 25 years. More than 5,000 Australians completed a survey in September 2019 to help better understand discrimination for people living with dementia and what it would take to end discrimination. The findings reveal just how big an issue discrimination is and the impacts it has for people living with dementia, their families and carers. However, a little support makes a lot of difference. Head to dementia.org.au/actionweek to find out more.

All statistics are based on 5,767 survey respondents.

Discrimination is real

63%

of people living dementia believe **discrimination** against people living with dementia **is common**.

I feel like no one calls me anymore

74%

of people living with dementia say people **haven't kept in touch** like they used to.

“

I'm not invited any more”

- Family, friends and carers

71%

haven't been included in family activities.

80%

haven't been invited to social functions.

86%

say **discrimination came from friends** or other social circles.

Your words affect me

73%

say people **make jokes** at the expense of their friend or relative who lives with dementia.

96%

say people act as if they **don't know what to say** to their friend or relative who lives with dementia.

“

I don't feel welcome any more”

- Person living with dementia

90%

of family, friends or carers say that their friend or relative who lives with dementia has been **treated with less respect than other people**.

90%

of professionals, volunteers and people not impacted by dementia believe people living with dementia were likely to be **treated differently**.

81%

of family, friends and carers felt that people in shops, cafes and restaurants **treat people with dementia differently**.

65%

of people living with dementia say people they know have been **avoiding or excluding them**.

Dementia. A little
support
makes a lot of
difference

Visit dementia.org.au or call the National Dementia Helpline on 1800 100 500.



WAPHA
WA Primary Health Alliance

phn

PERTH NORTH, PERTH SOUTH,
COUNTRY WA

An Australian Government Initiative

Health Snapshot Midwest

WA Primary Health Alliance is the peak commissioning body for primary healthcare services in Western Australia.

We work to improve health equity and access by building a collaborative and responsive healthcare system.

Everything we do is underpinned by Population Health Needs Assessments, which ensure an evidence-based approach to planning and commissioning primary healthcare services.

This health snapshot of the Midwest region provides an overview of current patterns and trends in health demand, service supply and health service priorities.



Health Snapshot of the Midwest

1. What does the region look like?



Area of more than
600,000 km²



64,884 residents (2018), 2% of the state population and 12% of country WA population.



10% of the population are Aboriginal.



By 2025, the population aged 65 years and over is expected to double in the Gascoyne region.

age



	0-14	15-24	25-44	45-64	65+
	11,144	6,491	13,882	15,264	8,346
	2,048	985	2,803	2,677	1,244
	20%	12%	25%	28%	15%
	21%	10%	29%	27%	13%
	MIDWEST		GASCOYNE		

Disclaimer:
While the Australian Government Department of Health has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed, by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use or reliance on the information provided herein.



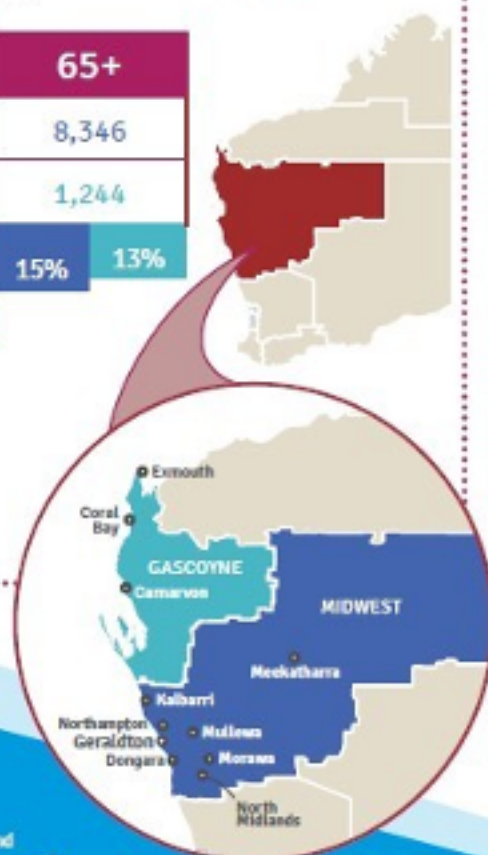
Acknowledgement

WA Primary Health Alliance acknowledges the Traditional Owners of the country on which we work and live and recognises their continuing connection to land, waters and community.

We pay our respect to them and their cultures and to Elders both past and present.

Data sources: Australian Bureau of Statistics (ABS); Public Health Information Development Unit (PHIDU); Australian Institute of Health and Welfare (AIHW); Australian Government, Department of Health. Data was sourced from the most recently available, based on the 2016 census, and is current as at April 2018.

Note: The Midwest region incorporates the Midwest and Gascoyne statistical areas.



2. What is affecting health in the region?



1 in 4 families in the Midwest are single parent families.

15%

of Midwest children under 15 years live in a **jobless family**.



20% of Midwest households do not have access to the internet.



73% of 16 year-olds in the Midwest region **attend school full-time**. This is lower than the state-wide rate of **82%** and close to the country WA rate of **74%**.



More teenagers **leave school at year 10 or below** compared to the WA average.

3. What are the health risks?



More Midwest people smoke compared to the state average.



13% of mothers in the Midwest region smoke during pregnancy compared to the state average of **9%**.



CANCER SCREENING RATES



Midwest region rates of **asthma** are **significantly higher** than state-wide and country WA rates.

CHILD IMMUNISATION RATES



MEDIAN AGE AT DEATH



4. Why are people going to hospital?

The Midwest has the **second highest** admission rates in country WA for **cardiovascular disease**.



The Midwest region has **higher rates** of potentially **preventable hospitalisations** compared to country WA, state and national rates.



GASCOYNE

1

Highest admission rates in country WA for gastro-intestinal conditions.

2

Second highest potentially preventable hospitalisation rate for acute conditions.

3

Third highest potentially preventable hospitalisation rate for chronic diseases.

5. What health services are people using?

The use of mental health services in the Midwest region is lower than the rest of country WA.

Gascoyne residents are going to the emergency department for non-urgent presentations nearly three times as often as Midwest residents.



Midwest residents use GP chronic disease services nearly twice as often as other Western Australians.

6. What are the health service gaps?



Shortage of community mental health professionals, especially psychiatrists.

Shortage of aged care beds, particularly in the Gascoyne.



Shortage of respiratory nurses.

7. What is WAPHA prioritising in the Midwest region?



Building capacity of the primary healthcare workforce to respond to mental health, and alcohol and other drug related presentations.



Supporting local GPs to keep people well in the community.



Supporting safer prescribing practices and appropriate use of medications.



Mental health services for people with severe and persistent mental illness.




Social, emotional and wellbeing counselling services in Meekatharra and Carnarvon.

Aboriginal Health Snapshot of the Midwest

1. Aboriginal population by age

The Aboriginal Health Snapshot of the Midwest region uses Indigenous Areas (IAREs) to allow for more detailed information of the health of Aboriginal people in the region.



age	0-14	15-24	25-44	45-64	65+
	2142	1116	1535	1219	369
%	34%	18%	24%	19%	6%

2. What is affecting health in the region?

53% of Aboriginal families in the Midwest are single parent families.

51% of Aboriginal children under 15 years live in a jobless family.

Fewer Aboriginal adolescents attend secondary school compared to all other adolescents (including non-Aboriginal) in country WA.



39% of Aboriginal households do not have access to the internet.

3. What are the health risks?



51% of Aboriginal women smoke during pregnancy.



CHILD IMMUNISATION RATES

1 year 80% 2 years 80% 5 years 88%

MEDIAN AGE AT DEATH

	FEMALES	MALES
Aboriginal population	 63 58 58	 53 57 52

4. Why are people going to hospital?



Potentially preventable hospitalisations for Aboriginal people are higher than expected for cellulitis, convulsions and epilepsy, and diabetes complications across the region.



Carnegie South - Mount Magnet has high hospital admission rates for injuries, poisonings and other external causes.



Geraldton has the highest rate of potentially preventable hospitalisations for chronic conditions.



Carnegie South and Mount Magnet have the highest rate of potentially preventable hospitalisations for chronic obstructive pulmonary disease.



Carnarvon - Mungullah have the highest rate of potentially preventable hospitalisations for diabetes complications.



Carnarvon has high hospital admission rates for mental health conditions.

5. What health services are people using?

EMERGENCY



Aboriginal people are visiting the emergency department for non-urgent presentations at twice the rate of non-Aboriginal people, in both the Midwest and the Gascoyne.

In 2016-17, 46% of Aboriginal people living in the Midwest received a GP health assessment, compared with 15% of Aboriginal people living in the Gascoyne.



6. What are the health service gaps?



Shortage of Aboriginal health workers in the Gascoyne.

7. What is WAPHA prioritising in the Midwest region?

Aboriginal specific mental health, and alcohol and other drug workers in the Gascoyne and Murchison district.



Care coordination for Aboriginal people with chronic conditions through our Integrated Team Care program.



Two awesome prizes up for grabs! Are you under the age of 18?

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COOK'S CORNER

Do you have family recipe that you would love to share with us? Send it through to us at crc@uppergascoyne.wa.gov.au

SESAME CHICKEN

Ingredients

- 1 1/2lbs chicken breast fillets cut into bite size pieces
- 1/4 cup cornstarch
- 3-4 tbsp canola or vegetable oil
- 2 cloves garlic finely minced
- 1/4 cup soy sauce
- 1 tsp. rice vinegar
- 1 tsp. sesame oil
- 1/4 cup honey
- 1-1 1/2 tbsp. chili sauce (sambal oelek)
- 2 tbsp. cornstarch
- 1/4 cup cold water
- 2 tbsp. sesame seeds
- 4 spring onions sliced 1 inch apart



Method

1. In large Ziploc bag shake chicken pieces and 1/4 cup cornstarch. In large saucepan over medium heat add 2 tablespoons canola oil. Fry the chicken in batches; flipping over to brown both sides. Remove to plate when browned. Fry in batches; adding oil when necessary.
2. In small sauce pan add one tablespoon canola oil. Add garlic and cook until fragrant. Add the soy sauce, rice vinegar, sesame oil, honey and chili sauce. Add 2 tablespoons cornstarch to water and whisk into sauce pan. Cook until slightly thickened.
3. Wipe out the pan that you fried the chicken in. Turn the heat to medium high and add the sesame seeds and toast for 3-5 minutes or until lightly browned; stirring frequently. Remove toasted sesame seeds to bowl. Return the cooked chicken to skillet. Stir in sauce and sprinkle with scallions and toasted sesame seeds. Serve over rice or Chinese noodles.

MELT IN YOUR MOUTH PUMPKIN COOKIES

Ingredients

1/2 cup butter, softened
1/4 cup brown sugar
1/2 cup granulated sugar
1 egg
1/2 cup pumpkin puree
1/4 tsp all spice
1/4 tsp nutmeg
1/4 tsp cloves
1/2 tsp ground cinnamon
1 tsp vanilla extract
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 1/2 cups plain flour



FROSTING

1/2 cup butter (softened)
1/4 cup pure maple syrup
1 /2 tsp. vanilla extract
1 1/2 tsp. cups powdered sugar
2-3 tsp milk

Method

- 1.Preheat oven to 350 degrees and line a baking tray with baking paper.
- 2.In a bowl, cream butter, brown sugar, and granulated sugar together until well combined.
- 3.Add in the egg, and pumpkin puree, mix until well combined.
- 4.Next, add in allspice, nutmeg, cloves, cinnamon, vanilla extract, baking powder, baking soda, and salt. mix until everything is combined.
- 5.Add in flour and mix until flour is well incorporated.
- 6.With a small-med sized cookie scoop (about 1 1/2 - 2 Tbsp), scoop dough and place evenly on your prepared cookie sheet.
- 7.Bake for about 12-13 minutes, or until cookies are set. Allow to cool completely before frosting.
- 8.With a standing mixer or hand mixer beat butter until light and fluffy, about 1-2 minutes. Add in maple syrup and vanilla extract. Beat until well combined.
- 9.Add in powdered sugar, 1/2 cup at a time, mixing until well combined (beginning with 1 1/2 cups).
- 10.Add in 2 tsp of milk and beat until combined.
- 11.If frosting feels too runny, add in the remaining 1/2 cup of powdered sugar. If it feels too thick, add in the remaining tsp of milk.
- 12.Spread frosting on cookies and enjoy.



BIRTHDAY ANNOUNCEMENTS

SEPTEMBER

- 9 Stanley Hammarquist
- 20 Jason Windie
- 28 Mathew Hammarquist
- 29 Donald Hammarquist

OCTOBER

- 13 Jodie McTaggart
- 15 Wendy Hoseason-Smith
- 17 Raymond Hoseason-Smith
- 17 Oscar Hammarquist
- 22 Richard Dowker
- 24 Kenneth Kempton
- 26 Melanie Hammarquist
- 30 Shiney
- 30 Paula Hammarquist

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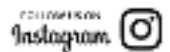
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HALLOWEEN ACTIVITES

TUESDAY 27TH & THURSDAY 29TH OCTOBER

GASCOYNE JUNCTION CRC

For kids of all ages. Parents welcomed

MORE INFORMATION TO COME SOON

Thank you!

The Shire would like to say a big Thank You to all staff involved in our Tidy Towns application, from Amanda for submitting our entry. To Sean, Nat and Ally for all their hard work on cleaning up our town, they've had a fantastic job.



Keep 
Australia
Beautiful





SMOKO TIME



SUDOKU

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Around the House

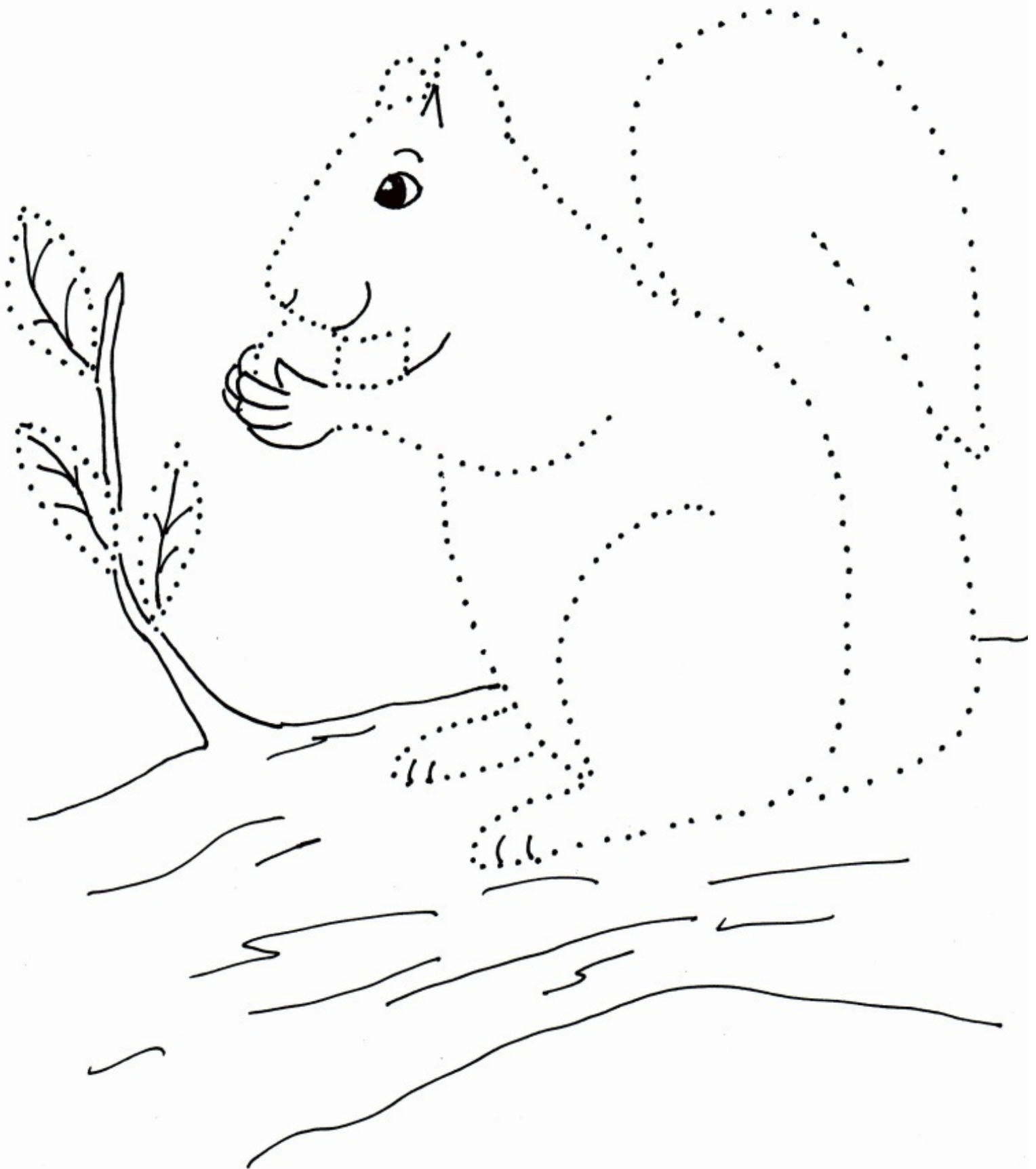
100 Hidden Words to Find

C P T E L E V I S I O N C J C C K X B R E F R I G E R A T O R J K P K
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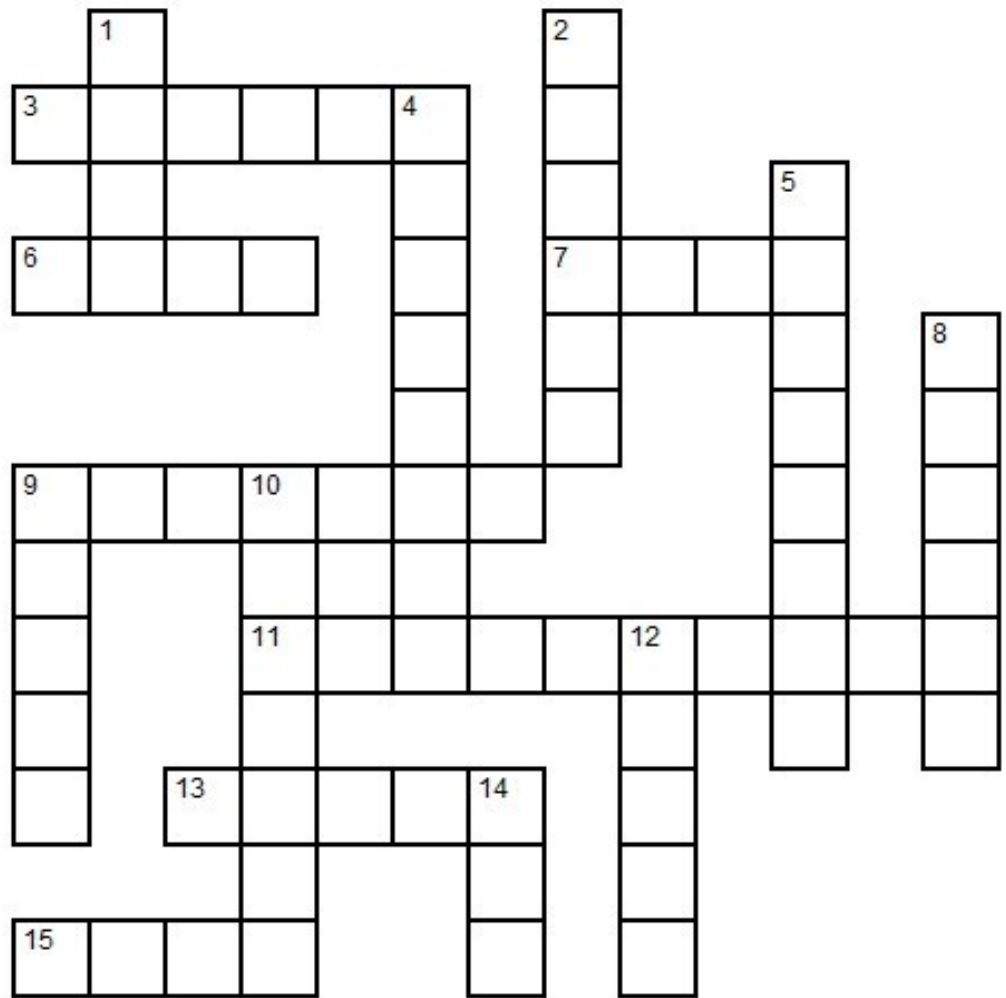
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bathtub	carpet	curtains	glass	mop	refrigerator	sponge	trash
bed	chair	cushion	hanger	ottoman	remote	spoon	vacuum
bedroom	clock	desk	hook	outlet	rug	stairs	vent
bench	closet	detergent	iron	oven	shampoo	table	washcloth
blanket	clothes	dishwasher	keys	pan	sheet	teapot	washer
blender	coaster	door	kitchen	pantry	shelf	television	window
book	coat	drawer	knife	paper	shoes	tile	
bookcase	comb	dresser	knob	pen	shower	tissues	
bowl	computer	dryer	lamp	photo	sink	toaster	
broom	conditioner	fan	light	pillow	slippers	toilet	

KID'S CORNER





VOLCANOES

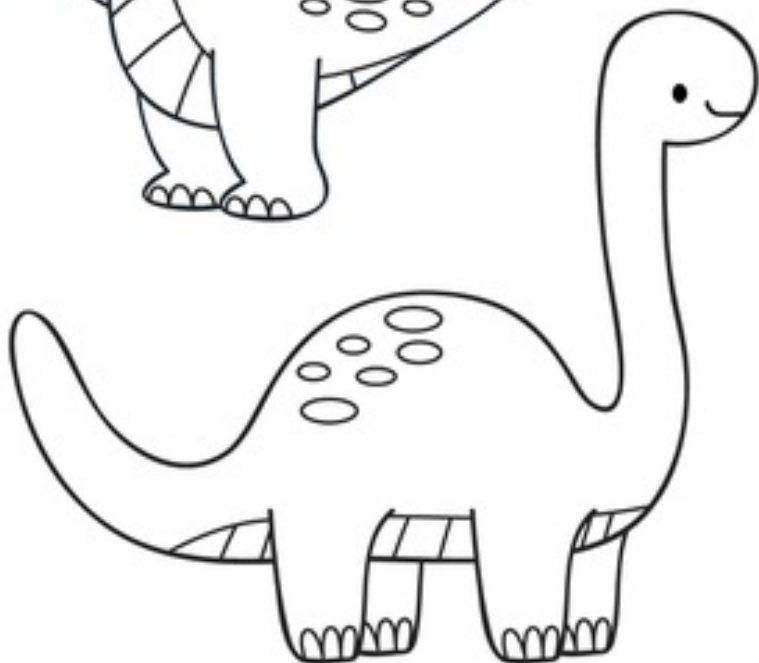
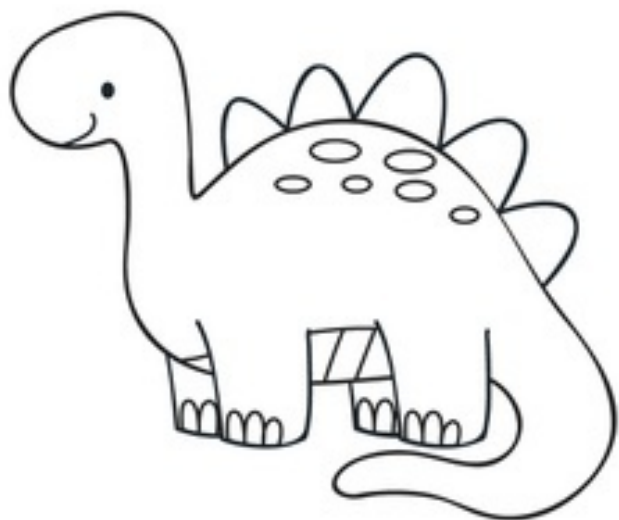
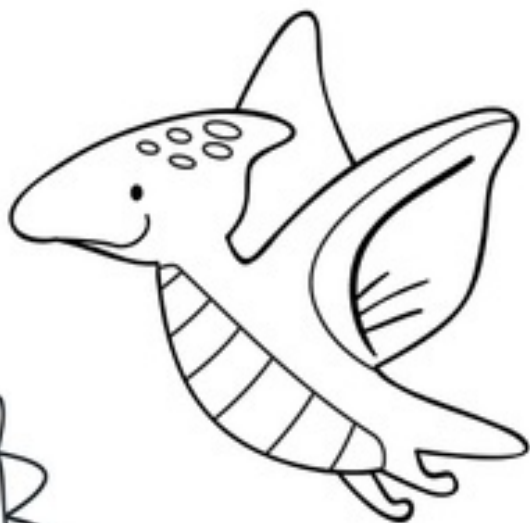
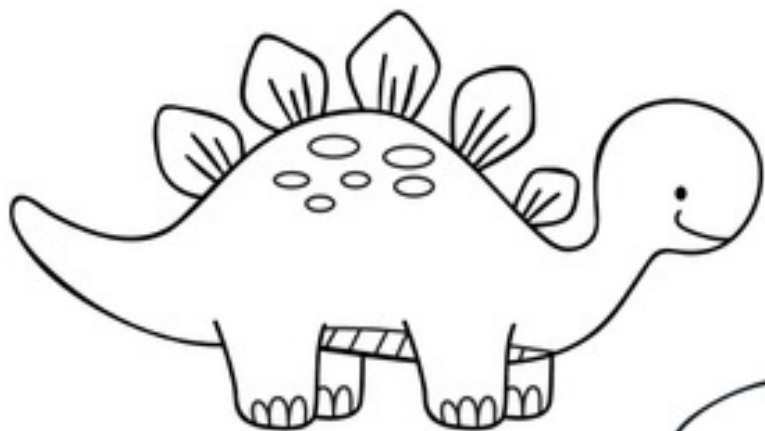


ACROSS

- 3. layer of the earth under the crust
- 6. planet with the largest known volcano
- 7. center of the earth
- 9. passage followed by magma
- 11. area in the pacific ocean with lots of volcanic activity
- 13. melted rock inside of the earth
- 15. crack in the earth's crust where volcanic material escapes

DOWN

- 1. melted rock that comes out of a volcano
- 2. Roman god for whom volcanoes are named
- 4. ejection of solid, liquid and gas from a volcano
- 5. the earth's crust is divided into _____ plates
- 8. tall column of water and steam erupting from the earth's surface
- 9. top layer of the earth
- 10. volcano that is currently inactive but may erupt in the future
- 12. side of a volcano
- 14. fine particles of rock dust from an erupting volcano



**WE WISH TO ADVISE OUR
CUSTOMERS THAT OUR OFFICE
HOURS HAVE CHANGED
THE CRC AND SHIRE OFFICE
WILL BE CLOSED TO THE
PUBLIC FROM
3 PM EACH FRIDAY**



**KIDS
HALLOWEEN
ACTIVITIES**

GASCOYNE
JUNCTION CRC

27-29 OCT

**PINK
STUMPS
DAY**

GASCOYNE
JUNCTION TOWN
OVAL

31 OCT

**BATTLE OF
THE BOGANS**

GASCOYNE
JUNCTION
PAVILION

14 NOV

**GCS
PRESENTATION
NIGHT**

GASCOYNE
JUNCTION
PAVILION

17 DEC

**ANNUAL
COMMUNITY
CHRISTMAS
PARTY**

GASCOYNE
JUNCTION
PAVILION

17 DEC



UPCOMING
EVENTS

**20
20**

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