

Narkal Notes

\$1.00

Issue # 1983- Tuesday 21st December 2022



MERRY CHRISTMAS



ADULT SUPPORT SERVICES

DO YOU OR SOMEONE YOU CARE ABOUT
NEED SOMEONE TO TALK TO?

24/7 PHONE-BASED SUPPORT:

LIFELINE - 13 11 14

BEYOND BLUE - 1300 224 636

MENSLINE - 1300 789 978

1800RESPECT - 1800 737 732

RURAL LINK - 1800 552 002

13YARN - 13 92 76

SUICIDE CALLBACK SERVICE - 1300 659 467

ALCOHOL & DRUG SUPPORT LINE -
1800 198 024

PARENT & FAMILY SUPPORT LINE - 1800 653 203

CRISIS CARE - 1800 199 008

ONLINE SUPPORT:

LIFELINE

<https://www.lifeline.org.au>

BEYOND BLUE

<https://www.beyondblue.org.au>

MENSLINE

<https://mensline.org.au>

1800RESPECT

<https://www.1800respect.org.au>

IN CASE OF AN EMERGENCY CALL 000

ADVERTISING

Thanks to our advertisers and also to the Koorda IGA who sell our Narkal Notes at NO profit to themselves.

Please give them your kind support.

CHARGES:

Cover Page	\$35.00
Full page	\$25.00
Half page	\$15.00
Quarter page	\$ 7.00

PLEASE NOTE:

ALL BUSINESS ADVERTISING, ANY MONEY MAKING FUNCTIONS OR THOSE HAVING CHARGES TO COVER EXPENSES *MUST* BE PAID FOR (AS ABOVE)

Community notices, sporting results, thank you notices, birthday greetings and news items of community interest are **FREE**, *size will depend on availability of space.*

Community group events or functions raising money will be charged as above.

Group news and information shall only be accepted from their nominated office bearer.

Closing time for all advertising and notices is 2pm Monday, Tuesday for public holidays.

You can subscribe to receive the Narkal Notes via post or email at any time and will only be charged for editions from the date of your subscription.

FROM THE DESK OF NARKAL NOTES (INC)

All general articles, community notices, advertisements, classifieds and letters to the editor may be left at the Koorda CRC

2PM MONDAY IS THE CLOSING TIME FOR ALL ARTICLES.

Mail or email your articles to us.

PO Box 187, Koorda WA 6475

Ph 08 9684 1081

Email narkals@koordacrc.net.au

Please note...

The Narkal Notes is produced by the Koorda Community Resource Centre. All work done by us is proof read, anything else submitted already done, is as the clients wishes and errors incurred are not our responsibility.

“Produced with pride by the Koorda Community Resource Centre”



IF DESIGNING YOUR OWN AD OR TYPING YOUR OWN NOTE please:

- * Use a word processor or word processing program.
- * Use capitals for headings only, do not submit copy which has been typed completely in CAPITALS
 - *Ensure that your font size is no **smaller** than 12 point.
- *Avoid excessive areas of black on the page (this causes problem when duplicating)
 - *Use clear, simple fonts. (Calibri Arial, Comic Sans MS)

Our paper seeks to promote local business, and we welcome outside advertisements. The Editor has the right to refuse publication of any material not suitable for printing.

DISCLAIMER

The views expressed in articles published in this newspaper are not necessarily the view of the editor, or any other volunteer who may work to produce the publication.

The Editor has the right to refuse to publish opinions of an individual and/or business about another individual and/or business.,withhold, edit or abbreviate any items as considered necessary.

No responsibility is accepted for any statements of opinion, any error or omissions.

Koorda Community Resource Centre

Christmas
OPENING
Hours

Closed from 5pm
19th December 2022

Open on Tuesday, 3rd January 2023
Open 9am - 4pm
throughout January

Home Care now available in Koorda

We can help you stay in your own home connected to family and friends, doing the things you love. Our Home Care services are available in Koorda and surrounds, via a funded package or private services.



CAT-HO293

Call our friendly and caring Home Care team today
on 1300 244 000 or visit catholichomes.com



*care with
purpose*



Dear Reader,

2023 Subscription for 50 editions of the Narkal Notes.

There will be 50 issues of the Narkal Notes published in 2023.

The price break down for those receiving the Narkal Notes through Australia Post is as follows:

Narkal Notes: \$1.00

Postage per issue: \$3.30

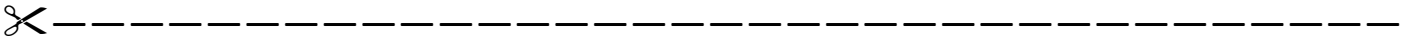
A total of \$4.30 per issue

For those who have access to the internet, you can have the Narkal Notes delivered via email for an annual fee of only \$35.00, which equals 70¢ per issue. (Please note postal copies are printed in black and white and email editions are sent in colour)

- 50 issues via Australia Post \$215.00
- 50 issues via Email service \$35.00

** Please note this is the current postage price as of November 2022 - if Australia Post increases their postage costs at any time throughout 2023, the extra cost will be calculated taking into consideration what has already been paid and invoiced to the individual receiving the Narkal Notes via post.*

Please contact the Koorda CRC on 9684 1081 if you wish to discuss this further or have any questions.



Please complete the form below and return with your payment by the 5th January 2023 to:

Koorda Community Resource Centre
PO Box 187,
Koorda WA 6475

Name: _____

Address: _____

Email Address: _____

Phone Number: _____

Payment can be made via EFT to:

Koorda Community Resource Centre

BSB: 633 000

Acc No. 143538213

Please contact the Koorda CRC on 9684 1081 if you wish to discuss this further or have any questions.

Bencubbin Community Resource Centre

TRAINEESHIP OPPORTUNITY



Bencubbin Community Resource Centre is offering a
Traineeship for a 12 or 18 month period

**Options include: Business Administration, Bookkeeping,
Visitors Information Services or Information and Technology**

We are seeking a self-motivated, organised individual with effective written and communication skills, a sound understanding of computer programs and who is committed to delivering exceptional customer service. This position will offer on the job experience and study through a registered training organisation.

The primary role will be to assist the manager in the day to day operations of the centre and be able to work independently. Duties will include customer service, general administration, basic desktop publishing applications and use of a range of software applications, basic financial administration and a variety of other office duties as they arise.

We are a flexible workplace and will negotiate with the right applicant on work hours and salary package.

Applications must include: A cover letter, and current resume.

Remunerations will depend on age, qualification, skill and experience.

*For more information and a copy of the Job Description please contact:
Sharon Kett, Managing Coordinator, Bencubbin Community Resource Centre
on Ph: 9685 1007 or email bencubbin@crc.net.au*

APPLICATIONS CLOSE: Friday 27th January, 2023 at 3.00pm

Applications should be addressed to:



Department of
Primary Industries and
Regional Development

*Bencubbin Community Resource Centre
PO Box 103, BENCUBBIN WA 6477 or
Email: bencubbin@bencubbinrc.net.au*

For the week starting Monday, 19 December 2022

SHIRE OF KOORDA

10 Haig Street, Koorda WA 6475 | PO BOX 20 | 08 9684 1219 | shire@koorda.wa.gov.au



DATES TO REMEMBER

Mon 19 December

Audit Committee Meeting. At the Koorda Council Chambers, starting at 5.00pm.

Mon 19 December

Special Meeting of Council (to consider the 21/22 Audit Report) (follows a rescheduled Audit Committee Meeting)

Fri 23 December - Mon 9 January 2023

Office closed from 12.00noon 23 December and re-opening Monday 9 January 9.00am

IN THIS ISSUE

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Christmas Light Competition

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Wyalkatchem Medical & Koorda Health Centre Doctor Update

Waste Collection

Know your Councillors

SHIRE ADMIN OFFICE HOURS

Please see below the Shire Administration Office hours.

Monday - Friday
9.00am to 4.00pm
Licensing
9.00am to 3.30pm

The office has a message bank service. If you phone out of our office hours, please leave a message and we will get back to you.

 www.koorda.wa.gov.au

Find us on socials at @ Shire of Koorda   



OFFICE CHRISTMAS CLOSURE



Closed: 12noon Friday 23 December 2022.

Reopening: 9am Monday 9 January 2023

The Shire Office will be closing for the Christmas and New Year break.

Please ensure all your licensing needs are up to date and that you have restocked your bookshelves for some light Christmas reading.

Councillors and Staff would like to take this opportunity to wish everyone a safe and Merry Christmas and a prosperous New Year.



LOCAL ROADWORKS

Maintenance Grading

HARVEST BAN

Please note there will be a Harvest and Vehicle Movement Ban implemented on **Sunday 25th December 2022 and Sunday 1st January 2023.**

POOL CLOSING DATES

Over the Christmas/New Year holiday period, the pool will be closed as follows:

Sunday, 25 December 2022 - Christmas Day

Monday, 26 December 2022 - Christmas Day PH

Tuesday, 27 December 2022 - Boxing Day PH (and normal day closed)

Sunday, 1 January 2023 - New Year's Day

Monday, 2 January 2023 - New Year's Day PH

Re-opens Tuesday, 3 January 2023 (Special 'one-off' Tuesday opening)

CHRISTMAS DISPLAY COMPETITION

Congratulations to the below winners of the Christmas Display Competition

Residential Prizes

1st Prize: Kristyn & Brad Harrap

2nd Prize: Margaret & Rob Fleay

3rd Prize: Tracey & Putty McMiles

Commercial Prizes

1st Prize: Koorda Post Office

Congratulations to everyone for their efforts this year. The houses looked great, once again!

MEDICAL CENTRE XMAS CLOSING DAYS

The Wyalkatchem & Koorda Health Centre will be closed from 2pm Friday 23 December, reopening 9am Tuesday 3 January.



www.koorda.wa.gov.au

Find us on socials at @ Shire of Koorda



AVON WASTE COLLECTION CALENDAR

December 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

 Rubbish

 Recycling

What can go into your recycling bin?

The following items can go into your recycling bins; glass, plastic, paper, cardboard, aluminum and steel and liquid paperboard. For more information visit the Avon Waste website. <https://www.avonwaste.com.au/>

What NOT to put in your Recycle Bin



Green waste
(Belongs in the waste bin)



Nappies
(Belongs in the waste bin)



Polystyrene
(Belongs in the waste bin)



Food scraps
(Belongs in the waste bin)



Soft (scrunchable) Plastics
(Belongs in the waste bin)

KNOW YOUR COUNCILLORS

Councillors are elected to represent the Shire's residents and ratepayers. If you wish to discuss a Council matter, offer any suggestions, have compliments, concerns or feedback, please contact the Councillors below.



President Jannah Stratford
stratfordj@koorda.wa.gov.au
0428 036 889



Deputy President Buster Cooper
cooperb@koorda.wa.gov.au
0428 937 207



Councillor Gary Greaves
greavesg@koorda.wa.gov.au
0428 843 015



Councillor Gina Boyne
boyneg@koorda.wa.gov.au
0438 062 037



Councillor Lea Smith
smithl@koorda.wa.gov.au
0448 112 349



Councillor Nicholas Chandler
chandlern@koorda.wa.gov.au
0428 927 120



www.koorda.wa.gov.au

Find us on socials at @ Shire of Koorda



EXPRESSIONS OF INTEREST FOR A FORKLIFT DRIVING COURSE IN KOORDA.

If you or your staff need training to ensure that you are working within the new Worksafe regulations, please contact the Koorda CRC and if there is enough interest we will organise a facilitator through a REGISTERED TRAINING ORGANISATION



9684 1081



The Golden Lens  

2023 Photographic Competition

The Golden Lens is an opportunity for WA Seniors Card members to share photos they have taken, that celebrate the lives of older Western Australians.

All winners will win a prize donated by participating businesses of the WA Seniors Card program.

Members can submit an entry in each of the five categories.

- ▶ **Active ageing**
- ▶ **Artistic photography**
- ▶ **Seniors Influencer**
- ▶ **Diverse cultures**
- ▶ **Flora and fauna**

Entries close **Friday 17 March 2023**

For more information visit www.seniorscard.wa.gov.au/goldenlens

Public Notice

Mains water supply cannot be guaranteed during a bushfire

Water Corporation is prepared for bushfire season. However, we cannot guarantee that water pressure or water supply will be maintained in the event of a bushfire. Extreme demand, fire damage and power cuts can all result in a total loss of water.

If you plan to stay and defend your property during a bushfire, you must have your own independent water supply and pumping capability. You cannot rely on mains water.

Details and resources about how to prepare for bushfire season can be found at mybushfireplan.wa.gov.au. For warnings and advice visit emergency.wa.gov.au.

watercorporation.com.au





GUESTS

- Do your research about standard drink measures. Different drinks have different alcohol content. So plan your number of drinks in advance.
- Only take the number of drinks you need, or pour your own.
- Opt for low or non-alcoholic alternatives.
- Add non-alcoholic 'spacers' between alcoholic drinks, like sparkling or still water.
- Plan your "thanks, but no thanks" responses in advance.
- Eat regularly throughout the day/event.
- Have a getaway plan - taxi, uber or designated driver.



STAYING ALCOHOL SAFE DURING THE FESTIVE SEASON



HOSTS

- Provide food & non-alcoholic drinks throughout the day.
- Plan activities to reduce the focus on alcohol eg. barefoot bowls, backyard cricket, etc.
- Avoid 'topping up' glasses so guests can keep track of their standard drinks.
- Provide plenty of water.
- Offer to help a friend to collect their car the next day if they need a lift home.
- Provide a bed when needed.

COMMUNITIES

- Plan a lunch or event for those in your community that don't have family nearby to spend the festive season with.
- Invite someone on their own to yours for Christmas lunch.
- Donate a gift or a food hamper to a family in need.



FAMILIES

- The festive season is a great opportunity to spend time with friends and family. Plan activities - such as a pool party or Secret Santa games - that don't involve alcohol, especially if children are attending.
- Plan some alcohol-free days.
- Role-model low risk drinking behaviours.
- Avoid giving alcohol-related gifts.



Alcohol Guidelines

Australian guidelines to reduce health risks from drinking alcohol

1: HEALTHY ADULTS

Drink no more than 10 standard drinks a week

AND

no more than 4 standard drinks on any one day

to reduce the risk of harm from alcohol. The less you drink, the lower your risk of harm.

2: CHILDREN AND PEOPLE UNDER 18 YEARS OF AGE

Should not drink alcohol

to reduce the risk of harm from alcohol.

3: WOMEN WHO ARE PREGNANT OR BREASTFEEDING

Should not drink alcohol

to prevent harm from alcohol to their unborn child or baby.



KOORDA PRIMARY SCHOOL

"supporting every child to be their best"

TERM FOUR NEWSLETTER

Number 15

16th December 2022



Ballidu, Beacon, Bencubbin, Bolgart, Cadoux, Calligiri, Goomalling, Kalannie, Koorda, Miling, Moora, Trayning and Yarecoin Primary Schools

Dalwallinu, Dowerin, Toodyay, Wongan Hills and Wyalkatchem District High Schools

Central Midlands Senior High School

TERM 4 2022

Term 1 2023

**Admin Staff commence
Wednesday 25th Jan**

**Teaching staff
commence**

Monday 30th Jan

**Students commence
Wednesday 1st Feb**

**Swimming lessons
commence Monday 6th
Feb to Fri 10th**

**Please pay contributions
after school commences
in 2023 (Feb) with your
name as reference.**

**Voluntary Contributions
\$60 per child: 2023
Koorda Primary School
BSB: 306 017
A/C No : 417 280 8**

Dear Parents, Guardians and Carers

2022 is rapidly coming to an end. This year we were able to conduct a mostly normal schedule of activities, including many sports events, incursions, excursions, camps, and fun days. We were lucky enough to receive grants that enables us to provide extracurricular activities for the students. Which we endeavour to continue into next year.

I am extremely proud to be the Principal at Koorda Primary School and believe we have exceptional students, teachers and families at our school. Our students play an integral part of why we as educators do what we do. Seeing them achieve learning goals and watching them grow into strong, independent learners is amazing. The way they conduct themselves and bounce back every time there is a change, they grab hold of any opportunity, and is a credit to them, their parents, guardians and the Koorda Primary School Community. Well done on another successful year.

Thank you to all the staff at Koorda Primary School, you all do an incredible job in keeping our students safe and provide them with opportunities for all of them to reach their full potential.

Presentation Night

Thank you to all the family and friends who attended our 2022 Presentation Night. It was great to see so many families and community members there to support and celebrate Koorda Primary School students. The teachers and students did a fantastic job with their items, it was great seeing all the students and their families smiling, having fun and spreading the Christmas spirit. Well done to all the recipients of book awards you should be very proud of your achievements.

Swimming Carnival

Yesterday, the students participated in the Koorda Primary School Faction Swimming Carnival which was postponed due to COVID back in Term 1. The sportsmanship and enthusiasm displayed by the students was fantastic to see and all the students put in their best efforts. Thank you to Ms Foote for organising this event and to the staff for assisting with the jobs on the day. Thank you to the parents and grandparents that come along to support their children. We love having you at these events. Thank you Tristan and the Shire for allowing us to use the facility.

We are looking forward to our Swimming Lesson in week two, Term 1 2023. More information will be provided early next year.

Farewells

Congratulations to the Year 6 Graduates, you have successfully completed your Primary School Education. We have been so lucky to have had you at Koorda Primary School. I wish you all the very best in High School.

This term we farewell Miss Newman, she has been with us for us for Semester Two and she has done an amazing job in the Senior Room. We wish her all the best for the future. We also wish William and Kevin all the best at their new school next year.

We also say goodbye to Mr Jennings, who will be retiring in January. He has been at the school for 12 years and has done an excellent job. We thank him for all that he does for the students and the staff at Koorda Primary School. We wish him all the very best for the next chapter in his life.

Celebrating our students

After Phase 3 nominations were assessed, I am pleased to congratulate Levi Smith on being accepted into the PEAC Program for 2023. Well Done Levi on such a great achievement, you should be very proud of yourself.

Have a safe and Merry Christmas and Happy New Year. I look forward to seeing you all in 2023.

Kind Regards

Miss Amy Floyd Principal

Primary Business Address
34 Birdwood St
KOORDA WA 6475

Phone: 08 96826000

Email:

koorda.ps@education.wa.edu.au

Term 1 DIARY 2023

Week	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
TERM 1 2023			25 Admin Commence	26 Australia Day Public Holiday	27 Admin	28	29
Wk 1 JAN/ FEB	30 Teachers commence No students	31 Teachers No students	1 Students commence	2 Kindy commence	3	4	5
Wk 2 FEB	6 Swimming Lessons P - 6 (5 days)	7 Kindy	8	9 Kindy	10 Swimming Lessons finish	11	12
Wk 3 FEB	13	14 Kindy	15	16 Kindy	17	18	19
Wk 4 FEB	20 ←	21 Kindy	22 Communication Week	23 Kindy	24 Koorda PS Faction Swimming Carnival →	25	26
Wk 5 FEB/ MAR	27 Safe4Kids Workshops Details next year	28 Kindy	1	2 Kindy	3 DISA Swimming Carnival TBC	4	5
Wk 6 MAR	6 PUBLIC HOLIDAY Labour Day	7 Kindy	8	9 Kindy	10	11	12
Wk 7 MAR	13	14 Kindy	15	16 Kindy	17	18	19

End of Year Award Winners for Koorda Primary School - Presented on Wed 7th December

Indy Burrell - School Citizenship

Jesse Smith - Senior Room Achievement

Ella Chandler - Junior Room Achievement

Blair Chandler - School Science Award

Tom Boyne - School Sport Award

Nate Green - Senior Room Endeavour

Kysonn Lipari - Junior room Endeavour

Levi Smith - School Music Award

Blair Chandler - School Indonesian Award



Good luck and best wishes to our Year 6 Leavers : Indy Burrell, Blair Chandler, Nate Green, Brandon Morison & Jesse Smith.

Swimming Carnival held Wed 14th Dec at our amazing Koorda Swimming Pool.

Senior Girl Champion - Indy Burrell

Intermediate Girl Champion - Hayla Boyne

The students all had a lovely morning at the pool and enjoyed all their swimming events.

Thank you to the parents that came and watched and cheered them on.

Senior Boy Champion - Jesse Smith

Intermediate Boy Champion - Levi Smith



December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

FRIDAY

2 Contact someone you can't be with to see how they are

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2023

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature



Happier · Kinder · Together

Don't wait until after Christmas to get your cancer symptoms checked

The lead up to Christmas gets pretty hectic, with a lot of focus on other people, so it's easy to forget about ourselves. If you know something isn't right, we encourage you to see your doctor, clinic nurse, or Aboriginal health worker early. Taking time in the lead up to Christmas to see your doctor about possible cancer symptoms may save your life. Getting our symptoms checked out and treated early means we can get back to the people we love and the things we love doing.

Be SunSmart this summer... but also all year round!

It is important to protect your skin from the ultraviolet radiation all year round. Don't forget to Slip, Stop, Slap, Seek, and Slide.

It's important to also be aware of the common symptoms of skin cancer. These include:

- A new spot or mole on your skin
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape over a period of weeks to months.

If you notice any of these symptoms or any other unusual changes tell your doctor, clinic nurse or Aboriginal health worker without delay.

For more information visit www.findcancerearly.com.au

Prevention is key



Check the UV. At UV3+, be **SunSmart**

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee



If you have and you are over 40...

Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.

Partner



For more information visit findcancerearly.com.au
or call 13 11 20



For cancer information and support call 13 11 20

COUNTRY FAMILIES @ NGALA

Support to families with children from birth to 8 years living in regional, rural and remote Western Australia



Ngala have partnered with WA Country Health Service (WACHS) to provide free child health parenting information and support to families living in regional, rural or remote WA.

Facebook Group

Join a community of other country families to access parenting information, resources & program updates. Search: CountryFamilies@Ngala.

Tutorials and Facebook Live Sessions

See recorded and live videos with information for parents with children aged 0 – 8 years.

Online 'Live Chat'

Chat with a Ngala Child Health Nurse via Facebook. Please check website for session times.

Individual Consultations

30 minute video or phone consults with a Ngala Child Health Nurse for child development information and parenting support.

Country Dads' SMS Service

Receive information and resources via SMS or Email.

Call: 9368 9342

Email: CountryFamilies@ngala.com.au



Supported by the
WA Country Health Service

#HealthyCountryKids



To find out more visit
www.ngala.com.au/program/country-services

WARRIOR WELLBEING ARTICLE

Work/Life Balance - Strike it Right

BY THE REGIONAL MEN'S HEALTH INITIATIVE
December 2022

How many times have we heard the phrase *getting the balance right*; what does this even mean? If we look up the word *balance* in the dictionary we will find 18 definitions, depending of course on the way in which the word is used. The context of a work/life balance also depends on individual circumstance and attitude; whether we are single or married, studying, self-employed, contracting, FIFO, caring for someone or raising a family.

To assess if we have a healthy work/life balance, firstly identify the prominence of work in your situation and how do you define work? Does it challenge/drive you, is it enjoyable, does it provide a sense of satisfaction/purpose or is it just a means to an end? Let's be realistic and honest, for most of us if we don't work, we don't get paid, if we don't get paid, we can't live the life we want or do the things we enjoy. It's always a bit of a mix and getting the balance right is important.



The *life* side of things for most of us is usually enjoying some form of interaction with others. This can happen through our hobbies, sport, children, family, religious congregation, social and community groups, or by volunteering (ironically work can also provide interaction with others).

The best fit when considering *work/life balance* is to have these two areas *well-proportioned and harmonious*. It's important for us blokes to remember that there is more to our lives than just our jobs and we must be encouraged to invest in the other areas of our lives.

This work/life balance can be disturbed when we are under pressure or feeling distressed by events in our life. It is common for blokes to disengage from others and try to solve problems and deal with stressors alone. Unfortunately, by doing this we remove ourselves from valuable support systems, which in turn creates and exacerbates feelings of loneliness and isolation. It's important to remember during difficult times to maintain and re-engage with social opportunities as this is a significant part of positive mental health, coping and overall wellbeing. Something as simple as taking time out, talking, having a laugh with others and even if we are busy, making time to have that game of bowls or connecting with our kids or partner, is essential to get the work/life balance back on track.

Having a busy life may lead us to feel that there is more to do than what seems reasonable in any given day. We all get equal measures of time, there is 24 hours in a day for everyone. Why then, is it that for some of us 24 hours never seems enough, while others seem to have plenty of time? Perhaps we need to ask ourselves *is time the problem, or is it our ability to manage our time?* How much we have on our plate varies throughout the year, so we need to be aware to continually monitor our time to ensure that for most of the year we have a well-proportioned and harmonious work/life balance.

 @RMHL4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Agri-Stock



"Your Local Stockist" Proudly Independent

Christmas Holiday Closures

Agri-Stock will be finishing up on Friday 16th December and back on deck on from the 10th January 2023.

From both of us here, we would like to say a huge thank you to all that have supported us and look forward to seeing you again in 2023!



Best wishes, stay safe and happy new year!

-Jess & Derek



We know your soil because we **dig deeper** into the data



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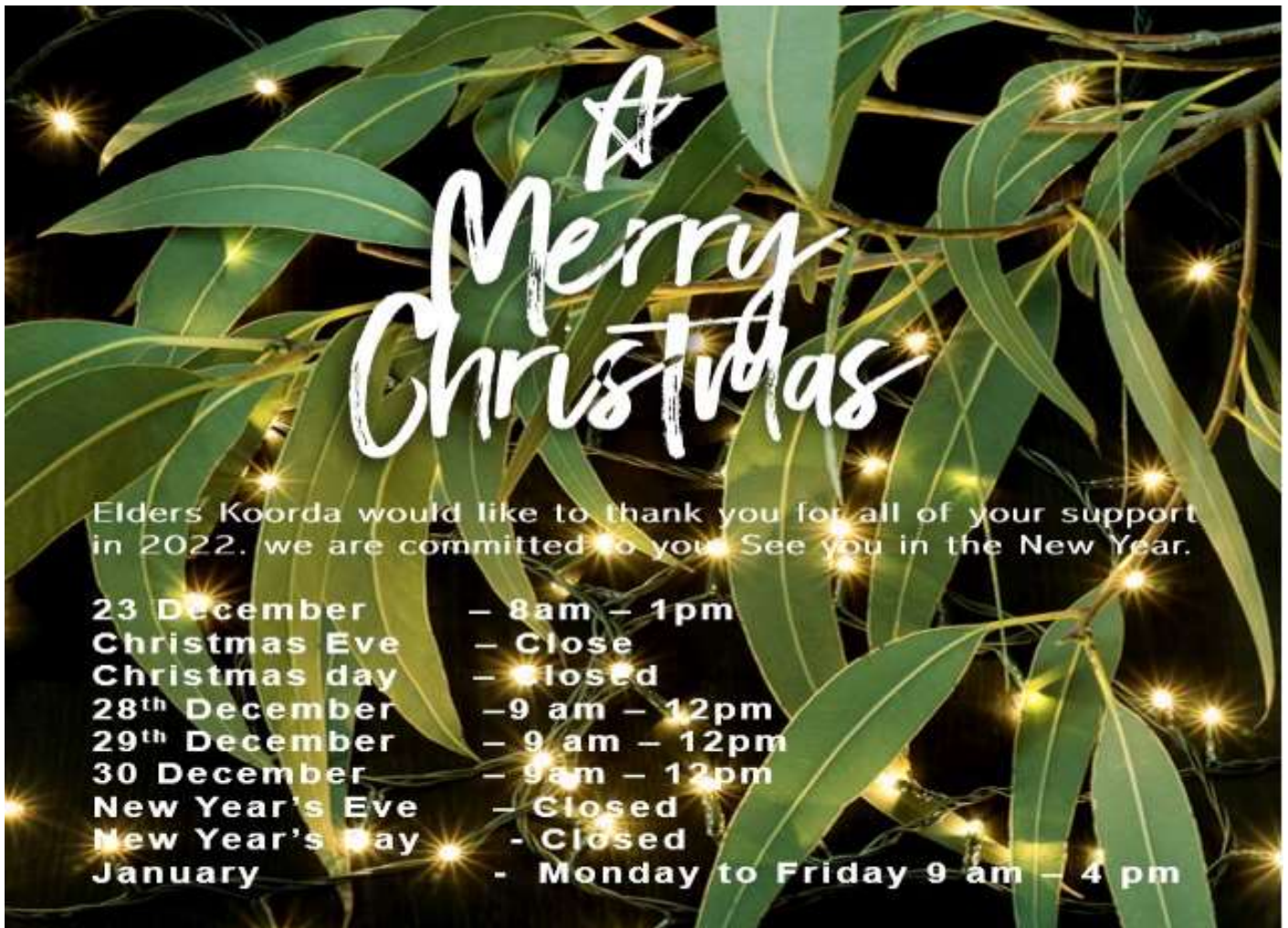
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Speak with Saritha Marais
to learn more

Mobile: 0429 579 541

Email: smarais@summitfertz.com.au



Volunteers Needed

We are currently looking for two people who are willing to go on a roster to run the Drive-In projector on movie nights

Training provided

- Plug projector into power
- Turn projector on
- Turn the monitor on
- Push the on button
- Push the dower button
- Wait for the movie to start
- Shut the door
- Wait for the movie to finish
- Do the shutdown, almost the opposite of the start up
- Lock the door and go home

OUR COMMUNITY BENEFITS

- Ten screenings a year
- Three other operators
- Rostered two to three times a year

TECHNICIAN ON CALL

IT REALLY IS THAT EASY!

☎ 9684 1081

MORE INFORMATION
www.koordadrivein.com

To all our advertisers, community contributions and readers of the Narkal Notes

Thank You!

For Your Support throughout 2022



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for Koorda*



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FEDERAL MEMBER FOR O'CONNOR

 345 Hannan Street, Kalgoorlie WA 6430

 PO Box 10415, Kalgoorlie WA 6430

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ABOUT HAVING THEM PRINTED ON
PHOTO PAPER OR CANVAS

PLEASE NOTE: THE QUALITY OF THE PHOTO ON YOUR PHONE
OR DEVICE MAY NOT BE SUITABLE FOR ENLARGEMENT

SAT
SEPT 16

2023

KOORDA SHOW

**NOTE THE CHANGE OF DATE AND MARK IT ON
YOUR 2023 CALENDAR**

FOLLOW US ON FACEBOOK FOR MORE INFORMATION

WWW.KOORDASHOW.COM

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CHALLENGE
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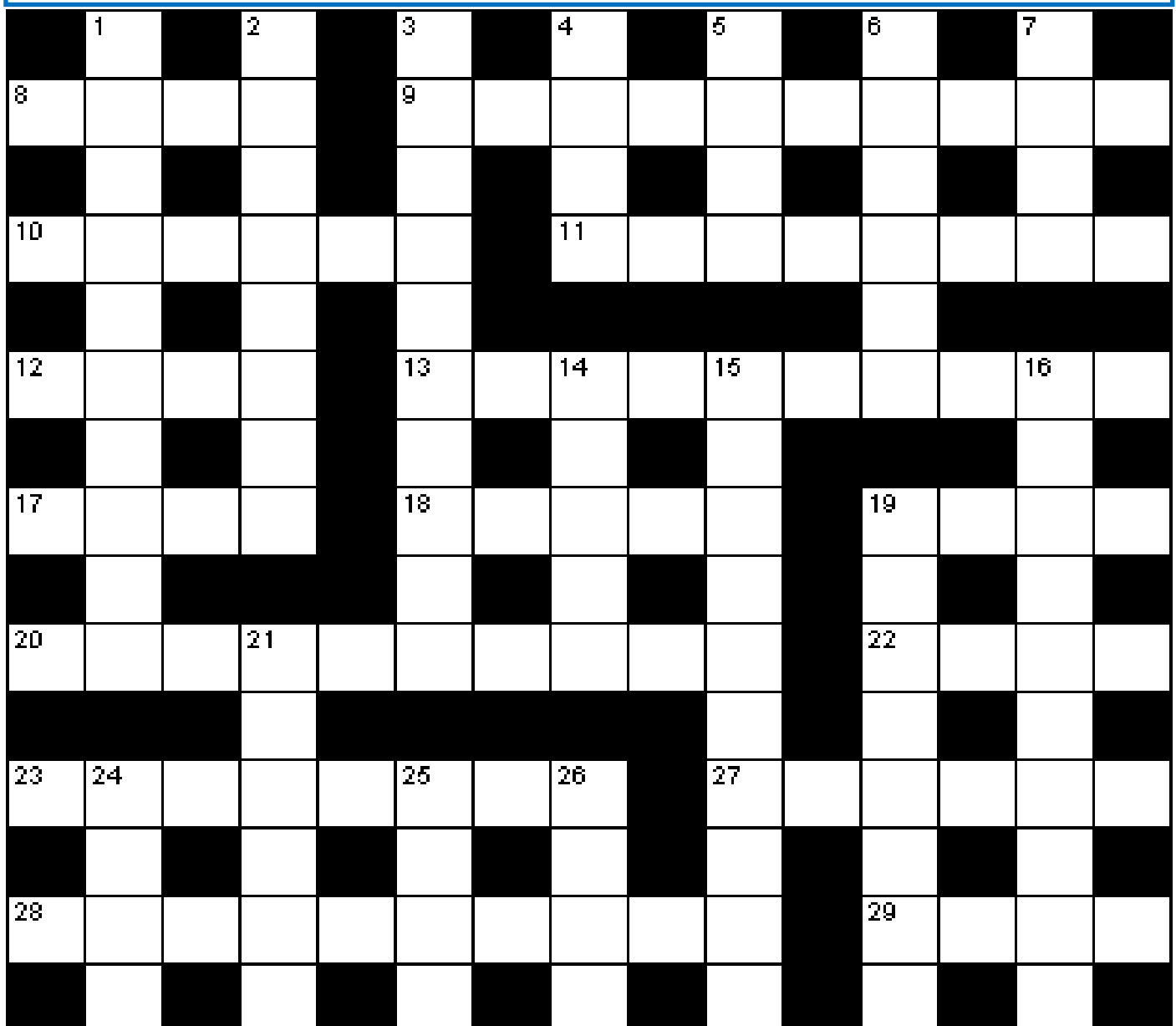
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Crossword Puzzle



ACROSS

8. Prig (4)
9. Escapades (10)
10. Stripe (6)
11. Foolishness (8)
12. Wood-cutting tools (4)
13. Germ-killing medicine (10)
17. Drinks in small amounts (4)
18. Type of drum (5)
19. Lack of difficulty (4)
20. Blizzards (10)
22. Possesses (4)
23. Great wealth (plural) (8)
27. Powerful (6)
28. Inference (10)
29. Previously (4)

DOWN

1. Induction (10)
2. Preoccupies (8)
3. Hare (10)
4. Not odd (4)
5. Knowing a secret (2 words) (4)
6. Dinner jacket (6)
7. Lairs (4)
14. Used in laser printers (5)
15. Blooming (10)
16. Crazy (10)
19. Stretch (8)
21. Inside (6)
24. Baking appliance (4)
25. Close by (4)
26. Rotate (4)

SOLUTION #691
From Issue: 1982
13th December 2022



JUNIOR COLOURING Page



● KOORDA SPORTS CLUB ●



WED 21st & THURS 22nd 5pm - 8:30pm

FRIDAY 23rd 5pm - LATE

SATURDAY 24th 12-2pm THEN 5pm - LATE

CLOSED 25TH DECEMBER

BOXING DAY - COCK OF THE WALK 12pm - CLOSE

NEW YEARS EVE - EXTENDED HOURS 5pm - LATE

NEW YEARS DAY 12 - 2pm THEN 5 - 8:30pm

MON 2ND AND TUESDAY 3RD JAN 5pm - 8pm

BACK TO NORMAL HOURS ON THE 4TH JAN

COCK OF THE WALK
Boxing Day

At the Koorda Sports Club



26TH DECEMBER
CLUB OPEN AT 12PM NAMES IN FOR A 1:30 START

"Lord of the Harvest" Catholic Parish

Beacon, Bencubbin, Koorda, Mukinbudin, Trayning

Parish Priest: Fr Richard Ye Myint

Phone: 9685 1243 Fax: 9685 1399

Mob: 0497 226 084

email: bencubbin@perthcatholic.org.au

Church Mass Times

December 2022/January 2023

Christmas Mass Times

Sat 24th Koorda 6:00pm

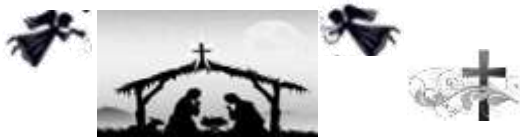
Sun 25th Mukinbudin 9:30am

Sun 1st Jan Bencubbin 9:00am

Only the one Mass in Parish that Sunday

Father will be away for the rest of January.

WISHING EVERYONE A SAFE AND
JOYOUS CHRISTMAS



KOORDA LADIES BOWLS

Last week we travelled to
Wyalkatchem, we were short so a
lady from Bencubbin filled in for us.

It was pretty windy but we enjoyed
the company.

Wylie getting 9 points to our 0.
We have a bye for our first game
next year then we are home to
Mukinbudin on the 8th of February.

ON THE 9TH OF FEBRUARY WE ARE CATERING
FOR THE MEN'S OPEN DAY, VOLUNTEERS TO
MAKE SALADS OR HELP IN THE KITCHEN
WOULD BE APPRECIATED AS SOME OF US ARE
ON HOLIDAYS AT THAT TIME.

CONTACT OUR CATERING GURU
FIONA LAWRENCE ON 0427 323 063

KOORDA MEN'S BOWLS

KOORDA 9 (55 points)

won against

MUKINBUDIN GOLD 2 (46 points)

M. Cooke 21 J. O'Neil 11

S. Maher 22 G. White 18

W. Maher 12 S. Clegg 17


6th Jan 2023 - ILRR @ Quairading

28th Jan 2023 - Bencubbin Open Day

2nd Feb 2023 - Wyalkatchem Open Day

4th Feb 2023 - IZRR @ TBC

4th Feb 2023 - PENNANTS RESUME NUNGARIN v KOORDA

 **MERRY CHRISTMAS & A HAPPY AND
SAFE NEW YEAR EVERYONE**

Koorda Sports Club

Life member of the Koorda Sports Club, Steve Maher and Bar Manager Cathe O'Brien cut the birthday cake watched on by the President of the Sports Club, Lindsay Shumack



Grace Ross - Life member of the Koorda Bowling Club



Koby Bennet won the Christmas Hamper

Flu Vaccinations

If you live in Koorda, are 12 years and older and need a Flu vaccination, please call

Wyalkatchem Medical Centre
9681 1140

or

Koorda Medical Centre
9684 1742



PROPOSED DATES FOR 2023

\$15 ADULT
\$5 KIDS
US FREE

KOORDA DRIVE-IN
Cinema

FEBRUARY 25
MARCH 25
APRIL 15
MAY 27
JUNE 17
JULY 8
AUGUST 5
SEPTEMBER 23
OCTOBER 28
NOVEMBER 25

DATES ARE SUBJECT TO CHANGE

FOLLOW US ON FACEBOOK OR VIA OUR WEBSITE FOR DATES

WWW.KOORDA DRIVEIN.COM



**KOORDA SWIMMING POOL
CHRISTMAS OPENING DAYS
OPEN 24TH DECEMBER
CLOSED 25TH, 26TH & 27TH DECEMBER
OPEN 28TH DECEMBER
CLOSED 1ST & 2ND JANUARY
OPEN ON TUESDAY 3RD JANUARY
THEN BACK TO NORMAL DAYS
WEDNESDAY TO MONDAY 11:30 AM - 6:30 PM**



LET'S CELEBRATE! AUSTRALIA

Day

KOORDA SWIMMING POOL

Lunch 12:00 - 1:30 pm (or until the food is gone)

FREE sausage sizzle lunch

Citizen of the year awards

Inflatable fun and games for everyone

KOORDA DRIVE IN 7:30 pm

FREE Classic Aussie movie "THE CASTLE"

BYO EVERYTHING


THE CANTEEN WILL NOT BE OPEN





**FREE AUSTRALIA DAY EVENT
KOORDA DRIVE-IN 7:30pm
BYO EVERYTHING
THE CANTEEN WILL NOT BE OPEN**

Diary Dates — DECEMBER 2022/JANUARY 2023


Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<u>21</u> CRC CLOSED	<u>22</u> CRC CLOSED	<u>23</u> SHIRE OFFICE CLOSED UNTIL 9TH JANUARY	<u>24</u> CHRISTMAS EVE 
<u>25</u> 	 <u>26</u> COCK OF THE WALK AT THE SPORTS CLUB 	<u>27</u> SHIRE & CRC CLOSED PUBLIC HOLIDAY	<u>28</u> SHIRE & CRC CLOSED	<u>29</u> SHIRE & CRC CLOSED	<u>30</u> SHIRE & CRC CLOSED	<u>31</u>
<u>1</u> 	 <u>2</u> SHIRE & CRC CLOSED PUBLIC HOLIDAY	 <u>3</u> SHIRE CLOSED CRC OPEN	<u>4</u> SHIRE CLOSED	<u>5</u> SHIRE CLOSED	<u>6</u> SHIRE CLOSED	<u>7</u>
<u>8</u>	 <u>9</u> SHIRE OPEN	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>

General Waste Collection Day



Recycling Collection Day

 Public Holidays

 School Holidays