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Share & Care
Community Services Group
Building resilience in communities

LEWIS MOTORS



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VEHICLE

Climate change driving Australian fish south: report

August 17, 2012, 12:19 pm

Sydney, Aug 17, 2012 (AFP) -- Australian scientists said Friday there was now "striking evidence" of extensive southward migration of tropical fish and declines in other species due to climate change, in a major ocean report card.

Compiled by more than 80 of Australia's leading marine experts for the government science body CSIRO, the snapshot of global warming's effects on the island continent's oceans warned of "significant impacts".



"Climate change is already happening; widespread physical changes include rapid warming of the southeast and increasing flow of the east Australia current," the report said. "There is now striking evidence of extensive southward movements of tropical fish and plankton species in southeast Australia, declines in abundance of temperate species, and the first signs of the effect of ocean acidification on marine species with shells."

The report described southeast Australia as a "global warming hotspot", with the contraction south and strengthening of southern hemisphere winds causing the eastern current to become more intense and also warmer.

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"A range of species including plankton, fish and invertebrates are now found further south because of the enhanced transport of larvae and juveniles in the stronger (current) and the high rate of regional warming," it said.

Sea snakes were declining and warmer beaches were changing turtle breeding habits and seabird and marine mammal feeding and mating, it added.

Coral reefs had experienced increasing thermal bleaching in the past 30 years and that was projected to become more frequent and severe, "leading to chronic degradation of most coral reefs by the middle to late parts of the century."

Though there were some "concerning findings", project leader Elvira Poloczanska said there were some positives, with new research suggesting that certain tropical fish species were better equipped to adapt to warming than previously thought.

"Whether such acclimation capacity is widespread in tropical marine fishes and whether some critical processes (such as) reproduction remain significantly impaired is unknown."

Poloczanska said Australia had some unique marine ecosystems and they provided "irreplaceable services including coastal defence, oxygen production, nutrient recycling and climate regulation".

"Every second breath of oxygen we breathe is provided by marine plants; they provide protein when we eat fish and also relaxation such as when we go swimming," she said.

"It's important we make decisions about the future."


Interesting Facts About Women

Old you
Newer...



- The word “woman” is believed to have derived from the Middle English term *wyfman*, broken down simply as the wife (*wyf*) of man. In Old English, women were described simply as *wyf*, while the term *man* was used to describe a human person, regardless of gender.
- The English word “girl” was initially used to describe a young person of either sex. It was not until the beginning of the sixteenth century that the term was used specifically to describe a female child.
- The biological sign for the female sex, a circle placed on top of a small cross, is also the symbol for the planet Venus. The symbol is believed to be a stylized representation of the Roman goddess Venus’ hand mirror.
- In almost every country worldwide, the life expectancy for women is higher than for men.
- Worldwide, women are nearly twice as likely to be blind or visually impaired as men. Experts attribute this difference to the greater longevity of women (leading to more age-related visual impairment).
- Depression is the most common cause of disability in women, and approximately 25% of all women will experience severe depression at some point in their lives.
- The probability of a woman giving birth to a baby girl instead of a baby boy increases significantly the nearer the mother lives to the equator. While the cause of this gender selection is unknown, scientists believe the constant sunlight hours and abundant food supply in tropical regions may favour female births
- The first country to grant women the right to vote in the modern era was New Zealand in 1893.
- The first woman to rule a country as an elected leader in the modern era was Sirimavo Bandaranaike of Sri Lanka, who was elected as prime minister of the island nation in 1960 and later re-elected in 1970.
- According to an ancient Sumerian legend, the universe was created by a female, the goddess Tiamat. This role of a female creator is not unique, as the Australian Aboriginal creation myth also credits the creation of life to a woman.

Jokes

- An elderly gentleman with serious hearing problems goes to the doctor who fits him with hearing aids that allow him to hear at 100% for the first time in many years. The elderly man goes back in a month for a check-up. The doctor says, "Your hearing is perfect. Your family must be really pleased that you can hear again." To which the gentleman replies, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!".
- A man being mugged by two thugs put up a tremendous fight! Finally, the thugs subdued him and took his wallet. Upon finding only two dollars in the wallet, the surprised thug said Why did you put up such a fight? To which the man promptly replied I was afraid that you would find the \$200 hidden in my shoe
- There are bats hanging off a branch upside down, all except one. Two bats comment: "What's happened to this one? I don't know, two minutes ago he seemed normal and then he fainted".
- Two attorneys went into a diner and ordered two drinks. Then they produced sandwiches from their briefcases and started to eat. The waiter became quite concerned and marched over and told them, You cant eat your own sandwiches in here! The attorneys looked at each other, shrugged their shoulders and then exchanged sandwiches.



When Did Food Become So Complicated?

Until about 60 years ago, food was food. There was no need to worry about whether your food was full of pesticides or artificial flavours, whether it had been genetically modified, pumped full of antibiotics or hydrogenated. Eating was a relatively simple act.

Nowadays there's a lot to consider before we even lift a fork, of course, we could remain oblivious to what we put in our bodies, how it is produced and the effects it has on us and the environment.

Oblivious or not, every dollar we spend is a vote for or against certain foods. Dig a little and you might not be happy about how your vote is cast. The alternative is to make positive changes to the way you eat. This isn't easy. Learning about the food we eat takes time and effort.

Sourcing and affording more sustainable or healthy food (on top of everything else we have to do) takes time and effort. Changing eating habits of a lifetime takes time and effort. The question to ask is: do you believe that time and effort to be worth it?

Here are just a few considerations that the everyday person faces when purchasing food:

When did food become so complicated?

- 
- ✓ Is it safe to microwave? To cook with teflon?
 - ✓ Is the packaging recyclable? Safe? Avoidable?
 - ✓ Is it produced locally? Imported?
 - ✓ What are the food miles?
 - ✓ Does it contain pesticides, herbicides or other harmful chemicals? Is it organic?
 - ✓ Is it organic? Is it produced in an environmentally sustainable way?
 - ✓ Has it been genetically modified?
 - ✓ Was it reared ethically? Was it reared according to animal welfare standards?
 - ✓ Did the farmer / workers get fair pay?
 - ✓ Can I afford it?
 - ✓ Is it safe and not 'off'?
 - ✓ Am I or someone else allergic to it?
 - ✓ Is it nutritious?
 - ✓ Is it processed? How is it processed?
 - ✓ Does it contain artificial colours, flavours, sweeteners, preservatives?
 - ✓ What is the carb / fat / sugar / salt / nutritional content?
 - ✓ Will it make me fat?
 - ✓ How long will it keep? What will I do with the leftovers?
 - ✓ Will it taste ok? Will my kids/partner/dog eat it?
 - ✓ How do I prepare and cook it?

Older People Are Happy: Life Begins At 40 And 50 And 60

ScienceDaily (Feb. 18, 2008) — Growing old is a happier experience than many of us imagine - that's according to the findings of a study conducted at Queen's University, Belfast, on behalf of the Changing Ageing Partnership (CAP).

The study, which was conducted by Dr John Garry from Queen's University, looked at young people's attitudes to happiness in old age and how these attitudes affect their current health-related behaviour.

Dr Garry said: "We have all heard the saying 'life begins at forty'. But it seems that many people, particularly young people, actually associate growing old with being miserable, meaning they don't see any benefit in preserving their health for old age.

"Young people like to enjoy themselves, but this often means behaving in ways that can damage their future health. The harmful effects of alcohol, smoking and poor diet and fitness are well known, but many young people still binge-drink, smoke, avoid eating fruit and vegetables and fail to do regular exercise.

"The research found that, contrary to common belief, old age does not mean a decline in happiness - older people are just as happy as younger people. Whilst many young people associate old age with doom and gloom, this is not the case.

"We also found a strong link between the belief that happiness declines with age and levels of binge drinking by young men. It seems that these young men abuse their bodies through alcohol because, as they see it, there is little point in preserving their health for a miserable old age.

"Perhaps health professionals should consider this in their efforts to tackle binge drinking amongst young men. By addressing their incorrect perception that growing old is a miserable experience, they may be encouraged to drink more responsibly and take better care of their health."

Archie and Margaret Lindsay, who are celebrating their 44th Valentine's Day together, say they are perfectly happy in their old age. The couple attend the Newtownabbey Senior Citizens' Forum. Mr Lindsay said: "I am surprised that so many young people think that getting older means being unhappy. My wife and I are both in our seventies and are as happy now as we were thirty years ago - and I think many of our friends would say the same. In the end, it's not the years in your life that count, it's the life in your years!

"It's important that young people realise that they can still enjoy life as they get older. As long as they make an effort to look after themselves, there's no reason why they shouldn't look forward to a happy and fulfilled old age."

How to Build a Greenhouse in 1 Hour



This is an easy way to cover your pond or garden.

The basic plan includes:

2 - ½ inch 10' long PVC pipes

4 - 1/4 inch or smaller thick, 12 inch long stakes

4 mil thick or 6 mil thick plastic sheeting

scissors

zip ties

The greenhouse featured was a set of 4 frames attached to each other.

Step 1_Pound stakes into the ground



Pound at least 4 stakes about 6 inches deep into the ground for each corner of your greenhouse. You can use rebar or even tree limbs sharpened to a point (tent stakes will not work because of its shape).

Continued...

Step 2_Bend PVC pipe over your garden



Slide one end of the PVC pipe over one stake and bend over your garden. Slide the other end of the pipe over the stake on the other side of your garden. Repeat for the other corner. If your garden is large, then you will need to add additional stakes and pipe. This is what I did for the long water hyacinth troth that I built - the feature picture.

Step 3_Lay plastic sheeting over frame



Lay plastic sheeting over the frame. Carefully poke holes with a pair of scissors and attach with zip ties. Allow for a flap opening on one side to allow for room to tend to your garden. That's it! It's amazing how warm this simple greenhouse will keep your garden throughout the wintertime.

www.instructables.com

HOMEMADE SALAD DRESSINGS

Honey Dressing

Thoroughly mix 1 Tblsp clear runny honey, 1 Tblsp cider vinegar and 3 Tblsp olive oil and some salt and pepper

Excellent mixed through coleslaw salad.

French Dressing

Ingredients:

1/2 tspn mustard powder

1/2 tspn salt

1/2 tspn sugar

freshly ground black pepper

1 small clove garlic crushed finely

1 Tbls white wine vinegar

3 Tbls olive oil.



Method:

1. Put everything except the oil into a screw top jar and shake until well combined.

2. Add oil and shake thoroughly again until well combined.

3. Adjust seasoning to taste.

4. use on your salads - shake well before using.

5. I used this up in a few days - it only makes a small amount at a time - it is so quick and easy that you can quickly make this up to go on a salad as you require it.

Continued...

Homemade Garlic Mayonnaise

Ingredients:

4 cloves garlic, peeled and finely chopped
2 egg yolks - room temperature (this is important) - also make sure they do not have any white at all - be careful separating them.
2 TBL lemon juice - fresh not bottled
1 cup olive oil - I only use olive oil
freshly ground black pepper

Method:

1. Place garlic, egg yolks and lemon juice in a food processor and process until combined. This does not need long. I have a small food processor that is perfect for these small mixing jobs. The lid on top has a little hole in it that I can use to add the oil in the next step.
2. With machine running, very slowly add the oil to form a thick sauce.
3. Season with pepper to taste.
4. Store in a sterilized glass jar in the fridge.
5. I store this for a week (5 to 7 days only) and make a new batch weekly. It always gets eaten.
6. If you do not want such strong garlic taste just put in one or two cloves.

Spring tagliatelle with lemon cream sauce

Ingredients (serves 4)

- 16 zucchini flowers with zucchini attached
- 2 bunches (about 350g) white or green asparagus, ends trimmed
- 60g unsalted butter, chopped
- 1 bunch baby (pencil) leeks or 1 small leek, trimmed, cut into 1cm pieces
- 250g dried tagliatelle
- 200g fresh peas (about 500g in the pod)
- Finely grated zest of 2 lemons and juice of 1
- 300ml pouring cream
- 50g finely grated parmesan, plus extra, to serve
- 1/4 cup finely chopped mixed herbs, such as chives, chervil and flat-leaf parsley



Method

1. Remove flowers from zucchini, discard stamens from inside flowers and cut zucchini into 1cm-wide pieces. Peel asparagus (see note), cut 5cm from tips and cut remaining stalks into 1cm pieces.
2. Heat butter in a large frying pan over low—medium heat, add leeks, zucchini and zucchini flowers, and cook for 3 minutes or until just tender. Season with sea salt and freshly ground pepper.
3. Cook pasta, peas and asparagus tips and stalks in a large saucepan of boiling salted water for 5 minutes or until pasta is al dente.
4. Meanwhile, combine lemon zest and cream in a saucepan, bring to the boil and simmer for 3 minutes. Add lemon juice and parmesan. Season to taste.

Drain pasta and vegetables, reserving 1 cup cooking water, and return to the frying pan. Pour over cream sauce and half reserved water, and toss gently to combine. Add more water if required. Divide pasta among bowls and serve scattered with herbs and extra parmesan.

Strawberry & basil ice cream

Ingredients (serves 4)

- 750g strawberries, hulled, plus extra quartered strawberries to serve
- 1 cup basil leaves
- Juice of 1 orange
- Juice of 1 lemon
- 300ml thickened cream
- 2/3 cup (150g) caster sugar
- **Frosted basil leaves**
- 12 basil leaves
- 1 eggwhite, lightly beaten
- 1/3 cup (75g) caster sugar



Method

1. Whiz strawberries, basil and orange and lemon juices in a blender until smooth. Add cream and sugar and pulse to combine. Churn in an ice cream machine according to manufacturer's instructions. (Alternatively, pour into a shallow container and freeze for 2 hours or until frozen at edges. Beat with electric beaters, then refreeze. Repeat 2-3 times.) Transfer to a container and freeze until firm.

2. For frosted basil leaves, brush leaves with eggwhite, then coat in sugar, shaking off any excess. Place on a baking paper lined baking tray and stand at room temperature for 2 hours or until crisp.

Serve ice cream with the frosted basil leaves and extra quartered strawberries.

Chocolate Orange Pound Cake

Ingredients:

2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 1/2 cups granulated sugar
2 tablespoons orange zest
1 (8 ounce) package cream cheese, softened
3/4 cup (1 1/2 sticks) unsalted butter, at room temperature
4 large eggs
2 teaspoons vanilla extract
1 cup dark chocolate pieces



Method:

Place a rack in the centre of the oven and preheat to 325 degrees F. Grease a 9×5-inch baking pan and dust with flour. Set aside.

In a medium bowl, whisk together flour, baking powder, and salt. Set aside. On a clean cutting board or counter, place the granulated sugar. Add the orange zest. With a bench scraper or the back of the spoon, work the zest into the granulated sugar, creating a fragrant and orange flavoured sugar. Set aside.

In the bowl of an electric stand mixer fitted with a paddle attachment, cream together softened butter and cream cheese. Stop the mixer occasionally to scrape down the bowl and make sure that the butter and cream cheese are evenly mixed. Add the citrus zest to the butter and cream cheese mixture, and beat on medium speed until smooth and creamy, about 3 minutes.

Stop the mixer. Scrape down the sides of the bowl. On medium speed, beat in one egg at a time, beating for one minute after each addition. Stop the mixer and scrape down the sides of the bowl as necessary. Beat in vanilla extract.

Add dry ingredients all at once. Beat on low speed until dry ingredients are completely incorporated. Fold in the chocolate pieces.

Spoon batter into the prepared pan. Bake for 50-60 minutes, rotating once or twice during baking. Bake until a skewer inserted in the center comes out clean, or with just a few crumbs.

You may find that the cake takes up to 75 minutes to fully cook. You might consider loosely placing a foil tent over the cake after about 45 minutes of baking. This will keep it from browning too much, and help the center bake up.

A reason to smile

The federal government will spend \$4 billion to provide subsidized dental care for millions of low income patients – including pensioners – across Australia.

Health Minister, Tanya Plibersek, says the spending will come on top of the \$515 million announced in the 2012-13 Budget.



“We know that one in five of Australia’s lowest income people have not been to a dentist in over five years – if ever,” Ms Plibersek says in a statement.

“And we know low income households have more than doubled the number of family members with untreated tooth decay compared with high income households. It’s just not good enough.”

The public dental scheme will receive a \$1.3 billion funding injection over four years. Low income earners, including pensioners, concession card holders and those with special needs, are expected to benefit.

About \$225 million will be spent on dental services in rural and regional Australia to tackle workforce issues and provide extra services for indigenous people.

The scheme is focused on preventative dental health – not just emergency care.

“While Medicare and free hospital care have been a basic right for Australians for decades, millions of people in this country still go without adequate dental care,” Ms Plibersek says.

“We also know low income households have more than double the number of family members with untreated tooth decay compared with high income households,” she adds.

The scheme comes into effect in January 2014 for children and July 2014 for adults.

www.agedcareguide.com.au

PROGRAM NEWS

FAMILY AND DOMESTIC VIOLENCE SERVICES

WAMINDA HOUSE

The refuge has accommodated 4 women and 10 children this month, keeping all support staff very busy, all the older children have been attending the local schools and enjoying the after school activities.

The support staff have attended training in Perth at [DCP], Dept of Child Protection and came away with great resources for the program.

The client's units and two of the staff offices have all been repainted with fresh colours looking revitalized. The raised garden beds are ready for spring plantings, both clients and children love this garden area and become very involved in the nurturing of the vegetables growing.

DV CHILD SUPPORT PROGRAM

Steph has been assisting 3 families which total 10 children, 2 of the families being large in numbers with older children.

Avon Youth has started a new play group for families to attend them provided some great activities including card making and lunch, Steph attended a play group with one of the children accommodated at the refuge, which gave the child's mother some quality time with her younger baby.

Steph has been attending the Lyn Mutton DV training in Narrogin and the Dr Bruce Perry M.D Ph.D. Australasian Speaking Tour, This workshop outline the hierarchy of brain development and provided neurodevelopment links to key functions, Steph has brought some great idea's back with her for children in trauma and has learnt a lot from this workshop

Continued...

CMCS

During August, the CMCS continued to be busy, with 5 new families being referred for Case Management and 3 cases closed. Making the total of families case managed for the month 15. It was decided at the Senior Management Forum to have monthly CMCS meetings in both Narrogin and Moora. It has become evident that monthly meetings are required for these two towns due to staffing issues that various agency's have. Having said that, the participation level in both Moora and Narrogin has increased and the meetings are becoming very effective. The CMCS Coordinator has attended an advanced Practice model training at DCP FDV Unit on "Working with Risk - FDV Safety Planning" This training focused on assessment work around the risk of a Fatality with F&DV Families. On the 17th August, DCP Contract Manager attended Waminda House and the Recommendations from the Service Review were addressed.

DJOOKANKA HOUSE

The program has accommodated six Women and 10 accompanying children. The Childcare worker June has been busy with the children enrolling several in the local primary school. The security fencing and automatic gates have now been completed.

Djookanka staff welcomes a new support worker Stephanie, who is currently training.

The Rainbow Centre continues to run fortnightly with a positive response from clients. Kylie reports clients especially enjoy the Cooking sessions.

Kylie has been attending D/V training with clinical psychologist Lynn Mutton each fortnight.

Advocacy and referrals were made to various agencies i.e.

Department of Housing, Births, Deaths and Marriages, Bunbury Legal Service, P.a.t.s transport, Centrelink, and accessing a specialist Lawyer to represent a C.a.l.d client in a Medical Misconduct suit.

Joan reports August as being a learning curve with interesting and diverse requests for assistance beyond the usual client requests.

Continued...

Outreach Support And Counselling

The Outreach worker has been busy with 38 clients and 56 accompanying children. Three new clients have accessed the Service and one previous client file has been re-opened. Two clients were referred to Djookanka for childcare while clients attended appointments and three clients were referred to the Djookanka program for emergency relief. Two Outreach clients were referred to a Clinical Psychologist for counselling.

Safe at Home

There has been 61 referrals for the month of August, 19 Outreach Support, 5 Security Upgrades and 6 Violence Restraining Orders. Bernie the Program Coordinator is currently attending a Domestic Violence training workshop in Narrogin for the next 6 weeks. The staffs also have attended a training day at the Family Law Courts in Perth and training at SARC the Sexual Assault Centre in Perth regarding Disclosure of Sexual Assault. Information packs were delivered to the above training venues for clients to access our service if required.

Home Support Services

August continued to be cold and frosty but it didn't stop our Clients from making the journey to Midland and Fremantle on the Saturday bus trips which were enjoyed by all.

Big congratulations to Lisa on the safe arrival of her baby early this month, both mum and baby are doing well.

The Men's Group enjoyed a day out to the Beverley Aviation Museum and are looking forward to the next trip in September which will be to Toodyay to enjoy the sights.

Well done to Captain Nicole and the Share and Care team for their participation in the Relay For Life and for keeping the torch in action around the oval for the full 24 hours. In total the event raised over \$55,000 for the Cancer Council research.

Six of our Field workers attended "Being a HACC worker" training course which was a great refresher for the work we do.

Mental Health & Mobile Respite Services News

Our 'Get Tapping' group is growing every month and we are all excited about the new large print keyboards we will be receiving for greater visibility and efficiency.

A big welcome back to our Mental Health mentor Cheryl, who has been on leave for the past few months.

The staff at Home Support Services are happily anticipating all the fun for a warmer September. See you then!

Occupational Safety & Health

There were 13 incidents this month:

3 Men's Lodge incidents: 1 client dissatisfaction & 2 client conflicts resulting in a client being removed on one occasion by police & being reaccommodated. No clients involved in any incidents remain at the Lodge.

2 HACCC incidents: 1 involved a support worker slipping but did not require medical attention & 1 related to intoxicated visitors at a client's home when the support worker went to help with meal preparation.

4 Admin incidents: All related to client abuse with one incident resulting in a lockdown of the main Share & Care building. The police were called to this incident & removed the client from the premises.

4 Djookanka incidents: 2 incidents involved clients violating procedures resulting in both clients being evicted from the refuge, one involved client conflict and one was storm damage to an outside patio roof.

2 action requests were submitted this month: 1 request was for a 'slippery when wet' stand which was resolved the same day and the other request was for some repairs to be done to the edge of the concrete patio at the Men's Lodge. The concrete contractor will attend in the next 2 weeks.

As a result of the lockdown at the main Share & Care building it was highlighted that there was no procedure in place at Waminda for any similar situation. This has since been rectified and there is now a procedure in place.

From the hazard check that was performed in March most issues at The Lodge have been rectified, we are still waiting for the Dept Housing to rectify the remaining issues.

From the hazard check that was performed in March at Djookanka there are still some outstanding issues that are being addressed on a priority basis and dependence on the availability of tradesmen.

Financial Services

Emergency Relief and Families Assistance is once again busy with food, fuel medicine and utilities assistance. Two hundred and five consumers were assisted during the month of August, 106 were new and 99 were existing clients.

Northam Emergency Accommodation assisted two clients during the reporting period providing access to long term housing.

Financial Counselling had 104 clients during the month of August, these cases are becoming for complex with multiple debts and a demanding a lot of work hours to come to some amicable agreement between creditors and clients. Yvette and Rhonda networked in Moora this month dropping off cards, posters and pamphlets to agencies within the area.

The Lodge has had five consistent clients during August with a full house recorded off and on. The Lodge has had the back step mended and the bamboo has been removed from the fence.

The NPAH program is still receiving referrals, but Department of Housing accommodation shortage is still and issue, private rentals are not within the budgets of most consumers. Two referrals were received this reporting month.

END OF PROGRAM NEWS

Organic foods: Are they safer? More nutritious?

Discover the real difference between organic foods and their traditionally grown counterparts when it comes to nutrition, safety and price .

Once found only in health food stores, organic food is now a regular feature at most supermarkets. And that's created a bit of a dilemma in the produce aisle. On one hand, you have a conventionally grown apple. On the other, you have one that's organic. Both apples are firm, shiny and red. Both provide vitamins and fiber, and both are free of fat, sodium and cholesterol. Which

should you choose? Conventionally grown produce generally costs less, but is organic food safer or more nutritious? Get the facts before you shop.



Conventional vs. organic farming

The word "organic" refers to the way farmers grow and process agricultural products, such as fruits, vegetables, grains, dairy products and meat. Organic farming practices are designed to encourage soil and water conservation and reduce pollution. Farmers who grow organic produce and meat don't use conventional methods to fertilize, control weeds or prevent livestock disease. For example, rather than using chemical weedkillers, organic farmers may conduct more sophisticated crop rotations and spread mulch or manure to keep weeds at bay.

Continued...

Here are some key differences between conventional farming and organic farming:

Conventional Produce	Organic Produce
Apply chemical fertilizers to promote plant growth	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Spray synthetic insecticides to reduce pests and disease.	Spray pesticides from natural sources; use beneficial insects and birds, mating disruption or traps to reduce pests and disease
synthetic herbicides to manage weeds.	Use environmentally-generated plant-killing compounds; rotate crops, till, hand weed or mulch to manage weeds.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean

Are there downsides to buying organic?

One common concern with organic food is cost. Organic foods typically cost more than do their conventional counterparts. Higher prices are due, in part, to more expensive farming practices. Because organic fruits and vegetables aren't treated with waxes or preservatives, they may spoil faster.

www.mayoclinic.com

In Today's World...

Article: Aged Care Services

Rising costs of medicines on PBS

Wednesday, 8th August 2012

Patients have been urged this week to shop around for their brand of medicine following price increases imposed by pharmaceutical companies on 85 brands of medicines listed on the *Pharmaceutical Benefits Scheme (PBS)*.



Minister for Health, Tanya Plibersek, stated the brands of medicines, most of which were reduced in price in April following the federal government's reforms to the PBS, have had their cost to consumers increase by up to \$7.04 due to the pharmaceutical companies increasing a brand surcharge from last Wednesday.

"There is always another brand of the same medicine on the PBS which does not have a surcharge imposed on it, so patients can avoid being slugged by these increases, which are paid to the pharmaceutical company, by shopping around," Ms Plibersek said.

The cost of the medicine without the brand premium will reportedly be no more than the PBS co-payment of \$5.80 for concessional patients and up to \$35.40 for general patients.

"The alternative brand provides the exactly same health benefit as the more expensive brand for which the pharmaceutical company has decided to charge the consumer more.

Continued...

"Patients should always ask their pharmacist when their script is being dispensed whether there is a less costly brand of their medicine available. Pharmacists are paid an incentive by the Government to help the consumer choose a less expensive brand," Ms Plibersek explained.

A list of the brands of medicines on the PBS that have increased their cost to consumers, accompanied with a list of less expensive brands of the same medicines have been posted on the internet at www.pbs.gov.au.

"Consumers can see from the list how much money they will save by not choosing a brand of their medicine with a brand premium each time they have their script dispensed.

"Consumers can be confident that different brands are just as effective, and that cheaper medicines work just as well. They should think twice about paying extra for the box and the brand name."

Two brands of cyclosporin (used as an anti-inflammatory and for skin diseases) have had their brand premium removed last Wednesday (1 August 2012).

Additionally, some medicines such as escitalopram (used for depression), amisulpride (used for mental illness) and meloxicam (used for arthritis) will be less expensive for non-concessional consumers by as much as \$5.39, as part of the continued reforms to the PBS.

Article: Domestic violence services

Assaults by women increasing: study - WOMEN are engaging in more physical violence.

August 29, 2012 1:05PM

In an assessment of male and female offending, the Australian Institute of Criminology (AIC) says assault remains the most common type of violent crime in Australia, with 171,083 incidents recorded in 2010. That compares with 17,757 sexual assaults, 14,582 robberies and 260 homicides in the same year.



The AIC says the statistics show a substantial increase in assault by both males and females.

However, in 1996-97, females committed assaults at the rate of 125 per 100,000 population, rising substantially to 186 per 100,000 in 2009-10. In the same period males committed assaults at the rate of 664 per 100,000 population, rising to 786 in 2009-10.

The AIC says the data represents a 49 per cent increase in the female assault rate, compared with 18 per cent for males. Both men and women are the victims of assault, the institute says, although rates of male victimization remain consistently higher at 837 per 100,000 in 2009-10, compared with 675 per 100,000 for females.

The rate is highest for both males and females in the 15-24 age group, at 1760 per 100,000 and 1559 per 100,000 respectively. Male victims are most likely to be assaulted by peers or strangers while females are more likely to be assaulted by a family member in a domestic violence setting.

www.news.com.au/breaking-news

Article: Financial & homelessness services

Community housing sector buckling under demand

ABC – Mon, Aug 13, 2012 9:20 AM AEST

An annual survey of Australia's community sector reveals housing and homeless services are buckling under demand.

The Australian Council of Social Service (ACOSS) survey of almost 700 agencies around the country found that the greatest area of need is housing.



It found 81 per cent of housing and homeless services reported that they could not meet demand and were forced to turn away more than 20,000 people last year who sought help. ACOSS chief Cassandra Goldie says while the figure is slightly lower than the previous year, it is still at crisis levels.

Ms Goldie says governments need to commit to tackling housing affordability.

"We must invest long-term, because clearly the lack of affordable housing in Australia remains our biggest problem," she said.

"Clearly there is a lot more work to be done so we are calling on governments both political parties to re-commit to tackling affordable housing in Australia." Community legal services are also struggling, with a record number of people seeking their advice being turned away.

Of those services, 73 per cent reported chronic underfunding.

Herbs for Headaches and Migraines

Rosemary helps soften and relax tense muscles that bring on stress headaches, while meadowsweet is ideal for relieving pain. Feverfew is famed for helping intractable headaches, bringing blood to the head and refreshing peppermint makes a great analgesic.

PAIN RELIEF COMPRESS

Ingredients:

*1 oz. each fresh or 1/2 oz. dried
rosemary, peppermint, feverfew,
meadowsweet
1 cup plus 2 tbsp. white vinegar*



Instructions:

Fill a jar with the herbs. Cover with the vinegar and leave on a sunny windowsill for 2 to 3 weeks. Strain into a clean, dark bottle and seal.

How to Use:

When you have a headache, pour some of the vinegar into a bowl and soak a clean flannel in it, wring out and apply to the forehead. Repeat as necessary. You can also chill the vinegar in the fridge, which will help if your headaches are relieved by cold temperatures.

Hints and Tips:

Rosemary relieves headaches of all kinds, whether from stress, poor circulation, muscle tension or the excesses of the night before.

This information is acquired from the Mother Earth News Website

We hope all the fathers had a lovely Fathers Day on Sunday the 2nd of September....

The Daddy Sound

I heard the "Daddy Sound,"
the reassuring, comfort sound
he, and only he, could make
to which I often fell asleep.

It was an evening sound,
an after-bedtime sound,
which sometimes I could hear,
and knew I was protected.

It was his sound, and his alone;
rough, rhythmic, brushing.
It was a magic part of childhood,
a special moment I could hear.

I grew up, moved away and married,
began a family of my own,
and forgot the comfort of
the "Daddy Sound."

Then one ordinary day,
after a relaxing shower,
I calmly thoughtfully scratched myself
and heard a buried memory:

The "Daddy Sound" from long ago.
Stunned in shock, I stood
and realized what I'd heard
and treasured all those years.

That special, magic sound, so comforting,
was mundane, simple - and somewhat crude.
My father was simply, leisurely -
scratching his hairy behind.



BOARD OF MANAGEMENT



CHAIRPERSON- Caroline Smart has been a Board Member and Vice Chair with Share & Care in the past, along with regional health Boards and a variety of other groups.

Caroline's forte lies in her extensive knowledge of and experience in the Child Care industry and her grass roots knowledge of regional community issues.

Caroline's interests are reading, gardening and community needs.



TREASURER - David Gorham joined the Management Board of Share and Care in 1996 and has served as Treasurer, Vice Chairperson and Board Member since then.

David formerly owned and managed an automotive repair company and is a former teacher. He has been a Justice of the Peace since 1983 and moved to Northam in 1989. David is a Director of a company managing farms and properties as well as a partner in a manufacturing business in Northam.

David's interests include farming, land care, mechanical engineering, new technology, product development and social issues.



VICE CHAIR- Ann Gibbs is long time resident of Northam, married to Ian and has been involved in not for profits that include Rocky Bay Village contender in the Mrs Australia Pageant, Morby Cottage Committee Chairman for 15 years, a Penguin Public Speaking Club member for 15 years, A Charter member of the Inner Wheel Club of Northam Inc (27 years), Chairman of District A40 Inner Wheel Inc (State Level), and Paul Harris Fellow for service to Rotary

Currently Ann works part time and her Interests include reading, gardening and music. Ann has 4 children and is a grand mother to 10 grandchildren.



BOARD MEMBER - Jacquie Holmes has been teaching for over 20 years. A long time local of Northam she enjoys family (4 children and 14 grandchildren) and enjoys reading, spinning, bowls and crosswords.



BOARD MEMBER - Attila Mencshelyi, Attila Mencshelyi – born and educated in Merredin married with 4 children and 8 grandchildren. Regional Manager with the Department of Housing with 38 years experience in the housing sector and 5 years prior to this with the Public Works Department. Has worked in Merredin, Kalgoorlie and Northam. While in Kalgoorlie/Boulder was a City Councillor from 1994 to 1999 and served on Boards of Goldfields Group Training and also Goldfields Independent Family Support Association. Has been on Share & Care Board since 2009 and also on Wheatbelt Independent & Family Support Association, and Chair of the Wheatbelt Senior Managers Forum.



SECRETARY - Trisha Ellis, was born and educated in Northam and after moving away and returning several times, has now settled in town with her husband, Daniel, and two young children.

Trisha's work experience is largely in Local Government and the not-for-profit sector, now working in health. Her current role complements the work of Share and Care and she is excited about joining the Board.

Trisha is passionate about ensuring access to high-quality services for all residents in the Wheatbelt.



BOARD MEMBER - John Klassek lives in Spencers Brook and operates a small IT business as well as manages a media streaming server. Together with his wife Rebecca, they have six children.

John recently finished building their family home, and his interests include archaeology, public speaking and film production. Other interests include having made a violin from Tasmanian timbers; last year he wrote and published his second book, and more recently engineered and built a steam engine.

John is also involved in community service work in Northam, and his work in Christian outreach often takes him interstate and overseas.



BOARD MEMBER - Fiona Conley joined the board of Share and Care in late 2011. A new resident, Fiona and her husband Troy and two children moved to Northam in January 2011, when she transferred with work.

Fiona is currently the Bank Manager with Westpac and has over 12 yrs experience in the Financial Services Industry. Community Services has always been a strong interest for Fiona and she looks forward to being part of the Share and Care team.



Share and Care would like to welcome the new staff that have started in our various programs, we hope you enjoy your time with us.



Share & Care

Community Services Group

Building resilience in communities