

COME AND CHEER AT DUBBO STAMPEDE SUPPORTERS' BASE – OLLIE ROBBINS OVAL

The Dubbo Stampede Running Festival is shaping up to be a carnival event with live music, food and coffee organised for supporters of full and half marathon runners at the Ollie Robbins Oval.

The supporters' base has been organised by Graham Brophy from the Pastoral Hotel to attract supporters and lift runners competing in the half and full marathon events.

The Dubbo Stampede will be held on Sunday 7 September. Participants will be running around Taronga Western Plains Zoo and the Macquarie River.

Supporters can also come to the Taronga Western Plains Zoo to see competitors start and finish. Times and details are at www.dubbostampede.com.au

Having completed a marathon himself, Graham appreciates how valuable encouragement can be towards the end of an endurance event.

"We chose the boat ramp area because it is the point in the course where runners may need a cheer squad to move them along," said Mr Brophy.

"We have a couple of music acts, food and a coffee van so supporters can hang out and cheer on runners in the half and full marathon.

"We want to give runners something to look forward to. Their family and friends can support them when they need it the most."

People are invited to the Dubbo Stampede supporters' base from 8.30am

on race day – Sunday 7 September. Zoo gates open at 6.00am.

Registrations for the Dubbo Stampede Running Festival close on Friday 5 September. To register, visit www.dubbostampede.com.au

The Dubbo Stampede Running Festival is possible only through the support of sponsors

Elders insurance, Rhino Promotions, Bosweb, Leo Fardell Earthmoving and Heavy Haulage, Destination NSW, Dubbo City Council, Shamrock Design, Dubbo RSL, Dubbo City Toyota, Nelson Keanne Hemmingway Lawyers, Macquarie Credit Union, Westfund Health Insurance, Taronga Western Plains Zoo, Star FM, Dubbo Photo News, The Weekender and Prime News.



HEALTH IS LIFE IS HEALTH TYPE 2 DIABETES – CAN I PREVENT IT?

There are some people who are more likely to get type 2 diabetes than others – older people, Aboriginal and Torres Strait Islander people, people with family who have diabetes, and women who had diabetes during pregnancy.

So what's the good news? There are things that ALL people can do to prevent or delay getting diabetes. These are staying at a healthy weight, keeping active, making healthy food choices

managing blood pressure and cholesterol, and not smoking. These things aren't always easy but with support from health workers, family and friends, they are possible. And you'll feel better for it!

For every person in Australia who has been diagnosed with type 2 diabetes, there is another person who has diabetes but doesn't know yet. This is why it's really important to talk to your doctor or health worker about diabetes. Sometimes you might be scared to ask in case you find out you have diabetes, but knowing means that the doctor can work out a plan and health workers can support you in making lifestyle changes. As they say – "knowledge is power"!

**Danielle Graves, Dietician/
Exercise Physiologist, Walgett
Aboriginal Medical Service Co-
operative Limited.**

LGNSW WATER MANAGEMENT CONFERENCE 2014

The Hon Kevin Humphries MP, Minister for Natural Resources, Land and Water yesterday addressed more than 190 delegates at the Local Government Water Management Conference, highlighting the NSW Government's key priorities in tackling water and sewerage issues, particularly across regional and rural areas of the state.

Affordable high quality water supplies to regional communities, the need to improve regional water plans, and protecting access to water for industry

and communities were all high on the Minister's agenda, as was identifying and developing more storage facilities in NSW over the years to protect future water security.

President of Local Government NSW, Cr Keith Rhoades AFSM, welcomed the Minister's address, but raised the burning question: What is the future of NSW Local Government in the water utility sector?

"Professor Graham Samson, who was part of the panel discussion on Local Water Utility reform, pointed out that the NSW Government does not see Local Government as a leader in the water industry but merely a distributor," said Cr Rhoades.

"Evidently strong leadership in the local water utility sector is required to meet future challenges, but I'm sure that NSW councils are up to the challenge."

"Local water utilities in regional NSW have been getting on with business and continue to perform well, as shown in the NSW Water Supply and Sewerage Performance Monitoring Report for 2012/13, despite the cloud of reform hanging over Local Government's head."

"Local water utilities are looking to the future, with ninety-two per cent having a sound 20-30 year strategic business plan and financial plan, compared to 31 per cent 15 years ago."

"We hope that the State Government's response to the Independent Local Government Review Panel's report recognises the strong performance of council-owned local water utilities and their success in delivering regional solutions and recommends councils retain these services and ownership of critical water and sewerage infrastructure," said Cr Rhoades.

For more information on the LGNSW's 2014 Water Management Conference, visit: lgnsw.org.au/waterconference