

attacked by a dog is encouraged, so that the incident can be minimal.

ce for unwanted dogs. Non-re-homed with the generous

## SM

come an ongoing and costly ng destroyed and defaced a

k, Walgett have been once il was slashed and destroyed a stolen. Not only is it costly ities, but this can also be un- cent acts of vandalism along its of in excess of \$12,000.

ll members of the local com- rting vandalism to local po- of any such events we urge of dollars spend on replace- e better spend on improving

## FOR WALGETT Y

re Walgett Library opening : 2014 for the duration of the nt opening hours are;

st Council's Senior Library m 6828 6103 or email

## DUMPING

g people involved in illegal and garden waste.

Environment Operations Act e must take reasonable pre- to prevent their waste from gust 2014 the NSW Govern- n individual committing this

ing several fines in the near responsible for the disposal

o report information regard- l's Regulatory Officer.

*Council offers attractive working conditions under the Local Government State Award 2014, study and training opportunities, Council uniform, a safe working environment, and flexible working conditions.*

Written applications for all positions close with the undersigned at 5.00pm Monday, 24 November 2014.

### Applications

**How to Apply:** Applicants **must address the selection criteria outlined in the Information package** as per the Guidelines for Applicants, complete a standard Application for Employment form and forward their Resume to be considered for short-listing. To obtain an Information package, please contact Council's Acting Human Resources Manager Julie McKeown on telephone number (02) 6828 6105, via email [jmckeown@walgett.nsw.gov.au](mailto:jmckeown@walgett.nsw.gov.au) or download via website [www.walgett.nsw.gov.au](http://www.walgett.nsw.gov.au).

Email applications to [admin@walgett.nsw.gov.au](mailto:admin@walgett.nsw.gov.au). Written applications are to be forwarded to the General Manager, Walgett Shire Council, PO Box 31, WALGETT, NSW, 2832.

Don Ramsland  
General Manager  
Walgett Shire Council

*Council is an Equal Opportunity Employer and has a smoke free work environment.*

## HEALTH IS LIFE IS HEALTH ARE YOU EATING ENOUGH FIBRE?

Dietary fibre is essential for keeping the digestive system healthy, but most Australians do not consume enough fibre.

Disorders that can arise from a low-fibre diet include constipation, irritable bowel syndrome, diverticulitis, heart disease and some cancers. In addition, a high-fibre diet has been shown to benefit diabetes, blood cholesterol levels and weight control, and in countries with traditionally high-fibre diets, diseases such as bowel cancer, diabetes and coronary heart disease are much less common than in Western countries.

So what foods can you get fibre from? There are plenty!

- Fruit and vegetables (especially the skins)
- Nuts and seeds
- Legumes and peas (such as lentils, chick peas, split peas, kidney beans & baked beans)
- Oat bran, wheat bran, barley, corn bran, rice bran
- Psyllium and flaxseed
- Wholegrain breads, cereals and crackers
- Soy milk and soy products

These are some simple suggestions for increasing your daily fibre intake;

- Eat breakfast cereals that contain barley, wheat or oats
- Sprinkle some bran, psyllium or flaxseed on your morning cereal or porridge
- Switch to wholemeal or multigrain breads

- Add an extra vegetable to every evening meal
- Add legumes to stir fries and curries
- Have fruit, nuts or wholegrain crackers as snacks

If you are increasing the amount of fibre in your diet then it is also important to make sure that you drink more water too. Drinking at least 8 glasses (or 2 litres) of water per day is another good way to prevent constipation.

Have enough fibre and water and your bowels will thank you for it!

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

**medicare  
local**

FAR WEST NSW

*Committing health to meet local needs*



**WALGETT CHRISTMAS  
MARKETS**

**SATURDAY 13<sup>TH</sup> DECEMBER**