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Coonamble Times

YOUR LOCAL NEWSPAPER SERVING COONAMBLE AND DISTRICT SINCE 1885

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Coonamble blokes put their bodies over the pit for health



• Malcolm Homer (right) gets the all clear for protein in his urine from Tjaye Simpson from Walgett AMS and Clayton Anderson GWAHS.

HOPING to continue a little further in the race of life 122 blokes pulled into the pits last week to get a health once over before joining the race.

Run by the Coonamble Aboriginal Health Service, the Men's Pit Stop was run to heightening men's awareness of their health in an interesting and fun manner.

Using the analogy of car maintenance men had the equivalent of a 60,000 km service getting their entire vehicle checked.

Fuel (blood) was checked.

They were given a model type from their Body mass Index BMI and the tyre pressure (blood pressure) was checked, assessing for risk of heart disease and diabetes.

Fuel Mix (Pathology) was next checking for cholesterol and sugar followed by lights and engine noise (vision and hearing), then Fuel additives/ Exhaust (Alcohol/ Drugs / smoking)

was assessed for carbon dioxide

Checking the tool box meant a questionnaire on mental health and depression.

Next came a vehicle performance and radiator check which included a Prostate questionnaire and a test for Kidney function.

Men were also given sexual health tips from the GWAHS Dubbo Sexual health team and a representative of Family Planning NSW which was not unlike repacking bearings but was called checking the spark plugs.

Finally attendees were given a roadworthy certificate from GP Dr Sam Nelapati and if needed a referral for further maintenance work by an engine specialist.

CAHS Practice nurse Carey Golledge said the Pit Stop concept was fantastic and had proved to be very successful in Coonamble.

"It has been run in different places but this was

first for Coonamble," Carey said.

"We had excellent volunteers who helped and it was a real social event with a very relaxed atmosphere especially being men only.

"And I think the school group encouraged the older group."

In running the Men's Pit Stop at the Murdi Paaki training centre, CAHS utilised staff from other Aboriginal Medical Centres including Dubbo, Walgett and Wellington.

The two day program was also assisted by Dubbo GWAHS, Family Planning, Diabetes Australia-NSW and Murdi Paaki Drug and Alcohol Network.

In evaluating some of the attendees Carey noticed that some had not seen a GP for up to eight years.

(Continued Page 2)

The Fifth Column French father force feeds school report

A FATHER who forced his 12-year-old son to eat a bad school report has escaped a prison sentence.

The unnamed man rammed the three-page summary into his child's mouth, causing the boy to choke.

When the boy failed to swallow the report, the man tried to push it further down his throat before slapping him around the face, a court in Poitiers was told.

The boy's swollen eye and cut lip were spotted by a teacher in class the next day.

Social services were alerted and the father was charged with assault.

He received a two-month suspended prison sentence.

"I have apologised to my son for what I did and things have been much better since," he told the court.

"I do not hit him anymore."

Nothing like a new ad

ADVERTISING execs. had hoped to create an ad that was not divisive or polarising, but it seems Australians either love or hate Tourism Australia's new TV commercial.

While some said the ad had a genuine feel to it and showed Australia as the bright, fun place that it is, others described it as embarrassing, tacky and cheesy.

"The soundtrack sounds like it was ripped out of a Monty Python movie," one online critic said.

Another scathing comment called the ad "hopeless, unimaginative, badly conceived and stale."

But most thought it was an improvement on Lara Bingle's controversial "So Where the Bloody Hell Are You??" ad, which even Prime Minister Kevin Rudd described as a "rolled gold disaster".

Sounds like a rip off of the Discovery Channel Ad to me Boom-tee-ah-dah! (Ed.).

COONAMBLE BOWLING CLUB



Monday night Members draw - \$260
 LTPS/10/02711

Friday Draw \$2,500
 LTPS/10/02708

Jag the Joker \$1,450
Sunday, June 6
 LTPS/10/03805

Bistro Monday - Saturday
 12pm - 2pm and 6:15pm - 8:30pm
 Sunday 6:15pm - 8pm

Friday, June 4 Bonus Raffle
Membership now due

June long weekend - Karaoke Saturday/Sunday nights

For the information of members and their invited guests.

Coonamble blokes put their bodies over the pits

(Continued from Page 1)

"A few were initially reluctant to enter through the big double doors but after two to two and half hours all came out pretty happy," Carey said.

The Pit Stop stations were manned by experts, but the health message was delivered in a comfortable and fun setting that allowed participants to overcome any apprehension that they may have had about going to a doctor, or presenting with a specific problem.

There is a growing recognition of the importance of social factors, such as norms associated with masculinity, lifestyle, health habits and propensity to seek treatment.

In other words, men don't generally conduct regular preventative maintenance and certainly aren't likely to take themselves to a garage (health service) until it becomes serious.

They do not talk candidly about the health of their own vehicles, their bodies even to other men.

Whilst talking about vehicles is "blokey", talking about your health is not and is seen as a sign of weakness.

Men take an interest in maintaining their vehicles, with regular tune-ups, oil changes and lubes.

Why doesn't their body rate the same attention?

Typically men go to doctors with a garage mentality, they want to leave their body and pick it up when it's fixed.

As men regularly take an interest in their cars, and the ongoing maintenance of them, the idea behind Pit Stop is to attach this concept of regular mechanical tune-ups to their own health.

Men's Health is one of the poorest in Australia and men are more likely to die of all selected causes than women.

Self maintenance is often not a priority for men, thus, Pit Stop is a method providing a safe and comfortable environment where blokes can have their tyres kicked without the threat of receiving a defect sticker



• Juicy Hamilton checks his carbon monoxide emissions on the smokelyser with Geoff Du Toit from Wellington AMS.



• Pampy Hamilton getting his blood checked for Cholesterol and Sugar by Phillip Dowse from Walgett AMS.



• Greg Mckeown, Bruce O'Brien and Dylan McNamara wait their turn for testing.



Letters to the Editor

ALL CORRESPONDENCE RECEIVED IS PRINTED AT THE DISCRETION OF THE EDITOR.
ALL CORRESPONDENCE MUST BE SIGNED & INCLUDE AN ADDRESS & PHONE NUMBER.

School defends BER building

To the Editor,

I am writing to clarify some comments that appeared last week in relation to the new hall at Quambone Public School. These remarks were not made on behalf of the school.

The hall itself has a kitchenette, a storage room and air conditioning, and can provide many benefits for our students.

We have recently received the keys and are presently using the hall for morning fitness in wet weather, and rehearsals for an upcoming talent quest. A community group has used it for their meeting.

We intend to use the hall for public speaking and social opportunities for the children. As such it will help break down some of the effects of isolation. It will be available to the playgroup and to community health workers as well as community groups. It will also be used as a creative arts space. Our school does not have any public foyer, so the hall will also be used to display the achievements of our students.

Rather than having a final inspection we have 12 months in which to notify defects for rectification.

Cassandra Mackay
Principal

Education Dept defends shed

I CAN only wonder where the Coonamble Times got its information and why it did not check with the school or Department of Education and Training (BER at its best, Coonamble Times, 26 May, p4).

The story could not be further from the truth.

The school is already putting the building to good use, including conducting fitness sessions in wet weather, and have lots of plans to take full advantage of it for displaying students' achievements, creative arts sessions, social activities, playgroup, community groups and health worker visits.

With its fully air-conditioned additional space, kitchenette and storage room, the building is a great asset to the school and community.

It is churlish and inaccurate to use disparaging labels like the snide "shed" comment.

Claims about the 'final inspection' are also without foundation.

As is common practice within the building industry, the school has time to identify matters that may need follow-up.

In this case, the school has a 12-month warranty period.

The BER building is a great acquisition for Quambone Public School

and therefore it is most disappointing that the Coonamble Times publishes unsourced, inaccurate editorial such as this without scrutiny.

Michael Cronk
School Education Director,
Warrumbungles

At last a reaction!

The editorial in question was meant to draw attention, however misguidedly, to BER and not the education department or school.

Perhaps if the Education Department had open and transparent communications with the media, these inaccuracies wouldn't occur.

If my source doesn't have the information you have just provided, then you can be guaranteed neither do the majority of parents who send their children to Quambone PS.

While I might be responsible for spreading misinformation, it is no worse than no information.

If you're so proud of your new building why didn't you let us know that it was being used?

And I still think it is an overpriced building.

P.S. see Quintessentially Quambone's piece for more information. (Ed.)

\$2 million funding to fix flood damaged roads

ROADS Minister David Borger has announced the NSW Government is providing more than \$2 million in funding for Coonamble Shire roads damaged by floods.

Mr Borger said the NSW Government is providing this help under Natural Disaster funding to restore and repair roads in the area.

"The floods in December and January made life difficult for local residents and businesses and many local and regional roads were damaged in the floods," Mr Borger said.

More than \$1.7 million of the total amount of NSW Government funding will be allocated to local roads which bore the brunt of the flood damage.

"Rebuilding these regional roads will help everyone who lives and works in Coonamble Shire."

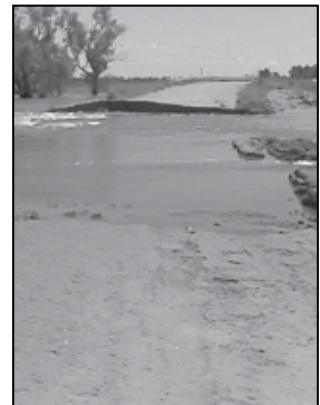
Natural Disaster funding arrangements provide for roads or bridges damaged by natural disaster events such as flooding to be restored to their pre-flood condition.

"This funding announced make sure the roads damaged by floods in Coonamble Shire are restored so life can get back to normal as quickly as

possible," Mr Borger said.

The funding was allocated to various categories of roads in Coonamble Shire following an RTA assessment of the damaged roads:

- Regional Roads \$257,300
- Local Roads \$1,782,600.



• Funding will help pay for the repair of the Billeroy Road that was washed away during the flood.

Bush poets Breakfast
Sunday June 13
Plaza Theatre Coonamble from 7.30am. Poetry from 8am.

tuck into a hearty cooked breakfast and enjoy a performance from our guest poet **andrew hull** - often described as the 'modern day lawson'.

write a verse, spin a yarn and join the locals who stand up to entertain the crowd. entry \$5. breakfast plus poetry \$15. family with kids u/12 \$40. donations of damper and eggs appreciated!

for more information ring **liz markey 68241550**. Tickets available online at www.trybooking.com/FMZ or at Als Global Village

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WINNERS

The winners of the three Mike Hussey Easy learn Key Boards are Jessica Crawford, Rose McMahon and the Coonamble High School's Support Unit.

Your prize can be collected from the Coonamble Times office immediately.

Easy LEARN