



Our Christmas Sundowner was held on the patio of our beautiful new building on Friday, 13th of December 2019. With over 65 people in attendance, it was a great night filled with laughter and fun and everyone had a great sense of belongingness to our wonderful community.

We are looking forward to the opportunities this new building will bring us and to the people of Yarloop and surrounds.

Our new CRC building also has laundry facilities, a hall and offices/ rooms for hire. We also welcome Dr Venter who comes in every Wednesday and a child health nurse every 4th Wednesday of the month.



YOU ARE INVITED TO A
BBQ AT THE YARLOOP CRC!
FRIDAY 21ST FEB @ 5PM
BYO DRINKS & MEAT.
WE WILL SUPPLY THE SALADS!

February 2020 ISSUE

23 Station Street,

Yarloop WA 6218

Ph: (08) 9733 5600

E: yldic@bigpond.com

Open Hours:

Monday—Friday

9am—3pm

Copies available at:

Yarloop CRC

Cookernup General
Store

Harvey Visitors Centre

Or via email when you
register your details with
the Yarloop CRC

Are you interested in
advertising with us?

Please contact us today

Want to have the Yarloop Phoenix emailed to you every month? Email yldic@bigpond.com



Government of Western Australia
WA Country Health Service



Yarloop Community Resource Centre

For parents and carers with babies or young children.

Child Health can support your family with:

- Feeding
- Sleep and Settling
- Growth and Development
- Emotional Health
- Parenting/Carer Support
- Getting ready for school

Based in at Yarloop Community Resource Centre:

When: 4th Wednesday of the month commencing 26th of February.

Time: 9:00 am to 11:30am.

Venue: Yarloop Community Resource Centre,
23 Station Street, Yarloop WA 6218

If you would like to make an appointment with the Child Health Nurse
please call **1800 457 949**

COMMUNITY | COMPASSION | QUALITY | INTEGRITY | EQUITY | CURIOSITY



Adapted from State of Western Australia, Child and Adolescent Health Service (CAH-000936)

Hon Colin Holt MLC

Member for South West Region

Mobile Electorate Office

Monday 24th February, 2020 at 11:45am - 12:45pm

Yarloop Community Resource Centre

If you would like to speak with me while I'm in town, please contact my office to make an appointment.

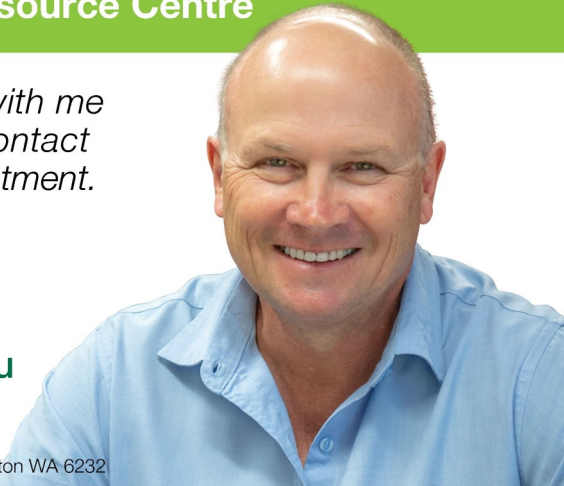
freecall 1800 758 458

ph 08 9724 1181

colin.holt@mp.wa.gov.au

www.colinholt.com.au

Authorised by C Holt, Unit 2/8 Cassowary Bend, Eaton WA 6232



THE NATIONALS for Regional WA

MEMBERSHIP
★★★★★
is the Best Value

Would you like to be a member?

Single/Family membership \$10.00 or \$5.00 for concession card holders.

Please contact us at the Yarloop CRC for membership benefits.

Be Connected

Network Introduction



Be Connected

Every Australian online.



Good Things
Foundation

Want to learn more about how to use your device?

Talk to us about a Be Connected appointment!

We can help with phones, tablets & laptops.

No query too small!



Art & Craft



Join us at the Yarloop CRC on
Wednesday March 4th @ 10AM.
Bring what you are already working
on or start a new project!



CHILD HEALTH NURSE

EVERY 4TH WEDNESDAY
OF EVERY MONTH

STARTING: 26/02/2020

9AM - 11:30AM



THANK YOU

The Yarloop CRC would like to thank Cheryl Upton & Vicki Collins for volunteering their time, fabric & sewing machines to make koala mittens. We will be donating them to WIRES & ARC Craft Guild (Animal Recue Collective).



Yarloop Community Resource Centre

We are doing it again!

Back by popular demand we are organizing another
progressive garage sale trail with a twist!

We will also be holding a market day in the hall of the
Yarloop Community Resource Centre.

If you are interested in a stall or being added to the map please
come by and see us or email ylc@yarloop.com

ONLY \$10!!

Saturday 21st March 2020

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4								1
			6	4			5	
6	7							
							1	9
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6					8	5		
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		1		7		3		
5				8	2			
9		5					1	
		2			9	4		
		6	2					3

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Yarloop Business Directory available at the Yarloop CRC

DO YOU HAVE A LOCAL BUSINESS THAT
SHOULD BE IN OUR LOCAL DIRECTORY
CALL OR COME SEE US TODAY!



REGISTERED CIVIL CELEBRANT

PRISCILLA DUANE

Available for: Weddings, Commitment Ceremonies, Vow Renewals,
Naming Ceremonies, Funerals and Pet Funerals.

Ceremonies created especially for you.

Located in Yarloop, willing to travel

P: 0426 143 267 E: priscilladuane60@gmail.com

W: 44merlin.wixsite.com/priscillacelebrant





Attention all youth group kids & parents.

We would like to start by thanking all the kids & parents who attend this program, we look forward to seeing you all again in the new school term.

We endeavour to have youth group every Thursday after school, however this may be subject to change as we have limited staff. You will be notified via Yarloop Primary School SMS service & on our Facebook page if there are any cancellations.

We have had to make some changes that we are hoping parents can help with. Once your child attends youth group they will be provided with a YG pack, this includes a new permission form, a parent survey and a list of the new rules. If this could all be filled in and returned to us ASAP, it would be greatly appreciated.

If you are interested in volunteering we are always looking for more help for Youth Group. Some of the help we need includes:

- Cooking
- Outdoor sports
- Indoor crafts

Please contact us if you would like further information, ylidc@bigpond.com



**Doctor Venter is back at the
Yarloop CRC on
Wednesdays 1-2 pm
Bookings can be made via
Wellington Medical Center
9729 1064**

Welcome Hayley!!

You may have noticed we have a new temporary staff member at the Yarloop Community Resource Centre.

Hayley has completed a range of certificates including :

Cert III Business Admin, Cert IV Education Support, Cert III Early Childhood Education & Care and Cert II in General Adult Education.

Hayley is interning with us from Forrest Personnel in order to get some on the job experience working in an office.

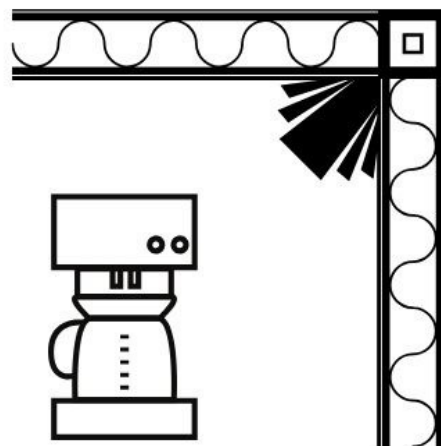
Hayley is 22 and has been living in Dardanup with her family her whole life. In her spare time Hayley enjoys tending to her vegie garden, sewing and cooking.

We have very much enjoyed having Hayley here as part of the team and wish her all the best with future employment.



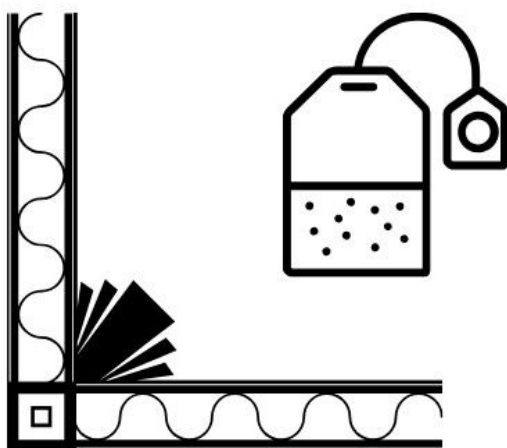
Coffee Grounds

- **Soil Conditioner**
- **Compost Additive**
- **Worm farm feed - up to 70%**
- **Neutralize odours in fridge**
- **Dye paper**
- **Help eliminate smelly hands**



Tea Bags

- **Dye Fabric**
- **Clean Glass**
- **Reduce bruising**
- **Helps with minor sunburn**
- **Clean dishes**
- **Remove odours from fridge**
- **Helps reduce acne**



Emu

Dromaius novaehollandiae
Casuariidae



Standing at up to 1.9 metres tall, the flightless Emu is one of the world's largest birds. One of the first birds to be discovered in Australia by Europeans, it was instantly recognised as an unusual species. One of its unusual traits is its domestic life: after the female Emu lays her dozen or so green eggs, she leaves the male to incubate them on his own, and after they have hatched, the striped chicks are also looked after by the male, with no contribution from the female.

The Emu is Australia's tallest native bird, reaching between 1.6 m and 1.9 m when standing erect. Adult Emus are covered with shaggy grey-brown feathers except for the neck and head, which are largely naked and bluish-black. The wings are greatly reduced, but the legs are long and powerful. Each foot has three forward-facing toes and no hind toe. Most people see Emus along roadsides, near fences or other barriers, giving the impression of close association. However, Emus are not really social, except for young birds, which stay with their father. Emus eat fruits, seeds, growing shoots of plants, insects, other small animals, and animal droppings.

Nesting takes place in winter. The male and female remain together for about five months, which includes courtship, nest building and egg-laying. The nest consists of a platform of grass on the ground, about 10 cm thick and 1 m - 2 m in diameter. The large eggs (130 mm x 90 mm) are laid at intervals of two to four days. These are dark bluish-green when fresh, becoming lighter with exposure to the sun. The shells are thick, with paler green and white layers under the dark outer layer.

The female dominates the male during pair formation but once incubation begins, the male becomes



aggressive to other Emus, including his mate. The female wanders away and leaves the male to perform all the incubation. Sometimes she will find another mate and breed again. The male incubates the eggs without drinking, feeding, defecating or leaving the nest. During this time, eggs often roll out of the nest and are pulled back in by the male.

Newly hatched chicks are cream-coloured with dark brown stripes. They leave the nest when they are able to feed themselves. Young birds stay close together and remain with the male for four months. They finally leave at about six months. During this period, the

stripes fade and the downy plumage is replaced by dull brown feathers. Emus are nearly fully grown at one year, and may breed at 20 months.

Sometimes eggs that have not hatched remain in the nest after the male and young have left and become sun-bleached. Bleaching takes about three months.

Information found on Wikipedia & birdlife.org

Have you heard of the Great Emu War of 1932!

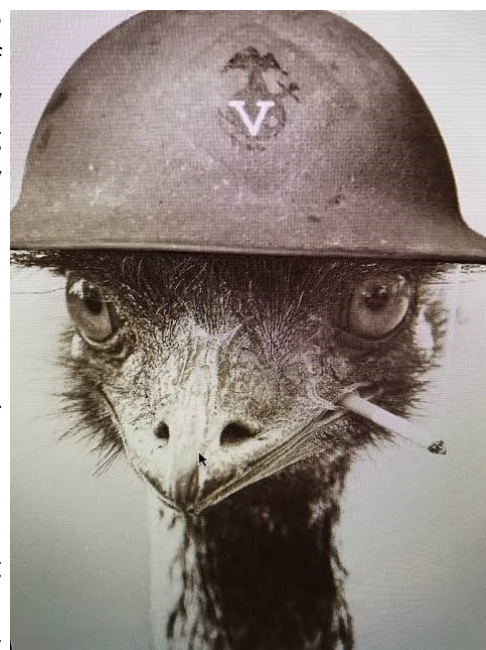


The Emu War, also known as the Great Emu War was a nuisance wildlife management military operation undertaken in Australia over the latter part of 1932 to address public concern over the number of emus said to be running amok in the Campion district of Western Australia. The unsuccessful attempts to curb the population of emus, employed soldiers armed with Lewis guns—leading the media to adopt the name "Emu War" when referring to the incident. While a number of the birds were killed, the emu population persisted and continued to cause crop destruction.

Military involvement was due to begin in October 1932. The "war" was conducted under the command of



Major G. P. W. Meredith of the Seventh Heavy Battery of the Royal Australian Artillery with Meredith commanding soldiers Sergeant S. McMurray and Gunner J. O'Halloran, armed with two Lewis guns and 10,000 rounds of ammunition. The operation was delayed, however, by a period of rainfall that caused the emus to scatter over a wider area. The rain ceased by 2 November 1932, whereupon the troops were deployed with orders to assist the farmers and, according to a newspaper account, to collect



100 emu skins so that their feathers could be used to make hats for light horsemen.

****All information found on Wikipedia if you would like to read more about the Emu War.****



**Yarloop Connect
Morning Tea
Every Tuesday
from 10am
Come for a cuppa!**

Meditation

Meditation is an ancient Eastern practice. In Western countries, meditation is becoming very popular as a tool to calm and focus the mind. Meditation can help you cope with everyday life, reduce stress and improve your overall wellbeing.

What is meditation?

Meditation is a type of mind–body or relaxation therapy. During meditation, you concentrate your mind on one particular thing, such as your breathing, sounds, body movements and feelings or a mantra (chant). This helps train your mind to stay focused and peaceful during times of stress or anxiousness.

What are the health benefits of meditation?

Meditation has both physical and mental health benefits. It can help you manage the symptoms of many health conditions, including:

- anxiety, depression
- heart disease,
- high blood pressure
- pain
- sleep problems

Meditation can also have benefits for your mental health including helping to:

- manage stress
- increase self-awareness
- focus on the present moment



HealthdirectFree Australian health advice you can count on. Last reviewed: March 2018



Free
Meditation/
Relaxation classes
with Jacqueline
Mondays 9am

Want to have the Yarloop Phoenix emailed to you every month? Email yldic@bigpond.com



The CRC had a lovely visit from ex Yarloopian's Vida Hill and Adele Archer. Vida was our art teacher at the old CRC and has presented us with a beautiful painting she did to replace one we had at the old CRC. It's lovely to have a bit of Vida back in the CRC and a reminder of the fun times with previous volunteers at the old CRC (Yarloop Hospital). Thank you Vida, we love it!



The Little Farm Pure Raw Honey

- 1KG Plastic Bucket-\$14.00
- Squeezy Bottle 500g - \$9.00
- 500g Plastic Jar - \$9.00
- 1KG Glass Jar -\$15.00
- 500g Glass Jar - \$10.00
- 250g Glass Jar - \$7.00
- Creamed Honey 500g -\$10.00
- Fresh Honeycomb 250g- \$10.00
- Beeswax 250g - \$10.00
- Beeswax Candles - \$6.00 each
- Reusable Beeswax Wraps also available

Yarloop Community Resource Centre Services!

Document Services	Member	Non-Member
Computer Use 30 minutes	FREE	\$1.00
Per Hour	\$1.00	\$4.00
Laminating A4	\$1.00	\$2.00
A3	\$2.50	\$4.00
Document Binding	\$4.00	\$6.00
Print & Copy Black & White A4	\$0.20	\$0.40
A3	\$0.40	\$0.60
** extra for double sided		
Print & Copy Colour A4	\$0.60	\$0.80
A3	\$0.80	\$1.00
** extra for double sided		
My Gov & Centrelink	FREE	FREE
Scanning	\$1.00	\$2.00



Whether its out of interest & wanting to further your knowledge OR it is now a necessity and you can not avoid it any longer talk to us about our FREE one on one digital literacy sessions.

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Do you need a whole new resume or just help sprucing up the old one? We can help write, print, laminate and bind your resume for a fresh and professional look. Call us for a quote!