

August 2018

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Next Issue:
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Open Hours:

Monday - Thursday 9am to 4pm
Friday 9am to 3pm

Copies available at:

Yarloop CRC

Cookernup General Store

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

August Events

Yarloop Connect at the CRC
Every Tuesday @ 11.30am

Derby Day at the Bowling Club
Sunday, 5th August @ 1pm

Yarloop CRC Art & Craft Day
Monday, 6th August @ 10am

Prostate Cancer Night for Men
Friday, 24th August @ 6pm

Contact the CRC to have your
events added here

FROM ONE FIRE BRIGADE TO ANOTHER

A striking new fire pit will stand proud at the rear of the new Yarloop Fire Shed after it was donated by the Myalup Volunteer Fire Brigade last month. The gift was a pleasant surprise for our local fires, who are looking forward to christening it once it is installed.

Designed by Myalup Fire Brigade Captain Brett Parkinson, the fire pit is a custom one-of-a-kind with Bozbuilt in Australind to thank for the construction.

Each of the four sides are cut with a different design to commemorate the new station. On one side, the words 'When the roots are deep, there is no reason to fear the wind' which is a touching addition to the images of a steam train, a fireman and 'Yarloop VBFB 2018' from the other 3 sides. All of which reflect our lovely town and the importance of our local fires.

Photos below from the Yarloop Volunteer Fire Brigade of the custom fire pit



Check out the Yarloop CRC
Notice Boards for local job
opportunities, upcoming
community events and
other notices.



AUSTRALIANA QUIZ NIGHT

Thank you to all who supported the Yarloop Bowling Club Quiz Night last month. We had a great turn out with over 5 tables and the night was a lot of fun. The winning table received a cash prize.

We hope to get more support for our next event – Prostate Cancer Night for Men on the 24th of August. See you all then!



Thai Sweet Potato Soup



Ingredients

2 teaspoons canola oil
1 small brown onion, chopped
3 teaspoons red curry paste
750g gold sweet potato, peeled, coarsely chopped
2 teaspoons lemongrass paste
1 teaspoon salt
1 teaspoon brown sugar
2 cups (500ml) So Good Soy Milk Unsweetened
1/2 cup (125ml) light coconut milk
1 tablespoon sesame seeds, toasted
Coriander sprigs, to serve

Step 1

Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 5 mins or until onion softens. Add the curry paste. Cook, stirring, for 1 min or until aromatic.

Step 2

Add the sweet potato, lemongrass and 1 1/2 cups (375ml) water and bring to the boil. Reduce heat to low and simmer, covered, for 15 mins or until the sweet potato is tender.

Step 3

Add the salt, sugar, soy milk and coconut milk. Set aside to cool slightly. Blend or process soup, in batches, until smooth.

Step 4

Return soup to saucepan and stir over low heat until heated through (do not boil). Ladle among serving bowls and sprinkle with the sesame seeds and coriander. Season.

YARLOOP COMMUNITY RESOURCE CENTRE
Monthly Event

Art & Craft Day

Monday, 6th August
10am – 2pm

FREE

Come along and get crafty!

Bring your art and craft projects, have a laugh and enjoy some great company.

Bring your own lunch – Tea and coffee supplied.



21 Teesdale Street, Yarloop 6218
Phone: (08) 9733 5600
Email: yldic@bigpond.com

YARLOOP CONNECT



Join us for a weekly catch up!
Soup provided for lunch.

Every Tuesday at the
Yarloop CRC

11.30am – 12.30pm

This month

7th August 2018

14th August 2018

21st August 2018

28th August 2018



It's time to take care of YOU!



Stressed? Poor sleep?
Bad circulation?

**Massage can help.
Book today.**



Katrina Simpson
Mobile Massage Therapist
Mobile: 0429 178 811

Follow me on Facebook

www.aliyahmassagetherapy.com.au



YARLOOP COUNTRY WOMEN'S ASSOCIATION NEWS

Yarloop CWA are back in town! Members held their first meeting in the new building last month after receiving new tables and chairs and all is working well.

Preparations are in progress for the combined Official Opening and our 80th Birthday. Please don't be offended if you did not receive an official invite to this event. We will be holding an open invitation in a month or so for anyone to join us for the day.

We plan on keeping our meeting day on the third Saturday of each month commencing at 10am, followed by a bring & share lunch and an afternoon craft or learning lesson. You can attend three meetings before deciding whether CWA is 'your cup of tea'.

News from Conference

CWA of WA members voted to support the following motions by putting our voices, faces, pens and hands into action.

- The CWA 2018/2019 Major Fundraising Fund will be for the Australian Alzheimer's Research Foundation
- Support the removal of GST on sanitary items
- Annual CWA membership to remain at \$65.00 for 2019
- Advocate for the construction of overtaking lanes on South Coast Highway between Esperance townsite and Cascades Road
- To convince the WA Government to reverse its decision to require 16 or more students enrolled in community kindergartens for these facilities to receive operational and staff funding.
- Urge the Federal Government to change the Medicare ruling whereby two or more ultrasounds or similar imaging tests can be performed on the same day by the same provider without the patient incurring a gap payment fee. Currently this is not possible under the complex Medicare rules.

Check out the Yarloop Book & Movie Exchange!

A huge range of books by many popular authors!

TV Shows available on DVD to borrow for free.*

Lots and lots of movies!

SIGN UP FOR OUR NEWSLETTER!

If you would like to receive a copy of the Yarloop Phoenix Community Newsletter straight to your email, register your details with the Yarloop CRC or email yldic@bigpond.com



SCAMWATCH – HOW TO STAY ALERT

In recent months, there has been many reports of scammers sending emails and text messages disguised as reputable companies and organisations, many targeting the elderly. Some recent scams have included Commonwealth Bank, Ticketek, MyGov, Australian Tax Office, iTunes Gift Cards and Telstra.

Fraudsters can get very inventive with the money-making schemes. Some will claim to be a government official that needs help to distribute millions of dollars out of the country and ask for your bank account details. Others will claim you have won a foreign lottery and request a smaller payment from you to cover costs.

Other fraudsters will say they need you to provide your bank account details to a prospective employer prior to contracts of employment being signed and then ask you to facilitate a transfer of funds from their bank account to an account located overseas.

Tips to avoid these scams:

If an offer seems too good to be true, then it probably is.

Be aware of other scams, such as spam e-mails, chain letters and persons purporting to be representatives of government departments, financial institutions or other businesses.

Do not give or send your name, bank account details, copies of your passport, birth certificate or any other personal details to anyone other than for legitimate purposes.

Be suspicious of any correspondence received from overseas where you have been advised to forward large sums of money or that you have won a prize.

Why older Australians are at risk:

Often older Australians have more money and accumulated wealth than younger people, making them an attractive target for a scammer.

Older Australians may also be seen by scammers as generally less internet and computer savvy or familiar with new technology.

We encourage you to report scams to the ACCC via the 'report a scam page'. Look out for your relatives and make sure they don't get caught up in a con.



YARLOOP BOWLING & RECREATION CLUB

DERBY DAY



FREMANTLE DOCKERS

Sunday 5th August

Club opens at 1pm
Game off at 2.30pm

- Eagles & Dockers Raffle
- Fun Points Games
- Nibbly's Half Time
- Half Time – Beer T/A Price



Local COMMUNITY GROUPS

Yarloop CWA

7 Station Street, Yarloop
Phone: 0417 705 966

Yarloop Bowling Club

35 Teesdale St, Yarloop
Phone: (08) 9733 5279

Yarloop Volunteer Bushfire Brigade

PO Box 14, Yarloop, WA 6218
Phone: (08) 9733 5043

Yarloop Pony Club

PO Box 54, Yarloop, WA 6218
✉ logfenceponyclub@yahoo.com.au

Yarloop Masonic Lodge

80 Johnston Road, Yarloop
Phone: 0429 933 811

YARLOOP BOWLING CLUB Kitchen Menu for August

Week 1

Lamb shanks braised with rosemary and red wine served on a bed of mash potato and green beans on the side.

Week 2

| | |
|-----------------------------|---------|
| Burgers with onions & salad | \$10.00 |
| Extras: Cheese or egg | \$0.50 |
| Fish & Chips | \$12.50 |
| Nuggets & Chips | \$8.00 |
| Basket of Chips | \$5.00 |

Week 3

Chicken Schnitzel, chips & salad
\$12.50

Week 4

Burger, fish and chips, nugget and chips, basket of chips

Please order at the bar and take your receipt to the kitchen thank you
Enjoy your meal

STAY ALERT!
DURING TAX TIME



FREE IMMUNISATIONS FOR SENIORS

Time to get that jab! In response to last year's deadly flu season, the Australian Government has started the National Immunisation Program which will provide free flu vaccines to Australians aged 65 and over, and a few other high risk groups such as those who suffer from chronic illness. It is important to note that whilst the vaccine is free for these groups, a consultation fee may apply. 90% of the influenza associated deaths last year were in the elderly age group.

The Australian Government encourages Australian's to get the flu shot, with Winter fast approaching and severe flu season expected to come. It's important to know that it will take two weeks after vaccination for an adult to develop disease-fighting antibodies against the flu, so the earliest - the better.

Talk to your GP today!

The free flu vaccine is available for:

- Pregnant women
- People aged 65 years and over
- People with certain medical conditions
- Aboriginal and Torres Strait Islander people aged 6 months to five years and 15 years and over.

Talk to your doctor or nurse about getting vaccinated.



For more information, visit
www.health.gov.au/immunisation

Hon Colin Holt MLC

Member for South West Region
Parliament of Western Australia

*Please contact me if I can assist you,
your family or community group.*

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



NATIONALS for Regional WA

YARLOOP BOWLING & RECREATION CLUB

are holding a

PROSTATE CANCER NIGHT FOR MEN

in aid of the Cancer Foundation

Friday, 24th August at 6pm

\$5 per person door entry for door prize

\$10 per person for a Barbeque tea

Raffle and a game will be held,
come along and have some fun

Contact the club for enquiries on (08) 9733 5279
Or call Leanne on 0427 402 086 to book.

ADVERT BY YARLOOP COMMUNITY RESOURCE CENTRE