



## CHANGE OF COUNCIL MEETING DATE

The ordinary Council meeting of the Shire of Kojonup scheduled for Tuesday 16<sup>th</sup> July 2013 will now be held at 3:00pm on Tuesday 23<sup>rd</sup> July 2013 in the Council Chambers.

## WA SWITCHES TO DIGITAL TV ON 25 JUNE - GOVERNMENT ASSISTANCE STILL AVAILABLE

It is not long until regional and remote WA (RRWA) makes the switch to digital-only TV. Analogue TV signals will be switched off in the region at 9am on 25 June 2013.

The Australian Government is providing practical and financial assistance to help eligible people in RRWA switch to digital TV. Two assistance schemes are currently available to lend a helping hand – the Household Assistance Scheme and the Satellite Subsidy Scheme.

These schemes will close on 25 July 2013, one month after switchover.

Further information about the Schemes is available on the [Digital Ready website](#) or by calling the Digital Ready Information Line **1800 20 10 13**.

## YOUNG PEOPLE'S DECISION MAKING AND DRIVING BEHAVIOURS STUDY

The Curtin-Monash Accident Research Centre is seeking volunteers for a study on young people's decision-making and driving behaviours.

If you are aged 17 to 21 years, have had your P-Plates for less than 12 months and drive regularly, please consider volunteering for this study.

### What's involved?

**Step 1:** completion of a series of online tasks and questionnaires

The tasks and questionnaires can be completed at a time convenient to you, on any computer.

*Participants will receive a \$20 e-gift card for their time*

**Step 2:** You may be asked to complete a 7 day travel diary.

**Step 3:** If you complete a travel diary, you may be asked to participate in monitoring of on-road driving

### Want to take part?

To participate go to <https://coglab.com.au> and create an account – select the study Decision making & Driving WA

For more information, please contact Sue Wicks on 9266 9591 or 0409 533 789 during business hours or email [sue.wicks@curtin.edu.au](mailto:sue.wicks@curtin.edu.au)

## Are you registered to receive the new Shire of Kojonup E-News?

The Shire of Kojonup is now offering updates and information in the form of a fortnightly E-newsletter. The E-newsletter can be found on the Shire Website or alternatively can be sent directly to your e-mail address. To register to receive regular Shire updates please contact Dominique at the Shire Office on [council@kojonup.wa.gov.au](mailto:council@kojonup.wa.gov.au) A big THANK YOU to those who have already registered.

## SHOWERHEAD SWAP

### Save yourself up to \$55 on water each year!

One Waterwise showerhead will save between 7,000 and 11,000 litres of water per person each year and can save an average family of four up to \$55 a year off their water bills!

Take advantage of this saving and bring a Water Corporation bill and your old showerhead (maximum of two exchanges) to the Shire Office to receive your brand new Waterwise Showerhead.

Investment in water saving initiatives like this program help manage our water resources over the long term and enable us to be better prepared for Kojonup's variable climatic conditions.



### *Beating the Winter Blues: 5 tips for a mentally healthy winter*

The 'winter blues' is not something that people make up or imagine, it's a proven phenomenon.

The longer hours of darkness and shorter hours of sunlight during winter affect the levels of serotonin in your brain which can have implications for mental health. Seasonal Affective Disorder (also known as SAD) can affect Australians during the winter months.

While SAD is a reality, suffering from it doesn't have to be; so we've compiled a list of tips to help you beat the winter blues.

- 1. Get some extra light in your day**
- 2. Organise a Christmas in July gathering**
- 3. Donate your unwanted things to a good cause**
- 4. Take a break** (Visit [www.westernaustralia.com.au](http://www.westernaustralia.com.au) for a list of winter activities and events in WA)
- 5. Get some good quality sleep**

### *Volunteer Profile*

Thanks to Volunteering Australia, you can now create your very own volunteer profile!

Whether you want to volunteer to give back to the community, develop new skills or meet new people, it's your journey. And now you can capture your volunteering experience, skills and interests as well as keep track of opportunities, events and causes that interest you, all in one place.

To start your volunteer journey visit [www.volunteer.org.au](http://www.volunteer.org.au)



## LIBRARY NEWS

New DVD's – (all new DVD's have a loan period of one week)

'What becomes of the broken hearted?'

'Julie & Julia'

'Life of Pi'

'The Hobbit'

New Books – Adult Fiction

**'Intervention' by Terri Blackstock** - Barbara Covington has one more chance to save her daughter from a devastating addiction: staging an intervention. But when eighteen-year-old Emily disappears on the way to drug treatment--and her interventionist is found dead at the airport where she was last seen--Barbara enters her darkest nightmare of all.

**'Deadline' by Fern Michaels** - If living well is an art, then Toots Loudenberry is a modern-day Michelangelo. Over the past two years, she and her three best friends—Sophie, Ida, and Mavis—have shared joys and troubles, forged new businesses and love interests, and discovered talents they never knew they possessed. Like Sophie's blossoming psychic gift, for instance. No sooner has the foursome returned from a trip to Sacramento, where Sophie provided some much-needed psychic guidance to the First Lady of California, when another situation demands their attention... Laura Leigh, a Hollywood starlet whose main talent seems to be landing in trouble, is missing.

New Books – Junior Fiction

**'Horrid Henry: Tricks and treats' by Francesca Simon** - It's Halloween. With a bag full of tricks and the best costume in town, Henry can't wait to go trick or treating. But, oh the shame! Surely Mum doesn't expect him to go out with Peter dressed as a fluffy pink bunny? Ages 6+.

**'Raven's Mountain' by Wendy Orr** - A gripping wilderness-adventure by the author of Nim's Island. Raven's sister and step-father are trapped under rocks on the mountain top, and their lives depend on Raven making it down the mountain to get help. But can she find the way? CBCA Notable Book.

## MAKAROO KAAL WINTER FIRE & MUSIC FESTIVAL

At the end of June the Shire of Plantagenet are holding for the first time a winter festival. They would love to see everyone during the weekend of the 28<sup>th</sup> – 30<sup>th</sup> June and would appreciate our support of this event. Their community has really got behind them and the event is going to be very special and unique.



## SPRINGHAVEN NEWS

The last two weeks have seen the Residents keeping warm and keeping busy with church, craft, hairdresser, bingo, walking, quizzes, whiteboard games, knitting to name just a few things. The cold weather slows us all down so we are very mindful that the Residents enjoy their time by the heater. We were saddened to hear of the passing of Mr Benn, he will be sadly missed and we pass on our sincere condolences to his family. Our Biggest Morning Tea fundraiser was postponed and will be held on Thursday 20th June, so we hope the weather will bring out many visitors to Springhaven.

Pictured below are the Residents enjoying the students from St Bernard's.



Pictured below are Katina Hmeljak, Kathleen Johnston and Jean Smith listening to the students.



### Upcoming Events and Dates to Remember

Event	Date	Time	Location
Council Meeting	18 <sup>th</sup> June 2013	3:00pm	Council Chambers