



Swipe Right for Education

SA ICPA State Web Conference 'Swipe Right for Education'

followed immediately by the SA ICPA AGM

Friday 22nd March, 10am

State Conference Motions due by 22nd February

Supplementary Motions due by 8th March

Branch and Portfolio Reports due by 22nd February

2019 SA STATE WEB CONFERENCE REGISTRATION FORM P17



From the President

Happy New Year to all our members and friends! 2018 proved to be a struggle for many of our families affected by low rainfall and the many other challenges life can throw at us. Here's hoping for a much wetter and kinder 2019.

State Council volunteers have continued to work hard through the year to improve outcomes for our members. The frustrations for Distance Education families were once again

at the forefront of much of our work, after motions were passed at our 2018 State Conference asking that SOTA be made a standalone school. Since our delegation to Adelaide in June, we have continued to communicate with representatives from the Minister for Education's Office to work through the issues leading to those motions. While the Department for Education remains very reluctant to consider breaking the bonds between SOTA and Open Access College, we are hopeful that some positive change has come about as a result of our negotiations. Only time will tell.

Our State Conference theme this year, Swipe Right for Education, reminds us of the positive action we can take and the many wins we have celebrated throughout the year. The TAFE SA Pastoral Worker Course, developed in collaboration with Livestock SA and ICPA, is set to commence this year from the Port Augusta Campus. Here's hoping there is plenty of interest to maintain the viability of this exciting initiative!

State Council is grateful for the many positive working relationships we have developed over the years with key stakeholders, all of whom "Swipe Right for Education"! Member for Stuart, Dan van Holst Pellekaan MP, continues to support our organisation by arranging and attending delegation meetings and advocating on our behalf where possible. Mark Bolton, SA Area General Manager at Telstra Country Wide, is always looking for new opportunities for our families and our organisation and keeps us informed of new developments (as well as throwing in a couple of invites to the footy or cricket!). During 2018, Karen Humphries from the Transport Services Unit at the Department for Education has once again worked with us on continued improvements to the State Education Allowance. SA ICPA could not function without the generous support of the Outback Communities Authority, who provide an annual grant for executive support, and the Minister for Education's Operational Grant. These are just a few of the many individuals and organisations that we work with throughout the year. State councillors represent our organisation in every corner of our communities, by attending meetings and conferences, producing Pipeline and our emailed newsletters, and ensuring that the voices of our members are heard. They give up many hours of their own time to ensure the needs of rural and remote families are not ignored and to maintain the many hard-won services and allowances gained by previous members. We are also grateful to branch members across SA who keep ICPA going in their communities, organising local events and fundraising. At the end of the day, ICPA is a grass roots organisation and relies on the engagement of its local branches and branch members. Thank you for everything you do!

On that note, it is crucial that ICPA in SA maintains these ties and continues its work. The more volunteers that come on board to lend a hand, the lighter the load will be for everyone. In recent years we have had difficulty filling executive roles within some branches and on State Council, and as each AGM comes around we worry about who will step forward and take their turn for ICPA and the future for rural and remote children. I'm urging anyone who is sitting on the fence to come forward, ask how they can help and make 2019 a year for ICPA!

We have much to look forward to this year with our first ever online conference in March, followed by the Federal Conference in Adelaide at the end of July. Thanks to everyone who has been involved in organising these events, with special mention to Federal Conference Convenor, Katrina Morris. It's the main event on the annual ICPA calendar and this year is a great opportunity for those who have not attended a previous conference to see what it's all about. Hope to see many of you there!

From the Editor

Welcome 2019. So far, the last year of the 'teens' this century, looks to be following in the footsteps of its predecessor; relentless heat and a stubbornness to give up any moisture to render relief. Fortunately it is early days and I sure am hoping that the next edition is full of cheery stories of full dams, muddy kids and smiling families in celebration.

In this edition, we look back at the last half of 2018, including delegation, Federal conference, and a face to face meeting for State Councillors. We celebrate our wins and hope to update you on current 'works in progress as well as what is coming up in 2019.

Our first online State web Conference will be upon us before we know it, followed by SAICPA's turn in hosting our Federal counterparts as they undertake their conference in July/August. I look forward to bringing you all the news from these events in upcoming issues.

Thank you to all who submitted pieces for publishing in this edition, cheers to publicity officers of old and good luck to those new to the role. Keep your words and photos coming please! The next issue will be after State Conference and Delegation. Until then, take care of one and all; take a break from watching the weather and take 5 under the aircon. Here is edition 94 of The Pipeline.

Lynly



Upcoming Events

- February 22. Nonning Outback Ball
- March 1/2. Marla Oodnadatta NRM Field Day
- March 16. Oodnadatta 20/20 Cricket Match, Stations V Town
- March 22. SA ICPA Web Conference
- March 30. William Creek Gymkhana
- April 19 - 22. Yunta Easter Tennis Tournament
- April 27. Yunta Picnic Races & Gymkhana
- May 11. Oodnadatta Races & Gymkhana
- May 18. Nonning Gymkhana
- May 25. Hawker Races
- June 8 - 9. Marree Gymkhana & Motorkhana
- June 23. Farmers & Graziers Squatters Cup Pt. Augusta
- July 7. City of Port Augusta Cup
- July 13. Oodnadatta Campdraft & Bronco Branding
- July 31/Aug 1. Federal Conference, Adelaide

2018 Delegation



We forgot to take a photo with the Minister, so his office door will have to do!



This is how they let President's out of Parliament. Through the hobbit's door.



Coffee, notes, coffee

In August State Council Reps Kerry Williams, Lisa Slade, Belinda Hatcher, Mija Reynolds and Lynly Kerin travelled to Adelaide on post Conference delegation. Over the two days we met with Open Access College Principal Julie Taylor, Karen Humphries, Assistant Director of Business Services at DECD, the Minister for Education, Hon John Gardner MP and the Minister for Energy and Mining Hon Dan van Holst Pellekaan MP. Concluding with lunch at Parliament House with Dan who is a steadfast supporter of ICPA and we appreciate his support. If you would like to read the detailed report, please find it on the sa.icpa.com.au website, under the 'News' tab.



Lunch care of the house. Photo post Fruchoc ice-cream.

North West Branch Delegate Report

Federal Conference – COUNTRY KIDS in CAPITALS 2018

Jill Greenfield

There was great excitement, nerves and anticipation as our SA delegates, observer and partners touched down in Canberra for the 47th Annual Federal Conference. Some delegates chose to take a guided tour of Parliament House, what an incredible place to visit and witness the many functions of and places of interest where our countries political history has been made and where our future decision makers are busily working to set foundations for our future. Later we mingled at the QT hotel with the others who had trickled into Canberra throughout the day for pre-conference nibbles and drinks where we were ‘shouted’ a drink or 2 by ABSA (Australian Boarding Schools Association). They are fantastic supporters of ICPA and we were grateful for having them at our State conference earlier in the year. We were then lead by our “semi local” SA delegate, Joanna out to dinner. Some of us had been in Canberra for a few days seeing the many sights that Canberra has to offer and some members had just touched down, so there was a lot to share around the dinner table of who had seen what in this beautiful city.

Night two, after a long day at conference was the main conference dinner. All we knew that it was going to be at the War Memorial. With very little time to get ready, we didn’t scrub up too badly! We were collected by bus and the drive to the War memorial past the memorials and statues was truly amazing. On arriving at the memorial, we were separated into smaller groups and were given our own private tour of the War memorial. The guided tour was lovely as



North West Branch attendees, Joanna Gibson, Lynly Kerin, Jo Drennan and Jill Greenfield

you got to hear the heroic stories and it was a nice quiet time to reflect on the many people that sacrificed their lives for us to live the life we do today. We were treated to a 3-course dinner under the war planes in a beautifully decorated hall. The guest speaker was Dr Brendon Nelson, Director of the War Memorial who told us stories about the brave men and women who served in Australia’s military forces. As a previous Federal Minister, he highlighted the importance of equitable education for young people throughout Australia.

The post conference get-together was held

up on the top floor of the QT Hotel with amazing views of the night lights of Canberra. With lots of laughter and chatter, some bubbles were consumed after a few fantastic days. With old and new friends the SA contingent reflected over the successful 2 days of conference. The next morning saw some members fly out early and others go their own way back to SA. We look forward to welcoming many from far and wide to Adelaide in 2019!

All of the conference documentation can be found on the dedicated conference website <https://www.icpaconferenceaust.com>



Parliament House was top of the ‘must see’ agenda for many conference attendees



The Roll of Honour pays tribute to our fallen soldiers



Dr Brendon Nelson, Director of the War Memorial was a remarkable guest speaker



Newly elected Federal Council Back Row: Nikki Macqueen - Publicity Officer (Qld), Di Skene (Qld), Christie Goddard (Qld), Jane Morton - Assistant Secretary (Qld), Kristen Coggan (Qld), Sally Sullivan - Vice President (NT), Wendy Hick - President (Qld), Caroline Robinson (NSW), Lisa Slade - Treasurer (SA), Kate Thompson (TAS) Front Row Suzanne Wilson - Secretary (NT), Alana Moller (Qld). Absent: Judy Sinclair-Newton - Immediate Past President (NSW), Jane O'Brien - Membership Officer (NSW)



Jodie Keogh and Kirsty Williams



Lucy and George Williams provided heart warming entertainment with some well scripted opinions



SA delegates gear up for conference. From left to right. Mija Reynolds, Lisa Slade, Jo Drennan, Joanna Gibson, Katrina Morris, Emilee Warnest, Kirsty Williams, Lynly Kerin, Jodie Keogh, Helen Williams.



Trevor Williams and Col Greenfield attend the dinner with the SA delegates

Telstra round table discussion.

In November Kate Greenfield attended a Telstra round table discussion on behalf of SA ICPA in Port Augusta. Kate has summarised the discussions for our members.

I came in late as I had down for a 10.30am start and they started at 10am. Luckily I got there at 10.20am to make sure I could get a coffee! So only missed the first little bit and they were discussing that Innaminka is to get the small cells for mobile coverage. In the round 4 of the mobile black spots project Telstra is seeking co-investment. Rowan said that if Liberals don't get re-elected it's unlikely there will be a round 5.

Yagi's etc that are used to ex-

tend mobile coverage will be the financial responsibility of individual users

Regional and remote users now have a dedicated call centre half of which is based in Adelaide. It works on billing address details. This works off the standard 13 22 00 number. I should have asked if this covers Port Augusta addresses as I've spoken to Telstra call centres of late and they seem a lot more remote than Adelaide.

We dedicated considerable time to identifying ways that Telstra could better communicate with rural and remote users. Telstra were hungry to find ways of better communicating with their users and I feel we all had a very receptive

audience with Telstra. In these discussions I put forward the following on behalf of ICPA (in no particular order):

- The future beyond radio telephones:
- VOIP or small cells
- Telstra is currently conducting a trial in the NT using VOIP. VOIP using pre-existing broadband satellite (for example I am on the Skymuster satellite with Activ8 as my service provider, Telstra expects me to piggy back a VOIP on top of this). I highlighted to Telstra that this is something that ICPA does not support as it puts all our telecommunications into the one basket and if that system fails we would be left without any form of tele-

communications at all.

- Improving the website so that information provided includes forecasting of where new mobile towers are to go within regions in the next 12 months so that we are more aware of our options and opportunities to come.
- Improving the website so that if when you look at the clickable coverage map there is info to the side that will help you navigate through to the extension coverage devices (Yagis etc)
- Utilize email to provide with a quarterly update especially around the way new technology can enhance our Telstra experience. This is something Telstra was keen to speak to all

State Council Face to Face Meeting



On Saturday the 10th of November, State Council met at Port Augusta for their only face to face meeting of 2018.

It was a full day of business for attending councillors covering issues of travel and education allowances, SOTA discussions regarding communications

received back from the Ministers office. Tertiary training opportunities, policy updating, branch news and updates from councillors who have attended workshops and round table discussions.

Much work is being done by the committee organising the

State web conference and the convening group for the Federal Conference. These members do a tremendous job and much work goes into the planning of these events, so please support where you can and plan to attend!

Succession planning was also

tabled, with Kerry's impending 'retirement' from the President's role and Joanna's time as our 'temp' secretary also coming to an end, we mainly sat in awkward silence scared to look into anyone else's eyes who may then declare you as being interested and hired on the spot! In all seriousness though, council do need to find interested persons to fill these roles, so please consider what you can offer.

2019 meeting dates are yet to be all scheduled, but the first one will take place in the first week of February. We look forward to having another productive year!

Pictured standing left to right are Kate Greenfield, Helen Williams, Lisa Slade, Ros Breeding, Lynly Kerin, Petie Rankin, Kat Morris and Bonnie (not on council, yet), Kerry Williams, Joanna Gibson, Mija Reynolds, Lisa Hunt. Seated are Jodie Keogh, Jill Greenfield, Sonya Fels.

of the attendees about and they were the driver on this and they envisage that they will provide an email to those present who will in turn send it around to their networks.

- I suggested that Telstra consider holding little ‘geeking out with tech’ sessions in a webinar like format so that we might be able to go online and get a visual on these new tech devices as they come through

- It was suggested that Telstra also attend our various NRM field days and bring their tech with them

- I suggested that they have available in the Port Augusta Telstra Shop both the Yagis and the Telstra 2go units as well as staff that understand them and can talk about the merits of the products.

Telstra spoke about the Internet of Things <https://www.telstra.com.au/business-enterprise/solutions/internet-of-things/iot-coverage> If you can get on this it will be a game changer. Apparently it is so much bigger than the 3 and 4G networks and covers approx. 3.5million km2. Telstra are to release some kind of new smart phone that will run on this network and were looking for 10 people from SA ICPA network to ‘test it to its limits’. To date I have put this idea out to Scott and Amanda Michael to date as Scott is very tech savvy - runs businesses over a vast area of outback SA and is very willing to report back to us with his experiences. We still need to put forward 9 more candidates. The internet of things needs to be available at least partly to any one we put forward.

Sky Muster, Distance Education and the Education Port.

If you are in a designated Sky Muster area and have a home school room and;

1. Your students are geographically isolated and attend School of the Air or Open Access College or
2. Your students are Home Schooled and are receiving either AIC for geographical isolation or medical;

you may be eligible for an Education Port on your Sky Muster satellite service. Each eligible Reception to Year 12 student will be allocated 50 Gb per month at a favourable cost. Up to 3 students can be catered for under a standard configuration. If there are more than 3 students, special arrangements will be made.

Not all Retail Service Providers (RSPs) offer the Education port, some that do are,

Activ8 - <http://www.activ8me.net.au/internet/skymuster>

ANT - <https://www.ant.com.au/nbn/lts/education>

Clear Networks - <http://clearnetworks.com.au/nbn-skymuster/skymuster-plans>

HarbourISP - <https://www.harbourisp.com.au/plan/nbn-educational-pip-plan/>

Skymesh - <https://www.skymesh.net.au/services/nbn/satellite/education.php>

It is important to do your research as offers vary.

If your school room is separate from the building where the domestic SkyMuster service is located, you may be eligible for an additional Sky Muster installation for the school room.

In South Australia, Open Access College will assist with internet costs for your SOTA student/s. Please contact OAC Marden for more information, or if attending SOTA Induction week please ask.

Students attending Kindy via RICE (who are geographically isolated) are also eligible for the Education Port.

Sky Muster Plus is here this year.

ICPA members can look forward to taking advantage of the new Sky Muster Plus plans. You can find more out by accessing the NBNCO website, or head to BIRRRAUS (Better Internet for Rural Regional & Remote Australia), then look for their NBN Satellite tab to read more detailed information.

To help meet the ever growing need for data, Sky Muster is launching a new service, Sky Muster Plus. NBNCO have released the following information on the two key improvements being made through this product evolution:

- More data capacity – Data allowance exemptions will be provided for key functional uses of the nbn access network. This means that at a wholesale level, nbn will not count the use of essential internet services – including email, general web-browsing and common critical smartphone and PC operating system software updates – towards monthly data allowances. Terms and conditions apply

- Enjoy supplementary burst above the wholesale download speed – This new product will help deliver faster download speeds by providing access to a wholesale 25Mbps product that, furthermore can now boost above 25Mbps when applications and network support allows. This may help key software and services to deliver even better performance. Terms and conditions apply

What this means for an average user is that when they exhaust their monthly data allowance, wholesale download speeds will not be slowed down for regular web activities like accessing emails or internet banking. Activities such as gaming and video streaming will continue to contribute towards the overall monthly data limit of users and, once the cap is reached, will be speed-shaped down as they are now. However the unmetered essential services can continue to function unshaped Terms and conditions apply

This will give people in regional and rural Australia the peace of mind that emailing your loved ones or accessing internet banking need not slow down once your monthly data limit has been exceeded.

The launch of Sky Muster™ Plus is another demonstration of our unwavering commitment to regional and rural Australia, and we will continue to invest and innovate across our regional access technologies.

Need to talk to someone?

Call 1300 032 186
for free professional counselling

REGIONAL ACCESS 

saregionalaccess.org.au

Regional Access provides free professional counselling for regional South Australia.

How does it work?

Regional Access is a free telephone and online counselling service for people who are feeling the pressures and stresses of everyday life. The service is open to anyone who lives or works in regional, rural or remote South Australia.

You can call **1300 032 186** or visit saregionalaccess.org.au to speak to a counsellor. The service is available 24 hours a day, seven days a week.

What to expect

Professionally trained counsellors will listen, support, and help you to develop strategies to manage what is causing you to feel worried or stressed. Each session is tailored to your own needs and will focus on what's going on with you.

You can also book up to three 30 minute sessions with the same counsellor.

REGIONAL ACCESS 

Call 1300 032 186 or visit saregionalaccess.org.au

On the Line gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health.

Regional Access is commissioned by the Country SA PHN and delivered by On the Line.

 **on the line**

Flinders Ranges Branch News

Rogaining in the Ranges

Three Flinders Ranges ICPA families came together to cater for the recent Rogaining State Titles held at Holowiliena Station over the weekend of 28th July.

In brief, ‘rogaining’ is an organisation that holds competitive outings based largely on orienteering, basically finding ‘marks’ amongst bush using only map and compass. Not an easy feat!! Competitors either entered for a 12 hour challenge or a 24 hour onslaught. In total, 60 marks were placed throughout the roughest, hilliest and most demanding sections of the rugged landscape.

The duties of the ICPA volunteers were to heat and serve the scrumptious food provided by caterers from Peterborough. A range of tastes had to be provided for the 160 odd enthusiasts plus officials, being gluten free, vegan and meat eaters. Entrée was a choice of soups, pumpkin or minestrone, both delicious, and mains being spaghetti bolognese, pumpkin curry, sau-

sage hotpot or vegan chickpea, served on a bed of rice or pasta, cooked fresh. Dessert was a trio of pastries, apple, blueberry or apricot, or fruit salad.

The pressure was on at the start, as foods had to be defrosted and heated, and as the forecast cool change had encouraged the wind to get up, keeping the gas burners alight in the beginning was a concern, so creative thinking and bush craft from the station boys provided relief and calmed early nerves with goods piping hot by service commencing at 6pm sharp, through to knock off sometime after 10pm! The ICPA team then had to be back on deck again Sunday for a lunch of salads, bbq meats and a veggie option.

The rogaining bunch of peeps are a very interesting and entertaining group, not to mention determined and enduring, especially the ‘state champions’ who covered close to 120km in 24 hours, on foot and in the dark without supplement!

In the wrap up an awesome



Norton Warnest and Luke Frahn getting into the spirit.

weekend was had by all volunteers and families, of which the kids finding a couple marks themselves and using their compasses thus learning some bush skills of their own in the

process.

On behalf of FRICPA, a huge thankyou to the volunteers and their families for a fantastic weekend.

Norton and Emilee Warnest



Branch members prepare to feed the masses.

Flinders Ranges Branch News



Frances Frahn, Emilee Warnest and Linda Harbour serving meals for the Rogaining at Holowiliena Stn.

Christmas Windup/ AGM

On the 1st of December, the Flinders Ranges Branch met at the Blinman Tennis Courts for our AGM. With the end of the year being a buzz with activities nonstop, it was great to see a good turnout. Newly (dobbled in) elected office bearers for 2019:

- President – Belinda Hatcher
- Vice President – Mija Reynolds
- Secretary – currently vacant
- Treasurer – Rachael Hilder
- Publicity Officer – Emilee Warnest
- State Council Delegate 2019 – Mija Reynolds

Being of a 'multi tasking' nature, we incorporated a delightful celebratory/Christmas brunch from the Miners Crib and later a game of cricket between Hawker and Blinman (nobody cares who won that right?!) For those who were keen to fit more into their already busy day, a trip south to Hawker for the towns annual Christmas Carols was on the itinerary (kudos to those thrill seekers).

FRICPA would like to thank all our members for their support in 2018, and I think we can all agree that a deliciously wet 2019 is in order.

Lisa Slade

James Runs for RFDS

On the 10th of November, I did a Fun Run for the Royal Doctor Flying Service to help raise money to keep the RDFS flying. The RDFS helps those in need in Australia's outback by having a plane go to people who are in desperate need. I raised \$4, 274.00 which I did with the help of the people who donated money.

Two months before the event, my grandfather suggested we hold a Fun Run. I agreed and started training. I started running 500 meters and then extending how far I ran. I trained often. Sometimes during the day and sometimes during the night. By the time of the Fun Run, I could run 12 kilometers. I started my Fun Run at 9:00 in the morning. It was very hot. We- me, my Governess Mikayla and my grandfather Bill - ran from Blinman to Gum Creek Station. Many members of the community and people from other stations ran with us. I ran 12 kilometrers and walked an-



Congratulations James on your stellar fundraising effort!

other 3.

It was so hot that to celebrate completing the Fun Run we held a Gelati Party. My favourite was lemon. I ate so much gelati that I couldn't move. I would like to say thank you for all the people who donated money and help me run. It was fantastic day.

James McIntosh



James and his fellow fun runners head off from Blinman.

Marla Oodnadatta Branch News

Happy New Year !

Welcome to 2019 and may it be everything we have been waiting for particularly some good soaking rains! We are sweltering in temperatures above 45 most days in our area, not much respite at night either!

Still no rain to speak of, a few showers here and there, and that's about it! Kirsty Williams, Trevor and I travelled to Canberra for the 2018 Federal Conference. It was good to catch up with everyone again and Canberra is a great place to have a look around.

Harvey Williams was chosen to play SAPSASA Cricket in December, he played for Port Augusta, and enjoyed his week in Adelaide.

Alan Fennell, eldest son of Mark and Gillian at Lambina will be off to Rostrevor next year in year 8. We wish Alan well for his schooling in Adelaide. Alan was the recipient of the Billy Hayes Memorial Award from Alice Springs School of the Air, and also the Chief Minister's Literacy Achievement Award for "Most Creative Writer". Congratulations Alan! Alan's younger brother Stephen received a Chief Minister's Literacy Achievement Award for "Most Outstanding Communicator" at ASSOA. Their young sister Eleanor will be starting preschool this year.

Paulaine and Harvey ver Meulen from Todmorden Station went back to Namibia to spend Christmas with their families.

The stork has been busy again in the branch.

Kristy Place and Tim Williams, Hamilton announced the arrival of a son, Jovie Perrier Williams on August 27th at Alice Springs.

Sarah Daniels and Kristian Greinke from Macumba welcomed their first child Marcus Greinke, born on December 2nd, at Alice Springs.

Bonnie Mary Williams was welcomed by Chantelle and Matt, Anna Creek, on December 17th in Adelaide. Gracie and Olivia are enjoying being big sisters!

And the next day Lenny Mark Williams arrived - another son for Kirsty and Cameron at Mt Sarah. Lucy, George and Jack eagerly welcome their newest addition.

Father Christmas has been and gone leaving plenty of gifts and good cheer around the place.

On an ICPA note we welcome the news from NBN that there will be some new Internet plans in 2019 that will see things like emails, web surfing and the like become unmetered. Contact your provider when it happens for your new deals.

It was concerning to read that the Queensland Government had decided to close the two Agricultural colleges at Longreach and Emerald. I am sure we will all support Queensland branches in whatever they decide to do to lobby to keep these institutions open.

All the best for 2019.

Helen Williams



Jovie Williams of Hamilton



Gracie, Olivia and new addition Bonnie of Anna Creek.



Sarah Daniels and Kristian Greinke with baby Marcus



Lucy, George and Jack Williams with baby brother Lenny, Mt Sarah.

Marree Air Branch News

At the time of writing we have sweltered 6 days over 42 degrees and forecast of another 6 more over 43 degrees so it's safe to say it's been a very hot festive season! I hope Christmas and New Year has treated everyone well and some joy was found with family and friends.

The Innamincka Races & Gymkhana returned this year after 2 years of not having horse racing. It was a fantastic weekend and we got lots of coverage from the ABC which we were very appreciative of. There were plenty of kids having fun with their friends and competing in horse and motorbike gymkhana events. Some small fundraising was done with home cooked biscuits and those that were not sold on the weekend were kindly bought by local stations for their upcoming mustering!

I attended the ICPA Federal Conference in Canberra in August and found it thoroughly enjoyable! It was so nice to be able to not only meet new faces, see some other familiar faces but be able to share the event with a very strong SA ICPA contingent. It was fantastic to be able to see so many passionate members putting forward their motions and to be able to see what issues other states also face. The gala dinner at the War Memorial was mesmerizing – when Dr Brendan Nelson spoke you could have heard a pin drop! A huge thank you to Connellan Airways trust who provided a grant for my accommodation and registration costs, without this the time away from home and cost would have made the trip a whole lot harder.

Our branch is going through a period of reinvigorating and engaging members. We have members with children going to SOTA, Rural Schools and Homeschooling so are a varied branch. With a branch spread so far and wide it is hard getting all members together but something we are working on. We held our AGM by an email meeting in early December and there was some movement in the executive positions. Jessica Bell is our new President, myself Secretary and State Council representative and Lisa Edwards as Treasurer. We are going to share the publicity officer role between all members. We would like to say a huge thank you to Cindy Mitchell who has stepped down from executive positions after 22 years! We would like to formally thank Cindy for her passion time

and commitment to our branch for such a long period of time which included a number of years after her children had finished formal schooling.

We look forward to a little more rain in 2019, some children starting school for the very first time and other children eagerly looking forward to starting a whole new year at school.

Jodie Keogh

P.S Some summer reading recommendations I have managed to have a chance to read

Boy Swallows Universe by Trent Dalton

The Lost Man by Jane Harper

How to be Perfect by Holly Wainwright

All the Light We Cannot See by Anthony Doerr



Lachie and Jacob Keogh competing in Innamincka Motorkhana



Clem Keogh competing in Innamincka Gymkhana

North West Branch News



Anna graduated from Pembroke in 2018.

Drought – My school assembly speech.

By Anna Greenfield.

Hi, I'm Anna and I live on a station between Roxby Downs and Coorabie. My family have had stations in the area for over 100 years. Our station called Billa Kalina is around 7000 square kilometres or 700 000 hectares. We normally run around 4000 short horn cattle and around 12000 dorper sheep which are organic for the Australian and overseas markets. As you would have heard in the media over the past few months drought is affecting large areas of Australia. Our property is located in the driest part of South Australia which is the driest state in Australia. Our average rainfall per year is about 140 ml which is about a quarter of what Adelaide gets. My family has always had to deal with lack of rainfall on our properties. Over the years we have pur-

chased several other properties to help move livestock around when drought arrives. I realise not every farmer can do this, however the key to our ongoing success is acting early and not waiting and hoping for rain. The condition of our land is our number one priority. Buying in hay and feed is not an option for us due to the size of our property and distance from hay suppliers. Our strategy is to move the livestock off our land to our other properties or sell them whilst they are still in a strong condition. So far this year we have only had 21ml of rain, so we are down to about half of our normal number of sheep and cattle. At home we have moved 2500 cattle off the station this year and will continue to do so until it rains. So that's basically sending a truck away every week for this year. We have always tried to spend money on infrastructure such as new pipelines and troughs in the good years to set us up

when dry years come. This enables us to spread our livestock out across the station to ensure small numbers on each water point.

It's difficult to live in it when it's really dry at home. Think about a super windy day here, imagine that but with dust blowing all day filling up the water troughs with sand that we've just cleaned out for the cattle and sheep. Sometimes the dust is that bad that you can only see a metre in front of you. This is especially bad at this time of year as it's generally windier in Spring. This takes its toll emotionally of everyone living in it.

Stress on owners, managers and workers on the land is a big issue in times of drought. No matter how well-prepared farmers are it is still very hard to see the land dry and having to sell livestock that have been selectively bred for markets. I know that during this time my dad is very stressed and is con-

tinuously having to be worried about which dam is going dry next and where those cattle are going to go.

There will always be drought somewhere in Australia due to the size of our country. It just generally gets more coverage when it's in the eastern states as there are more farmers affected by the issue. It is not just farmers and their employees who are affected by drought, local towns and their businesses suffer due to the lack of excess money to spend.

During this current drought my family have mainly sold livestock but the issue with this is that when it does eventually rain it will usually rain in other places too which will result in the price of stock going up, so it is hard to buy back in.

Even though drought creates hard times for farmers, the good times do come and that's why my family continues to do what we do.

North East Branch News



Prince Harry was lucky enough to meet RFDS (SE section) Board member, Sanchia Treloar of Yarramba Station – at Dubbo in 2018

North West Branch News

It is with much joy, and a slight sadness, that I begin this article to announce a new publicity officer for our North West branch. I don't know how many years I have been doing it but it has been a lot of fun reporting, and blabbering, about our amazingly wonderful area and community of people. I have had my babies, moved home, made friends, joined SOTA, and become a part of a fabulous community. I love being around the people of the North West and I love being part of a close-knit little hive of activity. I also love that a wonderful, and very local, girl has put her hand up to take on the role of publicity officer and begin her journey of becoming part of a wonderful support group of friends. Jess Barry is from Commonwealth Hill where she lives with her husband and 2 gorgeous children and is synonymous with the NW Pastoral area. She will do us all proud as she types her way through the years, letting the wider community know about our little area of South Australia. Congrats Jess, you will be amazing.

Now, as for other news! We recently had our Christmas Tree at Ingomar and thanks must go to Kerry Fullwood and her Ingomar constituents for making sure we had everything we needed, a Santa at the ready and plenty of fresh seafood to go around. It was nice to see many new faces there and lots of younger ones make the trip for an evening of celebrations. We held our ICPA AGM prior to the festivities, with only a couple of changes to our executive positions. I took on the role (and a massive role it will be as my predecessor was as organised as IKEA) as secretary and a slightly nervous Jess Barry took over from me as Publicity Officer. The wonderfully talented Lynly Kerin remained in her position as President and resident maths wiz Megan Henderson as Treasurer. Lynly and I remain on state council for another year and are happy to continue in these roles. Congrats to us all for stepping up to the plate again, we all know we wouldn't even be an ICPA if it wasn't for people taking a bit of a leap. Lynly presented Anna Greenfield a book voucher for her completion of year 12, while her teary-eyed mother stood by as her second baby begins the next phase of her life. Much was discussed between members, in between sips of something cold, about what we do as a branch and how we can help new families beginning SOTA. We have some new members beginning their school and kindy journey so to make the transition less daunting, those with some experience in all things education, gave advice and tips on where to go for help and support. We also made mention that motion ideas and drafts need to be in the early stages of production, as State Conference is only just around the corner.

Speaking of conferences, we had a few members head across to Canberra for the Federal ICPA conference back in August. Our branch was able to help in sending Jo Gibson, Jill Greenfield and first time Federal attendees Lynly Kerin and Jo Drennan. Our branch is fortunate enough to have had some amazing fundraising opportunities (yes, we sold another Nanny Roz quilt for \$7400 at the 30-year Variety Bash) so it's great to be able to help people along to conferences to get a feel for the bigger picture of ICPA. I am a huge foodie so was very excited to receive regular texts and photos from my reliable source (and also our branch president) about the sumptuous food selection and good shopping. Oh and of course the highlights from the actual reason she was there...

We also had a field day at the Glendambo Race Course back in July, hosted by the NRM and catered for by our ICPA branch and its dedicated committee members. Thanks really must go to Megan Henderson for being the go-to and chief organiser for this as she ran a tight ship with no hiccups and is capable of more than she lets on. Much fun was had last October when we all converged at Glen-



Jill Greenfield thanked for her service as secretary of the branch for 18 years

dambo for our annual gymkhana and motorkhana. The weather was perfect, the crowds bigger than ever and the kids smiles as wide as their hats. Everyone did a great job at raising money and, with a highly successful day, we were able to give generously to our chosen charities.

I would like to end this with a tribute to the long-standing service of Jill Greenfield and her 18 years of being North West's ICPA secretary. She is organised to the point of OCD, wonderfully efficient and a wealth of knowledge. We look forward to many more years of your presence in a more laid back role (other than me contacting you twice a day for advice on what the hell to do!). Thanks Jill. You are a star.

Cheers all, *Petie Rankin*

A quick but important side note -

Yes our branch is fortunate to have had some great fundraising opportunities, but it usually goes hand in hand with hard work and sometimes from those who aren't members. I would like to thank on behalf of our branch, SA Variety for gracing our district with their presence again in 2018 and choosing North West to host their 30th birthday bash. A big thank you to my husband Mat who helped liaise all year with the team from SA Variety leading up to it; it takes a myriad of emails and catch up's with them to organise just this one night. Thanks also, to our staff members Karl Wurst and Will Langley who worked for many days before and after the bash to prepare and tidy up afterwards. And of course without the support of AJ & PA McBride in allowing us to use their facilities we wouldn't have a place to host it or a chance to raise funds for our branch, so cheers to their generosity also! *Lynly Kerin*

North West Branch News



Lawson Rankin from The Twins



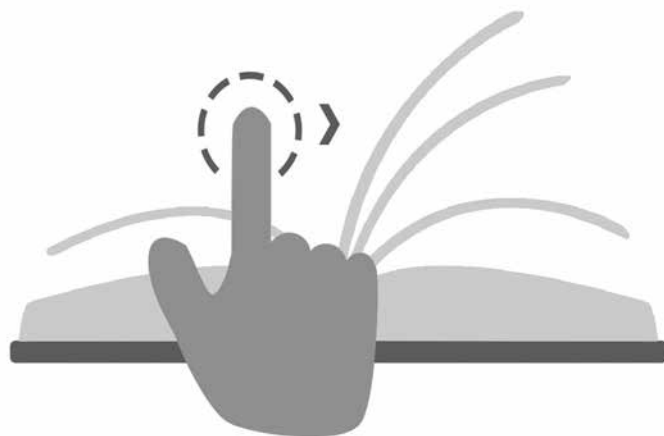
Santa shows of his yellow 'sleigh' skills



North West Branch kids with their loot from Santa



Anna with proud parents Col and Jill



Swipe Right for Education

2019 Annual State Conference and AGM

Friday 22nd March

This year SA ICPA will be hosting the conference online via Webex. Please ensure you register to attend so that State Council can forward a link via email to join the conference. Registrations close 1 week prior to conference.

The theme of conference “Swipe Right for Education” draws on the notion of utilising technology for better outcomes for our rural and remote children. It also suggests taking positive action for education and continuing to advocate for our members. In line with our theme, we are asking that members submit their positive stories and achievements via Powerpoint slides. Each slide should contain a photo and caption, for example student achievements, branch gatherings, fundraising, local events etc. Please send contributions to Lisa Slade by the end of February.

We are excited to have Kristy Sparrow, founder of Better Internet for Rural, Regional and Remote Australia (BIRRR) as our opening and guest speaker. Kristy received the Rural Community Leader of the Year award for her work with BIRRR at the 2017 Australian Farmer of the Year awards in Canberra. Kristy is also an active and passionate member of ICPA in Queensland and has generously donated her time to speak at our conference.

State Councillors, current and new, will be meeting at the SOTA Studio in Port Augusta to host conference and members can attend from home or anywhere that they can access the internet. Some branches may also wish to arrange a central meeting point for their members to attend. Families currently with SOTA will be familiar with the platform, but for those who wish to attend a trial meeting, we intend to host a “log in and try” session the week prior. Details will be sent out once

dates and times are finalised.

Motions are due on 22nd February, with Supplementary motions due no later than 8th March. Motions presented at conference inform the work undertaken by ICPA throughout the year, so this is the time to have your voice heard and your issues acted upon! Please note that motions submitted to a State Conference should deal with state-based issues rather than federal. A motion template will be distributed to branches soon.

To keep proceedings short, reports will be accessible via the ICPA webpage and will not be read on the day. Please note that all branch and portfolio reports are due by 22nd February. These should be forwarded to the State Secretary for compiling.

The conference will commence at 10am and it is anticipated that we will finish around midday, followed by the AGM and election of office bearers. This year we are looking to fill several positions on the executive and are urging all our members to consider if now is the time to take a turn at the helm! Jumping on board the ICPA executive requires commitment but is not as time-consuming as you might think. It is a great cause to be a part of, has a supportive team of councillors and is an excellent opportunity for personal development. Anyone who is passionate about education in rural and remote Australia can take on a role. Please get in touch if you wish to discuss this further.

We aim to be well prepared, although as this will be our maiden voyage, please be patient and understanding if there are any glitches! We are excited to be hosting the State Conference online in 2019 and look forward to better understanding the possibilities that technology can bring to our organisation. Hope to hear you online!

More about Webex ...

Webex is an online platform where participants can be invited by a host to attend meetings and conferences. The platform allows documents to be shared to a screen so that participants can see what is being shared on their screen at home. There is capability for video but we will mainly be utilising audio, meaning you will be able to hear us and we will be able to hear from you, wherever you may be! Participants can indicate that they wish to speak by raising a virtual hand, then unmuting their microphone once directed to speak. As with face to face conferences, attendees will begin by stating their name and branch or organisation. Delegates will be able to vote on motions using ticks and crosses. Registered attendees will receive further information prior to conference.

You will need a computer with internet access and a microphone. It is also possible to join the conference via telephone for audio. This can be a good option if the internet is slow or unstable.

Further Information can be obtained from the convening team:

Kate Greenfield – Convenor/General enquiries: paulkate@activ8.net.au, 08 8643 8967

Lisa Slade – Registrations: moolooloostation@gmail.com, 08 8648 4861

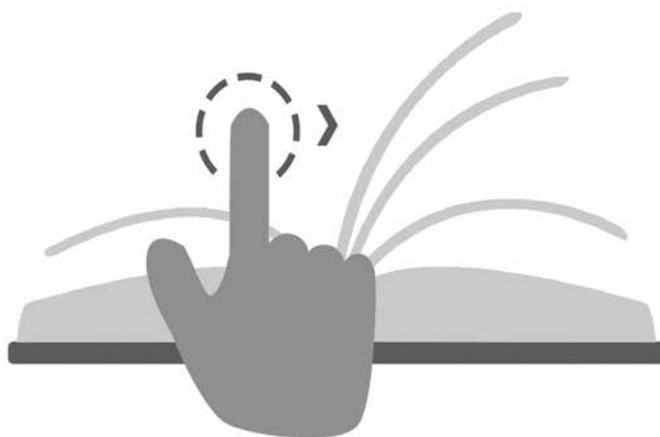
Mija Reynolds – Publicity: SAPublicityOfficer@icpa.com.au, 08 8648 0184

Lisa Hunt: hunts506@bigpond.com, 0437 209 213

Kerry Williams: SAPresident@icpa.com.au, 0428 296 244



Isolated Children's Parents' Association South Australia Inc.
48th Annual State Conference
Friday 22nd March, 10am
WEB BASED, ONLINE CONFERENCE



Swipe Right for Education

Dear Members and Guests,

The South Australian ICPA State Council welcome you to the 2019 annual State Conference, to be held online via Webex on Friday 22nd March.

Conference: Friday 22nd March commencing at 10am. Featuring Guest Speaker Kristy Sparrow, BIRRR.

Conference login: Friday 22nd March, 9:40am - 10am. *Link to join the conference will be sent to your nominated email address.*

REGISTRATION DETAILS - Registrations close Friday 8th March 2019

Completed form essential for registration.

- One form per person - print or complete online, then email or post.
- Please use BLOCK letters

Title: Dr/Mr/Mrs/Ms/Other

Name

Address

Phone/Mobile

Email (*Link to join the conference will be sent to this address*)

ICPA MEMBERS

Branch

Are you a first time delegate/observer? Yes ☐ No ☐

Please nominate the role you will be performing: Branch Delegate ☐ Observer ☐

State and Federal Councillors please nominate which council you are representing: Federal ☐ State ☐

Branch Position on Council

OTHER ORGANISATIONS

School/Dept./Org. Represented

Will you login from a central location with other members/representatives? Yes ☐ No ☐

CONVENOR & ENQUIRIES Kate Greenfield – paulkate@activ8.net.au, 08 8643 8967

REGISTRATIONS Lisa Slade – moolooloostation@gmail.com, 08 8648 4861

North West Branch News

Enter our new Publicity Officer! – Jess Barry

It's a typical summer's day in the North West of SA. It is a warm 46 degrees, slight northerly breeze gently wafting more dust on the verandah, the new air conditioner is blowing hot a breeze throughout the house (my husband is going love hearing those words!) Every blade of green grass in the garden is turning brown. My kids are behaving like they have cabin fever, a restless but drowsy condition caused by the heat. They are supposed to be watching a movie but it seems only in 5 minute intervals between scrutinizing me as I write this and asking a thousand questions while I stare blankly at the computer. Normally I exhibit the symptoms of some terrible disease when I have to work on the computer, which means I obviously avoid until necessary! I would rather be outside in this 46 degree heat doing some unnecessary job in the garden or anything that involves movement that coincides with keeping the kids preoccupied. Some may think I'm slightly crazy ... but I am still here and I have a new role, the ICPA North West Branch's Publicity Of-



Jess Barry, new publicity officer with husband James and children Connor and Asher

ficer.

While nervously stepping into the boots left by Petie Rankin, (who did a wonderful job, and will out do herself once again in her newly appointed role as Secretary) it feels like a new chapter ready to be written alongside the many others I have created in the North West.

The first chapter started 15 years ago. An 18 year old girl looking to try this whole sheep and motorbike caper out. Only knowing the cattle and horses from home base in the NSW Riverina, what crazy employer is going to hire someone like me who knew nothing about the difference between a ewe and a wether nor where the brake and throttle on a motorbike was?! Off I went, two days driving to arrive at the last town of good old Glendarm-

bo then follow that 120 kilometres of unknown red dirt road to Mulgathing Station. Obviously I loved it, after six months it got even better when my eyes set on my now husband, James. Three years later we were managing the property and got married in there somewhere amongst the chaos of running a Sheep Station. Since then we accepted a transfer to Commonwealth Hill Station. This involved packing up and moving house whilst heavily pregnant, which looking back on, was no mean feat! Connor (now four) was born a month after the move and our Daughter Asher followed on 17 months later.

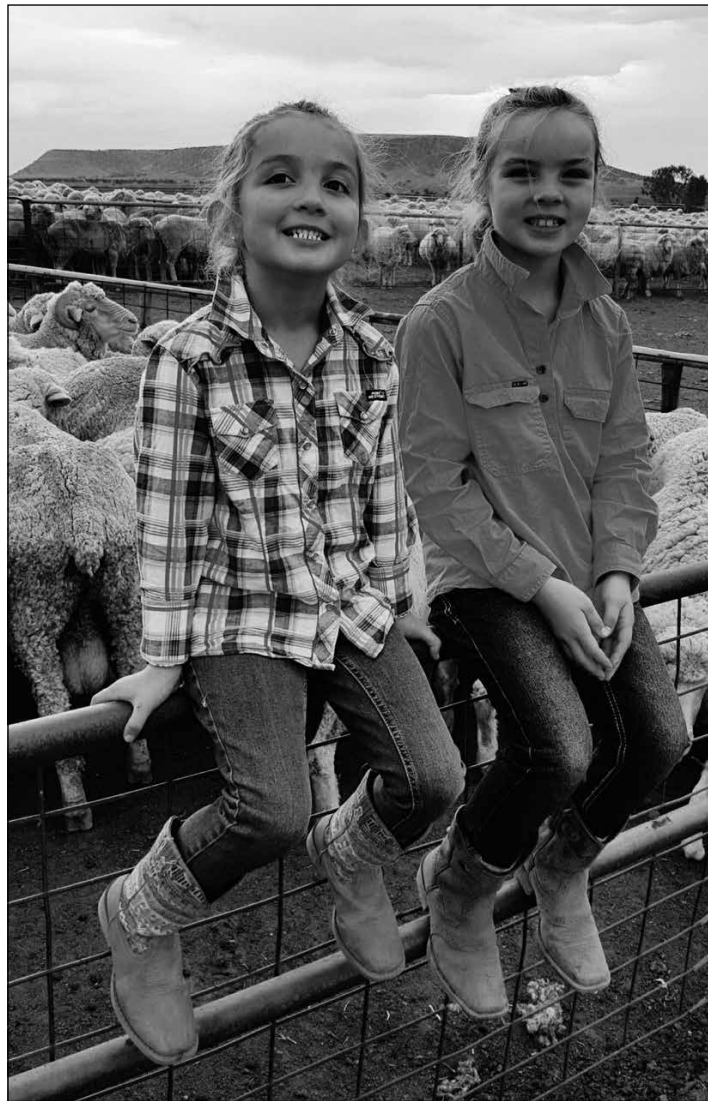
There has been a whole lot of new for us at Commonwealth Hill, the biggest one for me was becoming a Mum. After all these years of being 500

kilometres away from the nearest town, it now became daunting. However, as the months roll past and I get to know our small North West community better, the support and inspiration I see between everyone makes me realise this distance was never an issue! And I think we are pretty lucky to be very much a part of it.

Now hopefully I don't fill those boots up with red dust and I can find some typing skills somewhere within!! Husband is now on the roof fixing the air-conditioner, mad bugger it must be 60 degrees up there, the sun has started to set behind the trees, allowing some shade to fall over the pool, great chance to cool the kids down without the third degree burns.....ah station life!!

Port Augusta Branch News

School life for Imogen & Sienna



Sienna and Imogen Michael from Cariewerloo.

Imogen (aged 7) and Sienna (aged 6), live at the Illeroo homestead on Cariewerloo Station with their parents Scott and Amanda.

The girls attend Seaview Christian College in Port Augusta, which is a 45km drive from home to school. As their Mum, I do this trip 4 times a day (180kms a day). Imogen is in grade 2 and Sienna, grade 1. Our normal day “plan” is to leave home by 7.30am and arrive at school around 8.15am. School starts at 8.30am and finishes at 3pm. The girls have a uniform they have to wear each day. 3 days a week they have formal dress and 2 days a week is sports uniform. It saves the arguments on what they have to wear each day but school shoes and white socks do not stay clean out here! They have just begun packing their own lunch boxes, which they think is a huge novelty and Mum thinks is great – one less thing to do in the morning for me!

There were many reasons why we chose to send our girls to Port Augusta for schooling. The first one is, we are lucky to be close enough to town to make it viable to do so. Followed closely by that we believe social interaction with other peers their age is important. Before they began school, their days were filled in with water runs and hanging with us adults. We discussed the choices of doing School of the Air and getting a governess, but as the girls and I would rather be out in the paddock than stuck in a classroom at home, I knew teaching at home would be a struggle for us all – especially me. So hence the daily commute to town begun when the girls began school.

A lot of people comment on the travel we do and then wonder what I do during the day. According to them, I must get bored out on the station with nothing to do! As you would all know, there is always plenty to do on a station! The travel doesn't bother me, I guess I realised that it has to be done and I don't mind the “me time” in the car with my tunes cranked! It takes 3 hours out of my day, every day. Once the girls are dropped off at school, my role as “Jack of all trades” begins. Everyday is different and can involve picking up supplies from somewhere in town (I always expect a phone call after I've left home in the morning), followed by checking waters, cleaning troughs and due to the dry season, pulling out bogged sheep as dams went dry. Then the usual fun stuff called housework, bookwork and cooking that is never ending. Before I know it, its 2.15pm and its back off to town I go.

Our school bus is a dual cab ute, which Scott kindly equipped with a trough broom, shovel, duct tape and some rope! Most days the dogs come on the school run with us too. Shearing, crutching and lamb marking time, like for everyone, is a busy time. Our girls love being down the yards and amongst it (and me too!). If they get ready for school without the usual carry on, do their homework, eat their dinner and go to bed when asked, they are rewarded with one day off for each week of shearing (usually goes for 4 weeks). The days they get off are spent down the yards drafting sheep or out mustering with Dad. It's amazing how good they can be during the busy times!!

Rain days are a huge deal for the girls, not just the fact we need the rain, but if we get more than 15ml, I don't bother sloshing my way to town and the girls get to stay home to jump in puddles! Imogen will try convince me that any drop rain is a good excuse to stay home!!

We are happy with the education the girls are receiving in Port Augusta, the days are long for them, but they are in a great school (only 70 students from Reception to Year 7) happy and learning. To those that are teaching their children from home, I think you are amazing! When attending ICPA conferences, I am in awe of you Mum's and wonder how I'd cope doing what you do.

Amanda Michael

Port Augusta Branch News

Cambodia

For the year 10 trip this year, Seymour College decided to do a service trip to Cambodia. All the students had to raise \$250 for the trip to help build a house in Cambodia. We were going there for two weeks, and along with service we were getting to see this beautiful country. I was allowed to with my parent's permission, but I had to pay for the trip (approximately \$1500) by myself, which I found was good in that I was being more independent.

The trip was in September, near the end of term 3, but all throughout the year up to that point there was a lot of preparing being done by the school and ourselves. Some of our subjects, such as history and SOJ (learning development) were highly focused on Cambodia and worked toward getting a better understanding of the country before we went. This also gave us time to raise our money from the fundraising. This money went toward buying plants for a family's crops, which we later planted, and materials for building a house which we later built. I decided to set up a food stall in Kimba and sell vegetables from the garden, baked goods and preserves. During the day I was out working for crutching so Mum helped me in making goods to sell, then when I came home I made more. The stall was a huge success and ended up bypassing the goal making a total of \$488.75. To actually pay the expense of going, over the years I have saved money from working in a special account to use in the future. I used this and the money I saved throughout the year to pay for my journey. It was a bit nerve-racking sitting in the airport as I had never been overseas before, and I was going without my parents, but I was excited none the less.



Maddie and her 8 legged friends!

When the plane touched down, I could hardly believe that I was actually there. We left the airport and met our guide for the trip, Khon, then got onto buses that would take us to dinner. The atmosphere was so different to Australia. The roads were packed with traffic, which were mostly motorbikes, ducking in and out, in-between

cars and buses. The streets were lively and bright, markets along the roads selling produce and street food. I couldn't believe how hot and humid the air was, compared to Australia's dry heat. I immediately fell in love with this country. Although a beautiful and amazing country, Cambodia has a fair share of problems. As a result of the

rule of Pol Pot, who committed mass genocide of his own people and set Cambodia back years, they are still struggling with the consequences. There are huge gaps in wealth, so you could see a towering hotel, but right next to it would be a small shack that people are trying to sell things out of to make a living. Although we had learnt

Port Augusta Branch News

about things like this before we went, there is a big difference between hearing about it and seeing it with your own eyes. This was also the case when we went and saw S21 and the killing fields of Pol Pot's time. Seeing the place where thousands of people were tortured and slaughtered was a very difficult thing to see.

We started off our trip in the capital city of Phenom Penn, and then traveled to Siam Reap. Along with S21 and the killing fields, we also visited Free the Bears where we learnt about what they were doing to protect the endangered species of Sun and Moon bears, and the other animals they were keeping. We only spent 4 days in Phenom Penn before we went to Siam Reap, where we did most of our service, but also some sight-seeing. In Siem Reap, we rode the Tuk Tuks around the city on our first day, giving us our first good look at the city. Most of the ancient Temples are around Siem Reap, so we got to see many of them, even going into the famous, Angkor Wat. We rode bikes to these temples because it was more in the countryside, and was really nice being down in the surroundings. We rode the bikes to where this family was living, which is where we helped them plant the crops of mainly mango and dragon fruit trees. One of the days we went up into the jungle, of which there is not much left in Cambodia due to deforestation, where we trekked up the mountain and saw statues and learned about the Hindu religion. Hindu used to be the main religion of Cambodia, but it is now Buddhism, which is why there are many old Hindu temples and statues. For the last four days we spent our time on the house building. There were four groups of us, split into our clan (sports team) groups. We met the family of the house we were building for, a couple and

their three-year-old son. Some of the locals also came to help build the house with us. The work was hard, especially in the humidity, but when we finished it was definitely worth it to see the smiles of the family who we had helped. There was a ceremony for the house and it was blessed by the monks who came, a priest tied a piece red string around all of our wrists,

which is Lucky Red Buddha string that is meant to bring you good luck.

Getting on the plane to go back to Australia was a very bittersweet moment, but I know I won't forget the time I had spent in Cambodia. The people I met were so amazing, and it really makes you think, these people who have so little are so kind and friendly, but where we

live where we have so much, people can be so grumpy and unsatisfied with what they have. However there are many people who are doing their best to help in many different ways as well! Going there gave me such a new perspective on life, and I feel that I will definitely go back and volunteer in the future.

Madison Morris



Maddie with fellow Seymour College students



DO YOU KNOW QPR?

Every day eight Australians die by suicide.

Chances are you're in a position to help.
Make sure you know what to do.

Question. Persuade. Refer.

Free QPR online training – do it today

Take part in this invaluable and free training course – you never know, it may help you to save a life one day. Through three simple steps, you can help others: Question. Persuade. Refer.



Only takes
60 minutes



Free



Licenses remain
active for 3 years



Certificate of
completion



Over 2.5m people
trained worldwide

To undertake the QPR online training,
please visit countrysaphn.com.au

Login code: CSA

QPR training

QPR is designed to provide everyday people with three simple steps to help save a life from suicide.

Key components covered in the training include:

- Common myths and misconceptions about suicide
- The warning signs of suicide
- How to ask the suicide question
- How to persuade someone to stay alive
- How to get help for someone in crisis

The program is being rolled out after Country SA PHN conducted a survey which found that 68% of country South Australians wanted additional training and upskilling opportunities in suicide prevention.

Country SA PHN is providing QPR training to approximately 1,000 community members within the National Suicide Prevention Trial region. The region includes Port Lincoln, Whyalla, Port Augusta, Port Pirie, the Yorke Peninsula and the towns in between.

Country SA PHN exists to bridge the gap of health inequity and access in rural South Australia by building a collaborative and responsive health care system.

If you or someone you know is in need of support, Lifeline is available 24/7 on 13 11 14

SOTA Get Together 2018

This year at Get Together we held the school disco, sports day, a water balloon fight and on the last day some games that most of the kids enjoyed. At the School disco the theme was 'what you want to be when you grow up'. I went as a contract musterer. Hayden, Ryder, Lawson and I dressed up as a mustering team called 'North Twins Mustering'. That night we also had awards for the Premiers Reading Challenge and graduation awards for the year sevens. The year sixes had stalls set up where they sold handmade items like biscuits, gingerbread, jewellery

and fridge magnets.

At the sports day the three SOTA teams competed, the Yellow Brumbies, Red Eagles and Blue Dingoes. We had high jump, javelin, long jump, shotput, discus and running races. The Blue Dingoes won the 2018 sports day trophy. We had a Barbecue for lunch and had a food colouring water balloon fight afterwards. The water balloon fight didn't go for long but it was pretty cool. The Govies filled up the water balloons while the kids went through the rules of the game.

Santa visited before we went home on

Sunday, all the kids were happy with their presents

This Get Together went really well and it was good for all the kids to catch up with their friends and class mates. Soon we have the 2019 Induction week I look forward to seeing my friends again.

Elke Kerin from Northwell Station



SOTA kids receive an early present from Santa



Year 7 graduates Lachlan Fels and Harry Glacken



Lachlan, Philip, Jessica and Sonya Fels of Merna Mora Station also conclude their journey with SOTA



Harry, Herbie, Shae and Kirsty Glacken from Pine Valley Station conclude their journey with SOTA

SOTA Sports Day 2018



All set for the water balloon colour fight



SOTA Sports day competitors



Brumbies, Eagles and Dingoes compete in team events



Victory to the Blue Dingoes in 2018



Jessica Haydon, Hayden Rankin, Elke Kerin and Lily Hatcher



Corey Hilder was the victorious team captain for the dingoes

Lemon Baked Cheesecake Jess Barry

250g Biscuits
150g Butter, melted
500g Cream Cheese
3/4 tsp Lemon rind
1/4 cup lemon juice
3 eggs

Preheat oven to 160 degrees.

Process biscuits, mix in melted butter and press into spring form pan and chill for 15 minutes.

Beat cream cheese, sugar, lemon juice and rind. Beat in eggs one at a time.

Pour into case. Bake for 50 minutes and chill for 4 hours.

Homemade Cream Cheese (AKA Labneh) Jess Barry

1 kg full fat plain yogurt

Line a sieve with a large cheesecloth or new chux wipe and pour the whole tub of yogurt in. Allow to strain for 12 -24 hours. Catch the whey in a bowl and put aside and use to add to mayo or pesto etc, will act as a preserve and add a month on your homemade mayo.

Store cream cheese/labneh in the fridge for up to a month and use it as a replacement of store brought cream cheese. Cheesecakes, mix with icing sugar to top cakes, alternative for mayo. Entertaining - place tea-spoon scoops in olive oil, with garlic, chilli and fresh herbs, allow to marinate for 20 minutes, serve with crackers, similar to goats cheese.

Podcasts

Jodie Keogh, Marree Air Branch

Podcast's seem to have really taken off and I have a few more to recommend that I have really enjoying listening to while cooking, cleaning, gardening, walking and in the office.

There really is a podcast for anything!

Light Entertainment

TGIF! – Thank God it's Friday. Richard Glover hosts this podcast on Friday evenings and is recorded with a live audience. He is joined by 3 different comedians that week to discuss what's been going on in the week. A great easy listen that's always good for a laugh

Mamamia Outloud – Twice weekly podcast hosted by 3 women who chat about what's been happening in the news cycle. It covers pop culture to politics, body image to motherhood, feminism to fashion

Somehow Related – Comedians Dave O'Neill and Glenn Robbins are given 2 random topics by a Siri type and must work out how they are related

The Betoota Advocate – Clancy Overall and Errol Park, editors of The Betoota Advocate report fiercely – without fear or favour of the news of the week and interview guests. Great one to listen to is the Mike Whitney episode

True Crime

Australian True Crime – Hosted by Meshel Laurie and covers not only true crime cases but the Detectives who work the case, victims and True Crime authors

Fatal Voyage, The Mysterious Death of Natalie Wood – A deep dive in the death of Natalie Wood with new sources and investigation trying to work out exactly what happened when she drowned

Serial by This American Life – Unfolds a true story over the course of a whole season. It follows the plot and characters and the narrator doesn't know where it is going to lead

News / Current Affairs

Off the Record – The SA Politics podcast. A fun and lively chat about what's happening in South Australian politics hosted by the senior reporters from the Advertiser newsroom

Slow Burn – Season 2 – The saga of Bill Clinton's impeachment

Kids & Education

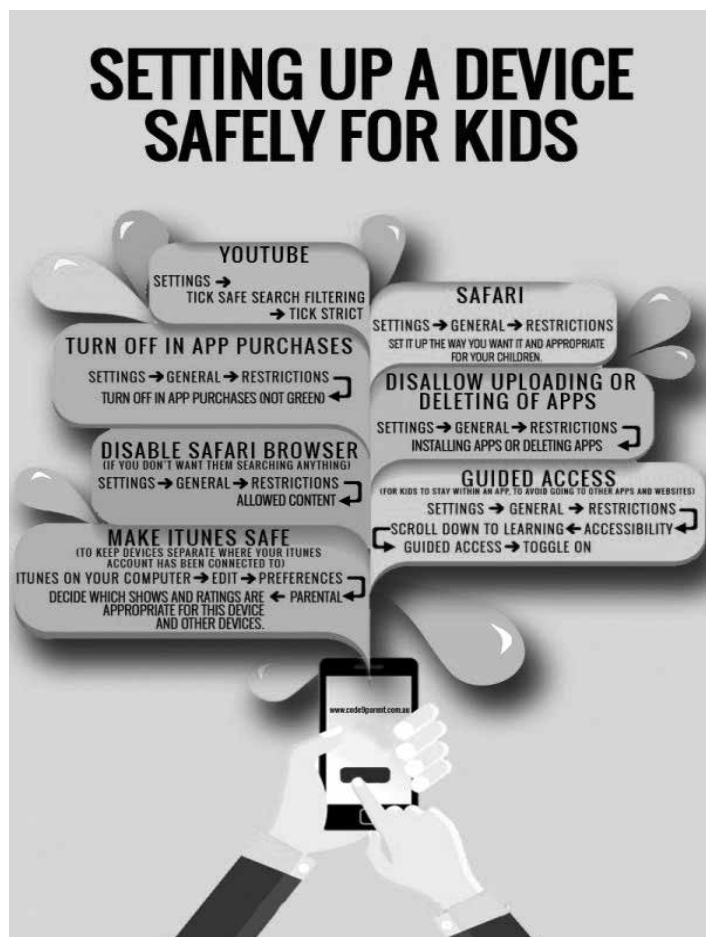
Short & Curly – A fun filled podcast for kids and their parents that ask those curly questions

TED Talks Daily – Thought provoking ideas on every subject imaginable, given by the world's leading thinkers and doers

Request for Donations and Sponsors

The upcoming Federal conference in Adelaide hosted by SA ICPA provides a great opportunity for organisations to promote their business to a wide audience whilst showing support of ICPA and enabling us to run a successful conference. Sponsorship allows the committee to minimise the costs that are passed on to delegates and members, given they also have to cover accommodation and travel costs to attend the conference. This is currently more so important given the unfavourable seasonal conditions and hard times that many families have and are continuing to endure.

Sponsorship can take the form of cash, and/or items for fundraising activities such as raffle items, and/or promotional items to be included in the conference bags. Sponsor packages come in the form of Gold, Diamond and Platinum with each having varying benefits. To find out more about how you can become a sponsor or to give a donation, please contact our Sponsorship coordinator Kirsty Williams on 08 8670 7951 or email federalconf2019sponsor@gmail.com



My Station

By Hayden Rankin

Year 5 SOTA

My station
Is where I live
It is my home
It has a lot to give

My station
Is full of history
Where ever you step
You'll find a mystery

My station
There are many animals around
When dad returns
I wonder what he has found

My station
My mum is always cooking
Every single day
To stop the boys from sooking

My station
You will find lots of cattle
Whenever you see them
They are always having a battle

My station
There is always lots of noise
Of laughter and happiness
Coming from the boys

Self Watering Wicking Garden Beds

We all know its dry and water is scarce, we could all do with a good rain, homestead dams drying up, leaving us with limited alternative water supplies.

A lovely neighbour who had a fabulous green thumb in the garden shared a tip with me a few years ago, self watering wicking beds. They are basically containers with water reservoirs at the base, like a giant self watering pot. Moisture is drawn up through the soil via a process called capillary action or wicking. This allows moisture to be more evenly distributed through the soil, creating better soil conditions for the plants..

It didn't take my neighbour long to convince me how great these beds were, her vegetable patch was lush, green and over productive, she was feeding the station and us every week!

The dry conditions have forced me to get moving and make some more wicking beds to completely replace my existing vegetable patch, so we can still enjoy home grown vegetables in these dry times.

For more information to make your own wicking beds, go to;

www.abc.net.au/gardening/factsheets/building-a-wicking-bed/9435452

Step 1.

Build a vegetable bed. IBCs (intermediate bulk containers), wooden boxes, brick or corrugated iron raised beds or the most accessible old corrugated rain water tanks

(cut to size). If bed option is not water tight, line with good quality plastic or pond liner to the top. Total depth of the bed should be around 50-60cm high, allowing 20-30cm for water the water reservoir and 30 cm for the depth of soil. If your bed is only 30cm high, your reservoir layer could be dug down 20-30cm, as long as the overflow point is at soil level.

Step 2.

Line it. If using wooden crate use carpet to prevent splinters piecing the plastic lining. For corrugated iron tanks we just used cardboard. Fit in liner, then fill with water before you add scoria and soil to ensure that there is no leaks.

Step 3.

Fit an overflow pipe. Insert this at the level of the join of the soil and reservoir, on the opposite side from the water inlet. This allows excess water from the rain to run out, preventing water logging.

Step 4.

Add 2.5cm layer of around 12mm scoria or gravel to the base.

Step 5.

Create a fill pipe. Install a length of 50mm PVC pipe vertically, attached to a PVC 90 degree elbow that will sit near the base of the bed, on top of the scoria. Next attach a length of 50mm slotted flexible agricultural drainage pipe or 50mm pipe with holes drilled into it to the elbow, running this along the middle of the bed and adding a

cap to the end.

Step 6.

Cover Pipe and the bottom of the bed with scoria, to a depth of 20-30cm. Then cover the scoria with a layer of geotextile fabric that acts as a wick while stopping fine soil particles from filling the reservoir.

Step 7.

Fill the top half of the bed (approximately 30cm) with a blend of good quality organic soil and compost. Sheep manure and compost works well also.

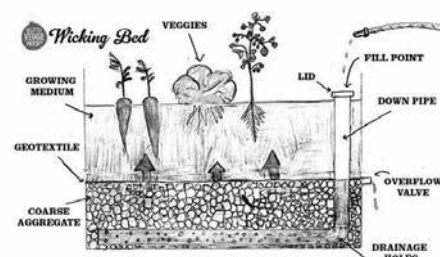
Step 8.

Using a hose, pour water into the PVC pipe to fill reservoir at the bottom. You can use a garden stake as a dipstick to see how deep water is. Initially you need to water from the top as well, to wet the soil for the first time.

Step 9.

Once the soil is damp, the bed is ready for planting. For the first week or so, you may need to water young vegetable seedling from above until their roots are big enough to start wicking.

Jess Barry, North West Branch.



Kate Greenfield, Port Augusta Branch, has been fossicking around on the web and has found some interesting pages we may like to view.

<http://mumlyfe.com.au/>

This website is for Mums of kids 7+. It is a real life look at the ups and downs of parenting our tweens and teens. It's honest, funny, informative and a bit of a breath of fresh air!

<http://www.midnorthcc.sa.edu.au/aviation-program>

Do you have an aspiring aviator in the family? Did you know that the mid north has an aviation program available for students in Years 11 and 12? You will find this a handy link to find out more.

CELEBRATE — 10 DECEMBER 2018

21 gifts for reluctant readers they won't be able to resist

The trio behind Your Kids Next Read – award-winning children's authors Allison Tait and Allison...

Kiwi Co. Crates Review



Aurelia and James Reynolds, Upalinna Station, Flinders Ranges Branch. Aurelia's favourite part of making the kaleidoscope crate was sticking the shapes on the clear disc where ever she wanted, and they still made beautiful patterns through the view finder.

About seven months ago, I chanced upon Kiwi Co. crates as I was scrolling through facebook and saw an ad pop up. I clicked on it and discovered these great boxes full of STEAM goodness! STEAM is an acronym for Science, Technology, Engineering, Art and Maths. The crates contain hands on science and art projects delivered for ages 0 – 16. Kiwi Co. is a team of educators, makers, engineers, and rocket scientists (yes, for real). And they're passionate about what they do.

How it works:

1. Pick a Line. They offer projects for every age and interest!
2. Delivered Monthly. Choose your plan and the first crate ships in 2 days. Pause or cancel anytime.
3. Serious Fun! The science and art projects inspire kids to become creative problem solvers.

My kids get so excited when they see the brown and green box in the mailbag. They take it out straight away and go into their room and start making.

Initially, I thought I'll just get one crate per month for both of my kids to share. I thought if it turned out to be a good resource, I'd purchase another subscription so they'd each have their own crate. Seven months on and I have renewed the subscription still with the one crate as I discovered that both of my kids worked really well together on the one project. They also go really quiet when they are making. At first, I was worried because I'm sure you'd agree that prolonged silence from children usually means they're up to something... and it's usually no good! But I found them so engrossed in the project and working as a team. Each of them building or making part of the project that interested them, whether it was the colouring and decorating or the construction. My oldest would read out the instructions and felt very important.

I can't rave enough about these crates. Not only is there the STEAM component, but the crates also build confidence, encourage team building, critical thinking and leadership. I have been on

hand to help. However, so far, I have not been needed. The instructions are really clear and easy to follow and my kids love that they can complete the projects without the help of an adult.

Best of all, the crates are really convenient. You don't need to research and then go and buy the supplies needed. The crates have everything you need (plus extras) to start straight away. They are delivered by mail every month and all the projects have a different focus from one another. These crates are perfect for those of us who live in remote areas but still want our kids to have access to the best resources out there.

They make great birthday and Christmas presents too!

Check it out for yourself: www.kiwico.com

Mija Reynolds

Life Members

Federal Life Members

Julia Materne

Jane Gloster

State Life Members

Bob Baker

Lorrayne Balharry

Glennis Crawford

Jane Gloster

Julia Materne

Lynn Nagel

Don Nicholson

Sharon Nutt

Port Augusta

Lynn Nagel

Don Nicholson

Colleen Manning

North East Branch

Julia Materne

Glennis Crawford

Jane Gloster

Dot Sandland

Roslyn Breeding

Flinders Ranges

Kaye Fels

Richard and Janne Warwick

Sally Henery

Marla Oodnadatta

Digby and Bernadette Giles

Helen Williams

North West Branch

Joanna Gibson

Jill Greenfield

2019 ICPA Federal Conference – Adelaide SA



South Australia State Council is pleased to be hosting the 2019 Federal Conference on Wednesday the 31st July & Thursday the 1st of August at the iconic Adelaide Oval in the heart of our beautiful capital city in South Australia. An oval must seem a peculiar choice for holding a conference but rest assured, guests and delegates will be delighted at our supreme sporting and social Mecca that is Adelaide Oval. Nestled on the fringe of the city amongst beautiful parklands and neighbouring the River Torrens, Adelaide Oval is the pride of our state capital and is home to the best in not only

sport but all social events, from cricket to concerts to conferences – Adelaide Oval is the place.

Just a short stroll across the footbridge to our Riverbank precinct and you're at the footstep of your accommodation at the Intercontinental Hotel. Located next to our historic Railway Station and Casino and just a stone's throw from Rundle Mall shopping strip with a plethora of restaurants and cafes in the vicinity means you can easily combine business with pleasure. It wouldn't be a trip to Adelaide if you weren't exposed to our other cityscape icon – The Festival Theatre. Situated on the city side of the Riverbank district opposite the oval is our distinctively shaped theatre where the Conference dinner will be held. Dinner and a show you say? Well you are in luck!

Flying into Adelaide? Adelaide airport is an easy 15 minute drive to the city where besides the Intercontinental, accommodation is plentiful. More information will be available soon regarding accommodation, transport and the like. The convening committee are continuing to work together with Federal Council to provide our members and friends with an enticing and inspiring conference experience, with many more details to come including registration, con-

ference packages, guest speakers and sponsorship opportunities. So please keep yourself well informed and regularly check out the ICPA website and social media pages so you can stay in the 'conference loop'.

"Sustain our future, Invest in our children" is the theme, and with a nation requiring us all to invest in our sustainability, we need to educate its future thinkers and leaders. Investing in their education for the long term requires us to be committed to delivering equity in education to all students far and wide. The ICPA Federal conference is the cornerstone event on the ICPA calendar, if you haven't been to one, make this your first, and if you are a seasoned delegate or guest please join us again in Adelaide in 2019. We look forward to welcoming you there.

Conference Key Dates

Tuesday July 30th

Conference Meet & Greet. Adelaide Oval

Wednesday July 31st

Conference Day 1 at Adelaide Oval followed by Conference dinner at the Festival Theatre

Thursday August 1st

Conference Day 2 at Adelaide Oval followed by the post conference dinner. Venue TBA

For more information, please contact
Katrina Morris, conference convenor
ICPAfedconf2019@gmail.com



2019 Federal Conference social media details

Website www.icpa.com.au • The hashtag is #ICPAconf19

Facebook www.facebook.com/ICPA.Aust/ • Twitter twitter.com/icpafed

Instagram is https://www.instagram.com/icpa_aust

LinkedIn is <https://www.linkedin.com/company/icpa-aust-isolated-childrens-parents-association/>

Allowances for remote and isolated families

Allowance	Who can apply?	How much? (2018 Rates)
Federal Allowances: Centrelink		
Assistance for Isolated Children <ul style="list-style-type: none"> Boarding Allowance 	Parents of geographically isolated school aged students who need to board away from home to attend school. Applies to boarding schools, hostels and private board	\$10,615 per year, made up of 2 components: \$8,249 - basic \$2,366 - additional subject to parental income and actual boarding costs
Assistance for Isolated Children <ul style="list-style-type: none"> Distance Education Allowance 	Geographically isolated and undertaking schooling via Distance Education	\$4,124 per year.
Assistance for Isolated Children <ul style="list-style-type: none"> Second Home Allowance 	Geographically isolated and run a second home to access education.	\$6,265 per year paid in fortnightly instalments, for up to three students.
Youth Allowance	Young people from 16-24 years, studying, training or looking for work. Dependant children up to 22 years are subject to Parental Means Test. Rural and regional students can claim the independent rate by earning 75% of Wage Level A in a 14 month period.	Varies by situation. Please call or see the Centrelink website.
State Allowances: DECD Transport Services Department (08) 8226 2406		
Travel Allowance	School students living five kilometres or more from the nearest public school or school bus run.	Paid per km. Apply through school principal.
State Education Allowance (SEA)	Families in receipt of AIC Basic Boarding Allowance	\$2250 per year.

Further information regarding the Assistance for Isolated Children (AIC)

Apply through Centrelink

- **Dedicated Assistance for Isolated Children (AIC) Call Centre: 13 23 18**
- **Dedicated Youth Allowance Hotline for ICPA Families: 13 24 90**

To qualify for AIC, students must live at least 56km from an appropriate government school, or at least 16km from an appropriate state school and at least 4.5km from the nearest bus route.

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Rural Schools/School Travel
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Jill Greenfield, Belinda Hatcher
Kirsty Williams, Kylie Morton
Mija Reynolds, Ros Breeding
Helen Williams, Jodie Keogh

Distance Education
Specific Education
Curriculum
Tertiary Education

Petie Rankin, Lynly Kerin
Kylie Morton, Kate Greenfield
Sonya Fels, Petie Rankin
Belinda Hatcher, Lisa Hunt



THE PIPELINE

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