



# Menzies Matters

Issue 30

Free

September 2010

## Old Butchers Shop and Tea Rooms Restoration



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### Take a look around!

- Historic Sites
- 'Our Place Menzies'
- Pioneer Cemeteries
- Lake Ballard Sculptures
- Golden Quest Discovery Trail
- Goongarrie
- Kookynie Ghost Town
- Niagara Dam

In the photos you can see the old floors eaten out by white ants have been removed. Structural work has been undertaken ready for the laying of Jarrah floorboards. Shop fronts have been removed for restoration & will be returned and put in place during the next visit. Thanks to the hard work of the Johns Family Builders and clean-up work undertaken by the MAC Centre. Justin Lee.



## Shire of Menzies Information

### SHIRE OF MENZIES

#### Kleenheat Gas Agency

The Shire of Menzies has recently taken over the agency for Bottled Gas. Exchange Bottles available from the Shire Depot at -

\$120 for 45kgs collection

\$130 for 45kgs delivered

Prices and availability of the 9kg Bottles will be forthcoming and indicated in the Next Menzies Matters.

Payments can be made at the Community Resource Centre.

EFTPOS available.



### SHIRE OF MENZIES

#### Council Meetings 2010

Council Meetings are usually held in the Council Chambers at 9:00am in the Menzies Town Hall

*Please note that for 2010 all Council Meetings will be held on the 4th Thursday of each Month.*

*The next three Meetings for 2010 will be:-*

September - Thursday 23rd  
(Held at Grand Hotel Kookynie)

October - Thursday 28th

November - Thursday 25th

*The general public are welcome for question time at the start of each months Council Meeting.*

### Position Vacant



SHIRE OF MENZIES

#### CARAVAN PARK CARETAKER

Applications are invited from suitably experienced applicants to fill the role of Caravan Park Caretaker for the Shire of Menzies. The Menzies Caravan Park is located in the town of Menzies, 132kms north of Kalgoorlie on the Goldfields Highway.

April to October is the peak tourist season in the northern goldfields and because of such high demand on sites the Menzies Caravan Park has recently been upgraded to double the previous size.

This position will involve taking bookings, cleaning and general Caravan Park Duties. The position is for Approx 14hours per week. Extra paid hours may be available at the Visitor Centre on weekends.

A position description can be obtained by calling the Customer Services Officer on (08) 90242 041 or Emailing: [cs01@menzies.wa.gov.au](mailto:cs01@menzies.wa.gov.au)

Further details may be obtained by contacting the Works Supervisor on (08) 9024 2041.

Applications to be addressed: 'Confidential'.

Mr. B W Seale J.P., Chief Executive Officer, Shire of Menzies, PO Box 4, MENZIES WA 6436

Applications close: **Friday, September 17<sup>th</sup> 2010 at 12 noon**

### New Caravan Park 'Fees & Charges' as adopted by Council

26th August 2010

	Daily	Weekly
Powered Site (2 Adults)	\$26.00	\$156.00
Unpowered (2 Adults)	\$20.00	\$120.00
Extra Adult	\$10.00	
Extra Child	\$ 5.00	
Shower Only	\$ 3.00 each	
Caravan Storage-Offsite		
	Daily	Weekly
	\$10.00	\$60.00
Permanent Powered Site Rate (6 weeks or more - Permission in Writing)		Weekly \$130.00



Matter arising from the August Shire Council meeting, as conducted at the Tjuntjuntjara Community Centre on Thurs August 26<sup>th</sup>, 2010.

### 1. Caravan Park- Ramps and Steps and Official Opening.

Council supported the design of the ramps and steps for the Caravan Park ablutions being the last essential part of the project which is likely to be installed within the week and also Council will **address the formalities for the “Official Opening” at a later date to formalize the conclusion to** this major project for the Council, and this is expected to be within the next few months.

### 2. Niagara Dam - Valve Tower Restoration.

In a very innovative and exciting project, Council resolved the reconstruction of the Original design Value Tower House on top of the Dam wall which will be a wonderful feat and given Council has the original plans of the design from 1897, the construction will be exactly the same as it was over one hundred years ago, will be a huge draw card for tourist to the site.

### 3. Formation and Construction of the Kookynie Road for the Final Three kilometres to the Kookynie Town-Site.

After many years of planning and waiting, the final three kilometres of sealing of the Kookynie road will be attended very shortly as a result of the Council adoption to accept the Tender for the final stretch of the road for the formation and construction of this major tourist link to Kookynie. It is planned that this will be addressed within the next two to three months.

### 4. Air-Field Re-alignment.

Great news was recently received from the Minister for Mines and Petroleum (The Hon. Norman Moore) with the advices that the realignment of the Menzies Air-field has been approved which will enable the Council to redesign this vital piece of infrastructure to accommodate a larger sized aircraft in case Mining companies wish to fly in mining personnel and require a larger aircraft, which would require a longer landing zone than the present 900 metres. This is wonderful news and great boon for Menzies.

### 5. B-Point (Bill-Pay) facility.

Opportunity for Shire clients to pay their rates and Sundry debtor accounts was approved at the August meeting with the resolution to adopt a proposal from the WALGA Group through the **Commonwealth Bank in the “B-Point” facility and it is planned that this will be operational within the** next few weeks.

### 6. Morapoi Annual Friends Camp.

This very popular annual camp at Morapoi has again been supported by the Menzies Shire and reflects the recognition of the value and importance Council has in the provision of these Sociological facilities in the Menzies Shire. **The camp is titled the “Annual Friends Camp” as it brings** young people together from different walks of life and new friendships develop as a result. Accordingly, I suspect flyers and brochures will be made available shortly in this matter and where participation is encouraged. Further details may be obtained direct from the Morapoi station management, if required.



Matter arising from the August Shire Council meeting, as conducted at the Tjuntjuntjara Community Centre on Thursday August 26<sup>th</sup>, 2010 (cont.)

### 7. Support for a “Custom Mill” at Leonora.

This interesting concept was raised recently by President Dwyer relative to the construction of a “Custom Mill” in Leonora for smaller gold mining ventures to utilize without having to cart the Gold bearing ore to Kalgoorlie. The concept was approved in principle only by the Council subject to further details being made available. Accordingly, from a conceptual point of view, this facility has great opportunities for Menzies and surrounding Shires and where further advices will issue as the concept develops.

### 8. Corporate Planning for Tjuntjuntjara.

The support for the Tjuntjuntjara Community was most encouraging with the resolution to support the community with funding to support the design and compilation of a Corporate Plan for the direction of the community into the future. Having the Plan is the beginning of the provision of improvements for the community and represents the Blue Print of the Strategy of what to do next to enhance the quality of life for the constituents at Tjuntjuntjara. This is a major step forward and the Council for the Shire of Menzies contributed funds to assist in the achievement of that plan.

This is expected to be completed by December 2010.

### 9. War Memorial and Garden of Remembrance for the Main Street in Menzies.

With the recent donation of the Roman Catholic Church building in Menzies to the Shire of Menzies, the Council has elected to relocate the premises to the Main Street and refurbish the building and re-commence Church services from the new site. Furthermore, Council has also resolved to incorporate an “Anzac Day” cenotaph with a Garden of Remembrance for ANZAC day services and will be a lovely facility for the main street of Menzies. This is planned for completion during this financial year.

### 10. Police Station Reserve Land.

This long awaited facility has received support from Council in the re-zoning of the site, following receipt of advices from the Minister for Minerals and Petroleum approving of the free holding of a large portion of the land at the rear of the Police Station to enable commercial development. The Police residence will also be made freehold and the Station building will convert to a Reserve vested in the name of the Shire for the purposes of accommodation. Accordingly the Town of Menzies is growing and moving ahead, which is a wonderful sign.

Brian W. Seale J.P. Chief Executive Officer

Shire of Menzies W.A. Ph- 9024-2041 Fax-9024-2110 Mobile 0409-114 509





## Matters resulting from the Extra-Ordinary Meeting of Council as conducted on Tuesday September 7<sup>th</sup>, 2010.

With the volume of issues for Council to address, it was decided to conduct an extra-ordinary meeting in order to process the volume of issues and where 25 items were addressed and where the following is an extract of same, though a full version of the minutes is available during working hours at the administration Centre.

### 1. The Endeavour Programme.

Council has supported provision of the facility of assistance for qualifying applicants to participate in this wonderful opportunity to be involved in the Endeavour Tall Ship tour intended to assist candidates with building esteem and leadership qualities for the future. Accordingly further details and advertising will issue shortly in this matter and where interested candidates should contact the Shire offices to determine eligibility for this participation.

### 2. Official Opening of the extensions to the Caravan Park.

An informal function will be conducted on Thursday October 28<sup>th</sup>, 2010 with a light luncheon being provided to conduct the formalities required and to recognize the huge effort the council has entertained for a long time to get this project addressed and concluded. Accordingly, it is wonderful to see the project draw to a conclusion and represents a wonderful addition to the Shires facilities.

### 3. Ularring Soak Picnic location.

Council has entered into an arrangement with the Department of Environment & Conservation in the development of this lovely site at Ularring Soak and where it is planned to adjust the entry road a little and where \$30,000 has been applied to this project which will enhance this facility as an attraction for visitors to this region. It is planned this project will be completed within six months.

### 4. Proposed Road from Tjuntjuntjara to the Tropicana Gold site.

This innovative project has been approved in principle and shows support for the provision of this major infrastructure development which is intended to support both the Tropicana Gold mine facility and the community at Tjuntjuntjara and also has the support from the Department of Indigenous Affairs. Accordingly, further advices will issue as this project determines the Shire involvement and the funding for same is established.

### 5. Budget Adoption for the year Ended – June 30<sup>th</sup>, 2011.

Arguably the most important meeting of the Shire calendar is the Budget Adoption meeting and this was **conducted and approved by an “Absolute Majority” of Council as required and this now enables the** administration to issue rates and progress the projects as proposed. Thus, we see an exciting year ahead of us with a range of exciting projects being planned and where the budget exceeds m\$9 for this year.

### 6. Proposed Combined Golden Gift and Menzies Classic Event.

John Bowler recently highlighted the opportunity of combining these events and the Council is very supportive in the expectation that Menzies will benefit from this annual facility. Accordingly, the planning for a combined event is being considered at this moment and where further advices will issue as details come to hand.

### 7. Proposed relocation of the Administration Centre to the Resource Centre.

Given the pressures of providing suitable office space for the administration centre, the Council has approved in principle only, the relocation of the administration centre to the current Resource Centre, once it has been renovated to accommodate the relocation. Accordingly this innovative concept will be developed over the next twelve months and represents some good forward thinking and planning by Council in the anticipation of future needs.

Brian W. Seale J.P. Chief Executive Officer

Shire of Menzies W.A. Ph- 9024-2041 Fax-9024-2110 Mobile 0409-114 509



## SHIRE OF MENZIES

### DOG ACT

## REGISTRATION OF DOGS

### Registration Fees:-

#### Annual registration of unsterilised

Dog or bitch	\$30.00
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#### Concessional registration rates:-

Sterilised dog or bitch – annual registration	\$10.00
Dog used for droving or tending stock	¼ of fee otherwise payable
Dogs owned by pensioners	½ of fee otherwise payable

#### Three year registration period

Sterilised dog or bitch	\$18.00
Unsterilised dog or bitch	\$75.00

**DOGS FOUND WANDERING AT LARGE WILL BE IMPOUNDED. IF NOT CLAIMED WITHIN 72 HOURS, THE DOG WILL THEN BE DESTROYED.**

**IT IS THE RESPONSIBILITY OF THE OWNER TO MAKE SURE THE DOG IS REGISTERED WITH THE COUNCIL, AND TO KEEP THE DOG AT HOME UNLESS IT IS ON A LEASH.**

**Brian Seale**  
**CHIEF EXECUTIVE OFFICER**

## Spinifex Art Gallery

Artist - Walter Hansen

Artwork Size - 820mm x 1040mm Unstretched Canvas

Title - **“Karnu & Ilkurlka” May 2009**

Price - \$1,800.00

**Spinifex Art Gallery is inside the ‘Former’ Lady Shenton Hotel.**

Shenton Street, Menzies Wa 6436

Story & photo reproduced with kind permission from Ikurlka Community.



Copyright for the artwork remains with the artist. Copyright for the text remains with Spinifex Arts Project. Permission to reproduce the artwork and text is required in writing.

Ilkurlka Community  
PO Box 1014, via Kalgoorlie  
WA 6430, Australia

# Morapoi Friends Camp - 27 - 30 September 2010

## How to register?

Complete the Registration Insert Form.  
Post Registration Form and cheque/  
money order made out to

**Yiwarra Palya Ministries**  
PO Box 532  
Kalgoorlie 6433

or deliver to Maria Coman  
Moran St, Boulder.



## Registrations close 23rd September

### Or when camp is full

An expression of interest is welcomed from adults or teenagers who may like to assist at camp as a Helper, Junior Leader or Activity Leader. Please contact Greg Stubbs 9031 3380 or 0400232150. All workers pay the same camp fee as the children.

The camp fee has been considerably reduced due to sponsorship by individuals and businesses. However if finance is a problem please enquire about further sponsorship to cover the cost of camp fees. Phone Greg 9031 3380  
Carol 0400232150

## What to bring?

- ⇒ Pillow
- ⇒ Sleeping bag or sheets & blankets
- ⇒ Towel
- ⇒ In a small bag: soap, toothbrush, toothpaste, comb, deodorant
- ⇒ 4 changes of clothes & underwear
- ⇒ Joggers/Runners (essential for sport)
- ⇒ Bible, pen and notebook
- ⇒ A willingness to learn, make friends and have fun!



Children to have their own bedding and clothes packed in a different bag from brothers and sisters. They may be in different dorms.

## Transport



**Kalgoorlie:** Bus departs Monday 27th Sept 2.00pm from Railway Station  
Bus returns Thursday 30th Sept 3pm

**Menzies:** Bus departs Monday 3.30pm from Menzies Town Hall. Bus returns Thursday 1.30pm

**Leonora:** Bus departs Monday 3.15pm from Rec Centre  
Bus returns Rec Centre Thursday 11.45am

**Laverton:** To be advised :

# Friends Camp 2010

Camp for Friends  
27th Sept to 30th Sept  
7 to 12 year olds

4 DAYS FOR \$80



Come and enjoy the holidays and make new friends at

## Morapoi Station

## Meet New Friends!!



- ☺ Discover what the bible says:
- ☺ Learn more about Jesus
- ☺ Games
- ☺ Challenges
- ☺ Stories
- ☺ Songs
- ☺ Overnight Camp Out



- ☺ Disco
- ☺ Motorbikes
- ☺ Canoeing
- ☺ Horseriding
- ☺ Aboriginal Cultural Activities



Camp Leaders: Greg & Carol Stubbs

'Friends' camp is staffed by volunteers from schools As far away as Canberra, Gympie, Qld and friends. and Christian churches. The camp is an activity of Yiwarra Palya Ministries, which is part of The Christian and Missionary Alliance of Australia.

Enquiries welcome 9031 3380 or 0400232150

(@greg or Carol Stubbs)

# Morapoi Rodeo 2nd - 4th October 2010

## MORAPOI STATION



## OUTBACK RODEO

Saturday 2nd - Monday 4th  
October 2010

Starts 12.00pm

Family Weekend

Sponsored by



Local Riders come and ride for glory  
Big prize money \$\$\$

STAY ON for  
the SUNDAY  
CULTURAL  
NIGHT

Phone

Tanya

0890313380

Grog (mobile)

0417911485

RODEO  
SATURDAY  
ONLY!

Kick up the Red dust  
Saturday Nite  
Entertainment

**KOOKYNIE ROAD  
180KMS NORTH  
OF KALGOORLIE  
ON SEALED ROAD**

Gate Entry: Adult \$15 Child/Pensioners \$7  
\$40 per family (2 adults + 2 children) extra child \$3  
Campsite \$10 per night; Caravan site \$15 per night  
Bookings and Tickets available by phone

**BBQ's, Refreshments, Conveniences Available**

COMFORTABLE ACCOMMODATION &  
MEALS AVAILABLE:  
BE EARLY - BOOK NOW!

Food/stalls Poddy Calf Riding  
Hourly Cultural Tours Mutton Busters

**CHILDRENS ACTIVITIES**

Madcow, Bouncy-castle, Motorbike riding,  
Horse riding, Canoeing, Yabbying

**CULTURAL DANCING** - Sunday Night

Local Boy Samuel Stubbs

Proceeds to: Royal  
Flying Doctor Service;  
Menzies St John  
Ambulance; KBGA  
Corporation (supporting  
community children &  
youth in sports); "Friends  
Camp"; Kookynie  
Volunteers, and other  
non profit organisations  
in Menzies Shire.

**NUGGET  
TOURS  
OUTBACK  
ADVENTURE**

ABCRA Affiliated, Points Awarded

Champion bull & horse riders in action

[www.morapoi.com.au](http://www.morapoi.com.au)

## Northern Goldfields Sports &amp; Recreation News



## Mixed Netball Carnival

### Saturday 4<sup>th</sup> of September 2010

#### Round 1

Teams	Court	Time
Menzies Vs Scorpion	1	10.00 am
Wedge tails Vs Leinster Eagles	2	10.00 am

Triple B – BYE

#### Round 2

Triple B Vs Scorpion	1	10.50 am
Menzies Vs Wedge tails	2	10.50 am

Leinster Eagles – BYE

#### Round 3

Wedge Tails Vs Scorpion	1	11.40 am
Triple B Vs Leinster Eagles	2	11.40 am

Menzies – BYE

#### Round 4

Triple B Vs Menzies	1	12.30 pm
Scorpion Vs Leinster Eagles	2	12.30 pm

Wedge Tails – BYE

#### Round 5

Teams	Court	Time
Wedge Tails Vs Triple B	1	1.20 pm
Menzies Vs Leinster Eagles	2	1.20 pm

Scorpion BYE

#### Grand Final

1 Vs 2	1	2.10 pm
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Triple B & Scorpion – Leonora Teams

Wedge tails – Leinster team

**Please note:** I'm hoping that each team that has the bye will be able to assist with umpiring.

Each game will be 30 minutes with two 15 minutes halves and a 5 minute break at half time.

Cost: \$7.00 per player for the Day.

- Players must be aged 14 and over
- Teams must supply 1 umpire each
- Game fees go towards cost of hiring courts and for trophies.
- Results will be published in each town's local news.
- A trophy and medals will be provided to the winning team and runner up team
- A trophy will be provided for the fairest and best also fairest and best runner up





# Sandstone Open

Welcome to the

## 2010 Sandstone Open

### Saturday 11th September

#### 4 Ball Best Ball Par

Nomination Fee \$5.00pp  
Evening Roast Meal \$15.00pp

### Sunday 12th September

#### 27 hole Stableford

Nomination Fee \$50.00pp  
Includes Breakfast, Lunch and Dinner

Social visitors welcome \$35.00pp  
*Includes all Sunday meals*

*Sandwiches, Cakes, Tea, Coffee  
and Drinks on sale throughout the weekend*

#### Nominations close

**4pm WEDNESDAY 8th SEPT 2010**

Players are welcome to play both days or just one. Please specify  
when nominating together with your handicap.

Please contact: Lana Lefroy, phone/fax: 08 9963 5831

### Accommodation

Outback Accommodation  
Phone 08 9963 5869

Griffith Street Accommodation  
Phone 08 9963 5330  
Mobile 0448 848 667

National Hotel  
Phone 08 9963 5801

Alice Atkinson Caravan Park  
Phone 08 9963 5859

**SEE YOU AT LAVERTON RACE DAY**  
**SUNDAY 26 SEPTEMBER 2010**  
**FULL AFTERNOON OF EVENTS**  
**ON COURSE BOOKIES, TOTE, BAR**  
**MORE DETAILS TO FOLLOW!**



*The  
Laverton  
Race Club  
Presents:*



**FASHIONS ON THE FIELD  
AT THE LAVERTON RACES  
SUNDAY 26 SEPTEMBER**



*Dress to impress!*

*Great prizes for best  
dressed lady and best  
dressed gent.*

*Let's have some  
real glamour in the  
Outback!*



# **R.F.D.S. CLINIC**

**DATE: FRI. 10/9/10**

**TIME: 9.30A.M.**

**PLACE: MENZIES  
HEALTH CENTRE**

**DOCTOR: T.B.A.**

**APPOINTMENTS**

**PH. 90242044**



## Regional Health Notice

### POITIER MEDICAL PRACTICE

967 Sadie Canning Drive, Leonora WA 6438

Ph: 08 90376238 Fax: 08 90376799

Podiatrist – Leonora Hospital - on Thursday 9th Sept

Phone 90376238

Community Health - Friday 10<sup>th</sup> September.

Phone 90376083

Consultant Physician – Dr Sean George will be holding a clinic at Leonora on Monday 1st November  
Appointments 90376238.

Gynaecologist & Colposcopist - Monday 29th November.  
More Info phone: 90376238

Dentist - Returning in November 2010. More info 90376238

Dr Charl Du Plessis will be away on study leave Monday 13th to Monday 20th September 2010 inclusive.



Government of Western Australia  
Department of Housing

Edition 11 - Winter 2010

## beyond the letterbox



# Keep Warm This Winter and Save Energy

How can you keep warm in winter and make sure your gas and electricity bills are kept at an affordable price?

Here are some simple steps that can help you to reduce your energy costs.

- Keep the temperature of your home around 20°C in winter
- Wear warmer clothes and put an extra blanket on your bed

**If you turn your heater down just 2°C you could save up to \$150 off your heating bill every year.**

### KEEP YOUR HOME WARM BY:

- Closing doors of rooms that don't need heating and save up to \$60 a year
- Sealing gaps around external doors and windows and save up to \$40 a year
- Keeping curtains closed at night and on cloudy days to keep the cold out
- Opening curtains during the day to let in the shining winter sun

**Up to 35% of your home's heat can escape through doors, windows, walls and ceilings.**

### USE HOT WATER WISELY

Heating water uses lots of energy. Reducing how much hot water your family uses will help reduce your energy bill.

- Make sure all your taps are turned off

- Wash clothes in cold water
- Report dripping hot taps to save energy and water
- Don't rinse dishes under running water. Use a plug in the sink, scrape plates first and use cold water when possible
- Invest in a front-loading washing machine when you need to replace your machine – they use less energy and water than top-loading machines
- Take a 4-minute shower instead of a 7-minute shower and each person in your house can save up to 13,800 litres of water each year

### SWITCH APPLIANCES OFF AT THE WALL

Appliances such as televisions, microwaves, stereos, mobile phone chargers, computers and game consoles continue to use electricity whenever they are switched on at the power point, even if you have turned them off with the remote control or have removed your phone from the charger.

- Turn electrical appliances off at the power point every time you finish using them and save up \$50 a year
- Switch off lights in rooms not being used
- Replace regular light globes with energy saving globes, which are up to 80% more efficient and last up to eight times longer



If you want to know more about saving energy in your home you can contact the Sustainable Energy Development Office's Energy Smart Line on **1300 658 158** or visit their website at [www.sedo.energy.wa.gov.au](http://www.sedo.energy.wa.gov.au)

If you use less power you are helping the environment by reducing your carbon footprint.

## Housing Direct

### THERE TO ANSWER YOUR MAINTENANCE CALLS



In late March, the worst storm fronts to hit metropolitan Perth in 50 years presented a significant challenge for the Housing Direct team, which takes maintenance calls from tenants around the State.

In the week of the storm Housing Direct answered 3547 telephone calls and responded to 925 voicemails left by tenants wanting to report maintenance or storm damage.

Housing Direct Manager Libby Atkins said her team was very encouraged by how patient and understanding the majority of tenants have been in the days following the storm.

"Most tenants were very aware that normal timeframes for maintenance might not occur given the amount of damage that resulted from the storm," Ms Atkins said. "Fifteen tenants have taken the time to call back just to thank Housing Direct for our prompt and friendly service."

Calls about damage were quite varied with the most common being about fences down, roofs leaking and light and power outages.

Ms Atkins said she couldn't be more proud of her team's efforts in working together to manage the calls, voicemail and emails, with many working additional hours and overtime and coming in on their scheduled day off to help out.

Call Housing Direct for all maintenance enquiries, including after-hours emergencies, on **1300 137 677**

## CHECK YOUR SMOKE ALARM IS WORKING

Smoke alarms are life savers. When installed and working properly it can give you and your family valuable extra time to escape in the event of a fire.



The smoke alarm installed in your home by the Department of Housing is mains-powered and does not need to have its battery replaced.

Ensure your alarm is kept clean and free of dust and cobwebs by dusting but do not tamper with it in any other way or attempt to open it or you may receive an electric shock.

The Department of Housing will check all smoke alarms annually.

You should regularly test your smoke alarm by pressing the test button. Use a broom handle if you can't reach.

Press the test button until the alarm starts to "beep... beep... beep..."

The smoke alarm will automatically reset once the button has been released after testing.

If your alarm is faulty, please call Housing Direct to report it on 1300 137 677.

### Payments from Redress WA

Ex-gratia payments received from Redress WA will not affect tenants' eligibility for public housing.

In acknowledgement that Redress WA payments are provided to recognise past injustices to Forgotten Australians, the Department of Housing treats these funds as exempt and does not consider them in its cash assets test.

However, any funds earned from investments will still be treated as assessable income.

Any tenants receiving a payment from Redress WA who are uncertain how this will affect their tenancy can contact their Housing Services Officer for more details.

Feedback can be sent to:

*The Editor, Communications and Marketing,*



## Menzies Students Visit Government House

During the first week of this school term the Year 7 students from Menzies Remote Community School accompanied by their teacher had the privilege of visiting Government House in Perth. As part of the visit the students had a gracious morning tea with the Governor, His Excellency Dr Ken Michael and Mrs Julie Michael. Also in attendance were Mr Justin Lee, Community Development Officer for **the Shire of Menzies as well as the Governor's Official Secretary**, Mr Kevin Skipworth and his Aide, Mr David Gilmour. The students greatly enjoyed their visit which included a tour of Government House.

Pictured at the recent visit to Government House are:-

Back Row (left-right) **Year 7 students Cassiah Ridley, Troy O'Donoghue, Kyle Gilbert and Leteesha Edwards.**

Front Row (left to right) Mr David Gilmour, Mr Justin Lee (Community Development Officer for the Shire of Menzies) Mrs Julie Michael, His Excellency Dr Ken Michael, Mrs Anne Sheehan (Teacher Menzies Remote Community School), Mr Kevin Skipworth (Official Secretary).



## Menzies Students Visit Government House

Pictured below- The Year 7 students from Menzies Remote Community School pictured with Mrs. Julie Michael during the morning tea.

(back) Cassiah Ridley and Leteesha Edwards.

**(seated) Kyle Gilbert, Mrs Julie Michael and Troy O'Donoghue.**



# NAIDOC ITINERARY

## GOLDFIELDS NAIDOC ITINERARY of EVENTS 12<sup>TH</sup> TO 18<sup>TH</sup> SEPTEMBER 2010

\* Full Program of Week Events available NAIDOC Open Day \* Sport Nominations open to the start of event \* Football Nominations now closed

SUNDAY 12 <sup>th</sup>	MONDAY 13 <sup>th</sup>	TUESDAY 14 <sup>th</sup>	WEDNESDAY 15 <sup>th</sup>	THURSDAY 16 <sup>th</sup>	FRIDAY 17 <sup>th</sup>	SATURDAY
<b>NAIDOC Committee</b> <b>Contacts -</b> Ceonie 0409 294 560 Lenice 9088 6971 0438 973 258 Jason 0435 738 399 Travis 045 111 9068 Tosha 9091 7862 Michelle 90808200 Colleen 9024 1138 040 560 9937  <b>6:00</b> <b>MOVIE THEATRE NIGHT</b> @ Grand Palace Theatre, Burt Street, Boulder Michelle Forrest ph: 9080 8200	<b>9:30 – 2:00</b> <b>NAIDOC MARCH</b> Hannan St via Wilson St to Kingsbury Park  <b>&amp; CULTURAL OPEN DAY</b> @ Kingsbury Park  <b>&amp; COMMUNITY STALLS</b>  <b>&amp; TJUMA PULKA LIVE –</b> Debbie Carmody ph: 90913444	<b>8:30 – 10:30 Registrations</b> <b>NTP BABY COMP</b> <b>11:00 Start @ N.T.P.A.C. –</b> 459 Hannan St. Tosha Sambo Ph: 9091 7862  <b>9:00am</b> <b>GOLF</b> @ Hannans Golf Course - Jason Dimer 0435 738 399  <b>10:00am</b> <b>INDIGENOUS STORY TELLING</b> @ W. Grundt Library - Donna Johnson 9026 4500  <b>9:30 – 3:30pm</b> <b>DIA Open Day @</b> DIA, cnr Brookman & Cassidy St. - Sue Richmond Ph: 9093 9900  <b>11:30-2.00pm</b> <b>ELDERS LUNCHEON</b> @ Community Centre, 13 Roberts St. - Sue Nybo Ph: 9021 9800  <b>6:00</b> <b>EUCHRE NIGHT</b> @ Oasis T-Ball Rooms Pearl Scott and Christine Donaldson Ph: 0427 426 457	<b>9:00am</b> <b>TENNIS</b> @ Marshall Street Tennis Courts Robert Taylor Ph: 04001 26770  <b>10:00am</b> <b>INDIGENOUS STORY TELLING</b> @ W. Grundt Library Donna Johnson Ph: 9026 4500  <b>6:00pm</b> <b>VOLLEYBALL</b> @ Maku Stadium Pearl Scott & Christine Donaldson Ph: 0427 426 457	<b>10:00 – 3:00</b> <b>BASKETBALL – OPEN</b> <b>Event</b> @ Maku Stadium Travis Young Ph: 045 111 9068  <b>4:00-10pm</b> <b>CHILDRENS ROLLER DISCO</b> @ Palace Theatre, Burt St, Boulder u/12 – 7pm u/18 – 10pm Michelle Forrest, Donna Johnson & Ph: 9080 8200  <b>6:30-11:00pm</b> <b>GOSPEL CONCERT</b> @ Baptist Church, cnr Maxwell & Lionel St. Tyrone Brownley Ph: 90261605  <b>7:00pm</b> <b>DARTS – Mixed Doubles</b> @ Grand Hotel, Burt St, Boulder Jason Dimer Ph: 0435 738 399	<b>9:00-6:00pm</b> <b>Women's NETBALL</b> @ Oasis Leisure Centre Jeanette Dimer Ph: 0435 033 526  <b>8:00am</b> <b>Snr FOOTBALL</b> @ Oasis Playing Fields Jason Dimer Ph: 0435 738 399  <b>6:30pm</b> <b>YABU BAND TALENT QUEST – (Karaoke)</b> @ Palace Theatre, Burt St, Boulder Jason Dimer Ph: 0435 738 399	<b>8:00am</b> <b>Snr FOOTBALL cont.</b> @ Oasis Playing Fields  <b>12:00noon</b> <b>Snr FOOTBALL FINALS</b> @ Morrison Oval Including... <b>100mtr SPRINTS</b> <b>Footy Kicking Competition</b>  Jason Dimer Ph: 0435 738 399  <b>PRESENTATIONS</b> @ Morrison Oval  <b>6:30pm</b> <b>WIND UP (YABU BAND)</b> @ Palace Theatre, Burt Street, Boulder

"UNSUNG HEROES – CLOSING THE GAP BY LEADING THE WAY"



## St John Ambulance Menzies Sub Centre

Mining Companies, Business Owners, Schools & Householders

A wide range of First Aid kits to suit all workplace or domestic situations are available from the Menzies Sub Centre and can be ordered and purchased by contacting Debbie Pianto on Mobile: 0410 766 076 or contacting the Menzies Visitor Centre for a price list by phoning Robyn on 90 242 702

### Working Bee.....

Menzies Sub Centre are having a Working Bee each weekend for the next couple of months to complete the new Training Room and Amenities. If there are any willing workers, either local or visiting please contact the phone numbers above.



## Hon Helen Bullock MLC

Member for Mining and Pastoral



### MEDIA STATEMENT

09 September 2010

#### **Nominations now open for the 2010 Count Me In Awards**

The 2010 Count Me In Awards are a great opportunity for residents to recognise outstanding individuals and organisations who work tirelessly to widen access and inclusion for people with disabilities, local Member for Mining and Pastoral Helen Bullock said today.

"Life can be a lot harder for people who have a disability and their families. It is imperative that as a community we work hard to ensure that everyone has the same opportunities," Ms Bullock said.

"These awards recognise people who have made an outstanding effort to make Western Australia more accessible to everyone, including those with a disability."

Ms Bullock said nominations can be made in the following categories:

- Count Me In Award for an Individual;
- Barry MacKinnon Award for Employment;
- Count Me In Award for Local Government;
- Count Me In Award for State Government;
- Count Me In Award for Education and Training;
- Count Me In Award for Customer Service; and
- Disability Future Directions Award.

"The Dr Louisa Alessandri Award for Excellence will be presented to one of the category winners who have made an exceptional contribution to improving the lives of people with disabilities," she said.

For further information or a nomination form, please contact Ms Bullock's office on 08 9022 9088, visit Suite 8, 35 Brookman Street, Kalgoorlie or email [lilian.walters@mp.wa.gov.au](mailto:lilian.walters@mp.wa.gov.au). Nominations close at 5pm on Friday, October 1.

**Media Contact:** Lilian Walters 0400 185 571

# How can I help you?

## **Hon Helen Bullock MLC**

**Member for Mining &  
Pastoral Region**

**Ph. 1800 177 413**

**Fax. 08 9022 9155**

[Helen.Bullock@mp.wa.gov.au](mailto:Helen.Bullock@mp.wa.gov.au)

Suite 8, 35 Brookman St  
Kalgoorlie WA 6430





**Helen Bullock MLC**  
**Member for Mining and Pastoral Region**  
**MEDIA STATEMENT**

**Tuesday August 31, 1020**

**Helen Bullock kicks off doorknock appeal** 4<sup>th</sup> – 18<sup>th</sup> September.

Local Member for Mining and Pastoral Helen Bullock today started the Heart Foundation's Doorknock Appeal with a personal donation and urged all local residents to get behind the campaign.

During September, more than 110,000 volunteers across Australia will be knocking on doors to raise money for the Heart Foundation.

Ms Bullock said she got involved in the Doorknock Appeal because she wanted to help the Heart Foundation to fund life-saving research and promote health on the community.

"I was shocked to learn that heart disease is the single leading cause of death for both men and women in Australia, killing one Australian every 22 minutes," Ms Bullock said.

"I realise that I could be helping someone close to me or in the local community, so I am urging everyone to please dig deep and make a generous donation when the Heart Foundation volunteer knocks on your door this September."

"Most of the Heart Foundation's funding comes from donations from the public and is essential to help to reduce the suffering and death caused by heart disease in Australia."

The Heart foundation is an independent charity that funds world-class research, support health professionals and promotes health in the community. Nationally, the Heart Foundation will this year invest up to \$13 million in cardiovascular research. Money raised during the 2010 Doorknock Appeal will help the Heart Foundation continue to fund this research.

All donations \$2 and over are tax-deductable and the Heart Foundation Doorknock volunteer can issue supporters with a receipt.

If you are not at home when the Doorknock volunteers visit, you can make a credit card donation directly with the Heart Foundation Doorknock Hotline 1800 55 22 55 or by visiting [www.heartfoundation.org.au/doorknock](http://www.heartfoundation.org.au/doorknock).

**Media Contact: 9022 9144**

## Tourism - Golden Quest "Green Trail"



Linking in with the **Golden Quest Discovery Trail**, The Green Trail highlights sites in the Coolgardie bioregion with outstanding Environmental, Historical and Cultural values.

At each of these sites you will discover different landscapes, become aware of unique flora and fauna and learn about ancient aboriginal culture and European practices of the area.

### THE GREEN TRAIL SITES

#### Karlkurla Bushland Park – Kalgoorlie-Boulder

This park is 200 hectares of natural regrowth bushland located 4kms north-west of Hannan Street, Kalgoorlie-Boulder. At Karlkurla you can discover a variety of Goldfields plants and animals. Interpretive signs and picnic tables can be found along the 4km walk trail as well as a great view from Katunga Lookout.

 352228 E  
6600533 N

#### Red Hill – Kambalda

Kambalda's best attraction is the Red Hill Lookout. Accessed via Gordon Adams Road, Red Hill will give travellers a spectacular view of Lake Lefroy, part of an ancient river system in the Goldfields region of Western Australia.

 373603 E  
6546351 N

#### Cave Hill Nature Reserve

Cave Hill is one of the largest and highest granite outcrops in the Goldfields Region. At this site, you can explore the spectacular ancient cave formations and historic woodland dams on the granite outcrop. You will discover a myriad of sights and sounds in the surrounding woodlands on the bushwalking trails. Picnic and camping facilities are provided at several sites around the edge of the rock.

 6489296.223  
901081.294

For further information on The Green Trail sites, please visit our website at

[www.goldenquesttrail.com](http://www.goldenquesttrail.com)

Golden Quest Trails Assoc. Inc.  
Email: [info@goldenquesttrail.com](mailto:info@goldenquesttrail.com)  
Mobile: 0408 511 969





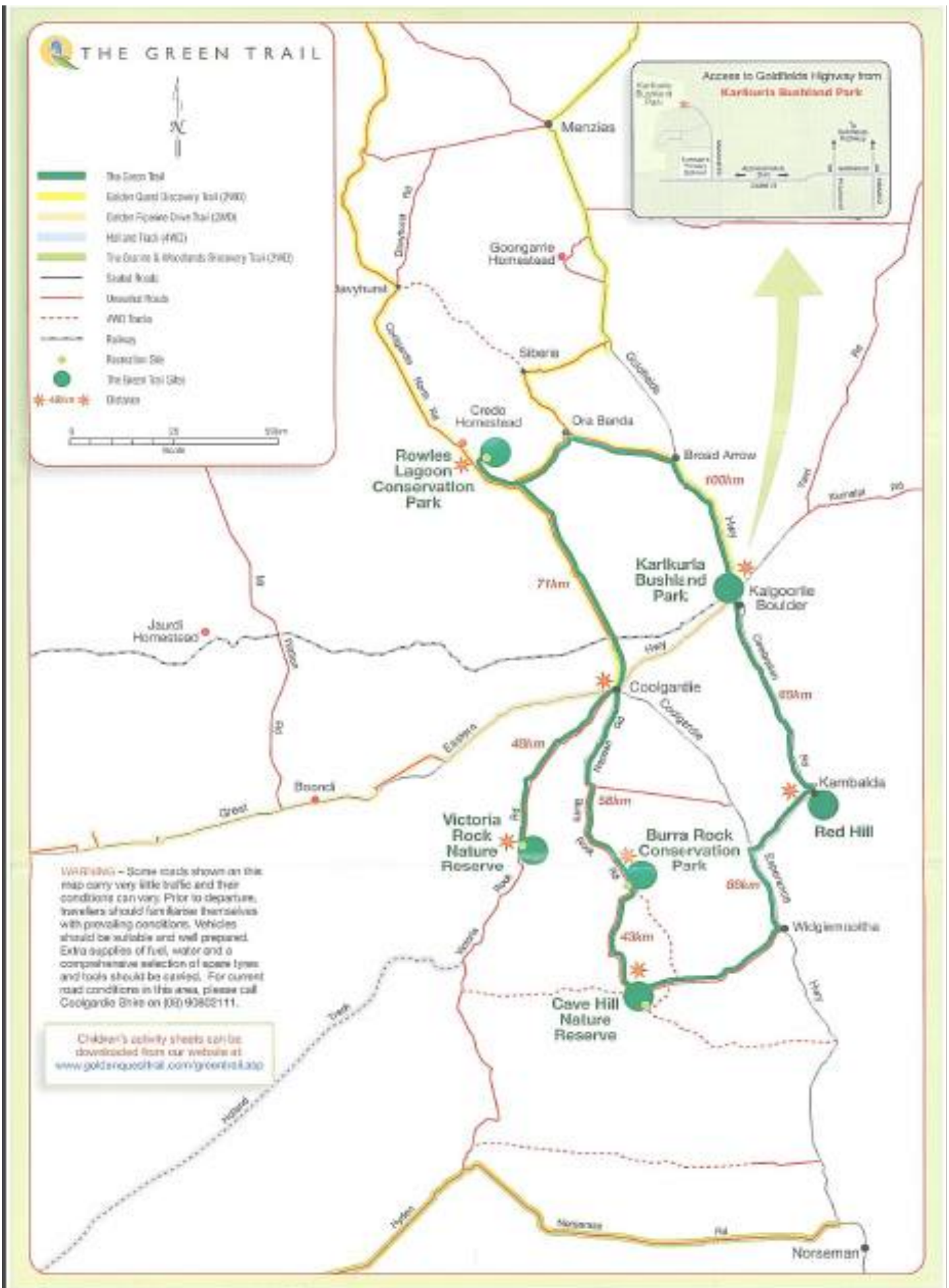
**coordinates (MGA) included**

**Burra Rock Conservation Park**  
Explore the historical dam and water catchment on Burra Rock. A short climb to the summit of the rock rewards you with a great view over regrowth woodlands. Amongst the salmon gum, gimlet and redwood look for evidence of the timber cutters' camps and bush railways. Burra Rock is an important cultural site. The traditional owners of this area welcome you to their country.  
 66 118548  
890220.800

**Victoria Rock Nature Reserve**  
Victoria Rock Nature Reserve is dominated by a large granite outcrop that offers panoramic views of the surrounding woodlands. Here you will learn about geological rock formations and aboriginal rock holes or "gnammas" and their cultural significance in the region.  
 6531255.649  
649013.099

**Rowles Lagoon Conservation Park**  
Rowles Lagoon Conservation Park contains a semi permanent freshwater wetland, unusual in this arid environment. It has been a popular recreation site for many years and provides a special opportunity for birdwatching.  
 6626753  
870664.654







MEDIA RELEASE

24/8/10

## New Faces 'On The Road'

Remote Goldfields residents will soon notice two new faces when they are visited by the "RFDS on the road" Primary Health Care team.

Kalgoorlie husband and wife team Paul and Wendy Evans are taking holidays, swapping the "RFDS on the road" 4WD vehicle for aeroplane tickets and "Europasses". In the meantime, registered nurse Jacqui Hughes will take on the health promotion role supported by project officer Norm Crane as they visit people living in remote locations across the region.

Interestingly, Jacqui was formerly an Occupational Health Nurse with BHP Billiton Nickel West, the sponsor of the "RFDS on the road" program in the Goldfields Esperance region since July 2007.

"I met Wendy and Paul when they visited Nickel West Leinster last year as part of a team providing free skin cancer screenings to residents of remote communities. I learnt a little about the 'RFDS on the road' Program from them, and thought it would be a great job," she said.

Wendy Evans said Jacqui's experience at Nickel West Leinster would be very handy as she travelled from mines and exploration sites to stations and small communities during the next three months.

Norm Crane, the Project Officer who will be accompanying Jacqui, is an old hand behind the wheel, teaching first aid, setting up camp and surveying airstrips - having worked with the "RFDS on the road" Program in the Pilbara over the past four years.

Norm said he's looking forward to the new challenge. "I always enjoy a change in scenery," he said. Having owned and operated his own adventure tour company for many years, Norm has seen a lot of WA's remote landscapes, but continues to find travelling and working 'beyond the rabbit proof fence' fascinating.

Paul and Wendy are looking forward to the change to European scenery after their busy, but rewarding work schedule in the Goldfields.

"One of the recent highlights was a visit to Wiluna, where members of an online 4WD club from across Australia met in person for the first time after ten years of sharing their maps and experiences on the Internet," Wendy said. "We had two health sessions with them, covering snake bite treatment, men's and women's health issues and a number of other topics which the members requested."

**"We love our job but as parents of five children, now all adults, this is the first time Paul and I have had the opportunity to take a significant trip away and it's been exciting planning it together."**

"We'll see all our old friends 'on the road' again, in about ten weeks."

"We're very proud of the way the Royal Flying Doctor Service has taken healthcare on the road and brought benefits to our remote communities," said Nickel West President Wayne Isaacs. "It's a challenging job but we wish the new RFDS 'On the Road' team, Norm and Jacqui, all the best in their new rewarding roles."

Visits by the 'RFDS on the road' team can be requested by calling 9417 6391 or sending an email to [rfdsontheroad@rfdswa.com.au](mailto:rfdsontheroad@rfdswa.com.au). The Program delivers basic first aid training, education on the management of RFDS medical chests, health screening and assessments, private airstrip surveys and a variety of health promotion activities to the doorstep of people living and working in remote locations across the region.

Media Contact: **Tricia Slee** RFDS on the road' Program Manager'

0427 330 103 or [tricia.slee@rfdswa.com.au](mailto:tricia.slee@rfdswa.com.au)

## RFDS on the Road - cont.



**Royal Flying Doctor Service**  
*The furthest corner. The finest care.*



# Volunteers Wanted

New to Town or a Seasonal Resident?  
All Welcome!

St John Menzies Sub Centre holds a General Meeting on the last Saturday of each month at 2pm followed by a social BBQ. Come along and join us and find out what this great volunteering organisation is all about or phone Robyn on 90242702 or Deb on 0410766076.

**Have you seen one of these?**



**An embroidered name cloth.**

A single layer of material with hand stitched names on it.

Would you please contact me if you know of the whereabouts of a cloth like this.

**Janet Storer**    [wjstorer@ozemail.com.au](mailto:wjstorer@ozemail.com.au)  
phone: 02 4942 3514  
fax: 02 4942 3515

PO Box 798  
Charlestown  
NSW 2290

Until 27 Aug  
9091 6126  
4/57 Cheetham St  
Kalgoorlie 6430

# History in the Northern Goldfields

## MEDIA RELEASE

### "A Drop in a Bucket"

#### The Mount Margaret Story

##### Margaret Morgan

*"To you the Children of Mount Margaret, I am 82 years of age at the time of writing. Your mothers, fathers, grandparents and great grandparents are the subject of this book"*

Mysie Schenk, 1980.

##### About the Book

A Drop in a Bucket tells first hand of Rod Schenk's move to Western Australia to share the same message as that given to the Aborigines in New South Wales when he was a member of the Aborigines Inland Mission. Rod found conditions in Western Australian Goldfields very different. With the breakdown of culture, dispossession of lands, repressive legislation and the consequent loss of dignity in a whole tribe of people, he was compelled to adopt different methods to proclaim the same gospel. This story tells what happened.

Choosing the Mt Margaret Goldfield, Rod established a successful and self financed Mission. Joined later by his wife Mysie, the pair provided basic literacy and numeracy, craft and vocational training to their residents. Mt Margaret Mission became a central rationing station and carers of Aborigines of part-descent who were made wards of the state.

This book is an insight of happenings at Mt Margaret and the surrounding district during the times of Rod and Mysie Schenk.

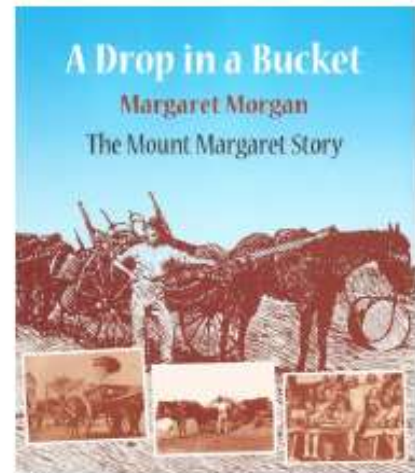
Source material includes Rod Schenk's diary; prayer letters (circulars to friends) from 1921 to 1953; interviews with Rod Schenk; comments on the source material by Mysie Schenk; information and reminiscences from early Aboriginal people; letters and information from former missionaries; books, pamphlets and annual reports; Mysie's records of births and deaths; and Rod's marriage register.

##### About the Author

This history was commenced by Mrs Isobel May (Mysie) Schenk, missionary with the United Aborigines Mission and co-founder with her husband, Rodolphe Samuel Schenk of Mt Margaret Mission, Western Australia. After working on the manuscript with her daughter Margaret Morgan, Mysie died in 1980 at 82 years of age. Margaret continued her work.

##### Stockists

The Great Beyond Visitor Centre  
Augusta Street  
Laverton WA 6440  
Phone: (08) 9031 1361



Reprint Date: June 2010  
ISBN: 0 949181 013  
RRP: \$45.00  
Genre: Non-Fiction  
Extent: 361 pp

For additional information please contact:

Peter Milnes  
Belco Consulting Pty Ltd  
10 Grosvenor Road  
Mt Lawley WA 6050

Phone: 9227 9796

Mobile: 0405 062 206



## Glimpses from the Past - ‘Cranky Jack’

A character who lived on Menangina Station for many years was one Alfred Henry Davey, who lived a secluded lifestyle and pulled Sandalwood for a living. He was affectionately known as Cranky Jack because of his eccentric ways.

Cranky Jack often went to Menangina for stores, and John Tonkin remembers as a small **boy sitting up in Jack’s dray listening to many of Jack’s hair raising stories.**

His old dray had one wheel much larger than the other, so it travelled along at about 45 degrees.

Old Jack never had a dog , but always had a cat that wore a collar and chain attached to the axle of the dray, so the cat trotted along under the dray for the 16 miles from his camp to the Menangina Homestead for stores.

**The main road from Menangina to Yerilla to this day is known as Cranky Jack’s Road, as is the rock hole at which he camped for years.** Cranky Jack was a prolific writer of letters to all and sundry - councils, newspapers, overseas and even to Stephen F. Tonkin whom he always addressed as the Right Honourable Stephen F. Tonkin Esquire. He had a great affection for S.F.Tonkin, who had supplied him with stores and generally kept an eye on him for many years.

**This exert (Menangina by S.J.Tonkin) taken from ‘No Sign of the Time’ compiled by P & B Rodgers, courtesy of EG Historical Society. The book ‘No Sign of the Time’ is available at the MenziesVisitor Centre, RRP \$10.**



YERILLA HOTEL

# The Art of the Goldfields



DISCOVER  
AN ORIGINAL  
HANDCRAFTED  
GOLDFIELDS  
TREASURE AT THIS  
INAUGURAL  
POP-UP ART  
SHOP!

art2go

original & handcrafted

7th - 19th September 2010

10am - 4pm daily in the old Post Office building  
(under the clock tower) on Hannan Street

Artwork by 30+ Goldfields Artists  
EFTPOS available Free entry + parking

ART2GO MADE POSSIBLE BY OUR GENEROUS SPONSORS AND SUPPORTERS



CHUNKY TIMBER Co.  
& Nullarbor Beads

Discover The Round  
*Australia's biggest party*



SMALL  
BUSINESS  
CENTRE  
Goldfields

calypso designs

Mallee Girl  
DESIGNS

KALGOORLIE-BOULDER CHAMBER  
OF COMMERCE & INDUSTRY INC.



# Kalgoorlie Music Festival



## Regional Events

A vibrant poster for 'Discover Lake Menji DAY' featuring a large, colorful kite in the shape of a person jumping, set against a blue sky with other kites. The background shows a green field and trees. The text is in a playful, hand-drawn style.

Shire of Esperance in association with Healthway Act Belong Commit  
present

# Discover Lake Menji DAY

3rd October 2010

come fly with us..  
10 - 4pm

Kite and Spinning flower displays with Kite Kinetics (THE KITEMAN), Kids activities, Facepainting, Live music, Landscape painting Demonstrations, Youth and Kids art competitions, Sausage sizzle, Outdoor games, Bushwalks, Bird observing, Facepainting, Apex train, Bouncy castle, Brass Band, Market stalls, Buskers, Donuts and Ice-creams and more

Esperance  
Arts  
Esperance  
the water it supports  
healthway  
act  
belong  
comm

# SOUNDWAVE 2011

Tickets on sale now at the Goldfields Arts Centre



Box Office - Phone 9088 6900

Box Office Hours 10am - 3pm Monday to Friday

Purchase tickets online - [www.goldfieldsartscentre.com.au](http://www.goldfieldsartscentre.com.au)

## 2010 RACE ROUND BALL

Discover The Round

MINING  
HALL OF FAME

*All that glitters  
...is gold*

SATURDAY 11 SEPTEMBER 2010  
MINING HALL OF FAME  
7PM - MIDNIGHT

THEME: GOLD  
DRESS: BLACK TIE  
ENTERTAINMENT: HIT FACTORY

LAST WEEK TO GET YOUR TICKETS!



LION NATHAN

TICKETS \$190 PER PERSON

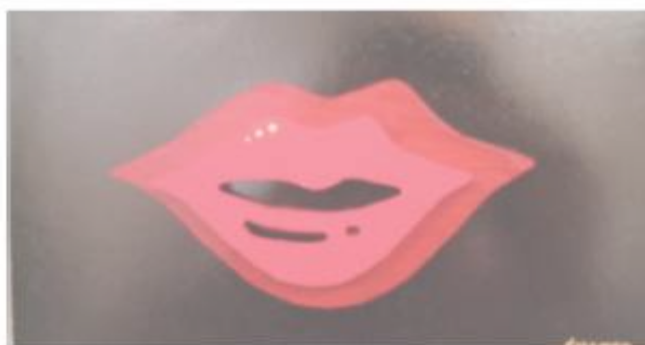
3 COURSE SIT DOWN DINNER WITH CHAMPAGNE, BEER, WINE & SOFT DRINK

PHONE 9026 2700 TO BOOK

# Art Competition

Calling all artists: The Cannery needs you!

The biennial  
**9x5 auction**  
 is on again this year



Untitled by Luanna Bertola 2008

In the 1920's and 30's, when art materials were scarce, people used the lids of cigar boxes as canvases. The dimensions of these lids were generally 9 inches by 5 inches.

At the Cannery it has become a tradition to hand out 9" x 5" pieces of board to anybody that wants to produce a piece of art. This artwork is then donated and auctioned as part of a major fundraiser for the Cannery Art Centre.

Scheduled for November 2010, pickup your  
 9x5 boards and information from the  
 Cannery now.

The Cannery Arts Centre Inc  
 Norseman Rd, ESPERANCE WA 6450  
 08 90713599  
[canneryartscentre@westnet.com.au](mailto:canneryartscentre@westnet.com.au)



Department of  
 Culture and  
 the Arts



## Early Years Funding

DEPARTMENT FOR COMMUNITIES

→ EARLY YEARS ACTIVITY MONEY

THE NEXT GENERATION

### GUIDELINES

#### **Early Years Activity money is available to support community initiatives around the early years.**

Research shows that what happens during a child's first 4 years of life shapes how they will develop and feel about themselves as adults. This includes their brain development, social skills, how they develop relationships and their ability to learn.

Local communities and groups are a great help to families with young children. They can work together to make sure that there are plenty of opportunities for a good start in life. Working together also helps to respect and appreciate differences within and between communities, and promote cross cultural understanding.

#### **Early Years Activities money (EYAM)**

**EYAM is available for activities of up to/under \$2 000 per activity.** However, it is envisaged that most activities will be on a smaller scale, in the vicinity of \$200 to \$500. Numerous small activities by a diverse range of communities of interest across regions are strongly encouraged.

#### **Objectives**

- Building capacity in communities to ensure the sustainable wellbeing of children and families by being more inclusive and working in collaboration at the local level
- Supporting families in nurturing and caring for their children
- Engaging communities in the coordination of resources supporting early childhood.

#### **Purpose**

Each year, local Department for Communities (DfC) staff identify priorities within their regional plan. This may be a specific location, or a community of interest or a theme that is relevant to local families.



Government of Western Australia  
Department for Communities



## DEPARTMENT FOR COMMUNITIES EARLY YEARS ACTIVITY MONEY THE NEXT GENERATION

EYAM can be used to support activities, ideas and projects that will help build up local knowledge and capacity around those Early Years priorities.

### Target Group

- Children aged 0-8 years (with a priority for children up to 4 years of age), their families, carers and communities
- Communities or locations or themes identified as local DfC priorities within their regional plan

### Who can access EYAM and how it is paid?

Community groups, communities of interest and organisations who are interested in undertaking early years activities can apply for EYAM. Indigenous and culturally and linguistically diverse groups are strongly encouraged to participate.

Funds can be provided directly to an incorporated group undertaking the early years activity. Alternatively, invoices can be submitted for direct payment of the product or service (e.g. if the group is not incorporated).

### What activities the money can and can't be used for

EYAM is available for initiatives relevant to the early years, including:

- activities, such as group activities
- guest speakers
- other initiatives identified by the community
- small, one-off projects.

Funds may be used for engaging community members, particularly those who are more socially isolated, increasing community awareness and understanding of the importance of the early years.

The money is NOT available for:

- recurrent or ongoing activities
- ongoing salaries (short term project officers related to the activity may be considered)
- initiatives which can be supported through other DfC funding sources
- funding services provided by other State government departments or agencies.

### What is required after the Early Years activity has been held?

An Early Years Activity Evaluation form must be completed by the group who undertook the activity, and returned to the Regional Early Years contact person within 30 days of completion of the activity.

## Health Program – Pina Palya, Pina Kulilka

### **Pina Palya, Pina Kulilku (Good Ears, Good Learning)**

Menzies Town Hall was alive with soap suds and laughter recently as members of the local community were reminded of important health messages. **Frequent hand washing and keeping tobacco smoke away from children can reduce chances of them getting ear infections.**

A new ear health program for Aboriginal children in the Goldfields held an enjoyable **soap making workshop**. In addition, community members found a **handwashing** activity fascinating. “Glitter bug” is a hand hygiene educational tool. A fluorescent lotion is used with a UV torch making it possible to see how well hands are washed.

**Pina Palya, Pina Kulilku (Good Ears, Good Learning)** health program began in the Goldfields in 2009. The program promotes regular ear checks for Aboriginal children from 0 to 5 years of age, frequent hand washing and keeping cigarette smoke away from children. The program also provides training for health workers to check ears.

Over 107 Aboriginal children in the Goldfields have already had their ears checked since the project commenced, nearly half have needed treatment for middle ear infections (otitis media). Ear screening is taking place in Health Centres in Menzies, Kalgoorlie, Laverton, Mt Margaret, Leonora and Coolgardie. There are plans to extend the project to Coonana and Norseman. Families are being strongly encouraged to take their children to community health centres, NTP or Bega for free regular ear checks. Every Wednesday at NTP is the “Ear Health Day”. Bega is carrying out ear screening through the New Direction program.

The project is a collaboration between the Telethon Institute for Child Health Research, WA Country Health Services, Bega Gambirungu Aboriginal Health Services and Ngunytju Tjitji Pimi with funding from Healthway.

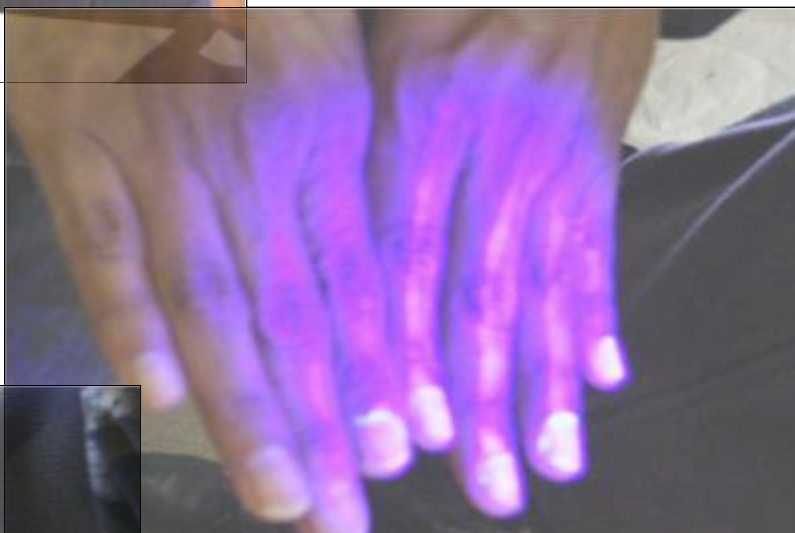
If you have any questions about the project, please contact Ruth Monck on 0408005367 or Wendy Sun on 9489 7928.



On the Right- Ruth Monck checks Jameelah Williams ears. The video-otoscope was used to show mum Janelle Tressidder what the ear drum looks like.

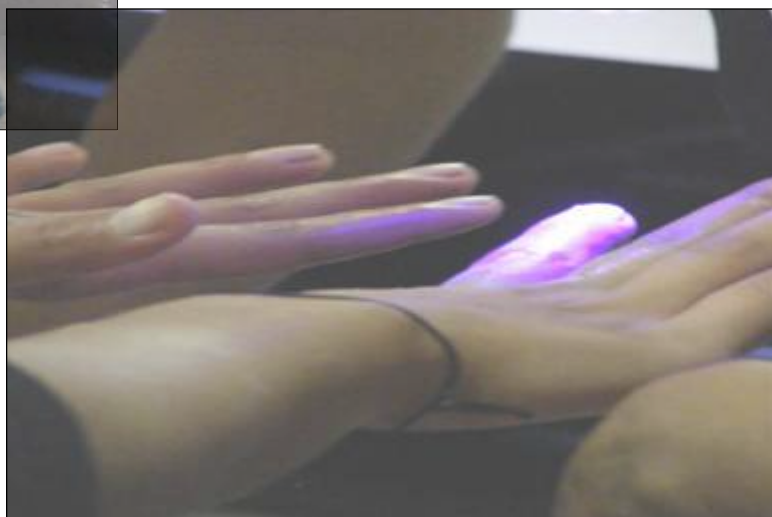
Three Pictures below - Community members participating in the hand washing activity.

On the Right:-  
Step1- Put the fluorescent lotion on hands and shine the UV torch.  
The purple fluorescent shows where bacteria live on hands.



On the Left:-  
Step 2 - Wash Hands

On the Right:-  
Step 3 - Shine torch again to see if bacteria still on hands.



## Recipe

### A GRILLED SEAFOOD RECIPE

#### ***Grilled Tuna With Provencal Anchovy Sauce***

**Serves 4**

**Prep time: 5 minutes**

**Cook time: 10 minutes**

#### **Ingredients**

400-600g tuna steak  
1 tbsp extra-virgin olive oil  
1 small garlic clove, minced  
1/2 tsp herbes de Provence  
2 anchovy fillets  
1 tbsp red-wine vinegar  
1 tbsp chopped fresh parsley



#### **Method**

- ♦ Lightly coat a grill or grill pan with cooking spray and heat to medium-high. Grill tuna 2 to 3 minutes per side for medium-rare. Transfer to a cutting board.
- ♦ In a small saucepan, heat oil over medium-low heat. Add garlic and cook, stirring with a wooden spoon, until softened but not browned, about 1 minute.
- ♦ Add herbs de Provence and anchovies, mashing anchovies with the back of the wooden spoon until they break up, about 30 seconds. Remove the pan from the heat and stir in vinegar and parsley. Transfer anchovy sauce to a small bowl.
- ♦ Thinly slice tuna, divide among 4 plates, and drizzle with anchovy sauce. Serve warm with veggies or salad.

*Recipe supplied by Debra Seale*



# September Birthdays

*Happy Birthday to -*

*Lorraine Williams- 6th*

*Andrew Tucker- 10th*

*Lori Harris- 19th*

*Angie Harris- 20th*

*Have a Great Day !*

# Kids Fun Page

LIARP

			4		22

RDSIB

			11		

SUDB

13				12

COORLLUF

		23			3		21

FOSRELW

	5			24	25		27

SAGRS

		1			

RENGE

17			10		16

MHRAC

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MYA

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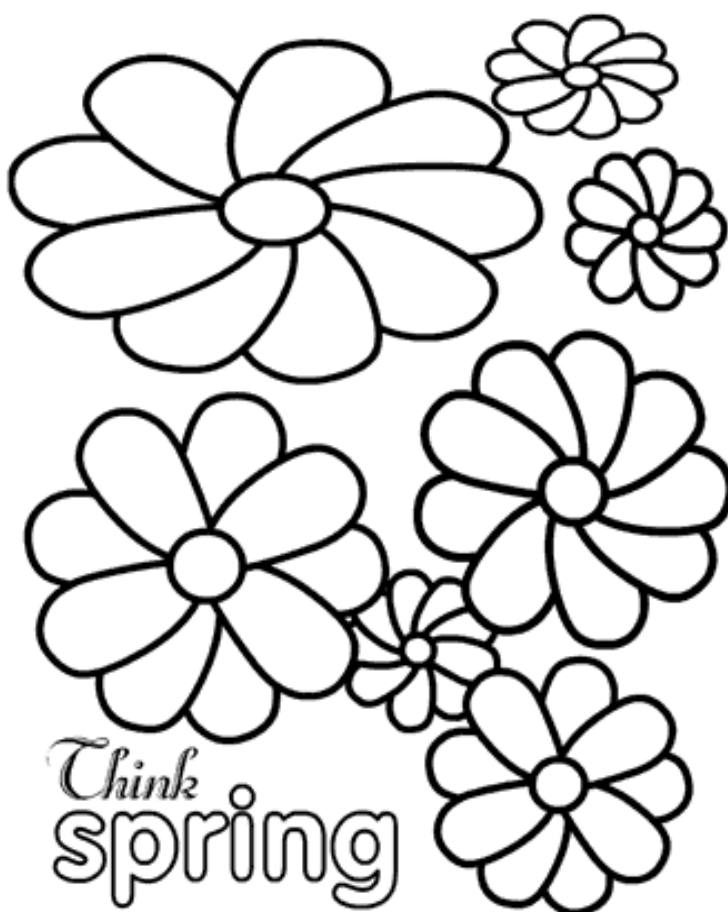
	6	

MARW

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## SPRINGTIME

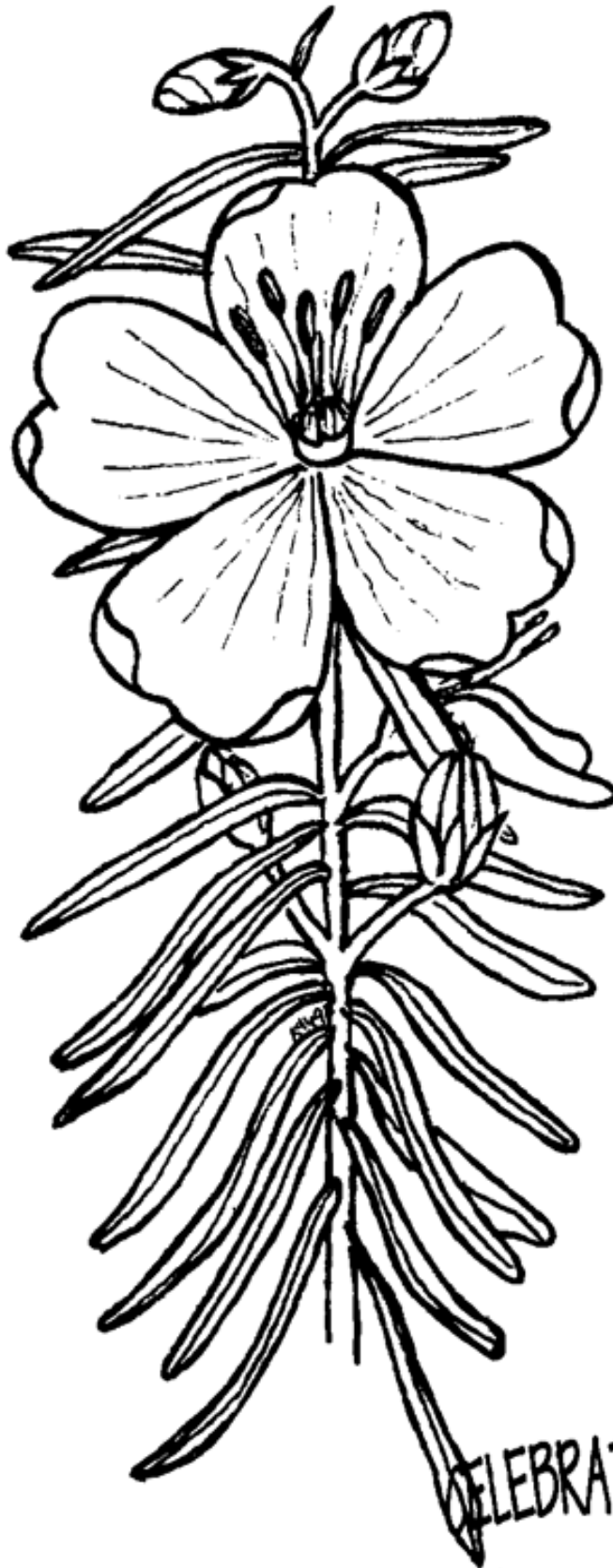
Unscramble each of the words on the right side of this page, then copy the letters from the numbered boxes to the boxes below to find the hidden phrase.



## POPULAR SPRINGTIME PHRASE

1	2	3	4	5	6	7	8	9	10	11	12				
13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	

# Spring Time



CELEBRATING WILDFLOWERS

*Linum perenne*

Western Blue Flax

## Regional Employment



### **Community Liaison Officer (2 Years, Fixed-Term) BHP Billiton Uranium – Yeelirrie Project**

#### **The Future is Zero Harm**

At BHP Billiton we have an aspiration to Zero Harm to people, our host communities and the environment, and we strive to achieve leading industry practice. Therefore, sound principles to govern safety, business conduct, as well as social, environmental and economic activities are integral to the way we do business.

Our people are our most significant asset and number one priority; which means that Zero Harm drives all our operations. The journey towards Zero Harm requires all of us to have safety as a core value and a belief that Zero Harm is possible.

#### **Position Synopsis**

Apply your excellent communication skills towards enhancing community awareness of the Yeelirrie Project through the development and maintenance of positive relationships with stakeholders across the Wiluna, Leonora, Sandstone, Menzies and Kalgoorlie-Boulder communities, including Police and Shire officials.

Achieving success will require you to consult with the local communities in order to understand their concerns and employment aspirations, thereby providing local input to the design of the Indigenous Employment Plan for the Yeelirrie Project. Reporting to the *General Manager Yeelirrie*, you will be expected to assist the Yeelirrie team with designing a program for Indigenous Land Care Officers, as well as recruiting local Indigenous people for positions supporting the Yeelirrie Project and the Yeelirrie Pastoral Lease.

You will be successful when community members feel that their well-being is considered and their economic and social needs have been recognized, valued and incorporated into the Yeelirrie Project.

#### **Skills & Experience**

Serious contenders will have a sound knowledge of the local communities in the Northern Goldfields region and a track record of engagement with Indigenous communities. Any job placement experience will be highly regarded.



## Regional Employment - cont.

Proficient with the MS Office suite of applications, you must have a current driver's license and be willing to undertake frequent travel.

### Location

BHP Billiton is developing plans to mine uranium from the Yeelirrie deposit, located 60 kilometres west of its Mount Keith Nickel Operations in Western Australia. Currently in the Selection phase, the Yeelirrie Project is seeking to establish an open-cut mine and ore processing plant, with an operating life of 30+ years. A primarily fly-in, fly-out workforce of 650 jobs is expected during construction and pre-mining activities from 2012, with around 300 jobs at the start of the mining operation in 2014, subject to government and BHP Billiton Board approvals.

Using its significant uranium mining experience from the South Australian Olympic Dam operations, BHP Billiton will make certain that best practice systems, plans and procedures are put in place on the Yeelirrie Project.

### How to Apply

Please apply online before TBA. Enquiries may be directed in confidence to Robert (Bob) Martinello on 08 8405 2012.

*BHP Billiton employees should advise their immediate line manager of their application.*

**BHP Billiton has an overriding commitment to safety and environmental responsibility.**

## Indigenous Station Hand - Yakabindie Pastoral Station

**In accordance with Section 51(b) of the EEO Act 1984, Australian Aboriginal and Torres Strait Islander people need only apply.**

### **Think Zero Harm**

At BHP Billiton, our vision for sustainable development is to be the company of choice – creating sustainable value for shareholders, employees, contractors, suppliers, customers, business partners and host communities.

Central to our vision is our aspirational goal of Zero Harm to people, the environment and the community.

Further to this, our people are our most significant asset and number one priority and therefore Zero Harm drives all our operations.

A demonstrated commitment to health and safety leadership is a pre-requisite for being considered for any opportunities or career advancement within the business.

### **Think Place**

A member of the BHP Billiton Group, Nickel West is a fully integrated nickel business comprising mines, concentrators, a smelter and refinery, all located in Western Australia.

Nickel West is the world's third largest producer of nickel-in-concentrate.

In addition, Nickel West operates 6 pastoral leases in the Northern Goldfields Region.

### **Yakabindie Station**

Yakabindie is a 250,000 hectare station located in the Northern Goldfields 50 km North of Leinster and 400km North of Kalgoorlie. The station runs approx 1200 head of Droughtmaster cattle, bred largely for the export market.

Working in seasonally hot and dry weather conditions, you will be working a 5 days on and 2 days off roster.

As this is a live in position (NOT fly in fly out) the 5 & 2 roster should be seen as a flexible arrangement, with work patterns that take into consideration the time of year, and the needs of the stock.

**Cont. next page**

## Regional Employment - cont.

### Indigenous Station Hand - Yakabindie Pastoral Station

#### ***Think Opportunity***

Offering long term job prospects, BHP Billiton rewards employees with ongoing training opportunities, competitive salaries, 11.5% superannuation, an employee share scheme, 10% bonus structure and good working conditions where safety is paramount. With no rent to pay, Yakabindie Station offers a self contained 1 bedroom cottage with gas, electricity and phone supplied.

Internet access can also be connected but is up to the individual to fund.

Flights to Perth can be arranged through our 'family flights' policy (seats available on low loading flights to Perth from our Mount Keith Mine site).

The pastoral group is highly sociable and there is opportunity for sporting activity through Leinster and Mount Keith.

#### ***Think Purpose***

The primary purpose of the Station Hand is to assist the Station Manager in stock husbandry and the care, maintenance and development of fencing, water supply and plant and equipment with the aim of maximizing the commercial return from the pastoral lease.

Other major work concerns include rangeland rehabilitation and environmental management.

#### ***Think Requirements***

The successful applicant should possess previous experience with stock, agriculture or grazing activities. Good mechanical skills are essential as you will also be required to safely maintain plant equipment, vehicles and motorcycles.

This job is a live-in position in a relatively isolated location and will require a stable, mature person who has an understanding of living in hot, dry conditions and is adaptable and self sufficient.

As you will be required to operate vehicles a current WA C Class Driver's Licence is a mandatory requirement. Experience with earth moving equipment such as graders and dozers will be highly regarded as will a truck and motorcycle licence.

A current Police Clearance is essential. (completed within last 6 months)

If you are looking for a challenge and rewarding lifestyle apply now.

#### ***Think Apply***

Shortlisting for this position will commence on Friday September 10.

To enable us to process your application as quickly as possible simply click on the 'apply' button below.

If you do not have access to a computer please forward written applications and a copy of your resume to:

**Rachel Gallanagh**

**BHP Billiton Nickel West**

**PO Box S1431 Perth WA 6845**

## Regional Workshops &amp; Positions

# Outback Business Networking

in conjunction with 4th Desert Knowledge Symposium & Business Showcase

**Wednesday 10 November - Thursday 11 November 2010**  
**Alice Springs Convention Centre, Alice Springs NT**



You are invited to join Outback Business Networks members at the **2010 Desert Knowledge Symposium and Business Showcase**.

The Business Showcase provides an excellent opportunity to:

- build networks with businesses and organisations in desert regions.
- promote your products and services.
- meet other members face to face



Members can take advantage of the following opportunities:

- Join a joint-industry stand in Mining Services, Tourism, Creative Industries, Local Produce or Sustainable Building.
- Have an individual business stand subsidised by Outback Business Networks (limited number of subsidies available).
- Attend selected Symposium presentations & events.
- Participate in project meetings, forums & presentations

**FREE**

**FREE**

**FREE**

**Get in now to be involved in planning for your regions involvement.**

Bush Products and Local Foods Network



**Contact your local Network Development Officer or call 1800 603 866**



[www.desertknowledge.com.au/OBN](http://www.desertknowledge.com.au/OBN)

## Regional Employment - cont.

# INDIGENOUS TRAINEE PROGRAM

*with KCGM*

KCGM is committed to assisting people within our local Indigenous communities to gain meaningful employment within the Mining Industry. Our Indigenous Trainee Program offers indigenous people with little or no experience in the mining industry the opportunity to enter our workforce and be trained as either:

**A Truck Driver in the Super Pit, A Shotfirer, A Laboratory Technician; or  
A Process Technician in the Fimiston Gold Processing Plant.**

### TRAINEE TRUCK DRIVERS

Our Trainee Truck Drivers are trained to drive dump trucks, moving rocks from the Super Pit to the Fimiston Gold Plant for Processing.

Truck drivers work a roster of 7D 3 off/7N 4off with an average 56hrs/wk over a roster cycle.

### TRAINEE SHOTFIRER

Our Trainee Shotfirers are trained to read blast plans, load and fire blast holes and prepare the ground for the production crew.

Shotfirers work a roster of 7D 3 off/7D 4 off with an average 56hrs/wk over a roster cycle

**To apply for one of these positions you must:**

- Be living locally
- Have a MARCSTA Safety Induction
- Have a current WA unencumbered Medium Rigid (MR) or Heavy Rigid (HR) driver's licence



### TRAINEE PROCESS TECHNICIANS

Our Trainee Process Technicians undertake a fixed term 12 month traineeship gaining a **Certificate II in Metalliferous mining**.

Process Technicians are trained to manage and monitor work -stations within the Fimiston Gold Processing Plant.

Process Technicians work a roster of 2D/2N 4 off with an average 48hrs/wk over a roster cycle.

### TRAINEE LABORATORY TECHNICIAN

Our Trainee Laboratory Technicians are trained to collect and analyse samples from the Fimiston Gold Processing Plant, and undertake various laboratory based tasks.

Laboratory Technicians work a roster of 2D/2N 4 off with an average 48hrs/wk over a roster cycle.

**To apply for one of these positions you must:**

- Be living locally
- Have a MARCSTA Safety Induction
- Have a current WA unencumbered "C" driver's licence

**If you are interested in one of these positions,  
please contact:**

**Maria Kaese**

**mkaese@kalgold.com.au**

**Phone: 9022 1123**

Kalgoorlie Consolidated Gold Mines is one of Australia's largest gold producers. Using underground and open pit techniques, we deliver up to 850,000 ounces per year. KCGM Pty Ltd manages the assets for joint venture partners Newmont Australia Ltd and Barrick Gold of Australia Ltd.

**[www.superpit.com.au](http://www.superpit.com.au)**



# Health Notice

These photographs are an indication of what some types of skin cancers MAY LOOK LIKE



*Why not follow the easy steps shown on this brochure and Check yourself & your family*

## You will need:

A full length mirror & hand mirror  
A good overhead light & a desk lamp.

*Please remember: consult your doctor if you feel you have any spot, mark or bump that you think may be a skin cancer*

*Sponsored by:*

**Lions Melanoma NSW Project**  
**Ego Pharmaceuticals**

*Photographs courtesy of Professor Freda Clarke  
Professor of Dermatology, Melbourne University  
Dr Matthew Phillips and Colin Dorschner*

Contact: PDG Colin Beauchamp JP  
**Lions Cancer Institute (Inc.)**

Telephone: (08) 9389-5558 Fax: (08) 9389-5771

## SKIN CANCER



Are you aware of  
what to look for?

How often do you take the time  
to check yourself, your family?



**Lions Cancer  
Institute (Inc.)**

*A Project of Lions Clubs of Western Australia*

**"Remember skin cancers  
are not usually painful."**

*If you can answer 'yes' to two or more of  
the following questions you may be at risk  
of developing 'Skin Cancer'*

- ✱ A mole or freckle that is changing size or colour
- ✱ Fair skin that burns rather than tans
- ✱ Had blistering sun burn as a child
- ✱ Any inflamed sores that do not heal
- ✱ A family member has had a malignant melanoma
- ✱ Previously had moles or skin cancers removed
- ✱ Five moles (not freckles) on your arms



### Squamous Cell Carcinoma

Common, but not as dangerous as the melanoma. Can spread to other parts of the body. Looks like a thick red scaly spot that won't heal. May ulcerate and bleed. Usually affects the exposed parts of the body, particularly the face and head.

### Dysplastic Melanocytic Naevi

Commonly referred to as a mole. Often found on the back. Often asymmetrical in shape with irregular edge. Frequently variegated - various shades of brown, red or black. Irregular surface, sometimes flat, often elevated and sometimes papular. May have clinical features in common with a melanoma.



**Lions Cancer  
Institute (Inc.)**

## Skin Spot Card

Lions Cancer Institute (Inc.) Telephone: (08) 9389-5558 Fax: (08) 9389-5771

## Regional &amp; Community Health Information



### Chiropractic Care Fortnightly in Leonora!

Operating Out of St Johns' Ambulance Hall

Chiropractic is a health profession concerned with the diagnosis, treatment and prevention of disorders of the musculoskeletal system. It also incorporates the effects these disorders have on the nervous system, general health and well being of an individual. Most commonly treated problems include:

- Neck and back pain
- Headaches
- Sciatica
- Disc degenerative problems
- Arthritic conditions
- Muscle sprain/strains

#### Dates of Next Visits Are:

Sept 8th & 22nd

Oct 6th & 20th

Nov 3rd & 17th

Please book through: 9091 5667

Private health rebates available for all treatments

*providing wellness care naturally*

Phone: 08 92311987  
Fax: 08 92311983

Unit 1, Village Drive, Leonora WA 6430  
PO Box 1000 Leonora WA 6430  
E: [leona@chiroking.com.au](mailto:leona@chiroking.com.au)

Practitioner No: 758833  
AHPA 00122538-00-9

### LEONORA COMMUNITY HEALTH

Appoints Ph: 90 376083

### POITIER MEDICAL PRACTICE

### LEONORA

**For Appointments Phone Bev**

**90 376 238**

### **Margaret Davies - Practice Nurse**

Is at Poitier Medical available every Mon, Tues & Wednesday for Male & Female Health Checks, **Pap Smears and Breast Checks**. Margaret is also qualified to perform **Worksafe Audiology and Spirometry testing, Mine Workers Health Surveillance, Pre-employment Medicals and drug screens**.

Appointments please phone 90 376 238.

**For Emergencies only please phone Leonora Hospital 90804300**

### WA Cervical Cancer Prevention Program

# One Test

15 minutes  
Every two years.

Regular Pap Smears  
Can help prevent  
up to 90% of  
cervical cancer.

**FOR THE MONTH OF SEPTEMBER  
FREE PAP SMEARS  
& ADDITIONAL WELL WOMEN'S CLINICS  
INCLUDING APPOINTMENTS UNTIL 7.30PM  
Phone (08) 90218266 for an appointment  
At Goldfields Women's Health Care Centre**



## Stop the spread of flu germs

Cover your mouth and nose with a tissue when you cough or sneeze



Put your used tissue in the rubbish bin or in a plastic bag



Gel and Go  
squirt the alcohol gel on your hand and rub till dry



Wash and dry  
your hands often, especially after coughing or sneezing – use soap



Stay away from others if you're sick



Government of Western Australia  
Department of Health  
The Government of Western Australia is committed to providing the best possible health care for all Western Australians.

Protect your family from influenza



## Menzies Health Centre Information

### MENZIES HEALTH CENTRE

CLINIC Generally attended by Sister Sam

MONDAY - FRIDAY Ph: 90242044

FOR IMMEDIATE HEALTH ADVICE  
CALL HEALTH DIRECT 1800 022 222

ANYTIME DAY OR NIGHT

POISONS INFO AVAILABLE 24Hrs

13 11 26

IF URGENT CONTACT 000 or  
SHIRE : 90242041 / A.H. 90242051

POITIER MEDICAL PRACTICE

LEONORA

DR APPOINTMENTS - Ph: 90376238

EMERGENCIES - Ph: 90804300

### MENZIES HEALTH CENTRE

Next RFDS Clinic for  
September

**TBA**



Appointments & Enquiries

Ph: 90242044

### MENZIES HEALTH CENTRE

Please Phone 90242044 for more info.

Menzies Health info for Visitors

*Short or Long Stay*

If you have a significant Medical History you can contact the Health Clinic to have your Medical History recorded for future Visiting Doctor & Specialist Appointments while you stay in Menzies.



NB: If Sister Sam is away Deidre will be in attendance at the Nursing Post .  
for any further info Ph: 90242044.



**2010  
FLUVAX  
AVAILABLE**

**MENZIES HEALTH CENTRE**

MONDAY - FRIDAY Ph: 90242044



Helpline 13 11 20

**Cancer  
Council**  
Western Australia

Heart Foundation

*Walking*



Take the first step  
to heart health today

Heart Foundation walking is a network of free community-based walking groups which are available in your area.



To start or find a local group  
call 1300 36 27 87  
or visit  
[www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking)

## Community Notice Board

# Please note the Menzies Roadhouse is closed every Sunday

So No re-fuelling available in Menzies on Sundays.

Diesel and Petrol available Sundays at the following -

Leonora 105kms, Kookynie 70kms, or Kalgoorlie 130kms



## PROSPECTING NOTICE

**ORIENT WELLS IS NOW CLASSED AS AN ACTIVE MINE**

APPROXIMATELY 37KMS SOUTH OF LEONORA AND APPROXIMATELY 70KMS NORTH OF MENZIES

**IS NOW OFF LIMITS TO ALL PROSPECTING**

**Your cooperation in this matter would be sincerely appreciated.**

# Community Notice Board



Supplying Quality Seafood to

**KALGOORLIE - ESPERANCE**

Mon Tue Wed Thur Fri Sat

JANUARY							FEBRUARY							MARCH						
31				1	2		1	2	3	4	5	6		1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
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24	25	26	27	28	29	30	28							28	29	30	31			
APRIL							MAY							JUNE						
				1	2	3	30	31			1			1	2	3	4	5		
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18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
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JULY							AUGUST							SEPTEMBER						
				1	2	3	1	2	3	4	5	6	7	1	2	3	4			
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18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28	29	30		
OCTOBER							NOVEMBER							DECEMBER						
31					1	2	1	2	3	4	5	6		1	2	3	4			
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
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24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	

For your FREE delivery phone

**Peter & Sheryl Edmeades**

Mobile: 0419 121 164

3 Alderdice St, Kalgoorlie WA

Email: edmeades@westcoastseafood.com.au

www.westcoastseafood.com.au

WESTCOAST SEAFOOD next visit to MENZIES will be on August 5th and all the dates for future months marked in red on the Calender above. Phone in advance for special orders.



## Phone Recycling Points in Kalgoorlie

Dick Smith Electronics - Brookman St

United Credit Union Limited - 347 Hannan St

Vodafone Kalgoorlie - 260 Hannan Street

Kalgoorlie Post Shop - Near Woolworths

Cartridge World - 1/72 Maritana Street

T (Life) Kalgoorlie - 207 Hannan Street

Aust. Post Hannans - **Shop I I Hannans B'lvard**

Harvey Normans - Southlands, Oswald Street

[www.recyclingnearyou.com.au](http://www.recyclingnearyou.com.au)

**CARTRIDGES 4 PLANET ARK**



**ALL CAME FROM PRINTER CARTRIDGES**

To give your used inkjet and laser cartridges another life drop them in our collection box

Box(es) are located...

Menzies Resource Centre and Shire Office

For more information visit  
Cartridges.PlanetArk.org  
or call 1800 24 24 73



Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON LEXMARK

# Getting about the Goldfields

## BOOK HERE

Menzies Visitor Centre

Menzies Visitor Centre Ph: 90 242 702

### PERTH-GOLDFIELDS EXPRESS

### GOLDRUSH TOURS



## BOOK HERE

At the Menzies Visitor Centre

## ADVANCED NOTICE OF NEW GOLDRUSH TOURS EXPRESS TIMETABLE EFFECTIVE 1 JULY 2010

### GOLDRUSH TOURS

GRT EXPRESS TIMETABLE

### Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/07/2010

THURSDAY

EXPRESS	TIME
KALGOORLIE RAILWAY STATION	9.00 am
KALGOORLIE VISITOR CENTRE	9.15 am
MENZIES	10.40 am
KOOKYNIE TURNOFF	11.05 am
LEONORA	ARRIVE 11.45 am
	DEPART 12.00 pm
MURRIN MURRIN TURNOFF	12.45 pm
MT MORGAN TURNOFF	12.55 pm
LAVERTON	1.30 pm

### Laverton to Kalgoorlie

TIMETABLE EFFECTIVE 01/07/2010

FRIDAY

EXPRESS	TIME
LAVERTON	9.00 am
MT MORGANS TURNOFF	9.30 am
MURRIN MURRIN	9.40 am
LEONORA	ARRIVE 10.15 am
	DEPART 10.30 am
KOOKYNIE TURNOFF	11.00 am
MENZIES	11.30 am
KALGOORLIE	1.00 pm

BOOKINGS & ENQUIRIES

## 1800 620 440

Tickets can be purchased from the Kalgoorlie Goldfields Visitor Centre or online at

[www.goldrushtours.com.au](http://www.goldrushtours.com.au)

### VISITORS TO KALGOORLIE -

Take advantage of an overnight stay in Menzies, Leonora or Laverton, returning the next day.

The new Goldrush Tour Express Timetable Effective 1 July 2010 has an earlier start from Kalgoorlie on the Thursday to allow visitors to the region to travel to the Northern Goldfields towns of Menzies, Leonora and Laverton for an overnight stay returning the following day. It will also remain the best method for Northern Goldfields residents to travel to and from the same towns.

## FULL DAY TOUR

## The Lake Ballard 'Inside Australia' Tour

DEPARTS WEDNESDAY &amp; SATURDAYS 7.30AM RETURNING 2.30PM



www.goldrushtours.com.au

Goldrush Tours is proud to offer you a unique opportunity to view Antony Gormley's "Inside Australia" sculptures. Depart Kalgoorlie at 7.30am and drive through beautiful examples of Salmon Gums, Gimlets and Black Butts and many abandoned gold mining centres, with an intriguing commentary along the way.

Arrive midmorning at Lake Ballard, enjoy a complimentary morning tea at Snake Hill, and take time out to view the 51 sculptures that express one of Antony Gormley's most daring commissions.

Enjoy a brief tour of the historical town of Menzies followed by a lunch stop in the town's centre; you may even meet up with a couple of the locals who bared it all for Gormley's "Inside Australia" sculptures.

On your way back to Kalgoorlie call in for refreshing drink at the Broad Arrow Tavern, home of the movie "The Nickel Queen" starring Google Withers. Affectionately known among locals as the "BAT", it is one of the few buildings to have outlived the gold rush in the outback town of Broad Arrow.

Don't forget your camera as this tour offers some surreal photo opportunities that you will not want to miss!

GOLDRUSH TOURS

ABN: 32 600 600 756

BROCHURE VALID FROM 1 MAY 2016  
RATES AND ITINERARY SUBJECT TO CHANGE WITHOUT NOTICE

FULL DAY TOUR  
The Lake Ballard Tour  
GOLDRUSH TOURS

FULL DAY TOUR  
The Lake Ballard Tour  
GOLDRUSH TOURS

## Tour Highlights

- ✓ Antony Gormley's "Inside Australia" sculptures
- ✓ See typical flora of the Goldfields: Salmon Gums, Gimlets and Black Butts
- ✓ Scenic drive through the WA Outback
- ✓ Outback sightseeing including abandoned gold mining centres
- ✓ Morning tea at Snake Hill
- ✓ Tour of Menzies
- ✓ Towns visited: Menzies, Broad Arrow and Kalgoorlie-Boulder

## Inclusions

- ✓ Fully guided tour
- ✓ Morning Tea
- ✓ Pickup from and return to accommodation

## Passenger Information

Apart from Morning Tea  
- Other meals are not included in Tour Fee

BUS/COACH SIZE WILL VARY DEPENDING ON  
NUMBER OF PASSENGERS.

PLEASE WEAR ENCLOSED OR SENSIBLE SHOES

## Booking Information

The Lake Ballard  
'Inside Australia' Tour

Adult \$150.00  
Pensioner \$140.00  
Child (4-16 yrs) \$75.00  
Family (2A+2C) \$375.00

TOUR RUNS 7.30AM-2.30PM

\*MINIMUM 6 PASSENGERS FOR DEPARTURE.

Payment is due 7 days prior to departure. Goldrush Tours reserves the right to change the content of the tour or cancel any tour departure if minimum number of passengers is not reached or for any unforeseen circumstances. Goldrush Tours will then offer an alternative departure date or full refund.

## CANCELLATION FEES

0-4 days out = 100% cancellation fee  
4+ days out = 10% cancellation fee



BOOKINGS HOTLINE

1800 620 440

or visit us online:

www.goldrushtours.com.au

## Local Business Info

Menzies Hotel Open from  
10am Daily

*Meals Weekdays -*

Counter Meal 12—2pm

Evening Special \$16 or order from  
the Blackboard Menu

*Meals Sunday*

Counter Meal 12—2pm

Evening Roast Special \$16

Accommodation Ph: 90242016



Menzies Roadhouse

Petrol & Diesel

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Phone: 90242504 Fax: 90242191

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ABN 53 912 934 944  
 PO BOX 397  
 35 TOWER STREET  
 LEONORA WA 6436

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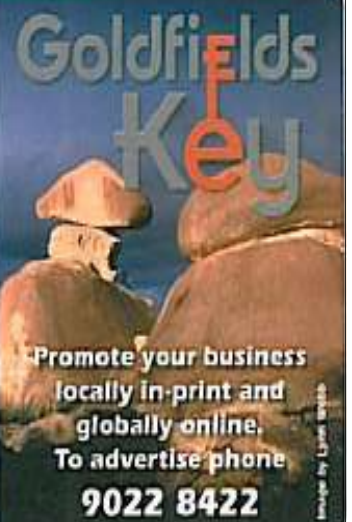
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## LGIS Good Health - September 2010 Issue



September 2010  
ISSUE 21

# In Good Health



## Food for Fantastic Skin

Diet plays a vital role in maintaining healthy skin. What you put into your body on a daily basis can have a big impact on the appearance, texture and youthfulness of your complexion. Your skin needs a variety of nutrients to regenerate cells or else it can become dull, pale and bloated.

Check out some of the best foods for fantastic skin below. Eating these foods alongside a healthy, balanced diet, drinking lots of water, undertaking regular exercise and getting plenty of sleep can go a long way towards achieving a healthy glow.

- **Nuts and seeds** – Nuts and seeds contain antioxidant vitamins A and E which help protect your skin from pollutants in the atmosphere as well as sun damage. They are also rich in healthy mono-unsaturated fats which help keep your complexion smooth and nourished.
- **Spinach** – Spinach and other dark leafy greens are a great source of antioxidant vitamins A, C, E. They also contain iron which is essential for healthy blood flow, and B vitamins which boost your energy.
- **Mangoes** – Mangoes contain the antioxidant beta-carotene which neutralises free radicals to help protect your skin. Other good sources include carrots and sweet potatoes.
- **Avocados** – Avocados contain antioxidant vitamin E and healthy monounsaturated fats which are brilliant for your skin.
- **Berries** – Berries are rich in antioxidant vitamin C which can aid skin cells in repairing and reproducing themselves and enhance skin smoothness and elasticity.
- **Oily fish** – Oily fish varieties such as sardines, salmon and mackerel are packed full of omega-3 fatty acids. These fatty acids help to reduce clogged pores, reduce inflammation, reduce skin dryness and improve the elasticity of your skin.
- **Wholegrains** – Wholegrain foods are rich in B vitamins, zinc and selenium which all contribute to healthy skin.



## LGIS Good Health - September 2010 Issue

## Protect Your Skin All Year Round

Summer is not the only time that your skin needs protection from sun exposure. Ultraviolet (UV) rays can be strong enough to damage your skin all year round and can penetrate even when it is cloudy. UV rays also reflect off surfaces including water, sand and snow.

By protecting your skin from the sun properly, you can minimise freckling, wrinkling and ageing of the skin, avoid sunburn, reduce your lifetime UV radiation exposure and ultimately reduce your risk of skin cancer. Practice these sun-protection basics all year round to give your skin the best chance of long-term health:

- **Wear sunscreen** – Apply SPF30+ broad spectrum sunscreen liberally and evenly to all exposed skin. Apply at least 20 minutes before sun exposure and reapply every two hours when outdoors.
- **Cover up** – Wear clothing that covers as much of your body as possible. Long pants and shirts with a collar and long sleeves are best. Tightly woven fabrics and dark colours, such as deep blue and black offer more protection.
- **Wear a hat and sunglasses** – Choose a broad brimmed hat that shades your face, neck and ears and wear sunglasses with UV protection.
- **Seek shade** – Always seek shade such as beneath an umbrella or a tree. However, sunlight bouncing off reflective surfaces can still reach you in the shade, so it is important to use other forms of sun protection as well.
- **Never seek a tan** – There is no such thing as a healthy tan. A tan is the skin's response to the sun's damaging rays.
- **Avoid using solariums** – The UV radiation emitted in a solarium can be up to three times stronger than the midday summer sun.

## Eczema

Eczema, also known as dermatitis, is a chronic skin condition that causes the skin to become, itchy, reddened, dry and cracked. There are many different types of eczema, but the most common form is atopic eczema, which mainly affects young children.

Eczema is not contagious – it doesn't spread from one person to another. The exact cause of eczema isn't fully understood at present. However, you can have a genetic, or inherited, tendency to develop the condition. It can also be made worse by 'external' factors, such as pet fur and pollen, or 'internal' factors, such as stress and hormone levels.

The symptoms of eczema may always be present, but they can vary in severity and may flare up or subside from day to day. There is no cure for eczema, but symptoms can usually be eased using a variety of treatments including moisturisers (emollients) and anti-inflammatory ointments. It is also important to try and avoid skin irritants such as hot water, soap, detergent and synthetic fabrics.

Although eczema is often itchy, scratching it will further aggravate the skin. If you scratch your skin, you risk your eczema becoming infected with bacteria. There may however, be times when you or your child will not be able to help scratching the eczema. Keeping nails short can help to minimise any damage to the skin. You can get help and more information about eczema from your doctor, pharmacist or a specialist dermatologist.



## LGIS Good Health - September 2010 Issue

## What is Dementia?

Dementia is a progressive deterioration in a person's functioning. It may be caused by a number of illnesses that affect the brain. The most common cause is Alzheimer's disease but there are other causes including Huntington's disease and Parkinson's disease.

Dementia is more likely to affect people who are aged 65 or above, but it can occur before this age. The older you get, the more likely you are to develop it, however, it is important to remember that it is not a normal part of ageing.

The symptoms of dementia can develop suddenly and quickly worsen. Or they can develop gradually over time. Symptoms can include:

- Memory loss
- Difficulty communicating
- Confusion
- An inability to do everyday things
- Personality and behaviour changes
- Depression
- Aggression
- Wandering

There is no prevention or cure for most forms of dementia at present. However, there are medicines and alternative treatments for some types of dementia that can ease certain symptoms and prevent them coming on as quickly. Your doctor will be able to recommend the best type of treatment for your condition.

People who have dementia can often have a good quality of life for a number of years. However, symptoms generally get progressively worse over time. If you or someone close to you has dementia, it is important to seek help from your doctor, health and social care services, family and friends.

It is also very important that carers looking after someone with dementia at home receive plenty of help and support. Respite care, to give carers a break, is an important part of looking after someone with dementia.

For further information about dementia, visit the Alzheimer's Australia website at:  
[www.alzheimers.org.au](http://www.alzheimers.org.au)

## 5 Ways to Keep Your Brain in Shape

Keeping your brain in shape is just as important as keeping your body in shape. Your brain learns and grows by interacting with the world through perception and action. It has the ability to continually adapt throughout your life and can grow new neurons even in old age.

Mental stimulation can improve brain function and help protect against cognitive decline. Below are five simple ways to help keep your brain in shape:

**1. Stimulate the brain to think** – Read a challenging book or engage in mental exercises such as Sudoku, crossword puzzles, playing chess or scrabble. The more you have to think, the better your brain functions.

**2. Learn something new** – Challenge your brain to learn new tasks that you have never done before. Examples include yoga, a musical instrument or a new language.

**3. Engage in physical exercise** – Movement and exercise increase breathing and heart rate so that more blood flows to the brain, enhancing energy production and waste removal.

**4. Do things differently** – Try using your opposite hand to control the computer mouse, brush your teeth, dial the phone or operate the TV remote. These simple changes can strengthen neural connections and even create new ones.

**5. Eat a healthy diet** – Nourish your brain with a healthy diet and limit your intake of caffeine and alcohol.

# LGIS Good Health - September 2010 Issue

## Taking Care of Your Joints

Everyday activities, ageing, injury and repetitive motions all subject your joints to regular wear and tear. Whatever your age, taking care of your joints is important to help keep them healthy and flexible. The simple tips below can help you take care of your joints and prevent joint stiffness and discomfort.

- **Exercise regularly** – Moderate exercise promotes movement and strength. Try to include a range of different activities such as swimming or walking, along with strength training and stretching exercises.
- **Warm up properly before exercise/playing sport** – Spend at least five to ten minutes warming up before exercise to increase blood flow to your muscles and reduce the chance of injury.
- **Rest and Recover** – Allow adequate recovery time between workouts or training sessions.
- **Keep your weight under control** – Maintaining a healthy body weight for your size reduces stress and strain upon your joints.
- **Avoid overuse** – Avoid overusing or placing excessive strain on your joints. Take regular breaks and vary activities when possible during exercise and work that requires repetitive motions.
- **Move around** – Try not to stay in one position for too long. Stretch regularly to release tension from your joints and keep them from stiffening.
- **Eat a healthy diet** – Eat a healthy, balanced diet that includes lots of fruit and vegetables, meat, oily fish, dairy foods and carbohydrates.



### Fun Facts

#### # 1

Your skin is the largest organ of your body

#### #2

It takes approximately 12 hours for food to digest completely

#### #3

An average of 40kg of skin is shed during a lifetime



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#### IN OUR NEXT ISSUE

- Anxiety and Depression
- Vitamins
- Eating Well for Less
- Protect Your Shoulders

Shire of Menzies  
PO Box 4 Menzies WA 6436  
Ph: 08 90242041 Fax: 08 90242110  
E-mail: [admin@menzies.wa.gov.au](mailto:admin@menzies.wa.gov.au)  
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Visitor Centre, Tele Centre,  
Library & Spinifex Art Gallery  
Corner of Shenton & Brown  
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**Come Inside and Take a look around!**

## Calender of Events for Sept - Oct 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
06	07	08	09	10	11	12 <i>Boulder Cup</i>
13	14	15 <i>Hannans Handicap/ Ladies Day</i>	16	17	18	19 <i>Coolgardie Day/Boulder Market Day</i>
20	21	22	23 <i>Council Meeting 9am</i>	24	25 <i>School Holidays Commence</i>	26
27 <i>Queens Birthday - PUBLIC HOLIDAY</i>	28	29 <i>Police Remembrance Day</i>	30			

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				01	02	03 <i>Kalgoorlie Market Day</i>
04	05	06	07	08	09	10 <i>Spring Festival Kalgoorlie</i>