



Menzies Matters

Issue 26

Free

May 2010

ANZAC Day Ceremony in Menzies



At the lowering of the flag we braved the chilly morning wind.



Chris at the flag pole.



A proud Local Identity, Chris Devin.



Visitors - John & Lorraine Walker, Chris & Stella Smith & Trevor & Cheryl Jones from New South Wales joined in the ANZAC Day Ceremony and morning tea.



A full Kitchen for a cuppa & ANZAC Biscuits, home made by students from the Menzies Remote Community School.



On loan from John Nelis - An Authentic Gallipoli Pistol.

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Take a look around!

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- Golden Quest
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- Goongarrie
- Kookynie Ghost Town
- Niagara Dam



Shire of Menzies Information

SHIRE OF MENZIES

Bush Fire Burning Periods for
2009/2010

The following times are the Burning Periods
for the Shire of Menzies for the forthcoming
financial year 1/07/2009 to 30/06/2010

Prohibited Burning Periods:

December 15th 2009 to April 14th 2010

Restricted Burning Periods:

April 15th 2010 to May 14th 2010

Brian Seale JP Chief Executive Officer Shire
of Menzies PO Box 4 MENZIES. WA 6436
Phone: 90 242 041 Fax: 90 242 110

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:-*

May - Thursday 27th

June - Thursday 24th

July - Thursday 26th

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



STAFF APPOINTMENTS

New staff for the Visitor Centre , Kristie Tucker has moved back
to Menzies recently to take up this 2 day position. Kristie will
also be gaining skills at the Shire office over the next few weeks.
We would like to take this opportunity to congratulate Kristie on this new
appointment and welcome her home to Menzies.

Katie Lenane will be working part time again in Customer Service at the Shire
Office and alternately at the Visitor Centre.



Take a look around!!



Matters arising from the Ordinary Meeting of Council held on Thursday 22 April 2010

1. Dogging Controls.

Council, being in receipt of a formal request for support agreed to contribute funds to support the efforts and endeavours of the Menzies Dogging group, where the wild dog issue has escalated to an alarming rate and having a serious impact on the pastoral industry. Accordingly, the support from the Shire of Menzies will contribute towards assisting this problem.

2. Resignation from the Menzies Shire Council.

Council has with regret accepted the resignation from Cr. Maria Bandry and as a result an “Extraordinary Election “ will be conducted on Wednesday August 4th, 2010 to give opportunity to elect a replacement councillor. Accordingly, the statutory advertising will be undertaken shortly to accommodate this matter.

3. Local Roads – Curbing and Sealing programme.

Council has endorsed a programme for sealing and curbing the streets within the town-site and has tentatively approved of \$250,000 to be applied to the 2010/11 budget year for this purpose. Accordingly, the direction of council in this is to improve the vision of the town site and the basic infrastructure in the towns in an important start point towards the development strategy the Shire has embraced to improve the image and appearance and where this budget provision is an important step in that direction.

4. Sale of the Former Hospital Reserve.

Council is in receipt of an application to purchase the former hospital Reserve, just North of Town and approved this application in principle. Accordingly, whilst there is a process required in this regard, it will take some time to develop, so the prospective owners will have time to assess the suitability of the site for their purposes. In the interim, however, this is a great sign and the growth and development of the town is contingent on matters like this one commencing. This is a very exciting time for Menzies.

5. Last available vacant Land in Menzies Sold.

It is exciting to advise that the last lots of vacant land in Menzies were sold at the April meeting and presently there is no vacant freehold land available at this moment, though Council, aware of this situation has approved of examining some vacant land ownerships, where it appears the owners have no present use for the land and may be interested in the Shire acquiring these lots. Although these only amount to nine lots, it is a start. Furthermore, Council has also approved of identification of whether or not all the Reserves within the Town-site are required by the reserve holders and these are also being researched with the object of acquisition and conversion to freehold for private enterprise. Accordingly further advice will issue in this matter in early course.



Matters arising from the Ordinary Meeting of Council held on Thursday 22nd April 2010 (cont.)

6. Reclamation of the Former Rifle Range in Menzies.

Council was recently made aware that the Reserve for the rifle range in Town was cancelled, though for reasons which remain obscure and at the April meeting, resolved to have this historic reserve re-instated. Accordingly, this site may be restored for the purpose of returning it to a functional Rifle Range, or it may be preserved for historic Purposes. Either way, it will be wonderful to have it back under the control of the shire, where further advices will issue in early course as to the potential and proposed

7. Antony Gormley to Visit Menzies.

Council is in receipt of advices to the effect that the famous artist "Antony Gormley" will visit Menzies on Friday May 14th, 2010 and participate in a luncheon in the Town hall where it is planned to conduct a "Reconnect Day" for those participants who modelled for the artist and had an involvement in the promotion of the Statues at Lake Ballard. Accordingly suitable advertising will commence shortly.

8. Provision of a Sporting Shed for Menzies.

With the promotion of sporting and recreational activities in Menzies developing as it is at present, the storage issue emerged and the Council approved of the creation of a shed facility to be utilized from the undercroft of the Town Hall and accessible from the South side of the hall. Accordingly, this will enable the adequate storage of the equipment without inconvenience or damage. Thus, this is great step forward and **Justin Lee's suggestion design is indeed valued and recognized in this proposal.**

9. Digital T.V. Facilities for Self-Help Transmission.

Council is in receipt of advices from the Minister advising that it is planned to convert from analogue TV to Digital during the last half of 2013, where Commonwealth subsidies will be made available to residents to assist them in this process of conversion and where the Shire will assist in the promotion of this facility. Further advices and details will be made available shortly in this matter.

10. Sealing North and South of Gregory Street.

Budget provision of \$150,000 is being put aside in readiness of the 2010/11 budget year to seal the Northern and Southern Sections of Gregory Street as a part of the Shires overall plan to upgrade the town. Accordingly, this should be completed shortly after the budget adoption meeting has concluded and rates issued and represents a great part of the development of the town.

Brian W. Seale J.P. Chief Executive Officer

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

Menzies Emergency Awareness Day

A great day was had by all who attended and a warm day where getting hosed down for a water slide by a Fire Brigade hose was encouraged. Bouncy Castle, & Balloon Typhoon entertained the children and food to go from the MYCG kept everyone feed and water from the Water Corporation cooled us down. Many thanks to our emergency supporters,

FESA, Menzies Fire Brigade, Roadwise Safety Trailer, RFDS on the Road, Leonora & Kalgoorlie Police and Menzies & Kalgoorlie St John Ambulance.



Menzies

IT'S MORNING TEATIME!

MAY 2010



Australia's
**BIGGEST
MORNING
TEA**



**COME AND HAVE A CUPPA TO HELP TIP THE
BALANCE IN THE FIGHT AGAINST CANCER.**

Time: 9.30am

Date: Thursday 27th May 2010

Place: Outside the Visitor Centre -
'Former' Lady Shenton Hotel

To register for your own morning tea or to make a donation
visit www.biggestmorningtea.com.au or call 1300 65 65 85



**Cancer
Council**

Public Information

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.

Notice by New Metals

Aboriginal Justice Agreement
Putting the spotlight onto community justice issues

MEETING

Aboriginal Justice Agreement (AJA)

Leonora Menzies Local Justice Forum (LJF)

The Department of the Attorney General is in the process of working in partnership with the Aboriginal community in Menzies and Govt., non govt agencies and local stakeholders to progress the Menzies Local Justice Forum implementation Plan.

To commence this process we would like to invite all members of the Aboriginal community from Menzies to participate in discussions with govt., non govt and local stakeholders to progress the Menzies Local Justice implementation plan.

LJF MEETING

Menzies Shire Hall

on the

Tuesday, 25th May 2010

at 2.00pm to 3.00pm

A light afternoon tea will be provided

If you would like further information or have questions in relation to the AJA Leonora Menzies Local Justice Agreement, please do not hesitate to contact

Cheryl Soggee, AJA Regional Coordinator on 0408941 030
email: Cheryl.soggee@justice.wa.gov.au



The Menzies Resource Centre
Now has EFTPOS Facilities

Purchases Only - No Cash Out



This historic building, the 'Former Lady Shenton Hotel' houses the Visitor Centre & Gift Shop,
Community Postal Agency, Public Library,
Tele Centre & Spinefex Art Gallery.

It is the nearest Visitor Centre to the iconic
'Inside Australia' Antony Gormley Sculptures
situated 51 Kms West of Menzies at Lake Ballard.

Come Inside and Take a look around!

Northern Goldfields Sport and Recreation Program

c / - Shire of Laverton, PO Box 42, Laverton WA 6440

Ph: 08 90311202
Fx: 08 9031 1340

Mob: 0439 099 754
Email: gavin.ngsrc@hotmail.com



Northern Goldfields Women's Netball

Incorporating the Shires of Menzies, Laverton, Leonora & Surrounding Communities



May 2010 – June 2010

Game Location: Games held at Leonora Netball courts – Tower St

IMPORTANT INFORMATION

- Team registration must be paid before the first game
- Registration is \$5.00 per player
- Game fee is \$2 per game per player
- Each team will be required to supply an umpire at each game
- 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
- Fairest and best trophies for the season will also be awarded
- Registration and game fees go towards cost of hiring courts and for trophies.
- Future Event: Mixed netball competition in August TBA
- **Umpiring clinic** all players are encouraged to attend the clinic so they learn the rules we will be enforcing in 2010. The umpires from each team will learn how to enforce these rules. It is hoped that each team will have an umpire at the clinic. Each team may have more than one umpire at the clinic.
- For the latest news and information search for us on **FACEBOOK!**



Northern Goldfields Sports & Recreation News

**Round 1 and Round 2 Saturday 08/05/10**

Teams		Court	Time
Menzies	Vs	Leo Girls	1 10.30 am
Laverton	Vs	Leinster Hot Chicks	2 10.30 am
Leonora 1 – BYE			

Round 2

Leonora 1	Vs	Leo Girls	(Game to be played at another time)
Menzies	Vs	Laverton	1 12.30 pm
Leinster Hot Chicks – BYE			

Round 3 and Round 4 Saturday 15/05/10

Laverton	Vs	Leo Girls	1 10.30 am
Leonora 1	Vs	Leinster Hot Chicks	2 10.30 am
Menzies – BYE			

Round 4

Leonora 1	Vs	Menzies	1 12.30 pm
Leo Girls	Vs	Leinster Hot Chicks	2 12.30 pm
Laverton – BYE			

Umpiring clinic (TBC) and Round 5**Saturday 29/05/10**

Teams		Court	Time
Laverton	Vs	Leonora 1	1 1.30 pm
Menzies	Vs	Leinster Hot Chicks	2 1.30 pm
Leo Girls BYE			

Finals Round 1 and Round 2 Saturday 12/06/10

1	Vs	2	1 10.30 am
(Winner goes to grand final. Loser plays winner of 3 Vs 4)			
3	Vs	4	2 10.30 am
(Winner plays loser of 1 Vs 2. Loser is eliminated)			

Round 2

Loser of 1 Vs 2	Vs	Winner of 3 Vs 4	1 12.30 pm
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Grand Final Saturday 26/06/10

Winner of 1 Vs 2	Vs	Winner of round 2	11.00 am
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Please note: I'm hoping with each team that has the bye. They will be able to supply umpires to help out on the day.

Menzies Movie Night and Disco



Movie Night - Thursday 13th May Sausage sizzle from 6pm. Movie from 6.30pm. \$3.00 entry - Sausage Sizzle extra

Disco – Friday 21st 6.30 – 9pm Town Hall
(Come dressed as your favourite movie star)
\$3.00 entry - Hamburgers extra



National Volunteer Week®

10-16 May 2010

Thank you

Western Australia's emergency services volunteers



Your dedication and commitment to assist the community in times of need is to be commended and is much appreciated.



FESA also thanks the families of our volunteers and their employers for their continued support.



To become an emergency services volunteer today, please call FESA's volunteer recruitment line on 1800 628 141.



St John Menzies Sub Centre - Open Day



Open Day gave recognition of our contributors and sponsors. Dave Grills, Enough is Enough Program & Shire of Menzies CEO Brian Seale officiated & Lloyd Lansdown, Menzies St John Volunteer of the Year 2009 opened the Centre and had an opportunity to show off his medals and awards.



Kookynie Volunteer Association - BBQ/Meeting



A beautiful day for a back to Kookynie BBQ and meeting for KVA Inc. members recently. Some familiar faces Above left - Les Taylor, Lyn Duncan and Jill Dwyer happily cooking and chatting. Left - **Trent Stillman's children Brady and Gemma** wave goodbye at the end of the day on their way back to Glenorn Station. Next Meeting Sat 22 May. More info phone Greg Dwyer on 90313031

82nd Menzies Classic 2010

June 5 Criteriums

June 6 Menzies Classic Road Race

**ALLIED
PICKFORDS**

**City of Menzies
KALGOORLIE-BHEEDER
coateshire**

**ROBERT
NORTHCOAT
ECHOLOH**

**G FERO STRATA
GROUND SUPPORT PRODUCTS**

**GOLD FIELDS
BY THE GOLD MINE**

GOLDRUSH TOURS

**Government of Western Australia
Department of Sport and Recreation**

**HANANS
CYCLES**

Holcim

REED'S

Reed Resources Ltd

Rocktech

**TOTAL
ASPHALT**



**EASTERN GOLDFIELDS
CYCLE CLUB**

For more information visit

www.wa.cycling.org.au

easterngoldfieldscycleclub.myclub.org.au

*Miffer Fabrication
Services
Monty's Restaurant*

**WATER
CORPORATION**

Westland Autos

**AWizard
Automation**

GOAL HORIZON

GOAL HORIZON

82nd Menzies Classic 2010

June 5 Criteriums

2pm Hannan Street Kalgoorlie

D grade 25 mins + 2 laps

C grade 30 mins + 2 laps

B grade 35 mins + 2 laps

A grade 40 mins + 2 laps



June 5 Menzies compulsory race briefing

6.30pm at venue to be announced

7.30pm pasta evening at Monty's

June 6 Menzies Classic Road Race 132km

10am Menzies Town Centre

Handicap grouping A, B, C, D grades

Participation ride (novelty prizes only)

NEW – 4 person participation relay – each stage approx 35km

(transport to start line in Menzies from Kalgoorlie provided)



June 6 Presentation Dinner

6pm Hannan's Club, Kalgoorlie

The richest race in WA
Over \$10,000 in prizes

(licence restrictions apply)



82nd Menzies Classic 2010

Entry fee:	Criterion and Road race	\$120
	Criterion only	\$80
	Road Race only	\$120
	Participation ride or 4 person relay	\$45 per person
	Presentation Dinner	\$40

Prize money for graded races

ICU membership required (all grades) or day licences available (A, B or participation only)

Massage Tent available for riders on race days

Register online at www.wa.cycling.org.au

Nominations close Tuesday 1st June

Suggested hotel accommodation:

All Seasons Plaza – 90805900

York Hotel - 90212337

Quest Yelverton - 90228181

Palace Hotel - 90212788

Best Western - 90212888

Desert Rose - 90218892

Ask for deals for riders of the Menzies Race

Ruth Murdie, Menzies Race Coordinator

mob 0437 511 688

easterngoldfieldscycleclub.myclub.org.au



Leonora Golden Gift

SHIRE OF LEONORA

Come and enjoy

"A Night With The Stars"

100%
MICHAEL
JACKSON

THE
ULTIMATE
KYLIE
TRIBUTE

BLUES
BROTHERS
REVUE

100%
CLIFF RICHARD

FREE COMMUNITY CONCERT
AT THE LEONORA GOLDEN GIFT
SATURDAY 6TH JUNE 2010.
8.30PM. ON TOWER STREET.

artwork: www.greenhouseproductions.com

LEONORA
GOLDEN GIFT

Update on Physical Health



ACTIVE Girls HEALTHY Futures

Keeping young girls physically active

Disturbing trends of increased overweight and obese children are leading to many poor health and social outcomes.

Physical activity can reduce the risk of chronic disease, improve quality of life and contribute towards a feeling of social inclusion. Involvement in sport can boost a child's self-confidence, provide a sense of belonging and reduce boredom.

It is well established that children's participation in physical activity declines with age, with sharp falls around puberty. Girls are less active than boys at all ages, and participation numbers fall significantly as they progress through adolescence. Keeping young girls active at this time will make them more likely to remain active into the future, bringing a range of health and social benefits.

This resource is designed to help those running sporting clubs or physical activity programs to attract young girls to, and maintain their interest and involvement in these programs.

SOME ISSUES FOR YOUNG GIRLS

◆ Socialising and the influence of peers

A major motivating factor for girls' involvement in sport or physical activity is socialising. Girls value the opportunity to be active with friends and family, and enjoy the sense of being part of a team. One of the main reasons adolescents choose to play community sport is because their friends encourage them. Conversely, one of the main barriers to their participation is not having anyone to be physically active with.

◆ Social vs competitive

Many girls participate in physical activity for enjoyment, fun and social interaction rather than winning a competition or trophies. Similarly, while boys prefer organised sport, girls more commonly prefer to 'play' – being interpreted as 'free', 'unorganised' and 'spontaneous'. Girls enjoy learning new skills but don't necessarily want to test them against others.

◆ Family considerations

Time is the most commonly mentioned reason for not participating in physical activity. Not only do children have many time commitments, so do their parents. There are now so many more options on the 'entertainment menu', all with costs involved. Socio-economic status is strongly related to participation in organised physical activity outside of school, so keeping costs down is important. Parents are also important role models in their children's lives. Children are more likely to be active if their parents are active, or if they have another positive role model.

◆ Sporting attire and body image

Research shows that poor self-image at a delicate stage of a girl's transition into adulthood is the main reason young girls abandon sporting activities. This may be partly due to sporting ability, but also related to the revealing nature of some sporting attire. If a girl is not confident about her physical ability or the way she looks, she is unlikely to want to continue that activity.

Update on Physical Health

TIPS TO OVERCOME THESE ISSUES

- ◆ Target any incentives or promotions at pre-adolescent girls (those in late primary school) and their mums, to get them involved before they hit puberty. Involve mums where possible so they can act as positive role models for their daughters.
- ◆ Try scheduling a Girls Day in your program, where the focus is on participating and having fun rather than on structured competition. Think laterally about how you can modify your sport or activity to make it less competitive.
- ◆ Factor in to your program some unstructured 'play' time for girls to socialise, be active and enjoy their time at your club/centre.
- ◆ Promote the social aspect of your club or program with a 'Join with a friend' promotion, where the friend gets to come for free.
- ◆ Allowing girls to talk and socialise while in your program could increase their enjoyment greatly. Don't get too upset if the girls are talking instead of listening!
- ◆ Give your girls a voice – if you already have some girls in your club or program, ask their opinion on how to get more girls along.
- ◆ Host a Come & Try Day and ask members to bring their young friends and relatives. If you don't have any junior members, connect with local schools and programs such as *Active After-school Communities* to offer sampling opportunities.
- ◆ We know that parents are time-poor, and that many often drop their kids with you and run off to do other jobs. By accepting this, and scheduling programs accordingly, you relieve parents of the pressure to stay, and could potentially introduce many new children to your sport or activity.
- ◆ Avoid school hours, mealtimes and late nights in order to maximise the involvement of young people.
- ◆ Consider girls comfort and self-confidence when establishing rules around sporting attire or uniforms. A small change to keep in step with trends or comfort could make the difference for a lot of girls.
- ◆ Uniforms can also add to the cost of involvement. Be flexible with the attire required for participation in your sport, especially on dedicated Girls or Come & Try Days.
- ◆ Also consider your changeroom facilities – do they provide enough privacy for young girls?
- ◆ Ensure that coaches and all people involved in your club or program take care not to make even casual comments related to weight or body shape. Comments that may reinforce stereotypes can contribute to a loss of self-confidence among girls.
- ◆ How can you keep the costs of participation in your sport down, especially for those just trying it out? Can members donate their old equipment so Juniors can use it for free? Use volunteers to coach at Come & Try Days so there is little or no cost for girls to come along.

FOR MORE INFORMATION

Sports Medicine Australia (WA Branch)
www.smawa.asn.au



Womensport West
www.wswest.asn.au



Sports Medicine Australia is a non-profit organisation committed to working together to enhance the health of all Australians through safe participation in sport, recreation and physical activity.

Active Girls Healthy Futures is funded by the Australian Government Department of Health and Ageing and managed by Sports Medicine Australia (WA Branch).

Restoration of the Old Butcher Shop & Tea Rooms



Photos - Justin Lee



Builder, David John - Left, and crew including a few local faces assisting in the brick cleaning.



Verandah Extension - A Face Lift for the Lady Shenton



Photos - Justin Lee



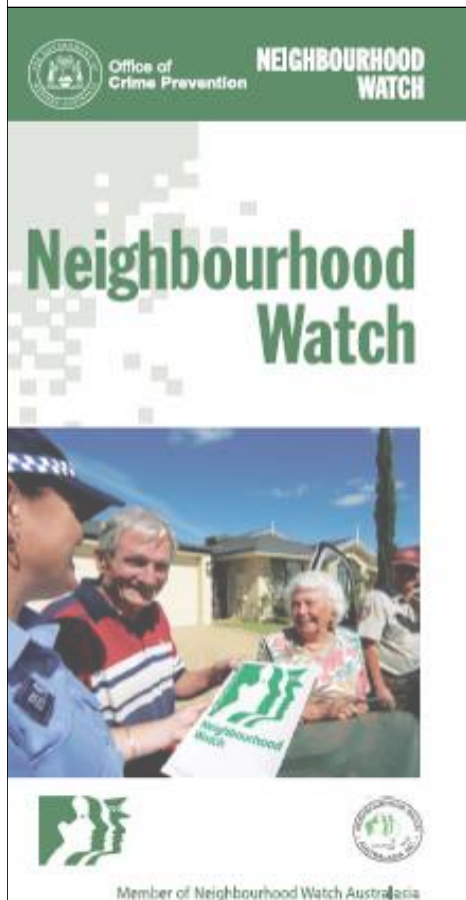
New Training Room for the St John Menzies Sub Centre



Photos - Robyn McCarthy



Police News - Neighbourhood Watch



Office of Crime Prevention

NEIGHBOURHOOD WATCH

Neighbourhood Watch

Member of Neighbourhood Watch Australia

How to report suspicious or criminal activity to police

If you see any suspicious or criminal activity, report it to police immediately.

DO NOT put yourself at risk by confronting the offenders.

When you make a police report, you will be asked for the following information:

- type of activity or offence
- name of suburb and street
- house number
- nearest intersection or side street
- name of the location eg park name
- how many people and vehicles are involved, and a description if possible.

Contact your nearest police station on 131 444 for police attendance or if you have information about a crime or suspicious activity call Crime Stoppers on 1800 333 000.

www.crimeprevention.wa.gov.au
www.goodbye graffiti.wa.gov.au
www.burglars beware.wa.gov.au
www.leavers.wa.com.au

IMPORTANT CONTACT NUMBERS

Police assistance	131 444
Emergency	000
Emergency - mobile phone	112
Emergency - hearing impaired	106
Crimestoppers	1800 333 000
Goodbye Graffiti hotline	1800 442 255

For more Neighbourhood Watch information:
 Neighbourhood Watch Western Australia
 8 Burton Street, Cannington WA 6107
 Tel: 9356 0558 Fax: 9356 0506
info@nhw.wa.gov.au

Roles

It takes many different people, working as a team, to successfully build the Neighbourhood Watch network.

SUBURB MANAGER (one suburb)

Promote and manage NHW across their suburb, in consultation with the local Crime Prevention Offices.

AREA COORDINATOR (area within a suburb)

Promote and encourage NHW within their suburb, in consultation with the Suburb Manager.

STREET REPRESENTATIVE (one street)

Promote and encourage NHW in their street, in consultation with the Area Coordinator.



What is Neighbourhood Watch?

Neighbourhood Watch is a community self-help programme that aims to prevent crime and protect the safety, security and quality of life for everyone in our community.

What are the goals of Neighbourhood Watch?

- to reduce the FEAR of crime in our community
- to reduce PREVENTABLE crime
- to encourage REPORTING of suspicious activity
- to improve the QUALITY of information passed on to police
- to improve the level of HOME SECURITY in the community
- to encourage MARKING VALUABLES to:
 - discourage theft
 - assist in identifying recovered property

What you can do to support Neighbourhood Watch...

Talk to your neighbours and encourage them to communicate with their neighbours.

For information about becoming an active member in your local community contact your local police station, the Neighbourhood Watch State Coordinator or visit the website www.nhw.wa.gov.au

Display Neighbourhood Watch signs on your property to help deter would-be thieves.

Mark your valuables for easy identification.

Join Neighbourhood Watch at www.nhw.wa.gov.au



How can Neighbourhood Watch help me?

You and your neighbours are in the best position to notice when something unusual is happening in your area and to report any suspicious activity to police.

A police officer on patrol is less likely to know what is normal in your street and may not recognise a stranger in your yard. Most people already observe activities in their street and take note when events are out of the ordinary.

Unfortunately, many people are reluctant to report suspicious activity because they are unsure what action to take and worry that their neighbours may not appreciate their involvement.

Neighbourhood Watch is designed to help protect your property and quality of life by encouraging communication and co-operation between neighbours.

Neighbourhood Watch is NOT a vigilante group. Any action required will always be handled by police officers.



Neighbourhood Watch is a joint police and community programme. Its success depends on your support.



WANTED

**\$5,000.00 Reward for
any information
leading to the
conviction of person or
persons who broke
into Riverina Station
Homestead.**

**Contact: Don North
Riverina Station
Ph: 90 242048**

Tourism - Extraordinary Taxi Ride comes to Menzies



THE EXTRAORDINARY TAXI RIDE

Leg 4 – Natural Outback Wonders

Doug Slater – Extraordinary Taxi Driver

Cassie Buttle – Extraordinary Passenger

Stephanie Robertson – Extraordinary Passenger

With Shire of Menzies Cr Jill Dwyer, Visitor Centre Staff, Patricia Tressider & Golden Quest Trail Manager, Arianne Webb.

Spinifex Art Stories - Profile of Artist Frank Davies



Artist - Frank Davies

Artwork Title - **"Kampurapa Piti"**

Date - May 2009

Unstretched Artwork Size -
1000mm x 750mm

Spinifex Art Gallery is inside
the 'Former' Lady Shenton
Hotel. Shenton Street,
Menzies, WA 6436

Story & photo reproduced
with kind permission from
Ilkurlka Community.

Frank Davies

"Kampurapa Piti" May 2009

Frank Davies is an initiated man who was born in the Great Victoria Desert at Kumpurapa Piti. Kumpurapa is a very sacred place with unusual rock formations in the north of Spinifex country. Its Tjukurpa (dreaming story) cannot be discussed openly. Frank is able say that Kumpurapa Piti is a place where lots of bush foods can be found such as algoorli (small bush raisin), wirin-wirin (small yellow fruit) and tjuratja (lovely sweet substance found on trees). Frank grew up in this area with his parents and later he moved to Cundeelee Mission. He now lives at Tjuntjuntjara Aboriginal Community with his family and stills spends time hunting traditional bush meat and travelling great distances at certain times of the year for ceremonial purposes.



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

Local Stories - Morapoi Sport Update



In Pictures - From far left Tyrone, Bralyn, Caylum, Joshua.
Down below- Troy





Local Stories - Morapoi Sport Update

By Laurianne Bonney of Morapoi Station

Five of our boys from the Morapoi little league baseball team have been selected and played in the state little league baseball championships in Perth over the Easter long weekend. Two of these boys are my sons Troy and Joshua O'Donoghue whom also recently travelled to Perth for the state regional T-ball championships in Perth.

These boys joined the WA Country Cavilliers team playing in a Country tournament, they came out on top winning. Which therefore they qualified to play against Perth metro teams in a number of games threw-out the long weekend. Winning the Country tournament they automatically are selected to play in the Nationals on the Gold Coast in June the 5th to the 8th 2010. The cost consist of \$817.00 per child included in this cost is the airfares, accommodation for five nights and hiring of bus transport in Brisbane. If there is anyway the shire could support any contribution towards these costs, we would be very much appreciated.

These boys have played exceptionally well, I am so proud of there achievements. Experiencing how big it is played Perth was huge for the boys and they have held themselves through competitiveness, meeting new players and coaches at such short notice and also the support from there family and other families I think is a big achievement. For an example a few parents from other regions couldn't believe there level of talent and a parent came up to one of our young players with a hand shake congratulating him and encouraging him on great pitching!

This was his first time pitching and he did a great job in handling the level of pressure with superb pitching, which I think is a bonus for his achievements. The boys had a great time in Perth they enjoy playing the sport, the more I see these boys play the more they are settling into the game. Hopefully playing in the Nationals will be more enjoying and just a great experience for these boys.

Thankyou sincerely,
Laurianne Bonney.

Local Stories - Kaylene, Young Achiever

Recognition for young achievers



Award nominee: Menzies girl Kaylene Tucker has been named a finalist for a prestigious WA Youth Award.



Georgia Foulkes-Taylor
georgia.foulkes-taylor@menzies.org.au
9022 0534

LOCAL youth have been recognised for their outstanding achievements by being nominated as finalists for the West Australian Youth Awards.

Menzies' 17-year-old Kaylene Tucker has been listed as a finalist for the Motivate! Woodside Award for inspirational role models for her work mentoring and bringing young people together through sport and recreation.

Wilurra Creative, based in Warburton, has been short-listed for the Innovate! BHP Billiton Award for an outstanding youth-led group or organisation, for their work developing stronger communities through artistic mediums.

According to Department of Communities acting director-general Eddie Bartnik, Ms Tucker was chosen as a finalist because of her academic success, volunteer work and ability to bring young people and adults together through

sport. "Kaylene is the first local student to achieve an Aboriginal School-Based Traineeship," Mr Bartnik said.

"She has been recognised for her leadership qualities by receiving the Year 11 Australian Defence Force Award.

"Kaylene values sport and education and will continue to work with the community to encourage these values in others."

Wilurra Creative was established in 2004 to help develop strong communities through artistic practices in the Ngaanyatjarra lands, one of the most remote areas in the country.

The project aims to create a wider horizon for young people in an area that faces extreme poverty and low life expectancy by engaging them in a range of artistic activities such as music, fashion and new media.

"The initiative aims to bridge the generational gap and balance the need for such a remote community to be in touch with the modern world whilst maintaining a true connection to their culture," Mr Bartnik said.

"Many participants in the program have developed a wide range of professional skills that

have supported their entry into other roles in the wider community."

Youth Minister Donna Faragher congratulated the finalists and said the awards acknowledged young West Australians for their contributions to their local communities.

"Young people represent the future of the WA community and these awards are the perfect way to highlight their achievements," she said.

"This year's finalists are particularly impressive and the nominations we received indicate that WA has an abundance of talented young people making achievements every day."

There are eight categories for the WA Youth Awards this year, including sport and recreation, mentoring others in the arts, participating in and building strong communities, and educating others by displaying excellent leadership skills.

Each category winner receives \$2000 and a trophy.

One of these winners will be named WA Young Person of the Year and receive return flights for two to a European destination.

Winners of the WA Youth Awards will be announced at a gala ceremony on July 16.

Local Stories - Baby Audie Max Update



Some family photos of Matt & Jasmine Dwyer's new baby boy Audie Max now just a month old.



Menzies Netball - First 2 Games for the Season

On Saturday 8th May, Menzies netball team played at Leonora against Leo Girls and Laverton with a win for Menzies in both games to start the season on a winning streak. Next week they play Leonora 1 and Leinster Hot Chicks at the Leonora netball courts. Go Menzies and good luck for the season!



To the left— Kellie Tucker lines a shot up, while Laverton player defence.

To the right— Menzies players relaxing on the bus in the cool air-con.



To the left— Menzies players use team work against the Laverton team

A Very Special Birthday



We would like to say

Happy 40th Birthday

to

Murray Harris

Best Wishes and Have a Great Birthday



May Birthdays

Happy Birthday to -

Maureen Tucker - 1st

Patricia Tressidder - 3rd

Rodney Tucker - 3rd

Janet Mazza & Sarah

Mazza-Zimmerman - 6th

Kellie Tucker - 22nd

Carol McAllan - 23rd

Gary Tucker Snr - 28th

Have a Great Day !

Regional & Community Health Information

POITIER MEDICALPRACTICE LEONORA - SpecialistsMay - June 2010**Thurs 27 - Davis Whitelaw****May Podiatrist @ Hospital
Ph: 90804300****Fri 28 - Podiatrist @ Community
May Health Ph:90376083****Wed 16 - Helen O'Sullivan****June Diabetic Educator
Ph: 90376238****Thurs 24 - Dr Lannigan****June Ear, Nose & Throat
Specialist for Children
@ Community Health
Ph:90376083**

Some of these specialists also visit the
Leonora Community Health Centre
Phone 90 376 083 for more info.

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 & Spirome-
try testing, Mine Workers Health Surveil-
lance, Pre – employment Medicals
and drug screens.

Appointments please phone 90 376 238.

**For Emergencies phone Leonora
Hospital 90804300**

Helpline 13 11 20



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
May 2010

Monday 10th

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 & Special-
ist Appointments while you stay in



NB: If Sister Sam is away Deidre will be in atten-
dance at the Nursing Post for any further info

Ph: 90242044.



MONDAY - FRIDAY Ph: 90242044

**2010
FLUVAX
AVAILABLE**

MENZIES HEALTH CENTRE

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

Glimpses from the Past - Davyhurst

GLIMPSES FROM THE PAST – DAVYHURST

Davyhurst, now a Ghost town south west of Menzies was gazetted in 1901. The Proposed town site was initially declared "Davyston in 1900. Warden Owen of Menzies advised the Department the town site was better known as Davyhurst so named after Watty Davys while the main Street received the name of Mace after two of his partners.

In 1899 Watty Davys and mates came across from Broad Arrow and found the Welcome Mine, but as the quartz leader was small, Davys went prospecting about in the bush, and examining likely places he located three reefs on a hill-side feature which he called [Davys being a New Zealander] -- The Waihi. The lease was registered at Menzies on the 18th November 1899. Quickly the party got some work done on the lease, sent the ore to a battery at Callion for testing. From 140 tons of ore they were delighted to get 830 ozs of gold. There were other mines about, but it was soon realised that the Waihi was of great value. The town of Davyhurst was declared by the government, and it soon became a proper town with all the trimmings, civic activities, and amenities including stores, three hotels, a school, church, a bake house and a government mining office. The school once had sixty children attending. A good dam provided effective water supply.

Davyhurst was an important gold-mining town for years and records say that it produced 180,000 tons for 130,000 ozs just locally.



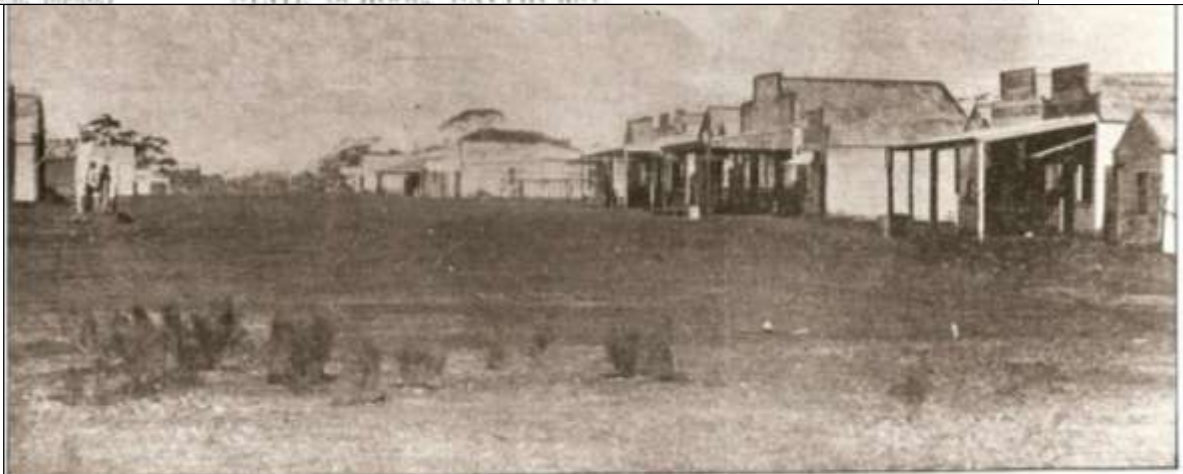
Davyhurst from times gone by...



E. H. Dutton (photo)

STATE SCHOOL, DAVYHURST

1907



20/10/04

VIEW OF MACE-STREET, DAVYHURST.

1905

'It's Gnow or Never' the Malleefowl Documentary,
will be broadcast on ABC 1 (WA only) at 8pm, Tuesday 11 May

Don't miss this opportunity - see it again or enjoy for the first time ! DVD copies of the documentary are still available for sale (\$20 inc P&H) - contact our office (see below) or visit our website for an order form.

Claudine Deering

Office Manager

Malleefowl Preservation Group Inc.

PO Box 29 - Ongerup WA 6336

Ph. (08) 9828 2007

Fax (08) 9828 2018

e-mail: malleefowl.wa@wn.com.au webpage: www.malleefowl.com.au

The Menzies Matters ran an article on this amazing bird in March 2010 if you would like a copy of this article please contact - Robyn McCarthy on Ph: 90242702



Community Notice Board

Employment Opportunity for Aboriginal Men:

Seeking adult males who can obtain a Working with Children Check and a police clearance to work in DCP hostel as a Residential Care Officer.

The position is on a roster system which would require some weekend and night shifts supervising young 12-18 year olds, mainly Aboriginal boys at the hostel.

It's a great opportunity for someone looking to kicking off a career in maybe social or youth work.

The department is big on training and working a flexible roster when possible.

If you have anyone can you get them to call me on 9022 0703 (Jan Sims) or John Sadler on 0419 969 890.

Thanks for any assistance you can give me.

Jan Sims | District Administration Officer |
Department for Child Protection |
Cnr Cheetham & Boulder Rd, Kalgoorlie |
P (08) 9022 0703 | F 08 9021 6917 |
Jan.Sims@dcp.wa.gov.au

Give a man a fish & feed him for a day, teach him how to fish & he can feed himself for life.

Centrelink Agent

Contact – Alana Cameron

Phone: 90242504 Fax: 90242191

Open 8 -11am Weekdays

At the MAC Centre, Walsh Street Menzies

Menzies Public Library

A monthly exchange of books from the State Library of WA includes Adult and Junior, Fiction & Non-Fiction Books, DVD's, Videos & Audio Books (both Cassette & CD). Free membership to locals and there is always something new with many monthly donations of books and DVD's.

A quiet reading space within the library makes for a pleasant spot to while away a few hours over a book, magazine or for research. Internet service also available in the Telecentre room.

Enquires for Book Group welcome.

All Inside the 'Former' Lady Shenton Hotel.

Cnr Brown & Shenton Streets, Menzies

Get out
your teapots,
it's time to
fight cancer.



Australia's
**BIGGEST
MORNING
TEA**

Time: 9.30am

Date: Thursday 27th May 2010

Place: Outside the Visitor
Centre -

'Former' Lady Shenton Hotel

Community Notice Board



Supplying Quality Seafood to

KALGOORLIE - ESPERANCE

Mon Tue Wed Thur Fri Sat

JANUARY	FEBRUARY	MARCH
S M T W T F S 31 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 28 29 30	S M T W T F S 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 28	S M T W T F S 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 28 29 30 31
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OCTOBER	NOVEMBER	DECEMBER
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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 June 10th and all the dates for future months marked in red on the Calender above. Phone in advance for special orders.

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No stamp required if posted in Australia



Help protect the planet. Post it in for free anywhere in Australia.

Over 90% of the metals and plastics in mobiles will be recovered and used to make new products like fence posts, stainless steel and jewellery.

1. Place your old mobile phone including battery still connected to handset into one compartment of the satchel and old chargers and/or accessories in the other satchel compartment.
2. If you are only recycling a mobile phone battery without a handset please wrap the battery in bubble wrap or similar and seal before putting in satchel.

3. Each battery must be completely enclosed in inner packaging so it does not come in contact with anything else in the satchel.
4. Seal the satchel and fill out the details on the back.
5. Read and sign Sender's Declaration.
6. Drop it in the post for free anywhere in Australia.



Ask @ Resource Centre for a free post it bag

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MELBOURNE PARCEL FACILITY VIC 8438



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This park bench...
The ink in this pen...
And the steel in this fridge...

ALL CAME FROM PRINTER CARTRIDGES

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

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Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON HP LEXMARK

Getting about the Goldfields

BOOK HERE

Menzies Visitor Centre

PERTH-GOLDFIELDS EXPRESS

GOLDRUSH TOURS



GOLDRUSH TOURS

UPCOMING TOURS:

History & Heritage Half or Full Day
Daily

Lake Ballard 'Inside Australia'
Saturday 08/05/10

Prospectors Golden Loop
Tuesday 11/05/10

Lake Ballard 'Inside Australia'
Wednesday 12/05/10

Shady Dealings Wild West Tour
Saturday 22/05/10

Lake Ballard 'Inside Australia'
Saturday 29/05/10

Bookings:

Phone 1800 620 440

Fax 9021 2796

Menzies Visitor Centre Ph: 90 242 702

Online Bookings www.goldrushtours.com.au

Current as at 7 May 2010

GOLDRUSH TOURS

BOOK HERE

GRT EXPRESS TIMETABLE

Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/10/2009

THURSDAY

EXPRESS	TIME
*Now departs from bus bay at the Visitor Centre	
KALGOORLIE VISITOR CENTRE	3.30pm
MENZIES	3.45pm
KOOKYNIE TURNOFF	5.10pm
LEONORA	5.35pm
ARRIVE	6.15pm
DEPART	6.30pm
MURRIN MURRIN TURNOFF	7.15pm
MT MORGAN TURNOFF	7.25pm
LAVERTON	8.00pm

Laverton to Kalgoorlie

TIMETABLE EFFECTIVE 01/10/2009

FRIDAY

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

BOOKINGS & ENQUIRIES

1800 620 440

PURCHASE TICKETS ONLINE

www.goldrushtours.com.au

Goldrush Tours - Earthquake Charity Tour

GOLDRUSH TOURS
GRT Minesite Transfers



GOLDRUSH TOURS RAISING MONEY FOR HERITAGE RESTORATION

Goldrush Tours have been showcasing the History and Heritage of the Goldfields since 1973. Touring is an integral part of their business and it's a great source of pride to them to be able to showcase the region. So passionate is the company and its staff about the preservation of historic buildings that they are wanting to do everything they possibly can to assist with the restoration of earthquake damaged buildings of Boulder.

Staff at all levels have volunteered their time to assist in the cleanup process. The company is donating free use of its 5 star fleet and their experienced local tour guides are donating their time to bring guided **"Aftershock- Earthquake Charity Tours"** to locals and visitors alike in an effort to raise much needed funds for building restoration. Supported by the City of Kalgoorlie- Boulder, Boulder Promotions and Development Association and Kalgoorlie Goldfields Visitor Centre, Goldrush Tours will be provided with information updates daily from the Local Recovery Coordination Committee, including details of engineer's inspection reports and repair progress. One hour tours depart 9am and 3pm Tuesday 27th, Wednesday 28th, Thursday 29th and Friday 30th April only. Tours cost \$10 per person; or \$20 for a family of four. 100% of takings will be donated through the City Council's trust fund.

Learn the history surrounding some of Boulder's most magnificent buildings, why they are so important to us, what has happened to them and why we must save them.

To book a seat on "Aftershock- Earthquake Charity Tours" phone Kalgoorlie Goldfields Visitors Centre on 9021 1966 or Goldrush Tours on 9021 6522. To register your interest in volunteering or to request volunteers for clean up assistance, phone Kalgoorlie Boulder Volunteer Centre on 9022 3197.

Small Business Workshops & Info

Australian Taxation Office Workshops

Business Deductions Essentials - Tea and Coffee Provided

Monday 17th May 2010

6pm - 8pm

Kalgoorlie - Boulder Business Development Centre

171 Piccadilly Street, Kalgoorlie WA 6430

Recordkeeping - Morning Tea Provided

Tuesday 18th May 2010

9am - 12.30pm

Kalgoorlie - Boulder Business Development Centre

171 Piccadilly Street, Kalgoorlie WA 6430

Employer Update - Tea and Coffee Provided

Tuesday 18th May 2010

6pm - 8pm

Kalgoorlie - Boulder Business Development Centre

171 Piccadilly Street, Kalgoorlie WA 6430

ATO Workshops - Cont.

Employer Update - Tea and Coffee Provided

Tuesday 18th May 2010

6pm - 8pm

Kalgoorlie - Boulder Business Development Centre

171 Piccadilly Street, Kalgoorlie WA 6430

Activity Statement Essentials - Morning Tea Provided

Wednesday 19th May 2010

9am - 11am

Kalgoorlie - Boulder Business Development Centre

171 Piccadilly Street, Kalgoorlie WA 6430

Tax Basics - Light Lunch Provided

Wednesday 19th May 2010

12pm - 3pm

Kalgoorlie - Boulder Business Development Centre

171 Piccadilly Street, Kalgoorlie WA 6430

How we can help your business

Start up

- Business Name Registration
- Australian Business Number Registration
- Business Structures
- Insurance
- Employing Staff
- Advertising
- Business Planning
- Financial assistance - cash flow forecasting
- Buying a business
- Licenses
- ATO, Taxation requirements and regulations
- Department of Commerce requirements and regulations
- Contracts - buying or selling

Existing

- Networking Opportunities through our Women in Business—Inspire Network
- Cashflow Management Planning
- Business Planning
- Market Research for expansion opportunities
- Costing & Pricing Products/Services
- Analysing Financial Ratios & business efficiencies—Gross Profit Margins etc.
- Small Business Training Vouchers
- Workshops/Seminars
- Government Assistance & incentives
- Employing People
- Intellectual Property
- Preparing Your Business for Sale

Our service is complimentary for small business throughout the entire Goldfields. We charge a nominal cost-recovery fee for some workshops/seminars that we undertake.

If you have any small business related issues, please contact us on 9021 7708 to discuss, we are flexible in our service delivery, which means that we can come to you.



Are you being paid right?

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or partnership?

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Wageline helps 50,000 workers every year with pay issues

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Tourism Business - Workshops

**Tourism Western Australia
invites you to participate in the...**

New State Aboriginal Tourism Strategy

Shape the Future

What are the trends in the Aboriginal Tourism Industry, who is looking for Aboriginal tourism experiences and what are they looking for? Why is it important and what challenges are to be faced?

A vision for Aboriginal Tourism in WA.

What is the role of government? Should industry take a stand?

What strategies need to be employed?

- 9am morning tea
- 9am overview Aboriginal tourism in WA
- 10am group discussion—the future of Aboriginal tourism in WA
- 12pm close

Date: Friday 28 May 2010

**Location: Indigenous Coordination Centre (ICC),
39-43 Boulder Road, Kalgoorlie**

Time: 9am to 12pm

Shape the Future



Alisha Spurgeon
Project Officer Aboriginal Tourism
Phone: 9262 1700
Fax: 9262 1944
alisha.spurgeon@westernaustralia.com



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

Monday to Saturday -

6.30am to 7.30pm

Sunday -

7.30am to 12 noon

Located

Cnr Shenton & Wilson Streets

Where you turn off to

Lake Ballard

Sit Down & Takeaway

Meals & Grocery lines

LPG Bottle Exchange



Grand Hotel Kookynie

70 kms NE of Menzies

Outback Pub in a Living Ghost Town. Visit the new
Information Bay, pick up a brochure and wander the

town site seeking the 'ghosts' of the past. Visit

Nearby Historic Niagara Dam, Picnic & Gas BBQ
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**GRAND
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Phone: 9031 3010

- Open 7 days
- Ice cold beer
- Lunch or dinner
- Bed and breakfast
- Tent and caravan sites
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- Swimming pool
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Food, Accommodation, Petrol & Diesel

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Fax:9493 5870

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webb@wn.com.au

Ross Norrie

CERTIFIED PRACTISING ACCOUNTANT

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

PHONE 08 9037 6777
 MOBILE 0409 377 386
 FACSIMILE 08 9037 6768
 EMAIL rosscpa@bigpond.net.au

Your Resident Consultant in
 the North Eastern Goldfields



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Shed World

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sales@shedworld.com.au

4/12 Field St Pinjarra

Yes, we will build in regional WA!



Shed World

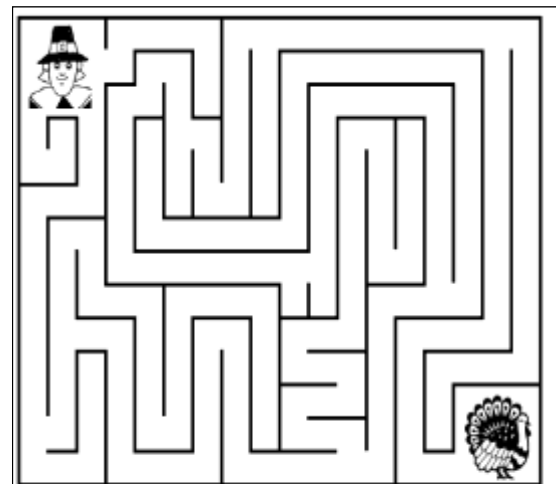
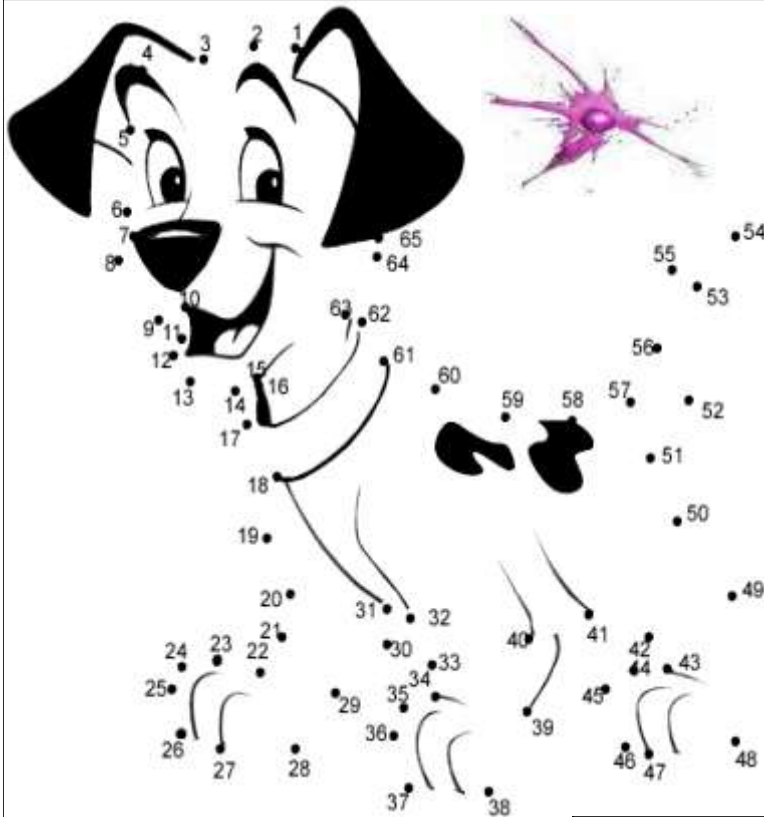
The exact width, length and even roof pitch can be designed for you.

Your new shed can be the size you need, without cost penalty.

Build your own shed – our kits come complete ready to erect – there is nothing left to buy – nothing else to worry about.

Or have a qualified builder build it for you – we can organise everything for you.

Children Page



Help the Pilgrim find the turkey

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http://www.kidsdomain.com
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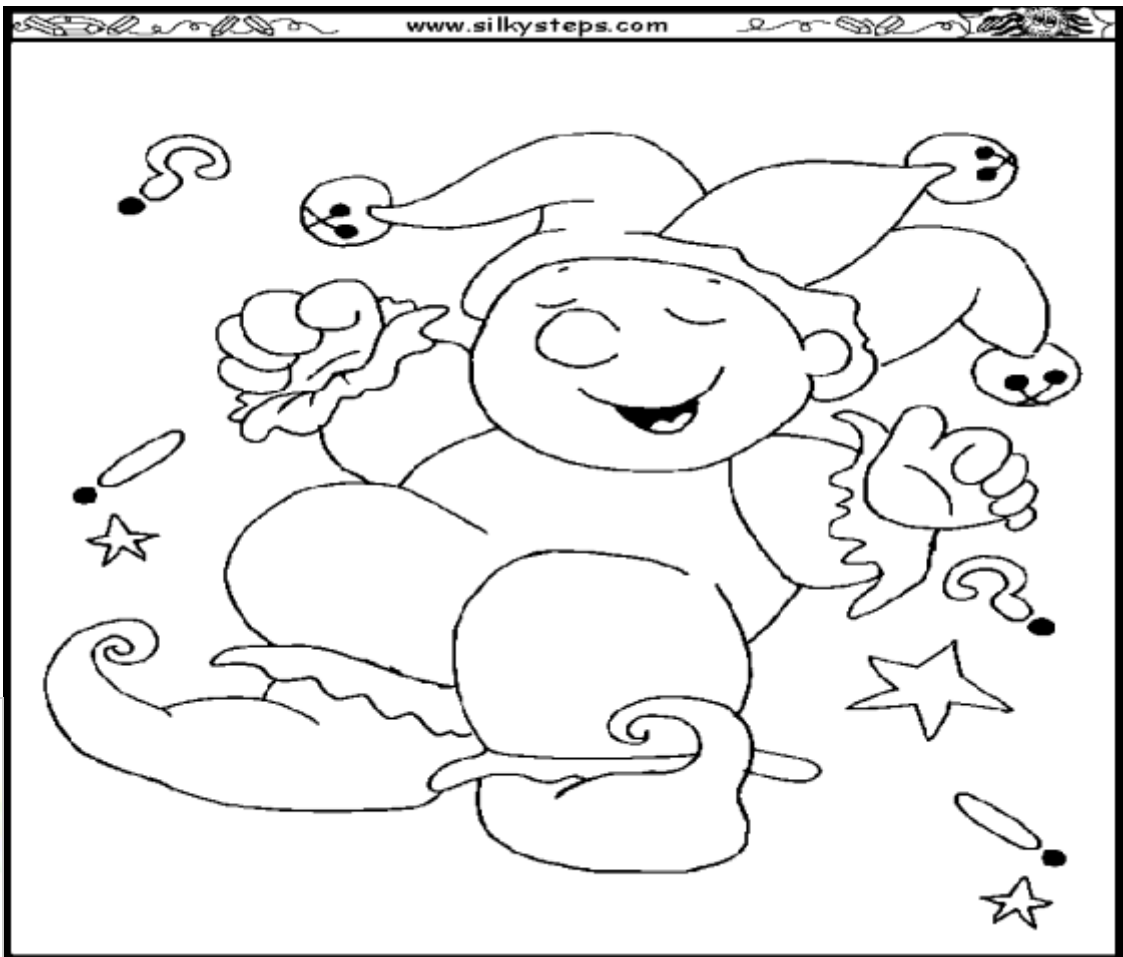
GAME



magic	potions	cauldron
wand	dragon	goblet
sorcerer	unicorn	broom
crystal ball	spell book	charms

O	T	M	O	I	V	S	T	C	F	L	R
E	O	A	G	E	D	P	W	H	L	T	K
H	J	G	O	O	N	E	I	A	P	E	U
E	E	I	N	O	B	L	B	R	N	E	T
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ARTS CAMP



Art Info

PROPEL
YOUTH
ARTS
WA.

INFORMATION SHEET

Are you interested in applying for ArtsCAMP 2010? Please read all the information below before you apply – there are heaps of tips to make your registration process easier!

ABOUT ARTSCAMP

What is ArtsCAMP?

Do you love the arts and being creative? Do you want to find out more about art places, artists and creative venues in and around Perth? Were you born between 1993 and 1995? Propel Youth Arts WA is hosting ArtsCAMP, a dynamic week - long creative experience designed to excite and inspire arts-minded young people! This includes all kinds of art from drama and dance, to drawing and film and everything in between!

35 young people from across WA will be selected to attend an arts intensive camp designed to get the creative juices flowing and imagination running wild.

Here are some quotes from campers who attended ArtsCAMP 2009:

"I was so freakingly amazingly awesomely cosmologically happy on this camp! It was awesome!" – **Michael Griffin – Geraldton**

"There are so many opportunities that seem possible now. I was so excited about ArtsCAMP that it was ridiculous and it definitely met my expectations. This has been the most fun and inspiring week ever" – **Tess Stapleton-Clark – Kwinana**

Where is ArtsCAMP?

Accommodation will be at Bickley Camp. The activities and events will be in various locations in and around metropolitan Perth.

When is ArtsCAMP?

ArtsCAMP is held in the first week of the July school holidays. ArtsCAMP commences 8.30am Monday 5 July 2010 and concludes in the evening of Friday 9 July 2010.

How much is ArtsCAMP?

ArtsCAMP is \$150 (ALL EXPENSES INCLUDED) for the whole five days. Propel Youth Arts WA will also award up to 10 young campers full bursaries.

**ARTS
CAMP**

Art Info

**PROPEL
YOUTH
ARTS
WA.**

ARTSCAMP FREQUENTLY ASKED QUESTIONS

Who can apply?

ArtsCAMP is open to all arts-minded young people aged 15 – 17 years (date of birth 1993 – 1995) across WA.

Please note, if you attended ArtsCAMP 2009 you are not eligible to apply for ArtsCAMP 2010.

Registrations close 5pm Friday 14th May 2010.

Who gets into ArtsCAMP?

- Entry to ArtsCAMP is limited to 35 places and the ArtsCAMP selection process involves a peer assessment panel.
- Did you apply for ArtsCAMP last year and missed out on a place? We encourage you to re-apply for ArtsCAMP 2010. Please note successful arts campers from 2009 are not eligible to re-apply.
- We encourage ALL young people to apply. Especially those who are open to learning different skills and meeting other creative young people!
- ArtsCAMP is accessibility friendly. We acknowledge young people with disabilities may need extra support to engage in ArtsCAMP. Please contact Suzy Day on (08) 9328 5855 to discuss your accessibility needs.

If I am from a regional area of WA – who will pay for my travel costs?

Propel Youth Arts WA can assist regional campers with their travel costs to and from Perth. This may include plane, bus or car travel. If you do need assistance tick "YES" for Question 9 in the Registration Form. We are able to assist up to ten regional campers with all costs. Preference will go to the ten young people who live in the most remote parts of WA.

Can my Parents/Guardians fill out the Registration Form?

We are happy for your Parents/Guardian to **help** you fill out the form, but strongly encourage you to use your own words when answering the questions. We want to know your thoughts and encourage you to be creative as possible in your answers.

Who is Propel Youth Arts WA?

Propel Youth Arts WA is WA's peak youth arts body. We offer information, support, networks, skills development, funding and a collective voice for young creative people and organisations.



Art Info

**PROPEL
YOUTH
ARTS
WA.**

APPLYING FOR ARTSCAMP

How to apply?

Applying to ArtsCAMP is easy! Visit www.propel.org.au/projects/artscamp and click the Register Now button to fill out the online form. We strongly suggest you apply online, but if you are unable to fill out the form online, you can download the ArtsCAMP 2010 Registration Form from the ArtsCAMP page on the Propel website.

Applications close 5pm, Friday 14th May 2010.

What do I need to fill out on the Registration Form?

You need to provide your basic details as well as answer some questions about what you like and how you are involved in the arts.

Here is a list of the questions you need to answer. This section is where you can be creative! We want to find out about you, why you want to come to ArtsCAMP and how you get involved in the arts. Remember, places are limited and we strongly encourage you to be as creative as possible in your answers.

- What kinds of art are you into?
- We want to know how you get involved in the arts. List your involvement in any artistic projects/gigs/events/school work/creative online communities
- We want to know if you access arts events in your area. Have you attended any events/gigs/exhibitions recently?
- Why do you want to attend ArtsCAMP? Be creative!
- Do your Parents/Guardians require financial assistance to pay for \$150 camp fee?
- This question applies to regional applicants only. Do your Parents/Guardians require financial assistance for regional travel costs?
- Propel acknowledges young people with disabilities may need extra support to engage in our programs and services. Please let us know how we can accommodate your needs.

All information will remain confidential at all times.

Registration Tips

Here are some tips to help you submit an awesome application:

- You can't save the Registration Form (you need to fill it out in the one go), so we suggest you put aside at least 30 minutes to fill out the form.
- We also suggest you create and save a draft copy of your answers on Word and then fill out the Registration Form
- ArtsCAMP is an extremely popular program so we suggest you try really hard to give us honest and interesting answers.



**PROPEL
YOUTH
ARTS
WA.**

CONTACT US

If you need further information about ArtsCAMP, please contact Emiko Projects Coordinator at emiko@propel.org.au or phone (08) 9328 5855.

Our office is located in the Perth Cultural Centre at The Art House Building, 53 James Street Northbridge.



St John Menzies Sub Centre First Aid Kits

KIT DESCRIPTION	STOCK NUMBER	PRICE
AT WORK		
Workplace Kit High Risk Wall Mountable	1224	\$385.00
Workplace Kit High Emergency Response Portable	7105	\$236.50
Workplace Kit Medium Risk Wall Mountable	1225	\$242.00
Workplace Kit Medium Risk Portable	1229	\$160.00
Workplace Kit Low Risk Wall Mountable	1238	\$140.00
Workplace Kit Low Risk Portable	7100	\$94.00
Workplace Personal Hip Pouch	1211	\$40.00
Commercial Kit	7103	\$204.00
Standard Kit	1220	\$25.00
AT HOME AND PLAY		
Large Leisure Kit – Soft case	7653	\$165.00
Large Leisure Kit – Hard Case	1232	\$165.00
Medium Leisure Kit	7652	\$100.00
Small Leisure Kit	7651	\$55.00
Personal Leisure Kit	7650	\$40.00
All Purpose Kit – Large	1219	\$80.00
All Purpose Kit – Medium	1218	\$55.00
Basic First Aid Kit	1415	\$10.00
Bites Stings Kit – Envenomation	5926	\$30.00
CPR 123 – Personal Learning Program	9450	\$40.00
ON THE ROAD		
Workplace Vehicle Kit	1231	\$72.00
Personal Motoring Kit	5797	\$40.00
Motoring Off Road Kit – Soft Case	7027	\$122.00
Motoring Off Road Kit – Hard Case	5733	\$122.00
ON THE WATER		
Marine Commercial Kit – F Scale	6252	\$590.00
Marine Commercial Kit – G Scale	1235	\$365.00
Personal Marine Kit	1227	\$35.00
FIRST AID MODULES		
Burns Module	0582	\$22.00
Hospitality Module	0581	\$45.00
Child Care Module	0583	\$45.00
Eye Module	0580	\$25.00

To order kits please contact Debbie Pianto on Mob: 0410766076

Health Care Information - LGIS

May 2010
ISSUE 17

In Good Health

What is Gout?

Gout is a common form of arthritis that causes sudden, severe attacks of pain and swelling in some joints. The large joint of the big toe is most commonly affected but gout can also affect other joints including those in the knees, ankles, elbows, wrists and fingers.

Gout occurs when too much of the waste product, uric acid, builds up in the bloodstream. High levels of uric acid can lead to the formation of urate crystals. When these crystals accumulate around a joint, they cause the inflammation and intense pain of a gout attack.

Gout mainly affects men between 40 and 50 years of age as they tend to have higher levels of uric acid. Women are less likely to be affected by gout but are more susceptible after menopause. Other factors that can increase the levels of uric acid in your body, and therefore the likelihood of you developing gout include:

- The use of certain medications such as low-dose aspirin and diuretics (water tablets).
- Excessive alcohol use – generally more than two drinks per day for men and one for women.

- Having a family history of gout.
- Having certain medical conditions or diseases including high blood pressure, and diabetes.

An attack of gout can last from 1-10 days before it dies down doing no permanent damage to the joint. It could be months or years before another attack occurs, however, if you get lots of attacks you could develop more permanent arthritis in the joint which could damage it (chronic gout).

Healthy lifestyle choices combined with a correct treatment program should lead to the successful management of gout. In the initial stages of an attack your doctor may prescribe anti-inflammatory medication to help control pain and swelling. Between attacks medication may be given to help reduce uric acid levels.

Maintaining a healthy weight, limiting your intake of alcohol, treating high blood pressure and exercising regularly are all important lifestyle changes that will give you long term benefits if you suffer from gout.



Health Care Information - LGIS (cont).

Anterior Cruciate Ligament

The Anterior Cruciate Ligament (ACL) is one of the four major ligaments of the knee. It prevents excessive motion of the knee joint and plays a vital role in knee stability. The ACL is the knee ligament most commonly injured.

A torn ACL or ACL injury is most often a sports-related injury. Most ACL injuries occur when pivoting, twisting or landing from a jump. They can also result from a direct blow to the knee as may occur during a rugby or football tackle. Female athletes are known to have a higher risk of injuring their ACL while participating in competitive sports, however, the exact reason for this is unknown.

SYMPTOMS OF A TORN ACL

- A popping or cracking sound at the time of injury

- A feeling of instability/ knee "gives way"
- Knee swelling
- Moderate to severe pain
- Not having the full range of movement in the knee, in particular, not being able to straighten the leg.

TREATMENT FOR A TORN ACL

Initial treatment for a torn ACL aims to reduce pain and swelling in the knee, regain normal joint movement and strengthen the muscles around the knee. Depending on how serious the injury is to the ACL, surgery may be necessary to restore stability to the knee and enable the person to return to sports.

Surgery involves reconstruction of the torn ACL by grafting (attaching) new tissue onto it. This encourages the new ligament to grow over the grafted

tissue. Once new ligament has grown, the knee should be more stable. Recovery usually takes around six months, although it could be up to a year before athletes can fully return to their sport.



Protecting Your KNEES

You can help to prevent injuries to your knees if you:

- **Exercise regularly** – Maintaining a good level of fitness will mean your muscles are stronger and better able to support your knee joints.
- **Build up exercise programs slowly** – Start gently and gradually increase the intensity.
- **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.
- **Stretch and strengthen** – It is important to keep the muscles around the knees in good condition. Work on the strength and flexibility of all the muscle groups in the leg.
- **Rest and Recover** – Allow adequate recovery time between workouts or training sessions.
- **Use proper techniques** – Use proper techniques when playing sport and working out. Avoid sudden jarring motions and try to turn on the balls of your feet when changing direction rather than twisting through your knees.
- **Wear appropriate footwear** – Proper footwear that is appropriate to the activity you are doing is very important. A good pair of shoes will help keep your knees stable, provide cushioning and support your knees and lower leg.
- **Keep your weight under control** – Maintaining a healthy body weight for your size reduces stress upon the knee joint.

Health Care Information - LGIS (cont).

What is Pilates?

Pilates is a series of body conditioning exercises that have been practised since the early 1920s. Joseph Pilates, the founder of the technique, used his understanding of sports such as gymnastics and boxing, along with studies of yoga and Zen to create the Pilates system.

The technique is underpinned by eight principles; relaxation, concentration, co-ordination, alignment, breathing, flowing movements, centring and stamina. Its central aims are to improve posture, balance, and increase flexibility.

Pilates exercises are usually performed on a mat on the floor. The exercises use gravity and your own body weight to provide resistance. In particular, exercises work the abdominal muscles and pelvic floor, helping to create a centre of balance for the body, improving core-muscle tone and alignment.

Equipment-based Pilates is also an option, and involves using specialised pieces of equipment with names such as the Reformer, Cadillac, Ladder Barrel or Wunda Chair. The equipment provides resistance and support for the body as required.

One of the best things about Pilates is that it caters for just about everyone, regardless of age and fitness level. See below for some of the other benefits of Pilates.



Benefits of Pilates

- Improves posture
- Develops greater strength and muscle tone
- Improves flexibility
- Increases joint mobility
- Develops more efficient respiratory, lymphatic and circulatory systems
- Improves mobility, flexibility and stabilisation of the spine
- Improves physical co-ordination and balance
- Facilitates injury prevention and physical rehabilitation
- Relieves stress and tension and promotes a sense of well-being
- Improves body awareness

Exercise Myths

BUSTED

- **If you don't exercise frequently then there is no point** – You will benefit more if you exercise on a regular basis but any exercise is better than no exercise. Even moderate exercise, such as walking or gardening can have benefits.
- **Lifting weights will make women look bulky** – Most women's bodies do not produce nearly enough testosterone to become "bulky". Lifting weights can make you more lean and flexible and also help fight off osteoporosis.
- **"No pain, no gain"** – While you might experience some soreness for a day or two after exercising, you should never hurt beyond that. If soreness worsens or lasts for a long time there may be something wrong. If you experience pain during exercise you should stop and rest as it can be a warning sign of an exhausted muscle or torn ligament.
- **Muscle turns to fat if you stop exercising** – Fat and muscle are two different types of tissue and it is impossible for one to convert into the other. Muscle can decrease in size if you stop exercising, and you can put on fat at the same time, but these are two separate processes.
- **If you're not working up a sweat, you're not working hard enough** – Sweating is your body's way of cooling itself. It is not necessarily an indicator of exertion. It is possible to burn a significant amount of calories through light exercise such as walking, without breaking into a sweat.

Health Care Information - LGIS (cont).

Eating Out - The Healthy Way!

When eating out in restaurants or cafes it is often easy to have more fat, salt and calories than you realise. You can also end up eating more than you would have done if you had made the food yourself. Following the suggestions below will help you to make healthier food choices and control your portion sizes when eating out:

- Try not to have lots of bread or other nibbles before your meal arrives.
- Choose smaller serving sizes e.g. pasta dishes often have an entree sized option which may be more than adequate.
- Choose dishes that are grilled, poached, steamed, boiled or stir-fried.
- Avoid dishes that are battered or deep-fried.
- Choose tomato or vegetable based sauces instead of creamy or cheese based sauces.
- Order a side dish of vegetables without butter or a salad with dressing on the side.
- Eat slowly and don't feel you have to clear your plate – only eat until you are full.
- Wait until you have eaten your main course before ordering a dessert.
- If you go for dessert, order dishes made with fresh fruit or a sorbet.
- Try sharing an entree or a dessert with a friend instead of having one each.
- Avoid adding extra salt to your meal at the table.



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17 Altona Street West Perth WA 6005
T 08 9483 8888
F 08 9481 5640
www.lgiswa.com.au

The information provided in this brochure is general guidance only and should not be relied on as a substitute for professional advice on any reader's personal circumstances. No liability will be accepted for losses resulting to any reader due to relying solely on this publication.

Nutrition Claims

Labels on food products often carry a variety of nutrition claims such as 'low fat', 'low salt' or 'high fibre'. While these nutrition claims can be useful as a general guide, it is important to check the nutrition information panel for more detailed information. Nutrition claims can be misleading and can trick you into thinking that a product is healthier than it actually is. Look out for the following labelling tricks and traps:

1. 'Reduced fat' – This claim means that the product contains less fat than the regular version of the product. This does not necessarily mean that it is low in fat as these products often have high levels of fat in the first place e.g. cheese, cream, desserts.

2. 'Fat free' – 'Fat free' products are not necessarily a healthy choice as they can still be high in sugar, salt and calories.

3. 'Made with real fruit' – This claim can be misleading as often the real fruit is found in such small quantities that its health benefits are negligible. Many of these products often contain more corn syrup and sugar than they do fruit.

4. 'Light' or 'Lite' – These terms do not necessarily mean that the product is low in calories or fat. It can often refer to the texture, colour or taste of a product.

5. 'No cholesterol' or 'cholesterol free' – Even though a product may have no cholesterol, it can still be high in saturated or trans fats which are still not good for you.

NUTRITION CLAIM GUIDELINES

For a manufacturer to make specific nutrition claims, their products must meet the following criteria:

- Reduced fat – 25% less fat than the regular product
- Low fat – 3g of fat or less per 100g
- Fat free – Less than 0.15% fat.
- Low salt – 120mg of sodium or less per 100g
- High fibre – At least 3g of dietary fibre per serve

IN OUR NEXT ISSUE

- Bowel Cancer
- Superfoods
- Fats: Good vs Bad
- Pregnancy
- Cardiovascular Fitness

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Articles & Photos Always Welcome



Your Photos

Photos of Menzies



Calendar of Events for May - June 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	4	5	6	7	8	9
10	11	12	13 <i>Movie Night</i> 6:30pm <i>Sausage Sizzle</i> 6pm	14	15	16 <i>Boulder Markets</i>
17	18	19	20	21 <i>Menzies Disco</i> 6:30 - 9pm @ Hall	22 <i>KVA meeting</i>	23
24	25	26	27 <i>Council Meeting</i> 9am <i>ABMT</i> 9.:30am	28	29	30
Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5 <i>Leonora Golden Gift</i>	6. <i>Leonora Golden Gift & Menzies Classic Bike Race</i>
7 <i>Public Holiday</i>	8	9	10	11	12	13