



# Menzies Matters

Issue 25

Free

April 2010



## Menzies Roll of Honour for the men who enlisted in the WWI



## WWI Roll of Honour.

Both Honour Boards can be found in the Menzies Shire Offices.  
Lest We Forget

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## Take a look around!

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## 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 15<sup>th</sup> 2009 to April 14<sup>th</sup> 2010

#### *Restricted Burning Periods:*

April 15<sup>th</sup> 2010 to May 14<sup>th</sup> 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:-*

April - Thursday 22nd

May - Thursday 27th

June - Thursday 24th

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



### STAFF APPOINTMENTS

The new Works Supervisor, Bradden Corlett has moved to  
Menzies recently with partner Patricia Ashwin to take up this  
position. We would like to take this opportunity to congratulate  
Bradden on his new appointment and welcome them to Menzies.

Jerry Lenane has been appointed the Grader Operator position and Jerry and  
partner, Marina who works with the Shire Gardening crew will remain in  
Menzies.



*Take a look around!!*



## Matters arising from the Extra-ordinary meeting of Council held on Thursday March 11<sup>th</sup>, 2010

### 1. Local Government Reform Process.

This very contentious issues was addressed by Council at the Extra-ordinary meeting of Council on 11/3/10 **with a unanimous decision of Council to reject the concept of joining a “Regional Collaborative Group”** with the other four Shires in the northern Goldfields, but to maintain strong involvement with the **“Goldfields Voluntary Regional Organization of Councils”**. Thus, the response to the Minister for Local government as required by March 26<sup>th</sup>, 2010 will reflect this strong determination of Council.

### 2. Sealing of the Kookynie Road.

**Council adopted a submission from “R n R Contracting”** for the sealing of a further section of the Kookynie road which is expected to commence shortly and be completed by April which will be a great enhancement of quality of life for the users of the road and tourists will be encouraged to utilize this facility more frequently as a result.

### 3. Menzies Awareness Day.

**The Menzies Awareness Day has been supported by the Shire where the “Free Entrance” to the events of the day will assist participation and a number of attractions for the children will provide opportunity for some fun on the day. Families are encouraged to participate in fun activities on the Oval for the children and a “Fire and Emergency” display will be presented to evidence the skills required in extracting a patient from the crashed vehicle and furthermore, where a well known singer “Norm Price will entertain the guests in the evening and although this is an alcohol free event, a wonderful array of activities have been provided for. Donations may be made at the door to collect for the victims of the Toodyay fire disaster and a wonderful day is planned and expected as a result and where Cr. Kelly may contacted for further details, if required.**

### 4. Housing for Staff.

Council resolved to provide a replacement residence for the C.E.O., where the current residence was initially **planned for the Works Supervisor and where the present works Supervisor’s residence has need for some substantial restoration work before it can be re-used. Accordingly, Council has made an “In Principle” decision only, to support this concept and further advices will issue once costing and plans have been made available to Council.**

### 5. Ularring Soak Picnic Location.

This lovely picnic spot has been the subject of recent inquiry by the Department of Environment and Conservation and where the Shire has agreed to contribute \$30,000 towards the restoration of the location. Accordingly, this will be a wonderful facility to attract visitors and tourists to visit during the cooler months.

### 6. Sale of Vacant Land.

Council agreed to sell two more vacant lots of land in the Menzies town site and this very encouraging sign displays the interest in the purchase of land for residential development in Menzies. With the growth and development that is planned for the region with mining activities exploring and commencing in the near **future , this is a great sign of economic growth for the Shire, where we “Watch this Space” with interest in these developments.**

### 7. Town Square Concept.

This quite innovative concept has been developed by Council in recent months with a War Memorial and Garden of Remembrance being planned, together with a **“Community Meeting Place”, a Town Park with Gazebo, BBQ’s and Gardens and an area for artistic displays. Accordingly, Council is planning a significant Array of enhancements for the Town of Menzies with the object of providing an encouraging place for the constituents to enjoy and this is indeed a great step forward for Menzies.**





## Matters arising from the Extra-ordinary meeting of Council held on Thursday March 11<sup>th</sup>, 2010 (cont.)

### 8. Skate Park.

Although the issue of a skate park was thought to be an activity the community would enjoy and utilize, when **the Survey was conducted, the "Skate Park" did not feature highly on the list of preferred activities.** Accordingly, whilst council will not obsolete this concept it will reconsider this matter and quite possibly combine this aspect with the Water Play-ground which has been supported by Council. In this matter Council is grateful to the community for the feedback in the survey and this important data has enabled Council to refocus on what the community want.

### 9. Gym Centre.

In terms of focusing on what the community really want, the Council recognized the request from the community in the provision of a **Gym Centre and approved an "In Principle" decision to consider this facility,** subject to further advices as to the cost of the providing this to the community. Further details as to the location and grant funds to support this has also been sought by Council. Accordingly further advices will issue in this matter also.

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 Position Vacant



### Customer Service Officer

A vacancy exists in the Shire of Menzies for a Customer Service Officer.

This position is of a permanent part time nature with immediate commencement. The position is initially at the Visitors Centre and duties will include assisting in with the library, telecentre, art gallery, post office and caravan park bookings as well as dealing with the general touring public. It is also expected that this person will be able to relieve in the Shire Office reception area when needed. It is essential that applicants display a high level of accuracy in word processing and computer applications. The position is for two days per week at the moment but may increase in time. Some weekend work is necessary. Salary and conditions will be in accordance with the Local Government Industry Award 2010 and will be negotiated depending on experience and qualifications. An information package and selection criteria may be obtained by contacting Debra on 08 90242041

Applications addressing selection criteria and details of 2 recent referees should be forwarded to the Deputy Chief Executive Officer by 4pm on Friday 23<sup>rd</sup> April 2010. Canvassing of councilors will disqualify.

Brian Seale JP Chief Executive Officer Shire of Menzies.

124 Shenton Street, MENZIES WA 6436

Phone: 08 0242041 Fax: 08 90242110 Mobile: 040 114 50



## Matters arising from the Ordinary meeting of Council held on Thursday March 25<sup>th</sup>, 2010

### 1. Membership on the Various Tourism and Ancillary Groups.

Council has embraced a strong determination to be involved in a range of facilities within the Shire and within ancillary associations and has elected councillor participants on the Northern Goldfields Tourism group, the Golden Quest Discovery Trail (inc.) group and also anxious to participate in the Local Emergency Management Committee. As such, this is a great step forward in the promotion of the Shire with elected membership participating in these associations where the interests of the Shire can be displayed.

### 2. The Menzies Walk Trail.

This innovative project has taken shape and the consultant has designed a brochure to encourage tourists to visit various historic locations in town and where steel cut-outs are being strategically placed as a feature of interest and where it is expected this will conclude shortly. Accordingly, the promotion of the Shire and Town progresses and the efforts of the community and Shire staff is acknowledged in the conduct of this project and in the consultation with the consultant over this exciting project.

### 3. Netting for the Town Hall.

Council has resolved to provide a netting for the ceiling of the Town Hall to protect the ceiling battens from potential damage and to permit use of the Hall for purposes of Indoor cricket and ball sports in the new financial year. Accordingly, this is also a great idea to improve services and facilities for the town and where further advices will issue in early course.

### 4. Sealing of Reid Street.

Council resolved to seal the section of Reid Street between Brown and Wilson Streets with the object of commencing the footpath and curbing programme in order to beautify the town and where the curbing is **planned to also accommodate the "Block of Streets" between Onslow St, Wilson St, Brown Street and Reid Street.** Accordingly this will be a great enhancement to the town development and is planned for shortly.

### 5. New Residence in Mercer Street.

Despite some unexpected delays in this project, the builders have indicated the team will return to Menzies to complete this construction very shortly and the dwelling should be ready for occupancy in a few months.

### 6. Ablutions at the Resource Centre.

Similar, the ablutions installations at the Lady Shenton premises was also delayed due to some unexpected circumstances and again the builders are planned to return to Menzies to finalize this aspect in the next few weeks. Accordingly, that will be a great improvement to the facility.

### 7. Restoration of the Railway station Building.

Council has approved of the proposal from the Architects to provide a restoration Plan for the Railway Station Building in the 2010/11 year and this blue print for the future restoration process is vitally important to the project, where we look forward to this being achieved.



## Matters arising from the Ordinary meeting of Council held on Thursday March 25<sup>th</sup>, 2010 (cont.)

### 8. Acquisition of further Vacant Land in Menzies.

Council has identified through demand for land the lack of available land in the town site and has sought support from the State Government Department of Lands to covert some "Reserve Lands" to freehold in order to satisfy demand. Accordingly, this is very encouraging sign and we watch with interest for the response to the Councils letter of request to the State Government in this matter.

### 9. Reconstruction of the Niagara Dam Road.

Council has approved of the reconstruction, design and restoration of the Niagara Dam road in this financial year and the planning is well under way in this project. A short term of "Road Closed" for approximately one week will occur during the cartage of gravel phase and that is solely a safety issue to protect the travelling public from the potential Hazard of coming into contact with a truck on this narrow road. However, the issue remains that a hazard of "Poor Visibility" exists on this road and this matter was raised as a concern at the 2009 Annual Meeting of Electors, so this is very important for the forthcoming tourist season and is expected to cost Council approximately \$150,000 to complete.

### 10. The Menzies Meeting Place" Concept.

This concept was presented Council on March 25<sup>th</sup>, 2010 and although quite unusual, does contain some fascinating issues and where Council has approved of the concept "In Principle Only" to include a Mural, Shade Sails, Water Play-ground, Gazebo, Hexagonal Meeting Place, public ablutions and Street Banners. Thus, this concept is quite different and Council will assess the suitability of this design in early course and further advices will issue to the community as this process takes shape.

## ANZAC Day 25th April 2010

Menzies will Celebrate ANZAC Day at the Town Hall.

More info will go out in a flyer prior to this day.

Leonora will celebrate ANZAC Day in its traditional style @  
ANZAC Park - Tower Street Leonora

**5:30am** Dawn Service - John Watson will MC & Boyd Sprigg will read the Service. The Service will be followed by the Gunfire Breakfast at the White House Hotel for Service attendees.

**11:00am** A March from the Store to ANZAC Park followed by a Service. The Service will be followed by a function again at the White House Hotel with drinks and finger food for those who attended the Service.

More info Phone Rusty - Mob: 0428834899



## Yeelirrie Project



**BHP Billiton thanks all communities for their ongoing interest in the Yeelirrie Project. This Project Update provides you with the latest information on our current activities.**

### Transport Options: Public Comment

BHP Billiton held community information sessions in Kalgoorlie, Leonora, Menzies and Wiluna during February to discuss the transport options being investigated as part of the pre-feasibility study.

Thanks to all community members and businesses who attended these briefings. Specialists in transportation and radiation were able to answer queries from people about the options.

It's still not too late to send any comments about the options to BHP Billiton. The transport options brochure was sent to every mailbox in these communities during February. Any feedback may be sent to: email [YeelirrieProject@bhpbilliton.com](mailto:YeelirrieProject@bhpbilliton.com)

Please also contact us if you would like a copy of the Transport of Radioactive Material Brochure or download it from our website at [www.bhpbilliton.com/bb/ourbusinesses/basemetals](http://www.bhpbilliton.com/bb/ourbusinesses/basemetals).

### Community Reference Group meeting

The Community Reference Group (CRG) has been assessing the transport options over the past few weeks, which included hearing from guest speakers about transportation of the product and management of radiation. At the 24 February meeting, the CRG assessed the differences between options and rated them according to several criteria chosen by the group, such as interaction with public, impact on other road users, potential limitations in emergency response services, loss of containment/ community harm and chain of control/security during transport.

The CRG also rated the emerging opportunity, the Parkerton Rail Terminal development.

The rating process showed that the Parkerton option was favoured over the other options.

As a result, BHP Billiton is working with the WA government and industry to look at the potential of Parkerton.

The CRG feedback, along with feedback received from other community members and organisations, will be taken into account in the decision-making process.

The next CRG meeting will be held in Wiluna in April, with an update being given on Project progress and a presentation about water. Please get in touch with your local CRG representative if you have any questions or concerns you'd like to raise for this session.

### Community Information Sessions

The Chamber of Minerals and Energy will be holding uranium industry events in Leonora, Menzies and Laverton during March, and BHP Billiton will have a representative at these.

Dates are: 16 March – Leonora; 17 March – Menzies; 18 March – Laverton.

BHP Billiton will be running some more community information sessions in the next few months, so keep a look out for more information.

Coakes Consulting has met with the various communities in recent months to gain their input into the Social Impact Assessment. A Community Information Statement is now being prepared to inform all communities on the feedback received.

### Community Reference Group

The CRG is your first point of contact for enhancing communication and consultation for the Project. Each member has forms to record and forward to BHP Billiton any queries or concerns about the project that you may want to raise with the Company.

### For more information

Please contact the Yeelirrie Project's Community Relations representative, Carolyn Walker, on (08) 9450 1445 or email [YeelirrieProject@bhpbilliton.com](mailto:YeelirrieProject@bhpbilliton.com) or your local CRG representative:

<b>Wiluna</b>	
John Kyanga	<a href="mailto:ceo@wiluna.wa.gov.au">ceo@wiluna.wa.gov.au</a>
Graham Harris	<a href="mailto:grahamepewiluna@hotmail.com">grahamepewiluna@hotmail.com</a>
<b>Leonora</b>	
Jeff Carter	<a href="mailto:jrcarter@bigpond.net.au">jrcarter@bigpond.net.au</a>
Peter Craig	<a href="mailto:petercraig@bagden.com.au">petercraig@bagden.com.au</a>
<b>Menzies</b>	
Greg Dwyer	<a href="mailto:riflepoint@bigpond.com">riflepoint@bigpond.com</a>
Jamie Mazza	<a href="mailto:yundaga@bigpond.com">yundaga@bigpond.com</a>
<b>Kalgoorlie - Boulder</b>	
Rob Northcoat	<a href="mailto:robert.northcoat@kalbould.wa.gov.au">robert.northcoat@kalbould.wa.gov.au</a>
	<a href="mailto:rn@robertnorthcoat.com.au">rn@robertnorthcoat.com.au</a>
Scott Manners	<a href="mailto:scott@manners.com.au">scott@manners.com.au</a>

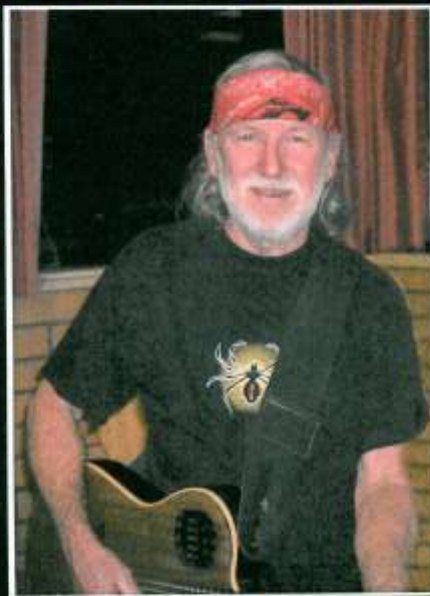


## MENZIES AWARENESS DAY SAT. 17th APRIL 2010

*Menzies Shire Presents*  
*an evening of music and dance with*

# NORM PRICE

Direct from  
 the  
 East Coast



Star of  
 the  
 Willie  
 Nelson  
 tribute  
 show

at the  
**TOWN HALL**  
*Saturday*  
**APRIL 17th**  
**6:00 PM**

♪ Dance and Sing-a-long ♪  
 to some great Country,  
 ♪ Rock & Roll, and ♪  
 Old-Time music!

*featuring songs from Waylon and Willie,  
 Elvis and Buddy, Lee and Slim, Haggard  
 and many more!*

### AWARENESS DAY

In conjunction with the evening's entertainment featuring Norm Price, will start from 2pm on the Town Oval with a **Rock & Rolla Castle** and **Balloon Typhoon**. RFDS on the Road, Leonora Police, St John & FESA, amongst a few of the many that will be there on the day.

### OPEN DAY

**St JOHN MENZIES SUB CENTRE at 1pm**

Will be holding an official opening at the Sub Centre in Mercer St Menzies.

### BBQ FOOD & COOL DRINKS

will be available during the days events and hot food and drinks available during the Norm Price concert. Food proceeds go to the Menzies Youth & Community Group Inc.

### TRASH & TREASURE & RAFFLES

Proceed for this will go to St John Menzies Sub Centre for new equipment for the Ambulances. Any new and second hand goods will be gratefully received for this fundraiser. Contact Lloyd Lansdown on 0422 066 255 or Debbie Pianto on 0410 766 076 or Robyn 90242702

### NORM PRICE CONCERT

Starting at 6pm at the Town Hall Menzies. Food and drinks will be available during the evening. Dress Code - Smart Casual with footwear please.

**This is a family day and night and will be a ZERO ALCOHOL EVENT.**



# ST JOHN OPEN DAY - 1pm Saturday 17 April



## ST JOHN MENZIES SUB BRANCH

**Saturday 17 April @ 1pm** the St John Menzies Sub Centre will be holding an Official Open Day for the new extensions at the Sub Centre Building in Mercer Street Menzies (near the Nursing Post). These extensions will provide a larger Training Room, new Kitchen and Toilets and will enable the Sub Centre to accommodate larger numbers of members for future Training and Education.




This has been made possible by a generous donation of \$5,000 from the Shire of Menzies in conjunction with \$3,000 from **Enough is Enough**. Along with many generous Goldfields businesses who have supported financially or in kind, this will go a long way to improve the facilities and increase morale amongst our hard working volunteers and nursing support.

**The Enough is Enough program** has been formed to develop safer road use strategies, reduce road trauma and increase community safety in general by empowering members of the public to contribute to their own and their communities wellbeing through knowledge sharing and interaction with members of the emergency services at specific community events thus contributing to building stronger community relationships whilst highlighting the importance of community/ volunteer involvement. Reduce incidence by highlighting overall emotional and financial costs borne by families and the community underscoring the sequence of events associated with a fatal or serious traffic crash from occurrence to funerals, rehabilitation and the burdens to families and the community of supporting victims living with life changing injuries.

**Strategic alliances and partnerships** have been formed with **Office of Road Safety (Towards Zero Campaign), The Kalgoorlie Miner, Goldfields RoadWise Committee, Dept of Planning and Infrastructure, Main Roads WA, SDERA, PCYC and RFDS**. The leadership group meets monthly and contributes expertise and guidance to key stakeholders through the development and delivery of innovative road safety initiatives ensuring the continued focus on community through a whole of Government approach aligned to agency core values.

**Through participation and elevating public awareness** to the importance of community/volunteer involvement and grassroots recruiting, the strategy also aims to increase the membership and capacity of local and sub-district volunteer emergency service groups. Consequently any increase in the wellbeing and physical capacity of emergency service personnel ensures better service delivery to the community.

**See page 10 & 11 for more on the Road Safety Trailer that will be at the Awareness Day.**

 <p>You may be asked the following questions while an ambulance is being dispatched:</p> <ol style="list-style-type: none"> <li>1. Location of the emergency?</li> <li>2. Cross street or landmark?</li> <li>3. Call back phone number?</li> <li>4. Nature of the emergency?</li> <li>5. Number of people involved?</li> <li>6. Is the patient conscious?</li> <li>7. Is the patient breathing?</li> </ol> <p><a href="http://www.ambulance.wa.au">www.ambulance.wa.au</a></p>	 <p><b>Non-Emergency Transport</b> 13 12 33</p>	<p>ROAD TRAUMA COUNSELLING SERVICE</p> <p>Road Trauma Counselling Service</p> <p>You don't have to have been involved in a road crash to suffer from trauma</p> <p><b>13 1114</b></p>	<p>ROAD TRAUMA COUNSELLING SERVICE</p> <p>People who experience trauma as a result of road crashes may feel the need to talk to someone about the experience.</p> <p>Witnesses, family and friends of crash victims may feel they have no one to turn to. If you need someone to listen please phone 131114 for the rest of a local call.</p> <p> The Road Safety Group</p> <p><b>13 1114</b></p> <p> Enabling the Lives of Western Australians</p>
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# Coming to Menzies Awareness Day - Saturday 17 April

## Fact Sheet Road Safety Display Trailer

January 2010

### Summary

- WALGA's RoadWise Program received funding through the Road Trauma Trust Fund (RTTF) to build a number of road safety display trailers which aim to assist members of the community road safety network to promote road safety at community events across the state.
- Fostering community support is vital for the effective implementation of *Towards Zero*, the WA road safety strategy and the safe system approach to road safety. The road safety display trailers will assist with generating this community support.

### Background

In regional areas, numerous community events are held each year. These events generally attract local residents and visitors, offering opportunities for increased exposure to key road safety messages and campaigns at the community level.

The trailers will complement similar trailers already in operation in some regions and provide a transportable and durable road safety resource, suitable for outdoor (and certain indoor) display purposes.

Road safety displays will be made easy with the display trailers, reducing much of the organisation and logistics required when planning a display. All resources and merchandise are contained within the trailer, which is easily transported and quick to assemble.

Road Safety Council member agencies, other road safety partners/organisations and community groups in each region will have access to the new road safety display trailers.

### Trailer specifications

The new road safety display trailers are designed to be towed by an average medium sized vehicle - a large vehicle or 4WD is not required.

The dimensions of the trailers are:

- length: 3.4 metres
- height: 2.4 metres
- width: 1.6 metres

A built-in television, laptop, competition box, brochure displays and poster displays make promoting key road safety messages easy. Lighting is also provided so the trailer can be used at night.

An external power source or generator is required to power the lights, television and laptop.

The new trailers open up on three sides, providing enhanced access and protection from the elements.

Full storage for merchandise, posters, banners and other tools is also available in the trailer.

Easy to read instructions are provided with the trailer and a briefing on the use of the trailer is also provided when hiring the resource.

Branding for the trailers aligns to *Towards Zero*, the new WA road safety strategy.



### TOWARDS ZERO



*getting there together*



# Coming to Menzies Awareness Day - Saturday 17 April



## Trailer locations

The new road safety display trailers are being built in phases, with the first two trailers to be made available from early February. Additional trailers are currently under construction.

Organisations and community groups in the metropolitan area and Goldfields-Esperance region can now book their region's display trailer for local events, tailoring the merchandise and materials on display to align with local road safety issues or campaigns.

## Booking process

Road safety display trailers can be booked through your local Regional Road Safety Officer and are made available free of charge.

Completion of a booking sheet is required prior to hire and an event form must be completed on return of the trailer to assist with compilation of usage statistics. The Regional Road Safety Officer will provide a copy of all forms and hire processes.

Each trailer is generously housed by a Local Government and the hirer is required to collect and return the trailer to the host Local Government.

To find out more about booking the road safety display trailer in the metropolitan area or Goldfields-Esperance region, contact:

**Metropolitan display trailer**  
(hosted by the Town of Bassendean)

Susan McDonald  
Regional Road Safety Officer  
Phone: 9213 2041  
Email: [smcdonald@walga.asn.au](mailto:smcdonald@walga.asn.au)

**Goldfields-Esperance display trailer**  
(hosted by the City of Kalgoorlie-Boulder)

Lee Mackin  
Regional Road Safety Officer  
Phone: 9071 0669  
Email: [roadwise@esperance.wa.gov.au](mailto:roadwise@esperance.wa.gov.au)



WALGA's RoadWise Program  
[roadwise@walga.asn.au](mailto:roadwise@walga.asn.au) | [www.roadwise.asn.au](http://www.roadwise.asn.au)  
Phone: 9213 2066 | Fax: 9321 8378

**TOWARDS ZERO**



*getting there together*



# Menzies Nursing Post - Important Info



## MENZIES NURSING POST

**CLOSED**

FROM 12<sup>TH</sup> APRIL 2010

UNTIL AND INCLUDING

26<sup>TH</sup> APRIL 2010

**OPEN**

MORNINGS OF 15<sup>TH</sup>, 20<sup>TH</sup>, 22<sup>ND</sup>, + 23<sup>RD</sup>.

IF URGENT CONTACT 000

HEALTH DIRECT 24HRS 1800 022 222

POISONS INFORMATION 24HRS 131126



## R.F.D.S. CLINIC

DATE: MON. 26/4/10

TIME: 9.30A.M.

PLACE: MENZIES  
HEALTH CENTRE

DOCTOR: T.B.A.

APPOINTMENTS PH. 90242044





# MENZIES - Clean-up Menzies Day (Clean-up of Tank Hill) – Friday 30<sup>th</sup> April



# MENZIES - **Australia's Biggest Morning Tea** @ Menzies Town Hall – Thursday 27<sup>th</sup> May

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

**Did you know?**

- One in two Australians will be diagnosed with cancer by the age of 85. That's half of our population.
- With the help of donations from people like you, the survival rate for many common cancers has improved by more than 30 per cent in the past two decades.
- Last year, Cancer Council could only afford to fund one out of every two research projects presented. Just think of the discoveries that might be made if we could raise more money and fund more projects.
- The Cancer Council Helpline 13 11 20 offers confidential telephone information and support for the cost of a local call.

**Australia's BIGGEST MORNING TEA**

**Thursday 27th May 2010.**  
Register to host a morning tea today.  
Call 1300 65 65 85 or visit  
[www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au)

**Your support makes a difference!**  
Please be a part of Australia's Biggest Morning Tea and help us fight cancer.  
1300 65 65 85 [www.cancer.org.au](http://www.cancer.org.au) CMHNS



# YOUTH WEEK

## 10-18 APRIL 2010

DATE	EVENT	LOCATION	COST	TIME
Saturday April 10	Youth Carnival	YMCA	FREE	11am – 3pm
Sunday April 11	UP with the dogs Movies - UP & Old Dogs	Palace Theatre	\$5	6pm – 10:30ish
Monday April 12	"Money Matters: Living on a budget"	Library	FREE Bookings essential	5:30pm
Tuesday April 13	Spook Tour	Kalgoorlie Town Hall	FREE	6pm
Wednesday April 14	Slam & Jam Skate Comp	Kingsbury Park	FREE	1-6pm Registrations at 1pm
Thursday April 15	Spook Tour	Kalgoorlie Town Hall	FREE	6pm
Friday April 16	Ride the Youth Wave Carve it up on the flowrider	Goldfields Oasis	Gold coin donation Student card required	2- 4pm
Saturday April 17	Open Mic Night	Goldfields Oasis	FREE	7pm - late

**CHECK OUT THE CKB YOUTH COUNCIL ON FACEBOOK!**

For more information Contact Marnie on 9021 9679 or  
Email [youth@kalbould.wa.gov.au](mailto:youth@kalbould.wa.gov.au)

# LIVE IT NOW



## Northern Goldfields Sports & Recreation News



### 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](mailto:gavin.ngsrc@hotmail.com)



# MENZIES SCHOOL HOLIDAY ACTIVITIES

With Gavin Isbister (Northern Goldfields Sport and Recreation  
Coordinator)

## Sporting Activities

When: **Tuesday 13** April 2010

Where: Town Oval/Basketball Courts

Time: **11 am – 12 pm**

Who: Ages 8 and up

## Sporting Activities

When: **Tuesday 13** April 2010

Where: Town Oval/Basketball Courts

Time: **1 pm – 2 pm**

Who: Ages 8 and up





## Menzies Heritage Interpretation Brochure for Public Submission

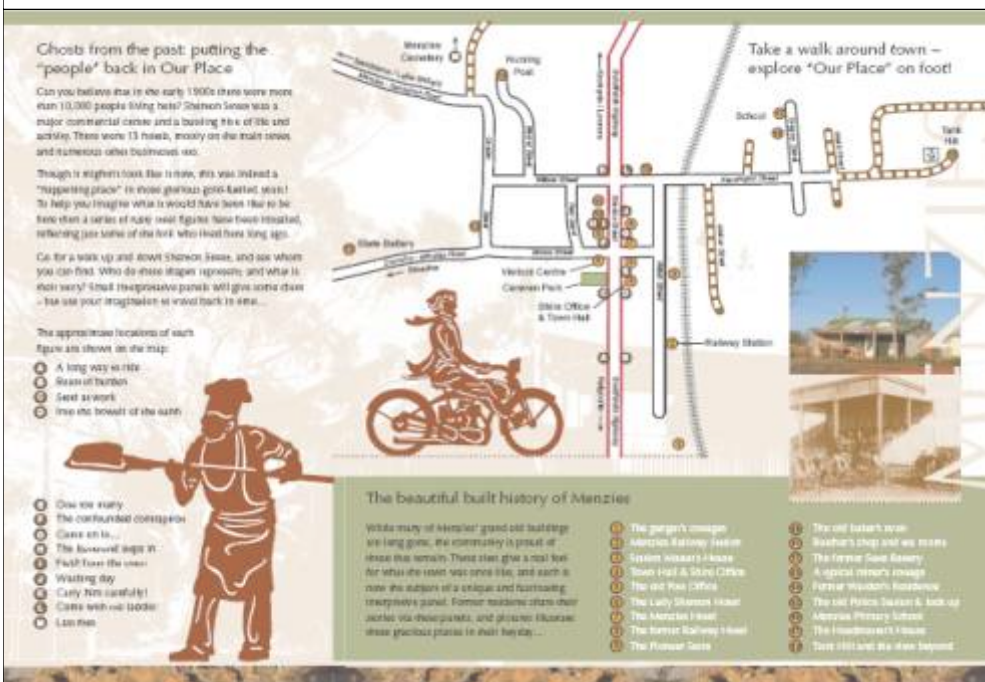


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Above & Below - The draft design for the new DL (trifold) brochure for the "Our Place" Heritage Interpretation project by Trail Consultant Jesse Brampton. You will see that the front cover is devoid of images at present – this is because the intention is to use a photo (or two) of the steel figures and/or the new interpretive signage, in-situ, once it is installed. The positions for the 'Steel Figure Cut Outs' and "Pedestal Signage and Photos" have been selected and after last Council Meeting it has been request this go up for public submission for any changes to this proposal.

If you feel that there is any inappropriate site selection ,please put your suggestions forward in writing to Brian Seale, CEO Shire of Menzies, PO Box 4 Menzies WA 6436.

Alternatively, if you would like to see a larger version of the brochure call into the Resource Centre.



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# PREVENTING CRIME

MARCH 2010

Police Commissioner Karl O'Callaghan



## A NEW APPROACH TO CRIME PREVENTION

By WA Police Commissioner  
Karl O'Callaghan

The way we approach crime prevention in Western Australia will this year change significantly.

The community partnerships that have been so important in the past will continue, but

they will be redirected towards a new model of localised crime prevention actively led by police districts. Also, juvenile justice diversion initiatives will be linked more closely with crime prevention programs.

We've already laid the ground work for this.

Last year the Office of Crime Prevention was integrated into the WA Police Strategy and Performance Directorate and this, together with the realignment of other crime prevention functions, has provided a strong foundation for change. Furthermore crime prevention marketing and communications lies centrally with Police Public Affairs Branch.

As a priority, this year we will develop a new Community Crime Prevention Plan (CCPP) to replace the previous Community Safety and Crime Prevention Strategy 2004.

The CCPP will encompass a "whole-of-government/whole-of-community" approach, focussing specifically on five key issues: alcohol; anti-social behaviour; volume crimes such as burglary; youth justice and early intervention.

While the Strategy and Performance Directorate will lead this process of change, it will be delivered across WA Police, placing crime prevention firmly in mainstream policing.

This is now considered a core, frontline responsibility of WA Police.

Another important change will be a shift to a more considered, intelligence-led approach.

Projects will be established and continued around the basic principle of "problem solving" policing – where a crime issue such as burglary is identified and, in partnership with the community, a solution is adopted that can be proven to be effective.

The changes to the way we approach crime prevention are already in motion and I believe strongly that by making it a priority for police, being more responsive to local issues and continuing and strengthening our partnerships with the community we will be able to make a difference to crime in this State.

Barbara Etter



## WA POLICE TAKE ON CRIME PREVENTION ROLE

The Office of Crime Prevention was integrated into the WA Police Strategy and Performance Directorate (SPD) in October, bringing together a range of crime prevention functions.

New models are now being developed to join together community-based and

police-led crime prevention efforts. Part of this change has been the creation of the Community Engagement Division designed to help connect WA Police with the community.

The Community Engagement Division (CED) comprises several units including the Indigenous and Community Diversity Unit, the Community Engagement Team, Juvenile Justice Teams, District Liaison Office and Police and Community Youth Clubs. The division formally links with Crime Prevention and Diversity Officers.

This newsletter focuses on the services of the new Community Engagement Division.

Barbara Etter  
Assistant Commissioner and Office of Crime Prevention Director

## APPLY NOW FOR COMMUNITY SAFETY GRANTS

Grants of up to \$25,000 are now available for community-based safety initiatives.

Western Australian local governments and non-profit organisations are encouraged to apply.

Applications close 12 noon, Thursday 1 April 2010.

For more information, visit [www.crimeprevention.wa.gov.au](http://www.crimeprevention.wa.gov.au) or call (08) 9222 9733.

## CRIME PREVENTION IN YOUR LOCAL AREA

We're keen to hear from you about crime prevention activities in your local area. Please email article ideas to [david.wray@police.wa.gov.au](mailto:david.wray@police.wa.gov.au)





# PREVENTING CRIME



Community Engagement Division management team. Clockwise from rear left: Superintendent Mick Emmanuel; Inspector Andy Henderson (PCYC, Juvenile Justice Team); Kate Bennett (Community Liaison) and Rob Skesteris (Indigenous and Community Diversity).

## EMMANUEL HEADS NEW COMMUNITY ENGAGEMENT DIVISION

Police Superintendent Mick Emmanuel has been appointed head of the newly created Community Engagement Division (CED).

Supt. Emmanuel said he was pleased to be part of such an important aspect of policing and was looking forward to working with both the new team and community partners throughout the State.

"The community is such a vital part of policing and our team, through a number of programs and strategies, will seek to build strong relationships with local communities which will, in turn, have significant benefits for crime prevention," he said.

The CED comprises several units including the Indigenous and Community Diversity Unit, the Community Engagement Team (previously of the Office of Crime Prevention), Juvenile Justice Teams, District Liaison Officers, and Police and Community Youth Clubs.

"Australia is one of the most culturally diverse nations in the world," Supt. Emmanuel said.

"This means that effective community engagement is particularly important if WA Police is to meet the many challenges that policing in a multicultural society presents."

## POLICE IN TOUCH WITH ALL WALKS OF LIFE

The Indigenous and Community Diversity Unit (ICDU) has joined the new Community Engagement Division.

Manager Robert Skesteris said the role of the ICDU was to enhance the delivery of Police services by keeping in touch with the community through engagement, cultural awareness training for staff, identification and management of culturally sensitive issues and policy development.

"Western Australia is home to an eclectic mix of cultures and minority groups and the ICDU strives to boost the quality of services to all of them, including Indigenous people, assorted cultural and religious groups, diverse sexualities, the elderly and people with disabilities," said Mr Skesteris.

## LOCAL GOVERNMENT PARTNERSHIPS REMAIN AN IMPORTANT FOCUS

The newly formed Community Engagement Division (CED) will continue to strengthen ties with local governments across the State.

The Office of Crime Prevention's Community Engagement Team established in 2003, is now officially part of the CED. The team had been responsible for assisting local government authorities across the State to develop local Community Safety and Crime Prevention Partnership Plans.

That role would now continue within the broader Community Engagement Division, Superintendent Mick Emmanuel said.

"The CED remains committed to identifying local crime prevention issues and, through partnership agreements and plans, developing effective, targeted responses" he said.

"We have a vast and dynamic network of partners across the State, particularly through our relationships with local government and these partnerships remain important when developing a response to community crime prevention issues – police can't do it alone."



PCYC Sergeant Kim Bryce

## PCYC TAKES ON A SHARPER FOCUS ON YOUTH CRIME PREVENTION

Since starting with the newly formed Community Engagement Division late last year, PCYC police officers are now more focused on working closely with young repeat offenders.

State Director Inspector Andrew Henderson said this approach meant officers attached to PCYCs would be more focused on engaging youth at risk.

This entailed working more closely with operational police officers, fostering working relationships with other agencies (government and non-government) and providing solutions to address juvenile issues and prevent crime.

"The role of police officers at PCYCs has become more about case-managing priority prolific offenders (PPOs) and reducing their likelihood for re-offending," he said.

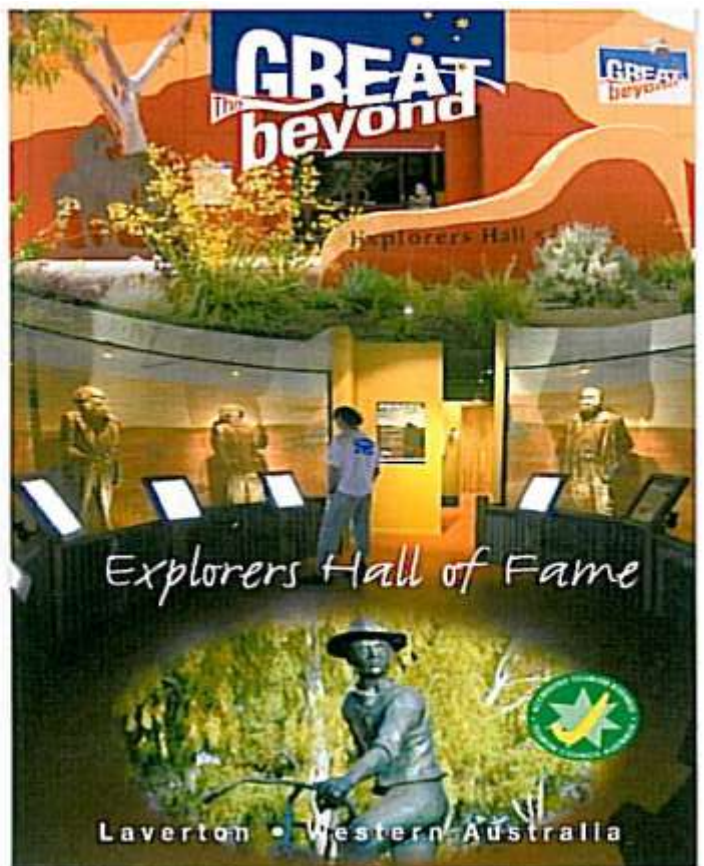
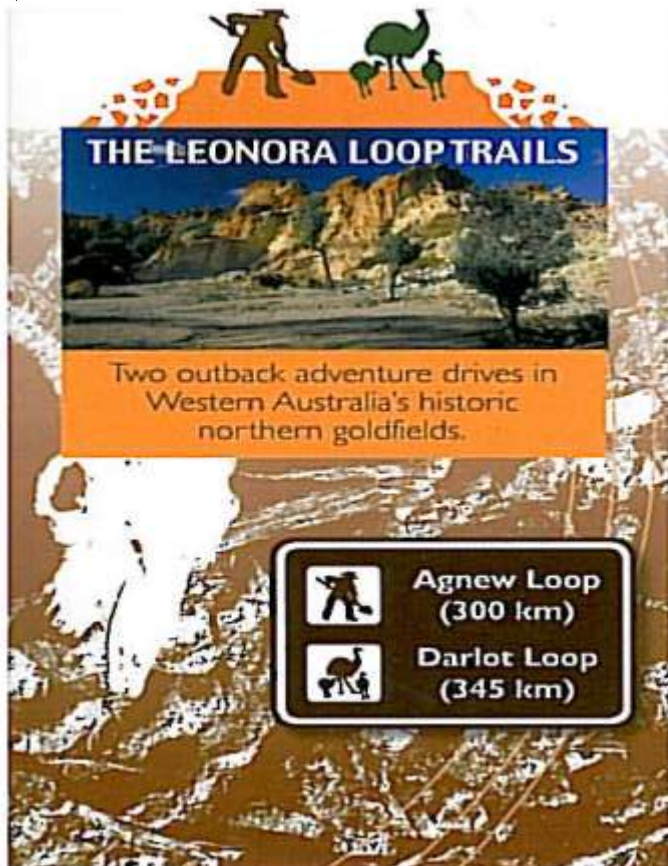
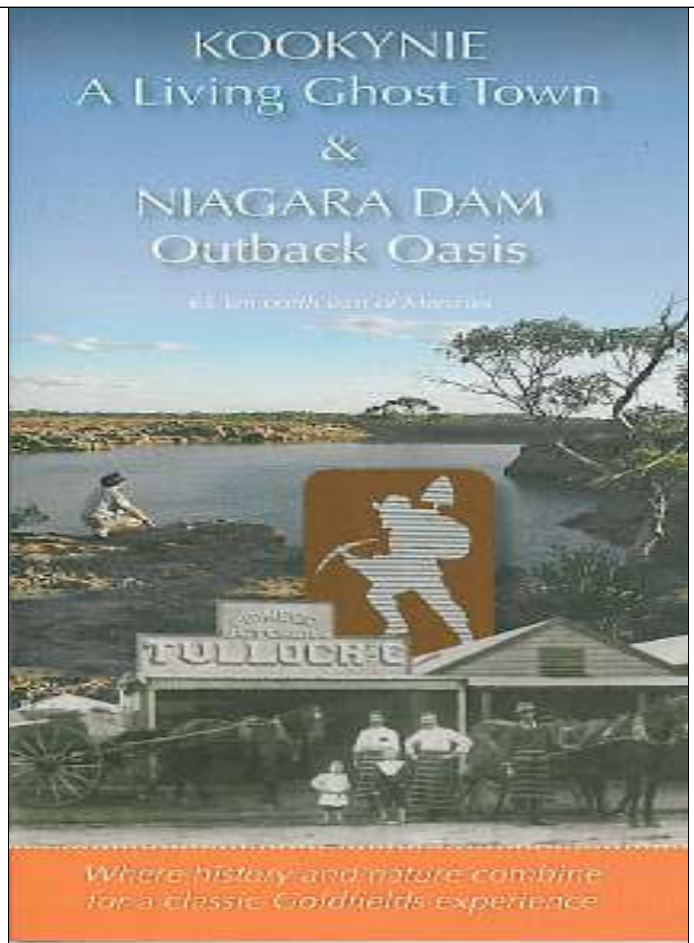
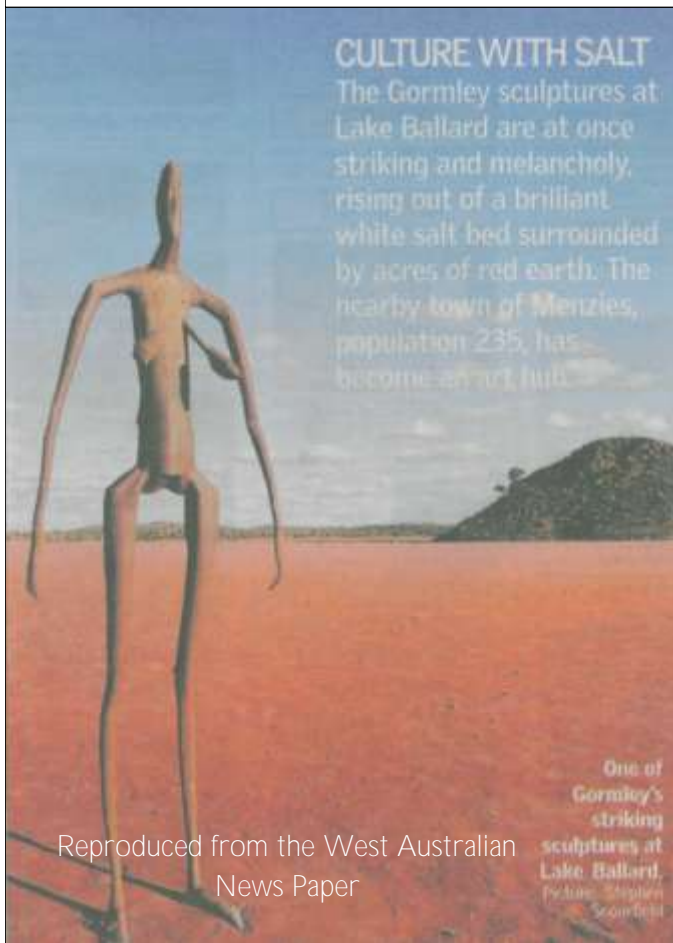
"PCYC officers will take a leadership role when dealing with youth at risk, liaising heavily with stakeholders to get the most out of others that can contribute to the overall solution."

Despite the operational focus, PCYCs still played an important role in the community as venues for youth activities.

"All the traditional programs are still there and, importantly, we're still giving kids a place to go to keep them out of trouble."



# Tourism in the Menzies District





# Spinifex Art Stories - Profile of Artist Betty Kennedy



**Betty Kennedy**  
"Seven Sisters."

Betty Kennedy is a senior woman from Spinifex country in the Great Victoria Desert.

Betty lived for a time at Cundeelee Mission, east of Kalgoorlie where she had her children. She later moved with her family to Tjuntjuntjara where she has spent much of her life.

The Seven Sisters is a major Western Desert story and one that Betty usually paints. It is a huge story which depicts seven Aboriginal women traversing the country, singing and dancing in a ceremonial way. They are being pursued by an older man who is in search of a wife and who tries to capture the oldest sister.

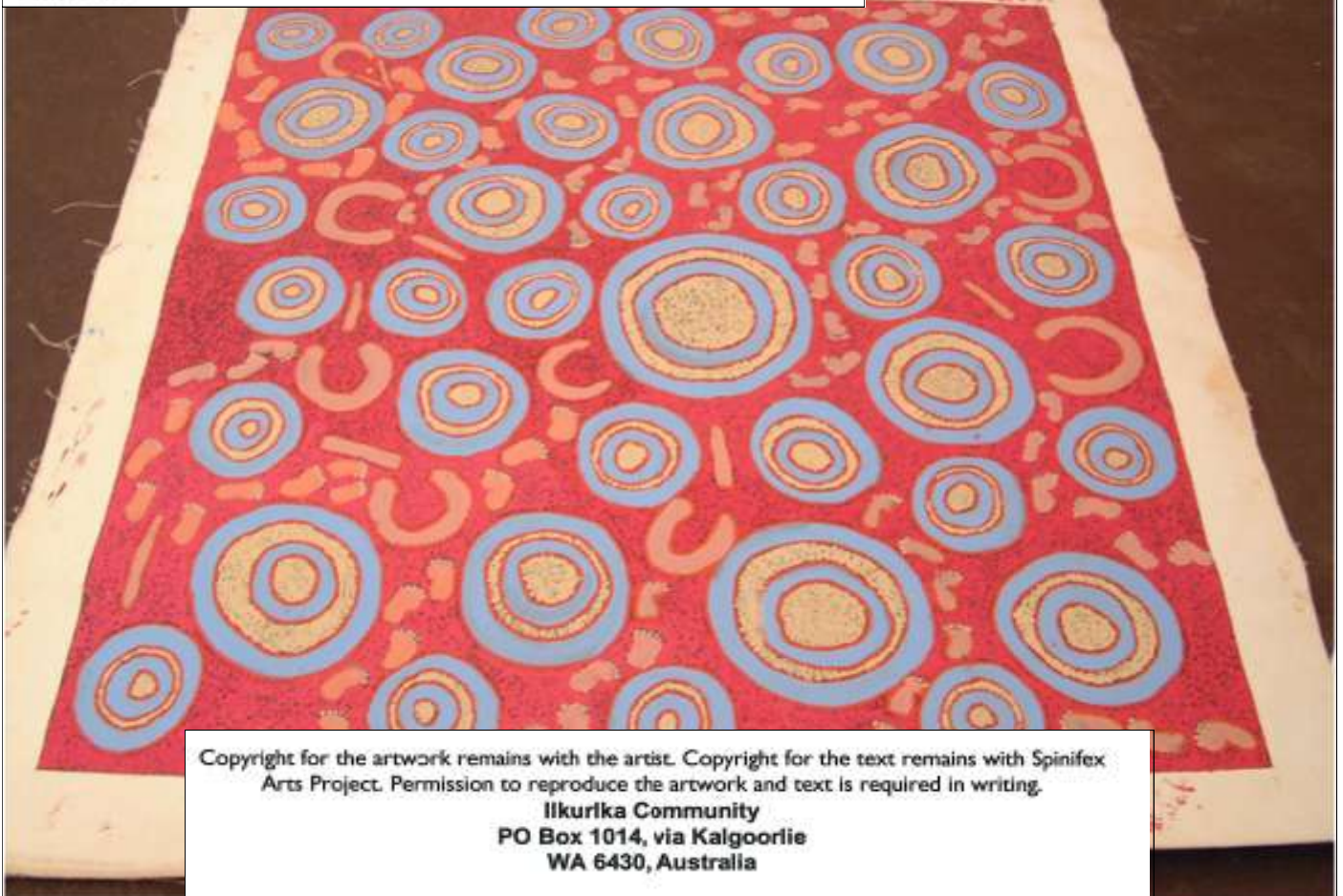
Many outstanding geographical features in the Western Desert can be explained by the presence of the sisters at those sites.

Often experimenting with style Betty loves to utilise a full colour palette and has a good design sense. She has sold her works in various exhibitions in Adelaide, Sydney and Melbourne.

Unstretched Artwork Size -  
1100mm x 1100mm

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

Story & photo reproduced  
with kind permission from  
Ilkurlka 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



## Local Stories - Chummy's continuing labour of love



### A Garden to be proud of!

Creative and talented, Chummy has made some extensive new editions to his garden and should be very proud of the results. He has added a wishing well, bridge, creek and pond with real fish and a variety of delightful decorative creatures adorning the area. It looks like a wonderland and lighting allows it to be enjoyed at night as well as the day.

I am sure it is a constant delight for the grandchildren and visitors alike.

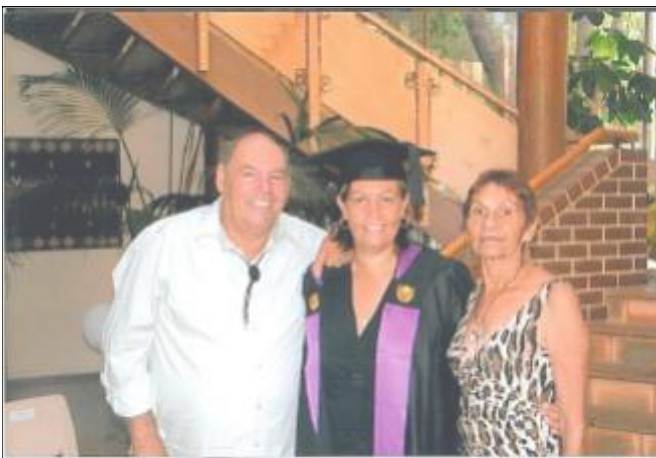
*Photos provided by Maureen*



## Local Stories - Tanya Dorizzi (nee Tucker) Graduation



Photo Left - Tanya Tucker, In the middle of top row at the Menzies Remote Community School in 1982.



Above - Chummy, Tanya and Maureen at the Graduation in Perth



Above - Tanya, a home grown Menzies girl sets her goals high.

*Proud Parents*, Chummy and Maureen Tucker with their daughter, Tanya Dorizzi on receiving her Teaching Degree in Perth on 26th February 2010. Tanya completed years 8 through to 12 at the Menzies Remote Community School through Distance Education Correspondence. Tanya is now teaching at South Kalgoorlie Primary School where she will be for two years.

## Local Stories - Goldfields Storm



### *Left and Below*

Joan Tucker has supplied these 2 photos of a storm on 10 Feb 2010 travelling on the Malcolm Road and Goldfields Highway.

Goldfields Storms, especially summer storms like this one can be unpredictable and often preceded by high winds creating severe dust storms. Some by nature, are associated with hail and getting caught out in the open in one of these is not recommended but sometimes unavoidable and frightening.

Both thunder and lightening displays can be spectacular and there is sometimes risk of fire caused by lightening strikes if the country misses out on the rain from these storms. There were several fires started in this way earlier this year in the Menzies Shire.

Those closer to town were attended to by the Bush Fire Brigade but others in uninhabited regions were left to burn themselves out as they generally do in a matter of a few days.

One rather stubborn lightening strike fire in the Dundas Shire near Telegraph Road and Frazer is still burning after nearly two months. A Bushfire ADVICE remains current for people intending to travel along the Telegraph Track in the Dundas Nature Reserve within the Shire of Dundas.

This bushfire was previously grouped under the title of the Eyre Highway complex of bushfires. Now the Charlina Rock fire, this fire is located in Dundas Nature Reserve, 27km south-west of the Eyre Highway and 80km east of Norseman, is still active.

**ROAD CLOSURES:** Telegraph Track between Fraser Range Road and Parmango Road in the Dundas Nature Reserve remains closed. As a consequence of the above road closure the Mt. Andrew Track also still remains closed to the public.

**WHAT TO DO:** People proposing to travel in the Dundas Nature Reserve should first check with **DEC's Esperance Office on 9083 2100.**

Keep up to date by calling 1300 657 209 or visiting [www.fesa.wa.gov.au](http://www.fesa.wa.gov.au) or [www.dec.wa.gov.au](http://www.dec.wa.gov.au) or listen to local radio news bulletins. At time of print DEC is monitoring the Charlina Rock fire.





## Local Stories - Arrival of a New baby

# Congratulations



The Shire of Menzies would like to congratulate  
Matt & Jasmine Dwyer on the arrival of a beautiful baby boy.  
Baby Audie Max, born at 12.44pm on 7/04/2010 weighing 7lbs 2oz.

Many wonderful wishes to you both as this will be a great and  
rewarding experience for you.

## Local Stories - Birthday Wishes



Royce and Taneliya would like  
to wish

# Little Chummy

A very

# Happy 1st Birthday

With lots of Love, Hugs & Kisses







# April Birthdays

*Happy Birthday to -*

Alex Bauer - 10th  
Chantelle Tucker - 14th  
Jake Tucker - 16th  
**Lil' Chummy** - 26th

*Have a Great Day !*

## Regional &amp; Community Health Information

**POITIER MEDICAL**  
**PRACTICE LEONORA - Specialists**

April 2010

**Wed 14** Helen O'Sullivan  
 Diabetic Educator  
 Ph: 90376238

**Thurs 15** - Davis Whitelaw  
 Podiatrist @ Hospital  
 Ph: 90804300

**Fri 16** - Podiatrist @ 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**

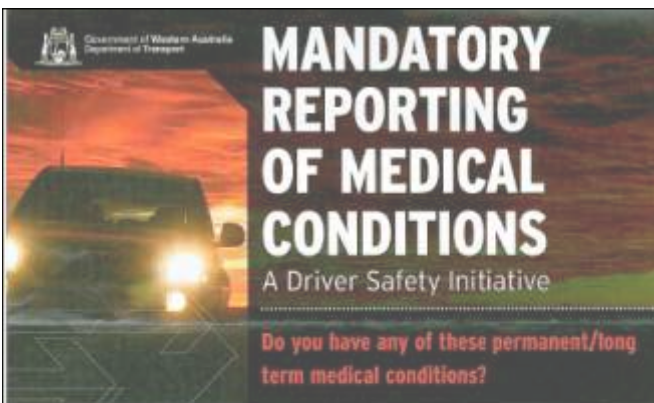
**For Appointments Phone Bev  
 90 376 238**

**Margaret Davies - Practice Nurse**

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

Appointments please phone 90 376 238.

**For Emergencies phone Leonora Hospital 90804300**



Government of Western Australia  
 Department of Transport

**MANDATORY  
 REPORTING  
 OF MEDICAL  
 CONDITIONS**  
 A Driver Safety Initiative

Do you have any of these permanent/long term medical conditions?

Lung disease **Diabetes**  
 Physical disabilities **Depression** **Stroke**  
 High / low blood pressure **Sleep disorders**  
 Attention deficit hyperactive disorder **Alzheimer's disease**  
**Epilepsy** **Heart disease**  
 Neurological disorders **Dementia** **Fainting**  
**Injuries** **Mental health problems**  
 Attention deficit disorder **Parkinson's disease**  
**Giddiness** **Eye problems**

\*This is not an exhaustive list of medical conditions

It is mandatory to report any permanent/long term medical conditions.

Go to [www.transport.wa.gov.au/licensing](http://www.transport.wa.gov.au/licensing) or call 1300 852 722

If you need, consult your GP for more information



**Cancer Council**

**Helpline**

**13 11 20**



## Menzies Health Centre Information

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

### MENZIES HEALTH CENTRE

Next RFDS Clinic for  
April 2010

Monday 26th

(ANZAC Day public holiday)



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.

### 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



The official newsletter of the Royal Flying Doctor Service / WESTERN OPERATIONS &gt; MARCH 2010 &gt;



Royal Flying  
Doctor Service

The furthest corner. The finest care.

# The Flying Doctor

## Snake Charmer Wins Battle with Dugite >

**"There was a lot of venom in her system. Anais is a very lucky little girl..."**

Michelle Nicholls, the mother of cute 14 month old Anais, who recently survived the venomous bites of a baby dugite at her daycare centre, still feels relieved.

"We are fortunate to still have Anais with us," she said from her home in the wheatbelt town of Koorda.

"We are so grateful to have the RFDS, especially when

we don't have a doctor at the nearest hospital, and we were very fortunate that the RFDS wasn't busy with too many other emergencies when we needed them in a hurry."

The plight of the little girl, who showed her curious streak when a snake slithered under the door of her daycare centre in Bencubbin, has drawn attention to the ever-constant threat from poisonous snakes each spring and summer in Western Australia.

When Anais was bitten, fast-thinking daycare staff applied a pressure bandage and kept her arm immobile.

With potentially fatal bites to her wrist, Anais was then rushed by ambulance to Kununoppin Hospital, then flown to Perth,



Photo: Anais happy to be home with big sister Maya and parents Michelle and Stephen. Photo left: Baby dugite that bit Anais. Photo courtesy Farm Weekly

accompanied by her mother and an RFDS doctor and nurse.

"I felt very confident with the RFDS medical team," Michelle said. "Anais would have been in a very serious way if we hadn't been transferred to Perth and into Princess Margaret Hospital." Although the little girl was

in a stable condition and seemed active on arrival in Perth, Michelle said that toxicology tests showed that "Anais had a lot of venom in her system".

Treatment at PMH soon saw Anais back on her feet and becoming a media star as Michelle, a nurse, advocated for more doctors in rural centres.

Cont page 2 >



## SNAKE BITE! What you can do

- > Calm the patient. Keep them still.
- > Do **NOT** wash, cut or suck the bite.
- > Apply firm pressure over the bite, but don't restrict blood flow.
- > Start bandaging from the bite, down the limb, leaving nails exposed.
- > Continue wrapping bandage back up the limb, into armpit or groin.
- > Without elevating the limb, use a stick or rolled magazine to splint the elbow or knee so it won't bend.
- > Keep the patient at rest.
- > Get urgent medical attention. All snake bites must be treated as life threatening!
- > Contact 000 or the RFDS on 1800 625 800.



Cont from page 1

Michelle, who also has children aged three and four with husband Stephen, said it was comforting to know the Flying Doctor was always on call.

"If we didn't have the RFDS, people would die out here," she said.

"I've noticed more snakes around than usual this year," Michelle said. "We even found one in the backyard. The Bencubbin daycare centre has also installed a snake repelling device."

The RFDS deals with 40 to 50 snake bites, or suspected snake bites, every year. Little Anais was one of six snake bite victims in just one month.

Photo: Anais recovering from snake bite at Princess Margaret Hospital



# Get Ahead of Flu Season



Influenza or 'flu' is caused by a highly infectious influenza virus. Influenza can cause fever, sneezing, severe headache, sore throat, aches and pains and general feelings of weakness.

Influenza is not the same as the 'common cold' and can last up to two weeks. If a person's natural healing system is suppressed, they may develop complications such as pneumonia which will require antibiotic treatment and possibly hospitalisation.

Vaccination offers between 70 per cent and 90 per cent protection against the strains covered by the vaccine. The vaccination provides immunity for one year so annual vaccination is required to provide ongoing protection.

According to the National Health and Medical Research Council's Immunisation Handbook, influenza vaccine given to people at risk of complications from infection is the single most important preventive measure. While not offering 100 per cent immunity to anyone, people who have been immunised and still contract influenza, experience significantly less severe symptoms of a shorter duration and are therefore less likely to develop serious complications.

## Advice for managers

To prevent the spread of influenza, use of hand washing facilities or alcohol-based hand-rub should be encouraged. If staff are sick with an influenza-like illness, they should be advised to stay at home and limit contact with other people to avoid infecting them. NSW Health advises that company's prepare continuity plans to deal with the possibility of greater-than-usual staff absences, changed demand from clients, changed availability of consumables and increased stresses in the workplace that may occur this winter.

Flu is spread mainly from person-to-person through infected people coughing or sneezing. Particles from coughs and sneezes can remain infectious on people's hands and on surfaces around the workplace.

The following advice should be given to staff with symptoms of the flu to help stop spreading it to others:

- cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the garbage bin after you use it.
- wash your hands often with soap and water, especially after you cough, sneeze or go to the toilet. Alcohol-based hand cleaners are also effective.

You should ensure that commonly touched areas in the workplace are cleaned regularly, as influenza viruses can survive on hard surfaces for several hours.

**Russell Williams/Posture Professionals Pty Ltd**

**Email: [info@russellwilliams.com.au](mailto:info@russellwilliams.com.au)**

**This is a general information newsletter only and is provided as a complimentary service  
from Russell Williams and Posture @ Work**

# Glimpses from the Past - Menzies Railway

## GLIMPSES FROM THE PAST – *Menzies Railway*

The route of the railway to Menzies raised a controversy – whether from Coolgardie (following the coach road) or from the growing Kalgoorlie.

It was announced in October 1896 that Kalgoorlie would be the starting point. The track work started on 6<sup>th</sup> September 1897, the contract let to Smith & Timms. For the 81 miles, plus 5 miles of sidings the price was £137,851.9.5d equivalent to £1700 per mile. Within a fortnight there were 2,000 men employed. For the full job they used sleepers and were serviced by 3 engines, 100 trucks and 3 travelling water tanks. Water was a matter of great difficulty, the situation was met by setting up 5 condensers with capacities varying from 10,000-40,000 gallons per day.

The railway was opened on February 22<sup>nd</sup> 1899 when 2,500-3,000 persons were present at the various functions. At the Menzies terminus a large goods shed was planned but on Friday March 18<sup>th</sup> (a few days before opening) with neither roof nor walls: it was an uncompleted job. However four days later on Tuesday, it was all ready, decorations and all for the opening day banquet, but still with an earth floor. This hasty effort was generated by the loss by fire of the Maori Hotel at which the Grand opening was to have been held. Now the place was but smoking ash and twisted metal.

From the writings of G Spencer Crompton. Compliments of the Eastern Goldfields Historical Society

Images copyrights of the Eastern Goldfields Historical Society Phone: 90933360,

email [eghs@westnet.com.au](mailto:eghs@westnet.com.au) website [www.kalgoorliehistory.org.au](http://www.kalgoorliehistory.org.au)



Railway Procession showing Druids in white regalia and Original Council Offices



RAILWAY PROCESSION IN SHENTON ST MENZIES - MARCH 1899



Fire Engine in front of ruins of the Maori Hotel & Hall. These burnt down a week prior to the Railway Opening



MENZIES RAILWAY OPENING DAY



# From Times Gone By...

## RULES FOR TEACHERS, 1879

1. Teachers each day will fill lamps, and clean chimneys before beginning work.
2. Each teacher will bring a bucket of water and a scuttle of coal for the day's session.
3. Make your pens carefully; you whittle nibs to the individual taste of the children.
4. Men teachers may take one evening a week for courting purposes or two evenings to attend church regularly.
5. After ten hours in school, you may spend the remaining time in reading the bible or other good books.
6. Women teachers who marry or engage in unseemly conduct will be dismissed.
7. Every teacher should lay aside, from each pay, a goodly sum for his declining years so that he will not become a burden on society.
8. Any teacher who smokes, uses liquor in any form, frequents pool and public halls or gets shaved in a barber's shop, will give good reason to suspect his worth, intention, integrity and honesty.

## RULES FOR WOMEN TEACHERS, 1915

1. You will not marry during the term of contract.
2. You are not to keep the company of men.
3. You must be home between the hours of 8pm and 6am unless attending a school function.
4. You may not loiter down town in ice cream parlours.
5. You may not travel beyond the city limits without the permission of the chairman of the board.
6. You may not ride in a carriage or automobile with any man unless he is your father or brother.
7. You may not smoke cigarettes.
8. You may not dress in bright colours.
9. You may not under any circumstances dye your hair.
10. You must wear at least two petticoats and your dresses must not be any shorter than two inches (5cm) above the ankle.
11. To keep the school room clean, you must sweep the floor at least once daily, scrub the floor with hot soapy water at least once a week, clean the blackboard once a day and start the fire at 7am so that the room is warm when the children arrive.

## GOOD MANNERS

BASED UPON RULES FROM THE

Children's National Guild of Courtesy

**C**OURTESY, Politeness, or Good

Manners, means thoughtful consideration for others. A Celebrated Writer has said that the man who is Courteous and Pure is an honour to his country. Two of the greatest men who ever lived – the Duke of Wellington and General Washington – were distinguished for their courteous behaviour.

Courteous Boys and Girls will always be careful to observe the following RULES: Below Left & Right

<b>AT TABLE</b>	Always Wash your Hands and Face before coming to the Table. Do not put your Knife to your Mouth. Look after Other People; do not Help yourself only. Do not be greedy. Do not Speak or Drink with Food in your Mouth. Turn your head away from the Table and put your Hand or Handkerchief before your Mouth when you Sneeze or Cough. Do not sit with your Elbows on the Table.
<b>EVERYWHERE</b>	Never be Rude to <i>anybody</i> , whether older or younger, richer or poorer, than yourself. Remember to say "Please" or "Thank You"; "Yes Sir," or "Yes, Ma'am"; "No, Sir," or "No, Ma'am". Before entering a room it is often courteous to Knock at the Door. Do not forget to close the door <i>quietly</i> after you. Always show attention to Older People and Strangers by opening the door for them, bringing what they require (hat, chair, etc.), giving up your seat to them if necessary, and in every possible way Saving them trouble. Never Interrupt when a person is speaking. Always Mind your own Business. Be Punctual. Be Tidy.
<b>REMEMBER</b>	All these rules respecting your conduct towards others are included in the one <b>GOLDEN RULE</b> , " <i>Always do to others as you would wish them to do to you if you were in their place.</i> " Whenever, therefore, you are in doubt as to how you should act towards others ask yourself this question, "How would I like them to act towards me if I were in their place?" and then do what your conscience is right.
<b>AS TO THEMSELVES</b>	Be Honest, Truthful, and Pure. Do not use Bad language. Keep out of Bad Company. Keep your Face and Hands clean, and your Clothes and Boots brushed and neat.
<b>AT HOME</b>	Help your Parents as much as you can. Be kind to your Brothers and Sisters. Do not be Selfish, but share all your Good Things.
<b>AT SCHOOL</b>	Be Respectful to your Teachers, and help them as much as you can; their work is very difficult and trying. Observe the School rules. Do not "Copy" nor Cheat in any way. Do not Cut the Desks, nor Write in the Reading Books, etc. Never let another be Punished in mistake for yourself; this is Cowardly and Mean.
<b>AT PLAY</b>	Do not Cheat at Games. Do not bully; only Cowards do this. Be Pleasant and not Quarrelsome. Do not Jeer at your Schoolmates, or call them by Names which they do not like.
<b>IN THE STREET</b>	Salute your Ministers, Teachers, and Acquaintances when you meet them; they will Salute you in return. Do not Push nor run against people. Do not Chalk on doors, walls or gates. Do not Throw Stones, nor destroy Property. Do not Annoy Shopkeepers by Loitering at their shop doors and windows. Do not make Slides on the pavement, nor throw Orange Peel or Banana Skins there; <i>dangerous accidents</i> often result from these practices. Do not make Fun of Old nor Crippled People, but be particularly polite to them, as well as to Strangers and Foreigners.

# Community Notice Board

## Northern Goldfields Sport and Recreation Program

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

Ph: 08 90311202  
Fic: 08 90311340

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



## MENZIES SCHOOL HOLIDAY ACTIVITIES

With Gavin Isbister (Northern Goldfields Sport and Recreation Coordinator)

### Sporting Activities

When: **Tuesday 13** April 2010

Where: Town Oval/Basketball Courts

Time: **11 am – 12 pm**

Who: Ages 8 and up

### Sporting Activities

When: **Tuesday 13** April 2010

Where: Town Oval/Basketball Courts

Time: **1 pm – 2 pm**

Who: Ages 8 and up

See Page 16



## 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

**Kelly's Transport & Mobile Cold Room Hire**

**Livestock, Hay, Grain, Machinery & Water**

- 2 x 25ft Body Trucks
- 1 x 24 ft Dog Trailer
- 49ft Single Deck Double Deck
- 45ft Flat & Pin Trailer
- 41ft Flat Top
- 35,000lt Water Tanker

**Bill & Georgie Kelly**  
Po Box 95 Monro Q 4630  
**Ph: 07 41663001**  
**Mobile: 0408250175**

**Caravan For Sale**

Phone 08 90 313 805 - after 7pm

**22' Coromal 1988**  
**\$10,000 ONO**

- Queen Bed
- Roof Air Conditioner
- Shower/Porta Pottie
- 240v/Gas Fridge
- 2 x 9kg Gas Bottles
- 22L Gas Hot Water System
- 4 Burner Stove/Oven/Grill
- 12v Pump
- 3 x 80L Water Tanks
- Twin Water Filter System
- 12v CD Player
- 240v to 12v Power Pack
- Full Annexe
- Rego to Feb 2011
- Near new Axles, Springs, Tyres, Wheels and Electric Brakes

**Wanted to Buy**  
**Old Trucks, Tractors,**  
**Machinery and Collectables**  
Phone Tom Porter on 90713342  
or Mob: 0427 713 342



# Community Notice Board

**WESTCOAST SEAFOOD**  
DISTRIBUTORS

*Supplying Quality Seafood to*

**KALGOORLIE - ESPERANCE**

**Mon Tue Wed Thur Fri Sat**

JANUARY							FEBRUARY							MARCH								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
31					1	2			1	2	3	4	5	6			1	2	3	4	5	6
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APRIL							MAY							JUNE								
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25	26	27	28	29	30	31	23	24	25	26	27	28	29	27	28	29	30					
JULY							AUGUST							SEPTEMBER								
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OCTOBER							NOVEMBER							DECEMBER								
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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](mailto:edmeades@westcoastseafood.com.au)

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

WESTCOAST SEAFOOD next visit to MENZIES will be on March 11th and all the dates for future months marked in red on the Calender above. Phone in advance for special orders.

**Recycle your old mobile phone, battery and charger now.**

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 sachet and old chargers and/or accessories in the other sachet 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 sachet.
3. Seal the sachet and fill out the details on the back.
4. Read and sign Sender's Declaration.
5. Drop it in the post for free anywhere in Australia.

Each battery must be **completely enclosed** in inner packaging so it does not come in contact with anything else in the sachet.

**Ask @ Resource Centre for a free post it bag**

**MobileMuster**  
Reply Paid 84399  
C/- MRI  
MELBOURNE PARCEL FACILITY VIC 8438

**ROAD TRANSPORT ONLY**

**CARTRIDGES 4 PLANET ARK**

**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

Box(es) are located...

Menzies Resource Centre and Shire Office

For more information visit [Cartridges.PlanetArk.org](http://Cartridges.PlanetArk.org) or call 1800 34 24 73

Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON Lexmark



# Getting about the Goldfields

## BOOK HERE

Menzies Visitor Centre

### PERTH-GOLDFIELDS EXPRESS

### GOLDRUSH TOURS



## Goldrush Tour Bookings

Now available at the Menzies Visitor Centre. Book for the Goldfields GRT Express from Menzies to Kalgoorlie or Laverton. Other regional Tours Include Lake Ballard and History & Heritage  
Tues 2 March 2010 Onwards - Daily

Bookings 1800 620 440 or  
[www.goldrushtours.com.au](http://www.goldrushtours.com.au)

**Menzies Visitor Centre Ph: 90 242 702**  
Cash Only Facilities

Call in and pick up a brochure, plan your day trip and book in advance here.

### 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	11.00am
KOOKYNIE TURNOFF	11.30am
MENZIES	1.00pm
KALGOORLIE	

BOOKINGS & ENQUIRIES

## 1800 620 440

PURCHASE TICKETS ONLINE

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

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

Ph: 90242046



## 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 Facilities, Toilets, Camping and Two Walk Trails.

Wash down the dust...



**GRAND HOTEL KOOKYNIE**  
Phone: 9031 3010

- Open 7 days
- Ice cold beer
- Lunch or dinner
- Bed and breakfast
- Tent and caravan sites
- Grocery items for sale
- Swimming pool
- Pool table
- Beer garden



Come and relax at the Grand Hotel, Kookynie

Grand Hotel Kookynie

Food, Accommodation, Petrol & Diesel

**Monday to Saturday - 9 am to 9pm**

**Sunday - 10am to 9pm**

Takeaway & Counter Meals, Lunch & Evening. Breakfast by arrangement for travelers.

Grocery lines & LPG Bottle fill.

Fuel Diesel & Unleaded

Camping Ground adjacent to hotel

Ph: 90313010 Fax: 90313001

## Small Business Centre Goldfields

### *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.





# Small Business - Skills & Training Workshops

## Coaching & Team building skills for managers and supervisors

**Curtin**  
University of Technology  
Curtin Training Solutions

9am – 4pm  
19th April 2010

Cost \$380 p.p

Morning tea, lunch, afternoon tea and course materials provided

Who would benefit from this workshop?

Team leaders, managers, supervisors, business owners, future leaders/up and coming management  
- anyone who needs to know how to encourage a team to increase productivity.

*A statement of attendance will be given to each participant*

## Are you being paid right?

Work for a sole trader  
or partnership?

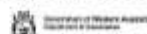
**Wageline**

1300 655 266



Wageline helps 50,000 workers every year with pay issues

[www.commerce.wa.gov.au/labourrelations](http://www.commerce.wa.gov.au/labourrelations)



## 'CHOMP & CHATTER 2010'

COMMUNITY NETWORK LUNCH FOR THE  
GOVERNMENT, NON GOVERNMENT SECTOR, NOT FOR PROFIT  
SECTOR

**DAY:** LAST WEDNESDAY OF EACH MONTH  
**TIME:** 12 – 1.30 pm  
**VENUE:** PADDY'S ALE HOUSE (Cnr Hannan & Mariatna streets)  
**WHY:** AN OPPORTUNITY TO:

- Catch up with colleagues
- Introduce and meet new agency people
- Share information
- Promote your service activities, programs & projects

Please come along each month to maintain and strengthen  
our links, while working together to support our  
community.

**NO RSVP REQUIRED**

*An Email reminder is sent on the Monday previous*

# Occupational Health & Safety Training Opportunities

## Get the IFAP Edge!

**Did you know that a Diploma of Occupational Health & Safety is the minimum requirement for OHS management in most workplaces?**



### Diploma of Occupational Health & Safety - BSB51307

This qualification will provide you with the skills to prevent accidents, injuries and illnesses occurring in your workplace.

- ✓ Learn all the skills you need to become a supervisor / manager in OSH
- ✓ 8 units delivered over 10 days
- ✓ Interactive classroom format
- ✓ Recognition of Prior Learning available
- ✓ Receive credit points towards Curtin University's BSc (EHS)
- ✓ Easy access locations
- ✓ Experienced facilitators
- ✓ Full catering provided



For more information on these and other courses available from IFAP, please call our Customer Service Centre on:

**1300 IFAP 00 / 1300 4327 00.**

### Other Occupational Safety & Health courses available from IFAP include:

- Introduction to OSH
- Occupational Health & Safety for Supervisors
- OSH Managerial Responsibilities
- OSH Management Fundamentals
- Safety & Health Representative, Introductory
- Safety & Health Representative, Refresher
- RABQSA OH&S Management Systems Lead Auditor

128 Farrington Road, North Lake WA 6163  
 Postal: PO Box 339, Willetton WA 6955  
 Phone: 08 9333 9999  
 Fax: 08 9332 3511

**IFAP**  
 Leading Safety Solutions

[www.ifap.asn.au](http://www.ifap.asn.au)



## Business Notices

## Studio Print

### Screen Printing & Sign Shop

Gary & Sandy Burrell

Ph: 9493 5070

Fax: 9493 5870

Unit 1/2 Carole Rd Maddington 6109  
[studioprint@westnet.com.au](mailto:studioprint@westnet.com.au)

## Goldfields ImageWorks

from capture to rapture

photography + digital imaging + framing  
 photo restoration & enhancement + gallery

Lynn & Sharon Webb

Mobile: 0419 837 337

23 Wilson St + Kalgoorlie WA 6430 + Ph/Fax: (08) 9091 9071  
[webb@wn.com.au](mailto: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](mailto:rosscpa@bigpond.net.au)

"Your Resident Consultant in  
 the North Eastern Goldfields"



EC 003975

QUALITY REPAIRS & SERVICE  
 INSTALLATIONS & MAINTENANCE

5 Helron Circle, Kalgoorlie WA 6430  
 Telephone: (08) 9021 7125 Fax: (08) 9022 6762  
 Mobile: 0417 986 282 Email: [whait@bigpond.com](mailto:whait@bigpond.com)

## Shed World

9531 2200

[sales@shedworld.com.au](mailto: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.

# ANZAC Day Activities

## Make your own poppy

Australian War Memorial

CLASSROOM ACTIVITY

Name \_\_\_\_\_

Class \_\_\_\_\_

Date \_\_\_\_\_



### YOU WILL NEED:

- Red crepe paper
- Green pipe cleaner
- Black paper
- Scissors
- Pencil
- Glue

### THE PETALS:

Cut out the poppy shape as shown in **figure 1**. Place this shape on red crepe paper and trace around it with a pencil. Cut out the red poppy shape and set aside.

Figure 1.  
Petal template

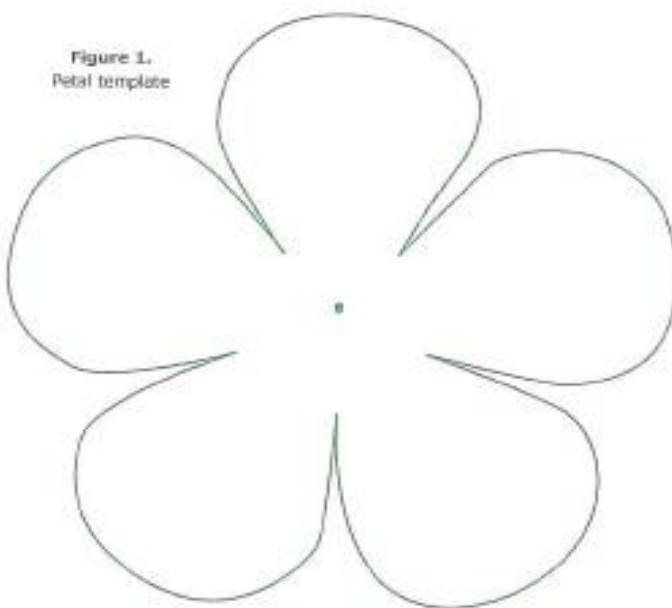


Figure 2.  
Stem template

### THE STALK:

Take a pipe cleaner and bend the end over twice at 1cm lengths so that it looks like **figure 2**. Push the straight end of the pipe cleaner through the middle of the red poppy and continue to thread it through until the bent end sits against the middle of the poppy. Set aside.

### THE CENTRE:

Cut a small circle out of the black paper and glue onto the centre of the poppy. It should secure the pipe cleaner to the crepe.  
*Bend and shape pipe cleaner and poppy petals as you like.*



Do you know someone who served and died during war? Find out where they are listed on the **Roll of Honour** ([www.awm.gov.au/database/roh.asp](http://www.awm.gov.au/database/roh.asp)) at the Australian War Memorial. The next time you visit the Memorial, place your poppy alongside their name.



## Media Release

29<sup>th</sup> March 2010



### REDUCE ELECTRICITY USE AND SAVE

Customers can make simple changes in their homes and businesses to reduce electricity costs and greenhouse gas emissions. That's the message from Horizon Power's Betterways program, a series of informative energy-saving messages.

**The State Government recently announced an increase to electricity prices from 1 April 2010 and 1 July 2010. The changes will see residential prices increase by 7.5% in April and 10% in July, while businesses will experience similar increases.**

Horizon Power's Dave Shelton, said there are many simple steps that can be taken to save energy, and money, in homes and businesses despite the changes to electricity prices.

"Just because electricity prices are going up, it doesn't mean your bill needs to go up too," he said.

"The greatest opportunity to save is with appliances that use the most power, such as water heating, space heating and cooling.

"With winter approaching, heating water for showers and washing clothes, and using a clothes dryer can add a significant amount to electricity bills. Try using cold water to wash your clothes, reduce the length of your showers from eight minutes to four minutes, and use the clothes line to dry your clothes when you can, instead of the dryer.

"Decreasing the temperature setting on reverse cycle air conditioners by only one degree can reduce heating costs by as much as 10%" he said.

"Many energy-saving tips we suggest are easy and free to implement, but they have a positive impact on the environment and can save you money," said Mr Shelton.

For more energy saving ideas, visit [www.horizonpower.com.au/betterways](http://www.horizonpower.com.au/betterways), read Horizon Power's newsletter *On The Horizon* and look out for Horizon Power's *What's On The Horizon* advert in local newspapers.

For further information on the electricity price changes, please visit [www.horizonpower.com.au](http://www.horizonpower.com.au) or contact us on 1800 267 926.

**-ends-**

#### Media contact

Dave Shelton, Tel: 99416217 Mobile: 0408 917 466

Community & Customer Relations Manager

Gascoyne Midwest

## Art Info

*Artists retreat in the  
Great Western Woodlands*

*Love Art? and Nature?*



Photo: Mark Godfrey

Join us for a weekend artist's retreat in the Great Western Woodlands.  
Art workshops, nature talks and walks.  
April 23-26th, Lake Johnston  
To register or find out more, call (08) 6460 4936  
or email: [jessica.chapman@wilderness.org.au](mailto:jessica.chapman@wilderness.org.au)  
Event online at [www.wilderness.org.au/gww-artists-retreat](http://www.wilderness.org.au/gww-artists-retreat)



## St John Ambulance Menzies Sub Centre - News



If you would like more information on becoming a Volunteer for St John Menzies Sub Branch - Contact the Secretary - Debbie Pianto on Mob: 0410 766 076 or Robyn McCarthy 90242702

Training is held each Wednesday 6pm and monthly General Meeting are usually held on the first Saturday of each month with training from 2pm before the General Meeting @ 4pm followed by a social BBQ.

All Training & Meetings at the Ambulance Shed in

Mercer Street Menzies (near the Nursing Post).

A **“working bee”** is underway towards erecting the steel wall frames for the Sub Centre extensions, any help no matter how small, your time will be gratefully appreciated. No skills necessary!



# Photographic Competition



Australian Government  
Attorney-General's Department

## Is Your Photograph A National Winner?

Based on the adage that a 'picture is worth a thousand words', the Attorney-General's Department is searching for the best photographs to recognise emergency management volunteers in action. The theme is 'Emergency Management Volunteers – Thank You'.

### *Who can enter?*

The Competition is open to:

- Professional photographers (ie media organisations or freelance)
- Individuals who are not professional photographers
- Secondary school students (Years 9-12).

### *What are the terms and conditions?*

Full terms and conditions of the Competition can be viewed online at [www.ema.gov.au/volunteers](http://www.ema.gov.au/volunteers). Follow the link to the National Emergency Management Volunteers Photographic Competition web page. Entries close 31 March 2010.

### *What are the prizes?*

Winners and finalists will be invited to attend a National Awards Presentation in Canberra at the commencement of National Volunteer Week, 13-16 May 2010.

The photographer judged to be the outright winner in each category will receive an award plaque, framed certificate, and gift card generously sponsored by Harvey Norman (Professional photographer \$1,500; Individual photographer \$750; Secondary school student \$500).

Highly commended entrants in each stream will receive a framed certificate. The judging panel may also confer commended awards, with the entrant receiving a framed certificate.

**Harvey Norman**

# DEPARTMENT FOR COMMUNITIES

## GRANTS PROGRAM

This package provides information on the Department for Communities Grants program including guidelines and application forms. The department recently conducted a review of its grants programs which resulted in the development of a new streamlined grants model. The new model comprises the following categories:

### Thank A Volunteer Day Grants

Funding of up to \$1,000 is available for community organisations to host Thank A Volunteer Day Events. Organisations may apply for this grant in order to host an event to thank and recognise volunteers for their contribution within the community. Applications will open in July 2010.

### Seniors Week Community Grants

This grant program is administered through the Council on the Ageing (COTA) and is jointly funded by the Department for Communities and Lotterywest. Funding of up to \$1,000 is available for community organisations to provide activities during Seniors Week. Applications will open in July 2010.

### WA Grants for Women Program

Funding of up to \$5,000 is available for community organisations to develop projects that strengthen the social and economic wellbeing of women, increase their participation, promote positive images of women in the community, encourage women's leadership and/or encourage women's sense of safety. Applications open in February 2010.

### Youth Activities Grants

One-off grants of up to \$5,000 to develop projects that encourage young people aged 12 to 25 years to get involved in innovative and challenging community projects and activities. Applications are run continuously.

### Strategic Project Grants

Strategic Project grants of up to \$25,000 for projects that address particular themes or priorities identified by the Minister for Youth and/or the Department for Communities' Office for Youth, which are targeted for the benefit of young people between the ages of 12 and 25 years. Applications open in February 2010.

### National Youth Week Grants

National Youth Week Grants of up to \$1,000 are available for events and activities run during National Youth Week that are planned for and by young Western Australians, to celebrate their achievements and to acknowledge the positive impact young people have on local communities.

### Community Activity Grants

Funding of up to \$2,500 is available to enable community organisations to develop projects that strengthen and enhance the capacity of the non-government community sector to deliver services to the community. Applications are run continuously.

If you require further information about grants or assistance in completing an application form, please visit our website at [www.communities.gov.au](http://www.communities.gov.au), or contact the Grants Team on 6217 8400 or email [grants@communities.wa.gov.au](mailto:grants@communities.wa.gov.au).





## Public Notice - Books &amp; reading

**MEDIA RELEASE****The Hon Peter Garrett MP***Minister for Environment Protection, Heritage and the Arts*

PG/20

5 March 2010

**MORE REASONS TO *GET READING!* IN 2010**

Arts Minister Peter Garrett today announced a fresh new name and 10 new author ambassadors for Australia's largest annual promotion of books and reading.

*Get Reading!* is the new name for the program formerly known as Books Alive and Mr Garrett said it was exactly what he hoped Australians would do when the program kicks-off in September.

"Reading remains one of life's great pleasures for everyone and *Get Reading!* will again showcase 50 great titles to encourage Australians to remember just how great it is take time out with a book" Mr Garrett said.

Mr Garrett said through the *Get Reading!* campaign people purchasing one of the selected 50 titles would also get a choice of either a free give away collection of short stories featuring some of Australia's most loved authors or a children's book. Both are specially commissioned for *Get Reading!*.

"Alex Miller, Christos Tsiolkas, Craig Silvey, Nick Earls, Malla Nunn, Mark Dapin, Maggie Alderson, Judy Nunn, Georgia Blain and Rachael Treasure have this year joined the *Get Reading!* campaign as author ambassadors.

"In addition to being able to read their great work, Australians may also get the chance to hear from some of them in person as they travel the country to promote the joys of reading.

"Few other activities have the power to take us on a journey of the imagination like reading a good book can, and I am really looking forward to the announcement of the titles that will this year have people right across the nation staying up late into the night unable to put their book down."

Mr Garrett said he was pleased to announce that Sandra Yates had been reappointed as *Get Reading!* Chair for 2010 and Cheryl Akle had also been reappointed as the Project Director for 2010-13.

Now in its ninth year, the *Get Reading!* campaign will be held during September 2010.

"We know from recent Australia Council research that 84 per cent of Australians read a novel in the past year.

"Since it began *Get Reading!* and Books Alive have directly resulted in the sale of an extra 1.36 million books throughout Australia, opening up a whole new world of great yarns and experiences to people of all age groups right across the country. I am sure this year will be no exception," Mr Garrett said.

*Get Reading!* is an Australian Government initiative, managed through the Australia Council for the Arts.

## Health Care Information - LGIS

April 2010  
ISSUE 16

# In Good Health

LGIS

## Coronary Heart Disease



**Coronary Heart Disease is the most common form of heart disease. It is one of the leading causes of death in Australia and is also a major cause of disability.**

If you have coronary heart disease your heart's blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries. If these arteries become too clogged, the restriction of blood supply to the heart can cause angina (chest pains). If the coronary arteries become completely blocked it can cause a heart attack.

### RISK FACTORS

There is no single cause of the disease but there are certain risk factors that can increase your chance of developing it. Your risk of developing coronary heart disease is significantly increased if you:

- Smoke
- Have high blood pressure
- Have high blood cholesterol
- Do not take regular exercise
- Are overweight
- Have diabetes
- Have a family history of coronary heart disease
- Are male
- Are over the age of 70

While some of these risk factors such as age and gender can't be changed, the good news is that there are many steps you can take to reduce your risk of developing the disease.

### PREVENTION

These five heart-healthy strategies can help you protect your heart from disease:

1. **Don't smoke** – Smoking is a major risk factor for hardening and narrowing the arteries. If you quit smoking your risk of developing heart disease will drop dramatically.
2. **Get Active** – Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart. You should engage in moderate intensity

physical exercise, for at least 30 minutes a day on at least five days of the week.

3. **Eat a heart-healthy diet** – Eat a diet that is low in saturated fat, sugar and salt, and includes plenty of fruit and vegetables. Legumes, low-fat sources of protein and certain types of fish can also reduce your risk of heart disease.
4. **Maintain a healthy weight** – Excess weight can lead to conditions that increase your chances of developing heart disease such as high blood pressure, high cholesterol and diabetes. Your doctor will be able to tell you what your ideal weight is in relation to your build and height.
5. **Get regular health checks** – You should get your blood pressure and cholesterol levels checked regularly by your doctor to determine whether you need to take action.

For more information visit the Australian Heart Foundation website at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



## Health Care Information - LGIS (cont).

## Resistance Training



Resistance training is any form of exercise that causes the muscles to contract against an external resistance. When performed properly and undertaken regularly, resistance training can increase muscle strength, tone, mass and endurance.

Examples of some of the different types of resistance training include:

- **Free weights** – Classic strength training tools such as dumbbells or barbells. You could also try homemade weights such as plastic drink bottles filled with water or sand.
- **Weight machines** – Most fitness centres offer a variety of weight machines. These devices usually have adjustable seats with handles attached to either weights or hydraulics.
- **Resistance bands or tubes** – There are different versions of these exercise tools,

some with handles, some without. Essentially they act like giant rubber bands providing continuous resistance throughout a movement. The bands are very versatile, can be used anywhere and are usually inexpensive.

- **Own body weight** – Your own body weight can be pitted against gravity by doing exercises such as push-ups, chin-ups and abdominal crunches. You can do these exercises just about anywhere and it doesn't cost you anything.

### HEALTH BENEFITS

Properly performed, resistance training can provide a range of physical and mental health benefits including:

- Improved muscle strength and tone
- Increased bone density and strength
- Weight control
- Prevention and control of chronic conditions
- Reduced risk of injury
- Increased stamina
- Improved sense of well-being
- Improved sleep patterns

Resistance training can be dangerous if your technique is incorrect or you try to lift weights that are too heavy for you. It is important to consult a physiotherapist, exercise rehabilitation professional or a qualified gym instructor before starting a new programme. They can show you how to perform exercises using the correct technique and can advise you on the best resistance training programme to suit your needs.

## Protecting Your BACK

Keeping your back fit and healthy and protecting it from injury can help you reduce the risk of suffering from chronic back pain. It can also help to reduce the impact back pain has on your life if it does occur. The following tips will help you to look after your back and help to keep it healthy and strong:

- **Exercise your back regularly** – Low-impact aerobic activities such as walking and swimming are excellent ways to strengthen the muscles in your back.
- **Keep your back flexible** – Regular stretching can help improve the flexibility in your back. Activities such as yoga and tai-chi can be helpful. Talk with your doctor about which stretches/activities are best for you.
- **Maintain a good posture** – Avoid walking with your shoulders hunched or slumping in your chair. Choose a seat with a good lower back

support and a swivel base. Try to change your position every few minutes when sitting or standing for long periods of time.

- **Use the correct technique when lifting and carrying heavy objects** – Keep your back straight and bend only at the knees. Always lift and carry objects close to your body. Avoid lifting and twisting at the same time. If the item is very heavy or awkward to carry, ask someone to help or use manual handling aids.
- **Maintain a healthy weight** – Being overweight can put extra strain on your back muscles.
- **Quit smoking** – It is thought that smoking reduces blood flow to the blood vessels in the lower back which may lead to degeneration of the discs between the vertebrae.

## Health Care Information - LGIS (cont).

## How to Choose a Healthy Breakfast

Lots of people claim they skip breakfast because they don't have enough time, or simply because they don't feel like eating so early in the morning. But breakfast is definitely worth finding time for.

A healthy breakfast breaks the overnight fasting period and provides us with the energy we need to face the day. It also provides us with essential vitamins and minerals and helps set the stage for your eating habits throughout the rest of the day.

### What to include:

A healthy breakfast is one which provides a variety of foods, is low in saturated fat, high in carbohydrates, contains fibre, and provides vitamins and minerals. To get this combination you should try and include one or two foods from each of the following categories:

- **Whole grains** – options include wholegrain cereals, wholemeal or wholegrain rolls, oatmeal and wholegrain crispbreads.
- **Fruit and vegetables** – Options include fresh fruit and vegetables such as apples, bananas, oranges, carrots, avocados, tomatoes and mushrooms. Fruit juices that are 100% juice without added sugar.
- **Low-fat dairy products** – Options include skim milk, low-fat cheeses such as cottage cheese and ricotta, low-fat yoghurts.
- **Low-fat protein** – Options include poached or boiled eggs, fish, lean meat and poultry.

### Healthy Breakfast Ideas

- A bowl of wholegrain cereal topped with sliced fruit and low-fat or skim milk.
- A smoothie blended from fruits, low-fat yoghurt, milk and honey.
- Poached or boiled eggs served on wholemeal toast with a glass of fruit juice.
- Multigrain pancakes topped with berries and low-fat yoghurt.
- Wholegrain bagel topped with smoked salmon and low-fat cottage cheese.
- Wholemeal or wholegrain toast topped with avocado, tomato and low-fat melted cheese.



## Flu Vaccinations

Influenza, commonly known as the flu is a highly contagious viral infection. Symptoms include headache, sore throat, high fever, tiredness, coughing, and muscle and joint pains. Although rare, flu can increase the risk of serious complications or death as a result of the underlying infection. You are more at risk of developing serious complications if you are:

- Over 65 years of age.
- A severe asthmatic.
- Have chronic heart disease, lung disease or a neurological condition.
- Have impaired immunity or a chronic illness such as diabetes or kidney disease.
- Pregnant.
- An Aboriginal or Torres Strait Islander person over 50 years of age, or aged 15-49 with risk factors.
- A health-care worker or resident of a nursing home or long-term care facility.

It is important to protect yourself against the flu virus particularly if you belong to one of these high-risk groups. Vaccination provides the most effective protection against the flu as it allows the body to build up immunity to the virus and avoid infection.

The best time to get vaccinated is between March and May before the onset of the flu season in winter. Protection develops about two weeks after the injection and immunity lasts for up to one year. The vaccination is safe and cannot give you a dose of the flu as it contains no live virus.

For more information visit the InFLUenza website at [www.fightflu.gov.au](http://www.fightflu.gov.au)

### Avoiding the Flu

- Get an annual flu vaccine
- Cover your nose and mouth with a tissue when you cough, sneeze or blow your nose.
- Dispose of used tissues into the bin immediately.
- Wash your hands with soap and water regularly.
- Keep your hands away from your eyes, nose and mouth.
- Avoid physical contact with others and stay at home if you develop flu symptoms.



## Health Care Information - LGIS (cont).

## Weight Loss



Your body uses the food you eat as energy for daily activities and cell maintenance. Any excess energy is stored by the body as fat. This means if you consume more energy than you use, you will gain weight. On the other hand, if you use more energy than you consume, you will lose weight.

The key to successful weight loss is combining a healthy, balanced diet and regular physical activity. Fad diets that eliminate whole food groups or promise rapid, effortless weight loss are best avoided. Although you may lose weight initially, these diets are often difficult to follow in the long term and you may be losing out on essential nutrients.

Continual cycles of dieting, weight loss and weight gain are called 'yo-yo' dieting. Yo-yo diets do not help you to maintain a healthy body weight and can slow down your metabolism. Making small but permanent changes to the way you eat and exercise is the best way to lose weight healthily and keep it off.

## Weight Loss Tips

- **Cut Calories** – Fat has more than double the calories of protein and carbohydrates. You should reduce the amount of high-fat foods in your diet and choose lower or fat-reduced options. Use cooking oil and spreads sparingly and remove excess fat from meats.
- **Reduce portion sizes** – Portion sizes have increased over the years especially when it comes to ready meals and snack foods. Eat smaller portions of potatoes, pasta, rice and fatty or sugary foods and eat bigger portions of fruit and vegetables. Stop eating as soon as your hunger is satisfied.
- **Keep a balanced diet** – Eat a wide variety of food from all food groups including bread and cereals, vegetables, fruit, milk and dairy, meat, fish and legumes.
- **Don't skip meals** – If you skip meals you may find you eat more when you do eat which can lead to a larger stomach capacity. This can then increase the amount of food you need at each meal to feel full. You should aim to have six small, frequent meals and snacks rather than three large meals a day.
- **Cut down alcohol and sugary drinks** – Alcohol and sugary drinks are high in calories and low in nutrients. Drink plenty of water instead and have a glass before you start each meal.
- **Get Active** – Regular exercise will not only help you to lose weight but can also reduce the risk of you developing certain chronic diseases. You should aim to do at least 30 minutes of moderate intensity physical activity on at least five days of the week. Suggestions for a more active lifestyle include playing a sport that you enjoy, walking instead of taking the car, taking the stairs instead of the lift, gardening, cycling and mowing the lawn.



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### IN OUR NEXT ISSUE

- Protecting Your Knees
- Gout
- Eating Out the Healthy Way
- Nutritional Claims
- Exercise Myths

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.

## CENTRECARE GOLDFIELDS



## Centrecare Goldfields Counselling Services

Would you like to talk to a counsellor?

Centrecare visits your region regularly and can support and counsel community members individually and in groups in many areas including:

Financial difficulties	Relationship development
Alcohol and other drug use	Victim support
Family and domestic violence	Mental health
Child sexual assault	Carer support
Family members entering/exiting prison	Tenancy support

For more information, or to make an appointment please call our Kalgoorlie office on;

08 909 11833 or freecall 1800 671 833

**Appointments are essential.**

[For Appointments in Menzies please phone the contact above.](#)



## ANZAC Biscuits

There are a few theories on the origins of ANZAC biscuits but it is certain that they came about during the First World War, around 1914/15.

Some say that they started as biscuits made by the Troops in the trenches with provisions they had at hand to relieve the boredom of their battle rations. And some say they came about due to resourceful of the women on the "home front" in an endeavour to make a treat for their loved ones that would survive the long journey by post to the war front.

There is even the suggestion that they originated from Scottish Oatmeal Cakes which is entirely possible. Whatever the origin, they have won the hearts of all Aussies the globe over as the pseudo National Biscuit.

And here is how to make them, it is dead simple. If I can make them, anyone can!

### Ingredients

- ◆ 1 cup plain flour
- ◆ 1 cup rolled oats (regular oatmeal) uncooked
- ◆ 1 cup desiccated coconut
- ◆ 1 cup brown sugar
- ◆ 1/2 cup butter
- ◆ 2 tbsp golden syrup (or honey)
- ◆ 1 tsp bicarbonate of soda
- ◆ 2 tbsp boiling water



### Method

Combine the flour (sifted), oats, coconut and sugar in a bowl.

- Melt the butter and Golden Syrup (or honey) in a saucepan over a low heat..
- Mix the bicarbonate of soda with the water and add to the butter and Golden Syrup.
- Pour the liquids into the dry ingredients and mix well.
- Spoon dollops of mixture, about the size of a walnut shell, onto a greased tin leaving as much space again between dollops to allow for spreading.
- Bake in a moderate oven, 180C / 350F, for 15-20 minutes.
- Cool on a wire rack and seal in airtight containers.

### Tips

- The American tablespoon is a little smaller than the British tablespoon, so be generous with your Golden Syrup (or Honey) and Water.
- If you have any thoughts of keeping the biscuits for any length of time I suggest you keep them in a padlocked container!

For a little variety you may wish to add 2 teaspoons of ginger spice or even Wattle Seeds, a recent addition but don't ask me where to get them.

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Articles & Photos Always Welcome



## Your Photos

### Photos of Menzies



## Calender of Events for April - May 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 <i>School Holidays</i>	6 <i>School Holidays</i>	7 <i>School Holidays</i>	8 <i>School Holidays</i>	9 <i>School Holidays</i>	10 Youth Week 10th - 18th	11
12 <i>School Holidays</i>	13 <i>Holiday Sports Activity</i> <i>See page 16</i>	14 <i>School Holidays</i>	15 <i>School Holidays</i>	16 <i>School Holidays</i>	17 <i>Menzies Awareness Day &amp; Norm Price Show</i>	18 <i>Boulder Markets</i>
19 <i>School Holidays</i>	20 <i>School Resumes</i>	21	22 <i>Menzies Council Meeting 9am</i>	23	24	25 <i>ANZAC DAY</i>
26 <i>ANZAC Day Public Holiday</i>	27	28	29	30 <i>Clean up Menzies Day</i> <i>See P. 14</i>		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Thurs 27th <i>Australia Biggest Morning Tea</i>					1 <i>MAY DAY</i>	2 <i>Kalgoorlie Market Day St Barbara's Sq.</i>
3	4	5	6	7	8	9