



Menzies Matters

Issue 23

Free

February 2010



Australia Day in Menzies

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Take a look around!

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- Lake Ballard
- Sculptures
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- Discovery Trail
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- Niagara Dam

Photos—
Marina
Bauer &
Robyn
McCarthy
Story -
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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 15th 2009 to April 14th 2010

Restricted Burning Periods:

November 1st 2009 to December 14th
2009 & April 15th 2010 to May 14th
2010

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

SHIRE OF MENZIES

Council Meetings 2010

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

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

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

February - Thursday 25th

March - Thursday 25th

April - Thursday 22nd

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



Tralina Tucker - Rates & Payroll Officer

Tralina has recently been acting Rates and Pay Roll Officer and has gained some valuable skills enabling her to be selected as the new Rates Officer for the Shire of Menzies. She previously was the Customer Service Officer and has been working for the Shire since November 2008. Tralina is highly experienced, having worked in a legal office prior to coming to Menzies. She relates well with the general public and brings her enthusiasm to work with her each day. We hope her new appointment will be a rewarding experience.



Take a look around!!



Matters arising from the Ordinary Meeting of Council held Thursday January 28th 2010.

1. Social Event for Menzies.

Council approved of the engagement of a well known singer/bandsman in “Norm Price” and where it is hoped we can engage him to perform a one night event on Saturday April 17th, 2010 in the Town Hall, where it is also hoped that Greg Stubbs will also be able to assist with music and support during the evening. Accordingly, this will be wonderful for Menzies and indeed it is planned that the Ambulance Association will arrange the sale of drinks during the evening as a fund raising event for the Menzies Sub-branch.

2. Niagara Dam – Restoration and Cleaning.

This mammoth task has been undertaken while the dam is empty to the extent of the funds available in the budget for this purpose and arrangements are also in hand to have Councils Consulting engineer inspect the Dam to confirm the integrity of the structure. Accordingly Council is determined in its endeavour to restore the facility and maintain the image of the original structure.

3. Rail Line to Menzies.

A very exciting prospect is contained in the proposal of a Mining Venture intending to construct a rail link from their operations West of Menzies through the town and onto Esperance. Council was supportive of this venture and no doubt further advices will issue once further details are to hand.

4. Caravan Park Construction Tender.

Whilst Council had arranged to tender the work for the remaining four components of work required in this project, the submission varied so vastly that the disparity was so great that Council resolved not to accept any submissions, but instead to project the final tasks in-house under the auspice of the Consulting Engineer's management for the **Electrical, Plumbing, Sewage and Civil works. Accordingly, these components** will be advertised and submissions for these will be addressed at the February meeting with the object of issuing contracts promptly and completing the Work within the next few months.

5. Greenhouse Facility.

An innovative concept was resolved by Council in the provision of a Greenhouse in the shire depot for the purposes of providing trees, shrubs and vegetables for the town site and street verges. In addition to be made available to Mining ventures who may be interested in purchasing trees and shrubs for revegetation purposes at their mining operations. This is an exciting and forward thinking concept and where much benefit is likely to accrue as a result.

6. Artist in Residence to Visit Menzies.

Council embraced the opportunity to engage an artist from Melbourne to attend Menzies and provide workshop for local artists and assistance and guidance where required. This is a great opportunity for our community to embrace a rare opportunity to enhance their skill base and develop areas of their existing expertise with a professional sculptress. We anticipate the visit is likely to be in the latter half of this year where three artists will visit Menzies for three weeks (approximately) and where further advices will issue to the community closer to that time.

7. Menzies Sub-branch of the St. John's Ambulance Association.

With the support of the Menzies Shire Council in a donation of \$5,000 towards the construction of a training office facility, this wonderful opportunity enhances the training opportunities for the ambulance personnel **and this would not have been possible without the support from the Police Department's “Enough is Enough” programme, the F.E.S.A. office and the St. John's Ambulance office, all of which donated \$1,000** each towards this office construction.

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**CUSTOMER SERVICE OFFICER**

Applications are invited from suitably qualified and experienced applicants for the above position to commence in February 2010 at the Shire of Menzies council office.

An attractive salary scheme and a conditional package applies. A Position Description and further information may be obtained by contacting Tralina Tucker on (08) 9024 2041. Accommodation may be available.

***Applications to be received at the Shire of Menzies
On Wednesday 17th February 2010 by 12 noon***

Brian Seale JP
Chief Executive Officer

Shire of Menzies, PO Box 4, MENZIES WA 6436

Phone: 08 0242041 Fax: 08 90242110 Mobile: 040 114 509 Email: rates@menzies.wa.gov.au



Menzies Australia Day Breakfast -

Story from photos on page 1

The Australia Day Breakfast at the Menzies Town Hall was well attended and a hearty pancake and sausage sizzle breakfast with the obligatory tea & coffee to wash it all down was provided for by the Shire of Menzies.

After breakfast the Shire President, Greg Dwyer gave an introductory speech on what Australia Day meant to

him and spoke of past and current Australians of the Year who have come to represent the true values that all Australian citizens enjoy today.

President Dwyer then went on to announce the Menzies Citizen of the year for the over 25 year age group which was awarded to Jerry Lenane for his outstanding dedication to the St John Menzies Sub Branch during 2009.

Jerry was selected from three nominations for the same category and there were no nominations for the Citizen under 25 years of age or a Community Group.

Many thanks to Justin & Sethen for their part in the hall setup and for being the pancake chefs. Thanks also go to Jim Pianto for his supporting role as BBQ Chef and to Debbie Pianto for her assistance in the clean up operation.

It was a good community event which brought Menzies people together and was enjoyed by all who attended.

SKATE RAMP FOR MENZIES

At the October 2009 Meeting of the Shire of Menzies Council a budget provision of \$70,000 was allocated (2010/11 year) for a Skate Ramp in Menzies, subject to evidence of public consultation being conducted to show support for this facility.



Would you like to see a Skate Ramp built in Menzies?

Tell us what you think and list your top 10... and to also add further suggestions.

1 being what you would like the most to see in Menzies, to 10 being at the bottom of your wish list...

☐

Skate Ramp

☐

BMX Track

☐

Swimming Pool

☐

Recreation Centre

☐

Upgraded Playground

☐

Water Park

☐

Cycle paths

☐

Beach Volleyball Court

☐

Gym

☐

Other... _____



Please nominate your age range...

☐

Up to 5yrs old

☐

6yrs to 10yrs

☐

11yrs – 14yrs

☐

15yrs – 18yrs

☐

19yrs – 24yrs

☐

25yrs +



Completed surveys to be returned to the Community Resource Centre by Thursday 18th February, 2010.

Results will be published in the March edition of Menzies Matters.

Community Resource Centre

Community Survey

The Shire of Menzies has completed and submitted an 'Expression of Interest' for the 'Fmr' Lady Shenton Hotel facility to be officially recognised as funded Community Resource Centre. We have successfully reached the first stage whereby our 'expression of interest' has been endorsed on the 15/01/10 by the Dept of Local Gov't & Lands. The next stage is the formal application process, and as part of this process we are required to gain community support through a Community Needs Survey.

The 'Fmr' Lady Shenton Hotel already has the following services co-located within the facility...

- Community Postal Agency
- Visitor Centre & Gift Shop
- Spinifex Art Gallery
- Library
- Internet Access (2 pcs for public internet)

Services also available include: booking service for Goldrush Tours, Caravan Park & Unit bookings, monthly publication of Menzies Matters, historical photos & information, venue for community meetings...

What services would you like to see and what services could be expanded?

Many Community Resource Centres also offer the following. Please tick the box next to what you think could be offered and add further suggestions at the bottom of this page.

- ☐ EFTPOS facility
- ☐ Community Arts Space
- ☐ Expanded library facilities
- ☐ Café
- ☐ Video Conferencing facilities
- ☐ Video & Digital Camera Loans
- ☐ Data Project availability
- ☐ Binding & Laminating
- ☐ Copying & Faxing facilities
- ☐ TAFE external study courses
- ☐ Photo printing
- ☐ Licensing agency
- ☐ Further suggestions...

Please complete the survey & return to the Community Resource Centre by Thursday 18th February, 2010

Thankyou for your contribution.

Justin Lee (Community Development Officer)
Shire of Menzies

Volume 4, Issue 4

January 2010

The Remote Dog Digest

Aboriginal Community Veterinary Services

Special points of interest:

- In remote communities in Northern Australia, there are almost five times as many dogs per household compared to the rest of urban Australia.
- In 2009, the dog trials in communities were controlled by ACVS (supported by RSPCA).
- In 2009, average cost of trials in remote communities was increased by 50% due to more people taking dogs on the journey.

Inside this issue:

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- Checklist for Organising Dog Programs 14

Welcome to Our First Newsletter

We would like to introduce you to our first monthly to newsletter newsletter.

This newsletter will be produced by Aboriginal Community Veterinary Services on a monthly to bi-monthly basis and is designed to help remote indigenous communities to improve the health and welfare of their animals and to provide the best methods of control for their dog and cat populations.

Aboriginal Community Veterinary Services (ACVS) is the brainchild of Dr Samantha McMahon (see profile later).

The veterinarians of ACVS have been performing dog programs in remote communities throughout Australia over the past 20 years.

ACVS will continue to provide dog programs to remote communities throughout Australia over the past 20 years.

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Aboriginal Community Veterinary Services logo

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Parvovirus - What is it?

Parvovirus is a life threatening disease of dogs and the virus being shed in massive numbers by infected animals.

The virus is particularly hardy in the environment. It is easily carried on shoes or clothing to new areas. Parvovirus is able to withstand

extreme temperatures, survive in soil, and to make matters worse, many household disinfectants are not capable of killing it.

In the next issue, we will discuss how to control the virus and prevent infection in dogs.

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Canine Female Contraceptives How do they work?



Injecting a dog with a contraceptive

There are many different forms of

contraception for our canine companions that are effective in our remote community animals.

Some are more effective than others, some have dangers attached and some contraceptives are prohibitively expensive.

So what do they actually do?

There are 2 main types of contraceptives that we use in remote communities work, one family is called a progestagen, and the other is a drug called Suprelorin®.

The progestagens (DSPA® or Covinan®) mimics female hormones that make the dog think it is pregnant. By doing this, it stops the body's production of eggs and hence acts as a contraceptive.

Suprelorin® works in a different way by stopping the flow of oestrogen and hence will stop a dog becoming fertile.

Both of these types of drugs can be used successfully to reduce breeding of dogs in remote communities.

Canine Female Contraceptives The Do's and Don'ts

So what should we be looking for when we're trying to work out the best contraceptive for our community's dogs.

Well, we have to work out how frequently we have to use them. With Covinan®, this drug needs to be used every 2 months. With DSPA, this is 90% effective if used every 5 months, and reduces

to 90% if used every 6 months. With Suprelorin®, it is highly effective if used every 12 months, but it should be noted that a bitch will actually become sterile for the first month.

So why don't we jump straight for Suprelorin®? The problem is that it is exceedingly expensive. The price of Suprelorin® is between 10

to 30 times more expensive than progestagens. In fact it is almost more expensive or equivalent to the cost of desexing a dog in some programs.

This means that for every Suprelorin® injection, 15 dogs could have their 12 contraceptives each year. Thus it is our belief that it is better to use a progestagen for population control.

"... Some contraceptives are prohibitively expensive."

Canine Female Contraceptives When to Use!!

Female canine contraception can be incorporated into any effective dog program to help control dog numbers. It is important when organising a service provider that you direct them to the combination of drugs that you want for the animals in your community. In making this decision, it is vital to work out the timing of the visits in relation to the

drugs being used. Please note, it is important to always incorporate desexing into any dog program as this will give permanent contraception. Contraceptives should only be used on un-desexed animals.

If only one visit a year is available, then Suprelorin® should be used. Other contraceptives will not act for a

long enough period. However, using Suprelorin® can become a very expensive exercise and can often cost more than having another two to three visits each year.

If two or more visits a year are available, then it is better to go with the drug DSPA. This is a cheaper option and

is just as effective. Another added advantage is that more regular visits allow more desexings to be performed, and ultimately provide longer lasting population control results in the community's dogs.



Happy Owners with their dogs at Numbulwar

Page 2

The Remote Dog Digest

Profile

Dr Samantha McMahon

Dr Sam McMahon began her veterinary career as a graduate of the University of Queensland Veterinary School 10 years ago. She has spent most of her career since then in the Northern Territory. Sam is the founder of the successful Northern Territory Veterinary Services and Aboriginal Community Veterinary Services (ACVS).

She has a keen interest in equine and small animal

medicine and surgery. Sam was on the board of the Australian Veterinary Association (AVA) for several years and has been a past president of the NT Division of the AVA.

In 2009, Sam was the Winner of the First Sector category of the NT Telstra Business Women's Awards and was the winner of the Chief Ministers Award for Innovation. In 2009, Sam received the AFPA Corporate Governance Scholar-

ship for young people in rural industries initiative, and also received the Centenary Medal.

Sam's interest in community work started from the moment she came to the Territory and saw the gap present in the care of animals in remote communities. As a result, she helped create ACVS, and is very proud of the outcomes it has achieved.



Dr Samantha McMahon

Scabies - Is it Really a Worry?

"Contrary to popular belief, humans can get infected with canine scabies..."

Scroopic mange (aka Scabies) is the name for the skin disease caused by infection with the Scroopic mite. This is the second most common mite found on dogs in Aboriginal communities (the first being one called Demodex).

The mite of the mite as it becomes through the skin is what causes the animal to become extremely itchy.

Furthermore, the presence of mites and their eggs guarantees a massive allergic response in the skin, which is even more itchy.

Mites prefer hairless skin making the ear flaps, elbows and abdomen at high risk for the red, scaly skin that characterises scroopic mange. Sometimes, other diseases can cause similar signs.

Contrary to popular belief, humans can get infected with canine scabies, but the mites die within 3 days. During this period, the mites can cause immense itching in people, and there is some thought that continual irritation may be a problem.

In the next issue, treatment options will be discussed.

The 2009 Community Dog Program & Disaster Management Workshops

The 2009 Community Dog Program and Animal Disaster Management Workshops were held by ACVS in Darwin and Katherine in September 2009. The speakers for these workshops included Dr Alexander Burleigh and Dr Samantha McMahon.

People travelled from all over Australia to attend these workshops. Delegates came from the NT, WA and QLD.

On the first day the topics covered included animal diseases, parasites, reproductive control, human health impact, and how to

set up and maintain a good dog program. The second day had interactive sessions and covered aspects of disaster management of animals.

The workshops were a huge success and very well received. We look forward to the next one in 2011.



An Alex Burleigh Presenting at the Katherine Workshop

WE'RE OUT THERE
WWW.ACVS.COM.AU

Aboriginal Community Veterinary Services

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PO Box 1610
Katherine, NT 0854
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Fax: +61 8 8972 3343
E-mail: info@acvs.com.au

Healthy Animals, Strong Communities

Aboriginal Community Veterinary Services (ACVS) is a veterinary provider that caters for the needs of people and their animals in remote Aboriginal Communities throughout Australia. ACVS first started in 2008 and has grown strongly over that period. The veterinarians of ACVS have been performing dog programs in remote communities throughout Australia over the past 10 years. Some programs have been started where no dog programs have been run before. For over 10 years, the veterinarians of ACVS have performed over 150 dog programs throughout the Northern Territory and Australia.

Northern Goldfields Sports & Recreation News



Northern Goldfields Football Team Meeting Menzies



When: Tuesday 9th February 2010

Time: 6:00pm

Where: Menzies Town Hall

Who: Anyone who would like to be involved with the Northern Goldfields Combined Football Team entering the Goldfields Football League in 2011. We need players, coaches, committee members and as many people who can help out.

Northern Goldfields Football Team Meeting Laverton, Menzies and Leonora

When: Saturday 20th February 2010

Time: 11.00 am

Where: Leonora Recreation Centre

What: This meeting will be held with the assistance of Darren Resuggan (West Australian Football Commission)

Items for Discussion:

- Select Committee: Committee to be made of community members from Laverton, Leonora and Menzies.
- Team name
- Team colours

Who: Anyone who would like to be involved with the Northern Goldfields Combined Football Team entering the Goldfields Football League in 2011. We need players, coaches, committee members and as many people who can help out.



Coordinator: Gavin Isbister
Phone: 0439 099 754
Email: gavin.ngsrc@hotmail.com

Northern Goldfields Sports & Recreation News



Northern Goldfields Sport & Recreation Programme Meeting

I NEED YOUR HELP

When: Tuesday 9th February 2010

Time: 7.00pm (After the Football Meeting)

Where: Menzies Town Hall

Who: Anyone with a passion for participating in sport

Items for discussion:

- Sporting activities for adults in town
- Sporting activities for children in town
- Intertown sporting competition
- What would you like to see from the programme



Coordinator: Gavin Isbister
Phone: 0439 099 754
Email: gavin.ngsrc@hotmail.com

2009 Reflections - Menzies Carols by Candlelight



Many thanks to the Sponsors, Shire of Menzies, Menzies Road House, Menzies Hotel & the Water Corp.



2009 Reflections - Menzies Basketball Team Grand Final Winners



Above Left, back row - Kaylene, Kristie, Jeanette, Yvette, Alana, Nadine, Josie
Front Row - Kellie & Kayla

Above Right, back row - Kritie, Jeanette, Josie, Yvette, Kellie, Alana & Kayla
Front Row Nadine & Kaylene

Left - Supporters Gary and Andrew Tucker



Photos supplied by Alana Cameron

Left - Edward Johnston (Umpire)

Above (from Left back row) - Josie Williams, Edward Johnston, Jeanette & Kelly
(Front row) - Alana Cameron, Kristie & Kaylene Tucker.

Menzies Remote Community School News



Menzies Remote Community School
Gregory Street,
Menzies. 6436
1/2/10

Dear Parents, Carers and Students,

Welcome back to the new school year.
We hope everyone had a very restful
break.

Term 1 will be very busy, as we have a
number of projects to start and continue
with.

Our school has been included in a
"Snapshots of Remote Communities"
project with the National Museum in
Canberra.

It is a fantastic project and links in with
the Curriculum learning areas of Society
and Environment, The Arts and English.

Term 1 will focus on:

- *Our community
- *Our history
- *Our place
- *Preparing to document our community

During August/September, we will hold
a community photographic exhibition.
This project will include students in
years 5 and up.

In order for your child to participate in
the project, please fill in and return the
agreement form as soon as possible.



BREAKFAST PROGRAM

This year the breakfast program will not
begin until term 2 and will run in terms 2
and 3 of each year.

This means there will be no breakfast
program in Terms 1 and 4.

CRUNCH AND SIP PROGRAM



The crunch and sip program will
continue throughout the year and all
students will be able to snack on fresh
fruit/vegetables each day.

Students Leaving School Grounds

Please remember, your child is not
permitted to leave the grounds at recess.
They may however leave at lunch time if
you have signed the covering permission
note included in this newsletter and
returned it.

LUNCHES

Please remember that all cool drinks
(fizzy drinks) are not allowed at school.
They are unhealthy and there are suitable
alternatives for your child to bring such
as water, fruit boxes or milk.

We do have a fridge lunches can be
stored in during hot weather. Remember
it is NOT the staff's responsibility to
make up lunches for your child or buy
lunch for your child if you have
forgotten to provide some. Your child
needs to come with a packed lunch each
day.



Students Photos and work

Throughout the year we may need to use
photos, audio tapes and/or videos of
your child and /or reproductions or
extract of their work in publications
produced by the school, the local town
newspaper or the Kalgoorlie Miner. We
need you to sign the attached permission
form and return this also.



Menzies Remote Community School News - cont.

STUDENT WRITING COMPETITION



This year the shire councilors have kindly sponsored three monetary prize awards for an individual student in each of the Junior, Middle and Senior classes. This competition will be judged in term 3.



HOMEWORK

Homework given helps the child to consolidate what has been learnt at school and gives you as a parent an opportunity to assist your child to achieve even better outcomes at school. Education is a partnership between the teachers, the students and you. If we all continue to work together, we should see even better results this year.

We have a new teacher at school this year. Mr Jarrod Hector will be teaching the Bindi Bindi class. This is a multi-aged class of students from years 3-5. I hope Jarrod enjoys his experiences in our school during his time with us. I am sure you will all make him feel very welcome.

LANGUAGES OTHER THAN ENGLISH CLASSES

We are very fortunate because Mr Hector has taught Japanese in Japan and he is happy to work in all the primary classes this year to teach this language and provide some cultural learning activities during integrated sessions with the students. Therefore we will not continue with the Italian program for this semester at least.

There will once again be a focus on absenteeism. Remember if your child misses school regularly they are at risk

of not being able to achieve to their fullest potential.

If your child will be away, please fill in a sheet from the booklet attached and give it to your child to return to school with. All absentees must be recorded and if we don't have a returned note, we must mark your child as being absent without a reasonable cause.

UNIFORMS

Uniforms for your child can be ordered by speaking to Peter the school officer. Alternatively you can purchase gold or black polo shirts from K. Mart and Target for a small cost.

In summer students can wear black or gold shorts and in winter black or gold track suit, long pants or skirt.

Please remember that blue denim is not permitted to be worn in all State Schools.

ASSEMBLIES

A short assembly will be held each fortnight.

Assembly dates for this term are:

Tuesday 9th February at 9.45am

Tuesday 23 February at 9.45am

(On this day 3 way interviews will also be held)

Tuesday 9th March at 9.45am

Tuesday 23 March at 9.45am

After each assembly you are welcome to stay and have morning tea with the staff in the staff room.

The staff and students enjoy parents and community members visiting the school. If you would like to spend time helping in your child's class, please contact their teacher who will organize this with you.

Thanks,
Susan Oliver
Principal

The New Face of Tourism in the Menzies District

Last month's edition of **Menzies Matters** featured some new signs for Menzies, Kookynie & Lake Ballard. These following photos have been supplied by Greg Dwyer on completion of the signage installations for **Kookynie's new Visitor Information Bay just on the left hand side off the Kookynie Road on the approach from the west**.

The history interpretation signage is complimented by a map and brochure, guiding visitors to the more prominent historical sites in this living ghost town. These are now available at the Information Bay and from the Grand Hotel in Kookynie. The Menzies Visitor Centre will be distributing the brochures to all the Northern Goldfields Visitor Centres including Kalgoorlie.

Photos Below are of the recently completed Entry Statement (top left), one of the interpretive subjects - a lady with parasol waiting for a train near the Kookynie platform (Site 16 - the old railway Station) (top Right) and the Kookynie Visitor Information Bay infrastructure (below left).



Caravan Park Site in Menzies

One-off funding of \$250 million in 2008-09 was provided to local government authorities (LGA) through the Regional and Local Community Infrastructure Program (RLCIP) as **part of the Australian Government's economic stimulus plan**. The Shire of Menzies received \$100,000 through the Regional and Local Community Infrastructure Program to partly fund the Menzies Caravan Park Upgrade. Photo of Sign - Above

Local Story - 'Kookynie Kid', Matt Dwyer's Wedding

Councillor Jill Dwyer and President Greg Dwyer son marries Jasmine Ager



"Matt and Jasmine's Wedding ceremony took place on a beautiful afternoon and the reception into a warm summers night on Sunday 6th December.

Matt and his Grooms men, Phil Parker - Best man, Steve Marone and Grant Stuart - Groomsmen, dressed and prepared themselves for a busy day with the Dwyer

family at The Rendezvous Hotel then cruised around Perth for a few hours prior to the ceremony in a Ford GT 8 seater Limo arriving at Bridgeleighs Wedding and Reception Venue for a 5pm start.

Jasmine and her Bridesmaids, Rosalind McLagan - Maid of Honour, Emily Ager and Laura Dwyer - Bridesmaids, arrived fashionably late in the same Ford GT Limo after a busy morning getting ready at Jasmine's Parents House, Nick and Lene Ager.

Jasmine wore a white, strapless dress with crystal, bead and lace details by designer Henry Roth (Project Runway Presenter) and matching white veil with embroidery and crystal edging while her bridesmaids wore purple knee length Cue dresses. Flowers were by a local florist in purple, white and pink posies. Flower girls were Gemma Stillman and Lillian Dwyer-Castle and wore matching white frilly dresses made by Pat and carried purple wicker baskets with rose petals.

Jasmine and her bridesmaids walked down the isle to Seal - Kissed by a Rose, and the ceremony went off without a hitch.

The reception was held at the same venue, Bridgeleigh's in Wanneroo and started with canapés and drinks straight after the ceremony while the newly wed couple and bridal party were taking photo's.

The bridal party kick started the reception at 7pm to Black Eye Peas - I've got a feeling. The 65 family and close friends were treated to a delicious 3 course meal with professional service from the staff and great music and dancing from DJ Pete from Magic FM throughout the night.

Matt and Jasmine honeymooned in WA's South West Region in Yallingup for a week and had a great time relaxing and unwinding after the wedding." CONGRATULATIONS !

Local Stories - Chummy's Pride & Joy



Maureen Tucker, sent in these photos of a single Sunflower which is her husband Chummy's "Pride & Joy". Nurtured with obvious love and care only a "green fingered" gardener can appreciate, the sunflower has become a rather large feature in their backyard. The Sunflower is generally an Annual plant, which means it germinates, grows, flowers, sets seed and dies back in one 'season'. Sometimes if the climate is right some annuals will become perennial and continue to flourish until the weather becomes too cold for their survival. Most vegetables are annuals and this is why they are described as 'seasonal'.

St John Ambulance Menzies Sub Centre - News



If you would like to become a Volunteer for St John Menzies Sub Branch -

Contact Jerry Lenane Mob: 0448 242 040 or Katie Lenane Mob: 0400 203 767

NEXT GENERAL MEETING—Sat 27th Feb @ 4pm

Training held each Wednesday 6pm and monthly General Meeting are usually held on the first Saturday of each month with training from 12pm-2pm before and a social BBQ after the General Meeting. All Training & Meetings at the Ambulance Shed in Mercer Street Menzies. A **“working bee”** will be underway in the near future - Watch this space for a date to help build extensions to the training room.

CONGRATULATIONS: The St John Menzies Sub Branch volunteers wish to congratulate their Chairman, Jerry Lenane for his Menzies Australia Day Citizenship Award presented for his outstanding dedication to the St John Menzies Sub Branch during 2009.



Spinifex Art Stories - Profile of Artist Byron Brooks



Title: "Untitled"

Artwork Size: 500mm x 800mm

Born: 01/07/1955

Place of Birth: Tjaware

Language: Pitjantjatjara



Byron is painting his 'area', the place he was born and grew up.

Typical of Spinifex paintings, many of the places shown are sites for stories that cannot be spoken about or must be mentioned only in the most general terms. Several of the rockholes shown are major Spinifex sites such as Paupiya, Ilkurika, Tjintilkara, Pukera, Minga and Miramiratjara. Interestingly Byron has also included geographical information to locate both the sandhill and plains country.

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

Story & photo reproduced with kind permission from Ilkurika Community.

Coming to Menzies - Saturday 13 March

Produced by special arrangement with Playscripts, Inc. (www.playscripts.com)

Stage Left Theatre Troupe
proudly presents....

MEN OF STONE

A farcical play Written by Seth Rozin
& Directed by Kevin Blair

May contain
nudity, lingerie,
cannelloni,
and a fig leaf!

stage left theatre troupe
Culver City, CA

AN HILARIOUS COMEDY!

Artwork by Simon Kenny

Fri Feb 5, Sat Feb 6, Thurs Feb 11, Fri Feb 12 and Sat Feb 13, 2010
(Touring to Menzies Town Hall - Saturday March 13)

Performing at STAGE LEFT THEATRE corner of Burt and Lane Streets, Boulder
Tickets \$15 concession; \$20 adults available online at www.TAZTix.com.au or
phone **9255 3336**. For cash sales and general inquiries Phone: **0439 091 391**

Email: stageleft@wowkal.com

Website: www.stageleft.org.au

Regional Community Network Notice



'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

Community Safety Notices



Government of Western Australia
Department for Child Protection

If they work with your child, you need to check their card.



It is the law that certain people who work with your children including many tutors, nannies, coaches and counsellors must have a Working with Children Card. As parents you can ask to see the card and can check that it is valid on our website.

For more information go to checkwwc.wa.gov.au or call 6217 8100 or 1800 883 979 (toll-free).

Community Safety Notices

Who will find what
you post online?
THINK
BEFORE YOU POST



Ovarian Cancer Awareness Month - Briefing Notes

Ovarian Cancer Awareness Month is the Initiative of Ovarian Cancer Australia

Ovarian Cancer Australia is inviting every Mayor and Council in every city and shire throughout Australia to support Ovarian Cancer Awareness Month during February 2010, to help save the lives of Australian women. Ovarian Cancer Awareness Month, a community health initiative of Ovarian Cancer Australia, aims to save lives through educating women at all levels of our society, ensuring every woman knows the symptoms of ovarian cancer.

In 2010, every 11 hours an Australian woman will die from ovarian cancer. Awareness of the disease and its symptoms is critical for women of all backgrounds and all ages because if ovarian cancer is discovered in the early stages, the majority of women will make a full recovery. The key to early diagnosis is knowing the symptoms, but very few Australian women know the risks and symptoms of ovarian cancer – there is no test for the disease. Only recognition of the symptoms (listed in the briefing notes) can help save lives.

In 2009, all members of Federal Parliament supported this community health initiative and we believe will do so again in 2010. Our objective is to reach women in every corner of Australia by inviting support from all Councils. As a recognised leader in your community, we are inviting you to be a critical advocate for this vital awareness campaign. By informing your constituents of the risks and symptoms of ovarian cancer through council newsletters, websites and by activating the media in your city or shire, you can take an active role in directly helping to save the lives of women in your community.

In January 2010, we will be forwarding an information pack that includes a pre-prepared media kit, a poster, brochures for display and a Teal Ribbon to wear during a media photo opportunity. The media kit will include all the information you will need such as key messages and journalist notes. We would invite you to enter information specific to Council and distribute the release to your local media. Alternatively, we invite Council to create awareness activities and develop a media release which includes information about the disease based on the briefing notes provided. Digital media kits will also be available by contacting Ovarian Cancer Australia's public relations agency, Insight Communications on:

(02) 9319 3844 or alice@insightcommunications.net.au

Key dates for this national awareness campaign throughout February include:

1 February 2010 - National Media Launch of Ovarian Cancer Awareness Month

24 February 2010 - Teal Ribbon Day

We hope you will join Ovarian Cancer Australia and other community leaders by supporting this vital health education initiative ensuring women in your district are aware of the symptoms and risks of ovarian cancer.

Who is Ovarian Cancer Australia?

Ovarian Cancer Australia is a national not-for-profit organisation providing support and advocacy for people affected by ovarian cancer, and is the peak body for ovarian cancer awareness and prevention. Our programs are focused in these important areas:

- Promoting awareness of ovarian cancer and its symptoms in the community – giving Australian women and their healthcare providers a better understanding of the early signs of ovarian cancer
- Providing support networks and resources to women and their families and friends affected by ovarian cancer
- Advocating with medical professionals, government and the media for women diagnosed with ovarian cancer
- We are the only organisation that works with Australian women, their families and friends who have been affected by ovarian cancer

Ovarian Cancer Australia Exists To:

- Save women's lives by raising awareness of the symptoms of ovarian cancer
- Support those touched by ovarian cancer
- Be the voice of ovarian cancer awareness and prevention in Australia



How Many Women In Australia Have Ovarian Cancer?

1 in 70 Australian women will develop ovarian cancer in their lifetime. Each year, more than 850 Australian women will lose their battle with ovarian cancer – that's one woman every 11 hours.

Teal is the International Colour Representing Ovarian Cancer

What Is The Life Expectancy For A Woman Diagnosed With Ovarian Cancer?

75% of women are diagnosed in the advanced stages and will not live beyond 5 years. If diagnosed early, the majority of those women will survive. This is why awareness and early detection is so important.

Who Is At Risk Of Developing Ovarian Cancer?

Factors that are considered to increase the risk of ovarian cancer are:

Age – women over the age of 45 are at greater risk of developing ovarian cancer. However, it affects women of all ages - ovarian cancer has been diagnosed in girls as young as 7.

Never having taken the contraceptive pill

Having few or no pregnancies

A high-fat diet, being overweight and smoking

A history of cancer in the family, especially ovarian, breast or some bowel cancers (approximately 10% of all ovarian cancer cases are due to an inherited gene fault and these are found in 1 in 500 people in Australia)

Being of Ashkenazi Jewish descent

Facts About Ovarian Cancer In Australia

This year, 1500 women will be diagnosed with ovarian cancer; more than 850 will die from the disease

There is no reliable early detection test for ovarian cancer

The majority of Australian women do not know the symptoms of ovarian cancer

Ovarian cancer is the 6th most common cause of death in Australian women.

What Are The Symptoms Of Ovarian Cancer?

The four most frequently reported symptoms from women diagnosed with Ovarian Cancer are:

Persistent abdominal pain or pelvic (lower abdominal) pain

A noticeable increase in abdominal size or abdominal bloating

Needing to rush to the toilet to urinate often or urgently

Feeling full quickly or finding it difficult to eat

Other symptoms that have been commonly reported by women with ovarian cancer include:

Vague but persistent stomach upsets such as wind, nausea, heart burn or ingestion

Vaginal bleeding

Change in bowel habits

Weight loss or weight gain

Excessive fatigue



If these symptoms persist even after prescribed treatment for other more common conditions (for example irritable bowel syndrome), women should ask their GP to consider the possibility of ovarian cancer. Ovarian Cancer Australia provides free symptom diaries to download from their website so that women can track what they are experiencing and be able to better communicate with their GP.

Is There A Test For Ovarian Cancer?

No! There is NO early detection screening test for ovarian cancer. A Pap smear does NOT detect Ovarian cancer. This is why awareness of the symptoms is critical to Australian women

How Is Ovarian Cancer Diagnosed?

Ovarian cancer can only be confirmed at the point of surgery. If ovarian cancer is suspected, a GP will recommend tests which can suggest if ovarian cancer is a possibility, these include the CA125 test, and a trans-vaginal ultrasound, but these tests cannot be used to screen for or diagnose ovarian cancer.

How Is It Treated?

When ovarian cancer is confirmed during surgery, a total hysterectomy (removal of the uterus), bilateral salpingo-oophorectomy (removal of the fallopian tubes and ovaries on both sides), omentectomy (removal of the fatty tissue that covers the bowels), lymphadenectomy (removal of one or more lymph nodes) may be performed.

Awareness Is The Key To Saving Lives - We Raise Awareness By Promoting:

2010 Teal Ribbon Day is Wednesday 24 February

Regional & Community Health Information

POITIER MEDICAL PRACTICE LEONORA - SpecialistsMarch 2010**Tues 2** Dr Shetty - Physician**Thur 4** David - Podiatrist**Tues 9** Dr Robyn Leake - Gyno**Mon 15** Mental Health Clinic**Wed 17** Helen O'Sullivan

- Diabetic Educator

For Appointments Phone Bev**90 376 238****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

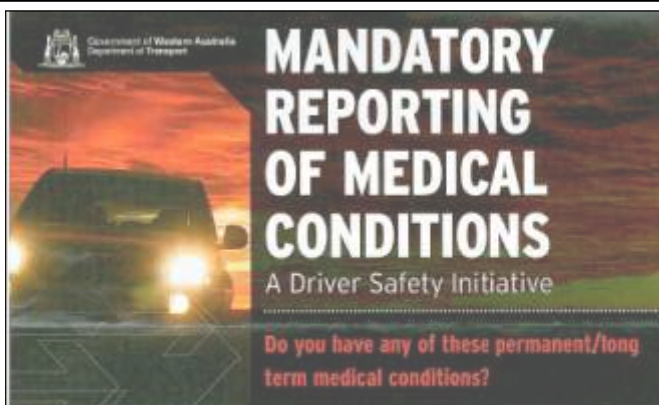
POITIER MEDICAL PRACTICELEONORA

Appointments please phone 90 376 238.

For Emergencies phone Leonora Hospital 90804300**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.



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 or call 1300 852 722
If you need, consult your GP for more information.

**February is Ovarian Cancer Awareness Month is the Initiative of Ovarian Cancer Australia****Awareness Is The Key To Saving Lives - We Raise Awareness By Promoting:**

Australia's annual awareness month is February. **Teal Ribbon Day** is Wednesday 24 February 2010. **Teal** is the international colour representing ovarian cancer.

About Ovarian Cancer Awareness Month
Ovarian Cancer Awareness Month is an International campaign to raise awareness of the symptoms of ovarian cancer. In 2010 in Australia Ovarian Cancer Awareness Month is held in February. Ovarian Cancer Awareness Month is also a time when Ovarian Cancer Australia, their volunteers and friends, raise funds for their programs and resources to support women with ovarian cancer and to ensure every woman in Australia knows the symptoms of ovarian cancer. See Page 20 & 21 of this Menzies Matters February edition for more info.

<http://www.ovariancancer.net.au/about-us>

Menzies Health Centre Information

Population Health Information Session

Staff are giving a talk on the use and effects of "substances" i.e. alcohol, illegal drugs etc.

This session is available to the general public and also recommended for St John Ambulance volunteers.

It is an information session and you should feel free to ask any questions.

When: Tues 9th March

Where: Menzies Shire Hall

Time: 1pm - 4.30p.m.

MENZIES HEALTH CENTRE

CLINIC Generally attended by Sister Sam

MONDAY - FRIDAY Ph: 90242044

FOR IMMEDIATE HEALTH ADVICE

CALL HEALTH DIRECT 1800 022 222

ANYTIME DAY OR NIGHT

POISONS INFO AVAILABLE 24Hrs

13 11 26

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

POITIER MEDICAL PRACTICE

LEONORA

DR APPOINTMENTS - Ph: 90376238

EMERGENCIES - Ph: 90804300

MENZIES HEALTH CENTRE

Next RFDS Clinic for
Feb & March 2010



Tuesday February 23rd – Dr. Roy Morris

Tuesday March 23rd – Dr. Martin Gross

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.



Swine Flu & Standard Fluvax



Available subject to demand
Menzies Health Centre



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.

CENTRECARE GOLDFIELDS—Counselling Dates

CENTRECARE GOLDFIELDS - For Appointments in Menzies please phone the contact below

Northern Corridor Outreach Dates: Leonora, Menzies & Laverton

Counseling for:

Anger Management
Domestic Violence
Couples counseling
One on One or Group

Dates for appointments

19th January 2010 Leonora 12.30 to 2.30pm

20th January 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton 12.00pm arriving Leonora 1.00pm and available for counseling for an hour. Times are subject to client availability

2nd February 2010 Leonora 12.30 to 2.30pm

3rd February 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton 12.00pm arriving Leonora 1.00pm and available for counseling for an hour. Times are subject to client availability

NEXT APPOINTMENT

16th February 2010 Leonora 12.30 to 2.30pm

17th February 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton 12.00pm arriving Leonora 1.00pm and available for counseling for an hour. Times are subject to client availability

02nd March 2010 Leonora 12.30 to 2.30pm

03rd March 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton 12.00pm arriving Leonora 1.00pm and available for counseling for an hour. Times are subject to client availability

16th March 2010 Leonora 12.30 to 2.30pm

17th March 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton 12.00pm arriving Leonora 1.00pm and available for counseling for an hour. Times are subject to client availability

Agencies please confirm times and dates with Wania whether one on one or group, and Venue if possible thank you.

Counselor: Wania Taiepa

To confirm appointments please contact **Centrecare Goldfields**

Dugan St (08) 90911833

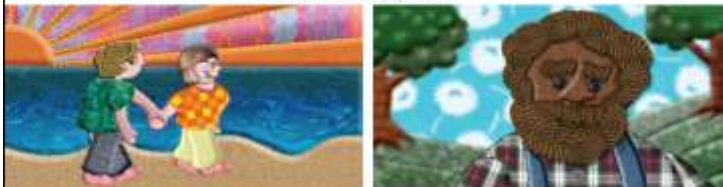
Health Care Information



Cancer Council
Helpline
13 11 20

Commonwealth Respite and Carelink Centre

Australian Government



CARER INFORMATION EXPO

The Commonwealth Respite and Carelink Centre has organised Carer Information Expos to provide free information about disability and other health support services available in your area including support and respite for Carers.

Entry to the Expo is FREE. If you are a Carer, you may be eligible for financial assistance to be able to travel to your local Expo. Respite Funding may also be available for the person you care for.

For details contact the CRCC.

FREECALL™ 1800 052 222*
24 HOURS A DAY 7 DAYS A WEEK

*Calls from mobile telephones charged at applicable rates.
National Relay Service or Speech-to-Speech Relay call 1800 555 727* and ask for 1800 052 222* Translating and Interpreting Service (TIS) 13 14 50.



Email: comresp@silverchain.org.au
Web: www.silverchain.org.au



EXPO DATES:

MONDAY, 22 FEBRUARY Kalgoorlie Arts Centre 1.00pm - 7.00pm
WEDNESDAY, 24 FEBRUARY Leonora Recreation Hall 10.00am - 6.00pm
FRIDAY, 26 FEBRUARY Coolgardie Recreation Hall 10.00am - 4.00pm

LEARN

Laughter, Education, Acceptance,
Relaxation and Nurturing

Women Supporting Women

Are you a Mother, Partner, Confidante?
You are also a **WOMAN**

Do you want to know yourself?

Do you want to understand yourself?

Do you want to find yourself?

What's your true identity?



For: All females aged 17 and over
When: Each Monday for 4 weeks starting 23rd November
Time: 5.30pm - 7.30pm
Where: Centrecare Family Services, Cnr Lionel and Maxwell Street
Cost: Free

For more information or to book a place, contact Centrecare:
Phone: (08) 9091 1833
Fax: (08) 9021 8673
www.centrecare.com.au



WA Cervical Cancer Prevention Program

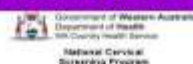
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15 minutes

Every two years.

Regular Pap Smears
Can help prevent
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cervical cancer.

FOR THE MONTH OF SEPTEMBER
FREE PAP SMEARS
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INCLUDING APPOINTMENTS UNTIL 7.30PM
Phone (08) 90219266 for an appointment
At Goldfields Women's Health Care Centre



Community Notice Board

The passing of Merv Stubbs
Sincere Sympathy to Cr Greg Stubbs & family in the recent loss of Greg's father Merv Stubbs. Merv had lived his latter years enjoying the simply life of a skilled bushman that he was at Moropoi Station, near Kookynie. Although somewhat of a recluse Merv was well liked and admired and has lived a full and amazing life. Our thought are with Greg and family.

Meeting Wed 10 Feb 2010

5pm Town Hall.

All Community Groups & Interested Parties Welcome.

Expressions of Interest for an
Emergency Awareness Day to
be held on 17th April 2010
in conjunction with Country
Music Artist Norm Price
performing in Menzies.

Kookynie Volunteer Association Inc. AGM
The Sat 13 March 2010 is set for the KVA Inc AGM. Note this has been changed from the previously advertised date 6 Feb 2010.

More info Greg Dwyer - 90 313 031

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and charger now.**

**Help protect the planet. Post it in for
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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.

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

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Wanted to Buy
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Phone Tom Porter on
90713342 or
Mob: 0427 713 342

Community Notice Board



Supplying Quality Seafood to

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Mon Tue Wed Thur Fri Sat

JANUARY	FEBRUARY	MARCH
S M T W T F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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Getting about the Goldfields

BOOK HERE
Menzies Visitor Centre

**PERTH-GOLDFIELDS
EXPRESS**

GOLDRUSH TOURS



GOLDRUSH TOURS

GRT EXPRESS TIMETABLE

Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/10/2009

THURSDAY

EXPRESS		TIME
KALGOORLIE RAILWAY STATION		3.30pm
KALGOORLIE VISITOR CENTRE *		3.45pm
MENZIES		5.10pm
KOOKYNIE TURNOFF		5.35pm
LEONORA	ARRIVE	6.15pm
	DEPART	6.30pm
MURRIN MURRIN TURNOFF		7.15pm
MT MORGAN TURNOFF		7.25pm
LAVERTON		8.00pm

*Now departs from bus bay at the Visitor Centre Cnr. Wilson & Hannan

Laverton to Kalgoorlie

TIMETABLE EFFECTIVE 01/10/2009

FRIDAY

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

BOOKINGS & ENQUIRIES

1800 620 440

PURCHASE TICKETS ONLINE

www.goldrushtours.com.au

Goldrush Tour Bookings

Now available at the Menzies Visitor Centre. Book your trip on the Goldfields GRT Express from Menzies to Kalgoorlie or Laverton. Other regional Tours include: -

Full Day Tours - 'The Lake Ballard Experience' TBA in 2010

- 'Shady Dealings Wild West Tour' - Monday 21st December 2009

Half/Full Day Tours - 'History & Heritage Tour' - Tues, Thurs & Sat - Effective from 1st December 2009 to 28 February 2010

Bookings 1800 620 440 Online bookings 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.

Local Business Info

Menzies Hotel Open from 10am Daily

Meals Weekdays & Toasted Sandwiches, Pies Pasties & Sausage Rolls

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

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Where you turn off to Lake Ballard

Sit Down & Takeaway

Meals & Grocery lines

LPG Bottle Exchange

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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



It's a fresh new year, so let's kick it off with a presentation from a fantastic Woman in Business.

Gail Reynolds-Adamson, owner and operator of Kepa Kurl Esperance will inspire and share with us how her business has grown into one of the best tourism businesses in WA.

Gail's business is multi-faceted and incorporates eco-tours, an Art Gallery, a gift shop and training consultancy.

Kepa Kurl was also named outright Category Winner for Indigenous Tourism at the Western Australian Tourism Awards in 2006 and 2007.

We also have ample opportunity to continue to develop your business through a structured networking activity.

Friday 12th February 2010
Tower Hotel
500 Marlboro and Seaside Street, Kalgoorlie
Open to 2pm
\$55 per person
Lunch and complimentary drink provided
With plenty of prizes to be won...

Please RSVP by Monday 8th February 2010 to the Small Business Centre Goldfields on 90277908 or via email to admin@sbcgoldfields.com.au.

Numbers are limited for this event.

Cancellation Policy: All cancellations require 24 hours notice. Full attendance fees will apply after this time.



Are you up to date with the new Employment Laws?

Employer Briefing

From the 1st of January 2010, there are several important changes in Australia's workplace laws that affect all employers and employees in the national workplace relations system.

If your business is classified as a constitutional corporation (i.e. a Pty Ltd or a financially trading incorporated entity), you will need to be prepared for changes.

To assist your business, we will be presenting two information sessions designed to inform you of the changes to Employment Laws. These sessions will cover:

- An explanation of the New Employment Standards (NES)
- Modern Awards including:
 - Am I covered by a modern award?
 - Minimum wages
 - Overtime and penalties
 - Types of employment
 - Work arrangements (rosters, variation to working hours)
 - Hours of work
 - Rest breaks
 - Classifications
 - Allowances
 - Leave and leave loading
 - Superannuation
 - Procedures for consultation, representation & dispute settlements
 - Some modern awards also contain terms about redundancy
- Modern Awards Transition Arrangements
- Types of employment
- Work practices to avoid
- Workplace inspections



When:
Wednesday 17th February 2010

Address:
Kalgoorlie-Boulder Business Development Centre
171 Piccadilly Street
Kalgoorlie WA 6430

No Cost to attend

Two Sessions:
Morning Session: 9am-11am
Evening Session: 6pm-8pm

Registrations are necessary as there are limited places available.



Coaching & Team building skills for managers and supervisors

9am - 4pm
19th April 2010

Cost \$280 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 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

Curtin
University of Technology
Centre Training Solutions

How to provide exceptional Customer Service not your average customer service workshop

9am - 4pm
8th March 2010

Cost \$280 p.p.

Morning tea, lunch, afternoon tea and course materials provided

Who would benefit from this workshop?

Customer service officers, front counter staff, sales reps and managers, business owners - anyone who needs to know how to turn customer satisfaction into bottom line results.

Call 93886812 Email cts@kalg.curtin.edu.au Online www.curtintrainingolutions.com.au

Business Planning The Key to Small Business Success



This workshop will take you through the process of business planning step-by-step, which does not have to be a daunting process, contrary to what many aspiring and existing business people believe!

A business plan will provide you with a blueprint, map or guide of a proposed or existing business to work with for the future and can be as simple or as complex as you require.

Business Plans are established for a wide variety of reasons which can include; making sure the management and operational aspects of a business are understood prior to commencing; to secure start up finance; to investigate how a business can become more efficient; to analyse the effect of new products and services, and for the expansion of a business etc.

The workshop will cover the following:

- Vision & Mission
- Business Objectives
- Marketing & Operational Strategies
- Human Resources
- Financial Projections

Each participant will receive a workbook describing each step in detail including tips, examples, checklists and information sources, as well as a CD-Rom.

Date: Tuesday 16th March 2010
Time: 9.00am to 1.00 pm
Place: Kalgoorlie-Boulder Business Development Centre
171 Piccadilly Street, Kalgoorlie
\$55 per person inc. GST
Includes workbooks & morning tea

Public Notices




Tropicana Gold Project

www.tropicanaiv.com.au
TropicanaGoldProject@anglogoldashanti.com.au
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Shed World

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At KCGM we have a HOLE lot to talk about...with you!

KCGM would like to hear your views on what we should be doing about closure planning.

Although the current closure date is not until 2021 (and we're working to make that even longer) we need your ideas now, to plan effectively for the future.

What are we looking for?

We are currently seeking feedback through an online survey available at www.superpit.com.au

As always, if you have any queries or comments regarding our operations you can call KCGM's Public Information Line on 9022 1100 anytime.

If you don't have access to the internet, visit the [Super Pit Shop](#)

You can access the survey directly online here:

http://www.surveymonkey.com/s.aspx?sm=m6Y8WdSxS5ZPDqYXVCYmtO_3d_3d



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.

Lunch boxes should pack a nutritious punch

Australia and Dairy Australia are encouraging parents to make a healthy start to the 2010 school year.

Nutrition Australia and Dairy Australia are encouraging parents to make a healthy start to the 2010 school year by packing a nutritious lunch box.

"Providing a diet full of nutrient-rich foods is one of the most important ways parents can help ensure their children remain healthy," said Accredited Practising Dietitian and spokesperson for Nutrition Australia, Aloysa Hourigan.



"Food eaten at school ideally provides up to a third of a child's daily food intake. So packing a healthy lunch box can make a significant contribution to a child's overall nutrient intake" Ms Hourigan said.

"The easiest way to make sure you provide the right foods in your child's lunchbox is to include as many nutrient rich foods as possible, like milk, yogurt, cheese, fruit, vegetables, lean meat, fish, eggs, nuts, wholegrain bread, rice and pasta."

Dairy Australia dietitian Glenys Kerrins agrees, "It is important to offer children foods that are packed with the nutrients they need to grow and stay healthy rather than less nutritious foods that provide calories but few nutrients."

"Dairy foods like milk, cheese and yogurt are packed with 10 essential nutrients children need everyday to promote growth and development" Ms Kerrins said.

The most recent National Nutrition Survey highlighted the need to encourage children to eat a more varied and healthy diet. Of particular concern was the fact that the majority of Australian children are not getting enough calcium.

"The school years are a critical time for building peak bone mass. Including three serves of dairy every day will ensure children get the calcium they need for healthy bones and teeth."

A serve of dairy is a cup of milk, a tub of yogurt or 2 slices (40g) of cheese.

Here are some great lunch box ideas that can help children get their three serves of dairy every day:

- Freeze flavoured milk or yogurt the night before. This will not only keep the rest of the lunchbox cool but also makes a yummy treat
- Include cheese portions with dried fruit and biscuits
- Yogurt and muesli mix
- Cut the crusts off a slice of bread, spread some light cream cheese and top with sliced ham and a cheesestick, roll up firmly to create delicious Cheesy Roll Arounds.
- Savoury cheese muffins make a great alternative to sandwiches.
- Sandwich dried apricots together with spreadable cream cheese.
- Spread pita bread with hommus, grated carrot, lettuce, tomato and grated cheddar cheese and roll up into a wrap.

LGIS - Community Health News

February 2016
ISSUE 14

In Good Health

Coeliac Disease

Coeliac disease is a medical condition that affects the small intestine (also called the small bowel). It is caused by an abnormal immune response or sensitivity to gluten, a dietary protein found in wheat, rye, barley and oats.

If left untreated, coeliac disease can cause inflammation and damage to the small intestine which can become so severe that essential nutrients cannot be absorbed. Some of the more serious problems associated with untreated coeliac disease include malnutrition, osteoporosis, infertility, depression and an increased risk of certain types of cancer.

SYMPTOMS

The symptoms of coeliac disease can vary widely from person to person and may be undetected. Some symptoms can be confused with irritable bowel syndrome, or other food intolerances. The most common symptoms include:

- Bloating and flatulence
- Weight loss
- Abdominal pain or cramping
- Diarrhoea or constipation
- Fatigue, weakness and lethargy

Children who have coeliac disease may also have slow growth or weight loss, foot swelling bowel

motion, a swollen abdomen and delayed development.

RISK FACTORS

The exact cause of coeliac disease is unknown however there are both genetic and environmental factors that can play an important role, and people of all ages can be affected. You are more likely to develop the condition if you have a family history of coeliac disease or are Caucasian or West Asian. Sometimes a stressful event such as an injury or surgery can trigger symptoms of coeliac disease.

DIAGNOSIS

If your doctor suspects you might have coeliac disease he or she may carry out coeliac blood tests to test for certain antibodies. If the results are positive a gastroscopy will be needed to confirm the diagnosis. This involves an endoscope being passed down the throat into the small intestine to take small samples (biopsies) of the intestine for testing. It is important not to start a gluten free diet prior to being tested as tests will be



unreliable and may be falsely negative.

TREATMENT

Although there is no cure for coeliac disease it can be treated by sticking to a lifelong gluten-free diet. This involves the avoidance of all gluten-containing foods such as bread, cakes and pasta to allow the bowel lining to recover. There are also a whole range of ingredients and food additives that may contain gluten so it is important to become 'ingredient aware'. A dietitian can help you to do this and inform you about gluten-free alternatives such as those made from corn, rice and soy.

For more information about coeliac disease, visit The Coeliac Society at www.coeliac.org.au

Eat to Beat Heart Disease



Proper and balanced nutrition is essential in preventing or reducing the risk of the most common type of heart problem: coronary heart disease. A diet that is high in saturated fat, salt, sugar and high cholesterol foods can lead to a build up of plaque in the arteries (a process called atherosclerosis), which increases the risk of heart attack or stroke. A heart-healthy diet is therefore extremely important as eating the right foods can help not only to prevent heart disease, but even reverse damage that has already occurred.

Below are five diet tips to help you eat to beat heart disease.

1. **Limit intake of unhealthy fats** – Limiting the amount of saturated and trans fats you eat is important for a healthy heart. Saturated fats are found in animal foods such as meat and dairy products and many processed foods. Trans fats are found in many cakes, cookies and snack foods. You should limit your intake of these foods and make changes to your diet such as using heart-healthy olive oil or canola oil instead of butter for cooking, drinking low-fat/dairy milk instead of whole milk and picking leaner cuts of meat.
2. **Eat more fruit and vegetables** – Fruit and vegetables are good sources of vitamins and minerals and are rich in dietary fibre. Eating at least five portions of different fruit and vegetables (fish or fruit) per day can help lower your cholesterol and reduce the risk of heart disease.
3. **Limit salt intake** – A diet high in salt can increase blood pressure and the risk of a heart attack or stroke. To reduce the amount of salt in your diet you should cut back on canned or processed foods as these often contain high levels of sodium. You should also limit the amount of salt you add during cooking and at the dinner table. Herbs and spices are a good alternative to add flavour to your food.
4. **Choose wholegrain foods** – Wholegrain foods are good sources of fibre, vitamins and minerals. Many of the nutrients found in whole grains can help to regulate blood pressure and decrease the risk of heart disease. Wholegrain foods include breads and cereals, oats, wholemeal pasta and brown rice. You should choose these foods instead of refined cereals such as white bread, white pasta, white rice and refined grain breakfast cereals as these do not have the same benefits.
5. **Eat more oily fish** – Oily fish such as mackerel, sardines, tuna and salmon contain omega-3 fatty acids which have been shown to lower blood fat called triglycerides and may reduce the risk of sudden cardiac death. You should aim to eat oily fish at least two times a week to receive these benefits.

Ten Reasons to Get Moving

Being active and engaging in regular exercise is the key to a longer, healthier and happier life. Below are ten benefits of being active to motivate you to get moving.

Being active can help you:

1. **Achieve and maintain a healthy body weight** – Combined with a healthy diet, regular exercise can help you achieve and maintain a healthy weight. It also helps to tone and firm your muscles and increase body strength and endurance.
2. **Develop healthier bones, muscles and joints** – Exercise increases bone density, builds muscle strength and keeps your joints flexible. This improves overall movement and reduces the risk of common injuries such as sprained ankles and wrists.
3. **Boost your immune system** – Regular exercise strengthens your immune system so your body is better prepared to fight off minor viral illnesses such as colds and flu.
4. **Reduce health risks** – An active lifestyle can help lower your risk of heart disease, high blood pressure, diabetes, osteoporosis, obesity and cancer.
5. **Strengthen your heart** – Exercise increases your breathing rate and gets your heart pumping faster. This improves heart function, and can help to lower blood pressure and cholesterol.
6. **Boost energy levels** – Regular exercise can increase your energy levels and reduce fatigue. Studies have also shown that regular exercise can help you sleep better at night.
7. **Boost your brain** – The more you exercise, the more efficient your brain gets at processing blood throughout your body. This means that more oxygen and nutrients are delivered to your brain which can help you to think more clearly, focus better and be more alert.
8. **Boost your mood** – Exercise releases hormones called endorphins which can uplift your mood making you feel more confident, happy and relaxed. Regular exercise can also help you cope better with stress and anxiety, and improve your overall outlook on life.
9. **Live longer** – Numerous studies have indicated that people who participate in regular exercise appear to live longer than those who don't.
10. **Socialise and have fun** – Exercise can be fun and a great way to socialise with friends and family, or meet new people – take a ball to the park with your family, play a game of tennis with a friend, or sign up to join a fitness class or sports club.

Antioxidants

Antioxidants are naturally-occurring compounds in food that can help to protect our body cells from damage caused by free radicals. Free radicals are formed as part of our normal metabolism but also by environmental factors, including smoking, pesticides, pollution and radiation. Although the body can cope with some free radicals and needs them to function properly, overexposure to them has been linked to certain diseases, including heart disease, liver disease and some cancers.

A diet rich in antioxidants may help prevent free radicals from damaging the body. Examples of antioxidants include vitamins (A, C, E, K), minerals such as zinc and selenium, and phytochemicals such as lycopene. Evidence suggests that antioxidant supplements don't work as well as the naturally occurring antioxidants in foods. To increase the antioxidants in your diet, it is therefore best to eat a wide variety of healthy foods each day. Fruit and vegetables are a great source of antioxidants, along with whole grains, lean meats, seafood, nuts, seeds and low-fat dairy products.

LONG Sightedness

Long-sightedness (Hyperopia) is a common condition that affects the ability to see close-up objects. In people who are long-sighted, light rays are focused behind the retina. This can be due to a number of reasons including: the eyeball being too short in length, the cornea not being curved enough, or the lens not being thick enough.

The average person is in fact a little long-sighted and often this is not a problem as the eye compensates by changing the shape of the lens to refocus. However, a more significant amount of long-sightedness can lead to blurred vision which can make focusing for long periods of time more difficult. Other side-effects include experiencing headaches and/or tired eyes.

The condition can develop in childhood and is more likely to develop if there is a history of long-sightedness in the family. It can also develop with age as the lens in your eye becomes stiffer. This is called age-related long-sightedness or presbyopia. Long-sightedness can be easily corrected with glasses, contact lenses or corrective surgery. Laser surgery is an increasingly popular option, but is not suitable for everyone.

If you have difficulty focusing on close-up objects or experience regular headaches and/or tired eyes, you should visit an optometrist to get your eyes tested. It is important to have regular eye tests because as well as diagnosing any vision problems, they can reveal other serious illnesses, such as diabetes or high blood pressure.

SHORT Sightedness

Short-sightedness (Myopia) is a problem with focusing that causes distant objects to appear blurred, while close objects can still be seen clearly. It occurs because in a myopic eye, light rays are focused in front of the retina rather than directly on the retina. The reason for this can be due to the eye being too long from front to back, or the cornea being too steeply curved.

Short-sightedness is a common condition that tends to develop during childhood or the teenage years but can develop at any time from birth. The condition may progressively increase over time but tends to slow down in the mid to late twenties. It can usually be corrected with glasses or contact lenses which can help you to focus more clearly. There are also a number of surgical techniques that can be used to correct the condition. These include laser surgery which involves using a laser to make small alterations to your cornea so that light rays are correctly focused onto your retina.

If you are straining to see things in the distance you should visit an optometrist to get your eyes tested.



The Effects of Smoking

Smoking can harm almost every organ in your body and smoking over a prolonged period of time can cause a number of serious diseases including heart disease, stroke and lung cancer. It has also been linked to cancers of the mouth, lip, bladder, kidneys, stomach and cervix among others. Smoking during pregnancy can also be extremely harmful to the unborn baby leading to miscarriage, stillbirth or premature birth.

The good news is, it is never too late to quit smoking and there are many benefits to be gained no matter what age you are when you give up. By quitting you will reduce your chances of developing smoking-related diseases such as those mentioned above, of experiencing or having difficulty getting pregnant, and of developing cataracts and brittle bones to name a few. Even people who have already developed smoking-related health problems can benefit from quitting.

Aside from these extremely important health benefits, quitting smoking will save you money that you can spend on other luxuries, your sense of taste and smell will be enhanced, exercise will become easier and you will be setting a great example to children and other smokers.



Local Government Insurance Services
17 Albion Street West Perth WA 6005
T 08 9483 8888
F 08 9483 5500
www.lgis.com.au

This information provided in this brochure is general guidance only and should not be relied on as a substitute for professional advice. In any matter a personal consultation with a qualified professional is recommended. The accuracy of the information is not guaranteed. The accuracy of the information is not guaranteed.

Tips to Quit

Below is a list of ten tips that can help you stay focused and succeed in quitting smoking for good.

1. Set a date to quit when you will not be under too much pressure and stick to it. Make it sooner rather than later.
2. Let your family and friends know you are going to quit and ask for their support.
3. Throw out all cigarettes, lighters, ashtrays or anything that reminds you of smoking.
4. Try using nicotine patches or nicotine chewing gum if you feel they may help.
5. In the early stages try to avoid situations where you may be tempted to smoke such as parties, drinking or going out for coffee.
6. If you have a craving take deep breaths and distract yourself by doing something else immediately such as talking to someone, doing some exercise or taking a hot shower.
7. Drink lots of water and eat coffee, soft drinks and alcohol as these may increase your urge to smoke.
8. Make changes to your routine that you connect with smoking such as choosing a different route to work or eating breakfast in a different place.
9. Reward yourself every day of the many medical and financial benefits of quitting.
10. Ring the Australian National Tobacco Campaign's Quitline on 131 888 for more advice and assistance to quit smoking.

IN OUR NEXT ISSUE

- Asthma
- Kidney Disease
- Top 10 Reasons to Walk to Work
- Kick Start Your Own Exercise Program
- 5 Ways with Green Vegetables
- Reading Food Labels

BHP Yeelirrie Project - Public Meeting 10 Feb 2010

Yeelirrie Project



TRANSPORT OPTIONS

BHP Billiton's Yeelirrie Project Team has been examining various transport options and routes as part of the Project's pre-feasibility study.

The Company is now able to present the options to the communities of Kalgoorlie, Leonora, Menzies and Wiluna for discussion and comment, and community members are invited to attend information sessions being held at each location. Information that will be

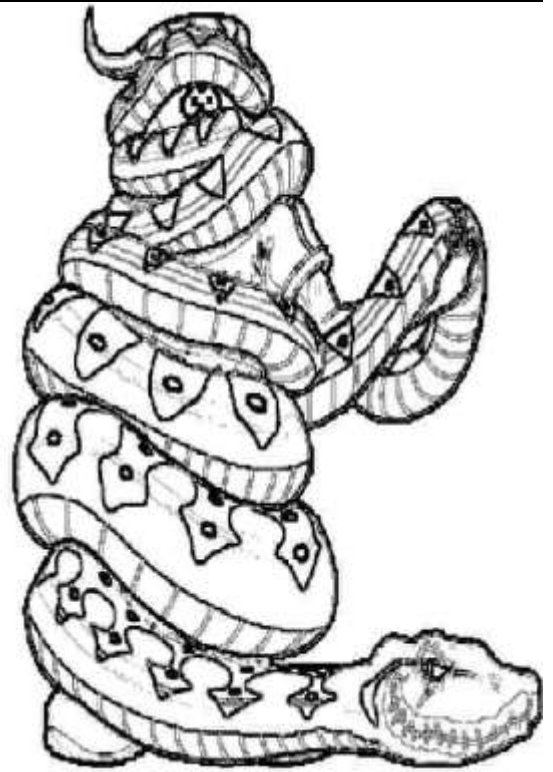
discussed includes road movements, rail movements and transit storage areas.

BHP Billiton representatives will be available to discuss the options with you and answer any questions you may have. This is a great opportunity for you to learn more about the Project, raise any concerns and participate in the consultation process, so please come along. The dates and venues are:

Kalgoorlie	Monday 8 February	3.00pm - 7.30pm
	Tuesday 9 February	9.00am - 1.00pm
	Venue: WMC Conference Centre	
Leonora	Wednesday 10 February	9.30am - 1.00pm
	Venue: Leonora Recreation Centre	
Menzies	Wednesday 10 February	2.00pm - 4.30pm
	Venue: Menzies Shire Hall	
Wiluna	Thursday 11 February 2010	10.00am - 3.00pm
	Venue: Wiluna Recreation Centre	

For more information, or to obtain a copy of the Fact Sheet on the options, please contact: Carolyn Walker, BHP Billiton Community Relations representative. Phone: 08 9450 1445. Email: icwalker@vianet.net.au


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Word Puzzle

Belated Birthday Wishes for -
 Tonia Tucker - Birthday 29th January
 Shikira Tucker - Birthday 31st January

School Supplies

Find and circle all of the school supplies that are hidden in the grid.
 The words may be hidden in any direction.

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

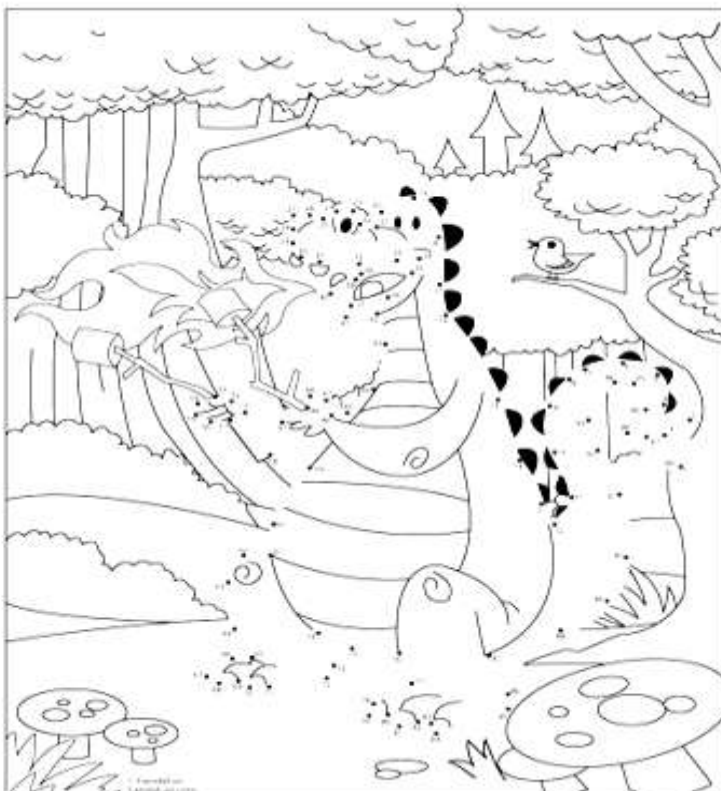
BACKPACK
 BINDER
 CALCULATOR
 COMPASS
 CRAYONS
 DIVIDERS

ERASER
 GLUE
 HIGHLIGHTERS
 NOTEBOOKS
 PAPER
 PENCILS

PENS
 PROTRACTOR
 RULER
 SCISSORS
 STAPLER
 WATERCOLORS

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

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Summer Watering Times for Menzies

North of Kalbarri & Kalgoorlie Watering Days

Last digit of your house number	Your watering days are:
1	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
2	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
3	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
4	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
5	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
6	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
7	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
8	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
9	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
0	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc

Where a house number is not available, it defaults to your lot number.
You may water only once either before 9am or after 6pm.



www.watercorporation.com.au



When to Water in the Garden

- **Watering in the middle of the day** in hot weather is only half as effective as watering early in the morning because of losses through evaporation alone.
- **Watering your garden in the early morning**, especially on hot days, is the best way to keep it in good condition.

My Save 6 pledge

I pledge to try to save 6 buckets of water a day by being more waterwise in and around my home.

Action		Please tick the appropriate box	
		I pledge to	Buckets I will save
1.	Adjust our automatic irrigation controller as the seasons change, turning it off in winter and reducing watering in autumn and spring to once a week.	<input type="checkbox"/>	<input type="checkbox"/>
2.	Plant Waterwise plants in my garden.	<input type="checkbox"/>	<input type="checkbox"/>
3.	Use mulch in my garden.	<input type="checkbox"/>	<input type="checkbox"/>
4.	Grow my lawn longer and irrigate less.	<input type="checkbox"/>	<input type="checkbox"/>
5.	Check regularly that our reticulation system is working and watering our plants, not the road.	<input type="checkbox"/>	<input type="checkbox"/>
6.	Use a pool cover over our pool to reduce evaporation.	<input type="checkbox"/>	<input type="checkbox"/>
7.	Water only on our assigned sprinkler days, before 9am or after 6pm.	<input type="checkbox"/>	<input type="checkbox"/>
8.	Wash our car on the lawn with a bucket instead of a running hose or choose a car wash that recycles water.	<input type="checkbox"/>	<input type="checkbox"/>
9.	Use a broom to clean driveways and other paved areas.	<input type="checkbox"/>	<input type="checkbox"/>
10.	Use a trigger nozzle on our hose or a watering can.	<input type="checkbox"/>	<input type="checkbox"/>
11.	Take shorter showers.	<input type="checkbox"/>	<input type="checkbox"/>
12.	Use a plug in the sink when rinsing dishes and vegies.	<input type="checkbox"/>	<input type="checkbox"/>
13.	Turn off the tap whilst brushing my teeth.	<input type="checkbox"/>	<input type="checkbox"/>
14.	Check for and repair leaking taps.	<input type="checkbox"/>	<input type="checkbox"/>
15.	Check for toilet leaks by adding food colouring to the tank. If the toilet is leaking, colour will appear in bowl within 30 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
16.	Wait until my dishwasher or washing machine is full before I use it.	<input type="checkbox"/>	<input type="checkbox"/>

sign sign sign sign



Avoid damaging underground pipes and cables



Before undertaking any type of excavating activity, contacting Dial Before You Dig will supply you with information on the networks of pipes and cables.

Too many people around Australia think that Dial Before You Dig is just a service for people in towns and cities. The truth is that many crucial networks are not just laid in road reserves but are also located under private properties. Underground cables link hospitals, emergency services, schools, homes and businesses. Damaging a pipe or cable can even be life threatening. Over the last couple of years, a number of incidents involving damage to cables have isolated rural communities from telephone services including the 000 number. Emergency services such as Police and Fire Brigades have also been forced to rely on backup communication networks because of damage to vital cables. For someone on a remote property, a damaged cable can be fatal.

Before undertaking any type of excavating activity, contacting Dial Before You Dig will supply you with information on the networks of pipes and cables that may run underneath the area where you working.

The easiest way to contact Dial Before You Dig is via the interactive web service at www.1100.com.au. This will allow you to draw the dig location on a map on your screen, providing you with greater control and accuracy of the information about the work site.

The Dial Before You Dig website has been updated to make it cleaner, clearer and easier to use.

Many landowners are not aware of the danger that even simple activities can cause to underground networks. There are hundreds of thousands of kilometres of hidden underground pipes and cables that carry many essential services to households and businesses around the country each and every day of the year. Damaging these assets can result in frightening costs to you and your family. And in the worst case, it can also result in injury or death.

Changes in land use can put many underground networks at risk. A common example is where a property owner, who has run sheep and grown wheat for many years, decides to plant vines or olives in order to cash in on a market opportunity. The new crop means ripping deeper than previously, potentially damaging pipes and cables that may exist buried on the property.

The strength of the Dial Before You Dig service is that it can put a rural landowner in touch with network operators you may never have heard of. It's a free service and all you need to do is lodge your enquiry with Dial Before You Dig. Our system will determine which member companies may have networks in the area where you are going to work, and then automatically sends a request to those companies for plans of the area.

These plans can be provided directly to you within two working days, especially if you can provide an email address.

How do you lodge enquiries with Dial Before You Dig online?

Our new interactive enquiry service on the web (www.1100.com.au) allows anyone wishing to locate underground assets to see the dig site by showing a map of the site on your screen, thereby ensuring greater control and accuracy than ever before.

Once you have lodged your enquiry, you will receive a Confirmation Sheet with your details and those of the work location. This Confirmation Sheet allows you to ensure that all the details supplied are correct.

The Confirmation Sheet will also list those member companies that may have underground networks around the work site. These companies are requested to supply you with information of their underground assets within two clear working days.

Most asset owners will alert you to their assets by sending a map detailing the locations of any underground assets in the work vicinity. However, depending on the type of networks in the area, some companies may contact you by phone and discuss the location of any pipes or cables directly with you.

In rural areas, onsite assistance can often be provided after you have lodged a Dial Before You Dig inquiry.

Whether you have major or local networks on your property, network owners will do their best to help you to locate them. They will also work with you to find a solution if the location of their network impedes the work you want to do.

All network owners strongly encourage you to contact Dial Before You Dig as early as possible so there is plenty of time to get the information to you.

Remember to Dial Before You Dig every time you plan on any type of excavation. It's a free service. One simple enquiry could save you thousands of dollars or prevent injury or death. Visit our web site for more information at

www.1100.com.au

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www.northerngoldfields.com.au

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Articles & Photos Always Welcome



Your Photos

Photo of Davyhurst Historic
Cemetery by Robyn McCarthy



Calender of Events for Feb - Mar 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <i>School Term 1 Starts</i>	2	3	4	5	6 St John PAC <i>Menzies Town Hall</i>	7 St John PAC <i>Menzies Town Hall</i>
8	9 NGRS Football Meeting 6pm & NGSR Meeting 7pm Town Hall Menzies <i>See Pages 8 & 9</i>	10 Town Hall BHP Yeelirrie Project Meeting 1-3pm See page 10 <i>Emergency Awareness Meet 5pm</i>	11	12	13	14 Valentines Day
15	16	17	18	19	20 St John PAC <i>Menzies Town Hall</i>	21 St John PAC <i>Menzies Town Hall</i>
22	23	24 Ovarian Cancer Awareness Day <i>See Pages 24 & 25</i>	25 Council Meeting Shire Hall	26	27	28

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6 St John PAC <i>Menzies Town Hall</i>	7 St John PAC <i>Menzies Town Hall</i>
8	9 Alcohol & Drug W/Shop 1 - 4:30pm <i>See page 27</i>	10	11	12	13 Men of Stone Menzies Town Hall See Page 20	14