



Menzies Matters

Issue 21

Free

December 2009

Menzies Council Farewells Cr Tonkin

Inside this issue:



Outgoing Shire President Stephen Tonkin



The celebration



Incoming Shire President
Cr Greg Dwyer



Cr Aileen Kelly & Jo-Anne Tonkin



Cr Ian Tucker & wife, Joan



The presentation gift—a photographic collage & gold nugget

Photos—Debra Seale

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Take a look around!

- Historic Sites
- Pioneer Cemetery
- Lake Ballard
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- Golden Quest
- Discovery Trail
- Goongarrie
- Kookynie
- Niagara Dam



Shire of Menzies Information

SHIRE OF MENZIES

Bush Fire Burning Periods for 2009/2010

The following times are the Burning Periods for the Shire of Menzies for the forthcoming financial year

1/07/2009 to 30/06/2010

Prohibited Burning Periods:

December 15th 2009 to April 14th 2010

Restricted Burning Periods: November 1st 2009 to

December 14th 2009 & April 15th 2010 to May 14th 2010

Brian Seale JP Chief Executive Officer Shire of Men-

zies PO Box 4 MENZIES. WA 6436

Phone: 90 242 041 Fax: 90 242 110

SHIRE OF MENZIES

Council Meetings 2009

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

Next 3 Ordinary Meeting of Council will be -

December - Friday 18th

Note Change of date and day for December's Council Meeting (see notice below).

Please note that for 2010 all Council Meetings will be held on the 4th Thursday of each Month. There will be no Council meeting in January and the 1st two Meetings for 2010 will be:-

February - Thursday 25th

March - Thursday 25th

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



SHIRE OF MENZIES CHANGE TO DECEMBER COUNCIL MEETING DATE

Pursuant to clause 12(2) of the Local Government (Administration) Regulations 1996, and Section 5.25(i)(g) of the Local Government Act 1995, the Local Authority is required to provide Public notice of a change to the Council or Committee date.

Accordingly it is advised that the Council meeting date scheduled for Thursday, December 24th will now be conducted on Friday December 18th, 2009 at 9.00am in Council Chamber

B W Seale JP

Chief Executive Officer

Shire of Menzies



SHIRE OF MENZIES CHRISTMAS CLOSURE OF THE ADMINISTRATION OFFICE

The closure of the Shire Office over the Christmas New Year break with effect from Monday December 21st 2009 to Monday January 4th 2010 (inclusive).

Whilst a skeleton crew will be on hand for emergencies, the Works Manager can be contacted on mob: 0448242040 in case of need and where members of the public are encouraged to call if essential.

B W Seale JP, Chief Executive Officer Shire of Menzies (08) 9024 2041



Matters arising from the Ordinary Meeting of Council held Thursday November 26th 2009

1. President Dwyer Embraces the Role of President.

President Dwyer has indeed embraced the new role of Shire President and has attended a significant range of meetings in the last month to represent the Shire including the important SEGRA conference in Kalgoorlie recently which was valuable for the shire to have representation in attendance.

2. Housing Considerations for staff.

Council discussed the need for a revision of housing needs for the staff and this revolved around one particular residence having deteriorated floor joists and not regarded as viable to repair. Furthermore, with the need to engage a Deputy CEO a suitable residence is required for that officer and therefore revision of the requirements justifies further consideration and further advices will issue to Council by March 2010 as to a recommendation in this matter.

3. Vehicle of Tjuntjuntjara.

Council entered into an agreement some time ago to purchase a vehicle for the community on the basis that the Shire had the use of the vehicle until the time to deliver it to the Community arrived. Although that time has not yet arrived Council resolved to deliver the vehicle now and purchase a replacement for the Works Manager for his use. Thus, this is a great step towards assisting the community with a new vehicle and evident display of the Shire support for the Community.

4. The Menzies Walk Trail and interpretative Plan.

Council contracted a consultant to provide a plan for the development of the Menzies Walk Trail and that was unanimously agreed upon at the November meeting, which will be wonderful facility to develop and is an exciting project for the Shire. We can therefore look to an exciting future with this project.

5. Local Laws – Standing Orders.

This interesting Local Law was approved, subject to some slight modifications for the purpose of the conduct and protocol of the Council meeting procedures. This is quite an important step as it elevates the Council protocol and gives rise to legislative support for the conduct during the monthly meeting of Council. However, in one sense, there hasn't been a need for a Local Law for this purpose in the past and the meetings have been managed in a very effective manner without a Local Law being in place.

6. Signage throughout the Shire.

Council budgeted for the very extensive programme of ensuring the signage throughout the Shire was effective and comprehensive. However the manufacture of the signs was a little more expensive than was anticipated and an increase in the budget was approved to accommodate the installation cost. Therefore, the Shire should have an extensive and comprehensive range of signage throughout the local road network, which is indeed a great step forward for the Shire.

7. Annual Meeting of Electors.

The annual report for the shire for the year ended June 30th, 2009 was adopted in readiness for the Annual meeting of Electors to be held in Council Chambers on Friday December 18th, 2009 at 5pm as required.

This meeting gives opportunity to the community to raise comment to the Council on any topic of concern relative to the business of Council and where members of the public are encouraged to attend.

8. Caravan Park Development Project.

This project progresses with the tender for the civil works, electrical, plumbing and sewerage under advertisement at present and where the tender will be addressed at the December meeting. Accordingly, this will be a great project to conclude and where it is hoped the works will conclude early in the new year and the patrons will be able to relocate back to the site shortly thereafter.

(Cont. next Page)



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Matters arising from the Ordinary Meeting of Council Thurs November 26th 2009

9. Solar Lighting and Fencing for the Kookynie Airfield.

A significant development project was resolved by Council in the decision to make budget provision for the 2010/11 years to Fence and Light the Kookynie airfield at an estimated cost of \$500,000, subject to Grant approvals being forthcoming and comprehensive cost estimates being presented to Council for further consideration.

10. Support for the Tjuntjuntjara Community.

Council again displayed its determination to support the community with a donation of \$10,000 to assist in the maintenance of the Public Ablutions at the community and to make annual budget provision in this sum each year thereafter. Accordingly, this is evidence of a great support for the community by the Shire of Menzies.

Brian W. Seale J.P. Chief Executive Officer

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



PUBLIC CONSULTATION MEETING – DECEMBER 2ND, 2009 AT 3PM.

At the request of the community, a public consultation meeting was held in the Town Hall to express concerns held over a number of areas and conducted with the object of identification of the issues at hand so as to determine an appropriate course of action to reach a solution and new direction in these matters. An officer from the Police Department from Leonora and an officer from the Department of Child Protection were also in attendance to provide assistance and guidance, if required and where their participation is gratefully acknowledged.

The issues raised for consideration are as follows :

- The General Unrest in Town - The community expressed concerns over present unrest and where unacceptable behaviour was noted and personal property damage resulted.
- Ambulance Service - The service was suspended as a result of the unusually high demand on the service and as a large portion of the membership was Shire employees, it was necessary to contain this matter until further volunteers could be recruited and trained. This remains a serious concern.
- Disrespect by Children - This significant issue was raised as it appears the children are displaying disrespect to the adults in the community and this loss of respect heralds other issues of concern.

Accordingly, these matters represent significant concerns and the Council will endeavour to identify a suitable direction towards solving or at least assisting in this matter in early course and where a note of gratitude is extended to the community members for participating in and attending this informal consultation meeting and where your views are important and appreciated.

Brian W. Seale J.P. Chief Executive Officer

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



AN INVITATION

THE SHIRE OF MENZIES
INVITES ALL COMMUNITY
MEMBERS TO JOIN
TOGETHER AND ATTEND

THE 2009
SHIRE CHRISTMAS PARTY
TO BE HELD IN THE TOWN
HALL FRIDAY DECEMBER
18TH, STARTING AT 5PM



Northern Goldfields Basketball Photos - Day 1, 14/11/09



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





Northern Goldfields Sport News



Northern Goldfields Basketball Results

Men

Day 1 14/11/09

Leonora	34	Defeated	Laverton	28
Laverton	56	Defeated	Menzies	33
Leonora	50	Defeated	Menzies	26

Northern Goldfields Basketball Results

Women

Day 1 14/11/09

Laverton	39	Defeated	Leonora	35
Menzies	63	Defeated	Laverton	17
Menzies	54	Defeated	Leonora	42



LADDER WOMEN



Position	Team	Played	Win	Lost	Draw	Points For	Points Against	%	Pts
1	Menzies	2	2	0	0	117	59	198.30	8
2	Laverton	2	1	1	0	56	98	57.14	4
3	Leonora	2	0	2	0	77	93	82.79	0
4	Leinster	0	0	0	0	0	0	0	0

LADDER MEN

Position	Team	Played	Win	Lost	Draw	Points For	Points Against	%	Pts
1	Leonora	2	2	0	0	84	54	155.55	8
2	Laverton	2	1	1	0	84	67	125.37	4
3	Menzies	2	0	2	0	59	106	55.66	0
4	Leinster	0	0	0	0	0	0	0	0

Northern Goldfields Football Team

Gavin Isbister (from the Northern Goldfields Sport and Recreation Programme) has been working in conjunction with Darren Resuggan (from the West Australian Football Commission) to distinguish if it would be achievable to put a combined side of Laverton, Menzies and Leonora into the Goldfields Football League.

To make this possible the first step was to get approval from the Goldfields Football League and the five associate clubs. On November 9th 2009, a forum was held to discuss the idea further. The majority at the forum encouraged the idea and have given their support for the project to enter the next stage.

The next stage is to create a committee with members from each town and come up with a team name and colours. If you are interested in joining this committee and giving your support to the Goldfields Football League to ensure this venture happens and continues to operate in the future please let Gavin Isbister (mobile 0439 099 754) know of your interest and he will contact you during 2010.

Please note that the Northern Goldfields team will enter the competition in 2011.

Afterhours Sport Notice



All Students please note!
There will be no netball or basketball activities on the town courts after 10:30pm

Please make sure you have all vacated the courts by 10:30pm as the Shire Staff will be locking the premises at this time every night. It will reopen 6:30am daily.

Please keep in mind that there are caravan park residents living nearby so keep your noise at a level that does not disturb them.



Brian Seale, CEO
Shire of Menzies
Ph: 90242041

Christmas Lights Competition



The Annual Shire of Menzies Christmas Lights Competition

Residential Award \$150.00

- ◆ Prize for the best decorated private residence
- ◆ Other prize gifts to be awarded

Business Award \$200.00

- ◆ Prize for the best decorated business premises
- ◆ Other prize gifts to be awarded



- ◆ Complete entry form to enter - see page 10 of this edition
- ◆ Entries close 5pm. Monday 14th December, 2009
- ◆ Completed entry forms may be returned to either the Shire of Menzies administration office or Lady Shenton
- ◆ The announcement of awards will be made at the Town Christmas Party on Friday 18th December 5-7pm at the Menzies Town Hall
- ◆ The judges decision will be final

Christmas Lights Competition



The Shire of Menzies annual Christmas Lights Competition

Residential Award

Name:

Address:

Contact Phone No.

Business Award

Business Name:

Address:

Contact Phone No.



- ❖ Complete entry form to enter
- ❖ Entries close 5pm. Monday 14th December, 2009
- ❖ Completed entry forms may be returned to either the Shire of Menzies administration office or Lady Shenton
- ❖ The announcement of awards will be made at the Town Christmas Party on Friday 18th December 5-7pm. at the Menzies Town Hall
- ❖ The judges decision will be final

Celebrating Australia Day in the Shire of Menzies



The Shire of Menzies acknowledges the outstanding contribution to the local community in three award categories

Premier's Australia Day Citizenship Awards...

- ✦ *a local citizen 25 years of age or over*
- ✦ *a local citizen under 25 years*
- ✦ *a local community group*



Guidelines and Nomination Forms available at the Visitor Centre & Shire Office

Australia Day Celebrations

Description of Event

**Aussie Breakfast and the Presentation of the
Australia Day Awards...**




Venue: Menzies Town Hall
Time: 9am – 11am
Date: Tuesday 26th January, 2010
Cost: Free

Celebrating Australia Day in the Shire of Menzies



The Shire of Menzies is to acknowledge the outstanding contribution to the local community in three award categories

Premier's Australia Day Citizenship Awards...

-  *a local citizen 25 years of age or over*
-  *a local citizen under 25 years*
-  *a local community group*



Guidelines

- To be eligible for an award the nominee must be a resident/s of the Shire of Menzies and must have made a significant contribution to community life within the Shire in 2009.
- Nomination forms are available from the Shire of Menzies administration office and the 'Former' Lady Shenton Hotel resource centre.
- Nominations must be placed in an envelope, sealed and addressed to the CEO, Shire of Menzies and returned to the Shire administration office or the 'Former' Lady Shenton Hotel resource centre, no later than 5pm. Friday 15th January, 2010.
- Nominations will be assessed by selection committee appointed by the Shire of Menzies Council and the decision of the committee is final.
- Certificates will be presented to Award winners at the Australia Day celebrations on Tuesday 26th January, 2010 (9am – 11am) at the Menzies Town Hall.

NOMINATION FOR:

- ☐ Premier's Australia Day Active Citizenship Award
☐ Premier's Australia Day Active Citizenship Award for a person under 25 years
☐ Premier's Australia Day Active Citizenship Award for a community group or event



Title Given Names Surname

Group (if applicable)

Address

Suburb/Town State Postcode

Telephone (Home) (Work)

REASONS FOR NOMINATION

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

HOW HAS THE NOMINEE DEMONSTRATED ACTIVE CITIZENSHIP AND ENHANCEMENT OF COMMUNITY LIFE?

.....

.....

.....

Please attach additional information if required

HOW HAS THE NOMINEE'S CONTRIBUTION BEEN RECOGNISED ELSEWHERE?

.....

.....

NOMINATOR

Name Address

Suburb/Town State Postcode

Telephone (Home) (Work) Email

OTHER WILLING TO SUPPORT YOUR NOMINATION

Name

Address

Suburb/Town State Postcode

Telephone (Home) (Work) Email

Nomination form

Nominations Close:

5pm, Friday 15th January, 2010

Return your completed nomination form in a sealed envelope to:
Shire of Menzies

- Menzies Visitor Centre, Fmr. Lady Shenton Hotel
- Administration Office, Menzies Town Hall





Menzies is converting its public gardens into veggie patches



Tomatoes are a star in any meal.

Would you like to walk down the main street of your town and pick an orange or grab some ingredients for a salad?

That's the plan in the shire of Menzies, where the council is planning to replace its public flower beds with fruit trees and vegetables.

Shire CEO, Brian Seale, says there has been evidence of a higher rate miscarriages and still-birth in the shire, linked to poor nutrition.

The shire of Menzies covers an area larger than Tasmania but has a population of around 400 people.

It's only an hour's drive from Kalgoorlie-Boulder, but Menzies has only one local shop, and with such a small population it's difficult for the local roadhouse to keep large stocks of fresh produce on hand.

The project is still in the planning, but the council is intending to plant fruit trees and everyday vegetables - Peas, beans, carrots, tomatoes, as well as watermelons and rock melons.

"As people walk down the streets they could pick something and eat it or take it home," says Brian Seale.

"At least they're made available."

"The shire is already watering the garden beds so in that sense it's the provision of a very sensible resource."

Story: Emma Wynne ABC Goldfields WA <http://www.abc.net.au/local/stories/2009/11/18/2746302.htm>

Rural Fire Brigade Called for Dinner

On Saturday 21st November around 6pm the fire brigade was informed that smoke was seen about 2kms east of Menzies. The brigade was able to locate the source of the smoke where they found 3 local lads having a cook up and had just finished cooking a small roo and 3 goannas.

The firemen assessed the area and considered it to be safe and informed the lads that a permit is necessary and available from the Shire Office if required at this time of year for an open fire.

I bet the local lads got a surprise to see the fire truck arriving in the middle of cooking their dinner but not as surprised as the firemen were when the lads invited them to stay for dinner!



MENZIES *Carols by Candlelight*



When

Wednesday 16th December

6:00pm – food

7:00pm - music and fun

Where

Menzies
oval

Who

Everyone!

Alcohol Free Event

Menzies Remote Community School News



Menzies Remote Community School
Gregory Street,
Menzies. 6436
25/11/09

Dear Parents/Guardians,

This will be the last newsletter for this year.

The last day of school will be on Thursday 17th December.

In 2010 school will begin for the students on Monday 1st February.
The last day for term 1 will be Thursday 1st April.



Breakfast Club

Please note: breakfast club ends this Friday 30th November. Children will need to eat breakfast at home as of next Monday.



School Presentation

The school will be holding a presentation afternoon on **Wednesday 2nd December** commencing at 1pm in the Shire Hall.

Everyone is welcome to attend and afternoon tea will be served.



School Market Day

On Wednesday 9th December at 10.30am
Lots of bargains for sale.
Come along and have a look.



Food for sale



Showbags **pottery**



jewellery **note books**



See you there.

I would like to take this opportunity to thank Ms Sheehan, Ms Walker and Ms Price. Without their tireless efforts, the children could not have achieved their goals set this year.

Ms Price will be leaving us at the end of this year as she would like to experience teaching in a big school. Ms Price has taken on many roles in the school during her short time with us and her efforts have been much appreciated by all the staff at school.

I would like to welcome Mrs Debra Pianto into the school. Mrs Pianto has begun work at the school as an Education Assistant working in the primary classes with children. I'm sure everyone will benefit from her work in this area.

Thankyou to all those parents and community members who have assisted us in any way this year. Your support is always much appreciated by the students and the staff.

We look forward to working with you next year.

Have a happy Christmas and a safe and relaxing holiday with your families.
Susan Oliver



Principal

Market Day at the Menzies School



St John, Fire & Rescue Info



Important Public Notice

The Menzies St John
Ambulance Sub Centre
is operational again.

Please ring 000 for emergency.



Menzies St John Ambulance Sub Centre

Wednesday evening training will cease over the
Christmas/New year period.

Next General Meeting Sat 5th February 2010 @
2pm, training & BBQ to follow.

All Training & Meetings are held at the Ambulance Shed in Mercer
Street Menzies. More Info 0448242040 (Jerry Lenane)

“OUR OWN MENZIES FIRE AND RESCUE”

The Menzies Fire and Rescue Service is in need of a trailer that we can build into an Emergency Trailer to carry all sorts of equipment for road rescue, **house fires, etc. A 7'x5' trailer would suit our needs and any repairs are no** problem as we have some very capable volunteers that can weld and repair it to put it back on the road.

If you can help, please contact Ken Atkinson on 0438 844 436.



Recipes to Try

Cream of Bacon & Vegie Soup

Ingredients:

- * 1rasher of bacon
- * 1 onion
- * Stalk of celery, cut into chunks
- * 2 potatoes, peeled & Chopped
- * 2 carrots, peeled & chopped
- * Chunk of pumpkin, peeled & chopped
- * Piece of cauliflower, in chunks
- * Water
- * Chicken stock cubes or powder
- * Sprig of parsley
- * Sour cream or yogurt



Method:

1. Chop bacon & onion fairly small & fry lightly in some oil or butter in large saucepan.
2. Add vegetables, stir around & simmer for a minute
3. Add enough water to just cover vegies, bring to boil, boil gently for about 20 minutes
4. While it is bubbling away, add chicken stock, roughly one cube or teaspoon per cup of water in pot
5. When vegies are cooked, remove from heat. Using potato masher or electric bender, blend all together until creamy
6. Serve hot, with dollop of sour cream and a



Chocolate Puffs

Ingredients:

- * 2 Eggs
- * 4 tblsp caster sugar
- * 1 tblsp cocoa powder
- * 2 tblsp plain flour
- * 2 tblsp SR flour

Method:

1. Set out 24 patty cases in baking dish.
2. Turn oven on to 180c
3. Beat eggs with electric mixer till thick & creamy. Gradually add caster sugar
4. Mix flours & cocoa together, then fold into egg mixture
5. Spoon mix into patty pans and bake at 180c for 10 minutes. Turn onto wire rack to

Recipes Supplied by:

Aileen Kelly from her Home Economics collection

Aboriginal



Justice Agreement

turning the spotlight onto community justice issues

What is the AJA?



THE Western Australian Aboriginal Justice Agreement (AJA) is a partnership between Government and Aboriginal communities to work together at a state, regional and local level to improve justice outcomes for Aboriginal people.

The three outcomes of the AJA are:

1. Safe and sustainable communities
2. Reduction in the number of victims of crime
3. Reduction of over-representation of Aboriginal people in the criminal justice system

How does the AJA work?

The AJA will result in one State justice forum, 10 regional and more than 40 local justice forums. Each forum is to be made up of an equal number of representatives from the Aboriginal community and any Government or non-government agencies involved in Aboriginal justice issues.

Each local forum will create a local justice agreement to identify and address priority justice issues of its area and can be updated as new issues emerge. The work of the forums is supported by locally-based Regional Coordinators. By May 2008, 13 local justice agreements had been signed-off and another 11 are expected to be approved this year.

What are the benefits of the AJA?

The key to success is in the AJA's regional partnership approach, which ensures that Aboriginal people are partners in identifying and addressing the issues in their community.

Across Government, it is expected that improved communications and coordination will result in more effective services for Aboriginal people and more efficient use of Government resources.

The AJA supports Government and Aboriginal communities with a framework that promotes:

- Joint planning, provision and delivery of services;
- Effective and coordinated community engagement;
- Community-based prioritisation of issues and service delivery;
- Increased capacity of Aboriginal communities; and

- Increased capacity of Government to deliver services to Aboriginal communities.

Why is the AJA important?

Aboriginal people represent only 3% of the State's population but make up about 40% of prisoners and 70% of juvenile detainees. They are five times more likely to be a victim of a violent crime. The AJA supports joint Government and Aboriginal community work to redress this imbalance.

Who is involved?

The AJA is an important Western Australian Government initiative with Aboriginal communities. It is led by the Department of the Attorney General and signatories include::

- Department for Child Protection;
- Department for Communities;
- Department of Corrective Services;
- Department of Indigenous Affairs;
- Western Australia Police; and
- Aboriginal Legal Service of WA.

Some early AJA outcomes

A quick win for the AJA was the identification and implementation of an Aboriginal education solution early in the joint agency-community consultation stage to establish the Midland LJP. AJA discussions on retaining Aboriginal children at school and increasing parental involvement led, in eight short months, to the Department for Child Protection establishing the Best Start program for children from birth to five in partnership with, and on the ground at, the Moorditj Noongar Community College.

Separate East Kimberley LJPs were signed off in August 2007 for Wyndham and Oombulgurri. Wyndham community representatives are working with police to establish a formal community/family leaders group to address community factional violence. The Oombulgurri community is working with the local school, police and the Departments of Indigenous Affairs and Child Protection to manage alcohol issues through education and a Liquor Accord. These are only some of the issues prioritised by their LJPs.

Contact the AJA Team

Telephone: 08 9264 6105

Email: aja@justice.wa.gov.au

Web: www.aja.justice.wa.gov.au

AJA Local Justice Forum Locations

Legend

Forum Locations

Region

- East Kimberley
- ▼ West Kimberley
- ☆ Pilbara
- Yamatji
- Ngaanyatjarra Lands
- Mulga Mallee
- ▲ Perth Metro
- × Wheatbelt
- ★ Great Southern
- ◎ Southwest



Aboriginal



Justice Agreement

Regional & Community Health Information

LEONORA COMMUNITY HEALTH

Appoints Ph: 90 376083

POITIER MEDICAL PRACTICELEONORA

Appointments please phone 90 376 238.

Margaret Davies - Practice Nurse 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.

Doctors Surgery will be closing from Thursday 10th December 2009 and reopening 19th January 2010.

Doctors Reception office open until Friday 18th December 2009 and reopening 6th January.

For Emergencies phone Leonora Hospital 90804300

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: 6:30pm - 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 1533
Fax: (08) 9021 8673
www.centrecare.com.au



Stop the spread of flu germs

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



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

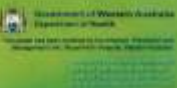


Get and Go
squirt the alcohol gel on your hand and rub till dry

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



Stay away from others if you're sick



Protect your family from influenza



Stop the spread of germs that make you and others sick!

Cover your Cough



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



or cough or sneeze into your upper sleeve, not your hands

Put your used tissue in the waste basket.

Clean your Hands

after coughing or sneezing



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner



Menzies Health Centre Information

MENZIES HEALTH CENTRE
Holiday Closure

Please note that Sam will be
away from & including
21st December 2009 -
11th January 2010
Clinic will be attended weekly
on Tue, Wed & Thursdays
by Marilyn
Ph: 90242044

For Emergencies Call 000

MENZIES HEALTH CENTRE

CLINIC Generally ATTENDED by Sam
MONDAY - FRIDAY

Phone - 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

TBA February

Appointments & Enquiries

- Ph: 90242044

Generally 1st Tuesday of the Month

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



Regional Visiting Specialist & Health Information

POITIER MEDICAL PRACTICE LEONORA

Holiday Closure

Doctors Surgery will be closing from Thursday 10th December 2009 and reopening 19th January 2010.

Doctors Reception office open until Friday 18th December 2009 and reopening 6th January.

**For Emergencies phone
Leonora Hospital 90804300**

POITIER MEDICAL PRACTICE LEONORA

Visiting Specialists
for December 2009

Nutritionist

Tuesday 8th Dec 2009

Diabetic Educator

Tuesday 8th Dec 2009

WA Country Health Service
Goldfields

Delivering a Healthy WA

Healthy Workforce • Healthy Hospitals • Healthy Partnerships • Healthy Communities • Healthy Resources • Healthy Leadership



Notice of Christmas Closure
Outpatients, Visiting Specialists Clinic
Pre-Admission and Theatre

These services will be closed after the 23rd of December, and re-opening on the 11th of January, *with the exception of stress testing and echo clinics, which will operate from the week beginning 4th January.*

David Bowdidge
Karen de Bonde
Dr Peter Barratt

Message Authorised by: David Bowdidge, Operations Manager, WA Country Health Service - Goldfields

Please ensure this message is printed and posted on notice boards to ensure that staff who do not have access to an email account are able to see this information.

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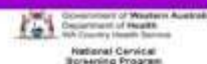
WA Cervical Cancer Prevention Program

One Test

15 minutes
Every two years.

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

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




Community Health Notice

December 2009
ISSUE 12

In Good Health

Iron Deficiency

Iron is an important dietary mineral which helps cells use oxygen efficiently in order to function properly. It is essential for energy production and maintaining a healthy immune system to fight infection.




Iron deficiency is a common health problem which can occur at any time in a person's life, but those most at risk include children, teenagers (especially girls), athletes, and pregnant and breastfeeding women. These groups are most commonly affected because of the high levels of iron needed for growth, exercise, pregnancy and breastfeeding.

Common causes of iron deficiency include: inadequate dietary intake of iron, chronic blood loss, and loss of increased need (e.g. during pregnancy, if you are iron deficient your doctor may recommend building some of the following iron-rich foods into your diet:

- Wholegrain cereals, breads and pasta
- Meat, poultry and fish
- Dark green, leafy vegetables such as spinach and broccoli

It is very important to talk to your doctor if you think you may be suffering from iron deficiency, as although it may simply be a problem with your diet, it can sometimes indicate a more serious underlying condition. You should not take iron supplements unless advised by your doctor as iron is toxic in large amounts and can be fatal in high doses.



Iron deficiency occurs when your body's iron needs are not met by iron absorption from your diet and can cause the following symptoms:

- Fatigue
- Headaches
- Impaired concentration
- Decreased immunity

If a person is iron deficient for a long period of time they may develop iron deficiency anaemia, a serious condition where red blood cell production falls significantly, decreasing the transportation of oxygen throughout the body.

Alcohol

What does it do to your body?

Alcohol is a depressant drug that slows down the activity of the central nervous system, reducing the speed of messages transmitted between the brain and the body.

Alcoholic beverages are drunk by many Australians for enjoyment and relaxation and when consumed in moderation, they cause few harmful effects. Anyone who drinks heavily or drinks too much in one session, however, is at risk of experiencing both short and long-term harmful effects.

EFFECTS OF ALCOHOL

The effects of alcohol vary from person to person and can depend on a number of factors including:

- The type and quantity of alcohol consumed
- The age, weight and gender of a person
- How much food is in the stomach
- Body chemistry
- The environment where the drinking is taking place

POSSIBLE SHORT-TERM EFFECTS

- Feeling more relaxed and confident with fewer inhibitions
- Impaired concentration and coordination
- Slower reflexes
- Slurred speech, blurred vision
- Unstable emotions
- Nausea, vomiting
- Memory loss
- Coma or death

LONG-TERM EFFECTS

Heavy consumption of alcohol over a long period of time can cause serious, permanent damage to many parts of the body including the heart, liver and digestive system. Other effects may include:

- High blood pressure and stroke
- Sexual impotence and reduced fertility
- Increased risk of breast cancer
- Sleeping difficulties
- Concentration and memory problems
- Negative impact on relationships, finances and work
- Legal problems

ALCOHOL INTAKE GUIDELINES

The Australian National Health and Medical Research Council (NHMRC) recommends the following guidelines for alcohol intake:

- Adult men and women – should drink no more than two standard drinks per day to reduce the long-term harmful effects of alcohol. No more than four standard drinks should be consumed on any one occasion to reduce the risk of alcohol-related injury.
- Children and young people under 18 years – should not drink any alcohol.
- Women who are pregnant, planning pregnancy, or breastfeeding – should not drink any alcohol.

Tips for Drinking Responsibly

- Eat food before and during drinking to slow the absorption of alcohol into the bloodstream
- Avoid salty snacks such as chips and nuts which increase your thirst making you drink more
- Alternate every second or third alcoholic drink with water or a non-alcoholic drink
- Try lower alcoholic drinks such as light beer or low-alcohol wine
- Drink slowly – keep a steady pace while you are drinking as it can take time for alcohol to take its effect



The Australian standard drink contains 10 grams of alcohol. A serving of alcohol often differs from a 'standard drink' however, and can often be much larger. For example, a standard drink of wine is equivalent to 100ml of wine, whereas a typical bottle can be anywhere from 550 – 750ml. In Australia the labels on alcoholic drink bottles and cans are required to show the number of standard drinks they contain.

Blood Pressure



Blood pressure is the pressure of the blood as it is pumped around the body by the heart. This pressure does not always stay at the same level as it is constantly adapting to meet the body's needs. If blood pressure remains at a high level for long periods of time however, it can lead to serious health problems such as heart attack, stroke, kidney disease or heart failure.

Many people are unaware that they have high blood pressure as it does not usually give any warning signs. It is therefore important that you have your blood pressure checked regularly by a doctor, especially if you smoke, are overweight, have diabetes or have high blood cholesterol.

BLOOD PRESSURE GUIDELINES

Blood pressure is usually measured using an instrument called a sphygmomanometer and is recorded as two numbers such as 120/80. The higher number shows the pressure in the arteries as the heart squeezes blood out during each beat (systolic blood pressure), and the lower number shows the pressure as the heart relaxes before the next beat (diastolic blood pressure). The National Heart Foundation of Australia recommends the following figures as a useful guide for blood pressure levels:

- Normal Blood Pressure – less than 120/80
- Normal to High Blood Pressure – between 120/80 and 140/90
- High Blood Pressure – 140/90 or higher
- Very High Blood Pressure – 180/110 or higher

LOWERING BLOOD PRESSURE

Suggestions for lowering blood pressure include:

- Not smoking
- Reducing alcohol intake
- Achieving and maintaining a healthy body weight
- Being physically active
- Reducing salt intake
- Taking medication if prescribed by your doctor

For more information visit The National Heart Foundation of Australia Website at www.heartfoundation.org.au

Healthy Holiday Habits

The holiday season is fast approaching which is often the hardest time to maintain a healthy lifestyle. We are constantly tempted by delicious foods and tend to do less exercise because we are so busy organising and attending celebrations. The tips below suggest ways to enjoy the festivities and good company, while staying healthy at the same time:

- Eat a light, healthy meal before attending a festive gathering so you will be less tempted to overindulge in unhealthy buffet snacks.
- Allow yourself the occasional small treat – if you deprive yourself completely, you may end up bingeing later on.
- Fill your plate with healthy foods such as fruit and vegetables first, so that there is less room for foods that are higher in fat and sugar.
- Enjoy alcohol in moderation and choose drinks that have fewer calories, such as spirits with diet mixers and white wine with soda.
- Drink plenty of water, especially if you are drinking alcohol – it is a good idea to alternate every alcoholic drink with a glass of water or non-alcoholic drink.
- Set aside time to exercise each day, such as organising a brisk walk with your family, a swim at the beach, or ball games in the park.
- Take time to relax, the holiday season can be a stressful time if you don't allocate time for yourself to unwind.



What is Flexibility?

Flexibility is the ability to move joints through their complete range of motion.

The flexibility of a joint can depend on a number of factors including: the structure of the joint, and the elasticity of the muscles, ligaments or skin surrounding a joint.

Reduced flexibility can be genetic but can also be improved by performing stretching exercises.



Skin Cancer

Skin cancer occurs when the cells of the skin are damaged. The main cause of damage to the skin cells is by over-exposure to ultraviolet (UV) radiation from the sun. There are three types of skin cancer which are named after the type of cell they develop in:

1. Basal cell carcinoma (BCC)
2. Squamous cell carcinoma (SCC)
3. Melanoma

BCC and SCC are the most common types of skin cancer and are often called non-melanoma cancers. Melanoma is the most dangerous form of skin cancer which if left untreated, can spread to other parts of the body and is very difficult to cure.

Checking for skin cancer

Early detection of skin cancer is critical as the majority of skin cancers are treatable if detected in their early stages. You should check your skin regularly for any changes that might suggest a skin cancer. You should look for:

- Any new spots, moles or freckles
- Spots, moles or freckles that have changed in colour, shape or size
- Any crusty, non-healing sores

If you notice any unusual changes on your skin you should see your doctor immediately to get them checked for skin cancer.

Stretching

Benefits of stretching:

- Increased range of movement in the joints
- Improved circulation of the blood
- Enhanced muscular coordination
- Reduced muscle tension

Daily stretching exercises

Below are three stretching exercises that can be performed daily which should help improve the flexibility of your back, hips and shoulders. To avoid injury it is important to warm up the body before performing stretching exercises – partake in some light aerobic exercise to raise your temperature and increase circulation before you start, and begin stretching very gently.

1. Interlace fingers and turn palms upwards. Extend arms in front at shoulder height. Hold for 10-15 seconds, relax and repeat.
2. Stand with hands on hips and knees slightly flexed. Gently twist torso at the waist until the stretch is felt. Hold for 10-15 seconds and repeat on other side.
3. Sit on floor with left leg straight out in front. Bend right leg, cross right foot over and place outside left knee. Bend left knee and rest to the right of right knee. Place right hand behind hip on floor, turn head over right shoulder and rotate the upper body to the right. Hold for 10-15 seconds and repeat on other side.

IN OUR NEXT ISSUE

- Food Myths
- Dangers of Cation
- Interval Training
- Maintaining a Healthy Weight
- Sunscreen
- Urinary Tract Infections



Small: Reconnective Information Service
12 Ardmore Street West Perth 6009 WA
T 08 9440 3400
F 08 9440 3400
www.lgis.org.au

Menzies Community Notice Board



Menzies Sub Branch

Next General Meeting will be on 5th Feb 2010. Wednesday training evenings will cease over the Christmas, New Year period. All Training & Meetings are held at the Menzies Ambulance Shed in Mercer Street Menzies.

More Info 0448242040 (Jerry)

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

Centrelink Agent

Contact – Alana Cameron

Phone: 90242504 Fax: 90242191

Open 8 -11am Weekdays

At the MAC Centre

Menzies Public Library

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

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

All Inside the 'Former' Lady Shenton Hotel.
Cnr Brown & Shenton Streets, Menzies

Public Notice - Bluebush Pastoral Co.

*Melita, Jeedamya, Yundaga &
Kookynie Stations.*

Due to large wild dog numbers all camping on the above pastoral leases is not permitted until further notice. Notification for permission to prospect on the above pastoral leases must be made by contacting the Manager Allan McCooke on Ph: 90376053

Regional Community Notice Board



"FREE"
Face Painting

**CLOWNS
4
KIDS**



Carols in the Park

Loonline Park

16th December, 2009

Free lollies for the kids.

Rotary Club of Boulder



6.00pm - 7.00pm FREE face painting with Candy the Clown
6.00pm - 8.00pm Sausage Sizzle, Cool Drinks,
Fairy Floss, Parksy's Ice Creams
Glow items, candles,
FREE Merry-go-round rides
7.00pm - 7.30pm Santa arrives and gives out lollies.
7.30pm - 8.00pm Performance by Veils of Gold.
8.00pm - 9.00pm Stage Left Theatre Troupe leads the carols.
9.00pm or thereabouts - time to go home, thanks for coming.

Sausage sizzle
& drinks



Printing kindly done by KCGM Super Pit Shop

"FREE"
Merry-go-round



Carols
at 8.00pm



ANGLOGOLD ASHANTI
AUSTRALIA

INDEPENDENCE GROUP NL

Tropicana Gold Project

www.tropicanaajv.com.au

TropicanaGoldProject@anglogoldashanti.com.au

1800 068 705



Goldfields ImageWorks

from capture to rapture

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

Lynn & Sharon Webb

Mobile: 0419 837 337

23 Wilson St + Kalgoorlie WA 6430 + Ph/Fax: (08)9091 9071

webb@wn.com.au

www.goldfieldsimageworks.com.au

CARTRIDGES 4 PLANET ARK

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

ALL CAME FROM PRINTER CARTRIDGES

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

Box(es) are located...

Menzies Resource Centre and Shire Office

For more information visit
Cartridges4PlanetArk.org
or call 1800 34 34 73

Supporting the environment - taking responsibility for the cartridges we produce

brother CANON EPSON LEXMARK

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

If you don't have access to the internet, visit the Super Pit Shop in Boulder to fill in online or request a hard copy.

Look for KCGM's "News & Views" newsletter appearing in your letterbox this week which gives even more information.

We look forward to hearing from you at www.superpit.com.au

KCGM
Kalgoorlie Community Group

Are you thinking of becoming an Australian citizen?

www.citizenship.gov.au
phone 131 880

You can access the survey directly online here:


http://www.surveymonkey.com/s.aspx?sm=m6Y8VdSxS5ZPDqYXVCYmtO_3d_3d

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

NO Tours will be run between 22 December 2009 to 1 January 2010

Tours will resume 2 January 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 \$15 or order from the Blackboard Menu

Meals Sunday

Counter Meal 12—2pm

Evening Roast Special \$15

Accommodation Ph: 90242016



Menzies Roadhouse

Petrol & Diesel

Monday to Saturday -

6.30am to 7.30pm

Sunday -

7.30am to 12 noon

Located

Cnr Shenton & Wilson Streets

Where you turn off to Lake Ballard

Sit Down & Takeaway

Meals & Grocery lines

LPG Bottle Exchange

Ph: 90242046



Managing Your Business in Challenging Times

Now more than ever, you need the right tools & information to manage your business effectively.

To assist you, the Small Business Centre Goldfields is available at any time free of charge if you need assistance with the following:

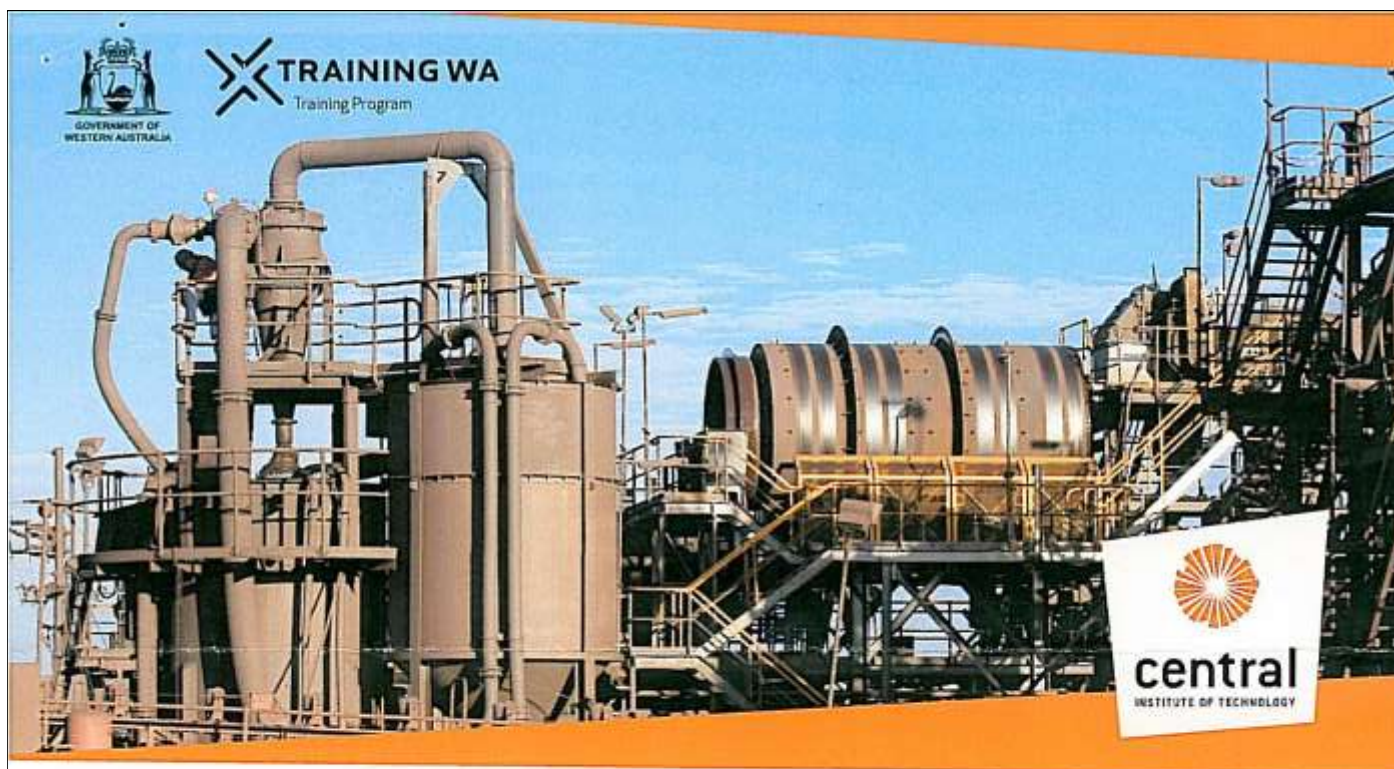
- Cash flow forecasting for next financial year
- Debt collection strategies
- Obligations to employees
- Business planning
- Understanding your Australian Taxation Office Obligations
- Starting a business
- Business Funding Opportunities
- New Enterprise Incentive Scheme (NEIS)
- Indigenous Business Australia

Our service has been operating throughout the Goldfields since 1991 and provides an essential service in small business development and management. Our service is also free!

Please contact us on 9021 7708 or email us at

sbcgoldfieldsadmin@kalnet.com.au with any questions. You can also pop down to the Menzies Visitor Centre to pick up some flyers about our service.





UNEARTH A GREAT CAREER

Central Institute of Technology can get you working in the mining & resources industry

Central Institute of Technology's Leederville Campus offers a Certificate II in Resource Processing that gives you the hands on skills and knowledge required to work as an operator in mineral processing operations.

If you would like a career in mineral processing you will need to:

- possess mechanical aptitude;
- be physically fit;
- be able to work in teams;
- have good communication and problem solving skills; and
- be willing to undertake shift work

Processing operators can be involved in all aspects of mineral processing, including sampling and laboratory work. The mineral process is often located in remote areas and working conditions may include dust, heat and noise.

1300 300 822
www.central.wa.edu.au

Careers in mineral processing

Mineral processing operators are employed by most mining companies, industrial mineral companies and quarries. They undertake a multitude of tasks to ensure the safe and efficient operation of a chemical or mineral processing plant. The operator runs the equipment used to produce a final product, or extract the mineral from ore for further processing.

Mineral processing operators may perform the following key activities:

- Operation of mobile or fixed equipment, such as crushers, screens, mills, pumps, conveyors, feeders, thickeners or other extractive equipment depending on the mineral being recovered.
- Start up and shut down of the process or sections of the plant
- Sampling and testing of process streams
- Fault finding and minor repairs to the plant or equipment

- Assisting with cleaning and maintenance of the equipment and the plant
- Solving basic problems in the process
- Ensuring workplace safety
- Complying with environmental policies and procedures

Entry Requirements

To apply for the Certificate II in Resource Processing you will need developed communication skills and developed maths skills.

Further Study

After completing the Certificate II in Resource Processing you can apply to study either a Certificate III, Certificate IV or Diploma in Resource Processing. Subsequently university study is also an option.

I would like to know more!

For more information and to apply for study in Semester 1 2010 please call the Mining area on (08) 9202 4354.

Community Public Health - Public Notice



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.

ST JOHN AMBULANCE AUSTRALIA (WESTERN AUSTRALIA) INC.



COMMON DANGEROUS SNAKES IN WA



DUGITE ADULT

Moderately slender snake, dull, greenish brown, black scales dotted along back, under surface greyish white. Prefers sandy areas and areas where mice are plentiful. Outrigger Island and South West of WA and Midwest.



DUGITE HATCHLING

Small slits, head and neck are black, back straw coloured with reddish brown hourglass patterns.



DEATH ADDER

Easily recognised flat broad triangular shaped head, body short and very thick, colour varies from greyish through brown to reddish brown. Found in many areas throughout Western Australia.



TIGER SNAKE

Shorter and thicker than dugite, head is broad with distinct narrowing at neck, upper surface is blackish and lower surface bright yellow. Found mainly on west coastal plains of WA, Darling Range, Garden & Carnarvon Islands.



GWARDAR

Similar to dugite - more pointed snout and head. Colour varies, head and neck may be black or black V-shaped marking on neck. Back golden brown to grey, may have bands across back. Mainly in northern central wheatbelt.

PREVENTION OF SNAKEBITES

1. LEAVE SNAKES ALONE 2. WEAR CLOSED SHOES AND ADEQUATE CLOTHING WHEN WALKING IN SNAKE COUNTRY 3. SNAKES FEEL VIBRATIONS FROM THE GROUND AS YOU APPROACH. SO STAMP YOUR FEET NOISILY WHEN WALKING THROUGH THE GRASS 4. CHECK HOLLOW LOGS BEFORE YOU PUT YOUR HAND INSIDE 5. USE A TORCH AROUND CAMPS AND FARM HOUSES AT NIGHT

SIGNS OF A SNAKEBITE

2 PUNCTURE MARKS AT SITE OF BITE OR FANG SCRATCHES ON SKIN • SWELLING OF BITTEN AREA • REDDENING AROUND BITE • BRUISING • SWEATING • VOMITING • SHORTNESS OF BREATH

SYMPTOMS THAT USUALLY OCCUR 15 MINUTES - 2 HOURS LATER ARE:

HEADACHE • NAUSEA • DROWSINESS • BLURRED OR DOUBLE VISION • PAIN OR TIGHTNESS IN THE CHEST OR ABDOMEN • BREATHING DIFFICULTIES • GIDDINESS OR FAINTNESS • DIARRHOEA

FIRST AID FOR SNAKEBITES

FOUR DO'S

- 1 REST AND REASSURE THE CASUALTY - ACT CALMLY.
- 2 BANDAGE BITTEN AREA FIRMLY AND PROMPTLY - USE A BROAD, FIRM BANDAGE TO COVER AS MUCH OF THE LIMB AS POSSIBLE ABOVE AND BELOW THE BITE (CLOTHING IS IDEAL OR AN OLD TOWEL TORN INTO STRIPS).
- 3 KEEP THE LIMB AS STILL AS POSSIBLE - BANDAGE TO A SPLINT (A PIECE OF TIMBER OR FOLDED NEWSPAPER IS IDEAL).
- 4 BRING TRANSPORT TO THE CASUALTY WHERE POSSIBLE.

* IF YOU ARE BITTEN WHEN BY YOURSELF STAY CALM, APPLY BANDAGE & CALMLY WALK TO THE NEAREST PLACE WHERE HELP IS AVAILABLE.

FOUR DONT'S

- 1 DON'T PANIC.
- 2 DON'T APPLY A TORNIQUET.
- 3 DON'T CUT OR WASH THE AREA. (THE VENOM MAY BE NEEDED TO IDENTIFY THE SNAKE.)
- 4 DON'T REMOVE THE BANDAGE UNTIL MEDICAL AID SAYS SO.

Using crepe or conforming roller bandage (about 10-15cm wide), pantyhose or other material, immediately apply a firm bandage.



Always starting from the fingers or toes, bandage upwards as far as can be reached up the affected limb. Bandage firmly as for a sprained ankle.



Immobilise limb using a splint secured with a second bandage. Check the fingers and toes for circulation. Keep the casualty and the limb at rest. DO NOT remove the splint or bandage once applied.

THESE CHILDREN KNOW WHAT TO DO IF A SNAKE BITES. IMPROVISED TREATMENT COULD LOOK SOMETHING LIKE THIS...



This girl is tearing a shirt into wide strips to use as a bandage. She has told the casualty to lie down and keep still.



Beginning of the band, she binds the leg firmly. She will indicate the bite site by marking the outside of the bandage.



The bandage will go up the leg as far as possible, ideally covering the whole leg. (If the bites are on the hand or forearm, bandage the entire arm beginning from the fingers.)



Using a strong stick as a splint, she immobilises the leg, while offering calm words of reassurance to the casualty.



She fastens the splint to the leg using a second bandage. She will then try and get help to bring transport to the casualty.

Acknowledgement: St John Ambulance Australia (WA) Inc would like to thank the WA Museum and their contributors for the use of the snake photographs, for more information please refer to Snakes of Western Australia (2002) D.W. Sherr, L.A. Smith and R.C. Anderson.

Aboriginal



Justice Agreement

turning the spotlight onto community justice issues



Before You Drive:

PREPARE!

**Spare Fuel**
☐
**Water (4 - 5 litres per person per day)**
☐
**Extra Food**
☐
**Spare Tyre/Wheel Changing Equipment**
☐
**Tell Someone of Your Travels and Arrival**
☐
**Tool Kit**
☐
**First Aid Kit**
☐
**Vehicle Recovery Equipment**
☐
**One Person Per Seat Position**
☐
**Does the Driver Have a Valid Licence?**
☐
**Is Everyone Wearing Seatbelts?**
☐
**Is Your Car Roadworthy?**
☐



Spinifex Art Stories - Profile of Artist Debbie Hansen



"Minyma Tjuta" August 200

Debbie Hansen was born in the sixties at Cundeelee Mission. She grew up living a largely traditional lifestyle and now resides at the remote community of Tjuntjuntjara, a people know as **"The Spinifex People."**

Debbie learned many of the old stories from her aunties and grandmothers and in this painting tells the story of **Minyma Tjuta** or **"all the women"** commonly known as the Seven Sisters.

In the story the women were on a lengthy trip across the western desert in search of a large woman python. The story is elaborate and lengthy and there are many private details of this sacred story.

In this painting, Debbie paints the sisters as they are camped at Cundeelee. The Sisters can be seen in the night sky as Pleiades.

Artwork size 600mm x 900mm

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

Ph: 90 242 702 Fax: 90 242 775

Story & photo reproduced with kind permission from Ilkurlka Community.

Local Stories - Menzies Volunteers Rewarded

Ten volunteers from St John Menzies Sub Centre travelled to Kalgoorlie invited to a cocktail evening at the Rydges Hotelwere in Kalgoorlie on Thursday 10th December 2009. This occasion was initiated by the Kalgoorlie Boulder Volunteer Centre (KBVC) as a thanks to Goldfields Volunteer Groups and volunteers for their services to their **various communities. Jerry phoned St John's Comm's Centre and said Menzies Sub Centre would be unavailable for the night.**

A Goldrush Tour chartered bus picked up our volunteers at 5pm and travelled to Kalgoorlie for the nights event.. The Rydges looked a treat with the paths to the pool area lined with large candles and placards with all the volunteer groups and individual names invited to the evening. We were encouraged to take a candle and placard home as a memento for the evening. Starting off the evening was a challenge to win a complimentary night at Rydges for two for the first person to voluntarily jump into the pool. While our group were deciding if it was too far to go home and change someone else took the plunge to win the prize. It was a lovely night for a dip!

The evening rolled along with speeches and volunteers recognised for the efforts through a roll call. After a few **hours with us all enjoying the drinks & nibbles the evening speeches came to an end. As our bus wasn't due to collect us for another hour, the Menzies group retired to the bar and ordered some more food & drinks because non of us had to drive! It was a terrific night and something none of us had expected. It was just great to get out of town and enjoy ourselves as a group. Those who attended were - Sam Mazza, Jerry Lenane, Marina Bauer, Katie Lenane, Carol McAllan, Debbie Pianto, John & Robyn McCarthy, Ken Atkinson & Sandra Hunter. Lloyd Lansdown, James Mazza and Bruce Henderson have done a lot of volunteer work for St. John's but were unable to attend as were the new volunteer fire fighters, Greg Clarke, Kevin Pusey and Christine Newton. John & Chris Nelis were recognized for their help with food during a call out near Menzies. Everyone deserves a THANKYOU!!!!**

Wildlife about Menzies

The Thorny Devil (*Moloch horridus*) is an Australian lizard. It is also known as the Thorny Dragon, Mountain Devil, Thorny Lizard. It grows up to 20 cm (8 in) in length and can live up to 20 years, coloured in camouflaging shades of desert browns and tans; these change from pale colours when warm to darker colours when cold. The species is entirely covered with conical spines that are mostly uncalcified. It also features a spiny "false-head" on the back of the neck, the animal presents this to a potential predator by dipping its real head. Females are larger than males. The Thorny Devil's body is ridged in structure, and enables the animal to collect water from any part of its body, which is then channelled to the mouth.

Description An intimidating array of spikes cover the entire upper side of the body, these thorny scales are a defence against predators. Camouflage and deception may also be used to evade predation. It has an unusual gait, involving freezing and rocking, as it slowly moves in search of its preferred diet.

Habitat It inhabits arid scrub and desert over most of central Australia. In particular, it inhabits spinifex (triodia) sandplain and sandridge desert within the interior and mallee belt. Its distribution largely coincides more with the distribution of sandy and sandy loam soils than with a particular climate in western Australia (Pianka and Pianka 1970).

Defenses The thorny devils is covered in hard, somewhat sharp spines to dissuade predators by making it difficult to swallow. It also has a false head on its back: when it feels threatened it lowers its head between its front legs, and only the false head is visible.

Diet

The food that the devil mainly eats is ants. They can eat some thousands of ants in one day. They collect moisture in the dry desert via night-time condensation of dew which forms on the skin and is channelled to the mouth in hygroscopic grooves between its spines (Bentley and Blumer 1962). During rain events, capillary action allows the lizard to suck in water from all over its body.



Children's Christmas Colouring



To find out your watering days, simply take the last digit of your house or lot number and apply it to the table below:

South of Kalbarri & Kalgoorlie Watering Days	
Last digit of your lot or house number	Your 2 watering days are:
1	Wednesday and Saturday *
2	Thursday and Sunday
3	Friday and Monday
4	Saturday and Tuesday
5	Sunday and Wednesday
6	Monday and Thursday
7	Tuesday and Friday
8	Wednesday and Saturday
9	Thursday and Sunday
0	Friday and Monday
* You may water only once each day either before 11am or after 5pm.	

We hope this brochure has been helpful in assisting you with ideas on how to establish and maintain a Waterwise garden.

Remember, the Water Corporation has lots of ways you can save water, both in the home and around your garden.

Simply call the Waterwise Infoline on 13 10 39 or visit our website at www.watercorporation.com.au

This information is available in alternative formats on request.

water for all, forever  WATER CORPORATION

WATERWISE PLANTS FOR THE GOLDFIELDS

The following list of plants has been drawn up in consultation with industry and environment groups. It is not intended to be comprehensive, rather it is meant to be an indication of the potential to create a garden that is practical, ornamental and environmentally friendly, and needs little water to maintain once it is established.

There are many other regions of the world that have similar soils and climate to the Goldfields. Plants from these regions are often very much at home in local gardens. Unfortunately some are too much at home and have become, or have the potential to become, environmental weeds. These plants have been excluded from the list.

The list includes many Eremophilas. The name Eremophila means desert lover. The common name Poverty Bush also indicates the toughness of these plants, which occur in a wide range of shapes and sizes. They are among the toughest and most beautiful of our flora and are also very good plants for attracting birds into the garden. Unfortunately small plants grown in pots for sale tend to be straggly and open and are often overlooked. Have faith. Seek Eremophilas out and plant them in your garden. They are the ugly ducklings of the plant world.

Waterwise Rebates

There is a range of products and services that attract a rebate. A booklet that details the terms and conditions of rebates and includes rebate claim forms is available from the Water Corporation. The booklet can also be downloaded in PDF format from the Department of Water website www.water.wa.gov.au

Garden Tips for the Goldfields



 WATER CORPORATION



Eucalyptus 'Pavane'



Common Name	Botanical Name	Origin*	Habit	Description
Gungurnu, Caesia	<i>Eucalyptus caesia</i>	N	Tree to 6m	A many trunked tree with a pronounced weeping habit. Younger branches, leaf stalks buds and nuts are covered in a silver grey bloom. Showy pink to red flowers hang down in small clusters in autumn and winter. Bird attractant. Can be hard pruned if necessary.
Yellow Flowered Blackbutt, Strickland's Gum	<i>Eucalyptus stricklandii</i>	N	Tree to 8m	Ornamental small, evergreen tree with a single low branching trunk and smooth brown bark. Clusters of large bright yellow flowers are produced during the warmest time of year.
Coral Gum, Coolgardie Gum	<i>Eucalyptus torquata</i>	N	Tree to 8m	Evergreen tree with dark green and reasonably dense foliage and a dark brown trunk. The pink flowers are ornate and profuse usually occurring in late spring to early summer, occasionally at other times.
Weeping Pittosporum	<i>Pittosporum phyllaeroides</i>	N	Tree to 8m	A variable species from upright shrubs to graceful weeping trees. All have slender foliage and small cream flowers that are followed by inedible orange fruits. Some sucker.
Grasses				
Couch Winter Green	<i>Cynodon dactylon</i> 'Winter Green'	E		Winter Green is the best known and most widely planted couch cultivar. It needs at least 5 hours of direct sun each day and is damaged by frost. However, it has excellent drought tolerance.
Kikuyu	<i>Pennisetum clandestinum</i>	E		Extensively used in recreation parks and is a hard wearing if coarse looking lawn. It is used in town gardens but has an invasive nature which can cause problems.
Buffalo Grass	<i>Stenotaphrum secundatum</i>	E		Suitable for sunny or lightly shaded areas. Soft leaved varieties include 'Palmetto' and 'Sir Walter'. Soft leaved cultivars should never be mowed close to the ground.
Zoysia	<i>Zoysia japonica</i>	E		Becoming increasingly available. It is claimed to need much less mowing and to be able to go into dormancy during the dry season and regenerate with the first rains.
Grass alternatives				
Lippia	<i>Phyla nodiflora</i>	E		Covers the ground like a mat. It is a perennial, broadleaf herb, with grey green leaves 10 to 20mm long and numerous small, round lilac flowers.
See also Groundcovers				
* E = Exotic N = Native				



Protea cynaroides



Toddia floricola

Common Name	Botanical Name	Origin*	Habit	Description
Wedding Bush	<i>Ricinocarpus tuberculatus</i>	N	Shrub to 4m	Fast growing evergreen shrub. Slender shiny dark green foliage and massed clusters of white fragrant flowers throughout spring. Needs to be pruned regularly to maintain size and shape.
Bougainvillea	<i>Bougainvillea</i>	E	Shrub to 5m	A tough plant with showy 'flowers' over many months. Branches have strong thorns.
Kings Park Bottlebrush	<i>Callistemon 'Kings Park Special'</i>	N	Shrub to 6m	Often pruned to a single trunked tree. Showy and bird attractant, red bottlebrush flowers during spring. Prefers full sun. May be pruned hard after flowering.
Desert Kurrajong	<i>Brachychiton greggii</i>	N	Tree to 10m	A very tough and ornamental semi deciduous shade tree. Often slow to establish. It produces a dense crown of dark green foliage atop a single trunk. In the bush it is often the only green plant to be seen in summer.
Lemon Flowered Gum	<i>Eucalyptus woodwardii</i>	N	Tree to 10m	A graceful upright tree with a single straight smooth trunk and weeping branches. Stems and buds have a silver grey bloom. Large clusters of bright yellow flowers hang down in spring and summer.
Book-Leaf Mallee, Kruse's Mallee	<i>Eucalyptus kruseana</i>	N	Tree to 3m	A very ornamental species, rare in the wild but widely grown in cultivation for its silver foliage and decorative 'miniative' bark. The yellow winter flowers are most attractive too.
Fuchsia Mallee, Fuchsia Gum	<i>Eucalyptus forestiana</i>	N	Tree to 4m	Usually has a single low branching trunk with smooth bark. Large, four sided red buds and fruits hang from the branches for most of the year.
Webster's Mallee	<i>Eucalyptus websteriana</i>	N	Tree to 4m	A very ornamental foliage tree that normally grows as a many trunked plant to 3 or 4m high. The heart shaped, grey green leaves are very attractive year round. The small yellow flowers open during spring to add to the effect.
Red Flowered Mallee	<i>Eucalyptus erythronema</i>	N	Tree to 5m	One of the most attractive of the mallees. It can be trained to a single trunk if desired. Highly ornamental trunk and showy, red, bird-attracting flowers in late spring to mid summer.
Carob Tree	<i>Ceratonia siliqua</i>	E	Tree to 6m	Dense shade tree with dark furrowed bark when mature and deep green divided leaves. Slow to establish but very tough. Female trees produce bean like pods after flowering. The pods (not the beans) are used as a chocolate substitute.



Bush Pearl

Common Name	Botanical Name	Origin*	Habit	Description
Portulaca	<i>Portulaca grandiflora</i> Hybrid Cultivars	E	Annual to 0.2m	Hardy colourful annuals for planting in exposed garden beds over the warmer months. Many flower colours.
Sturt Desert Pea	<i>Swainsona formosa</i>	N	Annual to 0.4m	An annual or short lived perennial that can spread to 2m across with trailing stems and small clusters of distinctive, usually red flowers.
Everlastings	Various	N	Annual to 0.4m	There are many different local species in a range of colours. Most can easily be grown from seed sown at the end of summer.
Snake vine, Climbing Guinea Flower	<i>Hibbertia scandens</i>	N	Climber to 3m	A mostly herbaceous, vigorous groundcover or climber with thick twining stems, large green leaves and large yellow flowers for most of the warmer months.
Native Wisteria	<i>Hardenbergia comptoniana</i>	N	Climber to 4m	A vigorous plant that will run along the ground or grow over itself to form a mound if there is no support. It has medium sized leaves, usually in groups of three and massed small pea flowers in winter and lingering into spring. The normal flower colour is blue.
Prostrate Eremophila	<i>Eremophila biserrata</i>	N	Groundcover to 0.1m	A very prostrate shrub that spreads to 3m or more wide, often forming roots as it spreads. Bright green foliage is maintained year round, small reddish yellow flowers are produced in spring and summer.
Prostrate Eremophila	<i>Eremophila glabra</i>	N	Groundcover to 0.3m	There are several prostrate forms of <i>E. glabra</i> spreading to about 2m wide. Some have highly ornamental silver foliage. The best known cultivar is Kalbarri Carpet.
Boobialla	<i>Myoporum parvifolium</i>	N	Groundcover to 0.3m	A popular ground cover for its pleasant creeping habit and attractive foliage. The white flowers in the warmer months are very showy. There are also fine and purple leaved forms.
Eremophila 'Summertime Blue'	<i>Eremophila</i> Hybrid	N	Groundcover to 0.4m	Sprawling shrub to 3m wide. Slender stems carry lilac blue flowers over the warmer months. Needs regular pruning to maintain shape.
Prostrate Eremophila	<i>Eremophila maculata</i> 'Aurea Prostrate'	N	Groundcover to 0.4m	A yellow flowered prostrate form of <i>E. maculata</i> that spreads to 3m and flowers sporadically through most of the year.
Prostrate Eremophila	<i>Eremophila subterrefolia</i>	N	Groundcover to 0.4m	Prostrate spreading groundcover with dark green leafy stems and dark orange flowers in late spring. Will tolerate slightly saline soils.



Bottlebrush

Eremophila 'Wescottii'

Common Name	Botanical Name	Origin*	Habit	Description
Little Rev	<i>Dianella revoluta</i> 'Little Rev'	N	Perennial to 0.3m	Forms an attractive tight clump of blue green foliage. Hardy in full sun or light shade.
Miniature Mat Rush	<i>Lomandra longifolia</i> 'Tanika'	N	Perennial to 0.5m	A compact fine leaf form of <i>Lomandra longifolia</i> . This attractive deep green selection provides a graceful, versatile plant. It has an attractive yellow flower head in early spring.
Bush Pearl	<i>Anigozanthos</i> Hybrid	N	Perennial to 0.6m	Clumping strap leaved perennial with flowering stems bearing pink flowers intermittently throughout the year. One of many modern hybrids.
Creeping Saltbush, Berry Saltbush	<i>Atriplex semibaccata</i>	N	Shrub to 0.6m	A woody shrub with a very low spreading growth habit creating a pleasant green blanket. The underside of the leaves are a contrasting mealy grey.
Grevillea Magic Lantern aka Gilt Dragon	<i>Grevillea preissii</i> 'Magic Lantern'	N	Shrub to 0.6m	Highly ornamental spreading groundcover. Fine grey green foliage and massed red flowers from winter to early spring. Bird attractant.
Wattle	<i>Acacia hemiteles</i>	N	Shrub to 1m	A dense spreading shrub with pleasant grey green foliage and a very showy display of bright yellow ball flowers during winter or spring.
Little John Bottlebrush	<i>Callistemon viminalis</i> 'Little John'	N	Shrub to 1m	Slow growing shrub with compact dense blue grey foliage and short dark crimson red terminal flowers over a long period.
Dwarf Bougainvillea	<i>Bougainvillea glabra</i> 'Nana'	E	Shrub to 1.5m	New compact forms of this popular climber that have a shrub-like habit, remaining compact and flowering for 9 months of the year.
Slender Fuchsia	<i>Eremophila decipiens</i>	N	Shrub to 1.5m	Ornamental shrub with an upright growth habit, many branching stems clothed in small dark green leaves and attractive red or pink flowers for most of the year.
Eremophila 'Peaches and Cream'	<i>Eremophila racemosa</i>	N	Shrub to 1.5m	A very hardy shrub with an erect growth habit. Small dark green leaves clothe the stems which carry cream buds and pink flowers in winter.
Spider Net Grevillea	<i>Grevillea preissii</i> syn. <i>G. thelemanniana</i>	N	Shrub to 1.5m	Highly ornamental spreading shrubs growing to 1.5m wide. Fine grey green foliage and massed red flowers from winter to early spring. Bird attractant. Many cultivars available.
King Protea	<i>Protea cynaroides</i>	E	Shrub to 1.5m	A compact low shrub with large thick leaves and very large terminal flowers in spring and summer. Responds well to pruning for cut flowers. A compact form called Mini King, is also available.



Cane pod



Gingara

Common Name	Botanical Name	Origin*	Habit	Description
Robyn Gordon Grevillea	<i>Grevillea</i> 'Robyn Gordon'	N	Shrub to 2.5m	A rounded shrub with dark green divided foliage and large, deep red flowers for most of the year.
Old Man Saltbush	<i>Atriplex nummularia</i>	N	Shrub to 3m	A dense leafy shrub growing to 3m high and often as much across. The massed, silvery grey, rounded leaves make it a useful foliage plant for landscaping.
Bead Hopbush	<i>Dodonaea lobulata</i>	N	Shrub to 3m	A decorative foliage shrub with almost insignificant flowers on female plants that are followed by highly decorative red winged fruits that persist for several months.
Hybrid Eremophila	<i>Eremophila bignoniiflora</i> x <i>polyclada</i>	N	Shrub to 3m	Perhaps the showiest of the Eremophilas with light green foliage and stems bearing masses of large white to lilac flowers over a long period.
Eremophila 'Weecooka'	<i>Eremophila oppositifolia</i>	N	Shrub to 3m	An open shrub that will tolerate a wide range of adverse conditions. Slender grey green foliage is partly obscured by cream and pink flowers over the cooler months.
Olive Grevillea	<i>Grevillea olivacea</i>	N	Shrub to 3m	Spreading, open natured, hardy shrub with olive shaped leaves, dark green above and lighter green or grey green underneath. Red flower clusters are produced on older wood from late winter to summer.
Baxter's Kunzea	<i>Kunzea baxteri</i>	N	Shrub to 3m	An evergreen shrub that may be pruned to shape but with caution for it flowers only on old wood. Small leaves closely packed along the stems and large deep red flower clusters, usually in late winter.
Pincushion Plant	<i>Leucospermum cordifolium</i>	E	Shrub to 3m	Fast growing rounded shrub with dark green leaves along the mostly upright stems which are topped with large pincushion flowers in spring. Several forms have been selected for their flower colour.
Elephant Plant, Small Jade Plant	<i>Portulacaria afra</i>	E	Shrub to 3m	Slow growing, spreading, succulent shrub. Stout brown stems and small glossy green rounded leaves. Usually very irregular in shape but can be pruned.
Toobada, Lesser Bottlebrush, Fiery Bottlebrush	<i>Callistemon phoeniceus</i>	N	Shrub to 4m	A variable shrub but one which normally grows upright with grey green foliage and deep red bottlebrush flowers in spring and an occasional second flowering in summer. Easily pruned to shape.
Purple Hop Bush, Varnish Leaf, Purple Akake	<i>Dodonaea viscosa</i> 'Purpurea'	E	Shrub to 4m	A shrub or small tree from New Zealand. It has large upright leaves with a purple underside and insignificant flowers followed by decorative, persistent, purple hop-like fruits.



Protea Eremophila glabra



Spiked Eremophila

Common Name	Botanical Name	Origin*	Habit	Description
Silver Cassia, Limestone Senna	<i>Senna artemisioides</i>	N	Shrub to 1.5m	Highly ornamental shrub with finely divided silver grey foliage and massed bright yellow flowers. Tends to be short lived.
Native Rosemary	<i>Westringia 'Wynabbie Gem'</i>	N	Shrub to 1.5m	An evergreen shrub with small, grey green, slightly hairy leaves and blue mauve flowers with spotted throats mostly in spring. Responds well to pruning.
Natal Plum	<i>Carissa grandiflora</i>	E	Shrub to 2m	A slow growing shrub with glossy green leaves, white fragrant flowers and, when pollinated, red edible fruits. The shrub is armed with stout forked thorns.
Mirror Bush	<i>Coprosma repens</i>	E	Shrub to 2m	A hardy, somewhat slow growing shrub with spreading branches, carrying a good cover of very glossy green leaves. Many cultivars have been selected for both plant size and leaf colour. Most tolerate extended dry periods.
Spiked Eremophila, Red Rod	<i>Eremophila calceolabdos</i>	N	Shrub to 2m	An unusual shrub with a few vertical stems tightly clothed in dark green leaves. Clusters of pink flowers are produced towards the tips over the warmer months. Benefits from careful pruning.
Eremophila 'Spring Affair'	<i>Eremophila drummondii</i> x <i>nivea</i>	N	Shrub to 2m	Highly ornamental small shrub with an upright growth habit, many stems clothed in small dark green leaves and attractive lilac purple flowers in spring and summer.
Tar Bush	<i>Eremophila glabra</i>	N	Shrub to 2m	Upright or spreading shrub with small leathery dull green or silvery green foliage and red to orange flowers mainly in winter and spring.
Native Fuchsia	<i>Eremophila maculata</i>	N	Shrub to 2m	An extremely variable shrub with a range of sizes, shapes and flower colours. Adaptable to a wide range of conditions and generally flowering in winter and spring. There are many named cultivars.
Rosemary	<i>Rosmarinus officinalis</i>	E	Shrub to 2m	A shrub with stiff upright branches clad in short thin, aromatic, dark green leaves. Small flowers emerge between the leaves on the upper portions of the stems in spring and early summer. Regular pruning will maintain the desired shape and size.
Bush Christmas	<i>Syzygium australe</i> 'Bush Christmas'	N	Shrub to 2m	Has a dense cover of shiny green leaves with burgundy coloured new growth and small white flowers in spring. Easily pruned to shape either as a standard or a hedge. Several other cultivars available.
Native Hibiscus	<i>Alibogyne heugelsii</i>	N	Shrub to 2.5m	Dense rounded shrub with dark green foliage and blue purple flowers in spring and summer. Can be pruned to shape. A white flowered form is also available.

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The Menzies Matters is produced
by

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POST
Community Postal Agency
Mail Lodgement
Mail Collections
Postage Stamp Sales
Postage Assessment

The Resource Centre will be closed between Monday December 21st 2009 to Monday January 4th 2010 inclusive. The Menzies Community Post Office will be open for the collection and postage of mail as follows:-

Monday 21 Dec 9 - 11am	Tuesday 29 Dec 9 - 11am
Tuesday 22 Dec 9 - 11am	Wed 30 Dec 9 - 11am
Wednesday 23 Dec 9 - 11am	Thurs 31 Dec 9 - 11am
Thursday 24 Dec 9 - 11am	Mon 4 Jan 2010 CLOSED
Friday 25 Dec CLOSED	Tues 5 Jan 2010 RE-OPEN
Monday 28 Dec CLOSED	for Normal Trading

Calender of Events for Dec '09 - Jan '10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	8	9	10	11	12	13
14	15	16 Menzies Carols By Candlelight Night 6-9	17 School Term Finishes Today	18 5pm - Shire Community Christmas Party	19 Shire office closed until Jan 4th 2010	20
21	22	23	24	25 Christmas Day	26 Boxing Day	27
28 Public Holiday	29	30	31 New Years Eve			

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 New Years Day	2	3
4	5 Shire Office re-opens for normal trading	6	7	11	12	13
14	15	16	17	18	19	20