



Menzies Matters

Issue 32

Free

November 2010

*Have a Safe and
Enjoyable Festive
Season and we will
See you in the
New Year*

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Take a look around!



Shire of Menzies Information

SHIRE OF MENZIES

Kleenheat Gas Agency

The Shire of Menzies has recently upgraded the agency for Bottled Gas to include 9kg Bottle Exchange or Purchase.

8.5kg Exchange - \$42

8.5kg Purchase - \$86

45kgs Collection - \$120

45kgs Delivered - \$130

Payments can be made at the Community Resource Centre.

EFTPOS available.

Collection and delivery from Shire Depot.



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:-

November - Thursday 25th

December - Thursday 16th

Followed by Town Christmas Party

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



POST

Community Postal Agency

From 01/11/10 Menzies Community Post Office will have the 2010 Christmas Card Postage Stamps available -

Single 55c stamps and

Booklets of 20x55c \$11



Take a look around!!



Matter arising from the November Ordinary Council Meeting held on Thursday November 25th 2010.

An abridged version of the contents of the Council meeting from November 25th, 2010 is represented below.

1. Gas Bottle Sale Price 8.5 kg Size.

Council adopted a fee of \$42 for each replacement 8.5 kg bottle and \$85 for an outright sale price, subject to the statutory advertising being undertaken, which is likely to be only a few weeks.

2. **The Men's Shed Concept.**

This innovative concept was supported by council "In Principle Only" and subject to further details relative to the public consultation process, size, location, cost and funding availability (e.t.c.). Accordingly, we look to an exciting project ahead of us in this endeavour for the growth of Menzies.

3. Provision of an R.V. Facility for Menzies.

The request received from private enterprise was supported in the endeavour to **accommodate vehicles of a "Self- Contained" type, but where the size of the** conventional Caravan Park site is unsuitable. Accordingly, council supported this application subject to further advice being received relative to some administrative issues as to health, safety and formality of application to be supported by the gazetted Building/Health officer. This will be a great boon to the town of Menzies encouraging tourists to stay where the size of their vehicle will now be able to be accommodated.

4. Tidy Towns Participation.

Council supported the continuation of involvement in the Tidy Towns competition and having won the State award for enhancing cultural awareness Crs. Dwyer and Kelly will continue to represent the Shire in this prestigious event for 2011.

5. Fee Structure for the Relocated Church Building.

Council has re-located the former Roman Catholic church building, recently donated to the Shire, to the new site in the main street for the purposes of ANZAC Day **celebrations and church services (e.t.c.) and adopted a "Fee – Free" structure if used** for community purposes. Accordingly this innovative and supportive project will enhance the quality of life for Menzies, well into the future.



Matter arising from the November Ordinary Council Meeting held on Thursday November 25th 2010 - cont.

6. Closure of the Office on December 24th, 2010.

Council approved of the administration centre being closed on Christmas Eve in order for staff to travel on Friday December 24th, 2010 to visit family and friends for Christmas Day and the staff express a note of thanks for that approval and support.

7. Continuation of the Northern Goldfields Sport and Recreation Officer.

This valuable facility, supported by the Department of Sport and Recreation was again supported by the Shire of Menzies for a further term and although the incumbent officer resigned, a replacement will be sought shortly.

Brian W. Seale J.P. Chief Executive Officer

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



December Council Meeting

Thursday December 16th 2010 9am at the Council Chambers.
Council Meeting to be followed by the Annual Meeting of electors at 5 pm and the Annual Community Christmas Party in the Town Hall (see page 6).



Shire Depot Arrangements for Gas bottles - Christmas New Year Closure. There will be no Kleenheat Gas available during the Shire Administration Closure dates. Please ensure you have a second bottle for the house and your Gas BBQ bottle ready for Christmas.



Holiday Closure for Shire of Menzies

The Shire Administration - will close between Christmas and New Year from close of business Thursday 23rd December 2010 and will reopen for start of business Tuesday 4th January 2011.

The Resource Centre - will close for Christmas and New Year from close of business Thursday 23rd December 2010 and will reopen for start of business Wed 29th & Thurs 30th December for limited hours 9am – 11am for mail and general services. It will not be open Friday 31st as this is a Postal Holiday. The Centre will reopen again for start of business Tuesday 4th January 2011.

SHIRE OF MENZIES
DOG ACT
REGISTRATION OF DOGS

Registration Fees:-

Annual registration of unsterilised

Dog or bitch	\$30.00
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Concessional registration rates:-

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

Three year registration period

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

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

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

Brian Seale
CHIEF EXECUTIVE OFFICER

Now you can pay to register your
Dog at the Menzies Visitor Centre

Children's Christmas Party

Proudly supported by the Menzies Youth & Community Group Inc.

Saturday 11th December 2010

Menzies Town Hall

BBQ Dinner - 6:00pm

Christmas Carols & Christmas Reflection-6:45pm

Santa Arrival & Gifts - 7:30pm

Blue Light Disco - 8:00 to 10:00pm

Announcement of Christmas Poster Competition Winners

Come One Come All! Parents and Grandparents Invited.





Community Christmas Party

- At the Menzies Shire Hall
- On the 16th December 2010
- Commencing 5pm to 7pm

All Community Members
are welcome

Contact the Shire Office on 08 90 242 041 for more information

Thanks from the Menzies Resource Centre

The Menzies Matters is your local Newsletter, it is also a face to show to the wider community that we are a proud community and enjoy sharing our stories and our achievements. Thanks to all the community members who have supported the Menzies Matters throughout 2010. Your welcome contributions of article, stories, birthday notices & photos during the year have helped make the contents of our newsletter interesting and personal. The Resource Centre staff could not do without you and we hope that you will all continue to support the contents in 2011.

Thanks also to the network of contacts out there who have supplied public information for visiting medical professionals, community health and safety, business support workshops and local and regional **business information. Thanks to the MP's support through supplying** Media Releases. Our newsletter would not be the informative vehicle delivering a whole range of valuable public information to our local and wider community without your continued support.

Thanks for all the positive feedback from our extensive email distribution list after each edition because your encouragement goes a long way. Thanks to all our community groups and not for profit organisations for providing notices and information during the year.

I would also like to thank all the other regional Community Resource Centres for kindly distributing their newsletters by email so we can pass your news on. We also keep a copy of each of your editions in our Menzies Library for public information. Many many thanks to Kristie Tucker our Menzies Resource Centre Assistant Coordinator for her enthusiasm in contributing to the articles each month.

Have a great Christmas and New Year all of you and we look forward to all the news when your return from your holidays.

Robyn McCarthy Menzies Resource Centre Coordinator.

Christmas Lights Competition



Annual Christmas Lights Competition



Residential Award \$150.00

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

Business Award \$200.00

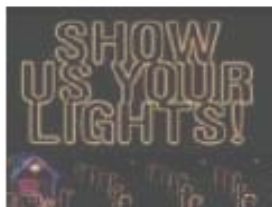
- Prize for the best decorated business premises
- Other prize gifts to be awarded



- ❖ Complete entry form to enter
- ❖ Entries close 12noon. Friday 10th December, 2010
- ❖ Completed entry forms may be returned to either the Shire of Menzies administration office or the Menzies Community Resource Centre
- ❖ A presentation will be made at a community function to the awards winners. Tba.
- ❖ The judges decision will be final

Entry form on reverse page

Christmas Lights Competition



Annual Christmas Lights Competition



Residential Award

Name:

Address:

Contact Phone No.

Business Award

Business Name:

Address:

Contact Phone No.



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TIDY TOWNS – SUSTAINABLE COMMUNITIES NEWS:



1. 2010 TIDY TOWNS STATE WINNERS ANNOUNCED

Congratulations to all this year's winners and to all those who took part in the 2010 Tidy towns – Sustainable Communities awards.

At a ceremony held at the Perth Exhibition Convention Centre on 19 November, His Excellency Dr Ken Michael, AC, the Governor of Western Australia and Patron of Keep Australia Beautiful WA, presented the State title to Westonia in recognition of the vision and hard work that had transformed the town into what the judges described as a truly desirable place to live and a must-visit location.

The Minister for Environment, who also presented at the awards, said: "If there is one thing that becomes clear when you look at the Tidy Towns program, regional communities that work together can achieve remarkable results," she said.

"Tidy Towns has been running for 41 years and continues to enjoy great support. This shows that it is meeting a need – it helps communities set and achieve their goals and recognises them for those achievements."

The 2010 State category award winners were:

Community Action: West Arthur

General Appearance: Wyndham

Recycling and Waste Management: Kalgoorlie-Boulder

Natural Heritage Conservation: Greenbushes

Enhancing Cultural Identity: Menzies

Water Conservation: Southern Cross

Please contact Tidytowns@dec.wa.gov.au if you would like to have electronic logos to promote your win, a DVD of the 2010 State Award ceremony, or additional Winners' Books.

The Kimberley Aboriginal community of Yakanarra was awarded a Special Commendation by the Department of Local Government for its commitment to a whole-of-community approach to litter prevention, maintenance of amenities, caring for the environment and providing for the needs of people of all ages.

Photos from the State Awards are available for purchase and the proofs are available for viewing at the following link, Go www.lumierephoto.com.au Click on **Client Albums**. The access code is **TT2010**.

As the 2010 State winner, Westonia is now in the running for the national Tidy Towns - Sustainable Communities awards to be announced next year. The 2009 State title holder, Hedland (Port and South Hedland), went on to win the Young Legends award at the national ceremony held in Canberra in May this year. Care for Hedland Environmental Association has also recently won the Biodiversity Conservation Category in the 2010 Western Australian Environmental Awards.

2. FARM FAMILY SUPPORT

Information about income support for farming families is available at

<http://www.daff.gov.au/agriculture-food/drought-pilot>.

3. NEW CLEAN MARINE CAMPAIGN LAUNCHED

Keep Australia Beautiful's latest program, the Clean Marine Campaign offers information and resources to river and ocean users on the consequences of littering and ways to help clean up the marine environment.

The campaign, which sees Keep Australia Beautiful working alongside other government and community, was triggered by ongoing littering into waterways and the consequence deaths and injuries suffered by wildlife.

Visit the website www.kabc.wa.gov.au and find out more. Enter the Clean Marine competition to win \$250 voucher for your favourite boating and fishing store plus get a free stubby holder or key ring.

4. KAB VOLUNTEER HONOURED

Outstanding volunteer and member of the Walpole Tidy Towns committee this week received an Outstanding Service Award at the annual DEC Volunteer Awards.

Michael has been keeping a 100 km stretch of the SW Highway litter free for over 6 years. His weekly 200km round trip collects on average 500 bags of rubbish each year. Keep Australia Beautiful strongly recognizes and values Michael's outstanding contribution to reducing litter and its impacts. He is a wonderful role model for environmental and community action and as an example of the enormous impact individuals can make.

5. NEW BOOK

Koolyanobbing - a place of large rocks and big hearts (by Mike Duggan and Ian Wake, 2010) will be launched on Australia Day next year. It is a comprehensive local and social history available from the Yilgarn Shire:

- ◆ In person – Cost \$35 at the Council Offices, Antares St, Southern Cross, Between the hours of 8.30am and 4.30pm Mon - Fri
- ◆ By Mail – Make cheques payable to Shire of Yilgarn - Mail cheque to: PO Box 86, Southern Cross WA 6426 Cost \$35 plus \$11 P&H for Parcel Post delivery or \$12.50 for Express Post delivery. Attach a note to the cheque advising that the money is for a copy of the book '*Koolyanobbing – a place of large rocks and big hearts*' and provide your name and postal address for delivery of the book.
- ◆ By Telephone – Credit Cards Payments by phone Dial 08 9049 1001 - Visa/Master Card/Amex accepted and provide your name and postal address for delivery of the book.
- ◆ By EFT – if you want to pay direct to the Yilgarn Shire account you will need to speak to the Shire's Senior Finance Officer (Shire office 08-9049 1001) to arrange the book order and transfer of funds, advising of your name, delivery details and also include in the transfer description their name and purpose of transfer (e.g. person's name – Kooly Book) - this is to avoid people transferring money into the Shire's bank account and them not knowing what it is for, or who the books needs to be sent to.

6. BANJAR NEWS

Banjar is a social networking site developed by NACC to encourage people to participate in natural resource management and environmental activities. It works by enabling people to meet other people who share their interests (see: www.banjar.com.au).

Community Meeting



Monday 13th December 2010

Commencing at 3.00pm

At the Shire Hall

Agenda Items:

Menzies Classic / Golden Gift Weekend

All Community Members are Welcome



Menzies Open Day Success





Aboriginal



Justice Agreement

turning the spotlight onto community justice issues



Menzies

Open Information Day

A Message from Cheryl Soggee

Subject: Menzies Open Day 15th November 2010 and Review Meeting 16th November 2010

Dear All,

Just a few lines to express my thanks to all of you for your commitment to the AJA and your participation in the Menzies Open Information Day and The Review of the Menzies Plan.

By all accounts both verbal and written both days were a resounding success. An article on the Menzies Open Day was in the Kalgoorlie Miner page three Friday November 19th 2010 and again on Saturday 20th November 2010. The community of Menzies is absolutely over the moon with the progress that has been made and the service delivery received.

We had a very successful meeting the following day. The plan was reviewed and I am amazed at the level of commitment from all agencies to get the new plan off and running. I look forward to meeting with each one of you to progress the plan on a one on one basis. This will enable all of us to be satisfied with the plan before it has one more review in a draft form before we have the next meeting next year.

I am so looking forward to feedback from your organisation re the Menzies Open Day and the stats of how many attended your table and what the outcomes have been.

Thank you to Sue, Yvette and Bernie for your feedback. I will be forwarding this info to all of you shortly. There has been fantastic progress since the Open Day. Bernie has sent me some great photos and info. Will send out on to all of you.

There have already been great outcomes. Possible employment prospects in such a short time. I always knew we could do this effectively and efficiently saving cost and time and working together progressively.

I have been busy progressing issues discussed at the meeting and feel quite confident that there are going to be several positive outcomes for the Menzies community.

Looking forward to seeing you all at the Leonora Open Day and the Review on the 29th and 30th November 2010.

I have had several agencies calling me up to express interest in participating. Please get the message out there that everyone is welcome to our "One stop shop, under one roof, for effective service delivery"

Thank you all once again.

Regards and best wishes.

Cheryl Soggee

Regional Coordinator Mulga Mallee

Department of The Attorney General

Aboriginal Services Directorate

Aboriginal Justice Agreement

Landline (08) 90227307

FAX (08) 90211236

Mobile 0408941030

email: cheryl.soggee@justice.wa.gov.au





Menzies Open Day Success





Australia Post Christmas Cards Sold Here

Menzies Community Post Agency



12 x Cards for \$1.99

20 x Cards for \$2.99

6 x Metre Roll Wrapping Paper for \$3.99

Menzies Community Post Agency will be open
Wed 29th & Thurs 30th 9-11am for mail collection.

Closed Fri 24th & 31st Dec and all public holidays.



Tjuma Pulka 96.3 FM Is coming to Menzies on the 6th January 2011

Tjuma Pulka – 96.3FM Music

The music on 96.3FM tends to be audience generated - based on that the overall sound of the Indigenous Community Radio Station is classic rock 'n' roll.

Tjuma Pulka is also a crucial medium for Indigenous music to get air-play - we support and promote Indigenous artists.

Tjuma Pulka sees Indigenous music as playing an important part in social and cultural activities. It maintains social networks, can be seen as a medium for education, and promotes cross cultural dialogue. It also offers an alternative perspective on Indigenous Affairs.

Not only does Tjuma Pulka promote musicians who are Indigenous but also independent artists.

More information about Tjuma Pulka 96.3FM visit their website:

<http://www.tjuma963fm.com.au/Home.php>

Walking Club



**All are welcome to meet outside the
Tourist Information Centre at 5:30pm
Mondays, Tuesdays, Thursdays &
Fridays to take a 30 minute walk.**

**Destinations range from Tank Hill, the
Old Swimming Pool and the Golf
Course.**

Commencing from Monday October 18th 2010.

Brought to you by Menzies Youth and Citizens Group

Community Services



Brenden Ah-Kim
Indigenous Services Officer
Kalgoorlie

Cnr Egan & Porter St Kalgoorlie WA 6430

Phone: (08) 9024 1473 Mobile: 0429 080 251 Fax: (08) 9024 1459

Email: brenden.ah-kim@centrelink.gov.au

PO Box 71 Mirrabooka WA 6941

www.centrelink.gov.au

Family Violence Prevention **Legal Service**

Ruth Layton BA, LLM
Principal Solicitor



2/45 Brookman Street, Kalgoorlie, WA 6340

PO Box 10411, Kalgoorlie, WA 6433

Tel. (08) 9021 0244 Fax (08) 9021 2765

Mob. 0405 093 522

Email rlayton@fvpls-wa.org.au





Heart
Foundation



Click here to visit the **Go Red for Women** website

www.goredforwomen.org.au





Order your Kits at the Menzies Visitors Centre
or Contact Debbie Pianto Mob: 0410766076

Christmas Gift Ideas

KIT DESCRIPTION	STOCK NUMBER	PRICE
AT WORK		
Workplace Kit High Risk Wall Mountable	1224	\$POA
Workplace Kit High Emergency Response Portable	7105	\$POA
Workplace Kit Medium Risk Wall Mountable	1225	\$250.00
Workplace Kit Medium Risk Portable	1229	\$POA
Workplace Kit Low Risk Wall Mountable	1238	\$145.00
Workplace Kit Low Risk Portable	7100	\$POA
Workplace Personal Hip Pouch	1211	\$POA
Commercial Kit	7103	\$210.00
Standard Kit	1220	\$25.00
AT HOME AND PLAY		
Large Leisure Kit – Soft case	7653	\$170.00
Large Leisure Kit – Hard Case	1232	\$170.00
Medium Leisure Kit	7652	\$105.00
Small Leisure Kit	7651	\$58.00
Personal Leisure Kit	7650	\$42.00
All Purpose Kit – Large	1219	\$POA
All Purpose Kit – Medium	1218	\$POA
Basic First Aid Kit	1415	\$10.00
Bites Stings Kit – Envenomation	5926	\$30.00
CPR 123 – Personal Learning Program	9450	\$42.00
ON THE ROAD		
Workplace Vehicle Kit	1231	\$74.00
Personal Motoring Kit	5797	\$42.00
Motoring Off Road Kit – Soft Case	7027	\$125.00
Motoring Off Road Kit – Hard Case	5733	\$125.00
ON THE WATER		
Marine Commercial Kit – F Scale	6252	\$POA
Marine Commercial Kit – G Scale	1235	\$POA
Personal Marine Kit	1227	\$POA
FIRST AID MODULES		
Burns Module	0582	\$POA
Hospitality Module	0581	\$POA
Child Care Module	0583	\$POA
Eye Module	0580	\$POA



Volunteers Wanted

New to Town or a Seasonal Resident?

All Welcome!

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

First Aid courses will be available in 2011. Watch this space!

Morapoi Rodeo

Editor apologises for not acknowledging Jean-Paul Horré as the photographer for all the beautiful shots published on page 23 of November's Menzies Matters.

Jean-Paul Horré

Freelance Photojournalist

jp@horrephotography.com

www.horrephotography.com

Fremantle, Western Australia, Australia



Curious Facts -

The Refactory in San Francisco has designed a range of reusable glass bottles that are laser-etched with 'tree rings' to show how many times they have been reused *The Ecologist*.

Tasmania's Biodiverse Carbon for Landscape Restoration project which commenced with a planting of 30,000 trees, aims to revive the Midland's dry agricultural landscapes and help businesses sequester carbon and improve biodiversity through green corridors on private lands in a partnership between the landowners, the Tasmanian Government, the University of Tasmania and Greening Australia *ABC*.

By 2016 there will be more people in NSW over the age of 65 than under 15 *Sun Herald*.

China has about 1% of the world's known oil reserves, consumes 10% of oil exports and has 14% of the world's coal reserves but consumes about 50% of the world's coal exports *AFR*.

India and China have more than a third of the world's population yet have less than 10% of its water *AFR*.



BUCKLE UP

every child, every trip

Having your child in a child car restraint is **the law**

English



BUCKLE UP

every child, every trip

WHERE TO GET HELP

Call 1300 780 713

If Interpreter service is needed call
13 14 50

This resource was produced by the School Drug Education and Road Aware (SDERA) Smart Steps program in consultation with:

Department for Communities

www.community.wa.gov.au

Kidsafe WA

www.kidsafewa.com.au

1800 802 244

Meerilinga

www.meerilinga.org.au

WALGA Roadwise Program

www.childcarrestraints.com.au

City of Stirling

www.stirling.wa.gov.au



www.sdera.wa.edu.au

This information was correct at time of printing

© Government of Western Australia

School Drug Education and Road Aware, 2010

STAGE 1



Birth to 6 months – Infant Restraint

Suitable for infants up to

9kg or 12kg

(check the specifications on your restraint)

STAGE 2



6 months to 4 years – Toddler Restraint

Suitable for children from

8kg to 18kg

Child must be able to sit by themselves
with good head control

STAGE 3



4 years to 7 years – Booster Seat

Suitable for children from

14kg to 26kg

Use your child's car restraint for as long as possible before moving to the next stage

CHECKLIST

Rearward facing restraint



birth to 6 months

Capsule or rearward convertible

9kg or 12kg

Stage 1

Forward facing restraint with inbuilt harness



6 months to 4 years

Toddler restraint, combination restraint

8kg to 18kg

Stage 2

Booster seat



4 to 7 years

Used with car seatbelt or child harness

14kg to 26kg

Stage 3

Children are safest in the back. It is against the law for children under 7 years to sit in the front seat.

Restraints **MUST** be Australian/New Zealand Standard 1754



Child car restraints
MUST be Australian/
New Zealand Standard
1754 – look for this sticker



**MUST BE LESS
THAN 10 YEARS OLD**

**MUST NOT HAVE
BEEN IN A CAR CRASH**

**IF YOU HAVE HAD A
CAR CRASH YOU MUST
REPLACE YOUR CHILD CAR
RESTRAINTS**



MAX Employment is dedicated to 'finding jobs, changing lives'. This year we will help more than 150,000 Australians achieve lifestyle and job goals.

We provide employment, health, training and consulting solutions to the Australian government, business, communities and individuals.

MAX Employment is one of the largest employment service providers, operating from 77 offices and 34 outreach locations across Australia.

Free call 1800 625 350

www.maxemployment.com.au

OUR OFFICE LOCATIONS AUSTRALIA WIDE

ACT / NSW	QLD / NT	VIC
Belconnen	Ayr	Box Hill
Tuggerahong	Beenleigh	Chelsea
	Browns Plains	Cranbourne
Ayubum	Caboolture	Footscray
Bankstown	Charleville	Frankston
Blacktown	Cleveland	Midura
Bondi Junction	Dalby	Monrabbie
Brockvale	Deception Bay	Narre Warren
Burwood	Fortitude Valley	Oakleigh
Cabramatta	Gatton	Watergardens
Campbelltown	Goodna	Warrnbee
Campsie	Inala	TAS / SA
Chatswood	Ipswich	Burnie
Darlinghurst	Kewran	Devonport
Fairfield	Nerang	Hobart
Gosford	Nundah	Launceston
Ingleburn	Palm Beach	Elizabeth
Lakemba	Roma	WA
Liverpool	Southport	Esperance
Maroubra	Stones Corner	Innaloo
Mount Drutt	Toowoomba	Joondalup
Parramatta	Townsville	Kalgoorlie
Penrith	Victoria Point	Leonora
Rockdale	Woodridge	Moora
Springwood	Wynnum	Merridin
Sutherland	Casuarina	Morley
Wyong		Norham

National Headquarters

Suite 1, 16 Hall Road, Springwood, QLD 4127



1800 625 350

INTEGRATED EMPLOYMENT SERVICES FOR JOB SEEKERS

Welcome to MAX Employment

We provide integrated employment, health and training services to eligible job seekers in an intensive case-management style, with the aim of making you work-ready.

Our dedicated team of professionals are skilled in providing specialised assistance to persons from culturally and linguistically diverse backgrounds, Indigenous people, young people, mature workers and parents.

MAXimusSolutions Australia - Health

We provide a range of short-term health services with a work-first focus by a team of qualified health professionals including psychologists, exercise physiologists, occupational therapists, physiotherapists, rehabilitation counsellors and social workers. We also provide long-term group clinical interventions.

MAXimusSolutions Australia - Training

We provide a range of training solutions to make you work-ready. These range from personal development programs through to self-paced exercises or group sessions. We have the expertise to enhance your skills and highlight your abilities to find sustainable employment.

Our Success Story

Emma, a 36-year-old woman, had been unemployed for 168 weeks when she was referred to MAX Employment. Battling a 20-year drug and alcohol addiction and many barriers to employment, this is Emma's story.

Emma says: I was using around \$1000 worth of heroin a day. I was on a real backward slide. I had been charged a few times and it looked like I was going to go to jail.

David (Employment Consultant) says: Emma lacked direction. Lack of interview techniques. Lack of clothing. No recent workforce experience. No suitable resume. She had a criminal history. There were many barriers that Emma thought was going to stop her getting into work so I identified MAXimus Solutions Australia Health as being the best option.

Emma: I didn't think they could do much for me. I had made my own path. There was no one who could change it for me. And then I met Susan.

Susan (Health Services Officer): It was a challenging situation. However, I could see that Emma was motivated and determined to succeed, so that was enough for me to start working with her.

David: A position became vacant in the local area as a nursery hand and we got her an interview. Emma came in and got her interview clothes, went for the interview and was successful in getting the job.

Emma: Everyone here was so helpful. This place has done everything for me. I haven't used heroin in eight to nine months and my life is good. It's the best it's ever been!



Your Feedback

When our service does not meet your expectations, we want to know. We can use the feedback to resolve your concerns, and to make sure we get it right next time. You don't need to wait until something goes wrong to talk to us and we welcome your comments by these points of contact:

MAX Employment Local Office

Visit or telephone your local MAX Employment office and ask to speak to the Business Manager. You can find your local office number by free call 1800 625 350.

Regional Manager

Contact your nearest MAX Employment Office.

National Quality Manager

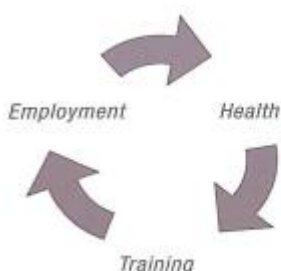
You can ask that MAX Employment's National Quality Manager review your case.

Phone: 07 3809 5100
Email: quality@maxnetwork.com.au
Post: National Quality Manager
PO Box 1164
Springwood QLD 4127

Alternatively, if you feel your concerns have not been resolved, contact the Department of Education, Employment & Workplace Relations Customer Service Line on free call 1800 805 260.



This brochure was printed using a non-toxic printing technique.



Employment Opportunity



Government of **Western Australia**
Department of Indigenous Affairs

Expressions Of Interest Caretaker Role – Maku Stadium, Boulder

The Aboriginal Lands Trust (ALT) is seeking Expressions of Interest (EOI) for the position of a Resident Caretaker for Maku Stadium. Maku Stadium is an ALT property (Reserve No. 8175) and is located at 62 Lionel Street, Boulder.

The person accepting the Caretaker position shall agree to undertake certain obligations set out in a periodic tenancy agreement for the use of the caretaker's residence. These obligations include but are not limited to; maintain and clean the grounds and residence, allowing stadium access to sporting teams and Department of Indigenous Affairs (DIA) staff when required; and securing the stadium when not in use. The Caretaker will not be remunerated and will not be an employee of the Aboriginal Lands Trust or the Department of Indigenous Affairs.

Further information regarding the responsibilities of the Caretaker and the "Conditions of Residence" can be obtained from the Department of Indigenous Affairs:

Kalgoorlie Office

Ceonie Clinch
Telephone: (08) 9093 9903
Email: Ceonie.Clinch@dia.wa.gov.au

Perth Office

Marissa Hastings
Telephone: (08) 9235 8097
Email: Marissa.Hastings@dia.wa.gov.au

Your application should include a letter (of no more than 2 pages) demonstrating your suitability for the position, together with a current resumé. The successful applicant will be required to provide a police clearance and a working with children clearance.

The closing date for this EOI is Friday 10 December 2010 and should be submitted to:

Mail

Attn: Marissa Hastings,
Land Operations Officer
Department of Indigenous Affairs
PO Box 7770
Cloisters Square, Perth WA 6850

Fax/Email

Attn: Marissa Hastings,
Land Operations Officer
Department of Indigenous Affairs
Fax: (08) 9235 8088
Email: Marissa.Hastings@dia.wa.gov.au

Hand Delivered (Perth)

Attn: Marissa Hastings
Land Operations Officer
Department of Indigenous Affairs Perth
1st Floor, 197 St Georges Terrace, Perth

Hand Delivered (Kalgoorlie)

Attn: Ceonie Clinch
Project Officer
Department of Indigenous
Affairs Kalgoorlie
Unit 8, Brookman Mews,
Cnr Brookman &
Cassidy Sts Kalgoorlie

Applications are to be received by 5.00pm on **Friday 10 December 2010.**

LATE APPLICATIONS WILL NOT BE ACCEPTED





At a glance!

Labour Hire
Permanent & Temporary Recruitment
Group Training
Apprenticeships & Traineeships
Job Services Australia Provider

Skill Hire Provide

- A cost-effective labour hire service – we also manage superannuation, payroll, public liability and annual leave.
- As a Job Services Australia provider we can provide a no-cost recruitment service to employers. Candidates are screened to meet criteria before referral.
- Under a Group Training arrangement we can supply apprentices and trainees including taking care of all the necessary apprenticeship related administration.



ALBANY 291 York Street, Albany WA 6330
T: (08) 5862 7444
E: albanys@skillhire.com.au

PERTH Unit 2/103 Campbell Street, Belmont WA 6104
T: (08) 9477 1900
E: perth@skillhire.com.au

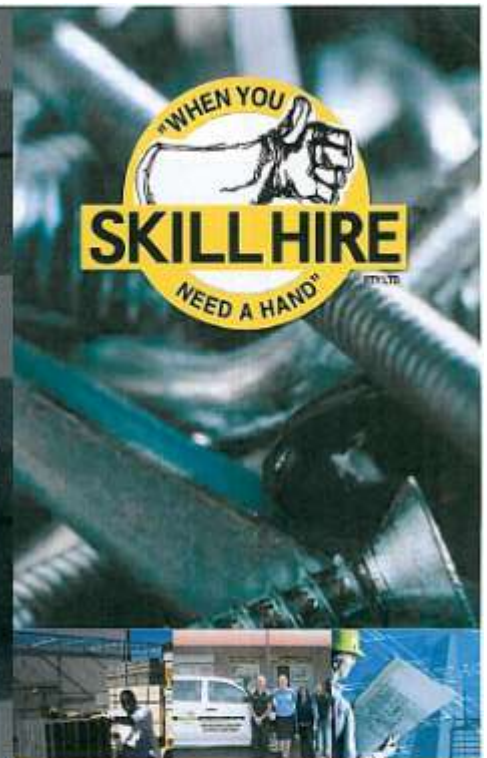
BUNBURY Suite 1, 64 Willemson Street, Bunbury WA 6230
T: (08) 9722 4222
E: bunbury@skillhire.com.au

CARNARVON Unit 5, Carnarvon Boulevard, Carnarvon WA 6701
T: (08) 9941 7777
E: carnarvon@skillhire.com.au

ESPERANCE 18A Andrews Street, Esperance WA 6450
T: (08) 9076 2000
E: esperance@skillhire.com.au

GERALDTON 141 Marine Terrace, Geraldton WA 6530
T: (08) 9921 0909
E: geraldton@skillhire.com.au

KALGOORLIE Suite 1/2 Anderson House, 35 Brookman Street, Kalgoorlie WA 6430
T: (08) 9026 6777
E: kalgoorlie@skillhire.com.au



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Job Services Australia Provider



Skill Hire Pty Ltd is contracted by the Australian Government to deliver Job Services Australia services that provide job seekers with more personalised help, better targeted services and greater access to training opportunities and work experience in areas of skill need.

Job seekers will receive an individual Employment Pathway Plan, which can include literacy and numeracy programs, work experience, help with resumes, trade equipment, training and help to get in touch with potential employers.



Labour Hire, Group Training & Temporary Recruitment



We take responsibility for screening and recruitment, workers' compensation, superannuation, payroll, public liability and annual leave.

You will be free from administering all your employee payroll and on-costs, enabling you to get on with running your day-to-day business more effectively!

"Skill Hire guarantees a high standard of all its placements and carries the total burden of staff administration"



Recruitment

We offer a permanent recruitment service at competitive rates.

- Source candidates through a database search and advertising.
- Screen and acknowledge all applications.
- Identify candidates for assessment.
- Conduct a behavioural-based interview against your selection criteria.
- Present short listed candidates to you and/or a resume.
- Reference checks on your preferred candidates.

Alternatively

We also offer a no-cost recruitment service to employers through our Australian Government funded Job Services Australia contract.





Hope for the living



Suicide Prevention and Bereavement Support Training Program

Developed by the Salvation Army, funded by the Department of Health and Aging under the National Suicide Prevention Strategy

2nd and 3rd February 2011

Salvation Army Hall

50 Oberthur Street, Kalgoorlie

RSVP by 31 January 2011 Contact:

Captain Christine Abram

(08) 9021 2255 or 0425 876 541

email: christine.abram@aus.salvationarmy.org

Cost: Free of Charge

Light refreshments will be provided

Suicide is a real issue facing our nation, and ordinary, everyday people need to learn the skills and knowledge required to reduce the statistics of suicide.

Facts about suicide

- In Australia, about six people kill themselves everyday. The rate of suicide is higher than our national road toll, which receives a lot of coverage and resources.
- Research shows that six percent of the Australian population, or over one million people

This 2 day comprehensive program covers all aspects of suicide bereavement including:

- The grieving process
- Aspects of spirituality
- The influence and impact of culture on grieving
- Understanding emotions

This workshop focuses on the many issues to do with Suicide Bereavement and is not solely a Suicide Prevention course – it is recommended that you complete the online QPR Suicide Prevention Course before attending this workshop.

We will send you a coupon that will allow you to do this free of charge as soon as we have your registration details. This can be accessed at suicideprevention.salvos.org.au.



What you will learn:

The impact of loss by suicide on family, friends and the community

- The five big feelings
- The importance of rituals
- Trauma and resilience
- Qualities of a helpful carer

Practical concerns funeral arrangements, the Inquest

Speaker: Hennie Watts

Hennie has been with the Salvation Army for 18 years, spending the past 13 in Welfare services and 5 years as a training and development manager. Her extensive experience in emergency relief and crisis work over the years has given her insight into many life crisis and suicide. Hennie delivers the course to a range of people including teachers, health workers, clergy and counsellors.

Please complete the registration form and send to: christine.abram@aus.salvationarmy.org or Fax to (08) 9021 2402

The Tanami Camper

I went for a run with my mate Laurie in his truck the other day. It was just a day trip but we still clocked up nearly 900 kilometres for day. Laurie is one of those blokes who epitomises the legend of the fair dinkum Aussie Bushie. He's a salt of the earth kind of bloke, who is a straight shooter and whose word, confirmed by a handshake, is better than any written contract. He calls a spade a "bloody shovel, mate" and given that he has been driving semi-trailers and road-trains round Australia for the last twenty five years, has literally been every where and done just about every thing in this wide brown land.

Laurie's current truck is a T404 Kenworth with a 500 horse power Cummins engine and an 18 speed Eaton gearbox, 48 inch sleeper cab and is only four years old, but has travelled just under 800,000 k's in that time. Laurie hasn't been home much.

One of the unwritten rules of the Australian Outback has been, you never pass another vehicle stopped on the road without stopping and offering a hand to change tyres or first aid or tow the other bloke and his rig to the next roadhouse or whatever, because, tomorrow it might be you who needs the hand. With today's instant satellite communication, the isolated inland is not quite so isolated but still very distant from services though, so that code has broken down somewhat, but the older truckies still live by that code and Laurie is one of the "oldies".

We were poking up the road from Kalgoorlie (in the Eastern Goldfields region of Western Australia) towards Leonora with a B-double loaded with goods for a remote mine site, when a coupe in a four wheel drive with a camper trailer passed us going the opposite direction. Laurie smiled as they went passed and told me the following story.

Last year he was delivering a load to one of the most remote mine sites in Australia. His designated route took him north from Kalgoorlie about two and a half thousand kilometres to Halls Creek on the bitumen, and then about 400 k's to the southeast to a mine in the Tanami desert in the Northern Territory on a road called the Tanami track, which is not sealed. The track is so rough that it is not unusual to break engine mounts, shock absorbers, rattle doors off and do unspeakable damage to anything mechanical, so he was just poking along at about 20 k's an hour. That meant he expected to take about 20 hours to reach his destination before unloading then another 20 hours return journey on the corrugated bull dust dirt track before he hit the bitumen for the easy two and half thousand k run home.

On this occasion, Laurie was leaning over the steering wheel of the truck, as it bounced along, rolling a smoke. He checked the rear vision mirror and saw a cloud of dust way off in the distance behind him coming his way. Of course, he was making a fair dust of his own and thought, "this bloke'll take about an hour to catch me and then I'll have to eat his dust for a while" assuming that the vehicle coming would be taking it fairly slow as well, given the condition of the road.

Wrong!

Before he'd finished rolling his smoke, a flash near new 100 Series Landcruiser bristling with bull bar, driving lights, antennas, high lift after-market suspension, fat off-road tyres, and just about every other conceivable city four wheel drive accessory blew past at about 100 kilometres an hour, towing an equally flash camping trailer billowing clouds of dust in his wake which meant Laurie was driving blind for a few moments.



He thought the whole outfit might be worth between 90 and 100 thousand dollars. He also noticed as it passed, the off side wheel on the trailer had a bit of a lean on it, indicating a failing trailer axle and suspension, which wasn't surprising given the way the driver was punishing his gear. Laurie thought to himself, "hmmm, this is going to be interesting here in a minute or two."

He continued to poke along at his steady pace, sometimes standing to try and take the whiplash out the seat as Laurie, truck and trailers vibrated their way over the corrugations, slowly making their way south. It wasn't long before he saw a great gouge in the gravel road indicating just where the afore mentioned left wheel had parted company with the trailer. There was no sign of the wheel by the side of the road, as the kinetic energy would have rolled it hundreds of metres off into the bush. And, despite what would have been a fair thump and a hard pull on the vehicle as the fully loaded camping trailer hit and dug into the hard road surface, there was no sight of the flash four wheel drive, just a faint wisp of dust way up in the distance.

Laurie paused in the telling, smiled and shook his head. He knew that there were no mechanical services for a couple of days drive in any direction. He said to me, "You know, these city types, they trick up their four wheel drives with all this after-market gear, read an ARB or Opposite Lock 4WD magazine and then they think they can come out here conquer this country. It's so vast, and so harsh, there's no water out here and it's so different. They bore through and don't see the beauty of this place.. You're always passing though different land forms, different soil types which means the vegetation is always changing. You get to see huge mobs of kangaroos, emus, wedge-tailed eagles and other wild life in their own environment. And besides, there's plenty of camels, wild horse and donkeys out here that you don't want to hit, and not for their sakes, but for your own. And after it rains, it's just amazing. There are these tiny orchids that grow right here beside the road and the grevilleas are just fantastic, and the sunrises and sunsets....." His voice trailed off as he thought of the contrast between beauty of the Outback and the ignorance of those who think they've seen or understood anything of it when they've "done" the Outback simply by driving from one roadhouse pub to the next.

He resumed his story.

About two hours later he saw them. They were stopped in the middle of the road, the driver standing at the back of the trailer scratching his head with a look of pure bewilderment on his face. Not only had he lost the left hand wheel, but the whole left side of the trailer, from the middle of the trailer at the back, to the outer edge and forward to the axle line had been rubbed away in a parallel line to the road, bedding and camping equipment hanging out the gaping hole where the rear left hand quarter of the camper had been ground away by the friction of the road.

I looked at Laurie incredulously and asked "Did you stop?"

He looked across at me with his Slim Dusty styled Akubra pulled down firmly on his balding pate, the remnant of another smoke hanging out of the corner of his mouth, shrugged his shoulders and said "Mate, there's no point in trying to help a mug like that."

Dags the Drover 2010

<http://hubpages.com/hub/The-Outback-Four-Wheel-Driver-A-Truckies-Tale>



Helen Bullock MLC

Member for Mining and Pastoral Region

MEDIA STATEMENT

Tuesday November 30, 2010

Chance to have your say on the health and happiness of children

Local Member for Mining and Pastoral Region Helen Bullock is seeking comments and ideas on ways to improve the health and happiness of Western Australian children. Ms Bullock said Labor released a new discussion paper to seek the views of the community and help form future policy once feedback had been received.

"I would like to hear from parents, early childhood professionals, teachers and health professionals on ways to improve the early years of a child's life," she said.

"Labor's discussion paper is a starting point for ideas including establishing one agency dedicated to early childhood. We also need Government policy that invests significantly in children's early years, the appointment of an Early Childhood Minister and other ways to ensure every child has a better start to life.

"Western Australia has an opportunity to be a national leader in early childhood services and now is the time for the community to join in the debate."

Labor Leader Eric Ripper said the overall health and happiness of Western Australian children was encouraging, but latest research showed there were a number of areas where children were doing poorly.

"More and more children are suffering from mental illness, aggression, obesity and start school with poor verbal and social skills and behavioural problems," he said.

"A recent Auditor General report revealed thousands of WA children were missing out on health checks that provide crucial detection of potential problems at an early stage.

"In a rich State like Western Australia we should be able to ensure everyone shares the benefits of the boom. Labor is developing a positive policy agenda for the future and the discussion paper is a very important step in achieving that goal."

Ms Bullock said anyone who would like to contribute to Labor's discussion can contact her office on 9022 9144, visit suite 8, 35 Brookman Street or email bullockeo@mp.wa.gov.au

Media contact: 9022 9144



Remote pools boost Aboriginal child health

A comprehensive study into the impact of swimming pools in remote Aboriginal communities has found significant health and social benefits for children.

A research team from the Telethon Institute for Child Health Research has followed the health status of children from Jigalong, Burringurrah and Mugarinya Aboriginal communities since 2000 when the remote community pools were first opened.

At a special swimming carnival in Jigalong, Institute Director Professor Fiona Stanley today thanked the community for their participation in the study over the past six years. Olympic Gold medallist Shane Gould helped to organise the carnival, leading the children in a range of fun activities as well as developing their swimming skills.

"We now have firm evidence that these pools are a great investment not simply for fun, but for a range of health and social benefits," Professor Stanley said.

Professor Stanley said the study results showed a big drop in ear and skin disease when children are swimming for sustained periods of time.

"We know that extremely high rates of ear disease have caused many children to suffer significant hearing loss which disrupts their education and increases the level of disadvantage that these children face," she said.

"These pools appear to be an effective option that has real long term benefits for the children and the community as a whole.

"For these results to be sustained it is important that the pools remain open for as long as possible each year."

Professor Stanley said that during the period 2001-2005 at Jigalong clinic there have been reductions of:

41% in antibiotic prescriptions

44% in ear disease

51% in skin disease

63% in respiratory disease

when compared with the pre-pool rates.

Professor Stanley said the reduction in skin sores was important. Skin sores are associated with rheumatic heart disease and glomerulonephritis (kidney disease) the effects of which can be very debilitating or fatal. "If we can stop young children getting skin sores, we may reduce the risk of kidney and heart disease later," she said.

"What this research has done is produce real evidence to support the importance of providing infrastructure in remote communities.

While the investment in pools is significant, the ongoing benefits for the children and the community are much greater."

The pools are operated by the Royal Life Saving Society of Australia (RLSSA). Qualified RLSSA instructors are teaching the children to swim using the "Swim and survive" program.

The project has been made possible by the joint efforts of the communities with the Department of Housing and Works, The Royal Life Saving Society of Australia, the Telethon Institute for Child Health Research.

For more information contact: Liz Chester 0409 988 530

<http://www.ichr.uwa.edu.au/media/485>

Spinifex Art Gallery

Title - **“Kapi Piti Kutjara” 2008** **Artist** - Kathleen Donegan

Size – 570 x 770mm stretched canvas

Price - \$380.00



Kathleen Donegan is a senior traditional owner who was born at Kapi Pirti Kutjara which actually translates as the "two rockholes". The Wati Kutjara (Two Python Men) story **emerges at Kathleen's birthplace and ranges across the lands through Pukera and keeps** going beyond the Spinifex border. Wati Kutjara take off from here on an extensive journey across the country. This story crosses and is present at many sites within Spinifex country and are often shown in paintings as two snakes.

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

Shenton Street, Menzies Wa 6436

Story & photo reproduced with kind permission from Ikurlka Community.

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Ikurlka Community
PO Box 1014, Kalgoorlie
WA 6430, Australia

Glimpses from the Past

Menzies Hosts First King's Prize Shoot

It is believed that the first Rifle Club on the Goldfields started **at Menzie's in the mid 1890's.**

By 1901, a Goldfields Rifle Association was established, with teams from Kalgoorlie, Boulder, Coolgardie, Brown Hill, Kookynie, Lawlers and Mulline.

Its first priority was to organise a prize-shoot which was duly held at Menzies during Coronation Week from 24-29 June, 1902.

The first two days comprised the King's Prize [ten shots at 600yds], the Kitchener Prize [seven shots at 200 and 300yds] and the Menzies [ten shots at 500yds].

It was the only meeting of this kind held at Menzies.

The next year the **King's Prize was held at Kalgoorlie where it** remained until 1910. It then alternated between Kalgoorlie and Perth until 1925 when Kalgoorlie waived the rights of the shoot to Perth

Excerpts and photos from 'Goldfields Sports' by John Terrell courtesy of Eastern Goldfields Historical Society.



Tropical Pizza Fingers ☺

Ingredients

- 1 French bread stick, halved lengthways
- 200ml tomato pasta sauce
- 2 large ripe tomatoes
- 1 medium green capsicum
- 150g lean ham, chopped
- 150g low fat mozzarella cheese
- ¼ cup grated low fat cheddar cheese
- ¼ cup pineapple pieces, drained
- Oil

Cooking things

- Tray
- Chopping board
- Large knife
- Spoon
- Baking paper



Wash hands



Step 1

- Chop vegetables.
- Heat up oven to 180°C.



Step 2

- Stand the French bread
- stick out side up on a
- paper lined baking tray.



Step 3

- Spread tomato pasta
- sauce on both halves.



Step 4

- Top with ingredients, sprinkling
- the cheeses last.



Step 5

- Bake in oven for 15 minutes or
- until heated through and the
- cheese has melted. Cut each
- piece of bread into three or four
- pieces. You can use focaccia
- or English muffins instead of a
- French bread stick.

FEEDS	TIME TO COOK
6	THIS RECIPE IS QUICK TO MAKE

Deadly 42 Tucker

Source: Adapted from the book 'Deadly 42' by Tucker, 2004.



Holiday Recipes

FEEDS	TIME TO COOK	THE RECIPE IS QUICK TO MAKE
4		



Deadly T3 Tucker

Creamy Rice ☺☺

Ingredients

- 1 cup of rice
- 1 1/2 cups of milk powder
- 1/2 cup of butter
- 2 cups of water



Wash hands

Cooking things

- 1 cup of rice
- 1 1/2 cups of milk powder
- 1/2 cup of butter
- 2 cups of water



Step 1

Combine all ingredients in a pot.



Step 2

Bring to the boil and stir continuously.



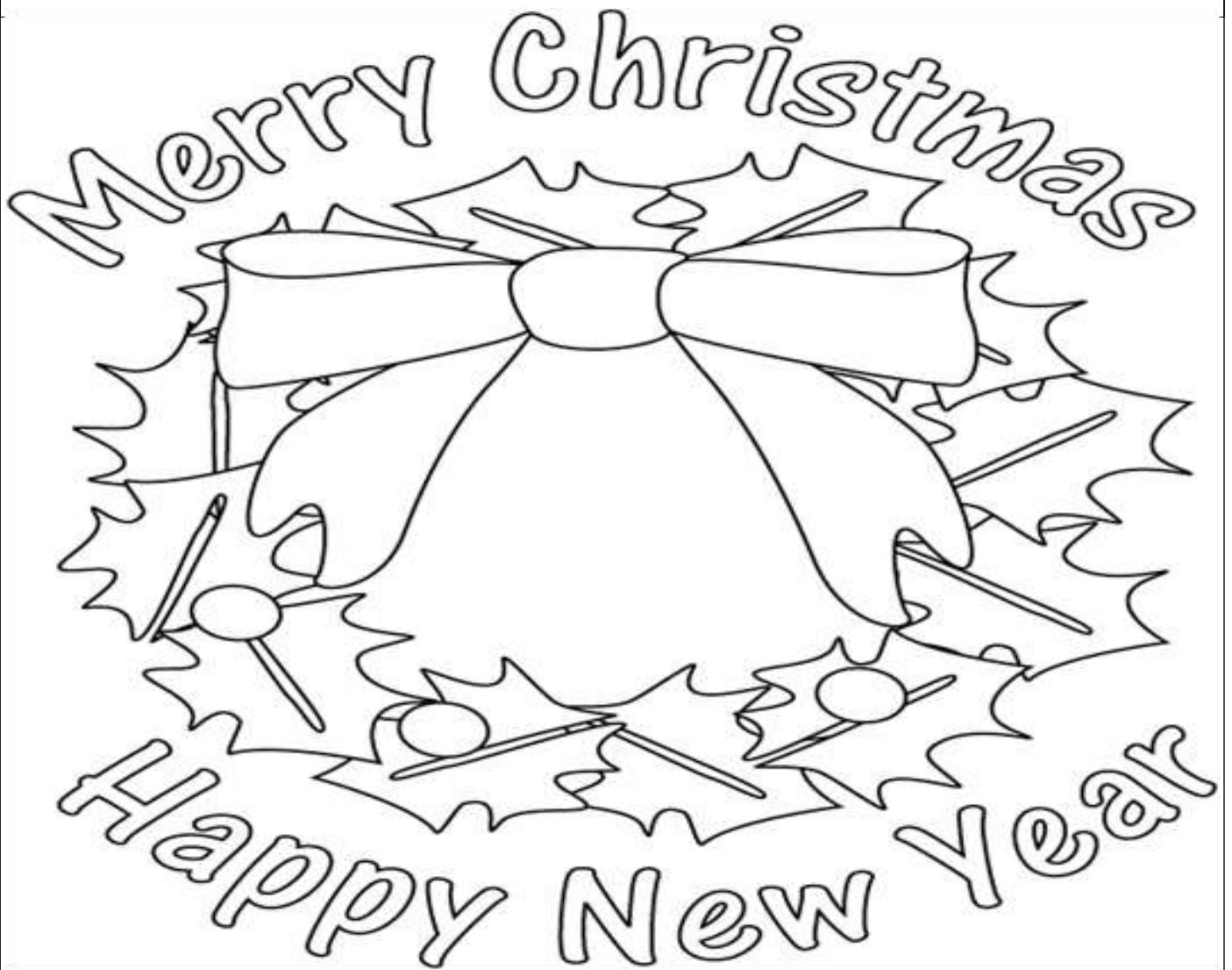
Step 3

Reduce the heat and simmer gently for 15-20 minutes, stirring occasionally. Serve hot or cold with fruit or cream.



Deadly T3 Tucker

Kids Fun Page



GIFTS



coloringkidsboys.com



Kids Fun Page

Name _____

Christmas



Christ

Child

Baby

Born

Wisemen

Shepherds

Angels

Sing

Hallelujah

Savior

King

Prince

Peace

Love

Joy

Manger

Hay

Swaddling

Mary

Joseph

Selecting and maintaining a bicycle

Unit 3:1 At Home Activity Sheet



Dear family

It is important that your child's bike fits, just like their helmet. A bike that which is too big or small may cause your child to lose control and injure themselves.

Is your child's bicycle the right size?

- Have your child straddle the bicycle. **Is there a 3cm gap** between the cross bar of the frame (or where one would be) and your child when they are standing with feet flat on the ground?
- If the bike is a BMX or mountain bicycle, is there a **clearance of 10cms?**
- **Are the handlebars and hand brakes within reach?** When your child is seated their arms should be slightly bent when holding the handle grips and their knees should not hit the handlebar.
- Is the **seat level** when your child sits down?



This website can give you more information <http://www.dpi.wa.gov.au/cycling/1519.asp>

Check and maintain your bicycle

Bell or horn

Check they are in working order. It is a legal requirement to have a bell or horn.

Handlebar

Check the handlebar is not loose, the ends are covered and the handgrips are secure.

Lights

The bicycle should have a reflector at the front and rear, and on the pedals and wheels. If riding after sunset, there should be a white headlight and red tail light in working order.

Seat

The seat should sit flat and be in line with the bicycle. It shouldn't tilt or move. Check for cracks or broken springs.

Wheels and tyres

Check the wheels spin freely. Make sure the tyres aren't worn or flat – they should be hard to squeeze. Fix any loose wheel nuts or broken spokes.

Chain

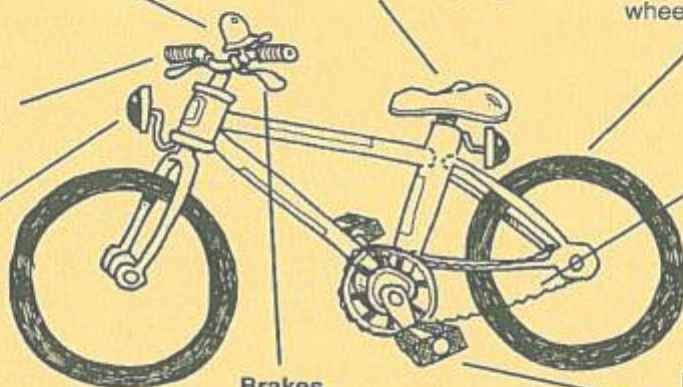
Check the chain is clean and can move freely. It should be kept lightly oiled.

Pedals

Check the crank is tight and make sure the pedals spin freely. Look for wear or damage.

Brakes

Check the brakes – if the brakes are applied the wheels shouldn't turn. It is a legal requirement to have brakes that work.



Thank you for playing a vital role in your child's road safety education.

Classroom Teacher

Did your bike pass the safety check?



Ask an adult to help you make any repairs to your bike.

BICYCLE HELMETS

- A helmet must fit and fasten securely to provide adequate protection in a crash. It should not move backwards, sideways and/or forwards on the head and should not be too tight or loose so that it is uncomfortable.
- Helmets should be a conspicuous colour. A reflective strip is also advantageous as it increases the visibility of cyclists in the traffic environment especially in bad weather conditions and at night.
- A helmet that has been damaged or has received a high-force impact should not be worn.
- Children playing on rollerblades, in line skates, scooters and skateboards should wear elbow and knee pads in addition to a helmet designed for these wheeled devices.
- Bicycle crashes and falls usually occur when the drivers of motor vehicles fail to see riders. Wearing bright or light coloured clothing can increase visibility of riders in the traffic environment.



Regional Health Notice

POITIER MEDICAL PRACTICE

967 Sadie Canning Drive, Leonora WA 6438

Ph: 08 90376238 Fax: 08 90376799

Paediatrician - Wed 8th Dec 2010 - Phone: 90376238

Dietician - 17th to 20th January 2011 - Phone: 90376238

Physiotherapist - January date TBA - More info 90376238

Diabetic Educator - 16th February 2011 - Ph: 90376238

LEONORA COMMUNITY HEALTH

Appoints Ph: 90 376083

POITIER MEDICAL PRACTICE

LEONORA

For Appointments Phone Bev

90 376 238

Margaret Davies - Practice Nurse

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

Appointments please phone 90 376 238.

For Emergencies only please phone Leonora Hospital 90804300

MENZIES HEALTH CENTRE

CLINIC 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

Will be closed Tues 30th Nov until Sun 12th Dec and then open for three days Mon 13th—Wed 15th Dec until further Notice. **Next RFDS Clinic TBA**

For Emergencies 000

Health Direct 24hours 1800 022 222

Poisons Info 24hours 13 11 26



Regional Health Notice

RURAL & REGIONAL FAMILY SUPPORT SERVICES- 2010/2011



About Centrecare

Centrecare is a not-for-profit organisation delivering quality professional counselling, support, mediation and training services. The agency's mission is to provide excellent, respectful and caring services which facilitate healing and encourage all persons to develop to their full potential.

Centrecare provides a range of services for individuals, couples and families.

Community-based Activities

Liaise with and develop with local indigenous communities/organisations activities for people to improve their lives post the effects of drought for example:

Life-skills development,	Trauma & grief,
Anger management,	Protective Behaviours
Stress management,	Building connections,
Building relationships,	Triple P,
Positive parenting skills,	Laughter,
Family violence,	Drumbeat,
Bullying in school	Self-esteem
Healthy Relationships	Drug & Alcohol education.

Provision of Centrecare Services

Service promotion through other ways includes:

- Provision of telephone counselling through Toll free number **1800 671 833** and videoconferencing,
- Regular monthly updates sent by email to community members/stakeholders to be circulated in regional communities,
- The use of media throughout the region including newspapers and communities papers, flyers etc.
- Creating a contact list / Database with all details of respective local/rural/regional organisations so as to ease the task of informing communities of upcoming events provided by Centrecare

Centrecare Goldfields, 7-9 Dugan Street, Kalgoorlie WA 6430
Phone: (08) 9091 1833 Fax: (08) 9021 8673

Local Business Info

Menzies Hotel

Open from 12am Daily

Meals Weekdays -

Counter Meal 12—2pm

Evening Special or order from the
Blackboard Menu

Meals Sunday

Counter Meal 12—2pm & 6—8PM

Evening Roast SUNDAY Special

Accommodation Ph: 90242016



Menzies Roadhouse

Petrol & Diesel

Monday to Saturday -

6.30am to 6.00pm

Sunday - CLOSED



Located

Cnr Shenton & Wilson Streets

Where you turn off to

Lake Ballard

Sit Down & Takeaway

Meals & Grocery lines

Ph: 90242046



Grand Hotel Kookynie

70 kms NE of Menzies

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

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

Nearby Historic Niagara Dam, Picnic & Gas BBQ
Facilities, Toilets, Camping and Two Walk Trails.

Menzies Centrelink Agent

Contact – Alana Cameron

Phone: 90242504 Fax: 90242191

Open 8 -11am Weekdays

At the Menzies Aboriginal Corp.

Centre, Walsh Street Menzies

Grand Hotel Kookynie

Food, Accommodation, Petrol & Diesel

Monday to Saturday - 9 am to 9pm

Sunday - 10am to 9pm

Takeaway & Counter Meals, Lunch
& Evening. Breakfast by arrange-
ment for travelers .

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BIZ BASICS...



The First Step to Business Success

Thinking about starting in business can be a confusing process. Trying to assess the risks and benefits of something which will become a major part of your life for a number of years into the future is not easy. If your thinking is not guided and systematic, then the risks of business failure will be increased dramatically.

Experience shows that there are several important decisions which need to be made before starting in business and those decisions need to be made with some sound financial and market information.

If you are thinking about starting a small business, it is essential that you research your idea and your suitability to being a small business owner.

Join us for a complimentary session to find out what is involved and how to start a small business.

CONTENT:

- Your Suitability to Owning a Business
- Skills required for Operating a Business
- Business Structures
- Understanding the Meaning of Income Tax, GST & PAYG
- Legal Requirements & Licensing
- Employment & Alternatives
- Insurance
- Financial Management
- Marketing & Advertising

MATERIALS PROVIDED:

Essential BIZ Basics guides will be supplied to all participants.



Time: 9.00am – 11.30am

Date: Tuesday, 14th December 2010

Venue: Kalgoorlie Business Development Centre
171 Piccadilly Street,
Kalgoorlie

Cost: Complimentary

Registrations Essential

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The Menzies Resource Centre

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houses the Visitor Centre & Gift Shop, Community Post Agency, Public Library, Tele Centre & Spinefex Art Gallery. It is the nearest Visitor Centre to the iconic

'Inside Australia' Antony Gormley Sculptures situated

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Community Notice Board






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And Jim knows the right people, like **CCU**. They'll help out if you need an energy efficiency loan.

Jim **always** makes sure the job's done right ... quality guaranteed! That's important, to get great service, at least that's what Dad says. The Clean Energy Council reckon Jim's OK too!

Jim's a pretty smart bloke - he's even been on TV. He's a New Inventor and he's a renewable energy expert!

How can you lose? Talk to Jim **TODAY**, or one of his team (Jim's a team man too - he manages my footy team!) - they'll give you all the info.

Oh yeah ... Jim is Mr Outback Energy!!

Outback Energy Supply
Phone 9022 2000
www.outbackenergy.com.au

Goldfields Credit Union
Phone 9021 6444
www.gcu.com.au

How can I help you?

Hon Helen Bullock MLC

Member for Mining & Pastoral Region

Ph. 1800 177 413
Fax. 08 9022 9155

Helen.Bullock@mp.wa.gov.au

Suite 8, 35 Brookman St
Kalgoorlie WA 6430



Phone Recycling Points in Kalgoorlie

Dick Smith Electronics - Brookman St
United Credit Union Limited - 347 Hannan St
Vodafone Kalgoorlie - 260 Hannan Street
Kalgoorlie Post Shop - Near Woolworths
Cartridge World - 1/72 Maritana Street
T (Life) Kalgoorlie - 207 Hannan Street
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Orange Roughy	\$35.00kg	Swordfish	\$35.00kg
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WHOLE FISH

Red Snapper	\$18.00kg	Flounder	\$19.00kg
Pink Snapper	\$21.00kg	Smoked Salmon	\$40.00kg
Raw Trout	\$19.00kg	Salmon Side	\$30.00kg
Smoked Trout	\$25.00kg	Herring	\$12.00kg

PRAWNS

Marinated Prawn Meat (chilli)	\$18.00 (500gms)	Prawns Skewers 20pk (sweet chilli, Garlic)	\$36.00kg
Cooked Cocktails	\$21.00kg	XLarge Raw Prawn Meat	\$39.00kg
Cooked Exmouth Endeavours	\$25.00kg	XLarge Cooked Prawn Meat	\$39.00kg
Raw Northern King	\$25.00kg	Large Cooked King Whole	\$39.00kg
Raw Prawn Meat	\$33.00kg	XLarge Raw King Prawns	\$39.00kg
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Garlic Prawn Tails	\$16.00 (500gms)	Crumbed Squid Ring	\$19.00kg
Fish & Chips (5 fish & 1kg chips)	\$19.00pk	Salt & Pepper Squid	\$23.00kg
Crumbed Fish Fillets	\$19.00kg	Crabs Raw	\$19.00kg
Fish Nuggets	\$19.00kg	Fishermans Basket (feeds 4)	\$31.00kg

MISC SEAFOOD

Mussels Whole NZ	\$9.00kg	Mussel Meat NZ	\$19.00kg
Oysters ½ Shell 2doz	\$30.00	Squid Tubes	\$19.00kg
Crab Sticks	\$14.00kg	Scallop Meat	\$38.00kg
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Chicken Nuggets	\$19.00kg	Kievs (4 pack)	\$22.00pk
Roast Chicken Meat	\$21.00kg	Honey Macadamia Rolled Roast	\$21.00pk

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

BOOK HERE

At the Menzies Visitor Centre

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

GOLDRUSH TOURS

GRT EXPRESS TIMETABLE

Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/07/2010

THURSDAY

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

Laverton to Kalgoorlie

TIMETABLE EFFECTIVE 01/07/2010

FRIDAY

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

BOOKINGS & ENQUIRIES

1800 620 440

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

www.goldrushtours.com.au

10 Tips On How To Be Waterwise Outside Your Home



1. Repair dripping taps by getting the washers replaced.
If your tap is dripping at the rate of one drop per second, it can waste up to 25 litres (or 2.5 buckets) per day.
2. Put a pool cover on your pool.
This will save you approximately 130 litres (or 13 buckets) of water per day.
3. Turn off your automatic irrigation system in winter.
During the cooler months, the rainfall received is usually enough as lawns and many plants are dormant, so they need very little water. When the irrigation system is turned off it will save 200 litres (or 20 buckets) of water per day. From June 1, a winter ban on sprinkler use applies to some areas. [Click here](#) to find out the watering restrictions in your area.
4. Prepare the soil before planting to ensure that plants can make the most of the water they need.
Healthy soil = healthy waterwise plants.
5. Choose Waterwise plants, such as natives that have their origins in WA.
Those of local origin are perfectly adapted to our climate and have evolved over millions of years. For a list of Waterwise plants, visit the Water Corporation website at www.watercorporation.com.au or visit a Waterwise Garden Centre near you.
6. Regularly check your irrigation system is working correctly and when replacing broken sprinklers, always replace like with like.
For advice on making your irrigation system more waterwise, contact a Waterwise Garden Irrigator or Waterwise Garden Design shop near you.
7. Mulch should be spread over the entire planted area to a minimum thickness of 50mm.
Using mulch can reduce evaporation loss from the soil surface by as much as 70%.
8. Top dress older lawns with soil improver or fine-sieved humus.
This will improve water and moisture retention.
9. Plant in water-use groups. Use your drop zone guide to select and place new plants into the garden.
A plant only takes in as much water as it needs. Any excess water is wasted.
10. As the seasons change, monitor and adjust the amount of water that is applied by your automatic irrigation controller.
When the irrigation system is turned off it will save 200 litres (or 20 buckets) of water per day.

13 13 75 Faults, Emergencies and Security

13 13 95 Building Services and Subdivision Enquiries

13 13 85 Account Enquiries



www.watercorporation.com.au

Creating a waterwise veggie garden

Home grown vegetables are becoming increasingly popular and are a great alternative to store-bought produce. This brochure is designed to teach you how to minimise your water use, while establishing and maintaining a healthy and productive vegetable garden.

WHERE TO GROW

The first consideration is where to locate your vegetable plot. You need a place that has plenty of sun in winter, but not too much sun in summer. In a densely built up, suburban environment it is often a challenge to find one spot that will be suitable all year round. Below are some easy ways of addressing this.

- Grow your vegetables in large pots or containers. This is especially useful if you don't have a lot of space. Most vegetables can be grown quite successfully in large pots with a minimum soil depth of 200 mm. Being able to move containers around means they can be placed in the best position all year.
- Have a summer growing area and another area for the rest of the year. Alternatively, grow vegetables seasonally.
- Create shade over your vegetable garden in summer. The best way to provide shade is to have a high overhead framework, similar to a pergola, and cover it with a light shade cloth that can be removed in winter. A great alternative is to grow another food crop over the top of the pergola. The ideal choice is a grapevine or passionfruit vine, but you could also try pumpkin, melon, gourd, choko or vigorous climbing bean.

Wind is also a significant factor in choosing the right location for your vegetable plot. Choose an area that is sheltered from the hot dry easterlies. If this is not possible, consider planting a windbreak nearby or building one by simply placing shade-cloth over a frame.

WHAT TO PLANT IN

Raised garden beds are very fashionable and they have a number of advantages, including providing a division between soil and pathways, the ability to grow vegetables on a hard surface such as concrete or brick where they can grow free of root competition from nearby trees.

However, when compared with growing vegetables in the ground, raised garden beds are more expensive and may require a lot more fill and/or soil. If the material it is made from absorbs

moisture, it will be necessary to either paint the inside of the structure with a sealant or line it with plastic. Untreated materials such as timber and limestone will take valuable moisture out of the soil and away from the vegetables.

HOW TO IMPROVE THE SOIL

Organic Matter

The key to healthy, productive plants is a well conditioned, waterwise soil. The most important ingredient, which is naturally lacking in our soils, is organic matter. It stimulates the growth of microscopic living organisms that are present in healthy soils and promote strong plants. Organic matter also considerably increases the moisture retention capacity of soils, reducing the amount and frequency of watering required to achieve superior results. Organic matter buffers potential pH problems and improves the soil texture, which allows for proper root development. Sources of organic matter include compost, animal manures and soil concentrates or conditioners.

If you are starting a new vegetable garden in sandy soil, spread a layer of organic matter about 50mm thick over the area and work it in with the top 250mm of soil (about a spade deep). From then on, organic matter should be added every time a new crop is planted.

Soil Amendments

Another great way to improve the water and nutrient holding capacity of sandy soils, is to add mineral amendments. Common soil amendments include Spongolite, Zeolite and Bentonite clay, and a one-off addition of these minerals will permanently change the structure of the soil. When adding a soil amendment, ensure to thoroughly mix it in with the top 250mm to 300mm of soil.

Water Storage Granules

These crystals or gels absorb a large amount of water, which is held until plant roots draw on it. To be effective these products must be thoroughly mixed through the entire soil volume. For container grown vegetables water storage granules should be mixed through prior to planting and for the vegetable garden they should be incorporated thoroughly with the top 250mm to 300mm of soil.

Water Repellency

If organic matter levels in the soil become too high, it may be prone to being non-wettable in summer. Mulching and the addition of clay may help to overcome this. If the problem does develop it is necessary to apply a wetting agent. These products are registered for use in the vegetable garden but should be applied very carefully to avoid contact with leaf crops.



Caring for your veggie garden

LOOKING AFTER THE SOIL

Once you have created a healthy, waterwise soil, it is very important to look after it.

Mulching

Mulching is essential. Bare soil wastes water, encourages weeds and increases stress upon plants. A waterwise mulch, spread to a depth of 50mm to 75mm, will reduce evaporation from the soil surface by as much as 70 per cent.

Good waterwise mulch:

- has large, irregularly shaped particles that allow water to travel through it to where it is needed; and
- is made from tree and shrub prunings that have gone through a mulcher.

Do not use the following as mulch:

- Materials such as hay or straw should only be used as soil improvers, if used as mulch they can lead to excessive moisture loss;
- Animal manures.

Applying a waterwise mulch will extend the time between watering, reducing your water use.

Fertiliser

Fertiliser and water use rates go hand-in-hand. While it may be possible to grow vegetables in straight sand with large quantities of water and fertiliser, it is very wasteful and can be extremely damaging to the environment. Once you have improved the soil, the use of fertilisers can be considerably reduced in growing your vegetables. Where fertiliser is required, use a slow or controlled release type for best results. Many common vegetable problems occur because of over watering and over fertilising.

WHAT TO PLANT

Many seedling varieties have been bred for commercial growers and will mature all at once, which is not always ideal for home gardening. The alternative is to grow your vegetables from seed, it is cheaper and allows greater control over quantities and timing.

In summer plant or sow a little further apart to give each plant access to a greater volume of soil, water and fertiliser. Make sure you plant vegetables that will be eaten and put to good use.

HOW AND WHEN TO WATER

You should not need to hand water your vegetable garden more than once a day. In most cases every other day or as little as twice a week will be enough.

When choosing an automated irrigation system remember that the most efficient for vegetables (and all other plants) is one that delivers the right amount of water, to the right place, at the right time, with minimum wastage. One of the simplest and most efficient systems available to home gardeners is sub-irrigation or integrated dripper. It delivers water directly to the root system with little or no evaporative water loss. With any system you choose, it is important to get specialist advice.

Whether you are hand watering and/or using an automated irrigation system, be sure to water in the cooler parts of the day (after 6pm and before 9am). To find out the watering regime for your region visit www.watercorporation.com.au

For further information and expert assistance with all your waterwise needs visit our website and follow the Being Waterwise links.



Remember, that by investing in waterwise planning and preparation of your garden now, you will reap savings in the cost of water in the future. For information about waterwise plants go to the Waterwise Plants for Perth database on www.watercorporation.com.au under 'Being Waterwise'.

December 2010
ISSUE 24

In Good Health

LGIS



Top five tips for summer!

1. Keep Cool

The summer heat can make you feel very uncomfortable especially when you are indoors. It is important to keep your home cool without sending your electricity bill through the roof. Keep all your doors, curtains, blinds and windows closed on hot days, then open up the house when it gets cooler in the evening to let the air in. Use a fan before you turn on your air conditioning as they cost much less to run. When you do use air conditioning, make sure you set it at the right temperature, clean the filters regularly and just cool the room you are in.

2. Be Sun Smart

It is important to protect your skin and eyes from damaging UV rays during summer. Use SPF 30+ sunscreen every day and reapply every two hours or more if you are spending time in water, sweating or towel drying. Use sunscreen in combination with protective clothing, a hat and sunglasses. Try to seek shade when outdoors especially during the heat of the day.



3. Eat smart

With all the barbeques, parties and picnics during summer, it's easy to overindulge a little too often. Try to limit sugary and fatty foods and choose fresh fruit and vegetables, whole grains and healthy lean protein. Summer salads are a great way to get your 5-a-day, and grilling fish, chicken and lean meat on the barbeque is great as you don't need to add excessive amounts of unhealthy fats and oils. Instead of having an ice cream to cool you down, try a refreshing smoothie packed with fresh, seasonal fruits.

4. Drink lots of water

When heat and humidity are high, it is very easy to become dehydrated. Make sure you drink at least 8 glasses of water per day during the summer months, and more if you are exercising or working outdoors.

5. Enjoy the outdoors

Sunshine and warm weather offer a huge variety of activities that are not only enjoyable but can help keep you fit and healthy. Go for a swim, take a walk in the park or at the beach, play tennis, cricket or volleyball, the opportunities are endless. Just make sure to balance activity with rest, as it is easy to overexert yourself in the heat. Exercise during cooler periods of the day, such as the early morning or late evening, drink lots of water and be sun smart.

Are you drinking too much?

Drinking too much alcohol has several risks. In the short term, it may increase your risk of accidents and injury through road trauma, violence, falls and accidental death. Over months and years, the risks of drinking too much can include cancer, high blood pressure, stroke, heart muscle damage, inflammation of the liver and pancreas, brain damage and memory loss.

So how much alcohol is too much alcohol? The National Health and Medical Research Council (NHMRC), recommends that:

- Healthy men and women should drink no more than two standard drinks a day to reduce the long-term risk of damage that comes with drinking too much alcohol.
- Healthy men and women should drink no more than four standard drinks on a single occasion to avoid the short-term risk of alcohol-related injury.

A standard drink contains 10 grams of pure alcohol, however it is important to note that drink-serving sizes are often more than one standard drink. For example, a 375ml can of full-strength beer (4.8% alcohol volume) is equal to 1.4 standard drinks, and a 375ml can of pre-mixed spirits (5% alcohol volume) provides 1.5 standard drinks.

One standard drink is equal to:

- 100ml or one small glass of wine (13.5% alcohol content)
- 30ml of spirits plus mixer (40% alcohol content)
- 375ml or one stubbie of mid-strength beer (3.5% alcohol content)

How much alcohol you drink is ultimately your choice, but by sticking to the recommended guidelines, you can make informed choices and help reduce both the short and long term risks of alcohol-related accidents, injuries, diseases and death.



Mediterranean Diet

The Mediterranean diet is based on the traditional foods eaten by people in the Mediterranean region, especially in Greece and Southern Italy. The diet has become increasingly popular throughout the rest of the world due to the range of health benefits linked to it.

Research has shown that the traditional Mediterranean diet significantly reduces the risks of developing heart disease, high blood pressure, diabetes and certain types of cancers. Adoption of the diet has also been linked with a reduced risk of early death and has proved a successful strategy for weight reduction.

The Mediterranean diet is a delicious and healthy way to eat. To switch to this style of eating, try and gradually incorporate the following key components of the diet into your eating plan:

- Get plenty of exercise
- Eat primarily plant-based foods such as fruit, vegetables, breads and other cereals, potatoes, beans, nuts and seeds
- Replace butter with healthy fats such as olive oil and canola oil
- Eat fish and poultry at least twice a week
- Eat red meat no more than a few times a month
- Use herbs and spices instead of salt to flavour foods
- Drink red wine in moderate amounts (optional)



Exercise your way to good health

Being active and engaging in regular exercise is extremely important for your overall health and wellbeing. When combined with a healthy, well-balanced diet, regular exercise can help you to:

- Achieve and maintain a healthy body weight
- Develop healthier bones, muscles and joints and lower the risk of osteoporosis
- Boost your immune system
- Have a lower blood cholesterol level



- Strengthen your heart to improve its function and reduce your risk of a heart attack
- Lower the risk of type 2 diabetes and some types of cancer
- Boost your energy levels and reduce fatigue
- Improve your sleep
- Uplift your mood making you feel more confident, happy and relaxed.

To obtain these fantastic benefits you should aim to engage in at least 30 minutes of moderate-intensity activity on most, preferably all days. Moderate-intensity activity includes activities such as mowing the lawn, swimming and walking. You should also try to enjoy some regular vigorous-intensity activity for extra health and fitness. This might include activities such as running, aerobics, cycling uphill, and playing tennis or volleyball.

Increasing your daily activity levels doesn't have to be as hard as you think. You can make a big difference to your health by making a few small changes to your normal routine. This can include walking or cycling to work instead of using the car, taking your dog for regular walks if you have one, doing stretching exercises while watching television and doing the gardening and housework on a regular basis.

How to get a good night's sleep

Getting a good quality night's sleep is as important as nutrition and exercise when it comes to achieving a healthy lifestyle. It is also essential for feeling refreshed and alert the next day so you can function at your best. The optimal amount of sleep is generally considered as being six to eight hours of good quality sleep each night, however, many of us struggle with falling and staying asleep.

Making some simple changes to your daily routine and sleep environment can make a big difference. Here are some tips to help you get a better night's sleep:

1. Stick to a routine, going to bed and waking up at about the same time each day
2. Avoid eating and drinking large amounts before bedtime
3. Cut out caffeine and smoking
4. Exercise regularly (ideally in the afternoon, not too late at night)
5. Sleep in a slightly cool room using enough blankets to keep warm
6. Avoid daytime naps

7. Try to keep the house quiet at night
8. Invest in a comfortable mattress
9. Try having a warm bath or shower just before bedtime
10. Do not rely on sleeping pills

If after following these tips you still have trouble with sleeping on a regular basis it is important to consult your doctor as you may be suffering from a sleep related disorder. Common sleep disorders include: insomnia, restless legs syndrome, narcolepsy, snoring, and sleep apnoea. Your doctor will assess your symptoms, sleeping habits, medical history and may take tests before making a diagnosis/suggesting treatment.



Fun Facts

- # 1 Getting rid of excess clutter would eliminate 40% of the housework in the average home
- # 2 A new baby typically results in 400-750 hours lost sleep for parents in the first year
- # 3 If the sun were a hollow ball, more than a million Earth's could fit inside it
- # 4 The average human spends one-third of their life sleeping
- # 5 The average human loses about 40 to 100 strands of hair a day

UNCLUTTER YOUR LIFE

A healthy lifestyle is an uncluttered lifestyle. If your house or workspace is overwhelmed with clutter, it can be very difficult to get things done and can cause you a lot of unnecessary stress. You might lose precious time looking for items that are not where you thought they were, or you might forget to pay bills that got lost under a pile of papers.

It's amazing how great you feel after a good clear out, below are some tips to help you start uncluttering your life:



- **Do one thing each day** – Pick a drawer, closet or shelf that needs sorting. By doing things in stages, the process of uncluttering your life seems a lot less overwhelming than trying to tackle it all at once.
- **When in doubt, throw it out** – This is the simplest, yet the hardest rule. Have you used or worn or needed this item in the past year? If not, the chances are that you can live without it. Take all the clothes, books and appliances you don't need to a charity shop, or have a garage sale and invite your friends.
- **When you're done with something, put it away** - Clutter accumulates when you take something out, use it for a while and then neglect to put it back in its proper place. Try to put things away immediately after you have finished with them. That extra minute will save you hours of tidying-up in the long run.
- **Organise your desk every day** – Try to tidy your desk or workspace at the end of each day. Recycle old papers, file away things you aren't using and get rid of any empty coffee cups and plates. Having a clear desk when you arrive to work in the morning will make for a much more productive start to the day.
- **Invest in a filing cabinet** – Having piles of papers strewn about your house or workspace can be very frustrating. Instead of just stuffing everything into a drawer and forgetting about it, use a filing cabinet. They often come with handy labels to help you organise your documents into sections.



Local Government Insurance Services
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IN OUR NEXT ISSUE

- Are you a healthy weight?
- Maintaining Good Posture
- Office Ergonomics
- Fresh vs Frozen Vegetables
- Exercise for Lower Back Pain

Your Photos



Rustic relics from bygone days @ Community Resource Centre — Iona Sheehan Lee

Shire of Menzies
PO Box 4 Menzies WA 6436
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E-mail: admin@menzies.wa.gov.au
www.menzies.wa.gov.au
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Corner of Shenton & Brown
Streets Menzies WA 6436
Ph: 90242702 Fax: 90242775
visitorcentre@menzies.wa.gov.au
Articles & Photos Always Welcome

Calender of Events for Dec 2010 - Jan 2011

06	07	08	09	10 11am Interagency 1pm LEMC	11 6:30pm Blue Light XMAS Party	12
13 Menzies Classic Meet 3pm @ Hall	14	15	16 Council Meeting 9am Town Hall	17	18	19
20	21	22	23	24 Christmas Eve	25 Christmas	26 Box- ing Day
27	28	29	30	31 New Years Eve	01 HAPPY NEW YEAR	02 Janu- ary

Mon

Tue

Wed

Thu

Fri

Sat

Sun

03 Public Holiday		01	02	03	04	05
06 School Presentation Day	07	08	09 School Market Day	10	11 Community Christmas Party Town Hall	12