



# Menzies Matters

Issue 32

Free

November 2010



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Story on pages 7, 8 & 9



Take a look around!



## Shire of Menzies Information

### SHIRE OF MENZIES

#### Kleenheat Gas Agency

The Shire of Menzies has recently taken over the agency for Bottled Gas. Exchange Bottles available from the Shire Depot at -

\$120 for 45kgs collection

\$130 for 45kgs delivered

Prices and availability of the 9kg Bottles will be forthcoming and indicated in the Next Menzies Matters.

Payments can be made at the Community Resource Centre.

EFTPOS available.



### 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 September Ordinary Council Meeting held on Thursday October 28th 2010.

### 1. Support for the release of Land for the Development of a Business Venture.

Council supported the concept of making available a piece of land for the development of a business of the provision of Accommodation facilities and also a Reptile Park, which will be a great boon to the Town of Menzies. Accordingly, Council will progress this aspect as quickly as possible to promptly promote this aspect.

### 2. Truck Bay Assembly Area.

Council has approved of \$50,000 in the promotion and support of ablution facilities at the Truck Bay assembly area and in the dust suppression aspect of the project to be undertaken in the 2011/12 year, which will enhance the facility and services of the town and support the Roadhouse business.

### 3. Tea-Rooms and Butcher Shop Development Project.

Given the recent renovations to these premises, Council has approved of a budget variation in the present year to conclude this project with the injection of a further \$50,000. This will effectively complete the project and enable the use of the premises to be addressed by Council during the year.

### 4. Kookynie School Premises Acquisition.

This contentious issue was again raised and declined as a potential project for the Shire as a result of a community consultation process largely opposing this acquisition.

### 5. Christmas 2010 – Council Meeting, Annual Function and Administration Closure and Annual Meeting of Electors.

The Shire Council resolved to conduct the December meeting earlier than the usual fourth Thursday monthly to the December 16<sup>th</sup>, 2010 date, as was the case last year, to be followed by the Annual meeting of electors at 5 pm and the Annual Community Christmas Party in the Town Hall. Furthermore, the Council also approved of the Administration being closed between Christmas and New year as was also the case last year, and intended to close from Monday December 27<sup>th</sup>, 2010 to Friday 31<sup>st</sup>, 2010 to enable staff to travel to family and friends at this festive time of the year. The CEO will have the Shire mobile with him 24 hours per day and issues can be addressed with him at any time, if required.



Matter arising from the September Ordinary Council Meeting held  
on Thursday October 28th 2010 - cont.

6. Modifications to the Police station Building.

The former police station building is planned to be modified to support the use as an accommodation facility for potential uses in the future by the community or business persons and where Council has put aside \$30,000 for this purpose which will create a usable and function premises for the benefit of this community. Accordingly, we look to this be completed promptly.

7. Basketball Lights Replacement.

As two of the four lights at the Basketball courts have blown-out, Council resolved to replace these with a new facility at a cost of \$5,527-50, which should serve the community for some time into the future and we look forward to the new facility being installed. We expect this to be completed within the month.

8. Bronze Bust of a Prominent Citizen.

This very innovative concept of manufacturing a bronze bust of a prominent citizen was unanimously supported by Council in the provision of funds for this purpose of respecting a citizen of Menzies and where \$20,000 has been applied to this project where it is intended to manufacture a bust of Jimmy Brennan.

9. Approval of a lot of Reserve Land for the purpose of a Business venture.

This exciting project was also supported by Council where the applicants intend to commence a business in Menzies and a piece of land at the rear of the town Water Tank is seen as suitable for the purpose and council is keen to see this promoted with much haste.

10. The Menzies Classic Annual Event.

John Bowler has been instrumental in the development and promotion of this event intended to be conducted in conjunction with the Leonora Golden gift event race and Council has supported the concept where it is planned that a committee be formed to co-ordinate the facilities and liaise with the various parties involved in this consideration. Accordingly, further advices will issue in this matter in early course.

Brian W. Seale J.P. Chief Executive Officer

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

**SHIRE OF MENZIES**  
**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 registrar your  
Dog at the Menzies Visitor Centre

## Tidy Towns – Sustainable Communities Judges' Feedback to Communities Report 2010



<b>Tidy Towns Region</b>	Goldfields
<b>Community Name</b>	Menzies
<b>Judges</b>	Joanne Gray and Kym Pearce
<b>Tidy Towns Committee members (or equivalent) present:</b>	
Justin Lee	Robyn McCarthy (for part of the judging)
<p>Special Commendations and Category Winners Results</p> <p>Menzies has undergone a huge transformation over a relatively short period of time. The efforts and success of the Shire and the community to improve the appearance of the town has been recognised here with the <b>General Appearance Award 2010</b>.</p> <p>In addition the amazing efforts by the community to recognise, celebrate, acknowledge and celebrate many cultures and the town's history has resulted in the town being awarded the <b>Enhancing Cultural Identity Award 2010</b>.</p> <p>Menzies has embraced and is committed to improving the town's infrastructure, street and town scapes whilst also demonstrating commitment to the community and relationships. It is obvious that Menzies is looking towards and planning for a sustainable future. There are some great plans in place and I look forward to seeing these develop over the coming years.</p> <p>Well Done Menzies!</p>	

### 1. Community Action - COMPULSORY

Menzies has succeeded in incorporating the entire community in their various projects. The range and sheer number of community events is astounding and demonstrates the numerous partnerships that exist in the town. The town demonstrates enthusiasm, vision and direction.

The vegetable plants and fruit trees near the sporting area that have been incorporated into the town's street scaping are a fantastic initiative that is to be commended. The benefits of these in the future will be significant and their location next to sporting areas has been well considered.

The inaugural Children's Art Exhibition was a fantastic project that I hope is continued into the future. The benefits of this project are significant and it is excellent to see the children of the area encouraged to develop their artistic talents. Congratulations.

The Menzies Matter newsletter continues to be an excellent promotional tool and link to the community, recognising the numerous projects and people whilst keeping everyone aware of the various projects and opportunities available within the community. The community should continue to utilise this to document everything throughout the year so it can be easily collaborated into their Tidy Towns' submission. Through the Tidy Towns – Sustainable Communities program the town's growth, future plans and on-the ground works can be guided, coordinated, collated and documented/recorded.

Menzies needs to encourage people, from various community groups, including school children and the Menzies Aboriginal Corporation, to take an active role in a Tidy Towns' committee. This committee should oversee Menzies' Tidy Towns' entry from year to year and plan, organise and develop projects that are incorporated into this entry. Many people are required to take on all the components that make for a successful Tidy Towns' entry. Organisations such as Millennium Kids offer an excellent methodology that allows students to develop their own projects within the town, whilst developing valuable skills.



## 2. General Appearance - COMPULSORY

Menzies is maintaining their town well. The town is always clean and tidy and it is obvious that the residents take pride in their town. They have some fantastic plans for future development and the continuing tree planting program will make a noticeable difference over the coming years.

The street scaping projects are continuing to come to fruition and are making a considerable difference to the town. The new roads, curbing, sealing of parking areas, signage, landscaping and building restorations that have occurred in the last 12 months are astounding. The continued development plans incorporating the conversion of the powerlines to underground and the continued restoration of many of the old buildings will continue to change the face of this lovely town.

The new interpretive signage incorporated into the town is stunning, well thought out and flows continuously throughout the town, encouraging people to explore and learn about the town, the buildings and its history.

The future development of a new RV friendly rest area next to the butcher's shop and tearooms will be a great asset to people travelling through the region and encourage stopping in Menzies. Whilst researching and consulting on the plans for this area Menzies should look at what other towns have done, such as Walpole, when planning their new rest area.

It is wonderful to see all the restoration works that are being undertaken to restore, maintain and bring back into use many of the old heritage buildings within the town. Restoration works are difficult and expensive; however this does not appear to have stopped this community from lovingly restoring these buildings.

Menzies' entry statements could do with a general clean-up and an audit and consolidation of signage could be conducted. In addition, perhaps the Tidy Towns' committee could work with the roadhouse to improve its appearance and presentation and blend it into the new town scaping plans.

### 3.1 Recycling and Waste Management

The town could benefit considerably from encouraging the school to be involved with the Waste Wise Schools program whilst providing support and help to the school and enabling their involvement. This program can not only provide help and funding that will benefit the school and the community at large (whilst provide beneficial waste management, reduction and recycling options), but it can also be a valuable resource to helpful contacts and projects that can benefit the school in their waste reduction and management efforts.

Menzies is to be congratulated for their efforts to utilise and provide recycling programs and stations within the community such as Mobile Muster and Cartridge recycling. Regional communities can sometimes get bogged down with what they can't do instead of focussing on the simple things they can do and it is excellent to see the town taking steps to address waste.

It is encouraging to see that the work that has occurred at the landfill defining areas for the various waste materials and allowing stockpiling and recycling of certain waste types. Additional planning of the landfill and simple redesigning could enable additional recycling of various materials within the community and should include a reuse area. This area then encourages reuse of materials within the town and reduces the amount of landfill. Windblown litter needs to be addressed and solutions to this incorporated into future redesign plans.

Regional areas need to collaborate, pool resources and come up with solutions to remote area waste management. Menzies could contact Local Government Waste Officers in nearby towns to network and discuss possible options and solutions to waste management issues.

### 3.2 Natural Heritage Conservation

It was excellent to see the considerable efforts by the town to eradicate the particularly nasty cactus, Hudson's Pear along the road leading to the landfill and from other areas around Menzies. This has spread considerably in past years and Menzies is to be congratulated for undertaking the actions required to deal with this particularly noxious weed. However, Menzies will need to remain diligent and regularly follow up and remove new outbreaks.

### 3.2 Natural Heritage Conservation - cont.

Caltrop has been targeted by the town with the Council and community members spraying it wherever they see it appear. Other weeds also need to be controlled whilst their populations are small and before they become difficult to eradicate. Ruby Dock weed is becoming a prevalent weed throughout the town and needs to be targeted before it becomes established. Articles in the Menzies Matters newsletter could help educate the community about how to identify and control these weeds and the school and community could be asked to help identify and map weed areas so the Council can eradicate these weed populations before they become unmanageable.

It appears the development of Lake Ballard seems to be very slowly progressing. The town and the various stakeholders have some great plans but these need to be brought to fruition. I hope next year to see some of the planned developments out by the lake.

### 3.3 Enhancing Cultural Identity

The "Our Place" project is incredible! It is fantastic to see the community work together through extensive community consultation, to come up with and then implement such amazing historical and extensive interpretive signage and displays that capture the spirit of Menzies. The cut-out images and signage complement each other seamlessly and really tell the story of life in Menzies in the early 1900s. The signage blends in with the townscape and flows effortlessly throughout the entire town, encouraging people to look for and read the various signs. The brochure that is due to be completed soon will complement this project nicely and will round out this project extremely well. The "Our Place" project is innovative and has been completed with thought and consideration by the entire community. Congratulations.

The Kookynie Interpretation and Heritage trail is another project about which Menzies can be extremely proud. Whilst most of the infrastructure is gone, through the interpretive signage and the brochure that has been developed, visitors can experience "A Living Ghost Town" & begin to understand and get a feel for the spirit of Kookynie in past times, when it was a thriving community.

Menzies has also continued to work on Lake Ballard and has recognised culturally significant locations within the area and installed Cultural Management signage. It is important to include and recognise indigenous culture within the region and not just focus on Lake Ballard.

The vast array of different cultural events held in Menzies is amazing. Menzies is to be congratulated for encouraging such a wide array of cultural activities and overcoming barriers such as remoteness and limited resources. Congratulations. It is important the Menzies keeps up the varied events and continues to aim at a wide age group and cultures, encouraging everyone to participate.

### 3.4 Water Conservation

It was encouraging to see that the town has continued to update their gardens and is using highly efficient reticulation to minimise water wastage. Well done. It is important to continue changing gardens over to efficient reticulation as the savings are considerable.

It was pleasing to see such extensive use of water wise plants in gardens, including lots of Goldfields' natives. Keep up the use of local plants as these plants are hardy and can cope with the Goldfields climatic conditions.

Education programs for school and the community at large need to be developed. Menzies needs to look around at what is available and can be customised to the towns needs.

It was fantastic to hear that Menzies had facilitated a visit by the Great Gardens team, when they were visiting the region and encouraged people to attend their workshop. The workshops were very well attended with lots of positive feedback. It is important to pool your resources with surrounding areas to reduce costs and maximise benefits to the community.

Utilise the Water Corporation: their website and brochures are very handy.

### 4.0 Conclusion

Congratulations Menzies and thank you for inviting us to visit and showing us around your town. What a great community!



# 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 10<sup>th</sup> 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

## Menzies Remote Community School



We have had a busy start to term 4 with students and staff preparing for the **“Snapshots of remote communities”** exhibition. It has been on display in the Spinifex Gallery at the Information centre all week.

Staff and students are to be commended for all the work put into the exhibition. The snapshots of remote communities project was initiated by the National Museum of Australia in Canberra and is a partnership venture between the museum, regional museums and Australian schools.

Participating students investigated the history and uniqueness of their local community. Students photographed their community, from local characters and daily life, to natural features or historical landmarks. They also used visual art pieces in 2 and 3D to enhance the exhibition.

The students work is also available for viewing online at:

<http://www.nma.gov.au/exhibitions/community/snapshots/snapshots/>

Other schools in Western Australia who are part of the project also have their photos at this site for viewing.

Photographs of the Menzies students exhibition will also be on display at the Kalgoorlie-Boulder museum after this exhibition is finished.

The exhibition is interesting and well worth **having a look at if you haven't already.**

See following page for some Photos

This term students are receiving a token in the playground at recess and lunch breaks when staff observe them demonstrating positive behaviours which form our school code. Students work in class in groups of two or three and are awarded points which are recorded in class so that students can keep track of their positive behaviour points. At the end of the term the team with the most points from each class will be able to watch a movie at school with popcorn.

All students with points will receive a certificate.

These behaviours are:

\*We speak to each other and to teachers with respectful words and a friendly voice tone.

\*We help each other and share with each other.

\*We are co-operative when teachers ask us to do something.

**\*We respect the school's property and other student's belongings.**

Enjoy the rest of your week.

Susan Oliver







# School Assembly in October 2010





# MYCG Wednesday Night Sports





# Wednesday Night Sports

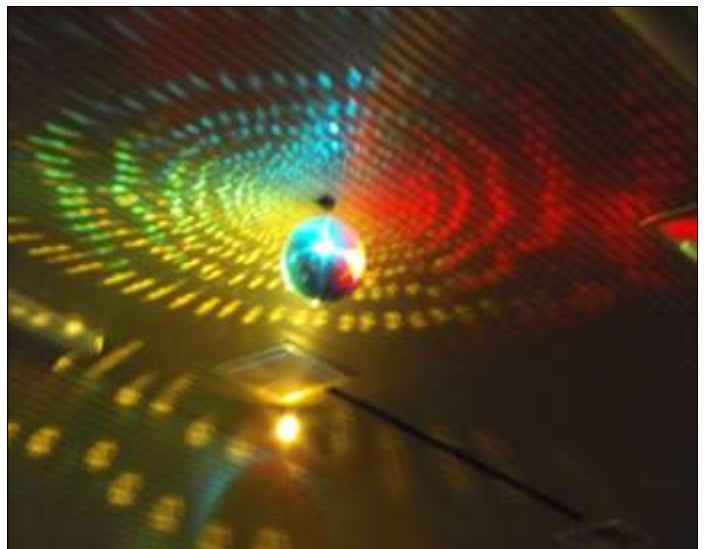


## Menzies Youth & Community Group





# Menzies Blue Light Disco



A spectacular light show at the Menzies Blue light Disco held Thursday 4th November by the Leonora Police. Many thanks to those Officers and also to the community members who assisted to make this a special night for our Menzies children and youths.





## Local Stories

### Beauty of Fields captured

TOURSIM WA has enlisted the expertise of one of Australia's premier photographers to capture the essence of the Goldfields.

Frances Andrijich has photographed some of the State's most renowned people and places and is known for her beautiful, incisive and technically fine images.

But it was a case of third time lucky for Ms Andrijich who had to cancel her trip to the region twice this year because of bad weather.

After finally arriving in Kalgoorlie-Boulder earlier this month, her brief was to capture the Goldfields as an attractive holiday destination.

Over several days Ms Andrijich and her team shot various scenes in town and ventured out to Lake Ballard where beautiful weather formed the perfect setting to use a new panostitch technique.

"It really captures the vastness of the place and people can visually experience it," the Nikon devotee said.

"This new technology is making things possibly, whereas prior to it we were limited to the lens.

"The result is closer to what



**Captivating:** Photographer Frances Andrijich, centre, with sisters Kristie and Kayleen who were both scanned for the project Inside Australia on Lake Ballard. Photo: HENRIK TIVED

the eye and the brain can do and the whole point is it will look like people will see it."

The striking Anthony Gormley Inside Australia installation at Lake Ballard provided inspiration for the shoot.

"Every place has things that grab you," Ms Andrijich said.

Wildflowers, gold prospectors, old pubs and buildings were also on her list of potential subjects.

"As a photographer I am always dazzled by amazing people and locations," Ms Andrijich said.

ich said.

And she has photographed some of the best, including the late Heath Ledger, actors Tim Winton, Ernie Dingo and Hugh Jackman and athletes Matt Giteau and Adam Gilchrist.

Her images have graced magazines, books and newspapers around the world and are regularly featured in Time Magazine, Harper's Bazaar, The Age's Good Weekend Magazine, Australian Geographic, Vogue, Marie Claire, Gourmet Traveller and The West Week-

end Magazine.

Acting executive director investment and infrastructure for Tourism WA Renata Lowe said the Goldfields images would be used in national and international marketing activities to showcase the region and also initiatives to attract tourism investor interest.

The City of Kalgoorlie-Boulder and other stakeholders will also have access for use in promoting the Goldfields.

FRANCES PRATT  
frances.pratt@kalminer.com.au

Story and Photos kindly reproduced from the Kalgoorlie Miner.

Local identities and sisters Kristie and Kaylene Tucker recently spent some time at Lake Ballard with a Tourism WA film crew where they were photographed **with the world renowned Antony Gormley sculptures, "Insiders" at Lake Ballard** 51kms west of Menzies. Kristie works at the Menzies Resource Centre as the Assistant Coordinator and Tourism Officer and Kaylene is a student trainee at the Resource Centre 2 days a week and will be completing her Certificate II in Small Business at the end of this term.



## Inaugural Goldfields Tourism Network Meeting Friday 29th October 2010



Left to Right -

Wayne Astill (A/DEC), Cr Greg Dwyer (Shire of Menzies), Scott Wilson (Community Member), Pip McCahon (GEDC), Brian Seale (Shire of Menzies), Arianne Webb (GTN Manager), Cr Kathy Lindup (Shire of Coolgardie), Steve Deckert (Shire of Laverton), CR Rob Northcoat (A/City of KB), Sarah Mazza (Shire of Leonora)

Board members absent in photos included KCGM, Minara Resources and GLSC.

Photo Justin Lee.

## Local Tourism Association Attracts Funding

Goldfields based Tourism organization, the Golden Quest Trails Association (GQTA Inc.) has been successful with the Royalties for Regions funding in round 2, with the announcement recently that they will be receiving \$57,000.

Golden Quest Trails Assoc. Inc., a not-for-profit group, which currently manages and promotes the Golden Quest Discovery Trail, however has its sights set on evolving into the premier Tourism Marketing and Networking organization in the Goldfields region to be known as Goldfields Tourism Network.

**"This funding, along with vital local government support, will assist us to unite and showcase the existing tourism attractions and trails in the region,"** stated Arianne Webb, Manager of the GQTA Inc.

The funding received through Royalties for Regions recently will compliment the support given by the State Tourism Marketing body Australia's Golden Outback and the local government authorities of Laverton, Leonora, Menzies, Coolgardie and City of Kalgoorlie-Boulder, who are partnering this project.

**"There is currently no regional Goldfields tourism association in place that highlights attractions and trails in a unified manner. We see the development of a goldfields tourism network as being essential in conveying the bigger picture of what the Goldfields has to offer to the Tourism consumer."**

**"Tourism WA has undergone a major restructure stating a focus on Marketing & "Big Ticket" events and unfortunately, the Goldfields is not included in the 15 priority projects to be undertaken within the state. It's important come together as a sub-region of Australia's Golden Outback, similar to the Esperance Regional Tourism Association, which successfully unites to attract promotional campaigns to their area."**

The Royalties for Regions funding received will go towards the following areas:

- ☐ The development of Regional Display Materials,
- ☐ Development of a Regional Tourism website for the Goldfields with networking and online capabilities.
- ☐ Production of Full Colour A3 brochure promoting the region and its attractions and trails.

Contact: Arianne Webb – Manager GQTA Inc. Mobile – 0408 511969 Email: [info@goldenquesttrail.com](mailto:info@goldenquesttrail.com)

Aboriginal



Justice Agreement

turning the spotlight onto community justice issues



# Menzies

## Open Information Day

Monday 15 November, Shire Hall, 10am-2.30pm.



**Drivers & Vehicle Licensing**

**Department of Transport**

**Fines Enquiries**

**Department of Corrective Services-Sheriffs**



**Road Safety**

**Department of Main Roads**

**Goldfields Roadwise**



**Law, Safety and your Rights**

**Kalgoorlie Court**

**Western Australia Police Services**

**Family Violence Prevention Legal Service**



**Prisoner re-entry into the community program**

**Centrecare, Eastern Goldfields Regional Prison,**



**Community Support Services**

**Centrecare, Youth Justice Services, Menzies**

**Community Health, School Drug Education Road**

**Aware (SDERA), Menzies Remote Community**

**School, Shire of Menzies**



**Jobs and Training**

**Centrelink, Max Employment, MEEDAC Incorporated and Skill Hire, Nickel West (Mount Keith)**

Developed by the Mulga Mallee Regional Coordinator of the Aboriginal Justice Agreement.

Supported by the Aboriginal Justice Agreement.



Aboriginal



Justice Agreement

turning the spotlight onto community justice issues



# Want your Drivers Licence?



***BRING...***  
***On the***  
***15 November 2010***  
***10.00am to 2.00pm***  
***Menzies Shire Hall***  
***Open Day***

1. **Birth certificate (you can apply for this at the Court House – please allow two weeks for this).**  
If your birth is not registered, get a Verification of Identity form from the Visitor's Centre or Menzies Aboriginal Corporation. Then get someone who knows you to fill out this form and follow the instructions on the form. If you need help to read the form or fill it out, ask the staff at either centre.
2. **Medicare Card, Keycard or Centrelink Card with your name on it.**
3. **Know about the road rules, You will need to complete 30 Questions in the test. With a pass mark of 24/30**
4. **\$87.90**

Developed by  
Regional Coordinator Mulga Mallee



# **R.F.D.S. CLINIC**

**DATE: MON. 29/11/10**

**TIME: 9.30A.M.**

**PLACE: MENZIES  
HEALTH CENTRE**

**DOCTOR: R.F.D.S.**

**APPOINTMENTS**

**PH. 90242044**





## **Chiropractic Care Fortnightly in Leonora!**

**Operating Out of St Johns' Ambulance Hall**

**Chiropractic is a health profession concerned with the diagnosis, treatment and prevention of disorders of the musculoskeletal system. It also incorporates the effects these disorders have on the nervous system, general health and well being of an individual. Most commonly treated problems include:**

- Neck and back pain
- Headaches
- Sciatica
- Disc degenerative problems
- Arthritic conditions
- Muscle sprain/strains

**Dates of Next Visits Are:**

November  
17th

**Please book through: 9091 5667**

**Private health rebates available for all treatments**

*providing wellness care naturally*

## Thrills and Spills at the Morapoi Rodeo!

Morapoi Outback Rodeo was a huge success with over 500 people in attendance. This inaugural event went well as competitors and spectators came from a long way away to be part of this weekend event. Over 150 competitors competed in all events. Riders brought their horses and gear and soon Morapoi was filled with awe and there was stock everywhere.

The main event for Open Bull Rider went to Mr Cameron Day who took out the top prize money. Cameron has family links that spread back to Morapoi with his great grandparents owning Morapoi and his Grandfather owning it at one stage of their lives. What a coincidence then, to see this young champion get on a bull and take out 1<sup>st</sup> place at Morapoi. Well done to Cameron!

Spectacular rides gave the crowds something to hang onto as some of the cowboys were flung in awkward places, upside down, into the fence and onto the ends of the horns and noses of the bulls, tough cowboys. Local riders came and competed in the event and provided that laughter we locals were looking for, but boy can our locals ride and in particular for their first time getting up on a bull already to go, they done us proud.

Ladies horse riding events were very competitive and saw some close wins at the end of the day. Team roping also pleased the crowds with cowboys amazing lassoing with rope and tie in fast times. Young **Troy O'donoghue of Morapoi took out the junior riders prize for under 12yrs poddy calf riding. Other** children's riding events saw a number of locals from Morapoi and surrounds compete. It was a Good Day for rides, thrills and spills were highlights.

Menzies ambulance volunteers did a fantastic job and looked after all at the event casualties. One of the activities for children was to ride the mechanical mad cow bucking bull in a competition and this drew the crowds attention as our youngsters are getting ready for the real thing. Even some older persons thought they would have a go - yeah they tried. Sheep were let out in the arena for a comp as **'Catch the Sheep, You Take it Home' the first** person to catch and tie it up they can have take away.

Yes there was a winner; Mr Joel Harris of Leonora. There may have been a grill up in Leonora next day.

Another feature was the welcoming by Indigenous traditional owners of the land with a ceremony that included some of Indigenous elderly men on horseback enter the arena representing past contributions that Indigenous people here in the Goldfields have been to the pioneering, pastoral and prospecting in developing these lands for use. It was a time to reflect back and remember the contributions made by Indigenous peoples. Stubbsie tried his hand at boomerang throwing in the arena but a big gush of wind **came and took it away, never mind the message got thru, it was time to "Return to the Lord".**

Great entertainment was provided by the ever popular Yabu Band playing their music in the shed, what a sound, and also backed up by the entertaining Aboriginal dancer who put on an awesome display of Aboriginal cultural dancing to Yabu music for us. Couple of local musicians filled in the gap as the night went on as it was fantastic. What a night!

Aboriginal Flags, Australian Flags and Torres Strait Islander flags were flown around the grounds providing that colourful heritage movement. People camped in their tents/swags/campers and caravans and enjoyed the event.

We must acknowledge the support and sponsors of groups and companies who made this inaugural event a great success. Shire of Menzies, Edi Downer Mining,, Macarthur Minerals, Breakaway Earthmoving, Nex Metals, Coates Hire Service, Nugget Tours, Kurrun BGAC, Hamptons Transport, Kalgoorlie Caravan & Camping, Meedac, Healthways, Lotterywest, Kookynie Volunteer Association Inc., Challenger Technical College, Trinity Christian College, Menzies St Johns Ambulance and ABCRA Rodeo Association and Local Mob at Morapoi.

Regards and many thanks Greg Stubbs, Morapoi Station.





## Indigenous Job Opportunity

Do you know of Aboriginal people wanting to work in the resources sector in the Pilbara?

Fantastic opportunities currently exist for Aboriginal people seeking employment!

The Aboriginal Workforce Development Centre is working in partnership with a major resource sector employer to create a pool of Aboriginal applicants for upcoming fly-in fly-out roles from Perth to the Pilbara.

A series of half-day assessments will be held over the next couple of months and successful candidates who are chosen to join the applicant pool will be given priority consideration for vacancies that arise in the following six months.

Pool applications are invited for:

Mobile crane operators (inexperienced) and

Trade qualified - trades of particular interest to us are mechanical trades such as heavy duty fitters, electrical trades (i.e. auto electricians) however we are keen to get applications from any candidates with a current trade qualification (i.e. boilermakers, fitters etc)

Essential requirements for all of these positions are:

Candidates must identify themselves as Aboriginal or Torres Strait Islander

WA Driver's Licence is essential (P Plates are not permitted) - HR Driver's licence is also a preference however not essential

Ability to pass a High Critical Medical including a drug and alcohol screen. (High Critical includes a hearing test, muscle-skeletal movement test, fitness test and DAS)

Two Reference checks

Commitment to attendance

- ◆ Be able to work a two weeks on - one week off Fly in - Fly out commute from Perth or Busselton (commutes also include Geraldton and Broome)

Preferable

- ◆ Previous mine site or remote work experience is a preference however not essential
- ◆ Any added licences/tickets are also a preference i.e. loader operating, grader driving, bulldozers/excavators etc
- ◆ If you believe that you meet these requirements and are interested in any of these opportunities, please contact:

For trade qualified positions – Wendy Smith – 9224 6521 or 9224 6522



Fairfax Media and The Australian Indigenous Chamber of Commerce would like to wish  
indigenousjobsaustralia.com.au a

# Happy 1st Birthday

**Indigenous**  
Jobs Australia  
.com.au



Over the past year, Indigeonousjobsaustralia.com.au has put  
Indigenous employment at the forefront of the job market.

*"Through this website we aim to get Indigenous Australians working again in an  
environment that promotes individual initiative, learning, confidence and respect."*  
Warren Mundine, Chairman, The Australian Indigenous Chamber of Commerce



For more information on indigeonousaustralia.com.au, please call Sharon Gray on 02 9282 3296



## Job Advertisement

Closing date: 10 November

### Associate Artistic Director

The Aboriginal Centre for the Performing Arts  
**(ACPA)** is Australia's largest training organisation

dedicated to the Indigenous contemporary arts;  
including music, dance and acting. ACPA is looking

for a talented and highly motivated leader for its performing arts courses. This position is a full time one  
year position and works closely with the part time Artistic Director Leah Purcell. You will need to  
demonstrate that you have had a professional career in the arts and a commitment to training young  
talented Indigenous people.

The Associate Artistic Director leads a team of committed trainers, all of whom have careers in the  
performing arts in music, dance or acting.

**At the end of 2011 a full time, 'identified' Indigenous Artistic Director role will be advertised with an  
opportunity for the Associate Artistic Director to apply for that role.**

Aboriginal and Torres Strait Island people are highly encouraged to apply.

Applications close on Wednesday 10<sup>th</sup> November. For further information and a position description  
contact:

Chief Executive Officer

Milos Miladinovic

07 3846 7211

[milosm@acpa.net.au](mailto:milosm@acpa.net.au)





## **EMPLOYMENT OPPORTUNITY WITH RUAH WOMENS SUPPORT SERVICE Aboriginal Support Worker**

Ruah is a community based organisation that provides a range of social services to people in disadvantage. Ruah Women's Support Service works with women in transition from prison. The service links with people while they are in prison and provides mobile community based assistance to women to settle back into their community on release from prison.

In addition the Aboriginal Support Worker will provide a consultative role to non-Aboriginal workers in working with Aboriginal clients at times.

Ruah strives to provide a highly favourable employment environment for staff.

- 5 weeks annual leave plus paid birthday leave
- Generous professional development opportunities
- Strong team environment and supervision support
- Private use of a fleet vehicle

Ruah has been in the process of creating Aboriginal worker position on many of its service delivery teams and these workers meet together regularly to ensure connections between Aboriginal staff in the workplace.

**Salary: \$43,036 - \$53,674 depending on experience and qualifications**

This position is based in West Perth and operates metro wide.

**Ruah is committed to providing culturally safe and secure services.**

Enquiries: Manager Chantal Roberts tel: 9228 1800

. Application packages at [www.ruah.com.au](http://www.ruah.com.au)



Having a Revise tutor makes a huge difference to the whole family! If you are interested in finding out more, contact Alice Johnson on 9315 9179. email [revisewa@westnet.com.au](mailto:revisewa@westnet.com.au) or check out our website on [www.revisewa.com.au](http://www.revisewa.com.au)



**Have you seen one of these?**



**An embroidered name cloth.**

A single layer of material with hand stitched names on it.

Would you please contact me if you know of the whereabouts of a cloth like this.

Janet Storer    [wjstorer@ozemail.com.au](mailto:wjstorer@ozemail.com.au)  
phone: 02 4942 3514  
fax: 02 4942 3515

PO Box 798  
Charlestown  
NSW 2290

Until 27 Aug  
9091 6126  
4/57 Cheetham St  
Kalgoorlie 8430

# Being mentally healthy

is about choices...

**WAAMH**  
Western Australian Association  
for Mental Health

Contact the WA Association for  
Mental Health (Inc) (WAAMH)  
(08) 9420 7277  
recipio@waamh.org.au  
www.waamh.org.au  
Supported by the Mental Health





New Prices as of Wednesday 15<sup>th</sup> September

Adult \$145.00

Student \$100.00

Family (2+2) \$280.00

Family (2+4) \$320.00

**HUGE Line up including Hoodoo Guru's, Thirsty Merc, Evermore and End of Fashion** just to name a few.

**Buy your early bird tickets now, save \$\$\$'s** and go into the draw the win a Toyota Yaris donated by Goldfields Toyota.

Go to [www.goldfieldsartscentre.com.au](http://www.goldfieldsartscentre.com.au) for more information about the line-up and to purchase tickets or call 9088 6900.



## NOTABLE GOLDFIELDER

### Merle Forrest

Born 26th September 1927 at Coroni on the trans line.

Merle is a member of the stolen generation who has led an outstanding life & recently celebrated her 83rd birthday.

She is the highly respected matriarch of her family which now extends over five generations.

Merle spent time as a court interpreter, Caps schools board member, land claim & title surveying, negotiating mining tenement claims, gold prospecting plus raising 10 children!

She always had a good metal detector & secret prospecting locations!

She lived in Kookynie, Mt Margaret & for the last 45 years in Kalgoorlie. After her husband died 27 years ago Merle got her drivers licence which she handed in when she turned 80.

As a long time Christian, Merle has been a long standing member of the Peoples Christian church on Boulder road.



9733 2310

39 South West Highway,

Waroona 6215

sarah@gumnutscraft.net.au

www.gumnutscraft.net.au





## West Coast Jayco Club Visit to Menzies Caravan Park

### Streets of Gold!

Attn: Robyn

Thanks for all your help and advice whilst we were in town. Everyone in the West Coast Jayco Club really enjoyed the 'Menzies Experience' whilst staying in the caravan park at the beginning of October.

I took this photo just after 'Happy Hour' when it had been raining. I stepped out of the park and snapped what I thought was a great shot of a different view of Menzies. We have dubbed it 'Streets of Gold'! Thought you may appreciate it too. Thanks again for all your help and advice whilst we were in town.

Regards  
Sandy Harley



## 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 Robyn on 90242702 or Deb on 0410766076.

## Don't let fruit flies ruin the fruits of your labour



Fruit flies are a significant threat to home gardens and horticulture production in Australia.

As well as ruining our enjoyment of eating home grown fruit and vegetables, the pests have the potential to impact on Australia's capacity to trade competitively in international horticultural markets.

Now there is a new website to help Australians control and prevent fruit flies in their gardens at home - [www.preventfruitfly.com.au](http://www.preventfruitfly.com.au)

Australia's Chief Plant Protection Officer, Lois Ransom, says the website will help home gardeners select effective fruit fly control approaches that better suit their own fruit fly situation, lifestyle and gardening preferences.

"I invite home gardeners to visit the site to gain a better understanding of fruit fly control approaches. The gardeners can then decide the right one for them before they commit time, energy and money to any one particular approach."

"Not all fruit fly control and prevention approaches may suit all home gardeners, so the site suggests a range of strategies from which gardeners can choose from," Lois said.

Fruit flies are one of the world's most damaging pests.

Not only are they highly mobile, they have the potential to infect a wide range of fruit and vegetables and if not managed properly, they can wreak havoc in your garden, your neighbour's garden and commercial growers across your region.

Fruit flies damage fruit by laying eggs in the fruit or on the outside skin.

Larvae emerge from the eggs and immediately burrow into and feed on internal structures of the fruit.

Bacterial infection often results in the partial or complete degradation of the commodity.

Larvae eventually emerge at the surface of the fruit and drop to the ground where they pupate in soil until they emerge as adults.

"Two significant species of fruit flies are present in Australia," according to Lois.

"Mediterranean fruit fly (*Ceratitis capitata*) permanently inhabits southern regions of Western Australia, whilst Queensland fruit fly (*Bactrocera tryoni*) is found in parts of the Northern Territory, Queensland, New South Wales and the eastern corner of Victoria."

You should regularly inspect your home-grown fruit for fruit fly larvae (or maggots), which are more likely to be detected than adult flies.

Fruit will normally need to be cut open to check for maggots, because infested fruit may appear perfect on the outside. The maggots are usually around 5-10mm long and creamy-white in colour.

### Handy hints for controlling fruit fly in your garden:

- Prune your fruit trees regularly, keeping the tops at a height which will make fruit picking easy
- Remove any ripe fruit from host plants before it has a chance to fall to the ground
- Collect any fallen fruit immediately and place it into a plastic bag. Seal the bag containing the fruit and either leave it in the sun for 3-7 days or place it in a freezer for two days. This will destroy the maggots and prevent adult fruit flies from developing
- Remove any unwanted fruit trees from your property

Report suspected incursions to the Exotic Plant Pest Hotline on 1800 084 881

Home gardeners across Australia have a vital role to play in controlling fruit fly and preventing it from spreading.

By caring for your fruit trees, disposing of fruit properly and reporting suspected detections to the Exotic Plant Pest Hotline, you can protect your home-grown produce and help reduce the economic impact of this pest.

The Fruit Fly and Home Garden website is an initiative funded by the Australian Government Department of Agriculture, Fisheries and Forestry as part of the partnership of governments and industries implementing the draft National Fruit Fly Strategy.

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



## Joan Tucker



Wishing you all the best for your big birthday from all your family and friends in Menzies. Have a Fabulous Day!





# HAPPY BIRTHDAY

## November

Dwayne Dimer - 5th

Chummy Tucker - 7th

Jennifer Burunga - 24th

Joan Tucker - 25th



2nd Wedding Anniversary for  
Chris & John Nelis 4/11/10



45th Wedding Anniversary for  
Maureen and Chummy 9/11/10



# Glimpses from the Past

## GLIMPSES FROM THE PAST

MULLINE Aug 21

*From Our Correspondent*

I hear that the Lady Gladys, which cleaned up a parcel of 200 tons a few days ago, gave a return of about 500 oz. Of gold. I do not know the exact return but have it on very good authority that the figures quoted are very nearly correct.

Some very useful work is being done on the Gladys West lease, which is the property of a Mulline and Menzies syndicate. It is in a splendid position show, and shaft, which is about 120 feet deep at present, should strike the reef very shortly. But what is usually considered the best position claim on the Lady Gladys line is the Eden Ada which I understand, is the property of Sir George Shenton and Mr Lawford. So far they have done no work on it, but it is hoped that they will either work the lease or leave it to others that will.

The government battery has been hung up on account of the rain preventing stone carting, but I hear today the manager intends starting tomorrow

From the North Coolgardie Herald August 1902

## RAINSTORM AT MENZIES

*From our correspondent*

One of the most violent rainstorms known in Menzies occurred here this afternoon. In the short space of 35 minutes 145 points was recorded at the Post Office. The streets were one sheet of water, and much damage was done to buildings, as the gutters were not equal to carrying off such a fall. The approaches to the Menzies railway line were washed away for half a mile. The railway is also damaged at Woolgar. The water was above the fence at the locomotive yards, and the stationmaster to give warning to the incoming train had to walk up to his hips in water. The train is now on the line about half a mile south of the station. It is feared much harm is done on this line. It will take some days to restore the line to working condition.

From the North Coolgardie Herald February 1903

Image copyright of the Eastern Goldfields Historical Society

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

Phone 90933360



Idol Studio, photo., Boulder.  
20/9/11

EMPLOYEES, LADY GLADYS GOLD MINE, MULLINE.

1903



MULLINE GOLD ESCORT.

1901



# Spinifex Art Gallery

Title - **“Waltjipi” October 2002**      **Artist—**Tjaduwa Woods

Size – 500 x 400mm unstretched canvas

Price - \$320.00



Tjaduwa was born in the Great Victoria Desert at a rockhole called Ilkkawitja. Tjaduwa grew up in the northern portion of the Spinifex area where she travelled mostly within her small family group. Where most of the Spinifex People temporarily left their homelands in the 1950's and 60's during a time of British nuclear testing as well as a severe drought Tjaduwa and her family stayed in their homelands continuing a traditional western desert lifestyle until the late 1980's. It was not until 1986 that Tjaduwa met white people and were introduced to “community living”

Tjaduwa remains a highly skilled western desert woman who is able to discuss in detail areas of country which relate to her birthplace and her parent's birthplaces. She has been known to “find water” whilst broken down in the desert with a party of relatives from Tjuntjuntjara on more than one occasion.

Tjaduwa is a keen and much sought after artist who now has works in many private collections. She lives mainly at Tjuntjuntjara Community in the Great Victoria Desert with her husband Byron Brookes and her extended family.

Copyright for the artwork remains with the artist. Copyright for the text remains with Spinifex Arts Project. Permission to reproduce the artwork and text is required in writing.

Ilkurlka Community  
PO Box 1014, via Kalgoorlie  
WA 6430, Australia

# Desert Mates Art Exhibition

Jeff Kealley & David Moolooloo – 'sharing this land'

2 Mates, a West Australian and a Territorian who first met in Australia's Central Desert, inspired by the colours and traditions of this country and both sharing a passion to paint, invite you to an exhibition of a unique blend of realistic and spiritual art



Perth Town Hall

Corner Hay and Barrack Street

Perth WA

Exhibition daily: 10am – 5pm 22<sup>nd</sup> to 30<sup>th</sup> November 2010

All art for sale



## Recipes

### Grilled Tuna with Mustard Dressing

Serves 4

#### Ingredients

- 4 fresh tuna steaks
- Olive oil spray
- Salt and freshly ground black pepper
- Juice of 1 lime, to serve for the dressing
- 1 tbsp wholegrain mustard
- 1 tbsp runny honey
- 1 tbsp chopped fresh chives



#### Method

1. Lightly spray a non-stick griddle pan with olive oil spray then wipe out the pan with kitchen paper and place over a high heat.
2. Season the tuna steaks on both sides with salt and black pepper, then add to the hot pan and cook for 1-2 minutes.
3. When the underside of the steaks have changed colour, turn them over and cook on the other side for another 1-2 minutes.
4. Mix together the dressing ingredients and season with salt and black pepper.
5. Just before serving, squeeze the lime juice over the tuna steaks.

### Peppery Zucchini Pasta

Prep time: 10 minutes Cook time: 20 minutes Serves 4

Pasta is a favorite comfort food — it's quick and easy to cook and it always tastes delicious.

#### Ingredients

- 2 tsp extra-virgin olive oil
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 3 pepperoncini (from a jar), minced
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 2 large zucchini, shredded or julienned
- 1 cup cherry or grape tomatoes, halved
- 1/4 cup chopped fresh basil
- 4 tbsp parmesan cheese



#### Method

1. In a large nonstick skillet, heat 1 teaspoon of the oil over medium-high heat.
2. Add onion and garlic, reduce the heat to medium, and cook, stirring frequently, until onion is softened (3 to 4 minutes).
3. Add remaining 1 teaspoon oil, pepperoncini, salt, and pepper.
4. Reduce the heat to low and continue cooking, stirring occasionally, for 2 to 3 minutes to flavour the oil.
5. Remove from the heat and keep warm.
6. Add zucchini, tomatoes, and basil to skillet; toss to combine.
7. Cook over medium heat until just heated through for 1 to 2 minutes.
8. Season with additional pepper to taste, a sprinkling of parmesan cheese and serve warm.

*Recipes supplied by Debra Seale*

# 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.**

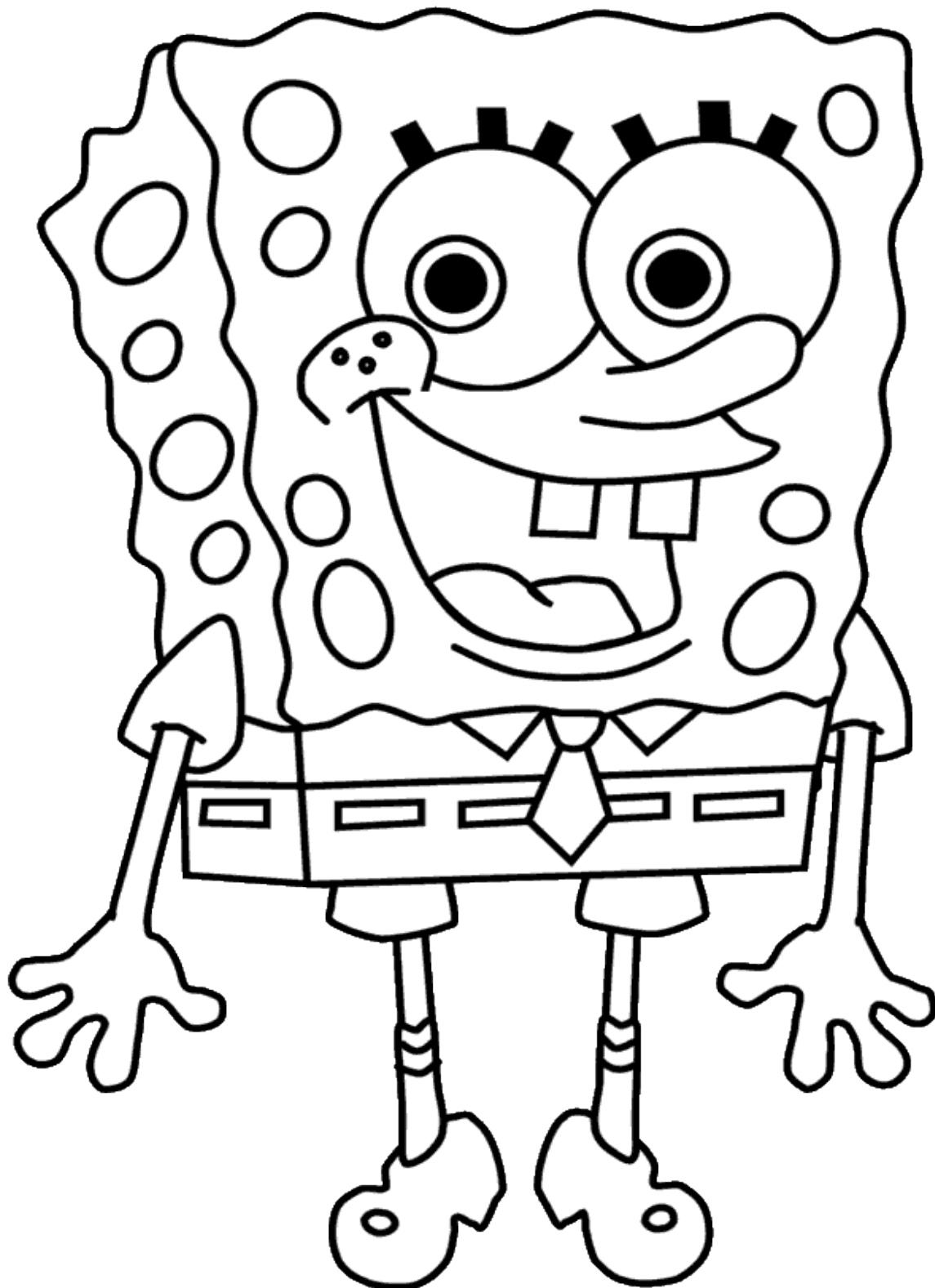
Commencing from Monday October 18<sup>th</sup> 2010.

Brought to you by Menzies Youth and Citizens Group



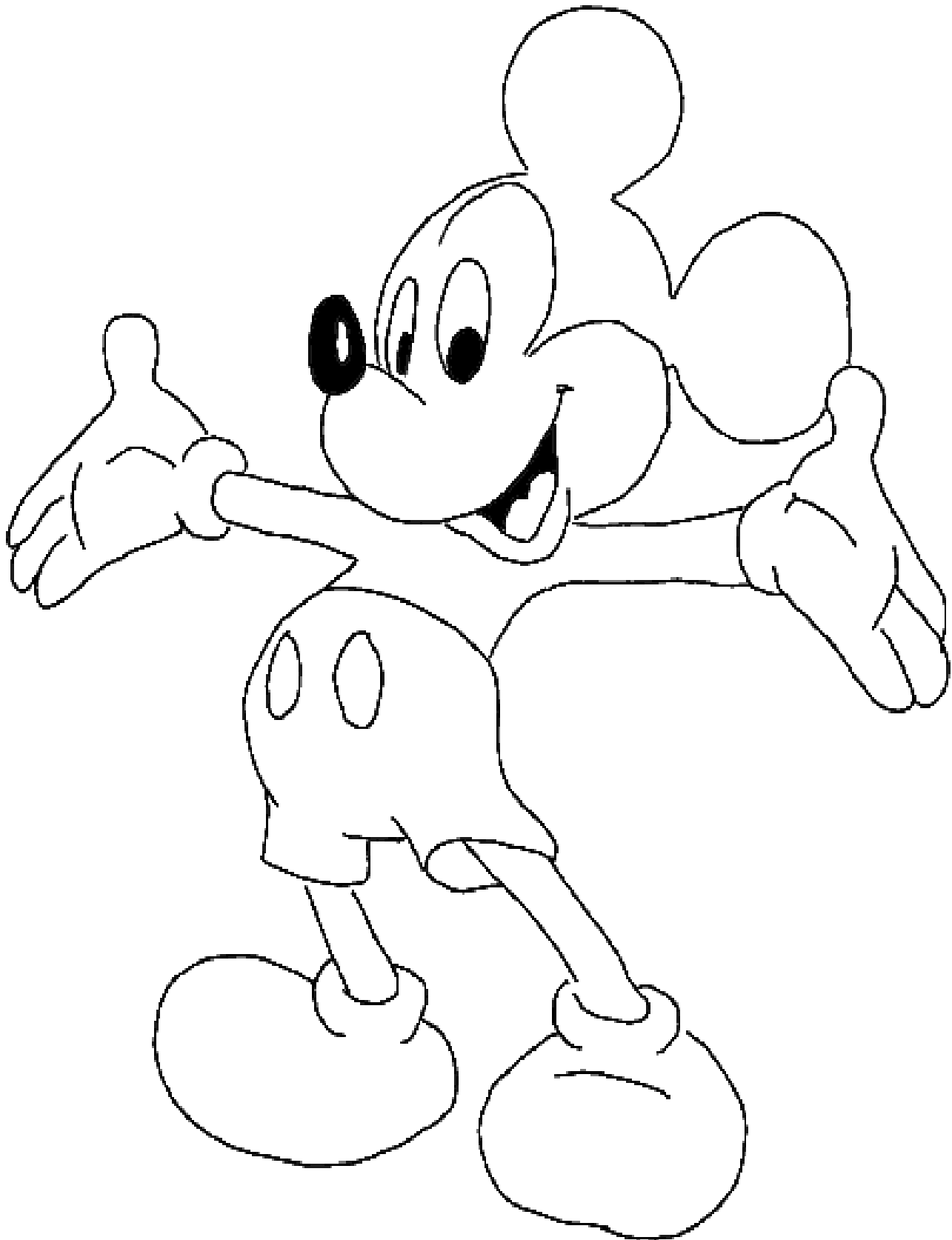
## Kids Fun Page

# SpongeBob SquarePants





# Kids Fun Page





**headspace**

National Youth Mental Health Foundation

[www.eheadspace.org.au](http://www.eheadspace.org.au)

## Information for Workers

### What is eheadspace?

eheadspace is a confidential online service designed to support young people 12-25 who live in the WA Drought Pilot region. Young people might use eheadspace if they:

- want to talk about what's going on in their life
- need advice
- are worried about their mental health or feeling depressed or anxious
- are feeling isolated or alone
- are worried about their alcohol and/or drug use
- are worried about a friend or family member.

eheadspace is a flexible way for young people to access the support that they need via a method, time and place that suits them.

### Who will they be talking to?

eheadspace is staffed by experienced youth mental health professionals, including psychologists, social workers, nurses and occupational therapists.

### How will eheadspace help?

eheadspace can help by listening and talking to young people about what is on their mind, what help is available and how they can build new coping skills.

### How often can young people use eheadspace?

There are no restrictions on the number of times eheadspace can be accessed.

### How much does it cost?

The eheadspace service is free.

### When is eheadspace open?

The chat feature of eheadspace, where young people can talk one-on-one with a qualified youth mental health professional, is open from 1pm to 9pm WA time, 7 days a week - or they can send an email at any time.

### Can young people talk to someone straight away?

When the chat feature of eheadspace is in operation (1.00pm-9.00pm WA time daily) young people will be able to talk to a health professional immediately – however there may be a wait (queue) if the service is busy and they will be advised of this. For email counselling, eheadspace will respond within 1-2 days.

**someone else to talk to**

**headspace**

National Youth Mental Health Foundation

**www.eheadspace.org.au****Who is eheadspace for?**

Young people aged 12 to 25 and located within the Drought Pilot Region in WA (see <http://www.daff.gov.au/agriculture-food/drought-pilot> for more information) can access eheadspace.

**What do young people need to be able to use eheadspace?**

A computer with Internet access is required and it is helpful to have broadband or at least a fairly fast connection. The eheadspace website uses Flash Player technology which most computers will already have in operation. If a computer does not have Flash they should receive an automatic prompt to download a free version.

**Is contact with eheadspace secure and confidential?**

Every effort has been made to ensure that all contact with the eheadspace service is completely secure and confidential. When young people talk to someone at eheadspace nothing said (or written) can be passed on to anyone else without permission, but there are a few exceptions such as if safety is an issue. In these instances the health professional will talk to the young person first about what needs to happen. Full terms and conditions are available on the website.

**Are there things a young person should tell eheadspace?**

The only information that eheadspace has about a young person's situation is what they are told, so the more information provided eheadspace the more eheadspace can help. Some helpful information might include:

- existing mental health issues
- alcohol and drug use
- whether the young person is in crisis or is worried about their safety
- if the young person doesn't understand something the eheadspace worker is saying
- if the young person has concerns about online counselling
- if emotions arise during a session, such as sadness or anger
- prior contact with a mental health professional.

**Are there circumstances when eheadspace would NOT be appropriate?**

- If a young person is in crisis eheadspace is not the best place to seek help. Please contact Emergency services on 000 or go to [http://www.mentalhealth.wa.gov.au/getting\\_help/gh\\_emergency.aspx](http://www.mentalhealth.wa.gov.au/getting_help/gh_emergency.aspx) for WA Mental Health Services
- If personal safety is an immediate issue
- If specialist medical treatment is needed for a physical condition
- If a young person is under 12 or over 25 years
- If the young person is being abusive, discriminatory or defamatory.

**Who should people talk to if they have a complaint?**

Please contact [info@headspace.org.au](mailto:info@headspace.org.au) if there are any complaints about the eheadspace service.

**someone else to talk to**



## Regional Health Notice

### POITIER MEDICAL PRACTICE

967 Sadie Canning Drive, Leonora WA 6438

Ph: 08 90376238 Fax: 08 90376799

Gynaecologist & Colposcopist - Monday 29th November.

More Info phone: 90376238

Dentist - Returning in November 2010. More info 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 Generally attended by Sister Sam

MONDAY - FRIDAY Ph: 90242044

FOR IMMEDIATE HEALTH  
ADVICE CALL HEALTH DIRECT

1800 022 222

ANYTIME DAY OR NIGHT

POISONS INFO AVAILABLE 24Hrs

13 11 26

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

90242051

POITIER MEDICAL PRACTICE

LEONORA

DR APPOINTMENTS - Ph: 90376238

EMERGENCIES - Ph: 90804300



Helpline 13 11 20

# 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**





AUSSIEHOST

AUSTRALIA'S SERVICE STANDARD

*Provide your staff with the skills and techniques that will consistently provide service excellence.*

**LEARN THE TOP THREE CUSTOMER EXPECTATIONS AND HOW TO EXCEED THEM.**

#### COURSE OVERVIEW

AussieHost Customer Service Skills is a comprehensive program designed to upgrade the standards of service and hospitality provided to a customer in any service environment throughout Australia. The AussieHost Customer Service Skills program represents a collective effort by businesses, communities and individuals to maximise the opportunities and benefits of good service to all Australians.

#### KEY SUBJECT AREAS

- Establish contact with customers
- Responding to customer complaints
- Identify special customer requirements
- Enhance your service attitude
- Active Listening techniques
- Read and interpret retail documents
- Receive and process sales orders
- Communication in the workplace
- Developing customer loyalty
- Team building

#### LEARNING OUTCOMES

- Conduct communication with customers in a professional courteous manner
- Identify and anticipate possible problems and take action to minimise effects
- Handle complaints sensitivity, courteously and with discretion
- Verbally and non-verbally convey a willingness to assist
- Consider cultural differences and how to communicate through language barriers
- Use questioning to minimise misunderstanding
- Encourage, acknowledge and act upon constructive feedback
- Perform follow up action as necessary
- List and describe a range of retail documents
- Complete allocated tasks willingly according to set timeframes
- Maintain contact with customer until sale is complete
- Record customer details and information where necessary
- Encourage repeat customers by promotion of appropriate services

Aussie Host has a range of one day training courses that will work across your organisation, developed and refined for nearly two decades they address the specific needs of service business across all sectors. Courses are coordinated to provide progressive learning pathway in customer service and management of the customer service process.

Training courses that the Small Business Centre can also provide include;

- Customer Service for Tourism and Hospitality Staff
- Customer Service for Retail Staff

If you are interested in training in these specific industry areas please contact the Small Business Centre Goldfields on 90217708 to discuss.



*The AussieHost Customer Service Skills workshop:*

#### Unique Features

The AussieHost Customer Service Skills workshop is designed in Australia for local and current market trends.

- Professional facilitators use the most up to date accelerated learning techniques.
- An interactive, relaxed atmosphere with real world examples.
- Modern presentation methods using audio and visual presentations.

#### Who should attend?

All staff who have recently entered customer service positions and who have not attended any other customer service training. The program is also suitable for mature people who whilst involved in customer service, have little awareness of professional customer service concepts.

Thursday 18<sup>th</sup> November 2010  
8.30am – 5.00pm

Kalgoorlie Boulder Business  
Development Centre  
171 Piccadilly Street  
Kalgoorlie

\$295.00 per person

Includes resource material, morning tea, lunch and afternoon tea



**SMALL  
BUSINESS  
CENTRE**

*Would you like to  
book a private  
session for your  
businesses staff?*

**Contact us on**

**90217708**

**Today**



**SMALL  
BUSINESS  
CENTRE**

# Buying a Business



## Your guide to successful business purchase

*Do you want to purchase a business?*

*How do you know if the business for sale is the right business for you?*

Our Buying a Business workshop is designed to assist you with better understanding the processes involved in purchasing a business and to provide a useful step by step guide for the buying process.

Please join us as Presenter Peter McFall, of Kalgoorlie Boulder Finance Brokers and Lisa Ellery of Ellery Brookman Barristers and Solicitors aim to help you better understand the processes involved with buying a business.

### CONTENT

The workshop will cover the following:

- The Advantages and Disadvantages of buying a business
- Finding the right business to buy
- Analysing the business
- Making an offer on the business
- Feasibility of your business idea and business planning
- Negotiation
- Contracts
- Other implications to consider

### WORKSHOP MATERIAL

Each participant will receive notes to take away.

**Time:** 6.00pm – 8.30pm

**Date:** Tuesday  
16<sup>th</sup> November 2010

**Venue:** Kalgoorlie Business Development Centre  
171 Piccadilly Street,  
Kalgoorlie

**Cost:** \$55.00 per person inc. GST

**Registrations Essential**

Supported by:

 **Kalgoorlie Boulder  
FINANCE BROKERS**  
Buying & Commercial Finance (Leases, Loans) No FEE

 **ELLERY BROOKMAN**  
BARRISTERS & SOLICITORS

# Commercial Leasing



## Your guide to ensuring a successful lease relationship

*Are you currently investigating the option of leasing premises for your business?*

*Are you in a lease and don't quite understand your obligations and commitments or some of the language in your lease?*

Our Commercial Leasing program will clear up any misconceptions about leasing premises in business and provide you with the information you need to lease successfully.

Our presenters for this program are Lisa Ellery from Ellery Brookman Barristers & Solicitors and Shane Murray from Goldfields Insurance Solutions.

### CONTENT

This workshop will cover the following:

- Finding the right premises for your business
- Timeframes for leases
- Additional lease costs you are expected to pay as a tenant
- What you should be insured for
- The fees associated with leases
- Standard paperwork and tenancy forms
- Lease negotiation
- Dispute resolution

### WORKSHOP MATERIAL

Each participant will receive full workshop notes to take away.

**Time:** 6.00pm – 8.30pm

**Date:** Tuesday  
30<sup>th</sup> November 2010

**Venue:** Kalgoorlie Business Development Centre  
171 Piccadilly Street,  
Kalgoorlie

**Cost:** \$55.00 per person inc. GST

**Registrations Essential**

Supported by:

 **ELLERY BROOKMAN**  
BARRISTERS & SOLICITORS

 **GOLDFIELDS  
INSURANCE  
SOLUTIONS  
PTY LTD**

## 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 .

Grocery lines & LPG Bottle fill.

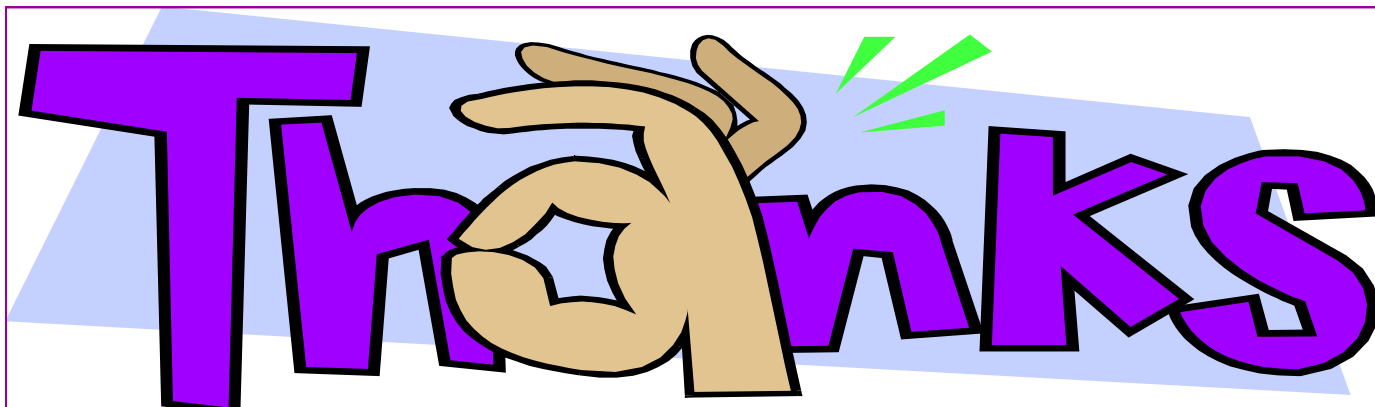
Fuel Diesel & Unleaded

Camping Ground adjacent to hotel

Ph: 90313010 Fax: 90313001



## Business Notices



CHRIS & JOHN NELIS

The members of the Menzies Youth & Community Group Inc. wish to express their sincere thanks for all the wonderful support and sponsorship they have received from Chris and John from the Menzies Road House for the Wednesday night sports BBQ's.



The Menzies Resource Centre

Now has EFTPOS Facilities

Purchases Only - No Cash Out



**This historic building, the 'Former Lady Shenton Hotel'** houses the Visitor Centre & Gift Shop, Community Post Agency, Public Library, Tele Centre & Spinefex Art Gallery. It is the nearest Visitor Centre to the iconic **'Inside Australia' Antony Gormley Sculptures** situated 51 Kms West of Menzies at Lake Ballard.

**Come Inside and Take a look around!**

# Community Notice Board




**Ever wondered about going solar?  
Tried to work out if it's worth it?  
Want someone you can trust?**

**Give Jim a call!**

Jim is a local bloke. He's lived and worked in the Goldfields for years! And he knows his stuff! He can save you over \$5500 if you install a Solar Grid Connect System. It's an investment for our future!!

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](http://www.outbackenergy.com.au)

**Goldfields Credit Union**  
Phone 9021 6444  
[www.gcu.com.au](http://www.gcu.com.au)



**MAX EMPLOYMENT**  
Finding jobs, changing lives

**Jane Waterton**  
Employment Consultant

Free Call: 1800 625 380  
P: 08 9530 6966  
M: 0427 080 479  
F: 08 9537 6777  
E: [jane.waterton@maxemployment.com.au](mailto:jane.waterton@maxemployment.com.au)  
W: [www.maxemployment.com.au](http://www.maxemployment.com.au)

**Tarek Saleh**  
Lecturer, Mon 6439

## 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](mailto:Helen.Bullock@mp.wa.gov.au)

Suite 8, 35 Brookman St  
Kalgoorlie WA 6430





# Community Notice Board



*Supplying Quality Seafood to*

**KALGOORLIE - ESPERANCE**

**Mon Tue Wed Thur Fri Sat**

JANUARY							FEBRUARY							MARCH						
31				1	2		1	2	3	4	5	6		1	2	3	4	5	6	
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*For your FREE delivery phone*

**Peter & Sheryl Edmeades**

Mobile: 0419 121 164

3 Alderdice St, Kalgoorlie WA

Email: edmeades@westcoastseafood.com.au

www.westcoastseafood.com.au

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



## 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

Aust. Post Hannans - **Shop 11 Hannans B'lvard**

Harvey Normans - Southlands, Oswald Street

[www.recyclingnearyou.com.au](http://www.recyclingnearyou.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 [Cartridges.PlanetArk.org](http://Cartridges.PlanetArk.org) or call 1800 24 24 73

Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON LEXMARK



# Getting about the Goldfields

## BOOK HERE

Menzies Visitor Centre

Menzies Visitor Centre Ph: 90 242 702

### PERTH-GOLDFIELDS EXPRESS

### GOLDRUSH TOURS



#### VISITORS TO KALGOORLIE -

*Take advantage of an overnight stay in Menzies, Leonora or Laverton, returning the next day.*

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

# Tourism News



## 2010 GWN Top Tourism Awards - WA's finest!

Bridgetown came alive on Friday the 15th of October as we celebrated the 21st Anniversary of the GWN Top Tourism Awards. It was a fantastic evening filled with a variety of live entertainment from Justin Friend, the Quintessence, Deb "Spoons" Perry and Aardvark who kept the guests on their feet with some home grown 'blues' tones.



Broome was announced the winner of the 2010 GWN Top Tourism Award and Bridgetown were the proud recipients of the 2010 GWN Top Tourism Award with a population under 5000.

On the night we also announced the 2010 West Australian Regional Newspaper Special Category Awards, which included:

2010 Heritage Award - Armadale

2010 Cultural Award - Kojonup

2010 Website Development Award - Margaret River

2010 Management / Staff Training Award - Margaret River

2010 Community Relations Award - Pemberton

2010 Environment Award - Shark Bay

2010 Special Events Award - Bridgetown



The West Australian Golden i Award was presented to Narelle Brook of Kununurra, who was delighted to be recognised as the Visitor Centre Manager of the Year.

Further awards were presented to Anita Jarvis for the 2010 Pioneer Award, Barbara Hugill for the 2010 Chairpersons Award, Swan Valley for the 2010 Business Planning and Marketing Award who received a \$5,000 advertising package from Traveltalk and Collie who took home the Judges Encouragement Award and also received a \$500 printing voucher thanks to Supreme Print incorporating Haymarket.

The Visitor Centre Association of WA congratulates all winners and sincerely thanks all our sponsors for your continued support of the Visitor Servicing industry in Western Australia.



The VCAWA recently held it's Annual General Meeting in Bridgetown, which also saw the appointment of two new members to the Association's Board. Congratulations to Phil Thomson from Shark Bay Visitor Centre, Danielle Robertson from Kalgoorlie Goldfields Visitor Centre and Barbara Hugill from Kalbarri Visitor Centre who was re-elected to her position. Phil, Danielle and Barbara will join the existing Board Members, which include Barbara Johnson, Daphne Crawford, Scott Fleming, Tracy Barr and Ian Jones (ex-officio). A special mention also needs to be made to Yvonne Bradfield who has been the Chairperson for the VCAWA for the past two years. Thank you Yvonne for your passion and enthusiasm, we wish you all the best.



Lemon Flowered Gum



Coral Gum

Winters are cool with an average maximum temperature of 15.5°C and minimum temperatures of 5.5°C respectively.



## GARDEN DESIGN

In the past water conservation was rarely considered during the process of creating a garden. We now know that garden design can play a significant role in saving water and we also have access to a greater range of products that will help us achieve savings without sacrificing the comfort factor in the garden.

The role of a lawn should be carefully considered. There is no substitute for grass as a cool, child friendly play area. However, many gardens have large areas of lawn that are never used or simply grown as fillers. Most gardeners overwater their lawns. So the more lawn they have, the more they overwater. In a Waterwise design the area of lawn should be minimised and made as practical as possible.

Many gardens have areas that need no watering, especially paving. In a Waterwise design these areas should be maximised but not to the point where comfort is sacrificed. Large areas of unshaded paving can create a heat trap that will also affect the temperature inside the house. The value of shade in the garden is often overlooked. Many plants grow well in light or partial shade provided by trees, large shrubs and pergolas.

Shade drastically reduces temperatures and increases the comfort of both people and plants.

Shade trees should be selected carefully to ensure they are appropriate for regional weather conditions such as strong winds.

Rapid air movement causes plants to transpire greater amounts of water. Hot, dry winds can cause serious damage even to quite tough plants. Protecting plants from the wind reduces both water use and stress. The best protection is from a windbreak that filters the wind, allowing some through but slowing it down. Tough native shrubs and trees make the best living windbreaks.

We know that plants have different water requirements. By placing plants with similar water requirements together we can create watering zones (hydrozones) where all the plants can be watered only according to their needs.

By controlling or at least moderating the effects of wind and sun it is possible to create microclimates within a garden where some of the more delicate plants can be grown. The south and southeast are generally the most sheltered parts of a garden.

## SOILS

Soils provide the foundation for plant growth. A healthy soil will promote healthy plant growth.

There are several soil types in the Goldfields region including sand, gravel and clay. The most common





Native Hibiscus



Robyn Garden Grevillea

combinations are sandy loam and loamy clay. The area around Kalgoorlie is undulating plains on granite, which have extensive areas of calcareous loamy earths with red loamy earths, red deep loamy duplexes and red shallow loamy duplexes. In some town gardens, particularly in newer developments, the soil cover over rock is shallow which can have a limiting effect on root development.

## SOIL IMPROVEMENT

While some local native species of plants will grow in natural soil without any soil improvement, most still gain some extra benefit from it, especially during the establishment phase. In many cases this is because garden soil, especially in a newly developed area, has been degraded.

Most exotic species require the soil to be improved prior to planting.

There is a range of products that can be added to soil to improve its water and nutrient holding capacity. Adding these products will:

- Improve soil structure
- Allow both water and nutrients to be retained around a plant's root system for longer thus encouraging steady and healthy growth while using less resources
- Buffer pH
- Ensure that the soil remains healthy and teeming with life

In all cases please be sure to follow recommended application rates and safety instructions.

### 1 Organic matter

Organic matter is anything that was once living but has subsequently been broken down by natural processes.

Whichever material you choose it should be well composted and fine in texture with small particles.

Garden centres sell a range of organic matter products that are suitable for adding to the soil including soil conditioner, soil improver, soil concentrate, animal manure and compost. Products that meet Australian Standards are recommended.

### 2 Soil amendments

These are products which when added to a soil permanently change its water and/or nutrient holding capacity. Soil amendments include Spongolite, Zeolite, Bentonite Clay (for sandy soils only) and Gypsum (for dispersive clays only). Soil can also be amended by the addition of a different soil type. Amendments should be applied at the manufacturer's recommended rates.

### 3 Water storing granules

These are granules that swell up as they absorb large quantities of water. When mixed through the soil they increase its water holding capacity. These granules are very useful when growing plants in containers. They should be hydrated and mixed with potting mix prior to potting up.

October 2010  
ISSUE 22

# In Good Health



## Protect Your Shoulders

The shoulder is a ball and socket joint with a large range of movement. There is more movement at the shoulder joint than at any other joint in the body. The only downside to this extensive range of movement is a lack of stability, which can make the shoulder joint more prone to injury.

The shoulder joint relies heavily on the surrounding shoulder muscles and tendons for stability. Any dysfunction of these muscles or other anatomical structures such as the shoulder blade, collar bone or joint itself can cause pain and mobility problems.

Some of the conditions that commonly cause shoulder pain include:

- Tendonitis, due to overuse
- Shoulder joint instability
- Dislocation
- Strains, due to overexertion
- Collar or upper arm bone fractures
- 'Frozen' shoulder
- Pinched nerves

Below are some tips for protecting your shoulders to help prevent injury:

- Keep physically fit with a balanced program of aerobic exercise alongside stretching and strengthening exercises for your whole body.
- Use the correct techniques when playing sport or exercising – if you aren't sure get a personal trainer or sports coach to demonstrate first.
- Warm up and cool down, before and after engaging in physical activity.
- Always use correct techniques when lifting heavy or awkward objects – face the object, keep your back straight and bend your knees.
- Do not reach to place or retrieve heavy objects that are stored high above you; always use a stable platform or a stepladder.
- If you feel any pain in your shoulder, stop the activity you are doing immediately.
- If you think you may have injured your shoulder, consult your doctor or a physiotherapist.





## What is Anxiety?

Anxiety is an uncomfortable feeling of fear that we all experience when faced with threatening or difficult situations. It helps us to avoid danger, makes us more alert and motivates us to deal with problems.

We all feel anxious from time to time and this is perfectly normal. However, sometimes these feelings can become so extreme and long-lasting that they interfere with a person's daily life. This may indicate an anxiety disorder.

Some of the symptoms of an anxiety disorder include:

- Feeling worried all the time
- Tiredness
- Irritability
- Difficulty sleeping
- Difficulty concentrating
- Racing heart beat
- Sweating
- Muscle tension and pains
- Shaking
- Difficulty breathing
- Feeling dizzy, faint or nauseous
- Indigestion or diarrhoea

Anxiety disorders can lead to depression and social isolation if left untreated. If you feel you may be suffering from an anxiety disorder it is important that you seek help from your doctor, a clinical psychologist or a psychiatrist. There are a range of effective treatments available that may include cognitive behavioural therapy, anxiety management and relaxation techniques and medication.



## Depression

It is normal to have days or weeks when things aren't going right and you feel unhappy, but if these feelings don't go away quickly and the symptoms start to interfere with your daily life, you could be suffering from depression.

Depression is a serious medical condition. It is quite common and can affect people of any age, including children. There are many different factors that can trigger depression. For some people, upsetting or stressful life events, such as bereavement or divorce can be the cause. In other cases, depression may not have an obvious trigger, but can be linked to chemical imbalances in the brain.

When you are depressed you may have feelings of extreme sadness and dejection that last for a long time. Depression has a variety of symptoms and can affect people in different ways. Some of the symptoms of depression can include:

- A continuous low mood, which may be worse in the mornings
- Feeling irritable, restless, agitated, worthless or guilty
- A loss of interest and pleasure in normal activities
- Changes in appetite or weight
- Loss of sexual interest
- Trouble getting to sleep or waking up earlier than usual
- Tiredness and poor concentration
- Physical aches and pains
- Feeling that life isn't worth living

If you are experiencing symptoms of depression, it is very important to seek help from a doctor or counsellor. Treatment may include a combination of medication, psychological therapies and counselling.



## Warming up for Exercise

Warming up before exercise and cooling down afterwards is an important part of any exercise session.

### WARMING UP

- Warming up before exercise can help to loosen muscles, increase blood flow and prepare you both physically and mentally for exercise.
- Spend approximately 5 – 10 minutes gradually warming up your muscles and body temperature.
- Begin with a low intensity activity such as a brisk walk or light jog.
- Once your muscles are warm, perform some light stretches that focus on the muscle groups you will be using during exercise.

### COOLING DOWN

- Cooling down after exercise can help to reduce muscle soreness and stiffness and allows the heart to return gradually to its resting rate.
- In the last 5 – 10 minutes of exercise, lower the intensity of your activity gradually.
- A light jog or a brisk walk after exercise might be beneficial.
- You can finish off with some light stretching that focuses on the muscle groups you used during your activity.

## Eat Well for Less

Eating a healthy and balanced diet doesn't mean you always have to buy the most expensive foods. By making a few small changes to your daily lifestyle, you can eat healthily and save money at the same time.



Below are some tips for eating a balanced diet without breaking your budget:

- **Keep a supply of frozen fruit and vegetables in the freezer** – They tend to be cheaper than fresh fruit and vegetables and are just as good for you.
- **Tinned food** – Canned tomatoes, beans and pulses are cheap and nutritious. Try to choose versions that contain low levels of salt and sugar.
- **Include more vegetables** – Vegetables tend to cost a lot less than meat. Try adding more vegetables to your meat based meals. The meat will go further, saving you money, and the vegetables will give you essential vitamins, minerals and fibre.
- **Shop at your local market** – It is worth checking prices at your local suppliers or markets. They can often be cheaper and buying their produce can help support your local community.
- **Make your own food** – Eating out at restaurants and buying takeaway foods can be expensive. These foods are also often high in fat, salt and sugar. By cooking your own food at home and taking a packed lunch when you are on the go, you can control what you eat and save money.
- **Cook in bulk** – Cooking in bulk can give you enough food left for another day, which saves you time and money. Invest in some cheap containers and freezer bags to store leftovers.
- **Shop in season** – When buying fresh fruit and vegetables, choose ones that are in season. They will not only be cheaper, but they will taste better too.
- **Drink lots of water** – Drink lots of water instead of soft drinks. It's not loaded with sugar, and it's free!

### Fun Facts

## #1

Everyone has a unique tongue print.

## #2

Australians throw away about \$5.2 billion worth of food every year.

## #3

You lose an average of 40 to 100 strands of hair a day.

## #4

Your nose can remember 50,000 different scents.

## What you need to know about Vitamins

Vitamins are essential nutrients that your body needs in small amounts to function properly. There are two types of vitamins: fat-soluble vitamins and water-soluble vitamins.

- **Fat-soluble vitamins** – These can be stored in the body for future use and include vitamins A, D, E and K.
- **Water-soluble vitamins** – These are not stored in the body, so need to be replaced regularly in your diet. These vitamins can be destroyed by cooking so it is best to eat the foods raw, steamed or grilled rather than boiled. They include vitamins B6, B12, C and folic acid.

The table below contains some of the key vitamins, their functions, and where they can be sourced:

Vitamin	Function	Food Source
Vitamin A	Needed to maintain vision in dim light and healthy skin and hair. Helps strengthen immune system.	Cheese, eggs, oily fish, milk, liver, fortified yoghurt and margarine.
Vitamin D	Needed for growth and maintenance of healthy bones and teeth. Helps the body absorb calcium.	Sunlight, eggs, milk, oily fish, fortified breakfast cereals and margarines.
Vitamin E	Helps to protect cell membranes from oxygen damage.	Nuts and seeds, and plant oils such as corn, soya and olive oil.
Vitamin K	Needed for blood clotting and helps to build strong bones.	Leafy green vegetables, vegetable oils and cereals. Small amounts in meat and dairy.
Vitamin B6	Needed for protein metabolism and helps the body make haemoglobin.	Chicken, fish, eggs milk, oats, grains and some nuts.
Vitamin B12	Needed to produce red blood cells, maintain the nervous system and processes folic acid.	Meat, fish, cheese and eggs.
Vitamin C	Helps the body to absorb iron and maintains cells and tissues.	Wide variety of fruit and vegetables.
Folic Acid	Needed to produce red blood cells and maintain the nervous system.	Leafy green vegetables and some fruits.

Your body only needs a small amount of vitamins each day. Most people should be able to get all the vitamins they need by eating a varied and balanced diet. However, some people may need supplements to correct deficiencies of particular vitamins. These include pregnant and lactating women, some vegetarians and the elderly.

It is important to remember that vitamin supplements can't replace a healthy diet and that large amounts of some vitamins can cause harmful effects. You should speak to your doctor or an accredited dietician if you think you are not getting enough vitamins to support your health.



Local Government Insurance Services  
17 Altona Street West Perth WA 6005  
T 08 9483 8888  
F 08 9481 5640  
[www.lgiswa.com.au](http://www.lgiswa.com.au)

### IN OUR NEXT ISSUE

- Asthma
- Taking Control of Your Hayfever
- Curb Your Cravings
- Muscle Cramps
- Healthy Wholegrains

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

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[www.northerngoldfields.com.au](http://www.northerngoldfields.com.au)  
[www.goldenquesttrail.com.au](http://www.goldenquesttrail.com.au)

The Menzies Matters is produced  
by

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**'Former Lady' Shenton Hotel,**  
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Visitor Centre, Tele Centre,  
Library & Spinifex Art Gallery  
Corner of Shenton & Brown  
Streets Menzies WA 6436  
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Articles & Photos Always Welcome

## Your Photos



## Calender of Events for Nov - Dec 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
15 <i>Menzies Open Info Day 10am-2pm</i>	16 <i>School Assembly Day 9.45am</i>	17	18	19	20	21
22	23	24	25 <i>Council Meeting 9am Town Hall</i>	26 <i>Aust. Day Nominations Due</i>	27	28
29 <i>Menzies RFDS Clinic</i>	30					

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		01	02	03	04	05
06 <i>School Presentation Day</i>	07	08	09 <i>School Market Day</i>	10	11 <i>Community Christmas Party Town Hall</i>	12
13	14	15	16 <i>Council Meeting 9am Town Hall</i>	17	18	19