



Menzies Matters

Issue 29

Free

August 2010

"Our Place"

Exploring and interpreting
the heritage of Menzies

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Take a look around!

- Historic Sites
- Pioneer Cemeteries
- Lake Ballard
- Sculptures
- Golden Quest Trail Discovery
- Goongarrie
- Kookynie Ghost Town
- Niagara Dam

*Discover the people and the places
that made Menzies a major mining
town a hundred years ago*



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.

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:-

August - Thursday 26th

September - Thursday 23rd

October - Thursday 28th

The August meeting will be held at the Tjuntjuntjarra Community.

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



Staff News

We farewell Tralina Tucker our Rates Officer who is moving to Kalgoorlie for a career advancement. We wish you well and know we will still see you around your home town of Menzies.



Take a look around!!



Matters arising from the Ordinary Meeting of Council held on Thursday 22nd July 2010

1. New Councillor Elected to the Shire Council.

Long term employee of the Council for the shire of Menzies for over twenty years and resident ratepayer, Lloyd Lansdown was elected to the Kookynie Ward and was sworn in as an elected member on Thursday July 22nd, 2010, as required. The ward structure has been amended to a two ward structure being the Towns Ward of the Menzies town site and the Kookynie town site, with the Rural Ward being the remainder of the Shire. Accordingly, Cr. Lansdown will shortly convert to the Rural Ward, as he was elected to the former ward as occupied by a candidate that was from that Ward and where Council resolved to distribute the elected representation earlier in the year to three members for the Towns Ward and Four Councillors for the Rural Ward. Accordingly, we congratulate Cr. Lansdown for his new appointment and look forward to his participation in Government from a different angle as he did in the past.

2. Caravan Park Project.

With the contractors having all but completed their contracts in this matter, and only a few minor issues remaining outstanding at date, Council is keen to see this finalized and reutilized as soon as possible and we anticipate this will occur within the month.

3. Sealing of the Kookynie Road.

Advertisement for the tender for the remaining section of the Kookynie road were addressed at the July meeting and Council is keen to see this project draw to a conclusion also, where we expect work to commence during August/September which will be a great boon to the travelling tourist and ratepayers of the district.

4. Sealing of the Niagara Dam Road.

Council also made budget provision to accommodate the sealing of the Niagara Dam road during the 2010/11 year for the three kilometre section and will endeavour to utilize a red coloured rock as an aggregate to give the impression of the surrounding earth. Accordingly, the sealing will add a great benefit to the Shire users and enable safer access to this historic Shire attraction.

5. Kookynie School Building Premises.

Opportunity was also addressed at the July meeting to consider purchase of this Historic site and subject to further details being collated by the August meeting. Accordingly, this matter will again be addressed by Council to conclude the acquisition or not. We therefore expect, further advices will shortly in this regard.

6. Potential Relocation of the Council Chambers to the Resource Centre.

With the pressure for office space being felt by the Council and staff in the administration centre, Council resolved to consider relocating the Council chambers to the Resource Centre and details are being a collated for this concept for further consideration in very early course.



Matters arising from the Ordinary Meeting of Council held on Thursday 22nd July 2010(cont.)

7. Ablutions for the Kookynie Town site.

Some years ago the Council entered into an agreement with the management of the Golden Quest Discovery Trail group to provide three Public Ablutions and only two have been installed. Accordingly, Council resolved to install the third facility at the Information Bay in Kookynie and we expect this to be concluded in the next few months.

8. "The Endeavour Programme."

President Dwyer raised this item in chambers and is committed to providing an opportunity for young adults to be given the chance for a life changing experience and where the Council is keen to support candidates subject to satisfying a determined criteria and where successful candidates sail a boat to parts of Western Australia and develop life skills in leadership, management and interpersonal skills (e.t.c.). Accordingly advertising with a required selection criteria will soon be featuring in the Menzies Matters to encourage participation.

9. Budget Adoption 2010/11.

The budget for the 2010/11 year was adopted and some very interesting projects are being planned now that the budget has been adopted as follows :

1. Netting for the Town Hall will permit ball sports to progress without damage to the ceiling battens and Council is hopeful of attracting participation in a range of different sports as a result.
2. The Menzies Outback Rodeo Event is a new and innovative concept recently addressed by council and approved for consideration later in the year so this will be a wonderful event for Menzies.
3. The Main Street upgrade project at \$1,200,000 will include below ground power and new curbing and Street lights (e.t.c.) and this major project has already commenced with completion planned for early 2011.
4. The Sealing of Gregory Street , both North and South , together with the sealing of Reid Street South as a continuation from the 2009/10 sealing will add a great benefit and improved quality of life to the residents of Menzies.
5. The new construction and sealing of the Florence Street access way from the Highway to the Evans-ton road was introduced by President Dwyer to Council recently as a solution to a very complex amalgamation issue and where this road construction will negate any of the previous issues and likely to be completed within the next few months.
6. The restoration of the Valve house at the Niagara Dam was also introduced to Council by President Dwyer and at \$50,000, it is planned that some significant inroads will be made towards the design and preparation of the structure to return the facility back to what it was when originally constructed in 1895. Accordingly this will be a wonderful tourist attraction for many years to come and will be a welcome addition to the site once completed.
7. Furthermore, the restoration of the former and iconic "Post Office" for Menzies will also be a great project for this town and Shire and we are keen to see this develop promptly as the premises is deteriorating quickly .
8. A Water Playground at \$400,000 is also being planned and this will take some work to design though Council is anxious to progress this concept promptly and we should see this completed in this financial year.

Brian W. Seale J.P. Chief Executive Officer

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

Saturday 21st August 2010, Federal Election Polling Places for Shire of Menzies 8am-6pm

Menzies Shire Hall
(O'Conner)
Shenton Street
Menzies 6436

Morapoi Station (O'Conner)
Kookynie Road
Kookynie 6431
52 Kms NE

For more information visit www.aec.gov.au or call 13 23 26



Four Flags Reinstated

After recent repairs all our Flags are now flying on their flag poles at the front of the Shire Offices and Town Hall.

From Left to Right -

The Shire of Menzies Flag representing the third tier of Government,

The Commonwealth of Australia Flag (Highest Flag Pole)

The State of Western Australia Flag, representing the Governance by the State and -
The Indigenous flag representing the traditional owners of Australia.



SHIRE OF MENZIES Change of Council meeting Place

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

Accordingly, it is advised that the Ordinary Council meeting scheduled for Thursday, August 26th 2010 will now be conducted at 9.00am at the Tjuntjuntjara Community.

**B W Seale JP
Chief Executive Officer
Shire of Menzies**

Menzies New Caravan Park

SHIRE OF MENZIES

Hereby issues advice that the

Shire of Menzies

CARAVAN PARK

IS "CLOSED"

UNTIL FURTHER NOTICE

The Shire apologies for any
inconvenience this may cause to
Tourist patrons.

Please note we are looking
forward to the Shire's totally

NEW Caravan Park

due to open at the end of August

Morapoi Rodeo 2nd - 4th October 2010

MORAPOI STATION



OUTBACK RODEO

Saturday 2nd - Monday 4th
October 2010

Starts 12.00pm

Family Weekend

Sponsored by



Local Riders come and ride for glory
Big prize money \$\$\$

STAY ON for
the SUNDAY
CULTURAL
NIGHT

Phone
Tanya
0890313380
Grog (mobile)
0417911485

RODEO
SATURDAY
ONLY!

Kick up the Red dust
Saturday Nite
Entertainment

KOOKYNIE ROAD
180KMS NORTH
OF KALGOORLIE
ON SEALED ROAD

Gate Entry: Adult \$15 Child/Pensioners \$7
\$40 per family (2 adults + 2 children) extra child \$3
Campsite \$10 per night; Caravan site \$15 per night
Bookings and Tickets available by phone

BBQ's, Refreshments, Conveniences Available

COMFORTABLE ACCOMMODATION &
MEALS AVAILABLE:
BE EARLY - BOOK NOW!

Food/stalls Poddy Calf Riding
Hourly Cultural Tours Mutton Busters

CHILDRENS ACTIVITIES

Madcow, Bouncy-castle, Motorbike riding,
Horse riding, Canoeing, Yabbying

CULTURAL DANCING - Sunday Night

Local Boy Samuel Stubbs

Proceeds to: Royal
Flying Doctor Service;
Menzies St John
Ambulance; KBGA
Corporation (supporting
community children &
youth in sports); "Friends
Camp"; Kookynie
Volunteers, and other
non profit organisations
in Menzies Shire.

**NUGGET
TOURS
OUTBACK
ADVENTURE**

ABCRA Affiliated, Points Awarded

Champion bull & horse riders in action

www.morapoi.com.au

Northern Goldfields Sports & Recreation News



Northern Goldfields Sport and Recreation Program

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

Ph: 08 90311202
Fx: 08 9031 1340Mob: 0439 099 754
Email: gavin.ngsrc@hotmail.com

NETBALL GRAND FINAL

Best & Fairest 2010
Jess Bloor (Leinster)Runner Up Best & Fairest 2010
Kelly Tucker (Menzies)Grand Final Best & Fairest 2010
Denise Beam (Leo Girls)

Northern Goldfields Sport and Recreation Program

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

Ph: 08 90311202
Fax: 08 9031 1340Mob: 0439 099 754
Email: gavin.ngsrc@hotmail.com

Football players needed

Northern Goldfields Warriors Football Team

(Combined side from Laverton, Leonora, Menzies, Leinster and surrounding communities needs you.

What: Practice match. This is the first opportunity for the combined side to come together. If you want to be part of the team come and play in this game.

Match: Northern Goldfields Warriors Vs Goldfields Football Academy

When: Tuesday 17 August 2010

Time: 7.00 pm

Where: Leonora Town Oval

Who: Ages 16 and up with the passion for AFL





Goldfields Caravan & Camping Show

Saturday 28th and Sunday 29th August 2010

WIN!
A 40l Engel Fridge Incl. Transit Bag
*conditions apply

FREE ENTRY
Entry fees to races apply

KALGOORLIE-BOULDER RACING CLUB | Saturday 28th August: 9.00am – 5.00pm
Sunday 29th August: 9.30am – 4.00pm

Great deals on all the latest caravans, motorhomes, camper trailers, camping equipment and accessories.

CARAVAN INDUSTRY ASSOCIATION

For more information visit:
www.caravanwa.com.au

The Vibe Alive Festival is coming to Kalgoorlie

When: 25th and 26th August, 2010

Where: Kalgoorlie Playing Fields, Osmetti Drive, off Johnston Street

We need volunteers to help us bring this fantastic event to life!!!

What is Vibe Alive?

Vibe Alive is a two day festival for young Australians of all backgrounds who like to dance, break, rap, sing, paint and play sport. It's a fun, hands on learning experience that celebrates Aboriginal and Torres Strait Islander cultures and encourages tolerance and teamwork.

Vibe Alive is for everyone! It's for Indigenous and non-Indigenous students and teachers, parents and extended family members, as well as community and youth groups and Government and non-Government organisations.

Vibe Alive is all about giving everyone a chance to shine, because all young people have different talents and abilities. Some are good at sport, some can belt out an awesome song, and some have talents they never even knew existed! Vibe Alive is about showcasing these talents and inspiring kids to reach their full potential.

PS. Shannon Noll and Australian legend Ernie Dingo will rock the stage!!!

How many volunteers are we looking for?

We need around 30 volunteers to fill in a variety of areas:

- Registration
- Activity set up and facilitation
- Catering and hospitality

Assisting our role models, celebrities and presenters to run Vibe Alive activities.

What are requirements for volunteers?

Volunteers must be over 18 years of age

- No special skills or experience are requested
 - Be keen, enthusiastic and willing to have a go when they are needed
- Good team player to make sure Vibe Alive a fantastic experience for the students who attend

Any Benefits for volunteers?

- Getting the opportunity to work with some fantastic celebrities and role models as well as the skilled and energetic Vibe Alive touring crew.
 - Practising some new skills and get some hands on work experience
 - Complimentary catering on-site and Vibe Alive T-Shirt are provided
- A special **Thank You** function runs on the night before Vibe Alive kicks off

How to sign up?

Just going to KBVC office to complete the Vibe Alive Volunteer Application form and fax to 02 9557 1511. For more information, please visit www.vibealive.com.au or call in KBVC office on 90223197



Sandstone Open

Welcome to the

2010 Sandstone Open

Saturday 11th September

4 Ball Best Ball Par
Nomination Fee \$5.00pp
Evening Roast Meal \$15.00pp

Sunday 12th September

27 hole Stableford
Nomination Fee \$50.00pp
Includes Breakfast, Lunch and Dinner
Social visitors welcome \$35.00pp
Includes all Sunday meals

*Sandwiches, Cakes, Tea, Coffee
and Drinks on sale throughout the weekend*

Nominations close
4pm WEDNESDAY 8th SEPT 2010

Players are welcome to play both days or just one. Please specify
when nominating together with your handicap.

Please contact: Lana Lefroy, phone/fax: 08 9963 5831

Accommodation

Outback Accommodation
Phone 08 9963 5869

Griffith Street Accommodation
Phone 08 9963 5330
Mobile 0448 848 667

National Hotel
Phone 08 9963 5801

Alice Atkinson Caravan Park
Phone 08 9963 5859

Menzies Health Notice



**MENZIES NURSING POST
CLOSURE
FROM AND INCLUDING
MONDAY 9TH AUGUST 2010
UNTIL
MONDAY 16TH AUGUST 2010
FOR EMERGENCIES**

**CONTACT 000
HEALTH DIRECT 24HRS 1800 022 222
POISONS INFORMATION 24HRS 131126**



Regional Health Notice

POITIER MEDICAL PRACTICE

967 Sadie Canning Drive, Leonora WA 6438

Ph: 08 90376238 Fax: 08 90376799

Diabetic Educator - Wednesday 18th August Ph: 90376238

Dietician - Wednesday 18th August Ph: 90376238

Podiatrist – Leonora Hospital - on Thursday 9th Sept

Phone 90376238

Community Health - Friday 10th September.

Phone 90376083

Consultant Physician – Dr Sean George will be holding a clinic at Leonora on Monday 1st November
Appointments 90376238.

Gynaecologist & Colposcopist - Monday 29th November.
More Info phone: 90376238

Dentist - Returning in November 2010. More info 90376238

Dr Charl Du Plessis will be away on study leave Monday 13th to Monday 20th September 2010 inclusive.



St John Ambulance Menzies Sub Centre

Mining Companies, Business Owners,
Schools & Householders

A wide range of First Aid kits to suit all workplace or domestic situations are available from the Menzies Sub Centre and can be ordered and purchased by contacting Debbie Pianto on Mobile: 0410 766 076 or contacting the Menzies Visitor Centre for a price list by phoning Robyn on 90 242 702

Working Bee.....

Menzies Sub Centre are having a Working Bee each weekend for the next couple of months to complete the new Training Room and Amenities. If there are any willing workers, either local or visiting please contact the phone numbers above.



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.

Public Notice for Visitors and Locals

Please note the Menzies Roadhouse is closed every Sunday

So No re-fuelling available in Menzies on Sundays.

Diesel and Petrol available Sundays at the following -
Leonora 105kms, Kookynie 70kms, or Kalgoorlie 130kms



Australia Post Public Information

Public notice

Changes to post charges

On Monday 28 June 2010, for:

- Domestic Letters
- Express Post
- Parcel Post
- Registered Post
- Unaddressed Mail
- International Post Letters and Parcels.

New Prices

Ordinary Letters	\$0.60
Large Ordinary Letters	
Up to 125g	\$1.20
Over 125 to 250g	\$1.80
Over 250 to 500g	\$3.00
Season Greeting	\$0.55

For further information, enquire at the counter.



Local Stories - Youth Awards

Local Year 12 student Kaylene Tucker has recently been successful as a finalist in the **'Motivate! Woodside Award for Inspirational Role Models' category at the 2010 WA Youth Awards**. Kaylene received a letter from Eric Ripper MLA Leader of the Opposition and Dr Sally Talbot MLC Shadow Minister for Youth outlining what a great accomplishment this is and it is a recognition of her hard work and commitment to making a positive change in her community by providing leadership and new opportunities for young people.

Kaylene is currently completing year 12 with SIDE (School of Isolated and Distance Education) at the Menzies Remote Community School and working as a Trainee with the Shire of Menzies two days a week while continuing to do her workbook studies and gain experience in the work force. This is a great achievement for a school aged student and when **Kaylene isn't working or studying she is actively involved as a team member of the Menzies Netball Team** during the warmer months and will be a keen player in the new mixed netball team to compete for Menzies again in the near future.

Kaylene received her award in Perth accompanied by her mum, Josie and family members.



Local Stories - Happy Anniversary



Happy

40th Anniversary



Ian & Joan



Tucker

Happy Anniversary!!!



Government of Western Australia
Department of Commerce
Consumer Protection

Weekly Kalgoorlie Media Topic

Suite 4, 37 Brookman Street. Kalgoorlie Tel: (08) 9026 3250 Fax: (08) 9021 0812
Email: anne-marie.algefski@commerce.wa.gov.au Web: www.commerce.wa.gov.au

Know Your Rights Column

with Anne-Marie Algefski

Senior Regional Officer

Department of Commerce – Goldfields/Esperance

Used car buyers beware

Calls from disgruntled used-car buyers are quite common at Consumer Protection. Complaints mainly concern the signing of contracts, mechanical problems after purchase, finance arrangements or warranties.

The price and condition of second hand cars can vary greatly so we advise consumers to hunt for the best deal. Think about what you need versus what you want e.g. a 5-seater compared to a particular colour. This will help prevent impulse buying at the car yard. You should also have the vehicle checked out mechanically, by an independent registered mechanic, before you complete the purchase.

If you are going for finance, shop around for the most suitable option, just like you do for the car itself. Work out **how much you'd like to spend in total, the repayment amounts you can afford and compare interest rates of the deals available.**

Overall treat buying a car like purchasing a house – it is after all an offer and acceptance contract. Make an offer **subject to your conditions and don't be afraid to put your foot down until you get a deal which is acceptable for you.**

When your offer is accepted by management at a car-dealership it becomes a binding contract. You can withdraw your offer at any point until acceptance but afterward if you pull out you could be liable for 15% of the purchase **price of the vehicle. For that reason don't be pressured into signing, even if the salesperson says it's necessary to hold the car.**

Once you've done a deal to buy a car, make sure you'll be getting all the keys and that they work. Think about making it a condition of sale because with second hand cars keys are often missing or damaged and new keys can cost hundreds of dollars.

Used cars bought from a dealer at a cost of more than \$4,000, or that have travelled less than 180,000 kilometres, **are covered by a warranty under the Motor Vehicle Dealer's Act. You can read more details under the warranties section at: www.commerce.wa.gov.au/motorvehicles.** Even if the car is less than \$4,000 it must be roadworthy and any car bought from a dealer cannot have money owing on it.

Remember there are no warranties on private car sales. You should make a phone call to REVS on 1300 30 40 24 to make sure there is no outstanding finance linked to a vehicle being sold privately. REVS can also help you check the accident history via the Written-Off Vehicle Register

If you have any topics that you would like Anne-Marie to cover in her weekly column please call 9026 3250 or email anne-marie.algefski@commerce.wa.gov.au



Government of **Western Australia**
Department of **Commerce**
Consumer Protection

Know Your Rights Column

with Anne-Marie Algefski

Senior Regional Officer

Department of Commerce – Goldfields/Esperance

Nothing romantic about online dating scams

Ashamed, cheated, betrayed, extremely foolish and depressed – the words of a WA woman describing how she felt after losing \$40,000 through a romance scam.

Jane* was contacted by a man who called himself Martin, via a well-known online dating site. Soon after that initial correspondence he asked her to begin talking to him through an internet messenger service instead.

Martin's emails were lengthy and he shared a lot of personal information about himself; from the grief he felt at being widowed, to his current job and workplace details. A seemingly skilled communicator he gained her trust and got her to open up in a similar way about her divorce and grown-up children.

Weeks and weeks of phone calls, love poems and constant correspondence continued despite supposed trips overseas by Martin; firstly he said to see his parents in the U.S. and then to work in the U.K.

It was while in England that Martin claimed he encountered a serious problem at work that could mean he would lose his job. He needed a loan to buy a piece of equipment and his mum and dad had offered to pay half. Jane* went on to wire transfer \$15,000 directly to, she believed, the Chinese company selling the piece of equipment which Martin required.

Martin asked Jane* to book a flight to the U.K. In the lead-up to her trip he borrowed more money to help with personal financial hardship. This varied from hundreds of dollars to thousands, all sent by wire transfer using a reference of his full name with the location.

When Jane was about to set off for England, Martin asked her to postpone her trip. At this stage she'd already begun to suspect that something wasn't right. Jane* had been trying to verify claims made by Martin, however, things like the employer details did check out. This momentarily put her mind at ease.

Distrust crept in again when Martin asked Jane* to put off her flight for a second time. She got on the plane anyway and failed to sleep for the long duration of her journey from WA to London. On turning up, extremely jetlagged, at a Dorset B&B where Martin was supposed to be, Jane was devastated to find her fears realised - **he wasn't there.**

Cont on next Page



Government of Western Australia
Department of Commerce
Consumer Protection

Nothing romantic about online dating scams - cont. from previous page

Jane* called Martin to announce her arrival and he said he'd be there to meet her soon. A further four phone calls later and he still didn't show. Thankfully at this point Jane*, although distraught, had begun to accept that she had been duped.

A couple of days later Martin got in touch to say he had left for Africa and asked her to join him in Nigeria. She declined, aware of previous cases where people had gone there only to be kidnapped for ransom.

Martin ceased to email Jane* any further and hasn't been contactable since. Despite reporting the matter to the WA Police Major Fraud Squad, Jane* has no hope of getting her money back. She has had to fight depression linked to her feelings of stupidity but has begun to get her life back on track and now wants to warn others about romance scams.

Jane* is working with WA ScamNet at Consumer Protection to promote her message. She says the following should ring alarm bells:

- ◆ Profile disappears from online dating site.

This may happen after a few days because a stolen credit card has been used to pay for the account. By that stage the scammer will have messaged dozens of women requesting link up on an internet messenger service instead.

- ◆ Professional-looking photos.

A romance scammer will take them from websites, catalogues etc.

- ◆ Tragedy.

A death, sick child or another "pull at the heartstrings" story will usually feature in correspondence from a romance scammer.

- ◆ No webcam or texting.

Romance scammers will avoid communicating in these ways as a webcam means a person having to interact with an individual face-to-face. In the case of text it means providing a mobile phone number and communicating at unspecified times. Emails can be sent multiple times to potential victims and phone calls are on controlled numbers at set times.

- ◆ Asking for money via wire transfer.

Sending money this way means it is impossible to trace. Don't be fooled by the wording like a name or location.

Anyone can pick any reference words for a wire transfer, so the money may not be going to the country you think.

WA ScamNet has got more information and advice about romance scams at www.commerce.wa.gov.au/wascamnet

***Jane has been used in place of the victims' true name in order to protect her identity**

If you have any topics that you would like Anne-Marie to cover in her weekly column please call 9026 3250 or email anne-marie.algefski@commerce.wa.gov.au

How can I help you?

Hon Helen Bullock MLC

**Member for Mining &
Pastoral Region**

Ph. 1800 177 413

Fax. 08 9022 9155

Helen.Bullock@mp.wa.gov.au

Suite 8, 35 Brookman St
Kalgoorlie WA 6430



**Helen Bullock MLC**

Member for Mining and Pastoral Region

MEDIA STATEMENT

Tuesday August 10, 2010

Evanston – Menzies Road misses out on Black Spot funding

A proposal to modify geometry to improve sight lines, improve drainage and erect signing on the Evanston – Menzies Road has missed out in the latest round of Black Spot funding, Member for Mining and Pastoral Region, Helen Bullock said today.

The Evanston – Menzies Road was one of 60 across Western Australia to miss out on funding despite the Liberals' record revenue generated from red light and speed cameras.

"Despite being considered suitable for Black Spot funding this project was added to the waitlist and will only receive funding this year if other successful projects do not proceed," she said.

"The State Government and Shire of Menzies would have been in a position to spend more than \$ 60,138 to make the Evanston – Menzies Road safer had this application been successful.

"Of the successful projects 11 will only receive funding for their design this year and will have to join the queue for funding to be constructed next year."

Shadow Minister for Transport Ken Travers called on the Liberals to increase Black Spot funding by \$10million to clear the backlog of projects that missed out on funding this year.

"The total value of the 71 projects that failed to secure funding was \$10million – the same amount the RAC called on the Liberals to inject into the Black Spot program in their pre-budget submission," he said.

"The Minister should seriously consider the impact this injection of funds would have on Western Australia's road toll."

Mr Travers said funding for the Black Spot program had not increased since Labor increased it to \$20million per year in 2005.

"To be spending the same amount as 2005 demonstrates the Liberals are simply not committed to road safety," he said.

"The Liberals expect to collect a record \$93million this year from speed and red light cameras and a staggering \$113million next year. They will also be taking in an extra \$167million from motor vehicle license fees compared to the amount collected in 2005.

"It would only take a very small percentage of this extra money to clear the backlog of Black Spot applications across Western Australia."

Media contact: 9022 9144



Helen Bullock Member for Mining and Pastoral MEDIA STATEMENT

Tuesday August 3, 2010 Environment Grants Up for Grabs

Local Member for Mining and Pastoral Region Helen Bullock is urging community groups and individuals who are passionate about recycling and waste management to apply for the Community Grants Scheme and the Strategic Waste Initiatives Scheme through the Waste Authority.

"We live in a society which has a high consumption rate and produces a lot of waste, much of which can be recycled. As well as problems with litter, waste can cause serious environmental problems such as increased methane emissions, contamination of groundwater and soil, and destruction of habitats," Ms Bullock said.

"Like most members of our community, I am dedicated to working towards zero waste to ensure that our future generations will be able to enjoy the beautiful waterways, bushland, flora, fauna and environment the region has to offer. That is why the State Parliamentary Labor Party has introduced a bill into Parliament to ban single use plastic bags in WA," she said.

"Community groups and individuals, who undertake recycling and waste management projects, are aiding the sustainability and conservation of our local environment and deserve our support," Ms Bullock said.

There are two different grant schemes open at the moment, creating exciting opportunities for community groups to fund recycling and waste management projects.

[The **Community Grants Scheme** is open to local volunteer groups, environmental groups and individuals for grants of up to \\$20,000 for projects](#) that work towards:

Prevention - To avoid the creation of waste;

Recovery - To efficiently re-cover, re-treat and re-use all wastes; or

Disposal - To responsibly manage waste into the environment.

Previously funded projects include the development of a community based recycling centre, educating the deaf community, and producing a storybook and CD on recycling for young children.

Local governments, industry and community groups can apply for grants through the **Strategic Waste Initiative Scheme** which supports projects that help achieve the goal of zero waste. Priority areas include:

Commercial and Industrial Waste Recovery and Recycling (C&I);

Construction and Demolition Waste Recovery and Recycling (C&D); and

E-Waste.

Applications for the Strategic Waste Initiative Scheme close on Friday 3 September 2010 and applications for the Community Grants Scheme close on Friday 10 September 2009.

For further information or an application package please contact Helen Bullock's office on 9022 9144 or drop into 8/35 Brookman Street, Kalgoorlie. **Media Contact: 9022 9144**

Tourism - "Our Place" Menzies New Brochure

BEFORE GOLD: The original inhabitants

Aboriginal people had lived in and travelled through the country around Menzies long before Europeans came to this harsh landscape in search of gold. Frequently they followed ancestral dreaming tracks, such as that of the mountain devil, the mallee fowl, the goanna and the snake, and the Coo-ooo Doo. These days many indigenous people still live in Menzies, maintaining links with their heritage and making up a significant portion of the small but proud community that calls this place home.

MAGNIFICENT MENZIES: A town in its prime

By the early 1900s Menzies boasted 13 hotels, three banks, its own breweries and cordial factories, a Post Office with a staff of 26, a school with 205 pupils, a public library and four churches. The town was bursting at its seams, and local mines truly were "goldmines" for those who owned them.

However, this prosperity was not to last, as gold production fell alarmingly. By 1910 the population had dipped below 1000, and the decline was hastened by the onset of World War I. Almost as quickly as it had blossomed, boomtown Menzies faded away – but it left a rich legacy behind in its evocative old buildings and the stories that go with them.



Menzies Town Hall, past and present

MENZIES TODAY: Mining its heritage

Menzies experienced two resurgences of gold mining, both of which contributed to brief boom times. During the depression a renewal of interest in mining brought life back to the Lady Shenton Mine, and resulted in the discovery of the First Hit. Then, in the 1980s and 90s, the advent of modern "open cut" methods saw many of the old mines reworked on a scale that the early prospectors could never have imagined.

These days Menzies "mines" its heritage in order to build on the growing tourism activity in the northern goldfields. The "Our Place" project is just the first step in this process, to be sure to come back soon – we'll have more to offer you!

Visit historic Kookynie and Niagara Dam, too!

Combine a trip to Kookynie with spending some time at Niagara's Dam to create a perfect two-day "get away" – or visit on your way through the north-eastern Goldfields. Camp at Niagara, or stay at the Grand Hotel in Kookynie (or at Morapet Station, on the Menzies-Kookynie Road) – the choice is yours, but the pleasure is ours!



"Our Place"

Exploring and interpreting
the heritage of Menzies



Discover the people and the places
that made Menzies a major mining
town a hundred years ago

Ghosts from the past: putting the "people" back in Our Place

Can you believe that in the early 1900s there were more than 10,000 people living here! Shenton Street was a major commercial centre and a bustling hive of life and activity. There were 13 hotels, mostly on the main street, and numerous other businesses too.

Though it might not look like it now, this was indeed a "happening place" in those glorious gold-fuelled years! To help you imagine what it would have been like to be here then a series of rusty steel figures have been installed reflecting just some of the folk who lived here long ago.

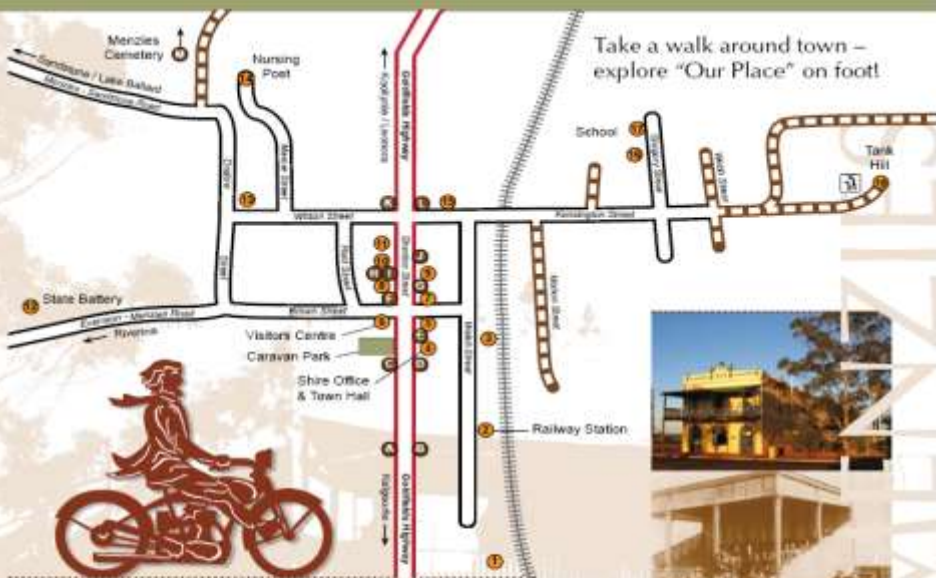
Go for a walk up and down Shenton Street, and see whom you can find. Who do these shapes represent, and what is their story? Small interpretative panels will give some clues – but use your imagination to travel back in time...

The approximate locations of each figure are shown on the map:

- A A long way to ride
- B Bear of burden
- C Steel at work
- D Into the bowels of the earth



- E One too many
- F The confounded contraption
- G Come on in...
- H Just in time
- I Fresh from the oven
- J Washing day
- K Carry him carefully!
- L Come with me laddie!
- M Last rites



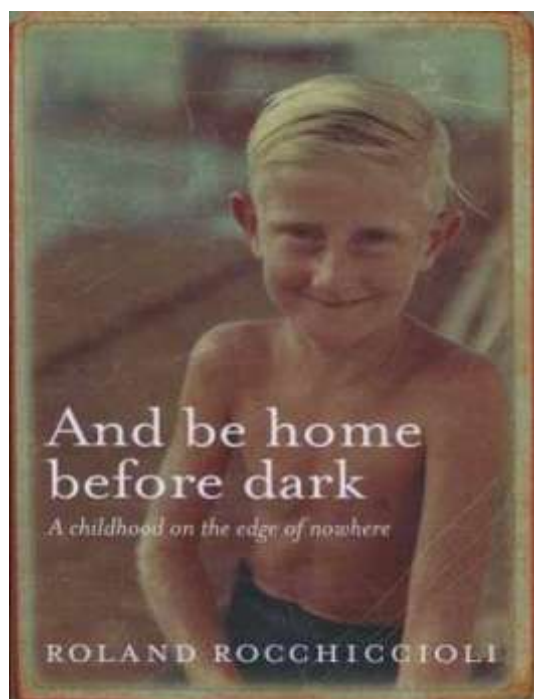
The beautiful built history of Menzies

While many of Menzies' grand old buildings are long gone, the community is proud of those that remain. These sites give a real feel for what the town was once like, and each is now the subject of a unique and fascinating interpretative panel. Former residents share their stories via these panels, and pictures illustrate those gracious places in their heyday...

- 1 The gangster's cottage
- 2 Menzies Railway Station
- 3 Station Master's House
- 4 Town Hall & Shire Office
- 5 The old Post Office
- 6 The Lady Shenton Hotel
- 7 The Menzies Hotel
- 8 The former Railway Hotel
- 9 The Pioneer Store
- 10 The old baker's oven
- 11 Banister's shop and its rooms
- 12 The former Shaw Battery
- 13 A typical miner's cottage
- 14 Former Warden's Residence
- 15 The old Police Station & lock up
- 16 Menzies Remote Community School
- 17 The Headmaster's House
- 18 Tank Hill and the view beyond

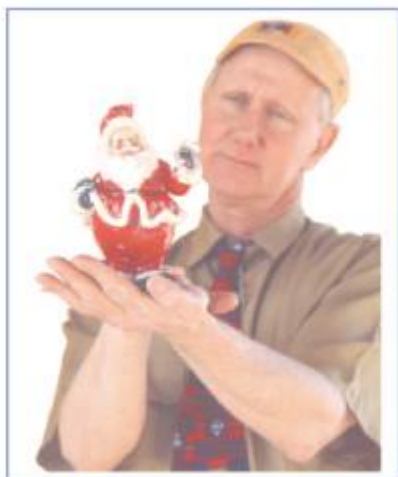


MEET
ROLAND ROCCHICCIOLI
Author of
‘And Be Home Before Dark’



Roland Rocchiccioli's *"And be home before dark... A childhood on the edge of nowhere"* The story of his boyhood in the harshness and remoteness of the goldfields town of Gwalia Western Australia. A story that is sometimes bold and sometimes chilling, but always candid.

IN-STORE Book Signing 10am
WEDNESDAY 1st SEPTEMBER
At Angus & Robertson Book Store
Wilson St, Kalgoorlie



**Now you can
eat Father
Christmas**
a play by and starring ROLAND ROCCHICCIOLI

It's 50-years since actor, author and media personality Roland Rocchiccioli left the shanty-town of Gwalia! To mark his Golden Anniversary, he will host a series of tours back to his home town: "Given Gwalia was a goldmining town, it couldn't be a more appropriate anniversary."

As part of his Golden Anniversary celebration Roland is performing his renowned play 'Now you Can Eat Father Christmas' in Gwalia on the verandah of Hoover House at 7.15pm on the following dates.

Performance dates: 22 Aug 2010
24 Aug 2010
26 Aug 2010
28 Aug 2010
30 Aug 2010

\$25
Book Now!

Tickets \$25 each. For bookings phone the Shire of Leonora Events Manager during business hours. **Call (08) 9037 6740**

NOW YOU CAN EAT FATHER CHRISTMAS written by, and starring Roland Rocchiccioli, and directed by Jennifer Hagan:

'The circumstances under which I grew up are so far removed from life today I can hardly believe it happened. Yet they did, and the events, some of which were devastating, remain crystal clear. I wouldn't have missed it for all the gold in Kalgoorlie!'

- ROLAND ROCCHICCIOLI

Part autobiography and part biography, the play stunned the more than several thousand theatregoers who saw it during its two nine-week seasons at the Athenaeum 11 and Chapel off Chapel. It revealed a Rocchiccioli no-one knew. The eloquent and elegant man about town, the comic actor on *The Footy Show's House of Bulger*, emerged in this play as a man who has survived a harrowing and often heart-rending upbringing in a succession of outback shanty-towns. An early life that would crush most of us.

Yet the enduring theme of **NOW YOU CAN EAT FATHER CHRISTMAS** is inspirational. At its core is the true story of Roland and his mother Beria, struggling in poverty in a dying goldfields town in outback Western Australia. Beria, who died aged 96, and lived with Roland in Melbourne, lived an almost unrelentingly bruising life. Rocchiccioli's tour-de-force telling of it, had audiences laughing with her, and brushing aside tears as the lights went up for interval. By the play's end they were on their feet applauding an uplifting and unforgettable 90 minutes.

'The mother's tale is extraordinary,' said The Age. 'Rocchiccioli is the "Ronnie" in the background glimpsed as a startled onlooker [of]...the details of Beria's hard life, from the many beatings she endured to her learning to perform abortions on herself, but never a note of self-pity is sounded.'

'Her story proceeds in ... a stream of neighbours, men, occasional friends, and the little boy who longed to be able to eat the sugar Father Christmas that always sat on the top of the cake.

'In the end we have witnessed an act of love on the part of that son.'

June 2010

PRESS RELEASE

THE ROLAND ROCCHICCIOLI 'AND BE HOME BEFORE DARK' TOURS OF GWALIA.

It's 50-years since actor, author and media personality Roland Rocchiccioli left the shanty-town of Gwalia! To mark his Golden Anniversary, he will host a series of tours back to his home town: "Given Gwalia was a goldmining town, it couldn't be a more appropriate anniversary."

The Roland Rocchiccioli – **'And Be Home Before Dark' Tours of Gwalia** are five, 4-day tours of Kalgoorlie and Gwalia between August 19 and 30th. Sponsored by the Shire of Leonora, the Leonora Gwalia Historical Museum, and Tourism WA – *The Golden Quest Discovery Trail* - and organised by Goldrush Tours Kalgoorlie, it will include personal guided tours with Roland around Gwalia, which is one of only several living ghost-towns in the world: **"The success of my childhood memoir - AND BE HOME BEFORE DARK – a childhood on the edge of nowhere – has convinced me that people are fascinated by the stories of courage and survival which filled my formative years in Gwalia. The town is spirited by the ghosts of those men and women who pioneered one small part of this extraordinary country. They don't make them like that anymore."** His memoir has been described as an Australian version of Dylan Thomas', *Under Milk Wood*, with its cavalcade of bizarre characters. It has sold 10,000 copies in Australia.

The two-days in Gwalia will also include five under-the-stars performance of his one-man show – *NOW YOU CAN EAT FATHER CHRISTMAS* – which is based on the remarkable life of his late mother, Beria, who was born in near-by Beria and lived much of her adult life in the region: **"I will be using the front verandah of Hoover House as the stage. The house was built by mining engineer Herbert Hoover who passed through Gwalia on his way to becoming the 31st President of the United States. I'm not sure how I feel about doing the show in the town where it all began. I just wish Beria were still with us to be part of this incredible venture."** The play had two successful seasons in Melbourne. This is the first time in has been performed in the West.

Recently, Leonora and Gwalia have been in the news with the Federal Government announcing Leonora as a holding site for asylum seekers: **"Gwalia was a magical little town and it seems an appropriate choice - given the town was 60% Italian, 20% Yugoslav and other Europeans, and 20% British. I know that many of the Italians who died underground on the Sons of Gwalia mine and are buried in the Leonora cemetery, would approve. Afterall, in the 1950s, Gwalia was a haven for the flotsam and jetsam of Europe. The town provided them with the chance to pick-up the pieces of their war-shattered lives."**

At the same time, Roland will be filming his television documentary – *The Italian Girls From Gwalia* – talking with the daughters of those women who left their families, travelled half-way around the world, and ended-up making Gwalia their home: **"For those of us who lived there, Gwalia was a time and a place the like of which this country will never know again. These women brought with them food and music from their towns and villages and, unknowingly, helped to change the face of this country. Their stories of courage and determination have never before been told. These incredible women are the unsung heroines of our social history."**

The Roland Rocchiccioli 'And Be Home Before Dark' five, 4-day tours are available through:

GOLDRUSH TOURS KALGOORLIE

Full details and the itineraries are available on their website:

www.goldrushtours.com.au

For further information contact:

Guy Brownlee: 1800 620 440 or 08 9021 6522

For interviews with Roland Rocchiccioli:

email: roland.roc@bigpond.com

Telephone: 61 3 5331 4567

J.G (Jim) Epis – CEO – Shire of Leonora: 08 9037 6044

CENTRELINK UPDATE

Centrelink Agent Menzies

Centrelink has a large network of over 200 Access Points and 365 Agents in rural, regional and remote Australia to enhance customer access to Centrelink services.

The Centrelink Agent in Menzies can accept claim forms and other documentation required to be lodged with Centrelink and respond to customer enquiries and provide assistance, guidance or referral as appropriate.

The Centrelink Agent in Menzies also has an internet enabled computer and printer for customers to conduct their business using Online Services, a quick, convenient and secure way to do business with Centrelink.

Centrelink's Online Services allows customers to use the internet to claim, report income or simply update their personal details.

Once customers have registered for the online service, they can view their personal information and make updates such as their address or bank account details, print an Income Statement or apply for an Advance Payment.

Customers can also subscribe to Secure Online Mail Service to receive some of their Centrelink and Family Assistance Office letters online.

Once registered for Centrelink's voice recognition phone service, customers can hear future and past payments, update their family income estimate and request documents, such as an Income Statement, be mailed to them.

Customers can register to use Centrelink Online and Phone Services either online at www.centrelink.gov.au or over the phone by calling their usual payment number. These registration options can give you access to both online and phone services.

The Menzies Centrelink Agent is located at Menzies Community Agent, Lot 1104, Menzies.



Nggunytju Tjitji Pirni Aboriginal Corporation & NAIDOC 2010 Baby Competition

14th September 2010, at the NTP Office

REGISTRATION & ENTRY FORM

Child's Name:

Date of Birth: / / Male / Female

Parent/Guardian Name:

Address:

Contact Phone Number:

Please answer the following Questions:

Are you a client of NTP? Yes / No

If No, Would you like to be a client of NTP? Yes / No

Would you like more information about NTP and its service? Yes / No

Are your child's immunisation's up to date? Yes / No

Do we have permission to take a photo of your child? Yes / No

Photo's will be taken of the child and parent on the day and will be available at the NTP Office at a small cost.

For more information, please visit us at our office at 459 Hannan Street, Kalgoorlie or contact us on (08) 90 917 862.

***** Entry Forms will be accepted on the Baby Competition Day, before 10:30am**
AFTER 10:30am NO ENTRIES WILL BE ACCEPTED

PLEASE DROP OFF ENTRY FORMS TO:
NTPAC at 459 HANNAN STREET OR FAX THROUGH TO (08) 90 917 864.

(NTP Office Use Only)

Please Tick child's Age for entry into the categories:

- | | | |
|--|--|--|
| <input type="checkbox"/> Under 1 (Born 2010) | <input type="checkbox"/> Under 3 (Born 2008) | <input type="checkbox"/> Under 5 (Born 2006) |
| <input type="checkbox"/> Under 2 (Born 2009) | <input type="checkbox"/> Under 4 (Born 2007) | <input type="checkbox"/> Under 6 (Born 2005) |

Entrant Number: _____

Public Information



Discover a world of opportunities

Every day matters

New and exciting learning opportunities happen every day at Kindergarten, Pre-primary and Year 1!

det.wa.edu.au



The early years are very important for your child.

In Kindergarten, Pre-primary and Year 1, your child will:

- learn important maths, reading and writing skills
- learn to play and get along with others
- become more confident and independent

Help your child to excited about school:

- Talk about going to school.
- Show lots of interest in what your child does at school.
- Talk with the teacher about what you can do at home to help your child's learning at school.

If you have problems getting your child to school, talk with the teacher.



Department of Education



Every day matters and every lesson counts

When can my child start school?

My child was born	My child can start Kindergarten	My child can start Pre-primary
1 July 2006 to 30 June 2007	2011	2012
1 July 2007 to 30 June 2008	2012	2013
1 July 2008 to 30 June 2009	2013	2014



 Department of Education

Applications close Friday 30 July 2010. Apply to enrol now!

det.wa.edu.au

Hey Kids! Let's Cook!

Kitchen Whiz Kids

brought to you by

**Smoke Free
Perth Royal Show**
25th September to 2nd October 2010



Are you a junior chef in the making? Then this competition is for you!

Enter and you could be in a cook-off under the watchful eye of well known Perth culinary expert Chef Dale Sniffen. It's all about making quick, easy and tasty healthy food.

Entry process

Tell us in 300 words or less why healthy eating is important. Describe a favourite healthy recipe that you cook at home. Include photos and pictures if you like.

The twenty most healthy and creative entries will be invited to compete in a cook-off held at the Dairy Pavilion at the Claremont Showground Saturday 18th September 2010.

Regional students are encouraged to enter with scholarships available to enable finalists to travel to Perth to compete in the inaugural cook-off.

The competition is open to all WA school students aged between 10-12 years .

Prizes for the winning schools and the finalists

Winning schools 1st prize - \$2500, 2nd - \$1000, 3rd - \$500

Prize to be put towards the purchase of cooking utensils/equipment to promote healthy eating within the school.

All cook-off participants will receive great prizes including a family pass to the 2010 Smoke Free Perth Royal Show and much more!

Check out www.healthway.wa.gov.au and www.perthroyalshow.com.au for more competition details and full terms and conditions.

Tjuntjuntjara Football News

As coach Peter Twigg lays a large map of Western Australia before everyone at the table the boys crowd around, enthusiastically pointing out their hometown and tracing the path they have taken to get from Tjuntjuntjara to Albany.

Tjuntjuntjara is one of Australia's remotest towns, situated 700kms east of Kalgoorlie and 500kms from any other small town in the region, but this small part of the country is clearly central to the lives of these indigenous youth.

"I come from here," one boy explains pointing to Tjuntjuntjara on the map. He moves his finger to an area slightly west of Tjuntjuntjara, "My mother's country is here," and then points slightly north, "my father's country is here."

The team has travelled 1400kms by bus to reach their Albany destination, but still have a further 400kms to travel to complete their exchange in Perth next week.

The boys will pay a series of football games with local teams here in the Great Southern, before heading to Perth for workshops with Dockers and Eagles players. They will also attend an indigenous art exhibition opening in Perth before heading back to Tjuntjuntjara.

While the tour is designed to extend these young players' knowledge of the world outside Tjuntjuntjara, it is also a good way to teach them the skills necessary to keep their own community alive.

Coach Peter Twigg who has lived in Tjuntjuntjara for the past 18 years, believes that football is one of the most accessible ways to achieve this goal.

However he admits that he has struggled to find anyone in government who shares his view that sport can play a role in social and economic development in remote indigenous communities.

When asked how this current exchange was funded Peter replied with a question of his own.

"Well where would you expect the funding to come from?"

"I would expect a program like this to be funded by the government," he says.

But because this program falls into the category of sport and recreation Peter has found both state and federal government funding difficult to obtain.

"There are things like employment programs...but the way I see this, I've got 22 young guys here and I think they are all working full time on this exchange, doing a fantastic thing with their sport."

"If it was me, I'd be paying them the entire time they are here. But if you go and ask the particular government department that's responsible for that they'd say no, no that's recreation that's nothing to do with work... Can't pay them for playing football.. But to me that's the wrong thinking."



"This is about healthy living, healthy life choices, this is about avoiding the criminal justice system, this is about mixing up with the outside world, this is about washing up your dishes after you've eaten, wearing clean clothes... Everything I see about the picture is good, and you don't see many parts of that picture in other places."

"So why wouldn't you think 'you beauty', let's do as much as we can with this. But that's not how the government thinks."

This cultural exchange program has been partly funded by the WA Department of Sport and Recreation with the rest of the money coming from commercial and community sources around Tjuntjuntjara.

"This particular trip has been funded by two mining companies - exploration companies. We also got money from the Menzies shire and we put our own community money into it too," Peter explains.

"We just know that there are various government programs we have access to, but that money is not applicable to sport and recreation. We did get a little bit of money from (the Department of) Sport and Recreation but it's not enough to entirely fund a program like this."

As the conversation concludes, some of the boys are kicking the football around the water's edge in the half light of the evening, watched over by Peter as well as some Tjuntjuntjara elders who are travelling with the group.

Still a handful of the young players remain around the picnic table, intently scrutinising the large, detailed map of WA. They talk amongst themselves in their native Pitjantjatjara language as they track their epic journey around the region. They make endless patterns and circles around the map with their hands, but their fingers always return to the point from which they set out on this trip, proving that Tjuntjuntjara is not simply where they are from, but it is also central to who they are.



Members of the Tjuntjuntjara football team point out their remote desert hometown on a map of WA. (ABC Local)

Mark Fletcher - Community Development Tjuntjuntjara

Tjuntjuntjara - School News



Some news from Miss Cate a Teacher at the Tjuntjuntjara Remote Community School. I thought I'd send you a pic of some of the little ones in their "I Love Reading" State Library WVA Better Beginnings Program.

Our community has been selected to be a pilot in the remote aspect of the Better Beginnings program. We have been involved in this program since last year and it focuses on increasing literacy in kids aged 0 - 5. I have distributed 2 literacy bags this year, which included t-shirts, books, a poster, counting charts, abc charts, nursery rhyme charts, a nursery rhyme DVD with a matching booklet and a cd rom for parents explaining the program. I hope to extend this program into weekly Mini-Malu reading sessions in the Women's centre for Mums and Bubs at some stage next term.

Kids in the pic:

L-R: Shirley Boogar, Phillip Currie, Jarrad Currie, Lily Davies, Andy Brown

Kind Regards

Georgie Noble

Community Resource Centre Coordinator



August Birthdays

Happy Birthday to -

1st- Kyra Shepherd

1st- Myrtle Brennan

2nd- Tralina Tucker

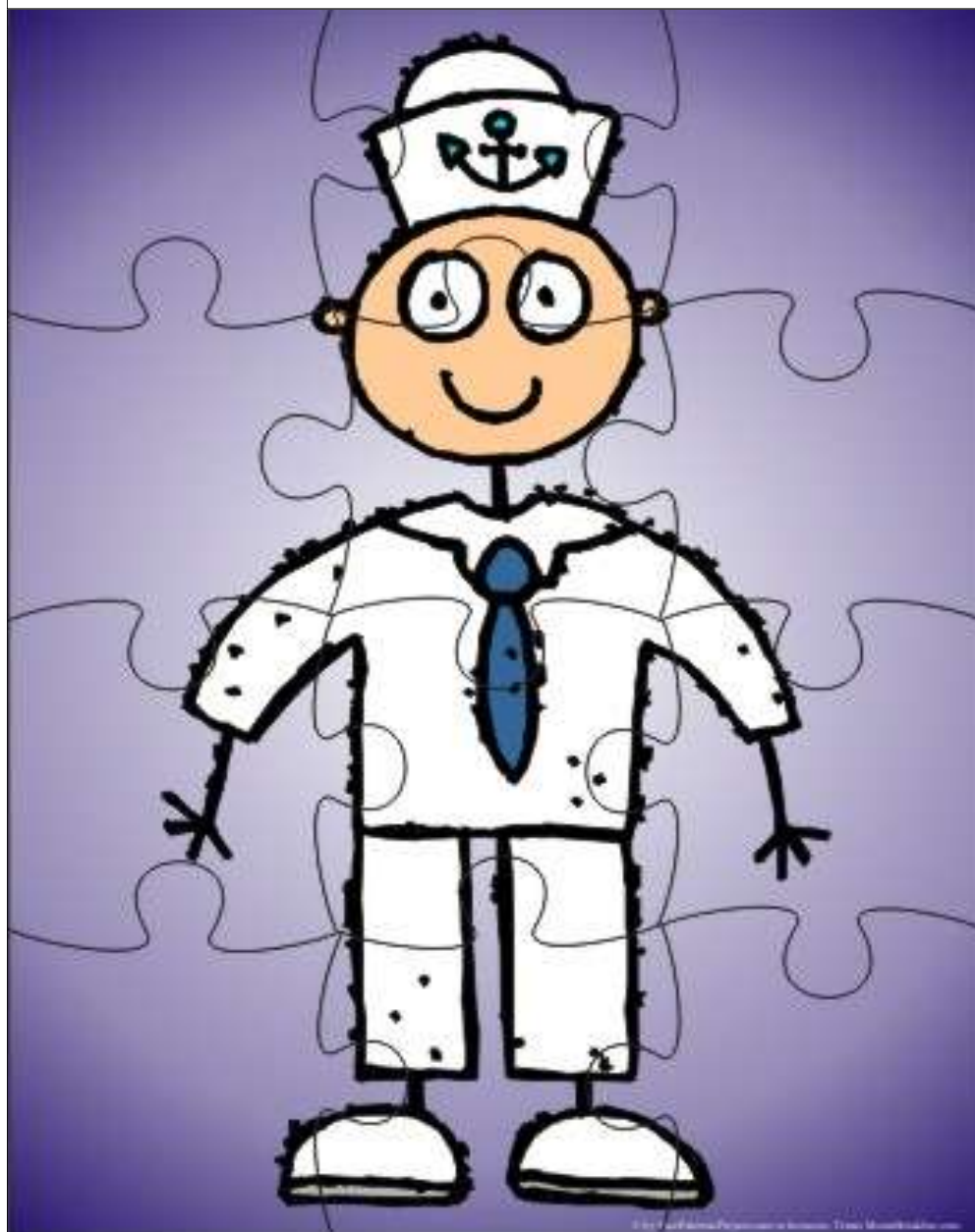
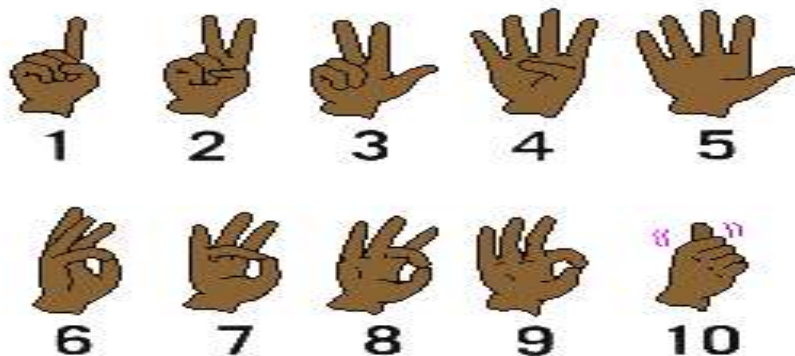
12th- Ian Tucker

12th- Rodney I Tucker

20th- Wade Tucker

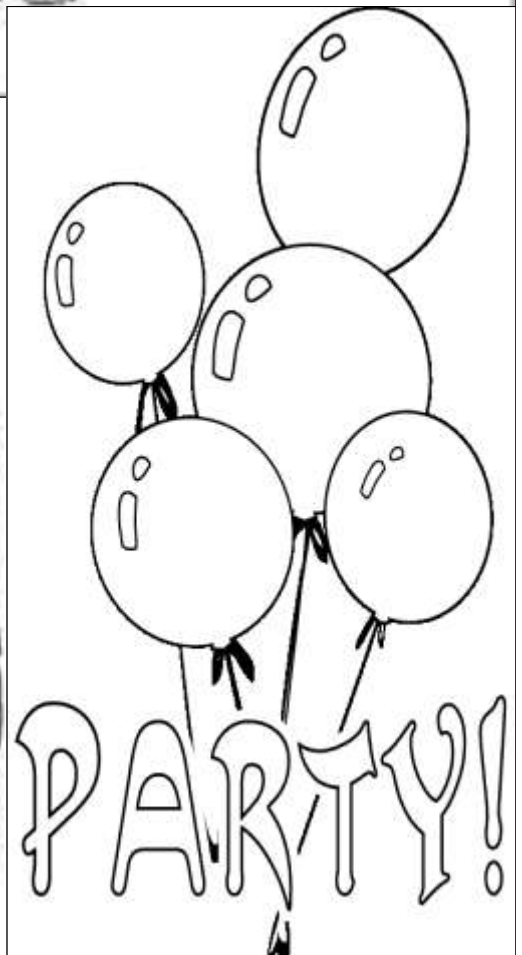
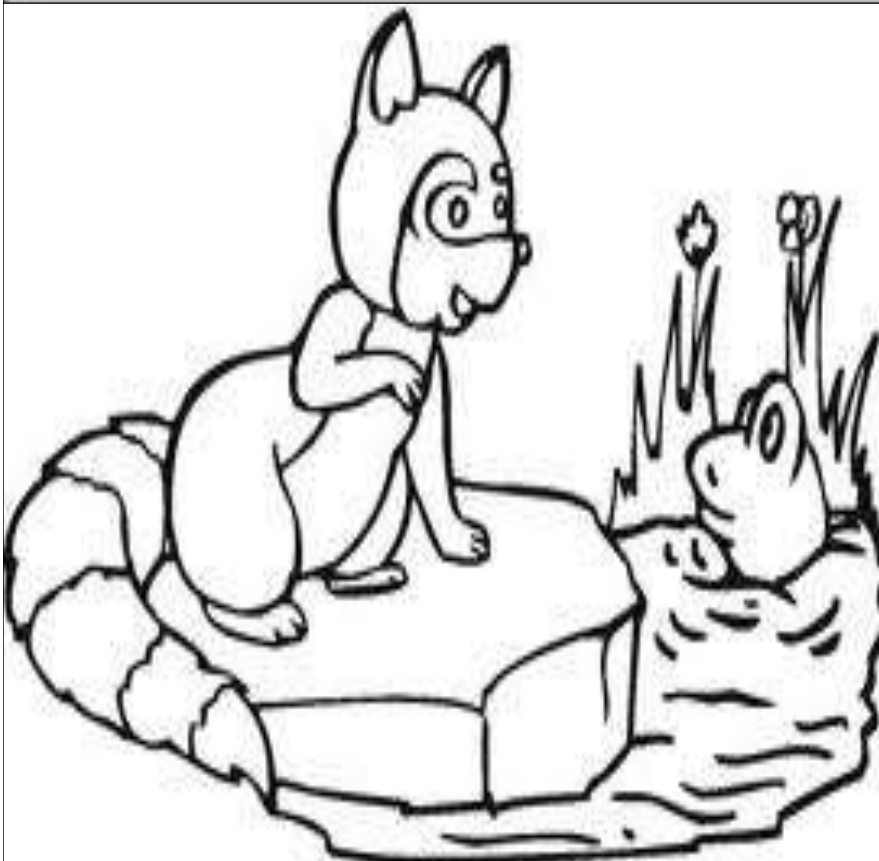
Have a Great Day !

Kids Fun Page



Cut out the pieces to the jigsaw puzzles and see if you can put them all back together.

Kids Fun Page



Spinifex Art Gallery

Artist - Walter Hansen

Artwork Size - 820mm x 1040mm Unstretched Canvas

Title - **“Karnu & Ilkurlka” May 2009**

Price - \$1,800.00

Spinifex Art Gallery is inside the ‘Former’ Lady Shenton Hotel.

Shenton Street, Menzies Wa 6436

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



What an incredible journey The Drowner movie project is taking!

Since Development began a year ago, numerous milestones have been achieved, including these notable highlights:

Contracts have been signed with:

- Mel Gibson's Icon Productions as production partners
- Icon Entertainment for world-wide sales and distribution of the completed movie
- John Collee as scriptwriter
- Robert Jones as UK Co-Producer.

In addition to the 60 plus passionate Western Australian investors, ScreenWest have significantly increased their investment and Screen Australia have invested the maximum amount allowable for film development. Further, the dedicated website www.thedrownermovie.biz has been launched. In February of this year, after 25 years in the East, I relocated to my birthplace of Perth! Impian Films is now fully based in the West, largely to see The Drowner movie through to completion and also to advance the growing film and television industry in this great state.

In May I flew to London to meet with one of the world's greatest directors, Michael Apted. Michael has directed over 30 feature films, including classics Gorillas in the Mist, Coalminers Daughter, Nell, Gorky Park, Enigma, Amazing Grace and one of the Bond films, The World Is Not Enough. Currently, Michael is completing the latest Chronicles of Narnia. He has also directed over 70 television and documentary projects, including the masterpiece series 7UP which Michael commenced in 1964, and the series Rome. Since 2003, Michael has been President of the Directors Guild of America. I am delighted to report that Michael is passionate about The Drowner, and has been working with John Collee on script development. It is our hope to bring Michael to Western Australia in late September so he can see and feel the remarkable settings in the Goldfields, Perth and Fremantle for this exciting film.



Michael Apted and Stephen Van Mill in London



Stephen Van Mill, Mark Gossler (CEO Icon Group), Jerome Holland (Director General Cannes Film Festival) & Ian Booth (Chief Executive ScreenWest) in Cannes

Following London, I attended the Cannes Film Festival where ScreenWest, Screen Australia, Icon Films, Robert Jones and numerous other The Drowner partners were able to spread the good word. The feedback and buzz around this project is significant.

Returning to Perth after London and Cannes, my partner Cynthia and I met with the legendary Dennis Lillee. DK is very keen to have a part in The Drowner, and has offered to throw the first punch in the bar-room brawl! Watch this space!

John Collee delivered his first version of the movie script at the end of last year - in the 7 months since, there have been numerous notes, revisions, reviews, new treatments and global teleconferences between here, the USA and the UK. I am delighted to report that John will deliver what promises to be a ball-tearer of a script this weekend! The Drowner movie project has morphed from development into pre-production over the past year, and of the US\$2million that Icon have guaranteed for development funding, we have successfully raised A\$1.2million. We are now seeking the further A\$800,000 to allow for script progressions, attachments of key cast and crew, production budgeting, and access to the world's leading studios. In true Goldfields tradition, a number of our investors have already "doubled-up" their development investment, as we have progressed into pre-production!



Stephen, Dennis Lillee and Cynthia chat about the bar room brawl!

It's hard to believe that it's 12 months since Impian Films experienced it's first Diggers and Dealers. We are returning this week to do it all again! We would like to meet and update as many of our current and potential investors, supporters and sponsors as possible. I can be contacted directly on 0418.294.993.

In spite of unfortunate recent media attention around Mel Gibson's personal and private life, I am delighted to report that our relationship with Icon is as rock-solid as ever, and that The Drowner movie project is completely unaffected by these attacks on Mel. At a recent meeting with Bruce Davey, Chairman of Icon and Mel's business partner, Bruce said to me "We are baking a very important cake here - it might take 2 hours to bake, or it might take 37 hours to bake". The fact is that we have been very deliberate about how we have progressed this significant film, and who we have partnered with, ensuring that we have the very best people and the very best product as we move forward. It will be incredibly exciting when we go into full production!

The Drowner has the ingredients to be the greatest Australian film of all time. It is a project West Australians should justifiably be very proud of. It is thanks to your belief and support that this is all possible, for which I thank you most sincerely.

Best wishes,

Stephen

Stephen Van Mill
Impian Films
www.thedrownermovie.biz
+61 8 18 294 993



CENTRECARE Counselling Dates

CENTRECARE GOLDFIELDS

Northern Corridor Outreach dates: Menzies, Leonora, Laverton

Counseling for:

*Anger management
Domestic Violence
Couples counseling
One on One or group*

Dates for appointment:

17th August 2010 Leonora 12.30 to 2.30pm

18th August 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton then to Mt Margret. Leonora about 2.00pm for counseling, times are subject to client availability

31st August 2010 Leonora 12.30 to 2.30pm

32nd August 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton then to Mt Margret. Leonora about 2.00pm for counseling, times are subject to client availability

Family Counselor: Wania Taiepa

To confirm an appointment please contact

Centrecare Goldfields Dugan street (08) 90911833 or free ph 1800671833



CENTRECARE
Goldfields
Main Office
7-8 Dugan Street, Kalgoorlie WA 6400
Tel +61 8 9001 1833 Fax +61 8 9001 9373

Millen Street
82 Millen Street, Boulder WA 6402
Tel +61 8 9001 0000 Fax +61 8 9001 0799

Esperance
Suite 3 Radio House, 6-10 William Street,
Esperance WA 6450
Tel +61 8 9000 2600 Fax +61 8 9000 2696

www.centrecare.com.au

Prevent Blindness!

**Get your eyes
checked!**

Stop trachoma

Clean houses

Clean faces

Get eyes checked

Trachoma checks for all kids
aged 1-14 at Menzies
Remote Community school

MONDAY
30TH AUGUST
2010 9am

ADULTS GET YOUR EYES CHECKED TOO

Do your eyelashes scratch your eyes?

Visit your local community health nurse to get checked
for "trichiasis" - you can get this from
having trachoma as a child



Regional Health Notice



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:

July 15th

July 29th

Aug 12th

Aug 26th

Please book through: 9091 5667

Private health rebates available for all treatments

providing wellness care naturally



safe food handling course

Learn how to make the perfect sausage sizzle - without making people sick!

If you prepare food for the public, you need to know how to do it safely.

The **Safe Food Handling Course** is quick & easy and can be done in your own time, completely online!

This training is particularly valuable for those seeking work in the hospitality industry.

What you will learn

You will learn how to safely store, prepare and cook food. This course covers a unit of competency from the Certificate III in Hospitality- Commercial Cookery qualification.

** For concession card holders. Usual price \$103 per student*

BOOK NOW! Call the Hospitality Department on 9088 6925



Vocational Training
& Education Centre

Curtin
University of Technology

GET IN THE KNOW ABOUT SALT

What are the facts?

A small amount of salt in your daily diet is vital for healthy living. It affects the working of your nerves and muscles, regulates the amount of fluid in your body and takes nutrients from your bloodstream into all of your cells.

Unfortunately, with all the hidden salt in the foods we eat, most of us have more than we need for good health. Eating too much can lead to raised blood pressure, and when blood pressure is above healthy levels you are three times more likely to develop heart disease or have a stroke compared to people with a healthy blood pressure.

The National Heart Foundation of Australia recommends lowering salt (sodium chloride) consumption to reduce blood pressure and lower your risk of cardiovascular disease. The goal for an average adult is to consume less than 2300mg of sodium per day. If you're worried about your blood pressure, always consult with your doctor.

Reducing your salt intake

The simplest way to cut down on your salt intake is to eat more fresh foods and to avoid adding salt to your cooking and your meals. You can try adding some value fresh herbs, spices, pepper, vinegar or mustards instead.

How do I know if I'm eating too much salt?

While it's difficult to work out exactly how much salt you're eating every day, you can get a general idea by checking the salt content from the nutritional information on some of the foods you eat regularly.

Look for the amount of sodium per 100g:

- Foods with less than 120mg per 100g are low in salt.
- Foods with more than 500mg per 100g are high in salt.

©2009 IGEA Life Sciences Pty Limited

Regional & Community Health Information

Breast Cancer Foundation of Western Australia

★ COMMUNITY CENTRE TALK ★

When: Tuesday 15th June 2010

*Where: Eastern Goldfields Community Centre
13 Roberts Street, Kalgoorlie*

*Time: 1:00 – 2:30pm
(Afternoon tea at 2:15pm)*

Come along to this informal talk by Denise Kiff, Breast Care Nurse for the BCFWA and Paula Hicks, Indigenous Program coordinator on how the BCFWA supports women and families in Kalgoorlie-Boulder.

Denise and Paula welcome your suggestions on how the Breast Cancer Foundation of Western Australia can better their service in our town.

Everyone welcome; (men and women)
please pass this on and invite your friends.

Thank you

Eastern Goldfields Community Centre
9021-9800

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**

WA Cervical Cancer Prevention Program

One Test

15 minutes
Every two years.

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

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



Stop the spread of flu germs

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

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

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

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

Stay away from others if you're sick

Protect your family from influenza

Government of Western Australia
Department of Health
The Government of Western Australia is committed to providing the highest quality of health care to all residents.

Menzies Health Centre Information

MENZIES HEALTH CENTRE

CLINIC Generally attended by Sister Sam

MONDAY - FRIDAY Ph: 90242044

FOR IMMEDIATE HEALTH ADVICE
CALL HEALTH DIRECT 1800 022 222

ANYTIME DAY OR NIGHT

POISONS INFO AVAILABLE 24Hrs

13 11 26

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

POITIER MEDICAL PRACTICE

LEONORA

DR APPOINTMENTS - Ph: 90376238

EMERGENCIES - Ph: 90804300

MENZIES HEALTH CENTRE

Next RFDS Clinic for
September

TBA



Appointments & Enquiries

Ph: 90242044

MENZIES HEALTH CENTRE

Please Phone 90242044 for more info.

Menzies Health info for Visitors

Short or Long Stay

If you have a significant Medical History you can contact the Health Clinic to have your Medical History recorded for future Visiting Doctor & Specialist Appointments while you stay in Menzies.



NB: If Sister Sam is away Deidre will be in attendance at the Nursing Post .
for any further info Ph: 90242044.



**2010
FLUVAX
AVAILABLE**

MENZIES HEALTH CENTRE

MONDAY - FRIDAY Ph: 90242044

Heart Foundation
Walking



**Take the first step
to heart health today**

Heart Foundation walking is a network of free community-based walking groups which are available in your area.



To start or find a local group
call 1300 36 27 87
or visit
www.heartfoundation.org.au/walking



Helpline 13 11 20

**Cancer
Council**
Western Australia

Community Notice Board

PROSPECTING NOTICE



ORIENT WELLS IS NOW CLASSED AS AN ACTIVE MINE

APPROXIMATELY 37KMS SOUTH OF LEONORA AND APPROXIMATELY 70KMS NORTH OF MENZIES

IS NOW OFF LIMITS TO ALL PROSPECTING

Your cooperation in this matter would be sincerely appreciated.

Notice by New Metals

Sandstone MARKET DAY

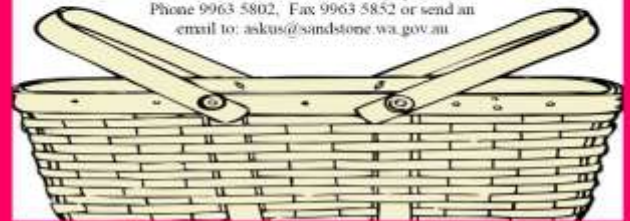
Sat 21 August

9:00am – 11:00ish

on the verandahs and the surrounds of the
Sandstone Museum & Tourist Centre.

There is no charge for stalls.
Stall holders are to bring their own tables and chairs.
All stall holders welcome to setup from 8:00am onwards.

Contact the Shire Office with any queries on
Phone 9963 5802, Fax 9963 5852 or send an
email to: askus@sandstone.wa.gov.au



Government of Western Australia
Department of Commerce

Labour Relations

Lesley Dowding
Senior Education Officer

Suite 4/37 Brookman Street Kalgoorlie WA 6430
PO Box 10154 Kalgoorlie WA 6433
Telephone (08) 90 263 221 Facsimile (08) 90 218 648
Mobile 0419 966 264
Email lesley.dowding@commerce.wa.gov.au
www.commerce.wa.gov.au
wa.gov.au



Centrelink Agent

Contact – Alana Cameron

Phone: 90242504 Fax: 90242191

Open 8 -11am Weekdays

At the Menzies Aboriginal Corp.

Centre, Walsh Street Menzies



Government of Western Australia
Department of Commerce

Consumer Protection

Anne-Marie Algefski
Senior Regional Officer

Suite 4/37 Brookman Street Kalgoorlie WA 6430
PO Box 10154 Kalgoorlie WA 6433
Telephone (08) 90 263 250 Facsimile (08) 90 218 648
Mobile 0429 087 386
Email anne-marie.algefski@commerce.wa.gov.au
www.commerce.wa.gov.au
wa.gov.au



Ian Bishop
Labor Candidate
for O'Connor

PO Box 1383 Albany WA 6331
ian.bishop@australianlabor.com.au
www.alp.org.au
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Community Notice Board



Supplying Quality Seafood to

KALGOORLIE - ESPERANCE

Mon Tue Wed Thur Fri Sat

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For your **FREE** delivery phone

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3 Alderdice St, Kalgoorlie WA

Email: edmeades@westcoastseafood.com.au

www.westcoastseafood.com.au

WESTCOAST SEAFOOD next visit to MENZIES will be on August 5th 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

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 or call 1800 24 24 73

Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON LEXMARK

Glimpses from the Past - Football

Sunday, July 1, 1906 Higgins Biffs the Editor Another Victim's Head Laid Open

The Kookynie football troubles which arose out of the crook play of several Mines men in a recent match against Niagara culminated in a violent outbreak last Sunday at the conclusion of the game between a visiting Leonora team and a crowd of combined locals. The Kookynie men played brilliantly and were victorious, which should have put them on very good terms with themselves but it **was not to be. Something that appeared a week ago in the "Press", reflecting on** the integrity of footballers generally but bearing special reference to a few champions mostly working at the Cosmopolitan rankled still in the bosom of a section of ardent leather-hunting spirits, and they wanted revenge, gore, anything.

Accordingly having primed themselves heavily with beer, they sallied forth to wreck vengeance on all and sundry who dared to comment on footballers **without proper reverence to their noble profession. "Let me get at the cow,"** howled an infuriated fullback or forward, or something named Higgins, before whose partly – obfuscated vision arose the form of the local newspaper editor, a mild, amiable chap named Hughes, the venturesome scribe who wrote criticism of football methods practised by a small corner of Kookynie sports. Without much ado Higgins waded in and before Hughes realised the position the maulers of the cougar Higgins had worked havoc with his countenance.

"There, take that yer cow," observed the burley stoucher; "that'll teach yer not to go writin' about me 'nd all the other blokes agin."

The onslaught was so rapid and unexpected that Hughes had no chance of putting up a defence, and

deplorable was his appearance when retiring homeward again for repairs.



It was, however, the penalty of back-blox journalism – all criticism is rewarded with a punch on the nose or a black eye up about Kookynie and elsewhere on the northern fields- so the mutilated pressman bore the bashing with manly resignation.

That was fracas No 1. The next incident of importance occurred in the bar of the pub, where Connors, a citizen of prominence was alleged to have been laid out with the water bottle standing on the counter by a party bearing the name Derepaz.

Connors was taken to the hospital in a state of collapse and several stitches were put in a gaping wound extending some four or five inches



34/26
(J. Dawson, photo.)

LEONORA FOOTBALL TEAM.

along the crown of his head; Derepaz appeared before the Kookynie bench to answer a charge preferred against him, but as the complainant Connors was unable to appear, the case was adjourned, and, meantime, Derepaz is out on bail. Several other scraps occurred, but none of them got beyond a mere scramble **for someone else's hair. Higgins for assaulting Hughes, was compelled to part up**

a sum of seven pounds odd, part fine and part costs, three pounds of which went to the lacerated editor as a salve for his discoloured optic and wounded feelings. Matters in football circles are again normal.



Photos and newspaper cutting courtesy of EG Historical Society

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

Regional Workshops & Positions

Kalgoorlie Governance Workshop

Building stronger, healthier, happier and safer communities.



Are you on the board or committee of a not-for-profit organisation?

2 sessions will be conducted in Kalgoorlie:

If so, you are invited to attend a Governance Workshop that will cover:

- What are the keys to good governance?
- What are my legal obligations?
- What should be in our constitution?
- Understanding board basics.
- How to avoid burnout – renewal/succession.
- How to manage meetings.

This presenter from **Our Community:**

Natalie Bramble is a speaker, trainer and business consultant. She has many years' experience working with and on behalf of boards and is particularly active in the regional not-for-profit community. Natalie has delivered governance training to individuals and groups as well as local sporting and cultural organisations.



1 6:00 - 8:00pm
Monday 16 August 2010
Regency Room (enter via Reception), Tower Hotel, Cnr Maritana & Bourke streets, Kalgoorlie

FREE!

2 9:00am - 12:30pm
Tuesday 17 August 2010
Regency Room (enter via Reception), Tower Hotel, Cnr Maritana & Bourke streets, Kalgoorlie

FREE!

For more information about this program please contact:

Carol Mann | Executive Officer
Regional Development Australia Goldfields Experience
171 Piccadilly Street, Kalgoorlie WA 6430 | Direct: (08) 9001 5051 | eo@rdaga.com.au
Please note: The workshop is free to attend, however, registrations are required for catering purposes.

Registration form

To register your place at our GOVERNANCE WORKSHOP, fax this registration form back to us on 9022 9761, email us at admin@rdaga.com.au or post your form to RDAGE, PO Box 10031, Kalgoorlie WA 6430.

Indicate session attending: Monday 16 August | ☐ or Tuesday 17 August | ☐
Attendee's name: _____
Committee name: _____
Phone: _____
Email: _____



www.rdaga.com.au • www.desertknowledge.com.au

Outback Business Networking

in conjunction with 4th Desert Knowledge Symposium & Business Showcase



Wednesday 10 November - Thursday 11 November 2010
Alice Springs Convention Centre, Alice Springs NT



You are invited to join Outback Business Networks members at the 2010 Desert Knowledge Symposium and Business Showcase.

The Business Showcase provides an excellent opportunity to:

- build networks with businesses and organisations in desert regions.
- promote your products and services.
- meet other members face to face.

Members can take advantage of the following opportunities:

- Join a joint-industry stand in Mining Services, Tourism, Creative Industries, Local Produce or Sustainable Building. **FREE**
- Have an individual business stand subsidised by Outback Business Networks (limited number of subsidies available).
- Attend selected Symposium presentations & events. **FREE**
- Participate in project meetings, forums & presentations. **FREE**

Get in now to be involved in planning for your regions involvement.

Contact your local Network Development Officer or call 1800 603 866



www.desertknowledge.com.au/OBN



Kalgoorlie-Boulder Urban Landcare Group is one of WA's leading Community Environmental Organisations with a 40 year history of creating a 'Better Environment and Better Lifestyle' for the people of the Goldfields.

LANDCARE OFFICER / ASSISTANT CASUAL (20hrs / week)

Excellent communication skills are essential with the ability to interact with all levels of our community.

- Excellent oral and written communication skills
- Ability to coordinate a small but busy office
- Proven ability to use and understand computer programs, MYOB preferred
- Ability to work individually and part of an award winning team
- Ability to work with Children
- Ability to work flexible hours

For a position description please contact KBULG on 90916233 or admin@kbulg.org.au

Death: A Whole of Life Experience

Death is an inevitable part of life. This conference aims to provide attendees with information which will help them and their loved ones prepare for the final stages of life.

Topics covered include:

- Being Prepared;
 - Enduring Power of Guardianship and Advanced Health Directives
 - Enduring Power of Attorney
 - Wills and Estate Planning
 - Financial Planning
- The Role of Carers
- A Good Death;
 - Palliative Care
 - Voluntary Euthanasia
 - Funeral Arrangements
- Moving On;
 - Grief and Bereavement
 - Financial Planning

Participating Organisations:

- The presenters at this conference represent a range of Government and community organisations including:
- Advocate
 - Carers' WA
 - Children's Advice Bureau
 - Palliative Care WA
 - Office of the Public Advocate

Further Information;

For further information please contact COTA WA on 9321 2338 or email admin@cotawa.wa.au

Conference

- When: 9.30am to 2.30pm Sunday, 17th August 2010
- Where: State Library Theatre, Alexander Library, Perth Cultural Centre, Perth
- How much: \$15 for COTA WA Members, \$25 for non-members (morning tea is provided, BYO lunch)
- To Register: Complete the registration form on the left hand side of this page and return it to COTA WA with your payment.

REGISTRATIONS CLOSE
5PM MONDAY 9 AUGUST 2010



Local Business Info

Menzies Hotel Open from
10am Daily

Meals Weekdays -

Counter Meal 12—2pm

Evening Special \$16 or order from
the Blackboard Menu

Meals Sunday

Counter Meal 12—2pm

Evening Roast Special \$16

Accommodation Ph: 90242016



Menzies Roadhouse

Petrol & Diesel

Monday to Saturday -

6.30am to 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
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Wash down the dust...



**GRAND
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KOOKYNIE**
Phone: 9031 3010

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



Come and relax at the
Grand Hotel, Kookynie

Grand Hotel Kookynie

Food, Accommodation, Petrol & Diesel

Monday to Saturday - 9 am to 9pm

Sunday - 10am to 9pm

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

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Business Notices

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Ross Norrie

CERTIFIED PRACTISING ACCOUNTANT

ABN 53 912 934 944
 PO BOX 397
 35 TOWER STREET
 LEONORA WA 6436

PHONE 08 9837 6777
 MOBILE 0409 377 386
 FACSIMILE 08 9837 6788
 EMAIL rosscpa@bigpond.net.au

"Your Resident Consultant in
 the North Eastern Goldfields"



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Shed World

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The exact width, length and even roof pitch can be designed for you.

Your new shed can be the size you need, without cost penalty.

Build your own shed - our kits come complete ready to erect - there is nothing left to buy - nothing else to worry about.

Or have a qualified builder build it for you - we can organise everything for you.



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Les Waugh

Editor

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Fax: (08) 9022 8522

Email: les@thekey.com.au

PO Box 5547, Kalgoorlie, WA 6433



Publishers of the Goldfields Key & www.goldfieldskey.com.au

Publishers of:

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- www.goldfieldskey.com.au
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- Goldfields Business Planner
- WA Mining Map
- Geraldton/Cervantes-Kalbarri Street Map

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Image by Lynne Smith

LGIS Good Health - August 2010 Issue

August 2010
ISSUE 20

In Good Health



Hearing Loss

Hearing loss can be temporary or permanent and can affect people from all ages. Gradual hearing loss that occurs as you age is common, but it can be caused by a variety of other factors such as ear infections, exposure to loud noises and injury.

There are two main types of hearing loss:

- **Conductive hearing loss** – where sounds are unable to pass from your outer ear to your inner ear, either as the result of a blockage such as impacted earwax, bacterial infections or a damaged ear drum.
- **Sensorineural hearing loss** – where the sensitive hair cells in the inner ear are damaged, either naturally through ageing, as a result of injury or exposure to loud noise, or certain diseases such as meningitis.

Treatment for hearing loss will depend on the underlying cause of the condition. Bacterial infections can often be treated with antibiotics and ear wax blockages can be removed by a doctor with a syringe. Sometimes however, hearing loss cannot be reversed, especially if it is due to damage to your inner ear.

If there is no cure for your hearing loss, a hearing aid for one or both ears may help. Hearing aids increase the volume of sound entering your ear so that you

are able to hear things more clearly. Many different types of hearing aid are available, and your doctor or an audiologist will be able to advise you as to which type best suits your needs.

Hearing loss can have a significant impact on your life. Many people with hearing loss experience a drop in confidence because they find it difficult to communicate. It is important to seek help if you have hearing problems. Getting the correct treatment can dramatically improve your quality of life.



**“Gradual hearing loss
that occurs as you age is
common”**

LGIS Good Health - August 2010 Issue

The Truth About Cellulite

Cellulite is a popular expression used to describe fatty deposits that cause the skin to have a dimpled or uneven appearance. It is sometimes described as skin with a cottage cheese or orange-peel texture. There are many myths and theories about the causes and cures for cellulite. The points below should help you to get to grips with the facts:

- Cellulite is most commonly found around the thighs and buttocks, but it can also be found on the breasts, stomach and upper arms.
- A number of factors can determine whether a person has cellulite and how much they have. Your gender, age, genes, lifestyle and the amount of fat on your body can all affect the amount of cellulite you have or how visible it is.
- Cellulite is more common in women than in men. In fact, the majority of women have some degree of cellulite and it is considered quite normal.
- Whatever the cause of cellulite, it is important to understand that there aren't any miracle products, treatments or drugs that can make it disappear.
- There is little or no scientific evidence to support the claims of the many advertised cellulite treatments.
- Many advertised cellulite treatments are expensive, and even if they seem to improve the appearance of your skin initially, the results aren't likely to last in the long-term.
- The best way to try and reduce the amount of cellulite you have is to combine aerobic exercise and strength training with a healthy diet.
- Losing excess fat and strengthening your muscles through regular exercise can go a long way toward maintaining your skin tone and texture.

Are You Getting Enough Calcium?

Calcium is essential for building and maintaining healthy teeth and bones. It also plays an important role in the health and functioning of the heart, muscles, blood and nerves. If you don't have enough calcium in your diet, you may be at increased risk of developing osteoporosis (a disease in which bones become fragile and brittle in later life).

Good sources of calcium include:

- **Dairy foods, such as milk, cheese and yoghurt** – One cup of milk, a 200g tub of yoghurt, or one 40g piece of cheese provides around 300mg of calcium.
- **Calcium fortified products including some brands of soy milk and breakfast cereals** – One cup of calcium fortified milk provides around 350mg of calcium.
- **Canned fish (with bones) such as salmon and sardines** – 100g of canned salmon provides around 220mg of calcium and 100g of canned sardines provides around 380mg of calcium.
- **Smaller amounts of calcium are also found in nuts, seeds, fruits and leafy green vegetables** – Fifteen almonds contain around 40mg of calcium.

Three serves of calcium rich foods each day should provide you with the Recommended Dietary Intake (RDI) of approximately 1000mg/day. However your daily calcium needs do change throughout your life. The table below shows the RDI of calcium for people of different ages and life stages:

Category	Age (years)	RDI
Children	1 - 3	500 mg/day
	4 - 8	700 mg/day
Girls	9 - 11	1000 mg/day
	12 - 18	1300 mg/day
Women	19 - 50	1000 mg/day
	51 +	1300 mg/day
Boys	9 - 11	1000 mg/day
	12 - 18	1300 mg/day
Men	19 - 70	1000 mg/day
	71 +	1300 mg/day

* Source: National Health and Medical Research Council of Australia

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How to Pack Your First Aid Kit

It is important to keep a well-stocked first aid kit at home, in the car and at work. Having supplies gathered in advance will help you to deal with any minor accidents and injuries that might occur.

Your first aid kit should be kept in a cool, dry place, that is out of children's reach, but easily accessible for adults. You should check your first aid kit regularly and replace any items or medicines that are missing or have expired.

First aid kits vary according to their particular use but a basic first aid kit should ideally contain:

- Adhesive dressing strips (bandaids)
- Non-adhesive dressings
- Sterile gauze
- Triangular bandages
- Crepe (conforming) bandages
- Safety pins
- Disposable sterile gloves
- Tweezers
- Scissors
- Antiseptic wipes
- Antiseptic spray or cream
- Adhesive tape, such as Micropore
- Sterile eyewash solution
- Plastic bags, varying sizes
- Emergency foil blanket
- First aid manual
- Notepad and pencil

It is very important that you know how to use your first aid kit. A good first aid manual, so that you know how to use the contents of your kit, or participating in a first aid course may be helpful.

Donate Today!

Jeans for Genes Day is a fundraising day for the Children's Medical Research Institute (CMRI). Held on the first Friday of August each year, it's a day when everyone can wear jeans to help raise money to support a great cause.

All funds raised go towards the work of the scientists at the CMRI, who are trying to find cures for, and ways to prevent genetic disorders in children. It's easy to get involved or make a donation. Visit the Jeans for Genes website for more information:

www.jeansforgenes.org.au

Trim and Tone Up!

The best way to achieve a trim and toned body is to combine a healthy, balanced diet with regular physical exercise. You don't, however, need an expensive gym membership or a personal trainer to do this. Going for a brisk walk, jogging, swimming and cycling are all good ways to tone and strengthen your muscles. There are also many simple things you can fit into your daily routine that can help you to stay in good shape:

- **Take the stairs** – Always try to take the stairs instead of the lift or escalator. Climbing flights of stairs will help tone and strengthen your legs.
- **Move around** – Whether you are at your workplace or at home, don't sit constantly in one place. Find ways to move around and stretch whenever you can.
- **Sit up straight** – Sitting up straight and flexing your abdominal muscles whether at your desk at work, or sitting on the sofa, can help you stay in better shape.
- **Dance** – Dancing is a great way to tone your body and can really boost your mood. Put on some music after work, or go out dancing with your friends on the weekend.
- **Don't waste free time** – Try to use the time that is available to you as best you can. Do some sit-ups or push-ups when you are watching TV, or clench your buttocks when waiting in a queue.
- **Exercise DVD's** – Working out to an exercise DVD is a cheap and convenient way to tone your body. It's like having a personal fitness instructor in your living room, and you can get your friends and family involved and have some fun.
- **Walk more** – Walking is a great way to stay trim and toned. Walk to the local shops instead of driving or if taking the bus or tram, get off one stop early and walk the rest of the way.
- **Housework** – Mopping floors, vacuuming and dusting are good ways to tone your muscles. Mowing the lawn, raking leaves and planting seeds in the garden will also help. You might enjoy these tasks more if you think about how they are keeping you in shape.



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10 Steps to Eating Right Forever

Changing your eating habits and trying to achieve a healthier, more nutritious diet, can seem daunting at first. It seems that healthy eating intentions tend to disappear all too quickly and we slip back into bad eating habits, such as skipping meals and snacking on unhealthy foods.

If you make a few small changes each week, focus on enjoying healthy foods, and allow yourself the occasional treat, it can be a lot easier than you think. The steps below give you some simple advice on how to eat right forever:



- 1. Variety** – Eat a wide variety of nutritious foods including: breads and cereals, fruit and vegetables, milk and dairy, meat, fish, poultry and legumes. Not only will this provide you with a balanced, nutritious diet, it will keep your diet interesting.
- 2. Eat a healthy breakfast** – Eating a healthy, balanced breakfast every morning is the best way to break the overnight fasting period and set the stage for your eating habits for the rest of the day. Try to include a variety of foods that are low in saturated fat, high in carbohydrates, contain fibre, and provide vitamins and minerals.
- 3. Cook at home more** – Preparing and cooking your own food often results in healthier meals than you wouldn't get elsewhere. You can control exactly what you are adding, and the experience can be quite relaxing and enjoyable.
- 4. Plan your meals** – If you plan your meals, you are less likely to go for takeaway food which can seem an easy option if you are busy or tired.
- 5. Set realistic goals** – When trying to change your eating habits, set realistic goals to stay motivated. For example, one week, set a goal to cook at home at least three times, the next week, aim to eat a healthy breakfast each morning.
- 6. Don't skip meals** – Try not to skip meals as you may end up eating more when you do eat. This can lead to a larger stomach capacity meaning you need to eat more before you feel full.
- 7. Avoid using food for comfort** – Emotional eating as a response to feelings of upset, anger or stress can be unhealthy. Try to find other ways to cope with these feelings such as going for a walk, listening to music or talking to someone.
- 8. Focus on quality** – Try to eat more fresh foods and less processed foods. Choosing produce that is in season and locally sourced not only tastes better, but can give you a feeling of satisfaction that you are supporting local producers.
- 9. Healthy snacks** – Try to keep healthy snacks on hand at all times to help keep your hunger at bay. Good examples include fresh or dried fruit, carrot sticks, celery sticks, cucumber slices and nuts.
- 10. Treat yourself** – Allow yourself the occasional small treat. Food should be enjoyable and if you deprive yourself completely of the things you love, you are more likely to overindulge later on.



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IN OUR NEXT ISSUE

- Eczema
- Protecting Your Skin
- 5 Ways to Keep Your Brain in Shape
- Taking Care of Your Joints

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The Menzies Matters is produced
by

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Visitor Centre, Tele Centre,
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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!

Calender of Events for August-September 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
09 <i>Menzies Nursing Post Closed</i>	10	11	12	13	14	15 <i>Boulder Mar- ket Day/ Menzies Roadhouse Closed</i>
16 <i>Menzies Nursing Post re-opens</i>	17 <i>Foot-ball Practice match in Leonora</i>	18	19	20	21 <i>Federal Election Day</i>	22 <i>Menzies Road house Closed</i>
23	24	25	26	27	28	29 <i>Menzies Road house Closed</i>
30	31	01	02	03	04	05 <i>Menzies Road house Closed</i>

Mon	Tue	Wed	Thu	Fri	Sat	Sun
06	07	08	09	10	11	12 <i>Menzies Road house Closed</i>
13	14	15	16	17	18	19 <i>Menzies Road house Closed</i>