



# Menzies Matters

Issue 28

Free

July 2010



www.naidoc.org.au

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## Take a look around!

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**CELEBRATING NAIDOC WEEK**  
4-11 JULY **Unsung Heroes**  
2010 Closing the Gap by Leading Their Way

**Title of artwork:** *Unsung Heroes - Leading Through To Inspire*  
**Artist:** Sharon Doolley

**Description of Artwork:** The artwork depicts a woman and two children walking along a path towards a school. The path is lined with signs that read 'SCHOOL', 'GATE', 'WALK', and 'SUCCESS'. The woman is carrying a green bag, and the children are wearing backpacks. The background features a large sun and a blue sky.





## 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:-*

July - Thursday 22nd

August - Thursday 26th

September - Thursday 23rd

*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 Appointments

We welcome Charlie Warren back on board as the new Grader Operator. Charlie has returned to the Shire of Menzies after a short break working at Laverton. No doubt you will see him back in the graders seat on the gravel roads around the Shire.



*Take a look around!!*



## Matters arising from the Ordinary Meeting of Council held on Thursday 23rd June 2010

### 1. Caravan Park Development Project.

#### **The attention to completion of the Park is drawing to a conclusion and where Council's**

Consulting Engineers are working feverishly towards finalizing the few remaining issues outstanding at date and where Council addressed the issue of the Ramps and steps to the ablutions facilities with the object of accepting submissions in early July so as to avoid delays in the re-use of the new park.

### 2. August Meeting of Council to be Conducted at Tjuntjuntjara Community.

As evidence of the support this Council provides to the Tjuntjuntjara Community, the Shire President raised the question of conducting the August meeting of Council at the community, which was whole-heartedly supported by the Council and the community operations manager. Accordingly, this is a great opportunity to identify with this unique community and establish how best we can work together towards achieving the goals set by the community. This is a very innovative concept.

### 3. Sports Shed Lockable Facility.

Council has supported a contribution towards sporting services in the community in the provision of a large lockable steel container for storage of sporting equipment to be located adjacent to the Town Hall so as to be accessible to the patrons of the sports oval and courts. Accordingly, this is likely to be in place and functional during July and is hoped to encourage more participation in sporting activities within the community.

### 4. New Residence in Mercer Street.

The Shire is completing the residence being constructed in Mercer Street, where some painting still remains and some minor internal issues, though these are expected to be completed within the month, which will be splendid and hopefully coincides with the completion of the Caravan Park.

### 5. Local Road Construction Programme.

Council approve budget provision for 2010/11 to include sealing of Gregory Street sections both South of Kensington and North to the School, as well as Mercer Street and the extension of Reid Street, South of Brown Street. Accordingly, these internal improvements to the town will add much needed boost to encourage building and construction within the town-site and improve the quality of life to the community.





## Matters arising from the Ordinary Meeting of Council held on Thursday 23rd June 2010(cont.)

### 6. Opportunity to Purchase the Old Kookynie School Premises.

This opportunity was presented to Council for consideration and where further details and research was requested and is required, where this item is likely to be represented to the July meeting for further consideration.

### 7. Sale of Lot 85 Reid Street.

This last piece of vacant land available in the town of Menzies was presented but where Council elected to decline all offers at date, but in the interest of fairness asked for further consideration to be represented to the July meeting. Accordingly, this is quite an interesting event unfolding here displaying strong investor interest in land ownership in Menzies.

### 8. **Budget Approval for the “Endeavour Programme”.**

A further innovative concept emerged with the consideration to support the **“Endeavour Programme”**, where financial support is provided to suitable candidates as an encouragement to develop life skills, leadership qualities and Interrelationship skills necessary for their future growth and development in later life. Accordingly Council is keen to ensure opportunities are provided and council will put aside funds to ensure support is made available for this unique opportunity in the 2010/11 year., where further advices will issue shortly in this matter.

### 9. Morapoi Outback Rodeo Event.

Support was also provided with budget provision in the 2010/11 year with assistance in **the conduct of the “Morapoi Outback Rodeo Event”** to be conducted later in 2010 at Morapoi, where this is possibly the for runner of an annual event, which will be wonderful for the future of Menzies. Accordingly, further advices will issue in this matter very shortly and further details can be obtained by contacting the Morapoi Station.

### 10. Water Park.

Council supported the provision of a Water Play Park facility for consideration in the 2010/11 year, where Grant funding has to be obtained and design work is to be addressed , though Council approved the concept in Principle, which is wonderful and will be a great asset for the quality of life for the community.

Brian W. Seale J.P. Chief Executive Officer

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



## From the Depot - Kleenheat Gas Update

The Gas Bottle ramp with storage cage attached for the 9kg Gas Bottle exchange will be arriving in approximately 2 weeks. In the mean time we apologise for the inconvenience to locals and visitors to Menzies.

We do have 45kg bottles for exchange but be aware there is no refills for any of these bottles. A delivery service is available for \$10. Payments and enquiries to the Menzies Visitor Centre 37 Shenton Street Menzies or Ph: 90242702



## Kookynie Ward

There was only one Nomination for the Vacancy for the Kookynie Ward at Close of Nomination on Monday 21st June 2010.

Lloyd Lansdown was Elected unopposed and will be sworn in as a Councillor at the next Ordinary Meeting of Council on Thursday 22nd July 2010.



### **SHIRE OF MENZIES COUNCIL MEETING CHANGE OF VENUE**

**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 26<sup>th</sup> 2010 will now be conducted at 9.00am at the Tjuntjuntjara Community.**

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

## Menzies Health Notice

# PHYSICIAN'S CLINIC



Date: 12<sup>th</sup> July

Time: 10.00

PLACE: MENZIES HEALTH CENTRE

DOCTOR: Dr. S. GEORGE

Appointments: referrals

Phone: Jan Mazza/Deidre Spratt 90242044

## Menzies Health Notice



# R.F.D.S. CLINIC

DATE: Tues. 13/7/10

TIME: 10.00a.m.

PLACE: MENZIES  
HEALTH CENTRE

DOCTOR:  
APPOINTMENTS

T.B.A.  
PH. 90242044

## Menzies Health Notice



## MENZIES NURSING POST

CLOSED

FROM 14<sup>th</sup> JULY 2010

Until

19<sup>th</sup> JULY 2010

OPEN

Morning of JULY 2010

20<sup>th</sup> JULY

if urgent 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

Dentist - Arriving in Leonora on 29<sup>th</sup> June 2010. Prior to their arrival, names and phone contact can be left at Poitier Medical – phone 90376238. Lisa from Dental Clinic will contact you for an appointment commencing July. Lisa can be contacted directly after 1<sup>st</sup> July on 90377047.

Consultant Physician – Dr Sean George will be holding a clinic at Leonora on Monday 14<sup>th</sup> July 2010. Appointments 90376238.

Podiatrist – Mr David Whitelaw shall be conducting a clinic at Leonora Hospital - phone 90376238 on Thursday 15<sup>th</sup> July and Community Health - Phone 90376083 on Friday 16<sup>th</sup> July 2010.

Gynaecologist and Colposcopist - Dr Robyn Leake at Poitier Medical on Tuesday 27<sup>th</sup> July 2010. Please phone 90376238

# 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 15<sup>th</sup>**

**July 29<sup>th</sup>**

**Aug 12<sup>th</sup>**

**Aug 26<sup>th</sup>**

**Please book through: 9091 5667**

**Private health rebates available for all treatments**

*providing wellness care naturally*

## Northern Goldfields Sports & Recreation News



### Inter-Town Competition

### Mixed Netball



Nomination Forms are  
available at:

Laverton: Telecentre

Leonora: Leonora

Recreation Centre

Leinster: Telecentre

Menzies: Visitor Centre

Calling Netball players  
from Laverton,  
Menzies, Leonora,  
Leinster and surrounding  
communities to nominate  
their team for the  
intertown Mixed Netball  
competition.

Contact person: Gavin Isbister 0439 099 754

Nomination Forms Due: **26 July 2010**





## Northern Goldfields Sports &amp; 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 RESULTS

## Round 1 08/05/10

Leinster Hot Chicks	<b>49</b>	Defeated	Laverton	<b>16</b>
Menzies	<b>31</b>	Defeated	Leo Girls	<b>22</b>

## Round 2 08/05/10

Menzies	<b>54</b>	Defeated	Laverton	<b>26</b>
Leo Girls	<b>40</b>	Defeated	Leonora 1	<b>38</b>

## Round 3 15/05/10

Leo Girls	<b>36</b>	Defeated	Laverton	<b>13</b>
Leinster Hot Chicks	<b>69</b>	Defeated	Leonora 1	<b>34</b>

## Round 4 15/05/10

Menzies	<b>71</b>	Defeated	Leonora 1	<b>30</b>
Leo Girls	<b>33</b>	Defeated	Leinster	<b>32</b>

## Round 5 29/05/10

Leonora 1	<b>60</b>	Defeated	Laverton	<b>20</b>
Menzies	<b>57</b>	Defeated	Leinster	<b>37</b>

## Finals Round 1 12/06/10

Menzies	<b>36</b>	Defeated	Leo Girls	<b>26</b>
Leonora 1	<b>41</b>	Defeated	Leinster	<b>34</b>

## Finals Round 2 12/06/10

Leo Girls	<b>52</b>	Defeated	Leonora 1	<b>42</b>
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## Grand Final 26/06/10

Leo Girls	<b>45</b>	Defeated	Menzies	<b>41</b>
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**Inter-town Mixed Netball** competition starting in August  
Nomination forms now available from Laverton Telecentre centre  
Nomination forms must be returned by **Monday 26<sup>th</sup> of July 2010**



## Northern Goldfields Sport and Recreation Program

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

Ph: 08 90311202  
Fx: 08 9031 1340

Mob: 0439 099 754  
Email: [gavin.ngsrc@hotmail.com](mailto:gavin.ngsrc@hotmail.com)

# NETBALL 2010







## 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.



## 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.



# VOLUNTEERS WANTED



ST JOHN AMBULANCE

MENZIES SUB-CENTRE

Have you ever thought of becoming a volunteer, why not coming to one of our meetings. We will provide you with details of what is involved also details of the free training you will receive.

We have meetings monthly on the last Saturday of each month at 2.00pm.

Our training is every 2<sup>nd</sup> Wednesday at 6.30pm.

All welcome

Any enquiry may be made by calling

Debbie 0410 766 076, Lloyd 0422 066 255 or  
Robyn 9024 2702

# 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:

**6th July 2010 Leonora 12.30 to 2.30pm**

**7th July 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*

**20<sup>th</sup> July 2010 Leonora 12.30 to 2.30pm**

**21<sup>st</sup> July 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*

**3<sup>rd</sup> August 2010 Leonora 12.30 to 2.30pm**

**4<sup>th</sup> 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*

**17<sup>th</sup> August 2010 Leonora 12.30 to 2.30pm**

**18<sup>th</sup> 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*

**31<sup>st</sup> August 2010 Leonora 12.30 to 2.30pm**

**32<sup>nd</sup> 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



# Mental Health First Aid



## Mental Health First Aid

The only internationally recognised Mental Health First Aid accreditation, this workshop provides a comprehensive overview of the most common mental health issues, including co-morbidity, early intervention and assessment for referral. This workshop is mainly for community members, volunteer workers and agency staff working with the community. The 2 day workshop will cover education, early intervention, crisis management and referral including:

- Depression: including Risk Assessment & Suicide
- Anxiety Disorders
- Psychosis: inc drug induced and other presentations
- Non Suicidal Self Injury
- Substance Use Disorder
- Comprehensive manual, new release DVDs, handouts & practical activities.

**Locations:** Leonora Recreation Center, Tower Street

**Date and Time:** 19<sup>th</sup> and 20<sup>th</sup> July, 9am - 4pm

**Cost:** Free for Community members and Not for Profit organisations  
\$ 40 for rest.

**Trainer:** Allison Fillery is a Dual Diagnoses Mental health Worker with specialty with young people. She has worked in the social welfare field for last 20 years mostly with young people with mental health, substance use and justice issues. Currently part of her role is doing a lot of post-vention work with families and communities where clusters of high number of suicide have happened in all of regions of Western Australia. She has developed a vast network within both government and non-government sectors. These include: Mental Health, Drug and Alcohol, Justice Support programs. She believes working in collaboration, with a coordinated and holistic view within any sector can only benefit and better support the families towards achieving best outcomes more effectively. She has a good working relationship with Aboriginal Housing, Juvenile Justice, DCD, Centrelink, Domestic Violence Unit, Police and Child Abuse Unit [at PMH].



# Police News - Preventing Crime



Office of  
Crime Prevention

BLUE IRIS  
CCTV REGISTER

## Blue Iris

How will your CCTV system help the Police?



### IMPORTANT CONTACT NUMBERS

Police assistance	131 444
Emergency	000
Emergency – hearing impaired	106
Crime Stoppers	1800 333 000
Goodbye Graffiti hotline	1800 442 255

Office of Crime Prevention  
Level 5, 197 St Georges Terrace  
Perth WA 6000  
08 9222 9733



Email: [BlueIrisCCTVregisterSmail@police.wa.gov.au](mailto:BlueIrisCCTVregisterSmail@police.wa.gov.au)  
[www.police.wa.gov.au](http://www.police.wa.gov.au)

## FREQUENTLY ASKED QUESTIONS



### 1 A CCTV register, what's that all about?

The Western Australia Police are establishing a register of CCTV systems within the state. Registration details will be held centrally in a protected database. The database will be used to map the location of CCTV systems for use by Police investigators. CCTV footage is an invaluable tool for investigators and we are seeking your help to find out where these CCTV systems are.

### 2 Is this a case of Big Brother watching?

No. The Western Australia Police are simply seeking the cooperation of owners and users of CCTV to work with them. Access will be required on an "as needs" basis.

### 3 Am I giving you access to my CCTV systems if I register?

No, your registration tells us where a CCTV system is located together with other technical details. If we believe that your system can assist us to solve a crime or help us in any other way we will approach you and ask for your assistance.



# Police News - Preventing Crime

## 4 How will my CCTV system help the WA Police?

Still images and video footage are considered to be one of the best ways to prove who did what and when. Images of this nature can cut down investigation time and may also guide us to very swift outcomes. Some images and video may be presented as evidence in a court.

## 5 What happens to the registration information?

The registration details you provide to us are stored in a protected WA police database. We undertake to ensure that the information remains confidential and is not shared with third parties.

## 6 Do I have to register?

No, registration is voluntary.

## 7 Who can register?

Online registration is open to any owner of a CCTV system, we are particularly interested in CCTV systems that view streets and public space (foyers, entrances, parks, public infrastructure etc)

We will only allow registration of CCTV systems sited within western Australia.



## 8 How does the information on the register remain current?

We invite you to update your details as they change, also, we will send an email to you on an annual basis asking that you verify the information held by us is correct.

## 9 How do I register?

Go to [www.police.wa.gov.au](http://www.police.wa.gov.au)

On the WA Police home page click on the Blue Iris CCTV icon, or Our Services – Blue Iris CCTV Register and a registration form will appear. Complete the information fields and then click the submit button.

You will receive an email letting you know that your details have been registered, you will also be provided with a registration number.

## 10 How do I update or withdraw my registration?

In the near future we will be providing you with update access to your registration. In the interim, please contact us via email.

## New Kalgoorlie Office for the Department of Commerce



Consumer Protection, Labour Relations and Energy Safety has moved to new premises. Previously based in West Kalgoorlie, Anne-Marie Algefski, Lesley Dowding and Gary Scott can now be found in Kalgoorlie's Central Business District at Suite 4, 37 Brookman Street.

For more on the Department of Commerce log on to [www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)



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](mailto:anne-marie.algefski@commerce.wa.gov.au)  
[www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)  
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](mailto:lesley.dowding@commerce.wa.gov.au)  
[www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)  
wa.gov.au





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

## ***Media Statement***

**Consumer Protection** 219 St Georges Terrace Perth Western Australia 6000

Tel: (08) 9282 0961 Fax: (08) 9282 0857

Email: [cpmedia@commerce.wa.gov.au](mailto:cpmedia@commerce.wa.gov.au) [www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)

[www.wa.gov.au](http://www.wa.gov.au)

9 June 2010

### **New Kalgoorlie office for Consumer Protection**

The place to get Consumer Protection advice in Kalgoorlie has changed after the Department of Commerce moved offices.

Previously based in West Kalgoorlie, Consumer Protection's Senior Regional Officer Anne-Marie Algefski can now be found in Kalgoorlie's Central Business District at Unit 4, 37 Brookman Street.

Her phone, fax and PO Box numbers remain the same, as does her email address.

Ms Algefski is hoping that the relocation will result in some new faces through the doors.

"Consumer Protection is here to help with a variety of issues: disputes with a trader or landlord, a scam you may have been targeted by or even a credit contract you can't understand," she said.

"We help retailers by providing advice about returns policies and dangerous products and we keep an eye on service-providers like gyms, travel agents and car repairers.

"If you're starting a business, club, association or charitable organisation in WA, we can help with that too."

For more on the different aspects of Consumer Protection log on to [www.commerce.wa.gov.au/consumerprotection](http://www.commerce.wa.gov.au/consumerprotection)

### **END OF RELEASE**

**(Consumer Protection is a division of the Department of Commerce)**

**You can now follow us on Twitter @ConsumerWA or become a fan of our Facebook page - Consumer Protection WA.**

#### **Media Contact:**

Alina Cavanagh

9282 0679 or 0423-846397

[alina.cavanagh@commerce.wa.gov.au](mailto:alina.cavanagh@commerce.wa.gov.au)



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](mailto:anne-marie.algefski@commerce.wa.gov.au) Web: [www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)

### Know Your Rights Column

*with Anne-Marie Algefski*

Senior Regional Officer

Department of Commerce – Goldfields/Esperance

#### Tax office scam warning for the Goldfields / Esperance

**At Consumer Protection's Kalgoorlie office we've been receiving a number of reports about scam phone calls where the caller pretends to be from the Australian Taxation Office. This trend has been echoed across other parts of WA.**

During the unsolicited calls people are told they are entitled to a refund for GST charges and to transfer a deposit to confirm their bank details and identity before the money they are owed is put into their account.

**Our WA ScamNet branch has confirmed it's an advance fee fraud scam and nothing to do with the Australian Tax Office.** Unfortunately some consumers have already fallen foul, with the amount of dollars lost in WA in the thousands. We want to prevent that number from increasing further.

The scammers appear to be calling from an untraceable number believed to be in India. They are very bold despite their illegitimate activity. Even if challenged about their location they may confidently re-**identify themselves as from 'Federal Government in Canberra', when they are most likely overseas.**

On occasions where consumers have raised concerns of previous advance fee frauds using the Australian Tax Office name, they have been verbally abused or threatened by the person on the other end of the line.

The scammers prey on vulnerable consumers, who may be more susceptible to intimidation. One woman was warned that her single parent allowance and pension would be stopped if she did not cooperate. Do not fear these sorts of claims as there is nothing official about these calls. They are simply a way to defraud innocent people and if you transfer money you will never see it again.

In 2009 Consumer Protection issued a warning about a similar scam which quoted the Australian Tax Office. This can be viewed via the following link: [http://www.commerce.wa.gov.au/ConsumerProtection/ScamNet/Scams/Australian\\_Taxation\\_.html](http://www.commerce.wa.gov.au/ConsumerProtection/ScamNet/Scams/Australian_Taxation_.html) Similar advance fee fraud scams operating in WA recently involve unsolicited callers falsely claiming to be from the Consumer Action Law Centre or the Department of Fair Trading and offering to reimburse overcharged bank fees.

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

Suite 8, 35 Brookman St  
Kalgoorlie WA 6430





# Important Gas Appliance Message



**Helen Bullock MLC**

**Member for Mining and Pastoral Region**

## **MEDIA STATEMENT**

**Monday June 21, 2010**

### **Update your old gas appliances**

Local Member for Mining and Pastoral Region Helen Bullock is urging residents with pre-1980 gas appliances to have them replaced for brand new ones at no cost.

Ms Bullock said that changes to the natural gas supply, scheduled for early 2012, will mean that some gas appliances installed before 1980 will be unsafe or not able to perform as well.

"The Appliance Rectification Program will replace unsuitable pre-1980 gas appliances including cookers, heaters and water heaters for brand new ones," she said.

"If you have a natural gas appliance that was manufactured and installed before 1980, it is important for your safety to get it inspected and possibly replaced before the changed gas supply."

People with pre-1980 gas appliances can contact the Appliance Rectification call centre on 1800 110 464 or complete an application form online at [www.gasapplianceprogram.com.au](http://www.gasapplianceprogram.com.au).

Ms Bullock said a licensed gas fitter would inspect the appliance at no cost and if following the inspection, the appliance is considered unsuitable for the changed gas supply, you may receive a brand new replacement appliance free of charge.

For further information please contact Helen Bullock's office on 9022 9144 or visit her office at Suite 8, 35 Brookman Street, Kalgoorlie.

**Media Contact: 9022 9144**

# Sport Facilities Funding



**Helen Bullock MLC**

**Member for Mining and Pastoral Region**

## **MEDIA STATEMENT**

**Tuesday July 6, 2010**

### **Sport facilities funding up for grabs**

Local governments and not for profit sport and recreation community organisations can now apply for funding through the Community Sport and Recreation Facilities Fund to help develop and maintain local sporting amenities, local Member for Mining and Pastoral Helen Bullock said today.

"Goldfields and Esperance residents enjoy a healthy and active lifestyle and participate in many different local sport and recreation activities," Ms Bullock said.

"It is an essential part of our community and provides residents with the opportunity to socialise, keep fit and have fun.

"Our local sporting facilities cater to a wide range of people who participate in many different sports and activities from football to bowls and everything in-between.

"The Community Sport and Recreation Facilities Fund offers eligible organisations funding to contribute to the development and maintenance of local sporting infrastructure."

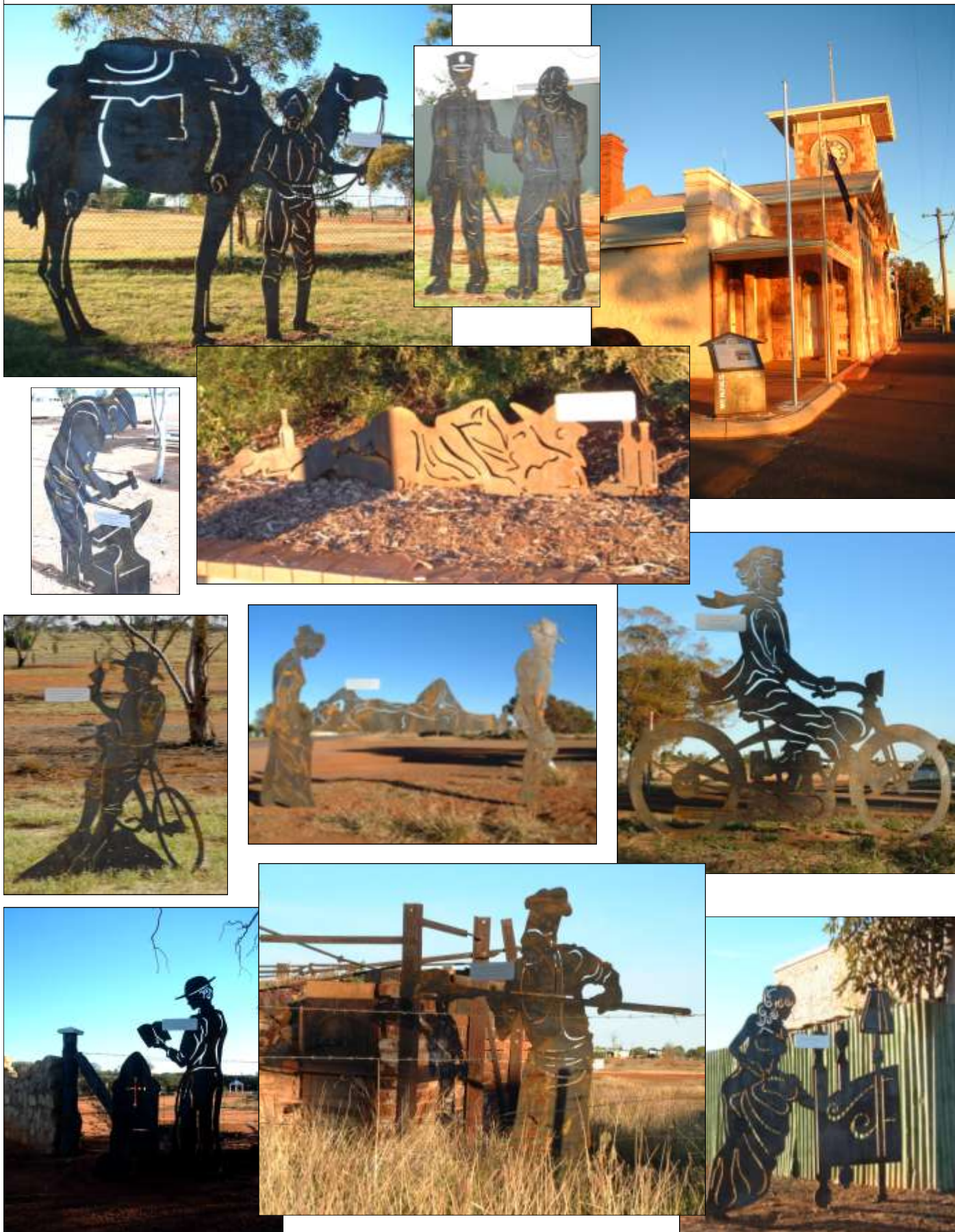
Ms Bullock said examples of eligible projects include cricket pitches and practice wickets, safety fences, floodlighting, court resurfacing, shade shelters, upgrades and construction of clubrooms and ablution blocks, reticulation and swimming pools.

For further information or an application form, please contact Helen Bullock's office on 9022 9144 or visit her office at suite 8, 35 Brookman Street, Kalgoorlie.

**Media contact: 9022 9144**



## Tourism - **A Few New Faces Around “Our Place”**



## SPECIAL ANNOUNCEMENT



A special announcement from Tourism WA A/Chief Executive Officer  
Stephanie Buckland.

Dear tourism industry,

The Hon Dr Liz Constable MLA, Minister for Education; Tourism has today announced a change in the school term dates for 2011 detailed below.

**I've already consulted with several accommodation providers who've indicated that the changes will not be problematic.** However, I understand that some operators may need to adjust their schedules for next year.

Please contact me directly if you have any questions about the change.

Best regards

Stephanie Buckland

A/Chief Executive Officer

Tourism WA

---

**MINOR ADJUSTMENT TO TERM DATES FOR 2011**

It is considered to be in the best interests of Western Australian students to make a minor adjustment to the 2011 term dates for public schools. This will alter the school holiday dates around Easter next year.

The adjustment has been necessary because the National Assessment Program – Literacy and Numeracy (NAPLAN) testing is currently scheduled for the second week of May 2011, with Western Australian students sitting the tests on the first day of Term 2. By contrast, students in other States and Territories would have returned to school for at least two weeks. It would also not be possible to distribute the testing materials and maintain their security.

To provide students with the opportunity to settle in after school holidays and to allow for the logistics of schools administering the tests, the last day of Term 1 will now be Tuesday 19 April 2011 (previously Thursday 21 April) and Term 2 will begin on Thursday 5 May 2011 (previously Monday 9 May).

This means the new school holiday period in Western Australia will start on Wednesday 20 April 2011 and finish on Wednesday, 4 May 2011, inclusive.



[Subscribe / Unsubscribe](#)

**Disclaimer:** You are receiving this newsletter as a result of joining Tourism Western Australia's mailing list, or you've received a referral from a friend. For more information, read our [Disclaimer](#) and [Privacy Statement](#).  
Copyright Tourism Western Australia 2009.



## Historical Conservation Workshops

**CollectionsCare Goldfields WA would like to invite you to attend the following workshops on Monday 2 August 2010:**

### **Morning Session:**

*Preventative conservation for textiles*

**Time: 9:00 to 12:00**

Venue: Kalgoorlie Town Hall in the Mayor's Parlour

**Cost: Free**

### **Afternoon Session:**

*Preventative conservation for small metal object*

Venue: Kalgoorlie Town Hall in the Mayor's Parlour

**Time: 13:00 to 16:00**

**Cost: Free**

Both these workshops will be conducted by Bill Storer, Collections Manager, Newcastle Maritime Museum. You can attend both of the workshops or select one workshop to attend.

Please **RSVP** by **26 July 2010**.

Please contact me if you have any questions.

Kind regards

**Elaine Labuschagne**  
**Coordinator Collections Care Goldfields**  
**City of Kalgoorlie-Boulder**

Phone: 08 9093 1184

Fax: 08 9021 6113

PO Box 2042, Boulder, WA 6432

[elaine.labuschagne@kalbould.wa.gov.au](mailto:elaine.labuschagne@kalbould.wa.gov.au)

[www.kalbould.wa.gov.au](http://www.kalbould.wa.gov.au)

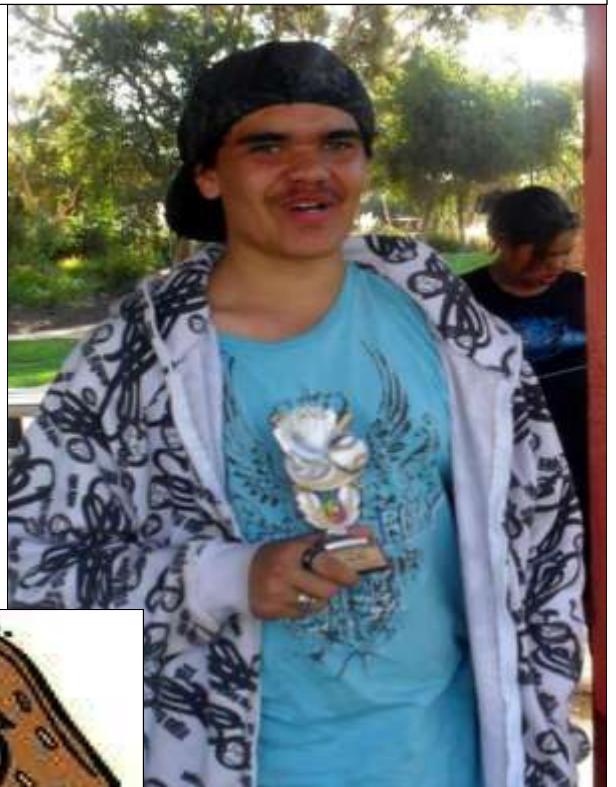




## Morapoi T-Ball Photos



## Morapoi T-Ball Photos





## Morapoi T-Ball Photos





# Menzies Remote Community School Newsletter



Menzies Remote Community School  
Gregory Street,  
Menzies. 6436

16/6/10

Dear Parents, Carers and Students,

Term 2 has been very productive with the snapshots project well under way now. Teachers are currently writing reports and these will be posted to you at the end of term.

Remember if you have any queries about your child's report please do not hesitate to contact their classroom teacher.

Last week some high school students attended a SIDE work experience camp in Perth with myself. It was a very productive week for everyone involved. As part of their assessment, two of the students produced a mural to be displayed outside at SIDE. It looks very effective and both Ethon and Donna should be proud of their efforts. It took a lot of planning on their part before they attended the camp. The four parts linking the SIDE emblem represent the students who study from around the world, students who are traveling while studying, and the main methods of communicating with teachers – phone and computer.



While on camp students also had to opportunity to visit the Western

Australian Museum to look at the Pompei exhibition. This was a fantastic experience with students able to watch a short 3D movie before moving onto look at the exhibits.



Ethon wearing his 3D glasses ready and waiting to watch the Pompei movie.

Some of the students also took part in the Fremantle prison tunnel tour. They thoroughly enjoyed the experience of going under the prison and paddling in boats through the tunnels under the prison. The tour guide presented lots of interesting information about the history of the prison and Fremantle itself in the early years.



Ethon and Jeanette are in their suits and wearing a safety harness, helmet and life jacket ready for the tour to start.

In week one of term 3, the year 7 students will be participating in a camp in Perth with Ms Sheehan.

For that week Ms Williams will be teaching the Wan-um-bee class while Ms Sheehan is away. Students who are to be involved in the camp will be receiving information shortly for their parents.

# Menzies Remote Community School Newsletter

## MOVIE NIGHT

Just a reminder that there will be a movie night next Thursday 24<sup>th</sup> June starting at 5.30 at the school for all students. A hot dog and fruit box will be provided.

Parents will need to sign a permission form for their child to attend and the cost will be \$2 per child in order to help cover the costs.

## Our New Buildings

As you know our new buildings are on site now. The paving has been finished in front of the new multi-purpose building and we are waiting on power to be connected to it and a few minor adjustments to the inside of the building to be finished.



The multi- purpose building



The high school building needs a switch box so that students can use the internet to attend lessons and communicate with their various teachers each day. Hopefully this will be finished by the end of term.



While we were in Perth we caught up with Miss Janet. She has nearly finished

her time in Perth and should be back in Menzies sometime next week. We have all missed her and look forward to seeing her back with us next term.

Deanne Cameron is doing a wonderful job with the cleaning while Janet is away. Next term she will continue with her teacher assistant duties at school. Both Mrs Pianto's and Ms Cameron's work at the school is greatly appreciated.

I would like to thank Gavin who comes nearly every Thursday morning to play a variety of games with the high school students. They really appreciate this and look forward to his visits.



Gavin playing basketball with the high school students.

The last day for term two is Friday 2<sup>nd</sup> July.

Term 3 begins on Tuesday 20<sup>th</sup> July.

Included in this newsletter is a book review by Allana Seale, a story written by Caroline Dimer and some art work by Zaviur O'Donoghue.

Kellie Tucker in year 11 also produced a brochure about playgroup as part of her Childcare study unit.

We hope you enjoy reading about their work.

Susan Oliver  
Principal



# SILVER SANDS

There was a beach called Silversands.  
When the sun sets the sun shines on the beach  
sand. It shines so bright it makes the sand  
Silver.

A family group came to Silversands to see the  
sun set. Their names were Vanessa, Dakota,  
Patricia, Trevor and Rhani. They walked along  
the beach looking at the sun set.

They saw a box they all called out to Trevor.  
Trevor came running to the girls. Rhani said, "Run Trevor quick". They had been talking about how come we only have one brother. Trevor said, "What are you talking about?". The girls said "nothing," Trevor said, "What's that in your hands?" "The girls said" It's a black box."

All five kids went to their Aunt's house. They didn't tell their Aunty about the box. Aunty said, "Is there anything you want to tell me?". The five kids said "No we don't" Then they went back to the beach. They said "We should tell Aunty that we found a box." Vanessa said "No we won't tell her anything at all ok"



**WRITTEN BY: CAROLINE DIMER**

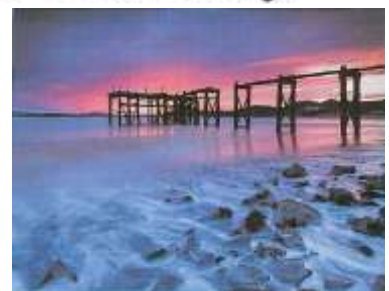
They all said,” Fine we won’t tell her anything.”

After they went back to the beach. They both forgot that Vanessa had the box in her hands.

Dakota and Vanessa were going to find out where this box came from. Dakota and Vanessa decided to put the box back.

They were about to bury the box where they found it when the owner came walking along the beach.

As they were ready to put the box in the sand the owner came behind the two girls and said, “Where did you find the box? I have been looking all around the beach thank you for finding my box.” The girls said, “You’re welcome.” The girls learned what ever they found they would bury it where ever they found it.



Written By Caroline Dimer

## Platypus Drawing – **By Zaviur O'Donoghue**

The Yilba class and the Year three students talked about animals that live in Australia. We chose an animal to draw, I chose a platypus.

We found pictures of our animal to look at while we drew it. Miss Walker traced our animal with a black pen. Then we carefully painted our animal using special paint. Our paintings will go on display with the photos for the Snapshots Exhibition.

By Zaviur O'Donoghue



## Book Review- By Allana Seale

# Book Review

by Allana Seale

Title: Wolf Brother

Author: Michelle Paver

Recount:

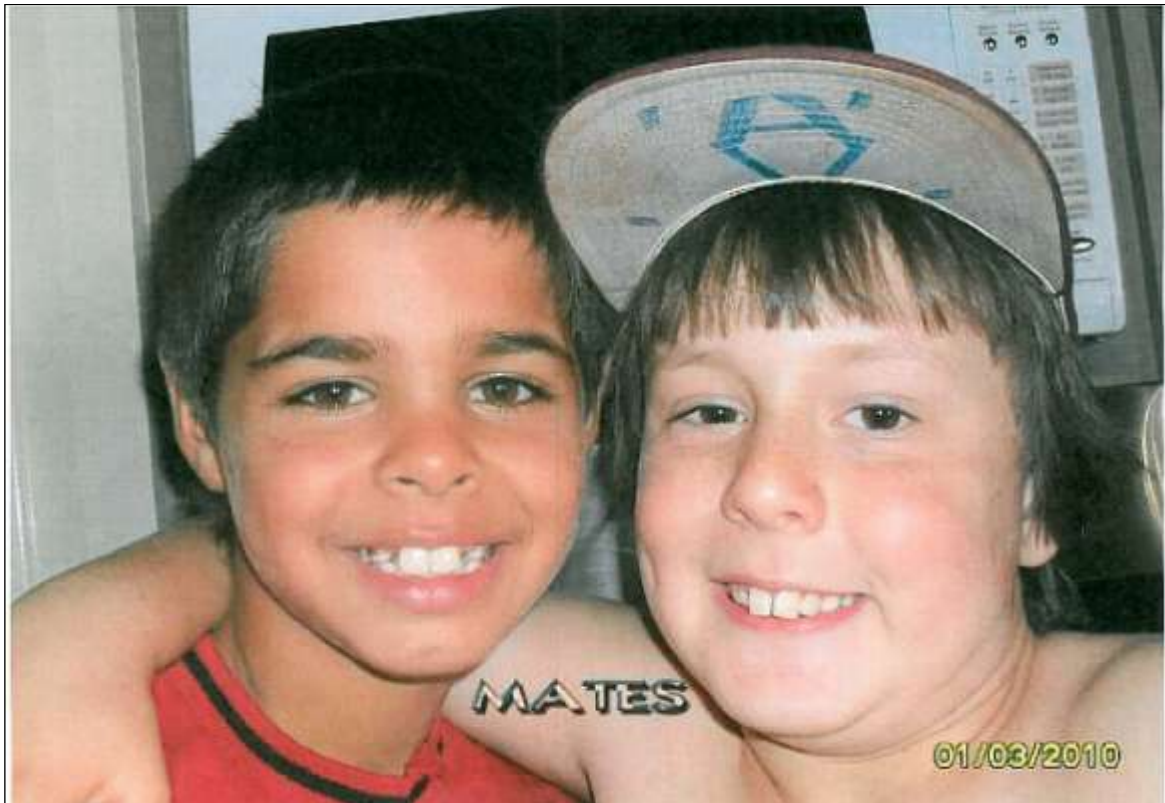
Wolf Brother is set thousands of years ago in the Ancient Darkness of the forest. Torak is of the wolf clan and must find the World Spirit's Mountain and then kill a demon bear with help from a wolf cub and friend Renn (Raven clan).

Star Rating: ★ ★ ★ ★ ★  $\frac{4\frac{1}{2}}{5}$

Age group: 10 +



## Mates – Nathan &amp; Max



**Nathan Says about Max** “He is funny and nice”

**Max says about Nathan** “He was the first one to speak to me out of all the other people.”

Nathan Seale wanted to show how much **he likes he's new mate!**



A decorative border surrounds the central text, featuring various birthday-themed illustrations: balloons in orange, red, and light blue; birthday cakes with candles; and wrapped gifts in blue, orange, and purple. The border is set against a background of light yellow circles.

# July Birthdays

Happy Birthday to -  
1st- Daniella Miller  
3rd- Kristie Tucker  
7th- Lilly Dwyer-Castle  
8th- Katie Martin  
9th- Tanya Tucker  
14th- Lee & Carmichael  
21st- Thomas Tucker  
23rd- Royce Bonney Snr  
28th- Michael Peterson  
29th- Evie Peterson



# GAMES



## BALLONS



There are four friends (Adam, Elizabeth, Peter, Sally) and each has a balloon. From the clues below can you match each of them with their age and balloon?

The kids are aged 5, 6, 7 and 8 and one of them has a blue balloon.

1. The six year old girl has a green balloon.
2. Adam has a red balloon and is older than Peter.
3. Elizabeth is 5 years old but her balloon isn't yellow.

Name	Age	Balloon







## Menzies Jokes Page

Q: What do you get if Batman and Robin get smashed by a steam roller?

A: Flatman and ribbon.

Q: When is a car not a car?

A: When it turns into a garage.

Q: How much do pirates pay for their earrings?

A: a Buccaneer!

Q: Why did the scientist install a knocker on his door?

A: He wanted to win the No-bell prize.

Q: Why did the atoms cross the road?

A: It was time to split!

Q: What do you do when your chair breaks?

A: Call a Chairman.



Q: Why do eskimos wash their clothes in tide?

A: Because it's too cold out tide!

Q: What kind of car does Luke Skywalker drive?

A: a Toy-yoda.

Q: What is the biggest pencil in the world?

A: Pennsylvania.

Q: Why did the boy blush when he opened the fridge?

A: He saw the salad dressing

# Spinifex Art Gallery

Artwork Size - 910mm x 610mm

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

Shenton Street, Menzies Wa 6436

Story & photo reproduced with kind permission from Ikurlka Community.



Spinifex | Arts Project



<b>Artist</b>	<b>Cyril Thomas</b>
<b>Born</b>	1/07/1930
<b>Language</b>	Pitjantjatjara
<b>Place of Birth</b>	Wanamuru
<b>Code</b>	<b>C532</b>
<b>Size/Medium</b>	910 x 610mm A/C

## Wanamuru

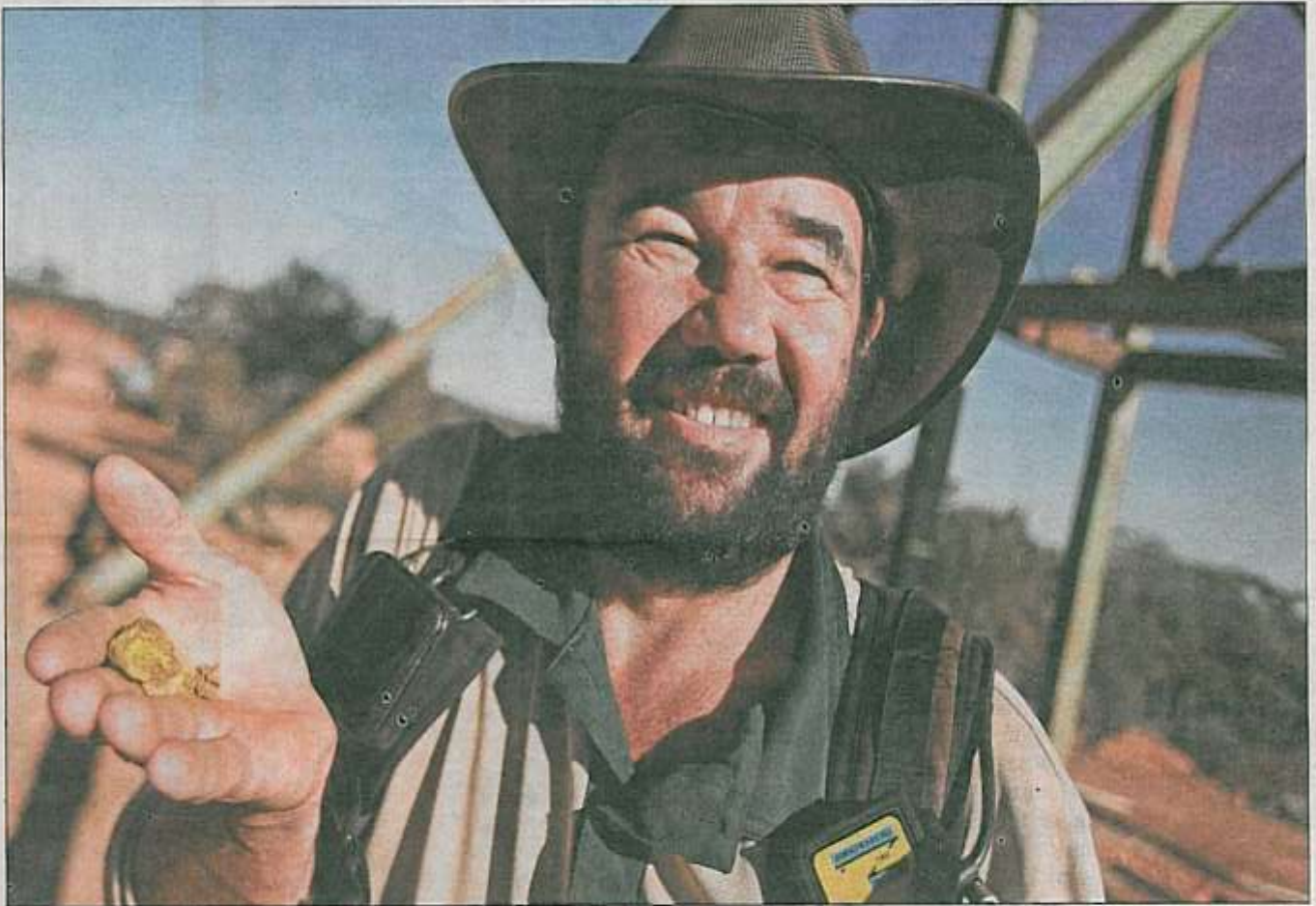
Mr Thomas has painted the country in the vicinity of Wanamuru where he was born. He has named the following four rockholes; Wanamurru, Dirlpu, Yarappi and Wilbitjirlpi. The Minyma Tjuta (Seven Sisters) story passes through here – and are shown sitting near the waterhole. From here the sisters took off and flew far to the south east landing at Upurl Upurlila rockhole near Cundeelee Mission.

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

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



## Local Stories - Story from the West Australian



Golden touch: Menzies amateur gold prospector Greg Clark with some of his recent finds. It takes patience, he says.

Picture: Michael Wilson

### The slow search for the start of a golden age

As economic jitters drive the price of gold to record highs, the Goldfields have come alive with people chasing their fortune.

**Malcolm Quekett**  
reports

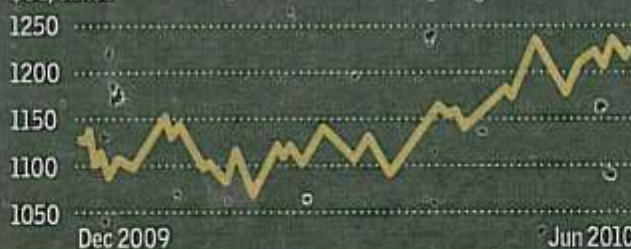
It is somewhere south of Menzies and Greg Clark pulls his specially kitted-up ute off the road and heads into the bush.

There is low scrub, jagged rocks, a long-abandoned mine, and, of course, red earth.

It looks and feels like gold country. And it still is.

#### GOLD PRICE ON THE RISE

\$US/ounce



SOURCE: BLOOMBERG

So with the price of the precious metal skyrocketing, closing at \$US1226.70 an ounce on Friday, it is not surprising that Mr Clark is just one of a steady stream of amateur prospectors to have set up shop in the Menzies caravan park.

Mr Clark and his wife, Chris,

arrived 12 months ago from Brisbane on a prospecting holiday and are still there, having found jobs in the town and bought a block.

"I like the community, it's a nice little town, it's got potential," he said yesterday. "And there is gold in the area."

The couple head out with their detectors whenever they get the chance.

In a week recently they found eight little pieces that Mr Clark reckoned were worth about \$300.

"I would like to have found more," he said. "But gold has got to want to be found."

The key was to be patient, methodical and determined.

"Gold is where you find it," he said. "When you think it's not there, it could be there."

"You have to be patient and try, try, try. And dig every target, never leave one behind."

Did he have gold fever? "No, it's a disease. There's definitely a bug involved," he said. "There's one with my name on it. I just don't know where it is."



## Regional &amp; Community Health Information

## Breast Cancer Foundation of Western Australia

### ★ COMMUNITY CENTRE TALK ★

*When: Tuesday 15<sup>th</sup> 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 a safe and healthy environment for all.

## 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  
JULY 2010

**Tuesday 13th**

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](http://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 Nex Metals

Government of Western Australia  
Department of Commerce

Labour Relations

**Lesley Dowding**  
Senior Education OfficerSuite 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](mailto:lesley.dowding@commerce.wa.gov.au)  
[www.commerce.wa.gov.au](http://www.commerce.wa.gov.au)  
wa.gov.au**CENTRECARE****Goldfields  
Main Office**7-9 Dugan Street, Kalgoorlie WA 6430  
Tel +61 8 9091 1833 Fax +61 8 9021 9673**Millen Street**82 Millen Street, Boulder WA 6432  
Tel +61 8 9091 8890 Fax +61 8 9021 6799**Esperance**Suite 3 Radio House, 8-10 William Street,  
Esperance WA 6450  
Tel +61 8 9083 2500 Fax +61 8 9083 2556[www.centrecare.com.au](http://www.centrecare.com.au)Government of Western Australia  
Department of Commerce

Consumer Protection

**Anne-Marie Algefski**  
Senior Regional OfficerSuite 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](mailto:anne-marie.algefski@commerce.wa.gov.au)  
[www.commerce.wa.gov.au](http://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](mailto:ian.bishop@australianlabor.com.au)  
[www.alp.org.au](http://www.alp.org.au)  
Mob: 0429 355 260



# Community Notice Board



Supplying Quality Seafood to

**KALGOORLIE - ESPERANCE**

Mon Tue Wed Thur Fri Sat

JANUARY	FEBRUARY	MARCH
S M T W T F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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OCTOBER	NOVEMBER	DECEMBER
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For your **FREE** delivery phone

**Peter & Sheryl Edmeades**

Mobile: 0419 121 164

3 Alderdice St, Kalgoorlie WA

Email: [edmeades@westcoastseafood.com.au](mailto:edmeades@westcoastseafood.com.au)

[www.westcoastseafood.com.au](http://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](http://www.recyclingnearyou.com.au)

**CARTRIDGES 4 PLANET ARK**

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

**ALL CAME FROM PRINTER CARTRIDGES**

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

Box(es) are located...  
Menzies Resource Centre and Shire Office

For more information visit [Cartridges.PlanetArk.org](http://Cartridges.PlanetArk.org) or call 1800 24 24 73

Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON LEXMARK

## Glimpses from the Past - Elliott Bros.



TOM ELLIOTT

Tom Elliot saw an opening in the Brewery business and after running various businesses in the Goldfields, set up his own Brewery in Broad Arrow-Paddington. Judging by the output of this Brewery during 1896,97 & 98 this area must have had the biggest drinking population in the world. As the back country grew the business expanded and Tom sent home to Geelong for his brother Syd, and leaving him in charge proceeded to Kookynie, formed a syndicate of hotelkeepers there. He bought the old Menzies Brewery from Charlie Arnott and Walter McAdam, shifted it to Kookynie and started a family business there.

At this time the Elliott's were big in the brewing profession on the fields. In addition to Tom & Syd, Bill was brewing at the Kalgoorlie Brewery, Jim held a similar position at the Lion Brewery Coolgardie, having his brother Dick as his assistant. While in Kookynie Tom formed a friend-

**ship with Mick O'Keefe, which lasted until the day of Mick's death.**

In 1906 he bought Cornucopia Station [now Jeedamya] from Northmore and de Bernales and spent the next 20 years developing it into a fine property. He sold this to Gere from South Australia. Tom bought, dismantled and re erected the Niagara School on a block at Canning Bridge which was surrounded by lush garden and shifted there. He also bought a 8,000 acre property at Keysbrook, which was run by his sons.

In the old goldfields days he was known as a great sportsman and raced a good horse called Moonbar, who won many stakes for him at outback meetings.

SYD. ELLIOTT  
and grandson, Ronnie Saw

Kookynie Brewery

Exerts from  
**'Those Where The Days' by A. Reid**  
Photographs from  
**'Those Where The Days' by A. Reid**  
and the Eastern Goldfields Historical Society.

Courtesy of the  
Eastern Goldfields  
Historical Society





# MAKING CONNECTIONS: FROM THE BEACH TO THE BUSH

## State Conference 2010

# [ Museums Australia ]

## Western Australia

### KALGOORLIE

Friday 20 August and  
Saturday 21 August

Kalgoorlie Town Hall  
Cnr Hannan Street &  
Wilson Street

For more information  
about the program and  
registration details go to  
our website at:  
<http://museumswa.com.au/>

**Keep checking the MAWA  
website for further  
conference updates!**

*This year our annual conference returns to a regional area, and our Eastern Goldfields Chapter is working with us to co-ordinate a very exciting conference in Kalgoorlie from 19th to 21st August.*

*The conference Committee together with an on-the-ground working party are putting finishing touches to the program, social events and tours.*

*As the premiere event on the Museums Australia (WA) calendar, the conference programme provides a forum for professionals across the arts and museum sector to share their experiences and learn from each other and from experts in the field.*

*The conference will include plenary sessions, a range of panel discussions, case studies, workshops and creative and innovative presentations.*

**Keynote speaker—Mr Alec Coles**, recently appointed CEO of the Western Australian Museum.

He has nearly 30 years of experience in the museum and heritage sectors in the UK, and will be responsible for developing the business case for a new State Museum in Perth.



*Advancing museums, galleries and cultural centres*

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Northbridge WA 6865  
Tel: (08) 9427 6857  
Fax (08) 9427 2855  
E: [ma\\_wa@museum.wa.gov.au](mailto:ma_wa@museum.wa.gov.au)



Department of  
Culture and  
the Arts





# Getting about the Goldfields

## BOOK HERE

Menzies Visitor Centre

Menzies Visitor Centre Ph: 90 242 702

### PERTH-GOLDFIELDS EXPRESS

### GOLDRUSH TOURS



#### VISITORS TO KALGOORLIE -

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

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

## BOOK HERE

At the Menzies Visitor Centre

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

### GOLDRUSH TOURS

GRT EXPRESS TIMETABLE

### Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/07/2010

THURSDAY

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

### Laverton to Kalgoorlie

TIMETABLE EFFECTIVE 01/07/2010

FRIDAY

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

BOOKINGS & ENQUIRIES

## 1800 620 440

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

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

## Small Business Workshops



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- Ask questions about the future of your region and how that forecast might affect your type of business;
- Get practical ideas you can use immediately to improve your business.

### Who will be presenting?

**Mike Smith** is an Economist at the Chamber of Commerce and Industry WA (CCIWA), the state's leading business association and the second largest of its kind in Australia. The CCIWA Economics team has developed a strong reputation as leading independent analysts of the WA economy and key issues affecting Western Australian business.

**Matthew Winter** has extensive experience in strategy, business planning and marketing having worked over the last 15 years as Lead Consultant with organisations such as Bunnings, BHP and iiNet. Matt presents business strategy and marketing at Curtin University's Centre for Entrepreneurship.

Friday 30 July 2010 - Seminar 9:00am - 11:00am

Railway Hotel

51 Forrest Street, **KALGOORLIE**

**\$20** each – includes GST and lunch

**Interested?** Turn over for registration details

### You might also be interested in...



**BiZFiT Pulse Check** – a free one-on-one check of the current state of your business.



**BiZFiT Extend** – a two day practical program, which explores financials, marketing, strategy and people management. All this for only \$200.

### Coming to more locations across the State in 2010...

You can contact the BiZFiT team by phone 131 BIZ (131 249) or email [bizfit@smallbusiness.wa.gov.au](mailto:bizfit@smallbusiness.wa.gov.au), tell us where you live, and we'll let you know when we will be in your area. Further information on BiZFiT and event details are listed on the Small Business Development Corporation's website, visit:

**[www.smallbusiness.wa.gov.au](http://www.smallbusiness.wa.gov.au)**

In conjunction with:



## 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

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Sunday -

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ment for travelers .

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## Business Notices

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### Screen Printing & Sign Shop

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Unit 1/2 Carole Rd Maddington 6109  
[studioprint@westnet.com.au](mailto:studioprint@westnet.com.au)

## Goldfields ImageWorks

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Mobile: 0419 837 337

23 Wilson St + Kalgoorlie WA 6430 + Ph/Fax: (08) 9091 9071  
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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](mailto:rosscpa@bigpond.net.au)

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Les Waugh

Editor

Mob: 0418 940 808

Ph: (08) 9022 8422

Fax: (08) 9022 8522

Email: [les@thekey.com.au](mailto:les@thekey.com.au)

PO Box 5547, Kalgoorlie, WA 6433



Publishers of the Goldfields Key & [www.goldfieldskey.com.au](http://www.goldfieldskey.com.au)

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Images by Lynette Smith



## LGIS Good Health - July 2010 Issue

July 2010  
ISSUE 19

## In Good Health



## Are You Stressed?



Stress is the way you feel when you react to certain pressures and demands in your life. Some stress can help your body to prepare for certain challenges. It can give you motivation and help you perform well under pressure. However, too much stress, especially if it's day in, day out, can be unhealthy for the mind and body.

Stress affects everybody differently. Some people may have a higher threshold than others, and what causes one person to become stressed may not have the same effect on someone else. Many things (or the anticipation of them) can lead to stress, including:

- Pressure to perform at work or school
- Moving house
- Unemployment
- Family and relationship problems
- Money worries
- Bereavement
- Sexual, physical or emotional abuse

There doesn't have to be a specific reason for developing stress, and often it is caused by a build-up of a number of small things. Stress becomes a problem when you become over-stressed and it begins to affect your day-to-day life and relationships. Being over-stressed for long periods of time can have a negative impact on your physical and psychological health. If you are feeling over-stressed, it is important to talk to your doctor.

## TIPS TO STRESS LESS

- **Be active** – Exercise can be a good way of relieving stress. It helps to get rid of pent up energy and can leave you feeling calmer. Any sort of exercise can be helpful, even a brisk walk in the park, or throwing a ball around with friends.
- **Relax and enjoy yourself** – Spend some time doing whatever you enjoy. Spending time with friends, listening to music, having a warm bath or doing some gardening can be good ways to relax.
- **Be more assertive** – Learn to say no to things that you can't handle or that aren't your responsibility.
- **Avoid unhealthy habits** – Try not to rely on smoking, alcohol or caffeine to relieve stress. They won't solve your problems and may make you more stressed in the long-term.
- **Talk to someone** – If you are feeling over-stressed, it may be helpful to talk to your friends, family or your doctor.

# LGIS Good Health - July 2010 Issue

## Core Muscle Strength

Your core muscles, which run the length of your trunk and torso, stabilise your spine, pelvis and shoulder girdle to create a solid base of support. These muscles help control movements, transfer energy, shift body weight and move in any direction. Having a strong core can help prevent low back pain, improve balance and give your energy levels a boost.

There are many simple exercises that can be done to strengthen your core that don't involve using any equipment. These include:

- Plank
- Side lunges
- Bridge
- Basic push up
- Abdominal crunch
- Side plank
- Lunges

Other exercises that develop core strength include exercises on a stability ball, work with medicine balls, wobble boards, Pilates and Yoga exercise programs.

### Try These!

#### THE Plank

- Lie face-down on your stomach. Raise yourself up so that you are resting on your forearms and your toes. Align your head and neck with your back and place your shoulders directly above your elbows.
- Maintain a flat alignment and do not let your lower back area sag downwards. Hold for three deep breaths.
- Return to the start position and repeat.

#### THE Bridge

- Lie on your back with your knees bent. Keep your back in a neutral position that is not arched, and not pressed into the floor. Tighten your abdominal muscles.
- Raise your hips off the floor until they are aligned with your knees and shoulders and hold for three deep breaths.
- Return to the start position and repeat.

## Guide to Good Mental Health



Good mental health is not just the absence of a mental disease or illness. Mental health refers to your overall psychological and emotional well-being. It includes the way you feel about yourself, the quality of your relationships and your ability to handle your feelings and cope with life.

Good mental health is just as important as good physical health. It can help you to make the most of your potential and play a full part in your family, workplace, and among friends. It can give you a sense of happiness, a zest for life, the ability to learn, and the capacity to cope with and manage change and uncertainty. You can help keep yourself in good mental health by:

- Developing and maintaining strong relationships with family and friends
- Talking about your feelings
- Spending time daily with people you like
- Making leisure time a priority
- Keeping active
- Doing something that you are good at and enjoy
- Trying to be optimistic and enjoying each day
- Volunteering or caring for others
- Eating a healthy, balanced diet
- Drinking sensibly

**“Good mental health is just as important as good physical health.”**



## LGIS Good Health - July 2010 Issue

### 10 Ways to Look After Your Body

You only get one body, so take good care of it! Looking after your body both inside and out is important to achieve a long, healthy and happy life. The following points include some of the steps you can take to give your body the nutrition, exercise and attention it needs.

**1. Diet** – Eating a wide variety of healthy foods can help protect your body against diabetes, cancer and cardiovascular disease. Try to include a good variety of nutritious foods including breads, pastas, fruits and vegetables. Try to keep fat and salt intake to a minimum and eat foods rich in calcium and iron.

**2. Water** – Water is essential to most bodily functions and the body needs fresh supplies every day. Try to consume approximately 6-8 glasses of water each day.



**3. Exercise** – Exercise can improve your health and reduce the risk of developing certain diseases or conditions. It can also help you manage your weight, tone your muscles and help you feel good about your body. Try to aim for at least 30 minutes of moderate-intensity activity on most, preferably all, days.

**4. Sleep** – Sleep refreshes your mind and repairs your body. Aim to get approximately 6-8 hours of good sleep each night. Try to stick to a routine of going to sleep and waking up at the same time each night/morning.

**5. Health checks** – Seeing your doctor for regular medical checkups is important to help you stay healthy. Screening tests help doctors to detect many diseases such as diabetes, cardiovascular disease and some cancers in their early stages.

**6. Dental and eye care** – Reduce your risk of tooth decay, gum disease and tooth loss by cleaning your teeth regularly, eating a low sugar diet and visiting the dentist at least once a year. Get regular eye check-ups with a trained, registered orthoptist to protect against vision loss and sight problems.

**7. Sun protection** – Protect your body against sun damage when the UV index is 3 or above by: wearing factor 30+ sunscreen, wearing sun-protective clothing, wearing a hat and sunglasses and seeking shade.

**8. Skin care** – Check your skin every three months for signs of skin cancer. If you notice anything new or unusual on your skin, see your doctor.

**9. Alcohol** – Heavy consumption of alcohol over a long period of time can cause serious, permanent damage to many parts of the body. Reduce your alcohol intake to no more than two standard drinks per day.

**10. Smoking** – Smoking can harm almost every organ in your body and smoking over a prolonged period of time can cause a number of serious diseases. It is never too late to quit and the health benefits will be numerous.

## LGIS Good Health - July 2010 Issue

## What Are Carbohydrates?

Carbohydrates provide your body with energy. They are broken down in the intestine and release sugar into the bloodstream. Foods that contain carbohydrates include bread, cereals, rice, pasta, legumes, starchy vegetables, fruit and fruit juices, milk, yoghurt, biscuits, cakes and lollies.

Not all carbohydrate foods are the same; they can behave quite differently in your body. Some are digested and enter the blood stream more quickly than others. This can be due to the amount of carbohydrate in the food, its fat, fibre and protein content, and how it is cooked.

## The Glycaemic Index

The Glycaemic Index (GI) ranks carbohydrate foods on a scale of 0-100 according to the effect they have on blood sugar levels. The higher the GI value of the food, the more rapidly and dramatically it causes your blood sugar to rise. Most GI lists divide foods into three categories:

- High GI (70 and above)
- Medium GI (56-69)
- Low GI (Below 55)

The GI can be used as a guide to assist blood sugar control in people with diabetes. It has also become a popular approach to weight management in recent years. This approach involves choosing foods that have low GI values to provide you with a steady, prolonged supply of energy. In theory this should help you feel fuller for longer, helping you to lose weight.

While the GI can be a helpful guide to planning your diet, it should not be the only consideration. Other factors, such as the serving size of foods and their nutritional quality are just as important. Some foods, for example, have a low GI but are high in fat and salt, which is unhealthy. Check with your doctor before starting any new diet, especially if you have a medical condition, such as diabetes.



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F 08 9481 5640  
[www.lgiswa.com.au](http://www.lgiswa.com.au)

### IN OUR NEXT ISSUE

- Calcium
- Hearing Loss
- The Truth About Cellulite
- How to Stay Trim and Toned
- How to Pack Your First Aid Kit

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

Shire of Menzies  
PO Box 4 Menzies WA 6436  
Ph: 08 90242041 Fax: 08 90242110  
E-mail: [admin@menzies.wa.gov.au](mailto:admin@menzies.wa.gov.au)  
[www.menzies.wa.gov.au](http://www.menzies.wa.gov.au)  
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The Menzies Matters is produced  
by

The Resource Centre at the  
**'Former Lady' Shenton Hotel**,  
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at Lake Ballard.

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

## Calender of Events for July - August 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 <i>NAIDOC Week</i>	6 <i>NAIDOC Week</i>	7 <i>NAIDOC Week</i>	8 <i>NAIDOC Week</i>	9 <i>NAIDOC Week</i>	10 <i>NAIDOC Week</i>	11 <i>NAIDOC Week</i>
12	13	14	15	16	17	18 <i>Boulder Market Day</i>
19	20 <i>School Resumes</i>	21	22 <i>Shire Council meeting 9am Town Hall</i>	23	24	25
26	27	28	29	30	31	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Boulder Market Day 15th August</i>	<i>Vietnam Veterans Day 18th August</i>	<i>Shire Council meeting 26th Tjuntjunjarra Community</i>				1 <i>Kalgoorlie Market Day</i>
2 <i>Diggers &amp; Dealers</i>	3 <i>Diggers &amp; Dealers</i>	4 <i>Diggers &amp; Dealers</i>	5	6	7	8