

Issue 27



#### June 20

Inside this issue:

#### Sunday 6th June 2010

Wet and cold weather did not daunt the 100 odd very keen cyclists who fronted up for the start to the 2010 Menzies Cycle classic on the long weekend in June. Menzies Shenton Street was a hive of activity with riders sporting a colourful collection of Lycra and Hi Vis gear and amazing bikes.

Cycles have certainly changed over the 100 odd years since the 1st Classic was ridden as a competition between the riders of one of the most popular mode of transport of the day.

An amazing sight for Menzies with the streets full of people on a Winters Sunday morning and not a church in sight! Photos by Justin Lee & Robyn McCarthy.

More Photos on Page 6 & 7







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- Goongarrie
- Kookynie Ghost Town
- Niagara Dam

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Menzies Matters

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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 July 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:-June - Thursday 24th July - Thursday 22nd August - Thursday 26th

The general public are welcome for

question time at the start of each months Council Meeting.



2010 Menzies Australia's Biggest Morning Tea

On Thurday 27th May the Menzies Remote Community School raised \$33 and the Shire of Menzies ABMT at the Resource Centre raised \$74.30 towards Cancer Research.

Many thanks to all those wonderful people who baked, helped, wrote receipts, came along and donated.





Matters arising from the Ordinary Meeting of Council held on Thursday 27th May 2010

#### 1. Child Care Centre Consideration For Menzies.

**Council approved an "In Principle Support"** for the provision of a child care centre for Menzies, consistent with the Commonwealth Government determination that remote locations will all be provided with child care facilities. Accordingly, Council has taken the initiative in this matter and will address the research for this opportunity and where further advices will issue shortly in this regard.

#### 2. Planning for the Delivery of Services to Indigenous Communities.

Grant Funding has been provided for this facility and where Council for the Shire of Menzies accepted the opportunity to receive these funds and will endeavour to assess how best to deliver the services to the indigenous communities within the Shire in early course. This has been the topic of much debate within the industry and where some Shires have elected not to receive these funds and much concern exists over this funding and the delivery of services aspect.

#### 3. Strategy for the attraction and retention of Teachers to Remote Regions.

**Council unanimously supported this concept following a comprehensive "Tele-conference" recently with the** CEO, President Dwyer and Cr Dwyer (J.) and where Council will address and develop specific strategies and initiatives for the attraction and retention of staff to remote regions and will liaise with the Education Department and the Government Regional Organization of Housing in this endeavour.

#### 4. Morapoi Muster (An Annual Event.)

Council supported this opportunity in Principle, for the 2011/12 year, subject to Grant funding and further establishment of applicable costs (e.t.c), with opportunity also being provided to identify if it is possible to also include this with the time frame available to accommodate this in the 2010/11 year and where further advices will issue.

#### 5. Potential Release of Vacant Land in Menzies.

Council supported the opportunity to acquire a further fourteen vacant lots of residential land in Menzies from the State (The Department of Regional Development and Lands) for release to the public and perhaps retain some lots for further Shire Development. Accordingly, this is a great step forward for growth and development within the shire.

#### 6. The Menzies Classic Cycle Race.

Council is considering how best to promote this facility and benefit the Shire in the Process, and where a survey is being planned and whilst the strategy will not affect the 2010 event, details will emerge from this event in June to give some statistics and guidance for the future and where Council will develop strategies intended to benefit the Shire as a result. Accordingly, further advices will issue shortly regarding this innovative concept.

#### 7. Ward Boundary Review.

Council has resolved to convert the Three Ward structure of the Kookynie Ward , the Menzies Ward and the Ularring Ward, to two Wards of Towns Ward and Rural Ward, with the retention of the existing seven councillors as is at present with the representation distribution of four elected members for the Rural Ward and three for the Towns Ward, effectively meaning that each elected member represents approximately 40 (forty) Owner – Occupiers. This resolution was not effected in time to reflect the change for the Extra-Ordinary Election, scheduled for August 4<sup>th</sup>, 2010, so the vacancy recently created by the resignation of Cr. Bandry from the Kookynie Ward , will result in an election for that ward. However, as this change has been adopted by the Advisory Board, the next biennial election scheduled for October 2011will reflect the two ward structure.

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Menzies Matters



Matters arising from the Ordinary Meeting of Council held on Thursday 27th May 2010 (cont.)

#### 8. Road Programme for 2010/11.

It is very encouraging to see Council adopt a programme for consideration in the 2010/11 Budget deliberations with road sealing and re-sealing within the Shire and where the completion of the Kookynie Road in 2010/11 will be completed and further consideration to sealing the road into Niagara Dam will also be considered. A major road amendment of the Evanston Road has been supported by the Shire and the Office of Main Roads in a \$300,000 "Black-Spot" project, which is likely to be addressed and completed by December 2010, subject to Council adopting this in the budget deliberations scheduled for June 24<sup>th</sup>, 2010.

#### 9. Kleenheat Gas Agency.

The Shire has agreed to take over the provision of the Gas bottle services to the community with immediate effect and where payment for the purchase of same may be effected at the Resource Centre or the Administration Centre and were a voucher will issue to enable the resident to access the Shire depot and upon presentation of the voucher, the Depot Supervisor will issue a full Gas bottle in exchange for an empty bottle, which must be carried from the premises in an upright fashion only.

#### 10. Florence Street Development.

Council also supported the provision of the development of Florence Street as an access point to the Evanston Road, rather than Brown Street, as this traverses privately owned land and also impinges substantially onto Crown Land. Accordingly, this innovative concept, raised by a councillor is a significantly more sensible solution to a very complex and costly issue. This consideration will feature in the budget for assessment and will be subject to the M.R.W.A. approval requirements.

#### 11. Main Street Upgrade Project.

Council supported the concept of development of the Main Street in an attractive proposal estimated to cost \$1,200,000 to include below ground power and trafficable pavers (e.t.c.). Accordingly, whilst this is dependent on Horizon Power, it is hoped this will be addressed through to completion during 2010/11.

#### 12. Old Kookynie School Site.

This interesting issue also received support in principle as a potential project for Council in the acquisition of the site as a Heritage premises and perhaps to be utilized as a Museum, Art Gallery or display centre of the Region. Accordingly, Council will re-consider this aspect at the June meeting.

#### 13. Light Industrial Area.

Approval in Principle to develop an Industrial Park on the East side of town near the power station is also strategically important and will provide for a range of small to medium sized light industrial type businesses, where this will be particularly valuable for the Growth and development of the Town and Shire. Whilst there are some significant hoops to leap through with this project in the future, nevertheless, this is a valuable direction for Shire in the ensuring the future growth as required.

#### 14. Various Developmental Projects for Budget Consideration 2010/11.

The continued restoration and refurbishment of the Lady Shenton Resource Centre building, and the Butcher Shop / Tearooms, with the commencement of the restoration of the Old Post Office in the 2010/11 year will all contribute to a very attractive aspect in show-casing Menzies to the Tourist traveller, where Council has agreed to put aside \$350,000 for these purposes, subject to Budget provision at the adoption meeting.

#### Brian W. Seale J.P. Chief Executive Officer

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

#### Antony Gormley Revisits Menzies



Internationally renowned British Sculptor Antony Gormley made a brief revisit to Menzies on Friday 14th May for the Lake Ballard Assoc. Inc. Ordinary Meeting at the Town Hall. The 'Inside Australia' Exhibition was commissioned for the 2003 Perth International Arts Festival and 51 Sculptures were installed at Lake Ballard 51 kms west of Menzies. The exhibition became permanent when the Sculptures were gifted to the State of WA in 2007. This visit was an opportunity for local 'Insiders' to reconnect with Antony in an informal atmosphere on home ground. Antony and his wife and entourage were treated to an overnight cultural stay at Moropoi Station and then visited Lake Ballard for breakfast Friday morning and the Menzies Hotel, Saturday morning. Lake Ballard is now a major tourism attraction drawing hundreds of visitors to the Lake on a weekly basis.





Behind the scenes - on the opposite side of the road, the volunteers for the St John Ambulance Menzies Sub Centre cooked up a Sausage Sizzle breakfast for the hungry hordes.

















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Menzies Matters

## 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 1340

Mob: 0439 099 754 Email: gavin.ngsrc@hotmail.com



#### NETBALL RESULTS

Round 2 28/0	05/10	- 2
Qr	Leo 1	Leo Girls
1	9	11
2	8	8
3	8	12
4	13	9
Final Score	38	40

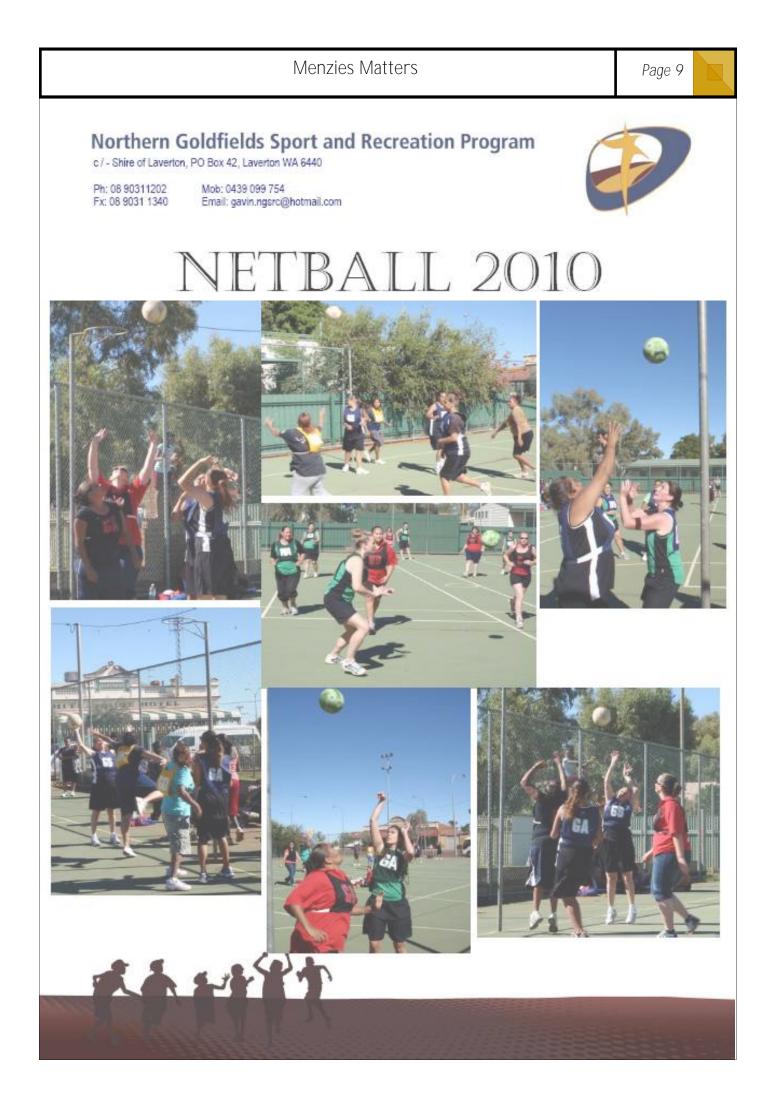
Round 5 29/	05/10	18
Qr	Leo 1	Laverton
1	22	2
2	13	5
3	12	7
4	14	6
Final Score	61	20

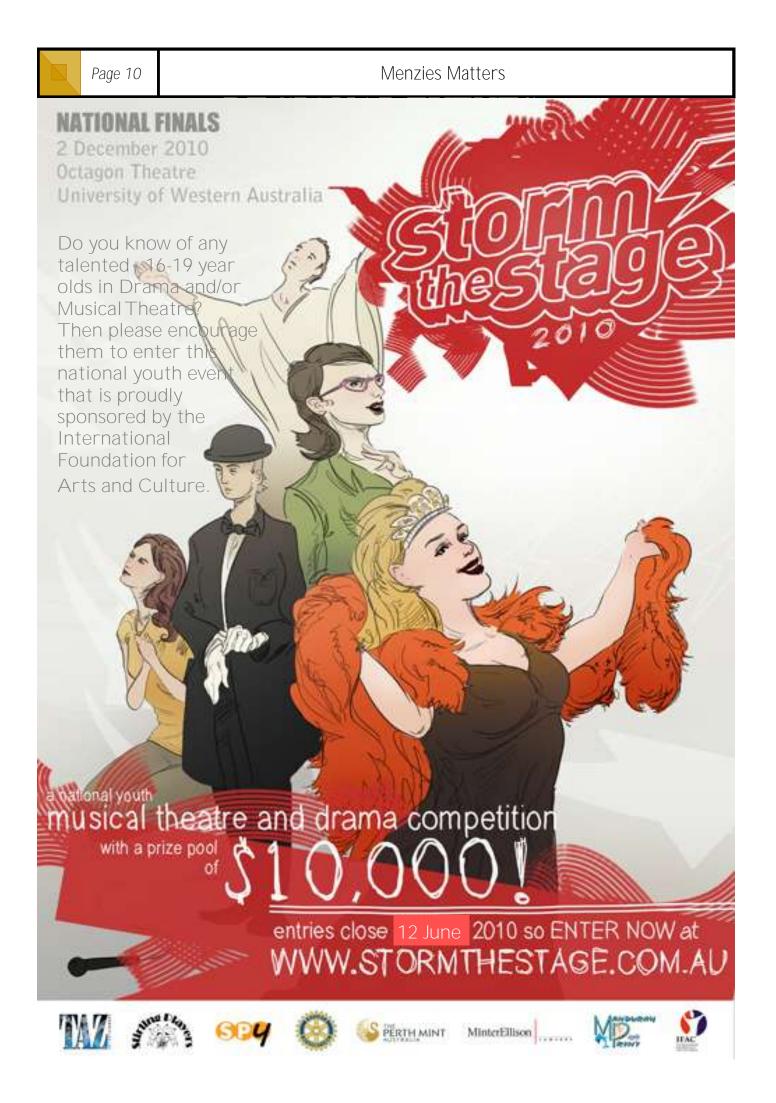
Qr	Leinster HC	Menzies
1	9	11
2	11	12
3	12	15
4	5	19
Final Score	37	57

#### LADDER

Position	Team	Played	Win	Lost	Draw	Points For	Points Against	%	Pts
1	Menzies	4	4	0	0	213	115	182.22	16
2	Leo Girls	4	3	1	0	131	114	114.91	12
3	Leinster	4	2	2	0	187	140	133.57	8
4	Leonora 1	4	1	3	0	163	200	81.5	4
5	Laverton	4	0	4	0	75	200	27.5	0

	Cour	d 1 and I		Saturday 12/06/10	
Teams			Court		Time
a car a paratra a a		Leo Girls	1		10.30 am
			loser plays win	iner of Leinster Vs Leonora 1)	
		Leonora 1	2		10.30 am
(Winner pl	ays lo	ser of Menzi	es Vs Leo Girls	s. Loser is eliminated)	
Round 2					
Loser of M	enzie	s Vs Leo Girl	ls Vs Winner o	f Leinster Vs Leo 1	12.30 pm







# NAIDOC 2010

#### Unsung Heroes 'Closing the Gap by Leading Their Way'

The 2010 National NAIDOC theme is 'Unsung Heroes - Closing the Gap by Leading Their Way'. Many unsung Aboriginal and Torres Strait Islander people have made huge contributions to Australian society. 'Unsung heroes' recognises the part played by the quiet achievers in the Indigenous community, both now and in the past. These heroes lead by taking their own paths, and in doing so, helping other Indigenous people set their own direction for the future. The theme asserts Indigenous ownership of 'closing the gap'. The gaps that need to be closed

include gaps between Indigenous and non<mark>-Indigenous Australians and</mark> gaps in knowledge and understanding.

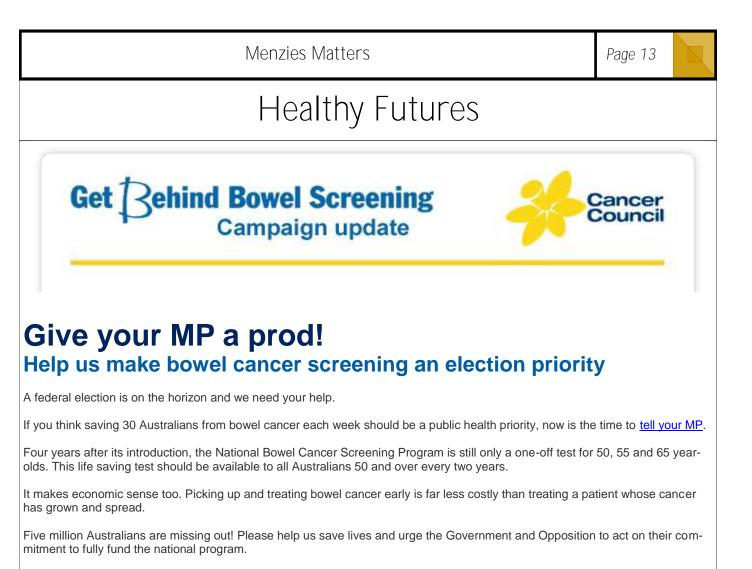
So if you know of any Unsung Heroes in the community or in your family, past or present that you would like to see recognised please contact Lee Bonney on the numbers provided below.

For further information or if you would like to nominate someone please contact : Lee Bonney at CURTIN VTEC 08 90886974 mob: 0488 795 566or By email: 1.bonney@curtin.edu.au



#### Ms Sadie Canning MBE

Sadie Canning was one of the Stolen Generation who grew up at Mount Margaret Mission, and was the first Aboriginal Matron appointed in WA.



#### Susan Rooney

Chief Executive Officer Cancer Council Western Australia

## How can bowel cancer be prevented?

Bowel cancer is one of the most preventable cancers. Lifestyle risk factors attributing to bowel cancer include obesity, physical inactivity and poor diet.

There are a number of things you can do to help reduce your chances of developing bowel cancer including:

- Be screened for bowel cancer using a Faecal Occult Blood Test (FOBT) every two years after the age of 50
- If eligible take part in the National Bowel Cancer Screening Program
- Get at least 30 minutes or more of moderate intensity physical activity on most days of the week
- Achieve and maintain a healthy body weight
- Eat at least 5 serves of vegetables and 2 serves of fruit every day
- Avoid processed meat and burnt/charred meat and if you eat red meat try and limit your intake to 3 or 4 palmsized serves (65-100g) a week.
- If you drink, limit your alcohol intake.
- Quit smoking

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# St John

## St John Ambulance Menzies Sub Centre

Mining Companies, Business Owners, Schools & Householders A wide range of First Aid kits to suit all work or domestic situations are available from the Menzies Sub Centre and can be ordered and purchased by contacting Debbie Pianto on Mobile No: 0410 766 076

<u>ət Julili</u>		
KIT DESCRIPTION	STOCK NUMBER	PRICE
AT WORK		
Workplace Kit High Risk Wall Mountable	1224	\$385.00
Workplace Kit High Emergency Response Portable	7105	\$236.50
Workplace Kit Medium Risk Wall Mountable	1225	\$242.00
Workplace Kit Medium Risk Portable	1229	\$160.00
Workplace Kit Low Risk Wall Mountable	1238	\$140.00
Workplace Kit Low Risk Portable	7100	\$94.00
Workplace Personal Hip Pouch	1211	\$40.00
Commercial Kit	7103	\$204.00
Standard Kit	1220	\$25.00
AT HOME AND PLAY		
Large Leisure Kit – Soft case	7653	\$165.00
Large Leisure Kit – Hard Case	1232	\$165.00
Medium Leisure Kit	7652	\$100.00
Small Leisure Kit	7651	\$55.00
Personal Leisure Kit	7650	\$40.00
All Purpose Kit – Large	1219	\$80.00
All Purpose Lit – Medium	1218	\$55.00
Basic First Aid Kit	1415	\$10.00
Bites Stings Kit – Envenomation	5926	\$30.00
CPR 123 – Personal Learning Program	9450	\$40.00
ON THE ROAD		
Workplace Vehicle Kit	1231	\$72.00
Personal Motoring Kit	5797	\$40.00
Motoring Off Road Kit – Soft Case	7027	\$122.00
Motoring Off Road Kit – Hard Case	5733	\$122.00
ON THE WATER		
Marine Commercial Kit – F Scale	6252	\$590.00
Marine Commercial Kit - G Scale	1235	\$365.00
Personal Marine Kit	1227	\$35.00
FIRST AID MODULES		
Burns Module	0582	\$22.00
Hospitality Module	0581	\$45.00
Child Care Module	0583	\$45.00
Eye Module	0580	\$25.00

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() POST

## () POST

## Australia Post Public Information

## Public notice

## Changes to post charges

On Monday 28 June 2010, for:

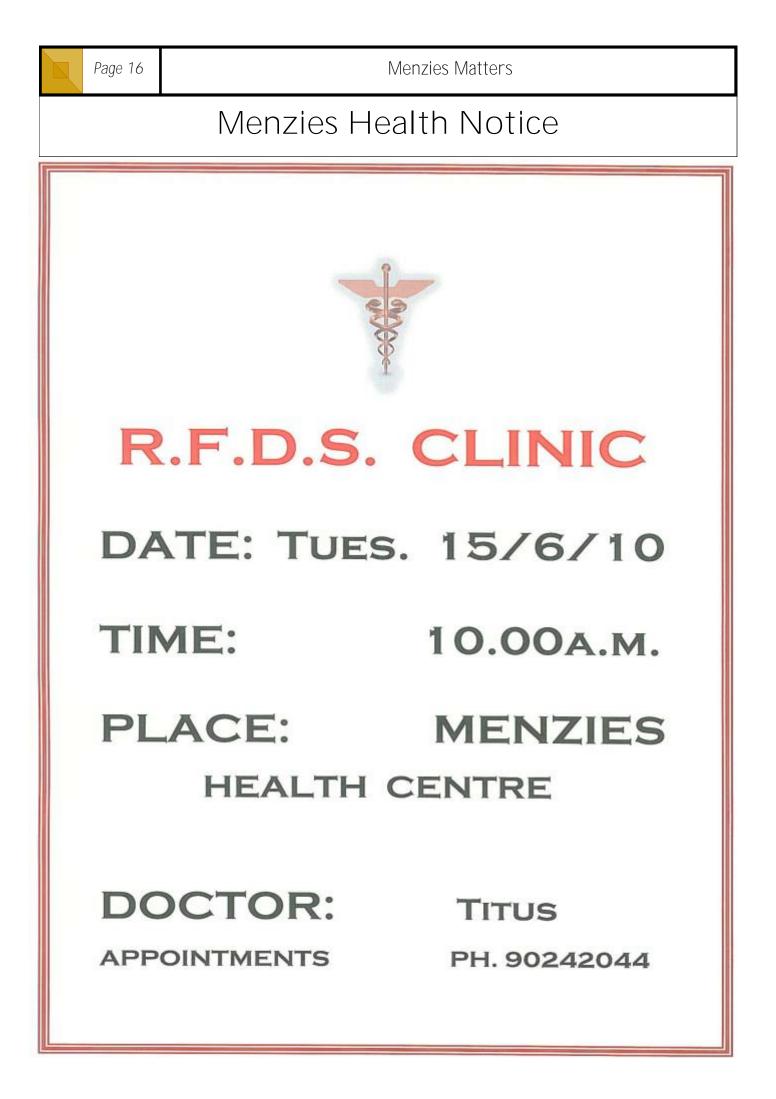
- Domestic Letters
- Express Post
- Parcel Post
- Registered Post
- Unaddressed Mail
- International Post Letters and Parcels.

#### For further information, enquire at the counter.

Ordinary let	ters				Curre	nt Nov	w % chang	e		
Smali Letters	2			2 / Imprint <sup>3</sup> greeting <sup>4</sup>	\$0.5 \$0.5 \$0.5	4 \$0.5	58 7.4%			
Large Letters	- Ordinary			5g up to 250g up to 500g	\$1.1 \$1.6 \$2.7	5 \$1.8	30 9.1%			
Large Letters	– Metered/Ir	nprint <sup>a</sup>		5g up to 250g up to 500g	\$1.0 \$1.6 \$2.7	2 \$1.7	7.4%			
Large Letters	– Seasonal g	reeting <sup>4</sup>	Up to 12	59	\$1.0	0 \$1.1	10 10.0%			
Local count	ry letters				Curre	nt Nev	w % chang	9		
Small Letters	-		Up to 12!	5g	\$0.5	1 \$0.6	56 9.8%			
Medium Lette	ars		Up to 128 Over 125	5g up to 250g	\$0.7 \$0.9					
Large Letters				5g up to 250g up to 500g	\$0.9 \$1.3 \$1.4	0 \$1.4	15 11.5%			
Reply Paid					Curre	nt Nev	w % chang	a		
Annual fee	Per Reply Pai	d number, i	non refunda	able.	\$65.0	0 \$65.0	0.0%			
Small article	Barcoded Unbarcoded	(not correctly	y formatted,	hand addresse	\$0.4 d) \$0.6					
Large article	Up to 125g Over 125 up Over 250 up				\$1.2 \$1.7 \$2.6	5 \$1.9	90 8.6%			
Prepaid env	elopes		Single		1 to	4 packs	of 10	5 or	more pack	s of 10
100 BA	10000000000	Current	New	% change	Current	New	% change	Current	New	% change
Plain envelope DL C6 C5 C4 84	15	\$0.65 \$0.85 \$1.30 \$2.50 \$2.90	\$0.70 \$0.70 \$1.40 \$2.70 \$3.20	7.7% 7.7% 7.7% 8.0% 10.3%	\$6.34 \$6.34 \$12.68 \$24.38 \$28.28	\$6.83 \$6.83 \$13.65 \$26.33 \$31.20	7.7% 7.7% 7.7% 8.0% 10.3%	\$6.18 \$6.18 \$12.35 \$23.75 \$27.55	\$6.65 \$6.65 \$13.30 \$25.65 \$30.40	7.7% 7.7% 7.7% 8.0% 10.3%
One rate work	d postcards	\$1.50	\$1.60	6.7%		_	-		_	
			Single		3	Pack of 5	0		Box of 50	0
Window face DL C6	envelopes	=			\$32.20 \$32.20	\$34.70 \$34.70	7.8% 7.8%	\$309.50 \$309.50	\$333.50 \$333.50	7.8%

1234

All prices are GST Inclusive, except for External Territories where they are as stated but GST free. Subject to Ministerial Notification process. Where postage has been paid by a postage mater or via the use of a postage paid imprint (and paid for by an Australia Post charge account). Seasonal Greeting Card prices available during November and December.



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## Regional Health Notice

	POITIER MEDICAL PRACTICE
	adie Canning Drive, Leonora WA 6438
	Ph:08 90376238 Fax:08 90376799
	<u>-</u> - <b>Ms Helen O'Sullivan</b> will be visiting Leonora on Vednesday 16 <sup>th</sup> June 2010. Appointments please phone 90376238
Retinal Screening	- Wednesday 16 <sup>th</sup> June 2010 from 10.30 am to 2.30pm.
-	ppointments 90376238.
	Ar Francis Lannigan is conducting a clinic (children only) at
	Community Health on 24 <sup>th</sup> June 2010.
P	appointments please phone 90376083.
F	Christine Jeffries-Stokes shall be conducting a clinic at Community lealth on Monday 28 <sup>th</sup> June 2010. lease phone 90376083 for an appointment.
CI C	n Leonora on 29 <sup>th</sup> June 2010. Prior to their arrival, names and phone ontact 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.
5	<u>cian</u> – Dr Sean George will be holding a clinic at eonora on Monday 5 <sup>th</sup> July 2010. Appointments 90376238.
р	avid Whitelaw shall be conducting a clinic at Leonora Hospital - hone 90376238 on Thursday 15 <sup>th</sup> July and Community Health - Phone 90376083 on Friday 16 <sup>th</sup> July 2010.
	<u>d Colposcopist</u> - Dr Robyn Leake at Poitier Medical on Tuesday 7th July 2010. Please phone 90376238

### Media Release Hon Wendy Duncan MLC

Mimber for Mining & Partiese Hegen 1 Partamentary Secondary to the Minister for Respond Development, Lands 1 Partamentary Leader in the Logidation Council

#### Kidney Week focus on rural care

#### 19 May 2010

THE need for better access to treatment by kidney patients in rural WA is being highlighted in the lead up to Kidney Week by Member for Mining and Pastoral, Hon Wendy Duncan MLC.

Ms Duncan said she was regularly made aware of the special needs of people throughout her electorate and the particular needs of indigenous and regional dialysis patients for treatment near home and family.

"When people are unwell the last thing they want to do is to travel hundreds of kilometres from the support of family and friends to receive treatment," Ms Duncan said.

She said she was pleased that Royalties for Regions will be supporting one program working towards addressing these needs. Under the Western Desert Kidney Health Project, a team of indigenous healthy lifestyle workers, medical, community development and artistic practitioners, and indigenous health care service provider organizations will work to reduce disease and diabetes by 20 per cent in ten indigenous communities in the Western Desert Region.

The project's chief investigator Dr Christine Jeffries-Stokes said the project's aim would be achieved through the provision of culturally appropriate, clinical services and community engagement that taught people about the disease process, diet and lifestyle, and other social and environmental determinants.

"Two Healthy Lifestyle Trucks will transport the healthy lifestyle team addressing environmental, social and medical factors that cause chronic disease. The trucks are due for delivery early August however we are waiting to hear when funding for the aboriginal health workers will be available," she said.

"It is important for everyone from all facets of communities to focus on prevention and detection of kidney disease as everyone, indigenous or otherwise, faces similar risk factors," Dr Jeffries-Stokes said.

Ms Duncan said the State Government had signed up to a joint study into the delivery of treatment for kidney disease among indigenous people living in remote communities.

For information about Kidney Health Australia log onto www.kidney.org.au

For information about the Western Desert Kidney Health Project contact Dr Christine Jeffries-Stokes on 9091 0666

	wendy.dur	ncan@mp.wa.gov.au	www.wendyduncan.com.au
PO 8ox 2470	), Esperance WA 6450	Dutton Arcade, Andrew	Street, Esperance WA 6450
ph 08 9071 1500	fax 08 9071 1633	mob 0438 782 034	freecall 1800 622 161

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Department of Consumer and **Employment Protection** Government of Western Australia

#### Consumer Protection

#### Weekly Kalgoorlie Media Topic

Cnr Broadwood and Hunter Street, West 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 - Consumer Protection Division, Goldfields/Esperance

#### Door to door sales caution

Consumer Protection has cautioned consumers on door to door sales, urging people to take care when considering a purchase.

People can make impulse purchases when presented with a professional sales pitch on their doorstep.

It can seem as simple as a 'student' selling what they claim is their artwork to help them get by financially. However, sometimes these sales pitches are scams, and the artwork is actually cheaply produced in Asia.

It is a fraudulent act if sellers claimed to be what they weren't and people who bought from door to door salespeople had the same rights as people who made purchases from a store, such as return rights for faulty goods.

If a purchase is more than \$50, a ten day cooling off period applies. During that time no payment can be demanded or received, and any services cannot be delivered within that time.

Paperwork should also be supplied by the seller, and that paperwork should comply with Western Australian laws, including a clear statement about the right to exercise the 10 day cooling off period.

The consumer should also sight identification for the seller. If these things are not done, then we advise consumers not to buy the product.

Difficulties often arose in locating itinerant sellers to pursue a complaint and, if necessary, to recover monies that had been paid to them.

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

NEWS

rtist' chooses

#### By Nick Rynne and Thomas Nelson

GOLDFIELDS residents are being warned to watch out for people selling fake oil paintings door-to-door after an alleged con artist chose the wrong door and was caught out by police.

On Tuesday night an off-duty poman claiming to be a Frenchman who was "showing" his artwork to people.

Realising this may be part of a scam that has been run before in the Goldfields, the officer told the man she would get her wallet, but instead returned with a camera, which she used to snap a picture and let him

know police were on to him.

"They have probably scampered as I told him he is committing an offence and to stop selling door-to-door." the officer said. "He left my place in a bit of a hurry."

The story is a familiar one for many of those people who were targeted by a similar scam just over two years ago. In April 2008, a local family paid lice officer answered her door to a \$180 for paintings worth little more than \$20 each at the most.

"My husband answered the door and it was a young girl selling paintings," an upset mother of two told the Kalgoorlie Miner at the time.

"She opened the folder and said, "We're a group of students going around selling art, I'll take you

through them one by one and you can same rights as people who made purtell me what you think"."

The group is believed to work in a team of five, going door-to-door trying to pass off mass-produced oil paintings as original work.

The alleged scam is believed to be an international operation, but it is li group.

Consumer Protection senior regional officer Anne-Marie Algefski warned residents to be very cautious Ms Agefski warned against making whenever somebody appeared at their any purchases. door trying to sell something.

She said it was a fraudulent act if sellers claimed to be what they were to contact Consumer Protection on not and people who bought from 1300 30 40 54 and the matter will be door-to-door salespecple had the taken up by an investigator.

chases from a store, such as return rights for faulty goods.

She said if a purchase was more than \$50, a 10-day cooling off period. applied and paperwork which com-plied with West Australian laws, including a clear statement about the unclear if it has links to the 2008 Israe- right to exercise the 10-day cooling off period, should also be supplied by the seller.

If those things were not supplied,

If anybody is approached by the alleged art scammers, they are advised



KALGOORI TE MINER WEDNESDAY, MAY 12:2010 5

Cautionary tale: Police believe this man may be part of a door-to-door art selling scam. Picture: SUPPLIED



## Police News - Preventing Crime





Welcome to the May edition of Preventing Crime. The response to our March newsletter (introducing the new Community Engagement Division) was most encouraging, highlighting many positive examples of community police partnership projects across the State. This latest edition showcases just some of the excellent on the ground programs operated in partnership with Police. We'd love to hear about your project too. Articles for the July edition are now open email david.wray@police.wa.gov.au

#### AFRICAN CUP OF NATIONS FOOTBALL TOURNAMENT



From 15 February to 7 March 2010, the annual African Nations Soccer Tournament was held on weekends at the Gibney Reserve in Maylands. Fifteen African nations participated in this exciting round robin event, sponsored by the Office of Crime Prevention, Department Sport and Recreation, and the Metropolitan Migrant Resource Centre, aimed at promoting a harmonious and safer community for all.

Despite the severe summer heat, all of the matches leading up to the finals were keenly and fairly contested with some close results determined by penalty shootout. At each of these matches there were large community turnouts supporting their individual nations, adding to the great cultural flavour of the event.

In showing their support for the cause, the WA Police Representative Team played two exhibition matches against a wily African Master combination. Despite being the crowd underdogs and the oppressive conditions, our boys battled manfully and won on both occasions.



At the end of the round robin elimination format, the final finishing order determined that Somalia were to play Ghana in the Grand Final, and Sudan to play Zambia, deciding third place.

With a large crowd in attendance the finals took place on Sunday 7 March, firstly watching Sudan comprehensively clinch third place with an impressive clinical football display over a passionate



hard working Zambian team, followed by an epic battle between Somalia and Ghana to decide the tournament winners.

The final was a great spectacle, and it was obvious from the start that these were the best two teams in the competition. The first half was fiercely contested and played at a frenetic pace, with great skills coming to the fore from individual players. There were several close opportunities missed by both sides, but neither capitalised on these chances, resulting in a nil all half time break.

After the break it was undefeated Somalia that really showed their class both psychically and skill wise, lifting the tempo to another level, breaking the game wide open with some precision teamwork and two quick goals. Despite valiantly giving all they had in matching Somalia earlier, and a great team inspired goal to close the scoring gap to 2-1, Ghana was unable to respond further to their fast finishing polished opponents, who seemed to be doing it easy.

With another goal scored late in the match, the game ended with a comprehensive 3-1 victory to Somalia, making them the well deserved 2010 African Nations Champions. West Metro District Superintendent Mark Gilbert presented the winning team with their medallions and the much sought after trophy.

Overall the event was a fantastic success, and definitely achieved its aim of bringing together the various communities for a common harmonious cause. Plans are already in the pipeline for next year's event.

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## Police News - Preventing Crime



## **PREVENTING** CRIME

#### THE DYE IS CAST



The Wickepin Police Rural Watch Program, in partnership with Elders (Farm Supplies) Ltd (Narrogin) and the Office of Crime Prevention, has just launched their anti-fuel theft initiative for members of the agricultural and farming community in the Upper Great Southern region.

The initiative encourages the farming and agricultural sector to security dye all their stored fuel. The security dyed fuel develops a bright pink colour when treated.

Members of the Rural Watch Program were encouraged to work in partnership with the local police by dyeing their fuel and placing rural watch placards on their fuel tanks, premises and agricultural vehicles, outlining a visible deterrent to potential thieves that all fuel stored either in tanks or in vehicles had been security dyed.

The dye is sourced from a leading petroleum company and will be made available to members who sign up to a central register which is maintained by local police and Elders (Farm supplies). This will allow police the keep accurate records of every business or farm which dyes its fuel stocks.

The initiative was launched to combat incidents of fuel being stolen from farms and rural premises, or syphoned from vehicles in the agricultural sector.

Senior Constable Tam McKeown of Wickepin Police stated "Fuel is not only a valuable commodity for thieves. It is a commodity which is virtually untraceable when stolen. This initiative has three significant benefits. We now have a medium to trace stolen fuel and prosecute those caught stealing it. It also makes it increasing difficult for thieves to dispose of stolen fuel as it is reasonable to assume that in some cases the fuel is being stolen and resold at a discounted rate to unscrupulous buyers. It also will play a significant role in discouraging potential thieves from committing such crimes in our rural community, especially with the approaching seeding season. This initiative clearly shows that by working in partnership we can reduce crime in our community and turn the fear of being a victim of crime into the fear of being caught for the criminal". The Wickepin rural watch initiative has over 2,000 square kilometers of farmland involved in the program.

Elders (Farm supplies) Ltd is a fundamental partner in the initiative. Narrogin Merchandising Manager Reece Drayton stated "We are delighted to work in partnership with the local police and the Rural Watch Program to combat thefts of fuel affecting our farming sector and rural communities. The fuel dye comes from a well known petroleum company and costs around \$80 to security dye around 75,000 litres of fuel. It's a small outlay for the crime prevention benefits and peace of mind it provides".

Anyone interested is encouraged to contact Wickepin Police on 98881100 or the Narrogin branch of Elders on 9881 9887.

#### COMMUNITY SAFETY AWARENESS CAMPAIGN GOES WILD



Animals from Red's Roving Wildlife Display were a big hit at the Shire of Capel community safety awareness stall in November.

What can dingoes teach us about community safety? The answer is plenty according to a new community awareness campaign in the Shire of Capel.

The Shire is enhancing its community safety program by using real Australian native animals to raise awareness about issues like Neighbourhood Watch, safe driving and drugs.

A python, a dingo pup, a tawny frogmouth and a bobtail lizard were the main attractions at a community safety awareness stall hosted by the Shire of Capel at a community festival last November.

The stall was accompanied by a range of posters and pamphlets which highlighted some of the similarities between animal behaviours and community safety procedures – for example, dingoes hunt their prey in packs, just like the Neighbourhood Watch team looks out for burglars.

It was such a big hit that the animals have been invited back for a second community safety awareness stall at the Capel Fest, in Capel on 28 March 2010.



## Police News - Preventing Crime



## **PREVENTING** CRIME

#### NEW ROAD SAFETY PROGRAM TARGETS RISK TAKERS



#### **BISK** in action

Young law-breakers in Western Australia's North West are the target of an innovative new road safety campaign which aims to reduce the number of teens being injured on our roads.

Emergency services in Port Hedland and South Hedland have joined forces to deliver the Reducing Injury and Supporting Kids (RISK) program to local teenagers who have broken the law for offences like car stealing, burglary and trespassing.

South Hedland Police Station's Senior Constable Ray Holt said RISK was unique because it warned young people about the dangers of risky road behaviour by simulating a real-life car accident.

"RISK gives participants the chance to see, touch and feel what its like to be seriously injured in a crash," said Senior Constable Holt.

"The aim is to provide these young adults with a real insight into what can happen when they do the wrong thing.

After being rescued from a simulated car wreck, participants are stretchered by ambulance to the local hospital and exposed to hospital trauma procedures.

Later, the teenagers must navigate through an obstacle course of normal daily activities in a wheelchair.

Senior Constable Holt said that although RISK was still in its early stages, he hoped to see a positive behavioural change in many of the teens.

#### HOT OFF THE PRESS!

Nominations for the 2010 Australian Crime and Violence Prevention Awards are now open - closing 16 June 2010. Go to www.aic.gov.au/crime\_community/acvpa/2010.aspa for further details

#### STUDENTS STEP UP TO STOP CRIME

Perth high school students are discovering how they can do their bit to reduce crime as part of an awareness campaign by Crime Stoppers and the Department of Education and Training.

The program aims to raise awareness about Crime Stoppers and shows young people how they can help police stamp out criminal activity in their community.

Julie Reid from Crime Stoppers said the idea was born out of research which revealed many people under 25 years did not have a strong understanding of Crime Stoppers.

The Crime Stoppers hotline has an important function in our community as one of the key avenues to anonymously report information about crimes," said Ms Reid.

"It was concerning to learn that so many of our young people didn't know about us which is why we decided to target the campaign at high school students and spread the word that being a good citizen is a civic and social responsibility.

The project has been successfully delivered in two pilot schools -Southern River College and Kinross College, and we're delighted to now be able to introduce the material to more schools over the next three years."

The Crime Stoppers campaign is aimed at students in years eight and nine.

#### **OPERATION LEEDS TACKLES CHILD ABUSE** IN REGIONAL WA

Child abuse in Aboriginal communities often goes unreported to authorities and police in regional WA are calling on the communities themselves to help tackle the issue.

Police launched Operation Leeds in Roebourne and Wickham last year and have been working with the communities to gain their confidence when it comes to reporting child abuse.

The Officer-in-Charge of Operation Leeds, Detective Sergeant Gary Butler said that while it was difficult to determine the precise rate at which child abuse was under-reported, meetings with key Aboriginal groups in the area confirmed that it was occurring.

"Strong Women are a local group of influential Aboriginal women who are concerned that many cases of child abuse within their community never get reported," Detective Sergeant Butler said.

"We recognised that traditional, reactive policing methods weren't working in this area, so we began meeting with Strong Women to try and change community attitudes about talking to police.

"Classroom visits to local schools, direct interaction with students and engaging other government departments, like the Roebourne Department of Child Protection, are a handful of the ways we've been helping Strong Women to protect their children from abuse."

Anecdotal evidence provided by Strong Women suggests that community attitudes about reporting child abuse to the police are gradually beginning to shift.

#### Crime Prevention

#### CARAWAN PARK Security





Some simple advice to protect your guests and your property.

#### Theft

The most common orime to affect caravan parks is petty theft.

Thieves are generally opportunistic and will steal items if they see a chance.

Common items stolen from caravan parks include dothing from clothes lines or washing machines, food and alcohol from eskies, bicydes, surfboards, wetsuits, fishing rods and other sporting items, mobile phones, laptop computers, wallets and handbags, generators, tools, barbeques and gas bottles.

In many cases, if the opportunity is removed the theft can be prevented.

- Install keypad locks or other locks on amenities blocks to reduce unauthorised use of facilities and prevent crime.
- Encourage guests to lock items out of sight and not leave unsecurable items unattended.
- Mark or engrave property so it is identifiable. If the item is stolen it can more easily be returned.



Tempting Auged

#### Persistent antisocial behaviour

Antisocial behaviour can be intimidating to park users who are doing the right thing. Managers/owners have an obligation to ensure all park users feel safe within the grounds.

If the caravan park is regularly affected by antisocial behaviour consider hiring security guards during trouble times.

They will be aware of who should be in the park and can conduct random security checks to prevent non guests or residents misusing park facilities.

Encourage park users to be considerate of others when planning parties, get-togethers or playing music.

#### **Designing Out Crime**

There are simple elements that can be used to reduce orime and increase feelings of safety in caravan parks.

- One entry/exit point for vehicles can help deter trespassers. Locate the entry/exit point in clear sight of the office if possible. Swipe cards and boom gates will reduce unauthorised entry into the park.
- Clearly define the park boundaries with fences and/or gardens. High wire or barbed wire fences may promote fear of crime in guests, so explore other fencing and boundary options.
- Closed Circuit Television (CCTV) can help identify offenders after an incident and may be a deterrent to orime.
- Thieves will generally avoid high traffic and well-lit areas. Security lighting can effectively reduce fear of crime.

Visit www.crimeprevention.wa.gov.au for more hints about Crime Prevention Through Environmental Design (CPTED).



#### For the manager/owner

Fear of crime can affect a park's relaxed atmosphere, but you can still encourage guests to be security conscious. Guests who become victims of crime are likely to be angry at management if no warrings are provided.

A manager who lives on-site is best placed to respond to problems immediately.

A good relationship with the local police can help ensure the park is included in regular patrols. Park managers can also be kept up to date with crime issues in the area. Giving police security access cards and park maps helps promote a quick response when needed.

By joining industry bodies, park managers can receive legal and management advice and other support. A recent study has found one quarter of caravan parts have experienced crime or antisocial behaviour problems. Most offences were opportunistic.

This bruchure provides some simple advice to help park managers and owners reduce the opportunity for crime and make visitors feel safer.



Preventing crime is everybody's business

www.crimeprevention.wa.gov.au

- www.goodbyegraffiti.wa.gov.au
- www.burglarbeware.wa.gov.au
- www.leaverswa.com.au

www.nhw.wa.gov.au

IMPORTANT CONTACT NUMBERS					
Police assistance	131 444				
Emergency	000				
Emergency – mobile phone	112				
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

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## Tourism News



It's our third time to visit- Hong Kong

History Well Presented - Rye

## DESERT KNOWLEDGE AUSTRALIA VIRTUAL MEETING PLACE

Desert Knowledge Australia based in Alice Springs every six weeks conducts meetings with their contacts in Tennant creek, Broken Hill, Port Hedland, Geraldton, Port Augusta, Kalgoorlie-Boulder, Longreach and Mt Isa using a Cross Border Virtual Meeting Place an audio-conference supported by a Wiki page. This saves many people travelling over long distance to discuss issues of importance, showcase examples of good practice and identify opportunities for collaboration. Virtual Meeting place has been supported by Telstra since March 2003. Diving force behind this wonderful initiative is Mike Crowe, Networking and Communications Manager, Desert Knowledge in Alice Springs. To see what this achieves just visit http://virtualmeetingplace.wikispaces.com/VMP+56

Reproduced from Advance Tourism Snapshots May 2010 www.advancetourism.com.au

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#### 2010/11 State Budget

One of the major outcomes of the State Budget announced by the Premier and Treasurer today was a major transformation of Tourism Western Australia (TWA) aimed at delivering greater business growth for tourism operators and investors and to increase the tourism industry's contribution to the State's economy.

In conjunction with the handing down of the State Budget Kate Lamont the Chair of TWA announced that TWA would focus on three key operational areas to increase visitor numbers. These are:

- Marketing the State as a competitive tourist destination.
- Developing, attracting and marketing major events.

Supporting significant tourism infrastructure and development projects.

Tourism Council WA Chief Executive Officer Graham Moss welcomed the re-structure which he said "was something the tourism industry had been advocating for some time".

"Kate Lamont and the Board of TWA are to be congratulated for listening to the industry's concerns about the small proportion of TWA's budget that is actually spent on marketing to attract tourists to this State" Moss said.

Moss said that "the additional \$31m in funding over the next four years that will be freed up from the restructure will be directly invested into marketing Western Australia as a tourist destination. This will have a significant positive effect on the tourism industry in WA".

Moss also said that TWA's sharper focus on delivering significant tourism infrastructure projects such as national and international aviation to the Margaret River region, developing Broome as an international aviation gateway and attracting more quality hotel rooms in Perth would also provide a major boost to the tourism industry".

Moss said that "Any major re-structure comes at a cost and that the decision to close TWA's seven regional offices would not be welcomed by certain sectors of the industry however a portion of additional funding of \$12.4m over the next three years would be used to transition some of the services currently delivered by its regional staff into other agencies such as Regional Development Commissions and the Small Business Development Commission".

Moss said that "while the re-structure of TWA was a positive for tourism in this State there was concern over the significant reduction in funding for TWA particularly in event tourism in the forward estimates from 2012/13".

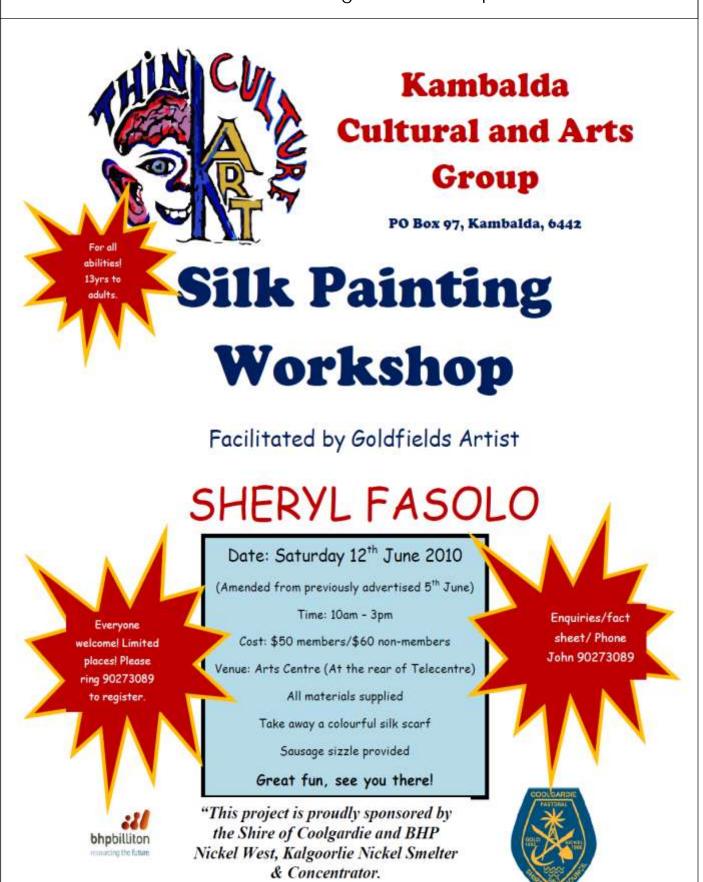
"Event tourism, whether they are sporting, cultural or business events play a significant role in attracting tourists to WA and showcasing WA to the rest of the world". He said that "TWA as part of its refocus would be developing a new major events strategy and I urge the State Government to provide sufficient funding to support this strategy".

Moss said that "the Tourism Council WA looked forward to working with the Government and the Board of TWA to maximise the outcomes of the new strategy and business model for TWA".

END



## Silk Painting Workshop



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1800's

900%



2000's

# What is the future of Kalgoorlie's water

Have your say, explore the future, and enjoy a sundowner with us at the Community Water Expo

Wednesday 16 June, 4.00pm to 6.00pm Banquet Room, Kalgoorlie Town Hall

Prizes to be won!

For further information contact, Dr Helen Allison Tel: 0419958296 Email: H.Allison@murdoch.edu.au









www.murdoch.edu.au



Dear Stakeholder

#### GOLDFIELDS-ESPERANCE REGIONAL DEVELOPMENT PLAN (THE PLAN)

The Goldfields-Esperance Development Commission (GEDC), in partnership with Regional Development Australia Goldfields-Esperance (RDAGE), is currently facilitating the development of a **whole of region** Goldfields-Esperance Regional Development Plan (the Plan). You are invited to provide input into this plan.

The aim in developing the Plan is to provide a mechanism through which Local, State and Federal Governments, service providers, community groups, business and industry can identify and support projects that will assist in the development and sustainability of this diverse and unique region.

It is becoming increasingly apparent that the future sustainability of the region will be determined by environmental, economic, social and governance circumstances increasingly shaped by global as well as state and national influences – many with long term consequences. It is also becoming increasingly obvious that we need to develop new ways to understand and take account of the long term issues that will influence the future sustainability and development of the region, so that they can inform the development of short, medium and long term strategies that can adequately deal with these issues.

As such the GEDC and RDAGE are jointly developing the Plan on the basis that it should facilitate the development of long-term strategic policy positions and initiatives that allow existing and emerging issues to be addressed, as well as the opportunities inevitably arising out of the evolving circumstances to be appropriately exploited.

The Plan will facilitate a practical approach in identifying short to medium term initiatives (2010-2020) that will contribute to the achievement of the long term goals on the basis of a 25+ year time horizon.

In developing this approach, it is imperative that all key regional stakeholders not only have the opportunity to shape and give direction to the development of the Plan, but also play a fundamental role in its implementation and the development of the region.

To ensure that stakeholders have the opportunity to provide informed input and comment, enclosed is a preliminary document that will aid you during your deliberations.

Consultations with key regional stakeholders will begin in June 2010 and therefore we ask that your organisation begin to think about your long term aspirations for the region and how best those aspirations can be met in the context of this ten year Plan. Your thinking should be set within the context of the regional setting.

It is in the interests of all in the region that the Plan is completed as soon as practicable so that funding opportunities can be sourced and for significant regional projects to be progressed.

The GEDC and RDAGE will be contacting you to arrange a suitable time to meet. Should you have any queries regarding the Plan please do not hesitate to contact Janice Kendall at the GEDC on 9080 5009 or Brian Kealley are RDA on 9091 6051.

Yours faithfully

Graham Thomson Chairman Goldfields-Esperance Development Commission

Mal Osborne Chairman Regional Development Australia Goldfields-Esperance

Menzies Matters	Page 29
GOLDFIELDS GOLDFIELDS SPERANCE COLDFIELDS COLDFIEL	ent Initiative
Goldfields Esperance Regional Development	Plan
You are invited to attend a planning session for business and industry groups to assist in the the Goldfields Esperance Regional Development Plan to be conducted on 15 <sup>th</sup> June 2010.	development of
The development of the plan is being facilitated by the Goldfields-Esperance Development Regional Development Australia Goldfields Esperance and your input will be greatly app unable to attend could please ask another representative of your organisation to participate. A discussion paper for you or your representative to review prior to the session is available if re	preciated. If you are
Details of the planning session are:	
<ul> <li>When: Tuesday 15<sup>th</sup> June 2010</li> <li>Where: Hannan's Club <ul> <li>44 Brookman Street,</li> <li>Kalgoorlie</li> </ul> </li> <li>Time: 9.00amto1.30pm (Working lunch provided)</li> <li>RSVP: 10<sup>th</sup> June 2010 (for catering purposes) to <u>admin@rdage.com.au</u> (including definition)</li> </ul>	late and time)
Please ensure you copy Janice Kendall and Brian Kealley in to your RSVP.	
Regards	
Robert Hicks	
Chief Executive Officer	
GOLDWELDS	
Goldfields Esperance Development Commission PO Box 751 Kalgoorlie WA 6433 Ph 08 9080 5000 Fax 08 9021 7941 Learn more about GEDC at <u>www.gedc.wa.gov.au</u> Read our newsletter at <u>www.gedc.wa.gov.au/fr-newsletter.html</u>	



## Menzies Remote Community School Newsletter



Menzies Remote Community School Gregory Street, Menzies. 6436

#### PLAYGROUP

#### Playgroup will begin on TUESDAY 4<sup>th</sup> May. All parents and children 3 and under are welcome to attend.

One of our priorities in the school development plan is to target children in the early childhood area in order to support them and their parents on a lifelong road to positive learning. Ms Walker is currently working with the

K-2 group and we will be working with the 0-3 group by running a playgroup at school once per week.

Kellie Tucker who is in year 11 and is undertaking early childhood studies and myself will be planning for and running a playgroup every Tuesday from 11am until 12 in the donga at the end of the basketball courts.

Parents please remember that the format will be the same as for last year, if your child attends then you need to attend as well. You cannot drop your child off and pick them up after.

Thanks to Alana Cameron for volunteering to help with playgroup. Alana did some training in this area a few years ago and will be a big support for Kellie and myself.

#### LITERACY & NUMERCY

This term each primary class will be introduced to Literacy Back packs. These packs will contain a writing book, soft toy and writing materials. Children in each class will take it in turns to take their class back pack home to write in about their adventures with the soft toy at home. The pack needs to be returned the next day for other students in class to take home. It is expected that parents will assist students to write in the book. Children may want to write about what their family is doing at home or any interesting news they may have about their pets, family or a family occasion such as birthday party etc.

Shopping and Cooking can provide valuable literacy and numeracy experiences for children of all ages.

Some of the experiences/activities you can provide are:

- Writing or drawing a shopping list together. Encourage your child to find items while shopping. Older children can compare prices.
- Look at junk and mail catalogues and talk about items you could buy. Let children pretend they have a certain amount to spend, then let them list items which will give the best value for money.
- Read and talk about signs and labels. •
- Let your child use scales to weigh items. ٠
- Let your child handle the money and work out how much change they should receive, how much to give etc.
- Cook recipes together. Read and talk about the recipes.
- Measure ingredients together and help your child to understand the different kitchen items used to weigh or measure different ingredients.

Talk about the finished recipes colour, taste, texture etc.

Most of all - have fun with your child during these types of activities.





## Menzies Remote Community School Newsletter

#### BOOKCLUB

We are trying to promote reading as fun, relaxing and enjoyable for all students.

We will be sending book club orders home for you regularly.

If you wish to order any items please fill in the order on the back of the pamphlet you have received and send it back to the school with the correct amount of money. Peter our school officer will receipt the money and place the order for you. It does take a few weeks to receive the book orders.

#### SNAPSHOTS PROJECT

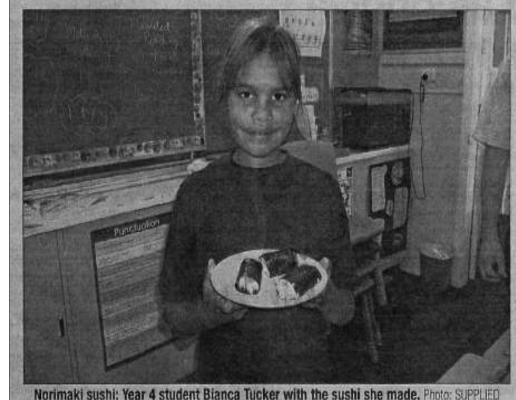
Students will begin walking around Menzies and discussing buildings and features in the town of interest. Please be aware if you have not signed your child's permission form, your child will not be able to participate in this part of the project and will be staying at school with a teacher.

The high school students will combine this project with daily fitness and will do some sketching and walking each day. Can parents of these students please sign the attached permission form and return.

Thanks,

Susan Oliver Principal

## **Menzies kids turning Japanese**



STUDENTS from Menzies Remote Community School were turning Japanese last week, making their own sushi as part of the language program.

They learnt about Japanese culture and customs before working with sushi rice and nori (seaweed paper).

"They have been learning about the many different kinds of Japanese cuisine and trying their hand at rolling their own 'norimaki' Sushi," languages teacher Jarrod Hector sald.

"For many students it was the first time they had eaten sushi and they also learned some basic language involved with eating customs in Japan."

> GEORGIA FOULKES-TAYLOR

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Menzies Matters

## Menzies School Ghost Molly



#### MENZIES Remote Community School's resident ghost Molly has spooked and baffled staff for nearly a century.

Principal Susan Oliver was working late one night setting up the junior classroom, by undoing a lacing frame and pinning curtain covers over a bench. She left the room for a short while and returned to discover that "the frame was tightly laced up, the curtain was on the floor and the pins were at the other end of the room".

Susan was philosophical about what happened and said Molly "obviously didn't like my choice of curtain material."

Similar spine-chilling accounts abound of doors slamming shut on stagnant nights, footsteps walking the hallway at night, the sudden brush of cool breeze in enclosed rooms, and the feel of somecne touching your shoulder or tugging your hair.

According to the Eastern Goldfields Historical Society, Molly Findlater-Smith was a teacher in the junior classroom in the early 1900s. Her long dress caught on fire while she stood in front of an open fire to read to her class. She tried to beat the flames with her hands but quickly became enveloped in them.

A young boy sounded the alarm and when the headmaster arrived, he grabbed some flags and other mater al to extinguish the flames. Doctors arrived soon after but despite all the medical care, Molly died a couple of days later and was buried in Kalgoorlie in July 1924.

Molly may have played an invisible hand in preserving the school's important place in WA's history. The school, built in 1898 during the population explosion in the Goldfields, was permanently listed on the State's Heritage Register late last year.

Heritage Council executive director Graeme Gammie said the school was iconic of its era when buildings were put up as quickly and cheeply as possible.

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## Healthy Wealthy Wise



#### The Bible – should it be taught in Schools?

by Maureen Tucker

The education system could be improved by introducing the Bible into the school curriculum.

Many forms of literature appear in the Old Testament alone. They include love, poetry, songs, riddles, hymns, essays, fiction, history and proverbs. The Bible could be implemented through literature and art. Great authors quoted from the Bible, authors like William Shakespeare and Mark Twain. There have been a lot of beautiful paintings like The Last Supper and The Crucifixion of . Christ, done by well known artists. The Bible is the most widely read book in history. More copies have been distributed of the Bible, than of any other book. It has been translated more times into more languages than any other book.

The Bible is still the world's best seller.

Children should be taught about the Bible from an early age. Some unfortunate children have no moral teaching or examples at home due to divorce, drink or drug problems. The lessons in the Bible will help them understand right from wrong and develop personal morals. When the children grow older and leave school the 'Word' will stay with them.

'The English Bible, a book which, if everything else in our language should perish, would alone suffice to show the whole extent of its beauty and power.'

Teaching the Bible to children at a young age establishes an understanding of right and wrong. The underlying principles of Christianity should be the basis of the way we conduct our lives. 'Do unto others as you would have them do to you.'

The case against introducing the Bible into the school curriculum is that a lot of children in our schools belong to religions other than the Christian religion. Many would therefore feel that it would be inappropriate to expose their children to other than their own religion.

What is in the Bible is true to most religions, so I can see no reason that its use should be objected to. Teachers would be instructed to be guided by a code of conduct not to misrepresent the Bible to students.

The case for its introduction is so strong that the Bible should be introduced into the school curriculum.

THE BIBLE



## Spinifex Art Gallery



### Frank Davies

#### **"Nguruku"** May 2009 \$1150

Frank Davies is an initiated man who was born in the Great Victoria Desert at Kumpurapa Piti. Kumpurapa is a very sacred place with unusual rock formations in the north of Spinifex country. Its Tjukurpa (dreaming story) cannot be discussed openly. Frank is able say that Kumpurapa Piti is a place where lots of bush foods can be found such as algoorli (small bush raisin), wirin-wirin (small yellow fruit) and tjuratja (lovely sweet substance found on trees). Frank grew up in this area with his parents and later to moved to Cundeelee Mission. He now lives at Tjuntjuntjara Aboriginal Community with his family and stills spends time hunting traditional bush meat and travelling great distances at certain times of the year for ceremonial purposes.





Unstretched Artwork Size -1000mm x 1200mm

Spinifex Art Gallery is inside the 'Former' Lady Shenton Hotel. Shenton Street, Menzies Story & photo reproduced with kind permission from Ilkurlka Community.

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

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

# June Birthdays

Happy 21st Birthday to Katie Lenane - 2nd Travis Tucker -10th Happy Birthday also -Robyn McCarthy - 2nd Brently Williams - 3rd Shenae Tucker - 6th Kevin Dorizzi - 14th Shania Cameron - 25th Alana Cameron - 30th

If you would like a birthday listed in future months of the Menzies Matters, please contact Robyn on 90 242 702or visitorcentre@menzies.wa.gov.au

Have a Great Day !



#### 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 Kilf, Breast Care Nurse for the BCFWA and Paula Hicks, Indigenous Program coordinator on how the BCFWA supports women and families in Kaigoorlie-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

WA Cervical Cancer Prevention Program

One Test

#### 15 minutes

#### Every two years.

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

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

Part Section of Section

Related Constant Researcing Program

WOMEN'S

Councer

LEONORA COMMUNITY HEALTH Appoints Ph: 90 376083

POITIER MEDICAL PRACTICE

LEONORA

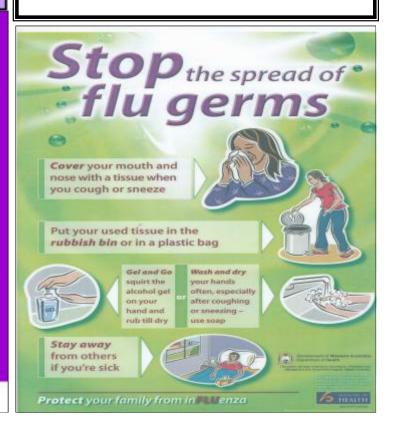
For Appointments Phone Bev 90 376 238

#### 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





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## 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 <u>13 11 26</u> IF URGENT CONTACT 000 or SHIRE: 90242041 / A.H. 90242051 POITIER MEDICAL PRACTICE **LEONORA** DR APPOINTMENTS - Ph: 90376238 EMERGENCIES - Ph: 90804300 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



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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.





# Community Notice Board



## **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





\$5,000.00 Reward for any information leading to the conviction of person or persons who broke into Riverina Station Homestead. **Contact: Don North Riverina Station** Ph: 90 242048

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# Community Notice Board



### KALGOORLIE - ESPERANCE

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For your FREE delivery phone Peter & Sheryl Edmeades Mobile: 0419 121 164 3 Alderdice St, Kalgoorie WA Email: edmeades@westcoastseafood.com.au www.westcoastseafood.com.au

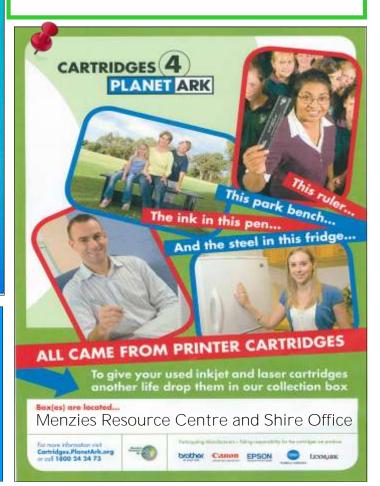
WESTCOAST SEAFOOD next visit to MENZIES will be on July 8th and all the dates for future months marked in red on the Calender above. Phone in advance for special orders.



## <u>Phone Recycling</u> <u>Points in Kalgoorlie</u>

Dick Smith Electronics - Brookman St United Credit Union Limited - 347 Hannan St Vodaphone 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 II Hannans B'Ivard Harvey Normans - Southlands, Oswald Street

## www.recyclingnearyou.com.au





# Glimpses from the Past - Cobb & Co.

### **Glimpses From the Past**

### Cobb & Co. Coaches

Cobb & Co. [original owned by I. J. Cohn] came to Western Australia in 1880 and was used for the Royal mail from Perth to Albany. In 1894 the business was sold to Marwick and Wilkinson, but two year later later Nicholas and Kidman [later Sir Sydney] bought the business for £10,000, and continued to run the firm under it's original name extending the service to the goldfields.. It was not long before the concern paid for itself, because it was boom days where money was no object particularly where transport to and around the goldfields was concerned. Coaches would run from Coolgardie to Kalgoorlie, Bulong, Edjudina, Broad Arrow, Paddington, Menzles, Niagara, Mt. Malcom, Laverton, Leonora, Lawlers, Wiluna, Black Range and Mt. Magnet.

In March 1896 following a heavy downpour in the Cane Grass / Goongarrie area the Menzies coach when within site of the Cane Grass Swamp Hotel came across an immense body of water flowing like a torrent. Teamsters and others were waiting for the water to subside but the coach driver Tom McCannon, after a survey of the water decided to cross. Though the coach had four passengers and carrying mail, with having a good team of horses, the load being light, there is no reason to question Mr McCannon's determination to cross. At 4.30pm, they made a start and had gone about 60 yards before the current washed the leaders off their feet, and despite the drivers effort, the horses in fright turned to come back to land. Then the poler and coach sank and gave a lurch over, luckily a passenger, Mr. Kennedy jumped out of the top of the door and swam to some saplings, the other passengers climbed on top of the coach.

Mr Welford [passenger] set to cut the horses free and after a desperate encounter with the plunging steeds he succeeded in setting free the two leaders. The polers were all the time plunging and kicking is a fearful manner, they could not be loosened from the coach and so unfortunately these two valuable horses were drowned, the current being very strong and deep.

The driver ,passengers and mail was saved.

Taken from Newspaper cuttings and Mr Duke Stewart written account of the dramatic event.

Images copyrights of the Eastern Goldfields' Historical Society Phone 08 90933360 Email eghs@westnet.com.au Website www.kalgoorliehistory.org.au

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Information kindly provided by -Robin Bowden from the Eastern Goldfields Historical Society Inc. Kalgoorlie.

A book that covers this topic comprehensively is a Hesperian Press Publication titled -'Cobb and Co. in the Golden

West'. Edited by Gail Dreezens, Phil Bianchi and Peter Bridge it can be purchased direct from Hesperian Press (08) 93625955 www.hesperianpress.com or from one of the many Hesperian press books at the Menzies Visitor Centre (08) 90242702



NORTHERN GOLDFIELDS - All Aboard!

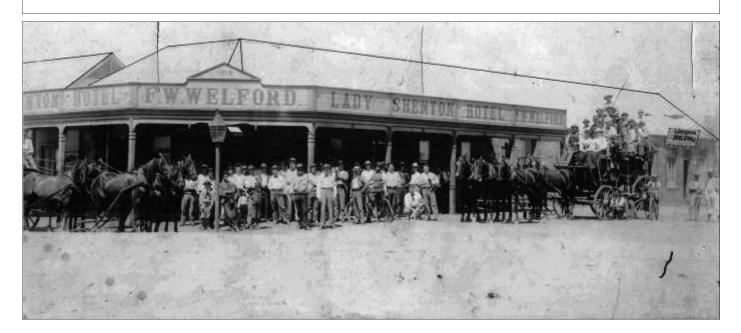
Page 41

# Glimpses from the Past - Cobb & Co.



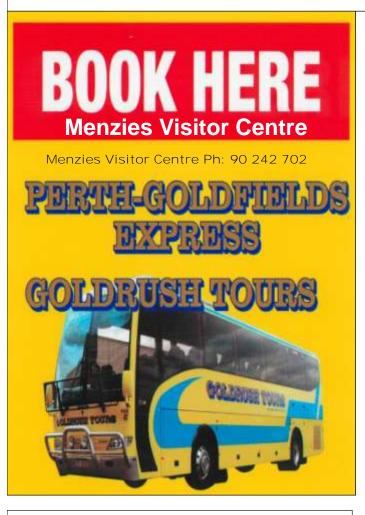
Above & Below - Circa 1895 -1906

The Cobb & Co. Booking Office adjoined the Lady Shenton Hotel in Menzies and in its peak years it would have been a prime accommodation location for many a weary traveller to the Northern Goldfields.





# Getting about the Goldfields



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

IMEIAGLE BY BUIME OLYO//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 A	RRIVE 11.45 am
DE	EPART 12.00 pm
MURRIN MURRIN TURNOFF	12.45 pm
MT MORGAN TURNOFF	12.55 pm
LAVERTON	1.30 pm

## Laverton to Kalgoorlie

IMETABLE 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** ickets can be purchased from the Kalgoorlie Goldfields Visitor Centre or online at

www.goldrushtours.com.au

### MAY 2010

Yeelirrie Project Update



BHP Billiton thanks all communities for their ongoing interest in the Yeelirrie Project. This Project Update provides you with the latest information on our current activities.

A warm welcome is extended to the Sandstone community which is now represented on the CRG by Beth Walton and Adam Seiler. We look forward to providing more information to Sandstone through Beth and Adam as the Project progresses.

### **Transport Options: Public Comment**

Uranium oxide concentrate has been transported safely and routinely for more than 45 years. During this time, there has never been a transport incident that has caused significant radiological impact on people or damage to the environment.

While there are numerous dangerous and hazardous goods which are already transported daily throughout the Goldfields region, BHP Billiton understands that communities in this area may have less familiarity with uranium oxide concentrate (UOC) and therefore more concerns about risks of its transport. As a result, the Company will continue to provide factual information to help build understanding and awareness, but is also working hard to address these concerns.

Since presenting the Yeelirrie Project transport options to communities in Kalgoorlie, Leonora, Menzies and Wiluna in February, BHP Billiton has received feedback which showed that the Parkeston opportunity was favoured. BHP Billiton is listening to this feedback and is now undertaking more investigations into Parkeston, and is working with industry, the State Government and other parties to progress this option as a multi-user, multiproduct intermodal transport hub.

Additionally, a potential option of transporting completely via road to South Australia as a short-term interim solution in the early stages of the project has been identified. This would remove the passage of UOC on current rail infrastructure. BHP Billiton is now also investigating this option.

### Community Reference Group meeting

The Community Reference Group (CRG) met on Thursday 15 April in Wiluna to hear guest speakers discuss the mining process, water studies, dust suppression and tailings. Many interesting facts were discussed, including:

- The only equipment proposed to be used includes one excavator; up to six trucks; two dozers, one grader, two water carts, one loader and one fuel surface truck.
- The dust management strategy includes minimising dust through engineering design, sealing roads, water sprays and dust suppressants, and ongoing monitoring will be done at world's best practice.
- Tailings storage in the pit is showing to be a more environmentally friendly option, with many measures being designed (including monitoring over many years) to ensure no seepage occurs from the mine after closure.

Community members are welcome to contact their CRG members to find out more information about the presentations given by the guest speakers. The next CRG meeting will be held in Menzies in June, so again, please get in touch with your local CRG representative if you have any questions or concerns you'd like to raise for this session.

### **Community Consultation**

Coakes Consulting has sent the results of the Social and Economic Impact Assessment through a Community Information Sheet to all communities. Coakes Consulting is preparing a report from the surveys to be included in the final ERMP. BHP Billiton will be running some more community information sessions in the next few months on tailings, mining and water usage, so please keep a look out for more information.

### Golden Gift

BHP Billiton is proud to be providing a \$10,000 sponsorship for this year's Leonora Golden Gift, which promises to be a great event for the people of the north eastern Goldfields. While the Yeelirrie Project is still in the pre-feasibility study stage and community investment initiatives are usually only considered for operations, BHP Billiton has supported this event given its importance to Leonora residents and surrounding communities.

### **Community Reference Group**

The CRG is your first point of contact for enhancing communication and consultation for the Project. Each member has forms to record and forward to BHP Billiton any queries or concerns about the project that you may want to raise with the Company.

### For more information

Please contact the Yeelirrie Project's Community Relations representative, Carolyn Walker, on (08) 9450 1445 or email YeelirrieProject@bhpbilliton.com or your local CRG representative:

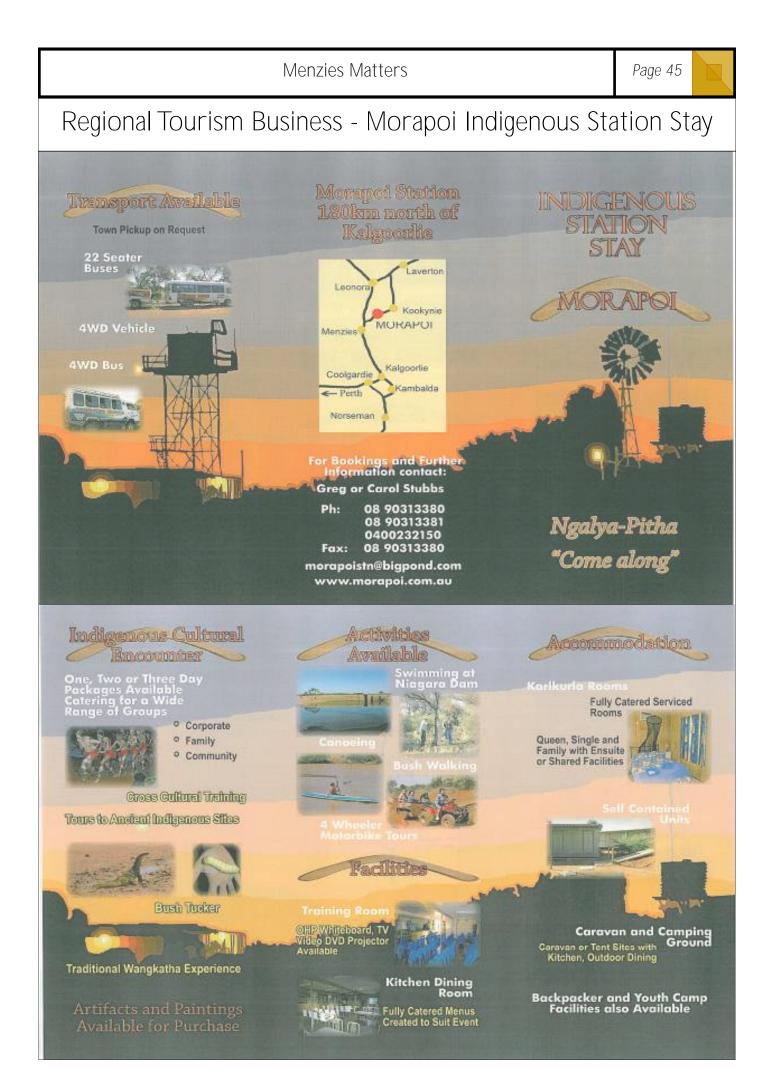
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Leonora	
Jeff Carter	jrcarter@bigpond.net.au
Peter Craig	peter.craig@bagden.com.au
Menzies	
Greg Dwyer	riflepoint@bigpond.com
Jamie Mazza	yundaga@bigpond.com
Kalgoorlie - Bou	ılder
Rob Northcoat	robert.northcoat@kalbould.wa.gov.au rn@robertnorthcoat.com.au
Scott Manners	scott@manners.com.au
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# Small Business Workshops

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If you are thinking about starting a small business, it is essential research your idea and your suitability to being a small business Join us for a complimentary session to find out what is involved a to start a small business. • Your Suitability to Ovening a Business • Skills required for Operating a Business • Business Structures • Understanding the meaning of income Tax, GST & PAYG	owner.	All A	A burliness map or gol to work with or os compi Business Ph of recoords manageme business ar secure stiert	plan will provide you with a blueprint de at a proposed or existing bulines its for the future and can be as simple les as you require. The second for a wide verifet which can bedudin making sure the man operational espects of a sunderstood prior to commenting to a finance to investigate have a
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Tuesday 15th June 2010 9am to 11.30am Kalgoorie - Boulder Business Development Centre 171 Procadily Street, Kalgoorie WA 6430 No Cost to Attend, Registrations Essential		Business Objectives     Morketing & Operational Strategies     Homen Researces     Financial Projections     Each participant will receive a workbook     describing odd step in detail induding tips     exemptes, deadlast and information sources, a     writt as a CD-Rom.		Tuesday 22nd June 2010 9.00am to 1.00 pm Kalgoorlie-Boulder Business Development Centre 171 Piccadilly Street, Kalgoorlie \$55 per person inc. GST Includes workbooks & morning
Registration Form	lannanna an an	To regimer your place of per BUSINESS PLANNING	Registration Form	198
To reserve your place at our Business Starter's Workshop, please ore 9021 8570, email us at admin@sbcgoldfields.com.au or post you 8430. There is no charge to attend this workshop.	relete and tax this form to ar form to PO Box 10389, Kalgooitie WA	to regime your proce in our sources in control of admin@sbegoldfields.com.av or poet your form Kalgoorte, WA, 6430, with payment (\$55.00 per p 980.	to the Small Business C	antre Goldfields, PO Ecc 10389,
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Please join us for a funtastic function with Local business awner Vikki Brawn in the sixth presentation of our Women in Business Inspire Program.	business	Hit BIZFIT Local Busin	u could s un designed as help we regardless of the econo ness Forum	ou natain your business omic canditions.
Vikki has owned and operated Gravity in Kalgoorfie-Boulder fo nearly five years and her philosophy is to keep herself	IF	<ul> <li>Avia quantitions about the future of your res Get practical ideas you can use immediate</li> </ul>	aim and how that forms	
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Vikki has been recognised for her achievements in business through the Kalgaorlie-Boulder Chamber of		Financia Complete Com	m 11.00mm	a services to at the Small Dustions
Commerce Business Awards soveral times over post five years and has represented her business at various Australian and International industry competitions.	<sup>6</sup> Friday 258h Jane 2010 Rollony Josef & Finistion Cantre Cur Fornest & Wilson Streets	Ralway Hotel 51 Forest Street, KALGOORLIE 520 each - Includes CS1 and Tune		n Bandharab, domeste on 2018 en von globegendhools commun. Then over her en potrobert domest
Please RSVP by Manday 21st June 2010 to the Small Business Centre Goldfields on 90217708 or via email to udmin@sbcgaldfields.com.au.	Kdyporlie 12 work to 2pm 135 per person	You might also be interested BIZHT Public Check - a tecore of		nt state of your bullives.
	Luncheon and Leonglinentary drink provided	BiZFIT Extend a two day practical management. All this for only \$220	program which explores	friancials, marketing, strategy and people
Numbers are limited for this event. Cancellation Policy: All cancellations require 24 hours notice. Full attendance fees will apply after this time.		Coming to more locations actuse the Stat You can contact the RUSH team by phone us where you live, and we'll let you know wh event details are lated on the Small Business present details are lated on the Small Business present and the second second second second second the second s	131 IBE 11XI Q40 or en ten we will be in your:	area. Further information on B/2Fi1 and
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# Local Business Info

Menzies Hotel Open from

12noon 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 7.30pm Sunday -7.30am to 12 noon I ocated **Cnr Shenton & Wilson Streets** Where you turn off to Lake Ballard Sit Down & Takeaway Meals & Grocery lines LPG Bottle Exchange





70 kms NE of Menzies

Outback Pub in a Living Ghost Town. Visit the new Information Bay, pick up a brochure and wander the town site seeking the 'ghosts' of the past. Visit Nearby Historic Niagara Dam, Picnic & Gas BBQ Facilities, Toilets, Camping and Two Walk Trails.







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June 2010 ISSUE 18

Menzies Matters

### In Good Health - June 2010

# **Bowel Cancer**

Bowel cancer, also known as colorectal cancer, is the name for any cancer of your large bowel (colon) and rectum. Your large bowel is the last section of your digestive system which processes food waste into faeces. Bowel cancer can occur at any age but is most common in people over the age of 50.

In Good Health

Usually large bowel cancers develop from small, non-cancerous growths of tissue called polyps that can extend from the lining of your bowel wall. Sometimes polyps can become cancerous over time. If the cancer isn't treated, it can grow through the wall of your bowel and spread to other parts of your body.

#### SYMPTOMS

Bowel cancer is often painless in the early stages but there can be symptoms, including:

- Blood or mucus in your faeces
- Changes to your regular bowel habit (e.g. persistent diarrhoea or constipation)
- Pain or a lump or swelling in your abdomen
- Constant tiredness
- Weakness and paleness

### SCREENING AND TREATMENT

Bowel cancer is more likely to be treatable when it is found early, before it has had a chance to spread. Bowel cancer screenings

look for early changes in the bowel lining, or signs of a bowel cancer in healthy people who do not have symptoms. If you are over 50 you should talk with your doctor about having regular screening tests.

Surgery is the most common treatment for bowel cancer. This usually involves the removal of the part of the large bowel that contains the cancer. Chemotherapy and radiotherapy are often used in addition to surgery.

#### PREVENTION

To help reduce your risk of developing bowel cancer you should maintain a healthy, balanced diet that includes lots of fruit and vegetables. You should cut down on the amount of processed and red meat that you eat and try to exercise for at least 30 minutes, five times a week.



### **RISK FACTORS**

The causes of bowel cancer aren't fully understood at present. However, there are some risk factors that increase the chances of a person developing bowel cancer. Your risk increases if you:

- Have a family history of bowel cancer
- Are 50 years of age or older
- Have inherited one of two genetic disorders - familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (HNPCC)
- Have a long-term bowel condition such as Crohn's disease or ulcerative colitis
- Have an inactive lifestyle or are obese
- Have a diet that is high in red and processed meats

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## In Good Health - June 2010

## Cardiovascular Fitness

Cardiovascular fitness relates to the body's ability to deliver oxygen to the working muscles so that prolonged physical activity can be maintained. It is one of the most important aspects of physical fitness and is a good indicator of overall health.

Some of the many benefits of cardiovascular fitness include:

- Strengthened heart and lungs
- Strengthened muscles
- Increased flexibility
- Stronger bones
- Lowered risks of developing diseases such as cardiovascular disease, type 2 diabetes and obesity
- Lowered blood pressure
- Boosted levels of HDL ("good") cholesterol
- Reduced stress levels and anxiety
- Decreased body fat due to fat being utilised as energy



## **FITT Principle for Cardiovascular Fitness**

The FITT Principle is a simple guide that can be used to get the most out of your cardiovascular fitness training program. The four guidelines involved in the FITT principle for cardiovascular fitness are outlined below.

## F = Frequency

Maximum cardiovascular benefits are achieved when you engage in exercise three to five times per week.

## I = Intensity

Heart rate levels are used to measure the intensity of cardiovascular training. Heart rate is measured as beats per minute (bpm) and can be monitored by measuring your pulse at your wrist or neck. An approximation of your maximum heart rate can be calculated by subtracting your age from 220. To achieve cardiovascular benefits you should aim to exercise in your Target Heart Rate Zone. In general this means exercising at a level where the heart is beating between 60% and 85% of your maximum heart rate.

## T = Time

To achieve the greatest cardiovascular benefits you should aim to exercise in your Target Heart Rate Zone for 20 – 60 minutes.

## T = Type

The best types of exercise to improve your cardiovascular fitness are those that are continuous in nature and make use of large muscle groups. Examples include walking, jogging, cycling, swimming, rowing, aerobic classes etc.

It is important to check with your doctor before starting a new exercise program. You should also ensure that any increases in activity levels are done on a gradual basis so as to prevent injury and to keep you motivated for your next session.



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### Pregnancy and Exercise



Regular physical activity can provide many benefits for pregnant women. The more active and fit you are during pregnancy, the easier it will be for you to adapt to your changing shape and weight gain. It will also help you to cope with the physical demands of labour and get back into shape after the birth.

Unless you have complications, you should be able to enjoy some level of physical activity throughout your pregnancy. It is important however, to consult your doctor to make sure your exercise routine is suitable.

### EXERCISE SUGGESTIONS

Suggestions of some activities that are generally suitable for pregnant women include:

- Swimming
- Aquarobics
- Walking
- Yoga
- Pilates
- Cycling
- Pregnancy exercise classes
- Pelvic floor exercises and abdominal exercises are very important during pregnancy. They help to strengthen your muscles, improve circulation, ease backache and generally make you feel well. Appropriate exercises can be prescribed by a physiotherapist.

### EXERCISES TO AVOID

During pregnancy there are some sports and activities that you should avoid, including:

- Contact sports where there is a risk of being hit, such as judo or squash
- Sports or activities that carry a risk of falling, such as horse riding, gymnastics or skiing
- Scuba diving, because the baby has no protection against decompression sickness and gas embolism (gas bubbles in the bloodstream)
- After about the fourth month of pregnancy, exercises that involve lying flat on your back, as the weight of the baby can slow the return of blood to the heart

It is important to listen to your body and not exhaust yourself. You may need to slow down as your pregnancy progresses or if you are advised to do so by your doctor.

### What Should I Eat?

A healthy diet is very important if you are pregnant or planning to have a baby. Eating healthily during pregnancy will help your baby to develop and grow, and will keep you fit and well. You don't need to go on a special diet but it is important to choose a wide variety of foods to ensure the nutritional needs of both mother and baby are met. Try to eat:

- Lots of fruit and vegetables, wholegrain breads and cereals
- Moderate amounts of low-fat dairy foods
- Lean meat, chicken and fish
- A variety of nuts and seeds
- Dried beans and lentils
- Small amounts of foods high in fat, sugar and salt

The need for certain nutrients such as iron, iodine and folic acid is increased during pregnancy but only a small amount of extra kilojoules is needed. You should consult your doctor for more information on which supplements to take during your pregnancy.

### TAKE CARE WITH SOME FOODS

There are some foods that you should avoid during pregnancy and certain precautions you should take to look after your own and your baby's health and wellbeing. These include:

- Cheese Avoid mould-ripened soft cheese, such as brie and camembert and blue-veined varieties such as stilton and Danish blue. This will help to avoid infection with listeria, a type of bacteria that could harm your baby.
- Meat You should cook all meat and poultry thoroughly so that there is no trace of pink meat or blood. Always wash your hands after handling raw meat and keep it separate from foods that are ready to eat. This is because raw meat contains bacteria that can cause food poisoning.
- Eggs Make sure that eggs are thoroughly cooked until the whites and yolks are solid. Avoid foods containing raw and undercooked eggs such as ice-cream and home-made mayonnaise. This will help prevent the risk of food poisoning caused by salmonella bacteria that can trigger miscarriage.
- Fish Limit your intake of shark, broadbill, marlin, swordfish and orange roughy (sea perch) and catfish. These fish may contain higher levels of mercury which can harm your baby. For guidelines visit the Food Standards website: www.foodstandards.gov.au
- Shellfish Avoid raw shellfish as they can sometimes contain harmful bacteria and viruses that could cause food poisoning.

### ALCOHOL AND CAFFEINE

The National Health and Medical Research Council recommend you don't drink alcohol during pregnancy or while breastfeeding. Drinking high amounts of caffeine should also be avoided as it may increase the risk of miscarriage or having a baby with a low birth weight. For further advice you should talk to your doctor or midwife.

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# Good Vs Bad Fats

It is important to remember that not all fats are bad. Fats are an important part of your diet and are essential for healthy growth and development. Fats help to absorb and move nutrients around, protect your organs and keep you warm. They also enhance the flavour of foods and provide a feeling of fullness after a meal. However, some fats are better than others and having too much of any type of fat is not a good idea.

### GOOD FATS

Good fat comes in two forms: monounsaturated and polyunsaturated. There are two types of polyunsaturated fat: omega-3 and omega-6. These are also known as essential fatty acids. These kinds of fats can help to lower blood cholesterol levels when they replace saturated fats in your diet. The table below shows the different types of good fats and where they are most commonly found.





Type of Fat	Sources
Monounsaturated	Oils like olive, canola and grape seed oil; nuts and seeds; lean meat; avocado.
Polyunsaturated	Fish; seafood; vegetable oils such as sunflower, safflower, corn; polyunsaturated margarines; nuts and seeds.
Omega-3 (A type of polyunsaturated fat)	Fish, especially oily fish such as mackeral, tuna, salmon and sardines; nuts and flaxseed; soy foods; green leafy vegetables.
Omega-6 (A type of polyunsaturated fat)	Nuts; seeds; plant oils such as corn, soy and safflower.

### BAD FATS

Bad fat comes in the form of saturated fat and trans fat. These kinds of fats can contribute to the risk of heart disease by raising blood cholesterol levels. The table below shows the different types of bad fats and where they are most commonly found.

Type of Fat	Sources					
Saturated	Fatty cuts of meat; cheese; butter; cream; full fat milk; palm and coconut oil; some deep-fried fast foods; most commercially baked products such as biscuits and pastries.					
Trans	Some table margarines, takeaway foods and packaged snack foods; some commercially made cakes, biscuits, pies and pastries.					

Nutritionists recommend that you should limit the amount of fats consumed in your daily diet, particularly bad fats. Try to replace saturated and trans fats with either monounsaturated or polyunsaturated fats wherever possible.



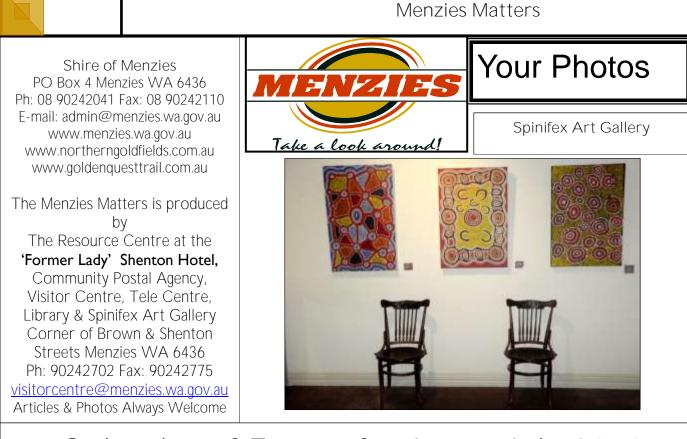
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# Calender of Events for June - July 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 Public Holiday	8	9	10	11	12	13
14	15	16	17	18	19 Leinster Horse Races	20 Boulder Market Day
21	22	23	24 Council Meeting Town Hall 9am	25	26	27
28	29	30				
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Boulder Market Day Sun 18th			1	2	3	4 NAIDOC Week Kalgoorlie Market Day
5 NAIDOC Week	6 NAIDOC Week	7 NAIDOC Week	8 NAIDOC Week	9 NAIDOC Week	10 NAIDOC Week	11 NAIDOC Week