



Issue 77—November 2014

\$1.00

Menzies Matters



IN
MEMORIAM
2014

Shire of Menzies Information

Shire of Menzies Lot 124 Shenton Street (PO Box 4) Menzies WA 6436	Phone: (08) 9024 2041 Fax: (08) 9024 2110 Email: admin@menzies.wa.gov.au Website: www.menzies.wa.gov.au
Menzies CRC/Visitor Centre	Phone: (08) 9024 2702 Fax: (08) 9024 2775
Menzies Caravan Park (a/h)	Mobile: 0448 242 041

ORDINARY MEETINGS OF COUNCIL

Council Meetings are usually held in the Shire of Menzies Council Chambers on the last Thursday of each month at 10.00am unless otherwise advised.

Please note that the date for the next meeting is:

Thursday 27 November 2014 @ 10.00am
in the Shire of Menzies Council Chambers



Shire of Menzies Fire Notice



Please ensure you observe all local fire laws for your own safety and the safety of others.

Restricted Burning Period

From 1 April to 30 April and 1 October to 31 October

**Prohibited Burning Time:
From 1 November to 31 March**

Unrestricted Season

From 1 May to 30 September



Incorporating:

- **Menzies Community Postal Agency**
- **Menzies Visitor Centre**
- **Public Library**
- **Internet and WIFI Access Point**
- **Menzies Caravan Park Booking Agency**
- **Conference and meeting rooms**
- **History and Heritage Room**
- **Goldfields Express Bus Service**
- **StarTrack Courier Agency**
- **Toll Freightlines Agency**

Opening hours:

Monday to Friday—8.30am to 4.30pm

Phone: 9024 2702 Fax: 9024 2775

Email: visitorcentre2@menzies.wa.gov.au

Website: www.menzies.wa.gov.au

**Caravan Park Caretaker
(After Hours): 0448 242 041**

SHIRE OF MENZIES COUNCIL MEETING DATES TO JUNE 2015

Commencement Time	Ordinary Council Meeting Date	Location
10:00am	27 November 2014	Shire of Menzies
3.00pm	18 December 2014	Shire of Menzies
10:00am	26 February 2015	Shire of Menzies
10:00am	26 March 2015	Shire of Menzies
10:00am	30 April 2015	Shire of Menzies
10:00am	28 May 2015	Tjuntjuntjara
10:00am	25 June 2015	Shire of Menzies



LOCATED IN THE SHIRE OF MENZIES OFFICE, SHENTON STREET—ACROSS THE ROAD FROM THE COMMUNITY RESOURCE CENTRE AND CARAVAN PARK



Dog registrations are due by the end of October.

Please check your dog's registration tag or contact the Shire Office on 90242041 to find out if it's registration requires renewal

Looking for Gold? Want to Prospect near Menzies?

For information on where you are able to search for gold in this area (or any other area in the Northern Goldfields) please contact:

Mining Registrar - Mineral Titles Division

Rochester Street (Box 173)

Leonora WA 6438

Email: mineraltitles.leonora@dmp.wa.gov.au

Ph: +61 (08) 9037 7546

Fax: +61 (08) 9037 6248



MELBOURNE CUP 2014 TUESDAY 4 NOVEMBER

12.00 noon



DON'T MISS THE RACE THAT STOPS A NATION!



Menzies Health Centre

Mercer Street
MENZIES WA 6436

Phone: 90242044

EMERGENCIES ONLY: 000

Poisons Information available 24 hours: 131126

If the Clinic is unattended and you need immediate health advice, call
HEALTH DIRECT 1800 022 222 any time, day or night.



Next RFDS Doctor's Clinic:

Date: Tuesday 18 November 2014

GP: TBA

Time: Commencing at 9.00am

Place: Menzies Health Centre

Phone: 90242044 for appointments



Everyone's experience of pregnancy, birth and parenting is different. If you are feeling excessively worried, overwhelmed, sad, isolated, out of control, panicky or like you are in a black hole, you're not alone. Just speak up – talking about these experiences is an important step towards seeking support and feeling better.

By talking openly you may give others the confidence they need to talk about it too.

16-22 November 2014—[Postnatal Depression Awareness Week](#)
(beyond blue)

Phone: 1300 224 636

Website: www.justspeakup.com.au

Your Community Resource Centre can now offer conference facilities, casual office space, broadband WIFI and many other services previously unavailable in Menzie's.

If you wish to find out more about availability and pricing or even make a booking for an upcoming meeting or event in Menzie's, Please phone 90242702 and speak to Bev or Kiara.



**Put on your walking shoes and help
kids with cancer at PMH**



Sunday 16 November 2014

Burswood Park, Burswood



MADE IN MOVEMBER STYLE GUIDE

LOCALLY GROWN STYLES



REGENT



ABRACADABRA



BOX CAR



CONNOISSEUR



WISP



TRUCKER



AFTER EIGHT



ROCK STAR



MOVEMBER.COM



Movember is about bringing back the moustache (Mo), having fun and **doing good to change the face of men's health, specifically prostate cancer, testicular cancer and mental health problems.**

Mo Bros take action by changing their appearance through the growth of a new moustache for the 30 days of Movember, and in doing so **become walking, talking billboards for men's health.**

Mo Sistas sign up and commit to supporting the men in their lives **while helping to promote men's health at home, in the workplace and within their community.**





Menzies
Community Resource Centre
Your local connection

Menzies Community Carols Night

Carols night will be held on Sunday 14 December 2014 on the lawn area at the rear of the CRC, commencing with a barbecue at 6.00pm.

PLEASE NOTE: THIS IS A STRICTLY ALCOHOL FREE EVENT

1-30 November: Lung Cancer Awareness Month

Organisation: Cancer Australia | Australian Government

During November, Lung Cancer Awareness Month, Cancer Australia will work to raise awareness of lung cancer, improve care and treatment, and highlight issues affecting those diagnosed with lung cancer and their partners and families.

In Australia, lung cancer is the leading cause of cancer death in both males and females, accounting for 19% of all cancer deaths



EASTERN GOLDFIELDS HISTORICAL SOCIETY INC.

Preserving & promoting local history



SHIRE OF MENZIES

CHRISTMAS OFFICE CLOSURE

The administration office at the Shire of Menzies will be closed as from 5:00pm on Wednesday, 24 December 2014 and will reopen at 8:00am on Monday, 5 January 2015.

The Community Resource Centre will be open from 8:00am to 10:00 am each week day during the same period with the exception of public holidays.

Rubbish removals will be conducted as per normal. Any information regards road conditions can be obtained by telephoning the Shire answering service on 9024 2041.

Any queries, please contact the undersigned.

PETER CRAWFORD
Chief Executive Officer

Ross River virus disease—summer is coming, be mosquito aware!

Ross River virus disease is spread by mosquitoes and can cause joint swelling and pain, fatigue and muscle aches. Many infected people also develop a rash. Most people recover, although some people have intermittent symptoms for a year or more. Wear loose-fitting, light-coloured clothing and use insect repellent to help reduce the risk of getting bitten by mosquitoes.

Ross River virus disease is caused by an alphavirus, which is spread by mosquitoes. Approximately 30 per cent of people infected with the virus will develop symptoms three to 11 days after being infected with others developing symptoms up to 21 days after the exposure.

Arthritis caused by Ross River virus disease lasts from days to months. The joints commonly affected include: Wrists, Knees, Ankles, Small joints of the extremities, such as fingers or toes. Some people may have transient symptoms that come and go (but become less severe) for a year or more.

Ross River virus disease can also cause:

- A rash of variable appearance on the trunk and limbs affects many people with this virus. It usually occurs one to 10 days after the onset of arthritis and can last up to seven to 10 days
- Enlargement of lymph nodes, especially in the groin or the armpit
- A feeling of 'pins and needles' and tenderness on the soles of one's feet and palms of one's hands (in a small number of infected people).
- Fever is usually not a prominent feature.

People can be infected with Ross River virus when they are bitten by a mosquito carrying the virus. It is suspected that mosquitoes pick up the virus from kangaroos and possibly other marsupials and wild rodents, which can act as a natural host for the virus. Diseases that are spread by insects are known as 'vector-borne' diseases.





SHIRE OF MENZIES

MECHANICAL FITTING – APPRENTICESHIP

The Shire of Menzies invites applications from interested persons to undertake an apprenticeship as a Mechanical Fitter.

This role would suit a young person who is interested in the mechanical trade. The work involves assisting the depot mechanic in the repairs and maintenance of plant and machinery and other duties as required.

For a copy of the position description and general conditions, please contact the Manager Works and Services Mr Ray Pepper on 9024 2041 or email on mws@menzies.wa.gov.au

It should be noted that accommodation is not available for the successful applicant.

Applications together with the names of two current referees must be received by the undersigned by 4.00 pm on Friday, 14 November 2014.

PETER CRAWFORD
Chief Executive Officer
Shire of Menzies
PO Box 4
MENZIES WA 6436

Amanda Warry
Manager



PO Box 10416, Kalgoorlie WA 6433
M: 0408 511 969
E: info@goldfieldstourism.com
W: www.goldfieldstourism.com.au
W: www.goldenquesttrail.com





REMEMBRANCE DAY CEREMONY

OUTSIDE THE SHIRE OF MENZIES OFFICE

10.45am for 11.00am

Tuesday 11 November 2014



PRODUCT RECALL—APPLE IPHONE 5 BATTERY REPLACEMENT PROGRAM



Apple has determined that a very small percentage of iPhone 5 devices may suddenly experience shorter battery life or need to be charged more frequently.

The affected iPhone 5 devices were sold between September 2012 and January 2013 and fall within a limited serial number range.

If your iPhone 5 is experiencing these symptoms and meets the eligibility requirements noted below, Apple will replace your iPhone 5 battery, free of charge.

Eligibility

If your iPhone is in working order and exhibits the symptoms noted above, use the serial number checker at <https://ssl.apple.com/support/iphone5-battery/> to see if it is eligible for this program.

Replacement process

Choose one of the service options below to have your battery replaced. Your iPhone will be examined prior to any service to verify that it is eligible for this program and in working order.

Please call your service provider to confirm that battery replacement service is available on the day you visit them.

To prepare your iPhone 5 for the battery replacement process, please follow the steps below:

- Back up your data to iTunes or iCloud
- Turn off Find my iPhone
- Erase data and settings in Settings > General > Reset > Erase all Content and Settings

Note: If your iPhone 5 has any damage such as a cracked screen which impairs the replacement of the battery, that issue will need to be resolved prior to the battery replacement. In some cases, there may be a cost associated with the repair.

Additional Information

Apple may restrict or limit repair to the original country of purchase.

If you believe your iPhone 5 was affected by this issue, and you paid to replace your battery, you can contact Apple about a refund.

This worldwide Apple program doesn't extend the standard warranty coverage of the iPhone 5. The program covers affected iPhone 5 batteries for two years after the first retail sale of the unit or until March 1, 2015, whichever provides longer coverage.

As the weather warms up, snakes and lizards are waking from their winter hibernation and some of them are not too happy about it! Be on the lookout for snakes in gardens and yards, particularly where there might be a build up of garden waste and rubbish. There have been quite a few reported sightings of snakes in Menzies townsite and on the Highway and also a number of victims of snake bite—one of them fatal.



Below are some general and emergency tips on how to deal with snakes.

Snakes near the house

If you see a snake close to your house:

- ⇒ Do not approach the snake - Most snakebites occur when people try to catch and kill them
- ⇒ Keep pets away from the area - Dogs and cats may be curious or aggressive towards snakes
- ⇒ Watch it from a safe vantage point - Ideally watch it from an elevated platform
- ⇒ Contact a qualified person to remove the snake - If possible have somebody other than the designated 'snake spotter' make the phone call

Discouraging Snakes

Snakes are attracted to an area in pursuit of food and habitat. By decreasing the availability of these two variables it is possible to reduce the likelihood of snakes entering the vicinity around your house.

Food

- ⇒ Chook sheds and bird aviaries should be rodent proof
- ⇒ All animal food should be stored in air tight containers
- ⇒ Dog food and cat food should only be offered to pets for small periods of time each day

Habitat

A well maintained lawn free of refuse provides poor habitat for snakes. It also allows good visibility which reduces the incidence of people accidentally stepping on a snake. Any material laying directly on the ground can provide habitat for snakes. This can include such things as timber, iron sheeting, grass clippings and firewood. Additionally, retaining walls provide excellent habitat for snakes. The following precautionary measures can be taken to reduce available habitat for snakes:

- ⇒ The materials mentioned above should not be stored near the house for extended periods of time
- ⇒ Building materials and fire wood piles should not be stored directly on the ground but raised at least 100mm off the ground on strips of timber.
- ⇒ Some species, such as Red Bellied Black Snakes and Tiger Snakes, feed on frogs. Therefore, ponds and other water sources that provide frogs with habitat have the potential of attracting these species of snakes. For this reason it is a good idea to situate ponds a sensible distance from the house.

Snake bite facts:

- ⇒ There are about 3,000 snake bites per year in Australia
- ⇒ On average, one or two will prove fatal
- ⇒ The brown snake is responsible for about half of all snake bite deaths
- ⇒ The remainder are mostly from tiger snake, taipan and death adder
- ⇒ Some deaths are sudden, however it is uncommon to die within four hours of a snake bite.

Snake bite



first aid

In a medical emergency,
call Triple Zero (000) for
an ambulance.

Warning

DO NOT wash venom off the skin.
DO NOT cut the bitten area.
DO NOT try to suck venom out of wound.
DO NOT use a tourniquet.
DO NOT try to catch the snake.

- **Signs** are not always visible but may be a puncture marks, bleeding or scratches.
- **Symptoms** developing within an hour may include headache, impaired vision, nausea, vomiting, diarrhoea, breathing difficulties, drowsiness, faintness, problems speaking or swallowing.

What to do

1. Follow DRSABCD.
2. Reassure the patient and ask them not to move.
3. Apply a broad crepe bandage over the bite site as soon as possible.
4. Apply a pressure bandage (heavy crepe or elasticised roller bandage) starting just above the fingers or toes of the bitten limb, and move upwards on the limb as far as can be reached (include the snake bite). Apply firmly without stopping blood supply to the limb.
5. Immobilise the bandaged limb with splints.
6. Ensure the patient does not move.
7. Write down the time of the bite and when the bandage was applied. Stay with the patient.
8. Regularly check circulation in fingers or toes.
9. Manage for shock.
10. Ensure an ambulance has been called.



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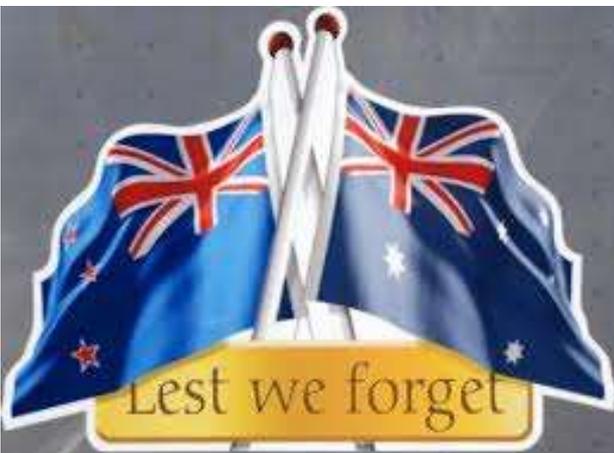
SAVE A LIFE – BE FIRST AID READY
WWW.STJOHN.ORG.AU 1300 360 455

Version Sept. 2014

EYES ON THE STREET^{WA}

This month we have to report that drug-use equipment was found in the new public toilets at the town oval. This is a pretty sad affair and one would hope this gear doesn't belong to any local residents. Parents should tell their children not to touch these things if they find them, as needle-stick injuries can carry some nasty infections.

It has also been noted that some young residents are riding unlicensed 4-wheel motor-bikes on town streets. Mahon St in particular has taken a bit of a hammering with damage caused to the road surface. These machines also create a noise nuisance to residents, especially in the evenings. There is a lot of open ground outside of the town where people can enjoy riding these bikes without causing a problem.



SHIRE OF MENZIES REGISTRATION FEES FOR CATS AND DOGS



Cats		
1 year	Sterilized	\$20.00 Proof Required
3 years	Sterilized	\$42.50 Proof Required
Lifetime	Sterilized	\$100.00
50% Concession for Pensioners Proof Required		

Dogs		
1 year	Unsterilized	\$50.00
3 years	Unsterilized	\$120.00
1 Year	Sterilized	\$20.00 Proof Required
3 years	Sterilized	\$42.50 Proof Required
50% Concession for Pensioners Proof Required		
25% Concession for Registered Working Cattle/Sheep Dog		

2015 CALENDAR



January

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

Su	Mo	Tu	We	Th	Fr	Sa
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

Su	Mo	Tu	We	Th	Fr	Sa
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

September

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Menzies hotel And store

Shop hours: 8.00am—6.00pm
Hotel hours: 11.00am – Late
Hot Counter Meals: 12.00pm to 8.00pm

Fresh Sandwiches and Rolls
Soft drinks
Juices
Coffee
The Menzies Toasty or Burger
Cakes
Ice Creams
Home made Bacon and Egg Pie

Flavoured Milks
Cold Beer - 11.00am—Late!
General Stores
Accommodation
Fast foods
Ice
Pasties, Sausage Rolls

IF YOU'RE IN A HURRY – DON'T WORRY
PHONE ORDERS WELCOME 90242016

KLEENHEAT GAS is available from Menzies Hotel Shop or Bar—EFTPOS available

Pricing:	Exchange	8.5Kg	\$48.50
	Buy	8.5Kg	\$95.00
	Exchange	45Kg	\$169.50
	Delivery fee		\$10.00

Delivery time: *Wednesday afternoon between 2.00pm and 4.00pm*
Saturday morning between 10.00am and 11.00am

KALGOORLIE BOULDER
pure gold

Free Visitor Information iPhone App!

If you're on the move, our **iPhone App** is the thing for you!

Search for Kalgoorlie Boulder Visitor Information in the Apple store and you'll find our **FREE** app. Perfect when you're on-the-go.

- Maps • Events • Tours
- Local information
- And much, much more!



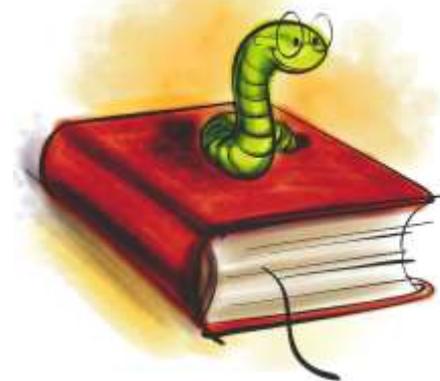
PLEASE NOTE
The public toilets behind the Shire Office have been removed. Newly installed toilets are at the Kalgoorlie end of the Sports Oval on Shenton Street.

MENZIES BOOK CLUB

Our second 'first' meeting will be held on Tuesday 4 November 2014 at 7.30pm at the Community Resource Centre.

Everyone welcome - please bring information on your favourite book to share.

Tea and coffee will be provided.



MENZIES MATTERS—DECEMBER 2014

Contributions for the December 2014 edition of the Menzies Matters are required by **Friday 21 November 2014**.

Please email articles and photos to mcd@menzies.wa.gov.au or drop them off to the Visitor Centre or the Shire Office.

Let's make our newspaper something we can all be proud of!

MY SPELLING CHECKER

I have a spelling checker
I disk covered four my PC,
It plane lee marks four my revue
Miss steaks aye can knot see.

Eye ran this poem threw it
Your shore real glad two no,
Its very polished in its weigh,
My checker tolled me sew.

A checker is a blessing
It freeze yew lodes of thyme.
It helps me right awl stiles two reed,
And aides me when aye rime.

Each frays comes posed up on my screen
Eye trussed too bee a joule.

The checker pours o'er every word
To cheque sum spelling rule.

Bee fore wee rote with checkers
Hour spelling was inn deck line,
Butt now when wee dew have a laps,
Wee are not maid to wine.

And now bee cause my spelling
Is checked with such grate flare,
There are know faults in awl this peace,
Of nun eye am a wear.

To rite with care is quite a feet
Of witch won should be proud,
And wee mused dew the best wee can,
Sew floors are not aloud.

That's why eye brake in two averse
Cuz Eye dew want too please.
Sow glad eye yam that aye did bye
This soft wear four pea seas



What is Relay For Life?

Relay For Life is a chance for communities to recognise and celebrate those who have overcome cancer or are undergoing treatment, as well as the people who care for them. Relay also provides an opportunity to celebrate the memory of loved ones lost to cancer.

Each Relay For Life event is organised by a local volunteer committee on behalf of **Cancer Council**. **Teams of 10–15**, which are headed up by a team captain, get together and fundraise year-round. Everyone then meets at the Relay to celebrate the amazing fundraising achievements of the past year. Teams participate in a relay-style walk or run, challenging themselves to stay on the track overnight. Each event is unique and you can stay for the whole event and camp overnight, enjoy the fun activities and attend the moving ceremonies that make Relay For Life so special. Put your thinking cap on to plan your team theme, campsite decorations and costumes. It all adds colour to the event. While it's not compulsory to dress up, many teams do. From superheroes of hope to clowns, pirates and space outfits, dressing in theme is a great way to get your team having fun.

Each person on the team pays a registration fee, which includes a shirt and breakfast in the morning. There are no age limitations or fitness requirements – Relay For Life is suitable for everyone.

WASHING is the never-ending story of housework

Just when you've triumphantly folded and put away one load of washing, the next one is waiting to be hung out. But don't let the laundry merry-go-round get the better of you. With these sneaky shortcuts and clever tricks you'll be way on top of it.

1. Reshape a stretched jumper

Before you donate that stretched jumper to the charity bin, know this — if you soak it in a tub of tepid water with a squirt of hair conditioner, it can be moulded back into shape. Just make sure you lay it flat to dry.

2. Speed drying trick

Need a school uniform or other garment dried in a hurry? Throw a dry towel in with the wet item of clothing in the dryer and it will be ready to wear quick-sticks.

3. No more odd socks

To prevent socks from voyaging to the 'land of odd sock', try these tips:

- ◊ Give each child a mesh washing bag to hang in their room for dirty socks. Once a week, collect all the bags, toss them in the wash and the pairs will stay together.
- ◊ Hang socks in pairs using one peg for each. When dry, simply roll them into balls as you bring them in.
- ◊ Have a separate washing basket for socks and undies so you always wash them together.

4. Chewing gum be gone

Instead of trying to scratch the sticky stuff from your kids' clothes, place the gummed garment in the freezer. When the gum is frozen it can be broken apart and easily removed.

5. Keep sheets neat and tidy

To keep your linen cupboard organised and tidy, store folded sheets in one of the pillowcases from the set. You'll no longer have to rummage through the linen cupboard hunting for matching sheets and pillowslips.

6. Remember this emergency stain solution

Get to a mark before it becomes a stain and you've got a good chance of removing it. For a go-to stain treatment, make a paste out of bicarbonate soda and water. Apply the paste to the offending area with a damp sponge, leave it for 10 minutes and then rinse off. If the stain remains, use the best removal remedy here.

7. Banish tissue disasters

Oops. Did someone leave a tissue in their pocket and it's gone through the wash? Never fear. Toss the whole load in the dryer and the tissue bits will be sucked into the lint filter. When the load is dry, give it a good shake. Place back in the dryer for 10 more minutes to remove any stray white threads still clinging to clothes

8. Prevent black jeans from fading to grey

Keep your blacks black by adding a couple of cups of brewed coffee or tea to your machine's rinse cycle.

9. Banish bacteria

If your tea towels and dish cloths are a health hazard, disinfect them by adding 15ml of Dettol to the rinse cycle.

10. Tumble dry faster with tennis balls

Toss a couple of tennis balls into the dryer to fluff up towels, quilts and other bulky items. The balls will bounce around, getting rid of lumps, while speeding up drying time.

11. Discover the power of vinegar

Distilled white vinegar might possibly be your best friend in the laundry (after Napisan). Use it to:

- ◊ Naturally soften fabrics. Simply add 1/2 cup to the rinse cycle.
- ◊ Protect clothes from fading.
- ◊ Pre-soak garments to remove grub and grime.
- ◊ Mix with bicarb soda to attack stains.
- ◊ Reduce lint and static by adding 1/4 cup to the rinse cycle.
- ◊ Soak new clothes in diluted vinegar to remove nasty chemicals before you wear them.

12. Make folding sheets a cinch

Hang sheets with the crease exactly in the middle and they will be easier to fold evenly when you bring them in off the line.

13. Nix crayon stains

If your little artist has drawn on more than just the paper while colouring, never fear — crayon stains can be easily removed with WD-40. Simply spray on, set aside for five minutes and then rub the stain with a sponge soaked in hot water and dish-washing liquid. Once removed, spray the area with stain remover and run through the wash on the hottest setting.

14. Line dry and save

Did you know the sun is a natural stain remover and sanitiser? It's also free. The dryer on the other hand is a huge energy sap, being the second biggest drain on household electricity after the fridge. Gulp. Line dry whenever you can and you'll save money and the environment.

15. Make sorting washing a breeze

If you have a big family, hang washing on the line according to which child it belongs to. When it comes to bringing it in, all the kids' clothes will be together making sorting a breeze

16. Remove glue the easy way

If craft time has resulted in glue-covered clothes, try this — cover the glue stain with Vaseline and then peel pieces of it away. Once removed, squeeze dishwashing liquid over the Vaseline and rub it in until the Vaseline has lifted from the fabric. Rinse and wash as normal.

17. Reduce your ironing

Halve your ironing load by hanging shirts on the clothesline on hangers. This will keep them in shape and help the creases to **naturally drop out. When the shirts are almost dry, toss them in the dryer for 20 minutes. With any luck they won't require pressing.**

18. Make a cheap fabric sheet

Instead of spending money on expensive dryer sheets, simply soak a face washer in fabric softener, wring out and allow to air dry completely. Then add to your tumble load in place of a fabric sheet. It will last for ages.

19. Use old stockings to dry jumpers

If you don't have room to dry jumpers flat, try this hack. Run an old pair of pantihose through one sleeve, the neck and out the other sleeve then hang out on the line.

20. Vanish crinkles without ironing

Avoid last minute ironing by using laundry queen and author of Speed Cleaning Shannon Lush's tip: spray your clothes with a solution of lavender oil and water before putting them on and the crinkles will disappear. "Lavender oil is a fibre relaxant so the creases just drop out. It also helps keep mozzies away," she says.

21. Eco-friendly hack

To get a softer, cleaner wash that's better for the environment, Shannon Lush also suggests using half the quantity of your regular detergent, adding bicarb to the wash cycle and white vinegar to the rinse cycle (placed in the fabric-softener slot):

- ◇ For a large front loader, add 2 tbsp. bicarb and 2 tbsp. white vinegar.
- ◇ For a small front loader, add 1 tbsp. each bicarb and white vinegar.
- ◇ For a large top loader, add 1/2 cup bicarb and 1/2 cup white vinegar.
- ◇ For a small top loader, add 2 tbsp. bicarb and 2 tbsp. white vinegar.

22. Dry up grease stains with chalk

Grab some of your children's white chalk to keep in the laundry for absorbing greasy stains. Simply rub it on and the chalk powder will absorb the grease, making the stain easily removable when washed. Don't have chalk? Use baby powder instead.

23. Use containers for laundry prepping

Streamline pre-wash prep with three containers:

- ◇ A rubbish bin for tissues and other rubbish rescued from pockets.
- ◇ **A container for other bits and pieces, like small toys, receipts and the washer woman's favourite — money.**
- ◇ One more container for dreaded odd socks until they find a partner.

24. Use a lingerie bag for washing soft toys

Give your child's favourite teddy bear a clean by washing it in a lingerie bag on a gentle cycle. The mesh bag will protect it from snagging or being damaged in the machine, and save your little one's tears.

25. Set yourself up for washing success

Learning the best water temperature setting for your wash will help you to get the best results. As a guide:

- ◇ Cold water is good for fine fabrics and delicates, knits, denim, and clothes that may shrink.
- ◇ Warm water works best with whites and lights. Combined with detergent, the water temperature helps lift soil and stains while removing bacteria.
- ◇ Hot water is the best choice for heavily stained items and disinfecting dish and bath towels and washcloths.

26. Remove grass stains the easy way

If the kids have had a great time outdoors, chances are your washing basket is going to be full of grass stains. Get rid of them by applying rubbing alcohol — or methylated spirits — first in a 50:50 alcohol and water solution to avoid the stain bleeding and then moving on to straight alcohol.

27. Save money on laundry liquid

Modern machines are designed to use less water and detergent, which means you might be pouring money down the drain **(literally) by putting too much detergent in your machine. Follow your machine's guide for how much suds to use, not what the bottle says.**



Courtesy 'Kidspot' website



HAPPY BIRTHDAY RIKKI!

Her special day has been and gone, celebrated up in Bali.
 It's time to party close to home, this time it's in Kalgoorlie!
 We'll all be there to cheer her on and raise a glass or three
 Cos Rikki-Lee is getting old, this year she's turned thirty!

Watering Days Menzies

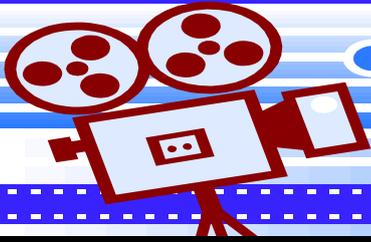
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9	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
0	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc

They shall grow not old, as we
 that are left grow old;
 Age shall not weary them, nor
 the years condemn.
 At the going down of the sun
 and in the morning
 We will remember them.



COME IN TO THE
VISITOR CENTRE
TO SEE OUR
WONDERFUL NEW STOCK!
FROM T-SHIRTS TO SCARVES,
PLACEMATS TO CUPS,
SOAPS TO CANDLES
AND MANY MORE
AMAZING SOUVENIRS!





movie review



The Judge (2014)

The Judge is a 2014 American drama film directed by David Dobkin. The film stars Robert Downey Jr, Robert Duvall, Vera Farmiga, Vincent D'Onofrio, Dax Shepard, Jeremy Strong, Sarah Lancaster, and Billy Bob Thornton.

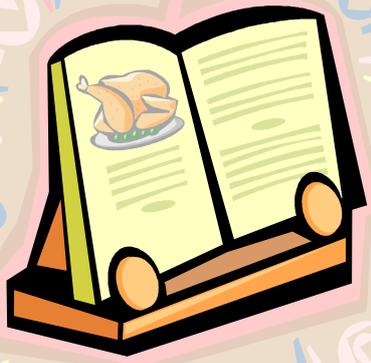
Hank Palmer (Robert Downey Jr.) is a successful defence attorney in Chicago. His brother Glen (Vincent D'Onofrio) calls with the news their mother has died. As he leaves his home to fly to his family it emerges he is going through a divorce with his wife and a custody battle is under way for his daughter. Hank goes to Carlinsville, Indiana for the funeral. He reunites with his brothers Glen, owner of a car tire shop, and Dale (Jeremy Strong), who seems to be slightly mentally handicapped. Hank sees his father, Judge Joseph Palmer (Robert Duvall), in his courtroom.

After his wife's funeral, Judge Palmer goes shopping, while the brothers catch up with each other. The next morning Hank notices damage to his father's car as he is about to leave. While on the plane to return home to Chicago, he is called by Glen, and told that their father is being questioned by the police about a fatal hit and run. It emerges the Judge ran over James Blackwell a man who he sentenced to 30 days in jail who then went on to kill a 16 year old girl. The judge regrets this decision and it later emerges that he gave a light sentence because Blackwell reminded him of Hank. The judge is taken to court.

Hank is not immediately chosen to represent his father despite being the most suitable choice. An inexperienced lawyer from a poor Law School who is local is chosen but after a while the Judge comes to his senses and employs his son. Hank says he is doing it to improve his 'pro bono quota'. The judge's story is proved to have some flaws but this is due to the chemotherapy he is undergoing which he has hidden from everyone. Dickham pushes for first degree murder and voluntary manslaughter. During the legal process the tangled family relationships are revealed, and resolved; the hidden familial relationships of some of the characters are revealed. The judge is found guilty of voluntary manslaughter but not guilty of murder, a "sort of" victory.

At the end of the movie, the Judge is released from prison on compassionate parole, after serving seven months. He and Hank are fishing at the old watering hole. After telling Hank that he is the best lawyer he has ever seen, the Judge dies. After the funeral, Hank notices the courtroom's flag is flying at half mast unlike his father had expected in the event he was found guilty, reminding him of his father's legacy. His daughter is also present suggesting he won the custody battle. After the funeral many members of the community come to remember him in the diner but Hank walks out to go to the courthouse and bring his dad's hat to his bench. He spins the judge's chair, while he stands contemplating. When the chair stops, it is facing him, as if to invite him to take his father's place.

(Wikipedia)



Recipes

ANZAC BISCUITS

A traditional Australian biscuit, they were sent overseas to serving ANZACs in World War I due to their excellent keeping properties.

Ingredients:

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cups coconut
- 125 gms butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

Equipment:

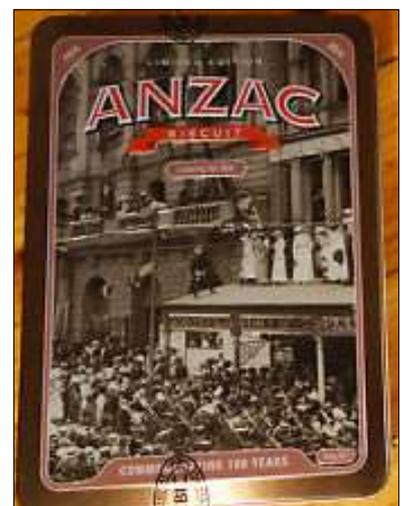
- 2 baking tray
- 1 saucepan
- 1 sieve

Method:

- Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
- Melt the butter in a saucepan and add the golden syrup and water.
- Stir the bicarbonate of soda into the liquid mixture.
- Add the liquid to the dry ingredients and mix thoroughly.
- Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
- Biscuits will harden when cool.

Notes:

- For crunchier biscuits, use more golden syrup.



(bestrecipes.com.au)



MARS BAR CHRISTMAS CRACKLES RECIPE (START PRACTISING NOW)

Prep Time:

20 mins + 2 hours refrigeration

Ingredients:

- 200g Mars Bars, chopped
- 2 tbsp of pouring (thin) cream
- 2 tsp cocoa powder, sifted
- 3 cups Rice Bubbles
- canola spray
- 100g white chocolate
- 24 red Smarties or M&M's

Method:

- Spray a little canola spray into 2 x 12 cup mini-muffin trays.
- Melt the Mars Bars, cream and cocoa in a glass bowl over simmering water. The bowl should not touch water. Stir the mixture until smooth.
- Put the Rice Bubbles in a separate large bowl, pour in the chocolate mixture and stir until well mixed.
- Spoon the mixture into the muffins tray and press down gently.
- Refrigerate for 2 hours and turn out onto a tray to decorate.
- Melt the white chocolate in the microwave checking and stirring it at 30 second intervals. Pour it into a piping bag while warm and snip the tip off.
- Turn the crackles upside down and pipe the chocolate on. Finish with a red chocolate button on top of each one.
- Makes 24.



KIDS MEDICAL DICTIONARY

Asthma

Someone with asthma can have trouble breathing because of problems with the airways, the tubes that carry air into the lungs. The airways can get irritated, swollen (puffed up), and narrow (like a pinched straw), which makes it difficult to breathe. Many things can trigger an asthma attack, like viruses, allergies, smoke, and even exercise. Of course, breathing is really important, so someone who has asthma may need to see a doctor regularly and carry special medicine to make it easier to breathe.

Blood Type

Every person has a blood type. There are four major types, each with a different chemical marker that's attached to a person's red blood cells. These markers determine if someone has type A blood, type B blood, type O blood, or type AB blood. Each blood type can also be positive (+) or negative (-), just to make things a little more complicated! It's important that doctors know which blood type you have if you're going to have surgery, just in case you need some extra blood. But in an emergency, anyone can safely receive O-negative blood, regardless of his or her blood type.

MEMORIES

REMEMBRANCE DAY IN AUSTRALIA

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation. Remembrance Day is annually observed on November 11 although it is not a public holiday.

What do people do?

Many Australians stop what they are doing at exactly 11am in their local times on November 11 each year to dedicate a minute of silence for those who died in war, especially soldiers from as far back as World War I. Those who join in this act of remembrance include teachers, students, politicians, and workers of public and private sector enterprises.

Many people wear artificial poppies on the day and key political figures make speeches in remembrance of the nation's fallen heroes. **Services are held at 11am at war memorials in suburbs and towns across the country, at which the "Last Post" is played by a bugler and a one-minute silence is observed.**

Public life

Remembrance Day is not a public holiday in Australia, however many workers stop what they are doing at 11am for a minute of unified silence before resuming work again.

Background

According to the Australian government's Cultural and Recreation portal, Remembrance Day, which was originally called Armistice Day, commemorated the end of the hostilities for the Great War (World War I), the signing of the armistice, which occurred on November 11, 1918 – the 11th hour of the 11th day of the 11th month.

On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead.

The year 2008 marked the 90th anniversary of the Australian attack at Villers-Bretonneux. On April 24, 1918, Australian Imperial Force (AIF) soldiers attacked German forces that captured the French town of Villers-Bretonneux earlier that day. The action was successful, but the fighting was fierce, and many lives were lost on both sides.

Symbols

Red poppies are worn on blazers, shirts, jumpers and other items of clothing on Remembrance Day to remember those who died during a war. Poppies were among the first plants that came from the battlefields of northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were saturated with soldiers' blood.



Local Information

CAMPING AREAS



Camping sites in the Menzies area are available at Lake Ballard (51km west of Menzies) and Niagara Dam (65km north east of Menzies).

Facilities at these sites include toilets, barbecues and rubbish bins. *Potable water at Lake Ballard only.*

Please remember to preserve these areas for future generations and
'Take nothing but photographs, Leave nothing but footprints'

MENZIES CARAVAN PARK



Situated on the corner of Shenton and Brown Streets, Menzies (entrance from Brown Street).

Recently refurbished sites (powered or unpowered), new **camper's kitchen, lawn area for camping, laundry (with coin operated washing machines and dryers)**, new ablution blocks.

Rates start from \$12.00 per night.

Bookings can be made through the Menzies Visitor Centre (90242702) during business hours or after hours 0448 242041 (Park Caretaker).

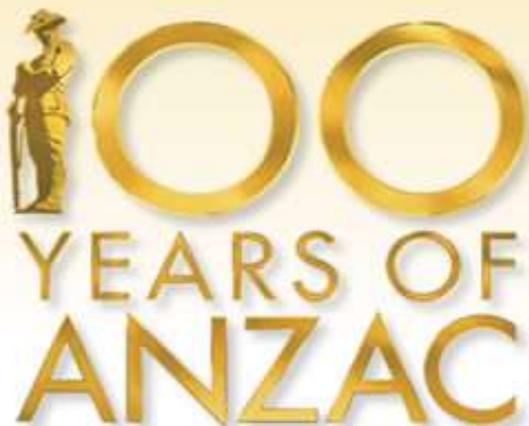




November

05	Dwayne Dimer Jnr
12	Jayden Johnson
19	Jessica Clinch
30	Deirdre Johnson

If you would like your birthday (or the birthday of a family member or friend) included on this list, please drop details in to staff at the Shire Office or the Visitor Centre.



THE SPIRIT
LIVES
2014 - 2018



The Menziess Matters is proudly produced by the Menziess CRC

20 October 2014 - 31 December 2015 - Global Year Against Neuropathic Pain

Month of November	MOvember— Changing the face of Men's Health	Lung Awareness Month
9-15 November	Prematurity Awareness Month	Alpha-1 Awareness Month
16-22 November	National Psychology Week	
17-23 November	Post Natal Depression Awareness Week	
17-23 November	National Cervical Cancer Awareness Week	
17-23 November	National Skin Cancer Action Week	
17-23 November	DES Awareness Week	
24-30 November	Antibiotic Awareness Week	
	Australian Mesothelioma and Asbestos Awareness Week	

Mon Tue Wed Thu Fri Sat Sun

					1	2
3	4 Melbourne Cup Day @ MIDDAY 	5	6	7	8 International Day of Radiology Kalgoorlie Speedway RELAY FOR LIFE—GOLDFIELDS	9
10	11 Thank U NICU Day	12 World Pneumonia Day	13	14 World Diabetes Day	15	16 Boulder Market Day
17	18	19 World Chronic Obstructive Pulmonary Disease Day	20	21	22	23
24	25 National Disability Awards	26 Lighting of Christmas Tree in St Barbara's Square 	27 Shire of Menziess Council Meeting @ 10.00am 	28	29	30