



Menzies Matters

Issue 24

Free

March 2010



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Take a look around!

- Historic Sites
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- Kookynie Ghost Town
- Niagara Dam



Our Place, Menzies



Shire of Menzies Information

SHIRE OF MENZIES

Bush Fire Burning Periods for
2009/2010

The following times are the Burning Periods
for the Shire of Menzies for the forthcoming
financial year 1/07/2009 to 30/06/2010

Prohibited Burning Periods:

December 15th 2009 to April 14th 2010

Restricted Burning Periods:

April 15th 2010 to May 14th 2010

Brian Seale JP Chief Executive Officer Shire
of Menzies PO Box 4 MENZIES. WA 6436
Phone: 90 242 041 Fax: 90 242 110

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:-*

March - Thursday 25th

April - Thursday 22nd

May - Thursday 27th

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



STAFF APPOINTMENTS

Patricia Tressider will be the new face for the Customer Service Officer position. Patricia will be sharing the work with Debra Seale who has been acting in this position for some time. We would like to welcome Patricia, who is a local on board.

Andrew Tucker has moved back to Menzies with his family to take on the new Shire Ranger appointment. Andrew will be starting the Ranger position once the new truck arrives. Andrew has been working with the garden crew for the interim and is now a familiar face with the Shire staff.

Sandra Hunter will be back on board for the weekends at the Resource Centre and was a familiar face during last years peak visitor season at the Visitor Centre.



Take a look around!!



Matters arising from the Ordinary Meeting of Council held Thursday February 25th 2010.

1. Caravan Park Upgrade Project.

Council addressed the Tenders for the final three stages of the development of the Caravan Park in the Electrical and Communications component, the Hydraulics, Waste and Water services, and also the Civil **and roadwork's components and contracts were issued to contractors for this work in the sum** approximating \$750,000, so this aspect is very exciting for Menzies and we are hopeful this work will conclude shortly and the patrons relocated to the site by June 2010.

2. Sale of Vacant Land.

It is very encouraging that vacant land continues to be sold in both Menzies and Kookynie and this strong interest is very valuable for the shire. Again at this meeting a number of vacant lots were sold and we are much encouraged by this strong interest.

3. Local Government Reform Process.

Council for the shire of Menzies is required to make a submission to the Minister by March 26th, 2010 as to **the requirement to respond to the Minister's proposal to enter into a "Regional Collaborative Group"** of shires and where an explanatory meeting will be conducted in Leonora on Friday March 5th, 2010 by the Representatives from the Reform Panel in Perth as to how this could work for the Northern Goldfields Shires. The Shires involved in this collaborative process are Leonora, Laverton, Menzies, Wiluna and Ngaanyatjaraku and the views of Council will be crystallized by the March meeting of Council as a result

4. Water Playground

Council endorsed the concept "In Principle" of providing a "Zero Depth" water Playground for the town subject to further details being provided as to cost, location, grant funding and maintenance type issues for the 2010/11 year. Accordingly this is a wonderful idea and very pleasing to see such intentions in the heart of Council.

5. "The Menzies Awareness Day"

This local event is developing splendidly under the watchful eye of Cr. Kelly who is the chairman and co-ordinator of this day to remember the tragedy of the Toodyay Fires and a well known singer "Norm Price" is coming to sing for Menzies on April 17th, 2010, so can anticipate a wonderful social event for Menzies on that day.

6. Composting for Menzies.

Council approved of a composting facility to be located in the Shire depot and thus garden refuse can be put to good use on Gardens and vegetable patches (etc) , so again a very innovative concept from the shire of Menzies has been approved and likely to be in use within the month.

7. Tjuntjuntjara Community – Support for a General Store.

Council supported the provision of a Grant application of nearly \$500,000 to assist this remote community in **the establishment of a replacement store through the "Royalties for Regions" concept and although the** continuation of the fund remains a little in doubt Council nevertheless applied within the time frame and we hope this is successful for this unique community, where further advices will issue shortly.

8. Ablutions for the Lady Shenton.

This construction project has had its fair share of issues, though the February meeting saw some interesting variations of how this matter could be resolved. Accordingly, we are hopeful this matter will draw to a close promptly, once we agree upon a mutually acceptable solution to the existing issues. The provision of ablutions will be a great enhancement to the facilities of the centre and we look forward to this aspect drawing to a prompt conclusion.

Matters arising from the Ordinary Meeting of Council held
Thursday February 25th 2010 (cont.)

9. Restoration of the “Old Post office” Building.

This unique premises has fallen into disrepair in recent times and Council is keen to ensure it is restored and remains for generations to come. With that in mind, Council has approved an initial \$40k,000 to make good some immediate repairs but is seeking a full assessment of the requirements of the restoration so this can be accommodated all at the onetime rather than a piece-meal approach. Accordingly, it is very evident the “Heart of Council” is committed to the restoration of this wonderful icon of Menzies history.

10. Ward Boundary Review Structure.

Council for the Shire of Menzies has adopted a new structure of “Wards” for the shire which has been adopted by the Advisory board. The new structure deletes the present arrangement of the “Menzies Ward, The Kookynie Ward and the Ularring Ward” , to create two new wards being the Towns Ward and The Rural Ward. The present Shire representatives for these wards are :

Menzies Town Ward	Rural Ward
1. Cr. Dwyer (G.)	1. Cr. Stubbs
2. Cr. Tucker	2. Cr. Bandry
3. Cr. Kelly	3. Cr. Dwyer (J.)
4. Cr. Pusey	

11. Placement of the Centenary Plaque.

Council approved of the placement of the Centenary Plaque at the new Information Centre in Kookynie and where the “Kookynie Volunteer Association” will arrange for the installation of this historic plaque.

12. Brown Street Re-alignment.

This very complex restructure of this intersection has been an on-going issue for some time and council has now engaged a surveyor to prepare depot sited plans to redesign this location, close obsolete roads and **R.O.W.’s, enlarge some existing freehold land, reduce some UCL lots and create further freehold land.** Accordingly this is quite an exercise and is likely to take twelve months to conclude. However, the process has commenced.

13. Support for the Tjuntjuntjara Community.

Council supported this community has further been provided with a donation of \$9,300 towards assistance in ensuring the community is able to attend a football match in Albany later this year. This will become an annual event and an annual budget provision as a mark of support for the community. Furthermore Council has agreed to plan the sealing of the internal roads of the community in order to minimize the dust issue and to commence the formalization of the town site. This will be subject to grant funding being available, but nevertheless, a great step forward and a wonderful sign of commitment and support from Council.

Brian W. Seale J.P. Chief Executive Officer

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

Shire of Menzies Position Vacant

SHIRE OF MENZIES



Works Supervisor

Applications are invited from suitably qualified and experienced applicants to fill the role of Works Supervisor for the Shire of Menzies. The position will be based in Menzies which is situated 132 kilometres north of Kalgoorlie on the Goldfields Highway. This is an opportunity to extend your career in Local Government. An information package is available from Debra, Ph: 08 90242041 or Email: admin@menzies.wa.gov.au. Applications close at 12 noon on Wednesday 10th March 2010 Further details are contained in the position description or by contacting the CEO. Address all applications as confidential to the address below.

Brian Seale JP
Chief Executive Officer
Shire of Menzies, PO Box 4, MENZIES WA 6436

Staff - The Grader Driver, Charlie's Farewell



Photos provided by Ken Atkinson

Coming to Menzies - Saturday 13 March



Produced by special arrangement with Playscripts, Inc. (www.playscripts.com)

Stage Left Theatre Troupe
proudly presents....

AN
HILARIOUS
COMEDY!

MEN OF STONE



May contain
nudity, lingerie,
cannelloni...
and a fig leaf!

A farcical play Written by Seth Rozin
& Directed by Kevin Blair

Artwork by Simon Kenny

Menzies Town Hall - Saturday March 13. Doors open 6:45pm

Show starts at 7:00pm sharp

Tickets: \$10 - from Shire of Menzies - Reception (Debra Seale)

Resource Centre - Coordinator (Robyn McCarthy)

Enquiries: Shire of Menzies - 9024 2041

Licensed Bar. Bar proceeds raised supports the Menzies Branch of the St. John Ambulance.

Email: stageleft@wowkal.com

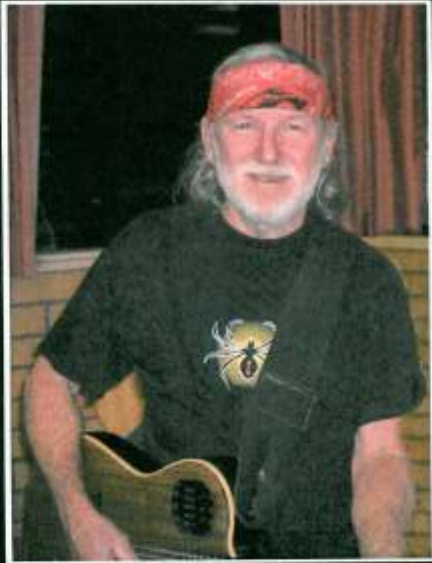
Website: www.stageleft.org.au

Coming to Menzies - Saturday 17 April

Menzies Shire Presents
an evening of music and dance with

NORM PRICE

Direct from
the
East Coast



Star of
the
Willie
Nelson
tribute
show

at the
TOWN HALL
Saturday
APRIL 17th
6:00 PM

*Dance and Sing-a-long
to some great Country,
Rock & Roll, and
Old-Time music!*

*featuring songs from Waylon and Willie,
Elvis and Buddy, Lee and Slim, Haggard
and many more!*

**MENZIES
EMERGENCY
AWARENESS DAY**
Saturday 17 April in
conjunction with the
evenings entertainment
featuring Norm Price.
The Emergency
Awareness Day will
start from 2pm til 5pm
on the Town Oval with
a Bouncy Castle.
Menzies St John, FESA,
Leonora Police, RFDS
amongst a few of the
many that will be there
on the day.

BBQ Food will be
available during the day
and between 5 & 6pm
before the Norm Price
concert. Food proceeds
to the Community
Groups providing the
BBQ.

TRASH & TREASURE & RAFFLES

Proceed for this will go to John Menzies Sub Centre for new equipment for the Ambulances. Any new and second hand goods will be gratefully received for this fundraiser. Contact Jerry Lenane on 0448 242 041 or Debbie Pianto on 0410 766 076. Alternately you can leave any items with Robyn or Sandi at the Menzies Resource Centre. Watch this space for more info in April Menzies.

Northern Goldfields Sports & Recreation News

**Northern Goldfields Football Game**

When: Saturday 06th March 2010

Time: 10.00 am

Where: Leonora Town oval

What: Inviting players from Laverton, Mulga Queen, Mount Margaret, Cosmo, Leonora, Leinster, Menzies and Morapoi. Two teams will be created with players from each town. To play in a scratch match before the Northern Goldfields football meeting.

Northern Goldfields Football Team Meeting

**Laverton, Menzies, Leonora, Morapoi, Mulga Queen,
Mount Margaret, Cosmo and Leinster**

New Date

When: Saturday 06th March 2010

Time: 12.00 pm

Where: Leonora Town oval

What: This meeting will be held with the assistance of Darren Resuggan (West Australian Football Commission)

Items for Discussion:

- Select Committee: Committee to be made of community members from Laverton, Leonora and Menzies.
- Team name
- Team colours

Who: Anyone who would like to be involved with the Northern Goldfields Combined Football Team entering the Goldfields Football League in 2011. We need players, coaches, committee members and as many people who can help out. **Without community support this will not go ahead.**

Northern Goldfields Sport and Recreation Coordinator: Gavin Isbister

Phone: 0439 099 754

Email: gavin.ngsrc@hotmail.com

Northern Goldfields Sports & Recreation News



Inter-Town Competition

Women's Netball

Season Starting May – August

Team Registration forms available from **Menzies Resource Centre** from Friday 5th of March

Netball Clinic

When: Saturday 27th March

Time: 11am – 4pm

Location: Leonora Netball Courts

What: Steph Millings from Kalgoorlie will be visiting Leonora to run a Netball clinic. Items to be covered:

- Coaching
- Training drills
- Basic umpiring course (To be confirmed)

Who: For players and helpers who are involved in the Inter-Town competition for 2010.

Coming to Menzies - Friday 26th March



WHAT: MARCH MADNESS
DISCO

WHERE: MENZIES HALL

WHEN: 26 MARCH 6.30 PM

HOW MUCH: \$3 ENTRY

Menzies Clean Up Australia Day Information

Friday 30th April 2010

Clean-Up Day - The actual day is Sunday 7th March and Schools day on Friday 5th March. It has already been proposed that we defer this day until after Easter when the weather is milder.



The poster features a green and yellow color scheme. On the left, a hand-drawn style illustration shows a green map of Australia with yellow sun rays, surrounded by the text '20 years of Clean Up Day' in blue. The main title 'Be a part of Clean Up Australia Day 2010' is in large, bold, yellow and green letters. Below it, the slogan 'Just one piece of rubbish can make a difference.' is in green. To the right, a man in a hat and gloves holds a bottle, with the text 'Just 1' next to him. The 'Keep Australia Beautiful WA' logo is in the top right. Major sponsors include Commonwealth Bank, McDonald's, and Veolia Environment. The bottom section contains event details and registration information.

**Be a part of
Clean Up
Australia Day 2010**

**Just one piece of rubbish
can make a difference.**

Major Sponsors

Commonwealth Bank, McDonald's, VEOLIA ENVIRONMENT

Keep Australia Beautiful WA invites you to join thousands of Western Australians in making a difference to our environment on **Clean Up Australia Day 2010**.

Register at www.cleanupaustaliaday.org.au or free call 1800 CUADAY (1800 282 329)

**Clean Up Australia Day
Sunday 7 March**

Business Clean Up Day Tuesday 2 March
Schools Clean Up Day Friday 5 March

If your organisation would like to clean up on a regular basis, visit www.kabc.wa.gov.au and find out how to join the Adopt-a-Spot program.

Community Resource Centre

Community Survey RESULTS

The Shire of Menzies has completed and submitted an 'Expression of Interest' for the 'Fmr' Lady Shenton Hotel facility to be officially recognised as funded Community Resource Centre. We have successfully reached the first stage whereby our 'expression of interest' has been endorsed on the 15/01/10 by the Dept of Local Gov't & Lands.

This survey was to be completed and returned by Thursday 18th February, 2010 and we thank all those who have contributed by completing the survey form. Your participation will assist in us reaching our goal to become a funded Community Resource Centre, better serving the needs of the Menzies community.

What services would you like to see and what services could be expanded?

% of respondents said....

91%	Licensing agency
67%	Café
67%	EFTPOS facility
42%	Expanded library facilities
33%	Copying & Faxing facilities
25%	Community Arts Space
25%	Binding & Laminating
25%	Photo printing
17%	TAFE external study courses
17%	Video Conferencing facilities
0%	Video & Digital Camera Loans
0%	Data Projector availability



Further suggestions...

42%	ATM
17%	More DVDs
1%	TAB, Medicare agency, story time for 0-4yr olds, more computers, adult reading/literacy

SKATE RAMP FOR MENZIES **Community Survey RESULTS**

At the October 2009 Meeting of the Shire of Menzies Council a budget provision of \$70,000 was allocated (2010/11 year) for a Skate Ramp in Menzies, subject to evidence of public consultation being conducted to show support for this facility.



Question: Would you like to see a Skate Ramp built in Menzies?

Thankyou to all 42 respondents to this survey... See responses below...

1 being what you would like the most to see in Menzies, to 10 being at the bottom of your wish list...

First Preference

1. Swimming Pool (22 - 1st preferences)
2. Water Park (7 - 1st preferences)
3. Gym (4 - 1st preferences)



All Preferences (Averaged responses)

1. Swimming Pool
2. Water Park
3. Recreation Centre
4. Gym
5. BMX Track
6. Upgraded Playgroup
7. Skate Ramp
8. Beach Volleyball Court
9. Cycle paths



Age range of respondents....

Up to 5yrs old:	0
6yrs to 10yrs:	8
11yrs – 14yrs:	14
15yrs – 18yrs:	8
19yrs – 24yrs:	3
25yrs +:	9



Other suggestions listed on surveys:

Motor bike track x 3	Night tennis
Lawn bowls x 3	Dance studio
Sauna	Scrapbooking club
Womens nights	Bingo

Tourism in the Menzies District - Siberia

16 • TUESDAY, FEBRUARY 16, 2010

News

Reproduced from the West Australian News Paper

thewest.com.au

Bougainvillea links the present to ghosts of past



MALCOLM QUEKETT

Not much happens in the abandoned town of Siberia these days. The wind whistles through the scrub, rusted bits of tin from the long-gone gold boom grow rustier and the occasional tourist calls in following the fascinating historic route north of Kalgoorlie-Boulder.

Many of them must stumble upon the old bougainvillea, which links the present to the ghosts of the past.

It is surrounded by bits and pieces found scattered on the red earth; bolts, remnants of thick old glass bottles and pieces of equipment. And plastic bottles of water.

These are recent additions and the reason they are there is explained on plastic-covered cards and a visitors' book inside a metal canister at the foot of the tree.

The tree, explains the notes, was planted at the site of the Reward Hotel, which was transported to the area before 1900 from the Carnegie mine, near Ora Banda.

According to the card the pub's owners were James and Mabel Kirkham and Mrs Kirkham had a stillborn son whose sad grave sits among a line of 12 others in the nearby cemetery.

The hotel, made from tin, closed about 1918 and was dismantled and transported east to the Canegrass rail-head to be railed to Port Augusta, South Australia.

"This bougainvillea was planted by Mrs Kirkham and a story passed on over the years," the notes say.

"When revisiting, Mrs Kirkham would say to friends 'that plant will never die, my heart lies beneath it'."



Heartfelt tribute: The bougainvillea helped along by bottled water at the abandoned town of Siberia. Pictures: Melanie Prentice

On another card is a photograph taken after the tree was found, devoid of leaves and apparently near death, in December 2002 by local tour guide and historian Harry Argus.

Mr Argus, a driver for Gold Rush Tours, watered it over a six-week period and was rewarded by new growth. He also marked the spot with wire and rocks and placed the cards and visitors' book, now carrying entries from tourists as far afield as Germany and the Philippines.

Mr Argus said his parents and grandparents had run a station nearby and his mother, Eliza, had kept in touch with Mrs Kirkham

after the family left Siberia. "They used to write to each other saying how things were going," Mr Argus said. "On one occasion Mum told Mabel it was still alive and she said it would never die, 'my heart is still there in Siberia'."

"I guess it was because she had a stillborn child there," Mr Argus said. "We had never watered the tree, it had lived off the rainfall, but one day I was going past and it looked like it was nearly dead. I thought I would put a bit of water on it, we have just kept it going."

"We also thought we would put a book there to see if anybody wanted to put their names in and it's proved quite popular."



Sad site: Graves in Siberia's cemetery.

Spinifex Art Stories - Profile of Artist Betty Kennedy



Betty Kennedy
"Nguraku"

Betty Kennedy is a senior Pitjantjatjara woman from Spinifex country in the Great Victoria Desert.

Betty lived for a time at Cundeelee Mission, east of Kalgoorlie where she had her children. She later moved with her family to Tjuntjuntjara where she has spent much of her life.

In this painting Betty depicts the sites around her parent's country in the Great Victoria Desert where they lived a traditional hunter gatherer lifestyle. The roundels in the painting represent the rockholes, which were very important places in terms of survival but also places where major creation stories travelled through. Also shown in the painting are the trees from the area which are mainly mulga, desert poplars and eucalypts. The area is sandhill country.

Story & photo reproduced with kind permission from Ilkurika Community.



Unstretched Artwork Size - 1100mm x 1100mm

Spinifex Art Gallery is inside the 'Former' Lady
Shenton Hotel. Shenton Street, Menzies



C Y O'CONNOR

LECTURE

Saints and sinners, healers and whores: women on the goldfields in the 1890s

Associate Professor Delys Bird – honorary research fellow in the School of Social and Cultural Studies at UWA, editor of Westerly and Chair of WritingWA – will explore the early years of struggle and boom on the goldfields.

PERTH

Wednesday 10 March
5.45 for 6pm
Trunby Hall
UCIC Centre, Queen's Buildings
Level 1, 97 William Street, Perth
Parking at Wilsons Car Park, Murray Street

KALGOORLIE

Monday 15 March
5.45 for 6pm
WA School of Mines
WMC Conference Centre
44 McDonald Street, Kalgoorlie

While the lives of heroic men are found in the historic record, the voices of women often remain silent. This year's CY O'Connor Lecture will reveal much about the lives of women who braved a man's world and life in general on the goldfields at a defining time in our state's history. Using a range of rare texts, Assoc Prof Delys Bird will explore the adaptability, entrepreneurial flair and often resolute endurance of women on the goldfields in the 1890s.



Join members and friends of the National Trust to explore this fascinating and little known area of Western Australian history to be followed by a light supper.

All welcome. Members / Concessions \$15, Non-members \$20. Proceeds to the National Trust's Golden Pipeline. Donations to the National Trust are tax deductible.

Bookings essential.

RSVP

PERTH: Friday 5 March

KALGOORLIE: Thursday 11 March

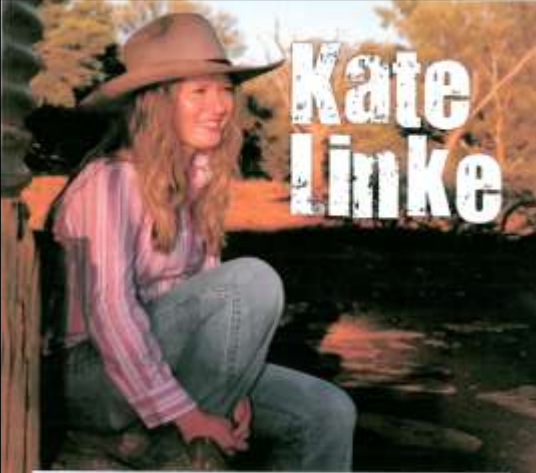
9321 6088 or via trust@ntwa.com.au



THE GOLDEN PIPELINE
A NATIONAL TRUST PROJECT

Western Australian
School of Mines

Join the National Trust. Help conserve and interpret Western Australia's unique heritage. Visit www.ntwa.com.au



Kate Linke

Appearing here:
Mount Magnet Races
Saturday April 24th 2010

REGIONAL
ZOOLOGICAL
SOCIETY

Laverton Volunteer Fire & Rescue

Celebrating 40 years of Voluntary Service

1971 - 2011

The Laverton Volunteer Fire & Rescue celebrates it's 40th Birthday in 2011, and we have already started planning the party!

Are you a past member of the Laverton Volunteer Fire & Rescue?
Do you have contact with members no longer living in Laverton or WA?
Do you have memorabilia, photos or just remember special moments?
We would like to hear from you!

A reunion is being planned and we would like as many past members and supporters as possible to attend.

To find out more information and to be added to the mailing list for regular updates, please register your details at:

Laverton Volunteer Fire & Rescue
Phone: (08) 9031 1304
lavertonvfrs@bigpond.com

or

The Great Beyond Visitor Centre
Phone: (08) 9031 31361
greatbeyond@westnet.com.au



Please sponsor **Karen Stuart**



I am shaving my hair on 13th March to help raise money for the Leukaemia Foundation's World's Greatest Shave 2010.

My goal is \$1000 and I am over half way there ☺

Please sponsor me - every little bit helps!

To sponsor me visit:

www.worldsgreatestshave.com

and follow the link



or come and see me at the Telecentre or the Great Beyond



PHOTOS BY NEIL RYAN

MOUNT MAGNET RACES

QUERIES TO FIONNA: 99634010

SATURDAY 24TH APRIL 2010

BAR OPEN AT 12PM FIRST RACE AT 1PM

TWO UP + LIVE ENTERTAINMENT AFTER LAST RACE

Occupational Health & Safety Training Opportunities

Get the IFAP Edge!

Increase your employment prospects and build your safety career to its full potential with these Nationally Recognised Training qualifications available from IFAP



Certificate IV in Occupational Health & Safety - BSB41407

Consisting of 9 units, this course is delivered in a 10-day face-to-face format. Assessments for the six core units have been clustered and can be completed online.

- ✓ 9 units of competency
- ✓ Interactive face-to-face course delivery to enhance your learning experience
- ✓ Course conducted over 10 days
- ✓ Complete tutor support for both class-room and assessment components
- ✓ Recognition of Prior Learning available



Certificate IV in Training & Assessment - TAA40104

Are you required to plan, deliver and assess training sessions for groups and individuals? Then this course will provide you with the skills and knowledge you need.

- ✓ Enhanced learning experience from face-to-face training
- ✓ Units delivered by OSH specialists
- ✓ Full tutor support given throughout assessment process
- ✓ Easy access location
- ✓ Fully catered



www.ifap.asn.au

Local Stories - Chummy and Maureen's Labour of Love



During home renovations

When Chummy & Maureen bought the Property



The final product



Chummy & Maureen saved what they now call their home from being pulled down in early 2006 by buying what was once a dilapidated house. By having affection and providing tender love and care they have proved that with a little bit of paint and a bit of elbow grease you can turn anything into a HOME.



MENZIES REMOTE PRIMARY SCHOOL



NOTICE OF SCHOOL ASSEMBLY

The next school assembly will be held next Tuesday, 9th March 2010 from 9:45am.

All are welcome to join us for the assembly and morning tea afterwards.

For further information TEL: 9024 2049.

St John Ambulance Menzies Sub Centre - News



If you would like to become a Volunteer
for St John Menzies Sub Branch -

Contact Jerry Lenane Mob: 0448 242 040 or Katie Lenane Mob: 0400 203 767

NEXT GENERAL MEETING—Sat 3rd April @ 4pm

Training held each Wednesday 6pm and monthly General Meeting are usually held on the first Saturday of each month with training from 12pm-2pm before and a social BBQ after the General Meeting. All Training & Meetings at the Ambulance Shed in Mercer Street Menzies.

If you want to help a **“working bee”** will be underway in early March when the steel frames arrive for the Sub Centre extensions.

Below: Menzies volunteers during the Primary Ambulance Care Course 20 & 21 Feb 2010



Photos provided by Ken Atkinson

Regional & Community Health Information

POITIER MEDICAL
PRACTICE LEONORA - Specialists

March 2010

Tues 9 Dr Robyn Leake - Gyno

Mon 15 Mental Health Clinic

Wed 17 Helen O'Sullivan

- Diabetic Educator

For Appointments Phone Bev

90 376 238

**Some of these specialists also visit the
Leonora Community Health Centre**

Phone 90 376 083 for more info.

LEONORA COMMUNITY HEALTH

Appoints Ph: 90 376083

POITIER MEDICAL PRACTICE

LEONORA

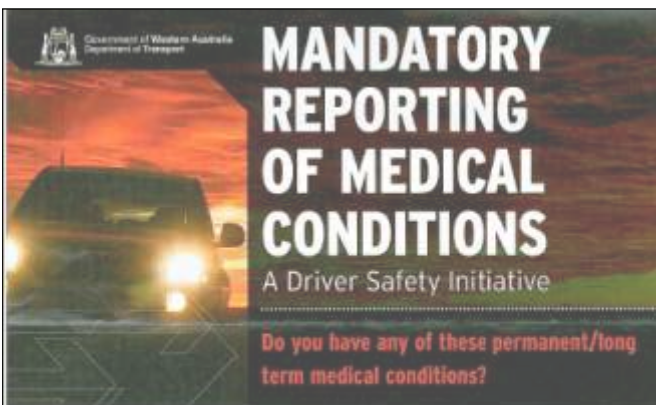
Appointments please phone 90 376 238.

For Emergencies phone Leonora Hospital 90804300

Margaret Davies - Practice Nurse

Is at Poitier Medical available every Tues & Wednesday for Male & Female Health Checks, Pap Smears and Breast Checks. Margaret is also qualified to perform Worksafe Audiology & Spirometry testing, Mine Workers Health Surveillance, Pre – employment Medicals and drug screens.

Appointments please phone 90 376 238.



Government of Western Australia
Department of Transport

**MANDATORY
REPORTING
OF MEDICAL
CONDITIONS**
A Driver Safety Initiative

Do you have any of these permanent/long term medical conditions?

Lung disease **Diabetes**
 Physical disabilities **Depression** **Stroke**
 High / low blood pressure **Sleep disorders**
 Attention deficit hyperactive disorder **Alzheimer's disease**
Epilepsy **Heart disease**
 Neurological disorders **Dementia** **Fainting**
Injuries **Mental health problems**
 Attention deficit disorder **Parkinson's disease**
Giddiness **Eye problems**

*This is not an exhaustive list of medical conditions

It is mandatory to report any permanent/long term medical conditions.
 Go to www.transport.wa.gov.au/licensing or call 1300 852 722
 If you need, consult your GP for more information



Cancer Council

Helpline

13 11 20

Menzies Health Centre Information

Population Health Information Session

Staff are giving a talk on the use and effects of "substances" i.e. alcohol, illegal drugs etc.

This session is available to the general public and also recommended for St John Ambulance volunteers.

It is an information session and you should feel free to ask any questions. (See page 22)

When: Tues 9th March

Where: Menzies Shire Hall

Time: 1pm - 4pm.

MENZIES HEALTH CENTRE

Next RFDS Clinic for
Feb & March 2010

Tuesday March 23rd

Dr. Martin Gross

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.

MENZIES HEALTH CENTRE

CLINIC Generally attended by Sister Sam

MONDAY - FRIDAY Ph: 90242044

FOR IMMEDIATE HEALTH ADVICE

CALL HEALTH DIRECT 1800 022 222

ANYTIME DAY OR NIGHT

POISONS INFO AVAILABLE 24Hrs

13 11 26

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

POITIER MEDICAL PRACTICE

LEONORA

DR APPOINTMENTS - Ph: 90376238

EMERGENCIES - Ph: 90804300



Update on injecting drug use and the needle and syringe program in our region



A session for Health Professionals,
Alcohol and other Drug workers &
other service providers eg Justice,
Police, St Johns, Council,
Environmental health



Speakers

Susan Gatti
*Regional Alcohol and
Other Drugs Coordinator*

Jo Parker
Public Health Nurse

FIND OUT WHATS HAPPENING WITH DRUG USE IN OUR REGION

- drug myths and realities
- the role of the Needle & Syringe Program (NSP)
- what it is achieving
- what is harm reduction
- how you can make a difference
- Hep C and other blood borne viruses

Menzies Town Hall

Tues 9th March 2010
1-4 pm

Registrations:

contact Population Health
ph 9080 8200
or email
kiele.robinson@health.wa.gov.au

**FREE
TRAINING**



Government of Western Australia
Department of Health
WA Country Health Service

Get Ahead of Flu Season



Influenza or 'flu' is caused by a highly infectious influenza virus. Influenza can cause fever, sneezing, severe headache, sore throat, aches and pains and general feelings of weakness.

Influenza is not the same as the 'common cold' and can last up to two weeks. If a person's natural healing system is suppressed, they may develop complications such as pneumonia which will require antibiotic treatment and possibly hospitalisation.

Vaccination offers between 70 per cent and 90 per cent protection against the strains covered by the vaccine. The vaccination provides immunity for one year so annual vaccination is required to provide ongoing protection.

According to the National Health and Medical Research Council's Immunisation Handbook, influenza vaccine given to people at risk of complications from infection is the single most important preventive measure. While not offering 100 per cent immunity to anyone, people who have been immunised and still contract influenza, experience significantly less severe symptoms of a shorter duration and are therefore less likely to develop serious complications.

Advice for managers

To prevent the spread of influenza, use of hand washing facilities or alcohol-based hand-rub should be encouraged. If staff are sick with an influenza-like illness, they should be advised to stay at home and limit contact with other people to avoid infecting them. NSW Health advises that company's prepare continuity plans to deal with the possibility of greater-than-usual staff absences, changed demand from clients, changed availability of consumables and increased stresses in the workplace that may occur this winter.

Flu is spread mainly from person-to-person through infected people coughing or sneezing. Particles from coughs and sneezes can remain infectious on people's hands and on surfaces around the workplace.

The following advice should be given to staff with symptoms of the flu to help stop spreading it to others:

- cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the garbage bin after you use it.
- wash your hands often with soap and water, especially after you cough, sneeze or go to the toilet. Alcohol-based hand cleaners are also effective.

You should ensure that commonly touched areas in the workplace are cleaned regularly, as influenza viruses can survive on hard surfaces for several hours.

Russell Williams/Posture Professionals Pty Ltd

Email: info@russellwilliams.com.au

**This is a general information newsletter only and is provided as a complimentary service
from Russell Williams and Posture @ Work**



Centrecare Goldfields Counselling Services

Would you like to talk to a counsellor?

Centrecare visits your region regularly and can support and counsel community members individually and in groups in many areas including:

Financial difficulties	Relationship development
Alcohol and other drug use	Victim support
Family and domestic violence	Mental health
Child sexual assault	Carer support
Family members entering/exiting prison	Tenancy support

For more information, or to make an appointment please call our Kalgoorlie office on;

08 909 11833 or freecall 1800 671 833

Appointments are essential.

CENTRECARE - NEXT APPOINTMENTS

16th March 2010 Leonora 12.30 to 2.30pm

17th March 2010 Laverton 9.00am to 12.00pm

Note we will be leaving Laverton 12.00pm arriving Leonora 1.00pm and available for counseling for an hour. Times are subject to client availability

Agencies please confirm times and dates with Wania whether one on one or group, and Venue if possible thank you.

Counselor: Wania Taiepa

To confirm appointments please contact **Centrecare Goldfields**
Dugan St (08) 90911833

Banners in the Terrace Competition 2010



Welcome to the WA Local Government Association's 2010 Banners in the Terrace Competition, proudly supported by the City of Perth.

This annual exhibition of banners along St Georges and Adelaide Terraces in Perth allows communities and regions throughout Western Australia to present themselves to thousands of people travelling along these routes each day. It is now a much anticipated part of the annual Local Government Convention.

In 2010 the banners will be displayed on the Terraces from
Sunday, 1 August to Saturday, 14 August.

Registration

Complete your reservation form by **Thursday, 1 April 2010** and fax to Public Relations Assistant, Andrea Sutherland on (08) 9322 2611 as soon as possible as there are limited spaces available.

Design

Make your banner dynamic; make use of strong, bright colours and bold lettering to stand out from the crowd! Although the banners look large on the ground, they are erected at a height that makes even large lettering and pictures seem small. Keep any written messages short and simple, and use large and clear lettering.

The convention theme will focus on **Better Local Government**, and artists may choose to build their banner design around this year's Convention theme.

Approval

The banner design must be approved by the City of Perth before commencing production.

Please fax an A4 design to Westly Partridge, Customer Service Officer, City of Perth on (08) 9461 3147 before:

Monday, 26 April 2010

For further enquiries, please contact Westly on 9461 3140



CITY of PERTH



Health Care Information



March 2010
ISSUE 15

In Good Health



Kidney Disease

Kidney Disease is a condition that includes any form of damage to the kidneys which prevents them from working as well as they normally should. If you lose over 1/3 of your kidney function for over 3 months, it is called Chronic Kidney Disease (CKD). Sometimes kidney disease can lead to Kidney Failure which requires dialysis or a kidney transplant to keep you alive.

Kidney Disease is a common and serious problem in Australia with 1 in 7 Australian's over 25 having at least one clinical sign of Chronic Kidney Disease (CKD) (Kidney Health Australia). Sometimes kidney damage or failure can happen very quickly, caused for example, by an accident or a sudden loss of large amounts of blood. It is more often the case however, that kidney function deteriorates over a number of years. Early detection is therefore extremely important.

SYMPTOMS

Kidney disease is called a 'silent disease' as there are often very few or no symptoms. Some general signs and symptoms may include:

- High Blood Pressure
- Pain in the kidney area
- Change in frequency and quantity of urine passed, especially an increase in frequency during the night
- Changes in the appearance of urine
- Blood in the urine

- Puffiness around the legs and ankles
- Tiredness and lack of concentration
- Nausea and vomiting
- Loss of appetite
- Shortness of breath

RISK FACTORS

You are more at risk of developing Chronic Kidney Disease if you:

- Have a family history of kidney disease
- Have diabetes
- Have high blood pressure
- Are over 50 years old
- Are obese
- Smoke
- Are of Aboriginal or Torres Strait Islander descent

If you have a higher risk of developing kidney disease you should talk to your doctor about having a regular kidney health check. Damage to your kidneys cannot usually be reversed but if detected early enough, medication, dietary and lifestyle changes can

increase the life of your kidneys. Some lifestyle changes you can make to keep your kidneys healthy include:

- Eating a healthy, balanced diet
- Maintaining a healthy weight
- Drinking plenty of water
- Engaging in regular exercise
- Not smoking
- Limiting alcohol intake
- Having your blood pressure checked regularly
- Doing things that help you to relax and reduce your stress levels

For more information visit the Kidney Health Australia Website at:
www.kidney.org.au

Health Care Information

5 Ways With Frozen Vegetables



Frozen vegetables can be a great alternative to fresh vegetables. Not only are they highly nutritious, but they have a long shelf-life, require very little preparation, and taste great too! Check out these five different ways that you can incorporate frozen vegetables into your daily meals with very little effort:

1. Add **frozen spinach** to curries, pasta sauces, soups or lasagne for an instant nutritional boost.

2. Sauté some garlic and onion in a little olive oil and add some **frozen green beans** for a yummy side dish to accompany meats or fish.

3. **Frozen peas and sweet corn** make a great addition to rice and pasta dishes or served on their own as a side dish to most meals.

4. Whip up a healthy Asian style side-dish using a bag of **frozen stir-fry mixed vegetables**. Heat a little oil in a wok until hot, add some chopped garlic and chilli, then throw in the vegetables with some soy sauce and they will be ready in a matter of minutes.

5. **Frozen sweet potato** cubes or wedges taste great when drizzled with a little olive oil and a scattering of rosemary before roasting in the oven until crisp.

How to Read Food Labels

Trying to understand nutrition panels on food labels can be very confusing. It is often difficult to know what you are looking for and what it all means. If you want to improve your diet and make sure that you're eating healthily, it is important to take some time to understand and check nutrition information on food packaging.

Almost all manufactured foods in Australia must carry a Nutrition Information Panel (NIP) on their packaging by law. The NIP tells you the quantity of the key nutrients a food contains per serve, as well as per 100g or 100ml. When comparing two food products, unless they have the same serving size, it is best to compare the nutrient content using the quantity per 100g or 100ml column.

To make healthy food choices you should look for foods that are low in salt and low in saturated fat. The table below shows the information you should look at per 100g. You should aim to choose foods with measurements in the **low** bracket.

	Low	High
Fat	3g	20g
Saturated Fat	1.5g	5g
Sugars	5g	15g
Sodium	0.1g	0.6g



Health Care Information

Kick Start **Your Exercise Program**



Often one of the first obstacles people encounter when thinking about starting their own exercise program is where they should begin. Making the personal decision to get-moving is the first positive step, next is creating an exercise program that you can stick to in the long term. The following tips will help you kick-start an exercise program that will last:

- **Start slowly** – Many people try to do too much when they start exercising. It is best to start off slowly and as your body adjusts, increase the intensity and length of your exercise sessions.
- **Set yourself manageable goals** – Make sure your goals are realistic, if you try to achieve too much too fast, you can easily become disheartened and give-up.
- **Build your exercise program into your daily routine** – Schedule your exercise sessions in your daily diary like you would with any other appointment. Remember to pack your gym-bag or trainers if you are exercising on your lunch-break or after work.
- **Track your progress** – Keep an exercise diary. Recording your progress can help to keep you motivated and feel a sense of achievement.
- **Invest in a good pair of shoes** – Buying a good pair of shoes for exercise is extremely important. Wearing inappropriate footwear can lead to blisters, injury and other foot problems. It is a good idea to visit a specialist footwear store and get some advice on the best shoes for your particular foot shape/form of exercise.
- **Exercise with a friend** – Find a friend to exercise with, or join a fitness class or sports team. Often exercising with others helps keep you motivated and encourages you to push yourself further. Not only that, it makes exercising more fun!
- **Make exercise enjoyable** – Try to make your exercise program more fun by listening to music whilst walking or running outside, or watching TV whilst exercising at home or at the gym.
- **Reward yourself** – Make sure you reward yourself when you reach your fitness goals. You could treat yourself to a massage or a night at the cinema. Try not to reward yourself with food!

Top 10 Reasons to Walk to Work

Walking to work is a great way to start the day and incorporate being active into your daily routine. Check out some of its other fantastic benefits in our top ten reasons to walk to work below:

1. It is good for your heart and lungs improving cardiovascular fitness.
2. It is a great way to lose body fat and maintain a healthy body weight.
3. It helps to tone your muscles giving you leaner, shapelier limbs.
4. It can help to reduce your risk of heart diseases and stroke.
5. It can help you develop stronger bones and improve your balance.
6. It can give you a real energy boost that will wake you up and get your brain into gear for the day ahead.
7. Walking home from work can also help you to wind down, reduce stress levels and clear your mind so you can relax in the evening.
8. It doesn't cost you anything! You can save money that you may otherwise have spent on public transport or petrol and parking.
9. It is environmentally friendly.
10. It gives you time to enjoy the outdoors and become more familiar with your surroundings.

World's Greatest Shave

One of Australia's biggest fundraising events The Leukaemia Foundation World's Greatest Shave takes place 11-13 March 2010. More than 125, 000 people are expected to shave or colour their hair to raise money to support patients and families living with leukaemia, lymphoma and other blood disorders. Money raised also funds blood cancer research to find better treatments and cures.

Health Care Information

Arthritis

Arthritis is a disease that affects the musculo-skeletal system which can cause inflammation and damage to joints and surrounding structures. Although it is often referred to as a single disease, there are in fact over 100 different medical conditions that come under the arthritis umbrella.

According to Arthritis Australia, the disease affects 3.85 million Australians and costs the economy more than \$23.9 billion each year. Contrary to popular belief that arthritis is a consequence of age, the disease can affect people from all age groups.

The most common forms of arthritis are Osteoarthritis, Rheumatoid Arthritis and Gout. Other diseases under the umbrella include:

- Ankylosing Spondylitis
- Juvenile Arthritis
- Systemic Lupus Erythematosus
- Scleroderma
- Psoriatic Arthritis
- Fibromyalgia

Symptoms

Different types of arthritis have different symptoms but in general, people with the disease feel pain and stiffness in their joints. This can interfere with some of the most basic daily tasks such as walking, driving a car and preparing food.

Treatment/Management

There is currently no cure for arthritis however there are many techniques that can help to manage the condition. Some of the tools used to help manage arthritis include:

- Exercise to maintain muscle strength, joint flexibility and manage pain.
- Medication to reduce pain and inflammation.
- Walking Aids and specially designed cutlery, kitchen equipment and garden tools.
- Self-management education programs.
- Support and self-help groups.

Arthritis & Exercise



One of the common myths surrounding arthritis is that exercising will make the condition worse. In fact, research has shown that physical activity can be one of the most effective treatments for the disease. Exercise, aside from improving overall health and fitness, can help to:

- Decrease joint pain
- Prevent joint stiffness
- Improve mobility
- Strengthen the muscles and bones
- Decrease muscle tension
- Improve posture and balance

It is important to see a doctor before starting any exercise program as some types of exercise may not be suitable for certain conditions. A physiotherapist can help to develop an individual program that will suit your condition, physical health and lifestyle.

Some physical activity options that may help arthritis include:

- Water exercise classes (hydrotherapy)
- Tai Chi and yoga
- Walking
- Dancing
- Strength training

For more information, visit the Arthritis Australia website at: www.arthritisaustralia.com.au/



Local Government Insurance Services
17 Altona Street West Perth WA 6005
T 08 9483 8888
F 08 9481 5640
www.lgiswa.com.au

IN OUR NEXT ISSUE

- Protecting Your Back
- Heart Disease
- Weight Loss
- Choosing a Healthy Breakfast
- Resistance Training

Community Notice Board



Caravan For Sale

Phone 08 90 313 805 - after 7pm

22' Coromal 1988
\$10,000 ONO

Queen Bed	3 x 80L Water Tanks
Roof Air Conditioner	Twin Water Filter System
Shower/Porta Pottie	12v CD Player
240v/Gas Fridge	240v to 12v Power Pack
2 x 9kg Gas Bottles	Full Annexe
22L Gas Hot Water System	Rego to Feb 2011
4 Burner Stove/Oven/Grill	Near new Axles, Springs, Tyres,
12v Pump	Wheels and Electric Brakes

Kookynie Volunteer Association Inc.

An Incorporated group seeking to progress the Kookynie Community Hall Project and identify and contribute to regional working projects by encouraging participation through local, regional and visiting volunteers.

2nd ANNUAL GENERAL MEETING

Date: Saturday 13th March 2010

Time: 13:00

Venue: Lyn Duncan's @ Gwalia

followed by a -

General Meeting

Time: 13:30

Please bring a plate of nibbles.

Any person who wishes to further the interests of the Association is welcome to attend both meetings.

Centrelink Agent

Contact – Alana Cameron

Phone: 90242504 Fax: 90242191

Open 8 -11am Weekdays

At the MAC Centre, Walsh Street Menzies

Menzies Public Library

A monthly exchange of books from the State Library of WA includes Adult and Junior, Fiction & Non-Fiction Books, DVD's, Videos & Audio Books (both Cassette & CD). Free membership to locals and there is always something new with many monthly donations of books and DVD's.

A quiet reading space within the library makes for a pleasant spot to while away a few hours over a book, magazine or for research. Internet service also available in the Telecentre room.

Enquires for Book Group welcome.

All Inside the 'Former' Lady Shenton Hotel.

Cnr Brown & Shenton Streets, Menzies

Wanted to Buy
Old Trucks, Tractors,
Machinery and Collectables
Phone Tom Porter on
90713342 or
Mob: 0427 713 342

Community Notice Board



Supplying Quality Seafood to

KALGOORLIE - ESPERANCE

Mon Tue Wed Thur Fri Sat

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

Peter & Sheryl Edmeades

Mobile: 0419 121 164

3 Alderdice St, Kalgoorlie WA

Email: edmeades@westcoastseafood.com.au

www.westcoastseafood.com.au

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

'Wills Family' Convention

Family Trees of
William John Wills, explorer
and
Thomas Wentworth Wills,
cricketer and AFL footballer plus

over 14 other Wills Family Trees for you to study.
This is an opportunity to contact other branches of your Family Tree.

Family relatives of Burke, King, Gray and other members of the 1860 Burke & Wills expedition are welcome to attend and make contact with other researchers.

Speakers

Assoc. Prof. Frank Leahy - University of Melbourne -
Subject - How good Wills was with his navigation.

David Dodd, The Royal Society of Victoria Inc. - Subject -
Burke and Wills Expedition 150th Anniversary
Commemorations plans.

Contact -

Pam Sullivan, 3 Strickland Close, Pakenham, Vic 3810

Email - sullivan.john@bigpond.com

Web page - www.id.au/get

7th March, 2010 - 10am - 4pm, Collingwood Town Hall,
140 Hoddle Street, Abbotsford, Melbourne

CARTRIDGES 4 PLANET ARK

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

ALL CAME FROM PRINTER CARTRIDGES

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

Menzies Resource Centre and Shire Office

For more information visit Cartridges.PlanetArk.org or call 1800 34 24 73

Participating Manufacturers - Taking responsibility for the cartridges we produce

brother Canon EPSON

Getting about the Goldfields

BOOK HERE

Menzies Visitor Centre

PERTH-GOLDFIELDS EXPRESS

GOLDRUSH TOURS



Goldrush Tour Bookings

Now available at the Menzies Visitor Centre. Book for the Goldfields GRT Express from Menzies to Kalgoorlie or Laverton. Other regional Tours Include Lake Ballard and History & Heritage
Tues 2 March 2010 Onwards - Daily

Bookings 1800 620 440 or
www.goldrushtours.com.au

Menzies Visitor Centre Ph: 90 242 702
Cash Only Facilities

Call in and pick up a brochure, plan your day trip and book in advance here.

GOLDRUSH TOURS **BOOK HERE**

GRT EXPRESS TIMETABLE

Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/10/2009

THURSDAY

EXPRESS	TIME
*Now departs from bus bay at the Visitor Centre	
	3.30pm
KALGOORLIE VISITOR CENTRE	3.45pm
MENZIES	5.10pm
KOOKYNIE TURNOFF	5.35pm
LEONORA	ARRIVE 6.15pm
	DEPART 6.30pm
MURRIN MURRIN TURNOFF	7.15pm
MT MORGAN TURNOFF	7.25pm
LAVERTON	8.00pm

Laverton to Kalgoorlie

TIMETABLE EFFECTIVE 01/10/2009

FRIDAY

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

BOOKINGS & ENQUIRIES

1800 620 440

PURCHASE TICKETS ONLINE

www.goldrushtours.com.au

Local Business Info

Menzies Hotel Open from 10am Daily

Meals Weekdays & Toasted Sandwiches, Pies Pasties & Sausage Rolls

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

Located

Cnr Shenton & Wilson Streets

Where you turn off to Lake Ballard

Sit Down & Takeaway

Meals & Grocery lines

LPG Bottle Exchange

Ph: 90242046



Grand Hotel Kookynie

70 kms NE of Menzies

Outback Pub in a Living Ghost Town. Visit the new Information Bay, pick up a brochure and wander the

town site seeking the 'ghosts' of the past. Visit

Nearby Historic Niagara Dam, Picnic & Gas BBQ Facilities, Toilets, Camping and Two Walk Trails.

Wash down the dust...



**GRAND
HOTEL
KOOKYNIE**
Phone: 9031 3010

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



Come and relax at the
Grand Hotel, Kookynie

Grand Hotel Kookynie

Food, Accommodation, Petrol & Diesel

Monday to Saturday - 9 am to 9pm

Sunday - 10am to 9pm

Takeaway & Counter Meals, Lunch & Evening. Breakfast by arrangement for travelers.

Grocery lines & LPG Bottle fill.

Fuel Diesel & Unleaded

Camping Ground adjacent to hotel

Ph: 90313010 Fax: 90313001



The *Art* of Business

How to create & sustain a commercially viable visual arts business

Please join us for an exclusive Bread and Butter Workshop with Jill Yelland of DesignMERGER's, a commercially successful & well regarded Western Australian artist. Jill will teach you how to transition your hobby into a business venture, or work towards ensuring the commercial viability of your already existing venture.

Day 1 - Full Day Arts Business Workshop

The philosophy of changing from a hobby to a business and working out how to make your business successful

Your dreams, aims and goals

Can you afford it?

Determining your product range

The Marketing Mix—Product, Pricing, Place & Promotion

Getting to your target market

Your image

Marketing Tools—portfolios, brochures, resume

Packaging

Exporting

Tendering for Contracts & Commissions

Please bring along your wonderful art for everyone to enjoy!

Day 2 - Jill one on one with you

Jill is available for a one on one discussion with a limited number of individual participants. These are designed to assist you to be able to talk with Jill in more depth about your business idea or operating business. She will be able to assist & guide you through your individual circumstances.

Day 1 - Workshop

When: Tuesday 09th March 2010

Time: 9am to 4.30pm

Where: Kalgoorlie-Boulder
Chamber of Commerce & Industry
58 Egan Street
Kalgoorlie

Cost : \$65 per person inc. GST

This includes Jill's Publication "The Art of Minding Your Own Business", workshop materials, morning tea, lunch & afternoon tea

Please turn overleaf for information about how to register.

Ask us about a small business training voucher to assist towards the cost of attending.

Day 2 - Jill one on one

When: Wednesday 10th March 2010
Appointments by booking (limited places)

Where: Small Business Centre Goldfields
171 Piccadilly Street
Kalgoorlie WA 6430

Cost: \$30 per person inc. GST



This program has been coordinated in partnership by the Small Business Centre Goldfields and Desert Knowledge Australia Outback Business Networks Project, made possible by funding through the Small Business Development Corporation.

Small Business Centre Goldfields

How we can help your business

Start up

- Business Name Registration
- Australian Business Number Registration
- Business Structures
- Insurance
- Employing Staff
- Advertising
- Business Planning
- Financial assistance - cash flow forecasting
- Buying a business
- Licenses
- ATO, Taxation requirements and regulations
- Department of Commerce requirements and regulations
- Contracts - buying or selling

Existing

- Networking Opportunities through our Women in Business—Inspire Network
- Cashflow Management Planning
- Business Planning
- Market Research for expansion opportunities
- Costing & Pricing Products/Services
- Analysing Financial Ratios & business efficiencies—Gross Profit Margins etc.
- Small Business Training Vouchers
- Workshops/Seminars
- Government Assistance & Incentives
- Employing People
- Intellectual Property
- Preparing Your Business for Sale

Our service is complimentary for small business throughout the entire Goldfields. We charge a nominal cost-recovery fee for some workshops/seminars that we undertake.

If you have any small business related issues, please contact us on 9021 7708 to discuss, we are flexible in our service delivery, which means that we can come to you.



Small Business - Skills & Training Workshops

Coaching & Team building skills for managers and supervisors



9am - 4pm
19th April 2010

Cost \$380 p.p.

Morning tea, lunch, afternoon tea and course materials provided

Who would benefit from this workshop?

Team leaders, managers, supervisors, business owners, future leaders up and coming management - anyone who needs to know how to encourage a team to increase productivity.

A statement of attendance will be given to each participant

How to provide exceptional Customer Service not your average customer service workshop

9am - 4pm
8th March 2010

Cost \$380 p.p.

Morning tea, lunch, afternoon tea and course materials provided

Who would benefit from this workshop?

Customer service officers, front counter staff, sales reps and managers, business owners - anyone who needs to know how to turn customer satisfaction into bottom line results.

Call 90886812 Email cd@kalg.curtin.edu.au Online www.curtintrainingsolutions.com.au

Business Planning The Key to Small Business Success



This workshop will take you through the process of business planning step-by-step, which does not have to be a daunting process, contrary to what many aspiring and existing business people believe!

A business plan will provide you with a blueprint, map or guide of a proposed or existing business to work with for the future and can be as simple or as complex as you require.

Business Plans are established for a wide variety of reasons which can include; making sure the management and operational aspects of a business are understood prior to commencing; to secure start up finance; to investigate how a business can become more efficient; to analyse the effect of new products and services, and for the expansion of a business etc.

The workshop will cover the following:

- Vision & Mission
- Business Objectives
- Marketing & Operational Strategies
- Human Resources
- Financial Projections

Date: Tuesday 16th March 2010
Time: 9.00am to 1.00 pm
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- Introduce and meet new agency people
- Share information
- Promote your service activities, programs & projects

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Volume 1, Issue 2

February 2010

The Remote Dog Digest

A b o r i g i n a l C o m m u n i t y V e t e r i n a r y S e r v i c e s

Special points of interest:

- In the US, over 700 people each year become permanently or partly blind due to infections from dog roundworms
- The biggest cause of dog program failure is the lack of regularity. Dog programs need to be performed at least twice a year to be effective
- There are vaccinations for Parvovirus that last for over 3 years

Inside this issue:

Farewell to Dr Siobhan Egan	2
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Scabies—How Can We Treat It?	2
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Cost Effective Methods For Dog Programs—Drugs	3
Cost Effective Methods For Dog Programs—Timing, Frequency...	3
Cost Effective Methods For Dog Programs—...	4

Community Dogs in the Media

It is sad to see the animals of people from remote indigenous community in the media spotlight for only bad reasons.

Admittedly, there have been a number of cases throughout 2009 of dogs in remote communities attacking people, sometimes with severe consequences.

There have also been stories of dogs breeding out of control in large numbers.

There are also stories of neglect and cruelty to animals in communities.

However, there are a number of good stories where the situations of animals in communities are improving.

The communities serviced

by ACVS have seen over a 6% reduction in the number of dogs.

At the proud small commu-



Do we always need the warning?

nity of Manyallaluk, the dog population has reduced to such a low level, it is now comparable to the rest of urban Australia. It is also good to see in this community that all female dogs

have been desexed.

In another happy community, Minyerri, thin dogs are almost a thing of the past. There are now a number of dogs that are actually overweight. Whilst this is not ideal, it is good to see that they are well cared for and well loved.

Finally in 2009, the communities serviced by ACVS have had more than a 30% reduction in puppies born. This is due to good desexing and contraception programs.

We hope that 2010 will bring more good news.

Dr Alexander Burleigh
BSc(Vet) honours BVSc (honours)
Senior Veterinarian

Parvovirus – How can we treat, control and prevent it? (Part 1)

Parvovirus is a life threatening disease of dogs. What can we do if a dog gets it? How can we treat, control and prevent it?

In parts 1 & 2 in this issue, we'll talk about treatment control and prevention of this horrible disease.

If a pup or dog contracts Parvovirus, it is important to seek veterinary attention immediately as without treatment, death is likely.

Home treatment is not advised as this can allow the virus to spread in the millions in the backyard and

home environment, and it is unlikely to work.

Treatment in a vet clinic can give good outcomes and greatly improves the chance of surviving. Treatment requires a minimum of intensive fluids and antibiotics. It can be costly.

Farewell to Dr Siobhan Egan

We are very sad to say farewell to one of our very well loved veterinarians, Dr Siobhan Egan.

Dr Egan will be finishing work for Aboriginal Community Veterinary Services at the end of February to head off to a life of excitement in the UK.

Siobhan has been with ACVS for over 2 years and has made her mark in many remote communi-

ties.

Siobhan says that she will miss her work with the dogs in remote communities, especially in the communities of Bulman, Ngukurr and Yarralin where she felt she had a special bond with the communities' animals and people.

Siobhan feels that there has been great improvements in the dog levels in these communities and

hopes that they will continue to improve.

Siobhan is sure that the welfare of these animals will continue to improve under the guidance of Dr Sam McMahon, Dr Alex Burleigh and ACVS's new veterinarian, Dr Leah Wright.

ACVS wishes Siobhan the best of luck with her endeavours overseas.



Dr Siobhan Egan

Parvovirus – How can we treat, control and prevent it? (Part 2)

“Parvovirus is easily prevented through vaccination.”

If we believe or know that Parvovirus has occurred in the house or surrounding areas, it is important to employ the following measures.

As most disinfectants will not destroy the virus, clean all areas affected with either 1:30 Bleach or special solutions designed to kill the virus.

Do not allow any unvaccinated dogs to come in contact with the affected area.

Most importantly, Parvovirus is easily prevented through vaccination.

Vaccination is highly effective in preventing this disease and can start from six weeks of age with their last primary vaccination occurring at ten weeks of age.

This vaccination should be repeated every one to three years depending on the type of vaccine used.

Often in dog programs, parvovirus vaccination can be incorporated to ensure that this disease does not spread throughout the animals.

Scabies – How can we treat it?

As mentioned in our previous issue, Scabies is a major cause of skin disease in dogs in remote communities, but how can we treat and prevent it?

The Sarcoptic Mite (the one that causes scabies) can be easily treated by different means.

In remote dog programs, either injections of drugs such (eg. Ivermectin), or a spray (eg. Cydectin®) are used to treat this mange.

However, there are treatments that can also be used without veterinary involvement. Spot-ons such as Revolution® or

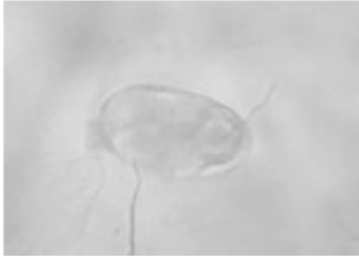
Advocate® can be used with great success to get rid of scabies. These can also prevent Scabies.

Please note that there are older treatments such as washes. We don't recommend them as they can be dangerous to people on certain medications.



A pup with Mange

Worm Worries



A Hookworm Egg (Magnified)

Northern and Eastern Australia is currently experiencing a large amount of rain. This can be good

for our water supplies, but it also can bring out two major concerns in our dogs — Hookworms and Roundworms. The worms prefer wet periods as they require water for their life cycle. Both these worms can cause major illness and death in dogs, especially in pups.

A major concern of these worms is that they can cause illness and disease in people. Baby hookworms can burrow under the skin of the feet causing massive irritation. Even worse still, people who get

infected with roundworms can become irreversibly blind. In the US over 700 people each year get this blindness.

Prevention is easy in animals through good worming protocols. Good dog programs will incorporate this, and it is relatively cheap. Worming can be done between veterinary visits.

People can prevent infection by washing their hands after handling animals and by wearing shoes.

Cost Effective Methods For Dog Programs — Drugs

So what should we be looking for when we're trying to work out the most cost effective ways for animal control and health management in remote indigenous communities.

There are several areas to always look at: Drugs, Timing, Program Frequency, Providers, Intervisit management and Consequences.

Drugs can be cheap or very costly depending on the methods used by service providers. Just because a service provider is using the latest drugs or more expensive drugs, does not mean that the cost to benefit ratio improves.

It is important to know the benefits of each drug, know how long they last, know the

associated costs of each medication, and finally the risks of each medication. This can then be used to determine if it is worthwhile to use it for the control program.

Cost effective measures of contraception was discussed in Issue 1, and more cost effective measures will be discussed in further issues.



"It is important to know the benefits vs costs of each medication"

Cost Effective Methods For Dog Programs — Timing, Frequency and Providers

Timing of programs is very important as this can improve the cost effectiveness.

Ensuring that visits align correctly when the medications wear off is essential. Being late can dramatically increase costs as this can result in animals breeding and parasites going out of control. This may require subsequent visits to be longer to attend to the prob-

lems that have occurred.

Program frequency is very important too. No matter what medications are used to control breeding, it is vital to have two or more visits each year. This is because it only takes 6 months for a new born female to reach breeding status. By having twice yearly visits, these bitches can either be desexed or given a contracep-

tive prior to reaching adulthood.

Finally provider selection is important as it is essential to ensure that they are providing important services such as desexing, contraception, parasite control, euthanasia services and ideally vaccination services. Using Providers that do not cover these areas could lead to ineffec-



Nurse Sonya showing Kids in a Remote Community about Veterinary Procedures

-ive programs and hence wastage of financial resources.

Ensure that these providers do bring their own transport and equipment so that they are able to visit every household.

WE'RE ON THE WEB
WWW.NTVS.COM.AU



Aboriginal Community Veterinary Services

Cnr Second and Mannion Sts
PO Box 1610
Katherine, NT. 0851

Phone: +61 8 8972 3599
Fax: +61 8 8972 3913
E-mail: info@ntvet.com.au

Healthy Animals, Strong Communities

Aboriginal Community Veterinary Services (ACVS) is a veterinary provider that caters for the needs of people and their animals in remote Aboriginal Communities throughout Australia. ACVS first started in 2008 and has grown strongly over that period. The veterinarians of ACVS have been performing dog programs in remote communities throughout Australia over the past 20 years. Some programs have been started where no dog programs have been run before. For over 10 years, the veterinarians of ACVS have performed over 150 dog programs throughout the Northern Territory and Australia.

Cost Effective Methods For Dog Programs — Intervisit Management and Program Consequences

Finally we need to look at intervisit management and program consequences.

Intervisit management is very important. This can take a good program and change it to a highly successful program. Remote health workers can be trained in the administration of certain medications such as ivermectin for the control of parasites such as roundworms and hookworms.

Dog control workers and/or the police can also be used to assist in the control of dangerous dogs or for the euthanasia of sick or injured animals in remote communities.

Often the veterinarians who pro-

vide the programs can also be used to communicate with medical staff if animals need treatments in remote communities.

Finally it is important to understand the consequences if no actions are taken. If programs are not performed properly and dog levels are not controlled, the risks of dog attacks, the risks of the spread of disease to animals and people, the risks to animal welfare, and the risks of disturbance to people increase dramatically. The costs to the animals and the community can be devastating.

All of these issues will be discussed in more detail in further issues of

the *Remote Dog Digest*



Dogs recovering from surgery at Croker Island

For Back Issues of *The Remote Dog Digest*, Go to our website
www.NTVET.com.au

Drinks to Keep you Cool for the Remaining Summer

Choc-banana smoothie



1 large banana
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup plain yoghurt
 1–2 tablespoons chocolate syrup
 1 scoop vanilla ice-cream
 $\frac{1}{4}$ cup choc bits, optional
 Serves 1–2

- 1 Peel and slice the banana.
- 2 Put all the ingredients in a blender and blend until thick and frothy.
- 3 Serve in tall glasses.

Mango wizz



$\frac{1}{2}$ cup ice cubes
 $1\frac{1}{2}$ cups chopped fresh mango
 Serves 1

- 1 Put the ice cubes in a blender or food processor bowl and process until the ice is roughly chopped.
- 2 Add the mango and process until the fruit and ice are well mixed.
- 3 Pour the mixture into a tall glass and serve straight away. Add a little water or orange juice to make the drink a little thinner if you like.

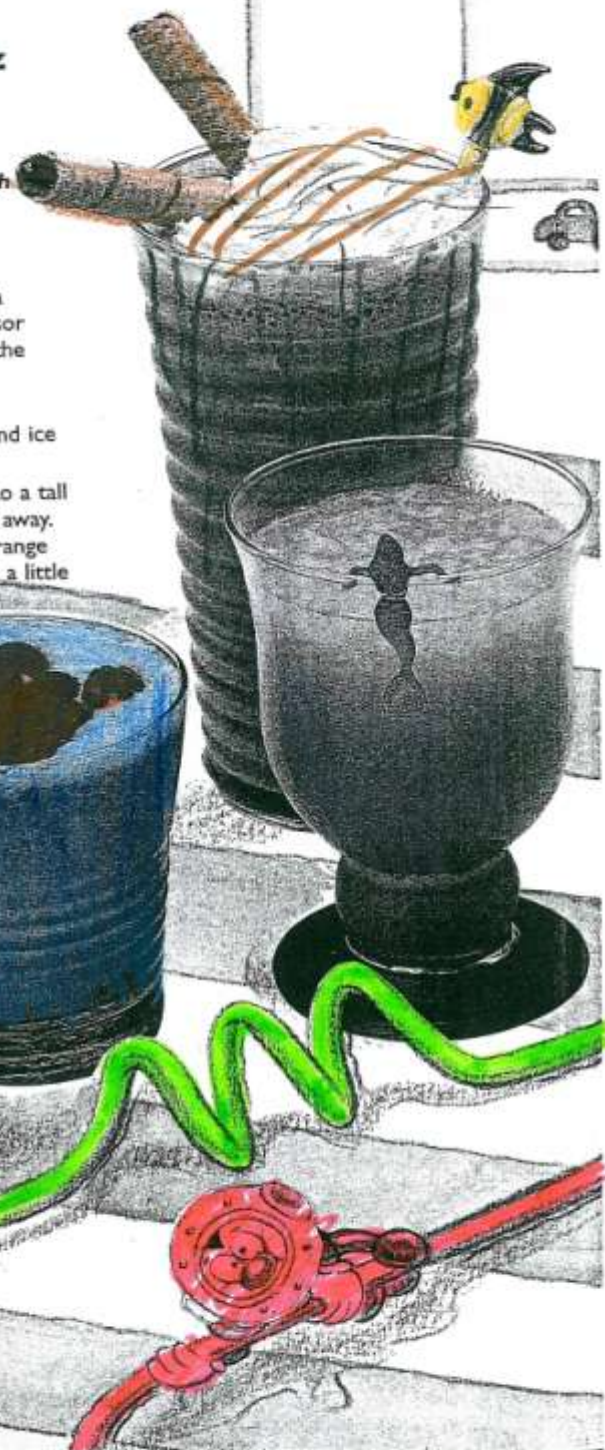
Strawberry or raspberry shake



1 cup chopped strawberries or raspberries
 1 cup milk
 3 scoops vanilla or strawberry ice-cream
 sugar, to taste, if using raspberries
 Serves 2

- 1 Put the strawberries or raspberries, milk and ice-cream into a blender or food processor bowl.
- 2 Blend the ingredients on a high setting for 1 minute or until the mixture is smooth.
- 3 Pour the mixture into serving glasses.

From left: Raspberry shake, Choc banana smoothie, Mango wizz



NAIDOC Week Poster Competition



Unsung Heroes
Closing the Gap by
Leading Their Way

4-11 JULY
2010

POSTER COMPETITION ENTRY FORM

NAIDOC WEEK 2010 **Unsung Heroes** Closing the Gap by Leading Their Way

ENTER ONLINE AT WWW.NAIDOC.ORG.AU

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Competition 2010.

Would you like to see your artwork become the 2010 National NAIDOC Poster?

The NAIDOC poster competition is a chance for talented Aboriginal and Torres Strait Islander artists to be recognised across Australia.

The winning artwork collects a \$5,000 prize and will be used to create 100,000 copies of the 2010 National NAIDOC Poster.

Your artwork must reflect this year's NAIDOC theme: Unsung Heroes – Closing the Gap by Leading Their Way

All entries must be accompanied by this signed form and be received by close of business **Wednesday 31st March 2010**.

YOUR DETAILS

Artist's name:

Address:

State SA

Postcode:

Telephone:

Mobile:

Email address:

Title of work:

Description of work: (Attach additional information if necessary)

☐ I agree to the terms and conditions of entry to the National NAIDOC Poster Competition.

I am a ☐ Aboriginal ☐ Torres Strait Islander

Signature:



Fact Sheet

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- can automatically deliver emergency warnings direct to people when lives may be in danger in their neighbourhood.
- is like an electronic door knock - it will be used by emergency authorities to alert people in a specific location to immediate danger.
- is an automated system that uses mapping technology and telephone data to send messages to areas as small as a suburban block or as large as a whole suburb or district.
- is a free service and people can register to get messages by email and their mobiles for up to three addresses.
- people who have a home phone (including silent numbers) and mobiles registered to current billing addresses don't need to do anything - they will automatically be registered to get StateAlert messages.
- people who don't have a home phone or mobiles registered to old addresses or want to get messages in other ways or for multiple addresses must register at **www.statealert.wa.gov.au**
- will only be used when authorities are aware there is an emergency and there is time to issue a warning - there may be no warning for some incidents.
- is an additional tool that emergency services now have to deliver timely, accurate and geographically specific information to at risk communities.
- does not replace current public information tools or the need for people to take responsibility for their own safety.
- is a State Government initiative, developed by the Fire and Emergency Services Authority and WA Police.

Public Notice on Power Prices



Helen Bullock MLC

Member for Mining & Pastoral

MEDIA STATEMENT

16 February 2010

Plan needed to help protect families from electricity price hikes

Member for Mining and Pastoral, Helen Bullock, has called on the Barnett Government to protect Western Australian families from massive electricity price hikes.

"Western Australia face a massive 77 per cent electricity price hike over the next four year and by 2014, the average electricity bill for Western Australian families will double to a crippling \$2101," Ms Bullock said.

"These power price hikes will leave most family budgets in tatters and many will struggle to make ends meet."

Ms Bullock said it was very concerning that a record 77,000 WA households had asked for emergency help to deal with electricity bills.

"Labor set aside \$780million in the State's budget to help Western Australian families pay their electricity bills," Ms Bullock said.

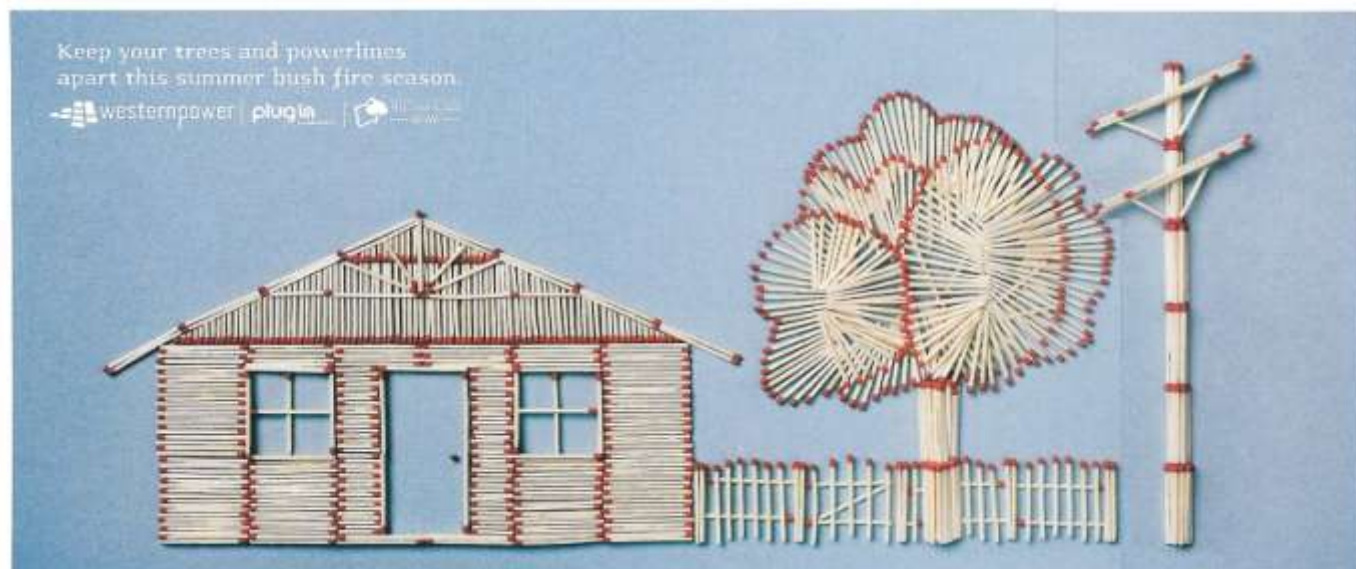
"Mr Buswell took that \$780million out of the budget and put the entire burden onto Western Australian households."

"Given the financial hardship confronting a record number of families it is time the Barnett Government helps cushion the blow."

"The Barnett Government needs to look at how these power increases are delivered and make allowances for families already struggling."

Ms Bullock is urging people who are struggling due to increased prices in electricity, water and other utility costs to contact her office on 9022 9144 or call into 8/35 Brookman Street.

Media Contact: 9022 9144



Wildlife in the Menzies District

The Malleefowl Momentum

By Susanne Dennings

Farmers and Landowners – a community's response to the cultural and heritage values of their Malleefowl



Australian communities have in the past and are continuing to take an increasing leadership role in driving Malleefowl conservation particularly in Western Australia.

In deed, the charismatic life style of the Malleefowl has captured hearts and minds across the country. One proactive isolated 'sheep and wheat' farming community in the south west has been working against incredible odds to preserve the species and this is their story.

Malleefowl *Leipoa ocellata* are listed as 'vulnerable' under the *Commonwealth Environment Protection and Biodiversity Act 1999* and the 2007 IUCN Red List of Threatened Species. In Western Australia, they are listed as 'fauna that is rare or likely to become extinct'.

The species belongs to the family Megapodiidae, the ground dwelling mound builders. The megapode family is made up of seven genera confined to the islands of south-east Asia, south-west Pacific and Australia and generally understood as a sister group to the Galliformes. They use external heat sources to incubate their eggs by various means from the warm sand of Indonesia's tropical beaches to constructing an earth mound filled with leaf litter gathered from the forest floor. Of all the mound builders, Malleefowl are unique to the arid/semi-arid regions of Australia. One would wonder why any self respecting megapode should choose such a low rainfall sparse environ-

ment to make a composting incubation mound. The Malleefowl, however, have developed a most sophisticated and elaborate incubation method spending up to 11 months of the year constructing a mound of soil filled with litter. They maintain a constant 32-34 degrees c during the breeding season (Sept-Mar) by adjusting soil cover, then when the decomposing heat diminishes, solar energy is utilised by spreading the mound soil to heat in the sun. Malleefowl lay a large egg weighing approximately 10% of the body weight at 3-8 day intervals burying them deep in the egg chamber above the composting material. Upon hatching, the chick may take up to fifteen hours to emerge. The young Malleefowl receives no parental care and can fly within 24 hours. Sadly it has an estimated survival rate of less than 2%.

In the south western Australian mallee country three small towns; Borden, Gnowangerup, and Ongerup are linked to a rural shire that takes its name from the Noongar Aboriginal word for malleefowl, the 'Gnow'. Like most farming districts, the **Gnowangerup** Shire landscape has been severely modified resulting in the clearing of 85% of the natural bushland for agriculture. Today, the remaining remnant vegetation is further under threat from stock grazing, rabbits and increasing salinity.

The 'gnow', or 'malleehen', as it is also locally known features on the coat of arms as the Gnowangerup Shire faunal emblem, vehicle number plate, school emblem, hospital aged care building and a multitude of local community group and business logos. In 2007 the bird provided a focus for an Ongerup eco tourism, research and information centre that currently houses the administration offices of the Malleefowl Preservation Group.

In 1991 local resident, John Davis was commissioned by the Gnowangerup Shire President to carve a malleefowl, now a show piece in the shire administration building. Describing himself as a 'bushie with a difference', John's keen interest in nature became internationally recognised when he discovered his new found talent for wood carving Australian birds. Without doubt his bulldozer and school bus contracting businesses provided many opportunities to observe nature and all it had to offer.

Upon accepting the Malleefowl carving commission, John realised with concern that he could no longer take a short drive out of town to study the bird. His only option was a 700 km return trip to the Perth Zoo. One year later John learnt this captive Malleefowl had been taken by a fox. This news, his dedication to native wildlife and local Landcare membership motivated him to 'do something about the loss of our malleehens'. So began the formation of the Malleefowl Preservation Group with an out bush 'on the back of the ute' meeting at their only known Gnowangerup Shire Malleefowl breeding site north of Ongerup, known as 'Kelly's block'. This small 138 ha isolated bush remnant had been saved from clearing by a multitude of fortuitous events. Several attempts to burn it in the 50-60's failed followed by a final unsuccessful clearing plan when the tractor dragging its 'rolling' log broke down. The owner, Jack Vaux well understood the threats to sheep grazing in bushland that contained poison plants known locally as 'box' and 'narrow leaf' (*Gastrolobium stenophyllum* and *Gastrololium parviflorum*). The bush block was quickly fenced off to avoid further stock losses. The result - a protected remnant in a cleared landscape supporting threatened species including the Western whipbird *Psophodes nigrogularis*. In addition to the Malleefowl, it was the loss of more obvious species such as the brush wallaby *Marcopus irma* that drove the owner to save this patch of bush for future generations. Sadly the last brush wallabies were eradicated by a non professional visiting 'roo' shooter.

Over the coming years the Malleefowl Preservation Group (MPG) was formed initially as a sub group to the local Landcare movement under the direction and driving passion of its founder, John Davis. It developed a 'Community Action Plan' to prioritise future actions firstly by raising the profile of the Malleefowl in Western Australia then working towards identifying remaining populations. With guidance from the *National Recovery Plan for Malleefowl* and personal support from its author, Dr. Joe Benshemesh, the group contributed to, and encouraged a National conservation approach through linking with similar interstate communities and research scientists.

Cont. next page



The Malleefowl Momentum - continued

Based in Ongerup, a small community of just 120 residents, the Malleefowl Preservation Group well recognised its future operational and volunteer challenges. So much to do, so few people, isolation, declining infrastructure and aging rural populations. Just how would the group implement its full action plan? A major Community Awareness and Education program was embarked upon in 1994 to encourage support and increase understanding of the decline in Malleefowl populations throughout the southern half of Western Australia. The group focused on a series of country show and field day displays then turned its energy to developing a school education program. Designed as a curriculum/outcome based program, *'Malleefowl Magic'* gained its introduction support from Sir David Attenborough and curriculum guidelines from environmental education officer, Janette Huston. To date 130 schools have received the education program which is currently being reviewed for future expansion.

What of the Mums and Dads? Well known Australian singer and song writer, John Williamson pledged his support by becoming the group's patron. A man dedicated to the Australian environment with a similar farming background and a good understanding of the Malleefowl Preservation Group's members, John visited 'Kelly's block' and has been closely linked to the MPG for the past 10 years.

'Kelly's block' became a focal point for on-ground conservation work as the area was once recognised as a Malleefowl strong hold. The now fully cleared nearby 'malleehen paddock' is a bleak reminder of what once was. In recognition of the local community's cultural significance for the surviving population in 'Kelly's block', the MPG set about constructing a series of wildlife bush corridors. This vision developed from the realisation that the small remnant supported an astonishing breeding density of 5 active mounds and, secondly, farmers' personal observations of 'malleehens' using a degraded bush connection along the 'Little Ayre' paddock fence line. Stretching some 63 kms to the east and west, the corridor was constructed in three stages through farmers' allocation of cleared and uncleared land to plant local providence seed collected from 'Kelly's block'. The most recent 50 metre wide corridor extension (stage 3) was described in the group's *Malleefowl Matter* newsletter as the equivalent to an area of 1800 suburban housing blocks.

More farmers from neighbouring shires became involved, some travelling from as far a field as Kojonup, 250 km to the west to participate in a special MPG partnership project with the Kent District Hunting for Conservation Group. This organisation, a sub group of the Sporting Shooters Association, regularly patrol the corridor at night to eradicate feral cats and foxes.

How successful has this wildlife corridor project been? The group pledged support to a dedicated PhD student who set up her primitive bush camp at 'Kelly's block' to study the Malleefowl. Her enthusiasm was infectious so that before long Jessica van der Waag had a multitude of willing helpers donning head torches to trek through the mallee at night, rain, hail or shine to monitor the survival and dispersal of malleefowl chicks. Their use of the bush corridors has been mapped to date however further research and monitoring is still required to identify long-term chick survival and adult movements.

With all this activity, one apprehensive however important question continually arose on the group's agenda 'How many Malleefowl do we really have left?'. As a long-lived species, it was recognised that a long-term commitment to monitoring populations needed to be established if community groups such as the Malleefowl Preservation Group were able to provide evidence of population trends and contribute to conservation guidelines.

'It is crucial to describe the current distribution, abundance, and stability of remaining Malleefowl populations so that effective management can be prescribed for poorly known populations within a landscape context. Information is also needed to adequately assess the threats, examine the viability and conservation status of these populations, and plan the most effective and efficient management for self-sustaining populations' *Benshemesh, J: National Recovery Plan for Malleefowl, 2000.*

Initially the MPG set about establishing a 'Malleefowl Sightings' project involving the broader community with the aim of identifying migrating and resident Malleefowl in agricultural landscapes. Fifteen hundred sighting reports later, the project provided the basis for further research by PhD student, Blair Parsons. It would seem that all is not bad news for the Malleefowl. The report 'Malleefowl Conservation – informed and integrated community action' 2008, Dr. Jeff Short and Blair Parsons states:

'We conclude that the long-term prognosis for Malleefowl in the Western Australian wheatbelt is much brighter than elsewhere in its range and that its status here is much more secure than previous published studies have indicated. However, their continued persistence cannot be taken for granted, requiring overall neutral or positive environmental trends over time throughout the wheatbelt for it to persist. These environmental trends relate strongly to maintenance of overall connectivity of the landscape and the maintenance of habitat quality within remnants (chiefly by the exclusion of grazing).'

Commencing in 1993, the MPG assisted community interest groups and the corporate sector to establish a series of Western Australian survey sites in search of Malleefowl mounds enabling and encouraging annual monitoring of breeding pairs. Their findings are an important contribution to the National Malleefowl Monitoring Program data base coordinated and managed by the Victorian Malleefowl Recovery Group.

Malleefowl surveys rely heavily on teams of 20-30 volunteers who camp out to bush walk each day carrying a back pack lunch and drinking water. Over the years, the MPG has developed an efficient 'human chain' survey methodology implemented by a team of experienced and enthusiastic volunteers. For many, it provided an introduction to GPS technology and, in most cases, a first 'real bush walking' experience. 'State of the art' camp out facilities including an under cover kitchen and 12 volt battery operated hot showers fed from an old style copper in a cut off 44 gallon drum, ensure volunteer comforts are well catered for. **Insert photo 10** 'Camping under the stars is wonderful especially at the end of the day when we all meet around the camp fire at night for the de-brief. Hot showers? What a luxury however you have to be quick to beat the cold nights when the temperature can drop below zero. Then of course if it's raining, plastic bags come in handy to keep our clean knickers and socks dry!' said one volunteer.

From humble beginnings to save their 'Gnow', the Malleefowl Preservation Group today boasts five environmental awards and a membership of 650 (approximately 2000 individuals). The group continues to operate on a 95% volunteer basis contributing its success to keeping 'its eye on the ball', appreciating and rewarding the commitment of its volunteers and maintaining a grass roots focus.

The organisation has very much understood and promoted the iconic values of the Malleefowl. Not without future challenges, the MPG is today at a cross roads in expanding Malleefowl conservation through developing a strategic 'whole of biodiversity' community driven conservation program.

Footnote: A half hour television documentary titled 'It's Gnow of Never' telling the MPG story is available through the group's web site www.malleefowl.com.au or email: malleefowl.wa@wn.com.au the DVD documentary is also available to order through the Menzie's Resource Centre at \$20each. Ph: 90 242 702



March Birthdays

A belated Birthday for -

Nathan Seale - 27 Feb

A BIG 21st Birthday for -

Josh McAllan - 2nd

Happy Birthday to -

John McCarthy - 10th

Justin Lee - 13th

Josie Williams - 24th

Rodney - 20th

Chadwick - 20th & 30th

Darian Tucker - 31st

Have a Great Day !



Pasta salad

Category:

Pasta, Salads

Ingredients:

- 1 packet of penne pasta
- 1 Spanish onion
- 1 can tuna in spring water
- A handful of chopped fresh parsley
- A handful of Spanish olives
- 1 boiled egg

Dressing:

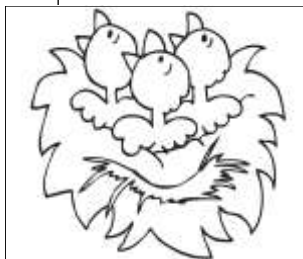
- 1 lemon
- 2 tbsp of extra virgin olive oil

Method:

Cook pasta.

Chop parsley and onion and egg.

Finely combine cooked pasta with all ingredients.



Kids pasta salad

Category:

Kids food, Pasta, Salads, Toddler , Easy recipes

Ingredients:

- 165g pasta shapes, cooked without salt until just tender
- 1 can tuna in spring water, drained – approx 150g
- 1 small can sweetcorn in water, drained, or 150g frozen sweetcorn.

Juice of half lemon

Method:

Combine all the ingredients. Chill.

This will keep a day or two in the fridge in an air-tight container.

Tuna and egg salad (lazy nicoise)

Serving Size: 4

Category:

Dinner, Healthy, Salads, Easy recipes

Special Info: Gluten free, Nut free

Ingredients:

- 400g can tuna in oil, drained
- 4 hardboiled eggs, peeled
- 4 handfuls baby spinach
- ½ cup good quality mayonnaise
- 1 tablespoon sweet chilli sauce (optional)

Lemon wedges, to serve

Method:

Arrange spinach leaves on a serving platter. Flake the tuna onto the greens. Cut each boiled egg into halves or quarters and place around the tuna. Combine mayo and sweet chilli sauce (if using) and dollop around the salad. Place lemon wedges on the sides of the platter. Serve in the middle of the table and let everyone help themselves.

Notes

- Again (sigh), my children wouldn't contemplate this much greenery, so allowing them to choose the bits they like off the platter reduces the meal time stress a little bit..

Recipe created by Melissa Hughes for [Kidspot](http://www.kidspot.com.au).



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Articles & Photos Always Welcome





Your Photos

Photos of the Old Catholic
Church by Justin Lee



Calender of Events for March - April 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Labour Day Public Holiday	2 MYCG AGM Resource Centre 5pm	3	4	5	6 St John PAC Menzies Town Hall 9 am - 4pm	7 St John PAC Menzies Town Hall 9 am - 4pm
8	9 Alcohol & Drug Workshop Town Hall Menzies 1 - 4pm See p.	10	11	12	13 Men of Stone Menzies Town Hall See Page 18	14
15	16	17	18 Interagency Meeting Menzies Resource Centre	19	20 St John PAC Menzies Town Hall 9am - 4pm	21 St John PAC Menzies Town Hall 9am - 4pm
22	23	24	25 Council Meeting Shire Hall 9am	26	27	28
29	30	31				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sunday 25th ANZAC Day			1	2 Good Friday Public Holiday	3 Easter Saturday	4 Easter Sunday
5 Easter Monday Public Holiday	6	7	8	9 	10 	11 