



Issue 68

Free

February 2014

# Menzies Matters



Heart  
Research  
Australia

I ♥ Life  
heartresearch.com.au

## Heart Research Day—Friday 14 February 2014

Heart Research Australia raises funds for research into the treatment and prevention of heart disease and associated medical conditions.

Our goal is to fund innovative research into the prevention, diagnosis and treatment of heart disease – **Australia's number one killer.**

Did you know?

- ⇒ Cardiovascular disease (also known as heart disease) is the cause of 34% of deaths in Australia followed by all cancers combined at 29%. AIHW Australian Facts 2011
- ⇒ Four times as many women die from Coronary Heart Disease (heart attack and angina) than breast cancer. Australian Institute of **Health and Welfare (AIHW) Australia's Health 2012**
- ⇒ Three times as many men die from Coronary Heart Disease (heart attack and angina) than prostate cancer. Australian Institute of **Health and Welfare (AIHW) Australia's Health 2012**

All of our funding comes from fundraising received from the wider community in support of heart disease research.



Fundraising in support of Heart Research Australia.



Heart  
Research  
Australia

## Shire of Menzies Information

Shire of Menzies  
Lot 124 Shenton Street  
(PO Box 4)  
Menzies WA 6436

Phone: (08) 9024 2041  
Fax: (08) 9024 2110  
Email: [admin@menzies.wa.gov.au](mailto:admin@menzies.wa.gov.au)  
Website: [www.menzies.wa.gov.au](http://www.menzies.wa.gov.au)

Menzies CRC/Visitor Centre  
Menzies Caravan Park (a/h)

Phone: (08) 9024 2702  
Fax: (08) 9024 2775  
0448 242 041

### ORDINARY MEETINGS OF COUNCIL

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

Please note that the date for the next meeting is:

**Thursday 27 February 2014 @ 10.00am**  
**Shire of Menzies Council Chambers**

### Shire of Menzies Fire Notice

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



**Please note that the Prohibited Burning Time for the Shire of Menzies is from **1 November 2013 to 31 March 2014****



*Take a look around!*



## Incorporating

- Menzies Community Postal Agency
- Menzies Visitor Centre
- Spinifex Art Gallery
- Public Library
- Internet Access Point
- Menzies Caravan Park Booking Agency
- Conference and meeting rooms
- Goldfields Express Bus Service
- Startrack Courier Agency
- Toll Freightlines Agency

Opening hours: 8.30am to 4.30pm  
Monday to Friday



Government of Western Australia  
Department of Regional Development



ROYALTIES  
FOR REGIONS



Phone: 9024 2702 Fax: 9024 2775

Caravan Park (After Hours):  
0448 242 041



Happy Valentine's Day!

Saint Valentine's Day, also known as Valentine's Day or the Feast of Saint Valentine, is observed on February 14 each year. It is celebrated in many countries around the world, although it remains a working day in most of them.

St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. Several martyrdom stories were invented for the various Valentines that belonged to February 14, and added to later martyrologies. A popular hagiographical account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer, Asterius. An embellishment to this story states that before his execution he wrote her a letter signed "Your Valentine" as a farewell. Today, Saint Valentine's Day is an official feast day in the Anglican Communion, as well as in the Lutheran Church.

The day was first associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "*valentines*").

Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.<sup>[6]</sup>



## **SHIRE OF MENZIES and MENZIES COMMUNITY RESOURCE CENTRE**

### **ADMINISTRATION TRAINEE**

Applications are invited for the position of Administration Trainee Certificate II or III in Business Administration commencing March 2014.

The successful candidate will be enthusiastic, well presented and keen to commit themselves to a traineeship for a period of 12 months during which time they will receive on and off the job training in a wide range of activities in a busy office environment.

Applicants must have basic keyboard skills, basic interpersonal skills and have completed Year 10 secondary schooling. It is desirable that applicants have prior experience in cash handling/reconciliation, telephone answering and customer service.

Applications close at 4.00pm on Friday 14 February 2014. Information packages are available by contacting Mrs Daphne Crawford, Manager Community Development on 90242702 or at [mcd@menzies.wa.gov.au](mailto:mcd@menzies.wa.gov.au).

Written applications must be submitted to the CEO, Shire of Menzies, PO Box 4, Menzies 6436 or [ceo@menzies.wa.gov.au](mailto:ceo@menzies.wa.gov.au)

**PETER CRAWFORD**  
Chief Executive Officer  
Shire of Menzies



## **SHIRE OF MENZIES—ORDINARY MEETINGS OF COUNCIL 2014**

The public is advised that pursuant to Regulation 12(1)(a) of the Local Government (Administration) Regulations 1996, the following dates, times and locations have been appointed as Ordinary Council Meeting dates for the period ending 30 June 2014:

Thursday 27 February 2014	10.00 am	Teleconference
Thursday 27 March 2014	10.00 am	Teleconference
Thursday 24 April 2014	10.00 am	Menzies
Thursday 29 May 2014	10.00 am	Tjuntjuntjara
Thursday 26 June 2014	10.00 am	Menzies

The public is reminded that Council Meetings are open to the public and prior notice will be given of any Special or Committee Meetings being called.

**PETER CRAWFORD**  
Chief Executive Officer



# Menzies Health Centre

Mercer Street  
MENZIES WA 6436

Phone: 90242044

## EMERGENCIES ONLY: 000

Poisons Information available 24 hours: 131126

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



### Next RFDS Doctor's Clinic

Date: 11 February 2014

GP: Dr Simon Evans

Time: 9.00am –2.00pm

Place: Menzies Health Centre

Phone: 90242044 for appointments

## PLEASE NOTE:

The visiting nursing services to Menzies will commence on 11 February 2014. The Clinic will be open **every Tuesday** from 9.00am till 4.00pm until further notice.

To date there have been no applications submitted to the Health Department to fill the advertised nursing vacancy for Menzies.

The following is a list of dates for RFDS Doctor's visits to Menzies:

11 February	Dr Simon Evans
11 March	Dr Lou LaGrange
8 April	Dr Simon Evans
6 May	Dr Simon Evans
4 June	Dr Annemarie Van Der Walt

# Watering Days in Menzies

## North of Kalbarri & Kalgoorlie Watering Days

Last digit of your lot or house number	Your scheme watering days are:
1	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
2	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
3	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
4	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
5	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
6	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
7	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
8	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc
9	1st, 3rd, 5th, 7th, 9th, 11th, 13th, etc
0	2nd, 4th, 6th, 8th, 10th, 12th, 14th, etc

Contact: Kathy Balt - Communications on 9622 4808  
[kathy.balt@watercorporation.com.au](mailto:kathy.balt@watercorporation.com.au)

The 2014 school year begins on Monday 3 February when students throughout WA start their classes. We welcome new staff members to the school and community here in Menzies and hope that they all have a long and rewarding relationship with our town.

# SOBER FEBRUARY



## What is Sober February?

Well it's sort of all in the title, isn't it? The goal is to abstain from alcohol for the month of February. That's it, no booze for 28 days. Leap years are a failure of the Gregorian calendar and we do not abide by this abomination of our favourite month (all activities on February 29th enter a hole in time and space where anything goes)

## Why participate?

There are loads of good reasons. Do it for health or happiness, or as a challenge, or just to detox for a while. Whatever reason you decide, abstaining for alcohol makes you realize your reasons for why you enjoy it, helping you learn more about yourself. Most importantly, February is the shortest month, so quit whining.

## But don't let this become 'Boring February'

This isn't your chance to sit at home by yourself and finish your nerd projects. Half of the challenge is to remain who you are and get out of the house. Go to concerts, comedy, movies, parties, and yes even bars. You know, have fun.

## Is this some teetotaling, abolitionist movement?

Don't get us wrong, alcohol is great. Super great. Maybe the greatest. But it's good every now and then to take a break. Plus your first shot when the clock strikes 12:01 am will taste delicious and get you super drunk.

## What about your other vices?

We don't care what else you do during the month. You shouldn't just replace booze with other drugs, but we'll turn a blind eye to the occasional indiscretion (\*cough\*) And if it's a leap year you have 24 hours where anything that happens falls into a blackhole.

## Problem areas?

Only one— Valentine's Day—but there must be something else you can do on that day besides have a drink . . .

## Too Long Didn't Read

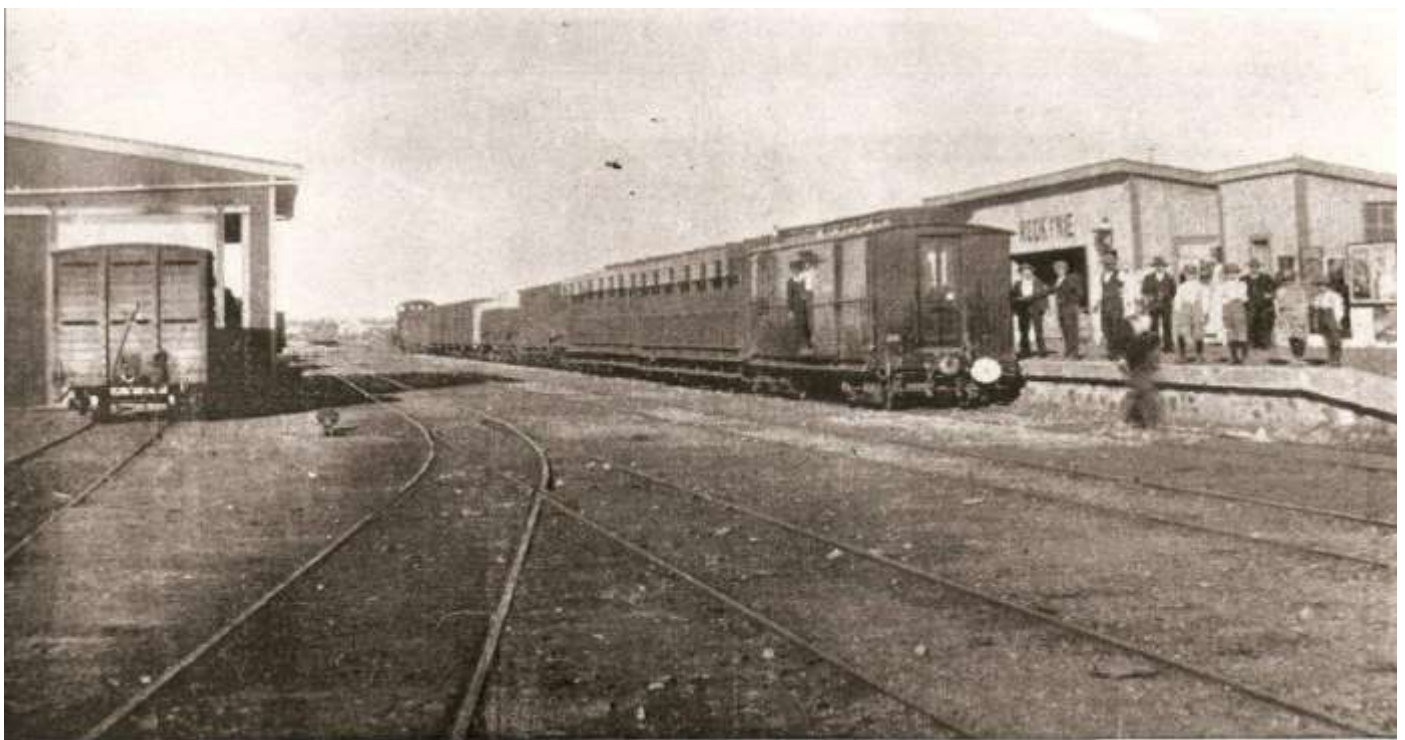
- No booze from 12:01am February 1st until 11:59pm February 28th (February 29th is not included).
- Try to be just who you are now, only without alcohol in your system.



Menzies Achievable Outback Café  
Open from 8.30am to 4.30pm  
EVERY DAY!



Find us on  
**Facebook**



RAILWAY STATION, KOOKYNIE.

(1904)



**EASTERN GOLDFIELDS HISTORICAL SOCIETY INC.**

*Preserving & promoting local history*





# After The Rain Lake Ballard January 2014

(Photos courtesy  
Vicki Pepper)







27 February 2014

Goldfields Arts Centre, Kalgoorlie







## 2013/14 SEASON CALENDAR

Please Note: All dates are subject to confirmation

### 2013

- 28-Sep **BUSY BEE**
- 12-Oct **CLUB MEETING**
- 26-Oct **STOCKTOBER**
- 09-Nov **LATE MODELS**
- 23-Nov **AMCA ACTION SERIES**
- 29-Nov *Friday:* **MONSTER TRUCKS**

### 2014

- 08-Feb **SUPER SEDANS**
- 22-Feb **PRODUCTION CHALLENGE**
- 08-Mar **SUPER MODS STATE TITLE**
- 21-Mar *Friday:* **FORMULA 500 STATE TITLE - Night 1**
- 22-Mar *Saturday:* **FORMULA 500 STATE TITLE - Night 2**
- 05-Apr **OPEN CLUB CHAMPIONSHIPS**
- 12-Apr **DEMO DERBY & OPEN CLUB CHAMPIONSHIPS**
- 20-Apr **RALLY EVENT**

**GATES OPEN AT 5PM RACING STARTS AT 7PM**

**WWW.KALGOORLIESPEEDWAY.COM.AU**





# Menzies hotel And store

**Shop hours:** 6.00am—6.00pm  
**Hotel hours:** 11.00am – 9.00pm  
**Hot Counter Meals:** 12.00pm to 2.00pm and  
 6.00pm to 8.00pm

**Fresh Sandwiches and Rolls**

**Soft drinks**

**Juices**

**Coffee**

**The MENZIES TOASTY**

**Cakes**

**Ice Creams**

**Flavoured Milks**

**Cold Beer - ALL DAY!**

**General Stores**

**Accommodation**

**Fast foods**

**Ice**

**Pies, Pasties, Sausage Rolls**

**IF YOU'RE IN A HURRY – DON'T WORRY**

**PHONE ORDERS WELCOME 90242016**

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

<b>Pricing:</b>	<b>Exchange</b>	<b>8.5Kg</b>	<b>\$45.00</b>
	<b>Buy</b>	<b>8.5Kg</b>	<b>\$95.00</b>
	<b>Exchange</b>	<b>45Kg</b>	<b>\$157.50</b>
	<b>Delivery fee</b>		<b>\$10.00</b>

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

## Public Holidays 2014

Labour Day—Monday 3 March  
Good Friday—Friday 18 April  
Easter Monday—Monday 21 April  
ANZAC Day—Friday 25 April  
Western Australia Day—Monday 2 June  
Queen's Birthday—Monday 29 September  
Christmas Day—Thursday 25 December  
Boxing Day—Friday 26 December



## School Terms 2014

Term 1—3 February to 11 April  
Term 2—28 April to 4 July  
Term 3—21 July to 26 September  
Term 4—13 October to 18 December



# ADVANCE NOTICE



ANZAC Day Dawn Service

6.00am on Friday 25 April 2014

Outside the Shire Office

Immediately followed by a Gunfire Breakfast

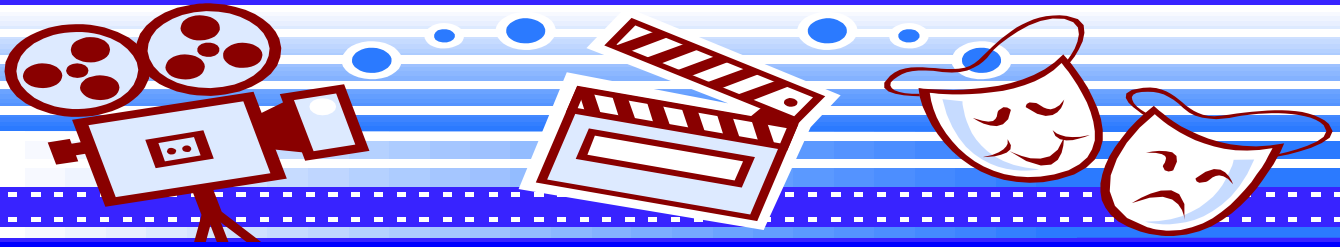
Everyone is welcome to attend

## PLEASE NOTE

Any articles for the March 2014 edition of the Menzies Matters are required by Friday 21 February 2014.

Please email articles and photos to [mcd@menzies.wa.gov.au](mailto:mcd@menzies.wa.gov.au) or drop them off to the Visitor Centre or the Shire Office.

Remember—this is OUR community



# movie review

## Blue Jasmine

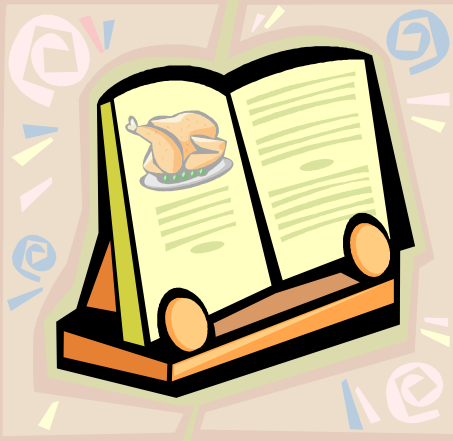
**Starring: Cate Blanchett, Alec Baldwin, Sally Hawkins, Bobby Cannavale, Andrew Dice Clay, Peter Sarsgaard**

**Directed by Woody Allen**

In Woody Allen's new film 'Blue Jasmine', Cate Blanchett plays Jasmine who flies first class from New York to San Francisco, talking non-stop to the stranger sitting next to her. She's come west to stay with her sister, Ginger (Sally Hawkins) though the siblings, adopted and with different birth parents, have little in common. Flashbacks show Jasmine was formerly married to Hal (Alec Baldwin), a New York wheeler-dealer; they had an apartment in the city and a house by the beach and Jasmine was part of the social whirl, unaware that Hal was a serial womaniser. All that has come crashing down, and Jasmine has to start life all over again, broke and in a strange city. It requires a great deal of re-adjustment.

Jasmine disapproves of her sister's 'loser' boyfriend (Bobby Cannavale), but then she also disapproved of Ginger's husband, the ebullient Augie (Andrew Dice Clay), who lost all his money thanks to Hal. Jasmine is not always sympathetic, yet thanks to Cate Blanchett's soaring performance you do care for her as she makes one mistake after another. Sally Hawkins is wonderful, too. These two non-American actresses, one Australian, the other British, play Americans with complete conviction. The film is one of Allen's best in recent years, and beautifully shot in Scope, only the third time Allen has used the Scope format, after Manhattan and Anything Else.





# Recipes



## Pearl Couscous with Roasted Pumpkin and Chorizo

- 500g Kent pumpkin, peeled, seeded, cut into 1cm pieces
- 2 large zucchini, cut into 1cm pieces
- 225g pearl couscous
- 1 chorizo, thinly sliced
- 1/2 cup chopped fresh coriander
- 60ml (1/4 cup) lemon juice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon smoked paprika

Preheat oven to 200C. Line a baking tray with baking paper. Spread the pumpkin and zucchini on the tray. Spray with oil and season. Roast for 20 minutes or until tender.

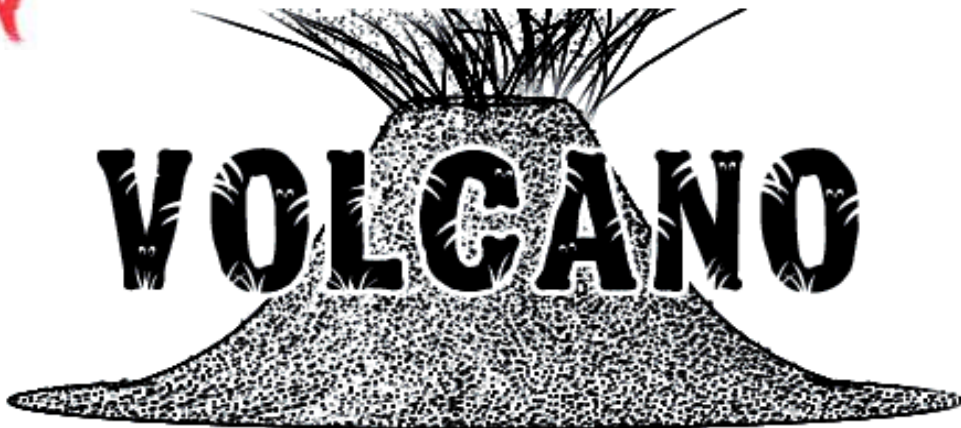
Meanwhile, cook the couscous in a saucepan of boiling water for 10 minutes or until tender. Drain. Heat a non-stick frying pan over medium-high heat. Stir in the chorizo for 3-5 minutes or until golden.

Combine the couscous, pumpkin, zucchini, chorizo and coriander in a large bowl. Whisk the lemon juice, oil and paprika in a jug. Season. Pour the dressing over the salad and toss gently to combine.

Serve immediately.



# K.I.D.S.



## WORD SEARCH

Find and circle all of the words from the word list below.

### WORD LIST

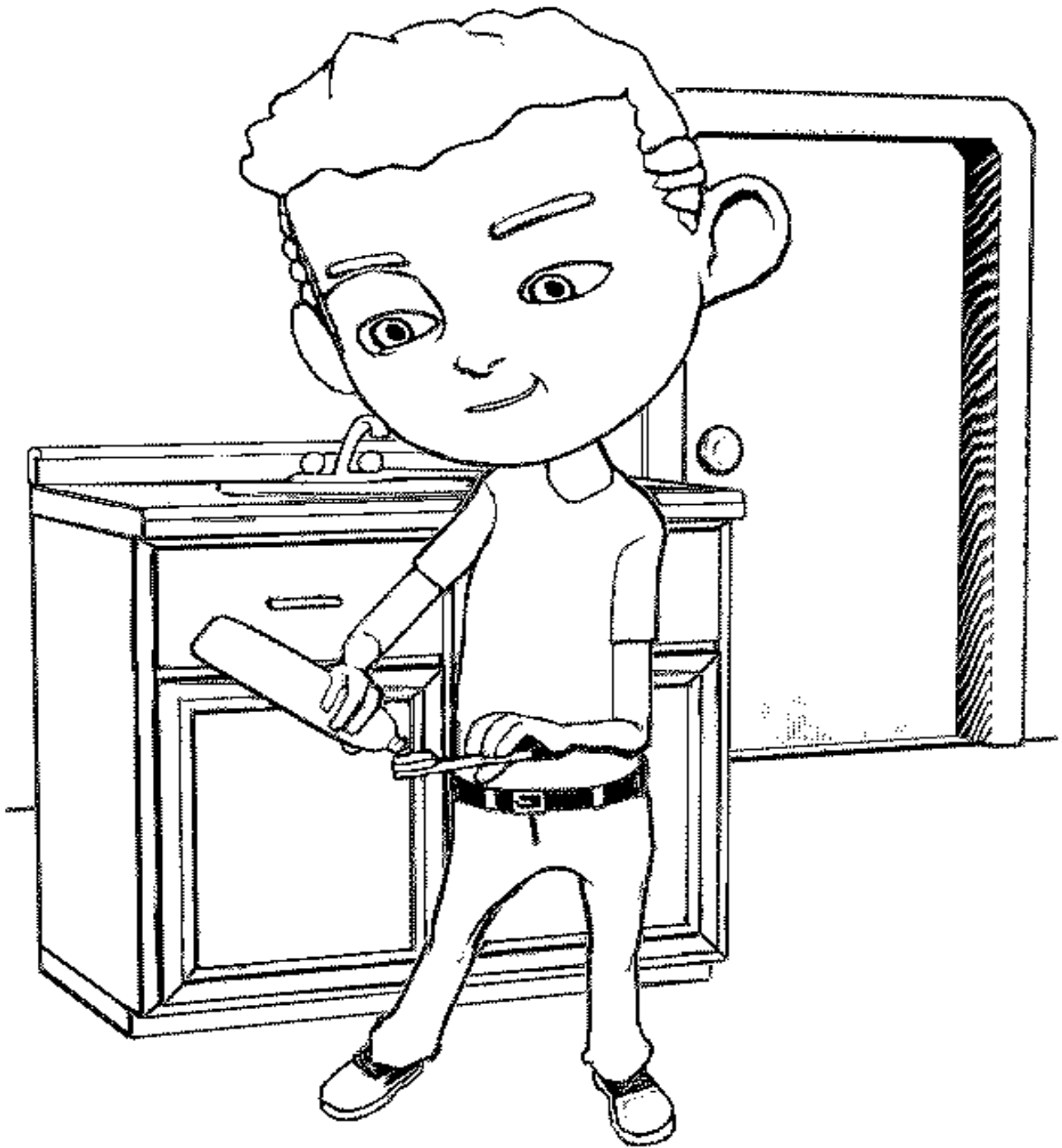
- active
- ash
- caldera
- cinders
- cones
- crater
- dormant
- eruption
- extinct
- fire
- fissure
- gases
- lava
- magma
- peak
- vents

N	U	H	R	Q	Q	P	N	J	C	P	P	A	D	W
A	I	D	L	R	O	F	A	N	W	Z	C	S	L	T
N	C	R	A	T	E	R	W	D	X	P	M	H	E	K
J	S	I	V	X	K	B	Z	X	X	H	D	C	F	U
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C	D	R	F	I	R	E	F	I	S	S	U	R	E	Z
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W	V	T	M	H	N	T	P	S	G	W	F	O	N	A
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O	W	E	X	T	I	N	C	T	I	K	S	T	H	A
I	N	Y	X	C	O	N	E	S	T	U	Z	Q	O	S

Did you find all the words?



# PAGES



Brush your teeth each morning and evening

## Local Information

### FREE CAMPING



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

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

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

## MENZIES CARAVAN PARK

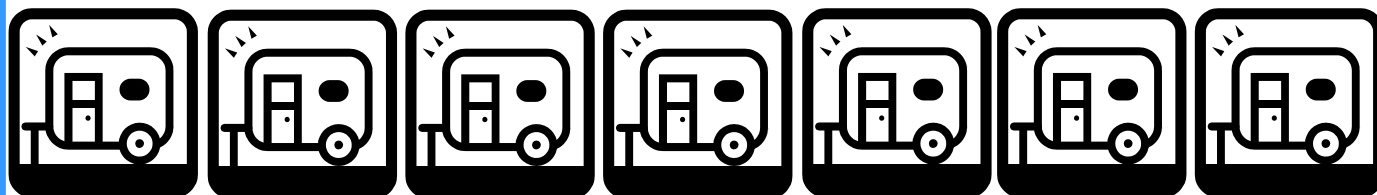


Situated on the corner of Shenton and Brown Streets, Menzies (entrance from Brown Street).

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

Rates start from \$12.00 per night.

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





# Happy Birthday

## February

4th

Shanelle Williams

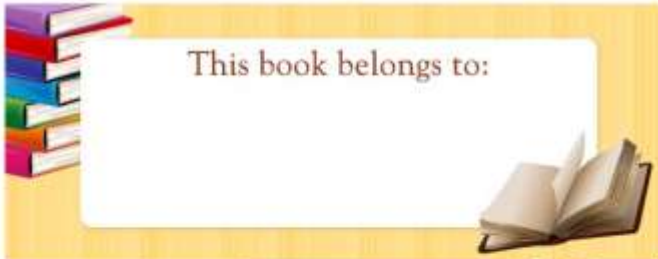
4th

Kaylene Tucker

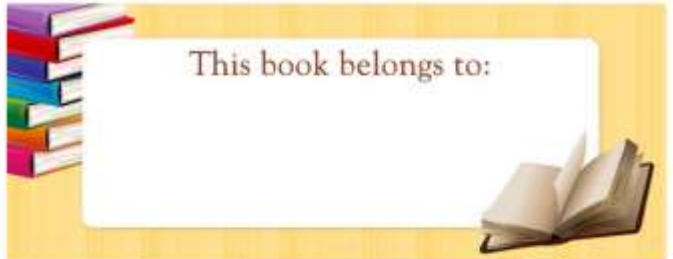
If you would like your birthday (or the birthday of a family member or friend) included on this list, please drop details in to staff at the Shire Office or the Visitor Centre.



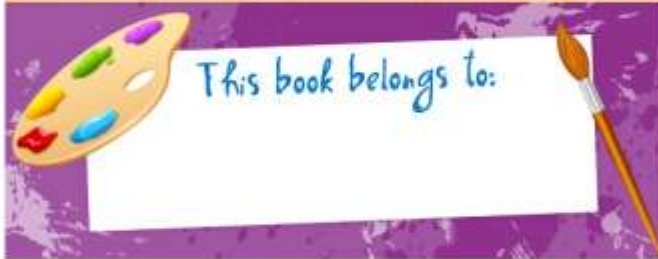
# FREE: BACK TO SCHOOL NAME LABELS FOR BOOKS



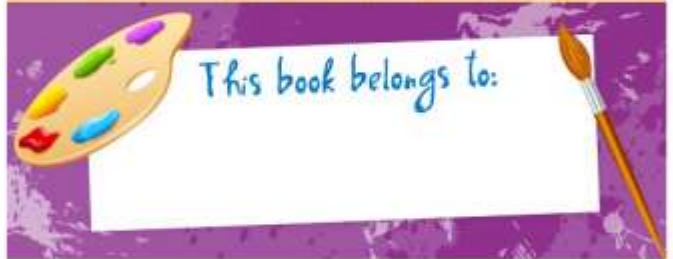
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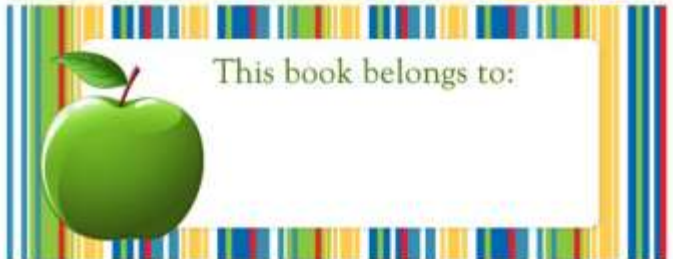
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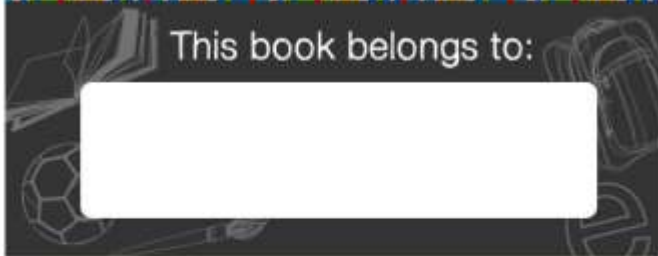
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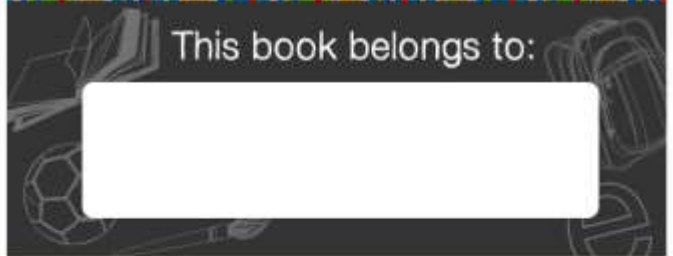
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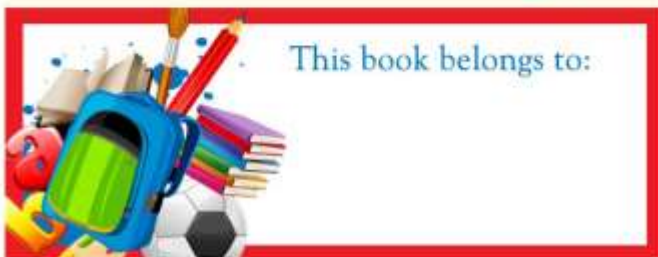


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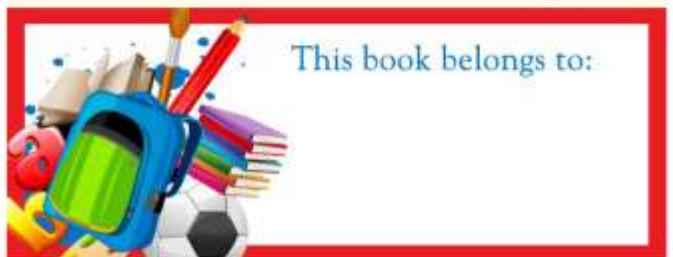
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This book belongs to:

## LEMON CHEESECAKE SLICE

*With no cooking required, this refrigerator slice is quick and easy to make. With its tangy lemon cheesecake filling, this slice is sure to be a hit with your family.*

### Ingredients:

- 2 packets Lattice biscuits
- 250g unsalted butter
- 250g caster sugar
- 250g Philadelphia cream cheese
- 1 (10g) sachet gelatine
- 1/4 - 1/3 cup lemon juice (fresh or bottled is fine)

### Method:

- Cream the butter, sugar and cream cheese.
- Heat the lemon juice (microwave is fine) and stir in gelatine. Add to creamed mixture and mix until completely smooth.
- Line a rectangle baking tray with grease-proof paper, leaving some flapping out the sides of the tray so you can lift the slice out once set.
- Lay Lattice biscuits in bottom of tray (shiny side down), cutting biscuits to fit right to the sides.
- Spread the creamed mix evenly over the layer of biscuits. Add another layer of biscuits to finish (shiny side up this time) Refrigerate until set. Cut into slices.

### Notes

- Finding a tray to fit this slice is problematic. You will need to cut a few biscuits to get it to fit most trays. Any tray you use will need to be at least 4cm deep to accommodate the cheesecake slice.
- If you find that the cheese mix is a little too runny after adding the gelatine, put it in the fridge for 20 minutes to let it firm up a little before assembling the slice.

## CORN PIKELETS

### Ingredients:

- 1 cup corn kernels
- 1 cup wholemeal self-raising flour
- 1 egg, lightly beaten
- 3/4 cup milk
- butter to fry and spread



### Method:

- In a bowl, whisk together flour, egg and milk to make a batter.
- Stir in corn kernels.
- Heat frying pan and add 2 teaspoons of butter. When sizzling, drop in tablespoons of mixture.
- Turn over and cook the other side.
- Spread with butter.

### Notes

- This batter is best used straight away.
- You can make a larger batch of these and freeze them for later.
- Butter tastes so much better than margarine in this recipe
- For a sweeter taste add 2 teaspoons of honey. Reduce the milk to compensate for the extra liquid.



*FEBRUARY 2014*

*Ovarian Cancer Awareness Month*

*Red Feb Month*

**Reynaud's Awareness Month**

Mon

Tue

Wed

Thu


Fri

Sat

Sun

27 Australia Day Public Holiday 	28	29	30	31 Chinese New Year (Horse) 	1	2 Neuroblastoma Awareness Day
3 First Day of School for 2014 	4 World Cancer Day	5	6 Waitangi Day 	7	8	9
10	11	12	13 World Radio Day 	14 St Valentine's Day  Heart Research Day	15	16
17	18	19	20 World Day of Social Justice	21 International Mother Language Day	22	23

**Australia's Healthy Weight Week**

24	25	26 Teal Ribbon Day  OvarianCancerAustralia	27	28 International Rare Disease Day	1 Zero Discrimination Day	2
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**Donate Life Week**