



Menzies Matters

Issue 22

Free

January 2010



26 January 2010

Celebrate
what's
great!

History of Australia Day

The tradition of noticing 26 January began early in the nineteenth century with Sydney almanacs referring to First Landing Day or Foundation Day.

That was the day in 1788 Captain Arthur Phillip, commander of the First Fleet of eleven convict ships from Great Britain and the first governor of New South Wales, arrived at Sydney Cove.

Yet the tradition of having Australia Day as a national holiday on 26 January is a recent one. Not until 1935 did all the Australian states and territories use that name to mark that date. Not until 1994 did they begin to celebrate Australia Day consistently as a public holiday on that date.

The evolution of Australia Day has included a number of nationally significant events, including the strong emergence of the Indigenous rights movement on the sesquicentenary of 1938, and the huge bicentenary celebrations of 1988.

Australia Day and Reconciliation

On Australia Day we recognise the unique status of the Aboriginal and Torres Strait Islander peoples. The National Australia Day Council is committed to playing a part in the journey of reconciliation through helping all Australians move forward with a better understanding of the past and how it affects the lives of Indigenous people today.

National Symbols

Our symbols represent what is unique about the nation, reflecting different aspects of our cultural life and history. They include: the Australian National Flag, the National Anthem, our National Floral Emblem, our National Gemstone and our National Colours.

Our National Floral Emblem - the Golden Wattle **Australia's National Floral Emblem is the golden wattle (Acacia pycnantha Benth).** It has been used in the design of Australian stamps and many awards in our honours system.

The golden wattle is an evergreen, spreading shrub or small tree. It grows in the under storey of open forest, woodland and in open scrub in South Australia, Victoria, New South Wales and the Australian Capital Territory. When in flower, the golden wattle displays the national colours, green and gold. As one species of a large genus of flora growing across Australia, the golden wattle is a symbol of unity. Wattle is purpose-**built to withstand our country's droughts, winds and bushfires.** The resilience of wattle represents the spirit of the Australian people.

In recent times, the golden wattle has been used as a symbol of remembrance and reflection. On national days of mourning, for example, Australians are invited to wear a sprig of wattle. Our National Gemstone

Our National Gemstone - The Opal **Australia's National Gemstone is the opal. Opals are famous across the world for their brilliant colours. There are common and precious opals—most of Australia's opals are precious. Australia's opal fields eclipse deposits in the rest of the world. They provide more than 90 per cent of the world's supplies of opal and almost all the highest quality, precious opal.** The black opal is almost only found in Australia. It has a colour play of red, green, blue, violet, magenta or yellow flecks against a dark background of black, blue or grey. The world's supply of quality black opal comes from Lightning Ridge in New South Wales.

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Take a look around!

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- Golden Quest
Discovery Trail
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- Kookynie Ghost Town
- Niagara Dam



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: November 1st 2009 to December 14th 2009 & 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 1st three Meetings for 2010 will be:-

January - Thursday 28th

February - Thursday 25th

March - Thursday 25th

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



Meteoric rise from Community Service Officer to Deputy Chief Executive Officer!

Carol McAllan has been working for the Shire for four years and began as the Community Service Officer when Peter Crawford was the Chief Executive Officer. Early in 2009, Carol took on the new roll as Rates and Accounts Officer. After a lengthy period with no DCEO since Brad Pepper vacated the position in late 2008, it was announced recently at the 2009 December Council Meeting that Carol was the successful applicant for the DCEO position. Now second in charge to CEO, Brian Seale, the Shire Council & staff welcomes Carol on-board in her new role.

It is no surprise for the Shire of Menzies to see a woman in a higher ranking role. Kathy Findlayson was a long standing Shire **President, there are now three female Councillor's and since the 1990's when the Shire only ever employed two admin staff (generally a husband and wife team as the CEO & Registrar/DCEO)** it could be a first for Menzies having a female DCEO selected on her own merit.



Matters arising from the Ordinary Meeting of Council held
Friday December 18th 2009

1. Community Resource Centre.

Council supported the concept of an application for recognition as a Community Resource Centre, which incorporates recurrent funding. This is quite a significant step for Menzies and will contribute the continuation of services for the community from the Resource Centre. This is valuable for Menzies and recognition is forwarded to Justin Lee for this promotion and to Robyn McCarthy for the Accreditation process currently underway.

2. Local Government Reform.

In a sober note of political concern is the recent receipt from the Minister a letter directed to the City of Kalgoorlie-Boulder advising that he has determined that the best course of action for the City is to form a **“Transitional Regional Group” with the neighbouring shires with the object of a single entity by the year 2013.** Council for the Shire of Menzies has resolved that as this issue will be addressed at the next G.V.R.O.C meeting in Esperance in January, Council will await the results from that meeting before adopting a strategy for the future, in terms of reform.

3. No Smoking Policy in Shire Vehicles.

Given recent advices from the Department of Health relative to Smoking Bans, council resolved as a Policy to Prohibit smoking in Shire Vehicles.

4. Closed Circuit T.V. Cameras for Menzies.

In an attempt to curb the unrest in town and assist the Police in their enquiries where investigations are **involved, Council has agreed in Principle to provide C.C.T.V.'s around town, subject to Grant funding being available.** Further advices will issue in this regard shortly.

5. Speed Trailer for Menzies.

Council has agreed to a “Memorandum of Understanding” with the other two Shires relative to the acquisition, use and maintenance of a Speed Trailer for Menzies. Thus we will see the speed trailer in Menzies at irregular intervals for four months of the year and hopefully this will retard the speed in town.

6. Sport and Recreational Officer.

Council supported the renewal of the contract for the officer for a further twelve months and we look for an outcome from that resolution and where further advices will issue in this regard.

7. The Leonora / Menzies Local Justice Agreement.

This matter includes some interesting issues and the Council have deferred consideration on this topic until the February meeting pending receipt of additional data. Accordingly, further advices will issue.

8. Public Consultation Meeting – December 2nd, 2009.

As a result from request from the community in this regard, a public consultation meeting was conducted in the town hall on Wednesday December 2nd, 2009 and where a Policeman and officer from the Department of Child Protection were invited to attend to assist. Council deferred further consideration on this item until the February meeting pending advices being received. Accordingly further advices will issue.

9. Caravan Park Development Tender.

Whilst the tender for this final leg of the development concluded at 12 noon, there were inherent issues relative to the submissions and council elected to defer further consideration until the January meeting where these details will be established and clarified in readiness of a resolution,.



(Cont. from previous page)

Matters arising from the Ordinary Meeting of Council Fri December 18th 2009

10. Appointment of a Deputy C.E.O.

Council is pleased to announce that our existing employee in the Rates and Accounting area, Ms Carol Mc Allan was appointed as the Shire Deputy CEO for a term of Three years with effect December 18th, 2009. Accordingly, we look to a great future in this regard and congratulate Carol in this appointment.

11. Artist in Residence – Goongarrie Cottages.

Council supported the opportunity presented to engage with an “Artist in Residence” for the Goongarrie cottages for a term of three/four weeks during 2010 and where we look forward to meeting the three artists, one of which is a sculpture. Thus this is also a great opportunity for this community and further advices will issue as to the proposed dates involved with this visitation.

12. Live Play for Menzies – “Men of Stone”.

Council supported the provision of this comedy during 2010 and most likely in February , so we look to a great night out in the Town Hall and where further advices will issue as to the proposed dates and where the **St John’s Ambulance will raise funds through the sales of drinks (etc). Thus we watch this space for the details** to issue shortly.

13. Council Meeting for January 2010.

Given the volume of work the Council has ahead of it already mounting up, the Council resolved to conduct a meeting on January 28th, 2010 at 9 am in order to address the volume of mounting issues. Accordingly, members of the community are encouraged to attend the Council meetings for public question time, if they wish to pose a question to the Council.

Brian W. Seale J.P. Chief Executive Officer

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



POSITION VACANT

Rates and Accounts Officer

A vacancy exists in the Shire of Menzies for a Rates and Accounts Officer. This position is of a permanent full time nature with immediate commencement. The position involves rates, payroll, debtors, creditors and general administrative duties. It is essential that applicants display a high level of accuracy in word processing and computer applications. Salary and conditions will be in accordance with the Local Government Industry Award 2010 and will be negotiated depending on experience and qualifications.

An information package and selection criteria may be obtained by contacting Debra on 08 90242 041. Applications addressing selection criteria and details of 2 recent referees should be forwarded to the Deputy Chief Executive Officer by:-

4pm on Friday 22nd January 2010. Canvassing of councilors will disqualify.

Brian Seale JP

Chief Executive Officer

Shire of Menzies, 124 Shenton Street MENZIES WA 6436

Expressions of Interest for Contract

Expressions of interest for a local to take over the Courier/Toll Ipec Agency at Menzies. For more Information please phone Dave McKenna on 0419 044 801 or the Menzies Hotel on 90 242016.

The Australian National Flag



The Australian National Flag is Australia's foremost symbol. The flag was first flown in 1901 and has become an expression of Australian identity and pride. The flag is an important part of national occasions including Australia Day.
Design

The Australian National Flag features the five stars of the constellation of the Southern Cross and the Commonwealth Star, and the combined crosses of St George, St Andrew and St Patrick. The union of crosses represents Australia's early settlers. The Commonwealth Star with its seven points represents the unity of the six Australian states and the seventh point stands for all Australian territories.

Under the Flags Act of 1953, passed unanimously by parliament, it was confirmed that our 'Stars and Crosses' design be the chief national symbol by law, custom and tradition and that it be honoured with the title 'Australian National Flag'. The new status of the national flag was emphasised when the act of parliament received royal assent from Queen Elizabeth II, on Her Majesty's visit to Australia in 1954.

The Australian National Flag is the only one to fly over the whole continent.

The Australian National Flag and Flag Etiquette

Guidelines for flying the flags

- The Australian National Flag, the Australian Aboriginal Flag and the Torres Strait Islander Flag may be flown on every day of the year.
- The flags should be treated with respect and dignity and the Australian National Flag must always be flown in a position superior to that of any other flag or ensign.
- When flown in Australia or on Australian territory, the Australian National Flag takes precedence over all national flags.
- The flag should be raised no earlier than first light and should be lowered no later than dusk—it may only be flown at night when illuminated.
- **When flown at 'half-mast', the flag should be positioned one-flag width below full mast.**
- Two flags should not be flown on the same flagpole.
As a general rule, the order of flying precedence is: national flags are first, followed by state and territory flags and then peoples' flags.

Celebrating Australia Day in the Shire of Menzies



The Shire of Menzies acknowledges the outstanding contribution to the local community in three award categories

Premier's Australia Day Citizenship Awards...

- ✦ a local citizen 25 years of age or over
- ✦ a local citizen under 25 years
- ✦ a local community group



Guidelines and Nomination Forms available at the Visitor Centre & Shire Office
Nominations close : 5pm Friday January 2010

Australia Day Celebrations

Description of Event

**Aussie Breakfast and the Presentation of the
Australia Day Awards...**

Venue: Menzies Town Hall
Time: 9am – 11am
Date: Tuesday 26th January, 2010
Cost: Free

The 2nd Menzies Heritage Interpretation Community Consultation will be held with Consultant Jesse Brampton.

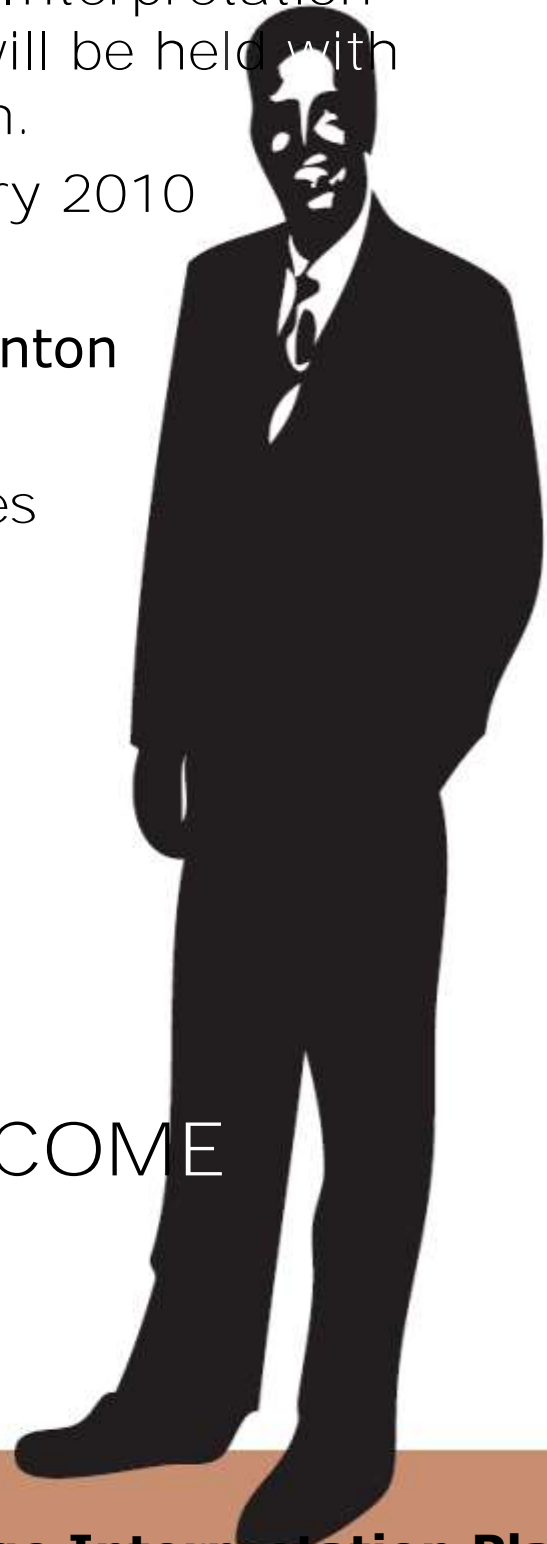
Date: Monday 18th January 2010

Time: 5:30pm

Venue: **'Former' Lady Shenton**

Hotel, Visitor Centre

Shenton Street, Menzies



MENZIES

Our Place

ALL WELCOME

'Our Place' Menzies Heritage Interpretation Plan

has been completed by Jesse Brampton. This meeting is for you to discuss the plan and have input in the process.

Come and have your say.

MORAPOI NEWS - Perth Visit



Photo left supplied by Cr Greg Stubbs of his visit with Dr Ken Michael and Mrs Michael at Government House, Perth. We travelled to Perth as part of our training in Certificate 3 in Tourism with TAFE Challenger Fremantle College. We had an excursion training outreach and went to visit the Governor at his request. Greg Stubbs.

Back Row L to R - Tim Dann, Elliott Bonney, Robbie Bonney
 Middle Row L to R - Laurianne Bonney, Peter Mann (Lecturer TAFE College Fremantle) Tanya Humphries, John Graham & Rosemary Bonney
 Front Row L to R - CEO Governors House, Mrs Michael, Governor Mr Michael & his Aide-de-camp.

MORAPOI NEWS - Sports

T-BALL

Morapoi has three teams Sub Juniors, Juniors and Seniors who play in the Goldfields competition each week and have done us proud in 2009 year. The teams have come through undefeated and have played brilliantly in all grades and have grown enormous in attitude, interpersonal skills, competitiveness, as sportspeople and in strength. The teams are made up of boys and girls from Morapoi, Menzies and some from Kalgoorlie. They have travelled each Friday to compete in Kalgoorlie, supported by the Menzies Shire Council.

Carol Stubbs has done a fantastic job as Coach/Manager in developing the children and involving and empowering parents/ and friends in taking over coaching responsibilities. We look forward to 2010 games as they will lead up to finals and the way the teams are playing indicates that each team has a strong possibility of making the finals.

BASEBALL

Morapoi has two teams in the Goldfields baseball competition. One team in the Little League and the other team in the Seniors. Both these teams have gone from strength to strength and have won all their games in 2009. They play each Monday night in Kalgoorlie, which means the young people have to travel to and from Kalgoorlie weekly. The teams are made up of boys and girls in both grades.

They are undefeated and the children and young players have done us proud as the teams have played with great skill and determination. They have had a successful year and look forward to another successful year in 2010.

Regards
 Greg



SCHOOL HOLIDAY ACTIVITIES

With Gavin Isbister (Northern Goldfields Sport and Recreation Coordinator)

Sporting Games

When: **Wednesday 13** January 2010

Where: Town Hall

Time: 11 am – 12 pm

Who: Ages 8 and up

Indoor Soccer

When: **Wednesday 13** January 2010

Where: Town Hall

Time: 1 pm – 2 pm

Who: Ages 8 and up

Volley Ball

When: **Wednesday 20** January 2010

Where: Town Hall

Time: 11 am – 12 pm

Who: Ages 8 and up

Sporting Games

When: **Wednesday 20** January 2010

Where: Town Hall

Time: 1 pm – 2 pm

Who: Ages 8 and up

Please wear shoes and bring water bottles.





Northern Goldfields Sport News



Northern Goldfields Basketball Results

Men

Day 2 28/11/09

Leonora	63	Defeated	Leinster	10
Laverton	47	Defeated	Leinster	26
Menzies	55	Defeated	Leinster	27

Women

Day 2 28/11/09

Leonora	30	Defeated	Leinster	29
Laverton	27	Defeated	Leinster	26
Menzies	55	Defeated	Leinster	37

Grand Final

Women:	Menzies	31	Defeated	Laverton	13
Men:	Leonora	29	Defeated	Laverton	23

Best & Fairest Results Women:

Best & Fairest: **Kristie Tucker** (Menzies) (9 votes)
 Best & Fairest runner up: **Annette** (Leonora) (5 votes)



Best & Fairest Results Men:

Best & Fairest: **Warwick Tullock** (Laverton) (6 votes)
 Best & Fairest: **Torrance** (Menzies) (6 votes)
 Best & Fairest runner up: **Brendon Anderson** (Leonora) (5 votes)



Coordinator: Gavin Isbister
 Phone: 0439 099 754
 Email: gavin.ngsrc@hotmail.com





Northern Goldfields Basketball Photos

Day 2 28/11/09



Coordinator: Gavin Isbister
Phone: 0439 099 754
Email: gavin.ngsrc@hotmail.com



The New Face of Tourism in Menzies & District

Tourism WA Brand for Menzies & Lake Ballard



INSIDE AUSTRALIA
LAKE BALLARD • MENZIES



Find out more at the
Menzies Visitor Centre

5km

These new signs will soon be as familiar as the vast landscape they will sit in as the new Tourism WA Brand signage for Menzies & Lake Ballard. The signage on the following page has been produced by Dept. of Environment and Conservation and will be part of the new Visitor Information Bay in Menzies later in 2010.

New signage for Lake Ballard has been also been installed recently and this will value add to the visitor experience at one of the Shires iconic points of interest. The infrastructure upgrade has included toilets, a water tank, cement BBQ rings, picnic area and camping sites. The lake and Anony Gormley sculptures **“Inside Australia”** is already visited on a daily basis by many intrastate, interstate and international visitors. This new infrastructure will only help to enhance the visitors stay at Lake Ballard encouraging more short term stays and hopefully boost the economy in the Menzies district.

Kookynie has also enjoyed a history interpretation upgrade with the installation of a Visitors Information Bay and town entry statements. The history interpretation signage is complimented by a map and brochure guiding visitors to the more prominent historical sites in this living ghost town. Through a combination of photographic information plaques and steel cut outs of people, animals and places from the early pioneering days it provides an enhanced experience to the many key attractions both manmade and natural in the Kookynie/Niagara district.

Photo Below of the recently completed Entry Statement for Kookynie.



Local Stories - A NEWYEAR RESOLUTION



Two friends went bush for the New Year break, in the Kookynie area. camping in the bush and enjoying the heat. Yes, it was very hot!

While in the area, we took the chance **to check out a mate's grave site at the Kookynie cemetery.** It was disappointing to see that it had not been marked before now, as Peter passed away in July 2008. It only had five rock around it and was just a pile of dirt so we decided to make it look presentable.



After spending a couple of hours at the site each day for five days in a row, we can **now say that friends and family can now visit the site and know that they are at Pete's grave.** The plaque was constructed of granite with a steel frame and a selection of rustic implements that suited the lifestyle of our mate were used to hold it as a headstone. It was a combined effort.

After recognising a job well done, we have decided to ask at the next meeting of the Kookynie Volunteer Assoc. (which Gary and myself are members) if we can continue fixing some of the other old grave sites that are collapsing due to the weather.



We hope you all had a great break over the New Year.

Tiprat & Gary Burrell



Local Stories - St John Menzies Sub Centre, Thanks

Below is a photo of the Menzies St John Volunteers on their night of Volunteers Recognition at Rydges in Kalgoorlie on the 10 December 2009. The group would like to recognise that without the kind support from **GOLDRUSH TOURS - Minesite Transfers** assisting with a bus and drivers it would not have been possible for all of us to attend the function as a group. Many, many thanks to the Management & Staff of GRT and drivers Dan & Kathy.



Menzies Sub Branch would also like to recognise all the recent financial donations and goodwill from various businesses in the Goldfields in response to our recent **appeal for assistance in fitting out the 'new' ambulance** donated by St John. (See following page of thanks.) A **second 'new' ambulance has just been donated and has** kindly been picked up and driven from Perth by volunteer driver Debbie Pianto on her return from Qld.

St John Ambulance Menzies Sub Centre - Thanks (cont).

The Menzies Sub Centre would like to thank the following businesses for their generous donations since the beginning of the financial year.

Menzies Shire

Dirki Pty Ltd

Caraly Resources Ltd

Mel Dalla Costa

Westland Autos

Trevor Nitschke

Independence Group NL

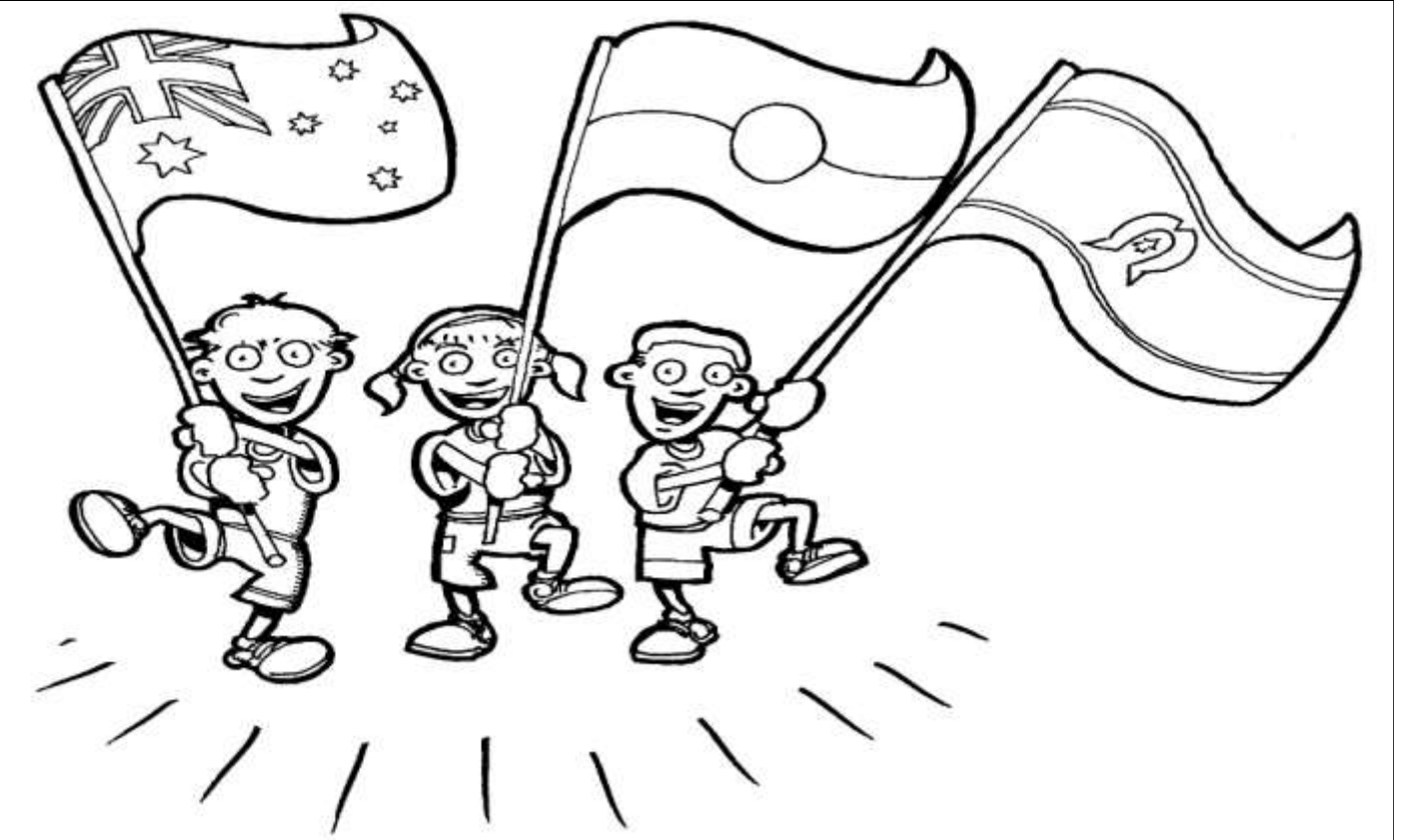
Reed Resources Ltd

Leahy Haulage Pty Ltd



Our thanks go to all who donated and to the community of Menzies for all their support.

Australia Day Colouring Fun



Australia Day Puzzle

AUSTRALIA DAY FIND A WORD

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

The remaining letters will spell out what we do on Australia Day:

Holiday
Anthem
Fireworks
Concert
Parade
Nation
Proud
Food

Cheering
Crowds
Celebration
Songs
Banners
Green
Gold
Fun

January
Summer
Barbecue
Survival Day
Date
Values
Show

Indigenous
Australia
Twentysix
Family
Spirit
Laughing
Smile

National Australia Day Council

Community Safety Notice



Information for Schools

Whenever you're out walking, running, cycling or skateboarding you can stop pretty quickly if you have to. It doesn't take much time at all.

But not everything can stop as quickly as you can.

Trains take a long time to stop. Even when the train driver slams on the brakes, a loaded train can take over one kilometre to stop!

That's why it's important to look out for trains at every rail crossing.

Every year in Australia, children get hit by trains at railway crossings. And most of the time when a child does get hit it's because they weren't paying enough attention.

Not all rail crossings have boom gates, some don't have flashing lights, so you need to keep your eyes open and be on the lookout for any approaching trains.

The next time you see a rail crossing sign, you should always:

- Look in both directions.
- Listen carefully for a train coming.
- Stop if necessary.
- If there's no train, cross straight to the other side of the track.

Remember, a train can't slow down to let you cross and they can't swerve around you, so you should always let the train cross before you cross.

Never, ever try to beat a train across the crossing.

Some things are worth waiting for.

Revitalising WA Country Health Service 2009–2012

The WA Country Health Service is forging a new way forward with a focus on *Revitalising* health services in regional and remote WA.

Chief Executive Officer Kim Snowball recently launched *Revitalising WA Country Health Service 2009–2012* as a significant step towards improving health service delivery to country communities.

"A key focus of *Revitalising* is the strengthening of community involvement and partnerships in overcoming challenges unique to providing health services in country WA," Mr Snowball said.

"It clearly establishes the WA Country Health Service as an advocate for a fair share for country health, service delivery according to need, closing the gap to improve Aboriginal health and workforce stability and excellence.

"*Revitalising* maps out what needs to be done during the next three years to improve the health and wellbeing of country West Australians."

Mr Snowball said *Revitalising* also seeks to embed five values – community, compassion, quality, integrity and justice – considered vital by staff and the community as epitomising the way the WA Country Health Service needs to conduct its business.

"WA Country Health Service staff live and work in their local communities. *Revitalising* offers them a clear path ahead for fostering a positive and supportive workplace culture."

For information about *Revitalising WA Country Health Service 2009–2012* please visit the website www.wacountry.health.wa.gov.au or freecall 1800 629 028.



Revitalising WA Country Health Service 2009–2012

Rev



What we stand for

- ▶ A fair share for country health
Securing a fair share of resources and being accountable for their use
- ▶ Service delivery according to need
Improving service access, patient care and improving health outcomes
- ▶ Closing the gap to improve Aboriginal health
Improving the health of Aboriginal people
- ▶ Workforce stability and excellence
Building a skilled workforce and a supportive workplace

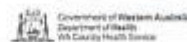
Our values

WA Country Health Service staff demonstrate these values at all times:

- ▶ **Community**
Country hospitality, where there is openness, generosity and cooperation. Building healthy and empowered communities and teams, being inclusive, working together, valuing each other and the difference we can all make. A 'can-do' attitude.
- ▶ **Compassion**
Commitment to caring for others with consideration, appreciation, understanding, empathy, kindness and respect. Listening and being heard.
- ▶ **Quality**
Always striving to provide the best possible care and service through questioning and review, high standards, innovation, creativity, learning and improving. All of us being part of the solution.
- ▶ **Integrity**
Building trust based on openness, honesty, accountability and valuing and respecting others' opinions and points of view. Demonstrating the values. Respectful communication and relationship building. Being mindful of the legacy we hand on to future staff and communities.
- ▶ **Justice**
Achieving equity and fairness, showing cultural respect, valuing and embracing diversity and respecting confidentiality. Treating everyone equally. Speaking up when there is injustice. Transparency.



Working together for a healthier country WA



To view the full *Revitalising WA Country Health Service 2009–2012* document, go to www.wacountry.health.wa.gov.au. For a brochure, email wachw@health.wa.gov.au or freecall 1800 629 028.



Closing the Gap – improving Aboriginal health

Under the Closing the Gap National Partnership Agreement between state and federal governments \$117 million will be invested in a range of reforms aimed at improving the health of Aboriginal people in WA.

WA Country Health Service Chief Executive Officer Kim Snowball said this is the first time State Government health services, Aboriginal community-controlled health services and GPs have a clear pathway to work together in partnership to achieve lasting changes in Aboriginal health.

"It is hugely important to Aboriginal people and we must involve them and health service providers in making decisions about how to target health programs best suited to meet the local needs of communities," Mr Snowball said.

The Implementation Plan to roll out the investment across WA was endorsed by Health Ministers on 4 September 2009. Since then, a statewide consultation process in the form of Aboriginal Health Planning Forums, involving Aboriginal people and health service providers, have been held across the metropolitan and regional areas.

"The point of these is to determine what services would best target local needs to ensure the funds get used efficiently and appropriately to make a real difference to Aboriginal health," Mr Snowball explained.

"The consultation process is progressing with all the health plans to be completed by the end of the year.

"Once the health plans are finalised, specific programs and services to be funded will be identified," he said.

"The first allocation of monies (\$19.74 million) will begin to be distributed during the first six months of next year. This process is on time and on schedule."

The National Partnership Agreement was developed in 2008 by the Council of Australian Governments (COAG) and includes \$4.6 billion to support a range of initiatives aimed at closing the gap between Indigenous and non-Indigenous Australians.

The Council of Australian Governments targets are:

- to close the gap in life expectancy within a generation; and
- to halve the gap in mortality rates for Indigenous children under five within a decade.

Article from WA Country Health Service Newsletter
The Country Link, Issue 3 - December 2009



MEDIA STATEMENT

Date: 11 January 2010

Menzies cemetery heritage listed

Menzies Cemetery, which provides a unique snapshot of the region's history, has been added to the State Register of Heritage Places.

Heritage Council Executive Director Graeme Gammie said the site is associated with prospectors, miners, businessman and government officials and their families, who risked their health and their lives to follow the lure of gold and the call of duty.

"Menzies Cemetery is a microcosm of life in the Goldfields between 1895 and 1939, representing the region's population, ethnicity and religious ideals," Mr Gammie said.

"In the early years of the colony, the heat, primitive sanitary conditions, dangers of mining, excessive alcohol consumption and limited medical treatment all took a heavy toll.

"Poor nutrition also affected the health of women during pregnancy and left children vulnerable to illness," Mr Gammie said.

"Although life expectancy was quite low, there is still a small number of elderly burials, the eldest being 90-year-old Irish-born Catherine May.

"Only one death by thirst is recorded – a 51-year-old American called Frederick Murray who died in the bush in 1901."

Menzies Cemetery, located in a cleared area of native bushland, has four known sections – Anglican, Catholic, Methodist and Presbyterian.

Each numbered grave can be identified from the cemetery register.

"The cemetery has a number of distinctive ornamental iron monuments, which made use of locally available materials and craftsmanship, in the absence of traditional fixtures," Mr Gammie said.

"The rock hard ground once led to complaints from locals about the shallowness of graves and the time coffins would have to be left in the shade while rock was blasted.

"Menzies Cemetery is no longer used for burials but it features on the Golden Quest Discovery Trail, a self-drive adventure from Coolgardie to Laverton."

ENDS



MEDIA STATEMENT

Date: 11 January 2010

Early goldfields school celebrated

For more than 100 years, Menzies School has been a local centre for education, and now it has been given State heritage protection.

Heritage Council Executive Director Graeme Gammie said Menzies School has been added to the State Register of Heritage Places on an interim basis.

"Menzies School has been educating the local community since 1898," Mr Gammie said.

"The school is constructed of timber and corrugated iron, representing the hasty building works that took place in response to the rapid population growth of the gold boom.

"The distinctive dormer windows, installed in 1912, were a design innovation developed to provide better ventilation and light."

Mr Gammie said that before Menzies School was built, classes were held at the Mechanics' Institute however high temperatures made it unfit for teaching.

"After the long-awaited opening of Menzies School, children were treated to a lolly and nut scramble with sweets donated by local storekeepers," Mr Gammie.

"At the time of the opening there were 74 children on the roll, but only two weeks later the school was closed for a fortnight because all three teachers were laid up with measles.

"Later, outbreaks of scarlet fever and diphtheria caused the school to close for long periods, resulting in the death of several students."

For many decades, pupils at Menzies School were only of European descent. Aboriginal children were excluded from government schools, despite education having been made compulsory.

"In 1993, the school became known as Menzies Remote Community School, with the enrolment totally Aboriginal," Mr Gammie said.

"As a community hub for over a century, Menzies School has significant heritage value.

"The addition of Menzies School to the State Register will ensure that it is protected and celebrated for generations to come."

ENDS

Media contact:

Suzanne Barton, Media & Communications Officer, Office of Heritage
Phone: (08) 9220 4147 or 0417 951 925 | Email: suzanne.barton@hc.wa.gov.au



Above left - Menzies School
 Above right - Menzies School Centenary Plaque

Left - Menzies Historic cemetery Entrance
 Right - Example of a Unique Metal Grave Casket

<http://www.soso.org.au/>

CYBER BULLYING! AFFECTS REAL LIVES!

What is Cyber Bullying?

Cyber bullying is when a person is harassed, humiliated, embarrassed or threatened by someone else who is using the net or their mobile phone.

It can be via instant messenger, chat, social networks, forums, a website or text messages.

Just remember, cyber bullying can happen to anyone and the bully can act anonymously.

So take care out there and if in doubt speak up, get help and challenge bullying!

Meeting people online might be fun, but remember the people you meet online may not be who they say they are.

Someone claiming to be a kid like you may be a 40 year old creep!

Hey I'm Becky!
I'm 13 and love chatting online!
Will you add



SWITCH OFFLINE

CLICK SWITCH

Cyber bullying can be...

checklist

CHECKLIST

- Teasing someone by posting mean comments on their wall
- Not telling someone who you are online and telling them to "guess"?
- Creating an Internet poll, either over IM or on a Web site, about someone without their consent
- Creating a group page or forum thread about someone without their consent

Hey I'm Becky!
I'm 13 and love chatting online!
Will you add me as your friend?

SWITCH ONLINE

CLICK SWITCH

Stranger Danger

SOSO - SMART ONLINE, SAFE OFFLINE

report a creep

how do you rate your safety?

checklist

sign up newsletter

WHAT IS SOSO ALL ABOUT?

- Posted pictures or information about someone on a Web site without their consent
- Teased or frightened someone over MSN chat
- Changed your profile status to embarrass or hurt someone's feelings
- Forwarded a private email or MSN message without the permission of the other person
- Logged onto someone else's social network without their permission. Sending threatening or unwanted messages



soso enters a link into the website

spread the msg

Play Vid

GAMES & FUN

REPORT ABUSE

Regional & Community Health Information

**R.F.D.S. CLINIC**

DATE: TUES. 12/1/10

TIME: 9.30A.M.

PLACE: MENZIES
HEALTH CENTRE

DOCTOR: T.B.A.

APPOINTMENTS PH. 90242044

POITIER MEDICAL
PRACTICE LEONORANotice for 2010Doctors Reception office
reopening 6th January.Doctors Surgery will be
reopening 19th January.**For Emergencies phone
Leonora Hospital 90804300****FOOD RECALL****Bonsoy Soy Milk
1 Litre (All Best Before Dates)**

Spiral Foods Pty Ltd is conducting a voluntary recall of the above product as it has been found to contain unusually high levels of naturally occurring iodine. This non-metallic element may result in some people feeling unwell.

Consuming this product may constitute a health risk. Any consumers concerned about their health should seek medical advice.

The recall applies only to the above product with the nominated size and all best before dates. No other Spiral Foods products are affected by this recall. Customers should return the product to the place of purchase for a full refund.

Spiral Foods Pty Ltd is committed to the highest standards of product quality and so initiated this voluntary recall of this one product. We apologise to our loyal customers.

For further information about the product recall, please contact

Spiral Foods Pty Ltd
PO Box 21, Coburg VIC 3058
1300 303 794

or **Menzies Visitor Centre**

Ph: (08) 90 242 702

Email: visitorcentre@menzies.wa.gov.au

THE ATTACHED RECALL ADVICE IS FOR URGENT ACTION

PRODUCT IS SOLD IN WESTERN AUSTRALIA, THEREFORE ACTION IS REQUIRED

PLEASE NOTE THAT REPORTED ILLNESS HAS OCCURRED

LEONORA COMMUNITY HEALTH

Appoints Ph: 90 376083

POITIER MEDICAL PRACTICE
LEONORA

Appointments please phone 90 376 238.

Margaret Davies - Practice Nurse 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. Ap-
pointments please phone 90 376 238.

Doctors Reception office reopening 6th January.
Doctors Surgery will be reopening 19th January
2010.

For Emergencies phone Leonora Hospital 90804300

Menzies Health Centre Information

MENZIES HEALTH CENTRE
Reopening

Please note that Sam
will be returning to
work from
11th January 2010

Ph: 90242044

For Emergencies Call 000

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

IMPORTANT NOTICE

MENZIES HEALTH
CENTRE

Next RFDS Clinic

Tues 12 January 2010

Appointments & Enquiries

Ph: 90242044



RFDS Clinics generally held on

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.

Swine Flu &
Standard Fluvax
Available subject to demand
Menzies Health Centre



Kalgoorlie Hospital redevelopment on track

The \$55.8 million redevelopment of Kalgoorlie Hospital has taken a significant step forward with tenders being called for the first phase of the main redevelopment works – the construction of a new palliative care addition.

The new palliative care addition to the existing medical ward at the hospital will include three 'home-style' rooms for the exclusive use of palliative care patients.

Each room will have its own ensuite, private courtyard and fold-out sofa bed allowing family, friends or carers to stay overnight with their loved ones.

There will be tea and coffee-making facilities, a small fridge, microwave and table so families can sit and share a meal.

In addition, a separate lounge room will be provided for use by patients and their visitors, as well as a private meeting room.

The new palliative care addition will be located close to car parks with easy access for visitors.

Also as part of this first phase of building works, two new electrical switch rooms will be built and new electrical switch gear purchased.

Construction works are scheduled to begin early next year.

For more information on the progress of the redevelopment, which is scheduled for completion by 2013, visit www.wacountry.health.wa.gov.au/kalgoorliehc

The Royalties for Regions scheme has provided \$15.8 million towards the hospital redevelopment project.

Article from WA Country Health Service Newsletter
The Country Link, Issue 3 - December 2009

Artist's sketch showing new 'home-style' rooms.



Artist's sketch of the new palliative care addition.



A patient's perspective on PATS

The Patient Assisted Travel Scheme (PATS) is a Government-funded scheme to help permanent country patients who have to travel for treatment to a hospital more than 100kms from their home.

In the 2008–09 financial year, WA Country Health Service subsidised 52,862 trips at a cost of \$18.8 million. Here, one patient tells of her experiences using the PATS.

Collette Kavanagh was diagnosed with mouth cancer in May this year. So far she has travelled from Bunbury to Perth, five times for treatment, a combined distance of almost 1,000kms, and is grateful for the assistance she has received from PATS.

"I live in Bunbury so receiving the cancer diagnosis meant I had to make several trips to see a specialist in Perth, which is around 180kms one way. I also had to spend several weeks staying in Perth while I went through radiation treatment.

"My first visit to the hospital, I paid for myself, as I had never heard of PATS. It was during this visit that my cancer nurse coordinator told me to contact PATS to find out what assistance I was entitled to," explained Collette.

PATS provides a fuel subsidy of 16 cents per kilometre as well as \$60 per night towards accommodation for patients travelling alone, \$70 for patients with an approved escort and \$20 for those staying in private accommodation.

"It's so important that people are made aware of this service as, when you are ill, you are focusing on other things and don't really think about the added expense that is involved. So I was very grateful to have such a wonderful nurse coordinator who sorted all this out for me and gave me an information brochure on PATS.

"I also think the new posters which have been developed explaining the steps to take to register with PATS are fantastic as, unless you have used the scheme in the past, most people are unaware the service exists."

Collette is very grateful for the assistance she received from PATS which meant she could focus on her recovery without the added worry of financial implications.

"I now have to travel to Perth every month for six months, so you can imagine if I hadn't contacted PATS the costs involved in all this travelling and accommodation would have been much greater."

To find out more about PATS, visit www.wacountry.health.wa.gov.au and click on the Consumer Information link.

Alternatively you can contact your local PATS office on:

Kimberley (08) 9194 2855
 Pilbara Freecall 1800 138 653,
 Midwest (08) 9956 2216
 Wheatbelt Freecall 1800 728 792
 Goldfields: Esperance (08) 9071 0801 or
 Kalgoorlie (08) 9080 5681
 Great Southern Freecall 1800 728 747
 South West Freecall 1800 823 131

Easy Guide to PATS

A new easy guide poster has been launched to simplify the Patient Assisted Travel Scheme (PATS) process.

The poster highlights six easy steps to access the service which, if followed correctly, will ensure all eligible country patients are given as much financial assistance as they are entitled to when travelling to see a medical specialist.

All permanent country residents in a WA Country Health Service region who need to travel more than 100kms to access the nearest eligible medical specialist service (including Telehealth) can receive a subsidy from PATS towards the cost of travel and accommodation.

Country patients needing to travel more than 70kms (each way) to access specialist medical treatment for cancer or dialysis and where the health service is unable to provide a transport service, are also eligible for assistance.

Look out for the posters which will be displayed in hospitals, health centres and GP surgeries across your region.

It is important that the steps are followed correctly to ensure patients are given as much assistance as possible and prompt payments of any entitlements can be made.

An easy guide to Patient Assisted Travel Scheme (PATS)

This service can be accessed in six easy steps:

1. Check you are eligible for PATS.
2. Get your specialist's referral.
3. Get your travel and accommodation expenses approved.
4. Book your travel and accommodation.
5. Travel to your specialist.
6. Get your reimbursement.

For more information on registering with PATS, visit www.wacountry.health.wa.gov.au or call 1800 138 653.

Regional Visiting Specialist & Health Information



Cancer Council

Helpline

13 11 20

LEARN

Laughter, Education, Acceptance,
Relaxation and Nurturing

Women Supporting Women

Are you a Mother, Partner, Confidante?
You are also a **WOMAN**

Do you want to know yourself?

Do you want to understand yourself?

Do you want to find yourself?

What's your true identity?



For: All females aged 17 and over
When: Each Monday for 4 weeks starting 23rd November
Time: 6:30pm - 7:30pm
Where: Centrecare Family Services, Cnr Lionel and Maxwell Street
Cost: Free

For more information or to book a place, contact Centrecare:
Phone: (08) 9091 1833
Fax: (08) 9021 8673
www.centrecare.com.au



Stop the spread of flu germs

Cover your mouth and nose with a tissue when you cough or sneeze



Put your used tissue in the rubbish bin or in a plastic bag



Gel and Go
squirt the alcohol gel on your hand and rub till dry

Wash and dry your hands often, especially after coughing or sneezing - use soap



Stay away from others if you're sick



Department of Western Australia
Department of Health
www.health.wa.gov.au

Protect your family from influenza



WA Cervical Cancer Prevention Program

One Test

15 minutes

Every two years.

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

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



Community Health Newsletter - LGIS

January 2010
ISSUE 13

In Good Health

Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is a functional disorder in which the bowel doesn't work or function correctly. Symptoms associated with IBS can include constipation, diarrhoea (sometimes a combination of both), and abdominal pain.

The exact cause of IBS is unknown however some factors such as stress, diet, and changes in routine may trigger symptoms. Women with IBS often experience more symptoms during their menstrual periods. Although the symptoms of IBS can be painful and disruptive, the syndrome doesn't cause any lasting damage and doesn't lead to other serious bowel conditions.

If you suspect you have IBS it is very important to seek medical advice as symptoms are often similar to other diseases such as inflammatory bowel disease and celiac disease. Your doctor can carry out blood tests, stool tests and other medical check-ups to make a diagnosis.

Although there is no cure for IBS there are a number of measures that can be taken to prevent the onset of symptoms, and to ease symptoms if they occur. These may include:

- Stress management
- Establishing a regular eating routine and sticking to it
- Gradually adding small amounts of fibre to your diet to alleviate constipation
- Eating small regular meals
- Avoiding foods that are high in fat as these often trigger symptoms
- Taking medicines prescribed by your doctor such as anti-spasmodics, laxatives, and anti-depressants



People with IBS can become frustrated and feel that their symptoms are not being taken seriously. It is important to seek help and talk to someone with experience in the successful treatment of the syndrome.

LGIS

Five Food Myths BUSTED

1. Myth - Frozen vegetables are less nutritious than fresh vegetables.

Fact - Frozen vegetables are just as nutritious, and sometimes more nutritious than fresh vegetables. This is because they are usually frozen within hours of being harvested meaning they retain their high vitamin and mineral content. Fresh vegetables on the other hand, may lose many nutrients during transportation and storage.

2. Myth - Margarine contains less fat than butter

Fact - Both margarine and butter contain similar amounts of fat. The difference between the two has to do with the types of fat they contain. Butter contains higher levels of saturated fat which can raise blood cholesterol, whereas margarine are often higher in polyunsaturated fats and mono-unsaturated fats, and lower in saturated fats, making them a healthier choice.

3. Myth - "Low-fat" foods are always low in calories

Fact - Just because a food is labelled as being "low-fat" or "reduced fat", doesn't mean it is low in calories or a healthy choice. Such foods can contain the same amount, or even more calories than standard versions. This is because the fat is often replaced with other ingredients such as extra sugar and flour which can be high in calories and lead to weight gain.

4. Myth - Eating carbohydrates causes weight gain

Fact - Carbohydrates do not cause weight gain unless they are a factor in excess-calorie consumption. Furthermore, it sometimes seems that carbohydrates cause weight gain because they are often served with sauces and toppings that are high in calories and fat.

5. Myth - Eating late at night promotes weight gain

Fact - It does not matter what time you eat, it is what you eat, how much you eat, and how much exercise you do throughout the day that determines whether you lose, gain or maintain your body weight.

Dangers of Detox

A number of detox diets that claim to shed weight and cleanse the body of toxins, have become very popular in recent years. These diets usually involve fasting of some sort and can mean drinking only water, raw fruit juices or supplement shakes for days, or even weeks at a time.

While some people continue to argue the benefits of detox diets, it is important to be aware of the many dangers that can be involved with reducing calorie-intake to the extreme. Furthermore it is important to remember that detox diets are not an effective long-term solution to weight loss.

Some of the immediate symptoms of detox diets include headaches, dizziness and nausea. While these are only minor symptoms they may lead to falls or accidents due to a lack of concentration when carrying out every day tasks such as climbing the stairs, or driving a car.

When detox diets are taken to extremes and for long periods of time, they can be associated with some other more serious effects such as:

- Dehydration
- Vitamin and mineral deficiency and malnutrition
- Muscle break-down
- Depression
- Anemia
- Diminished immune system
- Cardiac Arrhythmia
- Brain damage

It is important to see your doctor before embarking on any new diet.



Tennis Elbow

'Tennis elbow' or lateral epicondylitis is a common overuse injury that leads to soreness or pain on the outside of the elbow.

Although typically associated with tennis playing, the injury can occur as a result of any activity that involves repetitive motions of the wrist or forearm. Anyone can be affected but the two main groups are sports participants and manual labourers.

The pain associated with 'tennis elbow' usually has a gradual onset but can also occur quite suddenly. The most common symptoms are pain on the outside of the elbow that worsens when grasping objects and looking down the forearm, and pain radiating down the forearm.

Treatment

If you feel any of these symptoms it is advisable to stop what you are doing and rest your arm for a few days. If symptoms persist however, you should see your doctor or physiotherapist who may recommend some of the following treatments:

- Anti-inflammatory medications such as ibuprofen
- Cortisone injections
- Use of an elbow brace
- Flexibility and strengthening exercises
- In severe cases, surgery may be necessary

Prevention

There are a number of measures that can be taken to reduce the risk of injury occurring:

- Use correct techniques and suitable equipment when playing sports
- Warm-up and cool-down thoroughly before and after playing sports
- Do regular flexibility and strengthening exercises as recommended by your doctor or physiotherapist
- If possible, avoid or adjust any tasks that involve repetitive motions of the wrist and forearm

INTERVAL Training



Interval training is physical exercise that consists of bursts of high intensity activity alternated with periods of rest or low intensity activity. It can be undertaken using any type of cardiovascular exercise such as walking, running, cycling or swimming. It has become an extremely popular form of training with both professional athletes and recreational exercisers who want to improve aerobic capacity and endurance.

Your anaerobic system draws energy from the carbohydrate stores in your muscles, meaning you can engage in short and quick bursts of activity such as sprinting and jumping, without the use of oxygen.

During the bursts of high intensity activity during interval training, your muscles produce lactic acid which can build up and cause your muscles to ache and burn. By including a rest or recovery period in between these bursts, you can reduce lactic acid build up meaning you can train for longer.

Other benefits of interval training:

- Improve cardiovascular fitness
- Increase speed
- Improve overall aerobic power
- Burn more calories
- Help avoid injury that often accompanies non-stop, repetitive activities
- Increase workout duration and intensity

Tips for Interval Training

- Warm up thoroughly before interval training
- Start slowly e.g. 2 minutes of walking, followed by 2 minutes of running, and repeat
- Keep a steady but challenging pace throughout the intervals
- Increase the number of repetitions gradually over time
- Increase the intensity of the interval gradually over time
- Increase the duration of the interval gradually over time
- Bring your heart rate down to 100-110 bpm during the rest intervals
- Set training goals that are within your ability
- Cool down thoroughly after interval training

It is recommended that you consult an athletic trainer, coach or personal trainer before embarking on an interval training program.

Maintaining a Healthy Body Weight

Maintaining a healthy body weight means balancing the energy that goes into your body (as food and drink) with the energy used by your body for growth and repair, physical activity and to keep your body functioning normally. The total amount of food you need will depend on your age, sex, body size, level of physical activity and whether you are pregnant or breastfeeding. There is no ideal weight that suits everybody.

There are two different measurements you can take to determine whether you are a healthy weight: by calculating your Body Mass Index (BMI), and by measuring your waist circumference. It is best to do these calculations in conjunction with one another to provide a thorough assessment of your weight range.

Body Mass Index (BMI) compares your weight to your height and is calculated by dividing your weight in kilograms by your height in metres squared. The table below shows the classification of BMI as determined by the World Health Organisation (WHO).

It is important to note however, that BMI does have some limitations as it can be influenced by factors such as age, gender and ethnicity. Furthermore, it does not distinguish fat mass, from lean mass and so may not be accurate for people who have greater muscle mass, such as athletes.

In conjunction with the BMI, your waist measurement can help provide an assessment of your weight range. Waist circumference is a measurement of weight stored around

the abdomen. Having fat around the abdominal area can be a risk factor for chronic diseases such as cancer, type 2 diabetes and cardiovascular disease.

To check your waist circumference use a tape measure and place it halfway between your lower rib and the top of your hipbone, roughly in line with your belly button. Ensure to breathe normally while doing so, and make sure the tape fits snugly against your skin. A healthy waist circumference, as determined by the World Health Organisation, is less than 80cm for women, and less than 94cm for men.

If you are concerned, or unsure about your BMI, waist measurement, or weight-related health risk, you should visit your doctor who can give you further advice.

Tips for maintaining a healthy body weight:

- Eat a balanced diet that includes plenty of fruit, vegetables, legumes and cereals. Also include low fat dairy products, lean meat, poultry, fish, eggs and nuts.
- Drink plenty of water
- Eat less salt, try to avoid adding salt to your food
- Cut down on fats and sugar in your diet
- Control the size of your food portions and eat slowly
- Undertake at least 30 minutes of moderate-intensity physical activity on most, if not all days.

Classification	BMI	Health Risk
Underweight	less than 18.5	Low (but possible increased risk of other chronic problems)
Healthy Weight Range	18.5 - 24.9	Average
Overweight	25.0 - 29.9	Increased
Obese I	30.0 - 34.9	Moderate
Obese II	35.0 - 39.9	Severe
Obese III	40 or more	Very Severe



Local Government Information Services
17 Alliance Street West Perth WA 6005
T 08 9449 8888
F 08 9449 3483
www.lgiswa.com.au

IN OUR NEXT ISSUE

- Alcohol
- Smoking
- Cardio Exercise
- St Thomas to Get Moving
- Sustainability
- Get to Get Your Doctor

This publication provided to the community in general is available only and should not be used for any commercial or professional purposes without the express permission of the publisher. No liability will be accepted for losses resulting from any action taken without reference to this publication.

Menzies Community Notice Board

Kookynie Volunteer Assoc. Inc.
AGM & General Meeting Saturday
6th February 2010 @ 11am
More info: 90 313 031 or 90242702



Menzies Sub Branch

Next General Meeting will be on 5th Feb 2010. Wednesday training evenings will cease for January 2010.

All Training & Meetings are held at the Menzies Ambulance Shed in Mercer Street Menzies.

More Info 0448242040 (Jerry)

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.

All Inside the 'Former' Lady Shenton Hotel.
Cnr Brown & Shenton Streets, Menzies



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.

Centrelink Agent

Contact – Alana Cameron

Phone: 90242504 Fax: 90242191

Open 8 -11am Weekdays

At the MAC Centre, Walsh Street Menzies

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

Regional Community Notice Board



Supplying Quality Seafood to

KALGOORLIE - ESPERANCE

Mon Tue Wed Thur Fri Sat

JANUARY							FEBRUARY							MARCH						
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OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
31					1	2	1	2	3	4	5	6	1	2	3	4				
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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 February 11th and all the dates for future months marked in red on the Calendar above. Phone in advance for special orders.

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phone 131 880

Getting about the Goldfields

BOOK HERE
Menzies Visitor Centre

**PERTH-GOLDFIELDS
EXPRESS**

GOLDRUSH TOURS



GOLDRUSH TOURS

GRT EXPRESS TIMETABLE

Kalgoorlie to Laverton

TIMETABLE EFFECTIVE 01/10/2009

THURSDAY

EXPRESS	TIME
KALGOORLIE RAILWAY STATION	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

*Now departs from bus bay at the Visitor Centre Cnr. Wilson & Hannan

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

Goldrush Tour Bookings

Now available at the Menzies Visitor Centre. Book your trip on the Goldfields GRT Express from Menzies to Kalgoorlie or Laverton. Other regional Tours include: -

Full Day Tours - 'The Lake Ballard Experience' TBA in 2010

- 'Shady Dealings Wild West Tour' - Monday 21st December 2009

Half/Full Day Tours - 'History & Heritage Tour' - Tues, Thurs & Sat - Effective from 1st December 2009 to 28 February 2010

Bookings 1800 620 440 Online bookings 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.

Local Business Info

Menzies Hotel Open from 10am Daily

Meals Weekdays & Toasted Sandwiches, Pies Pasties & Sausage Rolls

Evening Special \$15 or order from the Blackboard Menu

Meals Sunday

Counter Meal 12—2pm

Evening Roast Special \$15

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

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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 - Upcoming Workshops



It's a fresh new year, so lets kick it off with a presentation from a fantastic Woman in Business.

Gail Reynolds-Adamson, owner and operator of Kepa Kurl Esperance will inspire and share with us how her business has grown into one of the best tourism businesses in WA.

Gail's business is multi-faceted and incorporates eco-tours, an Art Gallery, a gift shop and training consultancy.

Kepa Kurl was also named outright Category Winner for Indigenous Tourism at the Western Australian Tourism Awards in 2006 and 2007.

We also have ample opportunity to continue to develop your business through a structured networking activity.

Friday 12th February 2010
 Town Hotel
 100 Mortons and Seaview Street, Kalgoorlie
 Open to 2pm
 \$55 per person
 Lunch and complimentary drink provided

Please RSVP by Monday 8th February 2010 to the Small Business Centre Goldfields on 9027708 or via email to admin@sbcgoldfields.com.au.

Numbers are limited for this event.

Cancellation Policy: All cancellations require 24 hours notice. Full attendance fees will apply after this time.

With plenty of prizes to be won...



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
Place: Kalgoorlie-Boulder Business Development Centre
 171 Piccadilly Street, Kalgoorlie
Price: \$55 per person inc. GST
 Includes workbooks & morning tea

Each participant will receive a workbook describing each step in detail including tips, examples, checklists and information sources, as well as a CD-Rom.

How to Start a Small Business

It has become normal for people to have several changes in their careers over their working life. More and more people are choosing to run their own business as one or more of their choices.

If you are thinking about starting a small business, it is essential that you research your idea and your suitability to being a small business owner. Join us for a complimentary session to find out what is involved and how to start a small business.

- Your Suitability to Owning a Business
- Skills required for Operating a Business
- Business Structures
- Understanding the meaning of Income Tax, GST & PAYG
- Legal Requirements & Licensing
- Employment & Alternatives
- Insurance
- Financial Management
- Marketing & Advertising

Tuesday 02nd February 2010
 9am to 11am
 Kalgoorlie - Boulder Business Development Centre
 171 Piccadilly Street, Kalgoorlie WA 6430
 No Cost to Attend, Registrations Essential



Are you up to date with the new Employment Laws?

Employer Briefing

From the 1st of January 2010, there are several important changes in Australia's workplace laws that affect all employers and employees in the national workplace relations system.

If your business is classified as a constitutional corporation (i.e. a Pty Ltd or a financially trading incorporated entity), you will need to be prepared for changes.

To assist your business, we will be presenting two information sessions designed to inform you of the changes to Employment Laws. These sessions will cover:

- An explanation of the New Employment Standards (NES)
- Modern Awards including:
 - Am I covered by a modern award?
 - Minimum wages
 - Overtime and penalties
 - Types of employment
 - Work arrangements (rosters, variation to working hours)
 - Hours of work
 - Rest breaks
 - Classifications
 - Allowances
 - Leave and leave loading
 - Superannuation
 - Procedures for consultation, representation & dispute settlements
 - Some modern awards also contain terms about redundancy
- Modern Awards Transition Arrangements
- Types of employment
- Work practices to avoid
- Workplace inspections



When:
 Wednesday 17th February 2010

Address:
 Kalgoorlie-Boulder Business Development Centre
 171 Piccadilly Street
 Kalgoorlie WA 6430

No Cost to attend

Two Sessions:
 Morning Session: 9am-11am
 Evening Session: 6pm-8pm

Registrations are necessary as there are limited places available.



Public Notices




Tropicana Gold Project
 www.tropicanaajv.com.au
 TropicanaGoldProject@anglogoldashanti.com.au
 1800 068 705




At KCGM we have a HOLE lot to talk about...with you!

KCGM would like to hear your views on what we should be doing about closure planning.

Although the current closure date is not until 2021 (and we're working to make that even longer) we need your ideas now, to plan effectively for the future.

What are we looking for?

We are currently seeking feedback through an online survey available at www.superpit.com.au

As always, if you have any queries or comments regarding our operations you can call KCGM's Public Information Line on 9022 1100 anytime.

If you don't have access to the internet, visit the [Super Pit Shop](#)

Shed World

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You can access the survey directly online here:
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Shed World

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Your new shed can be the size you need, without cost penalty.

Build your own shed – our kits come complete ready to erect – there is nothing left to buy – nothing else to worry about.

Or have a qualified builder build it for you – we can organise everything for you.

Spinifex Art Stories - Profile of Artist Theresa Hogan



Title: "Seven Sisters" Artwork Size: 1370mm x 920mm
 Born: 28/02/1964
 Place of Birth: Cundeelee
 Language: Pitjantjatjara

Theresa Hogan was born at Cundeelee mission in the 1960's shortly after her parents came in from "Spinifex country."

Cundeelee is a site in which the "Seven Sisters" pass through (a major western desert story). In this painting Theresa shows the women at Upurl Upurlilla Nguratja with their digging sticks and dishes cleaning the rockhole. This is both a sacred and true story for the women of the western desert. Theresa notes that the colours in this painting are representative of the red sand and green spinifex.

Story & photo reproduced with kind permission from Ilkurlka Community.

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

An interesting article on the storage of canvas artwork from the Berndt News November 2009 Berndt Museum of Anthropology UWA

LIFE AT 21 DEGREES - Tips for caring for artworks and artefacts

Painting on Canvas

There are a few things to consider about looking after paintings on canvas. This article discusses the types of canvases available and the best ways to approach handling and freighting them.

When it comes to canvases, you basically get what you pay for. Good quality canvas like Belgian linen is expensive but, in terms of longevity, it is the best by far. When paying a big price for canvas you will get something with less bumps, more even weave, archivally longer lasting and better results when stretching the canvas. Alternatives to Belgian linen that may be easier for an emerging artist to afford are cotton duck or a flax/cotton mix. If you are going down this track try to get canvas that has an even warp and weft, as you will get better results when stretching the final artwork. (Another way to describe warp and weft is the horizontal threads can be seen as the warp and the weft is the vertical thread).

Paint can and does (sometimes) fall off the canvas, so there are a few things you can do to limit the possibilities of this happening.

1. Prime the canvas first. This is called the ground layer. Use an acrylic medium



Triptych, 'Country', Charlie Colbung, Nyungar Artist, Acrylic on stretched canvas [WU11203.01.02.03]

such as gesso. One or two thin layers of primer are better than a single thick one. It is also much more preferable to prime the canvas after it has been stretched, especially for large oversize ones. Priming the canvas stretched will also give you a definite margin for re-stretching and you will avoid losing any of the painted surface. Priming a large unstretched canvas can cause it to buckle. The technical term for this is cockling. Stretching a cockled canvas can result in the loss of paint. Once stretched, primed and dried, the canvas needs to be removed from its temporary stretcher so the artist can paint where they feel most comfortable – be it at a table, sitting on the ground or some where on country. If you are lacking time and the studio or art centre lacks space to prime your own canvases, purchasing pre-primed canvas is the alternative, but it does pay to prepare 'in-house' to achieve a good quality foundation for the artist to use.

2. Keep the primed canvas clean – free from dust, grime and greasy fingers. Grime on the ground or primed canvas will stop the paint layer from sticking to it and in years to come will cause the pigment to fall off.
3. Never roll a painting until it is completely dry. Rolling with just the outer most surface layer dry and not the underlying layer especially built up impasto surfaces will cause the paint to crack. Paint takes a couple of days to dry completely.
4. Never roll a painting pigment side in.

Rolling unstretched painting

1. Rolling a painted canvas is not best practice but given the remoteness of the areas that some artists live in and or high cost of freight it is often the most affordable

LIFE AT 21 DEGREES - ctd.

- approach to freighting the artwork.
2. To roll a canvas it should be done with the paint side out. Rolling with the paint surface in causes the pigment to squash and be exposed to higher levels of stress that will cause cracking and lead to loss.
3. Use a thick cylinder such as a sturdy cardboard tube or plastic plumbing pipe to roll the canvas onto. This stops the rolled canvas from being squashed and compromising the paint layer structure. Please note if you are rolling a canvas for long-term storage it is best to use an acid-free cardboard tube.
4. Lay a protective barrier down first; you can use clean washed calico, tyvek, clean bed sheets, or similar material. Make sure the material used is wider and longer at each the ends.
5. Lay the canvas face down. Put the tube at the edge of the protective sheet and begin to roll.
6. Take your time and roll carefully! Make sure that the canvas and material are not creasing.
7. Use cloth, tyvek or canvas as a protective outer layer on your rolled canvas. This can then be taped down using masking tape or better still wide cotton tape. Make sure no adhesive tape makes contact with the artwork.
8. You may roll more than one canvas onto the tube at a time; it is best to roll canvases of similar sizes together.

Handling

When handling the unstretched painting always have clean hands or wear gloves. Cotton gloves are fine, powder free latex ok, nitrile better. Handle with care making sure the canvas is not put under excessive stress by folding it up or creasing it. Never drag anything across the face of the painting as this causes abrasions and leads to loss.

ABORIGINAL LANGUAGES AND DIALECTS

LANGUAGE FAMILY	LANGUAGES & DIALECTS
WORORAN	Ngarinyin, Worora, Wunambal, Kunin
NYULNYULAN	Nyulnyul, Bard, Nyigina
BUNABAN	Bunaba, Gunian
DJERAGAN	Kitja, Miriwon, Katjerong
PAMA-NYUNGAN	Nyamal, Nyiyapali, Pandjima, Yindjibarndi, Talandji, Inggarda, Malgana, Nanda, Watjari, Nyungar, Mirninj, Karatjari, Mangala, Djara, Nyinia, Wanman, Nyangumarta, Yalparitja, Walmatjari, Kakatja, Pintupi, Ngaatjatjarra, Yapura, Mantjiltjarra, Kartutjarra, Mankulatjarra, Nyanganyatjarra, Mantjintjarra, Pitjantjarra, Ngaanyatjarra, Ankuntjarra, Nyangatjarra, Wangkatja

LANGUAGES
DIALECTS

Listed above are only 44 of the original languages and dialects.



Centres into which have drifted, significant numbers of the aboriginal population

Arrows signify recent movements of the speakers of the various languages and dialects

Poisonous plants and why does it matter?

Report from Robert Chin, Nursery INO – NGIA

Poisonous plants - who cares? We Do! It used to be that nursery people thought they should be able to sell whatever they wanted to. This has not been the case for some time. We now understand as an industry that there are some plants that we just shouldn't be selling.

Weeds and poisonous plants are the two types of plants that industry has stopped selling over time for both environmental and social reasons. What do you know about poisonous plants and are you still selling them? These seem like simple questions but they aren't. This is something for you to think about!

How Poisonous are Plants?

In short it depends. Some plants are very poisonous and some are not. Some can be poisonous to humans and not to animals and birds and visa-versa. The effects of plants on humans are variable depending on the size (body mass) of the person and their general state of health. Sometimes a very small amount of a flower can be extremely toxic and other plants, you would need to consume very large amounts of them to even cause you indigestion. Some plant leaves are poisonous; some plants have poisonous roots while others have poisonous fruits, flowers or berries. Here are some examples:

- We love to eat potatoes and millions of tonnes of them a year in Australia but everybody knows that you shouldn't eat the leaves or eat them when they are green don't they?
- Rhubarb is great for desert in a pie but the leaves are very toxic and I have used them in the past to make up an insecticide spray.
- Hemlock (seldom grown) has been used as a poison through the ages.
- I heard a couple of years ago the horrendous story of a thoroughbred horse eating some Cleander flowers and dying.
- Wandering Trad causes terrible rashes to susceptible people and your dogs? You here stories about this sort of thing all the time
- Angels Trumpet – Brugmansia can be very poisonous and is commonly found in older gardens.
- Rye Grass causes hay fever and associated allergies that cause terrible problems to sufferers.

I have read in a variety of places that there are more than 2,000 known poisonous plants in Australia, fortunately poisoning from plants seldom occurs. There are even native plants that can be poisonous.

Which plants are poisonous?

There are many - thousands in fact that are known to be hazardous in one way or another. Here is a list of some garden plants grown in Australia that might be of interest. It is not an exhaustive list at all and the affects of the ingestion or contact with these plants will vary according to a range of factors.

- Chinese lucky plant
- Elephant ears
- African box thorn
- Agapanthus orientalis
- Angels trumpet
- Apple of sodom
- Anemily
- Castor oil plant
- Chinese privet
- Chinese wisteria
- Cottonaster
- Cow's udder plant
- Cycads family
- Daffodils
- Deadly nightshade
- English box
- English Broom
- Euphorbia family
- Green potatoes
- Helibone
- Kangaroo apple
- Lantana
- Lonicera species
- Monstera
- Mushrooms - The Angel of Death, Gold top mushroom
- Narcissus
- Native birdfoot (Eremophila)
- Cleander
- Pimelea ferruginea
- Poinsettia
- Privet
- Rhubarb leaves
- Wax flower (Hoya)

Who is responsible if something goes wrong?

I have spoken to a range of 'experts' on this matter and they indicate that there are a number of issues. Where does the responsibility start and finish and who has the duty of care? The best starting point is to put good information about the plants on the label. Here are some of the potential candidates for liability:

- The person that grew the plant?
- The person that sold the plant (the retailer), market seller, plant wholesaler?
- The person that planted the plant? A landscaper or a professional gardener, local government?
- The parent or landowner that allowed the plant to persist in the area where it became an issue? These could include



Brugmansia - Angels Trumpet

- local, state and/or federal government or other similar agencies.
- The person that was adversely affected by the plant.

Implications for Industry.

In 2006, the Nursery & Garden Industry published its National Plant Labeling Guidelines which included a section on the labeling of known poisonous plants. Earlier than this, in 2001 Nursery & Garden Industry published a relevant Nursery Paper (Adler, 2000) on Hazardous Plants. As with many of these social issues it seems to me that everybody has a role to play. We not only need to be doing the right thing in this area but we need to be seen to be doing the right thing. There are some excellent plants that we still sell in numbers that are poisonous and it would be a pity to lose them. They are excellent garden and landscape plants the problem only arises when somebody eats them. Cleander and Angel's Trumpet are two examples of this.

Common sense must prevail. Unless the toxic plants we grow are likely to be eaten in dangerous amounts by susceptible people/animals then very little hazard exists and we should be

able to grow and sell them with no problems at all. If, on the other hand, we know a plant is potentially hazardous under normal circumstances then we need to take appropriate caution. Labeling plants as poisonous seems to be counterintuitive but as an industry we are obliged to do this. Public sentiment is growing in this area and we are under an increasing amount of pressure to show leadership. As a nursery person you need to be aware of the issue and if you sell potentially hazardous plants act responsibly. Make your staff and your customers aware of the issues and the potential for problems and obtain further information as required.

- Australian National Botanic Gardens Website: <http://www.anbg.gov.au/poison-plants/index.html>
- Nursery & Garden Industry Australia - Plant Labeling Guidelines, 2006, NGIA.
- NGIA, 2001, Nursery Paper The Facts on Hazardous Plants. Written by Michele Adler, 2001#14.



Monstera deliciosa

More tips to keep cool this summer

Beat the heat and save on power bills

Staying cool and comfortable this summer doesn't have to cost the earth, according to Energy-Australia. Energy Australia's Energy Efficiency Expert Paul Myors said homeowners could keep the temperature and their post-summer power bills at bay with just a few simple steps.

"We know that almost 90 per cent of homeowners over-cool their homes during summer," Mr Myors said. "For the days you do want to use your air conditioner set it between 23 and 26 degrees for the most efficient results. But, remember that fans should always be your first port of call for cooling efficiently. "Fans cost about \$4 a year to run, while air conditioners can cost more than \$200 a year."

Ceiling fans cost about the same as a light bulb to run and if you can keep the heat out of the house in the first place, that's even better. "A lot of heat is gained from direct sun on windows, especially those facing west, so shading them with external blinds or trees can be an effective way to keep your house cooler and more comfortable," Mr Myors said.

"External shades are more effective at keeping the heat out than internal blinds or curtains. Each square metre of direct sun on or through windows can be like running a one bar radiator in your home. "Staying cool over summer does not have to be expensive. In fact, a four person household can cut up to 10 per cent off their electricity bill and up to one tonne of CO2 from its household emissions, just by being more efficient with heating and cooling."

"By planning ahead and looking at a range of cooling options you can make sure the temperature inside your home remains comfortable, while reducing your greenhouse emissions and avoiding the post-summer power bill spike," Mr Myors said.

Energy Australia's top tips to stay cool this summer:

- Keep out of the heat: Shading your home with external blinds, well placed trees, vines and pergolas will help stop the sun heating your home and keep the temperature down on the inside.
- Become a fan of the fan: Pedestal and ceiling fans are cheap to run and will keep you cool.
- Catch the breeze: If the breeze is blowing leave the security grilles closed and open doors, windows and louvres on opposite sides of your home to take advantage of nature's air conditioning.
- Insulate the ceiling: Ceiling insulation can reduce indoor temperatures by as much as 10 degrees in summer and cut your cooling costs by up to 40 per cent. The NSW Government offers rebates for ceiling insulation for up to \$300.
- Run air-conditioning efficiently: Set the air-conditioner between 23 and 26 degrees. Put it on the 'recirculate' setting and close the doors and windows in the area you are cooling.

<http://www.getfarming.com.au/pages/farming/tips>



Growing Outback Gardens

*Ideas for
waterwise gardening*

By Mike Chuk
and Jeff Poole



An initiative of
Desert Channels Queensland

Growing Outback Gardens is a 117 page, full colour book that sets you on the journey to making an attractive garden that can cope with the harsh extremes of the Outback environment. With a combined four decades in the Outback, authors Mike Chuk and Jeff Poole take you through how to plan a garden, select plants, irrigation systems, mulches, worms, **vegetables, fruit and flowers. What more could you ask for if you're into sowin' things and growin' things. RRP \$19.95**

This new publication would make a great gift idea for the keen arid climate gardener.

For more information, phone DCQ on 4658 0600 or visit www.dcq.org.au



MEDIA RELEASE

Date 24 November 2009



GROWING OUTBACK GARDENS

A full colour, 'how to' book on all aspects of growing a great garden in the arid Outback has been launched in Longreach by Desert Channels Queensland.

Growing Outback Gardens is the culmination of three years of conducting wise water use gardening workshops across one-third of Queensland, where the presenters, by Mike Chuk and Jeff Poole, have had very little reference material they could recommend to interested people. They decided to alleviate the problem by writing and publishing their own.

"There is a lot of information on gardening available, but very little that is specific to the less populated areas of the Outback," says Jeff Poole. "People need advice and ideas that will work well out here."

Developed over a period of six months, this 116 page book draws on information presented at three years of **'Growing Great Gardens' workshops. The expertise of Jeff Poole and co-author, Mike Chuk, is augmented by key professionals, landscape architect Lawrie Smith and horticulturalist Neil Fisher, along with a number of local gardening 'divas' who are recognised as having mastered local conditions with their own gardens.**

"The climate across the Outback is semi-arid with highly variable rainfall," says Jeff Poole. "It is often feast or famine, and gardens need to be able to cope with the huge variation."

Growing Outback Gardens covers topics like coping with climate, improving soils, irrigation, propagation, plant selection, growing vegetables, managing pests and garden design. Many of these principles are also applicable to coastal regions facing water restrictions, and gardeners all around the country will find something of interest in its pages.

Growing Outback Gardens **is an initiative of Desert Channels Queensland's waterwise program, which is funded by the State Government.** Support for the publication of this book came from other Outback regional groups: Southern Gulf Catchments, South-West NRM – both of Queensland – and the Western Catchment Management Authority of New South Wales.

For more information on the work of Desert Channels Queensland, visit www.dcq.org.au or phone 4658 0600

ENDS

Media enquiries: Mark Kleinschmidt

Ph: (07) 4652 7818

Fax: (07) 4658 0122

Email: mark.kleinschmidt@dcq.org.au

Shire of Menzies
 PO Box 4 Menzies WA 6436
 Ph: 08 90242041 Fax: 08 90242110
 E-mail: admin@menzies.wa.gov.au
www.menzies.wa.gov.au
www.northerngoldfields.com.au



Your Photos

Photo of Granites at Red Hill near Kookynie supplied Ken Atkinson.



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 The Resource Centre at the
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 Community Postal Agency,
 Visitor Centre, Tele Centre,
 Library & Spinifex Art Gallery
 Corner of Brown & Shenton
 Streets Menzies WA 6436
 Ph: 90242702 Fax: 90242004 or
 90242775
visitorcentre@menzies.wa.gov.au

Calender of Events for Jan - Feb 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
11	12	13	14	15	16	17
18	19 'Our Place' <i>Heritage Meet - 5.30pm P. 6</i>	20	21	22	23	24
25	26 Australia Day <i>Breakfast P. 7 Public Holiday</i>	27	28 Menzies <i>Shire Council Meeting 9:30am</i>	29	30	31

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <i>School Term 1 Starts</i>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21