# Murchison Monologue





JANUARY/FEBRUARY 2016 VOL. 37

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# **ADVERTISING**

Full page colour \$80

1/2 page colour \$45

1/4 page colour \$25

Full page black & white \$22

1/2 page black & white \$12

1/4 page black & white \$6

# CONTRIBUTIONS TO THE MONOLOGUE

If you have any articles or information about events or photo's you wish to share with our readers, then please do not hesitate to contact the office. We would love to include them.

# News from the CEO's Desk

Happy 2016 Community Members.

I hope you all had an enjoyable and restful Christmas break, as did John & I. We visited our mums in Busselton and Melbourne and spent nine days touring around Tasmania. I appreciated the time out and am back on deck refreshed, ready for another busy year.

It's been a while since the last monologue and much has happened since then:

- The new house is complete, just waiting for a Deputy to make it homely. Unfortunately, we have had no joy recruiting for that role, which has made the working days for us all in the office that little bit more challenging;
- The new laundry and accommodation units for the Murchison Oasis Caravan Park are complete. They have been a wonderful boost to the business and are well appreciated by the travelling public;
- The lawn bowls rink is complete and was officially opened at the Community Christmas tree. There is now a great opportunity for community members to organise games of corporate bowls or promote it to friends and family and come in for a weekend roll;
- The Shire of Murchison inaugural Local Planning Scheme has been gazetted and the Local Planning Strategy endorsed. This process took several years and it is gratifying to have these documents as a reference to guide us into the future;
- The Local Government elections were held in October, with new Councillor Emma Foulkes-Taylor joining the Council ranks;
- The Construction crew have completed many projects including the Wooleen by-pass; building up a low lying section of road near Curbur; re-sheeting and re-forming a kilometre of road outside Bullardoo ready for bitumen and they are currently reforming and re-sheeting a section of road through the breakaway just north of the settlement ready for bitumising. The maintenance crew continue to do what they do so well maintain our roads to a high standard.
- The 2014 round of flood damage was completed and the February 2015 flood damage was assessed. \$7.7 million of WANDRRA funding was granted to repair the February damage. Three tenders have been awarded Supervision to WML Consultants Pty Ltd, Site Supervision to Remote Roads and Plant Hire with Operators to Quadrio Earthmoving Pty Ltd and Squires Resources Pty Ltd. The initial project and site meetings will take place in the week commencing the 29<sup>th</sup> of February, with the works scheduled for completion by the end of August, Mother Nature willing.
- Anzac Day and the opening of the new Anzac memorial saw an impressive turn-out of approximately 60 people. Congratulations and a big thank you to all involved in the construction of the Memorial it is a credit to the spirit of this community.
- The Murchison Polocrosse Club once again hosted the opening polocrosse game of the 2015 season at the Murchison settlement. Though not as many teams played this year as in the past due to competing events both in Australia and overseas, the event was a great success as always.
- The biennial Astrofest, a joint venture between the Shire of Murchison and CSIRO took place on the 5<sup>th</sup> September. We were a little disappointed with the turn-out and put that down to a late start with our advertising. The new Committee (yet to be elected) will get together mid-year to get the planning underway for 2017. Please give some thought to nominating for the Committee when the time comes to bring forward some fresh ideas.
- Last and definitely not least, a very exciting advance for the Murchison community and surrounding Shires is the completion of the new Ballinyoo Bridge. A span of the old bridge has been re-located to a site just north-east of the river and will be established as an interpretive/rest site. Even though the new bridge is now in use, we are aiming to have the official opening in May, when the weather is a bit kinder. A committee will be formed at the February Council Meeting to plan the opening and advance the interpretive site. Information will be sent out to the community once a date has been set so that you can mark it in your calendars.

Just a reminder that we have a Prohibited Burning period in the Shire through to the 31st March. The next couple of months of hot weather and storms may well bring fires, so we need to make sure that our fire fighting gear is ready to go.

Finally, please feel free to share your stories with us, or your recipes, or your triumphs in the garden! Any contribution will be gratefully received. After a tough year in the office with a new accounting system and no Deputy, We now have Vicki trained up to produce the Monologue and are back on track for printing it bi-monthly, so send your contributions through to her at library@murchison.wa.gov.au.

Kind Regards

Dianne Daniels

Chief Executive Officer







The following ordinary Council meetings are open to the public commencing at 10am on the dates as shown below. All meetings are held in Council Chambers, Murchison Settlement, WA.

# **Ordinary Council Meeting Dates 2016 - 10am**

January -	No meeting	Friday	15 <sup>th</sup> July
Friday	19th February	Friday	19st August
Friday	18th March	Friday	16 <sup>th</sup> September
Friday	15 <sup>th</sup> April	Friday	21th October
Friday	20th May	Friday	18th November
Friday	17 <sup>th</sup> June	Thursday	16th December









# **AUSTRALIA DAY 2016**

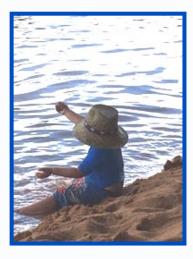
Australia Day was celebrated in the Murchison Settlement at the turkey nest 4km South on Woolleen Station.

A great day it was with approximately 35 people gathering there under the shade of a giant tarp suspended on tall poles secured and roped down. Water, sand, sunshine and blow up floaty pool toys (what more could you ask for). Refreshments and a barbeque were organized and in the evening a pig on the spit at Stuarts (which was cooked to perfection) finished off a good day.

We would like to thank Stuart, Sonia and the Broad family and friends for the idea and instigation and organization of such an event which was enjoyed by young and older and look forward to a bigger and better Australia Day in 2017.













Media release 12th November 2015

# WA Seniors Card goes digital

Applying for a WA Seniors Card is now easier than ever with the launch of a dedicated website making online applications available for the first time.

"The My WA Seniors Card website would cut red tape for the thousands of people joining the WA Seniors Card program", said Vince Catania MLA Member for North West Central.

"Seniors in North West Central can now apply for their WA Seniors Card using a computer, smart phone or tablet device,"

The new application also enables members to check their Cost of Living Payments, change their bank and personal details and access the latest information on discounts from more than 500 participating businesses.

More businesses are expected to promote to WA Seniors Card members by listing on the 'My WA Seniors Card' website and making offers available to members.

The move to online applications is recognition more and more people, regardless of their age, expect to have the latest State Government information at their fingertips.

The My WA Seniors Card would also enable WA Seniors Card members access to news regarding State Government concessions and a monthly competition.

"Seniors in remote and regional towns can now access information services more readily.

"With support from community resource centers and local libraries to help with the transition to new digital service can be highly effective for all stakeholders" added Vince.

#### **Fact File**

- More than 350,000 Western Australians have a WA Seniors Card
- My WA Seniors Card is at https://www.seniorscard.wa.gov.au
- Visit <a href="http://www.haveagonews.com.au/new/seniors-week-2015">http://www.haveagonews.com.au/new/seniors-week-2015</a> or contact local shire office for Seniors Week events

For media enquiries please contact Vince Catania on (08) 99412 999 or email northwest@mp.wa.gov.au

## A visit to the Murchison

I was recently taking a trip down memory lane and travelling back through the Murchison to re live my time living in the district .

We got to the Shire and I was proudly showing my friend the buildings and pointing out the trees we had all planted some 30 + years ago.

Went to the fabulous new Roadhouse to get some lunch before heading north.

Out of the blue I had chest pain that took me to the ground under a beautiful gum tree on the lawn . The rest is a blur of efficiency in getting me to the CEOs house and then off on RFDS May I please pass on my sincere thanks to Di and Peta who were just the best to have In a crisis and anyone else involved .

I am so grateful to you all . The outcome could have been different had we not been at the shire at that time .

The Shire is a credit to you all who have kept it going over the years and making it a beautiful oasis in the bush with caring and fabulous people.

I am not sure if I will tempt fate again and do the trip anytime soon so keep the place ticking over as you are .

Good seasons and regards and thank you all ps. Bush telegraph still works efficiently as well. The Gascoyne heard of my plight long before any pigeon could have flown there !!!

With grateful thanks.

Flicky Keogh

Felicity Keogh. 0424267228

# POULTRY FOR SALE

"If anyone is interested in any poultry, please email Nicole at wink.nicole.mahony@westnet.com.au

I have young birds that will be available soon. Hens, roosters, ducks and drakes. I currently have two young Khaki Campbell Drakes if anyone has female ducks looking for a mate. Please email or leave a message on 99 637093.







John Jenson with his Ballinyoo Bridge painting.

## COUGH REMEDY HERB Plectranthus amboinicus -

Common names: Spanish Thyme, Cuban Oregano, Indian Borage



This article is for anyone who took one of these herb plants at the Murchison Christmas Tree Party this past December. Besides being used to make a good cough remedy, the chopped leaves of this plant also make a tasty addition to cooked meals, such as fried rice (especially vegetarian), hence one of its common names, 3 in 1 Herb, as it is widely used in the N.T., India, Asia and Mexico. A tea made from the leaves is said to be very good for insomnia, (see Wikipedia – Plectranthus ambionicus) and can be used for treating many ailments.

To make the cough remedy you blend or pulverize the leaves with lemon juice (or other citrus). Once blended, put the mixture through a sieve. The liquid can be stored in the fridge until needed.

To use, mix a portion of the liquid with enough honey to take away the bitter taste, then take by a teaspoon at a time as needed. This mixture is very good at controlling and eliminating night coughing.

Once honey has been added use within a couple of days or it could start to ferment.

If anyone is interested in getting one of these plants, more are available for the taking from the shire shade house next to the vegie tunnel garden at the settlement.

As the plant is tropical, it should be kept in a pot in a sheltered position on a veranda with access to a half day of sunshine and only sparsely watered in winter.

Paul L.



# Vegetables & Fruits that grow well in the Vegie Tunnel - despite the extreme heat:

Okra, Egg Plant, Snake Beans, Capsicum, Chili, Basil, Bitter melon, Rock melon, Water melon, Sweet potato, Water spinach, Garlick chives, Vietnamese mint.

For interesting (unusual) recipes using these ingredients, check out www.sbs.au/food/ingredients/okra or google any of the plants to find out more info and recipes.



# Price ending excessive card surcharges in Durack

23° February 2016

Member for Durack Melissa Price is pleased to announced the Tumbuli Government have passed tough new laws that will protect Durack consumers from excessive card surcharging.

The Government's Competition and Consumer Amendment (Payment Surcharges) Bill 2015 passed the Senate this week with the ban on excessive card surcharging to take effect this year.

"Card and other electronic payments facilitate billions of transactions every year," Ms Price said.

"It is therefore crucial that Durack consumers have confidence in the system.

"Whilst many merchants do pass on costs fairly, some engage in this practice abusively.

"Durack consumers are entitled to a fair deal. That's why the Turnbull Government took action to ensure customers are charged no more than the amount that reflects the true amount of the merchant's costs in accepting that payment."

Ms Price said the laws equip the Australian Competition and Consumer Commission (ACCC) with new powers to enforce the ban, including the ability to gather information from those involved in the payments process and the authority to issue infringement notices against those engaging in excessive surcharging.

If the ACCC forms the view that a merchant has engaged in excessive surcharging, they may issue an infringement notice including a penalty for listed corporations of up to 600 penalty units, currently \$108,000, for each alleged contravention.

"The Law is an important step in further implementing the Turnbull Government's response to the Financial System inquiry and providing greater protection for Durack," Ms Price said.

"The ban on excessive surcharging will work in tandem with Reserve Bank of Australia Payments System Board standards that will set the permitted surcharge for payments."

Further details are available at: rba.gov.au

The scheduled commencement for the ban will allow for the RBA consultation process to take place while providing a reasonable period for merchants to prepare for the new arrangements.

END



# GRAMS FAMILY FUN DAY

AWESOME FAMILY DAY OUT FOR EVERYONE!



# « HEADLINE ACT » THE MERINDAS

Gospel, Blues, Soul and R&& Australian Aboriginal Contemporary Soul Singers

# ACTIVITIES INCLUDING:

Bouncy Castle . Kid Zone . Dancing Old McDonalds Farm . Giveaways & HEAPS more!

Time: 11:00 gm - 7:30 pm Music nukara - 115 nanson

HOWATHARRA ROAD, NANSON KIDS UNDER 12 FREE!

13 YRS & OVER & ADULTS \$5.00

- LIVE MUSIC
- TRADITIONAL ABORIGINAL & MULTI-CULTURAL FOOD ON SALE
- NON-ALCOHOLIC REFRESHMENTS ON SALE

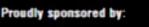
FREE buses from town to the event and return -Pick up / drop off points will be on our facebook page and the GRAMS noticeboard.

Parents please bring towels & change of clothes for water activities for the children (Supervised Dam is open from noon - 6.00pm)

"ALCOHOL & SMOKE FREE" EVENT - All incoming vehicles will be inspected. 😭 😂 For more information phone 9964 6088



















THE MERINDA



Media release 9th February 2016

## High water and hope book launch

Member for North West Central Vince Catania MLA officially launched the flood history book – High Water and Hope: Stories of the 2010 Gascovne Flood at Gascovne Junction.

The Gascoyne River peaked on 20th December 2010 at 7.8 metres at the 9 mile bridge gauging station. This was the highest in recorded history along the Gascoyne River.

The book depicts accounts of the December 2010 flood that affected the Shires of Camarvon and Upper Gascoyne, including meteorological information, images and a range of firsthand accounts of stories from some of those involved in the flood.

An estimated 2000 head of cattle perished and homes, infrastructure and crops washed away. The damage bill in the Gascoyne was estimated at \$100million.

"I can still recall the devastating December 2010 floods. It was heart-warming to see the members of the communities pulling together in a time of need and assisting each other to getting their lives back on track," said Vince.

In response of the devastating floods the State Government initiated the Camarvon Flood Mitigation Project Stage II with five levee walls at a cost of \$60m, of which \$45m came from Royalties for Regions, and the remaining \$15m from Federal Government Regional Development Australia Fund.

The Establishment of the Gascoyne Junction Tourism Precinct as the old Pub and fuel facilities were destroyed in the flood, at a cost of \$9.12m with \$6.05m from Royalties for Regions, and \$3.07m from the Shire of Upper Gascovne including the Scott Street extension.

GDC allocated \$20,000 from the Royalties for Regions Gascoyne Regional Grant Scheme Strategic Funds to undertake the project. The Shire of Upper Gascoyne committed \$5,305 (50%) towards printing costs.

"Many in the horticultural and pastoral industry, businesses, organisations, clubs and locals lost everything and it showed the resilience and camaraderie of all involved."

"To witness first-hand the devastation caused by the 2010 floods and then be involved in the recovery of the communities said Vince.

## New to the Settlement

Sharon asked me in passing if I had anything to contribute to the Monologue, so I thought I would have a go and write a piece, taking inspiration from Raelene Hall of Neds Creek Station.

I have been fortunate to come to live in the Murchison Settlement at the end of winter and enjoyed exploring the surrounding area discovering amazing wildflowers, plants and birds. The Botanical Walk was first discovered with carpets of pink, purple, mauve, white flowers, yellow cassias, and mauve eremophilas., (a credit to the people who created it - the vision, planning and implementation) and when I wandered off the track I found blue wrens, red robins, and chrimson chats singing beautiful tunes early in the mornings.

My favourite area would be Erabiddy Bluff where I have spent many Saturdays wandering around exploring and experiencing the changing seasons – winter to spring and now summer just around the corner. I found it very peaceful and the scenery awesome. I had the good fortune of visiting just at the right time when the silver eremophilas where flowering profusely with mauve/blue blooms all about the lower areas and even towards the higher margins of the bluff. The low areas and hills were clothed in green portulacca and dotted with white, yellow and cream pompom everlastings. Sprays of pink parakeelya, yellow billy buttons and even blue cornflowers carpet the once bare ground. The beauty of the flocks of budgies as they fly out from the mulla mulla, changing from green to yellow as they wheel from left to right in a flurry of noisy confusion, looking like swarms of fish in the sky.







Another amazing discovery was the tunnel garden where I was overwhelmed by the abundant produce. The best tasting cauliflowers, broccoli, cabbage, lettuce, tomatoes, snow peas, beans, capsicum, celery, turnips, and even jeruselum artichokes (which I haven't tasted since a child) all grown organically by Paul who deserves much congratulations and thanks for his dedicated hard work to produce such healthy vegetables. I recommend them to all for a good healthy diet and abundant life, believing that food is our medicine and medicine our food.

I have come to live in the settlement with my husband Ivor and have taken on the position of cleaner for the shire. I have also enjoyed the challenge of spending several days in the office learning new skills (and also working on the Monologue).

I look forward to meeting the people of the Murchison and exploring more of this remarkable country.

Vicki Dumbris

# Male or Female

You may not have known this, but a lot of non-living inanimate objects are classified as either male or female. Here are some examples:



#### PHOTOCOPIERS:

These are female, because once turned off; it takes a while to warm them up again. They are an effective reproductive device if the right buttons are pushed, but can also wreak havoc if you push the wrong Buttons.



#### TYRES:

Tires are male, because they go bald easily and are often over inflated



#### **HOT AIR BALLOONS:**

Also a male object, because to get them to go anywhere, you have to light a fire under their butt.



#### SPONGES:

These are female, because they are soft, squeezable and retain water.



#### **WEB PAGES**:

Female, because they're constantly being looked at and frequently getting hit on.



#### TRAINS:

Definitely male, because they always use the same old lines for picking up people.



#### EGG TIMERS:

Egg timers are female because, over time, all the weight shifts to the bottom.



#### HAMMERS:

Male, because in the last 5000 years, they've hardly changed at all, and are occasionally handy to have around.



#### THE REMOTE CONTROL:

Female. Ha! You probably thought it would be male, but consider this: It easily gives a man pleasure, he'd be lost without it, and while he doesn't always know which buttons to push, he just keeps trying.

# Wild Dogs Bounty Scheme

#### **Pastoralists**

The shire of Murchison has developed a wild Dog Bounty Scheme to aid in the control of wild dogs on properties. Details as follows:-

The Shire of Murchison Wild Dog Control Bounty Scheme has been developed to offer a bounty of \$100 per dog for every wild dog killed.

It covers all stations within the shire of Murchison. All claims are to be made by the station owner/manager. Persons destroying the dog must take the scalps to the property owner/manager. The property owner/manager makes their own arrangements with the person who destroyed the dog regarding payment.

Scalps are defined as the two ears and the strip of scalp connecting them.

Property Owner/Manager must complete the form with all details and verify number of scalps.

Property Owner/Manager is then responsible for getting the forms and the scalps to one of the three regional coordinators for authorization.

Once regional coordinators have authorized payment the form is to be sent to the Shire of Murchison who will make the payment to the claimant and maintain a data base of all the details.

Regional Coordinators are:-

Mark Halleen

Boolardy Station Tel: 08 9963 7987

Andrew Whitmarsh

Byro Station Tel: 08 9961 3870

Reg Seaman

Murgoo Station Tel: 08 9963 7985

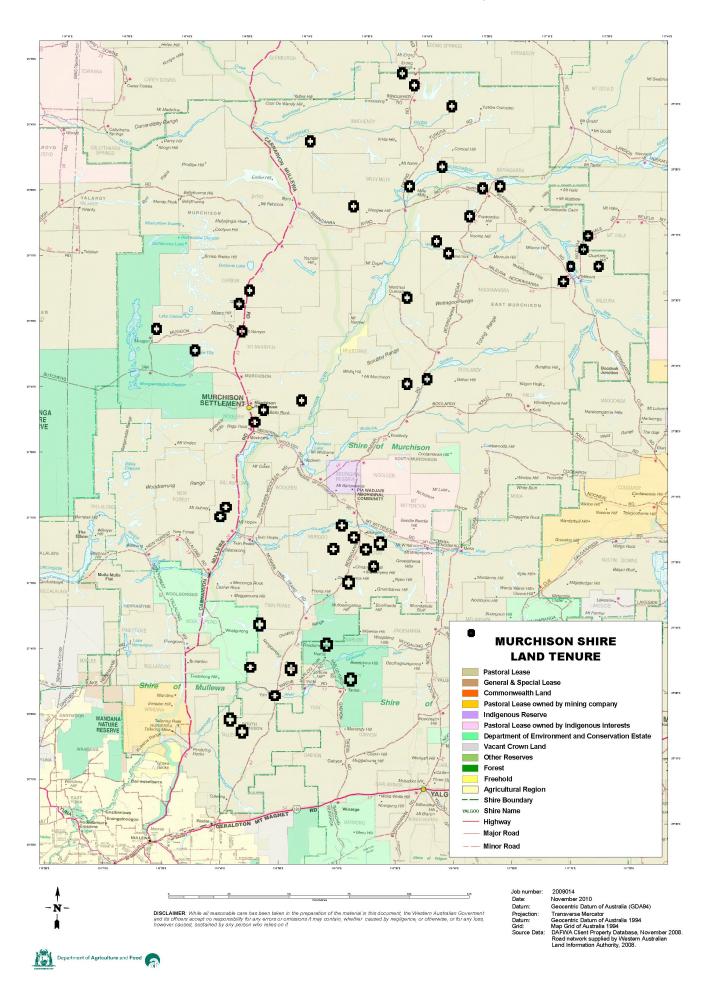
Scalps are not to be taken directly to the of Murchison



Shire

Wild dog bounty scheme 23rd Feb. 2015 - 19th Feb. 2016. (Dogs shot on stations)							
Innouendy	5	Murgoo	7				
Billabalong	3	Curbur	2				
Mt Narryer	1	Boolardy	3	Update from our local doggers:			
Nookawarra	2	Meeberrie	2	Reg Seaman 49 dogs			
Muggon	1	Beringarra	6	Sandy McTaggart 32 dogs			
Yuin	5	Tardie	<u>3</u>	Total : <u>81</u>			
Mileura	5	Total :	<u>45</u>				

# Approximate Location of Wild Dog captures. 23rd Feb. 2015 - to 19th February 2016



A vegetable that grows well in the heat of summer is Egg plant which Paul grows well in the Settlement vegie tunnel.

# Chargrilled eggplant with mint yoghurt dressing and pomegranate.



# **Ingredients**

- 1 large aubergine (eggplant)
- 50 ml extra-virgin olive oil
- 1½ tbsp pomegranate molasses (substitute if needed with maple syrup, honey etc)
- sea salt and freshly ground black pepper
- 1 small pomegranate, seeds tapped out (membrane and skin discarded)
- 2 tbsp pine nuts, toasted

good pinch of sumac

## Minted yoghurt dressing

- 100 ml Greek yoghurt, drained
- 1 garlic clove, crushed
- 2 tbsp finely shredded mint, plus extra sprigs to garnish, good squeeze of lemon juice.

#### **Instructions**

Heat a cast-iron griddle pan or a chargrill until smoking hot.

Cut the aubergine in half lengthways, then into 1 cm-thick slices. Combine the olive oil and pomegranate molasses, then brush over both sides of the aubergine and season with salt. Cook for 4-5 minutes on each side or until tender and lightly charred. Arrange the aubergine on a platter or large plate.

Meanwhile, to make the minted yoghurt dressing, place all the ingredients in a small bowl and stir to combine. Season to taste and add a little water if you think the dressing needs to be thinned down.

To serve, drizzle the dressing over the chargrilled aubergine, then scatter over the pomegranate seeds and pine nuts. Garnish with the mint sprigs and sprinkle over the sumac to serve.



# HANDY HINT

To deter frogs from soiling mirrors, windows, sinks, toiltets etc:

Sprinkle Citric Acid around the areas effected. (safe for the environment)

A tried and tested solution by Emma Foulkes-Taylor.

# Murchison Oasis Roadhouse

Proprietors: John Farrell and Marcia Rowlands
Opening Hours

Monday to Friday 7am - 7pm Saturday 8am - 6.30pm Sunday 9am - 12 noon

(Sunday opening hours from mid April will be extended 8am - 6pm)

Kitchen open during opening hours

24 hour access to fuel bowser with card swipe facility available

# Accommodation

**Units:** 

Double unit with ensuite @ \$125 per night for up to two people

One double motel room @ \$85 per night for up to two people.

Two single units with three beds. First bed @ \$75 per night \$10 extra per person after that. i.e. 3 people = \$95 per night

Caravan Park: Powered sites @ \$25 per night for 2 people (\$5 per extra person per night)
Unpowered sites @ \$15 per night for 2 people (\$5 per extra person per night)

Shower only (no accommodation) \$5 per person. Free BBQ available in gazebo for guests.

#### Meals

New meals include T bones, Surf & Turf with creamy garlic sauce, sweet chilli mango chicken with rice and salad, and grilled snapper. Any sit down meals—please order by 2pm for preparation.

Groceries and ice also available

Phone: 08 99613875

Fax: 99613876

Email: murchisonoasis@westnet.com.au

Best steak sandwiches ever...just call up on channel 7 to order Best steak sandwiches ever...just call up on channel 7 to order

# The Shire of Murchison's new 672G John Deere Grader



Yes boy's count those wheels there should be 6 of them.



"Look at this Barry, this will be handy"



The seat is very comfortable, hope it lays back like the old John Deere for my after lunch nap.





# Walladar Enterprises Pty Ltd

Located 80km North of Mullewa Bullardoo Station Mullewa/Carnarvon Road Murchison. WA.6630

# Locally Owned/Operated Earthmoving Business

- · Bulk Haulage, Road maintenance, General Freight
- · Excavators-trenching, rock breaking and auger
- · Grid maintenance/cleaning
- · Remote Area Operations
- · Trucks | Side tippers | Excavators | Loaders

Main Roads WA-Heavy Vehicle Accreditation Operator

All Rates Negotiable -Contact Greydon 99629559

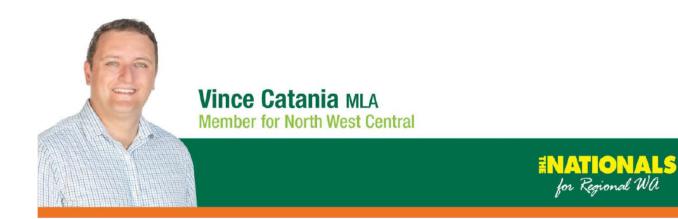
Email: bullardoo@activ8.net.au

Phone: 99629559 Fax: 99629586

Greydon Mead mobile: 0428 310769

ABN 65 108 421 781

Postal: Bullardoo Station| PMB 22 |Mullewa| WA 6630



Media release 25<sup>th</sup> November 2015

## Works set to start on Murchison Radio-astronomy Observatory hybrid power station

 The State Government has approved a power supply agreement between Horizon Power and CSIRO for the Murchison Radio-astronomy Observatory

Site works will start within weeks on the construction of a diesel-solar hybrid power station that will support Australia's bid to house the world's largest telescope.

Welcoming the State Government's announcement Vince Catania MLA Member for North West said "this power supply agreement helps deliver the State Government's broader commitment for CSIRO's Australian Square Kilometre Array Pathfinder (ASKAP) telescope project – a project that aims to demonstrate Australia's capability to host the largest radio telescope on the planet, the Square Kilometre Array (SKA)."

"The MRO is already producing outstanding scientific results in advance of the international SKA project," said Vince.

The new power station had been supported by **Royalties for Regions** and the partnership with the cutting-edge scientific project would boost the region's profile said Vince.

Site works commence next month on a nominal 2 megawatt solar-diesel hybrid station at Boolardy Station, about 400km north-east of Geraldton.

"Royalties for Regions is about strengthening and growing our regions and helping regional communities realise their economic potential through the delivery of projects such as this."

#### Fact File

- The MRO, located about 315 kilometres north-east of Geraldton, is currently home to the world-leading ASKAP and the Murchison Widefield Array (MWA) radio telescopes
- The MRO will also be the Australian site for the international SKA project. Australia
  will host the SKA1-Low telescope, the planned low-frequency component of the SKA.
- Construction of the new power station will start in December 2015, with start-up planned for July 2016
- Visit <a href="http://www.drd.wa.gov.au/projects/Pages/default.aspx">http://www.drd.wa.gov.au/projects/Pages/default.aspx</a> for information of Royalties for Regions funded projects in North West Central

For media enquiries please contact Vince Catania on (08) 99412 999 or email northwest@mp.wa.gov.au

# Dehydration and hot weather

The human body contains a high proportion of water, so when the temperature rises and the body tries to cool itself by sweating, dehydration can occur, particularly in children.

#### What is dehydration?

Dehydration is the loss of water and salts from the body. We need water to maintain our blood volume and to ensure our other body fluids function properly, as well as to maintain our blood pressure. Along with water, the body also needs electrolytes, which are salts normally found in blood, other fluids, and cells.

#### Why do we need water?

The human body consists of nearly 60 per cent water; brain tissue is said to consist of about 85 per cent water. This is why drinking 6-8 glasses of water a day helps our body function efficiently.

Although fluid loss occurs during hard physical work, even simple tasks like gardening, walking or riding a bike can result in a significant loss of fluid within a very short period. We can also lose a lot of fluid in hot or humid conditions. Babies and small children feel the effects of heat sooner and more seriously than adults. Children in cars need special protection from heat as cars can heat up very quickly. A parked, locked car can reach dangerously high temperatures very quickly, even if the windows are open slightly. You should never leave a child in a parked car — your child can quickly become overheated and dehydrated, with potentially fatal consequences.

## Stages of dehydration

The early stages of dehydration usually have no signs or symptoms, but can include dryness of the mouth and thirst. Other symptoms of early or mild dehydration may include:

- headache;
- dry skin;
- · passing less urine than normal;
- tiredness;
- dizziness; and cramping in the arms and legs.

As dehydration increases, signs may include:

- extreme thirst and parched mouth and tongue;
- rapid pulse:
- dark, yellow urine;
- little or no urination;
- sunken eyes:
- in infants, a sunken fontanelle (the soft spot on the top of the head);
- skin that has lost its elasticity and doesn't quickly return to its normal position after being pinched;
- absence of tears when crying;
- irritability or drowsiness; and irrational behaviour.

If you are with someone, particularly a child or young person, who suddenly becomes dizzy, nauseated or weak during hot weather, get them indoors or in the shade. Replace lost fluids with water or a sports drink and cool the person down with a tepid shower or sponge bath and by fanning air over their moist skin. Seek medical attention if the symptoms get worse or last for more than an hour.

If someone has dry, red skin, a fast pulse, looks confused or delirious, or feels very hot, that person is in extreme danger and you should seek medical attention immediately, as well as taking the steps outlined above.

During hot and humid weather, you are at higher risk of dehydration and heat-related illnesses, including cramps, heat exhaustion and heat stroke. In severe cases, dehydration and heat stroke can result in shock and even death.



#### How do I combat dehydration during hot weather?

Water should be given to counteract dehydration in hot or humid weather, regardless of your activity level. Drinking water helps lower your body temperature and replace the fluid you lose through sweating. It should be drunk before you get to the stage of feeling thirsty.

It's best to remember that other drinks, such as soft drinks, coffee, or alcohol-containing beverages, are no substitute for water. Although they contain water, they also contain ingredients which are dehydrating.

Sports drinks contain carbohydrates and electrolytes and are useful if exercising in hot weather. Oral rehydration solutions such as Gastrolyte and Hydralyte are also suitable. They should be made up and given according to the manufacturer's instructions. Children should be encouraged to drink water before, during and after exercising, especially if the weather is hot.

So-called 'energy drinks' contain caffeine or other stimulants, and are not an appropriate rehydration fluid. If in doubt, water is the preferred option in most cases.

#### Preventing dehydration during hot weather

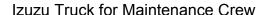
It is recommended that during hot weather we should be drinking water even when not thirsty. You can tell if you are well hydrated if you do not feel thirsty and your urine is a dilute (clear) colour.

Other things you can do to avoid dehydration during hot weather include:

- avoiding the sun in the middle of the day exercise or do outdoor activities early in the morning or evening instead;
- wearing sunscreen and a hat that shades your head, neck, ears and face sunburn stops your body from cooling itself down properly;
- $\bullet$   $\,$  wearing thin, loose clothing this allows good airflow, which helps sweat evaporate; and
- avoiding dark clothing, as this absorbs more heat than light clothing.

# **MORE NEW PLANT FOR 2016**







Handy Hitch Roller for maintenance grader

# What Is a Leap Year?

Nearly every four years is a leap year which has 366 days, as opposed to a <u>common year</u>, which has 365. Leap years have 366 days, not 365.

# When Is the Next Leap Year?

Next Leap Day is February 29, 2020. Last Leap Day was February 29, 2016.

# Why Add Leap Years?

Leap Years are needed to keep our modern day <u>Gregorian calendar</u> in alignment with the Earth's revolutions around the sun.

It takes the Earth approximately 365.242199 days - or 365 days, 5 hours, 48 minutes, and 46 seconds - to circle once around the Sun. This is called a <u>tropical year</u>.

However, the Gregorian calendar has only 365 days in a year, so if we didn't add a leap day on February 29 nearly every four years, we would lose almost six hours off our calendar every year. After only 100 years, our calendar would be off by approximately 24 days!

This happened in the Julian calendar, which was in use until the Gregorian was introduced.

Is There a Perfect Calendar?

# **Exactly Which Years Are Leap Years?**

We add a <u>Leap Day on February 29</u>, almost every four years. The leap day is an extra, or intercalary, day and we add it to the shortest month of the year, <u>February</u>.

In the Gregorian calendar three criteria must be taken into account to identify leap years:

- The year can be evenly divided by 4;
- If the year can be evenly divided by 100, it is NOT a leap year, unless;

The year is also evenly divisible by 400. Then it is a leap year.

This means that in the Gregorian calendar, the years 2000 and 2400 are leap years, while 1800, 1900, 2100, 2200, 2300 and 2500 are NOT leap years.

# Special Leap Year 2000

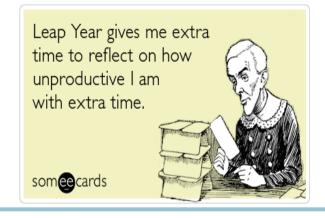
The year 2000 was somewhat special as it was the first instance when the third criterion was used in most parts of the world since the <u>transition</u> from the Julian to the Gregorian Calendar.

# Who Invented Leap Years?

Roman general Julius Caesar introduced Leap Years in the Roman empire over 2000 years ago.

But the Julian calendar had only one rule: any year evenly divisible by four would be a leap year. This led to way too many leap years, but didn't get corrected until the introduction of the <u>Gregorian calendar</u> more than 1500 years later.





# Why...?????

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave vault doors open and then chain the pens to the counters?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

Why the sun lightens our hair, but darkens our skin?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do 'practice'?

Why is lemon juice made with artificial flavoring, and washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

February 2016							
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14 Valentines Day	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29							
March 2016							
Mon	Tue	Wed	Thu	Fri	Sat	Sun	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7 Labour Day	8	9	10	11	12	13
14	15	16	17	18 Council	19	20
21	22	23	24	25 Good Friday	26	27
28 Easter Monday	29	30	31			

# April 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Council	16	17
18	19	20	21	22	23	24
25 Anzac Day	26	27	28	29	30	