

# Murchison Monologue



Merry

Christmas



## Shire Contact Details

Office: 99637999

Fax: 99637966

Web: [www.murchison.wa.gov.au](http://www.murchison.wa.gov.au)

CEO: Jenny Goodbourn

[ceo@murchison.wa.gov.au](mailto:ceo@murchison.wa.gov.au)

Senior Finance: Candice Smith

[finance@murchison.wa.gov.au](mailto:finance@murchison.wa.gov.au)

Admin: Sharon Wundenberg

[admin@murchison.wa.gov.au](mailto:admin@murchison.wa.gov.au)

Library: Peta Panting

[library@murchison.wa.gov.au](mailto:library@murchison.wa.gov.au)

Customer Service Officer: Peta Panting

[cso@murchison.wa.gov.au](mailto:cso@murchison.wa.gov.au)

\*\*\*\*\*

Depot: 99613805

Works Supervisor: Brian Wundenberg

[works@murchison.wa.gov.au](mailto:works@murchison.wa.gov.au)

\*\*\*\*\*

Roadhouse: Marcia Rowlands , John Farrell

Phone: 99613875, Fax: 99613876

[murchisonoasis@westnet.com.au](mailto:murchisonoasis@westnet.com.au)

\*\*\*\*\*

Freight: Keros Keynes

Phone: 08 99214894

Mobile: 0427778052

Email: [kerosk@bigpond.com](mailto:kerosk@bigpond.com)

## GENERAL DISCLAIMER

The Murchison Monologue is published by the Shire of Murchison as a public service for the community.

The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Murchison. All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be the correct advice on any particular subject or matter referred to. No person should act on the basis of any matter, comment or advice contained in this publication without first considering, and if necessary taking appropriate professional advice upon the applicability to their particular circumstances.

Accordingly, no responsibility is accepted or taken by the Shire of Murchison, or the authors and editors of the Murchison Monologue, for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained here in.

Contact: Shire of Murchison

Mail: PO Box 61 Mullewa WA 6630

Phone: 08 99637999

Fax : 08 99637966

Email: [admin@murchison.wa.gov.au](mailto:admin@murchison.wa.gov.au)

## 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.



## A CHRISTMAS MESSAGE FROM THE CEO

ANOTHER YEAR IS COMING TO A CLOSE AND IT WILL SOON BE 2015!

WHERE DOES THE TIME GO—EVERY YEAR SEEMS TO GO BY QUICKER THAN THE LAST.

TO THOSE TRAVELLING TO BE WITH FAMILY & LOVED ONES OVER THE FESTIVE SEASON PLEASE DRIVE CAREFULLY WE WANT TO SEE YOU BACK SAFE AND SOUND IN THE NEW YEAR.

STEVE AND I WILL BE STAYING IN THE SETTLEMENT AS WE'RE OFF TO TASMANIA IN JANUARY FOR OUR ANNUAL HOLIDAY.

HERE'S SENDING YOU ALL YULETIDE BLESSINGS AND WISHING YOU A HAPPY, HEALTHY AND PEACEFUL 2015

Jenny Goodbourn, CEO Shire of Murchison





## Out With the Old

At long last we have our new fuel tanks in place and pumping away at the Roadhouse. It was quite a busy little Settlement here for a few days. The new tanks look very nice sitting in the old Museum site near the Roadhouse.

## In With the New





## Out with the Old

Jim McNamarra delivered our new fast attack and 1.4 rural tanker to the settlement.

## In With the New

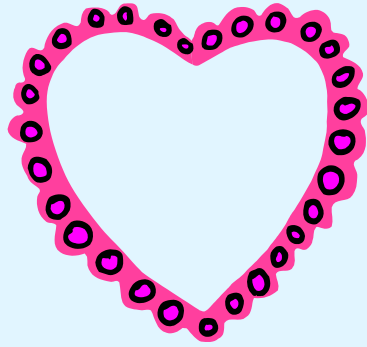


HUGS!

THE THEME THIS YEAR IS

I  
LUV  
U

Hearts



Hearts

To all you young children and families, lets make our Christmas this year a loving Christmas and have lots of hearts to hang around our hall .



# Community Christmas Tree

**18th December 2014**

**Murchison Community Sport Centre**

**4.30pm**





**Shire of Murchison**  
**ANNUAL GENERAL MEETING OF ELECTORS**

The annual General Meeting of Electors of the Shire of Murchison will be held at 2:00pm on Thursday 18<sup>th</sup> December 2014 in the Murchison Sports Club building, Murchison Settlement.

**Business:**

Consideration of the 2013/2014 Annual Report

General Business

Copies of the report are available on the Shire's website [www.murchison.wa.gov.au](http://www.murchison.wa.gov.au) or at the Shire Office during normal business hours.

Jenny Goodbourn

Chief Executive Officer

**The annual electors meeting will be followed by the  
Murchison Sports Club AGM**



**This will be followed by the annual Christmas party  
with Santa arriving around 5.00pm**

# 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.

Doggers and professionals are excluded from the scheme.

It covers all stations within the shire of Murchison except for those covered by the state's trial scheme which is being established in conjunction with the Meekatharra Rangelands Biosecurity Association. Bounty payments for dogs killed on those stations can be claimed under that scheme.

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 authorisation.

Once regional coordinators have authorised 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 Shire of Murchison

The wild dog bounty scheme is proceeding well with 52 dogs destroyed to date.

Nookawarra 4 dogs

Mt Narryer 5 dogs

Ballythuna 1 dog

Byro 2 dogs

Billabalong 2 dogs

Boolardy 3 dogs

Errabiddy 1 dog

Beringarra 13 dogs

New Forrest 7 dogs

Milly Milly 4 dogs

Murchison Settlement 2 dogs

Yallalong 6 dogs

Curbur 2



Unrelated to the bounty scheme but great news anyway is that Sandy McTaggart who took on the role of Dogger in 2014 has destroyed 25 dogs up to the end of November. Great work.



# *For Sale*

## *Wild Dog Management Manual*

*Where Experience Counts*



*Written by  
Greg and Maxine Beaton*

*Experienced Professional Pest Management Technicians.*

*Cost \$27.50 incl GST. Plus postage and handling. \$3.30*

*Available from  
PO Box 1480  
Carnarvon WA 6701  
Email: [maxinebeaton1@gmail.com](mailto:maxinebeaton1@gmail.com)*

---

Remittance:

BSB: 306-049

Account no: 018283-8

Please email remittance advice to [maxinebeaton1@gmail.com](mailto:maxinebeaton1@gmail.com)

# **Murchison Oasis Roadhouse**

**Proprietors: John Farrell and Marcia Rowlands**

## **Opening Hours**

**Monday to Friday 7am - 7pm**

**Saturday 8am - 6.30pm**

**Sunday 9am - 12 noon**

**Kitchen will be open during opening hours**

**24 hour access to fuel bowser with card swipe facility available**

## **Accommodation**

**Units: 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**

**Museum Cottage . En suite single room with kitchen \$120.**

**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.**

## **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 lunchtime for preparation.**

**Groceries and ice also available**

**We will be open Christmas day—9am to 12 noon**

**Phone: 08 99613875**

**Fax: 99613876**

**Email: [murchisonoasis@westnet.com.au](mailto:murchisonoasis@westnet.com.au)**



# Merry Christmas and a Happy New Year



to all our friends and customers in  
the Murchison community.

Marcia & John - Murchison Oasis  
Roadhouse





**Vince Catania MLA**  
MEMBER FOR NORTH WEST CENTRAL

**THE NATIONALS**  
*for Regional WA*

Media Statement

9<sup>th</sup> December 2014

### **SCHOOL GRADUATIONS AND ASSEMBLIES SHINE**

Member for North West Central Vince Catania was delighted to attend some of the region's schools final assemblies and awards presentations.

Vince congratulated the graduating students from St Mary's Star of the Sea and School of the Air in Carnarvon.

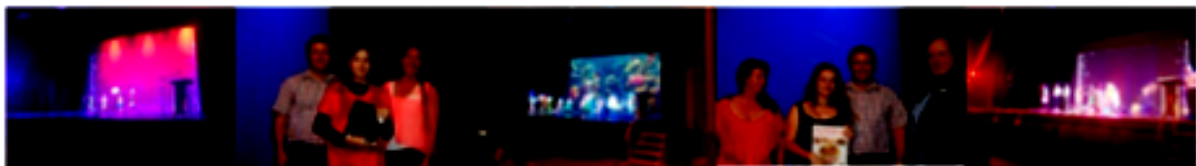
"This is one of the most rewarding parts of my job" said Vince "as I travel around the electorate to watch the fantastic presentations and the effort that students, teachers and parents have put in to making the young people in our region the best they can be."

As the schools right across the electorate get their end of year shows and performances underway Vince will be making as many of them as he can.

"I always marvel" added Vince "at the great presentations and the incredible achievements of the children in this electorate. Whether it is sporting, academic, cultural, artistic or performance there is always something different and exciting going on."

Vince singled out the Carnarvon School of the Air presentations for a special mention "It's incredible that these students do nearly all of their schooling and rehearsals over the internet and manage to come together and put on a great show."

As he set about his travels in the electorate Vince said "At this time of year I acknowledge all of the hard work done by parents, school staff, teachers and the students over the past 12 months, and I look forward to attending more school events over the next two weeks."



Vince pictured with some award winners and teachers from Carnarvon School of the Air and some of the young performers.

For media enquiries please contact Vince Catania on (08) 99412999 or email [northwest@mp.wa.gov.au](mailto:northwest@mp.wa.gov.au)

The Shire of Murchison is a proud supporter of the Carnarvon School of the Air end of year presentation night and have again this year donated funds to assist with the cost of the awards. This year Quentin Fowler presented the award on the behalf of the shire. The Shire also makes a donation to the Meekatharra School of the Air end of year awards and was represented this year by Tania Mead.

# Rurallink Rurallink

Is helping people deal with:

- Depression
- Suicide
- Anxiety
- Psychosis
- Mental health issues
- Mental health crisis

## Mission Statement

*"To ensure the provision of an AFTER-HOURS telephone service that is reliable, efficient and customer focused and to commit that service to the rural community of Western Australia."*



Specialist AFTER-HOURS  
mental health telephone service  
for the rural communities  
of Western Australia



Department of Health  
Government of Western Australia

*Initiative of the Psychiatric Emergency Team*

Produced by Department of Health 2004 • HP 8429

**1800 552 002**  
**TTY 1800 720 101**



A bad attitude is like a flat tyre

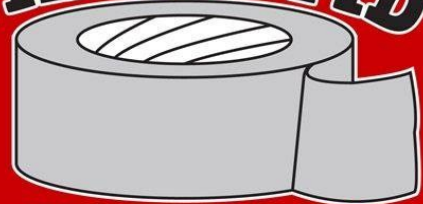


You can't go anywhere until you change it.

I will never complain about my job



**YOU CAN'T  
FIX STUPID**



**NOT EVEN WITH  
DUCT TAPE**

My favourite books  
are the ones where  
no one bothers me

The saddest  
thing about  
**BETRAYAL** is  
that it never  
comes from  
your **enemies.**

I will never complain about my job

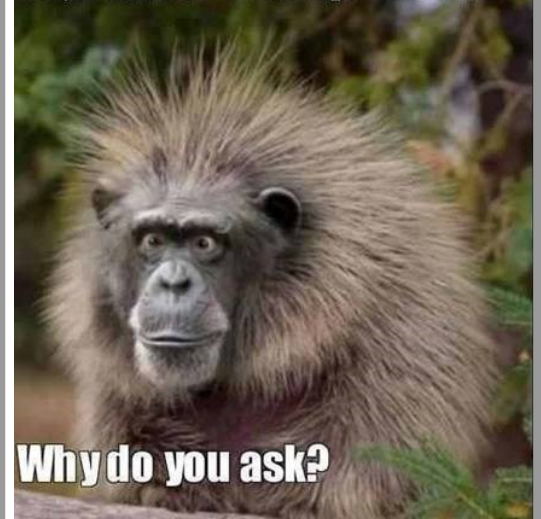


**One of the benefits  
of being my friends  
is that you can come  
to my house in your  
pajamas, no make-  
up and look like  
crap and I won't  
judge you....**

**Because I will also  
be in my pajamas,  
with no make-up  
looking like crap.**



**No, I have not slept well...**



**Why do you ask?**

## The Aussie Truckie

An Aussie truckie walks into an outback cafe with a full-grown emu behind him.

The waitress asks them for their orders.

The truckie says, 'A hamburger, chips and a coke,' and turns to the emu, 'What's yours?' 'Sounds great, I'll have the same,' says the emu.

A short time later the waitress returns with the order 'That will be \$19.40 please,' and he reaches into his pocket and pulls out the exact change and pays.

The next day, the man and the emu come again and he says, 'A hamburger, chips and a coke.' The emu says, ' Sounds great, I'll have the same.'

Again the truckie reaches into his pocket and pays with the exact change.

This becomes routine until one day when the two enter again. 'The usual?' asks the waitress.

'No, it's Friday night, so I'll have a steak, baked potato and a salad,' says the man.. ' Same for me,' says the emu.

Shortly the waitress brings the order and says, 'That will be \$32.65.'

Once again the man pulls the exact change out of his pocket and places it on the table.

The waitress cannot hold back her curiosity any longer. 'Excuse me mate, how do you manage to always pull the exact change from your pocket every time?'

'Well, love' says the truckie, 'a few years ago, I was cleaning out the back shed, and found an old lamp. When I cleaned it, a Genie appeared and offered me two wishes.

'That's brilliant!' says the waitress. 'Most people would ask for a million dollars or something, but you'll always be as rich as you want, for as long as you live!'

'That's right. Whether it's a litre of milk or a Rolls Royce, the exact money is always there.' says the man.

Still curious the waitress asks, 'What's with the bloody emu?'

The truckie pauses, sighs, and answers, 'My second wish was for a tall bird with a big arse and long legs, who agrees with everything I say.





# Melissa Price MP

## Federal Member for Durack



### Keeping Durack kids safe in the water

1 December 2014

Families living in Durack will benefit from a new initiative aimed at increasing water safety for young children.

The Member for Durack, Melissa Price, said the initiative was aimed at children under five and teaching them about water safety. Ms Price said the new programme consists of songs, videos and books which communicate the water safety message in a fun and engaging format for youngsters.

"Child care centres, kindergartens, play groups and water safety groups in the Kimberly, Pilbara, Gascoyne, Mid-west and Wheatbelt are receiving the educational packs," Ms Price said.

"More than 80,000 are being distributed nationally and they are available online at [www.kidsalive.com.au](http://www.kidsalive.com.au).

"The programme has been developed by water safety campaigner and former Olympic swimming coach Laurie Lawrence and builds on his highly successful Living with Water DVD.

"It teaches our children how to be safe at the beach, around pools, rivers and dams which is crucial to keep our kids safe this summer," Ms Price said.

"As families and communities we need to work together to reduce the tragedy of drowning. We need to make sure that we are water safe.

The 2014 National Drowning Report showed that 20 children aged under five had drowned between July 2013 and June 2014; the new programme is one component of the Australian Government's comprehensive approach to water safety. The Government recently announced a \$4 million investment to assist the Royal Life Saving Society of Australia's work to prevent drowning in inland waterways. Other programmes are delivered by AUSTSWIM and Surf Life Saving under a \$13 million commitment from the Government to reduce drownings nationwide. Australia Post is supporting the new children's programme meaning more children and families will benefit from receiving the educational material.

END

Media contact:  
Kim Pervan

Mobile:  
0427 587 395

Email:  
[kim.pervan@aph.gov.au](mailto:kim.pervan@aph.gov.au)

[www.melissapricemp.com.au](http://www.melissapricemp.com.au)





### Muggon friends ha-ha.

OMG who do we have here? I've seen some mighty big dogs around these parts but this one wins hoofs down.

Yes Mr. Bungarra that is a pony

Jelly Bean is a new edition to Muggon and he is meeting the resident Bungarra .

It's nice to see the resident Bungarra can have a chat over the fence I am sure they will become great mates.

## HEALTH & HAPPINESS

COMPIED BY SUSANNE GRAHAM

I THOUGHT I WOULD DIRECT THIS HEALTH PAGE TO THE

**RFDS MEDICAL CHEST**

Many of you are probably very familiar with the medical chest & its contents.

For those of you that have the RFDS medical chest at your Station....I urge you to take a look with chest custodian at the contents and you will see there are a lot of useful items available for your use.

There are many more medicines available when prescribed by an RFDS Doctor:

A range of Antibiotics & Stronger Painkillers.

For your use:

Aspirin—local application to some bites and stings

Bandages

\*Calamine lotion—relief of itching with insect bites & minor skin irritations.

Citruvesscent Granules—urinary alkaliser

Clove Oil— temporary relief of toothache

Coloxyl—stool softener

Dressings—gauze,melolin,combine

Eyestream—flushing eyes

Fixomull—dressing

Gastrogel—antacid

Gastrolyte—replace fluid & electrolyte lost

Panadol

PARAFIN GAUZE DRESSING

Povidone Iodine—antiseptic

Solugel—wound care gel

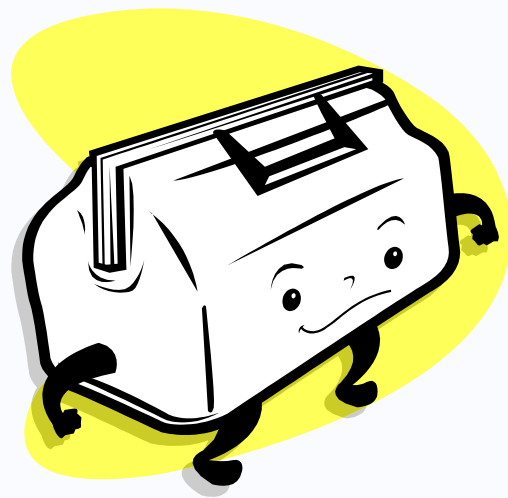
Strapping tape

Thermometer

Triangular Bandage— sling

Ventolin Puffer

⇒ Calamine & Clove oil will soon be removed from the list and no longer supplied.



In my travels I have seen some very poorly kept Medical Chests.

They are for your benefit

They can be life saving

- ⇒ **KEEP A MEDICAL CHEST EXPIRY RECORD**
- ⇒ **REGULARLY CHECK ALL ITEMS EXPIRY DATES**
- ⇒ **RE-ORDER WITH RFDS YOUR ITEMS BEFORE THEY EXPIRE**



~~I HAVE PERMISSION FROM THE RFDS MEDICAL DIRECTOR TO PUT THIS ARTICLE IN THE MONOLOGUE~~~

The chest is designed to be operated by non-medical staff.

Please contact me (Susanne Graham @ Muggon 99629591 if you would like some help or advice with the chest.

If your RFDS chest has been cancelled you can keep it and re-order all items. Or if you don't have an RFDS chest you can apply for one.

Debbie Taylor is the Medical Chest co-ordinator for WA and she is happy for anyone to contact her if they need help with the chest.

Phone : 94176300

Email : [Debbie.taylor@rfdswa.com.au](mailto:Debbie.taylor@rfdswa.com.au)



**WE LIVE IN THE OUTBACK...IF YOU HAVE THE OPPORTUNITY TO HAVE A PROPERLY STOCKED RFDS MEDICAL CHEST IN YOUR HOME I WOULD NOT MISS THAT OPPORTUNITY.**

MERRY CHRISTMAS & HAPPY NEW YEAR TO YOU ALL from Sue and Chris





## Media Release

7 November 2014

### Winners of outback kids' photo competition announced

Rangelands NRM are pleased to announce the winners of the 2014 Kaz Collins School of the Air Photo Competition.

The competition, now in its fourth year, invited children living in the bush to submit photos depicting 'colour' in the rangelands.

Rangelands NRM Chief Executive Officer Dr Gaye Mackenzie said the competition attracted 156 photo entries from 53 individual students from all five School of the Airs – Kalgoorlie, Meekatharra, Carnarvon, Port Hedland and Kimberley.

"The kids have taken some great shots to show the different colours in nature and on the land," Dr Mackenzie said.

The overall first prize of a Nikon Coolpix P600 Digital Camera goes to Jakob (Year 2) from Meekatharra School of the Air. Jakob's image 'Sunset at the Lake' impressed all of the judges by showing some amazing colours of red, orange and yellow over a lake.

Runner up was Adriel, a Year 3 student also from Meekatharra School of the Air. Adriel's photo 'Golden Road' captures the bright sun on a road with dark rain clouds. He will receive a Fujifilm FinePix XP70 compact camera.

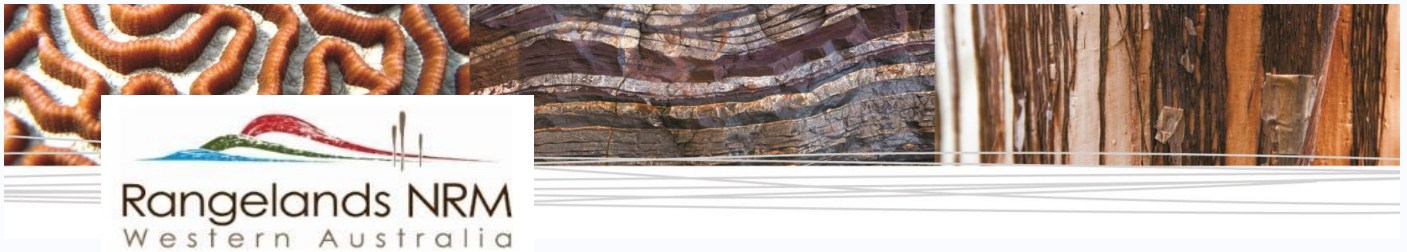
"The competition is a great opportunity to raise awareness of natural resource management and further involve our next generation of land managers in having pride in our rangelands landscapes and our regional communities," Dr Mackenzie said.

The competition awarded a first and second overall prize and a first, second and third for the age groups Lower Primary (Kindy, Pre-Primary, Years 1 and 2), Middle Primary (Years 3, 4 and 5) and Upper Primary (Years 6 and 7).

Rangelands NRM Communications Manager Teresa Belcher said a special thanks also goes to all the 2014 Sponsors.

"This year Gaia Resources and ChemCentre were Gold Sponsors, the Pilbara Mesquite Management Committee (PMMC) was a Silver Sponsor and Swish Design, SciTech and the Johnson Family were Bronze Sponsors," she said.

"We've got some fabulous prizes including a digital camera, a compact camera, science kits, books, Snapfish vouchers, gorillapods and frizbees," Ms Belcher said.



All kids who entered the competition receive a fold up frizbee and a certificate.

All winning photos can be viewed on the Rangelands website <http://www.rangelandswa.com.au/>. Some of the images will appear in our 2013-14 Annual Report. A 2015 Calendar will also be produced.

### Winners

Prize winners are as follows:

1. Overall First - Jakob (Year 2) MSOTA 'Sunset at the Lake'
2. Overall Second - Adriel (Year 3) MSOTA 'Golden Road'



### Lower Primary

1. First - Will (Kindy) KSOTA 'Cockatoos'
2. Second - Zoe (Year 1) KalSOTA 'Outback Shadows'



3. Third - Josh (Year 1) MSOTA 'Swans'

Highly Commended (Finalists) - Finn (Pre-Primary) CSOTA 'Coastal Sunset', Lachlan (Year 2) MSOTA 'Odd one out', Laney (Kindy) CSOTA 'Sunset at the Trees', Pepper (Year 2) KSOTA 'The Waterhole', Will (Kindy) KSOTA 'Ant Parade', Zoe (Year 1) KalSOTA 'Rock Stack'



### **Middle Primary**

1. First - Ethan (Year 4) MSOTA 'Everlasting Flower'
2. Second - Eric (Year 3) KSOTA 'Dingo at Waterhole''
3. Third - Hannah (Year 5) KalSOTA 'A Frog in a Bog'

Highly Commended (Finalists) - Alexander (Year 5) PHSOTA 'Clouds in the Spinifex', Alexander (Year 5) PHSOTA 'Nature Meets Man',



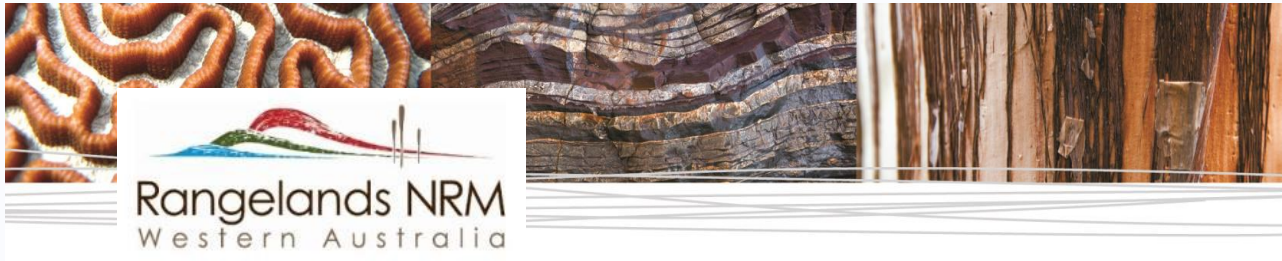
Eric (Year 3) KSOTA 'Fire! Fire!', Hannah (Year 5) KalSOTA 'Barbed Emu Feathers', Kale (Year 5) PHSOTA 'River Crossing', Lance (Year 3) PHSOTA 'Blades in the Flames'

### **Upper Primary**

1. First - Simon (Year 6) MSOTA 'Lizard up Tree'
2. Second - Sophie (Year 7) KalSOTA 'Roe Plain Sunset'
3. Third - Courtnee (Year 7) MSOTA 'Four Sisters'

Highly Commended (Finalists) - Dane (Year 6) CSOTA 'Sunday Sailing', Georgie (Year 7) KalSOTA 'Upper\_Rock Web', Georgie (Year 7) KalSOTA 'Colour During Rain', Kasey (Year 6) MSOTA 'Peaceful Paradise', Mick (Year 6) KalSOTA 'Sweet Reflections', Rope (Year 6) KSOTA 'After the Wet', Sophie (Year 7) KalSOTA 'Morning Dew'





#### NOTES FOR EDITOR:

The photo competition was the idea of Rangelands NRM Landcare Coordinator Kaz Collins who was tragically killed in a car accident in July 2012. With the support of Kaz's family (the Johnson Family), the competition will be an ongoing event in memory of Kaz and her contribution to the rangelands.

#### Rangelands NRM

Rangelands NRM WA is a not for profit, non-aligned community-based group which aims to facilitate collaboration and best practice in environmental management for land managers who want to achieve good natural resources outcomes. For more information about Rangelands NRM and their projects, visit <http://www.rangelandswa.com.au>

Thanks for the following organisations for their generous support:

GOLD SPONSORS



**GAIA RESOURCES**  
www.gaiaresources.com.au

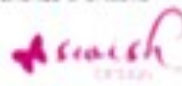


SILVER SPONSOR



BRIGHT SPONSORS

The Johnson Family



#### Contact:

Teresa Belcher, Communications Manager

Rangelands NRM, WA

**Tel:** 08 9468 5253

**Mobile:** 0488 594324

**Email:** [teresab@rangelandswa.com.au](mailto:teresab@rangelandswa.com.au)

# Vince Catania MLA

Member for North West Central

**THE NATIONALS** for Regional WA

## OPPORTUNITIES FOR HEALTH CARE IN THE MURCHISON REGION

The Royal Flying Doctor Service ceased operating the GP clinic in Meekatharra at the beginning of October. This change brings about an opportunity to change the way we deliver health in the Murchison region.

The WA Country Health Service has assured me that by providing two full time doctors there is continuity in GP Coverage Meekatharra, while we work to deliver the best way to provide future GP services for the region.

Meekatharra health services sit within the Murchison Multi-Purpose Service (MPS) which also include health centres at Yalgoo, Mt Magnet, Cue and Sandstone.

The concept of the Mid West Health Initiative has been developed to outline developments required in the Mid West to improve Health outcomes for residents of the region.

My vision for the Mid West Health Initiative (MWHI) includes:

- The rebuild of Meekatharra Hospital.
- Development of a Meekatharra Primary Care Centre to include GP Services, Murchison Hostel Requirements Mental Health, Drug and Alcohol services, Dental, Allied health, visiting specialists and other visiting teams. These services are currently spread across several buildings on the Meekatharra hospital site.
- Refurbishment of the Murchison Aged Care hostel and construction of two new units.
- Establishment of Nurse practitioner services to Meekatharra to support GP's in delivering services.
- Increased use of Tele health facilities to reduce the need for patient and specialist travel.

I look forward to updating the community as we progress to make these plans a reality and make lasting and significant changes to healthcare in the Murchison.



**VINCENT CATANIA MLA**  
Member for North West Central





# Drive safely and arrive alive



## ACROSS

2. If you are driving and become tired, stop and ----
3. A ---- at 40 km/h is like falling from a two-storey building onto concrete
6. Turn --- your mobile phone when driving
9. Drinking kills ----- skills.
11. Stay under the speed limit and always drive to the ----- of the road, weather and visibility
13. Wearing a seat belt is one of the ----- ways of protecting drivers and passengers when travelling in a vehicle
14. Take a ---- rather than eat, drink, smoke or groom yourself while driving
15. An Anti-lock Braking System (---) is a system which prevents the wheels from locking while braking
17. Distracted Drivers are -----
20. Get plenty of ---- the night before a long trip
21. It is best if you don't drink any ----- before driving
22. Ensure all passengers are properly ----- in the vehicle

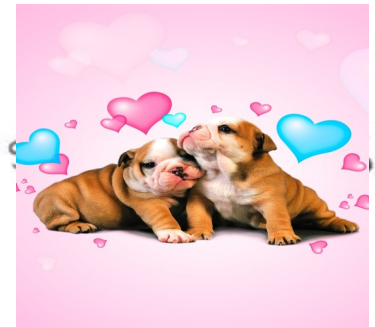
## DOWN

1. Electronic Stability Control (---) is an active safety system that reduces the risk of a driver losing control

of the vehicle and helps reduce the chances of a single vehicle or off-path crashes

2. Babies from birth to under 6 months must be restrained in a --- facing child restraint (eg. Infant capsule)
3. Make sure the vehicle's windscreens and mirrors are ---- and unobstructed
4. --- down and enjoy the ride
5. Children ----- years and over can be restrained in an adult seat belt or booster seat
7. You are --- times more likely to be killed in a road crash if you are not wearing a seat belt in a car
8. If you plan to drink, plan not to ----
10. Children 6 months to under 4 years are to be restrained in either a rearward or forward facing child - ----- with in-built harness.
12. recognise what makes you ----- and either avoid engaging in that activity when driving, or find a safe place to pull over and do it
16. --- up, you're worth it
18. after driving for long periods, you should swap drivers where possible, --- for a break or coffee, --- to have a short sleep
19. --- increases crashes. The faster you drive, the harder you hit]

# Drive safely and arrive alive



Advertisement

## Seasons Greetings



May the holiday period be a time of peace and goodwill with your families and friends in the communities of Durack - from the Kimberley, throughout the Pilbara, Gascoyne, Midwest and Northern Wheatbelt.

Together with the team in the Broome and Geraldton Durack electorate offices, we thank you for your support, and hope that the new year will be joyful and fulfilling.

2014 has brought many pleasures as I have travelled throughout most of the 46 shires in Durack; please be in touch in the new year and everyone, please stay safe.

Melissa Price MP

**Geraldton**  
Ph: (08) 9964 2195

**Broome**  
Ph: (08) 9964 2195

[www.melissapricemp.com.au](http://www.melissapricemp.com.au)

Advertisement authorised by Ms Melissa Price MP, 2B/209 Foreshore Drive, Geraldton, WA 6530





**Vince Catania MLA**  
MEMBER FOR NORTH WEST CENTRAL

**THE NATIONALS**  
*for Regional WA*

7<sup>th</sup> November 2014

Media Release

### **North West Central Athletes Get Travel Boost**

Talented young athletes from North West Central are one step closer to realising their sporting dreams thanks to a new round of *Royalties for Regions*-funded Athlete Travel Subsidy Scheme (ATSS) grants.

As part of the overall Supporting Community Sport initiative designed by The Nationals WA prior to the 2013 State election, the ATSS is in its second year of supporting talented regional athletes pursue regional, state or national representation in their sport.

Member for North West Central Vince Catania MLA said *Royalties for Regions* was helping ease the financial burden on families of young regional athletes aspiring to reach the pinnacle of their sporting code.

"I am pleased *Royalties for Regions* is assisting opportunities for regional athletes and encouraging the next generation of athletes, since sport and recreation play a central role in vibrant and sustainable communities," he said.

"It is important that young aspiring athletes have the opportunity to pursue sporting success not just for health and wellbeing reasons, but as an example to others of living a fit and healthy life."

In this round 191 regional athletes will receive subsidies of up to \$1750 each, totalling \$128,238. The scheme is for athletes aged from 13 to 21.

Over the next four years *Royalties for Regions* is contributing \$1.75 million towards subsidising regional athletes' travel and accommodation expenses associated with attending training camps and competitions at regional, state and national level.

"We know that participating in sport and recreation has numerous benefits for health and wellbeing and this scheme means there's more support for people taking part around the state" Vince said. "To support athletes progressing to the high performance pathway by subsidising some of their expenses is fantastic for their development."

Sports played by the latest round of ATSS recipients includes netball, yachting, touch football, gymnastics, football, polocrosse, squash, golf, roller sports, hockey, cycling, orienteering and surf lifesaving.

For more information and application guidelines visit [www.dsr.wa.gov.au/athlete-travel-subsidy-scheme](http://www.dsr.wa.gov.au/athlete-travel-subsidy-scheme) or contact Department of Sport and Recreation in your town.

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

# A CHRISTMAS TALE

Santa was cross, he'd had a bad day.  
His elves were on strike for more overtime pay.  
They'd all been on strike since the end of the 'fall'  
They wanted a 'National Elf Service' for all.

And Donner and Dancer and Cupid and Blitzen  
had gone off in a 'hoof' since early last Whitsun'.  
His lights wouldn't flash and his bells wouldn't ring  
and his Jing wouldn't Jang and his Jang wouldn't Jing.

He'd asked Mrs. Claus for the weather forecast  
and wished Christmas present would become Christmas past.  
Global warming has meant there'll be no snow this year,  
so she said, "Sorry my luv, there will just be 'rain dear!'"

On top of it all, he'd the presents to sort  
and political correctness had made the task fraught.  
No dolls for the girls or guns for the boys,  
no fireworks that bang or pollute with their noise.

No harm to their teeth from a sweet or a lolly.  
Nothing sexist or racial, like a doll or a Golly!  
No books on religion or to do with the body,  
no 'Famous Five' and nothing on 'Noddy'!

No caffeine filled drinks to cause tension and stress.  
No glue and no paint, because of the mess.  
No jigsaws with pieces that some kid could choke on  
and nothing too fragile that would only get 'broke-on'.

No feathers or fur and nothing of leather.  
Nothing too simple and nothing too clever.  
Nothing too violent and nothing too scary.  
Nothing Royalist or 'Gay', not a Queen or a 'Fairy'!

Nothing with e-numbers or colourings that might  
bring them out in a rash or be hyperactive all night.  
No balls and no bats which could injure or bruise  
and nothing with bits they were certain to lose.

No marbles or beads that a small child could fit  
up its nose, in its ears or unmentionable bit.  
And trees must be from a sustainable source  
and the lights must be energy saving, of course!

And gone were the days when all they would wish  
was an apple, an orange and a wooden goldfish.  
Now a video, computer and color TV  
was what they all asked for when they sat on your knee.

And he was tired and fed up of appearing so jolly  
and he knew what he'd like them to do with their holly!  
And he was sick of clambering about on those roofs  
now he wasn't as nimble as he was in his 'youth'.

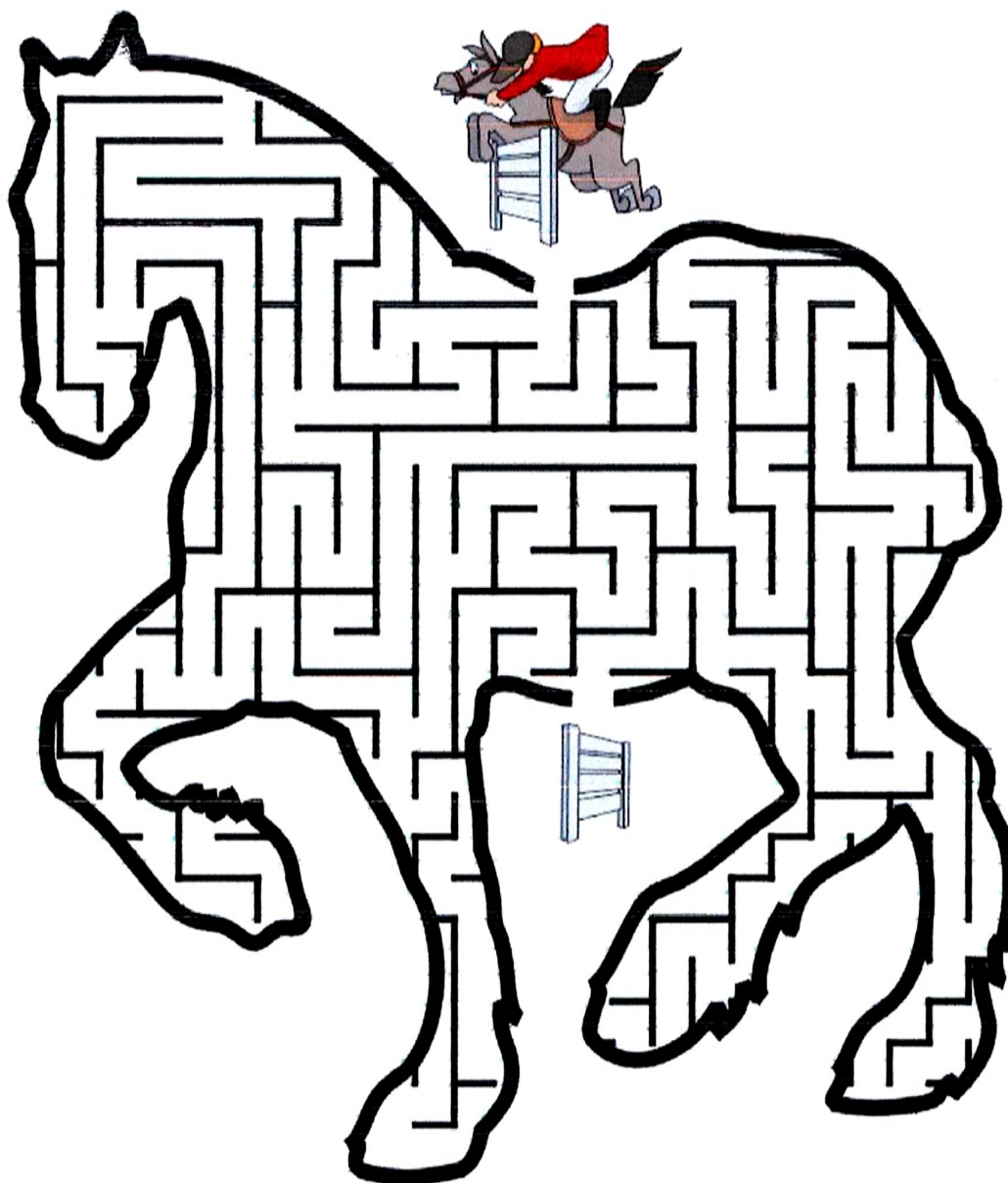
And he hated the folks who said, "No pets at all,  
a puppy's for life not for Christmas", they call.  
Well it's OK for them with their fine protestations  
but what can I do with five thousand Dalmations?!!

In spite of it all, at the end of the night  
he'll have managed to give every child something right.  
And he'll sit by the fire with a big jug of beer  
and wish you all, "Merry Christmas and a Happy New Year!"

Merry  
Christmas



Help the jockey and horse find their way through the horse shaped maze to find the next fence to jump.



## The origins of Christmas

A Roman almanac confirms that 25 December was used to celebrate Christmas in 336 AD, although it was nearly 600 years later that the churches created a liturgy – a service for public worship – for the occasion.

The choice of date is believed to have been influenced by the northern hemisphere winter solstice, as well as ancient pagan rituals that coincided with the solstice. These rituals included the Halcyon Days in Greece, a period of calm and goodwill when it was believed the sea was calm for birds to lay their eggs; and the Roman celebration of Saturnalia, a celebration of the god Saturn, which involved wild parties, the exchange of gifts and the temporary suspension of social divisions between slaves and masters.

### Christmas traditions and symbols

Christmas trees are part of a long tradition of greenery being taken into the home at Christmas to brighten the dreary winter. Mistletoe was popular with Druid priests because it remained green throughout winter. Holly placed over the doorway was believed to drive away evil. Placing branches from trees in the home was first recorded in 1494, and by the beginning of the 1600s there are records of fir trees being decorated with apples.

The story of Santa Claus has its origins in the legends surrounding the humble generosity of Saint Nicholas whose feast day is celebrated on 6th December. Saint Nicholas was a 4th century Christian Bishop from Myra (in modern-day Turkey) who became the Patron Saint of Children. In Germany and Poland, boys dressed up as bishops begging alms for the poor. Later, the Christ child 'Christkindlein' was said to have accompanied Nicholas-like figures on their travels. The 1822 poem *'Twas the Night before Christmas* forged the link and Saint Nicholas (Father Christmas, Pere Noel, Christ Kind, Kriss Kringle or Sinter Klass) became known as Santa Claus.

Christmas is celebrated in many parts of the world on 25 December. Protestant and Roman Catholic churches hold Christmas Day services on 25 December. The Eastern churches – the Ethiopian Orthodox church, Russian Orthodox church and the Armenian church – celebrate Christmas on 6 or 7 January. There have been rituals, parties and celebrations at this time of year for thousands of years.

### The birth of Jesus

Christmas is the celebration of the birth of Jesus Christ, Christians believe that Jesus is 'the son of God', the Messiah sent from Heaven to save the world. The 'Christmas story' tells of the birth of Jesus in a stable in Bethlehem, the angels announcing the birth to the shepherds in the fields, and the Magi (wise men from the East) visiting the stable and offering gifts to the newborn child.



# Christmas Baking



## Iced Ginger Cookies - makes 3 dozen

### **Ingredients**

2 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
1/2 teaspoon salt

1/2 cup butter, softened  
1 1/2 cups white sugar  
1 cup pumpkin puree  
1 egg  
1 tsp vanilla extract

### **Glaze**

1T melted butter  
2 cups icing sugar  
3 T milk  
1 tsp vanilla extract

### **Directions**

Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt.

In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop tablespoonfuls onto cookie sheet, flatten slightly.

Bake for 15 to 20 minutes in a preheated oven. Cool cookies, then drizzle glaze .

To Make Glaze: Combine icing sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.

## Cranberry Pudding (10inch pan)

### **Ingredients**

6 tablespoons butter

2 cups white sugar

4 cups all-purpose flour

4 teaspoons baking powder

1 teaspoon salt

2 cups evaporated milk

1 3/4 cup cranberries (can sub blue berries)

cup butter

2 cups white sugar

1 cup cream



### **Directions**

Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch pan. Mix together the flour, baking powder and salt. Set aside.

In a large bowl, cream together the 6 tablespoons butter and 2 cups sugar until light and fluffy. Beat in the flour mixture alternately with the evaporated milk. Stir in the cranberries./blue berries. Pour batter into prepared pan.

Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool.

To make the Hot Butter Sauce: In a saucepan, combine 1 cup butter, 2 cups sugar, and cream. Bring to a boil over medium heat, reduce heat and let simmer for 10 minutes. Remove from heat and stir in vanilla. Serve slices of cake generously covered with hot butter sauce.

## Rum Balls

8 wheat bix - crushed

1/2 cup chopped raisins

1 tin condensed milk

1/2 cup coconut

2 T cocoa

2 dessert spoons of rum



### **Directions**

Mix all dry ingredients, add condensed milk and rum, mix well and place in fridge for 1/2 hour.

Roll into balls and then roll in coconut. Place in air tight container and leave for 12 hours before serving. Yum!

## Christmas Baking cont..

### **Grandma's Special Ham Glaze** –makes 1 1/4 cups

- 1 x bone in shank ham
- 1/2 cup brown sugar
- 3 cloves garlic
- 1/2 cup mango chutney
- 2 teaspoons orange zest
- 1/8 cup orange juice
- 1/4 cup Dijon mustard



### **Directions**

Combine brown sugar, garlic, mango chutney, orange zest, orange juice, and mustard in the bowl of a food processor. Process until smooth.

To use glaze, brush on cooked smoked ham, and bake at 350 degrees F for 1 hour.

### **Slow Baked Ham**

- 1 x bone-in shank ham
- 4 cups water, or as needed
- 1/2 cup honey
- 1/2 cup brown sugar
- 2 tablespoons liquid smoke flavouring
- 2 tablespoons Worcestershire sauce
- 1 pinch ground cloves

### **Directions**

Preheat the oven to 275 degrees F (135 degrees C). Place ham in a roasting pan. Pour in water to a 2 inch depth. Cover with a tight fitting lid.

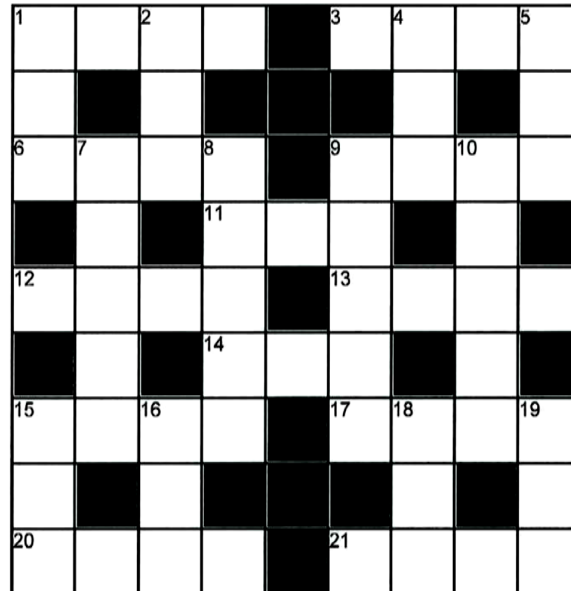
Bake for 6 to 8 hours in the preheated oven (all day or all night). Remove from the oven, pour off drippings and reserve. Debone ham, removing any excess fat as well, and return to the roasting pan.

Skim fat from the top of the drippings, and discard. In a small bowl, mix one cup of the dripping with honey, brown sugar, liquid smoke, Worcestershire sauce and cloves. Pour this over the ham, cover and return to the oven. Remaining drippings may be discarded or reserved for other uses. Bake for another 30 to 40 minutes in the preheated oven. Let stand for 10 minutes before serving.

**Merry  
Christmas**



## 9x9 Grid #1 Crossword #28



### Across

1. Lock up
3. Don't go
6. Food fish
9. Treaty
11. Prefix meaning 3
12. Biting insect
13. Healthful mineral
14. Looney Tunes devil, casually
15. Not doing anything
17. Too
20. Barn bunch
21. Impale

### Down

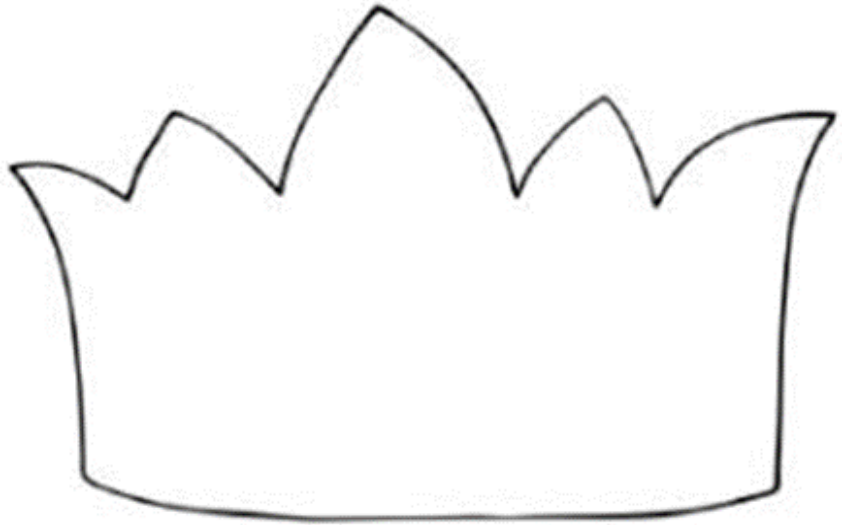
1. Bus alternative
2. Fuel
4. Coffee alternative
5. Flower holder
7. Felt sick
8. Assert
9. Fast food choice
10. Chaplin props
15. Co. name ender
16. Underhanded
18. Parcel of land
19. Planet, e.g.

# Join the dots





**Decorate  
the  
crowns!**





Santa eating a cookie and reading your wish list for Christmas.

## October 2014

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

## November 2014

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

## December 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	LCDC Meeting Concessional Loan PGA	12	13	14
15	16	17	Shire Meeting Electors Meeting, Christmas tree	19	20	21
22	23	24	Christmas Day	Boxing Day	27	28
29	30	31				

Take a look below at our Komatsu Bulldozer. After spending many months in Geraldton being rebuilt, it has finally returned home to the Murchison settlement. Doesn't it look great? I bet Stu can't wait to play big boy Tonka's

