

# JUNE 2019 NEWSLETTER

Published 07/06/2019

## *The Wiluna Wire*



Wiluna Police 1928



## EVERYONE IS WELCOME!

Hello and welcome to the June edition of the **Wiluna Wire**. In this edition we have submissions from a number of Wiluna agencies and individuals. We would love to make the **Wiluna Wire** into an informative, interesting and entertaining newsletter, that includes submissions from all sections and ages of the Wiluna community. The newsletter will only be as good as the submissions we receive!

However, under copyright law, we cannot publish material to which others own the copyright, so please make sure that any material you send is original or else not under copyright.

If you have any feedback, suggestions and or submissions, please come into the Shire Administration Centre on Wotton Street and have a chat. Contact can also be made by phone—9981 8000 or email at—[aa@wiluna.wa.gov.au](mailto:aa@wiluna.wa.gov.au) with “The Wiluna Wire” in the subject line.

Regards

The Administration Team

## REPORT IT DON'T IGNORE IT!

For neighbourhood safety, we encourage you to report street lights that are out, damaged or malfunctioning in your community.

You can help keep your community safe by reporting street light issues.

**CALL: 12 23 51**

Did you know that Horizon Power visits Wiluna every six months to carry out inspections?

The logo for Horizon Power features the word 'HORIZON' in large, bold, orange capital letters. A thick, curved green line sweeps under 'HORIZON' and extends to the right. Below this line, the word 'POWER' is written in large, bold, dark blue capital letters.

# **COUNCIL NOTICE**

## **SPECIAL COUNCIL MEETING**

**A SPECIAL COUNCIL MEETING WILL BE HELD ON**

**WEDNESDAY, 12 JUNE 2019**

**COMMENCING AT 9 AM**

**TO DISCUSS THE FOLLOWING MATTERS:**

- **MAIN STREET TENDER**
- **RE-ALLOCATION OF BUDGET FUNDS**

DAY	DATE	TIME	VENUE
WEDNESDAY	12 JUNE 2019	9AM	O'Shaughnessy Council Chambers Wotton Street

Colin Bastow  
Chief Executive Officer



# What's on This Month

## June 2019

DATE	DAY	TIME	VENUE	ACTIVITY
1/06/2019	Saturday	10.00 to 11.00am	Gym	Circuit
2/06/2019	Sunday			
3/06/2019	Monday			PUBLIC HOLIDAY
4/06/2019	Tuesday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
5/06/2019	Wednesday	4.00 to 7.00 pm	Youth Centre	Drop - In
6/06/2019	Thursday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
7/06/2019	Friday	2.45 to 4.30 pm	Youth Centre	Movie: Monster Island
8/06/2019	Saturday	10.00 to 11.00 am	Gym	Circuit
9/06/2019	Sunday			
10/06/2019	Monday	4.00 to 7.00 pm	Youth Centre	Drop - In
11/06/2019	Tuesday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
12/06/2019	Wednesday	9.45 to 12.00 noon	Youth Centre	HACC Movie: Jersey Boys
		4.00 to 7.00 pm	Youth Centre	Drop - In
13/06/2019	Thursday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
14/06/2019	Friday			
15/06/2019	Saturday	10.00 to 11.00 am	Gym	Circuit
16/06/2019	Sunday			
17/06/2019	Monday	4.00 to 7.00 pm	Youth Centre	Drop - In
18/06/2019	Tuesday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
19/06/2019	Wednesday	4.00 to 7.00 pm	Youth Centre	Drop - In
		6.30 to 8.30 pm	Moonlight Hall	Bingo
20/06/2019	Thursday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
21/06/2019	Friday	2.45 to 4.30 pm	Youth Centre	Movie: Legend of Ku Fu Rabbit
22/06/2019	Saturday	10.00 to 11.00 am	Gym	Circuit
		5.00 to 10.00 pm	Moonlight Hall	Service Providers Get-Together
23/06/2019	Sunday			
24/06/2019	Monday	4.00 to 7.00 pm	Youth Centre	Drop - In
25/06/2019	Tuesday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
26/06/2019	Wednesday	4.00 to 7.00 pm	Youth Centre	Drop - In
27/06/2019	Thursday	3.00 to 7.00 pm	Youth Centre	Drop - In
		6.00 to 7.00 pm	Youth Centre	Circuit
28/06/2019	Friday			
29/06/2019	Saturday	10.00 to 11.00 am	Gym	Circuit
30/06/2019	Sunday			



mainroads  
WESTERN AUSTRALIA

Enquiries: Ainslee McAlinden  
Our Ref: 14/8195  
Your Ref:

24 May 2019

Shire of Wiluna  
[reception@wiluna.wa.gov.au](mailto:reception@wiluna.wa.gov.au)  
PO Box 38  
Wiluna WA 6646

Dear Colin

### Notification of Roadworks

Main Roads WA will be conducting resurfacing works at various locations on Eyre Highway, Great Eastern Highway, South Coast Highway, Coolgardie-Esperance Highway and Goldfields Highway.

The proposed works include the resurfacing of the traffic lanes and shoulders. These works will significantly improve the surface texture and prevent moisture ingress.

It is intended that the works will be undertaken between December 2019 and February 2020.

If you have any queries, please do not hesitate to contact our Customer Services Officer, Ainslee McAlinden, on 08 9080 1474.

Yours sincerely

Kellie Keable  
**A/NETWORK MANAGER**  
GOLDFIELDS ESPERANCE REGION





# Recreation & Leisure Coordinator Report

We have had a busy month with the children preparing for their trip to Perth to play footy with the Dalkeith/Nedlands footy club. We started the month off with footy training at the oval on Mondays and Wednesdays, we had the usual suspects of young people down to kick the ball. A big thank you to Sergeant Stephen and your crew for coming down to support the children and community of Wiluna with your time and energy. From what I observed the children had a great time engaging with you and your officers. The highlight for me was seeing the Sergeant with a police car full of teenagers heading to the oval for a kick around, which tells me we are all getting comfortable in each other's company. National Aboriginal Second Chance Academy spent a week in Wiluna running their footy school, the program that Amy and her group put on gave the children skill-based training we have struggled with supplying the children in the past. The young people showed they were able to follow directives while fully participating in the four-day program, once again the police were down to assist with the program along with a couple of locals.

We ended the four-day program with a game of footy and a community barbeque. The game started off rather slow with the children suddenly getting stage freight, as we had a fair crowd of family members down for the kick off. As the game progressed we had more and more young people pluck up the courage and hit the park at full tilt. The night ended with around 70 community members sharing food and yarning amongst themselves while the children ate and continued kicking the football around. It was great to see service providers from the Wiluna School, NAHS, Shire and HACC down to support the children, having a group of elders sitting on the hill watching their grandchildren made the evening more special for us all.

**IT TAKES A COMMUNITY TO MAKE A COMMUNITIY EVENT  
SUCCESSFUL!!!!**

## **Wiluna Youth Centre**

We have finally opened the pool tables up at the Wiluna Youth Centre, to all the young people that come down to play pool. It only takes one person to lose the tables for you all, if you respect the place, resources, each other and the rules, there will be no reason for me to repeat the lesson we have learnt.

## **BINGO NIGHT**

Bingo did not happen this month due to people being out of town or busy, for all the folks hanging for a game our next Bingo night will be Wednesday 19<sup>th</sup>, the Moonlight Hall doors will be open at 5-45pm, games start at 6-30pm. Come along earlier to settle in, have a yarn and plan what you are going to spend all your winnings on.

## **Karaoke Night**

Another night of Wiluna talent on display, we had a good number of locals, service providers and mine workers from Jundee in to tweak their vocal cords, share some food and laughs. Don't be afraid to let your hair down, karaoke is not about the best singer or song choice it's about socialising, taking time out and enjoying the company of others. There is no obligation for you to sing, however! The Moonlight Karaoke show could be the best time for you to let loose and overcome your own fears. The worst that will happen is we will clap, cheer and join in with you.

**NEXT MOONLIGHT KARAOKE SHOW WILL BE ON SATURDAY 22<sup>ND</sup>!!!!  
DOORS WILL BE OPEN AT 5-30pm:**

**THIS IS AN 18+ EVENT, LIGHT REFRESHMENTS, TEA AND COFFEE  
SUPPLIED**

**BRING YOUR OWN LIQUID REFRESHMENTS: BYO BYO BYO BYO**

## **NAME CHANGE**

We have had a name change and the Rec Centre will now be called the Wiluna Youth Centre, along with the name change we now have free Wi Fi available.

SHIRE OF WILUNA PRESENTS

**BINGO**

9 13 72 1 5  
76 9 31 60 2  
28 7 15 3

**BINGO**

9 13 72 1 5  
76 9 31 60 29  
24 65 15 3

**BINGO**

9 13 72 1 5  
31 60 29  
28 7 15 3

76

13

24

15

11

# Bingo Night

WED, JUNE 19TH 2019

6.30PM-9.30PM

IN THE MOONLIGHT HALL

**COST: \$30 PER BOOK OR  
\$15 FOR 1/2 IF YOU SHARE WITH  
A FRIEND**

Call Tamihana for more information on  
9981022

**BINGO**

3 72 1 5  
31 60 29  
FREE 28 7  
10 11

**BINGO**

9 13 72 1  
76 9 31 60



# Wiluna Remote Community School (WRCS) Training Centre News for May 2019



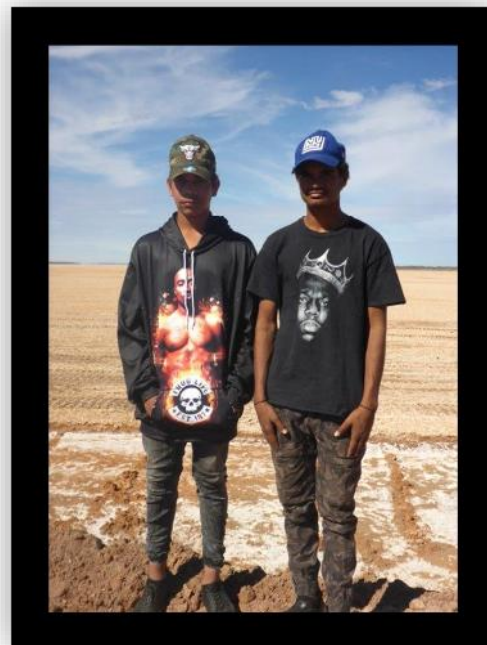
We've had another busy month at the Training centre. We delivered a week of chemical and weed training which included a follow-up on the declared invasive cactus we've been working on around Wiluna. Everyone did a great job.

The students and their families visited Salt Lake Potash one day, hosted by Mr Ian Holthouse. This was a very interesting visit and we learnt a lot about the potash operation out there. There are quite a few Martu working at the site and it was nice to be able to visit them.

We then spent a week with Alwyn, servicing vehicles and doing some automotive fault finding. The students also helped Alwyn backload some TAFE equipment which will be put to good use at the Kalgoorlie campus. This was mostly the old carpentry equipment. He also brought some great automotive training gear up to Wiluna for us to use.



Left: Mr Ian Holthouse, Elders, Families & Students at the Salt Lake Potash Mine



Right WRCS VET Students, Victor Newland and Malik Geary at Salt Lake Potash, learning about local employment opportunities



Left Roderick Stevens & Deon Patterson at TAFE Automotive Training



Left Victor Newland, Clinton Geary & Malik Geary at TAFE and VET Automotive Training



Some of the boys assembling the new school picnic benches at TAFE.

# Wiluna Remote Community School (WRCS) Training Centre News for May 2019



Briohny  
Jackman  
Flagging Cactus  
for Spraying



Delston Ashwin Spraying Cactus



Clinton Geary Spraying Catus

Choco Long Pouring Chemical  
for Cactus Spraying







#### NORTHERN STAR RESOURCES EMPLOYMENT VACANCIES JUNDEE WA – AS AT 5 JUNE 2019

For further information and applications on line, please use the below link:

<https://www.nsrld.com/people-careers/>

Vacancy Title	Roster	Location
Refrigeration Mechanic	8 days on / 6 days off	Jundee
Mine Geologist	8 days on / 6 days off	Jundee
Process Technician	8 days on / 6 days off	Jundee

#### COMMUNITY ENGAGEMENT – SCHOOL BOOK DONATION

In early June, 11 year old Saige Walford-Spring (Jundee's Senior Safety Advisor John Walford's daughter), visited Wiluna and Jundee to donate over 1000 books to the Wiluna Remote Community School. Saige fundraised and collated these books at her school (Bunbury Cathedral Grammar School) and local community as part of the *Round Square* educational approach. Northern Star Resources were appreciative to help transport and coordinate the handover of 30 boxes of books to the Wiluna school.



#### OPERATIONS UPDATE

In January 2019, Northern Star was granted approval to commence mining at the Ramone Open Pit project. Ramone is located 40km south of the Jundee Mine Site. The open pit has a mine life of approximately 18 months and will supplement the underground ore currently mined from the Jundee Operations.

Please note that a portion of the Ramone ore is currently being transported to the Blackham Resources Matilda Mine for processing. The road trains and road maintenance equipment continue to operate on the Jundee-Wiluna Road. Please take care when driving on this road.

**Contact to the Jundee Environmental & Social Responsibility Team can be made via:**

**Abe van Niekerk or Will Moore on 0408 985 258**



# Media Statement



## Wiluna-Meekatharra Road upgrade to support local jobs.

- Initial \$ 1 million allocated to trial staged delivery of Wiluna-Meekatharra Road
- Pilot project to seal 4km from Wiluna to connect to an existing sealed section
- Employment, training and business opportunities for the local Aboriginal community
- Shire of Wiluna, Mid West Development Commission and Main Road Collaboration.

An allocation of \$1 million will kick-start a pilot project that could evolve into a rolling program to seal the entirety of Wiluna-Meekatharra Road while creating ongoing work for locals.

Transport Minister Rita Saffioti and Mining and Pastoral Region MLC Kyle McGinn met with the Shire of Wiluna on May 1 to progress the proposal for a pilot project.

The Wiluna-Meekatharra Road provides an important east-west transport link between the Northern Goldfields and the Mid-West, Gascoyne and Pilbara regions.

The initial allocation of \$ 1 million would help seal the first four kilometres between the Wiluna town site and an existing 10 kilometre asphalted section of the road.

If successful, the stakeholders would investigate the viability of creating a rolling program to seal further sections of the road.

Currently, 125km out of 180km of road between the towns of Wiluna and Meekatharra remains unsealed.

The poor condition of some parts of the road restricts access, which is exacerbated during seasonal rainfall events, resulting in road closures several times per annum and safety concerns from surrounding communities.



**Transport Minister Rita Saffioti said:**

“This is an innovative and cost-effective way of tackling a community issue using local knowledge and expertise - I commend local member Kyle McGinn on his work with the local community.



Hon Rita Saffioti MLA

Minister for Transport;  
Planning

“We have seen the great benefits of road projects creating ongoing opportunities for Aboriginal employment in other parts of the State.

This pilot project, while supported by the State Government, is about empowering locals to come together to work on a project that they will all benefit from.”

**Regional Develop Minister Alannah MacTiernan said:**

“This project is a fantastic opportunity to drive Aboriginal employment and training in Wiluna, while kick-starting an important piece of infrastructure for the region.”



Hon Alannah  
MacTiernan MLC

Minister for  
Regional  
Development;  
Agriculture and

“Our Government is absolutely committed to driving local jobs through government projects, and this model presents a new way of capturing the most value for our regional communities”

Food; Ports; Minister Assisting  
the Minister for State  
Development, Jobs and Trade

**Mining and Pastoral Regional MLC Kyle McGinn said:**

“This is a project that successive governments have not been able to get off the ground for various reasons - we need to think outside the box.



Hon Kyle McGinn MLC

Mining and Pastoral  
Regional

“This innovative pilot project can at least make a start from a grassroots level, which will hopefully evolve into something much more. Given the benefits the road will have to mining areas and industry, we will see what we can do to get other stakeholders to help.

“Locals, industry and tourists often take huge detours to avoid this road, and it’s my hope that will change through this pilot projects.”

Transport Minister’s office - 6552 500  
Regional Develop Minister’s office - 6552 6200

## RANGER NEWS



Brad is the new Ranger and he will now be servicing the area, so when you see him on the street say hi and make him feel welcome within our lovely and caring community. WA Contract Ranger Services are here to help the town with any problems, and don't forget that they also run A1 Wheatbelt Dog Rescue where they find forever homes for any dogs that are surrendered to Brad, with the cats being given to SAFE. Remember that Brad will not just facilitate the re-homing of pets, he will continue to run the vaccination and sterilisation program that Jodie set up and ran so successfully in the community.

Brad comes to us with over 10 years of experience as a Ranger working in both the City and rural and Remote communities, Brad is passionate about his job and ensuring that as many animals as possible find a loving family.

You can call Brad on 0419 472 057 regarding general ranger enquires or to discuss the re-homing process.

Written enquires can be sent to [wacontractrangerservices@hotmail.com](mailto:wacontractrangerservices@hotmail.com)

## A1 WHEATBELT DOG RESCUE

Check you some of the happy Wiluna dogs that have found their Forever Home, thanks to the dedicated people at A1

Muffy's new brother ❤️



We have had Tiger 12 months this weekend!!



Stassy



Mental health issues can affect anyone. It may be difficult at first but talking can help.

Visit [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)



Follow Wiluna Police on  
Twitter and Facebook for  
local updates and community  
pictures



**@Wilunapol**

Goldfields-Esperance District





## Bears to School Programme Keith Payne shares Anzac Spirit

The *Bears to School* programme has a mission to enable every child to connect with Australia's heritage of service in a meaningful and enduring way. Since its inception, more than 630 schools across the country have received Great War uniformed bears and learning materials. These bears have been great ambassadors of the Spirit of the Anzac, and engaged a new generation with stories of service from Australia's proudest hour.

To all of us in the Wiluna community we know that Education in indigenous communities is close to Keith's heart and this is one of the reasons why Keith became involved with Bears to school.

For those eager to learn about the values of courage, endurance, mateship and sacrifice, nothing can rival meeting a national icon and decorated veteran in the flesh. The students and staff at Wiluna Remote Community School were given an opportunity when Keith Payne VC, the charities National Ambassador, returned to the school for a visit and to share his message

*"Come to school, attend regularly and make the most of the opportunities you have - often this will be difficult, but you can summon great courage in the face of difficulty to help you accomplish your goals."*

Fifty years after being awarded the Victoria Cross and becoming an Australian icon, Keith is passionate about finding ways to engage with children about themes that have shaped his life. However, for him it's about more than the past

*"These kids are our future. It's our duty to empower them to take on life on their own terms - that's what education is all about. It's also our responsibility to share with them the lessons we have learnt and the experience we hold dear; experiences that have brought us to where we are today."*

With Keith's passion, and through generous support from the Australian public, Bears to School is making progress in ensuring that every classroom received its own ambassador of the Anzac Spirit.

Keith has generously donated Nurse Bernadette and Trooper Jones bears to the Wiluna Remote Community School.



# Nurse Bernadette

**Sister O'Meara**

## **Great War Nurse Bear**

When news of the war spread across Australia in August 1914 a lot of we younger nurses at the Children's Hospital wanted to do our bit. Like the boys, we thought it might be a bit of an adventure and a chance to see the world. No one thought the war would last more than a few months anyway.

Because I had three years hospital training the Australian Nursing Service was pleased to sign me on, and before I knew it I was a nurse in the 2nd Australian General Hospital. We sailed from Sydney fully expecting to go to England but we stopped at Egypt. My hospital was right beside the Great Pyramids and with thousands of boys in training camps to look after we nurses we busied with sprains, sickness and a few serious injuries. But when the boys landed at Gallipoli in April 1915 we saw some really terrible wounds. It was horrible and we thought nothing could be worse, but in 1916 we shipped off to France and our boys joined the fight on the Western Front. It is more horrible than anyone could imagine.

My hospital is way back from the fighting but on some days you can hear the big guns like thunder in the distance. The real heroes of this war are the doctors and stretcher bearers at the front. Before the wounded soldiers get to me they have lots of stops. The Aid Posts and Dressing Stations are right near the fighting and the stretcher bearers and doctors there patch the lads up as best they can and send them further back to the Casualty Clearing Stations. These hospitals in bug huts or tents where doctors and nurses look after everything from broken bones to major operations. After a big push - that's what the soldiers call battles like Pozieres and Fromelles - there can be thousands of wounded lads lined-up in a Clearing Station.

At my hospital we mainly tend their wounds and make sure they heal properly after surgery. Some lads are sent home to Australia, others go to England to recover more, and others get sent back to the front. This war makes me so sad and cross sometimes.



# Trooper Jones

## Light Horse Bear

First thing you should know is not every trooper in the Light Horse wears an emu feather in his hat. Every state in Australia has its own Light Horse story and traditions and the emu feather is part of my story.

In the Great War of 1914 - 1918 there were 15 Light Horse regiments. Each regiment had around 25 officers, 400 troopers like me, and horses for all. That's a lot of horses.

I'm part of Queensland's 5th Light Horse Regiment, which is why I wear the blue and red colour patch on my sleeve - and my emu feather. We were the first lot to pluck the emu's bum and a lot of blokes in other regiments reckoned it looked so good they copied us. That's OK - it does look pretty good! Every regiment wears its own colour patch though. This tells you where their Regiment formed.

One thing we all have in common is our favourite breed of horse. We love the Australian 'Waler'. This is a tough horse bred in New South Wales especially for stockmen working in the harsh outback.

Although we ride horses we don't usually charge into battle like a cavalry. We're called mounted infantry, which means we just ride our horse to get to where we need to go and then get off and fight on foot like other diggers. When we go into battle we ride in groups of four - one bloke has the job of taking our horse somewhere safe while the rest of us go off to fight. One of the few times the Light Horse did charge into battle was at a place called Beersheba in 1917. The lads from the 12th and 4th regiments galloped across the open desert and jumped over the trenches of Turkish soldiers and won the battle. It was pretty impressive.

When the first of us light horsemen sailed from Australia in 1914 we thought we were going to France but we ended up in Egypt and then at Gallipoli. We even had to leave our horses in Egypt when we went to Gallipoli.

After Gallipoli at the end of 1915 most of the Australian Imperial Force (our Army) did go off to France but nearly all of us light horsemen stayed to defend Egypt - riding our tough old Walers across the beautiful deserts. From what I hear I reckon we're better off here than in those muddy trenches on the Western Front.



## Congratulations to Joella Ashwin On winning the Royal Flying Doctor Service Regional Service Award 2019

Joella Ashwin, an enrolled nurse and acting practice manager at NAHS, was recognised for her vital role and hard work in building positive and trusting relationships within the local community to boost health outcomes.

Dubbed a vital link between the community and the health services provided by NAHS, Joella works very closely with her colleagues and the community to ensure young local children and their mothers receive ongoing and critical health care.

Joella is the first young Martu to attend university to study nursing and graduate and she is a positive role model for young Martu girls living in Wiluna by showing them that you can achieve anything that you set your mind too.



RFDS General Manager of Strategy and Performance Craig Spencer presented Joella with award at the 2019 Seven News Young Achiever Awards on Saturday, May 25 at the Pan Pacific Hotel.

“We’re so proud to present this award to Joella in recognition of the impact she has in creating change and outcomes in her community,” Mr Spencer said.

“Here at the RFDS, our crews work hand-in-hand with rural nurses on a daily basis to ensure people living in rural and remote communities across Western Australia have access to essential healthcare.”

“We know first-hand the importance of having a dedicated and exceptional nurse like Joella on the ground who goes above and beyond in her duties to spread awareness and promote good health.”

“Above all, especially as we mark National Reconciliation Week, this award recognises the pivotal role Indigenous health professionals, like Joella play in achieving health equity across Western Australia.”





## Beyond the Emergency: A national study of Ambulance responses to men's mental health

Six men in Australia take their lives each day.



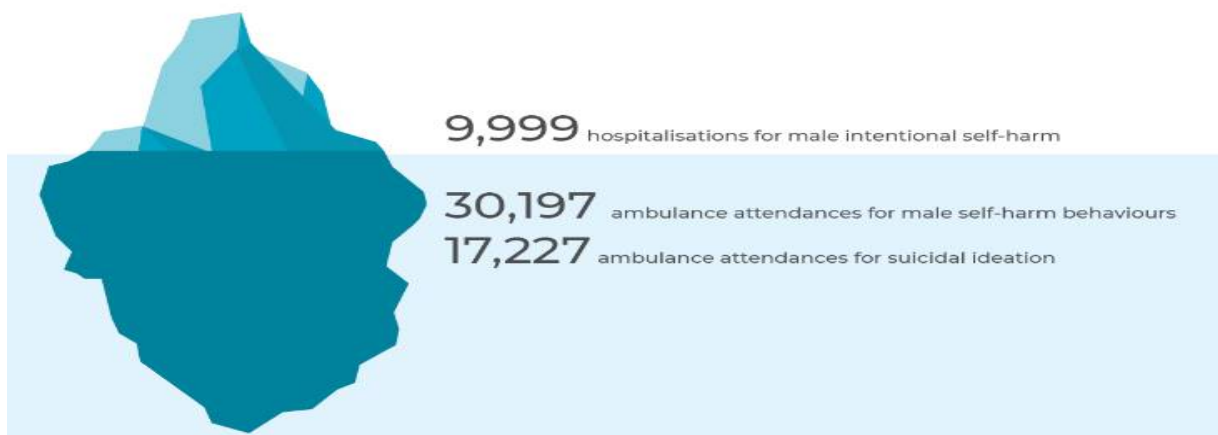
This is just the tip of the iceberg.

*Beyond the Emergency is a ground-breaking study of male mental health presentations to ambulance services.*

This wide-ranging research project - facilitated by Beyond Blue, funded by the Movember Foundation, and led by Turning Point and Monash University, in partnership with ambulance services across Australia.

### The tip of the iceberg: male self-harm and suicide

The current available data seems to significantly underestimate the impact self-harm has on men in Australia.



Coded ambulance data (in six Australian jurisdictions) showed rates almost three times higher than hospitalisation data.

There were 30,197 ambulance attendances for men who had thoughts of suicide or attempted suicide between July 2015 and June 2016, yet hospitals identified 9,999 presentations in the same period.

A large proportion of ambulance attendances were also associated with alcohol or drug intoxication.

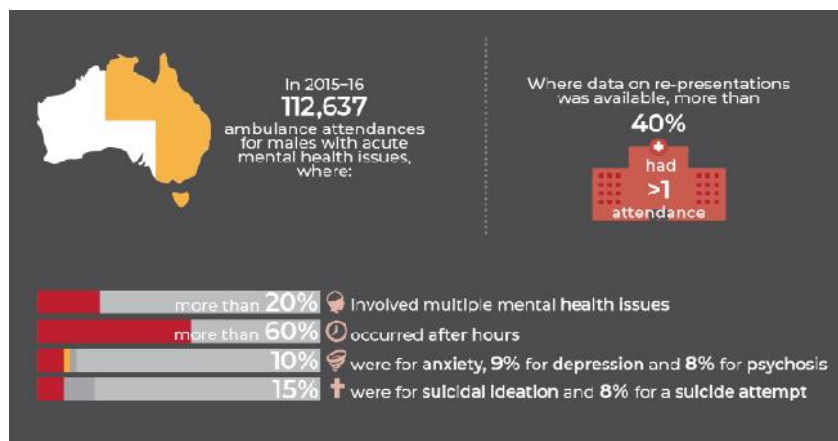
Of these, around one in 10 involved self-harm and similar numbers of men experienced co-occurring mental health symptoms





### Male mental health ambulance attendances

In addition to the data on self-harm and suicide, *Beyond the Emergency* gives deeper, in-depth figures on the magnitude and complexity of male mental health ambulance attendances.



### PRESENTATION TYPE



\*Excludes attendances related to self-harm and other drug related harms, but includes anxiety, depression and psychosis

## Perspective of men affected by mental health issues

Men who accessed ambulance services for mental health issues wanted more from paramedics than simple hospital transportation.

Paramedic interaction influenced their overall treatment experience, with respondents valuing professional, compassionate and empathic responses, and good communication skills, such as active listening, and non-judgemental, respectful language.

These interactions also enabled:

- Successful de-escalation
- Patient-centred care
- Positive handover experiences to emergency department staff



Go to the link below to read the whole report.

<https://www.beyondblue.org.au/docs/default-source/default-document-library/beyond-the-emergency-report.pdf>

**Talk it through with Beyond Blue and they will point you in the right direction**

**Call 1300 22 4636 24 hours/ 7 days a week**

**TRIP NOTICE: Birriliburu trips for June.**  
Please talk to the Birriliburu contact people if you're interested.



Birriliburu Indigenous  
Protected Area

DATES	LOCATION	TRIP NAME	Number of seats	ACTIVITIES	SKILLS AND KNOWLEDGE	TRIP LEADER
3-14 June	Mungarlu	Mungarlu Fire	10	Patch burning Working around helicopter Trackplots Collecting monitoring cameras and sound recorders	Physically able to do lots of walking on country Good at tracking Good at teaching young people Ninti for country Keen to learn and share knowledge Active and physically able People that enjoy practical hands on jobs Safe with tools and equipment Work in team Keen to learn about country	Bridget/Tom
17-21 June	Mulan	Species of the Desert Festival	3	Attend Species of the Desert Festival in Mulan	Senior rangers with experience and younger rangers Can't be kurnta, need to be a good story teller Need to be able to talk to whitefellas Good at teaching young people Ninti for country Keen to learn and share knowledge	Bridget
24-28 June	Katjarra	Katjarra Fire	8	Patch burning Working around helicopter Trackplots	Physically able to do lots of walking on country Good at tracking Good at teaching young people Ninti for country Keen to learn and share knowledge Active and physically able People that enjoy practical hands on jobs Safe with tools and equipment Work in team Keen to learn about country	Bridget/Tom

For any information on these trips please contact the relevant contact people.

Regina Newland 0484 200 250  
Debbie Wongawol 0498 993 337  
Clinton Geary 0498 993 335  
Trisha Williams 0456 742 277  
Tjamu Tjamu Wongawol 0473 336 760

Or

Bridget – 0448 100 638  
Birriliburu IPA Coordinator



# Research Activity Notice

## Regional airborne survey

Geoscience Australia, in collaboration with Western Australia and Northern Territory Government agencies, will be carrying out a series of airborne electromagnetic (AEM) surveys across the Northern Territory and Western Australia in 2019 as part of the Exploring for the Future program. This program aims to gather new information about the potential ground water, mineral and energy resources concealed beneath the surface, and this information will lead to more informed resource management and better targeted investment.



A light aircraft (courtesy of CGG Australia) in action during previous AEM surveys.

## AEM survey method

Light aircraft and helicopters can be fitted with AEM instruments to map variations in the conductivity of the ground to a depth of several hundred metres. During the survey, a signal will be transmitted from the aircraft into the ground. Towed antennae can detect the returned signals and the nature of these signals will be analysed to map variations in the conductivity in the ground that are caused by saline water and certain types of minerals.

## What you may see

A fixed-wing aircraft that is towing equipment below it will make a single pass approximately 120 m above the ground, along straight tracks 20 km apart. If you have any concerns with this activity such as whether stock may be disrupted, please contact Geoscience Australia (details given below).

## Timeframes and work area

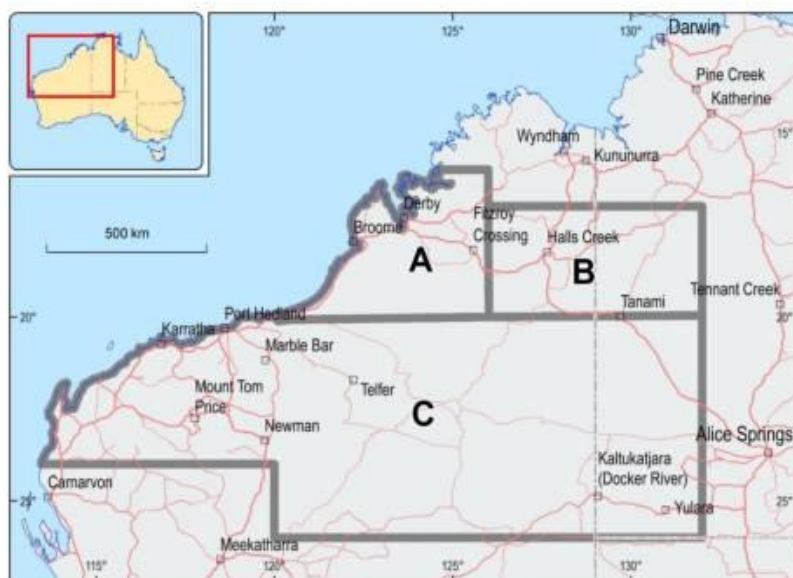
The airborne survey is expected to be carried out between May and November 2019, working in stages across the area outlined in the map on the right. More detailed information about timing and flight lines will be released as it becomes available during the survey.

## Important to know

All data produced by Geoscience Australia, including the data from this survey, will be made freely available after quality assurance checks have been performed.

This survey will not involve any disturbance to the ground.

Updates related to this activity can be found at [www.ga.gov.au/ausaem](http://www.ga.gov.au/ausaem)



Area	Location	Estimate dates
A	Broome, Fitzroy Crossing area	May -June 2019
B	Halls Creek, Lajamanu area	June-July 2019
C	Rest of survey	July – November 2019

**Contact Details** Please contact us if you have any questions about these airborne survey works:

Free Call 1800 091 964 (Mon-Fri, 9 am to 5 pm AEST)

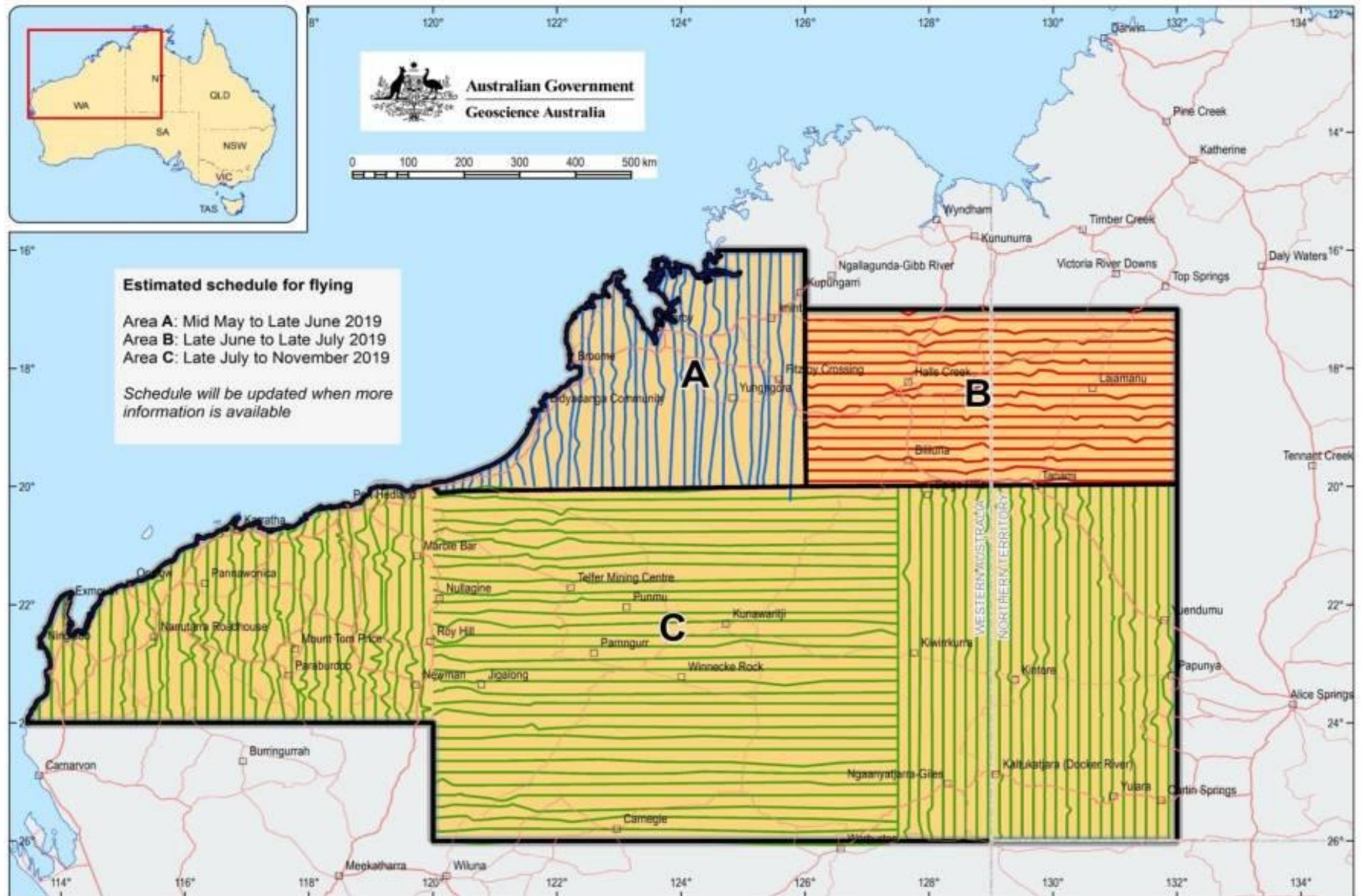


[EFTF@ga.gov.au](mailto:EFTF@ga.gov.au)

[www.ga.gov.au/efft](http://www.ga.gov.au/efft)



## Proposed Airborne Survey Region



# Healthy Cauliflower and Broccoli Cheese Recipe

## Ingredients

- 1/2 head cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 1/3 cup water
- 2 tbs plain flour
- 2 cups low-fat milk
- pepper, to taste
- 1/2 cup reduced-fat cheese



## Method

1. Preheat the oven to 180°C.
2. Place cauliflower, broccoli florets and water into a microwave safe and ovenproof dish. Microwave on HIGH (100%) for 5 minutes. Carefully drain off the water and set aside.
3. Put flour into a tall microwave safe jug. Add 2 tablespoons of milk and whisk to a smooth paste with no lumps. Season with pepper. Add the remainder of the milk and stir.
4. Microwave the milk mixture on HIGH (100%) for 1 minute. Stir. Heat again for 1 minute and stir. If needed, heat again for 30 seconds intervals and stir until thick and creamy.
5. Add grated cheese and stir until melted through.
6. Top cauliflower and broccoli with cheese sauce.
7. Bake in oven for 15 minutes or serve immediately.

## Nutrition Information

	per serve	per 100g
Energy	661kj	254kj
Protein	14.9 g	5.7 g
Fat, total	4.2 g	1.6 g
- saturated	2.6 g	1 g
Carbohydrate	12.6 g	4.8 g
- sugars	8.5g	3.3g
Sodium	177 mg	67.9 mg
Fibre	4.3 g	1.6 g



# Healthy Popcorn



## Ingredients

2 tbs plain popping corn

## Method

1. Put popcorn in a paper bag and fold down the top a couple of times
2. Microwave on HIGH for about 2 minutes or until most of the corn has popped (if there's 3 or 4 seconds between popping noises, it's probably done)
3. Be careful when opening the bag, the steam will be hot!
4. Eat the popcorn plain or try some of the flavours below

## Variations

- Curry popcorn: toss warm popcorn with a little cumin, chilli and coriander or your favourite curry powder
- Sriracha popcorn: sriracha is an Asian chilli garlic sauce that is delicious on popcorn. Toss in a little sriracha just before serving (it will go soggy if left too long)
- Cheese and herb: sprinkle parmesan, garlic powder and shredded basil over fresh popcorn.
- Add some dried fruit and nuts for a great trail mix.

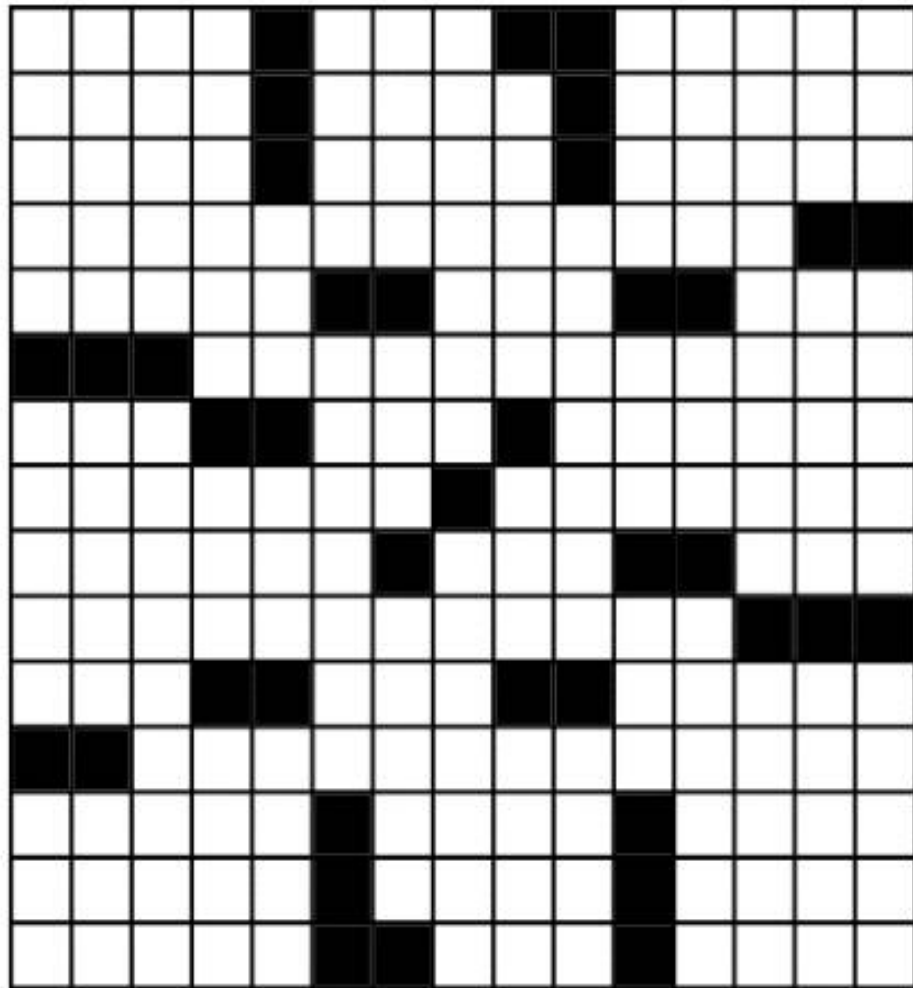
## Nutrition Information

	Per serve	Per 100 g
Energy	230 kj	1538 kj
Protein	2.1 g	14.1 g
Fat, total	0.6 g	4.1 g
- saturated	0.1g	0.7g
Carbohydrate	60.1 g	0 g
- sugars	0.2 mg	1 mg
Sodium	0.2 mg	1 mg
Fibre	2.4 g	15.8 g

# Crossword Fill In

## 3 LETTER WORDS

AIR  
ALA  
CAM  
DAL  
DOS  
EAT  
EST  
ETA  
ETC  
FRO  
GET  
HOE  
MAO  
ODD  
OUR  
RES  
REV  
SLY  
SPA  
TIS  
TNT  
YAK



## 4 LETTER WORDS

A LOT  
AGOG  
COAX  
CREE  
EPOS  
EVER  
FIRM  
GALA  
IONS  
NAGA  
NAPE  
OLLA  
OPAH  
REST  
ROUÉ  
RUSH

SAYS  
VINO

## 5 LETTER WORDS

ADYTA  
ANTSY  
ARÊTE  
CREEK  
DAVIT  
ENACT  
ENEMA  
EPOXY  
ITALY  
OVERS  
PIXEL  
PULSE  
SET ON

SHALE  
SOBER  
TAIGA  
TESTA  
TEXAS  
VAPID  
VIOLA

## 6 LETTER WORDS

ATRIAL  
LIAISE  
NARCOS  
RESETS

## 7 LETTER WORDS

EHRlich  
GAROTTE

NEUTERS  
ONSTAGE  
PAHLAVI  
RUMMAGE

## 9 LETTER WORDS

EXTREMITY  
TURNABLE

## 12 LETTER WORDS

CONSTITUTION  
SLEDGEHAMMER

## 13 LETTER WORDS

ARCHIMANDRITE  
MIXED METAPHOR

Solution on next page

# Inspiration

The most wasted  
of all days  
is the one  
without  
**Laughter**  
-E.E.Cummings

**LIFE IS  
BETTER  
WHEN  
YOU'RE  
LAUGHING**

IF YOU  
**LAUGH**  
A LOT,  
WHEN YOU GET OLDER  
YOUR WRINKLES WILL BE  
IN THE RIGHT PLACES.



**Friendship**

It doesn't matter what color you are



**HIS LOGIC**

You can't argue.

**Just keep em comin ...**



Page 32 Puzzle Solution

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



# Trace and Colour

Trace each word and then draw a line matching the object to its color.

yellow



brown



green



red



blue

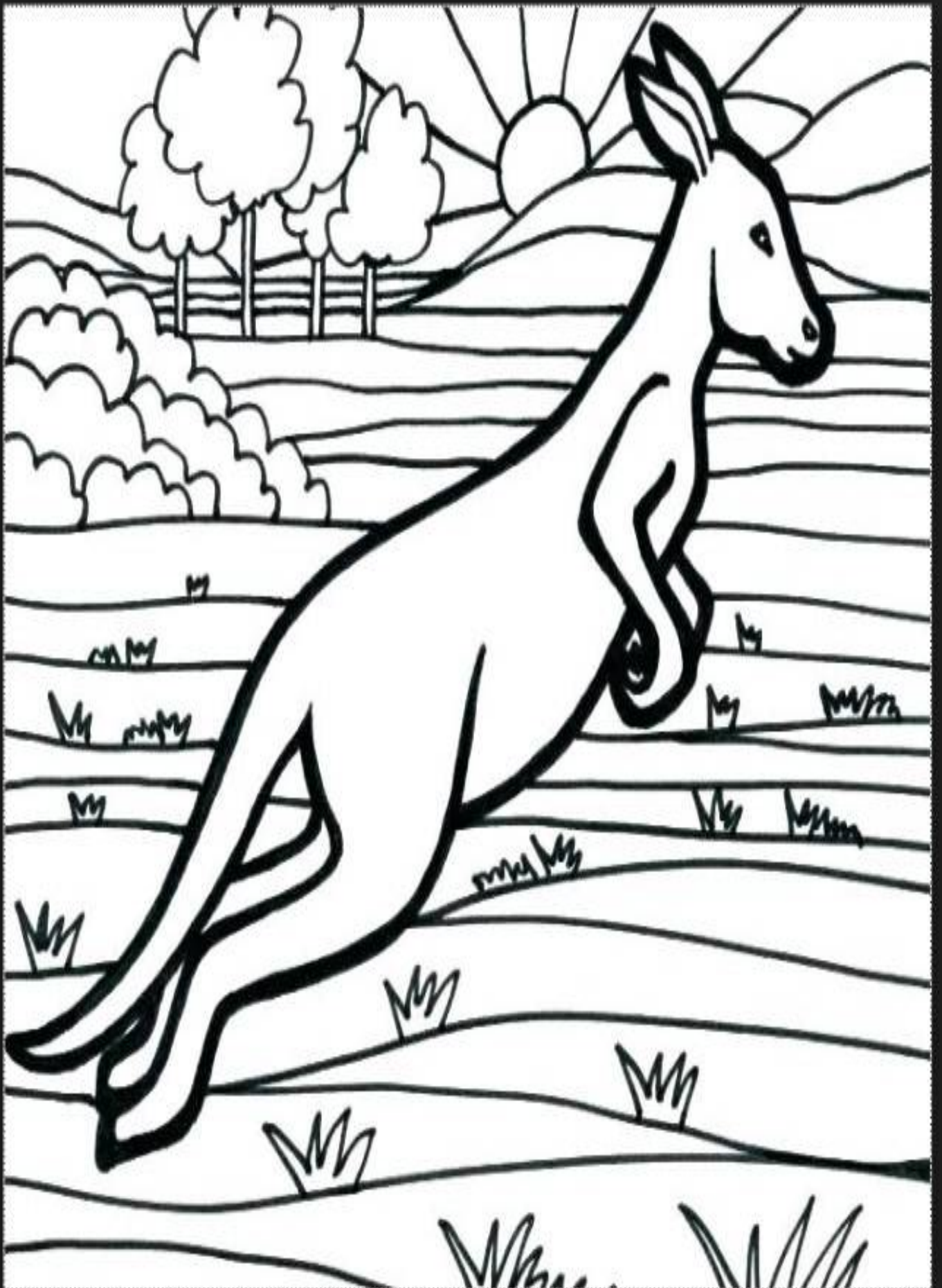


white



black

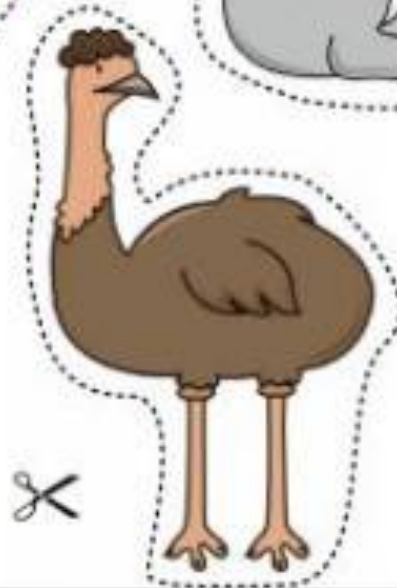
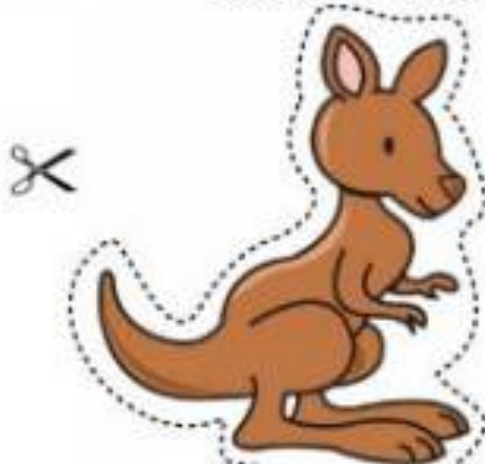
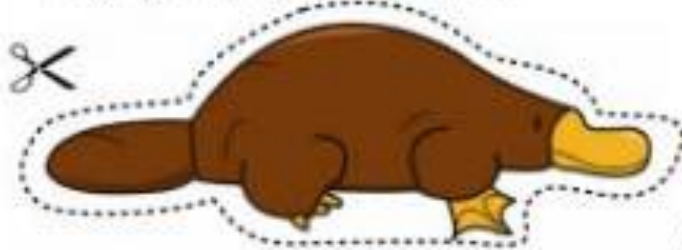




## Have Fun Cutting out the Animals

### Australian animal cutting shapes

Carefully cut along the dotted lines.



© www.ActivityVillage.co.uk - Keeping Kids Busy

### Farm animal cutting shapes

Carefully cut along the dotted lines.



© www.ActivityVillage.co.uk - Keeping Kids Busy



## Garden Prize Winners

### Best Garden in Town—Lotu Kulikefu



### Most Improved Garden in Town—Elenor Simpson



### Best Garden in Bondini—NO WINNER



### Most Improved Garden in Bondini— NO WINNER





It is Local Government Election Time

**LET YOUR VOTES  
SPEAK  
BY CHOSING WHO  
YOU WANT TO BE ON  
YOUR LOCAL  
COUNCIL**



---

To be able to have a voice in this years local election, you must be enrolled on the State Electoral Roll or the Local Owner & Occupiers Roll.

If you would like to enroll, come down to the Shire Office and collect the form.

Enrolment closes on the 30 August 2019 at 5.00pm



## Wiluna Buy and Sell

Do you have anything you want to buy or sell?  
You can advertise here for free.  
Forget Gumtree and Ebay, and all those freight charges.  
One mans' trash is another mans' treasure.  
Let's keep it local and we all benefit.



If you would like to advertise something please email the Shire on [aa@wiluna.wa.gov.au](mailto:aa@wiluna.wa.gov.au) with Wiluna Buy & Sell in the subject line. Please include a picture if you can and a detailed description. Please include your contact details.