CARNAMAH MAT AND ENEABBA NEWS





29 November 2023



Photo by Nigel Robins



Next Ordinary Meeting of Council is to be held on Wednesday, 13 December 2023 commencing at 4:00pm in the Carnamah Council Chambers, Macpherson Street, Carnamah

ADVERTISING COSTS

Advertising Rates 2022-2023

	Commercial	Community / Private
Quarter page black and white	\$9.50	\$7.00
Quarter page colour	\$28.50	\$24.00
Half page black and white	\$16.50	\$13.50
Half page colour	\$58.00	\$49.00
Full page black and white	\$30.00	\$27.50
Full page colour	\$115.00	\$98.50



WE WANT YOU

The Carnamah Mat and Eneabba News is a Community Publication.

It relies on information and articles from the public. Deadline is Tuesday lunchtime. Let us know what is happening in your community

Contact us: onthemat@carnamah.wa.gov.au

"The views provided in this publication are the views of the individuals who contributed the information relating to those views. These views are not necessarily endorsed by Council or the Editor. Similarly, the Shire of Carnamah accepts no responsibility for information provided by third parties."



Council Meeting Dates

13 December

Carnamah Council Chambers 4pm



At the Ordinary Council Meeting of 25 October 2023, Council resolved to make the following amendments to the 2023/24 Schedule of Fees and Charges:

COA		Unit	Fee	GST	Total
3100320	Waste water charges for septage from landowners located in the Shire.	litre	0.06	•	0.06

COA		Unit	Fee	GST	Total
3100320	Waste water charges for septage from landowners located outside of the Shire.	litre	0.10	-	0.10

In accordance with section 6.19 of the *Local Government Act 1995*, these changes will take effect from 1 December 2023. A copy of all current fees and charges is also available.

Robert Paull

Chief Executive Officer



REPORTING A FIRE IN THE SHIRE OF CARNAMAH

To report any fire, call Department of Fire and Emergency Services (DFES) on 000.

All fires reported to DFES will show up on the following website: https://www.emergency.wa.gov.au

The key fire control contacts for the Shire of Carnamah are:

- Chief Bush Fire Control Officer (CBFCO): Luke Risinger (0403 260 145)
- Deputy Chief: Brendon Haeusler (0429 680 607)
- Deputy Chief Bush: Wayne Barry (0428 465 461)
- Carnamah Town Captain: John Morgan (0427 341 067)
- Eneabba Town Captain: Carl Jones (0401 942 263)

Once a fire is reported via 000, the Shire's CBFCO will be contacted by DFES. The CBFCO will then organise the response from the brigades and will contact DFES or the Shire if assistance is needed.

For any further advice, please call the **DFES Geraldton** on call duty coordinator on **1800 317 555** (any time of the day).

HARVEST BANS AND OFF-ROAD ACTIVITY BANS (Harvest Ban)

Harvest and vehicle movement bans restricts the operation of machinery, vehicles and plant equipment likely to cause a fire when operated over or near flammable material, dry grass, stubble or bush. These bans are imposed when the expected weather predictions indicate that if a fire were to start, it would be dangerous, destructive and difficult to stop. Bans are only declared when the readings of the following conditions are above a certain level:

- wind:
- wind gusts;
- humidity;
- temperature; and
- fuel load/curing.

TOTAL FIRE BANS

Total Fire Bans are called, reviewed, and subsequently removed by the DEFS Commissioner (not the Shire). On a Total Fire Ban day, it is illegal to light an openair fire or conduct any activity that could start a fire. For more information check: https://www.dfes.wa.gov.au/hazard-information/bushfire/total-fire-ban



SHIRE OF CARNAMAH CITIZEN OF THE YEAR AWARD

The Shire of Carnamah invites you to nominate an outstanding individual or group for one of the Citizen of the Year Awards.

The recipients will be selected from people and groups who have made a noteworthy contribution during the current year, or given outstanding service to the local community over a number of years through active involvement.

- Citizen of the Year Award (for a person 25 years or older)
- Citizen of the Year Award Youth (for a person under the age of 25 years)
- Citizen of the Year Award Senior (for a person over the age of 65 years)
- Citizen of the Year Award Community Group or Event

Nomination forms are available in the 'Carnamah Mat & Eneabba News', the Shire website and from the Shire Offices at Carnamah and Eneabba. Alternatively, you can request a form by emailing – executive1@carnamah.wa.gov.au

NOMINATIONS CLOSE - MONDAY 18 DECEMBER 2023

Nomination forms can be lodged:

In person – at 33-37 Macpherson Street, Carnamah Email – executive1@carnamah.wa.gov.au Fax – (08) 9951 1377

CITIZEN OF THE YEAR AWARD

NOMINATION FORM

Nomin	ation Category:
	Individual Citizen
	NAME
	Community Group or Event
	NAME
	Individual Citizen – Youth
	NAME
	Individual Citizen – Senior
	NAME
REAS	ON/S FOR NOMINATION
Please	attach additional information – if required
Nomin	ator:
Your N	lame:
Email:	
Phone	:

Criteria and guidelines for nominating a 'Citizen of the Year'

Some things to consider when you wish to nominate a person (or a group) for Citizen of the Year awards:

- Regard should be given to the nominee's achievements in the year immediately prior to receiving the award, as well as their past achievements and ongoing contribution to the community.
- Nominees should have made a significant contribution to the local community over and above what is normally expected from their paid employment/business.
- Have they demonstrated leadership on a community issue which has resulted in the enhancement of community life?
- Have they demonstrated a significant initiative which has brought about positive change and added value to community life?
- Do they possess inspiring qualities as a role model for the community?
- Are you nominating because they have contributed to community from a service platform, ie: emergency services, youth and/or aged services, charitable purposes, etc?
- Has the nominee held committee position/s with community service organisations, recreation and sporting based clubs, arts and drama societies, etc?
- Groups of people (or couples) will not normally be eligible except when meeting the criteria for a community group.

Nominations must be received by no later than Monday 18 December 2023

Please return to:

Shire of Carnamah (33-37 Macpherson Street, Carnamah WA 6517)

Email: executive1@carnamah.wa.gov.au Phone: (08) 9951 7000

CITIZEN OF THE YEAR

ASSESSMENT MATRIX

 Extent to which nominee has contributed to community service i.e. youth, aged, emergency services, charitable purposes. 	
	30
Extent to which nominee has held office for community service organisations.	10
Extent to which nominee has contributed to recreational based organisations i.e. sporting clubs, drama, arts.	
	25
Extent to which nominee has held office for a recreational based organisation.	
	5
Extent to which nominee's contributions cover a range of activities i.e. sport, art, aged care, youth, emergency service.	
	15
Extent to which the nominee's contribution has been over the previous 12 months.	15
	10
TOTAL	100

WHAT'S ON THIS WEEK

THURSDAY November 30

9am— 12pm: Lions Op Shop

FRIDAY December 1

9am— 12pm: Lions Op Shop

10am: Tech Assistance at the Exchange

SATURDAY December 2

Eneabba Christmas Tree

SUNDAY December 3

3pm Social Tennis Carnamah

MONDAY December 4

9am– 12pm: Lions Op Shop 1pm Seniors Activities

TUESDAY December 5

9am—11am: Indoor Bowls 9am—12pm: Lions Op Shop 2pm: Men's Shed

WEDNESDAY December 6

9am- 12pm: Lions Op Shop

Basketball at the Rec Centre

Coming Soon

16 December—Carnamah Christmas Tree









Carnamah Netball Club

President – Donna Opalinski

0447 511 277

Coach - Amy Stephens 0400 660831

Facebook: Carnamah Netball Club

Patchwork and Craft Group

Old Police Station

Contact: Maxine Philbey

Wednesday 10am

Carnamah Women's Hockey Club

Contact: Barb Smallwood 0459 222 235

Facebook: Carnamah Women's Hockey Club

North Midlands Project

The Exchange

Contact: Andrew Bowman Bright

hello@northmidlands.org.au

https://www.northmidlands.org.au/

Carnamah/ Coorow Basketball **Association**

Contact: Barb Smallwood

Seniors Activities

Old Police Station

Contact: Maxine Philbey

Monday 1pm

Carnamah/ Perenjori Football Club

Contact: Bruce Chisholm 0428 591 318

Facebook: Carnamah Perenjori Football

Club

Carnamah Golf Club

Carnamah Golf Course

Contact: Warren Isbister 0447511600

St John Ambulance

Contact: Merle Isbister

Looking for Volunteers

North Midlands Project

Technology Hub

The Exchange

Contact: Richelle Essers

https://www.northmidlands.org.au/

Astrotourism

Macpherson Homestead

Contact: Shire of Carnamah

99517000

Create in Company

The Exchange

Contact:

Meets Wednesday 10.30 am.

Carnamah Historical Society

The Museum

Contact: George Fowler

043 996 6040

99511 690

Carnamah Swimming Club

Contact: Richelle Essers 0428 921 464

Indoor Bowls

Carnamah Recreation Centre

Contact: Joseph Gray 0427 933 434

Carnamah Men's Shed

Forrester Avenue

Contact: Lindsay Isbister

0428 306 969

Scribes of North Midlands

The Exchange

Contact: Marcelle Billinghurst

0409 345 434 Every 2nd Thursday

Friends of North Midlands Health Service

Contact: Brenda Bowman

0427 511 339

Carnamah Tourist Information Centre

Contact: Sue Sivyer 0427 099 913

Looking for Volunteers

Carnamah Lions Club

& Op Shop

Contact: Dot Camerer 0407 955 440

New Members Welcome

North Midlands Agricultural Society

Contact

Angela Dring 0400 927 800

Carnamah Tennis Club

Contact: Karen Isbister 0428 511 600















Explore Your Irish Roots

JOIN US AND LEARN ABOUT SOME OF THE MANY RESOURCES AVAILABLE TO TRACE YOUR IRISH FAMILY HISTORY

Ulster

FHWA is proud to present this Irish Genealogy seminar of 5 lectures by two highly respected experts in Irish Connau Genealogical research from the Belfast based Ulster Historical Foundation

Leinster

Muneto

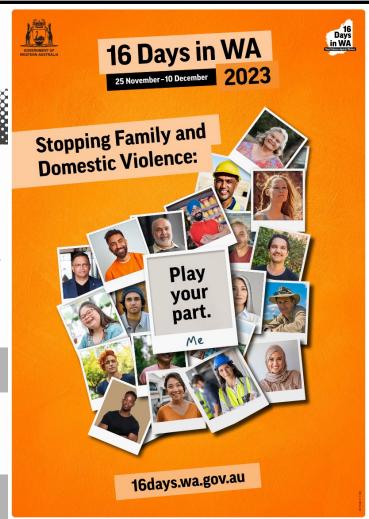
TUESDAY 13TH FEB 2024, 9.30 TO 4:40PM AT THE STATE LIBRARY THEATRE, STATE LIBRARY OF WA, FRANCIS ST., PERTH AND LIVE STREAMED

For more details scan the QR code to visit our website.

Bookings at fhwa.org.au/events



ULSTER HISTORICAL FOUNDATION
Talling the story of the people of Ulster







27 November 2023

Re-Connecting to Country: A Successful New Project with Local Primary Schools

In 2022, the City of Greater Geraldton engaged NACC NRM to develop a three-year <u>Chapman River</u> <u>Estuary Reserve Action Plan</u> informed by stakeholder and community input, to provide a framework for protecting the many ecological and cultural values of the Chapman River Estuary.

The community and stakeholder engagement process proved to be valuable in highlighting the community's passion and appreciation of the area. Specifically, there was a keen interest in encouraging further education and social responsibility, and utilising revitalisation strategies like increased community art and events.

Among other things, the Action Plan recommended developing a communication plan (see Stage 4), emphasising the importance of developing broad community awareness of the environmental, social and cultural values. The aim of this action being to improve respect for and socially responsible behaviour in the area. in order to support social responsibility and increase respect for the area.

The Action Plan has been the catalyst for a collaborative new project based around the Chapman River. NACC NRM's Aboriginal Custodianship team in partnership with local community groups Birdlife Midwest-Geraldton and Chapman River Friends, and surrounding schools Bluff Point Primary School and Waggrakine Primary School have commenced a project called 'Re-Connect to Country'.

The project aims to raise awareness around the significance of the Chapman River Estuary, educating both students and the wider community. Key priorities include reconnecting local students to their environment, and supporting them to learn about the rich, long-standing Aboriginal Culture of the Chapman River. Students of various ages have taken part in three stages of activities, all based around the ecological, cultural and social values of the Chapman River Estuary.

Stage 1 - 'Connect to Country'

Students engage their senses in an educational bush walk, learning about the flora & fauna around them, and the importance of Country in Aboriginal Australia's history. NACC NRM's giant jigsaw is employed as an interactive resource, encouraging teamwork and education around First Nations art and storytelling. The jigsaw depicts Badimia Yamatji – Balladong Noongar artist Acacia Collard's artwork, created in 2021 around the theme of 'Collaborating on Country'. Nuggajah Traditional Owner and Elder June Councillor provided a Welcome to Country, and spoke about growing up on the Chapman River with her family. We are very thankful to June for sharing her time and knowledge with the group, and we look forward to continuing to collaborate with Nuggajah Traditional Owners in the new year and beyond.

Stage 2 - 'Looking After Country'

NACC NRM partnered with Central Regional TAFE Batavia Coast Maritime Institute and Yamatji Southern Regional Corporation to build capacity for emerging Yamatji Sea Rangers to manage their traditional Sea Country. During National Reconciliation Week, the Yamatji Sea Rangers joined NACC NRM staff and local school groups in a Chapman River Clean Up, where rubbish was removed from the riverbanks and analysed as part of a debris audit. The Yamatji Sea Rangers have gained confidence

over the year, evident in their delivery of Acknowledgment of Country to various groups. We look forward to furthering this partnership and assisting the next generation in caring for land and sea.

Stage 3 - Healing Country

NACC NRM collaborated with two Nuggajah artists to facilitate Aboriginal Painting workshops in schools around the region. During these workshops, students reflected on their connection to the natural environment along the Chapman River, drawing from their experiences and learnings in Stage 1 and Stage 2.



Waggrakine Primary School students taking part in Stage 3

The whole process has been a rewarding experience for everyone involved. The main objective was to educate and inspire children. It was a privilege to see firsthand the value of each activity, conversation, and the time spent in nature. On Country learning around Traditional Owner history and connection to land and sea has the potential to help children in developing their own sense of pride and belonging. NACC NRM hopes to implement this project in schools around the Northern Agricultural Region, in order to educate students and safeguard the future of areas like Chapman River Estuary, which hold cultural and environmental significance.

This project was made possible by the support of our local community. We extend our deep gratitude to everyone involved; Waggrakine Primary School, Bluff Point Primary School, Lara Dalton MLA, Nuggajah Traditional Owners, Chapman River Friends, and Birdlife Midwest – Geraldton.

If you are interested in this project, or would like further information, please do not hesitate to contact NACC NRM's Aboriginal Custodianship Program Coordinator Priscilla Papertalk at priscilla.papertalk@nacc.com.au or by calling (08) 9938 0121.

Priscilla Papertalk - NACC NRM Aboriginal Custodianship Program Coordinator Alanah Campbell - NACC NRM Coastcare Support Officer Virginie Fuhrmann - Chapman River Friends Coordinator Alice Bishop - Birdlife Midwest-Geraldton Coordinator

<ends>



Health advice

Stay healthy when it's hot

Everyone

- > Drink plenty of fluids
- > Try to stay inside with a fan or air conditioner on
- > If you have to go outside, go in the early morning or late evening and stay in the shade
- > Wear light coloured, loose clothing and take a hat to wear outside
- > Always use plenty of sunscreen
- > Don't do a lot of exercise outside when it is very hot
- > To help you sleep use a water spray mister on your face and body
- > Keep taking any regular medicine even if you feel unwell because of the heat

Babies and young children

- > Babies and young children need watching carefully when it is hot as they can get sick very quickly
- Cars can get dangerously hot never leave babies, young children or pets alone in a car even if the air conditioning is on
- > If you are pregnant or breastfeeding you should drink more water than usual
- > Always wear shoes outside on hot days the ground can easily burn the feet of babies or young children

Older people

- > Check on older people at least twice every day especially if they live alone
- Make sure older people are using their air conditioning when it is hot always check the setting is on 'cool'

Your home

- > Keep your home cool by closing curtains, blinds and windows during the day
- > If it is safe, open windows at night to let cool air in
- > Wear as little clothing as possible when in your own home to keep cool
- > Bacteria can grow very quickly on food in hot weather and make you ill keep all fresh food in the fridge
- Animals can suffer and even die on very hot days so keep them in the house or make sure they have shade in the garden and always leave them plenty of water

Help is available

- > If you think you are ill:
 - Speak to your local chemist/pharmacist or call your GP
 - Call healthdirect Australia on 1800 022 222

If you are very sick go to your nearest hospital or call 000 for an ambulance

Content thanks to SA Health, Government of South Australia.



YOUR FAMILY FOOTPRINT IN CARNAMAH

The Friends of the Carnamah Heritage Park are seeking past residents, families or friends of past residents who wish to purchase a plaque at a cost of \$200 (incl GST) for placement at the newly constructed Heritage Park as a record of those people past and present who have contributed on some way to the social and economic life in Carnamah.

Please pass this call out to anyone you know who might be interested.

Application forms can be found on the Shire of Carnamah site under Services - Forms - Heritage

Park Plaque. For more information please contact:-

Sandie Wallace Mob: 0475366420 Email: wallaces58@bigpond.com







The Three Springs, Arrino, Carnamah, Coorow RSL Sub Branch would welcome new Members to be part of our Sub Branch If you have been a veteran, or a direct
Descendant of a veteran, you are eligible to
be a member. If you have worn a service
Uniform, you are eligible to be a member of
RSL Western Australia. Nurses, Police, doctors Teachers, are also eligible members

Please contact Bomber or Con, they would Welcome your input.







FREE Counselling & **Mental Health Support**

Desert Blue Connect offer free counselling and mental health support services to men and women living in rural and remote areas of the Midwest.

Make an appointment today!

Phone: 0419348006 Email: info@desertblueconnect.org.au

North Midlands Sub Centre: Coorow, Carnamah, Three Springs & Eneabba

VOLUNTEER AMBULANCE OFFICERS URGENTLY REQUIRED



VOLUNTEER TODAY - to ensure your Community will retain its

Operational Ambulance Service

The Benefits you personally receive are :-

- FREE Ambulance Officer Training
- **FREE** Uniform
- Free Provide First Aid course.
- FREE ambulance cover.
- Honorariums
- 24/7 Clinical Support
- Assist with delivering an essential service to your community
- Learn life skills that will benefit you in both your volunteering role and your day to day life

INTERESTED??? TO APPLY GO TO: stjohnchangelives.com.au

for more information contact: Cathy Macartney Mid-west South Community Paramedic Mob: 0418 475 124, Email: Catherine.macartney@stjohnwa.com.au

Vern Muller Chairperson: vjmuller@live.com 0427 518 212

Merle Isbister Secretary: Merle.Isbister@stjohnwa.com.au 0428 511 030



North Midlands Sub Centre

First Aid Kits

If you are looking for a First Aid Kit you can contact St John Ambulance North Midlands Sub Centre.

We are stocked with a variety of first aid products designed to assist you in a first aid emergency. Whether you're looking for products suitable for your home, workplace or local sporting club, we can help you in finding the right product to meet your needs.

By purchasing First Aid Kits direct from your Sub Centre you will be supporting your local ambulance service.

For Kit Servicing, please contact St John Ambulance Geraldton Sub Centre.

We're here to help

If you have questions or need some assistance, contact our office at ThreeSprings.Subcentre@stjohnwa.com.au or on 0899541745, between 8.30 and 12.30pm on Tues-Wed-Thurs.

For Further Information, please contact Merle 0428 511 030 merle.isbister@bigpond.com







APPENDIX 2: YELLOW HOCKEY STICK MARKERS

Declared Rare Flora and Road Maintenance

What is Declared Rare Flora?

Declared Rare Flora species are wild plant species that have been adequately searched for but are rare, in danger of extinction or need special protection.

Many Declared Rare Flora species are only known from a few hundred, or less, mature plants in the wild and some only from one or two sites. Road verges aften provide important habitats for rare flora, especially in shires where extensive clearing has occurred for agriculture, housing, roads and amenities.

Declared Rare Flora and the law

Declared Rare Flora species are protected under the Wildlife Conservation Act 1950, which states that any designated Declared Rare Flora shall not be taken. For this purpose, the words 'to take' means 'to gather, pluck, out, pull up, destroy, dig up, remove or injure the flora or to cause or permit the same to be done by any means'.

The only way Declared Rare Flora may be taken lawfully is to apply for a permit, which must be approved by the the Minister for the Environment. Applications for permits are free and can be arranged by contacting your local Department of Conservation and Land Management office or CALM Wildlife Branch on (08) 9334-0455. Applications are assessed on their effect on the conservation of the species as a whole and require at least six to eight weeks to be processed. A penalty of up to \$10,000 applies to Declared Rare Flora that is taken without a permit.

How do I know where Declared Rare Flora grows on roadsides?

Declared Rare Flora sites on roadsides are generally marked with two yellow markers which are bent to face towards each other as shown in the illustration, These markers are commonly known as 'Hockey sticks' or DRF markers.

DRF markers indicate that Declared Rare Flora occurs somewhere along the roadside between the markers. If work is proposed around these markers and your manager has not identified the presence of Declared Rare Flora or given you instructions on carrying out works, contact your manager before proceeding.

Continuing road works without obtaining

a permit may break the law and jeopardise a critically endangered plant population.

Each time a new population of Declared Rare Flora is found, formal notifications are delivered to the appropriate landowners and managers. So, even if no DRF markers are present on the roadside, your Works Manager will be able to inform you of any Declared Rare Flora sites in the shire.

Declared Rare Flora is given special protection under State and Federal legislation to prevent extinction and to maintain biodiversity. Everyone is responsible for protecting Declared Rare Flora for the future.







Consumer Watch

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email:candice.evans@dmirs.wa.gov.au

22 November 2023

Electrical safety this summer

Decorative lights, electronic gifts and DIY projects are hallmarks of the festive season, prompting WA's electrical safety regulator, Building and Energy, to share top tips for a safe summer.

Festive lights are a popular addition to homes at this time of year, but damaged or incorrectly used lights can cause electric shocks and fires. Consumers are urged to check that lights, cords and plugs are undamaged, untangled and working well, particularly if they have been in storage.

It is important to follow the manufacturer's instructions, including whether the lights are suitable for indoor or outdoor use. Outdoor lights should have an ingress protection (IP) weatherproof rating. Switching off the lights is recommended before going to bed or leaving the house.

Consumers should be wary about buying lights and other electrical equipment from overseas because they may not comply with Australian standards. Look for a "triangle and tick" symbol, which is a regulatory compliance mark showing the appliance has been independently approved for use in Australia. The plug pins should have an insulation layer that covers at least half the pin length. This protects against contact with live metal parts if the plug is not fully pushed into the socket outlet.





Summer is a popular time for DIY projects, but Building and Energy warns that the general public should never attempt their own electrical work. This is illegal and extremely dangerous.

If someone must access the roof space of a house, it is vital that the mains power is switched off beforehand. Hazards such as damaged insulation, exposed live parts or dislodged components have tragically caused electric shocks and electrocution. Turning off the mains power is a legal requirement for any worker entering the roof space of a home.

Lithium-ion batteries may also feature on the festive agenda as part of gifts or home improvement projects. Building and Energy's fire safety advice includes not mixing and matching batteries and chargers, even if they fit together. Only use the official equipment supplied for a particular device. Batteries showing signs of swelling, overheating or damage should never be used and should be disposed of safely.



Anglican/Uniting Church.

Parish of North Midlands.

Contacts: Diana V 0429 888 558 Phil T 0428 226 581 Nev B 0427 131 457

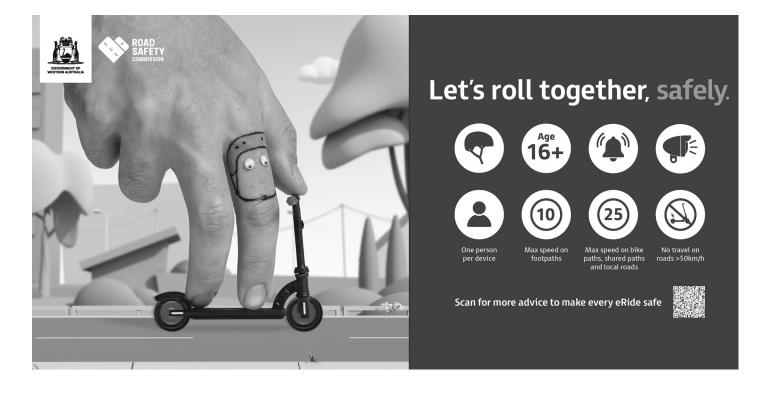
lan Billinghurst 0400 204 355 Brenda B 0427 511 339 Wayne S 0414 521 984

Hendrik G 0497 224 004

In the towns of Three Springs, Carnamah, Coorow you can tune in to 88.0 FM Vision Christian Radio or listen through their website.

Advanced notice:

<u>"As For Christmas" Service Sun. 17th DEC. 10:00 a.m.</u> Holy Apostles Church CARNAMAH Holy Communion led by Revd Raymond Molyneux.



INDOOR BOWLING

EVERY TUESDAY 9AM - 11AM CARNAMAH RECREATION CENTRE

Everyone Welcome

Tea & Coffee Available

Contact: Joseph Gray

Phone: 0427933434



Enjoy Friendly Company and Fun Times

Carnamah Men's Shed

P.O.Box 28 Carnamah WA6517

JOIN OUR GROUP

The members of Carnamah Men's Shed wish to advise that we are inviting expressions of interest from Women and young people keen to participate in the activities of our Shed.

We particularly want to encourage people of younger generations to come along and tap into the acquired wisdom on offer from the Seniors of the Carnamah Men's Shed, not only to learn the skills of metal and woodworking but also to gain guidance in developing life skills that may have been missing whilst growing up.

We meet mainly on Tuesday afternoons around 2pm and offer the opportunity to socialize with other like-minded individuals who share an interest in wood or metal working. Projects may be personal or for the benefit of the community but rest assured you will acquire new skills and knowledge as well as friends if you come along and get involved.

We have a great selection of machines and tools to facilitate achieving your goals as well as a variety of raw materials with which to construct your project.

Come along and introduce yourself!

We meet in the big gray shed opposite O'Driscoll's Engineering in Forrester Avenue, Carnamah.

For more information please contact the following:

President: Lindsay Isbister 0428306969 Secretary: Nigel Robins 0473239275

Domestic Violence can cause Concussion

Concussion is a head injury that results from a forceful impact to the head, neck, or body; causing the brain to move rapidly within the skull

Each concussion is unique, with different signs and symptoms You do not need to be knocked out to have a concussion

Signs and Symptoms



- Lying still
- Slow to get up
- Tired / Drowsy



- Stumbling
- Poor balance



- Grab their head
- Headache



- Vision changes
- Confusion
- Difficulty
 concentrating

RED FLAGS - seek immediate medical care



- Neck pain
- Severe headache
- Double vision



Vomiting



- Loss of consciousness
- Seizure



Increasing agitation

The signs and symptoms of concussion usually go away in 4 weeks.

Domestic and family violence and physical assault can result in concussion.

You may not realise you have suffered a concussion at the time. Signs and symptoms of concussion may take time to develop.

Seek medical care or let someone know if you do not feel well.

www.connectivity.org.au © Connectivity 2023





From the Shire Archive

This week I have been looking into some of the documents around the office and helping to tidy up ready for the Christmas Break. With an order of Archive boxes I have been able to get ready some boxes ready for shredding. Sensitive documents are often shredded and this can often include documents that have come into the Shire. The Shire has a records system which can identify these document and privacy is very important when it comes to the disposal of records especially with cyber crime increasing and the prevalence of identity theft. Shredded paper is then recycled in the community which makes records useful even after they have been destroyed. Last week we looked at the Recreation and Culture area of recordkeeping and this week we are going to look at Risk Management. Risk Management related to Insurance which covers Insurance Policies, Claims and Reporting. Most of this work is done beyond the scope of the Records Manager and I have very little to do with this area besides recording documentation. Of course keeping records around this is important for the running of the Shire and ensuring that things are done safely and correctly.

History

1962—Amendment of the town of Carnamah Boundaries

1973—Levelling of the streets in Eneabba

1990—Council Community Forum held called Carnamah—Our Future

1999—Carnamah Court of Petty Sessions and Children's Court closes

1999—Sand Pad laid for a new Ambulance building in Eneabba

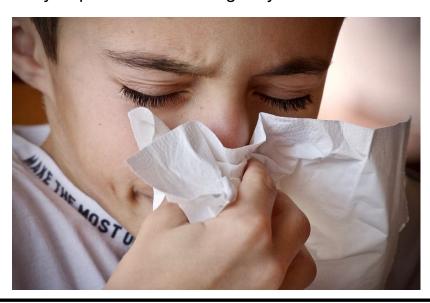


Covid Update

We are seeing some cases of Covid re-emerge in the community. Unfortunately free Covid Tests are no longer available at the Shire as we have depleted stock. Please be aware that old Covid Tests have been known to dry up and therefore may not be an effective way of testing.

Masks may be required in a few different setting especially at medical facilities so please consider wearing them. The Shire of Carnamah does have some hand sanitiser still available if you require. This is free to the community.

Even though there are no restrictions on moving in the community please consider staying home if you have symptoms, you can call ahead and businesses may be able to assist with any inquiries. In an emergency call 000.



Are you aged 75 years or older? If it has been 6 months since your last COVID-19 vaccination or infection, it is recommended that you receive an additional COVID-19 vaccine dose now.

People aged 65-74 years and people aged 18-64 with severe immunocompromise should also consider receiving an additional dose, following discussions with their health care provider.

If you are unsure of whether you have had a COVID-19 infection in the last 6 months, it is safe to get another dose.

If you know an older person living in Australia who may benefit from this information, please share it with them.

Book an appointment at healthdirect.gov.au/australian-health-services or or call 1800 022 222 for COVID-19 advice.

Do you need an additional COVID-19 booster? If you are aged: 75+ Recommended 65+ Consider Younger people, aged 18 to 74 should also consider an additional 2023 booster if they're at higher risk of severe COVID-19 illness.

Book an appointment at healthdirect.gov.au/australian-health-services

Vaccines can be booked 6 months after your last

COVID-19 vaccine dose.



Child safety is everyone's responsibility

Safe online and offline



Physical and online environments provide both **opportunities and risks** to children's safety and wellbeing. Online environments can be particularly unsafe for children and young people. A child safe organisation is one that:

- uses tools to protect children online, including internet filters and Bring Your Own Device policies
- takes action to prevent online abuse and exposure to inappropriate material
- responds to concerns quickly and appropriately.

Organisations need to find a balance between managing risk and a child's right to privacy and healthy development. Setting and communicating expectations with children and young people **early and openly** can reduce the likelihood of harm.

Contact your local government for more information on resources to create safe environments.

If you think a child is at **immediate risk of harm** dial

000

For non-urgent inquiries dial

131 444

Song Trivia (Guess Song and Artist)

1. What about Me? - Moving Pictures, 2. Down Under—Men at Work, 3. Key Lago—Bertie Higgins, 4. Our Lips Are Sealed—The Go Go's 5. Six Months In a Leaky Boat—Split Enz, 6. Ebony and Ivory—Stevie Wonder and Paul McCartney, 7. Centerfold—J Giels Band, 8. Mickey—Toni Basil

1989 was a great year in music as we ended the 80's. The top selling single of the year was a controversial hit which the Catholic Church condemned for it's depiction of religious symbology in the video. Their prayers weren't answered as this lady, also with a religious name, made it to No 1. (1)

The highest Aussie Artist eyed the number 2 spot with her seductive song. She would become a Superstar especially later in the role of Mary Magdalene. (2) A shock rocker from the 70's returned to the charts with a power ballad at number 18 this year wonder if it should have come with a warning label (3) An Aussie band with an odd year as their name had the 21st biggest selling hit. The soft ballad was their biggest hit and the video showed them playing in a local town hall.(4) A singer who started his career in 1953 definitely "had it" in 1989 with the number 23 hit song. Unfortunately he passed away the year before(5).

A song about a friends struggle with cocaine addiction marched into the 30th biggest hit in Australia, written by the singer this song was later sampled by Eminem (6) In at number 34 at Scottish band named after an American state had a song with a distinctive slide guitar beginning. The lead female singer repeated the chorus a few times to start the song. (7)

A Tribute to Dale Spender

Х S Ε Ε Е Q В Р R Е Х С S С D Е Q G D Υ Q Р А Е Z Z С ĸ R K S N S 0 C Р Т U N R K U N O А \Box F В Т Q F O O F U D ı М S Q D Α В Е Z D O н O н Υ I Υ R O Н В В S Ν т S S S В С С S D s н R Т S Q Е Ε Х М D w s O Х Ν ĸ Е s М Н Т Q Z S S D K F L O В S C С Т В O R Н V Е С Т Е L Z С С U D Ν J А U R Т O Е ı W S Т Х O Х Е М N Е Е U Т Ζ K Α Е В Z O Р G Z Ν S т Z Z K В D Е В G S С G Ζ O S R G Е Т Т Е Z P Р w т O Q М Z N

AUSTRALIAN TEACHER DALE PRESS EQUALITY SUFFRAGETTE FEMINIST WRITER SPENDER EDITORIAL RESEARCHER SCHOLAR CONSULTANT PANDORA PURPLE KODAK



Remember to give 100% in everything that you do...Except for giving blood.

Never get angry with a procrastinator... they never did anything.

The early bird might get the worm but the second mouse gets the cheese.

Instead of a sign that says do not disturb I need a sign that says "Already disturbed proceed with caution"

After 10 years a mother started questioning why their child didn't look like them so she took a DNA test and found out the child wasn't theirs. She mentioned this to her husband who replied "You don't remember do you?"

"When you were in hospital, we were just about to leave and the baby pooped. You told me to go and change him so I went inside got a clean one and left the dirty one there"

I compare my marriage to a workshop... I work and my partner shops.

Yeah I'm into fitness... fitness this whole taco in my mouth.

I just spent 2 hours watching the worst comedy ever...seriously no laughing matter.

SCATTERGORIES

Try to complete the lists. Complete game 1 then see if you can find a different answer for game 2.

Letter E

Transportation
School Subject
Furniture
Found in the Ocean
Notorious People
Internet Lingo
Cooking Utensils
Things in the Sky
Diseases
Vacation Spots

Game 1.	Game 2.

Carnamah Tennis Club Fixtures 2023

2023	Time	Tennis		Cleaning
Friday, 6th October	6pm	Opening Night	BBQ	Busy Bee
Sunday, 15 th October	3pm	Social Tennis		Isbister
Sunday, 22 nd October	3pm	Social Tennis		Fowler
Sunday, 29th October	3pm	Social Tennis		-
Sunday, 5 th November	3pm	Tennis West Group Coaching Session	BBQ	Hutton
Sunday, 12 th November	3pm	Social Tennis		Opalinski
Friday, 17 th November	6pm	Mixed Doubles Championship	BBQ	Haeusler
Sunday, 26 th November	3pm	Social Tennis		Brown
Sunday, 3 rd December	3pm	Handicap Doubles		Dring
Saturday, 9th December	TBA	Zone Junior Tennis Tournament in Coorow		
Sunday, 10th December	3pm	Social Tennis		Broun
Saturday, 16 th December	3pm	Singles Championship	Christmas Dinner	Camac

2024	Time	Tennis	Cleaning
Saturday, 6th January	4pm	Twilight Tennis	= "
Saturday, 13th January	4pm	Twilight Tennis	-1
Saturday, 20th January	4pm	Twilight Tennis	-
Saturday, 27 th January	3pm	Fast Four Tennis	
Saturday, 3 rd February	3pm	Can and Bottle Day	
Saturday, 10 th February	3pm	Social Tennis	
Saturday, 17th February	3pm	Kings and Queens of the Court	
Saturday, 24th February	3pm	Social Tennis	
Saturday, 2 nd March	3pm	Doubles Championship	
Saturday, 9th March	3pm	Social Tennis	
Saturday, 16th March	3pm	Social Tennis	
Saturday, 23 rd March	3pm	Closing Day	

CARNAMAH COOROW BASKETBALL ASSOCIATION

WOMEN'S BBALL

Week 4 results:

Lakers 60 def Madpies 36 and Stars 32 def Queens 23

Lakers	Fouls	Pts
Katrina C	5	50
Alyce S	2	48
Bertha M	0	31
Sara K	7	28
Helen C	6	24
Jerri-Lee C	1	15
Nevaeh M	4	14
Shannah B	4	6
Hayley C	2	4

Madpies	Fouls	Pts
Chyanne J	5	42
Tiarna K	4	37
Daniel E	5	29
Stacey B	5	26
Christina C	0	6
Olivia H	0	6
Jett T	1	3
Savannah V	0	2
Grace B	2	0
Charlotte	1	0

Next	gar	nes	s: 2	9 1	VO	V٠	_
	_						

630PM - QUEENS VS MADPIES (INSIDE) 730PM - LAKERS VS STARS(OUTSIDE E)

Queens	Fouls	Pts
Alyce F	3	18
Emma O	2	16
Callum I	3	14
Cass K	4	12
Renee A	7	9
Lydia H	4	6
Hayley C	9	4
Declan M	0	2
Amy S	1	0

Stars	Fouls	Pts
Donna O	6	52
Archie C	5	30
Jillpeta K	1	12
Caitlin W	3	9
Kirby B	0	6
Anne Marie M	3	2
Georgia H	1	2
Casey G	3	2
Fiona M	2	2
Harlen T	0	0



MEN'S BBALL Week 5 results:

OCs 46 def Bandits 43 -- TS Suns 47 def Benchwarmers 20 -- Morawa 73 def Morawa AG 50

Bandits	Fouls	Pts
Rylie P	2	60
Rayden S	5	55
Alex S	6	19
Connor M	3	19
Riley I	2	13
Nash H	0	12
Reuben D	3	6
Luke S	2	6
Kane S	2	5
Tom W	3	5
Jeremey T	6	4
Jackson D	3	2
Lachie B	1	2
Archie C	1	2

TS Suns	Fouls	Pts
Jerome M	8	53
Jesse T	4	53
Kody K	7	28
Reece H	5	13
James A	10	12
Brad T	5	7
Brendan W	4	5
Keenan M	0	2

Morawa	Fouls	Pts
Cohen T	5	79
Travis J	0	63
Henry L	4	57
O'Shaye	4	37
Damien	1	26
Kasey G	8	13
Ronald	8	11
Darren	1	9
Alan E	0	8
Antoine	0	8
Daniel G	2	4

Morawa AG	Fouls	Pts
Damon B	3	41
Jamie S	5	38
Kai B	4	19
Liam J	3	12
James O	0	11
Theo B	0	8
Nathan G	1	6
Hunter B	0	4
Drew F	0	2

OCs	Fouls	Pts
Bruce C	15	87
Gerrit V	1	34
Simon B	8	28
Daniel E	3	25
Josh C	6	16
Mitch H	3	13
Correy B	3	10
Brendon H	2	5
Alan C	1	4
Luke R	1	4
Warrick B	1	3

Benchwarmers	Fouls	Pts
Robbie E	1	60
Ashton	10	31
Johalwyn	1	19
Calib	1	9
Cameron	1	8
Louis H	1	6
Darren	0	4
Ben H	3	3
Ben W	6	3
Ethan B	6	0

Next games:

29 NOV –

730PM OCS VS TS SUNS

(OUTSIDE W)

730PM BANDITS VS

MORAWA AG (INSIDE)

830PM MORAWA VS

BENCHWARMERS
(INSIDE)

****Remember umpire duties before or after game ****

\$60 SUBS PER PLAYER NOW DUE!!

2023/24 committee

President Justine Camac 0429 951 000 Secretary

Barb Smallwood 0459 222 235

Treasurer

Alan Chisholm 0429 365 678



VOTE FOR YOUR FAVOURITE DISPLAY IN THESE TWO CATEGORIES:

BEST HOUSE DISPLAY
(YOU MUST WRITE AN ADDRESS)

BEST BUSINESS DISPLAY
(YOU MUST WRITE AN ADDRESS)

Return your vote in the boxes located at Carnamah Foodworks, Post Office and Shire Administration office



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