



2020 8am start



PROUDLY Stralian



# is coming to Denham

If you're a woman aged 50 years and over, make your appointment now for a FREE screening mammogram.

(All women 40 years and over are eligible)

# 6 - 8 January 2020

Appointments will fill fast. Book now!



BreastScreen WA's mobile will be at:

**Shark Bay Recreation Centre** 30 Francis Road



Book your free screening mammogram online www.breastscreen.health.wa.gov.au or phone 13 20 50



9am - 12.00pm Monday

6.30pm

9am - 12.00pm Tuesday 5.00pm - 6.00pm

9am - 12.00pm

Wednesday

6.30pm

Thursday 9am - 12.00pm 9am - 12.00pm Friday Saturday 9am - 12pm

Courts open - @ Rec Centre

Badminton - adults only @ Rec Centre

Courts open - @ Rec Centre Walking group - @ CRC carpark

Courts open - @ Rec Centre

Indoor Soccer - adults only @ Rec Centre

Courts open - @ Rec Centre Courts open - @ Rec Centre Courts open - @ Rec Centre

Children under 7 years must be accompanied by an adult at all times in the Recreation Centre.







# **Executive Officer's Report**







# **UPCOMING ACTIVITIES**

The Shark Bay CRC has been approved grant funding to host a Harmony Week event in March 2020 in partnership with the Shark Bay Youth Group. The days activitites will include a fun and enaging experience at our local Recreation Centre and will include each participant receiving a World Harmony Vision 2020 passport. Each passport will include the participants name and address details (similar to a legal passport) as well as their fingerprints. The passport will then be used and stamped as they travel between different countries on display which will include general information about the country, quizzes as well as giving everyone a chance to play a sport derived or quite popular from that country. At the conclusion of the event, everyone will be invited to sample foods from each country.

# **COMMUNITY TRAILER**

The Shark Bay CRC has acquired a trailer from the Denham Seniors group. This trailer is currently being furnished to become a community events and use trailer. Our plan is to fit the trailer out with tables, chairs a bbq etc for when a events are held. Community groups that are members of the CRC will also have access to the trailer for use at their events.

# SPORTS DISCUSSIONS

Staff at the Shire of Shark Bay and Shark Bay CRC have also been in discussions with Sports officers from around the region who are keen to start sporting workshops throughout the Gascoyne, finishing off with a games days in Carnarvon. The comunity trailer could then also be used to tow equipment, sleeping gear etc to events within our region.

# **VACSWIM**

Vacswim will begin on Monday 13th January with lessons commencing on weekday afternoons on the Denham foreshore, adjacent to the Recreational Jetty. Late enrolments including full payments will be accepted the day before with lessons available to anyone between the ages of 5 and 18 years of age. IMPORTANCE NOTICE - Although we do live in Denham and some children are granted permission by their parents unsupervised, it is a Department of Education requirement that during any Vacswim lesson, children MUST be collected at the end of each lesson by a adult, regardless of a childs age or swimming capability. This includes older primary and high school students. Parents are encouraged to source another parent who may be present at the conclusion of lessons to assume legal responsibility of their child, should they be unable to attend to collect their child at the completion of their lesson. If you have any queries, please do not hesitate to give myself a call as one of the swimming teachers on 0427 272 560.

Also note, it is important that our children learn to swim in all conditions, windy ad calm especially considering

we live on the sea. Although it may be our windy season here in Denham, our children are quite resilient and swimming teachers will adapt lessons to the conditions.

# **DID YOU KNOW**

The Shark Bay CRC is a registered Exam Supervision centre. If you are enrolled in university or are interested in sitting your STAT exam to enter university, you are able to nominate the CRC as your local exam centre, so you don't have to travel large distances to sit your exams.



Executive Officer's Report3
Shire notices 4
Shire President Report's5
Community Notices from 6
Kindy Gym7
Sandakan Scholarship 8
Coral Coast Dance Workshops9
Shark Bay Speedway Club
Australia Day puzzle11
The twelve days of Christmas Dirk Hartog Island style12
Shark Bay Entertainers13
Shark Bay Youth Group 14-15
Shark Bay Fishing Club16
Seth's Fishing Report16
Tides notice
Shark Bay P&C Association
Dementia Care Navigator19
Birthday & anniversary notices20
Parks & Wildlife21
A Silent Tragedy22
Shark Bay Community Men's Shed23
Shark Bay Hotel24
Shark Bay Hotel24 SES Shark Bay25
Vince Catania - Media Release26
St Andrew's by the Sea27
VMR Shark Bay 28-29
Shark Bay Bowling, Sport & Recreation Club 30
St John's Ambulance
Shark Bay School News 32-33
Denham Community Groups 34-35
Local Businesses & Tradies Corner
Editorial Policy & Advertising46
Community Calendar48



Gascoyne Chiropractic is visiting Denham at the Community Resource Centre

**NEXT VISIT** 

**MONDAY** 

20th January 2020

To make an appointment please call 9941 1490

Australia Day Puzzle



Starting at the white letter, move in any direction but use each letter only once. If you complete the puzzle correctly, you should find three words. These three words are all to do with Australia Day

Puzzle answer page 18





# **Cat Owners**

Please make sure your cat or kitten is registered!

All Cats over 6 months within the Shire of Shark Bay must be:

- Sterilized
- Registered
- Micro-chipped
- Wear a collar with registration tag

 Fees
 1yr
 3yr
 LIFE

 STERILISED
 \$20
 \$42.50
 \$100

Pensioners receive 50% off the above fees upon presentation of card.

The registration period is from 1 November to 31 October the following year.





# Shire President's Report

# Shire of Shark Bay Annual Report 2018-2019

The Shire's Annual Report for 2018-19 was received at the Annual Electors meeting held on 17 December. Highlights

for the year ended June 2019 include; the successful Shark Bay Rendezvous Festival and regular annual events such as the July Winter Markets and the Far Western Speedway competition, which continue to attract significant numbers of visitors to the Bay.

Our public facilities, including Little Lagoon and the Denhamforeshore and adventure playground, continually receive positive feedback from both locals and our everincreasing number of visitors. An independent Business and Economic survey conducted in June indicated that local business confidence and economic development in the Bay is definitely on the rise with an expectation also of increased employment opportunities.

The RAC Monkey Mia Resort expansion to a capacity of 1100 beds, was officially opened in November 2018 and has contributed to increased marketing of the area and also other local business investments. REX Airlines commenced operations in July 2018, with an expanded service and flight schedule.

The Shire introduced recycling services in September 2018, with the majority of the Shark Bay community embracing our innovative concept and utilising the 'collection centre' at the Shire depot. The Annual Report containing a full run-down of the Shire's activities and financial position for the year is available on the Shire's website.

# **COMMUNITY NOTICE**

Former local real estate agent and community member Anne Bruce passed away prior to Christmas. Condolences to Anne's family from the Shark Bay community.

Elizabeth Anne Paget Bruce
29 March 1936 - 21 December 2019

# Christmas, New Year and Australia Day

I hope everyone had a great Christmas break with friends and family and are now looking forward to how awesome 2020 is going to be in the Bay.

Don't forget that the Australia Day celebrations will take place on Sunday 26 January in the Shire Hall, along with the Australia Day Citizen, Youth, Senior and Group or Event Awards. Check with the Shire Office or Facebook announcements for further details.

Cheryl Cowell
President

# **Activities December**

04 WA Local Government Assn State Council

meeting – Perth

05 Thank a Volunteer event

06 Shire Seniors Christmas luncheon

06 Shire Staff Christmas function

09 Citizenship Ceremony – Monkey Mia

09 Gascoyne Development Commission Board

10 GDC Board Meeting – Carnarvon

17 Australian Citizenship Ceremony – Denham

17 December Council Meeting

17 Annual Electors' Meeting



DATES AND TIMES FOR THE ORDINARY COUNCIL MEETINGS FOR 2020

In Accordance with the Local Government Act 1995 Council wishes to advise that the Ordinary Council meetings for 2020 will be held as follows:

January – No ordinary meeting of Council to be held; February – Wednesday 26

March - Wednesday 25

April - Wednesday 29

May – Wednesday 27

June – Wednesday 24

July 2020 – Wednesday 29

August 2020 – Wednesday 26

September 2020-Wednesday 30

October 2020 - Wednesday 28

November 2020 – Wednesday 25

December 2020 - Tuesday 15

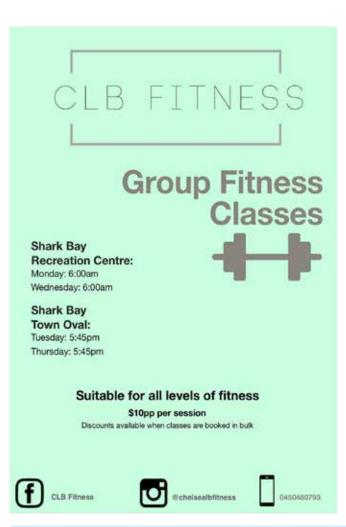
December 2020 – Tuesday 15

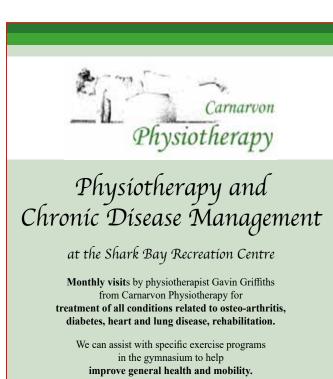
All meetings will commence at 3.00 pm in Council Chambers

Paul Anderson

Chief Executive Officer







Dates for the service will be advertised on

Shark Bay News and Views, Shark Bay Buy Sell and Swap and

local Notice Boards.

For appointments call 9948 1400 and ask for appointment with Gavin or email admin@carnarvonphysio.com

# Community Surf Rescue Courses (CSRC)

# Full course 23<sup>rd</sup> & 24<sup>th</sup> March 2020 starting at 3pm on both days.

- Water activities: approx 90 minutes (The water activities including a timed swim over 200 metres in less than 5 minutes & a Run / Swim / Run each leg of 100 metres also in a time of
  - Classroom: for hands on with First Aid, Resuscitation, Theory approx 90 minutes on both days.
- Water rescues with & without equipment, spinal management & retrieval of a person in the water & the steps to perform resuscitation if required.
- Patient management till more skilled persons arrive (Ambulance).

The idea behind the course is to give members of the wider community basic lifesaving skills for every day life. The level of fitness required is basi The course is available to anyone over the age of 13 years. For more information or to register, please contact Trevor Cibb, Course Facilitator 0417 920 125

# Kindy Gym Christmas Party & Graduation 2019

The SBCRC and all of our wonderful Kindy Gym members wound up the end of year with a lovely Christmas/Graduation party. This much anticipated initiative was funded with the assistance of the Shark Bay Shire's Community Grant's which gave the SBCRC the opportunity to purchase some new play equipment, tressel tables, Christmas decorations & craft, Christmas and Graduation presents as well as the catering for the party. Thanks Shark Bay Shire!

After a play with all the new equipment, doing some Christmas craft and then enjoying our delicious morning tea, we had a special visitor arrive in style on a fire truck. Santa and his special elf helper came to hand out the presents to all the children, with some being a little more shy of Santa than others. A huge thank you to Shark Bay Firies for letting Santa arrive in a beautifully decorated fire truck. Thank you Shark Bay Youth Group and Claire Cooper for donating two of their youth members time to contribute to the party (thanks Rane and TelleishaRose)! Also, to the special helpers... Joe, George, Claire H, Jamie and Judy a big thank you!!

We also had some of our participants

graduate from Kindy Gym as they are moving on to full time pre primary at School. We wish Jett, Claire, Marley, Arlee and Denham all the best in Pre Primary next year, we will miss all your little characters!

A special shout out to Cason Crawley who turned 4 on the 18th of December, thanks for the yummy cake too!

Have a safe holiday and see you all again in 2020.

Miss Natt



























Classes will resume back on Tuesday the 4th of February @ 9:30am.





# BORNEO EXHIBITION GROUP Est. Perth, 2003

# SHARK BAY SANDAKAN SCHOLARSHIP



DEATH MARCHES

A huge thank you to the panel who judged two absolutely outstanding presentations competing for the 2019 Sandakan Scholarship. The judges involved stated that it was the best presentations they have seen and the decision to choose one winner was a hard.

The two contenders were teenage girls both from Shark Bay School and both also presented for the Scholarship in 2018. Having another attempt for the Scholarship in 2019 proves the maturity and resilence these girls are developing, having the attitude "don't give up – try again!". Great ambassadors to the School, our community and their families. Congratulations to both outstanding candidates Chloe Rawlings and Catherine Morris for their efforts. If only we had enough money to send both girls on the Scholarship as they both truly deserved it.

The 2019 winner and their guardian win's a 2 week WWII memorial tour of Sabah and Sarawak – Borneo departing April 2020.

After meeting other fellow travellers at Perth International Airport the group will depart for Borneo. Throughout the tour, the group will honor our fallen soldiers at different sites throughout Borneo and will spend Anzac Day at the War Graves Cemetery on the duty-free island of Labuan, meeting local dignitaries, visiting the orangutan's and probiscus monkey sanctuaries and will also learn about the different native tribes and cultures. Places in Sabah & Sarawak - like Sandakan, Kota Kinabalu and the famous "City of Cats" Kuching are included in the tour. The group will experience various types of accommodation; one is even high in the mountains opposite Mt Kinabalu. A beautiful location, promoted as a place to watch the clouds roll by, under your window.

This scholarship is worth in excess of \$6,000.00 for 2 people. It includes all flight, ground travel, accommodation, meals and ground guides for the whole duration of the tour whilst in Borneo. It does not however include travel insurance, spending money, passport expenses, some personal meal costs and the expenses between Denham to Perth.

A huge thank you to all those who have supported our group with our fundraising throughout the year which

is used solely for costs of this scholarship. Special thanks to the Shark Bay Fishing Club, Shark Bay Youth Group and RAC Monkey Mia for their generous donations and ongoing support.

Judges announced that the overall winner was Catherine. Well done Catherine and we hope you have a great time on the tour, learn lots, interact with the locals, enjoy yourself in another culture and come back and encourage your fellow peers to participate in the 2020 Scholarship.

Joe McLaughlin



# Want to know what's going on at the Shire?

**Road Closures** 

**Community Meetings** 

**Mosquito Fogging Program** 

**Rubbish Collections** 

**Community Events** 

Rose Freycinet Gallery Displays

**Project Updates** 



# Sign up to receive free SMS Updates to your mobile phone

Please fill in the information below and hand in to the Shire office or email to reception@sharkbay.wa.gov.au

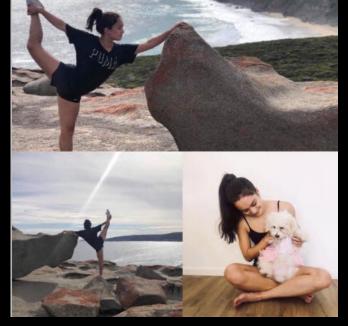
Name
Mobile Phone Number
Email Address





# **CORAL COAST DANCE ACADEMY PRESENTS**

# DANCE WORKSHOPS



# 18TH & 19TH JANUARY

**DANCE & ACROBATICS**FOR AGES: 3 - 15 YEARS

\* \$20 for one class on day 1 only\* \$25 for one class over the 2 days\* \$40 for both classes over for 2 days

Bookings to Miss Amy on 0438 934 000 or info@coralcoastdanceacademy.com.au

# DANCE & ACRO WITH MISS RACHEL

DAY 1 - Saturday 18th January Technique, steps & new tricks

BEGINNER/JUNIOR DANCE (4 - 8 YEARS)
9am-10.30am

**SENIOR DANCE (9 - 15 YEARS)** 10.30am - 12.30pm

BEGINNERS/JUNIOR ACRO (4 - 8 YEARS) 12.30pm-2.00pm

SENIOR ACRO (9 - 15 YEARS) 2.00pm-3.30pm **DAY 2 -** Sunday 19th January Choreography (routine)

BEGINNER/JUNIOR DANCE (4 - 8 YEARS)
9am-10.30am

**SENIOR DANCE (9 - 15 YEARS)** 10.30am - 12.00pm

BEGINNERS/JUNIOR ACRO (4 - 8 YEARS) 12.30pm-2.00pm

SENIOR ACRO (9 - 15 YEARS) 2.00pm-3.30pm

Proudly supported by the Shire of Shark Bay



# **Shark Bay Speedway Club**

Firstly, we would like to send a huge thank you to all our 2019

members and race fans for another great year, including a big shout out to all that have helped at the club over the year. As they say a club is only as strong as their volunteers, so all the hard work you put in behind the scenes to ensure we put on a great show, is greatly appreciated.

Our 2019 Annual General Meeting was held on Monday 2<sup>nd</sup> December with the following voted in to represent us for our 2020 season

President – Michael Reynolds Vice President – Greg Hewitt Secretary – Emma Lockhart Treasurer – Joe McLaughlin

We also discussed a few happenings around the club and confirmed a few of our race dates for the new season. Following on from the success of our first Gascoyne Series with Carnarvon Speedway Club it has been agreed upon to hold another round on the long weekend of the 25th & 26th April 2020 with the Saturday meet being held in Shark Bay during the afternoon, followed by a night time meet on the 26th at Carnarvon. Unfortunately long weekend dates are limited during our race season which enables the Gascoyne Series round to continue. With Carnarvon already hosting the Nor-West Championships over the June long weekend, we are limited to the ANZAC day weekend only. In support of our local ANZAC Day activitites, the RSL and emergency service organisations who partcpate in the mornings service march etc, the days racing will not start until the afternoon.

The annual Far Western Championships has been confirmed as the 11<sup>th</sup> July 2020, always the middle weekend of the July school holidays.

Another huge thank you to all that turned up for our Christmas Party on the 14<sup>th</sup> December. It was a great afternoon with all the kids (even some big kids) enjoying the slippery dip and Santa's arrival in his very own Speedway Car.

2020 Club memberships are now due and if you are keen to support our local Club and attend any race meet during 2020 for free, then its financial viable to join. Costs for social membership are;

\$30 adults

\$15 kids (school aged to 15)

\$80 family (2 adults + 2 kids)

Looking forward to another big year on the clay!

Emma Lockhart

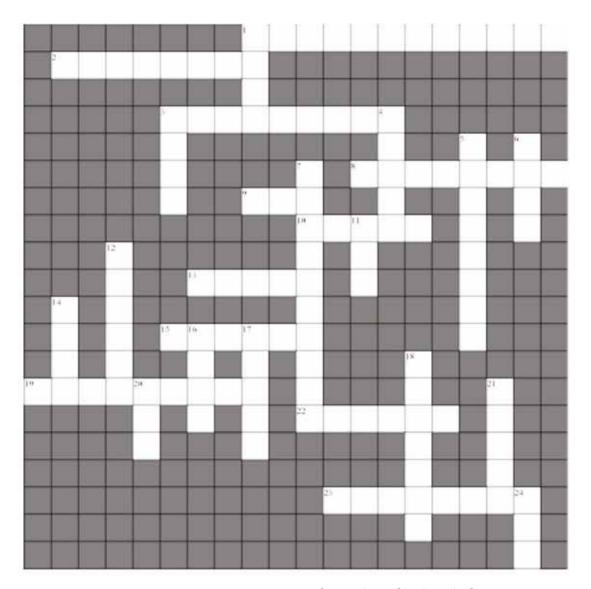












# **Across**

- 1. What special year was 1988 for Australia?
- 2. What is the ACT floral emblem?
- 3. This exciting, night-time event is common on Australia Day, except in northern Australia, whose wet season makes this event difficult.
- 8. In La Perouse, some indigenous Australians mark Australia Day with an inaugural .......Concert?
- 9. A kangaroo and what other animal feature on Australia's coat of arms?
- 10. What does the red section of the Aboriginal flag represent?
- 13. On the National Flag, how many points does the Federation Star have?
- 15. According to the words of Australia's National Anthem, in what sort of strains should we sing?
- 19. On Australia Day wewhat's great about Australia.
- 22. What is the capital of the Northern Territory?
- 23. On Australia Day, many new Australians take an oath and become what?

# **Down**

- 1. What colour is the wide centre stripe on the Torres Strait Islander flag?
- 3. How many stars on the New South Wales state flag?
- 4. The floral emblem of South Australia was named

- after explorer Charles who?
- 5. This state's floral emblem is the Common Heath?
- 6. People from Western Australia are sometimes fondly referred to as ......- gropers?
- 7. Which state counts the Great Barrier Reef as one of its many tourist attractions?
- 11. Tasmania's state flag contains an image of what colour lion?
- 12. The golden is Australia's floral emblem?
- 14. Lionel who was the first Aboriginal Australian of the Year?
- 16. What national gemstone is sometimes referred to as the "fire in the desert"?
- 17. The group of ships that arrived in Australian on 26 January 1788 are called the First what?
- 18. Captain Arthur......landed at Sydney Cove on January 26, 1788.
- 20. Australians often share what meal/activity with family and friends to celebrate Australia Day? (abbreviation)
- 21. .....and gold were proclaimed as Australia's national colours by the Governor-General on 19 April, 1984.
- 24. The shield in the centre of the coat of arms is divided into how many sections?



4 dibblers hunting, 3 rufous hare-wallabies, 7 Bay mice scratching, 8 stick rats weaving, 6 boodies bouncing, Christmas Dirk Hartog Island styl 5 woylies, 4 dibblers hunting, 3 rufous hare-wallabies, On the SEVENTH day of Christmas my true love sent to me 7 Bay mice scratching, 6 boodies bouncing, The twelve days of 5 woylies, 2 bandicoots leaping and a banded hare- wallaby On the SECOND day of Christmas On the FIRST day of Christmas my true love sent to me my true love sent to me A banded hare-wallaby

2 bandicoots leaping and a banded hare- wallaby

2 bandicoots leaping and a banded hare-wallaby On the ELEVENTH day of Christmas

On the EIGHTH day of Christmas

my true love sent to me,

Ten Heath Mice leaping,

11 mulgara jumping,

9 chuditches chasing

7 Bay mice scratching,

6 boodies bouncing,

5 woylies,

8 stick rats weaving,

my true love sent to me 7 Bay mice scratching, 8 stick rats weaving, 6 boodies bouncing,

5 woylies,

2 bandicoots leaping and a banded hare-wallaby 4 dibblers hunting, 3 rufous hare-wallabies,

On the NINTH day of Christmas my true love sent to me, 9 chuditches chasing

2 bandicoots leaping and a banded hare-wallaby

On the TWELFTH day of Christmas

my true love sent to me,

12 grasswrens hawking,

10 heath mice leaping,

9 chuditches chasing

8 stick rats weaving,

11 mulgara jumping,

7 Bay mice scratching,

6 boodies bouncing,

5 woylies,

4 dibblers hunting, 3 rufous hare-wallabies,

7 Bay mice scratching, 8 stick rats weaving, 6 boodies bouncing,

2 bandicoots leaping and a banded hare-wallaby

On the SIXTH day of Christmas

my true love sent to me

6 boodies bouncing,

5 woylies,

4 dibblers hunting, 3 rufous hare-wallabies,

2 bandicoots leaping and a banded hare-wallaby 4 dibblers hunting, 3 rufous hare-wallabies, 5 woylies,

On the TENTH day of Christmas my true love sent to me, 10 heath mice leaping, 9 chuditches chasing

2 bandicoots leaping and a banded hare-wallaby



4 dibblers hunting, 3 rufous hare-wallabies,





























8 stick rats

5 woylies

4 dibblers

2 bandicoots

1 banded hare-wallaby

6 boodies

9 chuditches

12 grasswrens

11 mulgara

10 heath mice

p. 12

2 bandicoots leaping and a

oanded hare-wallaby

3 rufous hare-wallabies,

On the THIRD day of Christmas

my true love sent to me

2 bandicoots leaping and a banded hare-wallaby

On the FIFTH day of Christmas

my true love sent to me

5 woylies,

4 dibblers hunting, 3 rufous hare-wallabies,

On the FOURTH day of Christmas

my true love sent to me

bandicoots leaping and a banded hare-wallaby

4 dibblers hunting, 3 rufous hare-wallabies,



# CAROLS ON WHEELS ... is about...

- \*... Bringing the Spirit of Christmas to many who live and visit the Bay.
- \*... Singing "Christmas Carols" and songs "old & new".
- \*... Dressing up in Christmas colours and Chrissy hats of many designs.
- \*... Driving around Shark Bay in a very festively decorated bus.
- \*... Climbing aboard the bus with bells, triangles, and tambourines with the sole purpose of making a joyous noise, wishing all we passed a "Very Merry Christmas!".
- \*... At completion of our Monkey Mia venue a private tour Denham's Christmas Lights each house as spectacular as their neighbours.
- \*... The Icing on the cake was sharing of Christmas fares with the town hall audience at the completion of our last show.
- \*... We need to give a special thanks to Patricia our Coordinator, Julie our very special Bus Driver, Maggie our Choir Mistress, and Guitarist with infinite patience Carlos. Yourselves who smiled, cheered and clapped THANK YOU!

The Shark Bay Entertainers take this opportunity to say thank you the Shire of Shark Bay for the use of the Community Bus to bring "Carols on Wheels 2019" to our Community and Bay Visitors... There would be no show without "Them Wheels"...!



Patricia and Fay for the The Shark Bay Entertainers Carolers; Maggie, Sophie, Pamela, Rosemary, Jocelyne, Celia, Lisa, Neroli, Amy, Carlos, David, Bill, Derek, Geoff and John.



Denham Pensioner Units



Monkey Mia



Shark Bay Caravan Park



Denham Seaside Caravan Park



Shark Bay Hotel Motel



Carlos, Maggie & Julie



Julie Bus Driver Extraordinaire





Carols on Wheels Bus Fun

# <u>Shark Bay Youth Group</u>

# Youth of the Year Award 2019

Kyle Dobney has been an active member of Shark Bay Youth Group throughout 2019. Kyle has attended all of our Friday night sessions and 28 out of 34 Dodgeball Sessions.

Kyle is a well-mannered and polite young man, always trying his best and displaying great sportsmanship and friendliness to everyone. Kyle is always willing to help the younger youth members out and is a great leader to his peers. Kyle is very reliable and often shows up to events early and is the first to offer his assistance. Kyle can be relied on to ensure everyone has a turn and is treated fairly. Kyle understands his role as a senior member of our youth and takes this responsibility seriously; ensuring his behaviour is as expected.



Kyle has volunteered his time throughout the year by assisting with fundraising. Kyle was a great asset at our Car Wash; taking control of the pressure cleaner and showing a great work ethic.

Kyle has assisted with both of our Meals on Wheels this year; an event that has allowed our youth to help prepare and deliver meals to the Senior Citizens of our community.

Kyle volunteered to be part of our Youth Tradies Auction at our Quiz Night, freely giving up his time to go and wash a car, with all profits going back into Youth Group.

Kyle was one of our flag bears at the Shark Bay RSL ANZAC Day Service; attending both the dawn service and the 11.00am service. Kyle represented himself, his family and Shark Bay Youth Group with honour and integrity.

Kyle has obtained his "I'm Alert Food Safety" Certificate and was a great help making and serving hamburgers and hotdogs at the Winter Markets in July.

Kyle attended the Shark Bay Fishing Fiesta's High Tea, serving the guests with politeness and attentiveness.

Kyle supported one of his peers and walked 10km around Stella Rowley Drive to help raise money and awareness for Muscular Dystrophy. Kyle was able to set a solid pace due to his commitment to his own health, fitness and wellbeing.

Kyle helped his peers supervise children at the recent Shark Bay Bowling Club's Melbourne Cup Event; this was a great service to the parents and caregivers present; it allowed them some "adult" time whilst giving them the security and peace of mind to know their children were well supervised.

Kyle has attended both of our Camps in 2019; our Team Building and Leadership Camp and our Live Theatre Camp. During both of these events Kyle showed great leadership; giving everything a go and helping his peers at the same time.

Kyle was an active member of our Youth Forum with Kareem El Ansary; the 2019 Youth Representative to the United Nations. Kareem met with our youth and sought their opinions on what matters to them, what they think of the world now and what they think needs to change to give us all a better future. Kyle's input was a valuable part of this consultation.

Kyle participated in the Mac Attack Fishing Charter, using his skills and knowledge of his family's charter business to assist other youth members with their fishing. Kyle's help showed great initiative and allowed everyone to have a great time.

Kyle attended the 40 Hour Famine Backpack Challenge; going without technologies for 40 hours. Kyle was extremely helpful and always considerate of his peers, taking note of who liked to do particular jobs and allowing them to select these first. Kyle showed leadership amongst his peers by taking charge of the many challenges that needed to be completed to earn their food. Kyle had a great time in the soccer bump balls, challenging his mates to some pretty awesome bump tournaments!

Kyle has participated in the Group Fitness Classes with CLB Fitness. Kyle's commitment to his health, fitness and wellbeing is to be commended; he sets a high standard for his peers to follow whilst also encouraging them to achieve their own personal goals.

Kyle has accrued the most points of all our youth for the Shark Bay Youth Group Youth of the Year Award for 2019. This show's Kyle's commitment to giving back to his community, his commitment to being a leader amongst his peers, his commitment to his health and wellbeing, his commitment to his values and morals instilled in him by his parents and his commitment to belonging and enhancing Shark Bay Youth Group.

Kyle is a very deserving winner of this prize.

# **Shark Bay Fishing Club**

Following a successful 2019, the countdown to the 2020 Shark Bay Annual Fishing Fiesta has finally kicked in. Shark Bay Fishing Club Inc. held their Annual General Meeting on Monday 18<sup>th</sup> November 2019 with the following candidates voted in to head the committee for the next year.

President – Brian Childs Vice President – Shaun Burton Secretary – Emma Lockhart Treasurer – Joe McLaughlin

This year's Fiesta will be running from Friday 15<sup>th</sup> May to Friday 22<sup>nd</sup> May 2020 with crowd favourites bogan bingo, high tea and fireworks making an appearance in this year's program along with returning favourites from numerous years ago Kite Kinetics.

We would like to send a sincere thank you to the Shire of Shark Bay in approving our Significant Event Sponsorship application for a grant of \$8,000. This money will be used to enhance the event and provide greater cash prizes to grow the festival and increase attendance and economic dollars here in Denham and Shark Bay.

2020 membership is due and for minimal costs you can be apart of our local Club. We

will be holding monthly fishing competitions soon for members only with those wanting to participate required to pay a small nomination fee with the monthly winner taking all the nomination money as their prize!

Emma Lockhart





St John Ambulance

# First Aid Kits FOR SALE

at the Shark Bay CRC
Prices vary \$30 - \$40

# Seth's fishing report

Hello everyone its Seth for the last time and welcome back to my fishing report. It was my birthday during December and I got a boat (yes a boat), spear gun and a bunch of boating and safety gear. Look out!

Just after my birthday we went camping at Rocky Point. I travelled out with Mum so luckily as soon as we got there Dad and our friend Emma showed up also which gave me the excuse I needed for getting out of setting up camp..... "well now there is three adults so we are going diving". Which was great because my friend Beau came with us and found a large estuary cod hiding in a crack in the rocks. I couldn't get me brand new spear gun down there to shoot so Beau stuck his hand down in the cracks and scared the cod out which gave me the opportunity I needed to shoot it. It was 48cm.

The next day was a glass off and at about 7:00am Beau and I got driven up to the point so we could go for another dive. We didn't get anything but there was quite a lot of fish and activity. An hour later the wind picked up by like 20 knots but that didn't stop us.

Claire and Dave Harrower came out with their kids for the afternoon, which was nice. Soon after they came Dad, Dave, Beau and I went spearfishing and we swam about

500ms out to a reef. The weather was horrible. Big waves and strong current but super clear water. Also Beau had no flippers which slowed us down but I eventually gave him mine to help him out.



I'm pretty sure everyone can guess but I was the only one that got a fish. It was a decent sized blue bone which we ate for tea. Beau filleted it for me. Champion.

I also tried my new boat out and managed to get it flat out but the boat stopped because I left the choke out. It was Mums fault as she told me to pull the choke out when you are going to start the boat motor instead of saying pull the choke out when its cold.

Well thats my last article for the Shark Bay Inscription Post as I'm off to boarding school in Geraldton. Thanks

to everyone that has read and supported my work over the years. Lastly, leep your lines tight! #fishing4life

Seth Burton, 11 years old Junior Angler



# **DENHAM – WESTERN AUSTRALIA** Times and Heights of High and Low Waters LONG 113° 32' E LAT 25° 56' S

Last Quarter

○ Full Moon

JANUARY							
	Time	m		Time	m		
<b>1</b> WE	0321 1059 1747 2254	1.08 0.43 1.01 0.87	16 TH	0339 1058 1737	1.22 0.55 1.24		
	0354 1112 1821	0.99 0.50 1.05	17 FR ••	0000 0434 1049 1817	0.85 1.08 0.63 1.30		
3 FR	0043 0430 1117 1852	0.84 0.90 0.56 1.10	<b>18</b> SA	0125 0536 1032 1854	0.77 0.93 0.68 1.36		
<b>4</b> SA	0249 0522 1106 1920	0.78 0.79 0.62 1.15	<b>19</b>	0300 0652 1022 1933	0.67 0.79 0.70 1.40		
<b>5</b>	0.00	0.68 0.70 0.66 1.20	<b>20</b> MO	0425 2015	0.56 1.42		
<b>6</b> MO	0513 2017	0.58 1.25	<b>21</b>	0532 2102	0.45 1.41		
<b>7</b> TU	0557 2053	0.48 1.31	<b>22</b> WE	0628 2155	0.36 1.39		
<b>8</b> WE	0640 2136	0.39 1.35	<b>23</b>	0716 2251	0.30 1.36		
<b>9</b>	0722 2225	0.32 1.39	<b>24</b> FR	0758 2346	0.27 1.32		
10 FR	0803 2319	0.26 1.42	25 SA	0834 1453 1734	0.26 0.94 0.89		
11 SA	0842	0.24	<b>26</b>	0036 0904 1509 1828	1.29 0.29 0.97 0.87		
<b>12</b> su	0012 0919 1513 1817	1.43 0.24 1.00 0.95	<b>27</b> MO	0121 0928 1533 1921	1.25 0.32 1.00 0.85		
13 MO	0104 0952 1541 1919	1.43 0.28 1.05 0.94	<b>28</b>	0202 0948 1558 2020	1.20 0.37 1.04 0.84		
<b>14</b>	0155 1023 1618 2034	1.40 0.35 1.10 0.93	29 WE	0239 1005 1625 2143	1.15 0.42 1.08 0.83		
15 WE	0246 1047 1658 2225	1.33 0.45 1.17 0.91	<b>30</b>	0314 1018 1651 2310	1.08 0.48 1.12 0.81		
			<b>31</b> FR	0348 1023 1719	0.99 0.54 1.16		



# **Fide Chart - Denham**











Copyright Commonwealth of Australia 2018, Bureau of Meteorology

Datum of Predictions is Lowest Astronomical Tide

# Shark Bay P & C Assocation

Firstly, I would like to say what a fantastic end of year School concert this year. The teacher item was a nice surprise too, we have some impressive acting skills among our teachers. Well done to everyone involved. We made a whopping \$514 from the raffle, thank you to everyone that donated prizes and bought a raffle ticket. I am going to include the main body of my speech from the concert as a summary of the wonderful year we had in 2019.

As the P&C representative – I am very grateful and honoured to be standing up here again. Not because of any one person but due to all of you that make up our School community. From the amazing sponsors, many of which donate year after year, to the wonderful volunteers and the hard working Committee and all of you... teachers, parents, students and community members.

It's because of this cohesive School community that the P&C has been able to provide essential services such as the School uniform shop and has allowed us to host various activities and fundraisers throughout the year with raffles, a footy tipping comp, the 5c challenge, disco's, brick pavers, Mother's and Father's Day stalls, school lunches and the newest edition for 2019 the Lego

Club, thank you Tish. We have also been able to support other c o m m u n i t y



events such as the Fishing Fiesta and Winter Markets.

Through these initiatives the P&C have been able to fund Kindy welcome packs, graduation gifts, morning teas and ebd of year concert Language awards for 2019.

Although this year we don't have the pleasure of handing over an oversized novelty cheque, we do however, have the honour of donating this brand new stage for the School to utilise at every assembly and concert from now on. We (parents) don't need to stand on the benches trying to get those precious photos anymore... so thank you everyone!

On behalf of the Shark Bay School P&C Committee, I would like to wish everyone a Merry Christmas and a happy New Year.

Thank you for your support. Natt Dul P&C President

Puzzle answer page 4 - Botany Bay landing









# Dementia Care Navigator

# A better way to connect with services and supports

Finding information about government-funded aged care services can be complex. Dementia Australia has a new way to identify and access dementia services.

The Dementia Care Navigator is a service that aims to make it simpler for Australians to learn about government-supported aged care services and how to access them.

The trial involves testing different ways to share aged care service information.

Due to the changing nature of dementia, it is likely support needs of the person with dementia, their families and carers, will differ at various stages of the disease. We understand what people go through after receiving a diagnosis of dementia and that everyone's experience is unique.

This program will support you to connect with and access services in your area.

Dementia Australia is seeking participants who reside in Dubbo NSW, Perth WA and surrounding regions.

Participation in the trial is free.

You will be asked to evaluate the trial and your experiences will allow us to improve the support we provide to people wanting to access aged care services.

The Aged Care Navigators Trial is delivered by Dementia Australia as part of a consortium led by COTA Australia and funded by the Australian Government. For more information go to **AgedCareNavigators.org.au** 

# **Trial locations**

Dubbo NSW and Perth WA and surrounding regions

# **About COTA**

COTA Australia is the peak national organisation representing the rights, needs and interests of older Australians **cota.org.au** 



# Benefits to you

- Tailored information about dementia and local services
- One-on-one assistance
- Support available by phone and email
- Expert advice on how to connect with other service providers

For more information or to register, call

National Dementia Helpline **1800 100 500** 



For language assistance call **131 450** 



# Happy Birthday

1 Jan Debbie Bellottie
3 Jan Kieran Cross
Amy Trezona
Julie Robins
4 Jan Sahara Clarke
9 Jan Caleb Pedersen

10 Jan Tinka Martina10 Jan Trish Milburn19 Jan Shane Jones

en

21 Jan Irene Marquis 27 Jan Cath Roberts 28 Jan Joe McLaughlin 29 Jan Janet Court 30 Jan Linda Sewell

31 Jan Belle Cuadro Arriola 1 Feb Rosemary Lewis

4 Feb Swiss Pete











please contact Bev (0499 771 947)

or Wilanda (jowiba@gmail.com)





ARKS AND

WILDLIFE















# **Monkey Mia Update**

Visitors are encouraged to arrive for a 7:45am start and are asked to wait on the board walk. It is recommend all visitors stay and join the second and third experiences if they occur (often less people at the 2nd and 3rd interaction), and recently all three experiences have finished by 9:30am so best to come early.

Visitors please be aware that since the printing of the Monkey Mia brochure, legislation has been amended and the separation distance between dolphins and people in the water is now 50m. We ask visitors to exit the water if they see dolphins approaching and they are near the shore, or; to move 50m away from dolphins if safe to do so. It's important that we give the dolphins at least 50m of space to continue their natural behaviours and to best look after their calves. Please ensure you are aware of the government legislation in place to avoid disrupting marine mammal behaviour and to avoid incurring a fine https://www.dbca.wa.gov.au/biodiversityconservation-act.

Emu and chicks are regularly seen in Monkey Mia (and around Denham). We ask everyone to give them plenty of space and not to offer or entice the birds with food/ water. It's very important that the emus are not fed by anyone as we have noticed the emus are approaching cars, tents and rooms and this could result in people being injured and a sad ending for the emu. This is also against state legislation and penalties apply.

# **Enjoy close encounters**



We do not have a school holiday activity program these holidays. We will have the colouring-in station and DHI return to 1616 photo frames are available throughout the day and Spotto sheets are available also. We also have \$20 school holiday activity bags (includes; bag, plush toy, activity sheets, and small souvenirs) for sale in our shop

and booking office. The theatrette is air conditioned and has documentaries running from 10am-2pm.

Guests on the cruises can get a cruise pass (free entry) if they are only here for the duration of the cruise and arrive within half an hour of boarding time. If they plan on staying (between morning and sunset cruise or just to enjoy the beach, have lunch etc) they will need to purchase a entry permit.

# Monkey Mia Conservation Park

Family (2 adults, 2 children)

All funds collected are used for the management of the dolphins and park facilities. Dolphin experiences can occur up to three times a day between 8am and 12pm. It is best to arrive at 7.45am.

\$15 per day or \$25 per month Concession cardholder \$10 per day or \$20 per month (see 'Concessions') Child (aged 6 to 15 years) \$5 per day or \$10 per month

We have received and will soon be installing "Reel it in' Fishing line and tackle disposal bins near the Monkey Mia jetty and beach near fish filleting station in the resort. We have Marine and Boating guide brochures available if required.

If you are local, please bring your drivers licence (proof of address) as a friendly reminder to us you live here and we can provide you with a local day pass. If you have relatives/ friends staying with you they will need to purchase an entry permit please.



\$35 per day or \$60 per month

Any questions or suggestions please don't hesitate to contact me.

Amy Trezona Reserves Officer Monkey Mia Parks and Wildlife Service Department of Biodiversity, Conservation and **Attractions** 

# Become a volunteer

Ask a Parks and Wildlife officer about volunteering at Monkey Mia or email monkeymiavolunteers@westnet.com.au





# The silent tragedy affecting today's children

# A SILENT TRAGEDY

There is a silent tragedy that is unfolding today in our homes, and concerns our most precious jewels: our children. Our children are in a devastating emotional state! In the last 15 years, researchers have given us increasingly alarming statistics on a sharp and steady increase in childhood mental illness that is now reaching epidemic proportions:

Statistics do not lie:

- 1 in 5 children have mental health problems
- A 43% increase in ADHD has been noted
- A 37% increase in adolescent depression has been noted
- There has been a 200% increase in the suicide rate in children aged 10 to 14

What is happening and what are we doing wrong?

Today's children are being overstimulated and over-gifted with material objects, but they are deprived of the fundamentals of a healthy childhood, such as:

- · Emotionally available parents
- · Clearly defined limits
- Responsibilities
- · Balanced nutrition and adequate sleep
- Movement in general but especially OUTDOORS
- Creative play, social interaction, unstructured game opportunities and boredom spaces

Instead, in recent years, children have been filled with:

- · Digitally distracted parents
- Indulgent and permissive parents who let children "rule the world" and whoever sets the rules
- A sense of right, of deserving everything without earning it or being responsible for obtaining it

- Inadequate sleep and unbalanced nutrition
- · A sedentary lifestyle
- Endless stimulation, technological nannies, instant gratification and absence of boring moments

What to do?

If we want our children to be happy and healthy individuals, we have to wake up and get back to basics. It is still possible! Many families see immediate improvements after weeks of implementing the following recommendations:

- Set limits and remember that you are the captain of the ship. Your children will feel more confident knowing that you have control of the helm.
- Offer children a balanced lifestyle full of what children NEED, not just what they WANT. Don't be afraid to say "no" to your children if what they want is not what they need.
- Provide nutritious food and limit junk food.
- Spend at least one hour a day outdoors doing activities such as: cycling, walking, fishing, bird / insect watching
- Enjoy a daily family dinner without smartphones or distracting technology.
- Play board games as a family or if children are very small for board games, get carried away by their interests and allow them to rule in the game
- Involve your children in some homework or household chores according to their age (folding clothes, ordering toys, hanging clothes, unpacking food, setting the table, feeding the dog etc.)
- Implement a consistent sleep routine to ensure your child gets enough sleep. The schedules will be even more important for school-age children.
- Teach responsibility and independence.
   Do not overprotect them against all frustration or mistakes. Misunderstanding will help them build resilience and learn

to overcome life's challenges,

- Do not carry your children's backpack, do not carry their backpacks, do not carry the homework they forgot, do not peel bananas or peel oranges if they can do it on their own (4-5 years). Instead of giving them the fish, teach them to fish.
- Teach them to wait and delay gratification.
- Provide opportunities for "boredom", since boredom is the moment when creativity awakens. Do not feel responsible for always keeping children entertained.
- Do not use technology as a cure for boredom, nor offer it at the first second of inactivity.
- Avoid using technology during meals, in cars, restaurants, shopping centers.
   Use these moments as opportunities to socialize by training the brains to know how to work when they are in mode: "boredom"
- Help them create a "bottle of boredom" with activity ideas for when they are bored.
- Be emotionally available to connect with children and teach them self-regulation and social skills:
- Turn off the phones at night when children have to go to bed to avoid digital distraction.
- Become a regulator or emotional trainer for your children. Teach them to recognize and manage their own frustrations and anger.
- Teach them to greet, to take turns, to share without running out of anything, to say thank you and please, to acknowledge the error and apologize (do not force them), be a model of all those values you instill.
- Connect emotionally smile, hug, kiss, tickle, read, dance, jump, play or crawl with them.

https://yourot.com/parentingclub/2017/5/24/what-are-we-doing-toour-children?fbclid=lwAR3kttzzrLonL3z5



# Shark Bay Community Men's Shed

At the risk of raising a debate on when decades and centuries start and end can Shedders welcome the Shark Bay Community to the new decade? This will be an exciting time for Shedders as we work to build on the foundations laid during the latter part of the last decade.

It is with regret that the Committee of the Shark Day Community Men's Shed accepted the unexpected resignation of its founding President Kevin Laundry. 'Future commitments' were cited by Kevin as the reasons for this sudden change in direction. Shedders were stunned because of the depth of involvement in the development of the Men's Shed movement in Shark Bay. Shedders thanked Kevin for his dedication to the growth of the Men's Shed from guiding the Steering and Management Committees, to locating temporary premises, to promoting the activities of the Shed especially seeking out tasks that Shedders could perform for local community members. It takes a lot of time, dedication and commitment to develop a fledgling organisation based on a set of principles and guidelines through to a vibrant part of the life of a small community and Shedders are much appreciative of Kevin's founding work. Shedders wish Kevin well in his future commitments and thank him for his crucial role in the founding of the organisation.

Shedders hope that members of the Shark Bay community have



been enjoying the festive season and are looking forward to a promising and proactive 2020. Shedders are taking a break until Monday January 6<sup>th</sup> when the Shed will be open as usual to members and visitors at 10am for morning tea and a talk.

Anyone with small jobs which they believe shedders can undertake are invited to contact the Secretary, David Lergessner, either on mobile 0490 371 775 or via email at sbcmshed@gmail.com

Membership is free to men over 18 years of age. Potential new members are welcome to drop in and see for themselves what makes the Shark Bay Community Men's Shed tick. Call in on a Monday around 10am or email the secretary for a membership form.

David Lergessner



Bottle Shop



"The Old Pub" is truely the community's pub, come and cheer with the locals

We're open daily @ 10am Restaurant Open every day from 12-2pm for Lunch & 6-9pm for Dinner, Coffee & cake all day, Only at the Shark Bay Hotel



Visit the only hotel in the world where the original part of the building is made of Shell Blocks (tiny compressed cockle shells cut into building blocks from Shell Beach just out of Denham)



GET INSIDE A REAL SHARK CAGE

# Tuesday Darts 7:30pm



Jag the Joker 5-7pm Complimentary nibblies

# Wednesday Local band 'Parallel 26'

playing from 8.30pm karaoke & open mic



🍃 Pick a box \$5 middys, \$10 pints Cash jackpot \$500.00 to be won every day' Everyone is a winner with prizes in every box !

\*Every day apart from Friday between 4:30 & 5:30pm

# LUNCH SPECIALS

# 'BEST BAY BURGER DEAL'

Fish, chicken, hamburger or steak burger\* & a midi of your choice (excluding spirits)

Available

12-2PM DAILY

\*steakburger additional \$2

# Local **Artists**

Studio & Gallery



- Daily meal specials available
- Coffee & Cake @ \$9.50 per person available all day
- Icv cold beverages
- Accommodation available double & twin rooms

**Inscription Post** 

- Jukebox / TAB
- We cater to everyone's needs, just ask nothing is too hard
- Available for catering and platters



Phone: 9948 1203

www.sharkbayhotelwa.com.au enquiries@sharkbayhotelwa.com.au

Trading hours: open every day from 10am til late

# **SES Shark Bay**



## **EMERGENCY CONTACT NUMBERS**

Police, Fire, Ambulance State Emergency Service assistance Shire of Shark Bay Road conditions (Main Roads) Emergency WA website Weather and cyclone forecasts ABC radio

www.emergency.wa.gov.au www.bom.gov.au/cyclone/ local frequency

Well it's that time of the year again – Time to get back into training. We have changed our training nights back to Monday's as it seems to fit better in the hectic schedules of our members have. We will be meeting the first 3 Mondays of the month. The first and third Monday will be training nights and the second one will be maintenance night where all our equipment can be looked at and maintained.

The night starts at 5pm and usually goes for one hour. It has been proposed from our District Manager that he is willing to come up from Geraldton once a month and conduct scenario trainings out in the big wild world. This will be great as it takes the pressure off our own members and we all will learn so much more. On those nights we will probably train for about two and half hours, which has been supported by our regular attendees

Several of our members have been placed on WA's State Strike Team. Joe has been put on the strike teams Alpha and Charlie whilst Judy has been put on Alpha team. These teams can be called at any time to go anywhere. In December they were sent for a 5 day deployment to assist with the Collie fires. They joined 12 other members of the strike teams in Geraldton and drove in convoy (8 vehicles in total) down to Collie. Thankfully

the fires were almost out so we were deployed for mop up and surveillance for reignition.

So far cyclone season is quiet and at this stage the prediction is that it will stay quiet. However don't be complacent, be aware, monitor weather outlooks and get prepared if you need to. Some very important things to think about if you do need to go to the Evacuation Centre (which is Shark Bay's Recreation Centre) is to take your medication and personal requirements, some type of entertainment – books, kindle etc and what are you going to do about any pets you may have as they are not allowed at the Evacuation Centre.

If you would like more information about what SES does or you would like to join our happy band of volunteers please don't hesitate to contact our Local Manager – Joe McLaughlin on 0419 902 895 or just pop in after 5pm on one of the first three Monday's of the month at our shed which is located at the Emergency Services Precinct on the corner of Durlacher and Dampier Rd.

Judy Britza – Admin Officer

# REMINDER

Training nights have been changed to the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> MONDAY nights of each month.

Starting at 5pm

For more information about SES, what we do, training opportunities, or just want to join, ring our Local Unit Leader Joe 0419 902 895 or the SES Duty Phone 0429 481 218







Find out what's happening in town. What the word on the street is, happenings and events at;

@SharkBayPol

# NEW - Denham Station Phone Number 9915 9100

# Vince Catania MLA

# **MEDIA RELEASE**

Member for North West Central

17 December 2019

# Mobile reception desperately needs investigating: Catania

Community safety is at risk due to poor or no mobile reception across the North West Central electorate, according to North West Central MP Vince Catania.

"I've had widespread complaints from residents who have noticed a distinct drop off in mobile reception to the point they are now struggling to make a call," Mr Catania said.

"This is an issue within my electorate, as are 'black spots' where there is no reception, but I understand there are problems in other parts of regional WA also."

"I have recently asked the Minister for Regional Development, Alannah MacTiernan to outline any future plans which are in place to erect towers and provide phone coverage in the remote location of Mount Augustus and surrounding region, along with timeframes which may apply."

"No or poor mobile reception is a significant community safety issue particularly in very remote locations, which is further exacerbated as many people are completely dependent on the mobile network now, having cancelled their landline or moved to a Next G Wireless Link service."

"Telstra blamed poor reception on the use of illegal repeaters but given the hundreds of millions of dollars invested in the mobile network, if illegal boosters are such a threat to the mobile network, why is there not more effort aimed at curbing their use?" Mr Catania added.

Mr Catania said the State and Federal Governments had made a significant investment in mobile phone towers and the network should be performing as intended.

"I believe there needs to be a greater level of independent scrutiny applied when it comes to the performance of mobile phone towers," he added.

"Telstra claim that individual towers are working within the specifications, but this is contrary to the reported experience on the ground."

"The current situation is clearly unacceptable."

For enquires please contact Vince Catania on 99412 999 or email northwest@mp.wa.gov.au



# St Andrew's by the Sea



A New Year
Resolution
It's the time

of year when many of us have brave ideas of how we are going to improve in the new Year, most of which we give up by the second week in January.

Well I have made a New Year resolution I know I will be able to keep through 2020. I have decided to eat more and exercise less! Easy!

But seriously, I want to mention resolutions which I know from experience will make a difference in our lives as we follow through on them. Here are 4 which come from the one who gives us life.

1: Resolve to forget past failures. There are words in the good Book, "I focus on this one thing, forgetting the past and looking forward, I press on to reach the end of the race." They have stood the test of time. All of us have failed in some way; they are recorded in our memory. But we don't have to live imprisoned by our past.

A new year is a good time to get rid of what stops us getting on with life. I know that the only real way of doing that is with the help of God who made us. He doesn't want you to go through your life branding yourself as a failure.

God provided a remedy for that by allowing his son Jesus Christ die for us to receive forgiveness. It's the one thing we can't do for ourselves. When we have that it frees us from guilt and failures.

2: Resolve to give up your grudges. A grudge is resentment against someone which we hold on to. They're dangerous because they are so destructive. Make no mistake about it, if you harbour a grudge it will eventually destroy you, if not physically, certainly emotionally - making you a bitter and twisted person.

There's another old saying which

**JANUARY 2020** 



goes, "Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you." According to God the way to give up a grudge is to forgive. He isn't saying you pretend what the person has done didn't happen, or to say "it's all right." What it means is to let go your resentment of the person who has offended you. My experience is that it usually opens up a conversation in which the whole matter is put right, and it certainly relieves me of a burden I've been carrying.

What better time to make that difficult decision to forgive than the start of a new year?

3: Resolve to restore your relationships. There aren't many of us who haven't had a run in with a family member, a work mate or the boss, or someone, and haven't got around to patching it up. There's still a little bit of ice in the air, & it's not a happy feeling.

There's a proverb which goes something like, "Don't let old scores get you down, but settle them by doing good."

God advises us to do all we can to restore relationships that have gone wrong. Some happen because of what other people have done to us, and they don't want to fix it. In that case you will need to consider 1 & 2 above. But let's face it, some of our relationships have gone wrong because of what we have done. Mending that involves one thing we find difficult, asking for forgiveness.

I am sure that I am not the only person who finds it hard to say "I am sorry". I wonder how many broken relationships could be repaired simply by saying those 3 words? It seems that a good way to make a bright start to a year is to restore a broken relationship by saying you are sorry for the angry words or stupid actions. It will be hard to do, but my experience is that it's usually well worth the effort.

4: Resolve to turn away from the things that come between you and others and God. Nearly all of us have some fault that keeps cropping up and causing us grief and guilt. They are often the things that get us offside with other people, and create a gap between us and God. That's not the way we're meant to live, and prevents us getting the best out of life as God intends.

The good news is that he has provided a remedy, through the sacrificial death of his son Jesus Christ. That has broken the power of our wrong-doing to control our lives and get us off track.

When we put our trust in God and what he has done for us, he provides us with a new power to follow his way of life and avoid those old destructive ways and habits.

It boils down to this: will this New Year be just a calendar changing event for you, or are you willing to make these 4 resolutions and make it a life changing event?

That will give you something to celebrate.
Happy New Year!

Bill Ross

St Andrew's by the Sea cnr Brockman & Hughes Sts (Residence at rear) Ph. 9948 1067 M. 0417 969 110





# **VMR**



There has been no calls for assistance to Marine Rescue Shark Bay during the month of December. Our Christmas party at Monkey Mia was a great night out enjoyed by all. The setting and the food were fantastic. Quite a few members stayed over for the night and the rest were delivered home safely in the courtesy bus. Thanks to the management and staff at Monkey Mia Resort for putting on an excellent evening. Brian Child

was recognized by the members as the Club Person of the year and was presented with a voucher for barge transport and three nights' accommodation on Dirk Hartog Island thanks to Kieran and Tory Wardle.

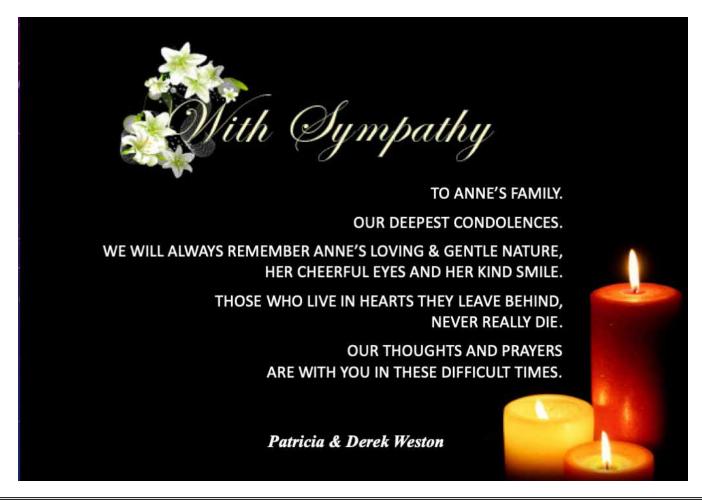
Our Regional Manager, Simon Miller will be visiting on the 20th of January to finalize the tender documents for the replacement of our small vessel, Rescue 3. The Department of Fire and Emergency Services, (DFES), has approved our budget of \$350,000 toward the cost of the build. Exciting times ahead for the group as we take delivery of a state-of-the-art rescue vessel to help us carry out our role into the future. New vessels are expected to have a 15-year life span, with refits and electronic upgrades at 5-year intervals.

We have received another 3 applications for membership in the past month, and in a new direction for the group, 7 young people between the age of 11 and 16 have applied for cadet memberships. Anyone who is interested in joining Marine Rescue Shark Bay can enquire by phoning 9948 1376.

Drew Wassman



Photo above - VMR Christmas party - Monkey Mia







VOLUNTEER MARINE RESCUE WESTERN AUSTRALIA





Are you between 8-16 y.o(\*), love the sea, want to have fun & learn...? We are seeking expression of interest to become a

# VMR Cadet

Contact us if you would like to become a VMR Cadet and learn...













(\*) Anyone aged 16 and above can join VMR as a full operational member

# Shark Bay Bowling, Sport and Recreation Club

14 Francis Rd, Denham Phone (08) 9948 1353 Email: sharkbaybowls@westnet.com.au

# Another year gone.....

The end of the year was very busy for the club, with Barefoot Bowls and all the Christmas functions.

This time we had only 4 teams for Barefoot Bowls, but there was a great atmosphere and a few teams have already told us they will play in February, most likely we will start in the 2nd week of February 2020. The winners for this round was the team of the Shark Bay Caravan Park, well done guys!

We also had a get together where we invited all volunteers and sponsors which was very well patronised. Thanks all for your sponsoring and volunteering, without your support we could not have done it.

# Invitation for all clubs and groups

Just over a year ago now we have changed our name into Shark Bay Bowling, Sport & Recreation Club. Since then a few clubs have approached us to see if they could join and what the mutual benefits could be.

As this question it is not easy to answer we have decided to organise a meeting for everybody interested to see how we would be able to get this all up and running. This meeting will take place on Wednesday the 5th of February 7pm at our clubhouse. Everybody is welcome

to join and have their say.

# **Extraordinary General Meeting (EGM)**

As mentioned above other clubs are welcome to join us and make use of our facilities. This will give us new members, with (hopefully) fresh ideas and open minds to make the club a local social and recreation club for all locals and visitors. A place where everybody is welcome, including families.

Would you like to help in giving the club a new "lease of life" either as a club member or as individual? Please come along to our Extraordinary General Meeting (EGM) as the future of the clubs is in your hands!

Our EGM is planned for the 19th of February 7pm. At the AGM in August 2019 Barry Beales put his hand up as (interim) president as nobody was available for the position and we still have a vacancy for Secretary. At our EGM a new President and Secretary will be elected. Only financials members who have paid their annual fees are entitled to vote and/or take a committee position, but there are other positions available too. Not a member yet? Membership forms are available at the clubhouse.



# Do you have Country **Ambulance Cover?**



# St John Ambulance St John Shark Bay Sub Centre

Should you need ambulance transport, even a short ride could cost you hundreds of dollars! Unfortunately, the cost of ambulance services is not covered by Medicare, Healthcare Card, Pharmaceutical or Pensioner Benefit Card holders.

# Annual Memberships are available for \$74 for Single(\*) and \$123 for Family.

Your membership directly supports the local ambulance service and helps to provide these vital ambulance services in your local community.

By taking our St John Country Ambulance Cover you also assist with the delivery of first aid services in your local area including:

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Tish

(\*) This amounts to a little more than \$1.42 per week for a single or 20 cents per day. Most pensioners over 65 are covered (please check your eligibility).



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SHARK BAY SUB CENTRE,

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saintjohns1@bigpond.com visit our office 100 Durlacher St Denham Wednesday & Thursday 10am-2pm

# in December

your local Ambo VOLUNTEERS dropped whatever they were doing...: chillout time with their family chatting with a friend cooking breakfast swimming, fishing reading a book, working or even sleeping to respond to...:

**EMERGENCY,** life threatening, call out for helps!

Which brings to the total

triple zero calls. so far ... this year!

To ALL RESIDENTS and VISITORS

For any life threatening emergencies or serious crime/incidents the number to call is 000

ce required: Police/Ambulance/Fire & Rescue



# SAY SCHOOL HAVE

# **Shark Bay School News**

# Reflection on 2019 & Planning for 2020

2019 has been quite a year for Shark Bay School. It saw the retirement of a long-serving principal, Kay Mack, whose dedication to the school over many years is greatly appreciated. Staff and acting principals maintained continuity until the start of semester 2, when I was lucky enough to be appointed as the new permanent principal. Concurrently, the wider Department of Education continues its drive for ongoing improvement in state education for all, providing strategic direction and central support.

Our school is a little isolated geographically, but does not have an insular attitude. We'll continue to build links with schools within the Coral Coast Network to ensure opportunities not only for sport, but for academic enrichment for our students and professional stimulation for staff. Next year we'll invite visiting professionals - preservice teachers and their university mentors, specialist literacy teachers and colleagues from near and far - to join us in ensuring that our teaching is not just good, but demonstrably excellent. Where there are specialist teachers with skills to being, we will learn from them; where we have acknowledged expertise, for example in the art of multi-age class teaching, others will come to learn from us. The Department of Education of Western Australia is built on collaboration between schools, and on a great team spirit within schools, and we have that in spades. We look forward to a fabulous year ahead.

# **Class Structures**

We have given a great deal of thought to the optimum way to deploy staff and arrange our class structures and timetables for 2020 so that all students receive the best combination of individual attention and small group support when they need it, with variety, change and stimulation too. We also want to build an increasingly collaborative staff, where everyone teaches to their strength and shares their expertise. Teachers and allied professionals have nominated areas of particular interest within the curriculum, and preferred age groups. We have looked at the relative numbers in each year group and the requirements of the curriculum. The result is a balance of continuity and change, which sees every student have a 'home' class and teacher/s, for optimal support in key areas of literacy and numeracy, and a wider 'learning block' group to endure enough of a buzz for activities like dance or sport. Fine-tuning of classes and timetables will occur once we reach Census date at the start of next year (the official 'count' of the number of students in each year group, on which our budget for the year ahead is calculated), but we plan for a structure like this:

# Learning Block 1 (Ms Crowley, Ms Barton)

Students in the Early Years will work in collaborative adjacent classrooms, with K-Ps having Ms Barton as their 'home' teacher while Year 1-3s will start the day with Ms Crowley. There will however be flexibility of teaching,

for example some maths teaching would separate into PP-1 and Year 2-3 groupings.

# Learning Block 2 (Ms Brennan, Mr Riddick)

Upper Primary students will work in adjacent classrooms, with Year 4 students having Mr Riddick as their 'home' teacher while Year 5-6 students will start the day with Ms Brennan. Again, there will be flexibility of teaching for different subjects so that student needs can be best met.

Within both Primary Learning Blocks, teaching staff have particular areas of expertise and will lead areas of the curriculum, optimising whole school practices and ensuring that each subject is taught with passion and commitment.

# Learning Block 3

Our staff's flexible approach also enables us to increase support for our high school students. In 2020, both Ms Brennan and Mr Riddick will teach sessions in the secondary classroom, supporting Mr Copeland and our Education Assistant team in meeting all students' learning needs. A key element of this is assisting students to self-manage their learning, to organise themselves and prioritise their work, so as to become increasingly independent and, when they leave Shark Bay, to be more than ready for further studies or the workplace. Career information sessions will continue as a regular feature and the Secondary Student Committee will continue to have real input into school planning and ongoing improvement.

We are very fortunate to have — and have made a decision to prioritise within our budget — a generous staffing ratio. We are also fortunate in the professionalism of our staff, making this student-centred approach possible. Already, staff are planning ahead for next year in their collaborative teams.

Early next year we will invite all parents/caregivers to attend an open classroom session, to find out more about the year ahead, how their child, specifically, will be supported, and how they can best support learning at home.

# Celebrating Ye Graduations

It was our great pleasure to host a fabulous day for our graduating Year 6 class on Friday 13



December. The whole school came together with their families for an Assembly in which they were presented with gifts by P&C Chair Nat Dul, and in which they each gave speeches which highlighted their friendship for each other and their gratitude to their teacher Ms Brennan and all the wonderful experiences they've had at Shark Bay school over the years. They have all been excellent student leaders during their final primary year and we

wish them all the very best as they enter their high school years. Assembly was followed by a gargantuan morning tea and then a day out at Monkey Mia.

**Dirk Hartog Colouring-in Competition** 

Congratulations to Farran and Wynter for their winning pictures. The prizes were books about the island's animals. We also thank Wendy Payne for the idea for our whole community Christmas Concert song, the 12 Days of Christmas Dirk Hartog Style and



the Shark Bay Entertainers for the backing music.

# **Christmas Service**

Our school values 'caring', which is a large part of the meaning of Christmas. We thank the Rev. Bill Ross for the special Christmas Service on Tuesday 17th December to which all members of the school community were invited. The Church was packed and had a lovely Christmas atmosphere.

# **SIDE Awards**

Our Y7-12 students access much of their curriculum through the School of Isolated and Distant Education (SIDE), supported by our staff. SIDE is one of the largest high schools in the state and it is fabulous that Shark Bay students are winning class prizes in such a competitive field. We congratulate:

Y7: Tiah Dobney (Science) and Kade Francis (D&T); Y8: Deklan Grenside (Maths); Y9: Catherine Morris (Excellence, English, Health, Indonesian, Science, Photography, Art) and Laylah Garner (Maths); Y10: Kya Grenside, Nicole Moroney and Jennifer Moroney (Student Services) and Jennifer Moroney (Maths); Y11: Veejay Court (F. English).

# **Annual Presentation Concert**

We thank everyone who attended our Annual Presentation Concert on Wednesday 18th December. The class items were great and reflect a lot of work by staff and creativity by students. We congratulate all the award winners:

K/P Achievement - Douglas Court K/P Courtesy & Consideration - Helena-Mia Capewell K/P Improvement - James Wright 1/2/3 Achievement - Isabelle Sellenger 1/2/3 Courtesy & Consideration - Jake Powell 1/2/3 Improvement - Phoenix Miller 2019 Aboriginal Education - Miah Cross 4/5/6 Achievement - Ella Ricetti 4/5/6 Courtesy & Consideration - Matilda Thompson 4/5/6 Improvement - Tayla Burton Secondary Achievement - Catherine Morris Secondary Workplace Learning - Jennifer Moroney Secondary Courtesy & Consideration - Indie Oakley Secondary Encouragement - Kya Grenside Secondary Science - Laylah Garner Primary Science - Matilda Thompson 1/2/3 Indonesian - Curtis Feist

4/5/6 Indonesian - Ella Ricetti K/P Art - Wynter Crawley 1/2/3 Art - Shanel Campos 4/5/6 Art - Katie Halse



We also congratulate Catherine Morris for winning the Sandakan Scholarship for 2020.

# Thank you, thank you

A BIG thank you to all school family members, the P&C, the school Council, and other community members in the Shire and in businesses and associations that have supported the school so strongly during the year. We value being so tightly connected to our community.

# Looking ahead to 2020

Enquiries or visitors welcome at any time. https://myschool.edu.au/school/48507 https://www.det.wa.edu.au/schoolsonline/overview.do?schoolID=5418&pageID=SO01&resetSearchType=O NE\_SCH

# Coming up: (subject to confirmation in 2020)

- First day term 1 2020 (Students) 3rd Feb 2020
- Early Close 2pm 10/2, 24/2, 9/3, 23/3, 6/4
- Interm Swimming starts Tuesday 4th Feb 2020
- Afterschool sport Primary starts 18th Feb
- Afterschool sport Secondary starts 19th Feb
- P&C AGM 4.30 pm 19th Feb
- · Assembly/Class Meetings 2pm 26th Feb
- Clean Up Australia Day 28th Feb
- Labour Day Public Holiday 2nd Mar
- School Council 3rd Mar
- Y6 Leadership Camp Geraldton 4th-6th Mar
- Assembly (LB2) 8.30 am 27th Mar
- Easter Hat Parade/Last Day Term 9th Apr
- Students' first day Term 2 29th Apr

Shark Bay School 55 Francis Road, Denham WA 6537 Ph 9948 0000

Principal: Celia.Elissegaray@education.wa.edu.au



# **Denham Community Groups**

Community groups	Contact Name	Telephone No.
Boolbardie Country Club	Jill Deschamp	0477 245 309
Crisis Centre	Tim & Maggie Hargreaves	9948 1338 0429 481 338
Denham Community Church	Mark Sewell	0427 481 719
Denham Crafters	Bev Backhouse & Wilanda Bakker	0499 771 947 (Bev)
Denham Volunteer Fire and Rescue	Dave Harrower	Call 000 for Emergency Info ONLY: 9948 3289
Denham Seniors	Shark Bay CRC	9948 1787
Family Day Care	Chelsea Griffith	
Karate (Shukokai)	Janine Standen	9948 3595
Kindy Gym	Natalie Dul	9948 1787
Shark Bay Arts Council	Claire Cooper	0415 612 621
Shark Bay Bowling, Sport & Recreation Club	Barry Beales	0417 179 834
Shark Bay Bridge Club	Coralie Hill Johan Bakker	0497 001 533 0458 255 261
Shark Bay Christian Fellowship	Tim & Maggie Hargreaves	9948 1338 0429 481 338
Shark Bay Community Men's Shed	David Lergessner (Secretary)	0490 371 775
Shark Bay Fishing Club - Fishing Fiesta	Brian Child (President) Emma Lockhart (Secretary)	0414 468 807 0402 744 806
Shark Bay P & C Association	Natt Dul	9948 1104
Shark Bay Pistol Club	Bruce Wade (President) Cheryl Cowell (Secretary)	9948 1448 0417 180 307
Shark Bay RSL	Barry Beales / Wayne Moroney	9948 1288
Shark Bay Speedway	Michael Reynolds	0419 961 819
Shark Bay State Emergency Service (SES)	Joe McLaughlin	Call 000 for Emergency Info ONLY: 9948 1360
Shark Bay Business Association Inc	Isobel Lockyer	www.experiencesharkbay.co
Shark Bay Volunteer Marine Rescue (VMR)	Drew Wassman	Call 000 for Emergency Info Only: 9948 1396
St Andrew-by-the-sea Anglican Church	Rev. Bill & Jocelyn Ross	9948 1067 / 0417 969 110
St John Ambulance - Shark Bay Sub Centre	Karen Gidley (Chairperson) Tish Browne (Shark Bay Administration Officer)	Call 000 for Emergency Info ONLY: 9948 3023
The Shark Bay Entertainers	John Senteneller	0400 625 138
The Shark Bay Youth Group	Rebecca Moroney	0409 331 728
Yadgalah Aboriginal Corp.	Debbie Bellottie	9948 1318
Yadgalah Community Markets	Debbie, Sherry & George	9948 1318 - Yadgalah office 9948 3324 - George & Sherr 0400 169 983

	Email	Day(s)	Location
	jilldeschamp@westnet.com.au	Wednesday & Saturdays	Golf Club, Monkey Mia Road
	sharkbayherald@westnet.com.au	24/7	
	denhamcommunitychurch@gmail.com	Sundays 9.30am	Recreation Centre
	jowiba@gmail.com (Wilanda)	Tuesdays 1.30pm - 3.30pm	Denham Shire Hall
	denhamvfrs@bigpond.com	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Tuesday every Month	Dampier Road, Fire Station
	sharkbay@crc.net.au	Wednesdays 10am	Denham Shire Hall
	Chelseamaygriffith@gmail.com		29 Hughes Street
	jstanden@westnet.com.au	Tuesdays & Thursdays	Denham Shire Hall
	sharkbay@crc.net.au	Tuesday 9.30am (except school holidays)	Recreation Centre
		Meeting 1st Monday of every month at 5.30pm	Arts Shed - 10 Denham Road
	sharkbaybowls@westnet.com.au	(Currently) open from Wednesday-Saturday	Bowling Club, Francis Street
	coralie-hill@bigpond.com jowiba@gmail.com	Monday & Friday 1pm	Denham Shire Hall
	sharkbayherald@westnet.com.au	Sunday	Foreshore about opposite the Interpretive Centre
	sbcmshed@gmail.com	Monday 10am	Shed at the top of the town on the corner of Capewell Drive & Hoult Street
	sharkbayfishingclub@hotmail.com	Fishing Fiesta 15-22 May 2020	
	sharkbaypandc@hotmail.com	People can contact the School for meeting dates	School Library
	brucewade@westnet.com.au chezza@westnet.com.au	Sundays	Pistol Club, Monkey Mia Road
	sharkbaycleaningservice@gmail.com		
	sharkbayspeedwayclub@outlook.com	Far Western Championship	11th July 2020
	sessharkbay@iinet.net.au	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday 5pm	Emergency Services Building Durlacher Street
m	sharkbaytourism02@gmail.com	1 <sup>st</sup> Tuesday of every month	Recreation Centre
	vmrsharkbay@westnet.com.au	4 <sup>th</sup> Monday of every month	VMR building, Knight Terrace
	jocelynclareross@gmail.com	Sunday 9am, Thursday 3pm	Anglican Church
	saintjohns1@bigpond.com	Office opening hours: Wednesday & Thursday 10am to 2pm	Emergency Services Precinct Durlacher St
	sharkbay.entertainers@gmail.com		Denham Shire Hall
	sharkbayyouthgroup@outlook.com		
	yadgalah1@bigpond.com	Monday - Friday	Francis Street
у	yadgalah1@bigpond.com	Sunday's during school holidays	Francis Street

# Local Businesses & Tradies Corner







PENALTIES APPLY FOR UNCOVERED LOADS

AND LITTERING

The Shire of Shark Bay employees work very hard to keep Denham tidy.

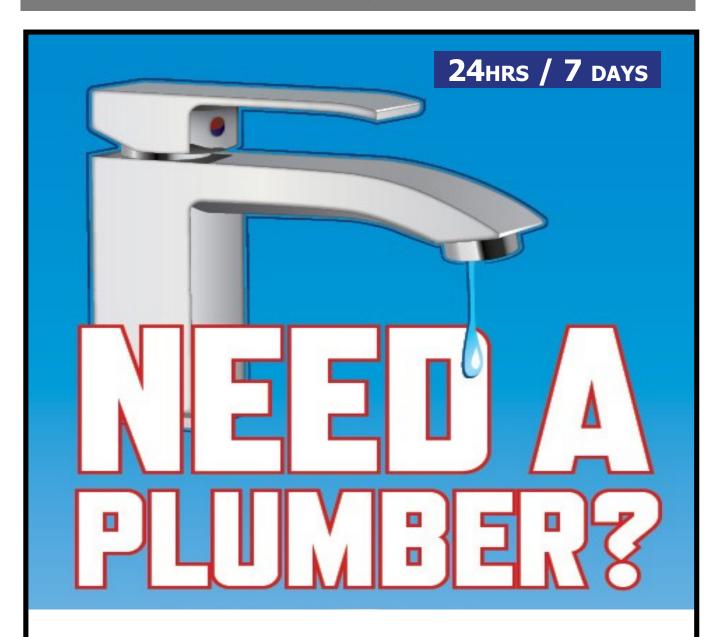
Please help us to maintain the cleanliness of the town by transporting waste to the refuse disposal site responsibly.

Do the right thing cover or secure your load.

IF YOU DON'T YOU MAY BE SUBJECT TO SUBSTANTIAL LITTERING FINES







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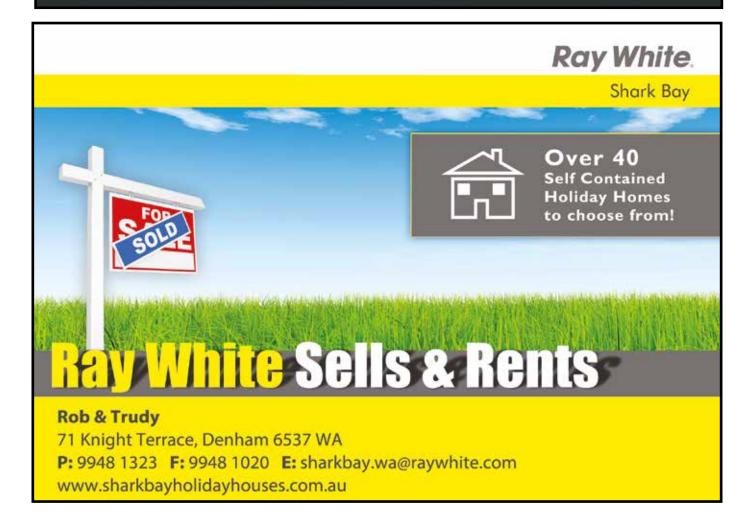
# **Shark Bay Services**

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Joe: 0419 902 895

Judy: 0429 672 063

mcl@iinet.net.au 37 Vlamingh Crescent Denham WA 6537









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1							
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		7				4	
	8		9	3	7	2	
		9					



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#### Sudoku time

#### **Difficulty rating: Easy**

#### 3 4 5 9 4 9 5 8 3 1 4 4 3 9 6 2 3 4 6 5 7 3 6 8 7 3 9 6

#### **Difficulty rating: Medium**

				3			9	7
1		9		2	7		6	3
						4		
	3		1			7	4	
	2			9			5	
	1	7			3		8	
		1						
4	7		2	6		9		8
8	9			7				

# CRC EDITORIAL POLICY & ADVERTISING

EDITORIAL POLICY

The Inscription Post is produced monthly by the Shark Bay Community Resource Centre in good faith as a means of providing information to the community and to promote the Shark Bay area positively.

An Editorial Management Committee of the Inscription Post has been delegated the responsibility of the editorial role of the Inscription Post and is supported by the Management Committee. All materials submitted by the community are to be factual and non discriminatory. The Editorial Management Committee has the right to edit any items submitted for print, including abbreviating, spelling, grammar and also may

withhold or not print at all, any material considered unsuitable or offensive with no explanation needed.

We are more than happy to accept articles free of charge (subject to the Editorial Management Committee's approval), but limited space is available, so please keep submissions short – a maximum of one page unless

prior approval is granted by the Editorial Management Committee. The author's name must be supplied for any contribution. The articles printed in the newsletter do not necessarily reflect the views of the Editorial Management Committee, staff or volunteers or management committee at the Shark Bay Community Resource Centre.

The Inscription Post is available for purchase from:

- Denham IGA X-Press
- Discovery Centre
- Shark Bay News & Gifts
- Shark Bay Supermarket
- Surf n Dolphin Gift Shop
- Useless Loop

If you are interested in selling the newsletter in your store, contact the Shark Bay Community Resource Centre. 1/8 Page: \$20.00 1/4 Page: \$30.00 1/2 Page: \$50.00 Full Page: \$75.00 Subsequent pages: \$60.00

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Do not hesitate to contact us. All cancellations of adverts must be received in writing at the Resource Centre. The Inscription Post costs \$2 to purchase. This price covers the cost of paper and printing expenses. Postal Subscriptions: \$80.00 per annum

Please address all enquiries and correspondence to: The Editorial Management Committee - Inscription Post Shark Bay Community Resource Centre. PO Box 58, Denham WA 6537 Telephone: 08 9948 1787 - Facsimile: 08 9948 1823 sharkbay@crc.net.au

The DEADLINE for submissions into the Inscription Post is the 25th of each month

Please send your articles to: sharkbay@crc.net.au



In our region AUTOMATED EXTERNAL DEFIBRILLATORS (AED) are located at

- SHARK BAY DISCOVERY CENTRE
- SHARK BAY RECREATION CENTRE
- PARKS & WILDLIFE, KNIGHT TCE OFFICE
- SHARK BAY HOTEL
- DENHAM IGA
- SHARK BAY BOWLING, SPORT & RECREATION CLUB
- OCEAN PARK AQUARIUM
- MONKEY MIA BOUGHSHED RESTAURANT
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- **Early Access:** Recognise an emergency and call 000 **IMMEDIATELY**.
- Early CPR: Begin Cardio Pulmonary Resuscitation (CPR)
   IMMEDIATELY
- Early Defibrillation: Use the Automated External Defibrillator (AED) ASAP
- Early Advanced Care: Transfer to professional care.



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**After Hours Emergencies** 

#### **EMERGENCY**

If you call the Shark Bay Health Centre after hours you will be transferred through to Health Direct where a Registered Nurse will ask you a number of questions to determine whether you need further emergency assessment by the Shark Bay nurse. If you require further assessment, your call will be put through to the local nurse.

#### **Examples of an EMERGENCY include:**

- · Breathing difficulties
- · Chest pain
- Severe abdominal pain
- Bleeding that can't be controlled with first aid
- Convulsions and fits
- Deep lacerations
- · Eye or ear injuries
- · Uncontrolled high fever
- · Loss of consciousness
- Pregnancy bleeding or onset of labour
- A very sick child

**Shark Bay** 

# JANUARY 2020

Monday	Tuesday	Wednesday Thursda		Friday	Saturday	Sunday	
		1	2	3	4	5	
		10am-2pm:     SJA ambulance office open     7.30pm SB Christian Fellowship - Bible Study	10am-2pm: SJA ambulance office open	• 1pm Bridge Club		9am St Andrews Church Service     9:30am Denham Community Church (at the Rec Centre)     10am SB Christian Fellowship, on the foreshore	
6	7	8	9	10	11	12	
10am Men's Shed 1pm Bridge Club 5pm SES	10.00am Men's Shed     5pm CRC Heart     Foundation Walking     Group     5.30pm Firies	10am-2pm:     SJA ambulance office open     7.30pm SB Christian Fellowship - Bible Study	10am-2pm:     SJA ambulance office open	• 1pm Bridge Club		9am St Andrews Church Service     9:30am Denham Community Church (at the Rec Centre)     10am SB Christian Fellowship, on the foreshore	
13	14	15	16	17	18	19	
10am Men's Shed 1pm Bridge Club 5pm SES VACSWIM STARTS	10.00am Men's Shed     5pm CRC Heart     Foundation Walking     Group     5.30pm Firies	10am-2pm: SJA ambulance office open     7.30pm SB Christian Fellowship - Bible Study	10am-2pm:     SJA ambulance office open	• 1pm Bridge Club	DANCE WORKSHOPS	9am St Andrews Church Service     9:30am Denham Community Church (at the Rec Centre)     10am SB Christian Fellowship, on the foreshore     DANCE WORKSHOPS	
20	21	22	23	24	25	26	
10am Men's Shed 1pm Bridge Club 5pm SES GASCOYNE CHIRO VISITING	10.00am Men's Shed     5pm CRC Heart     Foundation Walking     Group     5.30pm Firies	10am-2pm:     SJA ambulance office open     7.30pm SB Christian Fellowship - Bible Study	• 10am-2pm: SJA ambulance office open	• 1pm Bridge Club	INSCRIPTION POST ARTICLES DUE	9am St Andrews Church Service     9:30am Denham Community Church (at the Rec Centre)     10am SB Christian Fellowship, on the foreshore	
						AUSTRALIA DAY FREE BREAKFAS & CITIZENSHIP AWARDS 8AM	
27	28	29	30	31	1	2	
10am Men's Shed 1pm Bridge Club	10.00am Men's Shed     5pm CRC Heart     Foundation Walking     Group	10am-2pm:     SJA ambulance office open     7.30pm SB Christian Fellowship - Bible Study	• 10am-2pm: SJA ambulance office open • 5pm SES	• 1pm Bridge Club		9am St Andrews Church Service     9:30am Denham Community Church (at the Rec Centre)     10am SB Christian Fellowship, on the foreshore	

#### STUDENTS RETURN TO SCHOOL MONDAY 3RD FEBRUARY