


MAR 2020

Shark Bay Inscription Post

\$2



Clean Up 


STEP TO CLEAN UP

Denham Foreshore (opposite Discovery Centre)

WHERE: Sunday, 8 March 2020 8am – 9:30am

CONTACT: Community Development Officer on 9948 1218 or cdo@sharkbay.wa.gov.au

BBQ breakfast will be provided to participants after the clean-up




CELEBRATE WA'S DIVERSITY

Western Australians share a diverse heritage that originates from every part of the world and builds upon our rich Indigenous culture.

Take time out this Harmony Week to join in celebrations with your friends, your family, your workplace, and our remarkable multicultural community!

| | |
|-------|-----------------------------|
| Event | World Harmony Vision 2020 |
| Date | 14th March (Saturday) |
| Time | 10.00am to 2.00pm |
| Venue | Shark Bay Recreation Centre |

Visit www.omi.wa.gov.au to find out what's happening in your area.

#WAHARMONY

Shark Bay Men's Shed

Mondays at 10am
("the Shed" corner of corner of Capewell Drive & Poland Street)

Denham Crafters

Every Tuesday 1:30-3:30pm
at the Denham Town Hall (corner of Hughes & Durlacher Streets)

Shark Bay BRIDGE Club

Monday and Friday at 1pm
at the Denham Town Hall (corner of Hughes & Durlacher Streets)

Walking Group

Every Tuesday at 5pm
at the SB CRC (10 Denham Road)

Kindy Gym

Every Tuesday morning at 9.30am
at the Rec Centre (Francis Street)

New! THE FRIENDLY HUB

Wednesdays morning at 10am
at the Denham Town Hall (corner of Hughes & Durlacher Streets)

Breaking into a jig to wish you a pot of luck, full of smiles, top of cheer kind of day!

Happy St. Patrick's Day!



Sports & Recreation

Shark Bay Francis Road, Denham
RECREATION CENTRE


Contact the Shark Bay CRC for more information on: 08 9948 1787

| | | |
|-----------|--|---|
| Monday | 2pm - 4.30pm 3pm - 4.00pm 6.30pm | Courts open - @ Rec Centre Basketball - @ Rec Centre Badminton - adults only @ Rec Centre |
| Tuesday | 9.30am - 11.30am 2.30pm - 4.30pm 5.00pm - 6.00pm | Kindy Gym - @ Rec Centre Courts open - @ Rec Centre Walking group - @ CRC carpark |
| Wednesday | 6.30pm | Indoor Soccer - adults only @ Rec Centre |
| Thursday | 6.00pm - 7.00pm | Dodge (Fundraiser by SB Youth Group) |
| Saturday | 9am - 12pm | Courts open - @ Rec Centre |

Children under 7 years must be accompanied by an adult (18+) at all times in the Recreation Centre.



Contact the Shark Bay CRC for more information on: 08 9948 1787



PUBLIC NOTICE

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:

March 2020 – Wednesday 25
April 2020 – Wednesday 29
May 2020 – Wednesday 27
June 2020 – 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

All meetings will commence at 3.00 pm in Council Chambers

Paul Anderson Chief Executive Officer

?? DID YOU KNOW...??

That "March" was named for the Roman God 'Mars'





COMMUNITY PERCEPTIONS REPORT

The recent process of reviewing the Shire's Strategic Community Plan, involved conducting community consultation via surveys and workshops within the local Shark Bay community. The results of the community's aspirations, vision and objectives were taken into consideration in relation to future services and facilities provided by the Shire.

Results of the review indicate that community members appreciate that they live in an incredibly unique and special place and they want balanced economic and population growth, whilst protecting and maintaining the pristine environment and character of the area.

SILVER CHAIN AND MEDICAL SERVICES

As an update to information provided in my January report in relation to the continuity and level of local medical services, the CEO and I have again met with Silver Chain hierarchy and further discussed the current issues relating to the provision of these local medical services and Council will continue to advocate for both the employment of a nurse practitioner and an expanded service.

The State Government Health Department contracts Silver Chain to provide medical services to Shark Bay and also contracts WA Country Health Services (WHACS) to provide the visiting doctor component. Both organisations are currently meeting their contractual obligations. The Shire funds a hire car for the doctors' visits plus accommodation costs for a third nurse during the school holiday periods.

Kylie Mayo, an experienced health service professional engaged by Silver Chain to review operations at the Shark Bay clinic (and 11 additional remote posts), was in town for several days last week and met with Councillors and other community members, in addition to reviewing the Silver Chain clinic operations. Kylie will compile a report on her findings and recommendations once her review of all the Silver Chain remote nursing posts has been completed.

CLEAN UP AUSTRALIA DAY

Clean Up Australia Day will be coordinated by the Shire and held on Sunday 8 March with all participants assembling at 8.00 am on the Denham foreshore, opposite the Discovery Centre. The clean-up will be followed by a free barbecue for all those involved. Contact Candice at the Shire if you need further details. See you there!

Cheryl

Cheryl Cowell
President

Activities February 4 Teleconference – Gascoyne Development Commission projects
10 Community Strategic Plan workshop
12 Audit Committee Meeting
Special Meeting of Council
18 & 19 WA Local Government Act – Mandatory Training
26 February Council Meeting
Corporate Business Plan workshop/presentation
Strategic Community Plan workshop/presentation
Meetings/presentations re local Medical Services

Community Surf Rescue Courses (CSRC)

Full course 23rd & 24th March 2020

starting at 3pm on both days.

- | | |
|--|---|
| <ul style="list-style-type: none">• 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 less than 5 minutes.• Classroom: for hands on with First Aid, Resuscitation, Theory approx 90 minutes on both days. | |
| <ul style="list-style-type: none">• Water rescues with & without equipment, spinal management & retrieval of a person in the water & the steps to perform resuscitation if required. | <ul style="list-style-type: none">• 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 basic.

The course is available to anyone over the age of 13 years.

**For more information or to register,
please contact:**

**Trevor Gibb, Course Facilitator
0417 920 125**



Dancing has begun
(following school terms).

Enrollment and class information
available by contacting
Miss Amy (0438 934 000) or visit

www.coralcoastdanceacademy.com.au

and on Facebook, or email:

info@coralcoastdanceacademy.com.au

Monday Classes:

4:15-5:00pm- Beginners combo
(Dance & Acro)

5:00-5:45pm- Junior Acrobatics

5:45-6:30pm- Senior Acrobatics

Tuesday Classes:

5:30-6:15pm – Senior Dance (Ballet
and Jazz)

Wednesday Classes:

4:15 – 5:00pm - Open Acrobatics

5:00– 5:45pm- Junior Dance

5:45-6:30pm- Tap

PLEASE NOTE THAT, ALTHOUGH WE
WILL ENDEAVOUR TO KEEP CHANGES
TO A MINIMUM, WE RESERVE THE
RIGHT TO ALTER TIMES, DAYS AND
TEACHERS, OR CANCEL CLASSES IF THE
NEED ARISING.

Speedway Fans!

Looking to enjoy a few weekends at the Speedway Track this season?

Did you know one of Membership benefits' is that you get into all Race Meets for free?

Our \$30 Social Memberships are perfect for any Racing Fan that would like to come down for a great day of racing on a budget. Our general gate entry is \$15 per adult, so by your second race meeting you are basically getting in for free!

Membership Forms can be collected from either CRC or dropping into Shark Bay Caravan Park.

Emma Lockhart (Secretary)



2020 Race Calendar

All Shark Bay Club Points Meetings
All Divisions Welcome



| | |
|-------------------|--|
| 25th April | Gascoyne Series <i>Day one day meet held in Shark Bay</i> Juniors & Supermods Trophy Day |
| 26th April | Gascoyne Series <i>Day two night meet held in Carnarvon</i> |
| 13th June | Club Meeting Street Stocks & Productions Trophy Day |
| 11th July | 33rd Annual Far Western Championships |
| 8th August | Club Meeting Modifieds 20/20 Trophy Day |
| 8th August | Presentation Night |

sharkbayspeedwayclub@outlook.com

Mick Reynolds — 0419 961 819 (President)



The Importance of Dancing Like an Idiot

One of the strangest but also most intriguing and redemptive things that humans get up to, in almost any culture one cares to study, is occasionally to gather in large groups, bathe in the rhythmic sounds of drums and flutes, organs and guitars, chants and cries, and move their arms and legs about in complicated and frenzied ways, losing themselves in the bewilderment of a dance. Dancing has a claim to be considered among the most essential and salutary activities we ever partake in. Not for nothing did Nietzsche, a painfully inhibited figure in day to day life, declare 'I would believe only in a God who could dance' (a comment that stands beside his equally apodictic pronouncement: 'Without music, life would be a mistake.')

But dancing is at the same time an activity that many of us, arguably those of us who might most need to do it, are powerfully inclined to resist and deep down to fear. We stand on the side of the dance floor appalled at the possibility of being called to join in, we attempt to make our excuses the moment the music begins, we take pains that no one will ever, ever see our hips unite with a beat.

The point here is definitely not to learn to dance like an expert, it is to remember that dancing badly is something we might actually want to do and, equally importantly, something that we already well know how to do to – at least to the level of appalling proficiency we need to possess in order to derive key benefits.

In almost all cultures and at all points of history (except oddly enough perhaps our own), dancing has been widely and publically understood as a form of bodily exercise with something very important to contribute to our mental state. Dancing has had nothing to do with dancing well, being young or revealing one's stylishness. Summed up sharply we might put it like this: dancing has been valued for allowing us to transcend our individuality and for inducing us to merge

into a larger, more welcoming and more redemptive whole.

The Ancient Greeks were for the most part committed worshippers of the rational mind. Their foremost God, Apollo, was the embodiment of cool reason and disciplined wisdom. However, the Greeks understood – with prescience – that a life devoted only to the serenity of the mind could be at grave risk of desiccation and loneliness. And so they balanced their concern with Apollo with regular festivals in honour of a quite different God, Dionysus, a god that drank wine, stayed up late, loved music – and danced.

A break from individualism and reason: Dionysius (also known as Bacchus to the Greeks and Romans) leading a dance. Bouguereau, *The Youth of Bacchus*, 1884

The Greeks knew that the more rational we usually are, the more important it is

with something more primal and more necessary: our common human nature. We remember, through a period of ecstatic dancing, what it is like to belong, to be part of something larger than ourselves, to be indifferent to our own egos – to be reunited with humanity.

This aspiration hasn't entirely disappeared in modernity – but it's been assigned to very particular and woefully selective ambassadors: the disco and the rave. These associations point us in unhelpful directions: towards being cool, a certain age, wearing particular clothes, liking a certain kind of often rather arduous music. Such markers of an elite, knowing crowd reinforce, rather than dismantle, our tendencies towards isolation and loneliness. We need, urgently, to recover a sense of the universal benefit and impact of dancing. But the greatest enemy of this is fear, and in particular, the fear – as we may put it – that we will look 'like an idiot' in front



– at points – to fling ourselves around to the wild rhythms of pipes and drums. At the festivals of Dionysius, held in Athens in March every year, even the most venerable and dignified members of the community would join into unrestrained dancing that, irrigated by generous amounts of red wine, lasted until dawn.

A word often used to describe such dancing is 'ecstatic'. It's a telling term. Ecstatic comes from two Latin words: ex (meaning apart) and stasis (meaning standing) – indicating a state in which we are symbolically 'standing apart' from ourselves – separated from the dense, detailed and self-centered layers of our identities which we normally focus on and obsess over and reconnected

of people whose opinion might matter. The way through this is not to be told that we will in fact appear really rather fine and, with a bit of effort, very far from idiotic. Quite the opposite; we should accept with good grace that the whole point of redemptive, consoling, cathartic communal dancing is a chance to look like total, thoroughgoing idiots, the bigger the better, in the company of hundreds of other equally and generously publically idiotic fellow humans.

We spend a good deal of our time fearing – as if it were a momentous calamity that we did not even dare contemplate in daylight – that we might be idiots and holding back from a host of important aspirations and ambitions as a

https://www.theschooloflife.com/thebookoflife/the-importance-of-dancing-like-an-idiot/?fbclid=IwAR2QgIGBpjxayFxVDV1bTg_q87jFRbnXxXeccZqGqr5BfONn094QulgaAEIE

result. We should shake ourselves from such inhibitions by loosening our hold on any remaining sense of dignity and by accepting frankly that we are – by nature – of course completely idiotic, great sacks of foolishness that cry in the night, bump into doors, fart in the bath and kiss people’s noses by mistake – but that far from being shameful and isolating, this idiocy is in fact a basic feature of our nature that unites us immediately with everyone else on the planet. We are idiots now, we were idiots then, and we will be idiots again in the future. There is no other option for a human to be.

Dancing provides us with a primordial occasion on which this basic idiocy can be publicly displayed and communally celebrated. On a dance floor filled with comparable idiots, we can at last delight in our joint foolishness; we can throw off our customary shyness and reserve and fully embrace our dazzling strangeness and derangement. An hour of frantic jiggling should decisively shake us from any enduring belief in our normalcy or seriousness. We will no longer be able to bully others, persuade them of our superiority, humiliate them for their mistakes or pontificate at length on weighty matters. We will no longer worry how others see us or regret a few things we said to intimidating strangers. The gentle aches in our limbs and our memories of our moves will remind us of anchoring facts that will guarantee our ongoing sanity and kindness.

Whenever we have the chance to invite others around, especially very serious people by whom we’re intimidated or whom we might be seeking to impress, we should remember the divine Dionysus and dare, with his wisdom in mind, to put on Dancing Queen, I’m so

excited or We are Family. Knowing that we have Nietzsche on side, we should let rip with a playlist that includes What a Feeling, Dance with Somebody and Hey Jude. We should lose command of our normal rational pilot selves, abandon our arms to the harmonies, throw away our belief in a ‘right’ way to dance or indeed to live, build the intensity of our movements to a frenzy, gyrate our heads to empty them of their absurd worries, forget our jobs, qualifications, status, achievements, plans, hopes and fears – and merge with the universe or at least its more immediate representatives, our fellow new mad friends, before whom the disclosure of idiocy will be total.

Looking like an idiot shouldn’t be a risk: it’s the point.

Around us might be a formally shy accountant, an efficient dental nurse or a white haired school principal bending and flinging their arms in the air, throwing their heads back, contorting their bodies. After a few songs, something astonishing will begin to happen: it won’t matter any

more that we said a slightly out of place thing in a meeting two weeks ago, that we haven’t yet met the love of our lives or that we still don’t understand very much at all. We will feel a part of something far more important than ourselves, a supportive community in which our individual errors and doubts will cease to weigh so heavily and punishingly upon us.

Through a dance, we glimpse a huge project: how we might more regularly experience ourselves as vulnerable in front of other people in order to become better friends to ourselves and more generous and compassionate companions to others. The true potential of dancing has for too long been abandoned by thoughtful people to stylish ambassadors who have forgotten the elemental seriousness of allowing themselves to be and look idiotic. We should reclaim the ecstatic dance and uninhibited boogie woogie for their deepest universal purposes: to reconnect, reassure and reunite us.



DENHAM SENIORS are changing their name... and opening to all adults over 18 years old.

from Wednesday 5th February 2020

Join us
Wednesday mornings @10am
 at the SB Shire Hall (corner of Hughes & Durlacher Streets)

THE FRIENDLY HUB

Some of our weekly activities:

- Coffee, Tea, Cake
- Board Games
- Cards
- Crosswords
- Puzzles
- ...etc

Special occasions:

- Guest Speakers
- Bingo
- ...etc

Nothing better to do... why not come along? Have a cuppa, meet the locals, meet some visitors, share stories, play a game or two, enjoy a chat...

ONLY \$3 /SESSION



Visitors tackling the 9 piece puzzles



A few hands on our ongoing 500 pieces puzzle!

The Friendly Hub has been going very well, with many locals and visitors attending. Participants have simply been catching up for a cuppa and a piece of cake, or getting into our new board games and puzzles! For our first meeting, we went around the tables, for a short presentation of “who are you, where you come from”, which revealed some interesting and fun stories. The Friendly Hub is open to all (18+) every Wednesday between 10am - 12 midday! Contact the CRC for further information.

Patricia



Story telling and a few laughs!



How about Checkers?



How about Checkers?



Volunteer Marine Rescue

PO Box 35, Knight Tce Denham 6537 | vmrsharkbay@westnet.com.au

Another quiet month for your local Marine Rescue group with only one call for assistance. That situation will change soon enough with the annual influx of visitors with boats, the more boats out on the water, the more likely it is that something will go wrong for somebody.



A big shout out to our Vice-Commander, Brian Child, who was named as Shark Bays Citizen of the Year at the recent Australia Day Awards ceremony. Brian is involved with numerous volunteer groups and puts in an extraordinary number of hours helping to make our community a better and safer place to live. Well done Brian.

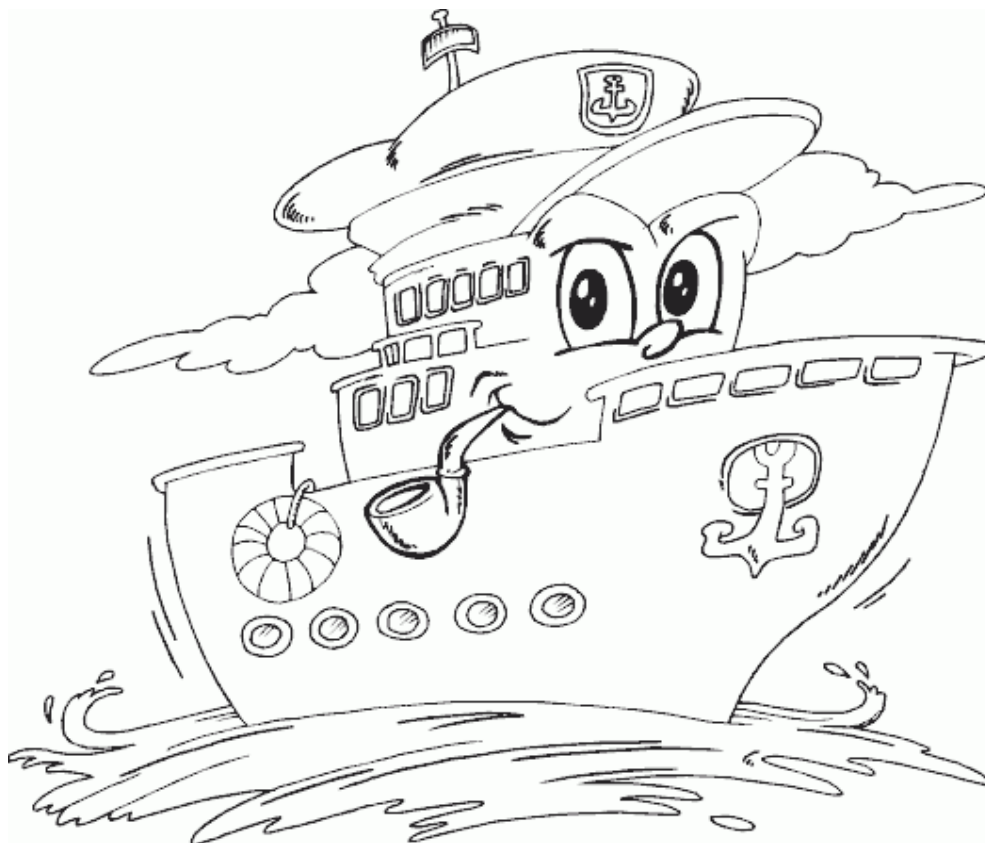
Congratulations to all the other groups and individuals who were nominated for the various awards. Thanks to the Shire for putting on such an excellent ceremony.

There are some training opportunities coming up in the next couple of months for members who are on their way to being recognized rescue crews and skippers. Courses in Geraldton will cover the topics of seamanship and sea-survival. As always, DFES covers the cost of travel to and from any training weekends as well as providing food and accommodation for the volunteers.

Marine Rescue Shark Bay now has eight young people between the ages of eleven and sixteen enrolled as cadet members with another couple of applications still being processed by DFES. We welcome our newest members and look forward to watching them develop their skills and hopefully one day becoming valuable volunteers helping to keep the boating public safe. Sunday the first of March will be the Cadet groups first meeting and Sunday the 29th of March will be the next meeting.

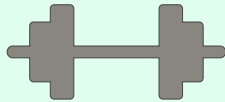
Applications to join as a Cadet or full volunteer member are welcome, just ring 99 481376 to enquire.

Drew



CLB FITNESS

Group Fitness Classes



Shark Bay Recreation Centre:

Monday: 6:00am
Wednesday: 6:00am
Friday 6:00am

Shark Bay Town Oval:

Tuesday: 5:45pm
Thursday: 5:45pm

Suitable for all levels of fitness

\$10pp per session
6 Classes for \$50

Other services are available such as private group bookings, customised programs and fitness testing.



@clbfitnesswa



0450480793



CLB Fitness



chelseabutterworth@outlook.com



Proudly supported by
The Shire of Shark Bay



The Shire of Shark Bay has a Road Upgrade Program taking place on Brockman Street. Works will be between the Brockman Street / Knight Terrace intersection and the Brockman Street / Talbot Street intersection.

Works will be commencing between Monday 2 March and 6 March 2020.

Please be advised there will temporary road closures in place from **Monday 2 March 2020**.

Traffic Management Procedures will be in place.

All efforts will be made minimise any disruptions caused.

If you require further information relative to the above, please contact, Works Manager Mr Brian Galvin on (08) 99 481 013 or email works@sharkbay.wa.gov.au.

Paul Anderson
Chief Executive Officer



Physiotherapy and Chronic Disease Management

at the Shark Bay Recreation Centre

Monthly visits by physiotherapist Gavin Griffiths from Carnarvon Physiotherapy for treatment of all conditions related to osteo-arthritis, diabetes, heart and lung disease, rehabilitation.

We can assist with specific exercise programs in the gymnasium to help improve general health and mobility.

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



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

Road Closures

Community Meetings

Mosquito Fogging Program

Rubbish Collections

Community Events

Rose de 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

Kindy Gym February 2020

We are back into the swing of things at our regular Kindy Gym sessions for 2020. We welcome four new participants Darsea, Marlin, Charlotte and Oliver. A big congratulations to Claire, Dave, Noah, Liam and Xavier on the arrival of their new baby daughter and sister, Charlotte.

Some of the activities we have been doing during Kindy Gym sessions have included playing Follow the Leader, egg and spoon races, Punchinello, dress ups, jigsaws, jumping on the new blow up trampoline & jumping castle, musical colour corners, trains, blocks, ride on toys, ride on roller coaster, What's The Time Mr Wolf and fun with the parachute. We also had delicious cupcakes for Daisy's birthday along with a visit to the oval park to wear off the cake.

Queries are welcome, please call Shark Bay Community Resource Centre on 99481 787. See you soon.

Miss Natt and the SB CRC Team



What's Happening at The Oldie



"The Old Pub" is truly the community's pub, come and cheers 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



Check us out on Trip Advisor

AWARDED:
 4 STAR CERTIFICATE FOR
 EXCELLENCE!

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

LUNCH SPECIALS

'BAY BURGER DEAL'

FISH, CHICKEN, HAMBURGER
 OR STEAK BURGER

& A MIDI OF YOUR CHOICE
 (EXCLUDING SPIRITS)

AVAILABLE 12-2PM DAILY,
 steakburger additional \$2



LIVE Entertainment

**KANE
 LEMIN**

3pm
 Sunday 1st

**BENNY
 MAHEM**

8pm
 Friday 20th

Tuesday
 7.30pm - Darts

All
 welcome!



Wednesday

8.30pm - Local band
 'Parallel 26' playing
 from 8.30pm &
 karaoke and
 open mic after



Friday

5-7pm - Jag the Joker
 Complimentary nibbles
 & courtesy
 coach
 ride home
 @ 9pm,
 10pm, 11pm
 & midnight



Local Artists

Studio &
 Gallery



- Daily meal specials available
- Coffee & Cake @ \$9.50 per person available all day
- Icy cold beverages
- Accommodation available double & twin rooms
- Jukebox / TAB
- We cater to everyone's needs, just ask - nothing is too hard
- Available for catering and platters



Pop in and say HI!
 WE'RE OPEN EVERY DAY

Trading hours: open every day from 10am til late

Phone: 9948 1203
www.sharkbayhotelwa.com.au
enquiries@sharkbayhotelwa.com.au

CURRENT DEALS

(close 31st March)

Shark Bay Hotel



OFF SEASON Promotion

MAJOR PRIZE

Flight Center voucher of \$2500 towards you next holiday

2ND PRIZE

\$500 cash

3RD PRIZE

\$200 cash

Just fill in your details (on reverse side) with EVERY PURCHASE at the 'Oldie'

43 Knight Terrace, DENHAM WA 6537

P: (08) 9948 103 | F: (08) 9948 1304 | W: www.sharkbayhotelwa.com.au



KIDS EAT FREE

(KIDS AGED 14 YEARS & UNDER, MUST BE ORDERED OFF THE KIDS MENU & MUST BE ACCOMPANIED WITH A PAYING ADULT, IE. 1 CHILD MEAL PER PAYING ADULT, 3 CHILDREN MEALS PER PAYING ADULTS ETC. ETC.)

offer expires 31st March 2020



ACCOMMODATION SPECIAL AT THE OLD PUB STAY 2 NIGHTS FOR THE PRICE OF 1

BOOK & STAY IN ONE OF OUR TWIN OR DOUBLE ROOMS & STAY ANOTHER NIGHT ON US, THAT'S 2 NIGHTS FOR \$110.00 INCLUDING A CONTINENTAL BREAKFAST EACH (MAXIMUM 2 GUESTS PER ROOM).

BE QUICK AS THIS IS A LIMITED OFFER!!

FROM 23rd JANUARY - 31ST MARCH 2020

TO BOOK PLEASE CALL 08) 9948 1203,
EMAIL US OR JUMP ON OUR WEBSITE

enquiries@sharkbayhotelwa.com.au

www.sharkbayhotelwa.com.au

Accommodation deal is only valid from 23 January - 31 March 2020, subject to availability

& must be booked direct with The Shark Bay Hotel

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| W | E | B |
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Difficulty rating: Easy

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Difficulty rating: Difficult

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WORD SEARCH

- red
- blue
- yellow
- green
- pink
- orange
- brown
- white





Denham Crafters

\$3 per session

**Resumed 4th February
Tuesday's 1:30-3:30pm**
New members welcome!

If you require more information please contact Bev (0499 771 947) or Wilanda (jowiba@gmail.com)



SHARK BAY FISHING FIESTA 2020

sharkbayfishingclub@hotmail.com m: 0427 272 560

15th - 22nd May
FISHING COMPETITION

and lots more:

- Over \$10,000 in prizes
- Daily Weigh-ins
- Live Entertainment
- Family Activities
- Bar & Food Facilities
- Sponsor's Auction



SHARK BAY FISHING CLUB

Be there for our next Fishing Fiesta 14th to 21st May 2021


www.sharkbayfishingfiesta.webs.com

Local news from...

SHARK BAY POLICE STATION

Durlacher Street, Denham WA 6537

Denham Station NEW Phone Number 9915 9100



kTi

Safety Alert

Personal Locator Beacon - PLB

Keep yourself safe

FOR SALE at the CRC
all profits go to your Shark Bay SES unit

\$340 each

FEATURES
PROVIDES SIX INDEPENDENT MEANS OF RESCUE:

- ✓ 406MHZ TRANSMISSION
- ✓ 121.5MHZ HOMING SIGNAL
- ✓ GPS LOCATION
- ✓ VISUAL STROBE
- ✓ SIGNAL MIRROR
- ✓ WHISTLE ON LANYARD

MANUFACTURED IN AUSTRALIA
www.kti.com.au

SES Shark Bay



EMERGENCY CONTACT NUMBERS

| | |
|------------------------------------|--|
| Police, Fire, Ambulance | 000 |
| State Emergency Service assistance | 132 500 |
| Shire of Shark Bay | 9948 1218 |
| Road conditions (Main Roads) | 138 138 |
| Emergency WA website | www.emergency.wa.gov.au |
| Weather and cyclone forecasts | www.bom.gov.au/cyclone/ |
| ABC radio | local frequency |

How do you get help from SES when needed?

Phone 132 500

Do not call your local SES unit. Call **132 500**.

Like most other Emergency Service Groups there is a set procedure that **must** be followed before any group can help. Following this procedure, quickens the response times for help by filtering out what type of incident it is, which unit is required and what resources and qualifications are needed to respond to that incident.

Our Shark Bay unit is trying to achieve a vertical rescue status. Some members of our unit are qualified but we need more enthusiastic people to be part of this vertical rescue team. It doesn't mean you have to go over the edge, you might like to be a support person who assists setting the gear up or just supporting the "Hollywood people". Those are the people who do go over the edge.

You can help in many ways. Call "Joe" on 0419 902 895 to put your name down.

We are trying out a new training regime!

We unite together at the Emergency Service Precinct (cnr of Durlacher and Dampier Rd) on the first 3 Monday's of each month starting at 5pm. The **first** Monday is a maintenance night. This is when we check our response equipment is working correctly, in good condition and ready to go. Last month we checked out the two new Oxy Viva sets, only to discover that some items needed to be replaced ASAP.

The **second** Monday's training is dedicated to a scenario exercise set up by our attending District Officer, Tim Dalwood. A recent exercise included a lost person who was found injured out at the Peron homestead shearing shed. That person was Spit's wife "Slobber" (one of our training dummies). She had to be treated for her injuries and transported out on a Stokes Stretcher.

It was a great fun night that was followed by a BBQ at the hot tub.

Then the **third** and last training night is a debrief/revision of everything that went on the previous week. We practice and improve our skills where necessary.

Help is desperately needed for our lawn bowling team. We are not doing so good. Our team name is the "Incredibowls" but the name "Not-So-Incredibowls" is more appropriate.



REMINDER
Training nights have been changed to the
1st, 2nd & 3rd 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

Don't forget we are still in Cyclone season. Clean your patch of paradise up, have your welfare kit ready to go (medication included), be alert, look up, monitor weather reports on ABC radio or go to the website...emergency.wa.gov.au (this is the official website for community warnings and other emergency management information for cyclones, floods, bushfires).

Become part of our fun group by contacting the units manager "Joe McLaughlin" on 0419 902 895 or call in and see the staff at the Community Resource Centre. They will point you in the right direction.

Judy Britza - Member/Admin Officer

DENHAM – WESTERN AUSTRALIA

LAT 25° 56' S LONG 113° 32' E

Times and Heights of High and Low Waters

© Copyright Commonwealth of Australia 2018, Bureau of Meteorology

Datum of Predictions is Lowest Astronomical Tide

Times are in local standard time (Time Zone UTC +08:00)

Moon Phase Symbols

● New Moon

● First Quarter

○ Full Moon

● Last Quarter

MARCH

| Time | m | Time | m |
|---------------------|---|---------------------|---|
| 1 0423 0.91 | | 16 0047 0.54 | |
| SU 0931 0.68 | | MO 0540 0.84 | |
| SU 1646 1.30 | | MO 0859 0.76 | |
| | | ● 1720 1.48 | |
| 2 0039 0.65 | | 17 0151 0.53 | |
| MO 0511 0.84 | | TU 1759 1.44 | |
| MO 0919 0.73 | | | |
| 1710 1.34 | | | |
| 3 0139 0.62 | | 18 0302 0.53 | |
| TU 1741 1.38 | | WE 1843 1.37 | |
| ● | | | |
| 4 0258 0.58 | | 19 0416 0.51 | |
| WE 1824 1.41 | | TH 1941 1.29 | |
| | | | |
| 5 0425 0.52 | | 20 0524 0.50 | |
| TH 1916 1.42 | | FR 2102 1.22 | |
| | | | |
| 6 0534 0.46 | | 21 0616 0.49 | |
| FR 2024 1.42 | | SA 1429 1.01 | |
| | | SA 1607 1.00 | |
| | | 2223 1.17 | |
| 7 0628 0.41 | | 22 0653 0.49 | |
| SA 2145 1.41 | | SU 1337 1.03 | |
| | | SU 1734 0.93 | |
| | | 2332 1.15 | |
| 8 0712 0.40 | | 23 0718 0.51 | |
| SU 1412 1.02 | | MO 1339 1.07 | |
| SU 1629 1.00 | | MO 1852 0.85 | |
| 2306 1.40 | | | |
| 9 0749 0.41 | | 24 0028 1.13 | |
| MO 1342 1.09 | | TU 0733 0.53 | |
| MO 1757 0.93 | | TU 1350 1.12 | |
| | | ● 1957 0.77 | |
| 10 0014 1.38 | | 25 0115 1.11 | |
| TU 0820 0.46 | | WE 0744 0.56 | |
| TU 1401 1.18 | | WE 1406 1.18 | |
| ○ 1916 0.85 | | 2042 0.70 | |
| 11 0113 1.34 | | 26 0155 1.09 | |
| WE 0845 0.54 | | TH 0756 0.60 | |
| WE 1429 1.28 | | TH 1424 1.23 | |
| 2048 0.76 | | 2122 0.65 | |
| 12 0206 1.26 | | 27 0230 1.06 | |
| TH 0851 0.62 | | FR 0810 0.65 | |
| TH 1500 1.38 | | FR 1443 1.28 | |
| 2155 0.67 | | 2202 0.61 | |
| 13 0257 1.17 | | 28 0304 1.02 | |
| FR 0837 0.68 | | SA 0826 0.70 | |
| FR 1534 1.45 | | SA 1505 1.33 | |
| 2253 0.60 | | 2241 0.59 | |
| 14 0347 1.05 | | 29 0339 0.98 | |
| SA 0840 0.72 | | SU 0836 0.76 | |
| SA 1609 1.50 | | SU 1524 1.37 | |
| 2349 0.56 | | 2322 0.57 | |
| 15 0439 0.94 | | 30 0419 0.94 | |
| SU 0851 0.74 | | MO 0836 0.81 | |
| SU 1644 1.51 | | MO 1544 1.40 | |
| | | | |
| 31 0007 0.56 | | TU 0511 0.89 | |
| | | TU 0826 0.84 | |
| | | 1609 1.43 | |



Tide Chart - Denham

Fishing Fiesta

Shirts **over 30% off**



\$30

only at the CRC

Stubby Holders for Sale



\$9
SB Speedway

\$8
SB Fishing Club

DISTRESS FLARES

\$140

box of 4

On sale at the Shark Bay CRC



St John Ambulance

First Aid Kits FOR SALE

at the Shark Bay CRC

Prices vary \$30 - \$40

Shark Bay P&C



Proudly supporting and promoting Shark Bay School

Shark Bay P&C
55 Francis Road
DENHAM WA 6537



President: Natt Dul
0439 938 125

Shark Bay P&C Fundraiser

2020 BLIND FOOTY TIPPING COMPETITION

How it works:

There are 198 games played throughout the home and away season. Your task is to try to pick the **winner in all games before the season starts** on Thursday 19th March 2020.

Entries must be in to the school by **3PM WEDNESDAY 18th MARCH 2020**. No late entries will be accepted.

Simply select the team you think will **WIN** in each game in all 23 rounds by circling or highlighting on the BLIND tipping card.

1 point will be awarded for a win. No points for draws. The season does not extend to finals.

The cost is **\$10 per entry**.

A prize will be awarded to the halfway mark leader (end of round 11) and First and Second places at the end of the season.

In the event of more than one winner then the prize will be split evenly between the first place winners.

Please send all entries and entry fee to Shark Bay School by **3pm WEDNESDAY 18th MARCH 2020**.

Cards may be copied if you wish to enter more than once or for additional family members.

Please contact Claire Harrower on 0411 107 226 or Bec Moroney 9948 0000 if you have any queries or for additional cards.

Let the bragging rights begin!!!!

Payment Options

Option 1 - Cash - include with your tipping form.

Option 2 - Direct Deposit

Account Name: Shark Bay Primary School Parents and Citizens' Association Incorporated

BSB: 066509 Account Number: 00903066

Reference: <your name> <footy>

Email remittance / proof of deposit to: sharkbaypandc@hotmail.com



A big thank you to all those that came along to this meeting. It was quite productive and we are looking forward to a number of events we aim to host for the local and School Community.

Upcoming projects and fundraisers include the following:

Shark Bay School P&C recently held an AGM in February. I would like to thank all the committee members and Executives from last year. Everyone contributed in whatever way they could with most busy with either work, volunteering and families... amazing humans that they are!!

Introducing our new Executive Committee:

- President - Natt Dul
- Vice President - Tiaza Sellenger
- Secretary/Treasurer - Bec Moroney
- Executive Committee - Tish Browne, Claire Harrower
- School Council Representative - Jocelyn Ross
- Ex Officio - Celia Elissegaray

- Disco 28th March with snack bar, fun games and toasted sandwiches.
- Brick Pavers should arrive soon.
- Footy Tipping Comp - applications due 18th March.
- Lego Club starts 27th February and will run every Thursday straight after school.
- Lunches fundraiser 1st and 18th April.

We anticipate having an Easter Raffle (April), a Mother's Day Stall, a lunch fundraiser and money boards at the Fishing Fiesta in May.

If you would like to assist with any of these initiatives, please contact either myself on **043 993 8125** or Bec Moroney at the school reception on **9948 0000**.

We welcome new members at any of our meetings.

Our next meeting will be held on the 6th of May at 4pm in the school Library.

Thank you for your support,

Natt Dul on behalf of the P&C Committee



Thursdays in the School Library Begins 27 Feb 2020 2:40 - 3:30pm

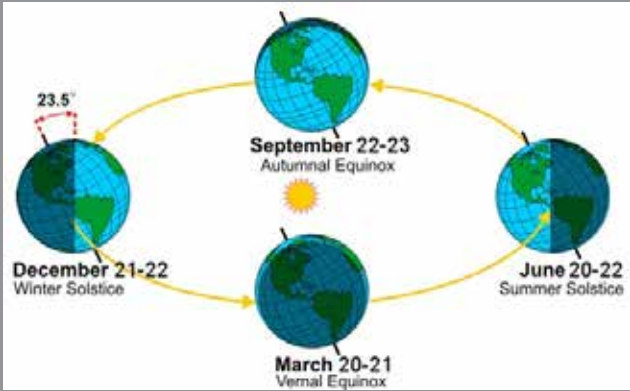


Kindy aged children must be accompanied by a responsible adult.




?? DID YOU KNOW...??

Friday 20th March is Autumn Equinox, The Sun is directly over the Equator.



Why Long Walks Will Change Your Life

Walking is medicine — it cures anxiety, sparks inspiration, and brings us back to ourselves

I am back home for Christmas, and yesterday, on Boxing Day, I walked in the rain from my village and down into the valley, then upwards and into the woodlands. This is my childhood village — a village called Shelley in the West Riding of Yorkshire. One woodland stands above and another at the bottom of the valley. On either side of the village, farmlands blanket endless rolling hills. A patchwork of green fields bordered by hedgerows and drystone walls cut across the landscape in every direction. Wildflowers and farm animals (mostly cows or sheep) abound, and the picture is dotted with the occasional ancient farmhouse or barn.

The late sun spilled light through the trees and onto the footpath, and every so often a grey squirrel would scurry across my path and ascend the nearest tree until out of sight. Whenever you walk into the woods it feels as if you have entered a sanctuary — everything you think matters does not seem to matter all that much under the shelter of the trees. Trees are mysterious to me, like gods or mystics, infinitely wiser than humans, all-knowing, all-seeing, and we can only admire them from below.

I could have walked anywhere: along the roads, over the green fields, across the towns and cities — but I always choose the woodlands. In the woods, I walk amongst my ancestors, and I am home. Even in childhood, the woods were where I felt closest to nature's awe-inspiring workings.

I most enjoy woodlands which are unkempt, with fallen trees and branches on the ground, brushes and brambles in sprawl, and no clear footpath. You have to find your own way through a deadly labyrinth of nettles, thorns, spines, and prickles. These wild woodlands are a fascinating reminder of what nature was like before humanity: a tangled, prickly, and venomous darkness, often hostile and sinister, but at the same time mysteriously beautiful. The wildest things are the most alive, and finding yourself amid the wilderness in an age when man has subdued every other part of life is refreshing.

After some time walking along the narrow woodland path, I came across a lonely stream, which flowed through

the heart of the woodlands and down the valley. A father watched over his young daughter, a happy, blonde girl, as she played with twigs and sticks and hopped across the stones that sat on the water. I smiled at the father, lunged over the water, and went onward through the trees. Some distance later, the trees stopped before a train track, which stretched across into the distance in a perfect straight line, headed in both directions for the industrial cities of Yorkshire. When I re-entered the woodlands, I was absorbed once again by the trees, the leaves, the sprays of sunlight, the crawling insects, the wet mud — the simple and forgotten things — and carried on toward the village.

During my walks, I am in a constant, slow-burning rapture.

Eventually, after about an hour and a half of walking, I reached the end of the footpath: a cricket pitch at the top of a hill in a village called Shepley — the name deriving from the Old English scep (sheep) and leah (clearing), thus meaning "a clearing or meadow where sheep are kept." At this point, I had a view of the entire landscape, including a full scope of my village on the hillside opposite. Beyond the village, I could see yet more farmlands and woodlands, a Victorian village church, Emmanuel Church, and in the far distance, Emley Moor, a broadcasting tower that pierces through the sky and watches over every village southeast of Huddersfield.

Over the years, I must have walked this same route a thousand times, yet I've never tired of its charms. If one is attentive enough, every walk is an opportunity to see new sights and hear new sounds. On many occasions, I walked off the track and ended up in some unfamiliar landscape I never could have imagined. For the most part, the landscape of West Yorkshire is not very diverse; it's mostly green fields and green hills that seem to stretch on forever. But on my local walks, I am an explorer, a pioneer, I am involved in the landscapes, and I notice the wonderful capabilities of the landscape to bend and fold over short distances. I learn the shapes and curves of different trees and plants, and I notice how they change throughout each season. On my walks I am in a constant, slow-burning rapture.

Usually, I walk without a plan. I have nothing to achieve; the beauty is in the walking, in the journey itself. I depend on instinct and walk interminably, one foot in front of the other, breathing in the cold air, marveling at the stature of the oak trees, nodding and greeting the dog walkers who pass me by. And then, quite suddenly, ideas arrive. Stories unfold. Meaning and purpose are restored. Beautiful words, long sentences, poetry and rhyme, answers to dreaded questions — these all come in flashing moments when I am absorbed in the landscape, in the eternity of the natural world. It always takes me by surprise, and I often regret not carrying a notepad to write my thoughts down; I just have to hope I will remember everything when I get back home.

In nature, you leave yourself behind. You are nobody in the woods. When faced with a particularly difficult problem, I find it's always healthier to just get out of the house and go for a walk rather than trying to force the answer. For in the repetition of walking you empty yourself out, free yourself of opinion and expectation, and embody once again humanity's innate character. In this state of emptiness, your mind begins to clear — and then the gods descend to fill the void. Freedom of movement stimulates the mind, bringing forth divine wisdom. A free body is a free mind; which is why, I suppose, the powers that be prefer we sit in offices and cubicles day and night, so that we are made forever stupid and loyal customers.

In nature, you leave yourself behind.

Indeed, like everyone else, I have days that require I sit inside the office or the library all day and work until the end. And on these days I always feel as if there is a small stove slowly burning in my stomach, a hollow pain, which grows fierier the longer I stifle my vitality. If evening comes and I have not walked far at all, then this fire cannot be contained and it becomes impossible to remain sitting still. I get so anxious that I cannot concentrate on even the simplest of tasks. My mind is exhausted but my body's energy is idle and unsatisfied. If this energy does not find release through physical exertion, it seeps into the mind and transforms into worries, doubts, fears — what's more, I can't sleep, because the untapped life force whirls



and spins around my mind, desperately trying to exert itself, keeping me awake. The life force I should be expressing through physical exertion turns back on my body and slowly destroys me.

I take long walks because I have a body, and if I do not use my body then I become bad-tempered and apathetic. Those who concentrate solely on their intellect and leave the body behind tend to be rigid, stern characters, and unhealthy. As far as I can tell, each of us seems to have a primal drive toward life, which finds its easiest expression in the act of walking, in the act of moving forward through the natural world and marveling at its beauty. In my experience, all anxious and depressive feelings seem to dissipate when walking along a woodland path. And if you walk far enough you eventually achieve a state of joy — a quiet, inner happiness — and you are relieved, as you have escaped the walls, the squares, the eternity of sitting, of stagnation; now you are moving over the landscape, over the hills and far away, fighting against gravity, breathing fresh air, with a pulsing heart and an appetite



for flowers and sunlight. You are free in search of the springs of life. A long walk is a rebirth of consciousness; one never returns quite the same, and is always better off for it.

WRITTEN BY
Harry J. Stead
Writer from West Yorkshire, United Kingdom - harryjstead.co.uk



It is proven that walking improves your general health and well being!

Walking with friends is more fun!




Why don't you join our group & come for a walk?

It's free, it's fun, it's good for you!





Tuesdays @ 5pm

Meeting point: SB CRC

10 Denham road











President: Lynette Harding
Ph: 99481665

Secretary: Jill Deschamp
Ph: 0477245309
Email: jilldeschamp@westnet.com.au

*BOOLBARDIE COUNTRY CLUB INC. SHARK BAY GOLF CLUB
MONKEY MIA ROAD, DENHAM W.A. 6537*

**THE ANNUAL GENERAL MEETING OF THE
BOOLBARDIE COUNTRY CLUB WILL BE
HELD AT THE CLUB
1.00PM. SATURDAY 18TH. APRIL.**

**Your attendance would be appreciated.
Please RSVP to Jill on 0477245309 or
Email: jilldeschamp@westnet.com.au.**

**THE DENHAM OPEN WILL BE HELD ON SATURDAY 27TH. &
SUNDAY 28TH. June.
More information will be available closer to the event.**

Are you interested in

- **The Bay having a Recreational Croquet Club?**
- **Assisting in forming a Recreation Croquet Group?**

- **For further information, please phone**
- **Fay 0427 948 022 or**
- **Bev 0499 771 947**

CROQUET







VOLUNTEERS WANTED

Are you in Monkey Mia for at least four days? Are you at least 16 years old? We would love to hear from you!

Monkey Mia Dolphin Experience is seeking volunteers to help with the dolphin experiences and conservation of the reserve.

As a volunteer some of the activities you get to participate in include:

-  Preparation / feeding of the dolphins
-  Dolphin data collection and collation
-  Maintaining our beautiful beach front
-  Talking to visitors and answering questions

Work time is short, only 7am – 1pm, so you have the afternoons free to enjoy beautiful Monkey Mia and Shark Bay.

Volunteers receive FREE entry to Monkey Mia reserve & complimentary tea, coffee and biscuits.

Visit the DBCA Monkey Mia Booking Office, call 08 9948 1366 or contact us by email: monkeymiavolunteers@westnet.com.au




Shark Bay District
Parks and Wildlife Service
Department of Biodiversity, Conservation and Attractions
1 Monkey Mia road

Phone: (08) 9948 1366
Information current at February 2020


If you like this devotional you'll **love** our radio station!

How to Listen:

-  **Online**
Website, internet radio and smart TV
-  **App**
Search "Vision Christian Media"
-  **Satellite**
Press radio button on satellite Christian TV or VAST channel 614

VISION CHRISTIAN RADIO

CONNECTING *Faith to Life*



VISION CHRISTIAN RADIO

Vision Christian Radio, as the name suggests, is a radio station broadcasting 24/7 in more than 700 locations around Australia, including Denham, Shark Bay.

With the slogan "connecting faith to life", the station plays music, news, speakers & interviews on matters of Christian faith, talk back on topical subjects, Bible teaching by a number of world recognised speakers. The station caters for a broad range of listeners of all ages. The radio programmes are backed by a comprehensively stocked bookshop, daily Bible reading notes & a prayer service.

Shark Bay has received broadcasts for many years on station 87.6FM, as well as on satellite radio station 614. The local FM station is currently closed, but Vision Christian Radio is still available on the satellite station. As well the station is available Online (vision.org.au/radio), & App "Vision Christian Media".



World Day of Prayer

March 2020

Pray for Zimbabwe

Date: Friday, 6th March



Location of local service:

Denham Shire Hall

Time of local service: 10 am
starting with tea/coffee

Everyone is welcome to attend.

worlddayofprayeraustralia.org

World Day of Prayer

is a world-wide, global ecumenical movement of informed prayer and prayerful action, started back in the 1800's, led by Christian women who call us together each year to observe a common day of prayer.

This year the nation of Zimbabwe has written the Service, and on the first Friday in March, we here in Denham join with people in over 150 countries around the world, in 88 different languages to pray together with them. The theme this year is "Rise, take up your mat and walk!"

World Day of Prayer has a motto: Informed Prayer and Prayerful Action, so we join this Friday, March 6 with the women of Zimbabwe, meeting in the Shire Hall at 10am with a cuppa. It is hoped to have a couple from Zimbabwe to participate in the service (still to be confirmed)!

We have an offering which will go to the Bible Society in Zimbabwe for the project called Empowering Mothers of Children with a Disability.

Everyone is most welcome.



St Andrew's by the Sea

Trump's favourite Bible verse: 'Eye for an eye'.

Trump's favourite Bible verse: 'Eye for an eye'.

Donald Trump has been known to say that the Bible is his favourite book. In a radio interview just prior to the 2016 election as President of the USA, when asked if he had a favourite verse or story from the Bible, he stated that his favourite Bible verse was an "eye for an eye."



"That's not a particularly nice thing" he said, "but you know, if you look at what's happening to our country, I mean, how people are taking advantage of us, and how they scoff at us and laugh at us. They're taking our jobs, they're taking our money, they're taking the health of our country, and we have to be firm and have to be very strong."

Most people have an opinion about Donald Trump, and there's not too much variation among them. Many people would not be surprised to know he said that.

Trump was obviously referring to a passage in Exodus which states the Old Testament laws governing personal relationships and behaviour.

"If people are fighting and there

is serious injury, you are to take life for life, eye for eye, tooth for tooth, hand for hand, foot for foot."

Bible scholars generally interpret this law, which was derived from the even older Babylonian Code of Hammurabi, as a measure to limit the degree of retaliation for personal injuries — in other words, only an eye for an eye. I think Trump might have got it wrong.

Harm usually provokes escalating levels of harm. If you hit me with a bat, I'll stab you with a knife. If you steal something from me, I'll steal ten of yours. In recognition of this human tendency to spiral into more severe acts of retaliation, this law implied that the penalty could be no more severe than the original act. It wasn't giving a licence vengeance; Just "an eye for an eye."



They also point out that it was a law laid down for a judge or court of law, not for use by individuals in matters of personal injury. That puts quite a different slant on the words than at first reading!

It is the principle on which Martin Luther King Jr based his campaign for freedom for those people in the USA. "An eye for an eye" is the principle which the court systems of much of

the world still employs when determining the penalty for a crime, influencing the penalty decisions in millions of legal cases over thousands of years, and rightfully so.



However, in the New Testament, Jesus Christ repudiated even that notion. "You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also." That action usually stops a person in his tracks. Jesus wasn't counselling his followers to be doormats! Rather to act from an attitude of de-fusing a situation as peace-makers and reconcilers.

Bill Ross

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

The church is open to all comers every day 7.00am till 7.00pm.



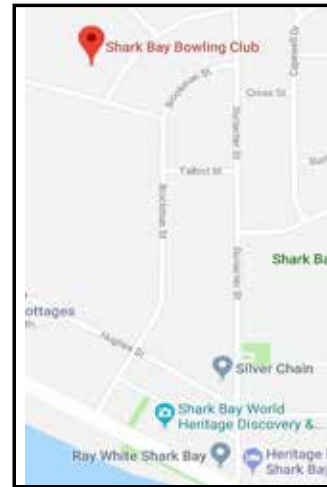
St Andrews by the Sea

Shark Bay Bowling, Sport & Recreation Club

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

Barefoot Bowls
last round...
Thursday 2nd April
Lots of Fun Games!
ALL WELCOME!

Even if you have not been playing in a team.



The kitchen is open for
 light meals from 5.45pm
Bowls starts at 6.30pm

MENU

- \$12** Burgers
- hamburger
 - chicken
 - vegan burger

\$15 Burger & chips

\$9 Nuggets & chips

\$6 Chips - basket



Saturday's
scrunges



Bar open 2pm
 Names in 2.15pm
 Mats down 2.30pm





Shark Bay Men's Shed

Mondays at 10am

("the Shed" corner of corner of Capewell Drive & Poland Street)



Shedders have had a busy February of meetings and discussions. Additionally there has been lots of work cleaning up the accumulated materials of a couple of years and finalising the materials for our major workbench. Frequent trips to 'Bunnings' have provided most of the materials required.

One major change which will affect local residents is a decision to open on Saturday mornings during March. One concern is that the Shed is currently open only on a Monday when many people work. It is hoped that by opening on a Saturday morning between 10am and 11am more members will be able to make use of our Shed. It is also hoped that more men will see the value of being members. We are looking forward to seeing quite a few men on March 7.

The committee of the Men's Shed has also been looking at expanding the use of our shed by members of our community. In other parts of the State and Australia there are sheds where all members of the community are able to participate. This is simply by opening the Shed at specific times to other community members. In the future it is possible that there might be a Women's Shed movement established which could access the shed and

its facilities on certain days of the week eg Men three days / week and Women 3 different days / week. There is a lot to be done before this take place but discussions are afoot. Teenagers are also being included in Men's Sheds too. Too often we hear of teenagers and those slightly older not having basic handyman skills. The Men's Shed team has members with appropriate 'Working with Children' cards and these members are examining programs offered world-wide which could be adapted for Denham's teens. One issue here is the lack of tools to teach say 10 teens how to use a screwdriver or hammer in a nail.

The Shed's team is currently seeking funding to be able to purchase enough equipment to offer such an afternoon course for our teens.

Thinking of signing off 'Keep on shedding' which should mean keep on visiting our shed BUT could also refer to Men shedding weight working on projects in our Shed.



We'll check on this

David
Secretary



Shark Bay School News



Shark Bay School

Getting Organised and Getting Along

Being able to organise yourself and get along with others are recognised as key skills for success at school and throughout life. You'll notice an emphasis on these things as we start the year, helping our secondary students in particular to organise their work schedules and keep track of assignments coming due, planning ahead so that they can still do all the things they want to do, yet get their work done on time. Junior students are also learning strategies for taking responsibility for themselves, getting ready for their day and the best ways to get along with others. Our primary students will be given a strong foundation through health lessons focussing on getting along, getting organised, persisting, showing resilience and gaining confidence in their own ability to succeed – You Can Do It!

Every Day Counts

All public schools in WA are continuing to emphasise the importance of regular school attendance. We understand that students need days away for appointments or if they are ill, but we hope to see them attend regularly and will always be in touch straight away if anyone is unexpectedly absent, because we care about their progress, each and every one.

Swimming

Swimming lessons gave us a lovely start to the term and the weather was pretty kind. Thanks to the Shire for lending the bus, the Shark Bay Caravan Park for its pool, the

swimming instructors Jamie Burton and Gabi de Andrade and the school staff for the efficient turn-arounds and planning ensuring that the essential start-of-year work and testing went on smoothly around swimming. Best of all, it was terrific to see the positive attitude and hard work of every student – no wonder they all made such improvements in their swimming skills.



Student Leaders

Congratulations to our new Year 6 leaders – Tayla Burton, Shakira Harken and Finn Cooper. They plan to help this term in particular by encouraging active play at recess and lunch and in setting good examples of Getting Organised and Getting Along to younger students. We appreciate their help.



Shark Bay School News

Collaborative Teaching

Our school values collaboration, with everyone working together for the best outcomes. This includes students working together in teams sometimes, learning how to work and communicate together. It is also reflected in the team approach of our staff, who work seamlessly across different age groups to share their areas of interest and expertise. Our small group of Kindy and Preprimary students this year benefit from explicit teaching targeted at them, but also have opportunities to mix with the larger junior primary group, learning from older students and building social skills.



Fresh Air and Sun Safety

We strongly encourage all students, from K-12, to be active at break times. We have extensive shady areas to suit all age groups and staff promote a variety of different games or sporting activities. If out of shaded areas students must wear a 'proper' hat, not a cap, and we have sunscreen to top up with. Students are helping track the maximum daily UV – it's usually well over 11, which is extreme.



Our new school hats (blue for primary students, navy for secondary students and staff) are the school's gift to your children, to encourage a lifetime of awareness of the need for sun protection. The hats are made from a soft, lightweight, water-repellent UPF 50+ fabric, can be scrunched into pockets without creasing and have adjustable crown cords. Each student's hat will be named when given to them. If lost, we can't provide free replacements but the uniform shop will stock spares and in fact, any sun safe hat will do at a pinch!



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=ONE_SCH

Coming up:

Early Close 2pm 24/2, 9/3, 23/3, 6/4
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













Happy Birthday

- | | | | |
|----|------------------|----|--------------------|
| 1 | Helen Morgan | 20 | Gavin Oakley |
| 1 | Leon Deschamps | 21 | Bobby Oakley |
| 3 | Hayley Phone | 23 | Des Matthews |
| 5 | Howse Geoff | 25 | Rebecca Moroney |
| 7 | Tamala Sellenger | 26 | Belle Sellenger |
| 11 | Curtis Feist | 27 | Byron Francis |
| 14 | Biffy Sellenger | 30 | Jackie Fitzpatrick |
| 19 | Tim Crawley | 30 | Debbie Standing |
| 20 | Isobel Lockyer | | |




Anniversary
 1st March: Mick & Leah Ricetti
 1st March: Ross & Kay Mack

March 2020 National Day Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|--|--|
| 1 Peanut Butter Lovers Day  | 2 International Rescue Cat Day  | 3 I want you to be happy day  | 4 Toy Soldier Day  | 5 Potty Dance Day  | 6 Dress Day  | 7 Cereal Day  |
| 8 Nevada Day  | 9 Barbie Day  | 10 Pack Your Lunch Day  | 11 Johnny Appleseed Day  | 12 Girl Scout Day  | 13 Jewel Day  | 14 Learn about Butterflies Day  |
| 15 Oranges and Lemons Day  | 16 Panda Day  | 17 St. Patrick's Day  | 18 Forgive Mom and Day  | 19 1st Day of Spring  | 20 World Story Telling Day  | 21 Flower Day  |
| 22 World Water Day  | 23 Puppy Day  | 24 Cocktail Day  | 25 Medal of Honor Day  | 26 Spinach Day  | 27 World Theater Day  | 28 Something on a Stick Day  |
| 29 No Homework Day  | 30 Pencil Day  | 31 Crayon Day  | National Nutrition Month  | | MUSIC IN OUR SCHOOLS MONTH | |

©alwaystheholidays.com

Do you have Country Ambulance Cover?



St John Ambulance 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:

- regular community first aid courses
- ready access to first aid kits and supplies
- first aid posts at local fairs, sports and events.

Country Ambulance Cover is a small price to pay for the invaluable services you'll be supporting.

Contact us for your application, email saintjohns1@bigpond.com or visit our office 100 Durlacher St Denham Wednesday & Thursday 10am-2pm

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).



Desert Blue Connect

Midwest Sexual Assault Crisis Line

1800 016 789

Crisis support and advocacy available 24/7



ST JOHN AMBULANCE WESTERN AUSTRALIA LTD

SHARK BAY SUB CENTRE,
PO Box 82 - Cnr Durlacher St & Dampier Rd,
Denham 6537
saintjohns1@bigpond.com
visit our office 100 Durlacher St Denham
Wednesday & Thursday 10am-2pm

in February

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...:

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

Which brings the total **to 17** triple zero calls, so far ... this year!

CRITICAL REMINDER

To ALL RESIDENTS and VISITORS
For any life threatening emergencies or serious crime/incidents the number to call is 000

In Shark Bay many people have a tendency to call the local agency direct or private phone numbers of volunteers when requiring urgent assistance. Please be aware, this does not make response faster. In fact it delays the response time of emergency services as a response team can not be dispatched until the central command centre has directed them to do so. So call 000, response will be faster. When calling 000, it is also important to remember that the operator will ask you the following questions, which will aid them in assisting you as fast and efficiently as possible.

Service required: Police/Ambulance/Fire & Rescue
Your name:
Town & State you are calling from:
Location (address) of the incident:
Nature of the incident:



Denham Community Groups




| Community groups | Contact Name | Telephone No. |
|--|--|--|
| Boolbardie Country Club | Jill Deschamp | 0477 245 309 |
| CLB Fitness - Group Fitness Classes | Chelsea | 0450 480 783 |
| Coral Coast Dance Academy | Miss Amy | 0438 934 000 |
| 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 |
| Family Day Care | Gabi | 0406 277 965 |
| 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 | John Senteneller | 0400 625 138 |
| Shark Bay Bridge Club | Coralie Hill Johan Bakker | 0497 001 533 0458 255 261 |
| Shark Bay Business Association Inc | Isobel Lockyer | www.experiencesharkbay.com |
| 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 | Wayne Moroney | 0439 347 683 |
| Shark Bay Speedway | Michael Reynolds | 0419 961 819 |
| Shark Bay State Emergency Service (SES) | Joe McLaughlin | Call 132 500 for Assistance Info ONLY: 0419 902 895 |
| Shark Bay Stingrays | | |
| 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 Friendly Hub | Shark Bay CRC / Patricia Weston | 9948 1787 |
| 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 & Sherry 0400 169 983 |

as at February 2020

| Email | Day(s) | Location |
|---|---|--|
| jilldeschamp@westnet.com.au | Wednesday & Saturdays | Golf Club, Monkey Mia Road |
| | Monday & Wednesday 6am Tuesday & Thursday 5:45pm | SB Recreation Centre Denham Shire Hall |
| info@coralcoastdanceacademy.com.au | | Denham Shire Hall |
| 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 st , 2 nd , 3 rd Tuesday every Month | Dampier Road, Fire Station |
| annagabiela@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 |
| sharkbaytourism02@gmail.com | 1 st Tuesday of every month | Recreation Centre |
| sharkbayherald@westnet.com.au | Sunday | Foreshore about opposite the Interpretive Centre |
| sbcmsshed@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 |
| moby@outlook.com.au | | |
| sharkbayspeedwayclub@outlook.com | Far Western Championship | 11th July 2020 |
| sessharkbay@iinet.net.au | 1 st 2 nd 3 rd Monday each month @ 5pm | Emergency Services Building Durlacher Street |
| | | |
| vmrsharkbay@westnet.com.au | 4 th 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@crc.net.au | Wednesdays 10am | Denham Shire Hall |
| sharkbay.entertainers@gmail.com | | Denham Shire Hall |
| sharkbayyouthgroup@outlook.com | | |
| yadgalah1@bigpond.com | Monday - Friday | Francis Street |
| yadgalah1@bigpond.com | Sunday's during school holidays | Francis Street |

Agent

At a Department of Human Services Agent you can:

-  use our computer to access **my.gov.au** and other government programs and services and to search for jobs
-  use the telephone to access the department's self service options or speak to us
-  access free Wi-Fi 24/7 to connect to government services. No password required
-  scan, fax and photocopy documents
-  have your confirmation of identity documents certified
-  lodge forms or pick up brochures

Agents can:

- respond to general questions on payments and services
- show you a quick and easy way to do your business using self service
- help you complete forms and other paperwork, and
- arrange referrals to specialist services.

Agents can't:

- make, review, assess or vary your payments, or
- issue Electronic Banking Transfers (EBTs), concession or Medicare cards.

Agents aren't Department of Human Services staff.

Your local Agent is:

Shark Bay Community Resource Centre

Address:

10 Denham Road
Shark Bay, Denham WA 6537

Hours of business:

Monday to Friday
9am to 4pm

To find other Agent locations go to **humanservices.gov.au**

Self service

You can use your myGov account to access your Centrelink, Medicare and Child Support online accounts. Go to **my.gov.au**

You can also access our services through the Express Plus mobile apps.

For more information go to **humanservices.gov.au/selfservice**

Centrelink phone self service

| | |
|---|----------------|
| Phone self service | 136 240 |
| To report your income and changes to your circumstances | 133 276 |

How to contact us

Go to **humanservices.gov.au** for more information about payments and services or call the listed '13' or '1800' number most relevant to your situation.

| | |
|----------------------------------|-------------------------------|
| ABSTUDY | Freecall™ 1800 132 317 |
| Assistance for Isolated Children | 132 318 |
| BasicsCard balance enquiry | Freecall™ 1800 057 111 |
| Centrelink debt repayment | Freecall™ 1800 076 072 |
| Child Support | 131 272 |
| Disability, Sickness and Carers | 132 717 |
| Families | 136 150 |
| Farmers and their partners | 132 316 |
| Financial Information Service | 132 300 |

For information in other languages:

| | |
|--|-------------------------------|
| • Centrelink | 131 202 |
| • Medicare and Child Support | 131 450 |
| Grandparent Advisers | Freecall™ 1800 245 965 |
| Income Management and BasicsCard | Freecall™ 1800 132 594 |
| Indigenous Call Centre | Freecall™ 1800 136 380 |
| Indigenous debt repayment | Freecall™ 1800 138 193 |
| Job seekers | 132 850 |
| Low Income Health Care Card | 132 490 |
| Medicare | 132 011 |
| Medicare Aboriginal and Torres Strait Islander Access Line | Freecall™ 1800 556 955 |
| National Redress Scheme | Freecall™ 1800 737 377 |
| Older Australians | 132 300 |
| Students and trainees | 132 490 |
| TTY* enquiries | Freecall™ 1800 810 586 |
| Complaints and feedback | Freecall™ 1800 132 468 |

Call costs from your home phone to a:

• **13 number** from anywhere in Australia may vary depending on the call plan you have chosen from your telephone service provider—mobiles may incur a higher charge.

• **1800 number (Freecall™)** are free—calls from a public phone and mobiles may be timed and charged at a higher rate.

* TTY is only for people who are deaf or have a hearing or speech impairment. A TTY phone is required for this service.

110371802



Australian Government
Department of Human Services



humanservices.gov.au

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As Kalbarri has grown to know our reliable, efficient and friendly service we would like to offer Denham the same reliable, efficient and friendly service.

We are a small business with a hard-working team to give you the best possible service we are able to give.

Find us on our Facebook Page as well <https://www.facebook.com/Midwest-Couriers-185206275526497/>

Please call **0459 499 230** to discuss your requirements

Local Businesses & Tradies Corner

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Denham, Shark Bay, WA 6537
T: 9948 1220 - F: 9948 1017

**REMEMBER TO
COVER YOUR LOAD**




**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
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your
lucky
day!*

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|------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Friday 13th Mar 2020



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paid for the full 12 months in advance)**

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 |

A discount of 1 month cost applies to advertisements which are paid for the full 12 months in advance. We are happy to design your advert! 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
- HAMELIN OUTBACK STATION STAY
- OVERLANDER ROADHOUSE
- BILLABONG ROADHOUSE
- NERREN NERREN 24HR STOP

The Chain of Survival

- **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.



Silver Chain

Western Australia

Silver Chain Shark Bay

Normal business hours

Monday to Friday

(excluding public holidays)

9.00am to 12.30pm

& 1.30pm to 4.00pm

Telephone: 9948 1400

**Silver Chain provides
AFTER HOURS health services
for EMERGENCIES ONLY**

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



MARCH 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|---|
| - | - | - | - | - | - | 1 |
| | | | | | | <ul style="list-style-type: none"> • 9am St Andrews Church Service • 9:30am Denham Community Church (at the Rec Centre) • 10am SB Christian Fellowship, on the foreshore |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| <ul style="list-style-type: none"> • 10am Men's Shed • 1pm Bridge Club • 5pm SES | <ul style="list-style-type: none"> • 9.30am Kindy Gym@ RecCentre • 1.30pm-3.30pm Crafters @ Shire Hall • 5pm CRC Heart Foundation Walking Group • 5.30pm Furies | <ul style="list-style-type: none"> • 10am: The Friendly HUB @ SB Shire Hall • 10am-2pm: SJA ambulance office open • 7.30pm SB Christian Fellowship - Bible Study | <ul style="list-style-type: none"> • 10am-2pm: SJA ambulance office open • 3.00pm Bible Study @ St Andrews Church • 6.30pm Barefoot Bowls | <ul style="list-style-type: none"> • 9.30am Know Your Bible Study @ St Andrews Church • 10am World Day of Prayer @ Shire Hall • 1pm Bridge Club | | 8-9.30AM CLEAN UP AUSTRALIA DAY DENHAM FORESHORE <ul style="list-style-type: none"> • 9am St Andrews Church Service • 9:30am Denham Community Church (at the Rec Centre) • 10am SB Christian Fellowship, on the foreshore |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| <ul style="list-style-type: none"> • 10am Men's Shed • 1pm Bridge Club • 5pm SES | <ul style="list-style-type: none"> • 9.30am Kindy Gym@ RecCentre • 1.30pm-3.30pm Crafters @ Shire Hall • 5pm CRC Heart Foundation Walking Group • 5.30pm Furies | <ul style="list-style-type: none"> • 10am: The Friendly HUB @ SB Shire Hall • 10am-2pm: SJA ambulance office open • 7.30pm SB Christian Fellowship - Bible Study | <ul style="list-style-type: none"> • 10am-2pm: SJA ambulance office open • 3.00pm Bible Study @ St Andrews Church • 6.30pm Barefoot Bowls | <ul style="list-style-type: none"> • 9.30am Know Your Bible Study @ St Andrews Church • 1pm Bridge Club | 10AM-2PM HARMONY DAY @ REC CTR | <ul style="list-style-type: none"> • 9am St Andrews Church Service • 9:30am Denham Community Church (at the Rec Centre) • 10am SB Christian Fellowship, on the foreshore |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| <ul style="list-style-type: none"> • 10am Men's Shed • 1pm Bridge Club • 5pm SES | <ul style="list-style-type: none"> • 9.30am Kindy Gym@ RecCentre • 1.30pm-3.30pm Crafters @ Shire Hall • 5pm CRC Heart Foundation Walking Group • 5.30pm Furies  | <ul style="list-style-type: none"> • 10am: The Friendly HUB @ SB Shire Hall • 10am-2pm: SJA ambulance office open • 7.30pm SB Christian Fellowship - Bible Study | <ul style="list-style-type: none"> • 10am-2pm: SJA ambulance office open • 3.00pm Bible Study @ St Andrews Church • 6.30pm Barefoot Bowls | <ul style="list-style-type: none"> • 9.30am Know Your Bible Study @ St Andrews Church • 1pm Bridge Club AUTUMN EQUINOX | <ul style="list-style-type: none"> • Fine Sight Optical @ Silver Cahin | <ul style="list-style-type: none"> • 9am St Andrews Church Service • 9am VMR Cadets Training • 9:30am Denham Community Church (at the Rec Centre) • 10am SB Christian Fellowship, on the foreshore |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Community Surf Rescue Courses <ul style="list-style-type: none"> • 10am Men's Shed • 1pm Bridge Club Gascoyne Chiropractic <u>INSCRIPTION POST ARTICLES DUE</u> | Community Surf Rescue Courses <ul style="list-style-type: none"> • 9.30am Kindy Gym@ RecCentre • 1.30pm-3.30pm Crafters @ Shire Hall • 5pm CRC Heart Foundation Walking Group • 5.30pm Furies | <ul style="list-style-type: none"> • 10am: The Friendly HUB @ SB Shire Hall • 10am-2pm: SJA ambulance office open • 7.30pm SB Christian Fellowship - Bible Study SHIRE COUNCIL MEETING | <ul style="list-style-type: none"> • 10am-2pm: SJA ambulance office open • 3.00pm Bible Study @ St Andrews Church • 6.30pm Barefoot Bowls | <ul style="list-style-type: none"> • 9.30am Know Your Bible Study @ St Andrews Church • 1pm Bridge Club | | <ul style="list-style-type: none"> • 9am St Andrews Church Service • 9:30am Denham Community Church (at the Rec Centre) • 10am SB Christian Fellowship, on the foreshore |
| 30 | 31 | | | | | |
| <ul style="list-style-type: none"> • 10am Men's Shed • 1pm Bridge Club | <ul style="list-style-type: none"> • 9.30pm Kindy Gym@ RecCentre • 1.30pm-3.30pm Crafters @ Shire Hall • 5pm CRC Heart Foundation Walking Group • 5.30pm Furies | | | | | |