







Light Refreshments Available Happy Hour 6.00–7.00pm Auction Starts at 7.00pm



Tickets on sale at the Club NOW





Starting 4pm • Teams of 4 players (\$50)









Wednesdays 2pm

Shark Bay Mondays & Fridays at Ipm



### WEDNESDAY 11<sup>TH</sup> NOVEMBER 2020

The Shark Bay RSL would like to invite everyone to attend the Remembrance Day 2020 at Pioneer Park at 10:45am.

Then heading to the Shark Bay Hotel for a light luncheon at the conclusion of the ceremony.

All Welcome

## Year in Brief - 2019/2020 at the Shark Bay CRC



## **Executive Officer's Report**



Now that the books have been audited we have been able to generate our Shark Bay CRC Annual Report outlining the achievements of our CRC over the 2019/2020 financial year for our AGM. On the adjacent page we are thrilled to showcase a small snapshot of the key information captured in the document, that the CRC has been able to achieve, well above contractual obligations expectated by our partial funding provider, the Department of Primary Industries and Regional Development. We were able to engage with 6,104 customers in the financial year, which included periods of down time during Covid.

As our AGM was held late in October we unfortunately farwelled past committee member Derek Weston from renewing his position on our board as well as made mention Patricia will be leaving us as staff in the CRC in the not to distant future. Patricia has been a valued staff member at the CRC since the 15th August 2011 with Derek also involved since March that same year.

They have both been a integrual part of our family at the CRC, Patricia's design skills has built the capacity of our staff using Adobe programs Indesign and Photoshop, with both programs used for customers graphic design requirements and to produce our local newsletter the Inscription Post. Their passion for our annual Halloween event will be sorely missed as they both enjoyed scaring the kids and dressing appropriately for the occassion.

We wish you all the best for your dreams and aspirations as we are sure they will be fulfilled where ever you go. Our memories of yesterday will last a lifetime!

On another note our management committee now welcomes new members who will work with our staff to achieve our mission - to support the development of our community by providing access to a wide range of information resources, training, administration and design services in addition to facilitating social and economic opportunities. Our management committee now consists of; Sharyn Burvill (Chair), Claire Harrower (Vice Chair),

Executive Officer's Report.3Shire President Report.5Shire Noticesfrom 7VMR Shark Bay.12Shark Bay P&C Association.13Mums and Bubs Group.15YWAM.16Become a Mental Health First Aider.17SHark Bay Men's Shed.18SB Bowling Sports & Recreation Club.20Birthday & Anniversary Notices.23SES Shark Bay.26Shark Bay vs Kalbarri.28Shark Bay School.29

George Livesey (Secretary/Treasurer), Candice Uszko, Julie Robins, Joe McLaughlin, Bryan Riddick and Dave Harrower.



#### RECREATION CENTRE

Basketball has kicked off with plenty of support at the Recreation Centre for both kids and adults on Wednesday's. Mrs H (Claire Harrower) Miss Kay (Tegan Kay) our local school teachers as well as Mick Reynolds and Recreation Centre officer Sharna Timmer have been training with the children, practicing ball skills, fitness drills as well as game strategies. Between 13 to 20 children have been particpating and enjoying these sessions from 3pm each Wednesday.

21 players have registered for our adults games on Wednesday nights which has enabled us to create 3 teams. Each game runs for 30 minutes with 15 minute halves. Volunteer umpires in Moose, Alex, Mick and Tegan, Penjor have come forward, as well as some impressive ball skills from Penjor and Rich as well as our skilled netballers in Daisy and Candice.

New indoor games balls have been purchased especially for the occasion. Anyone is welcome to come and watch from 6.30pm on Wednesday's.

#### GARAGE SALE DAY

November welcomes garage sale day on the 21st and 22nd November. The Shark Bay CRC is keen to produce a map of anyone wanting to sell anything from the comfort of their own home or driveway which may include brick-o-brack, community groups items such as first aid kits, event shirts, stubby holders etc, as well as crafts, knitting, gem dot artwork and much more. If you are keen to be possibly included, register your interest with us at the CRC as we will distribute the map with all the locations just prior to the date.

#### Jamie Burton

The Shark Bay Entertainers	29		
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**Shark Bay Bowling, Sport and Recreation Club** 14 Francis Rd, Denham Phone (08) 9948 1353 Email: sharkbaybowls@westnet.com.au

# BAREFOOT BOWLS SUNDAYS AFTERNOON November 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

## December 6<sup>th</sup> & 13<sup>th</sup>

Starting 4pm • Teams of 4 players (\$50)

## Bar & Kitchen will be OPEN Burgers & Chips

Contact Steve Stokes (Captain) 0404 222 592 for more information

Everybody welcome!

We are here!

### SHIRE PRESIDENT'S REPORT - OCTOBER 2020

### **Denham Tidy Towns Nomination**

Denham has been nominated in the 2020 Tidy Town Awards in three categories (General Appearance, Heritage and Culture and Litter Prevention and Waste Management) in the Sustainable Community section. The assessment committee were in town on



14/15 September and Denham is now a finalist for the Keep Australia Beautiful Council award, with the winners being announced at a ceremony in Perth on 27 November. Other finalists in this category are; Boddington, Collie, Geraldton, Karratha, Narrogin and Port and South Hedland.

### **Rate Payment Prizes**

Eligible ratepayers, having paid rates in full by the specified date, go into the draw to win vouchers to spend at local businesses. At the October Council meeting, the three successful ratepayers were drawn by Benita Donda from the Department of Local Government, with the recipients being; L. Jackson, Anthony Allen and Beate Matthews.

### **Minister for Tourism Visit**

On 30 September, Hon Paul Papalia, Minister for Tourism visited the Bay and held two meetings, one with the Shire Council and the other with local tourism and business operators. It was a great opportunity to discuss the Government's economic recovery measures and also to provide feedback to the Minister regarding the status of Shark Bay's economy and tourism industry and also outline the issues that are occurring locally as a consequence of heightened visitation largely due to the WA border closures and intrastate travel.

### Men's Shed Funding Grant

During the Minister's visit, he also presented Geoff Howse, Men's Shed representative, with a cheque for \$110,287 for the Shire's successful grant application to construct a permanent facility for the Shark Bay Men's Shed on Hughes Street.

### Horizon Power Grant – Christmas Lighting

The Shire has also been successful in receiving grant from Horizon Power for the Community Christmas Wonderland event at the Recreation Centre on 12 December 2020. The Shire was awarded \$7,500 to contribute towards the event's entertainment.

### Shire Community Assistance Grants

Round 1 of these grants closed on 4 September, with four organisations applying for financial assistance for community projects, with the following groups being successful; Boolbardie Country Club (Denham Golf Championships), Shark Bay P & C (Lego Club), CRC (Community Kindy Gym Christmas Party) and Denham Dirt Kart Association(fencing).

CHERYL Cheryl Cowell, Shire President

### Activities

October	02	Event – Acknowledgement of CEO's 10 year anniversary
	12	Destination Shark Bay Working Group meeting
	13	Gascoyne Development Commission Board (GDC) Audit and Risk
		Committee meeting – Chaired
	13	GDC Board Meeting
	21	Department of Transport, Aviation Community Consultation Group





## Shark Bay Christmas Festival 2020 Registration Form



### **Christmas Decoration Competition**

Register your house or business for the Christmas decoration competition, decorations must be displayed from 1 - 15December 2020. Decorations can include lights and temporary decorative fittings to your building. Prizes to be won for the best decorations - voted by the community. Winners announced on Wednesday, 16 December 2020.

Family Name / Business Name: \_\_\_\_\_\_

Contact Name: \_

Email address: \_\_\_\_\_

Resident / Business Address: \_\_\_\_\_



## CHRISTMAS DECORATION COMPETITION

To be eligible for the competition, register your house or business with the Shire and display your Christmas decorations/lights from 1 - 15 December 2020

To register, visit the Shire's website or contact the Shire's Community Development Officer on 9948 1218 or cdo@sharkbay.wa.gov.au



REGISTRATIONS CLOSE 20TH NOVEMBER 2020



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:

November 2020 – Wednesday 25 December 2020 – Tuesday 15

All meetings will commence at 3.00 pm in Council Chambers Paul Anderson - Chief Executive

Officer

GREAT LOCAL PRIZES

TO BE WON!

## SHIRE OF SHARK BAY CITIZEN OF THE YEAR AWARDS 2021



Nominations are now open for individuals and community groups who have made noteworthy contributions to the community during the year, or given outstanding service to the local community over a number of years through active involvement.

### Nomination categories:

- Citizen of the Year
- Citizen of the Year (youth)
- Citizen of the Year (senior)
- Active Citizen Award (community group and/or event)

Nominations close on **Wednesday, 2 December 2020.** Visit the Shire's website to complete nomination forms or hard copies available from the Shire's office.

### NOMINATIONS OPEN NOW!

For further information please contact Shire's Community Development Officer on 9948 1218 or cdo@sharkbay.wa.gov.au



See back page of this IP for Nomination Form

Invitation to all Shark Bay volunteers

# THANK A VOLUNTEER DAY

## Saturday, 5th December 2020 12pm -2pm Shark Bay Recreation Centre

Light lunch and refreshments will be provided and registered volunteers will receive a small gift

Please RSVP by **27 November 2020** with your name and your volunteer position to the Shire's Community Development Officer on 9948 1218 or cdo@sharkbay.wa.gov.au









Government of Western Australia

Department of Communities

p. 8









Shire of Shark Bay invites you to

# Seniors Christmas Lunch

## Friday 11 December 2020 11am – 1pm Shark Bay Bowling, Sport & Recreation Club



RSVP to Shire of Shark Bay on 9948 1218 or cdo@sharkbay.wa.gov.au by 4 December 2020





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 1yr LIFE Fees 3vr **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.



## SHARK BAY CHRISTMAS WONDERLAND

Saturday, 12 December 2020 Shark Bay Recreation Centre / Town Oval

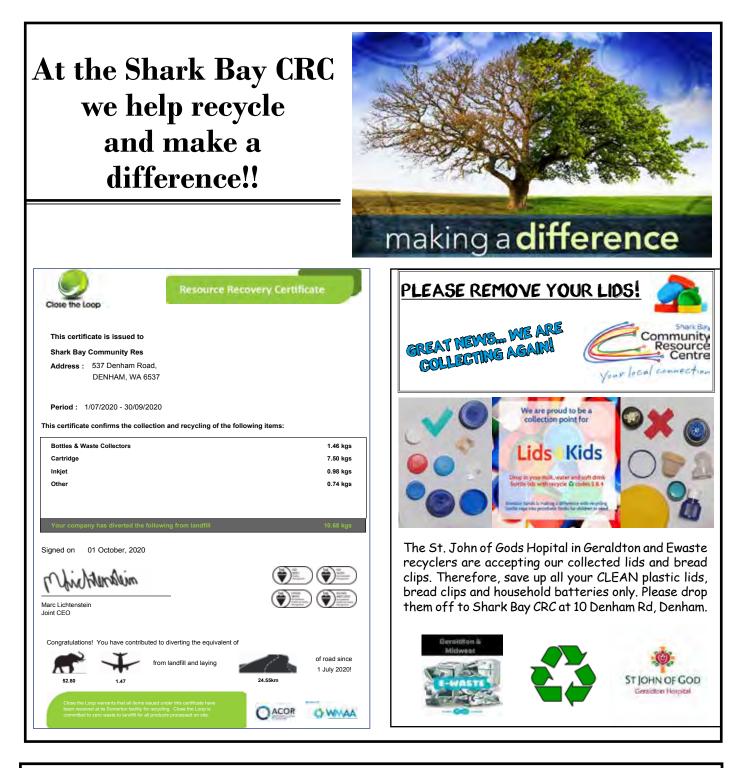
## Expression of interest for market stallholders:

- arts and crafts
- food stalls
- fundraisers
- entertainment
- ..... and MORE!

## **REGISTRATIONS CLOSE 20TH NOVEMBER 2020**

Contact the Shire of Shark Bay's Community Development Officer on 9948 1218 or cdo@sharkbay.wa.gov.au





**Road Closures** Want to know what's oing on at the Shire Sign up to receive free **Community Meetings Mosquito Fogging Program** SMS Updates to your mobile phone **Rubbish Collections** Please fill in the information below and hand in to the Shire office **Community Events** or email to reception@sharkbay.wa.gov.au **Rose de Freycinet Gallery Displays** Name ..... **Project Updates** Mobile Phone Number ..... Email Address ..... Sign up to receive free



SMS Updates to your mobile phone



## **Volunteer Marine Rescue**

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

Once again Marine Rescue Shark Bay have been called upon to respond to epirb activations off our coast, twice in one day, in fact.

The second call of the day saw two boats and seven volunteers head towards Useless Loop before being stood down as the EPIRB had been activated accidentally while bouncing around in a yachts small tender.

Earlier that day however was the real deal when we were tasked by Fremantle Water Police to investigate an EPIRB which was activated to the west of Gladstone. Four volunteers towed Rescue 3 to Monkey Mia and made there way to the area by navigating around several uncharted seagrass banks that were completely exposed due to the exceptionally low tide.

A light aircraft had been diverted to fly over the scene before we arrived and had reported that there were two and possibly three people in need of assistance on the hull of an upturned boat. Two ambulances were sent from Denham to be on hand when survivors were brought ashore. Our local Shark Bay Police coordinated the rescue effort from the carpark at Monkey Mia.

The Challenger search aircraft from Perth arrived in the area about five minutes after Rescue 3 which is quite incredible considering the distance they had to travel. The upturned boat was about a mile to the north of the last reported position and was located by the crew on Rescue 3 after they used their chart plotter to work out the direction of the current. It was rather distressing when we realised that there was only one person clinging to the upturned hull instead of the two or three we were expecting. However, we were soon assured by the relieved man that he had left Gladstone alone to go fishing, and his five metre boat had been swamped by waves after his anchor became snagged.

After a brief attempt at righting the semi-submerged vessel it was decided to leave it anchored where it was and head back to Denham with the man so he could be assessed by the Ambos and taken to the Silver Chain nursing post.

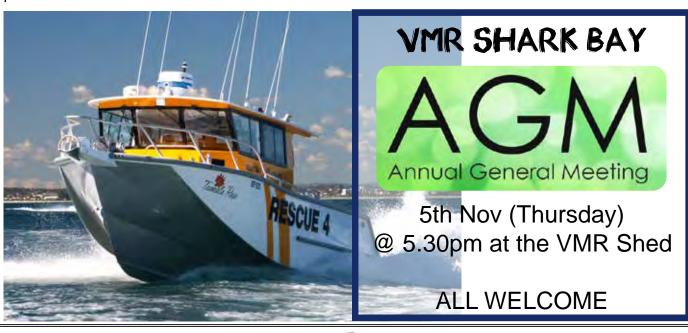
An excellent outcome made possible thanks to the incredible technology built into a small \$300 EPIRB which alerts the Rescue Coordination Centre in Canberra via satellite. The amount of resources they deploy in the effort to save lives is enormous. Those called upon include Water Police Fremantle and Local Police, aircraft and ground staff for the Challenger Jet search aircraft, Ambulance and Marine Rescue Volunteers and the Silver Chain Nursing Post. Thanks to everyone that helped on the day.

Come and join us if you feel like getting involved, volunteers really do make a difference to peoples lives. Our AGM is to be held at the shed in Durlacher Street on Thursday the 5th of November, all welcome, look forward to seeing you there.

November 2020

Drew, Marine Rescue Shark Bay.

**Inscription Post** 



Shark Bay

## Shark Bay P & C Assoc.

Shark Bay P &C

Just a few points to note this month.

#### Thank You Shark Bay Shire – Community Assistance Grant

Firstly, thank you to The Shire of Shark Bay Council for approving our request to purchase LEGO Education Spike resources. This financial assistance and therefore the provision of such equipment is essential to students at our school and those that attend Lego Club as it promotes continued challenges and stimulation in this learning area.

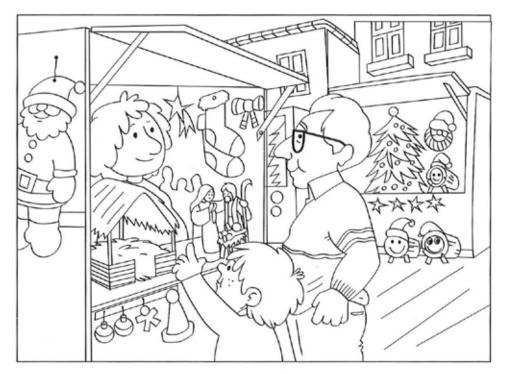
#### **General Business:**

- <u>Disco</u> The P&C hope to hold a kid's disco on Friday the 20<sup>th</sup> November (pending Shire approval for use of the hall). We aim to run two sessions for younger/older children. Keep an eye out for the flyer with more details. Miss Bec will be the disco coordinator, thanks Bec.
- <u>Lego Club</u> The first after school session will recommence on Thursday 12<sup>th</sup> November. A Flyer with more info will be put out soon. Thanks Tish for being our Lego Club Coordinator. Awesome stuff.
- <u>Lunches Fundraiser</u> Thanks to our coordinators, Jamie and Sharna for organising two lunches this term. One will be coming up on the 5<sup>th</sup> November consisting of toasted sandwiches, warm chicken and mayo rolls along with banana muffins, fruit kebabs or jelly cups for choices at recess. The next lunch fundraiser order forms will be out late November.
- <u>End of Year Raffle</u> A note will go home requesting a small item to be donated from each family in December for the School Concert. Natt to coordinate.
- <u>Christmas Festival Markets</u> We will be doing a money board fundraiser and sausage sizzle on the 12<sup>th</sup> December. Natt to coordinate.

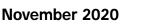
Thank you for your support,

Natt Dul – On Behalf of Shark Bay School P&C Committee

President











## ECO-FRIENDLY WORKSHOPS by Eco Faeries



RSVP to the Shire's Community Development Officer on 9948 1218 or cdo@sharkbay.wa.gov.au by 2 November 2020

### Nude your food with bees wax wraps

Date: Wednesday, 4 November 2020 Time: 5:30pm – 7pm Location: Denham Town Hall

Reduce food package waste and learn how to make sustainable beeswax wraps. Workshop is suitable for youth and adults

### Magic of nature story session

Date: Thursday, 5 November 2020 Time: 9:30am – 10:30am Location: Denham Town Hall

Enjoy an interactive educational morning with storytelling, song and dance. Workshop is suitable for children under 5 years old (parents must accompany children)

'Whats so fantasic about plastic' workshop will be held at Shark Bay School on Wednesday, 4th November 2020 for years K-6.





Happy bubs... happy mums! Chilling out, playing at the Shark Bay Bowling, Sports and Recreation Club every Thursday from 9.30am



Did anyone say chocolate ....?



What cookie ...?



This s mine... right?



Time for a siesta





What ...?



Life is wonderful.. ain't it!?





Best buddies already.



I can fix that...



## Youth With A Mission (YWAM)



### Visit to Shark Bay

A stimulating evening in Shark Bay where five YWAM members gave their respective testimonies of their born-again conversions and subsequent experiences of Missionary work in the following countries: Nepal, Madagascar, India, Spain, Japan, Afghanistan, Timor, Indonesia, China and the Phillopines to name but some.

"All had gripping stories to tell" said Tim Hargreaves of the Shark Bay Crisis Centre, "but one in particular had an unusual and delightful dimension to it. And that was of Ole from Norway. He recounted how in China when after some five months of witnessing he and his team were finally rounded up and held in custody by the Police.

Each of their members had an interpreter alongside them at a table with two Police opposite and their Bible and various YWAM literature on display.

"And what does this leaflet say?" the Police would ask in Mandarin. "It says" the interpreter would reply in Chinese and in English "where possible pray for the sick to be divinely healed and if troubled by tormenting problems be delivered and set free. Also give what money you can to the poor and food to the hungry..."

The Policemen would gasp in astonishment and the translators – generally of the youger generation - would exclaim in English "...wow, but that's just so cool man...!"

Naturally they were severely reprimanded by the Communist Party Authorities for spreading such wicked and and subversive propaganda and deported pasthaste.

Tim & Maggie Hargreaves



Photo above Back row - Heather Long (Texas, USA). Carlos Eilissegaray the solo Musician present (now Shark Bay, previously of Chile), Issac Broessur (Minnesota, USA), Phoebe Wilson YWAM Leader of the group (Minnesota, USA) Tasmen Foster (England), Ola Ege (Norway).

Front row – Shark Bay Christian Fellowship hosts Tim Hargreaves (Pastor), Cheryl Rowe (great grand daughter of Septimus Rowe the Surveyor General of this State), Maggie Hargreaves (Deaconess)

Camera man not pictured - Shayne Thomson of Finn Films, Shark Bay.



Shark Bay





### **BECOME A MENTAL HEALTH FIRST AIDER**

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

### **STANDARD MHFA TRAINING BENEFITS**

#### KNOWLEDGE

CONFIDENCE

**DE-STIGMATISING** 

SUPPORT

Improves knowledge of mental illnesses, treatments and first aid actions.

Improves knowledge Increases confidence of mental illnesses, in providing first aid.

Decreases li stigmatising attitudes.

Increases the support provided to others.

"I enjoyed learning the skills to be an MHFaider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia



### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- · Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



#### HOW DO I SIGN UP?

Contact: Liz Lockyer elizabeth.lockyer@health.wa.gov.au 9956 1963

For more information, visit **mhfa.com.au/courses** 

Shark Bay 🦉

DATES 17 & 18 November

TIMES 9am - 4pm

COST FREE

VENUE Shark Bay Recreation Centre

FACILITATOR/S Liz Lockyer Isabel Ross

@MHFA\_Australia

**Inscription Post** 

@mentalhealthfirstaid

## Shark Bay Men's Shed

Hello out there! wWe trust that everyone is well, maybe waiting for the town to quiet down a little and perhaps waiting for the winds. The Men's Shed is being held together by a small band of enthusiastic guys who would really like some company. At the moment we meet at the top of town in Poland Street on Monday mornings at 10am.

Does Shark Bay want a Men's Shed? It has been heard said "No, I have my own shed full of tools" or perhaps "I am too busy to get involved".

Does Shark Bay need a Men's Shed? Ask around town and the answer is Yes. So many people have taken advantage of the existence of the Shed for a myriad of little jobs that the local trades don't want to do. Furniture repairs, bicycle repairs, shelf building, cupboards, table painting and so on, jobs that would never be done if the Shed wasn't in town.

The Men's Shed is an avenue to get together, have a chat, look after everyone's well being whilst pooling ideas to get a job done.

GOOD NEWS. We have received a grant from Liquor and Gaming to build our own SHED, one with Power and Water! We will need input from YOU for ideas on shelving, tables and general set-up. Also our accumulation of gear at



the top of town needs sorting and shifting.



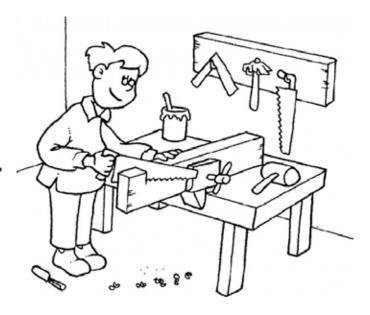
There are a

lot of toddlers

bikes that are available now, good for Christmas (just around the corner) and some really good Gymnasium Equipment with tons of weights looking for a home.

Everyone is welcome, look after yourself and take care of others.

Geoffrey Howse, President.



Transwa are seeking expressions of interest for a contractor to operate a service between Monkey Mia and Overlander Roadhouse. The on-demand service connects with coach services operating along North West Coastal Highway between Perth and Broome on a Monday, Tuesday, Wednesday, Friday and Sunday. The successful contractor requires a Passenger Transport Vehicle (PTV) Authorisation and the driver will need to hold a current unrestricted licence and have a Passenger Transport Driver Authorisation, both issued by Department of Transport.

For more information contact Ros on (08) 9326 2131

For more information on obtaining a PTV Authorisation and full fees and charges visit the Department of Transport's page: https://www.transport.wa.gov. Interested in becoming a local coach driver?





### Are you a traceability ace?

Stock traceability is the first step in good biosecurity and is a key part of everyday sound farm management practices. Traceability is essential to maintain access to export markets and for food safety. It allows stock to be traced for disease or residue purposes and deters stock theft.

#### How are animals traced?

If you own cattle or other livestock, you must register as on owner of livestock, identify stock correctly, obtain a property identification code (PIC) for each property where you keep them and record movements to your property on the National Livestock Identification System (NLIS) database.

Cattle must have a registered identifier (brand and/or earmark) and an NLIS electronic device that enables animals to be tracked from property of birth to slaughter or export.



#### Are your cattle registered to your property?

The Department of Primary Industries and Regional Development (DPIRD) find that half of all traceability non-compliance issues involve cattle that are not registered to the PIC they are leaving from. This breaks our traceability chain, is a potential biosecurity and market risk and can also hold up processing at the abattoir.

#### Don't get caught out!

Now - and not when loading the truck - is the time to check that your cattle are registered to your property by using an NLIS scanner. Scan the tags and DPIRD can assist you to run a check on the NLIS database and to update any missing movements.

If you do not have a scanner, they are easy to use and available to loan from DPIRD's Bunbury office by contacting **1300 WA NLIS (1300 926 547) or by emailing** <u>nlis@dpird.wa.gov.au</u>. Further information is available on <u>agric.wa.gov.au/livestock-movement-ID</u>



## Shark Bay Bowling, Sport and Recreation Club

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

PRESIDENTS REPORT SHARK BAY BOWLING SPORT AND RECREATION CLUB INC 2019/20

2019/20 has been a very challenging year for the club with COVID19 restricting mass gatherings and internal travel. Many of our regular visitors did not or were not able to get here this year. Not only did this restrict our bowling (Thursdays and Saturdays) but had a severe impact on our revenue for several months. When the internal state borders were reopened and restrictions on gatherings eased we were able to get back to some semblance of normality. The Kitchen reopened for Sunday Roasts which provided the impetus to get our revenue moving once again. This opening also provided us with the opportunity to hold our annual carnival albeit on a more subdued basis than normal years. With the impact COVD19 was having on local businesses and Tourism the decision was made not to approach local businesses for sponsorship. We thus reduced prize money accordingly but still attracted 14 teams. To those who did sponsor we offer our most profound gratitude.

It was however a time to take advantage of the downturn and we had our new Shade structure erected by Peter McCabe. Unfortunately our cool room compressor died and a new unit was required, this followed closely by the Kitchen Fridge compressor also dying. Thankfully several years of hard slog saw us with more than enough funds to pay for this work and the replacements. Our thanks to the local SES for the loan of a refrigerator to tide us over. General maintenance was required around the club and special thanks to Nicko Brennan for the painting, internally and externally, which has refreshed the clubhouse no end. To Ian and Pedro our stalwarts of the green, what a magnificent job you have done, if maintaining the green wasn't enough the rabbits, emus and kangaroos decided to turn the green and surrounds into a feeding lot, a fence was required to keep

them out and was thus erected. It may seem like Stalag 13 reversed but has been essential, once again thanks to Pedro and Ian.

As many have probably noticed our floodlighting has failed the test of time with three failing the structural test and have been disconnected. Replacement is a matter of our obtaining a grant to assist in the rather large cost involved and we are still awaiting the outcome of our application.

COVID19 has seen a change within town with the CRC now basing the "Friendly Hub" at the club on Wednesday mornings, hopefully this will showcase our club to a different genre within the community and lead to more members. A small determined band of locals has started Croquet on Wednesday afternoons and we wish them every success in their venture and we look forward to them becoming valued members of our club. Our club has become the focus for local functions with the Speedway holding their presentation night and enquiries from several other clubs and organisations not only within town but from Geraldton as well.

To our volunteers, no amount of plaudits can suffice in our thanks to these people, Pam and Geoff, Rosie, Jamie, Shaun, Cheryl, Isobel, Johan, Pedro, Ian, Trini and others. You people are invaluable and the backbone of the club, our thanks to you all.

2020/21 will be the most challenging year to date with the departure of Johan and Trish from their respective roles of Treasurer and Secretary. As of yesterday I see no nominations for these positions and that is very disappointing. It may be a reflection of the general apathy within the community, I hope not, but somebody has to put their hand up to keep this great club going, it can't be done by the same people year after year. Like machinery everything/everyone wears out eventually.

Results Lawn Bowls - Carnival 2020 Due to the COVID-19 situation in Australia we initially cancelled our Annual Bowling Carnival. When at the end of June things started to relax for WA the committee had a meeting to see if we could still organise a Carnival. With some adjustments to the standard set-up like dedicated tables for each team and no buffet style meals, heaps of hand sanitiser around the place we decided that we would be able to organise this.

The winners were our locals: Cheryl Bell, Greg Bell, Steve Stokes and Trent Teague.

#### <u>Club Pairs – Harry and Jean McVee</u> <u>Memorial</u>

Winners: Greg Bell & Steve Stokes Runners up: Dan Carlson & Kevan Maisey

Thanks to Belle Arriola from The Shark Bay Café for sponsoring prizes for the winners.

<u>Club Singles Championship</u> Winner: Johan Bakker Runner up: Dan Carlson Thanks to Denham Paper & Chemicals for sponsoring the prizes for both winner and runner up.

#### Scroungers

We are playing scroungers (social bowls) every Saturday at 2.30pm, names in between 2.00pm and 2.15pm. Visitors and newcomers

John Senteneller President.





"The Old Pub" is truely the community's pub, come and cheer with the locals We're open daily @ 10am Restaurant Open every day

<u>Coffee and cake special</u> available between 10am-12noon,

> <u>meal times:</u> 12-2pm, 5.30-8.30pm

Bottle Shop





4 STAR CERTIFICATE FOR EXCELLENCE!

Visit the <u>only hotel in the</u> <u>world</u> where the original part of the building is made of Shell Blocks (tiny compressed cockle shells cut into building blocks from Hamelin Pool)



GET INSIDE A REAL SHARK CAGE



Wednesday Local band 'Parallel 26' playing from 8.30pm karaoke & open mic

- Daily meal specials available
- Coffee & Cake @ \$9.50
   per person available daily
- 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



Fish, chicken, hamburger or steak burger & includes a midi of your choice (beer, soft drink or house wine)

LUNCH SPECIALS

Our Famous

**BAY BURGER** 

DEAL!

Available 12-2PM DAILY

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

Trading hours: open every day from 10am til late

FREE drink!

November 2020

### Vincent Catania MLA Member for North West Central

## Shark Bay We're here to help you

It's important to share any concerns, issues or ideas you may have to allow us to work together to find solutions as we travel through challenging times

### CONTACT US & STAY IN TOUCH

Email - northwest@mp.wa.gov.au



Telephone - 99412 999 @VinceCataniaMP

Regular updates will be available via facebook & email

## ENATIONALS for Regional Wa



### Val Pittenrigh

The CRC committe and staff wish to extend their deepest sympathy and sincere condolences to Val

Pittendrigh's friends and family.

Val was a wonderful lady, her smile always lit up the room, her love and knowledge of all things about Shark Bay and its history never ceased ot amaze and surprise us.

Smiling in Heaven, looking out for the rest of us.

She will be greatly missed.

"Death leaves a heartache no one can heal, Love leaves a memory no one can steal."



KEEP

IN

TOUCH

The Shark Bay Entertainers would like to thank Graeme Ducas for continuing to allow us to keep our prop's caravan at his property, free of charge.

Thank you for your ongoing support and understanding. It is much appreciated!





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### Happy birthday! Happy birthday!



Michael & Stacey Reynolds 5<sup>th</sup> November (9 years)



### Tuesdays @ the town Hall starts at 1:30pm

New members always welcome!

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

November 2020

See you there!

Bev Backhouse 0499 771 947

0427 948 022

Fay Castling

Shark Bay

## TO WAYS CHILDREN CAN MAKE A DIFFERENCE IN THE WORLD

## **BE KIND**

To practice **kindness**, consider these simple ideas:



## CREATE

"Be a **RAINBOW** in someone's **CLOUD**."

## CHOOSE

Big life Journal

Watch "Color Your World with Kindness" Read "Be Kind" by Pat Zietlow Miller

GET INSPIRED

Create and decorate "Kindness Cards" or "Kindness Rocks" to hide in fun places Choose 2-3 ideas from 56 Random Acts of Kindness or from Kindness Bingo to try



## PERFORM A DAILY GOOD DEED

- Brainstorm a list of good deeds, and check out "30 Ways to Make a Difference" in Big Life Journal's Kindness & Community Kit.
- Pick one idea from "5 Ways I Can Show Kindness Today" and try it
- Create a Good Deed Calendar
- Record positive actions with the "Kindness Tracker" in Big Life Journal's Kindness & Community Kit.
- Make it a family affair by committing to your own daily good deed

## PLANT A GARDEN

The act of planting a garden **teaches children** to be stewards of the environment, **gaining appreciation** for the effort of farmers and the importance of caring for the earth.

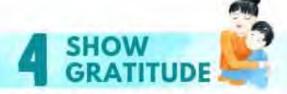
- · Find a Space: Even if you don't have a yard, there are options!
- Create a Plan: Decide what kind of garden you'd like to plant
- Get Your Plants: Try seeds from a hardware store, or "starter" plants
- Start Planting: Start digging and get to work!



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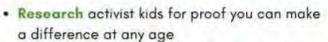
- Incorporate moments of gratitude into family time: morning or evening routines, family meetings, or other rituals
- Write and deliver a "Letter of Gratitude" from the Big Life Journal's Gratitude Kit
- Create the "Gratitude Tree" and display in a visible spot
- Complete Big Life Journal's 7-Day Gratitude Challenge
- Listen to Big Life Kids Podcast Episode
   7: "Discover How Gratitude Can Change Your Life"



- Volunteer at a local animal shelter, donate pet supplies or foster a pet
- Set up a "Blessings Box" in your front yard to collect food and hygiene items for the homeless
- Make a care package with travel-sized toiletries and food items
- Read about the tweens who created Gotta Have Sole after meeting a student experiencing homelessness at school
- Sort through and donate gently used clothes and toys



- 6 BE A GOOD NEIGHBOR
- Smile and wave each time you see a neighbor
- Walk around the neighborhood picking up trash
- Offer to walk a neighbor's dog
- Make cards or care packages for neighbors who've undergone surgery or had a new baby
- Roll garbage cans up the driveway for an elderly neighbor



- Follow young activists like Greata Thunberg, Malala Yousafzai, and Zev Dickstein Shapiro on social media
- Read positive news articles (try Good News Network, Good News Today, or Sunny Skyz)
- Create a Big Life Board or "inspiration station" at home where kids can keep a visual of their hopes and dreams

### **BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM**



## **SES Shark Bay**



## THE TALE OF A LATE NIGHT PHONE CALL

Whenever you receive an unexpected phone call late at night, one's immediate thoughts are "What has happened? What is the bad news that I am about to get?"

This was the case for me on the evening of Friday 16<sup>th</sup> October when I got a call from Geraldton DFES requesting as many members from our unit to participate in a land search at Mt Augustus.



The request was to get as many unit members as possible ready for a pick up from the airport early next morning. Thankful that the call was for a land search and not for any family disaster, I removed myself from my comfy bed into which I had not long got into and set about finding that elusive number of "as many as possible members".

Well, late Friday night, with a band at the pub and around half of our membership out of town for various other weekend commitments, I set about calling people and to obtain the "as many as possible" number of responders. Around 30 minutes later I did manage to achieve what I thought was a good response considering the handicap I was working with and managed to notify my boss that I had rounded up 4 members that were willing and able for the assignment.

#### **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 000 132 500 9948 1218 138 138 www.emergency.wa.gov.au www.bom.gov.au/cyclone/ local frequency



Come Saturday morning, our group took off on the flight to the mount via Carnarvon where the plane had to refuel, all the time hoping that the search that was in progress would be successful and all we got from the day was a nice view of Mt. Augustus when we came in to land.



After landing and then been transferred to the search area, our SES members joined with others from the Kalbarri and Carnarvon SES units that had either driven or flown in that morning to commence searching areas that were not searched previously. After a short meal break, the SES search teams were expanded with the addition of a number of WA police including specialist trackers and a drone.



Shark Bay





The Office

Early flight with xxxx

Magestic Mount Augustus

The afternoon search had not long commenced and good news came over the radio network that the missing lady had been located alive and reasonably well. Search crews with a stretcher and first aid supplies went to the area where the drone had located her. In the end it was a good news story, but it could have been so much worse as recent incidents in that area had seen over the past couple of months. This lady spent over 26 hours lost without and food or water or additional protection. She was only going a bit further up the track to take more photos on her own when she became disorientated and within 20 minutes of walking away from her husband was lost.



The lesson all can take from this incident is to be prepared, take water, don't be alone, and very importantly take a locating device like a spot tracker or personal locator beacon when walking or driving in remote locations. Our unit promotes

## 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

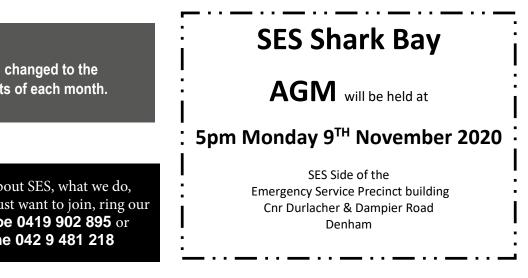
For more information about SES, what we do, training opportunities, or just want to join, ring our Local Unit Leader Joe 0419 902 895 or the SES Duty Phone 042 9 481 218 Setting up comms in the bush

the purchase of PLB's for anyone venturing off the beaten track, even here in Shark Bay if you are going to visit an out of the way location. These are available from the CRC at a reasonable cost, they are approx. \$350 but what value do you put on your life?



I would like to thank my unit members who gave up their weekend to respond to this incident. Serving our community is our core value and I am proud of them for doing that so willingly. And yes, we did get that nice view of Mt Augustus from the air. Yes, it is certainly one big lump of rock and as one person glibly commented, "There is a fair bit of road base in that!"

J McLaughlin.



## Shark Bay vs Kalbarri

## softball / Football 17<sup>th</sup> October 2020

What a fantastic weekend of softball we had recently in Kalbarri.

Our annual Shark Bay vs Kalbarri match was held in Kalbarri this year and boy was it a ripper game.

Firstly, a big thank you to the Shark Bay Stingrays for making the effort to travel to Kalbarri for our game, we could not have done it without you all there.

We started our game with a minute silence in honour of a beloved member of our community who has recently passed, Jillian Oakley. Thank you to both teams for participating.

Shark Bay girls took the field confident and eager to win. We started off strong and finished even stronger with a smashing win, finale score Shark Bay 34 – Kalbarri 4.

To all the girls who played for the Shark Bay team, you all played amazing and was a pleasure playing alongside you all and cheering you all on from the sidelines.

A special thank you too Yadgalah for supplying us with the softball equipment to use and for making this game possible every year.

A massive thank you to Bobby Oakley Earthworks for our new softball bat, it sure got a good work out at the game!

Thank you too Kalbarri for hosting this year's game, we all had an awesome weekend.

A big congratulations to the all the girls who received prizes, I am sure this would have been a tough decision for Kalbarri to pick, as everyone played terrific on the day.

Last but not least, Congratulations Shark Bay Stingrays for taking the win two years in a row!

Cheers,

On behalf of Shark Bay Stingrays

Sam & Fi





## Shark Bay School News

Interschool Carnival By Tayla Burton and Ben Sellenger The Shark Bay athletics team were full of excitement as we headed out to compete for the Interschool Carnival in Carnarvon at 5.15 am. Throughout the day we had lots of fun and the Shark Bay team did an awesome job with their running and their team games. There were three other schools that competed with us; Carnarvon Community College, St Mary's and the Carnarvon Christian School. Useless Loop, School of the Air and Gascoyne Junction joined us for the team games and the relays.

We got to meet some of the kids from the other schools too.

We had a successful day as Bodhi Garner won Year 5 Champion Boy, Tayla Burton won Year 6 Champion Girl and Brody Child won Year 6 Champion Boy.

It was a really fun day, and the Shark Bay team were all champions!





#### THE SHARK BAY ENTERTAINER'S AGM – 14TH OCTOBER, 2020.

#### PRESIDENT'S REPORT

Well what a Year 2019/2020 has been! We had great plans but those plans were scuttled by a virus known as Covid19. What we did achieve, was small, but satisfying. We at least completed a backingtrack for the School, our annual Christmas Carols On Wheels singing at the Pensioner's units, Monkey Mia, two of the Denham caravan Parks and the Old PUB before finishing off at the Town Hall.

Anzac Day was next on our list but with Covid19 rearing it's ugly head everything had to be cancelled state wide. The easing of restrictions after several months allowed us to dream of showcasing our considerable talents in a Variety Show which we intended to hold at the Town Hall to commission the new stage.

Alas the Shire maintained its gathering limit of "40 persons" which would have included the cast. This made everything somewhat impractical and our show has had to be postponed for the time being.

We will be commencing rehearsals for Christmas Carols from now on and our Choir Mistress Maggie has developed some ideas regarding content, so all those interested parties please take note and come along!

When the Government announce the next stage of lifting restrictions, hopefully later this month, we can recommence scripting and rehearsals for the 2020 SHARK BAY VARIETY SHOW.

Sadly we have lost several members with Jocelyn and Bill departing the Bay for Geraldton, followed by David Lergessener returning to Queensland. We wish them all the best.

On a positive note we then welcomed Shayne Thomson with his wonderful production ideas and Katie McKay whose musical talents will surely show we mere mortals a thing or two. Welcome both of you.

John Senteneller



## Children's week

The Shark Bay Community Resource Centre (SBCRC) was excited to participate in Children's Week this year and was able to hold a free to attend family fun games day in Denham. The event was held on Saturday the 24<sup>th</sup> October at 2pm prior to the the AFL grand final kicking off on the television at our local Shark Bay Bowling Sport and Recreation Club, a very child friendly and welcoming venue.

SBCRC staff set up a variety of games including sporting, board games and card games all around the venue at a variety of suitable locations indoors and outdoors. Games included archery, bingo, bocce, cards (go fish, snap, skip bo, spot it, Uno), checker, connect 4, croquet, darts, domino's, finska, hangman, jenga, lawn bowls, pluck it board game, quoits, rummy o, snakes & ladders, tic tac toe, tumbling monkeys (board game) twister and yahtzee.

As the event was advertised in our local newsletter the Inscription Post as well as on community noticeboards, social media and by flyers disbursed at our local school, 75 people attended and participated in this games day (35 adults and 40 children). Families were encouraged to interact and compete against their family members in any of the games on offer. If they chose to, they were encouraged to also compete against other families. Once they finished a game, they were encouraged to move around the venue to another game.

At the conclusion of the games event, each family member was asked to enter their family champion (whoever won the most games that day) in our overall family champion game of Uno. Each family representative competed for their family to receive prizes. It appeared the majority of family champions were children, except for 1, Johnny G. Congratulations Johnny, he won the championship game only by 1 card over some of the other competitors.

The day was finished with prepared food and refreshments for our participants to enjoy. The event was a success and we look forward to running similar type community games days in the future.

Thanks to the Meerilinga Young Children's Foundation Inc. (Meerilinga), through the Department of Communities, as well as Lotterywest for supporting this event and providing the funds to ensure we could keep everyone amused and enjoying themselves.

#### Jamie Burton

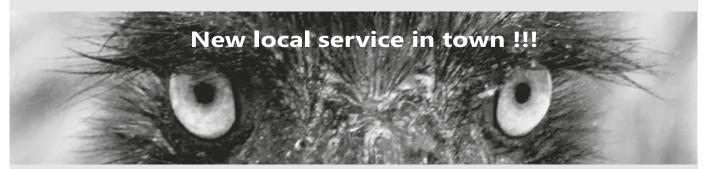


November 2020

### **Stephen Poole**

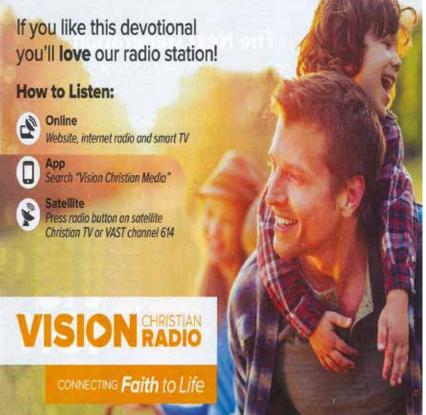
Ecological Landscape Design & Maintenance Work

#### mobile 0412 797 742 ecomanwa@gmail.com



### 30 years of experience in...

landscaping • garden design • general maintenance food gardens • erosion control • retaining walls organic horticulture • irrigation systems • fencing paving • powerline clearing • consultancy • pruning permaculture • planting • seasonal gardening fruit trees • handyman work • project management



### VISION CHRISTIAN RADIO

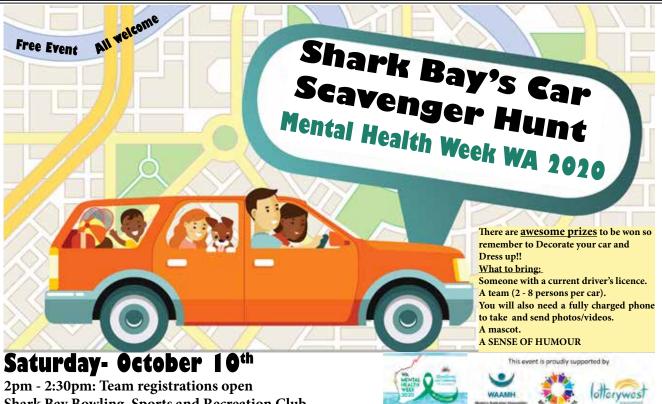
Vision Christian Radio, as the name suggests, is a radio station broadcasting 24/7 in more than 700 locations around Australia, including Denham, Shark Bay.

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".



## **Car Scavanger Hunt**



2pm - 2:30pm: Team registrations open Shark Bay Bowling, Sports and Recreation Club. Presentations and Supper will be provided to the participants after the Scavenger Hunt from 5pm. Enquiries to Shark Bay CRC Phone: (08) 99481 787 or Email: sharkbay@crc.net.au

### WA Mental Health Week 2020 Car Scavenger Hunt

On the 10<sup>th</sup> of October, Shark Bay CRC and Shark Bay Shire hosted our very first free Mental Health Week Car Scavenger Hunt. This initiative was held in order to promote mental health awareness in our community and to give participants the opportunity to connect with their team mates, families and others involved in the event. We had 8 teams register, some decorated their cars and many teams dressed up to match their own theme. Once registered, teams were then encouraged to drive around the town of Denham engaging in creative team activities as they solved riddles to collect kindness eggs, took photos and a video as they completed various challenges and answered questions regarding local landmarks and other relevant information regarding mental health.

Community Resource Centre



Shark Bay 🥘

**Inscription Post** 

November 2020

Participants could also choose to carry out fun activities at the Bowling Club like finding positive affirmations written on rocks hidden in slime, getting their picture taken in a dress up photo booth, doing a mental health crossword, getting a bullseye in darts, Mental Health colouring in station, playing Croquet or painting and decorating kindness rocks as part of gaining points for their team. Bonus points were awarded to teams for extra challenges achieved with their whole team, for creativity, or just if they made us 'the coordinators' laugh. With these being the criteria the emphasis was not on being the first team to win but to achieve doing the challenges as a team. Some examples included: Take a Photo of; The entire team "I can't believe we all fit in here", A team member pole dancing (bonus points if the feet weren't touching the ground), a sea creature sandcastle built by your team. There was some very creative entries. Well done to all the teams!

The evening was wrapped up with a presentation and a supper which was provided free to all that were involved in the hunt. Well done to all the participants, I hope you enjoyed the challenges as much as we enjoyed receiving all your photos and doing the fun activities at the Bowling Club with your teams.

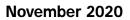
As with most events such as this one, many organisations made it possible to happen. Shark Bay CRC would like to say a huge thank you to the Shire of Shark Bay, WAAMH and Lotterywest for the generous financial assistance. Shark Bay Bowling, Sport and Recreation Club for providing the venue along with various businesses or clubs that got involved by assisting us with catering and handing out kindness eggs: Shark Bay Hotel, The Waterfront Hotel, Shark Bay Supermarket, Boolbardie Golf Club, Shark Bay SES/ St John Ambulance Precinct. A huge thank you to Joe, Judy, Jamie, Laylah, Candice, George and Sherry for all your help on the day.



Our lovely coordinators / safety crew!



Fun Dress Up



Natt





Team "Jowi



'Footy Fanatics" Team



Team "RorSam Racers



Team "Snow Wolves"

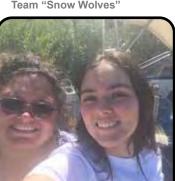


Team "Biccy"





Jumping for joy



Team "Miss Bec

"Pyjama Potters" Team

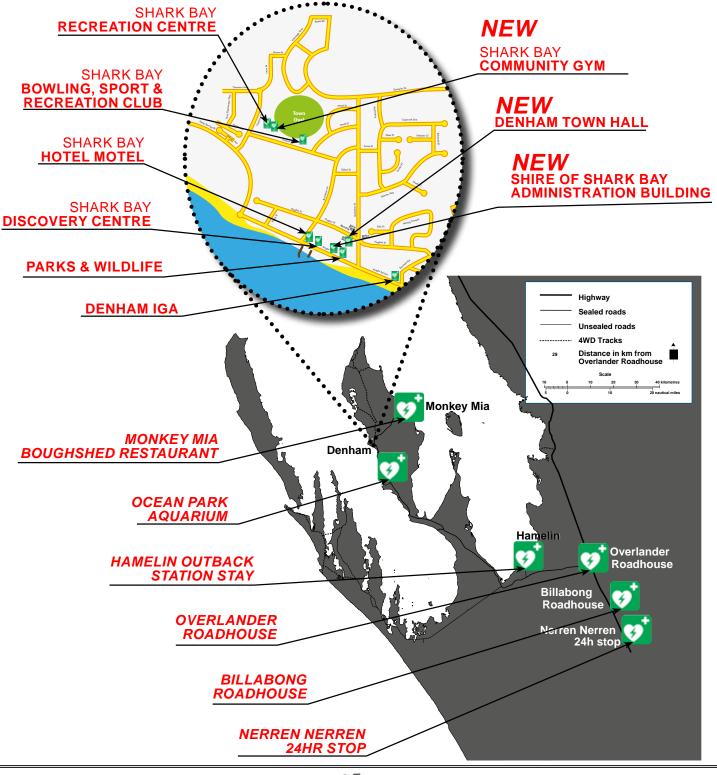


### Shark Bay 🥘 Inscription Post

## The importance of "The Chain of Survival!"

## The Chain of Survival

- *Early Access:* Recognise an emergency and call 000 <u>IMMEDIATELY</u>.
- Early CPR: Begin Cardio Pulmonary Resuscitation (CPR) IMMEDIATELY
- *Early Defibrillation:* Use the Automated External Defibrillator (AED) ASAP
- Early Advanced Care: Transfer to professional care.



Shark Bay

### in September

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

Which I

brings to the total



EMERGENCY,

life threatening,

call out for helps!



## CRITICAL REMINDER

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

In Shark Bay many people have a tendancy 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.

Please 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.

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







triple zero

calls,

<u>so far ...</u>

this year!

## Notice of

## **Annual General Meeting**

25 Nov 2020

5pm

at the Shark Bay Hotel

New members welcome!



Email: sharkbayherald@westnet.com.au

## SHARK BAY HISTORICAL SOCIETY

Box 50, Shark Bay P.O. Western Australia 6537 Ph/Fax: (08)99481 338 Mob: 0429 481 338

Tim Hargreaves, as with his wife Maggie - were one of the many friends & admirers of Val Pittenrigh who died recently in October 2020.

At the time of going to print details of her place of burial & date of Funeral Service are yet to be determined on, but, when established, will be advertised on the Shire & other Public Notice Boards in town.



Val Pittenrigh founding member of the Shark Bay Historical Society





## **Get Online Week Event – Let's get Dancing**

A huge thank you to the Shark Bay Bowling, Sport and Recreation Club for allowing us to hold our Let's Go Dancing, Get Online Week event at their venue during October.

For those that weren't aware and hadn't noticed the posters on our local community noticeboards, on Facebook and in the Inscription Post newsletter previously, the Shark Bay CRC received a generous grant from the Good Things Foundation Australia, to hold a Get Online Week event.

Leading up to the 21<sup>st</sup> October, our CRC staff trained members at the Friendly Hub weekly gatherings, how to access the dance the "Git Up" tutorial on You Tube. Jamie, a self taught dancer and instructor, trained everyone slowly on the steps involved as we watched the online tutorial weekly.

Pat Parker even shocased her line dancing skills and taught a few of us a thing or two.

Hopefully, everyone enjoyed themselves, learnt a dance step or two and enjoyed viewing themselves on the iPad after we filmed them having a go. We will edit the video clips and get together again shortly to showcase your very own Git Up dance video which you can view and share with your friends and family.

In total, we had 26 participants dance, film, socialise and learn how to do different things Online. The day concluded with a sausage sizzle luncheon.

Jamie was a wonderful dance instructor, Judy learnt that she has to be upskilled in taking videos on a lpad whilst Natt saved the day as the wiz with the lpad filming.

We thank everyone for allowing others to share their knowledge and encourage more people to go online.

Judy Britza



St John

#### Do you have Country Ambulance Cover?

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 \$75 for Single(\*) and \$125 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:

#### St John Ambulance Shark Bay Sub Centre

- 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).



## Join us

### Wednesday mornings @10am

@ Shark Bay Bowling, Sports and Recreational Club (Francis St)

#### Some of our weekly activities:

- Coffee, Tea, Cake
- Board Games
- Cards
- Crosswords
- Puzzles, etc
- Special occasions:
- Guest Speakers
- Live Music!
- 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...

0, R, D







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## The Mindful Walk

When you walk, arrive with every step. That is walking meditation.

There is no doubt about it, this year more than most, has been a year that has challenged our mental health and resilience. In the face of the pandemic, lockdowns, changes to our usual ways of coping and so much uncertainty it has never been more important to make sure we are all keeping activities that help both our physical and mental health as a top priority.

Heart Foundation Walking has teamed up with Mindfulness Expert Marike Knight from Cool Karma Collected, a Modern School for Mindfulness, to shift the focus of our walking to include ways we can utilise our walking to better manage our minds as well as regulate our stress levels so that we are feeling cool, calm and collected, heading into the end of this year.

## What is Mindful Walking and why would I do it?

When you are out walking, do you find you are able to tune into the present moment and just be out on your walk? Or are you running through the endless to-do list and making your pace a little faster? Maybe you're concerned about your own There's nothing else to it." Thich Nhat Hanh (Zen Master)

health or worrying about various family member's health? Or perhaps you're thinking about the next time you'll see your children and their children? Sound familiar?

The practice of mindful walking is the opportunity to give ourselves a bit of a break from the constant mental chatter. We actively try to arrive in the present moment with each step we take. Connecting with our breath. the sensations in our body, and the nature around us. Amazingly, this practice has been found to be a simple, yet profound way of lessening stress and worry and aiding in our mental health and wellbeing. Next time you are out for a walk why not give it a try?

#### Easy tips to implement Mindful Walking into your everyday

 Make a conscious effort to stay present to your five senses: sight, sound, touch, smell, and taste. On a walk there is so much to take in, but sometimes if we have been on the walk many times, we forget to really pay attention. The invitation each day is to go on your walk with a beginner's mind. Just like you might when on a holiday in a new environment. Pay attention to the changing of the seasons, to the everchanging sky, to the different wildlife you encounter.

- Go slowly, notice when you have increased the pace and where your mind was in that moment. Was it planning or thinking about what needs to be done today, or caught up in thoughts? In that moment take a deep breath and consciously slow down again.
- You might like to set an intention to stay in the present moment for a set amount of time, whether it's 5 or 30 minutes it's up to you. As you do try and notice things like:
  - \* The ground supporting our feet.
  - \* The activation of different muscles as we walk.
  - Breathing in and breathing out and how our breath changes and flows.
  - \* Different sounds, smells, the breeze on our face.
  - \* The intricate beauty of nature, taking in the endless colours and shapes in nature.
- Pretty soon you will also notice your mind begin to

wander. This is perfectly normal, this is what minds do, but when you notice you have gotten caught up in the mental chatter again see if you can take a deep breath and open up to everything else that is around you in that moment.

#### Mental health benefits to Mindful Walking

The benefits of body movement, exercise and breathing are well and truly endless – that we know for certain! However, integrating these simple mindfulness exercises into our walking, we can experience benefits not just for the body but also for the mind.

In consciously tuning into our breath and opening up to our five senses during our walks we have the potential to:

\* Decreases stress and

symptoms of worry and anxiety

- \* Improve sleep habits
- \* Improve overall mood and feel happier
- \* Develop more appreciation and gratitude, which can substantially improve mental health and wellbeing; and
- \* Allow ourselves a few moments without our smartphones, our to do lists, our worries and fears, and in doing so we organically allow our minds to slow a little and generally feel better

So, why not set an intention to give a mindful walk a try? Heart Foundation Walking in partnership with Cool Karma Collected have released two audio meditations, a short 5-minute intro as well as a 20-minute walking meditation to help get you on the right track. You can access them on YouTube\*. Please share your mindful walk with us on social and let us know how you go! #heartfoundation

If you'd like to get a better sense of how your stress levels and mental health is faring this year, why not take this 5-minute quiz developed by Cool Karma Collected and find out where you might be sitting on the Burn Out Scale. Don't worry, it's not scary, it might just allow you to bring a bit more awareness to the ways in which you are coping. Once you know where you fall on the scale, Cool Karma Collected will provide you with heaps of great tips, tools and mini meditations that are specifically aimed at helping you, so that you can continue to build on your bank of resilience now, and well into the future.

walking. heart foundation. or g. au

(\*)



## **Shark Bay Fishing Club**

The Shark Bay Fishing Club as the recreational fishing body of Denham, generated a survey during September 2020 asking for recreational fishers opinions on a variety of community concerns including changes to possible fish possession limits, shark bite offs, pink snapper size limits as well as their opinions regards the viability of future fishing competitions (including the Fiesta) in the region. At the time of writing this article, 70 responses have been received, most of which were from those accessing the public survey advertised on local Facebook pages as well as by email.

If you are keen to provide feedback, please get in touch with Jamie at the Shark Bay CRC as she can forward you a link to the survey or can direct you to accessing the survey on the Shark Bay Fishing Club Facebook page. There are only 13 questions. All opinions are documentated and appreciated.

Shark Bay Fishing Club committee

## Fun Facts about seagrass

Seagrasses (or Wirriya Jalyanu in Malgana language) are flowering plants.

They do all the same things that land plants do, except underwater. Seagrasses grow roots, leaves, flowers, and produce seeds.

Seaweeds are multicellular algae, with blades that come in shades of red, green and brown.

They attach to rocky substrate via holdfasts. Epiphytic seaweeds often use seagrass as a place to attach.

#### Liz

Senior Research Fellow School of Biological Sciences & Oceans Institute, The University of Western Australia





sharkbayfishingclub@hotmail.com



COMMUNITY EVENT INCLUDING Over \$12,000 in CASH & prizes • Daily Weigh-ins • Live Entertainment • Family Activities • Sponsor's Auction • High Tea & Fundraisers • Fireworks

www.sharkbayfishingfiesta.com



# Tiole-Chart Monkey Mia

#### **MONKEY MIA - SHARK BAY**

LAT 25°48' S LONG 113°43' E TIME ZONE -0800

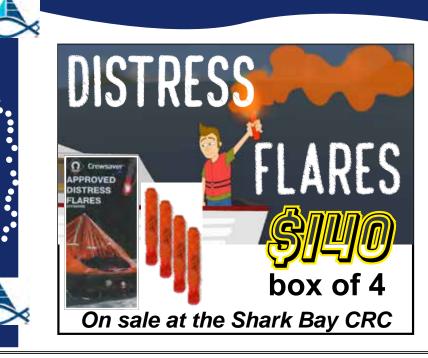
TIMES AND HEIGHTS OF HIGH AND LOW WATERS

#### NOVEMBER - 2020

	Time	m										
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<b>U4</b> WE	0156 0900 1531 2037	1.73 0.23 1.50 0.91	<b>12</b>	0407 0955 1609 2234	0.79 1.32 0.73 1.57	<b>20</b> FR	0317 1023 1700 2150	1.85 0.31 1.49 1.10	<b>28</b> SA	0559 1232 1732 2330	0.50 1.34 0.92 1.64	
UJ TH	0219 0930 1603 2104	1.74 0.26 1.46 0.95	<b>13</b> FR	0507 1119 1701 2315	0.55 1.38 0.74 1.70	<b>21</b>	0358 1104 1752 2241	1.72 0.46 1.45 1.15	<b>29</b> su	0632 1313 1808	0.36 1.39 0.93	
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UO SU	0356 1124 1823 2301	1.63 0.47 1.30 1.07	<b>16</b> мо	0035 0729 1400 1907	1.92 0.07 1.55 0.85	<b>24</b> TU	0157 0707 1335 2059	1.16 1.29 0.84 1.48			<b>E</b>	

© 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



## Denham

		OVE	MBER	
	Time	m 1.00	Time	m 1 22
1	0015 0810	1.00 0.26	<b>16</b> 0005 0824	1.32 0.17
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2	0038 0843	1.04 0.23	<b>17</b> 0047 0912	1.35 0.14
мо	1433 1856	0.23 0.87 0.67	TU 1447 1822	0.91 0.77
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5	0145	1.13	<b>20</b> 0254	1.25
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6	0213	1.15	<b>21</b> <sup>0336</sup> <sub>1150</sub>	1.16
FR	1103 1646 2023	0.30 0.84 0.79	L 1150 SA 1852 2107	0.36 0.86 0.84
7	0248 1143	1.15 0.34	<b>22</b> <sup>0418</sup> <sub>1221</sub>	1.05 0.44
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8	0331 1226	1.13 0.40	<b>23</b> <sup>0505</sup> <sub>1248</sub>	0.94 0.52
s∪ €			MO 2038	0.92
9	0423 1311	1.08 0.47	<b>24</b> <sup>0359</sup> <sub>0612</sub>	0.80 0.82
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10	0532 1401	1.01 0.54	<b>25</b> <sup>0512</sup> <sub>0815</sub>	0.68 0.72
TU	2128	0.90	WE 1342 2128	0.63 0.99
11	0225 0716	0.82 0.92	<b>26</b> <sup>0554</sup> <sub>1122</sub>	0.56 0.71
WE	1458 2141	0.61 0.97	TH 1427 2150	0.68 1.03
12	0425 0936	0.69 0.88	<b>27</b> <sup>0628</sup> <sub>1244</sub>	0.45 0.75
TH	1546 2209	0.67 1.06	FR 1524 2215	0.73 0.72 1.07
13	0535 1116	0.53 0.90	<b>28</b> <sup>0658</sup> <sub>1324</sub>	0.36 0.80
FR	1620 2245	0.30 0.71 1.16	SA 1614 2242	0.75 1.12
14	0637 1224	0.37 0.92	<b>29</b> <sup>0730</sup> <sub>1354</sub>	0.29 0.84
SA	1649 2324	0.75 1.25	SU 1656 2310	0.77 1.15
15	0733 1317	0.25 0.93	<b>30</b> <sup>0803</sup> <sub>1422</sub>	0.24 0.87
SU	1717	0.76	MO 1732	0.79 1.18
			0 2340	1.10

**Inscription Post** 

November 2020

## Denham Community Groups

Community groups	Contact Name	Telephone No.
Boolbardie Country Club	Jill Deschamp	0477 245 309
CLB Fitness - Group Fitness Classes	Chelsea Butterworth	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 Andrade	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	Johan Bakker	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	Geoffrey Howse (President) Tony Shkardon (Vice Preident)	0409 115 060 (Geoff) 0435 008 080 (Tony)
Shark Bay Fishing Club - Fishing Fiesta	Shark Bay CRC	9948 1787
Shark Bay P & C Association	Natt Dul	9948 1104
Shark Bay Pistol Club	Bruce Wade (President) Cheryl Cowell (Secretary)	0475 087 277 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	Sam Roberts	0431 287 412
Shark Bay Volunteer Marine Rescue (VMR)	Drew Wassman	Call 000 for Emergency Info Only: 9948 1396
St Andrew-by-the-sea Anglican Church		9948 1067
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 / Julie Robins	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 November 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 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> 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
jowiba@gmail.com	Monday & Friday 1pm	Denham Shire Hall
sharkbaytourism02@gmail.com	1 <sup>st</sup> Tuesday of every month	Recreation Centre
sharkbayherald@westnet.com.au	Sunday	Foreshore about opposite the Interpretive Centre
sbcmshed@hotmail.com	Monday 10am	Shed at the top of the town on the
sharkbayfishingclub@hotmail.com	Fishing Fiesta 14-21 May 2021	
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 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup> Monday each month @ 5pm	Emergency Services Building Durlacher Street
juicensam27@westnet.com.au		
vmrsharkbay@westnet.com.au	4 <sup>th</sup> Monday of every month	VMR building, Knight Terrace
standrewssb@bigpond.com	Sunday 9am	Anglican Church
sharkbay@stjohnwa.com.au	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

## MIDWEST COURIERS



# Providing your transport solutions from Geraldton to Denham and Surrounds

For the past 6 ½ years Kalbarri Express Freight has been servicing Kalbarri and surrounding areas. After enquiries were made we are going to offer our same services to Denham, with a once a week service, delivering on a Friday. Hence Midwest Couriers was born.

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/

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### **Local Businesses & Tradies Corner**



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 TO SUBSTANTIAL LITTERING FINES



November 2020

Shark Bay 🦉



p. 47



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## Local Businesses & Tradies Corner



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Email: online@wickedcampers.com wickedcampers.com.au



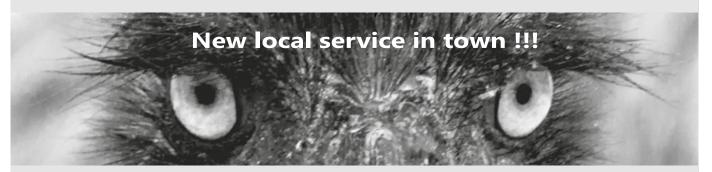
TERMS & CONDITIONS OF PROMOTION: \*Monkey Mia 4WD Vehicles are to be collected and returned to Wicked Denham office only, with a full tank of fuel. Hirer is fully responsible for the vehicle while on hire, and any subsequent towing or recovery costs are to be borne by hirer. Vehicle must be returned clean (vacuumed sand-free and exterior wash), a \$200 Cleaning Fee will apply to unclean vehicles. All prices shown do NOT include State Government National Park Entry & Camping Fees (these are payable upon entry to the park). Promotion is subject to availability and may be withdrawn without notice. PLEASE NOTE: A \$500 Bond will be required prior to or upon collection of the vehicle at our Denham Office.

Shark Bay 🥘 Inscription Post

#### Stephen Poole

Ecological Landscape Design & Maintenance Work

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November 2020

Shark Bay

### Local Businesses & Tradies Corner

## **Metal Fabrication - Welding**

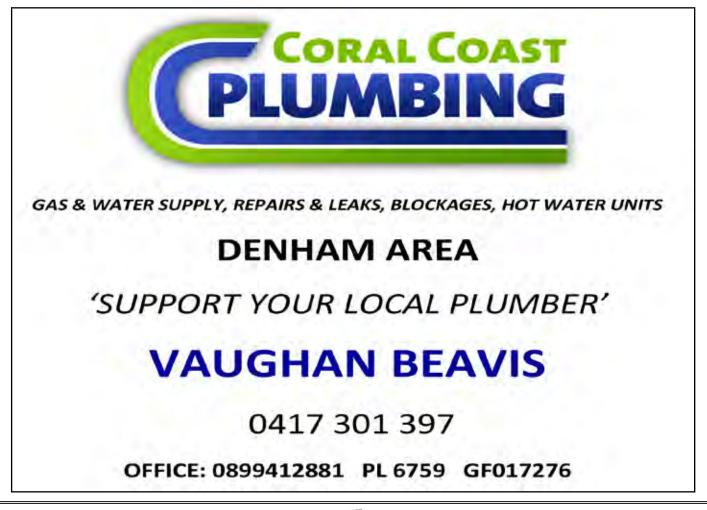


Steel - Aluminium - Stainless Steel Sheet Metal Fabrication Guillotine & Bending Steel and Aluminium Sales









### Local Businesses & Tradies Corner

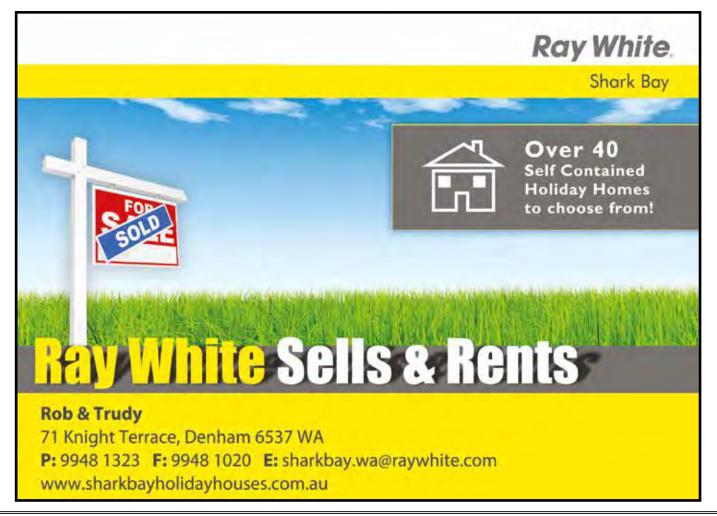
## **Batteries**

- Vehicle
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- Caravan
- Camper
- Motorbike
- Heavy Duty Tonka Toys
- ....and more!



# **Shark Bay Services**

Ph: 9948 1360 Joe: 0419 902 895 Judy: 0429 672 063 mcl@iinet.net.au 37 Vlamingh Crescent Denham WA 6537

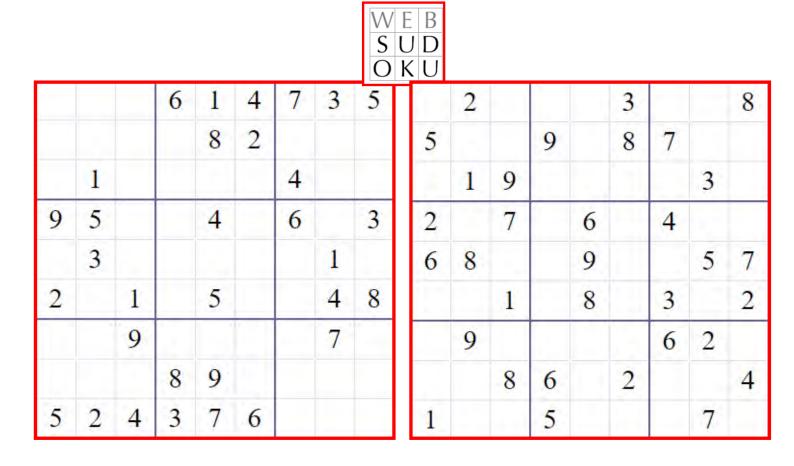


November 2020



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(a discount of one month's cost applies to advertissements 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

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.

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

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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

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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

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 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 DEADLINE for submissions into the Inscription Post is the 25<sup>th</sup> of each month

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

## 🔆 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

# NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday 1
			<ul> <li>9.30am Mums &amp; bubs</li> <li>@ the SBBS&amp;R Club</li> <li>10am-2pm: SJA ambulance office open</li> </ul>	• 1pm Bridge Club	<ul> <li>1.30pm Golf, 9-hole stableford</li> <li>2pm Bowls - scroungers</li> </ul>	<ul> <li>9am St Andrews Church Service</li> <li>10am SB Christian Fellowship, on the foreshore</li> </ul>
			_			7pm Melbourne Cup Calcutta at the Bowling Club
2	3	4	5	6	7	8
<ul> <li>10am Men Shed</li> <li>1pm Bridge Club</li> <li>5pm SES</li> <li>6.30pm Badminton</li> </ul>	<ul> <li>1.30-3.30pm Crafters</li> <li>5pm CRC Walking Group</li> <li>5.30pm Firies</li> <li>Melbourne Cup function at Bowling Club</li> </ul>	<ul> <li>10am-2pm: SJA ambulance office open</li> <li>10am Friendly Hub</li> <li>1.30pm Golf, 9-hole stableford</li> <li>2pm Croquet</li> <li>5.30pm Eco-Friendly Workshop</li> </ul>	<ul> <li>9.30am Eco-Friendly Workshop @ Shire Hall</li> <li>10am-2pm: SJA ambulance office open</li> </ul>	• 1pm Bridge Club	<ul> <li>1.30pm Golf, 9-hole stableford</li> <li>2pm Bowls - scroungers</li> </ul>	• 9am St Andrews Church Easter Day Celebration     • 10am SB Christian Fellowship, on the foreshore
		6.30pm Adult Basketball				
9 • 10am Men Shed • 1pm Bridge Club • 5pm AGM SES • 6.30pm Badminton	10 • 9.00am Sports session @ Rec Centre • 9.30am Open Courts for Young Children @ Rec Centre • 1.30-3.30pm Crafters • 5pm CRC Walking Group • 5.30pm Firies	11 • 10:45 Remembrance Day @ Pionner Park • 10am-2pm: SJA ambulance office open • 10am Friendly Hub • 1.30pm Golf, 9-hole stableford • 2pm Croquet	12 • 9.30am Mums & bubs @ the SBBS&R Club • 10am-2pm: SJA ambulance office open	13 • 1pm Bridge Club	14 • 1.30pm Golf, 9-hole stableford • 2pm Bowls - scroungers	<ul> <li>9am St Andrews Church Service</li> <li>10am SB Christian Fellowship, on the foreshore</li> <li>4pm Barefoot Bowls</li> </ul>
16	17	6.30pm Adult Basketball <u>Remembrance Day</u>	10	20	21	22
10am Men Shed     1pm Bridge Club     5pm SES     6.30pm Badminton <u>Gascoyne</u> <u>Chiropractic at the</u> <u>CRC</u>	<ul> <li>9.00am Sports session @ Rec Centre</li> <li>1.30-3.30pm Crafters</li> <li>5pm CRC Walking Group</li> <li>5.30pm Firies</li> <li>9.30am Open Courts for Young Children @ Rec Centre</li> </ul>	18 • 10am-2pm: SJA ambulance office open • 10am Friendly Hub • 1.30pm Golf, 9-hole stableford • 2pm Croquet Become a Mental Health First Aider	19 • 10am-2pm: SJA ambulance office open	20 • 1pm Bridge Club	21 • 1.30pm Golf, 9-hole stableford • 2pm Bowls - scroungers	222 • 9am St Andrews Church Service • 10am SB Christian Fellowship, on the foreshore • 4pm Barefoot Bowls
	<u>Become a Mental</u> <u>Health First Aider</u>					
23	24	25	26	27	28	29
<ul> <li>10am Men Shed</li> <li>1pm Bridge Club</li> <li>6.30pm Badminton</li> <li>Inscription Post articles due</li> </ul>	<ul> <li>9.00am Sports session @ Rec Centre</li> <li>1.30-3.30pm Crafters</li> <li>5pm CRC Walking Group</li> <li>9.30am Open Courts for Young Children @ Rec Centre</li> </ul>	<ul> <li>10am-2pm: SJA ambulance office open</li> <li>10am Friendly Hub</li> <li>1.30pm Golf, 9-hole stableford</li> <li>2pm Croquet</li> <li>5pm AGM StJohn Ambulance</li> <li>6.30pm Basketball</li> <li>Shire Council Meeting</li> </ul>	10am-2pm: SJA ambulance office open	• 1pm Bridge Club	<ul> <li>1.30pm Golf, 9-hole stableford</li> <li>2pm Bowls - scroungers</li> </ul>	• 9am St Andrews Church Service     • 10am SB Christian Fellowship, on the foreshore     • 4pm Barefoot Bowls
30	1 Dec	2 Dec	3 Dec	4 Dec	5 Dec	6 Dec
10am Men Shed     1pm Bridge Club     6.30pm Badminton			-J Dec	4 Dec		



#### Shire of Shark Bay Citizen of the Year Awards

#### **Guidelines and Criteria**

Shire of Shark Bay Citizen of the Year Awards - nominations are open for residents, community groups and/or community events that have made noteworthy contributions to the Shark Bay community during the year, or given outstanding service to the local community over a number of years through active involvement.

The awards will be presented at the Australia Day community event on 26 January 2021. Nominees will be notified of their nomination and will be officially invited to the event.

#### Nomination process

- the Shire of Shark Bay invites nominations for the awards from residents and community groups
- completed nomination forms are required to be submitted to the Shire of Shark Bay as per the advertised closing date
- the recipient of the awards will be decided by Council, at the December Ordinary Council Meeting.

#### Selection criteria

The award winners will be judged on their active citizenship and:

- significant contribution to the local community
- demonstrated leadership on a community issue resulting in the enhancement of community life
- a significant initiative which has brought positive change and added value to community life
- inspiring qualities as a role model for the community.

#### Eligibility criteria

- nominees reside or work within the Shire of Shark Bay
- an individual / group may receive an award on more than one occasion in recognition of their outstanding contribution or involvement
- community event can be considered a one-off or annual event in Shark Bay
- unsuccessful nominees may be nominated in future years
- sitting members of State, Federal and Local Government are not eligible.





#### Shire of Shark Bay Citizen of the Year Awards

#### **Nomination Form**

Please submit your nomination form to the Shire of Shark Bay office or email to c	do@sharkbay.wa.gov.au
by <u>Wednesday 2<sup>nd</sup> December 2020.</u>	

#### Nomination category: (please tick)

Shire of Shark Bay Citizen of the Year	
Shire of Shark Bay Citizen of the Year – Youth (for	a person under 25 years)
Shire of Shark Bay Citizen of the Year – Senior (for	a person over 65 years)
Shire of Shark Bay Active Citizen Award (for a com	munity group and/or event)
Nominee details	
Given Name:	Surname:
Group Name (if applicable):	
Address:	
Telephone:	Email:
Reasons for nomination	
How has the nominee demonstrated active citizenship	and enhancement of community life?
Nominator details	
Name:	Address:
Telephone:	Email: Page <b>2</b> of <b>2</b>