



At the Shark Bay World Heritage and Discovery Centre in Denham this April, a new short film and accompanying interpretation will tell the story of the battle between HMAS *Sydney* and HSK *Kormoran*. 3D footage and still images from the 2015 expedition to the wreck sites, undertaken by WA Museum, Curtin University and DOF Subsea, will be used to create a timeline of the battle and to offer insights into what happened when the ships met off Shark Bay 77 years ago.

THE WRECK OF HMAS SYDNEY I LES 12 NUMBAL MLES DUE WEST OF STEEP POINT 2414 45 5 11

MEDIA RELEASE April 2018 Shire of Shark Bay

At the Shark Bay World Heritage and Discovery Centre in Denham this April, a new short film and accompanying interpretation will tell the story of the battle between HMAS *Sydney* and HSK *Kormoran*. 3D footage and still images from the 2015 expedition to the wreck sites, undertaken by WA Museum, Curtin University and DOF Subsea, will be used to create a timeline of the battle and to offer insights into what happened when the ships met off Shark Bay 77 years ago.

The new film, called '*Fire on the Water*', uses imagery not seen in the previous film released at the WA Museum Geraldton for the 75th Anniversary in November 2016 and focuses on the events of the battle itself. The narrative approach is similar, so each can be seen as a companion piece to the other - just using imagery, text and music. There will also be a 'timeline' of the battle on the wall outside the screening room, using still images from the expedition to show what is understood to have happened. As Shark Bay is the closest place to where the battle occurred, it is good place for the battle story to be told. The HMAS Sydney Memorial at the Shark Bay World Discovery Centre

The project is funded by a Protecting National Historic Sites grant from the Australian Government's Department of the Environment and Energy, with additional funding and project management from the Shire of Shark Bay, as well as in-kind support from WA Museum.

The producer and curator is Robyn Johnston, who produced the "From Great Depths" exhibit and film on the *Sydney/Kormoran* story which is currently on display at WA Museum's Museum of Geraldton.

The consultant historian for the Shark Bay battle story is Wes Olson, author of two books on Sydney, "Bitter Victory" (2000) and "HMAS *Sydney* (II) in Peace and War" (2016).

The exhibition, with the title "Fire on the Water – revealing the fate of *Sydney* (II) and *Kormoran*" will open in Denham on Anzac Day: Wednesday 25 April 2018.

Shark Bay World Heritage Discovery and Visitor Centre 53 Knight Terrace, Denham WA

Media Contact: Paul Anderson – CEO Shire of Shark Bay 9948 1218







Executive Officer's Report



Jamie Burton

Independent Living Centre

Independent Living has been in contact with the Shark Bay CRC to faciliate a community engagement morning tea from our facilitites over the coming weeks. Their Occupational Therapist will be in attendance, assisting with queries, offering her advice and guidance with regards to some useful equipment designed to improve your guality of life and independence.

If you are interested in checking out the latest in mobility aids, aids for around your home, communication equipment, asking about equipment funding sources and more, then please come along to our morning tea being held between 10am - 11.30am on Tuesday the 24th April in the CRC courtyard.

You are welcome to contact Independent Living direct if you wish to make an individual appointment whilst they are in town on 1300 885 886 (see the below flyer for more information).

Foodbank WA sessions

Due to very high demand from CRC's all across our state, Foodbank WA will be running extra video conference sessions during June 2018. The Food Sensations program run by Foodbank WA, provides nutrition education for adult groups through practical and interactive workshops. These workshops also give participants the opportunity to cook lots of delicious and healthy recipes at the sessions and in our CRC.

In the past, the Food Sensations sessions have been a huge success and everyone has enjoyed learning about healthy eating, being able to ask their nutrition questions plus cooking delicious healthy recipes!

Shark Bay CRC submitted an expression of interest to be involved in this program and successfully secured a space to participate during June. Four sessions will be held every Tuesday from our CRC during June from 11am - 1pm. Sessions start with participant and Foodbank staff interactions in a video conference and end with participants making their own meal as a group. This program is free so bring a group of friends and join us.

Recreation Centre

To provide our local community and visitors with another activity idea over the Easter long weekend, staff from the CRC have decided to open the Recreation Centre. The Centre will be open Friday, Saturday, Monday and Tuesday (local kids don't go to school Tuesday) from 9am to 5pm with activities including Easter crafts, open courts and a movie day on Friday. Everyone is welcome, children under 7 years of age must be supervised by an adult.



We're coming to Shark Bay in April The Independent Living Centre WA

Would you like to receive information, advice and trials of assistive equipment designed to help improve your independence and quality of life?

The Independent Living Centre (ILC) is visiting Shark Bay and invites you to meet our Occupational Therapist, Simone, to see & trial a variety of useful equipment.

Shark Bay Community Resource Centre 10 Denham Rd, Denham

Tuesday 24th April 2018 10-11.30am

- ✓ Kitchen, bathroom and household aids
- ✓ Mobility aids
- Communication equipment
- Wheelchairs, scooters
- Equipment funding sources and more!

Do you have specific equipment needs? Individual appointments can be booked; Simone can even visit your home.

Please direct any specific equipment requests to Simone Collins (OT) ph. 1300 885 886 or email <u>country@ilc.com.au</u>

Further information:

ILC Head Office:

The Niche Suite A 11 Aberdam Road Nedlands WA 6009 Pax: 08 9381 0611 Emaît: general@ilc.com.au Enquity line: 9381 0600 www.ilc.com.au





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SHARK Bay ANZAC day 25th April 2018



Anzac Day, 25th April, is one of Australia's most important national ocasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

5.45am Dawn Service

- 5:45am on 25 April 2018, Dawn Service at Pioneer Park, Hughes Street, Denham
- Followed by a "Gunfire Breakfast" at the Denham Shire Town Hall, Hughes Street



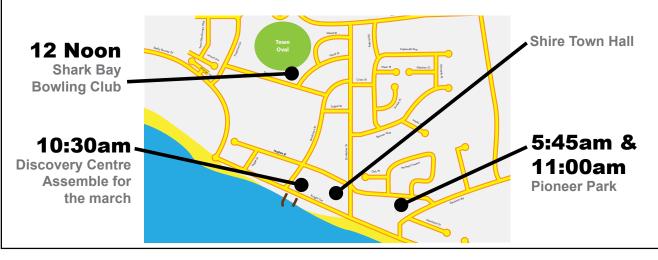
10.30am ANZAC Day Parade/ ANZAC Memorial Service

- 10:30am Assemble in front of the Discovery Centre, Knight Tce, Denham (All Welcome to participate)
- 10:45am March to Pioneer Park
- **11:00am** ANZAC Memorial Service at Pioneer Park, Hughes Street, Denham

12noon Shark Bay Bowling Club

1 Hoult St, Denham (Home of the RSL in Shark Bay)

- Light Lunch available at nominal price
- Drinks available for purchase over the bar
- Two Up (The Diggers Gambling Game) will be played
- ANZAC Day AFL Game on the "Big Screen" & LIVE MUSIC





SHIRE PRESIDENT'S REPORT March 2018

Welcome to New Officer in Charge

On behalf of the Shark Bay community, I extend a warm and windy welcome to the new Police OIC, Sergeant Graeme Bond and his wife Christine. Whilst they have been regular visitors to the Bay for many years, Graeme's previous posting was as OIC at Rottnest Island.

Shark Bay Airport Upgrade

RAC will shortly be undertaking upgrades to the Shark Bay airport to accommodate the Saab 340 aircraft being operated by the REX airline as from 2 July. Part of the upgrade will be to widen the strip, with the works anticipated to be completed by the end of May.

Clean Up Australia Day

The Shire hosted the Clean Up day in Denham on Sunday 11th March with 38 people between the ages 2 – 72 years participating in the event. Rubbish was removed from the town beach, Little Lagoon, Shark Bay Road, the Town Oval and other streets in the townsite. Over 20 bags of rubbish were collected, as well as old tyres, a metal door and scraps of wire. Well done to everyone involved and thanks to the Shire staff for the barbeque breakfast which followed.

Men's Shed Proposal

Council endorsed the concept of developing a community Men's Shed on reserved land adjacent to the Bowling Club in Francis Street. The area of land was originally intended to be utilised as an additional green by the Bowling Club, however this is unlikely to eventuate in the near future and is land that the Shire currently maintains. For more details on the Men's Shed contact Cr Kevin Laundry.

Waste and Recycling Project

The refuse and recycling project is now underway, with the 'tip shop' (for purchase of recycled items) erected at the refuse site. A recycling collection station is now in place next to the Shire Depot for people to drop off their waste which has already been sorted into categories. The recycling services will contribute to a reduction in landfill and complement the War on Waste community initiative.

HMAS Sydney II and Kormoran Project – Fire on the Water

This project forms part of the Sydney-Kormoran maritime trail between Geraldton-Shark Bay and Carnarvon. Amazing 3D imagery from the 2015 expedition to the wreck sites will be used in the recently completed theatrette within the Discovery Centre. The exhibition will ultimately be available for community and general public viewing three times an hour.

Hope everyone has a relaxing and safe Easter break.

Cheryl

Cheryl Cowell President



Community Notices

SOCIAL MEDIA WORKSHOPS



The Shire of Shark Bay contracted social media guru Meg Coffey to present three workshops to the Shark Bay community this month. The information covered all platforms of social media including Facebook, SnapChat, Pinterest, Twitter and Instagram as well as development and use of websites. Twenty four people participated in the sessions and the knowledge that Meg imparted was very well received by all.



Clean Up Australia Day 2018



Clean Up Australia Day was held in Denham on Sunday 11th of March. This year 38 people registered to participate in the Clean Up. Over 20 bags of rubbish were collected and included some unusual items like car rims, pipes and a metal door. A BBQ breakfast was provided after the Clean Up. Thank you to everyone who participated.





ATTENTION ALL TRAVELLERS

When you travel out of town within the Shark Bay Shire please tell someone where you are going, whether it be: Friends, Family, or your place of accommodation. In case something goes wrong this simple action saves time & money and allows emergency services to get to you quicker.



Birds i View

A FREE public presentation about birds of prey in Western Australia, April 2018.

- Geraldton Friday 13th
- Denham Sunday 15th
- <u>Exmouth</u> Friday 20th
- Exmouth Tue
- Kalbarri -
- Tuesday 24th Friday 27th

Batavia Coast Marine Institute Parks & Wildlife Office Milyering Discovery Centre Ningaloo Centre Kalbarri Recreation Centre

More info: https://www.facebook.com/events/553666821657026/



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Shark Bay Anglican Church

The Prize Donkey

A man driving through the countryside was

stopped by a lot of cars and men blocking the way outside a farmhouse.

He got out to ask why there was such a large crowd gathered. One of the men replied, 'Joe's donkey kicked his mother-in-law in the stomach and she died.'

'That's terrible', replied the man, 'It looks like she had a lot of friends.'

'No", said bystander, 'We all just want to borrow his donkey.'

The humble donkey has had a significant place throughout history. There are 2 well-known stories of a man & his donkey that feature at this time of the year.

There was the borrowed donkey that Jesus Christ rode into Jerusalem, where he was acclaimed as king by his followers, at the beginning of the week in which he was crucified. A king riding a donkey showed that he came in peace. He was on a rescue mission to bring about reconciliation between God and the people of earth. In accomplishing that he has been honoured throughout the world at Easter in the 2000 years since – one man who gave his life for all; and the story of the donkey's part is recounted year by year.

The second is the story of Simpson and his donkey at Gallipoli in WWI.



Simpson and his donkey became famous at Gallipoli because of their bravery and sacrifice. For 24 days, Simpson and his donkey Duffy wound their way through the hills and gullies to rescue wounded soldiers. In the face of enemy fire, Simpson would crawl on his belly and drag wounded

soldiers to safety. He would put the injured soldier on Duffy's back and lead him down to the beach.

One day Duffy came down to the beach alone, with a soldier on his back. Simpson had been killed by a

Turkish bullet in the act of rescuing another soldier. The donkey somehow knew that even though his friend was dead, Simpson would have wanted him to take the injured man to safety.

The story goes that in that 24 days they brought 300 wounded soldiers to the beach for medical attention. One man among many who gave his life that others may live. Simpson and his donkey became the hallmark of the Anzac spirit, to which we pay tribute each year on the 25th of April.

Bill Ross.

St Andrew's by the Sea



cnr Brockman & Hughes Streets (PO Box 30 Denham 6537)

Ph. 99481067. Mob. 0417969110

Email standrewssb@bigpond.com



The Shell Block Church







What's happening at the Shell Block Church at Easter?

Sunday 25th March	9.00am	PALM SUNDAY
Thursday <mark>29</mark> th Mar.	. 6.00pm	LAST SUPPER MEAL
Good Friday	9.00am	JESUS' CRUCIFIXION
Easter Day	9.00am	JESUS IS ALIVE!

ALL WELCOME

Morning Services followed by tea & coffee

St Andrew's by the Sea cnr Brockman & Hughes Sts Ph. 99481067. M. 0417969110. Em. standrewssb@bigpond.com

f Find us on Facebook





Fr. Tai Trinh of Saint Marys Church, Northampton kindly informs you that there will be an Easter Mass on Sunday 1st April 2018 at 5pm at the Anglican Church.

Community Resource are the answer to Government's Reform Agenda

Community Resource Centres operate in 105 regional and remote communities across Western Australia. They have the capacity to strengthen the foundations of regional communities simply by providing a place to belong. They are an asset to Government, with existing infrastructure in place to deliver Government services to the regions.

#morethanjustasmartphone #smallinvestmentbigimpact #strengthinplace





Linkwest A: 7/37 Hampden Road, Nedlands WA 6009 T. (08) 9485 8929 or 1800 818 991 E. office@linkwest.asn.au www.linkwest.asn.au



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Strengths of the CRC Network

A network of 105 local communities across regional WA

Linkwest wishes to partner with WA State Government to enable CRCs to keep meeting the economic, social and civic challenges facing regional WA communities. Our strength is that we have unparalleled reach into local regional communities.



Video conference technology and infrastructure in place in every CRC used to communicate throughout the network, deliver government services, and allow partners to deliver services to the location disadvantaged community.

Centres provide safe, trusted, neutral places where everyone is welcome.

Each centre with at least 7 significant partnerships and established connections with business, local government, service providers and community leaders. Partnerships with service providers, for example Indigenous Business Australia, community legal centres, employment service agencies and Universities/TAFE.

> CRCs promote regional economic development, providing employment opportunities for skilled workers and providing traineeships.

On average, 50-100 people a week are in contact with an individual CRC. Young people, elderly, people with disability, parents, and people from culturally and linguistically diverse backgrounds. Partnerships with emergency support services to grow local resilience and local capacity to respond to emergencies and disasters.

Community Resource Centres support WA's extraordinary and unique regional communities by:

- Providing place based, grass roots, community led hubs
- Empowering local people
- · Engaging community members from all walks of life
- Building community relationships
- Providing access to government services in regional WA
- Partnering with like-minded organisations to provide services to regional WA

Our Requests

Linkwest and the CRC Network request that the past investment by both state government and local communities since 1991 is valued and built upon to ensure the sustainability of the service and to address the needs of local communities.

Do not cut funding

The current funding level ensures the sustainability of individual CRCs and the program that supports them.

In 2009, funding was increased from approximately \$20,000 per CRC to \$100,000 per CRC per year. This was an acknowlegement of the pivotal role CRCs play in regional WA, and provided the opportunity for CRCs to expand their services to better meet the changing needs of their communities.

- It ensured increased professionalism of staff and capability of boards. Building of skills, and participation in training, volunteering and employment increased.
- It also ensured staff were paid a fair wage under the SCHADS Modern Award, which included an Equal Remuneration Order (as CRCS were previously understaffed and staff were paid below minimum wage).
- The move also acknowledged additional regional/remote operating costs and technology was improved (e.g. Video Conference capability).

In fact, the need for CRCs is increasing and therefore funding needs to increase

- Digital disadvantage has increased, as services have been made digital by default.
- People of low socio-economic background, senior citizens, people with a disability, and job seekers are at a significant disadvantage in regional areas due to travel limitations and a varying degree of ability to access online services.
- There is a rising incidence of mental health issues in regional communities, particularly in regard to loneliness and social isolation, and an increased need for suicide prevention initiatives.
- More frequent extreme weather events means an increased need for community disaster resilience.
- CRCs compensate for the decrease in small business development organisations in regional areas.

Review the CRC Network

The review can:

- Provide a Strategic Framework, which will identify communities that don't have a CRC, but need one.
- Evaluate the level of funding based on community need and the ability to be sustainable.
- Create an asset map of existing services and service delivery to identify gaps and overlaps of services in regional WA.



Small Investment Big Impact

Better use of local assets, increased civic, social and economic participation and improved public health and wellbeing



\$11.2 million a year – around **\$100,000 per CRC** – from State Government helps build social connections and increase community and personal resilience in 105 regional communities

\$1.8 million a year for traineeships - to date, 497 regional / remote people have had the opportunity to be upskilled by the CRC network.



CRCs **employ 395 people** in regional and remote WA **74% of households** in regional WA had accessed the CRC at some stage in the past two years Over **1,000 volunteers** support the CRC Network 87% of CRCs are located in towns with populations of **3,000 or less**

Tapping into the **Unrealised potential** of the CRC Network

CRCS are ideally positioned to:

- **Support the Government Reform Agenda**. CRCs can be better utilised to meet recommendations of the Service Priority Review:
 - Recommendation 2 Improve the **quality of engagement with the community** to enable a sharper focus on its needs.
 - Recommendation 4 Increase **online service delivery** to provide multiple channels for delivering transactional services.
 - Recommendation 5 Improve the **coordination of service delivery** in the regions.
- **Support the recommendations of the Sustainable Health Review**, by providing infrastructure for regional telehealth services, and delivering preventative health programs.
- Identify and **implement a whole of Government Video Conference strategy** which will enable better service delivery to regional WA (eg. Parenting programs, health education, mental health).
- **Reduce travel and accommodation costs to government** through use of the VC technology.
- Codesign the delivery of multiple government agency services into regional WA.
- **Build local leadership capacity** through the delivery of capability training and volunteering support through the VC platform.
- **Provide a network for research and data collection** of regional community needs.



President: Kevin Blennerhassett M: 0427753752

Secretary: Jill Deschamp Ph: 99 483 224 Email: jilldeschamp@westnet.com.au

BOOLBARDIE COUNTRY CLUB INC. DENHAM 6537

ANNUAL GENERAL MEETING 1.00PM. SATURDAY 28th. APRIL 2018 AT THE CLUBHOUSE.

ALL MEMBERS ARE URGED TO ATTEND AS WE NEED A QUORUM TO HOLD THE MEETING.

THERE WILL ALSO BE A SPECIAL RESOLUTION TO ADOPT THE NEW CONSTITUTION. The proposed new constitution can be accessed at the Club, or if you wish to contact the Secretary a copy can be emailed to you.

Our usual Saturday 9 hole mixed competition will follow the meeting.

The Denham Open will be held on the 23rd. and 24th. June. More information will be available nearer the date.

RSVP: Jill-99483224



We're coming to Shark Bay in April The Independent Living Centre WA

Would you like to receive information, advice and trials of assistive equipment designed to help improve your independence and quality of life?

The Independent Living Centre (ILC) is visiting Shark Bay and invites you to meet our Occupational Therapist, Simone, to see & trial a variety of useful equipment.

Shark Bay Bowling Club 12pm-2pm on

ANZAC Day (25/4/18)

- ✓ Kitchen, bathroom and household aids
- ✓ Mobility aids
 ✓ Communication equipment
- Communication equipm
 Wheelchairs, scooters
- Equipment funding sources and more!

Do you have specific equipment needs? Individual appointments can be booked; Simone can even visit your home.

Please direct any specific equipment requests to Simone Collins (OT) ph. 1300 885 886 or email <u>country@ilc.com.au</u>

Further information:

ILC Head Office:

The Niche Suite A 11 Aberdare Road Nedlands WA 6009 Fax: 08 9381 0611 Email: general@ilc.com.au Enquiry line: 9381 0600 www.ilc.com.au





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SHARK BAY BOWLING CLUB (INC)

14 Francis Rd, Denham Phone (08)99481353 Email: sharkbaybowls@westnet.com.au



Shark Bay Youth Group

DENHAM WA 6537 <u>sharkbayyouthgroup@outlook.com</u> 0409 331 728 (Bec - Chairperson)



Upcoming Events

Term 1		
Week 10	6/4/18-	MINI OLYMPICS
Term 2		
Week 1	4/5/18	International Star Wars Day
Week 3	18/5/18	Cystic Fibrosis - 65 Roses Campaign
Week 6	8/6/18-	X-Box Just Dance
Week 8	22/6/18	International YOGA Day (21/6/18)

Shark Bay Youth Group have been busy fundraising for our 2018 Kalbarri Team Building and Leadership Camp in June. We had an amazing result with our first car wash on Saturday 17th March; raising over \$900. Well done to all the youth and a big thank you to our supporters.

Our next car wash is Saturday 5th May; 8am to 12noon.

A big thank you to the War on Waste Op Shop for their generous donation. This money will be put towards our camp.

Thank you to the Shire of Shark Bay for allowing us to cater at the Clontarf Football Match. The sausage sizzle was a huge success and all money raised will go towards our camp.

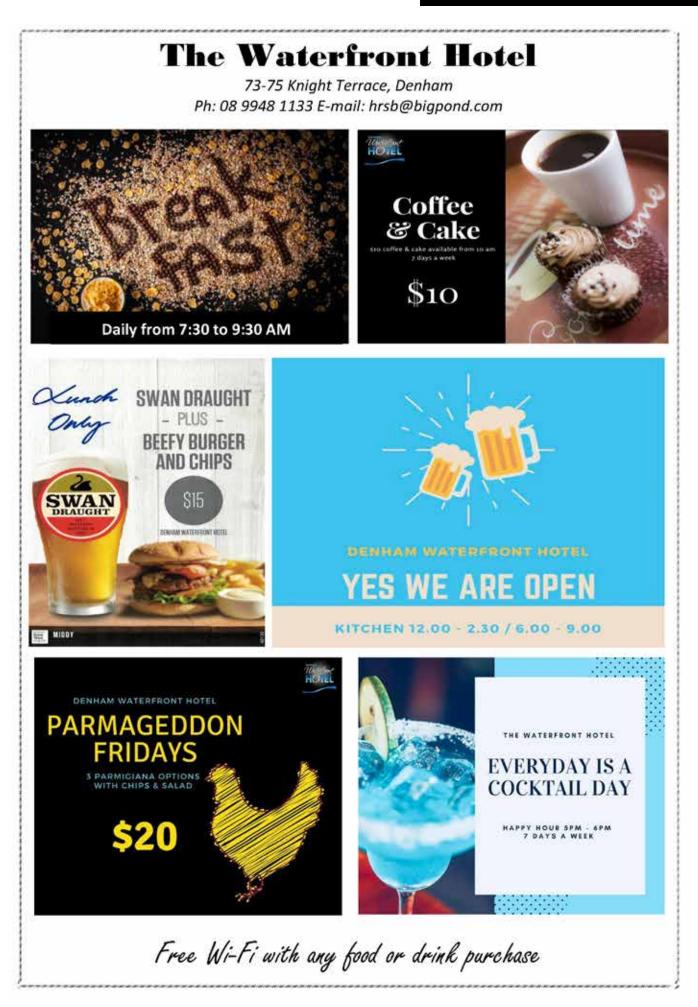
Shark Bay Youth Group will be catering at the Shire of Shark Bay's Laser Tag event on Saturday 14th April and Sunday 15th April. Come down to the oval and buy some yummy food, grab a drink or treat yourself with a chocolate or lolly. Saturday 14/4/18 - Marinated, Slow Cooked, Pulled Beef Rolls with Slaw \$5 Sunday 14/4/18 - B.L.T's with Cheese \$5

Shark Bay Youth Group will be hosting a Quiz Night during the Fishing Fiesta on Monday 21st May. Start preparing yourself for a fun filled night!

We will also be catering during the Fishing Fiesta with Esther's famous Curry Meals. Make sure to get in early so you don't miss out!



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'We believe all animals deserve an EXCEPTIONAL life!'





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99411155

Daily Blessings From March 2nd The practice of yoga has been over thousands of years. ient practice **Class times for 2018** Tuesday 5:15 pm **Hatha Flow** Thursday 5:15 pm Yin/Acu Yoga Friday 8:45 am **Gentle Hatha** Students are encouraged to set up their space 5-10 minutes before the start of class. Venue: Recreation Centre (Francis street, Denham - opposite the SB So What to bring: Large towel and water bottle. Straps, blocks, mats and bolsters are available. Casual Class: \$12 · Students (13+) & Seniors: \$7 Esther Mills - Mobile: 0428 766 005 YTT 350hrs- MHY . IMPORTANT NOTICE: "For those considering a personalised yoga program or private session for a specific issue, Dally Blessings now has an HBF provider number. Please don't hesitate to contact Esther for an updated list of Health Insurance to route and the set of the sessions. IMPORTANT NOTICE: Find me on Facebook for any venue changes or updates @vogawithesther

Boolbardie Golf Club

WANTED: Golf Players CRITERIA:

High / Medium / Low handicaps and beginners **BENEFITS**:

Fun company, good views, exercise, after game drinks and presentations, attend games as often as you like.

TIME: 2pm Wednesdays and Saturdays

EQUIPMENT: Golf clubs and carts available for hire. WHERE: Monkey Mia Road – Boolbardie Golf Club

CONTACT:

Jill Deschamps – 9948 3224 or turn up at the golf club 20mins prior to tee off.



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'Just a minute' is too long- Dogs die in hot cars

Even though we are now heading toward the cooler months, we are still experiencing some very hot days!

Did you know that it can take only SIX MINUTES or less for an animal to suffer severe heat exhaustion in a car and die?

Tests have been conducted on a 29 degree day with the car's air conditioning having cooled the interior to a comfortable 20 degrees showed it took just 10 minutes for the temperature to more than double to 44 degrees. In a further 10 minutes it had tripled to a deadly 60.2 degrees. As with humans, exposure to these types of temperatures can be extremely dangerous.

Dogs are particularly at risk as they cool themselves by panting. If the air around them is too hot - particularly if they don't have access to water - dogs are physically unable to regulate their body temperature. In the time it takes to pick up a few things for dinner at the supermarket and get through the check-out, a dog left in a hot car could have already died an agonising death.

Do not leave your dog in a vehicle. Pets can overheat even when the windows are down or the car is in the shade.

To keep our pets safe, we offer complimentary day boarding to our clients travelling from Shark Bay to Carnarvon. Let us look after your dog while you run errands so that you are not tempted to leave them in a hot car.

Call us at Coral Coast Vets on 9941 1155 to find out more!







SHARK BAY HOTEL BREAKFAST MENU

Open daily from 7.30 am

Florid

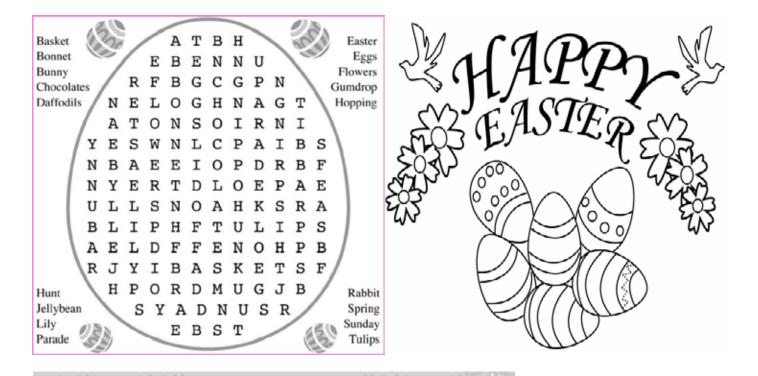
Muffin of the Day Toast & Preserves Fruit Toast Cereal of your Choice Apple Pie Bircher Smashed Avocado Crepe of the Day	See specials board Two pieces of ciabatta toast Two pieces of fruit toast Cornflakes, Just Right or Nutri Grain Apple Bircher Muesli topped with blueberries & yoghurt Avocado mixed with fetta & herbs, poached eggs served on toast Sweet or savoury – see specials board	\$5.00 - V \$7.00 - V \$7.00 - V \$6.00 - V \$14.00 - V \$17.00 - V \$15.00
Bubble N Squeak Hash	Bubble N Squeak' hash brown served with smoked salmon	\$18.00
	g a díll cream	
Field Mushrooms	Two field mushrooms served with poached eggs, asparagus	\$ 19.00 - V
	§ hollandaíse served on cíabatta toast	
Huevos Racheros Burrito	Baked Mexican beans, two eggs, salsa, jalapeno cream	\$ 19.00 - V
	Served in a burrito	
Eggs	Two eggs served on cíabatta toast, cooked to your líking	\$ 15.00 - V
	Scrambled, poached or fried, + bacon \$4	.00
Eggs Benedict	Two poached eggs, ham, topped with hollandaise sauce	\$18.00
Eggs Florentíne	Two poacheds eggs, topped with spinach, asparagus § hollandaise	\$ 18.00 - V
Eggs Royale	Two poached eggs, topped with smoked salmon § hollandaise	\$20.00
'Old Pub' Bíg Breaky	Bacon, two eggs, chorízo, field mushroom, tomato g	\$ 25.00
	Bubble N Squeak' hash brown, served on ciabatta toast	
Bacon & Egg Muffin	Bacon 5 egg muffin 5 BBQ sauce	\$12.00
EXTRAS -	Bacon, one egg, tomato, mushroom, asparagus, spínach	\$ 4.00ea
	Bubble N Squeak' hash brown, avocado salsa, mexí beans	
	ham, smoked salmon, chorízo, gluten free 'Soy & Línseed' bread	
	available on request, extra \$1.00 per slice	
Kíds	One egg on toast, either poached, fried or scrambled	\$8.00
	Please see daily specials board for desserts options,	
GF options a	vailable, please inform your wait person on arrival, V – Vegetarian	

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enquiries@sharkbayhotelwa.com.au



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BAREFOOT Black tie

THE FAMILY SHOVELLER BAND ELOISE GREEN THE HULA HOOP QUEEN TAIKO ON! • THE NOMADICS FORMIDABLE VEGETABLE SOUND SYSTEM LAYLA & LORD DAZASTAH • MISS MAX JAMES ABBERLEY • RAY EDNEY • KATIE MCKAY THE PIRATEMAN • AERIALISTS ABIGAIL ROSE & THEAKER VON ZIARNO • ARIA SCARLET • CREALITY

Sense of Human PLAYBACK THEATRE 2PM FRI • 4 MAY DENHAM TOWN HALL

Spindrift Fri 4 May • 5:30pm Shark Bay Discovery Centre Heartland Concert Sat 5 May • 5pm Shark Bay Speedway

Barefoot Black Tie SUN 6 MAY · 5:15PM

offerywest

All fun, all family friendly & all Free! GASCOYNEINMAY.COM.AU



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health



Shark Bay School Parents and Citizens Association

Lunch Fundraiser

On Friday the 16th March, the P&C had a lunch fundraiser which included Super dogs, a drink, Weiss yoghurt bars and yummy fruit salad. Thanks to Kylie who co-ordinated this event and all her wonderful helpers, Tamala, Lini, Sam, Meegan, Erin and Anne.

5c Challenge

Start bringing in your 5c pieces for your class to win the ultimate Movie pack with pizza, popcorn and ice creams instead of a raffle on Fun Day (13/4/18).

Donations from Local Businesses

The P&C have been sending out emails and letters to local businesses requesting donations of goods, vouchers, etc to be used by the P&C throughout the year for fundraising. Thanks to those businesses that have responded so quickly.

We would like to thank the **Shark Bay Hotel, RAC Monkey Mia Resort** and **Shark Bay Caravan Park** for their generous donations.

Easter RAFFLE

We have some awesome prizes for P&C raffles coming up this year, including the Easter Raffle which will be held on the 29th of March along with the Easter Hat Parade. Tickets will be on sale for \$2 each.

<u>Disco</u>

On Saturday the 7th of April, the P&C will be hosting a Disco at the Hall. There will be games and prizes to be won. Snack bar will be open as well as pies and sausage rolls to purchase for dinner.

Facebook

P&C have a new Facebook group: **Shark Bay School Parents and Citizens Association**. Please feel free to join our group to keep in touch with all our fundraising events.

Our email is <u>sharkbaypandc@hotmail.com</u> or alternatively contact an executive member if you have any queries or suggestions for the P&C.

Thank you for your support.

Natt Dul – On behalf of the P&C Executive Committee

P&C President



Bechamel Sauce

Ingredients

50gr Butter 50gr Flour 600ml Milk Optional (to taste) Salt / Pepper / Garlic / Cheese, Nutmeg or Five Spices / Herbs





Preparation 10 minutes

Method

- 1- On medium heat: melt the butter in a saucepan.
- 2- Remove from the stove, throw in all the flour at once and mix quickly with a wooden spoon / egg whisk. The flour will simply thicken.
- 3- Place back on slow heat, add milk progressively while stirring, keep stirring, keep stirring, keep stirring until all milk is absorbed and the Bechamel becomes a smooth creamy mix. Add more or less milk until desired consistency (thick cream for "croque monsieur", thinner liquid for "lasagnas").
- 4- Add salt & pepper, cheese and nutmeg or five spices... herbs as preferred.

Suggested uses

- Croque Monsieur(*)
- Lasagna
- Sauce for Broccolis, Cauliflower, Chicory & ham... Bake





(*) Croque Monsieur: French savoury snack / light dinner: On a slice bread (can be slightly toasted), place a slice ham, cover with thick bechamel, and finish off with a layer of grated cheese. Place in the oven 160 degrees for a few minutes until cheese is browning.



Super Easy Naan Bread

Method

Mix together 200ml (small tub) of greek or natural yoghurt, a pinch of salt and 1 3/4 cups of self raising flour to form a soft dough.

Divide the dough into 8 pieces and knead each piece until soft and dry, adding more flour if the dough is sticky.

Roll each ball out to a thin disc (dont get precious about the shape). Heat a frypan over medium heat and fry each disc for a minute or so each side until it starts to puff up. You can dry fry for a traditional naan or add a little oil for a crispier finish.

Keep warm while you cook the rest. They will keep in the fridge for a few days, just reheat in a frypan and they will soften up.

You can add herbs and spices, use them as pizza bases, wraps or with your favourite casserole or curry.











"Cooking in Harmony" 21st March 2018

13 adults + 9 children enjoyed each others company in our "Cooking in Harmony" activity at the CRC.

Sharyn demonstrated how to make Naan bread, it was so easy! and Patricia showed us how to make her popular Bechamel Sauce. Remember to keep: stirring, stirring + stirring.

The end result was so yummy, and easy to make.

All our office staff helped out on the day: Patricia cooked, Natt attended to customers, Judy looked after the children and Jamie floated between the kitchen and the children.



Shark Bay School - events & information

Interschool Swimming Carnival

Year 3 to 6 competitors have the opportunity to compete in the 2018 NCVISSA Interschool Swimming Carnival on Friday 6th April at Aquarena Geraldton. Students chosen have attended training and adhered to the schools Behaviour Guidelines for Selection to Attend School Events. A copy of the guidelines is attached.



Church Service.

Students have been invited to attend a Celebration of Easter Service at St Andrew by the Sea Church on Thursday 29th March at 9.30am to 10am.

Permission slips were sent home on 13/3/18. Children that do not return their permission slips will be supervised at school.

The service will be conducted by the Reverend Bill Ross and members of the parish. The aim of the service is to share the Christian meaning of Easter.

<u>Fun Day</u>

Friday 13th of April is the school's Fun Day Carnival.

Everyone is welcome to join in the fun. The event will run from recess to lunch.



Easter Hat parade

Thursday 29th of March is the school's Easter Hat Parade. Students are invited to wear their most Creative, fashionable and original Easter Hats. Parade at 8.30am. All welcome.











Shark Bay School is Allergy Aware

Parents are asked not to include nuts and nut spreads in their Children's lunchboxes. Please discuss with your Children not to share food and to wash their hands before and after



eating especially if they have had oranges, watermelon or rockmelon in their lunchbox. Your consideration is appreciated. Information is available at www.health.wa.gov.au/anaphylaxis or www.allergyfacts.org.au





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Denham Community Church 9.30 am Sunday

Meeting Room Recreation Centre, Francis Street, Denham. Phone: Mark. 0427 481 719 - DCC@westnet.com.au

Sunday April 1st 2018.

Bible Bashers:

A label often given to people who go around trying to share the word of God with others. Why would they bother? Why waste their time? The quick answer is because Jesus told His Disciples to:

"Go and make disciples of all nations".

But it goes far deeper than that. The fact is Christians genuinely care about other people. They actually think of others as being more important than themselves. That is why they risk ridicule to tell others about something that changes lives for the better.

We no longer have Religious Education in our public schools; we have generations of people who have never heard the good news of Jesus - people who are not interested in what God thinks or cares about. And how are they to know if someone doesn't tell them?

At this time of the year Christians celebrate the death and resurrection of Jesus Christ. You might ask why did Jesus have to die? "Because God so loved the world that He gave His one and only Son, that whoever believes in Him should not perish but have eternal life." John 3:16

About 4000 years ago, give or take a couple of weeks, God made a promise to Abraham.

2000 years later, in the New Testament, in a letter by the apostle Peter we are told:

"The Lord is not slow in keeping His promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance."

The Bible tells us: "Seek and you will find; knock and the door will be opened; ask and you will receive." If you are interested in finding out more about what God has to offer, or more to the point, what you can offer God, don't wait until someone comes knocking on your door - seek them out, ask questions, and you will receive the good news that changes lives.

Mark Sewell: Denham Community Church.



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A message from Margaret Prior:

Thanks

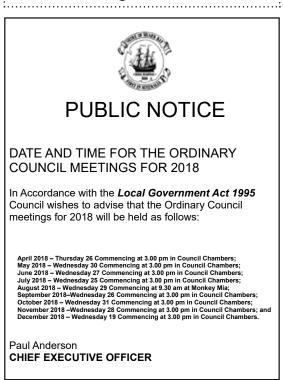
to you wonderful generous people at Shark Bay I made it through the dark days of February and March when almost every day I learnt that I would have less and less independence.

But now I'm finished with rehab and shortly to move into a nursing home to start my new life.

I can't express how much I appreciate such a mark of respect and generosity as you all showed with the quiz benefit night.

Thank you, thank you, thank you.

Margaret Prior



Regional Express

28 FEBRUARY 2018

MEDIA RELEASE

REX SELECTED TO OPERATE PERTH CARNARVON / MONKEY MIA ROUTE

The Western Australian (WA) Government has announced Regional Express (Rex) as the successful tenderer to operate the Regular Public Transport (RPT) air services on the Perth – Carnarvon / Monkey Mia route. This confers on Rex the sole right to operate on the route for a five-year term commencing on 2 July 2018.

Rex will operate 24 weekly services between Perth and Carnarvon and 12 weekly services between Perth and Monkey Mia. This is a 20 per cent increase in flight frequency for Carnarvon and a 50% increase in flight frequency for Monkey Mia in comparison to the current flight frequency offered by the incumbent.

The extra flight frequency between Perth and Carnarvon will deliver a consistent Monday to Friday flight schedule with a.m. and p.m. return services, to the convenience of regular travellers. The 12 weekly services between Perth and Monkey Mia will operate daily from Sunday to Friday inclusive. The flight schedule is attached.

Rex's General Manager Network Strategy & Sales Mr Warrick Lodge said, "Rex is pleased to be expanding its services in WA. The award of the Perth – Carnarvon / Monkey Mia route to Rex follows the award of the Albany and Esperance routes two years ago, demonstrating that Rex has fully lived up to expectations in its first foray into WA. Indeed in the recent WA inquiry, the public response to Rex's services and approach on the Albany and Esperance routes was predominantly positive".

"In the last two years Rex has forged strong partnership agreements with the City of Albany, the Shire of Esperance and Perth Airport. Through this collaboration, Rex has implemented a very successful Community Fare scheme which saw over 24,000 Community Fares sold out of 106,000 total seats sold in the past 12 months, bringing around two million dollars of savings to regional air travellers annually".

"Rex intends to replicate this same successful scheme to Monkey Mia and Carnarvon. Rex and RAC (Monkey Mia / Shark Bay airport) have agreed to enter into a five-year agreement which will result in the Community Fare Scheme being made available between Perth and Monkey Mia. The Community Fare will be priced at \$157 and will be available on 25% of the inventory if booked 60 days prior to departure, with all remaining unsold seats being made available within 1 day prior to departure" said Mr Lodge.

Rex is currently in discussions with the Shire of Carnarvon to establish a partnership along similar lines.

Flights will be on sale from 1 March 2018. Book at rex.com.au, on 13 17 13 or via your local travel agent.

Regional Express (Rex) is Australia's largest independent regional airline operating a fleet of more than 50 Saab 340 aircraft on some 1,500 weekly flights to 60 destinations throughout all states in Australia. In addition to the regional airline Regional Express, the **Rex Group** comprises wholly owned subsidiaries **Pel-Air Aviation** (air freight and charter operator), **Air Link** (Dubbo-based regional airline) and the **Australian Airline Pilot Academy**.

Rex Media Contact: Corporate Communications: +61 402 438 361 media@rex.com.au

Schedules effective 2 July 2018

Perth - Monkey Mia

PERTH - MONKEY MIA ++									+	MONKEY MIA - PERTI									+				
FLIGHT NO.	DEPARTURE	ARRIVAL	M	T	w	1	Ŧ	5	\$	STOPS	FLIGHT NO.	DEPARTURE	ARRIVAL	м	T	w	т	Ŧ	\$	5	STOPS		
11.2268	1:50 pm	3.35 pm	٠	•	•	•	•		•	0	21.2269	4:00 pm	7:15 pm			•	•			•	1		

Perth – Carnarvon

PERTH - CARNARVON									CARNARVON - PERTH									+			
FLIGHT NO.	DEPARTURE	ARRIVAL	M.	T	w	1	Ŧ	\$	\$	STOPS	FLIGHT NO.	DEPARTURE	ARRIVAL	M	1	w	ı	8	\$	\$	STOPS
21,2416	7:35 am	9:45 am	٠	•	•	•	•	•		0	71.2417	10:20 am	12:30 pm	•	٠		•				0
1.7268	1:50 pm	430 pm	•	•	•	•			•	1	112369	- 5:05 pm	7:15 pm	٠		٠				٠	0

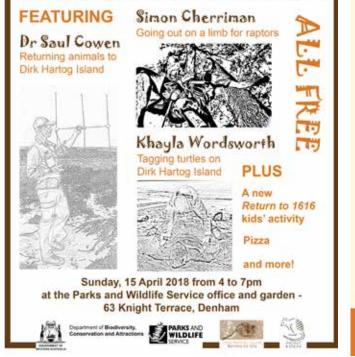
TRAVELLER 2014 2014 AVIATION WEEK ATW 2010

CAPA 2017





and find out what animal scientists get up to





Woma pythons are active in warm weather.

Unfortunately that means they're on the roads and getting run over, especially between Denham and Monkey Mia.

Please slow down when you see something shiny on the road - it could be a woma python. Womas have been making a comeback on Peron Peninsula thanks to Project Eden's feral animal control programs.

They live in burrows dug by bilbies and feral rabbits but also do some digging themselves. Womas and their close relatives, black-headed pythons are the only snakes known to dig.

dactylus free

If you see a woma python, please let the Parks and Wildlife office in Denham know exactly where you saw it - call 9948 2226.

Woma pythons are not venemous. They prey on reptiles, including lizards and other snakes.

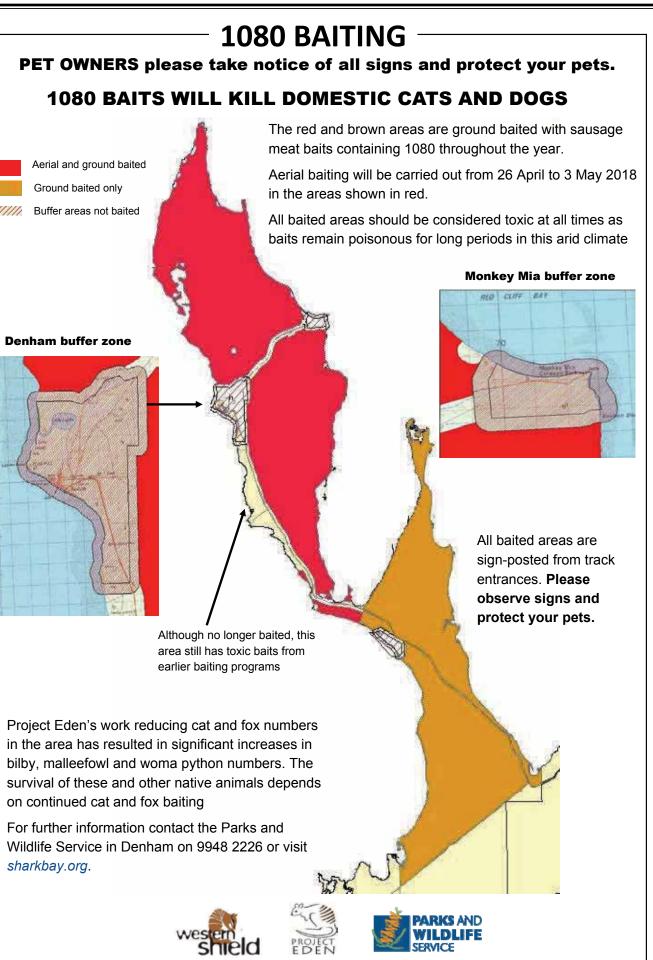


The introduced Asian house gecko is common in Canaroon and was recently found at Monkey Mia. We re watching out for it so we can prevent its spead to islands in Shark Bay. Use use or hear this gecko outside of Monkey fue jease contact the Parks and Wildlife Service on 9948 2226.

Bulging eyes, no eyelids Distinctive call: "chuck chuck chuck". Hear it on www.sharkbay.org

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Conservation matters



Shark Bay Inscription Post • Page 30 • April 2018

Conservation matters

Celebrating working with wildlife

We have an exciting lineup of activities for an event on Sunday 15 April at the Denham Parks and Wildlife Service office.

There's nothing like the thrill of the first ping when an animal is located with the radio tracker so grab your chance to radio track hare-wallabies with Dr Saul Cowen.

Khayla Wordsworth is a familiar face around town, but did you know she's an experienced turtle tagger? Khayla will show you what happens during a night of turtle tagging and perhaps you'll want to sign up as a volunteer for the January 2019 program.

The *Return to 1616* children's activity has been revamped and is now an opportunity to get to know the animals being returned to Dirk Hartog Island. Adults might also enjoy this puzzling activity.



Simon holding two young male wedge-tailed eagles satellite-tagged in 2017



Chopper pilot Butch (William) Maher and operations officer Shane Heriot



Saul and fauna team on DHI stop for a selfie while radio tracking

As the sun goes down and the free pizza comes out, Simon Cherriman will share his passion for raptors (birds of prey). He's well known and respected for his work as an ornithologist and his presentations are very entertaining.

Find out more about Simon on his website <u>simoncherriman.com</u>. You might even want to follow him on Facebook – his photos and stories are fantastic.

There will also be opportunities to have a bit of fun with the *Return to 1616* animals (sorry, not the real animals).

Please come join us on 15 April for fun and conversations with people who work with wildlife.

Return to 1616

Goats have been eradicated from Dirk Hartog Island! In just seven years of aerial shooting and monitoring programs more than 7800 goats were removed, making it one of the largest successful island eradications in the world.

Aerial monitoring three times a year has come to an end with scientists as confident as they can be that there are no goats left on the island. Vegetation recovery has been apparent since removal of most of the introduced grazing animals early in the project. Shane Heriot is continuing as the *Return to 1616* operations officer for Dirk Hartog Island while celebrating the significant milestone of goat eradication.

Conservation matters

The feral cat team continues to conduct seasonal searches for cat sign (footprints, scats, kills, etc.) along replicated transects and other sites such as bird roosts. Their searches take place over 20 days four times a year.

The most recent detection and capture of a feral cat was in October 2016 – a non-pregnant female. An independent team of cat detection dogs surveyed the area north of the barrier fence in July 2017 and did not find any fresh sign. Eradication success will be declared in October 2018 if no further detections are made. Interestingly, the cat cameras are photographing an increasing range of bird and mammal species when compared with results from when the program started in 2014.

Monthly monitoring of hare-wallabies continued on the island through summer.

The fauna team translocated 12 banded and 12 rufous hare-wallabies from Bernier and Dorre Islands Nature Reserve to Dirk Hartog Island National Park in August 2017. While all of the animals were fitted with radio collars prior to releasing on Dirk Hartog Island, some collars were removed during health and collar checks before the team left the island in December 2017. By this time five rufous and three banded hare-wallabies had pouch young.



During monitoring operations the feral cat team checks a series of cameras. Camera traps are only accessible by quad bikes and each is made up of a camera (foreground) and scent lure (centre).



Three of the banded hare-wallabies had pouch young in December 2017

All are alive and have settled into distinct areas. They will be tracked one last time in May before final trapping for health and breeding checks, and to remove collars.

The 2017 hare-wallaby release was a small trial to refine protocols for future, large-scale translocations. Next September about 100 hare-wallabies will be translocated from Bernier and Dorre islands to Dirk Hartog Island.

Come and hear about the *Return to 1616* project directly from Dr Saul Cowen at the *celebration of working with wildlife* on 15 April.

A new newsletter



The first edition of Wirruwana News was released in February 2018. You can subscribe to this biannual update from Dirk Hartog Island at <u>www.dpaw.wa.gov.au/news/newsletters</u>, or grab it from <u>sharkbay.org</u>.

Contributions from those who are involved in activities on the island are most welcome so if you have a story to share, please contact Susan on 9964 0901 or susan.pedersen@dbca.wa.gov.au. Articles for the winter edition are due by 16 July 2018.

Conservation matters

Shark Bay District has grown

Shark Bay District is a Parks and Wildlife Service district within the Midwest Region. Until recently the district boundary coincided with the Shark Bay World Heritage property. On 1 July 2017 the boundary expanded into the Gascoyne to include Mt Augustus National Park (Burringurrah), Kennedy Range National Park (Munatharrda) and several former pastoral lease properties managed for conservation.

These areas are managed by two staff in Carnarvon now supported by the Shark Bay District office instead of Geraldton. The two staff are senior operations officer Gavan Mullan and operations officer Garry Hearle.

The operations and ranger team based in Denham has seen a few changes in recent times so here's a snapshot of who's working under operations manager Steve Mills.

Robbie Jordan replaced Chris McMonagle as senior ranger. Working with him are Dale Fitzgerald, Phil Arthur and Jeff Booker.

Kim Branch continues leading the other operations team – Steve Locke (currently on long service leave) and Brad Lyons.

With goat eradication on Dirk Hartog Island completed, Kieran Cross has moved from the *Return to 1616* project to the marine team. He's probably feeling a bit lonely as a new marine coordinator to replace Dave Holley, and marine ranger to replace Sharon Drabsch, have yet to be recruited.

Over the last year the Denham ranger and operations team has established regular patrols on Dirk Hartog Island. During summer the patrols are fortnightly but this increases when it cools down and gets busier on the island. A typical patrol begins with an island fly-over to see where people are camped, then landing and transferring gear into a vehicle kept on the island.

When on patrol rangers usually have a long list of things to do, from chatting with campers to major projects such as the toilet installations recently completed at the huts on the west coast, and smaller jobs like installing signs and dealing with track issues. With turtles hatching at the Turtle Bay beaches through summer, managing vehicle access at Dampiers Landing is one of the issues patrol teams are currently addressing. From a wildlife perspective, ranger patrols on Dirk Hartog Island have become a bit more exciting with rangers seeing a lot of harewallaby tracks south of the fence.



Hare-wallaby tracks along a Dirk Hartog Island vehicle track.



Sharon jumped ship and went to Rottnest Island in January.



Dave Holley bailed out of Shark Bay in January, going to cooler climes in Tasmania.

Of course work also continues on Peron Peninsula, Edel Land (Steep Point), Hamelin Pool and Shell Beach with patrols, track and facilities maintenance and helping visitors who get bogged.

The Parks & Wildlife Service team

Vacancies for children at Day Care

With the new school year starting, Day Care has spots available on all days of the week.

If interested please contact

Sarah: 0474 556 296

Erin: 0428 404877



Sarah: Monday – Tuesday – Friday Erin: Wednesday – Thursday

8.30am - 4.30pm

Child Care Benefit & Rebate can be claimed if eligible

Kindy Gym

Tuesdays 9:30am at the Rec Centre

(Except during School Holidays)

Please bring a piece of fruit to share.

Contact Natt at the CRC for further information





Dog Owners

Please, a moment of your time

It may have come to your attention recently, that the Ranger has been visiting individuals regarding their dogs.

Responsibilities come with dog ownership and we would like to further assist you in understanding some of those responsibilities.

As a dog owner are you able to answer yes to each of the following questions?

- Registration: Is your dog registered?
- Tags: Is your dog wearing a current registration tag?
- Microchipped: Is your dog microchipped with your current address and relevant contact information?
- Escape: Are your fences and gates good enough to stop your dog going under, over or through them?
- · Behaviour: Does your dog socialise well with other dogs and people?
- · Poo Patrol: Do you pick up your dog's poo when it does its business in public?
- Exercise: When you are out and about do you have your dog on a leash in public or under your control in dog exercise areas?
- · Health: Is your dog free of parasites and in good condition for its age/breed?
- · Home: Does your dog always have sufficient shelter, cooling, water, food and attention?

Irresponsible dog owners may face significant penalties under the Dog Act 1976. Please call the Shire of Shark Bay, 08 9948 1218 or contact the Ranger on 0418 531 485 for more information.

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Farewell

Our co-worker, Ralf and his family is about to embark on a new journey... leaving the small town of Denham for the big smoke, Cairns. We are super grateful for all the effort, passion for sports and the time you put into running night time sport at the Rec Centre. We will miss your beautiful little family at Kindy Gym too. Wishing Ralf, Suze, Ruby and Mabel an amazing adventure and all the very best for the future. From all us at the CRC



- April 🤅 1 Errol Francis
- 3 Belinda Russell
- 3 Megan Cockerill
- 4 Michael Balcombe
- 5 Nicole Crowley
- 6 Tayla Burton
- 6 Darcy Feist
- 6 Kellee Pedersen
- 10 Dennis Hoult
- 14 Bodhi Garner
- 15 Alexis Russell
- 22 Jody Barton
- 23 Graeme Egan
- 25 Jayda Beales
- 28 Harvey Raven

May

- 1 Marty Greenside
- 1 Donnelle Oakley
- 2 Meegan Gooch



Dear One and All,

I did not want to say goodbye, so i crept away like a thief in the night.

On the Friday, family came up to do the removal and Barbara and I left the Bay on Saturday morning.

We stayed one night at Monkey Mia and then stayed two nights in Geraldton.

Arriving in Perth Tuesday afternoon, to the new house all ready to live in. Everything where it should be and food in the fridge.

My Silver Chain Care Plan is all organised.

A Dr has even made a home visit...

What a treat!!!

I am determined to make this enormous upheaval an enjoyable

New Beginning.

Thank You One and All for your kindness during my 44 years in Denham, Shark Bay.

Take Care,

Hilary Currie

My Perth Address and phone number is available from Coralie Hill.

WAR ON WASTE - Op Shop Opening Hours

Monday: 10am - 1pm Wednesday: 10am - 3pm Thursday 1pm - 4pm Friday: 10am - 3pm Sunday: 10am - 1pm

Sleep

Some tips for a good night's sleep

If you're having trouble falling asleep or staying asleep, here are a few things you can try:

- Aim to get to bed and wake up around the same time each day, including on the weekend. This helps your body to get into a routine. Try not to take naps in the day as this affects your body's routine.
- Turn off your screens (such as your phone, TV and laptop) at least 30 minutes before bed time. The light from screens can stop your brain producing the sleep chemical melatonin, which is important in helping you get to sleep.
- Try not to worry about having a bad sleep. A lot of people underestimate how much sleep they get – so you might find it useful to use a sleep app to see how much sleep you're getting.

However, if you find that this makes you focus on how much sleep you're not getting, you may be better off without it.

- Natural sleep cycles are based on your body clock, which is mainly set by when you're exposed to light. Light is needed in the morning, so aim to be outside for 30 minutes, sit by a bright window, or use a specially designed artificial light sources. In the evening, your body needs less stimulation, so try dimming the lights.
- Exercising during the day is a good way to make you tired at night. This might mean going to the gym, walking around the block at lunchtime or playing sport. Try to avoid exercising last thing at night though, as this can keep you awake.

- It's best to try and keep your bed for sleep and sex. Working, watching TV or being online in bed can cause your brain to associate bed with being alert and awake.
- Your bedroom should be dark, cool (around 16-18°C) and guiet.
- Try to limit how much caffeine you have, including coffee, energy drinks and soft drinks.
 Also, try to avoid caffeine entirely after lunchtime.
- Avoid drinking alcohol before bed. It might make you sleepy, but you're less likely to get good, restful sleep with alcohol in your system.
- Avoid smoking before bed. Discuss ways to quit smoking as well as any other problems with drugs or alcohol with your GP.

• Sleep medications are not usually required to help with sleep problems. While they can help in the short term, they also have a number of side effects and may not give good quality sleep. Your body can also get used to these medications quickly so the effect wears off.





TO SUBSTANTIAL LITTERING FINES











We meet every Wednesday morning at 10am at the SB Shire Hall (corner of Hughes & Durlacher Streets)

Please come along and have a cuppa and enjoy a chat.

We welcome anyone 55yrs and over to join our group. Any visitors to Denham please feel welcome to join us, even if you are only passing through our town.



Seth's fishing report

Hi its Seth again and I've done a lot of fishing since my last article, I've caught some fish like blackies, blue bone, cod, pinkies, bream, flathead, whiting and squid all off the jetty and the beach.

Ok so, the amount of blue bone I've been catching is incredible! I've caught most of them on my little rod, I've had since I was 4 and is only about 4 foot long. The fish when they bite slowly pull my little rod towards the water then BANG! You're on for a wild fight.

Now I'm going to talk about squid. There has been so many squid at the jetty and around lately. Not big, but in one of my last articles I said there were eggs in the squid, well, all of those eggs would've hatched by now and they are not that big but hey, they're still squid. My friend Ben Sellenger caught 11 on the 23rd of March, Nate Gooch got 7 and I got 6. Ben's jig has been going off!

Last Wednesday, while Mum and Dad had tea at the pub, I got to go fishing over at the jetty. I caught a 34cm blackie on my secret bait. There was also a school of mulloway hanging around under the jetty. I hooked up and it took me on another wild ride with my rod. It was 49cm so I put him back in the water as he was almost sized but not quite. There was also a baby leopard shark swimming around so that was pretty cool.

Seeing as the squid have been everywhere, on a windy night Dad, Mum, Tayla and me went squidding. It was so windy and no one was there, but we caught lots of squid



quick, not huge but decent. 22 in total. We bagged them up so I have good bait for my fishing trips and because its not long until the Fishing Fiesta.

So the Fishing Club is having a Birdman Rally at the Fiesta this year instead of the Boat Regatta Mum said. That will be sick, and really funny. I am in the planning stages of a strategic suit that will fly, I hope.

Better get ready for school so keep your lines tight and fish for the future.

Seth Burton 10 years old

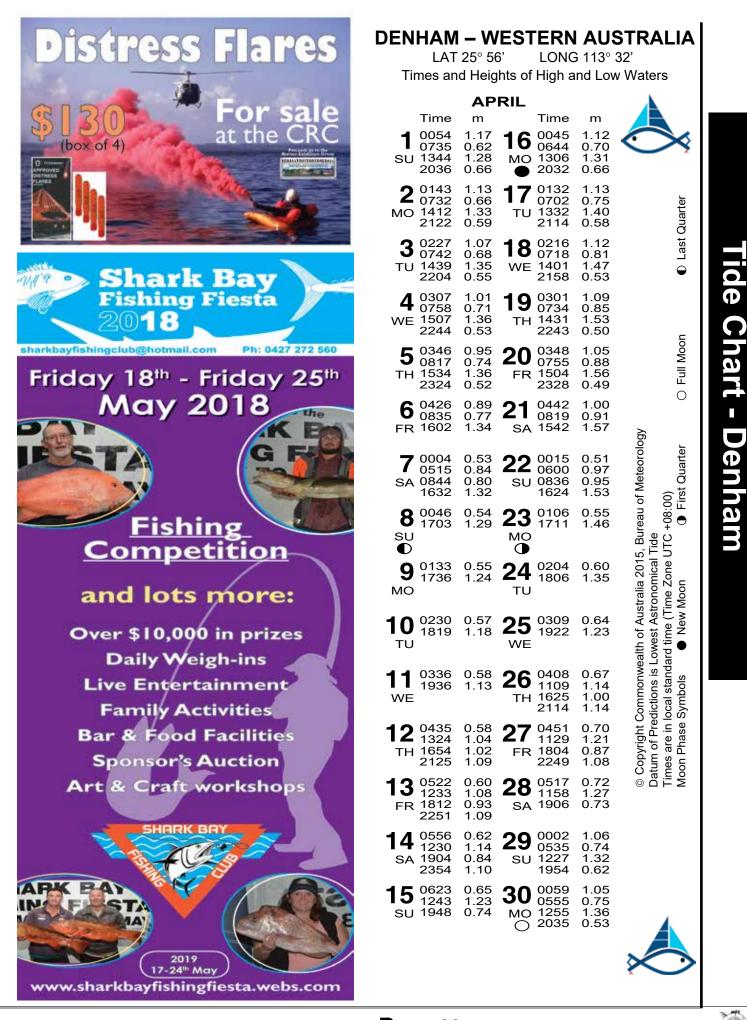






Tide Times

Community Notices



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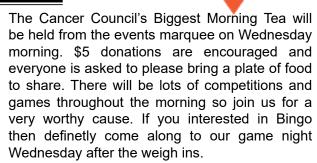
Fishing Fiesta Update

As you can image, the Shark Bay Fishing Club committee is in the final stages of preperation for the upcoming 24th annual Shark Bay Fishing Fiesta. Cash and donation sponsorship is currently being sourced and so far some of the items for the community auction include; prime logo osition on the 2019 Fishing Fiesta shirt, UE Boom speaker, cutlery set, fuel card, ITunes gift card, painting, pub vouchers, accomodation vouchers at Monkey Mia and a meal/ drinks voucher at the Boughshed Restaurant asand much more.

Merchandise has been ordered, stubby holders, brag mats, long sleeved fishing shirts as well as our own Fishing Club shirts, beanies and hats. These items will go on sale from the CRC as soon as they have been received.

The event program is starting to form, with numerous activites still to be confirmed but its looking like a great week of free entertainment for our community. The program includes to date;

- Two cover bands from Perth, who will be the entertainment into the late evening/early mornings on both Friday nights The Vibes and Dynamite, so by all means wear some comfy clothes and shoes to dance the night away.
- Ever heard of the famous Birdman Rally? Well this year instead of the recycled craft/can regatta the Fishing Club is encouraging everyone to have a go, create a flying device or just dress up and join in our Birdman Rally off the Recreation jetty. Safety officers will be in the water and on close stand by at all times during this rally and all debries will be cleared from the water. It will be lots of laughs with spectators encouraged to bring a chair and watch the rally from the foreshore. It will be interesting to see who will jump the furtherest, have the longest hanging time etc. All ages are welcome to participate.
- Saturday's program will include market stalls, so if you interested in having a stall for the day you are more than welcome to set yourself up in the events area, kids Recfishwest clinics, games organised by the local P&C including a fundraiser lunch, the Birdman Rally off the jetty and into the evening will be a movie night. We are hoping to secure Red Dog 2.
- The Youth Group will be assisting the Fishing Club as servers to host the High Tea once again. Tickets are now on sale from the CRC and are \$25 each. The menu has been formed to include more savoury dishes this year so participants will enjoy a choice of sweet and savoury dishes as well as a glass of champagne on arrival.
- The Quiz Night will be held Monday night by the Shark Bay Youth Group.



Lastly a team from Telstra will be in town on Friday 25th May in the afternoon and will be set up to talk with people at the entrance to the events area. If you have any queries, problems, want to discuss the NBN etc, then this is your chance to see them whilst they are in town.

WANTED

Volunteers are always needed to run any event and we are seeking anyone interested in helping our team out. All proceeds raised from this weeks event are donated back into our local community and its groups.

Assistance is needed in the bar, catering area, cleaning toilets, stocking drinks and ice, setting up the marquee area and packing everything away, organising the registration bags, kids fishing competition weigh ins, adults fishing weigh ins, emptying rubbish bins, towing toilets for emptying, setting up for biggest morning tea, spotters in community auction and during bingo and so much more. Please see any Fishing Club member or drop you name down with staff at the CRC if you can offer your services in any way. We greatly appreciate any support.

FUNDRAISING OPPORTUNITY

There are still catering nights available throughout the week including Monday (Quiz night), Tuesday and Thursday. If any community group is interested your more then welcome to snavel up this opportunity. All the catering equipment will be set up for groups to utilise throughout the week so you are just required to cook and clean. Easy money!

CHEERS TO OUR VOLUNTEERS

Lastly a big shout out and thank you to previous committee members Steve Mills and Erin Walton for all their assistance over the last few years. They both lead busy lives and will be sadly missed at our monthly meetings and in the planning stages. Thank you again!

Cheers from the Shark Bay Fishing Club committee, -Jamie Burton, Andrew Cruickshank, Meegan Gooch, Roger Hewitt, Adam Watkins, Tiaza Sellenger, Joe McLaughlin, Belinda Russell & Shaye McNamara.



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Denham Community Groups

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Community groups	Contact Name	Telephone No.	
Boolbardie Country Club	Jill Deschamp	9948 3224	
Community Gardening Group	Keith Backhouse	9948 3848	
Crisis Centre	Tim & Maggie Hargreaves	9948 1338 / 0429 481 338	
Denham Community Church	Mark Sewell	0427 481 719	
Denham Community Gym	Shire	9948 1218	
Denham Crafters	Irene Marquis	9948 3016	
Denham Fire and Emergency Rescue	Dave Harrower	Call 000 for Emergency Info ONLY: 9948 1272	
Denham Seniors	Helen Laundry	0403 710 860 (Annette Dlx)	
Family Day Care	Erin Walton & Sarah Robinson	0428 404 877 0474 556 296	
Hatha Yoga	Esther Mills	0428 766 005 / 9948 1554	
Karate (Shukokai)	Janine Standen	9948 3595	
Kindy Gym	Natalie Dul	9948 1787	
Shark Bay Arts Council	Emily Ward	0439 265 431	
Shark Bay Bowling Club	John Senteneller	0400 625 138	
Shark Bay Bridge Club	Coralie Hill Jill Hill	0497 001 533 0417 177 009	
Shark Bay Christian Fellowship	Tim & Maggie Hargreaves	9948 1338 / 0429 481 338	
Shark Bay Entertainers	Derek Weston	0415 707 412	
Shark Bay Fishing Club - Fishing Fiesta	Jamie Burton	9948 1787 / 0427 272 560	
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	Brad McVinish	0468 366 923	
Shark Bay Soccer Club	John Craig		
Shark Bay Speedway	Michael Reynolds	0419 961 819	
Shark Bay State Emergency Service (SES)	Joe McLaughlin (Admin)	Call 000 for Emergency Info ONLY: 9948 1360	
Shark Bay Tourism Assoc.	Isobel Lockyer	www.experiencesharkbay.com	
Shark Bay Volunteer Marine Rescue VMR: Call 000 for Emergency	John Nelson	0417 467 877	
Silver Chain Shark Bay Health Centre		9948 1400	
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) Linda Sewell	Call 000 for Emergency Info ONLY: 0428 930 407	
Yadgalah Aboriginal Corp.	Debbie Bellottie	9948 1318	
Yadgalah Community Markets	Debbie, Sherry & George	9948 1318 / 9948 3324 / 0400 169 983	

as at March 2018

Email	Day(s)	Location	
jilldeschamp@westnet.com.au	Wednesday & Saturdays	Golf Club, Monkey Mia Road	
KeithBev@gmail.com	1 st Monday of the month	Alternate houses	
	24/7		
dcc@westnet.com.au	Sundays 9:30am	Recreation Centre	
admin@sharkbay.wa.gov.au			
	Tuesdays 1.30pm	Denham Shire Hall	
	1 st , 2 nd , 3 rd Tuesday every Month	Dampier Road, Fire Station	
	Wednesdays 10am	Denham Shire Hall	
erin_riegert1985@hotmail.com sarah.bec@gmail.com	Monday to Friday	29 Hughes Street	
esther.mills@hotmail.com	Monday, Tuesday, Thursday	Recreation Centre	
jstanden@westnet.com.au	Tuesdays & Thursdays	Denham Shire Hall	
sharkbay@crc.net.au	Tuesday 9.30am (except school holiday)	Recreation Centre	
emilyeward@live.co.uk	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	Monday & Friday 1pm	Denham Shire Hall	
	Sunday	Foreshore about opposite the Interpretive Centre	
sharkbay.entertainers@gmail.com		Denham Shire Hall	
sharkbayfishingclub@hotmail.com	Fishing Fiesta 18-25 May 2018	Shark Bay CRC courtyard	
nataliedul@bigpond.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	
	every Wednesday at 6:30	Recreation Centre	
sharkbayspeedway@outlook.com	Far Western Championship	7th July 2018	
sessharkbay@iinet.net.au	1 st , 2 nd and 3 rd Thursday 5pm	Emergency Services Building Durlacher Street	
sharkbaytourism02@gmail.com	1 st Tuesday of every month	Recreation Centre	
vmrsharkbay@westnet.com.au	4 th Tuesday of month	VMR building, Knight Terrace	
	Monday – Friday 9am - 4pm	Silver Chain, 53 Hughes Street	
jocelynclareross@gmail.com	Sunday 9am, Thursday 3pm	Anglican Church	
saintjohns1@bigpond.com	See Inscription Post Calendar for office opening hours	Emergency Services Precinct Durlacher St	
yadgalah1@bigpond.com	Monday-Friday	Francis Street	
yadgalah1@bigpond.com	Sunday's during school holidays	Francis Street	

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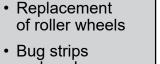
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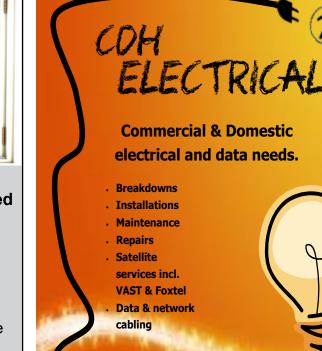
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Want to know what's going on at the SHIRE?

Shark Bay Supermarket welcomes you to Denham, for all your **Road Closures** GROCERIES, FRESH FRUIT, VEG AND MEAT **Community Meetings** SUPPLIES. **Mosquitoe Fogging Program Dates** Wide range of variety items including **Community Events** BAIT, FISHING & SNORKELLING EQUIPMENT, ICE, TELSTRA & OPTUS RECHARGE. **Rose Freycinet Gallery Displays** 🦅 🐠 Project Updates Fresh Hot Coffee and Pies Sign up to recieve free Pensioner discount day: every Friday. So call in at the top end of town for friendly, helpful service with a smile. SMS updates to your mobile phone It is just part of the service Please fill in the information below and drop it off at the Shire Of Shark Bay Reception. or 1 Knight terrace, Denham, WA, 6537 come in and register your details. Phone: 08 9948 1351 Fax: 08 9948(05) Name sharkbaysupermarket@westnet.com.au Mobile Phone Number 1) Email Address **Shark Bay News** DENHAM and Gifts Open 7am to 7pm 7 days a week Newspapers The first stop for all your food, fuel, ice, bait and fishing requirements Magazines Lotto Monday - Friday: Souvenirs 8am til 5pm Stationerv \sim Saturday: Cards \sim 8am til 1pm Gifts \sim Men's & Women's fashion Sunday: \triangleright 9am til 12pm Clothing including \sim Billabong & Betty Basics Shark Bay Pharm See Rob & Kellee 97 Knight Terroce Denham, Shark Bay Ph: 9948 1147 facebook Shark Bay News & Gifts - Shark Bay Pharmacy 51 Knight Terrace Denham, Shark Bay, WA 6537 T: 9948 1220 - F: 9948 1017 VISA faster Card motorcharge motorpas

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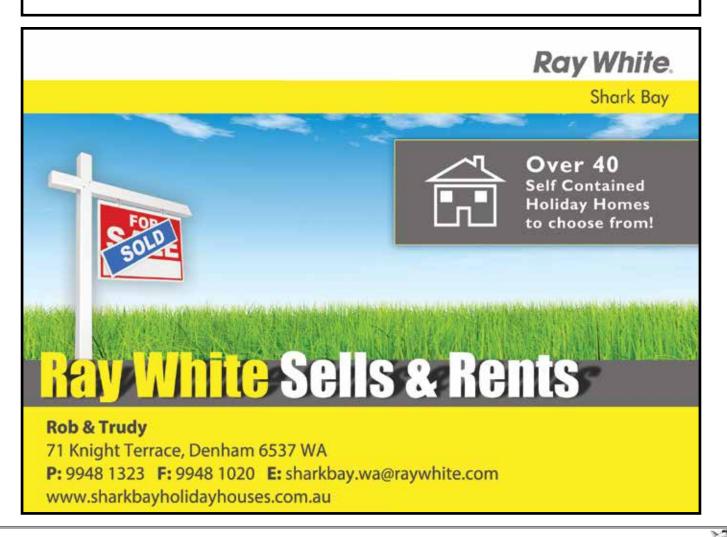
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EDITORIAL POLICY & ADVERTISING

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
- Shark Bay News & Gif
- Shark Bay Supermarke
- Surf n Dolphin Gift S
- Useless Loop

If you are interested in

selling the newsletter in you 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 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.

Post is	1/8 Page: \$20.00	The Inscription Post costs \$2	
chase from:	1/4 Page: \$30.00	to purchase. This price covers the cost of paper and printing	The DEADLINE for
Press	1/2 Page: \$50.00	expenses. Postal Subscriptions:	submissions
s & Gifts	Full Page: \$75.00	\$80.00 per annum	into the Inscription
ermarket	Subsequent pages: \$60.00	Please address all enquiries and	Post is the
Gift Shop ted in letter in your	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!	correspondence to: The Editorial Management Committee - Inscription Post Shark Bay Community Resource Centre. PO Box 58, Denham WA	25 th of each month Please send your articles to:
e Shark Bay burce Centre.	Do not hesitate to contact us. All cancellations of adverts must be received in writing at the Resource Centre.	6537 Telephone: 08 9948 1787 - Facsimile: 08 9948 1823 sharkbay@crc.net.au	sharkbay@crc.net.au

After Hours Emergencies



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





<u>fter Hours Emergencies</u>

The Chain of Survival

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





Find out what's happening in town.

What the word on the street is, happenings and events at;

@SharkBayPol



April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				30	31	1
				Good Friday	Golf - Mixed Competition 2.30pm Scroungers	 9am St Andrews Church Service 9:30am Denham Communit Church (at the Rec Centre) 10am SB Christian Fellowship, on the foreshore
						opposite the Shire Office. Dogs/Pets on lead welcome • Pistol Club Easter Day
2	3	4	5	6	7	8
1pm Bridge Club 5pm Fishing Club Meeting	• 5.30pm Firies • 6.30pm Night Sports	 10am-2pm: SJAmbulance office open 10am Denham Seniors (Shire Hall) 	 10am-2pm: SJAmbulance office open 3pm St Andrews Church Bible Study 	1pm Bridge Club	Golf - Mixed Competition 2.30pm Scroungers	9am St Andrews Church Service 9:30am Denham Communit Church (ct the Dee Centre)
6.30pm Night Sports Public Holiday		 2pm Golf - Ladies & Mens scroungers 2pm 6.30pm Indoor Soccer 7.30pm SB Christian Fellowship - Bible Study 	5pm SES Meeting			Church (at the Rec Centre) • 10am SB Christian Fellowship, on the foreshor opposite the Shire Office. Dogs/Pets on lead welcome • Pistol Club
9	10	11	12	13	14	15
1pm Bridge Club 3.15pm School	• 9:30 Kindy Gym • 5.30pm Firies	• 10am-2pm: SJAmbulance office open	• 10am-2pm: SJAmbulance office open	1pm Bridge Club	Golf - Mixed Competition	9am St Andrews Church Service
5:30pm Arts Council Meeting 6:30pm Night Sports	6.30pm Night Sports	 2pm Golf - Ladies & Mens scroungers 2pm 10am Denham Seniors (Shire Hall) 	 3pm St Andrews Church Bible Study 5pm SES Training 	End of Term	• 2.30pm Scroungers Laser Tag @ Town Oval	 9:30am Denham Communi Church (at the Rec Centre) 10am SB Christian Fellowship, on the foreshor
		 6.30pm Indoor Soccer 7.30pm SB Christian Fellowship - Bible Study 				opposite the Shire Office. Dogs/Pets on lead welcom • Pistol Club Birds i View Laser Tag @ Town Ova
16	17	18	19	20	21	22
1pm Bridge Club 6.30pm Night Sports	• 6.30pm Night Sports • 5.30pm Firies	10am-2pm: SJAmbulance office open 2pm Golf - Ladies & Mens scroungers 2pm	10am-2pm: SJAmbulance office open 3pm St Andrews Church Bible Study	1pm Bridge Club	Golf - Mixed Competition 2.30pm Scroungers 2pm Speedway	9am St Andrews Church Service 9:30am Denham Communi Church (at the Rec Centre)
		• 7.30pm SB Christian Fellowship - Bible Study • 6.30pm Indoor Soccer	Spm SES Meeting		2pm opecanay	 10am SB Christian Fellowship, on the foreshol opposite the Shire Office. Dogs/Pets on lead welcom Pistol Club
23	24	25	26	27	28	29
1pm Bridge Club 6.30pm Night Sports	6.30pm Night Sports 5.30pm Firies 5.30pm VMR Inscription Post articles due	 Golf - Ladies & Mens scroungers 10am Denham Seniors (Shire Hall) 7.30pm SB Christian Fellowship - Bible Study 	 10am-2pm: SJAmbulance office open 3pm St Andrews Church Bible Study 	1pm Bridge Club 9am St Andrews Church	Golf - Mixed Competition 2.30pm Scroungers	9am St Andrews Church Service 9:30am Denham Communi Church (at the Rec Centre) 10am SB Christian Fellowship, on the foreshor opposite the Shire Office. Dogs/Pets on lead welcom
		ANZAC DAY				Pistol Club
30						
1pm Bridge Club 6.30pm Night Sports						

To include your event in this calendar, simply email us on sharkbay@crc.net.au or call 9948 1787

