

# STURT PEAS

OCTOBER  
2020



SHIRE OF LAVERTON

## Emergency Numbers

After hours GP Helpline

1800 022 222

Community Health

(08) 9031 1311

Crisis Care (free call)

1800 625 800

Department of Child Protection

(08) 9088 2900

### **Doctor's Surgery**

(08) 9031 1093

### **One Tree Women's Crisis Centre**

(08) 9031 1899

## Police, Ambulance, Fire & Rescue

000 or 112 (mobile)

Health Direct

13 23 51

Hospital

(08) 9088 2600

Horizon Power

13 23 51

Police

(08) 9088 2777

Poisons Information

13 11 26

Royal Flying Doctor Service  
(emergencies only)

1800 625 800

Water Corporation

13 13 75

## Accommodation

Boomers Village

(08) 9031 1135

Desert Inn Hotel

(08) 9031 1188

Laverton Caravan Park

(08) 9031 1072

Laverton Chalet/Motel

(08) 9031 1130

Oasis Serviced Apartments

0488 613 830

## Building Services & Construction

Rod Hill- Painter and Decorator

0407 079 074

## Café/Fast Food/Pub

Desert Deli

0498 215 116

Great Beyond Visitor Centre

(08) 9031 1361

Desert Inn

(08) 9031 1188

## Children's Services

Story & Rhyme Time

(08) 9031 1800

Youth Centre - Contact Shire of  
Laverton

(08) 9031 1202

## Earth Works

C&A Taylor Grading

0427 819 564

Desert Sands Cartage Contractors

(08) 9031 1326

## Education

Cosmo Newberry School

(08) 9037 5943

Laverton Kindergarten

(08) 9031 1020

Laverton School

(08) 9031 1020

Mt Margaret School

(08) 9037 5959

Mulga Queen School

(08) 9031 3300

## Electrical and Refrigeration

AS Refrigeration

(08) 9031 1221

Powerchill

(08) 9031 1172

PWT Electricians

0438 444 962

Auto Electrical Repairs & Air  
Conditioning

0408 092 332

Multiple Trades & Maintenance

9378 3395

## Funeral Directors

Leonora Funerals

0408 951 186

## Freight

Laverton Freight Yard

0488 717 628

## Justices of the Peace

Mrs Shaneane Marjorie Weldon

0458745391

Mr Robert Martin Wedge

0417 951 153

## Public Transport

Gold Rush Tours

1800 620 440

## Mining/Exploration

Goldfields Australia-Granny Smith  
Mine

(08) 9088 2105

Sunrise Dam Gold Mine

(08) 9080 3765

Murrin Murrin Mine Site

(08) 9212 8400

Windarra Mine Site

(08) 9031 1611

Lynas Corporation Mt Weld

(08) 9031 1645

Gruyere Project, Yamarna

(08) 9037-5963

Dacian Gold, Mt Morgans Gold Operation  
(08) 6323 9100

## Pest Control

Mobile Pest and Weed Control  
(08) 9093 2809

## Post Office

Laverton Post Office  
(08) 9031 1101

## Recreation Clubs

Laverton Gym—Contact Shire of Laverton  
(08) 9031 1202

Laverton Race Club  
0417 951 153

Laverton Sports Club Inc.  
(08) 9031 1220

Laverton Sporting Shooters Association  
0418 935 518

## Religion

The Church of The Resurrection -  
**Fr Robert O'Bryan**  
0457980852

LA Outback Church  
0497 642 260

## Service Station/Mechanic

Laverton Motors  
(08) 9031 1210

Laverton Auto Electrics -Mechanical  
Repairs and Tyre Services-fully licensed  
repairer.  
0408 092 332

## Shire of Laverton

Reception  
(08) 9031 1202

Great Beyond Visitor Centre  
(08) 9031 1361

Laverton Community Resource Centre/  
Library  
(08) 9031 1800

## Shire Councillors

President Cr. Patrick Hill  
0419 925 371

Deputy President Cr. Shaneane  
Weldon  
0458 745 391

Cr. Gary Buckmaster  
0427 476 474

Cr. Jack Carmody  
0488 581 729

Cr. Robin Prentice  
0409 311 442

Cr. Rex Ryles  
0418 935 518

Cr. Rex Weldon  
0427 348 516

## Shopping

Laverton Supermarket  
(08) 9031 1675

## Tourist/Recreation

Laverton Outback Gallery  
(08) 9031 1395

Great Beyond Visitor Centre  
(08) 9031 1361

## Pastoral Properties

Banjawarn Station  
(08) 9037 5977

Bandya Station  
(08) 9031 3727

Delita Station  
(08) 9037 5954

Erlistoun Station  
(08) 9031 3954

Lake Wells Station  
(08) 9037 5962

Laverton Downs Station  
(08) 9037 5998

Minara Station  
(08) 9037 5966

Mt Weld Station  
0438 188 769

Prenti Downs Station  
(08) 9981 2111

0488 581 729  
White Cliffs Station

(08) 9037 5950

Wonganoo Station  
(08) 9037 5942

Yamarna Station  
(08) 9037 5963

## Local Politicians

Kyle McGinn MLC— Member for  
mining and pastoral

*Electorate Office (08) 9022 7003*

**Kyran O'Donnell MLA**—Member for  
Kalgoorlie  
(08) 9021 6766

Hon Robin Scott MLC—Member for  
mining & Pastoral region  
(08) 9093 1455

If you wish to add  
your number to this  
list, or you do not  
wish to be listed,  
please contact the  
Laverton  
Community Resource  
Centre.

(08) 9031 1800

Laverton@ crc.net.au



## Laverton Community Resource Centre News- October 2020

### Happy Halloween!

Hello and welcome to the October edition of the Laverton Sturt Pea magazine.

As we enter the final quarter for 2020 the Community Resource Centre Team are starting to commence planning for the upcoming end of year events.

The annual Community Christmas Lights competition is scheduled to be held on the evening of Friday 4 December but can only go ahead if we receive a minimum of 10 entrants. Applications can be collected from the Community Resource Centre and Great Beyond Visitor Centre, all applications need to be submitted by Friday 23 October, no late entries will be accepted.

Book Week 2020 will be celebrated at the Community Resource Centre on Wednesday 21 October through our weekly early literacy Story and Rhyme Time program. The theme for this year is 'Curious Creatures, Wild Minds' bring your little ones along for an adventurous morning filled with craft, stories and fun!

On Tuesday 13 October a Department of Justice Community Services Day will be held at the Community Resource Centre from 9:00am. Services on the day include, Births, Deaths and Marriages, Sheriff, Services Australia, the Office of Criminal Injuries Compensation and the CRC Team will provide Department of Transport services which are available Monday to Friday from 9:00am to 4:00pm. Details on page 8 & 9.

A Community market day will be held on Saturday 28 November at the Shire Hall. Applications for stall holders can be collected from the Community Resource Centre and Great Beyond Visitor Centre, stall holder applications close Friday 13 November.

Enjoy the read,  
Johanna McGuire  
Manager Community Resource Centre



### Advertising Rates

Full Page Black & White	\$25.00
Full Page Colour	\$40.00
Half Page Black & White	\$13.00
Half page Colour	\$22.00
Classifieds	Free

If you would like a copy of the Sturt Pea magazine emailed through to you each month, please email request through to [crcassist@laverton.wa.gov.au](mailto:crcassist@laverton.wa.gov.au). Alternatively the monthly magazine can be viewed online through the Shire of Laverton website, [www.laverton.wa.gov.au](http://www.laverton.wa.gov.au).

### Disclaimer

The information in this publication is of a general nature and is provided as a service to the community. No responsibility is accepted for the accuracy of this information. The Editor of the Sturt Pea reserves the right to reject or not publish any material which may be scandalous or offensive to any person. No liability will be accepted by the Editor for any statements of opinion, error or omission. Please email your submissions to [crcassist@laverton.wa.gov.au](mailto:crcassist@laverton.wa.gov.au).

### Contact :

Shop 4, Laver Place,  
Laverton, WA, 6440  
[laverton@crc.net.au](mailto:laverton@crc.net.au)  
(08) 9031 1800



# Laverton Community, do you want a Christmas Lights Competition?

*A MINIMUM OF 10 ENTRANTS ARE REQUIRED FOR THIS COMPETITION TO PROCEED.*

*ENTRY FORMS ARE AVAILABLE FROM THE GREAT BEYOND VISITOR CENTRE AND THE LAVERTON COMMUNITY RESOURCE CENTRE*

*COMPETITION WILL BE HELD ON FRIDAY 4 DECEMBER*

*COMPLETED ENTRY FORMS ARE TO BE SUBMITTED NO LATER THAN FRIDAY 23 OCTOBER 2020*

*It was  
THE NIGHT  
before  
CHRISTMAS*

- 
- Peoples Choice
  - Champion of Champions
  - Best Residential
  - Best Business
  - Highly Commended
- 
- 



## INTERNATIONAL LITERACY DAY 2020

On Wednesday 30 September Laverton Community Resource Centre recognised International Literacy Day through our early literacy Story and Rhyme Time Program.

The highlight of the event was a newly published Laverton Story and Rhyme Time book starring our regular Story and Rhyme Time Child attendees.

Parents and Children joined in a group reading of the book, the Children enjoying finding themselves and friends amongst the pages.

Thankyou to all parents who supported the book and attended the event.




Like us on Facebook:  
Laverton Community  
Resource Centre



Laverton  
Community Resource Centre  
*Your local connection*


Laverton Community Resource Centre

Better Beginnings  
Story & Rhyme Time

 **WILD MINDS** **Book Week 2020!**

CELEBRATE BOOK WEEK 2020 AT  
LAVERTON COMMUNITY RESOURCE CENTRE  
Wednesday 21 October 2020  
10:30am

*Stories. Music.  
Craft &  
Morning Tea!*



Seniors morning tea

**SENIORS MORNING TEA**

THURSDAY 29TH OCTOBER

TIME: 10:00AM

LOCATION: LAVERTON COMMUNITY  
RESOURCE CENTRE

BINGO, TRIVIA, TEA AND COFFEE - HEAD ALONG TO OUR  
SENIORS MORNING TEA FOR A WHOLE LOT OF FUN!  
PRIZES TO BE WON!





Government of Western Australia  
Department of Justice



## GET HELP WITH IDENTIFICATION, FINES & LICENSING BUSINESS

Aboriginal Justice in partnership with Laverton CRC is holding an **OPEN DAY** "one-stop shop" where you can get services to help you with identification, fines and driver's licence business.

### LAVERTON Community Resource Centre

Tuesday 13 October 2020 **9.00am – 3.00pm**

#### What you can do at the Open Day

- **Registry of Births, Deaths and Marriages** – Need identification? Want to check if you and your children's births are registered? \*Birth Registrations **FREE**\*  
\*Apply for Birth, Death and Marriage Certificates **\$50.00** \*Change of Name **\$176.00**
- **Sheriff/CDO** - For queries on fines and make arrangements for time-to-pay.
- **Department of Transport** – Apply for a driver's license, WA Photo (ID) card, driving assessments, license status queries and other information about licensing services.  
Theory Test-**\$19.90**, Learner's Permit-**\$109.00**, Log Book-**\$9.45**, WA Photo (ID) Card-**\$44.00**
- **Services Australia - Centrelink** – Identification requirements for licensing and apply for Medicare Cards.
- **Community Services** – Wirrpanda Foundation – supporting job seekers
- **Office of Criminal Injuries Compensation** – help with lodging an application for compensation if you are a victim of crime committed in WA.

To enable us to help you, please bring along as much of the following as you can:

- Birth Certificate
- Medicare Card
- Centrelink Card
- Bank Card
- Bank statement or official letter/bill from a Government agency or employer that has your address and is no more than 6 months old
- Either cash or credit card/debit card for payment

#### COVID-19 Prevention Measures:

Community safety is a priority of all service providers and the following measures will be in place at Open Days to prevent the spread of COVID-19:

- Encourage the practice of good personal hygiene with use of personal protective equipment (PPE) if appropriate.
- Hand sanitiser readily available for attendees and service providers.
- Physical distancing (1.5 metres between people where possible).
- Regular cleaning and disinfecting of venue surfaces and "high touchpoints".
- Encourage those people that are feeling unwell not to attend and stay home.



*\*Please note this flyer was distributed while in Phase 4 of the WA Roadmap to ease restrictions. The required prevention measures will be taken at the time of the Open Day event in line with the State Government's advice*



# Are you the victim of a crime?



## Aboriginal Justice Project Open Day

- The Office of Criminal Injuries Compensation will be visiting your community soon.
- We can help you lodge an application for compensation if you are a victim of a crime committed in Western Australia.



## Who can claim?

- A person injured as a result of a crime;
- A parent or step parent of someone who died or suffered injury as a result of a crime; or
- A grandparent, spouse, de facto partner, child, grandchild or stepchild living with a person who suffered injury or died as a result of a crime.



## What do you need to do?

- Be ready to complete a form which asks questions about the crime and how it affected you.
- Provide information about the offence and your injuries.
- Bring documents to support your claim, such as medical reports and/or receipts for treatment.



## Who will find out about your claim?

- Your application is confidential.
- An offender may be told about your claim unless there is a good reason not to.
- We do not tell the offender your contact details (your address, telephone number, email address).



## What will we do for you?

At the Open Day, our team will provide further information, answer your questions, help you to lodge an application and help gather supporting information.



## What happens next?

An Assessor will look at all of the information and decide whether you are entitled to compensation.

Information about specific dates coming soon  
Or contact us the Office of Criminal Injuries Compensation on (08) 9425 3250

# COMMUNITY MARKET DAY



Saturday 28 November 2020

Laverton Shire Hall

9:00-12:00



If you would like to have a stall contact  
the Community Resource Centre on  
9031 1800 or email  
[laverton@crc.net.au](mailto:laverton@crc.net.au)  
by COB Friday 13 November





**Unfortunately due  
to COVID19  
restrictions, the  
Murdoch University  
Vets will not be  
attending Laverston  
in 2020.**



**St John**



**4 out of 5 people  
can't save a life.**



**Are you one of them?**

**Book a first aid course today**

**Upcoming Course:**

**Laverton Community Resource Centre**

**Saturday 17 October 2020**

**8:30am– 16:30pm**

**Provide First Aid 1 Day Course- \$160.00**

**First Aid refresher Course- \$69.00**

**To Book:**

**Online:** <https://stjohnwa.com.au/first-aid-training/training-venues/goldfields/region-search?loc=goldfields>

**Email:** [fastgoldfields@stjohnambulance.com.au](mailto:fastgoldfields@stjohnambulance.com.au)

**Phone:** 9026 2004

# The GREAT BEYOND

## VISITOR CENTRE & EXPLORER'S HALL OF FAME



The Great Beyond Visitor Centre, Explorer's Hall of Fame & Cafe has now CLOSED its current premises for renovation and expansion works.

**THE HALL OF FAME & MUSEUM WILL REMAIN  
CLOSED UNTIL MARCH 2020**

**The Visitor Centre & Cafe will operate from it's  
Pop-Up Shop starting Thursday 27 August 2020  
Find us at the Desert Inn, Augusta St, Laverton**

Contact our friendly staff to get all the information you need to travel the Laverton & Northern Goldfields area!

THE GREAT BEYOND VISITOR CENTRE

**Open 7 Days a week**

Phone: (08) 9031 1361

Email: [greatbeyond@laverton.wa.gov.au](mailto:greatbeyond@laverton.wa.gov.au)



629 Newcastle Street  
Leederville WA 6007

PO Box 100  
Leederville WA 6902

T: (08) 9420 2420  
F: (08) 9420 3626



Our Ref: # 101217227  
Enquiries: Felicity Wood  
Telephone: (08) 9420 3265

28 August 2020

Dear Resident,

**SUBJECT: WATER CORPORATION HYDRANT AND VALVE MAINTENANCE WORK**

Water Corporation is conducting essential hydrant and valve maintenance to improve the reliability of the water network in the town of Laverton.

**Work to upgrade five hydrants and six valves will begin in September 2020 and is expected to be completed in November 2020. Most work will be between 7am- 7pm Monday to Saturday.**

During this time you may notice an increase in activity and noise near your property from the vehicles and machinery. Each upgrade will take approximately three hours to complete. If we have to disturb your verge or driveway, we will ensure it is restored to as close to original condition as reasonably possible.

During this work, customers may experience a temporary water outage. Written notification will be provided at least 48 hours prior to any planned outage.

Water Corporation continues to dedicate all necessary resources and management focus in response to the COVID-19 pandemic. Safety is always our number one priority and our work crews are briefed to follow all current advice on social distancing and safe hygiene practices.

We apologise for any inconvenience you may experience and thank you for your patience while we complete this essential work. If you have any questions please call Community Engagement on (08) 9420 3265, or email [Hydrant.InfillProgram@watercorporation.com.au](mailto:Hydrant.InfillProgram@watercorporation.com.au). You can also visit [watercorporation.com.au/firehydrant](http://watercorporation.com.au/firehydrant). For 24/7 assistance please contact on 13 13 75.

Yours sincerely



Jess Collier,  
Project Manager

## Laverton hydrant and valve upgrades



### Project goal

- Water Corporation has a state-wide program to upgrade hydrants and valves to improve the security and reliability of water supply.
- A valve controls the flow of water through the water pipes.
- A hydrant is a connection point for firefighters to access water from the local water supply scheme.
- This essential work will replace aging infrastructure to help prevent leaks and breaks and ensure our hydrants comply with current fire management standards.

### What we need to do in your town

- Work to upgrade five hydrants and six valves in various locations across town. See page 2 for locations.

### When this work is scheduled

- Work is proposed to begin in September 2020 and is expected to be completed in November 2020.
  - Maintenance work between 7am and 7pm Monday to Saturday.
  - With LGA approval, there may also be scheduled work on Sundays and at nights if doing work during normal hours would impact sensitive customer's water supply
    - If this is required, we notify impacted customers in advance.

### What are the customer impacts

- Most hydrants are located in residential verges.
- Residents will notice more vehicles and noise near their property if they live near a hydrant or valve.
- Water outages may be required to complete the work safely and flush the network before the supply is turned back on.
  - We will aim to keep water outages to 1-3 hours.
  - We will notify residents at least 48 hours before their planned water outage.
  - Residents are asked to draw water in advance and turn off their meter.
  - Residents will notice reduced pressure once water has been switched off.
  - The water will be turned back on slowly to minimise air in the pipes and water discolouration.
- Residents may notice a tanker in the area which will be used to collect excess water. This water is re-used where possible.
- Access to footpaths may be restricted and will be made safe until permanently repaired.
- Traffic management will be in place where required.
- Any disturbed driveways or verges will be restored to original condition once work is complete. We will work closely with customers impacted by this.

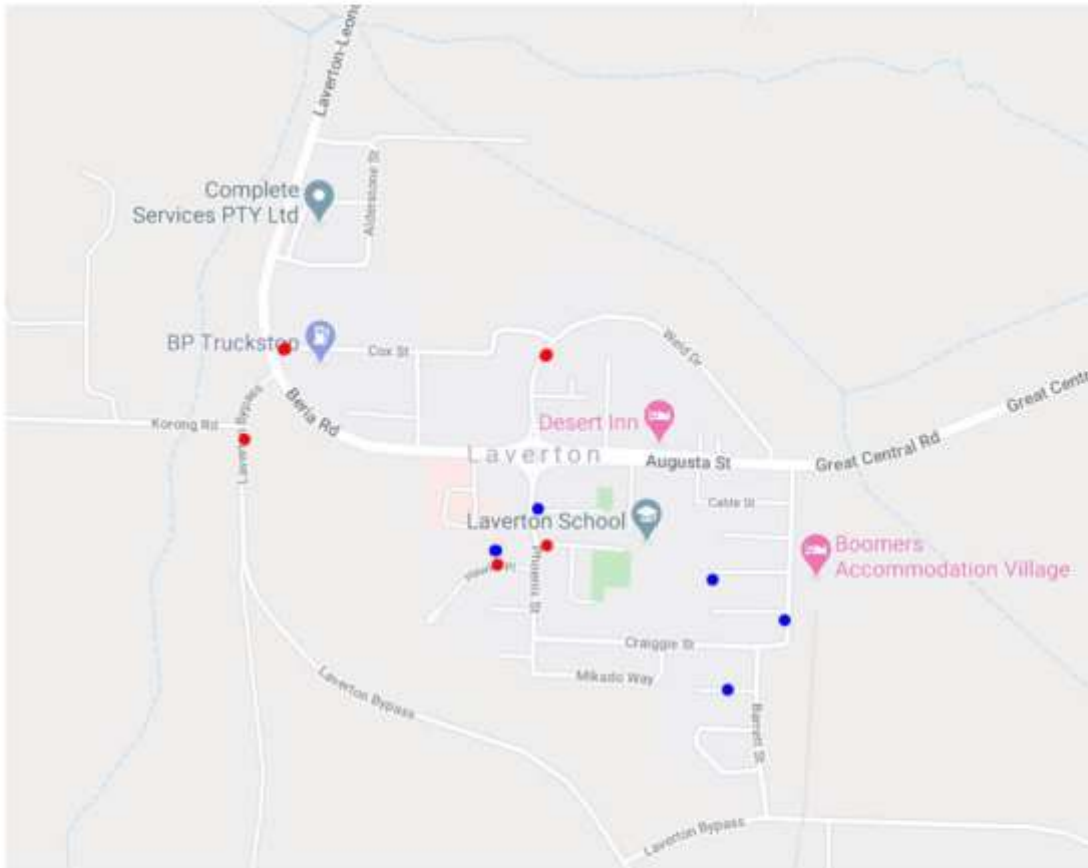
### How we will communicate with impacted customers

- Notification to customers at least 48 hours before work begins.
- Signage will be in place near work areas.
- Residents can contact us via [hydrant.infillprogram@watercorporation.com.au](mailto:hydrant.infillprogram@watercorporation.com.au)

## Laverton hydrant and valve upgrades



Map showing hydrant and valve upgrade locations in Laverton



- Blue dots = hydrants to be upgraded (5 total)
- Red dots = valves to be upgraded (6 total)



# SHOWER HEAD SWAP

DID YOU KNOW?  
YOU CAN SAVE UP TO  
20,000L A YEAR USING A  
WATERWISE  
SHOWERHEAD



## BE WATERWISE!

VISIT THE LAVERTON COMMUNITY RESOURCE  
CENTRE WITH YOUR OLD SHOWER HEAD TO SWAP  
IT FOR A BRAND NEW WATERWISE SHOWER HEAD  
FOR FREE!

FOR MORE INFORMATION GO TO:

<https://www.watercorporation.com.au/Waterwise>



## Showerhead Swap

### Terms and conditions

It's important that you read and understand the terms and conditions before removing your showerhead/(s).

By participating in the Showerhead Swap Program, you have accepted these terms and conditions.

#### **To be eligible for free replacement showerhead(s) under the Showerhead Swap Program:**

1. You must live in one of the towns as identified on the Water Corporation's website - Showerhead Swap Program webpage; and
2. If you are a tenant, you and the landlord must agree to participate in the Showerhead Swap Program, which includes the replacement of the old showerhead(s) with showerhead(s) provided under the Showerhead Swap Program.

#### **The process:**

3. You must take your old showerhead(s) and a copy of a recent bill from Water Corporation in your name or a recent waterwise letter, if you have received one, to an exchange point identified on Water Corporation's website at [watercorporation.com.au/showerheadswap](http://watercorporation.com.au/showerheadswap) ("Exchange Point") to exchange it for a new replacement showerhead(s), only while supplies last.
4. A maximum of two old showerheads can be swapped for two replacement showerheads for each household, only while supplies last.
5. At the point in time that your old showerhead is accepted by the Exchange Point, the old showerhead becomes the property of the Water Corporation and cannot be returned to you.

#### **You are responsible for:**

6. Removal of the old showerhead(s), including ensuring the removal of the old showerhead is compatible with existing systems, the wall fitting(s) and plumbing. If you are in any doubt or require assistance, we recommend that you ask a licensed Plumber for advice or help;
7. Installation of the replacement showerhead(s), including ensuring the installation is compatible with existing systems, the wall fitting(s) and plumbing. If you need assistance with installing the showerhead(s), we recommend you contact a licensed Plumber.
8. The condition, operation, maintenance, alteration, replacement, and/or removal of the replacement showerhead.

#### **Water Corporation is not responsible for:**

9. Removal of the old showerhead(s) or the installation of the replacement showerhead(s) or any costs, damage, loss or risk caused as a result.
10. The installation, maintenance, operation, alteration or replacement of the replacement showerhead; and/or
11. Any associated costs, loss or damage, incurred by participating in the Showerhead Swap Program.

## Showerhead Swap Terms and conditions



### Additional terms and conditions:

12. The Water Corporation provides no warranty regarding the condition, capability, performance or suitability of the replacement showerhead for whatever purpose you intend to use the new showerhead(s).
13. The Exchange Point will act as a distribution point only for the showerhead/(s) on behalf of the Water Corporation. The Exchange Point bears no responsibility for any loss, damage, or claim arising out of the Showerhead Swap Program, including any loss, damage or claims associated with the removal, installation, plumbing, and/ or manufacturer warranties.
14. For avoidance of doubt, Water Corporation is not the manufacturer of the showerheads provided under the Showerhead Swap Program and does not provide any warranty regarding the performance of the showerhead(s).
15. To obtain your warranty and/or if you experience any product faults with your new showerhead(s), you will contact the relevant, manufacturer, directly.
  - a) If you have the Bermuda Flexispray Hi Rise pictured below, you will contact the manufacturer, Methven, on 1300 638 483 or by visiting their website at [www.methven.com](http://www.methven.com)



- b) If you have the Posh Solus Mk3 hand-shower or Hi Rise shower pictured below, you will contact Reece Plumbing Centre Myaree on (08) 9263 1510 or by visiting their website at [www.reece.com.au](http://www.reece.com.au). Please note the warranty for these showerhead models will be void if the showerhead is tampered with.



16. The Showerhead Swap program ends 31 May 2021, but limited stock may still be available after this time. Please attend your local Exchange Point to find out if there is any stock remaining after 31 May 2021. Any remaining stock will also be subject to these terms and conditions.

### Suitability of showerheads:

17. The replacement showerheads provided under the Showerhead Swap Program are water efficient and
18. The replacement showerheads are not suitable for low pressure, gravity fed (in the roof), and some instantaneous or continuous supply hot water systems. It is your responsibility to ensure the compatibility of your existing hot water system with the replacement showerhead(s). If in doubt, we recommend contacting a licenced Plumber for advice or help.

**BUSH FIRES ACT 1954**  
**2020/21 Bush Fire Notice**  
**SHIRE OF LAVERTON**

**NOTICE TO ALL OWNERS OF LAND SITUATED IN THE SHIRE OF LAVERTON**

TAKE NOTICE that pursuant to section 33(4) of the *Bush Fires Act 1954*, where the owner of land who has received notice fails or neglects to comply with the requisitions of the notice within the time specified, the Shire of Laverton may by its officers and with such servants, workmen and contractors, vehicles and machinery as the officers deem fit, enter upon the land and carry out the requisitions of the notice which have not been complied with and pursuant to section 33(5) of the *Bush Fires Act 1954*, the amount of any costs and expenses incurred may be recovered from you as the owner of the land.

**Owners of land are reminded it is their responsibility to ensure the Bush Fire Notice is complied with and that the requirements of the Bush Fire Notice will be strictly enforced by the Shire.**

**FIRE PREVENTATIVE MEASURES**

Pursuant to the powers contained in section 33 of the *Bush Fires Act 1954*, you are hereby required to:

- Clear of flammable material firebreaks not less than 3 metres in width immediately inside all external boundaries of any lot owned by you and situated within the **Shire of Laverton**.
- Clear completely of all flammable material (save buildings, structures and fences) any lot owned by you and situated within the **Laverton Town Site**.

Such clearing may be constructed by one or more of the following methods:

SLASHING, PLOUGHING, CULTIVATING, SCARIFYING, RAKING, BURNING, CHEMICAL SPRAYING OR OTHER APPROVED METHOD, and are to be cleared to the satisfaction of an Authorised Officer of the Shire. In addition, you may be required to carry out further works which are considered necessary by an Authorised Officer of the Shire and specified by way of a separate written notice forwarded to the address as shown on the Shire of Laverton rates record for the relevant land.

In some instances, naturally occurring features such as rocky outcrops or natural watercourses and landscaping such as reticulated gardens or driveways may be an acceptable substitute for cleared firebreaks. This option must first be discussed with an Authorised Officer of the Shire and approved by the Shire of Laverton in writing. For the purpose of this notice grass kept at a height of less than 5 centimetres at all times covered by this notice will be deemed not to be flammable material.

All clearing and other alternative arrangements allowed by the preceding parts of this notice **must be established by 15 October 2020** (or within 14 days of you becoming the owner should this occur after that date) and maintained clear of flammable material until 1 April 2021.

**APPLICATION TO VARY THE ABOVE REQUIREMENTS**

If it is considered impracticable for any reason whatsoever to take fire preventative measures or establish other arrangements as required by this notice, you may apply in writing to the Shire of Laverton not later than 1 October 2020 for permission to carry out fire preventative work in alternative positions on the land. If permission is not granted by the Shire you must comply with the requirements of this notice. If the requirements of this notice are carried out by burning, such burning must be in accordance with the relevant provisions of the *Bush Fires Act 1954*.

**THE PENALTY FOR FAILING TO COMPLY** with this notice is a fine of \$250, and a person in default is also liable whether prosecuted or not to pay the costs of performing the work directed by this notice if it is not carried out by the owner prior to the date required by this notice.

The responsibility for ensuring the protection of your property is yours. Proper preparedness for the fire season will enhance the capacity for you, your family and property to survive a fire should one occur. Fire preparedness measures are a defensive method of ensuring survivability from within your property boundary. This may be achieved by a variety of measures which include:

**Cleared firebreaks and driveways:** have the capacity to slow the progress and contain fires as well as provide access for emergency services.

**Hazard reduction:** burning, slashing, mowing and chemical treatment have the capacity to reduce the amount of flammable material on your property. The less fuel available to burn during a fire, the less intense the fire.

**Natural features:** such as rock outcrops usually have little flammable material on them. Natural features may be used in conjunction with other firebreak installation methods, such as linking them with constructed firebreaks and driveways, and as containment zones for hazard reduction burns.

**Reticulation:** Where specialized pastures are established under reticulation, this may, on application, be accepted in lieu of firebreaks provided the pasture is kept green.

**RESTRICTED BURNING PERIOD 1**

**1 OCTOBER TO 31 OCTOBER 2020 (INCLUSIVE)**

Permits to burn are required during this period for hazard reduction burning.

Alternative firebreak applications to be submitted by 1 October 2020.

Firebreaks must be installed by 15 October 2020.

**Please note that penalties apply where burning regulations are contravened or permit conditions are not complied with.**

**PROHIBITED BURNING PERIOD**

**1 NOVEMBER 2020 TO 31 MARCH 2021 (INCLUSIVE)**

All burning, including garden refuse is prohibited during this period.

Properties to be maintained clear of flammable material until 1 April 2021.

**RESTRICTED BURNING PERIOD 2**

**1 APRIL TO 30 APRIL 2021 (INCLUSIVE)**

Permits to burn are required during this period for hazard reduction burning.

**Please note that penalties apply where burning regulations are contravened or permit conditions are not complied with.**

Certain climate or weather conditions may cause these periods to be extended or shortened. You must check the press for details or call the Shire Office on 9031 1202 before commencing to burn.

**TO REPORT ALL FIRES RING 000**

Peter Naylor  
Chief Executive Officer

## REGULATORY INFORMATION

### PERMITS

Permits are required to burn bush or grass at any time during the Restricted Burning Period. Permits are available from the Shire of Laverton Administration Office.

### INCINERATORS

Incinerators must not be lit during the Prohibited Burning Period. Incinerators may be lit at other times provided the Fire Danger Rating is not Very High to Catastrophic. Incinerators must be properly constructed and designed to prevent the escape of any sparks or burning material. They must be located in an area at least 2 metres away from any building or fence and from which all flammable material has been removed and kept cleared.

### WELDING/CUTTING APPARATUS

If you are using a welder or operating a power operated abrasive cutting and or grinding disc of any kind, you must have at least one fire extinguisher present and be surrounded by a five metre firebreak.

### INSPECTIONS

An inspection of properties to ensure fire prevention work and hazard removal measures have been carried out will be completed by an authorized officer on or after 15 October 2020.

### GARDEN REFUSE

**During the Prohibited Burning Period,** garden refuse must **not** be burnt at any time.

**During the Restricted Burning Period,** garden refuse may be burnt during the day before 6 pm with a permit, subject to conditions.

Garden refuse may also be burnt without a permit after 6 pm during the Restricted Burning Period provided certain criteria are met. Set out below are legislative requirements from the *Bush Fires Act 1954* and the *Health Act 1911* in relation to burning together with a number of helpful suggestions. The legislative requirements have been prefixed with an asterisk. These as a minimum must be followed:

- \* The pile of refuse does not exceed 1 cubic metre
- \* An area 5 metres wide is cleared around the pile. (Lawn, driveways, paths etc. may be considered as cleared area)
- \* The fire is only lit between 6:00 pm and 11:00 pm
- \* The fire is completely extinguished by midnight
- \* At least 1 person is in attendance at all times. There is a means of extinguishing the fire available at all times ( e.g. garden hose, knapsack spray or fire unit)
- \* The Fire Danger Rating is not Very High to Catastrophic
- \* The smoke from your fire does not cause a nuisance to neighbors and or traffic
- \* Do not burn plastics, other household or commercial waste
- \* Do not burn wet or green piles of material at any time as this will cause excessive smoke.
- Only 1 pile is alight at one time
- You notify your neighbors of your intention to burn

**During periods other than the Restricted or Prohibited Burning Periods,** garden refuse may be burnt. For safety reasons you are encouraged to follow the same requirements stipulated above.

### PENALTIES

Section	Offence	Penalty
33(3)	Failure to comply with bush fire notice	\$250
25	Offences relating to lighting a fire in the open air	\$250
15(2)	Applying to another bush fire control officer for permit where permit already refused	\$250
17(12)	Setting fire to bush during prohibited burning period	\$250
24(D)	Burning garden refuse when fire danger is extreme or very high	\$250
24(G)	Burning garden refuse contrary to Ministerial or local government prohibition or restriction	\$250
24B(3)(a)	Failure to produce permit to burn	\$100

Other penalties may apply as specified in the *Bush Fires (Infringements) Regulations 1978*. Major offences may result in court action with penalties ranging from \$2,000 to \$250,000 and/or imprisonment.

## GENERAL INFORMATION

### KEEPING YOUR HOME SAFE FROM FIRE

There are a number of ways you can keep your home safe from fire –

- Install smoke detectors in your home
- Clear vegetation away from the walls of your home
- Clear all rubbish and inflammable materials from around your home and create a circle of safety free from flammable material (save buildings, structures and fences)
- Store all firewood, timber, petrol etc. well away from your home
- Prior to summer, clean all leaves and debris from your gutters
- Don't have flammable trees, such as conifers, near buildings
- Trim all branches that overhang the house, power lines and those that are close to windows and glass doors
- Fit wire insect screens or shutters to windows and glass doors



## CDP COMMUNITY UPDATE

SEPTEMBER / OCTOBER 2020

Another busy month as we lead into October with CDP Activity Supervisors and Volunteers working solidly in preparation of Mandatory Service Delivery Project Start-Up!

Employment is steady with new opportunities in Mining, Council and Recycling across Wiluna, Leonora and Laverton offering long term positions.

Our **Hydroponics Project in Leonora** is flourishing with a beautiful scene of backyard green after 4 weeks of planting! The **Laverton Workshop** is prepped, whilst our teams are busy in community gathering pallets, tyres and tyre rims for refurbishing CDP projects!



The end of September will see the Foundation supporting **Nyuunga-Ku Women's Group Back to Country Women's Camp (Leonora)** in support of a cause close to our heart, whilst October will support **Mental Health Week. NAIDOC Week 2020** planning is underway for November 8<sup>th</sup> -12<sup>th</sup> across the Region in recognition of First Nation's history, and connection to country and culture – **'Always Was, Always Will Be'** will see community celebrate together.

DO YOU HAVE  
UNWANTED TYRE RIMS,  
WOODEN PALLETTS OR  
CAR TYRES? CDP ARE  
COLLECTING NOW  
ACROSS WILUNA,  
LAVERTON & LEONORA

PLEASE CALL ELAINE FOR  
PICKUP: 0477587643

Laverton CDP  
Workshop  
Ready to go!



Luscious Leonora  
Hydroponics Garden  
4 weeks growth!



CDP Volunteer  
Clarke in action!



First Day on the Job with Minesite  
Recycling - CDP Participants Ben  
and Brenton with Property Owner  
(Wiluna Community)



CDP stars collecting pallets for  
refurb CDP Projects in  
Laverton!

# MANI-KU NINTI

## MONEY TALK

### **Job Keeper and Job Seeker**

benefits have just been reduced which means that you are going to receive less money from Centrelink. Any cut back in wages can have a huge effect on your household budget.

It doesn't take long to get used to being paid more, and those little extras that money can buy. But going back to be paid less can put a huge strain on families. Learning to go without the treats and how to relearn the skills you need to make your money stretch can be hard.

The money mob can help you by looking at what bills you need to pay like rent, power, phone. If you have loans and how much you pay for those. How much money you spend on food every week and anything else like clothing.

We can help you by looking at the overall money picture. Talking about areas where you can maybe not spend as much money on can also be helpful. An example of this might be having takeaways once a week as a treat instead of a regular way of eating.

If you think that this could be helpful for you then please come in and have a chat.



## **MONEY SMART - FINANCIAL COUNSELLING SERVICE**

Completely **FREE** and **CONFIDENTIAL** we can help you with  
**BUDGETING, DEBT MANAGEMENT, TAXATION, SUPERANNUATION,  
BANKING AND PROBLEM GAMBLING**

We will be at the Laverton Community Resource Centre on Tuesday 20th through to Thursday 22nd of October

# Catholic Diocese of Geraldton W A

[www.geraldtondiocese.org.au](http://www.geraldtondiocese.org.au)



## A Message from the Catholic Parish of Church of the Resurrection, Laverton

Our next Mass will be Saturday the 24<sup>th</sup> October commencing  
6.00pm.

At our new premises in the Old Court House which borders the  
Town Oval, in Craiggie Street Laverton.

**Note: This will be my last visit prior to the planned Christmas Visit which is scheduled for Saturday 19<sup>th</sup> of December.**

The Catholic Parish of Laverton is linked to the Parish of Our Lady of Mt Carmel and there may be times, due to sickness or road conditions where I may not be able to celebrate the Eucharist so I ask that you please contact me at the on the details given below.

Kindest Regards in Christ Our Saviour

(Fr.) *Robert O'Bryan*

Our Lady of Mt Carmel Parish Mullewa Linking with the parishes of St Joseph's Mingenew, St Finbar's Yalgoo, Church of the Holy Cross Morawa, St Joseph's Perenjori; Sacred Heart, Leonora; Church of the Resurrection, Laverton; St Francis of Assisi, (Christian Peace Centre), Leinster. For further details contact Fr Robert O'Bryan on 0457980852; Email: [olmcchurch@westnet.com.au](mailto:olmcchurch@westnet.com.au)



Government of Western Australia  
WA Country Health Service



Government of Western Australia  
Department of Finance

## EXPRESSIONS OF INTEREST FOR LEAD ARTIST LAVERTON HOSPITAL

Expressions of Interest are sought for a lead artist to manage, oversee and coordinate integrated public art works for the new hospital. It is intended that the lead artist will be from Laverton or one of its associated communities and be familiar with the art and culture in and around Laverton. The selected lead artist will coordinate other local artists to develop new artworks that reflect project themes and goals. The artworks will then be scanned, adapted and fabricated into integrated artworks to become part of the hospital fabric. These integrated artworks will be manufactured and installed by the builder with oversight by the project's Art Coordinator.

The project's Art Committee will select one lead artist using the following criteria:

- Connection to Laverton and/or its associated communities 40%
- Demonstrated relevant past experience 40%
  - Ability to engage with artists of all ages
  - Communication skills and ability to work flexibly with others and negotiate outcomes
  - Provide opportunities to expand skills, knowledge and build creative partnerships
- Flexibility and availability 20%
  - Availability to work within the project timeline
  - Comfortable working with members of the community

The lead artist will be engaged to do the following:

- Artwork production
  - Engage with members of the local community through talks and artistic collaborations
  - Mentor interested artists to inspire and exchange ideas
  - Facilitate the painting of artworks on canvas/board with local artists to incorporate designs into the proposed architecture
- Purchase of artwork
  - Provide advice to the Art Committee on the selection of artworks, e.g. on the cultural appropriateness of the artwork (*note: the Art Committee has the responsibility for the artwork selection decision*).
  - Provide interpretation of artworks
- Implementation of artworks
  - Provide input into the selection of artwork locations
  - Maintain a close working relationship with the Architect and Art Coordinator
- Provide regular updates and timelines to Architect and Art Coordinator on progress.

The Art Coordinator will assist the lead artist by overseeing and coordinating the fabrication and installation of the integrated artworks.

It is intended that the lead artist will be engaged in September and available for a community session in October.

**Interested artists should contact the Art Coordinator,  
Alison Barrett on 0419 192 657 or [abarrett@netspace.net.au](mailto:abarrett@netspace.net.au)**



## Thursday Evenings

Community Darts  
every Thursday  
7:00pm  
Laverton Sports Club



Supper Provided  
\$5.00 per Game and you must be a  
member or members quest to play



Government of Western Australia  
WA Country Health Service



Government of Western Australia  
Department of Finance

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# **NOT ON MY ROAD!**

Following recent attendance of two serious, single car rollovers and a number of reports from concerned community members, Laverton Police in partnership with the Laverton School, are launching a road safety initiative commencing the 4<sup>th</sup> term of school.

This initiative will focus on prevention and education, targeting both pedestrians and vehicular road users.

Of particular concern to residents who approached us, were juveniles not paying attention near to the main street or whilst riding their scooters and bikes around town.

You may have previously read about our 'Adopt-a-Cop' initiative where one of our main objectives is to build solid relationships between the police and students at the Laverton School. These relationships are established by building trust, rapport, being involved in school activities and through providing education. During a recent meeting with the school principal, Diana Kirkland, she informed us that the school was equally committed to educating the students in Road Safety awareness, and invited police to provide a presentation to all students on the fundamentals of Road Safety.



The school are also going to incorporate more road safety education as a part of the School Drug Education and Road Aware program (SDERA) and soon students aged 15 and above will be offered the opportunity to take part in the Keys4Life.

For those who are unaware, Keys4Life is a pre-driver program that helps to educate young people about safer road use and allows them to sit their Learner's Permit Theory Test. Their theory is 'Preparing young people for safer driving is an important component of the Western Australian road safety strategy as each year young drivers are over-represented in road crash statistics'.

When asked about the road safety initiative, Acting Sergeant Elliot said, "Just because we live in a small town with relatively low traffic volumes, it doesn't mean we can ignore the dangers on our roads. With this initiative we aim to remind everyone about the importance of Road Safety. The children of Laverton are the future of this town, so we hope by kickstarting a combined education program, we can ensure the safety of our roads for years to come".



The Laverton Shire have also kindly committed funding that will give local children the opportunity to access safety equipment. Details are still being finalized however we'll keep you informed when know more. There will be giveaways to those who can demonstrate continual safe road use.

So, what can you do to help make our roads safer? Well it's pretty straight forward. Please take the time to remind yourself about the importance of basic road rules, as we have noticed a rise in the number of people failing to stop at stop signs, using mobile phones whilst driving and failing to wear seatbelts or secure juvenile passengers with the correct car/ booster seat combinations.



*Current laws:*

**Birth - 6 months** - Rearward facing restraint - capsule or rearward facing convertible restraint

**6 months - 4 years** - Rearward facing restraint or forward-facing restraint with a five-point internal harness - forward facing convertible restraint with a five-point internal harness, or a combination restraint used with a five-point internal harness.

**4- 7 years** - Forward facing restraint with a five-point internal harness, or booster seat with a lap and sash seat belt or h-harness, or combination restraint used in a booster seat mode.

The penalties for mobile phone use have also recently increased. From July 1 this year, anyone caught texting, emailing, using social media, watching videos or accessing the internet while behind the wheel will be hit with the \$1,000 fine and four demerit points.

Thank you for taking the time to read this important message, let's all work together as a community to make our roads safer!

Acting Sergeant John Elliot

Laverton Police Station



# CASH IN YOUR CONTAINERS AT PAKAANU

Get 10 cents for each one



## ELIGIBLE CONTAINERS



Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L



## INELIGIBLE CONTAINERS



Containers not commonly found in litter, including all plain milk, flavoured milks 1L and above, pure juice drinks, wine and spirit bottles, cordials.



Visit [containersforchange.com.au](https://containersforchange.com.au)  
to find out more and  
create your scheme ID



# Cheesy Chicken And Broccoli Pasta

<https://tasty.co/recipe/cheesy-chicken-and-broccoli-pasta>

## Ingredients

for 4 servings

- 2 tablespoons olive oil
- 2 chicken breasts, cut into 1 inch (2cm) pieces
- salt, to taste
- pepper, to taste
- ½ cup yellow onion(75 g), about half an onion, diced
- 2 cloves garlic, about 1 tablespoon, minced
- 2 cups chicken broth(480 mL)
- 3 cups water(720 mL)
- 16 oz pasta shells(455 g)
- 4 cups broccoli(1 kg), or one head of broccoli
- ½ teaspoon cayenne powder
- ¼ teaspoon nutmeg
- 1 cup milk(240 mL)
- 2 cups shredded cheddar cheese(200 g)



## Preparation

1. Heat olive oil on medium heat in a large pot. Add chicken breasts, season with salt and pepper, and allow the chicken to brown on one side.
2. Flip chicken, then add onions and garlic as the second side browns.
3. Once the chicken has browned on both sides, add chicken broth, water, and pasta to the pot.
4. Stir all ingredients, cover the pot with a lid, and bring to a boil. When it begins to boil, uncover and stir. Bring the heat to low, stir, then cover and let simmer for 20 minutes.
5. After 20 minutes has passed, uncover and add in the broccoli. Stir continually as the broccoli steams until the rest of the liquid evaporates.
6. Add milk and cheddar cheese and stir until the cheese melts and you have a smooth cheese sauce.
7. Add salt and pepper (to taste), cayenne, and nutmeg. Stir once more, then you're ready to serve.

# Kickin' Up Dust

Dusty Roads WA



## Welcome

### A note from our Founder

Welcome to the first edition of Kickin' Up Dust. Our aim for this newsletter is to give you some information and tips on coping with Mental Health issues in Rural WA. We know how hard it is to cope some days and isolation can make our problems seem even more hopeless. We hope that you find useful information amongst these pages and you can also stay up to date with what we are up to as well.

We hear you, we see you and we are here for you!

Bron



**Bronwyn North**  
Dusty Roads WA  
Founder



**Alisa Pettite**  
Insite Minds - The  
non fluff Emotional  
Stuff



**Carmelo  
Faranda**  
Mental Health  
Warrior



Podcast



**DUSTY ROADS WA**  
A Mental Health Collective



Blog



## What does your overwhelm cycle look like?

**Bronwyen North**  
**Dusty Roads Founder &**  
**Mental Health Warrior**

What does your overwhelm cycle look like?

Mine is so chaotic. Sometimes I don't even think now, after all this time, that I can see the warning signs that I'm back in that cycle. Until this morning. For the last few days I haven't been myself. My back was so bad with pain (a consequence of previous chemotherapy treatment), that I couldn't work my Sunday shift. That's where it really started for this week. My employers were completely understanding, my brain however started on the

overthinking guilt trip of how crap I was and not being able to move, how I had let people down, how I couldn't get up for two days to clean house. And now back in at the DRWA shop my house is still an absolute disaster and my back still hurts (although better). I ended up having a massive row with my almost 12 year old son. Which continued on through the morning and a quick catch up with someone that just put me into a major negative space.

So I'm in the spiral. My overwhelming spiral of high anxiety and negative self talk that I struggle to get out of. I'll continue to overthink everything that's happened from Saturday onwards. Even though I have many tools in my tool belt to overcome these self depreciating narratives that run through my mind 24/7 I still find myself trapped. Why? Because I don't commit to them 100 percent. I want to do these things, journal, meditate, mantras, breathing etc. Once I'm in the cycle though I cannot find the energy or motivation to do so. Which we all know is going to make the cycle last longer. So instead of trying to do all the things I know I should be doing I'm committing myself to just one.

Journalling. Why this particular one? Because it doesn't take a lot of my will power or energy up to get down in my journal what I'm thinking and how I'm feeling. I try to journal every night. In amongst this current overwhelming cycle I haven't been doing it. I tell myself I'm too tired (then sit on the phone for 30 minutes playing a game), I'll do it in the morning is another good one for me. Then the morning arrives and my excuse is I'm too busy getting kids organised for school when in actual fact all I really do is make their lunch because my kids are old enough to get ready without my help.

So why commit to just one thing and not make myself do all the other tools. One thing can help break the cycle. Starting to write again requires a commitment from me not to make an excuse for a 15 minute activity that I'm doing in my bed. It starts the ball rolling for the other tools to be used later in the cycle. I know how I work too well sometimes. I know that a week of journalling will see me start bringing back making time to do my breathing exercises daily, to take my 20 minutes in the morning and do my meditation for calm, and that will all lead up to the final break of the cycle. To bringing me back down to being more calm and patient and bring the negative self talk and anxiety to a controllable level where we laugh at it and give it snarky glares over my morning cup of coffee. So what does your overwhelm cycle look like and what do you commit to today to start to break the cycle?

## The Green Heart Project WA

In 2020 when Australia went into an extreme lock down, closing international, state and regional borders, Bronwyen started feeling extremely detached from the outside world and felt deeply affected by the severity of being unable to go the mere 400kms home.

So she began creating a traveling Green Heart composed of crocheted, knitted and sewn green hearts to travel across Australia to show that even though we were isolated from the lives we knew, we were all in this together.



## How to Stop Negative Thoughts in their Tracks

Alisa Pettite  
Founder Insite Mind &  
Mental Health Warrior

To do this We all know that voice in our heads that likes to have an opinion about absolutely everything. Whether good or bad, it just seems to chat all the time. While this voice is certainly helpful in making decisions, learning and analysing it can also be very unhelpful if our voice says hurtful, self destructive and condescending things.

I recently read a great book by Michael A Singer called The Untethered Soul. I highly recommend this read! The book helps to put a face to the voice by asking you to picture that voice as a guest in our house, sitting on the couch having a conversation with you. The interesting

thing is, if this was a real person, saying these things we would be unlikely to just roll over and take it. We would most likely, some more politely than others, tell that person to stop what they are saying and get out of our house!

So why do we take the negative self talk from our own voice? Well most times we are not mindful enough of this voice and the self talk continues without challenge. Negative thoughts arise and we let them go by without contemplating if this is true or not. We have sixty to eighty thousand thoughts a day and most of these go by without our awareness.

Time to get control of this self talk with some helpful tips:

### PRACTICE MINDFULNESS

We can only change what we are aware of.

In a fast-paced world, it is easy to be doing five things at once, not really focusing on any one task and losing connection with the present moment, with what we are doing and how we are feeling. Mindfulness is the practice of purposely focusing our attention on the present moment—and accepting it without judgement. Mindfulness is being absolutely present in this very moment. Not thinking about yesterday or tomorrow but focusing on what is happening right here, right now.

Mindfulness is always being mindful of something. We can practice mindfulness when we walk, when we eat, when we breathe... at anytime. It is all about stopping, really focusing on what you are doing in that present moment and allowing yourself to find your centre throughout whatever activity you are partaking in. This will help you to observe your thoughts and emotions as they come up as you won't be preoccupied with every other thing you need to do in that moment.

### THE HOUSE MATE APPROACH

I want you to think of the voice in your head as a housemate, visitor or guest in your house - whatever the image is of a person that you could challenge or ask to leave if you were not happy with how they were talking to you.

Imagine yourself having a conversation with this person on the couch. If what they are saying becomes hurtful, threatening, negative or guilt ridden, challenge them. Take control of the situation by challenging what is being said or asking them to leave. Then invite a nicer, happier and supportive friend over and see what they have to say!

### CRAFT Your Mind

If you find yourself having negative thoughts or saying harmful words to yourself, there are some simple steps you can follow to turn your mind around. At your first negative thought, just remember the word **CRAFT**:

**C - CANCEL** the thought, it's not logical.

**R - REPLACE** it with rational new information.

**A - AFFIRM** a new thought with a new imagine; think about a time of success from the past or create a vision of one in the future.

**F - FOCUS** on an image of a successful you for 30 seconds.

**T - TRAIN** by continually repeating the steps every time you have a negative thought... the more the better.

### **KNOW YOUR UNHELPFUL THOUGHTS**

There are unhelpful negative thoughts that go round in our mind, and a lot of them we all commonly share! Know what yours are. Becoming mindful of what you are likely to say to yourself helps in the mindfulness process as you are more likely to pick it up when it is happening because you have previously identified this as your pattern.

Here are some common unhelpful thoughts:

1. I am not good enough.
2. I'm not smart or strong enough.
3. I'll never reach my goal.
4. I don't like being different from other people.
5. No one cares about me.
6. There's nothing I can do to make things better.
7. Others have better luck than I do.
8. This is the worst thing that could possibly happen.
9. Everything is my fault.
10. Bad things always happen to me.

Replace your unhelpful thoughts with some positive affirmations. Say these to yourself everyday. Out aloud helps too, don't just read them. Really feel them and say them until you feel differently. If the unhelpful thoughts swirl around in your head more than once or on repeat, then we must do the same with our selective helpful thoughts.

### **Helpful Thoughts**

1. Something good comes out of everything.
2. I am worthy of other people's love.
3. I can recover and learn from my mistakes.
4. I have a lot of opportunities to succeed every day.
5. I am capable of doing anything I set my mind to.
6. With time and effort, anyone can improve.
7. Every situation has positive aspects.
8. I have skills and knowledge that benefit others and myself.
9. I can make a positive difference in peoples' lives.
10. I have control over my thoughts, emotions, and decisions in life.

Life's too short to have bad friends. Train that voice in your head to be your best friend, your biggest supporter.

With Love

Ali x

DUSTY ROADS WA

# SUICIDE PREVENTION MONTH



## CAN WE REALLY PREVENT SUICIDE?

We may not be able to prevent every single suicide but by working together to end stigma surrounding mental health we have a chance to make a big impact. Every single person can make a difference if we all come together to make talking about mental health a normal conversation.

## WHAT CAN I DO?

Check in on your friends and family and trust your gut. Even if they say they're okay and you feel something is off, follow it! Make yourself present and make them know that you're not just a call away but you're right there with them. Presence is so important!



## HAVE THE CONVERSATION

We talk about having the #awkwardconversation a lot at Dusty Roads, but really it doesn't need to be awkward. We need to work toward it being normalised. Asking what's up or saying I can see something's been bothering you, shouldn't be hard. Ask the question and be prepared to sit and listen.

## MAKE THEM FEEL SAFE

If you think someone you love is thinking about suicide make them feel like they are in a safe space. Talk to them about if they've thought about how they would do it and remove anything they are thinking about using to hurt themselves out of reach.



## HELP THEM HELP THEMSELVES

Sometimes people can't always reach out for help as it feels too overwhelming for them. So help them out. Take them to your local GP for first response help. Or to your local emergency department. Follow through and show them you're there all the way and they are not alone.

## WHO ELSE CAN YOU CALL?

Lifeline Australia	13 11 14
Beyond Blue	1300 22 46 36
MensLine Australia	1300 78 99 78
Kids Helpline	1800 55 18 00
Suicide Call Back Service	1300 659 467
Open Arms	1800 011046



SEPTEMBER IS SUICIDE PREVENTION MONTH  
LET'S ALL BECOME PART OF THE SOLUTION

VISIT US AT 82B SOUTH WESTERN HIGHWAY WAROONA

Go to [www.dustyroadswa.org](http://www.dustyroadswa.org) for more.

# HALLOWEEN

## 31ST OCTOBER 2020

**Samhainophobia is the medical term for a pathological fear of Halloween.**

**The Guinness World Record for Heaviest Pumpkin is held by Mathias Willemijns from Belgium and his 2,624.6-pound pumpkin.**

**In some cities, kids over 12 are banned from trick-or-treating, and teens who try face up to \$1,000 fines**

**Dressing up in costumes was once a way to hide from ghosts.**

**Halloween is the second-biggest commercial holiday in America after Christmas. Americans were expected to spend 9.1 billion dollars on Halloween in 2017.**

**Halloween in 2020 will have the first full moon since 2001**





## Laverton Aboriginal Art Gallery

Managed by  
LAVERTON CROSS CULTURAL ASSOCIATION INC.

### Genuine Aboriginal Art

By Artists from Laverton and the Western Desert area

**Come and see the outback through the eyes of local Aboriginal artists at Laverton Gallery. Each of the original artworks is unique and tells the stories of this beautiful country.**

➤ **Eftpos facilities**

➤ **Secure payments**



The Laverton Gallery was established to display, promote and sell authentic Aboriginal art on behalf of artists from Laverton & the Western Desert.

**Email:** [admin@lcca.org.au](mailto:admin@lcca.org.au) |

**Phone:** (08) 9031 1395

Cnr of Euro & Augusta St, Laverton W.A 6440 |

P.O Box 123, Laverton W.A 6440





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# Hon Robin Scott MLC

## Member for Mining and Pastoral Region

*I am the VOICE for YOUR thoughts!*



For those of you that don't know me I am Hon Robin Scott MLC. I was sworn in on 22 May 2017 as a Member of the Legislative Council of Western Australia, representing Mining and Pastoral Region for Pauline Hanson's One Nation.

I would like to start by saying for the past thirty years I have been interested in politics, and just like you I have been forced to vote at every election for the best of a bad bunch. Being a father of two and grandfather of six it motivated me to maximize my contribution as a parliamentarian. I'm here for the people of my electorate not the people of the house. I am here help repair our political system, defend our Australian way of life and maximize opportunities for fellow West Australians. The major parties have condoned the deterioration of our manufacturing industries and are slowly strangling our mining, agriculture and pastoral industries. We have every natural resource the world wants and we still can't eliminate poverty in Australia, due to poor management by politicians."

### ✓ Achievements

- ✓ **Blocked - The State Government's proposal to raise the gold royalty** - In 2017 I was Successful with the Disallowance Motion which defeated the Government's attempt to increase the Gold Royalty by 50%. Which I think is an absolutely fantastic win. I am determined to protect and promote mining and lead the defence against water charges for prospectors and small miners.
- ✓ **Granted - License for an MRI Machine in Kalgoorlie-Boulder** -Alongside Senator Georgiou we secured the Medicare license for the MRI machine in June 2018 after leading a strong advocacy campaign alongside WA One Nation. Although our town is still waiting for the MRI Machine i reassure you that I will continue to ask the question and update my electorate as to when we can expect it to be operating.
- ✓ **Granted - Funding for Palliative Care** - I accomplished a desired result with obtaining a multi-million-dollar funding injection for Palliative care in regional WA. I was disappointed to hear that the government had again let our people down with in the health department and knew that people deserved to die with dignity.
- ✓ **Blocked Removal of Education components with School of the air** - I won the fight with members of the cross bench when the state government proposed that they wanted to remove critical education components with School.

### My To Do List

- Advocating the PHON plan to subsidise apprenticeships by 75% in the first year, 50% in the second year and 25% in the third year.
- **Investigate unfair Native Title Claims**
- **Create Suitable accommodation in regional towns for remote community visitors.**
- Continue to follow up on the current status of the MRI machine for the Kalgoorlie Health Campus.
- Bring Royalties for Regions back to Regional WA.
- **Continue to monitor the age care facility in Leonora.**
- Monitor the Upgrade of the Laverton Hospital.

ADVERTISEMENT



# KYRAN O'DONNELL MLA

Member for Kalgoorlie

Serving the  
Goldfields Community

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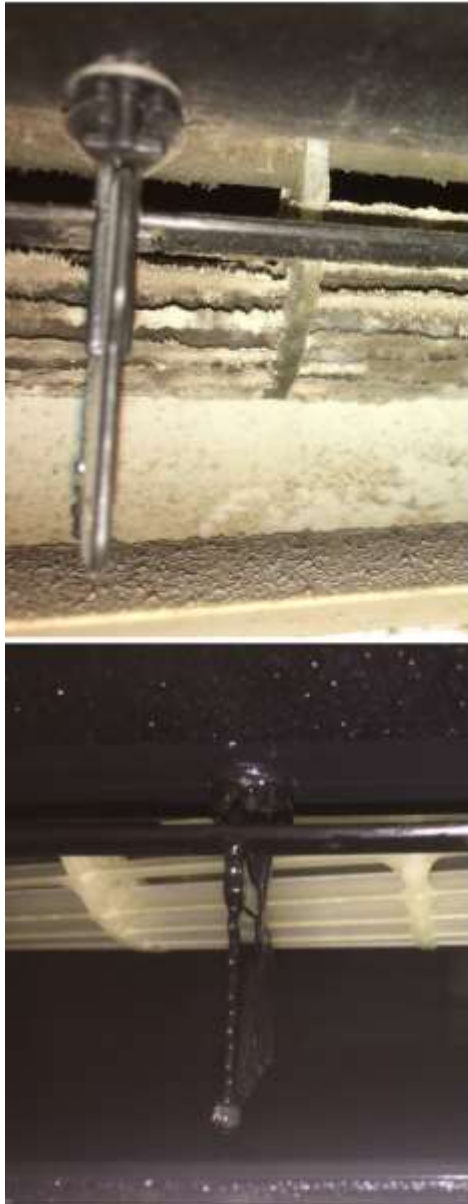
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# Have you thought of joining the....

## LAVERTON MEN'S SHED

Looking for something to fill in  
your Sunday?

Why not head down to the  
Laverton Men's Shed.

Start a new project or finish an old  
one or simply just have a cuppa and  
a chat.

**Open Sunday's from 9.00am.**

If you would like to join the Laverton Men's Shed,  
membership forms are available from the Great  
Beyond Visitor Centre or you can drop past the Shed  
on a Sunday morning and join up. A small  
membership fee applies.

[lavertonmensshed@gmail.com](mailto:lavertonmensshed@gmail.com)



Government of Western Australia  
WA Country Health Service

# Commonwealth Home Support Program (CHSP) in Laverton

**CHSP provides support services to older people to help them to continue to live independently in their own homes and in the community**

Services include: meal delivery or preparation assistance, help with showering or personal care, house cleaning, laundry, local transport, shopping, activity days, home maintenance and social support.

## Get in touch

The WA Country Health Service provides CHSP services in your area and will help you with your My Aged Care application.

For more information please phone:  
Laverton CHSP Office on 9088 2600  
To find out more you can also visit the  
My Aged Care website  
<https://www.myagedcare.gov.au/> and  
click on the 'Find and set up services'  
button.

To provide feedback on this publication email  
[wachcomms@health.wa.gov.au](mailto:wachcomms@health.wa.gov.au). Alternative formats can  
be provided on request. © WA Country Health Service.



## **Laverton Events Calendar**

















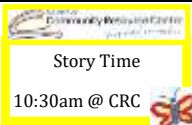



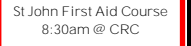



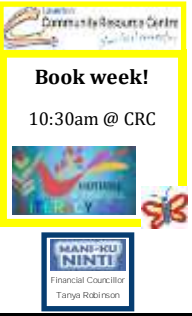



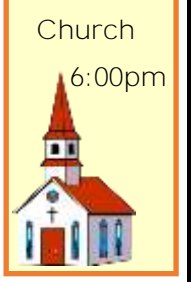

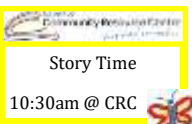



### **October**

<b>Date</b>	<b>Event</b>	<b>Details</b>
Thursday 1 October	Darts Competition	Laverton Sports Club - 6:30pm - \$5.00 per player
Sunday 4 October	Men's Shed	Men's Shed - 9:00am
Tuesday 6 October	Pool Closed	Laverton Pool closed for operational reasons
Wednesday 7 October	Pool Closed	Laverton Pool closed for operational reasons
Thursday 8 October	Pool Closed	Laverton Pool closed for operational reasons
Thursday 8 October	Centre care Financial Councillor	Lyn Hart- Call 9080 0333 for an appointment
Thursday 8 October	Women's Group	One Tree-Women-11:30am
Thursday 8 October	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Sunday 11 October	Men's Shed	Men's Shed - 9:00am
Monday 12 October	Back to School!	Laverton School- End of school holidays
Wednesday 14 October	Pool Closed	Pool Closed
Wednesday 14 October	Story & Rhyme Time	Laverton CRC - Children 0-5 years- 10:30am
Wednesday 14 October	Laverton LDAG Hip Hop (boys)	Laverton School - Years 3-12 - 4:15am to 7:00pm
Thursday 15 October	Be-connected program	Laverton CRC - Seniors- 10:00am -11:00am
Thursday 15 October	Women's Group	One Tree-Women-11:30am
Thursday 15 October	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Saturday 17 October	St John First Aid Course	Laverton CRC 8:30am-pre bookings are essential
Sunday 18 October	Men's Shed	Men's Shed- 9:00am
Tuesday 20 October	Mani-Ku Ninti Financial Councillor	Tania Robinson-Laverton CRC
Tuesday 20 October	Department of Communities	Call 0447 683 479 for any enquiries
Wednesday 21 October	Mani-Ku Ninti Financial Councillor	Tania Robinson-Laverton CRC
Wednesday 21 October	Book Week	Laverton CRC - Children 0-5 years- 10:30am
Wednesday 21 October	Kungka Group	One Tree-3:00pm-5:00pm
Wednesday 21 October	Laverton LDAG Hip Hop (boys)	Laverton School - Years 3-12 - 4:15am to 7:00pm
Thursday 22 October	Mani-Ku Ninti Financial Councillor	Tania Robinson-Laverton CRC
Thursday 22 October	Be-connected program	Laverton CRC - Seniors- 10:00am -11:00am
Thursday 22 October	Womens Group	One Tree-Women-11:30am
Thursday 22 October	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Thursday 22 October	Ordinary Meeting of Council	Shire Council Chambers-5:00pm
Saturday 24 October	Church	Old Court House-6:00pm
Sunday 26 October	Mens Shed	Mens Shed-9:00am
Wednesday 28 October	Story & Rhyme Time	Laverton CRC-Children 0-5 years-10:30am
Wednesday 28 October	Laverton LDAG Hip Hop (boys)	Laverton School - Years 3-12 - 4:15am to 7:00pm
Thursday 29 October	Seniors Morning Tea	Laverton CRC - 10:00am
Thursday 29 October	Darts Competition	Laverton Sports Club-7:00pm-\$5.00 per player

# Laverton Events Calendar

## November

Wednesday 4 November	Pool Closed	Laverton Pool closed
Wednesday 4 November	Story & Rhyme Time	Laverton CRC-Children 0-5 years-10:30am
Thursday 5 November	Women's Group	One Tree-Women-11:30am
Thursday 6 November	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Sunday 8 November	Men's Shed	Men's Shed - 9:00am
Sunday 8 November	NAIDOC WEEK	Look out for further details
Monday 9 November	NAIDOC WEEK	Look out for further details
Tuesday 10 November	NAIDOC WEEK	Look out for further details
Wednesday 11 November	NAIDOC WEEK	Look out for further details
Wednesday 11 November	Pool Closed	Laverton Pool closed
Wednesday 11 November	Story & Rhyme Time	Laverton CRC - Children 0-5 years- 10:30am
Wednesday 11 November	Laverton LDAG Hip Hop (boys)	Laverton School - Years 3-12 - 4:15am to 7:00pm
Thursday 12 November	NAIDOC WEEK	Look out for further details
Thursday 12 November	Be-connected program	Laverton CRC - Seniors- 10:00am -11:00am
Thursday 12 November	Women's Group	One Tree-Women-11:30am
Thursday 12 November	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Friday 13 November	NAIDOC WEEK	Look out for further details
Friday 13 November	Market Stall Applications close	Contact CRC if you would like to hold a market stall
Friday 13 November	Blue light disco—Hip hop dance off	Leonora VS Laverton dance off
Saturday 14 November	NAIDOC WEEK	Look out for further details
Sunday 15 November	NAIDOC WEEK	Look out for further details
Sunday 15 November	Men's Shed	Men's Shed— 9:00am
Wednesday 18 November	Pool Closed	Laverton Pool closed
Wednesday 18 November	Story & Rhyme Time	Laverton CRC - Children 0-5 years- 10:30am
Thursday 19 November	Be-connected program	Laverton CRC - Seniors- 10:00am -11:00am
Thursday 19 November	Womens Group	One Tree-Women-11:30am
Thursday 19 November	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Sunday 22 November	Men's Shed	Men's Shed— 9:00am
Wednesday 25 November	Pool Closed	Laverton Pool closed
Wednesday 25 November	Story & Rhyme Time	Laverton CRC - Children 0-5 years- 10:30am
Thursday 26 November	Be-connected program	Laverton CRC - Seniors- 10:00am -11:00am
Thursday 26 November	Womens Group	One Tree-Women-11:30am
Thursday 26 November	Darts Competition	Laverton Sports Club - 7:00pm - \$5.00 per player
Saturday 28 November	Community Market day	Laverton Shire Hall- 9:00am-12:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			 DARTS! 7:00PM 			 Mens Shed 9:00am 
5	6	7	8	9	10	11
			 DARTS! 7:00PM 			 Mens Shed 9:00am 
12	13	14	15	16	17	18
		 Story Time 10:30am @ CRC	 DARTS! 7:00PM		 Pre Bookings only — Please call: 0890262000  St John  St John First Aid Course 8:30am @ CRC	 Mens Shed 9:00am
19	20	21	22	23	24	25
	 Department of Communities 9093 5521  Financial Councillor Tanya Robinson	 Book week! 10:30am @ CRC  Financial Councillor Tanya Robinson	 DARTS! 7:00PM  Financial Councillor Tanya Robinson		 Church 6:00pm	 Mens Shed 9:00am
26	27	28	29	30	31	
		 Story Time 10:30am @ CRC	 DARTS! 7:00PM  Seniors Morning Tea 10am @ the CRC		 Happy Halloween	