



Murchison Monologue

October 2009, Volume 34, Issue 8



Some of the Wonderful Wildflowers in our area.

COUNCIL CORNER

MESSAGE FROM THE CEO



Road works

Airstrip

The drainage earth works has been completed, and the side marker drums have been completed.

The airstrip has been granted a radio license and the new lighting has been despatched from Melbourne.

The new windsock and concreting is to be completed in the next few weeks and then the airstrip will be fully functional.

Flood Damage

Beringarra Pindar Road

Northcoast Contractors have been working from Beringarra south to Nookawarra over the past few weeks re establishing some of the damaged road network. Over the next few weeks they will be continuing south of Nookawarra resheeting and re forming damaged sections of road. This is a tiresome task as there is not much road building material around, so the crew are doing an excellent job.

Trackwest will be reconstructing a 3km section of road south of Nookawarra Homestead utilising the "rock chopper" which smashes rocks up to 300mm into gravel size particles. This section of road will be treated with polycom as a trial for future reference when we have exhausted our road building material.

Kalli Road

Northcoast Contractors will be heading that way soon.

Programmed Works

Erong Road

The Shire's construction team has been working on installing 26 bunds on the Erong Road, this is designed for road protection of the infrastructure we have in place. This process has involved training on our dozer for some operators and consultation with the land owners. The construction crew will be completing the flood damage areas of this road during this process.

The construction team will soon be heading towards the Mt Gould road to perform a similar road protection.

Beringarra Pindar Road- Near Murgoo Woolshed Road

Trackwest have completed the reconstruction of the road and drainage close to the Murgoo woolshed road. As many of you know this has long been a problem section. This section of road has had some trial work also completed on it. We have tried a section just water binding it, another section that has been cement stabilised, another Section that has 2% cement and a binding product called PK4 and another section with strait PK4. I will arrange signage for the trial sites, so you can have a look at the different products and how they perform.

What is the purpose of all these trials?

We are trying to establish some new techniques and utilise some new technologies in our reconstruction methods. This will lead to savings in construction and longer periods between re construction and ultimately a better road network.

Meeberie-Wooleen Road

Can anyone remember the corner on this road that has the wrong camber, well you may have missed the opportunity to drive the wrong way as it is currently being fixed as the monologue goes to print.

Bridge 837 at Ballinyoo

See attached Report

Maintenance Grading

A section of road north of Tin Hut Creek has been completed and is now working south of Tin Hut Creek to the Settlement

The Meeberie Wooleen Road, Wooleen Boolardy Road, Meeberie Mt Wittenoom Road, and Pia Community have all received some maintenance grading.

Community Amenities

The community's patient transfer vehicle has been taken to Yalgoo to have the stretcher serviced. It is planned to take the PTV to Geraldton to be refurbished with new medical supplies.

CBD Development

Caravan Park

New electrical work is about 75% completed, including new lights and power outlets with the new RCD are fitted. This upgrade was necessary to comply with various Acts and Regulations.

Motel Unit

The 3 room budget accommodation unit has been totally stripped and is ready for lining the inside and outside. The new "turtle" roof will soon start to take shape.

Roadhouse

The sand pad has been completed utilising the excess gravel from the airstrip which has made a great sub base. Yellow sand has been imported to make the final sand pad ready for footings and concrete pad.

The plans are currently at the structural engineer before going to council for final approval and approvals of the planned budget.



Structural Reform

Council was required to complete a submission to the Minister by 30 September 2009.

Council's submission was based on the instruction given by the community at the consultation day that "Amalgamation was not suitable for the Shire of Murchison".

Banners in the Terrace

At the recent WALGA Convention the Shires Banner once again made the finals in the biggest area of nominations. I would personally like to thank Jano for the excellent banner produced for the district. If anyone has not seen this year's effort give me a call and I will email a copy.

Bridge 837 at Ballinyoo Bridge

The story so far.....

- The existing bridge known as 837 was constructed in 1929-30
- In the sixties a major repair operation was performed to support the failing pylons
- The bridge has been continually checked by Main Roads Engineers every seven years
- In 2002 a small grant was received to do some major repairs
- In 2008 BG & E engineers listed 7 options for the future of the bridge

Current Status of the bridge.....

- Community Consultation day was held on 6 July 2009
- After a heavy heart and emotional discussion on the future of the bridge the community decided that in the best interests of future generations of people in the Murchison that the financial burden to maintain the old bridge would be too great to impose on those future generations.
- The Council considered the three options for a new bridge;
 1. Option One: build a new bridge 30 meters upstream
 2. Option Two: build a new bridge 70 meters down stream
 3. Option Three: build a new bridge on the existing alignment
- If the new bridge was built on a new alignment then the engineering report and support from Main Roads would be to build on the 70m downstream option
- The downstream option would require a new road alignment at a significant cost addition to the total project. This cost is estimated at \$1,000,000 extra to the project.
- The bridge on the existing alignment has a significant saving attached as no realignment, cultural and heritage issues are in existence.
- Council has received numerous letters from ex-residents and other interested parties.
- Council has endorsed to build the new bridge on the existing alignment.

Heritage Council Issues

- The bridge is not listed on the Heritage Councils register
- The Heritage Council has listed the bridge for an urgent review of its heritage status.
- The Heritage Council has contracted an engineering report and history compilation of the bridge.
- The Heritage Council requested the Minister for Heritage, John Castrilli, place a "Stop Work" order on the bridge to stop the bridge being demolished.
- The "Stop Work" order is for 42 days and has since expired.

Where to from here.....

- The Shire Council has complied with the stop work order
- The Heritage Council will complete the investigation

- The Heritage Council will vote on a recommendation to the Minister of listing or not listing the bridge.
- The Shire Council will get a vote on the recommendation that goes to the Minister.
- There will be a public consultation, conducted by the Heritage Council, for 6 weeks prior to the recommendation going to the Minister.
- The Shire Council, in good faith, has endorsed to put on hold any works until the Minister has made a decision.
- This process is likely to about three months.

Current Bridge Use

- The bridge is currently closed to all traffic
- It is an offence to drive on a road that has been closed
- The bridge can still be walked on and photos taken from it.
- Should a flood event occur the bridge will be open for that period

I am available to speak to anyone who wishes to discuss the bridge and process at any time during normal business hours.

Ron Adams
Chief Executive Officer

Murchison Community Funding

Funding and Eligibility Criteria

Aim

The Murchison Community funding program is an initiative of Cross lands Resources to develop innovative ideas and positive projects within the Murchison community.

The Community funding provides the opportunity for local community individuals, groups, and organisations to receive funding to support projects that will be of benefit to the local community.

FUNDING CRITERIA

- Eligibility is limited to community members, groups and organisations which have limited opportunities to source alternative funds.
- The application should address a community need and reflect a clear community benefit.
- Projects that provide opportunities for community members to participate in activities that celebrate the arts and cultural diversity.
- Projects that attract visitors to or within the area and add value to the Murchison shire.
- Projects that provide sporting, recreational or community participation opportunities with the aim of improving health, fitness and/or quality of life
- Funds may be allocated for equipment purchase where there is evidence that such equipment is vital to the ongoing viability or the quality of the service/program offered.

- Education or training that is innovative and responds to community needs while Promoting skills and independence.
- Can show credible, tangible, transparent and practical results.

WHAT/WHO WILL NOT BE FUNDED

- Projects and activities that are the responsibility of the State or Commonwealth Governments.
- Projects or activities already gaining substantial community support from Council.
- Events that only benefit members of an organisation.

APPLICATIONS

Applications and submissions for consideration for funding are to be made in writing to the CEO of Shire of Murchison who is the fund administrator, and should include as a minimum requirement the following information:

- Name and address of community group or organisation.
- Objectives of community group or organisation including membership numbers and capacity to carry out project.
- Organisation’s contact person and project manager if applicable.
- Purpose of the project or service.
- Community benefit gained by project.
- Project time lines.
- Extent of funding sought.
- Confirmation of in-kind contribution.
- Details of funding and/or applications for funding from alternative sources.

Important

Failure to supply or address the required details may render the applicant ineligible for grants.

Ensure all details are provided.

Assessment

All applications will be assessed on their merit. Eligible applications will not necessarily be funded. We will give priority to projects that encourage community participation and development to reduce social isolation and provide long term benefit for the Murchison Community.

MURCHISON SPORTS CLUB INC

2009 MEMBERSHIP FORM

First Name: _____ Date of Birth: _____

Postal Address: _____

Residential Address: _____

Telephone Number: _____ Fax Number: _____

Mobile Number: _____ Email Address: _____

Would you like to receive information about Murchison Sports Club news, updates and events? (Please circle)
YES/NO

Are you a new or previous member? (Please circle) **NEW MEMBER** or **PREVIOUS MEMBER**

If yes, how would you like to receive this information? (please circle one) **FAX, EMAIL, POST**

Partners Details

Full Name _____ Age _____ Date of Birth _____

Dependants (Under 18 years of age)

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Other Family Members - over 18 years of age (\$20 per single or couple)

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Full Name _____ Age _____ Date of Birth _____

Signature of Adults

Date: ____/____/200__

POLOCROSSE NEWS

Polocrosse has almost come to an end for another year with the Nationals Selections for WA well underway. There have been two selection tournaments with another to be held in Kojonup this weekend. We have three people from our shire try for National selection so good luck to

Mark Halleen (Masters Team 2010)

Stuart Wake (Intermediate Men's)

Matt Adams (Intermediate Men's)

Stuart and Matt played in the Midwest Zone Side at Walkaway and made the final but lost to Great Southern.

Mark played for Irwin in the B grade while, Stuart played for Greenough and Matt played for Moonyoonooka at the State Champs for the Open Intermediates, Matt's team once again made it into the final but lost to Kojonup. Matt received an award for the Best Number Three for the Intermediates.

Murchison has had a great year in polocrosse with many players from our region playing the game and having a great weekend. While it was not always possible to play under Murchison colours it was not uncommon to hear someone cry "Up the River" and we all knew that there was someone somewhere on a field that hailed from Murchison.

It was great to see people of all ages playing the game with even our small competitors getting into the swing of things with Edwina Halleen charging down the field to chase the ball. I am sure that it won't be long before Mark is chasing Edwina trying to dislodge the ball from her Racquet.....Good luck with that Mark.

Good luck to all those trying out for Nationals Positions I am sure at Ballarat heads will turn when we here the familiar saying.....

"UP THE RIVER"



MATT AND STUART AT STATE CHAMPS

Murchison Polocrosse



~MURCHISON POLOCROSSE CLUB~

The Murchison Polocrosse Club invites all past players
or
anyone interested in our illustrious club to become social members!

ONLY...
\$20 per year
or
\$100 for a continuous social membership.

This membership would allow you to be highly involved in the club, vote at all meetings and to be on the club mailing list.

For all enquiries contact:
Tessa Mitchell
Club Sectary
26 Albert Street
CLAREMONT WA 6010
0429 130 192
tess_mitch@hotmail.com

COMMUNITY NEWS

Lost property.

The Anzac ceremony in France has again prompted me to make another appeal for some Road Board property.

There were 2 pictures hanging on the dining room walls at Boolardy as late as 1950. One was of the Cenothph in London and the other was Menin Gate at Midnight by Will Longstaff where the ghostly figures of soldiers were depicted. They were in gold frames about 80cm by 40.

Another was a photo of the HMAS Sydney which sank the German battle ship Emden in WW1. The frame was made from the teak from the Sydney's deck and carried a silver plaque. This hung in the Road Boards end of the station office. All were bought by the Board for some charity. After the office was moved to TwinPeaks in 1949/50 I feel they were sent there and when it moved again to Wooleen they may have gone there. They certainly did not come back to Boolardy when the office once more came back.

I have made extensive enquiries over the years to no avail. Someone must know something about them. They would have moved at a time when someone would have known their history. And not been destroyed I don't remember them at Boolardy after 1950. It may have got to our private store room. Some funny things happened and priceless records disappeared after we left in 1968.

Please give them a plug, it will fill in space and might reach some ones memory.

*Regards
Bob Lefroy*

COMMUNITY NEWS



Commemorative Plaques

Since 2001 the Shire of Murchison has maintained a Commemorative Plaque Project.

Could all interested parties please contact me at the Shire with details and contact numbers of families that may wish to have a plaque erected in their honor.

Ron Adams
Chief Executive Officer

Gardening Tips

10 Must-Grow Plants for the Self-Sustainable Garden



When you have unlimited resources and enough space to fling a Mack truck it doesn't matter what you grow. Even if you're trying to escape the supermarkets and remain self-sustainable, unlimited resources allows you to be frivolous with your choices and grow any plant you like.

However, confine yourself to a suburban backyard and the options become very limited. No longer can you grow every exotic fruit or experiment with boutique vegetables. It now comes down to finding the most appropriate plants that will supply your needs throughout the year, and limiting your choices to just those ones.

So, if you were given the task of restricting your choice to just 10 plants, what would they be? Here's my 10 MUST grows for a suburban self-sustainable garden;

1. **Lemon/ Lime Tree** - ok, this one may border on the luxury end of the choice scale but when it comes to flavouring and preserving other foods, acidic limes are one of the best options you could grow. Plus, if you had a surplus you could always make lemonade or churn out your own marmalade.
2. **Apple Tree** - this is your source of winter fruit. If you're not into apples you could always grow pears or even mandarins. The beauty of an apple tree is that it produces abundantly and can easily be espalliered against a boundary fence to minimize space. A good apple tree can keep you in fruit for most of the cooler months.
3. **Peach / Nectarine Tree** - then there's the summer fruit to consider. You could opt for a berry vine instead but for the sheer amount of fruit that glupe producers offer it would be hard not to choose at least one. Not into peaches or nectarines? Then you could choose from apricots, plums or even loquats.
4. **Cabbages** - a winter-growing vegetable. Cabbages are a great storing vegetable with a superb shelf-life. If you grow too much they can always be pickled and stored as sauerkraut.
5. **Tomatoes** - tomatoes are the best fruit/veg that the self-sustainable gardener could grow. Not only do they taste great during the summer months but you can easily produce enough to can, bottle or freeze for the cooler months.
6. **Potatoes** - the ultimate carbohydrate vegetable can be grown for at least nine months of the year and produce brilliant harvests. Potatoes, like cabbages, have a great shelf-life and provided they're kept in a cool, dry yet dark location should be able to keep you in stock for most of the year.
7. **Beans** - with the range of beans available you can have these growing for almost six months of the year as well (depending on your climate). Beans are a great vegetable that lend themselves easily to being blanched and frozen for the winter months.
8. **Carrots** - the ultimate all-rounder vegetable that will grow as a continual crop. Carrots can be grown at any time but if your area is too cold to support them during winter then they can be blanched and frozen like beans.
9. **Lettuce** - while mostly considered as a summer vegetable, lettuce can also be grown indoors in a small hydroponic setup that gives you year-round supply. It's a great vegetable, especially the many new varieties that avail themselves to be picked indiscriminately and still continue growing.

10. **Onions** - the final choice in this list. I would have said garlic if I had another option but we're trying to limit ourselves here. Onions are a great option for the home self-sustainable garden. They store really well making them available in the off season and are great producers. Plus, like lemons, onions are a great flavouring for many dishes and are useful in pickling and preserving other vegetables.

Could that list satisfy you and your family? Or, would you need to embellish it with a few more choices or even replace some the ones I've mentioned.

Keeping Mosquitoes out of your Rain Barrels



As rain barrels become an important part of the garden landscape it can only be expected that they will become magnets for water-loving mosquitoes. In fact, with the phenomenal growth of rain barrels it should signal a disturbing trend that the mosquito population is set to explode.

Mosquitoes love any body of water that remains still long enough for them to release their larvae. Therefore it can only be expected that rain barrels will become a soft target for these pests to multiply. The water collects from your roof via downpipes and is then stored in these water drums to be used at a time that is most probably not regular. This source of water then becomes the best possible breeding ground a mosquito could wish for.

While I've discussed some **mosquito control** methods before here on GTNI, when it comes to rain barrels there needs to be different solutions - tipping the water out regularly kind of defeats the purpose. So, how can rain barrels and water storage exist without creating a habitat for man's most deadly insect? Easy...here's some gardening tips that should keep them out of your water storage drums forever.

1. **Add a goldfish** - small goldfish love mosquito larvae almost as much as we love chocolate. So why not add one, perhaps two, to each rain barrel. Provided they still have enough air - in other words don't lock off the top of the barrel - keeping a goldfish in your drums should be quite a simple task.

The benefit is twofold; 1). the fish will devour the larvae as soon as they are laid reducing your fish feeding bill, and 2). the ammonia excreted from the fish will produce beneficial nitrogen for your soil.

2. **Produce an oil slick** - we all saw how effective the Exxon Valdez spill was at killing wildlife, well the same principle applies here. Providing the water level in your rain barrels can be kept above the output spouts you can pour a layer of oil (preferably food-grade) on top of the water. This acts as a shield for insects getting into your barrels and laying their eggs plus if any eggs do survive they will soon die once they begin to develop into the larvae stage.

One important note, don't combine this method of mosquito control with the one above. The oil slick will stop the water being aerated and the fish will eventually die.

3. **Cover the intake with a filter** - if the other two methods seem a little too bizarre for your liking then covering the intake is possibly the next best thing. A pair of nylon pantyhose should do the trick as they are fine enough to stop mosquito infestations but will still allow the water to seep through and collect in the barrels.

The downside of this method is that the filter will need to be checked often to ensure that they aren't breaking down or that holes aren't being produced. Even the smallest hole in these can become an access point for mosquitoes and their larvae.

4. **Chemical larvicides - microbial larvicides** are a chemical solution to the problem. If the three options listed above don't seem to deal with your problem, or if you're looking for an easy fix, then larvicides may be your next best option. Granular forms are most likely to be available at your local hardware or garden store and should be added as per the directions at times when mosquito activity is at its peak.

As with most chemical solutions it is only a matter of time until mosquitoes build up an immunity to these and they become ineffective or stronger. My advice would be to only use these if you can't find any resolution with the other ideas.

5. **Mosquito Dunks** - these are just a glorified form of larvicide making insertion easier for the user. They perform the same result as the method listed above but are more convenient in their packaging.

Hopefully one of these methods will work for your situation and help control mosquitoes breeding in your yard.

Onions and Pantyhose - Can you see the link?



Oh, it makes perfect sense, really!

The thought of storing your excess onions is one that can make any gardener a quivering mess. Why? Because you know that even after storing them in a cool, dry and dark pantry they're sure to still sprout or rot in a week or two. Keeping them for months or even a whole year is ludicrous.

But then one smart cookie read the storage directions on a bag they bought at the markets. And the tip? Store them in pantyhose. Of course!

It may seem a little absurd but the fashion accessory that women share a love/hate relationship with could just be the onion hanger of the century.

The idea is to start with a fresh pair of pantyhose that have been washed without chemicals. Once dried, each onion is placed into a leg pushing it right down into the bottom toes. Then a knot secures it in place and allows another to continue. Once the leg is full of onions, it's hung in the same pantry suspended from the roof space.

The benefits of doing this are numerous. First, the hose allow the air to circulate over the onions keeping molds and bacteria's from starting their ravaging feast. Plus, the pantyhose can easily be suspended keeping them off limited shelf space and because a knot is tied between each onion, one can be readily chopped from the leg without disturbing the others.

Ingenious - wouldn't you agree?

All About Herbs

Agrimony	- A traditional medicine
All-purpose Herb	- An easy-to-grow herb with the flavour of mixed herbs
Aloe vera	- This succulent is used to treat minor burns
Angelica	- Candied angelica stems are used in cakes & biscuits and as a decoration.
Anise	- Spice up your salad with anise or use as an attractive garnish.
Basil	- Basil goes great with tomatoes and with pasta sauces.
Bay Tree	- Bay leaves are particularly great in meat marinades.
Bergamot	- One of the sweetest smelling herbs
Borage	- Borage has an attractive blue flower.
Calendula	- Soothing to the skin
Caraway	- A favourite culinary and medicinal herb since ancient times
Catnip	- Bliss for cats
Cat's Whiskers	- A medicinal herb, it is also known as Java tea.
Chamomile	- Chamomile tea has a calming effect
Chaste Tree	- A herb used in women's health
Chervil	- One of the French <i>fines herbes</i> .
Chicory	- A bitter salad herb
Chives	- Chives has a mild and delicious onion flavour

Comfrey	- Useful for making poultices
Coriander	- Coriander is used frequently in Asian cooking.
Cress	- Easily grown indoors
Culantro	- A favourite West Indian flavour
Cumin	- An essential ingredient in curry
Curry Tree	- A popular flavouring for Indian food
Dill	- Dill goes well with potatoes or fish.
Dog Bane	- Many dogs hate the smell
Elderberry	- Use elderberry to flavour jams, jellies & desserts.
Echinacea	- Echinacea is regarded as having the ability to stimulate the immune system
Fennel	- Fennel is a favourite flavouring for fish
Fenugreek	- The curry-flavoured seeds are highly prized
Feverfew	- A pretty medicinal plant
French Sorrel	- Sorrel is a zesty addition to salads & is also used in the famous French sorrel soup.
Galangal	- A favourite flavouring in Thai cuisine
Garlic	- Garlic has so many uses in cooking (particularly Italian) that it is hard to do without it.
Geranium	- Scented geraniums are a favourite input to potpourri
Ginger	- This aromatic rhizome is a favourite world wide.
Gotu Kola	- In Australia it is marketed as the Arthritis Herb.
Hyssop	- Use in moderation for a sharp flavour.
Juniper	- Very popular in sauces served with game.

<u>Lady's Mantle</u>	- Traditionally used to promote a beautiful complexion
<u>Lavender</u>	- English Lavender is generally regarded as the most aromatic
<u>Lemon Aspen</u>	- A unique Australian flavour
<u>Lemon Balm</u>	- Makes a calming tea
<u>Lemongrass</u>	- Wonderful in Asian cooking
<u>Lemon Myrtle</u>	- Tangy Australian bush food
<u>Lemon Verbena</u>	- Imparts a lemon tang to chicken & fish. Also excellent in potpourris.
<u>Licorice</u>	- The root has long been used both medicinally and as a popular flavouring
<u>Lovage</u>	- A favourite of the Ancient Romans who used it as a medicinal cure-all
<u>Mandrake</u>	- An ancient herb steeped in superstition and intrigue
<u>Marjoram</u>	- A classic Mediterranean herb
<u>Meadowsweet</u>	- A traditional analgesic
<u>Mint</u>	- Nothing is quite as fresh
<u>Mountain Pepper</u>	- An Australian bush food with plenty of punch
<u>Mushroom Plant</u>	- Nutritious with a mild mushroom flavour
<u>Mustard (Black)</u>	- Mustard seed has long been used for both flavouring and medicinal purposes
<u>Native Mint</u>	- An Australian mint that is peppery as well
<u>Oregano</u>	- Use oregano in tomato & egg dishes and in pizzas, lasagne, pesto and pasta.
<u>Parsley</u>	- Parsley is very popular for flavouring egg dishes, vegetable dishes, pastas and soups and as a traditional garnish.
<u>Pepper</u>	- One of the world's most popular spices

Perilla	- A favourite addition to Japanese cuisine
Primrose	- Sweetly scented with calming properties
Purslane	- Common pig weed has more to offer than you think
Rocket	- The peppery leaves are delicious
Rosemary	- Traditionally used to flavour lamb and in Christmas turkey stuffing.
Rue	- A bitter herb used as a pest repellent
Saffron	- One of the most expensive seasonings in the world
Sage	- Traditionally used to flavour stuffing
Salad Burnet	- The refreshing taste of cucumber
Sea Parsley	- A native herb from coastal areas
Sorrel	- The sharp flavour adds zest
Southernwood	- Valued for its pest repellent properties
Star Anise	- One ingredient of Chinese five-spice powder
Stevia	- The leaves are two hundred times sweeter than sugar
Summer Savory	- A tasty annual herb
Sweet Cicely	- An aromatic herb with a sweet taste
Sweet Woodruff	- It smells like freshly cut grass
Tansy	- Try tansy as an insect repellent.
Tarragon	- One of the French <i>fines herbes</i> .
Thyme	- An ingredient in <i>bouquet garni</i>
Turmeric	- An aromatic spice used to flavour curries
Valerian	- Renowned as a sedative
Vanilla	- The world's favourite flavouring comes from an orchid.

<u>Vervain</u>	- A medicinal herb revered by the Ancients
<u>Vietnamese Mint</u>	- A hot mint for Asian cuisine
<u>Watercress</u>	- Egg and watercress sandwiches are a traditional favourite.
<u>Winter Savory</u>	- This peppery herb goes well with beans
<u>Wintergreen</u>	- A North American herb used as a pain-killer
<u>Witch Hazel</u>	- Its astringent qualities make it useful for cosmetics
<u>Wormwood</u>	- Use as an insect and pest repellent.
<u>Yarrow</u>	- Some say that it makes the flavour of other herbs grown with it more intense



Recipes

Frightfully Good Halloween Cupcakes

These creepy creations, which start from store-bought or homemade cupcakes, are sure to dazzle your Halloween party guests. Plus, they're all wickedly fun to make!



This creature cupcake is sure to be a monster hit at your Halloween get-together.

To make it, follow these steps:

1. Start with frosted store-bought or homemade cupcakes or make your own cake mix.
2. Insert sour candy corn in frosting for hair.
3. Cut 1 Necco Wafer in half and place at the top of baking cup for eyes.
4. Use frosting to stick two blue smarties to finish the eyes

One-pot Moroccan chicken



By Mandy Sinclair

INGREDIENTS

- 2 tablespoons olive oil
- 2 onions, halved, sliced
- 2 tablespoons moroccan seasoning mix
- 8 chicken thigh fillets, bone in, skinless
- 1½ cups (375ml) chicken stock
- grated rind and juice of 1 lemon
- 4 potatoes, peeled, cut into small cubes
- 150g baby green beans, tailed

kJ 2840, fat 35g, sat fat 9g.

Strawberry fruit whip



Recipe by Suzanne Gibbs

Serving size: Serves 2
Cooking time: Less than 15 minutes
Course: Beverage, Breakfast

Strawberry fruit whip

INGREDIENTS

Makes 2 drinks
Prep time 5 minutes

2 cups (500ml) apple and strawberry juice (see tip)
1 cup (140g) sliced strawberries
1 ripe banana, sliced
1/3 cup (95g) low-fat yogurt

METHOD

1. Place juice, strawberries, banana and yogurt in a blender. Blend for 1 minute, until combined.
2. Pour into a chilled glass and serve immediately.

Tips: Substitute your favourite juice, if desired.

WA misses out on national cattle price rise

TRAVIS KING

25/09/2008 3:58:00 PM

Eastern states' cattle markets registered near record prices last week, rubbing salt into WA beef.

The eastern states' price peak comes amid speculation in the WA industry this week that major beef processor and exporter, Harvey Beef, has dropped its schedule price by up to 20c/kg.

Harvey Beef chief executive officer Michael Rapattoni said the processor was back buying in the saleyards and price was price.

He would not comment any further.

The highest cow price recorded this year in the eastern states' physical markets was the 192.2c/kg liveweight registered at Casino, NSW, last Wednesday.

This was the highest price paid for cows at this market since September 2001, when a record price of 195.2c/kg lwt was set.

In contrast, the market continues to languish in WA.

Cow prices topped at 112c/kg lwt at Midland last week, while prices were even worse at last Thursday's Mount Barker sale with good cows selling for 80c-95c/kg.

Heavy bulls returned 102c-125c/kg, a little more than half of the prices received in the eastern states.

No one seems to be able to answer why WA cattle prices are so far behind.

What producers do know is that the industry, if it wasn't previously, is now at the crossroads.

Yornup beef producer Michael Campbell said WA's lack of competition is affecting cattle prices.

"Competition is the big thing and unfortunately in WA we suffer from a lack of it in both the processing sector and in the saleyard," he said.

"There is also a backlog of cattle in the system at the moment and while we have that build up prices



are not going to go up." WA beef and lamb producer Brendon Stoney said earlier this year in WA Farmer he wants a more united approach from farmers to try to raise consumer awareness about the future of food production in WA.

Kids Corner

Wax Paper Art

A safe and easy alternative to grated crayons and an iron.

Glue

Liquid tempera paint or food colouring

Paintbrush

Wax paper

Colourful leaves

Mix glue with tempera paint or food colouring to achieve a bright colour (or use coloured glue thinned with a little water). Using a brush, paint glue onto two pieces of wax paper of the same size (the paper should be well coated with glue). Stick colourful leaves onto the glue on one piece of paper, and then cover with the other sheet. Press together to stick, and then hang in a window.

Lightning Fact and Fiction

Fiction: Lightning never strikes the same place twice.

Fact: Lightning has "favorite" sites that it may hit many times during one storm. **Fiction:** If it is not raining, then there is no danger from lightning.

Fact: Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.

Fiction: The rubber soles of shoes or rubber tires on a car will protect you from being struck by lightning.

Fact: Rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.

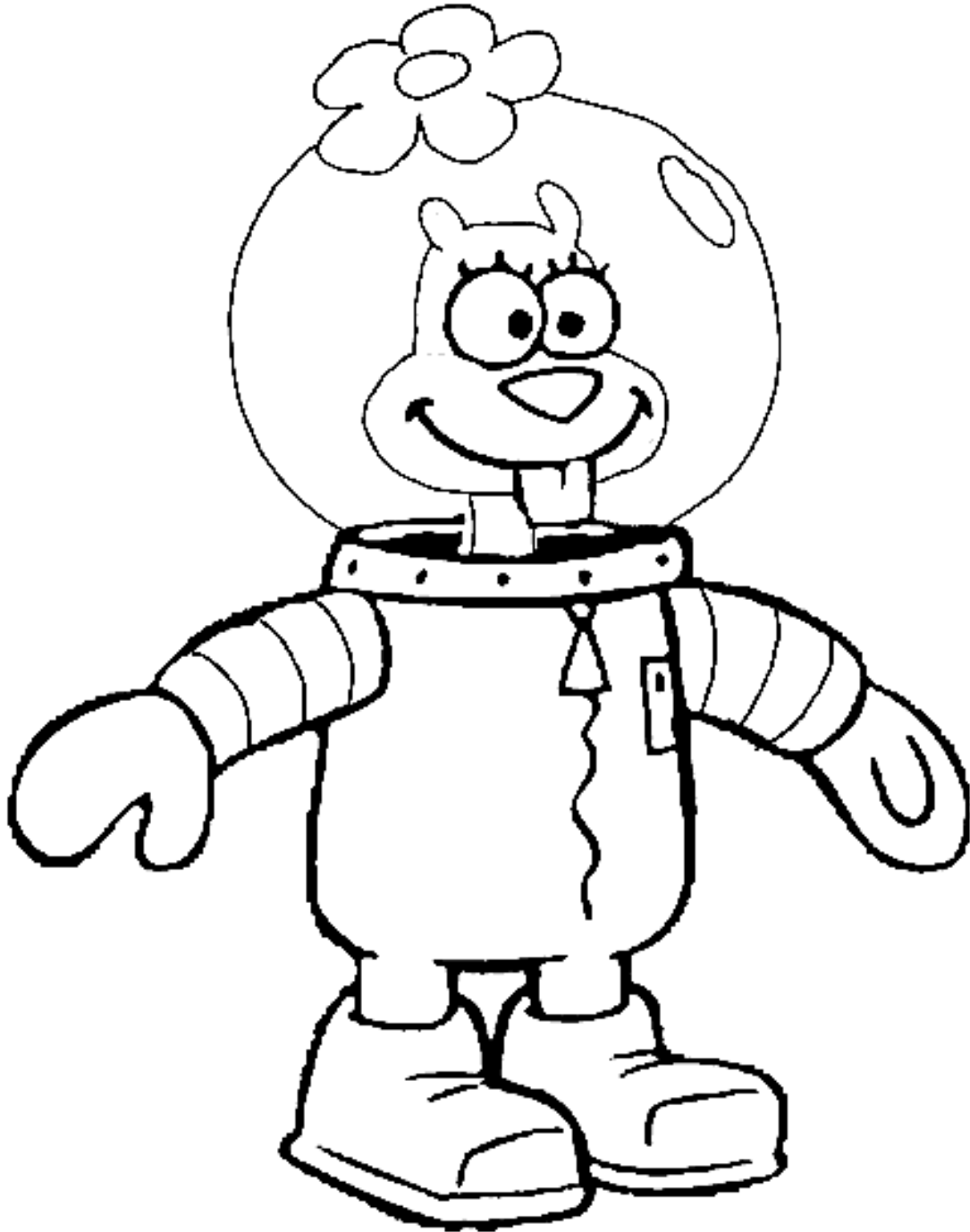
Fiction: People struck by lightning carry an electrical charge and should not be touched.

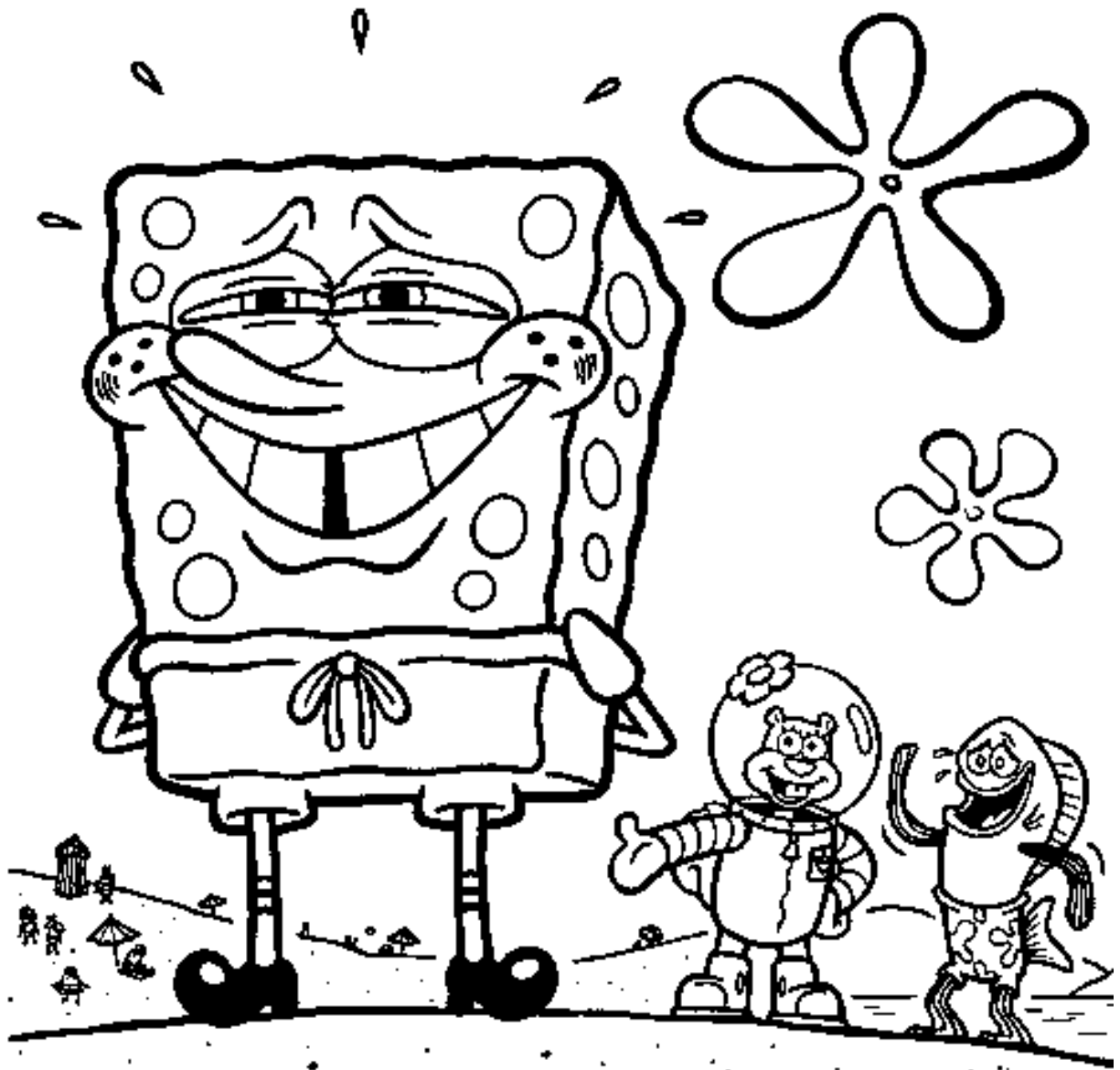
Fact: Lightning-strike victims carry no electrical charge and should be attended to immediately.

Fiction: "Heat lightning" occurs after very hot summer days and poses no threat.

Fact: What is referred to as "heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction!

Let's See What Colourful Creations you can Master





© 2001 Viacom International Inc.

CBD Development



The Fuel Station is now up and running supplying locals and travellers with much needed fuel.

The Freight Shed is almost finished and will look great once done.



The Freight Shed will play a vital part in continuing our much needed Freight service to the area.



The Motel Units are on the way to completion blending in with our amenities.

The Old Laundry Donga is being refurbished into the new Motel Units.



There will be three rooms available. These rooms are already booked out for our Polocrosse Tournament in 2010.



The sand pad for the new roadhouse.

This will be the front view of our new Roadhouse.



The weather station has been moved to opposite the roadhouse.

Bush fires

As you know bush fire season is here so we all need to do our bit to ensure that we are safe from harm.

Please all check your fire fighting equipment to ensure that it is all in good order. This will ensure that if there is a fire we are all prepared for the event. Here are some other tips that could help for around the homestead.

Prepare for summer

- **Become more vigilant when thinking about protecting your home from fire.**
- **Prepare a 20 metre fire protection zone around your house.**
- **Store all flammable liquid safely in a shed or garage and away from the house.**
- **Clear gutters and the roof of leaves and debris.**
- **Make sure that your water hoses can reach every corner of the house.**
- **Test petrol or diesel driven pumps to ensure they work and have fuel.**
- **Ember proof your home by installing metal fly-screens or metal roller shutters to all windows, vents and chimneys.**
- **Cover plastic or glass sky lights with flat wire meshed glass or thermoplastic.**
- **Check that there are no open eaves or gaps in the roof which could allow flying embers to enter your roof space.**
- **Remove ignitable objects from around the outside of your house such as wood, fuel containers, general rubbish.**
- **LP Gas cylinders should be located on the side of the house furthest away from the approaching fire with the pressure release valve facing away from the house, and there should be no flammable material within 6 metres of the valve.**



Social Tennis



Social Tennis is about to begin. You don't have to be a Venus Williams or Rodger Federa to come along and have a hit and enjoy the company. There will be BBQ facilities available so come to the courts and have a go. The dates are as follows:

Wed 4th Nov
Wed 11th Nov
Wed 18th Nov

Hit out starts at 7.00pm



MovieNight



On Friday the 27th if November there will be a movie night at the sports complex. Bring a blanket or a comfy chair if you wish and enjoy the outdoor cinematic extravaganza. BBQ facilities are here so bring in your dinner and don't forget the nibblies for the movie. The nights are beautiful so why not get together and enjoy ourselves. Curtains will open as soon as the sun goes down so make sure you are here in time to cook your meal and grab a front row seat. The movie will be one that all of the family will enjoy so come on in and we will see you here.

A decorative border of small yellow stars surrounds the entire page content.

EDITOR'S NOTE

I hope that you all have enjoyed reading and looking at the Murchison Monologue. If you have any idea's, photo's, local happenings or any article's that you would like to include in the next issue then please feel free to e-mail me at:

admin@murchison.wa.gov.au

I look forward to getting any feedback or idea's.

Regards & Cheers

Until next time.....



**Newsletter Issue 9
3 August 2009**

Term 3 has begun with outstanding attendance and all students should be congratulated for their excellent behaviour and enthusiasm for school. Let's hope that this can continue throughout the term.

Already this term we had Yalgoo Primary School and Scitech visit the school for a Star Gazing night. As this year is the Year of Astronomy and students have been studying Space in both classrooms, it was great for the students to apply their classroom knowledge with practical experience.

This week, students in Year 5 and Year 9 will undergo the WAMSE (Western Australian Monitoring Standards in Education) testing. This state wide test will be based on the Science and Society and Environment strands and be undertaken over Monday, Tuesday and Wednesday. Any parents with any questions about the testing, please see me.

Also happening this week, the Senior Room and Marc are attending the Career Expo in Geraldton as well as touring a range of work places. Students will leave on Wednesday and will be away for the rest of the week. The work placements have been arranged by Youth Pathways and are centred around the students interests for future careers.

I will also be attending a PD titled 'Leading Curriculum' on Thursday and Friday of this week, leaving Prue in charge for the two days. Next week, we will swap over, as Prue will be attending her New Graduate Module 2 in Geraldton.

Looking forward to a busy couple of weeks,

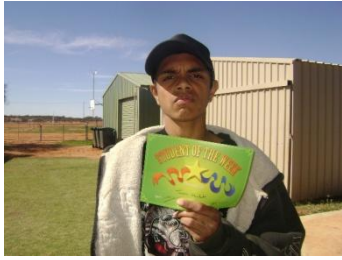
Amy

Junior Room News

It has been a very busy start to the term and attendance from all students in the junior room has been fantastic. We have continued on with the space theme this term as the students are showing great understanding and gaining a lot of knowledge. The students have been showing a better understanding in their ALS programs. In the first week the students used their creativity in making astronaut uniforms. I hope that the attendance continues as this term is very busy and exciting.

Prue

Student and Citizen of the Week



Congratulations to Jason – Student of the Week, and Patrika and Kohen who were last week's Citizen winners. Well done!



Our recent **points club** winners – Jeremy, Kohen and Deleeka – with their prize choices.

Fantastic! The winners with their worth \$15 which they use to select items from Bookclub.



attendance vouchers Scholastic

Senior Room News

Hello Everyone,

Well I would like to say welcome back, term 3 is here. It has been a busy start this term with the students already engaged in some new subject themes. Dinosaurs are new for S&E this term with the boys really excited. Also this term we have continued our woodwork and have completed a couple of items already this year. Next week we are off to our career's camp and the boys are really looking forward to seeing some different career choices.

Well on to different news. I would like to say **congratulations** to Ronita, Daniel, Clarence and Dwanna for passing their Keys for Life tests. Well done!

Active after School next week will be at 3pm on Tuesday and Thursday.

Until next time!

Marc

Design and Technology



In term 3 the senior room boys completed a cushion and pillow each during their sewing classes. Meanwhile the Junior room students enjoyed creating their own rockets.



SciTech Stargazing Visit



Last Week a team from SciTech, along with Yalgoo PS staff and students, visited Pia for an evening of Stargazing and a BBQ. Our kids thoroughly enjoyed looking through the large telescope and checking out the skies.



We made 'Moon Suits' so that we could walk on the Moon.



Every **Wednesday** is Playgroup time with Rachel for babies to 2 year olds. Come in after lunch at **1:40pm** for an hour of fun. The little ones can create things, play, read or just relax in a friendly environment. Everyone Welcome!!

