

# GASSY GOSSIP



JANUARY/FEBRUARY  
2025

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Gascoyne Junction  
Community Resource Centre  
*your local connection*

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Interested in joining the Gascoyne Junction Craft Group? Check out the details here.

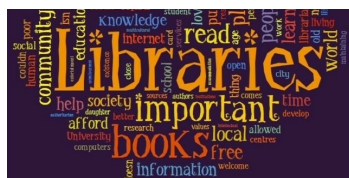
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## UPCOMING EVENTS

Find out what exciting events are coming up next in our Community Calendar.

## Ordinary Council Meeting Dates

Wednesday 12th February  
Wednesday 26th March  
Wednesday 30th April  
Wednesday 28th May  
Wednesday 25th June  
Wednesday 23rd July  
Wednesday 27th August  
Wednesday 24th September  
Wednesday 22nd October  
Wednesday 26th November  
Wednesday 17th December

Council meetings commence at 8:30am in the Shire Council Chambers located at 4 Scott Street, Gascoyne Junction.

All ratepayers and residents are welcome to attend the council meetings and participate in the Public Question Time session which is held at the beginning of each Council Meeting.

# COUNCIL NEWS

## CEO Report

Firstly, I would like to thank all of my staff and contractors for their efforts over the past twelve months, they are truly a remarkable bunch. Secondly, I thank Council for their continued support and leadership. Thirdly, I wish you all a very Merry Christmas and a Happy, Safe and Prosperous New Year.

Quite obviously this is a very short reporting period with only 7 working days between the last meeting and sending out the agenda. Having said that the last 7 days have been relatively busy as usual.

As per previous years the majority of people will be away for at least two weeks over the Christmas / New Year Period. I will be back at work on the 6th of January 2025 but will be available on the phone or via email over this period. Should there be an emergency I will drive straight back to ensure we have at least one pair of boots on the ground.

I have been busy trying to finalise some land tenure issues with Horizon Power and Jimba Jimba Station so these can be moved along. Jarrod and I attended a further meeting with Hastings in an attempt to finalise an interim Road User Agreement.

It appears that the Shire have picked up a further \$200,000 towards our re-sealing program. In total we will get approximately \$900,000 on the ground. This will greatly assist with the overall resealing program and should take some of the pressure off in 2025.

On another positive note we have received notification from DPLH that Heritage Survey for the Landor re-alignment and borrow pits will occur on or around the 13-16th of December 2024. Once we receive the reports we can then advise Main Roads we have a shovel ready project and can seek funding for this project.



## **Manager of Works and Services Report**

As usual December is consumed with organising trades and demobilising plant and equipment back to the depot for the Christmas shutdown period. This has been slightly hampered by our large drop deck float needing to be taken to Geraldton for suspension repairs. We will utilise MTF's float to return the remaining large plant items. Both Westrac and Pridham mechanical will conduct repairs during early January.

I would like to thank the outside staff and works crew for their dedication and hard work throughout this year. Although it is a small team, we certainly punch above our weight and continue to deliver. I am extremely lucky to have such an amazing team of individuals. I want to thank my supervisors, Sean Walker and Dameon Whitby. Without them we would not keep the show on the road especially given I have had to be away from work for an extended period earlier in the year.

The works crew have completed the Landor Mount Augustus Road resheeting and reforming works. The material we had to use was not ideal but surprisingly went down extremely well and produce a high-quality finish... another credit to the crew. We managed to resheet 12kms and reform 2kms of road.

The town outside staff are back on top of the staff housing, parks and gardens, the town is looking great and well prepared for summer. The crew will maintain the tourist park facilities until suitable lessees are engaged.

MTF have started works on the Carnarvon Mullewa upgrade to seal project. They will work up to the 20th of December and return to complete works by mid April next year. Greenfields will manage the project.

ABBL Contracting have been exceptionally busy for us in November and December. Lance and his small crew have completed 10 grid cleanouts and replaced two damaged grids with new. I also engaged them to conduct a signage reinstatement campaign on the C'von Mullewa, Dalgety Landor and Landor Mt Augustus Rd. This included reinstalling the Landor speed humps and relocating the road closure gates to Burringurrah.

I want to wish all staff, councillors, contractors and community members a Safe and Happy Christmas and I look forward to working with you all next year.

### **Manager of Finance and Corporate Services**

The audit exit meeting is scheduled to be presented to the Audit Committee on the 12 December 2024 at 10.30am and to date we have not had any management issues raised in relation to internal control or best method practice improvements, which is rare for a Shire to achieve. This is a remarkable achievement by the team and all commendations are well earned. In addition, we are still on track to be issued with a clear unmodified audit opinion, which is the ultimate objective of any financial audit, and substantiates that our annual financial statements are a true reflection of the Shire's financial position as of 30 June 2024. Once this is complete the audited financial statements will be included within the Shire's Annual Report ready for Council adoption.

I would also like to thank the team for keeping everything running during my absence in the latter part of the month. It was very much appreciated. Even though our team is small and understaffed, and yes we are undergoing a recruitment drive, we continue to achieve high goals and standards which is a testament to the over and above attitude of the team. Many thanks for all your ongoing efforts.

Lastly, I wish all staff and community a very Merry Christmas and all the very best for the New Year. Here's to 2025 – See you there!



### **Community Resource Centre Update**

November has seen the CRC host visits from remote services for NDIS, Department of Transport and Services Australia. A fun packed afternoon of Christmas festivities has been planned for the children of the Shire in early December.

We are also preparing a CRC Community Feedback Survey to be distributed in early 2025 to ascertain how we can improve services to the community.

Since my last report I have attended a meeting with fellow Community Development Officers from across the Gascoyne Murchison to develop a network for collaborating on projects and programs. As an initial meeting this is a positive step forward. I also attended the Murchison Executive Group at the conclusion of the Community Development Officer meeting. I have also attended the Australia's Golden Outback AGM and Board Meeting in Coolgardie, and represented the Shire at the 2024 Keep Australia Beautiful State Awards in Perth. Gascoyne Junction was a finalist in the Containers for Change category but did not win this year. The Deputy Chair of Keep Australia Beautiful did acknowledge and thank the Upper Gascoyne community for their efforts in hosting the successful 2024 National Awards this year, highlighting that small places can do extraordinary things.

# Shire of Upper Gascoyne Public Notice



## Annual General Meeting of Electors

### ANNUAL GENERAL MEETING OF ELECTORS (Local Government Act 1995; Part 1 S 1.7) 2023/24 YEAR

The Annual General Meeting of Electors is to be held on Wednesday the 12th February 2025 commencing at 11.00am in the Council Chambers, Gascoyne Junction.

#### Agenda

- Confirmation of the minutes of the General Meeting of Electors held on 14th December 2023.
- Consideration and acceptance of the Shire of Upper Gascoyne 2023/2024 Annual Report, which includes:
  - Presidents Report
  - Chief Executive Officers Report
- Annual Financial Report and Auditors Report
  - General Business.

A copy of the 2023/24 Annual Report may be obtained from the Shire Office, Scott Street Gascoyne Junction and is available on the Shire's website at [www.uppergascoyne.wa.gov.au](http://www.uppergascoyne.wa.gov.au)

In order that the relevant information may be readily available at the meeting, it would be appreciated if questions could be submitted in writing by Friday 7th of February 2025.

John McCleary  
Chief Executive Officer

**For enquiries, please call the Shire office on (08) 9943 0988**

## Notice of Audit Committee Meeting

It is hereby notified that an Audit Committee Meeting will be held by the Shire of Upper Gascoyne on Wednesday, 12th of February 2025 commencing at 10.30am.

This meeting will be held in the Shire Council Chambers at 4 Scott Street, Gascoyne Junction.

Ratepayers and Residents are welcome to attend the meeting.

John McCleary  
Chief Executive Officer

**For enquiries, please call the Shire office on (08) 9943 0988**



## EMPLOYMENT OPPORTUNITIES



# EXPRESSION OF INTEREST CASUAL OR PART TIME CRC CUSTOMER SERVICE OFFICER

For additional information regarding this vacancy, applicants are encouraged to contact Andrea Pears, Manager of Finance & Corporate Services on :

☎ 08 9943 0988

✉ [financemanager@uppergascoyne.wa.gov.au](mailto:financemanager@uppergascoyne.wa.gov.au)



# We're Hiring

## SENIOR FINANCE OFFICER

- **ATTRACTIVE REMUNERATION**
- **BRAND NEW 3X2 HOUSE  
(INCLUSIVE OF RENT AND  
UTILITIES).**
- **FUN SUPPORTIVE TEAM**
- **LOCATED IN GASCOYNE JUNCTION**

**FOR MORE INFORMATION HEAD TO  
<https://www.uppergascoyne.wa.gov.au/council/our-region/employment.aspx>**

# EXPRESSIONS OF INTEREST COMMERCIAL LEASE GASCOYNE JUNCTION PUB & TOURIST PARK



The Shire of Upper Gascoyne has appointed Peter Loughton of Summit Realty as the exclusive agent in seeking a new lessee for the Gascoyne Junction Pub & Tourist Park.

The opportunity to enter a commercial lease to operate the Shire owned facility which includes a tavern, roadhouse and tourist accommodation park is currently available.

Prospective lessees are asked to contact Peter Loughton at Summit Realty South West on 0429 113 161 or via email [peter@summitbunbury.com.au](mailto:peter@summitbunbury.com.au) for further details.

John McCleary  
Chief Executive Officer  
08 9943 0988

## About Us

The Shire of Upper Gascoyne covers an area of 57,809 square kilometres with the only town being Gascoyne Junction with a population of approximately 70 including the Woodgamia Indigenous community. The remaining residents reside on pastoral stations and at the Burringurrah Indigenous community.

The town site of Gascoyne Junction is the administrative hub for the Shire of Upper Gascoyne. Gascoyne Junction sits in the western side of the Shire adjacent to the majestic Kennedy Range National Park. Cattle grazing is the principle local economic activity in the Shire. With increasing visitor numbers tourism is also increasing as an economic driver for the Shire.

Government employment is also increasing across the Upper Gascoyne with residents employed in Local Government at the Shire, at the Gascoyne Junction Remote Community School, Western Australia Police and the Department of Biodiversity, Conservation and Attractions.

An emerging Mining Industry and supporting services is also making an impact on the economic growth of the Shire, with the Shire hosting an annual Mining Symposium to nurture relationships with key stakeholders to ensure the sustainable growth of this sector in our region.

### Contact Us

CEO – John McCleary

Phone: 0417107446

Email: [ceo@uppergascoyne.wa.gov.au](mailto:ceo@uppergascoyne.wa.gov.au)



**Shire of Upper  
Gascoyne  
4 Scott Street  
Gascoyne Junction  
6705**



# Shire of Upper Gascoyne

## *State Election Priorities*

### **Priority 1: Sealed Road Construction & Preservation**

**Problem:** The extraordinary costs for remote Local Governments associated with getting stone, bitumen and labour to either initially seal a road or reseal a road is two to three times greater than that of our Metro/Southwest Local Governments.

**Solution:** Set up a fund that supports mitigating the cost differential.

### **Priority 2: Heritage Legislation**

**Problem:** Heritage Legislation is restrictive to Local Government.

**Solution:** Heritage Legislation urgently reviewed with Local Governments being exempt especially for existing borrow pits, water points and minor road re-alignments if they are not in a registered 'significant site'.

### **Priority 3: RRG Allocations**

**Problem:** Insufficient funding to preserve road assets for rural / remote LGvt's.

**Solution:** Regional Road Group allocations to metropolitan councils be reduced to 10%

### **Priority 4: Emergency Funding (DRFAWA)**

**Problem:** Financial burden of Remote Local Governments.

**Solution:** Reduction of Shire Contributions for remote Local Governments to 2% of rate revenue and only one contribution per annum as we may have multiple events. Overdraft interest should also be included as an expense. Another inclusion should be all overhead costs for Shire Staff as an eligible cost. Cost of road reinstatement due to damage to road caused by repairing flood damaged roads.

### **Priority 5: Staff Housing**

**Problem:** Cost of constructing staff housing for employees.

**Solution:** Include a provision where a remote Local Government can access a fund for the provision of Staff Housing with a maximum amount of \$1M per year. Not for renovations but for new home construction.

### **Priority 6: Native Vegetation**

**Problem:** If Road Reserve not cleared the roads become unsafe due to a poor line of sight and animals feeding on the road verges.

**Solution:** Allow the clearing of native vegetation within existing road reserves.

### **Priority 7: Headworks**

**Problem:** Extreme costs to develop land to be used for housing.

**Solution:** Ensure that Horizon Power subsidise remote Local Governments for the provision of electricity, water and gas rather than using the current cost + methodology.

### **Priority 8: Miscellaneous Mining Licences**

**Problem:** Mining camps are generally situated on Miscellaneous Mining Licences and as it stands, we cannot rate them to account for the extra traffic damage to the road infrastructure.

**Solution:** Change the legislation to ensure that Local Governments can rate Miscellaneous Mining Licences.

**SHIRE OF UPPER GASCOYNE – CARNARVON MULLEWA RD UPGRADE  
 MONTHLY PROGRESS REPORT – DECEMBER 2024**

Contractor	MTF Services	Start Date:	25 November 2024	
		Forecast Completion Date:	April 2025	
<b>Project Overview</b> The upgrade project consists of the upgrade of approx. 10 – 12km of the Carnarvon Mullewa Rd from gravel to seal. The work involves several discontinuous segments east of Pells Crossing and west of Cobra Dairy Creek Rd The work is funded 100% by Main Roads WA. The earthworks and pavement work is being completed by MTF. The spray sealing work is to be completed by Colas. Sealing is scheduled for late April 2025.				
<b>Works this period (Nov/Dec 2024)</b> <ul style="list-style-type: none"><li>• Mobilised to site</li><li>• Completed majority of clearing west of the Daurie Creek crossing</li><li>• Commenced clearing from eastern end of existing seal through to the Congo Creek crossing</li><li>• Pushing subgrade and gravel materials</li><li>• Commenced first geotechnical testing of gravel materials</li></ul>		<b>Works next period (Feb 2025)</b> <ul style="list-style-type: none"><li>• The work crew will be on break for all of January 2025.</li><li>• On their return, they will continue with clearing and subgrade construction work in various locations.</li></ul>		
<b>Status Breakdown</b>				
	<b>Clearing</b>	<b>Subgrade &amp; Drainage</b>	<b>Basecourse/ Pavement</b>	<b>Overall</b>
Carnarvon Mullewa Rd 10km upgrade	29%	0	0	16%

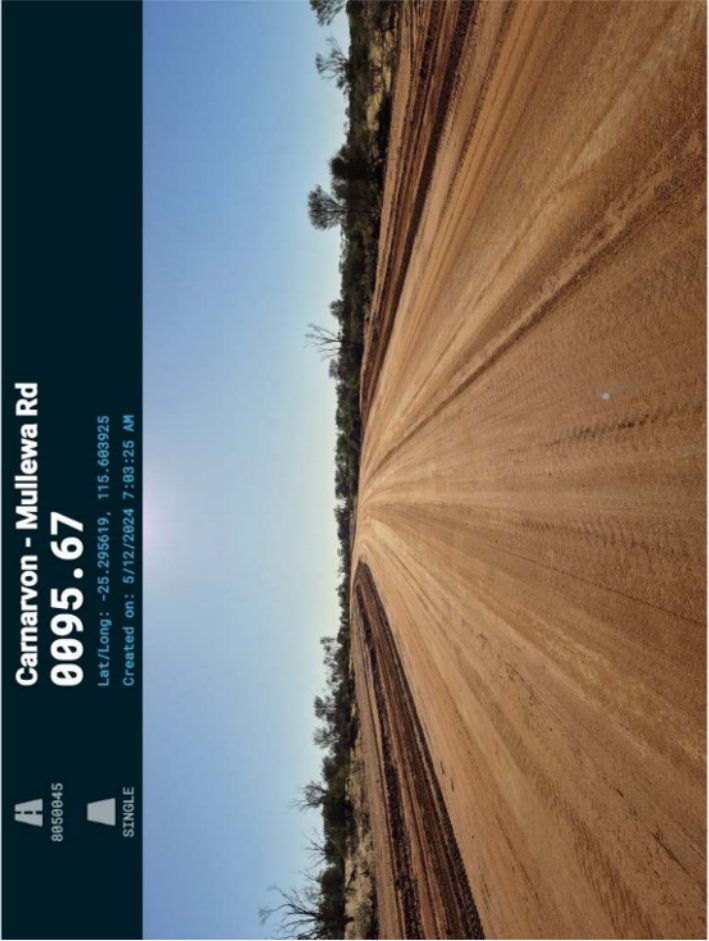
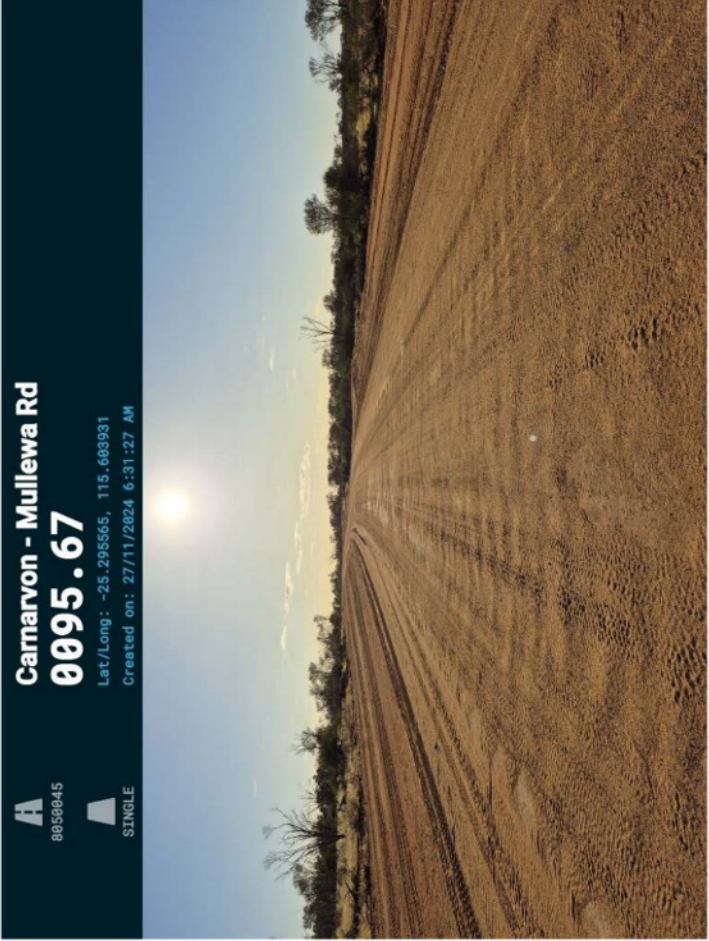
**GERALDTON**

8/81 Forrest Street, PO Box 2840, Geraldton, WA 6521  
 P 08 9921 5547

**PERTH**

8/229 Cambridge Street, Wembley WA 6014  
 M 0438 999 484

[greenfieldtechnicalservices.com.au](http://greenfieldtechnicalservices.com.au)



Carnarvon Mullewa Rd Slk 95.670 - 001 - CLEARING

Carnarvon Mullewa Rd Slk 95.670 - 001 - SUBGRADE

# BLAST FROM THE PAST

THIS SEGMENT OF THE GOSSIP EXPLORES PAST ARTICLES ON NEWS AND EVENTS IN THE UPPER GASCOYNE.

Northern Guardian 26th July 2006



Dave Macdonald (left), Shire of Upper Gascoyne special projects officer Terry Cahill, Mid West Gascoyne area consultative committee deputy president Christine Armstrong, steering committee member and Kalgoorlie MHR Barry Haase.

## Pathways guidebook launched

THE Gascoyne-Murchison Outback Pathways guidebook was officially launched by Kalgoorlie MHR Barry Haase at a function at the Carnarvon Visitor Centre last Thursday morning.

There are three pathways – the Kingsford Smith Mail Run, Miners Pathway and Wool Wagon Pathway. They cover more than 3000 kilometres from Geraldton to Exmouth and east to Sandstone.

The Gascoyne-Murchison Outback Pathways guidebook consists of 176 full colour pages outlining the fascinating history, rich indigenous culture and natural beauty of this special area.

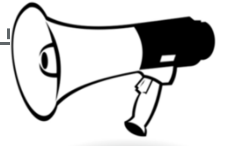
Mr Haase acknowledged the work done by the original steering committee in seeing this project to completion.

“The Gascoyne-Murchison Outback Pathways are a great initiative in helping visitors get off the beaten track and experience the real Western Australian outback,” he said.

Mr Haase said the Australian Government was proud to be associated with this project. It was a great example of what could be achieved through the Government’s Regional Partnerships program.

The Gascoyne Murchison Outback Pathways guidebook can be purchased from the Carnarvon Visitor Centre.

# CALLING ALL LOCAL CELEBRITIES..



The CRC is on the look out for our next  
**SAY G'DAY** candidates to star in future editions of the Gassy Gossip.

We want to know more about our community and our community is keen to  
get to know you!

## SAY G'DAY TO...

**Full name:**

**Nickname:**

**Place of birth:**

**Where did you grow up?**

**Favourite food?**

**Favourite animal?**

**Footy team:**

**What is on your bucket list:**

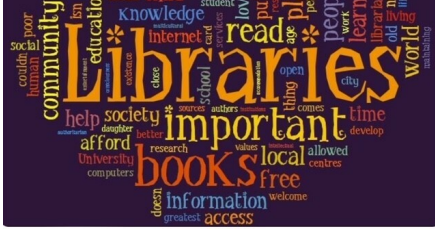
**Why did you move to the Upper Gascoyne?**

**How long have you lived in the Upper Gascoyne?**

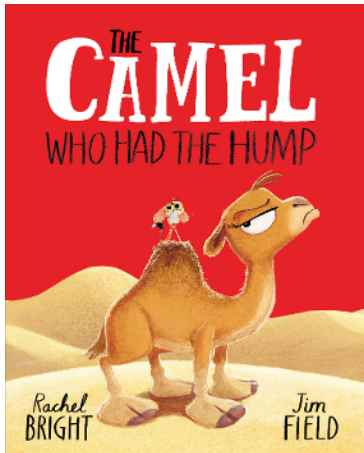
**What do I love most about the Upper Gascoyne?**

**What services or events would you like to see in the Upper Gascoyne?**

So if you're interested in sharing more about yourself, like your favourite food, which footy team you support and what you like to do in your spare time, contact the CRC now with your answers to the questions below!



# **BOOKS OF THE MONTH**



## **THE CAMEL WHO HAD THE HUMP**

Author: Rachel Bright

A gloriously empowering tale of grumpy, humpy TERRIBLE times, and how one slight shift might just change everything.

In the shimmering desert a happy herd of camels are out to find an oasis for a drink and a play. All, that is, except Cuthbert. He hasn't woken up in such a good mood. In fact, there are SO many things to be grumpy about, he is a camel who has The Hump. And there is ABSOLUTELY NOTHING that will get him out of it. Or is there?

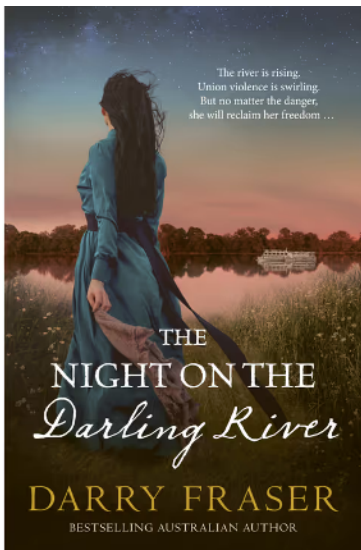


## **WOLF GIRL 12**

Author: Anh Do

When Gwen discovers her dad has escaped from Snake Dungeon in Winter Hill, she and her pack race to the town, desperate to find out whether her mum is still being held there. But when they arrive they realise the Braxans are watching them, and when they split up, the dogs start disappearing . . .

Gwen isn't sure who she and her pack can trust in Winter Hill. Will they find a way to Snake Dungeon - and if they do make it, who will be waiting for them?



## **A NIGHT ON THE DARLING RIVER**

Author: Darryl Fraser

Tess Hawthorn is a woman on the run from her abusive husband. All she has to do is get on the riverboat *Victor* and she will be free.

But with tensions at an all-time high between unionist shearers and Scabs, Tess isn't the only person trying to board a boat under the cover of night. When a brawl erupts between the union and non-union men, Tess is mistaken for a fellow Scab and in the chaos pulled aboard the *PS Rodney* - the same boat heading up the Darling River that her husband was bound for.

The last person Bram Kempster expects to see on board is Tess Hawthorn, the girl he's loved from afar since they were young. But he can't afford to get distracted, not when he's on an urgent trip to Renmark. Tess didn't want him back then and, if her haughty behaviour is anything to go by, she certainly doesn't want him now.

Can they overcome their past in time to work together and survive?



**TOGETHER WE SUCCEED**

**BACK  
TO  
SCHOOL**

**FIRST DAY OF SCHOOL FOR 2025  
IS  
WEDNESDAY 5TH FEBRUARY**



# The Mighty Cobb Salad

The mighty Cobb Salad has arrived! All the essential players present – juicy bites of chicken, crispy lettuce, chunks of tomato, creamy avocado, salty bacon and creamy blue cheese, arranged in the signature rows. Served with a homemade Cobb Salad dressing. Salad was never so delicious!

## METHOD

- 1. Dressing:** Shake ingredients in a jar.
- 2. Flavour chicken:** Poach chicken for 20 minutes. Cool to room temperature then cut into 2cm cubes. Toss with salt, pepper and 2 tablespoons of Dressing. Set aside.
- 3. Crisp bacon:** Place bacon strips in a non-stick pan. Turn heat onto medium high – as the pan heats up, the fat will begin to melt. Cook for 2 minutes until golden. Drain on paper towels. Once cool and crisp, chop into 1.5 cm pieces.
- 4. Assemble:** Spread lettuce on a large platter. Arrange the ingredients on top in the Cobb Salad signature neat rows: egg, bacon, avocado, tomato and chicken. Crumble blue cheese across the top, sprinkle with chives. Pour dressing into a jug.
- 5. Serving:** Let everybody help themselves to the salad and Dressing!

## INGREDIENTS

- 400g chicken breast
- Salt & Black pepper to taste
- 200g Streaky bacon strips
- 6 Boiled eggs, quartered
- 1 Romaine lettuce chopped (or other crispy lettuce)
- 2 Large tomatoes, cut into quarters
- 2 Avocados, cut into large pieces
- 200g Gorgonzola dolce (or other cheese of choice)
- 2 tbsp chives, finely chopped
- **Dressing:**
  - 1 tbsp Dijon mustard
  - 5 tbsp Extra virgin olive oil
  - 5 tbsp Apple cider vinegar (sub white wine or red wine vinegar)
  - $\frac{3}{4}$  tsp Cooking/kosher salt
  - $\frac{1}{4}$  tsp Black pepper
  - 2 tbs Shallot, very finely minced
  - $\frac{1}{2}$  tsp White sugar



## JANUARY

- 3 Ella Hoseason-Smith
- 3 Hazel McTaggart
- 3 John McCleary
- 17 Nat Rogers
- 17 Gracie Collins



## FEBRUARY

- 6 Sophie Wright
- 8 Hannah Ball
- 17 Dart
- 21 Cynthia Wright
- 24 Lachlan Wright
- 24 Anna Collins

## MARCH

- 2 Karen Coffin
- 6 Genevieve Robinson
- 7 Glenda Sibson
- 9 Thomas Fletcher
- 18 Laura Litek
- 20 Georgie Hammarquist
- 23 David Hammarquist
- 30 Di Kempton



**Do you live in the Upper Gascoyne? Is your birthday missing from the monthly Gassy Gossip?**

**Email us at [crc@uppergascoyne.wa.gov.au](mailto:crc@uppergascoyne.wa.gov.au)**

## COMMUNITY CHRISTMAS PARTY:

The Shire of Upper Gascoyne would like to extend a huge Thank You to the Junction Craft Group for hosting the 2024 Community Christmas Party. This event is one of the most anticipated events of the year for not only the residents of Upper Gascoyne but also residents of surrounding Shires. The Craft Group did a great job and everyone who attended had a wonderful time & were very well fed indeed. It was great to sit and watch the children of Gascoyne Junction Remote Community School perform their dances, skits and songs and see the effort that they have been putting in over the last year to deliver an entertaining performance for all.



## STORIES OF THE GASCOYNE:

Gascoyne Junction Remote Community School are hosting a 'Stories of the Gascoyne' night on the 7th February 2025 at the School. All are welcome to attend.

## January at Gascoyne Junction Sports Club

The new year brings an incredible opportunity to prioritize your health and fitness. By setting realistic, actionable goals, breaking them into manageable steps, and staying accountable, you'll set yourself up for success in 2025. Remember, progress takes time, and consistency is more important than perfection. Celebrate your wins, big or small, and focus on building habits that support a healthier, happier you.

But where do you start? And how do you ensure those resolutions don't fizzle out by February? Let's explore how you can set goals that work, stay accountable, and make 2025 the year you achieve the best version of yourself.

## Tips for Setting Realistic Health and Fitness Goals

Now that you understand the importance of goal timelines, let's explore practical strategies for setting achievable health and fitness goals in 2025.

- **Be Specific**

Vague goals like "get healthy" or "eat better" lack clarity. To be successful, your goals should be specific and measurable. Ask yourself: What do I want to achieve? When will I achieve it? How will I measure success?

Example: Instead of saying "I want to lose weight," say, "I want to lose 6 kgs by April by exercising 4 days a week and tracking my calorie intake."

- **Make Them Realistic**

Set goals that are challenging yet attainable. Unrealistic goals set you up for failure and frustration. Consider your current fitness level, lifestyle, and time commitments when setting your targets.

Example: If you're new to exercise, don't commit to working out 7 days a week. Start with 3 or 4 sessions and build from there.

- **Break Big Goals into Smaller Steps**

Large goals can feel intimidating, so break them into smaller, actionable steps. For example, if your goal is to lose 20 kgs in a year, focus on losing 1 to 2 kgs per month.

- **Set a Timeline**

Deadlines create urgency and motivation. Attach a timeline to each goal and track your progress regularly.

Example: "I will run 2 km without stopping by the end of March."

- **Focus on Habits, Not Just Outcomes**

Sustainable results come from building healthy habits. Shift your focus from purely outcome-based goals (e.g., lose 10 kgs) to habit-based goals (e.g., exercise 30 minutes daily or eat vegetables with every meal).

- **Write Your Goals Down**

Writing down your goals makes them tangible and helps solidify your commitment. Keep them visible in a journal, on a vision board, or as reminders on your phone.

- **Track Your Progress**

Regularly monitor your progress to stay motivated. Use fitness apps, journals, or calendars to record your workouts, food intake, and milestones.

- **Celebrate Small Wins**

Rewarding yourself for reaching short-term and medium-term goals helps reinforce positive behavior. Treat yourself to a new workout outfit, a massage, or a fun experience when you hit key milestones.



## Breakfast Meal Prep Recipe: Healthy Egg Muffins (5 Easy Ways)

Having a healthy, filling breakfast doesn't have to take a lot of time. In fact, there are so many options that can be prepped ahead so you can have a breakfast that's ready in just a few minutes.



### METHOD

**Choose your flavor:** First, choose the ingredients you want to use and prep the veggies.

1. **Prepare for baking:** Then, preheat your oven to 200C and coat a muffin pan with extra virgin olive oil (or silicone liners). Set aside
2. **Mix egg base:** Meanwhile, make the egg base. Crack the eggs into a large bowl and then add the milk (if using) and salt and pepper. Whisk until the eggs are light and fluffy.
3. **Add -MIX IN VARIETIES:**
  - **Feta, cherry tomato & basil**
  - **Mushroom, parsley & parmesan**
  - **Bell pepper (precooked), sun-dried tomato & spinach**
  - **Chicken, avocado, tomato, cheese**
  - **Bacon (precooked), onion, cheddar**
5. **Bake:** Transfer to your preheated oven and bake until firm and golden on top (15 to 20 minutes). Remove from the oven and let cool for 5 to 10 minutes before taking them off the pan.

### INGREDIENTS

- **Extra-virgin olive oil:** You'll need a neutral oil to coat the muffin pan and prevent the egg base from sticking. You can also use avocado oil.
- **Eggs:** Eggs are a great source of lean protein. You'll need a half dozen large eggs to make 6 to 8 egg cups (depending on the size of your muffin tin).
- **Milk (optional):** It's not necessary, but adding milk makes the egg muffins fluffy and puff up more. Try it!
- **Salt and pepper (to taste):** To enhance the naturally smooth and buttery egg flavor.


**Storing:** To store, let them cool completely. Then, transfer them to an airtight container (or single-serving resealable bags) and refrigerate them for up to 4 days. They can also be wrapped individually in some parchment paper and frozen for up to 3 months.

# GASSIFIEDS



## WA STATE ELECTION REMOTE POLLING BOOTH TUE MAR 4 10.30-11.30AM

The Western Australia Electoral Commission will set up a remote polling booth on Tuesday March 4 at the Gascoyne Junction Community Resource Centre from 10.30am to 11.30am only for those wishing to vote in person for the upcoming State Election on March 8. This is the only time in person voting will be available.

 08 9943 0988

 [crc@uppergascoyne.wa.gov.au](mailto:crc@uppergascoyne.wa.gov.au)



Free advertising for community groups  
and not for profit organisations.

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# SHANE LOVE MLA

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Authorised by Shane Love, 39 Hasting Street, Jurien Bay 6516

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Business Card Size - \$9.00

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[crc@uppergascoyne.wa.gov.au](mailto:crc@uppergascoyne.wa.gov.au)

# Merome BEARD

LIBERAL FOR MID-WEST

SHADOW MINISTER FOR DISABILITY SERVICES;  
SHADOW MINISTER FOR HERITAGE;



## Mid-West Deserves Better



Hello, I'm **Merome Beard**, but most people call me Mem.

I'm a Liberal Member of State Parliament already representing areas in the Mid-West, Gascoyne and Murchison, and I'm your Liberal candidate for the new Mid-West electorate in the upcoming March election.

My family and I have a long connection to the regions spanning four generations in the pastoral industry. For 22 years my husband Tony and I have owned and operated regional businesses including a pub, raised our kids and volunteered with community groups.

I know first-hand what makes living and working in the regions great but I also know just how hard the past few years have been for many in the bush. I understand the issues, challenges and opportunities across our communities - I live it and I know it!

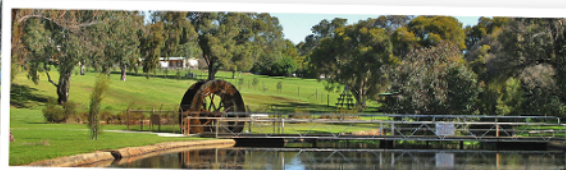
It's time we had real discussions and debate - we can't keep doing what we are doing, with a lack of consultation and legislation being rammed through Parliament. If we don't stand up for what we truly believe in, then nothing will change.

**I'm COMMITTED to FIGHT HARD for the things that matter to us and protecting our way of life.**

The **Labor Government** has failed to adequately fund or tackle **important issues** right across our regions such as:

- Cost of living and helping small businesses
- Health services, housing and neglected infrastructure
- Law and Order
- Reliable Communication
- Better management of power, water and coastal erosion
- Royalties for Regions - spend the money where it's generated
- Live Exports - 'Keep the Sheep'
- Firearms Act - I opposed this bill
- Electoral Reform - which reduced regional voices

And the list goes on ...



## Did You Know?



✓ **YOUR electoral boundaries have changed.** The current seats of Moore and North West Central have been abolished and re-aligned to the **one new electorate of Mid-West.**

✓ **What this means for you** In March 2025, your local Member of State Parliament will be the voice for towns as far north as Carnarvon, inland to Meekatharra and south to Muechea and Chittering in a seat covering approx. 420,000 km<sup>2</sup> being the electorate of Mid-West.

✓ **As your Liberal Candidate for the Mid-West,** I very much look forward to meeting with you, and for the opportunity to represent you and our regions as a strong voice, long into the future.

✓ **We DESERVE Better** - I'm driven to stay for the long haul and keep fighting for the regions and the large seat of Mid-West to ensure balance and common sense are restored in our State Parliament and our regional voices are heard. **With your support I can deliver for MID-WEST.**

## Get in Touch

I'd love to catch up to say hello!

0418 706 700 | [merome.beard@waliberal.org.au](mailto:merome.beard@waliberal.org.au)  
MemBeardMLA | 35 Robinson Street, Carnarvon WA 6701

Authorised By S.Morgan, Liberal Party, 2/12 Parliament Place, West Perth WA 6005

# Water supply in a bushfire

This information could save your life



While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an **INDEPENDENT** water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire plan: [mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au)  
You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and Environmental Regulation website.

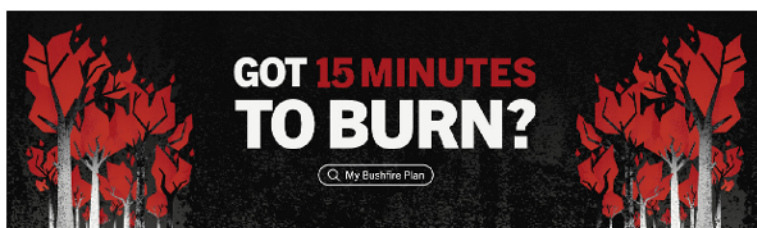
## Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

## Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.

The Emergency WA website [emergency.wa.gov.au](http://emergency.wa.gov.au) provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the SES **132 500** for emergency assistance.





# What's Up in the Night Sky?

## Can You See the Andromeda Galaxy?

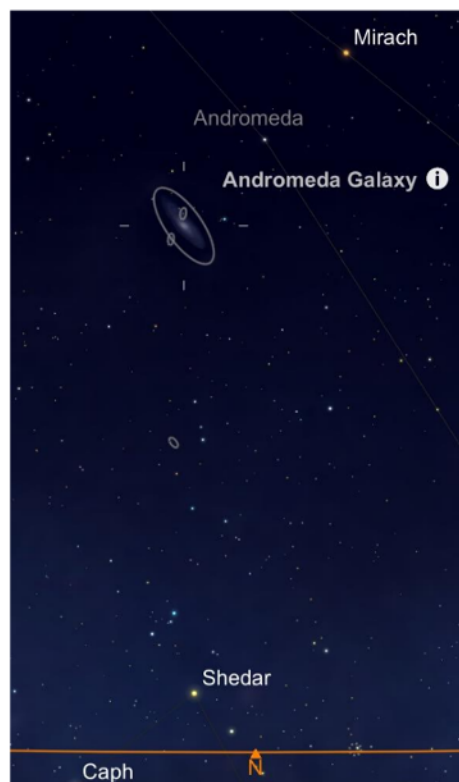
They say that the Andromeda Galaxy is the most distant object visible to the human eye. It's 2.5 million light years away from Earth. Can you see it from where you live? A dark night sky is essential to see Andromeda, as it is a very faint object.

To the naked eye, Andromeda will appear as a very small and faint smudge. The best time to see it is in the last week of November. At 9pm, the sky will be dark with no moonlight. Look directly north and see if you can spot a brighter star called Mirach (see the image, right). Andromeda is a bit lower and to the left of Mirach, about 15 degrees above the horizon.

A good tip is to use "averted vision" to see Andromeda from your peripheral eyesight. Don't look directly at Andromeda, instead look a little off to one side. An app like SkySafari has a compass tool that can also help guide you across the night sky to find Andromeda's location.

Count your lucky stars in country WA! We are blessed with some of the darkest night skies in the world and can see the beautiful Milky Way in all it's glory. Your local community is working with Astrotourism WA to share and protect our beautiful night sky.

**When and where to look:** From 9pm, 23rd November - 4th December. North.



*The location of Andromeda Galaxy.  
9pm, 23rd November. Image provided  
by SkySafari, a Simulation Curriculum  
Company, All rights reserved  
[www.simulationcurriculum.com](http://www.simulationcurriculum.com).*

## It's Astrofest Time!

If you find yourself in Perth on Saturday 9th November, join us at Astrofest! It's a free and family friendly event with dozens of big telescopes to look through, astronomy talks, children's space activities, astrophotography and much more to overload your cosmic senses! It's held at Curtin University and runs from 5.30pm to 9.30pm. For more information [www.astronomywa.net.au/astrofest](http://www.astronomywa.net.au/astrofest).

What's up in the night sky? Visit [www.astrotourismwa.com.au](http://www.astrotourismwa.com.au). Happy stargazing!



# SMOKO TIME

## RIDDLE OF THE MONTH

A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

He was bald.

# AUSTRALIA

## Word Search Puzzle



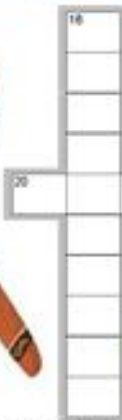
E	Y	M	O	B	Q	T	A	H	A	V	W	Y	A	Y	C	B	C	E
F	K	O	N	A	W	L	M	M	E	U	C	A	L	Y	P	T	U	S
W	G	A	P	L	A	T	Y	P	U	S	I	P	Q	P	R	S	A	S
D	A	L	N	O	V	B	A	X	X	R	M	M	P	E	R	T	H	Y
S	C	L	K	G	A	H	A	B	O	R	I	G	I	N	A	L	U	D
Y	B	C	K	L	A	Y	C	T	J	Y	H	P	I	N	G	C	F	N
P	X	U	L	A	I	R	C	T	A	S	M	A	N	I	A	Q	E	E
V	A	A	R	N	B	I	O	R	Z	A	J	G	A	B	C	X	M	Y
J	W	C	U	E	V	O	R	O	D	F	X	O	U	T	B	A	C	K
L	A	P	I	P	V	E	U	M	Q	U	E	E	N	S	L	A	N	D
I	H	M	L	F	B	K	A	T	T	B	O	O	M	E	R	A	N	G
L	A	O	E	N	I	I	K	N	Q	G	V	L	E	S	A	I	E	G
D	S	T	A	S	L	C	E	D	O	W	N	U	N	D	E	R	A	F
W	J	C	Z	L	C	N	R	T	Q	Q	G	S	T	P	I	E	J	S
O	X	D	I	S	I	O	I	I	O	G	B	L	W	E	E	N	K	L
M	Q	W	N	T	G	Y	O	Z	M	Y	X	A	I	A	W	P	G	B
B	G	Z	N	G	M	Q	U	K	B	N	S	Z	Z	Y	M	S	M	O
A	I	O	B	A	R	R	I	E	R	R	E	E	F	O	E	D	G	P
T	C	O	M	M	O	N	W	E	A	L	T	H	Y	W	Z	O	Z	A



ABORIGINAL	EUCALYPTUS	QUEENSLAND
BARRIER REEF	JAMES COOK	SYDNEY
BOOMERANG	KANGAROO	TASMANIA
CANBERRA	KOALA	VICTORIA
COMMONWEALTH	OUTBACK	WALKABOUT
CONTINENT	PACIFIC RIM	WALLABY
DINGO	PERTH	WILLIAM DAMPIER
DOWN UNDER	PLATYPUS	WOMBAT



# AUSTRALIA



ACROSS

DOWN

2. This is an animal that hops on its hind legs and carries its young in a pouch.
5. If you throw it appropriately it'll come back to you.
7. January 26 is called this in Australia.
8. This is an egg-laying mammal that lives in water and has a bill like a duck's.
9. This is an Aboriginal musical instrument.
11. Some eucalypt trees are called like this.
15. You can find this building in Sydney. It has become an Australian icon.
17. This is the most famous city in Australia.
18. Australia is located in the southern \_\_\_\_\_.
20. The remote interior of Australia is called like this.

1. This is an animal that spends most of its time sleeping in tree forks.
3. This is an Australian word that means forest.
4. This is the capital city of Australia.
6. This is the second largest city in Australia. The Australian Open and Formula 1 are organised here.
10. This is another word for Australia.
12. This is a monolith in the Red Centre.
13. They are the indigenous people of Australia.
14. Australians like to call themselves this way.
16. These animals carry their young in a pouch.
19. This is a flightless bird.





# KIDS CORNER

## KIDS RIDDLE OF THE MONTH

What question can you never answer yes to?

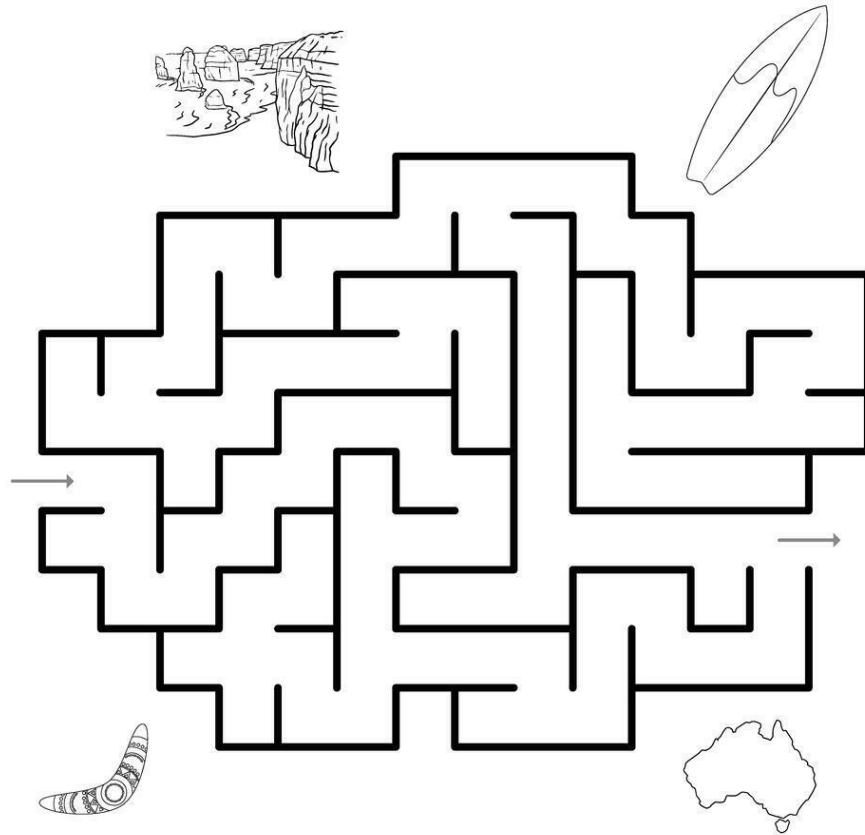
ANSWER: Are you asleep yet?





# Australian Maze

Can you find your way through the maze?



## K IS FOR KANGAROO

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for the words horizontally and vertically.

**WORDS TO FIND:** AUSTRALIA, BOX, DESERT, GRAZE, JOEY, JUMP, KANGAROO, MARSUPIAL, OUTBACK, POUCH



M	I	G	B	O	X	M	A	W	K	Q	B	M	D	O
M	K	A	N	G	A	R	O	O	H	T	H	W	Q	U
A	A	Z	F	C	N	H	A	J	C	T	K	R	S	T
R	Q	D	M	P	W	X	N	R	W	A	D	F	J	B
S	B	N	I	B	P	Y	T	E	O	C	R	Q	O	A
U	X	C	P	Q	I	O	A	J	W	D	D	G	E	C
P	R	F	A	H	W	K	U	N	L	D	B	R	Y	K
I	D	E	S	E	R	T	A	S	E	V	N	A	S	U
A	Q	Q	M	M	K	P	S	O	I	K	Z	Z	C	C
L	P	O	U	C	H	O	U	Y	W	B	Y	E	S	M
O	U	O	E	N	Z	S	L	H	E	H	Q	U	U	Y
G	V	L	E	J	K	F	Q	P	N	M	R	L	B	W
A	P	X	R	U	C	P	J	Z	A	P	Z	R	V	M
C	O	Y	M	M	A	U	S	T	R	A	L	I	A	P
M	C	B	X	P	K	B	W	M	U	Z	K	S	R	J

# Gascoyne Junction

2025 GP

CLINIC DATES



**09 JAN**

**05 FEB**

**05 MAR**

**02 APR**

**07 MAY**

**04 JUN**

**02 JUL**

**06 AUG**

**03 SEP**

**01 OCT**

**05 NOV**

**03 DEC**

# Gascoyne Junction

2025 NURSING

CLINIC & PHYSIO DATES



**15 JAN**

**19 FEB**

**19 MAR**

**16 APR**

**21 MAY**

**18 JUN**

**16 JUL**

**20 AUG**

**17 SEP**

**15 OCT**

**19 NOV**

**17 DEC**

- \* Appointments will be 30 minutes long but longer consultations can be requested
- \* Appointments will be bulk billed
- \* Appointment can be made by online via the following link

<https://www.uppergascoyne.wa.gov.au/community/our-community/medical-clinics.aspx>



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### **GP CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

05 FEBRUARY

### **STORIES OF THE GASCOYNE**

GASCOYNE  
JUNCTION  
REMOTE  
COMMUNITY  
SCHOOL

07 FEBRUARY

### **NURSING CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

19 FEBRUARY

### **PHYSIO CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

19 FEBRUARY

# UPCOMING 2025 EVENTS



### **GP CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

05 MARCH

### **NURSING CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

19 MARCH

### **PHYSIO CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

19 MARCH

### **GP CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

02 APRIL

### **KIDS EASTER ACTIVITY**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

08 APRIL

### **NURSING CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

16 APRIL

### **PHYSIO CLINIC**

GASCOYNE  
JUNCTION  
COMMUNITY  
RESOURCE  
CENTRE

16 APRIL

### **ANZAC DAY SERVICE**

GASCOYNE  
JUNCTION  
WAR  
MEMORIAL

25 APRIL