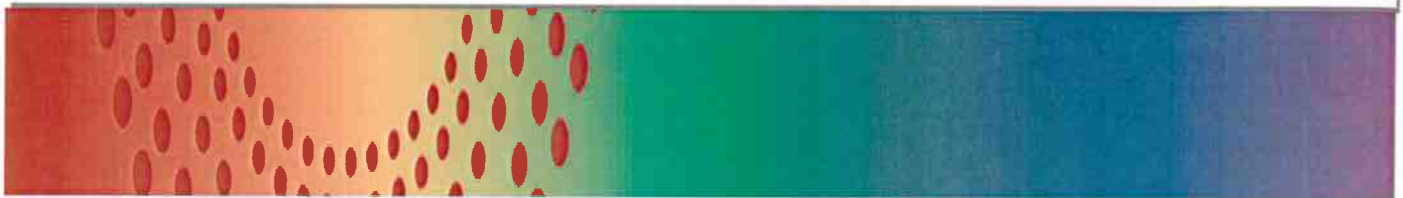


**MARCH 2018 NEWSLETTER
EASTER EDITION**

The Wiluna Wire



EVERYONE IS WELCOME!

Hello and welcome to the February edition of the **Wiluna Wire**. In this edition we have submissions from a number of Wiluna agencies and individuals. We would love to make the **Wiluna Wire** into an informative, interesting and entertaining newsletter, that includes submissions from all sections and ages of the Wiluna community. The newsletter will only be as good as the submissions we receive!

If you have any feedback, suggestions and or submissions, please come into the Wiluna Shire and have a chat. Contact can also be made by phone— 9981 8000 or email ea@wiluna.wa.gov.au

Regards Wiluna Shire staff

WILUNA YEAR TO DATE

Average Rainfall To Mar	113.8mm	13.3 Day(s)
Total For 2018	159.3mm	20 Day(s)
Total To This Day 2017	119.0mm	14 Day(s)
Wettest Day	35.0mm	Jan 16
Lowest Temperature	8.9°C	Feb 1
Highest Temperature	43.0°C	Jan 11



WILUNA ALMANAC

[Full Climatology](#)

March Minimum Temperature

Lowest This Month	22.0°C	1st
Lowest On Record	9.4°C	28th 1958
Average This Month	22.9°C	+3.1°C
Long-term Average	19.8°C	

March Maximum Temperature

Highest This Month	36.0°C	2nd
Highest On Record	44.0°C	1st 1985
Average This Month	34.5°C	+0.5°C
Long-term Average	34.0°C	

March Rainfall

Wettest This Month	0.0mm	1st
Total This Month	0.0mm	0 Day(s)
Long-term Average	40.0mm	4.7 Day(s)
Wettest On Record	234.9mm	1934
Driest On Record	0.0mm	1902

EASTER CLOSURE

Council resolved at its January Ordinary Council Meeting to close the Shire Administration Offices for the Easter Period.

The Office will be closed from:

8am Friday 30 March to 8am Wednesday 4 April inclusive

The Shire has traditionally closed on Easter Tuesday.
Friday and Tuesday Rubbish pick-ups **will not** be affected.

The Swimming Pool will also be open as normal.

In an emergency please contact the CEO,
Colin Bastow on 0458 889 494





The Shire is currently tendering for high-speed internet service in Wiluna as this service will allow the Shire to better manage it's computer network, as well as give the ability to offer free internet hotspots around town. Over the next twelve months, the Shire is considering installing free internet services for general public use at the following locations:

1. Wiluna Recreation Centre,
2. New Administration Centre (Function Centre and Library),
3. Wiluna Caravan Park, and
New Heritage & Interpretive Centre.

Keep an eye out for additional information above the Shire's free WiFi projects.

Some additional exciting news is that the Shire has just launched a Facebook page. While it is still early days, the Shire intends to start promoting events and activities as well as the Wiluna Wire.

The new Administration Building renovation project is progressing on schedule and is still expected to be delivered by the end of June. Everyone would have noticed the new red roof that has just been installed; which means the recent run of wet weather must be about to come to an end.

It has been disappointing to see that there has been a recent increase in anti-social behaviour around Wiluna which resulted in the temporary closure of Wiluna Traders. As Wiluna Traders is the only full-service shop in town, any closure impacts negatively on us all. However, it was pleasing to hear that the local community has come together to try and resolve this issue, as Wiluna is where we all live.

Wiluna lost its Telstra mobile phone service including both calls and data for well over four days. The Shire is yet to hear from Telstra as to what had caused this major catastrophic mobile network failure and why it has taken so long to resolve.

On behalf of the Shire President, Councilors and staff, I hope everyone has a safe and happy Labour Day long weekend.

Regards

Colin Bastow
CEO

Hotel rebuild gets started

Josh Chiat | Kalgoorlie Miner

Friday, 9 February 2018 3:46PM



Wiluna's Club Hotel was bought by the Shire of Wiluna last year.

The \$3.5 million reconstruction of Wiluna's Club Hotel into a new administration centre has begun, less than a year after the local council bought the 85-year-old pub.

It was put up for sale in 2016 after its previous owner went into voluntary administration.

The northern Goldfields town, about 500km north of Kalgoorlie-Boulder, has been without an active tavern since the middle of last year when the council made the purchase.

Shire of Wiluna chief executive Colin Bastow estimates the project, which will include constructing administration offices and a new function centre, will cost between \$3.5 and \$4 million to complete.

But he said more funding would need to be sought to refurbish the adjoining caravan park, considered necessary to provide short-term accommodation for travellers through the remote town.

"One of the big economic drivers for town will be having a functional caravan park, so it's really important for us to try progress it," he said.

"A lot of stuff was worn down, so the thought process is we'll just have to pull it down and redevelop it all. It will definitely have to be a staged development, I would think."

Wiluna gives back grant of \$900,000

Josh Chiat | Kalgoorlie Miner

The Shire of Wiluna has returned a \$900,000 Royalties for Regions grant to the State Government, forcing it to take loans to fund new infrastructure projects in the northern Goldfields town, 500km north of Kalgoorlie-Boulder.

Wiluna Shire chief executive Colin Bastow confirmed the council had returned the money, awarded in two instalments by the previous Liberal-National government under the Country Local Government Fund in 2012 and 2015.

The money was originally made available to contribute to a new council administration centre but plans for that development changed when the Shire bought the town's hotel and moved to refurbish it as the new Shire offices.

The Department of Primary Industries and Regional Development denied council bids to shift the money to the new administration project and a separate project to build staff housing.

Mr Bastow said he was disappointed but not surprised.

"It's very disappointing, although in some ways probably not unexpected," he said.

"We'd still like to have the opportunity to try spend that money in Wiluna.

"We'll have to engage the minister at some stage to see what we can do in that space but at this stage we've got a few things on, so we're trying to progress the best we can."

The council also lost out in Treasurer Ben Wyatt's State Budget in September, when a \$60 million funding pledge from the previous Barnett government to seal the Goldfields Highway between Wiluna and Meekatharra was pulled from the forward estimates.

Regional Development Minister Alannah MacTiernan told the *Kalgoorlie Miner* in October the Wiluna Shire council had not progressed a suitable replacement for its original administration centre project, citing a "lack of planning, costings and business cases" with its alternatives.

"Under the CLGF guidelines, projects were meant to be shovel-ready and local governments were given 24 months to complete the projects," she said at the time.

"The Shire has not progressed a suitable project in the past six years."

**Friends of Wiluna Cemetery
&
Pioneer Cemetery Committee**

Are organizing a Busy Bee at the Cemetery
On
25th March 2018

From 8.30am to 11.30am

With Lunch provided
If you have any questions you can contact
Peter Grundy at Wiluna Traders on
9980 6011
Everyone is asked to meet at the Main Gates



Ngangganawili Aboriginal Health Service

Events Calendar

March 2018						
MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	1	2	3	4
5	6 Lions Outback Vision Paediatrician - Dr Rex	7 Lions Outback Vision Paediatrician - Dr Rex	8 Paediatrician - Dr Rex	9 Paediatrician - Dr Rex	10	11
12 Diabetes Educator	13 Diabetes Educator	14 Diabetes Educator	15 Cardiologist	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PUBLIC NOTICE

RANGER SERVICE

**Shire OF
Wiluna**



The Shire of Wiluna would like to remind all its residents and visitors to Wiluna, that the Shire has engaged the services of WA Contract Ranger Services Pty Ltd, to enforce the Dog Act 1976, with an emphasis on the controlling of wandering dogs in and around the Wiluna townsite and Bondini community, with Mat and Bindi starting on **Monday 19th March 2018**.

The Rangers will be patrolling the Wiluna streets and commencing door to door meetings with local residents to explain and outline regulations with regards to pet ownership, registration and surrender of dogs or cats.

The purpose of these face to face meetings is to ensure that every dog and cat is registered, micro chipped and the owners of the animals abide by the relevant legislation.

The Rangers are authorised to perform the following. They can issue infringement notices, orders and carry out legal proceedings under the following Acts and Regulations. Local Government Act 1995, Local Government (Miscellaneous Provisions) Act 1960, **Dog Act 1976, Cat Act 2011, Litter Act 2011**, Bushfires Act 1954, Control of Vehicles (Off Road Areas) Act 1978, Caravan and Camping Act 1995, **Animal Welfare Act 2002** and other Council Local Laws and Policies.

The Shire of Wiluna, WA Contract Ranger Services and A1 Wheatbelt Dog Rescue are also intending to assist the community by establishing re-homing, vaccination and sterilization programs for dog owners within the Shire. If you wish to have your animals re-homed then please advise the Ranger's at the time of the door to door meeting.

For those who would like to keep their pet and not take part in the re-homing program, WA Contract Rangers Services can assist pet owners with micro-chipping their pets by offering an in home service at a subsidised rate. Discounts apply for multiple pets and pension discounts are also available. A Flyer advising of these costs will be distributed at the time of the door to door meetings.



WA Contract Ranger Services can be contacted on 0459 678 154

anytime for general Ranger enquires relating to the above legislation,

however all complaints need to be directed in the first instance to the Shire Office on 9981 8000



Easter Trivia



1. The tallest chocolate Easter egg ever was made in Italy in 2011. At 10.39 metres in height, and 7,200kg in weight, it was taller than a giraffe and heavier than an elephant,

2. In the US, only 12 of the 50 states recognise Good Friday as a holiday.



3. The art of painting eggs is called pysanka, which originated in Ukraine. It involves using wax and dyes to colour the eggs

4. The term Easter gets its name from Eostre, the Anglo-Saxon goddess who symbolises the hare and the egg

5. Americans consume more than 16million jelly beans during the Easter holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.



6. Are you an ears, arms or tail person? 76% of people eat the ears on the chocolate bunny first, 5% go for the feet and 4% for the tail.

7. In 1873 J.S. Fry & Sons of England introduced the first chocolate Easter egg to Britain.

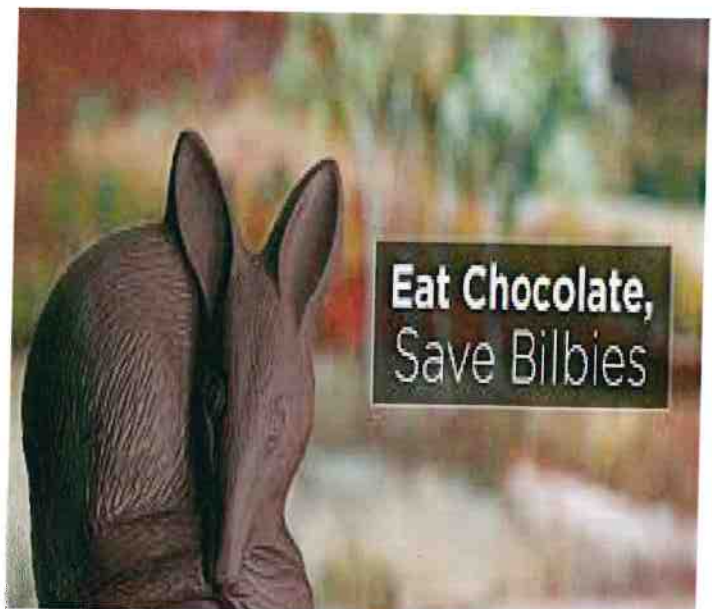


8. In some countries like Sweden, Norway and Germany eggs are used as a table decoration hanging on a tree branch



9. The idea of the Easter bunny giving lollies and eggs is said to have originated in Germany during the Middle ages.

10. The first chocolate bilbies were sold in South Australia in 1993. Thanks to an increased awareness of the plight of the Bilby, it is now starting to make a comeback. In South Australia, where the Bilby was once extinct, there are now estimated to be over 1500 Bilbies back in the wild.



Australian Innovation and Invention

In the early days, people in the outback sometimes had to travel for several days to visit the nearest doctor. Many children in the bush lived too far away to attend day schools.

Outback families found that isolation hard to cope with. Large cattle and sheep stations were thousands of square kilometers in size. Women and children who lived there might not see another person for months. There were no telephones and people felt extremely isolated and vulnerable.

These were problems that were solved using ingenuity and innovation.

The pedal radio

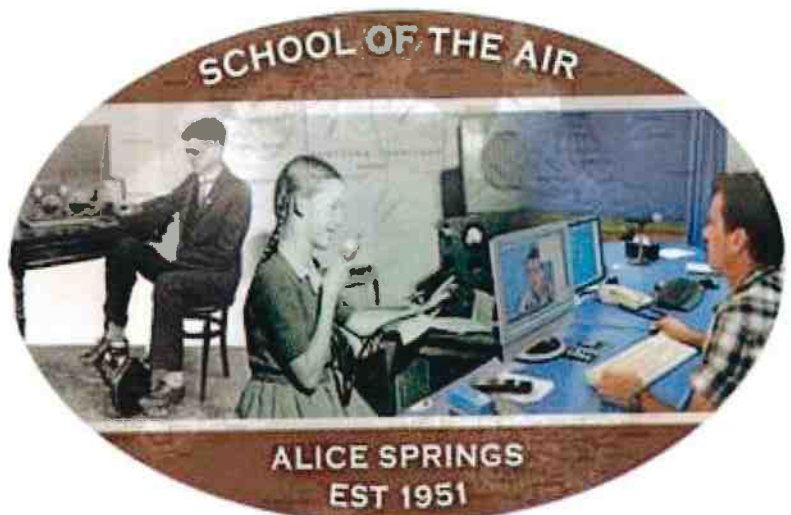
In, 1929, Alfred Traegar, from Adelaide, designed the first pedal-powered radio. users could keep a two-way radio going by pushing the pedals with their feet. lonely stations, remote missions and aboriginal communities all benefited from this invention. Isolated women could now make friends with each other across the airwaves.

The pedal radio helped to establish two Important Australian institutions, the Royal Flying Doctor Service and the School of the Air.

Transistorised receivers later replaced pedal radios, and this meant that neighbours, families and friends, scattered over thousands of kilometers, could exchange news and gossip after normal transmission hours. This time became known as the “galah” session.



Alfred Traegar in 1928 demonstrating the first pedal radio. He is operating a Morse key.



The Royal Flying Doctor Service

Reverend John Flynn lived and worked with people in remote communities. His idea was to bring the doctors to the patient in the outback as quickly as possible, by air. He received help from the government, the airline Qantas Empire Airways Ltd and charitable donations. The Royal Flying Doctor Service began in 1928 but there were still people in remote places who could not call the service. The introduction of the pedal power radio ensured that people in more isolated stations could call for a doctor as soon as possible.



RFDS Medical Chests were first distributed in 1942 to provide medicine and first aid items to communities living in areas where there was no chemist shops or other source of medication. The Chests were strictly controlled by someone elected as 'custodian', and always used under doctor's orders usually during consultation via radio or phone.

In the early days, there were few non-indigenous women and children in the outback. Men mainly came out alone, their families remaining in the cities. Life in the remote bush was harsh and difficult, with no shops, no telephone, no school or public transport and the nearest neighbour could be many kilometres away. Most discouraging of all was the absence of doctors or other medical care that could be accessed easily when required. The coming of the Flying Doctor and radio communication significantly changed this. It transformed life in the outback, it modified its precariousness and isolation. It took away the fear of being stranded with no help and it enabled women and children to come to the outback.



A Bush Family

The School of the Air

Until the 1950's, children living in isolated area's had to attend boarding school or complete their lesson by mail.

Adelaide Meithke, Vice President of the Royal Flying Doctor Service in South Australia, released that the Flying Doctor radio service could also help children at home talk to their teachers.

The first School of the Air was set up in 1951, broadcasting from the radio transceiver at the flying doctor base in Alice Springs. By 1960, there was a School of the Air broadcasting from bases all around Australia. School of the Air ran much like an ordinary school, with spelling, arithmetic and history classes, but instead of teacher and students gathering in a classroom, they talked to each other over the radio. Invisible teacher! Invisible students! There was nothing like it anywhere in the world! School of the Air still operates around Australia. It has been called the biggest classroom in the world, for its pupils are scattered over millions of square kilometers. In 1951 School of the Air employed the very latest communication systems available in the outback, the radio. Today, it also uses the latest, but very different system, based on satellite, internet and audio-visual equipment.

Australia's School of the Air has helped many other countries to set up their own similar programs.



Janet and Mary King participating in a School of the Air class in 1960.

The old pedal radio has now been replaced by the latest in communication systems, but the Royal Flying Doctor Service of Australia and the School of the Air continue to serve and benefit the people of the bush.



Meekatharra to Wiluna Railway

The Meekatharra to Wiluna railway was a 113 miles (182km) branch line of the Western Australian Government Railways that extended the Mullewa—Meekatharra railway from Meekatharra to Wiluna. Wiluna was the furthest away from Perth that the narrow gauge Western Australia Government Railways system reached. The Wiluna branch was connected to the main Northern Railway at Meekatharra.

Construction began in the late 1920's. The branch opened to Wiluna on 2nd November 1932 and the line operated until the 1957, mainly serving the Wiluna gold mining area. The line was totally removed in 1964.



However Wiluna was also at the end of the 1,900 km (1,200 miles) Canning Stock Route from Halls Creek in the Kimberley region of Western Australia, and so the railway became a vital means of dispatching cattle intended for the southern markets. The track was susceptible to washways as was reported in The West Australian on 1st March 1947.

RAIL WASHAWAYS.

Delays on Northern Lines.

"The railway line between Meekatharra and Wiluna is still closed to ordinary traffic, but a special repair train is operating on the section between Meekatharra and Gnaweeda, 95 miles from Wiluna," a railway spokesman said yesterday.

"Although the Wiluna train which left Perth on Thursday night is being held at Meekatharra, it is anticipated that the train due to leave Wiluna for Perth on Sunday will leave on its normal schedule.

"The Sandstone branch line is now clear as far as Paynesville, 49 miles from Sandstone, and it is anticipated that the service to Sandstone will commence normal running on Tuesday, connecting at Mt. Magnet with the Wiluna train leaving Perth at 8.30 p.m. on Monday. Minor washaways have also occurred on the Malcolm to Laverton branch line, causing a delay of two hours to the train which left Laverton at 7.15 p.m. on Thursday. Repairs have been completed and running is now normal."

**NOTICE
OF
SPECIAL GENERAL
MEETING**

**Date: Wednesday
1:00pm on 14 March 2018**

**TARLKA MATUWA PIARKU
(Aboriginal Corporation)**

RNTBC

ICN 8156

**All Wiluna People Native Title Holders are
Welcome to Attend**

Date of this notice: 20 February 2018

Notice is hereby given
that

A Special General Meeting (SGM) of Members
of

TARLKA MATUWA PIARKU (Aboriginal Corporation) RNTBC
("TMPAC")

will be held at:

The Wiluna Performing Arts Centre
27 Wotton Street, Wiluna, Western Australia

at 1:00 pm

on Wednesday 14 March 2018

All Wiluna Native Title Holders are Welcome to Attend

ATTEND IN PERSON

You may attend the SGM in person,
prior registration is not required.

You are entitled to ask questions at the SGM and
to make comments on the proposed agenda and
business for the meeting.

PROXIES

In accordance with clause 7.40 of the
Constitution of TMPAC, a member of the
corporation may not appoint a proxy to attend
the SGM on his or her behalf.

ENQUIRIES

For further information relating to the SGM,
please refer to the Constitution of TMPAC on the
ORIC website:

<http://www.oric.gov.au/start-corporation/rule-book>

TMPAC's Contact Person: Mr Sam Galati, Accountant
PO Box 2039
ELLENBROOK WA 6069

Email: formfin@bigpond.net.au

Facsimile: +61 8 9297 4711

NOTICE OF MARTU WATI MEETING

Date: Wednesday 14 March 2018

**Location/time: 10:00am
Outside Health & Aged Care Centre
Ngangganawili Aboriginal Health
Service, 44 Scotia Street, Wiluna, WA**

**TARLKA MATUWA PIARKU
(Aboriginal Corporation)
RNTBC
ICN 8156**

**All Martu Wati
are Welcome to Attend**

Date of this notice: 20 February 2018

Notice is hereby given that

A MARTU WATI MEETING

will be held at:

**OUTSIDE THE HEALTH AND AGED CARE CENTRE
NGANGGANAWILI ABORIGINAL HEALTH SERVICE
44 SCOTIA STREET, WILUNA, WA**

on

**WEDNESDAY 14 MARCH 2018
AT 10:00 AM**

**PURPOSE OF MEETING:
TO CONSIDER EXPLORATION LICENCE TENEMENT
APPLICATIONS E38/2973 AND E38/2982**

**OVER
LAKE CARNEGIE**

BY RACHLAN HOLDINGS PTY LTD

**A SPECIAL GENERAL MEETING ("SGM") OF TARLKA MATUWA PIARKU
(ABORIGINAL CORPORATION) RNTBC ("TMPAC")
WILL BE HELD IN THE AFTERNOON ON WEDNESDAY 14 MARCH 2018**

**THIS NOTICE IS TO BE READ IN CONJUNCTION WITH
THE NOTICE OF TMPAC SGM**

ATTEND IN PERSON

Martu Wati may attend in person, prior registration is not required.

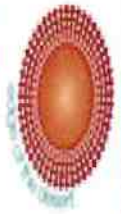
ENQUIRIES

For further information relating to the meeting, please contact:

TMPAC Contact Person: **Mr Sam Galati**

PO Box 2030 ELLENBROOK WA 6069

Phone: 08 9297 4700, Email: formfind@bigpond.net.au, Facsimile: +61 8 9297 4711



TJUKURBA ART GALLERY
WILL BE CLOSED UNTIL
FURTHER NOTICE

ARTISTS, PLEASE DIRECT
ANY ENQUIRES TO THE
ADMIN OFFICE

WE APOLOGISE FOR ANY INCONVENIENCE

Wiluna Remote Community School (WRCS) Training Centre News

WRCS Training Centre has had a successful start to the year with a year long part time Certificate II in Conservation and Land Management (CALM) being conducted for students who graduated from the Certificate I CALM course last year.

Wiluna RCS high school and Desert Support Services (DSS) students participated in two weeks of intense training in automotive skills, and chainsaw operations and maintenance. This training was conducted in and around Wiluna, based out of the Training Centre.

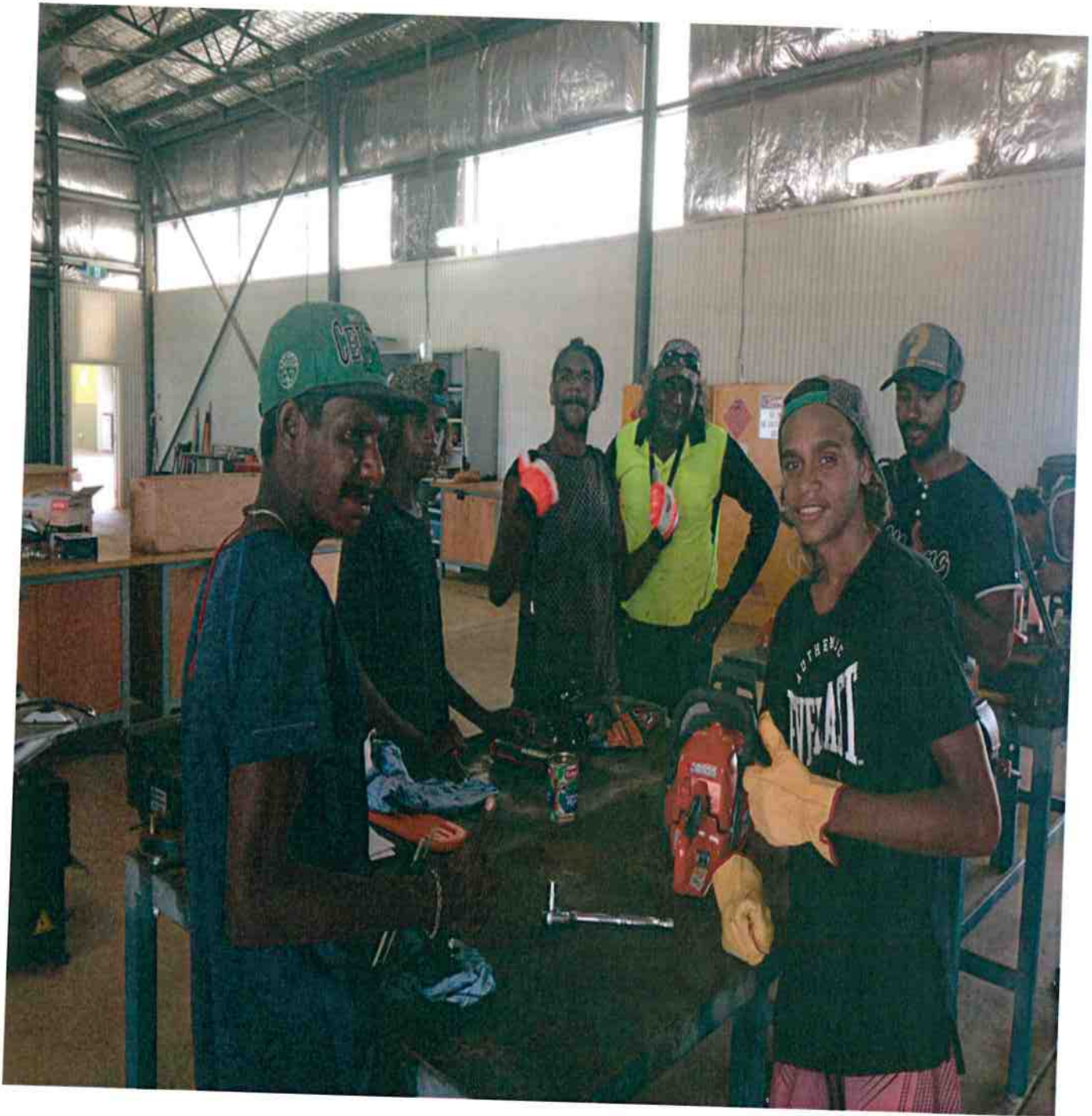
Training resumes after the March long weekend with another automotive unit conducted by Alwyn from Central Regional TAFE. Both David and Alwyn from TAFE have been very busy with training preparation in Kalgoorlie and delivery in Wiluna.

In March, graduates from last year's successful WRCS Cert I CALM and Automotive courses will receive their certificates at a glittering TAFE ceremony in Kalgoorlie, with all other Goldfields graduates from 2017.

The training continues to maintain high attendance, retention and completion rates, with strong support from Wiluna families. Senior Martu have been visiting the training and encouraging the students, as have a number of Wiluna Shire Councilors. We really appreciate that interest and support.

WRCS appreciates the terrific assistance and support it is receiving from community groups to deliver the most effective and interesting training possible. We look forward to another exciting month of training in March. We'll keep you all posted !





Students taking part in the chainsaw operations and maintenance training



Wiluna Community Trachoma Program Report

WA Country Health Service - Goldfields

Trachoma is a contagious eye infection caused by the bacterium *Chlamydia trachomatis*. Repeated infections in childhood can lead to scarring and changes in the eyelid, which in turn can result in blindness. When found early trachoma can be easily treated with a single dose of the antibiotic azithromycin. Given that Australia is the only developed country with trachoma, eliminating blinding trachoma nationwide is a public health priority.

The aim of the WACHS-Goldfields Population Health Trachoma Program is to eliminate blinding trachoma in the Goldfields region by 2020. The Goldfields program is part of a larger state-wide trachoma control program that follows the CDMA Guidelines for the Public Health Management of Trachoma in Australia and is overseen by the WA Trachoma Reference Group.

2017 ACTIVITIES

Community Consultation

Earlier in the year, WACHS-Goldfields Population Health discussed the trachoma program with Wiluna Remote Community School. It was determined that health promotion activities and trachoma screening could take place.

Health Promotion

This year, during trachoma screening WACHS-Goldfields Population Health discussed the importance of good facial cleanliness and hand hygiene while involving the children in a fun and interactive activity. Individual health promotion packs were provided for each student to take home.

Trachoma Screening

Trachoma screening was held in Wiluna on 22 August 2017. All children at Wiluna Remote Community School aged 0-14 years were screened. WACHS-Goldfields Population Health



is only required to report on Aboriginal children aged 5-9 years. This age group is used to determine the treatment strategies required.

Facial Cleanliness Screening

We also checked for clean faces on 22 August 2017. A clean face is important to get rid of trachoma and stop the spread.

Community Wide Treatment

Due to finding a high number of trachoma cases (18%) in Aboriginal children aged 5-9 years, a decision was made to return to Wiluna to perform Community Wide Treatment from 24-26 September 2017.

2017 RESULTS

Trachoma Screening

A total of 34 children were screened, and of these 27 were 5-9 year old Aboriginal children. This is the data that will be reported.

In 2017 there was a 93% screening rate in the 5-9 year age group.

Table 1: shows the trachoma prevalence and coverage rates in Aboriginal children aged between 5-9 years at Wiluna Remote Community School over the past three years.

Table 1: Trachoma Prevalence and Coverage in Aboriginal Children aged 5-9 years at Wiluna Remote Community School from 2015-2017

	2015	2016	2017
Screening Coverage Rate	31/31 screened 100%	24/25 screened 96%	27/29 screened 93%
Trachoma Prevalence	1 positive 3%	1 positive 4%	5 positive 18%

We treated everyone who we found with trachoma.

Facial Cleanliness Screening

Of the 27 children screened for a clean face aged 5-9 years, 9 had clean faces (26%).



Table 2: Facial Cleanliness in Children aged 5-9 years at Wiluna Remote Community School from 2015-2017

	2015	2016	2017
Children with Clean Faces	20/31 64%	12/24 50%	7/27 25%

Community Wide Treatment

A total of 202 people were treated in Wiluna with a single dose of antibiotic called azithromycin in 2017. There was a 95% treatment coverage rate.

Table 3: Community Wide Treatment Result in Wiluna

	2017
Community Wide Treatment Result	202/213 treated 95%

Future Directions

WACHS-Goldfields Population Health would like to thank both the Wiluna Remote Community School and Ngangganawili Health Services staff for their ongoing support of this national program. We look forward to continuing this successful partnership. Please feel free to contact us if there are any concerns or questions.

WACHS-Goldfields Population Health would like to return to Wiluna Remote Community School in 2018 and screen again.

Contact details

Robin Kamerman

Clinical Nurse Specialist - Public Health

WA Country Health Service - Goldfields Population Health

Level 36-42 Ware Street, Locked Bag 3, Kalgoorlie WA 6430

T: (08) 9080 8200 | F: (08) 9080 8201

E: Robin.Kamerman@health.wa.gov.au

www.health.wa.gov.au Delivering a Healthy WA



VOLUNTEERS WANTED

The **Shire** is **seeking** volunteers to be part of a **group** to **assist** with the **opening** of the new **Heritage and Interpretation Centre**.

If you would like to be involved in a **committee** that will **organize** the **Grand Gala Opening** please contact the **Shire Administration Office**.

The **Shire** is also **seeking** any **person** or **group** who **wishes** to **organise** an event for the **opening** of the **Heritage and Interpretive Centre**.

Anyone who is interested is requested to **forward** their **particulars** to the **Shire Administration Office**. |





Fish Man

MONDAY 9th APRIL

Fish Fillets

Oysters – Scallops – Squid Rings | Mussels

Prawns - Squid Tubes- Whole Fish

Chicken Products

Snack Foods

And More.....

Phone: 99381243

Email: stan@westcoastseafood.com.au

For us to continue to bring our services to Wiluna every second Month we need your support with orders to make the trip viable. Please check out our competitive pricelist.

Please place your orders in advance to avoid disappointment.

FISH FILLETS-CUTLETS-WHOLE FISH

Whiting (NZ)	1kg	\$20.00
Red Spot Emperor	1kg	\$32.00
Smoked Cod	1kg	\$20.00
Silver Snapper	1kg	\$23.00
Silver Snapper in White Wine & Garlic	500g	\$13.00
Gold Band Snapper	1kg	\$40.00
Tuna Steaks	1kg	\$36.00
Shark	1kg	\$34.00
Grouper <i>(Blue Bone)</i>	1kg	\$33.00
Pearl Perch	1kg	\$35.00
Pacific Dory <i>(Royal Bass)</i>	1kg	\$20.00
Red Emperor <i>(WA)</i>	1kg	\$49.00
Barramundi <i>(Saltwater)</i>	1kg	\$30.00
Barramundi Portions	1kg	\$40.00
Salmon Portions	1kg	\$45.00
Salmon Portions Skin On	1kg	\$39.00
Mackerel Cutlets	1kg	\$26.00
Whole Goldband Snapper	ea	SPOA

HEAT & EAT MEALS & SNACKS

Mignons	4 pack	\$21.00
Chicken Breast Fillet <i>(crumbed)</i>	900g	\$22.00
Chicken Breast Nuggets	1kg	\$22.00
Chicken Wings & Drums <i>(spicy or mild)</i>	900g	\$22.00
Chicken Sweet Chilli Tenders	700g	\$23.00
Family Pies Beef, Chicken or Fish	850g	\$16.00
Gourmet Beef Burgers (NZ)	1kg	\$21.00
Marinated Chicken Skewers	10pk	\$23.00
Meat Balls <i>(Aussie BBQ)</i>	1kg	\$21.00
Mini Spring Rolls	900g	\$20.00
Chicken Kiev's	900g	\$24.00
Pork & Prawn Potstickers	1kg	\$23.00
Chicken Meat Roasted	1kg	\$22.00
Family Pizzas (Chicken, Hawaiian, Supreme)	ea	\$18.00
Garlic & Herb Schnitzel	4pk	\$22.00
Skinless Chicken Breast	4pk	\$22.00
Honey Macadamia Rolled Roast	ea	\$24.00

PRAWNS

Salt & Pepper Prawns	500g	\$25.00
Cooked Cocktail Prawns	1kg	\$28.00
Cooked Exmouth Endeavours	1kg	\$29.00
Raw Northern Prawns	1kg	\$29.00
Raw Prawn Meat	500g	\$25.00
Prawn Skewers Garlic (10 Pk)	500g	\$25.00
XLarge Raw Prawn Meat	500g	\$25.00
XLarge Cooked Prawn Meat	1kg	\$42.00

MISC SEAFOOD

Mussels Whole (NZ)	1kg	\$10.00
Chilli Mussels	500g	\$15.00
Mussel Meat (NZ)	1kg	\$23.00
Moreton Bay Bug Tails	500g	\$32.00
Seafood Marinara	1kg	\$19.00
Honey Chilli Squid	500g	\$15.00
Squid Tubes	1kg	\$24.00
Oysters 1/2 shell	1doz	\$25.00
Scallop Meat	500g	\$27.00
Crab Sticks	1kg	\$14.00
Seafood BBQ Pack (Ave Xmas & Easter)	500g	\$25.00
(prawns, fish, squid, scallops, mussels)		
White Bait	1kg	\$24.00
Kinnas	170g	\$25.00

CRUMBED SEAFOOD

Fish Parcels filled with Spinach & Feta	4 pack	\$20.00
Garlic Prawn Tails (NA)	500g	\$18.00
Fish Nuggets	1kg	\$21.00
Crumbed Fish Fillets (10 fish)	1kg	\$21.00
Fish & Chips (5 fish & 1kg chips)	1.5kg	\$21.00
Crumbed Squid Rings	1kg	\$23.00
Salt & Pepper Squid	1kg	\$26.00
Fantail Prawn Cutlet	1kg	\$28.00
Fisherman's Basket	1.4kg	\$33.00
(garlic prawns, fantail prawns, fish, squid, scallops, fish nuggets)		

DESSERTS

Apple Strudel	1.5kg	\$29.00
Tiramisu Tart	1.2kg	\$29.00
Cheesecakes Strawberry	1kg	\$29.00
Apple Pie	2kg	\$29.00

"To avoid disappointment please place your order in advance"

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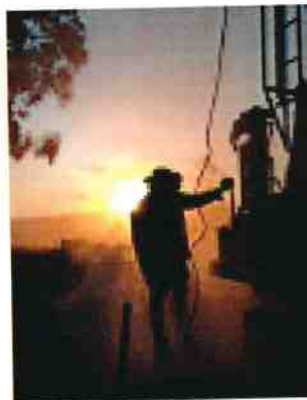
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of existing bores and windmills.

NO HARM TO PEOPLE OR THE ENVIRONMENT

Chocolate Banana Smoothie

If you're a chocoholic then this is the perfect breakfast! For a thick shake, you could replace some of the soy milk with vanilla soy ice cream.

Ingredients

- 1 banana
- 1 & 1/2 cups fortified soy milk or other non-dairy milk
- 4 Medjool dates
- 2 Tbsp cocoa powder

Method

1. Place all ingredients in a blender and blend until smooth.



Berry Smoothie with Greens

I would never have dreamed of putting greens into my smoothies until recently, but now I've started I'm addicted! This is a great way of getting your greens. You can start off with a small handful and then increase the amount as you get used to the taste. You can mix up the greens you try, using a few different ones, or one kind. I use a mixture of spinach, lettuce (not iceberg), bok choy, Chinese broccoli, parsley and chicory leaves. It can turn out a slightly unusual colour, but the fruit gives it a lovely flavour!

Ingredients

- 1 cup berries (frozen or fresh)
- 1 small banana
- Juice of 2 oranges
- Handful of greens

Method

1. Blend all ingredients until smooth. Add a little water if the smoothie is too thick.





Zucchini, Corn & Mint Fritters

Ingredients:

- 1 large zucchini
- 1 ear of corn, kernels removed
- Small handful of mint, chopped finely
- 2 cloves of garlic, crushed
- 2/3 cup of plain flour
- Salt and pepper
- Oil for frying

Method:

1. Grate the zucchini and place into a strainer. Sprinkle with salt and let sit for an hour then squeeze as much moisture out of the zucchini as you can.
2. Place the zucchini in a bowl with the fresh corn, mint, garlic, flour and a little pepper. Mix well with your hands until you can form balls in your hands. It will seem a little dry at first so keep mixing the flour through the zucchini until it binds.
3. Heat a little oil in a non stick frying pan. Roll the mix into balls then place in the frying pan and flatten them a little. Cook on a medium heat for 3-5 min each side or until golden brown.
4. Serve with fresh chopped mint and your choice of sauce. I like cashew sour cream and sweet chilli with mine.

Easy no-bake Milo balls

These yummy little Milo balls aren't too sweet so they make a great lunch box treat or school cake stall offering.



ingredients

- 250 g Marie biscuits
- 395 g sweetened condensed milk
- 1 cup desiccated coconut
- 1/4 cup Milo
- 1/4 cup desiccated coconut

method

1. Crush the biscuits in a food processor until they are fine crumbs.
2. Place the crushed biscuits, condensed milk, coconut and Milo powder into a large bowl and stir with a spoon until all combined.
3. Use a teaspoon measure to measure out the balls, rolling them between the palms of your hands to create smooth balls.
4. Coat each ball in the extra coconut and transfer to a platter.

notes

- Store these in an airtight container for up to five days.
- You can also freeze these Milo balls.
- Push a toothpick into each Milo ball to serve these as a fun party snack.



Tuna mornay

Tasty and easy, tuna mornay is a comfort food dinner that can be scratched together from whatever ingredients you have lying around. Making tuna mornay for dinner is also a great way to boost the amount of fish in kids' diets.



ingredients

- 1 cup rice
- 30g butter
- 2 tblsp plain flour
- 1.5 cups milk
- medium tin of tuna in springwater
- 1 cup grated cheese
- 1 cup mixed frozen vegetables
- small tin of creamed corn
- pinch black pepper
- pinch cayenne pepper

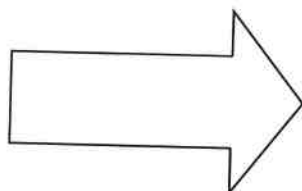
method

1. Boil the rice in a large pot of water.
2. Melt butter in saucepan. Add flour to butter and stir for 2 mins, being careful not to burn.
3. Gradually add the milk. Stir white sauce until the mixture starts to thicken. Add the grated cheese.
4. Add the drained tuna. Add the creamed corn.
5. Season to taste with peppers. Add frozen veggies to almost cooked rice.
6. Cook for a few minutes until done and rinse rice and veggies under cold water. Pour rice and veggies into casserole dish.
7. Pour tuna mix over rice and veggies. Sprinkle with grated cheese and grill if desired to lightly brown.

Sudoku

Sudoku, is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a unique solution.

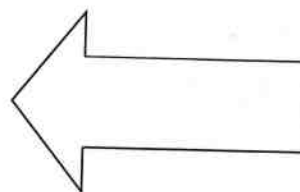
No. 1
Easy



			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

			6			4		
7					3	6		
				9	1		8	
	5		1	8				3
			3		6		4	5
	4		2				6	
9		3						
	2					1		

No 2
Hard



Joke Page

The most wasted
of all days
is the one
without
Laughter
-E.E.Cummings

**LIFE IS
BETTER
WHEN
YOU'RE
LAUGHING.**

IF YOU
LAUGH
A LOT,
WHEN YOU GET OLDER
YOUR WRINKLES WILL BE
IN THE RIGHT PLACES.



Easter Word Hunt

Directions: Look for the ten words in the list hidden in the puzzle. The words can be forwards or backwards.



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



basket

chick

hunt

bonnet

dye

lily

bunny

egg

parade

candy



Sudoku Answers

4	3	5	2	6	9	7	8	1
6	8	2	5	7	1	4	9	3
1	9	7	8	3	4	5	6	2
8	2	6	1	9	5	3	4	7
3	7	4	6	8	2	9	1	5
9	5	1	7	4	3	6	2	8
5	1	9	3	2	6	8	7	4
2	4	8	9	5	7	1	3	6
7	6	3	4	1	8	2	5	9

No 1

5	8	1	6	7	2	4	3	9
7	9	2	8	4	3	6	5	1
3	6	4	5	9	1	7	8	2
4	3	8	9	5	7	2	1	6
2	5	6	1	8	4	9	7	3
1	7	9	3	2	6	8	4	5
8	4	5	2	1	9	3	6	7
9	1	3	7	6	8	5	2	4
6	2	7	4	3	5	1	9	8

No 2

JOIN THE DOTS



COLOUR BY NUMBERS

Color Key

- 1 = Brown
- 2 = Blue
- 3 = Yellow
- 4 = Pink
- 5 = White
- 6 = Orange
- 7 = Purple
- 8 = Green

HAPPY EASTER!



Easy Easter Wreath





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