



# Active Ashburton

trabling stronger, connected clubs and communities

In partnership with



# Welcome!

# Welcome message

March has been a busy month with many clubs holding their AGM or registration days. Many clubs also showcased their organisation at the Have a Go Days in Tom Price and Paraburdoo. Nearly 70% of surveyed attendees reported they wanted to join a new club or group after participating in Have a Go Day.

It's time to start preparing for winter sports where the cooler Pilbara weather makes it a pleasure to be out and active, but remember that these activities can't exist without the work of volunteers... so even if you don't play a sport, you can still be part of the club by volunteering.

We are getting ready for National Volunteer Week

in May where we will be hosting free volunteer training workshops and other events to celebrate the hardworking volunteers who support our community. If you know someone who deserves a special mention, please nominate them for an Active Ashburton Volunteer of the Month award. Nomination forms are available on the Shire website, or by contacting us for a copy.

We hope you enjoy reading the newsletter - please feel free to send us any feedback, or to request to be added to our mailing list.

active.ashburton@ashburton.wa.gov.au

# Coming Events

## 2 April

- Skill Share Seated Massage 7pm Community Hall Pannawonica
- Para Cricket Club AGM 7pm Saints Clubrooms
  Paraburdoo

## 3-6 April

Easter Long Weekend

## 4 April

Poker Run 2pm Sports Club Pannawonica

### 7-11 April

School Holiday program - Tom Price and Paraburdoo

# 10-19 April National Youth Week

- Youth Art Bike Rack Workshop Para Men's Shed
- 10-11 April Street Art Mural Workshops Tom Price Youth Centre
- 17 April Tom Price Youth Support Association Carnival -Village Green

## 11 April

- Townsite Eagles 2015 Player and Memorabilia Auction
- Smiles for Quin Car and Bike Charity Run Paraburdoo
- AFL Season Opener 7pm Peter Sutherland Oval Paraburdoo

## 11-15 April

School Holiday Program - Pannawonica

## 18-19 April

North West Motor Cycle Round - Port Hedland

# 19 April

Catch Music commences in Tom Price - 4pm Community Hall

## 23 April

Ladies Netball Season commences - Paraburdoo

### 25 April

Anzac Day (Anzac Day 100th Anniversary)

#### 26 April

AusKick commences (10 weeks) - 10am Peter Sutherland Oval, Paraburdoo

### 28 April

Net Set Go commences - Paraburdoo

### 2 May

Nameless Festival Committee Quiz Night - Tom Price

#### 2-5 May

The Karijini Experience 2015

## 3-4 May

Northwest Netball Region visit Paraburdoo

## 5 May

Skill Share - Butter Cream Piping - Pannawonica

The Shire of Ashburton organises workshops designed to assist your club or group to progress and develop sustainable practises. Individuals, clubs, groups and community organisations are encouraged to attend. Information on future workshops will be posted on the Shire of Ashburton website, community notice boards and via the Active Ashburton email list.

If you would like to be added to our mailing list, please email your request to Active.Ashburton@ashburton.wa.gov.au



# Have a Go Day

With support from Rio Tinto and the Department of Sport and Recreation, the Shire of Ashburton launched the inaugural Have a Go Day events in Tom Price and Paraburdoo on March 21 and 22 respectively. Clubs and organisations that participated in the event were provided with resources and training from Inclusion WA to ensure that everyone was welcome - no matter their level of ability. Steering groups were formed in each town to ensure that an event that represented local needs and aspirations was delivered.

Despite the heat, around 500 people attended in Tom Price and approximately 300 in Paraburdoo. Participants were encouraged to collect activity stamps by "having a go" at the many different sports and activities on offer. BMX, Teeball, Netball, AFL and Cricket were just some of the many sporting clubs that ran trial activities. There were also craft exercises and games from a variety of community groups in both towns. Participants who collected at least six activity stamps went into the draw to win an iPad mini (a big thank you to Muzzy's Hardware for loaning the compost tumbler for the prize draw). The lucky winners were Xavier Grogan in Tom Price and Tina Olman in Paraburdoo.





A free Welcome Lunch was served as the finale to the big day. Thank you to the Softball Clubs in each town who cooked and served the hamburgers while the community enjoyed face-painting, slip-n-slide, tug-o-war and a bouncy castle. Keeping the crowd entertained were the musicians from Catch Music who were here to promote their new music program starting in Tom Price in April.

If you had a go at a sport or participated in an activity with a community group and want to get in contact with them, please visit the Shire of Ashburton website http://www.ashburton.wa.gov.au/services/sport-recreation or contact any of the Active Ashburton team.



# Contact us

#### Active.Ashburton@ashburton.wa.gov.au

# Club & Capacity Development Manager

Simmone Van Buerle 9188 5448

# Club Development Officers

Paraburdoo: Milanie Baker 9189 2230
Tom Price: Skye Hinton 0408 546 956
Sari Keating 9188 5444





# Community Capacity Building Coordinators

Pannawonica Denise Gallanagh-Wood 0408 007 326
Paraburdoo/Tom Price Jennifer Withers 0407 971 609

#### Catch Music

Catch Music is bringing its award winning community music program to Tom Price. If you would like to be part of a band, and play with other people who share your passion for music, then dust off your favourite instrument and join Catch Music Tom Price.

Catch Music is for musicians of any age, who play any sort of instrument (including vocalists). Everyone is welcome at the weekly sessions, whether a beginner or a maestro!



First sessions starts Sunday 19 April.

Tom Price Community Hall Sunday 4pm to 5.30pm \$7 per session (or \$50 for a 10 week term)

# Paraburdoo Red Dirt Rocks Committee

Take your tastebuds on a trip around the world - Paraburdoo Style!

Come and taste some delicious foods as well as a fantastic line up of international beers and wines. Bring the children too to experience the fun and excitement of a world full of activities and games. A great night out for the whole family:

The Paraburdoo International Food and Wine Festival Saturday 27 June 2015 4pm until late at Ashburton Hall

One of Paraburdoo's best nights out will have a sparkling venue, delectable food and refreshments, fantastic entertainment, awesome prizes and loads of great activities:

The Paraburdoo Grande Ball Saturday 15 August 2015 7pm until midnight at Ashburton Hall

Proceeds from both events will go towards the Royal Flying Doctor Service, Paraburdoo Primary School P&C and other local community groups. For more information contact Brett Sharpe on 0408804301 or parareddirtrocks@gmail.com

# \$500.00 Club Equipment Subsidy

#### Do you need new club equipment?

The Department of Sport and Recreation's Community Sporting Club Equipment Subsidy (CSCES) provides funding to community sporting clubs for the purchase of shared sporting equipment for training and competition purposes. A one off subsidy of \$500 is available to eligible clubs. Round closes 17 April 2015.

Applications must be submitted using the online application form available via the DSR website, www.dsr.wa.gov.au. Applicants should read the guidelines before commencing application and complete all sections of the form.

Contact a Club Development Officer in your town for further assistance, or use the DSR equipment subsidy enquiry email address equipmentsubsidy@dsr.wa.gov.au

# Pilbara Inland Chamber of Commerce and Industry

In its third year in 2015, the Karijini Experience aims to raise the profile of the extraordinary Karijini National Park and encourage tourism to the inland Pilbara. Held over four days, its program will allow people to experience this magnificent location in unexpected ways, immersing themselves in the landscape, the culture and the many sensual joys of the region.

Events include: Opera in the Gorge, Karijini Culinary Experience, Banjimi Cultural Talks, Astronomy, Photography workshops and Yogini Karijini.

To find out more, call 0407515158 or email: communications@karijiniexperience.com

# St John Ambulance - Tom Price

Make a real difference and give something back to the community. Becoming a St John volunteer will allow you to gain important skills and experience, plus the satisfaction of helping others. Training nights are at the sub centre in Tamarind

Street, Tom Price on Wednesdays at 7.30pm.

If you have any questions about becoming a volunteer please contact 1800 069 393 or pop into the office and have a chat.



# KidSport

This month the Tom Price Netball Association joins the growing list of clubs registered for KidSport in the Shire of Ashburton:

#### KidSport registered clubs

- Tom Price Netball Association
- Tom Price Amateur Swimming Club
- Fortescue Cricket Association
- Scorchers Cricket Club
- Stealers Softball Club Tom Price
- Tom Price Junior Soccer Association
- Fortescue Junior Football League
- Rebels Cricket Club Tom Price
- Tom Price Tee Ball Association
- Tom Price Tennis Club
- Tom Price Cadets
- Tom Price Gymnastics
- Paraburdoo Junior Cricket Association
- Paraburdoo Amateur Swimming Club
- Paraburdoo Netball Association

#### KidSport Referral agents - Tom Price

- Trish Calder Disability Services Commission
- Chris Migliore (Health & PE Teacher) North Tom Price Primary School
- Cloe Roussett Tom Price Youth Centre
- Katherine Joyce Tom Price Centrelink Agent
- Shirlene Gotz Mission Australia
- David Ellam Tom Price Senior High School

If you wish to register your child for the KidSport program please contact your club or your local Club Development Officer to check if they are eligible.







# GIVING OUR CHILDREN A FAIR GO

Sport is not a luxury. It should be a fun part of every child's day and is a vital part of a wellrounded and long, healthy life. Active children are more likely to mature into physically-active adults and participation gives your child a better chance of doing well at school, improves coordination and balance, helps them sleep better, improves social and life skills and creates a greater sense of wellbeing.

KidSport is a partnership between the Department of Sport and Recreation and local governments. It's a voucher scheme which gives eligible youth aged 5-18 years up to \$200 a year per child towards club fees. So far, more than 36,000 Western Australians are KidSport kids!

Sign-up for KidSport or if you're a club who wants to welcome new members, talk to your local government or get further details from www.dsr.wa.gov.au/kidsport





dsr.wa.gov.au/kidsport

# Anzac Day

Please note that Anzac Day this year falls on Saturday, 25 April 2015 with sporting activities significantly affected by the provisions of the Anzac Day Act 1960.

Important points and actions to remember:

• State Sporting Associations, Industry Representative Organisations and sports / activities are bound by the Anzac Day Act 1960 - this legislation and the provisions within cannot be ignored or agreed otherwise / negotiated.

- It is the responsibility of the SSAs, IROs, Associations and Clubs to understand the requirements of the Act and comply with them.
- The Act affects the timing that sporting events can occur on Saturday, 25 April 2015 and the payment that needs to be made when activities do occur at any time on the day.

A copy of the Anzac Day Act 1960 can be found www.slp.wa.gov.au.

There will be Dawn Services conducted in Tom Price, Paraburdoo and Pannawonica on Anzac Day.

# Volunteers and your organisation

Volunteers are the backbone of sporting clubs and community groups. The success of your club is linked to successfully recruiting, managing and retaining volunteers.

Before commencing your volunteer recruitment process it is important to analyse your current pool of volunteers, your current need for volunteers, and projected future needs.

#### To do this:

- 1 Create a database that outlines the details of current volunteers within your club (include contact details, qualifications, education, experience, current position, areas of interest, connection to the club)
- 2 List current events in your club such as:
  - Regular fixtures
  - Fundraising events
  - Tournaments
  - Training schedules
  - Clinics
  - Board/Committee
- 3 List future events in your club such as:
  - Regular fixtures
  - Fundraising events
  - Tournaments



- Training schedules
- Clinics
- Board/Committee
- 4 With your lists from steps 2 & 3, identify any shortages or surpluses of volunteers
- 5 If you have identified a need for a new volunteer, create a position description that includes:
  - Their title
  - Who they will be supervised by
  - Who they will be responsible for supervising
  - Description of their duties
  - When they are required and for how long
  - The specialist skills or accreditations required

For assistance creating position descriptions for your volunteer positions, contact one of the Active Ashburton team.



# Did you know?

35-54 year olds are the most likely to volunteer.

People are more likely to volunteer if they have kids at the club or play themselves.

# Is your club or group in need of more volunteers?

Or are you looking for opportunities to give back to your community?

The Nintirri Volunteer Hub is a partnership between Nintirri Centre and the Shire of Ashburton.

The Hub is located at the Nintirri Centre in Tom Price and open 8am to 3pm Monday to Friday.

The computer can be used to apply for volunteer positions, register your willingness to volunteer, and update your current resume. Clubs and groups can use it to advertise their positions. The Active Ashburton team are available to assist clubs develop job descriptions for their volunteer positions.

# Tom Price

# Fortescue Cricket Association Imparja Cup Representatives

Three players from the Fortescue Cricket Association in Tom Price were chosen to represent the WA Indigenous team at the Imparja Cup held in Alice Springs during February. Willy Nona, Jayden Bennell and teenager Craig Jones all made solid contributions during the week which helped the WA team bounce back from two early losses to go on and win six straight games and claim the title.

In the game on Thursday night, WA had slumped to 8/72 with two balls remaining and were chasing 75 to win against the Northern Territory. Jayden and Craig were at the crease and steered WA home to a hard fought victory.

Willy Nona starred with the bat against Victoria and claimed 4/11 in the Semi Final win against NSW. Jayden Bennell was outstanding with the ball, finishing



L-R: Craig Jones, Willy Nona and Jayden Bennell.

with eight wickets at an average of 10.5 for the tournament. Jayden also proved his skill while bowling the final over in the Grand Final, taking two wickets in an over that only scored five runs.

Teenage bowler Craig Jones, who narrowly missed out on selection in the WA State U/17's this year, was WA's leading wicket taker despite not bowling in the first two games. Craig finished with 10 wickets at an average of 11.

Craig Jones, along with Dane Ugle from the Rockingham Mandurah DCC, were awarded Black Caps as a result of their performances throughout the week.

# Volunteer of the month award

# Active Achievator Award

## Sam Fretwell

Our April winner is Sam Fretwell from St John Ambulance Tom Price - congratulations Sam.

Sam is an integral part of the St John Ambulance in Tom Price. She volunteers countless hours to the service, taking little time for herself, so that she can support the sub centre and the Tom Price community. Sam managed the ambulance service over the Christmas and New Year period while many of the other experienced volunteers were out of town. She took many of the calls, led and guided the new volunteers, resulting in many volunteers gaining valuable experience and higher skills. Sam's dedication to the St John Ambulance service has resulted in her being recognised as a key member of the team.

Sam wins an award certificate and a \$25 gift voucher.

Do you have someone in your club who deserves a Triple A rating? Send your nominations for Volunteer of the Month to Active.Ashburton@ashburton.wa.gov.au



# National Bike Week

#### Pannawonica

Pannawonica Primary School children were delighted to have the opportunity to participate in bike safe education activities facilitated by qualified instructors from WestCycle. Two sessions were held during National Bike Week at Pannawonica Primary School in which 45 children participated.

Jo Wallis, a parent at the school, said "It was sensational. Great to have experts in the field giving positive direction to the kids. Cooper was able to come home and quote ABC (air, brakes, chain) - it was very practical and worthwhile."

Highlights of the day included: learning about bike safety, how to check their bike equipment to ensure it is in safe working order and completing emergency stops safely. Bike safety skills were learnt and practised, firstly through instruction and then participation in games such as passing balls while riding, riding between cones and helmet relays.

Participant Matty West said "It was awesome".





#### Paraburdoo

WestCycle instructors also facilitated bike safety workshops in Paraburdoo on Saturday 14 March. Sixteen participants attended with local Police Officers present to support the sessions. The sessions were very well received, with the participants learning new skills such as correctly fitting their safety helmets, checking brakes and tyre conditions.

If you were unable to attend these workshops and would like more information on Bike Skills courses or to make use of their free resources visit http://www.westcycle.org.au.







# Pots of Gold

# Grants, Sponsorships and Fundraisers

The Club and Capacity Development Team are available to help your club or group identify and access the pots of gold that are available. Funding sources includes grants, sponsorships and fundraisers. The Shire of Ashburton also has a range of community sponsorships and grants available to clubs or groups in our area.

If you have a specific project in mind, talk to us about how you can fund it. Some grants now on offer:

# The McDonalds GWN7 Junior Sports Trust

Funding Body: McDonalds / GWN7

Closes: 30 April 2015

Amount: Undisclosed - but previous applicants

average approx \$2000

Providing grants or equipment to school and groups in regional WA to provide basic sporting infrastructure or the promotion and development of a sporting event or series.

#### Who can apply?

- Not-for-profit group, association or organisations that organises junior sport;
- Schools

How to apply: Visit the website below, read the guidelines and complete the application form or contact your local Club Development Officer for assistance

Website: http://mgjst.com.au/apply.html

# Furniture and Equipment grant

Funding Body: Lotterywest

Open: Ongoing

Amount: Undisclosed

Who can apply? Not-for-profit organisations

The right tools make work a lot easier for any community organisation. Lotterywest supports the purchase of furniture and equipment that meets your organisation's needs. By way of example, grants can be for office items, telephone and filing systems, resource materials, whitegoods, toys, musical instruments and workshop tools.

For more information: www.lotterywest.wa.gov. au/grants/grant-types/furniture-and-equipment

# Commonwealth Bank Community Treasurers' Award

Funding Body: Commonwealth Bank Foundation

Closes: 20 April 2015 Amount: \$0 - \$5000

Every community organisation understands how much they owe to the person who keeps track of the finances but they don't often tell them so. Our Community and Commonwealth Bank Not-for-Profit Sector Banking believe Australia's treasurers deserve some recognition.

Who can apply? Not-for-profit group, association or organisations.

Part A: Nominate a treasurer: Who's eligible: You can nominate anyone who has served as a treasurer of an Australian not-for-profit organisation at any time in the past 12 months. All treasurers who are nominated will receive a certificate.

Part B: Apply as a treasurer: You may enter this section of the awards if you have served as a treasurer of an Australian not-for-profit organisation at any time over the past 12 months. Note that you must nominate one organisation to receive the \$5000 donation, though you may cite your experience with more than one.

How to apply: Visit the website below, read the guidelines and complete the application form or contact your local Club Development Officer for assistance.

Website: http://www.ourcommunity.com.au/financial/financial\_article.jsp?articleId=5455

# Men's Health Community Grants 2015

Funding body: Foundation 49: Men's Health

Closes: 22 May 2015

Who can apply? Community not-for-profit organisations (if not incorporated, groups must seek assistance from a larger incorporated body as their auspice organisation)

Amount available: Non-recurrent grant up to \$2000

Each hour in Australia, more than five men die from conditions that are potentially preventable. Foundation 49: Men's Health is a direct response to this health crisis affecting 40% of the population - men.

Grants are available to plan, implement and evaluate a health promotion activity, to raise health awareness for men in your local community.

For more information: www.49.com.au/grants

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# Club News

# Paraburdoo Saints Football Club (AFL)

Preparations are underway for the first bounce down of the season on 11 April. The Club are hosting a family night on 4 April which will screen the first AFL game of the season.

# Paraburdoo Amateur Swimming Club

Ten athletes from Paraburdoo Amateur Swimming Club competed in the North West Swimming Championships in Karratha from the 27 - 29 March. The club are proud of the efforts of all of their swimmers and are looking forward to a well-earned break. The 2014/2015 season finishes on 3 April.

#### Paraburdoo Netball Association

Planning is well underway for the 2015 season. Netset-go for 5 to 11 year olds commences on Tuesday 28 April. The Ladies season starts on Thursday 23 April. Registrations are being taken now; contact the club for more details.

# Paraburdoo Bowling Club

Paraburdoo Bowling Club are launching a new social dart competition on Thursday 2 April, with scroungers / barefoot bowls kicking off in the coming weeks. Join the Paraburdoo Bowling Club Facebook page for more information and to keep up to date with what's happening.

#### Fortescue National Cricket Association

Fortescue National Cricket Association played their Season Preliminary Matches on 21 March. Rebels vs Towns with the final result being - Towns 133, Rebels chased the score down losing only one wicket. Well done to Jason Pullman who scored 63 for Towns, Tim Barr 67 for Rebels, Shannon Keating 4 for 32 for Rebels and 17 year old Kevin Thomas scored his first 50. Rebels then played Crushers in the Grand Final 28 March 2015.

# Townsite tagles Football Club

Townsite Eagles Football Club are seeking a Head Coach please email k.s.sweetman@gmail.com



#### Pannawonica Swim Club

The Club is coming to the end of a successful season which saw the club grow from eight members at the start of the season to 20 swimmers ranging from six to twelve years of age. New members learnt new skills including basic swim strokes, tumble turns and racing dives. Older members enhanced their stroke development and demonstrated great leadership. The coaches were pleased to see the team spirit and development of the group, and would like to thank Natalie and Raleigh Jordan for keeping the Pannawonica Swim Club active.

## Tom Price Amateur Swimming Assoc.

The Association held a hugely successful children's Disco on 21 March which raised over \$2700 for the club. Well done to everyone involved.

# Tom Price Squash Club

The Tom Price Squash Club are seeking new members for 2015. The club is a not-for-profit association that relies on volunteers to assist with maintenance and running of the club. An annual club membership costs \$100.00 for a single (junior membership lower) including an access card to the courts and annual insurance cover. A new swipe card system has been installed to which a bond of \$20.00 is added to the membership fees. The unlimited access card allows members greater flexibility to participate and enjoy the great game of squash. Balls, grips and racquet strings are available for purchase to assist the club to raise funds.

The pennants season will commence at the end of February 2016 consisting of three seasons at a cost of \$10.00 for ten weeks at a time. Players are graded into a line of six players based on ability with room for promotion and relegation within the rank.

## Tom Price Motorcycle Club

The club held the Motocross North West Rounds on 21 and 22 March which attracted approximately 300 people over the two days.

# Club Profile

# Tom Price Motorcycle Club

#### About the club:

The Tom Price motocross track is located roughly 3km from Tom Price, along Mine Road. The track is well maintained by a dedicated group of volunteers who form the TPMCC Committee. The Club is a not-for-profit organisation, which relies on its sponsors & members to efficiently run the club. The club offers both recreational riding and competitive events whilst catering to all riding abilities. The track is approximately 1.5km in length and the terrain is a hard packed-clay track with various table tops, berms and jumps and also has a mini cut-off track for young riders to enjoy and learn their skills. All riders (both two and four wheels) are welcome at all abilities from age four years and over.

The Tom Price Motorcycle Club boasts a social and family friendly atmosphere. With fantastic views of the track, and canteen and bar facilities available on race days, spectators are welcome and well catered for.

#### **Clinics and Competitive Competitions:**

The Motocross & Enduro season runs from March through to September each calendar year. The Tom





Price Motorcycle Club and the Paraburdoo Motorcycle Club join forces to bring a season's worth of competitive racing in our area. Motocross race meets are held monthly on a Sunday, alternating between the Tom Price and Paraburdoo Motocross Tracks. This year, the Paraburdoo Club has locked in several Enduro races as well.

The TPMCC is a member of the Northwest Motorcycle Association, which holds Championship race meets across the Pilbara. These events are held monthly at towns local to our area.

#### Information for new members:

New members are welcome at any time during the season. The membership form can be downloaded from: http://www.tompricemcc.com/membership.
Contact the Club Secretary at tompricemotorcycleclub@ outlook.com for processing and payment. Members are able to access the track for riding practice at any time.

The Tom Price Motorcycle Club holds monthly committee meetings and invites members to come along.

#### Local club meets:

Mar 28th	Tom Price Club Fun Day Sign up (Saturday)
Apr 26th	Para interclub round 1 (Sunday)
May 31st	Tom Price interclub round 2 (Sunday)
Jun 28th	Para interclub round 3 (Sunday)
Jul 19th	Tom Price interclub round 4 (Sunday)
Aug 23rd	Tom Price interclub round 5 (Sunday)
Sep 19th	Para interclub round 6 (Saturday)
	with presentations

#### Membership fees:

2015 Membership fees are \$70 for a single membership and \$120 for families

#### Contact:

President: Ross Chadwick - 0417 913 762

tompricemotorcycleclub@outlook.com

Facebook: Tom Price Motorcycle Club Website: www.tompricemcc.com

