



Active Ashburton

Enabling stronger, connected clubs and communities

In partnership with

RioTinto

Issue 17 December 2015/January 2016

Welcome!

Welcome message

It's been a busy month for the team - a number of well attended events are featured in this edition of the newsletter. It was a month for thanking all the volunteers who have made our community a vibrant, active place to live. Volunteers are the glue that hold a community together and make sporting clubs and community groups viable. Volunteering has many benefits including new social contacts, enhanced skills, good career experiences and the opportunity to stay fit and healthy. Volunteering has also been shown to combat depression and stress by maintaining regular contact with others to develop a solid support system.

Christmas can be a challenging time for people; isolation, family tensions, financial and time pressures can all cause stress and anxiety this time of year.

Remember to stay healthy and active to help meet the challenges of this season. If holiday season stress is becoming evident, call beyondblue 1300 22 4636, or Lifeline, 13 11 14, to talk things through.

The Club and Capacity Development team wish you all a very safe and happy holiday season. Take care on your travels.

We look forward to seeing you all in 2016 with a busy schedule of events and activities planned to help support our sporting clubs and community groups.

We hope you enjoy reading the newsletter - please feel free to send us any feedback, or ask to be added to our mailing list. active.ashburton@ashburton.wa.gov.au

Coming Events

Sunday 6 December

- Carols by Candlelight, Tom Price Primary School, 6.00pm to 7.30pm

Wednesday 9 December

- Tom Price Tigers Football Club AGM, 7.00pm.

Friday 11 December

- Carols by Candlelight and Christmas Light Tour, Pannawonica 5.45pm to 9.00pm
- Christmas Lights Bus Tour, meet Paraburdoo library, 7.00pm

Saturday 12 December

- Paraburdoo Amateur Swim Club Trivia Night, Ashburton Hall, 7.00pm to 10.00pm
- Swimming Club Skills Clinic and Pancake Breakfast, Pannawonica 8.00am to 10.00am

Sunday 13 December

- End of School Year Party, Quentin Broad Swimming Pool, Paraburdoo, 2.00pm
- Carols of Hope, Gazebo outside Ashburton Hall, Paraburdoo, 6.30pm

23 December - 4 January

- Shire Christmas closure

Friday 25 December

- Christmas Day

12 - 22 January

- School holiday Program, Pannawonica

12 - 25 January

- School Holiday Program, Tom Price

19 - 28 January

- School Holiday Program, Paraburdoo

Tuesday 26 January

- Australia Day Celebrations in Paraburdoo, Pannawonica, Tom Price

Wednesday 17 February

- Strategic Planning Workshop, Lesser Hall Paraburdoo, 7.00pm to 9.00pm

Thursday 18 February

- Grant Writing Workshop, Lesser Hall, Paraburdoo, 8.30am to 12.30pm
- Strategic Planning Workshop, Nintirri Centre, 6.30pm to 9.00pm, Tom Price

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

News

International Day of People with Disability

Held annually on 3 December, this worldwide day is sanctioned by the United Nations to increase public awareness, understanding and acceptance of people with disability. The Shire of Ashburton collaborated with the Disability Services Commission's Local Area Coordinator to host a free screening of the Inside Out movie at the Clem Thompson Memorial Oval and Sports Pavilion. Guest speaker and local Tom Price resident, Matt Carey provided a first-hand account of living with a disability. Around 50 participants enjoyed free pizza, popcorn, fruit and snacks. The event was made possible through funding from a successful Disability Awareness Week Grant application.



Regeneration in Tom Price

Young and old celebrated together on Friday 13 November to express gratitude to seniors for their contribution to the Tom Price community. The Tom Price Youth Centre provided a positive environment to encourage intergenerational contact. Participants enjoyed an afternoon tea with conversations, mural painting and a pool competition. Five elders from the Wakathuni community attended, along with members of the Nintirri Centre's Gold Group. The youth were respectful and enjoyed listening the stories. The collaborative mural artwork demonstrated what it means to 'connect all ages'.

The co-operation between Rio Tinto, the Shire of Ashburton, Tom Price Youth Support Association, Nintirri, East Pilbara Independent Support (EPIS) and IBN ensured the 2015 Seniors Week event was a successful and rewarding event. Funding for the event was provided through a grant from the Department of Local Government and Communities.



News

Thank a Volunteer Day

Thank a Volunteer Day is held annually on 5 December to acknowledge and celebrate the role of volunteers in the community. The Shire of Ashburton hosted celebrations in Paraburdoo, Pannawonica and Tom Price with the generous support of Rio Tinto and a Department of Local Government and Communities grant.

A Shire stall promoted volunteering at the Twilight Christmas market in Pannawonica on Friday 4 December. Residents of Paraburdoo wrote messages of thanks to volunteers at the IGA mall on Saturday 5 December. In Tom Price, a morning tea was hosted by the Shire, Tom Price Youth Support Association and Nintirri. Activities included a volunteering fingerprint mural and face-painting for the kids.



Tom Price Skill Xchange



Ciara King from Inclusion WA visited Tom Price from 3 - 5 December to help promote the Skill Xchange program. This innovative program links the Tom Price community by encouraging people to swap an hour of their time for an hour of another's. Sign up by contacting tpskillxchange@outlook.com and you will receive a registration form and a list of the skills on offer. Successful exchanges that took place this month:

- One participant provided an hour of make-up application and received a one hour credit to be used at any time.
- One participant provided one hour of dog training in return for one hour of document editing

The program is free to join and open to anyone over the age of 18 years. All skills are treated as equal. What this means is that skills are measured in hourly increments, making it easy to keep track of contributions and it places equal value on all community members.



KidSport enables Western Australian children to participate in community sport and recreation by providing financial assistance to eligible youth aged 5 to 18 years. Applicants who have a Health Care Card or Pension Concession Card, or are referred by a recognised agent, can apply for a voucher to cover the cost of fees to join a KidSport registered club in their local government area. A maximum of \$200 is available per child per calendar year.

KidSport registered clubs

- Tom Price BMX Club
- Tom Price Amateur Basketball Association
- 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 Gymnastics
- Paraburdoo Saints Cricket Club
- Paraburdoo Amateur Swimming Club
- Paraburdoo Netball Association
- Paraburdoo Saints Football Club
- Paraburdoo Tee Ball Association
- Paraburdoo Junior Soccer Club
- Pannawonica Swimming Club

KidSport Referral agents - Tom Price

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

KidSport Referral agents - Paraburdoo

- Steven Wiseman - Principal, Paraburdoo Primary School
- Levis Ellis - Health and Physical Education Coordinator, Paraburdoo Primary School

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

News

Active Ashburton Sports Star Awards

The Sports Star Awards recognised and rewarded the outstanding effort that individuals made to sport in the Shire of Ashburton during 2015. The presentation nights held on 27 November in Paraburdoo and on 5 December in Tom Price were highly anticipated providing locals with a great opportunity to come together and enjoy a fun night out. Each event included an inspiring talk by a local sports star, with Steve Wiseman in Paraburdoo and Mason Watts in Tom Price. The feedback on the night and following the events was overwhelmingly positive with clubs already looking forward to nominating athletes for next year's awards.

And the winners are...

Paraburdoo

- Sportsman of the Year: Adam Gillespie, Saints Football and Sporting Association
- Sportswoman of the Year: Petrina Inje, Paraburdoo Women's Softball Association
- Coach of the Year: Melissa Scaife, Paraburdoo Tee Ball Association
- Youth Sports Star of the Year: Jake Carrison, Paraburdoo Motorcycle Club
- Junior Sports Star of the Year: Stormy-Lee Taniora, Paraburdoo Amateur Swimming Club



Tom Price

- Sports Man of the Year: Mason Watts, Water Polo/Flippa Ball
- Sports Woman of the Year: Liza-Jane Softley, Tom Price Netball Association
- Coach/Official of the Year: Sally King, Tom Price Gymnastics Club
- Junior Sports Star: Jaz Harris, Tom Price Amateur Swimming Club
- Youth Sports Star: Angelino Gemmola, Tom Price BMX



Tom Price

MovemberT20 Charity Match

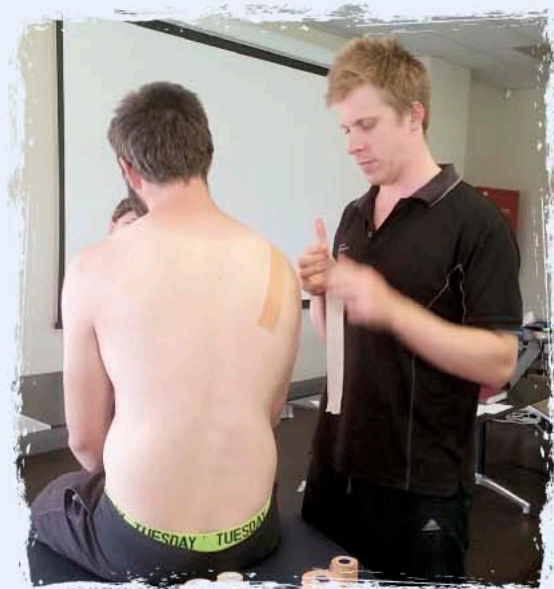
Tom Price Scorchers Cricket Club lit up the Clem Thompson Memorial Oval and Sports Pavilion with glowing bails, pumping music by MC Luke and a display of Mo fashions. Over \$10,000 was raised during the charity match on Saturday 28 November. An electrifying game saw the Pro-State Warriors defeat the Beyond Blues by only one run. Congratulations to Felicity Guthrie for winning \$5,000 on the Win of Tonnes Cash competition. Appreciation is expressed to the Scorchers Cricket Club families, sponsors, players and volunteers for making the night a success.

Over \$30,000.00 was raised by Movember team: RTIO Tom Price. They are Rio Tinto's highest ranking team and are ranked eleventh nationally.



Sports Medicine Australia - Level 1 Sports Trainer Course

Sports Medicine Australia delivered a Level 1 Sports Trainer Course on Sunday 15 November, facilitated by Wickham physiotherapist, David Rigby. Through intensive theory and practical sessions, the participants learned various techniques for strapping, treating sports injuries and managing suspected spinal damage. The national accreditation is valid for three years and is a valuable asset for volunteers involved with sporting clubs.



Contact us

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Youth Recreation Officer

Pannawonica: Beth Campbell 9134 9504
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Club Development Officers

Paraburdoo: Belinda Mortlock 9190 2230
Belinda.Mortlock@ashburton.wa.gov.au
Tom Price: Jaiden Laylan 0408 546 956
Jaiden.Laylan@ashburton.wa.gov.au

active.ashburton@ashburton.wa.gov.au

Paraburdoo

Pink Ribbon Dinner

The spirit of the community was alive when over 60 ladies came together to raise funds for the Cancer Council at the inaugural Paraburdoo Pink Ribbon Dinner. Over \$3500 was raised for cancer prevention and research programs and patient support initiatives. Three local women coordinated the Pink Ribbon event to increase funding and awareness of women's cancers; supporting an estimated 18,715 women who will be diagnosed with breast or a gynaecological cancer this year.

"We have friends or family who are battling or who have battled cancer recently, so we wanted to do something about it. To show them we are right by their side and that there is hope" the ladies said.

"Every day in Australia, around 50 women are



diagnosed. One in 8 women will be diagnosed with breast cancer by the age of 85. It's a frightening statistic, but one that can change through the efforts of community and business groups". Over \$1000 was raised by the Paraburdoo Arts and Craft Group, through the sale of raffle tickets and a bake sale. The Paraburdoo Riders Association and Paraburdoo Inn each donated \$500 to the cause.

Pannawonica

Indigenous Workshop

Pannawonica was privileged to welcome Baldja Moort, an indigenous boy's dance group from Hampton Senior High School, on 27 - 28 October. Baldja Moort visited the Pannawonica Primary School to perform a variety of traditional dances before inviting the children and staff to perform with them. Question time offered a great opportunity for the children to ask questions about dance, culture, experience, education and tradition.

Pannawonica's Community Hall was transformed into a seated lunch venue offering a variety of food including kangaroo stew and freshly baked damper. Following positive feedback from both performers and community, the Pharli Pooni group have invited Baldja Moort to perform at next year's NAIDOC celebrations.



Strategies for Success Workshop

The Shire of Ashburton, in partnership with Rio Tinto, hosted a workshop for local clubs and groups on 12 November.

Popular consultant Shontay Cardew returned to Pannawonica to present participants with strategies for running a successful non for profit organisation. The session was well attended with representatives from five different clubs, including two attendees who made the long drive from Onslow.

The morning group session was followed by individual sessions to allow each club to discuss specific issues. All participants reported that they gained new information and confidence that will benefit their clubs.



Pots of Gold



Grants, sponsorships and fundraisers

The Active Ashburton Team are available to help your club or group identify and access the pots of gold that are available to help you grow. 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:

Commbank Cricket Club Sponsorship

Funding body: Commonwealth Bank of Australia

Opens: Currently open

Closes: 7 August 2016 (last round 9 August 2016)

Amount: Up to \$2,000

Who can apply? Not-for-profit cricket clubs

Purpose of grant: To support local cricket clubs

Applications: Online -

<https://secure.commbank.com.au/forms/about-us/all/club-sponsorship-sign-up-form-2015-16.aspx>

Website: <https://www.commbank.com.au/about-us/who-we-are/in-the-community/the-commbank-cricket-club>

Volunteer Grants Program

Funding Body: Department of Social Services

Opens: Currently open

Closes: 2.00pm AEDT 9 December 2015

Amount: \$1,000 to \$5,000

Who can apply? Not-for-profits

Purpose of grant: To support the efforts of Australia's volunteers who help disadvantaged Australian communities and encourage inclusion of vulnerable people in community life.

Application: online

https://www.dss.gov.au/sites/default/files/volunteer_grants_2015_application_form.pdf

Website:

<https://www.dss.gov.au/grants/grants/funding-open-for-application/volunteer-grants-2015>

Community Events Grants

Funding Body: LotteryWest

Opens: Currently open

Closes: Ongoing

Amount: Up to \$20,000

Who can apply? Local Governments, not-for-profits

Purpose of grant: To integrate the community by promoting special occasions and our cultural diversity. LotteryWest provides grants for all kinds of events.

Applications: through mail

Website: <http://www.lotterywest.wa.gov.au/grants/grant-types/community-events>



Volunteer of the month award

Jim and Dot Salmon

Our December/January winners of the Volunteer of the Month award are Jim and Dot Salmon of Tom Price. Congratulations Jim and Dot - they each receive a certificate and a \$25 gift voucher.

Jim and Dot Salmon need little introduction to the Tom Price community. Most people in Tom Price have Jim's or Dot's mobile number on their speed dial. They have provided a free service to the community as reptile removers for the past 13 years. They catch and release approximately 200 reptiles in a year including many venomous snakes from mine sites, local businesses, schools, private homes and the hospital. They work entirely voluntarily and do not charge for their service despite being available 24 hours, seven days a week. Jim and Dot have produced magnets and books to help educate the public on what to do if they see a snake. They have also trained other community members to identify and handle snakes. They are very worthy recipients of this month's Active Ashburton Award.



Do you have someone in your club who deserves a Triple A rating? Request a Volunteer of the Month nomination form by emailing: Active.Ashburton@ashburton.wa.gov.au

Club Profile

Panna Heights Golf Club

About the club: The Panna Height's Golf Club with a 9 hole course is located in Pannawonica. The club was initially established as a recreational golf club in 1997. They are now a Golf Australia affiliated club and are recognised in the Pilbara region as a competitive course. The Panna Height's Golf Club is open to players of all levels of ability. Casual users are invited for a great time playing on a unique course.

Training days/club night:

Sunday - 9 hole competition

Tuesday - 5 hole Scroungers game

The course is open any day of the week

Information for new members:

For anyone that is interested in playing golf please contact one of the following members for further information:

Alex Reid (President)	0419 967 682
Mark Davidson (Vice President)	0417 940 801
Susi Iredell (Secretary)	0400 057 412
Deb Ferguson (Treasurer)	0424 297 733



Membership fees:

Single Membership \$80 / Couple Membership \$140

Contact Information

Email - pannaheightsgolfclub@outlook.com

Facebook - <https://www.facebook.com/pannaheightsgolfclub/info>

Website - <http://pannagolf.com>

Club News

Paraburdoo Men's Shed

Paraburdoo showed its true colours on 23 October when residents came together to raise funds and awareness for beyondblue during the annual Para Colour Fun Run. Now in its second year, over \$2500 was raised with more than 300 Paraburdoo and Tom Price residents taking part in the 1km and 3km run events, a 'Colour Smash' and an obstacle course. President of the Para Men's Shed, Mr Darryl Gnezdiloff, said "Due to the wonderful support of our sponsors and participants, this year's Colour Fun Run was a great success. The event will now become a permanent occasion on the Paraburdoo calendar. It is a great opportunity for the community to come together, enjoy active, healthy fun and importantly raise much needed funds for a selected charity". Planning for next year's 'Para Colour Fun Run' is already underway and will take place in October 2016.



Tom Price Women's Softball Association

Tom Price player, Rhylee Rogers has been selected for the State U19 Women's Softball team. She is currently training with the Tom Price Men's Softball Association five nights per week with the first State game scheduled for January 2016.

Paraburdoo Motorcycle Club

Following their AGM on 13 November, a strong new committee has been elected with Shane Carrison as president. The club is looking forward to a successful year and have already commenced fundraising activities to support their community minded club. It is a family friendly club that welcomes anyone who wants to meet new people and enjoy the social aspects of lending a hand; you do not need to be a motorcycle enthusiast to join. Social memberships are available by contacting paraburdoomotorcycleclub@yahoo.com

Paraburdoo Golf Club

Following a successful AGM on 11 November, new president Heath Mc Ewin and the committee are looking forward to making the Paraburdoo Golf club a thriving social community hub. The bar will now be open every weekend with a wood fire pizza oven available Friday nights from 5.30pm. BYO pizza to cook in the oven for a gold coin donation. Works are underway to prepare nine holes of the course for play. The venue is available to hire for private functions. Visit the Paraburdoo Golf Club Facebook Page for news and updates.



Women's Pilbara Aussie Rules Twilight Carnival

In a groundbreaking first, the VSwans hosted a Pilbara Women's AFL Twilight Carnival in South Hedland on 7 November 2015. The Hedland Reds defeated the Newman Dragons in the grand final by gaining an early lead with three goals in the first half. The spirit of the game was on full display as all teams lent a helping hand to the Ashburton Angels (who were short on players) by offering extra players. The Ashburton Angels consisted of players from Tom Price and Paraburdoo. The tournament was a testament to the hard work of volunteers in each town; working together to promote women's football in the Pilbara.

If you would like to join the Ashburton Angels, come to their training sessions on Monday nights at the Clem Thompson Memorial Oval from 6.30pm. A \$2 donation is requested to help cover the cost of lights. A second session is run on Thursday evenings at Minha Oval in Area W from 5.00pm.

Club News

Tom Price Amateur Swimming Club

A squad of 36 swimmers competed successfully at the Pilbara Championships in Carnarvon, with the TPASC finishing second overall. All swimmers came home with medals, with some events dominated by Tom Price athletes. Their winning streak continued with the march out parade, with their Movember theme bringing home the parade flag. Club members Taylah Walker and Drew Misiuepa were both selected to compete in the State Championships between 18-22 December in the U/13 200 metre breast stroke and U/14 50 metre freestyle categories respectively.



Tom Price occupied all podium places for the boys Under 11 50 metre backstroke event.

Paraburdoo Bowls Club

The club hosted the annual Movember event on Saturday 28 November to raise awareness of men's prostate and testicular cancer. Over \$3500 was raised for the cause through a joint effort with Paraburdoo Riders Association, Rio Tinto Iron Ore, Bowls Club, Men's Shed and Byblos Construction. The Paraburdoo Riders Association were the top fundraisers with over \$2300 donated.



Pannawonica Swimming Club

The 2015/16 swimming season kicked off with a Hawaiian themed pool party followed by Come'n'Try week. Over 40 kids came along to the Come'n'Try week with the majority registering to become a club member. The swimmers worked hard each session in order to show off their skills at the first club night on Friday 13 November. The final activity of the year will be a skills clinic and pancake breakfast on 12 December. The swimming club will break for the Christmas period; finishing on 16 December and resuming on Monday 11 January. A modified program will be offered until school recommences.

Paraburdoo Amateur Swimming Club

Swimmers successfully competed in the Pilbara Championships held in Carnarvon on 27 and 28 November. Athletes beat personal bests to secure medal placements in a number of categories. The team showed great sportsmanship towards other clubs and supported team members in all events. The club is hosting a Swim Australia Teacher of Competitive Strokes Course on Saturday 12 December. Contact Club President Kellie Reader on 0432 969 509 for all the details.



Tom Price Tigers Football Club

The club's AGM was held on Wednesday 9 December at 7.00pm at the club rooms at the Clem Thompson Memorial Oval and Sports Pavilion. All positions have been declared open.