



# Active Ashburton

*Enabling stronger, connected clubs and communities*

In partnership with

**RioTinto**

Issue 8 March 2015

# Welcome!

## Welcome message

March signals the start of Autumn in Australia. Here in the Pilbara, it's usually a time of great lightening shows, spectacular sunsets and short, heavy downpours. It's also the time our thoughts turn to winter sports. The Shire of Ashburton has a strong sporting community with plenty of options to get out, be active and meet new people. For a list of sporting clubs in your town, check the Shire website or contact the Active Ashburton team.

If you would like to try a new sport, don't miss out on

the Have a Go Days in Tom Price and Paraburdoo this March. Clubs and community groups will be welcoming the community with membership information and the chance to try something new. A free Welcome lunch will follow - make sure you tell your friends and family and join us for a fun and inclusive community event.

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](mailto:active.ashburton@ashburton.wa.gov.au))

## Coming Events

### 4 March

Tom Price Primary School P&C AGM

### 5 March

Women and Ageing, Nintirri Centre

### 7 & 8 March

Peer Support Training, Pannawonica

Bronze Medallion Course, Tom Price

### 8 March

International Women's Day

### 10 & 11 March

Grant Writing Workshops, Tom Price & Paraburdoo

### 14 March

Nameless Festival Op Shop Ball

Welcome Event Pannawonica

World's Greatest Shave, Sports Club, Pannawonica

### 14 - 22 March

Bike Week - join a community ride

### 17 March

New round opens - Department of Sport and Recreation Club Equipment Subsidy

### 20 March

Final Round of Pilbara Community Chest Fund closes ([www.pdc.wa.gov.au/royalties-for-regions/community-chest-fund](http://www.pdc.wa.gov.au/royalties-for-regions/community-chest-fund))

### 21 March

Have a Go Day, Tom Price

### 21-22 March

Tom Price Motor Cycle Club - North West round

### 22 March

Have a Go Day, Paraburdoo

### 26 March

Safe Clubs 4 Kids Workshop, Tom Price  
Department of Sport and Recreation

### 27 March

Safe Clubs 4 Kids Workshop, Paraburdoo  
Department of Sport and Recreation

### 27-29 March

North West Open swimming Championships, Karratha

### 28 March

Tom Price Community Markets (3 - 6pm)

### 2 April

Skill Share Seated Massage, 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](mailto:Active.Ashburton@ashburton.wa.gov.au)

# News

## Australia Day 2015

Each of the Shire's four towns celebrated Australia Day on January 26 with a free barbeque, fun activities and award ceremonies, thanks largely to the support of Rio Tinto.

Tom Price, Paraburdoo and Pannawonica hosted Australia Day parties at the local pool with a free barbeque breakfast, water games, inflatable thong races and the highly contested "homemade regatta".

Community groups, families and friends applauded the winners of the Premier's Active Citizenship Awards. These awards focus on community contribution and participation rather than personal achievement.

### The award categories include:

- Outstanding community contribution by a local citizen
- Outstanding community contribution by a local citizen under 25 years of age
- Outstanding community contribution by a local group or community event.

The winners of the Shire of Ashburton's 2015 Active Citizenship Awards are as follows:

#### Tom Price

- Active Citizen - Nicole Kelly
- Under 25 - Kyle Bravington
- Group - Tom Price Cadets

#### Paraburdoo

- Active Citizen - Deanne Cowland
- Under 25 - Aaliyah Peta
- Group - Para Riders

#### Pannawonica

- Active Citizen - Alison West
- Under 25 - Emily Gorry
- Group - Volunteer Fire and Rescue Service

#### Onslow

- Active Citizen - Melissa Ayres
- Under 25 - Kiara Parker
- Group - Onslow P&C



## Have a Go day with Free Welcome Lunch

Sporting Clubs and Community groups in Tom Price and Paraburdoo are opening their doors to the community by inviting residents to "Have a Go" during a community open day.

Trial activities will be on offer - it's the perfect opportunity to try a new sport or activity and make new friends. Participants who try at least six activities will be in the running to win an iPad mini.

Don't miss out on this great day where you can discover the range of services and activities available in your town. There will be something for the whole family - face painting, bouncy castle, games, music and a free Welcome Lunch.

#### Tom Price

Saturday 21 March  
10am to 2pm  
Diamond Club

#### Paraburdoo

Sunday 22 March  
9am to 1pm  
Peter Sutherland Oval



## Rural in Reach now available at Nintirri Centre

The state-wide Rural in Reach program supports the health and well-being of communities in rural Western Australia. Free services include: support around mental health concerns; family therapy and parenting advice; support for individuals with substance misuse challenges, nutrition and healthy lifestyle education, healthy relationship counselling and postnatal support. For more information, contact Nintirri Centre on 9188 1224 or call Rural in Reach 1800 998 399

# News

## International Women's Day 2015

All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality. Make it Happen is the 2015 theme for International Women's Day; encouraging effective action for advancing and recognising women.

Each year International Women's Day is celebrated on March 8. The first International Women's Day was held in 1911. Thousands of events now occur each year to mark the economic, political and social achievements of women.

A special International Women's Day morning tea hosted by Nintirri Centre will take place on 4 March, while in Paraburdoo a sold-out dinner hosted by Karingal Centre will take place on 7 March.

## Inclusion WA

Ciara King from Inclusion WA returned to the Shire to oversee the first Steering Group meetings in Tom Price and Paraburdoo. Inclusion WA is working alongside the Shire to deliver the benefits of inclusion through the upcoming Have a Go Days. A steering group was formed in each town to help direct the program and ensure it meets community needs.

Formal training is also offered to clubs and groups who participate in the Inclusive program. The training focuses on how to welcome and accommodate those that are marginalised or have a disability so that they may participate in the club even if it isn't by playing the sport. Being an inclusive club can give groups and clubs greater access to funding, expand their volunteer base and improve club culture.



Paraburdoo steering group committee.

## Catch Music

Catch Music is a not for profit community organisation that creates spaces for people to get together and play music. Regular sessions are currently run across Perth. These inclusive music sessions are for people of all ages and ability, brought together by their passion for music. Working with the Shire's Club and Capacity Development team, Catch Music would like to establish in Tom Price and Paraburdoo.

Ninety minute sessions are run weekly during school term. A trained music facilitator leads the sessions with music selection decided by the group. More experienced musicians can mentor beginners. Songs are learnt and the group can work towards community performances.

Program director, Jason Bird visited Tom Price and Paraburdoo on 9-10 February and is excited about taking the Catch Music program regionally. Jason Bird became a household name when he was selected from thousands of other hopefuls to become part of Popstars' Scandal'us. The group went on to have international success and receive multiple accolades and awards including the 2001 ARIA award for Highest Selling Australian Single.

Jason has solidified his position in Australian performing arts. As a dancer and choreographer, his career spans almost two decades and boasts collaborations with some of Australia's most successful recording artists. Jason also featured as a resident choreographer in Network Ten's "So You Think You Can Dance Australia". Between television shows, award winning stage musicals and the recording studio, Jason also shares his love of the arts with his passion for community. Through his career he has continued to 'give back': as an ambassador for Youth Off The Streets, a mentor for underprivileged youth with U.S. based Dance Intensity Extreme, working with the Kimberley Region's indigenous youth with Ausdance WA's YouTube Me Dance program, and heading up Camp Quality's performance and education program for children living with cancer in WA.

Jason's experience and focus on making a meaningful difference in the community has seen him step into the role of Program Coordinator for Catch Music Inc. The program provides communities in the Perth Metropolitan area with nine weekly music sessions designed to bring people of all walks of life together, with a focus on those who are marginalised, through the magic of music.

Jason spent the whole day and evening talking to individuals and community groups about starting Catch Music jam sessions here in the Shire of Ashburton. The response from the community was incredible and Jason can't wait to start the jam sessions with some very keen musicians. No matter what your background or age is, if you love to play music then get in contact with the Active Ashburton team to register your interest.

# News

## KidSport

More and more clubs in the Shire of Ashburton are getting involved and becoming registered with KidSport. This month Tom Price Gymnastics have become registered.

### KidSport registered clubs

- 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

If your club hasn't registered as a KidSport club - what are you waiting for? Get involved in this great program to give every child an opportunity to enjoy getting active and social with sport.

### 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

## KidSPorT

### 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 well-rounded 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.clubsonline.dsr.wa.gov.au/kidsport](http://www.clubsonline.dsr.wa.gov.au/kidsport)



[dsr.wa.gov.au/kidsport](http://dsr.wa.gov.au/kidsport)

## \$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. The next round opens 17 March and closes 17 April 2015.

Applications must be submitted using the online application form available via the DSR website, [www.dsr.wa.gov.au](http://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](mailto:equipmentsubsidy@dsr.wa.gov.au)

## Clubs and Grants

Grants are a double edge sword for clubs. Many clubs successfully generate huge amounts of funds through grants while others spend many hours writing unsuccessful grant applications. So what are the secrets to writing a successful grant?

- Build a relationship with the funder, prior to commencing the application give the funder a call and talk about your project and their objectives. They will quickly tell you if they are a potential funder while giving you an opportunity to "sell" your club.
- Get support for your application from the broader community. Letters of support from influential people within your community will greatly enhance your chances of being successful even if they are not required by the funder.
- Clearly define and understand what your club will use the funding for.
- Clearly define the problem or program that requires the funding and the solution the funding will provide
- Keep your application as short and concise as possible

- Be creative, you need to capture the attention of the reader, remember they may be reading hundreds of applications
- Make sure you answer all the questions in the grant application and provide all supporting information requested, such as financial statements, quotes or plans.

(information taken from [www.sportscommunity.com.au](http://www.sportscommunity.com.au))

## Want to become a grant writing expert?

Join our grant writing workshops this month:

- Tuesday 10 March 7pm to 9pm  
Introduction to Grant Writing (Tom Price)
- Wednesday 11 March 9am to 1pm  
Advanced Grant Writing (Tom Price)
- Wednesday 11 March 6.30pm to 8.30pm  
Introduction to Grant Writing (Paraburdoo)

Call Simmone on 9188 5448 for more information, or to book your place.

## Tom Price

### Department of Sport and Recreation Networking night

The Shire of Ashburton and Department of Sport and Recreation invited sporting clubs to attend a networking night at the Mountain View Sporting Club on Tuesday 10 February. The successful night included a presentation by the DSR Regional Manager, Brendan Cullinan about how DSR work closely with State Sporting Associations and Club Development Officers to ensure clubs are provided accurate information and support to maintain their sustainability and great club culture. Brendan also outlined the range of funding that is available to clubs through DSR.

Visit [www.dsr.wa.gov.au/funding](http://www.dsr.wa.gov.au/funding) for more information.

Trent Harvey from Rio Tinto also attended to discuss the Dollars for Doers program which enables Rio Tinto employees who volunteer 50 or more hours to a not-for-profit organisation to apply for a donation of up to \$500.00 per year. There is a maximum of 10 applicants allowed per organisation.

Thank you to Brendan Cullinan(DSR), Amanda Hohneck (DSR), Trent Harvey (Rio Tinto), Mountain View Sporting Club and all of the sporting club representatives and other members of the public for attending the networking night and making it such a great success!



Alex Villanova from Tom Price Basketball Association with Brendan Cullinan from DSR.



Sari, Kero, Belinda and Amanda enjoyed a casual networking night.

# Pannawonica

## Sweet Heart Fundraiser

The community of Pannawonica came together to support this year's Sweetheart Day campaign led by Kirsten Hawkins. Sweetheart Day is an annual event held to raise awareness and funds for Heart Kids; an organisation that supports children and families dealing with serious heart conditions. Kirsten and her husband Jason lost a daughter to a terminal heart condition in 2009 and this year's fundraising efforts were in honour of their beautiful daughter Ruby.

The Pannawonica Craft Club made 232 owls and teddy bears by hand; each with their own heart and birth certificate. With orders coming from all over the world, the owls will travel as far away as Ireland. The



Pannawonica community donated fabric while the craft club ladies and community volunteers worked for a month to fill the orders. A community Market day was held on 14 February with all profits going towards the Heart Kids Foundation. A fantastic cake created by Jodie Webster was auctioned off to the highest bidder (Barry Mumby at \$200) and a bake sale raised a further \$375. Panna Perks worked hard all day and raised \$300. Bianca Dickman placed the 100th order so was the lucky winner of an owl with a golden heart.

Over \$7000 was raised.



## Pannawonica Community Forum

The former Pannawonica CAG (Community Advisory Group) disbanded in December 2014. A community forum was held on 7 February 2015 to develop an alternative group to represent the community in Pannawonica. Attendees explored what the purpose of forming a new group might be and how the group would operate.

Below are just a few of the many ideas that came out of the first session:

### What the community needs

- Family Days
- Supermarket to be season ready
- More local employment - (spouses)
- Childcare (longer days)

### Possible Projects

- Activities to cater to community needs
- Community Garden
- Street Parties - street hosting for the rest of the town
- Water Park

### How the group should function

- Run as a community association
- All residents have the opportunity to provide input
- Strong representation from existing community groups
- Shark Tank Principle "Part of the solution"
- Work to realistic timeframes

### Communication

- Info Hub - Print & website
- Welcoming Committee/Group
- Community Newspaper
- Community Calendar

### The community is invited to add their ideas and comments by:

- 1 Attending the next community forum on Saturday 14 March from 10am to 12.30pm at the Pannawonica Primary School (music and art room)
- 2 Emailing your comments to: Pannawonica.Forum@gmail.com

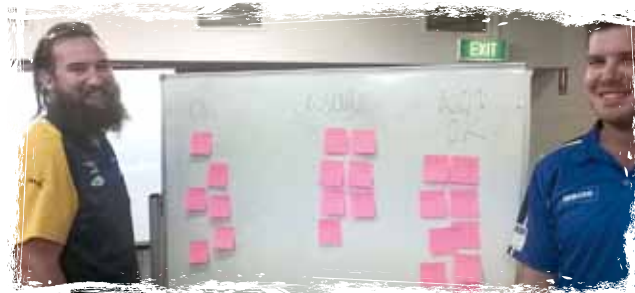
# Paraburdoo

## Community Calendar Evening

A community networking evening was held on the evening of Tuesday 17 February. Large sized calendars for each month of 2015 were placed around Ashburton Lesser Hall for groups to write in their key activities and events to help groups avoid clashing dates.

The evening provided an informal networking opportunity and representatives from Karingal, Auskick, Saints Cricket Club, Saints Football Club, Paraburdoo Primary School P&C, Red Dirt Rocks Committee and Paraburdoo Netball Association all contributed to the calendar on the night.

To let the community know about your group's important dates for 2015, please email [Jennifer.Withers@ashburton.wa.gov.au](mailto:Jennifer.Withers@ashburton.wa.gov.au) or phone 9190 2225 (Monday - Friday).



Jess, Rebecca and Deanne (L-R). Locking in key dates for the Paraburdoo Community Calendar.



## Contact us

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

### Club & Capacity Development Manager

Simmons 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

# 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:

### Cheaperthanhotels fundraising program

Forget slaving over the BBQ for another sausage sizzle, this program generates \$8 per sale. The Cheaperthanhotels fundraising program can be used by community groups, sporting clubs and schools for any project - new equipment, Country Week or a North West round.

Cheaperthanhotels is an online accommodation search and booking engine, which aims to provide hotel prices cheaper than what you can find by booking with the hotel themselves. For every booking made that has been referred to your organisation by a specified link or promotional code, Cheaperthanhotels will donate \$8 to your organisation. By putting in a small amount of time and effort spreading the word, you could raise hundreds or thousands of dollars for your cause.

[www.cheaperthanhotels.com.au](http://www.cheaperthanhotels.com.au)

Contact Susan Daniel for more information: [susan.daniel@cheaperthanhotels.com](mailto:susan.daniel@cheaperthanhotels.com)

### Local Sporting Champions Program

**Funding Body:** Australian Sports Commission

Next round closes 30 June 2015

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organization (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championships.

Please click on the link below for an application form and further information.

**Website:** [http://ausport.gov.au/participating/schools\\_and\\_juniors/local\\_sporting\\_champions](http://ausport.gov.au/participating/schools_and_juniors/local_sporting_champions)

## 2015 Our Neighbourhood Community Grants

**Funding Body:** Australia Post

**Open:** open now and closes 2 April 2015

**Amount:** one off cash payment of up to \$10,000

**Who can apply?**

- A not-for-profit community organisation
- A registered charity with the ATO
- A deductible gift recipient
- A social enterprise

Funding is not available to individuals, governments or educational institutions. The exception is for childcare centres, kindergartens or P&C groups whose projects benefit the wider community.

Projects must be completed between 1 October 2015 and 1 October 2016 and focus on one of four categories:

- Digital Capability
- Employment Pathways
- Community Inclusion
- Disaster readiness

**More information:** [www.ourneighbourhood.com.au/grants/community-grants.html](http://www.ourneighbourhood.com.au/grants/community-grants.html)

## Community Participation Funding

**Funding Body:** Department of Sport and Recreation

**Open:** all year around

Sport and recreation builds stronger, healthier, happier and safer communities.

The scheme funds initiatives that target low participation groups, particularly culturally and linguistically diverse (CaLD) and Aboriginal populations

Grants are limited to between \$1000.00 - \$5000.00

Grant applications must be for projects that target either "Participation" or "People Development".

**Who can apply?**

- Sport and recreation community organisations/clubs (who are not currently receiving Organisational Sustainability Program Funding);
- Other community and not-for-profit organisations;
- Regional Local Governments .

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:** [www.dsr.wa.gov.au/community-participation-funding](http://www.dsr.wa.gov.au/community-participation-funding)

# Volunteer of the month award

## Daryl West

Our March winner is Daryl West from Pannawonica - congratulations Daryl

Daryl has volunteered for over four years at the Pannawonica Volunteer Fire and Rescue Services (VFRS) where he currently holds the position of Brigade Lieutenant (2IC); an extremely demanding role that he has fulfilled with confidence and ease. He is often the incident controller at emergency incidents within the region, along with volunteering his own time for community events such as Panna Perk and training for the community. In 2014, Daryl had over 250 volunteer hours logged with the VFRS for his involvement with emergency incident response, training, station maintenance and community based activities.

Daryl was recently deployed as part

of the first Pilbara Joint Task Force for the large scale fires in the State's South West. He was appointed crew leader and volunteered four days to the tremendous fire-fighting effort to which he faced extreme and deadly working conditions. We would like to extend our appreciation and thanks to you Daryl for all your hard work. You are a great community member and a well deserving recipient of our March Volunteer of the Month.

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](mailto:Active.Ashburton@ashburton.wa.gov.au)



## Shire Facilities Update

- Para Men Shed has taken on a Shire project to restore the iconic train at Train Park in Paraburdoo.
- A new projector has been installed in the Clem Thompson Sports Pavilion for use when the first floor is hired. New blinds and a TV with DVD player have also been installed.
- The new fence has been completed at the Tom Price Bowling Club.
- New split system air conditioners have been installed at Tom Price Squash Racquet Association.
- New flag poles have been installed at the Anzac Memorial in Paraburdoo.
- After feedback was received from several clubs about their frustration of not being able to see the whole oval from the scoreboard room at Clem Thompson Sports Pavilion, portable tablets are now available for hire from Shire reception to operate the scoreboard from any location throughout the Pavilion. Clubs will

need to pay \$500.00 bond for the tablet which will be refunded upon return.

- We would also like to welcome our newest team member at the Vic Hayton Memorial Swimming Pool: Penguin is an interactive talking rubbish bin who encourages children to dispose of rubbish the correct way to "Keep Australia Beautiful".

A competition is currently underway to name the penguin - pick up an entry form from the pool office in Tom Price (closes 20 March).



# Club News

## Paraburdoo Saints Football Club (AFL)

Pre-season training is underway in Paraburdoo. Players are invited to join in on Tuesday and Thursday nights at 6.30pm to get ready for the 2015 season.

## Paraburdoo Amateur Swimming Club

After a well-earned break Paraburdoo swimming Club re-commenced training on the 09 Feb 2015.

A number of athletes represented Paraburdoo at the Country pennants in Exmouth on 28-29 Feb. The club is now training hard for the North West Open Championships in Karratha on 27-29 March 2015.

## Tom Price Basketball Association Country Week

Tom Price Basketball Association enjoyed success at Country Week. Three teams attended the country week competition; U 16 boys won one game, U14 boys won two games and U14 girls won one game. It was the first time the U14 girls' team had ever competed at Country Week and they were thrilled to win their first game. Attending Country Week can be a large financial outlay for clubs and requires committed fundraising efforts. Without the support of sponsors and organisations such as Fortescue Metals Group, Roadies Takeaways, Muzzy's Hardware, Lestok, Coles, Byblos Construction and Pilbara Industries, the basketball teams may not have been able to attend Country Week and represent Tom Price so well.

## Tom Price Men's Shed

A competition to design a logo for the Tom Price Men's Shed is running throughout the month of March.

The winning logo must fit within a circle shape and will receive a \$60 voucher from Muzzy's Hardware.

Submit designs to [tpmensshed@gmail.com](mailto:tpmensshed@gmail.com)

## Tom Price Bowling Club

Corporate bowls has now commenced on Wednesday nights. Nomination fee is \$20 per team. Bowls will start at 7pm each Wednesday, with a players' BBQ, followed by a 10 end game. Games fees are \$10 per player per night - which includes the BBQ. The bar will be open and spectators are welcome.



## Pannawonica Swimming Club

A Learn to swim program in late 2014 attracted over 60 participants and helped some of the younger swimmers gain confidence to come down to the pool this year and join the Pannawonica Swim Club development squad for the second half of the season. Club members are working towards improving their strokes and stamina in the pool and reaching their personal best times. The club will be holding a time trial in the next couple of weeks so swimmers can gauge their progress before a small team travels to the NW championships which are held in Karratha late March.

## Mountain View Sporting Club Tom Price

Memberships for the 2015/2016 year are DUE BY 1st APRIL 2015

Memberships are \$50/year for a couple/family and \$40 for a single (over 18).

All current members will be sent an invoice to renew their membership.

If you are new to town or haven't been a member before, please visit the Club during opening hours (below) and see the bar staff to sign up. You need to either be a member, or be signed in by a member, to eat or drink at the Mountain View Sporting Club.

Each member can sign in 3 people per day/night and once a person has been signed in 3 times, they need to become a member.

Memberships are not transferrable and are due on 1st April every year.

The Golfie Kitchen is open from 5pm - 9pm Friday and Saturday nights.

The Golfie Cafe is open from 9am - 11.30am Wednesdays, Thursdays and Friday.

FRIDAY LUNCHESES will be commencing from 6th March (the Golfie Cafe will then be open from 9am - 1.30pm).

# Club Profile

## Tom Price BMX Club

As March signals the beginning of another BMX Season in Tom Price, the BMX Club held their Have a Go Day on Saturday 21 February. Whether riders were expert or a beginner, three years old or thirty years old, everyone got to have a go. There was a great turn out and the BMX Club Volunteers including club President - Kero Kerrison were keen to assist anyone having a ride or answer any questions about the club or sport.



*Club President Kero Kerrison giving the minis a few tips.*

Friday night is BMX race night, with gates dropping at 7pm and a well-stocked canteen providing dinner, snacks and drinks for both riders and spectators. New riders can join at any time and the club has a number of bikes and gear for hire for those who just want to try things out for a week or two.

Catering to all age groups, Tom Price BMX club places the focus on 'Fun and Fair riding', where kids and adults of all skill levels can enjoy the track and work on their own personal best. Starting with the Mini-Wheelers, aged 2 - 5, and proceeding up through the age groups and skill levels to the over 25's (aka the Mums & Dads or Veterans class), Tom Price BMX Club caters for everyone.

To help riders improve their skills a qualified BMX coach comes up from Perth every few months to run weekend workshops and mentor programs which are always booked to capacity. Tom Price BMX Club also has its own qualified coaches who help riders during practice training each Tuesday and Wednesday afternoons.

While Tom Price BMX Club promotes fun and fair riding, it has also been home to some of the State's best BMX talent. Currently, two members are riders in the State Development Squad and one is on the WA Pro-Rider list. Each year a contingency of Tom Price BMX Club riders compete in the North West, State and National competitions. However, you don't need to be an elite athlete to enjoy BMX; it's all about just having a go.



Over the past few years the committee has worked hard to make some improvements to the track, successfully fundraising for the installation of new lights as well as the total refurbishment of the track. Tom Price BMX Club now boasts one of the best tracks in the North West. Track maintenance, registrations, the canteen and Friday race nights are coordinated by a group of tireless volunteers, without whom the seven month BMX season simply would not exist.

Don't be shy - drop out to the track on a Friday night to watch the fun. Just remember that as part of BMX Australia's Riders Code of Conduct, Friday night at the track is alcohol and smoke free.

### Further information:

Training days: Tuesday 4.30pm - 5.30pm  
Sprockets (7 years and under)

Wednesday 4.30pm - 5.30pm  
Ages 8years +

Membership fees: 4 month trial \$40 Mini Wheeler \$30  
Sprocket \$86 Open \$92  
Friday night racing \$5 per rider

Further membership information is available from  
[www.bmxaustralia.com.au](http://www.bmxaustralia.com.au)

**Contact:** [tomprice\\_bmx@yahoo.com.au](mailto:tomprice_bmx@yahoo.com.au)

**Facebook:** Tom Price BMX  
(closed group so request to join)

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