

July 7th, 2014

## Issue 9

Produced & Printed by



# THE DRYBLOWER

*Cue's only Dedicated News Resource*  
*on what's happening in and around Cue*

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Keeping you informed of what is happening in the Community of Cue



The Dryblower is a non-profit community newspaper edited, printed produced and distributed by the Cue CRC.

## **CONTACT**

CRC Robinson Street, Cue

Ph: (08) 9963 1198

Fax: (08) 9963 1197

Email: [cue@crc.net.au](mailto:cue@crc.net.au)

Contributions, articles and advertisements must be dropped in, posted, faxed or emailed to CRC Cue, by **30th** of each month for publication on **7th** of following month.

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SIZE	B & W	COL
FULL PAGE	\$30.00	\$60.00
HALF PAGE	\$15.00	\$30.00
QUARTER PAGE	\$10.00	\$20.00
EIGHTH PAGE	\$5.00	\$10.00
All Advertising rates are incl. of GST		

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## From the Editors Desk

Firstly let me say thank you to all those who were so complimentary in regard to my last editorial, it always nice to have readers agree with me, but the purpose of any editorial is to get the readers to think about a subject and perhaps even more importantly provoke some action for change in outlook. From a writer's point of view it is sometimes easier to write about causes and effects than individuals and the influence they have on our daily lives.

However difficult this may be this editorial is indeed about three people who have served Cue and its citizens in very different ways but all equally dedicated in their endeavours to make Cue a better place to live and enjoy. I refer of course to Stephen Manning our recently retired Fire Brigade Captain and Neil and Maggie Lawton our recently retired post master/mistress.

Without Steve's tireless efforts and dedication to the Cue Fire Brigade over the last thirty years, and more particular the last three years the brigade itself would most probably not exist. Not so long ago Steve was the Cue Fire Brigade but thanks to his dedication and passion for the brigade he was able to recruit and retain many new volunteers. These efforts were far beyond what could be expected on any single person but thanks to his efforts the Cue Fire brigade which was established in 1897 continues to flourish, serve and protect the community by delivering the best possible service to Cue and surrounds. Along with his passion for the Fire Brigade Steve has also served this community as a Shire Councillor and indeed as Shire President from 2007 to 2014.

I have absolutely no doubt that Cue is a better place to live in thanks to the efforts of someone like Steve Manning and we citizens indeed owe him a great debt of gratitude. Needless to say we wish he and Ruth a relaxing time in the future as others take up the challenge of providing the level of service that Steve achieved.

In a totally different vein we shall equally miss Neil and Maggie at the Cue Post Office. Both these lovely people were the very model of a self effacing couple who provided the highest level of service, always with good humour. I have absolutely no doubt that Neil help many people in all sorts of way that we will never really know about. Could you imagine going into a Post Office in Perth and finding yourself a few cents short for the postage and being told to drop it in on your next visit!

His willingness to assist his customers and far flung clients on his mail runs will be sorely missed and indeed sets the bar very high for Amy and Luke to emulate, But I am sure that they will achieve this as they have a wonderful mentor in Neil and to a lesser degree Maggie. We wish them both wonderful health and a great deal of happiness in their retirement.

It was once said that a good citizen makes others feel comfortable around them, a person other people easily trust, to have a positive attitude towards others, but most importantly have everyone believe in you and anything that you do. Being a good citizen takes a good attitude and being prepared to take responsibility in what you do for a living and being positive in outlook.

There are no doubt other means of measuring but in Steve, Neil and Maggie we do not need to measure but just feel privileged that they all served this community in such a way that Cue was the better for having had them serve us.

**Ian W. Dennis (Editor)**



Community Resource Centre  
*your local connection*

## Movie night in Cue

We had a disappointing turn  
out for this movie night but  
the kids that did come  
enjoyed the movie  
immensely

**THERE WILL BE NO MOVIE  
NIGHT IN JULY**





## BBQ at the Caravan Park in June was a great success

The fire pit was very welcome on such a chilly night. The tourists all had a great time chatting to people with the event being a really happy friendly atmosphere

**We will not be holding the next BBQ at the Caravan Pk till August. Look for the dates in the next Dryblower**



## **ST JOHN AMBULANCE - CUE**

**URGENT**

**URGENT**



**URGENT**

**URGENT**

**WE NEED VOLUNTEERS!**

**HELP US TO HELP YOU!**

**COME DOWN TO TRAINING ON THURSDAY NIGHTS  
5.30 AT THE SUB CENTRE**

**Cue only has after hour's coverage from the Cue Nursing Post 3  
nights per week & 1 weekend in 3.**

### **ST JOHN AMBULANCE CUE MEMBERSHIPS**

**FAMILY.....\$81.00  
SINGLE.....\$49.00**

**HELP US TO HELP YOU**

## President's Report

A special meeting of Council was held on June 30 2014 to consider and set rates for the 2014/2015 financial year. The rate changes will be advertised for public comment in the next day or two before submission to the Minister for approval.

As most people would be aware rates are raised for the purpose of maintain services, maintaining existing assets and for public works aimed at improving the Town amenity. Of course the rate base in towns like Cue is small so we are very dependant on grants from both Federal and State Governments, and as many people know a lot of grants have either been frozen in terms of indexing, delayed or withdrawn in their entirety.

Despite these obstacles and increases in utility costs of water and electricity, Council have voted for just a 4% rise in the residential and pastoral rates a 15% increase in commercial rates and 7.45% in the mining rate.

These measures together with albeit reduced grant funding should enable all our basic infrastructure e.g. roads, street lighting etc to be maintained at safe standards and additionally fund a list of projects which include:-

Shade Sails over the children's play ground.

Re establishing Brockman Park

Up grade of the Water Playground to meet new health standards.

Supply of bore water to the caravan park (thus reducing the parks operating costs)

Contributing to the M.R.V.C. fencing project.

Mobile Lights to allow night flights of the R.F.D.S

Improvement to the "old" post office

Road train barrier at the Marshall street intersection.

The above is an extract from the draft capital works programme which contains a total of 35 projects.

I hope these improvements to town amenity will make Cue an even more pleasant place to live.

Regards

Roger

# Trivia for July

**7 July 1841** - Explorers John Eyre and Wylie reach King George Sound, Western Australia, after having crossed the treacherous deserts from Adelaide. During their epic journey the explorers lost all supplies, horses, camels and three colleagues.

**July 1851** - Joseph LaTrobe was sworn in as the **first Governor of the Colony of Victoria**.

In the same month **Gold was discovered** for the first time in Victoria. This find at Clunes and subsequent discoveries at Bendigo and Ballarat turned Victoria into the richest, and leading, Colony of Australia. The **first telegraph line** was built in Australia. It ran between Sydney and Liverpool..

**2 July 1872** - Adelaide, Melbourne and Sydney received the **first news via the Telegraph from England**.

The Overland telegraph stretching across the deserts from Darwin to Adelaide (a length of almost 1600 miles), allowed this dramatic breakthrough in communications.

**July 1873** - **Ayres Rock**, in the centre of Australia, was **discovered** by William Christie Goss, a young, little known explorer on his one and only expedition. Named in honour of Sir Henry Ayres, Premier of South Australia.

**July 1894** - The Adult Suffrage Bill was introduced to the South Australia Parliament. For the first time in Australia a Colonies Constitution was altered so that **women over 21 years of age would have the same voting privileges as men**. This bill was passed in August 1894 and South Australia became only the **second Government in the World** to do so, after New Zealand.

**13 July 1900** - It was announced that John Adrian Hopetoun was to become the **first Governor-General** (Australia's head of state) of the newly federated Commonwealth of Australia.

**July 1901** - West Australians, including the rough goldminers, gathered to watch the Duke and Duchess of York as they began their tour of Australia.

**28 July 1902** - The birth of Albert Namatjira - Australia's most celebrated Aboriginal artist.

**31 July 1902** - **Australia's worst mining disaster** with the explosion of the Mount Kembla coal mine. 96 miners, aged between 14 and 60, died.

**10 July 1907** - **The first telephone call** was made between Sydney and Melbourne.

**8 July 1915** - The Women's Peace Army was formed by Vida Goldstein and Adela Pankhurst. This small group of feminists played an important part during the anti-conscription struggles of the following year.

**28 July 1921** - Edith Cowan became the **first woman to be elected to an Australian Parliament**. Women had only won the right to be elected to parliament in her state, Western Australia, in the previous year.

**July 1936** - The Spanish Civil War began. Over 40 Australians volunteered to help the Republican Government defeat the army rebels led by General Franco.

**11 July 1940** - Petrol rationing was introduced for motorists. Private drivers were limited to 40 miles per week worth of petrol.

**5 July 1945** - Prime Minister John Curtin died. The strain of leading the nation through World War II had killed the man widely recognised as Australia's greatest Prime Minister.

**11 July 1979** - The 80 ton American Space Laboratory, *SkyLab I*, re-entered the earth's atmosphere off the West Australian coast and disintegrated. Debris was scattered over a wide area of South Western Australia.





Community Resource Centre  
*your local connection*

**Cue Markets**  
**The next markets**  
**will be held**  
**on 28th July, 2014**  
**9am to 12noon**

***Please contact Ruth on***  
***99631198 if you would***  
***like to have a stall***

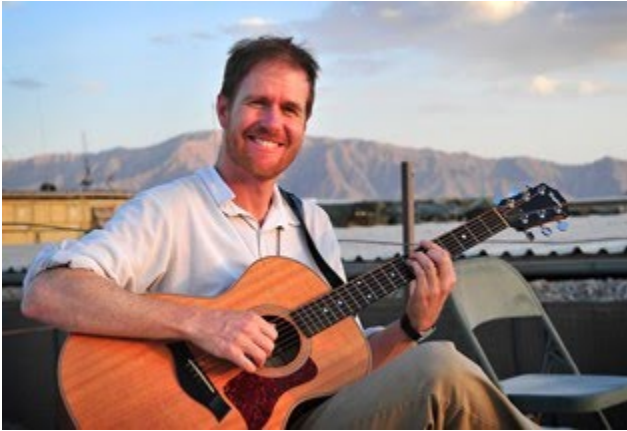
It is planned to hold these markets and a sausage sizzle at the park next to the Council Chambers, so come down for a snag and look at the wares on sale .

Go through your junk, you never know who might think it a treasure and worth a dollar or two for you.

It was disappointing to see the last market cancelled due to lack of interest so lets make this a good one and roll up to support the Cue Market.

# Dust of Uruzgan by Fred Smith

Country Arts WA and Act-Belong-Commit present  
*Dust of Uruzgan* by Fred Smith



**22<sup>nd</sup> August**

**Doors open at 7pm**

**Show starts 7.30**

**Venue: Cue Town Hall**

**Cost \$10 includes snacks**

**Bookings essential**

**Contact Ruth on 99631198**

Fred Smith combines beautiful songs, stunning projected photographs by military and civilian photographers and humorous and touching stories to bring us *Dust of Uruzgan*, a highly acclaimed album performed live with a two piece band and based on his time in Afghanistan as a diplomat and singer/songwriter. *Dust of Uruzgan* tells the story of the 20,000 young Australians who, for the last eight years, have made a difference in the war-ravaged country of Afghanistan.

The effect of this combination of mediums is powerful. Smith was actually there and the stories he tells are of real people and events. Audiences will leave the venue with a quiet sense of connecting with something real and important.

**COUNTRY+  
ARTS+WA=**



Government of Western Australia  
Department of Culture and the Arts

lotterywest  
supported



ABC

Local Radio



healthway

**GWN7**



**SmokeFree WA**

# St Patrick's Catholic Church



## Liturgies for June, July and August ***NB change of times***

Sunday 08 Jun	Celebration of the Word with Communion	10.00 am
Sunday 15 Jun	Celebration of the Eucharist (Mass)	8.00 am
Sunday 13 Jul	Celebration of the Word with Communion	10.00 am
Sunday 20 Jul	Celebration of the Eucharist (Mass)	8.00 am
Sunday 03 Aug	Celebration of the Word with Communion	10.00 am
Sunday 17 Aug	Celebration of the Eucharist (Mass)	08.00 am

St Patrick's is located on the corner of Marshall and Dowley Streets.  
St Patrick's is under the pastoral care of the Sisters of the Good Samaritan of the Order of St Benedict.  
Sr Gerri Boylan sgs 9963 4179



# Farmer Jack's ELECTRICAL

**MEEKATHARRA**

**NOW OPEN**

**LOCATED IN THE THRIFTY LINK HARDWARE  
SHED AT THE REAR OF FARMER JACK'S**

**COMPETITIVE PRICES**

- **WASHING MACHINES**
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**SPEND OVER \$300 IN ANY ONE  
TRANSACTION AND GO INTO  
THE DRAW TO WIN A 250CC QUAD BIKE**

**DRAWN 28/6/14**

**Farmer Jack's Foodworks Meekatharra  
22 Main Street, Meekatharra 08 99811088**





The sixth season of *Who Do You Think You Are?*  
starts Tuesday 8<sup>th</sup> July at 7:30pm on  
SBS ONE

On the trail of his ancestors, broadcaster **Andrew Denton** explores his Jewish heritage and delves into one of the darkest chapters in human history. He also learns of a possible connection to one of the best known stories in the Bible.



Tuesday July 8<sup>th</sup> on SBS ONE at  
7:30pm



Actor **Rebecca Gibney** searches for the reasons behind her family's troubled past bringing a dark secret to light, to heal a long-standing family wound. She also discovers an ancestor who played a role in New Zealand's forgotten tragedy.

Tuesday July 15<sup>th</sup> on SBS ONE at  
7:30pm

Actor **Jacki Weaver** never knew her Grandma. Jacki's dad Arthur was a ward of the state and she doesn't know anything about his biological family – except for his mother's name. Jacki wants to know who her Grandmother was and why she had to give up her baby.



Tuesday July 22<sup>nd</sup> on SBS ONE at 7:30pm



Actor **Richard Roxburgh** discovers his family's footprints in an unexpected corner of the world, finding two ancestors on opposite sides of the fierce struggle over slavery. In a cruel and unjust world, he finds a courageous figure giving hope and guidance to the oppressed.

Tuesday July 29<sup>th</sup> on SBS ONE at 7.30pm

**Amanda Keller** discovers her bloodline has survived against all odds; finding an ancestor who faced hell on earth in Australia's most brutal prison and a mother fighting to save her family in the face of tragedy.



Tuesday August 5<sup>th</sup> on SBS ONE at 7:30pm



Australian of the Year and AFL star **Adam Goodes** investigates his long lost Aboriginal heritage, uncovering a royal bloodline and a 19th century mining magnate in his family tree. On a quest to learn about his ancestors' culture he journeys deep into the remote Flinders Ranges and finds evidence of their lives from thousands of years ago.

**Tuesday August 12<sup>th</sup> on SBS ONE at 7.30pm**

The majority of the scenes for this story was shot in Cue so it could indeed be worth a look when it comes on the T.V.

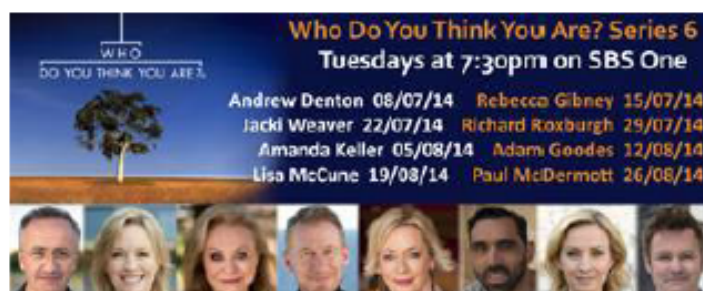


**Lisa McCune** uncovers a sensational Gold Rush murder and learns the tragic secret behind her own father's childhood.

**Tuesday 19th August on SBS ONE at 7.30pm**



Paul McDermott delves into the mystery behind his Mother's adoption and the cruelly brief lives and loves of his ancestors. He also uncovers a tale of hard times and great expectations in colonial Adelaide  
**Tuesday 26<sup>th</sup> August on SBS ONE at 7.30pm**





Cue

Community Resource Centre

*your local connection*

The Cue Community resource Centre has  
now started

a

# Book exchange

Please bring your books to  
33 Robinson Street and browse  
the collection

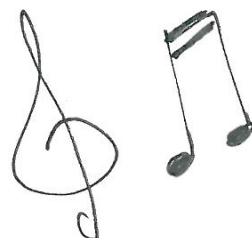


Government of **Western Australia**  
Department of **Regional Development**



**ROYALTIES**  
FOR REGIONS





A CENTENARY  
TRIBUTE to the  
1914 CUE/Day Down  
BRASS BAND...

# Salute to Cue

FREE

## a SINGALONG CONCERT

60 MINS OF EVERGREEN OLD-TIME MELODIES

By... RAY TAYLOR *Grandson of 1914  
Cue Bandmaster*

WHEN?



WEDNESDAY JULY 16, STARTS 4p.m.

WHERE?



COVERED AREA AT CUE C'VAN PARK

Plus... **SAUSAGE SIZZLE !!**  
COURTESY OF THE SHIRE OF CUE

"Those were the days, my friend...."





# Oranges

Juicy and sweet and renowned for its concentration of vitamin C, oranges make the perfect snack and add a special tang to many recipes; it is no wonder that they are one of the most popular fruits in the world. Oranges are generally available from winter through summer with seasonal variations depending on the variety.

Oranges are round citrus fruits with finely-textured skins that are, of course, orange in colour just like their pulpy flesh; the skin can vary in thickness from very thin to very thick. Oranges usually range from approximately two to three inches in diameter

## A Very Good Source of Fibre

Oranges' health benefits continue with their fibre, which has been shown to reduce high cholesterol levels thus helping to prevent atherosclerosis. Fibre can also help out by keeping blood sugar levels under control, which may help explain why oranges can be a very healthy snack for people with diabetes. In addition, the natural fruit sugar in oranges, fructose, can help to keep blood sugar levels from rising too high after eating. The fibre in oranges can grab cancer-causing chemicals and keep them away from cells of the colon, providing yet another line of protection from colon cancer. And the fibre in oranges may be helpful for reducing the uncomfortable constipation or diarrhoea in those suffering from irritable bowel syndrome. In addition to oranges' phytonutrients, vitamin C, and fibre, they are a good source of folate, vitamin A (in the form of carotenoids), vitamin B1, potassium, copper, pantothenic acid, and calcium.

## Prevent Kidney Stones

Want to reduce your risk of calcium oxalate kidney stones? Drink orange juice. A study published in the *British Journal of Nutrition* found that when women drank 1/2 to 1 litre of orange, grapefruit or apple juice daily, their urinary pH value and citric acid excretion increased, significantly dropping their risk of forming calcium oxalate stones.

## Help Prevent Ulcers and Reduce Risk for Stomach Cancer

An orange a day may help keep ulcers away, according to a study published in the *Journal of the American College of Nutrition*. In this study, researchers evaluated data from over 6,000 adults enrolled in the Third National Health and Nutrition Examination Survey. Study participants with the highest blood levels of vitamin C had a 25% lower incidence of infection with *Helicobacter pylori* (*H. pylori*), the bacterium responsible for causing peptic ulcers and in turn, an increased risk for stomach cancer. Researchers are uncertain whether *H. pylori* lowers blood levels of vitamin C or if high blood levels of vitamin C help protect against infection—either way, eating an orange or drinking a glass of orange juice each day may help prevent gastric ulcers. Lead researcher in this study, Dr. Joel A. Simon at the San Francisco VA Medical Centre, urges people who have tested positive for *H. pylori* to increase their consumption of vitamin C-rich foods since this may help them combat *H. pylori* infection

## Protect Respiratory Health

Consuming foods rich in beta-cryptoxanthin, an orange-red carotenoid found in highest amounts in oranges, corn, pumpkin, papaya, red bell peppers, tangerines, and peaches, may significantly lower one's risk of developing lung cancer. A study published in the September 2003 issue of *Cancer Epidemiology, Biomarkers and Prevention* reviewed dietary and lifestyle data collected from over 60,000 adults in Shanghai, China. Those eating the most cryptoxanthin-rich foods showed a 27% reduction in lung cancer risk. When current smokers were evaluated, those who were also in the

# Protection Against Rheumatoid Arthritis

New research published in the *American Journal of Clinical Nutrition* adds to the evidence that enjoying a daily glass of freshly squeezed orange juice can significantly lower your risk of developing rheumatoid arthritis. Data collected by the European Prospective Investigation of Cancer Incidence (EPIC)-Norfolk study, a population-based, prospective study of over 25,000 subjects, showed that study participants with the highest daily intake of the carotenoids, zeaxanthin and beta- cryptoxanthin, had a much lower risk of developing rheumatoid arthritis compared to individuals consuming the least of these beneficial phytonutrients. Those whose intake of zeaxanthin was highest were 52% less likely to develop rheumatoid arthritis, while those with the highest intake of cryptoxanthin had a 49% reduction in risk. Pretty dramatic benefits for doing something as simple as enjoying a glass of freshly squeezed orange juice each day!

## Description

Oranges are one of the most popular fruits around the world. While they are delightful as a snack or as a recipe ingredient, for many Americans, it is their juice that is most associated with good health, having a reputation for being an integral part of a healthy breakfast.

Oranges are round citrus fruits with finely-textured skins that are, of course, orange in colour just like their pulpy flesh. They usually range from about two to three inches in diameter.

Oranges are classified into two general categories—sweet and bitter—with the former being the type most commonly consumed. Popular varieties of the sweet orange (*Citrus sinensis*) include Valencia, Navel and Jaffa oranges, as well as the blood orange, a hybrid species that is smaller in size, more aromatic in flavour and has red hues running throughout its flesh. Bitter oranges (*Citrus aurantium*) are oftentimes used to make jam or marmalade, and their zest serves as the flavouring for liqueurs such as Grand Marnier and Cointreau.

## History

Oranges originated thousands of years ago in Asia, in the region from southern China to Indonesia from which they spread to India. Although Renaissance paintings display oranges on the table in paintings of The Last Supper, the assumption that they were grown in this region at this time seems to be erroneous since oranges were not cultivated in the Middle East until sometime around the 9th century. Sweet oranges were introduced into Europe around the 15th century by various groups including the Moors, and the Portuguese as well as the Italian traders and explorers

who found them on their voyages to Asia and the Middle East.

Orange trees began to be grown in the Caribbean Islands in the late 15th century after Christopher Columbus brought the seeds there on his second voyage to the New World. Spanish explorers are responsible for bringing oranges to Florida in the 16th century, while Spanish missionaries brought them to California in the 18th century, beginning the cultivation of this citrus fruit in the two states widely known for their oranges. Before the 20th century, oranges were very expensive and therefore they were not regularly consumed, but rather eaten on special holidays such as Christmas. After more efficient means of transportation were developed, and food processors invented methods for utilising orange by-products such as citric acid and bioflavonoids, the price of oranges dropped, and they could be consumed on a wide scale, as they are today. Currently, the countries that are some of the largest commercial producers of oranges include the United States, Brazil, Mexico, Spain, China and Israel.

## How to Select and Store

Oranges do not necessarily have to have a bright orange colour to be good. In fact, the uniform colour of non-organic oranges may be due to injection of Citrus Red Number 2 (an artificial dye) into their skins at the level of 2 parts per million. Whether organic or not, oranges that are partially green or have brown russetting may be just as ripe and tasty as those that are solid orange in colour. Avoid those that have soft spots or traces of mould. And, because oranges are among the top 20 foods in which pesticide residues are most frequently found, buy organic oranges whenever possible. Choose oranges that have smoothly textured skin and are firm and heavy for their size. These will have a higher juice content than those that are either spongy or lighter in weight. In general, oranges that are smaller will be juicier than those that are larger in size, as will those that feature thinner skins. Oranges can either be stored at room temperature or in the refrigerator, depending upon your preference. They will generally last the same amount of time, two weeks with either method, and will retain nearly the same level of their vitamin content. The best way to store oranges is loose rather than wrapped in a plastic bag since

## Tips for Preparing and Cooking

Oranges can be eaten as a snack—just peel and enjoy. Before cutting the orange in half horizontally through the centre, wash the skin so that any dirt or bacteria residing on the surface will not be transferred to the fruit. Proceed to cut the sections into

halves or thirds, depending upon your personal preference.

Thin-skinned oranges can be easily peeled with your fingers. For easy peeling of the thicker skinned varieties, first cut a small section of the peel from the top of the orange. You can then either make four longitudinal cuts from top to bottom and peel away these sections of skin, or starting at the top, peel the orange in a spiral fashion. Oranges are oftentimes called for in recipes in the form of orange juice. As oranges, like most citrus fruits, will produce more juice when warmer, always juice them when they are at room temperature. Rolling the orange under the palm of your hand on a flat surface will also help to extract more juice. The juice can be extracted in a variety of ways. You could either use a juicer or do it the old fashioned way, squeezing by hand.

If your recipe calls for orange zest, make sure that you use an orange that is organically grown since most conventionally grown fruits will have pesticide residues on their skin and may be artificially coloured. After washing and drying the orange, use a zester, paring knife or vegetable peeler to remove the zest, which is the orange part of the peel. Make sure not to remove too much of the peel as the white pith underneath is bitter and should not be used. The zest can then be more finely chopped or diced if necessary.

## How to Enjoy

### A Few Quick Serving Ideas

- ¥ Healthy sauté onions and ginger, and then deglaze the pan with orange juice. Use this liquid as a sauce for salmon or tuna.
- ¥ Orange segments, fennel and boiled beets make a delightfully refreshing salad.
- ¥ Gently simmer sweet potatoes, winter squash and orange segments in orange juice. Before serving, sprinkle with walnuts.

## Tuna Salad with Oranges and Cashews

If you're tired of most tuna salads try this recipe which has oranges and cashews in the mix. Something exciting out of a tin of tuna!

### Ingredients

- Serves: 1*
- 1 (185g) tin tuna in water, drained
  - 1 orange - peeled, sectioned and cut into pieces
  - 1 1/2 tablespoons mayonnaise
  - 2 tablespoons cashew halves
  - 1 teaspoon ground ginger
  - 1 teaspoon lemon juice
  - salt and freshly ground black pepper to taste
  - handful fresh spinach

### Directions

*Preparation: 10min > Ready in: 10min*

In a medium bowl combine the tuna, orange pieces, mayonnaise, cashews, ginger, lemon juice, salt and pepper. Mix well. Serve over a bed of spinach or lettuce leaves.





# RECIPE

## Orange Marmalade

*adapted from*

*The Australian Women's Weekly*

Unfortunately there's no short-cut with this recipe - you have to be obsessive with the removal of the pith and the width of the zest ribbons for even cooking, but it's worth it! If you have a backyard tree, get to it before your oranges are all gone, or get to the market for some super cheap orange specials

5 large (1kg) oranges

1 1/4 litres water

1 1/4 kg sugar

2 tablespoons lemon juice

A couple of extra lemons

Cut oranges into quarters. Using a peeler, remove the skin of the fruit, leaving as much pith behind attached to the fruit.

Using a sharp knife carefully cut the orange flesh away making sure to leave all the pith behind. If there's a bit of whiteness to the inside of the rind, remove it by scraping with a sharp knife. Cut the skin into thin slivers (2mm) as in the picture at left. Be fastidious as the more even the thickness, the more even it will cook and the texture will be consistent.

Remove the orange flesh from the pith. Put the pith to one side as you will use it later. Cut the orange flesh into thin slices (2-3mm) and remove the seeds. Put the seeds with the pith, and the orange flesh with the rind.

Add half the water to the rind and orange flesh in a bowl, and cover it to rest overnight.

Take out all the seeds you can get from an extra couple of lemons. Place these with any seeds you may have taken out from the oranges. Add to the reserved orange pith.

Tie seeds and pith in a piece of muslin (I used a spare pillowcase that I didn't need any more); put this mixed bag into another bowl with the remaining water to cover and stand overnight. This is the source of the pectin that will set your marmalade.

The next day, add both reserved mixes to a large pot and add the lemon juice. Bring to boil; simmer, covered for about 40 minutes or until rind is soft. Discard mixed bag of seeds and pith. Pour sugar into the centre of the pot & stir over med to low heat without boiling until sugar is dissolved. Boil marmalade uncovered and without stirring, for about 15 minutes or until marmalade jells when tested (I put a teaspoon of it in a small dish and wait a few minutes for it to cool and see how set it is).

When at the right gelling consistency, leave it to sit for about 10 minutes to cool slightly before placing into sterilized jars (jars and lids covered with water and boiled in a covered pot for 20+ minutes). This step makes it easier to equally distribute the fruit and the liquid to jars.

Pour into jars carefully and seal immediately. The obsessive microbiologist in me drives me to usually do a second boil step to ensure sterility of the jarred items. To do this, add jars to a large pot, loosen the seal on the lids so the lid is still attached, but not fully closed (\*\*IMPORTANT otherwise your jam jars may crack and you'll lose all your lovely jammy goodness and there will be tears). Add about 3 cm of water to the pot and boil for 10 mins - check regularly to make sure that it does not boil dry. Carefully remove jars from the pot, seal immediately and wait for the pop up button (on most modern jars) to be sucked into the sealed position.

Marvel at the deliciousness you have made. Keeps 12+ months, and is beautiful on buttered toast, in jam tarts and steamed puddings.



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July

Patrick Dongara  
Mary Radovanovic  
Michael Clinch  
Sandra Clinch  
Jade Cooper

08.07.1960  
09.07.1946  
26.07.1956  
04.07.1961  
10/07/1977



# Poet's Corner

## Reminiscing

My life. It was not squandered  
As I recollect the past,  
When for years I wandered  
Throughout this country vast,  
From the cities with their rumble,  
A noise that never ends,  
To old bark huts so humble,  
Where I sat among real friends.  
I left behind the blacktop,  
Took to gravel roads, and, dust.  
Forgot about each city fop,  
Who, after wealth did lust.  
My fortune lay around me;  
Good fortune, I must say.  
As far as the eye could see,  
All changed from day to day.  
There were mountains capped by gleaming snows,  
Shining in the sun.  
They sent water to make the orchards grow,  
And, start the rivers' run.  
There were deserts where rain rarely fell,  
Hot as a fireside poker,  
And, sunsets which all will tell,  
Glow red, as the richest ochre.  
To sit around a dancing fire,  
Swap yarns as they befell.  
One would never really tire  
Of stories, told so well.  
There were bustling cattle stations,  
Busy from dawn to dark,  
Men from all earth's pations,  
Who came, and, left their mark.  
And, when I die, and, my soul is free,  
Though it was never up for sale:  
From where I lie I'll somehow see  
The night becoming pale,  
Twas not for me the city life,  
Plotting for a perk,  
God let me live, without strife,  
To appreciate His finest work.

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June 2002





©Ren Leishman \* illustrationsOf.com/442713

An old Australian battler lies dying in his bed.

He calls over Shirley, his faithful wife of 60 years, and says, "Shirl, when we started out, tried to buy a business in the depression, went bust: you were with me"

"Oh, yes, Bruce", she says

Then the war started, I joined up, and was sent to the front line, where I lost me legs. You stayed with me."

"Oh yes, Bruce" she says.

"Then, came home, couldn't get a job, due to me disability, and bought a farm."

"Oh, yes, Bruce", she says.

"The farm flooded, then just when we got over that, there was a bushfire, and then the drought, which wiped us right out: you still stayed with me."

"Oh yes, Bruce,"

"Now here I am, in excruciating pain, about to die, useless and you're still with me."

"Yes Bruce."

"Shirl."

"Yes, Bruce?"

"You're bloody bad luck"

**A dog thinks:** 'Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me ...  
**THEY MUST BE GODS!'**

**A cat thinks:** 'Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me ...  
**I MUST BE A GOD!'**

An accountant is having a hard time sleeping and goes to see his doctor. "Doctor, I just can't get to sleep at night." The Doctor replied "Have you tried counting sheep?" The accountant stated "That's the problem - I make a mistake and then spend three hours trying to find it."

**Q:** When do you know a lawyer is telling the truth?

**A:** When his lips are shut.

A bloke escapes from prison where he has been for 15 years. He breaks into a house to look for money, beer and guns and finds a young Australian couple in bed. He orders the bloke out of bed and ties him to a chair. While tying the girl to the bed he gets on top of her, kisses her neck, then goes into the bathroom.

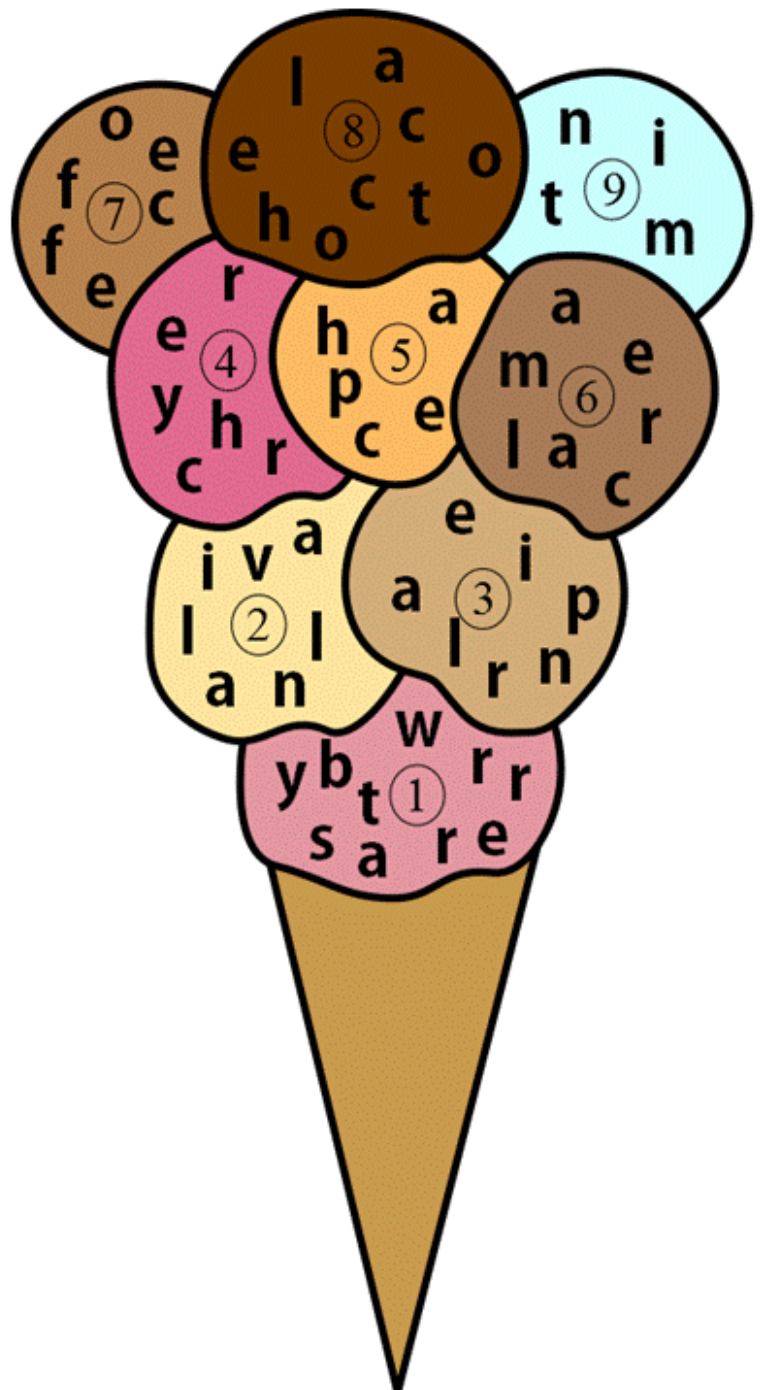
While the man is in the bathroom, the husband tells the wife: "Listen, this guy's an escaped inmate, look at his clothes! He probably spent lots of time in jail and hasn't seen a woman in years... I saw how he kissed your neck. If he wants sex, don't resist, don't complain. Do whatever he tells you. Satisfy him no matter how much he nauseates you. This guy is probably dangerous. If he gets angry, he'll kill us. Be strong, honey. I love you." To which the wife responds: "He wasn't kissing my neck. He was whispering in my ear. He told me he was gay, thought you were cute, and asked if we had any Vaseline. I told him it was in the bathroom. Be strong honey, I love you too!!"





Andrew couldn't decide what flavor of ice cream he wanted most, so he just asked for a nine scoop cone. Unscramble the letters on each scoop to find out what flavors he enjoyed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_





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**St John** 

# July

**July's birth flower is larkspur.** Each colour variation of larkspur has a different meaning: pink means fickleness, white conveys a happy nature, and purple normally represents a first love. Generally, larkspur indicates strong bonds of love. The other July flower is the **water lily**, which signifies purity and majesty.

## July Birthstone is

For those who were born in the month of July the Ruby is the traditional birthstone. The July birthstone poem reflects some of the properties with which the Ruby is associated - devotion, integrity, courage and happiness. The Traditional Metaphysical Properties for the July Birthstone Ruby are vitality, confidence and strength. The healing properties of the July birthstone are reputed to be effective for health problems relating to the blood and infection and increasing positive thought patterns. The Ruby is also used to enhance energy, generosity and to bring prosperity and success

## July Birthstone poem - the Ruby

*"The gleaming Ruby should adorn,  
All those who in July are born,  
For thus they'll be exempt and free,  
From lover's doubts and anxiety."*





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## Pruning

There's something about pruning that seems to bring out aggression in people, especially men. However, pruning doesn't have to be like a shoot-out at high noon. You don't need to take out all your frustrations on your plants, nor should you be worried about occasionally being ruthless in the garden. Many people think that pruning is a very complex matter, but for home gardeners that's not true. Prune whenever you want to make the place look neat and tidy, to trim a hedge or even to remove a plant that's not performing. Don't worry about cutting off flowers or fruit when necessary. Obviously if you were running an orchard you'd need a different approach ; you'd prune at certain times of the year and in a certain way to maximise your crop.

### Boys' toys

Use an extendable pruner would be excellent. It extends to about 6 metres (20') and has a block and tackle attached to the cutting head. You stand on the ground, manoeuvre the head into position and then pull on the rope to prune off branches and twigs. The head can be removed and a saw attached if required. The great advantage of this tool is that you don't have to climb ladders with sharp implements, so nobody gets hurt.

### Pruning tips

Prune at just about any time of the year prune so that you think the whole thing either works better or looks better always take your time and cut carefully and gently aim for a clean, neat wound when pruning large branches first make a small cut underneath to stop the bark tearing when you're unsure, prune in stages , you can always take more off but it's hard to stick bits back on again don't leave stubs poking out that might injure somebody - safety first be ruthless when necessary

There's something about pruning that seems to bring out aggression in people, especially men. However, pruning doesn't have to be like a shoot-out at high noon. You don't need to take out all your frustrations on your plants, nor should you be worried about occasionally being ruthless in the garden. Many people think that pruning is a very complex matter, but for home gardeners that's not true. Prune whenever you want to make the place look neat and tidy, to trim a hedge or even to remove a plant that's not performing. Don't worry about cutting off flowers or fruit when necessary. Obviously if you were running an orchard you'd need a different approach &ndash; you'd prune at certain times of the year and in a certain way to maximise your crop.





# Cue Community Resource Centre

*your local connection*

**33 Robinson St Cue**

**PH: 08 9963 1198**

**Fax 08 9963 1197**

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**Monday to Friday**

**8.30am to 3.30pm**

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**Fax documents to centrelink**

**Use the computer to do your  
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**Have your documents verified**



## **CUE CRAFT GROUP**

**MEETS EVERY TUESDAY AFTERNOON**

**At the community resource centre**

**12NOON TILL 3PM**

**COME AND HAVE A CUPPA**



Dear Sir,

I would like to take this opportunity to thank the people of Cue and the visitors that have supported my new shop "Hardly Normal". I also thanks them for their compliments an encouragement and positive comments they have written in my visitors book. It makes interesting reading. Unfortunately I have to fly to Perth today for radiation treatment and another operation so I am not sure when I'll be back.

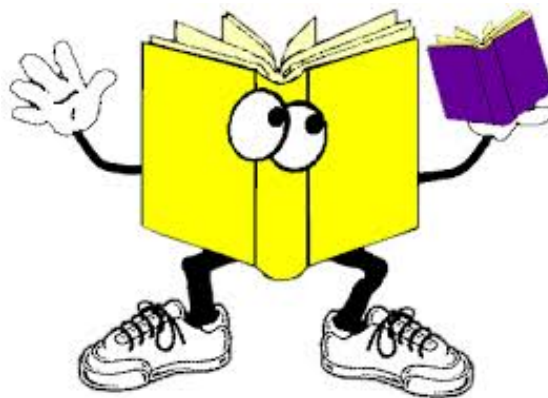
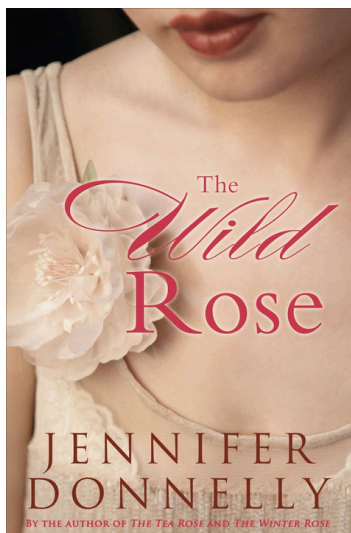
I have had plenty of feedback from tourists commenting on our beautiful tidy town. They are very impressed and congratulations should go to our shire workers. I have heard many not so complimentary comments from locals, I think they should take a step back and change their attitude. While they are tucked up in bed our shire workers are out doing their best to keep our town looking so good in freezing conditions.

I see them every morning when I walk my dogs plugging away with their projects. I would also like to suggest to the people of Cue to give our new shire administration a fair go. Talk of sacking the council should be buried and forgotten, its not an easy job and think overall they are doing okay. There is always red tape to deal with, so its no use complaining. They do not make the rules. As a ratepayer I haven't been entirely happy with some of their decisions but they are bound by rules and regulations. I think it best if we all look at the big picture.

Yours sincerely

Den Miles

# book review



## The Wild Rose

### Booklist

Readers greet old friends in this final book of the Rose Trilogy, about life in the early twentieth century, complete with explorers, daredevils, immigrants, criminals, spies, and high-society dilettantes. Donnelly cleverly intertwines the stories from *The Tea Rose* (2002) and *The Winter Rose* (2008) to remind us of what went on before this even-more tumultuous and deliciously long saga, set in the unsettled years prior to the Great War. The “wild rose” of the title is Willa Alden, a wiry and wounded mountaineer living near Mount Everest and working as a photographer for the National Geographic Society after the accident that took her leg and her lover. In a complex web of plots and surprise coincidences, two men, neither quite who they seem, are inexorably drawn to Willa. Subplots and descriptive details lend a realistic sense of everyday life at the time, reflecting the wide class chasm and portraying how one woman can change the lives of so many. Willa is a conflicted character readers won’t forget. This time around, Donnelly has leaned more toward Indiana Jones than Barbara Taylor Bradford, and the result is a perfect vacation read.

### Publishers Weekly

...implacably energetic...enjoy the ride: 600-plus pages of romance, harrowing exploits, cinematic backdrops, cliffhangers, and plot twists.

### Library Journal

Donnelly skilfully integrates historical detail while entwining multiple plot-lines in a fast-paced narrative. Readers of the earlier books will be especially eager for this volume, which should also earn the author new fans.

### Praise From the Blogosphere:

This book will engage all your emotions. You’ll find yourself laughing, crying, smiling, and sighing...This book is wonderfully written. I was impressed by the seven pages of bibliography the author listed at the end. I did not read the previous two books, but did not feel lost because of it. This is a book I HIGHLY recommend. I gave it 5 out of 5 stars.

— **Seduced by a Book**

The Wild Rose is a very well written book that is replete with intricate sub-plots and complex, well-crafted characters whose relationships cross and re-cross each other...all seamlessly presented....extremely readable...I was fascinated by Ms. Donnelly’s careful research...This book is rife with well-fleshed characters, intertwined relationships, excellent adventures and a solid taste for the historical importance of this amazing period...the sunset of the Golden Age and the beginning of the world’s introduction to the real horrors of modern warfare. (Five Stars)

— **Books by the Willow Tree**



## Great One liners

1. Escalators don't break down... they just turn into stairs
2. "I'm sorry" and "I apologize" mean the same thing... except when you're at a funeral.
3. I intend to live forever... or die trying.
4. We never knew he was a drunk... until he showed up to work sober.
5. A clear conscience is usually the sign of a bad memory.
6. A blind man walks into a bar....And a table, and a chair.
7. At what age is it appropriate to tell my dog that he's adopted?
8. Want to hear a pizza joke.... nah, it's too cheesy. What about a construction joke? Oh never mind, I'm still working on that one. Did you hear the one about the rope? Skip it. Have you heard the one about the guy in the wheelchair? Never mind, it's too lame.
9. I used to be in a band, we were called 'lost dog'. You probably saw our posters.
10. I childproofed the house... but they still get in!

## ENGINEER AND THE FROG

An engineer crosses a road when a frog calls out to him, "If you kiss me, I'll turn into a beautiful princess." He bends over, picks up the frog and puts it in his pocket. The frog speaks up again and says, "If you kiss me and turn me back into a beautiful princess, I will stay with you for one week." The engineer takes the frog out of his pocket, smiles at it and returns it to the pocket. The frog then cries out, "If you kiss me and turn me back, I'll do whatever you say!" Again the **THE** engineer takes the frog out, smiles at it and puts it back into his pocket. Finally, the frog asks, "What is the matter? I've told you I'm a beautiful princess, I'll stay with you for a month and do whatever you say. What more do you want?" The engineer says, "Look, I'm an engineer. I don't have time for a girlfriend, but a talking frog, now that's cool!"

A pom, fresh off the plane at Sydney airport, is trying to negotiate Australian customs. Finally, when it's his turn to get his passport stamped, the customs officer starts rattling off the usual questions: C.O. - How long do you intend to stay? POM - 1 week. C.O. - What is the nature of this trip? POM - Business. C.O. - Do you have any past criminal convictions? POM - I didn't think we still needed to!

Dan hated dogs, he hated them with a passion. One morning Dan was driving his car down a busy street when to his surprise he saw ahead of him a fellow running full force with 2 big dogs after him. "I've just got to save this guy", thought Dan, and with

that he quickly sped up along side of him, rolled down his window, and screamed "hurry, hop in!" "Thanks!" said the fellow opening the door, "it's always hard for me to get a ride when I have my two dogs with me!"





## The Story of the Fourth of July

### The Declaration of Independence

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the **Declaration of Independence** and the birth of the United States of America as an independent nation.

But July 4, 1776 wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776).

It wasn't the day we started the American Revolution either (that had happened back in April 1775).

And it wasn't the day Thomas Jefferson wrote the first draft of the Declaration of Independence (that was in June 1776). Or the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776). Or the date it was signed (that was August 2, 1776).

### So what did happen on July 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2nd and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the

Declaration of Independence, July 4, 1776 was the date they remembered.

In contrast, we celebrate Constitution Day on September 17th of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence we'd be celebrating Independence Day on August 2nd of each year, the day the Declaration of Independence was signed!

### How did the Fourth of July become a national holiday?

For the first 15 or 20 years after the Declaration was written, people didn't celebrate it much on any date. It was too new and too much else was happening in the young nation. By the 1790s, a time of bitter partisan conflicts, the Declaration had become controversial. One party, the Democratic-Republicans, admired Jefferson and the Declaration. But the other party, the Federalists, thought the Declaration was too French and too anti-British, which went against their current policies.

By 1817, John Adams complained in a letter that America seemed uninterested in its past. But that would soon change.

After the War of 1812, the Federalist party began to come apart and the new parties of the 1820s and 1830s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. The deaths of Thomas Jefferson and John Adams on July 4, 1826, may even have helped to promote the idea of July 4 as an important date to be celebrated.

Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognise several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941.

# Thanks for Your Time

Author Unknown

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday."

Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him.

"I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important... Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time.

The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture... Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said.

"What box?" Mom asked.

"There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

"Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died.

Returning home from work one day Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read.

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention.

"Mr. Harold Belser" it read.

Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." A small key was taped to the letter. His heart racing, as tears filling his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved:

"Jack, Thanks for your time! -Harold Belser."

"The thing he valued most...was...my time."

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days.

"Why?" Janet, his assistant asked.

"I need some time to spend with my son," he said. "Oh, by the way, Janet... thanks for your time!"



# CUE HEALTH CENTRE

## CUE HEALTH CENTRE



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Grams GP clinic for Cue

10<sup>th</sup> March with diabetic nurse

17<sup>th</sup> March

7<sup>th</sup> April

14<sup>th</sup> April with diabetic nurse

5<sup>th</sup> May

12<sup>th</sup> May with diabetic nurse

9<sup>th</sup> June with diabetic nurse

16<sup>th</sup> June

### July 2014

R.F.D.S GP Clinic	1st, 15th, 29th
Child Health Nurse	9th , 23rd
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## Cue Nursing Post

### Opening Hours

Monday to Friday 8.00am - 12.00pm

1.00pm - 4.30pm

Weekends

Closed

## MURCHISON DENTAL TEAM



63 Laurie Street  
Mt Magnet WA 6638  
Tel: 0427 386 647

### Visiting Schedule 2014

Town	1st day	last day
Meekatharra	10th February	21st February
Mt Magnet	3rd March	14th March
Yalgoo	31st March	11th April
Meekatharra	28th April	9th May
Mt Magnet	26th may	6th June
Sandstone	9th June	13th June
Meekatharra	23rd June	4th July
Cue	21st July	1st August
Meekatharra	18th August	29th August
Burringurrah	1st September	5th September
Mt Magnet	15th September	26th September
Meekatharra	13th October	24th October
Mt Magnet	10th November	21st November
Meekatharra	8th December	19th December

Contact Details Phone (08) 99630100

Fax (08) 99630150

For after hours nurse

Phone 99630100

**Do Not**

**visit the nurse at home**

**Remember ring**

**99630100**



***AMBULANCE  
POLICE  
FIRE BRIGADE***

PHONE **000**

FOR AFTER HOURS NURSE

PHONE 99630100

**DO NOT**

VISIT THE NURSE AT HOME

REMEMBER RING **99630100**

# July 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

*Wildflowers. Cue Shire .*

*Photo: Fred Rose*