

Meekatharra Dust

FEBRUARY 2021 | ISSUE NO.334

COST \$2.50



Australia Day Pool Party, more photos on page 26



Calling for Submissions

If you have any articles with information about any upcoming community events then we want to hear from you!

“The Meekatharra Dust” is a non-profit community newspaper.
If you have an article, a photo you would like to share or an advertisement, you can post them to:

PO Box 129, Meekatharra WA 6642

or drop them in at the Shire office.

Alternatively, you can email us at:

cdo@meekashire.wa.gov.au

Council Dates

Dates for Ordinary Meeting of the
Shire of Meekatharra for 2021 are -

Meeting Date	Last Date for Items
16 January	4th
20 February	5th
20 March	5th
17 April	1st
15 May	30th
26 June	11th

Size	B & W	Colour
Full Page	\$52.10	\$74.05
Half Page	\$26.70	\$43.10
Quarter Page	\$16.50	\$24.65
Eighth Page	\$13.95	\$18.50

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A FRIENDLY REMINDER ABOUT DOG CONTROL

When walking your dogs on the town oval, please ensure you are in complete control of your animal at all times and dispose of any waste in the rubbish bins provided by Council.

The Shire of Meekatharra provide the Town Oval as the only off-lease exercise area in town—at all other locations your dog must, according to law, be collared and restrained.

To allow your dog to be unrestrained in public is an offence in the Dog Act 1976.

Being responsible for a dog that attacks a person causing injury is also an offence which attracts a significant penalty of up to \$10,000.

Please be a responsible pet owner—keep your dog restrained when exercising them to avoid both injury to bystanders, and significant penalties, and please pick up any droppings left behind. Nobody wants to step in that!!

The Shire of Meekatharra support the neutering and desexing of pets to reduce the number of strays, and provide sponsorship to the Murdoch Veterinary Clinic to attend Meekatharra to provide this service at no cost to health care card holders. Additionally, the Shire fund regular visiting vet service—Newman Veterinary Clinic—to the value of \$5,000 to neuter the pets of health care card holders at no cost to the owner.

Local residents can access this service by attending the Shire Office to present your Health Care Card and prove registration. You will be issued with a voucher for the appropriate service at the visiting clinic.

Further info, contact Tralee at the Shire—99800609



STREET LIGHT FAULTS & OUTAGES

If you notice any issues with street lights, faults or damage
call Horizon Power's 24/7 Fault Line on

1800 264 914

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Note from the Editor

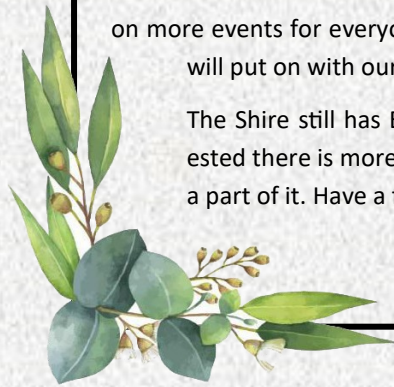


In this months edition of the Meekatharra Dust we have photos from the Australia Day Pool Party, updates from the Youth Centre, the Police, Meeka Goes Green and the CRC. February is set to be a great month starting out with a trip from our favourite Hairdresser, Nikie from Mama D's Hair Care then workshops from Meeka Goes Green, and as usual weekly yoga sessions. Its back to school for the kids and back to the normal Youth Services program hours after a fabulously fun holiday program!

We now have a formal Events Committee to help the Community Development and Youth Team here at the Shire to put on more events for everyone in the community to enjoy. We are looking forward to seeing what events the committee will put on with our enthusiastic, diverse group of members!

The Shire still has Expressions of Interest out for the Mural projects we will be starting soon, so if you are interested there is more information on page 16. There is so much happening in this town and it is very exciting to be a part of it. Have a fantastic February everyone!

The Editor



Budget Requests from Ratepayers, Residents, Community and Sporting Groups

OPPORTUNITY TO SUBMIT BUDGET REQUESTS

Council is currently preparing its budget for 2021/22 and as part of that process invites residents, ratepayers, community and sporting groups to submit suggestions or requests for projects they would like to see included in the budget.

Council, when considering budget items will include items from the Strategic Community Plan and other adopted plans. Any requests or suggestions received may be referred to these planning processes.

All submissions should be submitted by way of a formal letter outlining all relevant details, including, if possible, quotes or estimates relating to the proposal.

Submissions should be addressed to the Chief Executive Officer and;

posted to: Chief Executive Officer
Meekatharra Shire
PO Box 129
Meekatharra WA 6642; or

delivered to: Chief Executive Officer
Meekatharra Shire Administration Office
75 Main Street
Meekatharra; or

by Fax: 9981 1505; or
emailed to: dceo@meekashire.wa.gov.au

Submissions will be received until 4:30pm on Friday, 23rd April 2021.

Your Council News

February 2021 • by Anna Johnson on behalf of the Shire of Meekatharra

From the Minutes

Meekatharra is being provided with \$574,130 as the Federal Government implements Phase 2 of the Local Roads and Community Infrastructure Program. Phase 1 funds saw the Council resolve to use the funds to seal a further 10 kilometres of the Landor Road, and the Council will be working on a decision about the next stage of things with this latest contribution. The Landor Road is an increasingly key travel route for both locals and our growing tourism industry, linking us to Carnarvon and being an important route for the hundreds of visitors and bus tours making their way to Mt. Augustus each year.

The Works Group have advised that the 140H Grader needs a full mid-life rebuild – don't we all? For those who may not appreciate the role and importance of our grader, it's the hardy yellow beast that keeps the Shire roads sleek and smooth. There's an art to the task and Meekatharra is lucky to have had several very skilled local operators grace its well-worn seat. The budget for the job can be viewed in the minutes.

Maintaining a solid stable of road maintenance vehicles and contractors is of vital importance for Meekatharra – we have an extensive network of Shire roads which are always vulnerable to the tough weather conditions of the outback, and a high level of traffic when you take into account the busy mining and exploration industry, pastoralists, prospectors, visitors and visiting service organisations.



The beckoning outback – our roads are our lifelines, and keeping them safe for all travellers is a constant task requiring tough machines and skilled operators.



Aussie Day Pool Cool

Games, food, entertainment and fun were on the menu for the Australia Day Pool Party, with over 130 Meeka folks coming together at the free event. Salads, sausages and healthy drinks were on offer, music filled the air and family groups shared the shade while the kids gave the big inflatable a workout.

There's nothing like shared fun and laughter to strengthen the bonds of any community, and there was lots to smile about thanks to the Shire staff, Youth Services team and others who made it a success. You'll be able to see all the happy snaps on the Meekatharra Dust Facebook page.

Youth Services Superstars Shine Again

The Shire's Youth Services are delivering yet another stellar smorgasbord of sports, art, gardening and other great activities for kids in Meeka. Attendance numbers are up, and our local kids have made the national news again with their passionate commitment to regional and town footy matches.

Youth Services were a key participant in the very well-attended Town Christmas Party, building the huge Christmas tree and helping out at the event. End of year awards, supporting Carols by Candlelight, partnering with Karalundi and all-day holiday programs have also kept everyone busy, with help from GRAMS and the Fair Game mob. This season has again featured fun and games at the pool, gardening with Sal, a skate clinic and more. Big thanks are due to all the hard-working staff and the many agencies who come together for our great Meeka kids.

Heritage Bid for Bundi

Older locals will fondly recall the Bundi Club located on the north end of town, and the Shire has assisted the Heritage Council of Western Australia, which is assessing its inclusion as a place of cultural heritage significance.

Built in 1911, the former Courthouse and Mining Registrar's Office site at the northern end of Darlot Street became known in 1963 as the Bundi Club, a venue for "social, welfare, educational opportunities and support until the mid-1990's for local Aboriginal families, these support networks spanning generations of Aboriginal families that came together at this place." Avy Curley OAM is closely linked with the site and like several prominent women in the region was instrumental in effecting many developments for the benefit of WA's Aboriginal people.

The Bundi Club became a focal point for social gatherings, educational programs, sewing services and political and business meetings, all of which contributed to indigenous community development. There are elders around today who vividly remember the shared experiences which form part of the history of the site. The report included in the minutes is a detailed, fascinating read which underlines the importance of recording and retaining elders' life stories. The story of the Bundi Club reveals the minutiae of real life experience of this region's Aboriginal people and the remarkable achievements of those who founded and fostered its growth.



The Bundi Club at the northern end of Darlot Street. Local legend has it that in its courthouse days, a goat once famously interrupted proceedings when it attempted to eat its way through the under-floor slat surrounds.

For most of its life, the site was a prominent community centre where Meeka's Aboriginal members sewed school uniforms, worked for indigenous education and rights and followed in Avy Curley's footsteps to improve the opportunities and services available for indigenous people in our region.



A sneak preview – the Shire engaged local design, art and photography in the development of its new tourism materials, all part of supporting and sharing the diverse professional talents on offer in Meekatharra.

Shire Of Meekatharra

Main Street

PO Box 129

Meekatharra WA 6642

Phone : 08 9980 0600

www.meekashire.wa.gov.au

"Meekatharra - A Golden Prospect"

Meeka on the Map

As COVID concerns continue, regional tourism is once again on the domestic travel bucket list. The Shire has commissioned some new brochures; the Drive Trail is a great way to explore Meeka's diverse history, and the new "Golden Prospect" brochure features a detailed map and how to find our many sites of interest.

If you would like to feature any of the Shire's visitor brochures at your business or venue, just get in touch. You can also pop into the Shire office and the Community Resource Centre for more information about attractions, residential tips and history.

The Shire continues to post important information about events, road conditions and more on its website and via The Meekatharra Dust (print and Facebook), and maintains much of this information on its outdoor noticeboards at the Shire Office in Main Street. Whether it's free Monday yoga sessions at the Town Hall, movie nights and other events, there's plenty to enjoy in Meekatharra every day of the week for locals and travellers.

You're welcome to attend the monthly Council meetings (dates and times are listed in The Dust) and have your say. You can also obtain a copy of the Council Minutes to find out about the many other projects, discussions and improvements that the Shire is undertaking on behalf of the Meeka community. All items or letters for Council should be addressed and sent to the Shire of Meekatharra CEO, at the Shire address (see right).



Meekatharradust

Follow us on Facebook



Meekatharradust

Follow us on Instagram



COPS CORNER WITH KEITH FAY

Hello again to everyone.

I am currently relieving as the Officer in Charge (OIC) of Meekatharra Police Station (same as I have done on a number of previous occasions) until the new OIC: Senior Sergeant Tom Daly, arrives here in the coming weeks.

Senior Sergeant Daly is very much looking forward to arriving in Meekatharra and is very keen to keep things moving in the right direction, by maintaining community engagement, keeping the community safe and providing a quality and timely Police response to any matters/incidents arising.

Our former OIC: Senior Sergeant Mitch Howard, completed his Meekatharra tenure recently and has since transferred over to Carnarvon Police Station as the new OIC. We would like to wish Senior Sergeant Howard all the very best for the future and thank him for his strong commitment to policing the town of Meekatharra over the previous 2 x years.

From a policing perspective, it has been business as usual here in Meekatharra with officers responding to a diverse range of incidents during the month of January. A large number of residents departed Meekatharra prior to Xmas in order to visit family and loved ones in Perth, Geraldton, Newman and various other locations and we are slowly starting to see them return. Irrespective of it being the festive season, it is a timely reminder to everyone to ensure you lock/secure all doors and windows and secure any items of value at your property, should you be away from Meekatharra for an extended period. It is highly recommended that you inform your neighbours and your family members of your intended absence and you can also advise Meekatharra Police by attending (in person) at our front counter and providing your details.

As outlined within previous Meeka Dust articles, I would like to take this opportunity remind all road users to exercise caution and to take care on our roads. All road users are advised to be mindful of the regular (and ongoing) movement of road trains and heavy transport/mining equipment through Meekatharra and to exercise caution when out and about. Please be patient, plan your journey, allow for any unexpected delays and be courteous to your fellow road users.

If you are feeling tired, pull over and rest or swap drivers. Don't drink and drive, fasten your seat belts, keep your vehicle in a roadworthy condition and drive your vehicle according to the prevailing conditions. The aftermath for the families and friends of the victims involved in road crashes is nothing short of tragic and in most cases, Police firmly believe these types of incidents can be avoided by road users making better choices.

Probably most important of all is to be mindful of children returning to school in the coming weeks at the conclusion of the school holidays and reduce your speed in areas where children are known to frequent and cross roads on their way to and from school.

Also, please keep an eye out for our marked traffic vehicle which has all the 'bells and whistles' and is equipped with Automatic Number Plate Recognition (ANPR) technology. This allows Police to detect suspended/unauthorised drivers, stolen vehicles, vehicles with expired vehicle registrations and work orders, in addition to alerting Police re any outstanding warnings for both vehicles and associated persons, all done whilst we drive around town conducting routine patrols and inquiries.

Finally, I encourage all community members to contact Police and report any suspicious activity, no matter how minor or insignificant you believe it to be. Too often we hear of people not wanting to report incidents for reasons such as 'it takes too long to report' and/or people believing their matter is not important enough to notify Police. Rest assured, if we receive accurate and timely reports from members of the community, Police will gain a greater appreciation of where crimes/incidents are occurring, in addition to where and when our local offenders are operating, therefore directing our resources/response (using ongoing hi-visibility patrols) within that particular area.

Until next month, look after yourselves and your family, take care and stay safe.

Keith FAY – Acting Senior Sergeant
11521 – Officer In Charge – Meekatharra Police Station.



CRC News



Feeling the Pinch?

The CRC now has permission to process 3 month vehicle registrations for disadvantaged clients. If you are unable to pay online, or are truly strapped for \$ and your rego's due, just let us know and we can help.

Dogs Get Tick of Approval

Thank you to Yulella and Colin Jones for supporting our tick chew initiative and supplying tick chews for dogs all over Meekatharra. Tick chews are a tasty treat for your doggo and just one dose can last for months, breaking the cycle of ticks. Come in to the CRC for your free chews and information on the follow-up yard spraying service.

Jo's the Go

The CRC is super excited to welcome Jo Bonnily to the team as our new Customer Service and Project Officer. Jo's local and brings a great combination of knowledge and passion for our community to the CRC. Welcome!

Community Animal Team

Would you like to help the CRC as part of the Community Animal Team? We assist locals, Yulella and the Shire with coordinating animal welfare initiatives and information distribution. Our main gig each year is coordinating the sign up for the annual desexing program. We also help put people in touch with any community members willing to help with fostering rescue animals. It's an informal group with a "do what you can" approach. If you would like to help in some way, pop into the CRC and say g'day.

Family History Project

Exciting news for Meeka—we've been approved for a grant for a Family History project, which we'll be launching on March 6th. Stay tuned for details on how we'll be offering to help Meeka families preserve their stories.

Scanning - Emailing - Computer Use - FREE WIFI - Printing, Souvenirs and More at the Meekatharra Community Resource and Visitor Centre.

February 2021

By Anna Johnson

Meeka Markets Sat March 13th

9:30 to Midday

In front of the Commercial Hotel,
Main Street

Stall Spaces are Free!

Set up from 9:00 am NO EARLY ARRIVALS!
Bring your own table & chair & COVID supplies
Comply with any legal requirements
relating to your product/service

NOTICE OF AGM

The Meekatharra CRC Inc will be holding its Annual General Meeting at **5:15 pm on Tuesday March 9th** at the CRC (opposite the swimming pool). All are welcome to attend. If you wish to nominate for a Committee position, please come and see us well before the meeting. We'd love to meet you!



**Meekatharra Community
Resource and Visitor Centre
Lot 55 Main Street
Meekatharra WA 6642
08 9980 1811**

welcome@meekatharracrc.com.au

Mon—Fri 9:00 am to 3:30 pm

Department of Transport Services
Mon—Fri 9:00 am to 2:00 pm



REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

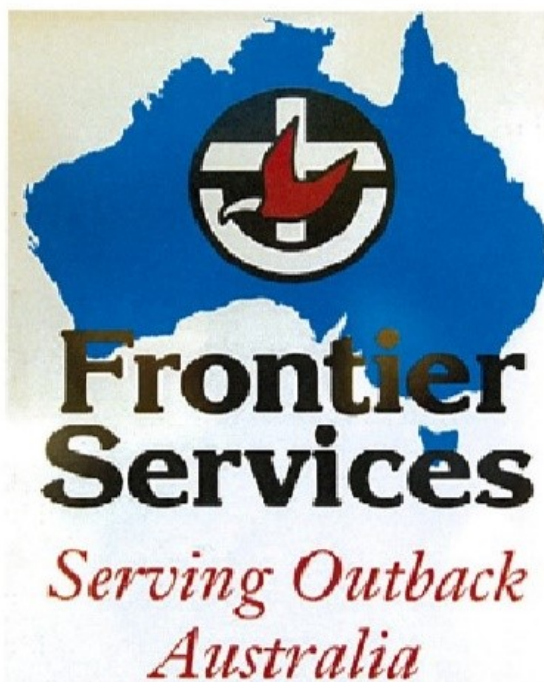
GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER

IMPROVE PERFORMANCE AND REDUCE ELECTRICITY COSTS BY CARRYING OUT PRE SUMMER MAINTENANCE – FOR ADVICE OR TO BOOK A SERVICE,
CALL TODAY – PH: 9980 1212

**WE CATER TO ALL REQUIREMENTS -
REPAIRS, MAINTENANCE AND NEW INSTALLATIONS for
DOMESTIC, COMMERCIAL AND MINING.**

ALL AREAS – KUMARINA, WILUNA, CUE, MAGNET, SANDSTONE and SURROUNDS

Meekatharra Community Church (Uniting Church)



**Services held 9.30am
every 2nd & 4th
Sunday of the Month**

**Contact:
Rev Mitch Fialkowski
9981 1053
0419 547 175**

WORKSHOPS

**UPCYCLING – REUSING – CRAFT –
HOMESTEADING – "MAKING DO"**
(turning ordinary things into awesome things)

**@ RECYCLING CENTRE RAILWAY STREET
FIRST **SATURDAY** OF EACH MONTH **11 AM****

All Welcome!

Gold Coin Donation Entry

New Date &
Time: Now
Saturdays!



MEEKATHARRA CHRIST THE KING

CORNER OF DARLOT & HIGH
STREETS

**SERVICE TIMES
FEBRUARY 2021**

LITURGY

6TH OF FEBRUARY

MASS

20th OF FEBRUARY

RECONCILIATION TIMES BY
REQUEST BEFORE OR AFTER
MASS

CONTACT CATHY JONES ON
08 9963 4176



**For if a kangaroo jumps out
on John's drive home.**

Every beat of this ordinary life is an extraordinary thing.
And we need your help to protect it.

St John urgently needs volunteers.

If you'd like to help the people of Meekatharra, visit
stjohnchangelives.com.au. Or, give Meekatharra Sub Centre a call
on 9980 1467, or email sjameekatharra@westnet.com.au.



Life goes on.
Volunteer with St John.



Vince CATANIA MLA

Vote

1

Member for
NORTH WEST CENTRAL

To continue advocating for you & your community
as your strong REGIONAL VOICE in Parliament
I need your support at this State election on March 13th
- Vote 1 Vince Catania -



CONTACTS



@VinceCataniaMP



northwest@mp.wa.gov.au



99412 999

Authorised by P Dixon, 39 Gascoyne Road, Carnarvon WA 6701

THE NATIONALS *for Regional WA*

AT LLOYD'S PLAZA

MAMA D'S IS BACK

Nikie will be here from the 1st of Feb to 5th of Feb 2021

To book an appointment check out her Facebook page
<https://www.facebook.com/mamadhaircare/>

Hair Cuts,
Colour and
Styling



YOGA CLASSES

Enjoy an hour-long
Online Yoga Session

Every Monday 6pm-7pm
at the Meekatharra Town Hall

Yoga mats available



Meekatharra Support Guide

EMERGENCY

Ambulance/Police/SES/Fire	000
Meekatharra Police Station	9918 7120 / 131 444
Meekatharra Hospital	9981 0600

ALCOHOL & DRUGS

Services		Phone Support Lines	
Mission Australia	9956 5100	Alcohol & Drug Support Line	1800 198 024
(Alcohol and Other Drugs Support Service)		Quitline (smoking)	13 78 48
Mental Health and Community Alcohol Drug Service	1800 051 999	Parent & Family Drug Support Line	1800 653 203

HEALTH

Services		Phone Support Lines	
Meekatharra GP Clinic	6444 7980	Health Direct	1800 022 222
Meekatharra Pharmacy	9980 1798	Elder Abuse Hotline WA	1300 724 679
Meekatharra Hospital	9981 0600		
Geraldton Regional Aboriginal Medical Service	9956 6555		
Aged Care	9981 0645		

MENTAL HEALTH

Services		Phone Support Lines	
Midwest Mental Health Service	9981 0625	Lifeline	13 11 14
Mission Australia (Mental Health Support Services)	9956 5100	Beyond Blue	1300 224 636
Youth Focus	6266 4333	Suicide Call Back Service	1300 659 467
Meekatharra GP Clinic	6444 7980	Men's Helpline Australia	1300 789 978
		1800RESPECT	1800 737 732
		Rural Link	1800 552 002

YOUTH

Services		Phone Support Lines	
Shire of Meekatharra Youth Services	9980 0600	Kids Helpline	1800 551 800
Youth Justice	9980 2070	Lifeline	13 11 14
Child and Adolescent Mental Health Services	9981 0625	Beyond Blue	1300 224 636
Youth Focus	6266 4333	eheadspace	https://headspace.org.au/eheadspace/
Meekatharra District High School	9981 1092		
Mission Australia (Remote Attendance Program)	9956 5102		
Department of Communities	9981 0300		
(Child Protection and Family Support)			
Hope Community Services	0418 135 031		

HOUSING

Services	
Department of Housing	9956 5000
Mission Australia (Public Tenancy Support Services)	9956 5103

DOMESTIC VIOLENCE

Services		Phone Support Lines	
Emergency/Ambulance/Police	000	Men's DV Helpline	1800 000 599
Meekatharra GP Clinic	6444 7980	Women's DV Helpline	1800 007 339
Meekatharra Hospital	9981 0600	Sex Assault Helpline	1800 688 922
Meekatharra Police	9918 7120	Crisis Care 24hrs	9223 1111 / 1800 199 008
Mission Australia	0458 881 488	1800RESPECT	1800 737 732
(Nyarlu Duwa Women's House, Family and Domestic Violence Response Service)			

FINANCIAL & GAMBLING

Services		Phone Support Lines	
Centrelink	13 62 40	Gambling Helpline	1800 858 858
Mission Australia (Emergency Relief)	9956 5100		

EMPLOYMENT & TRAINING

Services	
Yulella Aboriginal Corporation	9980 1339
Centrelink	13 62 40

LEGAL

Services		Phone Support Lines	
Aboriginal Legal Service	9265 6666	Legal Aid	1300 650 579
Aboriginal Family Legal Service	9965 4654		
Meekatharra Court	9981 1008		
Carnarvon Court	9961 5500		
Nyarlu Miyarnumalgu	9936 0600		
(Indigenous Women Paralegal Service)			

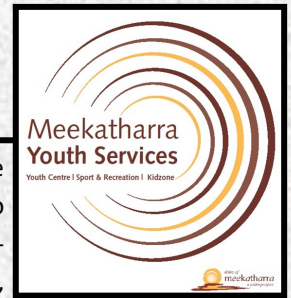
COMMUNITY SERVICES

Services	
Yulella Aboriginal Corporation	9980 1339
Mission Australia	9956 5100
Department of Communities (Housing)	9956 5000
Department of Communities	9981 0300
(Child Protection and Family Support)	



Produced by the Shire of Meekatharra

YOUTH SERVICES



The Youth Services Team have had one ripper of a holiday season. They spent the days doing arts, craft, swimming, playing sports, watching movies and enjoying time together.

The young people had many exciting things happen while at the youth centre these school holidays. They celebrated birthdays, one of which included our very own Lachie who celebrated in style with ice cream cake at the pool. The staff introduced the kids to some classic Aussie movies which definitely left the kids with something to talk about. They ate delicious cupcakes made by some very nice and generous guests. Played volleyball at the pool, played a few basketball competitions and worked on their techniques with the Youth Services staff and the Fair Game crew.

The Fair Game team came to Meeka for three days to play sports with the kids, enjoy cooking activities and provide new and exciting activities for the youth centre participants. The Fair Game team are volunteers from Perth who travel to regional and remote towns promoting sports while using the equipment we have. They help the young people use their imaginations to create their own games. They support the young people make healthy life choices with exercise and eating habits. Fair Game is a valued service that comes to Meekatharra, the kids love seeing them and spending time with the caring, selfless volunteers who come.

The staff are feeling refreshed and ready to get back into supporting the kids heading to school for another year.

The school holiday program has extended hours to keep the kids of Meeka entertained and engaged throughout the six-week long summer holiday break. The staff cater to a wide

range of kids by doing a wide range of activities. The team work hard to engage each and every young person that comes in and builds strong, meaningful relationships.

Now that school has gone back the program hours will go back to normal, providing after school and evening activities for the young people in town. The term one program includes swimming (of course!), arts, music, sport and so much more. There is really something for everyone. Kids Zone will be up and running two afternoons a week, providing a place for the younger youth centre participants to play and create their own fun. This program will involve crafts, play ground time, cooking and creating interesting 'recipes' in the mud kitchen.

During January we have said goodbye to Lainey, who was supporting the Youth Services team over the holidays. Lainey has been a great addition to the team. Supporting the kids and staff in all aspects of the program. She enjoyed hanging out with the youth centre participants in the art room and in Kids Zone. We really appreciate the hard work Lainey put into her work and hope to see her again soon!

We said a big hello to Jada who has come on board as a Youth Officer in the Youth Centre. She has so many skills that can be used in her work and we are looking forward to seeing all she will achieve. Since Jada has come on board she has been a constant part of the team, showing up each day excited to build relationships with the young people. She has been a great addition to the team!



Term One 2021 Youth Services Program



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

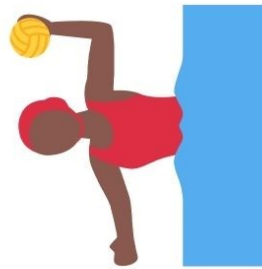
3pm-5pm
Drop In
@ Youth
Centre

6pm-8pm
12 and Over
Basketball
@ Youth
Centre



3pm-5pm
Water Polo
@ Pool

6pm-8pm
Footy
@ Oval



3pm-5pm
Music
@ Youth
Centre

Cooking
@ Kids Zone

6pm-8pm
Volleyball
@ Oval



3pm-5pm
Water
Volleyball
@ Pool

6pm-8pm
Basketball
@ Oval



3pm-5pm
Drop In
@ Youth
Centre

Art & Craft
@ Kid Zone

6pm-8pm
Movie Night
@ Youth
Centre



Starting from 1st of February 2021

MURALS IN MEEKA

In 2021 the Shire is funding Mural Projects to happen within Meekatharra. We are currently looking for artists who have the ability to design, plan and paint a mural on a significant area in town, such as the side of the Picture Garden's or the Skatepark and other places around town. These murals are aimed to make Meekatharra livelier, incorporating local artwork into the town's atmosphere. Artwork around towns create a sense of passion and community, creating things to look at, talk about and discover. The murals are aimed to make places that seemed bland come to life and create contrast between the murals and the landscape. Art in public space allows viewing access to

everyone at all times.

Artists will work with the Shire to create a design and pick a location for the mural. The close relationship will create an expressive, valuable piece of art.

If you are or know someone who would be interested please get in contact with the Shire on 9880 0600 or cdo@meekashire.wa.gov.au. We would like to hear ideas and designs from the community.

EXPRESSION OF INTEREST

MURAL PROJECT

THE SHIRE OF MEEKATHARRA IS
LOOKING FOR LOCAL ARTISTS
TO PARTICIPATE IN A MURAL
PROJECT

The Mural Project will run in 2021
and will use local talents to create
amazing art pieces throughout the
town.

For more information or to express interest please
contact Amy on cdo@meekashire.wa.gov.au or
9980 0600



Meekatharra Gymkhana



APRIL 10

GREAT CASH PRIZES
\$2000 OPEN BARREL RACE
1ST PRIZE \$1000

\$650 TEXAS KEYHOLE
PRIZE IS SPLIT OVER 4 DIVISIONS

NOMINATIONS FROM 8AM
EVENTS START AT 8:30AM

BAR AND CANTEN ON COURSE

For enquiries please contact Tracy Elliot on (08) 99812938,
Tammie Garrity on (08) 99812908 or email
meekagymkhanaclub@outlook.com

Held at the Meekatharra race course on Wiluna Road



WHAT WE RECYCLE

Saturday morning). Take the lids off and give those to us separately.

- * Most water and soft drink bottles as well as ice coffees are worth 10c so we drop them off to Yulella under the Container Deposit Scheme
- * The milk bottles, big water bottles and fruit punnets etc are separated into their plastic grades, crushed in our big balers and shipped to Perth where they get included in the international recycling market and made into plastic pellets to be made into more bottles, carpets, clothing, outdoor furniture and decking etc.

We sometimes get asked what we can and can't recycle here in Meeka and what happens with it. Since the recycling market has changed over the last couple of years here's an update:

CARDBOARD

- * household cardboard is fine but commercial quantities can sometimes overwhelm our small volunteer numbers and short opening hours
- * small amounts of tape or staples are not a problem
- * needs to be free of food residues (the cheesy leftover pizza carton may need to go in the bin)
- * we cut this up and bale it in our big crusher, put it on a pallet and ship it to Perth where it gets included in the international recycling market to be made into more boxes, cartons or paper towel for example.
- * Removalist packing boxes get put aside. If you're moving town and need some boxes let us know.

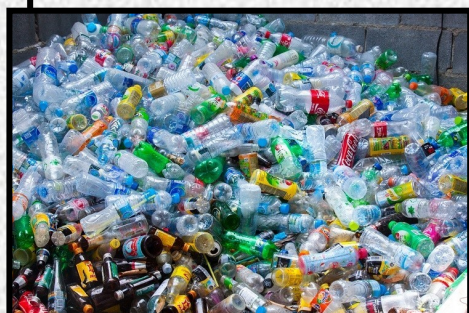


ALUMINIUM CANS

- * all your beer and soft drinks cans
- * doesn't matter if they're a bit crushed
- * please empty them
- * we drop these off to Yulella and get 10c per can – thank you!

PLASTIC

- * We can take grades 1 (PET) and 2 (HDPE) – check the bottom of your plastic container for that little triangle with the number in it
- * Number 1s (PET) are your water and soft drink bottles and some fruit punnets and detergent bottles. Make sure they're empty and give us the lids separately.
- * Number 2s (HDPE) are your milk bottles and some shampoo or detergent bottles. Due to more stringent export markets we can only take white-ish coloured ones, no other colours. Please rinse them (the smell of a cheesy milk bottle is too much on a



gent export markets we can only take white-ish coloured ones, no other colours. Please rinse them (the smell of a cheesy milk bottle is too much on a



FOOD TIN CANS

- * e.g. crushed tomatoes, coconut milk, cat food tins etc
- * just make sure they're empty and rinsed
- * we crush these in our baler, ship them off to Perth where they're sold to local markets to be made into new steel cans

GLASS

- * we take beer stubbies and anything that's worth 10c. We drop these off to Yulella to be included in the Container Deposit Scheme
- * make sure they're empty, no cigarette butts or leftover slices of lime, bottle tops off.
- * we can't recycle wine bottles unfortunately. But there are crafty ways to repurpose them at home! Maybe a craft project for you and the kids?
- * glass jars or drinking glasses we can resell in our secondhand shop, just make sure they're clean, preferably with the label removed

JUICE BOXES / FLAVOURED MILK CONTAINERS

- * if it's got the "10c" refund written on it then we take it
- * make sure they're empty, give them a quick rinse
- * lids off, straws removed
- * we drop these off to Yulella to be included in the Container Deposit Scheme

Meeka Goes Greens Crusher



**DONATE THE CASH
THAT'S IN YOUR
CONTAINERS TO
MEEKA GOES GREEN**

We'll get 10 cents for each one.
With your help, we can make a change.

Bring your eligible containers to:
Meeka Goes Green Recycling Centre on Railway Street
Saturdays 9-11am and 24/7 drop off point

Or go to any refund point in WA and use Scheme ID C10286593

 **ELIGIBLE CONTAINERS**



Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L.

Visit containersforchange.com.au to find out more



What about PAPER? NEWSPAPER? MAGAZINES? We try and reuse them for craft projects but there's only so many papier mache bowls and magazine baskets we can make. Try and reuse them at home, there are lots of great things you can make with them. Paper can be cut up into shopping list note pads or composted and newspaper is useful for many things.

What about STYROFOAM? Unfortunately we can't recycle this. We have a bit of a collection though – any idea what we might be able to do with it?

Got other THINGS you no longer need? Drop it off and donate it to our Second Hand Shop. One man's trash is another man's treasure!

How do we pay for the freight to Perth? We have partnered with Ruggies Recycling, part of the Children's Hospital Foundation who have negotiated free freight through Toll Transport for us. Our hero Ronnie Bell picks up the bales from the recycling centre as well as from Farmer Jacks and puts them on a truck to Perth. 50% of the recycling revenue from everything going to Perth gets donated to the hospital foundation. We've donated \$5,861 to them already, yay! Win win!

The global recycling market has taken a nose dive over the last few years since China and other Asian countries decided to stop being the dumping ground for the world's messy recycling. They set more stringent quality requirements and increased their controls hence everything needs to be clean and sorted with minimal contamination. Through decreased demand and oversupply of materials the prices plummeted and the material is worth pretty much nothing anymore.

It's still good to keep the resources in the loop rather than just losing them to landfill though, hence we continue to sort and bale up the materials. The Container Deposit Scheme has come just at the right time for us though to provide an alternative source of income, increase the number of people who now recycle and allow us to also take beer stubbies. Hooray!

How do we pay for the freight to Perth? We have partnered with Ruggies Recycling, part of the Children's Hospital Foundation who have negotiated free freight through Toll Transport for us. Our hero Ronnie Bell picks up the bales from the recycling centre as well as from Farmer Jacks and puts them on a truck to Perth. 50% of the recycling revenue from everything going to Perth gets donated to the hospital foundation. We've donated \$5,861 to them already, yay! Win win!

We do try and come up with savvy ideas to reuse the materials locally though. So if you want some cardboard for your



Meeka Goes Green Second Hand Shop

garden or magazines for craft

projects or big water bottles to make planters or pallets to build a bench feel free to swing past and take some!

Do you have any other ideas how we might be able to use materials locally? Perhaps shred cardboard for mulch? Crush glass bottles for road base? Shred and melt other plastics and shape bowls or planters? Use tin cans for plants? Build furniture out of pallets? If you have an idea, handy skills or a question we're all ears. You can leave a post on Facebook/meekagoesgreen, send us an email at meekagoesgreen@gmail.com or pop into the Recycling Centre on Railway Street Saturdays 9-11am. Also, come to our monthly Upcycling Workshops. They're awesome. First Saturday of each month at 11am.

Images from:

<https://medium.com/@tgmenvironmentaluk/recycling-cardboard-ecf8e9484b0>

<https://www.foodnavigator.com/Article/2020/05/20/Can-I-recycle-this-The-push-to-make-plastic-packaging-labelling-transparent>

<https://www.sustainability.vic.gov.au/You-and-your-home/Waste-and-recycling/Recycling/Recycling-bins/Glass>

<https://sn56.scholastic.com/issues/2017-18/040918/should-we-get-money-for-recycling-cans-and-bottles.html>



Meeka

Markets

Second Saturday Each Month

Next Markets: 13th March

In Meekatharra's Main Street
in front of the Commercial Hotel

FREE FOR ALL
STALL HOLDERS
Bring your own table
Some chairs provided

Local Art & Craft
Lovely Gifts & Beauty
BARISTA COFFEE

Are you a musician?
Come and busk!
(Acoustic only please)

2021 DATES:

Sat 10 April

Sat 8 May

Sat 12 June

Sat 10 July

Sat 14 August

Sat 11 September

Sat 9 October

Sat 13 November

Sat 11 December

Kindly Supported By
Meekatharra Community Resource Centre
The Shire of Meekatharra
The Commercial Hotel

STALL HOLDERS

You must comply with food handling and any other trading requirements that apply to your produce or service. BYO COVID hygiene items.

GARDENS WITH SAL, THE GARDEN GAL



Hello to the wonderful people of Meekatharra and beyond,

I hope that your year has been off to a good start, that much rest has been taken and precious time spent with family near and far.

This weather we are experiencing has been a pleasant surprise- who would have predicted low 30's in late January!? There really were some stinking hot days over the past months though, even at my home in South Greenough. I hope everyone spent them inside in the aircon or under a shady tree, something I have neither of yet!

It feels great to be back in Meeka and in the garden keeping busy. Aunty Pam and Pop Geoff cared for our garden so well over the holidays- thank you both so much as always for your hard work, I am always grateful!

Our garden definitely felt the heat that's for sure. All of our annual crops (tomatoes, zucchini, pumpkin and parsley) well

and truly died but I was happy to see a few sturdy contenders staying strong! Here's a few that surpassed expectation:

Warrigal Greens – we have dedicated a bed to this beauty and it's very well worth it. Warrigal greens or NZ spinach is actually a native plant. It grows in coastal locations all over Australia and in NZ also. This plant is a total powerhouse! They grow very easily from cuttings, withstand hot and dry temperatures, need very little water and are also delicious to eat! Young leaves can be eaten raw and the larger ones can



be added to stir-fry's, soups, anything in place of regular store bought spinach. Be sure to blanch the leaves or ensure they are cooked in your meal before consumption.

Sweet potato – the humble sweet potato, this has become one of my absolute favourite crops in the garden! They are so easy to propagate: take one leaf from the vine, add into a jar of water and within days you will see roots form. Simply plant them out and let them grow! Sweet potatoes are very low maintenance, they require low water and act as a ground cover which is great for our hot climate. They are ready to harvest within around 3 months from planting. Look for new lead growth on the vine and that's an indicator to collect. One sweet potato vine will grow around 1-2kg of spuds! What's not to love about that?





Passionfruit – We planted a Nellie Kellie passionfruit vine in our EON school garden and it took over a year for it to get going, but now that it has what a sight for sore eyes! It's best to plant passionfruit in the cooler months as they tend to stress in the heat, however once they settle into their new home they take off and you reap the tasty rewards! It has been said that you should dig sheep or chicken livers into the roots when you plant them. I would love to hear your success stories if you've tried this method. Good old manure and dynamic lifter seems to work for me.

Rosemary – a rosemary shrub is so versatile in your garden, it complements your cooking in the kitchen, keeps pests away like mozzies and flies and is super resilient to our weather. Its so easy to propagate too: Find a healthy parent plant from a neighbour or friend and take a cutting from the new growth (you will see this as its brighter green and less woody) however woody cuttings will work too. Next, remove the lower leaves from the branches that will be in the soil and then plant directly into damp, well composted soil. Keep them in a shaded part of your garden and be sure to water frequently. Within around a month you will have yourself a new rosemary plant.

Grape vine – I was very surprised to see how well the grape vines did in the EON school garden in Mount Magnet. We enjoyed so many delicious grapes last year from it and even now, during the hotter months, it's standing bright and strong. They hold their own against the summer sun and have created a gorgeous shady entry into our garden. I will be sure to take cuttings and plant in our own garden here in Meeka.

All of the above plants were grown from cuttings or seed-gardening and plants can be a very inexpensive hobby and the rewards of your labour at the end are well worth it. If anyone would like me to share some cuttings, seeds or gardening tips and tricks be sure to reach out and let me know. My best contact is email; sally.dighton@eon.org.au.

As they say, happiness is only real when shared!

The year ahead looks bright and I'm so looking forward to getting back into the garden and kitchen with the Meeka kids!

For now, take care and I hope that the year ahead is kind to us all. I look forward to chatting gardens with you again soon.

Images from:

<https://www.organicgardener.com.au/blogs/growing-warrigal-greens>

<https://www.newfoodmagazine.com/news/109066/sweet-potato-microbiome-research-important-first-step-towards-improving-yield/>

<https://www.evineyardapp.com/blog/2017/05/30/overview-of-grapevine-structure-and-function/>

[https://www.washingtonpost.com/lifestyle/home/resolve-to-grow-a-better-rosemary-plant-your-dinner-guests-will-thank-you/2017/01/03/f97df348-c6e3-11e6-85b5-](https://www.washingtonpost.com/lifestyle/home/resolve-to-grow-a-better-rosemary-plant-your-dinner-guests-will-thank-you/2017/01/03/f97df348-c6e3-11e6-85b5-76616a33048d_story.html)

[76616a33048d_story.html](https://www.washingtonpost.com/lifestyle/home/resolve-to-grow-a-better-rosemary-plant-your-dinner-guests-will-thank-you/2017/01/03/f97df348-c6e3-11e6-85b5-76616a33048d_story.html)

<https://www.thespruceeats.com/passionfruit-butter-recipe-256186>





MEDIA RELEASE



Culturally safe alcohol and other drugs support for the community of Meekatharra and surrounds

19 January 2021

- A drug and alcohol clinician has joined the team at Mission Australia in Meekatharra to provide a culturally safe alcohol and other drug outreach service for people living in Meekatharra, Cue and Mt Magnet.
- The service supports individuals and their families who are experiencing issues associated with alcohol and other drug use through case management and support to access the right treatment options.
- Counselling, group work, and community education and awareness support is also available.

The Alcohol and Other Drug Outreach Service will work closely with a number of other Mission Australia services relating to family violence, school attendance, family support, public tenancy, emergency relief and another WA Primary Health Alliance funded service, the Meekatharra Mental Health Support Service.

Mission Australia's Alcohol and other Drug Outreach Service – Meekatharra

Open Monday to Friday 8.30am to 4.30pm

Contact 08 9956 5100 for more information.

Comments attributed to WA Primary Health Alliance Regional Manager, Amy Perry:

“Alcohol and other drugs are a health and social issue that impacts the whole community in a multitude of ways.

“This funding has given us the opportunity to increase the capacity of existing alcohol and other drug programs and services in regional and remote areas, including Meekatharra, allowing them to work with individuals, families and the community to reduce the impact of alcohol and drug use.”

Comments attributed to Federal Member for Durack, Melissa Price:

“We know the impact alcohol and other drugs can have across the community and ensuring people living in regional and remote communities have access to culturally safe support remains a priority for our Government.

“Through providing additional staff and services in regional WA, we will help to maximise access to, and the effectiveness of, drug and alcohol support services.”

Comments attributed to Mission Australia Area Manager Midwest Gascoyne, Dr Paul Royce:

“We have an active presence in the area and strong referral pathways and because of that we have been able to hit the ground running.

“These services are culturally safe and will help to reduce harm and support behaviour change before the use of alcohol and other drugs becomes entrenched or problematic.”

As part of the funding, WA Primary Health Alliance has also contracted:

- Mission Australia to provide an AOD service in Onslow, which will complement an existing service it currently runs in other areas of the Pilbara; and
- Hope Community Services to extend services it currently provides in Laverton out to Mount Magnet, as well as other remote towns.

This activity has been made possible through funding provided by the Australian Government under the PHN Program.

ENDS

Media Contact – Caela Del-Prete, 08 6272 4936, caela.del-prete@wapha.org.au

About Us: WA Primary Health Alliance shapes, strengthens and sustains a health system that works for people. As the operator of WA's three Primary Health Networks – part of the Australian Government national PHN program – we plan, guide and direct investment towards important primary healthcare services. Our state-wide structure and strong partnerships give us an opportunity to shape a health system fit for the future. By partnering with GPs, allied health professionals, service providers, government and community, we deliver better health, together. For more information, visit www.wapha.org.au



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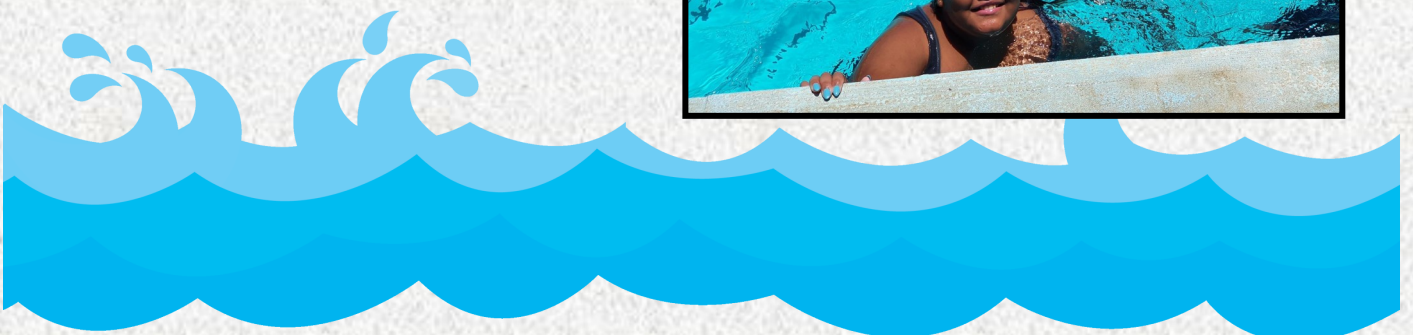
*Mission Australia's Alcohol and Other Drug Outreach Worker in Meekatharra,
Robert Binsiar*

AUSTRALIA DAY POOL PARTY

On Australia Day we celebrated the Public Holiday in the best way, a BBQ at the pool. Andrew was a whiz on the BBQ, keeping up with the demand. We had yummy salads from the Caravan Park; potato, pasta and garden salads. The food was served by our lovely volunteers for the day. The community spirit was high throughout the day. Everyone pitching in where they could, being so polite and cheerful to have day off from work.

We spent the day on the inflatable toys, playing basketball and volleyball, spending time with family and friends, and enjoying the sunshine. The kids and adults all had a great time relaxing by the pool and listening to DJ Fordy's epic playlist. The weather could not have been more perfect for a BBQ by the pool, we had a dip in the pool before lying in the shade to relax and enjoy the afternoon. Of course, the kids spent most the time playing games and swimming until the pool closed.

Thanks to all those who helped out, Andrew, Andrea, Fordy, Sarah, Michelle and Jo. Your help was very much appreciated! They helped out with cooking the food, serving, set up/ pack up and taking these amazing photos. Events like these cannot happen without the help and support of people within the community. These incredible individuals gave up their public holiday to help make others so much more fun! Thanks again to all those who gave a helping hand, you are all truly remarkable people.





Australia Day

Reflect. Respect. Celebrate.











Day-Care services **You deserve better** in Meekatharra

The purpose of this survey is to identify the needs and requirements in relation to Day Care services and facilities available for families in Meekatharra

Please:

1. **Complete** this survey (Choose the best option(s) describing your circumstances)
2. **Return** your completed survey to:
Vince Catania, Member for North West Central
PO Box 1000, Carnarvon WA 6701
Telephone: 99412999



How long have you lived in Meekatharra?

- ☐ Less than one year
- ☐ One to three years
- ☐ Three to five years
- ☐ More than five years

What best describes your household employment status ?

Fulltime

- ☐ One person
- ☐ All adults
- ☐ No-one
- ☐ Seeking employment

Part-time

- ☐ One person
- ☐ All adults
- ☐ No-one
- ☐ Other - eg FIFO

Day-Care services in Meekatharra

Would you utilise Day-Care services if available ?

- ☐ YES
- ☐ NO
- ☐ Maybe

If YES, would you:

- ☐ Seek employment
- ☐ Increase work hours
- ☐ How many hours per week would you access?
(enter number of hours)

What days would you need Day-Care services?

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday

How would you best utilise Day-Care Services?

- ☐ Regular Booking
- ☐ Casual Booking

What considerations are important when selecting Day-Care services ?

- ☐ Affordability
- ☐ Licenced facility
- ☐ Convenient location
- ☐ Other

What best describes your family?

- ☐ Dual Parent family
- ☐ Single Parent Family
- ☐ Carer - Grandparents
- ☐ Foster Parent
- ☐ Other

How many children are in your care in each age group?

- ☐ 0 - two years of age
- ☐ Two years to 3 years
- ☐ Three years to five years
- ☐ Six years to 12 years
- ☐ Twelve years to seventeen years

Other Comments

THE NATIONALS
for Regional WA

Vince CATANIA MLA
MEMBER FOR NORTH WEST CENTRAL



Authorised & Printed by V Catania, 20 Robinson Street, Carnarvon WA 6701.

MSOTA PLAYGROUP

Do you have a child or know a child who will be starting Kindy in 2022 at Meekatharra School of the Air?



Play group takes place in Term 3 and 4- a great opportunity to prepare children for School of the Air.

For further information or to enrol, please contact Naomi Haynes or Shona Nash on 99235200 or email

naomi.johnston@education.wa.edu.au

shona.nash@education.wa.edu.au

Gym Memberships

The Shire gym has all the equipment (plus more) that you will need to achieve your fitness goals. Come into the Shire Office to sign up today!

Monthly Membership \$32
Monthly Concession Membership \$16
Yearly Membership \$350
Yearly Concession Membership \$175
Swipe Card Bond \$30



Concession fee only applicable on sighting of valid Health Care Card by Shire Staff

Access restricted to adults 18 years or older

Please adhere to the following when using the facility:

- Stay 1.5m away from others
- Not go to the gym if you are feeling unwell
- Use the hand sanitiser provided on arrival and as needed throughout
- Make sure you sign in on arrival and sign out on departure
- Use the disinfectant provided to wipe down equipment before and after use



shire of
meekatharra
a golden prospect

NAME PAVERS

Be apart of this fundraising activity for the Meektharra Outback Festival Committee

NAME PAVERS ARE:

- A unique and lasting record of your support;
- A creation of memories and milestones;
- A celebration of a wedding, new baby, birthday or anniversary;
- A tribute to someone special or a precious memorial to a loved one.



Your donation entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed on the footpath outside the Shire Administration Building proudly showing your donation. To place your order please come into the Shire Office.

shire of
meekatharra
a golden prospect



Integrated Chronic Disease Care Program

**Do you have a team that can
assist with your **diabetes**,
cardiovascular disease or
respiratory disease?**



Podiatry | Dietetics | Physiotherapy | Diabetes Education

**Our Team can assist with these services and provide
care co-ordination to assist with all your health
appointments or enquiries.**

**If you suffer from Diabetes, Cardiovascular Disease or Respiratory
Disease and would like to make changes to improve your health,
call our Care Coordinators Beryl or Danielle on **0447 268 603****



Meekatharra ICDC visiting dates for 2021

19th January, 16th February, 16th March, 20th April, 18th May, 22nd June

FIRST AID FACT SHEET

Red-Back Spider Bite

A Red-Back spider bite can be life threatening to a child, but apart from the pain it is rarely serious for an adult.

They are common in dry places around buildings, outdoor furniture, machinery and stacked materials. In the bush, they nest under logs and rocks.

Caused by

- + Spider biting and puncturing the skin.

Signs & symptoms

- + Immediate pain at the bite site which becomes hot, red and swollen.
- + Intense local pain which increases and spreads.
- + Nausea, vomiting and abdominal pain.
- + Profuse sweating, especially at the bite site.
- + Swelling of glands in the groin or armpit of the limb that was bitten.

What to do

1. Follow DRSABCD St John Action Plan.
2. Lay the casualty down, rest and reassure.
3. Monitor the casualty constantly.
4. Apply a cold compress/cold pack to lessen the pain (no longer than twenty (20) minutes).
5. Seek medical aid promptly, if:
 - + Person bitten is a young child, elderly or infirmed.
 - + The casualty collapses.
 - + Pain is severe.



**In a medical emergency
call Triple Zero (000)**

Book a St John first aid course today | (08) 9334 1233 | stjohnambulance.com.au

Information provided is as per Australian Resuscitation Council Guidelines. These first aid protocols are for the Australian market only. All care has been taken in preparing this information but St John takes no responsibility for its use. This information is not a substitute for practical first aid training with St John.

Commercial Hotel

Meekatharra

Opened daily from noon til late

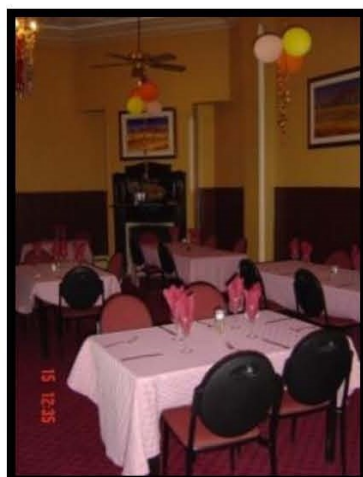
Excellent counter meals daily:

Lunch: 12 noon – 2pm

Monday to Saturday

Dinner: 6pm – 8pm

Sunday to Saturday



Air conditioned Dining / Function Room
Suitable for Meetings, Conferences & Dinners

Accommodation Includes:

Modern Motel units with en suite, TV & air con
Located at rear of Hotel with enclosed parking.

and
Traditional Hotel rooms with TV & air con
Located upstairs in original building.



Telephone: 99811020

Fax: 99811021

Email: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

Thai Pumpkin Soup

Recipe provided by: Jeanne

Serves: 4–6

Prep time: 15 mins

Cook time: 45 mins



Ingredients

1kg pumpkin, peeled and chopped
500g red lentils
2x can low fat coconut milk
1 small jar red curry paste
¼ cup Coriander to garnish (optional)
Toasted pumpkin seeds and sunflower seeds to garnish (optional)

Method

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1. Preheat oven to 200°C, line baking tray with paper.
2. Toast seeds on a tray; watch carefully to avoid burning. If you don't have seeds you can omit this step.
3. Bake pumpkin for 40 minutes or until soft.
4. Meanwhile, place lentils in pot, fill with water to cover the lentils by about 2cm, bring to the boil. Once boiling remove from heat, drain and rinse lentils. Clean scum from pot.
5. Add a small amount of oil to the pot and fry curry paste until fragrant — about 3 minutes.
6. Return lentils to the pot, along with coconut milk (leave a dash for garnishing), add a cup of water, bring to simmer and cook until lentils are soft and mushy. This should take around about 15 minutes, add extra water if required. Remove from heat.
7. Remove pumpkin from oven, add to lentil mixture and puree with stick blender.
8. Return the pot to a low heat and warm mixture.
9. Add water to thin if desired. Garnish with a swirl of reserved coconut milk, fresh coriander or toasted seeds/toasted chopped peanuts.

Tips

Reduce calorie and fat content by using one can of coconut milk only. Sub in the same volume of water or veggie/chicken stock.

This recipe can be easily modified and is a great way to use up vegetables that are close to their used by date — carrots and sweet potatoes go great in this soup, as would onions, just bake them in the oven with the pumpkin.

To reduce the roasting time steam or boil the pumpkin for 5 minutes prior to roasting.



For those following a gluten free diet, choose a gluten free curry paste.



Chicken, Mushroom and Spinach Risotto

Serves: 4

Prep time: 15 mins

Cook time: 40 mins



Ingredients

- 2 chicken breast, diced
- 1L reduced salt vegetable stock
- 2 cups water
- 1 cup dry white wine
- 2 Tbs olive oil
- 200g mushrooms, chopped
- 150g packet baby spinach
- ¼ cup pine nuts
- 2 cloves garlic, chopped
- 1 onion, chopped
- 2 cups Arborio rice
- 1/3 cup sundried tomatoes, chopped
- 1/2 cup grated Parmesan cheese

Method

1. Preheat oven to 180°C and line baking tray with baking paper.
2. Toast pine nuts for 5–10 minutes, stirring occasionally.
3. Add stock, water and wine to a large saucepan, bring to the boil and reduce to low heat.
4. Heat oil in large frypan or saucepan and cook chicken until lightly browned.
5. Add onion and garlic, stir for 2–3 minutes.
6. Add mushroom, cook and stir for 2–3 minutes.
7. Add rice and stir through.
8. Add 2/3 cup of the stock mixture into the rice and stir gently until most of the liquid is absorbed.

9. Continue to add stock gradually and stir until absorbed each time. Total cooking time should be about 35 minutes.
10. When all stock is added and absorbed, stir through the spinach, pine nuts, sundried tomatoes and Parmesan cheese and serve.

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Serving suggestion

To complete the meal serve with seasonal vegetables or your favourite salad. Aim for at least 2–3 different types of vegetables and use different coloured varieties to add colour to the meal.

See the salad section for inspiration and refer to the seasonality guide to get to know what is in season.



For those following a gluten free diet, choose a gluten free stock.



The Meekatharra Seventh
Day Adventist Church
(McCleary Street) invites
you to join us in a weekly
service for all ages from
10am Saturday mornings



Extraordinary Outback Experience



Self contained units

Twin rooms

Camp sites

Camp kitchen

Fuel

Licensed store

Lawns & shade

**Mt Augustus
Tourist Park**

Heart of the Gascoyne
at the World's
Biggest Rock



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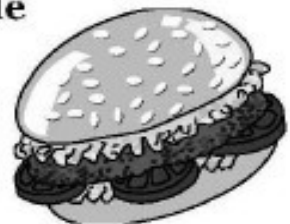
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Government of Western Australia
Department of Mines, Industry Regulation and Safety



Consumer Watch

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email: kim.doble@dmirs.wa.gov.au

Web: www.dmirs.wa.gov.au

Conversation is key to future renting

The clock is ticking on WA's renting moratorium, which will see the ban on rent increases and some evictions being lifted when the COVID-19 coronavirus pandemic emergency laws expire on 28 March 2021.

Consumer Protection is encouraging landlords and tenants to start a conversation now about what happens to their rental arrangements when the ordinary tenancy laws kick-in again after this date.

To help, Consumer Protection has developed a negotiating guide in consultation and collaboration with key industry stakeholders, including the Real Estate Industry of Western Australia (REIWA).

The 'Future renting WA negotiating guide' covers the many scenarios that could play out and examines the risks, benefits, considerations and pathways forward.

For example, should a landlord wish to keep the existing tenant, we advise they consider negotiating a rent increase that's suitable and reasonable, while urging the tenant to only agree to pay what rent they can afford, and to think about how long they wish the rental term to be.

When discussing rent increases, it's smart for tenants and landlords to investigate how much other properties in the area are being leased for, and to not solely rely on media reports for an indication of how their local market is performing.

The guide also examines the pros and cons of other situations, including if the landlord wishes to lease to a new tenant, should they want to move back into the property and if they want to sell.

Meanwhile, tenants are given information about what they should consider if they want to end the tenancy and move elsewhere.

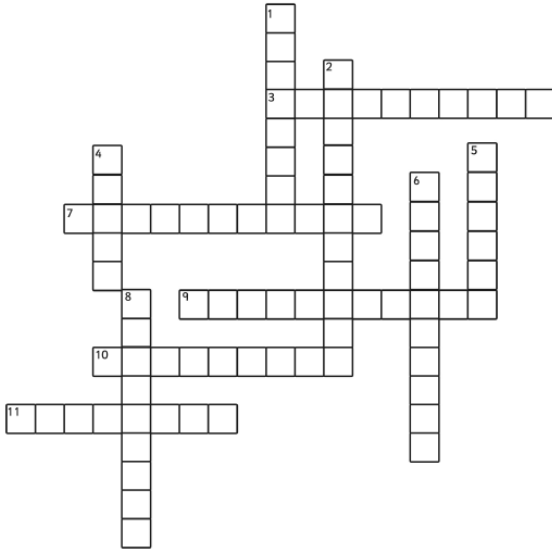
Whichever position landlords and tenants are in, we believe that by negotiating now, they will be better prepared and have time to make plans for a safe and secure renting future.

For more details visit www.dmirs.wa.gov.au/covidrenting

The Residential Tenancies Mandatory Conciliation Service can help tenants and landlords agree on future rent increases and new agreements: 1300 30 40 54 or email tenancyhelp@dmirs.wa.gov.au.

Name: _____ Date: _____

Spelling List Crossword
Initial Sound Followed by Double Consonant



Across

3. I a_____ any help I get.
7. The house can a_____ 5 people.
9. I called i_____ for help.
10. Will you a_____ me to the shops?
11. For no a_____ reason he smiled.

Down

1. She a_____ it with string.
2. I wish I had the o_____ to visit another country.
4. What time did it o_____?
5. I o_____ my free time by reading.
6. The cat was a_____ towards the dog.
8. Bake the cake a_____ to the instructions in the book.



Summer in Australia

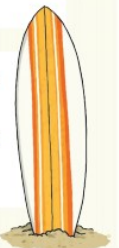
q t f h e a r t h j l o
p n c y c l o n e u e a
d z a u h f s h d u a p
a l s u m m e r j h d v
y j t b u e a n i m a l
l e o a r t s h b g p i
i h r u i c o k f d t j
g k m p l a n t i h f d
h g h u s x m a d d i e
t f j g v i l m j g y o
q o v b u s h f i r e u
b h f t c i b e a c h n



summer
season
axis
Earth

daylight
bushfire
adapt
plant

animal
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ANTI-SOCIAL BEHAVIOUR



"THEY ARE CONDEMNING THEIR OWN CHILDREN TO END UP LIKE THEMSELVES" WELFARE JUNKIES WITH NO FUTURE.

ROBIN SCOTT MLC – BUDGET REPLY SPEECH 04/11/ 2020.

ENOUGH IS ENOUGH

Everywhere in my electorate, the story is the same – people have had enough of alcohol abuse and anti-social behaviour, affecting their lives in Regional WA.

The policy of the McGowan Government and the 'do-gooders' simply isn't working.

IT'S TIME FOR A NEW POLICY:

A policy of direct intervention into aboriginal communities and child welfare. A policy which puts the tackling of alcohol abuse as a top priority. A policy which puts a stop to the 'soft-handed' approach to youth justice.

NO CONSEQUENCES FOR ACTIONS

The best way to change a person's behaviour is for them to learn that there are consequences for actions.

Right now, anti-social behaviour is terrorising regional WA. We need to impose measures that teach offenders that there are consequences for their actions.

JAIL IS NOT A DETERRENT

At the moment there is no fear of going to jail, instead, it's become a "rite of passage", and somewhere for kids to learn the behaviours of criminal adults.

We need take offenders off the streets for longer periods, which protects society and which allows for intensive education and rehabilitation programs to be delivered to the offender.



THE PROBLEM

COVID-19 reduced crime numbers significantly, but now the worst is over, things have gone back to "normal"-burglary, property damage and assaults are being reported more than ever before. Politically-correct policies of the Government have failed. We need to stop this idea of a 'partnership model' and instead directly intervene.

THE SOLUTION

We need to start right away implementing both short-term and long-term solutions:

- Provide government subsidies for home and business CCTV camera systems.
- *Confiscate phones that are being used to upload criminal behaviour to social media.*
- Tougher prison sentences with intensive education programs.
- *Provide beds at schools 24/7 for children to escape abusive homes.*



Hon. Robin Scott MLC

Member for Mining & Pastoral Region

0499906522 or robin.scott@mp.wa.gov.au

YOU & Regional WA Deserve Better



Dear Meekatharra Resident

It seems everyone **except** the current Labor Government know and understand just how remote and isolated our regional towns and areas are, and appreciate the absolute need for modern fit-for purpose services and facilities in the bush - PERTH is their priority.

Just one example is the Meekatharra Hospital built in 1954, more than 65 years ago and we all know that no amount of repairs will bring such an old & dilapidated facility up to scratch and into the 21st Century - **MEEKATHARRA NEEDS A NEW HOSPITAL.**

Before the last election funding was allocated for a new Meekatharra Hospital - but still over the last 4 years the Labor Government chose to ignore this and left residents, increasing numbers of visitors, staff and the region at risk to try to exist with a dilapidated 'third world' hospital.

Only a few years ago the Labor Government cut funding to School of the Air (SOTA) and it was the people and a regional voice in Parliament, who stood up for the regions and in Parliament and made Labor reverse their 'metro centric' decision.

Now, yet again, we have the North West leading the way and providing the State economy with a surplus during this unprecedented and challenging time BUT that contribution isn't recognised by the Labor Government, which has cut regional funding and is focused on Perth city, including billions to be spent on Metronet.

The importance of a strong regional voice and conscience within the Parliament of Western Australia, understanding and valuing the significant contribution regional families and businesses make towards our State is essential - the region needs someone to keep standing up to Labor and fighting for what the people need & want.

At the State election in March 2021 your vote can send a message to Labor in Parliament that Meekatharra needs a new hospital - **Put LABOR LAST.**

Our regional communities and businesses **ALL DESERVE BETTER.**



Meekatharra NEEDS a NEW HOSPITAL

Send **LABOR** a message ... Put **LABOR LAST**

- ✗ NO action in 4 years
- ✗ NO consideration for the risk to lives
- ✗ NOT afforded the same level of priority, respect & equality as Perth

NOT Acceptable

YOU DESERVE BETTER

Authorised by P Dixon, 39 Gascoyne Road, Carnarvon WA 6701. Printed by Gascoyne Office Equipment, 14 Camel Lane, Carnarvon WA 6701



Farmer Jack's

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Supermarket



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22 Main Street, Meekatharra 08 99811088

IMPORTANT DATES

February 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Yoga 6pm Mama D's Hair Care Visiting WACHS Dietician & Geraldton Radiology @ Hospital Diabetic ED @ Clinic	2 Mama D's Hair Care Visiting 360 Health Community	3 Mama D's Hair Care Visiting 360 Health Community	4 Mama D's Hair Care Visiting	5 Mama D's Hair Care Visiting	6 Meeka Goes Green Recycling 9am-11am Upcycling Workshop 11am	7
8 Yoga 6pm GRAMS Midwife @ Clinic	9 GRAMS Midwife @ Clinic	10	11	12	13 Meeka Goes Green Recycling 9am-11am	14 Valentine's Day 
15 Yoga 6pm Pediatrician @ Hospital	16 ICDC Physiotherapist & ICDC Podiatrist @ Hospital ICDC Dietician @ Clinic	17	18	19	20 Ordinary Council Meeting Meeka Goes Green Recycling 9am-11am 	21
22 Yoga 6pm Lions Outback Vision Van 	23 WACHS Physiotherapist @ Hospital Lions Outback Vision Van	24	25	26	27 Meeka Goes Green Recycling 9am-11am	28