

Meekatharra Dust

MARCH 2021 | ISSUE NO.335

COST \$2.50

CRC receives \$15K for upgraded furniture



Hon Kyle McGinn MLC (Member for Mining and Pastoral Region), Jo Bonnily, Cherie Sibisado (Labor Candidate for the North West), Hon Roger Cook MLA (Minister for Health) and Anna Johnson



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
17 July	2nd
21 August	6th
18 September	3rd
16 October	1st
20 November	5th
17 December	3rd

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

GENERAL DISCLAIMER

The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Meekatharra. All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be the correct advice on any particular matter or subject referred to. No person should act on the basis of any matter, comment or advice contained in this publication without first considering, and if necessary taking appropriate professional advice upon the applicability to their particular circumstances. Accordingly, no responsibility is accepted or taken by the Shire of Meekatharra, or the authors and editors of the Meekatharra Dust, for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained herein.



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

Index Page

Page 5	From the Editor
Page 6 & 7	Council News
Page 8	CRC News
Page 9	Meekatharra Support Guide
Page 10 & 11	Outback Car Hunters
Page 13	Upcoming Events on Shire Website
Page 14 & 15	Youth Services Update
Page 16	Pharmacy Update
Page 17	Labor Politicians in Town
Page 18	Movie Nights
Page 22 & 23	Meeka Goes Green
Page 27—29	School Updates
Page 30	New Name Pavers
Page 32 & 33	Garden Gal
Page 36 & 27	Footy with the Cops
Page 40	Alcoholics Anonymous Information
Page 46 & 47	Recipes
Page 48 & 49	Kids Activities
Page 50	Blast from the Past
Page 58	Important Dates

Note from the Editor

Happy Autumn everyone! Hope we are all enjoying the slightly cooler weather that has come our way and hope it lasts. February was a jam packed month, so many positive things have happened within our community. School started back up with a few new teachers and many returning ones, we had a camera crew in town filming a documentary (more on page 10 & 11), the Youth Centre and Kids Zone have had so much fun, we had a few movie nights, the cops put on a footy game and so much more. This edition of the Dust is full of all these stories and information on upcoming events, and where to find them (more on page 13).

March is set to be a great month, we have a movie night for us adults, Mama D's Hair Care is coming back to town, the CRC are putting on a cemetery clean up, the Meeka Markets will be back up and running. It will be a community filled exciting month.

Have a great month and remember if you want to put an article in the Dust please get in contact.

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.

COUNCIL NEWS

Suspension Bridge in Meeka

Investigations will start again into a suspension bridge over Luke's Pit, located below the lookout. Back in 2005 the project started over a different mining pit but was put to rest in 2007 because the pit was still under mining lease. Council approved \$70, 000 to start the investigations into the feasibility of the project. The bridge would connect onto the established walk trails creating a longer more unique walk trail experience. Given the length of the pit this would be the longest single span pedestrian suspension bridge in Australia which will create plenty of tourism buzz.

Meekatharra is part of the Murchison GeoRegion, which is already a tourism draw but adding this bridge to our list of attractions will be a bonus. With all of the sites to see in Meeka, we will be place where people want to take their holiday and stay a bit longer. The increase in tourism will benefit the town as a whole.

If the project is to go ahead an estimated \$1.5-\$2 million will be spent to create this unique experience in the middle of the outback.



Gymkhana Donation

The Gymkhana is all set to go ahead this year on April 10th. The committee have been working hard to make this year's event twice as excellent as last years was cancelled due to COVID restrictions. The Council donated \$1, 000 towards the event set to add excitement to the already full events calendar. The Gymkhana has been a yearly event in Meekatharra and rely on support from donations to keep this volunteer club up and running.

Youth Services

The Youth Services Team created a massive program over the January school holidays. They had visits from the Tacking Smoking Team and Fair Game to keep the young people of the town engaged in a positive program. The team did many of the usual activities but added some new one into the mix. The team ran table tennis competitions and painting. There were many visiting families which meant attendance was up and remained steady the whole month of January.



Once school returns they are looking at creating a music program with the many talented local artists. They also want to introduce softball and more cricket into the weekly program. The Youth Services Team pride themselves on creating the diverse program which they implement each week.

Shade Sails at Small Wheels Park

The shade sails at the Small Wheels Park are getting a makeover. The new shade sails will be stronger and sturdier to withstand the sometimes unpredictable and strong Meekatharra weather. The shades will provide more coverage for the skate park all year around.



Lloyds Update

At their February meeting, Council agreed to an application from Mr Andrew Binsiar to lease the Gallery at Lloyds. This represents a significant milestone with 4 of the 5 lettable properties within the complex now leased.

Each of these lease agreements have notionally indicated a key handover date of 1st March, with a hopeful opening of 1st April 2021. Each of the tenants are now working very hard to meet this date.

Chris Clancy and Kadisen King were successful in their application to operate the Café space, and are planning their logistics and menus as we speak. We wait with baited breath to see what they will call the shop, and can't wait to sit at a table to order a chicken and salad sandwich with a flat white.



Nikie DeRosiers has published her schedule for the next year so bookings can be planned well in advance, and the Shire team is working on options to see the salon utilised for other personal care services in the weeks that Nikie is not in Meekatharra. We are looking for a beautician or masseuse, or any other similar discipline - make your recommendations and suggestions – all are welcome.

Internet Update

The Shire is still working closely with Node 1 from Geraldton to provide cabled internet services to either the Shire office, or to Lloyds, with a commitment from Node 1 they will also install a fixed wireless solution in town. This will mean high speed and reliable internet services in the very near future for every home in Meekatharra. There have been some delays due to COVID (of course – hasn't everything been slowed down due to COVID?), the Christmas break, and working with Telstra provisioning.

This should provide the CRC with some much-needed internet oomph to operate their many and varied services, and to allow the Conference Room to be the vital piece of infrastructure needed to support those studying or working from Meekatharra to participate in the wider flattened world of commerce.

CRC News



Family History Project

Thanks to a grant from the Department of Communities, we've launched the Meekatharra Family History Project. If you'd like free scanning of your family photos or historical documents, just bring in a USB stick and we'll do the rest. We're also donating two digital picture frames with Meeka slide shows and a sensory box of memorabilia items to the hospital so our oldies and patients can enjoy happy memories and Meeka scenery any time they like.

We'll also be holding a workshop with local genealogist Poullette Anderson and CRC Manager Anna Johnson with some great tips on how to get started with looking up your family history, starting a family tree, and easy ways to get people's stories on record with your phone. The workshop will have lots of practical information on where you can locate personal history, including stolen generation support services for our region.

If you would like to get your photos scanned for free or find out more about our family history project, just come on in.

Cemetery Picnic & Busy Bee

It's on! We are hoping this will become an annual event. Sunday March 28th from 11 am to about 1:00 pm, bring Nan, Pop and the kids along to help tidy up and do some art and craft decorating at our lovely historic cemetery. Spruce up a family grave or help us with weeding and a bit of TLC for some of the very old graves—or just sit and relax and enjoy the country music on the PA! Light lunch and refreshments will be served, we will have some tables and chairs but you may want to pop an extra chair or two in the car just in case. We'll have basic tools, you are welcome to bring your own. Elaine will be leading the art and craftiness. See you there!

Get Involved

We welcome new members and volunteers at the CRC—a great opportunity to pick up some new skills, make new friends and get to know the amazing community of Meekatharra. Come along to our AGM on the 9th for a cuppa and ways you can join in our many projects.

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



March 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

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

OUTBACK CAR HUNTERS

Over the Labour Day long weekend, we had a film crew in Meekatharra filming a show called Outback Car Hunters. This show is documentary about two car enthusiasts travelling in the Western Australian outback looking for old, run-down cars that they are restore. The car fanatics, GT and Dave, travel to places they have never been, and to some they haven't heard of, to find these hidden treasures. The show concentrates on the importance of telling the stories of the cars, how they came to be where they are and who used to drive them. They put a strong emphasis on building relationships with local people who know about cars to help them find the gems hidden away in shed or on stations.

Within the team travelling around there are five people, two Presenters, two Film Crew and the Producer, Nathan. Nathan first thought of the show and then pitched it to the Discovery Channel. Once it was all set to go ahead he contacted GT and Dave, who of course said absolutely! GT and Dave are genuinely interested in the cars, they have both worked on magazines which focus on cars and other motor vehicles in the Eastern states. They are good mates who have shared this common interest for a number of years, so working on this show together must be a dream come true! Both of the presenters have experience in doing up cars and know what to look for while they are searching. GT and Dave are so friendly, down to earth guys who love getting to know people and enjoying the experiences that Outback

Car Hunters provide.

The filming will take place over three months as the team travel around Western Australia to find the cars and then bring them back to Perth to restore. Before coming to a town Nathan communicates with some of the locals and truly makes the cars seen on the show a surprise for the Car Hunters. He has spent months prepping for the show and networking with locals with older cars.

When arriving in Meekatharra, the team had already been travelling for 11 days starting from Perth. The team were lucky enough to spend time in a fabulous Perth hotel for two weeks as they did their mandatory quarantine above entry into WA. I'm sure this is not how they imagined their first two weeks in our beautiful state. Once they were able to travel they took off exploring parts of the Wheatbelt and Goldfields regions, seeing Kalgoorlie -Boulder, Merredin, Northam, Kellerberrin and many more towns along the way. These towns have shown some of what WA has to offer by uncovering some pretty amazing cars for GT and Dave to gush over.



While in Meekatharra the car hunters crew visited Peace Gorge, the Lookout, the pubs and drove around taking in the sites of Meekatharra. They found a few cars in our region but had to keep them a secret due to the owner's privacy and keeping the show a surprise until it aired. I know that I will be waiting for our episode to air to see where they went in Meeka and to see if I can recognise anyone. Once they had filmed the search for the cars they stopped in for a quick drink at the Commie.

While at the Commie, they filmed a scene of the presenters walking in and grabbing a drink from Horrie. The Producer said that they love showing off country pubs and were very excited to film in Meekatharra. They took footage of the presenters driving and walking in, the pubs features and some of the pub's regulars. They wanted to show off what makes small, country towns unique by showing where people hang out, the good people in the towns and the laidback lifestyle we

all love here in Meekatharra.

Outback Car Hunters

is a Discovery Channel show set to air in July in the UK with millions of people set to watch. The show aims to inform those from the UK, Russia, Scandinavia and all the other places about the beauty of Australia and what kind of cars we have in the outback. We may take for granted the beauty and space we have here but where the show will be aired the audience will find this shocking. The three months of filming will leave them with ten episodes, each episode concentrating on a different region with in Western Australia. I think Meekatharra will get a big shout out given our friendly locals and our incredible cars.



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



YOGA CLASSES

Enjoy an hour-long
Online Yoga Session

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

Yoga mats available



Meekatharra Gymkhana

A photograph of three riders on horseback competing in a barrel race. The riders are wearing helmets and casual attire. The horses are galloping around a red barrel. The background is a hazy, orange-tinted scene of a race course.

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

UPCOMING EVENTS

The new Shire website has many helpful documents and information on it. But did you know we have the upcoming local events on it? We regularly update the events pages to add all the upcoming events in town.

We include Shire held events, upcoming medical specialists, community events and other things that happen around town.

So when you want to find out what is happening, check out this page to find all the information you will need.

The events on the website now include movie nights, markets, Meeka Goes Green upcycling workshops and many more.

Check out the website:

<https://www.meekashire.wa.gov.au/>

If you have an event coming up that you would like to add please email Amy on cdo@meekashire.wa.gov.au

The screenshot shows the Meekatharra Shire website. The top navigation bar includes links for Council, Community, Services, Explore, and Contact Us. The main content area is titled 'What's on' and features a sidebar with a 'Community' menu. The main content lists two upcoming events: 'Visiting Specialist - Lions Outback Vision' on Monday 22 Feb 2021 and 'Visiting Specialist - WACHS Physiotherapy' on Tuesday 23 Feb 2021.

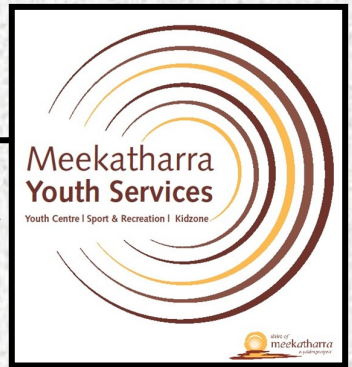
The screenshot shows the 'Movie Night: Freaky (18+ Event)' page. It includes details about the event on Friday 19th March 2021 at the Town Hall, starting at 7pm. The event features the movie 'Freaky' and a \$10 entry fee. The page also includes contact information for Amy Thomas, the Community Development Officer, and a link to the Meekatharra Shire website.

The poster for the 'Term One 2021 Youth Services Program' is set against a background of a sunset over a field. It lists activities for each day of the week from Monday to Friday. The activities include drop-ins, sports, music, cooking, and art. The program starts from the 1st of February 2021. The Meekatharra Youth Services logo is in the top right corner, and the Shire of Meekatharra logo is in the bottom left corner.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3pm-5pm Drop In @ Youth Centre	3pm-5pm Water Polo @ Pool	3pm-5pm Music @ Youth Centre	3pm-5pm Water Volleyball @ Pool	3pm-5pm Drop In @ Youth Centre
6pm-8pm 12 and Over Basketball @ Youth Centre	6pm-8pm Footy @ Oval	6pm-8pm Cooking @ Kids Zone	6pm-8pm Basketball @ Oval	6pm-8pm Art & Craft @ Kid Zone
6pm-8pm Movie Night @ Youth Centre				

Starting from 1st of February 2021

YOUTH SERVICES



February has been a more relaxed month with school going back and the extended hours finished for the Youth Services Team. The team have planned for an engaging and exciting term which the young people of Meekatharra have been thoroughly enjoying. This term has consisted of swimming, basketball, crafts, cooking and movie nights.

The Stephen Michael team came up with to participate in the program by facilitating an indoor cricket competition with the Karalundi students. The young people and staff got a lot out of the afternoon learning about crick-

et and spending time together.

Kids Zone has been extremely exciting this month. They have done painting, cooking, making more mud 'desserts' and castles, decorating masks and so many other fun activities. They recently purchased a healthy eating puzzle which the young people completed super-fast, learning at the same time about the different food groups.

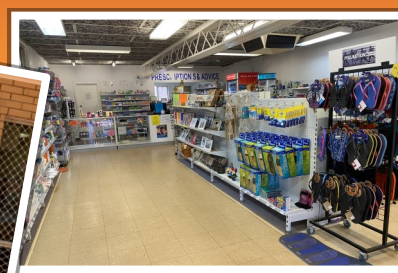
Mission Australia had a blast with the kids playing basketball and enjoying a BBQ dinner. This event was a great relationship builder and created a relaxed environment for the young people.





Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



New and Exciting

We hope everyone had a nice and comfortable change into school and work life. As we settle into the new year, we have introduced special prices for some products and more exciting new products are in store now!

Win a prize valued over \$50

Follow us on Facebook for a chance to win a makeup prize, valued over \$50! Our Facebook page offers health advice, lets you know specials and new products!

All followers will be eligible for the prize draw. Winner will be announced on April 1st!

Follow us to keep up to date with all the latest news. Facebook.com/meekatharrapharmacy



Mosquito and other Bug Bites

With all the great rain we've had in town over the past month it has also brought upon us pesky insects. Their bites can cause some bad swelling, itching and discomfort and can carry nasty diseases such as Ross River virus, Barmah Forest virus, Kunjin virus and Murray Valley Encephalitis virus, which is potentially fatal.

What is the best way to protect yourself?

- Cover up. By wearing light colored, long, loose fitting clothes, you are less likely to be bitten.
- Insect Repellent. Repellents which contain the active ingredients DEET and picaridin are effective. Read the labels and choose repellents suitable for yourself and your children.

Available at the pharmacy is a wide selection of insect repellents, some are suitable for children 12 months and up! We also have a large range of anti-itch creams, antiseptic creams and oral antihistamines.



Meekatharra Pharmacy carry a range of vitamins & supplements, first aid supplies, quit smoking products, suncare, hair, skin & nail care items, ear and eye products, perfumes, cosmetics, jewelry, gifts, baby items, hats, sunglasses, readers and cleaning products. We also provide professional services such as prescription handling, webster packing, free blood pressure checks, medchecks, vaccinations, ear piercing, Diabetes supplies and lots more. (P) 08 9980 1798

Come in and say Hi!

Monday – Friday: 9am-5pm

Saturday – 9am-1pm

POLITICIANS IN TOWN

Just a head of election time we had visits from Hon Kyle McGinn MLC (Member for Mining and Pastoral Region), Cherie Sibisado (Labor Candidate for the North West) and Hon Roger Cook MLA (Minister for Health). The politicians visited many places within Meekatharra included the new patient transfer centre at the RFDS base, the CRC and the hospital.

The CRC were promised \$15, 000 for upgraded furniture when they move into their new space in Lloyds Plaza. This will be a much need up-grade and will match the new space. The CRC is a great resource for Meekatharra and deserves to have a fresh new look.

The patient transfer facility at the RFDS base was opened last year and has attracted many Politicians to have a look through it.

The Yulella Aboriginal Corporation was promised funding for a new community garden.

There is also a \$13.3 million commitment to build a new hospital for the town which is much

needed. This amount is a further \$8.5 million on top of what was promised and will go towards earthworks which will speed up the upgrade to the new hospital.



MOVIE NIGHTS

In February the Youth Services Team put on two movies for the community; Spiderman – into the Spiderverse and Pan. Both movies were selected to appeal to a wide range of people. During both movies there were beanbags and yoga mats to lay on as you take in the epic screen we have in the Town Hall.

For the Spiderman movie we made meatball subs which were so delicious, we saw many people coming back for seconds (some even for thirds). The team look lots of care in making this meal for the movie goers to enjoy. During Pan we got to enjoy yummy yummy nachos with homemade guacamole. Our new popcorn machine also made an appearance for these movies. The team made bags to give out as the movie played and of course ate handfuls in the process.

There is a lot of work that gets put into the movie nights, we are very lucky to a very dedicated team to put these on. Thanks to everyone who came to events. We had a blast and we hope you did too. If you have any suggestions for movie nights please let us know,



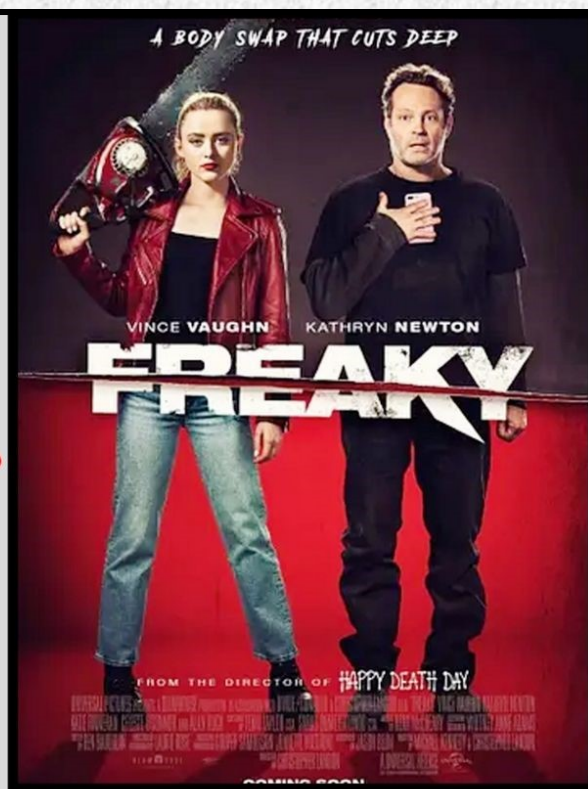
we love getting suggestions for awesome movies.

Keep an eye out on the town notice boards and Facebook for our next family movie nights.

Our next movie night will be for the adults on the 19th of March. Will be watching Freaky which is a horror/comedy movie, it will be incredibly funny. We will provide dinner, popcorn and soft drink all for \$10. What a great way to spend a Friday night.



MOVIE NIGHT



FRIDAY, MARCH 19TH

**DOORS OPEN 7PM
FOR 7:30PM START**

TOWN HALL

\$10 ENTRY

**POPCORN, SOFT DRINK
AND DINNER PROVIDED**

THIS IS AN 18+ EVENT

EFTPOS AVAILABLE





Government of Western Australia
North Metropolitan Health Service



Women 50 years or over,
have a **FREE** breast screening
mammogram every two years.
Once is not enough.



BreastScreen WA's mobile service will be at:

Meekatharra

District Hospital, Savage Street

17 - 19 March 2021

(Dates may be subject to change)

Women 40 years and over are eligible to have a **FREE** breast screening mammogram.

For an appointment
book **online** or phone **13 20 50**



www.breastscreen.health.wa.gov.au

SEP 2018



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

Don't be blind to cord danger

We like to think our homes are a safe space for our families, but sometimes the biggest dangers are lurking where you might least expect them.

Tragically, free-hanging cords from window coverings like curtains and blinds have been responsible for the deaths and injuries of many Australian children, including a two-year-old girl who died after being strangled by a blind cord at her Queensland home late last year.

With children spending more time at home recently, the young child's death is a grim reminder for parents and carers to be vigilant of the dangers inside the home and holiday accommodation.

Young children often like to climb onto furniture to look out the window, so if they can reach the blind or curtain cords, they may quickly become entangled in them, lose their footing and suffer strangulation or serious injuries.

All looped cords must be designed and installed so as to remain firmly attached to a wall or other structure specified in the installation instructions when subjected to a tension force of 70 N applied in any direction for 10 seconds, and to prevent the possibility of a cord forming a loop 220mm or longer at a height of less than 1.6 metres above floor level.

Strong penalties apply for those who break the law, including fines of up to \$220,000 for an individual or \$1.1 million for a business or body corporate.

So whether at home or on holiday, you should check every room to make sure loose or looped blind cords are fixed out of reach so that children are not in danger.

It is also important to make sure that children can't reach blind cords from their cot, highchair or other furniture.

When installing new blinds or curtains, a tie-down/cleat should be used that is not easy to remove from the wall but would come out if significant weight was applied. Safer still, consider doing away with cords altogether by opting for wands instead.

Further information for industry and consumers can be found at www.productsafety.gov.au, or come to Consumer Protection on 1300 30 40 54 or consumer@dmirs.wa.gov.au to report an unsafe situation at any home or accommodation premises.

TRAVELLING LOCALLY



options: the plane, the bus or the car. Which one is the best? Depends on many factors such as: where are you going, how much stuff are you carrying/transporting, how many people are travelling, how much money can you spend, how much time do you have? Generally planes emit more CO2 than cars, and cars in turn emit more CO2 than busses – per passenger. But number of people travelling, travel distance, fuel efficiency, the size of the car, whether it's petrol, diesel, hybrid or electric (and if electric, what generated the electricity?) all make big differences to the CO2 emissions.

How lucky are we here in Meekatharra, in Western Australia, in Australia, that we have such a safe country with pretty much no locally transmitted Covid-19 and therefore can move around oh so freely compared to other parts of the globe?

This past year has certainly been very interesting and different. And whilst the whole world would probably agree that we'd prefer life without pandemics, the border closures have done one thing: it's opened the eyes of many Australians to the beauty of their own backyard.

We all need a break every now and again. Whether it's a break from work, from the heat and flies, from family, from small town politics - it's important to get away and recharge the batteries. To explore, to experience novelty, to take a breath.

And where could you do that better than in the stunning landscapes of Western Australia?

We are so lucky with the variety of scenery and climate zones here in WA and Australia. You want beaches? Easy. Lush forest? Tick. Alpine mountains? Yupp. Metropolitan cities? Sure. Remote desert? Heaps. Vineyards and food bowls? Yum, yes! Adventurous Outback tracks? So many, try not to get lost. Is there anything Australia doesn't have?

It's funny that it took a global pandemic for many Aussies to stop flocking to Bali every year and to instead discover their immediate surroundings.

Environmentally (and yes of course we are exploring that – after all we are your friendly local sustainability group) it's better to avoid the air plane and to holiday locally where possible. Walking or cycling are the most environmentally friendly "transport" methods however that ain't gonna get you very far when you live in a remote little Outback town such as Meekatharra (maybe to the Lookout but not sure that counts as a "holiday"). The next best environmentally friendly transport method would be a train but once again that's not an option here.

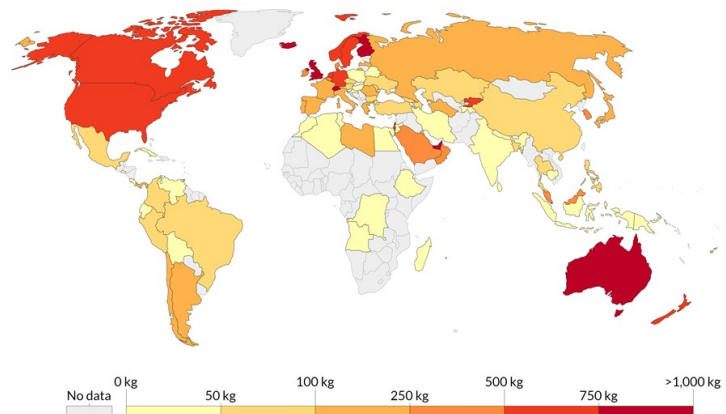
So to get in and out of Meeka we have three

According to ourworldindata.org (a great website!) Australia has one of the highest per capita CO2 emissions from domestic and international aviation. Not surprising since the coun-

Per capita CO2 emissions from aviation, tourism-adjusted, 2018

Aviation emissions includes both domestic and international flights. International aviation emissions are here allocated to the country of departure, then adjusted for tourism by multiplying this figure by the ratio of inbound-to-outbound travellers. This attempts to distinguish between locals traveling abroad and foreign visitors traveling to that country on the same flight.

Our World in Data



Source: Calculated by Our World in Data based on Graver et al. (2019) and World Bank data.

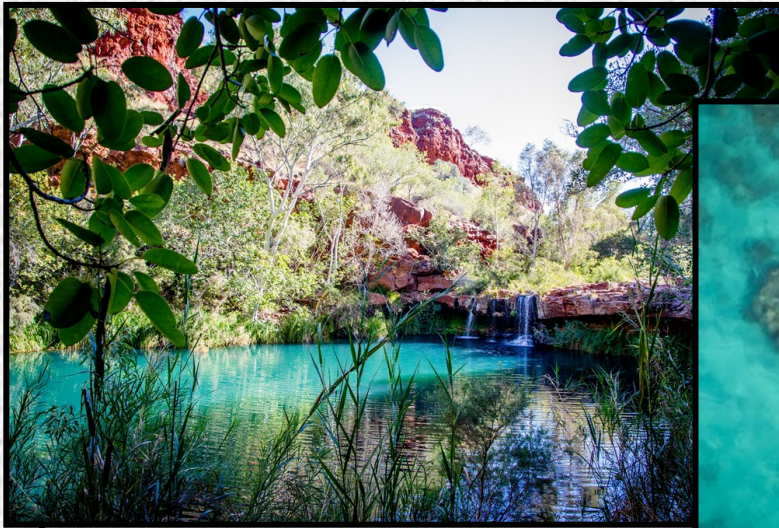
CC BY

try is so large it takes hours or even days to get anywhere.

So you need a break and want some inspiration? Instead of Bali, New York or Sydney consider these (in order of distance from Meeka):

⇒ Peace Gorge is as local as it gets and is a beautiful rocky granite area just a couple of kms west of Meeka. Pack your camping gear, find a private little corner and enjoy the starry skies and feel like you're far away even though the town is just over the ridge.





- ⇒ There are nice waterholes in the region. Find yourself a local and pick their brains to see which one has water in it at the moment.
- ⇒ Explore the ghost towns of Peak Hill, Nannine, Big Bell or try your hand at prospecting. Don't fall into the mine shafts scattered around the landscape.
- ⇒ Want to experience true bush hospitality? Stay at a station stay such as Wooleen Station in the Murchison. wastationstays.com.au has a map of station stays in the region.
- ⇒ Mt Augustus is about 355km north-west of Meeka on the Landor Road. Heard of Uluru? Well our rock is bigger. Great long weekend trip away and great hiking.
- ⇒ Karijini National Park 600km north is incredible. From arid Outback above to lush, green gorges below and waterfalls in between. Just stunning. Great hikes for all abilities.
- ⇒ The Coral Coast from Cervantes to Exmouth gives you all the snorkelling you could wish for. Want to feed dolphins? Go to Monkey Mia. Swim with Manta Rays? Coral Bay is the spot. Measure yourself against the biggest fish and shark in the sea? The Ningaloo Reef has lots of them.
- ⇒ Prefer the city-scape with restaurants, cafes and shops? Geraldton and Newman are our closest larger towns and then there's always Perth down the road.
- ⇒ To go further afield there's the remote and beautiful Kimberley with tropical Broome, croc filled waterholes and boab trees (the trees are not croc filled, only the waterholes), or the lush south west with its vineyard, forests and pristine beaches.

What other local travel tips do you have? What's your favourite destination in the region or in WA? Have you explored the most fuel efficient vehicles and are happy to share your find-

ings? 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.

Photos by Svenja Clare.



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

Meekatharra

Cemetery Picnic & Busy Bee



Sunday March 28th
11:00 am to 1:00 pm
at the Meekatharra Cemetery
All Welcome

Free Lunch & Refreshments Join In or Just Sit and Relax

The Meekatharra CRC is hosting this family-friendly picnic event. Join in and help us tidy up, do some painted rocks and tree dangles with Elaine or just sit and enjoy this informal celebration of our town's lovely cemetery.



Everything will be provided, including some good old fashioned country music, sandwiches and fruit, drinks, chairs and tables, so bring Nan and Pop and the kids.

This event is proudly sponsored by TIAM Solutions Meekatharra.



We are located at Lot 55 Main Street, Meekatharra
Opposite the swimming pool
08 9980 1811



TIAM Solutions Pty Ltd



Department of
Primary Industries and
Regional Development



Everyone is Invited to...

Community Easter Lunch

Friday, 2nd of April 2021

11AM-3PM

Town Hall

Easter Egg Hunt | Lunch | Zorb Balls



LAST SWIM... FOR NOW

Just a reminder that the pool closes for the season on the 31st of March. Make sure you get in your last swim before Fordy goes. The pool will reopen in October.



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

BACK TO SCHOOL

Meekatharra District High School has had a jam-packed fortnight with multiple whole school activities taking place.

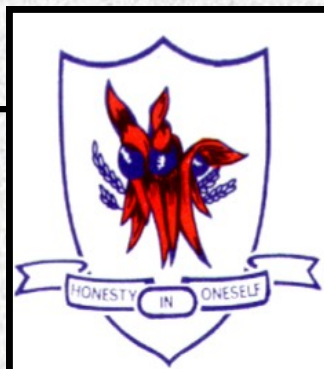
Our Big Breakfast on Tuesday the 2nd of February was a great success with 39 family and community members turning up to the event. A big thanks to everyone who came down to make the morning such a wonderful whole school event.

On Friday 5th of February, the Meekatharra Swimming Pool was opened at 11am (thanks to the support of the

Shire) and hosted a fun pool afternoon for all students. Staff and students persisted through the windy start to the afternoon and had a great time swimming and using the pool toys provided.

Tuesday 9th of February was our BBQ lunch in which we had delicious hotdogs. This was followed by a wet and slippery afternoon on the slippery slide.

Friday 12th of February was the big finale to our return to school activities, the Colour Run. Pre-PrimaryYear 2 students took part in an obstacle course whilst the Year 3-10's took part in a water pistol fight and completed an agility course. A huge thank you to Mission Australia who kindly donated the shirts needed for the afternoon.



Above: Before Colour Run

Right and Below: After Colour Run



WHAT'S BEEN HAPPENING AT SCHOOL



Over the past few weeks we have been focusing

on writing three letter words during our literacy sessions each morning and we have already seen a huge improvement with our children. In Numeracy we have been focusing on counting to 100 through hands on learning and lots of games, play dough, painting and even cooking. In Science we have been learning about Earth and Space, including weather patterns and seasons of the year. We have been focusing on our social and emotion wellbeing through weekly lessons using our Zones of Regulation and our PBS COOL values. We have enjoyed our fun whole school events including our very own ECE slip 'n' slide, BBQ, Colour run and pool day.



We have made delicious nachos with Miss Sally from the EON foundation and kicked the footy with Wes and Roy from The Stephen Michael Foundation. We look forward to seeing Pastor Geoff this week and starting our swimming lessons next week.

Miss Sophie and

Year 1/2

Hello to our Room 15 families. I am so excited to have some students continuing in my class and adding some beautiful new faces to Room 15. We have had a very busy two weeks as we build new rules and routines with our students. Our Kindy group have done a fantastic job at learning and building connections in the classroom. Some highlights for them would be beginning to learn to identify their name and lots of craft activities. For our Pre-Primary Students I have to say how proud of them I am. They have taken our Kindy students under their wing and are demonstrating some great independence in the classroom. We have been learning how to count to 10 and linking in ways to demonstrate numbers outside of a numeral. In Literacy we have started



strong with building our early literacy skills. This term I have my home visits scheduled on a Wednesday between 11am and 12pm. In Week 4 we have a Meet the Teacher night and I would love to see as many families attend so we can show you the awesome work Room 15 have been doing.

Miss Emily and Kindy/Pre-Primary

Room 7 has had a fantastic start to the new year. We've made great friendships in our classroom, spent time building routines and we're now beginning to see some incredible hands on learning. Our classroom is a place for active learners with lots of energy and life. This past fortnight we have started our new maths program, Top10, where we've been practicing our subitising skills with beanbag throw competitions and building Unifix towers to revise numbers that are greater than and less than one another. In English we've been working very hard on our handwriting and spelling. Outside the classroom we've enjoyed all our back to school activities especially the water play afternoon and colour run. We ran over obstacle courses, shot water pistols at one another, slid down slippery, bubbly slides and threw colourful powder at one another. Room 7 has also had several days of 100% attendance and we can't wait to continue this streak for the rest of the year.

Miss Pav and Year 1/2





This term has started off very busy in Room 4! We created a Wall About Us which we wrote what our goals are for the new school year, learnt about Chinese New Year in our reading comprehension and smash out our beginning of the year assessments. In Week 2, we have started focussing on place value in our Maths lessons and we have been using MAB blocks to create a range of fun designs and sculptures. We then had to work out how many ones, tens and hundreds we used to create our designs. We all had a lot of fun and are excited to keep having hands-on fun in Maths!

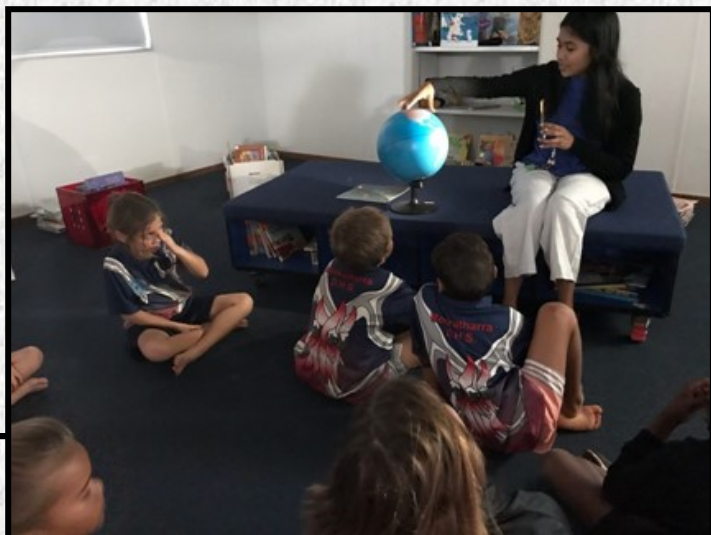
Miss Jackie and year 5/6

Room 3 have started the year successfully, with three students already having picked prizes last Friday for completing all set work for the week. We are analysing the structure of Short Stories in English and have discovered that we can learn the meaning of new words by their context within a story.

In Mathematics, we are learning about patterns in square, triangular, prime and composite numbers. We discovered that the number of factors within square numbers are always odd! Chemistry is a lot of fun, as we are doing many mini experiments to

try and identify the difference between physical and chemical change. In HASS, we are learning about the study of archaeology and the role it plays in dating the ancient artefacts which allow us to form a timeline of human history. Next week, we will be starting an investigation into our own family histories. Students will be constructing their own questions to ask of older relatives and collating that information into a book.

Ms Sally and Year 7/8



What a busy but great start to Term 1! For Science, Room 6 students have been exploring the reasons why we have day and night and what makes it happen. We have been reading stories, watching videos and simulating day and night using a flash light and a model globe. For Maths, Room 6 has been breaking down whole numbers into hundreds, tens and ones by presenting them in different forms. We have even created our very own place value robots!

We can't wait to learn lots and have fun this term!

Miss Maria and Year 3/4

The first two weeks in Room Two have flown by! My students have been busy organising themselves and the classroom for the busy year ahead.

I have particularly enjoyed getting to know each of my students. I place a big emphasis on relationship building, so the last two weeks, students have partaken in various getting to know you games and lots of laughter, learning and fun.

This term students will be looking at a variety of different topics in subject areas. I am looking forward to all of these subjects and to teaching them in a enjoyable and engaging way.

Mr Rhys and Year 9/10



NEW NAME PAVERS

Outside of the Shire Office on Main Street we have a long line of Name Pavers on the outskirts on the pavement, these are names of people who have a special connection to Meekatharra and want to support the Meekatharra Outback Festival.

The pavers come in two sizes – one brick or two bricks. You can choose which one you would prefer to leave your mark on Meekatharra.

Recently we received a few orders so we were able to put a few more pavers down. Our very own Rigby laid the pavers down in the middle of February, making our Name

Paver trail slightly longer.

The money raised from this activity goes directly to the Meekatharra Outback Festival, to make sure that we can provide quality event for the community and keep costs down for those who attend.

If you want to get your own Name Paver come into the Shire Office.



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.





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



GARDENS WITH SAL, THE GARDEN GAL

G'day Meeka and beyond,

The last month has flown by it seems- plenty of garden work has been done and many cooking classes held in our kitchen. The late Summer rains have been a treat! I'm certain the thirsty bush is grateful for the big down falls. Could a spectacular wildflower season be on the cards?

The rain brings much beauty, filling up dry riverbeds and replenishing salt lakes. Driving through the bush you can hear the chorus of cicadas celebrating too. We are lucky to be so close to nature out here in the Midwest.

With the beauty surely comes the undesirable too: couch grass! Our EON veggie garden beds are completely full of the stuff! After many days of back-breaking weeding, the decision was made to tackle it head on and use the heat to our advantage- incineration. If you have trouble with couch at home perhaps some of these methods might be useful for you too:

Couch combat 101

Chemical control – if you are wanting to create a garden, a new garden bed that has couch growing in or near to it, then chemical control could be the best option for you. There are a number of herbicides available, but I find glyphosate to be the most effective. I'm not a huge supporter of chemical control but sometimes you need to pick your battles. Application can be done a few times to ensure that the grass has completely died. If you are using it in a bed with other plants I would suggest using a paintbrush to apply to the grass. Be careful of what plants you touch with it. Glyphosate is non-selective, when means it will kill ANY plant that it touches.

Pros – no back breaking pulling of long root systems, quick and efficient, will kill the whole plant and root system entire-

ly.

Cons – harmful chemicals, you will have to wait around 4-6 weeks for it to work correctly, and it will have to be done a number of times to ensure all roots have been treated.

Physical removal – if you have some spare time and enjoy digging around in the garden then this one is for you!! I would suggest letting the hose run on the area first so that the roots are easier to pull out. Simply dig down below the runner roots and pull the entire plant out. Be sure to get all roots as even one left behind is enough to undo all of your hard work. Ensure that you take all of the grass away from the garden area and leave it to die or perhaps plant in an area of garden that you want grass to grow.



What a beauty!! A purple sweet potato grown in my home garden in Greenough



Black Plastic covering the bed

Pros – instant satisfaction, can be successful if maintained regularly, no harmful chemicals

Cons – takes time and regular tending to, if left to go wild then the grass will grow back

Incineration – This is my personal favourite!!! Death by incineration from the heat. This method requires minimal effort but takes some time. We work with the weather on this one, using our warm days to essentially suffocate and starve the grass in the garden beds. To do this you must be willing to kill all plants in the garden bed. You must cut back grass as low as possible, then give the area a big deep water. The makes the grass think it is happy and about to sprout back to life. You then cover the garden with black plastic (I suggest builders plastic or a thick tarp) and ensure that there are no holes, tears and areas left open that the grass can grow up through. Pin and/ or tie it down and leave to sit for around 4-6 weeks. Once the plastic is removed the

grass should be well and truly dead, leaving only withered runners left. Simply dig them out and you're ready to get gardening!

Pros – No nasty chemicals, keeps organisms in the soil alive, you can do areas as large as you like

Cons – takes a long time, can look unsightly

Weed control can be very taxing and sometimes disheartening in the garden. The old saying goes “a weed is simply a plant in the wrong place”. I try to weed when the soil is wet, say after a big down fall or after the garden hose or retic has been on. I find it very therapeutic to get out into the garden and do a bit of weeding. Pick your times so you're not doing it in the heat of the day and perhaps make it a regular occasion, for example why not make it a Saturday morning ritual while you listen to the news?

Well Meeka I look forward to seeing you all again in the coming weeks.

Thanks for reading and happy gardening!

Sally – the EON Gardening Gal

**EON Foundation is a not-for-profit organisation that delivers a food and nutrition-focused healthy lifestyle and disease prevention program. We build edible gardens in remote schools and communities for a secure supply of fresh food and partner with them to deliver a hands-on practical gardening, nutrition, education, cooking, and hygiene program. Read more about us at www.eon.org.au*



An approaching curtain of rain on the Meeka drive

REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

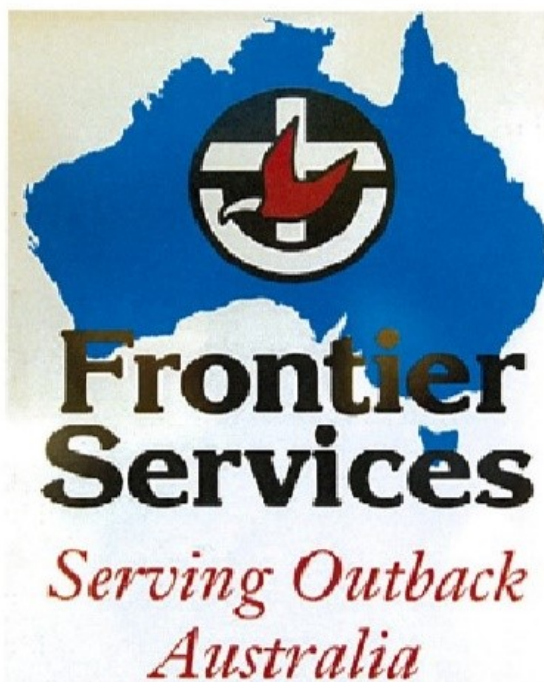
GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER

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
MARCH 2021**

LITURGY

8TH OF MARCH

MASS

20TH OF MARCH

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.



FOOTY WITH THE COPS

The acting Officer In Charge of the Meekatharra Police Station, Senior Sergeant Chris Martin invited the community to a footy game and BBQ on the 13th of February. This was a fantastic initiative by the Police Station after several weeks of unrest in the community. Who knew that the cops could play such good footy and cook up a yummy BBQ.

The afternoon was thoroughly enjoyed by all those attended, it was great to see everyone working together and having a laugh. There was two teams, the kids versus the adults. The kids won 11 goals 6 points to 5 goals 7 points! I think young people have learnt a lot from the footy workshops put on by the Youth Centre and the Stephen Michael Foundation. The adults team

was made up of the cops, health staff and teachers. A great group of people encouraging the young people in town to participate in an amazing event.

Let's hope the adults get a redemption game soon!





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

0899439527
mtaugustustouristpark@skymesh.com.au

*Goldfields Highway * Woolwagon Pathway * Coral Coast * Ningaloo * Karijini*

M E E K A T H A R R A



ACCOMMODATION CENTRE

Open Daily 6.00am—9.00pm

Catering for your special function? Email us for a quote on

bookings@meekatharraaccomodation.com.au

or call on 99811253

BE RESPONSIBLE



Please ensure whilst exercising your dog to pick up any waste and dispose of in the bins provided.

FREE Waste Bags are now available from the Shire Office.

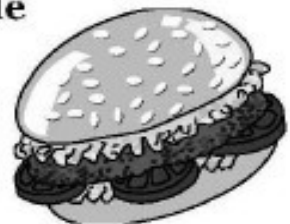
Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

Ph: 9981 1151



BP Fuel & Lubricants
Premium Unleaded Fuel now available
Auto Accessories
Kleenheat Gas
Key Cutting
Take-Away Food
Asian Food



A range of Asian Ingredients and utensils available for sale



Burgers
Rolls
Sandwiches made to order
Bottled water deliveries

Tyre Repairs
Driveway Service



Meekatharra AA Meetings - Wednesdays 7.00pm

Seventh Day Adventist Church - Mc Cleary Street



ALCOHOLICS ANONYMOUS

Contact - 0472686962 for more information

**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



Australia's COVID-19
Vaccine Roadmap

STAY INFORMED ABOUT COVID-19 VACCINES.

Visit health.gov.au for the latest information.

We are working to make sure everyone in Australia has access to safe, effective and free COVID-19 vaccines. Vaccines will give us the protection to go about our COVIDSafe lives.

To keep up to date with the latest progress, and to ensure your information is reliable, visit health.gov.au/covid19-vaccines

**COVID-19
VACCINATION**

Safe. Effective. Free.



Australian Government

AT LLOYD'S PLAZA

MAMA D'S IS BACK

Nikie will be here from the 15th to 19th of March 2021

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

**Hair Cuts,
Colour and
Styling**



Mama D's Hair Care has set dates for her visit to Meeka throughout the rest of the year. Take note of these dates so you can book in your hair appointment's.

March 15th-19th

April 19th-23rd

May 24th-28th

July 5th-9th

August 9th-13th

September 20th-24th

November 1st-5th

December 13th-17th

To book an appointment visit her Facebook page.

HOPPING AROUND MEEKATHARRA

Easter Bunny has come a little early to Meekatharra this year, we spotted him on the lawn outside of the Shire Office. Maybe he was trying to find the best places to hide the Easter Eggs for the kids in town. The Shire Staff were lucky enough to meet Josiah, who is a blue eyed, white, fluffy rabbit. Who else has seen a rabbit being walked like a dog, harness and all? It is a strange sight to see. His owner breeds and raises rabbits as her full-time job. She was on her way to Perth and thought she might have well use our friendly town to stop for Josiah to stretch his legs and get a little hop in before getting back into the car. Josiah's mum explained that to keep the rabbits safe she keeps a watchful eye

on the bunnies as they are often sought after by a variety of predators. Josiah was extremely friendly, loved cuddles and adored people. He has been around people since he was five weeks old. He is such an affectionate rabbit and looked very handsome with his blue eyes and white fur. We were so lucky to have rabbit cuddles, it definitely brightened our day.



FIRST AID FACT SHEET

Diabetes Induced Emergency

Diabetes is a condition where the body cannot maintain healthy levels of glucose, resulting in too much glucose in the blood. Glucose is a form of sugar which is the main source of energy for our bodies. Diabetic emergencies are when blood sugar levels become either too high or too low.

Caused by

- + **Low blood sugar (Hypoglycaemia)** – lack of glucose in the blood.
- + **High blood sugar (Hyperglycaemia)** – excess of glucose in the blood.

Signs & symptoms

Low blood sugar

- + Hungry.
- + Pale, sweaty.
- + Weak or shaky.
- + May appear confused, irritable or aggressive.

High blood sugar

- + Excessive thirst.
- + Hot, dry skin.
- + Feeling tired, blurred vision.
- + Smell of acetone on the breath.

What to do

1. Follow DRSABCD St John Action Plan.

Unconscious casualty

2. Place the casualty into the recovery position.
3. Give nothing by mouth.
4. Call **Triple Zero (000)** for an ambulance.

Conscious casualty

Low blood sugar (hypoglycaemia)

1. Help casualty into a comfortable position and reassure them.
2. Give sugar such as glucose tablets, jellybeans or a sweet drink (such as a soft drink or cordial).
DO NOT give diet soft drinks or sugar free cordials.
3. Continue giving sugar every 15 minutes until the casualty recovers.
4. Follow up with a sandwich or other food.
5. If there is no improvement call **Triple Zero (000)** for an ambulance.

High blood sugar (hyperglycaemia)

1. Follow DRSABCD St John Action Plan.
2. Call **Triple Zero (000)** for an ambulance.
3. If help delayed give sips of water only.



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



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

It may not be love, actually

While there are many success stories of people falling in love after meeting online, there are also some very sad tales involving victims of romance scams.

Australians reported losing more than \$38 million to romance scammers in 2020, the majority of which was lost through social media platforms like Facebook, Instagram and Snapchat. In WA last year, 72 victims reported losing \$2.17 million – an average loss of \$30,000 each.

These figures have prompted consumer protection agencies across Australia to remind people to be cautious and that victims aren't just those who are actively seeking a partner – it could be you, a friend or family member.

Romance scammers will often spend months building up trust before asking for money from their victim, who may agree to send funds because they feel the need is genuine or believe it will be used to buy an airfare so they love-interest can travel to meet them.

But while the victim is feeling loved-up, the scammer becomes cashed-up.

Often these people will use stock images, or images they've taken from someone else's social media, so before engaging online it's important to do a reverse-image search via Google or TinEye.

Always be wary if the person you've met online quickly wants to move communications away from the dating website or app and onto another platform, such as email, Facebook Messenger, WhatsApp or Viber.

If they ask for money, but won't meet in person, that's a big red flag – never give money to someone you haven't met in person.

It's important be careful about the personal information you share, as many romance scam victims not only lose money, but they can also experience fraud, such as discovering new mobile phone accounts set up in their name, or that their superannuation account has been accessed.

Victims of identity theft should contact IDCARE at www.idcare.org or by calling 1300 IDCARE (432273), while people can report scams to the ACCC by visiting www.scamwatch.gov.au/report-a-scam.

If bank account details have already been sent to a scammer, contact your financial institution as soon as possible to stop any further losses.

Alternatively, come into the Geraldton office at 50-52 Durlacher Street for further information or phone us on 9920 9800.

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.

Vegetarian Sweet Potato and Potato Bake

Recipe provided by: Loz

Serves: 4

Prep time: 5 mins

Cook time: 40 mins



Ingredients

- 1 Large sweet potato, sliced thinly
- 3 Medium white potatoes, sliced thinly
- 1 French onion soup sachet
- 100mL boiling water
- 1 cup Low fat milk
- 50g low fat cheese, grated

22

Method

1. Preheat oven to 180°C.
2. Layer potato and sweet potato in large rectangular baking dish.
3. Dissolve sachet of French onion soup in boiling water and pour over potatoes.
4. Pour over enough milk to cover potatoes. Sprinkle with the grated cheese and for 40 minutes or until potato is soft.



Serving suggestion

This recipe is a great side dish — serve with your favourite red meat, fish, chicken or vegetarian protein dish and add some green vegetables or a salad to make a complete meal.

Aim for at least 2–3 vegetables — refer to the salad section for ideas.

Carrot and Feta Slice

Recipe provided by: Gretta

Serves: 4

Prep time: 10 mins

Cook time: 30 mins



Ingredients

- 5 eggs
- 3 large carrots grated
- 1 zucchini grated
- 1 medium brown onion sliced
- 100g reduced fat feta crumbled
- 1 cup plain flour

Method

1. Preheat oven to 180°C.
2. Lightly grease casserole dish with oil.
3. Whisk eggs and combine with carrot, zucchini and onion.
4. Fold through crumbled feta, then add the flour and mix until combined.
5. Pour mixture into casserole dish and bake for 30 minutes.
6. Serve immediately.



Serving suggestion

This recipe is great to serve as a snack for morning or afternoon tea.

For a complete meal serve with vegetables or salad and try to include some meat, nuts, legumes, tofu or other protein source. See salad section for ideas.



This recipe can be made gluten free by using gluten free plain flour in place of the regular wheat plain flour.

KIDS CORNER

Amazing Maths Day Sudoku

Every grid, column and row must contain the numbers 1 through to 4.

			3
4			
	1	3	
3		2	

	3	2	
			4
1			
		1	2

			1
4			2
2			4
		2	3

4			
			2
2		1	4
	4		



Sand, Waves and Ice Cream

There are 8 differences in the pictures below, can you find them all?



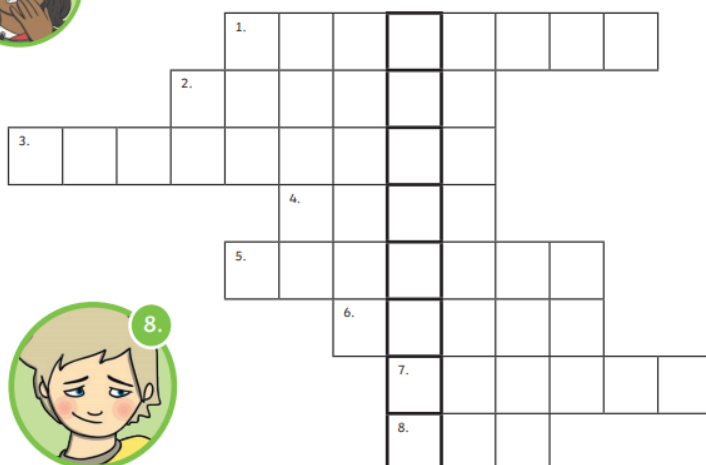
twinkl

Page 1 of 2

visit [twinkl.com](https://www.twinkl.com)



Emotions



Break the code!

--	--	--	--	--	--	--	--	--

twinkl

visit [twinkl.com.au](https://www.twinkl.com.au)



BLAST FROM THE PAST

MEEKATHARRA DUST

ISSUE NO. 128

March, 2001

PRICE \$1.10 incl. GST

MARCH BRINGS ST PATRICKS DAY

LABOUR DAY AND THE BEGINNING OF AUTUMN

There was an Englishman, Irishman and American standing on the top of the Empire State Building. The American says, "Did you know that if you jump from here the pull from the traffic down below can suck you along then push you back up to the top of the building?". The Irishman and Englishman said "No way!"

So the American says, "I'll show you."

The American jumps from the top of the building, gets sucked along with the traffic and miraculously lands back on top of the building. The Irishman and Englishman look in amazement. "Unreal", said the Irishman. "Do it again", said the Englishman.

The American again jumps from the top of the building, gets sucked along with the traffic and pushed back to the top of the building.

The Irishman was once again amazed.

"You have a go", said the American.

"To be Sure!", said the Irishman. Off he jumps and SPLAT! on the road below. The Englishman turns to the American and says, "Gee superman that was a mongrel thing to do."

EASTER IS COMING

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*

SPOTTED IN MEEKA



This magnificent bird was spotted at the Meeka Creek by our very own Wayne Dark.



EC007134 – AU26726

**ELECTRICAL
CONTRACTING
PTY LTD**

**The trusted name in the electrical
contracting industry**

Our **Meekatharra branch** now has
a qualified specialist in

Air Conditioning & Refrigeration

**COMMERCIAL • INDUSTRIAL
RESIDENTIAL • MINING
AIR CONDITIONING • REFRIGERATION • FIRE SYSTEMS
SOLAR INSTALLATION & MAINTENANCE**

Call the friendly staff at our Head Office
(08) 9964 6880

For all your air conditioning and electrical
requirements in Midwest Region

www.skec.com.au



**ACCREDITED
MASTER
ELECTRICIAN**



PROFESSIONAL LIQUID WASTE
REMOVALS

mobile

0458 002 126

24/7 - ALL HOURS

www.midwestseptics.com.au

email: midwestseptics@gmail.com

PO Box 212 Meeakatharra WA 6642

WA Dept of Environmental Licensed Controlled Waste Carrier T00612 ACN: 150 464 618 ABN: 141 504 64618

Roda Limbah Pty Ltd trading as Midwest Septics

**Professional liquid waste removal company collecting, ,
transporting, and removing septic and/or other liquid waste**

Pump out of domestic septic systems

Pump out of large scale commercial septic systems

Grease trap pumping and cleaning

Storm water drains

Oil separator systems

Transporting liquid waste on site from one location to another

Reliable and responsive service

We will beat any quote

Mid West Septics operates under an Integrated Management System meeting the requirements of key Australian standards for quality, environment and OHS.



0458 002 126 - ALL HOURS

IT'S THE LITTLE THINGS THAT HAVE MADE ROBIN SCOTT RUN FOR THE MINING AND PASTORAL REGION IN THE 2021 STATE ELECTION



ELECTRICIAN TO POLITICIAN

◀ Being a qualified electrician for 30+ years allows Robin to donate his time to the Goldfields Women's Refuge Testing and Tagging all their Electrical Goods.



EAST KALGOORLIE PRIMARY SCHOOL ▶

When EKPS asked the community for donations of Acrylic paint, Robin was more than happy to drop in and make a donation to the the EKPS Community Group.



BACK TO SCHOOL ▲

Robin spent some time with the East Kalgoorlie Primary School students during their Wongatha Language Lesson.



▲ CLEAN UP BOULDER CAMP

In 2017 Robin asked KCGM for some volunteers to assist him in the clean up of Boulder Camp.



▲ KALGOORLIE MRI MACHINE

Robin made it his top priority when he realised Kalgoorlie-Boulder didn't have an MRI Machine. From Standing in St Barbara's Square getting a petition signed to asking 34 questions in Parliament.

MAKE YOUR VOTE COUNT THIS ELECTION - VOTE 1 ROBIN SCOTT

99 Burt Street Boulder WA 6432 | 0499906522 | robin.scott@mp.wa.gov.au

Authorised by: Hon Robin Scott MLC | 99 Burt Street Boulder WA 6430

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

MEEKATHARRA

FOODWORKS

Supermarket



Opening Hours

Mon, Tues, Wed, & Fri	8am—6pm
Thursday	8am—7pm
Saturday	8am—5pm

Farmer Jack's Foodworks Meekatharra has an extensive range of fresh foods including deli items, quality meat, fresh produce, bakery items, groceries as well as a Liquor Store..



FARMER JACK'S ELECTRICAL

(inside Thrifty Link Meekatharra)

Stocks.....

Fridges & Freezers,
Washing Machines & Dryers,
TV's & DVD Players,
Small Appliances.



LANDMARK
an AWB company



tools to help **YOU**
work **smarter** not **harder**

We are also a Landmark Agency servicing all your rural needs, as well as a Thrifty Link Hardware Store.

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



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**
- **REFRIGERATORS /FREEZERS**
- **DRYERS**
- **TV'S, DVDS**
- **APPLIANCES**



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

IMPORTANT DATES

March 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Labour Day Public Holiday	2	3	4	5	6 Meeka Goes Green Recycling 9am-11am Upcycling Workshop 11am 	7
8 Yoga 6pm Midwife (Alicia Bellotti) @ Clinic 	9 Midwife (Alicia Bellotti) @ Clinic Dietitian (Tori Somers) @ Hospital	10 Westcoast Seafood Visiting	11	12	13 Meeka Goes Green Recycling 9am-11am Meeka Markets State Election	14
15 Yoga 6pm Mama D's Hair Care Visiting 	16 Mama D's Hair Care Visiting ICDC Dietician & 360 Health (John Allen) @ Clinic ICDC Physiotherapist & Podiatrist @	17 Mama D's Hair Care Visiting BreastScreen WA Visit 360 Health (John Allen) @ Clinic	18 Mama D's Hair Care Visiting BreastScreen WA Visit	19 Mama D's Hair Care Visiting Movie Night 7pm (18+) BreastScreen WA Visit	20 Ordinary Council Meeting Meeka Goes Green Recycling 9am-11am	21
22 Yoga 6pm Midwife (Alicia Bellotti) & Australian Hearing @ Clinic	23 Midwife (Alicia Bellotti) @ Clinic WACHS Physiotherapy (Sean Brown) @ Hospital	24	25	26 Cardiologist (Troy Nunn) @ Clinic	27 Meeka Goes Green Recycling 9am-11am	28 Cemetery Busy Bee and Lunch 11am 
29 Yoga 6pm Last Day for Dust Submissions Midwife (Alicia Bellotti) @ Clinic Tidman Brothers @ Hospital	30 Midwife (Alicia Bellotti) & 360 Health (John Allen) @ Clinic	31 Last Pool Day 360 Health (John Allen) & Respiratory Educator (Leanne Ross) @ Clinic	1	2 Good Friday Public Holiday Community Easter Party	3	4 Easter Sunday