



MARLU FOOTBALL IN MEEKA!

Everyone had a chance to show off their Netball and Footy skills as the MARLU Football came in town this month of May.

INTERNATIONAL NURSE'S DAY

We all know the importance of our Healthcare workers, most importantly, our Nurses! Find out the stories of Sarah and Paulette about being a Nurse.

MEEKA GOLF CLUB OPEN DAY

Players from clubs all over the state including Karratha, Bakers Hill, Kalgoorlie, Geraldton, Sandstone, Eden Hill, Watheroo, and a huge contingent from the Leinster Golf Club came!



SHIRE OF MEEKATHARRA

SCHEDULE OF MEETING DATES, TIMES AND LOCATIONS

JULY 2022 TO JUNE 2023

ORDINARY MEETINGS OF COUNCIL

In accordance with section 5.25 of the Local Government Act 1995 and regulation 12 of the Local Government (Administration) Regulations 1996 the scheduled Shire of Meekatharra Ordinary Meeting dates for 2022/23 are as follows:

Saturday, 16 July 2022
Saturday, 20 August 2022
Saturday, 17 September 2022
Saturday, 15 October 2022
Saturday, 19 November 2022
Friday, 16 December 2022
Saturday, 21 January 2023
Saturday, 18 February 2023
Saturday, 18 March 2023
Saturday, 22 April 2023
Saturday, 20 May 2023
Saturday, 24 June 2023

All meetings are held in Council Chambers located at the corner Main & Savage Streets Meekatharra and commence at 9:30am (except the 16 December 2022 meeting which commences at 2:00pm).

AUDIT COMMITTEE MEETINGS

Audit Committee Meetings will be arranged as required by the CEO in consultation with the Shire President.

KJ Matthews
Chief Executive Officer

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.

CEO COUNCIL MESSAGE

Welcome to the June 2023 edition of The Dust CEO Council Message Report that provides information for all residents regarding the Council ordinary meeting that was held on the 20th of May 2023 as well as the Health, Building and Town Planning Committee meeting held on the same morning.

This section of The Dust is intended to provide a snapshot of the issues discussed at Councils Ordinary Meetings that are held each month. **The unconfirmed minutes of Council Meetings are placed on the Council website as soon as possible within the prescribed time limit whereby they are confirmed at the next scheduled Council Meeting.** Furthermore, items listed on the agenda when published for the community may not include all the items that were discussed at the Council Meeting, as provision is made for councillors and/or staff to introduce late items for consideration as permitted by legislation and Councils Standing Orders. Therefore, the following resolutions are only a summary extract of the full meeting agenda with the entire meeting proceedings being available in the official Council Minutes that are confirmed at the next meeting of Council.

Items from the Shire of Meekatharra Health, Building & Planning Meeting 20 May 2023

Item 7.1.1 – Principal Environmental Health Officer and Building Surveyor's Report

In accordance with the shared services agreement between the Shire of Meekatharra and the Shire of East Pilbara, the report provided a summary of building, planning and environmental health matters for April 2023. This included all activities, the progress of ongoing situations and concerns related to the required services raised by the Shire of East Pilbara. Further detail is available in the minutes of the Environmental Health Officer and Building Surveyor's Report.

Item 7.1.2 – Community Development & Services Manager's Report

Entry Statements

The fabrication of the Entry Statement signs have been completed and will be installed once the walls have been built.

Lions Park

Tenders for the construction of the Lions Park design currently advertised with closing date of 26th of May 2023.

Lotterywest has approved the funding application by Council of up to \$240k to a maximum of 45% of the total project cost of the Lions Park redevelopment.

Other item details from the Community Development & Services Manager's Report can be found in the Minutes of the Health, Building & Planning Meeting.

Items from the Shire of Meekatharra Ordinary Meeting 20 May 2023

Item 9.3.1 – Council Meeting Dates 2023-24

That the attached list of Ordinary Council meeting dates for 2023/2024 be adopted and advertising is authorised to comply with Local Government Act and Local Government (Administration) Regulations. The above resolution confirms Councils adoption of the 2023/24 Council meeting dates as required by legislation. The advertisement will appear in newspapers and on Councils web site.

Item 9.3.4 – Meekatharra Airport Tender – Reseal Runway, Taxiway and Aprons

That Council approve the resealing of the runway, taxiway and aprons at the Meekatharra Airport in accordance with the terms and conditions of the signed Funding Agreement between the Shire of Meekatharra and the WA Department of Transport and instruct the CEO to develop Request for Tender (RFT) documentation and to advertise the RFT.

The above resolution allows the process to commence for the resealing of the Meekatharra Airport runway, taxiway and aprons including the sealing of the RFDS turning area. Works are planned to commence in November or December this year.

Item 9.3.5 – Review of Council 2023 Delegations Register

That Council adopt the attached amended Register of Delegations 2023 Register and authorize the delegations contained within for use.

Council last reviewed its Delegation Register in 2022 and an annual review of the Register of Delegations is required under legislation.

Further Information Snippets

- Murchison Geo Region – the newly appointed Project Officer for the Murchison Geo Region provided a presentation to Council to update progress on the Murchison Geo Region project. A copy of the presentation is available from Council for anyone interested.
- Lions Park project funding – As noted in the Community Development & Services Manager's Report above, funding has been received from Lotterywest for the Lions Park redevelopment project. The Hon Peter Foster MLC will formally present the funding cheque to Councils Shire President in June. Council will review tenders received for the project at its June 2023 meeting so work can commence as soon as possible.
- Median strip project - The application of spray-on pavers and the mural artwork for the median strip has been completed. Streetscape equipment such as seating and bike racks will be installed shortly which will complete the project.

The next Ordinary Meeting of Council is scheduled for Saturday the 24th of June 2023 and the next CEO Council Message column will appear in the next edition of The Dust in early May. Until then bye for now!

KJ Matthews – CEO

NOTE FROM EDITOR

Kumusta?

June has finally come, and I sure do hope people are keeping warm!

We had a more chill but eventful month of May here in Meeka.

I myself have been sick during that month, I heard that everyone is as well during this coming winter time.

So I hope you are keeping safe and staying healthy.

Till then!

Larra Juab,
Editor



MEEKATHARRA'S COUNCIL OF ELDERS

Second Meeting

The Council of Elders just recently had their second meeting last Shire Town Hall on May 13, 2023 where the Shire and Police were invited, to discuss the concerns in the community.

The next meeting will be on **Saturday June 24 at 10 am at Shire Townhall.**

Contents

01 INTRODUCTION

- Council Schedules
- Disclaimer
- CEO Council Message
- Note from Editor
- Meekatharra's Council of Elders

04 ARTS & CULTURE

- Short Story Prize - Midwest Writers
- Randolph Stow - Young Writers award
- Meeka FM
- Submissions & Interviews

02 COMMUNITY HAPPENINGS

- MARLU League
- Golf Open Day
- Communities of Focus (Mission)
- Yulella
- List of State Government Departments
- Meekatharra Police - Greetings
- Community Facilities
- People of Meeka -
(International Nurse Day Edition)
 - Sarah
 - Paulette Anderson
- Volunteer Interview with Duncan Goode

05 CLASSIFIED ADS & MISC

- Opportunities
- Volunteering Opportunities
- Business & Services Directory
- Crossword
- Tracing & Colouring Page
- Monthly Calendar

03 LIFESTYLES

- Health Articles
- Consumer Article
- Events
- Kidzone
- Youth Focus
- Community Resource Centre
- Retiring with a Bang - Raelene Hall
- Winter Recipe

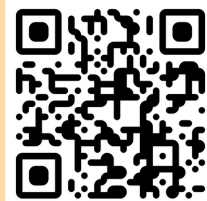
WE WOULD LOVE TO HEAR FROM
YOU SO PLEASE FEEL FREE TO
CONTACT US AT

9980 0600

AND LOOK FOR LARRA,
OR EMAIL US AT

CDO@MEEKASHIRE.WA.GOV.AU

OR GIVE US A FOLLOW:



Scan me!



Community



Happenings

WHAT'S CURRENTLY HAPPENING IN MEEKA?

COMMUNITY EVENTS

MARLU League

On May 20 2023, the MARLU Football (Murchison Junior Football League) came to Meeka for a game. It was attended by almost a 100 people (both children, parents and spectators) from Meekatharra, Cue and Mt. Magnet.

The day was filled with the big kids game, Auskick for the little ones and it was also wonderful to see the Netball happening at the same time!

Despite the chilly morning with a bit of wind, the league ended with the Meeka kids winning and a BBQ sizzle!

The next match is happening on May 27 at Mt Magnet. All the children from Meekatharra, Mt Magnet, Yalgoo, Wiluna and Cue are all welcome to attend. We hope that we can keep this going as the children showed so much skills and potential in being great athletes!



Auskick and Junior AFL starts on 6th May 2023 in Cue. Children from Meekatharra, Mt Magnet, Yalgoo, Wiluna and Cue are all welcome to attend.

Please see Andrew from the Youth Centre, Wes from Stephen Michaels Foundation or call Neil on 0407490957 if you're keen. Parents also welcome to help with coaching, committee...

Season dates are:

6th May Cue

13th May Cue

20th May Meekatharra

27th May Mt Magnet







COMMUNITY EVENTS

Golf Open Day

Over the weekend of the 6th & 7th June the Meekatharra Golf Club hosted its annual Open event commencing on Saturday with an 18 hole Ambrose format proudly sponsored by Westgold Resources Limited, a long-time supporter of our club. Our annual Open attracted a number of players from clubs all over the state including Karratha, Bakers Hill, Kalgoorlie, Geraldton, Sandstone, Eden Hill, Watheroo, and a huge contingent from the Leinster Golf Club.

The day was a 4 person team event which allows players to not only become familiar with our course (for those that may not have played in previous events) but to enjoy a casual round of golf with perhaps several beverages being consumed around the course. Our patron Chris Atkins once again ensured we didn't go hungry during the day providing delicious rolls available at lunchtime. The evening kicked off with a barbeque expertly cooked by Clint Moses & Brendan Hall with the drinks flowing responsibly under the guidance of Adrian Moses followed by the awarding of prizes. The Nett winners were Alex, Steph, Mitch & Jordan from the Leinster Golf Club with the Gross winners being Lana, David, Kit & Kody from Sandstone and Watheroo Golf Clubs. The plan was then to ensure that we all had an early night and get a good night's rest before the "real" golf on Sunday (one day that plan may actually get executed but not this year)!

We kicked off our 27-hole Stableford Open event bright and early on Sunday morning with the support of first-time sponsors in Australian Vanadium Limited.

This year saw a field of 30 men and 6 ladies compete for cash & prizes of around \$5,000. Whilst we had a glorious 26 degrees the wind was howling at around 30-40 kph leading to some very difficult conditions. Nonetheless, some very good scores were recorded. All the players were fed throughout the day by our marvelous volunteer kitchen workers ably led once again by Dot Lauritsen. A big thank you to Dot, Denise Holt and Svenja Clare for making sure none of us starved.

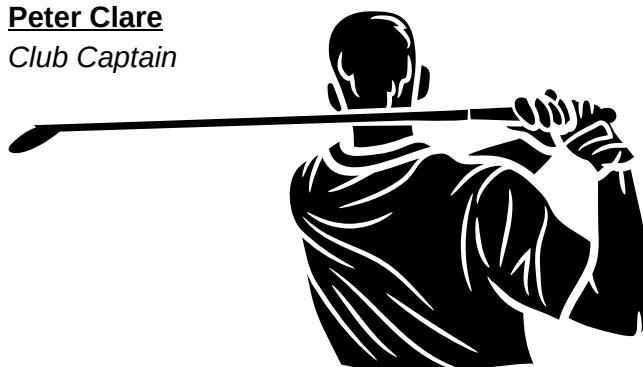
Over the weekend, the winners were announced after dinner with the major prizes being awarded to:

LADIES GROSS R/UP	CHLOE CRAIG	LEINSTER
MENS GROSS R/UP	CLARRIE LAURITSEN	MEEKATHARRA
LADIES NETT R/UP	LISA HOLLAND	LEINSTER
MENS NETT R/UP	JORDON ELMER	LEINSTER
LADIES GROSS WINNER	LANA LEFROY	SANDSTONE
MENS GROSS WINNER	BRENDAN STEWART	LEINSTER
LADIES NETT WINNER	STEPHANIE MITCHELL	LEINSTER
MENS NETT WINNER	KIT LEFROY	WATHEROO

Our sincere thanks to all our members for ensuring another well run and successful Open.

Our thanks also go to our major sponsor in Westgold Resources Limited and Australian Vanadium Limited. Without their support we wouldn't be able to host an event of this caliber.

Peter Clare
Club Captain







MISSION - COMMUNITIES OF FOCUS

What's been Happening?

At Welcome Park in the centre of town, people gather under the gumtrees by a picnic table to yarn about the great things about the community, the skills, the assets, their hopes for the future. One person shares that one of the great assets of the community is the expert bush hunters, another watches satellites pass above when on country. Such conversations have been occurring over the past 18 months in Meekatharra since Communities of Focus commenced in 2022. Supported by Mission Australia, this is an approach that sees a new local team working alongside a community-led leadership group bringing people from all parts of the local community together to collaborate and create long-term change.

Lunches at Welcome Park have been one of the many opportunities for community to come together, share ideas and take action that will bring back a sense of pride. Through chats and strengths mapping activities local people have identified the need to build a cohesive community where residents feel and share a sense of commonality, comfort and belonging. As they look ahead to the next year, strengthening strong and positive relationships will be a key focus, through activities that local people share and lead.

Taking time to listen and understand local ways of doing and being are key. Recently recruitment of a new role was approached in a new way. The first step was to meet with the local Elders and the Community Leadership team to listen and learn what requirements, qualities and attributes they believed were needed for the role to be fit for purpose and place.



In addition to designing the role, the community leadership group reviewed the recruitment application process to ensure it was culturally appropriate as well as removing potential barriers that could get in the way of candidates applying. Having community involvement in all aspects of recruitment from designing to deciding the successful applicant has allowed Communities of Focus to offer a role that is unique and designed specifically for the Meeka way of doing things. I'm delighted to share with you that Heidi Burkenhagen has started in the role and is very excited to be working with community in this way, to listen and support local ideas and solutions to what at times are complex and challenging problems. For further information or to chat about how you can be involved please pop into see Heidi at Mission Australia. Thank you to everyone who helped create this exciting new role for Meeka.



Artwork:

Community Walking together to make long time future changes, sharing knowledge and helping to heal for a better future for Meekatharra.

On country with a people to make changes and walking the long path to connect family and their ground roots and come together with honesty, integrity, celebrations to regenerate future from sunrise to sunset.

Artist:

Mickaela Mongoo

COMMUNITY HAPPENINGS Yulella



COMMUNITY RECIPE BOOK

Food is always a great way to connect!

So if you have any recipes, please feel free to share it to us so we can make a Community Recipe Book that is from Meekatharra.

Send your recipes to
Jacky Rogers
communitycoordinator@yulella.org.au



TUESDAYS & THURSDAYS

**YULELLA
ART
SESSIONS**

AT THE COMMUNITY HUB
FROM 5-9 PM



BECOME A MENTAL HEALTH FIRST AIDER

to support Aboriginal and Torres Strait Islander people.

In any one year, approximately 1 in 5 Australians aged 16-85 have a common mental illness. Evidence suggests that Aboriginal and Torres Strait Islander people experience this at a higher rate.

Mental Health First Aid training will teach you practical skills to support a person with a mental health problem. Make a real difference to the people in your community.

MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"Very interesting and thought-provoking. We now have been given the tools to be able to identify and assist our client and community members facing mental health issues." - Dianne

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems affecting Aboriginal and Torres Strait Islander people
- Provide initial support using a practical, evidence-based Action Plan
- Seek appropriate professional support
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

DATES	Tue 13th + Wed 14th June
TIMES	9am - 4pm (both days)
COST	Free - Subsidised by WACHS
VENUE	Yulella Community Hub 76 Darlot Street, Meekatharra
FACILITATOR/S	Cecilia Kelly and Lisa Reeves

HOW DO I SIGN UP?

Email Liz at
Elizabeth.lockyer@health.wa.gov.au

For more information, visit mhfa.com.au/courses



Community Connectors Bus

Phone Number

0467 953 411

Hours

8am to 1pm

6pm to 9pm

Monday to Friday

(No bus service on weekends or Public Holidays)

Some exceptions if by prior arrangement



Made with PosterMyWall.com

Get in touch with Jacky, the Community Coordinator on 0499 462 829 at Yulella Community Hub, located in 76 Darlot Street Meekatharra 6642

THIS WEEK WAS MADE POSSIBLE BY:



ROYAL ANTIEDILUVIAN ORDER OF BUFFALOES GRAND COUNCIL OF AUSTRALIA - SIR JOHN CHARLES HEAD LODGE

We would like to thank everyone who helped and participated, to celebrate this week.

Let's keep working together as a community, and make each other feel welcomed, as well as remembered. Particularly of our Elders who we are celebrating.

Thank you!

WE WARMLY INVITE YOU TO COME AND CELEBRATE



MEEKATHARRA NAIDOC 2023

CALENDAR

**SUN
JULY 2**

NAIDOC Week Opening

11am

Flag Raising & Welcome to Country
at *Shire office Flag Poles*

12pm

Kangaroo and Damper Feed
at *Kangaroo park*

Everyone is invited to bring
picnic blankets and
food to share!

**MON
JULY 3**

On Country Orientation
Treasure Hunt

10am

Treasure Hunt begins
around *Town*

12pm

Feed by the end of the hunt at the
last location!

-More info to come-

Learn more about the history
of this country through this
treasure hunt.

**TUE
JULY 4**

Fun Day

10 am to 12pm

Exciting games and activities
at the *Oval & Sports Complex*
Lunch is provided!

Express yourself through
sports and arts!

**THU
JULY 6**

Mural & Kite Day

10 am to 12pm

Mural Reveal at Youth Focus with Morning Tea.
Followed by Kite Day at the *Oval* after Mural
Reveal. Lunch with Self-serve ice cream.

Celebrate the new addition of Public Art
in Meeka and learn how to fly a Kite!

**WED
JULY 5**

Elders Breakfast & Big Community Lunch

9am Elders Breakfast

at the *Shire Hall*

12pm Big Community Lunch

at the *Welcome Park*

Come and have a yarn and enjoy some good
feed with others.

**FRI
JULY 7**

NAIDOC Kid's Disco

At the Youth Centre

Dress Code: Fancy Dress

Session 1 - 5pm - 7pm

Youth aged from 11 and above
Parents must be with children
under 12 years old

Feed at 7 - 7.30pm

Session 2 - 7.30pm to 9.30pm
Youth aged between 12-17

Bust out some moves with
your friends!

**SAT
JULY 8**

NAIDOC Adult's Ball

Doors open at 7pm

Dinner served at 8pm

Location is at the *Shire Hall*

\$20 Tickets

Feed is included with tickets

Special awards to be given out
during the ball.

Dress your best at the ball at
the Town Hall!

FOR YOUR INFORMATION

State Government Departments

- Agricultural Produce Commission
- Animal Resources Centre
- Art Gallery of Western Australia
- Arts and Culture Trust
- Auditor General, Office of the
- Biodiversity, Conservation and Attractions, Department of
- Botanic Gardens and Parks Authority
- Central Regional TAFE
- Communities, Department of
- Commissioner for Children and Young People
- Development WA
- Director of Public Prosecutions for Western Australia, Office of
- Edith Cowan University
- Education, Department of
- Environmental Protection Authority
- Equal Opportunity Commission
- Fire and Emergency Services, Department of
- Forest Products Commission
- Government House
- Health and Disability Services Complaints Office
- Health, Department of
- Healthway
- Heritage Council of Western Australia
- Horizon Power
- Department of Jobs, Tourism, Science and Innovation
- Department of Justice
- Keep Australia Beautiful WA
- Law Reform Commission of Western Australia
- Legal Aid Commission of Western Australia
- Liquor Commission
- Local Government, Sport and Cultural Industries, Department of
- Lotterywest
- Main Roads Western Australia
- Mental Health Advocacy Service
- Mental Health Commission
- Mental Health Tribunal
- Mid West Development Commission
- Mid West Ports Authority
- Minerals Research Institute of Western Australia
- Mines, Industry Regulation and Safety, Department of
- Murdoch University
- National Trust of Australia (WA)
- North Metropolitan TAFE
- North Regional TAFE
- Ombudsman Western Australia
- Parliament of Western Australia
- Perth Mint
- Planning, Lands and Heritage, Department of
- Premier and Cabinet, Department of the
- Primary Industries and Regional Development, Department of
- Registrar Western Australian Industrial Relations Commission, Department of the
- Road Safety Commission
- Rural Business Development Corporation
- Salaries and Allowances Tribunal
- Small Business Development Corporation
- South Metropolitan TAFE
- South Regional TAFE
- State Emergency Management Committee
- State Records Office of Western Australia
- Synergy Energy
- Training and Workforce Development, Department of
- Transport, Department of
- University of Notre Dame Australia
- University of Western Australia
- Water Corporation
- Western Australia Police Force
- Western Australian Institute of Sport
- Western Australian Meat Industry Authority
- Western Australian Museum
- Western Australian Planning Commission
- Western Australian Tourism Commission
- Western Power
- WorkCover WA
- WorkSafe Commissioner
- Zoological Parks Authority

Information provided by Jo from the CRC. Thank you very much!

MEEKATHARRA POLICE

Greetings!

Meekatharra Police continues to engage with our community members and local government and non-government organisations. We have had a changeover of a few staff with a number of new police officers arriving over the last couple of months.

With these new staff they bring a few extra skills sets to Meekatharra Police, including specialist interviewers, detective backgrounds and experience in remote WA communities.

Working in with Dr Zilm has put us in contact with a few more of the elders in the community to hear their voices better and understand what their concerns are.

The complaint I hear the most about is the off-road motorbikes and quad bikes. This is even more relevant with the recent crash involving a young Meekatharra local. As most would be aware a serious crash occurred out on Cemetery Road that has left a young man with serious injuries that will cause a massive impact on him and his family for a long time to come.

Riding off-road bikes and quads on the road is not only illegal and carries some serious consequences if caught riding these around town. We currently have a number of trail bikes that have been seized for this illegal riding and will be crushed.

It is putting our community at risk. The Police can only do so much to curb this behaviour but ultimately the parents and kids that use these bikes need to understand the risk from not only the law, but the health risk if another crash occurs and they are not wearing suitable helmets and protective clothing. This is a huge cost to those that own them and just part of the fines they can receive from the courts.

Alcohol related anti-social behaviour and family violence are always a concern for Police and our hospital. Getting drunk and stealing, damaging property and assaulting people will never be tolerated. Our family violence incidents are



concerning and most stem from alcohol use. When these incidents occur Meekatharra police will always call on our licenced premises to restrict full strength alcohol.

Rock throwing and using slingshots is again on the rise. A number of vehicles have been damaged and the persons responsible will be charged. Criminal Damage or even Acts Likely to Endanger Life (if fired at a moving vehicle) hold a lengthy term on imprisonment. Meekatharra Police will continue to target those persons responsible for this damage. This on occasion means when we have complaint of kids slinging rocks and windows damaged the Police will stop and speak to kids hanging around and even search where we have the lawful grounds to do so.

We encourage for the parents to discuss with their children's the that this type of behaviour can ruin someone life and most especially it can even their own life, if convicted of these serious offences.

And last but not least is we hope to start up a few more activities around town with the younger members of the community. These include some BlueLight Discos and afterschool sporting activities.

The first BlueLight disco (NAIDOC Kids Disco) is to be held on Friday 7 July 2023 at the Indoor Cricket Centre with two events-

Juniors under 11 years old, at 5-7pm and Teens between 12-17 years old, at 7:30pm-9:30pm.

A feed is being planned for the kids between the two discos by Yulella as well.

We hope to see you there!

COMMUNITY FACILITIES

Available in Town

LLOYDS CONFERENCE ROOM

Lloyds Plaza Conference Room is a state-of-the-art conferencing facility set to accommodate up to a maximum of 25 people. *Hire fees are \$12.50 (including GST) per hour, minimum of 4 hours hire.*

This facility **can be booked online**. Alternatively, please contact us directly at **9980 0600** or email us at **cso@meekashire.wa.gov.au**



Lloyds Plaza Conference Room

TOWN HALL

One of the most important buildings in our town, our beloved Town Hall is a multi-purpose space where your team, or family can utilize to whatever way you think it'll fit. This space can accommodate up to 250 people.

This facility unfortunately cannot be booked online.

Please contact us directly at **9980 0600** or email us at **cso@meekashire.wa.gov.au** for any inquiries or bookings.



Town Hall

SPORTING COMPLEX AND OVAL

Looking for a space to use for a big event in town?

The Sporting Complex and Oval might be the space for you. With its lush grass and wide field, accompanied with an indoor space to keep shade when needed, this space can accommodate up to 50 people indoors.

This facility unfortunately cannot be booked online.

Please contact us directly at **9980 0600** or email us at **cso@meekashire.wa.gov.au** for any inquiries or bookings.



Sporting Complex and Oval



GYM

The gym is located at the Sports Grounds off Landor Road behind the Club Rooms and is able to be accessed between 5am-10pm.

This unmanned gym has all the equipment you will need and more to complete your workout. To access the gym a swipe card is needed from the Shire Office.

Access is restricted to 16 years old and above

Opening Hours

5am - 10pm

For any inquiries, please contact us directly at **9980 0600** or email us at cs@meekashire.wa.gov.au

Fees & Charges

(as of July 2021, subject to change)

All fees to be paid at the Shire Office:

- Gym Swipe Card Bond - \$50 (Cash Only)
- Monthly - \$32
- Monthly Concession* - \$16
- Annually - \$350
- Annually Concession* - \$175

Cancellation during Cooling Off Period (Administration Charge) - \$20

**Concessional fee is only applicable on sighting of valid Health Care Card by Shire Staff*





SQUASH COURT

The Meekatharra Squash Court is located behind the Club Rooms at the Sports Ground off Landor Rd. The key and light tokens are available from the Shire Office.

This is an unmanned facility and is able to be accessed between the noted opening hours below.

Opening Hours

5am - 10pm

Fees & Charges

(As of 1st July 2022)

- Court Hire - \$10 (per hour/token)
- Key Bond - \$50 (cash Only)

We do not hire equipment (racquets, balls etc.)

For any inquiries, please contact us directly at 9980 0600 or email us at cso@meekashire.wa.gov.au

TENNIS COURT

The Tennis Court is located at the Sports Grounds off Landor Road and is a free facility to use for the community.

This is an unmanned facility and is able to be accessed between the noted opening hours below.

Opening Hours

5am - 10pm

Fees & Charges

- (Court Hire - No Charge)
- Lights - \$10 per hour
- Key Bond (lights) - \$50 (Cash Only)

We do not hire equipment (racquets, balls etc.)

For any inquiries, please contact us directly at 9980 0600 or email us at cso@meekashire.wa.gov.au





BASKETBALL COURTS

The Basketball Court is located at the Sports Grounds off Landor Road and is a free facility to use for the community. There are regular events held by the Youth Services Team at the Basketball Courts.

This is an unmanned facility and is able to be accessed between the noted opening hours below.

Opening Hours

5am - 10pm

Fees

- Court Hire - No Charge
- Lights - \$10 per hour
- Key Bond (lights) - \$50 (Cash Only)

For any inquiries, please contact us directly at 9980 0600 or email us at cso@meekashire.wa.gov.au

KIDZONE & YOUTH CENTRE

The Kidzone and Youth Centre is always open on both School Terms and School Holidays for any after school programs for the youth in Meekatharra to use and connect with others.

Both spaces have adults that are able to supervise and guide the youth in what they want to do. There are facilities and resources there that are well equipped for the youth to use.

Kidzone welcomes children from age 5-11 years old, while Youth Centre welcomes youth from age 12 to 18. All youth is welcome to come and even bring their friends or siblings with them.

Opening Hours

Kidzone & Youth Centre: 3pm till 5pm, everyday Monday to Friday

Youth Centre: 6 till 8pm everyday Monday to Friday

For any inquiries, please contact us directly at 9980 0600 or email us at cso@meekashire.wa.gov.au



Youth Services Team: Lachlan, Jayda, Andrea, Whitney, Ashanta, and Andrew (from left to right)



LIBRARY & MUSEUM

The Meekatharra Public Library is located at the Shire Office and is combined with a small museum. The library is a great resource and is available to all members of the community. The library contains a comprehensive collection of fiction, and non-fiction books, large print books, audiobooks, and DVDs for adults and children. There is a regular exchange of books to ensure up to date and varied stock.

A selection of new books is displayed on our feature tables until the next supply of stock arrives. Should there be an item that a member cannot find in our library, the item can be requested at reception through the State Library. Members must provide the correct title and author of the item. Please note that there may be a delay in receiving them based on availability from other libraries.

A large variety of resources are available upon request and include titles in audio formats, larger print, books written in languages other than English, and an extensive DVD collection.

You can also avail for the following:

- **Membership** - There is no cost for library membership for all residents of Meekatharra.
- **Visitor Membership** - Visitors can become a member of the Meekatharra Library. The requirements are the same as for residents.
- **Borrower Rights** - Please bring your library card when borrowing or renewing items. You can borrow a combination of books, audiobooks or DVDs. Items can be borrowed for three weeks.

Open from 8:00am to 4:30pm Monday to Friday.

Meekatharra Public Library is located at 54 Main Street Meekatharra
 Ph: (08) 9980 0600
 Fax: (08) 9981 1505
cso@meekashire.wa.gov.au

INTERNATIONAL NURSE DAY EDITION

Sarah Louise Cuthbertson

GP Clinic Practice Nurse & Experienced Aged Care Nurse

How long have you been in Meeka?

I have just ticked off being here in Meekatharra for 2 and a half years! I've been up here since October 2020, during COVID, but that was when WA was shut off from the whole world but we were free to frolic around.

How did you come to Meeka?

That's a little bit of an interesting story. I previously worked in Perth for 3 years straight in night shift for aged care. I was exhausted. By August, end of August I was looking at going off and studying to be a phlebotomist so taking blood. And possibly quitting nursing because I wasn't enjoying it as much as I used to and I wasn't getting my fulfillment from it. So I mentioned to Mum and Dad that I was going to do my phlebotomist and just alternate and trim my shifts at my workplace so I can do my studies and work, they were supportive, but Mum also mentioned to me that they've had one of our previous doctors from the clinic here to come out for dinner one night and he asked my parents if they had kids and what do they do. They mentioned I'm a nurse and I've been in aged care for about 5 years, 2 years as a carer while studying to be a nurse and then 3 years as a nurse. They mentioned she was looking to get out of aged care and we don't know where she gonna go, and he said I think our current practice nurse is looking at resigning soon or is potentially leaving soon and when that happens I'll let you know immediately because we are always desperate for a solid nurse, and if your daughter wants the job then she just has to apply for it and then see how things could go from there.

That was on a Thursday or a Friday, afternoon or evening. On Monday, around lunchtime, I had a meeting booked at the workplace to discuss with them about me altering shifts so that I can work and do my course. Literally right after that meeting was finished, I just got in the car, just had a missed call from Mum, called her back and told me that the Nurse at the GP Clinic in Meekatharra has just resigned and if you want the job - here's all the details. So I was like - okay - all right! That just happened! So this was around the end of September to early October, I just literally just resigned to stay in my rental about a couple of months prior as well and it was a 12-month rental situation. Mum literally dropped a bomb on me.

But I was like you know what? I've got family there, and this could be a really really big opportunity for me and it will get me out of aged care. I might actually start to enjoy nursing again, so I applied and sent my resume to the boss. The process went through, I met my nurse manager, Shirley, in Perth and also Margaret, who works alongside her and manages the reception side of things for their clinic in both Perth and Meekatharra. I met them both, I did my interview, which was successful, and then I did the training. Literally within 2 weeks, after that phone call from Mum, I've done the training, the interview, offered the job and I'd have to move to Meekatharra. It happened so quickly within 2 weeks, it was a whirlwind, it was an OMG, I'm leaving Perth and moving to Meekatharra in 2 weeks. I need to get out of my rental agreement - it was not going to be fun. Breaking a lease is never gonna be fun, they did understand, and managed to find a new tenant to move in straight after me. Mum came to Perth to help me pack as I was still working night shifts leading up to the day when I was moving. Mom did a heavy lifting job of the packing, and she literally just helped me move into that unit a year ago, especially setting up all the Kmart and Ikea furniture. So we had to move all of my stuff to a storage unit and only brought the essential stuff with us.

I moved up to Meekatharra and started up here, mid October of 2020, Margaret and Shirley both came up to



check in the reception and my first week but I've always had contact with her despite the distance. It was a very whirlwind of 2 weeks, but now that I am up here I love it. I really wouldn't change that decision. Yes I've left friends behind at Perth and I miss them dearly but the opportunity to come up here was there and I wasn't not going to take it.

So I took my application for my course back, and had to resign from work as well. Thankfully, it was about only 2-3 weeks at that point where I decided that I was gonna take the chance. It all happened so quickly, my poor mom had to deal with it too!

How long have you been working as a nurse?

So my first year at Perth I was an agency nurse, and as an agency nurse, you float around to different locations. You go work from one agency, who has agreements or contracts with facilities and you go to them as shifts come up. So it was pretty instant shift work. So the work there wasn't always very steady, it was good that I got to go move around for a little bit. I mostly ended up at age care facilities, which is what I was comfortable with at that time, and the agency didn't have anything to do with the hospital at the time. But I loved one of the places I worked, so much that I applied to work there and I did 2 years of doing night shifts there before moving to Meekatharra, and the agency work was 1 year. It literally was straight night shifts, 4 nights a week, it was exhausting!

I've been in this industry going on 6 years this coming October this year. I am still pretty new to it but I've got a bit of experience up my sleeve and I love it. When you're a baby graduate and you've just come out from nursing school and everything is full on, and there's so much to absorb, you have to pick kind of where you wanna go with it. Because I started as a career, whilst I was studying to be a nurse, I was in an aged care facility at the time and I asked them at the time if it was possible to rank up to become a nurse as I know you are short on nurses, and I am fully qualified now, I finished my studies, here's my registration, and they said yeah. So I worked there up until the end of 2017, started in 2018 and that's when I moved to Perth, and worked there, and then Meekatharra in 2020.

Yeah it was a lot looking back on it, but I think I needed that time in Perth to get my head around what I really needed to know and I needed that experience to know and be ok - that area is not for me, my body cannot handle night shift, I know now that I need to be working during the day, so I need to find somewhere is going to be flexible for me. Being here in the clinic, I work here Monday to Friday, 8:30am to 5pm, weekends off, public holidays off, and when we close over Christmas and New years, it's usually roughly around 2 weeks off.

The team I work with, they're amazing, they're an awesome team. I haven't had a team like this before,

the Doctors are great, Chelsea and Dakota at the front desk are amazing. My manager at Perth is so supportive, they encourage me to do extra studies as a nurse to better my skills in certain areas. So supportive, it's like a little family here. We all support each other, and if any of us ever need time off, they give it - they are quite flexible if nothing is interfering with it - you will get it. I am glad to say that I have found my little niche in nursing!

Interviewer: I didn't realize that Nursing had such a broad spectrum!

Believe it or not, when you think of nursing you don't often think of clinics, it's mostly aged care and hospitals.

Obviously, clinics are another sector, so there are different sectors of the healthcare system. You've got the aged care sector, and hospital sector, but then in my area, I slide in the primary health care setting. It's not just GP clinics, but school nurses as well, detention centers, immigration centers, there's a whole different list that fits into primary health. We are quite a big part of the backbone, the nurses in the hospital are a huge part of the workforce and they do an awesome job. We are the backbone for continuous patient care, at the clinic we are constantly seeing the same patient, building them with care. Where in hospitals, they're in for an operation, they're an acute setting, while ours is not, we are more of a chronic setting, from diabetic, heart disease, kidney diseases, and all of that stuff. More community engagement here, whereas at the hospital, you don't necessarily have that connection, unless, of course, you are Dot (referring to Dot Lauritsen, one of the longest-serving nurses in Meekatharra), then you are looking over the community health, so she works with the child health nurse.

During my time here, I have had a good connection with a lot of the town, they know that if they have any issues, then they'll come to me, unless I am not on, then they go next door. I feel that I have a good connection with the community. I finally found my passion and drive again, and I am not giving this up anytime soon.

What is the most challenging part of being a nurse?

Look, there are a lot of different areas really - for me, I found different challenges in each one.

So in aged care, one of the hard things as a nurse was the patient ratio to the nurse, you know when nurses in hospitals are screening 4-6 patients to 1 nurse? A lot of the time, they do double that because of the short staff. I found that really hard while I was working at the aged care. Because when I worked there, in my night shift - I was the only nurse on the night shift, and one fellow assisted me, with 40 patients on night shifts. Yes, it was like that. Just me and him. They were amazing at the time. In Geraldton, Public Holidays were the worst, because everybody didn't want to turn up to work. During the week, I looked after 1 massive wing, on my own, because we were so short on nurses. I looked after 45 residents. From medications, trying to check in on them daily, trying to lay my eyes on them during my shift. This was right at the start of my career as a nurse, because I worked there as a carer. I felt comfortable in the two wings that I worked in as a nurse. I was confident in looking after them, but on my own as a nurse, that was hard.

I thought to myself, wow - how am I going to do this on my own? So what ended up happening, by the time it got to 9 am, I'd done 2 areas of that wing, 30 resident medications. I still had another wing to go. The hardest part is getting the time right as most of them are time-sensitive medications, sometimes I asked another nurse to help me as I wouldn't be able to do it all by 10am. Plus my phone keeps ringing due to other issues arising, plus care plans. At that time our facility didn't have a computer system, so it was all hand-written. Not to add the doctor visits as well, you had to follow the doctor around the entire time to take notes to see the residents. I had piles of paperwork on the floor that still needed to be filled up, plus I had to send it to the doctor to double check if I got the information right, and if any

changes were needed. Doctors usually come at 10:30 am, and my shift usually ends at 3pm, and walking around takes about an hour and a half, plus I had to fit in a lunch, plus 1pm medications.

It was just very hard, the night shift wasn't too bad, but most especially when there's a computer that you can use. But I hated calling the doctors at night for the residents' issues at night, and so it was on my shoulders if I had to call the ambulance or not for different situations. Trying to call a doctor at 2am isn't the best situation sometimes even if you are only trying to do your job. The main challenge really is the patient to nurse ratio right now because of the understaffing issue, and I eventually grew tired of it.

What do you love the most about being a nurse?

My current job right now, I love the variety. I am actually at the peak of my scope, so I am an enrolled nurse - so I did my 18 months, a registered nurse is the one that goes for 3 years in uni. So therefore, I am at the top level of my scope as I've learnt so many new skills that I was never taught as a student which is awesome. I get to work with some amazing specialists that come in on the regular. I have a good bond with my patients. I love this environment. I learnt how to do different pre-employment assessments, from normal, to full blown mining worker assessments. It's my little niche that gives me space to learn more in different areas. I find it so fun, there's never a boring day, and I am totally in love with it.

One of my main jobs that I love so much and passionate about is Sexual Health and treatment of STDS. In aboriginal communities, they are quite prominent, so Public Health contacts me whenever someone in town or floating in town is positive, I try my best to get in contact with them. If I can't then Annabelle, she's our Aboriginal Liaison Officer at the hospital is my link to the community, I give her the name, where they are potentially staying and she goes out and finds them. Sometimes she brings them up to me, or sometimes just gives me a ring and we talk through it that way, we don't tell them over the phone, we have to do it face to face. Another area I love would have to be my wound management, I love all the gross and gory things. They're good fun! It sounds really weird, and you have to be willing to take it on.

Do you have any health tips or reminders for the community?

Come in for your regular annual health check-ups. It's really important to get that at least once a year. We can do everything in one session, it will be great to have more people come up to ensure everyone's safe and healthy.

Don't let a health concern linger for too long. If you feel like you have something infected, do not leave it for weeks before you see us, because something worse can happen. We can help you prevent it from getting worse. We understand trying to fix things using bush medicine, but we have people who don't do that and it just gets worse. So please, come to us so we can always help you.

This clinic is bulk billing, anybody with a Medicare card can come up here and not cost anything. Of course it will depend on the nature of your test. The best way to know is to call our GP at 6444 7980. The hospital is more for emergency cases only.



INTERNATIONAL NURSE DAY EDITION

Paulette Anderson

Mental Health Nurse & Service Manager for Youth Focus Meekatharra

**How long have you been in Meeka?**

13 years this year

How did you come to Meeka?

Came here on a 3 month contract as a Nurse manager at the Hospital, and now it's 13 years. I married a local, that's why I stayed.

How long have you been working as a nurse in general & here in Meeka?

So I graduated from nursing in 1994 and I worked for a while as an enrolled nurse and then I went to university and graduated with my registered nursing degree in 2000.

Interviewer: Where were these schools?

The enrolled nursing was at the Central TAFE, the School of Nursing, so the old building called the Old WASON (Western Australia School of Nursing) building - attached to Royal Perth Hospital. I don't think they had too many years after I graduated, as they moved into the Central TAFE and I did the 2 year enrolled nurse course, now it's only 18 months. When I went to UNI, there was no such thing yet of recognition of prior learning, so I did the full 3 years bachelor's Degree, so I studied for 5 years. I went to university, my bachelor's at Edith Cowen, these were all in Western Australia

Interviewer: And how long have you been here as a nurse in Meekatharra?

For 13 years, so I took a bit of a break at the hospital. I went and worked for the school as an education assistant for a while. I loved that, I have thought of becoming a teacher but I enrolled in the course and it was 2 years of full-time studying and it was a lot for someone who hasn't been in that environment for 20 years so I found it very challenging. I suppose, nursing was the only thing I knew and to completely change the tracks and become a teacher - in the end, I didn't feel the same passion for it as I felt in nursing. I then looked for a nursing job outside the hospital and that's how I fell into mental health.

Interviewer: So Mental Health Nurse hasn't been your major all the time?

Yeah, no - I started as a pediatric nurse, I worked at Princess Margaret and Fremantle Hospital - Children's

ward. I have always worked with children, my very first job was in the country. It was at Moora District Hospital, and I loved it. I loved being in the country, being out in the bush and then I went back to the city and did pediatric nursing for a while. I sort of fell into working at Pearce Air Force Base. I was a civilian medic at the Royal Australian Airforce and that was such an amazing experience. The stuff I learned there, the things I got to do, I really loved it. When that contract was up I couldn't go back to just being an enrolled nurse at the hospital, I wanted something more and that's how I went to uni.

So I was an enrolled nurse for 6 years before I went and did my registered nurse, and I still worked as an enrolled nurse all through that training. I've worked as a nurse from 1994, right up until now I have maintained my registration all the way through. But it was that year that I spent working at the airforce, I loved it as there were aircraft emergencies, I loved everything about it. I saw everything from Mayday (High Emergency) calls, and a couple PAN PAN (Possible Assistance Needed) calls, this could be everything from fumes from the cockpit, and other hundreds of different things. We did everything from medical assessments, to emergencies that happened on base, and what was great for me was that in that environment, obviously the air force medics could be deployed to war zones so the training and education was very intense, even though I wasn't a member of the defense force, I was just a civilian, I still got to learn those trainings and that's what made me got to go "I can do this and I wanna learn these skills." and that's why I went to UNI from there, after I finished UNI, I did my graduate year at Fremantle Hospital and I was always a Freo girl, most of my jobs have been in Fremantle. Slowly but surely, I started going outback again and because I had the increased skills because of the degree, it meant that I could work more independently as a nurse.

I then went up to work at Wirraka Maya at South Hedland. And slowly I started going to some more remote communities and I've worked everywhere from up north, to Kannangara, all the way down south to Walpole. I have been everywhere, I love remote nursing it was - you would work really well with the doctors who were on call and RFDS and you develop those relationships. There was a time in my life where I was on call 24/7, two weekends off kind of month kinds of things. However when I came here, I had been thinking about working for Sans Frontiers, but that never happened. I got married and I stayed.

What is the most challenging part of being a nurse?

I've seen some things, like there've been times where it was me, 2 volunteer ambulance officers, to a car crash in the middle of nowhere, and of course snake bites. Obviously over the time, you deal with it enough times that you can prepare yourself for what you might get there but nothing will ever prepare you for seeing the site for the first time and having to deal and manage with whatever's there. So you have to build on your confidence and skills to be able to do it, and it's doable you know?

I started as an aged care assistant and ultimately became the acting director of nursing for one of the largest regions in the Midwest so - as you grow your skills and confidence, you have to understand that it doesn't just happen overnight. Definitely as a remote nurse, a challenge is that fear of not being able to handle what will come through - not knowing what will come, like when the phone rings even up to this day, I still don't sleep well at night. It's quite triggering.

Thankfully my phone doesn't ring as much at night anymore. You have to be prepared when the phone rings as it can range from somebody having a heart attack, a stroke, a car accident, or a child choking, there are lots of different things that can happen.

The biggest challenge is sometimes it's just you, and sometimes accompanied by volunteer ambulance officers. In hospitals, it's different because the patients come to you, but as a remote area nurse, oftentimes I am required to go where the incident was.

I am also the first point of contact before the doctor comes. Usually, it's the St John's ambulance that gets the call first, and then calls me, and tells me the situation, and then I would meet them at the clinic or they would come and pick me up if it was a car accident and we'd go out.

I have often admired theater nurses or ICU nurses who have very specific skill sets and are so knowledgeable about managing people on monitors, and instruments, and procedures. But - the nursing I've always done, is more of like a jack of all trades, but master of none. I know a little about a lot, but more importantly, I know how to learn more. This is why going to university helps you to develop those skills, the critical thinking skills to a problem that presents itself where you might have to think outside the box to solve it, and that's one thing that nursing has challenged me with.

I really admire ward nursing as well, I really admire them - they have got one of the toughest jobs out there. They have anywhere between 4-8 patients within an 8-hour shift and it's a go go go go all the time. They gotta be on everyone's times and medications and routines, from getting up to even showering. I really admire them, ward nursing is not particularly something I would enjoy. This is why I love pediatrics because it's both medical and surgical and everything in between.

It's the diversity of my job as it's never the same. Sometimes you go home and you have this major adrenaline and once you get home it's just like puff, like a jelly. The connections you can also make with people as human beings, and it did take me a while to learn that. I think as a defense mechanism, nurses might set up a bit of a barrier and just put a smile on their faces, and it sort of took me a while that I can make human connections with other people, and again - this is something you can always learn how to improve, most especially how do we communicate better. I think I communicate far better now. That's somebody that is 40's, than I did as somebody as 21 and maybe didn't understand somebody's life or stresses or what they were going through. I think I have far more empathy now than I did when I was younger.

As an emergency nurse, it was very much straightened out - we only have a certain amount of time to save your life whereas now, I have all the time in the world to listen to you.

The last most respectful thing I can do for somebody is to be there during their last moments. This is technically called the "Last Officer" and that's when somebody has passed, this mostly happens for expected deaths. I've always made sure that it was done with dignity. I was never a midwife, but there's been many many times that I was there to hold someone's hand before they leave the world.

NURSES ARE THERE AT THE START OF LIFE AND AT THE END OF LIFE.

A NURSE CAN BRING YOU INTO THE WORLD AND A NURSE CAN HOLD YOUR HAND AS YOU LEAVE THE WORLD, AND EVERYTHING IN BETWEEN.

Do you have any reminders for the community?

There is no reason, absolutely no reason whatsoever that a young person from Meekatharra couldn't be the director of nursing in their lifetime. There is absolutely no reason on this planet. When I was in high school, I will never forget what my careers advisor told me that I should become a hairdresser or a florist, but the only thing I ever wanted to be was a nurse, well apart from my dream of being an astronaut.

I didn't get there straight away, I was a nursing assistant, an enrolled nurse, and then a registered nurse. It was hard, I wasn't academic, I was a straight D and C student, I struggled in high school. I didn't get enough to get to university, but I found another way to do it. If you have a passion for wanting to help people, but also if you are an empathetic and kind person and you think that you would make a good nurse, then you probably will. The booksmart part will come with time and experience and it's not something to be frightened of, because you'll learn it.

There is nothing more that I want to see than somebody that grew up and lived in Meekatharra become a Director of Nursing, become a highly qualified nurse. Part of it is about giving back to the community, if you feel like that's something you want to do. Part of it is, you will get a sense of fulfillment out of it too, when you come home from it and you had a good day it'll really give you a sense of fulfillment.

For anybody that is reading this, that's thinking I wouldn't mind becoming a nurse - well I was told I wouldn't become a nurse, and yes it was different, education, the way things were done was different, but there's no reason for somebody who has passion and empathy for other people, and for the ones who wants to help. It doesn't matter whether you're a straight A student. You have to be tough, but empathy would be the biggest thing.

It's tough being a nurse, somedays you go home and you think - why am i doing this? Somebody is yelling at you, or the shift didn't go quite right or you forgot to do something or the doctor asked you to do something but you didn't know what you were doing, you didn't even get a chance to go to the toilet. This is why I love this job, I can prioritize whoever walks through the door there and my main job is just to listen.

There is always somebody in the community here in Meekatharra, and you might find it hard to say what's wrong but most nurses are pretty good at guessing, and a good nurse will allow you to come out at your own time. If your head is going to spaces that are making you feel frightened that you might do something, there are so many people here that are willing to listen. I am one of them, but if you think that you are one of those people that people can talk to - then you need to think about being a nurse because that is one of the skills that makes you a great nurse.

In a world that constantly needs care, I hope that the Nurses can also have the care that they need from their home and community.

Thank you for the work that you do!

INTERVIEW WITH A VOLUNTEER

Duncan Goode

Volunteering for State Emergency Services (SES)

How long have you been volunteering with the SES?

Not long with the SES, less than a year. I was a volunteer Bush Fire fighter down south at Bornholm (between Denmark and Albany) for 12 years.

What made you start volunteering?

My relatives have always volunteered so it was familiar to me. I like to give back, learn new skills, get out and do it.

In Meeka I got into the SES through Splinter whom I've known for a while. He's 77 now and has been volunteering with the SES for a number of decades so he'd like to retire.

What do you do as part of your role?

Eventually I'll take over the leadership role from Splinter who will still provide support for a while with his wealth of local knowledge and experience.

I'm doing lots of training courses at the moment. As a SES volunteer here in Meeka our main jobs are searching for lost people out bush, assisting the police with rescue operations, retrieving people stuck in floodwaters, helping the community, preparing for storms or dealing with storm damage.

What do you like most about it?

Personally, I like the adventure and excitement. I am keen to do things I've never done before, e.g. abseiling into mines for rescue operations. I love learning new things, meeting new people and get a lot of satisfaction from helping people and getting a job done.

What's the worst aspect?

I remember in the bush fire brigade some of the long callouts that take many hours or days. That can be taxing. Also, dealing with dead people that might have been there for a day is not nice.



THANK YOU FOR DECIDING TO COME TO MEEKA TO BE WITH SES DUNCAN! THANK YOU FOR YOUR LOVE AND EFFORT FOR THE COMMUNITY!

Do you have any interesting/ funny/ fascinating stories you can share?

Not directly SES related, but about people getting lost out bush: I was camping out bush and not far from us was another guy camping who really loved his camouflage gear.

He came over as it was getting dark to have a beer with us around the campfire. When he wanted to go back to his camp in the dark he couldn't find it because it was camouflaged so very well. He was lost for about 15 minutes before he finally found his camp.

What's something people don't know or should know about volunteering with the SES or volunteering in general?

It's not a picnic, not all stories have a happy ending. It's hard work, it's physical, sometimes it's long and multiple days. We're volunteers and don't get paid.

Do you need more volleys? How do people go about signing up?

Yeah definitely.

You can either call me on 0456 437 549 (leave a message if I'm out of town) or check out the DFES website for SES volunteering. If you're interested and fit the bill we'd love to have you. You have got to be committed, physically able and if you bring certain handy skill sets that's even better.



Life



style

FIND OUT SOME LIFE HACKS IN MEEKA!

HEALTH REMINDERS



Media Release

Tuesday, 18th April, 2023

Media contact: Aiden McDowell, 0434913430, aiden.mcdowell@cancerwa.asn.au

Be bowel cancer aware: empowering Mid West community to recognise the symptoms

Cancer Council WA is encouraging adults in the Mid West region to know the common symptoms of bowel cancer, with data revealing that 25 people a week are diagnosed with bowel cancer in WA.

Mid West Regional Educational Officer Aiden McDowell said bowel cancer, also known as colorectal cancer, is the third most common cancer in men and women in Western Australia in 2019.

"Our latest data reveals that in 2019, more than 1,300 Western Australians were diagnosed with bowel cancer and 392 people lost their lives from the disease," Mr McDowell said.

"In the Mid West in 2019, 50 people were diagnosed with bowel cancer and 17 people died from it.

"Data shows people living in regional Australia are less likely to be alive 5 years after a cancer diagnosis compared to Australians living in metro areas., so we urge anyone in the Mid West experiencing a symptom to visit their doctor, clinic nurse or Aboriginal health worker."

Being aware of the early symptoms and taking action early can save lives and prevent cancer from spreading to other parts of the body. The most common symptoms of bowel cancer include: blood in your poo (even just one time) or, for more than four weeks: a new pain, lump or swelling in your tummy; feeling tired; looking pale; losing weight without trying; and a change in normal bowel habits such as runny poo, pooing more often or finding it hard to poo.

Mr McDowell said people from regional WA were particularly likely to delay going to a medical clinic when they were experiencing symptoms, with many thinking the symptom could be due to something else and not cancer.

"If you're unsure about a possible symptom, you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible," he said.

"We have a better chance of surviving cancer and having more time with family and friends if cancer is found early."

Bowel cancer champion Damien Healy from Geraldton knows all too well how important it is to react quickly

"Book in to see your GP as soon as possible. Do not delay," he said.

ENDS

Find Cancer Early

- With funding from WA Department of Health, Cancer Council WA delivers the Find Cancer Early program to regional Western Australians to improve their cancer outcomes by increasing cancer symptom awareness and encouraging visiting a doctor, clinic nurse or Aboriginal health worker earlier.
 - Bowel cancer can occur with no symptoms, so for Australians aged 50 to 74 NOT experiencing the symptoms above, it's important to take part in the National Bowel Cancer Screening Program, which sends home test kits to eligible Australians every two years. These bowel cancer screening kits are designed for people who are NOT experiencing symptoms, and waiting to participate in screening when you have a symptom could delay your diagnosis and risk a worse outcome.
 - For more information about bowel cancer symptoms, visit <https://www.findcancerearly.com.au/cancer-symptoms/bowel-cancer/>
 - Reference: Department of Health. (unpublished). Cancer incidence, mortality and survival in Western Australia, 2019. Information and Performance Governance Directorate. Department of Health, Perth.
-



'Sounds Like' it's time to quit smoking

On Sunday 11 June 2023, Cancer Council WA's Make Smoking History Program will re-run the newly WA-made campaign, [Sounds Like](#), which asks people to listen to their bodies for the sounds and signs to quit smoking.

If you smoke, you will be all too familiar with the health impacts in the advertisements, which range from smoker's cough to bleeding gums. These common concerns may lead to life-long consequences, like severe breathlessness or loss of teeth.

The good news is, as soon as you quit smoking, your body starts to repair itself. Becoming a non-smoker is the single most important thing you can do for your health. There are more benefits too, like saving money and protecting your loved ones from secondhand smoke. When you quit, you're setting yourself up for more quality time with the people you love most.

It's never too late to quit. **Get started today:**

- Visit [makesmokinghistory.tips](#) for all the best tips to quit and stay quit
- Try our free, interactive [quit planner](#)
- Download the free [My QuitBuddy app](#)
- Chat to your GP, Aboriginal Health Worker or Pharmacist
- Call the Quitline on 13 7848 or chat online at quitline.wa.org.au.

*Talking to *your teenager* about * alcohol

As a parent or caregiver, you influence your child's attitudes and decisions around alcohol more than you might think. Your advice and support helps keep them safe, even if it's not always welcomed.

No amount is safe for under 18s

The National Health and Medical Research Council recommends that children and young people under 18 should not drink alcohol to reduce risk of injury and harms to health.

Sips and tastes at home don't stop young people from risky drinking

Research consistently shows that, despite what some parents may think, giving your child alcohol at home or on special occasions under your supervision, is not a safe way to introduce them to alcohol.

Young people who get alcohol from their parents – even small amounts like sips and tastes – are more likely to start drinking at an early age, drink at levels considered high-risk for adults (binge drinking), get more alcohol from other sources like friends and experience harm from alcohol.

Quick tips for parents

Talk early, talk often

Take everyday opportunities to start the conversation (not a lecture) like at the dinner table, when you're driving them somewhere or watching TV together.

Know where your child is

Know what they are doing and who they are with. Get to know their friends, and friends' parents, where possible.

Make time to listen

This lets your child know you are interested and helps maintain a close relationship.

Know the facts

It's important your child knows the risks associated with alcohol but at the same time, if you use scare tactics, your child may dismiss what you are saying.



*turn me over for
more quick tips*



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: candice.evans@dmirs.wa.gov.au

Travelling in a post-pandemic world

As the world shakes off the shackles of COVID-19, many Western Australians are feeling more confident about jetting off or setting sail for a holiday.

We therefore want to remind travellers about their rights under the Australian Consumer Law (ACL) if something goes wrong with a travel product or service.

Beyond what is outlined in the terms and conditions, the travel provider is bound by the ACL to deliver a cruise, flight, tour or accommodation that meets the description or advertisement.

This issue was recently highlighted when Perth cruise passengers were told shortly before departure their ship was no longer heading into open waters and would instead remain docked in WA for maintenance. Following media coverage on the issue that included commentary by Consumer Protection, our understanding is the maintenance was subsequently cancelled and the cruise proceeded as originally planned.

In addition to delivering on what was promised, travel services must also be provided with due care and skill, fit for any specified purpose and occur within a reasonable period of time (if no time was set when booking).

When one of these consumer guarantees is not met, the appropriate remedy will depend on how major the problem is. If you wouldn't have paid for the service had you known about the problem, it's considered a major failure and means you get to choose the remedy, which could include a refund, compensation or new booking. For minor failures that can be resolved, the travel provider can choose to fix the issue or provide a replacement service in a reasonable time.

Remember, that while the ACL protects you within Australia, accommodation or travel booked with overseas companies may mean your entitlements are dictated by the consumer regulations in that jurisdiction.

If things don't go to plan, it's best to try to resolve any issues with your travel provider directly. If you are unsuccessful, don't forget that paying by credit card may allow you to get a chargeback through your bank if you do not receive what you pay for.

Should neither of those options prove successful, contact us for further advice on 1300 30 40 54 or consumer@dmirs.wa.gov.au. There is more information about your travel rights is on our [website](http://www.consumerprotection.wa.gov.au) at www.consumerprotection.wa.gov.au

Bring your little ones along for
Rhymes, Stories and Songs!

SHIRE LIBRARY

Rhyme Time

WEDNESDAYS
10 - 10:30 am
For 0-4 years old



YOGA

MONDAY CLASS



Join us for a **FREE** weekly exercise classes
streamed on the big screen in the **Town Hall**.
All classes are accessible for all abilities.

For Inquiries please contact Larra at the Shire on 9980 0600

WHEN?

Every Monday
5-6pm
Town Hall

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm – 5:00 pm 	Music @ the Youth Centre Kidzone	Drop in @The Youth Centre Youth Group Kidzone	Arts & Craft @ the Youth Centre Kidzone	Game day/Music @ Youth Centre Kidzone	Drop in @ the Youth Centre Kidzone
6:00 – 8:00 pm 	Teenage Basketball @ the Youth Centre 	Football with SMF 	10+ Mixed Sports @ the indoor centre 	Basketball vs Karalundi 	Movie night @ the Youth Centre

Youth Services 2023 Term 2 program

WHAT ARE THE KID'S GETTING UP TO? **Kidzone Time!**



Making Lego Houses!



At the KidZone, now that the weather is cooler we have been:



Playing in the Sandpit



Making Cubbies



Celebrating Birthdays and making cakes!



YOUTH

Youth Focus



Attention young people of Meekatharra!

Are you passionate about helping others and making a difference in your community? Then join the new Meekatharra Youth Reference Group (YRG)!

The YRG is a group of young people who care about mental health, education, jobs, and community services in Meekatharra.

We want to make sure that voices of young people in our town are heard! You'll also get the chance to make a positive impact in your community and help other young people like you.

As a member of the YRG, you'll get to share your ideas and opinions, learn new skills like graphic design, media, marketing, communication, and advocacy, and make new friends who care about the same things you do.

So, if you're aged between 14-25 and can commit to one meeting a month for two hours (and a few activities and YRG fun nights through the year) and want to make a difference in Meekatharra, join the YRG today!

Contact Paulette at Youth Focus on 0499 444 626 or visit the Youth Focus office for more information. We can't wait to hear from you!





Meekatharra Young Womens Group "Sis, You Are Crowned"

DY from Youth Focus was inspired to form the Meekatharra Young Women's Group with the aim of creating a safe space for young women to come together, build connections through sisterhood, promoting health and wellbeing. The MYWG is a safe space for young people to learn, share experiences as well as passed on knowledge from community members and elders.

When Youth Focus Mental Health Clinician Nicholah Wasarirevu was named a "SheaChangeMaker" by SheaMoisture Australia, her thoughts immediately turned to her "Sis, You Are Crowned" haircare drive, which collects donations for ethnic hair care products to be distributed to remote communities, shelters, and support services across WA.

"The SheaChangeMaker campaign ignited my desire to distribute ethnic haircare products to sisters and children in care experiencing adversity," Nicholah explains. "I was nominated for the SheaChange Maker for my work through Sisters Healing Space, and the donations came from Shea Moisture and Sisters Healing Space. The young women received hair care pack plus "Sis, You Are Crowned" tote bag, accessories and hair oils this came from Sisters Healing Space."

"I requested that instead of receiving a \$1,000 grant from SheaMoisture, I would like to allocate the funds for inclusive haircare products to distribute to young people in remote communities, shelters, and multicultural and refugee services in Perth."

SheaMoisture kindly donated 30 haircare kits, including shampoo, conditioners and hair masque, which Nicholah distributed during Meekatharra's Women's Group in early May.

Nicholah facilitated a conversation focused on the impact of 'isms', including racism, texturism and colourism. The young women discussed support from parents, educators, and mental health professionals, and provided insights on what they found helpful. They emphasized the importance of events and discussions addressing racism and hair care. One young person suggested, "Having events like tonight, about hair care and racism." Education was also seen as crucial, with a participant stating, "We can educate more." They also expressed the significance of talking, listening, and having open conversations, with one young woman stating, "Talk to them, listen, talk to an adult. Make me feel better about myself."

In response to the question about access to hair care products, 52.63% of the respondents stated that they didn't have access to hair care products for their hair. The majority of the participants who answered this question had curly hair.

Thank you Nicholah, Sisters Healing Space, and SheaMoisture for donating these inclusive hair care products. The Women's Group meets every second Wednesday, offering a safe space for local women to come together to share stories, experiences and make connections.

SEAFOOD

- Smoked SA Cod
- Snapper Fillets
- Cooked Exmouth Prawns
- Raw QLD Prawns
- Whole NZ Mussels
- Large Oysters
- Tasmanian Salmon
- Crab Sticks
- Seafood Extender
- Salt and Pepper Squid
- Crumbed Squid Rings
- Seafood Basket
- Crumbed Whiting Fillets
- Crocodile

BEEF

- Ribeye Steak
- Beef Spare Ribs (Marinated or Plain)
- Burger Patties
- Corned Silverside
- Diced Steak
- Gravy Beef
- Mince (Lean)
- Porterhouse Steak
- Rissoles
- Roasts (any type)
- Rump Steak
- Schnitzel
- Sausages (thin or thick)
- Scotch Fillet
- Stir Fry Strips
- Corned Brisket
- Marinated BBQ Steak
- New York Style Steak
- T-Bone Steak
- BBQ Steak
- Pocket Steak Roasts

LAMB

- Burger Patties (rosemary seasoned)
- Diced Lamb
- Leg Roasts
- Leg Steak
- Loin Chop
- Shanks (Honey and Mint or Plain)
- Shoulder Cutlet
- Honey & Mint Lamb Rump Roasts
- Lamb & Rosemary Sausages
- Neck Chops

OFFAL

- Brain
- Kidney
- Heart
- Liver
- Tripe
- Ox Tail

Serving you quality meats!

Visiting
Meekatharra
on **June 18**
Sunday

Please put
in your
orders



Visit our shop at:
76 Hepburn St, Mount Magnet WA 6638

Make sure to
place your
order by
calling
Kent at

**9963
4195**

PORK

- Belly Spare Ribs (Plain or Honey Soy)
- Diced Pork
- Loin Chops
- Mince
- Pickled Pork
- Pork Scotch Roasts
- Roasts (Boned or Bone in)
- Sausages (thick only)
- Scotch Steak
- Stir Fry Strips
- Rolled Pork Roasts (seasoned or plain)
- Leg Roll Roast
- Pork Belly Roasts

CHICKEN

- Drumsticks
- Wings
- Mince
- Mixed Pieces
- Rissoles
- Sausages
- Schnitzel
- Thigh (Boned and Bone in)
- Whole Roasting Bird
- Chicken Kiev
- Mediterranean Roll
- Crumbled Breast stuffed with Ham, cheese and asparagus
- Asian Lime Chicken Steak

ALSO AVAILABLE

- Whole Duck
- Duck Maryland
- Whole Quail

SMALL GOODS

- Cabana
- Cheese Kransky
- Chili Cheese Kranksy
- Cocktail Frankfurter
- Large Frankfurter
- Ham
- Salami (Hot or Mild)
- Polony
- Krakawurst
- Pepperoni
- Beef Jerky
- Eggs
- Homemade smoked Bacon (packs of 6 or diced)
- Bacon Hooks
- Pizzas (Large and Small)
- Homemade Family Pies (Chicken and Veg or Steak and Kidney or Steak and Veg)

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@meekatharraaccommodation.com.au

or call on 99811253

COMMUNITY RESOURCE CENTRE

June Updates!

Recently I have been a part of some community planning and focus groups and I realised that people don't really know what the Community Resource Centre is, what we are here for and what we do.

What is the Community Resource Centre?

The Community Resource Centre is a not-for-profit business overseen by a committee of people from the community, representatives from mines and business within Meekatharra. Our committee members are all volunteers.

We have been operating for 19 years. The current staff are: Jo – The Manager, Tiffany and Mandy, both Meekatharra locals-Customer Service.

What are we here for and what to we do?

The short answer is: If there isn't another service in town that provides the help you need, you can come to us. We have:

- Free computer usage for the community to access government websites and services.
E.g.
 - Access the Department of Justice Ecourts portal
 - WA Police to get forms for gun license and storage.
- Printing of government forms (The first few pages are free, with a small charge after that).
- If you are not getting the service you need from Government Departments, we will try to help you.
- If you aren't sure where to get you help from, we can work with you to find out.

The Chill out room:

- A free space to come and use for telehealth and mental health appointments, a space to just chill and have time to yourself.
- A free space for job interviews and to do inductions.
- This space is also available to State Government Staff whilst in Meekatharra.
- It can also be hired by visiting stakeholders for office use, meetings, and appointments etc.

We are also your Dept of Transport Agent in Meekatharra operating from 9am to 1pm Monday and Wednesday, as well as hosting our testing officer once a month.

What else do we do:

- Support small businesses with printing, photocopying and creation of some documents.
- Email, scanning and printing of documents
- Photo printing
- Laminating



- Printing of eulogies
- Passport Photos
- We run the Meekatharra Markets
- Free assistance to communicate with Aboriginal Corporations.
- Creation, typing, updating of resumes

And we are your local Visitor Centre.

The Community Resource Centre has gift and souvenir lines. This includes the sale of local artists paintings and craft. We do not charge commission, we are simply and avenue of sale for our artisans.

Mandy, Tiffany and I want everyone to know that they are always welcome at the Community Resource Centre. The Meekatharra Community Resource Centre is a safe space for everyone.

We do ask that people are respectful of others when visiting and that children are always supervised.

Have a great month and don't forget to pop in and see what new stock we have.

Meeka Markets

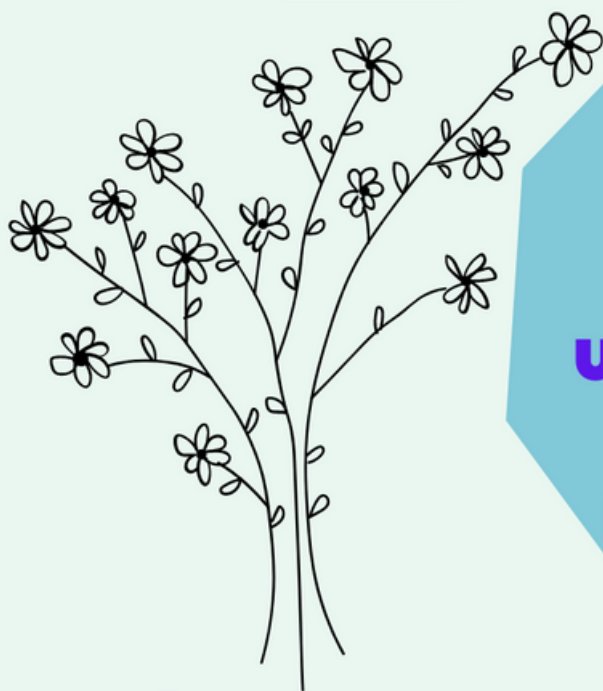
Saturday 10th June

at the Lloyd's Plaza

All are welcome to set up a stall - just bring your own table & chair. Please ensure you comply with regulations regarding the products you sell. Set up from 9am no early.

Arrivals

**9.30 AM
TO
1.00PM**



**GIFTS
PRE-LOVED
TREASURES &
BOOKS
UPCYCLED CRAFTS
CAKES & TREATS
BEAUTY & BLING**

The CRC will also be Open

Questions? Call or visit us at the
Meekatharra Community Resource & Visitor centre.
Lloyd's Plaza M-F 9am to 3.30pm 9980 1811

The Meekatharra Markets are
made Possible by:
The meekatharra CRC
The Meekatharra Shire
Our wonderful Local
Entrepreneurs

ARTICLE

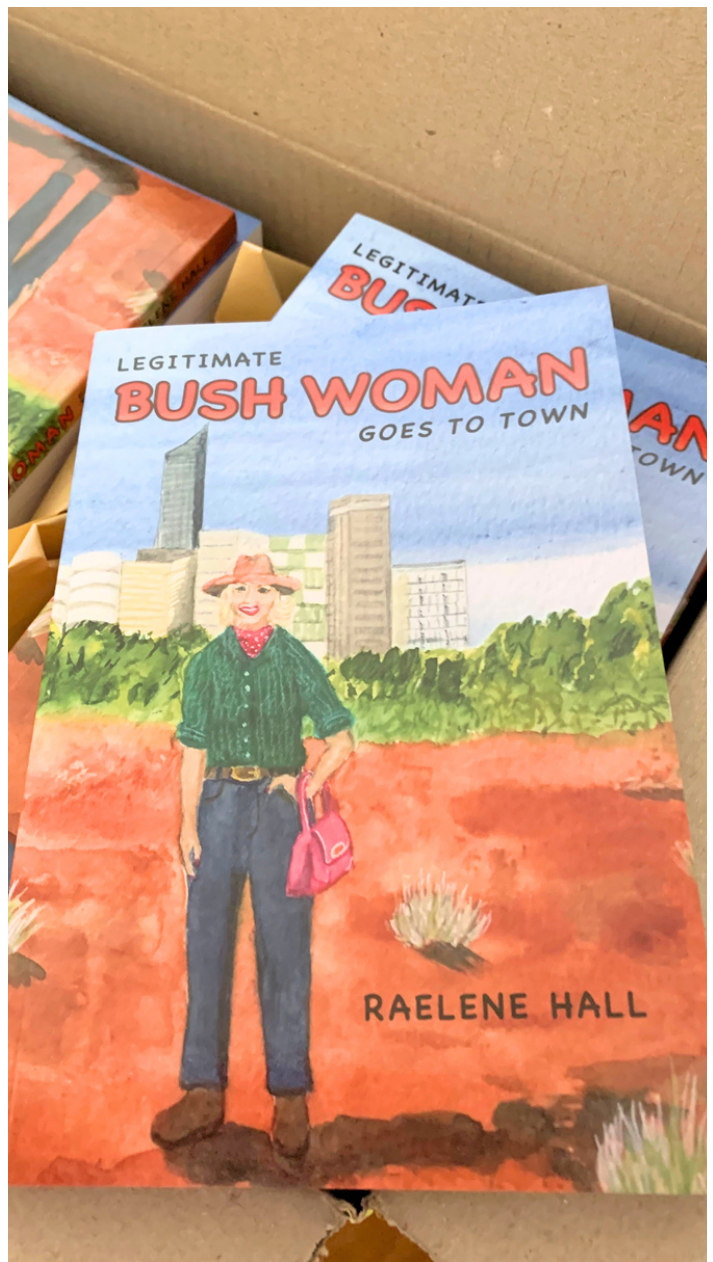
Retiring with a Bang

Raelene Hall, formerly of Neds Creek Station, has begun retirement with a bang, releasing her new self-published book 'Legitimate Bush Woman Goes to Town' in May 2023. This is her second book. The first, "The Legitimate Bush Woman" came out in 2007 and is still selling today, after Boolarong Press in QLD did a reprint of it.

Once again this book comprises of columns Raelene wrote for the Midwest Times in Geraldton over many years. Whilst the first book was completely based on humour this one has the occasional column that examines some of the 'not so light' aspects of life. "Sometimes life is frustrating or annoying rather than funny."

A key feature of Raelene's first book was the hilarious pencil sketches by Maureen Woods, formerly of Walburg Station, Meekatharra and once again she nails the humour in this book with her talented artwork. The two women share a similar sense of humour borne from their experiences of life on a station.

The cover of 'Legitimate Bush Woman Goes to Town', painted by talented QLD artist Sue Denham, is bound to catch people's attention. A woman representing Raelene is dressed in her country clothes and hat, whilst carrying a bright pink handbag. A foreground of red dirt with the city skyline in the background reflects Raelene's change in circumstances from 40 years on a cattle station in the East Gascoyne of WA to retirement in Perth.



Well known broadcaster Jane Marwick wrote the foreword for Raelene's book concluding it with 'Enjoy her book. It is as much fun as its author'

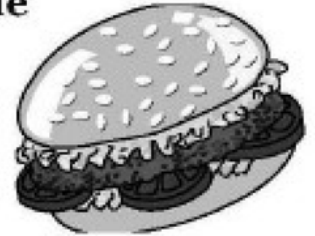
Raelene also acknowledges the amazing support from editor Janet Blagg, who also worked on her first book. 'I couldn't have done it without Janet'.

The Legitimate Bush Woman Goes to Town' retails for \$35 including postage and is available by contacting Raelene via email neds creek1@bigpond.com

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

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

RESPECT THE LAND, PEOPLE, COMMUNITIES

**ROCK THROWING
 MUST STOP**

Destroys Lives
 Destroys Family
 Destroys Property
 Destroys Futures
 Destroys Harmony



Be Vigilant
 Be Smart
 Do The Right Thing
 Report Suspicious Activity



@MeekaPol

HEALTHY LAMB & BARLEY SOUP RECIPE



≡ Prep: 10 mins
+ overnight cooling
🕒 Cook: 70 mins
🍴 Serves: 6
☆☆☆☆☆

Ingredients

- ▲ 500 g lamb offcuts (on the bone)
- ▲ 1 carrot, chopped
- ▲ 1 stalk celery, including the leaves, chopped
- ▲ 1 potato, chopped
- ▲ 1 onion, chopped
- ▲ 1 tsp dried Italian herbs
- ▲ 1/2 cup barley or soup mix
- ▲ 1 tsp reduced-salt vegetable stock powder
- ▲ pepper, to taste

Comment: Use any cheap cut of meat with the bone in (chicken wings, chicken drumsticks, lamb neck, lamb shank, soup bones).

Method

1. Cut any visible pieces of fat off the meat and discard.
2. Place all ingredients in a medium saucepan.
3. Add 1.5 litres of water to completely cover the ingredients. Add more if needed.
4. With a lid on, place the pan on a high heat until boiling.
5. Reduce the heat to low and cook for 1 hour or until the meat is easily pulled from the bone.
6. Take off the heat and allow pot to cool for 20 minutes.
7. Place the covered pot in the fridge to cool overnight. Remove the visible fat from the top with a spoon and discard.
8. Remove the meat from the bones and discard the bones.
9. To serve, warm the soup over medium heat for 10-15 minutes until heated through.

Nutrition Information

	per serving	per 100g
Energy	957 kJ	508 kJ
Protein	19 g	10.1 g
Fat, total	9.5 g	5 g
— saturated	2.8 g	1.5 g
Carbohydrate	14.6 g	7.8 g
	per serving	per 100g
— sugars	2.6 g	1.4 g
Sodium	58.1 mg	30.8 mg
Fibre	3.5 g	1.9 g

Your health is worth it.

**Know the symptoms
of bowel cancer!**





Meekatharra

Commercial Hotel

Photo from: wanderingwarwickswonderment.wordpress.com

Facilities:

- Hotel/ Motel
- Pub
- Bottle'o
- Outdoor Beer Garden
- Air conditioned Dining Room

Located at:

77 Main Street,
Meekatharra, 6642

*We serve excellent
counter meals daily*

Lunch

12 noon - 1:30 pm
(Mon-Sat)

Dinner

6-8 pm
(Sun-Sat)



Motel Rooms



Motel Rooms

For bookings and inquiries:

Telephone

99811020

Email

commieh@westnet.com.au

Website

www.commercialmeeka.com.au

Accommodation includes

- 18 Modern Motel units with en suite, Tv, & Air con-
- Located at the rear of Hotel with enclosed parking-
- Traditional Hotel rooms with TV & air con-
- Located upstairs in original building-



Beer Garden



Pub



Arts &



Culture

CELEBRATING MEEKA'S CREATIVES

ART OPPORTUNITIES

THE ART OF WORDS

BIG SKY READERS & WRITERS FESTIVAL 2023

SHORT STORY PRIZE

Invitation to all Midwest Writers

Explore your imagination and showcase your talent by creating a short story using a theme of your choice.

Enter for your chance to win \$500, plus VIP access to Festival Events!

ENTRY IS FREE

ENTRIES OPEN
19 April 2023

ENTRIES CLOSE
14 July 2023

For more details on how to enter please visit
www.library.cgg.wa.gov.au/bigsky



MIDWEST
REGION

TERMS AND CONDITION

- Open to people aged 18 years plus from across the Midwest.
- Opens Wednesday 19 April, closes 4pm Friday 14 July 2023. No late entries accepted.
- Length - Maximum of 3,000 words.
- Entry is free. Maximum of three entries per person. Each entry must be accompanied by a completed entry form.
- No responsibility is accepted for lost, delayed or late entries.
- Shortlisted entries announced Wednesday 6 September 2023.
- Entries will not be returned.
- Winners announced Thursday 28 September 2023.
- Winner: Cash prize of \$500, VIP access to Festival Events, Story accessioned into Library, Published online via Library Catalogue, Certificate.
- Runner-Up: VIP access to Festival Events, Story accessioned into Library, Published online via Library Catalogue, Certificate.
- Highly Commended: Certificate.
- Employees of the CGG and their direct family members are not eligible to enter this competition.
- Entries must be unpublished and in English.
- The entry is written with a mature or adult audience in mind.
- Format - must be typed 1.5 line spacing, 12 point font, no contact/name on actual work, only on entry form.



Randolph Stow - Young Writers Award 2023

The 2023 Randolph Stow Young Writers Awards writing competition is now open and will run until close of business on **Monday 3 July 2023**.

The competition is open to all students from Years 3 to 12 who live or study within the Midwest as defined by the Education Department of Western Australia.

The Award provides a wonderful opportunity to encourage students in the art of creative writing. The competition is divided into two categories, poetry and prose and students are eligible to enter both categories, but only one entry is permitted for each category. Entries are to be a single piece of work written by one person.

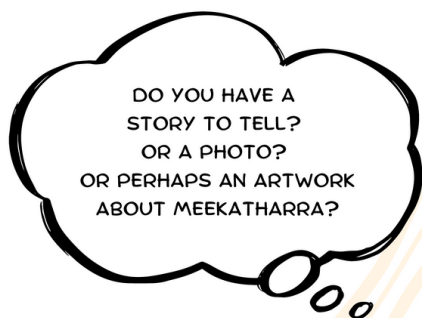
More information about the competition including Terms and Conditions can be found on the entry form, which is available at the Geraldton and Mullewa Libraries or can be downloaded from the website under the Randolph Stow tab. Information has also been sent to schools and public libraries in the Midwest.



TUESDAYS & THURSDAYS

YULELLA ART SESSIONS

**AT THE COMMUNITY HUB
FROM 5-9 PM**



DO YOU HAVE A
STORY TO TELL?
OR A PHOTO?
OR PERHAPS AN ARTWORK
ABOUT MEEKATHARRA?

CALLING FOR Submissions!

The Shire of Meekatharra will pay **\$100** for articles that
are related to Meekatharra.

Send your submissions 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



CALLING FOR Interviews!

Do you know anyone that has a great story to tell? Or
maybe an interesting character? The Meekatharra Dust
would love to interview community members and have
their story featured on the Dust!

Please comment/ send a message/ or email us at
cdo@meekashire.wa.gov.au for any recommendations.

"OFF THE BEATEN TRACK" WITH MATTY



A FAVOURITE TRAVELLING SONG? REQUEST IT FOR THE SHOW.



MONDAYS LUNCH



MUSIC JAM SESSIONS

JOIN US EVERY MONDAY
TO UNLEASH YOUR INNER
MUSICIAN OUT!



MONDAYS

FROM 6-8PM AT
THE YOUTH CENTRE

HIGHLY ENCOURAGE TO BYO
YOUR INSTRUMENT OF CHOICE

Classified Ads

& Miscellaneous



OTHER HELPFUL INFORMATION ABOUT MEEKA

VOLUNTEERING OPPORTUNITIES

Where can I volunteer?

ST JOHN AMBULANCE

When you become a St John Ambulance volunteer, you'll be part of the welcoming team that's changing lives. Training occurs on twice a month on a Wednesday evening. To get involved contact the Midwest paramedic on the email below or sign up online on the St John Ambulance website. We offer different roles such as Committee, Transport Officer, and of course Volunteer Paramedic.

Contact Details:

Email - cp.midwesteast@stjohnwa.com.au
Website - <https://stjohnwa.com.au/changelives>
Address - 69 Hill Street

SES (STATE EMERGENCY SERVICES)

Whether providing on the ground support or raising community awareness, Western Australian State Emergency Service (SES) values people who can use their varied skills and experiences to act in a wide range of roles.

Contact Details:

Email - ralfpeg@westnet.com.au
Website - <https://ses-wa.asn.au/>
Phone - 9980 1617

VFRS (VOLUNTEER FIRE AND RESCUE)

Your commitment to becoming a volunteer firefighter is greatly appreciated by the community and your fellow team members. As a volunteer firefighter, you will gain satisfaction and personal rewards through developing skills that will assist you in all facets of emergency operations and prevention risk management.

Contact Details:

Email - Meekatharravfrs@bigpond.com
Website - <https://www.vfrs.asn.au/becomeavolunteer>
Phone - 9981 1164
Address - Corner High and Hill Streets

GOLF CLUB

The Meekatharra Golf Club is located on Goldfields Highway 3km out of town. The green may not be so green but this course is a great facility for our town. The club meets annually in May for the Meekatharra Golf Open.

Contact Details:

Phone - 0428 699 685

GYMKHANA

To join or volunteer for the Meekatharra Gymkhana Club you would either contact a club member or come along to one of our meetings which are usually held twice a year on dates that are advertised beforehand usually via social media.

Contact Details:

Email - meekagymkhanaclub@outlook.com
Phone- President: Tracy Elliot 99812938,
Vice President: Nikki Garrity 0457152911,
Secretary/Treasurer Tammie Garrity 0477146007

MEEKA GOES GREEN

Meeka Goes Green in our local recycling centre located on Railway Street and run by volunteers in the Meekatharra community. They are open every Saturday between 9am-11am to take in your recycling, have a chat and learn more about being green. The best way to join in is to rock up during opening hours or potentially reach out via Facebook or email.

Contact details:

Email - meekagoesgreen@gmail.com
Facebook
<https://www.facebook.com/MeekaGoesGreen>

MEEKA FM RADIO

The local Meeka radio station is call Meeka FM 98.3 and is run by volunteers here in town. Meeka FM plays the Radio MAMA (Midwest Aboriginal Media Association) program. More information can be found on the Radio MAMA website below.

Contact Details:

Email - meekafm98.3@gmail.com
Facebook - Meeka FM 98.3 Community Radio Station
Website - <https://www.mama.net.au/>
Phone - 9981 1358
Address - 68 Hill Street

IN NEED OF VOLUNTEERS?

Let us know if you would like to take this space here to call upon possible volunteers!

Contact us at **9980 0600** and look for Larra, or email us at cdo@meekashire.wa.gov.au to get in touch.

Speak soon!

St John



**St John Ambulance WA
Meekatharra Sub Centre
Notice of Annual General Meeting**

Date: Wednesday 05th July 2023

Time: 1800hrs

Venue: Meekatharra Sub Centre
69 Hill Street
Meekatharra WA 6642

For further information please contact the
Chairperson, Mike Cuthbertson on
0400 172415



BUSINESS AND SERVICES Directory



ACCOMMODATION

BUSINESS/SERVICE NAME	ADDRESS			PHONE	EMAIL
Auski Motel	Corner Roberts & Main Streets	Meekatharra WA	6642	08 9981 1433	auskimotel@gmail.com
Commercial Hotel	77 Main Street	Meekatharra WA	6642	08 9981 1020	
Karalundi Caravan Park	Great Northern Highway	Meekatharra WA	6642	08 9981 2000	
Meekatharra Accommodation Centre (Caravan Park and Motel Rooms)	119 Main Street	Meekatharra WA	6642	08 9981 1253	
Meekatharra Hotel	Main Street	Meekatharra WA	6642	08 9981 1134	
Paddy's Flat VLM	McCleary Street	Meekatharra WA	6642	0407 174 843	
Royal Mail Hotel	Main Street	Meekatharra WA	6642	08 9981 1148	
Meekatharra Outback Beach House	12 Regan Street, Meekatharra	Meekatharra WA	6642	0407856655	kerryasalmon@gmail.com

CLUBS AND GROUPS

BUSINESS/SERVICE NAME	ADDRESS			PHONE	EMAIL
Golf Club	Goldfields Highway	Meekatharra WA	6642	0428 699 685	
Meeka FM Radio	Hill Street	Meekatharra WA	6642	08 9981 1358	
Meeka Goes Green Recycling Centre	Railway Street	Meekatharra WA	6642		meekagoesgreen@gmail.com
Meeka Gymkhana Club	Goldfields Highway	Meekatharra WA	6642		meekagymkhanaclub@outlook.com
Meeka Volunteer Fire & Rescue	Corner High and Hill Streets	Meekatharra WA	6642	0439 081 983	
Race Club	Goldfields Highway	Meekatharra WA	6642	0428 992 895	
State Emergency Services	via phone	Meekatharra WA	6642	0439 910 266	
St John Ambulance	69 Hill Street	Meekatharra WA	6642	08 9980 1467	

FUEL/MECHANICAL/TYRES

BUSINESS/SERVICE NAME	ADDRESS			PHONE	EMAIL
BP 24 Hr Card	Main & Connaughton Streets	Meekatharra WA	6642	---	
Caltex 24 Hr Diesel	Railway Street	Meekatharra WA	6642	---	
Coles/Shell Roadhouse	Great Northern Highway	Meekatharra WA	6642	08 9981 1033	
Corner Store	16 Main Street	Meekatharra WA	6642	08 9981 1151	
Kumarina Roadhouse	Great Northern Highway	Meekatharra WA	6642	08 9981 2930	kumarina@refillaus.com.au
Ripper Engines Vehicle Inspections	Main Street	Meekatharra WA	6642	0427 394 970	
RMH Mechanical		Meekatharra WA	6642	0412 332 241	admin@rmhmechanical.com
Trenfield Mechanical Tyres & Towing	Railway Street	Meekatharra WA	6642	0418 941 006	

COMMUNITY SERVICES

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Centrelink	Main Street	Meekatharra WA 6642 136 240	
Community Patrol Bus	via phone	Meekatharra WA 6642 0497 641 790	
Dept Child Protection	Lot 83 Main Street	Meekatharra WA 6642 08 9981 0300	
Dept Housing	14 Main Street	Meekatharra WA 6642 08 9956 5000	
Family & Domestic Violence Support	---	Meekatharra WA 6642 0459 881 488	
Frontier Services	Darlot Street	Meekatharra WA 6642 08 9981 1053	
KindiLink	Savage Street	Meekatharra WA 6642 08 9981 1092	
Meeka District High School	Savage Street	Meekatharra WA 6642 08 9981 1092	
Meekatharra Community Resource & Visitor Centre	Lot 55 Main Street	Meekatharra WA 6642 08 9980 1811	hello@meekacrc.com.au
Mission Australia	Main Street	Meekatharra WA 6642 08 9956 5100	
Murchison Frail Aged Care	c/Post Office	Meekatharra WA 6642 08 9981 0600	
Red Sandbox	Hill Street	Meekatharra WA 6642 08 9980 1339	
Shire of Meekatharra	Main Street	Meekatharra WA 6642 08 9980 0600	
Youth Focus	Main Street	Meekatharra WA 6642 0499 444 626	
Youth Justice	Savage Street	Meekatharra WA 6642 08 9980 2070	
Yulella Aboriginal Corporation	Marmont Street	Meekatharra WA 6642 08 9980 1339	reception@yulella.org.au

ESSENTIAL SERVICES

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Meeka GP Clinic	Savage Street	Meekatharra WA 6642 08 6444 7980	
Burringurrah Police Station	Landor-Mt Augustus Road	Meekatharra WA 6642 ---	
Meeka Hospital	Savage Street	Meekatharra WA 6642 08 9981 0600	
Meeka Police Station	Savage Street	Meekatharra WA 6642 08 99187120	
Meekatharra Pharmacy	Main Street	Meekatharra WA 6642 08 9980 1798	
Mental Health Centre	Savage Street	Meekatharra WA 6642 08 9981 0625	
RFDS Terminal	Meeka Airport	Meekatharra WA 6642 0417 045 291	
Tidman Optical	Visiting Service - Book Via GP Clinic	Perth --- 08 6444 7980	
Veterinarian Rick Fenny	Visiting Service	Perth --- 0408 936 061	
St John Ambulance	69 Hill Street	Meekatharra WA 6642 08 9980 1467	
Meeka Volunteer Fire & Rescue	Corner High and Hill Streets	Meekatharra WA 6642 0439 081 983	
State Emergency Services	via phone	Meekatharra WA 6642 0439 910 266	

MINING & PROSPECTING

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Australian Vanadium	---	Perth --- 08 9321 5594	
Macro Drill	Marmont Street	Meekatharra WA 6642 08 9410 1093	
Mt Seabrook Talc Mine	c/Post Office	Meekatharra WA 6642 ---	
Ora Gold	---	Perth --- 08 9389 6927	
Technology Metals Australia Ltd	---	Perth --- 08 6489 1600	
Westgold Resources - Bluebird Camp	Great Northern Highway	Meekatharra WA 6642 08 9462 3400	

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
AAA Car Detailing & Home Maintenance	---	Meekatharra WA 6642	0448 533 276
Accountant Maureen Tiedtke	via phone	Meekatharra WA 6638	0448 157 890
AllDecor Carpets Vinyl Blinds	Visiting Service	Geraldton ---	08 9964 4233
BH Carpentry		Meekatharra WA 6642	0447 355 406 admin@bhcarpentry.com.au
Computer Phone Repairs Justin	---	Meekatharra WA 6642	0457 476 677
Howden Contracting & Transport	via phone	Meekatharra WA 6642	0427 286 348
Jay's Electrical	via phone	Meekatharra WA 6642	0438 043 713
Lacy Contracting Services P/L	via phone	Meekatharra WA 6642	0427 384 352
Mark Smith Bobcat & Excavator Hire	via phone	Meekatharra WA 6642	0448 157 890
Mark Smith Plumbing	via phone	Meekatharra WA 6642	08 9980 1391
Mark Smith Portaloo Hire	via phone	Meekatharra WA 6642	0448 157 890
Mark Smith Temporary Fence Hire	via phone	Meekatharra WA 6642	0448 157 890
Meekatharra Airport Car Hire	Meekatharra Airport	Meekatharra WA 6642	0467 335 971 admin@meekacarhire.com.au
Meekatharra Cleaning and Gardening	via phone	Meekatharra WA 6642	0410 925 922 meekatharracleaning@gmail.com
MidWest Septics	via phone	Meekatharra WA 6642	0458 002 126
Midwest Solar Power	Visiting Service	Geraldton ---	1300 643 937
Murchison Carpentry	Marmont Street	Meekatharra WA 6642	0427 634 702
Onsite Rental Group Meekatharra	Marmont Street	Meekatharra WA 6642	0400 331 109 nathan.musgrave@onsite.com.au
PestaKill	via phone	Meekatharra WA 6642	08 9965 3330
PFD Foods Geraldton	Visiting Service	Geraldton ---	0400 238 082
S&K Electrical Meekatharra	via phone	Meekatharra WA 6642	08 9964 6880
SA Hines Fencing & Contracting	via phone	Meekatharra WA 6642	0488 698 344
Solid Concrete Civils & Construction	Railway Street	Meekatharra WA 6642	0428 992 895
Stan the Fish Man (Pacific Seafoods)	Visiting Service	Geraldton ---	0427 214 152
Svenja Clare Photography	via phone	Meekatharra WA 6642	0428 794 435
T Krete	Main Street	Meekatharra WA 6642	0438 996 025 enquiries@tkrete.com.au
Tom Sullivan Crane Hire	via phone	Meekatharra WA 6642	0418 916 745
Vsun Vanadium Redox Flow Batteries	Visiting Service	Meekatharra WA 6642	08 9321 5594

OUTLYING COMMUNITIES

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Burringurrah Remote Community	PMB 200	Meekatharra WA 6642	08 9943 0979
Buttah Windee Community	Landor Road	Meekatharra WA 6642	---
Yulga Jinna Community	Ashburton Downs Road	Meekatharra WA 6642	08 9981 2200

UTILITIES

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Horizon Power	---	Perth ---	1800 267 926
Water Corporation	---	Perth ---	131 385

If you would like to register your business in our directory,
please contact the **Shire** at **9980 0600**.

MEALS/TAKEAWAY

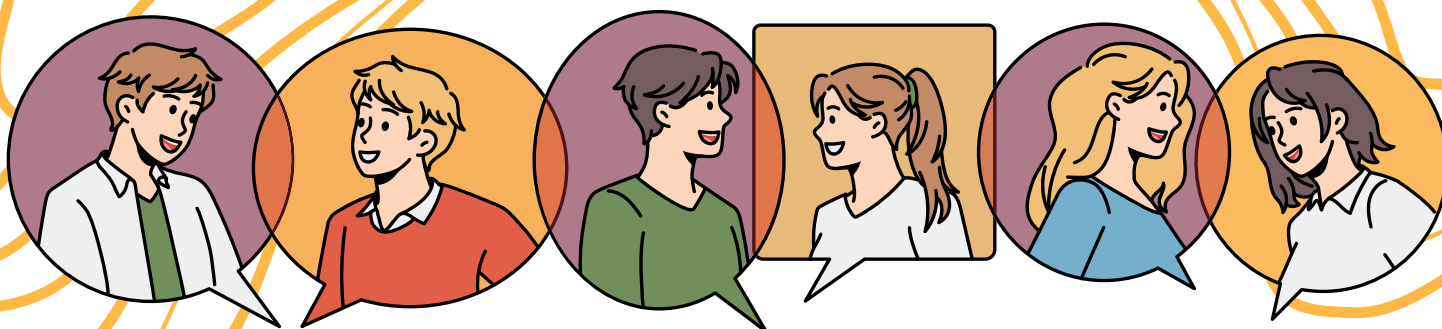
BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Auski Motel	Corner Roberts & Main Streets	Meekatharra WA 6642 08 9981 1433	auskimotel@gmail.com
Commercial Hotel	77 Main Street	Meekatharra WA 6642 08 9981 1020	
Corner Store	16 Main Street	Meekatharra WA 6642 08 9981 1151	
Karalundi Caravan Park	Great Northern Highway	Meekatharra WA 6642 08 9981 2000	
Kumarina Roadhouse	Great Northern Highway	Meekatharra WA 6642 08 9981 2930	kumarina@refillaus.com.au
Mama Moon's Bakery	Lloyds Plaza, Main Street	Meekatharra WA 6642	mamamoonsbakery@gmail.com
Meekatharra Accommodation Centre	119 Main Street	Meekatharra WA 6642 08 9981 1253	
Meekatharra Hotel	Main Street	Meekatharra WA 6642 08 9981 1134	
Royal Mail Hotel	Main Street	Meekatharra WA 6642 08 9981 1148	

TRANSPORT & FREIGHT

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Integrity Coach Lines	Main Street	Meekatharra WA 6642 08 9274 7464	
Roy Wybenga Greenmining	via phone	Meekatharra WA 6642 0427 374 102	
Skippers Meekatharra	via phone	Meekatharra WA 6642	
The Overnights Freight	Marmont Street	Meekatharra WA 6642 08 9981 1559	
Toll Express Freight	Douglas Street	Meekatharra WA 6642 08 9981 1015	
Toll Ipec Freight	Marmont Street	Meekatharra WA 6642 0428500537	
Transwa Bus Service	Main Street	Meekatharra WA 6642 1300 662 205	

SHOPS

BUSINESS/SERVICE NAME	ADDRESS	PHONE	EMAIL
Australia Post Meekatharra	Corner Main & High Streets	Meekatharra WA 6642 ---	
Coles/Shell Roadhouse	Great Northern Highway	Meekatharra WA 6642 08 9981 1033	
IGA	22 Main Street	Meekatharra WA 6642 08 9981 1088	
Meekatharra Community Resource & Visitor Centre	Lot 55 Main Street	Meekatharra WA 6642 08 9980 1811	hello@meekacrc.com.au
Meeka Gift N Garden	Lloyds Plaza, Main Street	Meekatharra WA 6642 0427 167 803	meekagiftngarden@gmail.com
Meekatharra Pharmacy	Main Street	Meekatharra WA 6642 08 9980 1798	
Thriftylink	Savage Street	Meekatharra WA 6642 08 9981 1088	
Yulella Vision	Main Street	Meekatharra WA 6642 08 9980 1339	





ADVERTISING IN THE MEEKATHARRA DUST

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

The Meekatharra Dust is a newsletter produced by the Shire of Meekatharra each month that highlights local events and helps to distribute news locally. The Newsletter reaches hundreds of people each month through the copies sold around town, copies sent in the mail, and those viewed online.

Local non-for-profit organisations are able to receive free advertising.

If you wish to advertise in the Meekatharra Dust please get in contact with us on cdo@meekashire.wa.gov.au.

Prices (from 1st of July 2022)

Peter Foster MLC

Member for Mining and Pastoral Region

Supporting Regional WA

 (08) 9144 4187

 peter.foster@mp.wa.gov.au

 PeterFosterMLC



SUDOKU

Get new sudokus at <https://sudoku.cba.si/>

	8							3
		1	3	5		8		4
			4					9
				8	9		2	
5							6	
1				7				
4		5	8			1		
		2			7			
					6	3		

#11026

Difficulty: moderate

		2		6			3	
			5		8			
				4				
6		8			5	1		
					9	3		
						6	7	2
8					1			5
		7						
4						2	8	9

#211973

Difficulty: easy

Can't solve it? Check the solution at <https://sudoku.cba.si/>

WORD SEARCH

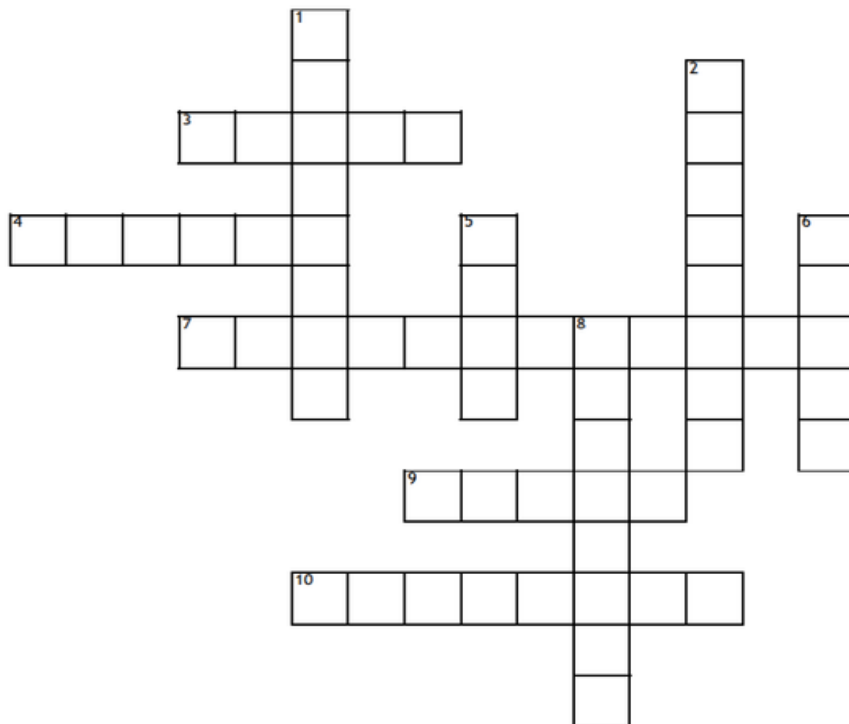
Most Common Pets

F	E	R	R	E	T	L	I	A	R	T	C	M	A
D	N	I	R	U	I	I	K	P	A	K	C	S	E
L	O	I	H	Z	A	U	E	N	T	E	T	K	G
N	R	N	A	E	G	U	B	I	R	D	A	T	E
E	S	R	D	K	O	I	T	E	S	L	I	K	L
K	D	H	B	T	D	T	H	T	L	T	G	N	I
C	A	S	N	A	K	E	H	I	R	A	U	K	B
I	R	I	H	G	K	E	H	I	E	K	A	H	R
H	E	S	R	H	T	C	R	F	E	T	N	A	E
C	T	H	A	H	N	A	A	I	A	N	A	I	G
D	S	T	S	I	E	L	T	R	U	T	M	T	I
U	M	N	H	I	M	R	T	A	C	N	F	Z	R
I	A	C	I	R	F	I	H	M	O	U	S	E	R
H	H	E	T	F	G	I	P	A	E	N	I	U	G

BIRD
GUINEA PIG
IGUANA
DOG
RAT
HAMSTER
CHINCHILLA
TURTLE
LIZARD
GERBIL
SNAKE
CAT
FISH
CHICKEN
FERRET
MOUSE

Play this puzzle online at : <https://thewordsearch.com/puzzle/8/>

Bowel Cancer Symptoms



Across

3. If you ever notice this in your poo, make an appointment to see your doctor (5).
4. If you notice any unexplained loss of ____ when you step on the scales, be sure to discuss it with your doctor (6).
7. Abnormally infrequent bowel motions or pain or difficulty passing poo is called ____ (12).
9. Unexplained fatigue or feeling more ____ than usual for more than four weeks can be a sign that something isn't quite right (5).
10. A rounded enlargement of any part of the body is called a ____ (8).

Down

1. Another word for a full and tight feeling abdomen is _____. It's best to discuss this with your doctor if it's been going on for more than 4 weeks (8).
2. Speak to your doctor if you notice any trace of blood or experience _____ from your back passage (8).
5. Term used to describe extreme discomfort (4).
6. _____ poo is another way to describe diarrhoea. If there's no explanation for this and it's been going on for more than 4 weeks make an appointment and discuss it with your doctor (5).
8. An unexplained loss of _____ or feeling less hungry than usual should be discussed with your doctor to rule out anything serious (8).

Partner:



Government of Western Australia
Department of Health

Call us on 13 11 20
findcancerearly.com.au

ACTIVITIES

Tracing and Coloring Page





MEEKATHARRA NAIDOC 2023

For Our Elders

SUN
JULY 2

NAIDOC Week Opening
Flag Raising at Shire Flag
Poles and feed at the
Kangaroo park
11 am

MON
JULY 3

Treasure Hunt
Join us to find treasures and
have a BBQ sizzle
10am

TUE
JULY 4

Fun Day
Have some fun with sports
and arts at the Oval
10am

WED
JULY 5

Elders Breakfast at Shire Hall
9am - Breakky
Big Community Lunch at
Welcome Park
12pm - Lunch

THU
JULY 6

Mural reveal at Youth Focus,
with Kite Painting and Flying
and lunch at the Oval
10am - Youth Focus

FRI
JULY 7

Bust some moves at the
NAIDOC Kid's Ball at
the Youth Centre
5-7pm - under 11
7:30-9:30pm - 12 to 17

SAT
JULY 8

Dress your best for the Ball in
the Shire Hall. \$20 tickets
with feed included.
7pm - Doors open

THIS WEEK WAS MADE POSSIBLE BY:



AND THE ROYAL ANTEDILUVIAN ORDER OF BUFFALOES GRAND COUNCIL OF AUSTRALIA - SIR JOHN CHARLES HEAD LODGE