



Meekatharra Dust

OCTOBER 2021 | ISSUE NO.342

COST \$2.50



More photos from the
Meekatharra Festival on page 26



Calling for Submissions

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

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

PO Box 129, Meekatharra WA 6642

or drop them in at the Shire office.

Alternatively, you can email us at:

cdo@meekashire.wa.gov.au

Council Dates

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

Meeting Date	Last Date for Items
16 January	4th
20 February	5th
20 March	5th
17 April	1st
15 May	30th
26 June	11th
17 July	2nd
21 August	6th
18 September	3rd
16 October	1st
20 November	5th
17 December	3rd

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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.



IMPORTANT NOTICE—DOGS!

There have been a number of issues around stray and wandering dogs again in Meekatharra during the month of August. Unfortunately, this has led to more very difficult conversations being held, and emotional decisions made to surrender family protectors.

Many of these problems could have been avoided if owners kept their dogs contained as required by our law, and if written notifications of breaches or concerns had been provided to the Shire earlier.

It is a fact of life unfortunately that some people will always disregard the law. Some people simply don't have the resources to keep their dogs contained. These excuses, however won't be accepted.

The Dog Act (1976) states –

31. Control of dogs in certain public places

- (1) A dog shall not be in a public place unless it is —
 - (a) held by a person who is capable of controlling the dog; or
 - (b) securely tethered for a temporary purpose,
by means of a chain, cord, leash or harness of sufficient strength and not exceeding the prescribed length.

This means that your dog **MUST ALWAYS** be on a lead when outside your yard. To not comply leaves you open to a fine of \$200 **each time** your dog is found unleashed outside your yard. Strictly speaking, this includes places like Peace Gorge, and other regularly used dog exercise areas around Meekatharra.

When dogs do stray, it is vitally important that people in the community voice their concerns, in the right way. Your confidentiality is assured if you come to the Shire office to fill out the complaint form. This form is essential and critical to our ability to take further action. We can't act on an email or phone call complaining about a wandering dog, or on a Facebook post. We need the written complaint before we can act. This is a legal process after all.

All written complaints are taken seriously and investigated

The current fine for not keeping your dog contained is \$50, although the advertised proposed Dog Local Laws prescribe a fine of \$200. This can add up very quickly when the dog is a serial stray.

The Shire of Meekatharra generously provide subsidies to desex dogs to health care card holders. This is another key piece in the approach to ensure no dogs are destroyed. A single female on heat will attract a number of aggressive male dogs and it is very likely at this point they will form a pack. This is a situation we want to avoid at all costs, and can be avoided by having your dogs desexed. For Free.

Come to the Shire to get your voucher at any time.

By being considerate of our neighbours and stopping dogs from barking at night, by making sure dogs are contained in a yard, and by registering and neutering your pets, we can all enjoy the comfort of a companion, and



Index Page

Page 5	From the Editor
Page 6 & 7	Council News
Page 8	Pharmacy Update
Page 9	CRC News
Page 10 & 11	Meeka Goes Green
Page 16	Red Kite BBQ
Page 24	Youth Focus in Meeka
Page 26—41	Meeka Festival 2021
Page 44	Kids Activities
Page 45	Recipes
Page 48	Blast from the Past
Page 50 & 51	RFDS Blast from the Past
Page 56	Important Dates

Note from the Editor

Wow, September was busy! There was so much to do in town and so many visitors, it was lovely to see.

The Festival weekend went along smoothly, with everyone enjoying the events of the weekend. More information about these can be found on page 26 of this edition. Thanks to everyone who made these events happen and to those who travelled to be here.

Youth Focus have a lot happening and it can all be found on page 24. They are holding a family fun day on the 13th of this month for everyone to come and enjoy!

The swimming pool is open again! More information on opening hours and fess are on page 14.

Stay up to date on Shire news by following the Meekatharra Dust Facebook page.

The Editor

IMPORTANT NOTICE

**OWNERS WITH DOGS OFF LEASH
WILL RECEIEVE A \$200 FINE**



This means that your dog MUST ALWAYS be on a lead when outside your yard. To not comply leaves you open to a fine of \$200 each time your dog is found unleashed outside your yard. Strictly speaking, this includes places like Peace Gorge, and other regularly used dog exercise areas around Meekatharra.

Council News

Ordinary Council Election Results

Congratulations to David Hodder and Matthew Hall on their re-election after nominating unopposed for the four open positions. Cr Hodder and Cr Hall's terms will expire in 2025, giving them the full four year term to sit on the Meekatharra Shire Council.

An extraordinary election will be held to fill the remaining two positions in November.



Cr David Hodder and Cr Matthew Hall

Youth Services

The Youth Services Team have been exceptionally busy this month with a wide variety of activities going, something for all ages and abilities.

Kid Zone has been busy with art projects, playing on the play ground and using all the new art and craft equipment they have received.

The Youth Centre has been holding weekly movie afternoons which have been improved majorly by the new internet installed and the new couches. These sessions have been well attended and are an excellent way for the youth centre participants to unwind after a busy week.

The Youth Centre are competing in weekly competitions with Karalundi College who come in once a week to participate in their weekly sporting tournament.



Extraordinary Election
Saturday 20th of November 2021
Call for Nominations

Nominations are called for an in-person Council Election to be held on Saturday 20th of November 2021 to fill the following Council vacancies:

District Ward:

One vacancy – Four Year Term

One Vacancy – Two Year Term

Nominations open on Thursday 7th of October 2021 and close at 4.00pm on Thursday 14 October 2021.

To nominate, candidates are required to complete the **Online Candidate Induction Course** and lodge with the returning officer:

- A completed nomination in the prescribed form which has been signed and witnessed;
- A nominations deposit of \$80.00; and
- A single A4 page candidate profile containing not more than 800 characters and that complies with all other requirements.

Further details about eligibility and nominations procedures may be obtained from the Returning Officer, Roy McClymont.

Nomination deposit made by cheque, electronic transfer or other means must have cleared before the close of nominations.

Nominations may be hand delivered, posted, faxed or emailed to the Returning Officer at the nomination place listed below:

SHIRE OF MEEKATHARRA

75 Main St, Meekatharra 6642

TEL: 9980 0600 **FAX:** 9981 1505

Email: executive@meekashire.wa.gov.au

RETURNING OFFICER: Roy McClymont

Upcoming Events:

28th Sep-8th Oct - School Holiday Program at Youth Centre

1st October - Pool Opens

13th of October - Youth Focus Family Fun Day

29th of October - Blue Light Disco

Keep an eye on the Meekatharra Dust Facebook page for more events

Next Council Meeting 16th October 2021, 9:30am at the Council Chambers.

The closing date for submissions is the 1st of October 2021 at 4:30pm.

Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



IT'S HEATING UP

As the weather starts getting warmer, Meekatharra pharmacy is here to help with those pesky ailments that might start popping up over the next few months.

PRICKLY HEAT

Also known as heat rash, is an itchy, inflamed rash that can appear during hot weather. It commonly occurs in skin folds and on skin where clothing rubs.

It can be managed by keeping cool and with the use of simple creams and powders from your chemist.

Ear piercing at the Pharmacy

Would you or your children like to get their ears pierced? We have a qualified piercing technician at the Pharmacy Monday – Friday! With over 30 different ear-piercing studs to choose from, you are sure to find ones you like. Come on down and have a look.

Only \$25.00 for the 1 ear and \$29.99 for 2 ears.



Prickly Heat Powder | Rehydration Salts

DEHYDRATION

Hot weather, excessive sweating and low fluid consumption can lead to you becoming dehydrated. Make sure you're drinking plenty of fluids if working outdoors or in the heat this summer.

Common signs that you are dehydrated include dark coloured urine, lethargy, sunken eyes, dry skin and feeling thirsty.

If you need help staying hydrated, come into store and have a chat to our pharmacists that can provide suitable rehydration solutions.

Come into store today and meet our FABULOUS pharmacist Su who is here to help.

Opening hours

Monday – Friday 9am-5pm

Saturday 9am – 1pm

(P) 0899801798

Meekatharra pharmacy offers professional advice and a range of products and services including webster packing, Medschecks, Diabetes supplies, Sick certificates, Blood pressure checks, first aid supplies, anti-smoking, vitamins, a range of beauty products, perfumes, gifts and much more at great prices



CRC News—October 2021

A Visit from Peter Foster, Member for Mining & Pastoral

We had a lovely visit with the Hon. Peter Foster MLC who dropped in with his family on their way back from the Astrorocks Festival. It was a great opportunity to share our recent CRC achievements with him and to thank the Labour Party for their contribution of \$15,500 for new furniture items, which was organised by Cherie Sibosado. We were also able to discuss the challenges facing our CRC and others as we fill the gap of government services who have been scaling back in the region. The Meeka CRC is now assisting customers from as far away as Wiluna, and other towns where certain services have been closed or reduced. We are hoping to attract sufficient funding to hire additional staff to help with the growing workload.

Bring Us Your Bottles

You can drop your recyclable containers at the CRC during our normal opening hours—we appreciate the donation. You can also donate your cash return by taking your containers to the Containers for Change collection point at Yulella Gardens off Marmont Street, using Scheme ID C10483653 (or just say it's for the CRC). Thank you!

Men's Cancer Support Group Call Nick on 0437 488 363

Meets regularly at the CRC after hours, facilitated by Mitch Fialkowski. Tea, coffee & biccies provided, no alcohol. Call Nick on 0437 488 363 for next meeting details. This is an informal get-together with mates. If you are experiencing cancer, supporting someone else or just scared of getting a checkup but want to talk about it, give Nick a call. Sponsored by the CRC.

Memberships & Discounts

Purchase a Loyalty Card and get 5% off CRC services plus free computer use and free tea and coffee from our kitchen. Just \$25 for individuals, \$75 for local businesses. You can also upgrade to become a CRC member with voting rights, and we also have fantastic sponsor packages available which give you a heap of free and discounted services. Contact us via the details on this page, or pop in for a cuppa and find out more.

Volunteer Training Program

Do you want to get your foot in the employment door? Are you looking for something rewarding to do with your spare time? We offer an easy volunteer program that gives back with skills, certificate and help in preparing and applying for work. We also welcome skilled people who can donate a little bit of time to help us out—we're a fun team with a great connection to the community.



Your local connection

with Anna, Jo and Ella



GIFTS, SOUVENIRS & MORE BOOK SHOP & BOOK SWAP!

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

What's On

Meeka Markets

Saturday 9th October
9:30am to Lunchtime

In front of The Commercial Hotel

Department of Transport Driver Services

Tuesday 5th October

Book in ahead of time please

Meekatharra Community Resource and Visitor Centre

79 Main Street
Meekatharra WA 6642
08 9980 1811

hello@meekacrc.com.au

Mon—Fri 9:00 am to 3:30 pm
Saturdays 10am to 12:30

Department of Transport Services

Mon—Fri 9:00 am to 2:00 pm
NEXT TOWN VISIT: Tue Oct 5th



Department of Transport



THE WEEDS ARE TAKING OVER



At this time of the year everything in the garden is sprouting and growing and flowering – including the weeds. They've popped up everywhere!

Whilst weeds aren't inherently evil (they are nature's way of populating disturbed or bare soil, plus some of them are edible!) they can quickly get out of control and take over our gardens. So if you prefer to have a highly productive veggie garden or a lush lawn you may find some of these weed control methods useful:

Whipper Snipping & Hand Weeding

The good old manual method. Rip 'em out, chop 'em down. Try and get to them before they've gone to seed as otherwise you have many sleeping baby weeds waiting in the soil to raise their little heads in the following season. If you pull them out try and get the root and all. Many plants can regrow from a piece of root left in the soil so the more thoroughly you do this the better the results. Hand weeding can be back breaking work. If they have already gone to seed you may also want to dispose of them in landfill rather than compost them as it needs an active, hot compost to kill those seed weeds – often some seeds will stay viable that can then be spread through the garden again.

Don't turn soil

When turning over soil (when for example building a new garden bed and incorporating compost and fertilizers) you're unintentionally exposing heaps of little dormant weed seeds. Whilst previously they may have been in a spot where they couldn't germinate they're now in prime position, cocked and loaded to spring into life and turn your new garden bed into a weed fest. Try and turn soil as little as possible (which also helps retain soil structure and beneficial fungal rhizomes that may already be existing).

Mulch

Whopping a big, heavy blanket of mulch on the soil is probably the best way to keep weeds in a garden bed under control whilst providing even better conditions for the plants you're intending to grow there. Not only does it stifle the

weed seeds of the sunlight required for germination and growth it also has the helpful side effects of retaining moisture and moderating soil temperature – very important in our hot climate here. Summer is coming! The best mulches are biodegradable to slowly feed your plants and are chunky enough to be permeable to water whilst keeping out sunlight: woodchips are a popular option but there are heaps of alternatives.



Sheet Mulching

If you have an area already prolific with weeds that you want to turn into garden beds you can use sheet mulching to suppress and kill off the weeds and establishing your new garden on top.

- * Water the ground well and apply some blood and bone
- * Add layers of wet cardboard (readily available at your friendly local recycling centre :)) and overlap them generously so the weeds cannot creep through. Add a layer or two or three of wet newspaper for good measure. Completely cover the whole soil.
- * Now add layers of compost, weed free organic matter (e.g. lawn clippings, straw) and build the garden bed like a lasagne – layer after layer. Chuck in some more fertilizers, water each layer thoroughly and top off with a thick layer of mulch.
- * Give the garden bed a few days or a couple of weeks to settle and for the compost/soil to build, then it's ready for planting.
- * The weeds under the cardboard blanket will die off,

the layer on top will turn to a rich and biodiverse growth medium and the plants will eventually break through the layer of cardboard to tap into the soil underneath. If you're planting large plants you may want to make a couple of cuts in the cardboard underneath to help them get established.

Crowd it out

Most weeds love a sunny spot. You can discourage them from taking residence in a garden bed by crowding them out and creating too much shade for their liking. Establish additional larger plants or green mulches (living, spreading plants that take up the available space). Weeds are opportunistic – if you take the opportunity away they won't come. This also works quite well for creeping lawns such as kikuyu and couch (but you may also want to put in an additional barrier to keep them out).



Chickens

If you have a backyard flock let them loose. They will happily roam the garden and peck at weeds. You may be able to establish a permanent run to focus their scratching and pecking prowess on a particular area. Why do all the work yourself if at the same time it can entertain and feed your chooks? Plus the colour of the eggs will be even more vibrant with all that chlorophyll they'll be eating.

Eat them

As mentioned earlier many weeds are actually useful and edible. If they already volunteer to grow in your backyard why not make the most of it?

- * Purslane (the little succulent often popping up in lawns, also known as pigweed) can be eaten raw or cooked and is high in omega-3 and vitamins A and C. Chickens love it too!
- * Sow thistle looks a bit like dandelions, can be particularly prolific and luckily makes wonderful Puha – ask your kiwi neighbour and they may just be able to show you how to turn this annoying weed into a delicious and healthy side dish of greens. (If you don't have a kiwi neighbour you can also resort to the internet).
- * Mallow can be cooked and eaten like spinach or can also be used as a salad green. It's high in calcium, iron and vitamin C.

What other methods of weed control have you used successfully? And do you feel like weeding/whipper snipping our recycling yard? :) We'd love you for it. Find us on Facebook as "Meeka Goes Green", email us at meeekagoesgreen@gmail.com or pop in to the Recycling Centre on Railway Street Saturday mornings 9-11am to say Hi to our volunteers. Volunteering with us is easy if you're interested! Rock up and we can show you how it works. We also run monthly Upcycling Workshops, first Saturday of the month at 11am. Check out our Facebook page for this month's workshop topic and location.

<https://www.abc.net.au/news/health/2016-05-12/edible-weeds-and-how-you-can-use-them/7406004>



Left: Purslane (picture from ABC article & eatthatweed.com)

Above: Mallow (picture from ABC article & eatthatweed.com)



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



Extraordinary Outback Experience

Self contained units
Twin rooms
Camp sites
Camp kitchen
Fuel
Licensed store
Lawns & shade

Mt Augustus Tourist Park
Heart of the Gascoyne at the World's Biggest Rock

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

0899439527
mtaugustustouristpark@skymesh.com.au

M E E K A T H A R R A



ACCOMMODATION CENTRE

Open Daily 6.00am—9.00pm

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

bookings@meekatharraaccomodation.com.au

or call on 99811253

BE RESPONSIBLE



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

FREE Waste Bags are now available from the Shire Office.

Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

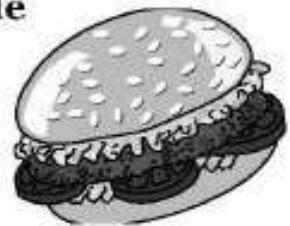
Ph: 9981 1151



**BP Fuel & Lubricants
Premium Unleaded Fuel now available**



**Auto Accessories
Kleenheat Gas
Key Cutting
Take-Away Food
Asian Food**



A range of Asian Ingredients and utensils available for sale



**Burgers
Rolls
Sandwiches made to order
Bottled water deliveries**



**Tyre Repairs
Driveway Service**



THE POOL IS OPEN!

Meekatharra War
Memorial
Swimming Pool
Main Street

Monday-Friday
12pm-6pm
(Adults Only 6pm-7pm)

Saturday - Sunday
11am-6pm

Fees

Season Pass
Adult - \$100 | Child - \$50 | Family - \$200

Season Pass Concessional*
Adult - \$50 | Child - \$25 | Family - \$100

Monthly Pass
Adult - \$30 | Adult (Concessional) - \$25*
Child - \$15 | Family - \$60

Weekly Pass
Adult - \$10 | Adult (Concessional) - \$7*
Child - \$5 | Family - \$20

Daily Pass
Adult - \$3 | Adult (Concessional) - \$1*
Child - \$2 | Family - \$6

Child under 3 years old accompanied by an adult - No Charge
*Concessional fee is only applicable on sighting of valid Health Care Card by Shire Staff

SHIRE OF MEEKATHARRA

EXTRAORDINARY ELECTION

SATURDAY 20 NOVEMBER 2021

CALL FOR NOMINATIONS

Nominations are called for an in-person Council election to be held on Saturday 20 November 2021 to fill the following Council vacancies:

District Ward: One Vacancy – Four year term
One Vacancy – Two year term

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To nominate, candidates are required to complete the **Online Candidate Induction Course** and then lodge with the Returning Officer:

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- a nomination deposit of \$80.00; and
- a single A4 page profile containing not more than 800 characters, including spaces and that complies with all other requirements.

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SHIRE OF MEEKATHARRA

75 Main St, Meekatharra 6642

TEL: 9980 0600 **FAX:** 9981 1505

Email: executive@meekashire.wa.gov.au

RETURNING OFFICER: Roy McClymont

RED KITE

Coles Express held their second Rede Kit BBQ fundraiser for 2021. The Coles Team plan out these BBQ's to raise money for Red Kite, a charity that supports children with cancer and their families. Coles has been a long term partner with Red Kite and plan different fundraisers to support their work. Throughout this fundraising week Meeka Coles Express also did a raffle, lucky dip and more.

The BBQ was done by volunteers Michael, Chelsea, Kealy and Hayden. Plus a few Coles staff who were supporting the BBQ. The BBQ supplies were donated

by Coles Express Meeka and all proceeds went to Red Kite.

Peter came out in a red 'suit', running around to bring more people into the BBQ, posting on Facebook and celebrating the work the volunteers did throughout the day.

Compared to the last fundraising Coles Meeka did, they raised more money for the charity this time around! Congratulations to everyone who was involved in the fundraising, your efforts are appreciated.





SQUASH COURT

LOCATED AT THE SPORTS COMPLEX

Keys available at the Shire Office
\$50 Cash Key Bond
\$10 Per Game

More information on our website
www.meekashire.wa.gov.au



Meekatharra Support Guide

EMERGENCY

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

ALCOHOL & DRUGS

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

HEALTH

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

MENTAL HEALTH

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

YOUTH

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

HOUSING

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

DOMESTIC VIOLENCE

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

FINANCIAL & GAMBLING

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

EMPLOYMENT & TRAINING

Services	
Yulella Aboriginal Corporation	9980 1339
Centrelink	13 62 40

LEGAL

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

COMMUNITY SERVICES

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



Produced by the Shire of Meekatharra



Integrated **Chronic** **Disease Care Program**

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



Podiatry | Dietetics | Physiotherapy | Diabetes Education

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

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



Meekatharra ICDC visiting dates for 2021

19th October, 16th November



Family Fun Afternoon

We will have slime making, games, water ballons, painting, jumping castle, food, drums and lots of activities and prizes for everyone to enjoy. Everyone is welcome!

Date Wednesday 13th October 2021

Time 1:15pm onwards

Location Meekatharra Oval

Youth Focus, Yulella, Midwest Mental Health

Please contact Paulette at Youth Focus - 0499 444 626



Government of Western Australia
Mental Health Commission



WORKSHOPS

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

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

All Welcome!

Gold Coin Donation Entry

New Date &
Time: Now
Saturdays!



THE EARLIER CANCER IS FOUND, THE GREATER
THE CHANCE OF SUCCESSFUL TREATMENT

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny goona
- Losing weight for no reason
- A strange pain, lump or swelling anywhere in your body
- Hard to breathe
- A cough
- A new or changed spot on your skin

... once or more?

- Blood in your goona
- Coughing up blood
- Blood in your pee



If you have and you are over 40...

Tell a clinic nurse, doctor or health worker

The earlier cancer is found, the greater the chance of successful treatment.

Partner:



Government of Western Australia
Department of Health



For more information visit findcancerearly.com.au or call 13 11 20

DONATE THE CASH
THAT'S IN YOUR
CONTAINERS TO

MEEKA GOES GREEN

We'll get 10 cents for each one.

With your help, we can make a change.



Bring your eligible containers to:

Meeka Goes Green Recycling Centre on Railway Street
Saturdays 9-11am and 24/7 drop off point

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

ELIGIBLE CONTAINERS



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

Visit containersforchange.com.au to find out more





Life goes on without a siren.

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

Volunteering for St John doesn't have to mean attending emergency calls. Our volunteers help out with patient transport, administration support, serving on the committee, social activities, first aid at events, vehicle maintenance and more.

If you'd like to help, visit stjohnchangelives.com.au
or give our Community Paramedic Michelle Fyfe a
call on 0437 681 562, or email Michelle.Fyfe@stjohnwa.com.au

Life goes on.
Volunteer with St John.



FIRST AID FACT SHEET

Burns and Scalds

Burns and scalds are damage to the skin caused by heat. A burn is caused by dry heat and a scald is caused by something wet and hot. Burns can also affect the respiratory system and the eyes.

Caused by

- + Heat (thermal).
- + Fire or radiant heat such as an electric cooker.
- + Hot liquid and steam.
- + Radiation from the sun.
- + Chemicals - corrosive substances.
- + Electricity.
- + Friction, such as a rope burn.

Signs & symptoms

Superficial burn or scald

- + Skin is red and painful, may blister and swell.

Deep burn or scald

- + Skin is white, dark red or charred.
- + No pain where nerve endings have been destroyed.
- + Usually surrounded by superficial burns.

What to do

1. Follow DRSABCD St John Action Plan.
2. **If clothing is on fire: STOP-DROP-ROLL**
 - + **Stop** the casualty from moving around.
 - + **Drop** the casualty to the ground and wrap in a blanket or similar.
 - + **Roll** the casualty along the ground until flames are smothered.
3. Assess the adequacy of the casualty's airway and breathing.
4. Cool the burnt area with copious amounts of cool water for up to twenty (20) minutes.
5. Remove any clothing and jewellery from affected area unless stuck to the burn.
6. Cover burnt area with a light non-stick dressing or clean, dry non-fluffy material.
7. Rest and reassure the casualty and check for shock.
8. Call **Triple Zero (000)** if:
 - + Burns involving airway, hands, feet, face or genitals.
 - + Deep burn.
 - + Superficial burn larger than twenty (20) cent piece on an adult or ten (10) cent piece on a child.
 - + If in any doubt of what to do.

DO NOT

- + Peel off clothing that is stuck to the skin.
- + Use ice or iced water to cool a burn.
- + Apply lotions, ointments or creams.
- + Break blisters.



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

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

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

YOUTH FOCUS

Youth Focus would like to welcome Katherine Wright to the team. Katherine grew up at Doolgunna Station and teaches at Edmund Rice College in Bindoon. As well as yarning and general mental health support, Katherine will be offering young people an opportunity to engage with literacy and numeracy support. To support with improving mental health, skills and confidence, reducing barriers to employment, and other activities. If you're aged 12 to 25 and would like to know more about how Youth Focus can help, please visit the Yulella Community Hub on Darlot Street between 8am to 4pm on weekdays.

The Youth Focus team has been busy getting the Main Street building cleared of old junk and old carpets. Over the next few months, the team is hoping to have the bathrooms and kitchen renovated, new flooring laid, and walls painted. Staff based in Perth have been busy planning for the revamps - buying curtains, flooring, and paint. This space will be fun and exciting for young people and will feel safe to visit. If you see the doors open or cars parked out front, feel free to pop in and say hi – you can even pitch in to help with the renovations if you feel like it!

WA Mental Health Week is 9 to 16 October 2021. This year, the theme is "Mental health starts with our children". On Wednesday 13 October at 1:15pm Youth Focus, Yulella and Midwest Mental Health will be holding a fun afternoon at the oval. There will be slime making, water balloons, games, painting, jumping castle, drums, food, and lots of activities for eve-

ryone to enjoy. This will be a fun family afternoon for the whole community! Some of the Youth Focus Perth team will be in Meeka to help out on the day and learn more about the community.

Youth Focus will continue to provide lunch on a Wednesday after school finishes early during the school term. Please send the kids down for a feed, and feel free to come along if you have any questions or ideas for the Youth Focus team. Dee, Katherine and Paulette are always happy to have a yarn about any concerns or ideas you might have.

Visit the Youth Focus team at the Yulella Community Hub on Darlot street from Monday to Friday 8am to 4pm, or call 0499 444 626. Young people don't require a referral to Youth Focus. While support is aimed to 12 to 25 year old's, anyone is free to come and have a yarn – especially if you are concerned about a young person, or you are looking to help a young person through a tough time.



MENTAL HEALTH RESOURCES

FOR FAMILIES AND COMMUNITY



Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au ehespace.com.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.health.wa.gov.au/our-services/mental-health
Mental Health Emergency Response Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au
Ngala Parenting Helpline	9368 9368 Callback Service 1800 111 546 Rural	ngala.com.au

ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

Download these Apps for free in iTunes or Google Play



Smiling Mind



Mindshift



Reachout Worry Time



What's Up?



The Check-in

5 TIPS TO BE MENTALLY HEALTHY...



2021 MEEKATHARRA OUTBACK FESTIVAL

It is hard to believe that the Meeka Festival is over for another year. It seems like just yesterday we were all talking about the 2020 Festival. The 2021 Festival was a big success thanks to those in the community who put their hands up to help make the weekend happen. The weekend was packed with the Las Vegas Ball, Side Show, Races and Art Exhibition.

The Las Vegas Ball was well attended by all and was an incredible night. Renegade played and got everyone dancing, Charlie's Pizza put on excellent food, the Royal Mail put on a wide variety of delicious drinks, Svenja Clare Photography captured the whole event. All of this wouldn't have been possible without the help of Diego and Camilla who supported everyone throughout the night. The decorations could not have been done without the vision of the Youth Service Team who supported the decorating team.

The races were amazing, it was great to see them up and running. The Meeka Race Club made an eventful day for everyone to enjoy. The day was filled with races, good food and drinks, music and of course playing the AFL grad final!

The Side Show was a day filled with fun, rides, music and food! Westside Carnivals put on amazing rides and games along with Active Games and Carey Right Track Foundation. Energise Café and Charlie's Pizza set up to keep everyone fed. The Petting Zoo was a big hit with all ages, especially with those very cute goats. The face paint, glitter tattoos and balloon animals had everyone looking amazing and happy.

St John Ambulance were on site to keep us all safe and be there in case of an emergency. The Volunteer Fire Services were on board during the Fireworks display to keep them safe. Ripper got the water truck to fill up the water rollers which we all enjoyed, thank you Ripper for taking time out of your busy day to help us out. The staff that were on board (Lachlan, Andrew, Jada, Trinity, Marco, Diego and Camilla) got things done quickly and efficiently throughout the day by selling show bags, supporting the vendors and helping everyone in the community have a great day!

Thank you to Horizon Power for sponsoring this event and making it happen!





Left: Our awesome casual staff who supported the bar and catering staff.

Below: Royal Mail Bar Staff who did a fantastic job running the bar all night!



Left: Renegade, who got everyone dancing and having a great time

Below: Charlie's Pizza kept everyone fed and happy















WELCOME
TO *Meekeatharra*
SIDESHOW





more country in your country















REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

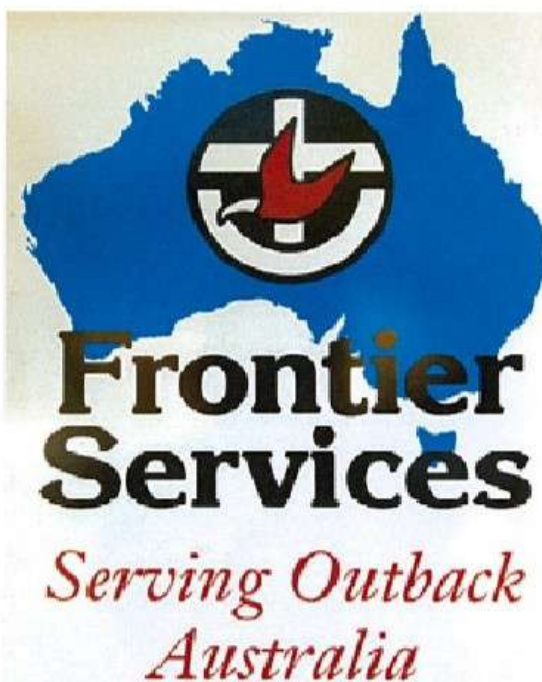
GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER

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DOMESTIC, COMMERCIAL AND MINING.**

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

Meekatharra Community Church (Uniting Church)



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

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

Commercial Hotel

Meekatharra

Opened daily from noon til late

Excellent counter meals daily:

Lunch: 12 noon – 2pm
Monday to Saturday

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Sunday to Saturday



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and
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Telephone: 99811020

Fax: 99811021

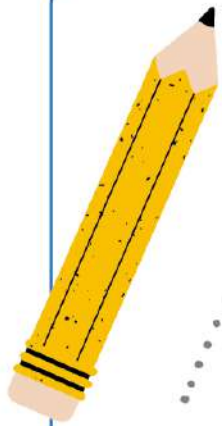
Email: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

KIDS CORNER



Trace the Letters

A B C D E

F G H I J K

L M N O P

Q R S T U

V W X Y Z





Spring Beef Casserole

SERVES: 4 | PREP TIME: 15MINS | COOK TIME: 6H 20MINS | INGREDIENTS: 12

ingredients

- 500g beef chuck steak, cut into 3cm pieces
- 2 tsp smoked paprika
- 2 tbsp olive oil
- 1 brown onion, coarsely chopped
- 1 red capsicum, seeded, coarsely chopped
- 2 zucchini, coarsely chopped
- 2 garlic cloves, finely chopped
- 400g pineapple, peeled, chopped
- 1 cup (250ml) Massel Beef Style Liquid Stock
- 2 rosemary sprigs
- 1 cup (200g) couscous
- 1 cup (250ml) boiling water

directions

Step 1 - Place the beef in a large bowl. Sprinkle with paprika and toss to coat. Heat the oil in a large frying pan over medium heat. Cook the beef, in batches, turning, for 5 mins or until brown all over. Transfer to a slow cooker with the onion, capsicum, zucchini, garlic, pineapple, stock and rosemary. Season. Cover and cook for 6 hours on low or until the beef is tender. Remove the rosemary and discard.

Step 2 - Place the couscous in a large heatproof bowl. Pour over the boiling water. Cover with plastic wrap and set aside for 4-5 mins or until the liquid is absorbed. Use a fork to separate the grains.

Step 3 - Divide the couscous evenly among serving bowls. Top with the beef mixture. Season to serve.

FOR MORE RECIPES, VISIT [HTTPS://WWW.TASTE.COM.AU](https://www.taste.com.au)



Murchison Dental Team Roster Meekatharra 2021

28th April - 7th May

23rd June - 2nd July

15th September - 24th September

10th November - 19th November

Contact Numbers

9981 0640

0427 386 647



MEEKA GYM

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

More information is on our website.

Access restricted to adults 18 years or older
Unmanned gym open 5am-10pm daily



MEEKATHARRA CHRIST THE KING

CORNER OF DARLOT & HIGH
STREETS

SERVICE TIMES OCTOBER 2021

MASS

16th of Oct

LITURGY

23rd of Oct

RECONCILIATION TIMES BY
REQUEST BEFORE OR AFTER
MASS

CONTACT CATHY JONES ON
08 9963 4176



Meekatharra AA Meetings - Wednesdays 7.00pm

Seventh Day Adventist Church - Mc Cleary Street



ALCOHOLICS ANONYMOUS

Contact - [0472686962](tel:0472686962) for more information

MSOTA PLAYGROUP

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



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

For further information or to enrol, please contact Naomi
Haynes or Shona Nash on 99235200 or
naomi.johnston@education.wa.edu.au or
shona.nash@education.wa.edu.au

NAME PAVERS

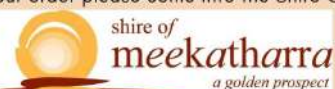
Be apart of this fundraising activity for the
Meekatharra Outback Festival Committee

NAME PAVERS ARE:

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



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



MEEKATHARRA DUST

ISSUE NO. 135 OCTOBER, 2001

PRICE \$1.10 incl. GST

New CEO Arrives

If there is something you want done in Meekatharra, Greg Hadlow is the person to ask for. Greg fills the role of Chief Executive Officer that was vacated by the retirement of long time local, Mike Howieson.



Greg has spent the past six and a half years as CEO at Kulin Shire and brings a total of twenty seven years of local government experience to his position.

He plans to build on the Shire's strong standing and *"continue to provide quality local government services to the people of Meekatharra"*.

Greg has two lovely (single) daughters, one 17 and the other 19. Though they will visit from time to time, at this stage they will not be re-locating to Meekatharra.

Star Dust Circus in Meekatharra

Crowd Impressed by Size of the Animals



Above: Bailey Hunt gets a ride on one of the ponies

After travelling across the country, the Star Dust Circus finally made their way to Meekatharra. Complete with a full complement of circus animals as well as performers, the show was a must see.

More details inside...

★ Also in this edition....

- **Golf Club hosts Fashion Parade Fundraiser**
- **Hairdresser Returns**
- **Town Mourns over Departure of Co-Editor**
- **New Child Health Nurse**

..... plus much more

Message from the GP Clinic

To all Meekatharra Community,

Meekatharra GP Clinic is run by Specialist GP's and we taken pride in providing high quality care **AS A BULK BILLING PRACTICE.**

A small number of people are missing multiple appointments and this is affecting appointment availability, inappropriate hospital presentations and the ability to see our doctors. It is really unfortunate to state the obvious, however it is not OK to book an appointment and then not attend or cancel. People are missing out and this is why we are seeking feedback.

From April 1

- Missed appointments cannot be rebooked with 48 hours. Unless very special circumstances apply, a discretionary \$10 fee will be required to be paid within this period.
- More than 3 missed appointments in a 12 month period will require a \$10 fee to be paid.
- Special walk in arrangements with limited times for our most vulnerable patients. (Eg 4pm 2 days/week)

**Meekatharra GP Clinic**
"Partner in your quality of care"



Street Light Faults & Outages



If you notice any issues with street lights, faults or damage call Horizon Power's 24/7 Fault Line on
1800 264 914

BLAST FROM THE PAST RFDS EDITION

Recently the Shire received an envelope from Colin Hayes, enclosed were five photographs of his time in Meekatharra in the 50's. Colin worked with the RFDS as the D.C.A. Radio Technician at the Aerodrome from 1957-1960 as well as doing a stint in 1953 as the relief Radio Operator.

During Colin's time living here, him and his family lived on Main Street in a little house next to Fred and Roma Lauritsen.

These photos will also be located in the Shire museum for people to look at and see just how far technology has come.

Thank you Colin for sending us these photos and seeing a bit of what Meeka used to look like! It is great to see the changes that have happened.



LEFT: RFDS Meekatharra 1953

Station Radio Building. Base Operator—Brain Maguiness with a Ford Ute

BELOW: RFDS Base Meekatharra 1953. Station Building Residence and Radio Station. Situated RHS of North Road





LEFT: RFDS Base Meekatharra
1953. Station Operator Residence

BELOW: RFDS Base Meekatharra
1953. Radio Communication Position,
Base Operator—Brain
Maguiness. Equipment L/R—
Transmitter, Receive, Speakers
Lower LHS—Transmitter Exciter/
Speech Modulator



LEFT: Meekatharra 1953

Part of town site—view from
water tank on hill behind RFDS



EC007134 – AU26726

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Supermarket

MEEKATHARRA



Opening Hours

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

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



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(inside Thrifty Link Meekatharra)

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

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

Farmer Jack's Foodworks Meekatharra

22 Main Street, Meekatharra 08 99811088



Farmer Jack's

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- **APPLIANCES**



**Farmer Jack's Foodworks Meekatharra
22 Main Street, Meekatharra 08 9981 1088**

IMPORTANT DATES

October 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 Queen's Birthday Public Holiday	28	29	30	1 POOL OPENS! 	2 Meeka Goes Green Recycling 9am-11am Upcycling Workshop 11am 	3
4 Diabetic Ed @ Clinic	5	6	7	8	9 Meeka Goes Green Recycling 9am-11am Meeka Markets 9:30am-Noon	10
11 WACHS Midwife @ Clinic	12 WACHS Midwife @ Clinic	13 Youth Focus Family Fun Day 1pm-4pm @ Oval  Resp Educator @ Clinic	14	15 Resp Physician @ Clinic	16 Meeka Goes Green Recycling 9am-11am Ordinary Council Meeting 9:30am	17
18	19 ICDC Dietician & 360 Health @ Clinic ICDC Podiatrist & Physiotherapist @ Hospital	20 Youth Focus BBQ 1pm-3pm @ Yulella Community Hub 360 Health @ Clinic	21	22	23 Meeka Goes Green Recycling 9am-11am	24
25 WACHS Midwife & Australian Hearing @ Clinic	26 WACHS Midwife & Physiotherapist @ Clinic	27 Youth Focus BBQ 1pm-3pm @ Yulella Community Hub	28 Tidman Brothers @ Hospital	29 Halloween Blue Light Disco 6pm-8pm @ Indoor Cricket Complex Australian Hearing @ Clinic	30 Meeka Goes Green Recycling 9am-11am	31