



Meekatharra Dust

MARCH 2022 | ISSUE NO.347

COST \$2.50

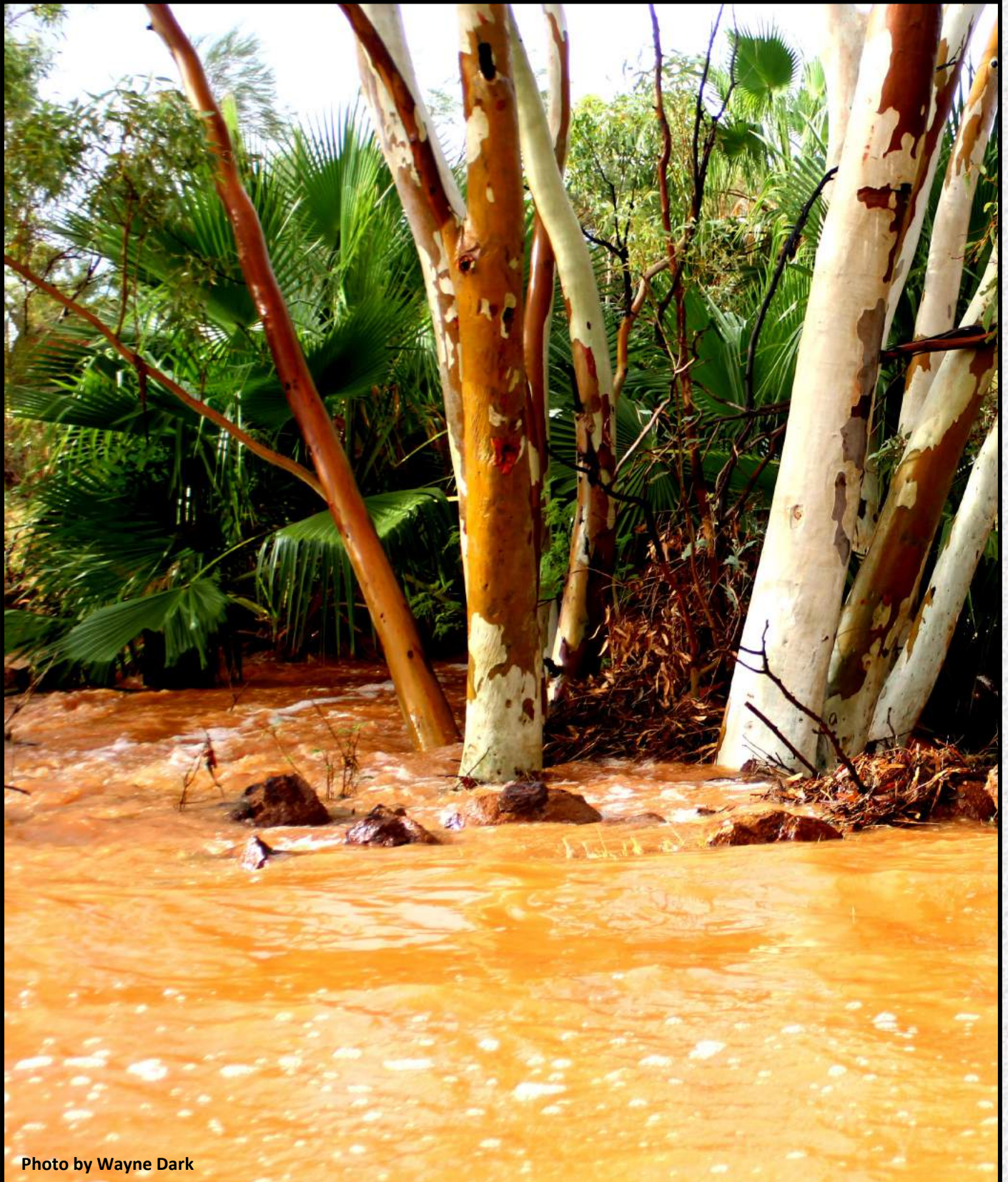


Photo by Wayne Dark

2021/2022 Council Meeting Dates

The dates for Ordinary Council Meetings of the Shire of Meekatharra for 2021/22 are:

17th of July 2021
21st of August 2021
18th September 2021
16th October 2021
20th November 2021
17th of December 2021 at 2pm
15th of January 2022
19th February 2022
19th of March 2022
9th of April 2022
21st of May 2022
25th of June 2022

All meetings are held in the Shire of Meekatharra Council Chambers at 9:30am unless otherwise stated. Last day to submit items for Council Meetings is Friday, 4:30pm two weeks before the Council Meeting occurs.

Calling for Submissions

The Meekatharra Dust is always looking for new submissions to be added to the community newsletter. We are chasing articles about things happening around town. If you have any articles with information about any upcoming community events then we want to hear from you!

The Shire of Meekatharra will pay for articles that are related to Meekatharra. Articles include short stories, poems, photos or similar. Get in contact to find out more about this opportunity.

“The Meekatharra Dust” is a non-profit community newspaper. The Meekatharra Dust is published during the first week of each month. The deadline is the 24th of the previous month.

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



Advertising in the Meekatharra Dust

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

Pricing (from 1st of July 2021)

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

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

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.

IMPORTANT NOTICE—DOGS!

There have been a number of issues around stray and wandering dogs again in Meekatharra. 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 guard.



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NOTE FROM THE EDITOR

The rain in February was lovely! Those cool days were a welcomed break from the heat. Last month was a busy one with back to school activities and life returning to normal, well a new normal, after the summer break.

Western Australia is heading into a new phase of public health measures with the border opening on March 3rd. The level two restrictions start from March 3rd and will include updated requirements on masks and social distancing. In an indoor setting everyone aged year three and above will be required to wear a mask, usual exemptions apply. There will be restrictions on home gatherings, hospitality venues, entertainment venues and other public places. Information on the restrictions can be found on the WA Government website.

The WA Health Department have give the Shire Pulse Oximeters to hand out to people in the community for those who are most vulnerable. Check out page 9 for more information and to see if you are eligible. The Pulse Oximeters have a limit of one per household and are used if a telehealth appointment is required due to COVID-19 risks.

This month's MARG Meeting will be held online on the 9th of March at 9:30am for community members, 11am for services. For the foreseeable future all meetings will be held online.

Yoga was meant to start up this month, but has been put on hold until future notice. Check out page 32 and 33 for great ways to exercise in Meeka while still being safe.

The Editor

FIGHT *the* BITE

4 MOSQUITO-BORNE DISEASES OCCUR IN WA

www.healthywa.wa.gov.au / **FIGHTTHEBITE**

Government of Western Australia
Department of Health

CEO COUNCIL MESSAGE

Welcome to the March 2022 edition of *The Dust CEO Council Message* Report that provides information for all residents regarding the Council ordinary meeting that was held on the 19th of February 2022. 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 an 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 Ordinary Meeting 19 February 2022

Item 9.3.1 – Local Laws Review 2021

That the Council of the Shire of Meekatharra resolves to undertake to the Joint Standing Committee on Delegated Legislation that:

When the Shire of Meekatharra Dogs Local Law (2021) is next reviewed,

- 1. amend clause 3.4(b) to delete the word 'proposed' and replace it with 'application'.*
- 2. Ensure any consequential amendments arising from undertaking 1 will be made.*
- 3. Where the local law is made publicly available by the Shire, whether in hard copy or electronic form, ensure that it is accompanied by a copy of the undertaking.*

AND

The Council of the Shire of Meekatharra resolves to undertake to the Joint Standing Committee on Delegated Legislation that:

When the Shire of Meekatharra Cemeteries Local Law (2021) local law is next reviewed:

- 1. Insert full stops at the end of clauses 6.1(3), 9.3(2), 9.6(c), 9.7(2), 9.8(1), 9.8(2) and 10.2(3) in clause 9.14, change the reference to clause 9.14 to clause 9.12*
- 2. Correct the heading to Schedule 3 to read 'Withdrawal of Infringement Notice'*

- 3. Ensure any consequential amendments arising from undertaking 1 will be made*
- 4. Where the local law is made publicly available by the Shire, whether in hard copy or electronic form, ensure that it is accompanied by a copy of the undertaking.*

The above resolution confirms Councils undertaking to the WA Joint Standing Committee on Delegated Legislation to amend the relevant local laws at the time of the next local laws review. The Local Laws have come into effect at the date of gazettal.

Item 9.3.2 – Extraordinary Election – Postal or In Person Election

That Council:

Confirm the date for the extraordinary election to be Saturday 14 May 2022, and

Confirm that the extraordinary election will be conducted as an in-person election and that the CEO is the Returning Officer for the election in accordance with section 4.20 of the Local Government Act 1995.

The above resolution is a result of the resignation of Councillor Phil Moses effective from the 10th of February 2022. The resignation requires an extraordinary election to be held in accordance with section 2.32 (b) of the Local Government Act 1995 to fill the remaining term of Councillor Moses until October 2023. Council has resolved that the extraordinary election be held as an 'in person' election. More information regarding the extraordinary election process can be obtained from the CEO that includes forthcoming advertising.

Item 9.4.1 – Town Mural Project

That Council approve the proposed design as presented by Helen Ansell to be painted on the wall opposite the Shire Office on the corner of Savage and Main Streets, and endorse the project completion in the 2022 financial year.

The above resolution confirms Council approval for the Town Mural Project to proceed with the design by Ms Helen Ansell being endorsed. The mural painting will be on the wall at the corner of Savage and Main Streets to replace the existing mural. The replacement mural is intended to be iconic to Meekatharra surrounds. A copy of the mural design is available for viewing by contacting Council office.

Further Information Snippets

⇒ Lions Park Development – the community would have seen the progress of the Lions Park project, especially since the Christmas period. This has included a clean

up of the area and ground work preparations for the reticulation, laying of turf and trees, and pathways. Regular updates will be provided to the community regarding progress.

- ⇒ Landor Meekatharra Road – Council has submitted an application to the Building Better Regions Fund Round 6 for the completion of bitumen sealing of the remaining 44.9 km of the Landor Meekatharra Road.
- ⇒ Staff recruitment – several staff changes have occurred over the last few months, mainly in the office administration area. Mrs Svenja Clare has been appointed as Councils Community Development & Services Manager, replacing Ms Tralee Cable who left the Shire’s employment in February. Council is also currently advertising for its DCEO to replace Ms Krys East

who will be departing the Shire’s employment in mid March after a long and dedicated service to the Shire. Advertising for two other vacant positions (Executive Assistant & Records Officer and Assistant Finance Officer) have recently closed with appointments expected to be made shortly.

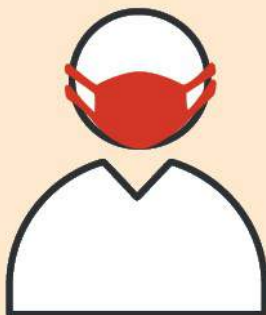
The next Ordinary Meeting of Council is scheduled for 9.30am on Saturday the 19th of March 2022 and the next CEO Council Message column will appear shortly after this meeting in the April 2022 edition of The Dust to provide information from this Council meeting as well as general information updates to the community. Until the next edition Bye for Now!

KJ Matthews - CEO



COVID-19

Help keep WA safe.



1

**Wear a mask
where required**



2

**Show
your proof**



3

**Continue
to check-in**

WA.gov.au

Service **WA** Free Secure Convenient

TOWN OF CUE 3 Bedroom 1 Bathroom House for Sale

This neat and tidy, well-maintained spacious home is located in town near to the Cue Roadhouse, Motel, Post and General Store
It features: Reverse cycle split system a/c in lounge room, ducted cooling throughout
Easy care vinyl or tiled floors in every room
Open plan kitchen and dining with gas oven and cook top
Huge lounge room and master bedroom with built in robe as with the other
Two generously sized bedrooms
New vanity in bathroom which has a tiled Roman bath
Gas hot water system
Land size: 1005 square meters
2 sheds each approximately 3 x 2 meters

The living areas are furnished and this can be negotiated in the contract of sale



**For more information and photos contact Jacqueline on
0416 887 108 or email jbc95@live.com**



Pulse oximeter

What you need to know!

- Are you non-Aboriginal and over 65?
- Are you Aboriginal and over 50?
- Are you pregnant?



If you answered YES to any of the above – collect a free pulse oximeter from your local government today!

What is a pulse oximeter?

It is a small, peg-like device that clips onto your fingertip to read your heart rate and blood oxygen level. It takes only one minute to work, is reusable and can be shared between other people in your household.



Why do I need one?

If you become COVID-19 positive, you may need to be remotely monitored through the WA COVID Care at Home program. By having a pulse oximeter already in your home, a health professional can assess you and provide health advice from the comfort of your home.

Visit [WA COVID Care at Home](#) for more information.

Where do I get one?

Visit your local government to collect a free pulse oximeter for you and your household (each eligible household will receive one pulse oximeter).

Do **not** pick up a pulse oximeter if you are already COVID-19 positive. If you have already received a positive COVID-19 test result, the Department of Health will contact you and provide further information.

Visit [COVID-19 \(coronavirus\) \(healthywa.wa.gov.au\)](#) for more information.

This document can be made available in alternative formats on request for a person with disability.

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



Extraordinary Outback Experience

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

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

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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 available at the oval.

Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

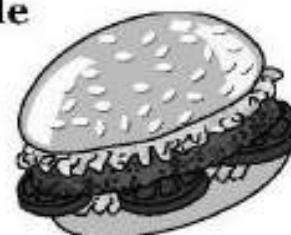
Ph: 9981 1151



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



**Auto Accessories
Kleenheat Gas
Key Cutting
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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**



Community Development Programme (CDP)

CASE MANAGER POSITION

MEEKATHARRA

Yulella Aboriginal corporation is currently seeking to recruit a CDP Case Manager for our Yulella Meekatharra site.

Yulella Aboriginal Corporation is a not-for-profit member based Aboriginal organization based in Meekatharra and servicing the Mid-West. Yulella primary purpose is to support social development of Aboriginal people living in and around Meekatharra.

The CDP is a community-oriented program that prepares job seekers for work while contributing to the goals of the community. Through the CDP the aims of the broader community can be realised, and local issues can be addressed through the development and application of local solutions, while supporting the job seeker to realise their goals and aspirations.

Reporting to the Senior Case Manager, your primary role will be to provide integrated case management to participants in the Community Development Programme (CDP) so that they can overcome barriers to employability and fulfil their Mutual Obligation Requirements (MOR) under CDP. This will involve engaging your caseload of CDP participants, developing job plans, providing ongoing support to CDP participants, and completing associated IT processes for your caseload.

Selection Criteria

To be considered for this position:

- Ability to work autonomously and can multi-task.
- Demonstrate strong interpersonal and communication skills both oral and written.
- Strong computer skills, use of Microsoft applications including Word and Excel.
- Ability to complete both internal and external reporting requirements.
- Track record of managing strong relationships with local and regional stakeholders in areas of Youth and Community.
- Ability to be adaptive and flexible in approach showing a high level of initiative.
- Experience working with Aboriginal people (desirable).

To be considered for this position you must be a local resident (or willing to live locally), hold a WA driver's license, Police Clearance and a WA Working with Children's card or ability to obtain one.

To apply: Send a resume and cover letter addressing the position requirements as detailed in the Job Description (4 pages max) and 2 current referees (essential)

For a full job description please contact the Michael Vlahov @ 08 9980 1339 or email sitemanager@yulella.org.au

As authorized by Section 51 of the Equal Opportunity Act of 1984, being an Aboriginal Australian is preferable for this role.

Closing Date: COB Friday 18th March 2022



EXPRESSION OF INTEREST (EOI)

EOI 21/22 – 01 - LLOYDS BUILDING CAFÉ OPERATOR

EOI 21/22 - 02 - LLOYDS BUILDING GALLERY OPERATOR

EOI 21/22 - 03 - LLOYDS BUILDING HAIRDRESSER OPERATOR

EOI 21/22 - 04 - LLOYDS BUILDING MUSEUM AND FORMER CRC AREA

EOI 21/22 - 05 - LLOYDS BUILDING SHOP 1

Expressions of Interest (EOIs) are sought for occupants for the above shop spaces in the recently completed Lloyds Plaza building, 64 Main Street Meekatharra.

EOI documentation is available from Wednesday 2nd of March 2022 by contacting Mrs Svenja Clare on 08 99800600 or emailing cdsm@meekashire.wa.gov.au.

EOIs shall be contained in a sealed envelope clearly endorsed with the EOI number and description above and addressed to the Chief Executive Officer and either mailed to PO Box 129 Meekatharra WA 6642 or deposited in the tender box situated in the Meekatharra Shire Office, Corner Main and Savage Streets Meekatharra. All EOIs received will be considered by Council at its ordinary meeting scheduled for the 19th of March 2022.

EOIs must be received no later than 4.00 pm on the 16th of March 2022.

KJ Matthews

Chief Executive Officer

MEEKATHARRA ABORIGINAL REFERENCE GROUP MEETINGS

2022

(Second week of each month mostly)

Community MARG Members 9:30 a.m.

Invited Stakeholders to attend from 11:00 a.m.

February	Wednesday 9 th	Face to Face
March	Wednesday 9 th	TEAMS Online
April	Wednesday 13 th	TEAMS Online
May	Wednesday 11 th	TEAMS Online
June	Wednesday 8 th	TEAMS Online
July	Wednesday 13 th	TEAMS Online
August	Wednesday 10 th	TEAMS Online
September	Wednesday 14 th	TEAMS Online
October	Wednesday 12 th	TEAMS Online
November	Wednesday 11 th	TEAMS Online
December	Wednesday 7 th	TEAMS Online

Government of Western Australia
Department of Health

COVID-19

Stay COVID safe

Stop the spread of COVID

No big mobs
COVID spreads easily when big mobs get together.
Keep your distance.



Wear a mask when required
Masks help to stop COVID spreading.




healthywa.wa.gov.au © Department of Health 2021

MURCHISON DENTAL TEAM ROSTER 2022

Meekatharra: 2nd February - 11th of February

Mount Magnet: 23rd February - 4th March

Cue: 23rd March - 1st April

Meekatharra: 27th April - 6th May

Mount Magnet: 23rd May - 29th May

Sandstone: 29th May - 3rd June

Meekatharra: 22nd June - 1st July

Yalgoo: 20th July - 29th July

Mount Magnet: 17th August - 26th August

Meekatharra: 14th September - 23rd September

Mount Magnet: 12th October - 21st October

Meekatharra: 9th November - 18th November

Mount Magnet: 7th December - 16th December

CONTACT NUMBERS:

MEEKATHARRA - 9981 0640 OR 0427 386 647

YALGOO PRIMARY SCHOOL - 9962 8029

MOUNT MAGNET, CUE, SANDSTONE - 0427 386 647

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 34	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1500 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 650	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 9568 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...



1 Eat well 2 Sleep well 3 Positive supportive relationships 4 Exercise 5 Get a second opinion from a trusted adult

★ FIGHT *the* BITE ★



COMMON SYMPTOMS OF ROSS RIVER VIRUS:

- ★ PAINFUL, SWOLLEN JOINTS ★
- ★ PAINFUL, ACHING MUSCLES ★
- ★ SKIN RASH ★ FEVER ★



www.healthywa.wa.gov.au / **FIGHTTHEBITE**



Government of Western Australia
Department of Health

"OFF THE BEATEN TRACK" WITH MATTY

98.3 MEEKA FM

Meekatharra, WA

A FAVOURITE TRAVELLING SONG? REQUEST IT FOR THE SHOW.



MONDAYS LUNCH



VEGETABLE GROWING



In the relentless heat of summer, it can sometimes be hard to think of the weather as “ideal”, but Meekatharra is blessed with ideal vegetable growing weather almost all year round. There are lots of reasons to consider growing vegetables at home – can’t find something specific that you would like at the supermarket? Growing it means you can put whatever you like on your plate. Nothing could be fresher than taking a vegetable straight from the garden into the kitchen. Watching your plants come to life as you water and tend to them is very rewarding and a great living classroom for your kids to see how plants grow.

We are fortunate to live in an age where we can just walk into a supermarket that nearly always has enough fresh fruit and vegetables to keep us going, but that wasn’t always the case. In years gone by, if you couldn’t bring it with you on your horse, or find it in the bush yourself, you didn’t eat it. As you read the news of supply chain crunches affecting supermarket shelves in the city, it is good to think about ways you can shelter yourself from those problems in the future. True, it is a lot of work to wean yourself off buying food, and far more work than most people are willing to put in, but growing something yourself is a good way to feel a connection to your food supply and build some self-reliance. It is very satisfying knowing that something you’ve put on your plate has made it there through your own work!

The basic elements of your next vegetable garden are some space with easy digging soil (you will not be able to grow anything in hard rock), some easily accessible water from a tap nearby, and a little bit of shade. Most home food crops will need some amount of afternoon shade, especially in our warmer months. You don’t have to build a big shade structure, simply planting in the path of shade from a tree will be enough to begin with. If it gets a shadow from the tree in the afternoon, it will stop your plants from getting too dry and

burnt. So much of what goes into a vegetable garden is all around us every day!

Now that we have decided where to put our garden, we must consider what foods we would like to put on our table. Think of some delicious foods you would like to use regularly – if you make a lot of salads, lettuce and other leafy greens such as spinach or rocket are an ideal starting point. Many of the typical summer crops will thrive in the Meekatharra weather and can even be grown a little earlier in the year thanks to our warm days and sunny afternoons. Think tomatoes, peas, beans and cucumbers. Have a look on the seed packet to see when the ideal time for planting is.

Now that we are coming out of the worst of the heat, consider getting some winter plants in at this time so that you can pick them in the cool months. You should be aware that our short, mild winter makes it harder for plants such as broccoli or cabbage to really develop. They rely on the cold to form their heads and are best left to the cooler southern climates to grow reliably, though you may still be able to pull it off as you get more experienced in your gardening journey.

You would be surprised how well our iconic red dirt will sustain your vegetables with enough water, but you will likely need to supplement your plants nutrition with some fertiliser or compost. Starting to compost your kitchen waste is not only good for your garden, but reduces our use of the rubbish tip and puts some of the nutrients in those food scraps back into the cycle of growth. Composting is the practice of breaking down food scraps and other organic material such as lawn clippings, leaves and even paper or cardboard into a healthy addition to your soil. This homemade, sustainable fertiliser is about as good as it gets for ensuring you grow the crunchiest carrots and sweetest peas.

You can opt to purchase a compost tumbler, or find something to recycle into a composter you could make yourself. Old plastic 44 gallon drums can be used for this purpose – just make sure they are clean and safe first! Many people have used IBC pods to make compost in and a large bin could do in a pinch. The key elements to your composting will be keeping it oxygenated by turning over with a pitchfork regularly and ensuring it does not dry out by spraying with water



every couple of days. Composting is somewhat of a game of patience - after a while, you will be able to see your old smelly scraps turning into a lush and rich addition to your garden. Adding compost to your garden bed will provide a flood of good nutrients to help your plants grow. If you would like to learn more about how to make the best compost, you can do some further research on the ratio of "greens" to "browns" - this is how much fresh and green produce can go in with old, crunchy things like dried leaves or cardboard.

A lot of people find watering their garden every day to be a simple joy - a great way to start your morning with a cup of tea. Then there are those who might not feel like they have the time in their busy days to water the garden - a tap timer setup with some sprinklers is a good way to make sure that

you don't forget to give your vegetables a drink while they are still in the ground.


You can make vegetable growing as big or as small as you like. Start with some mint in a pot and see how easily you can bring the dirt to life! Once you start to see new shoots and build your garden seed by seed, you will see just how good it feels.

Lived in the Outback for a long time and have some tried and tested growing tips? Share your thoughts and ideas with us! Write on our Facebook page (Meeka Goes Green), come to the Recycling Centre on Railway Street (Saturdays 9-11am - such a great volunteering opportunity!) or send us an email to meekagoesgreen@gmail.com

Summer Edibles

Planting Guide



TROPICALS
WET / DRY
North QLD, NT & WA

HERBS - plant basil, lemongrass, coriander, mint & tarragon & heliotrope.

FRUIT & VEGETABLES - plant lettuce, cauliflower, spring onion, eggplant, tomato, radish, pumpkin, cucumber, beetroot, artichoke, Chinese cabbage, shallots, celery & capsicum.

MEDITERRANEAN
Adelaide & Perth

HERBS - keep picking the flowers off parsley and basil to prevent them from bolting to seed.

FRUIT & VEGETABLES - plant tomato, lettuce, zucchini & capsicum by the end of January.

Spray apple & pear trees against codling moth.

SUBTROPICAL
South-east Qld & Nth NSW

HERBS - plant basil, lemongrass, coriander, chives, heliotrope, tarragon, fennel & parsley.

FRUIT & VEGETABLES - plant celery, melons, rosella, capsicum, cucumber, sweet corn, squash, eggplant, Chinese cabbage, pumpkin, beans, rhubarb, radish & tomato.

COLD/SOUTHERN TABLELAND
Melbourne, Tasmania & cool highlands

HERBS - plant parsley, coriander, basil, chives, oregano, thyme, rosemary, marjoram & mint.

FRUIT & VEGETABLES - plant leek, beetroot, zucchini, carrot, English spinach, radish, squash, cucumber, tomato, capsicum, pumpkin, beans, lettuce, turnip & silver beet.

TEMPERATE AREAS
Sydney, coastal NSW & Victoria

HERBS - plant parsley, coriander, basil, chives, fennel, lovage, mint, tarragon & heliotrope.

FRUIT & VEGETABLES - plant leek, beetroot, zucchini, carrot, cucumber, cabbage, silver beet, lettuce, capsicum, beans, sweet potato & sweet corn.

DRY INLAND
Arid or Outback areas

HERBS - basil will grow very quickly in hot weather, though keep it watered well for a tasty harvest.

FRUIT & VEGETABLES - try warm loving capsicum, pumpkin, okra, tomato, leek, melons, radish, cucumber and sweet corn.

Keep established plants well watered & under shade if possible. Mulch well.

@ Searles Gardening
www.searlesgardening.com.au



EXTRAORDINARY ELECTION

SATURDAY 14 MAY 2022

ENROLLING TO VOTE

An Extraordinary Election will be held on Saturday 14 May 2022 to fill one (1) vacancy for a two year term. You may be eligible to be enrolled to vote in the “in- person” Shire of Meekatharra Local Government Extraordinary Election if you live in or are an owner or occupier of rateable property in the Meekatharra District.

Residents

You are automatically enrolled to vote if you are on the State Electoral Roll as at 5.00pm Friday 25 March 2022.

If you are not already on the State Electoral Roll but meet the eligibility criteria for this roll, a claim for enrolment can be made to any Divisional Returning Officer of the Australian Electoral Commission Western Australia. Forms are available from all post offices, the WA Electoral Commission and most Shire Offices and must be completed and reach a Divisional Returning Officer by 5.00pm Friday 25 March 2022. You can also complete the form online at www.aec.gov.au

Non-Resident Owners and Occupiers

If you are a non-resident owners and occupier you in the Shire of Meekatharra and are on the State or Commonwealth Electoral Roll, you are eligible to enroll to vote. If you are **not** on the State or Commonwealth Electoral Roll and own or occupy rateable property in the Shire of Meekatharra you may still be eligible to enroll to vote. Owners of land who were on the last Local Government roll continue to retain that status until they cease to own the rateable property to which the enrolment relates. Occupiers do not have continuous enrolment and should contact the Shire of Meekatharra to confirm their enrolment status. To be eligible to enrol as an occupier, you will need to have a right of continuous occupation under a lease, tenancy agreement or other legal instrument for at least the next three months following the date of the application to enrol.

Joint Owners and Occupiers

If a rateable property is owned or occupied by more than two people, a majority of the owners/occupiers may nominate two persons from amongst themselves who are on either the State or Commonwealth Electoral Roll, to enrol as owner/occupier electors.

Corporations

A body corporate that owns or occupies rateable property may nominate two people who are on either the State or Commonwealth Electoral Roll to enrol as owner/occupier electors.

Enrolment Forms – Non-Resident Owners and Occupiers Only

Enrolment forms can be obtained from local governments and must be lodged with the Chief Executive Officer/Returning Officer by 5:00 PM Friday, 25 March 2022. Further information can be obtained from the Shire of Meekatharra.

SHIRE OF MEEKATHARRA

81 Main St, Meekatharra 6642

TEL: 9980 0600 FAX: 9981 1505

Email: executive@meekashire.wa.gov.au

RETURNING OFFICER: Kelvin J Matthews



COVID-19



Public health and social measures

Effective 12:01am Thursday 3 March
additional public health and social measures will be introduced State-wide.

Businesses and venues remain open with some restrictions in place:



2sqm rule and 150 patron capacity applies to hospitality, fitness, higher education, entertainment venues, museums, galleries and places of worship



50% capacity at RAC Arena, Optus Stadium, HBF Stadium, HBF Park and seated entertainment venues eg. theatre/cinemas



Masks required for years 3 and above at school.

Other restrictions:



No visitors to hospitals except for compassionate reasons



Two visitors per resident per day at aged care and disability facilities



Private indoor and outdoor gatherings limited to 10 (including household members)



Weddings and funerals permitted with 150 capacity and 2sqm rule, in private gathering and venue settings

Continue to...



Get tested if unwell



Get vaccinated including third dose



Show proof of vaccination and check in



Wear masks indoors and on public transport

WA.gov.au



CRC News—March 2022

Discovering Meekatharra

Visitor season is here and we are proud to showcase our Meekatharra Discovery Maps. These are detailed maps with directions, distances and GPS coordinates for some of the amazing places you can experience within short distances of Meekatharra.

Researched and designed by our CRC Manager, Anna Johnson, the maps can be purchased at the CRC individually or as a set. Featured are the Rabbit Proof Fence (now known as the Vermin Fence), Mt. Yagahong, Barlangi Rock meteor impact site, Nan-nine, Peak Hill ghost town, the beautiful Bilyuin Pools and more.

Books and More at the CRC!

We have a great selection of recent-release books to suit all tastes and ages, and we also have the free / gold coin donation Book Swap. We also stock a great range of prospecting, gold history and local cultural topic books from Hesperian Press, plus some fantastic wildflower, bush medicine and camping topic books.

We also have amazing ethical Aboriginal artist products for sale, including local artists Beryl Walsh, Gloria Whitehurst, Madona Simpson, Betty Kyanga, and Frances Walsh. All products return a commission to the artists. Please come and see us if you are interested in developing your artwork into gift products such as stubby holders, cards and other items.

COVID Preparations

The CRC is preparing for what looks like the inevitable arrival of COVID in our region. We are stocking face masks and RATs, well as staying up to date with the ever-changing government requirements for your safety and ours. All CRC staff are vaccinated and we urge everyone to do the same if you have not done so already. If you need help with COVID information or would like your vaccination certificate shrunk and laminated as a wallet card, we provide the service for free, just come on in.

Snakes Coming to Meeka!

The Snake Handling Course was booked out very quickly. We would like to thank Australian Vanadium, The Shire of Meekatharra and Technology Metals Ltd for their generous sponsorship.



with Anna, Jo and Ella



MORE SARONGS are here!
Big and beautiful

Art & Craft Supplies



Kids' Clothes



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

What's On

Dept. of Transport Driver Services
Mid March, Date to be Confirmed
Book in ahead of time please

Snake Handling Course
Sat March 26th
COURSE IS FULL



NEXT MARKETS
SATURDAY MARCH 12

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 (Mar—Dec)

Department of Transport Services
Mon & Wed 9:00 am to 1:00 pm
NEXT TOWN VISIT: Mid March (TBC)



Meeka

Markets

Second Saturday Each Month

Next Markets: 12th March 9:30 - Noon

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

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

Are you a musician?
Come and busk!

Local Art & Craft
Lovely Gifts & Beauty
BARISTA COFFEE

2021 DATES:

Sat 12 March
Sat 9 April
Sat 14 May
Sat 11 June

Sat 13 August
Sat 10 September
Sat 8 October
Sat 12 November
Sat 10 December

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

STALL HOLDERS

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

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 (Alcohol and Other Drugs Support Service)	9956 5100	Alcohol & Drug Support Line	1800 198 024
Mental Health and Community Alcohol Drug Service	1800 051 999	Quitline (smoking)	13 78 48
		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	ehespace	https://headspace.org.au/ehespace/
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





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**



RAIN RAIN RAIN

The rain at the start of the month was lovely, the lightening put on a show for us and the rain changed Meeka for a day or two.

Wayne, the Shire's Customer Service Officer, went out and took some photos of all the water around town. It was hard to recognise Meeka for a minute there.

Wayne went to the creek, which has overflowed, and down Savage Street. There was water everywhere, the rain gives a certain feel around town.

According to the Bureau of Meteorology Meeka received 43.8mm between the 11th of February to the

16th of February, with the biggest downpour on the 12th with 19mm. Compared to a total of 9.4mm in February 2021.

Thanks for sharing the photos Wayne!



Updated Term One 2022 Youth Services Program



ALL YOUTH YEAR THREE AND ABOVE MUST WEAR A COVID SAFE MASK DURING
INSIDE ACTIVITIES WITH THE YOUTH CENTRE UNTIL FURTHER NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3pm-5pm
8 & Under
@ Kids Zone

10 & Over
Pool Activities
@ Meeka Pool

6pm-8pm
13 & Over
Game Night
@ Youth Centre

3pm-5pm
8 & Under
@ Kids Zone

9 & Over
Art
@ Youth Centre

6pm-8pm
13 & Over
Mixed Sports
@ Indoor
Cricket Centre

3pm-5pm
9 & Under
@ Kids Zone

10 & Over
Pool Activities
@ Meeka Pool

6pm-8pm
13 & Over
Project Night
@ Youth Centre

3pm-5pm
8 & Under
@ Kids Zone

9 & Over
Outdoor
Activities
@ Youth Centre

6pm-8pm
13 & Over
Sports
@ Youth Centre

3pm-5pm
8 & Under
@ Kids Zone

9 & Over
Movie
@ Youth Centre

6pm-8pm
13 & Over
Movie
@ Youth Centre



Starts 22nd Feb 2022



Get behind the wheel

Emergencies don't have working hours, that's why we need more volunteer Drivers. If you're looking for a way to help, and love getting behind the wheel, this is the role for you.

You'll help with patient transfers, inter-hospital moves and RFDS transfers. And while this is mainly a driver-only role, you will still receive the training you need to assist an Ambulance Officer in an emergency.

We always need help, so to see how people exactly like you can contribute head to stjohnchangelives.com.au or give our Community Paramedic Michelle Fyfe a call on 0437 681 562, or email Michelle.Fyfe@stjohnwa.com.au

Help keep your ambulance service strong in Meekatharra.

Life goes on.
Volunteer with St John.





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

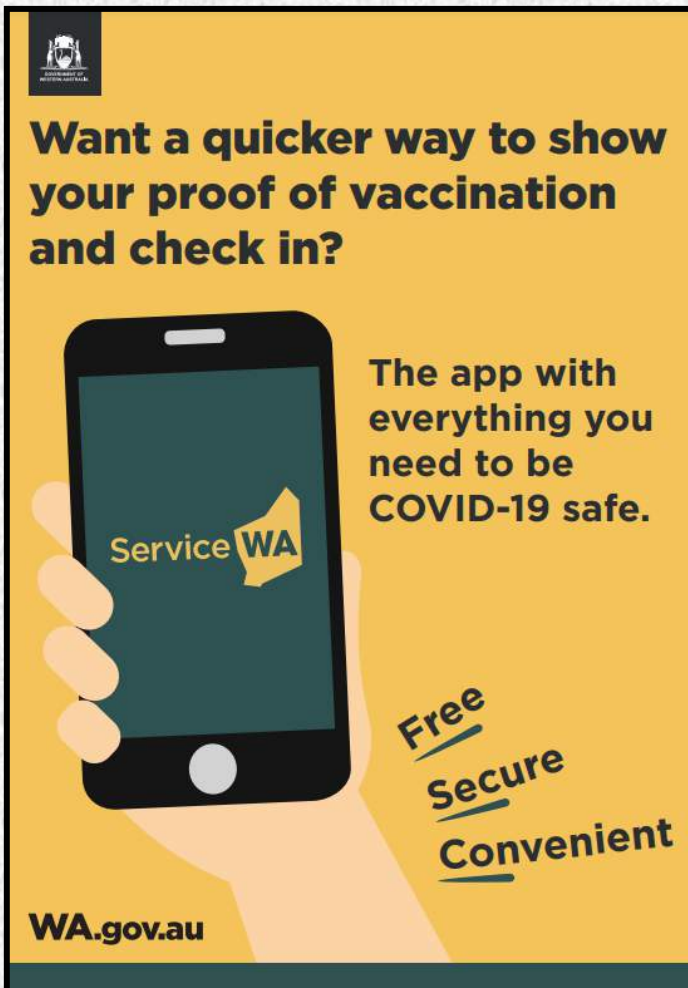
Child under 3 years old accompanied by an adult - No Charge

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



2021 MEEKATHARRA NAIDOC SHIRTS

For sale in the shire office, \$40 each.
S, M, L & XL sizes for adults
Limited kids stock

Want a quicker way to show your proof of vaccination and check in?

The app with everything you need to be COVID-19 safe.

Free
Secure
Convenient


WA.gov.au

FREE WIFI

Did you know... that the Shire has put in **free high speed WIFI** in Lloyds Plaza and the Town Hall everyone to use!

To access this free service you will be able to be outside the buildings or in one of the locally owned shops in Lloyds Plaza.

This service can be used for work, study or personal administration



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
Proof of COVID-19 Vaccination is required to enter




Meekatharra AA Meetings - Wednesdays 7.00pm

Seventh Day Adventist Church - Mc Cleary Street



ALCOHOLICS ANONYMOUS

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



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



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.





Consumer Watch Column

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530
Tel: (08) 9920 9800
Email: candice.evans@dmirs.wa.gov.au

Toppling furniture a hidden hazard

Furniture can look like a playground to young eyes, which is why it is so important for parents and carers to be aware of the dangers and take steps to minimise the risks.

Toppling furniture and appliances kill an average of one child every year in Australia, with many others also suffering injuries, including brain damage and broken bones. Here in WA, a one-year-old girl tragically died when a chest of drawers fell on her late last year.

The risk occurs when children try to climb furniture such as a chest of drawers, wardrobes, bookcases and tables; or try to reach electronic appliances such as large TVs. If these items are unsecured, the child's weight can cause it to topple, which may trap and crush them underneath.

That's why we recommend families secure these items to the wall and give some thought to the type of furniture they are putting into their homes.

When buying furniture, it is best to choose low-set pieces or those with sturdy, stable and broad bases that are less likely to tip if a small child climbs onto them.

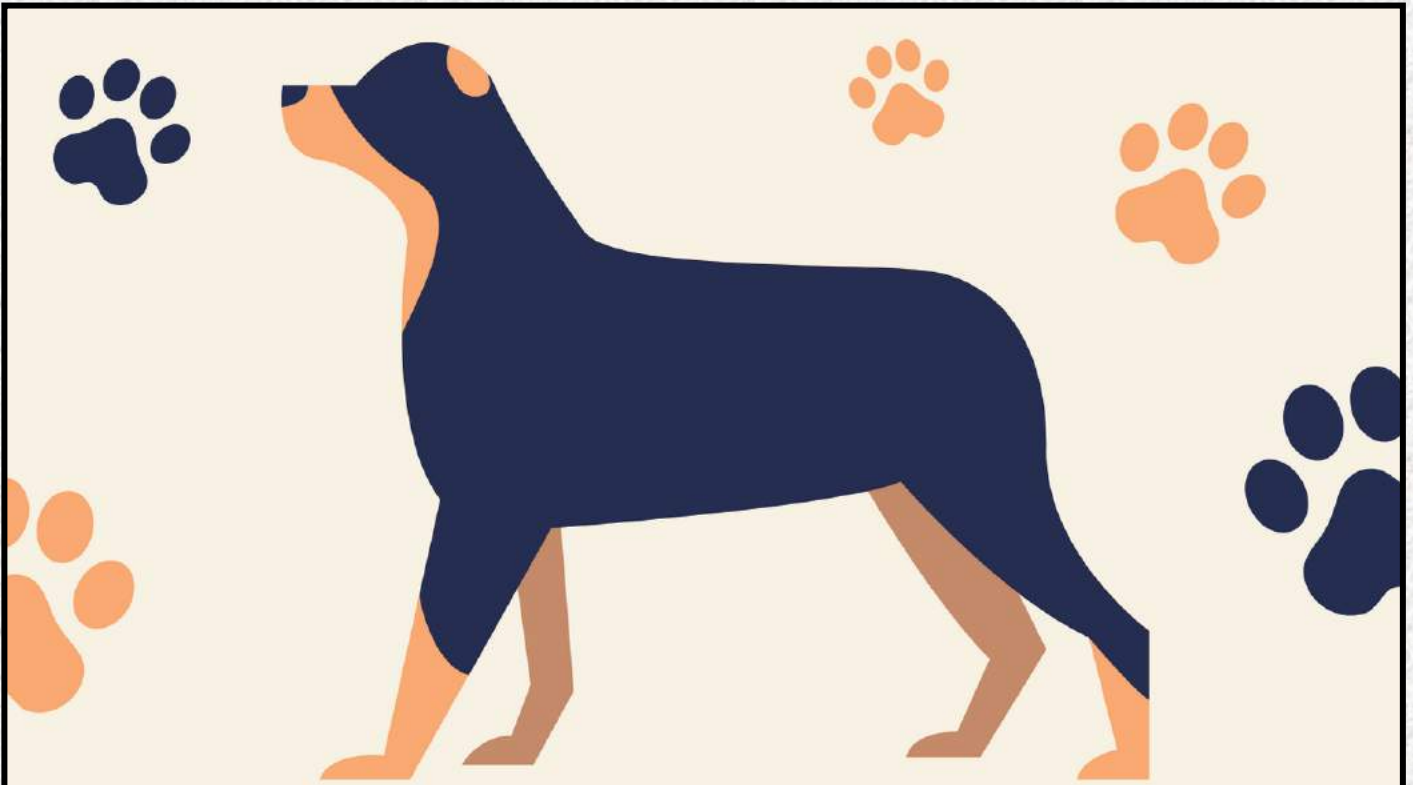
If you must buy lightweight furniture, be sure to restrain it from tipping by attaching, mounting or bolting it to the walls. Equipment to anchor furniture is not expensive and readily available from hardware stores.

When securing items, check that the fixings are appropriate for the item's size and weight and seek professional help to affix furniture to avoid any injury, damage, or electrical wires/water pipes in the wall cavity.

If the home is a rental, tenants are allowed to fix furniture and appliances to walls with the permission of the landlord or their agent. Permission can only be refused in very limited circumstances, such as the home being heritage-listed or if the walls contain asbestos.

Fixing furniture to walls only involves a small amount of money and effort, but the result will have an enormous effect in preventing child injuries and deaths.

More information on furniture stability is available on the [Consumer Protection website](#). Enquiries can be made by email consumer@dmirs.wa.gov.au or by calling 1300 30 40 54.



**MURDOCH VET CLINIC
ARE BACK IN TOWN!**

**PET DE-SEXING
CLINIC**

April 2022

More information to come!

EXERCISING IN MEEKA

Whether you are new to town or want to start doing more exercise you will be covered in Meeka. There are a variety of ways to increase your physical fitness in town.

We are very lucky to have a great Sporting Complex located off Landor Road. This area has an oval, gym, tennis court, squash court and basketball court.

The Meeka gym is an excellent resource for the town. The gym is located at the sports complex 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. Due to new mandates, proof of vaccination will need to be provided before entry is granted. This can be done at the Shire Office. The gym is restricted to 16+. You will find pictures, a list

of gym equipment and prices on the Shire of Meekatharra website.

The squash court is located next to the gym at the sports complex. Pictures and pricing are located on the Shire website as well. The squash court is a great asset for the town, plus it is fun to play!

The oval, tennis court and basketball court are a free facility for the community to use although there are charges for use of the lights. These courts are used often by the Youth Services team and other competitions around town.



Above: Town Creek



Right: View from the Lookout



Above and Left: Gym



Above: Basketball Court



Right: Tennis Court

If walking best suits you then check out the Creek Trail, Lookout Trail and Town Heritage Trail. Maps for each of these trails can be found on the Shires website.

The Creek Trail is an easy 3km walk around Meeka's creek running alongside Main Street. The trail starts at the Information Bay (opposite the Auski) and takes you north towards the end of town. Along the way you will find interpretive panels which explain Meekatharra's deep history and might just teach you and thing or two.

Lookout Trail starts at the same place as the Creek Trail but takes you on the Landor Road before heading up the Lookout. There will be interpretive panels along the way as well, so you can exercise and learn at the same time! The Lookout has magnificent views of the town and its surrounds.

The Town Heritage Walk takes you through the main parts of town looking at the historic buildings and places that made Meeka what it is today. You will be able to see the old bakery, Masonic Hall, the first primary school, and other significant places. This trail starts at the Information Bay as well and ends with a look at the mosaics.

The Meeka Memorial Pool is a great way to cool off and get in some physical exercise at the end of the day. The 33m pool is ideal for swimming laps, there is adult hour from 6pm-7pm Monday-Friday where a number of people swim some uninterrupted laps. The pool is only open until the end of March so get all your swimming out of the way while you can.

There are heaps of places to exercise in town and of course some of these places are also great to explore.



Above: Squash Court

Left: Swimming Pool



MEEKATHARRA GP CLINIC

Due to an increase in COVID in the WA community, we ask that everyone please stay safe and healthy.

Please take the time to look after yourself, and others, and to recognise any health issues early to ensure you receive the best healthcare that we can offer.

We now have new measures in place to ensure we are all safe. When visiting our GP Clinic, we ask that you wear a mask, and ring the doorbell at the front door.

This is to prevent our Clinic closing due to an outbreak.

A friendly reminder that we are not a walk-in Clinic, and you will need to call and book.

Meekatharra GP Clinic: 6444 7980



Works & Services Manager

Package to \$180,000

Fancy a rewarding job and lifestyle?

Generous benefits include free housing and all utilities, executive vehicle with private use, 5 weeks annual leave, a 19 day month, up to 15% superannuation and relocation allowance.

This is a senior position with the Shire of Meekatharra with responsibility for civil works, parks/gardens and contract services. Recent experience in a similar position will be well regarded and should be outlined in your Resume.

You are not required to address the selection criteria however a detailed Resume must be provided. Applications for this position are open ***until a suitable candidate is received***. This means the vacancy may close without notice. If you are interested in this position, we highly recommend you apply as soon as possible.

Please contact Ms Karen Clare for an application package Telephone 9980 0600 Email: admin@meekashire.wa.gov.au

KJ Matthews
Chief Executive Officer



How to put on and take off your face mask

How to put on a face mask

1. Clean hands with soap and water or alcohol-based rub.



2. Hold the mask by its tapes or loops, then tie the mask around your head or put the loops around your ears.



3. Make sure the mask covers your mouth and nose, and that there are no gaps between your face and the mask. Press the nose piece around your nose.



4. Do not touch the front of the mask while wearing it.



How to take off a face mask

1. Avoid touching the front of the mask. Only touch the ear loops or tapes.



2. Take the mask off from behind your head by pulling the tapes or loops straight forward and moving the mask away from your face. Do not touch the front of the mask.



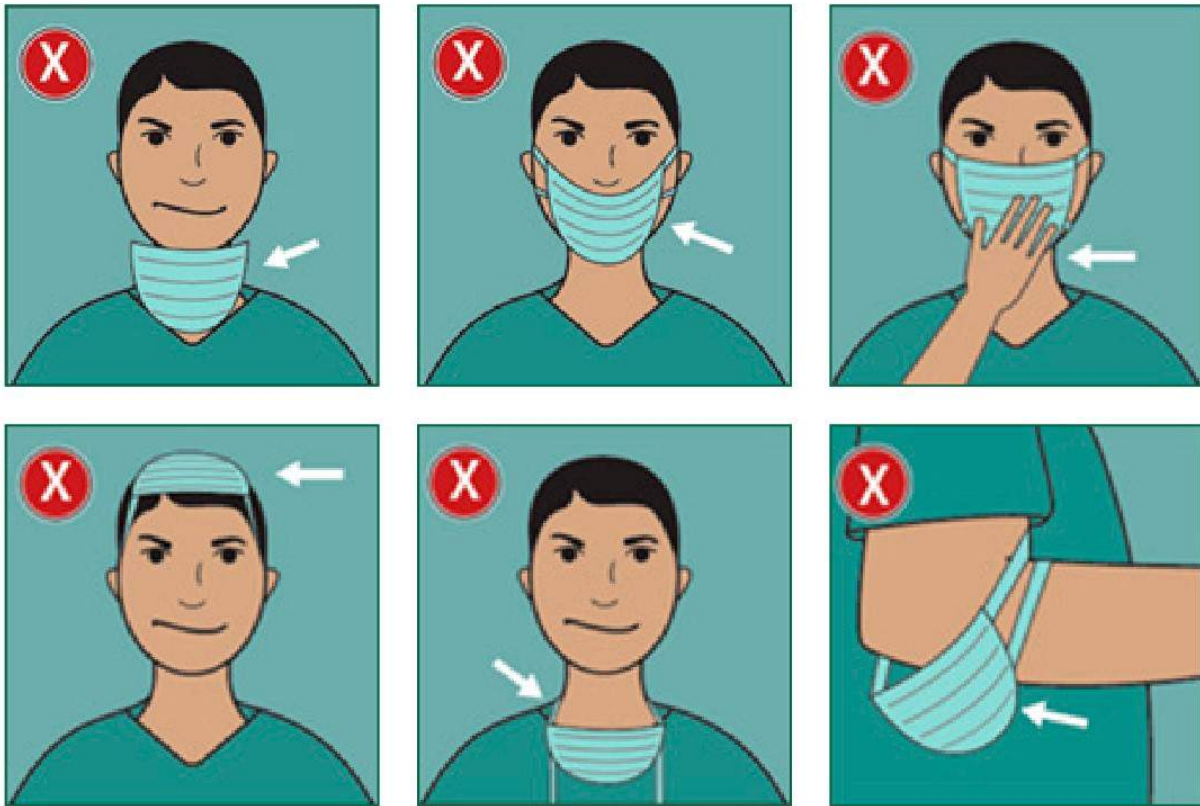
3. Throw the mask in the bin or if using a fabric face mask place in washing machine.



4. Clean your hands with soap and water or an alcohol-based hand rub.



Use your face mask correctly



Ensure you remove your face mask correctly. Never leave it on your head, around your neck, under your nose or mouth or around your arm for later use.

Never touch or adjust your face mask without cleaning your hands both before and after.

Never re-use single-use masks.

Cloth masks should be washed each day after use, or when wet or visibly dirty. Masks can be washed in the washing machine (preferably at 60 degrees C) with other clothes. Dry the cloth mask in the clothes dryer or in fresh air before you re-use it. Clean your hands with soap and water or alcohol-based hand rub after handling used face masks.

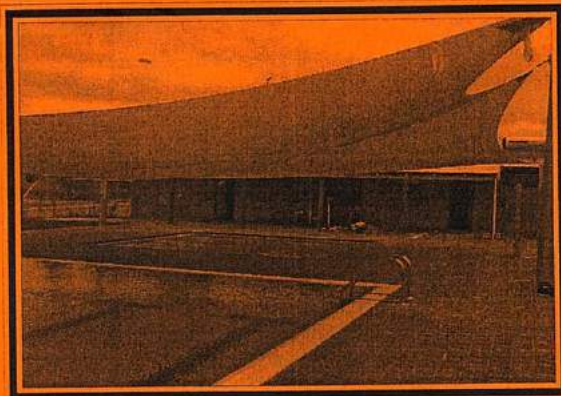
Please refer to community advice and the HealthyWA website for updates about when and how to use face masks.

Adapted with permission from COVID-19 and face masks – Information for consumers developed by the Australian Commission on Safety and Quality in Health Care (ACSQHC). ACSQHC: Sydney 2020.

MEEKATHARRA DUST

ISSUE NO. 138 MARCH, 2002 PRICE \$1.10 incl. GST

KARALUNDI TAKES THE PLUNGE...



Above: Karalundi Aboriginal Community new 25 mtr Swimming Pool ready for opening.

The month of March saw the opening of the \$1 million swimming pool recently built at Karalundi.

With only a few more weeks of warm weather, Nicole Powell from Royal Life has taken on the eight week contract to get the pool up and running and to undertake training of a select few at Karalundi to maintain it.

If Burringurrah Aboriginal Community is anything to go by the interest will be

enormous from the school children.

It took some three months to complete and we must say it is an impressive sight as you drive into the Community.

More photo's inside...

\$HAVE FOR A CURE, A HUGE \$UCCESS...



Above : Horry (the baldest one) and Tom the Hairdresser/Baker keep the crowd of onlookers in laughs, whilst raising money for Cancer Research.

HAPPY ST. PATRICK'S DAY

St Pat's Day at the Commie has always been fun but Sunday the 17th March was a real crowd pleaser, with Horry and Greg having their heads shaved to raise money for cancer research. *More inside....*

Commercial Hotel

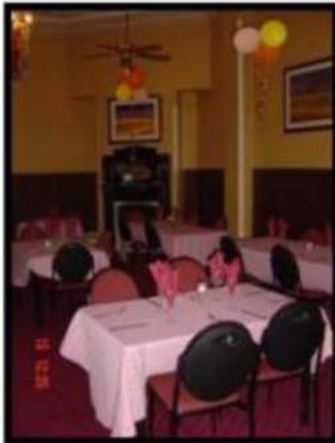
Meekatharra

Opened daily from noon til late

Excellent counter meals daily:

Lunch: 12 noon – 1:30pm
Monday to Saturday

Dinner: 6pm-8pm
Sunday to Saturday



Air conditioned Dining / Function Room

Suitable for Meetings, Conferences & Dinners

Accommodation Includes:

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

and

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



Telephone: 99811020

Fax: 99811021

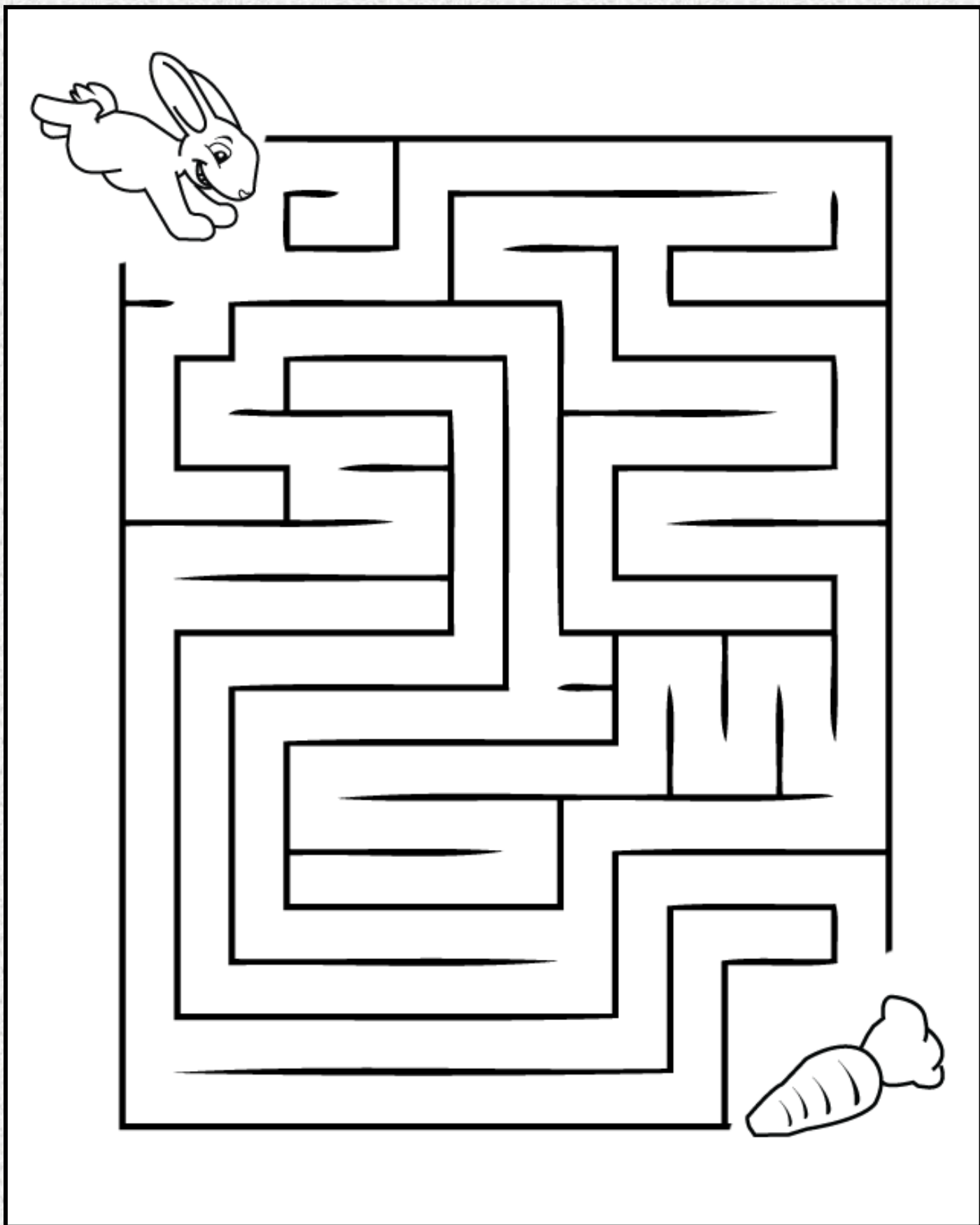
Emails: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

KIDS CORNER





Savoury baked ricotta cheesecake

SERVES: 6 | PREP TIME: 25 MINS | COOK TIME: 1 HOUR & 10 MINS | INGREDIENTS: 16

ingredients

- 6 French shallots, peeled
- 1 tbs balsamic vinegar
- 1 tbs fresh thyme sprigs
- 400g mixed baby tomatoes
- Fresh basil leaves, to serve

Roasted almond base

- 160g (1 cup) roasted almonds
- 70g (3/4 cup) rolled oats
- 2 tbs finely grated parmesan
- 2 tbs extra-virgin olive oil
- 1 egg white

Cheesecake filling

- 700g fresh reduced-fat ricotta
- 2 eggs
- 25g (1/3 cup) finely grated parmesan
- 2 tsp finely grated lemon rind
- 2 tbs chopped fresh chives
- 2 tbs chopped fresh basil

directions

- Step 1 Preheat oven to 200°C/180°C fan forced. To make the base, process almonds and oats in a food processor until finely chopped. Add parmesan, oil and egg white. Process until well combined.
- Step 2 Lightly spray a 22cm loose-bottomed round fluted tart tin with oil. Transfer almond mixture to the tin. Press firmly over the base and up the side of tin. Bake for 10-12 minutes or until light golden. Cool slightly.
- Step 3 Combine shallot, vinegar and thyme in a bowl. Transfer to a lined baking tray. Lightly spray with oil. Bake for 20 minutes or until starting to caramelize. Add tomatoes to tray and bake for a further 10 minutes or until tomatoes are tender.
- Step 4 Meanwhile, to make the filling, add ricotta, eggs, parmesan and rind to a food processor and process until smooth. Add chives and basil. Season. Pulse to combine. Reduce oven to 170°C/150°C fan forced. Spoon cheese mixture over base and smooth surface. Bake for 20-25 minutes or until puffed and just firm to touch.
- Step 5 Arrange shallot and tomatoes over top. Sprinkle with basil leaves.

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



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IMPORTANT DATES

March 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28 KindiLink 10am-12pm	1 GRAMS Midwife @Clinic	2 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm 	3 Level 2 Public Health Measures Introduced State Wide 	4 KindiLink 10am-12pm	5 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am 	6
7 Labour Day Public Holiday	8 Diabetic Educator @Clinic	9 Online MARG Meeting 9:30am KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm	10	11 KindiLink 10am-12pm	12 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am CRC Markets 9:30am-1pm	13
14 KindiLink 10am-12pm Renal Nurse & GRAMS Midwife @Clinic	15 GRAMS Midwife, 360 Health & ICDC Dietitian @Clinic ICDC Physio, ICDC Podiatrist & WACHS Physio @Clinic	16 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm 360 Health @Clinic	17	18 KindiLink 10am-12pm	19 Containers for Change 8am-12pm Ordinary Council Meeting 9:30am Meeka Goes Green Recycling 9am-11am	20
21 KindiLink 10am-12pm Australian Hearing @Clinic	22 Department of Transport Driver Services Bookings Essential @ CRC	23 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm	24	25 KindiLink 10am-12pm Australian Hearing @Clinic	26 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am Snake Handling Course	27
28 KindiLink 10am-12pm Lions Outback Vision @Van GRAMS Midwife @Clinic	29 Lions Outback Vision @Van GRAMS Midwife @Clinic Tidman Brothers Optical @Hospital	30 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm	31 Last Pool Day for 2021/22 season	1 KindiLink 10am-12pm	2 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	3