



Meekatharra Dust

OCTOBER 2022 | ISSUE NO.354

COST \$2.50

More Outback Festival Photos Inside





**SHIRE OF MEEKATHARRA
SCHEDULE OF MEETING DATES, TIMES AND LOCATIONS**

JULY 2022 TO JUNE 2023

ORDINARY MEETINGS OF COUNCIL

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

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

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

AUDIT COMMITTEE MEETINGS

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

KJ Matthews
Chief Executive Officer

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.

Prices (from 1st of July 2022)

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

Size	Colour	Black & White
Full Page 27cmx18cm	\$74.05	\$52.10
Half Page 13.5cmx18cm	\$43.10	\$26.70
Quarter Page 13.5cmx9cm	\$24.65	\$16.50
Eighth Page 9cmx6.75cm	\$18.50	\$13.95

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 \$100 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



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.



meekatharradust



meekatharradust



The Shire of Meekatharra



meekashire.wa.gov.au

MEEKA WALK

FOR SUICIDE AWARENESS

MEET AT WELCOME PARK 4:30PM

SUNDAY, 16TH OCTOBER

**3139 STEPS AROUND TOWN FOR
SUICIDE AWARENESS ONE STEP FOR
EACH SUICIDE IN 2020**

JOIN US FOR DINNER AFTER

**GET YOUR SHIRT AND BAG WHEN YOU
REGISTER FOR THE WALK AT YOUTH FOCUS**



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NOTE FROM THE EDITOR

Dear Readers,

Welcome back to another edition of the Meekatharra Dust! This is a jam packed edition with articles from the library, about events that have happened, the cemeteries heritage project and a press release about the Goldfields Highway.

On pages 16 to 24 there are photos from the Ball and Side Show, more photos can be found on the Shire Facebook Page and Website.

This month we have the first annual Meeka Walk for Suicide Awareness in partnership with the Shire of Meekatharra and Youth Focus and proudly supported by WA Primary Health Alliance as part of the Australian Government's Suicide Prevention Activities, happening on the 16th of October. Join us at Welcome Park at 4:30pm for a short walk around town, dinner to follow.

Twice a week there are adult exercise classes happening in town. On Mondays 6pm at the Town Hall we switch between yoga and dance exercise classes, check out our Facebook page (Meekatharra Dust) to see what's on this week. On Wednesday evenings at 6pm during October Adult Sports is running at the Sports Complex. Starting in November will be water polo at the pool for adults. These activities are for all adults to join in and are free to attend.

The Editor



The Online Hub for Family and Local History in the Central Goldfields of Western Australia



Discover more about people's lives in the Central Goldfields of Western Australia or explore more about the history of places in this vast region. FREE resources and information for all family and local history researchers.




An online place where the men and women of Western Australia who have lost their lives in the mining industry, can be remembered and honoured for their supreme sacrifice.

The Outback Family History website:
www.outbackfamilyhistory.com.au
Our library of information and photographs

The Outback Family History blog:
www.outbackfamilyhistoryblog.com
Stories of people and places

WA Virtual Miners Memorial website:
www.wavmm.com
A profile page for every person

 @OutbackFamilyHistory | Email: moyasharp@westnet.com.au



CEO COUNCIL MESSAGE

Welcome to the October 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 17th of September 2022 as well as the Health, Building and Town Planning Committee meeting that was held on the same day. 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 Health, Building & Planning Meeting 17 September 2022

Item 7.1.1 – Principal Environmental Health Officer/Building Surveyor’s Report

That the Principal Environmental Health Officers report be accepted.

The above resolution included the issuing of 2 Demolition Permits for numbers 124 and 135 Darlot Street Meekatharra and a further inspection regarding the ongoing recent issues of sewerage at the Meekatharra Caravan Park.

Items from the Shire of Meekatharra Ordinary Meeting 17 September 2022

Item 9.3.1 – Forward Planning Grant Application – Meekatharra Swimming Pool Upgrade

That Council:

1. *Endorse an annual/forward planning grant application seeking \$110,945 (ex gst) under the Community Sporting & Recreation Facilities Fund for the Meekatharra Swimming Pool Upgrade Project;*
2. *Rank the Meekatharra Swimming Pool Upgrade Project as “A – Well planned and needed by municipality”; and*
3. *Carry forward the expenditure budget of \$265,000 (ex gst) towards the Meekatharra Swimming Pool Upgrade Project in 2023/24.*

The above resolution confirms Councils approval for the upgrade of the Meekatharra Swimming Pool that will be budgeted for in the swimming pool off season of 2023/24.

Item 9.3.3 – Road Reserve Closure – Australian Vanadium

That Council authorise the CEO to advertise a notice of motion for a resolution to make application to the Minister for the closure of the following Road Reserves:

- 3755629;
- 3755631; and
- 3736286

The above resolution confirms Councils approval for the closure of the above Road Reserves in accordance with Section 58 of Land Administration Act 1997 as well as Regulation 9 of Land Administration Regulations 1998 at the request of Australian Vanadium Limited for their proposed mining operations at Gabanintha that will include the required advertising.

Further Information Snippets

- * Meekatharra Cemeteries Management Plan – Council has engaged the services of Ms Helene Bartleson (Heritage Consultant) to undertake a review of Councils cemeteries – both current and closed historic cemeteries. A separate article regarding the Cemeteries Heritage Project is included in this edition of the Dust.
- * Town Projects – work continues on various town projects such as the median strip, signage for the Lloyds building and the Entry Statement design. Council appreciates the community input to these projects where these community suggestions will be incorporated into the final designs of the particular projects.

The next Ordinary Meeting of Council is scheduled for 9.30am on Saturday the 15th of October 2022 and the next CEO Council Message column will appear shortly after this meeting in the November 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

COME ONE, COME ALL!



CIRCUS WORKSHOPS & COMMUNITY CONCERT

Circus Workshops at Youth Centre
For Youth Centre Participants
2nd-4th November 3pm-5pm

Community Concert at Town Hall
Everyone is invited!
4th November 2022, 6pm-8pm

For more information contact the Shire on 9980 0600



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



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



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

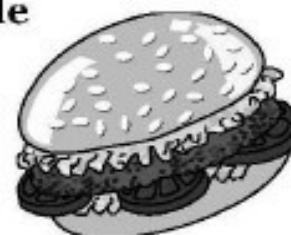
Ph: 9981 1151



BP Fuel & Lubricants
Premium Unleaded Fuel now available



Auto Accessories
Kleenheat Gas
Key Cutting
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

CEMETERIES HERITAGE PROJECT

The Shire is embarking on a Cemeteries Heritage Project with the goal of establishing a Cemeteries Management Plan.

Did you know there are several historic cemeteries in our Shire? Many people are familiar with Nannine as it's right by the Great Northern Highway between Cue and Meekatharra however there are a few that are a bit further off the beaten (bitumen) track. All the old gold rush ghost towns – Gabanintha, Abbots, Peak Hill – were bustling with people once; and where there's people there'll naturally be graves too.

Local Governments are responsible for the management of cemeteries in regional and rural areas, both current and historic. Whilst Shires are not directly responsible for lonely graves (burial sites outside of gazetted cemeteries), we're also capturing information about these if and when that information comes to light.

There are two main components to Cemeteries Management: the physical infrastructure aspect such as fences, seating, shade, signage, access etc, and the "data base and information" aspect making sure records are captured and kept properly so that historic knowledge is preserved.

Already we have come across several graves from 120 years ago with no headstone and very limited information. Who is buried here? What's their story? How old were they? Did they have family out here too? As many records burnt along with the Shire office several decades ago there are many stories that need piecing together from various sources.

Whether it's prospectors, indigenous people, pastoralists, migrants, afghan cameleers, or anyone else who called Meekatharra their home: if there's someone buried (no matter who) we'll try and find their story and preserve the site.



Stephen Hoare, the Shire's Rural Roads Supervisor, had the pleasure (he might argue this value statement?) of spending a week driving around with our Cemeteries Consultant Helene Bartleson, Shire staff Felicity Anderson and Svenja Clare exploring the old outlying cemeteries in our Shire. The ladies were very grateful for Stephen's extensive local knowledge and orientation skills as without him they'd probably still be lost out bush.

On Friday, after the week of site visits and looking through archives, we invited a number of Indigenous Elders to the Shire office council chambers to start a conversation about the project. Over a cuppa and delicious cakes from the bakery we were able to hear a lot of valuable input and were allowed to gain a small glimpse into the extensive local knowledge held. Did you know there's a grave along the fence line, turn left at the water tank, behind the shearing shed? No? We didn't either.

The conversations we've had already have highlighted the passion the community hold for their cemeteries and history as well as the significant knowledge held.

One comment "it's a shame you didn't do this years ago when our parents were still alive – they knew so much more" highlighted exactly why we're doing this – let's do it now before another generation, and with them more knowledge, passes.

Helene will be back in March to expand on the community consultations.

In the meantime, if you are interested in this project, would like to contribute information or would like to hear more about it feel free to chat with Svenja, Felicity or Stephen from the Shire. If you're not in town you can also reach out via cdsm@meeekashire.wa.gov.au or 08 9980 0600.





Thugarri Group

Strong, young man

Young Meeka men are invited to come to the
Youth Focus building every
second Monday starting at 6pm
(starting 1st August 2022)

Just bring your manners and respect

We might stay at the office or we might head out
somewhere like Peace Gorge

We will put on a feed

This group is for young men only.

For more information please speak to

Uncle/Pop Junior

phone: 0436 336 345



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	Face to Face
April	Wednesday 13 th	Cancelled Covid
May	Wednesday 11 th	Face to Face and ZOOM
June	Wednesday 8 th	ZOOM Online
July	Wednesday 13 th	Face to face and ZOOM
August	Wednesday 10 th	ZOOM Online
September	Wednesday 14 th	Face to Face and ZOOM
October	Wednesday 12 th	ZOOM Online
November	Wednesday 11 th	Face to Face and ZOOM
December	Wednesday 7 th	? TBC

COVID-19

Government of Western Australia
Department of Health

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.





Get vaccinated



Call the clinic if you're sick



Wash your hands



Two big steps (1.5m)



Cover coughs and sneezes



Clean shared surfaces

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 048 636	cahs.healthwa.gov.au/our-services/mental-health
Mental Health Emergency Response Line (24 hrs)	1500 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nrmahsmh.healthwa.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



MEEKA SPORTS FOR ADULTS

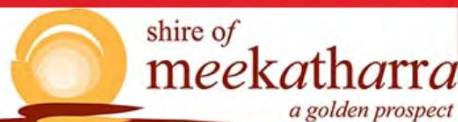
WEDNESDAYS 6PM

**OCTOBER:
BASKETBALL @ OVAL**

**NOVEMBER:
WATER POLO @ POOL**



**FREE
ALL ADULTS WELCOME**



EXERCISE CLASSES



Join us for a weekly exercise classes streamed on the big screen in the Town Hall.

Switching between yoga and dance workout classes.

All classes are accessible for all abilities.

WHEN:
Every Monday
6pm-7pm
Town Hall



For enquiries please contact Amy at the Shire on 9980 0600



2022 FESTIVAL

It is crazy to believe that the Outback Festival is over for another year.

We had amazing vendors this year and really appreciate the hard work they all put in to come up and help provide the amazing weekend we had.

Thanks to the Shire staff who worked all weekend to make everyone safe and happy.

Huge thank you to Paulette Anderson from Youth Focus who spent the whole weekend volunteering at the different events and supporting the community.

None of this could have been possible without our amazing sponsors; Westgold Resources, Sandfire Resources, Horizon Power, Australian Vanadium and Hon Peter Foster MLC. Thank you to all of the sponsors who encourage outback community events.

Photos of both the Ball and Side Show can be found on the Meekatharra Dust Facebook Page and the Shire of Meekatharra website.





















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

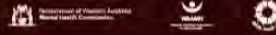
Child under 3 years old accompanied by an adult - No Charge

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



"Where, how and what we live"

mentalhealthweek.org.au f @MentalHealthWeekWA #mhw2022



MIND

Meditation

Calm the busy mind and focus on how to control and select your thoughts – The practice of meditation provides us with a deep sense of inner peace and resilience, improving one's ability to weather life's inevitable storms, enhanced concentration, a more outward-looking panoramic perspective, and a greater calm in our dealings with others.

The ability to hone your thoughts and awareness in on 'something'– Mindfulness is holding your attention in the present moment with openness, curiosity and without judgement. Practicing mindfulness has been shown to reduce worries, anxiety and distress; create a sense of calm; learn how to relax and regulate emotions; improve concentration and increased productivity; develop a sense of empathy and connectedness; and enjoy better health and sleep which contributes to better mental health balance.

Mindfulness

Relaxation

Allow your brain to completely relax – Rest and relaxation are just as important for the mind as they are for our physical bodies. When we allow our brain to completely relax, we help neurons and pathways re-connect and process our thoughts and experiences. A busy mind is not necessarily one that is activating its full potential.

Think about what you already have, not what you are longing for – The simple act of gratitude can change your whole day or life! It's great to have goals, but by simply appreciating the abundance of gifts, talents, people in your life you care about and any other opportunities can re-shape your focus, intent and energy for the day. Journaling is a good way to harness our gratitude at the end of a day or to begin it.

Gratitude

Positivity & affirmations

Reinforce positive thoughts and attitudes – Keeping a positive mindset can be very powerful for framing our peace of mind and perceptions of the world around us, our interactions with others and how we experience life. Daily affirmations can help you achieve your goals, believe in yourself and face your fears to tackle new challenges. Who knows what's around the corner when you are armed with genuine confidence and a happy-go-lucky attitude.

Talk to a family member, friend or professional – If you're someone who likes to talk over matters and life's troubles to process them, then make sure you have people around you who are free to listen when you need. Sometimes, talking to loved and trusted family members and/or friends is enough; other times you may need the help of a qualified counsellor or psychologist to unpack more deeper issues – or if your loved ones don't feel capable of holding that emotional weight or space at the time. There is nothing to be ashamed about in accessing a professional to talk through your challenges.

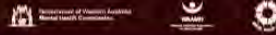
Talking about it

More info, resources & support: mentalhealthweek.org.au/mind



"Where, how and what we live"

mentalhealthweek.org.au f @MentalHealthWeekWA #mhw2022



MIND

Trauma & healing

Processing trauma takes extra conscious effort and support, but you can begin to heal – Never underestimate the impact a traumatic event or series of traumatic experiences has on our mental health, mind set, behaviours and thought processes. There has never been as much research and understanding of trauma-informed care and practice as there is now, and the good news is there are many services and strategies we can adopt to take control back of our minds and lives after the impacts of trauma.

Having a sense of progress, achievement and direction – Have you ever completed a wellness wheel of wellbeing? It can help frame up your priorities, plans and achievements. Goal setting is about making a little progress as and when you can, in a direction that is meaningful and beneficial to you and your life. This sense of accomplishment, growth and fulfilment will all contribute to better mental health and wellbeing.

Goal setting & wellness

Emotional awareness

Do you notice when your temper is rising or when anxious feelings start to arise? Being in tune with our emotions, reactions and triggers is the first step in understanding ourselves better and improving our communication and relationships with others; and taking hold of our direction and choices. It's healthy to feel a range of emotions – while we ideally strive for joy and contentment, we're going to experience some bouts of anger, sadness or fear along the way which all serve their natural protective functions. Practice being self-aware and recognise when these feelings are effecting day-to-day tasks, your work or your relationships. If you struggle with this, you may need to seek the right support or services to guide you.

Humans are biologically designed to connect and belong for survival – One of the leading causes of depression and suicide is lacking a sense of belonging either in a family or friendship group, or a community and/or workplace setting. A good way to start finding people with similar interests to you is by joining a community group, sport or club. Being a good friend works both ways – make quality time to nurture the connection and be there for each other when it counts.

Connection & belonging

Solitude & silence

Quiet, alone time to reflect, relax and rest is essential to wellbeing – Whether you're an introvert (recharges alone or in quieter, small group) or an extrovert (recharges in larger, louder social settings), you will be able to determine the optimal levels of how much interaction with people you require, and when and how much solitude and silence serves you best. These ratios may evolve and change during different chapters of your life.

How you interact, understand and communicate with others affects own wellbeing – Being aware of your strengths and weaknesses, preferred (and dominant) ways of communicating, and that of others, allows us to meet half-way. Diverse personality traits are necessary for society and workplaces to operate. Every role makes an important contribution. Don't let your delivery undermine the important messages you want heard. It effects your own mental health if you feel invalidated or misunderstood and if left to fester - this affects relationships. However, if people are abusive or toxic, know your boundaries and worth - even understanding some behaviours doesn't mean you need to tolerate it.

Personality & temperament

More info, resources & support: mentalhealthweek.org.au/mind

MINDFUL EATING



Mindful eating is about paying full attention to our food and the way it makes our body feel. This means focusing on the taste, smell, texture, temperature and colour of your food rather than finishing a meal or packet of chips without even tasting it. It's also about listening and responding to our internal hunger and fullness signals.

Why do it?

We often don't allow our senses to fully experience the food we eat because we are focusing on something else, like our phone or the TV. A lot of the eating we do is also non-hungry eating. We eat when we're in a rush, bored, stressed, sad or just because there's food in front of us.

There's scientific research showing that eating in a mindless, inattentive way can mean eating more than our body needs to feel full. Practicing mindful eating can help us enjoy a more satisfying and healthy relationship with food, and can reduce overeating.

Here's how to get started:

- ◇ Remove distractions - that means turning off the television and putting away your phone.
- ◇ Take a moment to check in and see how hungry you feel using the scale below.
- ◇ Eat like you're at a fancy restaurant. Take note of the way the food is presented, the enticing aromas, the texture and flavours.

- ◇ Notice how your hunger level changes as you eat.
- ◇ Practice makes perfect! Like any skill you'll need to do it a few times before it starts to come naturally.

Mindful eating activity

1. Choose one piece of food, for example a sultana or slice of fruit.
2. Begin by looking at the food. Examine the shape, colour and texture.
3. Bring the food to your nose and smell it.
4. Place the food on your tongue, notice the response of your salivary glands.
5. Take a bite and be aware of the texture on your tongue and the sounds in your mouth.
6. Notice how the texture of the food changes as you slowly chew.
7. Now swallow, paying attention to the feeling as the food travels down your throat.

Information retrieved from:

<https://livelighter.com.au/living-well/mindful-eating>



The hunger and fullness scale

Aim to stay in the green zone most of the time. This means starting to eat when you're at a 3 or 4, and stopping eating when you get to a 6 or 7.

1	2	3	4	5	6	7	8	9	10
Starving, feel weak / dizzy	Very hungry, irritable, all food looks good	Hungry, stomach starting to growl	Slightly hungry	Neutral, neither hungry nor full	Starting to get full	Full, feel satisfied	Very full, slightly uncomfortable	Stuffed and uncomfortable	So full you feel sick



Consumer Watch Column

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

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

Understanding shared tenancies

As WA's rental market tightens and living costs rise, more renters may be considering taking on a house-mate to relieve some of the pressure.

Before heading into a shared tenancy, it is important for everyone to understand the arrangement they have signed up to, as the law applies differently depending on whether it's a co-tenancy or a rooming arrangement, and also if you are sub-letting.

In [co-tenancies](#), there is a single tenancy agreement, meaning all tenants are jointly responsible for the full rent amount, bond and condition of the entire property. This means that if your co-tenant misses a payment, for example, the whole household could be at risk of breaching the tenancy agreement unless they can cover the outstanding amount.

Consumer Protection is generally unable to help resolve disagreements between co-tenants, as they are private matters, so that's why we recommend putting everything of importance into writing to protect yourself. This may include agreements about how and when rent and bills are paid, bond contributions, responsibility for every day cleaning and maintenance of the property, ownership of any shared belongings and use of common areas.

A [rooming](#) arrangement is different, as each tenant has their own tenancy agreement, meaning they are only responsible for paying their own share of the rent and bills, and are not responsible if another tenant doesn't meet their obligations. Rooming arrangements are common in student accommodation and purpose-built living complexes, however it can work in share houses as well.

In [sub-letting](#) arrangements, an existing tenant rents out some or all of the property, making them the 'head tenant' and effectively the landlord. This means they are responsible for lodging a bond, collecting money for rent and bills, conducting property condition reports and inspections, as well as organising repairs and maintenance through their own landlord or agent. In sub-letting arrangements, your tenancy depends on the head tenant's right to sub-let, and your tenancy will lapse when their tenancy agreement ends.

Enquiries about shared tenancies can be made to Consumer Protection on 1300 40 50 54 or consumer@dmirs.wa.gov.au



WA PLASTICS BAN

Business Engagement Program

To reduce plastic pollution, the WA Government is implementing a ban on certain plastic items.

From **1 July 2022**, it is illegal to supply:



Any Plastic Shopping Bag with Handles



Disposable Plastic Straws & Stirrers



Disposable Plastic Cutlery



Disposable Plastic Plates



Disposable Plastic Bowls (without lids)



Disposable Plastic Food Containers (without lids)



Expanded Polystyrene Food Containers & Trays



Disposable Plastic Cups for Cold Drinks*

*Banned from **1 Oct 2022**

Releases of balloons will also be banned in WA from 1 July 2022.

*Some exemptions and other banned items apply. See plasticsbanwa.com.au for details



Give animals a 'brake'

SLOW DOWN AT DUSK AND DAWN

You might know the road like the back of your hand, but you don't know when an animal might suddenly appear in front of your car. Remember to give animals a 'brake' and slow down at dusk and dawn. Livestock collisions can be fatal for drivers, passengers and animals.

To find out more, or to report a hazard, visit mainroads.wa.gov.au or call **138 138**

LIVESTOCK COLLISIONS CAN BE FATAL



Heat can be extreme in Mount Augustus National Park

Please take care out there and:

- Check the weather forecast and do not hike long trails in hot weather.
- Know that it can be much hotter on the mount than at its base.
- Carry and drink at least one litre of water per person, per hour when hiking and more in hotter weather. There is no water along the trails.
- Wear a broad brimmed hat, sturdy footwear and loose, long-sleeved clothing. Apply sunscreen.
- Hike in groups of three or more experienced hikers.
- Provide a trusted, responsible person with enough detail of your travel plans so they can get help if required.
- Carry a Personal Locator Beacon or satellite phone as mobile phone coverage is extremely limited.



1 litre, per person, per hour



If you intend to hike the Summit Trail:

- Fill out the Summit Hiking Form and leave on your vehicle dashboard. Available from Mt Augustus Tourist Park and exploreparks.dbca.wa.gov.au.
- **Only very fit and experienced bushwalkers should attempt this full day, very challenging hike.** Some hikers have not survived this trail.
- Spend a few days hiking shorter trails before considering longer hikes and then gauge your ability to tackle the challenging Summit Trail.
- The Summit Trail is:
 - open – May to August.
 - closed after 7am – September, October, March and April. Start your hike before 7am in these months.
 - closed – November to February.
- Know your limits and turn back if you feel fatigued.



Save the app that could save your life



[emergencyplus.com.au](https://www.emergencyplus.com.au)

Download the free Emergency+ app before your visit. Use the app in an emergency to call for assistance. If there is no mobile phone coverage you **WILL NOT** be able to call 000 but the app will provide you with your GPS location.

2022_470-0922



Department of Biodiversity,
Conservation and Attractions



★ 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



INTERVIEW WITH COLIN JONES FROM THE COMMUNITY RESOURCE CENTRE (CRC)



How long have you been volunteering with the CRC?

I've been on the committee for 2-3 years.

What made you start volunteering?

They asked me

I said yes because I want to show people in town that there are opportunities when you give it a go. Now we have three more aboriginal people at the CRC – Gill, Mandy and Tiffany.

I also help at the school garden and I help any oldies who might need help with heavy lifting, gardening etc.

What do you do as part of your role?

I am the Vice President which means sometimes I chair the committee meetings.

I chaired my first meeting last month. I stuttered a bit to start with but by the time the last agenda item came around I was fine. It's good experience. I admire people who can talk well in front of other people.

What do you like most about it?

Communicating with other people. Helping the community. Helping other people at the CRC and older people.

What's the worst aspect?

When the meetings go over time but it doesn't happen too often. The meetings are only once a month on a Tuesday 5pm.

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

We giggle about anything, we have a really happy atmosphere.

I meet a lot of people at the CRC, lots of happy people.

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

It won't hurt – it'll make you feel happy. It all depends on your attitude. The best attitude to have is just be positive, happy, don't be shy.

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

People can just come down to the CRC have a yarn. Speak with Jo, she's great to speak with, or see Mandy or Tiffany. They brighten everything up, happy people.



MEROME BEARD

CANDIDATE FOR NORTH WEST CENTRAL



MEDIA RELEASE | 11/9/2022

LABOR NEEDS TO SEAL THE DEAL FOR GOLDFIELDS HIGHWAY

Merome Beard, Nationals candidate for North West Central, has backed community calls from the Shires of Meekatharra and Wiluna for the Labor Government to step up and re-instate funds to seal the last 124kms of the Goldfields Highway.

The McGowan Government has side-lined this long over-due upgrade of a key piece of the State's highway system and transport network for the past five years – ripping away a \$60 million Royalties for Regions commitment by the previous coalition Government for works that were project ready.

"As the only State Highway in WA not completely sealed, the remaining section of this regional connector road is paramount, and the economic benefits and investment should be obvious and have the Labor Government 'chomping at the bit' to ensure a robust and stronger regional road network.

"The former Federal Coalition Government announced \$16 million for this project so I hope the State Labor Government continues to advocate to keep this funding in the next Federal Budget."

"Indicative costing estimates apparently now put the project between \$70-80 million, but surely this is a drop in the ocean with the State's \$5.7 billion surplus."

"This project should be a priority for the Government, with more people travelling across Australia, increased demand for road freight and the heavy transport sector, along with growing mining, pastoral and tourism industries – not to mention addressing safety concerns."

"Wiluna and Meekatharra should not keep playing second fiddle to the metro area's 'nice to haves' such as a \$100 million pedestrian bridge – just another example of the Government abandoning our regions."

"It's time the Labor Government plugged the gaps to make sure every Western Australian benefits from improved regional roads." Ms Beard said.

Media Contact: Sebastian Schiano, 0404 021 129

0476 040 696 merome.beard@nationalswa.com

[MeromeBeardforNWC](https://www.facebook.com/MeromeBeardforNWC) [@merome.beard](https://www.instagram.com/merome.beard)

THE NATIONALS
for Regional WA



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.





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**



UNSEASONABLE RAIN -OR IS IT?

The unexpected but most welcome rainfall at the beginning of September put smiles on everyone's faces, whether in town or out on the stations.

There's nothing like rain to freshen everything up, including our spirits. Whether it be to fill a rainwater tank, water gardens or grow feed for stock we need that water from the clouds.

I asked a few people what their thoughts about the rainfall meant to them.

Tracy Elliot, of Mingah Springs Station, tipped 65 mms out of their rain gauge and said she hadn't seen rain at this time of year before and hoped there would be plenty more to come.

At Paroo Station Louise and Jim Ford have recorded 35 mms for this winter and this means they have nearly achieved their average yearly rainfall of 200 mm. Louise is hoping this might mean a return to winter rains not seen in the areas for many years.

Clyde Hall of Neds Creek also thinks this may be a return to a winter rainfall pattern that he can recall from his childhood years when a mid-level disturbance comes in off the coast and brings rainfall to our area. Whilst Neds Creek had not long started mustering the 31 mm that

fell didn't hold things up too much and the Hall family welcomed the rain.

Roll on to the end of September and more unseasonable rainfall in the area. Thursday 29th saw a storm building up on Meekatharra with plenty of wind and dust, which culminated in a hail storm later in the afternoon. Rainfall amounts varied around the area and with the Landor weekend approaching there was some anxious people worrying about roads to the big event.

Kenneth Hall was travelling from Meekatharra north along Great Northern Highway late afternoon on the same Thursday afternoon and discovered he had, fortunately, missed a massive hail storm that occurred in front of him, about 80 kms north of town. There was plenty evidence of the storm still around when he drove through the area.

With this rain and mild weather the countryside is certainly looking a picture.





OPEN LETTER TO DUST.

OUR CONGRATULATIONS TO

SUENJA CHARE

RECENT

ON HER RECOGNITION OF

OVER 10 YEARS SERVICE

TO ST. JOHN'S AMBULANCE
MURKATARRA.

IT WAS A WONDERFUL INTERVIEW

IN THE LAST DUST AND A REAL
INSIGHT INTO WHAT GOES ON
WITH OUR VOLUNTEERS

OUR FAMILY SPEAK FIRST
HAND OF SUENJA'S PROFESSIONALISM,
HER SENSE OF CALMNESS & HER
ABILITIES TO TAKE CONTROL.

THANK YOU, SUENJA, FOR YOUR
DEDICATION
THE MAHONY FAMILY.

LASER TAG

Thanks so much to the Youth Services team for putting on Laser Tag and a BBQ for the kids this school holidays!

We were very lucky to have the Laser Team group head through town and were willing to stop in and provide a few hours of entertainment for us.

It was a great day and although it may not look like it, the weather was actually lovely.



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

MEEKA SPORTS FOR ADULTS

WEDNESDAYS 6PM-8PM
AT THE OVAL

FREE
ALL ADULTS WELCOME

shire of
meekatharra
a golden prospect



CAPPED AIRFARES HAVE LANDED IN REGIONAL WA

\$199
ONE WAY

< 1000km
from Perth

\$299
ONE WAY

> 1000km
from Perth

Now it's even easier for regional residents to stay connected to family, friends and access essential services in Perth. In a joint initiative between the State Government and our aviation industry, capped airfares are now available for regional residents travelling to Perth and back. Affordable, everyday air travel is one way of helping regional WA get a fare go.

Flights begin on July 1, so for booking details or more information, contact the airlines, your travel agent or visit farego.wa.gov.au

Terms and conditions apply.

farego.wa.gov.au

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



shire of
meekatharra
a golden prospect

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

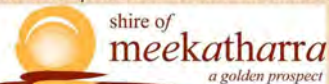
Be apart of this fundraising activity for the Meekatharra Outback Festival Committee

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.



WAPHA FUNDING

The Shire has been working with the WA Primary Health Alliance (WAPHA) the past few months to deliver programs aimed at reducing the risk of suicide in Meekatharra.

WAPHA have handed out Suicide Prevention Funding grants to ten Shires within the Goldfields and Mid West regions as part of the National Suicide Prevention Trial that supports the states most at risk communities.

So far WAPHA have supported the Youth Focus young men's program, Meeka Walk for Suicide Awareness happening this month, the community day last month where The Struggling Kings came to town and the video that was filmed in September.

The Meeka Walk for Suicide Awareness is for the community to gather together and walk 3139 steps around town, one step for each suicide in Australia in 2020 (latest data we could gather). During the walk it is a chance to reflect and remember. The Youth Focus staff will be there for support if needed. After the walk we will have dinner together. Join us for this event on the 16th of October, 4:30pm at Welcome Park.

We had Health Communication Resources from Geraldton come out to film a short video of local people talking about what they do to keep mentally healthy. Dane and his team went around to the Youth Centre, parks, Youth Focus and anywhere people were gathered to ask the question: *what do you do*

to keep mentally healthy? So many people contributed and we are very excited to see it when it comes out! We will keep you all updated when we can see the video.

As well as the programs and activities that have been put on mental health training has been offered to people of Meekatharra and the Mid West. The training has included Mental Health First Aid and Gatekeeper Training, plus more. Both programs have been proven to upskill those individuals to deal with mental health crisis's and see the signs of declining mental health. Across many staff and community members have completed training.

We are very grateful to have this opportunity to deliver activities and programs within town to help the most vulnerable and the wider community, all thanks to WAPHA.

The funding finishes in December, so if your organisation is keen to run a program please get in contact with Amy at the Shire at cdo@meekashire.wa.gov.au for more information.



Struggling Kings Performing



Health Communication Resources interviewing Jo and Sam about what keeps them mentally healthy



MEEKATHARRA GAS BOTTLES

ATTENTION HOUSEHOLDERS

BOC/ELGAS ARE CURRENTLY HAVING ISSUES IN THE LACK OF NUMBERS OF EMPTY 45KG HOUSE GAS BOTTLES BEING RETURNED TO THEIR AGENTS ACROSS THE MIDWEST. WE ARE ASKING ALL RESIDENTS IN MEEKATHARRA AND SURROUNDING COMMUNITIES TO RETURN ANY EMPTY 45KG GAS BOTTLES TO YULELLA AT 755 CONNAUGHTON STREET MEEKATHARRA. PHONE OR EMAIL (08)99801339 – Reception@yulella.org.au TO ARRANGE COLLECTION AROUND TOWN.

THANK YOU KINDLY! 😊

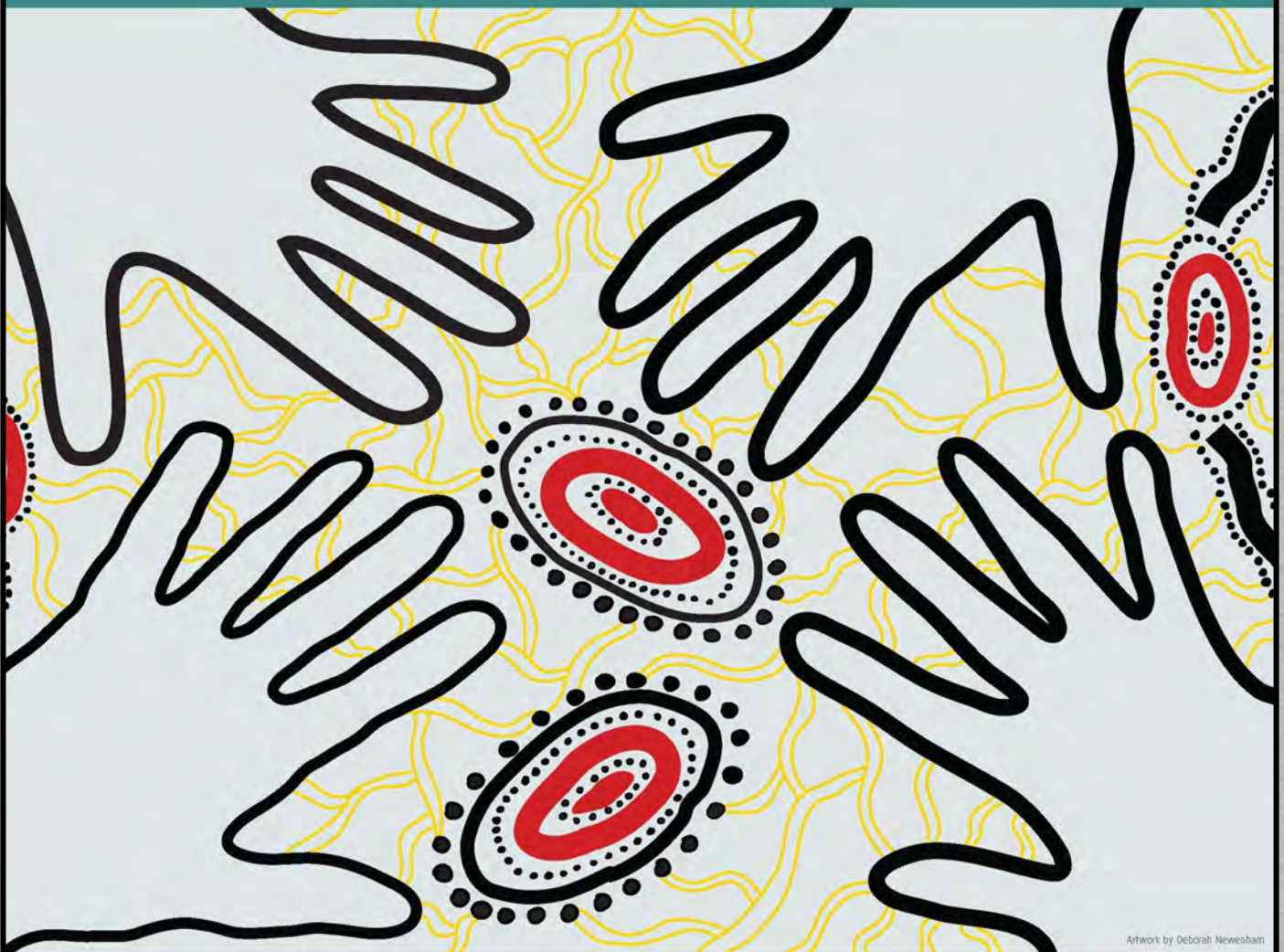




Government of Western Australia
Department of Justice

Aboriginal Mediation Service

Assisting Aboriginal people to resolve conflict before it escalates to violence or results in court action



Artwork by Deborah Newenham

If you would like more information about the Aboriginal Mediation Service, contact:

Freecall: 1800 045 577 | **Phone:** 9264 6176

Email: aboriginalmediationservice@justice.wa.gov.au

Office hours: 9am - 4:30pm, Monday - Friday (closed public holidays)

www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

"We're here to help, call us for a yarn"

13 92 76

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.



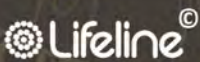
Culturally Safe Space



Available 24/7 across Australia from any phone



We listen, without judgement or shame



This initiative is funded by the Australian Government, Department of Health



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

This service has been developed in collaboration with Gaaya Dhuwi

MEEKATHARRA LIBRARY AND MUSEUM

Did you know that lurking behind the front office of the Shire is our local library and museum? Have you been in to have a look at either or both? There's so much to see in there.

Our local library has a fabulous range of books, DVD's and audio books to suit all ages and tastes. As well as all these items you can borrow we also have a selection of donated books that you can take and keep or pass onto someone else. Ideal if you are going away, want something to read but don't want to worry about losing a library item.

Joining the library is free of charge and very easy to do. You just need a photo ID and a local address. Children will need a parent/carer with them to join.

The library has regular deliveries of updated materials including books, DVD's and audio books sent to us. Periodically some of our items, that we've had for a while, will be taken out and returned to the State Library of WA.

If you come in and can't find a particular item let us know. If it isn't in our library we can try to obtain it from another li-

brary in WA and have it sent to us for you to borrow. You are also welcome to make recommendations of books you think should be in our library permanently .i.e. it belongs to the Meekatharra library, not the WA State library where most of our library items come from.

The museum is a treasure trove of history of Meekatharra and surrounds. We receive many compliments from visitors about it. As well as the static displays there are a range of photo albums and record books you can browse as well. Don't forget to check out the photos all around the walls. Some fabulous memories of a time gone by to be seen there.

The library and museum are open the same hours as the Shire; 8.00 am to 4.30 pm and you can spend as long as you like browsing, reading (we've got some comfy chairs) or checking out the museum.

Our library officer only works on a casual basis but when not in the Shire office can be contacted by email at library@meekashire.wa.gov.au



Do you happen to have any library materials (books, DVDs Audio books) from the Meekatharra Library at your house that you have forgotten to return?

If so it would be appreciated if you could please do a check of your books, DVD's or audio books and just make sure they aren't library materials. All library materials will have a sticker with State Library and a barcode or Meekatharra Library and a barcode on the front. On the spine they will have a call number such as F CAL or JF BDE.

If you find any such items it would be appreciated if you could please return them to the library as soon as possible.

If you have any questions re the library or materials you have please email library@meekashire.wa.gov.au





PAWS
FOR A PURPOSE

What is canine parvovirus (parvo)?

Canine Parvovirus (a.k.a. "Parvo") is the most dangerous virus in Australia for our canine pets (dogs and puppies). Of all the viruses we vaccinate against, Parvo is by far the worst. Parvo kills more pet dogs in Australia every year than any other virus.

Latest research suggests that 20,000 dogs and puppies catch Parvo every year just in Australia, and half them sadly will die as a result of the disease. In Australia a dog catches Parvo approximately every 24 minutes.

At what age are dogs most at risk to contracting parvo?

Puppies less than a year of age are most at risk, but adult dogs that are not recently vaccinated can also catch Parvo. The risk is highest in areas where the disease is 'endemic' (it doesn't disappear, just keeps recurring).

Lower socioeconomic areas in the capital cities or in outer urban areas, regional and rural areas across Australia, where people cannot afford to vaccinate are the most high-risk areas for the disease, because the disease keeps spreading due to a lack of 'herd immunity'. If people have pets in these areas that are not fully vaccinated, the risk of this disease is very high.

How do dogs contract parvovirus?

Parvo is spread in infected diarrhoea and can live in the environment for over a year, so it takes time for it to disappear after outbreaks occur. It can be sitting under the bench in a park or at the door mat of your house.

It can also be transported on people's shoes. Even dogs that don't leave the house, or the farm, can still catch the virus, if they are not properly vaccinated. In some really bad areas, the virus occurs all year round.

What are the signs of parvovirus?

Parvo disease causes terrible vomiting and diarrhoea, followed by dehydration and immune suppression, and sadly in many cases death - particularly in puppies.

Can my dog contract parvo if he/she is up to date with vaccinations?

If your pet dog is up to date with their vaccines or if you are not in an area where a Parvo outbreak is occurring, then the risk is small.

Can my dog contract parvo more than once?

Generally, a dog will not contract Parvo more than once. If they survive after catching the disease, they will usually have developed a very good immunity. The problem is that many puppies that catch Parvo don't survive and those that do go through a lot of suffering before getting better.

What is the best prevention against parvo?

Groups of dedicated scientists around the world have been researching this virus ever since it came into existence. So we have very good knowledge of it and we have really good vaccines nowadays that can provide good protection for pups and dogs.

How do I kill the virus around my home/work. What to use, what should be cleaned/thrown out.

If you have had Parvo around your home or work, then you should use a 'parvocidal' cleaning agent such as 'Virkon' or good quality household bleach at the right concentration 0.5% concentration (suggested dilution between 1:10 and 1:30, depending on the initial concentration of the product).

You need to ensure to have contact with the cleaning agent for the right amount of time, to clean anything that has come in contact with the virus. In high-risk regions, your shoes are one of the ways you can bring Parvo into your house, so it is best if you remove your shoes when you step through the door.

How can I help?

If you feel connected to the work we are doing, there are many ways that you can help support Paws for A Purpose, or ways you can join our cause!

- ✦ Organise a fundraising event to raise funds for our cause like Gerry.
- ✦ Purchase or resell premium beef treats created by the founder using 100% Australian beef online (<https://www.pawsforapurpose.org/store/p1/PremiumBeefTreat.html>)

Will my dog have any side effects after parvo?

Unfortunately, yes, they might. Dogs that have had Parvo can be left debilitated. They may have ongoing gastrointestinal issues, a weakened immune system, and psychological damage following the trauma of the event (they may be scared to go back to the vet, etc). It can take quite some time to recover after severe parvo disease.

- ✦ Or at a shop near you (<https://www.pawsforapurpose.org/our-supporters.html>)
- ✦ Make a donation online (<https://www.pawsforapurpose.org/donatenow.html>)
- ✦ Connect us with corporate sponsors or individuals who would like to sponsor or support us (<https://www.pawsforapurpose.org/contact.html>)
- ✦ Sign up to our newsletter to stay engaged (<https://mailchi.mp/5a79b910d180/pawsforapurpose>).



**Shire OF
Wiluna**



Media Release

It's time to fill in the gaps

"We're not after a dust up over this issue with the State Government, we just want less dust for the safety of road users on the Goldfields Highway" Shire Presidents Cr Harvey Nichols of Meekatharra and Cr Peter Grundy of Wiluna have stated.

Shire Presidents Cr Harvey Nichols of Meekatharra and Cr Peter Grundy of Wiluna are calling on the State Government to commit to a program of sealing the approximately remaining 124km of the Goldfields Highway.

Sealing the remaining 124km will improve accessibility for pastoralists, mining and indigenous communities that will deliver direct local freight benefits; significantly improve the travel time between Meekatharra and Wiluna (and the connector regions of the Goldfields and Pilbara).

In 2016 the Mid West Development Commission (MWDC) and Main Roads WA (MRWA) completed a Business Case for the sealing of the Goldfields Highway for various sections. It has been 6 years since this report and the mining industry has expanded rapidly into the Northern Goldfields and tourism numbers are increasing after Covid lockdown period.

Meekatharra Shire President Harvey Nichols stated "With my Wiluna counterpart we will be seeking a meeting with Minister Saffioti to support the funding and a firm start date for these upgrades."

Wiluna Shire President Peter Grundy stated, "With the by election in North West Central we will be asking the candidates to ensure that this is an issue that they will advocate for."

Both Shire Presidents note that the Office of Northern Australia – Our North, Our Future: 2021 – 2026 Plan, states that the road network in Northern Australia is essential for the movement of people and freight, and for connecting dispersed communities.

Both Shires receive regular complaints from road users regarding near misses, road closures, breakdowns and missed tourism opportunities.

Key Points

- The Goldfields Highway is a State Highway.

- It's the only State Highway in WA that is not completely sealed.
- Indicative costing estimates the project at \$70m to \$80m.

Cr Harvey Nichols
 Shire President
 Shire of Meekatharra

Cr Peter Grundy
 Shire President
 Shire of Wiluna

Contact: **Kelvin Matthews** Chief Executive Officer Meekatharra 0417 989076
Gary Gaffney Chief Executive Officer Wiluna 0417 141877

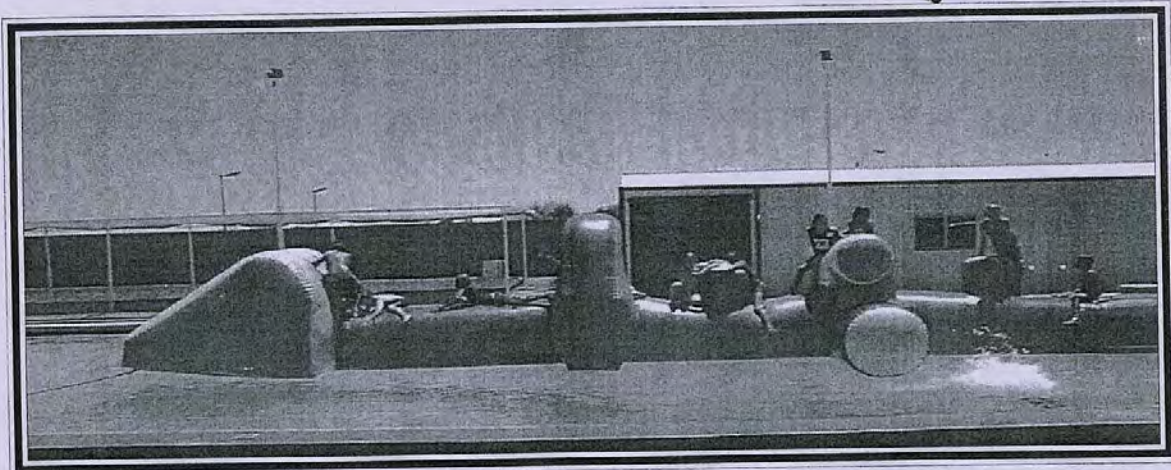
Proclaimed highways - WA

H49	Goldfields Highway	Goldfields Highway	Meekatharra	Kambalda	788.13	489.72
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MEEKATHARRA DUST

ISSUE NO. 145 OCTOBER, 2002 PRICE \$1.20 incl. GST

The Pool Is Open



The refurbished Meekatharra Swimming Pool opening weekend saw a huge multi-coloured inflatable arrive in town causing all sorts of fun. It encouraged lots of laughs and mobs of spills. The 20m X 2m X 2m obstacle course was kindly lent by the Shire of Morawa and transported by the Morawa Swimming Pool Managers, Owen and Kelly Doye.

Much merriment was had by all with **“Child Stack Of The Weekend”** going to Jarrod and **“Adult Stack of the Weekend”** being a tough one to pick, finally it went to Digger, followed closely behind by Allison Haidurongo.

Michael Garrity and Alan Moses gave it a good bash also.

Anyone interested, Nicole is willing to show you through the new plant room explaining the state of the art chlorination and filtration system to interested locals. You can then eyeball the reason as to why the pool was a tad late in opening this season.

There is lots of new shade going up at the pool and also the new coat of paint looks great. It gives the pool a nice ‘fresh’ look and hopefully encourages a few more swimmers.

Check inside for details on hours, prices, rules and some of the events happening and that could happen.

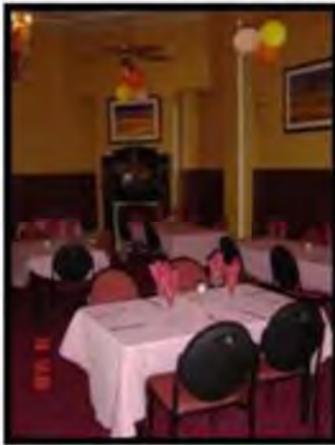
Commercial Hotel Meekatharra

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

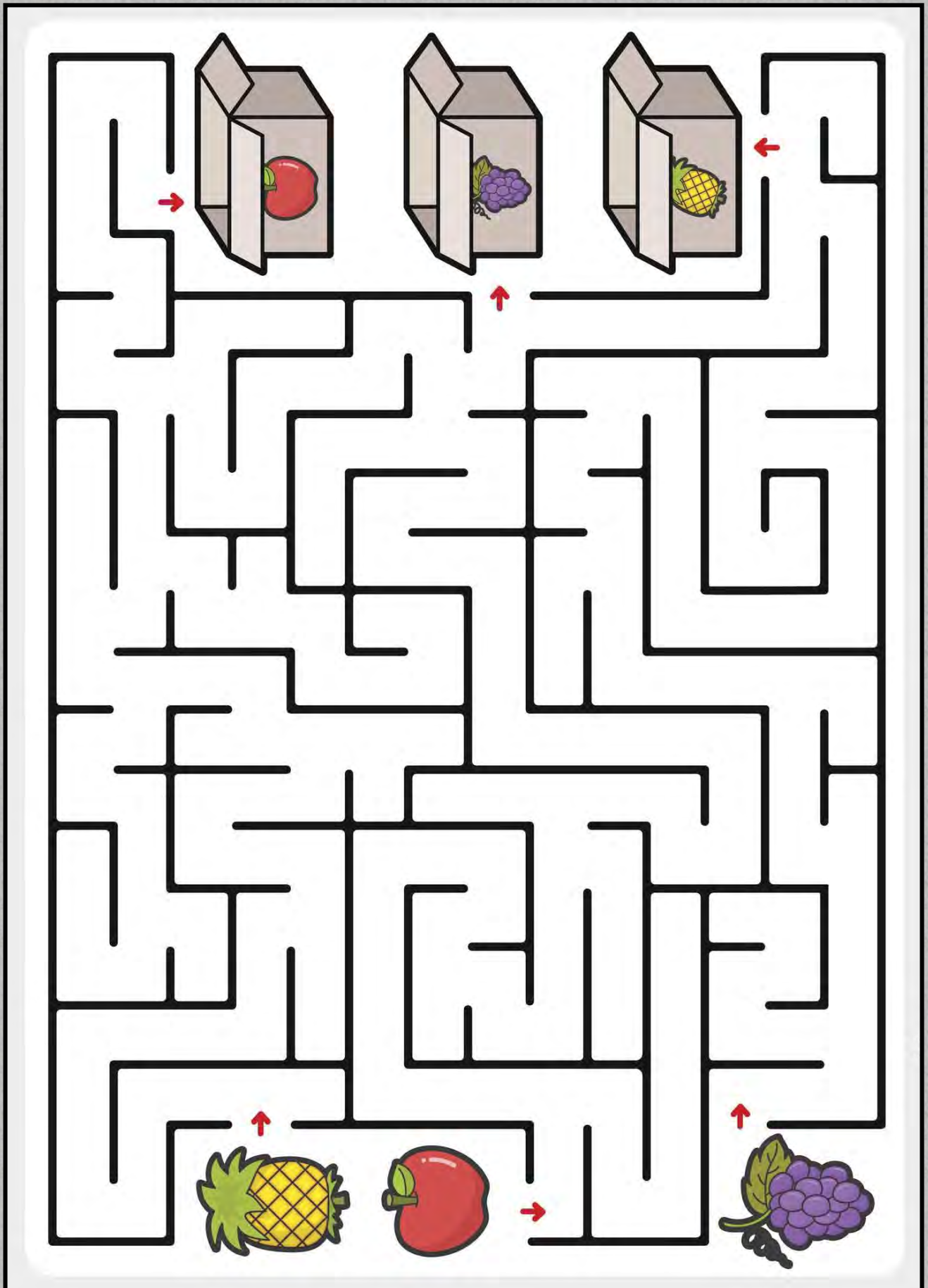
Emails: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

KIDS CORNER



LOADED MUSHROOM BURGER

This fully loaded burger will satisfy your vegetarian guests

Ingredients

- ▲ Olive or canola oil spray
- ▲ 1 red onion
- ▲ 4 large flat, field or Portobello mushrooms
- ▲ Pepper, to taste
- ▲ 4 slices reduced-fat cheese
- ▲ 4 eggs
- ▲ 4 round wholegrain or sourdough rolls
- ▲ 2 tablespoons tomato chutney or relish
- ▲ 1 avocado, peeled, seeded and sliced
- ▲ 1 tomato, sliced
- ▲ 4 gherkins, sliced thinly lengthways
- ▲ 4 lettuce leaves

Method

1. Spray a barbecue plate or large griddle pan with oil and heat on high. Slice onion into 1-2cm thick slices, keeping rings intact. Place on grill and cook for 4-5 minutes each side.
2. Trim the mushroom stalk and place on the barbecue, stalk side down. Cook mushrooms 4-6 minutes then flip, season with pepper and cook mushrooms a further 2-4 minutes. Add cheese slice and cook for 2 more minutes until mushroom is cooked through and cheese is melted.
3. Spray a large non-stick fry pan or flat barbecue plate with oil and heat over medium heat. Crack eggs carefully into the pan and cook until tops of white are set but yolks are still runny.
4. Slice bread rolls in half and hollow out the tops to make more room for the fillings if you need. Lightly toast if desired.
5. To assemble burgers, spread each roll base with chutney, add cooked onion slice, a cheesy mushroom and an egg. Fill each roll top with ¼ avocado then load up with tomato, pickles and lettuce. Carefully sandwich both roll halves together and secure with a wooden skewer. Serve immediately.

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 4





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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




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**

Meekatharra Community Church (Uniting Church)



**Frontier
Services**

*Serving Outback
Australia*

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

Contact:
Rev Mitch Fialkowski
9981 1053
0419 547 175

Camping or caravanning with your dog in northern WA? Protect them against the serious dog disease ehrlichiosis

As the holiday season approaches, it is easy to get caught up in the excitement of organising a well-deserved break with the kids and furry friends. Before packing up the camping gear and loading up the caravan, it is important to remember our canine companions need our help to ensure they are protected while they wander out yonder with us.

If you are planning on travelling to northern WA with your dog, remember to protect them against the brown dog tick and reduce the risk of them getting sick from ehrlichiosis (*E. canis*).




The best ways to protect your dog include:

- ✓ Treating them with an effective brown dog tick prevention product such as a tick repellent collar or spot on treatment to prevent the tick biting them.
- ✓ Also use a brown dog tick control product such as tablet or chew so that it kills any ticks that do attach to your dog. Speak to your vet about the most suitable product/s.
- ✓ If you cannot avoid tick-infested areas, be aware of ehrlichiosis signs: high temperature, tiredness, reduced appetite, weight loss, runny nose or eyes, & unusual bleeding or bruising.
- ✓ If your dog begins to show signs of ehrlichiosis while you are travelling or on your return, contact your vet immediately.

For more information, visit <https://www.agric.wa.gov.au/ehrlichiosis>. To report signs of ehrlichiosis, call 1800 675 888.

IMPORTANT DATES

October 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 KindiLink 10am-12pm Exercise Classes @Hall 6pm Olympian Visit 6pm-8pm Oval					1 Oct Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	2
3	4	5 Rhyme Time 10am @ Shire Library Containers for Change 12:30pm-4:30pm Adults Sports @ Complex 6pm	6	7	8 Mental Health Week Starts Containers for Change 8am-12pm Meeka Goes Green 9am-11am Markets 9:30am-1pm	9
10 KindiLink 10am-12pm Exercise Classes @Hall 6pm Midwife @ Clinic	11 Midwife @ Clinic Physio @ Hospital	12 KindiLink 11am-1pm Containers for Change Adults Sports @ Complex 6pm	13	14 KindiLink 10am-12pm	15 Ordinary Council Meeting 9:30am Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	16 Meeka Walk for Suicide Awareness 4:30pm @ Welcome Park
17 KindiLink 10am-12pm Exercise Classes @Hall 6pm	18 ICDC Team	19 KindiLink Containers for Change Adults Sports 360 Health & Aus- tralian Hearing	20	21 KindiLink 10am-12pm Australian Hearing @ Clinic	22 Containers for Change 8am-12pm Meeka Goes Green 9am-11am 	23
24 KindiLink 10am-12pm Exercise Classes @Hall 6pm	25 Optometrist @ Hospital	26 KindiLink 11am-1pm Containers for Change Adults Sports @ Complex 6pm	27	28 KindiLink 10am-12pm	29 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	30