

Meekatharra Dust

NOVEMBER 2022 | ISSUE NO.355

COST \$2.50



More Information on Meeka's Walk For Suicide Awareness Inside

Photo by Paulette Anderson



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.



QUIZ NIGHT

Tease Your Brain & Win a Prize

**Friday,
Nov 25**

at Town Hall
Doors open at: 06:30pm
Game starts at: 07:00pm
16+ event

\$10

per person

includes a grazing platter

BYO drinks



To register visit the link below or scan the QR code

<https://www.surveymonkey.com/r/MFKGH3J>



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NOTE FROM THE EDITOR

Dear Readers,

Welcome to the second last edition of the Meekatharra Dust for 2022! This year has gone by in a flash but still lots more to come in the next two months.

In November we are starting off with a visit from Circus Challenge who will do a community show on the 4th of November, then a Quiz Night for the adults on the 25th of November. Of course all the usual activities are still on like the Monday and Wednesday evening adult sports, Rhyme Time at the library for the kids, the Youth Centre and Kids Zone, and of course so much more.

In October Meeka sure had a busy month with the school holiday program, return to school, Lions Park development consultations, the first annual Meeka's Walk for Suicide Awareness, the Youth Services team heading to Perth to win two awards and of course Markus Simpson's big trip to the USA to play baseball for Australia. Information on all these can be found in this edition.

Interview with a Volunteer, written by our own Svenja Clare, has been a great hit the past few months. Make sure you keep up to date with all the interviews with the different types of volunteers in our community.

Happy reading!

The Editor

MEEKA YC TERM 4 PROGRAM



	M	T	W	TH	F
3PM-5PM	5-10 YEARS: KIDZONE AGE 10+: WATERPOLO AT POOL	5-10 YEARS: KIDZONE SPORTS AGE 10+: JUNIOR SPORTS AT YC	5-10 YEARS: KIDZONE AGE 10+: AQUATIC GAMES AT POOL	5-10 YEARS: KIDZONE AGE 10+: ART AND CRAFT AT YC	5-10 YEARS: KIDZONE AGE 10+: WATER BASKETBALL AT POOL
6PM-8PM	AGE 13+: CRICKET AT INDOOR CENTRE	AGE 8+: FOOTY AT OVAL	AGE 13+: VOLLEYBALL AT YC	AGE 8+: BASKETBALL COMP. WITH KARALUNDI AT COURTS	AGE 13+: MOVIE NIGHT AT YC

SHIRE YOUTH TEAM WIN COMMUNITY AWARDS

The Meekatharra Shire Youth Services Team were nominated by Youth Focus for the Department of Local Government, Sport and Cultural Industries *Making a Difference Award* at the Western Australia Community Achievement Awards.

Not only did the team win the *Making a Difference Award* but also to everyone's surprise and delight won the *People's*

Choice Award. A big thank you to everyone who voted. It was good to see the community backing the team and making sure they know how valued they are in the community.

The prizes included vouchers which will be used to buy equipment for the Youth Centre and Kids Zone.

Congratulations to the Youth Services Team on this well deserved award.



WINNER

DEPARTMENT OF LOCAL GOVERNMENT, SPORTS AND CULTURAL INDUSTRIES
MAKING A DIFFERENCE AWARD



Department of
Local Government, Sport
and Cultural Industries

Meekatharra Shire Youth Services



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



Extraordinary Outback Experience

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

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

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

0899439527
mtaugustustouristpark@skymesh.com.au

M E E K A T H A R R A



ACCOMMODATION CENTRE

Open Daily 6.00am—9.00pm

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

bookings@meekatharraaccomodation.com.au

or call on 99811253

BE RESPONSIBLE



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

FREE Waste Bags are available at the oval.

Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

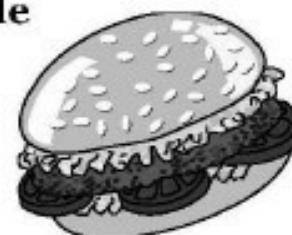
Ph: 9981 1151



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



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



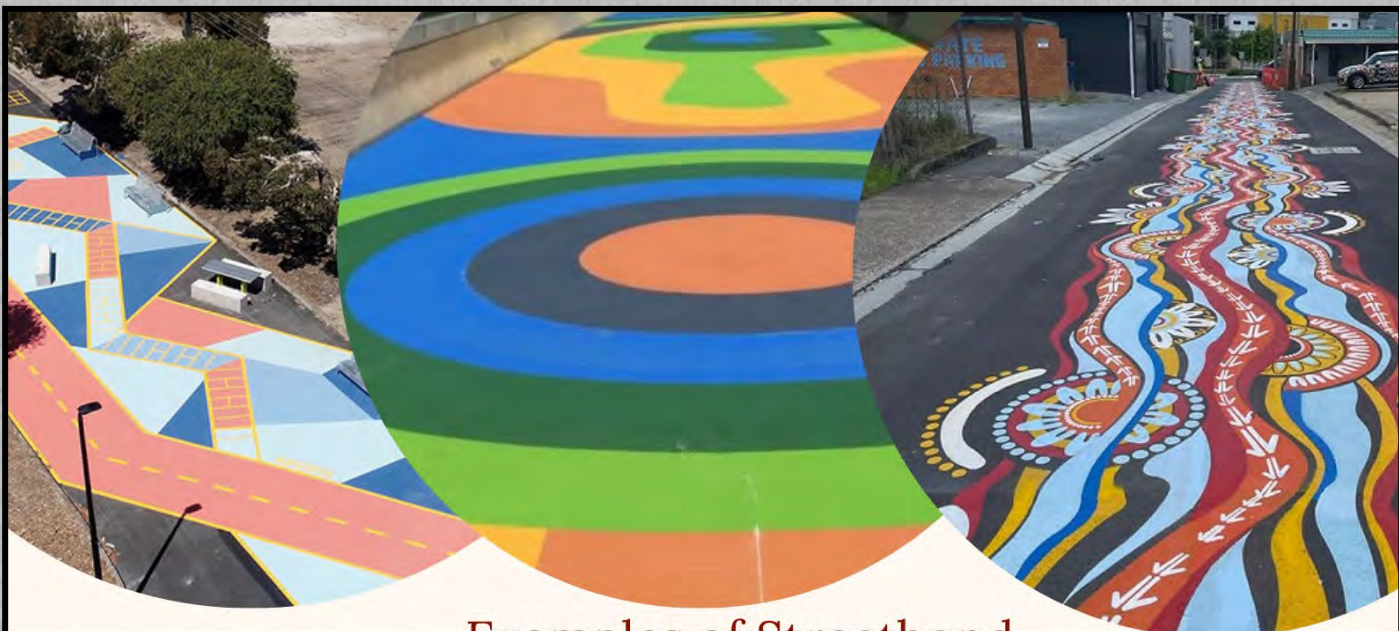
A range of Asian Ingredients and utensils available for sale



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



**Tyre Repairs
Driveway Service**



Examples of Streetbond

CALLING ALL ARTISTS MEDIAN STRIP UPGRADE

Registration of Interest

The Shire is planning on upgrading the Median Strip in Main Street by rebuilding it with a concrete surface and a spray-on paver finish.

Three sections will be left blank for artistic murals, displaying the three main pillars of Meekatharra's heritage: Indigenous, Pastoral and Mining. The murals will be applied with 'Streetbond', a hard-wearing and long lasting surface treatment that gets sprayed on by external contractors, using stencils.

For this we want YOU! Are you an artist who lives in Meeka or has a connection to Meeka? Can you combine community feedback into beautiful designs?

If so: please contact Svenja Clare at the Shire of Meekatharra on either 9980 0600 or cdsm@meekashire.wa.gov.au for the design brief and more information



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

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.




Get vaccinated



Call the clinic if you're sick



Wash your hands



Two big steps (1.5m)
Keep your distance



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 on iTunes or Google Play




Smiling Mind




Mindshift



Reachout Worry Time



What's Up?



The Check-in

5 TIPS TO BE MENTALLY HEALTHY...



WHAT AN AMAZING EXPERIENCE!!



Yulella Aboriginal Corporation
Yulga Jinna Remote Community
Meekatharra Community Resource Centre
Buffalo Lodge (MKA)
Artistic Cabinets (Perth)
MKA Ladies & the Odd Man (You Know who youse are)
Thuroona Services (Perth)
Fielders Choice Baseball (Perth)
Andrew Binsiar
Nana BA
Ernie Dingo
Sheldon Brady

On behalf of Markus Simpson Jnr and our Family we would like to say a big Thank You to all who donated and supported Markus on his Baseball Dream to play Baseball in the USA , it has been an experience he will never forget.

The Aussie team played amongst the best in the USA and Placed Fourth in the Perfect Game Tournament , the Aussie Team played their heart out and made us proud.

Markus was very proud to have gifted players with our locally designed tshirts donated by the Shire, Andrew Binsiar and Yulella, to show where he comes from. The Western Wild-cats High School Baseball Team swarmed him like seagulls to claim a shirt.

We do apologise to everyone at home who was hoping to watch the Aussie Boys in action, but due to Perfect Game having their own Live streaming Platform it was not to be.

So once again Thank you

Geraldton Aboriginal Sporting Corporation (GSAC)

Meekatharra Shire

Also thank you to

ABC Radio and Ngaarda Media for the interviews

Thank you to our Mum / Nanna Deborah Robinson and Aunty / Cousin Marissa Mallard for surprising us and joining us on this Journey your support, camera/video skills , sewing skills and just being there was much appreciated.

Also a special mention to two people who jumped on board and supported and assisted us from the start , with setting up GO FUND ME Page, Letter and Emails, taking phone calls, reminders of things to do and over all just being there for our whole family. My friends Paulette Anderson and Heidi Burkenhagen I couldn't have done it without you.

Thanks again to all Family and Friends and People all over Australia for your Contribution, Donations, Support and Well Wishes to Help Markus Dream Come True.



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
5pm-6pm
Town Hall



For enquiries please contact Amy at the Shire on 9980 0600

RHYME TIME

Rhyme time is back at the library on Wednesday mornings between 10 and 10.30 am. It's an opportunity for mums/ carers with children aged 0-4 to come and enjoy singing some rhymes and listen to a story read by the librarian or one of the local mums when the librarian isn't available.

We all know, and understand, that children in those age groups are not always happy to sit still, listen or pay attention but please don't let that stop you from coming along and joining in with us. It's a great opportunity for the children to get together as well as mums and carers.

Whilst in the library why not take the opportunity to have a browse and borrow some books, DVDs or audio books. We have a range of items for all ages. If you are not a member of the library it's easy to join. You just need to have a Meekatharra address and photo ID.

We realise that Rhyme Time is on the same day, and just before, Kindi-Link. Later in the year we may be

able to look at this if too many find it's a bit much for their children.

If you have any queries about rhyme time please email library@meekashire.wa.gov.au



Librarian Raelene Hall reading a book to children at rhyme time



Children enjoying rhyme time in the library



**JOIN US
FOR
RHYME TIME
AT THE LIBRARY**

10 AM TO 10.30 AM

WEDNESDAYS

0-4 YEARS OLD

STARTS 6TH SEPTEMBER

BRING YOUR LITTLE ONES ALONG FOR

RHYMES

STORIES

SONGS





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



Brand new zinc shed with single roller

Purchased from Action Sheds

Ready to assemble

6000mm (W) x 6000mm (L) x 2400mm (H)

Engineer Certified

Call S&K Electrical on 99646880

(Selling as surplus to requirements)

\$5,500

**Knock, knock.
Who's there?
Who.
Who who?
What are you, an owl?**





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

MEEKA WALK FOR SUICIDE AWARENESS

The first annual Meeka Walk for Suicide Awareness was held on the 16th of October 2022. The walk was a way for the Meekatharra Community to come together to reflect and build awareness. Since this walk was well received we have decided this will be an annual event for the town run by Youth Focus and the Shire and any organisations that are keen to help.

Mission Australia helped to support this event by hanging balloons and streamers throughout the walk and advertising the event to the community. The whole team came out for the walk to show support for everyone there.

Miss Jackie's class worked together with Youth Focus to create the Stronger Together Banner that was held during the walk and was on display during dinner. The banner looks incredible!

Youth Focus were a key agency behind this event. They supported the event from the start and worked extremely hard to make it happen. Paulette and her team spent days cooking and preparing dinner for everyone, which was so yummy! The Youth Focus team also handed out all the shirts and bags

as well as registering everyone for the walk. The team worked very hard to make this event what it was and we appreciate them so much!

To fund the shirts and other merchandise we were able to use part of the WA Primary Health Alliance (WAPHA) funding the Shire received for suicide prevention activities within the community. We are extremely grateful to be given this opportunity to create a special event for the community.

Thank you to all those who came to this event. For more support and extra information please see pages 20-22 of this edition of the Dust.





STRONGER TOGETHER

Supporting someone who is suicidal



Suicide Warning Signs

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves
- Talking, writing or painting about death, dying or suicide
- Feeling hopeless and helpless
- Feeling rage, anger, and wanting to get back at somebody
- Getting involved in risky behaviours
- Feeling trapped, like there is no way out
- Increasing alcohol and drug use
- Withdrawing from friends, family or community
- Being agitated
- Not sleeping or sleeping all of the time
- Dramatically changing moods
- Feeling there is no reason for living, or no sense of purpose in life.

Suicide Risk

People are at greater risk of suicide if they have:

- A mental illness
- Poor physical health or a disability
- Been bullied or are victims of racism
- Attempted suicide or harmed themselves in the past
- Had bad things happen recently, particularly with relationships or their health
- Been physically or sexually abused as a child
- Known someone who has recently died by suicide
- Been socially isolated/had poor social integration
- Family conflict
- Been incarcerated
- Been homeless
- Certain personality characteristics (impulsivity, aggression)

Reasons Why

The main reasons people give for attempting suicide are:

1. Needing to escape or relieve unmanageable emotions and thoughts. The person wants relief from unbearable emotional pain, feels their situation is hopeless, feels worthless and believes that other people would be better off without them.
2. Desire to communicate with or influence another individual. The person wants to communicate how they feel to other people, change how other people treat them or get help.

STRONGER TOGETHER

Supporting someone who is suicidal



What Can I Do?

If you are worried about the immediate safety of the person contact emergency services on Triple Zero (000)

Ask

If you think someone might be suicidal, ask them directly "Are you thinking about suicide?" Don't be afraid to do this, it shows you care and will actually decrease their risk because it shows someone is willing to talk about it. Make sure you ask directly and unambiguously.

Listen and stay

If they say 'yes', they are suicidal, listen to them and allow them to express how they are feeling. Don't leave them alone. Stay with them or get someone else reliable to stay with them.

Get help

Get them appropriate help. Call a crisis line like Lifeline 13 11 14, or Triple Zero (000) if life is in danger. If you can get in straight away, visit a GP or go to the local hospital. Offer to go with them if they would like.

Even if the danger is not immediate they may need longer-term support for the issues that led to them feeling this way.

You can also call Lifeline on 13 11 14 – 24 hours a day, 7 days a week or text Lifeline on 0477 13 11 14 (12pm to midnight AEST) 13YARN is available on 13 92 76 (24 hours a day, 7 days a week)

STRONGER TOGETHER

Supporting someone who is suicidal

Suicide Myth v Fact



Suicide myth

Asking someone if they are suicidal will put the idea in their head.

Fact

There is no evidence that talking to someone about suicidal thoughts is harmful. You can ask the person directly if they are feeling suicidal or if they have been thinking about suicide. By discussing it openly and honestly, you are giving the person the opportunity to take the first steps towards getting the help they need.

Suicide myth

There are no warning signs that someone may be suicidal.

Fact

There are often warning signs. A person who is thinking about suicide will usually give some clues or signs to those around them that indicate they are distressed. These might be physical (e.g. loss of energy) or behavioural changes (e.g. emotional outbursts).

Suicide myth

If someone talks about suicide, they probably don't intend to follow through with it.

Fact

If someone talks about suicide or self-harms they are probably reaching out for help. If someone talks to you about suicide, ask, listen and stay and get help

Suicide myth

Once a person feels suicidal, they will always feel that way.

Fact

Suicidal thoughts are not permanent. An increased risk is usually short-term and attached to a specific situation. People can get help and go on to live long and healthy lives.

Suicide myth

Only people diagnosed with mental disorders are suicidal.

Fact

Not everyone who is suicidal has a mental disorder. Many people with mental disorders are not affected by suicidal behaviour.

Suicide myth

Suicide is an act of selfishness.

Fact

Many people who attempt suicide feel like they are a burden, and family and friends will be better off without them. The person may feel hopeless, and it is difficult for them to imagine that things will get better.

Source: Lifeline; Suicide Call-back Service
<https://www.lifeline.org.au>

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





MEEKA GOES GREEN AGM

Saturday 26 November 2022

10.15am

at Mama Moon's Bakery, Lloyds Plaza,
Main Street Meekatharra

All welcome!

Be part of the local recycling centre

Put forward your ideas for environmentally sustainable projects

See what we've done last year

Contribute to our plans for the future

Help shape the community

Meet new people

Drink coffee



/meekagoesgreen

meekagoesgreen@gmail.com



More than mining

Proudly developing the Australian Vanadium Project in Western Australia for steel and battery markets

The **Australian Vanadium Project** consists of a high-grade V-Ti-Fe deposit located in the Murchison Province approximately 43kms south of Meekatharra and a processing plant located near Geraldton.

Australian Vanadium Project Community Engagement Day

AVL are hosting a community consultation day in Meekatharra to answer your questions about the Australian Vanadium Project.

Community members and stakeholders are invited to ask questions and provide feedback on our **environmental impact assessments findings** and **mine closure planning**, and hear information about **future opportunities** and **benefits** for the community.

Drop in any time from 8am to 6pm on
Tuesday November 15
in the Gallery in the new LLOYDs building.

There will be **FREE** coffee and cake or lunch from the Bakery provided.



For more information please contact Project Manager - Trevor Smith at trevor@australianvanadium.com.au or Regional Engagement Manager - Amy Chadbourne at amy@australianvanadium.com.au or on (08) 9321 5594

Australian Vanadium Limited
Level 2, 50 Kings Park Road,
West Perth, WA 6005

Phone: +61 8 9321 5594
Fax: +61 8 6268 2699
Email: info@australianvanadium.com.au

ASX: AVL
FRA: JT7.F
ABN: 90 116 221 740



Consumer Watch

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

Keeping up with the cost of living

Times are tough for many Western Australians right now, so lots of households will be looking at ways to manage their rising living costs and keep on top of bills.

To help consumers manage their living expenses, the Australian Securities and Investment Commission's (ASIC) Moneysmart service has developed a [cost of living 'hub'](#) on its website.

The hub contains information to help consumers make a plan, including how to prepare a budget to track where money is spent, prioritise what matters most and identify any expenses that can be reduced.

With interest rates on the rise, some consumers may be concerned about meeting their mortgage repayments. Taking action straight away can stop a small problem from becoming a big one, so these consumers are urged to talk to their lender as soon as possible. The hub talks through the steps to apply for a financial hardship variation, which may involve changing the loan's terms, or temporarily pausing or reducing repayments.

Financial hardship assistance may also be available for those struggling to pay their rent, utility bills, credit cards, loans and insurance premiums, so these consumers are also advised to contact their providers sooner rather than later to discuss possible options.

Further advice is provided on how consumers can save for an emergency fund to cover urgent or unexpected costs for things like car repairs, unexpected travel or an urgent medical bill.

For those living on a low income, the hub provides guidance on what financial support is available, as well as exploring practical ways to manage costs, such as automating regular bill payments and paying large bills in smaller instalments.

Consumers needing help to get debt under control and their finances back on track can talk to a financial counsellor, who can help prioritise bills and repayments. The National Debt Helpline provides a free, confidential financial counselling service on 1800 007 007.

There is also advice on where to turn in a crisis for help with food, housing, bills and emergency support, plus a reminder that help is available via Beyond Blue on 1300 22 46 36 if financial stress is impacting on mental health.

To explore Moneysmart's cost of living hub, head to moneysmart.gov.au/manage-the-cost-of-living



Consumer Watch

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

Renters experiencing financial difficulty

As living costs rise, many tenants may find themselves in a difficult financial position and struggle to pay rent.

We urge tenants who miss (or expect to miss) a rental payment to explain their situation to their landlord or real estate agent as soon as possible to hopefully avoid stressful breach notices, potential court action and even eviction.

A landlord might agree to a rent reduction for a period of time, waive a payment or agree to defer payment over a longer timeframe while you get back on your feet.

Your landlord's willingness to help may depend on their own financial position and whether you've been a responsible tenant, however it could be in their interest to negotiate a solution.

In shared tenancies, the landlord might let you assign the agreement to a replacement co-tenant, or allow you to sub-let the property to another tenant to help share the cost.

It is wise to avoid pay-day loans or buy now pay later schemes to pay your rent. They might look like an easy way out, but can make a difficult financial situation worse.

If you have a periodic tenancy, you can provide 21 days' written notice to terminate the agreement. Remember that it is usually easier to move from one rental into another, rather than try to find a new tenancy once court action or an eviction process has commenced.

Should you fail to pay rent, a landlord can either issue a breach notice requiring you to pay the outstanding amount in 14 days, or a termination notice giving you seven days to vacate. A landlord cannot force you out of a property by changing the locks or tampering with the water and power supply.

If you don't pay all rent owing by the due date and don't move out, the landlord must apply to the Magistrates Court for an order to vacate. A tenant can ask the magistrate to delay the termination for 30 days if they're likely to suffer hardship (such as being unable to find other accommodation).

More information on housing stress is on our website at www.consumerprotection.wa.gov.au or contact us on 1300 30 40 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

Communities of Focus

Meekatharra Community Feedback

Have your say

Join us for a conversation to discuss and share insights into key issues impacting the Meekatharra community

**Tuesday 8th November
11.30am - 2pm**

Lunch is served!
Kangaroo stew & damper

Welcome Park - Meekatharra



For more information contact:

0476 664 783
cofmaddington@missionaustralia.com.au

BEAT THE PRICE RISE: 6 TIPS TO SHOP HEALTHY AND SAVE AT THE CHECKOUT

by Alison McAleese, LiveLighter Victoria Campaign Manager and Dietitian

Across the country, we're all feeling the pinch of a rising cost of living and for many of us this is being felt most in our regular trips to the supermarket.

With inflation at the highest it has been since 2009 and the costs of our everyday groceries climbing higher and higher it can feel like a real challenge to maintain a healthy, balanced trolley without breaking the bank.

The good news is, there are a lot of handy tricks we can use when prices are on the rise to cut costs whilst still purchasing a wide variety of products from the five core food groups recommended for a healthy diet (vegetables, fruit, grains and cereals, meat and meat alternatives and dairy and dairy alternatives) - we just need to get a little creative.

To help you shop well and save at the checkout, we've put together some of our top tips below.

Buy in season:

Not only are fruit and vegetables freshest and most delicious when they're in season, this is also when they are the best value. This is because when these foods are in season is when they are at their greatest supply and high supply means cheaper prices.

Frozen fruit and vegetables are also nutritious, quick to prepare and often a cheaper way to buy fruit and vegetables.

If you're unsure about when your favourite fruits and vegetables are in season, download our seasonal calendars to find out the best times to buy this fresh produce.

WHEN YOU'RE COOKING THIS	SWAP THIS...	FOR THIS...	AND SAVE
Stir fry	2 chicken breasts	Tofu (or 6 eggs)	\$3 at the checkout
Curry	500 g lamb	2 cans chickpeas	\$11 at the checkout
Lasagne	500 g beef mince	250g beef mince + 1 can lentils	\$3 at the checkout
Savings			\$17 per week \$884 per year

Make healthy swaps:

Getting creative with our shopping list can help us replace pricey ingredients with something cheaper that still provides similar nutritional benefits.

If your favourite meat cut is too expensive, try swapping it out for eggs, tofu or a can of chickpeas. If you enjoy the meat flavour, try swapping half the required meat and with other sources of protein such as lentils, which remain relatively consistent in price throughout the year.

Plan your meals:

There are many benefits to planning your meals: saving time, money, reducing stress and cutting back on waste.

Set aside a few minutes every week to brainstorm your meals and try to choose meals that share some of the same ingredients to cut costs and reduce food waste by using the leftover ingredients.

Write a list and stick to it:

Shopping once a week can help you cut down on impulse purchases such as unhealthy foods and drinks you didn't really need. Once you've planned your meals for the week write

a list of all the ingredients you need and only buy from the list. Two for one deals and promos can make it tricky to stick to the list, so try to only go down the aisles you need to, to avoid tempting promotions.

Remember: The outside edges of the supermarket are where the fresh food is stored, so sticking to the areas around the aisles and only going down the aisles you need to can help



you avoid adding pricey packaged foods to your trolley that aren't on your list.

Cut back on costly snacks:

Unhealthy foods marketed as snacks are often full of fat, salt and sugar and carry a hefty price tag without providing any nutritional benefits. Try making some of your favourite snacks at home using ingredients you already have in the pantry.

WHEN YOU FEEL LIKE THIS	SWAP THIS...	FOR THIS...	AND SAVE
Savoury snack	2x family size chips (300g)	Homemade pita crisps (500g)	\$6 at the checkout
Salty snack	Microwave popcorn 4 pack (400g)	Homemade popcorn (400g)	\$4 at the checkout
Frozen snack	Fruit ice-creams (472g)	Homemade banana sorbet (1kg bananas)	\$4 at the checkout
Savings			\$14 per week \$728 per year

Snacks such as pita crisps, popcorn or banana sorbet can be whipped up with only a couple of ingredients in little time. These homemade snacks are not only cheaper but they're also healthier and will keep you fuller for longer.

Use unit prices to find the best value:

Unit pricing can help us compare the cost of products when they come in different sized packets and tell which items are the best value (not just the cheapest). Look out for the for the price per 100g, per litre or per kilo to compare like products.

Buying in bulk can be a lot cheaper, but this is only the case if you are going to use all of the food before it goes off. Try purchasing larger packs and splitting them into smaller serves using containers. If the food is freezer-friendly, you can freeze some of the serves to make it last longer.

Check out our Shop Smart Hub for more tips, information and resources to help you spend more of your budget on healthy foods while saving money at the checkout.

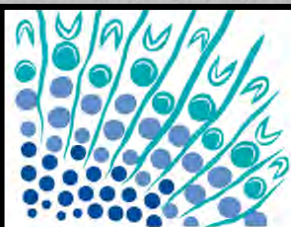
The diagram shows two cereal products with callouts for their unit prices. For Brand One Breakfast Cereal (725g), the ticket price is \$4.00, and the unit price is \$0.55 per 100g. For Brand Two Breakfast Cereal (475g), the ticket price is \$3.70, and the unit price is \$0.78 per 100g. Labels indicate 'TICKET PRICE', 'SIZE', 'UNIT PRICE', and 'UNIT OF MEASUREMENT'.

MEAL PLAN

livelighter.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Physical Activity							

Snack ideas:



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



★ 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 A VOLUNTEER: JO BURGEMEISTER

How long have you been volunteering as a wildlife carer?

Mostly since living here in Meeka. About 18-19 years. I helped a few birds and smaller animals beforehand but it really started when I moved to Meeka.

What made you start volunteering?

It started when I went roo shooting. The people I went shooting with made me leave the joey which was really hard for me, so it started from there. Then word got out that I was looking after animals, people so people started coming to me with their dogs etc and it grew from there.

What do you do as part of your role?

I look after injured wildlife. I am not a vet so when people come to me with their sick dogs and cats I actually can't help them – people need to call a vet for their dogs and cats.

With wildlife, I look after them until I can get them to a rehabilitation centre in Geraldton. Sometimes they're really sick. I get injured wildlife from a variety of sources: road accidents, mines drop them in, people bring in joeys when they've been roo shooting. I look after kangaroos, eagles, falcons, other birds. As fuel is getting expensive I try not to travel far but appreciate it when people drop off injured wildlife to me.

What do you like most about it?

Some of the little traumatised joeys, when they're really sick, they hold on to your shirt when feeling safe. I also love it when kids bring in wildlife – there are good kids here.

What's the worst aspect?

The lack of sleep as joeys need feeds every few hours.

Also, there's lots of tears involved. People think they're helping by trying to look after joeys at home and then bring them in when the joey is going downhill – by then it's often too late and the joey dies.

They can't be raised in a house or when there's dogs around. They need proper feeds and need to be rehabilitated by a professional marsupial care centre so they can be released with a mob of kangaroos into the wild/reserve. For that they need to be kept away from dogs as otherwise they'll lose their fear of dogs and then succumb to wild dogs.

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

Audrey Shar once rescued an eagle, it was huge. It got loose in her car and was hiding underneath her car seat, we tried to get it out. I said to her "How did you catch it? It's huge!" to which Audrey replied "just like a chook!" – this still makes me chuckle every time I think about it.

Another time there was a pig on the run which ended up at the back of the Commie. There was a guest staying at the motel with her dog which she wanted to walk in the yard. I asked her if she could go back inside. She asked something like "why? I need to walk my dog!" to which I replied "because there's a pig. Right behind you." – the look on her face was priceless.

What's something people don't know or should know about volunteering as a wildlife carer or volunteering in general?

People think I get paid and that I'm a vet. I'm definitely not a vet and all the costs for food etc come out of my own pocket.

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

I would love to train someone. However, it needs to be the right person. You don't get paid for it, you need to be able to let go, you can't take the animals to the pub or out socialising, there's a lack of sleep, you need to be responsible.

If you're interested and match that description give me a call (contact the Shire 9980 0600 or cdsm@meeekashire.wa.gov.au who can put you in touch with me).



EAGLE RESCUE



Marianne Viebke (Bunbury local) with rescued Eagle

Keen traveller Marianne Viebke was driving from Newman to Meeka on a lovely July sunny day, stopping along the way to take photos of the wildlife we have up here. She was stopping to take pictures of cows, eagles and unique landscapes. She saw, on the side of the road, a recent roadkill that was covered in wedge tail eagles, as she drove closer the birds flew away 35kms north of town. Marianne pulled over, went back to the scene and stopped to see if the eagles would return to get some photos.

While Marianne was waiting she saw an eagle jump behind a bush looking slightly different than the rest. She went to investigate, thinking perhaps there was another bird with it or it just looked strange from a distance. The eagle moved and she got a good look at the bird, noticing it had a broken wing.



Jo with the Eagle

Marianne had never encountered this before, she drove through to Meekatharra to seek some help. Once she checked into her accommodation she went searching for someone to help. Jenny at the Auski told her to call our wildlife extraordinaire, Jo. Marianne came into the Shire office and the lovely Customer Service Officer called Jo and told her the story of how Marianne came to find the bird.

Jo immediately dropped everything and wanted to find the bird, of course she couldn't do this by herself. Marianne offered to go with her exclaiming "it would be an honour" to spend her afternoon helping our local wildlife.

Jo came to pick Marianne up and off they went. They spotted the animal exactly where Marianne found it. Both Jo and Marianne inspected the eagle, the wing was hurt badly. The two rescuers jumped straight into action and got the eagle into a cage to be taken to Geraldton.

Marianne was so excited that she was able to receive Jo's help to make sure the eagle gets healthy and prevent life long damage. Her plans for the day were a little different than what she had imagined, but to Marianne this was the best day. She got to know Jo and understand the work she does to help animals.

Thanks to these selfless women the eagle is now safe and will receive the care it needs to get healthy and back to its normal life.



Extract from August 2021 Meekatharra Dust





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**





Notice of Annual General Meeting Followed immediately by a Special General Meeting

WHEN: Friday, 4th November 2022
WHERE: Leonora Rec Centre, Tower St, Leonora
TIME: 12:30pm - Lunch provided
Kultju
ABORIGINAL CORPORATION RNTBC ICN: 9147

IMPORTANT INFORMATION FOR MEMBERS

Travel Assistance (see attached information)

1. There is a new 'Travel Assistance Policy' for members attending meetings.
2. Travel Assistance **will not be paid before** the AGM and members will need to fund their travel to the meeting.
3. Members will be required to register their attendance before the AGM and ensure that their bank account details are up to date and have been provided to Desert Accounting and Business Support (DABS) who are Kultju AC accountants.
4. Travel assistance will be paid **AFTER** the meeting and will be deposited into each members' bank account
5. Travel assistance will be calculated from your address on the Kultju AC membership register and depending on where you travel from may include:
 - a. Meal Allowance
 - b. Payments for travelling in a vehicle to and from the meeting (Note: the directors will verify the use of the vehicle).

Please provide DABS your bank details on the attached form, and if you have any questions, call DABS on (08) 9425 2099

Rowena Purdy (PBC Support Officer), Shelby O'Connor (Lawyer) Malcolm O'Dell (Principal Lawyer) from Central Desert Native Title Services Ltd will be attending.

Rick West (DABS Consultant) Grant Sutherland (DABS).

For more information call Rowena Purdy 0476 000 455, or DABS (re Travel Assistance) (08) 9425 2099



Community Meetings & Family Gatherings 2022

17 Nov
2022

Perth Community Meetings Yugunga-Nya Charitable Trust meeting followed by the DBT AGM

Location: Perth Zoo in the Theatre Room

Time: Meeting starts 11:30am - lunch provided
for meeting attendees

Followed by Family Gathering

At the conclusion of the meetings family activities will commence. Visit the animals, access to the Zoo grounds provided.

OR

24 Nov
2022

Meekatharra Community Meetings Yugunga-Nya Charitable Trust meeting followed by the DBT AGM

Location: Meekatharra Sporting Complex

Time: Meeting starts 1pm - lunch provided
for meeting attendees

Followed by Family Gathering

Family activities will commence from 2:00pm. Enjoy bouncy castles, water slides, outdoor games, popcorn, fairy floss, face painting and basketball.

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

Yesterday I saw a guy spill
all his Scrabble letters on
the road.

I asked him,
“What’s the word
on the street?”

Why did an old man
fall in a well?

Because he couldn’t see
that well!



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

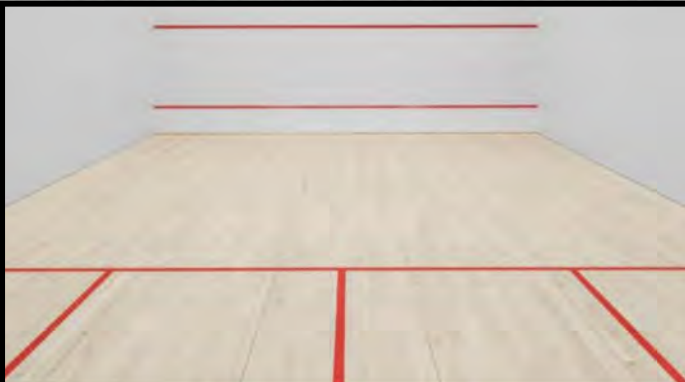
Meekatharra AA Meetings - Wednesdays 7.00pm

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

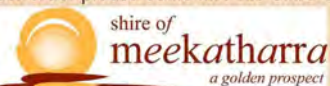
Be apart of this fundraising activity for the Meekatharra Outback Festival Committee

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.



LIONS PARK COMMUNITY CONSULTATION

The Shire is looking to development Lions Park to create a community friendly space for people to gather and families to hang out. Lions Park has been many things over the years and is currently a blank canvas with a skate park on it. Located on the corner of Hill and Savage Streets, this area could become a central place to hang out for the whole community. A landscape architect came to Meeka in the last week of October to conduct a site visit and hear from the community.

The team went to the Youth Centre and asked the youth what they would like in the park. The young people were able to outline their needs and wants to the architect. They came up with some great ideas on what would make the park user friendly for the kids in town.

Another consultation for the general public was held on the 27th of October at Lions Park, where people

were able to give their feedback and outline what they want in the park.

The different agencies in town were asked how they would also use the park for their events and other aspects of their jobs. So many wonderful ideas on how to make the space accessible to everyone's needs in the community.

A workshop was then held with Council to discuss the survey results and consider an early draft concept for the plan.

Now that in person the consultation has taken place the team will go back and put together some design ideas for the park. It is super exciting to see what will happen here—watch this space!





COUNTRY FAMILIES @ NGALA

Support to families with children from birth to 8 years living in regional, rural and remote Western Australia



Ngala have partnered with WA Country Health Service (WACHS) to provide free child health parenting information and support to families living in regional, rural or remote WA.

Facebook Group

Join a community of other country families to access parenting information, resources & program updates.
Search: CountryFamilies@Ngala.

Tutorials and Facebook Live Sessions

See recorded and live videos with information for parents with children aged 0 – 8 years.

Online 'Live Chat'

Chat with a Ngala Child Health Nurse via Facebook.
Please check website for session times.

Individual Consultations

30 minute video or phone consults with a Ngala Child Health Nurse for child development information and parenting support.

Country Dads' SMS Service

Receive information and resources via SMS or Email.

Call: 9368 9342

Email: CountryFamilies@ngala.com.au



Supported by the
WA Country Health Service #HealthyCountryKids



To find out more visit

www.ngala.com.au/program/country-services



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.



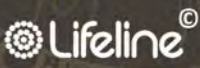
Culturally Safe Space



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



Media Statement

Consumer Protection 140 William Street Perth Western Australia 6000
Email: cpmedia@dmirs.wa.gov.au
www.dmirs.wa.gov.au www.wa.gov.au

13 October 2022

Don't pay for consumer complaint service when it's available for free

- Concern that consumers are paying for freely available services and information
- Fee-charging consumer and tenant advocates are advertising on social media
- \$5 million in redress achieved mostly in areas of retail, travel and motor vehicles

WA consumers who pay for complaint conciliation services promoted by people via social media pages and advertisements are paying for a service that is available for free.

One of the main functions of Consumer Protection is to offer a free conciliation service for consumers who are in dispute with a trader, with the aim of resolving the complaint mostly by getting a full or partial refund paid.

In 2021-2022, about 2,000 WA consumers received redress totalling more than \$5 million and, in the previous financial year, about 2,800 consumers were returned almost \$7.5 million. The successful resolutions mostly related to the areas of retail, travel and motor vehicles.

Commissioner for Consumer Protection Gary Newcombe said he is concerned that consumers who are not aware of this free service may end up paying for a private advocate who doesn't have the necessary knowledge or experience.

"It has come to our notice that some people are promoting consumer and tenancy advocacy services via social media and charge a fee when they don't have the experience or track record that we have," Mr Newcombe said.

"While this is not illegal, consumers need to be aware that these same services are offered by Consumer Protection at no cost to the complainant and we have a high success rate in achieving a resolution, usually in the form of a refund. We also have the power to enforce consumer laws in WA and ensure that consumer guarantees are met.



"As regulators of the Australian Consumer Law and other legislation in WA, it's important that we are aware of any bad behaviour by traders and can take legal action if the situation warrants it. This is not something a private advocate can do.

"There are also tenant advocates on social media who may not have full knowledge of tenancy laws in WA or the necessary skills to delicately and amicably resolve disputes with landlords or agents, particularly in the current tight rental market.

"So consumers and tenants may be putting themselves at risk by dealing with possibly inexperienced and unqualified private advocates. It also doesn't make sense to pay for a service that is already offered for free."

There are also many websites that charge a fee to do an online search for information, often from government agencies, that is publicly available for free or at a much lower cost. For example:

- Vehicle registration status checks and expiry reminders are services that are offered at no cost by the WA Department of Transport via their [DoTDirect](#) online services;
- Fuel price information is available to WA motorists at no charge on the [FuelWatch](#) website;
- The [Personal Property Securities Register](#) (PPSR), formerly known as REVS Checks, provides information on a used car such as whether there is any money owing on it, if it has been written off or stolen. Low fees start from two dollars, but there are many third party sites that charge much more for the same results;
- Finding lost or unclaimed superannuation is free on the [Australian Taxation Office website](#) or via a MyGov account.

Consumer and tenant complaints can be lodged online via the [Consumer Protection website](#), or enquiries can be made by email consumer@dmirs.wa.gov.au or by calling 1300 30 40 54.

<ENDS>

Media Contact: Alan Hynd, (08) 6552 9248 / 0429 078 791
alan.hynd@dmirs.wa.gov.au



MEEKATHARRA

DUST

ISSUE NO. 146 NOV /DEC, 2002 PRICE \$1.20 incl. GST

THE COMMUNITY NEEDS YOUR HELP!



A very successful public meeting was held on Wednesday 20th November to discuss the re-establishment of the Meekatharra Safer WA Committee with over seventy residents and agency heads attending to provide support.

A follow up meeting was held on the 4th December to formalise the Committee with the following people being elected to represent the community on crime issues in Meekatharra:

Chairperson: Dennis (Splinter) Shaw
Deputy Chair: Lorraine Van Den Oever
Secretary: Shire Administration (CEO)

Committee Members: Keith Mouritz, Mavis Curley, Cheryl Smith, Irene Allison, Danielle Schoen, Phil Curley, Heather Jones and Tom Hutchinson.

All Government agencies in town are able to provide an exofficio member of the Committee, the only difference being is

that they do not have voting rights.

The Committee will be meeting fortnightly (first and third Wednesday of each month) at the start to ensure actions and ideas raised by the community are implemented as soon as possible.

The Committee would like to stress that any action or program implemented will take time however with the full support of the community and Government agencies progress will be made in reducing the level of crime in our town.

Community members with ideas are encouraged to contact any committee member or attend the open public sessions scheduled to be held before each fortnightly meeting.

Please keep an eye out for news as it comes to hand or as posted on the notice board, in the Dust and over the local radio station.

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.

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Fax: 99811021

Emails: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au



Selfie Scavenger Hunt

AT HOME EDITION

- Selfie in the Hallway
- Selfie with a box of cereal
- Selfie with a cookie cutter
- Selfie with a mug with initials on it
- Selfie with something that smells good
- Selfie with a pile of laundry
- Selfie with a flipflop
- Selfie with something that begins with the letter X
- Selfie with an ice pop
- Selfie standing in the sun
- Selfie with a celebrity
- Selfie with something fluffy
- Selfie with a book
- Selfie with your favorite candy
- Selfie with a flower
- Selfie with a record album
- Selfie with a picture of your parents in high school
- Selfie with something purple



MEXI-CHICKEN BAKE

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

	Serves 2	Serves 4
Onion, diced	1	2
Capsicum, diced	1	2
Mexican flavoured baked beans	1x 420g can	2x 420g cans
Skinless chicken breast, sliced in half lengthways and chopped	200g	400g
Reduced-fat mozzarella cheese, grated	½ cup	1 cup

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Combine onion, capsicum and canned beans in a large ovenproof dish.
3. Place chicken pieces into bean mix and press down so they are covered by sauce.
4. Bake for 20 minutes, then remove foil, sprinkle with cheese and bake for a further 5-10 minutes until chicken is cooked through and cheese has browned.
5. Divide between plates and serve immediately.

Tip

Mexican flavoured baked beans are usually in the supermarket with the regular baked beans. If unavailable, swap for:

- ▲ No-added-salt baked beans + 2-4 tsp smoked paprika + 1 tsp ground coriander
- ▲ Red kidney beans + jar of salsa



**DONATE THE CASH
THAT'S IN YOUR
CONTAINERS TO**

MEEKA GOES GREEN

We'll get 10 cents for each one.
With your help, we can make a change.

Bring your eligible containers to:
Meeka Goes Green Recycling Centre on Railway Street
Saturdays 9-11am and 24/7 drop off point

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


ELIGIBLE CONTAINERS

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

Visit containersforchange.com.au to find out more




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

November 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 October KindiLink 10am-12pm Exercise Classes Hall 5pm	1 November	2 Rhyme Time 10am @ Shire Library KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm Adults Sports Pool 6pm	3	4 KindiLink 10am-12pm Circus Concert Town Hall 6pm 	5 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am 	6
7 KindiLink 10am-12pm Exercise Classes Hall 5pm Child Health Nurse & Pediatrician @ Hospital Diabetic Ed @ Clinic	8 Community Feedback with Mission Australia 11:30am-2pm Welcome Park	9 Rhyme Time 10am @ Shire Library KindiLink Containers for Change Adults Sports Pool 6pm Dentist	10 Dentist	11 KindiLink 10am-12pm Dentist ENT Team	12 Containers for Change 8am-12pm Meeka Goes Green 9am-11am Markets 9:30am-1pm	13
14 KindiLink 10am-12pm Exercise Classes Hall 5pm Child Health Nurse @ Hospital Dentist	15 AVL Community Engagement Day @ Lloyds Plaza 8am-6pm Dentist Physiotherapy @ Hospital	16 Rhyme Time 10am @ Shire Library KindiLink Containers for Change Adults Sports Pool 6pm Dentist	17 Dentist	18 KindiLink 10am-12pm Dentist Respiratory Physician @ Telehealth	19 Ordinary Council Meeting 9:30am Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	20
21 KindiLink 10am-12pm Exercise Classes Hall 5pm Child Health Nurse @ Hospital	22 ICDC Team	23 Rhyme Time 10am @ Shire Library KindiLink Containers for Change Adults Sports Pool 6pm 360 Health @ Clinic	24 Yugunga-Nya People's Trust Community Meeting 1pm Complex	25 KindiLink 10am-12pm Quiz Night Town Hall 7pm 	26 Containers for Change 8am-12pm Gymkhana AGM 10am Lloyds Plaza Meeka Goes Green AGM 10:15am Bakery	27
28 KindiLink 10am-12pm Exercise Classes Hall 5pm Child Health Nurse @ Hospital Midwife @ Clinic	29 Child Health Nurse @ Hospital Midwife @ Clinic	30 Rhyme Time 10am @ Shire Library KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm Adults Sports Pool 6pm	1 December	2 December KindiLink 10am-12pm	3 December Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	4 December