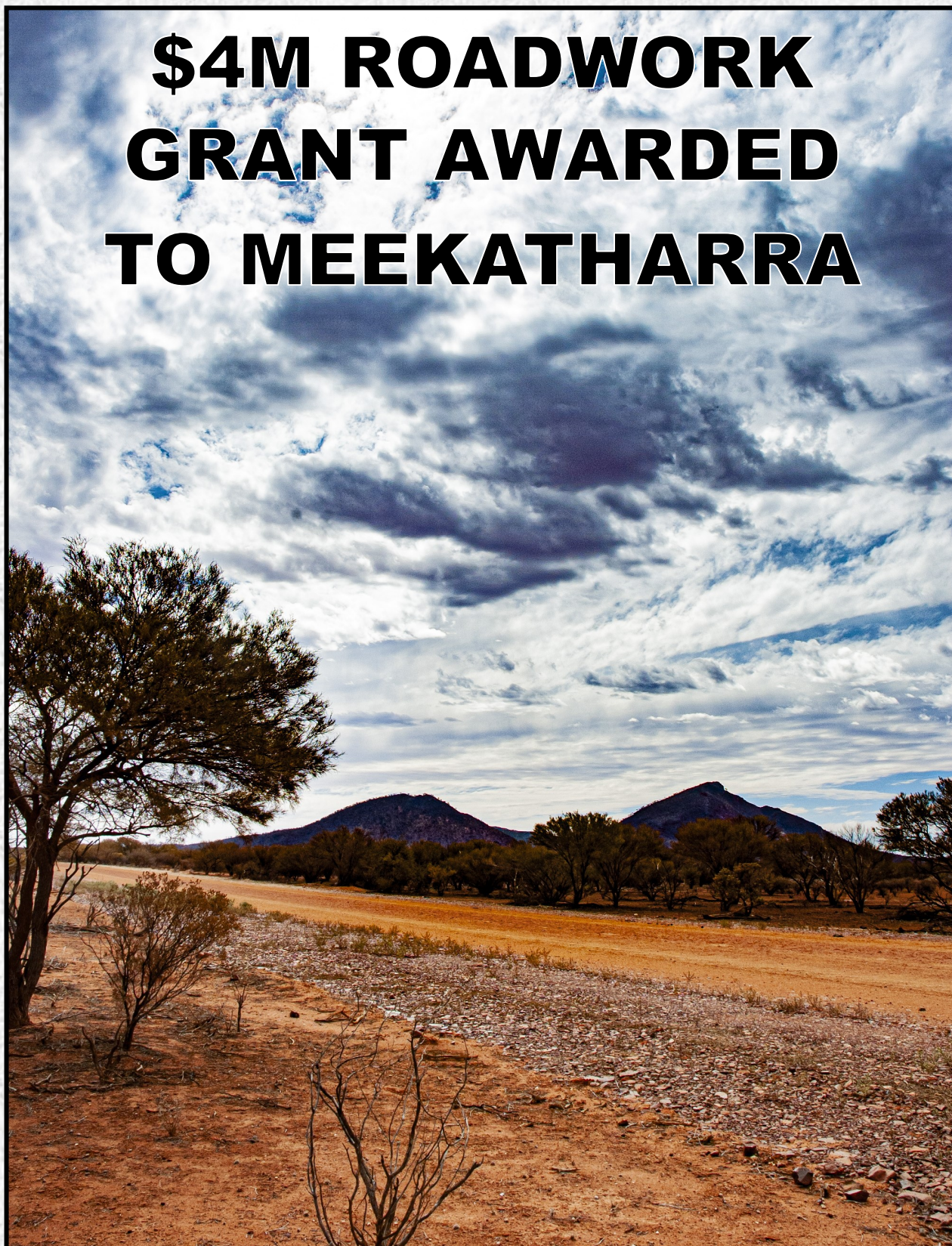


\$4M ROADWORK GRANT AWARDED TO MEEKATHARRA





Calling for Submissions

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

“The Meekatharra Dust” is a non-profit community newspaper.

If you have an article, a photo you would like to share or an advertisement, you can post them to:

PO Box 129, Meekatharra WA 6642

or drop them in at the Shire office.

Alternatively, you can email us at:

cdo@meekashire.wa.gov.au

Council Dates

Dates for Ordinary Meeting of the
Shire of Meekatharra for 2020 are -

Meeting Date	Last Date for Items
18 January	3rd
15 February	31st
21 March	6th
18 April	3rd
16 May	1st
27 June	5th
18 July	3rd
15 August	31st
19 September	4th
17 October	2nd
21 November	6th
11 December	27th

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

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.



A FRIENDLY REMINDER ABOUT DOG CONTROL

When walking your dogs on the town oval, please ensure you are in complete control of your animal at all times and dispose of any waste in the rubbish bins provided by Council.

The Shire of Meekatharra provide the Town Oval as the only off-lease exercise area in town—at all other locations your dog must, according to law, be collared and restrained.

To allow your dog to be unrestrained in public is an offence in the Dog Act 1976.

Being responsible for a dog that attacks a person causing injury is also an offence which attracts a significant penalty of up to \$10,000.

Please be a responsible pet owner—keep your dog restrained when exercising them to avoid both injury to bystanders, and significant penalties, and please pick up any droppings left behind. Nobody wants to step in that!!

The Shire of Meekatharra support the neutering and desexing of pets to reduce the number of strays, and provide sponsorship to the Murdoch Veterinary Clinic to attend Meekatharra to provide this service at no cost to health care card holders. Additionally, the Shire fund regular visiting vet service—Newman Veterinary Clinic—to the value of \$5,000 to neuter the pets of health care card holders at no cost to the owner.

Local residents can access this service by attending the Shire Office to present your Health Care Card and prove registration. You will be issued with a voucher for the appropriate service at the visiting clinic.

Further info, contact Tralee at the Shire—99800609



Want up-to-date and accurate information about Covid-19?

Check out these websites:



World Health Organization <https://www.who.int/>

Australian Government <https://www.australia.gov.au/>

Western Australian Health Department <https://ww2.health.wa.gov.au/>



Index Page

Page 5	From the Editor
Page 6 & 7	Council News
Page 8	Cops Corner
Page 9	CRC News
Page 10	Roadwork Grant Awarded to Meekatharra
Page 11	Youth Services Update
Page 12 & 13	Garden Gal
Page 15	Skateboarding Clinic
Page 16 & 17	Emergency Packages Distributed
Page 19	Shire Facilities Update
Page 21	Western Australian's to Admire
Page 22 & 23	Meeka Goes Green
Page 24	Blast from the Past
Page 26—28	Social and Emotional Wellbeing Mission Australia
Page 30	Pharmacy Update
Page 32 & 33	Chicken Schnitzel and Coleslaw Recipe
Page 34 & 35	Integrated Chronic Disease Care (ICDC) Information
Page 38	Randolph Stow Young Writers Award Application
Page 41	Veggies to Grow in Winter
Page 42	Lloyd's Outback Centre
Page 46—49	Kids Activities
Page 54	Important Dates

Note from the Editor

As we leave Autumn and start Winter we see the start of colder weather and less restrictions. The weather has given us some lovely sunny days and cold nights making sitting around the fire that much more inviting. While there are still restrictions in place it is nice to see things almost start to be normal again. The Youth Centre, library, museum, outdoor gym equipment, playgrounds, skate park and oval are back and with each restriction lifted I am getting more and more excited to meet more people and enjoy what this town has to offer.



We have a new segment in the Dust written by our very own Mission Australia. Tips, tricks and advice on how to keep yourself mentally healthy and where to find support in Meeka.

The Editor



OPPORTUNITY

The Shire of Meekatharra are calling for
Registrations of Interest from any person
or business to trade from the new Lloyds
Building

There are two retail/office options - 34 and 27 square meters
respectively, available January 2020

For more details, or to register your interest
Contact Tralee Cable at the Shire on 99800600



shire of
meekatharra
a golden prospect



Your Council News

June 2020 • by Anna Johnson on behalf of the Shire of Meekatharra

Come On Up – the Weather's Fine

Welcome to Meekatharra! Our expansive outback sky, glittering cornucopia of night time stars and the fresh air of the Midwest goldfields are beckoning, and cabin-feverish folks are already coming into town. It's good to see you! This is perhaps the nicest time of year in these parts – balmy mid-20's sunshiny days and just cool enough at night to enjoy a camp fire.

Covid-19 awareness is still in play of course, but we're pleased to say that our pubs and shops and services are open (and well stocked). Locals and visitors alike can now enjoy most of our great facilities, including the skate park, gym, exercise trail, oval, ball courts and eateries. There's barista coffee at several outlets in town – get cosy (at arm's length) indoors or enjoy a refreshing cuppa in the fresh air and feel that Vitamin D sinking in.

It's been lovely to see some of our regular visitors coming in. If you haven't spent time in Meeka before, you'll discover that we're very friendly and accommodating, and there's plenty to explore. We have some nice town history and nature walks, self drive tours to the further areas around town and plenty of places for picnics, photos, views and outback flora and fauna spotting.

Many visitors ask if the Picture Gardens outdoor cinema is still operating – the short answer is "Yes", but not quite yet. Our weekly movie and popcorn nights will be back on the town's timetable as social distancing rules allow. Another part of our normal routine are free nightly community activities, ranging from indoor cricket to craft and board games – all free, and all welcome; everything is provided – again, we're not quite back on deck just yet, but keep your eyes and ears peeled. To check what's on in town, ask at the Shire office or the CRC & Visitor Centre, and on the noticeboards at the shops. Both the Shire and the CRC & Visitor Centre have Facebook pages and websites where information is updated daily. The Meekatharra Dust, our Shire newsletter, also has its own Facebook page with plenty of "what's on" details and some great photos of our people and places. We're also on Instagram and Tik Tok too!

If you're interested in prospecting and have your own gear, head on over to the Department of Mines office in Savage Street for maps, miner's right permits and local prospecting information. Westgold's Bluebird Camp, south of town, welcomes prospectors at their admin office during normal daytime hours; you need to do a short information session but they are very happy to have prospectors on approved areas of their tenements, provided you are properly equipped. You absolutely have to report in to them first, and that goes for any area in and around town – you need up to date maps of permissible areas, and permission from tenement holders otherwise.

Going bush? The usual rules apply – get permission from the station manager, don't annoy the cattle, don't camp next to a well and leave it as you found it. Once you get off the highway and explore the bush, you'll be amazed at the diversity and beauty, both great and small, of our Rangelands environment. Now, get the camp chair out, sit down and...breaaaathe....



The Open Road

Roads are one of the Shire's priorities – locals and visitors alike can rest assured that the Shire is working hard both on regular maintenance and improvements. You generally don't need a 4WD to travel on our regional roads and tracks, but high clearance and good tyres are advised if you're "going bush". Corrugations, like our famous Aussie flies, are inevitable, and can be hard on the family caravan or trailer, so be as prepared as possible – and spare a thought for our predecessors, who travelled the land by foot, bicycle, wheelbarrow and Model T Fords!

Of particular interest are the roads that link our famous outback towns and stopping points, and the Shire of Meekatharra is making a solid effort to advance the bitumenising of some of our key access routes, such as the Goldfields Highway between Meeka and Wiluna, and the route between Meeka and Carnarvon.

As the minutes of the May Council Meeting show, work is still taking place in regard to the flood damage caused in the wake of the last lot of storms, particularly along the North Wiluna Road, the Marymia Road, the Milgun-Yarlarweelor Road, Killara Road and the Woodlands – Mt. Augustus Road. All roads are open at the time of writing, but just go easy – enjoy the scenery, heed all warning signs, and of course look out for animals! One advantage of taking your time is you're more likely to spot camels or even a rare echidna – a bit of outback "I spy" to keep the kids occupied.

Cat Caper Clampdown

Our ever-patient Animal Ranger has been doing the rounds in and around Meeka, with last month's report informing us that three feral cats were caught around town. They were joined by two more feral cats who were trapped at the request of locals, with the Shire cat trap cages being brought to the requested locations. The cats were euthanased as per protocol.

It's good news that locals are responding to the Shire's information campaign in regard to feral cats in and around town. If you have a feral cat issue, just get in touch with the Shire, who will help organise cat trapping and removal. It's not the cats' fault that they are here, but unfortunately rehoming ferals is generally not possible, and the impact on the bush and public health can be significant.

If you see feral cats or dogs at places around town, such as Peace Gorge or non-residential areas where they shouldn't be, just let the Shire know the location. Do check that you are reporting genuinely feral animals, though, as many locals go running and riding with their dogs off leash in some of the bush areas out of town. On the same note, locals and travellers exercising their pets need to be aware of outback hazards – a muzzle is a must, and a leash helps keep them out of trouble. Meekatharra has leash laws in town.

We'd like to remind everyone that our town Oval is the official off-leash area for doggos, and a fine doggy place it is – tons of room to park any size vehicle, public toilets for the two-legs, lovely big trees where four-legs can check their "wee-mails" and all the green grass you could wish for. If you're an early riser, you are welcome to join Michelle if she happens to be running one of her morning "boot camp" workouts – all ages, all abilities, fun and free and all are welcome.

Continuing on our animal theme, did you know that one of the jobs of our Airport Manager is to keep the grass down around the airstrip in order to discourage birds from foraging for seeds and insects and thereby posing a hazard to aircraft? Who would have guessed?

Another interesting fact about Meeka is that we have echidnas – locally known as "porkypines". Long-time locals knew this all along, but it comes as a surprise to newcomers. Keep an eye out on the road at night for these shy, camouflaged critters – they appear when you least expect it.

You're welcome to attend the monthly Council meetings (dates and times are listed in The Dust) and have your say. You can also obtain a copy of the Council Minutes to find out about the many other projects, discussions and improvements that the Shire is undertaking on behalf of the Meeka community. All items or letters for Council should be addressed and sent to the Shire of Meekatharra CEO, at the Shire address (see right).

The Many Minutes of May

The minutes from the May Council Meeting are definitely worth a read, pertaining to end of financial year and budget matters and revealing the minutiae of life and business in our Shire. The Council adopted the draft budget, which is included in the minutes; it can all be found on the Shire's website.

Locals will be pleased to note that in April, CDSM Tralee Cable presented a report on the community consultation workshop that took place earlier in the year. There were some great opportunities taken up and included in the draft budget; the Shire would like to thank all the locals who contributed their energetic and valuable thoughts, ideas and feedback. We look forward to continuing this level of engagement with the community, whether you're based in town or out bush.

On the Covid-19 front, the Shire is working carefully through re-opening processes; Youth Services have led the way, setting a sterling example for all with their creative distancing projects, safety precautions and very productive use of social media, with great benefits to the kids and community.

The Shire would like to reiterate how important it is to remain vigilant despite the easing of some restrictions; there are plenty of online resources to assist in transition.

Locals keen on their mining news will note a mention of Australian Vanadium's application to DMIRS to begin mining on their lease at Tumblegum South, which crosses the Meekatharra-Sandstone Road. The Shire had no objections to the application; this is just one of many administrative processes that take place within the world of mining and its relationship with communities, and you will find further interesting details of various companies' applications in the monthly minutes.

In general, the Shire and Council's role in relation to these applications is to consider any potential impact on roads and existing infrastructure, as well as the overall community. The applications are quite fascinating, as they include maps and various technical information – a glimpse into the machinations of digging materials up from the ground. It's a far cry from our golden past when all you needed was a shovel, wheelbarrow and hard yakka.

As always, the detailed budget and accounts information in the May minutes is a testament to the hard work of the Shire's finance team, who have been joined by a brand new junior member – finance mum-on-leave Kadisen and partner Chris are the proud parents of baby Leighton. Congratulations! He's already presenting some fine figures, coming in at 9.7lbs and 55cm long, with an excellent forecast for growth in the 2021 financial year. Welcome to Meeka, young mate!



Shire Of Meekatharra
Main Street
PO Box 129
Meekatharra WA 6642
Phone : 08 9980 0600
www.meekashire.wa.gov.au

"Meekatharra - A Golden Prospect"



COPS CORNER WITH MITCH HOWARD



This last week saw the lifting of border restrictions for most of the state. There will be an increase in highway traffic of holiday makers and retirees chasing the sun and heading north. This is a bonus for Meekatharra business and most welcome as many businesses have been doing it tough dealing with the downturn

in trade. I sure there will also be many locals who want to travel to reconnect with family. Police will be increasing their patrols accordingly. Make sure you take regular breaks and/or swap drivers, stay alert and if you don't want to be stopped by the police and contribute to the States general revenue, "DON'T SPEED" it's up to you.

Please continue to follow the advice on personal hygiene and social distancing to protect yourself and your community.

The cooler months have finally kicked in and we are seeing a slight decrease in Police demand which is most welcome by all I'm sure.

The police station has undergone a full CCTV and security upgrade. All our areas that the public will come to such as the front counter and maybe, if you are unlucky enough the lock-up, is now recorded by audio and video CCTV and kept for 90 days. I hope this gives the community peace of mind that those held in custody are treated with dignity and respect. There has also

been a significant upgrade of perimeter security. I am hoping that sometime in the future I can have an open day for the community to come and see for themselves. We will have to wait and see in that space depending on Covid-19 developments and health instructions as we move forward.

We are working in conjunction with the Department of Education to make sure all children return to school following the Covid-19 changes. We have been visiting families and supporting children getting back to school.

Police increased their patrols of licensed premises and alcohol points of sale during May to limit the supply to those who are not eligible to obtain alcohol. Police also increased their patrols of liquor restricted premises.

Remember to look after yourself, look after your family and look after those that are vulnerable within our community.

Stay safe.



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



June 2020

By Anna Johnson

Welcome Back to WA!

We're already seeing happy travellers and taking calls from people keen to discover Meeka and the Mid West. The CRC has a good stock of local brochures and information ranging from what to see and do to where to find a windscreen repair patch or a haircut.

Driver & Vehicle Services

We'd like to remind everyone that we can no longer take 3 month rego payments at our branch - sorry! It's a DOT rule and we can't do anything about it. But we can of course help you how to use their online payment system on computer or phone.

Another couple of Dept of Transport reminders - you have to come and see us before 2:00 for DoT stuff! Also remember to bring your ID in with you (except for normal vehicle rego payments). Thank you.

Learn to Type with More Than Two Fingers

It's really easy to learn to type with most of your fingers! You can Google online typing lessons (fun and easy) or come in to see us at the CRC to get you started. All you need is a few minutes practice a few times a week and your fingers will quickly be flying across the keyboard. It takes the stress out of computer use.

Souvenirs and Gifts

Cloth patches, stubby holders, local art cards and postcards with Meekatharra artists and photographers, gold fields books, stickers and art supplies - come on in and support local business. All of our souvenir stock is designed locally and made in Australia, unique to Meeka.

Learning to Drive

It's an exciting milestone when you're qualified to get behind the wheel. The process is straightforward but there is a bit of paperwork and you need to have the correct identification. Come and see us on weekdays between 9:00 and 1:00 and we'll get you started. Once you've got the basics sorted, it's important that you BOOK AHEAD for your practical driving test - we can't take "walk ins" any longer for tests.

Learner drivers and those wanting to brush up on their skills will find some great practice resources on the Department of Transport website.



Have a great first month of winter!



Department of Transport



VISITOR CENTRE ART & GIFTS COMMUNITY RESOURCES DEPT TRANSPORT

- ✓ Souvenirs, Cards & Gifts
- ✓ Maps, Brochures & Local Info
- ✓ WIFI and Computer Use
- ✓ Driver & Vehicle Services
- ✓ Passport Photos
- ✓ Printing, Copying, Laminating

*Become a Member and Save!
Join from just \$30 per year and save
on many of our services.*



Meekatharra Community
Resource and Visitor Centre
Lot 55 Main Street
Meekatharra WA 6642
08 9980 1811
welcome@meekatharracrc.com.au

MEEKATHARRA AWARDED \$4M IN ROADWORKS GRANTS

The Shire of Meekatharra was successful in their application for the latest Building Better Regions Fund grant round for funding to upgrade and seal the final 27.6km of the Landor Road.

Anticipated to take 3 years in construction, with a total expected cost of \$6,549,254, the Shire will contribute \$2.5M toward the project.

This will constitute the largest competitive grant ever received in dollar value by the Shire of Meekatharra.

Recently the Building Better Regions Fund contributed \$500,000 towards the Lloyds Centre which is due to be opened shortly.

Federal Member for Durack, the Honourable Melissa Price

congratulated the 4 successful Durack Shires with projects that were a positive investment in the region's future.

"These include more than \$4 million for the construction of the Landor Road Strategic Regional Connector in the Shire of Meekatharra, and more than \$2 million for a new Visitors Stop at Gascoyne Junction", Melissa Price said.

"These projects will drive Durack regional economic growth and support local tourism." Ms Price said.

Shire President Harvey Nichols said upon notification of the grant "This project has been on the table for the Shire of Meekatharra for many years, and the sealing of this road will improve conditions and safety for tourists and community members travelling between Meekatharra and the Coral Coast"



YOUTH SERVICES



The Youth Centre has reopened with a bang! The team have spent weeks planning activities and making sure the centre is safe for the young people of Meekatharra. And as you can see from the photos below and on the front page the young people are seriously happy they can hang out with their favourite Shire Youth Workers again and enjoy the wide range of activities. Plus the Youth Workers can't stop smiling now they have people back in the Youth Centre it doesn't seem so big and empty anymore.

The team have had a consistent number of young people

coming along to do the many activities, so far they have played cricket, done some arts and craft activities, watched movies, built all sorts with Lego, gave each other manicures and enjoyed a quiz night.

The Youth Team are extremely dedicated to making sure that all the young people that attend are healthy and can keep safe so they handed out some hygiene packs to encourage everyone to wash their hands. These packs were a big hit and helped the cement the conversations they had around keeping healthy during hard times.



GARDENS WITH SAL, THE GARDEN GAL

Hi Meeka and legends of the Midwest,

It is nice to be writing to you from calmer times. I hope you all have been keeping well and rugged up.

As we approach the very chilly months, I thought it would be nice to write about some natural healers in our gardens. Common, everyday plants, fruits and vegetables that help to keep us healthy but also don't cost the earth!

Apples – just what the doctor ordered! No matter the colour apples pack a vitamin punch. They cleanse your blood of toxins, have huge amounts of Vitamins A, C, G & B5 (Vit B5 is incredibly important as it converts your food into energy). They are also anti-viral also so great to enjoy if you are feeling a little off. You know what they say, an apple a day keeps...

Oranges – The humble orange, always available to us but often overlooked. Oranges are a great aid in the fight against winter lurgies, they help to reduce the length of a cold and reduce the mucous that comes along with one. Dried orange peel is great in tea also, wives' tales suggest are a natural headache remedy- I for one can confirm this! Simply grate the peel and leave to dry in the sun. Once they are crispy add to your tea pot and infuse in hot water.

Ginger – ginger is considered to be one of the oldest home remedies for seasickness, lucky the tide is out in Meeka! Its benefits are far and wide: it helps to aid in digestion, nausea and morning sickness and has been known to reduce inflammation. You can cut a few small pieces of this root medicine up and add to your tea pot, add into your cooking (perhaps with rice if there is an upset tummy) or grate and allow to infuse on



the stove for ten minutes then sip slowly. Orange peel and ginger are a great tea combination.

Nasturtium leaves – yes, this common plant in our Nanna's gardens isn't only pretty but a powerful antioxidant. We often nibble on the bright flowers but the leaves hold the healing potential. It can help improve the immune system, has strong antifungal and antibacterial properties and assists in healing from colds, coughs and sore throats. Simply add to salads, make a pesto, add to soup or even a sandwich.

Onions and garlic – these guys are so closely related they could be considered cousins! They grow under the ground and are the most common items in the kitchen. As well as being tasty, they aid to keep bodies healthy and if feeling unwell can help to heal. Garlic helps to boost the immune system, detoxifies and reduces mucus production. Onion is a powerful cleanser! It draws out sickness and cleans toxins for the body. Both garlic and onion can accompany nearly all dishes when we are cooking.

Gubinge/ Kakadu Plums – native to Northern Australia Kakadu plum is considered to be the highest source of Vitamin C in the world! It is harvested from March to June fresh from the tree and then dried and made into a powder. I always keep a container of this superfood on me and the moment I feel crook add into my cereal, smoothie or soup. Its taste is very pleasant, slightly tart but I can confidently say it helps my body heal quickly. It can be purchased online from many sources, but my favourite is from Maningrida Wild Foods.

Vegetable broth – I often have large amounts of left-over veggies that aren't quite condemned for the compost but need immediate attention. A good way to use them all and really help your body out is to make a delicious broth. There are no rules to a broth, you are free to use any vegetables that you have at home, simply add; olive oil, onion, garlic, vegetables, salt and peppercorns and 12 cups of water. Bring to a boil and then allow to sit for as long as desired (at least one hour). You can have like that as a soup or strain veggies and enjoy.



It freezes well and can be used in many recipes in place of store brought stock – soups, sauces, risotto, casseroles- the list is truly endless.

Eating seasonal is a good way of connecting with and responding to the seasons. In cooler months our bodies crave carbs to keep our energy levels high and bodies protected from the winter winds. Delicious winter vegetables including potatoes, pumpkins, turnips, carrots and brussel sprouts.



Bananas- Did you know that bananas actually lower your body temperature? They contain an astringent called tannin and this helps the body to absorb water

which drops our core temperature. Bananas, even though grown year-round in Australia are actually considered a summer fruit. More food for thought.

Our EON garden has been off to slow but steady start this year. We have been working hard sowing plenty of seeds and

planting some of the above-mentioned medicine foods! We are even having a go at growing bananas and will keep you all updated on their progress.

In the meantime, take care of yourself and each other and I look forward to more gardening conversations in the future.

Sally – the EON Gardening Gal

**EON Foundation is a not-for-profit organisation that delivers a food and nutrition focused healthy lifestyle and disease prevention program. We build edible gardens in remote schools and communities for a secure supply of fresh food and partner with them to deliver a hands-on practical gardening, nutrition, education, cooking and hygiene program. Read more about us at www.eon.org.au*

Vegetable Broth Image From:

<https://leitesculinaria.com/97417/recipes-vegetable-broth.html>

Banana Image From:

<https://www.hsph.harvard.edu/nutritionsource/food-features/bananas/>

Ginger Image From:

<https://www.medicalnewstoday.com/articles/265990>

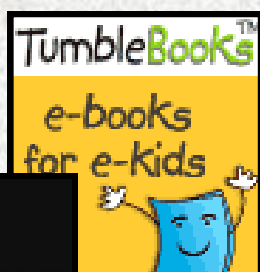
LIBRARY TIME

Hooray the library is back open! You can now come in and hire a range of books, DVD's and audiobooks to make those cold winter nights more enjoyable. If you do not have a library card come into the Shire and have a chat, we will sort one out for you. The library is a great place to expand your mind and connect with the authors you love. Whether you want kids books, fiction, non-fiction or want to learn more about Meekatharra's history we have exactly what you need.

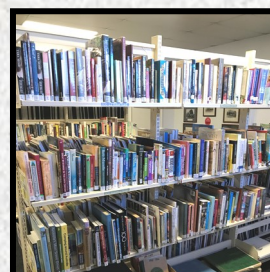
There are still online resources made available if you are una-

ble to get here in person. There are a wide range of magazines, books, movies and TV series online, all free as long as you have a library card (which is free too!).

The online resources can be used via a browser or you can download the apps straight to your phone. You will have access to Kanopy, Borrow Box, Tumble Books and RB Digital. Check out the Shire's website for direct links. <https://www.meekashire.wa.gov.au/online-resources.aspx>



kanopy



MOTIVATED IN MEEKA

FREE COMMUNITY FITNESS SESSIONS

MONDAY, TUESDAY, FRIDAY

6:30AM AT THE OVAL

VOLUNTEER LED FITNESS SESSIONS RUN BY MICHELLE

PM THE MEEKATHARRA DUST FACEBOOK PAGE TO BE
ADDED TO THE MOTIVATED IN MEEKA FACEBOOK GROUP

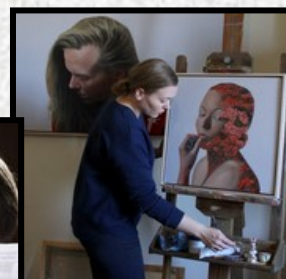
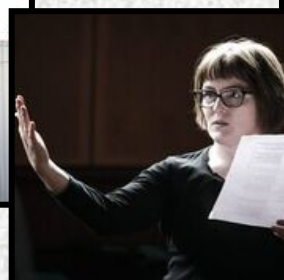
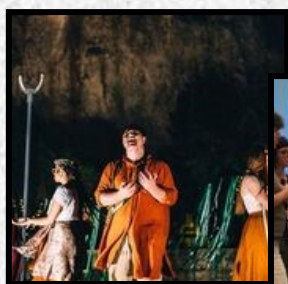


PUSH YOURSELF HARD.

YOU ARE YOUR ONLY LIMIT.



FUNDING FOR REGIONAL ARTISTS AND ARTS WORKERS



The Next Level Regional Grants and Regional Artist Fellowships support self-directed creative development, building sustainable arts careers Regional WA.

Next Level | emerging artists and arts workers, ages 18–26,

upto \$5k over 1 year | closes 8 June |
www.regionalartswa.org.au/funding/nlrg/

Fellowships | established artists and arts workers, \$50k over 2 years | closes 11 June | www.regionalartswa.org.au/funding/rafl/

For more info check out the links or call Regional Arts WA on 9200 6200 or 1800 811 883 regional freecall.



SKATEBOARD CLINIC

Join Trevor at the Skate Park every Saturday and Sunday in June between 9am and 11am to learn some rad new skills on your board.



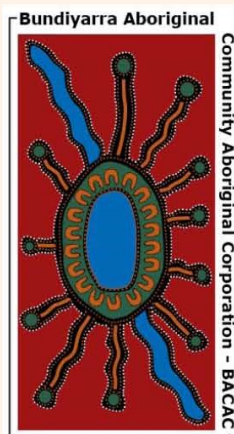
COVID-19 LET US KEEP YOU UPDATED



Text your address and phone number to **0428 817939** to subscribe to our messages for updates to Meekatharra specific announcements



shire of
meekatharra
a golden prospect



PO Box 4027
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F: (08) 9964 5283
reception@bundiyarra.org.au
www.bundiyarra.com.au

Incorporating:

- Irra Wangga Language Program
- Book sales including the Wajarri Dictionary
- Wajarri Language Courses
- Environmental Health Program
- Conference Room Facilities
- Aboriginal Resource Centre



The Irra Wangga Language Program covers 275,282 square kilometres

MEDIA RELEASE

20 May 2020

Emergency Relief Packages distributed to regional and remote Aboriginal communities

Around 800 food and hygiene packages were delivered to regional and remote Aboriginal communities across the Midwest and Gascoyne recently, to help combat isolation during the COVID-19 pandemic.

The pandemic has raised many issues for Aboriginal people - most importantly access to food - so a number of Midwest Aboriginal service providers banded together to deliver Emergency Relief Packages to those in need.

Bundiyarra Aboriginal Corporation, MEEDAC and the Aboriginal Biodiversity Conservation Foundation (ABC Foundation), came together recently to contribute needed resources such as cleaning and sanitary products along with food donated through the ABC Foundation 'Food for the Mob' program to organise, pack and distribute the Emergency Relief Packages.

Bundiyarra's Manager Operations, Wayne McDonald, said Bundiyarra is an essential service and has continued to operate during the crisis.

"The three organisations have had calls from people in critical need, people in lockdown where there are no shops, they are not allowed to leave their communities, and they are running low on cleaning products, hygiene needs and food," he said.

"Everyone pulled together to get food and essentials out to all our mob in the region.

"Bundiyarra provided the logistics, assembling the packages, and delivering to some communities like Pia Wadjarri, Kardaloo and Barrel Well, while ABC coordinated the 700 km round trip with their community partners Yulella Aboriginal Corporation near Meekatharra and Mungullah Community Aboriginal Corporation near Carnarvon," Wayne said.

As well as their natural cleaning products, Bundiyarra's EH supplied soap donated by Soap Aid, a not-for-profit organisation that cleans and processes hotel soap into fresh, hygienic soap bars that are distributed to communities to encourage frequent handwashing.

EH Team Leader, Derek Councillor Jnr, said the soap was initially to educate people in frequent handwashing to combat trachoma, an eye infection found in communities that can lead to blindness. In fact it is believed Australia remains the only developed country in the world with trachoma.

"This is an essential time to keep the hand washing hygiene education going with the COVID-19 outbreak so we are looking forward to getting out to communities," he said.

Brad Rowe, ABC Foundation Chief Advisor said: "this was a great outcome all round, we're excited to move forward and strengthen the ABC's partnership with Bundiyarra through further collaborations utilising the 'Food for the Mob' program".

ENDS

For more information contact Bundiyarra Manager Operations, Wayne McDonald on 9920 7900.



Left: Wayne McDonald, Bundiyarra; Brad Rowe, ABC Foundation; Steven Kelly, Derek Councillor Jnr, Bundiyarra EH Services team; Jim Sandy and Andrew Greaves, MEEDAC; and Terri Dalgety, Bundiyarra; packing the Emergency Relief Packages ready for distribution.

Right: Steven Kelly, Terri Dalgety and Derek Councillor Jnr, Bundiyarra; Andrew Greaves, MEEDAC; Brad Rowe, ABC Foundation; Wayne McDonald and Les Dann, Bundiyarra; and (front), Jim Sandy, MEEDAC; with some of the Emergency Relief Packages being assembled for distribution.





THE LIBRARY IS OPEN

The library in the Shire office is back open! You can now come in to borrow books or DVD's





THE RECYCLING CENTRE IS OPEN!

We are open again!
Every Saturday from 9-11am
On Railway Street
(next to Havelock Close. Opposite the Yulella Gardens)

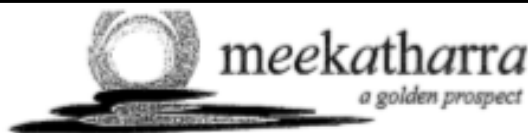
Drop off your:

- ✓ cardboard
- ✓ aluminium cans
- ✓ tin cans
- ✓ milk bottles (HDPE / Type 2)
- ✓ water & soft drink bottles (PET / Type 1)
- ✗ we don't take glass unfortunately 🙏

We also have a small second-hand shop.
Have a browse or donate your goods.

We're entirely volunteer run.
New volunteers are very welcome! 😊
It's easy to join up. Come and see us or get in touch below:

 /meekagoesgreen meekagoesgreen@gmail.com



Shire of Meekatharra

(Meekatharra Festival Committee Fundraiser)

Name Pavers.

YOUR NAME WILL GO DOWN IN HISTORY



\$45

or more

INDIVIDUAL PAVER

Your donation of **\$45** or more entitles YOU to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in the footpath outside Shire Council Administration Office

Engraving details: Please print clearly in block letters. Each square represents one letter, number, space or punctuation mark. (34 max)



\$75

or more

A unique and lasting record of your support.

Memories & milestones. Celebrate a wedding, new baby, birthday or anniversary. A tribute to someone special.

A memorial to a loved one.

DOUBLE PAVER

Your donation of **\$75** or more entitles YOU to have your name engraved into a double paver as a lasting record of your valued support. The double paver will be permanently installed in the footpath outside Shire Council Administration Office

Engraving details: Please print clearly in block letters. Each square represents one letter, number, space or punctuation mark. (64 max)

Simply fill out this form and return with full payment by cheque or cash to:

SHIRE OF MEEKATHARRA

PO BOX 129, MEEKATHARRA WA 6642.

Contact Name:

Address:

Phone:

Individual paver

☐

Double paver

☐

**Please photocopy and pass on to business associates and friends.
The Meekatharra Festival Committee needs your support!**





Facilities Update

6th June 2020

Youth Centre	OPEN
Skatepark	OPEN
Playgrounds	OPEN
Oval	OPEN
Library	OPEN
Outdoor Fitness Equipment	OPEN
Gymnasium	CLOSED
Squash Courts	CLOSED
Town Hall	OPEN
Sporting Complex	OPEN

Please ensure you follow all sensible and responsible social distancing and appropriate hygiene practises when using the facilities which have been opened.

Please consider downloading the COVID Safe app for your phone

Unfortunately due to requirements that gymnasiums must be staffed if open, the Meekatharra gym will remain closed until further notice.

COVIDSAFE

Keep you and
your family safe



Download now



For if a kangaroo jumps out
on John's drive home.

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

St John urgently needs volunteers.

If you'd like to help the people of Meekatharra, visit
stjohnchangelives.com.au. Or, give Meekatharra Sub Centre a call
on 9980 1467, or email sjameekatharra@westnet.com.au.



Life goes on.
Volunteer with St John.



MEEKATHARRA CHRIST THE KING

CORNER OF DARLOT & HIGH
STREETS

LITURGY TIMES
JUNE 2020

MASS

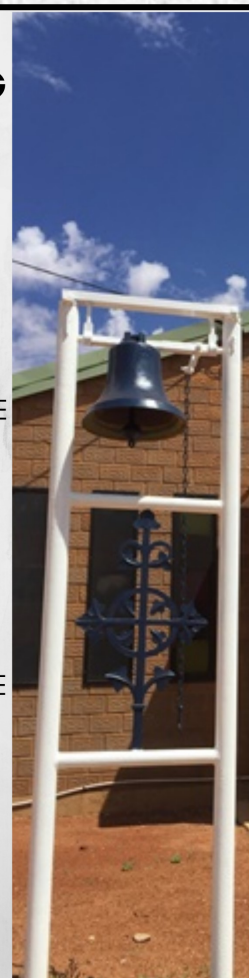
SATURDAY 20TH OF JUNE
AT 6:30PM

CELEBRATION OF THE
WORD WITH
COMMUNION

SATURDAY 27TH OF JUNE
AT 6:30PM

RECONCILIATION TIMES BY
REQUEST BEFORE OR AFTER
MASS

CONTACT CATHY JONES ON
08 9963 4176



WESTERN AUSTRALIANS TO ADMIRE

WA DAY AWARDS 2019

This year's WA Day awards have been postponed until 2021 so no awards will be given out. This is very unfortunate but we can use this time to reflect on past winners of these awards and remember those people who have made WA as fantastic as it is plus double the awards next year!

Western Australian of the Year and Community Award—James McMahon DSC DSM

Mr McMahon is an army veteran who was given this award for his leadership and dedication to helping people in the community. Mr McMahon was appointed as Commissioner of the Department of Corrective Services with a focus on rehabilitation. His hard work saw the Youth Justice Board and Reconciliation Action Plan for Corrective Services formed to help support those who need it most.



Sport Award—Samantha Kerr

Ms Kerr is an international soccer star playing for, and is captain for, the Perth Glory and Australian women's soccer teams. Ms Kerr has represented Australia and Western Australia on many occasions and has been described as 'one of the best female soccer players in the world right now'. She is a strong believer in equality for all and believes that women deserve the same opportunities in sport, and life, as the men.



Business Award—Dr Erica Smyth

Dr Smyth has worked in the mineral and petroleum industries for over 45 years and aims to bring all companies, communities and government together when starting projects. Dr Smyth is a geologist and is one of the first females to become one in WA. She has worked with private companies, charities, government and has sat on the board for most of these. Dr Smyth has not let her gender hold her back, she has pushed for equality and works hard to support women who wish to do the same.

Arts and Culture Award—Bourby Webster

Ms Webster is a founder of the Perth Symphony Orchestra and aims to bring classical music to everyone in WA. Ms Webster gives talented and dedicated Western Australians a space to explore their musical ability. She delivers programs to those who do not usually have access to this type of creative expression. Ms Webster provides leadership programs to support art professionals into starting their own companies and reaching out to their community.



Youth Award—Harrison Garland

Mr Garland is the founder of 'Swim for Proudie' which is a fundraiser he created to support this friend who was involved in a car accident. Mr Garland's friend will need around the clock support and many years of rehabilitation, so the financial support of the fundraiser is much needed.



Aboriginal Award—Glen Kelly

Mr Kelly helped to negotiate the largest Native Title offer settlement in Australia, affecting over thirty thousand Noongar people and covering a large amount of land. He sits on the board of Reconciliation Australia and is a director of KPMG's Indigenous Services advisory arm. He is a strong advocate for Indigenous Culture being incorporated into the development and care for land in WA.



Professions Award—Dr Angus Turner

Dr Turner is an Optometrist who strongly believes that all people deserve good eye care and works with remote and disadvantaged communities. Dr Turner continues to work hard to address the imbalance of care within WA. He launched the Lions Outback Vision Van and travels all over to help people seek treatment.





ENVIRONMENTAL SUSTAINABILITY + MGG – WHAT DO WE ACTUALLY DO?

So when we recently re-opened after our brief covid-isolation-hibernation the strangest thing happened: new people rocked up to the Recycling Centre! It's as if the enforced closure suddenly made our little Recycling Centre ever more interesting and precious. Talking with our community members it's interesting to hear though how few people actually know that we exist and even fewer know what we actually do.

Here's the FAQ you never knew you needed to know:

What's Meeka Goes Green? Who are you?

We're your friendly local volllie run not-for-profit organisation who are all about everything green.

So what are you trying to do?

Our objectives are to run environmentally friendly projects and initiatives in Meeka and surrounds. We also want to provide opportunities for social and cultural development and learning. It's important to us that we remain community owned and managed and that we're financially sustainable so that we can stick around for a while.

Bla bla bla.... what does that meeeeeeaaan?

It's in everybody's interest that future generations still have a good life – of course we want to be comforted that our kids and grandkids and greatgrandkids and our amazinggreatgrandkids (is that how it goes?) get to have a good life. That they have clean air, enough food, clean water, a safe home and a peaceful community. But how do we ensure this? We can't guarantee it but we can do things that will help towards it.

So why are you trying to do green stuff? Why not just make a bonkers load of money and give that inheritance to your kids?

Money is great and important but what's the point of having a loaded bank account if you live in an air polluted city? Or you live in a small outback

town that relies on bores and trucks for its water, food and energy – what if the water source was polluted or the trucks didn't come? What would keep our electricity running and our shops stocked? What if countries around the world were struggling with climate change and millions of people couldn't sustain their lives at home anymore and had to shift, causing global political unrest? Money can only buy so much and it cannot buy health, happiness or fairness. For that to happen we actually need to look after each other and after our environment. We humans rely on this planet a whole lot more than the planet relies on us.

Basically: environmental sustainability helps to ensure that the needs of today's population are met without jeopardising the ability of future generations to meet their needs.

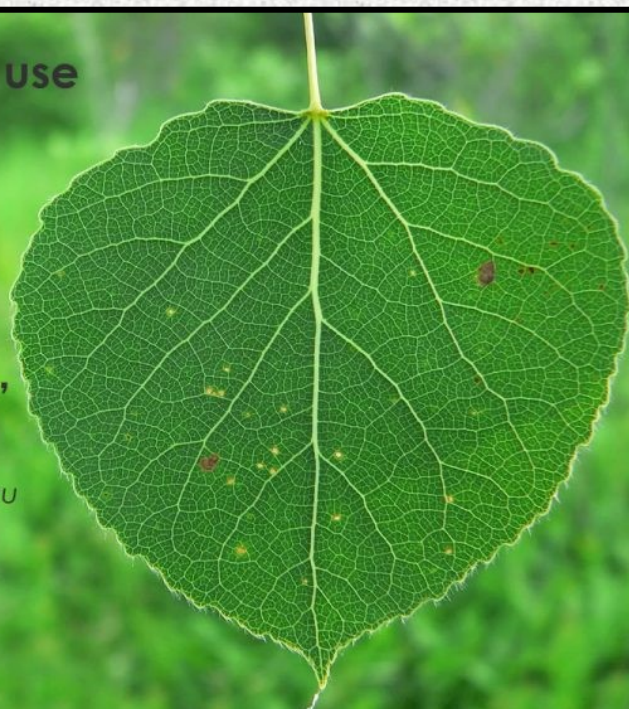
Sounds fair. So what do you actually do to achieve this?

As individuals we can only do so much. As an organisation we can do slightly more (e.g. get grant funding or work on projects for a long time with sustained effort) but we still cannot solve all the world's problems. We're running a Recycling Centre which helps to keep perfectly recyclable materials out of landfill. This helps our future generations in two different ways: it saves resources like aluminium, oil (plastics) and trees (cardboard) by recycling these materials, making them go further. It also keeps things out of landfill which is important because landfills create methane (a potent greenhouse gas) and have the potential to leach contaminants into the soil and water. Our little Recycling Centre is doing great but in the grand scheme of things it's only a drop in the ocean – every body, every organisation, every government, every business and every country has to do their thing to help. If everyone does their little bit it makes a huge difference.

Our shed also houses a little second-hand shop where kind people donate their goods and other people buy them (this explanation was probably superfluous because that's generally how second-hand shops work).

**"What is the use
of a house
if you don't
have a
decent
planet
to put it on?"**

Henry David Thoreau



We also help raise awareness, for example through these Dust articles or through social media and workshops, where people inspire people, share ideas and build a stronger community. It's nice getting to know more people other than just your fam or colleagues.

Our Upcycling Workshops are great: How to turn "rubbish" into awesome things. We've already used plastic bags to crochet and weave bags, we've made bowls out of shredded office paper, we made baskets out of wool and native grasses, crafted our own candles and soap.

That's great! What if I have an idea or want to help?

We are totally open to new faces, new volunteers, new ideas and new projects. "Environmental sustainability" is such a

broad term, so many initiatives fit under this umbrella. Do you have local knowledge and want to help with bushtucker tours or seed collection? Let us know! Are you a bit of a green thumb and would like to grow stuff? Contact us, there's space for your ideas. Have you got a wood chipper and are sick of seeing green waste go to landfill? We're with you. Are you a bit of a techy and can recommend useful solar powered gadgets? Give us a hoiy! Are you really strong and fit and muscly and want to help us shift heavy recycling bales? Swipe right on Tinder! ... errr we mean come along and help us volunteer *sweat*.

You can leave a post on Facebook/meekagoesgreen, send us an email at meekagoesgreen@gmail.com or pop into the Recycling Centre on Railway Street Saturdays 9-11am.



The image shows a quiz template with an orange background and white text. It features decorative corner elements: a yellow zigzag line in the top-left and bottom-right corners, and a yellow circle in the bottom-left corner. The title "ALPHABET CATEGORY QUIZ" is centered at the top in a large, bold, white font. Below the title, the instructions "Name a thing in the listed category that starts with the first letter of your name." are written in a smaller white font. The quiz consists of six categories, each with a corresponding white input box: "ANIMAL", "COUNTRY", "FRUIT OR VEGETABLE", "JOB", "FAMOUS PERSON", and "FOOD". The categories are listed in a bold white font. At the bottom, the text "template by @canva" is written in a white font.

ALPHABET CATEGORY QUIZ

Name a thing in the listed category
that starts with the first letter of your name.

ANIMAL

COUNTRY

FRUIT OR VEGETABLE

JOB

FAMOUS PERSON

FOOD

template by @canva

BLAST FROM THE PAST!

DUST ARTICLE FROM JUNE 2000

NEW SHOWS ON LOCAL RADIO

Local community radio station 98.3 Meeka FM announces the commencement of several new shows to augment the line up of programmes.

The Hour on Monday night at 7.00pm is an exciting show about the realm of the supernatural. Robyn and Paul extend an invitation to all listeners to write in or fax questions to them and they will answer your queries on air. Write to The Hour, PO Box 259 Meekatharra 6642 or fax on 99 811 358.

Monday, Wednesday and Friday between 3.00 and 5.00 pm tune in to Jen, Rina and Ros for their modern music mix to get your feet tapping and beat bopping.

Drive Time with Ron and Glenda is on Monday to Friday between 5.00 and 6.00p.m. This dynamic duo bring to you a selection of music to get you home from work and to cook your evening meal. So tune in and enjoy the show.

Ron is a busy fellow as he is responsible for Ron's History of Rock on Friday nights at 6.00 pm. Ron brings you a wide ranging selection of artists from the 50's and 60's. After Ron's History of Rock, Johnno brings you 120 minutes of Something Different.

The most recent addition to the stations line up is Steve and Marie's intro to the Classics on Sunday at 6.00pm. Tune in for an hour of music from the Classic side, and be surprised at how many pieces of music you may recognise from the world of movies and advertising. A feature show of this show is popular songs set to classical tunes.

Established shows are still to be heard. Show's like Marie's Music from 1.00 to 3.00 Monday to Friday include a Theme Day Thursday and Folky Friday. Marie likes to bring the listener a variety of music from Blues to World Music and popular songs. A feature is the birthday music where Marie plays music by artist's who are celebrating

their birthday.

Smooth Radio with Steve (and sometimes Pete) is a feature Tuesday nights from 7.00 to 9.00. Jazz, Blues and other cool styles feature on this show.

Outback Pete (and sometimes Steve) bring you Meeka Country Music Show on Thursday at 7.00 to 9.00. Pete's collection of country music is eclectic and interesting.

Monday to Friday Steve, Ken, Pete and Eric take turns at bringing you the breakfast show. On the weekends Jason's Breakfast is a little later and a lot different.

If you would like to be a member of this exciting community radio group, either as an on air presenter or simply to work in the background, then come along to the Annual General Meeting to be held at 5.00 pm on 16th

MEEKATHARRA OCCASIONAL CARE

CHILDREN AGED 0-6 YEARS

OPEN

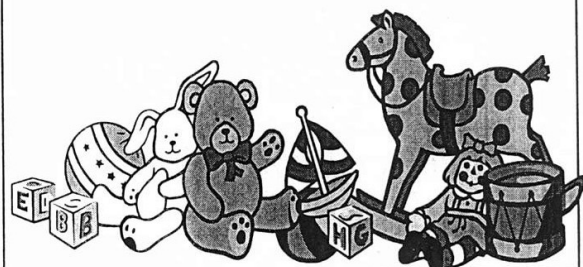
MONDAY to FRIDAY

8am - 2pm

BOOKINGS ANYTIME

9980 1284

Lynette Deamer will happily answer
any of your queries



Meekatharra Dust

WAM HEADS TO THE MID WEST REGION IN WA TO RECORD NEW ALBUM

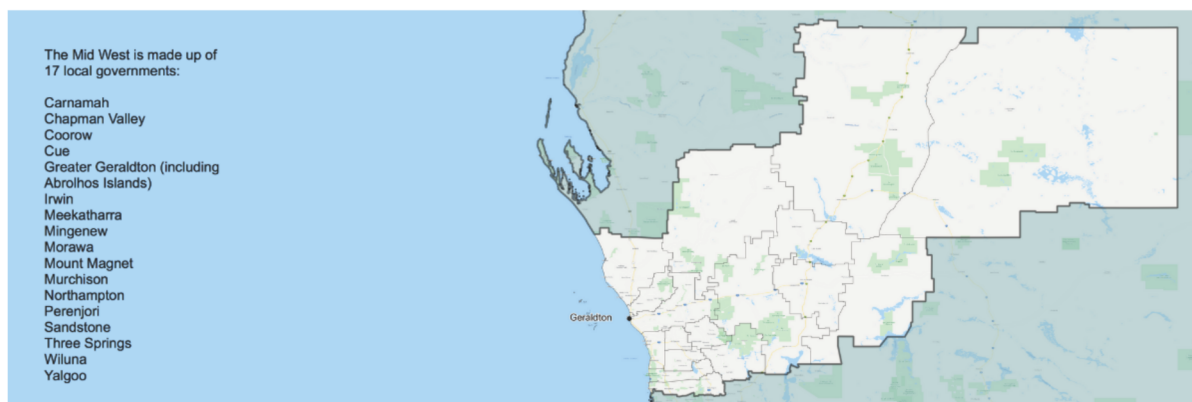


Image courtesy of Mid West Development Commission

West Australian Music (WAM) is excited to launch the next instalment of its regional recording project series, ***Sounds of The Mid West***, with artist applications now open. The project is delivered with the ongoing support of the **State Government of Western Australia's Contemporary Music Fund**, and aims to showcase the musical talent, stories, and provide opportunities to artists and sound engineers in the region.

At twice the size of Victoria, the Mid West region covers almost one fifth of WA's land mass. It boasts some of the state's most iconic landscapes, spanning from the Gibson Desert in the East to the Batavia Coast, the Abrolhos Islands and north through the mighty Murchison. The Mid West is home to many first nations Yamatji peoples and languages, as well as Martu peoples to the east, where WAM recorded their regional compilation, ***Sounds of Wiluna*** in 2011.

The ***Sounds of The Mid West*** recording project will provide 10 Mid West artists the opportunity to record their original song with some of WA's best award-winning producers, including; **Matt Gio** and **Dan Carroll** (Rada Studios), **Andy Lawson** (Debaser Studio), **Sean Lillico** (Fur Real Studio), **James Newhouse** (Real2Reel Studios) and **Ryan Brennan** at a pop-up studio in an iconic Mid West location this September/October.

The final compilation will be released in 2021 on digital streaming platforms, limited-edition CD package, and distributed by WAM to local and national radio, industry and the public. The compilation cover will feature the artwork of a local Mid West artist to capture the spirit of the region.

Sounds of The Mid West is the fourth of nine new regional recording projects supported through the State Government's Contemporary Music Fund, and fourteenth of WAM's 'Demos from / Sounds of' series. Since launching in 2006, the series has brought great exposure to 120 artists based regionally across the expansive state of WA. WAM's latest regional compilation, ***Sounds of The Kimberley***, has garnered significant digital streaming and radio airplay across ABC networks, and community radio nationally.

Applications to take part in the project are now open to Mid West region **songwriters, acts/bands** and **studio sound engineers** of any level, age, and genre. Applicants can register their interest via the following link or WAM website, with applications closing on **Thursday August 20, 2020**: <https://www.surveymonkey.com/r/WGWF7F5>

[ONLINE APPLICATION FORM](#) | [PRESS RELEASE & ASSETS](#)
[MORE INFO ON WAM'S REGIONAL RECORDING PROJECTS](#)

WAM delivers ***Sounds of The Mid West*** with the ongoing support of the **WA State Government Department of Local Government, Sport and Cultural Industries** and WAM organisational partners.

If your local business or organisation would like to join us in celebrating local talent through this project, please contact WAM at georgia@wam.org.au

For media enquiries, quotes or images, please contact Ellen Oosterbaan – Marketing & Communications ellen@wam.org.au



WAM is supported by the State Government through the Department of Local Government, Sport and Cultural Industries, and Lotterywest.



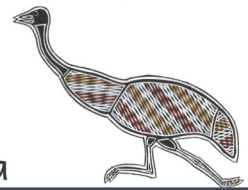
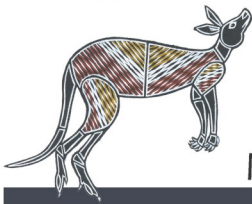
Office Location
Level 1, 58 James Street
NORTHBRIDGE WA 6003
Australia

Postal Address
PO Box 171
NORTHBRIDGE WA 6865
Australia

Office Phone
+61 8 9227 7962

Email: hello@wam.org.au
Website: wam.org.au

SOCIAL AND EMOTIONAL WELLBEING



Mental Health Support Services Meekatharra

LOOKING AFTER YOUR SOCIAL AND EMOTIONAL WELLBEING

It is so important to look after social and emotional wellbeing. Strength can come from family, friends and community. If you are an Aboriginal and/or Torres Strait Islander person, there is also a lot you can do to find help and healing.

Mission Australia Mental Health Support Service

Most of you know me – I'm Reece's missus. I came to Meeka as a nurse almost 10 years ago, married a local and stayed; now I consider Meeka my home. I took a break from nursing and worked at Mission Australia and the school for a bit (I miss my little scallywags!) Now I am working at Mission Australia again I feel good that I can put my nursing skills back to use as the mental health support coordinator for the area.

Did you know more than a quarter of all Aboriginal people, reported having a mental health condition in 2018-19? Anxiety was the most common problem reported followed by depression.

In 2019, 31% of Aboriginal people over 18 years reported high or very high levels of psychological distress. This is more than twice the level of other Australians.

68% had experienced at least one stressful event in the past year.

It was recognized a few years ago that Meekatharra needed a mental health support service that would help Aboriginal people find the right mental health service for them. My job is to listen to YOU, to advocate for YOU, and help YOU find the support you need for your social and emotional wellbeing.

So if you think this service could help you then please give me a call or come see me at Mission Australia on Main Street - you don't need a referral.

Keep well

Paulette Anderson

Meekatharra Mental Health Support Service

A support service for Aboriginal people living in Meekatharra with outreach to Cue and Mt Magnet

What we offer:

- Someone to talk to if you're not feeling good
- Information and referrals to counselling and specialist mental health services
- Yarning circles and group sessions
- Support for families and carers
- Confidentiality and privacy

Call 0459 857 885

**MISSION
AUSTRALIA** together
we stand

Tough Times

If you're going through a tough time or have depression, anxiety or suicidal thoughts, talking about your feelings can be hard. But keeping silent could make it seem even worse. You don't have to go through this alone, support from friends, family or a health professional can help with your recovery

Use these numbers if you need

LIFE LINE - 13 11 14
GRAMS - 9956 6555
MENS LINE - 1300 789 978
1800 RESPECT - 1800 737 732
DRUG & ALCOHOL SUPPORT - 1800 177 833
KIDS HELPLINE - 1800 55 1800
PAULETTE AT MISSION AUSTRALIA - 0459 857 885
RURALLINK - 1800 552 002



Your Own Social and Emotional Well Being

Stay connected to your family and friends

Find someone you can talk to

Talk kindly to yourself

See a doctor, health worker or counsellor

Stay connected to your land and community

Value your culture and spirituality

Eat healthy food

Get enough sleep

Exercise every day

Avoid alcohol or drugs to make yourself feel better



KEEPING BUSY

"If you say you're bored one more time I will make you clean out the kitchen cupboard" - Paulette's Nana circa 1985

NO LAPTOP SMART PHONE OR COMPUTER?

Want access to information online but don't have a computer? Want to do some online shopping but can't? Not sure how to safely shop online? Please ring or come see Paulette at Mission Australia. We have a computer in a private room you can use for personal reasons (safe and private). This can be used for people who might like to use online help services such as Beyond Blue. We also have spare laptops people can use for online shopping. We can help with all kinds of online stuff including filling out forms, shopping and online learning.



KNIT CROCHET SEW



If you can crotchet, knit or sew and would like some projects to work on I have some patterns or I can print them out for you, We have yarn and wool at Mission Australia. We may be able to get some material for sewing. Studies have shown that keeping your hands busy when you are feeling stressed can help ease symptoms of anxiety. If your not sure where to start I can help with starting you off on granny squares which can be stitched together to make a blanket. Mission Australia also has sewing machines that can be used at the Mission office if you would like to do some sewing.

STORIES CULTURE FAMILY

Write a story about a memory from when you were younger to share with your family. Write it down or record you voice on your phone or iPad. If you would like to get it typed up, or printed out or saved to a disk please come see me at Mission on phone/txt. I do a lot of family history research and I believe it is so important to record our stories for the next generation. I also have family history charts, family trees and family group sheets if you would like to start your own family history book. If you would like information about researching your family tree I am happy to help.

**MISSION
AUSTRALIA** | together
we stand

THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

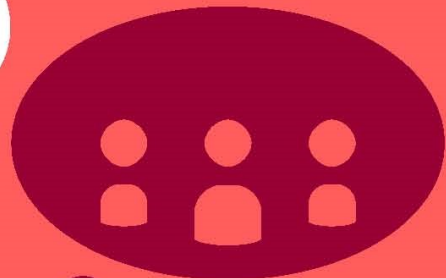
15-21 JUNE

SHARE

a positive message about men in your life on your social media and tag **#Men'shealthweek**



#



HOST

an online event (e.g. virtual coffee meet)



GET IN TOUCH

with your 3 best mates to avoid social isolation

ASK FOR HELP!

If you need help, check out these resources:



headtohealth.gov.au/supporting-yourself/support-for/men



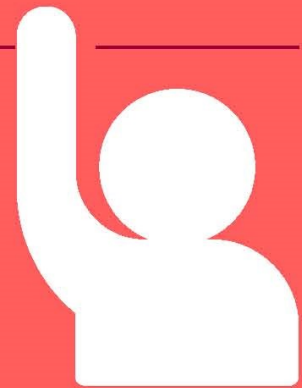
MensLine Australia (online counselling and forum for men)
1300 78 99 78



Dads In Distress (peer support for separated dads)
1300 853 437



SANE Australia (people living with a mental illness)
1800 187 263 or chat online at sane.org



menshealthweek.org.au

WESTERN SYDNEY
UNIVERSITY



In partnership with



Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



Winter in Meeka

Follow us on Facebook to keep up to date with all the latest news. [Facebook.com/meekatharrapharmacy](https://www.facebook.com/meekatharrapharmacy)

Get your FLU SHOT at Meekatharra Pharmacy

Do you still need to get your 2020 Flu shot? We are administering them at the pharmacy till the end of June this year. \$25.00 per person 10 years and over, \$10.00 for persons aged over 65 years.

Please phone ahead for the service or make an appointment to ensure we have both our pharmacists on to assist in your vaccination. Please allow 20 minutes for the service.

The Common Cold

The winter months are the most common time of year to get a cold virus. Symptoms include a blocked or runny nose, sore throat, cough, headache and sneezing.

We have a range of products to help ease the symptoms here at the pharmacy.

Have you tried a steam vaporizer before? It lets off a steam over several hours to humidify the room, which helps combat excessive dryness, relieving coughs and scratchy throats, keeps nasal passages hydrated and helps you sleep more comfortably and breathe better. This is a great alternative to medicated products. Ask your pharmacist about steam vaporizers next time you're at the Pharmacy.

Meekatharra Pharmacy carry a range of vitamins & supplements, first aid supplies, quit smoking products, sun care, hair, skin & nail care items, ear and eye products, perfumes, cosmetics, jewelry, gifts, baby items, hats, sunglasses, readers and cleaning products. We also provide professional services such as prescription handling, webster packing, free blood pressure checks, med checks, vaccinations, ear piercing, Diabetes supplies and lots more. (P) 08 9980 1798



Skin care range



Webster Pack

Dry skin & Eczema

Unfortunately, with the cooler, dry weather a lot of people will be experiencing dry, flaking or itchy skin. It is important to look after your skin with quality products to help hydrate and nourish your skin daily. We carry a great range of dermatologically tested products and can recommend washes & moisturizers from your concerns and symptoms.

Webster Packs

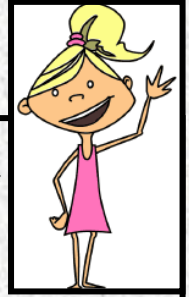
A Multi Dose Webster-pak is a sealed weekly calendar pack designed to help people take their medication correctly, according to their doctor's orders. All regular medication that needs to be taken each week is sealed within the blister compartments. If you or your family members may benefit from this, come in and have a chat to us. We offer packing services at low or no cost to you.

OPENING HOURS

Monday – Friday: 9am-5pm

Saturday – 9am-1pm

ALL ABOUT ME



Hi everyone!

I think it is about time I introduced myself and told you a little bit about me and how I came to Meekatharra. So my name is Amy and I am the new Community Development Officer here at the Shire, started in March. I was born and raised in Kalgoorlie although I have lived in a few different places since leaving Kal in 2010, Perth, Port Hedland, NT and Kulin. I started out my career in Youth Work working high schools and then moved into local government in Kulin. Along my travels I met a lovely nursing student (Sonja Elliot, subtle name drop there) from Meekatharra in the NT about a 5 hour drive from Alice Springs, what are the chances? Although it was a couple of years ago I remember her so clearly saying how great and friendly Meekatharra is and how awesome the people are. So when I heard about this job I knew I had to jump on it plus I had a few people telling me how amazing it is and they are not wrong. I have been blown away by this town and how kind everyone has been. I am so excited to get to know more people!

A few things you may need to know about me.. I love, and I

mean love, a good chicken parmy. My favourite drink is an iced latte (yes, just a shot of coffee, ice and cold milk), even in the middle of winter. I am currently bingeing Scrubs and am planning on watching 30 Rock next, so any references are greatly appreciated. I love seeing new places and my bucket list is growing bigger with all the places around here that I want to go see. The top of my bucket list is to make my way along the QLD coast and visit as many places as I can, I think it would be an epic road trip.

While this role may be new to me I feel like the skills I have picked up along the way in my past positions will help. I have come at a very strange time but I am using this time wisely and learning as much as I can about this town so when things can get up and running again I will be all over it.

If you see me in the shops please come say hi (I am the blonde that always looks a little lost, please note the picture above is not an accurate one). I am really looking forward to getting to know you all. Until then, if you need anything I can be found at the Shire office.




VET SERVICE
to **MEEKATHARRA**
by **DR RICK FENNY**
EVERY MONTH

FOR APPOINTMENTS CALL

0408 936 061

Email: rick@rickfennygroup.com

Phone advice and supply of medications any time.

 petsandvetswa.com.au

What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

What do you call a factory that sells good products?

A satisfactory.

Why did the scarecrow win an award?

Because he was outstanding in his field.

Chicken Schnitzel

Serves: 4

Preparation time: 15 minutes | Cooking time: 10 minutes

Ingredients

- 2 slices wholemeal bread
- 1 teaspoon thyme (or other dried herbs)
- $\frac{1}{3}$ cup low-fat natural yoghurt (or 2 egg whites, whisked)
- $\frac{1}{4}$ cup water
- 2 chicken breasts, sliced in half long-ways
- cooking oil spray

Method

1. Add the bread to a food processor or blender to make breadcrumbs. Alternatively, use a grater.
2. Combine the breadcrumbs in a shallow bowl with the herbs.
3. Combine yoghurt and water in a shallow bowl and stir to mix well.
4. Coat each piece of chicken with yoghurt mixture, then with breadcrumb mixture.
5. Lightly spray a frying pan with cooking oil and place on low to medium heat.
6. Cook the schnitzels for 5 minutes or until golden. Flip over.
7. Cook for 5 minutes or until cooked through.

Serving suggestion:

Serve schnitzel with coleslaw.





Coleslaw

Serves: 4

Preparation time: 10 minutes

Ingredients

½ cabbage, finely sliced

1 carrot, grated

1 apple, grated

Dressing

⅓ cup low-fat natural yoghurt

2 teaspoons Dijon mustard

1 teaspoon lemon juice or vinegar

Method

1. In a small bowl, combine yoghurt, mustard and lemon juice and mix well.
2. Combine the remaining ingredients in a large bowl.
3. Stir through the yoghurt and mustard dressing.

Integrated Chronic Disease Care (ICDC)

Is aimed at vulnerable/disadvantaged populations, including those in remote areas suffering from chronic disease including and focusing on diabetes, cardiovascular or respiratory conditions.

It is a fully subsidised allied health service available to Aboriginal and Non-Aboriginal people with 1 of the 3 Chronic Disease in Geraldton and remote areas who fit the criteria. Health professionals travel to remote areas to coordinate care and support patients to manage their chronic conditions better. Teams will also coordinate and link patients to relevant services.

CRITERIA:

- Has either Diabetes, Respiratory or Cardiac issues
- Current concession card required **if** patient resides less than 100km from Geraldton
- Current Care Plan

Care Coordination is:

- Help clients to navigate the health system
- Work closely with GP's, Specialists and other Health Services
- Organise and Co-Ordinate all clinics
- Arrange and provide access to required services

Each referral is viewed on a case by case decision

Fax ICDC referral and current care plan to:

Central West Rehabilitation - Fax (08) 99647528

For enquiries, phone **Beryl Quick - 0447 268 603 or Denielle Riley - 0499 009 708**

Areas covered: Geraldton, Northampton, Morawa, Three Springs, Mingenew, Mullewa, Yalgoo, Mt Magnet, Cue and Meekatharra.

The ICDC Team would like to add, that our support from the Meekatharra Community and local organization has been much appreciated and we would like to thank all ICDC clients for their efforts with accepting telehealth appointments, during COVID-19 restrictions. The allied health services which together benefit the 3 chronic diseases are Physio, Podiatry and Dietitian/Diabetic Educator. It is important that clients use ALL 3 of these services at least every 6 months or more if needed, as these 3 services provide the education, care and monitoring of your chronic disease at no cost to the client. The ICDC Team have 2 Care Coordinator/Nurses, that would be more than happy to assist with arranging appointments in Geraldton, if for some reason our ICDC clients are not available during our visiting dates to Meekatharra and to encourage each ICDC client to be involved in their health as much as possible, as we know how important it is to utilise services that are beneficial. Thank you from the ICDC Team.

Upcoming Visits to Meekatharra for 2020:
21st July, 18th August, 22nd September, 20th October & 17th November



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****





Hon Robin Scott MLC

Member for Mining and Pastoral Region



I am the VOICE for YOUR thoughts!

For those of you that don't know me I am Hon Robin Scott MLC. I was sworn in on 22 May 2017 as a Member of the Legislative Council of Western Australia, representing Mining and Pastoral Region for Pauline Hanson's One Nation.

I would like to start by saying for the past thirty years I have been interested in politics, and just like you I have been forced to vote at every election for the best of a bad bunch. Being a father of two and grandfather of six it motivated me to maximize my contribution as a parliamentarian. I'm here for the people of my electorate not the people of the house. I am here help repair our political system, defend our Australian way of life and maximize opportunities for fellow West Australians. The major parties have condoned the deterioration of our manufacturing industries and are slowly strangling our mining, agriculture and pastoral industries. We have every natural resource the world wants and we still can't eliminate poverty in Australia, due to poor management by politicians."

✓ Achievements

- ✓ **Blocked - The State Government's proposal to raise the gold royalty** - In 2017 I was Successful with the Disallowance Motion which defeated the Government's attempt to increase the Gold Royalty by 50%. Which I think is an absolutely fantastic win. I am determined to protect and promote mining and lead the defence against water charges for prospectors and small miners.
- ✓ **Granted - License for an MRI Machine in Kalgoorlie-Boulder** - Alongside Senator Georgiou we secured the Medicare license for the MRI machine in June 2018 after leading a strong advocacy campaign alongside WA One Nation. Although our town is still waiting for the MRI Machine i reassure you that I will continue to ask the question and update my electorate as to when we can expect it to be operating.
- ✓ **Granted - Funding for Palliative Care** - I accomplished a desired result with obtaining a multi-million-dollar funding injection for Palliative care in regional WA. I was disappointed to hear that the government had again let our people down with in the health department and knew that people deserved to die with dignity.
- ✓ **Blocked Removal of Education components with School of the air** - I won the fight with members of the cross bench when the state government proposed that they wanted to remove critical education components with School.

My To Do List

- Advocating the PHON plan to subsidise apprenticeships by 75% in the first year, 50% in the second year and 25% in the third year.
- **Investigate unfair Native Title Claims**
- **Create Suitable accommodation in regional towns for remote community visitors.**
- Continue to follow up on the current status of the MRI machine for the Kalgoorlie Health Campus.
- **Begin the construction on the Kimberly Water Pipelines.**
- **Bring Royalties for Regions back to Regional WA.**
- **Continue to push for the Wiluna to Meekatharra road to be sealed.**

ROYAL MAIL HOTEL



ACCOMMODATION - BAR - RESTAURANT - TAB - POOL TABLE - BEER GARDEN - JUKE BOX

AFFORDABLE ACCOMMODATION

Single, Double, Triple and Family rooms available with secure parking next to the venue. Each comes with their own full en-suite and is equipped with air con, TV, fridge and tea/coffee facilities. A cooked or continental breakfast is also available for purchase. Pets are welcome.



FRIDAYS

8 BALL POOL
KNOCKOUT
COMPETITION
7.30PM START



DAILY CHANGING SPECIALS

PLEASE CHECK THE
CHALKBOARD

TUESDAY

PARMI AND CHIPS \$15

FRIDAY

LARGE PIZZAS \$15
POOLCOMP

SATURDAY

KIDS EAT FREE*
*with every Main meal

RESTAURANT

Come and enjoy a meal with the option of eating in our air-conditioned dining room.

Take away and phone bookings are welcome.

Also available are our homemade pizza selections.

Large menu plus daily specials.

We also supply on site and off site **quality catering** for any occasion.

Please call **08 9981 1148** for bookings or email us.



59 Main Street Meekatharra 6642

P / 08 9981 1148 F / 08 9981 1113 E / royalmailmeekatharra@gmail.com

FOR UPDATES, INFO AND OFFERS LIKE US ON FACEBOOK

royalmailhotel.com.au





The Randolph Stow Young Writers Award aims to encourage young writers in the Midwest region.

The award recognises the international achievements of Geraldton-born writer, Randolph Stow (1935 - 2010).



GERALDTON REGIONAL LIBRARY
37 Marine Terrace, Geraldton

Mullewa Public Library
Council Administration Centre
Corner of Padbury and Thomas Streets, Mullewa

PO Box 101, Geraldton WA 6531

PHONE 9956 6659, FAX 9956 6674

WEB library.cgg.wa.gov.au
EMAIL library@cgg.wa.gov.au



2020



Entry Form

Encouraging young writers in the Midwest Region

Presentation

- Use A4 paper, one side only
- Adhere to the maximum length.
- Provide a title.
- Use the official entry form.
- Make sure each section is filled in completely.
- Check there is an entry form for each entry.

Terms & Conditions

- Names and schools **MUST NOT** be included on student's work (entry), only on the entry form provided.
- Entry forms stapled, NOT glued, to student's work.
- Entries will not be returned.
- No Late Entries will be accepted.
- Entry must be original and created by you, or you have permission to use other material in your entry but it is not the main content of the entry.
- By submitting your work for judging, you grant the City of Greater Geraldton (Geraldton Regional Library) the right to publicise your name, year level, school and work in the Randolph Stow booklet, online and in the local newspaper.
- Students may enter both categories, but are limited to ONE entry per category.
- Judging will be independent and judge's decision is final and no correspondence will be entered into the decision making process.
- No responsibility is accepted for late, lost, delayed or misdirected entries.

Entry is Free!

Closing Date

Entries must be received at the Geraldton Regional Library before COB Sunday 5 July 2020.

- All entries must be accompanied by a signed entry form
- post entries to PO Box 101, Geraldton WA 6531 or
- email entries to library@cgg.wa.gov.au or
- hand deliver entries to Geraldton Regional Library, 37 Marine Terrace, Geraldton or
- Mullewa District Office, corner of Padbury and Thomas Streets, Mullewa.

Winners will receive an invitation to the Awards ceremony

Eligibility

The competition is open to students years 3 - 12, studying in the Midwest Region.
The Award is for original works of prose or poetry.

CATEGORIES

Lower Primary - Years 3 & 4

Prose - Maximum 1200 words, Poetry - No minimum stipulation

Upper Primary - Years 5 & 6

Prose - Maximum 1200 words, Poetry - No minimum stipulation

Lower Secondary - Years 7 & 8

Prose - Maximum 1500 words, Poetry - No minimum stipulation

Middle Secondary - Years 9 & 10

Prose - Maximum 1500 words, Poetry - No minimum stipulation

Upper Secondary - Years 11 & 12

Prose - Maximum 2000 words, Poetry - No minimum stipulation

Entry Forms

Name _____

Home address _____

Home phone _____ Mobile phone _____

School _____

School Year _____

Title of Entry _____

Word Count _____

Entrant signature

(if not signed, entry will be ineligible for judging)

Parent, Legal Guardian or Teacher signature (circle one)

(if not signed, entry will be ineligible for judging)

I, as the Parent, Legal Guardian or Teacher give permission for the entrant to enter their work in the 2020 Randolph Stow Young Writers Award writing competition. I acknowledge that I have read, understood and agree to the Terms and Conditions of the Competition and believe to the best of my knowledge the work attached is original and no assistance has been provided. Permission is granted to allow the entrant's name, age, school and entry to be published in relation to the Competition.

Checklist

- ☐ My name isn't on my work
- ☐ My form is stapled, not glued
- ☐ I have one form for each entry
- ☐ My work is my own

Please staple this page securely to your entry.

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43 MAIN STREET

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REPAIRS, MAINTENANCE AND NEW INSTALLATIONS for
DOMESTIC, COMMERCIAL AND MINING.**

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

Meekatharra Community Church (Uniting Church)



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

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

PHONE PHOTOGRAPHY TIPS



TIP 1: USE THE GRIDLINES TO BALANCE THE SHOT

TIP 2: FOCUS ON ONE SUBJECT



TIP 3: EMBRACE NEGATIVE SPACE



TIP 4: FIND DIFFERENT PERSPECTIVES



TIP 5: LOOK FOR SYMMETRY



TIP 6: KEEP AN EYE OUT FOR REPETITIVE PATTERNS



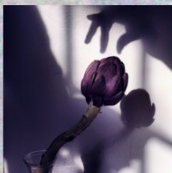
TIP 7: AVOID ZOOMING IN



TIP 8: CAPTURE SMALL DETAILS



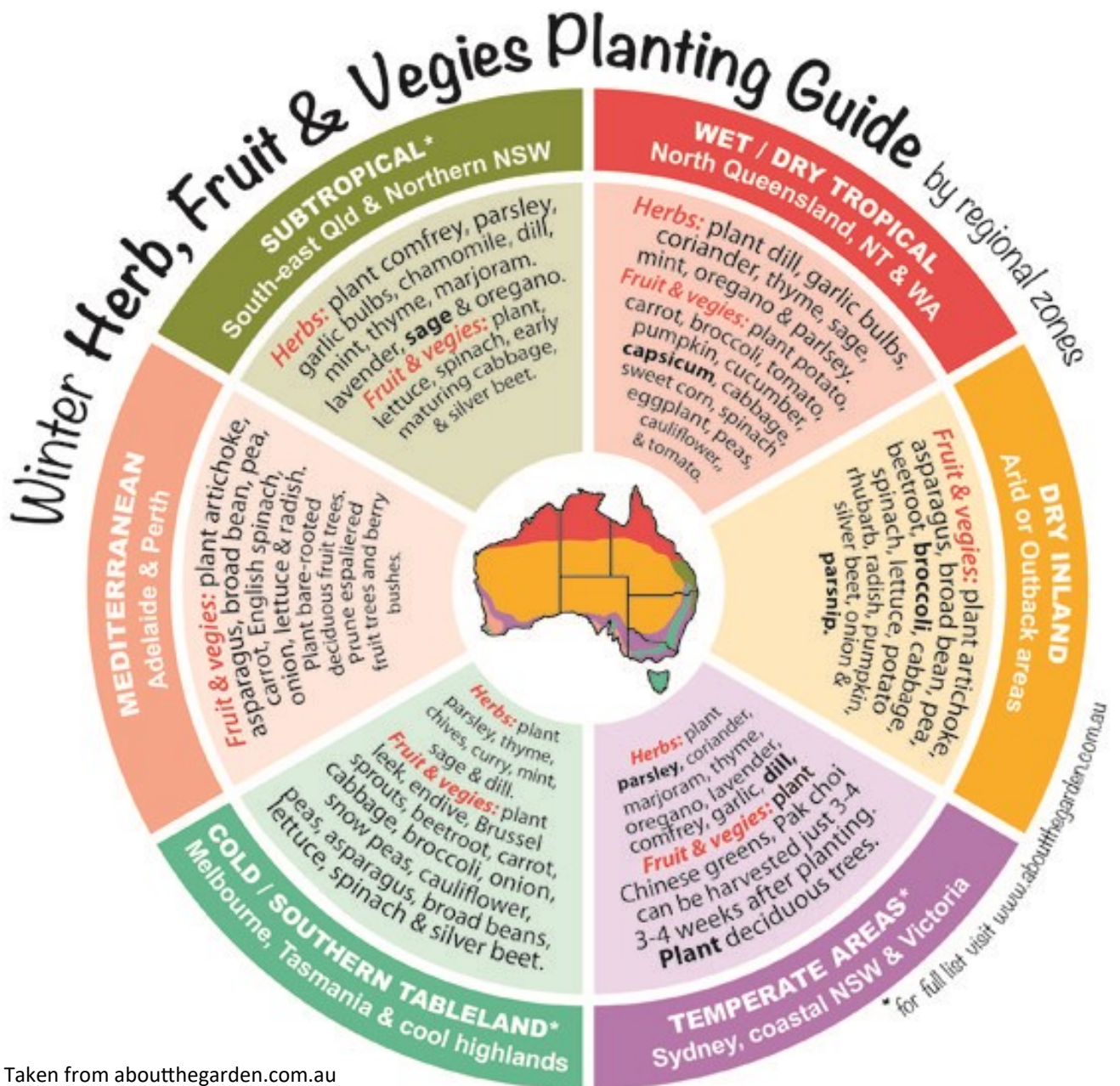
TIP 9: USE NATURAL LIGHT



TIP 10: TAKE CANDID PHOTOS



TIP 11: CLEAN THE LENS!!



Taken from aboutthegarden.com.au

WHAT CAN RUN BUT
CAN'T WALK?

a drop of water

WHAT'S FULL OF
HOLES BUT STILL
HOLDS WATER?

a sponge

LLOYD'S OUTBACK CENTRE

As you most likely know the Shire is currently renovating the old Lloyd's Outback Centre building to make way for new businesses to come into town. With the opening coming soon what better way to appreciate the old building than with a little trip down memory lane.

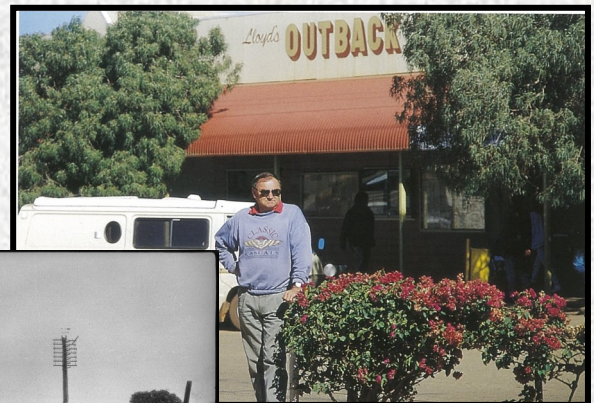
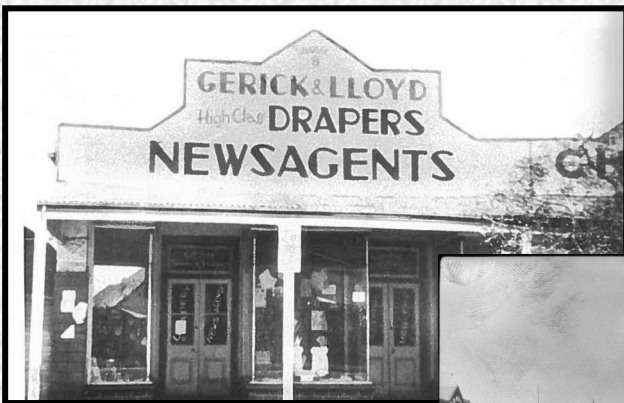
The Lloyd family store was a large part of the Meekatharra community for over 50 years, opening in 1948 by Evan Lloyd on Main Street next to the post office and what was Sallur's Pharmacy, McMillan's Betting Shop, McAleer's General Store and Gerick's Cash Supply Newsagency.

Evan Lloyd ran the family business until 1968 when John, his son, took over management. John led the way into expansion for the business, expanding into McMillan's and McAleer's stores in 1971. Lloyd's Store became the first self-service store in the Murchison which was welcomed by the community.

In 1983 the store next door to Lloyd's, Gerick's Cash Supply Store, burnt down. This store had been a part of Meekatharra since the 1910s and was owned by the Gerick family started by A.J. Gerick. The family decided not to rebuild the store and instead sold the building to the Lloyd's store which expanded once more in 1986.

Lloyd's Outback Centre was large, by 1994 the storefront was 50 metres wide and incorporated a hardware store, newsagency, bookshop, clothes shoes and general grocery store. John Lloyd accomplished many great things during his time and owner of the business, starting from a 4-metre store and growing to take most of the block.

If you or anyone you know has photos or articles about this building we would love to hear from you. Email Amy at cdo@meekashire.wa.gov.au.



Lloyd's OUTBACK CENTRE

70 MAIN STREET, MEEKATHARRA - PHONE 811060

* SUPERMARKET	- FORTNIGHTLY SPECIALS - FRESH FRUIT & VEGETABLES
* NEWSAGENCY	- TOYS, GIFTS, CARDS, MAGAZINES
* HAIRDRESSING	- JENNY IS AVAILABLE 3½ DAYS FOR ALL HAIRDRESSING NEEDS
* CLOTHING	- MENS AND WOMENS, CASUAL AND WORK
* ELECTRICAL	- RADIOS, TV'S, WASHERS etc.
* NURSERY	- PLANTS, SEEDLINGS, SHADECLOTH etc
* HARDWARE	- TOOLS, CEMENT, HANDYMAN
* AGENCIES	- FILM PROCESSING, H.B.F. MEDIBANK, A.N.Z. R & I, TOWN & COUNTRY LOTTO AND LOTTERIES.

"THE OUTBACK STARTS AT MEEK"

Top Left: 1950 Gerick and Lloyd's Stores on Main Street. Photo by Meekatharra The Gold Beyond The River.

Top Right: 1990s John Lloyd out the front of Lloyd's Outback Centre. Photo by Meekatharra The Gold Beyond The River.

Middle: Main Street 1948.

Bottom Left: 1928 Gerick's Cash Supply Store on Main Street. Photo by Meekatharra The Gold Beyond The River.

Bottom Right: 1988 Lloyd's Outback Centre advert in the Meekatharra Dust.

Commercial Hotel

Meekatharra

Opened daily from noon til late

Excellent counter meals daily:

Lunch: 12 noon – 2pm

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 rear of Hotel with enclosed parking.

and

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Telephone: 99811020

Fax: 99811021

Email: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642




www.commercialmeeka.com.au

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




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Camp kitchen
Fuel
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*Coral Coast * Ningaloo * Karijini * Goldfields Highway * Mooloolagon Pathway*

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 book-

ings@meekatharraaccomodation.com.au

BE RESPONSIBLE



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

FREE Waste Bags are now available from the Shire Office.

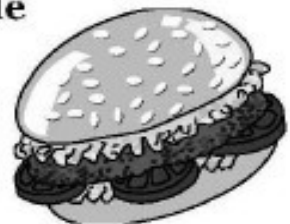
Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

Ph: 9981 1151



BP Fuel & Lubricants
Premium Unleaded Fuel now available
Auto Accessories
Kleenheat Gas
Key Cutting
Take-Away Food
Asian Food



A range of Asian Ingredients and utensils available for sale



Burgers
Rolls
Sandwiches made to order
Bottled water deliveries

Tyre Repairs
Driveway Service



TERM 2 YOUTH CENTRE TIMETABLE

MONDAY

2:45PM-4:45PM ALL AGES OUTSIDE CRICKET

6PM-8PM OVER 12'S VOLLEYBALL

TUESDAY

2:45PM-4:45PM ALL AGES ARTS & CRAFT IN THE YOUTH CENTRE

6PM-8PM OVER 12'S NETBALL

WEDNESDAY

2:45PM-4:45PM ALL AGES STREET HOCKEY

6PM-8PM OVER 12'S POOL COMPETITION

THURSDAY

2:45PM-4:45PM ALL AGES OUTSIDE CRICKET/GARDENING PROJECT

6PM-8PM OVER 12'S THREE POINT BASKETBALL TOURNAMENT

FRIDAY

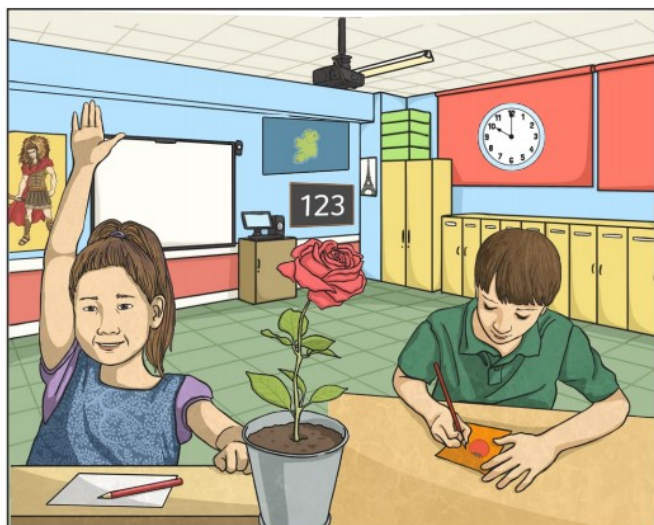
2:45PM-4:45PM UNDER 12'S MOVIE AFTERNOON

6PM-8PM OVER 12'S MOVIE NIGHT



Spot the Difference In the Classroom

Look at the 2 pictures. Can you find 6 things that are different in the 2 pictures?



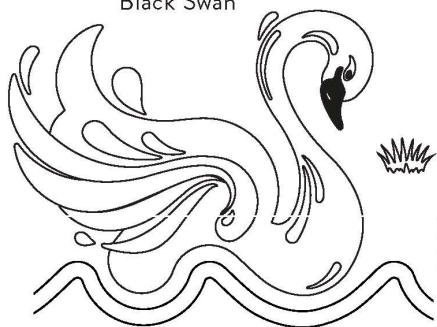
visit [twinkl.com](https://www.twinkl.com)



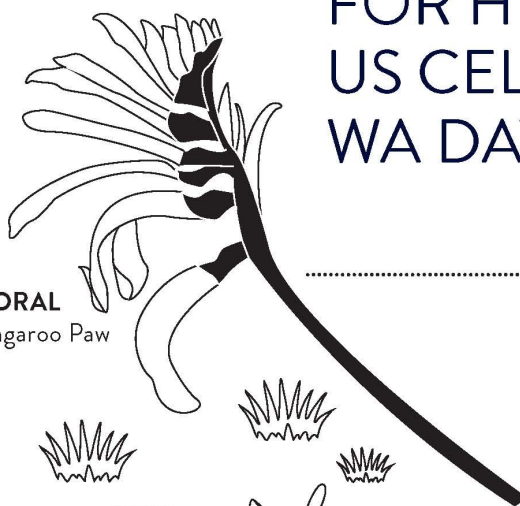
WA State Emblems

THANKS
FOR HELPING
US CELEBRATE
WA DAY

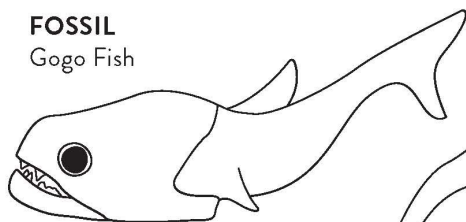
BIRD
Black Swan



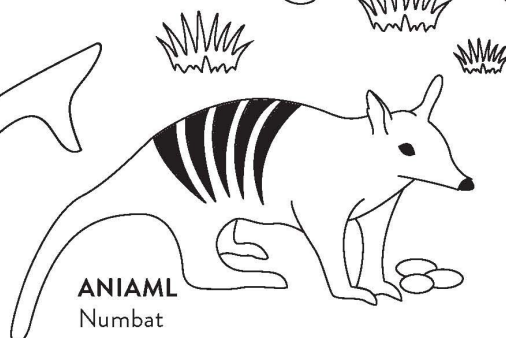
FLORAL
Kangaroo Paw



FOSSIL
Gogo Fish



ANIMAL
Numbat



.....
YOUR NAME



World Environment

c l i m a t e d w x a e
 o q c x a f t f s n v n
 n s a n c t u a r y x v
 s a b y i o j s x n w i
 e a r e u s e v b a r r
 r w e i u c b d s t i o
 v q d t e m n k o u o n
 a g u o u t d o o r s m
 t b c b k o p d r e r e
 i r e c y c l e v o e n
 o r e n e w a b l e h t
 n r e s e r v e k b j l

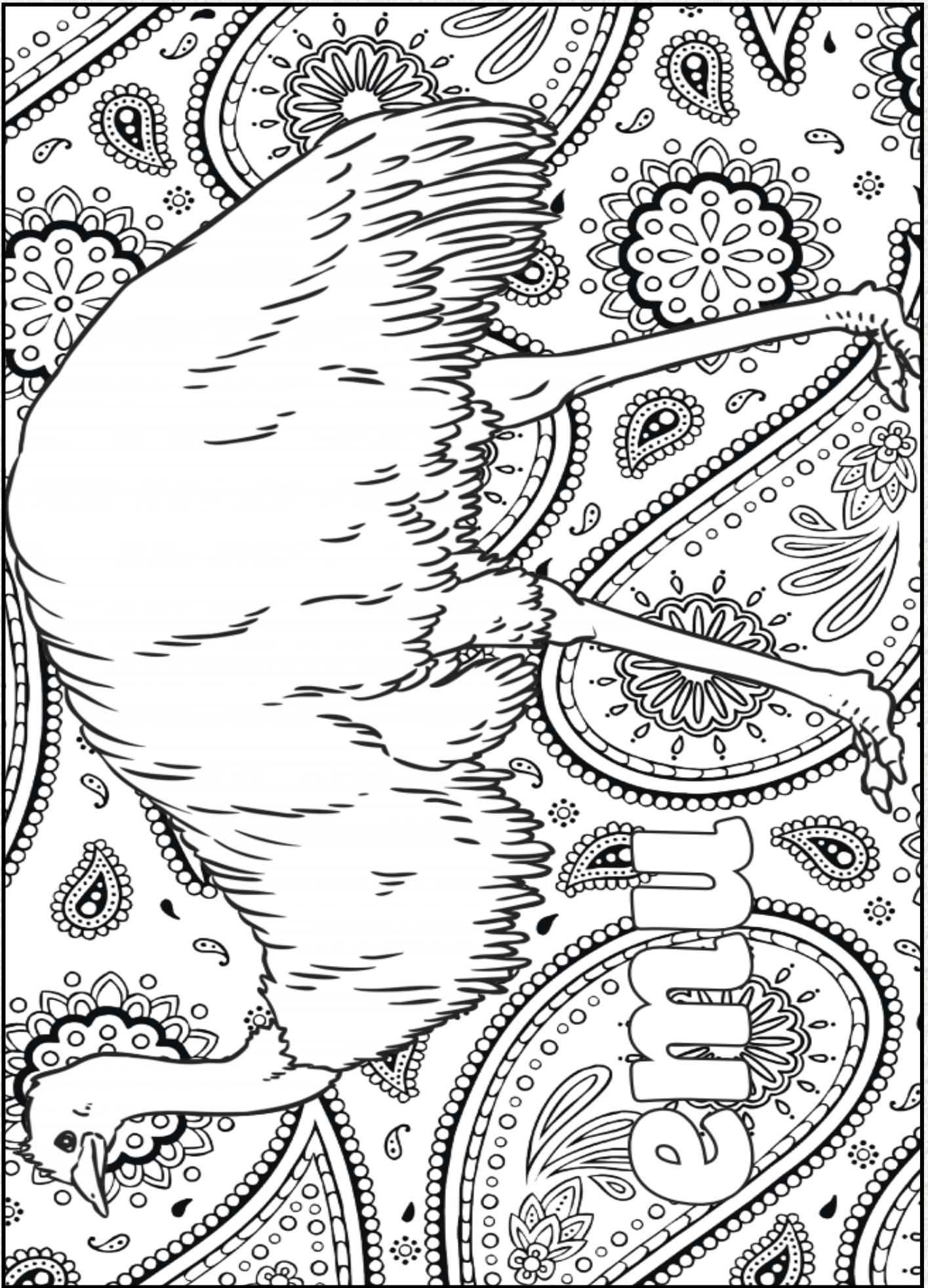


climate
 environment
 outdoors
 nature

reserve
 recycle
 sanctuary
 conservation

renewable
 reduce
 reuse







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WA Dept of Environmental Licensed Controlled Waste Carrier T00612 ACN: 150 464 618 ABN: 141 504 64618

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Transporting liquid waste on site from one location to another

Reliable and responsive service

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0458 002 126 - ALL HOURS



Farmer Jack's

MEEKATHARRA

FOODWORKS

Supermarket



Opening Hours

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

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



FARMER JACK'S ELECTRICAL

(inside Thrifty Link Meekatharra)

Stocks.....

Fridges & Freezers,
Washing Machines & Dryers,
TV's & DVD Players,
Small Appliances.



LANDMARK
an AWB company



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

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

Farmer Jack's Foodworks Meekatharra
22 Main Street, Meekatharra 08 99811088



Farmer Jack's

ELECTRICAL

MEEKATHARRA

NOW OPEN

**LOCATED IN THE THRIFTY LINK HARDWARE
SHED AT THE REAR OF FARMER JACK'S**

COMPETITIVE PRICES


- **WASHING MACHINES**
- **REFRIGERATORS /FREEZERS**
- **DRYERS**
- **TV'S, DVDS**
- **APPLIANCES**



Farmer Jack's Foodworks Meekatharra
22 Main Street, Meekatharra 08 99811088

IMPORTANT DATES

June 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 WA Day Public Holiday 	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Men's Health Week	16	17	18 Dentist Visit Red Dog Vet Visit	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5