

# Meekatharra Dust



**Issue Number 202 - July 2009 Cost \$ 2.00 incl. GST**

## Hollywood comes to Meeka!



Around 100 people attended the Fundraising Fancy Dress Ball dressed as their Favourite Movie Character ranging from The Joker to Marilyn Munroe. The only thing missing was the Limo!

See page 4-5 for details...

# NOTE FROM THE EDITOR

Hi Readers,

Welcome to the July Edition of The Dust!

As this is my 1st Dust I'd like to thank everyone who contributes articles/photos etc each month. Please keep it up as I wouldn't be able to do it without you!

If you see me around town please introduce yourself so I can put a face to a name as I am still meeting new people everyday.

Thanks and Happy Reading!

Rach

'The Meekatharra Dust' is a non-profit community newspaper.

Articles or advertisements can be posted to

PO Box 315 Meekatharra,  
faxed on

**(08) 9981 1505** or left at the Shire Office

**Or try emailing us at**  
**admin@meekashire.wa.gov.au**

## Advertising Rates:

Size	B & W	Colour
Full Page	\$46.50	\$66
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Quarter Page	\$14.70	\$22.00
Eighth Page	\$12.45	\$16.50

# The Meekatharra Dust SUBSCRIPTION

If you would like to subscribe to the The Meekatharra Dust simply complete the form below and send with your payment to:

## CO-ORDINATOR

"The Meekatharra Dust"

PO BOX 315

Meekatharra WA 6642

NAME: \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

Subscriptions are:

(1) Address in WA: \$33.00 (inc GST)

(2) Address in other States \$38.50 (inc GST)

Subscriptions are for a 12 month period.

## QUOTE OF THE MONTH

**When life hands you  
lemons, ask for tequila &  
salt and call me over!!**



# Dust Noticeboard...

## Calling for Submissions

If you have any articles with information, about events, or photos you have taken that you would like included in the Meekatharra Dust, please drop them into Rachel at the Shire before the closing date shown on the back page.

## **EVENTS NOT TO MISS**

### **THIS MONTH**

- ✠ Community Basketball Fun Day - Saturday 1st August
- ✠ Ivan Zar playing the Blues - Thursday 6th August
- ✠ Womens Craft Club - Saturday 8th August
- ✠ Certificate II in Security Course - Monday 10th - Saturday 15th August
- ✠ Telecentre Committee Meeting - Tuesday 11th August
- ✠ Cocktail Night - Friday 14th August
- ✠ Ordinary Council Meeting - Saturday 15th August
- ✠ Interagency Meeting - Tuesday 18th August
- ✠ Battle of the Bands - Saturday 22nd & Sunday 23rd August
- ✠ Festival Committee Meeting - Tuesday 25th August
- ✠ Meekatharra Race Club Committee Meeting - Thursday 27th August
- ✠ Keep Australia Beautiful Community Clean Up Day - Saturday 29th August

*Disclaimer: The Meekatharra Dust is a publication of the Shire of Meekatharra.*

The Shire of Meekatharra, staff and councillors, take no responsibility for accuracy of or omissions in any material published.

Information contained within the Meekatharra Dust does not necessarily reflect the views of The Shire of Meekatharra or its employees or councillors.

# Fancy Dress Ball

On Saturday night the 25th of July The Shire Hall could have been mistaken for a Hollywood Event as the Meekatharra Festival Committee held their annual Fundraising Fancy Dress Ball.

This years theme was Movie Characters and around 100 people partied like stars until midnight.

Held as a fundraiser for the 2009 Meekatharra Outback Festival, the ball provided a night of fun and entertainment and raised over \$2,000.

Many games were played during the night with the most popular and controversial proving to be the "Jack Daniels Coin Slide" with Michelle actually hitting the bottle but her coin bounced away landing further than winner Neville Ulph. Other winners for the night were Kristy Kyanga who won Limbo, Lyndell Groth won musical chairs and the winning music quiz table was one of the Teachers table—Amy, Daniel, Lauren and Mel.

Other prizes went to Lyndell Groth (Kill Bill) for Best Party Animal and the Door prize was won by Katherine Kalkman. Congratulations to all our prize winners.

## And the Logies go to ....

**Best Dressed Male—Bettlejuice (Dennis Ulph)**

**Best Dressed Female—Morticia Adams (Meg Forrester)**

**Most Creative—Donald Duck (Ronnie Longmuir)**

**Most Original—Chubaka— Starwars (Roy McClymont)**



Dennis Ulph



Ronnie Longmuir (left) pictured with Jo Francis



Roy McClymont (Centre Right) pictured with Cherie Smith, Luke Ruane and Nikki Anderson



Meg Forrester (Far Right) pictured with Amy Harrington & Jareth van Wees





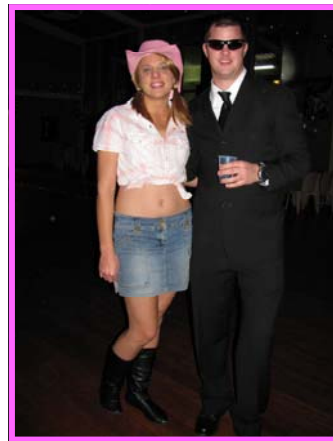
Peter & Sandy Clancy



Mandi Mitchell & Michael Osta



Aaron Taylor & Rachel Hucks



Kelly & Marinus Kleinan



Therese & Edgar Edwards



Daniel Seneque & Anthony Llyod



Peter Pope & Kerry Salmon



Gillian Kelly & Elaine King



Lyndell Groth



Ben Clare & Kerrie Danks



Kristy Page & Neville Ulph

# A BIG Thanks .. !

Thanks to all who attended for supporting this event and a special thanks goes to Meeka FM (Anita Seery) for doing a fantastic job providing the music and Jo Burgemeister for your work as MC; Farmer Jacks, The Commercial and The Post Office for donating prizes; Stella Johnson, Lauren Howden and Helen Gould for managing the bar; Elaine King and Gillian Kelly for taking tickets at the door; Janet Liu for cooking the food; Norm Trenfield; Therese Edwards for the photos; the Shire for all your contributions and of course Jareth van Wees, Lauren Howden, Elaine King and Stella Johnson for organising the event.



The town Swimming Pool season is now closed for the Winter months.  
Could all After Hours Key Holders please return your keys to the Shire Office  
as soon as possible to collect your key deposit.  
If you have any queries, please don't hesitate to contact us at the Shire Office.

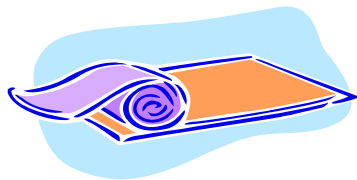


**Key Deposits Need To Be Claimed Now!!**



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Contact : Anita 0400 761 747

## \$ PRICE INCREASES \$

### Meekatharra Dust

Please be aware that price increases for The Meekatharra Dust Sales and Advertising have come into effect from the 1st of July 2009.

Please refer to Page 2 for Advertising and Subscriptions rates.



**Telecentre  
network**

MEEKATHARRA

OFFICE FOR HIRE

The Telecentre has an office available for hire.

It's situated in our building next to the Westpac bank and has a separate entrance.

Please call the Telecentre on 99801811 for more information

## *Meekatharra Festival Meeting Update*



**VOLUNTEERS WANTED!!**

**For the Battle of the Bands &**

**The Outback Festival**

**Contact Stella @ The Shire on 998 1 1 002**

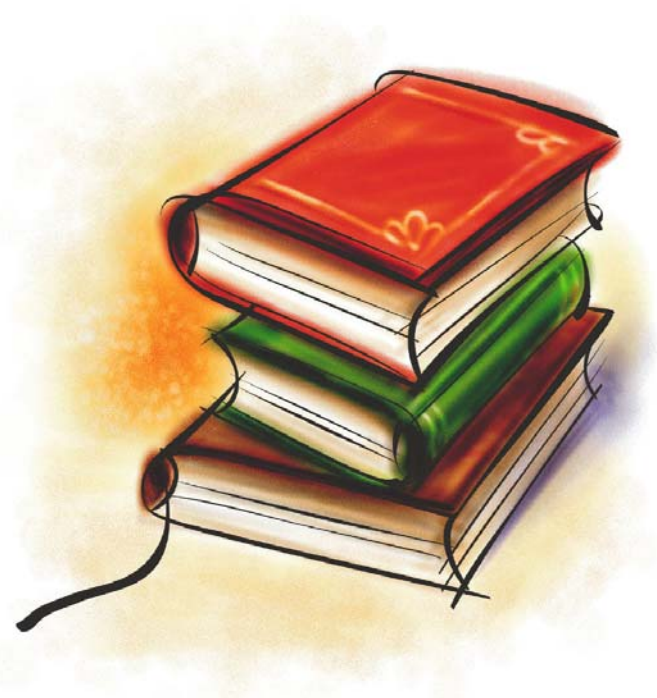
The Next Festival Meeting Will Be Held On:

**Tuesday 25th August**

**Time: 5.00pm**

**Venue: Council Chambers**





## Library

We know our library is of the small scale, but we hope we have most of what you need. We get an exchange every month. The number of items we receive is much smaller though.

If there is anything specific that any reader would like we can order it from another library for you. (Sometimes this can take time for them to be sent to us)

**Please note that you must be an existing member of the library to order in books.**

*Located in the Shire Office*

*The Library is open:  
Monday to Friday  
from  
8 am to 4.30 pm.*

## Library Info.

**We have a number of library books and DVDs that have not been returned and are overdue. Please could you check that you have returned all overdue library items. Thank you**



# Better Beginnings & Story Time



Meekatharra Shire is seeking interest in early literacy programs for children aged between 0-3 (Better beginnings) and 3-8 (story time). These sessions will take place once a month at the library .

Please express your interest.

Phone: 99 811 002

Email: [reception@meekashire.wa.gov.au](mailto:reception@meekashire.wa.gov.au)

# DENIMSTRATE YOU CARE

DONATE AND WEAR A PAIR



## JEANS FOR GENES<sup>®</sup> DAY

### FRIDAY AUGUST 7 2009



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# WOMEN'S CRAFT CLUB

Seeking Expressions of Interest

Come and get together once a month to do a craft of your choice -  
Scrap booking, knitting, card making, patchwork etc

BYO Materials

or just come down for a cuppa and a chat!

2nd Saturday of every month From 12 noon

@ The Red Sandbox on Darlot Street

Gold Coin Donation for Afternoon Tea

Contact Rachel at the Shire on 9981 1002 or ad-  
min@meekashire.wa.gov.au to register your interest !!



**Telecentre  
network**  
MEEKATHARRA

## VOLUNTEER TREASURER NEEDED

The Telecentre needs a new volunteer treasurer. We are a non-profit organisation and need your support. If you have experience in finance or accounting, come to our annual meeting on the 08.09.09 at 5pm, at the Telecentre or contact the Telecentre by phone on (08) 99 801 811.

***Your help is needed to be able to provide the community with this vital service.***



# Rifle Shoot Weekend

The Meekatharra Rifle Club held its annual two day prize meeting on Saturday the 18<sup>th</sup> and Sunday the 19<sup>th</sup> July 2009, over distances from 300 yards to 900 yards.

The event drew 50 competitors for the 2<sup>nd</sup> year in a row and is proving to be one of the most popular shoots on the calendar year in year out.

The shoot again attracted competitors from as far away as South Australia for the third year in a row; competitors also came from as far as Kambalda, Kalgoorlie, Bunbury, Cuballing, Perth, Northam, Bindoon, Geraldton, Chapman Valley, Karratha, Beverly, Moora, Northampton and local Meekatharra.

The field was made up of 40 competitors in Full-Bore Target Rifle and 10 in F- Class Standard a new division that is growing in popularity each year, for those unfamiliar with shooting sports full bore is conducted lying in the prone position using a sling to support the rifle and the sights are the traditional peep sights that are adjusted to allow for the variances in the wind, F-Class is done using a front and back rest, with the aid of telescopic sights the two classes of shooting are run in conjunction with one another using different scoring systems and both are eagerly contested.

The weather was fine with fickle to strong winds which at times proved to be difficult to combat it kept everyone very watchful, thankfully this year the bitterly south easterly wind stayed away making the days quite pleasant.

The camaraderie between the competitors in all divisions was evident all weekend with the social side of the competition around the fires and the bar being most enjoyable. The kitchen staff ensured that everyone was adequately fed from Friday night till Sunday nights BBQ, with a lovely spread of food for breakfast, morning tea, lunches and Saturday night's traditional roast dinner. The sweets are always much sort after with the odd drop of red or white wine.

The target markers under the watchful eye of Peter Moses did a fantastic job on both days and the amount of complementary comments coming from the competitors throughout the weekend was a credit to all the crew who worked the targets for the two days, Greg Byrne is earning quite a reputation as a very slick marker. I am told there was also a fair bit of stick flying around down that end between the crew having a laugh with each other and a fair amount of Bull\*\*\*T going on as well.

The Club would like to thank their sponsors for their support and generosity for the weekend without them this type of event just couldn't happen to the same degree of success. So a Big thankyou to Farmer Jacks, Mark Smith, Paul Watkins, P&L Lacy Contracting , Royal Antediluvian Order of Buffalos Sir Charles Head , Irene & Reynolds Allison, Tom & Jan Hutchison, Colin & Nyssa Lauritsen, Jenky and Jo, Bill and Linda Nichols, Yulella, Peter Moses, Dot and Clarrie Lauritsen & Coates Hire

A huge Thankyou to Dot Lauritsen our kitchen manager for her tireless efforts leading up to the weekend's competition and also during the weekend and the aftermath. Her organisation with the kitchen and other aspects Dot controls is a huge effort.

It is always a danger to name the people who helped throughout the lead up to the weekend and during and after the event, as there is always someone who is missed out that deserves equal praise but I feel as if the following people put in a big effort over multiple days and the club along with the President Peter Jenkins and myself personally thank them very much for there support. Thankyou to Dot Lauritsen, Nathan and Breyley, Sarah and Shannon, Doug and Denise Holt, Ned Carder, Donna Farrell, Mark Smith, Peter Moses, Phil Nix, Ross Henderson, Hamish, Lachlan, Grace and Lucy. Also again a big thankyou to the entire target marking crew you blokes know who you are and your time and effort makes the shoot enjoyable, we can't thankyou enough. Thanks also to Chris Elliot for collecting the fire wood.

To the ladies who cooked and helped over the weekend in the kitchen you are all very much appreciated along with your cooking skills you are talked about around the State of WA as second to none. To all the club members who helped before during and after the shoot thankyou the weekend was a success.

Ken Elliot competed this year at the age of 80 years and showed that he still hasn't lost all the skill that made him an A grade shooter in years gone by.

To the towns people who came out for a look over the weekend and joined in for the social side of the event thankyou for your support, its great to see you out enjoying the warmth of the pot belly fires and roaring outside fire that was popular when the night chill crept in, your support in keeping the bar takings ticking over helps us out.

Clarrie Lauritsen.

Club Captain



# Rifle Shoot Results

## MEEKATHARRA RIFLE CLUB PRIZE MEETING 2009

Match 1 300 yards	Div 1	Clarrie LAURITSEN	Meekatharra	50.3
	Div 2	Ted BOWER	Beverley	50.3
	Div 3	Ian CARLTON	Northampton	48.2
	F Class	Tony ORLANDO	Chapman Valley	59
Match 2 400 yards	Div 1	Mike FARRELL	South Perth	50.8
	Div 2	Mark GOODCHILD	Chapman Valley	50.5
	Div 3	Colin CLARKSON (Jr)	Bindoon	48.4
	F Class	Tony ORLANDO	Chapman Valley	59
Match 3 500 yards	Div 1	John BECHER	East Perth	50.8
	Div 2	Phil NIX	Karratha	50.6
	Div 3	Rod BRYAN	Moora	48.3
	F Class	Mal HAMBLETON	South Perth	59
Match 4 600 yards	Div 1	Bill CLARK	Light River SA	50.4
	Div 2	Kim MARTIN	BassBell	50.3
	Div 3	Danny KUFFER	BassBell	49.3
	F Class	Dick VAN DER BERG	Meekatharra	57
Match 5 Sat Agg	Div 1	Mike FARRELL	South Perth	198.21
	Div 2	Mick McGRATH	Bindoon	196.19
	Div 3	Rod BRYAN	Moora	187.11
	F Class	Tony ORLANDO	Chapman Valley	232
Match 6 700 yards	Div 1	Neil WINTER	Geraldton/Greenough	50.6
	Div 2	Mick McGRATH	Bindoon	50.5
	Div 3	Ken ELLIOT	Meekatharra	48.3
	F Class	Mal HAMBLETON	South Perth	58
Match 7 800 yards	Div 1	Nathan LAURITSEN	Meekatharra	50.8
	Div 2	Phil NIX	Karratha	50.5
	Div 3	Ian CARLTON	Northampton	50.5
	F Class	Nigel HUNT	Chapman Valley	58
Match 8 900 yards	Div 1	Dennis MARSDEN	Geraldton/Greenough	49.5
	Div 2	Mick McGRATH	Bunbury	48.3
	Div 3	Ross CARSON	Bindoon	47.3
	F Class	Ashley NORWOOD	Geraldton	
Match 9 Sun Agg	Div 1	Dennis MARSDEN	Geraldton/Greenough	147.16
	Div 2	Mick McGRATH	Bindoon	144.13
	Div 3	Rod BRYAN	Moora	140.10
	F Class	Mal HAMBLETON	South Perth	169
Match 10 Grand Agg	Div 1	Dennis MARSDEN	Geraldton/Greenough	343.30
	R/Up	Michael FARRELL	South Perth	342.3
	Div 2	Mick McGRATH	Bindoon	340.32
	R/Up	Mark GOODCHILD	Chapman Valley	338.28
	Div 3	Rod BRYAN	Moora	327.21
	R/Up	Ian CARLTON	Northampton	326.21
	F Class	Tony ORLANDO	Chapman Valley	400
	R/Up	Mal HAMBLETON	South Perth	397
	1 Badge	Dennis MARSDEN	Geraldton/Greenough	343.30
	2 Badge	Michael FARRELL	South Perth	342.23
	3 Badge	Neil WINTER	Geraldton/Greenough	342.23
	4 Badge	Robin FLEMING	Geraldton/Greenough	341.28
	5 Badge	Michael GREEN	Kambalda	340.32
	count back from Mick McGrath			
Match 11	Under 25	Nathan LAURITSEN	Meekatharra	336.33
Match 12	Veteran	Dennis MARSDEN	Geraldton/Greenough	343.30
Tyro Winner	F Class	Clare CREAM	Chapman Valley	359

# Rifle Shoot Cont...

## State Team Selection from Meekatharra

The Meekatharra Rifle Club is proud to announce that both Clarrie and Nathan Lauritsen have both been selected to represent Western Australia in their respective State Teams in the upcoming National Championships to be held in Brisbane in August. Nathan is representing WA in the U25s for the first time and Clarrie is representing the State Senior Open team for the third time in a row.

Nathan is following in his father's foot steps as an opener for the U25 team a position Clarrie has held down in the past two senior teams and again on this occasion.

They have both been away to State trials over the past 12 months and have been putting in a considerable amount of time to train and ensure their equipment and hand loaded ammunition is to the standard required at this level.

Clarrie has just returned from elimination trials over the weekend of the 25<sup>th</sup> and 26<sup>th</sup> of July in Moora where he performed well to finish 3<sup>rd</sup> from the final 12.

He has now clocked up over 10,000km attending trails and still has to travel 10,000km by plane to and from Brisbane.

I know their close mates and the club wish them both ever success in representing their State and I am sure they will both try very hard and at the same time enjoying the experience.

The National Teams events will be conducted over three days with another five days of individual competition finishing with the Queens prize.

Over the eight days of competition they will compete from distances ranging from 300 yards to 1000 yards, with the gruelling distance of 1000 yards being contested on five occasions.

Peter Jenkins

President





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## Upcoming Events

**THURSDAY 6TH AUGUST—Ivan Zar Playing The Blues 8— Late**

**FRIDAY 14TH AUGUST— Cocktails & Nibblies Night 6.30-8.30**

**DRESS TO IMPRESS**

Come along & enjoy a 'Golden Nugget' or a 'Meekatharra Madness'

Plus lots more.....

Karoake if you dare

Shooters \$6.50—Cocktails \$6-12



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*Email : royalmail@benet.net.au*

# FAMILY FUN DAY

## MIXED BASKETBALL TOURNAMENT

*ALL DAY SATURDAY 1<sup>ST</sup> AUGUST*

*TEAMS OF 7 - 3 MALES/ 4 FEMALES*

*NOMINATIONS GIVEN TO:  
GEORGE - 0458749904/ 9980 1359  
OR  
ANTHONY - 0438 993 013*

*CANTEEN OPEN ALL DAY FOOD & DRINKS ON SALE*

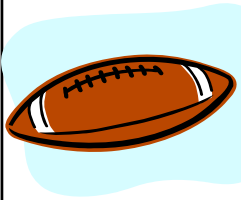
*PRESENTATIONS & BBQ FOLLOW GRANDFINAL*

*COME ON UP AND FORM A TEAM WITH YOUR FAMILY/  
FRIENDS*

# HAVE A FUN DAY OUT IN MEEKA

*SEE YA ALL THERE*





# Footy Reward Camp

Congratulations go out to Kurtlee Kelly, Brandon Mongoo and Clinton Mongoo for their tremendous effort on getting picked for this years Reward Footy Camp. These boys upheld a very high standard of attitude and behaviour in the community and at their footy club.

The camp started on July 16th with the boys and I driving to Perth and doing a training session with the East Fremantle Football Club, colts division, providing a great insight to us all on just how fit and extensive training really is, if these boys pursue a footy career.

Our boys kept up really well with the club as they showed off their abilities of dodging and weaving through traffic, long distance and accuracy kicking and great ball handling skills. To say the least EFFC were well impressed with these attributes.

Friday 17<sup>th</sup> saw us shopping at Harbour town in the morning perusing through assorted shops and spending up, before moving on to SciTech and having lots of fun and laughs. It made for an enjoyable 'relax day' followed by an early nights sleep.

GAME DAY..... Boy what can I say.....? What a day we had! It all started about 6am as the boys woke up pumped and ready for a full day of footy. Very quickly after we ate brekky realising we were too early to go to the footy, we all decided to take a tour around Fremantle. This saw us end up at the boat docks, the Roundhouse and docking yards at the E shed markets. This took up a good hour, bringing us up to time for the colts game starting at 9am.

As we rocked up to EFFC oval encountering a grumpy old man on the gates we entered on through only to be treated like royalty; Gaining seats in the corporate box with the "big wigs" of the club, we were able to gain enhanced insight into set plays and positioning of the game. We were then taken on field at the first and third quarter intervals with the best knowledge coming from entering the club room at half and full time, listening to what the coach had to say to the club. At the end of the game we were given gifts by EFFC including a training shirt, a water bottle and a cap.

What a laugh we had at the Dockers match, as we sat there watching a very high skilled game in the mud, underneath ponchos as the rain was on again and off again. It was funny to hear the crowds roaring and sighing over the ball handling (and lack of) from both Dockers and Lions, as it was just too wet to grab hold of. All in all it was a very tough match to watch.

I would like to finish by saying a massive thank you to EFFC for letting us join in on their training and for looking after us.

Anthony Llyod



Brandon, Kurtlee, Clinton & Ant

Spend a relaxing weekend in Geraldton and attend  
**The Manhood Conference 2009**

With special guest **Dennis Lillee**

**Men and Their Relationships:** presents a fantastic opportunity for all to come together and unravel the hidden truths about men's health and how men develop and maintain relationships. This event will be like no other as it will be real, relevant, practical and powerful and it will have great food.

**OPENING EVENT Friday August 7, 2009**  
**MEN'S GROUP - THE MOVIE**

With special guest **Grant Dodwell**

**Screening at** Queens Park Theatre, Geraldton Bar opens at 6.30pm, movie begins at 7pm

Tickets: \$15 Adult \$10 Cons. (LIMITED TICKETS)

Soup will be served before the movie and a light supper will be served after

Tickets available Queens Park Theatre 08 9956 6662

**The MANHOOD CONFERENCE**  
**Saturday August 8 2009**

With special guest **Dennis Lillee**

8.00am Registrations (Must be registered to participate in following activities)  
8.30am **Julian Krieg-** *Men's Health—How Come Nobody Talks About It*  
10.00am Morning Tea  
10.30am **Noel Giblett** *What Does It Take To Become A Better Partner*  
12.00 pm Lunch Break  
1.00 pm **Rocky** - *Nutrition and Exercise*  
1.30pm *Activities Cars, Bikes, Bowling with Dennis Lillee (must be over 18) & other activities*  
3.00pm *Panel Session with Julian Krieg, Noel Giblett, Jody Bevan (Bendigo Bank) and Dennis Lillee*  
Plus **BLOKES' BUSINESS BBQ** (with Dennis) Saturday evening

Fitzgerald Hall, Chapman Road GERALDTON

Conference tickets **\$25 each, including all meals. (Limited tickets - selling fast)**

Accommodation and Travel subsidies are available (cond apply)

Accom is at the Geraldton Camp School. Families are welcome

Or discounts

**For further information contact Jim Malcolmson 99212611**

**Or registration at** <http://mail.centacare.wn.com.au/mh.htm>

*Funded by Centacare and the Australian Government*

# MURCHISON VISITING CLINICAL SERVICES

## VISITING TIMES IN MEEKATHARRA

**For Appointments : 9981 0600**

**Physiotherapist— Brian Poller**

**August 3-4**

**Child Health Nurse—Mary Ash**

**August 3-4**

**Podiatrist— Gerard Huck**

**August 4**

**Pediatrician—Dr Jehangir**

**September 28-30**

Speech Pathologist, Occupational Therapist: Referrals to Cue Primary Health on: 9963 1539

Psychiatrist.....Mental Health team: 9981 0625

Other visiting specialists include Ear, Nose and Throat Specialist, Physician & Pediatric Physiotherapist.

**As all dates are subject to change - please reconfirm appointments the day before.**

**(Appointment availability is usually determined by prioritising according to health needs.)**

RFDS Doctors...In Meekatharra RFDS medical services are prioritised according to urgency. Outpatients opening times: **Mon - Fri 9 am-12 noon (except Thursday - 10am - 12noon) and 2pm-4pm.** (Note: In order to provide the highest quality emergency medical services in remote WA RFDS doctors may be unavailable at the time noted above).

## DENTAL VISITS TO MEEKATHARRA

DATES
19th - 23rd October
16th - 20th November
30th November - 11th December

**Phone contact during above periods only:**

**Meekatharra Dental Clinic 9981 0640**

**For more information: Dental Health Services**

**(Perth) 9313 0555**



*MEeka FM*

*Café Club*



*Meeka FM Cafe Club*

*Every*

*Sunday 10.00am*

*Meeka FM, Hill Street Meekatharra*

*Come and join us for fresh coffee, music  
and much more*

# Goodbye Hitesh

## Shire Staff

On the 10th of July the Shire Office had a couple of farewell drinks to say goodbye & pass on our best wishes to Hitesh Hans. Hitesh had spent the last 15 months as Debtor/Creditor Officer. He will be taking a month off to holiday in his home country of India before returning to Australia to take up a position as Senior Finance Officer at the Halls Creek. Shire. We wish you all the best Hitesh!



Shire Office Staff from Left to Right

Front : Cameron Watson, Rachel Hucks, Roy McClymont

Back: Lauren Howden, Alan Haslett, Stella Johnson, Krys East and Hitesh Hans

Welcome Rachel

With Hitesh moving on and Lauren moving up to Debtor/Creditor Officer the Shire Office welcomed Rachel Hucks to the Administration Assistant Position on Monday the 6th of July.

- I moved to Meeka in June with my partner Aaron who is the new Mechanic at Coates Hire. Born in Kalgoorlie and raised in Leonora, i have spent the last 10 years living in Geraldton where i completed Year 12 then started working in the Administration field.

Aaron & I are enjoying living and working in Meekatharra and would like to thank everyone who has helped us settle in !!

Cheers, Rach



## MEEKA RESIDENT WINS OPR COMPETITION

The thought of winning a prize that included watching his beloved Fremantle Dockers at Subiaco Oval, \$500 cash for travelling costs to Perth and back, top class accommodation, a limousine to and from the ground, seats in a corporate box, a visit to the Dockers' rooms for the coach's pre-game address and invite three friends to join you was a very attractive competition to enter for Meekatharra's Mark Devene. And so he did.

To enter the competition for residents of the mid-west region sponsored by Oakajee Port and Rail (OPR), entrants had to briefly describe how the Oakajee port and rail project would help their future – or the future of their community.

From the many entries received by OPR, Mark's prose impressed the judges. He wrote:

*The Oakajee Port and Rail project will breathe life into the mid-west and will help me with my future by giving me opportunities of employment in the iron ore industry.*

*It will allow me to stay in the mid-west close to my birth/home town of Meekatharra where my parents still live.*

*My Dad is a Dockers fanatic and has lived in Meekatharra for 25 years.*

On Saturday July 18, Mark, his Dad Robert, sister Amy and girlfriend Melissa McRoberts enjoyed all the spoils of the competition including watching his team battle against the Brisbane Lions in very wet and blustery conditions before heading off in the limousine to enjoy Perth's nightlife.

Mark thanked Oakajee Port and Rail and the Fremantle Football Club for their hospitality after enjoying a fantastic weekend in Perth.



Mark Devene and friends left to right: Robert Devene, Fremantle's Michael Johnson, Mark, and in front are Amy Devene and Melissa McRoberts.



# Are you feeding your bones?

National Healthy Bones Week  
2 - 8 AUGUST 2009

[www.healthybones.com.au](http://www.healthybones.com.au)



Kids need three serves of calcium rich  
foods, like dairy, everyday.



# Meg Forrester's 21st

On Saturday the 18th of July, Meg Forrester held her 21st at Yarlaweelor Station. To meet Meg's standards the old storage shed was completely emptied out and replaced with all things pink, including some guests hair being painted pink!

About 60 people attend the show and were well looked after with an array of food, drinks and great custom made pot belly fires to keep the cold night air at bay (great work Scoota & Rog!)

After dinner it was time for the cakes to come out and speeches to be made. Those childhood stories that we all love to hear were told by Meg's Auntie Jull & Uncle Simon and we can all say Meg has a great love of animals of all shapes and sizes!

Once the formalities were over it was time for the bush tradition of drinking out of the boot. All guests gladly contributed part of their beverage to it and Meg had some extra assistance when it came time to drink it.

The party carried on throughout the night with lots of dancing & laughs had through to the early hours of Sunday morning, some guests had even gone through til daylight!

All in all another Station 21st bites the dust, with all involved having a great time. Thanks for a great party Meg, Roger, Ted and all others involved.

Right: The Sunday Sess—Charlie Sievwright, Heather Watkins, Jareth, Jill, Ronnie, Lauren, Matthew Hall, Meg, Darren, Murray & Justin. Bar Manager Ted on the roof



Meg cutting her cake



Speech time : Jill, Meg & Simon



The party area. pretty pink as usual for Meg



## Happy 21st Sarah

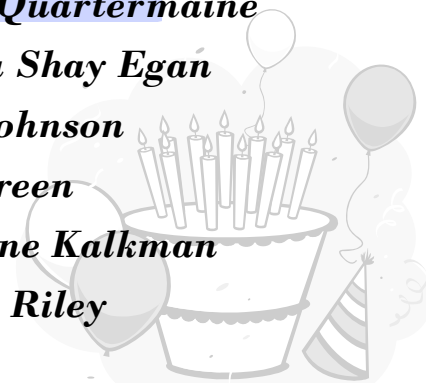
Happy 21st for the 2nd  
Sarah Lauritsen. Love all  
your Family & Friends



# HAPPY BIRTHDAY

## August Birthdays

<i><b>Taia Pearce-Mongoo</b></i>	<i><b>1st</b></i>
<i><b>Sarah Lauritsen</b></i>	<i><b>2nd</b></i>
<i><b>Shanece Gilbert</b></i>	<i><b>3rd</b></i>
<i><b>Zana Mippy</b></i>	<i><b>3rd</b></i>
<i><b>Adriann Shay</b></i>	<i><b>4th</b></i>
<i><b>John Watson-Bates</b></i>	<i><b>4th</b></i>
<i><b>Cherie Smith</b></i>	<i><b>5th</b></i>
<i><b>Roshy Walsh</b></i>	<i><b>9th</b></i>
<i><b>Glenda Trenfield</b></i>	<i><b>11th</b></i>
<i><b>Lowanna Dwyer</b></i>	<i><b>12th</b></i>
<i><b>Neil Abbott</b></i>	<i><b>14th</b></i>
<i><b>Gianne Gilbert</b></i>	<i><b>15th</b></i>
<i><b>Sharky Councillor</b></i>	<i><b>16th</b></i>
<i><b>Ross Howden</b></i>	<i><b>20th</b></i>
<i><b>Mia Johns</b></i>	<i><b>21st</b></i>
<i><b>Ali Johns</b></i>	<i><b>21st</b></i>
<i><b>Gary Ashwin</b></i>	<i><b>22nd</b></i>
<i><b>Warrica Watson</b></i>	<i><b>22nd</b></i>
<i><b>Gerald Quartermaine</b></i>	<i><b>24th</b></i>
<i><b>Patricia Shay Egan</b></i>	<i><b>26th</b></i>
<i><b>Stella Johnson</b></i>	<i><b>26th</b></i>
<i><b>Gary Green</b></i>	<i><b>27th</b></i>
<i><b>Katherine Kalkman</b></i>	<i><b>27th</b></i>
<i><b>Metrice Riley</b></i>	<i><b>28th</b></i>



**If you have any birthdays you would like placed in the  
Meekatharra Dust please call Rachel on 9981 1002**



# Council's News Flash

## *Meeka Matters*

### *Contribution to Murchison Regional Vermin Council (MRVC)*

Council will contribute \$20,000 to the Murchison Regional Vermin Council in the 2009/2010 financial year to assist with upgrading and maintenance of the State Barrier Fence. This contribution will be fully funded from the Royalties for Regions program.

### *Meekatharra Road Board Centenary Celebration 1910 - 2010*

The council resolved that a small ceremony should be held in conjunction with the 2010 Meekatharra Festival - possibly with a plaque being unveiled and/or badges being made to commemorate the milestone.

### *Support for Meekatharra District High School*

Council will contribute to Meekatharra District High School approximately \$570.00 towards paints to repaint the school for its 40<sup>th</sup> Anniversary celebrations and donate the use of the Shire Bus from Wednesday 23<sup>rd</sup> to Friday 25<sup>th</sup> September for NAIDOC Week excursions and regular school bus run.

### *Meekatharra Cleanup*

Council have decided that a community town cleanup be organized before the Meeka Festival. The focus will be to clean up rubbish and car bodies that have been dumped in bush surrounding the town. Council is very disappointed that people are dumping rubbish around the town when the rubbish tip is so close and free of charge to use. A community clean up is seen as the best way to clean up the high volumes of rubbish surrounding the town. A BBQ lunch will be made available after the clean up. Further details will be advertised on town notice boards and in The Dust.

### *Youth Centre Staffing*

Due to the demand for services and in order to comply with the National Standards for Outside School Hours Care, Council resolved to change the Position of Youth Centre Assistant from Casual status to Permanent Full Time. This will enable current programs to continue whilst fulfilling funding agreements for the Youth Centre and Recreational activities.



DOG ACT 1976

LOCAL GOVERNMENT ACT 1995

*Shire of Meekatharra*

Adoption of Dogs Amendment Local Law 2009

The Shire of Meekatharra has resolved to adopt the Shire of Meekatharra Dogs Amendment Local Law 2009.

The **PURPOSE** of this local law is to ensure compliance of the Dogs Local Law 2007 with existing legislation relating to guide dogs.

The **EFFECT** of this local law will be that the Dogs Local Law 2007 will be fully authorised and compliant with existing legislation relating to guide dogs.

A copy of the local law may be inspected at or obtained from the Shire's office at 81 Main Street, Meekatharra between 8.00 am and 4.30pm Monday to Friday.

This local law was gazetted on 28 July 2009 and will come into operation on 11 August 2009

Roy McClymont  
CHIEF EXECUTIVE OFFICER

## **Squash Court**

**\*\*NOW OPEN\*\***

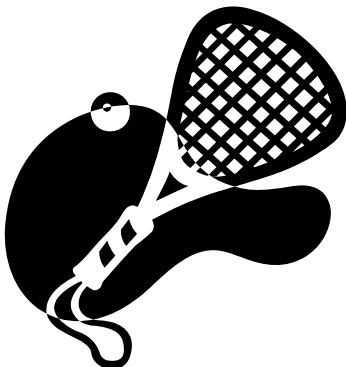
Located at the back of the Sports Complex

Agreements, Keys and Tokens are available from the Shire Office.



Fees and Charges are as follows :

- ✿ Key Bond (Fully refundable) - \$100 Cash.
- ✿ Court Hire—\$11.00 per token = one hours use
- ✿ We do not hire equipment (racquets/balls etc)
- ✿ **Entry is permitted to key holders only**



# Out & About in Meeka ....

## At the Rifle Club Shoot Weekend—18th & 19th July



Dottie Lauritsen & Denise Holt



Doug Holt & Shannon Davis



Ross Henderson & Peter Clare



Bill & Linda Nichols with a visitor

## Fancy Dress Ball— 25th July



Jennie Jannings & Kelly Kleinjan



Dennis Ulph, Neville Ulph & Aaron Taylor



Toni Matthews & Mandi Mitchell



Shane Brandis & Marinus Kleinjan



Stella Johnson



Luke Ruane & Cherie Smith



Gosia Taylor & Meg Forrester



# Stop *the spread of* flu germs

**Cover** your mouth and nose with a tissue when you cough or sneeze



Put your used tissue in the **rubbish bin** or in a plastic bag



**Gel and Go**  
squirt the alcohol gel on your hand and rub till dry

or

**Wash and dry**  
your hands often, especially after coughing or sneezing – use soap



**Stay away** from others if you're sick



Government of Western Australia  
Department of Health

This poster has been modified by the Infection, Prevention and Management Unit, Royal Perth Hospital, Western Australia.

The Ministry of Health acknowledges the work of Regional Public Health, Capital & Coast District Health Board and Hutt Valley District Health Board in producing this material.

**MINISTRY OF HEALTH**

MANATŪ HAUORA

Reproduced with permission from Ministry of Health Manatū Hauora

1000000000

**Protect your family from inFLUenza**

Meekatharra Speedway

Presents the

# The "Ripper" Classic



*5th September 2009*

Twilight Meeting

More Information announced  
closer to the date.

Yes it's on again!

Mark it on your Calendar...



Keep   
Australia  
Beautiful  
*Week*



Tidy Towns Judging day is  
provisionally 3rd Sept 2009



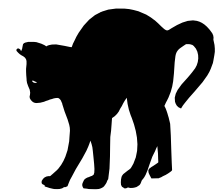
Keep Australia Beautiful Week  
24th to 30th August

**There will be a Community Tidy Up on the 29th August  
during Keep Australia Week.**

**Please join in and keep our town Clean and tidy  
Keep tuned!**

# Newman Vet

## *Meekatharra*



Dr. Rick Fenny

Located at **Paddy's Flat**

For appointments phone: **9175 1309 or 0408 936 061**

EMERGENCY ADVICE : 9175 1309  
or Dalkeith Veterinary Clinic on **9386 6277**



# Golf Results...

Hi Folks, Its great to be back after my illness. Thanks to Clarrie for taking over in my absence. Guy

**28/06/09**

## ***Mecho's Trophy Stablefort***

Winner Net:	Kurt Mayerhofer	
Runner Up Nett:	Shane Clancy	
Best Gross:	Vince Elliot	
NTP # 2:	Not Achieved	
NTP # 4:	Peter Clare	
Longest Drive:	Roy McClymont	NA-
GA:	T Crisp	

**05/07/09**

## ***Coates Trophy***

Winner Net:	Peter Clare	
Runner Up Nett:	Clarrie Lauritsen	
Best Gross:	Clarrie Lauritsen	
NTP # 2:	Not Achieved	
NTP # 4:	Clarrie Lauritsen	
NTP # 16:	Kurt Mayerhofer	
Longest Drive:	Bill Nichols	NA-
GA:	Greg Byrne	

**12/07/09**

## ***Monthly Mug Stableford***

Winner Net:	Bill Nichols
Runner Up Nett:	Peter Clancy
NTP # 2:	Not Achieved
NTP # 4:	Peter Clancy
NYP # 16:	Shane Clancy
Ferrett # 17:	Bill Nichols

**26/07/09**

## ***4th Round 72 Hole Putting Comp***

Winner Net:	Peter Clare
Runner Up Nett:	Peter Clancy
Best Gross:	Bill Nichols
NTP # 1:	Peter Clancy
NTP # 16:	Shane Clancy
Putting Comp:	Rusty
NAGA:	Ashley Page



# Honouring our Elders,



At Meekatharra District High School  
**23rd-25th September, 2009**

## 23rd September:

### **8:35am-9:05am: Opening Ceremony**

- \*Welcome to Country
- \*Community Talk
- \*Time Capsule
- \*Unveiling of 40th Anniversary Plaque

## 25th September:

### **12:40pm-2:30pm: Lunch and Closing Ceremony**

- \*Band Performance
- \*Community Lunch
- \*School vs. Community Basketball Competition

*Meekatharra District High School will be unveiling a plaque at the Opening Ceremony dedicated to past and present community members who have generously contributed to the school by volunteering their time and services. If you have any suggestions for names to be added to the plaque, please contact Kelly on 99811092 by the 21st August 2009.*

## HOUSE FOR RENT

Watson Street  
Mount Magnet WA

\$150 per week, plus 4 weeks bond.  
Prefer company or contractor lease

The neat 3 bedroom house has security screens and has recently been repaired and cleaned throughout and is ready and available for a new tenant.

For further information please ring  
Dianne or Jim Mitchell  
Ph 08 8983 1000



**Telecentre  
network**

MEEKATHARRA

PUBLIC MEETING — AGM

MEEKATHARRA TELECENTRE  
COMMITTEE OF MANAGEMENT

A public meeting to nominate persons for appointment of Committee of Management for the Telecentre for the term of one (1) year is to be held at the Telecentre, 55 Main St, Meekatharra

On 8<sup>th</sup> of September 2009 commencing at 5p.m.

Residents are encouraged to attend this important meeting

For further enquiries please contact the Telecentre on 99801811

CAMERON WATSON  
Chairperson Meekatharra Telecentre



## Weekly Church Services:

### **Meekatharra Community Church Frontier Services**

65-67 Darlot Street, Meekatharra.

**Weekly Sunday Services: 9am**  
**Communion: 1<sup>st</sup> Sunday each month**

**Contact: Revd. Lesley deGrussa-Macaulay**  
Phone (08) 9981 1053 or Mobile 0417 918 035

.....



**Money Business**



**Need Help With Your Money??**

**Contact the Meekatharra  
Money Business Team**

**Tel: (08) 99 801 901**

**We can Help With The**

**Following:**

- **Budgeting**
- **Saving**
- **Debt**
- **Credit Cards**
- **Managing Bills**
- **Loans**
- **Buying Power**

## **Expressions Of Interest for Catering**

The Meekatharra Race Club is seeking Expressions of Interest in regards to doing the catering for the 2 Day Race Weekend on the 26th & 28th of September 2009.



The Catering would involve supplying Lunches, Afternoon Teas, Night Time Snacks, Cooldrink, Tea, Coffee, Icecream, Lollies etc.

Most cooking facilities are available out at the track or your own equipment can be brought in.

For more information please contact Noeleen Mongoo on 04 13 900 015

The World's Greatest Shave held a Top 30 Awards Presentation night at the Euro Bar in Northbridge on Friday the 3rd of July.

Local resident Kerry Salmon and her brother Glen Doust attended the evening on behalf of The 'Meeka Mob' who were placed 22nd in WA with a total amount of \$7,132.70.

Glen and his friends raised money on an annual motorcycle run from Bunbury to Windy Harbour. They raised \$1700 and donated it to the Meeka Mob's fundraising tally which Kerry also took part in by shaving her head.

In WA overall World's Greatest Shave raised over \$1.2 million. The Top 30 alone raised over \$445,000 which represents 35% of the total raised in WA.

Congratulations to everyone involved .

The Worlds Greatest Shave will return from 11-13 March 2010.



Kerry Salmon & Glen Doust



Kerry with Nathan & Nat from Nova 93.7 Breakfast Show.





# TRENNY'S

REFRIGERATION AIR-CONDITIONING  
ELECTRICAL

**EC: 8802**

ABN 67 125 616 033

*Now based in Meekatharra!*

Sales  
Service  
Repairs  
Installation  
Maintenance

**PH** (08) 99811674

**FAX** (08) 99811675

**Mobile** 0458 485 380

**EMAIL** [refrig@trennys.com.au](mailto:refrig@trennys.com.au)

**POST** PO Box 263 Meekatharra  
WA 6642

**WEB** <http://www.trennys.com.au>

**Your local agents for**

 **Electrolux**  **Kelvinator** 



 **Westinghouse**

 **SIMPSON**

**Other brands available upon request**





## FREE PROMOTIONS

Any non profit organisations or activities which are purely for the benefit of the Meekatharra and surrounding communities can promote themselves free on Meeka FM in many ways.

- \* **We can create a promo and have it played at specific times on air**
- \* **We can promote your service/activity while we are on air**
- \* **We can get you into the studio to record a promo**
- \* **We can do phone interviews to promote your services**

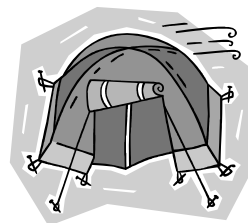
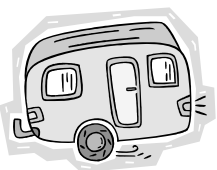
So if you're wondering how you can get your message out to the community with very little effort, please contact **Meeka FM 98.3**

**Email: [meekafm@bigpond.com](mailto:meekafm@bigpond.com)**

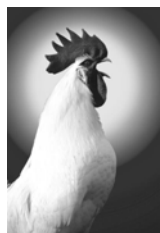
**PH/FAX: 08 9981 1358**

**Anita's mobile: 0400761747**

# MEEKATHARRA CARAVAN PARK



★  
**OPEN 7 DAYS A WEEK**



**CHEAP FUEL    MINI DELI**  
**GAS BOTTLE REFILLS    ICE**  
**GOLDEN FRIED CHICKEN**



# West Rail Meekatharra/Geraldton Bus Timetable

## From Geraldton

		Mon PM	<u>Thurs</u> PM
Geraldton (Railway Stn)	Dep	1.15	3.00
Mullewa (Swimming Pool)	Arr	2.30	-
	Dep	2.35	4.15
Yalgoo (General Store)	Dep	4.00	5.40
Mt Magnet (Swagman R/House)	Arr	5.27	6.55
	Dep	5.57	7.25
Cue (Post Office)	Dep	6.53	8.25
Tuckunarra	Dep	7.20	8.57
Meekatharra (Post Office)	Arr	8.15	9.50

## From Meekatharra

		Tues AM	<u>Fri</u> AM
Meekatharra (Royal Mail Hotel)	Dep	7.00	9.00
Tuckunarra	Dep	7.55	9.55
Cue (Post Office)	Dep	8.22	10.22
Mt Magnet (Swagman R/House)	Arr	9.18	11.18
	Dep	8.48	11.48
Yalgoo (General Store)	Dep	11.15	1.15
Mullewa (Swimming Pool)	Arr	12.40	-
	Dep	12.45	2.40
Geraldton (Railway Stn)	Arr	2.00	3.55

*For Bookings & Further Information please contact:  
 Batavia Tickets, PO Box 2741, Geraldton WA 6531  
 Ph: (08) 99 648 881 Fx: (08) 99 648 883*

## Do you need a break from your caring role??



*"I like coming to the Carers Support Group Morning Tea because I get to catch up with other Carers and I enjoy the company. It's also a morning out of the house."*

Helen (Dongara) Full-time Carer

The Midwest Commonwealth Respite and Carelink Centre may be able to assist with respite options for:

- Carers of the frail aged
- Carers of people with a disability
- Carers of people with a mental illness
- Carers of people with a chronic illness

Why not ring us for information on how you can take a break and know your loved one is being cared for?

Freecall **1800 052 222\***

\* Calls from mobile phones are charged at applicable rates

### Carelink Services

Carelink services provide information about community aged care, disability and other support services to allow you to live in your own home independently. Your local Midwest Centre located at the Geraldton Health Campus has information about household help, transport, meal services, day care centres, aged care assessment teams, support groups, disability services / equipment, carer respite options plus lots more, in your area.

AUSTRALIAN GOVERNMENT



Government of Western Australia  
 Department of Health  
 WA Country Health Service

**Midwest Commonwealth Respite and Carelink Centre**  
 Geraldton Health Campus — 51-85 Shenton Street, Geraldton WA 6530





# *Turns 50 !!*

Although the weather wasn't welcoming the town of Meekatharra certainly was!

On Sunday 31<sup>st</sup> of May we gathered at the Meekatharra oval to celebrate the 50<sup>th</sup> anniversary of the school of the air. Ex MSOTA home tutor Raelene Hall welcomed us all and then our SOTA students, both present and past, joined in singing the school song lead by Carina Kopke an ex MSOTA teacher. From my position I could hear that half of the audience knew the words too!

Kath Mahony an ex home tutor started the speeches by reminding us of the early days when radio was all there was and of many funny stories of the time, such as work not being there on time to start the school year! She encouraged everyone to join in and be part of the school as this leads to great friendships.

Roxanne Morrissey, also an ex home tutor then discussed what SOTA was like during the years that she was there. Fundraising for computers and moving into the new technology was the main focus during this time and one computer was shared between several families with each having it for a few weeks at a time!

Forward again to a present day home tutor Carolyn Halleen who filled us in on the latest technological changes to Centra (which is like broadcasting but through a computer instead of a radio), progressing now to a laptop per family and the school burning down and being relocated to Geraldton.

Although it was hoped that this would lead to more permanent staff for the school, Geraldton is not the centre for us and we find that we are still drawn to Meekatharra for our group functions and as today showed we can get a large crowd together!

Meekatharra Air Branch of the ICPA had produced a quilt of some of the children's art work which was presented to the school by another ex home tutor Emma Foulkes-Taylor.

John McHale gave a short speech and related some of the funnier history of the school since he has been principal. He also encouraged everyone to be active school members. A fabulous 50<sup>th</sup> cake made by Emma was cut by our current school captains and vice captains.

During the week our local branch of ICPA had been holding a camp at the complex and preparing for our big celebration (the participants all current, future or ex MSOTA students). With our participants coming from far and wide and being from 6 months old to 14 years we had lots of fun. Streamers, kites, lizards made of salt dough and sticks and wire, decorated hats and wall plaques and an enormous banner were all prepared with much enthusiasm and displayed proudly.



We had work from some ex students (some who are now home tutors!) and some from current students, photos, lots of memorabilia and an enormous raffle.

This is where the people and businesses of Meekatharra were extremely generous to our group of rarely seen, but always present, group of residents. Thankyou to Russell from the Post office, Tom Hutchie at the bakery, Norm Trenfield's ice, Jai from Elders, Peter from Farmer Jacks, Leon from Landmark, Meacho, Margaret from Caltex, Yulella, everyone at the Shire and Meekatharra District High School. From these big-hearted people we received fantastic items to raffle, donations and the use of facilities and equipment.

After the formalities we moved on to the games which were more hilarious than competitive. The dress up football was better than the AFL and refreshments were run onto the field during the game! Potatoes were stolen or hidden in the potato golf and extras stored in pockets! The sacks for the sack race were apparently impossible to get into and assistance from spectators led to collapsing teams! Competition ingredients were swapped in the billy-can race and with faces in flour and racing with water in a bucket anything can happen! Eggs were thrown and meant to be caught not worn! Pillow wars rather than fights! Wheelbarrows were raced and passengers due to push, found their load too heavy and called for assistance from spectators! The adults cheating skills in the tug of war competition were amazing and the kids took a while to notice the pole replacement! We also had games for the little kids that were played inside the safety of the tennis courts, walking in sleds where left and right were hard to synchronise, pie eating competitors looking ill and causing an early finish to their timed event... but well done Erin Thomas, Matthew Watters, Angus Brownlie and Stuart Broad. These kids certainly know how to eat fast!

Thanks to all who helped out and joined in, it was great to see so many friendly, happy faces despite the freezing cold!



Stuart Broad, Simon Broad & Greg Watters



Shane Reick, Stuart Blair, Peter Elliot & Greg Watters



Murray Pens, Ronnie Longmuir & Lauren Howden



Current MSOTA Parents & Students for 2009

# Three serves of dairy every day

GOOD HEALTH & NUTRITION

## Three serves of dairy

Eating 3 serves of dairy every day as part of a healthy, balanced diet will provide most people with their daily calcium requirements. Calcium is one of the 10 essential nutrients naturally found in significant quantities in dairy foods. One serve of dairy is:

- 1 glass (250mL) of milk
- 1 tub (200g) of yogurt
- 2 slices (40g) of cheese

The table below shows the number of serves of dairy needed each day to provide most of the recommended dietary intake (RDI) of calcium at different ages, plus a significant amount of many other essential nutrients. These recommendations are consistent with the *Australian Guide to Healthy Eating* developed for the Commonwealth Department of Health.

## Dairy - A rich source of calcium

Dairy foods such as milk, cheese and yogurt are a rich source of calcium, and are the major source in the Australian diet, providing around 60% of the calcium we eat. The Dietary Guidelines for Australians specifically recommend that milk, yogurt or cheese be included in our dairy diet because of their readily available dietary calcium.















## Calcium

Calcium is a mineral that forms part of bones and teeth, where it provides structure and strength. Calcium is also involved in helping muscles and nerves to work properly, helping blood to clot, and regulating enzyme activity.

Calcium is probably best known for the essential role it plays in building and maintaining strong healthy bones. Our childhood and adolescent years are when our bones are growing, developing and strengthening the most. We achieve 'peak bone mass' (when our bones are at their strongest) in our early twenties.

Consuming enough calcium during this time is essential to help maximise our bone density and reduce the chance of osteoporosis later in life. Osteoporosis is a condition where the bones have lost calcium, become fragile and fracture more easily. It is a major cause of disability in Australia, affecting one in two women and one in three men over the age of 60.

Consuming enough calcium every day is not only important in childhood and adolescence. From early adulthood, bones gradually lose mineral and strength. Eating enough calcium-containing foods throughout adulthood may help slow bone mineral loss and therefore reduce the risk of osteoporosis.

	Age (years)	RDI for calcium (mg)	No. of serves of dairy
Children	1-3	500	
	4-8	700	
Boys	9-11	1000	
	12-13	1300	
	14-18	1300	
Girls	9-11	1000	
	12-13	1300	
	14-18	1300	
Men	19-70	1000	
	Over 70	1300	
Women	19-50	1000	
	Over 50	1300	
	Pregnant (over 18)*	1000	
	Breastfeeding (over 18)*	1200	

\* There is no increase in the RDI for 14-18 year old girls who are pregnant or lactating.

## Alternative sources of calcium

Foods such as canned fish eaten with the bones, green leafy vegetables, nuts such as almonds, cereals and legumes also contribute calcium to the diet, but in much smaller amounts than dairy foods. Few foods provide as much absorbable calcium per serve as dairy foods.

The table overleaf shows the approximate number of portions of a range of different foods that you would need to consume in order for your body to absorb the same amount of calcium as you would get from one serve of dairy.

A number of drinks such as soy or rice drink are marketed as 'milk substitutes'. Unlike cow's milk, these drinks are not naturally high in calcium, but have calcium added. There is evidence to suggest that, in many cases, this added calcium may not be absorbed by the body as well as the calcium that is present in cow's milk. These drinks may also be low in many of the other important nutrients found naturally in milk.

Calcium supplements are often recommended to boost calcium intake, particularly for individuals who cannot meet their recommended daily calcium intake through



# Three serves of dairy every day

foods. Take care when using supplements to ensure that other important nutrients found in food groups such as dairy are not left out of your diet.

## Dairy's package of nutrients

Dairy foods are one of the five core food groups recommended for a healthy balanced diet. While dairy foods are well known for their calcium content, they also contain significant amounts of over nine other essential nutrients, such as:

- Vitamins A and B12, riboflavin,
- Phosphorus, potassium, magnesium, zinc
- Protein and carbohydrate

These nutrients are important for healthy blood, nervous and immune systems, eyesight, muscle and nerve function, healthy skin, energy levels, and growth and repair in all parts of your body.

Research has shown that children and adults who regularly consume dairy foods have better quality diets – they are more likely to have an adequate intake of many of the essential nutrients than those who don't eat dairy foods or only consume them rarely.

## Beyond bones – some of dairy's other health benefits

Dairy foods and their unique package of nutrients don't just contribute to strong healthy bones. They may also play a role in reducing the risk of other conditions.

The DASH (Dietary Approaches to Stop Hypertension) diet – a low fat, low salt diet high in fruit and vegetables and including 3 serves of low fat dairy products – has been shown to be helpful in lowering blood pressure. It has also been shown to lower other risk factors for heart disease such as high blood cholesterol levels.

Many people reduce their milk and dairy intake when they are dieting. Research suggests that including three serves of dairy foods as part of a calorie-restricted, weight reducing diet may be helpful in weight management. Choosing from the wide variety of reduced and low fat dairy foods available may help you maintain a calorie restricted diet. Dairy foods also have a low glycaemic index (GI), which is important for managing blood sugar levels in diabetes.

There is good evidence that milk, cheese and yogurt can play a role in protecting teeth against tooth decay and may reduce the risk of certain cancers such as colon cancer.

**So no matter what your age, there are now even more reasons to consume the goodness of dairy every day.**

FOOD	Serving size (g)	No. servings required to absorb same amount of calcium as from 250mL milk
Milk (regular or low fat)	250	1.0
Yogurt (regular or low fat)	200	1.0
Cheddar cheese (regular or low fat)	40	1.0
Almonds (dry roasted)	28	5.9
Beans (red)	172	14.5
Beans (white)	110	5.2
Bok choy	85	2.4
Broccoli	71	5.5
Brussels sprouts	78	8.3
Cabbage (Chinese)	85	2.4
Cabbage (green)	75	6.2
Canned fish (sardines)	105	1.1
Cauliflower	62	8.6
Sesame seeds	28	13.0
Soy drink (unfortified)	250	31.0
Soy drink (fortified)	250	1.4
Spinach	90	16.2
Sweet potatoes	164	10.2
Tofu (calcium set)	126	1.3

## Getting your 3 serves

Getting 3 serves of dairy every day is easy, and is something the whole family can get involved in. Choose from the wide variety of regular fat, reduced fat and low fat dairy foods to suit your diet and lifestyle.

Here are some quick, simple ideas:

- For a calcium boost, top your cereal and milk with fruit flavoured yogurt.
- Every time you have pasta, try to top it off with shaved or grated parmesan or mozzarella cheese.
- Include cheese in your sandwiches.
- Enjoy a tasty cheese and fruit platter at the end of a meal.
- Snuggle up with a warm glass of milk before bed.
- For an energizing fruit smoothie, throw together some fruit, yogurt and milk.

You can also log on to [www.dairyaustralia.com.au/nutrition](http://www.dairyaustralia.com.au/nutrition) for some more tasty dairy ideas.

We gratefully acknowledge the assistance of Osteoporosis Australia in the preparation of this information.



The information provided in this document is to be used as general health and nutrition education information only. All material is published with due care and attention, and in good faith. No responsibility can be accepted for omissions, typographical or printing errors, or situation changes that have taken place after publication. For further information on any of our resources, visit [www.dairyaustralia.com.au/nutrition](http://www.dairyaustralia.com.au/nutrition) or call our consumer line on 1800 817 736. This brochure may be photocopied for non-profit or non-commercial applications. Dairy Australia ABN 60 105 227 987 Level 5, IBM Tower, 60 City Road, Southbank Victoria 3006 Australia ©Dairy Australia December 2008. DA0434





# Meekatharra Race Club News

On Saturday the 25th of July the Race Club held their second busy bee for the year.

The flashing for the new Jockeys Ablution block was put on, maintenance was done on the round yard and stalls and the inside stalls were filled with much needed dirt.

A huge Thank you to Tony Burrows for the use of your machinery to cart the dirt in.

Thank you to the helpers on the day; Ron and Margaret, Brian, Scoota & Ross.

Thank you for also supplying the lunch Margaret.

We would also like to Thank Buff Coumbes & Peter Lacy for the donation of the 2 shower units.

Your help is most appreciated!



## School Memorabilia

If anyone has any old Meekatharra School photos or other memorabilia from

1959 onwards, please contact

Elaine King on: 0439 909 738



# meeka's

## OUTBACK FESTIVAL

### RODEO - FESTIVAL - RACES

#### FRI 25 SEPTEMBER

- Family Fun Night at the Oval
- Music
- Market Stalls
- Rides for the Kids
- Fireworks
- Food

#### SUN 27 SEPTEMBER

- Rodeo 10am – 5pm
- Bar Facilities Available - No BYO
- Rides for the Kids
- 18+ Outback Ball – DJ Rev and live band until Midnight

#### SAT 26 SEPTEMBER

- Float Parade in the morning-Main Street
- Market Stalls
- Races from 2pm
- Rides for the Kids
- Evening Entertainment at the Race Track until Midnight
- Bar Facilities Available - No BYO

#### MON 28 SEPTEMBER

- Races from 2pm
- Evening Entertainment at the Race Track – DJ Rev until 10pm



Courtesy Bus available to and from Race Track.  
All events will be recorded and DVDs sold after the festival.

Queens Birthday Long Weekend  
Friday 25th September - Monday 28th September

For more information call 9981 1002  
or visit [www.meekashire.wa.gov.au](http://www.meekashire.wa.gov.au)

Proudly sponsored by





Tuesday 23 June 2009

## Good Heart Exhibition ends with record sales

The 2009 Good Heart Mid-West Aboriginal Art Exhibition, proudly supported by Oakajee Port and Rail, has now concluded with record sales and attendance ensuring this year's instalment was another success.

In a huge indication of the quality of the artworks, 93 per cent of the paintings were sold over the week-long exhibition, which showcased both contemporary and traditional styles from mid-west indigenous artists.

Good Heart Project Manager Nan Rickards said the sales generated in excess of \$60,000, which was returned to the artists.

"All of our artists have simply been overwhelmed by the response to their works," she said.

"The support of the community has been phenomenal, helping us to more than double the number of works sold compared with last year.

"Seventy-five of the paintings were sold on the opening night and the steady flow of visitors throughout the week ensured the works continued to sell."

In addition to the 200 guests who attended the opening by Premier Colin Barnett, more than 4000 people viewed the exhibition, which was held at the QV1 building in Perth.

Nan Rickards said that the artists took great confidence from showing their works to a wider audience and it gave them further inspiration as well as an opportunity to derive some income from their works.

The exhibition even generated significant interest from interstate and overseas, with two of Morawa artist Dawn Hamlett's paintings shipped to buyers in Kuala Lumpur, one of which was for the Malaysian Minister for Finance.

Murchison Metals executive chairman Paul Kopejtka purchased Weld Range by Meekatharra artist James Brockman, who had six works in the exhibition.

Exhibition partner Crosslands Resources purchased works by Meekatharra artists, Lorraine Simpson and James Brockman and Mullewa artists Veralynn Jackamarra and Barbara Comeagain.

OPR Manager Community and Public Relations Kim Pervan said Oakajee Port and Rail congratulated the artists and said the Company was delighted with the success of this year's exhibition.



For more information contact **Kim Pervan**  
Manager Community and Public Relations  
t +61 8 9486 0777 m +61 (0)407 083 832  
or Visit [www.opandr.com](http://www.opandr.com)





# MEDIA STATEMENT

"OPR is proud to play a part in developing the mid-west Indigenous arts community through the Good Heart Exhibition and we look forward to continuing to support the region to reach its full potential," Ms Pervan said.

"This exhibition would not have been possible without the enormous creative talent of our mid-west artists, the strong support of our many sponsors and partners, as well as the local galleries and shires."

## **Exhibition Partners:**

Crosslands Resources Ltd  
ANZ  
Calibre Engenium  
JFA Consultants  
DLA Phillips Fox  
ARG  
AECOM  
Geraldton Port Authority

## **Exhibition Sponsors:**

P&O, Synergies Economic Consulting, Mid West Development Commission

## **OPR acknowledges the assistance of:**

Yamaji Art, Tjukurba Gallery – Wiluna, Shire of Mullewa, Shire of Morawa, City of Geraldton-Greenough, FD Third Person, Gryphon Management, Fremantle Football Club, Geraldton Newspapers, Jacksons Drawing Suppliers, ABC Radio, Outback Business Networks, Mid West Chamber of Commerce & Industry and Project Manager Nan Rickards.

## **About OPR**

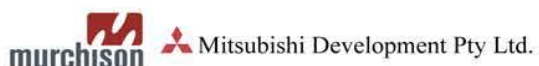
Oakajee Port and Rail was established in September 2007, to pursue a joint venture between Murchison Metals Ltd (Murchison), Mitsubishi Development Pty Ltd (MDP) and Crosslands Resources Ltd (Crosslands).

OPR seeks to maximise value for the community, government, its shareholders and customers from the development and coordinated operation of an iron ore supply chain comprising rail and port infrastructure for iron ore sourced from the mid-west region of Western Australia.

OPR is developing a new modern mid-west rail network and a deepwater port at Oakajee, 25km north of Geraldton, to support the expansion of regional iron ore export operations. A State Development Agreement was signed with the Government of Western Australia on 20 March 2009 for the project's development. Major environmental and engineering assessments have been undertaken for the Oakajee project.



For more information contact **Kim Pervan**  
Manager Community and Public Relations  
t +61 8 9486 0777 m +61 (0)407 083 832  
or Visit [www.opandr.com](http://www.opandr.com)



A 50/50 joint venture between Murchison Metals Ltd and Mitsubishi Development Pty Ltd.  
Oakajee Port & Rail Pty Ltd ABN 25 117 240 007



# Paragon Training is coming to **FREE** Meekatharra. **FREE**

From Monday August 10th to Saturday August the 15th  
Venue: Yulella Training Room. 9am-4pm (must attend everyday)

## CPP20207 Certificate II in Security (Operations)

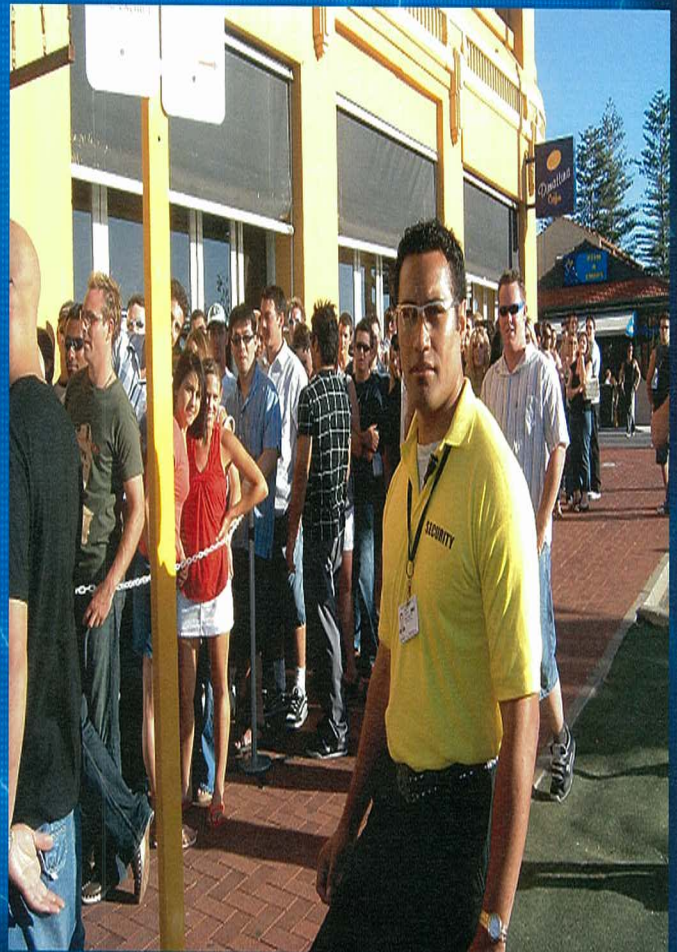
Only 15 positions available - Don't miss this great opportunity to get free training.

**This 6 day course includes  
Senior First Aid and is ideal for people  
wanting to work as security officers or  
crowd controllers.**

This course is nationally recognised.

Contact Craig on 08 9227 51 25 or  
0417 186 380

(you must book by Saturday 8th August)







**daffodil day**  
Cancer Council

**If you think the  
one in two who  
gets cancer is  
one too many**

**then please, buy a  
daffodil on Daffodil Day.**

[www.daffodilday.com.au](http://www.daffodilday.com.au)

\*1 IN 2 PEOPLE WILL BE DIAGNOSED WITH CANCER BY AGE 85





## MEEKATHARRA OUTBACK FESTIVAL

**Invites craft and other stall holders to the  
Family Fun Night on Friday 25<sup>th</sup> September  
At the Sports Complex Oval from 5.00pm**

**There will be:**

- Food & Craft stalls
- Music
- Rides and games for kids and families
- Art Show
- Baking competitions
- And FIREWORKS

**Please contact Stella to book:**

**Tel: 9981 1002**

**Email: [cdo@meekashire.wa.gov.au](mailto:cdo@meekashire.wa.gov.au)**





"Meeka FM is looking for new volunteers.  
Training will be provided where needed and  
program times are very flexible.

Please call 99811358

or email: [meekafm@westnet.com.au](mailto:meekafm@westnet.com.au)

# Meekatharra's

## Community Gym – OPEN

Located at the Indoor Cricket Centre on High Street

State of the art equipment is now set up including a  
treadmill, rowing machine, a variety of weights and much  
more!

Gym agreements and keys are available from the Shire  
office (a fee applies for key holders)

**Entry is permitted to key holders only between  
5am and 10pm daily**





**We are pleased to advise that Courier Australia has recently acquired the Geraldton - Murchison business of Skippers Transport, servicing the Murchison Goldfields and surrounding areas daily, including Meekatharra, from Monday July 3<sup>rd</sup>. We look forward to your ongoing support.**

*Our Geraldton branch, at 130 Flores Road, will provide the localised support for the daily service, ably assisted by the local agents, where your freight can be lodged:*

*Cue – Jeff & Marie (Cue Roadhouse) 9963 1218*

*Mt.Magnet – Dave & Lesley (Murchison Tyres) 9963 4455*

*Meekatharra – Ron Bell 9981 1015*

**For rate enquiries and pick ups within the Perth Metro area please call 131885 or our Geraldton Branch on 99657333 to arrange.  
Email: [geraldton@courieraust.com.au](mailto:geraldton@courieraust.com.au)**

***Courier Australia –committed to regional Western Australia***



22 July 2009



## Mid-west Indigenous football team in thriller at Subiaco Oval

One solitary point separated two of Clontarf Foundation Academy's best teams in a thriller in the Oakajee Port and Rail curtain raiser match played earlier this month at Subiaco Oval.

Players from the mid-west region represented the Geraldton-based Midwest Football Academy against their Albany counterparts for the Oakajee Port and Rail Cup before a crowd of 2000 prior to the AFL match between Fremantle and Brisbane.

Geraldton-based Midwest Football Academy is one of 18 within Western Australia and the Northern Territory. It works in partnership with Geraldton Senior College and John Willcock High School.



**Above Left :** Member for Geraldton Ian Blayney MLA presents the OPR fairest and best medal to Midwest Football Academy player Godfrey Curley.

**Above :** Midwest's Kristian Egan receives a Fremantle football jumper from his coach, Grant Jolley.

**Left :** The Midwest Football Academy team with Ian Blayney and the Academy's Tony Cogan.



# ANIMAL ANTICS



What can I say ... again the cruelty to animals never ceases to amaze me. Only today I had reports of someone deliberately running over 6 sheep and left them to die . Lucky someone stopped and had to destroy one that hadn't died.

Then another report of two dogs tied together by their legs. Looking at the injuries they had been tortured.

Every day there is a report of dogs roaming the streets annoying people or just let out and neglected. Your animals; if they are in a yard have to rely on us to feed and water them. Dogs are left just because someone couldn't walk a few streets to give them a feed or check on them.

Is this what our town has become? Every week I'm reporting to RSPCA.

As you can tell I'm still upset by seeing tortured animals. So if you see someone being cruel report it to the police or the shire.

Luckily for the dogs someone went to investigate all the noise the dogs were making and reported it.

If you don't want your dogs or cats contact the shire to arrange to have them picked up. The other solution is to have them sterilized. Don't just let your female dog or cat continually drop babies and think you will find homes for them that is why we have so many feral cats and dogs roaming the streets.

ITS CALLED RESPONSIBLE PET OWNERSHIP.

REMEMBER AN ANIMAL IS FOR THEIR LIFE DON'T GET RID OF THEM BECAUSE THEY HAVE LOST THEIR CUTE FACTOR.

How many animals are destroyed each year because they are no longer a pup or a kitten. Remember Pets rely on us.

Jo Burgemeister

0428952791

# LOVE YOUR LOCAL MUSIC

## MEEKATHARRA

### Battle of the Bands 2009

MC

Mary G!

Drug  
and  
Alcohol  
FREE

**22<sup>nd</sup> and 23<sup>rd</sup> August**

### HEADER BAND FITZROY XPRESS

*Be a part of this great music Fest  
Play Music, Meet Musicians, Perform in front  
of an audience. Sessions with Fitzroy Xpress for participants*

Drug  
and  
Alcohol  
FREE

***New Format: Music Style Categories***

***New Prizes: Crosslands Youth under 25 years***

***Cash prizes for winners - \$3000 prize pool***

***Entry forms available from Stella: Shire of Meekatharra: 9981 1002***

**coates**



**Smokefree WA**





# MURCHISON AGE HOSTEL MEEKATHARRA NEWSLETTER July 2009



This Month at the Hostel during one of the Daycentre Days, we had a few games of Darts. Eddie, Ron, Robyn & Rene played. Joyce did the scoring for them. Ron ended up with a bullseye and Eddie became the winner overall.

They also had a game of Bingo on one of our other Daycentre Days. Prizes were won by a few of them. We would like to let you know that any senior Who would like to come up on a Wednesday is very welcome to come along.

We would like to welcome Lynette Riley & Hazel Sinclair back.

Our condolences go out to Hazel on the sad loss of her Dad and also the Walley Family on our loss of Nana Lily Walley from Belele.

Raylene Green and Staff at the Hostel.



Ron, Joyce, Rene & Amy



Eddie, Don & Ron



Ron Huckle



Eddie Redmond

# 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**

# Prospectors Pot Cafe

Ph: (08) 99 801 450 Fx: (08) 99 801 626



**Opening Hours: Monday - Saturday**

**9am - 2pm & 4.30pm - 7pm**

**Come in choose from a wide range of healthy,  
home cooked meals & snacks freshly made to  
order.**

**Dine In or Take-Away**

**Phone Orders Welcome & Catering Requirements Are Available**





JACK HILLS  
IRON ORE MINE  
WESTERN  
AUSTRALIA'S  
MID-WEST  
REGION



## MEDIA RELEASE

Tuesday 27 July 2009

#42335

### **CROSSLANDS RESOURCES: A PARTNERSHIP WITH INDUSTRY, GOVERNMENT AND SCIENCE TO PROTECT OUR NATURAL ENVIRONMENT**

Crosslands Resources Ltd (Crosslands), in conjunction with Sinosteel Midwest Corporation (Sinosteel), is undertaking an adaptive management program to monitor the long term effects of vibration from drilling activities in the vicinity of shield-back trapdoor spider burrows.

This co-operative research will assist all companies operating in Western Australia's mid-west iron province on how to undertake exploration and mining activities while minimising the impact from vibration on the spiders.

The Schedule 1 spider species (*Idiosoma nigrum*) is protected under the Wildlife Conservation Act 1950 and by a Department of Environment and Conservation (DEC) exploration drilling exclusion buffer declared within 200m of burrows. This species' range is very broad and can be found throughout the north-eastern agricultural and mid-west regions. There had previously been limited known numbers of individuals and locations until miners began finding them in areas that they were targeting for exploration.

"Now we're finding them in many locations, in fact, the more we look, the more we find. We have located thousands of burrows in the Jack Hills ranges outside of our proposed Stage 2 project area", Crosslands CEO Stuart Hall said.

Crosslands and Sinosteel jointly engaged Phoenix Environmental scientists to conduct vibration simulation research, in consultation with the DEC, which has resulted in the Department implementing a reduction in the buffer zone to 25m for new exploration drilling because vibration from drilling had no short term impact on the spiders.

"Crosslands is delighted to be able to demonstrate industry commitment to the preservation of environmental diversity in the areas in which we operate," Crosslands CEO Stuart Hall said.

"The unique monitoring and research project aimed at protecting the shield-back trapdoor spider is a direct result of Crosslands collaboration with scientists, government and fellow Geraldton Iron Ore Alliance member Sinosteel.

"We are particularly pleased that our studies have led to a positive outcome for both mine development in the region and for increased understanding of the natural environment in which the mid-west iron ore industry operates.

t +61 8 9483 0500  
f +61 8 9481 7966

Level 2, 18 Richardson Street  
West Perth  
Western Australia 6005

PO Box 1454  
West Perth WA 6872

Stay in touch at  
[www.crosslands.com.au](http://www.crosslands.com.au)



 Mitsubishi Development Pty Ltd

A 50/50 joint venture between Murchison Metals Ltd and Mitsubishi Development Pty Ltd.  
Crosslands Resources Ltd ABN 66 061 262 397



"Further, Crosslands is keen to support the continuation of this monitoring project which will contribute to research on the long-term effects of drilling and other mining-related activities on the shield-back trapdoor spider."

Geraldton Iron Ore Alliance CEO Rob Jefferies said the project demonstrated the varied means in which co-operative industry endeavour was supporting the development of the mid-west region as Australia's next sustainable iron-ore province, after the Pilbara.

"Alliance members have formally agreed to co-operate on all levels, but it is always pleasing to be able to highlight the positive consequence of pro-active interpretation of such accords."

"The mid-west of Western Australia is our nation's second fastest growing iron ore production region and, as such, we are pleased to demonstrate environmental sustainability can progress hand-in-hand with economic development."

### About Crosslands

*Crosslands is undertaking feasibility studies towards an expansion of its wholly-owned Jack Hills premium-grade iron ore operation, located 380km north-east of Geraldton in Western Australia's mid-west region.*

*Crosslands Resources Ltd ("Crosslands") is the owner of the Jack Hills iron ore project located in the mid-west region of Western Australia. Crosslands is jointly owned by ASX listed Murchison Metals Ltd ("Murchison") and Mitsubishi Development Pty Ltd ("Mitsubishi"), a subsidiary of Mitsubishi Corporation, Japan's largest general trading company.*

*In addition, Crosslands, Murchison and Mitsubishi have established a new independent infrastructure business, Oakajee Port and Rail (OP+R).*

### For further information:

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Stay in touch at  
[www.crosslands.com.au](http://www.crosslands.com.au)



A 50/50 joint venture between Murchison Metals Ltd and Mitsubishi Development Pty Ltd.  
Crosslands Resources Ltd ABN 66 061 262 397

Receive four FREE energy-saving lamps



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Energy saving lamps  
cost less to run than  
standard globes

And last around  
eight times longer



Pick up **FOUR FREE LAMPS** from your local shire office  
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Energy Smart Line 1300 658 158



Australian Government  
Department of the Environment and Heritage  
Australian Greenhouse Office

SAVE ENERGY SAVE MONEY



**Telecentre  
network**  
WESTERN AUSTRALIA

### Committee Meeting

55 Main Street

Ph: (08) 99 801 811

The Meekatharra Telecentre provides opportunity for individuals & businesses to flourish by providing services like Banking, Video Conferencing, Photocopying, Internet Access etc. Moreover, there is no other business that provides these basic services.

The Telecentre is Community owned & managed. The Management Committee would like to invite people to have a say in the decision making process at their next Committee Meeting.

Where: Meekatharra Telecentre

## Skipper's Flight Schedule PERTH TO MEEKATHARRA

### Sunday

No Flights Scheduled

### Monday

Flight No	Depart	Time	Arrive	Time
JW1941	Perth	7.00AM	Meekatharra	8.35AM
	Meekatharra	9.05AM	Mount Magnet	9.35AM
	Mount Magnet	10.05AM	Perth	11.20AM

### Tuesday

Flight No	Depart	Time	Arrive	Time
JW1940	Perth	10.30AM	Mount Magnet	11.45AM
	Mount Magnet	12.15AM	Meekatharra	12.45PM
	Meekatharra	1.15PM	Perth	2.50PM

### Wednesday

Flight No	Depart	Time	Arrive	Time
JW1941	Perth	7.00AM	Meekatharra	8.35AM
	Meekatharra	9.05AM	Mount Magnet	9.35AM
	Mount Magnet	10.05AM	Perth	11.20AM

### Thursday

Flight No	Depart	Time	Arrive	Time
JW1943	Perth	10.30AM	Meekatharra	12.10PM
	Meekatharra	12.40PM	Perth	2.20PM

### Friday

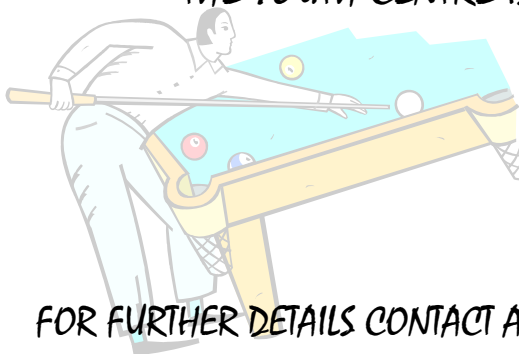
Flight No	Depart	Time	Arrive	Time
JW1941	Perth	12.30PM	Meekatharra	2.05PM
	Meekatharra	2.35PM	Mount Magnet	3.05PM
	Mount Magnet	3.35PM	Perth	4.50PM

### Saturday

No Flights Scheduled

# YOUTH CENTRE HOURS

THE YOUTH CENTRE IS OPEN WEEKDAY'S AFTER SCHOOL



MON - FRI: 3.00 - 5.00PM

MON NIGHT: 6.00 - 8.00PM

FRI NIGHT: 6.00—8.00PM



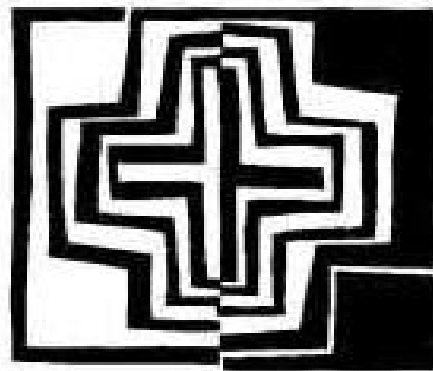
FOR FURTHER DETAILS CONTACT ANT ON: 0438 993 013 OR ELAINE ON: 0439 909 738



# CATHOLIC CHURCH

## Christ the King

(Corner of High and Darlot Streets, Meekatharra)



Liturgies for July and August 2009

All Liturgies are on Saturdays at 6.30pm

ALL WELCOME

### August

Sat 15th Celebration of the Eucharist (Mass)

Sat 22nd<sup>h</sup> Liturgy of the Word with Communion

Christ the King Parish is under the pastoral care  
of the Sisters of the Good Samaritan of the Order of St Benedict  
Information for Newcomers or Sacraments  
Sr Geri Boylan ags ☎ 9963 4179

# Are you feeding your bones?

National Healthy Bones Week  
2 - 8 AUGUST 2009

[www.healthybones.com.au](http://www.healthybones.com.au)



Treat your bones to an everyday diet of calcium-rich foods, like dairy, and regular weight-bearing exercise.



Ph 9981 1007

Fax 9980 1192

## MEEKATHARRA POLICE NEWS

The people of Meekatharra enjoy the benefits of a permanent police station with a full compliment of dedicated staff. Although our time is predominately spent within the townsite, our sub-district is quite large and we are responsible for the many communities and stations that dot the land.

Soon, Burringurrah will have their very own Multi-Functional Police Facility to service their community, but in the mean time, Meekatharra has been given the responsibility of providing this service.

Regular patrols will now be conducted to the remote community which will allow Police to visit the many stations along the way and hopefully provide some assistance to the people there.

A more visible presence along the Gascoyne Junction Road may even deter a few unlicensed drivers travelling between Carnarvon and Meekatharra.

While I'm on the subject of unlicensed drivers, I should remind people that new legislation was introduced at the beginning of July this year. It gives police the authority to seize vehicles for 28 days if caught being driven by a person who does not hold a drivers license.

Impounding offences include:

- Demerit point suspension
- Court suspension
- Court cancelled
- Driving contrary to an extraordinary license

It should be mentioned also that it doesn't matter if it's not **YOUR** car. So think carefully before deciding to drive without a license. Your friends or family may not appreciate you losing their car for a month!

*Meekatharra - Police & Community, Respect & Resolve*





## CRIME STATS

The reporting period covers 01/07/2009 – 30/07/2009.

### OFFENCES

Stealing – 7

Assaults – 7

Burglary – 3

Damage – 7

Firearms offences – 1

Domestic Violence Incidents – 7

---

Some of you may have seen a few extra police in town over recent weeks. Officers from the Child Abuse Squad will be regularly coming to town and working closely with officers from the Department of Child Protection. The specially trained officers are part of Operation Reset and will be providing a specialist service to this district.

On a personal note, it is with a degree of sadness that I tell you I will be leaving Meekatharra soon. I have had the honour and privilege of working with the best team of police that I have ever worked with. I have really enjoyed my time here and I can attribute that to the great people I have met and the friendships I have made. I will leave with some fantastic memories and experiences. I thank you for making me a part of this close community, goodbye.

Kind Regards,

Jayson King  
Constable 11901  
Meekatharra Police Station

*Meekatharra - Police & Community, Respect & Resolve*



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A smiling woman with brown hair is the central figure, surrounded by several large yellow balloons, each featuring a simple black smiley face. In the top left corner, a white speech bubble contains the 'daffodil day' logo, which includes a small yellow daffodil icon and the text 'Cancer Council'.

**daffodil day**  
Cancer Council

**If yellow  
makes you  
happy**

**then please, buy a  
daffodil on Daffodil Day.**

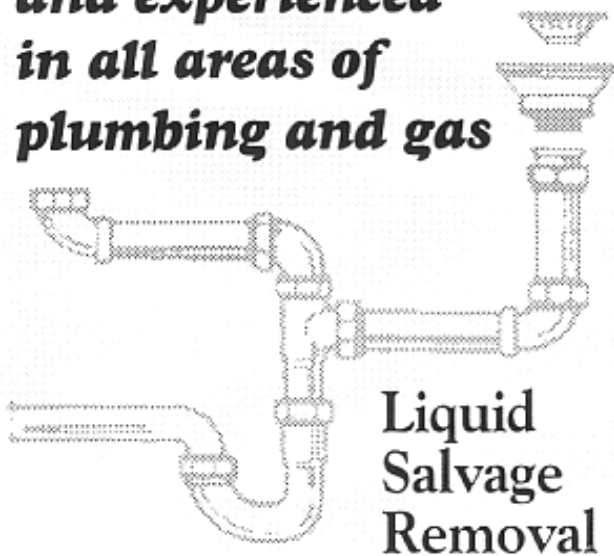
[www.daffodilday.com.au](http://www.daffodilday.com.au)



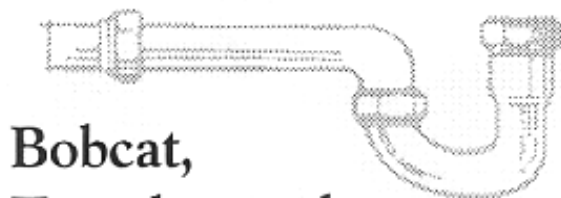
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## Something For The Adults

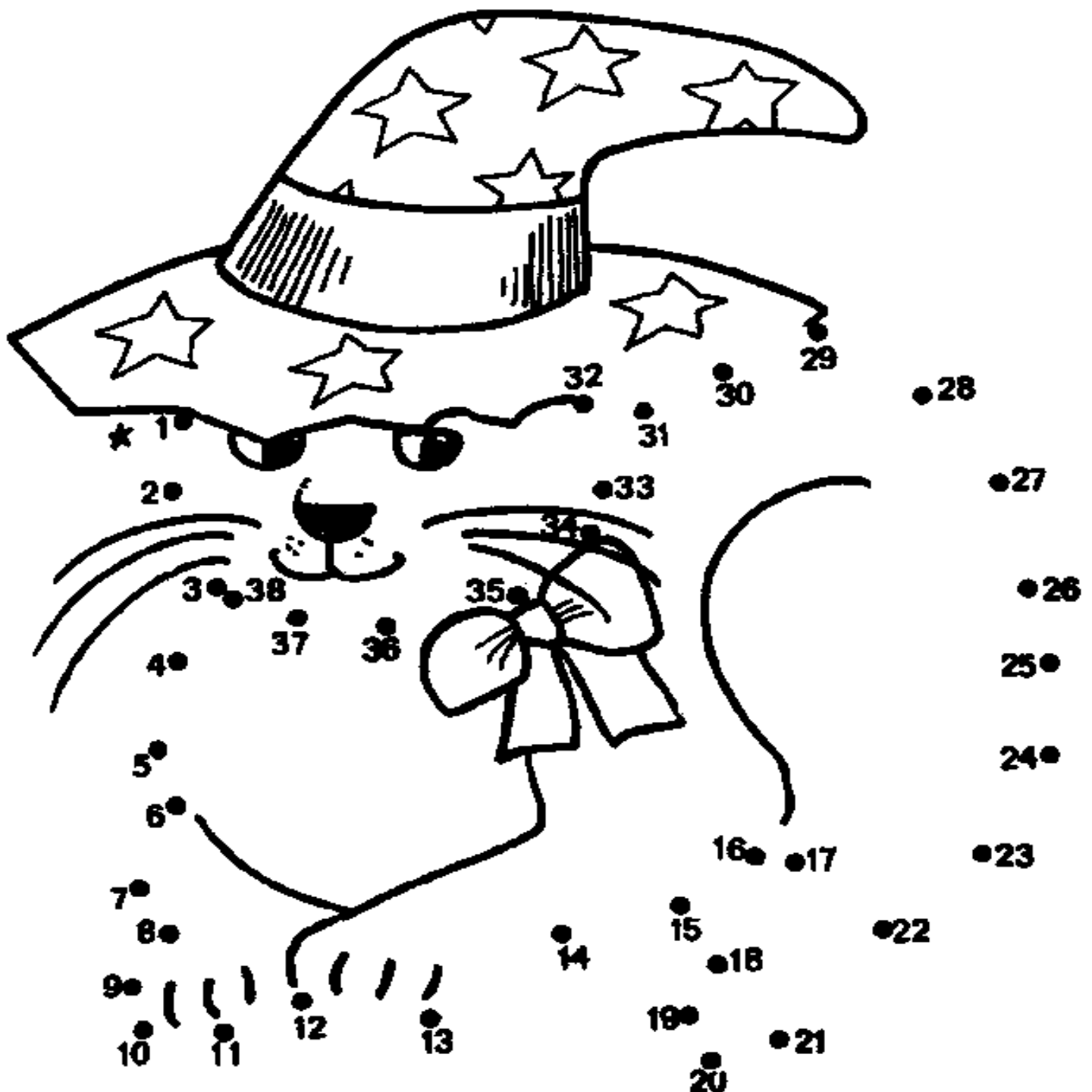
		7	4	1				
5					6			
8		3						
1	6					5		
	9		7		8		6	
		8					2	3
						7		5
			3					1
				2	5	6		

**Sudoku** is the logic based number game, also known as number place.

The game is simple to play with the aim being to fill the empty cells of the Sudoku grid so that each column, row and 3x3 grid contain the digits 1 to 9.

# For The Kids

## Connect the Dots



## ARRIVAL AND DEPARTURE POINTS

Perth	PER	Wellington Street Bus Station
Midland	MID	Midland Train and Bus Station
New Norcia	NCA	Gull Road House
Walebing	WBG	General Store
Miling	MLG	Newsagency
Dalwallinu	DWU	BP Roadhouse
Wubin	WUB	BP Roadhouse
Mt. Gibson	MTG	Turn Off
Paynes Find	PYF	Paynes Find Roadhouse
Mt. Magnet	MMG	Swagman Shell Roadhouse
Cue	CUY	Bell & Co
Bluebird Mine	BBM	Turn Off
Meekatharra	MKR	BP Corner Store
Karalundi	KLU	Turn Off
Plutonic Mine	PUM	Turn Off
Kumarina	KMN	Kumarina Roadhouse
BP Newman	BNE	BP Roadhouse
Newman	ZNE	Visitor Centre
Wittenoom t/o	WIT	Turn Off, Auski Road House
South Hedland	SHE	South Hedland Shopping Centre
Port Hedland	PHE	Port Hedland Visitor Centre

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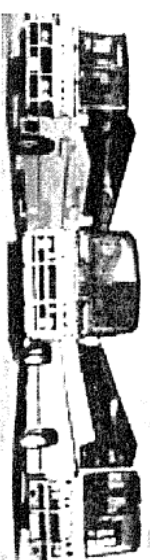
*Most Common fares:*

ONE WAY PERTH to	Adult	YHA/VP ISIC/HCC	National Student	WA Smr/ Pensioner
Mt. Magnet	\$95	\$86	\$76	\$48
Cue	\$107	\$96	\$86	\$54
Meekatharra	\$124	\$112	\$99	\$62
Karalundi	\$144	\$130	\$115	\$101
Newman & Wittenoom t/o	\$214	\$193	\$171	\$150
Port & South Hedland	\$232	\$209	\$186	\$162

- Ticket valid for one year from date of issue.
- Children fares available.
- We do accept Department of Transport Free Vouchers for travel between Perth and Meekatharra.
- Fares Subject to change

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we know what's happening in our state.

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PERTH \* MT.MAGNET \* CUE \* MEEKATHARRA \* NEWMAN \* PORT HEDLAND \* SOUTH HEDLAND



PERTH TO PORT HEDLAND			
<i>via Great Northern Highway</i>			
Code	Service #	IC40	Wednesday
PER	<b>Perth</b>	Dep	9:00 PM
MID	Midland		9:30 PM
NCA	New Norcia		10:55 PM
WBG	Walebing		11:20 PM
MLG	Miling		11:50 PM
Thursday			
DWU	Dalwallinu		12:25 AM
WUB	Wubin	Arr	12:50 AM
		Dep	1:10 AM
MTG	Mount Gibson		1:45 AM
PYF	Paynes Find		2:45 AM
MMG	<b>Mt. Magnet</b>	Arr	4:30 AM
		Dep	5:00 AM
CUY	Cue		6:00 AM
BBM	Bluebird Mine		6:45 AM
MKR	<b>Meekatharra</b>	Arr	7:20 AM
		Dep	8:00 AM
KLU	Karalundi		8:45 AM
PUM	Plutonic Mine		10:05 AM
KMN	Kumarina	Arr	10:50 AM
		Dep	11:15 AM
ZNE	<b>Newman Visitor Centre</b>	*Arr	1:05 PM
BNE	BP Newman	Arr	1:10 PM
		Dep	1:30 PM
ZNE	<b>Newman Visitor Centre</b>	*Dep	1:40 PM
WIT	Auski Road House	Arr	3:50 PM
		Dep	4:10 PM
SHE	South Hedland		6:40 PM
PHE	<b>Port Hedland</b>	Arr	7:00 PM

PORT HEDLAND TO PERTH			
<i>via Great Northern Highway</i>			
Code	Service #	IC41	Friday
PHE	<b>Port Hedland</b>	Dep	9:00 AM
SHE	South Hedland		9:30 AM
WIT	Auski Road House	Arr	12:00 PM
		Dep	12:45 PM
ZNE	<b>Newman Visitor Centre</b>	*Arr	2:50 PM
BNE	BP Newman	Arr	2:55 PM
		Dep	3:20 PM
ZNE	<b>Newman Visitor Centre</b>	*Dep	3:30 PM
KMN	Kumarina	Arr	5:10 PM
		Dep	6:00 PM
PUM	Plutonic Mine		6:50 PM
KLU	Karalundi		8:10 PM
MKR	<b>Meekatharra</b>	Arr	8:55 PM
		Dep	9:10 PM
BBM	Bluebird Mine		9:20 PM
CUY	Cue		10:15 PM
MMG	<b>Mt. Magnet</b>	Arr	11:10 PM
		Dep	11:30 PM
Saturday			
PYF	Paynes Find		1:05 AM
MTG	Mt. Gibson		2:00 AM
WUB	Wubin	Arr	2:45 AM
		Dep	2:50 AM
DWU	Dalwallinu		3:10 AM
MLG	Miling		3:50 AM
WBG	Walebing		4:15 AM
NCA	New Norcia		4:40 AM
MID	Midland		6:00 AM
PER	<b>Perth</b>	Arr	6:30 AM

\* Please be aware: Newman Visitor Centre is on the timetable twice!  
The Arrival time is **before** and the departure time is **after** the comfort stop at BP Newman

**Effective 3rd September 2008**

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call in & see Russell at the Meekatharra Post Office***

## Meeka Dust, July 2009 – Frontier Services



### Frontier Services Murchison Patrol:

**Lotterywest Grants 2009:** - the application for 200 Christmas Hampers has been posted; we will know the outcome of the application in about four months. In December 2008 many members of the community packed, and supplied 200 hampers valued at \$69.00; its hope we can do the same again this year.

**Uniting Church in Australia (UCA) 12<sup>th</sup> National Assembly** – 15-21 July 2009, met at the University of NSW. The theme was **“Living Water Thirsty Land”**. I attended the conference and was away for two weeks (13-27 July '09), with approximately 250 other voting members of the Assembly. In other words a large number of church leaders from Australia and Overseas, plus persons representing other Australian churches; a further 100 people in the Visitors Program; representatives from other faiths; scores of volunteers, staff and additional helpers who ensured that all ran smoothly. Many people from within the life of the Uniting Church joined us at the opening service of worship for the installation of the President of the Uniting Church in Australia, Rev. Alastair Macrae for the next three years, this service was highlighted in particularly by the theme **“Living Water Thirsty Land”**, as many of the overseas delegates came forward with their water containers and poured water into the font.

Other highlights for me were the acceptance of the new preamble to the UC Constitution which recognises the Aboriginal and Torres Strait Islanders as the First Peoples of this land. The Bishop of Zimbabwe's Assembly, informing us that if the church in Fiji gathered for their annual conference later in the year they would all be arrested. The General Secretary wasn't allowed to come to Australia for our meetings and we learnt later that he had been arrested and imprisoned in Fiji while we met in Sydney. His arrest is being followed up by a delegation to the Fijian military government to try to intervene in this matter; as you can imagine Fiji is particularly tense at this moment.

The president-elect elections for the Uniting Church occurred and Rev Dr Andrew Dutney from South Australia was elected with a majority on the first vote (four candidates) which has rarely happened. He obviously has overwhelming support for the position which is wonderful.

If you are interested and wish to read the documentation; **12<sup>th</sup> Assembly Reports and Working Papers**, please visit the web site on [www.assembly2009.uca.org.au](http://www.assembly2009.uca.org.au) the documents have been updated as the assembly proceeded with business. For example the report on Uniting Justice Australia (UJA), pursed matters of social and economic justice, human rights, peace and the environment, engages in advocacy and education and works collaboratively to communicate the Church's vision for a reconciled world. It also provides resources for the whole Church as it considers its position on issues of national and international importance and public policy – again go to the link and read more as the whole Assembly looks toward the future and or strategic recommendations on what some of the key justice issues 'might' be over the next few years (Reports p. B23-8). Finally, I have been elected to the Assembly Board for the next three years; which simply means nine trips to Sydney in that time, and a large amount of reading!!

Cheers, Rev. Lesley deGrussa-Macaulay (08) 9981 1053. (H) 0417 918 035 (W)



## Thought for the Month *Stress* – reflections for the 12<sup>th</sup> Assembly:

### STRESS

A lecturer when explaining stress management to an audience,  
Raised a glass of water and asked  
'How heavy is this glass of water?'

Answers called out ranged from 20g to 500g.

The lecturer replied, 'The absolute weight doesn't matter.  
It depends on how long you try to hold it.  
If I hold it for a minute, that's not a problem.  
If I hold it for an hour, I'll have an ache in my right arm.  
If I hold it for a day, you'll have to call an ambulance.  
In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

He continued,  
'And that's the way it is with stress management.  
If we carry our burdens all the time, sooner or later,  
As the burden becomes increasingly heavy,  
We won't be able to carry on.'

'As with the glass of water,  
You have to put it down for a while and rest before holding it again.  
When we're refreshed, we can carry on with the burden.'  
'So, before you return home tonight, put the burden of work down.

Don't carry it home.  
You can pick it up tomorrow.  
Whatever burdens you're carrying now,  
Let them down for a moment if you can.'  
So, my friend, Put down anything that may be a burden to you right now.  
Don't pick it up again until after you've rested a while.

Here are some great ways of dealing with the burdens of life:

\* Accept that some days you're the pigeon,  
And some days you're the statue.

\* Always keep your words soft and sweet,  
Just in case you have to eat them.

\*\* Drive carefully. It's not only cars that can be

"Recalled" by their maker.

\* If you can't be kind, at least have the decency to be vague.

\* If you lend someone \$20 and never see that person again,  
It was probably worth it.

\* It may be that your sole purpose in life is simply to be kind to others.

\* Never put both feet in your mouth at the same time,  
Because then you won't have a leg to stand on.

\* Nobody cares if you can't dance well.  
Just get up and dance.

\* Since it's the early worm that gets eaten by the bird, sleep late.

\* The second mouse gets the cheese.

\* When everything's coming your way,  
You're in the wrong lane.

\* Birthdays are good for you.  
The more you have, the longer you live.

\* Some mistakes are too much fun to only make once.

\* A truly happy person is one who can enjoy the scenery on a detour.

From Frontier Services Magazine May 2009 "*What's in the Billy?*" Courtesy: Mel Backlund, Emerald RAFS



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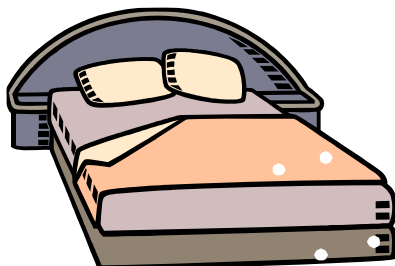
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# LIMESCALE...?



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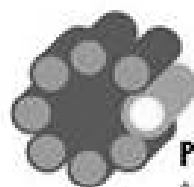
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Dennis "Splinter" Shaw J.P. PH: 9981 1223

# WHATS COOKING??

## Chunky Shepard's Pie

Serves : 8                      Prep-  
aration Time : 30 minutes Cook-  
ing Time : 160 minutes

### Ingredients



- 2 tablespoons olive oil
- 1 x 2kg lamb leg, excess fat trimmed, cut into 3cm pieces
- 4 large celery sticks, ends trimmed, coarsely chopped
- 4 large carrots, peeled, coarsely chopped
- 1 large brown onion, coarsely chopped
- 2 garlic cloves, crushed
- 40g (1/4 cup) plain flour
- 750ml (3 cups) beef stock
- 95g (1/3 cup) tomato paste
- 2 tablespoons Worcestershire sauce
- 2 dried bay leaves
- 1kg desiree potatoes, peeled, coarsely chopped
- 80ml (1/3 cup) milk
- 40g (1/2 cup) shredded parmesan
- 2 tablespoons dried (packaged) breadcrumbs

### Method

1. Preheat oven to 180° C. Heat half the oil in a large non-stick frying pan over high heat. Add one-third of the lamb and cook, turning, for 3-4 minutes or until browned. Transfer to a plate. Repeat, in 2 more batches, with the remaining lamb, reheating the pan between batches.
2. Heat the remaining oil in the pan over medium heat. Add the celery, carrot, onion and garlic and cook, stirring, for 5 minutes or until the onion is soft. Add the flour and cook, stirring, for 30 seconds. Add the lamb, beef stock, tomato paste, Worcestershire sauce and bay leaves. Season with salt and pepper. Bring to the boil. Transfer to a 2.5L (10-cup) capacity ovenproof dish. Cover and bake for 1 1/2 hours. Uncover and bake for a further 30 minutes or until the sauce thickens slightly.
3. Meanwhile, cook the potato in a large saucepan of boiling water for 10 minutes or until tender. Drain and return to the pan. Use a potato masher to mash until smooth. Add the milk and stir until well combined. Season with salt and pepper.  
Increase oven temperature to 200° C. Use a fork to spread the mash over the lamb mixture. Combine the parmesan and breadcrumbs in a small bowl. Sprinkle evenly over the mash. Bake for 20 minutes or until golden. Serve.



# WEATHER



Australian Government

Bureau of Meteorology

## Meeka's Weather

### June 2009

The average maximum temperature was 19.7°C. The overnight minimums were close to the normal average for June (8.7°C), with the coldest night being the 15<sup>th</sup> when the mercury dropped to just 2.5°C.

Rainfall in June was 18.6mm, which brings the yearly total recorded at Meekatharra Airport to the end of June to 73.8mm.

### Monthly Statistics – June 2009:

**Warmest Day:** 25.6°C on the 10<sup>th</sup>  
**Coldest Day:** 15.3°C on the 20<sup>th</sup>

**Average Max:** 19.7°C

**Warmest Night:** 13.8°C on the 11<sup>th</sup>  
**Coldest Night:** 2.5°C on the 15<sup>th</sup>

**Average Min:** 8.0°C

### Monthly Statistics – July 2009 so far (to 24<sup>th</sup>):

**Warmest Day:** 27.4°C on the 9<sup>th</sup>  
**Coldest Day:** 13.9°C on the 1<sup>st</sup>

**Average Max:** 19.2°C

**Warmest Night:** 15.2°C on the 9<sup>th</sup>  
**Coldest Night:** 3.1°C on the 14<sup>th</sup>

**Average Min:** 8.1°C

**Rainfall:** 18mm has fallen in July so far (to 24<sup>th</sup>) which is close to average for the month, and brings the yearly total to 92.0mm.

### What to expect in August:

**Average Daily Maximum:** 21.3°C

**Average Daily Minimum:** 8.5°C

**Average Monthly Rainfall:** 11.4mm

Meekatharra Meteorological Office

Submitted by Clint Weaver

[www.bom.gov.au](http://www.bom.gov.au)

# Events Calendar

## August

- ☑ Community Basketball Fun Day - Saturday 1st August
- ☑ Ivan Zar playing the Blues - Thursday 6th August
- ☑ Jeans for Genes Day - Friday 7th August
- ☑ Womens Craft Club - Saturday 8th August
- ☑ Cert II in Security Course - Monday 10th - Saturday 15th August
- ☑ Telecentre Committee Meeting - Tuesday 11th August
- ☑ Cocktail Night - Friday 14th August
- ☑ Ordinary Council Meeting - Saturday 15th August
- ☑ Interagency Meeting - Tuesday 18th August
- ☑ Battle of the Bands - Saturday 22nd & Sunday 23rd August
- ☑ Festival Committee Meeting - Tuesday 25th August
- ☑ Meekatharra Race Club Committee Meeting - Thursday 27th August
- ☑ Daffodil Day - Friday 28th August
- ☑ Keep Australia Beautiful Clean Up Day - Saturday 29th August

Next Issue...  
Closing Date: 24th August

Publishing Date: 28th August