

Meekatharra Dust



Issue Number 213—June 2010 Cost \$ 2.00 incl. GST

PURPLE BRA DAY



Five of our high school girls and three adults took part in the Purple Bra Day fundraiser. They had to get as many sponsors as possible to support them to wear their purple bras over their clothes on Friday 18th June 2010. They all managed between them to raise approximately \$2000.

Then on Saturday 19th June, we raised another \$230 by having a cake stall and sausage sizzle. Many thanks to Farmer Jacks for the sausages & bread and to Meacho for lettin' us do it in front of the Commie and the use of his BBQ.

Thank you to all the people who sponsored and supported the participants and bought from us on Saturday morning.

Without your support, we would not have been able to raise these much needed funds which helps cancer patients and their families.

Last, but not least thank you very much to, all participants who worked hard at mustering up sponsors, baked cakes and gave up their Saturday morning.

Kadisen King, Brittney Quartermaine, Tahlia Ashwin, Fawn Oliver, Esteena Gillespie, Ant Lloyd, Rachel Hucks and Rebecca Maru.

Unfortunately we had a bit of a black cloud hoverin' over us because one of the girls got \$170 stolen out of her school bag at school. It was reported to the police but the money was never recovered.

Even with the money getting stolen, I am over the moon with what we ended up with.

Once again thank you to everybody who helped out.

Elaine King.



NOTE FROM THE EDITOR

Hi readers,

I hope you all enjoyed my first issue.

From now on I will be including the answers to the puzzles in the same edition, instead of having to wait a whole month.

If you have any contributions please forward them to me at the Shire.

Enjoy the cooler weather while it lasts!

Happy reading!

-Sam

'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
Half Page	\$23.80	\$38.50
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.

BRAIN TEASERS

5x5

5x5 = 25

May Answers:

They're the same!



Louise Archer will make the chocolate cake.

Julie Bowness will make the coffee cake.

Kay Cook will make the plain cake.

Mary Dancer will make the vanilla cake.



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 Sam at the Shire before the closing date shown on the back page.

EVENTS NOT TO MISS THIS MONTH

- # Sydney Hot Shots - Thursday 1st
- # Free Great Gardens Presentation - Saturday 3rd
- # St John Ambulance Meeting - Wednesday 7th
- # Youth Centre Discos - Friday 9th & 16th 6pm-9pm
- # Battle of the Bands Meeting - Saturday 10th
- # Telecentre Committee Meeting - Tuesday 13th
- # Ordinary Council Meeting - Saturday 17th
- # Interagency Meeting - Tuesday 20th
- # Festival Committee Meeting - Wednesday 23rd
- # Meekatharra Fancy Dress Ball - Saturday 24th
- # Ben Muller Tax Returns - Friday 30th

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.

Meekatharra Library

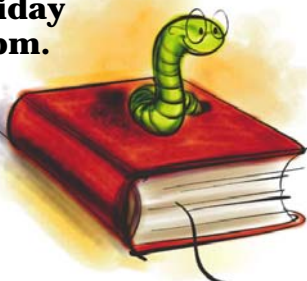
Did you know we get a new exchange of books every month? Come in and check out what is new this month!

If there is a particular novel or author you are interested in, we can request these for you, just pop in to the Shire office.

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
8 am to 4.30 pm.**



OVERDUE

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 -Sam

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**

Meekatharra

Festival Meeting

Update



Dates Have Been Decided

For The Following Events

Battle of the Bands Meeting Saturday 10th July 11am

Saturday 24th July - Fancy Dress Ball.

Theme - 'MKA' (anything starting with the letters M, K or A)

The Next Festival Meeting Will Be Held On:

Wednesday 23rd 2010

Time: 5.00pm

Venue: Council Chambers

All Old and New Committee Members welcome

BIN CLEANING AND DEGREASING

**FOR ONLY \$10 PER BIN YOU CAN GET YOUR BIN CLEANED AND
DISINFECTED WHEN YOUR RUBBISH IS COLLECTED.**



CALL GREG ON 0458 195 589 TO ARRANGE TO HAVE YOUR BIN CLEANED.

When is it going to STOP

**To the PERSON or PERSONS responsible
for the countless ACTS of vandalism to
our Parks and Gardens,**

**Eg: snapping of our lovely trees, breaking
pieces of the New Front Fence, graffitiing
our Park benches, ripping up our trickle
system and smashing the WALK TRAIL
BRIDGES.**

(We know who you are)

**MAYBE YOU MIGHT GRAB A BRAIN
SOMEDAY**



RIGBY



ABC
Midwest
& Wheatbelt

facebook

THE MORNING SHOW IN MEEKA!!!!!!



When Jai Newman won a competition on Facebook to become the ABC's 500th friend Andrew Phillips and Glen Bardon may have been wondering what they had gotten themselves in for. They had promised that they would visit the location of the 500th friend and broadcast their morning show. In their wildest dreams they wouldn't have contemplated that this place could be Meekatharra!

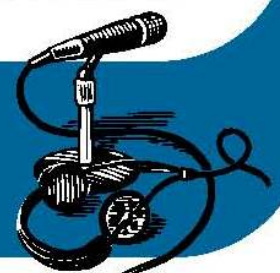
A few months later and true to their word they arrived after their 600 odd km journey from Geraldton to the town of Meekatharra. Andrew unfortunately wasn't able to make the journey after falling ill and he was re-



placed at the last minute by the lovely Joanna Prendergast.

Glen and Jo set themselves up in front of the Shire Offices and soon made themselves known to the local people who were only too happy to have a yarn and promote their home town. From local councillor Norm Trenfield (top right) to Senior Sergeant Martin Haime, (top left) everyone was more than willing to have their say. Eveanne Trenfield and Therese Edwards spoke highly of the major Meeka Events the Outback Festival and the Battle of the Bands and Sue Van Uden was kindly able to join via a phone hook up to talk about the positive things that Kids After Dark are achieving. Debbie Barrington from the Department of Housing also promoted an event in the making... a cycling challenge from Cue all the way to Meekatharra!!

What an opportunity to put Meeka on the map and recognise the little things that make our town so unique!





Expression of Interest

Are you interested in Catering for the
Meekatharra Races this year!!!
25th & 27th September 2010

- Hot/Cold food
- Cold drinks
- Tea/Coffee facilities

Please forward your interests in writing to:

Meekatharra Racing Club
Secretary
P.O Box 227
Meekatharra WA 6642

Closing Date

23rd August 2010



Meekatharra
Community Resource Centre

July Membership Deal

5 hours **FREE** internet use

when you sign up for Annual Membership in July

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Regional Development and Lands



The Meekatharra Dust 8

June 2010



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and families and libraries
through a range of
activities

If you are interested in
taking part of the Better
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contact the Shire Office



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Meekatharra
Community Resource Centre
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Phone & Fax: 08 9980 1811

E-mail: meekatel@benet.net.au

Website: www.meekatharra.wa.tc



Westpac In-Store

OPENING HOURS

Monday - Friday

9.00am - 12.30pm

and

1.30pm - 3.00pm

Come and see us!

55 Main St, Meekatharra

(opposite the pool)

OPENING HOURS
Monday - Friday
9.00am - 3.30pm



Department of
Regional Development and Lands



ROYALTIES
FOR REGIONS

IMPORTANT NOTICE TO ALL DOG OWNERS

The Shire of Meekatharra reminds you that all dogs need to be registered.
If your dog is found and is registered they can be returned to you.

A dog that is not registered with the Shire has more of a chance of being destroyed under the Dog Act Section 29 (10) which allows for the destruction of an unregistered and unclaimed dog.

It isn't hard to register your dog simply come to the Shire Office and fill in a form and pay a small fee.

Unsterilised dogs	\$30.00 for a year or
(ie can still have or make puppies)	\$75.00 for 3 years

Sterilised dogs	\$10.00 for a year or
(proof of sterilisation required)	\$18.00 for 3 years

Pensioners
(must have a valid pension card)

Unsterilised dogs	\$15.00 for a year
-------------------	--------------------

Sterilised dogs	\$ 5.00 for a year
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If you register now all the above are half price

If you have any questions or need assistance Shire staff will be happy to help.

Missing Dogs

If your dog goes missing please contact the Shire to see if it has been seized and to organise for its return. All dogs **must be registered** before release from the dog pound.

Unwanted Dogs

If you have an unwanted dog contact the Shire and we will organise to have them removed for free.

Please DO NOT dump your unwanted dogs in the bush.

IF YOU CARE ABOUT YOUR DOG—GET IT REGISTERED

Shire of Meekatharra
Cnr of Main & Savage Street
Meekatharra WA 6642

Phone: 9981 1002
Fax: 9981 1505
Email: ceo@meekashire.wa.gov.au





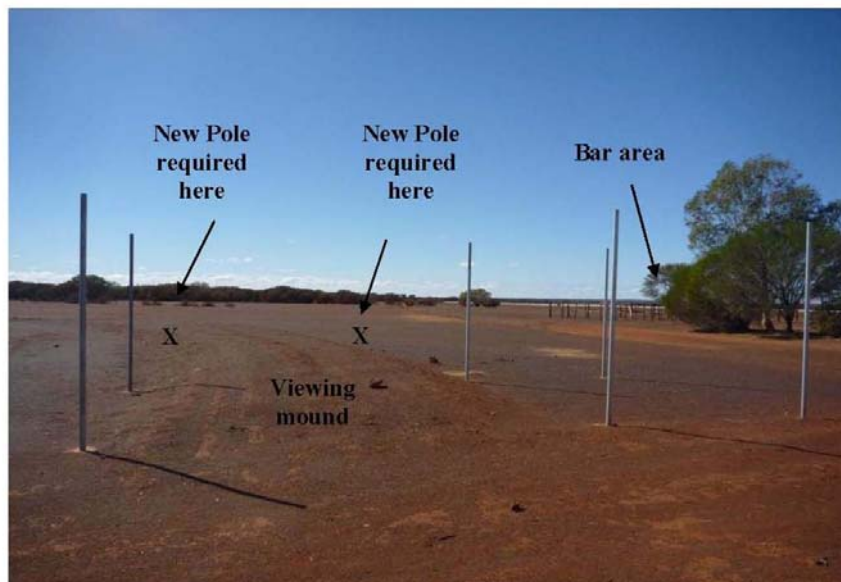
REQUEST FOR QUOTE Temporary Shade Structure

The Shire of Meekatharra and associated Festival Committee are seeking quotes for the erection of large tarpaulins on existing poles to create a temporary shade structure for the Meekatharra rodeo. The structure will need to be designed in such a way that it can be dismantled after the 2010 Rodeo and erected again when required for future rodeos.

- The shade is required to cover part of the 'viewing mound' and the bar area.
- The job will require two more poles to be erected to lengthen the shade cover over the viewing mound.
- Please include the costs of the tarpaulins in your quote.

Quotes close at the Shire of Meekatharra Office by 4.30pm Monday July 19th.
Please contact Kelly Fuhrmann at the Shire of Meekatharra for further information
on 9981 1002

Current Viewing Platform and Bar at Meekatharra Rodeo Arena



MECHANICAL SERVICES CONTRACT

TWO TO FIVE YEAR CONTRACT

Tenders are invited for the provision of mechanical services for the Shire of Meekatharra. The contract will include servicing, maintenance and repairs of all the Shires plant, equipment and vehicles.

The estimated time commitment is 40 hours per week on average. A guaranteed average of 60 hours work per fortnight will be provided during the first 12 months of the contract.

Copies of the tender documents are available from Sam Needle Tel; 99 811002 or Email; admin@meekashire.wa.gov.au. Documents will be available from 1 July 2010

If, after reading the tender documents, you require further information, please contact CEO Roy McClymont. Tel; 9981 1002 Email; executive@meekashire.wa.gov.au

Tenders close at 4.00 pm Thursday 22 July 2010 at the Shire of Meekatharra, PO Box 129, Meekatharra WA 6642.

The Shire is not obliged to accept the lowest or any tender.

Mandjar 9x5

There is still time to enter the 9x5 exhibition, auction and sale of 9x5 art works framed, unframed, sculptural and collaborative works

**Collect your 9x5 board from Mandurah Performing Arts Centre now!
Entries must be back by the 13th of August 2010**

The Alcoa Mandurah Art Gallery annual Mandjar 9x5 exhibition has become a major event in the Peel region attracting artists from all over Western Australia. The 9x5 exhibition includes three dimensional and two dimensional works that embrace contemporary ways of seeing and making new art forms.

The original Heidelberg 9 x 5 exhibition was held in Melbourne over 100 years ago. It featured original paintings on cigar box lids that measured 9 inches by 5 inches. In the 1880's, a group of Australian artists began to paint in the Impressionist style, showing the ever-changing effects of nature. They are sometimes referred to as the Heidelberg School, named after Heidelberg, a suburban village near Melbourne where they worked. Leaders of this school included Charles Conder, Frederick McCubbin, Tom Roberts, and Arthur Streeton.

I would like to take this opportunity to thank you, the artist, for creating and **donating** a 9x5 artwork to **support** the fundraising for the **2011 Mandjar Art Awards**.

The artworks will be exhibited from Wednesday 1 September until the 1 October 2010



Mandjar 9x5 2010
Art Auction will be held at 7pm on Friday 1 October
To be held at the end of the exhibition

**ARTWORKS RETURNED EARLY WILL GIVE US THE
OPPORTUNITY TO FRAME THOSE ARTWORKS
THANK YOU**



**ALCOA
MANDURAH
ART GALLERY**

Mandurah Performing Arts Centre
Ormsby Terrace (PO Box 1049),
Mandurah WA 6210
Ph: 9550 3933





INFORMATION FLYER

MIDWEST/MURCHISON/GASCOYNE PaCE Coordination Project Parent and Community Engagement (PaCE) Program

Lead Agency: Bundiyarra Aboriginal Community Aboriginal Corporation

Regional Co-ordinator : Lucina Cross (located at Bundiyarra) PH: 9920

The Regional PACE Project has appointed a Regional Project Coordinator who will be employed by Bundiyarra Aboriginal Corporation (Lead Agency) to work in partnership with the PACE Stakeholder Group (consisting of providers in the Midwest Murchison/Gascoyne region) to identify key priorities and develop PACE projects throughout the Midwest Murchison/Gascoyne Region.

The Regional PACE Co-ordinator – Lucina Cross - will work across the region with interested providers to establish a well coordinated and targeted approach in the implementation of regional wide PACE projects.

❖ Participating Stakeholders and Groups

Bundiyarra Aboriginal Corporation (Lead Agency); Geraldton Streetwork Aboriginal Corporation; Wila Gutharra Aboriginal Corporation ; Yulella Aboriginal Corporation Meekatharra; MEEDAC Corporation Mullewa; Yadgalah Aboriginal Corporation Shark Bay; Emu Resource Carnarvon; Geraldton Regional Community Education Centre.

- ❖ Stakeholder members will consult within their service areas to identify potential PACE projects and in coordination with the Regional PACE Project develop and submit individual agency specific PACE proposals to DEEWR.
- ❖ Projects must be able to demonstrate parent and community demand and are expected to be community driven, and meet main objectives of the PaCE Program – to enhance the capacity of Aboriginal and Torres Strait Islander families and communities to:
 - Engage with schools and education providers in order to support improved educational outcomes of their children;
 - Build strong leadership that supports high expectations of students' educational outcomes;
 - Support the establishment, implementation and/or ongoing progress of community-school partnerships; and
 - Support and reinforce children's' learning at home.
 -

Potential Outcomes for Parents in Region

1. Develop their capacity to support their children's educational journey;
2. Increase knowledge and skills to effectively engage in school based activities and programs;
3. Increase understanding of Intercultural (language, terminology) relationships between parents and school staff;
4. Increase active participation in school decision-making process;
5. Gain a different perspective (attitudes, communication, behaviours) of the school environment (staff, curriculum, students);

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Offer available with following models: CF-18, CF-25, CDF-11 and CDF-45. Not available with any other offers.
*Bonus items at retailer's discretion.

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THE TOWN OVAL THEY MUST BE ON
A LEASH AT ALL TIMES AND HELD
BY YOU, THE OWNER.**

**YOU MUST BE IN COMPLETE
CONTROL OF YOUR ANIMAL AT ALL
TIMES AND DISPOSE OF ANY
DROPPINGS IN THE RUBBISH BINS
PROVIDED BY THE COUNCIL.**

Thank you

Meekatharra Shire

The Meekatharra Dust 14

June 2010

MEEKATHARRA HEALTH CENTRE

VISTING SERVICES—JULY 2010

For Appointments—Hospital Reception: 9981 0600

Physiotherapist— Brian Poller 5th July

Podiatrist— Gerard Huck 6th July

For Appointments—Community Health : 9981 0638

Speech Pathologist—Laura 12th July

Dietician—Lauren Smith 12th July

Pediatrician 19th July

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

Psychiatrist—Mental Health Team : 9981 0625

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

**As all dates are subject to change—please confirm appointments the day before.
(Appointments availability is usually determined by prioritising according to health needs)**

RFDS MEDICAL SERVICE

Outpatient Opening Times : **Monday—Friday 9am—12 noon (except Thursday 10am—12 noon) & 2pm—4pm.** Medical Services are prioritised according to urgency.

After Hours is for EMERGENCIES Only

DENTAL VISITS TO MEEKATHARRA —2010

28.06.10 – 02.07.10

14.09.10 – 24.09.10

08.11.10 – 19.11.10

29.11.10 – 10.12.10

Phone contact numbers during above periods only

Meekatharra Dental Clinic : 9981 0640

Mobile Dental Clinic : 0427 386 647

For More Information : Dental Health Services (Perth) : 9313 0555



Ph 9981 1007
Fax 9980 1192

Meekatharra Police Report

Welcome to the Community Policing Report.

Crime

Despite the colder weather, we are still charging many people with offences such as stealing and burglary. Many of these people are repeat offenders and are already facing court in relation to several previous matters. This is particularly frustrating for us as it's clear in many cases that there is a distinct lack of parental responsibility taken for many of the young offenders we deal with. We will continue to demonstrate a strong focus on local crime issues and I ask the community to help us prevent opportunistic crimes by removing valuables from view, locking your houses and vehicles and by considering a range of other simple measures. Please feel free to contact the police station for any crime prevention advice you require.

If you see any behaviour you believe is suspicious, please contact the police station and report it as soon as you can. The information you have may be valuable in identifying those responsible and we depend on your support.

Road Policing

Our station traffic duties have increased considerably and we are already achieving some excellent results.

One particular area of note is the relatively large amount of people that have been detected driving with unlicensed vehicles. As you may be aware, as of January this year the Department of Transport no longer issue registration stickers and consequently, vehicle owners no longer have visible reminder of the fact their registration may have expired. Please ensure that you have updated your current address with the Department of Transport to ensure your registration renewals are sent to the correct address.

In a practical explanation, a vehicle can lawfully be driven for 14 days following the expiry of the registration. After this time, vehicle owners and drivers commit an offence that must be dealt with by a summons to court.

As of the 1st of October, several legislative changes will commence in relation to restraints and seat belts in vehicles. Many of the changes will require children to be seated in an approved booster seat and this will require some significant responsibility by vehicle owners. Further information will be provided in future articles.

Meekatharra - Police & Community, Respect & Resolve

Alcohol

As has historically been the case, much of our work is associated with alcohol abuse and the range of resulting offences.

This was particularly evident last Friday night when a large brawl erupted at one of the local hotels and police were called to assist.

Several people involved in the disturbance turned on the attending police and one officer was punched in the back of the head in what was a cowardly and gutless attack. The offender was later arrested along with 5 other people and all will face court at a later time. Despite already being on a suspended imprisonment term for assaulting police, the main offender appeared in court the following day and was again released on bail.

We will be continuing a zero tolerance approach towards this type of behaviour in the future and hotel staff will be held to account in terms of their serving practices and general control measures.

Regards

Martin Haime
Senior Sergeant – Officer in Charge
Meekatharra Police Station.

Meekatharra - Police & Community, Respect & Resolve

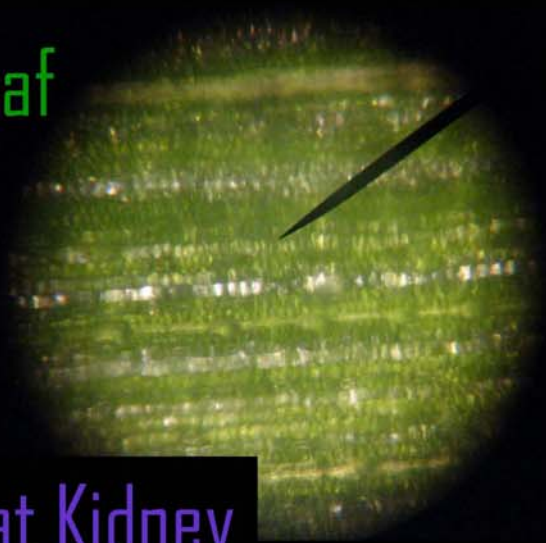


UNDER A MICRO-SCOPE

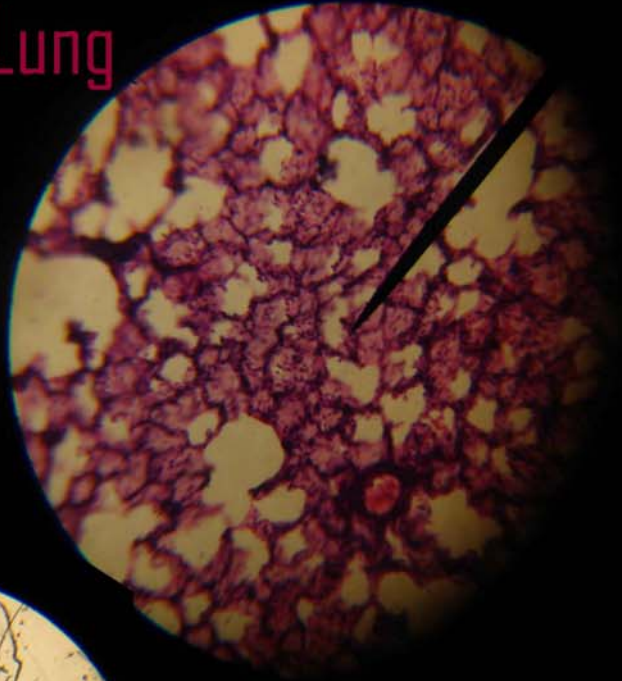


In Room 4 at Meekatharra District High School, the Year 4-7 class has been very busy this term. We have been exploring life in the Middle Ages and learning about many different aspects of this time. In Science we have been looking at micro-organisms and how these could destroy food back when they didn't have fridges to keep food fresh. To begin looking at micro-organisms we used everyday objects and some prepared slides to become familiar with the micro-scopes. Here are some photos of the things we saw down the lenses of the micro-scope.

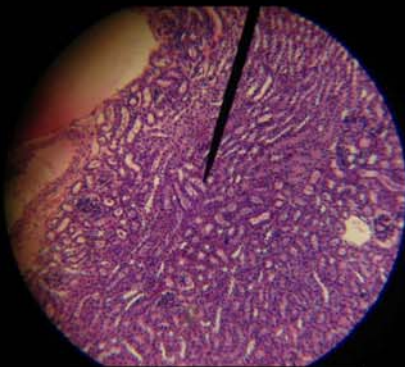
Leaf



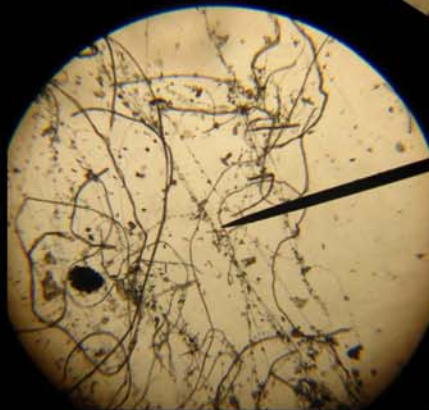
Lung



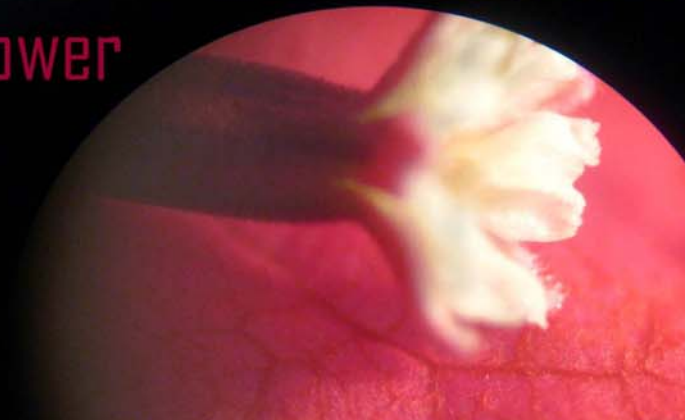
Rat Kidney



Spider Web



Flower



A student's hair



Hassle FREE **Taxation Returns** *prepared professionally on the spot....*

*Ben Muller will be at the
Auski Hotel, Meekatharra
from 4pm Friday 30th July
until 9am Tuesday 3rd August.*

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www.mulleraccounting.com.au



2010 Variety WA Bash 28 August - 4 September 2010

What is the Bash?



The Bash is a carnival on wheels, bringing fun and excitement to regional communities throughout WA.

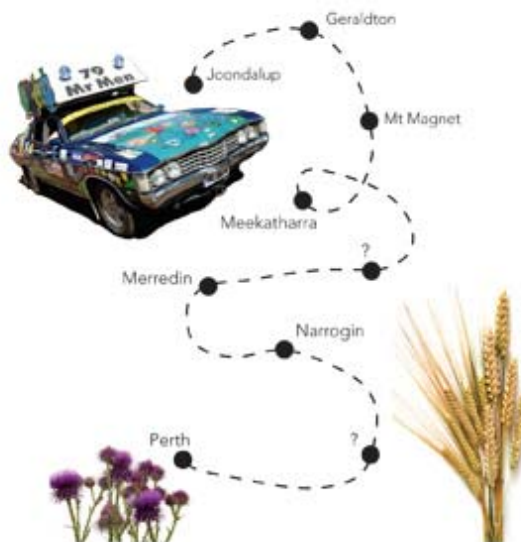
The Bash is not a race or a rally and speed is not important. What really matters is that everyone has a great time visiting parts of WA they would not otherwise see, at the same time providing much needed help to WA's sick, disadvantaged and special needs children.

As with all Variety WA motoring events, Bashers are bound by a strict code of conduct including WA Road Rules, safety and behavioral standards, with an experienced mechanical and medical crew on hand to assist whenever needed.

The Bash legend began with businessman, explorer and philanthropist Dick Smith in June 1985, when he organised to take a few mates for a drive in the outback in old cars and at the same time raise money for charity.

Since then, the annual Variety Bash has become Australia's most successful charity motoring event and is the focal point of fund raising efforts by many hundreds of Variety supporters Australia wide.

For more information about the Variety WA Bash
Variety WA on 9355 3655.





FREE GREAT GARDENS PRESENTATION

Green thumbs, avid gardeners and even those having difficulty keeping their plants alive can benefit from this free workshop. Fun and informative these workshops will dispel popular gardening misconceptions and myths and provide a host of practical tips to slash water use and reduce maintenance while enhancing the WOW factor in your garden. Win prizes and take home giveaways.

Light refreshments at half time.

....For one night only....

Saturday 3rd July 6pm-9pm
Shire Hall, cnr Main Street & Savage Street

You must register as places are limited.

For more information or to register: www.greatgardens.info or
phone our hotline on **1300 369 833** - Places are limited

Proudly sponsored by:



The Great Gardens Team guarantee no sales pitches just FREE advice to help you garden successfully

You can also contact Kelly at the Shire to register – 9981 1002

Meeka's Social Cycle

Place: Meet at Shire corner

Time: 9:00am every Sunday

5:15pm every Thursday

**Get training
ready for the**

*Murchison
Community
Cycling Challenge
MCCC*



Enquiries Ph: 0409 089 597

Squash Court

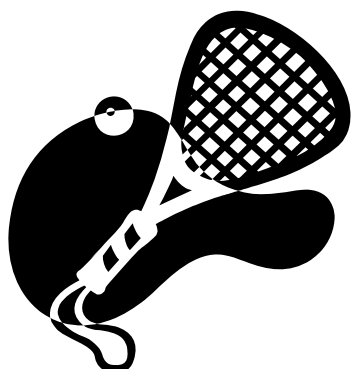
OPEN



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**



Christmas in July - The history of Christmas

Although it is sometimes attributed to an Irish group who enjoyed the winter snow in Sydney's Blue Mountains and decided to party, the precise beginnings of the Christmas in July tradition is not totally clear, nor does it need to be, as it is a simple idea that has been enjoyed by many here who remember the northern hemisphere's snow blanketed Christmas nights.

Australians too love a traditional Christmas dinner, however the typical midsummer heat here on Christmas Day, means that many families are forced to focus on salads, because it is just too hot to get enthusiastic about a traditional big roast with pudding etc. So over the years many Australian families and organisations have opted to have an addition Christmas dinner in July celebration, in the middle of winter when it's nice and cool and great for tucking in to a sumptuous big feast. A Christmas in July dinner usually includes Christmas Decorations Christmas Candles, colourful streamers, bonbons, Christmas hats and whistles.

This Christmas tradition is so well entrenched in Australia that most restaurants, clubs and dining halls, have an official advertised annual catered menu for Christmas in July, and are often booked in advance.

It's always a great excuse for work teams to get together and party, and at a time when they don't have to battle to reserve a table and pay premium prices.





July Birthdays

Chelsea Mongoo	1st
Edgar Edwards	1st
Michael Walley	1st
Murray Pens	3rd
Esteena Gillespie	3rd
Tahlea Hansen	3rd
Jerome Jones	3rd
Tyrone Hill	4th

Zeth Hill	5th
Tilly Kyanga	8th
Braiden Page	8th
Mandi Ostaszewskyj	12th
B.J. Baumgarten	14th
Mary Coulthard	14th
Max Johns	16th
Corrissa Boddington	17th
Jessica Lunken	17th
Peter Clare	19th
Zodiac Gillespie	20th
Tahlia Ashwin	22nd
Leannedra James	22nd
Steven Trenfield	25th



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

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**



Meekatharra

Community Resource Centre

your local connection

The Meekatharra Telecentre has had a name change. We will now be known as the Meekatharra Community Resource Centre, this name change reflexes more closely the multifunctional attributes of the Centre.

“Director of the CRC Network, Debbie Rice, said “Local CRC’s are friendly, open, community minded, cheerful and helpful.” “We want our clients to walk away with a positive experience and recommend the CRC’s to their friends and family.”

Other key initiatives from the Royalties for Regions funding that we will be extremely busy working on are:

- \$15000 Infrastructure Grant to provide access to Government information.
- \$5000 Rebranding to change our signage and logos.
- \$10000 towards employing a trainee.
- \$10000 ICT Grant: to develop a new website and develop an Information Technology plan.
- \$5000 to install videoconferencing equipment and webcams.

The Community Resource Centre Program is a key initiative of Royalties for Regions. In February 2009, the Minister for Regional Development, Brendon Grylls, announced the program would receive \$40 million over the next four years.



Department of
Regional Development and Lands



**ROYALTIES
FOR REGIONS**

TO ALL ARTIST OR WUNNA BE ARTIST

Dear Bored People,

The Nanna's Club is looking for people who are interested in painting, sewing and making crafts. Please call me if you would like to do something different and learn some new skills at the same time. We are needing people to make stuff for our shop. It is a Not for Profit shop, the money we make goes back towards buying new materials and equipment to do more arts and crafts.

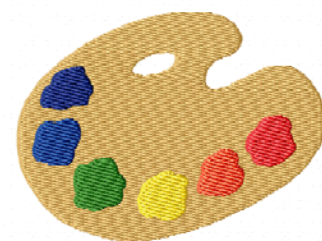
You might have stuff at home already that you'd like to sell, bring it down to the shop or call me. If you've got skills to make things, please come and share them with us.

Unfortunately, we do not have Day care facilities but I'm sure you mums with littlies could take it in turns to care for each others kids so you can come and have a go at making something. Come and use it as an excuse to get out of the house or just for yarn sessions.

The shop will be open Mon-Fri 10am-2pm until October.

Please call me on 0439909738 or 99801030

Elaine King



Coringle Pastoral Helicopter Services



OPERATIONS:

- Specializing in Low Stress Livestock Mustering • Aerial Photography • Surveying/Mining Support
- Aerial Spotting • Charter & Scenic Flights • Feral & Diseased Animal Control • Power Line Inspections

Contact: Colin & Nyssa Lauritsen

08 9981 2988 or nyssa.colin@westnet.com.au



Challa Station Mill Run

Endurance Clinic and Ride

Sat August 21st and Sun August 22nd 2010



For more information, go to the

WA Endurance Riders website

<http://www.waera.asn.au/>

Or Youtube

<http://www.youtube.com/watch?v=dMc8TQpwJ10>



Challa Station Mill Run Endurance Clinic and Ride

Saturday August 21st

<http://www.youtube.com/watch?v=dMc8TQpwJ10>

10:00 Introduction to Endurance Riding – Ross McCamish WAERA President

10:30 Rules, Safety and Etiquette – Meg Woodhouse WAERA Chief Steward

11:30 Families in Endurance

12:00 Lunch

1:00 Horse Welfare and Metabolics with Dr Anne Barnes – WAERA Honorary Vet

2:00 Conditioning The Endurance Horse – Ross McCamish

3:00 Strapping the Endurance Horse (for best results) – Ross McCamish

3:30 Saddle Up

4:00 Family ride out (max distance 10km) a ride especially for the little ones.

7:00 Dinner and true stories around the fire. (Horse Talk)

Sunday August 22nd

7:00 am 40km ride starts

7:30 am 24km ride starts

8:00 am 16km ride starts

1:00 presentations and prizes

Entry for the two days is : 40 km ride: \$55 (includes insurance)

24km ride \$35 (includes insurance)

16km ride \$25 (Includes insurance)

Contact Ashley or Debbie on 9963 5361, email debandash@bigpond.com



FARMER JACK'S

MEEKATHARRA

At Farmer Jack's Foodworks Meekatharra
we offer an extensive range of fresh foods
including deli items, quality meat, fresh produce,
groceries and liquor.



Opening Hours

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

LANDMARK
an AWB company



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

In addition, we are a Landmark Agency servicing all
your rural needs, as well as a Thrifty Link
Hardware Store.

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

GOLF NEWS

13.06.10

MONTHLY MUG

STABLEFORT

WINNER	JENKY
R/U	BILL
N/P No 11	JENKY
No 16	JENKY
GROSS	JENKY
L/D No 10	BILL
NAGA	RUSTY

A very happy day was held for my 87th Birthday. All the players bought me a beer and Dot made me a cake with five candles on it which I blew out. Thanks again everyone.

-Your editor Rusty

06.06.10

STABLEFORT



WINNER	PETER
R/U	GREG
N/P No2	JENKY
No4	RON
L/D	RON
NAGA	BILL

20.6.10

STABLEFORT

G&T BURNS DAY

WINNER	BILL
R/U	PETER
N/P No 2	JENKY
N/P No 16	PETER
GROSS	CLARRIE
L/D No 1	BILL
NAGA	AHSLEY



30.05.10

Captains Day

STABLEFORT



WINNER	CLARRIE
R/U	PETER
N/P No2	PETER
No4	SHANE
No16	JENKY
GROSS	CLARRIE
L/D No6	GREG
L/D No12	ASHLEY
NAGA	SHANE

YOUTH CENTRE AND SPORTS AND REC

The U17s Footy and Netball program has had a few hiccups, one being the oval was being fixed, so we could not play footy here.

Another being the other towns did not always have the workers to bring their kids to participate (sometimes they just didn't have the kids). There have been more cancelled games and forfeit wins than we want to acknowledge. The boys had been playing basketball until last weekend then next term the oval will be able to be used again. The girls were that keen to play that they played two games in the rain last Sunday.

Ant and Rachel did well in getting the program started, but they have now left us for greener pastures and will be missed by everybody.

We will have two new Youth Sport and Rec officers starting the second week of the holidays. Alicia King (you all know) and Richard Ashwin from Kalgoorlie.

The Youth Centre will be open every week day and evening during the holidays. There is one little problem though, because in order for it to be open in the evenings during the first week I need a few parents to volunteer to help out at night. I will not be allowed to open the building on my own. So come on caring parents and caregivers put your hands up for one night each and we should be okay for the week.

Feel free to come at any time and participate in the activities with your kids, especially the competition nights.

Please call me to let me know what nights you are able to help.

If the Youth Centre is not open at advertised times it will be because I had no volunteers, not because I'm being lazy.

Please do not send kids under 5 years to the Youth Centre without an adult carer.

Elaine King YSRO

0439909738

99801030





JULY SCHOOL HOLIDAYS 2010



Week 1	10-12noon	lunch	2-4pm	6-9pm
MON	STORMCO		STORMCO	Youth centre open night
TUES	STORMCO		STORMCO	Movie night
WED	STORMCO		STORMCO	BBQ from 5pm with STORMCO & 3on3 Basketball Comp with prizes for winners
THURS	STORMCO		STORMCO	POOL COMP with prizes for winners
FRI	STORMCO		STORMCO	DISCO- FREE ENTRY & SAUSAGE SIZZLE with refreshments on sale.
Week 2	10-12noon	lunch	1-3pm	6-9pm
MON	Crafts	Provided	Games	Youth Centre open night
TUES	Crafts	By	Games	Movie night
WED	Crafts	Youth	Games	3on3 basketball comp with prizes for winners
THURS	Crafts	Centre	Games	Table tennis comp with prizes for winners
FRI	Crafts	Staff	Games	DISCO- FREE ENTRY & SAUSAGE SIZZLE with refreshments on sale

Contact Elaine King for further details—0439 909 738, 9980 1030





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

PH/FAX: 08 9981 1358



West Rail Meekatharra/Geraldton Bus Timetable From Geraldton

		Mon	<u>Thurs</u>			Tues	<u>Fri</u>
		PM	PM			AM	AM
Geraldton (Railway Stn)	Dep	1.15	3.00	Meekatharra (Royal Mail Hotel)	Dep	7.00	9.00
Mullewa (Swimming Pool)	Arr	2.30	-	Tuckunarra	Dep	7.55	9.55
	Dep	2.35	4.15	Cue (Post Office)	Dep	8.22	10.22
Yalgoo (General Store)	Dep	4.00	5.40	Mt Magnet (Swagman R/House)	Arr	9.18	11.18
Mt Magnet (Swagman R/House)	Arr	5.27	6.55		Dep	8.48	11.48
	Dep	5.57	7.25	Yalgoo (General Store)	Dep	11.15	1.15
Cue (Post Office)	Dep	6.53	8.25	Mullewa (Swimming Pool)	Arr	12.40	-
Tuckunarra	Dep	7.20	8.57		Dep	12.45	2.40
Meekatharra (Post Office)	Arr	8.15	9.50	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*

Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

Ph: 9981 1151



BP Fuel & Lubricants

Premium Unleaded Fuel now available

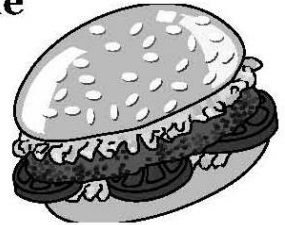
Auto Accessories

Kleenheat Gas

Key Cutting

Take-Away Food

Asian Food



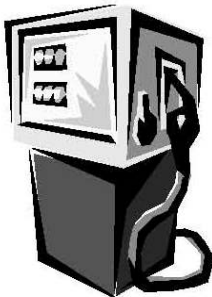
A range of Asian Ingredients and utensils available for sale

Burgers

Rolls

Sandwiches made to order

Bottled water deliveries

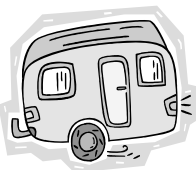


**Tyre Repairs
Driveway Service**



MEEKATHARRA

CARAVAN PARK



OPEN 7 DAYS A WEEK



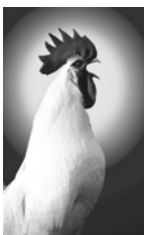
CHEAP FUEL

MINI DELI

BOTTLE REFILLS

ICE

GOLDEN FRIED CHICKEN



OUT AND ABOUT!



Cam's Farewell





The Meekatharra Dust 37
June 2010



MEEKATHARRA – SWAP YOUR TRASH FOR A SAUSAGE



The Meekatharra Department of Housing office organised a “Swap Your Trash For A Sausage” community event.

The event was run on Consols Road amongst Department of Housing tenancies and successfully brought the community of Meekatharra together, with tenants, their families and community support groups attending the event.

The kids had a blast painting the bin, themselves and there may be a puppy walking around town now with a blue nose too.

The Community of Meekatharra came together to support the event with generous donations being provided by the local Commercial Hotel, Health Department and Yulella and Mark Smith Plumbing. The Shire partnered with the Department of Housing by providing the bin, equipment and staff to assist with running the event and together we all worked towards contributions for the Tidy Towns Award and the COAG initiative of Healthy Houses.

The Department of Housing Area Manager, Debbie Barrington said she was very happy with the turn out on the day and the event was a success, creating awareness of the bulk refuse bin provided by the Shire and creating a sense of ownership for the children who were involved with painting the bin.

Huge thank you goes out for all the donations and support received, people who participated in the event and to her staff member Natasha Heales for her hard work.

The event was enjoyed by all and was a wonderful success with even the left over food from the generous Health Department donation being passed on to the Woman's refuge for their benefit.





SHIRE SEND OFF



The Shire of Meekatharra said good bye to three staff members on Friday June 25th with a sundowner at the Shire.

Michael Walley from the works crew has spent three years working on maintaining the roads within the Shire of Meekatharra and much of this time has been spent as a grader driver. The outside crew work tirelessly and always behind the scenes. Michael will be missed by his mates from the Shire.

Anthony Lloyd has been with the Shire for over three years working with the youth of the town. Initially Ant spent much of his time up at the Youth Centre working with Elaine, and then Daniel to provide activities for the young people of Meeka. More recently Ant begun working in the area of sport and recreation devoting most of his working hours to an Intertown netball, football and basketball competition between Wiluna, Magnet and Meeka

Rachel Hucks recently joined Ant working with the youth of Meekatharra. She begun her role working as an administration assistant. With plans to leave Meeka to join her family in Kalgoorlie, Rachel opted to finish her time with the Shire working in the area of youth when a position opened up. This is something Rachel has always wanted to do and she was quick to take up the opportunity.



Ant and Rach



Michael receives thanks from the Shire

CATHOLIC CHURCH

Christ the King

(Corner of High and Darlot Streets, Meekatharra)



June Liturgies

Saturdays at 6.30pm

17 July Celebration of the Eucharist (Mass)
24 July Liturgy of the Word with Communion

All Welcome

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 Gerri Boylan sgs ☎ 9963 4179



Expressions of interest To help with:

- * Battle of the Bands**
- * Festival - Family Fun Night; Live music;
Market stalls; Food; Outback Ball**
- * Rodeo**
- * Fundraising**

Contact Kelly,

Shire of Meekatharra Community Development Administration Officer

Tel: 9981 1002

Mob: 0438 938 605

Email: cdo@meekashire.wa.gov.au



DRY JULY®

CLEAR YOUR HEAD, MAKE A DIFFERENCE®

PUT DOWN YOUR GLASS AND RAISE A HAND IN SUPPORT OF ADULT CANCER PATIENTS ACROSS AUSTRALIA

Put your spare drinking hand to good use this July & sign up to the challenge of a month off the booze. If you think you have what it takes to make a difference to the lives of adult cancer patients in your community, then register online at www.dryjuly.com and start raising sponsorship for your brave dry efforts!

How to get involved...

1.

Simply head to the Dry July website (dryjuly.com) & sign up to the challenge of a month off the booze.

2.

Create your own profile page, even set up or join a team with friends, family & colleagues.

3.

Let everyone know you're going Dry for July & direct them to your unique profile page where they can make a donation using their credit card.



With a beneficiary in every State & Territory we're delivering a truly 'dry' challenge to Australia.

Just some of the tangible changes made possible from Dry July 2009...



For more info visit:

DRYJULY.COM

Beneficiary Partners



Media Partner



Strategic Partners



DRY JULY FEATURES

Golden Tickets

Designated Dryver™

Go Head to Head' with mates or teams & set up a penalty forfeit

DRY JULY®

CLEAR YOUR HEAD, MAKE A DIFFERENCE®

GO DRY THIS JULY AND MAKE A DIFFERENCE TO THE LIVES OF ADULTS LIVING WITH CANCER

What do Adam Spencer, Jonesy and Amanda, Triple J's The Doctor, Celebrity Chef Ed Halmagyi and Underbelly's Roy Billing have in common? They go dry – every July!

Give your drinking hand a rest by taking part in Dry July this year. Abstain from alcohol for the month of July and get people to sponsor your efforts via the Dry July website. Now in its third year, the charity donates its proceeds to hospitals across Australia to improve the lives of adults living with cancer.

Over \$1.2M was raised in 2009, directly benefiting thousands of adult cancer patients nationally by making changes to oncology ward environments and equipment. The 4000+ participants who rose to the challenge and abstained from alcohol for a whole month also gained the benefits of being more healthy and wealthy! Some very high profile Australians also successfully completed the month including Dry July Patron ABC's Adam Spencer and Ambassadors including WSFM breakfast duo Jonesy and Amanda, Underbelly's Roy Billing and Triple J presenter Lindsay McDougall (The Doctor).

"Dry July is a light-hearted approach to raising funds for a serious issue," says Co-founder of Dry July, Phil Grove. "It's no easy challenge to undertake, but the far reaching benefits are reason enough to stay dry. It's incredible what can be collectively achieved when people feel part of a community. Show your support by joining us and thousands of other participants to raise money for a great cause!"

Signing up to Dry July is simple and free. Commit to a month off the grog by visiting the Dry July website - www.dryjuly.com, create your profile page and encourage your friends and peers to participate by setting up a team.

There are also a number of new additions to the Dry July campaign this year, check out the website to read about the Designated Dryver™ activity, plus the 'Head to Head' challenge which allows you to create a competition between you and your mates and even include a forfeit for the loser!

Registration opens Tuesday 1st June 2010 – www.dryjuly.com. With a beneficiary in every State and Territory the team are excited to be delivering a truly national 'dry' challenge to Australia. Keep track of any announcements via our Twitter feed (<http://twitter.com/dryjuly>) or Facebook page (<http://www.facebook.com/dryjuly>).

WHY GO DRY IN JULY... OTHER THAN RAISING MONEY FOR A WORTHY CAUSE?

- Save money
- Lose weight
- No hangovers - do more with your weekend
- Start that wine cellar
- Better sex!



DRYJULY.COM

For further information, interviews with the founders, Patron and Ambassadors or details about the beneficiaries, please contact Sue McAulay at Peer Group Media on suemac@peergroupmedia.com / 02 9552 6333 / 0418 172 602

ANIMAL ANTICS

Sorry I have been busy so I thought I would do a quick article. It was great the support we got from people bringing in their dogs and cats to be sterilised. Hopefully we can get them back next year. Just a reminder, registration must be displayed on the dog collar as it helps to know who the dog belongs to.

The cold weather is with us well and truly so remember your animals also feel the cold. Provide them with a warm area out of the breeze and a blanket. Also when it's cold animals eat more to increase their body temperature. My lot have dog coats and stretcher beds. Cold cement affects old bones and causes pain and stiffness in the joints. Small dogs suffer from the cold as they have no meat on them and can get sick quickly with cold.

So Meeka, lets continue to work together to cut down our dog and cat problem. If you have a female dog lock her up if she is in season. My cats don't go out the door until they are sterilised.

Jo Burgemeister
0428952791

MY NOSE IS FROSE



Commercial Hotel

Meekatharra

Enjoy a drink in a relaxed
& friendly atmosphere



Excellent counter meals daily:

Lunch 12 noon – 2pm Monday to Saturday

Dinner 6pm – 8pm Sunday to Saturday

Accommodation Includes:

Modern Motel units with en suite, TV & air con

Traditional Hotel rooms with TV & air con



Air conditioned Dining /Function Room
Suitable for Meetings, Conferences & Dinners

Telephone: 99811020

Fax: 99811021

Email: commieh@westnet.com.au



www.commercialmeeka.com.au



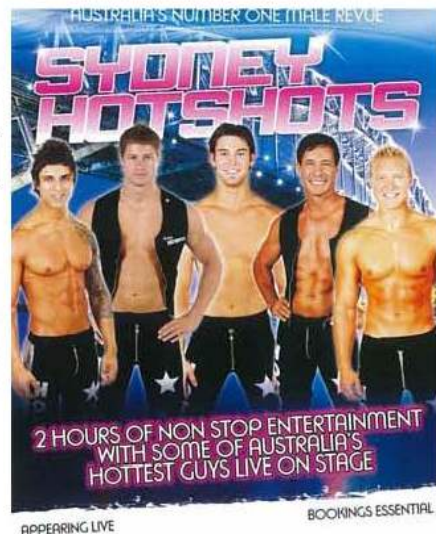
THURSDAY NIGHTS - 8 BALL KNOCKOUT COMP

FRIDAY NIGHTS - CHASE THE ACE

**SUNDAY NIGHTS - TRY OUR NEW ALL YOU CAN EAT ROAST
DINNER SERVED BETWEEN 6PM-8PM FOR ONLY \$20.00 !**



2009 02-20 000



The Royal Mail Hotel
Meekatharra
Thursday 1st July 2010
08 9981-1148

**NEWLY REFURBISHED DOUBLE ROOMS WITH FREE WIFI
NEW MENUS AVAILABLE 12-2PM AND 6-8PM DAILY
NEW EXCITING DAILY SPECIAL EVERYDAY !**

T.A.B NOW AVAILABLE - DURING HOTEL OPENING HOURS

**OUTSIDE CATERING AVAILABLE
PLEASE PHONE FOR MORE INFORMATION**

**PO BOX 62 MEEKATHARRA WA 6642
PH: (08) 9981 1148 FAX:(08) 9980 1113
EMAIL : ROYALMAIL@BENET.NET.AU**



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 3rd. 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**

Courier Australia –committed to regional Western Australia

Float Parade

Start planning NOW! ... For the
2010 Meekatharra Float Parade
to be held on Saturday 25th
September during the Meeka Outback
Festival (24th - 27th September).



Beaut Ute & Decorated Bike Comp



Get your work, club/
committee or family together and Organise a float.
Why not enter your ute or decorate your bike and join
in the street parade! Get some friendly competition
going between family & friends.
So come on people, which business, service
or family will have the best float ??

Lots of Prizes to be won



Meekatharra Fancy Dress Ball

July 24th @ The Shire Hall

THEME LETTERS 'M' 'K' 'A'



Doors open at 7.30pm

\$15.00 entry. No BYO as the bar is open!!

Diabetes Awareness Week

Sunday 11 to Saturday 17 July 2010

Alerting people to their risk factors for type 2 diabetes.

Diabetes is a chronic disease with serious complications, currently affecting an estimated 1.7 million Australians.

About 275 adults develop diabetes every day, yet research shows that most Australians think diabetes is not a serious illness and believe they have a lower risk of developing it than they actually do.

Diabetes Mellitus (Diabetes) is the name given to a group of conditions that occurs when the level of glucose (a type of sugar) in the blood becomes higher than normal.

Insulin is a hormone that moves glucose from your blood stream, into the cells of your body where it is used for energy. When you have diabetes, the body either can't make enough insulin or the insulin that is being made does not work properly. This causes your blood glucose level to become too high.

High blood glucose levels can affect both your short and long term health.

There are two main types of diabetes – type 1 and type 2. At this stage there is no known cure for either type of diabetes, although diabetes can be well managed.

Healthy eating and an active lifestyle are important for everyone. Changes to your eating habits and physical activity level can reduce your risk of developing type 2 diabetes.

If you are overweight, losing weight is one of the most important things that you can do to help prevent or delay diabetes. Even small amounts of weight loss will help and will also reduce risks of heart disease and other chronic diseases.

Who is at risk of type 2 diabetes?

People who have a family history of type 2 diabetes

People who are overweight or obese

People who are inactive

People with pre-diabetes (impaired glucose tolerance / impaired fasting glucose)

People with high blood pressure and/or abnormal blood fats or a history of cardiovascular disease

Aboriginal and Torres Strait Islander people

People from certain ethnic backgrounds

Women who have had diabetes while pregnant (gestational)

Women with polycystic ovarian syndrome and are overweight

Smokers

People taking antipsychotic medication

The good news is, that type 2 diabetes can be prevented! Studies have shown that lifestyle modification programs, involving healthy eating, physical activity and weight loss, are effective at preventing or delaying type 2 diabetes in those at high risk.

More than 60 per cent of the Australian population are overweight or obese. Being overweight is one of the major factors contributing to the increase in type 2 diabetes. It is important for all people to adopt a health lifestyle to prevent diabetes.





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

COMMUNITY NEWS

JUNE UPDATE

NEW CEO FOR CROSSLANDS RESOURCES

Crosslands is pleased to announce the appointment of Andrew Caruso as Chief Executive Officer.

"It has been a great privilege to accept the role of CEO and I am very excited about the opportunity to lead the development of a world class mining venture at Jack Hills," said Andrew.

Andrew is a qualified mining engineer and brings to the role nearly 20 years experience in the Australian and Indonesian mining industries. Community members will have plenty of opportunities in the near future to meet Andrew as Crosslands' community engagement program continues through out the mid-west.

COMMUNITY ENGAGEMENT

Crosslands once again spent time in the mid-west hosting Liaison Group Meetings in May which brought together key community leaders, local government representatives and business owners to find out more about the Jack Hills Expansion Project.

The initial meeting was held in Geraldton followed by a trip to Cue which saw Crosslands and shareholder company representatives meeting community members as well as presenting a project update at Cue Parliament; a biannual meeting of six shires from the Murchison.

Claire Blatchford, Senior Communications Advisor outlined the outcome of the Community Liaison Meetings.

"These meetings always provide a great opportunity to give local community members, business owners and local government the opportunity to learn more about the Project," said Claire.

"The positive interaction between the groups led to meaningful and open discussion about the opportunities and impacts the proposed Jack Hills Expansion Project will have on the community. We encourage members to provide us with potential wtopics of interest as feasibility studies progress."

"We look forward to continuing these forums in the near future and will be back in the mid-west in August to once again engage with the community."



Introducing Crosslands' new Chief Executive Officer, Andrew Caruso



Saburo Takeuchi, Vice-President Iron Ore for Crosslands' joint venture partner Mitsubishi Development with Darcy Branch-Smith of the Drummonds Cove Development Commission after the liaison group meeting at the Geraldton Club.



Community presentation and breakfast at the Cue Town Hall

GET IN TOUCH

Want to know more or join our team?
Call (08) 9483 0500 or visit
www.crosslands.com.au



THE HEART OF MID-WEST IRON ORE: Crosslands Resources Ltd is the owner of the Jack Hills iron ore mine located in the mid-west region of Western Australia. Crosslands is jointly owned (50/50) by Murchison Metals Ltd and Mitsubishi Development Pty Ltd.

Meekatharra Speedway

Presents the

The "Ripper" Classic



3rd & 4th September 2010

4 Heats and a final
Starts at 7.00 pm

Productions, Street Stocks, Juniors & Quads
Burnouts

Scrutineering between 2pm & 6 pm

Mark it on your Calendar...



**FRIENDS OF MEKATHARRA
ARE COMING BACK TO TOWN...**

KIDZ CLUB

FREE!

- crafts
- games
- sing-a-longs
- quizzes
- prizes
- stories
- face painting
- puppets
- clowns
- guaranteed fun!



Hope to see YOU there



When: Mon July 5 - Fri July 9

Where: Youth Centre

Time: 10:00 - 12:00
(designed for 8 - teens)

Afternoon games: 2:00 - 4:00



Free BBQ, Wednesday, 7th July from 5PM



Proudly sponsored by the Seventh-day Adventist Church, ADRA and Sanitarium Health Food Co.

The Meekatharra Dust 53

June 2010

In Good Health



Bowel Cancer

Bowel cancer, also known as colorectal cancer, is the name for any cancer of your large bowel (colon) and rectum. Your large bowel is the last section of your digestive system which processes food waste into faeces. Bowel cancer can occur at any age but is most common in people over the age of 50.

Usually large bowel cancers develop from small, non-cancerous growths of tissue called polyps that can extend from the lining of your bowel wall. Sometimes polyps can become cancerous over time. If the cancer isn't treated, it can grow through the wall of your bowel and spread to other parts of your body.

SYMPTOMS

Bowel cancer is often painless in the early stages but there can be symptoms, including:

- Blood or mucus in your faeces
- Changes to your regular bowel habit (e.g. persistent diarrhoea or constipation)
- Pain or a lump or swelling in your abdomen
- Constant tiredness
- Weakness and paleness

SCREENING AND TREATMENT

Bowel cancer is more likely to be treatable when it is found early, before it has had a chance to spread. Bowel cancer screenings

look for early changes in the bowel lining, or signs of a bowel cancer in healthy people who do not have symptoms. If you are over 50 you should talk with your doctor about having regular screening tests.

Surgery is the most common treatment for bowel cancer. This usually involves the removal of the part of the large bowel that contains the cancer. Chemotherapy and radiotherapy are often used in addition to surgery.

PREVENTION

To help reduce your risk of developing bowel cancer you should maintain a healthy, balanced diet that includes lots of fruit and vegetables. You should cut down on the amount of processed and red meat that you eat and try to exercise for at least 30 minutes, five times a week.

RISK FACTORS

The causes of bowel cancer aren't fully understood at present. However, there are some risk factors that increase the chances of a person developing bowel cancer. Your risk increases if you:

- Have a family history of bowel cancer
- Are 50 years of age or older
- Have inherited one of two genetic disorders – familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (HNPCC)
- Have a long-term bowel condition such as Crohn's disease or ulcerative colitis
- Have an inactive lifestyle or are obese
- Have a diet that is high in red and processed meats

Good Vs Bad Fats

It is important to remember that not all fats are bad. Fats are an important part of your diet and are essential for healthy growth and development. Fats help to absorb and move nutrients around, protect your organs and keep you warm. They also enhance the flavour of foods and provide a feeling of fullness after a meal. However, some fats are better than others and having too much of any type of fat is not a good idea.

GOOD FATS

Good fat comes in two forms: monounsaturated and polyunsaturated. There are two types of polyunsaturated fat: omega-3 and omega-6. These are also known as essential fatty acids. These kinds of fats can help to lower blood cholesterol levels when they replace saturated fats in your diet. The table below shows the different types of good fats and where they are most commonly found.



Type of Fat	Sources
Monounsaturated	Oils like olive, canola and grape seed oil; nuts and seeds; lean meat; avocado.
Polyunsaturated	Fish; seafood; vegetable oils such as sunflower, safflower, corn; polyunsaturated margarines; nuts and seeds.
Omega-3 (A type of polyunsaturated fat)	Fish, especially oily fish such as mackerel, tuna, salmon and sardines; nuts and flaxseed; soy foods; green leafy vegetables.
Omega-6 (A type of polyunsaturated fat)	Nuts; seeds; plant oils such as corn, soy and safflower.



BAD FATS

Bad fat comes in the form of saturated fat and trans fat. These kinds of fats can contribute to the risk of heart disease by raising blood cholesterol levels. The table below shows the different types of bad fats and where they are most commonly found.

Type of Fat	Sources
Saturated	Fatty cuts of meat; cheese; butter; cream; full fat milk; palm and coconut oil; some deep-fried fast foods; most commercially baked products such as biscuits and pastries.
Trans	Some table margarines, takeaway foods and packaged snack foods; some commercially made cakes, biscuits, pies and pastries.



Nutritionists recommend that you should limit the amount of fats consumed in your daily diet, particularly bad fats. Try to replace saturated and trans fats with either monounsaturated or polyunsaturated fats wherever possible.



Local Government Insurance Services
17 Altona Street West Perth WA 6005
T 08 9483 8888
F 08 9481 5640
www.lgiswa.com.au

The information provided in this brochure is general guidance only and should not be relied on as a substitute for professional advice on any reader's personal circumstances. No liability will be accepted for losses resulting to any reader due to relying solely on this publication.

IN OUR NEXT ISSUE

- Stress
- Guide to Good Mental Health
- Carbohydrates
- Core Muscle Strength
- 10 Ways to Look After Your Body



"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

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**



Meeka FM Café Club



Meeka FM Café Club

Every Sunday 10.00am

Meeka FM, Hill Street Meekatharra

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



Meekatharra

Community Resource Centre

COMMITTEE MEETING

Where: Meekatharra Community Resource Centre

Next Meeting: Tues 13th July @ 5pm

What's your
big idea?

The aim of the CRC is to support capacity building in the Community through the delivery of information and technology services, facilities and education to the Meekatharra community.

The CRC Committee welcome you to attend our Committee Meetings to share your big ideas!

The CRC is Community owned and managed, and we use our Committee Meetings to discuss **new ideas** to reach **new groups** with **new & improved services**. Whether you are a local individual, organisation, group member or business employee/er, we would like to hear your fresh ideas of how we can improve and grow our service in the Community.

Proudly supported by



Department of
Regional Development and Lands



ROYALTIES
FOR REGIONS

55 Main Street

Tel: (08) 9980 1811

Please return form by 31st July



Meeka Battle of the Bands '2010' NOMINATION FORM

Name of Band (if applicable): _____

Number of Artists: _____

Main Contact Person:

Name: _____

Address: _____

Phone: _____ Fax: _____

What style you will be performing? :

Please tick which category

Cover: ☐ Original: ☐ Band: ☐ Solo: ☐ Duo: ☐

Are all your band members Youth under 25? Yes ☐ No ☐

Sound equipment, drum kit and keyboard will be provided. Guitars may be available for use on application. Please provide a list of additional instruments you may require (no guarantee that they can be provided):

Do you have any special requirements? _____

If you are a winner of any category, would you be interested in Playing at the Meekatharra Festival or Geraldton Sunshine festival? ☐ Yes ☐ No

Nomination Fee: * Band: \$50 *Youth Band: \$25 *Solo/Duet: \$10 per person

*Send forms to: Shire of Meekatharra, PO Box 129, Meekatharra WA 6642
Please return by 31st July*

LOVE YOUR LOCAL MUSIC

MEEKATHARRA

Battle of the Bands
2010



MC

Mary G!

21st and 22nd August

SPECIAL GUEST DENI HINES!

AT MEEKATHARRA TOWN OVAL

ADULTS \$5.00

CHILDREN \$2.00

Drug
and
Alcohol
FREE

GATES OPEN AT TWELVE



SmokeFree WA



coates



The Bathtub Test

During a visit to the mental asylum, a visitor asked the Director how do you determine whether or not a Patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the Director, "A normal person would pull the plug. Do you want a bed near the window?"

Darren Lockyer, the Pope, John Howard & a school boy were all on the same plane when the engine failed and started to plummet towards the Earth. They all realised that there was 4 of them & only 3 parachutes. Darren Lockyer got up & said I am a sporting superstar & must live so that I can please my fans & continue my career to beat the Kiwi's & the Poms in the tri-nations series. So he grabbed a parachute and jumped out of the plane. Then John Howard got up and said I am the smartest Prime Minister Australia has ever have and I need to live to continue to govern the nation. Then the Pope said to the school boy & said I am old & have lived my life so you should take the last parachute. The school boy replied, no it's ok, the worlds smartest Prime Minister took my school bag so there's one for each of us!

Quote of the month:

Accept that some days you're the pigeon, and some days you're the statue.

A Homeless Mans Funeral

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

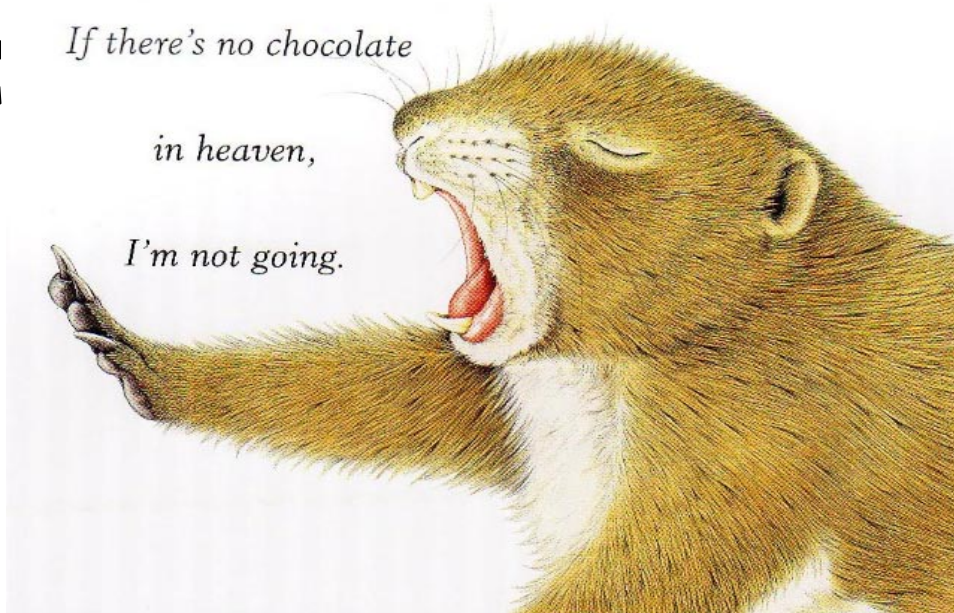
I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

Apparently I'm still lost....

Thought
for
today..

*If there's no chocolate
in heaven,
I'm not going.*



Sent in by Ellen



Pastoral



Transport



Earthmoving

WOOLIBAR

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Nat James

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Ph/Fax 90229063

nmjames@westnet.com.au

Woolibar from the Bush for the Bush

Meekatharra Hote/

Phone/Fax : 9981 1134

**** NOW OPEN ****

OPENING HOURS

Monday-Sunday 10am-late

Janet's Kitchen Menu

Chinese Meals

Hamburgers / Steak Burgers

Fish & Chips/ Seafood Baskets

Pizza

Main Meals including Steak, Chicken & Seafood

Dine-in or Take Away

Phone Orders Welcome

Monday—Sunday

Lunch 10am–2pm

Dinner 5pm–10pm

Donation of Aboriginal Art Paintings are needed

HOROSCOPES for the month of July..

Aries



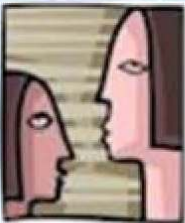
Adventure, travel, and higher learning call to you. You are setting your sights on the future instead of worrying about the past, and setting your sights high!

Taurus



Mid-month forward is a feel-good time for you, when you feel the need to make a fresh start. Communication problems can be a bit troublesome until then, however, particularly when it comes to money and love.

Gemini



You are especially magnetic this month, particularly in the second half of July. Love and appreciation are easy to attract this month. Your desire to learn, share ideas, and improve your skills is powerful.

Cancer



Motivation to make money is strong this month. You are also enjoying friendships and group activities. Work is stimulating and a little hectic in the last week of the month.

Leo



Career and professional interests are strong this month. Mix-ups or delays lift by mid-month, and you are back on track. New ideas are abundant, and your energy levels run high. Friendships are especially rewarding this month.

Virgo



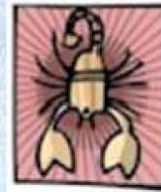
Business relationships are strong this month. You have that extra "edge" when it comes to appealing to superiors as well as co-workers. A change of residence, a working partnership, or an alliance with an old family friend or co-worker could be in the offing.

Libra



July is a sociable month for you, especially from the 21st forward. You are making exciting new contacts and reconnecting with old friends. Some nagging health or work problems need attention.

Scorpio



July brings a rush of positive energy to a partnership. It's a great time for making new resolutions. Finances bring pleasant surprises this month and next, but money could be spent as quickly as they are earned if you are not careful!

Sagittarius



July is strong for social life, negotiations, and communication. However, before mid-month, some conversations can be strained and non-productive, particularly with a partner and on the job.

Capricorn



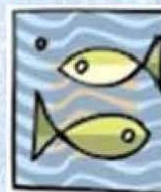
A mostly entertaining month is in store for you. While some communication snafus can get your goat, especially with a romantic partner, your creative flow returns mid-month. The chance for creative and romantic new beginnings arrives just in time to revitalize your outlook.

Aquarius



Important group connections and friendships come along suddenly this month and next. Conversations with friends can be eye-opening, propelling you along a new path of discovery in the coming months.

Pisces



Career opportunities are likely to arise this month and next, quite possibly of the behind-the-scenes variety, or involving online endeavors. Energy for improving your skills and getting projects going runs extremely high this month, so take advantage.

word search



B l F k K h r o t P O T Q T C L R R i U
 j Q D O E E z o z m H D p I y t a h h S
 e f o x s c a r f k A f l o w j A e e k
 Y c o a t V G T a L R K e n h y B P u I
 C x e h f t i b b a r r r E s I b B J k
 z G d V s T N s k l e a a N B E b K p x
 b o o t s m i t t e n s h e j u d p t f
 M R H F K x d C q z R x Y W V U n a i r
 R K n u J N G H I w z t n M e E a W u X
 i L v O b o P V S N T r p s D h b J s u
 g N F f Y Q Y x J Y P E y t c e d y w o
 o d e j M d H q a V B i i n j t a e o b
 d m O S x l p J n v P k N a Z s e t n i
 b o g l o v e s i u P P L p N j h o s r
 e o r u y z U i m a X e E w e c s y I a
 a s r S Q s C R a s e a l o s o Z o q c
 r e r u f k h E l v K M o n D O m c f H
 g T b n D c T T s D M A O s t x I I X T
 c i T X t o F I C n r s E J d E e z z X
 s U T O X s g n i h t o l c C Y P P T W

moose
 seal
 bear
 fox
 elk
 caribou

rabbit
 hare
 coat
 gloves
 mittens
 hat

scarf
 snowpants
 snowsuit
 boots
 socks
 headband

dog
 wolf
 coyote
 animals
 clothing
 fur

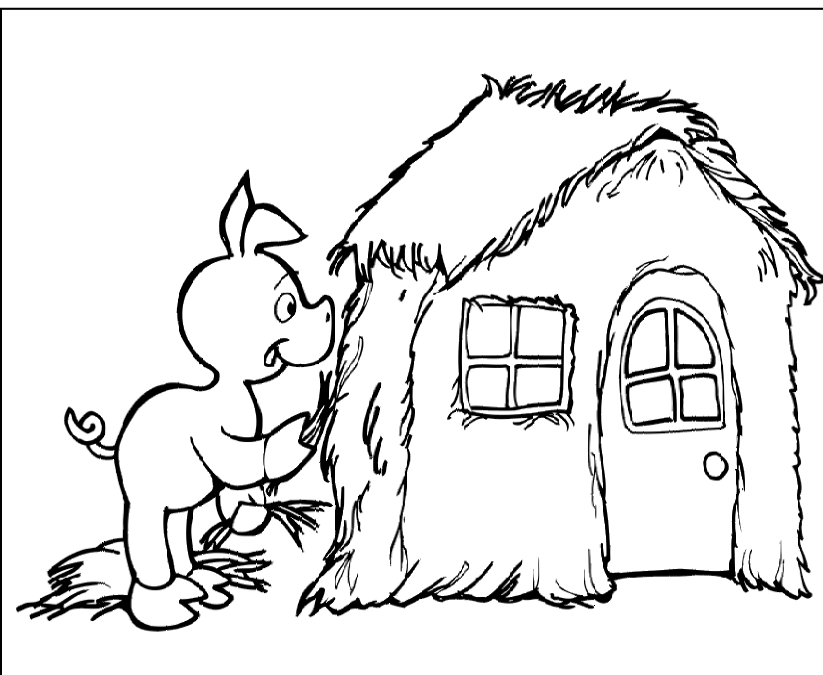
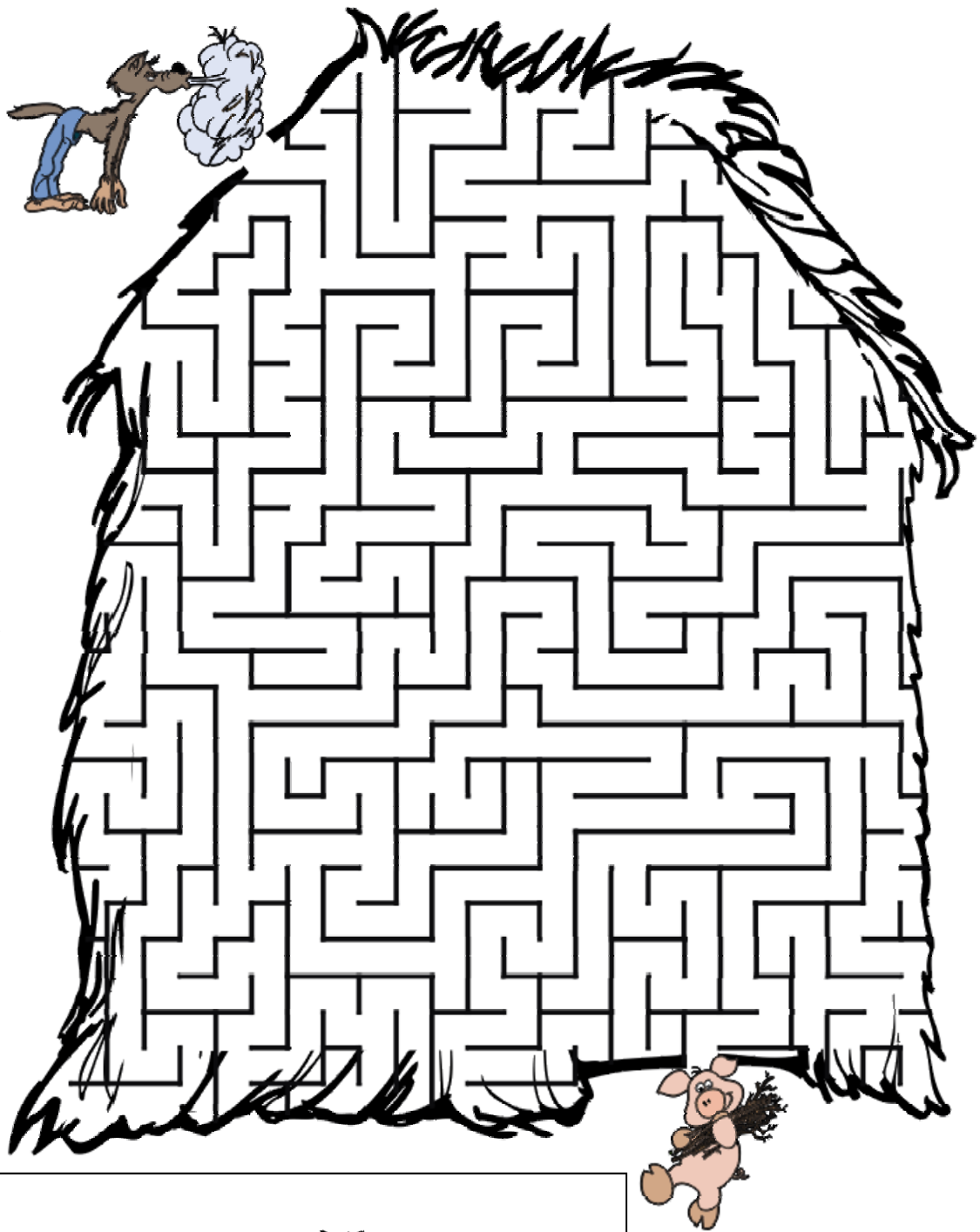
			9		6			
4		9				2		1
	5	1				6	7	
	8			3			9	
	1	7	6		2	3	8	
	3			9			5	
	2	5				8	6	
7		8				9		5
			5		7			

sudoku

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.

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

May Sudoku Solution



Can the Big bad wolf
find his way through the
maze to huff and puff
and blow the house
down?



BRAIN TEASERS



Answers on page 70

1. If an electric train is going east at 60 miles an hour and there is a strong westerly wind, which way does the smoke from the train drift?
2. If one child has $5 \frac{2}{3}$ sand piles and another has $2 \frac{1}{3}$, and you combine them, how many sand piles do you have?

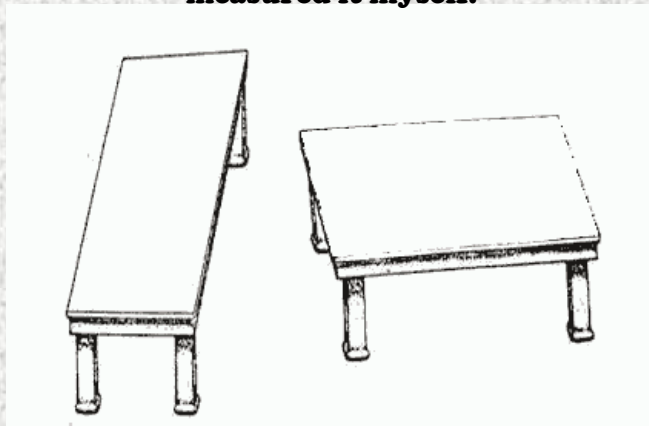


Is the blue wall in the block or on the block? Is it the back wall or the side wall?

??????????

3. A man takes a barrel that weighs 50 pounds, and then puts something in it. It now weighs less than 50 pounds. What did he put in it?
4. Often held but never touched, always wet but never rusts, often bit but seldom bites, to use me well you must have wit. What am I?
5. Have you heard the saying What goes up must come down? Well what goes up and never goes down?

**The tabletops are identical in shape and size!
I haven't believed that either, until I
measured it myself.**



How many words can you find? Each word must contain the central **U** and no letter can be used twice, however, the letters do not have to be connected. Proper nouns are not allowed, however, plurals are. There is at least one nine letter word.

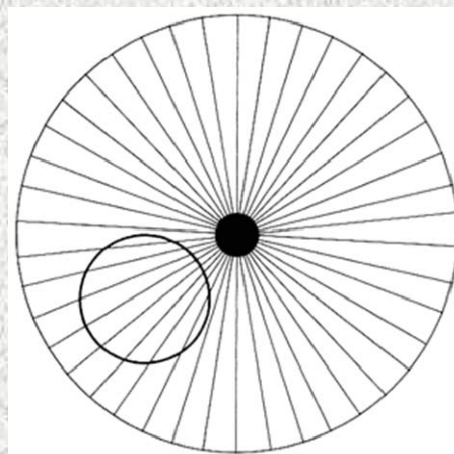
Excellent: 50 words.

Good: 35 words.

Average: 25 words.

S	R	O
T	U	A
N	A	T

**In spite of what your eyes are telling you,
the smaller off-center circle is actually
perfectly round.**



WORLD'S EASIEST QUIZ ???

(Passing requires 4 correct answers)

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

Remember, you need 4 correct answers to pass.
Check your answers below.

What do you mean, you failed?
Me, too.

ANSWERS TO THE QUIZ
1) How long did the Hundred Years War last? 116 years
2) Which country makes Panama hats? Ecuador
3) From which animal do we get catgut? Sheep and Horses
4) In which month do Russians celebrate the October Revolution? November
5) What is a camel's hair brush made of? Squirrel fur
6) The Canary Islands in the Pacific are named after what animal? Dogs
7) What was King George VI's first name? Albert
8) What color is a purple finch? Crimson
9) Where are Chinese gooseberries from? New Zealand
10) What is the color of the black box in a commercial airplane? Orange
(of course)



Skippers Airlines

Meekatharra Flight Schedule

SUNDAY

No flights scheduled

MONDAY

Flight no.	Depart	Time	Arrive	Time
JW1941	Perth	7.00am	Mt Magnet	8:10am
	Mt Magnet	8:40am	Meekatharra	9:10am
	Meekatharra	9:40am	Perth	11:20am

TUESDAY

No flights scheduled

WEDNESDAY

Flight no.	Depart	Time	Arrive	Time
JW1941	Perth	7.00am	Mt Magnet	8:10am
	Mt Magnet	8:40am	Meekatharra	9:10am
	Meekatharra	9:40am	Perth	11:20am

THURSDAY

No flights scheduled

FRIDAY

Flight no.	Depart	Time	Arrive	Time
JW1941	Perth	12:30pm	Mt Magnet	1:40pm
	Mt Magnet	2:10pm	Meekatharra	2:40pm
	Meekatharra	3:10pm	Perth	4:50pm

SATURDAY

No Flights Scheduled

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

INTEGRITY COACH LINES

*Comfort, reliability and personalised service
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The way it should be!*

Most Common fares:

ONE WAY PERTH to	Adult	YHA/VIP ISIC/HCC	National Student	WA Snr/ 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

Western Australian owned,
we know what's happening in our state.

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- ☒ West Australian Owned

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iclperth@iinet.net.au

www.integritycoachlines.com.au

PERTH * MT. MAGNET * CUE * MEKATHARRA * NEWMAN * PORT HEDLAND * SOUTH HEDLAND

PERTH TO PORT HEDLAND			
via Great Northern Highway			
Code	Service #	IC40	Wednesday
PER	Perth	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	Mt. Magnet	Arr	4:30 AM
		Dep	5:00 AM
CUY	Cue		6:00 AM
BBM	Bluebird Mine		6:45 AM
MKR	Meekatharra	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	Newman Visitor Centre	*Arr	1:05 PM
BNE	BP Newman	Arr	1:10 PM
		Dep	1:30 PM
ZNE	Newman Visitor Centre	*Dep	1:40 PM
WIT	Auski Road House	Arr	3:50 PM
		Dep	4:10 PM
SHE	South Hedland		6:40 PM
PHE	Port Hedland	Arr	7:00 PM

PORT HEDLAND TO PERTH			
via Great Northern Highway			
Code	Service #	IC41	Friday
PHE	Port Hedland	Dep	9:00 AM
SHE	South Hedland		9:30 AM
WIT	Auski Road House	Arr	12:00 PM
		Dep	12:45 PM
ZNE	Newman Visitor Centre	*Arr	2:50 PM
BNE	BP Newman	Arr	2:55 PM
		Dep	3:20 PM
ZNE	Newman Visitor Centre	*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	Meekatharra	Arr	8:55 PM
		Dep	9:10 PM
BBM	Bluebird Mine		9:20 PM
CUY	Cue		10:15 PM
MMG	Mt. Magnet	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	Perth	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

Please be at departure point **30 minutes before departure time.**
Luggage allowance = 2 suitcases up to 20kg
+ small lightweight bag (on board)

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***For Integrity Bookings Please Call (08) 95 746 707 or
call in & see Russell at the Meekatharra Post Office***

Answers—1. Electric trains don't produce smoke! 2. One 3. He put a hole in it. 4. A Tongue 5. Your age!

Dust News from Frontier Services Murchison Patrol June 2010



The Wellsprings Retreat at Shoalwater from 18-20 June was a time to rejuvenate the soul especially after being in the 'wars' in the weeks leading up to the retreat. I had developed a 'nasty' eye infection and was found loitering in Meeka; actually sitting on the wall at the police station on a Sunday afternoon, after a visit to the hospital. The police happened to come along at that moment did a 'u' turn in front of me to ask if I was alright, very thoughtful I thought. Mind you sitting there with my left eye patched was not a 'pretty sight'. Alastair had come to collect me as I had driven the car to the hospital and unable to drive home, so decided to walk home. As Alastair was walking to collect the car, a small group of children came out of the hospital and asked Alastair, "Who banged up your girlfriend?" Good question, and who thought Meeka was a sleepy hollow on a Sunday afternoon, and I forgot to mention a couple of tourists walking around town inquired after my health, as the police car drove off!! Over the next few weeks I plan to be out-and-about to the east of Cue and Mt Magnet, and then to Leinster, Leonora, Carnegie Station and back via Wiluna, so a busy time ahead.

Broadband for Seniors is a project which aims to provide seniors with free access to the internet, helping them to gain confidence using computer technology and connecting them to their communities, through Broadband for Seniors Kiosks. For more info on finding or hosting a kiosk, **now at the Meeka Resource Centre** or visit <http://www.necseniors.net.au/>.

From the National Church

- The Australian Religious Response to Climate Change will be piloting an annual 'Ride to Worship Week' in 2010 with a number of places of worship or faith communities and you can get involved. Ride to Worship Week is being planned around the time of the National Ride to Work Day in October and encourages people to consider alternative modes of transport for getting to their church. (This could be interesting in Meeka?) But we could be creative in and about Meeka - for more info visit http://arrcc.org.au/index.php?option=com_content&view=category&layout=blog&id=60&Itemid=27

The Australian Association of Social Workers (AASW), through their campaign, has been successful in deferring changes to the Government budget which would have removed social workers' and occupational therapists' ability to offer mental health services under the Better Access to Mental Health Services program. For more info visit <http://www.aasw.asn.au/blog/latest-posts/social-workers-win-government-reconsideration>



The President of the Uniting Church

Rev. Alistair Macrae believes that the use of asylum seekers for political point-scoring has now reached a new low. Leaders of the Uniting Church in Australia are horrified by the most recent remarks and policy announcement by the Opposition. To read more visit <http://assembly.uca.org.au/media/63-mediareleases2010/579-opposition-leaves-christian-values-behind.html>

Bible Study Humour

DID

NOAH

FISH?

A Sunday school teacher asked, 'Johnny, do you think Noah did a lot of fishing when he was on the Ark?' 'No,' replied Johnny. 'How could he, with just two worms.'

Revd. Lesley deGrussa-Macaulay, 67 Darlot Street, Meekatharra
(or PO Box 14), Meekatharra. P: 08 9981 1053, M: 0417 918 035.

Blessings,

Revd. Lesley deGrussa-Macaulay, 67 Darlot Street, Meekatharra (or PO Box 14),

P: 08 9981 1053, M: 0417 918 035.



Weekly Church Services:

Meekatharra Community Church Frontier Services

65-67 Darlot Street, Meekatharra.

Weekly Sunday Services: 9am
Communion: 1st Sunday each month

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

WHAT'S COOKING

Beef stroganoff & potato pies



Ingredients (serves 4)

- 2 sheets ready rolled shortcrust pastry
- 500g gravy beef, diced
- 1 tbs oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 250g mushrooms, halved
- 1 cup (250ml) beef stock
- 1/4 cup (70g) tomato paste
- 1/4 cup (65g) sour cream
- 1/2 cup chopped fresh continental parsley
- 475g tub mashed desiree potato

BRAIN TEASERS

Answers: 1. Electric trains don't produce smoke! 2. One 3. He put a hole in it. 4. a tongue. 5. Your age!

Method

1. Preheat oven to 220°C. Line 4 x 9 1/2 cm (base) pie dishes using 2 sheets ready rolled shortcrust pastry, overlapping and cut to fit. Line the base with non-stick baking paper and fill with rice. Bake 10 minutes. Remove paper and rice. Bake 10-15 minutes or until golden. Brown 500g gravy beef, diced in 1 tbs oil in a large saucepan. Remove.

2. Saute 1 onion, chopped, 2 garlic cloves, crushed and 250g mushrooms, halved. Return beef. Add 1 cup (250ml) beef stock. Simmer, covered, for 1 hour.

3. Add 1/4 cup (70g) tomato paste and simmer for 30 minutes. Stir in 1/4 cup (65g) sour cream and 1/2 cup chopped fresh continental parsley. Spoon into cases. Top with 475g tub mashed desiree potato. Bake 15-20 minutes.

WEATHER



Australian Government

Bureau of Meteorology

Meekatharra Weather

June 2010 (to 24th)

The average maximum temperature for June at time of writing was 21.1°C, which is 1.5°C above the normal monthly average, and the overnight minimums were also slightly above average. The coldest night so far has been 7.1°C on the 10th, but it looks like there will be colder nights during the last week of June.

Rainfall from June 1st to June 24th totalled 13mm, which brings the yearly total recorded at Meekatharra Airport to 27mm (still the lowest on record for the year so far).

Monthly Statistics – June 2010 (to 24th):

Warmest Day: 27.8°C on the 22nd
Coldest Day: 15.1°C on the 5th

Average Max: 21.1°C

Warmest Night: 15.5°C on the 16th
Coldest Night: 7.1°C on the 10th

Average Min: 11.8°C

What to expect in July:

Average Daily Maximum: 19.0°C

Average Daily Minimum: 7.4°C

Average Monthly Rainfall: 22.0mm

What to expect in August:

Average Daily Maximum: 21.3°C

Average Daily Minimum: 8.5°C

Average Monthly Rainfall: 11.3mm

EVENTS

CALENDAR

JULY

- # Sydney Hot Shots - Thursday 1st
- # Free Great Gardens Presentation - Saturday 3rd
- # St John Ambulance Meeting - Wednesday 7th
- # Youth Centre Discos - Friday 9th & 16th 6pm-9pm
- # Battle of the Bands Meeting - Saturday 10th
- # Telecentre Committee Meeting - Tuesday 13th
- # Ordinary Council Meeting - Saturday 17th
- # Interagency Meeting - Tuesday 20th
- # Festival Committee Meeting - Wednesday 23rd
- # Meekatharra Fancy Dress Ball - Saturday 24th
- # Ben Muller Tax Returns - Friday 30th

Next Issue...

Closing Date: 27th July

Publishing Date: 30th July