

# Meekatharra Dust

Issue Number 217—October 2010

meekatharra

a golden prospect

Cost \$ 2.00 incl. GST

## Meekatharra Prince and Princess Ball



# NOTE FROM THE EDITOR

Hi readers

Can you believe there is only 9 more weeks until Christmas!

Now is probably the time to start getting presents organized, but like myself, will probably end up at the last minute!

The weather is only getting hotter so keep cool!

-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

## **KEEP UP TO DATE WITH WHAT'S HAPPENING IN YOUR COMMUNITY !**

# **The Meekatharra Dust SUBSCRIPTION**

If you would like to  
subscribe to  
"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 \_\_\_\_\_

DATE: \_\_\_\_\_

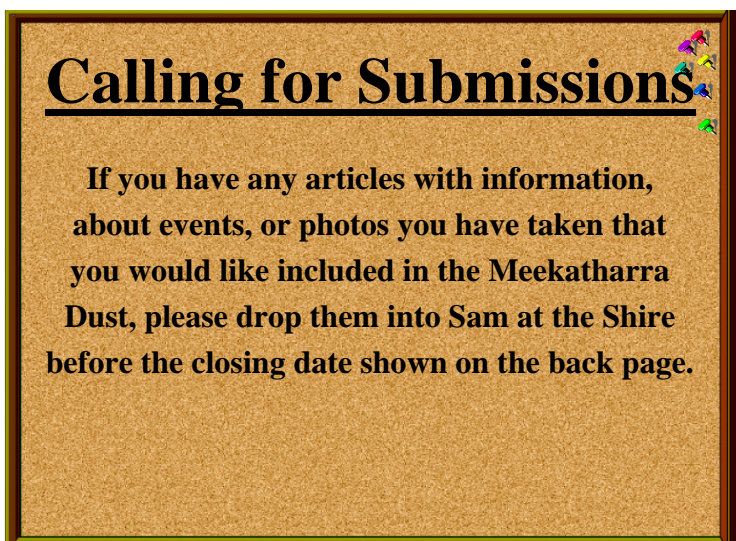
Subscriptions are:

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

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

Subscriptions are for a 12 month period  
from the date stated on your form.





# EVENTS NOT TO MISS THIS MONTH

Adult Softball	7th Nov
Telecentre Committee Meeting	9th Nov
Remembrance Day	11th
Senior First Aid	16th Nov
Interagency Meeting	16th Nov
Youth Ball	20th Nov
Ordinary Council Meeting	20th Nov
Meekatharra Triathlon	28th Nov
MYOB - Free course at Community Resource Centre	
Monday 29th (basic) and Tuesday 30th (advanced)	



*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**

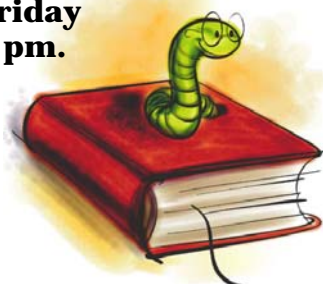
Did you know we get a new exchange of books every month? Come in and check out what is new this month!

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.**

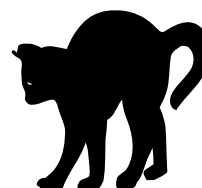


**We have a number of library books and DVDs that have not been returned and are overdue. Please could you check that you have returned all overdue library items.**

**Thank you –Bec**

# **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**



# 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**



## **DOG CONTROL**

**WHEN WALKING YOUR DOGS ON 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**

## **MEEKATHARRA COMMUNITY DIRECTORY 2010**

If your business, community group or government agency would like to be listed in the **FREE** Meekatharra Community Directory please drop your business advertisement into the shire office or email:

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

Feel free to include your company/ business logo etc and all other relevant details.



**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**



**Real Estate**

**Elders Landsdale. Shop 14, Landsdale forum,  
The Broadview Landsdale Telephone 93034099**

## **Moving On?**



Want an appraisal from a respected,  
trusted, Industry leader.

**YES?** Then please call me for a no obligation  
property appraisals

Buying or selling in Meekatharra/Cue or  
Mt Magnet, I know the area, Let me help!

Have a property to rent?

Please call me, regular rental enquiries.

**Debbie Saggers 0428561506**



# Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

**Ph: 9981 1151**



**BP Fuel & Lubricants**

**Premium Unleaded Fuel now available**

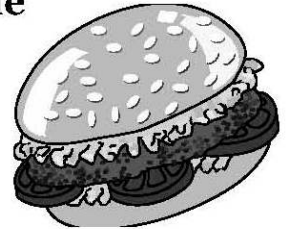
**Auto Accessories**

**Kleenheat Gas**

**Key Cutting**

**Take-Away Food**

**Asian Food**



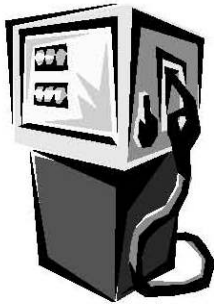
**A range of Asian Ingredients and utensils available for sale**

**Burgers**

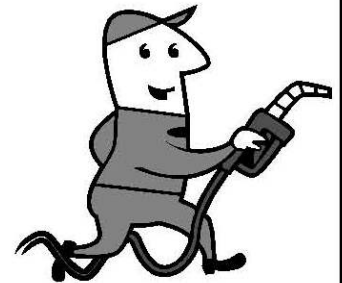
**Rolls**

**Sandwiches made to order**

**Bottled water deliveries**



**Tyre Repairs  
Driveway Service**



## 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



# Letter to the Editor..

It was a warm Thursday afternoon in late September when my husband and I pulled our caravan into the Meekatharra Caravan Park for a night or 3. Phil at the Park Office told us the town was to hold an Outback Festival over the coming long weekend, September 24<sup>th</sup> – 27<sup>th</sup>. We later found out the town was also celebrating 100 years of the Shire. The Fireworks display at the Oval did the town proud and finished off an evening that seemed to be enjoyed by all who attended. On the Saturday morning I, slip, slop, slapped and wandered down to the Main Street shopping precinct to see what was on offer for the street parade. I figured, because of the size of the town, there would be at least 3 floats, One by the local business' one by the local school and one by the local Fire brigade. I was delighted to be wrong and impressed by not only the number of entries but the efforts put in by other local community organizations and individuals who joined in the fun and spirit of the occasion to dress up themselves, their dogs, horses and vehicles. Most enjoyable and a real winner was the Meekatharra Youth Centre entry which got off to a bad start when the trailer of their Road Train came adrift just before the parade requiring all the young people to squeeze into what was left of their colorful vehicle. Also a great entry was from the District High as I found myself wondering if that was Princess Fiona on the back waiting for Shrek to save her. I watched while the children enjoyed the jumping castle and mechanical bull ride and face painting then everyone munched on the free sausage sizzle or selected goods from the street stalls. As I made my way back to the Caravan Park I reflected on what a very enjoyable day was had by all and how well behaved everyone had been. Not being a Horse racing fan I was looking forward to Sunday's Rodeo as It would be a first for me and I did not know what to expect. Well what can I say, the Rodeo was fantastic, full of action and very well run. There was something for everyone, both in the ring and out. The organizers did a great job of mixing up the events so it was fast paced and interesting. I loved the way local children had a 'Round the Barrels' event to include them and their ponies in the day. The fellow commentating the event never gave in and must have been hoarse, excuse the pun, the next day. He did an excellent job. Even the Ambulance service got a look in when a Cowboy took a tumble off a bull and was carted away in the Ambulance with a broken arm. I felt very sorry for that cowboy and almost as sorry for the person who had the successful bid on him in the Auction. The only downside was that the spectator vehicles were a bit too close to the ring making it difficult to see if you weren't first to arrive and get a spot. Additional shade would have made watching more comfortable but all in all it was truly a great day out. Thanks also to the organizers for providing the food and merchandise stalls, rides and ice cream van for the kiddies and a huge thank you to all the Cowboys and Cowgirls, sponsors and suppliers at the Rodeo without them we would not have had such fun.

Instead of staying 3 nights in Meekatharra we stayed over 2 weeks. The town has more to offer than what at first greets the traveler and if an Outback Festival is an Annual event word will get around as to how much fun can be had ensuring more travelers will mark the event on their calendar.

Thank you Meekatharra for providing the Outback Festival and allowing outsiders to join in the festivities. Your innovation, enthusiasm, friendliness and efforts were very much appreciated.

Best regards and hope to see you next Outback Festival...

Jackie & Ray Hatch, Brisbane, Queensland.



## Photos kindly sent in by travelers Jackie and Ray Hatch of Queensland



Cowgirl Donna waiting to enter the ring for the Team Steer Rope



Is this Princess Fiona waiting for her handsome Prince?



Great local participation at the Street parade. Good on the Fire Brigade.



# headspace

National Youth Mental Health Foundation

[www.eheadspace.org.au](http://www.eheadspace.org.au)

## Information for Workers

### What is eheadspace?

eheadspace is a confidential online service designed to support young people 12-25 who live in the WA Drought Pilot region. Young people might use eheadspace if they:

- want to talk about what's going on in their life
- need advice
- are worried about their mental health or feeling depressed or anxious
- are feeling isolated or alone
- are worried about their alcohol and/or drug use
- are worried about a friend or family member.

eheadspace is a flexible way for young people to access the support that they need via a method, time and place that suits them.

### Who will they be talking to?

eheadspace is staffed by experienced youth mental health professionals, including psychologists, social workers, nurses and occupational therapists.

### How will eheadspace help?

eheadspace can help by listening and talking to young people about what is on their mind, what help is available and how they can build new coping skills.

### How often can young people use eheadspace?

There are no restrictions on the number of times eheadspace can be accessed.

### How much does it cost?

The eheadspace service is free.

### When is eheadspace open?

The chat feature of eheadspace, where young people can talk one-on-one with a qualified youth mental health professional, is open from 1pm to 9pm WA time, 7 days a week - or they can send an email at any time.

### Can young people talk to someone straight away?

When the chat feature of eheadspace is in operation (1.00pm-9.00pm WA time daily) young people will be able to talk to a health professional immediately – however there may be a wait (queue) if the service is busy and they will be advised of this. For email counselling, eheadspace will respond within 1-2 days.

## someone else to talk to



**Who is eheadspace for?**

Young people aged 12 to 25 and located within the Drought Pilot Region in WA (see <http://www.daff.gov.au/agriculture-food/drought-pilot> for more information) can access eheadspace.

**What do young people need to be able to use eheadspace?**

A computer with Internet access is required and it is helpful to have broadband or at least a fairly fast connection. The eheadspace website uses Flash Player technology which most computers will already have in operation. If a computer does not have Flash they should receive an automatic prompt to download a free version.

**Is contact with eheadspace secure and confidential?**

Every effort has been made to ensure that all contact with the eheadspace service is completely secure and confidential. When young people talk to someone at eheadspace nothing said (or written) can be passed on to anyone else without permission, but there are a few exceptions such as if safety is an issue. In these instances the health professional will talk to the young person first about what needs to happen. Full terms and conditions are available on the website.

**Are there things a young person should tell eheadspace?**

The only information that eheadspace has about a young person's situation is what they are told, so the more information provided eheadspace the more eheadspace can help. Some helpful information might include:

- existing mental health issues
- alcohol and drug use
- whether the young person is in crisis or is worried about their safety
- if the young person doesn't understand something the eheadspace worker is saying
- if the young person has concerns about online counselling
- if emotions arise during a session, such as sadness or anger
- prior contact with a mental health professional.

**Are there circumstances when eheadspace would NOT be appropriate?**

- If a young person is in crisis eheadspace is not the best place to seek help. Please contact Emergency services on 000 or go to [http://www.mentalhealth.wa.gov.au/getting\\_help/gh\\_emergency.aspx](http://www.mentalhealth.wa.gov.au/getting_help/gh_emergency.aspx) for WA Mental Health Services
- If personal safety is an immediate issue
- If specialist medical treatment is needed for a physical condition
- If a young person is under 12 or over 25 years
- If the young person is being abusive, discriminatory or defamatory.

**Who should people talk to if they have a complaint?**

Please contact [info@headspace.org.au](mailto:info@headspace.org.au) if there are any complaints about the eheadspace service.

**someone else to talk to**

# REQUEST FOR QUOTE

Quotes are invited for the purchase of two of council utility's as listed below.

Those wishing to quote should satisfy themselves as to the condition of the vehicles by contacting John Watson-Bates "Operations Officer" on 9980 1895 to arrange an inspection.

Vehicles will be made available to the successful submitter/s after Council's receipt of its new vehicles.

Quotes are to be submitted no later than 4.00pm Friday 12<sup>th</sup> November 2010 and to be in a sealed envelope and endorsed "Quote- Purchase Utility/s".

Details of vehicles being made available for outright purchase are:

## **2000 Toyota Hilux 3.0D Steel Tray Top Utility**

Engine No: 5L9058516 - 4 Cylinder

VIN: MR031LNE708000453

Registration No: 1APN 811

Registered to: Shire of Meekatharra

Colour White

Distance Travelled: Approximately 153,130 kilometres

Steel A-Frame attachment front of vehicle

Tow bar

Air Conditioning

T-Belt Light On

Minor Dent on Roof

## **1997 Toyota Hilux 2.8D Steel Tray Top Utility**

Engine No: 3L4208725 - 4 Cylinder

VIN: JT731LN8609011330

Registration No: MK3729

Registered to: Shire of Meekatharra

Colour White

Distance Travelled: Approximately 142,170 kilometers

Tow bar

Air Conditioning

Possible Seized Engine

Broken Tail Light

Left Hand Fender and Door Dented

Radio missing Buttons









## **POSITION VACANT**

### **CREDITOR / DEBTOR OFFICER**

The Shire of Meekatharra is seeking applications from methodical, organised and self motivated people to handle all aspects of debtors and creditors. While experience is desirable, if you possess knowledge of accounting basics with a willingness to learn but little or no experience this position may still be for you.

As a member of our small friendly dynamic team, the successful applicant will be responsible for accounts payable/receivable and monthly banking reconciliations.

Conditions of employment are in accordance with the Local Government Industry Award 2010 with a salary package of up to \$59,000 per annum. This is a permanent position with strong potential for career advancement.

An information package is available from Sam Needle on 9981 1002 or [admin@meekashire.wa.gov.au](mailto:admin@meekashire.wa.gov.au). For further details please contact the Shire's Corporate and Development Services Manager, Krys East on 9981 1002 or [dceo@meekashire.wa.gov.au](mailto:dceo@meekashire.wa.gov.au).

Candidates must submit their Resume/CV with a covering letter by **4:30 pm Wednesday 10<sup>th</sup> November 2010**.

# SKIN CELLS IN TRAUMA

There's nothing healthy about a tan

Protect yourself in five ways from skin cancer



Department of  
Health



[darksideoftanning.com.au](http://darksideoftanning.com.au)







Meekatharra  
Community Resource Centre



**ATTENTION: all Prince and Princesses!**



Department of  
Regional Development and Lands



Meekatharra  
Community Resource Centre

**ATTENTION MEEKATHARRA SENIORS!**

**FREE Basic Internet Training for Seniors**

- 1 on 1 training at your own pace
- On a day / time that suits you
- with free tea, coffee and cake – yum yum!
- PLUS FREE Internet use post training

**At the Meekatharra CRC**

55 Main Street

Pop in or give us a call to book your  
FREE training session  
& activate your FREE internet use

Tel: 9980 1811 / 55 Main Street



Department of  
Regional Development and Lands





# *Remembrance Day*

**11.00am on 11<sup>th</sup> of November**

*Originally called Armistice Day, this day commemorated the end of the hostilities for the Great War (World War I), the signing of the armistice, which occurred on 11 November 1918 - the 11th hour of the 11th day of the 11th month. Armistice Day was observed by the Allies as a way of remembering those who died, especially soldiers with 'no known grave'.*

*On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. In London, in 1920, the commemoration was given added significance with the return of the remains of an unknown soldier from the battlefields of the Western Front.*

*The Flanders poppy became accepted throughout the allied nations as the flower of remembrance to be worn on Armistice Day. The red poppies were among the first plants that sprouted from the devastation of the battlefields of northern France and Belgium. 'Soldiers' folklore had it that the poppies were vivid red from having been nurtured in ground drenched with the blood of their comrades'.*

*After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead. In October 1997, then Governor-General of Australia, Sir William Deane, issued a proclamation declaring:*

*11 November as Remembrance Day and urging Australians to observe one minute's silence at 11.00 am on Remembrance Day each year to remember the sacrifice of those who died or otherwise suffered in Australia's cause in wars and war-like conflicts.*



# Karalundi picks up Mid-West/Gascoyne Tidy Town Title

The desert oasis of Karalundi Aboriginal Education Community has claimed the title of Mid-West/Gascoyne Regional Winner for the 2010 Tidy Towns - Sustainable Communities Award at the regional awards ceremony held in Moora today.

Keep Australia Beautiful WA Tidy Towns State Program Manager Gail Dodd said the judges had been impressed with Karalundi's high level of self-sufficiency and achievements in almost all the award categories.

"Since its inception as a mission in 1954, Karalundi has had the vision of being self-sufficient. In recent years, hard work and inspired leadership has seen the community focus on sustainability," she said.

Situated 60km north of Meekatharra, Karalundi is now an independent parent-controlled school that caters for up to 100 students.

"The site has abundant underground water making Karalundi a wonderful oasis with green grounds and magnificent trees," Mrs Dodd said.

"Energy and water initiatives focus on long-term sustainability and all school and community members support the various recycling and waste management programs, which range from dropping off recyclables in Perth to feeding food scraps to the chooks.

"Tidy Towns - Sustainable Communities is about much more than keeping towns clean and tidy. The awards recognise towns for their achievements towards sustainability including preserving their culture, protecting their environment and the amenity of their towns."

Mid-West/Gascoyne category winners were:

- Community Action: Northampton
- General Appearance: Mingenew
- Recycling and Waste Management: Watheroo
- Natural Heritage Conservation: Northampton
- Enhancing Cultural Identity: Northampton

Water Conservation: Three Springs

Mrs Dodd said Karalundi now would compete with other regional winners for the overall WA Tidy Towns - Sustainable Communities' title to be announced at the State awards ceremony on 19 November. All regional category winners are in the running for a State category award.

"We were really impressed with the entries in the Mid-West/Gascoyne region and I wish them all the best in their ongoing efforts to build vibrant and sustainable communities," she said.

Tidy Towns - Sustainable Communities is a Keep Australia Beautiful program and is sponsored by Grundfos Pumps Pty Ltd, GWN, the Department of Regional Development and Lands, West Australian Regional Newspapers and Cliffs Natural Resources Inc.

Keep Australia Beautiful WA is supported by the Department of Environment and Conservation (DEC) and the Waste Authority.



# **MEEKATHARRA HEALTH CENTRE**

## **VISTING SERVICES**

**For Appointments—Hospital Reception: 9981 0600**

**For Appointments—Community Health : 9981 0638**

**Physiotherapist 1st and 2nd November**

**Podiatrist 1st and 2nd November**

**Dietician 1st and 29th November**

**Optometrist 12th November**

**Physiotherapist and Podiatrist December 13th and 14th**

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**



**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**



# CATHOLIC CHURCH

## Christ the King

(Corner of High and Darlot Streets, Meekatharra)



### October, November and December Liturgies

Saturdays at 6.30pm

Sat 2 Oct Celebration of the Eucharist (Mass)

Sat 23 Oct Celebration of the Word with Communion

Sat 20 Nov Celebration of the Eucharist (Mass)

Sat 27 Nov Celebration of the Word with Communion

Sat 11 Dec Celebration of the Word with Communion

Christmas Mass time to be decided

## 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



**THURSDAY NIGHTS - 8 BALL KNOCKOUT COMP**

**SUNDAY NIGHTS - TRY OUR FAMOUS BBQ SERVED BETWEEN  
6PM-8PM**



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

**T.A.B 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**





# TRENNY'S

REFRIGERATION | AIR-CONDITIONING | ELECTRICAL

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**RTA AU02301**

ABN 67 125 616 033

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**Service**  
**Repairs**  
**Installation**  
**Maintenance**

**PH** 08 9981 1674  
**FAX** 08 9981 1675  
**MOB** 0458 485 380  
**EMAIL** [refrig@trennys.com.au](mailto:refrig@trennys.com.au)  
[sparky@trennys.com.au](mailto:sparky@trennys.com.au)  
**POST** PO Box 263 Meekatharra WA

**PIERLITE**  
professional lighting solutions

**WAECO**  
by Dometic GROUP

**Dometic**

**Electrolux**

**Kelvinator**



**FUJITSU**

**Westinghouse**

**SIMPSON**

**Other brands available upon request**

## **Don't forget to register for** **MOVEMBER 2010**



Each year Movember is responsible for the sprouting of moustaches on thousands of men's faces in Australia and around the world, with the sole aim of raising vital funds and awareness for men's health, specifically prostate cancer and depression in men.

Men sporting Movember moustaches, known as Mo Bros, become walking, talking billboards for the 30 days of November and through their actions and words raise awareness by prompting private and public conversation around the often ignored issue of men's health.

Supported by the women in their lives, Mo Sistas, Movember Mo Bros raise funds by seeking out sponsorship for their Mo growing efforts. The rules are simple; register online at [Movember.com](http://Movember.com) and start the month of Movember clean shaven, before growing a Mo.





## *November Birthdays*



Shaun Cashin	1st
James Buchanan	6th
Tiara Gilbert	12th
Letarni Sullivan	13th
Jacinta Snowbal	16th
Jessica Burkenhagan	18th
Delenn Dowden	27th
Katelyn Mongoo	27th
Edwar4d Scroop	29th
Zoe Flanagan	30th



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



# 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

3.10.10 STABLEFORD

WINNER	RUSTY
R/U	JENKY
N.A.G.A.	JENKY

10.10.10 5<sup>TH</sup> ROUND 72 HOLE STROKE MONTHLY MUG PUTTING COMP

WINNER	CLARRIE
R/U	BILL
GROSS	CLARRIE
L/D No12	DORIS
N/P No2	JENKY
N/P No4	JENKY
FERRETT No16	DORIS
LEAST PUTTS	CLARRIE
N.A.G.A.	DORIS

17.10.10 CLOSING DAY 4 MAN AMBROSE PATRON'S DAY

WINNERS	CLARRIE, JENKY, PETER & MEACHO
R/U	GREG, HARVEY, NATHAN & COLIN
GROSS	CLARRIE'S TEAM
N/P No4	COLIN
N/P No11	STICKMAN
N/P No16	CLARRIE
N/P IN 2 No7	REDNECKS
N/P IN 3 No15	CLARRIE'S TEAM
L/P No3	CLARRIE
L/P No12	HARVEY
LADIES L/D No5	KERRY
L/D No14	DORIS
N.A.G.A.	ADAM, NAOMI, RON & BEV



LAST EDITION THIS YEAR

MERRY CHRISTMAS TO ALL

-Your editor Rusty



WINNER OF GROSS	CLARRIE
R/U	JENKY
WINNER OF NETT	CLARRIE & JENKY
SEASONS L/D No14	ASHLEY



# Senior First Aid at your convenience

**Obtain a nationally accredited Senior First Aid Certificate through flexible learning options.**

**Flexible learning allows you to choose your preferred learning method & combines a number of different options to make learning easier for you.**

- 1. Register and receive your workbook*
  - 2. Complete the exercises at a time and pace that suits you, it is recommended that you spread your learning over a couple of weeks.*
  - 3. Attend a one day interactive workshop focusing on the practical and assessment aspects of the course. That means less time out from work or your busy schedule.*
  - 4. This course was initially designed for those who need to renew their Senior First Aid qualification. The course now caters for those who would like to obtain a Senior First Aid qualification through flexible learning.*
- This flexible learning option allows you to learn some of the course content at a time, place and pace that suits you, enabling you to then attend a shortened version of the Senior First Aid Course over just one day*

Senior First Aid is a comprehensive course teaching theoretical and practical skills in essential First Aid management. The Senior First Aid [flexible] option has the same content as the Senior First Aid completed in the class room. Some of the topics covered include:

Management of the unconscious breathing casualty, cardiopulmonary resuscitation, shock, bleeding, fractures, burns, poisons, bites, stings and eye injuries.

**Course cost: \$160.00 per Community person.**

**Who should attend? Anyone who:**

**plays sport,        has a family,        or has an employment requirement,**

Anyone who holds a St. John Ambulance Senior First Aid qualification or equivalent which is due for renewal

**DO YOU KNOW WHAT TO DO IF SOME SOMEONE  
HAS A MEDICAL PROBLEM OR IS INJURED?**

# **Senior First Aid**

## **Flexible Learning One Day Course**

Venue: St John Ambulance Sub Centre - Meekatharra

**DATE : Saturday November 13<sup>th</sup>**

**8:30 am – 4:30 pm**

**Maximum student number per class – 24**

**COURSE FEE:** \$160.00 per student to be paid on nomination of participation and attendance.

**On receipt of your payment [\$160. 00] your package will be posted to you**

**PRE-REQUISITE:** Age Limit - 14 years and over.

**COURSE ATTENDANCE:** It is vital that the six hours self learning package be completed prior to attending the one day course. It is important that the full course (7.5 hours) is attended to be eligible to sit for the final Theory Assessment.

**REFRESHMENTS:** Lunch will be provided

### **REGISTRATION:**

Can you please confirm your intention to participate in this course by returning the below registration form to:

Peter or Sandy Clancy at Farmer Jacks or  
Post to: PO BOX 398 Meekatharra, WA 6642

**With a postal note/cash or cheque for the course fee - \$160.00 per student prior to the 8<sup>th</sup> of November 2010**

.....  
**Full payment of \$160.00 is required on registration and prior to your package being posted to you**

**Senior First Aid Course: Saturday November 13<sup>th</sup>**

Name .....

Contact Number.....

Address .....

# FREE PROMOTIONS

## MEEKA FM 98.3

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: 0400 761 747



### 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*



# PROJECTUPDATE

OCTOBER 2010 ISSUE 15



## OPR in the Mid-West Community

The Oakajee Port and Rail project will create a deepwater port, 25km north of Geraldton, linked to mid-west iron ore mines by about 570km of rail.

Planned rail infrastructure includes a main line to Crosslands Resources' Jack Hills Expansion Project and spurs for potential connection to Karara Mining's Karara Iron Ore Project and Sinosteel Midwest Corporation's Weld Range Project.

It is expected to generate 2600 jobs at peak, during a three-year construction period.

Once operational, the port and rail project is expected to employ approximately 250

personnel, split between port and rail, the majority of whom will be based throughout the mid-west region.

OPR is committed to open engagement with landholders, local shires, community groups and organisations. Team members have been on the road recently providing information and answering questions about the project, progress and impacts on the mid-west community.

### Mid-West Resources and Economic Summit

Oakajee Port and Rail Director Operations Jim Netterfield presented an update on the project at the Mid West Resources and Economic Forum on 31 August in Geraldton. OPR had a stand in the exhibition hall, where team members answered questions about the project. Pictured (L-R) Regional Manager Peter Spalding, Geraldton Office Manager Carleen Kelly, Community and Public Relations Manager Kim Pervan and Director Operations Jim Netterfield.



Hon Norman Moore (Left), OPR Chief Executive John Langoulant AO

### MPs visit Oakajee site

OPR Chief Executive John Langoulant AO explains to Minister for Mines and Petroleum, the Hon Norman Moore, how the Oakajee site will look when construction is complete. The site visit was part of a tour organised by the Chamber of Minerals and Energy to the mid-west on 7 October.

### GNFL Grand Final

Geraldton Office Manager Carleen Kelly presented the premiership trophy on 19 September to Mullewa coach Charlie Comeagain Jr and Captain Quinton Simpson, the 2010 Reserves Premiers. In a close match, Mullewa eventually topped Railways by just four points. Congratulations also to League premiers Railways who defeated Towns by 53 points. OPR is proud to continue its support of mid-west community through the Great Northern Football League.

### Agricultural shows

OPR had booths at the Mullewa, Chapman Valley, Northampton and Mingenew agricultural shows. At Chapman Valley, OPR's Liz Ralph presented Luke Brosnan, winner of the Best Children's Picture Under 14 Award, with his prize.

### Community information morning

Interested members of the community attended an information morning at OPR's Geraldton Office on 25 August. Team members were on hand to explain aspects of the project, the development process and timeline and to answer questions. More than 40 people dropped by with queries on providing goods and services, opportunities for employment, dust management and project impacts.

### Sign up for eNewsletter

Register online  
at [www.opandr.com](http://www.opandr.com)  
to receive your email copy  
of the OPR eNewsletter.



For Information  
OPR Geraldton: 08 9964 7698  
Kim Pervan Manager Community and Public Relations  
OPR Perth: 08 9486 0777  
or Visit [www.opandr.com](http://www.opandr.com)



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



# 2nd Hand Fashion Parade

Over \$700 was raised by the Youth of Meekatharra for a "Bike Club" at the Youth Centre. Thanks to the girls from Meekatharra District High school who gave up their time to model the mountains of second hand clothes generously donated for sale by the local townsfolk. The remaining clothes were boxed up and sent to Karalundi.



**Congratulations to Noleen Gilla who won the BMX Bike donated by Farmer Jacks!**





**With thanks to  
the Youth Club  
we now have a  
colourful wall**





# In Good Health



## Protect Your Shoulders

The shoulder is a ball and socket joint with a large range of movement. There is more movement at the shoulder joint than at any other joint in the body. The only downside to this extensive range of movement is a lack of stability, which can make the shoulder joint more prone to injury.

The shoulder joint relies heavily on the surrounding shoulder muscles and tendons for stability. Any dysfunction of these muscles or other anatomical structures such as the shoulder blade, collar bone or joint itself can cause pain and mobility problems.

Some of the conditions that commonly cause shoulder pain include:

- Tendonitis, due to overuse
- Shoulder joint instability
- Dislocation
- Strains, due to overexertion
- Collar or upper arm bone fractures
- 'Frozen' shoulder
- Pinched nerves



Below are some tips for protecting your shoulders to help prevent injury:

- Keep physically fit with a balanced program of aerobic exercise alongside stretching and strengthening exercises for your whole body.
- Use the correct techniques when playing sport or exercising – if you aren't sure get a personal trainer or sports coach to demonstrate first.
- Warm up and cool down, before and after engaging in physical activity.
- Always use correct techniques when lifting heavy or awkward objects – face the object, keep your back straight and bend your knees.
- Do not reach to place or retrieve heavy objects that are stored high above you; always use a stable platform or a stepladder.
- If you feel any pain in your shoulder, stop the activity you are doing immediately.
- If you think you may have injured your shoulder, consult your doctor or a physiotherapist.

## What is Anxiety?

**Anxiety is an uncomfortable feeling of fear that we all experience when faced with threatening or difficult situations. It helps us to avoid danger, makes us more alert and motivates us to deal with problems.**

We all feel anxious from time to time and this is perfectly normal. However, sometimes these feelings can become so extreme and long-lasting that they interfere with a person's daily life. This may indicate an anxiety disorder.

Some of the symptoms of an anxiety disorder include:

- Feeling worried all the time
- Tiredness
- Irritability
- Difficulty sleeping
- Difficulty concentrating
- Racing heart beat
- Sweating
- Muscle tension and pains
- Shaking
- Difficulty breathing
- Feeling dizzy, faint or nauseous
- Indigestion or diarrhoea

Anxiety disorders can lead to depression and social isolation if left untreated. If you feel you may be suffering from an anxiety disorder it is important that you seek help from your doctor, a clinical psychologist or a psychiatrist. There are a range of effective treatments available that may include cognitive behavioural therapy, anxiety management and relaxation techniques and medication.



## Depression

It is normal to have days or weeks when things aren't going right and you feel unhappy, but if these feelings don't go away quickly and the symptoms start to interfere with your daily life, you could be suffering from depression.

Depression is a serious medical condition. It is quite common and can affect people of any age, including children. There are many different factors that can trigger depression. For some people, upsetting or stressful life events, such as bereavement or divorce can be the cause. In other cases, depression may not have an obvious trigger, but can be linked to chemical imbalances in the brain.

When you are depressed you may have feelings of extreme sadness and dejection that last for a long time. Depression has a variety of symptoms and can affect people in different ways. Some of the symptoms of depression can include:

- A continuous low mood, which may be worse in the mornings
- Feeling irritable, restless, agitated, worthless or guilty
- A loss of interest and pleasure in normal activities
- Changes in appetite or weight
- Loss of sexual interest
- Trouble getting to sleep or waking up earlier than usual
- Tiredness and poor concentration
- Physical aches and pains
- Feeling that life isn't worth living

If you are experiencing symptoms of depression, it is very important to seek help from a doctor or counsellor. Treatment may include a combination of medication, psychological therapies and counselling.



# 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](mailto:commieh@westnet.com.au)



**[www.commercialmeeka.com.au](http://www.commercialmeeka.com.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 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:*

<i>Cue – Jeff &amp; Marie (Cue Roadhouse)</i>	<i>9963 1218</i>
<i>Mt.Magnet – Dave &amp; Lesley (Murchison Tyres)</i>	<i>9963 4455</i>
<i><u>Meekatharra</u> – Ron Bell</i>	<i>9981 1015</i>

**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***

Monday, 18 October 2010

## New Centrelink service centre for Meekatharra

Centrelink customers in Meekatharra are enjoying the benefits of Centrelink's newest Remote Area Service Centre, after the office opened on Monday 11 October 2010.

The new service centre at Lot 18, Main Street, Meekatharra, has replaced the former site on the corner of Darlot and High Street, Meekatharra.

Centrelink Meekatharra Manager, Debranne Geeves, said the new building, which was purpose built by Yulella Aboriginal Corporation after winning an open tender, better suits the needs of Centrelink customers and staff.

"Customers have told us they are delighted with the facilities in the new service centre," Debranne said.

"The new centre features a modern design that creates a comfortable atmosphere for customers to conduct their business with staff in relaxed surroundings."

"There are now two self service computers and four self service phones to assist customers conduct their Centrelink business.

"We also now have a waiting area for customers, meeting facilities and an interview room," Debranne said.

Debranne credits many of the new features to feedback received from local customers.

"Customer feedback plays a major role in the way Centrelink does business and has provided us with valuable input into the new office's design and services," she said.

The service centre offers the full range of Centrelink services for all community members.

The new Centrelink Meekatharra Remote Area Service Centre is located at Lot 18, Main Street, Meekatharra and is open from 8am to 4pm, closed 12.30pm to 13.30pm, weekdays.

**Media contact: Dianne Meredith, Centrelink Media, (08) 9238 9036 or 0407 781 032.**

# Meekatharra Premix Concrete

Mobile Plant Available

Quality Controlled Concrete

Servicing Meekatharra & Districts – Mines Sites – Camps etc.

We place & Finish – Also Plain or Coloured Concrete

Free Quotes

Contact Brian or Chris

Ph: 0899801913 Fax: 0899801914 Mobile: 0438000935

Email: [handyman.brian@hotmail.com](mailto:handyman.brian@hotmail.com)

No Job to small

Backhoe for Hire.







Meekatharra  
Community Resource Centre



## Book Keeping Course Introductory Level

**\$125 per person**

(Price includes a MYOB Staff Manual worth \$50)



**Don't get lost!**

**7<sup>th</sup> November  
9am – 5pm**



Training will be held at the CRC

Please contact the CRC to reserve your place

Tel: 9980 1811 / email: [meekatel@benet.net.au](mailto:meekatel@benet.net.au) / or just pop in



Department of  
Regional Development and Lands



ROYALTIES  
FOR REGIONS



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MANAGEMENT**

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welcome – just call  
9981 1134

34 Main Street,  
Meekatharra

# We deliver between 11am - 7pm !

## MEEKATHARRA HOTEL

### NEW CHEF! NEW MENU!

Enjoy our authentic, delicious Asian cuisine



### EAT IN or TAKE AWAY

**Pop in to get a copy of  
our new menu!**



# ADULT SOFTBALL COMPETITION!!!

## DATES & TIMES

### SUNDAY 7TH NOVEMBER

(only one game first week of fixtures)

4PM - 6:15PM

Cost \$5 - includes BBQ from 6.15pm - 7pm. BYO Drinks

### SUNDAY 14TH NOVEMBER

3PM - 4.30PM (Game 1)

4.45PM- 6.15PM (Game 2)

Cost \$5 - includes BBQ from 6.15pm - 7pm. BYO Drinks

### SUNDAY 21ST NOVEMBER

3PM - 4.30PM (Game 1)

4.45PM- 6.15PM (Game 2)

Cost \$5 - includes BBQ from 6.15pm - 7pm. BYO Drinks

### SUNDAY 28TH NOVEMBER

3PM - 4.30PM (Game 1)

4.45PM- 6.15PM (Game 2)

Cost \$5 - includes BBQ from 6.15pm - 7pm. BYO Drinks



**JUST TURN  
UP AT THE  
TOWN OVAL!**



Games will be held at the Town Oval.

Men and Women welcome!

You MUST be 13+ years to play. Under 13's to spectate only.

Teams will need to help umpire when they are not playing.

For further information or to pre-register a team please contact Kelly or Elaine  
at the Shire.



# October Dust 2010

As mentioned in the September Dust we had a busy first week of the School Holidays with the several visitors, which included 16 youth and leaders from Subiaco Church, and three members of the Covenant Players. The group from Subi spent time at the Youth Centre and painting the 'gray' wall outside the swimming pool with a design that was especially created by many children at the Meeka School before the end of 3<sup>rd</sup> term – a few pictures of the group having FUN!



## From the National Church

**The Assembly Update** for October from the Uniting Church in Australia is now available on the Assembly website at <http://assembly.uca.org.au/resources/update/608-assembly-update-october-2010.html>.

**The Uniting Church in Australia** has welcomed the announcement from the Australian Government that asylum seeker families and unaccompanied minors will be moved out of detention and into the community. For more info visit <http://www.wa.uca.org.au/blog/taking-children-and-families-out-of-detention-long-overdue/>.

**Elenie Poulos, national director of UnitingJustice Australia** has recently prepared a piece for ABC's Religion and Ethics Portal asking Can Australia Become a More Hospitable Country? To read it, visit <http://www.abc.net.au/religion/articles/2010/10/18/3041539.htm?topic1=&topic2>.



UnitingCare and Congregational Outreach Services

**Lin Hatfield-Dodds, National Director of UnitingCare Australia** recently discussed the new Federal Government changes to immigration detention on ABC's Lateline. For more info visit <http://assembly.uca.org.au/>.

**UnitingCare Australia is among the representative bodies to be part of the Australian Government's Paid Parental Leave Implementation Group**, who met for the first time recently. For more info click on the 13 October issue of the E-News Round Up at <http://unitingcare.org.au/news/unitingcare-australia-e-news-round-up.html>.

Jobs: Paid and Volunteer ([home.wa.uca.org.au/jobs](http://home.wa.uca.org.au/jobs))

**The Council of Churches of Western Australia** has a Chaplaincy Traineeship position available for under 35s for 2011. Applicants are asked to send in resumes including a statement on why they are applying and which church they are a member of by Monday 22 November. There are also vacancies for Indigenous Chaplains in Perth and country regions. For more info contact John Hewitson on 9274 3888 or email [fieldofficer@churcheswa.com.au](mailto:fieldofficer@churcheswa.com.au).

Blessings, *Lesley*

**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: 1<sup>st</sup> Sunday each month**

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

# MEEKA FM

Meeka FM is looking for  
new volunteers

Training will be provided  
where needed and program  
times are very flexible.

Please call 9981 1358

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



98.3

## 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 Cafe Club

Every Sunday

10.00am

Meeka FM, Hill Street

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

98.3



Meekatharra

Community Resource Centre

## COMMITTEE MEETING

Next Meeting: **Tues 9<sup>th</sup> November @ 5pm**

Where: Meekatharra Community Resource Centre  
55 Main Street

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



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55 Main Street

Tel: (08) 9980 1811





Pastoral



Transport



Earthmoving

# WOOLIBAR

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**Nat James**

**Mob 0418917383**

**Ph/Fax 90229063**

**[nmjames@westnet.com.au](mailto:nmjames@westnet.com.au)**

*Woolibar from the Bush for the Bush*



# HOROSCOPES for the month of November..

## Aries



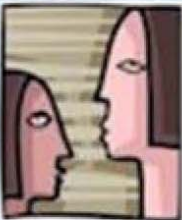
Relationships make headlines for you this month. Strong energy for relating is with you now, although some complications are likely as well. You may be rethinking your needs or those of a partner and dealing with debts from the past when it comes to relationships.

## Taurus



Physical health improves this month and work matters become busier. Relationships are tricky, however. Problems that have been brewing with a partner have their way of demanding your attention.

## Gemini



Complications on the work front are very possible this month. Projects may stall or could be in need of review. Try your best to work independently and to set your own pace on the job because team work can be challenging now.

## Cancer



This month brings new energy for home improvements, but it's not the best month for major changes on the domestic front. Focus on fixing problems rather than redesigning. More opportunities to enjoy creative pastimes emerge this month.

## Leo



The month ahead is a busy one, with much emphasis on communications, learning, and family interactions. Making a fresh start with a neighbour or sibling is possible this month. Tensions are possible around the home.

## Virgo



You are especially concerned with your finances this month. It's an excellent period for reviewing expenses and making budgets. While you could feel a pinch, this only prompts you to take charge of your practical affairs.

## Libra



You are coming out of your shell this month, clearer than ever about wanting to make personal changes. You have the gift of gab this month, and your improved communications skills will serve you well.

## Scorpio



While you are keeping others at an emotional distance this month, you are charged up and ready to pursue your goals. Work is demanding, and you could be facing many deadlines. Stay on top of things.

## Sagittarius



Team work, group activities, and networking are big themes for you this month. As sociable the climate is, however, a lot is going on behind the scenes and on an inner level. Love is complicated and sometimes confusing.

## Capricorn



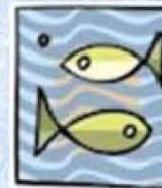
A take-charge, get-noticed energy is with you professionally this month. Others are especially aware of what you have, and what you haven't, accomplished. They are turning to you for advice and help, and serious offers might be on the table now.

## Aquarius



Increased visibility and accountability are likely in October. What you do and say has more impact than usual, so be on your best behaviour. Some of you are travelling or taking on more physical activities.

## Pisces



Your energy levels run high this month, and it's the kind of energy that is easily channelled into productive activity rather than experienced as stress. Others are attracted to your vitality and enthusiasm. Money might be earned through promotional activities now, and support is available when you need it most.



Item of footwear		Furnishing layout		More or less		Enclosure	Element		Belonging to him		Every or all	
Dairy product						Monkey or ape	Drink slowly				Molecule	
						Marine mammal						
Poison		Diplomat							Pig pen			
		Mother of pearl							Secret			
					Long poem					Nothing more than specified		Matured
					Lowest point							
Pouch	Domain						Punctuation mark					
	Sang-Froid											
			Japanese currency	Small recess							Examine carefully	
Be nosey				Large flatfish		Australian state, initially	Effrontery					
Momentary							Cogwheel					
									Hollow grass			
Flightless bird		Treat carefully							Reckless	Fit		Repair
		Impluse										
			Unwell		Armed conflict							
					The night before				Spoil		Depression	
Corrupt payment												
						Stroll						
Sylphlike	Handwear								Beauty shop			
						Astute						

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

# sudoku

October

Wordfit

Solution

3	U	E	S	S	E	D	W	E	D	A	L
A	A	N	C	O	C	O					
V	E	R	G	E	F	A	C	U	L	T	Y
U	L	A	E	K	T	A					
T	H	I	N	K	I	N	G	S	A	I	L
C	I	D	S				T				
D	A	R	I	N	G	S	T	E	A	D	Y
A		S		A			C				
N	A	V	Y		S	K	E	L	E	T	C
C	I	K	A	L	R	A					
E	A	S	I	E	S	T	I	D	E	A	S
S	A	T	I	N			D	Y	N	A	S



October

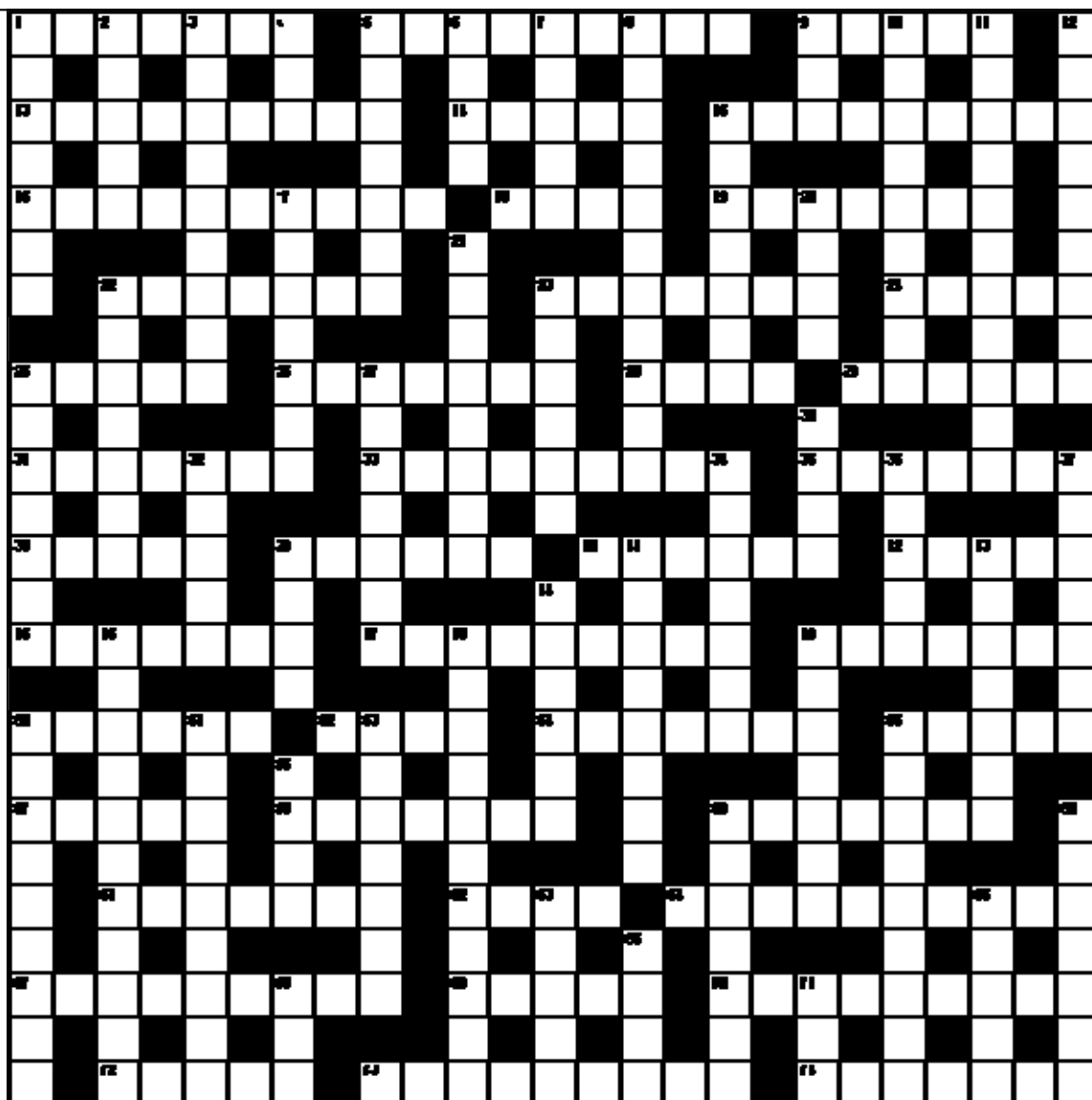
Sudoku

Solution

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







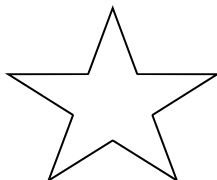
### ACROSS

- |                                   |                           |                      |
|-----------------------------------|---------------------------|----------------------|
| 1. Vegetable (7)                  | 28. Olfactory organ (4)   | 55. Cake topping (5) |
| 5. Blandished (9)                 | 29. Lets in (6)           | 57. Freight (5)      |
| 9. Titled peer (5)                | 31. Nipped (7)            | 58. Reproduction (7) |
| 13. Remember (9)                  | 33. Wrong (9)             | 59. Patron (7)       |
| 14. Units of time (5)             | 35. Lower limit (7)       | 61. Irritated (7)    |
| 15. Escapade (9)                  | 38. Skilful (5)           | 62. Tight (4)        |
| 16. The study of insects (10)     | 39. Up-to-date (6)        | 64. Cut (10)         |
| 18. Ship's steering device (4)    | 40. Fraudulence (6)       | 67. Held sacred (9)  |
| 19. Cautious (7)                  | 42. Ringlets (5)          | 69. Hoard (5)        |
| 22. Entourage (7)                 | 45. Not paid on time (7)  | 70. Pragmatic (9)    |
| 23. Lands surrounded by water (7) | 47. Inventions (9)        | 72. Dig (5)          |
| 24. Piece of furniture (5)        | 49. Memory loss (7)       | 73. Accumulated (9)  |
| 25. Rescued (5)                   | 50. Physically strong (6) | 74. Superimposed (7) |
| 26. Mythical beast (7)            | 52. Grain store (4)       |                      |
|                                   | 54. Candidate (7)         |                      |

### DOWN

- |                                  |                                |                                |
|----------------------------------|--------------------------------|--------------------------------|
| 1. Theft (7)                     | 20. Hazard (4)                 | 44. Part of a poem (6)         |
| 2. Implied (5)                   | 21. Bills (8)                  | 46. Abashed (11)               |
| 3. Without bounds (9)            | 22. Income (7)                 | 48. Conceited (11)             |
| 4. The night before (3)          | 23. Disregard (6)              | 49. Wondrous (7)               |
| 5. Weariness (7)                 | 25. Female singing voice (7)   | 50. Advocate (9)               |
| 6. Dull pain (4)                 | 27. Insanely irresponsible (7) | 51. Villain (9)                |
| 7. Cease-fire (5)                | 30. Leave out (4)              | 53. Hindered (7)               |
| 8. Similarity in appearance (11) | 32. Detested (5)               | 55. Immediately (9)            |
| 9. Month, in short (3)           | 34. Perfidy (7)                | 56. Quarry (4)                 |
| 10. Gained (9)                   | 36. Synthetic fabric (5)       | 59. Exchanged (7)              |
| 11. Equipose (11)                | 37. Type of horse (7)          | 60. Ignited (7)                |
| 12. Adolescents (9)              | 39. Security interest (4)      | 63. Male relative (5)          |
| 15. Dialects (7)                 | 41. Tremendous (8)             | 65. Become liable to (5)       |
| 17. Lackadaisical (7)            | 43. Teller (7)                 | 66. Dexterous (4)              |
|                                  |                                | 68. Indicating maiden name (3) |
|                                  |                                | 71. Whole (3)                  |

★ ★ COLOUR ME ! ★ ★





## BETTER THAN SAYING I LOVE YOU...

Marty wakes up at home with a huge hangover. He forces himself to open his eyes, and the first thing he sees is a couple of aspirins and a glass of water on the side table. He sits down and sees his clothing in front of him, all clean and pressed. Marty looks around the room and sees that it is in a perfect order, spotless, clean. So is the rest of the house. He takes the aspirins and notices a note on the table "Honey, breakfast is on the stove, I left early to go shopping. Love you." So he goes to the kitchen and sure enough there is a hot breakfast and the morning newspaper. His son is also at the table, eating. Marty asks, "Son, what happened last night?" His son says, "Well, you came home after 3 A.M., drunk and delirious. Broke some furniture, puked in the hallway, and gave yourself a black eye when you stumbled into the door." Confused, Marty asks, "So, why is everything in order and so clean, and breakfast is on the table waiting for me?" His son replies, "Oh that! Mum dragged you to the bedroom, and when she tried to take your pants off to change and clean you, you said, "Lady, leave me alone, I'm married!"

Two blokes bump into each other in the supermarket. Sorry mate, says the first one, I am a bit nervous, I lost my wife, can't find her anywhere. Second bloke replies; gee, I can't find mine either, how about we go and look for them together? Sure, says the first one, what does your wife look like? Eh well, she's blonde, long hair, tall slim body, well tanned, large breasts and she's wearing a tight fitting low cut black dress. What does your wife look like? Forget about my wife, says the other bloke, let's go and look for yours!

A man and his wife were sitting in the living room and he said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."  
His wife got up, unplugged the TV and threw out all of his beer.

Three blokes were working on a high rise building project, Macca, Chook and Simmo. Chook falls off and is killed instantly. As the ambulance takes the body away, Simmo says, "Someone should go and tell his wife." Macca says, "OK, I'm pretty good at that sensitive stuff, I'll do it." Two hours later, Macca comes back carrying a slab of VB. Simmo says, "Where did you get that, Macca?" "Chook's missus gave it to me." "That's unbelievable, you told the lady her husband was dead and she gave you beer?" Macca says, "Well not exactly. When she answered the door, I said to her, "You must be Chook's widow." She said, "No, I'm not a widow." And I said, "Wanna bet me a slab"

# WHATS COOKING

## Mediterranean tuna & rice bake



Serve this tasty dish straight from the oven for dinner, then wrap up any leftovers for a super-healthy lunch box filler.

### Preparation Time

10 - 15 minutes

### Cooking Time

25 minutes

### Ingredients (serves 4)

- 225g (1 1/2 cups) cooked long-grain rice (see note)
  - 1 x 185g can tuna in springwater, drained, flaked
  - 70g (1/3 cup) low-fat semi-dried tomatoes, coarsely chopped
  - 1 large zucchini, coarsely grated
  - 2 tbs chopped fresh basil
  - 75g reduced-fat feta, crumbled
  - 2 eggs, lightly whisked
- Mixed salad leaves, to serve

### Method

1. Preheat oven to 200°C. Line a 19cm x 9cm (base measurement) loaf pan with non-stick baking paper.
  2. Combine the rice, tuna, tomato, zucchini, basil and two-thirds of the feta in a large bowl. Add the egg and stir until well combined. Season with pepper.
  3. Spoon the mixture into the lined pan and smooth the surface. Sprinkle with remaining feta. Bake for 20-25 minutes or until puffed and golden. Set aside for 5 minutes to cool slightly.
- Slice. Serve with mixed salad leaves.

### Notes


You'll need about 100g (1/2 cup) uncooked long-grain rice for this recipe.



# WEATHER

Monthly report unavailable.

## Meekatharra 7-day Weather Forecast

	Tue Nov 2	Wed Nov 3	Thu Nov 4	Fri Nov 5	Sat Nov 6	Sun Nov 7	Mon Nov 8
Summary	 Sunny	 Mostly sunny	 Mostly sunny	 Mostly cloudy	 Mostly sunny	 Mostly sunny	 Mostly sunny
Maximum	33°C	35°C	35°C	33°C	32°C	34°C	36°C
Minimum	16°C	19°C	22°C	19°C	16°C	16°C	18°C

## Meekatharra Sun & Moon Times

Tuesday				Next Occurrence						
First Light	Sunrise	Sunset	Last Light	Moon Phase	moon set	moon rise	new moon	first quarter	full moon	last quarter
 04:51 WST	 05:16 WST	 18:24 WST	 18:48 WST		 Tue 14:18 WST	 Wed 02:43 WST	 Sat Nov 6	 Sun Nov 14	 Mon Nov 22	 Mon Nov 29



# Westpac

## Financial Advisor Appointments

### 29<sup>th</sup> & 30<sup>th</sup> November

**In Meekatharra**  
(with Westpac Dongara Financial Experts)

#### • Personal and Business Solutions

- Home Loans
- Personal Loans
- Credit Cards
- Insurance
- Superannuation
- Investments



**Make an appointment with your Meekatharra Westpac Bank Teller**

# EVENTS CALENDAR

## NOVEMBER

Adult Softball	7th Nov
Telecentre Committee Meeting	9th Nov
Remembrance Day	11th
Senior First Aid	16th Nov
Interagency Meeting	16th Nov
Youth Ball	20th Nov
Ordinary Council Meeting	20th Nov
Meekatharra Triathlon	28th Nov
MYOB - Free course at Community Resource Centre	
Monday 29th (basic) and Tuesday 30th (advanced)	

## NEXT ISSUE...

**CLOSING DATE: 29TH NOV**

**PUBLISHING DATE: 30TH NOV**