

# Meekatharra Dust

Issue Number 220—January 2011



meekatharra

a golden prospect

Cost \$ 2.00 incl. GST

## HAPPY AUSTRALIA DAY 26TH JANUARY 2011



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



Address: Cnr Main & Savage Streets PO Box 129 Meekatharra WA 6642 Phone: 9981 1002 Fax: 9981 1505

Email: [ceo@meekashire.wa.gov.au](mailto:ceo@meekashire.wa.gov.au) Web: [www.meekashire.wa.gov.au](http://www.meekashire.wa.gov.au)

# NOTE FROM THE EDITOR

Dear Readers

I hope you all had a happy Christmas and New Years Eve!

Welcome to 2011, hopefully this year will bring you all good health and good luck.

If you have any photos from the holidays you would like to share please send them to me for the next issue!

-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  
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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.



# Dust Noticeboard...

## Calling for Submissions

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

# EVENTS NOT TO MISS THIS MONTH

Ordinary Council Meeting

15th

Australia Day Activities at Swimming Pool

26th



## Meekatharra Festival DVD

For Sale

**\$10**

**at shire office**

*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**

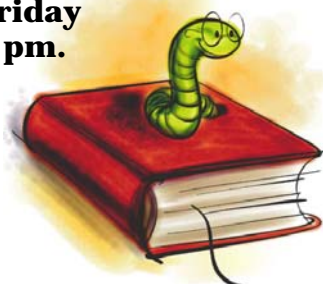
Did you know we get a new exchange of books every month? Come in and check out what is new this month!

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.**

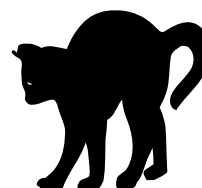


**We have a number of library books and DVDs that have not been returned and are overdue. Please could you check that you have returned all overdue library items.**

**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**



**UNDER NEW  
MANAGEMENT**

Telephone orders  
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!**



# Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

**Ph: 9981 1151**



**BP Fuel & Lubricants**

**Premium Unleaded Fuel now available**

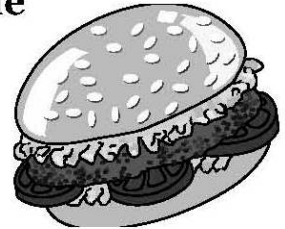
**Auto Accessories**

**Kleenheat Gas**

**Key Cutting**

**Take-Away Food**

**Asian Food**



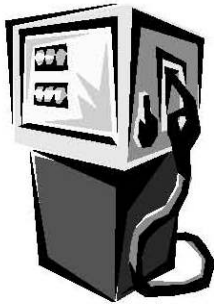
**A range of Asian Ingredients and utensils available for sale**

**Burgers**

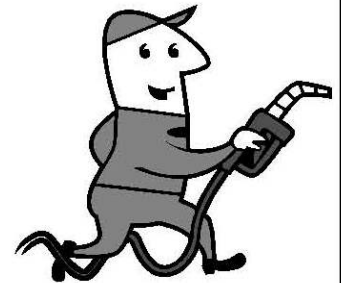
**Rolls**

**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





# Meekatharra Christmas Carols







The Meekatharra Dust 9  
January 2011

# Introducing eheadspace

*Did you know that one in four young people are affected by mental illness?*

The Australian Government, in partnership with the Western Australian Government is piloting a series of new drought reform measures in response to the national review of drought policy. The measures are designed to move from a crisis management approach to risk management. The aim is to better support farmers, their families and rural communities in preparing for future challenges, rather than waiting until they are in crisis to offer assistance. The pilot will be in place from 1 July 2010 to 30 June 2011 ([www.daff.gov.au/droughtpilot](http://www.daff.gov.au/droughtpilot)).

The strategies include; farming assistance grants, community building projects and social support services. **eheadspace** is one of the social support services which aims to build stronger social support networks to meet the mental health, counselling and other social needs of farming families and rural communities.

The pilot region takes in some of the most remote communities in WA, as well as several regional centres. Sixty-seven local government areas are included with an estimated 35,000 young people who may face mental health difficulties.

**eheadspace** is part of headspace – the National Youth Mental Health Foundation. **eheadspace** is an online service which is staffed by experienced youth mental health professionals including psychologists, social workers, nurses and occupational therapists.

The service is confidential, free and there are no restrictions on the number of times people can access **eheadspace**. The chat feature of **eheadspace** allows people to chat with a qualified youth mental health professional one-on-one in real time, alternatively – people can email at any time with a response taking no more than two days.

The project is targeted towards people aged between 12 to 25 years and living within the Government's Drought Pilot Region in Western Australia.

Members of the community are encouraged to visit [www.eheadspace.org.au](http://www.eheadspace.org.au) if they are experiencing a difficult time and invited to join **headspace** on Facebook and Twitter.



Going through a tough time?

**eheadspace** can help.

**eheadspace** provides online support and counselling 7 days a week from 1pm-9pm to young people aged 12 to 25 as part of the Pilot of Drought Reform Measures in Western Australia.

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





Thanks to all the  
volunteers who helped put  
together the  
Christmas Hampers!!



# **MEEKATHARRA HEALTH CENTRE**

## **VISTING SERVICES**

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

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

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**

**Phone contact**

**Meekatharra Dental Clinic : 9981 0640**

**Mobile Dental Clinic : 0427 386 647**

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







# 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

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an AWS company

**THRIFTY LINK**  
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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**



**THURSDAY NIGHTS - 8 BALL KNOCKOUT COMP**



**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**



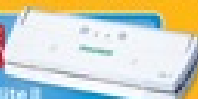
# WAECO Fresh Summer Promotion

Up to  
**\$448**  
inc GST value for  
**FREE!**



Buy a **WAECO CoolFreeze** VER.8 compressor fridge/freezer\* and get:

## BONUS



### Freshfield Elite II

- Condenser built-in cabinet cooling at home
- Gas money - 10% instant discount for longer
- Comes with gas cut bags and hanging basket

### Freshfield

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## BONUS



Insulating  
protective  
cover

**VALUED up to \$199\*\***

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PH 99811674

Domestic **WAECO**



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**RTA AU02301**

ABN 47 125 616 033

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Repairs  
Installation  
Maintenance

**PH 08 99811674**

**FAX 08 99811675**

**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 6642



**TRENNY'S**

would like to thank you all  
for supporting us throughout the year.

*May you all have a wonderful Christmas and  
New Year!*

December Trading Hours:  
Mon - Sun 9am - 5pm

We will be closing for the holidays on Dec. 15 and reopening in the new year.



## 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



ROYALTIES  
FOR REGIONS





## *January Birthdays*

Mykia Curley	1st	Nicholas Mongoo	26th
Casey James	2nd	Amarah Woodley	28th
Vierdelle Gilla	3rd	Tom Quartermaine	29th
Antionette Hill	4th	Brittany Quartermaine	29th
Fawn Oliver	5th	Mariah Drayton	30th
Markus Simpsom	6th		
Louis Tressider	7th		
Griffan Kelly	8th		
Andrew Gentle	8th		
Kyrisha Curley	9th		
Clive Mcdonald	10th		
Cedric Wingo	24th		



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

# 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*

# Meekatharra Premix Concrete

Mobile Plant Available

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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.





# OUR NATIONAL SYMBOLS

Our symbols represent what is unique about the nation, reflecting different aspects of our cultural life and history. They include: the Australian National Flag, the National Anthem, our National Floral Emblem, our National Gemstone and our National Colours.

## The golden wattle



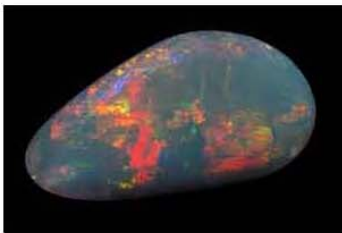
Australia's National Floral Emblem is the golden wattle (*Acacia pycnantha* Benth). It has been used in the design of Australian stamps and many awards in our honours system.

The golden wattle is an evergreen, spreading shrub or small tree. It grows in the understorey of open forest, woodland and in open scrub in South Australia, Victoria, New South Wales and the Australian Capital Territory. When in flower, the golden wattle displays the national colours, green and gold.

As one species of a large genus of flora growing across Australia, the golden wattle is a symbol of unity. Wattle is purpose-built to withstand our country's droughts, winds and bushfires. The resilience of wattle represents the spirit of the Australian people.

In recent times, the golden wattle has been used as a symbol of remembrance and reflection. On national days of mourning, for example, Australians are invited to wear a sprig of wattle

## The opal



Australia's National Gemstone is the opal. Opals are famous across the world for their brilliant colours. There are common and precious opals—most of Australia's opals are precious. Australia's opal fields eclipse deposits in the rest of the world. They provide more than 90 per cent of the world's supplies of opal and almost all the highest quality, precious opal.

The black opal is almost only found in Australia. It has a colour play of red, green, blue, violet, magenta or yellow flecks against a dark background of black, blue or grey. The world's supply of quality black opal comes from Lightning Ridge in New South Wales.

The brilliant colours of white or light opal stand out from an opaque background. These opals come from White Cliffs in New South Wales and Coober Pedy and Andamooka in South Australia. White opal is the most common of the precious opals. Boulder opal is usually a variety of white opal. The colours of fire opal are against a translucent red or orange background.

## Green and gold



Three colour combinations traditionally claim to be Australia's National Colours: red, white and blue; blue and gold; and green and gold.

Red, white and blue were featured in the first Coat of Arms of the Commonwealth in 1908 and are the colours of the Australian National Flag.

The colours blue and gold have heraldic significance as they are the colours of the crest in Commonwealth Coat of Arms.

Green and gold gained wide popularity and acceptance in sporting events, both here and internationally. They were proclaimed Australia's National Colours by the Governor-General on 19 April 1984. Prior to that there were no official colours.



# Waltzing Matilda – A B Paterson



*Oh! there once was a swagman camped in the billabong,*

*Under the shade of a coolibah-tree;*

*and he sang as he looked at his old billy boiling,*

*'Who'll come a-waltzing Matilda with me?'*

*Who'll come a-waltzing Matilda, my darling,*

*Who'll come a-waltzing Matilda with me?*

*Waltzing Matilda and leading a water-bag -*

*Who'll come a-waltzing Matilda with me?*

*Down came a jumbuck to drink at the water-hole,*

*Up jumped the swagman and grabbed him in glee;*

*And he sang as he stowed him away in his tucker-bag,*

*'You'll come a-waltzing Matilda with me!'*

*Down came the squatter a-riding his thoroughbred;*

*Down came policemen - one, two and three.*

*'Whose is the jumbuck you've got in the tuckerbag?*

*You'll come a-waltzing Matilda with me'*

*But the swagman he up and jumped in the water-hole,*

*Drowning himself by the coolibah-tree;*

*And his ghost may be heard as it sings in the billabong,*

*'Who'll come a-waltzing Matilda with me?'*



# 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**

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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***



# December Dust 2010

Hi everyone it's difficult to believe that another year has come and gone and by the time many of you read this Dust Message we will all be looking at a new calendar – and hopefully looking forward to the year ahead.

As we reflect on the past year Alastair and I cannot believe that we have been in Meeka for three years☺. This past year has been fraught with the loss of so many of our loved ones, in the community and my family. I lost a younger brother due to a brain tumour and a uncle who was 94 years of age; with all the sadness that death brings with it there are the balances in life such as weddings and new births many of which have brought great joy to many family and friends.

During 2010 the community has celebrated its 100<sup>th</sup> year as a Shire, a record attendance at the Ball and the Battle of the Bands, many changes in staff especially for the police, school, and other services, bringing with them added skills which enhance our community; thus, making Meeka what it is – a great place to live.....

**Christmas Carols at the Aged Care Hostel** – although we had over 60mm of rain in the days before those who attended enjoyed the night and the carols were superb, thank you to the musicians and Tamika King who compared the evening.



**Christmas Hampers** – on 22 December 200 hampers were packed, a special thank you to all those volunteers who assisted on the day, the Shire, Farmer Jacks, Tom at the Bakery, Agencies who rostered their staff to assist and the especially LotteryWest for their monetary donation. Without you all the day would not have run so smoothly, and a special thankyou to the families who sent a card of appreciation, thanking everyone for their effort.



Blessings *Lesley*

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

## **Presbytery & Synod of WA News:**

**Rev Alistair Macrae, President of the National Assembly of the Uniting Church in Australia,** has released his Christmas message. Read his reflections at <http://assembly.uca.org.au/news-media/news/assembly-news-2010/christmas-message-from-the-president-2010>.

### **Lesley's Diary Dates 2011:**

**5-12 January** – our daughters Wedding (8 Jan) in Perth

**18–20 February** - I will be attending the '*Summer Spirit*' seminar in Perth

**5 March** - Pancake Day in Meeka outside the Commercial Hotel

And those who are savvy computer people check out the new **WEBSITE** – for **ICPA** (Isolated Children and Parents Association), it's now up and running – [www.icpa.com.au](http://www.icpa.com.au) and their **FACEBOOK** ICPA WA for the latest bits of news and information

### **And finally a message from the pulpit:**

As we celebrate Christmas, it is a reminder of Jesus as the light of the world. As we look in the circle of the golden orange ball, with its squiggly lines and hints of other colours; what does this suggest to us about life in community as being the ***"light of the world"***, in 2011?



## **Weekly Church Services:**

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

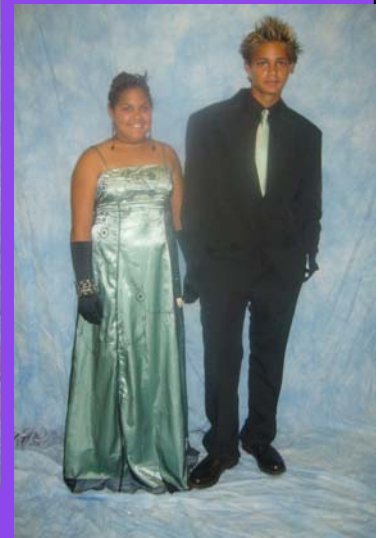
65-67 Darlot Street, Meekatharra.

(NOTE: There will be NO Church Service on 9 January 2011).

**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

















The Meekatharra Dust 30  
January 2011



The Meekatharra Dust 31  
January 2011



# In Good Health



## Top five tips for summer!

### 1. Keep Cool

The summer heat can make you feel very uncomfortable especially when you are indoors. It is important to keep your home cool without sending your electricity bill through the roof. Keep all your doors, curtains, blinds and windows closed on hot days, then open up the house when it gets cooler in the evening to let the air in. Use a fan before you turn on your air conditioning as they cost much less to run. When you do use air conditioning, make sure you set it at the right temperature, clean the filters regularly and just cool the room you are in.

### 2. Be Sun Smart

It is important to protect your skin and eyes from damaging UV rays during summer. Use SPF 30+ sunscreen every day and reapply every two hours or more if you are spending time in water, sweating or towel drying. Use sunscreen in combination with protective clothing, a hat and sunglasses. Try to seek shade when outdoors especially during the heat of the day.



### 3. Eat smart

With all the barbeques, parties and picnics during summer, it's easy to overindulge a little too often. Try to limit sugary and fatty foods and choose fresh fruit and vegetables, whole grains and healthy lean protein. Summer salads are a great way to get your 5-a-day, and grilling fish, chicken and lean meat on the barbeque is great as you don't need to add excessive amounts of unhealthy fats and oils. Instead of having an ice cream to cool you down, try a refreshing smoothie packed with fresh, seasonal fruits.

### 4. Drink lots of water

When heat and humidity are high, it is very easy to become dehydrated. Make sure you drink at least 8 glasses of water per day during the summer months, and more if you are exercising or working outdoors.

### 5. Enjoy the outdoors

Sunshine and warm weather offer a huge variety of activities that are not only enjoyable but can help keep you fit and healthy. Go for a swim, take a walk in the park or at the beach, play tennis, cricket or volleyball, the opportunities are endless. Just make sure to balance activity with rest, as it is easy to overexert yourself in the heat. Exercise during cooler periods of the day, such as the early morning or late evening, drink lots of water and be sun smart.



# Are you drinking too much?

Drinking too much alcohol has several risks. In the short term, it may increase your risk of accidents and injury through road trauma, violence, falls and accidental death. Over months and years, the risks of drinking too much can include cancer, high blood pressure, stroke, heart muscle damage, inflammation of the liver and pancreas, brain damage and memory loss.

So how much alcohol is too much alcohol? The National Health and Medical Research Council (NHMRC), recommends that:

- Healthy men and women should drink no more than two standard drinks a day to reduce the long-term risk of damage that comes with drinking too much alcohol.
- Healthy men and women should drink no more than four standard drinks on a single occasion to avoid the short-term risk of alcohol-related injury.



A standard drink contains 10 grams of pure alcohol, however it is important to note that drink-serving sizes are often more than one standard drink. For example, a 375ml can of full-strength beer (4.8% alcohol volume) is equal to 1.4 standard drinks, and a 375ml can of pre-mixed spirits (5% alcohol volume) provides 1.5 standard drinks.

One standard drink is equal to:

- 100ml or one small glass of wine (13.5% alcohol content)
- 30ml of spirits plus mixer (40% alcohol content)
- 375ml or one stubbie of mid-strength beer (3.5% alcohol content)

How much alcohol you drink is ultimately your choice, but by sticking to the recommended guidelines, you can make informed choices and help reduce both the short and long term risks of alcohol-related accidents, injuries, diseases and death.



## Mediterranean Diet

The Mediterranean diet is based on the traditional foods eaten by people in the Mediterranean region, especially in Greece and Southern Italy. The diet has become increasingly popular throughout the rest of the world due to the range of health benefits linked to it.

Research has shown that the traditional Mediterranean diet significantly reduces the risks of developing heart disease, high blood pressure, diabetes and certain types of cancers. Adoption of the diet has also been linked with a reduced risk of early death and has proved a successful strategy for weight reduction.

The Mediterranean diet is a delicious and healthy way to eat. To switch to this style of eating, try and gradually incorporate the following key components of the diet into your eating plan:

- Get plenty of exercise
- Eat primarily plant-based foods such as fruit, vegetables, breads and other cereals, potatoes, beans, nuts and seeds
- Replace butter with healthy fats such as olive oil and canola oil
- Eat fish and poultry at least twice a week
- Eat red meat no more than a few times a month
- Use herbs and spices instead of salt to flavour foods
- Drink red wine in moderate amounts (optional)





# 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



*Eveanne and Rig are  
happy to announce the  
safe arrival of their 6th  
grandchild, Tadhg  
Drian.*

*Born on Christmas  
Night.*

*Congratulations to our  
daughter Jodie and son-  
in-law Tím.*



**Christmas gift:** Jodie and Tim O'Neill received an extra special present on Christmas Day when baby Tadhg Brian O'Neill entered the world. Jodie started having contractions during lunch and gave birth later that evening. Tadhg was born at Geraldton Regional Hospital weighing 7lb 10oz and is a little brother for Shamus, 5, and Bridie, 6.

Picture: SAMANTHA ROBIN

# What is Australia Day?

On Australia Day we come together as a nation to celebrate what's great about Australia and being Australian. It's the day to reflect on what we have achieved and what we can be proud of in our great nation. It's the day for us to re-commit to making Australia an even better place for the future.

Australia Day, 26 January, is the anniversary of the arrival of the First Fleet of 11 convict ships from Great Britain, and the raising of the Union Jack at Sydney Cove by its commander Captain Arthur Phillip, in 1788.

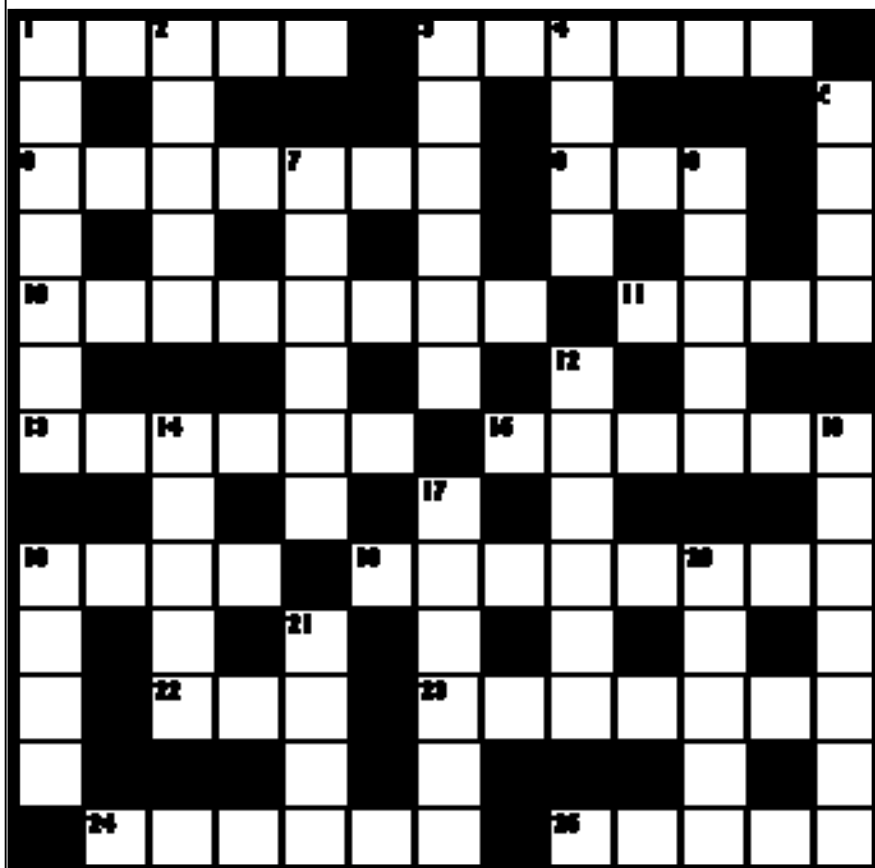
Though 26 January marks this specific event, today Australia Day celebrations reflect contemporary Australia: our diverse society and landscape, our remarkable achievements and our bright future. It also is an opportunity to reflect on our nation's history, and to consider how we can make Australia an even better place in future.

On Australia Day, over half of the nation's population of 21 million attend either an organised community event, or get together with family and friends with the intention of celebrating our national day. Many more spend the public holiday relaxing with family and friends.

Yet Australia Day is much more than barbeques and fireworks. It is more than another public holiday. It is more than the pride and excitement of new citizens who call themselves Australian for the first time on 26 January after being conferred citizenship.

At its core, Australia Day is a day driven by communities, and the celebrations held in each town, suburb or city – unified by the celebration of what's great about Australia and being Australian – are the foundation of its ongoing success.





### Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and \_\_\_\_ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

### Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetener (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

# word search



# sudoku

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

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

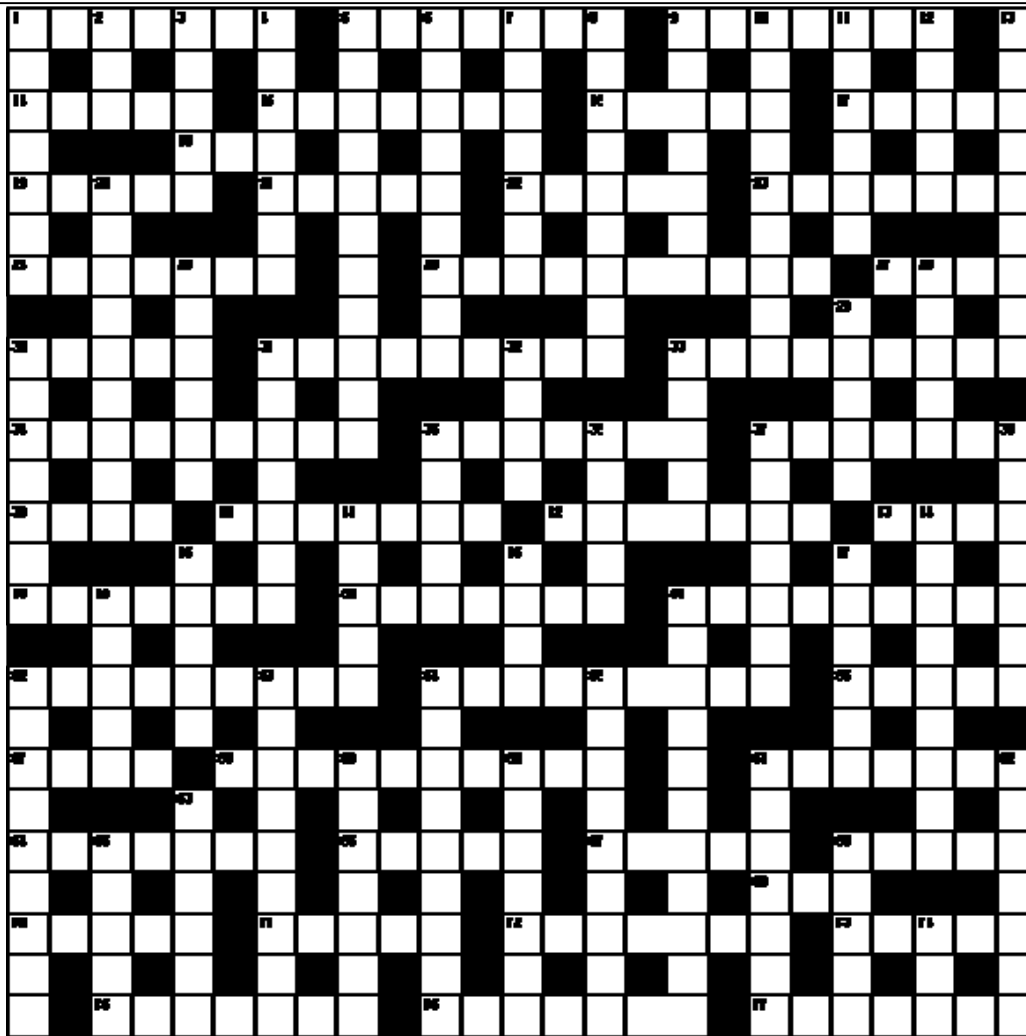
December

Sudoku

Solution



# WORD SEARCH



## ACROSS

1. Ignited (7)
5. Express strong disapproval of (7)
9. Intense emotion (7)
14. Stitched (5)
15. Changed (7)
16. Angry (5)
17. Mediterranean fruit (5)
18. Joke (3)
19. Elevate (5)
21. Departing (5)
22. Highway (5)
23. Oblivious (7)
24. Chuckled (7)
26. Extra (10)

27. Tight (4)
30. Evade (5)
31. Thumb a ride (9)
33. Treasured (9)
34. Large church (9)
35. Make ready (7)
37. Consultant (7)
39. Tenders (4)
40. Hide (7)
42. Administration of the law (7)
43. Weapons (4)
48. Sweepstake (7)
50. Go before (7)
51. Persuaded (9)
52. Clapped (9)

54. Atoms (9)
56. Successors (5)
57. Tallies (4)
58. Increase speed (10)
61. Reproduction (7)
64. Sincere (7)
66. Coarse (5)
67. Attempts (5)
68. Trainee (5)
69. Average (3)
70. Deport (5)
71. Dens (5)
72. Repose (7)
73. Male relative (5)
75. Conference (7)
76. Conundrums (7)

## DOWN

1. Kind of falcon (7)
2. Novel (3)
3. Ridge (5)
4. Hauled (7)
5. Prejudicial (11)
6. Group of sentences (9)
7. Commanded (7)
8. Protocol (9)
9. Inert medication (7)
10. Take a risk for profit (9)
11. Meteorological indicator (6)
12. Currency of Nigeria (5)
13. Forstalled (9)
20. Swamped (9)

25. Paid close attention to (6)
28. Dull pains (5)
29. Strainer (5)
30. Unit of sound intensity (7)
31. Concordance (7)
32. Notion (4)
33. Top line of a hill (5)
35. Serenity (5)
36. Entertain (5)
37. Goes up (7)
38. Dwells (7)
41. Roman god of love (5)
44. Remedied (9)
45. Commenced (5)
46. Rend (4)
47. Chess piece (6)

49. Lukewarm (5)
51. Famous people (11)
52. Astonishment (9)
53. Athletic contest (9)
54. Harbinger (9)
55. Exactly the same (9)
59. Previously (7)
60. Stuck (7)
61. Deference (7)
62. Female performer (7)
63. Buy back for money (6)
65. Used to control a horse (5)
68. Small piece of bread or cake (5)
74. Pool stick (3)



## Movie Actors 2

Find and circle all of the Movie Actors that are hidden in the grid.  
The remaining letters spell the name of a movie for which William Hurt won an Oscar.

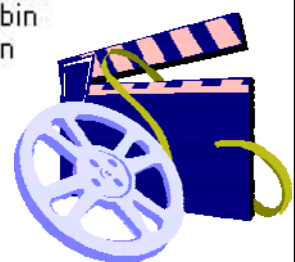
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R U D D L A B E O U F H O W A R D
N A N S O R B C A G E V E R E T T
K N A M E E R F F E R R E L L I S
N O S L I W H E S W I L L I A M S
N E S N E T R O M O U M L T F T M
O E H E N E G M F H G M E A R S I
T O P S G O Y N A F A C T C V U T
A F Y N T E S N I R M R R I S U H
E A R O R A K L T L A A P U S U D
K D E S E S L I E W S A N S I D B
K I N N Y J N L E R T O U D O S F
I E N I N A N T O T R F G W D I E
L S O K O C S H I N Y A N N E S B
M E C L L K R N G E E E H N N E L
E L E I D S S O R U Y G N E I N O
R R W W S O O D W J A E O P R O O
A S T I N N M A R E S V N R O J M
    
```

ASTIN, Sean  
BLOOM, Orlando  
BROSNAN, Pierce  
BUSCEMI, Steve  
CAGE, Nicolas  
CONNERY, Sean  
CROWE, Russell  
CRUISE, Tom  
DAFOE, Willem  
DE NIRO, Robert  
DIESEL, Vin  
DOWNEY JR, Robert  
DREYFUSS, Richard  
DUVALL, Robert  
EVERETT, Rupert  
FERRELL, Will

FIENNES, Ralph  
FREEMAN, Morgan  
GERE, Richard  
GOSLING, Ryan  
HANKS, Tom  
HARRELSON, Woody  
HOFFMAN, Philip Seymour  
HOWARD, Terrence  
HURT, William  
JACKSON, Samuel L.  
JONES, Tommy Lee  
KEATON, Michael  
KILMER, Val  
LABEOUF, Shia  
MAGUIRE, Tobey

MARTIN, Steve  
MORTENSEN, Viggo  
MYERS, Mike  
PATTINSON, Robert  
PENN, Sean  
REYNOLDS, Ryan  
ROGEN, Seth  
RUDD, Paul  
SMITH, Will  
STALLONE, Sylvester  
STEWART, Patrick  
VAUGHN, Vince  
WILKINSON, Tom  
WILLIAMS, Robin  
WILSON, Owen







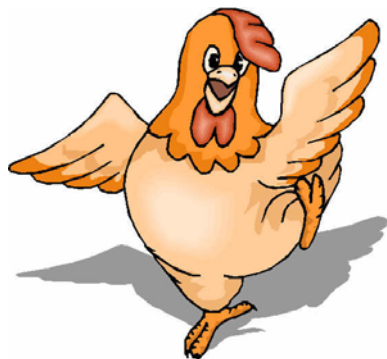
# WHAT'S COOKING



## THAI CHICKEN CURRY

### Ingredients (serves 4)

- 1 teaspoon vegetable oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 3cm piece of ginger, peeled, grated
- 1 tablespoon green curry paste
- 1kg chicken breast fillets, trimmed, cut into 2cm cubes
- 1 teaspoon chicken stock powder
- 1/3 cup Ayam Light Coconut Milk
- 2 tablespoons fish sauce
- 1 large lime, juiced
- 1 tablespoon brown sugar
- 1 cup coriander leaves
- 1/2 cup mint leaves
- 1 cup steamed jasmine rice and lime wedges, to serve



### Method

1. Heat oil in a non-stick frying pan over medium heat. Add onion, garlic and ginger. Cook for 3 minutes or until tender. Stir in curry paste. Cook for 1 minute or until aromatic.
2. Add chicken to pan. Stir to coat in curry mixture. Combine stock, coconut milk and 1 cup water in a jug. Stir into curry mixture. Increase heat to high. Bring to the boil.
3. Combine fish sauce, 2 tablespoons lime juice and sugar in a small bowl. Stir into curry. Roughly chop half the coriander and mint. Stir into curry. Reduce heat to low. Simmer for 10 minutes or until chicken is cooked through. Spoon curry over rice. Top with remaining coriander and mint. Serve with lime.

# WHAT'S COOKING

## LIME CHEESECAKE



### Ingredients (serves 12)

- 15 (120g) shredded wheatmeal biscuits
  - 50g reduced-fat spread, melted
  - 200g diet peach and mango yoghurt
  - 250g reduced-fat smooth ricotta cheese
  - 2 teaspoons finely grated lime rind
  - 1 egg
  - 2 tablespoons caster sugar
  - 1/4 cup wholemeal plain flour
- chopped fresh fruit, to serve

### Method

1. Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 22cm (base) loose-based fluted tart pan. Process biscuits until they resemble fine breadcrumbs. Add spread. Process until combined. Press mixture over base of prepared pan. Place pan on a baking tray and refrigerate until required.

Using an electric mixer, beat yoghurt, ricotta, lime rind, egg, sugar and flour on low speed until smooth. Pour mixture over biscuit base. Bake for 30 minutes or until just set and edges are light golden. Remove from oven. Cool in pan. Cover and refrigerate overnight or until cold.



**serve with  
fresh  
fruit salad!**



# EVENTS CALENDAR

## JANUARY

Ordinary Council Meeting

15th

Australia Day Activities at Swimming Pool

26th



**Meekatharra  
Festival DVD  
For Sale  
\$10  
at shire office**

## **NEXT ISSUE...**

**CLOSING DATE: 29TH FEB 2011**