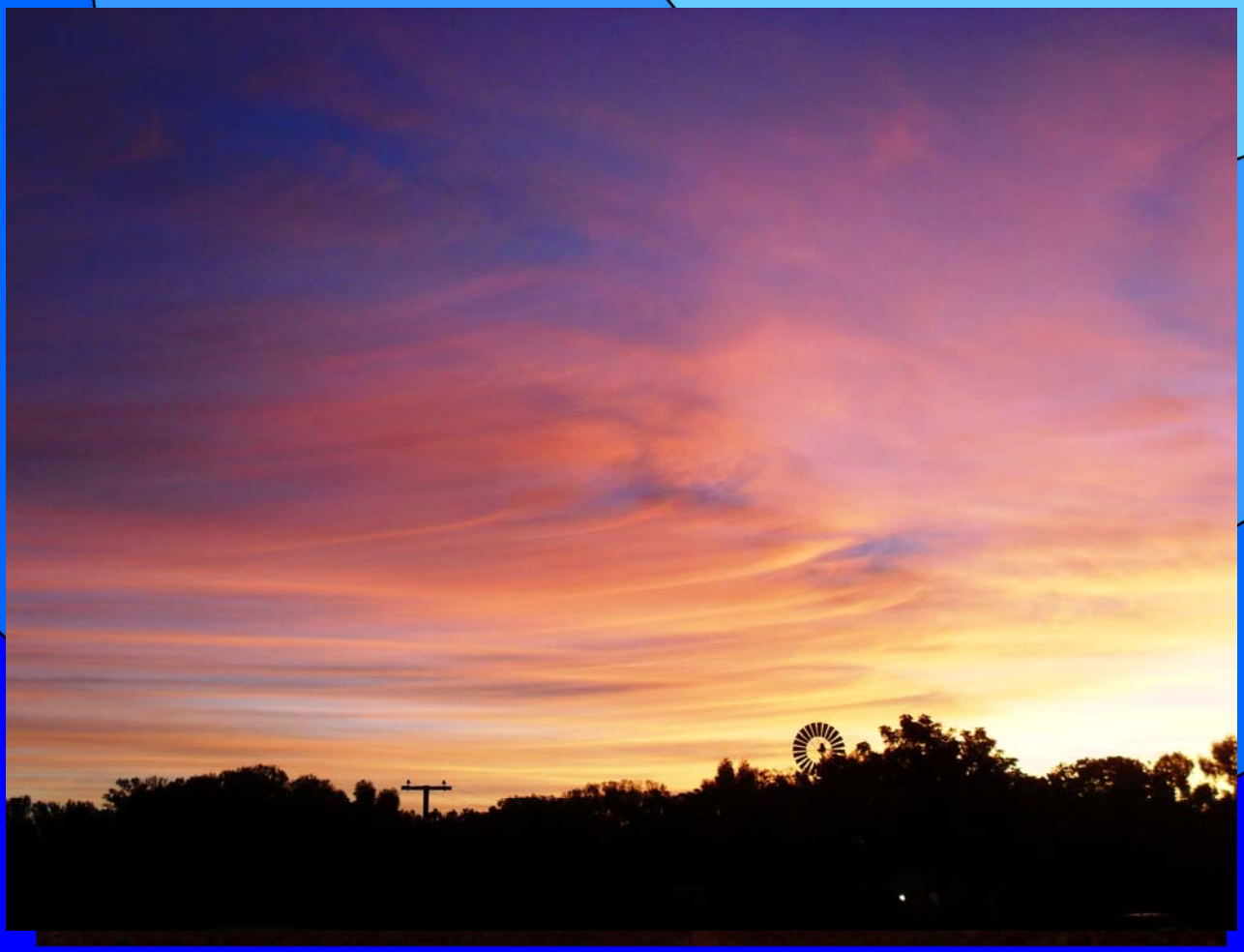
Meekatharra Dust

Issue Number 225—July2011 *Cost $ 2.00 incl. GST*



Crn Main and Savage Streets, PO Box 129 Meekatharra WA 6422 *Phone:* 9981 1002 *Fax:* 9981 1505
Email: ceo@meekashire.wa.gov.au *Web:* www.meekashire.wa.gov.au

NOTE FROM THE EDITOR

Dear Readers

I hope everyone is enjoying the cold wet weather as much as I am. I can't believe we are already half way through 2011.

Be sure to send me anything you might like put in the Dust. I have had some great photos sent in by people in town and I look forward to more!

Oh and it's that time again... Tax refunds!

-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.

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 THIS MONTH

Festival Meeting	5th
Senior First Aid Course	9th
CRC Meeting	12th
Storm Co	11th—15th
Interagency Meeting	19th

Photos on the front cover of this issue are courtesy of Svenja Luebbe.

If you would like your photos of our beautiful outback published in the Meekatharra Dust please send them to Sam at the 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.

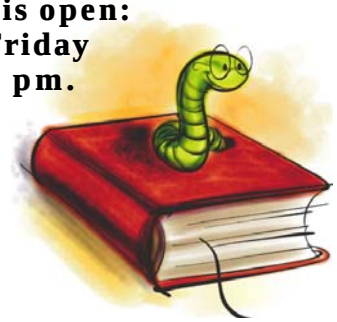
Meekatharra Library

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.

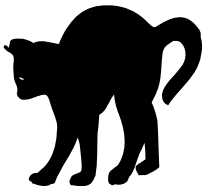


We have a number of library books and DVDs that have not been returned and are overdue. Please could you check that you have returned all overdue library items.

Thank you –Brenda

Newman Vet

Meekatharra



Dr. Rick Fenny

Located at **Paddy's Flat**

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

EMERGENCY ADVICE : 9175 1309

or Dalkeith Veterinary Clinic on **9386 6277**

Meekatharra Race Club Notice

Please be advised that the Meekatharra Race Course grounds will no longer be available for venue hire for any private functions. This also applies for any Race Club equipment.

We apologise for any inconvenience this may cause.

Meekatharra Festival DVD For Sale $10 at shire office

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 CONTOL OF YOUR ANIMAL AT ALL TIMES AND DISPOSE OF ANY DROPPINGS IN THE RUBBISH BINS PROVIDED BY THE COUNCIL.

Thank you

Meekatharra Shire

MEEKATHARRA COMMUNTIY DIRECTORY 2011

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

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

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MEEKA MEATS

NOW HAVE A WHOLE NEW RANGE

•HOME MADE PIZZAS

•FRESH FLAVOURED SAUSAGES

•MARINATED CHICKENS

•CHICKEN KIEVS

•WIDE RANGE OF LAMB CUTLETS

•LAMB KEBABS

•LAMB STIR FRY

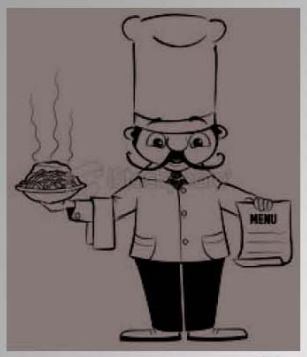
•CRUMBED STEAK

•SCOTCH FILLET

WE EVEN HAVE MARINATED MUSSELS

AND MUCH MORE

OPEN 8AM TO 5PM



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!

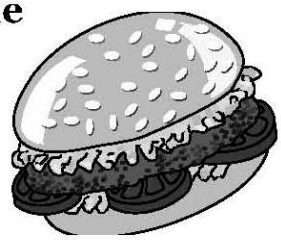
Meekatharra Corner Store

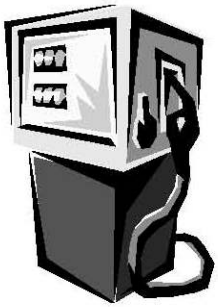
Corner of Main & High Streets, Meekatharra

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)

NOW OPEN

Modified Open Times

Sunday to Thursday 9 am - 6 pm
Friday 9 am - 4 pm
Saturday (CLOSED)

55 km North of Meekatharra

KARALUNDI
café
Western Australia

This is the true story of a Garage Owner in New Mexico who gave his dog a haircut.

He was sick and tired of thugs breaking into his garage shop to steal tools, etc. So he came up with this idea to give his Woofter a haircut. He put the word out that he had a new Mexican Lion that would attack anyone that tried to break in or climb his fence.
Would-be thieves saw the "Lion" from a distance and fled the scene.

The dog's probably trying to figure out why his head's so hot and his butt's so cold.

Junjar Mudar Mia At The Red Sandbox

Play Group will be holding cooking sessions every Tuesday morning. Please come along and bring your children aged 0 – 3 years. These classes are designed to help you cook quick, easy meals for your family without spending forever in the kitchen.

These classes cover how to cook nutritious foods for babies starting on solids, how to prepare food that will keep toddlers interested at the dinner table, and how to get vegetables and other important healthy food groups into fussy eaters without them realizing.

The centre is open every Monday- Thursday 8am – 2pm

Thank you,
Mary-Joy

it's BABY RHYME TIME

@ your library™

shire of meekatharra
a golden prospect

Meekatharra Public Library

Located in the Shire Offices on Main Street corner Savage Street

FROM NOW ON IN THE MORNINGS ☺
Wednesdays at **10.30 pm**

All Mums & Dads with kids aged 0-3 years (or older) are welcome! See Svenja at the Shire for enquiries

Join other Mums & Dads enjoy rhymes and songs with your baby

Department of Culture and the Arts
Government of Western Australia
State Library of Western Australia

Better Beginnings
enjoy reading with your baby

RIO TINTO
WA FUTURE FUND

Some of our regular Better Beginnings visitors:

Michelle with Zoe and Ebony

Kaythan with his son Kevin

Svenja our Meekatharra Better Beginnings Head Executive Manager!

Sonja with Kayla

And Julz with Lily

Come along and join in the fun!

STORMCO

is coming back...

JULY 11-15

KIDS CLUB

FREE ENTRY

Morning: Sports Complex
Time: 10:00am - 12:00pm
Afternoon: Youth Centre
Time: 2:00pm - 4:00pm (except Friday)

- Crafts
- Games
- Sing-a-longs
- Quizzes
- Prizes
- Stories
- Movies
- Face Painting
- Puppets
- Clowns
- Breakfast

Free Community BBQ - 6:30pm
Thursday Evening at the Youth Centre

STORMCO
ADVENTURE IN SERVICE

ASSISTED BY THE SEVENTH-DAY ADVENTIST CHURCH
PROUDLY SPONSORED BY ADRA AND SANITARIUM HEALTH & WELLBEING

Is your Work & Family Life in Balance?

conference

Focussing on Parent and Adolescent Relationships

Master of Ceremonies:
Grant Woodhams MLA

Key Note speakers:
Australian of the year 2005 **Prof Fiona Wood**
Your favourite Cricketer **Justin Langer**
Centacare Psychologist **Elizabeth Szczepanska**

Special Guests: 2 teenagers who will be speaking about Adolescents today.

Join them as they take you through a journey on the many issues families face in today's society.

Friday July 8 2011
8.30am for a 9.00am sharp start – 3.00pm
At the Catholic Centre
Maitland St Geraldton

Centacare FAMILY SERVICES
Celebrating 25 years of care

Tickets $25 (- $15 concession) available from the Centacare Office, 3 Maitland St Geraldton (Across the road from the QE2 Centre)

For enquiries please contact Centacare on 9921 1433 or event organiser Jodi McGuire on 0488 488 266

Funded by the Australian Government

GG354933

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Shire of Meekatharra

(Meekatharra Festival Committee Fundraiser)

Name Pavers.

YOUR NAME WILL GO DOWN IN HISTORY

$35
or more

INDIVIDUAL PAVER
Your donation of **$35** or more entitles YOU to have your name engraved into a brick/paver as a lasting record of your valued support. This will be permanently installed in
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Memories and milestones. Celebrate a wedding, new baby, birthday or anniversary.
A tribute to someone special. A memorial to a loved one.

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

Simply fill out this form and return with full payment by cheque or money order to:
SHIRE OF MEEKATHARRA
PO BOX 129, MEEKATHARRA WA 6642

Contact Name: .....

Address: .....

Phone: .....

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

RFDS Meekatharra General Practice

(Operating from the hospital)

Meekatharra GP clinic will be operating from the hospital as from Tuesday the 11th May.

This means the community will have a doctor in the clinic full time and all patients will be bulk billed.

If you do not have a Medicare card (overseas visitor) you may be privately charged for your visit.

This is similar to a general practice in the city. This system is very new and your patience will be required whilst staff are learning the new system.

All patients wishing to see a doctor or nurse will be treated through the clinic and not the emergency department.

- Opening hours – 9am untill 12 noon and 2pm untill 4pm Monday to Friday
- Thursday clinics start at 10.30am
- Patients will not be seen at Emergency (by a nurse) in these hours unless it is an emergency (life threatening)
- Appointments can now be made by phoning the hospital. If you walk in you will be placed on the waiting list until a doctor can see you.
- Medicare card and pension cards will be required on your first visit to be updated.
- Your personal details will need to be updated so please be patient whilst staff enters information into the new system.

We look forward to seeing you at the practice and thank you for your patience with the new system.

Pat Dunstan
Practice Manager
RFDS GP Services

Meekatharra
Community Resource Centre

ANNOUNCING:

The Meekatharra Art & Photography Competition Winners

Throughout May 2011 the Meekatharra CRC ran an art and photography competition, calling for paintings and photos that demonstrated *"what Meekatharra means to you"*.

We had some fantastic submissions from both children and adults in the community alike. We were so impressed in fact, we are going to publish every artist and photographer's work in one way or another.

Starting with the artwork produced in Kick Arts Club, the following children achieved special awards:

- Bob Binsiar - award for the most inspired artists for his representation of Australia, the elements and it's culture.
- Tyler Rodgers - award for best Landscape for his representation of the Murchison area.
- Dometrice Riley - award for best abstract for his representation of The Lookout.
- Jock Councillor - award for most striking artwork for his flags in the Australian map and boomerangs.
- Janine Mongoo - award for the most fun artwork for her painting of the Meekatharra bus.

The following artists from kick Arts will have their artwork made into postcards:

- Bob Binsiar, Khesahn Flanagan, Michaela Mongoo and Jock Councillor.

And the below will have their artwork used in a 2012 calendar:

- Brittany Quartermaine, Janine Mongoo, Tyler Rodgers, Keenan Shar, Mickaela Mongoo, Brett Abbot, Khesahn Flanagan, Stewart Mongoo, Caleb Jones, Dometrice Riley, Bob Binsiar, Jock councillor, Kadisen King and Vivian Riley.

All of the children that submitted art to the competition will have their work featured in a special book of all the children's paintings, inspired by scenes around Meekatharra. This book will include the artists name, age, the name of their painting and why they love Meeka. This book, the postcards, the 2012 Calendar and wrapping paper featuring a collage of the children's' art will be on sale from the CRC in the coming months. Many thanks to all that submitted artwork and to Cathy Byers from the DHS and Kick Arts for her help in coordinating the artwork submissions.

Moving on to the photos. We have some very talented photographers in Meekatharra who have captured the life and beauty of Meekatharra and the surrounding landscape with great creativity. Many thanks to the photographers: Svenja Luebbe, Elaine King, Alison Fox, Bruce Carroll, Barbara Zadow, Mary Joy Fagan and Drew Taylor.

A collection of the photographers work will be used to create a book of the photos from Meekatharra and the surrounding area, with the photographer's name and a little bit about the photo. This book will showcase our town and the region in its full glory; It will be a fantastic keep sake or gift or anyone that lives in Meeka, and for those just passing through on their travels.

Once again, many thank to all the artists and photographers who sent in your work and we look forward to launching the finished items for sale.

Department of Regional Development and Lands

ROYALTIES FOR REGIONS

Westpac have recognised the Meekatharra In-Store as "*Successful and high performing* "rewarding the staff with a Sapphire Local Gem Award

In October 2010 Westpac launched a new program with their In-Stores called *Local Gems*. Local Gems is a programme that is designed to promote the execution of Westpac Customer Service Principles in store; principles that aim to *delight customers*. The Local Gems programme rewards staff and In-Stores that consistently deliver the Westpac Service Principles and successfully meet the Local Gems criteria over a period of time.

Since November 2010, mystery shoppers have been visiting the Meeka In-Store, assessing the service they received from staff, considering the greeting, helpfulness, the efficiency of completing transactions and their manner dealing with their various enquiries. Along with this, Westpac have been assessing behind the scenes, measuring our operational and business performance.

Dave Clare, Westpac Geraldton Bank Manager presenting Barbara Zadow, Meeka In-Store Bank Teller, with our Sapphire Local Gems certificate.

On the 17th June, the staff at the Meekatharra Westpac In-Store were themselves delighted to be presented with a Sapphire Local Gem award by Dave Clare, Westpac Geraldton Bank Manager. This award recognises six consecutive months of the staffs' high performance against and the Local Gems criteria. Dave Clare said of the achievement, *"Westpac is proud to continue to support the Meekatharra community. This award is testament to the hard work of the In-Store team and their commitment to the town in which they live and work and reinforces the relation that Westpac has with the Meekatharra CRC and its committee. Congratulations!"*

As the **first Westpac In-Store in North West WA** to have achieved the award, The Meeka CRC (who manage the Westpac In-Store) are especially proud of the achievement. Jo McDonald, CRC Coordinator says *"The CRC Committee and I are really proud of the great job our bank tellers (Izzy, Barbara and Sabrina) are doing. We experienced some staffing issues last year which impacted on our service so achieving this award marks a significant turnaround in our professional performance and the quality of service that we bring to the community."*

Since June 2010, the CRC staff have been working closely with their parent branch (Geraldton followed by Dongara from October 2010) to review the Meeka In-Store service and implement an improvement plan, responding to customer feedback and operational requirements. These improvements have included:

6. An increase from two casually employed teller trained staff to four permanently employed trained staff. Since this change in September 2010, the bank has been open as per the scheduled opening hours, every day, delivering the reliable service that our customers expect and deserve.
7. Introduction of Business Express Deposits to reduce waiting times for business and personal customers alike with business deposits now counted and processed out of opening hours.
1. The refurbishment of the bank so you can do your banking in a nicer environment.
2. Processing of bank account opening In-Store, reducing timescales for your accounts to be up and running.
3. Full Westpac service referrals to Westpac Dongara Branch so you do not have to wait to go to Geraldton or Perth to meet all your individual banking needs.
4. The introduction of FREE Westpac On-Line Internet Banking at the CRC
5. Staff strict adherence to Westpac, banking and legal identification procedures. These procedures are enforced by our staff to ensure the security of <u>your</u> money.

Sabrina Tachimon, Meeka In-Store Bank Teller, with our beautiful 'congratulations' flowers, a personal touch from Westpac Geraldton

Jo McDonald said upon receiving the Sapphire Local Gems award: *"We are really happy to have received this recognition from Westpac. It shows that we are delivering against our strategy for continuous improvement as we seek new ways to 'delight' our customers."*

What improvements would make the In-Store service 10 out of 10 for you?

The Meekatharra CRC and Westpac In-Store are committed to continuous service improvement. Therefore if you have feedback or ideas for how we can give you a better experience in our store, please drop in and let us know!

Meekatharra Community Resource Centre

Westpac

The Meekatharra Westpac In-Store are celebrating receiving our Local Gems Sapphire Award

Come in and celebrate with us and tell us what we can do to make our service 10 out of 10 for you!

MEEKATHARRA FANCY DRESS BALL

SATURDAY AUGUST 13th AT THE SHIRE HALL

ROCK AND ROLL THEME!

DOORS OPEN AT 7.15PM

$15 ENTRY. NO BYO - THE BAR IS OPEN!!!!

FLOAT PARADE

Start planning now for the 2011 Meekatharra Float Parade!

Saturday October 1st during the Meekatharra Outback Festival!

Beaut Ute and Decorated Bike Comp

Get your work, club/ committee or family together and organise a float!

Who can knock last year's winners—Meekatharra Youth Centre and Meekatharra District High School of their perch??

Taxation Returns

Hassle FREE Taxation Returns

prepared professionally on the spot....

Ben Muller will be at the Auski Hotel, Meekatharra from 4pm Friday 22nd July until 9am Tuesday 26th July.

Individual returns from $178 (incl. GST), 14 day refund guaranteed...

Book your appointment today!

Muller Accounting

e-mail: ben@mulleraccounting.com.au
www.mulleraccounting.com.au

Taxation Returns

Make your appointment today...

Call Ben on (08) 9443 7133

- Tax returns professionally completed for individuals, partnerships, trusts & companies;
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Appointments are strictly limited so call today!

Muller Accounting

e-mail: ben@mulleraccounting.com.au
www.mulleraccounting.com.au

St John

Ambulance Services Meekatharra would like to say:

Thank you, Therese

for your commitment of serving as an ambulance officer – and what a great one you are! Thank you for all your help, your input, your professionalism (I'm sure each and every one of us learned something from you!), your love for our community and your smile on your face.

We will miss you and wish you all the best for your future.

We would also like to welcome our new recruits Stephanie and Reuben. Good luck on your journey as an Ambo ☺Congratulations to Svenja and Brenda who finished their Advanced Ambulance Care training – our lives are in your hands now! Good luck to you too.

Are you interested in signing up for Volunteering with the Ambulance with all-round training, rewarding experiences and good-to-have knowledge? Talk to Todd at Mission Australia or Kelly at the Shire or Peter Clare at Farmer Jacks.

Photos courtesty of Svenja Luebbe

Mingenew RODEO!

(FULL POINTS - Central Entry)

Saturday 16th July

Over $28,000 in prize money

Preliminaries 9am
Main Event 12 Noon

Gates open 9am - Tickets available from the gate:

Adults $15
Children $5
Under 5yrs Free

Bar open 12noon till late

Perth Band - MAGNETIC - 6.30pm til late

Get ready for a day of country style fun at the Mingenew Rodeo, featuring professional bull riders from the eastern states as well as local & novice riders!
Amusement rides for the kids, Food, Bar, Band.
Unpowered campsite available

Part proceeds donated to Mingenew Lions Club & St John Ambulance

www.mingenewrodeo.bounce.com.au

Find us on face book

Proudly Sponsored by: **Starick Tyres** Hon. Grant Woodhams

coateshire · Geraldton · TORO ENERGY · FERROWEST LIMITED · **Mingenew Commercial Hotel** Hon. Mia Davies

Want to be a sponsor? Email mingenewrodeo@bigpond.com

CATHOLIC CHURCH

Christ the King

(Corner of High and Darlot Streets, Meekatharra)

Liturgies

ALL WELCOME

All Liturgies at 6.30 pm

June

Sat 11th Celebration of the Word with Communion
Sat 18th Celebration of the Eucharist (Mass)

July

Sat 16th Celebration of the Eucharist (Mass)
Sat 30th Celebration of the Word with Communion

Christ the King Pariah 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

Meekatharra Premix Concrete

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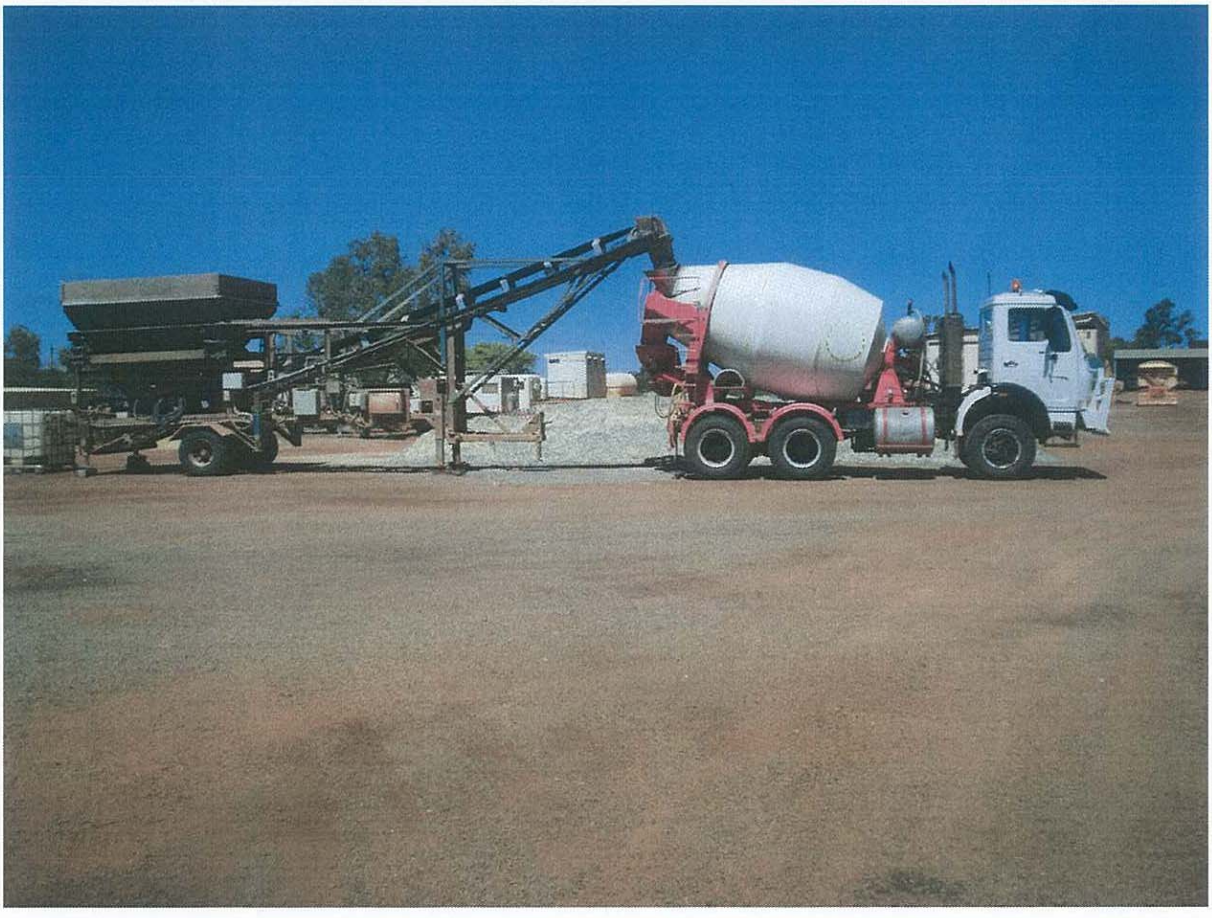
No Job to small

Backhoe for Hire.



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 —2011

11 July – 22 July

19 Sept – 30 Sept

07 Nov – 18 Nov

05 Dec – 16 Dec

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

LANDMARK
an AWB company

THRIFTY-LINK
HANDY FOR HARDWARE

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

TRENNY'S
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PIERLITE professional lighting solutions
WAECO by Dometic GROUP
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Other brands available upon request

Expressions Of Interest for Catering

The Meekatharra Race Club is seeking Expressions of Interest in regards to doing the catering for the 2 Day Race Weekend on the 1st & 3rd of OCTOBER 2011.

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

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

For more information please contact Lauren Howden 0419 195 290

Kids Footy

Karalundi and Meeka played football on Sunday 26th June 2011.

The boys who played were from ages 9 – 18 years. Karalundi didn't have a full team so some of the Meeka boys played for them. They were all very happy to be able to play, as this has not happened since last year.

The scores were Karalundi 8 – 5 53 and Meeka 6 – 10 46 . Thank you very much to Paul Smith and Brenden Peake for training the boys and organising the game. Thank you also to Richard Cook and Danial Strachan for umpiring the game.

The next match between these two teams will be 31st July 2011 and hopefully we will be able to organise a netball game for the girls as well.

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 PH/FAX: 08 9981 1358

Anita's mobile: 0400 761 747

Transwa
Making the Connection to Regional WA

West Rail Meekatharra/Geraldton Bus Timetable

From Geraldton		Mon	***Thurs***	From Meekatharra		Tues	***Fri***
		PM	PM			AM	AM
Geraldton (Railway Stn)	Dep	1.15	3.00	Meekatharra (Royal Mail Hotel)	Dep	7.00	9.00
Mullewa (Swimming Pool)	Arr	2.30	-	Tuckunarra	Dep	7.55	9.55
	Dep	2.35	4.15	Cue (Post Office)	Dep	8.22	10.22
Yalgoo (General Store)	Dep	4.00	5.40	Mt Magnet (Swagman R/House)	Arr	9.18	11.18
Mt Magnet (Swagman R/House)	Arr	5.27	6.55		Dep	8.48	11.48
	Dep	5.57	7.25	Yalgoo (General Store)	Dep	11.15	1.15
Cue (Post Office)	Dep	6.53	8.25	Mullewa (Swimming Pool)	Arr	12.40	-
Tuckunarra	Dep	7.20	8.57		Dep	12.45	2.40
Meekatharra (Post Office)	Arr	8.15	9.50	Geraldton (Railway Stn)	Arr	2.00	3.55

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

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

983

MEEKATHARRA'S COMMUNITY GYM

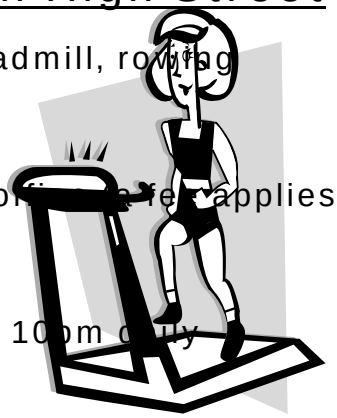
OPEN – NEW EQUIPMENT!

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



29.05.11 STABLEFORD

WINNER	JENKY
R/U	COLIN
GROSS	CLARRIE
N/P No4	JENKY
N/P No16	CLARRIE
L/D No6	CLARRIE
NAGA	RON

05.06.11 CAPTAINS DAY STABLEFORD

WINNER	P.MOSES
R/U	CLARRIE
GROSS	CLARRIE
N/P No2	P.MOSES
N/P No4	PETER
N/P No11	CLARRIE
N/P No16	CLARRIE
L/D	JENKY
FERRETT	BILL
NAGA	ROY

12.06.11 STABLEFORD

WINNER	BILL
R/U	RUSTY
N/P No4	RUSTY
N/P No16	BILL
L/D No3	VEGIE
GROSS	CLARRIE
NAGA	DARCY

-RUSTY

19.06.11 MONTHLY MUG RAD ROUND 72 HOLE

WINNER	PETER
R/U	JENKY
GROSS	CLARRIE
LEAST PUTTS	JENKY
N/P No4	BILL
N/P No16	VEGIE
L/D	JENKY
NAGA	RUSTY

26.06.11 STABLEFORD

WINNER	CLARRIE
R/U	JENKY
GROSS	CLARRIE
N/P No4	PETER
N/P No11	PETER
N/P No16	CLARRIE
L/D No6	PETER
FERRETT	CLARRIE
NAGA	RUSTY

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

Dining Room bookings are recommended

Telephone: 99811020
Fax: 99811021
Email: commieh@westnet.com.au

www.commercialmeeka.com.au

MEGABUCKS MOVIES

Megabucks Studios produced four movies last year. Can you match the name of each actor with the type of film he starred in, the film location, the month it was released (one was released in July) and the amount each movie grossed ($9m, $11m, $12m, $15m)?

1. The movie filmed in Los Angeles was released later in the year than the comedy movie.

2. Nick Page was the star of the movie which grossed more than the horror movie but less than at least one of the other movies.

3. The movie released in March grossed $1m or $2m more or $1m or $2m less than one starring Steve Connelly (whose movie either grossed $12m or was released in May).

4. The science fiction movie (not released in October) didn't gross as much as the movie filmed in New York (which was the one released either three months before or three months after the movie starring Will Bryce).

5. The action movie was released later in the year than the one which grossed $11m and earlier in the year than the movie filmed in Boston.

6. The movie starring Tom Rowe grossed either $2m or $3m more than the one filmed in Las Vegas.

Actor	Type	Location	Month	$m

MEGABUCKS MOVIES - Solution

Nick Page - comedy - Las Vegas - March - $12m

Steve Connelly - science fiction - Los Angeles - May - $11m

Tom Rowe - action - New York - July - $15m

Will Bryce - horror - Boston - October - $9m

Warning

Please be wary of the windy weather we are experiencing, and secure your load of rubbish safely on your way to the rubbish tip to avoid any flying debris which could cause harm to other motorists

Weekly Church Services:

Meekatharra Community Church Frontier Services

65-67 Darlot Street, Meekatharra.

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

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

Eating more fruit and vegetables makes good sense. They are not only an important part of a healthy diet - eating more can save you money!

Many people make the mistake of thinking fruit and vegetables are expensive. Let's compare the average cost per kilogram of fruit and vegetables with less nutritious processed foods.

Fruit and vegetables cost about $2-4 per kilo compared to cakes, chips, chocolate, and snack bars, at over $10 per kilo. Some heavily marketed children's foods cost as much as $30-40 per kilo (they are usually not good nutritional value either). Check it out next time you shop!

Why eat more fruit and vegetables?

Eating a diet high in fruit and vegetables protects you and your family from a number of diseases (eg. heart disease, diabetes, stroke, some cancers).

They are loaded with vitamins and minerals, fibre and other beneficial components. It is important children eat fruit and vegetables every day to grow and stay healthy.

Go for 2 and 5

We are encouraged to *Go for 2 fruit and 5 vegetables* every day. The amount children should eat depends on their age, appetite and activity level.

Invest in your child's future by encouraging them to eat a wide variety of fruit and vegetables every day, at home and school.

Have your children help you to prepare these healthy, easy and tasty recipes. Involving children in preparing food is the best way to encourage enjoyment of fruit and vegetables.

How can I shop smart for health?

- Look out for fruit and vegetables 'in season'. They are usually good quality and good value.
- Allow your children to plan shopping with you to select fruit and vegetables to take to school.
- Check the cost per kilo of fruit and vegetables and compare with other snack foods.
- Encourage your school's canteen to offer meals and snacks featuring fruit and vegetables.

1 serve of fruit

1 medium piece (eg apple)
2 small pieces (eg apricots)
1 cup canned or chopped fruit

1 serve of vegies

½ cup cooked vegetables or legumes
1 medium potato
1 cup salad vegetables

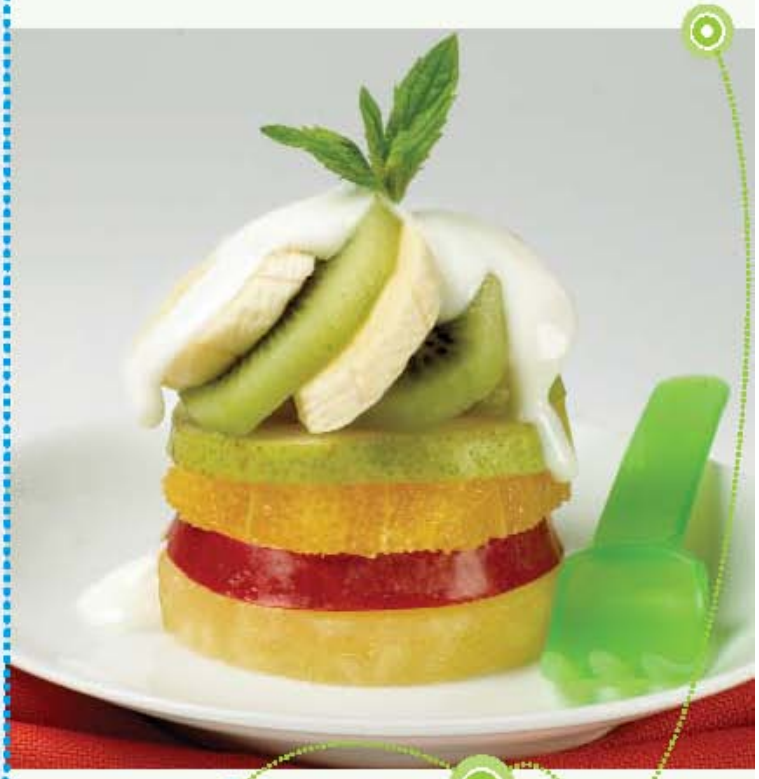
Fruit Stacks

Ingredients

1 apple, cored and sliced into rounds
1 orange, peeled and sliced into rounds
225g can pineapple rings
1 kiwi fruit, peeled and sliced
1 banana, peeled and sliced
1 pear, cored and sliced
220g tub low-fat yoghurt

Method

Arrange rounds of fruit in descending order (widest round at the bottom). Serve with a spoonful of low-fat yoghurt. Serves 4.
Cost: $3.94/recipe



Hint

Stack the orange and pineapple between the apple, pear and banana rounds to stop them from discolouring.

Kids Survival Pack

Ingredients

¼ cup popping corn
½ cup dried apricots, chopped
½ cup dried apple, chopped
½ cup sultanas

Method

Put the popping corn in a microwave safe dish. Microwave on HIGH (100%) for 4 minutes or cook in a saucepan or electric frypan according to packet instructions. Stand popcorn for one minute. Mix remaining ingredients into the popcorn. Makes 3 cups.
Cost: $4.60/recipe.

Corn on the Cob

Ingredients

2 cobs of corn, cut in half
4 pop sticks or kebab skewers

Method

To boil

Pull off the husk and the silk (string-like fibres). Fill a saucepan with water and bring water to the boil. Simmer corn into boiling water for 10 minutes. Drain when corn is cooked. Insert a pop stick or skewer into an end of the corn for easy handling. Serve immediately. Serves 4. Cost: $1.38/recipe.

To microwave

Carefully pull open a few of the leaves and remove the silk. Close up the leaves. Microwave corn on HIGH (100%) for 5-7 minutes until it is tender, Remove leaves. Insert a pop stick or skewer into an end of the corn for easy handling. Serve immediately. Serves 4.

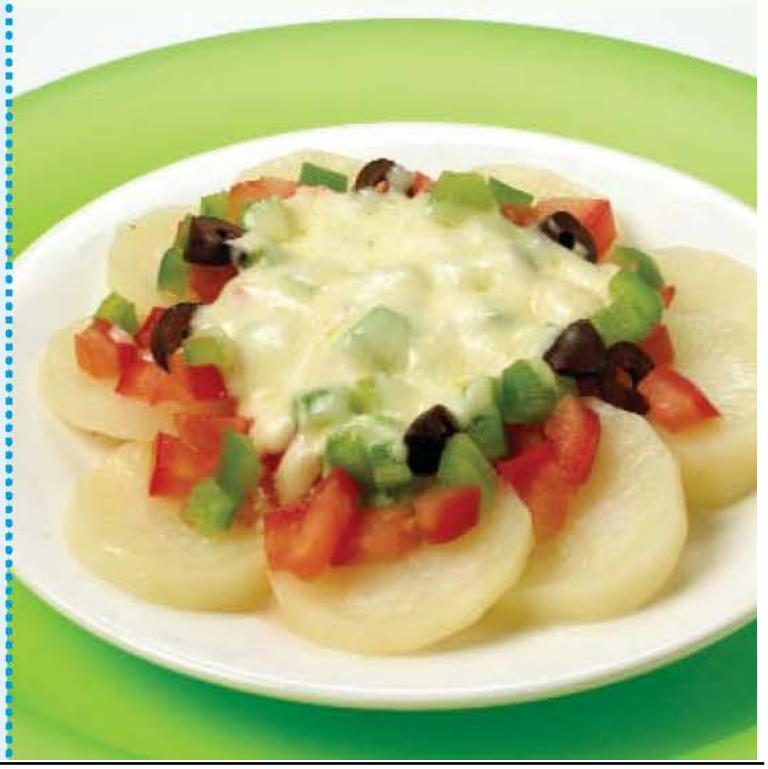
Cowboy's (or girl's) Pizza in a Hurry

Ingredients

2 medium potatoes, sliced
½ - 1 tablespoon water
2 ripe tomatoes, chopped
½ green capsicum, seeded and chopped
4 black olives, pitted and quartered
¼ cup grated Mozzarella cheese

Method

Lay potato on a round microwave-safe plate. Sprinkle with water, cover with cling film and microwave on HIGH (100%) for 5-6 minutes or until tender. Drain well on paper towels. Overlap potato slices on a plate to form a pizza base. Cover with tomato, capsicum and olives, sprinkle with cheese and microwave on HIGH (100%) for 3-4 minutes until heated through and cheese has melted. Serves 2. Cost: $2.97/recipe.



Sandwich Filling Ideas

Make your sandwiches, rolls or wraps interesting by using a variety of breads and fillings. Try wholegrain, rye, multi-grain, wholemeal or high fibre white breads and rolls or Lavash bread, Lebanese bread or tortillas for wraps. Fill with a mixture of lean meats, low-fat spreads and salad.

Raisin bread

reduced-fat cream cheese and sliced strawberries.

Roll

shredded lettuce, snowpea sprouts, sliced tomato, grated reduced-fat cheese, lean shaved ham.

Wrap

avocado (mashed with lemon juice to prevent browning), diced chicken, shredded lettuce, snowpea sprouts, sliced red capsicum.

Sandwich

-canned tuna (in brine), sliced cucumber and sliced tomato

-egg, mayonnaise, alfalfa sprouts and chives

www.fruitnvegweek.health.wa.gov.au

© Nutrition and Physical Activity Branch, Department of Health

Department of Health

food cents

Go for 2&5

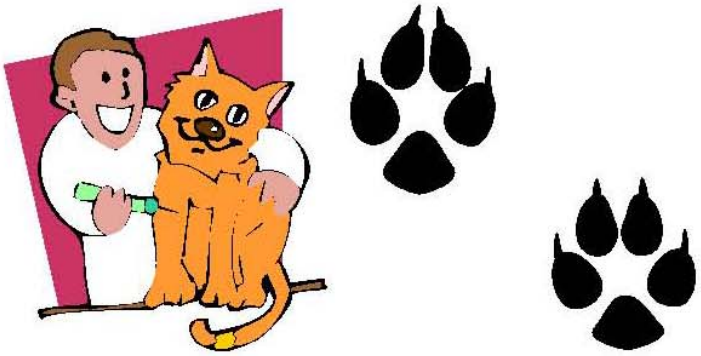
HP1162 APRIL'04 19076

MURDOCH VET PROGRAM VISITS MEEKATHARRA

As part of its training program, Murdoch University offer final year veterinary students and one fully qualified veterinarian the opportunity to run a neutering clinic plus do vaccinations in small towns where the need for dog control is evident.

The Murdoch Vet Program travelled from Perth to work in Meekatharra and spent time also in Cue, Sandstone and Wiluna. The vets spent from Tuesday 7th June through until Saturday 11th of June in Meekatharra.

Throughout their stay at Paddy's Flat Recreation Centre a total of 67 animals were vet checked. Of these animals 31 dogs were neutered— (14 males and 17 females) and 7 cats (1 male and 6 females) were also neutered. A total of 38 operations.



The program would not have been a success without the support of the Meekatharra Shire. In particular councillor Jo Burgemeister acted as a taxi service picking up dogs and returning them to their owners after they had recovered from surgery.

Dr Ian Robertson, currently the Dean of the School of Veterinary and Biomedical Sciences for Murdoch University was very pleased with the outcomes of the 5 day visit. The number of animals attending the clinic, whilst slightly down on 2010, were well beyond expectations.

Ian is looking forward to a return visit with new students in 2012.

KARALUNDI ABORIGINAL EDUCATION CENTRE

KARALUNDI
ABORIGINAL EDUCATION COMMUNITY INC.
WALKING AND LEARNING TOGETHER

Celebrating

25

Years

1986 — 2011

OPEN DAY

SUNDAY 7TH AUGUST

55 KM NORTH OF MEEKATHARRA

9 AM - 4 PM

- ⇒ HORSE RIDES
- ⇒ FACE PAINTING
- ⇒ GIANT SWING
- ⇒ FAMILY GAMES
- ⇒ SUMO WRESTLING
- ⇒ FLYING DEMO (WEATHER PERMITTING)

GREAT CAFE FOOD

EDUCATE EQUIP INSPIRE

MEEKATHARRA
Centenary
Prize Meeting
23rd and 24th July 2011

Saturday: 10 Shots 300, 400, 500, 600 yards
Sunday: 10 Shots 700, 800 yards.
Lunch
10 shots at 900 yards
Full Entry $70.00 plus ammo
Trophies only $ 60.00 plus ammo
The only available ammo from the club is 155g Sierra MK1
Trophies for each match – all divisions TR & FS
Daily Aggregate Division winner plus Grand Aggregate winners TR & FS
Prize money pro rata to entry numbers
Tyro and Veteran Trophy

Saturday: Morning Tea: soup, sandwiches on Range only.
Tea & Coffee available at the club house.

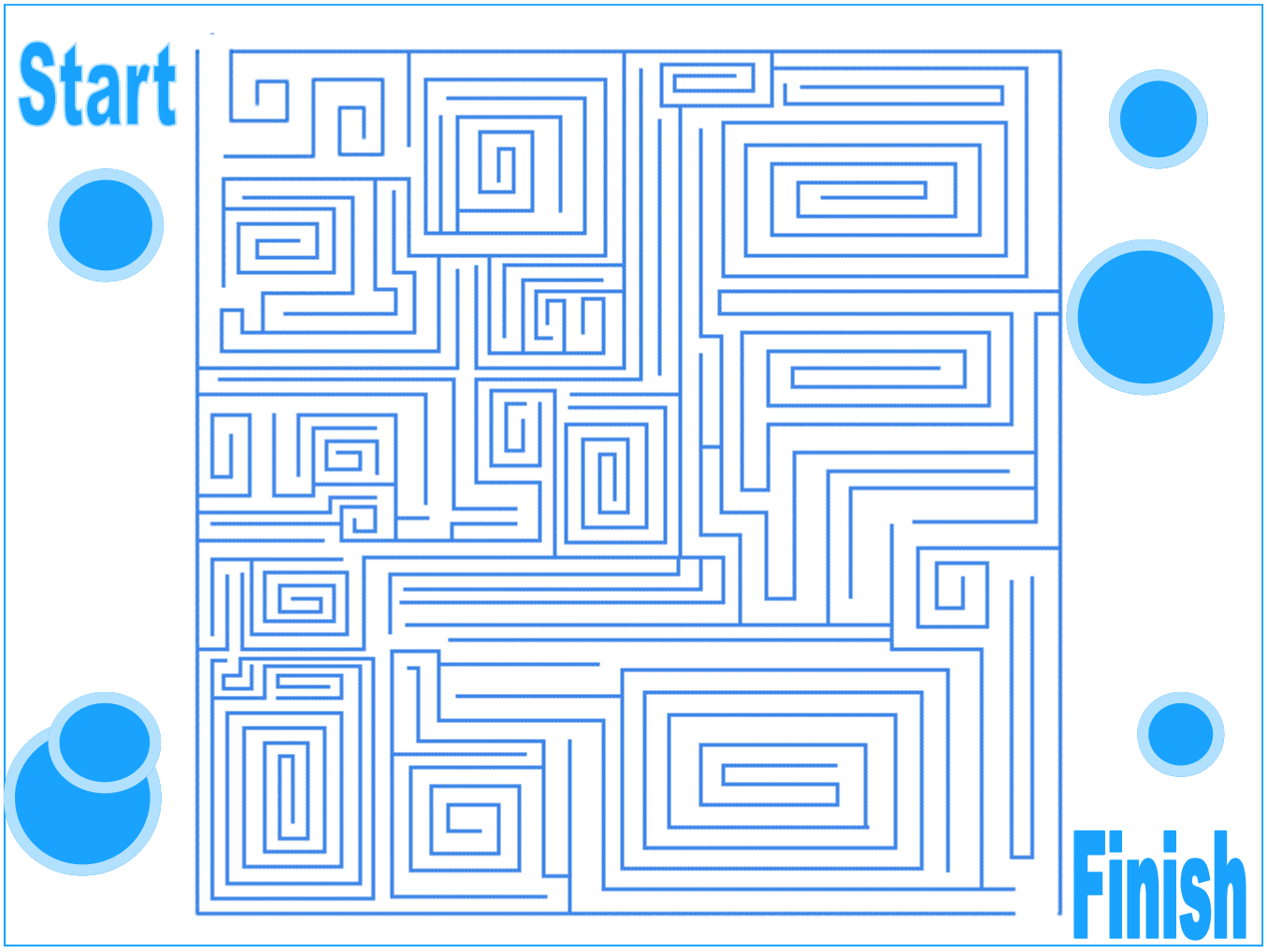
Sunday: Morning Tea at the clubhouse
Saturday Evening: **FREE** Roast dinner
Sunday: **FREE** Breakfast & BBQ Tea
Camping on range, showers, toilets, power etc (limited)
Toilets and showers at sporting complex on the range side of town

Accommodation: Veterans Affairs Units: 998801220
Commercial Hotel: 99811020 Royal Mail Hotel: 99811148
Auski Inland Motel: 99811433

No meal supplied Friday Night; club will have BBQ packs available for sale and BBQ will be available at the clubhouse.
Mid-day meals Sat & Sun at minimal cost.

Help us celebrate 100 years as a club

Enquiries:
Clarrie and Dot Lauritsen
Meekatharra WA 6642
Home: 08 9981 1097 Clarrie work 9980 0162 Mobile 0428 699 685
Dot Mobile: 0409 811 808



July Birthdays

Chelsea Mongoo	1st	B.J Baumgarten	14th
Edgar Edwards	1st	Max Johns	16th
Michael Walley	1st	Peter Clare	19th
Esteena Gillespie	3rd	Zodiac Gillespie	20th
Tahlea Hansen	3rd	Tahlia Ashwin	22nd
Jerome Jones	3rd	Leannedra Jones	22nd
Tyrone Hill	4th	Steven Trenfield	25th
Zeth Hill	5th	Svenja Luebbe	27th
Tilly Kyanga	8th	Kelly Fuhrmann	28th
Braiden Page	8th	Lucy Luebbe	30th

Word Search

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

ANTARCTIC, ARCTIC, ARCTIC CIRCLE, ARCTIC FOX, BLIZZARD, FREEZING, FROSTY, FROZEN, GELID, GLACIER, HUSKY, ICE, ICEBERG, ICEBREAKER, ICE FIELD, ICE FLOE, ICE SHELF, ICICLE, IGLOO, NORTH POLE, PENGUIN, PERMAFROST, POLAR BEAR, SLED, SLEET, SNOW, SNOWSHOE, SNOWSTORM, SOUTH POLE, WHITEOUT.

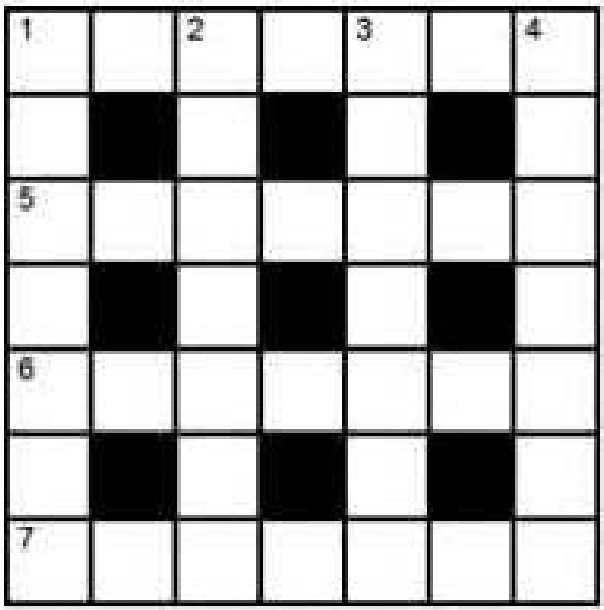
Sudoku

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

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

June Sudoku Solution

Quick Crossword



Across

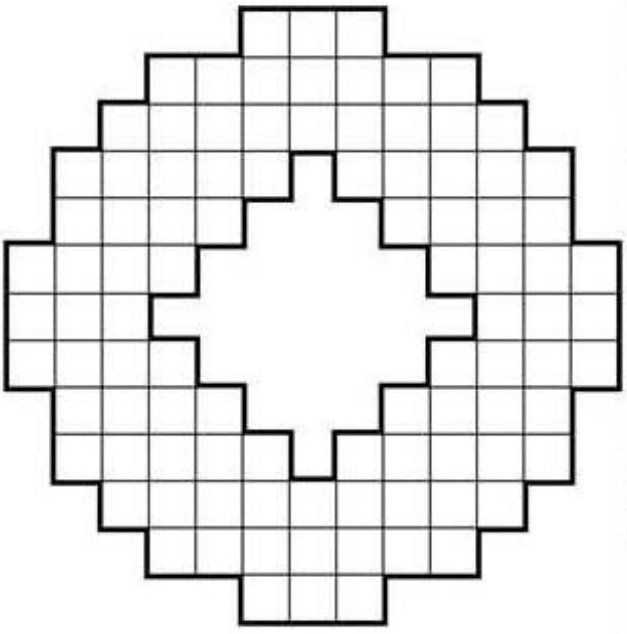
1. Schematic drawing
5. Thick cushion used as a seat
6. Captivate
7. Voter

Down

1. Jurisdiction of a bishop
2. Presenter's visual aid
3. Oddment
4. Fiend

WORD WHEEL

Can you fit the words correctly into the grid?



3 letter words
ALE
ERR
HER
ORB
POP
ROE
TEN
VET

4 letter words
CARP
EARN
ETCH
LAST
NAPE
PARA
PEEP
PLOD
SHIN
SHUN
STIR
STUN
TAME
TILT
TUNE
VEAL

5 letter words
DRIER
ELDER
ENDUE
OPERA
SHARD
SHAVE
STEEL
TRIAL

7 letter words
OPERATE
RECLINE
RESOUND
SCARLET

9 letter words
DEPARTURE
SPEARMINT
STARBOARD
TENTATIVE

WHAT'S COOKING

chilli con carne

Preparation Time

10 minutes

Cooking Time

160 minutes

Ingredients (serves 4)

- 1 tbs olive oil
- 1kg-piece gravy beef, cut into quarters
- 2 brown onions, finely chopped
- 2 garlic cloves, finely chopped
- 1 large green capsicum, deseeded, finely chopped
- 2 x 400g cans diced tomatoes
- 500ml (2 cups) beef stock
- 1/2 cup chopped fresh coriander
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp ground cloves
- 1-2 tsp dried chilli flakes
- 1 cinnamon stick
- Coarsely grated vintage cheddar, to serve
- Finely chopped tomato, to serve
- Finely chopped red onion, to serve
- Mashed avocado, to serve

Method

Heat oil in a pan over medium-high heat. Add half the beef and cook for 3-4 minutes each side. Set aside. Repeat with remaining beef. Reduce heat to medium. Add onion, garlic and capsicum and cook, stirring, for 6-8 minutes.

Return beef to the pan with the tomato, stock, coriander, cumin, oregano, cloves, chilli and cinnamon. Bring to the boil. Reduce heat to low and cook, covered, for 2 hours.

Use tongs to transfer the beef to a plate. Use 2 forks to shred the meat.

Bring the tomato mixture to the boil. Cook, uncovered, for 10 minutes. Add beef and cook for 2 minutes. Remove from heat. Season with salt and pepper.

Divide chilli among serving bowls and top with cheddar, tomato, onion, avocado and sour cream. Serve with tortillas.

Notes

You can freeze this recipe at the end of step 4. Thaw overnight in the fridge. Reheat in a saucepan over low heat and continue from step 5.

WHAT'S COOKING

Apple pie ice-cream sandwiches

Make your freezer earn its keep with these wonderful apple pie ice-cream dessert sandwiches.

Makes

12

Ingredients

- 1.25 litres vanilla ice-cream, softened
- 400g can pie apple slices, chopped
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Method

Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line with baking paper, allowing a 2cm overhang at long ends.

Place ice-cream, apple, cinnamon and nutmeg in a bowl. Stir to combine. Spoon into prepared pan. Smooth top. Cover surface with plastic wrap. Freeze for 8 hours or until firm.

Place 12 biscuits, flat side up, on a board. Brush with a little cold water. Using a 6.5cm round cutter, cut 12 rounds from ice-cream mixture. Place on biscuits. Brush flat side of remaining biscuits with a little cold water. Sandwich ice-cream between biscuits. Place on a large baking tray. Freeze for 3 hours or until firm.

Remove from freezer. Set aside for 15 minutes. Serve.

Events Calendar

July

Festival Meeting	5th
Senior First Aid Course	9th
CRC Meeting	12th
Storm Co	11th—15th
Interagency Meeting	19th

Meekatharra Festival DVD For Sale $10 at shire office

Next Issue...

Closing Date: 28th July 2011