Meekatharra Dust

Issue Number 228—October 2011 *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

Hi Readers

I hope everyone is ready for a big weekend with the Meeka Festival!

Don't miss out on the Races, Rodeo, Family Fun Night and Street Performers.

Fingers crossed it doesn't rain over the weekend!

Be sure to join up for the pool which opens on Monday 3rd October.

-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
finance@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.

October Birthdays

Alicia King	3rd	Mickaela Mongoo	24th
Bree Laylan-Yates	9th	Janine Mongoo	24th
Brent Gilbert	14th	Anna Nichols	24th
Brittany Flanagan	15th	Kamus Mongoo	26th
Berta Gilbert-Riley	16th	Michael Mongoo	26th
Allisha Namok	16th	Annika Flanagan	27th
Lewis Councillor	17th	Trisha Baumgarten	30th
Caitlin George	19th	Jahneisha Mitchell	30th
Heidi Shay-Egan	20th		
Joella Flanagan	21st		

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.

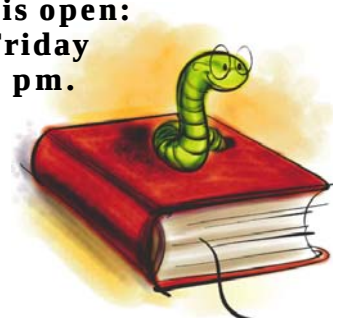
Meekatharra Library

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.

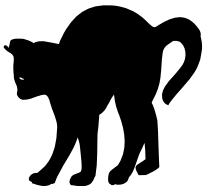


We have a number of library books and DVDs that have not been returned and are overdue. Please could you check that you have returned all overdue library items.

Thank you –Mel

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**

AGM Yulella

Incorporated

Yulella Incorporated AGM will be held
Tuesday 25th October 2011 at 2pm in the Yulella Boardroom.

Financial Membership must be current to attend.

Membership or AGM questions please phone
Public Officer: Robyn Morris 99801339

Greenmining PTY LTD

Six tonne 2007 HINO 6.7m x 2.5m tray with 3 tonne trailer.
(8.5 tonne payload)
Available for local and regional freight service
Personal pick ups, deliveries and Metal recycling service
Will collect from site and deliver locally or to Perth or Geraldton
Call Roy on 0427374102 or Anita on 0400761747

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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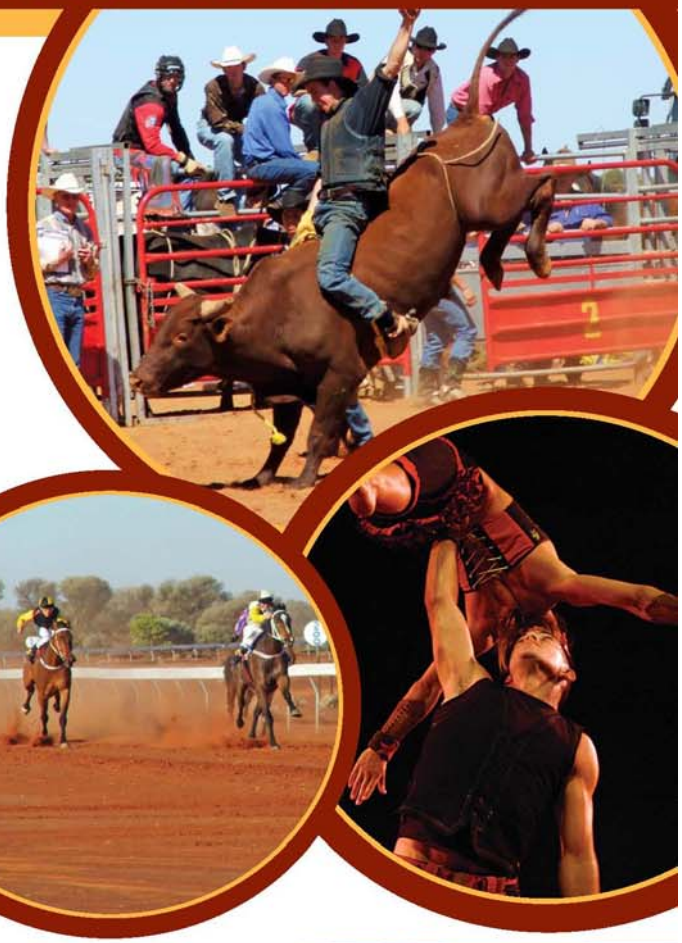
OUTBACK FESTIVAL

RODEO - FESTIVAL - RACES



FRI 30 SEPTEMBER

- Dream State Circus Performing Live
- Family Fun Night at the Oval
- Music
- Market Stalls
- Rides for the Kids
- Fireworks
- Food

SAT 1 OCTOBER

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

SUN 2 OCTOBER

Rodeo

- 9am - Pre-events
- 11am - Bar Open
- 12pm - Main Events NO BYO
- 18+ Outback Ball - DJ and Live Band until Midnight

MON 3 OCTOBER

- Races from 1.30pm

Courtesy Bus available to and from Race Track.

Friday 30th September - Monday 3rd October

For more information call 9981 1002
or visit www.meekashire.wa.gov.au

Proudly sponsored by

FARMER JACK'S MEEKATHARRA · shire of meekatharra a golden prospect · CROSSLANDS PROUDLY SUPPORTING THE MID-WEST COMMUNITY · Australian Government Festivals Australia · DORAY MINERALS LIMITED · maca Mining & Civil Australia · SANDFIRE RESOURCES NL · lotterywest · SINOSTEEL · SINOSTEEL MIDWEST Corporation Limited · Outback Travel Centre · RioTinto · WesTrac CAT · SKIPPERS TRANSPORT

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

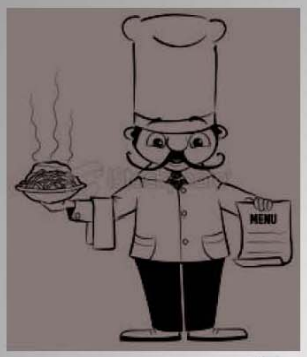
•CRUMBED STEAK

•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

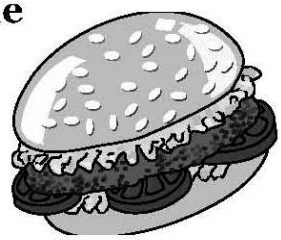
Pop in to get a copy of our new menu!

Meekatharra Corner Store

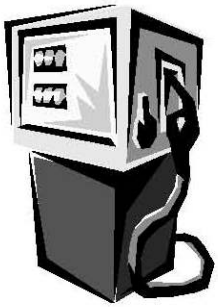
Corner of Main & High Streets, Meekatharra

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)

Trivia Night
10th September 2011

During the break everyone had a go at the Coin Toss game in order to win a bottle of Jack Daniel's.

The winners of the night—"Johnnos" won with 49.5 points and got a free dinner for six at the Auski Inland Motel. Second came "Good Behave Bonds" with 44 points and third came "Hens & Rooster" with 40.5 points.

Thanks to everyone who came to this fun night to support the Meeka Festival. Thanks to all the busy and helpful organisers of this event—it was great!

CATHOLIC CHURCH

Christ the King

(Corner of High and Darlot Streets, Meekatharra)

Liturgies

ALL WELCOME

All Liturgies at 6.30 pm

October

Sat 15th Celebration of the Eucharist

Sat 22nd Celebration of the Word with Communion

November

Sat 5th Celebration of the Word with Communion

Sat 26th Celebration of the Eucharist

December

Sat 3rd Celebration of the Word with Communion

Christmas Mass time to be notified

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

YOUTH BALL 2011

WHEN: 5th November
TIME: 7pm—11pm
WHERE: Meeka Shire Hall
COST: $10 includes dinner

PARENTS & CARERS

We need to form a committee to cook and organise the night

Please call me

Elaine King
0447 082 152

youth centre
october holiday program

Wednesday 5th
1-3pm
Movie 'Evan Almighty' (rated G)

Thursday 6th
1 - 3pm
Major Game/Major Fun Comps!
Prizes to be won!!!!!!!

Friday 7th
1 – 3pm
Beading
Art & Craft activities
Basketball

Contact Belinda on 0438 993 013 for more info.

Second week of holidays a team from Subiaco will be running the holiday program. See Farmer Jack's notice board for further details.

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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
. . . . . .

A unique and lasting record of your support

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!

The Shire of Meekatharra invites quotes for the following:

Installation of: 5 Station Automatic Lawn and Garden Irrigation System

Location: Lot 304 Darlot Street Meekatharra

Details of project: Supply and Installation of a 5 Station Automatic Lawn and Garden Irrigation System.

- 25mm HDPE Blue line pipe buried to a depth of no less than 200mm
- Quality brand 25mm Solenoid Valves
- Quality brand 5-6 Station Weather Resistant Programmable Automatic Controller direct wired to 240volt feed
- 1.0mm Multi – strand 24volt cable + earth to valve solenoids with water proof joints
- Water supplied from Mains Pressure with Master Solenoid Control Valve installed
- Back Flow Prevention installed to Water Corporation Western Australian Standard
- Sprinklers - Quality brand 6inch Pop – up Stream Rotor type for lawn areas. Quality brand Micro Rotors to gardens
- **New system to be actively watering property grounds no later than November 30th 2011**
- **All site inspections must be organised with the Shire of Meekatharra prior to access (Tenants are present)**
- Property and Reticulation plans are available if required
- Contact Jon Jones for further enquiries

Please supply quotes by **4:00pm Friday 14th October 2011**

The Shire of Meekatharra invites quotes for the following:

Installation of: 6 Station Automatic Lawn and Garden Irrigation System

Location: Lot 205 & Lot 207 Hill Street Meekatharra

Details of project: Supply and Installation of Automatic Lawn and Garden Irrigation System.

- 25mm HDPE Blue line pipe buried to a depth of no less than 200mm
- Quality brand 25mm Solenoid Valves
- Quality brand 6 Station Weather Resistant Programmable Automatic Controller direct wired to 240volt feed
- 1.0mm Multi – strand 24volt cable + earth to valve solenoids with water proof joints
- Water supplied from Mains Pressure with Master Solenoid Control Valve installed
- Back Flow Prevention installed to Water Corporation Western Australian Standard
- Sprinklers - Quality brand 6inch Pop – up Stream Rotor type for lawn areas. Quality brand Micro Rotors to gardens
- Connection required to existing garden "Trickle irrigation" as separate station/s
- **New system to be actively watering property grounds no later than November 30th 2011**
- **All site inspections must be organised with the Shire of Meekatharra prior to access (Tenants are present)**
- Contact Jon Jones for further enquiries

Please supply quotes by **4:00pm Friday 14th October 2011**

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Phone: 9980 1895 (Depot)
Mobile: 0447814374 (Jon Jones)
Fax: 9980 1906 (Depot)
Email: worksmgr@meekashire.wa.gov.au

The Shire of Meekatharra invites quotes for the following:

Landscape and Reticulation: Limestone brick border gardens with Lippia Lawn Inserts with Fully Automatic Lawn and Garden Irrigation System

Location: Lot 87 Main Street Meekatharra

Details of project:
Landscape design:

- Supply and Installation of Raised Limestone Brick border with mixed native/exotic Plants.
- Lippia Lawn inserts to front area of property.
- Lippia Lawn planted at rear and sides of house.

Irrigation design details

- 6 Station Automatic Lawn and Garden Irrigation System:
- 25mm HDPE Blue line pipe buried to a depth of no less than 200mm
- Quality brand 25mm Solenoid Valves
- Quality brand 6 Station Weather Resistant Programmable Automatic Controller direct wired to 240volt feed
- 1.0mm Multi – strand 24volt cable + earth to valve solenoids with water proof joints
- Water supplied from Mains Pressure with Master Solenoid Control Valve installed
- Back Flow Prevention installed to Water Corporation Western Australian Standard
- Sprinklers (Lawn) - Quality brand 6inch Pop – up Stream Rotor type for lawn areas.
- Sprinklers (Garden) - Quality brand Micro Rotors to gardens
- Trickle Irrigation with adjustable emitters to individual garden plants

Other Information

- **Landscaping and Irrigation to be completed by 23rd December 2011.**
- **All site inspections must be organised with the Shire of Meekatharra prior to access (Tenants are present)**
- Landscape and Reticulation plans are available.

- Contact Jon Jones for further enquiries

Please supply quotes by **4:00pm Friday 14th October 2011**

meekatharra
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Phone: 9980 1895 (Depot)

Mobile: 0447814374 (Jon Jones)

Fax: 9980 1906 (Depot)

Email: worksmgr@meekashire.wa.gov.au

WANTED

REPORTS OF ILLEGAL PROSPECTING AND MINING

REPORTS SHOULD BE MADE TO THE INVESTIGATION AND ENFORCEMENT BRANCH AT ieb@dmp.wa.gov.au

WHAT
- DETAILS OF THE SUSPECTED UNLAWFUL ACTIVITY THAT YOU ARE REPORTING
- PHOTOGRAPHS OF THE ACTIVITY IF YOU HAVE ANY

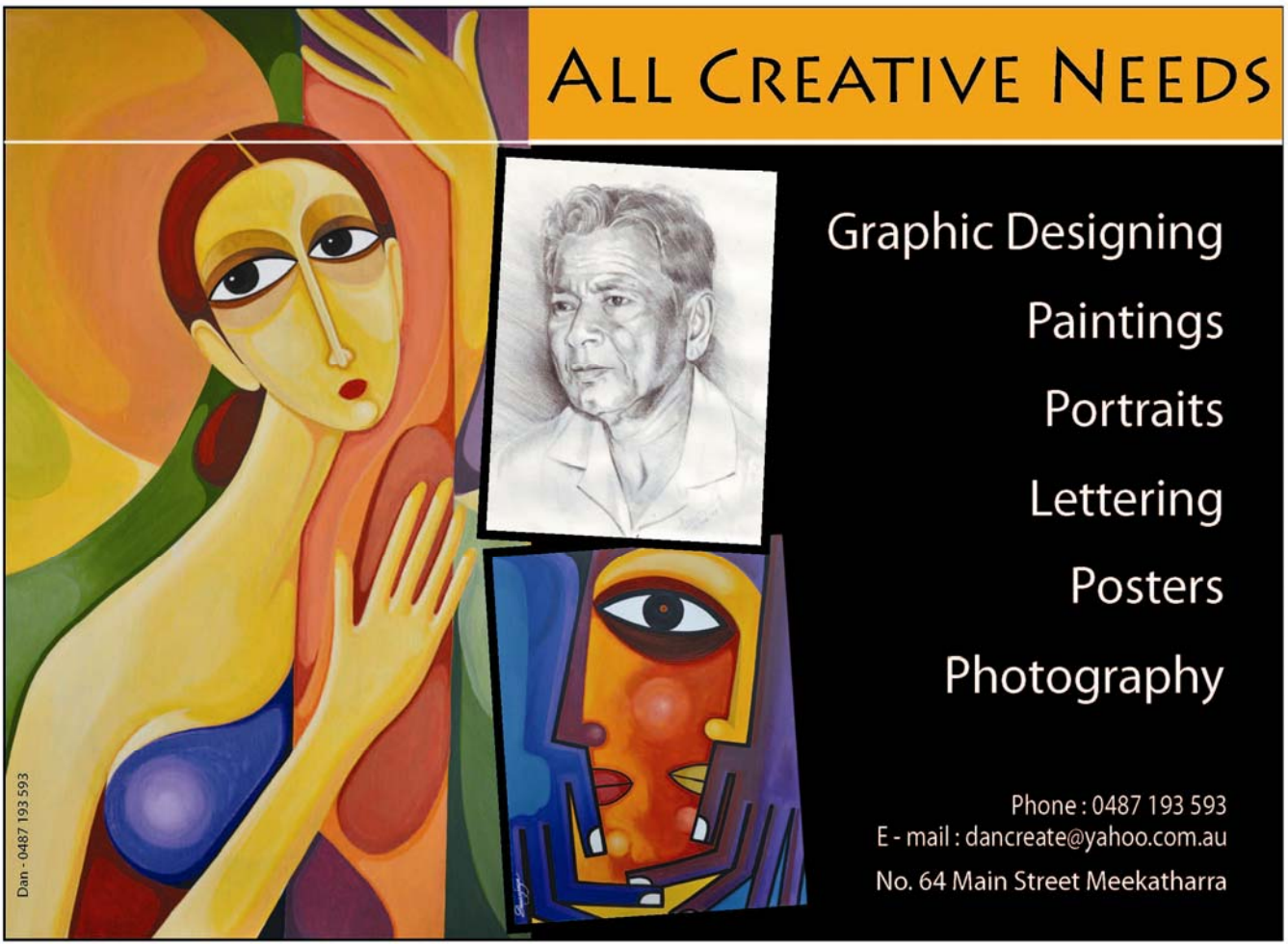
WHERE
- PRECISE LOCATION OF THE ACTIVITY
  —E.G. GPS COORDINATES OR A DETAILED DESCRIPTION OF THE LOCATION—
- SPECIFIC TENEMENT NUMBERS IF KNOWN

WHEN
- TIME AND DATE THE ACTIVITY OCCURRED
  —OR A TIME AND DATE RANGE DURING WHICH THE ACTIVITY OCCURRED—

WHO
- DETAILS OF ANY PERSONS SIGHTED AND THEIR NAMES AND CONTACT DETAILS IF KNOWN
- DETAILS OF ANY VEHICLES SIGHTED INCLUDING VEHICLE NUMBER PLATES

YOU
- YOUR NAME AND CONTACT DETAILS
  —FOR INVESTIGATIVE STAFF TO CONTACT YOU IF NECESSARY—

NOTE: YOUR NAME AND DETAILS WILL REMAIN CONFIDENTIAL AT ALL TIMES. HOWEVER WHERE CHARGES ARE PREFERRED IT MAY BE NECESSARY FOR YOU TO GIVE EVIDENCE IN COURT IF YOU HAVE WITNESSED THE ACTIVITY ACTUALLY TAKING PLACE.



MEEKA SWIMMING POOL OPEN FROM MONDAY 3RD OCT

Opening times

Mon – Fri 9.30 – 1.30pm and 3pm – 6pm

Sat 10.30– 5.30pm and 7pm – 9pm
(late night swimming)

Sun 12pm – 6pm

Meekatharra Speedway 3rd September 2011

Beautiful day and freezing night again.

The Ripper Classic was a great success again this year. With drivers coming from Meeka, Newman, Kalgoorlie, Leonora, Geraldton and Moora. The ASPXTREME Trick bikes were a huge bonus to the evening. Boy they are scary. Just watching all the kids and adults faces when these 3 riders went through their paces will be something to remember.

The speedway drivers put on a great show as well with some close and fast racing. Casey Paeche (Gero) and Warrren Vanzetti (Moora) said this is the best track they have ever raced on. And they have raced all around Australia. There were a few spin outs and cars smoking but no major accidents, clean racing by all.

The 10 car productions final was great to watch with local driver Ashley Page getting the jump on the first corner but soon Casey from Gero took the lead, boy they all were flying. Bit of a knocked between Jason Johnston-Leonora and Jeff Phal –Kalgoorlie saw a restart, then to have Chris Sharpe from Newman spin out and be clipped by Trevor Box-Kalgoorlie another restart. The last six laps saw Ashley's car slow a tad, he lost oil pressure and looks like a new motor!!!!!Casey Paeche from Geraldton was the winner.

The Street Stock final was fast putting their cars to the pace. Warren Vanzetti from Moora led all the way with Bruno Porro from Newman carrying a passenger Ashley Berry from Gero, he won the raffle to sit in the 2nd seat for the final. Kim McDonald-Newman was sitting right ion their tail, with Steve Larson from Newman following in Brandon Mongoo's new car for next season. It didn't take them long to do the 15 lap final with Warren taking the chequered flag. He was that excited he decided to collect the flag a do a few donuts in the home straight.

The Juniors were the next to come out . Unfortunately the 3 cars from Pt Hedland didn't show. But Brandon Mongoo and Natika Powell only 10 years old from Newman had some cat and mouse races. Brandon had his little corolla humming around the track in the first 2 heats. The next 2 races saw Brandon play with Nakita letting her win heat 3 and the final. This was her 2nd only meeting. Brandon needs to be commended on his sportsmanship for doing this. As this was Brandon's last drive as a junior on his home track. Well done to them both.

Well the Quads division was a little hair raising!!! Duane from Wiluna has won this event for the past couple of years. But Brandon Mongoo took to the track along side Duane and Rueben Walters from Newman in some fast and lead changing races. At the final Brandon got the jump and took to the lead. Duane stalled his bike but got going and was catching Brandon on each lap. Brandon kept up his pace and took out the Quads final.

It was unfortunately very cold, but a great night. Thank you to all that came out and support this event. To all the officials and volunteers a huge thank you as well without you this event wouldn't of happened. ***THANK YOU.***

To all the sponsors a ***BIG THANK YOU*** as well.

Coates Hire, Trenny's Electrical, Tony Burrows, Meekatharra Shire, Creamy and Irene Allison, Farmer Jacks, Meekatharra Bakery

The biggest ***THANK YOU*** would go to Neville Ulph for the track preparation. The track was perfect and all drivers loved it. So thanks Neville also to your helpers with the watering.
AWESOME!!!!!

Department for Communities

The Western Australian 50-Year Volunteer Service Badge for volunteers contributing to an organisation

Government of Western Australia
Department for Communities
Seniors and Volunteering

The Western Australian 50-Year Volunteer Service Badge for volunteers contributing to an organisation

Minister's Message

The state government is pleased to introduce the Western Australian 50-Year Volunteer Service Badge to recognise and celebrate those volunteers who have contributed half a century or more of volunteering service to one organisation.

Western Australia's volunteers are the backbone of our community. They are crucial to building vibrant, stronger and more connected communities. The value and importance of volunteering to the social, cultural and economic life of the state cannot be underestimated.

Many of our volunteers have given a lifetime of service and others have been the driving force in building and sustaining the organisations they have volunteered with. They have made a significant contribution to the community of Western Australia.

The 50-Year Volunteer Service Badge honours this contribution and provides an opportunity for the government and the people of Western Australia to thank these outstanding volunteers.

R M McSweeney

Robyn McSweeney MLC
MINISTER FOR SENIORS AND VOLUNTEERING

For further information, please contact:

Department for Communities

Gordon Stephenson House
140 William Street
Perth WA 6000

t: (08) 6551 8700
f: (08) 6551 8556

e: info@communities.wa.gov.au
w: www.communities.wa.gov.au

DFC0911

In good health OCTOBER NEWSLETTER

World Mental Health Day, 10th October

To alert the public to the importance of good mental health, October 10 is dedicated to World Mental Health Day.

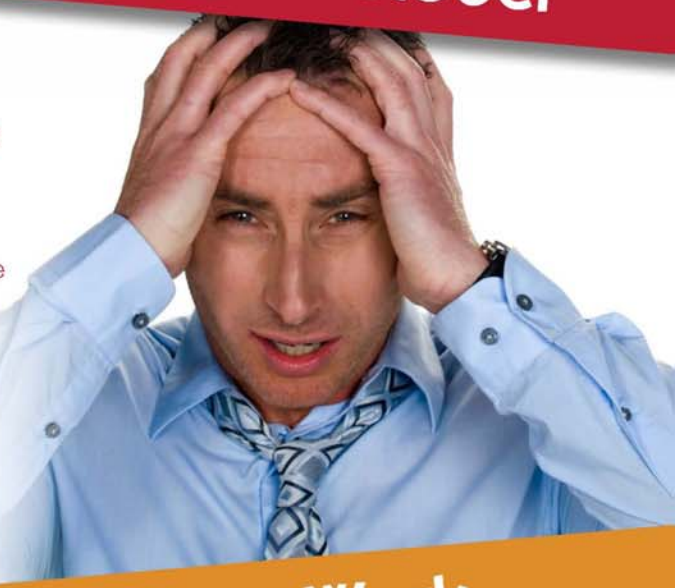
The day encourages everyone to be active about mental health and seek early diagnosis and intervention if needed.

Simon Tatz from the Mental Health Council of Australia said mental health affects millions of Australians and their carers, friends and family, yet too often these issues are ignored, misunderstood or stigmatised.

"We need to educate and inform the public about mental health and raise awareness as it is through education and awareness that we remove stigma," he said.

"In the workplace, we understand with things like colds and the flu that someone may have a few days where they need medication or to work around their health needs; this is the type of attitudinal change needed in mental health."

A National Survey of Mental Health and Wellbeing found that one in five Australians experience a mental illness during their lives, with many experiencing more than one at a time.



Stress and Absenteeism at Work

Work can consume a great deal of your time and adult life, bringing with it a lot of stresses and headaches.

Statistics show work is the reason why one in 10 people are sick, with work-related stress being a main contributor.

A recent survey conducted by suicide prevention group R U OK? showed that 40 per cent of workers found a normal working day stressful.

Middle-aged single parents were at the highest risk for extreme stress, while 18 to 24-year-olds were mostly stress-free.

Simon Tatz from the Mental Health Council of Australia said there was mounting evidence that 'bad' jobs made people unwell.

He said there were many factors involved including having a repetitive job and a bad boss, and lack of physical movement if stuck behind a desk.

Poor work conditions such as bad lighting or heating and exposure to toxins, and lack of fulfilment also contributed to stress said Mr Tatz.

He said stress is the number one condition that affects health, which costs Australian businesses more than $11 billion a year in absenteeism.

"No matter what health issue you have, stress makes it worse. So relieving stress is the key to better health outcomes and improved well-being," Mr Tatz said.

To tackle workplace stress he recommends taking time out from the workplace and going for a walk outside.

He said exercise and eating well is important as well.

"If you have a lunch or tea breaks, use them to do things you enjoy – read, listen to music, talk to mates, go for a walk," he said.

"If you are at your computer, take a break. Do neck and eye exercises and stop looking at the screen for five minutes. If you're on your feet, sit."

Finding the balance between work and other aspects of life is beneficial to a person's health and wellbeing.

If you or someone you know is contemplating suicide, call Lifeline on 13 11 14.

Breast Cancer

Here are some signs to keep an eye out for which may be linked to breast cancer:

- Changes in the shape or size of your breast
- Development of a lump or lumpiness, especially if it's in one breast
- Discharge coming from the nipple without squeezing
- Changes in the skin surround the breast such as dimpling or redness
- Continuous and unusual pain in the breast
- Changes to the nipple including redness, reversing inwards, crusting or the appearance of an ulcer
- Even though cancer is not the cause of nine out of ten breast changes, it is important to see a doctor promptly to be sure.
- Hormonal changes, cysts and a smooth and firm breast lump called a fibroadenoma, may be the cause of some breast changes which are not cancerous.

With one in nine women diagnosed with breast cancer before the age of 85, it is likely most people have a direct or indirect link to the life threatening cancer. Although, women have a higher risk of developing breast cancer some men develop it also.

Risk factors

The exact cause of breast cancer is unknown however research suggests certain risk factors are more likely to lead to the development of breast cancer. Some can be avoided whilst others cannot.

Factors which may increase the risk of developing breast cancer include:

- ✔Individual history: Previously having had breast cancer in one breast increases the risk of developing breast cancer in the other breast.
- ✔Age: The older you the higher the risk of developing breast cancer. Most people diagnosed with breast cancer are over 60-years-old.
- ✔Family history: If your mother or father, sister or daughter had breast cancer. This risk increases if any of your family members developed breast cancer before they were 50-years-old, or if other relatives on both sides of your family have breast or ovarian cancer.
- ✔Radiation therapy: Having had radiation therapy before the age of 30 to the chest, including the breast.
- ✔Menstrual and reproductive history: Having had no children and your menstrual period before the age of 12, going through menopause after the age of 55 and taking menopause hormone therapy for a number of years. The older a women is when she has her first child also increases this risk.
- ✔Gene changes: Changes in particular genes, including BRCAI or BRCA2.
- ✔Lifestyle: Consuming alcohol, not participating in regular physical activity and being overweight or obese after menopause.

Diagnosis:

A number of processes and procedures are used to detect breast cancer.

Usually, a clinical breast exam or a mammogram is firstly undertaken. It is recommended by most health care professionals that women over the age of 40 have a mammogram every one or two years.

If an abnormal area of the breast is found, an ultrasound, MRI or biopsy is done to confirm the abnormality.

There are a number of treatments available for people diagnosed with breast cancer. What is best for one person may not be best for another person, however the most common treatment is surgery.

Pink Ribbon Day

Pink Ribbon Day is happening on Monday, October 24 with the tenth month recognised internationally as Breast Cancer Month.

Money raised from each pink ribbon goes to the National Breast Cancer Foundation to fund research into finding a cure and help prevent the life-threatening disease.

Breast cancer is the most commonly diagnosed cancer among Australians with it being the leading cause of cancer-related deaths here.

For more information visit, www.pinkribbonday.com.au.

GI Explained

What Foods are Low GI?

GI Explained

- ✔ The Glycemic Index (GI) is used to classify the amount of carbohydrates in different foods and the effect they have on blood sugar levels after eating.
- ✔ Foods containing carbohydrates such as breads, cereals, fruits and vegetables are more likely to cause a glycemic response.
- ✔ The slower glucose is released into the bloodstream after consuming certain foods the more beneficial the food is.
- ✔ This is because they cause fewer fluctuations in the level of sugar released in the body which is better for health.
- ✔ Foods can be classified as being low, high or intermediate GI.
- ✔ They are measured on a scale of 0-100 depending on how fast glucose or sugar is released into the bloodstream after a meal.

Low GI foods

Foods with a low GI are broken down into sugar slowly and are released gradually into the bloodstream.

They have a GI of 55 or less and include legumes, milk and yoghurt, mixed grain breads and most fruit and vegetables.

Lead trainer and director at Daly Health and Fitness, Richard Daly said low GI foods provide sustained energy release so the body is less likely to store excess calories as energy or fat.

"The sustained release of energy and stabilising effect of insulin production is the main reason why low GI foods are good for you," Mr Daly said.

"In the case of overweight people with larger amounts of stored energy, the less likely the low GI foods they're consuming will be stored as fat and the more likely they'll use their stored fat when exercising or in a calorie debt diet."

He said foods with a low GI are less appropriate when the energy is needed immediately such as during or after intense exercise.

High GI foods

These foods have a GI of 70 or more and are converted into sugar fast which means they are released into the blood quickly.

Potatoes, rice, wholemeal and white bread and honey are all have a high GI.

Mr Daly said consuming high GI foods is more appropriate when the body is trying to replenish its glycogen stores.

Intermediate GI foods

These include foods such as muesli, rolled oats, sugar and ice cream which have a GI between 56 and 69.

Mr Daly recommends including low GI foods in each meal especially breakfast because the body has been fasting during sleep.

This includes whole breads, grains and cereals.

"These are an excellent low fat, high energy and high in fibre which will fit most nutritional plans and people's lifestyles," he said.

Adding protein to a meal will help reduce the GI of a food and promote sustained energy release.

Interval vs Continuous Exercise - which is better for weight loss?

Getting motivated to exercise can be difficult let alone worrying about whether what you're doing is really paying off.

With the goal of losing those extra kilos which may have piled on over winter, is interval or continuous exercise more beneficial?

Interval Exercise

Spacing out exercise with a short rest can allow the body to perform extraordinary amounts of high-intensity exercise.

This usually wouldn't be possible if exercise continuously progressed during a workout.

Interval exercise usually involves bouts of repeated exercises lasting from a few seconds to several minutes with rest periods in-between.

Here are some positives and negatives of interval exercise suggested by Lead trainer and director at Daly Health and Fitness Richard Daly.

Positives:

It burns significant amounts of calories in a limited period.

It increases cardiovascular output and VO2 (oxygen consumption) levels quickly.

Glucose is used as the main energy source which helps aid fat loss when the body is in a low glycogen state.

It conditions the lactic energy system.

Negatives:

If the frequency of interval training is too high it can promote over training.

It's not suitable for all training ages and a reasonable base of fitness is required to start.

Depending on the intensity and type of exercise, it can cause impact injury.

Continuous Exercise

As the name suggests, this method of training involves performing steady-paced or prolonged exercise at a moderate or high aerobic intensity.

Continuous exercise lasting for about an hour is popular among competitive endurance athletes including cross-country skiers and triathletes.

Jogging, swimming or riding over a distance are common forms of continuous exercise.

Here are some positives and negatives of continuous exercise pointed out by Mr Daly.

Positives:

It's a good starting point when beginning an exercise regime.

It's suitable for all training abilities and ages.

It targets predominantly fat cells as a primary source of energy.

Negatives:

If the frequency is too high it can lead to repetitive stress injuries.

Some people may find it uninteresting and boring.

It conditions only aerobic energy systems, which may not be specific to individuals who play more dynamic sports.

Get Active at Work

October is the month to get fit and active just in-time for summer with a number of events and activities suited to everyone.

The Online Corporate Walking Challenge is happening from October 3 to October 28.

The challenge is about promoting walking as a means of transport and helping replace the 90 million private car trips of less than one kilometre each year.

To register a team of four in your workplace, visit, **www.transport.wa.gov.au/walking.**

Friday October 7 also marks Walk to Work Day as part of Walk Over October which is encouraging people to keep physically active.

If you prefer to ride than walk, October 12 is dedicated to National Ride to Work Day.

To register for this program visit, **www.ride2work.com.au.**

All of these events are aimed at encouraging people to start and maintain active lifestyle habits.

Which is better for you?

When weighing up interval and continuous exercise, Mr Daly said it's not about what's best but about what's better for the individual.

"Current fitness level, body type, other training being undertaken and motivation levels must be taken into consideration when applying each type of exercise," he said.

"As a rule I like overweight clients who are commencing a new exercise routine to use predominantly continuous low intensity cardio to target fat burning.

"As a client develops, becomes fitter and is more confident, then we'd step it up and introduce interval training, particularly post resistance exercise."

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

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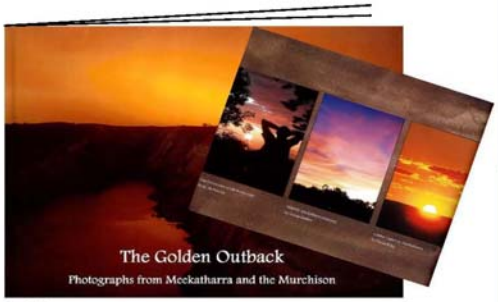
ROYALTIES FOR REGIONS

Department of Regional Development and Lands

Meekatharra
Community Resource Centre

New Meeka themed gifts for sale at the CRC!
Using designs by our talented locals!

- **Meekatharra 2012 Calendar**
  Designs by the creative artists at the DHS Kick Arts Club and local photographers
- **Golden Outback Photobook**
  Photos of Meekatharra and the Murchison, by our local talented photographers
- **Postcards**
  designed by the talented students at the DHS Kick Arts Club
- **Authentic Meeka Roo Poo** (Chocolate Clinkers) Label
  design by Sam Needle from the Meeka Shire



Department of Regional Development and Lands

ROYALTIES FOR REGIONS

PLEASE NOTE

THE CAFÉ WILL
BE CLOSED FROM
14 to 19 OCTOBER

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

55 km North of Meekatharra

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Western Australia

ROYAL FLYING DOCTOR SERVICE

OF AUSTRALIA

The 2011 *On The Road Again-Tour* visited Meekatharra on Tuesday 20th September as part of their seven day trip from Perth to Lancelin. Participants donated at least $2500 each towards the Royal Flying Doctor Service and presented the RFDS with a magnificent $40,000 cheque!

"Squadron Leader" and event coordinator Russel Lanyon and around 40 other motoring enthusiasts got their pre-1980 cars and all-age 4WDs up and running to get them all dirty and dusty on their 2,500km journey through the Gascoyne and Murchison area. Six support vehicles with mechanical and medical equipment as well as a baggage truck joined the group of adventurers to make sure they reached their destinations. In a press release Russel said "You may know where you are staying overnight but you won't know how you are getting there."

Luckily all of the 25 vehicles with their drivers and co-drivers, who were 40 to 70+ aged, made it to the Meekatharra RFDS base and enjoyed a lunch that was generously supplied by the Meekatharra Hospital. After lunch and an interesting presentation by Chief Pilot Jeff Hodges, Russel handed the cheque to the proud Meekatharra RFDS crew.

Everyone then had a chance to have a look around the base and discover the inside of an RFDS plane (without having to be seriously injured or sick).

Thank you very much for this big donation. The Royal Flying Doctor Service, the community and everyone who will ever need to use the RFDS are very grateful.

Mitch with John T and the Girls

The Green Mr Bean

Watch out she's driving a Volvo

Mad Mexicans in the saab a roo

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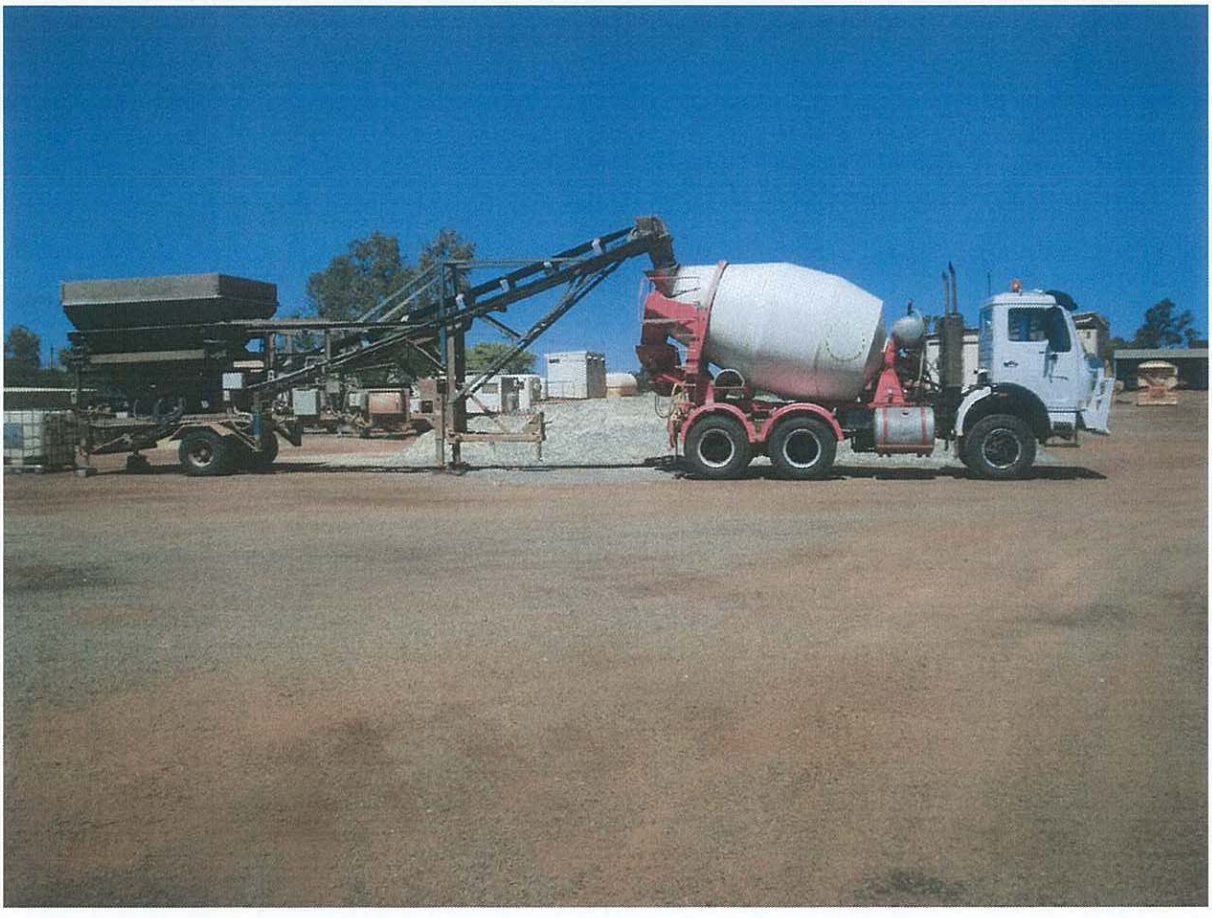

MEEKATHARRA HEALTH CENTRE

VISITING SERVICES

Hospital Reception: 9981 0600

RDFS Clinic: 9981 0604

Community Health: 9981 0636

Aged Hostel: 9981 0645

Mental Health: 9981 0625

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

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

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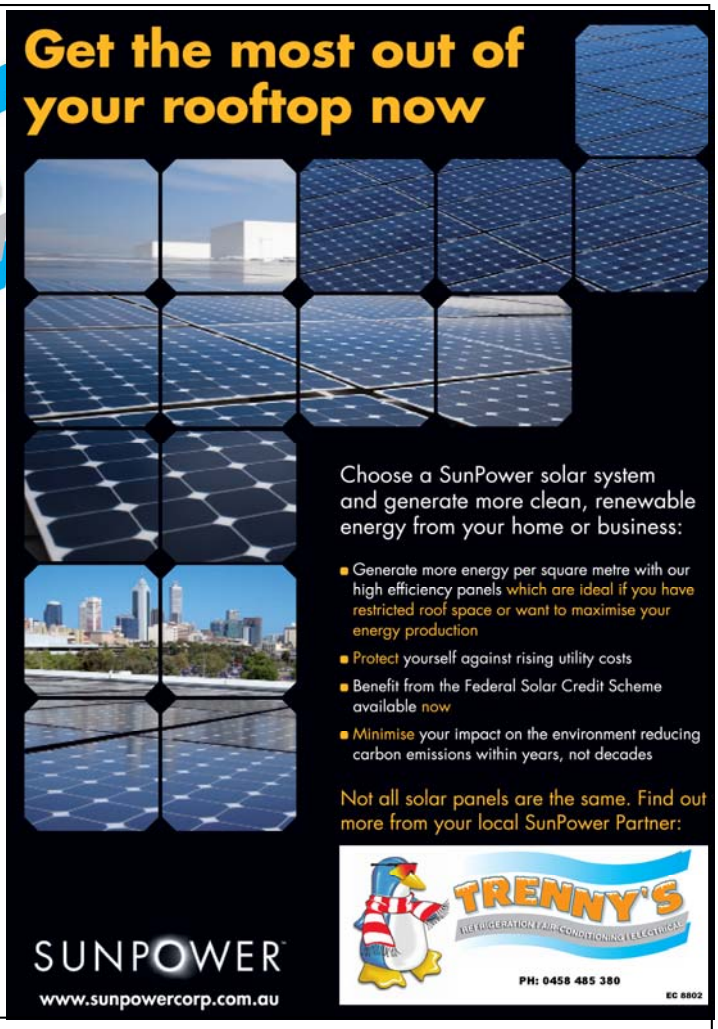


Meekatharra Community Health

Due to shortage of staff these positions will be filled by visiting specialist only on the days below.

Child Health, Women's Heath Nurse:

Immunisation, Child Health, Women's Health and Pap smears available please book appointments

Community Health 99810636

10th October 1330 till 1600

11th October 0830 till 1600

12th October 0830 till11am

24th October 10am till 1600

25th October 0830 till 1600

Diabetic Educator: 99810641

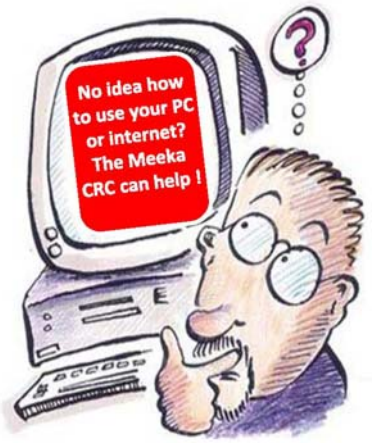
04th October 0830 till1400

17th October 1000 till 1600

Meekatharra
Community Resource Centre

FREE INTRODUCTORY COMPUTER TRAINING

second click
get clicking



Want to set up and learn to use internet banking? Pay bills or shop on line? Download photos from your camera and share with friends?

"Second Click" is a FREE computer course funded by the Western Australian Department of Training and Workforce Development. The CRC will be running a Second Click FREE computer course on Tuesday 18th October.

Second Click is the next step up for those who have completed First Click, or have already had a little experience with computers.

18th October 2011, 3pm - 9pm.

Book now as spaces are limited!

The CRC will also be hosting a number of one and two day workshops over the coming year. Depending on demand topics may include Strategic Planning, HostPlus Customer Service, Human Resource Management, Myers Briggs, and Microsoft Word and Excel. Please pop in to register your interest in these workshops or suggest ideas for other topics.

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Community Resource Centre

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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

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

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

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MEEKA SPORTS

MON	MIXED NETBALL	SPORTS COMPLEX	6:30pm
TUE	INDOOR CRICKET	INDOOR CRICKET CENTRE	6:30pm
WED	MENS FOOTY TRAINING	SPORTS COMPLEX	5:30pm
WED	VOLLEYBALL	SPORTS COMPLEX	6:30pm
WED	WOMENS DANCE	SPORTS COMPLEX	7:00pm
THU	INDOOR SOCCER	INDOOR CRICKET CENTRE	7:00pm

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

IN PREPARATION FOR THE YOUTH BALL ON THE 5TH OF NOVEMBER WE HAVE A GREAT VALUE PACKAGE DEAL YOU MAYBE INTERESTED IN.

$30 gets you

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Contact Miss Byers at the school, Elaine King or Belinda Hicks at the Youth Centre

Thunder birds

THANKYOU

MEEKATHARRA DISTRICT HIGH SCHOOL STAFF AND STUDENTS WOULD LIKE TO THANK ALL THOSE WHO ASSISTED WITH OUR NAIDOC WEEK CELEBRATION

– IT WAS A GREAT SUCCESS.

ARTICLE AND PHOTOS - MISS B

On the 16th of September, Meekatharra District High School held its annual Prince and Princess Ball.

There was a stunning array of both prince and princesses and some very groovy dance moves.

Special thanks go to Mr Cambpell, and Miss Bartley who organized the event and Mr Mac who was DJ Mac for the evening.

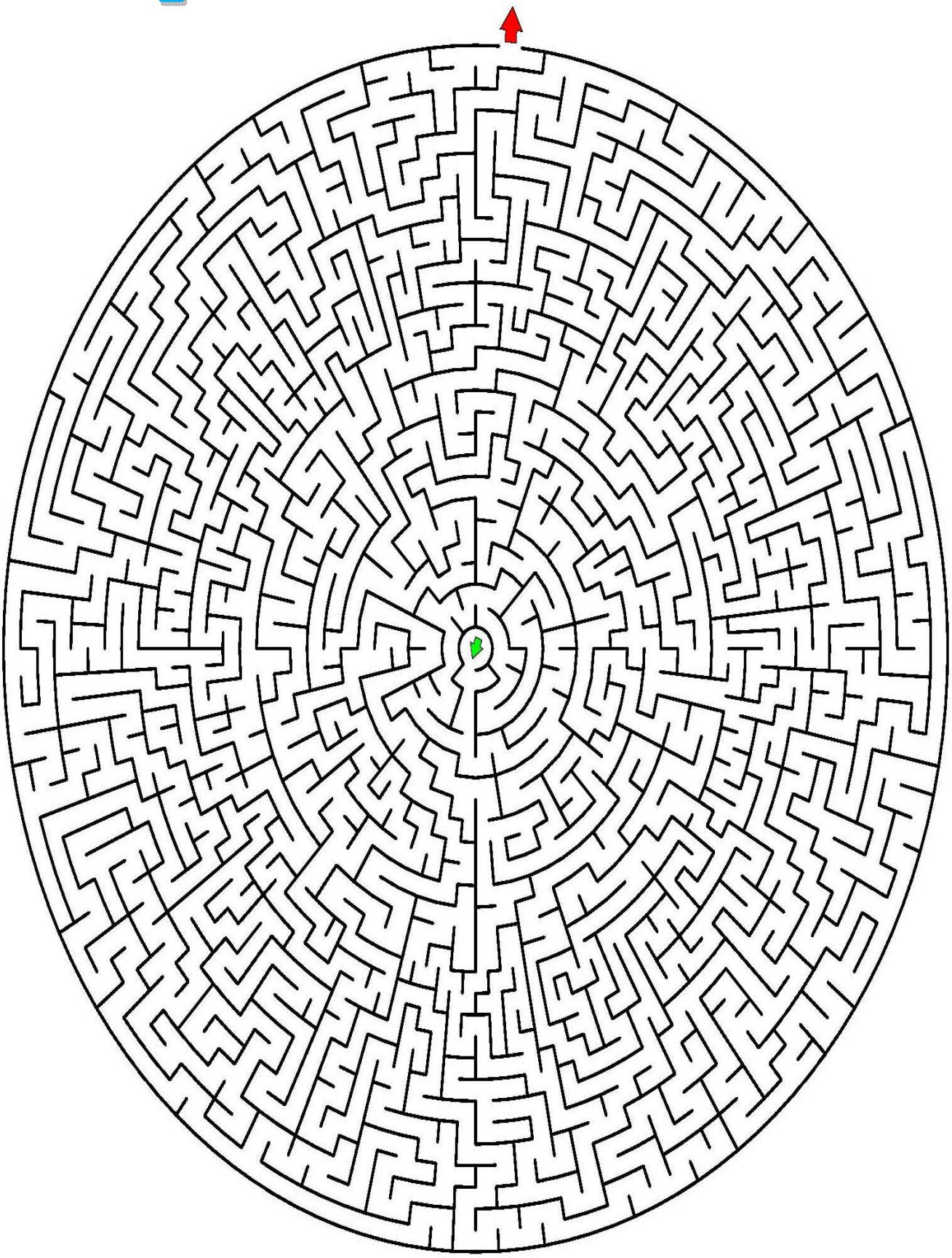
The event raised $300 towards sending the Country Week Team to battle in week 10, so thank you to all who attended.

Of course at the end of the evening two lucky students are crowned prince and princess of the ball. This year's prince was Gavin Green and the princess was Talfiah Mongoo. A great night was had by all.

Thanks for your support

Miss B

Impossible Maze!



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Word search

MUSICAL INSTRUMENTS

Can you find the musical instruments hidden in the box? They may be horizontal, vertical, diagonal, forwards or backwards.

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

ACCORDION, BAGPIPES, BANJO, BASSOON, BELL, BUGLE, CASTANETS, CELLO, CLARINET, CLAVIER, CONCERTINA, CORNET, CYMBALS, DRUM, DULCIMER, EUPHONIUM, FLUEGELHORN, FLUTE, FRENCH HORN, GONG, GUITAR, HARMONICA, HARMONIUM, HARP, HARPSICHORD, KAZOO, KOTO, LUTE, LYRE, MANDOLIN, MARIMBA, OCARINA, ORGAN, PIANO, RECORDER, SITAR, TAMBOURINE, TIMPANI, TROMBONE, TRUMPET, TUBA, VIBES, VIOLA, VIOLIN, WHISTLE, ZITHER.

sudoku

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

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

September

Sudoku

Solution

←

GIANT Crossword

Across

1. Lampoon (6)
4. Singing voice (8)
9. Evident (8)
15. Essential (9)
16. Implement (7)
17. By way of (3)
18. Circumspection (7)
19. Prominent (7)
20. Considerate (7)
21. Enlighten (5)
22. Planet (5)
24. Freight (5)
26. Invalidate (7)
28. Predominate (7)
30. Work hard (4)
32. Choices (7)
35. Reverberation (4)
39. Female singing voice (9)
42. Courier (9)
43. Mistake (5)
44. Secure (4)
45. Entertained (6)
46. Turns red for acid (6)
48. Ray (4)
52. Laconic (5)
53. Swapped (9)
55. Prognosticated (9)
56. Beneficial (4)
57. Metal fasteners (7)
58. Notion (4)
59. Everlasting (7)
63. Trace (7)
65. Surpass (5)
67. South American rodent (5)
68. Enclosures (5)
70. Stuck (7)
72. Core (7)
74. Pilot (7)
75. Sign of assent (3)
76. Tooth (7)
77. Morning repast (9)
78. Contemplated (8)
79. Let in (8)
80. Emphasis (6)

Down

1. Stylish elegance (7)
2. Cloistered (9)
3. Fate (7)
5. Bottomless pit (5)
6. Spears of frozen water (7)
7. Luxury (8)
8. Voter (7)
9. Valuable quality (5)
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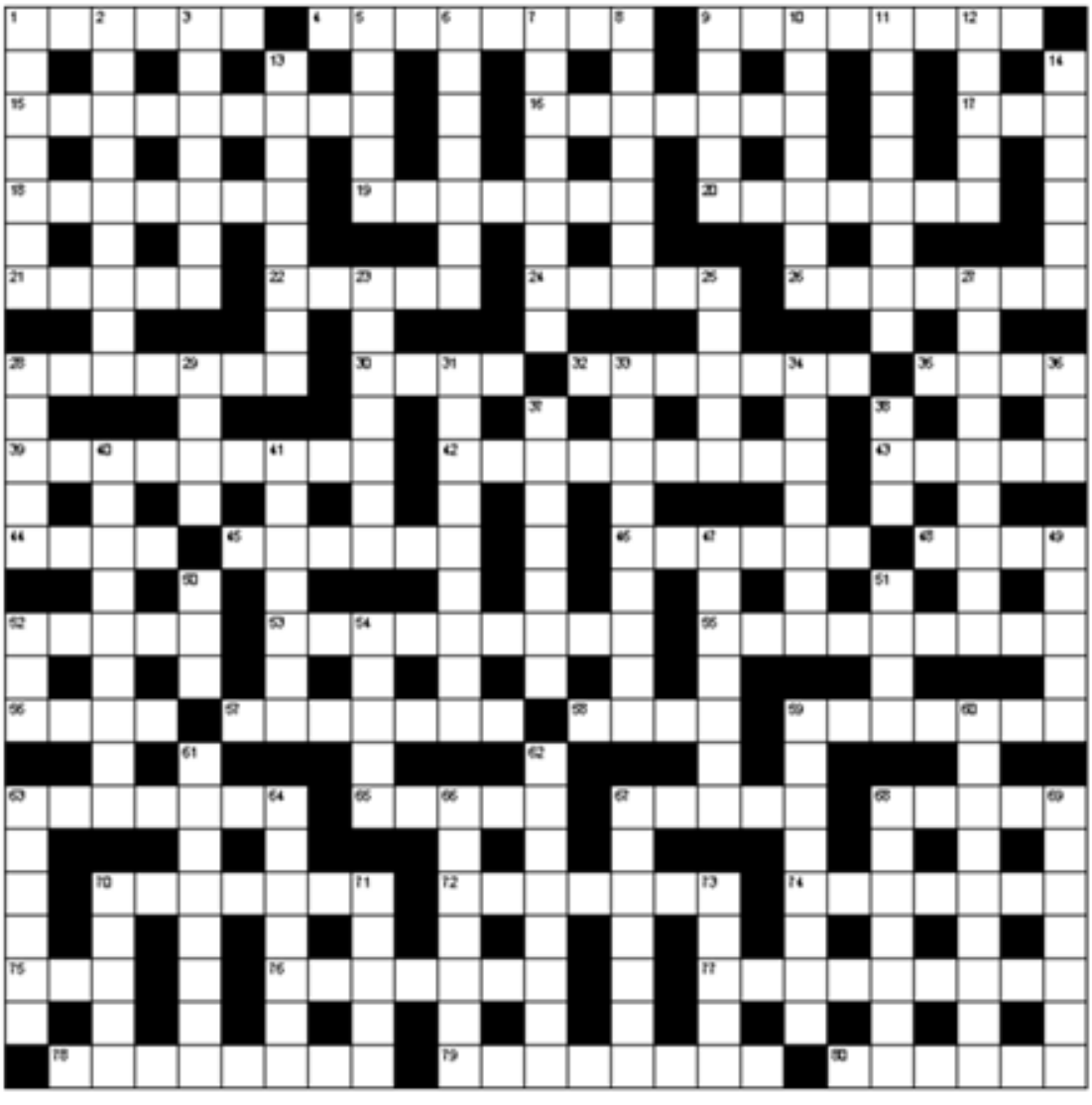

Lasagna

Preparation Time
20 minutes

Cooking Time
80 minutes

Ingredients (serves 8)
2 tsp olive oil
1 brown onion, halved, finely chopped
2 garlic cloves, crushed
750g beef mince
2 x 400g cans Italian diced tomatoes
125ml (1/2 cup) dry red wine
55g (1/4 cup) tomato paste
Salt & freshly ground black pepper
Olive oil, extra, to grease
4 fresh lasagne sheets
55g (1/2 cup) coarsely grated mozzarella
Mixed salad leaves, to serve

cheese sauce
1L (4 cups) milk
1 brown onion, halved, coarsely chopped
8 fresh parsley stalks
8 whole black peppercorns
4 whole cloves
2 bay leaves
60g butter
50g (1/3 cup) plain flour
70g (1 cup) finely grated parmesan
Pinch ground nutmeg
Salt & ground white pepper

Method
1. Heat the oil in a large frying pan over medium heat. Add the onion and garlic and cook, stirring, for 5 minutes or until onion softens. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince changes colour. Add the tomato, wine and tomato paste, and bring to the boil. Reduce heat to low. Simmer, uncovered, stirring occasionally, for 30 minutes or until sauce thickens slightly. Remove from heat. Taste and season with salt and pepper.
2. Meanwhile, to make the cheese sauce, combine the milk, onion, parsley stalks, peppercorns, cloves and bay leaves in a medium saucepan and bring to a simmer over medium heat. Remove from heat and set aside for 15 minutes to infuse.
3. Strain the milk mixture through a fine sieve into a large jug. Discard solids.
4. Melt the butter in a large saucepan over medium-high heat until foaming. Add the flour and cook, stirring, for 1-2 minutes or until mixture bubbles and begins to come away from the side of the pan. Remove from heat.
5. Gradually pour in half the milk, whisking constantly with a balloon whisk, until mixture is smooth. Gradually add the remaining milk, whisking until smooth and combined.
6. Place saucepan over medium-high heat and bring to the boil, stirring constantly with a wooden spoon, for 5 minutes or until sauce thickens and coats the back of the spoon. Remove from heat. Add the parmesan and stir until cheese melts. Taste and season with nutmeg, salt and white pepper.
7. Preheat oven to 180°C. Brush a rectangular 3L (12 cup) capacity ovenproof dish with oil to lightly grease. Spread one-quarter of the bechamel sauce over the base of the prepared dish. Arrange 1 lasagne sheet over the sauce. Top with one-third of the mince mixture and one-third of the remaining bechamel sauce. Continue layering with the remaining lasagne sheets, mince mixture and bechamel, finishing with a layer of bechamel. Sprinkle with mozzarella. Place on a baking tray. Bake in preheated oven for 40 minutes or until cheese melts, is golden brown, and the edges are bubbling. Remove from oven and set aside for 10 minutes to set.

Cut the lasagne into 8 portions and serve with mixed salad leaves.

WHAT'S COOKING

Choc cookie sandwiches with toffee sauce

Preparation Time

5 minutes

Cooking Time

5 minutes

Ingredients (serves 6)

- 80ml (1/3 cup) Aunt Betty's Sensations Real Toffee Dessert Sauce
- 1 x 240g pkt Woolworths Select Choc Chunk Cookies
- 750ml (3 cups) vanilla ice-cream

1 x 30g bar Cadbury Flake, coarsely chopped

Method

1. Warm the toffee sauce following packet directions.
2. Divide half the cookies among serving plates. Top with half the ice-cream.
3. Place the remaining cookies on top and press gently to sandwich together. Press a scoop of ice-cream on top of each cookie sandwich.

Drizzle over the toffee sauce and sprinkle with Flake. Serve immediately.

Notes

Make it ahead: Make to the end of step 3. Place on a baking tray and cover.

Freeze for up to 2 months. Remove from the freezer 5-10 minutes before serving.

Divide among serving plates. Continue from step 4.

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