



# Meekatharra Dust

Issue Number 240— November 2012

Cost \$ 2.00 incl. GST

## Doray Minerals Moving in to Meeka

Doray Minerals is making ground in the development of its Andy Well Gold Project, located 45 kms north of Meekatharra. The Company recently held an information session in town which was well attended by locals and gave an insight into plans and progress in and around the community.

Doray is looking forward to evolving from successful explorer to producer and becoming a member of the community. Construction of the accommodation village in Meekatharra has started and is due for completion by the end of November, with mining of the open pit due to commence before the end of this year. Recruiting key operational staff has also commenced, with positions including Chief Mine Geologist, Chief Surveyor and Safety/ERT Officers already filled. Existing Doray geological and field staff will be used for the open pit phase of mining.

Other positions will be posted on the Careers section of the Doray Minerals website

([www.dorayminerals.com.au](http://www.dorayminerals.com.au)) as they become available. You can also register your interest in joining the Doray workforce and submit a CV via the website.

Following the community information session, many people showed interest in becoming part of the Doray team, and the Company has since employed local residents in roles including catering and administration. This is in addition to those who joined the Company in 2011.

Other development related activities continue such as grade control drilling and the granting of operational permits and contracts. The contract to provide the processing plant and other site infrastructure was placed with GR Engineering in September with commissioning of the plant to commence mid 2013.

*Continued Page 5*

# DORAY



## MINERALS LIMITED



**The Doray Village Under Construction**

Crn Main and Savage Streets, PO Box 129 Meekatharra WA 6422 Phone: 9980 0600 Fax: 9981 1505

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

# NOTE FROM THE EDITOR

Hi all,

After last months full on edition and a couple of week's holiday I worried that it was going to be a struggle this month to find content for the November Dust Edition. Well how wrong was I!!

There has been so much happening around the place that as I am putting the final touches on this edition I am wondering if I will need to add in some extra pages!!

It's great to see things moving forward with Doray Minerals and of course it's great to hear that the men's and women's groups in town are starting to really come together.

It's hard to believe that Christmas is just around the corner. Until next month..... Kelly F.

'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**  
**cdo@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

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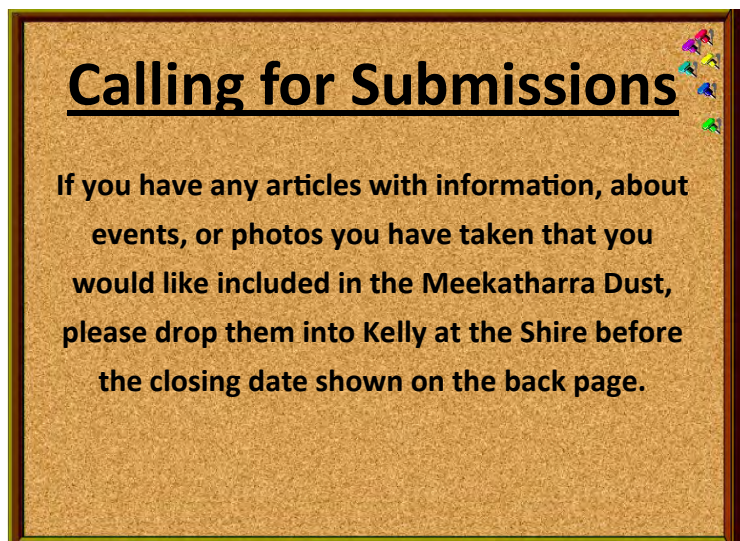
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TUES NOVEMBER 6TH - MARY G CONCERT

TUES 6TH NOVEMBER - INTERAGENCY MEETING

TUES 6TH NOVEMBER - MELBOURNE CUP DAY

FRI 9TH NOVEMBER - FESTIVAL VOLLIES SUNDOWNER

SAT 10TH NOVEMBER - SWAP PARTY!

SUN 11TH NOVEMBER - REMEMBRANCE DAY

TUES 13TH NOVEMBER – C.R.C. COMMITTEE MEETING

SAT 17TH NOVEMBER - MULLEWA YOUTH BALL

SAT 17TH NOVEMBER - ORDINARY COUNCIL MEETING

SAT 24TH NOVEMBER - MEEKA YOUTH BALL

### **Note from Council**

All items to be presented at Council Meetings need to be submitted to Shire Staff two weeks prior to Council Meeting dates. All items received after this time will be held for further consideration.

*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**

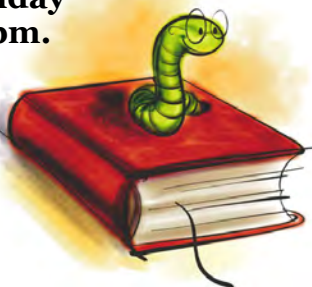
Did you know we get a new exchange of books every month? Come in and check out what is new this month!

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.**



## **SQUASH COURT**

**OPEN**



Located at the back of the Sports Complex  
Agreements, Keys and Tokens are available  
from the Shire Office.

### **Fees and Charges are as follows :**

- ◆ Key Bond (Fully refundable) - \$100 Cash.
- ◆ Court Hire—\$11.00 per token = one hours use
- ◆ We do not hire equipment (racquets/balls etc)
- ◆ Entry is permitted to key holders only



A large poster for Barrick Plutonic Community Relations. The top half features a group photo of many people, including children and adults, some wearing orange safety vests and hard hats, standing in front of large yellow construction vehicles. Below the photo, the word "Community..." is written in a large, white, cursive font on a blue background. Underneath that, the words "feedback • enquiries • complaints" are written in a smaller, white, sans-serif font. The bottom half of the poster has a white background with the Barrick Plutonic logo (a stylized 'B' made of three gold bars) and the word "BARRICK" in blue, with "PLUTONIC" in gold below it. To the right of the logo, there is a gold box containing the text: "At Barrick, we value interaction with our community, so please email us... [plutoniccommunityrelations@barrick.com](mailto:plutoniccommunityrelations@barrick.com)".



## **DOG CONTROL**

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

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

**Thank you, Meekatharra Shire**



# **Personalised Professional Bookkeeping and Administration Service**

**Get your receipts in order  
before the end of financial  
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**Contact Anita on  
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## **Doray Minerals Moving in to Meeka**

**Continued from Page 1**

Other contracts which will facilitate progress at the Andy Well site have also advanced including the open pit mining/civil earthworks contract, drilling and blasting contract, catering and cleaning contract, communications installation for both the village and Andy Well site, power station installation and power supply for Andy Well site, and fuel farm installation.

Doray Minerals Ltd Managing Director, Mr Allan Kelly said the Company was pleased with its progress and looking forward to becoming a member of the Meekatharra community.

"Doray plans to build lasting and mutually beneficial relationships within the Meekatharra community and will endeavour to work together whenever possible. Building the accommodation village in Meekatharra, rather than out on site, was a conscious decision which we hope will benefit local businesses and build community spirit," Mr Kelly said.

Doray plans to keep the community informed of its progress through updates in the Meeka Dust and via its website.

# Mundaring, Meekatharra and Dundas Team up for Award

The Shires of Mundaring and Meekatharra and Dundas have been honoured for their collaboration to improve community facilities and sharing information between the community development teams.

The Shires jointly won the Western Australian Local Government Managers Association (LGMA) Twinning Program Award, celebrating excellence in local government community development, and received the award at the LGMA WA's National Community Development Conference in Fremantle on Friday September 21st 2012.

The LGMA, which is the leading professional association representing people working in local government, said its Twinning Program matches regional and metropolitan local governments to share community development information, ideas and resources.

"The Mundaring and Meekatharra twinning was a perfect example of how communities can benefit by sharing information across local governments," said LGMA WA CEO Steve Cole.

"Meekatharra's community development officer, Kelly Fuhrmann, joined Mundaring community development team meetings via Skype. That provided essential support for Kelly and helped to ease her sense of isolation. She was able to update her Shire's disability access and inclusion plan, guided through the process by the Mundaring team.

**Below - Grants Advisor from Mundaring - Lee Roberts, Community Development Officer Cissy Ellison from Dundas and Kaye Able, Manager of Community Development from Mundaring - accepting their award at the LGMA Conference**



"Two Mundaring employees will attend the 2012 Meekatharra Outback Festival over the long weekend for hands-on learning – and provide much-needed people-power to support the event.

"This is an example of how committed and creative people working in local government can make a big difference to their local communities," Mr Cole said.

The Community Development Officer from Shire of Dundas (Cissy Ellison) was also able to visit the Community Development team at the Shire Of Mundaring. During her visit, she described the many and varied roles she takes on as a one person team, from arranging events to cooking lunch for the seniors for Christmas. Cissy also attended the LGMA National Community Development Conference and while there, spent a lot of time with the team from Mundaring exchanging information about work practices. Unfortunately due to the close proximity of the Outback Festival to the conference dates Kelly was unable to attend the conference for the award presentations.

**Below - our volunteers for the Festival Kaye and Lee getting in to the spirit of the weekend**



## MEEKATHARRA WAR MEMORIAL SWIMMING POOL OPENING HOURS

MONDAY - FRIDAY	9.30PM - 1.30PM	3.00PM - 6.00PM
FRIDAY NIGHT	7.00PM - 9.00PM	
SATURDAY	10.30AM - 5.30PM	
SUNDAY	12.00PM - 5.30PM	



### ENTRY COSTS

**CHILDREN UNDER THE AGE OF 10 **MUST** BE SIGNED IN AND SUPERVISED BY AN ADULT OVER THE AGE OF 18 YEARS.**

**AN ADULT MAY SUPERVISE A MAXIMUM OF FIVE CHILDREN UNDER THE AGE OF 10.**

ADULTS - \$2.40

CHILDREN - \$1.40

**DROP IN TO THE SHIRE TO FIND OUT ABOUT MONTHLY, WEEKLY AND SEASON PASSES  
AND OUT OF HOURS ADMISSIONS**

## Apologies from the editor

I have been made aware that the winner of the Community Award in the 2012 Meekatharra Festival Float Parade was not called the Black Wolverine, but the Blackmobile. (Pictured). The Blackmobile is owned by Andrew Binsiar, was driven by Andrew Junior and Bob Binsiar was the passenger (Batman). The Wolverine (bottom right) was driven by Andrew Senior.



**The Blackmobile**

*Winner of the 2012 Community Float Parade  
Award*



**The Wolverine**



# 'Jammin' at the Commie

Left to right: Tony Wilton, Gyan Morris, Eric Seery and Paul Morris



Eric and Tony







Keep your eyes peeled for the next Jam Session  
to be held at the Commercial Hotel.

Anyone is welcome to play!

It's a great way to spend a Sunday arvo!







# it's **StORy** **Time**

@ your library™

*BETTER BEGINNINGS  
IS STARTING UP AGAIN*

Story time at Meekatharra Library

Wednesdays **10.30am**

All mums and dads with kids aged 0-5 years  
are welcome! See Josie at the Shire for  
enquiries

**come along and share the fun of  
stories with other kids!**



Department of Culture and the Arts  
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Frigtech Services are pleased to announce that  
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43 Main Street, Meekatharra.

We will be covering all aspects of Refrigeration and Air Conditioning Works

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# Vincent Catania MLA

*Royalties for Regions* is delivering  
for Meekatharra:

Sealing the Meekatharra-Wiluna Road

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Authorised by V. Catania, Shop 14 Carnarvon Central WA 6701.



***Strong Spirit Strong Future:  
Promoting Healthy Women and  
Pregnancies***

Strong Spirit Strong Future: Promoting Healthy Women and Pregnancies is a COAG-funded four year project that commenced at the Drug and Alcohol Office (DAO) in July 2010. The project aims to develop and deliver culturally secure Fetal Alcohol Spectrum Disorder (FASD) prevention and workforce development programs for Aboriginal people, their families and communities in Western Australia.

Radio Mama in partnership with Midwest Community Drug Service received funding in 2012 to provide community information/education sessions in Mullewa on how to have a strong healthy baby and avoid alcohol during pregnancy.

Radio Mama and Midwest Community Drug Service will be attending Yulella Aboriginal Corporation on Thursday, 6<sup>th</sup> November from 930am-2pm. We will be working with James Brockman Darren Quartermaine from Drug and Alcohol also Dr Ross James and Barry Anderson from Radio Mama

This is a great opportunity for participants to record their own important health message about fetal alcohol for Radio Mama.

*Come along for the giveaways and fun on the day!!*

*For further information please contact Darren on 99810635 This Day is  
for service providers only*

**What: Strong Spirit, Strong Future-  
Healthy Pregnancy**

**When: Nov: 7<sup>th</sup> Wednesday 930am-  
230pm**

**Where: Yulella aboriginal corporation  
848 Marmont St Meekatharra**





# MEEKA GOLF RESULTS!

## 07.10.12 MONTHLY MUG STABLEFORD

WINNER	PETE CLANCY
RUNNER UP	RUSTY
GROSS	JENKY
N/P NO. 2	GIL
N/P NO. 4	VEGIE
L/D NO. 6	D. WIN
N.A.G.A	D. WIN



## 14.10.12 PATRON'S DAY 4 MAN AMBROSE

WINNER	NETT CHRIS'S TEAM
RUNNER UP	SCRUBBERS
WINNER	SCRUBBERS
N/P NO. 2	HARVEY
N/P NO. 4	CLINT
N/P NO. 11	JOHN
N/P NO. 16	GIL
L LONG DRIVE	3-12 JOHNNO
M LONG DRIVE	NO. 6 - ROY
	NO. 15 - CLARRIE
N/P IN 2	NO. 8 CHRIS TEAM
N/P IN 3	NO. 3 SCRUBBERS
	NO. 12 CHRIS TEAM
FERRETT	ROY
N.A.G.A	GIRL POWER
	RUSTY





# Golf Season Over!

4 Man Ambrose

October 14th 2012

Bill Atyeo and Roy McClymont



Nathan Lauritsen, Harvey Nichols, Greg Byrne



Johnno tired after a long season.....



It's all fun and games until someone loses their beer



Greg and Harvey... safety first!



# No Pressure?



Have you been wondering why you have been having trouble getting wet whilst you are having a shower.....? Why your washing machine is taking so long to fill up.... ? Why your sprinklers are not popping up or reaching as far as they used to.....? Then you are not alone. These experiences are being shared by all the residents of Meekatharra.

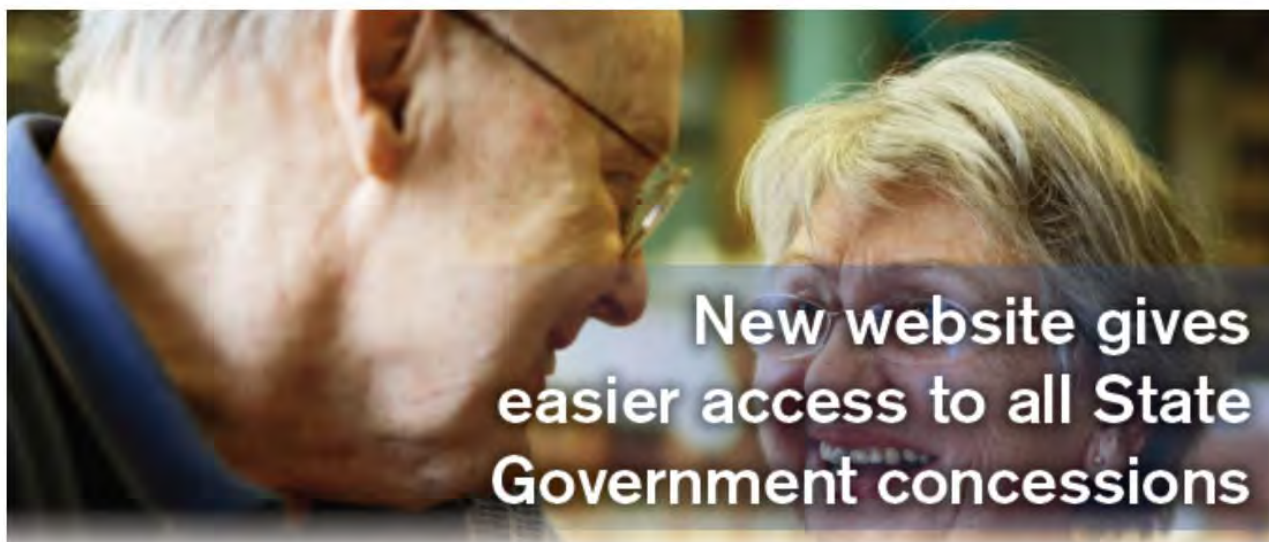
The Water Corporation has been working on the Welcome Tank at the North entrance to town. They have drained the tank and have managed to repair a leak. They are now working on upgrading the pumping station so that the town has constant pressure in its water supply. The Water Corporation will be installing generators to ensure that if there are power problems that the town still has a constant pressure in its water supply. This upgrade to the pumping station will improve the water pressure for the residents in town in the long term.

The Water Corporation is hoping that this work will be finished before Christmas. All going well it should be completed before then, however a firm date could not be provided at the time of this article.

So... until then.... We will have to get used to our trickling taps and running around to get wet in the shower. It will be worth it in the long run!







## **The Liberal-led State Government is making it easier for people to find what concessions they are entitled with a new website.**

On the 7th of October 2012 the Liberal-led State Government launched the Concessions WA website.

This will now allow everyone in Western Australia to see exactly what concessions they can qualify for in one easy to use place.

Until now there has been no single, easy to use place for people to locate the concessions they may be entitled to. Members of the public are encouraged to log on to [www.concessions.wa.gov.au](http://www.concessions.wa.gov.au) if they are looking for a concession or rebate.

It is expected that in 2012-13, with the aid of this new website, close to \$1 billion in State Government concessions will be provided.

Visitors to the site will be able to search using the concession type, card type, and their demographic profile. An A-Z directory will also be available for people to view a description of a rebate, how to apply, eligibility and the cards accepted.

Further development of this site will include a version for mobile devices, translations to languages other than English, plus a step by step option to further help people find concessions.

The Liberals have introduced an easy way for Western Australians to find concessions online.  
[www.concessions.wa.gov.au](http://www.concessions.wa.gov.au)



Printed and Authorised

# Tami Maitre

Your local Liberal for North West Central

Address. PO Box 989 CARNARVON WA 6701

p. 0488 601 385

[tami.maitre@wa.liberal.org.au](mailto:tami.maitre@wa.liberal.org.au)

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





# YOUTH BALL

**Meekatharra Shire Hall**

*Featuring Meekatharra Youth Band*

*"Breakaways"*

**24<sup>th</sup> November 2012**

**7-11pm**

**10- 17yrs only**

**\$15 entrance fee**

**(covers entry and dinner plus dessert.)**

**Drinks and nibblies on sale.**

## **Semi-formal dress**

**(No thongs, board shorts or t-shirts please)**

**You might be a JNR or SNR Belle or Beau.**

Contact Elaine King on 0439909738 if you have any queries.





# Mullewa "POSITIVE CHOICES" Youth Ball

~ Featuring Meekatharra Youth Band - "Breakaways" ~

Date: 17 November 2012

Time: 6:30 - 10:30

Dress Code: Formal

Entry: \$10.00

Includes entertainment, ball photo & light supper

RSVP: by 5 Nov to 9961 1007 or

[janep@cgg.wa.gov.au](mailto:janep@cgg.wa.gov.au)

## A Drug, Alcohol & Smoke Free Event

Presented by:



Government of Western Australia  
Department of Health  
Northern and Remote Country Health Service



LOCAL DRUG ACTION GROUPS INC.





## WA : Where Men are Men and ... Ewwwww

by Anna Johnson

My city girlfriends are keen watchers of "The Farmer Wants A Wife" and were curious about the single bloke situation in Western Australia, so I prepared this handy guide for any urban gals thinking of making the move. You could get lucky, like me, and find yourself a Gary Hammer - a fine specimen of outback blokeness, easily fed on sausages and eggs, and darn handy with his toolkit.

But before you tell all your city gal-pals to start packin' their bags and heading out on the Great Western Man Hunt, here are a few tips I've gleaned from actual personal experience while living on the road:

First, you may need to drop your standards somewhat. In fact, I would recommend not bringing any standards at all. Outback blokes are worth their weight in gold, but you'll need to assess your priorities, or as Dr. Phil likes to call them, "deal breakers". Are teeth important to you? What about underwear? West Australian men don't have underwear, and you'll only suffer the indignities attendant on the startling courtship rituals of the outback. A few pairs of comfy cottontails would be fine as long as you don't mind rescuing them from the diesel rag bin from time to time (behind the genny shed, next to the spare fuel lines).

Bring plenty of sunblock, but don't offer it to a bloke; this will only lead to a derisive snort of amusement, a terse shake of the head, and, some years later, irreparable skin cancer. Any supplies you bring will be immediately ransacked, but generally outback blokes are gentlemen and once they've used your Gillete Lady razors to shave off the feral pig carcass in the ute, they will return it promptly to your bathroom kit. Do some muscle-building exercises, as you will need strong arms for carrying the minimum requirement of 3 cases of beer per man/hour - and none of that schmancy woofster beer either, it needs to be a good, solid full-strength fightin' beer. If he's "on the p-ss" with his "mates", you may want to consider a separate sleeping arrangement for the night, such as Perth.

So, how do you go about meeting an outback bloke? Unlike the subtle confusions of city romance, here all you need to do is stand still for a minute or two (carry a stick). If you are a blonde Danish backpacker, run for your life. Here are some typical opening lines to help you know when a bloke is indicating a romantic interest: "Youse wanna come to me room? Oi've got beer." "There's space in the dog box if you don't mind it standing up", and "I'm hammered but I reckon youse could still hang a wet towel on it love".

Refreshingly, jealousy is rarely an issue. If he was to spot you in the grubby embrace of one of his mates outside a roadhouse donger, he would simply stride past with a quick "Giddyay Baz mate ow yer goin orright". His mate would reply "Yer no worries mate didja get that diesel outa the ute orright mate?", by which time he will have finished and you can continue on your way to the shower block (carry a sharp tyre iron).

You'll know things are getting serious if he asks you to come roo shootin' with him on Friday night or jots your phone number down on the back of one of his restraining orders. A truly lovesick bloke will suffer the jocular abuse of his mates in all directions for fifty kilometres in order to put on a shirt without holes in it from the floor of the shed before taking you to the roadhouse for "some effin' grouse fried chook mate". He will also make an effort to observe some of the finer points of dating etiquette, such as remembering your name.

Remember that the poor fellow hasn't seen a non-angry woman for approximately six months, so he'll need to bolster his courage with astonishing amounts of beer - but don't worry, his internal organs have pretty much shut down from living on alcohol and chiko rolls, so it won't affect his ability to brag about his prowess. If you feel the need for tender, wordless companionship, a sharp blow to the back of his head with a handy spanner should do the trick (but wait until he's fixed the shower block pump first). A home-cooked meal is always welcome, but remember to measure your quantities in "whole animal"; anything found recently dead at the side of the road will suffice if a supermarket isn't handy. Avoid vegetables - they will only confuse and anger him.

If you feel like complaining at the oily paw marks on your favorite fancy bra (what were you thinking?), just remember that those same paws have been busy fixing the genny, gutting a pig for dinner and pumping out the septic because you were too princessy to wee behind the shed. Of course your frillies will never be the same and that morning-after roo 'n' beer breath could knock out a horse, but would you rather listen to Mr. Mocha Latte waffle on about how he's not ready for a relationship as he busily texts his internet dates about "catching up for a drink sometime LOL"?

Despite all this, there are some downsides, so be prepared. You don't want to be having second thoughts when it's fifty-five degrees and you're trapped in a dogbox watching Shark Safari III for the three thousandth time while making ammo casings next to someone whose toiletry kit consists of a rusty fish knife and a bar of soap that looks suspiciously like an old urinal cube.

So what are you waiting for? Start packing!





# 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,



Meeka Goes Green



Meekatharra  
Community  
Resource  
Centre

**Do you have any old mobile phones?  
Don't know what to do with them?**

**Come into the  
Meekatharra CRC and  
drop them into the  
green recycling box.**



**Don't forget: Ink Cartridges and Toner can be  
Recycled at the Post Office!**







## Monthly Brigade News - October 2012

October's Outback Festival parade was a chance for the brigade to have a bit of fun, with Tyler and Bithun showing off in their "muscle man" shirts and brigade members giving townsfolk a refreshing shower as we did our lap around Main Street. Behind the scenes at the opening night fireworks, Anna Johnson and myself were kept busy putting out spot fires from the excellent fireworks display.

Scrub fires were our main concern this month. We attended two threatening fires in Darlot Street, both presumed to be deliberately lit. The town tip was also set alight, creating clouds of toxic smoke. Arson continues to be a major concern for our town and we urge all locals to be alert and report any suspicious activity.

Gary Hammer, Captain



Tyler and Bithun pumped up for the parade

### Some Recent Incidents Attended



01/10/12 : Scrub fire, Darlot Street. Arson suspected. No property damage.



05/10/12 : Scrub fire, creek at the end of Darlot Street. Arson suspected.



17/10/12 : Major fire at town rubbish tip, arson suspected.



### Volunteer Profile

**Greg Byrne**  
**Firefighter**  
Active member  
since 1990's



Former brigade captain Greg has put a huge effort into building up the Meeka VFRS over the years and is one of our hardest-working volunteers.

Greg also contributes a lot to Meeka through his rubbish removal business, while his wife, Tamika, also supports the brigade with her delicious cooking. Despite having three small children who were seen covertly barracking for Collingwood, Greg and Tamika insist that they are proud West Coast Eagles supporters.



### Burning Off ?



Burnoffs - even in small backyards - can quickly get out of control, endangering life and property. It is much safer to take rubbish to the tip - many common household items and even some plants can give off toxic smoke and fumes, and you could be fined for creating a dangerous fire.

If you really need to burn off on your property, you may need a permit, and you should let the brigade know ahead of time - we can be on hand to help with management and suppression.

Please consider everyone's safety before you burn off.



The brigade's old Bedford fire truck brings the bridal party to Reece and Paulette's wedding in Peace Gorge.

### How To Contact Us

We meet each Wednesday at 6:30 pm at the Fire Station at the northern end of Hill Street - pop in for a chat if you want to ask about volunteering, say "G'day" or get safety information.

### Meekatharra VFRS Media Liaison:

Anna Johnson, Paul Smith

**EMERGENCIES : DIAL 000**



# Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

**Ph: 9981 1151**



**BP Fuel & Lubricants**  
**Premium Unleaded Fuel now available**



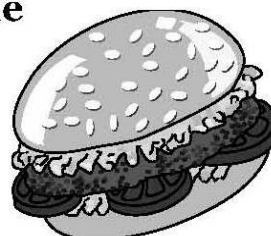
**Auto Accessories**

**Kleenheat Gas**

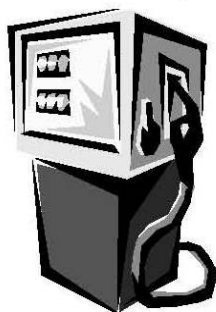
**Key Cutting**

**Take-Away Food**

**Asian Food**



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



**Burgers**

**Rolls**

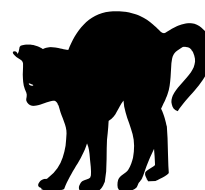
**Sandwiches made to order**

**Bottled water deliveries**



**Tyre Repairs**  
**Driveway Service**

## 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**

# THE



Meekatharra  
Community  
Resource  
Centre

# NEWS

*Run by the community, for the community*



Meekatharra

Community Resource Centre

## COMMITTEE MEETING

Next Meeting: **Tues 13<sup>th</sup> November 2012 @ 5pm**

Where: Meekatharra Community Resource Centre  
55 Main Street

What's your  
**big idea?**

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

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

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

Proudly supported by



Department of  
Regional Development and Lands



ROYALTIES  
FOR REGIONS

55 Main Street

Ph: (08) 9980 1811

## 2012 OUTBACK FESTIVAL "Best Corporate Float"



Once again, the Meekatharra CRC showed our creative side when entering our large computer themed float in the Float Parade earning us the "Best Corporate Float

for the second consecutive year. Special thanks to Laki & Scott MacGregor and Eveanne Trenfield for getting the float on the road that day. Unexpected kids in the crowd received an extra surprise when Eveanne threw out our own Meeka Mixed Madness lolly bags for them to enjoy.



Meekatharra  
Community Resource Centre



ROYALTIES  
FOR REGIONS

## Canvas Print

Are you aware the Community Resource Centre has a canvas printer? It can print your cherished photos onto canvas in two different sizes, A3 for \$50 and A2 for only \$65. This is a great gift idea for a friend or loved one or a treat for your-self. In the future we are planning to obtain frames which will finish off your canvas print beautifully so they are ready to hang on your wall.

**Come into the CRC and convert your photos into  
stunning pieces of art!**



Department of  
Regional Development and Lands





## **RIP-IT SECURITY SHREDDING and paper recyclers**

**Confidentiality with Confidence**

- Locked Bins Supplied: 80lt, 120lt or 240lt
- Archive Boxes & CDs
- Magazines, Manilla Folders
- Software & Data Destruction
- Certificate of Destruction
- Unreadable end-product recycled
- Locally owned & operated



Unit 2, 116 NWC Highway (opp Shell)

PO Box 2233, Geraldton WA 6531

**Ph: 9964 1272 or  
0419 045 091**

ABN 81 060 541 559

## **DOES YOUR DOG HAVE TICKS?**

**YOU CAN GET THEM SPRAYED FOR TICKS WHICH  
WILL LAST FOR UP TO 8 WEEKS**



**REGISTER YOUR INTEREST WITH THE SHIRE**

# Melbourne Cup Trivia

- ☆ The first Melbourne Cup was run in 1861 - the winner was the horse Archer. Archer also won the cup the following year.
- ☆ The first cup races were originally run on a Thursday. The race was first run on a Tuesday in 1875, and has done so ever since.
- ☆ The prize for the first Melbourne Cup was a gold watch and 170 pounds cash.
- ☆ The winner of the first race in 1961 Archer is said to have been walked 800km to the course in Melbourne from Nowra, in New South Wales.
- ☆ The youngest rider of a Melbourne Cup winner is believed to be Peter St Albans, who won on Briseis in 1876. Although his official age was not recorded, it is believed that he was 13 at the time.
- ☆ Seventeen horses contested the first Melbourne Cup in 1861, watched by a crowd of 4000.
- ☆ In 1877, the first Tuesday in November was declared a public holiday in Victoria (and is still).
- ☆ The 1880 Cup was the first Melbourne Cup to attract 100,000 spectators.
- ☆ The first woman owner to win the Melbourne Cup was Mrs Edith Widdis, who owned the winner Patrobas in 1915.
- ☆ In 1916, the running of the Cup was postponed by 5 days due to rain.
- ☆ Phar Lap's win in 1930 was the only odds on winner in history (8-11), and was also the shortest-priced favourite in Cup history.
- ☆ In 1954, 'Rising Fast' won the Caulfield Cup, Cox Plate and Melbourne Cup treble.
- ☆ The 1958 Melbourne Cup race was the first to start from starting stalls.
- ☆ Arwon, the 1978 Cup winner, was from the town of Nowra, as was the first cup winner Archer (1861). In fact, Arwon is Nowra spelt backwards.



- ☆ The race was originally held over two miles (approximately 3,218 meters), but changed to the current distance of 3200 meters following Australia's adoption of the metric system in 1972.
- ☆ The first camera photo finish was in 1948 when 80/1 shot Rimfire controversially beat Dark Marne (12/1). Although the rider of Dark Marne, Jack Thompson, was sure he had won, the camera said otherwise. However, it was later found out that the camera was out of alignment, and was corrected before the next race.
- ☆ There have been no dead heats for first, but Topical and Gaine Carrington (1933) and Lahar and Zazabelle (1999) have tied for third.
- ☆ The record time for the event is 3 minutes 16.3 seconds by Kingston Rule in 1990.
- ☆ The first northern hemisphere trained horse to win was Vintage Crop, from Ireland, in 1993.
- ☆ In 2002, Jockey Damien Oliver won on Media Puzzle, a week after his brother Jason was killed in a riding fall.
- ☆ The first and only horse to be a three time winner of the Melbourne Cup was Makybe Diva (2003, 2004, 2005). At the same time, jockey Glen Boss becomes the first jockey to win three Cups in a row.
- ☆ The 2006 Event carried 5.1 million dollars (Australian) in prize money.
- ☆ Delta Blues becomes the first Japanese horse to win the Melbourne Cup, in 2006.
- ☆ Bart Cummings has trained 12 Melbourne Cup winners (as of 2010) .
- ☆ Americain became the first French horse to win Australia's biggest race in 2010.





**A COMMUNITY IS ONLY  
AS STRONG AS ITS PEOPLE.**

**HELP YOURS BY BECOMING A ST JOHN  
AMBULANCE WA VOLUNTEER TODAY.**

**What's involved?** Driving ambulances, transporting patients, providing first aid or helping out with administration are just a few of the roles when you volunteer with St John Ambulance WA. As a Volunteer you will be supported every step of the way and given all the training necessary to fulfill your role. Training is conducted to a level at which you feel comfortable, confident and ready to assist.

**Why volunteer?** By donating your time you can make a real difference and give something back to your community. Not only do you get the satisfaction of helping others, but you also gain important skills and experience. No matter what your motivation, being a St John Ambulance WA Volunteer is a great way to get involved in your community and help change lives.

To find out more about making a real difference in your community visit [www.stjohnchangelives.com.au](http://www.stjohnchangelives.com.au) or call 1800 069 393.

## MEEKATHARRA SELF STORAGE

Lock & Leave Containers

Secure Undercover & Open Bays

Short, Medium, Long Term

Rates Available

Contact Mick on 0424 950 048

[mws.storage@gmail.com](mailto:mws.storage@gmail.com)



# The Mary G

## No Grog No Drugs

### TOUR

**Mary G Live  
in her best  
frock!**

**FREE  
Community  
Concert**

**Tuesday 6th November  
Meekatharra Town Oval,  
Gascoyne Junction Road,  
Meekatharra**

**Free BBQ starts at 6pm  
Bring the whole family...  
Alcohol Free Event**

**Enough talking...lets start doing!**

Funded by Australian Government Department of Families, Housing, Community Services and Indigenous Affairs



**alcoholthinkagain**







It's fun, free and green!

**Location:** Meekatharra Shire Hall

Come at 9.30am with your items!!

**Time & Date:** Saturday November 10th 10am - 12pm

**Bring to Swap:** Clothes, Toys, Books, CD's DVD's jewellery,  
Ornaments, Kitchenware... ANYTHING!

**RSVP:** Just Turn Up!

Watch the 'How to Swap' video and download a complete guide to hosting a Swap Party, including rules poster and tokens at [RecyclingWeek.PlanetArk.org/Involvement/Swap.cfm](http://RecyclingWeek.PlanetArk.org/Involvement/Swap.cfm)



Major  
Sponsor



Supporting  
Sponsors



For more information on re-use and recycling, including other ways to trade and exchange your items, visit [RecyclingNearYou.com.au](http://RecyclingNearYou.com.au) or call **1300 733 712**.





# Swap Party Rules

- ♻️ Bring items that are clean and in good condition.
- ♻️ When you arrive at the Swap Party, you will be given one Swap Token for each item you bring.
- ♻️ Once the items are at the Swap Party, they are no longer yours.
- ♻️ Nothing can be claimed until the host opens the Swap.
- ♻️ Spend some time browsing the items and chatting to the other swappers.
- ♻️ Once the host announces the Swap is open, you may claim one item per token.
- ♻️ If two or more of you want the same item, the host or representative will referee a match of scissors, paper, rock or other game.
- ♻️ If you don't have items to swap come and purchase tokens for \$1. Use your tokens to buy items from other swappers & from the Festival Committee & Meeka Goes Green Table.

**Swapping saves energy, water and raw materials.**

For a step-by-step guide on 'How to Host a Swap Party' and local second hand stores visit [RecyclingWeek.PlanetArk.org](http://RecyclingWeek.PlanetArk.org) or call **1300 733 712** for more info.

**Big Aussie Swap**



**NATIONAL RECYCLING WEEK PLANET ARK**

**Don't want to swap but you have some items to donate?**

**Bring your items to the Shire by Friday 9th November.**

**Or ring Kelly on 9980 0600**





## Smoke and Darkness

story: Anna Johnson

photos: Gary Hammer

*Volunteer Fire and Rescue trainees bravely enter a smoke-filled donger during a weekend course in Breathing Apparatus procedures held in Meeka*

This was the experience of 8 volunteer fire and rescue trainees on the weekend of June 23. Instructors Paul Southam and Tony Keeping set a cracking pace, drilling the volunteers through the procedures over the intense two-day course, which was attended by brigade members from Geraldton, Mt Magnet, Cue and Meekatharra. Chris Atkin provided Paddy's Flat as the venue for the event, hosted by the Meekatharra VFRS.

Trainees were sent into a smoke-filled donger to search for casualties (live-weight dummies), negotiating their way through the obstacles of furniture, steps and dangling electrical wires as the instructors kept a watchful eye.

Tony and Paul also played the roles of panicking parents and interfering onlookers in order to give the teams a taste of what a real call-out can be like. It's a tough course, but the repeated drills help trainees learn from their mistakes; one team attempted to rescue a lumpy rolled-up carpet ("I can't feel a pulse!") and another team wrapped a dummy victim's leg around its neck ("Sorry mate"). But by the end of the second day, everyone felt confident with the basics and all members passed with flying colours.

*Imagine it: you're wearing thick layers of protective clothing, heavy boots and gloves; you already feel sweaty and sticky, and then you get the command: "Team A, you're going in." You have 90 seconds to check the equipment that could save your life, strapping on the backpack air cylinder and full-face oxygen mask, balaclava and helmet.*

*Inside the burning building, someone is screaming for help. You can't see a thing, it's unbearably hot, and you have no idea what hazards might await you - but it's your job to find your way through, putting your life on the line to save another in the smoke and darkness. Could you do it?*



*Not for the claustrophobic - Guy from Mt Magnet and Meeka's Paul Smith wearing the training black-out masks which simulate the lack of visibility a firefighter may have to cope with in a real-life situation*



*Firefighters Amanda Gibson (L) and Anna Johnson (R) ready to go in - safety precautions include the "buddy" system, and personal distress alarms which go off if a firefighter stops moving for more than 20 seconds*





*A serious moment - Bithun standing by for the final assessment drill in the danger*



Captain Cameron Harvey, Lieutenant Reese Anderson and Apps Officer Gary Hammer from the Meekatharra VFRS were on hand to support the trainees with advice, coffee and lunch. Paddy's Flat guests were bemused to see the trainees in full BA kit doing drill marches around the grounds, accompanied by resident dogs Jaz and Storm, who also demonstrated excellent search techniques (as long as the casualty was a sausage).

Breathing apparatus provides firefighters with a safe air supply in a range of hazardous situations. Strict procedures ensure that teams can work quickly and safely - in addition to the danger of smoke and flame, there are the hazards of heat stress and the psychological challenges of confined spaces, as well as dealing with casualties and distressed family members.

FESA invests much time, money and resources in training its fire and rescue volunteers, making sure that brigades have up-to-date skills and equipment in order to provide services to their communities. Thanks to this support, Meekatharra VFRS now has 8 BA-qualified members ready to attend incidents in our region.



*Left - Meeka VFRS Secretary (and local school teacher) Paul Smith gives his team the thumbs up; above, instructor Tony Keeping supervises weary trainees as they gratefully doff their gear in the cool breeze*



*From left to right:  
Anna Johnson (Meeka), Tyler Penola (Meeka), Amanda Gibson (Cue), Ron (Geraldton), Bithun Wijeweera (Meeka),  
Guy (Mt Magnet), Paul Smith (Meeka) and Tamara Cockram (Mt Magnet)*



Do you want to get laid?

On the footpath outside the Shire?

# Only \$ 35

**Ordered a paver? New pavers being laid soon!**



Contact the Shire Office.







# Meekatharra Women's Action Group

The Meekatharra Women's Action Group was formulated to assist and address issues for the betterment of the community of Meekatharra.

It was Stephanie Mippy and Gloria Whitehurst along with Josephine Walsh that initially attended Yulella, asking for support to implement this strategy.

With Yulella's Philo Curley and John Cross's support, the group were able to meet at the Yulella training room, using Yulella resources and been provided with financial assistance to facilitate community events.

The first meeting was attended by a lot of familiar local faces, which was great to see. The room was abuzz with great ideas. Of course the difficulties being - we can only deal with one thing at a time to have the optimum result.

Tamika Byrne from the onset was one of the biggest assets and took on the responsibility of secretary. Her input and contribution was profound and due to personal circumstance she had to resign further down the track. She is still sorely missed by the group.

We have invited stakeholders from the community to attend in an effort to identify gaps in the services and offer assistance.

We have received a lot of support from agencies including the Police station, Meekatharra District High School, Department of Housing and works, Community Drug Service Team and have strategised with identified problems in an attempt to improve the situation.

Since the first few meetings - the interest has gathered and whilst there have been numerous critics that attempt to defame the group, we are not losing sight of our aims -which is working towards a better community!

As time went on a committee was formulated. This committee comprises of

Chairperson - Stephanie Mippy  
V/Chairperson - Rhonda Shay  
Treasurer - Beverley Quartermaine  
Secretary - Patricia Councillor

Since the implementation of the committee we are progressing towards becoming incorporated. Beverley Quartermaine continues to work tirelessly to enable this process. Once we are, we will be able to work on many more community projects without having to rely on agencies continued generosity.



Some of confronting issues discussed are - Kids with Gings, Alcohol abuse and anti-social behaviour, Bullying at school, improving school attendances, Overcrowding in Homeswest properties, children out late at night without responsible adults and many more...

Our logo – is a photograph of some of the ladies hands in a circle. This photo was taken by a guest at that time - Alex McInnes of Dept. of housing and works. This picture won second prize in the festival weekend art competition in the photography category - so it was a great effort! So - Thankyou Alex.

Since the group formulated we have organised and assisted with numerous community functions, such as: -

Community Barbeque - to raise the awareness of our group

School Disco- by providing the meals,

Naidoc with Yulella - assisted with catering

Frail Age Hostel - organised a cook up

Frail Age Hostel - sing along with Theona Councillor

Of course these could not have occurred without the generosity and support of all the agencies and local ladies who worked tirelessly to help it happen. So thankyou to all that helped.

Also thank you to all the generous donations from the Shire, Community Drug Service Team, MFDVS, Farmer Jacks, Yulella, Meekatharra District High School, Frail Aged Hostel, Yulella Vision and many others.

We have recently had invaluable input from Alex at Dept. housing and works which has assisted clarifying procedures and how the processes operate for Department of housing and works.

Upcoming events include                    - Women's yarnning with Mary G November 5  
   - Foetal Alcohol Spectrum Disorder information session November 7

This group is in formative stages of development and whilst there are expected teething problems, we will strive to overcome them by working collaboratively with the community.

We want the best for all to make Meekatharra a lovely place to live and visit.

It is OUR COMMUNITY.

If you would like to be involved or if there are any issues you would like to raise with the Women's Action Group, or be involved please feel free to contact any of the committee members. Their details can be obtained through Kelly at the shire.

Next Women's Group Meeting is at the **BUNDY CLUB**  
**11.00AM**  
**MONDAY 5<sup>th</sup> NOVEMBER**



## Discussion Paper

# VOLUNTEER FUEL CARD

*The Nationals WA proposal to support  
Emergency Service Volunteers in WA.*



### Policy Proposal

The Nationals WA will provide all volunteer emergency service groups in regional WA with a \$2000 fuel card on an annual basis as an acknowledgement of the incredible work they do to protect and support regional communities and the environment.

### Discussion

Regional WA relies heavily on the services of volunteers for the provision of emergency services. It is the willingness of people to donate their time to train others, be trained, fundraise and provide essential services that ensures the ongoing success of these regional volunteer organisations.

**“ Emergency Service  
Volunteers in our regions  
do an outstanding job and The  
Nationals WA recognise that  
regional communities could not  
exist without them.”**

This volunteer fuel card will go some way to acknowledging the work of volunteers and making their job that little bit easier.

It was estimated in 2006 that volunteering in emergency services alone was some 2.2 million hours and valued at \$59 million.

Eligible volunteer groups will include:

- St John Ambulance Service
- Volunteer Bush Fire Service
- Volunteer Fire and Rescue Service
- Volunteer Fire Service
- State Emergency Service
- Volunteer Emergency Service
- Volunteer Marine Rescue Service

### How many individual groups will receive the card?

Over 700 individual volunteer emergency service organisations throughout regional WA will benefit from this fuel card.

### How will it work?

Eligible groups will receive a fuel card which at the discretion of the local management committee, can be distributed between volunteers and the community as a way to recognise the time and resources they give up for the sake of their community.

The Nationals WA welcome your feedback on this discussion paper:

p: 1300 NATS WA (628 792)

e: [info@nationalswa.com](mailto:info@nationalswa.com)

w: [www.nationalswa.com](http://www.nationalswa.com)







**Vincent Catania MLA**  
MEMBER FOR NORTH WEST | CANDIDATE FOR NORTH WEST CENTRAL



**THE NATIONALS**  
*for Regional WA*

### **The Nationals WA announce Emergency Volunteers Fuel Card**

The Nationals WA will introduce a Fuel Card for volunteer emergency services organisations across regional Western Australia, should they retain the balance of power at the 2013 State election.

The policy, announced at The Nationals WA Campaign Launch in Toodyay, will provide Emergency Service Volunteer organisations with a fuel card valued at \$2000 per annum, as an acknowledgement of the support they provide to regional communities.

Member for North West, Vincent Catania said the Emergency Volunteers Fuel Card would support the hundreds of volunteer emergency services organisations in regional WA.

Emergency service volunteers in our regions do an outstanding job and The Nationals WA recognise that regional communities could not function without them," Mr Holt said.

"This initiative will go some way to acknowledging the great work of volunteers, and make their job that little bit easier."

The card will be made available to more than 700 emergency service units across regional WA, including St John Ambulance, the State Emergency Service, the Marine Rescue Service, and more than 500 volunteer bush fire brigades.

Potential uses include travelling for training or events; transporting and servicing equipment; or as a reward for volunteers.

"The Emergency Volunteers Fuel Card is an acknowledgement of support for the incredible work our volunteers do to protect regional communities, particularly in a crisis."

Vincent Catania said the Emergency Volunteers Fuel Card would add to previously announced election commitments, including the Regional Cities initiative, the Goldfields Strategic Investment Plan and a boost to the Country Aged Pension Fuel Card.

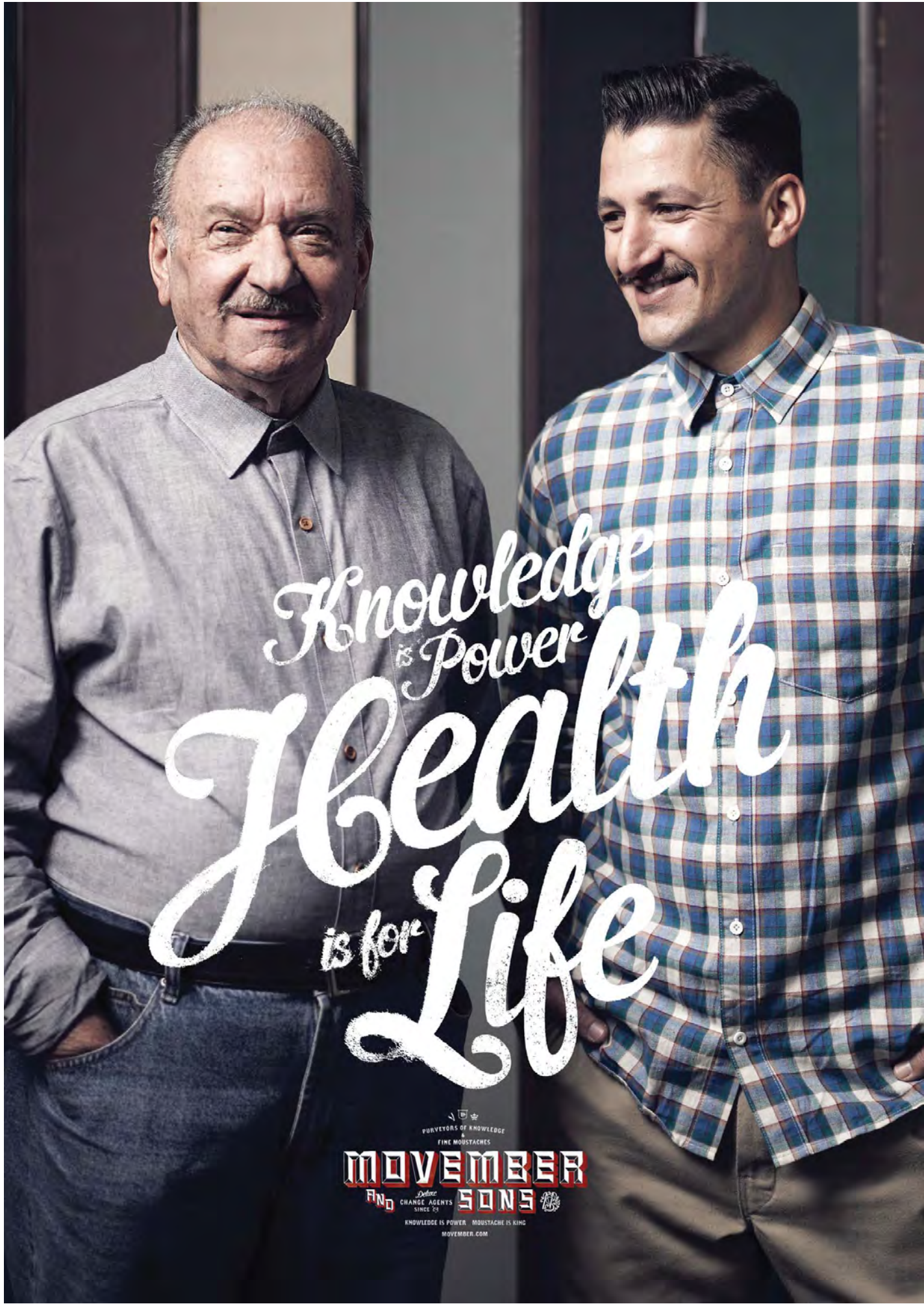
Vincent Catania said the Campaign Launch highlighted the work Royalties for Regions is doing to improve the lives of those living and working in regional areas.

"The only way to ensure Royalties for Regions continues in its current form is to support The Nationals WA at the 2013 State Election."

To find out more about the Emergency Volunteers Fuel Card visit [www.nationalswa.com](http://www.nationalswa.com).

**Media Contact: Vincent Catania 99412999**  
**Date: 16 October 2012**





Knowledge  
is Power  
Health  
is for Life

↓ ↑  
PURVEYORS OF KNOWLEDGE  
&  
FINE MOUSTACHES  
**MOVEMBER**  
**AND SONS**  
Deliver CHANGE AGENTS  
SINCE '79  
KNOWLEDGE IS POWER. MOUSTACHE IS KING  
MOVEMBER.COM



# MOVEMBER THE COLLECTIVE WISDOM OF GENERATIONS



20s

<b>YOUR FAMILY HISTORY</b> Make your doctor aware of any health issues	<b>YOUR FAMILY HISTORY</b> Make your doctor aware of any health issues
<b>BLOOD PRESSURE</b> Every 2 years or annually if high/low	<b>BLOOD PRESSURE</b> Every 2 years or annually if high/low
<b>FASTING CHOLESTEROL</b> Every 5 years or more frequently with an abnormal test result	<b>FASTING CHOLESTEROL</b> Every 5 years or more frequently with an abnormal test result
<b>DENTAL HEALTH</b> Annual check up	<b>DENTAL HEALTH</b> Annual check up
<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years and annual flu vaccine	<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years and annual flu vaccine
<b>SEXUALLY TRANSMITTED DISEASES</b> Regular checks and HPV vaccine if appropriate	<b>SEXUALLY TRANSMITTED DISEASES</b> Regular checks, if appropriate
<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check	<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check
<b>TESTICULAR CANCER</b> Monthly self-exam, especially if there is a family history	<b>TESTICULAR CANCER</b> Monthly self-exam, especially if there is a family history
<b>MENTAL HEALTH</b> Talk to your doctor about any concerns	<b>MENTAL HEALTH</b> Talk to your doctor about any concerns



30s

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40s

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<b>DENTAL HEALTH</b> Annual check up	<b>DENTAL HEALTH</b> Annual check up
<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years and annual flu vaccine	<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years and annual flu vaccine
<b>PROSTATE CANCER</b> Discuss with your doctor having a baseline PSA test if African American or there is a family history; age 50 otherwise	<b>PROSTATE CANCER</b> Discuss with your doctor having a baseline PSA test if African American or there is a family history; age 50 otherwise
<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check	<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check
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50s

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<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years and annual flu vaccine	<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years and annual flu vaccine
<b>OSTEOPOROSIS</b> If risk factors are present	<b>OSTEOPOROSIS</b> If risk factors are present
<b>PROSTATE CANCER</b> Discuss with your doctor annually	<b>PROSTATE CANCER</b> Discuss with your doctor annually
<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check	<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check
<b>MENTAL HEALTH</b> Talk to your doctor about any concerns	<b>MENTAL HEALTH</b> Talk to your doctor about any concerns



60s

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<b>FASTING CHOLESTEROL</b> Every 5 years or more frequently with an abnormal test result	<b>FASTING CHOLESTEROL</b> Every 5 years or more frequently with an abnormal test result
<b>BOWEL CANCER</b> Annual check up	<b>BOWEL CANCER</b> Annual check up
<b>DIABETES</b> Every 3 years or as doctor recommends	<b>DIABETES</b> Every 3 years or as doctor recommends
<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years, annual flu vaccine, and shingles/herpes zoster vaccine once after age 60	<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years, annual flu vaccine, and pneumococcal vaccine after age 65
<b>HEARING AND VISION</b> If you are over age 65, have your hearing and vision checked	<b>HEARING AND VISION</b> If you are over age 65, have your hearing and vision checked
<b>OSTEOPOROSIS</b> If risk factors are present	<b>OSTEOPOROSIS</b> If risk factors are present
<b>PROSTATE CANCER</b> Discuss with your doctor annually	<b>PROSTATE CANCER</b> Discuss with your doctor annually
<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check	<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check
<b>MENTAL HEALTH</b> Talk to your doctor about any concerns	<b>MENTAL HEALTH</b> Talk to your doctor about any concerns



70s

<b>YOUR FAMILY HISTORY</b> Make your doctor aware of any health issues	<b>YOUR FAMILY HISTORY</b> Make your doctor aware of any health issues
<b>BLOOD PRESSURE</b> Every 2 years or annually if high/low	<b>BLOOD PRESSURE</b> Every 2 years or annually if high/low
<b>FASTING CHOLESTEROL</b> Every 5 years or more frequently with an abnormal test result	<b>FASTING CHOLESTEROL</b> Every 5 years or more frequently with an abnormal test result
<b>BOWEL CANCER</b> Annual check up	<b>BOWEL CANCER</b> Annual check up
<b>DIABETES</b> Every 3 years or as doctor recommends	<b>DIABETES</b> Every 3 years or as doctor recommends
<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years, annual flu vaccine, and pneumococcal vaccine after age 65	<b>IMMUNISATIONS</b> Tetanus-diphtheria booster every 10 years, annual flu vaccine, and pneumococcal vaccine after age 65
<b>HEARING AND VISION</b> If you are over age 65, have your hearing and vision checked	<b>HEARING AND VISION</b> If you are over age 65, have your hearing and vision checked
<b>PROSTATE CANCER</b> Discuss with your doctor annually	<b>PROSTATE CANCER</b> Discuss with your doctor annually
<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check	<b>SKIN CANCER</b> Look for marks or changes on your skin and have a doctor do an annual skin check
<b>MENTAL HEALTH</b> Talk to your doctor about any concerns	<b>MENTAL HEALTH</b> Talk to your doctor about any concerns

YOUR HEALTH IS  
YOUR RESPONSIBILITY

PREVENTION  
IS EVERYTHING

EARLY DETECTION  
IS KEY

USE IT OR  
LOSE IT

THE KNOWLEDGE OF USEFUL  
THINGS IS SELDOM LOST

# Meekatharra Men's Group

The Meekatharra Men's Group is up and running now and we are operating out of Darrigan's house on the Main Street under an agreement with the Shire.

Any men interested in the men's group is encouraged to join the group by contacting Darren Quartermaine on 0417 223 204 or Andrew Binsiar on 9980 1339.

The Men's group is about men coming together to start talking about their health issues and anything else that could be troubling them. As we know, men don't always open up to other men about their problems - they seem to have this mucho image or she'll be right mate attitude and before we know it we are stuck in a big hole with no way out. So come on down or ring up and be apart the Meekatharra Men's Group.

## Did You Know....?

Suicide is four times more common in men than women, and research shows that male suicides account for around three quarters of all suicide deaths in Australia (Commonwealth of Australia, 2010). Men of all ages and backgrounds can be at risk. Statistics tell us that the men who are at most risk are:

- Young or in their middle years (20 to 44 years old);
- Older men (over 75);
- Men living in rural and remote areas;
- Men in prison or custody;
- Men from Indigenous communities; and
- Men undergoing traumatic life events.



Potentially traumatic life events that may increase men's likelihood of suicide include relationship breakdown, separation from children, unemployment, financial stress and social isolation. For some, these events can lead to feelings of shame and guilt, which can further increase risk (Commonwealth of Australia, 2007).



# MIXED ADULT BASKETBALL COMPETITION

Monday Nights

6.30pm at the Sports Complex

Form your own mixed team to  
start playing or come down  
and join a team.



Registration \$20 for the  
season

For more info call Elaine King

0439 909 738

# Royal Mail Hotel

Accommodation Bar Restaurant TAB Pool Table Beer Garden Great Atmosphere

## Affordable Accommodation

Single, Double, Triple and Family Rooms available with secure parking next to the venue. Each come with their own full ensuite and is equipped with air con, TV, fridge and tea and coffee facilities.

A cooked or continental breakfast is also available for purchase.

## Restaurant

Come and enjoy a meal at the Royal Mail with the option of eating in our air-conditioned dining room. Take away and phone bookings are also welcome. Also available are our small and large pizza selections. Large menu plus daily specials

We also supply on site and off site quality catering for any occasion. Please call for more info.

## Atmosphere

Mon-Sun: Noon till late

Sun: 2pm – 10pm

**Every Thursday night:** Pool Comp!  
8pm registration. \$20 buy in. First and second prizes.

**Every Saturday night:** \$15 large pizza's. Phone orders welcome.



## Dates for your diary

ROYAL MAIL HOTEL NOW OPEN

MIDDAY EVERY SUNDAY & 12PM – 2PM FOR LUNCH

GENE SHELBY PERFORMING LIVE

FRIDAY 19<sup>TH</sup> OCTOBER

8PM – LATE

DOOR CHARGE \$5.00

CLASSIC ROCK AND ALL YOUR FAVOURITES!!!

ROYAL MAIL HOTEL Main Street, Meekatharra 6642

P: 08 9981 1148 F: 08 9981 1113 E: [royalmail@benet.net.au](mailto:royalmail@benet.net.au)



## **YULELLA VISION STORE**

Will now be opening six days a week to give everyone the opportunity to browse and save on

**Household, Electrical, Hardware, Clothing, Manchester & Giftware.**

**NEW OPENING HOURS**

**MONDAY TO FRIDAY**

**9:00am – 4:00pm**

**SATURDAY**

**9:00am – 12:00pm**

**62 Main Street**

**Meekatharra**

**Telephone: (08) 9980 1756**



## **Market Stalls**

**Put a note in your diary and get ready for Christmas with the next Market Stalls!**

**SATURDAY DECEMBER  
8TH 2012**

**MAIN STREET**

**MEEKATHARRA**

**9AM - 12PM**

## **MIDWEST SEPTICS**

**PROFESSIONAL LIQUID WASTE REMOVAL SERVICES**

**OPERATING IN MEEKATHARRA AND ALL  
SURROUNDING AREAS AND COMMUNITIES.**

**HIGHLY COMPETITIVE AND REASONABLE RATES**

**WE ARE AVAILABLE ALL HOURS TO MEET YOUR  
REQUIREMENTS AND TAKE PRIDE IN DOING OUR  
WORK RIGHT THE FIRST TIME!**

**CALL US ON: 0458 002 126 – ALL HOURS**

**YOU CAN ALSO CHECK OUT OUR WEBSITE**

**WWW.MIDWESTSEPTICS.COM.AU**

**OR EMAIL US AT : MIDWESTSEPTICS@GMAIL.COM**

# Remembrance Day 2012

At 11 am on 11 November 1918 the guns of the Western Front fell silent after more than four years continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted the allied terms of unconditional surrender.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilisation of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

On the first anniversary of the armistice in 1919 two minutes' silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street. At about the same time, a South African statesman made a similar proposal to the British Cabinet, which endorsed it. King George V personally requested all the people of the British Empire to suspend normal activities for two minutes on the hour of the armistice "which stayed the worldwide carnage of the four preceding years and marked the victory of Right and Freedom". The two minutes' silence was popularly adopted and it became a central feature of commemorations on Armistice Day.

On the second anniversary of the armistice in 1920 the commemoration was given added significance when it became a funeral, with the return of the remains of an unknown soldier from the battlefields of the Western Front. Unknown soldiers were interred with full military honours in Westminster Abbey in London and at the Arc de Triumph in Paris. The entombment in London attracted over one million people within a week to pay their respects at the unknown soldier's tomb. Most other allied nations adopted the tradition of entombing unknown soldiers over the following decade.

After the end of the Second World War, the Australian and British governments changed the name to Remembrance Day. Armistice Day was no longer an appropriate title for a day which would commemorate all war dead.

In Australia on the 75th anniversary of the armistice in 1993 Remembrance Day ceremonies again became the focus of national attention. The remains of an unknown Australian soldier, exhumed from a First World War military cemetery in France, were ceremonially entombed in the Memorial's Hall of Memory. Remembrance Day ceremonies were conducted simultaneously in towns and cities all over the country, culminating at the moment of burial at 11 am and coinciding with the traditional two minutes' silence. This ceremony, which touched a chord across the Australian nation, re-established Remembrance Day as a significant day of commemoration.

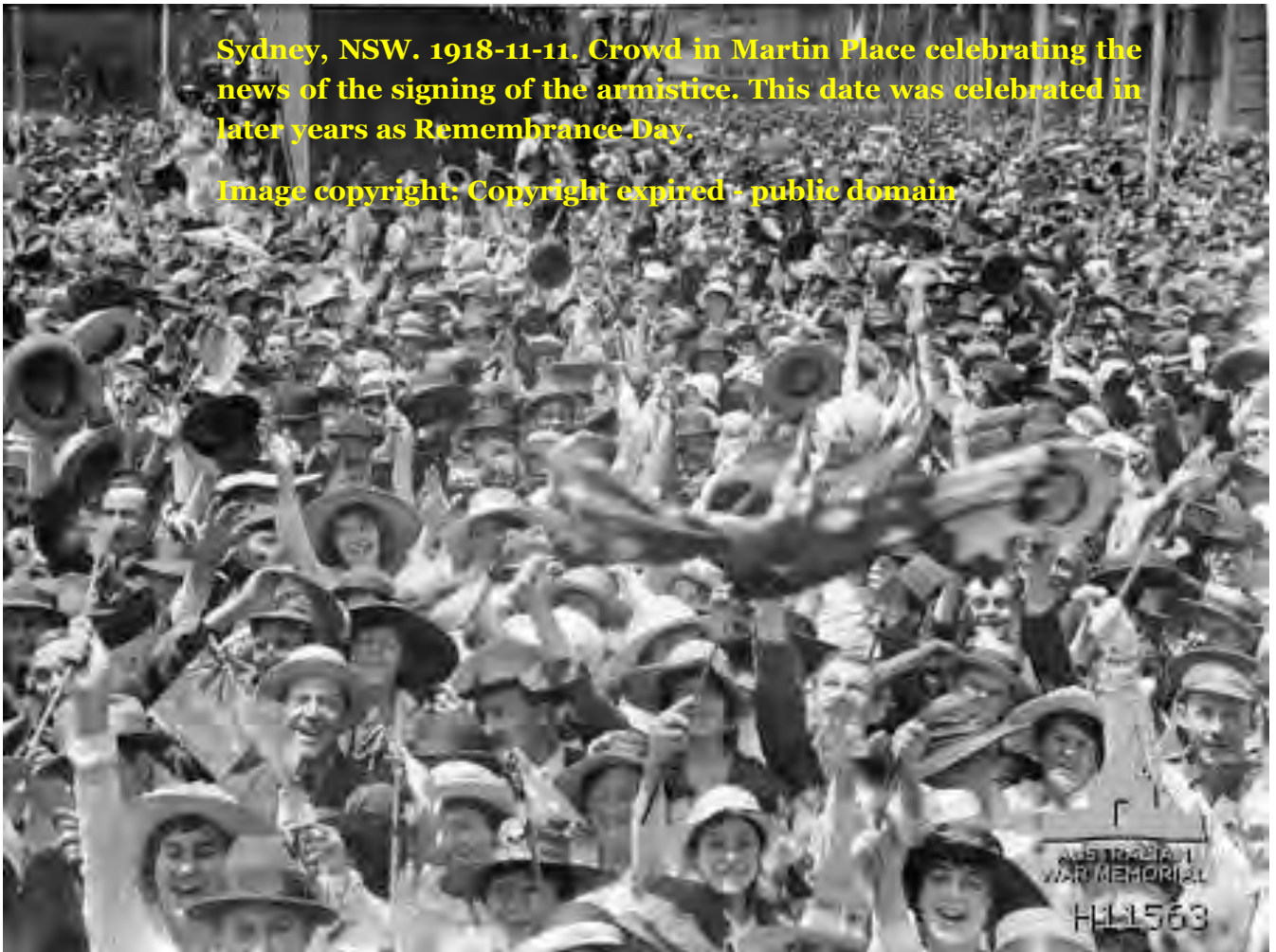
Four years later, in 1997, Governor-General Sir William Deane issued a proclamation formally declaring 11 November to be Remembrance Day, urging all Australians to observe one minute's silence at 11 am on 11 November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.

Source - Australian War Memorial Web-site <http://www.awm.gov.au/>



**Sydney, NSW. 1918-11-11. Crowd in Martin Place celebrating the news of the signing of the armistice. This date was celebrated in later years as Remembrance Day.**

**Image copyright: Copyright expired - public domain**



**Below: Adelaide, South Australia. 1918-11. A huge crowd at Parliament House for the Declaration of the Signing of the Armistice. (Donor W.S. Smith)**

**Image copyright: Copyright expired - public domain**



Want to  
commemorate  
Remembrance  
Day here in  
Meekatharra?  
Head to the  
Service at  
Paddy's Flat  
11am  
Sunday 11th  
November  
2012



# DRINKS



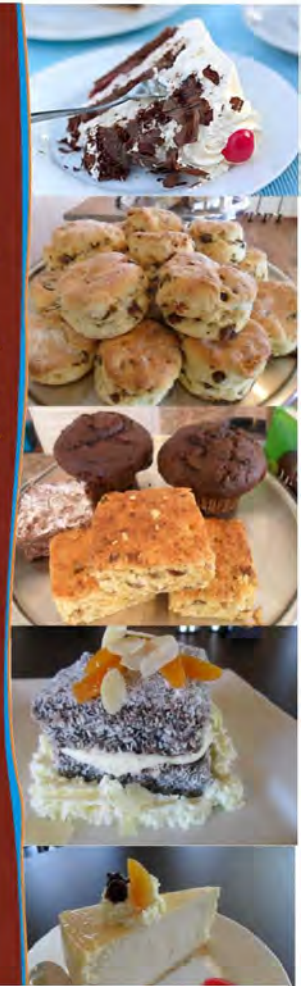
8am  
To  
5pm  
  
Sun  
To  
Fri

# MEALS SNACKS



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# CAKES



55 km North of Meekatharra



*Caravan and  
Camping Park*

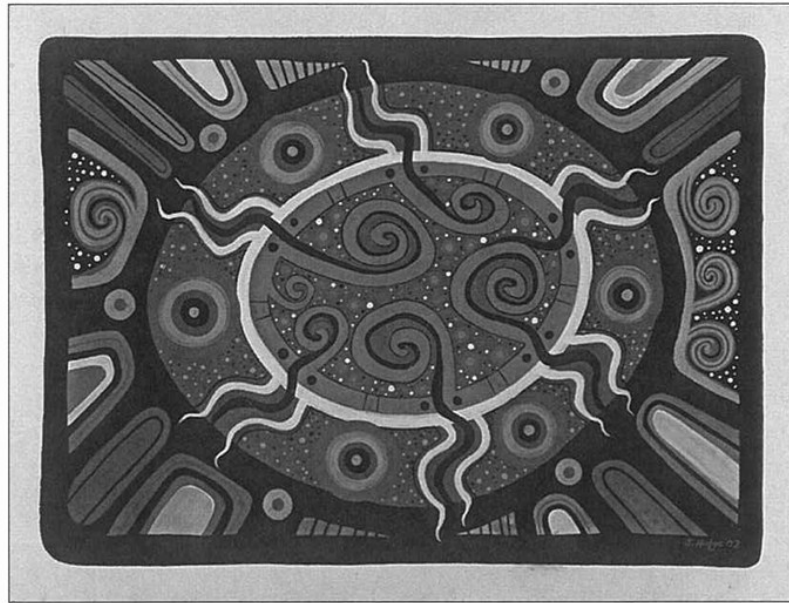


*An Oasis in the Outback*

**55 km north of Meekatharra**

**9981 2000**





# Alcoholics Anonymous Meekatharra.

Every Thursday

When: 6pm-8pm.

Where: Seventh Day Adventist Church Hall,  
McLeary Street Meekatharra.

Enquiries: Ring Adrian on 08 9981 0625 (office hours)

# Golden Art shop

CUE

## UNDER NEW MANAGEMENT

Come in and check us out.

Hand made beanies  
& scarves



Peg bags

Pottery



Hand made  
wind chimes



Xmas ideas



Assorted Patch-  
work products



Helene Parker  
0428 559 030



# Commercial Hotel Meekatharra

Opened daily from noon til late

**Excellent counter meals daily:**

**Lunch: 12 noon – 2pm**  
**Monday to Saturday**  
**Dinner: 6pm – 8pm**  
**Sunday to Saturday**



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

**Accommodation Includes:**

**Modern Motel units with en suite, TV & air con**  
**Located at rear of Hotel with enclosed parking.**  
**and**  
**Traditional Hotel rooms with TV & air con**  
**Located upstairs in original building.**



**Telephone: 99811020**  
**Fax: 99811021**  
**Email: [commieh@westnet.com.au](mailto:commieh@westnet.com.au)**  
**77 Main Street, Meekatharra, 6642**



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





# 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



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



# MEEKATHARRA HEALTH CENTRE

## SERVICES

**RFDS Clinic/Reception - Doctors Appointments: 9981 0604**

**Meekatharra Hospital: 9981 0600**

**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

**9981 0604**

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 —2012

19/11—14/12



**Meekatharra Dental Clinic : 9981 0640**

**Mobile Dental Clinic : 0427 386 647**



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

# Happy 21st Alicia!

Alicia King celebrated her 21st Birthday with a bash at her family home on the Saturday evening of the Festival Weekend! Looks like a great time was had by all with visitors to town for the Festival and Alicia's party treated to a performance from her brother's band 'The Breakaways!'



Darryl, Shannon, Irwin, Andrew and Josh



Robert and Trent



Alicia clearly enjoying herself!!!!



Rochelle and Elvi







The Breakaways performing



Nicole and John



Jenny and Caitlin



Annette and Danny



Bob, Alicia, Daryl and Luther



Shannon and Daniel



Alicia, Josephine, Tori, Timika and Ronelle



Amanda and Davina



# Christ the King Catholic Church



**ALL WELCOME**

**Liturgies for October,  
November and December  
Saturdays at 6.30 pm**

13 October

Celebration of the Word with Communion

20 October

Celebration of the Eucharist (Mass)

10 November

Celebration of the Eucharist (Mass)

8 December

Celebration of the Word with Communion

Christmas Mass to be advertised.

The Catholic Church is located on the corner of Darlot and High Streets.

For further enquiries contact Sr Gerri Boylan sgs 9963 4179

This parish is under the pastoral care of the Sisters of the Good Samaritan of the Order of St Benedict



# Shire News

The Meekatharra Shire has budgeted for a new gym in the 2012/13 budget. Currently a grant application sits with the Department of Sport and Recreation for partial funds towards this project through its Community Sport and Recreation Facilities Fund.

The proposed gym will be located at the Meekatharra Sports Complex next to the squash court and the building will have a mezzanine level which will be available for fitness programs such as aerobics and yoga.

Once funding is secured and the gym is constructed the tiered seating will be returned to the Indoor Cricket Centre allowing for spectators to comfortably view any sporting activities taking place. Subject to Council approval in the 2013/14 budget, improvements to the Indoor Cricket Centre may take place.

The Shire has also budgeted for upgrades to the Outdoor Picture Theatre. The Community Development/Administration Officer is **currently sourcing funds to match Council's contribution in order to** further the upgrade and return the building and grounds to a safe standard with a view to being able to provide another form of entertainment to the community.

## **CHRISTMAS OPENING HOURS**

The Meekatharra Shire will be closed

**Monday 24th December 2012**

**Re-opening Wednesday January 2nd 2013**

Swimming Pool Hours and Rubbish Collection dates over the Christmas Period will be advertised in the next edition of the Dust.

*Your Feedback is important to us! Please help us with ideas for 2013 and return this survey to the Shire.*

Age (please circle) under 10, 10 – 15, 16 – 20, 20 – 30, 30 – 40, 40 – 50, 50 – 60, 60+

Gender (please circle) Male or Female

1. How did you first hear about the 2012 Outback Festival?

- ☐ Local newspapers
- ☐ Posters
- ☐ Word of mouth
- ☐ Other \_\_\_\_\_

2. Which of the following best describes how you attended the Outback Festival?

- ☐ Alone
- ☐ With partner
- ☐ With family
- ☐ With friends
- ☐ Other \_\_\_\_\_

3. Which events did you attend/take part in during the Outback Festival?

- ☐ Friday Night Family Fun Night
- ☐ Saturday Morning Street Festivities
- ☐ Community Art Gallery
- ☐ Float Parade
- ☐ Saturday Races
- ☐ Saturday evening entertainment at the Race Course
- ☐ Sunday Rodeo
- ☐ Outback Ball
- ☐ Monday Races
- ☐ Monday evening entertainment at the Race Course
- ☐ 3D Chalk Art
- ☐ Recycled Art Activities

4. Can you name any of the major sponsors of the event?

\_\_\_\_\_

5. How satisfied were you with the Outback Festival overall?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Neutral
- ☐ Dissatisfied
- ☐ Very dissatisfied





6. How satisfied were you with the Outback Festival atmosphere?
- ☐ Very satisfied
  - ☐ Satisfied
  - ☐ Neutral
  - ☐ Dissatisfied
  - ☐ Very dissatisfied
7. How satisfied were you with what was included in the Outback Festival program?
- ☐ Very satisfied
  - ☐ Satisfied
  - ☐ Neutral
  - ☐ Dissatisfied
  - ☐ Very dissatisfied
8. What did you enjoy the most about the Outback Festival?
- 
- 
- 
9. How can the Outback Festival be improved?
- 
- 
- 
10. Do you have any suggestions for additional/alternative activities/entertainment?
- 
- 
11. How likely are you to attend the 2013 Outback Festival?
- ☐ Very likely
  - ☐ Likely
  - ☐ Neutral
  - ☐ Unlikely
  - ☐ Very unlikely
12. Would you recommend the Outback Festival to a friend?
- ☐ Yes
  - ☐ No
  - ☐ Maybe
13. Additional comments?
- 
- 
-

## Your local government invites you to nominate an outstanding individual or group for one of this year's Premier's Australia Day Active Citizenship Awards to be presented on Australia Day 26 January.

The awards foster, recognise and celebrate significant contributions to community life and active citizenship in all local government areas of Western Australia.

### *The Three Awards*

- Premier's Australia Day Active Citizenship Award
- Premier's Australia Day Active Citizenship Award for a person under 25 years
- Premier's Australia Day Active Citizenship Award for a community group or event

*Australia Day Awards promote national pride,  
community responsibility and participation.*

### *Guidelines and criteria*

Each year two local citizens and one local community group in each local government area will be eligible for the Premier's Australia Day Active Citizenship Awards.

The recipients will be selected from people and groups who have made a noteworthy contribution during the current year, or given outstanding service to the local community over a number of years through active involvement.

The Australia Day Council of Western Australia (ADCWA) provides three awards each year for presentation in each local government area. These prestigious awards are provided at no cost to your local government for presentation during Australia Day celebrations.

### *Nomination Process*

Your local government invites nominations for the awards from community groups and private citizens.

At the council's discretion, a committee comprised of people from community organisations and citizens, will be appointed to encourage and promote nominations. The committee or your local council may also make nominations based on local knowledge and experience.

### *Selection Criteria*

The winners will have been judged to have shown active citizenship and:

- Significant contribution to the local community.
- Demonstrated leadership on a community issue resulting in the enhancement of community life.
- A significant initiative which has brought about positive change and added value to community life.
- Inspiring qualities as a role model for the community.

### *Eligibility criteria*

- Nominees should reside or work principally within the local authority making the award.
- Awards may be granted posthumously in recognition of recent achievements.
- Groups of people or couples will not normally be eligible except when meeting the criteria for a community group.
- A person may receive an award on more than one occasion in recognition of their particularly outstanding community contribution or involvement in an alternative initiative.
- Unsuccessful nominees may be nominated in future years.
- Sitting members of State, Federal and Local Government are not eligible.



## NOMINATION FOR:

- ☐ Premier's Australia Day Active Citizenship Award
- ☐ Premier's Australia Day Active Citizenship Award for a person under 25 years
- ☐ Premier's Australia Day Active Citizenship Award for a community group or event



Nomination form

Title ..... Given Names ..... Surname .....

Group (if applicable) .....

Address .....

Suburb/Town ..... State ..... Postcode .....

Telephone (Home) ..... (Work) .....

### REASONS FOR NOMINATION

### HOW HAS THE NOMINEE DEMONSTRATED ACTIVE CITIZENSHIP AND ENHANCEMENT OF COMMUNITY LIFE?

*Please attach additional information if required*

### HOW HAS THE NOMINEE'S CONTRIBUTION BEEN RECOGNISED ELSEWHERE?

### NOMINATOR

Name ..... Address .....

Suburb/Town ..... State ..... Postcode .....

Telephone (Home) ..... (Work) ..... Email .....

### OTHER WILLING TO SUPPORT YOUR NOMINATION

Name .....

Address .....

Suburb/Town ..... State ..... Postcode .....

Telephone (Home) ..... (Work) ..... Email .....

**Submit your nomination to the CEO of your Local Council  
by the FOURTH FRIDAY IN NOVEMBER**

*Return to your Local  
Government office at:*

*This Nomination Form is also available from the website  
of the ADCWA at [www.ausdaywa.com.au](http://www.ausdaywa.com.au)*



2012 Festival  
**DVD'S ON SALE**

NOW!

\$10

FROM THE SHIRE  
 OFFICE

2012 FESTIVAL AND  
 RACE CLUB T-SHIRTS  
 \$35 FROM THE SHIRE  
 OFFICE





# Mullewa Community Street Festival

Friday 23rd Nov 5-8pm



Face  
Painting

Lots of Goodies  
for Sale

Bungee Trampoline

Bring all the family, dress for carnivale  
and join in the fun .....

5.00pm Roving Mad Entertainment

6.15pm Kids Parade

7.00pm Visit from Santa

7.30pm Raffle Draws

7.45pm Safijre Fire Show

Food  
&  
Drinks

Youth in  
Motion Bus  
3 on 3  
basketball

Caterpillar Ride

Bouncy Castle

Information Stalls

Drumming Circle

Proudly Sponsored by



This is a Smoke Free / Alcohol Free, Community Event



# MEEKATHARRA GYM

**AT THE INDOOR CRICKET CENTRE ON HIGH STREET**



**GYM AGREEMENTS AND KEYS ARE AVAILABLE FROM THE SHIRE OFFICE  
ENTRY IS PERMITTED TO KEY HOLDERS ONLY BETWEEN 5AM AND 10PM  
DAILY**





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Fax: 9981 1584

Drop in and see us at –  
17 Consols Road,  
Meekatharra

For additional information on our company visit our website [www.skec.com.au](http://www.skec.com.au)

**THE TRUSTED NAME IN THE ELECTRICAL CONTRACTING INDUSTRY**

# I-PHONE APP REVIEW

Don't you just hate that feeling of waking up in the morning and feeling like you've barely closed your eyes? Even if you've slept for hours, often upon waking it's as if the night has never begun. Enter Sleep Cycle.

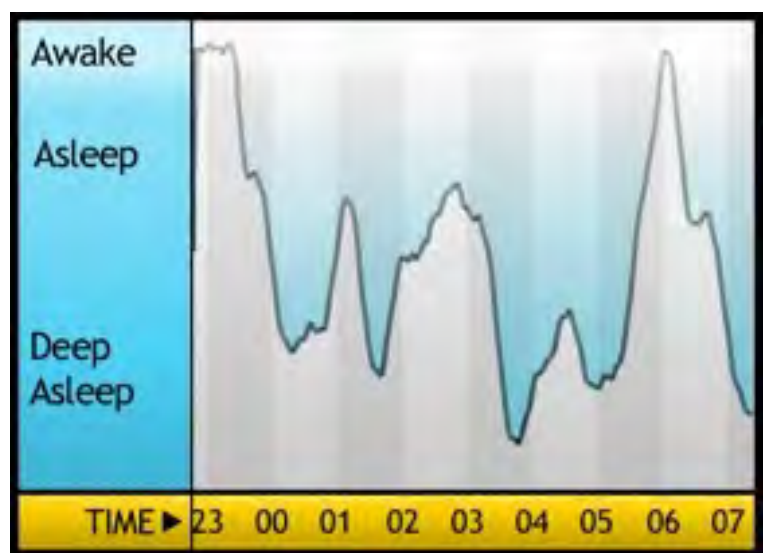
Sleep Cycle is a \$0.99 app for iPhone designed to help avoid the torment of restless mornings. With your iPhone positioned on the edge of your mattress, the app records your movements and hence analyses your sleeping patterns throughout the night. With these measurements, it aims to wake you whilst you are in your lightest stage of sleep, or during your phase of most movement, hence waking you without that feeling of heaviness or fatigue.

On first test I was wary of the app, firstly because it involves leaving my iPhone on and plugged in close to my face for an entire night. This is a hazard I have been warned against multiple times in the unlikely event that my bed spontaneously catches fire. However, that idea is most likely a warning born of parental paranoia rather than one of common occurrence. Because the app asks for the iPhone to be placed face down, and furthermore the app lacks sound or vibration until the alarm, it is as if the phone is not there at all.

**Secondly, Sleep Cycle by default asks you to set the 'alarm time' as a half-hour period, during which you will be woken.** This time period can be altered to be longer or shorter. However, for the app to work effectively, you are asked to create the alarm as a block of time in order to ensure the app has the opportunity to judge and therefore wake you in your lightest stage of sleep. Personally I find it is not often I have the time to provide a half-hour period rather than a specific time at which I can wake, but during my weekend tests Sleep Cycle has kept its promise.

Sleep Cycle has been infallible in each of my trials, waking me not only gently through its selection of calming alarm music rather than the usual blaring alert. On top of this, each time **I've used it I've found myself to be attentive almost as soon as I'm woken.** Perhaps I can put this down to a coincidentally well-rested night, or even a biased view simply because I love the idea itself of Sleep Cycle, however there's no denying the app has indeed proved to work just as it suggests.

For the feeling of refreshment I've experienced, I'd pay \$0.99 any morning.

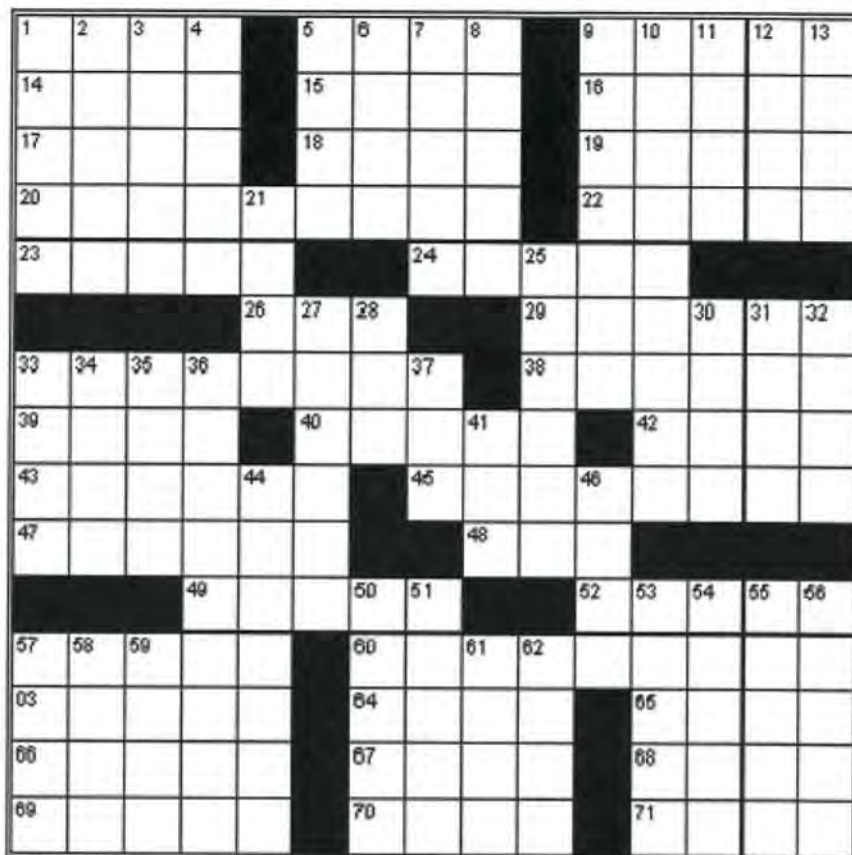




# Crossword

## ACROSS

1. Alliance
5. Backside
9. A leather strip
14. Certain something
15. Not Papa
16. Entire
17. Clip
18. Auspices
19. A Muse
20. Sleep during winter
22. Tart citrus fruit
23. Ancient Roman magistrate
24. Cheer up
26. Arranger (abbrev.)
29. Distill
33. Gossamer
38. Wears away
39. Fiber source
40. Spanish friend
42. Not fat
43. A senior member of the Christian clergy
45. Substantiate
47. Globe
48. Young boy
49. Moses' brother
52. Big
57. Not tall
60. Wonderful
63. Kind of bean
64. Decorative case
65. Matures
66. Adjust
67. Effrontery
68. Feint
69. Expressionless
70. Sheltered, at sea
71. Untidyness



## DOWN

- |                           |                                     |                       |
|---------------------------|-------------------------------------|-----------------------|
| 1. Wash oneself           | 21. Backside                        | 44. Speech            |
| 2. Sensational            | 25. Ring of color around the nipple | 46. Indolent          |
| 3. Small African antelope | 27. Harvester                       | 50. Greek last letter |
| 4. Dromedary              | 28. Male sheep                      | 51. Birth-related     |
| 5. Ends a prayer          | 30. Bright thought                  | 53. Warning signal    |
| 6. Indian music           | 31. Tidy                            | 54. Scoundrel         |
| 7. Strike down            | 32. Feudal worker                   | 55. Conjecture        |
| 8. Artist's workstand     | 33. Wanes                           | 56. S S S S           |
| 9. Be uncomfortably hot   | 34. Journey                         | 57. Resorts           |
| 10. Treble                | 35. Chop finely                     | 58. Sword handle      |
| 11. Wander                | 36. Embolden                        | 59. Not tricked by    |
| 12. Countertenor          | 37. Fifty-four in Roman numerals    | 61. Govern            |
| 13. Unskilled laborer     | 41. Girl                            | 62. Loathsome         |

**solution on page 58**

An old man was asked,  
 "At your ripe age, what would you prefer to get - **Parkinson's or Alzheimer's?**"

The wise one answered,  
 "Definitely Parkinson's. Better to spill half a glass of wine than to forget where you keep the bottle!"

# sudoku puzzle

medium

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

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

hard

# sudoku puzzle



# Kids Colouring Page



NEXT  
4 km



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

October  
Sudoku  
Solution



# Crossword Solution





# Spicy Macaroni and Cheese with Chorizo Sausage

## Ingredients

500g Penne Pasta  
3 cups of cherry tomatoes  
2 teaspoons of olive oil plus drizzling  
Salt and pepper  
1 package of chorizo - casings removed and finely chopped  
6 tablespoons of butter  
1/2 cup flour  
4 cups of warm milk  
1 teaspoon of dry mustard  
1 tablespoon of hot sauce  
1 tablespoon of Worcestershire sauce  
2 cups of shaved parmesan cheese  
1 cup of sharp white cheddar cheese  
1 can fried onions (or 2 onions sliced)



**For your  
chance to  
win a free  
pool pass  
for you and  
your family  
send your  
favourite  
recipe in to  
the Shire!**

## Directions

Heat oven to 350 degrees F

Cook the pasta in salted boiling water until al dente. Drain.

Add the cherry tomatoes to a sheet tray, drizzle with olive oil and season with salt and pepper. Bake for 20 minutes until visibly plump and softened.

Heat a large frying pan over medium heat. Add two teaspoons of olive oil. Sauté the chorizo in a sauté pan until crisp. Remove.

Melt 6 tablespoons of butter in a large saucepan over medium heat. Add flour, stirring for 1 minute. Whisk in the warmed milk and bring to a boil. Continue to whisk constantly. Stir while adding the mustard, hot sauce and Worcestershire. Stir in the cheese; reserving half a cup for the topping. The mixture will thicken as the heat increases.

Pour the drained pasta into the cheese sauce and mix well. Add to a casserole dish. Add the chorizo and roasted cherry tomatoes. Top with reserve cheese and onions. Bake for 25 minutes.

# November 2012

TUESDAY 6TH NOVEMBER

MARY G CONCERT

MELBOURNE CUP DAY

INTERAGENCY MEETING

FRIDAY 9TH NOVEMBER

FESTIVAL VOLUNTEERS SUNDOWNER

SATURDAY 10TH NOVEMBER

SWAP PARTY

SUNDAY 11TH NOVEMBER

REMEMBRANCE DAY

TUESDAY 13TH NOVEMBER

C.R.C. COMMITTEE MEETING

SATURDAY 17TH NOVEMBER

MULLEWA YOUTH BALL

ORDINARY COUNCIL MEETING

SATURDAY 24TH NOVEMBER

MEEKATHARRA YOUTH BALL



## Closing Date: 28th November