



Meekatharra Dust

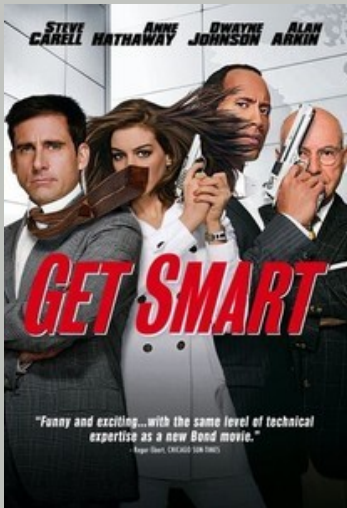
MARCH 2020 | ISSUE NO.323

COST \$2.50

Meeka Girls Kicking
Goals in the Kirby Bentley Cup



At the Picture Gardens this March



Friday 6th March

*Gates open 6.45, show starts
at last light.*

*Entry just \$7 per head—
includes dinner,
bottomless popcorn and free
cordial*



Friday 20th March



Calling for Submissions

If you have any articles with information about any upcoming community events then we want to hear from you!

“The Meekatharra Dust” is a non-profit community newspaper.

If you have an article, a photo you would like to share or an advertisement, you can post them to:

PO Box 129, Meekatharra WA 6642

or drop them in at the Shire office.
Alternatively, you can email us at:

cdo@meekashire.wa.gov.au

Council Dates

Dates for Ordinary Meeting of the

Shire of Meekatharra for 2020 are -

Meeting Date	Last Date for items
18 January	3rd
15 February	31st
21 March	6th
18 April	3rd
16 May	1st
27 June	5th
18 July	3rd
15 August	31st
19 September	4th
17 October	2nd
21 November	6th
11 December	27th

Size	B & W	Colour
Full Page	\$52.10	\$74.05
Half Page	\$26.70	\$43.10
Quarter Page	\$16.50	\$24.65
Eighth Page	\$13.95	\$18.50

GENERAL DISCLAIMER

The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Meekatharra. All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be the correct advice on any particular matter or subject referred to. No person should act on the basis of any matter, comment or advice contained in this publication without first considering, and if necessary taking appropriate professional advice upon the applicability to their particular circumstances. Accordingly, no responsibility is accepted or taken by the Shire of Meekatharra, or the authors and editors of the Meekatharra Dust, for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained herein.



meekashire.wa.gov.au



A FRIENDLY REMINDER ABOUT DOG CONTROL

When walking your dogs on the town oval, please ensure you are in complete control of your animal at all times and dispose of any waste in the rubbish bins provided by Council.

The Shire of Meekatharra provide the Town Oval as the only off-lease exercise area in town—at all other locations your dog must, according to law, be collared and restrained.

To allow your dog to be unrestrained in public is an offence in the Dog Act 1976.

Being responsible for a dog that attacks a person causing injury is also an offence which attracts a significant penalty of up to \$10,000.

Please be a responsible pet owner—keep your dog restrained when exercising them to avoid both injury to bystanders, and significant penalties, and please pick up any droppings left behind. Nobody wants to step in that!!

The Shire of Meekatharra support the neutering and desexing of pets to reduce the number of strays, and provide sponsorship to the Murdoch Veterinary Clinic to attend Meekatharra to provide this service at no cost to health care card holders. Additionally, the Shire fund regular visiting vet service—Newman Veterinary Clinic—to the value of \$5,000 to neuter the pets of health care card holders at no cost to the owner.

Local residents can access this service by attending the Shire Office to present your Health Care Card and prove registration. You will be issued with a voucher for the appropriate service at the visiting clinic.

Further info, contact Tralee at the Shire—99800609



YOGA

Monday and Thursday

At the Town Hall, 6pm

We will have the large screen displaying web based practise - some yoga mats provided. **BEGINNERS WELCOME**
From 17th February

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Note from the Editor

Well February has gone and 2020 is "Marching" on.

The new activities timetables have been really well received, and its great to see so many people attending the many happenings. There has been something for everyone from sedate yoga, craft and boardgames to the more rigorous Indoor Cricket and Touch Rugby. Early March welcomes the addition of the regular weekend skateboard clinics facilitated by our new Deputy Principal Trevor Twose, and we are looking forward to some big announcements about PCYC Boxing soon.

Our recruitment search has finally borne fruit, and we will welcome Amy Thomas to our team later in March. Amy comes to us well qualified and enthusiastic about making the change from Youth Services to Community Development.

Lloyds continues to progress and while the handover has been delayed, the building itself is looking very inviting, and we can almost smell the coffee from here. A full month gone, and another full one to come.

The Editor



*****OPPORTUNITY*****

The Shire of Meekatharra are calling for
Registrations of Interest from any person
or business to trade from the new Lloyds
Building

There are two retail/office options - 34 and 27 square meters
respectively, available January 2020

For more details, or to register your interest
Contact Tralee Cable at the Shire on 99800600



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Meekatharra Golf Club Incorporated

Notice of Annual General Meeting

To be held

Tuesday 24 March 2020

Commencing at

7.00 pm

In the

**Commercial Hotel Dining Room,
Meekatharra**

All members and prospective members are invited to attend.

For further information please contact

Club Secretary Roy McClymont Mob: 0417 989 076

Yoga...

What's the big deal ?

This last month we have begun yoga at the Town Hall, and it has proven to be very popular with both the ladies and the gents.

Why is that? In this article we will investigate some of the science behind the claims that Yoga makes you better, and look at some of the myths that may be keeping you from giving it a go.

Claim 1—Yoga can reduce depression and anxiety in young adults

A study completed by the University of California has demonstrated that half way into a 5 week trial of yoga practise by 24 yoga novices showed demonstrable reduction in self reporting of depression and anxiety, and these results continued after the study. They recommended further studies on a larger group to further investigate the causes of the improvement. Yoga can make you happier

Claim 2—Yoga can help you lose weight

A trial on the effect of yoga on eating disorders has shown that regular yoga practise can result in a reduced preoccupation with food. While this trial didn't show weightloss, it did show a reduced interest in food. Another study looked into the effect of yoga on binge eating, with the conclusion that home-based yoga programs are potentially efficacious for the treatment of binge eating, with statistically significant reductions in waist measurements and BMI

Claim 3—Yoga improves your sense of well-being

Harinath K¹, Malhotra AS et al set about understanding how regular yoga practise can improve general wellbeing. They investigated the effects on a group of men aged 25—35. Half of these volunteers engaged in regular yoga activity, and half did not. Those who did not practise Yoga

instead stretched, participated in slow running and games activities. The Yoga group

performed various yoga and meditation activities for an hour morning and evening for the same three months.

The Yoga group demonstrated improvement in cardiorespiratory and psychologic profile above the control group. Their melatonin levels were also increased which indicates an improved well-being.

Claim 4—Yoga helps you sleep better

A group of 120 Nursing Home residents were selected to participate in this study. One third participated in yoga activities, one third in herbal therapy and one third were the control group.

While the control and herbal therapy groups demonstrated no change, the yoga group showed significant reduction in time taken to fall asleep, an increase in the number of hours asleep, and a reported improvement in feeling rested in the morning after six months.

Now all of this is quite formal proof, of what we all know and suspect. In addition to improved flexibility, there are many other benefits to regular yoga, for both men and women. Come and join us on Mondays and Thursdays at the Hall, 6pm. Its just an hour. Wear your normal clothes (**no lycra necessary**), mats are provided.

For follow up on any of the above mentioned research, contact Tralee at the Shire - cdsm@meekashire.wa.gov.au.



YOGA

Murchison Kids Sneak Under to Fly High

Meekatharra Youth Services



2020 has started off in fantastic fashion for the youth of Meekatharra with a successful trip to Perth in order to compete in both the Kirby Bentley Carnival and Nicky Winmar Cup.

It was a fantastic opportunity for the 11 girls and boys from Meeka to combine with other kids from around the Murchison area and play against the best of the best in Saturday and Sunday AFL carnivals.

The girls showed skill and toughness to compete strongly in all of their games with many scouts judging them and passing on positive feedback and it was likewise for the boys.

What was even more impressive was seeing the way the youth of Meekatharra conducted themselves off the field as they represented their town and families exceptionally well.

Of course, as always, these clinics that the Stephen Michael Foundation facilitate our involvement in provide valuable experience in mentoring, coaching, umpiring and organisation for our own Youth Services team, and for local boy Wes Ward who is the SMF representative in Meekatharra.





The trip was not all football however as the kids engaged in a surf lifesaving clinic at Trigg Lifesaving Club, as well as fitness and well-being sessions. The surf lifesaving was received particularly well with our kids thriving in the ocean activities and relishing the chance to escape the heat!



A big thanks must go out to the Stephen Michael foundation, Meekatharra Youth Services team and Mission Australia for making the trip possible and the rest of the Murchison area kids for teaming up so well and being so welcoming of our youth, and to the volunteer parents who supervised.



Meekatharra Kids - Learning on Country



Room 4 enjoyed an amazing adventure earlier this week, as they set off to find bardi grubs accompanied by Youth Focus, Meekatharra Youth Service and Mission Australia.

The kids in Miss Jackie's class had a great time learning about which tree roots to look into to find bardi grubs.

They then cooked them up on a little fire and Mr Trevor and Lauren got to have their first taste!

Thanks Andrew for your wealth of knowledge and for sharing this with our kids!! It is so great for our kids to experience learning on country and experiencing the land on which we live.

Andrew was then kind enough to show the kids around the Barramundi Farm at Buttah Windee!

Can you believe that in the middle of what feels like the desert Andrew, his family and his team have cultivated a fish farm?! Brilliant! It's pretty cool to think that anything is possible with hard work and determination.

Your efforts at organising this excursion were very much appreciated by all Miss Jackie



BLUE LIGHT™ YOUTH ACTIVITIES

Meekatharra Police have been working to repeat the very successful Disco held earlier this year.

The Blue Light™ Activity Units are established in rural and remote areas where there's no PCYC. Each Unit is managed by local Police Officers who organise recreational events and activities for youth in the local community.

These events range from discos, movie nights, sports day, pool parties and many more!

All Blue Light events provide a safe, supervised environment where young people can enjoy themselves free of drugs, alcohol, smoking and anti-social behaviour.

In partnership with the Western Australia Police Force, PCYC currently operates 30 Blue Light™ Youth Activity units throughout Western Australia reaching thousands of young people in locations each year.

These activities give young people the opportunity to participate in meaningful and enjoyable ac-

tivities, as well as gain positive experiences interacting with the local police.

Areas with regular Blue Light and youth engagement activities have noted the positive effect that it has on the community as well as a reduction in anti-social behaviour. This positive reaction allows for relationships between police, young people and the wider community to grow and develop.

Next dates for Meekatharra Discos at the Town Hall will be

Friday 13th March – Freaky Friday theme

Friday 24th April – End of School holidays





Cops Corner with Mitch Howard

February has been a very busy month with 32 people put through the lock-up. The offences ranged from Drink Driving to Family Violence to Aggravated Home Burglary.

With the ongoing disappointing trend of Burglary I can tell you that the police on almost all occasions during February apprehended the offenders. One Magistrate obviously took pity on our plight here in Meekatharra and remanded a person in custody. A plane arrived the same day and flew them to Perth. At least that will give Meekatharra some respite whilst they are on remand for the next two weeks.

I enjoyed catching up and having a morning tea with a few elders this month, where we talked about a broad range of topics.

This month saw the rescue of two people from the roof of their car on the Meekatharra Landor Road. Flood water inundated the vehicle and they had to retreat to the roof for survival. There was no way of reaching them and a rescue helicopter was dispatched from RAAF Pearce airbase to winch the men to safety. All persons are reminded to let people know where they are going and when they are expected to arrive. Carry plenty of food and water and a personal EPIRB could save your life. It is also an offence to drive on a closed road and obviously very dangerous.

Our seizure of cars continues with on one day this month we seized a few cars in a few hours as we were inundated with out of towners with little or no regard for the law. Once apprehended, luckily they didn't stay long.

This month saw an emergency exercise at the airport to test the capability of local resources. It was a great turnout of volunteers and very heartening to see. Thank you all to those that gave up their time for the exercise, it was certainly appreciated.







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meekatharra
a golden prospect



Meekatharra
Youth Services

3.00pm to 5.00pm

Wednesday
Under 10s -
Kidzone Story Time
and play
Over 10s -
Water Polo at
the Pool

Thursday
Youth Centre
All Ages
Music and Dance /
Netball at the
Indoor Cricket
Centre

Friday
Under 10s -
Kidzone Water play
Over 10s -
Volleyball and
Water Rugby at
the Pool

Monday
Under 10s -
Kidzone Craft
Over 10s - Cricket
at Indoor Cricket
and Youth
Centre

Tuesday
Youth Centre
Art
All Ages welcome

Monday
Over 12s
Project Night and
Bike Repairs

Tuesday
Footy at the Oval
All Ages

Wednesday
Over 10s Volleyball
and Tennis at the
Sport Oval

Thursday
Basketball at the Oval
All Ages

Friday
Over 10s
Movie Night at
the Youth Centre

6.00pm to 8.00pm



INVITATION

Meekatharra Industry Group — *Connecting Industry to Small Business*

You are invited to the Inaugural Meekatharra
Industry and Small Business after hours event.

Date: 1st April 2020

Time: 5.30pm—8pm

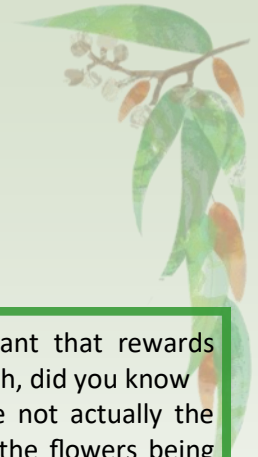
Venue: Undercover area Shire of Meekatharra
Town Hall

Light refreshments provided.

RSVP—Gaylene Newton

Phone: 0400 305 632 or email
gaylene.newton@official.niaa.gov.au

Gardens with The Garden Gal



Gardening in Meekatharra is a very different proposition to the same hobby experienced in any of our major capital cities, or even other regional centres. We have a very unique environment where we experience the extremes of dry heat most of the time, but then, just occasionally, there is a burst of humidity such as recently after the cyclone events.

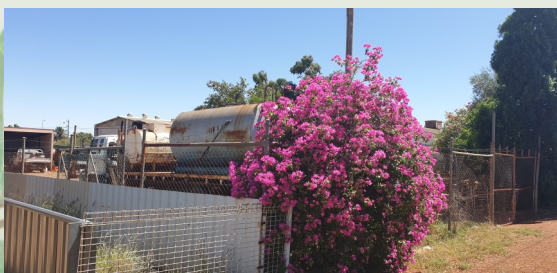
This humidity can play havoc with many of the garden plants we work so hard to maintain. Roses, particularly are one species that don't handle the humidity too well.



Blush pink bush on the Caravan Park corner in flower

One plant that does handle all of the vagaries of the Meekatharra environment is the Bougainvillea, and we see that in all of its glory in many iconic locations across town, and it is currently flowering madly.

A bold burgundy hiding the trucks in the yard behind



The trusty bougainvillea is a plant that rewards constantly and abundantly, though, did you know that the bright parts we see are not actually the flowers? They are leaves, with the flowers being almost insignificant and lost within the gaudy show. They are a versatile plant that originates in South Africa, along with many other plants that seem to thrive in our climate.



The Auski elected for a blend of colours and varieties for their back fence

They are very easy to cultivate, and now is a really good time to take cuttings to start off and save yourself some money.

Select a fresh growth, but not so fresh it is still soft. Cut off some of the outer skin from the cutting and dip it into either some rooting hormone, or even honey. These substances encourage root growth. If you then place the cutting into coarse mixture such as river sand or seedling mix, within six months you will have a robust plant to pop into the garden.



Behind the Commercial Hotel on Hill Street

Bougainvillea's are very good at hiding ugly structures or fences, and there are examples of this philosophy all over Meekatharra.

Once established, your plant will require very little



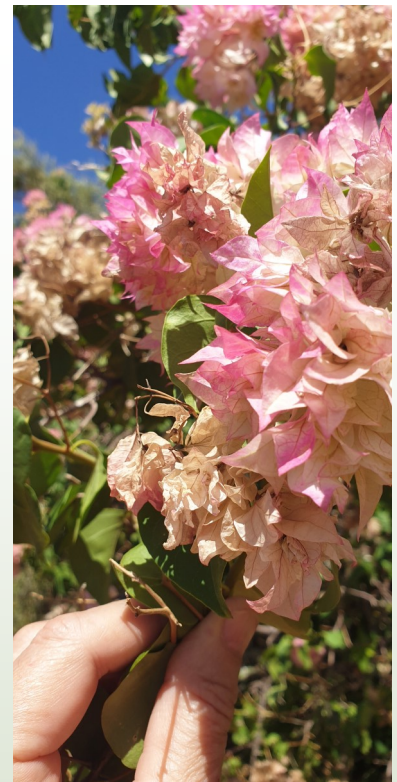
water, actually enjoying a dry soil. They don't like a lot of fertiliser, and if you do feel the need to feed them, select a fertiliser that is low in nitrogen.

There are a range of colours and varieties, just in our community we see everything ranging from white and blush pink to purple, rust and even a ruby red. The leaf bract can be double flowering or single, they can climb or ramble across a bank. Of particular note and worth is the sharp spiny "thorns" that can deter

A particularly striking and unusual colour on the abandoned block on the corner of Hill and Porter Street

people
from

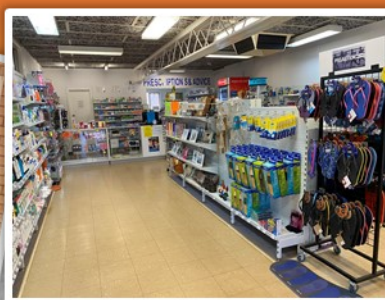
climbing that fence or ugly structure you are hiding. In all, bougainvillea's are the perfect Meekatharra plant that brings cheer at a time the people of the community are struggling with the heat. Grab yourself one now and brighten up your world.



Some of the beautiful colours and cultivars of the amazing Bougainvillea currently in flower in Meekatharra after the cyclone rains.

Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



There seemed to be a lot going on in Meeka last month with adult touch and cricket starting up and we couldn't help but notice the mosquitos and other biting bugs that were out to get us! Not to mention the snakes spotted around town. Here's a few tips from the pharmacy team below.

Follow us on Facebook to keep up to date with all the latest news. Facebook.com/meekatharrapharmacy

Mosquito and other Bug Bites

With all the great rain we've had in town over the past month it has also brought upon us pesky insects. Their bites can cause some bad swelling, itching and discomfort and can carry nasty diseases such as Ross River virus, Barmah Forest virus, Kunjin virus and Murray Valley Encephalitis virus, which is potentially fatal.

What is the best way to protect yourself?

Cover up. By wearing light colored, long, loose fitting clothes, you are less likely to be bitten.

Insect Repellent. Repellents which contain the active ingredients DEET and picaridin are effective. Read the labels and choose repellents suitable for yourself and your children.

Available at the pharmacy is a wide selection of insect repellents, some are suitable for children 12 months and up! We also have a large range of anti-itch creams, antiseptic creams and oral antihistamines.



Insect Repellent and creams Webster Pack

Snake bites

Be vigilant around town and out bush this time of year. We've heard many stories of people being bitten and some near misses. Be prepared for what can happen. Always carry a pressure bandage or snakebite bandage with you and ask your friendly pharmacist for some tips on how they should be applied and other first aid measures if a suspected snake bite occurs.

Webster Packs


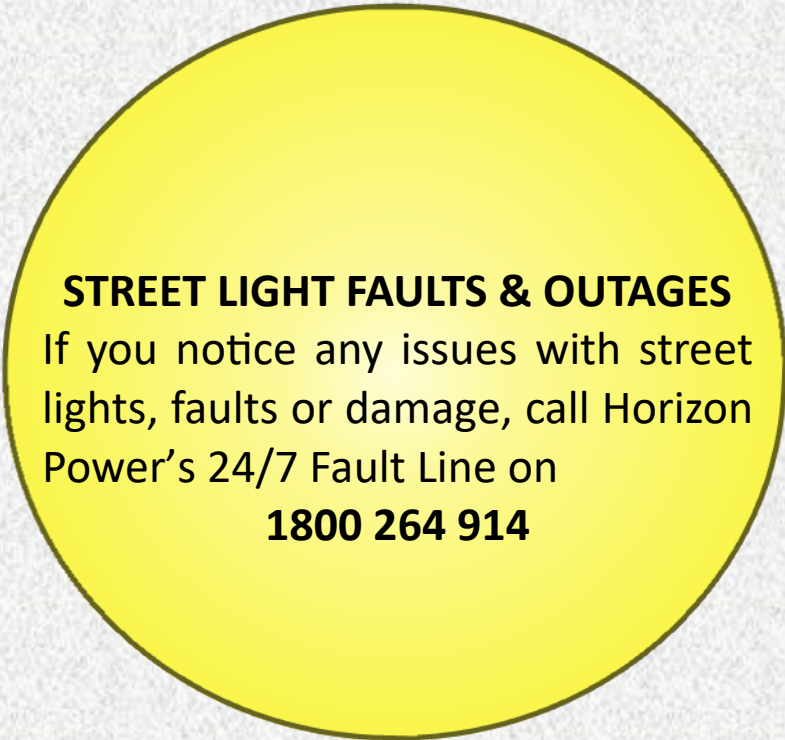
A Multi Dose Webster-pak is a sealed weekly calendar pack designed to help people take their medication correctly, according to their doctor's orders. All regular medication that needs to be taken each week is sealed within the blister compartments. If you or your family members may benefit from this, come in and have a chat to us. We offer packing services at low or no cost to you

Come in and say Hi

Monday – Friday: 9am-5pm

Saturday – 9am-1pm

Meekatharra Pharmacy carry a range of vitamins & supplements, first aid supplies, quit smoking products, suncare, hair, skin & nail care items, ear and eye products, perfumes, cosmetics, jewelry, gifts, baby items, hats, sunglasses, readers and cleaning products. We also provide professional services such as prescription handling, webster packing, free blood pressure checks, medchecks, vaccinations, ear piercing, Diabetes supplies and lots more. (P) 08 9980 1798



STREET LIGHT FAULTS & OUTAGES

If you notice any issues with street lights, faults or damage, call Horizon Power's 24/7 Fault Line on
1800 264 914

WORKSHOPS



**UPCYCLING – REUSING – CRAFT –
HOMESTEADING – "MAKING DO"**
(turning ordinary things into awesome things)



**@ RECYCLING CENTRE RAILWAY STREET
FIRST SUNDAY OF EACH MONTH - 9 AM**

All Welcome! Gold Coin Donation Entry



EMERGENCY AT THE AIRPORT

February was Airport month in Meekatharra, with an official CASA inspection, followed by the long awaited Emergency Exercise.

Mike Cuthbertson managed both events alongside his very busy usual month of Airport goings on.

The CASA inspection was conducted without a hitch, and the inspector had many good comments to make about the standard of our airport and compliance. It is always a nerve wracking time, waiting on the outcome of a CASA visit, but Meeka passed with flying (pun intended) colours.

A requirement for the airport is to conduct regular annual emergency exercises to ensure all of the volunteer and employed staff of the various services are aware of what they need to do in the event of an adverse situation. Without these exercises the Ambulance, Fire, Police and hospital teams do not get a chance to hone the very essential skills they hold and to practise using them in a stressful situation.

This years exercise was not as complex as some in the past have been. This year we were simply informed of a small plane (really the Youth Centre Bus) with engine failure on landing. There were eight passengers (legendary volunteers for the day with amazing acting skills) onboard with unknown injuries.

The Police were notified, and as per our plan they managed the emergency. The volunteer fire brigade and St John Ambulance were called, along with Westgold emergency response team. Splinter and Nigel from the SES were also quick to attend the site.

It was an excellent response on a very hot Saturday morning from both our volunteer and professional services.

The fireies had the opportunity to practice rolling our the hose, to get that wet stuff onto that hot stuff in double quick time. There are all kinds of tricks they employ to ensure they are not en-

gulfed in smoke and don't trip on a hose. Once the "crash site" was declared safe and secure by the VFRS, the Ambulance team were able to engage with the walking wounded, and to determine the extent of the injuries.

Thankfully we lost no passengers on this exercise !

It was a baptism of fire (or plane crash) to town for our new Deputy Principal Trevor Twose who admirably imitated a wounded passenger.

Once the exercise was called as complete, a debrief was undertaken in the terminal between the teams for each service, and the heads of each agency headed back to the Council Chambers for a discussion on how things could have been done better.

There is a huge thank you sent on behalf of the Shire of Meekatharra team to all of the services who attended and made the day such a success. Each and every resident should rest easy knowing that we are well supported by a very professional crew of essential services.

The VFRS opened up their new BBQ area and welcomed all the "players" to lunch afterward and thanks again go to Steve, Jason, Jackie and all involved in preparing such a fitting tribute.

If you think you would like to be involved in assisting the community in the event of an emergency, there are a number of ways to be involved—and each of these services have room for all levels of involvement from actually attending an incident, to admin and resource management. For further information on each, contact

St John Ambulance—

Community Paramedic on 0437 681562, or
Mike Cuthbertson on 0400 172415

Volunteer Fire Brigade—

Mike Cuthbertson on 0400 172415

SES — Dennis Shaw—0439 910266



Left—Police secure the scene

Below—Services lining up to receive their instruction



Below—Its all hands on deck to rescue our victims



Above—our very generous volunteers

Below and above —the range of services who attended the exercise to “save” our “victims”



March

2020

Visiting Specialists/Services/Clinics

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Diabetic Educator Julie Hancocks Lions Outback Vision Radiology Courtney			
9	10	11	12	13
Physiotherapist WACHS Jess DaSilva	Psychologist 360 Health John Allen Eleanor Middleton	Psychologist 360 Health John Allen Eleanor Middleton		
16	17	18	19	20
	ICDC Dietitian Clinic Rm 4 Physiotherapist, Podiatrist @ Hospital	Dietician WACHS Victoria Somers		
23	24	25	26	27
Midwife Sara Haskell Australia Hearing Kerrie Brunalli	Midwife Sara Haskell Optometrist Tidman Brothers Psychologist 360 John Allen Eleanor Middleton	Psychologist 360 John Allen Eleanor Middleton		Australia Hearing Kerrie Brunalli

*****Please note—most specialists or visiting services require a referral from your GP. Please arrange this prior to any consultation.***

Meekatharra Picture Gardens

NEW ENTRY PRICE

6TH MARCH - GET SMART

20TH MARCH - COWBOYS &
ALIENS

GATES OPEN 7PM, SHOW STARTS
AT LAST LIGHT
ENTRY \$7 PER PERSON

INCLUDES A MOVIE, BBQ DINNER, BOTTOMLESS
POPCORN AND FREE CORDIAL



***Happy Birthday
Wishes to***

***Petina Gilla - 30th
and
Helen Clancy - 50th***

If you know of an upcoming
birthday, please let us know
Tralee - 08 99800600

SQUASH

Keys & tokens can be obtained from the Shire Offices.

Only \$12.20 per hour.

Key bond applicable.

(Equipment hire is not available)

Meekatharra Gymnasium

Looking for an active lifestyle? Meet new people? Get fit and healthy?



Fully equipped, maintained cross trainers, treadmills, exercise bikes with an exceptional range of free-weights & specific targeting weight machines now available at the new Meekatharra Gym.

Contact the Shire office on 08 9980 0600 or come on down to find out more.

★ FIGHT *the* BITE ★



PROTECT YOURSELF



THERE IS JUST **1** WAY TO PROTECT YOURSELF AND YOUR FAMILY:

AVOID BEING BITTEN

www.healthywa.wa.gov.au/ **FIGHTTHEBITE**



Government of Western Australia
Department of Health

REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER

IMPROVE PERFORMANCE AND REDUCE ELECTRICITY COSTS BY CARRYING OUT PRE SUMMER MAINTENANCE – FOR ADVICE OR TO BOOK A SERVICE,
CALL TODAY – PH: 9980 1212

**WE CATER TO ALL REQUIREMENTS -
REPAIRS, MAINTENANCE AND NEW INSTALLATIONS for
DOMESTIC, COMMERCIAL AND MINING.**

ALL AREAS – KUMARINA, WILUNA, CUE, MAGNET, SANDSTONE and SURROUNDS

Meekatharra Community Church (Uniting Church)



**Services held 9.30am
every 2nd & 4th
Sunday of the Month**

**Contact:
Rev Mitch Fialkowski
9981 1053
0419 547 175**

Spotlight w

Me

MONDAY

Yoga at the Town Hall

Internet based practise

Some mats provided

6pm - 7pm

FRI

Movies at the F

Every F

WEDNESDAY

Indoor Cricket

6pm - 8pm at the
Cricket Hall

Ladies Darts
at the Commercial Hotel

S

T

Activities begin in the wee

Everybody welcome, no fees

The more participants, the more

Contact Eveanne on 0428934503 for

Contact the Shire Office for information on the Picture

What's on in Leha?

TUESDAY

Craft and Boardgames

at the Town Hall.

Boardgames and
sewing machines provided

DAY

Picture Gardens

Fortnight

SUNDAY

Touch Rugby

at the Oval

6.30 - 8pm

THURSDAY

Yoga at the Town Hall

Internet based practise

Some mats provided

6pm - 7pm

Week starting on 17th February

applicable to any activity.

successful the activities will be.

information on Town Hall activities

Gardens Movies, Indoor Cricket and Touch Rugby

ROYAL MAIL HOTEL



ACCOMMODATION - BAR - RESTAURANT - TAB - POOL TABLE - BEER GARDEN - JUKE BOX

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0458 002 126 - ALL HOURS

ECO BRICKS



Hands up if you buy things that come wrapped in plastic. ***All hands go up***

Nowadays it is almost impossible to avoid plastic – it's everywhere around us and everything comes wrapped in something. Plastic is great because it keeps our food hygienically clean and fresh for longer but it's also a problem because only some plastics can be recycled and even then huge amounts still end up in landfill



especially in small Outback towns with no extensive recycling services. We can only do so much at MGG :(

So what to do? We can't all just stop buying stuff and if we can't recycle it all then what's the next best thing?

Repurpose! (Our favourite, if you haven't noticed.)

Eco Bricks are one solution and it's really simple: Take a plastic bottle and shove all your soft plastics inside the bottle. Pack it really tight. Really really tight. Done.

The bottle then becomes as hard as a brick and

can be used to build different things such as stools, benches or even whole walls for buildings. Have a look online for inspiration.

You'd be surprised by just how much plastic is actually around us in our everyday consumption and also just how much plastic fits into a bottle when shoved in tightly.

There are some guidelines around how to make a proper eco brick, for example:

- only use clean and dry plastics (any organic remnants would start to decompose and build up methane which would bulge the bottle and possibly pop the lid off – ewww stinky)
- use the same kind/shape of bottle (that way your building project turns out nice and uniform)
- if used outdoors you may want to cover the finished product with something because the sun's UV light would over time make the plastic brittle

when full the bottle should weigh about a third of its volume, e.g. a 600ml bottle should weigh at least 200g, a 1.5l bottle should weigh 500g. If it's lighter than that try and shove more plastic into it. It shouldn't give in when you squeeze it.

At our last repurposing workshop we gave it a go (thank you for the guidance, Jo!) and found it was quite relaxing just

sitting around, shoving plastics in bottles and



having a yarn. It's a no-brainer activity so you can easily have a chat or do it whilst watching telly or do it as a stress relief (convert that frustration into energy for something useful – you'll feel much better afterwards :))


Inspired? Have some great ideas to share? You can leave a post on Facebook/meekagoesgreen, send us an email at meekagoesgreen@gmail.com or pop into the Recycling Centre on Railway Street

Saturdays 9-11am.




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A MOZZIE'S LIFE SPAN IS

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6.30 - 8pm

THE GAMES ARE ON!



Wednesdays at the
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6 pm - 8 pm

Scramble four ways.

There have been numerous requests for the return of the recipe, and this Editor is nothing if not responsive. Well, definitely not a chef anyway.

This has led to an investigative journalism approach to this particular column, and the most fundamental of recipes, that we all think we know, has proven to be more diverse than expected. When it comes to an egg scramble, what camp do you sit in? Do you add milk? Do you include veg or other additives? Are you a mixer or a swisher? It seems the celebrity chefs are equally divided, and research has uncovered the following, distinctly diverse versions. We would love to see photos of your attempts!



Marion Grasby—Miso Scrambled Eggs

As expected, Marion prefers an Asian influence in her Scrambled eggs, and while these are unique, they are not for everyone.

First make the miso butter by combining the butter and miso until well mixed. Place in the freezer for 10-15 minutes or until firm, before using.

When ready to cook, whisk the eggs and salt until just combined.

Heat a pan over low heat. Add a heaped tablespoon of butter and wait for it to melt (it shouldn't foam or brown). Then pour in the eggs and let them set for a minute or until they just starting to show signs of setting at the sides. Use a spatula to swirl and create large egg curds. Then start to stir more vigorously to break the large curds into smaller curds. Add another heaped tablespoon of cold butter to the eggs and keep stirring until thick and glossy. Pour out the eggs onto some toast.

Top with parmesan cheese and Serve right away.



Bill Granger—add cream to the mix

Lightly whisk 2 large eggs, 6 tbsp single cream or full cream milk and a pinch of salt together until the mixture has just one consistency.

Heat a small non-stick frying pan for a minute or so, then add a knob of butter and let it melt.

Don't allow the butter to brown or it will discolour the eggs.

Pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan.

Let it sit for another 10 seconds then stir and fold again.

Repeat until the eggs are softly set and slightly runny in places. Remove from the heat and leave for a moment to finish cooking.

Give a final stir and serve the velvety scramble without delay.



Delia Smith—start with warm cream

Lightly whisk 2 large eggs. Gently heat 6 tbsp single cream and a pinch of salt. Do not boil, add a knob of butter and let it melt.

Pour in the egg mixture and let it sit, stirring, gently

Repeat until the eggs are softly set and slightly runny in places. Remove from the heat and leave for a moment to finish cooking.

Serve on toast with smoked salmon and avocado.



Jamie Oliver—nothing to add here.

Crack 4 large free-range eggs into a bowl.

Add a pinch of sea salt and black pepper.

Beat the eggs together with a fork.

Put a small pan over a low heat and drop in a knob of butter.

Melt the butter slowly until it's frothy. While the butter is melting, pop a slice of whole wheat bread in the toaster.

Pour the beaten eggs into the pan.

Stir slowly using a wooden spoon or spatula, bringing in all the mixture from the edges of the



pan.

Your eggs are ready when they look silky and slightly runny (they'll continue to cook a little even after you've removed them from the heat).

Butter your toast and lay it on a plate. Spoon your scrambled eggs on top and finish with a sprinkling of black pepper.

And there you have it, the perfect scrambled eggs! This is a great basic recipe to get you started. If you want to liven things up you can always add some chopped chives or basil, a few shavings of Parmesan cheese or some chopped red chilli to the beaten egg mixture before pouring it into the pan, then team up with smoked salmon for a delicious breakfast or brunch.

In addition to the famous chefs, there are even more versions of this kitchen staple out there on the World Wide Web. Some of the best we have found -



Slow Cooker Eggs

Lightly grease a slow cooker with butter.

Add 12 eggs and 1 1/2 cups heavy cream into the slow cooker and whisk until well combined.

Cook on high for 2-3 hours. Gently stir using a spatula every 30 minutes.

Once completely cooked, gently stir and season with salt & pepper.

Serve & enjoy

Recipe Variations

You can add cheese into the mixture if you like your scrambled eggs nice and cheesy. I recommend roughly two cups of shredded cheese.

Using a non-stick slow cooker is the best way to help reduce the amount of washing up you need to do. There is also always the option of using a slow cooker liner instead.

The size of the slow cooker and the amount of scrambled egg mixture you use will impact the time it takes for this dish to cook. Keep this in mind if you want to time your meal so that it is perfect for when you go to eat.



Vegan Scrambled Eggs

For vegan scrambled eggs you will need:

white onion

garlic

extra firm tofu

nutritional yeast

lemon

black salt

.

Best Tofu for scrambled eggs

I recommend using a firm or extra firm tofu for these scrambled eggs; you need tofu that will keep it's structure when crumbles. Avoid silken tofu and look for tofu that is water-packed (found in the refrigerated section of your local grocery store). Also, avoid high-protein super firm tofu. They are so firm that you will not get the desired egg-like texture.

What is nutritional Yeast ?

Nutritional yeast is commonly added to foods to give it that nutty cheesy flavor such as popcorn, tofu pasta, cheese sauces, and nut-based cheeses.

What is Black Salt?

Black salt, or Kala Namak, is a salt that is a type of rock salt from South Asia that is high in sulfur. It has a strong smell, due to its sulfur content and provides tofu with an extra eggy flavor. It's popular with vegan cooking for this reason.

Saute the onions and garlic

Heat up a small amount of coconut oil or olive oil in a sauté pan over medium heat. I typically use olive oil but technically olive oil is not a high-heat oil and coconut oil may be better for your health.

Add the onions and garlic and sauté for 2-3 minutes until the onions are translucent and fragrant.

Prepare the Tofu

While the onions are cooking, prepare the tofu by draining it first and then crumbling it between your fingers. Once you have a scrambled egg-like consistency, add the nutritional yeast, lemon juice, and spices.

Mix them together until the flavors are well blended into the tofu.

Cook the Tofu

Add the crumbled tofu to the onion/garlic mixture and sauté for an additional 2-3 minutes, until the tofu has cooked all the way through and any excess water has cooked out.

Serve immediately with fresh chives, vegan cheese, or **homemade salsa**.

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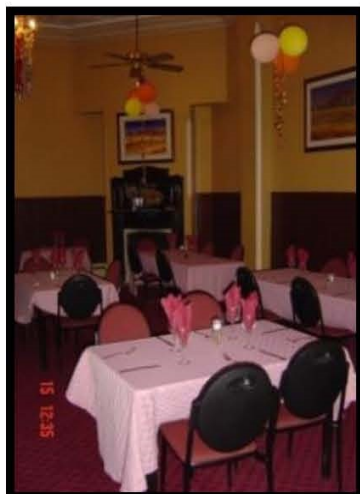
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March

2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24 Yoga 6pm Town Hall	25 Craft/Board Games 6pm Town Hall	26 Indoor Cricket 6pm at the Indoor Cricket Hall	27 Yoga 6pm Town Hall	28	29 Meeka Goes Green 9am—11am	1 Touch Rugby 6.30 Oval Meeka Goes Green workshop 9am
2 Labour Day Public Holiday	3 Craft/Board Games 6pm Town Hall	4 Indoor Cricket 6pm at the Indoor Cricket Hall Ambulance Training	5 Yoga 6pm Town Hall Meekatharra Agency Action Group Meeting	6 Picture Gardens From 6.45	7 Meeka Goes Green 9am—11am Skateboard Clinic 9-11am	8 Touch Rugby 6.30 Oval Skateboard Clinic 9-11am
9 Yoga 6pm Town Hall	10 Craft/Board Games 6pm Town Hall CRC Committee Meeting 5pm	11 Indoor Cricket 6pm at the Indoor Cricket Hall	12 Yoga 6pm Town Hall	13	14 Meeka Goes Green 9am—11am Skateboard Clinic 9-11am	15 Touch Rugby 6.30 Oval Skateboard Clinic 9-11am
16 Yoga 6pm Town Hall	17 Craft/Board Games 6pm Town Hall Central West Health & Rehab Clinic at the Hospital	18 Indoor Cricket 6pm at the Indoor Cricket Hall MARG Meeting 10am School Library Meekatharra Industry Group Meeting 1pm Red Sandbox Ambulance Training	19 Yoga 6pm Town Hall	20 Picture Gardens From 6.45	21 Health, Building, Town Planning Committee Ordinary Council Meeting Meeka Goes Green 9am—11am Skateboard Clinic 9-11am	22 Touch Rugby 6.30 Oval Skateboard Clinic 9-11am
23 Yoga 6pm Town Hall	24 Craft/Board Games 6pm Town Hall Golf Club AGM 6pm at the Commercial	25 Indoor Cricket 6pm at the Indoor Cricket Hall Items for next months Dust due	26 Yoga 6pm Town Hall	27	28 Meeka Goes Green 9am—11am Skateboard Clinic 9-11am	29 Touch Rugby 6.30 Oval Skateboard Clinic 9-11am
30 Yoga 6pm Town Hall	31 Craft/Board Games 6pm Town Hall Consuls Road starts again ! 5.30pm	1 Indoor Cricket 6pm at the Indoor Cricket Hall Meekatharra Industry Group After Hours 5.30—8pm Town Hall Ambulance Training	2 Yoga 6pm Town Hall	3 Picture Gardens From 6.45	4 Meeka Goes Green 9am—11am	5 Touch Rugby 6.30 Oval Meeka Goes Green workshop 9am