



Meekatharra Dust

MAY 2020 | ISSUE NO.325

COST \$2.50

PHOTO COMPETITION TIME!

LOOK INSIDE FOR MORE
INFORMATION

**Mother's Day DIY Cards
and Crafts Inside**



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

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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.



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



Want up-to-date and accurate information about Covid-19?

Check out these websites:

World Health Organization <https://www.who.int/>

Australian Government <https://www.australia.gov.au/>

Western Australian Health Department <https://ww2.health.wa.gov.au/>



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Note from the Editor

Things are still changing for us on almost a daily basis but it seems to be looking better day by day. May has so much to celebrate and reflect on. There is National Volunteer Week, Exercise Right Week, National Reconciliation Week, Australia's Biggest Morning Tea for the Cancer Council and Mother's Day. We may be acknowledging these events slightly differently but it gives us time to be creative and connect with people online.

This month while we try to regain some sense of normalcy it is important that we keep on top of our health, both mental and physical. Inside this issue you can find some tips and tricks to get active and take care of yourself while keeping to the social distancing guidelines, and staying out of the cold.

Keep washing your hands, stay inside and stay healthy!

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



shire of
meekatharra
a golden prospect



Your Council News

May 2020 • by Anna Johnson on behalf of the Shire of Meekatharra



Style, presence and enunciation – Youth Services worker Margie knows how to keep a cool head at Storytime, no matter what – or who – might be lurking in the woods...

Readin' It Right

It takes ingenuity, passion and quick thinking when you work with kids, and our Youth Services team have met the Covid19 challenge head on. Online inventiveness made a swift appearance, packs of art supplies were dropped off to young Meekatharrans (echoing the logistics skills that YS leader Lachie picked up last Christmas during his stint as Santa's subcontractor) and the result has been an impressive level of engagement.

Our kids are enjoying the art competitions and riveting literary performances by YS workers and keen volunteers who are providing a wonderful screen-time variation for our young (and possibly not so young) audience, an ironic but charming means of celebrating the joys of the printed word. A background video image complements the setting of the tales, bringing to life some of the environments that our outback youngsters may not have seen before, such as the tall, shadowy forests of the nordic climes...is that a wolf hiding in the background? Snuggle up with your favourite blankie, kids, head to Meekatharra Youth Services' Facebook page and don't forget the age-old rule: *Look behind you!*

More reading volunteers are wanted - can you do convincing voices for short-sighted grandmas, wicked witches, hungry bears, foolish pigs and old village geezers? Get in touch with Youth Services via the Shire contact details on the next page.

No Word Salad in this Bibliophile Buffet

If the wolves, elves and creepy trees of Storytime are a bit too much for your literary tastes, why not give our Library a call? Wayne's available via phone and email to take your orders, which you can pick up within a day or two. If your selection needs to come from another library, he'll give you a call when it's ready to collect. The ever-popular Mystery Box continues to offer appetisers to broaden any bibliophile's palate. Isn't it wonderful when you discover a new favourite author?

Wayne would also like to remind Meeka readers that the State Library of Western Australia has excellent online accessibility via their eResources where reading and streaming of library items is offered for both mobiles and computers.



Town Oval Open

Dogs and humans alike will be pleased to hear that our Town Oval is open again. There is a catch, though – none of the Shire equipment is to be used. That means the exercise trail equipment, ball courts and other fixtures are off limits. Dogs are of course welcome to bring their own personal recreational items (but not to leave any other personal items behind...remind your owner to bring the doggy bags).

On a serious note, The Shire has to comply with the state requirements, and not allowing the public to use installed Shire equipment is one of these rules; a health measure to help minimise the risk of coronavirus transmission.

The Shire is doing its best to maintain a strong connection with the community of Meekatharra, issuing any updates via a range of print and online media. The Covid-19 situation remains a day-to-day process and we urge all to remain vigilant with social distancing and preventative health measures. Keep up the good work!

Tidbits and Highlights

Alert locals will have noticed a new but familiar face behind the Shire Office's finance desks. Helen Clancy is standing in for Kadisen King, who is on maternity leave. Everyone is on tenterhooks for baby photos, but of course hugs and cuddles won't be possible (except with Mum & Dad of course) while the virus health protocols are in place. We wish Kadi and Chris all the best as they enter the brave new world of parenting, and look forward to seeing Meeka's newest resident soon.

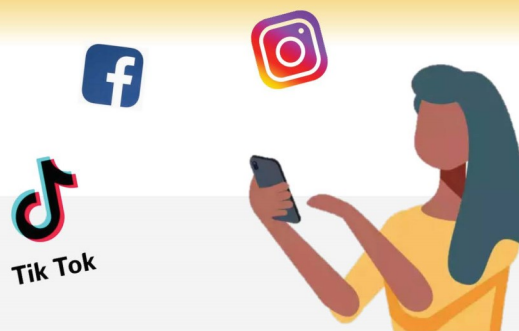
In further finance news, it's audit time – again! This audit will be done remotely, which is why the scanner is running hot as Shire staff ensure that all documentation is digitised for the virtual exercise. Regular audits are of course a requirement for all Shires, a helpful means of both checking on and supporting compliance.

The Lloyd's Building renovation continues apace. Plumbing and electrical work are mostly completed, and despite a more relaxed schedule in view of the coronavirus shutdown, the finer details are falling into place. The Community Resource Centre is looking forward to the move when conditions allow; the Shire will post updates as things progress. It will be a great pleasure when the lockdown eases and allows for a celebration of the iconic building's re-opening. Lloyd's is just one of many historic buildings and sites around Meeka, and the Shire has some excellent map brochures detailing town walks and self drives which are well worth exploring once local movement restrictions have eased.

The Community Consultation Workshop held earlier in the year has been keeping the Shire and Council busy, examining and discussing the excellent local response. Many participated via the in-person workshop and an online survey, and the Shire would like to let everyone in our town and rural areas know that consideration and planning are taking place. Once again it is frustrating that the pandemic has affected progress on this as it has with many aspects of our lives, but on the plus side it provides time to examine all the issues more closely on behalf of our community and its future well-being.

Council Minutes and a wide range of community information and resources can be found on our website (see right).

You're welcome to attend the monthly Council meetings (dates and times are listed in The Dust) and have your say. You can also obtain a copy of the Council Minutes to find out about the many other projects, discussions and improvements that the Shire is undertaking on behalf of the Meeka community. All items or letters for Council should be addressed and sent to the Shire of Meekatharra CEO, at the Shire address (see right).



Caring About Sharing

The Shire is pleased to announce that its social media presence is growing, with some exciting new additions to our online profile. TikTok is a very popular social media app for amateur musicians, and now our famously skilled local kids are part of the scene with our very own TikTok page (see below for the link). We're looking forward to their creations.

Crowd favourite Instagram, an app for posting photos and videos, offers another great venue for Meeka moments, whether it's sharing our sunset photos among ourselves or showing the world what an amazing place Meekatharra is.

Facebook seems almost old-fashioned among these more recent virtual experiences, but it's proven to be a valuable hub for sharing news, history, useful links and Meeka's remarkable diversity. Our Facebook pages also share a lot of smiles and camaraderie, reflecting our best asset – the people of Meeka.

Shire of Meekatharra Social Media Links:

[Shire TikTok page – mk_youthservices](#)

[Instagram - @meekatharradust](#)

Facebook:
[The Meekatharra Dust](#)
[Meekatharra Youth Services](#)

See you online!



Shire Of Meekatharra
Main Street
PO Box 129
Meekatharra WA 6642
Phone : 08 9980 0600
www.meekashire.wa.gov.au

"Meekatharra - A Golden Prospect"

COPS CORNER WITH MITCH HOWARD



COVID-19 continues to dominate our personal and working lives. There has been some easing of restrictions but I suspect those changes will be small and slow. COVID-19 has not gone away and continues to be a potential threat to our community.

Follow the advice on personal hygiene and social distancing to protect yourself and your community.

Alcohol continues to dominate some poor behaviour within the community. It was disappointing for my staff to be called during the early hours to a large group of approximately 50 people fighting in the street. Police directed those fighting to stop and move away several times. They ignored Police and subsequently 8 people were sprayed with OC spray. An investigation followed where witnesses were interviewed, video footage was reviewed and as a result 12 persons were charged with Taking Part In a Riot which is a very serious offence. I know when seeing those arrested over the days following they appeared remorseful and embarrassed by their actions. As a consequence of this incident a liquor ban was put in place for 24 hours. I am reluctant to initiate liquor restrictions and use them sparingly, but if further alcohol fuelled violence is encountered

further liquor bans may be considered.

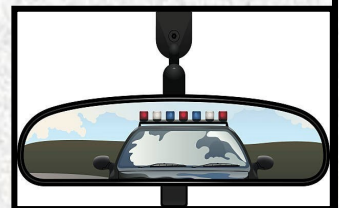
Police have increased their presence at liquor points of sale and those not appropriately dressed, affected by liquor, on bail for alcohol related offences and those with convictions for drugs or violence that is punishable by a term of imprisonment exceeding 3 years are being refused sales in accordance with legislation under the Liquor Control Act.

We have seen extra police come from Geraldton to assist us in meeting demand and keeping Meekatharra safe. This will continue with more due soon.

Even with the cooler months upon us we have seen no decline in demand for police resources. The stimulus payments to some members of our community has led to increased alcohol consumption and unfortunately increased demand for police resources. So for us we may not see the easing of demand that usually comes with the cooler months.

I ask that you look after yourself, look after your family and look after those that are vulnerable within our community.

Stay safe.



Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water



When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



Avoid close contact with anyone that has fever and cough

#Coronavirus

#COVID19





May 2020

By Anna Johnson

We're Open Again!

We are open on a day-to-day assessment basis, with the usual rules about distancing and keeping surfaces clean.

Art & Craft Supplies

We now have a selection of Art Supplies! We are stocking acrylic and watercolour paint, yarn in many colours, some drawing pads and canvases. Let us know anything else you'd like to be able to buy for your art and craft projects - we can order in for you.

Radio Reachout

CRC Project Officer Anna and Meeka FM DJ Mitch are planning a fun "bush telegraph" style talkback show - stay tuned for details! We are hoping to run it this winter, with some entertaining local guests, some bush poetry and your stories. Call us if you'd like to be one of our on air guests! It will all be done via phone.

Department of Transport

Driver Services are continuing their monthly visits to Meekatharra. If you want to sit a driving test, it's vital that you come and see us well beforehand so that we can get you ready and booked in.

We also want to remind everyone that we can no longer process 3-month rego payments at the CRC; you can only do 3-month payments yourself over the phone or online. It's pretty easy and we are happy to help show you how to go about it. You will need a bank card that acts as a credit card (ask your bank about these).

We can of course continue to do 6 and 12 month payments for you here at the CRC.

Community

Are there other ways we can help you or others in the community? We're open to ideas. Free online courses are popping up all over the internet - if you're not sure where to start, you can give us a call and we can work with you over the phone to guide you with some expert Googling.

We will keep you posted via our Facebook page with any CRC news or helpful tips. Feel free to get in touch by phone, email or messaging. Stay safe!

We Have Art & Craft Supplies!
Paint, Yarn, Canvas
Lovely Colouring In Booklets
Let Us Know What You'd Like



VISITOR CENTRE ART & GIFTS COMMUNITY RESOURCES DEPT TRANSPORT

- ✓ Souvenirs, Cards & Gifts
- ✓ Maps, Brochures & Local Info
- ✓ WIFI and Computer Use
- ✓ Driver & Vehicle Services
- ✓ Passport Photos
- ✓ Printing, Copying, Laminating

Become a Member and Save!
Join from just \$30 per year and save
up to 50% on many of our services.



**Meekatharra Community
Resource and Visitor Centre**
Lot 55 Main Street
Meekatharra WA 6642
08 9980 1811
welcome@meekatharracrc.com.au



Department of **Transport**

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**

YOUTH SERVICES

The Meeka Youth Services Team may not be able to open their doors but this does not mean that they are not connecting with the young people in town. The team has been busy dropping off craft projects and colouring sheet (and Easter eggs!!) to families over Easter and for ANZAC Day to complete together and find ways to celebrate these important events. The team have also been planning for when things go back to normal and they can enjoy the company of the young people in the community. They have been working hard to make sure that when they reopen there are plenty of fun engaging activities for everyone to enjoy.

The Easter colouring in competition was a huge success, all the submissions were amazing making it very hard to choose winners each age category. But after much deliberation the winner for the under 10's is Caprice and the over 10's is Bobby Jo. Congrats to all those who entered the competition and a big congrats to the winners!

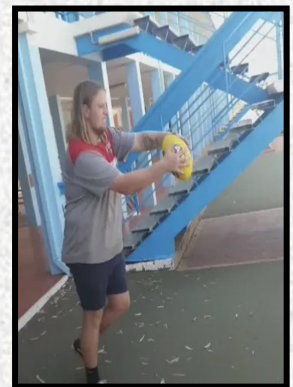


Left: Lachlan holding the two winning submissions for the colouring competition. Right: Caprice (and under 10 colouring in comp winner) holding her egg carton ANZAC wreath.



For ANZAC Day the team have handed out packs for the young people to make wreaths out of egg cartons. This activity was a fun way to teach young people about ANZAC Day and the importance of reusing things they already have. The wreaths have been placed over town for all to enjoy!

Below—TikTok made by Andrew and Lachlan showing off their footy drills skills



Left: TikTok video made for the ANZAC wreaths. Right: TikTok made in partnership with the Stephen Michael Foundation to encourage people to keep the community clean.

They have also been creating TikTok videos for everyone to enjoy. The team have been learning about the app, what it actually is, how to use it, what's all the hype about, without all the young people around to teach them! So far they have done an arts and craft tutorial and footy tips. The team have done amazing job learning how to ideally reach young people and still keep the connections they have work so hard to make.

The team have found classic stories to read via Facebook live for all the kids (and big kids) to enjoy daily. So far we have listened to and remembered the stories of Hansel and Gretel, if you missed the video make sure you go back and have a listen. Listening to these stories to a great way to relax and enjoy the classics the adults know and the young people will discover. Every afternoon go to the Meekatharra Shire Youth Services Facebook page to check what story will be read today!

Check out their TikTok account: [mk_youthservices](#) or Facebook page: [Meekatharra Shire Youth Services](#).

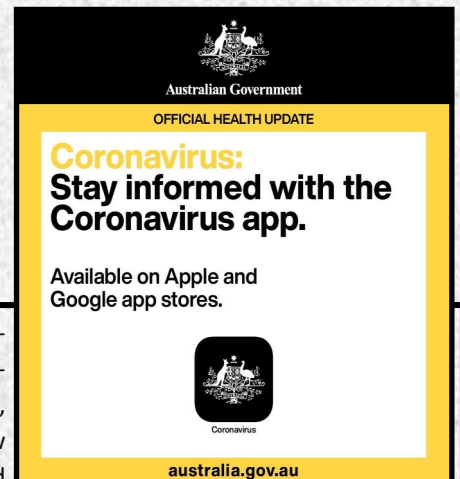


Margie starting off the story time with chapter one of Hansel and Gretel by the Brothers Grimm

APPS TO KEEP YOU SAFE AND INFORMED

COVIDSafe is another app released by the Australian Government in late April. The aim of this app is for contact tracing to help track community-based transmissions to help stop the spread of Covid-19. This app uses Bluetooth on your mobile to look for other devices who have the app. If someone gets diagnosed with the virus the app helps to identify who that person has come into contact with and can easily help track down those who have exposed to Covid-19. There is a real push to get as many people as possible to download the app to help stop further transmission. The information gathered

by the app is only stored for 21 days and is only used to keep Australia healthy.



Accurate information is very important right now, we all want to know what is going on and

what is happening in our state. The Australian Government released an app called *Coronavirus Australia*, which is free to download. This app has up to date information about restrictions, advice to keep you safe, symptom checker, advice for your state, isolation register, current case count and contact information. Any information you need from your government is uploaded there for you to read. The information provided is updated regularly so you can get the most accurate information when you need it.

For if a kangaroo jumps out on John's drive home.

Every beat of this ordinary life is an extraordinary thing. And we need your help to protect it.

St John urgently needs volunteers.

If you'd like to help the people of Meekatharra, visit stjohnchangelives.com.au. Or, give Meekatharra Sub Centre a call on 9980 1467, or email sjameekatharra@westnet.com.au.



Meekatharra Christ the King

Cnr of Darlot and High Street

Liturgy Times

11th of April—Mass

Saturday 6:30pm Eve of 3rd Sunday of the month

18th of April—Celebration of the Word with Communion

One other Saturday of the month 6:30pm

Reconciliation Times

By request before or after Mass on eve of 3rd Sunday of the month.

Please ring Cathy Jones on 08 9963 4176





THE HON MELISSA PRICE MP

Federal Member for Durack
Minister for Defence Industry

Coronavirus Care – caring for others in our community

The coronavirus is a major global public health challenge that is having a significant impact on the daily lives of many in our community.

All levels of government are taking strong and carefully considered steps to reduce the spread of coronavirus and to protect all Australians, particularly the elderly and the vulnerable.

While the government focuses on the social and economic challenges the global pandemic is causing, it is important we step up as a community and help those around us who may need support over the coming weeks and months.

Although social distancing and self-isolation are important tools in the fight against coronavirus, they can pose challenges for those in our community without a support network.

Together with my staff in my three Durack regional offices, we are working hard to find answers to your questions and offer reassurance to you all in Durack during this challenging time. You are most welcome to call my Geraldton office on 9964 2195 if you require any assistance or get in touch with me via email at melissa.price.mp@aph.gov.au. I know there is a lot of wonderful community care being undertaken in Durack and I thank you for all your efforts and kindness. If you would like to help out in your community and would like to know more about what is happening in your town or region, please call my office and we will gather the information for you.

I will continue to share the latest coronavirus information on my Facebook page 'Melissa Price MP' and through email updates. If you would like to receive those email updates and you are not a subscriber, please email or call my office and they will put you on the list. I would also encourage you to keep in touch by regularly monitoring the advice from the Federal Government at www.australia.gov.au.

By working together we will get through this difficult time.

Please take extra care of yourself

Kind regards,

Melissa Price
Federal Member for Durack
Minister for Defence Industry

2B/209 Foreshore Drive, Geraldton WA 6530

(08) 9964 2195

4/34 Frederick Street, Broome WA 6725

(08) 9192 7216

3 Bates Street, Merredin WA 6415

(08) 9041 1749

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Authorised by Melissa Price MP, Liberal Party Australia, 2B/ 209 Foreshore Drive Geraldton WA 6530.



GARDENS WITH SAL, THE GARDEN GAL

Hello Meekatharreans,

I write to you in warm woollies for our April Dust edition, what a sudden chilly change we have had! I hope you have all been keeping well and connected over the past month and perhaps even have had a chance to start your own home veggie garden. Since we recently touched on the issue of soil, the next big topic is something to grow in it- seeds!

You would have heard or noticed that large retailers have had their shelves stripped of vegetable seeds and seedlings, with people lining up to grow their own food at home. Food security has never been more important! Perhaps this is a good time for us to create a space for us to share our garden wealth – seeds, produce and knowledge?

Did you know how easy it is to start your very own seed bank from “rubbish” that we are so quick to throw away into the bin (unless you have compost then you are forgiven!) One small tomato is full of seeds and one seed from that tomato can grow an entire plant! Now that really is food for thought. Yes, it takes more time and a little bit of work, but time really is something we have on our side at the moment.



The best seeds to collect for your bank are “heirloom” varieties: seeds from delicious local vegetables that have been

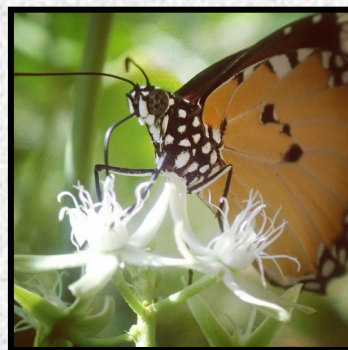
grown and collected, tried and tested year after year. Nannas, Grandparents, green thumbled neighbours and local nurseries are your go-to for these ones. If these are not available, then your next bet is organic vegetables from the supermarket. Organic sounds fancy but just means there were no pesticides or chemicals used to help them grow-just good tucker, fresh water and lots of sunshine- a bit like us!

Now we want to focus our seed-saving skills on the simple plants- annual, perennial and herbaceous veggies (plants that grow for a short time or season)- and we will leave the trees and larger stone fruits for another edition.

The art of saving seeds is really simple. If they are gooey and damp like tomato, zucchini or pumpkin seeds, spoon them out onto some paper towel and leave to dry somewhere for a couple of days. If you are wanting to grow peas or beans, then do the same and let the seeds dry somewhere well ventilated or even in the direct sun.

Once they are well and truly dry, save them into a paper bag or old dry container and be sure to write down the date and what the seed is. Seeds have a viability life too and some can expire if not used. Store them somewhere dry and cool like a kitchen drawer or an old fishing container.

Depending on the season, you can go ahead and plant them



out or store them until the time is right! Be aware and appreciative of the stage of the year as veggies grow with the seasons: for warm summer nights think tomatoes, capsicums watermelons and mangos. Winter is perfect for your belly warming veggies – pumpkins, leek, potatoes- food that keeps you full and strong to take on the cooler days.

Food really is a currency and by being mindful in the kitchen while you cook you can create your very own supermarket and pharmacy.

And finally, an EON School Garden update: it has been around six weeks since I have been able to head back out to Meekatharra due to the current COVID climate. Sadly, I was met with some disappointment. The retic controller (computer that waters the garden) had been flooded with water and our little gardens did not cope well.. But the retic gods were on our side and I was lucky enough to have a spare which we were going to use for our orchard space!



A little bit of rewiring, some fresh organics, a helping hand from Miss Emily (thank you for a lovely day) and a bunch of new seeds later, fingers crossed our garden will be looking very different in a months' time!

I look forward to seeing your friendly faces again soon.

PS – I thought I would include some pics of the butterflies from a recent stop off at Walga Rock! What a sight to be seen!! I believe they are Monarch butterflies, but have been told that they could be mistaken for Lesser Wanderers. Any thoughts?

Sally – the EON Gardening Gal

**EON Foundation is a not-for-profit organisation that delivers a food and nutrition focused healthy lifestyle and disease prevention program. We build edible gardens in remote schools and communities for a secure supply of fresh food and partner with them to deliver a hands-on practical gardening, nutrition, education, cooking and hygiene program. Read more about us at www.eon.org.au*

PHOTO COMPETITION TIME

THIS MONTH THE THEME FOR THE PHOTO
COMPETITION WILL BE KITCHEN UTENSILS. BE
CREATIVE, TAKE SOME TIME THINKING OF HOW
YOU CAN SHOW OFF YOUR SKILLS.

THE PHOTOS WILL BE PUBLISHED ON THE MEEKATHARRA DUST FACEBOOK
PAGE AND IN THE JUNE EDITION OF THE MEEKATHARRA DUST NEWSLETTER.
SEND SUBMISSIONS TO CDO@MEEKASHIRE.WA.GOV.AU OR PM THE
FACEBOOK PAGE.

EXERCISE RIGHT

Exercise Right is a campaign to help Australia's get moving and have access to creative, fun ways to be active. The Exercise Right Week will be held between the 25th-31st of May 2020 and the theme is 'Movement is Medicine'. The aim is to highlight how important physical activity is to our mental health and overall wellbeing.

The Exercise Right Week in 2020 will look a little different than previous years but there are many ways to exercise and be active at home. The website has many great workouts you can do at home with little to no equipment needed. There are many great resources for children, women and men to read to get more advice on how to remain healthy.

Getting the right amount of exercise is hard but being creative in your workouts essential to keep your body and mind sharp. Each age group needs different amounts of exercise each week young people aged between 5-17 need 60 minutes of exercise per day, this could be running around in the backyard, practising football techniques or running through an obstacle course. Adults aged 18-64 need 150-300 minutes of moderate activity each week or between 20-45 minutes per day, this could be going for a walk, doing yoga or completing an at-home routine using your body as weights.

Those aged over 65 need at least 30 minutes of moderate exercise each day that is achievable for the individual.

For each person what is achievable and enjoyable is very different. If you are unsure of what kind of exercise you like to do, try different types and see what fits. The Exercise Right website is a good place to start, you can choose from a variety. YouTube also has many great online classes you can join in on.

As many people are working from home or are spending more time at home here are some suggestions to keep yourself moving at home:

- Stand up every 10 minutes, move things so they are out of your reach to give yourself an excuse to get up
- Set an alarm once an hour to get up go for a short walk, even if it is just to the back fence and back again
- Sit on a hard chair with no armrests to encourage more movement rather than a couch
- Set different areas in your house for different activities, this will give reasons to move from spot to spot to complete activities



#1 TIPS FOR STAYING ACTIVE AT HOME

No gym equipment? Get creative and use things from around the house to add intensity to your workout. Some ideas include:



WWW.EXERCISERIGHT.COM.AU

SELF ISOLATION EXERCISE BINGO

Try YouTube
Yoga

Clean the
house

Dance to your
favourite
playlist

Do 10
pushups



Jog on the
spot for
30 sec

Go for a
walk

Do an
Exercise
Right workout

Do 20
squats



WWW.EXERCISERIGHT.COM.AU

COVID-19 LET US KEEP YOU UPDATED



Text your address and phone number to **0428 817939** to subscribe to our messages for updates to Meekatharra specific announcements



TOWN OVAL NOW OPEN FOR BUSINESS

The outdoor gym equipment, playground, public toilets and courts are **all closed** under the Direction of the State Emergency Coordinator – **strictly no use of these facilities and equipment.**



WEEKLY PLANNER



Government of Western Australia
Mental Health Commission

What I'd like to achieve this week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
act Do something	eg. swimming at the pool	eg. Do a game of Sudoku in a crossword	eg. Walk to the shops in a park	eg. listen to or play some music	eg. Read a book	eg. Clean up the garden	eg. Go for a beach walk
belong Do something with someone	eg. shopping with a friend		eg. Meet a friend at a coffee shop		eg. Meet a friend at lunch club		eg. Meet a friend at an art gallery
commit Do something meaningful	eg. Clean one or more rooms	eg. Help Aunt Sue with grocery shopping		eg. Go to grow group	eg. Learn a new song on a musical instrument	eg. Do an 'act of kindness'	
Act	Belong		Commit				
Things like...	Things like...		Things like...		Things like...		
<ul style="list-style-type: none"> Go for a walk Meditate Get out in nature Do some yoga Do a crossword 	<ul style="list-style-type: none"> Read a book in the park Go swimming Chat to a neighbour Do the gardening... 		<ul style="list-style-type: none"> Join a recreational group or a recovery group Meet up with friends or family for an outing or do something together 		<ul style="list-style-type: none"> Find out from the council what events are happening in your community... 		
	<ul style="list-style-type: none"> Set yourself goals Do an 'act of kindness' Volunteer Keep going to groups you are involved in 		<ul style="list-style-type: none"> Help out a bit more at a group you already attend Work on a skill you have or learn a new one... 				

The highlight of my week was:

For more information and to use our 'Activity Finder' visit: actbelongcommit.org.au. If you would like more help on how to Act, Belong and Commit call (08) 9266 4648 or email info@actbelongcommit.org.au, to request a copy of the Guide to Keeping Mentally Healthy or a personalised information pack of groups and activities in your area.

10 ways to stay Mentally Healthy during COVID 19

Times are stressful and there are a lot of things we can't control. However, we can help ourselves and others by looking after our mental health. Take a look at our 10 tips to staying mentally healthy!

1

Ask for help

It's normal to feel stressed or sad about what's going on around us. However, if these feelings get too much, you should ask for help. Talk to a mate or call Beyond Blue on 1300 22 4636.

TALK

2

Use your spare time wisely!

With extra time on our hands, why not learn a new skill? Learn to play an instrument, speak a different language or master a new recipe.



3

Balance your media intake

Staying informed is important, but being surrounded by negative news all the time can be stressful and overwhelming. Remember to take a break from the TV or Facebook newsfeed.



4

Eat well

Staying home is a good time to learn some new, healthy recipes. Don't forget frozen veggies are just as good as fresh!



5

Keep up the exercise

Give lounge room yoga, weight training or star jumps a go! Try using tinned food or water bottles as weights for arm exercises.



6

Get creative with socialising

No contact doesn't mean no socialising! Chat to your neighbour through the fence, call an old friend, or keep in touch with family through text.



7

Be kind

Giving to others can be rewarding and could mean a lot to someone who is struggling. Offer to run an errand or leave a friendly note. Self-Isolating is being kind to our most vulnerable. Please do it!



8

Keep your mind active

Being stuck at home can trap us into watching TV or sleeping all day. Why not try reading a book, playing music or doing a puzzle instead?



9

Do something you've been putting off

Chores may not be fun, but getting them done can make you feel great! Why not clean out your pantry or clean your car?



10

Keep a Routine

It can be hard to live your normal life when you have to stay at home. Try to keep set times for sleeping, working, resting, etc.



WE'RE STILL HERE TO HELP YOU

OFFICE ACCESS

During this difficult time (COVID-19) & the need for social distancing & staying safe, face-to-face visits at the office will not be possible

CONTACT US & STAY in TOUCH



Email - northwest@mp.wa.gov.au



Telephone - 08 99412 999



@VinceCataniaMP

Messages will be monitored & responded to as soon as possible. Regular updates will be available via facebook & email

**Let's Stay Safe, Stay Well
& Keep our Distance...**



THE NATIONALS *for Regional WA*

AUSTRALIA'S BIGGEST MORNING TEA

On the 28th of May it is Australia's Biggest Morning Tea for the Cancer Council. Due to social interaction restrictions we are encouraged to use different ways to host the morning tea to raise funds for an important cause. To host an event register on Australia's Biggest Morning tea website, invite friends and family to join you through Zoom, Skype, FaceTime or any other ways you communicate with others. This is a great excuse to eat cake, drink tea and raise money for those in our community living with cancer. All the money raised for the Cancer Council is used for research, prevention and support. The research and prevention are important to learn how to

education people about how to live life in a smart way to hopefully avoid getting cancer.

To get ready for your morning tea decorate your house with free downloadable resources from the website, bake some delicious treats, connect with others and donate what you can to the Cancer Council. Try some of the recipes, like these ones, that will make your morning tea even more delightful!



Butternut Butterscotch Cakes

Preparation

20 minutes (plus cooling)

time

Cooking

35 minutes

time

Serves 12

INGREDIENTS

- 350g butternut pumpkin, skin off, deseeded, 2cm dice
- 1 cup (150g) plain flour
- 1/3 cup (75g) brown sugar, firmly packed, 1/4 cup (55g) extra
- 1/4 teaspoon ground cinnamon
- 1/8 tsp bicarbonate soda
- 1/4 teaspoon table salt
- 90g unsalted butter, melted, 50g extra
- 125g cream cheese, softened
- 1/3 cup thickened cream, 2 tbsp extra
- 1 tbsp maple syrup

2 medium bananas, peeled and sliced into rounds

METHOD

1. Preheat oven to 200°C (180°C fan forced). Grease a 12 hole (1/4 cup capacity) mini cheesecake pan. Line a large oven tray with baking paper.
2. Place pumpkin on lined oven tray and roast for 25

minutes or until tender. Puree until smooth in a small food processor. Refrigerate for 1 hour to cool. You will need 3/4 cup (200g) pumpkin purée.

Combine flour, brown sugar, cinnamon, bicarbonate soda and salt in a medium bowl and mix. Add pumpkin puree and butter to the dry ingredients and mix until smooth. Divide batter between moulds and bake for 15 minutes or until a skewer inserted into the centre comes out clean. Transfer cakes onto a wire rack to cool.



1. Meanwhile, use the paddle attachment of an electric mixer to beat cream cheese for 30 seconds until smooth. Add cream and maple syrup and beat to smooth stiff peaks. Refrigerate until needed.

2. Melt extra butter and extra sugar in a small frying pan. Simmer over high heat for 3 minutes or until sugar has dissolved and mix is golden and starting to slightly thicken. Add extra cream and bring to the boil, remove from the heat and refrigerate until needed.

Place cakes on a serving platter and top each with a little whipped cream cheese, banana and drizzle with butterscotch.

Banana Cake

Recipe by Poh Ling Yeow

INGREDIENTS

- 125g unsalted butter, softened
- ½ cup (115g) brown sugar, firmly pressed down
- ½ cup (115g) caster sugar
- 1 teaspoon vanilla bean paste or natural vanilla extract
- 2 large free-range eggs
- 1½ cups (185g) plain flour sifted
- 2 ¼ teaspoons baking powder, sifted
- ½ teaspoon bicarbonate of soda (baking soda), sifted
- ¼ teaspoon salt
- ¼ cup (60ml) full cream milk
- 3 overripe bananas, mashed

Icing

- 50g good quality salted butter, softened
- ½ cup (60g) icing sugar
- 2-3 tablespoon lemon or lime juice
- ¼ cup (35g) roasted hazelnuts, chopped



METHOD

Preheat the oven to 160°C (150°C fan forced). Line a 20cm round cake tin with baking paper or grease and flour your tin.

With an electric mixer, cream the butter, both sugars and vanilla until pale and fluffy. Add 1 egg at a time, mixing thoroughly each time.

Add the flour, baking powder, bicarbonate of soda and salt, and fold in with a wooden spoon until fully incorporated. Add the milk and banana, and fold in.

Pour the batter into the prepared tin and bake on the middle shelf for about 40 minutes, or until a skewer inserted in the centre of the cake comes out clean.

Allow to cool for 5-10 minutes before running a knife around the tin to release. Cool on a wire rack. If you have used baking paper for the base and side of the tin, the cake will easily fall out.

To make the icing, combine butter, the sugar and lemon juice in a bowl and beat with an electric mixer until pale and fluffy. Spread over the top of the cake (it won't seem much, but it is the perfect amount) and sprinkle with the hazelnuts.

HOW TO MAKE YOUR BIGGEST MORNING TEA A SUCCESS

Your tea should be as fun and stress-free for you as it is for your guests, so here are some top tips to help you plan:



Start with a pinch of preparation...

Make a list of what you need to do to get your invites out in plenty of time. To make it easy, ask people to bring a plate!



Add a dash of inspiration...

It's your chance to host your tea your way, so think up some fun activities or dream up a sweet theme. Play the games in your Host Kit and give everyone a laugh. People love a good time for a great cause, so do things they can get involved in.



Stir in a big dollop of delicious...

Whether it's a full-on royal luncheon or a simple tray of scones, no morning tea is complete without tasty treats. Stuck for what to serve? You'll find dozens of tried and true contenders on our [recipes page](#).



A splash of decoration...

Nothing says 'FUN' like decorations. Dress up your morning tea with the bunting and posters in your Host Kit – or get creative. [You can download more decorations here](#) if you need them.



Spread the word!

Set up a Facebook event for your morning tea. Pop it in the local paper or community blog. The more people you invite, and the earlier you invite them, the better!

MAY'S PERSON TO ADMIRE

June Oscar was born in 1962 in the WA town of Fitzroy Crossing and is a proud Bunuba woman. Ms Oscar has spent her life speaking out about issues that face Aboriginal people today such as Fetal Alcohol Spectrum Disorder (FASD) and life in remote communities. She is the current Aboriginal and Torres Strait Islander Social Justice Commissioner.



Ms Oscar started her career in Fitzroy Crossing in government departments working in community welfare and health with people in her community. She continued to work her way upbringing her many talents to different organisations that all focused on supporting Aboriginal people in WA. She has many notable career highlights including:

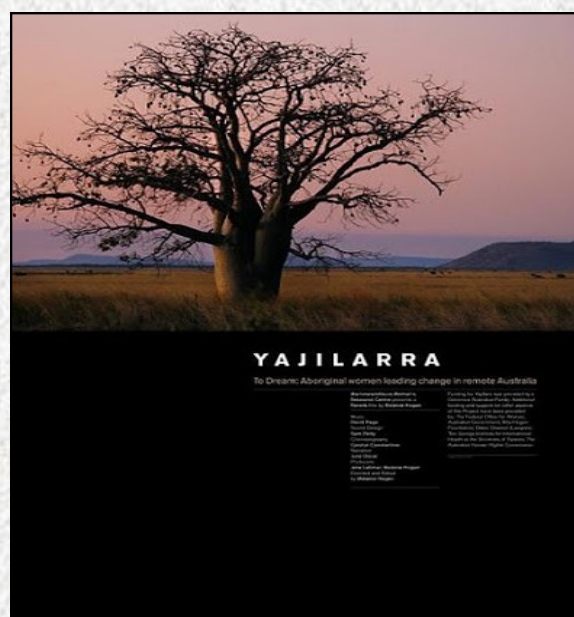
- Chairperson of the WA Aboriginal Women's Advisory Committee
- Deputy Director and Executive Member of the Kimberley Land Council
- Direction of Bunuba Films
- Director of Bunuba Cattle Company
- CEO of Marninwarmtikura Women's Resources Centre
- Chief Investigator of the Liliwan Prevalence Study on FASD and Early Life Trauma
- Chairperson of the Kimberley Language Resources Centre
- Councillor on the Derby/West Kimberley Shire
- Board Member of the Kimberley Development Commission
- Aboriginal and Torres Strait Islander Social Justice Commissioner
- One of the 20 members to create the Indigenous Voice to Government

Ms Oscar saw the pain and hurt in her home town and wanted to change the results coming out, which were high levels of alcohol consumption, high domestic violence reports, high reports of self-harm and a community in need to help and support. She knew that she would not just watch this happen and wanted to support her community to create more sustainable, healthy lifestyles which would positively benefit the community. In 2007 Ms Oscar sought to empower women, doing whatever it takes to create safe places for them, she organised a Bush Meeting where the women could give their consent to start the campaign for stricter alcohol restrictions.

She communicated and gained the approvals from community Elders, Police and the Director of Liquor Licensing to restrict the amount of alcohol that was available for purchase. With much success of this program, the restrict saw a safer, healthy community and the restrictions were set in place indefinitely. Ms Oscar showed that she was able to create change by rallying together her community. A 2008 film 'Yajilarra' showed Ms Oscar's fight to restrict alcohol in Fitzroy Valley, the film shows how a community can create positive change to help those lead safer and healthier lives.



Ms Oscar has proven that with a fair amount for hard work change is possible and can be achieved by anyone willing to try. While I have not even started to explain the amount of ground breaking things Ms Oscar has achieved, she has done many amazing things and continues to. She has won many well-deserved awards for her works including NAIDOC Person of the Year in 2018 and Australian of the Year in 2017. She is an inspiration, creating positive change for those living in WA the rest of Australia. She continues to advocate for the rights of Aboriginal people.



How do I ensure clothes and bedlinen don't spread novel coronavirus?

Don't carry dirty linen or clothes against your body. Wash them in hot water (between 60-90°C) with laundry detergent or soap. If available, add bleach. Follow the directions on the package. Machine dry on a high temperature or dry in direct sunlight.



NURSES AND MIDWIVES



PATIENTS AND FAMILIES

Safer care for you, with you

#SupportNursesAndMidwives

#HandHygiene #InfectionPrevention

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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

 **Travel restrictions apply in Western Australia**

Easily apply for pre-approval to travel via the G2G PASS app



WA.gov.au

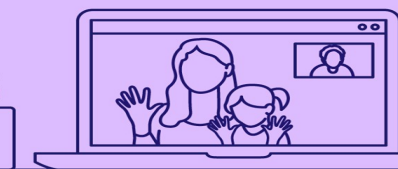
Coronavirus (COVID-19)

COFFEE WITH FRIENDS.



HELP STOP THE SPREAD AND STAY HEALTHY

Coronavirus (COVID-19)



HELP STOP THE SPREAD AND STAY HEALTHY

RIDDLES

1. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?
2. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
3. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
4. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
5. What English word has three consecutive double letters?
6. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?

ANSWERS

1. A candle
2. A map
3. The letter R
4. All the people were married
5. Bookkeeper
6. An echo

Golf Chat

Three old men on the golf course,
(Each had trouble hearing well)
Were playing a round on a breezy day,
When one blew over and fell.
"Windy, isn't it?" said one of them,
While helping the other to rise.
"No, it's Thursday," said the second
man.
And they walked off to exercise.
The third man had listened intently;
Now he chimed in, with good cheer;
As he followed the others, he called
out,
"So am I. Let's have a beer!"

By Joanna Fuchs



National Reconciliation Week is later this month and like all other events, this year will look quite different. The events are unsure of what they will look like this year, so it is a great time to reflect on the meaning of the week. The first National Reconciliation Week was held in 1993 and was called the Week of Prayer for Reconciliation, in 1996 the Council for Aboriginal Reconciliation launched the first National Reconciliation Week. The dates, 27th of May - 3rd of June, were selected to encompass two incredibly significant days in Australian history, the 1967 Referendum acknowledging Aboriginal and Torres Strait people (27th of May 1967) and The High Court Mabo decision (3rd of June 1992).

In 2000 Reconciliation Australia was started to lead Australia into reconciliation. 2000 was also marked the famous Bridge Walk and meetings with and high-profile Indigenous and non-Indigenous leaders. On the 27th of May at the Sydney Opera House meetings around the presentation of two documents were presented in the lead up to the centenary of Federation in 2001. One of the documents presented was the Australia Declaration Towards Reconciliation. The last paragraph of this document stated: 'Our hope is for a united Australia that respects this land of ours; values the Aboriginal and Torres Strait Islander heritage; and provides justice and equity for all.' Which is the essence of the declaration. On the 28th of May, there was a Walk for Reconciliation across the Sydney Harbour Bridge with around 250, 000 people walking together across the bridge. These events were highly publicised and were a great achievement in the reconciliation journey.



Bridge Walk 28th of May 2000

Within the past 27 years from when the event first broke ground so much has happened, greater acknowledgement of Aboriginal and Torres Strait Islander people right to land; understanding of the impact of government policies and frontier conflicts; and an embracing of stories of Indigenous success and contribution. Reconciliation Australia has been

able to achieve change, although much change needs to occur to achieve complete reconciliation and this year's National Reconciliation Week theme encourages each person to do their part.



Reconciliation Australia has five dimensions of reconciliation that they are consistently fighting for. They are Race Relations, Equality and Equity, Institutional Integrity, Unity, and Historical Acceptance. Race Relations aims to help all Australians understand and value Aboriginal and Torres Strait Islander people's cultures, rights and experiences which help build two-way strong, healthy, respectful relationships. Equality and Equity aims to close the gap, ensuring that each person has equal opportunities in all areas of life and the unique rights of Aboriginal and Torres Strait Islander people are recognised and upheld to keep closing the gap of inequality. Institutional Integrity provides active support of the national political, business and community structures to create more opportunities. Unity aims to create national unity through mutual respect of one of the world's oldest, richest cultures. Historical Acceptance aims to educate and acknowledge all Australia's about the dark past and the impacts it has left on Aboriginal and Torres Strait Islander people. These five dimensions are used to lead the reconciliation process within Australia to create an equal, safe and respectful culture within the country.

The theme for 2020 is In This Together. The CEO of Reconciliation Australia Karen Mundine said: "The National Reconciliation Week 2020 theme reinforces that we all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander people's, histories and cultures."





National Families Week

Family is more important now than ever. National Families Week celebrate families of all sorts. This is a week to spend quality time with your family and celebrate what they mean to you. No matter what the family dynamics are it is important to acknowledge the positives. Whether it is friends who are more like family or family you haven't seen in a while this week asks people to let those you love to know how much they mean to you.

The theme for these weeks is 'Stronger Families, Stronger Communities'. Family units are a vital part of the communities we live in, they support us, they love us, they help us.

I encourage you this week to call your loved ones, spend time with those in your household, write a letter letting someone know you are thinking of them.

Try some of these fun ideas for the whole family to enjoy:

CUBBY HOUSE

Make a cubby house, use old boxes and any other materials you have lying around the house to create a fun hide away for everyone to enjoy. Decorate the cubby with toys, home-made paintings, a door, windows or even a little dining area to eat a picnic. This is a fun activity for everyone to get involved and put their own personal touch on.

COOKING

Cook a meal together, make it fancy, try a three course dinner! Give everyone a task to complete and work together to create the best possible dinner. Find out everyone's favourite foods and incorporate them into the activity. This can be as easy or as complex as you want it to be, if the kids are older give them more responsibility.



FAMILY PHOTO

Take a family photo, be creative, try to recreate photos you have seen and loved. Get all dressed up, decorate the photo shoot area, set the camera or phone in a timer so everyone can be in it. This is a great to have fun and remember the 2020 Families Week.

QUALITY TIME

Spend time with each person in the family individually. Set aside a period of time, even if it 10 minutes, to do an activity together. If the person you want to spend time with doesn't live with you call them, send them a card, have dinner together over video chat. Anything you need to do to bond.

UPCYCLING

Get creative with your recycling! Raid the recycling bin and see what trash you can turn into treasure. Be as creative and resourceful as you can to reuse what you have.



WRITE A BOOK

Write a book about your family. Use a page per person and draw them, describe what they like and what they are doing right. What school they are at, what their favourite activity is and their favourite food! Make it as detailed and colourful as you would like. Maybe even get each person to draw another person! Or you could use photos and make a scrapbook.

CARD GAMES

Play a card game that everyone can enjoy. Maybe Go Fish or Snap. Something fun and easy that everyone can get into.

MUSIC VIDEO

Create a music video. If your family has a favourite song make a music video for it. Make up dances or a storyline to go with the song. Put it all together and have a viewing session where everyone gets together to watch the creation! Use different costumes for each person and use fun backgrounds.

TALENT SHOW

Put on a family talent show. Set up a video chat with other people and get each family to show off a talent. Maybe it's singing, juggling or dancing. Make sure you practice to really impress others.



STRONGER FAMILIES STRONGER COMMUNITIES



National Families Week

- 
- 1 Take the time to play and have fun with your family.
 - 2 Build connections with older relatives and community elders.
 - 3 Appreciate your family and community – everyone matters!
 - 4 Encourage each other and offer support.
 - 5 Participate in local events and get to know your community.
 - 6 Celebrate achievements, large and small.
 - 7 Be generous with your time in your family and in your community.
 - 8 Reduce your stress – remember you need time out too!
 - 9 Do something with your family that helps others.
 - 10 Take time out from technology and enjoy family time together.



Hon Robin Scott MLC

Member for Mining and Pastoral Region



I am the VOICE for YOUR thoughts!

For those of you that don't know me I am Hon Robin Scott MLC. I was sworn in on 22 May 2017 as a Member of the Legislative Council of Western Australia, representing Mining and Pastoral Region for Pauline Hanson's One Nation.

I would like to start by saying for the past thirty years I have been interested in politics, and just like you I have been forced to vote at every election for the best of a bad bunch. Being a father of two and grandfather of six it motivated me to maximize my contribution as a parliamentarian. I'm here for the people of my electorate not the people of the house. I am here help repair our political system, defend our Australian way of life and maximize opportunities for fellow West Australians. The major parties have condoned the deterioration of our manufacturing industries and are slowly strangling our mining, agriculture and pastoral industries. We have every natural resource the world wants and we still can't eliminate poverty in Australia, due to poor management by politicians."

✓ Achievements

- ✓ **Blocked - The State Government's proposal to raise the gold royalty** - In 2017 I was Successful with the Disallowance Motion which defeated the Government's attempt to increase the Gold Royalty by 50%. Which I think is an absolutely fantastic win. I am determined to protect and promote mining and lead the defence against water charges for prospectors and small miners.
- ✓ **Granted - License for an MRI Machine in Kalgoorlie-Boulder** -Alongside Senator Georgiou we secured the Medicare license for the MRI machine in June 2018 after leading a strong advocacy campaign alongside WA One Nation. Although our town is still waiting for the MRI Machine i reassure you that I will continue to ask the question and update my electorate as to when we can expect it to be operating.
- ✓ **Granted - Funding for Palliative Care** - I accomplished a desired result with obtaining a multi-million-dollar funding injection for Palliative care in regional WA. I was disappointed to hear that the government had again let our people down with in the health department and knew that people deserved to die with dignity.
- ✓ **Blocked Removal of Education components with School of the air** - I won the fight with members of the cross bench when the state government proposed that they wanted to remove critical education components with School.

My To Do List

- Advocating the PHON plan to subsidise apprenticeships by 75% in the first year, 50% in the second year and 25% in the third year.
- **Investigate unfair Native Title Claims**
- **Create Suitable accommodation in regional towns for remote community visitors.**
- Continue to follow up on the current status of the MRI machine for the Kalgoorlie Health Campus.
- **Begin the construction on the Kimberly Water Pipelines.**
- **Bring Royalties for Regions back to Regional WA.**
- **Continue to push for the Wiluna to Meekatharra road to be sealed.**

Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



Winter is coming....

The pharmacy team are welcoming the cooler change that has finally hit town this month. We are now carrying a great range of winter gear to keep you nice and snug in these cooler months. Come down and check them all out! Keep reading for a few winter tips from the pharmacy team below.

Follow us on Facebook to keep up to date with all the latest news. [Facebook.com/meekatharrapharmacy](https://www.facebook.com/meekatharrapharmacy)

Get your FLU SHOT at Meekatharra Pharmacy

Do you still need to get your 2020 flu shot? We can administer the vaccine here at the pharmacy and urge everyone to get vaccinated against the flu this season. Annual vaccination is the most important measure to prevent influenza and its complications. Please speak with your pharmacist to find out if it will be suitable for you and your family.

We are pleased to be offering private influenza vaccinations to people aged 10 years and over in store this year for \$25.00 per person. We will also be providing NIP influenza vaccinations to those aged over 65 years for \$10.00. All others who qualify for NIP vaccines will need to see their local doctor for vaccination.

Please phone ahead for the service to ensure we have both our pharmacists on to assist in your vaccination. Please allow 20 minutes for the service.

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, medschecks, vaccinations, ear piercing, Diabetes supplies and lots more. (P) 08 9980 1798



Skin care range



Webster Pack

Dry skin & Eczema

Unfortunately, with the cooler, dry weather a lot of people will be experiencing dry, flaking or itchy skin. It is important to look after your skin with quality products to help hydrate and nourish your skin daily. We carry a great range of dermatologically tested products and can recommend washes & moisturizers from your concerns and symptoms.

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.

OPENING HOURS

Monday – Friday: 9am-5pm

Saturday – 9am-1pm

PLASTIC BOTTLE HACKS



Irrigator

If you always forget to water your plants like me try reusing a plastic bottle to make a fool proof irrigator for you plants. Poke 4-5 holes in the lid of the bottle (if it is a smaller plant try fewer holes to avoid over watering), put the lid back on the bottle. Cut the bottom of the bottle off, bury half the bottle into the ground lid first and fill with water. How simple is that? The water will slowly release into the ground keeping your plants happy and your home looking great! The best part about this hack is that you are reusing items that may have gone into the rubbish bin.

Jewellery Stand

Using the bottoms on the bottles we've used for the irrigator you can make a useful jewellery stand for all your favourite pieces. Cut the bottom parts of as many plastic bottles as you like off, make sure you don't leave any sharp edges. Pierce holes through the middle of them and glue a small pole, stick or whatever you have lying around the house to create a tiered jewellery stand.



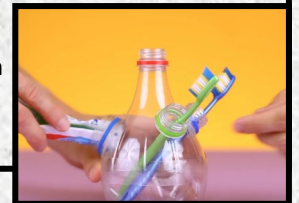
Funnel

Cutting off the top of a plastic bottle and placing it on bag (shown in the picture below) you can create a funnel for easy use plus once the lid has been put on it can create air tight storage. The funnel will create easy pouring so you don't spill the contents of the bag all over the kitchen bench.



Toothbrush Holder

This inexpensive toothbrush holder will last for a long time and keep toothbrushes and toothpaste looking neat on your bathroom bench. Find a plastic bottle, cut out the middle part and then tape the bottom onto the top as pictured below. Cut out holes for the toothbrushes and toothpaste, you can use the top of other bottles as holders for them too. If you are feeling creative, trying painting or colouring in the new toothbrush holder to make it match your current bathroom décor.



★ FIGHT *the* BITE ★

MOZZIES USUALLY TAKE BETWEEN

1 TO 2 WEEKS
TO DEVELOP FROM



EGGS TO ADULTS



A MOZZIE'S LIFE SPAN IS

2 TO 3 WEEKS

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



Government of Western Australia
Department of Health



Shire of Meekatharra

(Meekatharra Festival Committee Fundraiser)

Name Pavers.

YOUR NAME WILL GO DOWN IN HISTORY



\$45

or more

INDIVIDUAL PAVER

Your donation of **\$45** or more entitles YOU to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed in the footpath outside Shire Council Administration Office

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

A unique and lasting record of your support.

Memories & milestones. Celebrate a wedding, new baby, birthday or anniversary. A tribute to someone special.

A memorial to a loved one.



\$75

or more

DOUBLE PAVER

Your donation of **\$75** or more entitles YOU to have your name engraved into a double paver as a lasting record of your valued support. The double paver will be permanently installed in the footpath outside Shire Council Administration Office

Engraving details: Please print clearly in block letters. Each square represents one letter, number, space or punctuation mark. (64 max)

Simply fill out this form and return with full payment by cheque or cash to:

SHIRE OF MEEKATHARRA

PO BOX 129, MEEKATHARRA WA 6642.

Contact Name:

Address:

Phone:

Individual paver

☐

Double paver

☐

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





AHCWA
Aboriginal Health Council
of Western Australia

COVID-19 PREVENTION

LOOK AFTER YOURSELF
& YOUR COMMUNITY



WASH YOUR
HANDS



COUGH & SNEEZE
THE RIGHT WAY

INTO YOUR
ELBOW SO
THERE'S NO
BIG SPRAY



CLEAN
SURFACES



DISINFECT
DOORKNOBS,
HANDLES &
PHONES

KEEP SOME SPACE
FROM OTHERS



DON'T TOUCH
YOUR FACE

HANDS OFF
YOUR EYES,
NOSE &
MOUTH



WWW.AHCWA.ORG.AU
WWW.FACEBOOK.COM.COM/AHCWA/

DRAWN BY
@WILLBESSEN

★ FIGHT *the* BITE ★



4

MOSQUITO-BORNE
DISEASES
OCCUR IN WA

www.healthywa.wa.gov.au/ FIGHTTHEBITE



Government of Western Australia
Department of Health

Poems to Make You Smile

HOW TO PAINT A WALL

WHILE I WENT OFF TO WORK ONE DAY,
SHE DECIDED TO PAINT THE WALL.
AND WHEN I CAME BACK HOME THAT NIGHT,
SHE WAS CURLED INTO A BALL.
HER EYES WERE CLOSED, SHE WAS BREATHING HARD,
HER HAIR WAS VERY WET.
FROM HER HEAD TO THE TIPS OF HER PRETTY TOES,
SHE WAS COVERED ALL IN SWEAT.
SHE WAS WRAPPED IN A JACKET MADE OF DOWN,
WITH A FUR COAT ON TOP OF THAT.
THE WALL WAS GLOWING WITH NEW, FRESH PAINT;
ON THE FLOOR, THE PAINT CAN SAT.
"SWEETHEART!" I CRIED, WITH A WORRIED LOOK,
"ARE YOU ALL RIGHT, MY DEAR?"
SHE LAZILY OPENED HER LOVELY EYES,
AND SMILED FROM EAR TO EAR.
"I KNEW I COULD DO IT," SHE SAID WITH A GRIN;
"I FOLLOWED THE PAINT CAN NOTES.
IT CLEARLY SAID 'FOR BEST RESULTS,
BE SURE TO PUT ON TWO COATS.'"

BY JOANNA FUCHS



Seeking support

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus (COVID-19). Speaking with friends or family to let them know how you feel can help, and they might also appreciate talking to you about how they feel.

There are also many digital mental health services that you can access online or contact over the phone.

For support during this time contact:

Lifeline 13 11 14
or visit lifeline.com.au

beyondblue 1300 224 636
or visit beyondblue.org.au

Mindspot 1800 61 44 34
or visit mindspot.org.au

Kids Helpline 1800 55 1800
or visit kidshelpline.com.au



Fried Rice



Feeds 10 people



Rice - Long Grain (1kg) 1



Ham 500g



Frozen Peas and Corn (500g) 1



Onion 2



Capsicum 1



Egg (Raw) 3



Carrot 2



Soy Sauce (Tablespoon) 2



Vegetable Oil (Tablespoon) 2



Good Tucker



Long Life!



Fried Rice



1



This recipe uses rice. Cook the rice using the recipe found in the Kukumbat gudwan daga cookbook or on the back of the rice packet.

4



Allow the cooked eggs to cool and chop into pieces.

2



Chop vegetables and gather all ingredients.

5



Fry onions in oil with capsicum, carrot, peas and corn. Add diced ham and eggs.

3



Beat eggs together in a bowl and add to hot pan with oil. Cook until solid and then remove.

6



Stir through the cooked rice and soy sauce. Serve.




**The Fred Hollows
Foundation**
www.hollows.org.au



www.jlf.org.au

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.



**TOGETHER WE CAN HELP STOP
THE SPREAD AND STAY HEALTHY.**

For more information about
Coronavirus (COVID-19) visit health.gov.au



Australian Government

HOW TO WRITE A BOOK

- 1 Collect materials - paper, pens, pencils, crayons, paint, glitter. Whatever you need to create and decorate!
- 2 Think of a plot - what will happen in your book? who are the main characters? where is the story?
- 3 Plan out the pages - how many pages do you want the book to be? how detailed will it be?
- 4 Write out the story - where does the text need to be?
- 5 Draw pictures of the story - if the story is about a unicorn make sure you add in the rainbow mane!
- 6 Decorate the cover page - write the title of the book and draw pictures of the main characters
- 7 Decorate the back page too
- 8 Bind the book together - read your book and then maybe make another one



★ FIGHT *the* BITE ★



1

THERE IS JUST WAY TO PROTECT YOURSELF AND YOUR FAMILY:

AVOID BEING BITTEN



Consumer Watch

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530
Tel: (08) 9920 9800 Fax: (08) 9964 5678
Email: Danni.Bloomfield@dmirs.wa.gov.au

New COVID-19 tenancy laws

Keeping a roof over everyone's head has never been more important as thousands of people suffer job losses due to the economic fall-out of COVID-19 coronavirus restrictions.

New laws are now in place to ensure renters can stay in their homes and businesses won't have to leave their premises, while recognising that landlords shouldn't be unnecessarily burdened.

The emergency residential tenancy laws aim to provide some certainty during these uncertain times for those in private and public housing, residential long stay parks, as well as boarders and lodgers.

A six-month moratorium on evictions and rent increases is now law, meaning renters can't be evicted except in very limited circumstances such as causing damage to the property; posing a threat to the landlord or neighbours; refusing to pay any rent and refusing to make a rent repayment agreement; or if they abandon the property.

It is important to remember that this is a moratorium on eviction, not a moratorium on rent, meaning tenants who can afford to pay rent should continue to do so in order to avoid building up a debt that may need to be paid back when the moratorium ends.

Affected landlords and tenants are being urged to respectfully talk to each other and come to an acceptable agreement for the six-month period and beyond which could include a rent-free period, a decrease in rent or an affordable payment plan when the crisis is over.

If agreement can't be reached, Consumer Protection will be responsible for the mandatory conciliation of disputes between landlords and tenants.

It's useful for tenants to know that landlords do not have to carry out non-urgent repairs if they themselves are experiencing financial hardship due to COVID-19 but still have to make urgent repairs and restore essential services like gas and electricity if these aren't working.

For small commercial tenancies, a rental agreement also needs to be reached for the moratorium period and a code of conduct will provide a framework for negotiations and help businesses to survive the current financial crisis.

If there is any evidence of tenants or landlords abusing the moratorium, the Government has stated that it will not hesitate to introduce further laws that will deal with those circumstances.

Further information about the other new relief measures and what they might mean for you is outlined on our FAQ page: www.dmirs.wa.gov.au/cpcovidfaq



Government of **Western Australia**
Department of **Mines, Industry Regulation and Safety**
Consumer Protection



Consumer Watch

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530
Tel: (08) 9920 9800 Fax: (08) 9964 5678
Email: Danni.Bloomfield@dmirs.wa.gov.au

Financial relief for renters

If you're a tenant who's lost their job in the coronavirus crunch, you may be wondering how to afford what's likely the household's biggest weekly expense – the rent.

To relieve some of the burden, the State Government has announced a \$30 million residential rental relief scheme, which will see payments of up to \$2000 granted to landlords on behalf of tenants in financial strife due to the COVID-19 pandemic.

Tenants can apply for the grant online, however there are some things they should know before taking that step.

To qualify you must be in 'financial hardship', meaning you've lost your job on or after March 20 due to COVID-19, have applied for, or are now receiving, Centrelink income support, plus your household must have less than \$10,000 in savings and be spending at least 25 per cent of its available after-tax income on rent.

You must have agreed to a reduction in rent with your landlord or engaged in Consumer Protection's conciliation service.

A tenancy bond would have been – or shortly will be – lodged with the Bond Administrator, and you must live in either a private residential property, rooming house or residential park.

Documentary evidence showing you meet the above criteria is required, as well as proof of citizenship, residency or an appropriate visa.

It's important to remember that the grant must be applied for by the tenant, but will be paid directly to the landlord. Neither party will need to repay the grant, however the landlord needs to ensure the lower rent is payable for the minimum period or that the amount of the grant offsets any deferred rental debt. It is important that the tenant receives the benefits of the grant along with the landlord.

The scheme is due to expire on 29 September 2020, however it's worth knowing that the total available for all grants is \$30 million, meaning this may limit the time that applications can be made.

For further details and to apply for the grant, please refer to our website:
<https://www.commerce.wa.gov.au/consumer-protection/residential-rent-relief-grant-scheme>



COMMUNITY

What a time we're currently living through.

Isn't it strange how the things we used to take for granted – catching up with your friends and family, walking your dog at the oval, driving to Perth, booking a holiday to Bali – how all of that can just be taken away so suddenly? Luckily the government acted early and everyone (well, most people – some quite audibly continued to party regardless...) obeyed the social distancing orders and we are now in the fortunate position that some of these restrictions can be reversed slowly and carefully. Good work people!

It has also been interesting to see what people feel is essential and important - toilet paper obviously, but also some of the other products that are suddenly in short supply nationwide such as flour and dry yeast (does everyone suddenly bake their own bread?), veggie seeds and chickens. It's not that people here in Meeka are panic buying (we're way too relaxed for that) but that supply chains have been shaken up and disrupted. Not that the shop sells chickens anyway. Well they do, but they're not the egg laying kind (anymore). Mmmh chicken.....

It's brought home that relying on a single source for essentials (e.g. a supermarket for food, or a single country for protective equipment) is risky. Don't put all your eggs in one basket, right?

Our grandparents seemed to be on to something back then. Many families grew their own food in the backyard or front yard, people knew which plants in their environment were useful and where to find bushtucker, most people had handy skills and could cook or bake or mend or make or build.

In recent years there seems to have been an increase in interest for self-sufficiency. Going off-grid. Producing your own power, having your own water, growing food. Not relying on anyone for anything and being fine – come what may. To have everything you need around you is an enviable position to be in right now.

True self-sufficiency is bloody hard work though.

Think of all the little things you consume in your every day: salt and pepper, oil, meat, toothpaste, coffee, spices, toilet paper, milk. And then there are the things you use longer

term such as clothes, linen, towels, equipment, shoes, furniture, cooking utensils, technology, books. How would you make all of that yourself? Some people pull it off but it's near impossible to be completely self-reliant and still have everything you need, or want. Humans have managed to come such a long way and build such complex and advanced societies because we have figured out how to fill different roles, communicate our needs and skills, make things and share them around. There's the baker who feeds the village with bread, here's the farmer who creates the wheat and vegetables and meat, there's the blacksmith / mechanic who fixes your equipment, there's the hairdresser who keeps everyone looking schmicko. It hasn't changed that much over the last few hundred years though it has become more globalised, complex and connected. As a species we have evolved to share. Sharing is caring (except when it comes to this virus. Please don't share that.)

Have you ever received a carton of eggs from someone who has backyard chooks? Have you ever cooked a big feed and gave a portion away to your friend? Have you got a family member who's amazingly talented with a sewing machine and can make and mend clothing? Is your mate a fun and creative musician who can keep people entertained with the guitar or harmonica when sitting around the campfire? Is your mum or dad a wonderwoman or wonderman when it comes to building things?

This past month has made clear just how much we long for connectivity and how much we need each other. Feeling like we're part of a community. Knowing that we can help a mate out with our skills or with what we've got and feeling assured that others around us can help us too.

Keep on being kind, grow some food, share your excess produce and seeds with your friends and family and neighbours, help a lending hand with your skills and of course follow the government's guidelines and stay safe.

Do you have a particular skill you'd like to offer to the community? Have some excess food or plants to share? Need some help and advice? 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 (once we're open again).





WE ARE CLOSED

In support of our community and in line with social distancing we are suspending operations for a while until restrictions are lifted.

This means the [Recycling Centre is closed until further notice.](#)

Our monthly Upcycling Workshops are also cancelled for now.

Oh no! What to do with all your recycling?

You have three options:

- ✓ 1) save it up until we're operational again
- 2) chuck it into the bin to go to landfill (nooooooooo....) 😭
- ♥ 3) upcycle it into something else! (yeeeeeeeees!) 😍

Keep an eye out on our Facebook page for inspiration on how to upcycle things and how to stay sane and green during this time.

Be safe & follow the rules. Thank you.



/meekagoesgreen

meekagoesgreen@gmail.com

Interim Guidelines for Cleaning and Disinfection of 2019 Novel Coronavirus (2019-nCoV) in Residences

Guidance for environmental cleaning of residences that may be exposed to the Novel Coronavirus

Items you will need:



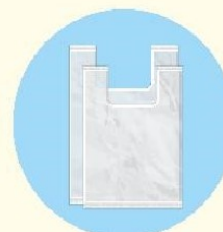
Disposable gloves



Surgical mask



Change of clothes



Plastic/trash bags



Disposable cloths/ rags



Bleach/ disinfectant



Water and pail



Mop

How to clean/ disinfect:

- 1 Put on mask and gloves. Do not touch your face further.
- 2 Prepare bleach solution/ disinfectant, according to manufacturers' instructions.
- 3 Open windows.
- 4 Mop floor with bleach solution/ disinfectant, from one end to the other.
- 5 Soak cloths in bleach solution/ disinfectant, and use to wipe all frequently touched areas and toilet surfaces.
- 6 Wash all bed linen with detergent in a washing machine.
- 7 If person is being tested for the Novel Coronavirus, do not use the bedding that he/ she has used, until he/ she is determined to be free of infection.
- 8 Repeat mopping, as before.
- 9 Put all used cloths/ rags and other waste into double-lined plastic/ trash bags.
- 10 Remove gloves and wash your hands with soap and water.
- 11 Remove mask and wash your hands with soap and water.
- 12 Put used gloves and mask into double-lined plastic/ trash bags.
- 13 Separate plastic/ trash bags generated from the clean-up from other household waste, and throw them away as regular waste, as soon as possible.
- 14 Shower and change clothes immediately.
- 15 Air/ ventilate your home.

Contact NEA at 1800-2255632 for further instructions if the person is tested positive for Novel Coronavirus infection.

For more information, please visit
www.nea.gov.sg/environmental-cleaning-guidelines

February 2020

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

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

NATIONAL 18-24 MAY 2020 VOLUNTEER CHANGING COMMUNITIES. CHANGING LIVES. WEEK

May is an extremely exciting month for all our volunteers, we have a week to celebrate and thank our local volunteers who use their time to help the community. The Meeka volunteers help us in many ways, ways that we may not even realise. If you know someone who volunteers their time spend a few minutes to thank them and maybe, ask how you can get involved. Volunteers are those people in Meeka who want to help you and your family without ever asking for anything in return. Without them, the community would not be the vibrant community it is now. Volunteers are the heart of the great thriving community like Meekatharra. We have many generous people who use their time to run activities, help in emergencies and overall aim to make the community a safe and fun town to live.

One amazing volunteer is a man who spends a significant amount of his personal time working to make sure the community remains safe and is there when things go wrong. Mike Cuthbertson has volunteered in Meeka for 30 years at the Fire and Emergency and 3 years at St John Ambulance. He volunteers because he never wants to live in a town that does not have the capacity or access to emergency responders.



He has various roles for each service, for fire and emergency, he is the Secretary which involves making sure the paperwork involved with the service is up to date and all critical information along with new policies and procedures are distributed to other volunteers within the service. This position is vital to the running of the service, keeping up to date with all information makes sure him and the team can continue to help and support the community. This role should never be overlooked as we need people in the community to make sure the service can run with the correct equipment and skills. Another especially important part of his role and Fire and Rescue is to support the new members joining, using his vast experience to mentor new people, keeping the volunteers engaged and able to perform their vital tasks. At St John's Mike is the Chairperson and a first responder. The Chairperson makes sure the sub-centre is running smoothly and all equipment is in working order when it is needed as you never know what is going to happen each day. Being a first responder to different situa-

tions is a position which should be admired by all as at some stage in our lives we all need extra support and help.

Mike has different roles but all as important as the others, he highly encourages others to get involved and use the skills they have to help the community. He says, give it a go! You never know what you can achieve when you try something new. Mike wants people in the community to know that anything you can do in these volunteer roles is highly appreciated and it is important for everyone to do their part in Meekatharra.



Mike is one of the many volunteers in emergency services, they all believe in helping others and creating safe communities for people. These positions are hard, you see people at their worst and then they are in most in need. They do not volunteer for the praise but for the love of others which is something to respect and keep in mind when you see these amazing people around.

If you want to volunteer, reach out, any role you can do will help the running of these essential services. There are regular meetings (once things go back to normal) where you can get involved. There are many ways to volunteer in Meekatharra. When you see someone who volunteers, ask them how to get involved and maybe even thank them for being a huge part of the community in which we live. Volunteers spend their time and energy making sure the community runs smoothly and is an enjoyable place to live.

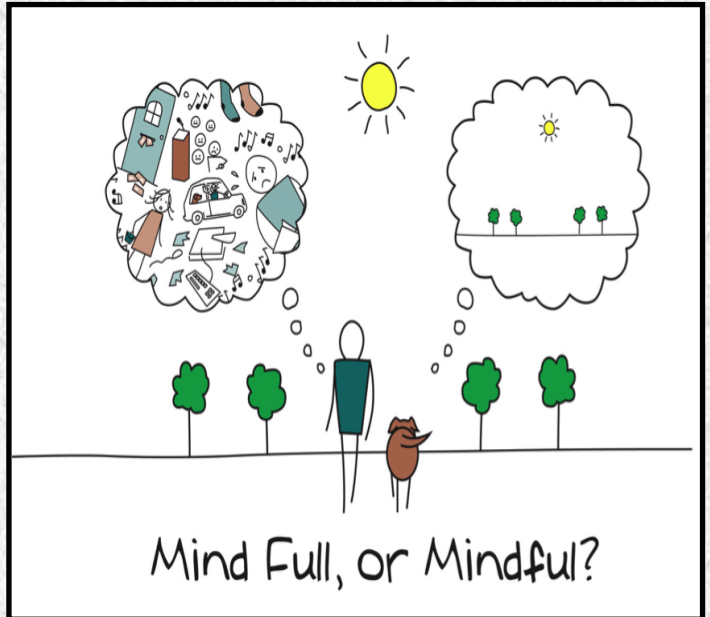


MINDFULNESS MAY

This month is Mindfulness May! Mindfulness is a way to help ease anxiety and focus on the here and now. Check it out these apps to start your mindfulness journey today:

- * Smiling Mind
- * Headspace
- * Calm
- * Stop, Breathe & Think
- * Insight Timer

It may be hard to start mindfulness, but start easy to achievable goals such as 5 minutes a day and work up to your end goal. Staying still and concentrating on your thoughts in this busy, stressful time will be difficult but by following guiding meditations you may find that the time you spend on yourself may ease some of the worries.



TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

AT HOME SPA DAY

Stressed about all the news lately and sick of being bored at home? Yeah, me too! How about creating a spa in the comfort of your own home? This is a cheap and easy way to get all the benefits of a spa day while saving money and keeping up with the social distancing guidelines.

There are many ways to create this atmosphere at home without spending heaps of money on products that you may not use again. Using items in your pantry or things you can easily

find at the shops you can create face masks, body scrubs and many more products. Search DIY spa day recipes to find your perfect product that ticks off all your needs and wants. Below are a few recipes to create the ultimate relaxing day that you may want to try out.

Light some candles or get your essential oil diffuser going, put on some calming music, wear your most comfy PJ's, put your phone away, all to set the mood for a day of self care!



DIY SPA DAY LAVENDER SUGAR BODY SCRUB

1 cup of coconut oil
1 cup of sugar
1/3 cup of crushed lavender flowers

Melt 1/4 of cup of the coconut oil in the microwave. Once melted, combine with the other 3/4 of coconut oil and add 1 cup of sugar. Use a spoon to mix in the flowers. After it is mixed, scoop it into your glass jar.

OATMEAL COFFEE BODY SCRUB

1/4 cup of coffee grounds
1/2 cup of olive oil
1 cup oatmeal

Pour the quick-cook oatmeal (or grind your whole oats in a food processor) into a mixing bowl. Gently stir in the coffee grounds. Pour in the olive oil and mix in well. After it's mixed, scoop it into your glass jar.

GLOWING BANANA ORANGE FACE MASK

1/2 a banana
1 tablespoon of orange juice
1 tablespoon of honey

Mash the banana in a bowl, add the orange juice and honey. Apply to clean, dry skin (lumps are fine). Wash off after 15 minutes with warm water

HYDRATING COCOA AVOCADO FACE MASK

Mash 1/4 of an avocado in a bowl
Stir in 1 tablespoon of cocoa powder and 1 tablespoon of honey.

Mash the avocado in a bowl, add the cocoa powder and honey. Mix well
Apply to clean dry skin. Wash off after 10 minutes with warm water

HYDRATING HAIR MASK

1 teaspoon of honey
1 egg
1 tablespoon of apple cider vinegar

Combine in a small bowl. You can double or half the recipe, depending on your hair's length. Leave it on for 30 to 40 minutes before rinsing.

EXFOLIATING FOOT SCRUB

1/4 cup of coconut oil
2 cups sugar (granulated)
9-10 drops lemon essential oil

Mix the sugar, coconut oil, and lemon essential oil in a bowl. You may add lemon zest if you want (for additional scent and color). Apply the scrub to your feet and exfoliate.



New on Netflix ANZ May Highlights

- | | | | | | |
|----|-----------|---|----|---------------|---|
| 1 | FRIDAY | Hollywood | 14 | THURSDAY | Schitt's Creek: Final Season |
| | | The Half Of It | | | |
| | | All Day and a Night | 22 | FRIDAY | THE LOVEBIRDS |
| | | Tomorrow, When The War Began (AU Only) | | | |
| 5 | TUESDAY | Jerry Seinfeld: 23 Hours To Kill | 23 | SATURDAY | First Man |
| | | | | | Halloween (2018) (May 30 in NZ) |
| 6 | WEDNESDAY | Workin' Moms: Season 4 | 26 | TUESDAY | Hannah Gadsby: Douglas |
| 7 | THURSDAY | Mission Impossible - Fallout | 29 | FRIDAY | Space Force |
| 8 | FRIDAY | Dead to Me: Season 2 | | | |
| | | Rust Valley Restorers: Season 2 | | | |
| 12 | TUESDAY | Unbreakable Kimmy Schmidt: Kimmy Vs. the Reverend | | COMING IN MAY | Snowpiercer (The Series) |
| | | | | | Rick and Morty: Season 4 (New Episodes) |
- NETFLIX ORIGINAL



May Highlights on Stan.

- | | | | |
|--------|--|--------|-----------------------------------|
| 1 May | Ray Donovan Season 6 | 16 May | The Great Brand New Series |
| | Line of Duty Season 5 | | Werq the World Season 1 |
| | Memory: The Origins of Alien | | |
| 3 May | Billions Season Premiere | 17 May | Hightown Brand New Series |
| 4 May | Zoe's Extraordinary Playlist Season Finale | 22 May | United States of Tara Seasons 1-3 |
| 7 May | Good Trouble Season 2 | 25 May | Anh's Brush with Fame Season 1 |
| 9 May | A Stan Original Comedy Special | 26 May | Rake Season 5 |
| | Australian Lockdown Comedy Festival | 27 May | Love Life Brand New Series |
| | Wolfblood Season 4 | 29 May | Ramy Brand New Season |
| 12 May | Avatar: The Last Airbender Seasons 2 & 3 | 30 May | Judy and Punch |
| 15 May | The Wiggles, Party Time | | |

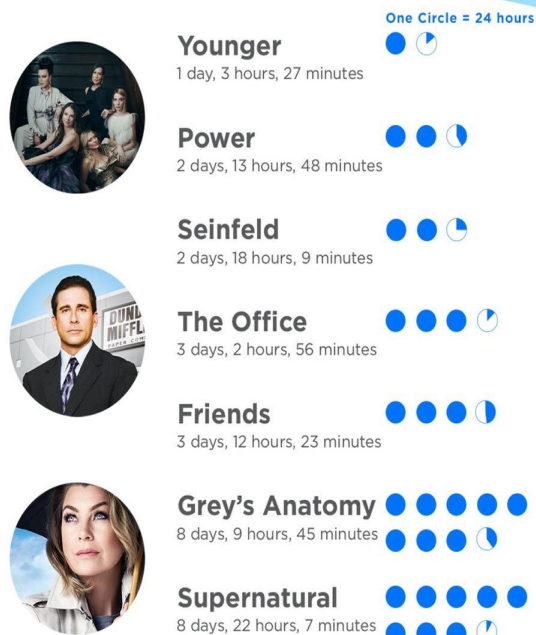
READ ALL THE BOOKS!

DID YOU KNOW THAT THERE ARE MANY APPS YOU CAN USE TO GET ALL THE LATEST AND CLASSIC BOOKS TO KEEP YOU ENTERTAINED

Goodreads
Google Play Books
Free Books
Audiobooks from Audible
iBooks
Epic!
Amazon Kindle
Wattpad
Disney Storytime
OverDrive

STAY IN WITH Stan.

How many days will it take you to finish your favourite shows?





(This does not include toilet, eating, sleeping or working breaks)

LEARN NEW THINGS

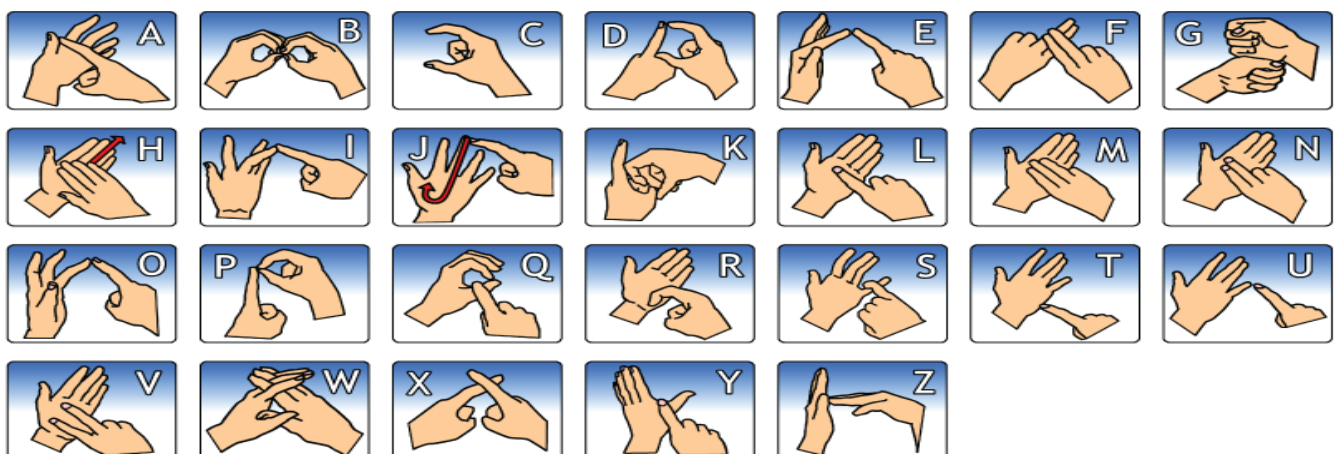
While being stuck at home we might as well use this time productively and learn a few new skills to impress everyone once things go back to normal. Think about something you have always wanted to learn such as a new language, knitting, magic tricks or gardening. There are so many resources online you can use to help you learn or if that's not your thing call someone up who you know is an expert in whatever you want to learn and ask for advice.

Learning new things may be hard but once you master the skill then it will be worth it. Ask yourself what have you always wanted to learn but have never had the time, now is the opportunity to use the time to broaden your skillset.

I've always wanted to make the perfect cookies and managed to make the best cookies ever! They didn't last long though so I might have to keep practising..

 <p>JUGGLING</p> <p>Find things around your house to juggle with. Practice outside to get fresh air and to ensure you don't break your favourite lamp</p>	 <p>COOKING</p> <p>Learn to cook something you have always wanted to make. Maybe try to make the perfect chicken parmy</p>	 <p>VOCABULARY</p> <p>Increase your vocabulary by learning a new word each day, use it in a sentence and show off your skill</p>
 <p>SHUFFLE CARDS</p> <p>Learn how to shuffle cards like a pro and impress everyone at your next virtual games night</p>	 <p>DRAW</p> <p>Draw something funny, something realistic, something abstract</p>	 <p>MEMORY</p> <p>Improve your memory by using apps or YouTube tutorials, just don't forget to practice</p>

AUSLAN - FINGERSPELLING ALPHABET





We're still working to improve your water supply

Water is an essential service and we are adapting our work in response to coronavirus (COVID-19).

Our project team is committed to completing work in Murchison towns to improve your local water supply. We are currently working in Mount Magnet and Sandstone before moving to sites in Cue and Meekatharra.

Safety is our priority and our contractors are following government advice relating to COVID-19 to complete this work. Our crews appreciate a warm welcome, however please keep a safe distance from them and work areas.

We thank you for your support.

Visit watercorporation.com.au/murchison for more information.

Faults, Emergencies and Security **13 13 75** (24 hours)



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Government of Western Australia
Department of Health

KIDS ACTIVITIES

Balloon Tennis

Balloon tennis is simple and so much fun! Blow up a few balloons, set up the court in the backyard using whatever you have lying around as a net, find some rackets and hit the balloon back and forth just like tennis. Try to keep the balloon in the air as long as you can for an epic rally.



Target Golf

Using a cardboard box cut out holes like the picture below, with each one having a different

amount of points. Grab a few golf balls, ping pongs balls or whatever you have lying around. Challenge other people to see who can get the most amount of points. If that seems easy create your own mini golf course in your backyard.



Laser Maze

Test our your agility by creating your own laser maze using crate paper or string. Using the hallway, stick pieces of string from side to side on different angles to create the maze. You can use as much string as you want to, make it easy or hard, or better yet start easy and then get more complex. Make it from one side of the maze to the other without touching the string.



Paper Plate Ring Toss

Ring toss is a classic, fun game we have all played. But making your own and playing at home will be more fun and rewarding. You can use paper towel cardboard and paper plates to create hours of fun. Stick the cardboard roll onto a paper plate and decorate! Cut out the middle of the remaining pa-



per plates. Use three per person. Colour them in so you know who's is who's. Take turns to throw the rings onto the roll.

DIY Car Track

Use tape to create your own roads and tracks for all your toy cars. Set aside some space and lay down some tape to create roads, buildings, even parking spots. Create whatever you would like, maybe even try to recreate the town of Meekatharra! Use different items to create buildings such as a box of cereal for Farmer Jacks or DVD for the outdoor movies. Or you can make a racing track to challenge others.



Pirate Ship

Let your imagination run wild by creating a pirate ship. The ship can be made out of whatever you have at home, cardboard boxes, chairs, sheets. Take as much time as you would like to create the most amazing and realistic ship. To make the experience even better make pirate outfits and add other little features to your ship to make it yours.



INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



BACKYARD SCAVENGER HUNT

primary playground

- ☁ Find 3 kinds of leaves..
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



5 SENSES SCAVENGER HUNT

primary playground

- Find something that makes a crunch sound.
- Find something that tastes sour.
- Find something that smells good.
- Find something smooth.
- Find 3 of the same thing.
- Find something that smells bad.
- Find something that tastes sweet.
- Find something loud.
- Find something long.
- Find something soft.
- Find something white.
- Find something quiet.
- Find something rough.



SPRING SCAVENGER HUNT

primary playground

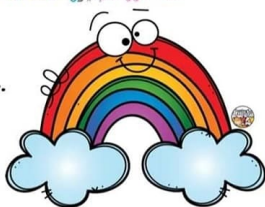
- 🌸 Find a yellow flower.
- 🌸 Find 3 different shaped leaves.
- 🌸 Find something that is red.
- 🌸 Find a spider web.
- 🌸 Find something that flies.
- 🌸 Name 2 things you see in the sky.
- 🌸 Find something that is long.
- 🌸 Find something that grows that is green.
- 🌸 Find 2 birds.
- 🌸 Find some water.
- 🌸 Find something purple.
- 🌸 Find something that crawls.



RAINBOW SCAVENGER HUNT

primary playground

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.
- 🌈 Name something outside that is blue.



INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



My Family

The members of my family are....

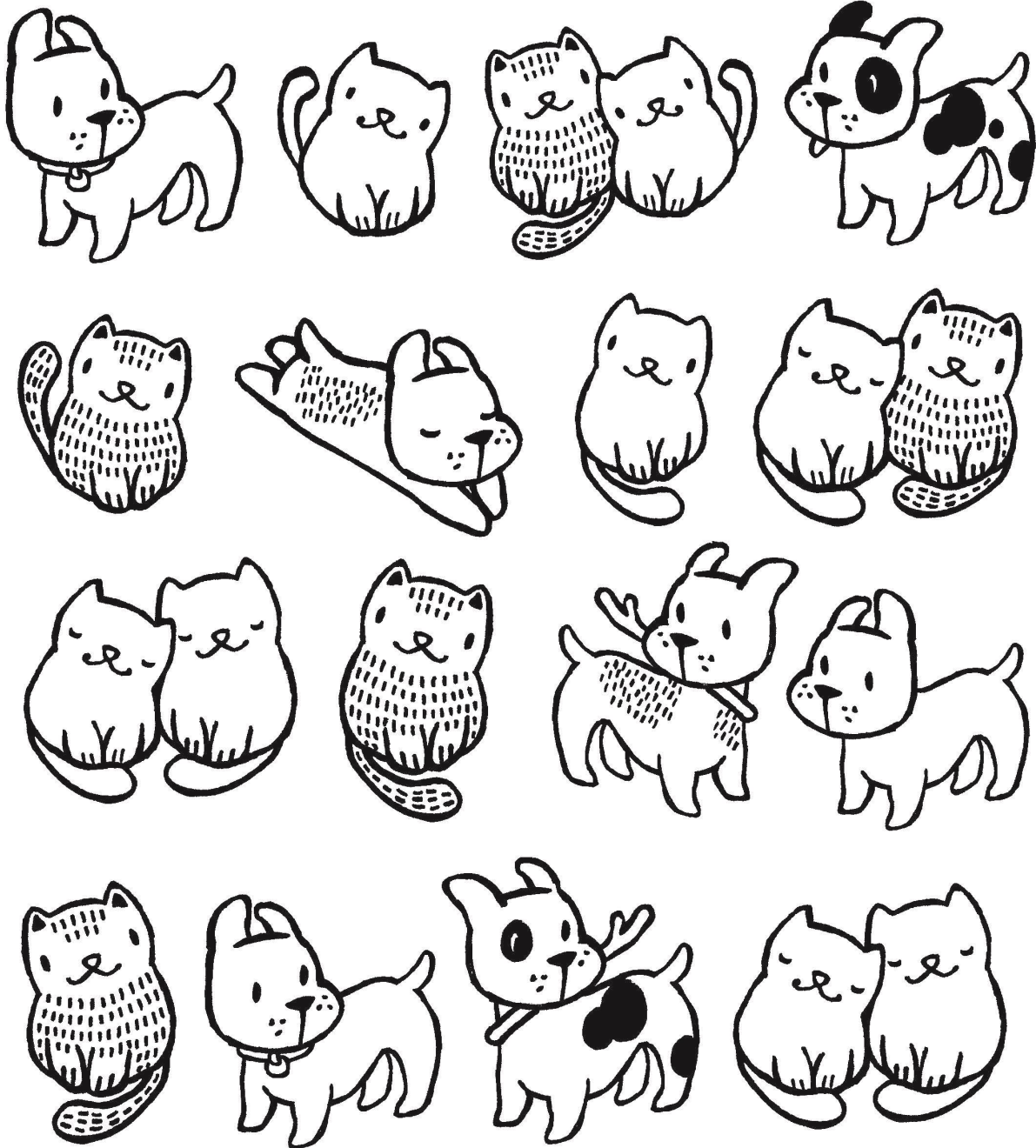
Draw a picture



National Families Week

15 - 21 May

COLOUR ME IN

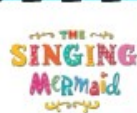


STRONGER
FAMILIES
STRONGER
COMMUNITIES...

 National Families Week
15-21 MAY



Can you spot the 10 differences between the two pictures of the singing mermaid and her seaside friends?



Visit Gruffalo.com for more activities, games and fun!



Paint

Edible Sensory Recipe

You will need:

- 1 cup of flour
- 1 $\frac{1}{2}$ cups of water
- Food colouring

Method

1. Mix the water and flour until smooth and runny.
2. Separate into smaller bowls and add a few drops of food colouring to each.
3. Allow the children to explore the sensory recipe, making pictures and patterns.



*Please note that, although this recipe is safe for children to taste and explore with their mouths, it is not intended for them to eat in large quantities.



Cornflour Gloop

Edible Sensory Recipe

You will need:

- 2 cups cornflour
- 1 cup water
- Spoon
- Plastic tray
- Food colouring (optional)

Method

1. Mix the water and cornflour together. While adding the water, add a few drops of food colouring if you choose. For a more intense colour, add more food colouring.
2. Get playing!

*This recipe is intended to be used as soon as it has been made and should not be stored for future use.

*Although this recipe is safe for children to explore and taste, it is not intended to be eaten in large quantities.

*The easiest way to dispose of cornflour gloop is to allow the water to evaporate and then scrape the dry cornflour into the bin.



KIDS NATURE CRAFT ACTIVITIES

Nature Painting

Using the paint you just made, go outside and paint a picture of your backyard or front yard. Or you can find some leaves to print with. Paint one side of the leaf and stamp it onto a piece of paper. Try different types and sizes of leaves to create an amazing piece of art.



Foliage Faces

Draw a picture and decorate it with leaves, sticks, really anything you have around the yard. Get some glue to stick the natural items to the page. Maybe you could use some grass for eyelashes?



Pet Rocks

If your not ready for a living, breathing pet you can always make some low maintenance pet rocks. Find some rocks in the yard and paint them however you like, maybe some faces.



Nature Paint Brushes

Find some different leaves and sticks to create paint brushes and see what picture you can create using them! Tie some leaves onto the top of the stick for easy use.



100 BORDEM BUSTERS FOR KIDS

INSIDE ACTIVITIES

1. Read to siblings
2. Make a no-sew fleece blanket
3. Stack cups
4. Play Simon Says
5. Make up rules to a current game
6. Camp indoors
7. Rent a movie from the library
8. Read a book
9. Tell a story
10. Make a sock puppet
11. Bake something
12. Play library
13. Play a board game
14. Organize your dressers
15. Play vet
16. Write a poem
17. Make animal masks
18. Do a puzzle
19. Write to your grandparents
20. Have a photo shoot
21. Make a no-sew fleece pillow
22. Make play dough sculptures
23. Play I Spy
24. Play dress up
25. Learn a new board game

OUTSIDE ACTIVITIES

26. Play four-square
27. Build a bird house
28. Go hiking/jogging
29. Walk a neighbor's dog
30. Have a scavenger hunt
31. Have a squirt gun fight
32. Climb trees
33. Wash cars
34. Spray paint
35. Paint with flowers
36. Blow bubbles
37. Play in the dirt
38. Have a mini Olympics
39. Camp outdoors
40. Paint with shaving cream
41. Play baseball
42. Create fireworks in a jar
43. Melt crayons in the sun
44. Paint rocks
45. Have a relay race
46. Play Twister outdoors
47. Build a bird feeder
48. Build a teepee
49. Use sidewalk chalk
50. DIY an outdoor craft

DIY MOTHER'S DAY

Mother's day is just around the corner and celebrating the wonderful women in our lives is a major privilege. Taking time to create something special shows just how much you

care. Perhaps you could make a card or create coupons for the special lady to cash in to make her life more relaxing!

Here are some DIY craft ideas you can do at home:

INSTRUCTIONS

1. Cut seven 4-inch squares of paper in desired colors. Fold a square into quarters. Fold down 1 flap diagonally; flip the square of paper over and fold down the other flap, forming a triangle as shown. Print petal template; trace it onto the triangle, and cut out. Unfold, and cut 1 petal from flower; close gap by overlapping petals on either side and securing with glue stick. Repeat with other squares.

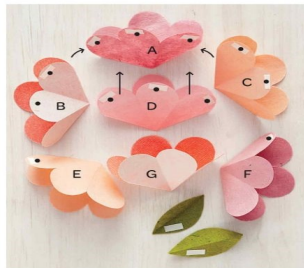
2. Attach pieces of double-sided tape to petals, as indicated by dots. Start sticking flowers to one another: Flowers B and C each overlap a petal with A; then flower D goes on top, completely overlapping A.

3. Attach flowers E and F to the stack to overlap B and C.

4. Attach G to the top, overlapping D. Cut out some freehand leaves from green paper, place double-sided tape on the bottom, and attach them to the flowers.

5. Cut a piece of card stock into a 10-by-6-inch rectangle, and fold in half to form a card. Place the folded flower stack inside of the opened card as shown. Place a piece of double-sided tape as shown; close card, and press firmly to adhere. Open card and repeat, attaching the other side of the flower stack to the inside of the card.

POP UP MOTHER'S DAY CARD



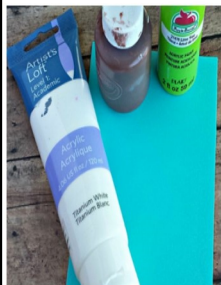
MATERIALS

- COLOURED PAPER
- GLUE STICK
- DOUBLE-SIDED TAPE
- CARD STOCK
- PETAL TEMPLATE

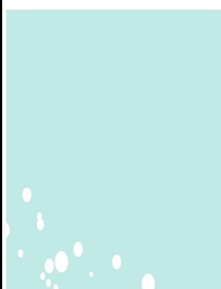


MATERIALS

- WHITE/GREEN/BROWN PAINT
- SMALL PAINTBRUSH
- CARD STOCK PAPER
- A FINGER



INSTRUCTIONS
START BY DIPPING YOUR FINGER INTO THE BROWN PAINT AND PUSHING IT DOWN ON THE PAPER. THEN TAKE A SMALL PAINTBRUSH TO DRAW THE STEM PART.



AFTER THE BROWN PAINT DRIES, DIP YOUR PINKY FINGER IN WHITE PAINT AND MAKE A DANDELION PUFF!

Mother's Day Roses Card Craft

You will need:

- A4 Happy Mother's Day Card folded in half
- Coloured felt - colours for roses and green for leaves
- A glue gun (take care with the hot glue)
- Scissors
- Pen or pencil
- Circle template or circular object to draw round approx. 5cm in diameter



Instructions



1. Using your circle template or a circular object, draw 6 - 8 circles on the felt chosen for your roses. The number of roses required is up to you!



2. Carefully cut out these felt circles.



3. Cut each circle into a spiral - a bit like a long piece of apple peel.



4. Take a felt spiral and, starting from the outside of the spiral, roll it up, keeping the cut edge neatly together to form the base of the rose.

5. Use a glue gun to stick the rose, together tucking the last piece underneath.

6. Repeat this for all your roses.

7. Cut out 3- 4 leaf shapes from the green felt.



8. Arrange and glue your leaves and roses as a bouquet on your Mother's Day card.



Idea! Roses could be made from other materials or paper - and as large or small as you want them to be!

Mother's Day Coupons

This coupon entitles Mum to:

ONE RELAXING SPA DAY

This coupon entitles Mum to:

ONE HOME COOKED MEAL OF YOUR CHOICE

This coupon entitles Mum to:

ONE HOUR OF UNINTERRUPTED TIME

This coupon entitles Mum to:

ONE BREAKFAST IN BED

This coupon entitles Mum to:

ONE CHORE OF YOUR CHOICE

This coupon entitles Mum to:

ONE FOOT MASSAGE

Plastic Bottle LED Tea Light Candle Holder



You will need:

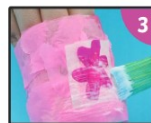
- Small plastic bottle
- PVA glue
- Tissue paper in several different colours
- Scissors
- LED tea light candle



1 Cut the bottom of the plastic bottle off, about one third of the way up.



2 Decorate the whole of the outside of the plastic bottle using tissue paper stuck on with PVA glue. Then cut out a shape, such as a flower or heart, and stick this on. Leave to dry.



3 Once dry, paint a very thin layer of PVA glue across the top of the design to seal it and protect it, then leave to dry.



4 Once completely dry, the candle holder is ready to use. Put an LED tea light candle inside; this should illuminate the pattern on the candle holder.

twinkl

visit [twinkl.com](https://www.twinkl.com)



Coupon Booklet

For: _____

This Ticket is Good For:

Service Will Be Provided By:

This Ticket is Good For:

Service Will Be Provided By:

This Ticket is Good For:

Service Will Be Provided By:

Mother's Day Tissue Paper Flower Bouquet



You will need:

- 7 green pipe cleaners
- 3 pink, 2 purple and 2 yellow square pieces of tissue paper (25cm sides)
- piece of ribbon
- 7 square pieces of green tissue paper (20cm sides)



1 Pinch one of the 25cm square pieces of tissue paper in the middle. Twist, gather and shape the flower.



2 Place a piece of green tissue paper on the back of the flower and carefully twist them together in the middle.



3 Firmly twist the end of a green pipe cleaner around the middle of the flower four times. Repeat the first three steps until all seven flowers have been created.



4 Arrange the flowers and then gather them together using a piece of ribbon.



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Aboriginal Health Council
of Western Australia

COVID-19 SYMPTOMS

LOOK AFTER YOURSELF
& YOUR COMMUNITY



SORE THROAT

IS YOUR
THROAT
HURTING?



FATIGUE

ARE YOU
FEELING
MORE
TIRED?



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YOU'VE GOT SYMPTOMS

FEVER

ARE YOU
BURNING UP
OR FEELING
HOT & COLD?



COUGH

ARE YOU
COUGHING?



ARE YOU HAVING
A HARD TIME
BREATHING?

HARD TO BREATHE



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Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY  SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK



Farmer Jack's

MEEKATHARRA

FOODWORKS

Supermarket



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Saturday	8am—5pm

Farmer Jack's Foodworks Meekatharra has an extensive range of fresh foods including deli items, quality meat, fresh produce, bakery items, groceries as well as a Liquor Store..



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(inside Thrifty Link Meekatharra)

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22 Main Street, Meekatharra 08 99811088

IMPORTANT DATES

May 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4 Star Wars Day 	5	6	7	8	9	10 Mother's Day 
11	12	13	14	15 National Families Week 	16	17
18 National Volunteer Week 	19	20	21	22	23	24
25 National Exercise Right Week 	26	27 National Reconciliation Week 	28	29	30	31