



Meekatharra Dust

APRIL 2020 | ISSUE NO.324

COST \$2.50



Photo taken prior to Social Distancing Rules being implemented

EASTER ACTIVITIES AT HOME AND MUCH MORE...



Calling for Submissions

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

“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:

Council Dates

Dates for Ordinary Meeting of the

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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meekashire.wa.gov.au



Farmer Jack's

FOODWORKS



**IMPORTANT
PLEASE READ**

**TO ASSIST OUR COMMUNITY IN CONTROLLING
THE SPREAD OF CORONA VIRUS WE ARE NOW
IMPLEMENTING THE FOLLOWING RULES:**

- **ONLY TWO (2) PERSONS PERMITTED
PER SHOPPING GROUP WHILST IN
THE STORE**
- **PLEASE MAINTAIN 1.5 METERS
APART WHILST IN THE STORE,
NO EXCEPTIONS.**
- **IF YOU ARE NOT SHOPPING PLEASE
WAIT OUTSIDE**

**THIS IS IN LINE WITH NEW GOVERNMENT
STANDARDS IN RELATION TO SOCIAL
DISTANCING.**

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

Check out these websites:

World Health Organisation <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

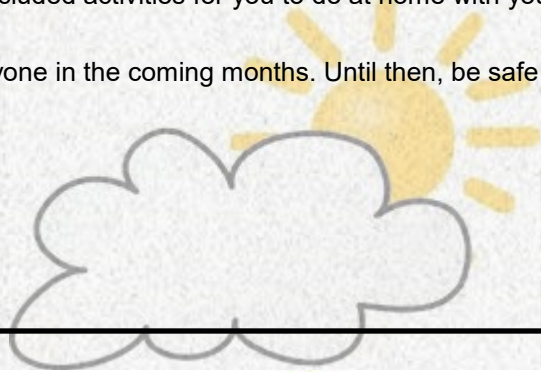
Hi there Meekatharra,

This month's edition of the Meekatharra Dust has been done by the new Community Development Officer, Amy Thomas. It has been a privilege to put this together for you to enjoy during these challenging times. I have only been in Meeka one week but so far I have seen how committed this community is to each other and keeping everyone safe during this pandemic.

Although these are tough times, there is still much to smile about. Easter is just around the corner which comes with such joy. Regardless of the social distancing going on there is still so much to do indoors and in your backyard. In this edition we have included activities for you to do at home with your family.

I look forward to meeting everyone in the coming months. Until then, be safe and create your own sunshine in these cloudy times!

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





Your Council News

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

Meeka Makes Changes

The Shire is pleased to acknowledge the excellent early COVID 19 virus response shown by our community. Local businesses and services quickly adopted the reduced activity requirements and on-site hygiene precautions in line with state and national advice.

As most are aware, the Shire has closed the Library, Gym and other facilities and activities. It is good to see locals being supportive and creative in their approach to social distancing and safely assisting those in the community who need assistance or supplies.

As with the rest of the world, we don't know how long the safety precautions will need to be in place and urge all in the community to keep up the good work. Many resources are available, whether it's assistance with deliveries, medical help or mental health support. There is plenty of online information; if you have a family member or neighbour who is not able to access internet or phone resources, you can assist by sharing information and resources with them.

Services at the Shire Office are continuing as normal, with a few adjustments in line with current health precautions. All roles are being fulfilled and staff are in attendance at the Shire Office, but we ask that people contact us via phone or email rather than coming in. Many matters can be dealt with easily over the phone, and you will of course find much useful information on our website and on The Meekatharra Dust Facebook page. We will continue our efforts to keep the community up to date.

Hello, See You Later

Normally at this time of year Meekatharra would welcome visitors with open arms, but circumstances beyond our control mean that we need to protect our particularly vulnerable population. We are urging any travellers to follow government advice and return home - our regional medical facilities are limited, and it is far safer for visitors to remain in their own communities.

Of particular note, we have been experiencing people wanting to come and "self isolate" in the bush, or who believe it is safe for them to come and camp and do their usual prospecting. This is not appropriate, and poses a significant risk to our communities. Homesteads and remote communities do not want people coming on to their lands during this crisis, and you may face serious consequences should you choose to disregard travel restrictions.

Many of our Shire roads remain closed due to recent weather damage; road closures apply to all and heavy fines can apply to those who travel on a closed road or track.

We urge anyone moving through the region to be extremely vigilant about health precautions and to only stop for fuel and supplies when absolutely necessary in order to return home. Should you require assistance, you are of course welcome to contact the Shire or other suitable services via phone or email and we will do what we can to help you return home.

The Shire thanks everyone for their forbearance, and we will certainly welcome visitors to the many attractions of our region once circumstances allow us to be your usual friendly hosts.



We Dunny Know What the Loo-nacy is About

In this challenging time, many Meekatharrans are reflecting on the benefits of living in our remote but well-connected region. We don't have the health hazards of public transport or large shopping centres, and our low population density adds another level of protection. Self reliance and looking out for your neighbour are our top "can-do" outback characteristics - we've got this!

Perhaps our best secret weapon is that outback people are incapable of throwing anything out, and that includes old newspapers. There are many in town who can remember the olden days before toilet paper, when everyone had a bundle of newspaper squares hanging from a nail in the dunny. As the old jug band song says, "It was good enough for my grandpa, and it's good enough for me."

There's no toilet paper panic in Meeka, where, on a quiet night, you may hear the industrious tapping of nails into bathroom walls and the steady tearing of newspaper pages. Expert local knowledge informs us that the correct method is to tear your pages off, then give them a good scrunching to soften them up before applying them to one's tender southern regions.

In addition to our toilet hygiene resources, Meekatharra also has a higher ratio of hospital beds to population than many other places in WA, with many agencies committed to maintaining essential services to the community. Our local businesses and people have set a stellar example of common sense in shopping sensibly, in contrast to the inexplicable panic buying elsewhere.

Another asset is our natural reflex in considering our neighbours' needs, whether it's a wave from our window to call out "How you going?" or ringing up our station mates. Our local businesses are a vital thread in this social fabric, knowing who may need certain things and forming an important part of the communication network.

We're creative, practical problem solvers with a strong sense of community. Add that to our sunny skies, breathtaking horizons and fresh air, and you have to admit that Meekatharra is just about the best place on earth to live - but we knew that already!

From the Minutes

The Budget Review and Compliance Audit Return were examined and endorsed by Council at the March meeting. As always, preparing for this takes significant work and attention to detail by our hard-working finance team. Our annual and monthly budget statements can be viewed via the Shire website, and locals are of course welcome to submit budget ideas or request information.

Council also discussed possible actions in regard to the coronavirus situation, and supported the granting of additional COVID 19 Leave for eligible employees. The Shire put health precautions in place at the public entrance area to the Office, requiring any visitors to remain at the 1.5 metre distance and providing staff with readily available hand sanitiser. The public area is regularly cleaned to help minimise risk.

A new lease area was approved for the Royal Flying Doctor Service fuel facility at their Airport operations base. The RFDS are continuing to provide their services to remote areas as usual, with virus protocols in place.

A management model was adopted for the new Lloyds Plaza project. The final touches are currently being completed. Obviously the virus situation will affect the opening and operations plans, but the Shire will keep the community apprised of how things are going.

Council also approved the calling of tenders for Shire roads flood damage repair works. As reported in earlier editions of The Dust, the storms and rain received in February affected many roads and tracks in our Shire. Regular road updates are provided on the Shire website. Please note that many Shire roads remain closed or open with caution, and that government updates advise that only essential travel be undertaken - penalties may apply as the state continues its virus response.

STAY IN TOUCH

The Shire has initiated a COVID 19 community text updating service. Text your address and phone number to 0428 817 939, and you will receive any Meeka-specific information and updates to help you stay on top of what's happening in our area.



June 15, 2011 - Long time locals will recognise this incident, when a Malibu light plane crashed just short of the Meekatharra Airport runway. The pilot and passenger, who were flying from Doolgunna Station north of Meeka, received only minor injuries in the landing mishap. The wing of the plane was torn off and there was some fuel leakage - which is why our Fire & Rescue services are part of the planned response to any airport emergency. Meekatharra's Airport has a long and colourful history since its inception in World War Two, and over the years has acted as an emergency location for various aircraft experiencing technical issues.

Airport Action Gets An "A"

The annual emergency response exercise was held at the Airport in February. Practical and desktop exercises are alternated each year, addressing possible scenarios and examining our response network.

The purpose of the exercise is to assess how all agencies work together on a combined response, whether it's a mining incident, plane crash or other situation. The logistics and communications systems are tested and reviewed, with the heads of each agency undertaking a briefing with each other and then with their crews afterward, identifying any areas of improvement.

This year the exercise was a simulation of an aircraft incident in which injured passengers were needed to be evacuated from a small plane which had had a rough landing. Unlike previous years, where enthusiastic locals have been invited to play the role of casualties, this was a simple walk-through exercise aimed primarily at testing the group communications, without the performing arts talents of our local populace. Everything went smoothly, a testament to the many hours of training that our responders put in each month.

Those with a penchant for dramatic expression will be relieved to know that future exercises are bound to provide opportunities for all ages to unleash their theatrical potential on the level playing field of an airport emergency simulation. Previous years have borne witness to some superlative performances, many with a distinctly "Meeka" style in their verbal communications, with much to admire in the imaginative smorgasbord of non-verbal gesturing on offer.

Meekatharra has an excellent resource of emergency responders on hand, ranging from our volunteer ambulance, fire & rescue and SES crews, plus of course our police, and a number of mining responders who can be called upon. We are also able to mobilise services from other towns. Naturally we all trust that we will never need to activate this level of response, but it's good to know that we are ready if the need arises.



Famous Meekatharra nurses: Left, Pearl Ashwin (Baumgarten), and right, Anne Leach, two of the many pioneers who transformed the outback's medical resources.

Been There, Done That HARD TIMES MADE US STRONGER

This is not the first time the goldfields region has had to deal with an outbreak of disease. In the late 1890's, typhoid swept through the region. Most news reports focus on Kalgoorlie, but towns and communities across the goldfields were badly affected.

The outbreak was attributed to rapidly growing populations and poor sanitary management - many soaks were simply overwhelmed by the impact of camel trains and gold-rush traffic. Record keeping at the time was of course relatively limited, but news broadsheets of the time indicate that the death toll was devastating, especially among aboriginal people who had little or no resistance to this disease, and among the many prospectors living in outlying gold-rush camps with poor sanitation and no medical help.

At Milly Soak, 16 km north of Cue, a tent hospital was set up to minimise the impact on the town area. There are three visible graves there. Many regional cemetery gravestone inscriptions indicate death from typhoid.

Historic records illustrate the bravery and resourcefulness of the many outback nurses who set up tent hospitals and risked their own lives to assist the sick and dying. Many of these women became sick and died themselves, as did many infants and mothers. It is hard to imagine, from our comfortable current lifestyle, what it must have been like, without air conditioning or modern medicine, working among the dust and flies.

Grave markers were often made of wood or other available materials, which of course crumbled away under the relentless outback sun and wind. There were many whose stories have been lost, but their strength of character lives on in our community.

From these times emerged the legacy of the courageous outback nurses, and Meekatharra can boast of at least two prominent women - Pearl Ashwin (Baumgarten), who cared for many at our hospital from the 1950's onward, and Anne Leach, who served in WWI.

The trials and tribulations of outback medical care led to the amazing services and people which we are lucky enough to have today. The Shire works with our network of resources to develop emergency plans and responses to critical situations that affect the community both in town and regionally. We may live in a challenging environment, but it has made us all the stronger, thanks to those who paved the way.

Community Keeps Close Online

Although most of us are focussed on the here and now of the unfolding coronavirus situation, it's important to remember that we will one day be able to go back to enjoying the many features of Meekatharra that we have grown to love. If you are new to our area, reach out via Meekatharra's various social media pages; many locals are doing a great job of posting videos, funny drawings and messages of support to the community to help us through these challenging times. It's a reflection of our adaptable nature, and even if you are a "newbie" you will find us as friendly and helpful online as we are in person.

New residents and visitors over the years have frequently commented on the amazing resources and social opportunities to be discovered in Meekatharra, and it's a bit of a local in-joke that you have to make an effort to be bored out here!

Even though communal activities and social gatherings are on hold, you can still participate online by getting in touch with our many clubs and groups and help plan for when things can move forward again. Sign up on the Shire's text messaging service, and let people know if you're available to help out if the need arises.

Meeka Goes Green was doing some great weekend workshops and you can join them online for tips on how to make things from recycled materials. Our well-attended yoga group can still stretch and bend via the online routine, and of course we have our wide-open bush spaces and trails around town for people (and doggos) to exercise as long as they comply with the distancing rules.

Don't hesitate to reach out for help - we have many resources available in our Shire. You will find handy numbers in this edition of The Dust and in the 2020 town map & directory, available at most outlets in town.

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).



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

"Meekatharra - A Golden Prospect"

UPDATE 1 ON COVID-19 RESPONSE IN MEEKATHARRA

Thursday 26/03/2020 – 9.30am

As a result of the Prime Ministers address on the 24th March, 2020, the following Shire of Meekatharra services are now closed –

- Library
- Museum
- Swimming Pool
- Gymnasium
- Squash Courts
- Town Hall
- Sport Complex
- Indoor Cricket Centre and
- All Youth Services programs.

If not at school, children should be at home with their parents, in line with the Commonwealth request to isolate.

Private gatherings should not occur – no parties or card games for example.

Practice the strongest forms of hygiene and cleanliness possible – cleaning hands very frequently, cleaning all surfaces in your house frequently (at least daily). This includes all surfaces that are touched by a person. First clean with hot soapy water, and then disinfect with an approved solution.

Stay in your own home.

Do not attend the hospital unless absolutely necessary.

Do not call the Ambulance unless there is an emergency.

There is a very real risk to people's lives if these strict instructions are not followed.

To help to make this happen please contact Amy Thomas on 99800608 or on cdo@meekashire.wa.gov.au and we will do our best to put people in touch with someone who can help.

- If you need help to isolate,
- If you are unwell or in isolation and need help to run errands or to pick up your groceries,
- If you are able to be of assistance to someone who needs help,
- If you know of anyone who is in trouble but not able to reach out for help

The Shire of Meekatharra are working very hard to ensure all possible services continue without interruption.

Roy McClymont
Chief Executive Officer

UPDATE 2 ON COVID-19 PRECAUTIONS IN MEEKATHARRA

Friday 27/03/2020 – 10.45am

HYGEINE IN PUBLIC PLACES

During this tough time in our community, we acknowledge there has been some concern in the community about public hygiene, particularly at local retail premises.

Our Environmental Health Officer has recently visited each outlet in town and discussed with them the importance of hygiene and sanitisation.

We are very pleased to report that all retailers in this community have been quick to implement very strict measures to help restrict the transmission of the virus, and there was very little that could be improved upon.

All counters, trolleys, doors and eftpos machines are being regularly cleaned and sanitised. Bowser handles are being regularly wiped down and the use of cash currency is discouraged at each location. Please comply with any request from staff at these locations as they try to protect us.

It is very much up to all of us individually now to ensure we are not part of the chain of transmission. Please

- Wash your hands very frequently, and sanitise them where possible.
- Stay at home
- Keep your kids at home
- Even inside your home, maintain your handwashing and sanitising, and teach our kids how to do this too.
- If you have to go out, keep your distance from others
- Don't linger in the street chatting

Roy McClymont
Chief Executive Officer



UPDATE 3 ON COVID-19 COMMUNICATIONS IN MEEKATHARRA

Tuesday 31/03/2020 4.22pm

REQUEST FOR PHONE NUMBERS

With the constantly evolving situation that is our current State of Emergency, the Shire of Meekatharra are looking to communicate important announcements with residents in our community better.

We know that not everyone has access to the internet or social media, and with outings being restricted, we acknowledge getting information out to everyone will be difficult.

Thankfully we have a small community and we can be more personal in our communication.

We are currently compiling a list of mobile phone numbers for every person in Meekatharra so we can send text messages for urgent announcements. This list will not be distributed or on sold.

We will use it only for COVID-19 related announcements from official channels such as Police, Health and the Local, State or Commonwealth Government.

If you live in Meekatharra -

Please text your phone number with your street and house number to 0428 817939.

We will map the responses to see which houses don't have a number allocated and agree another way to communicate with those residents.

Roy McClymont
Chief Executive Officer

MISSION AUSTRALIA

Meekatharra's own Mission Australia are working very hard to ensure continued support for the community. They are working to ensure the Mental Health Support Service and the Meekatharra Family and Domestic Violence Response Team are continuing the same services as always. They will be still be undertaking their other services such as the Remote School Attendance Strategy, Emergency Relief, the Public Tenancy Support Service and the Intensive Family Support Service, all of which will be subject to daily notifications from the State and Federal Government relating to COVID-19. Any of these programs will require an appointment to see staff by ringing 9956 5100.

Please note that Mission Australia will be screening clients that enter the FDV service to ensure they do not display a fever, or show any other symptoms of COVID-19.

The Family Violence Service can be contacted on 0459 881 488, or through the Police at 9981 1007

The Mental Health Support Service can be contacted by ringing Paulette Anderson (Mental Health Coordinator) on 99 56 5104 or 0459 857 885.

Mission Australia are working with the Meekatharra Shire to establish a telephone network within Meeka to support those who may feel isolated in our community to lend support when they need it most.

Mission in Meeka are committed to supporting our community where we can and hope that everyone in town can support and care for each other through the days ahead.

Wash your hands, keep your distance and sneeze into your elbow!

Jackie Bickendorf

Programs Manager, Meekatharra



A poster with a brown, textured background. At the top, the text "FIGHT the BITE" is written in large, bold, black letters, with "the" in a smaller, cursive font. Two red stars flank the text. Below this, on the left, is a white outline map of Western Australia. To the right of the map is a large red number "4". Further right, the text "MOSQUITO-BORNE DISEASES OCCUR IN WA" is written in bold, black, uppercase letters. At the bottom, a black banner contains the website "www.healthywa.wa.gov.au / FIGHTTHEBITE" in white text, followed by the Western Australian Government logo and the text "Government of Western Australia Department of Health".

FIGHT the BITE

4 MOSQUITO-BORNE DISEASES OCCUR IN WA

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

Government of Western Australia
Department of Health



Cops Corner with Mitch Howard

With the advent of COVID-19 it is fair to say our world has changed and changes almost hourly for some of us on the frontline. This is a declared Pandemic and a State Of Emergency. We are seeing regular Directives that will eventually be enforced by police if people don't follow the directives. COVID-19 is a significant and real threat to our community here in Meekatharra. Travel restrictions start and people will not be allowed to travel outside the region without being exempted. These drastic actions are about keeping the community safe.

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

I said February was busy month with 32 people put through the lock-up. Unfortunately for us the trend worsened in March with that number increasing to 50. This has stretched police to the limit and at times exceeded our ability to cope at times. My team are committed to hold those who commit serious criminal offences held to account. Many of the team are putting in 60 hour plus weeks to keep up with demand.

I was disappointed this month to get a call in the middle of the night to hear that two of my officers were assaulted in separate incidents. One had been bitten on the forearm and another

had been spat on. Both officers were hospitalised. Both offenders for the assaults were in custody and further staff were re-called in to deal with the offenders and make application for the mandatory testing of the offenders for transmittable diseases as well as conduct investigations into the assaults. At the same time a member of the public had been stabbed and other police were investigating that incident. As well as examining the scene, collecting exhibits and interviewing witnesses they identified and arrested the two suspects. All this behaviour was contributed to by alcohol. Nights like this one stretches our staff's ability to meet demand as well as potentially that of the hospital.

We have a number of new staff members arriving and will be at full strength in the near future. Our youth officers will be now return to full operational policing to assist until further notice. Many of the staff have also cancelled their leave to support Meekatharra in the next few months to meet anticipated increase in demand with COVID-19 commitments and the rollout of stimulus payments to a fair portion of our population. We may even see an increased police presence from officers outside Meekatharra to meet demand and keep Meekatharra safe.





Government of **Western Australia**
Department of **Commerce**



Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email: danni.bloomfield@dmirs.wa.gov.au

Web: www.dmirs.wa.gov.au

Your consumer rights during COVID-19 coronavirus

The spread of COVID-19 coronavirus around the world has created a worrying and confusing time for many - holidaymakers are wondering about cancelling trips abroad, while panic-buying has even turned the weekly grocery shop into a daunting task.

Concerned consumers have come to us with numerous enquiries about their rights, so we thought it timely to release a list of Frequently Asked Questions that aim to answer some of the more common queries.

For ticketholders wondering about refunds to events cancelled by organisers, the Australian Consumer Law requires the business to provide a remedy such as a refund, credit note or voucher to affected consumers.

Individual circumstances will vary greatly when it comes to travel issues, but the FAQs aim to provide some helpful information. With some airlines now providing refunds or flight credits, it's best to contact them directly to see where you stand, while also checking the terms and conditions and cancellation policy. If you've booked through a travel agent or booking site, all refund requests must go through them.

Those curious about travel insurance should know that an insurer may cover a cancellation if the holiday and insurance were booked before their cut-off date for COVID-19 coronavirus exemption, but it's important to read the Product Disclosure Statement (this could be with your credit card provider) as some policies do not cover epidemics or pandemics. Be aware that 'change of mind' cancellations are not usually covered.

For those still wishing to travel despite the warnings and prospect of a 14-day home quarantine upon returning to Australia, there are some important precautions you need to take. Keep an eye on specific travel advice for your destination as the entry and exit requirements are constantly changing. Many countries have introduced restrictions and screening measures at border crossings and transit hubs, and these rules can change at short notice. It's important to note that most travel insurance policies won't cover destinations on the 'do not travel' list.

For more information about other our other FAQs visit: <https://www.commerce.wa.gov.au/announcements/coronavirus-covid-19-faqs-your-consumer-rights>

If you need specific information about your situation, please contact Consumer Protection on 1300 30 40 54 or consumer@dmirs.wa.gov.au or alternatively contact the Geraldton office on 9920 9800.

Bufs Investment Pty Ltd ABN 448 088 054 719
Trading As



FARMER JACK'S
MEEKATHARRA

PO Box 35, Meekatharra, WA 6642
Phone (08) 95 811 088
Fax (08) 95 801 407

COVID 19 Up-date

Social & Safer Shopping

Our greatest priority is to look after the wellbeing of our customers, staff and community. And, in this testing time, it is necessary that we all work together to create the safest environment for everyone.

If you should be self-isolating we ask that you respect other customers, our staff and the community by not entering the store.

To help with reducing the virus spread we would ask that you adhere to the following:-

- Plan your shop – this helps to minimize the amount of time you spend in the store and staying in the one position for too long
- Sanitise your hands using the sanitiser provided at the checkout before starting your shopping
- Maintain Social Distancing – use the length of your shopping trolley as a guide – among other shoppers in the store
- Minimise any socialising in the store
- Unless you plan on purchasing a product please don't touch it
- We would ask that you keep the number of people shopping with you to a minimum i.e. Unless you have an infant or are assisting an elderly or infirm person please ask all children and any other people with you to remain outside
- We understand that sometimes it may not be suitable however, where possible, please use the EFTPOS as your method of payment

By assisting us with the above we hope to reduce the need to bring in tougher restrictions. We need to ensure that both you and our staff remain safe and healthy during these trying times so that we can remain open to provide for the community.

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**

Telstra News

Supporting you during COVID-19

We're here to support you and help keep you connected

If you can't pay your bill on time

We aren't charging late payment fees or suspending services for bills that become overdue between Thurs-day 19 March and Thursday 30 April 2020. Late payment fees may apply for bills that become overdue before 19 March 2020, or after 30 April 2020.

Internet—Enjoy unlimited data at home

From Thursday 19 March until 30 August 2020, we're providing unlimited data for our personal and small business customers with home broadband plans ADSL,

nbn and cable).

You don't need to do anything. The data will be provided automatically, at no extra charge.

Your data usage won't be counted during this time, but keep in mind you won't see the extra data on your bill. Our FairPlay policy applies.

Home phone for eligible pensioners—Make unlimited calls

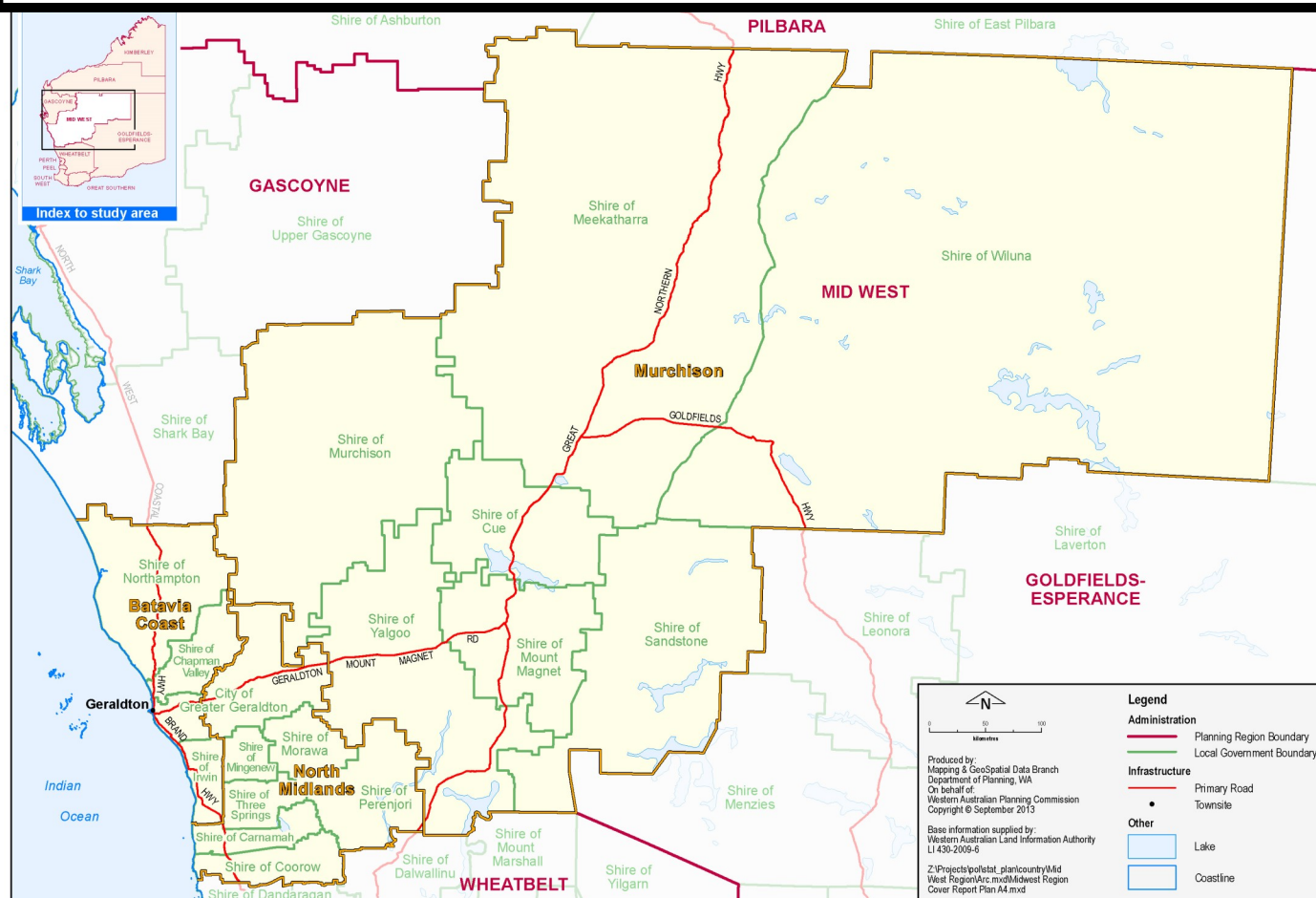
If you're a pensioner and have a home phone plan with us, you'll be able to make unlimited local, nation- al and 13/1300 calls, and calls to Australian mobiles, from your home phone in Australia from Thursday 19 March until 30 April 2020.

You don't need to do anything, unlimited calls will be automatically applied. You'll see \$0 for these calls on your bill and in the app.

Regional Restrictions through COVID-19

If you find yourself located in the Midwest Region of WA, your travel is now restricted to the below indicated areas, and breaching this regulation will lead to possible fines of up to \$50,000.

*Subject to some exemptions.



★ 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

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.



Life goes on.
Volunteer with St John.



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 Com-
munion

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



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

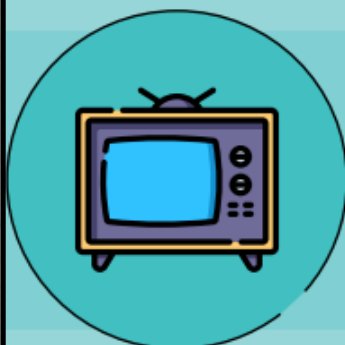
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Gardens with The Garden Gal



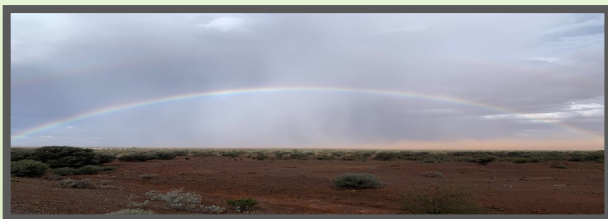
Hello to the wonderful people of Meeka,

I write this to you at the beginning of a very strange and uncertain time for us all. It is confusing, frightening and can seem very overwhelming. One silver lining I have found with this situation is that more people are starting to recognise the importance of food security, home gardens, the link between health and nutrition and overall health and wellbeing.

Now is the time to really be putting energy into creating a vegetable patch in your own home garden. The most simple and productive method I have used myself is the "no dig garden bed".

The idea is just that, to create a garden without too much back breaking labour. A few easy steps: pick a spot, disturb the soil, pile on organics, add mulch, sow seeds and keep watered, simple!

Let's break those steps down.



Electrical storm, dust storm and double rainbow unfolding at the same time.

Step #1 Location!

Finding a suitable spot from the beginning will cause a lot less hard work for long term garden gains. Things to consider:

⇒ Exposure to direct sun throughout the day. The

ideal amount of direct sunlight a veggie garden needs to thrive is 6 hours.

⇒ access to water, obviously closer to a water source is better!

⇒ accessibility - somewhere

that is convenient to access

and not in the path of any

furry friends.



A furry but friendly rain month.

Step#2 Soil/Foundation.

Working from the ground up!

Soil is everything and how

lucky we are to have the mineral rich sandy loams beneath our feet in Meekatharra. You will need to disturb the top layer of soil a little, this will help larger plants to spread their roots and help with water absorption. Use a fork, mattock or shovel to loosen the soil as best possible. Try to get around 10cm below the top layer.

This is a good time to find family and friends with trailers!

Now is the trickier part, acquiring enough organic matter to build your garden bed. Ideally a mixture of fresh manure, compost and soil. Any manure available will help to build soil structure; horse, cow, sheep and/ or goat. Chicken manure is good too but only in small doses as it can be very acidic and burn your veggie crops. Adding to that some nice rich river soil or wanderrie, something that is free of large stones and rich looking (don't be afraid to smell it, soil is alive too, if it smells healthy and rich then that's a good sign). The desired depth of your garden bed should be anywhere between 30cm – 60cm. Think about what you will be growing and how deep their roots will be. I like to think of this process like baking a cake, adding in all the materials and mixing them through evenly. Also adding some organic blood and bone will help to kickstart your garden.

Now that your organics are laid out well, mulch is your next most important addition. As mentioned in earlier articles it's so important to keep moisture and microbes

happy in your soil foundation. Even though it may not be possible to get the desired mulch from larger stores at the moment, there are options available in town if we think outside of the box. They could be eucalyptus chips, straw/stock feed, thick leafy cuttings (lemongrass, corn crops etc), a thick layer of grass clippings or newspaper shredding/ layers. Think of things that will provide protection both to the soil below and extremities outside.

Step # 3 Water.

I've heard it mentioned that all you need is water out here and from what I have experienced, I believe it to be true! With the way things are going we will all be spending a lot more time at home so keeping our small veggie gardens well-watered is achievable. A simple garden hose, round sprinkler and cup of tea is all that is required! At this time of year, I would be watering well both early morning and late afternoon. At the highest point of heat in the day the mulch will be providing protection to the plants.



Left: Up close and personal with native hibiscus. Right: Busy day for this bumble, one of the many collecting pollen from the *Eucalyptus erythrocorys*—Illyaree Tree

Step # 4 Planting.

Sow and reap the benefits! And now we sow our seeds, some that can be planted direct and do very well over the coming months are; onions, radish, spinach/ silver beet, bok choy, kale, lettuce, spring onion, broccoli, cauliflower, celery, carrots, pumpkins, potatoes both new and sweet and herbs – parsley, sage, thyme, mint (but be careful to not let it run wild).

I would suggest planting as many leafy greens as soon as possible. Leafy greens have a huge amount of vitamins and minerals which support your immune system and help to fight infections and disease. They are so versatile in the kitchen and can be used in nearly every recipe!

All of the seeds above (apart from the potatoes) can be sown direct and have proved to grow very well in our climate, as we successfully did in our school garden last year.

Sowing seeds is very simple: create a small hole, push seed in, cover with soil and give a small pat for good measure. Water them all in well and watch them grow over the com-

ing days and weeks. After sowing seeds I like to give my garden a big water in with seaweed solution and also a fortnightly feed of organic blood and bone. It can be a bit of a smelly process but just like us, plants get hungry. Remember to water in well!

Step#5 Enjoy your beautiful garden. Enough said!

Seeds have been a hot topic with the current situation unfolding, people panic buying and not leaving some for others to share. Some packets quite literally have hundreds of seeds so please consider sharing yours with family and friends. Seeds, gardens and food are all for sharing with loved ones.

As we navigate our way through these uncharted waters, I hope we can find calm in the simple things like being in nature and finding joy in the garden.

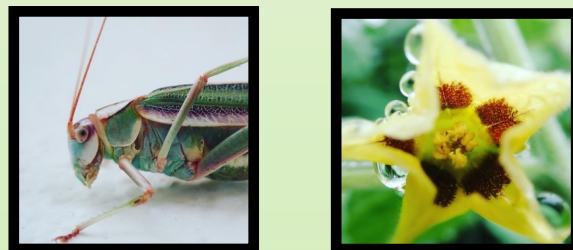
I would very much like to help Meekatharra through this time and would hope to open the channels of communication for you to contact me if you would like any tips with your home garden.- my email is sally.dighton@eon.org.au

Finally. I thought I would add some pics that I have taken of the Midwest over the last couple of months. As I like to say, God's country!

Many kind regards, take care of yourself and of each other.

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*



Left: One of the many millions Katyids that exploded on every surface in Feb, nice colours though! Right: Raindrops sitting upon a Cape Goose-berry Flower.



Chicken Stir-Fry with Bok Choy and Garlic Sauce

You will need

- 3 medium chicken breasts (boneless and skinless)
- 3 large bok choy (stalks with leaves)
- 1 teaspoon corn starch
- 4 teaspoons water
- 4 to 5 tablespoons peanut oil (or vegetable oil for stir-frying, as needed)

For the Marinade:

- 1 tablespoon rice wine (or dry sherry)
- 1 green onion (diced)
- 2 teaspoons corn starch

For the Sauce:

- 1/4 cup chicken broth (low sodium)
- 2 tablespoons water
- 1 teaspoon white rice vinegar
- 1/2 teaspoon black rice vinegar
- 1 clove garlic (finely chopped)
- 1/4 teaspoon salt

Steps to Make It

- Cut the chicken into thin strips about 2-inches long. Add the rice wine or sherry, green onion, and the corn starch. Marinate the chicken in the refrigerator for 30 minutes.
- While the chicken is marinating, prepare the bok choy and the sauce. Separate the bok choy leaves and stalks, and cut both cross-wise into thin strips.
- Combine the sauce ingredients and set aside. Combine the corn starch and water in a small bowl and set aside.
- Heat the wok and add 2 tablespoons oil. When the oil is ready, add the chicken and stir-fry until it turns white and is nearly cooked. (Stir-fry in two batches if necessary). Drain the stir-fried chicken on paper towels.
- Clean out the wok and add 2 to 3 tablespoons oil. When oil is ready, add the bok choy stalks. Stir-fry briefly and add the leaves.
- Push the bok choy up to the sides of the wok and add the sauce in the middle. Turn up the heat to bring to a boil. Give the corn starch and water mixture and quick re-stir and then add it to the sauce, stirring rapidly to thicken.
- Add the chicken. Mix through and serve hot.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



Beef Curry



Feeds 10 people



Diced Beef (kg) 1



Onion 2



Carrot 2



Potato 3



Frozen Vegetables (500g) 2



Garlic (Tablespoon) 1



Ginger (Tablespoon) 1



Curry Powder (Tablespoon) 1



Corn Flour (Tablespoon) 1



Vegetable Oil (Tablespoon) 2



Good Tucker



Long Life!





1



Chop vegetables and gather all ingredients.

4



Add garlic, ginger and curry powder and stir.

2



Heat the oil in a pot, add beef and fry until brown.

5



Add some water just to cover the top of the beef and bring to the boil.

3



Add onions, carrots, potato and vegetables. Stir until soft.

6



Stir through corn flour and then turn heat down low and simmer for 40 - 50 minutes or until meat is cooked. Serve with rice, pasta or bread.



The **Fred Hollows**
Foundation



www.jlf.org.au

9

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.

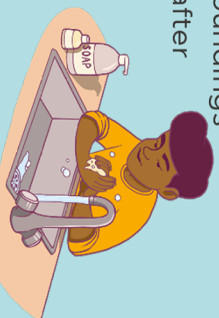


Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.



Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.



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



shire of
meekatharra
a golden prospect

Taking care of your mental health during COVID-19



**Stay
connected**

Keep in touch with friends and family via email, social media, video conferencing or telephone



**Maintain
a healthy
lifestyle**

- Establish a regular daily routine
- Get plenty of sleep and eat nutritious meals
- Engage in exercise and physical activities that you like



**Stay
positive**

Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus



**Stay
informed**

Obtain accurate information from reliable sources like the Australian Government and the World Health Organization



Seek support

Mental health services are available if you're feel anxious, worried or overwhelmed



healthdirect.gov.au/mental-health-and-wellbeing

healthdirect

April's Person to Admire—Rosie Batty

Rosie Batty's story is one of heartache, inner-strength, resilience and demanding action from the Australian Government.

Rosie was born in 1962 in England and moved to Australia in 1986. She was born into a loving family which was ripped apart when her mother passed away when Rosie was only 6 leaving her and her brothers to be raised by nannies. Rosie and her two brothers were left heartbroken and felt the impact of their mother's death for years and years. None of the siblings married and were said to have struggled to build solid, healthy relationships. When Ms. Batty left school she started a career as a bank clerk and started her nanny career in Australia.

A few years after she left her home country Rosie met a man, Anderson, and started an on/off relationship with him which lasted a year. This relationship was unhealthy resulting in physical and emotional abuse. In June 2002 the couple welcomed a baby boy, Luke, Rosie continued to stay with Anderson knowing the unhealthy state of the relationship. The issues in the home continued until one unfortunate day Anderson murdered his son Luke, leaving Rosie devastated and heartbroken once again.

Rosie has lived a life of uncertainty and pain, although she was determined not to let this define her and fought back against domestic violence. Rosie started speaking about her son's death to the media and anyone who would listen.

In 2014 she founded the *Luke Batty Foundation* aimed to



provide the vital support to those who needed help during their toughest times. She advocated on behalf of women

who could not speak for themselves, she fought for systematic changes within Australia to protect lives everywhere.



She focused on the lack of support and lack of funding to those affected by domestic violence.

In 2015 Rosie was presented with the Australian of the Year award, the Pride of Australia's National Courage Medal and an Honorary Doctorate at the University of Sunshine Coast. These awards are much deserved as she continues to fight for the rights of the vulnerable people in our communities. Although in 2018 the Luke Batty Foundation shut its doors to give Rosie time to rest and recharge after the hype of the last four years, the movements have created exactly what she set out to do. Rosie Batty influenced the Australian Government to look into domestic violence within Australia.

She changed the system that failed her and has failed so many.

The system still maybe not be perfect every piece of change helps to create more support and advocacy for those Australian's who need it the most. Ms. Batty continues to fight for change to save the lives





DEAR CUSTOMERS

AS A DIRECTIVE FROM THE COMMITTEE THE CRC WILL BE CLOSED UNTIL THE 13TH APRIL.

WHILST WE WILL BE WORKING FROM HOME, WE WILL BE UNABLE TO DEAL DIRECTLY WITH ANY OF YOUR ENQUIRIES HOWEVER IF YOU REQUIRE ANY ASSISTANCE PLEASE FEEL FREE TO E-MAIL US ON

MANAGER@MEEKATHARRACRC.COM.AU

FOR ANY DEPARTMENT OF TRANSPORT MATTERS OR PAYMENTS PLEASE GO ON-LINE TO

WWW.TRANSPORT.WA.GOV.AU

THANK YOU FOR YOUR UNDERSTANDING AND APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE. WE LOOK FORWARD TO WELCOMING YOU BACK SOON.

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

COVID-19 Service Provision Changes Midwest Service Provider Updates

Date: 1 April 2020

COVID-19 Service Provision Changes
360 Health + Community <p>In light of the COVID-19 pandemic, 360 Health + Community would like to share some key changes and channels of service delivery.</p> <p>360 will be moving to phone consultations whenever possible. In some circumstances, video conferencing may also be available for eligible clients. Clients will receive simple step-by-step instructions ahead of their telehealth appointments to make this transition as smooth and stress-free as possible.</p> <p>Ken Thomson Manager Midwest P: 1300 706 922</p>
BreastScreen WA Carnarvon <p>Due to the current COVID-19 (coronavirus) pandemic, BreastScreen WA's mobile clinic service to Carnarvon has been delayed.</p> <p>Please stop promoting Carnarvon for now. You will be contacted once a return date is confirmed.</p> <p>Lorraine Knott Assistant Program Officer, Health Promotion and Recruitment E: lorraine.knott@health.wa.gov.au</p>
BreastScreen WA Geraldton <p>Due to the current COVID-19 (coronavirus) pandemic, BreastScreen WA's mobile clinic service in Geraldton is temporarily suspended from Monday, 30 March 2020.</p> <p>The public will be notified when the screening services recommence.</p> <p>Lorraine Knott Assistant Program Officer, Health Promotion and Recruitment E: lorraine.knott@health.wa.gov.au</p>
Centacare Family Services <p>As an organisation, we have a responsibility to protect staff and clients and prevent the transmission of the virus into our buildings. In order to do this, Centacare has closed our front offices, however our services are otherwise open, and we are here to support you by way of other available mediums as appropriate. Counselling services will be conducted via phone and video conference.</p> <p>Contact the Centacare office on 9921 1433 or the Family Relationship Centre on 9921 2611 if you need clarification about how your appointments will occur.</p> <p>Ella Ailenei Executive Manager Programmes P: 9921 1433</p>
headspace Geraldton <p>From Wednesday, 25 March 2020 headspace Geraldton will be moving to a telephone and web service as appropriate. Face-to-face services will be phased out over the next week.</p>

All clients have been screened and will continue as a behaviour change support to all young people within the service. headspace Geraldton will continue to take new clients and support existing one's with their usual clinical practices and governance.

Young ATSI people are of great concern and they will continue to support them and carers with face-to-face services under the 'Got a lot Going On' clinical pathway.

Fiona Stewart
Manager headspace Geraldton
P: 9943 8111

HelpingMinds

Office hours are Monday to Friday, 8:30am – 4:30pm by appointment only.

HelpingMinds is providing free emotional support services to anyone in WA who feels overwhelmed by the current COVID-19 situation or their personal circumstances.

Through HelpingMinds you can access 3 x free phone or video counselling sessions with a mental health professional without the need for a GP referral. Appointments for phone and video counselling are available between 7am and 7pm.

Please call 9427 7100 during these hours or visit www.helpingminds.org.au

Hope Community Services

Effective immediately, all staff involved in counselling, community engagement, group work are to cease face to face interviews and group meetings. Contact with clients should only occur via telephone/Skype.

Hope will (as far as possible) plan for and make advance preparations for the possibility that its operations will be affected by the COVID-19 pandemic, which includes plans for notifying clients of changes to and restrictions on services and for assisting clients in this event.

All drop in clients attending offices are not permitted past the waiting room and any appointments arranged should only occur via e-media.

Transport services are to cease (Bail and YTAP programs are exempt). Hope will abide by travel restrictions announced by State and Federal Governments.

Chris Kerr
Executive Regional Manager
P: 9921 7409

Integrated Chronic Disease Care (ICDC), Gascoyne

Discussions indicate that dietetic and podiatry services to Carnarvon are still currently providing a face-to-face service to Carnarvon Medical Centre only.

Physio classes have ceased in accordance with government requirements but are increasing one-on-one consultations and ensuring home programs are created for current clients where possible.

Plans to implement telehealth services are expected to be finalised this week.

Richard Sykes
ICDC
P: 9920 8111

Integrated Chronic Disease Care (ICDC), Midwest Murchison

All scheduled face-to-face visits through the Midwest and Murchison region will be cancelled and telehealth appointments will now be scheduled. High risk chronic disease clients will be identified, and face-to-face appointments will be offered where required.

Care coordinators will keep in contact with all ICDC clients by phone to ensure they are being monitored.

Richard Sykes
ICDC
P: 9920 8111

Mission Australia

Mission Australia will continue to accept referrals and offer telephone and/or digital options for support where possible. Clients and families will be notified of all changes to service delivery.

Will continue to provide emergency relief as scheduled across the region, however with significantly increased safety measures.

Outreach services to communities will be reduced but with continued telephone and/or digital support. Transporting people to appointments will cease unless in the case of an emergency.

Home visits will still be conducted to ensure safety measures are maintained for children, women and other family members, but with very clear communication about social distancing and the need for screening questions and increased personal hygiene.

Dr Paul Royce
Area Manager Midwest & Gascoyne
P: 9921 5441

RUAH

RUAH will no longer be providing face-to-face contact to community clients, but instead will be providing support via telephone. A welfare check team is in place should community clients not be contactable at the scheduled support times.

Hadda Way respite facility remains operational but is reduced to three beds (75% capacity). The additional bed is being held for any clients that may need to isolate.

Lindsey Money
Mental Health and Wellness Regional Manager
P: 13 78 24

Salvation Army

Emergency accommodation units are full. All other applications are on hold and assistance/interviews will be conducted via the phone if required.

The Doorways programme is currently closed, with no appointments being taken.

Food hampers are still being provided and clients will be assisted for these through reception.

Marnie Shaw
Crisis Accommodation Manager
P: 9964 3627

WA Country Health Service – Immunisation Clinic

All immunisation clinics run from Shenton Street Community Health building will now be by appointment only. Individuals need to phone 9956 1985 to make an appointment.

Clinic times are 8:30am – 12:30pm and 1:00pm – 3:45pm.

Lyn Symonds
WACHS Immunisation Coordinator
P: 9956 1978

WA Country Health Service – Midwest Mental Health and Community Alcohol & Drug Service

WACHS will continue to care for current and new clients, moving all possible contacts to phone and video conference. Face-to-face sessions will continue if unavoidable as well as home visits if required, all while taking appropriate precautions.

They will be screening all consumers before seeing them and adjusting response based on results.

Walk-ins are still being accepted but will take appropriate precautions. Still operating the Needle Exchange, with added precautions.

All non-essential regional travel has been cancelled.

C/- Elizabeth Lockyer

Mental Health Promotion Coordinator

E: elizabeth.lockyer@health.wa.gov.au

For further information on any of the above, please contact your local WAPHA representative:

Amy Perry

Regional Manager

amy.perry@wapha.org.au

0447 356 720

Kathleen Sloomans

Primary Health Liaison Officer

kathleen.sloomans@wapha.org.au

0439 285 740

Sharon Jones

Regional Coordinator

sharon.jones@wapha.org.au

0439 715 251

Sarah Kelly

Regional Coordination Support Officer

sarah.kelly@wapha.org.au

0439 276 462

Looking after your mental health during the coronavirus outbreak

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Access good quality information

It's important to get accurate information from credible sources such as those listed below. This will also help you maintain perspective and feel more in control.

Australian Government coronavirus (COVID-19) health alert

Health Direct – Coronavirus (COVID-19): Health Direct have also developed a COVID-19 Symptom Checker - an online, self-guided tool to help people find out if they need to seek medical help. You can access this tool by clicking on the button below.

smartraveller.gov.au – travel information for Australian citizens

World Health Organization – coronavirus disease (COVID-19) outbreak

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits.

Try not to make assumptions

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity and remember that those with the disease have not done anything wrong.

Managing your mental health while in self-isolation or quarantine

There are a number of ways to support your mental health during periods of self-isolation or quarantine.

- ★ Remind yourself that this is a temporary period of isolation to slow the spread of the virus.
- ★ Remember that your effort is helping others in the community avoid contracting the virus.
- ★ Stay connected with friends, family and colleagues via email, social media, video conferencing or telephone.

- ★ Connect with others via the Beyond Blue forums thread: [Coping during the coronavirus outbreak](#).
- ★ Engage in healthy activities that you enjoy and find relaxing.
- ★ Keep regular sleep routines and eat healthy foods.
- ★ Try to maintain physical activity.
- ★ Establish routines as best possible and try to view this period as a new experience that can bring health benefits.
- ★ For those working from home, try to maintain a healthy balance by allocating specific work hours, taking regular breaks and, if possible, establishing a dedicated work space.
- ★ Avoid news and social media if you find it distressing.

Children and young people

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament. It is important to listen to any questions they may have, to let them know that they are safe and that it's normal to feel concerned.

If the media or the news is getting too much for them, encourage them to limit their exposure.

Support for those experiencing financial hardship

As the ongoing spread of the coronavirus continues to affect the global economy, many people in Australia are losing jobs, livelihoods and financial stability. For information and services provided by the Australian government, please visit [Services Australia](#).

If you are experiencing financial hardship, National Debt Helpline offers free financial counselling.

Seek support

It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

activate your support network

acknowledge feelings of distress

seek professional support early if you're having difficulties.

For those already managing mental health issues, continue with your treatment plan and monitor for any new symptoms.

Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist. Beyond Blue also has a dedicated page on its forums about coping during the coronavirus outbreak.

Acknowledge feelings of distress and seek further professional support if required.

Beyond Blue has fact sheets about anxiety and offers other practical advice and resources at beyondblue.org.au.

The Beyond Blue Support Service offers short term counselling and referrals by phone and web-chat on 1300 22 4636.

Random Acts of Kindness

Over the past weeks, we have seen many random acts of kindness on our news feeds. These acts are helping to create a strong community spirit and are helping us see the kind-hearted nature of our friends, neighbours and community members. Many people have donated cleaning supplies, food and other essential items to those in need or are at high risk. Other acts include offering free shopping services, giving out flowers, paying for coffee for health care workers, grateful notes left for those working at supermarkets and strangers giving money to those who have lost their jobs. These actions make our hearts melt.

Acts of kindness can be very simple, smiling and showing your respect for those who are still working on the ground level and your neighbours. There are still so many people working to ensure we are safe, healthy and have things we need to survive. Although we may not all be able to do exactly this for people in our community here are some ideas of things you could do this month.

- Check-in on your neighbour. Ask if they have essential items, ask if they need anything done.
- Call a friend you haven't spoken to for a while.
- Support your family, be extra kind. Everyone is experiencing stress right now and being caring is much needed to support everyone in your house.
- Go shopping for someone who is high risk. This also comes with some risk, encourage the person receiving the goods to disinfect them before entering their house.
- If you have extra supplies offer them to someone who is without.
- Be kind and grateful for those who are still working in essential services. Doctors, nurses, police, community workers, shop workers. Ask them how they are, smile and say hello, acknowledge their sacrifice away from their families and the risk they put themselves in trying to keep people safe and communities running.
- Check-in with someone who may have lost their job.



Kindness is...



Washing your hands



Sneezing into a tissue



Buying only what you need

We're all in this together.

For more information on how to deal with COVID-19 please visit www.health.gov.au



Offer whatever support you can, even if it is a phone call or nice text message to show you are there for them.

- Write a letter to someone, a friend, a family member, a police officer, a nurse, a doctor, a supermarket worker, any other health carer professionals.
- Help someone to organise their finances or access Centrelink payments. If you are a whiz at all things finance help someone out, on the phone, who may find this overwhelming. This can a sensitive topic but provide information and offer help but do not pressure anyone.
- Create a group chat to keep in touch with your friends, updated them on your life, share the fun at-home activities or play online games.
- Keep those around you up to date with any new restrictions or advice, call someone who may not receive updates. Try to only give out positive and accurate information, check meaningful sources such as the World Health Organisation, Australian Government or WA Health websites.

Stay inside, support those who are supporting you.

If you want to see stories about random acts of kindness check out the Facebook group, *The Kindness Pandemic*. This group was set up for people to share random acts of kindness during this pandemic. They are choosing to focus on how this crisis has brought people together and can give ideas on how to support others.

TRIVIA TIME

- Q1: WHICH FICTIONAL CITY IS THE HOME OF BATMAN?
 Q2: IN WHICH SPORT WOULD YOU PERFORM THE FOSBURY FLOP?
 Q3: SPINACH IS HIGH IN WHICH MINERAL?
 Q4: WHAT IS A GEIGER COUNTER USED TO DETECT?
 Q5: WHICH TYPE OF DOG HAS BREEDS CALLED SCOTTISH, WELSH AND IRISH?
 Q6: BABE RUTH IS ASSOCIATED WITH WHICH SPORT?
 Q7: IN THE FILM BABE, WHAT TYPE OF ANIMAL WAS BABE?
 Q8: WHAT WAS MOHAMMED ALI'S BIRTH NAME?
 Q9: WHICH ROMAN EMPEROR SUPPOSEDLY FIDDLER WHILE ROME BURNED?
 Q10: WHAT'S THE TOTAL NUMBER OF DOTS ON A PAIR OF DICE?

ANSWERS:
 Q1: GOTHAM CITY
 Q2: THE HIGH JUMP
 Q3: IRON
 Q4: RADIATION
 Q5: TERRIER
 Q6: BASEBALL
 Q7: A PIG
 Q8: CASSIUS CLAY
 Q9: NERO
 Q10: 42

If you are at home during
#COVID19 outbreak

30 mins
daily



1 hour
daily



WHO recommends that all healthy adults do
30 minutes/day of physical activity, and children
 should be physically active for **1 hour/day**



#BeActive

#HealthyAtHome

Zynga played BEG for 24 points

Facebook Games to
 connect with
 friends and family

Words with Friends
 Uno
 Quiz Planet
 8 Ball Pool
 Draw Something

And many more, check
 them out...



Additional assistance for WA households

which are experiencing financial
hardship due to COVID-19

Power and water disconnections will not occur
and interest will not be charged on deferred payments
until 30 September 2020

**Interest-free payment arrangements available &
late payment penalties waived** for transfer duty,
landholder duty, vehicle licence duty or land tax

Energy Assistance Payment boost extended to
new applicants before 30 September 2020 &
payments brought forward for immediate relief

**Keystart customers can apply to defer
principal repayments & waive interest costs**
for up to six months

A Disney Lovers Dream



Did you know that Disney World has all its attractions online creating a virtual online experience?! This incredible and extraordinary experience can create hours of fun from riding on the *Slinky Dog Dash* to creating magic on the *Hogwarts Express*. All these videos are available on the *Virtual Disney World* YouTube channel. You can take in all the attractions and rides while still being socially conscious during these testing times.

What could make this even better? Using Virtual Reality (VR) goggles! If you have a pair you can experience Disney World with 360 views, making the experience more engaging. Don't have VR goggles? You can still experience all that Disney World has to offer without the costs.

Disney World encourages the child in all of us to come out and play. Let your imagination run wild!

My personal favourite is the *360 Ride on Mad Tea Party in Disneyland*. Who knew I could get so dizzy and feel so en-

gaged in the ride while sitting in my living room in Meekatharra.

With over 100 videos you will never be bored again. But the best part about it.. You can keep on reliving your experiences over and over again and immerse yourself in all that is Disney!

After you have created new memories at Disney World head over to Disney+, Disney's online streaming service, to watch all the classics and new Disney movies. Disney+ offers other networks too including National Geographic, Pixar, Marvel, and Star Wars.

On the next page, there is information about the Marvel Cinematic Universe, mainly how to watch the MCU to get the most out of the franchise.

From Iron Man to Guardians of the Galaxy, all the movies were made to watch to get the most out of the plots. If you have a spare 50ish hours, make some popcorn and enjoy the superhero masterpiece that is the Marvel Cinematic Universe.



gaged in the ride while sitting in my living room in Meekatharra.

All your favourite characters are there; Mickey Mouse, Winnie the Pooh, Storm Troopers, Hagrid and many more.. Whichever Disney movie you adore chances are that there will be something to see and do which experience Virtual Disney World.

Don't have Disney+ but have Netflix, no problem! On the next page is a list of movies from the past year that have topped the Netflix viewing charts. These range from romantic comedies to action-packed films that will create hours upon hours of entertainment during our time of social distancing.



Disney + PIXAR + MARVEL + STAR WARS + NATIONAL GEOGRAPHIC

NETFLIX

Harry Potter at Home

All Harry Potter fans now have new, exciting activities to keep them entertained. J.K.Rowling has introduced a new website for all things Harry Potter including quizzes to test your knowledge and more original writings by the famous author which further explain the popular series.

When logging in you will create a Wizarding Passport, take a short quiz to determine your house (calling all fellow Ravenclaws), let a wand choose you and find out what your person Patronus is. This creates a more realistic Hogwarts experience.

This website will create hours of fun and just perhaps it might give a better insight to the movies and books including information about Harry's sassiest moments to let you relive his most funny moments. To start your Hogwarts journey put on your cape, get some butter beer and go onto www.harrypotterathome.com.



BINGE WORTHY TV SERIES

Stan

The Office

Friends

Scrubs

Parks and
Recreation

Community

30 Rock

Will and
Grace

The Nanny



Netflix

The Good
Place

The Big Bang
Theory

Arrested
Development

Unbreakable
Kimmy
Schmidt

Grace and
Frankie

The IT Crowd



HOME CONCERT WITH ALL YOUR FAVOURITE STARS

Many celebrities have teamed together to put together a concert for everyone to enjoy from their homes around the world. Featured artists include Sam Smith, Demi Lovato, Billie Eilish, Lady Gaga, Lizzo, Backstreet Boys and many more performing from their living rooms. This concert aims to raise money and awareness for those fighting COVID-19. You can enjoy this concert by searching *Elton John Hosts The iHeart Living Room Concert for America presented by FOX #StayHome #WithMe* on YouTube. Although this live concert aired on the 30th of March 2020 it is still up and ready for you to enjoy. This is a unique, raw and emotional concert and is perfect to feel connected to others while enjoying all the hits who love.

This concert highlights major work happening to fight this

virus. This is a USA based concert, but we can still enjoy the music and learn more about how the world is coming together to support those in need.

Many other artists are doing online concerts for you to enjoy

too. Check out their social media for details and video links:

- John Legend
- Coldplay
- Indigo Girls
- P!nk
- Charlie Puth
- Shawn Mendes
- Matt Nathanson



Zoey's Extraordinary Playlist

As a new Stan subscriber, (yes, I am very late to the party) I have been blown away by the amount of choices of TV shows.

My new favourite is Zoey's Extraordinary Playlist. This show follows a young woman who had an MRI go wrong and can now hear peoples heart songs. These songs are randomly performed to Zoey when people around her experience intense feelings that they feel should not be expressed. She has had her best friend express his love, co-workers express their contempt for her, her brother details his marriage problems and many more intimate feelings performed to her.

Zoey and her neighbour go through this experience together. The neighbour wants to understand and learn more about her abilities. They discover that Zoey will continue to hear the songs until she helps the person deal with their emotions and find a solution to their problems. This comedy, musical show is an amazing piece of comedy that also challenges the viewer. The viewer is confronted with the knowledge that they will never understand what is going through someone else's mind and therefore we must seek to understand more about the people that surround us. I

highly recommend catching up on the episodes already available, new episodes are aired weekly.





Happy watching!



TOP 2020 NETFLIX MOVIES

To All the Boys: P.S. I Still Love You
 Uncorked
 Horse Girl
 All the Bright Places
 Lost Girls
 Al Fall from Grace
 Spenser Confidential
 Ghost Stories
 Guilty
 The Occupant
 The Last Thing He Wanted
 Tigertail (coming April 10)
 The Willoughbys (coming April 22)

TEN THINGS TO DO AT HOME

1.  Read a book
2.  Watch an old movie
3.  Call a friend
4.  Complete a jigsaw puzzle
5.  Start spring cleaning
6.  Have a picnic in your backyard
7.  Start a veggie garden
8.  Play board games
9.  Bake or cook delicious food
10.  Start a home exercise routine

FREE ONLINE STREAMING

KANOPY

WWW.KANOPY.COM

ALL YOU NEED IS A LIBRARY CARD

9 NOW (CHANNEL 9)

WWW.9NOW.COM.AU

7 PLUS (CHANNEL 7)

WWW.7PLUS.COM.AU

10 PLAY (CHANNEL 10)

WWW.10PLAY.COM.AU

ABC IVIEW

WWW.IVIEW.ABC.NET.AU

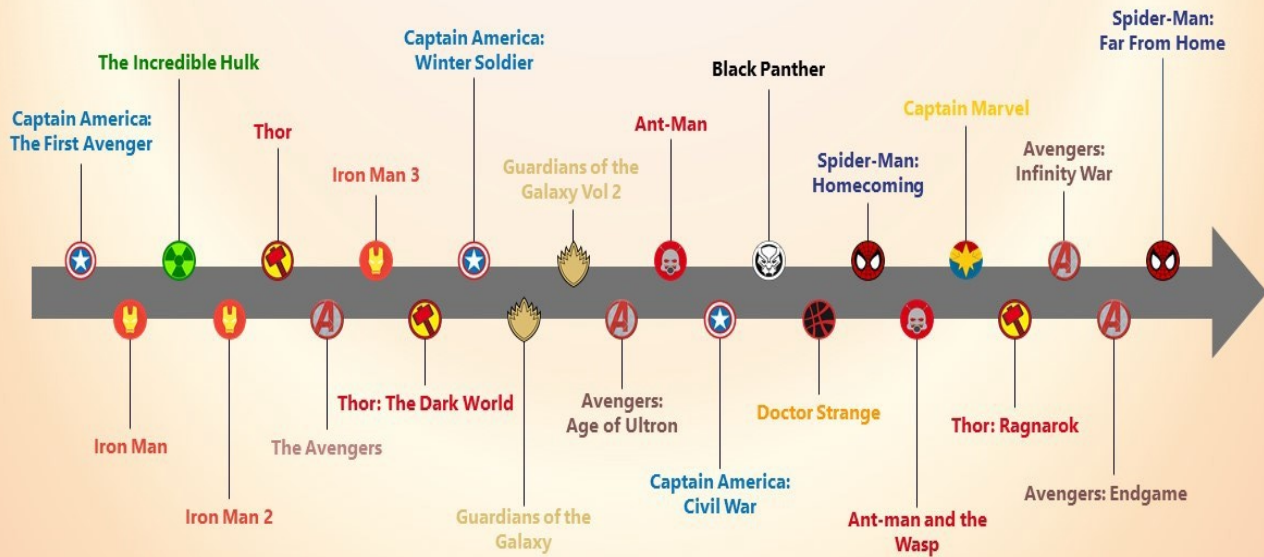
TOP RATED IMDB MOVIES

1. The Shawshank Redemption (1994)
2. The Godfather (1972)
3. The Godfather: Part 2 (1974)
4. The Dark Knight (2008)
5. 12 Angry Men (1957)
6. Schindler's List (1993)
7. The Lord of the Rings: The Return of the King (2003)
8. Pulp Fiction (1994)
9. The Good, the Bad, and the Ugly (1966)
10. The Lord of the Rings: The Fellowship of the Ring (2001)
11. Fight Club (1999)
12. Forrest Gump (1994)
13. Inception (2010)
14. Star Wars: Episode V - The Empire Strikes Back (1980)
15. The Lord of the Rings: The Two Towers (2002)
16. The Matrix (1999)
17. Goodfellas (1990)
18. One Flew Over the Cuckoo's Nest (1975)
19. Seven Samurai (1954)
20. Se7en (1995)



Timeline: How to Watch the Movies

Made with Office Timeline



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

Celebrating Women in Literature in 2020

Each year women from Australia submit their literature works to *The Stella Prize* in the hope to win \$50,000 to continue their writing careers.

This year's winner will be announced on April 14 at 8pm (AEST) via thestellaprize.com.au, although this will look significantly different than past years.

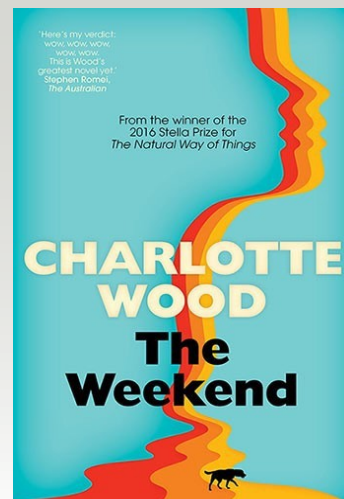
To listen to *The Stella Prize* go to *The Book Show* or *The Bookshelf* podcasts.

Here are the shortlisted books; which are the most well written books by women of 2020.

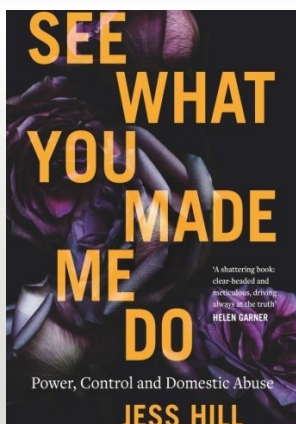
Blurbs taken from abc.net.au

THE WEEKEND—CHARLOTTE WOOD

Charlotte Wood won the 2016 Stella prize for her novel *The Natural Way of Things*. Her latest novel is about the lives of women in their 70s. 'Just before Christmas, three women who are lifelong friends — Jude, Wendy and Adele — congregate at their dear friend Sylvie's holiday house (somewhere on the NSW coast) where they have the cheerless task of clearing it out after her death. Over the course of the weekend, the women question their relationship with each other in the absence of Sylvie — who, they discover, bound them together. There are awkward, challenging and cringe-worthy moments, with Wood expertly winding a thread of tension around the women as they negotiate the new dynamic.'



SEE WHAT YOU MADE ME DO—JESS HILL



'Words matter: at the beginning of this book, journalist Jess Hill sets out her terms of engagement. It's not right, she argues, to use the word "domestic violence" when "domestic abuse" is more precise. More all-encompassing. It includes control, surveillance, fear, as well as physical violence. It includes the stuff that might be denied, talked down, not taken seriously. Because while this is a book that documents examples of intimate and family abuse, uses stories of real people — gives voice and witness, in other words — it also aims to make a bigger argument about the systems that support this abuse, and to look towards some sort of possible change. Which means this is a collection of shocking testimony, as well as quiet moments of connection across a table or a cup of tea, as women tell each other stories. It's also full of moments of reflection from perpetrators as well.'

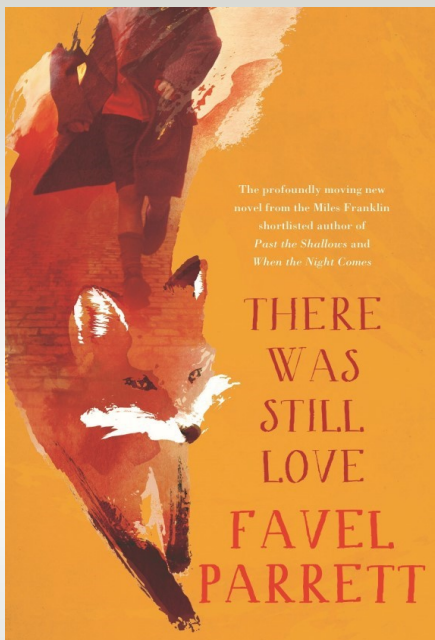
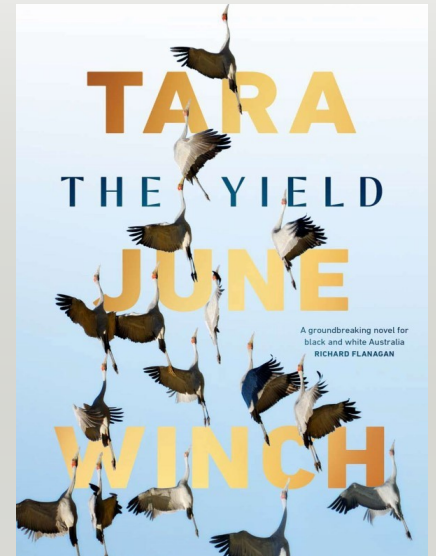
HERE UNTIL AUGUST—JOSEPHINE ROWE

In the first short story in this impressive collection, a small child is carried across the river on her brother's shoulders. In the next, a woman's body is carried, haphazardly, out of a block of flats. Danger, melancholy and water infuse *Here Until August*, a selection of ten short stories written by Josephine Rowe over several years. In *Here Until August*, she demonstrates her skill with the short-story form, creating fully-formed and deeply intriguing characters in a handful of carefully chosen words. We meet a French woman afraid to leave her new American apartment, watching terrorist videos on loop; a man rowing a boat out over a sunken town to remember his dead mother; and a newlywed same-sex couple fresh from an argument over who should carry their future child.



THE YIELD—TARA JUNE WINCH

'Her grandfather, Poppy Albert, is dead and so August has come home to walk the streets of Massacre Plains, where locals will see her and know she "must be a Goondiwindi girl". But she's not back from the other side of the world to see them, she's there to see her grandmother Elsie, to think about her missing sister Jedda, to feel the slap of heat on her skin again. Every step August takes is filled with history: the ancient stories of Ngurambang, where Albert was born; stories embedded in a landscape that features place names like Poisoned Waterhole Creek; and the precarious ownership of Prosperous House, where Elsie still lives. It had been a mission, and now a mining company wants to claim it. This is a delicate and thoughtful read, connected to the sharpest of stories.'

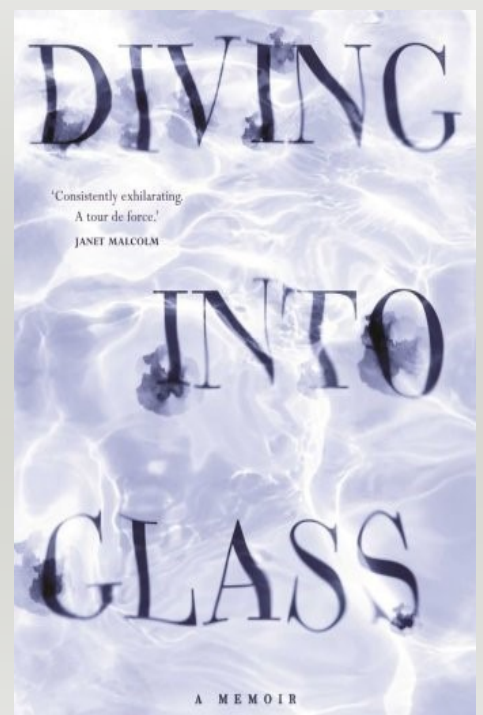


THERE WAS STILL LOVE—FAVEL PARRETT

'Parrett imagines the lives of these sisters separated by oceans and politics, and how this exile shaped them. The reader experiences much of this story through the prism of their grandchildren: Ludek in Prague and Mala Liska, or Little Fox, in Melbourne. The children must piece together the silences of their grandparents, because "No one ever talked about before ... Photos of before were hidden away in the back of cupboards. Stories of before were never told. Before had been forgotten, blacked out." The story journeys across time and space from 1938 to 1968 to 1980 and back again. A lot of what happens takes place in the confined apartments of the two grandmothers in Melbourne and Prague, but the impact of the 1938 Munich Agreement, Hitler's annexation of part of Czechoslovakia, and the Iron Curtain of the Soviet Union, reverberate through the dreamy narrative. A novel about home, love and grandmothers is a book you can hold close to your heart.'

DIVING IN TO GLASS—CARO LLEWELLYN

Caro Llewellyn's memoir is a story of bodies. It begins and ends with the shock of changes to her own body, and what it means to live with Multiple Sclerosis, but it is also profoundly shaped by her experience growing up with a father who was almost entirely paralysed as a result of polio. He is a vibrant presence on the page: a charismatic man who met and married Llewellyn's mother after his paralysis, who raised a family, who told stories, was full of ideas and schemes and charm. It is also the story of changing family dynamics, estrangements, reconciliations, dramas, relationships, love, poetry, feminism, travel: a life, in other words. But Caro Llewellyn's professional life has also been intimately tied up with the recent story of literature in Australia. She worked in publishing and was the director of the Sydney Writers Festival, before moving to New York for the PEN World Voices festival. So this is also a memoir of writers as personalities, as friends, and occasionally (and intriguingly, given they're not necessarily named) as lovers. This is a complex and often surprising memoir, of an unusual and very well-drawn childhood.



Online Activities to Keep You Entertained (and Active)

ZOOS

The Smithsonian National Zoo and Conservation Biology Institute and Zoos Victoria have created live streams of some of your favourite animals for you to enjoy! Follow the links below to learn how each animal lives in their habitat and appreciate the beauty of nature.

Smithsonian's National Zoo and Conservation Biology Institute

<https://nationalzoo.si.edu/webcams>

Zoos Victoria

<https://www.zoo.org.au/animal-house>

Monterey Bay Aquarium

<https://www.youtube.com/watch?v=selooitd85w>



ARTS/CULTURE

Museums are now available in the comfort of your own home. Below is a list of some places where you can view the stunning art work and architecture of the most famous places and pieces of works in the world.

Melbourne Museum

museums.victoria.com.au/melbournemuseum/at-home/

Google Arts & Culture

artsandculture.google.com/project/art-camera?hl=en

Vatican Museum

museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html



MUSIC

Ever imagined having a concert in your home? Now you can do just that. With the links below you can watch amazing artists while still maintaining social distancing expectations. The artists are varied so you are bound to find something you enjoy.

Virtual Music Events Directory

<https://docs.google.com/document/d/11wWL7I4BG76t0V2kw1a4yleWxUSfGwMQFYdU-WAgSnA/mobilebasic?usp=google&link=h.mykj6s9aiy9>

Social Distancing Festival

<https://www.socialdistancingfestival.com/>

Billboard Concerts

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

Eurovision

<https://eurovision.tv/story/eurovision-home-concerts-on-youtube>

Hit92.9 Live Stream Radio—

<https://www.hit.com.au/perth/listen-live>



HEALTH/FITNESS

There are many online free health and fitness workshops for you to join in on and keep up your mental and physical health.

Chris Hemsworth's Centre (HIIT, Strength, Boxing, Yoga)

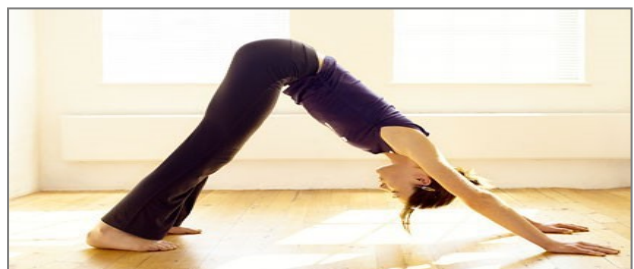
<https://centr.com/join-us>

Annie Belcher's Yoga Classes

<https://www.anniebelcher.com.au/audio-classes>

Sam Wood's Personal Training

<https://www.facebook.com/samwood28/>



At Home DIY's



All Purpose Cleaner

This all purpose cleaner is a 2 in 1 deal, clean your surfaces and make the place smell amazing. Mix all the ingredients listed below in a spray bottle and leave for a week to fully infuse. This cleaner will take care of all your needs from kitchen benches to the walls. If you do not have Rosemary sprigs maybe you could follow Garden Gal's advice and grow some of your own!

- One part white vinegar
- One part water
- Lemon rind
- Rosemary sprigs

Meal Planner



Following Meeka Goes Green advice on meal planning you can make a meal planner to keep you on track with limiting food waste. If you have a left over frame from the photo wall use this to create a reusable planner. Replace the picture inside with a piece of colourful paper that sections the frame into the days of week. Using a white board marker write the meals for the week. Once a week change the meals for the next week. This is a pretty and easy way to get your food organised.



Decorate a Mug

Any mugs at home that need some improvement? Draw a design onto the mug with a permanent marker then bake the mug for 30 minutes at 180C. Write some positive quotes, draw a fun picture, the possibilities of the new design are endless and they will always be unique.



Photo Wall

If you have photos lying around that you want to display but don't know how, make a photo wall. Anything goes with photo walls. Mismatched, odd frames work well, they make the space more interesting to look at. Find a wall you want to decorate, plan out where you want each frame. Tip, use paper to trace the frame and stick the paper to the wall for easy changes. Once you have decided on the position of each frame stick them to the wall. Stand back and admire your memories and hard work.

Baking Powder Air Freshener

Buying air fresheners can be expensive and it can sometimes be hard to find the right scent for you. Using this method all those issues melt away. Mix 1/2 cup of baking powder with 8-12 drops of essential oils together in a mason jar will make heavenly scents just right for you. Put a piece of fabric over the top to ensure it doesn't spill but the scent can still make your rooms smell incredibly lovely.



Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



Staying Safe and Healthy

Meekatharra Pharmacy are dedicated to staying open throughout the Covid-19 pandemic and we will be here for your medication and health services in town. We exercise our excellent cleaning skills down here each day, with hope to decrease the chances of spreading any germs around our town. Stay safe and look after each other. Here's a few tips from the pharmacy team below.

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

Annual Influenza Vaccinations

Our first shipment of flu vaccines should be arriving in store this April. Annual vaccination is the most important measure to prevent influenza and its complications and we urge everyone to get vaccinated this year (unless contraindicated) 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.

Bookings will be essential, as stock will be limited. We ask that everyone who would like to be vaccinated through our service place their name on our waiting list and we will give you a call when one becomes available.

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



Insect Repellent and creams

Webster Pack

Self-care in isolation

With limited hair-dressers open and other beauty services closed, we are supplying a range of products to get you through. Hair clippers, hair dye, shampoos & conditioners, waxing products & self-tanning are all available at the pharmacy. We also stock all your essential cleaning products, toothpastes, eye care, ear care and first aid. There is limited supply of some items and we are taking special orders if you would like to go on a waiting list.

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



Later

TIPS FOR WORKING FROM HOME

1



SET **CLEAR** WORKING HOURS
+ STICK TO THEM!

2



TURN ON **VIDEO** DURING CALLS

3



MAKE TIME FOR **SOCIAL** CHATS
WITH CO-WORKERS

4



GO **OUTDOORS** FOR FRESH AIR

5



HAVE A DEDICATED **WORK** SPACE

6



TAKE **BREAKS** FROM SCREEN TIME

7



TURN OFF NOTIFICATIONS
OUTSIDE OF WORKING HOURS

WWW.LATER.COM/BLOG

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

Gratitude Journal

MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (big or small!).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

1.
I'm learning:
2.
I'm learning:
3.
I'm learning:

PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

Sage Grayson
LIFE EDITOR
sagegrayson.com

★ FIGHT *the* BITE ★



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

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



Government of Western Australia
Department of Health

AED Access for Meeka Residents

On the 10th of March the St John Volunteers presented the Meekatharra Police Station with an Automated External Defibrillator (AED). AED's are placed in 6 locations over Meekatharra for residents to use in case of any emergency.



St John Ambulance is promoting the availability of Community (AED) for the use in life-threatening Cardiac Arrests (Heart Attacks). The chain of survival which can assist in saving life is:

- ★ Early Recognition of an emergency and Call for Help
- ★ Early CPR
- ★ Early Defibrillation (AED)
- ★ Post Resuscitation Care (Hospital)

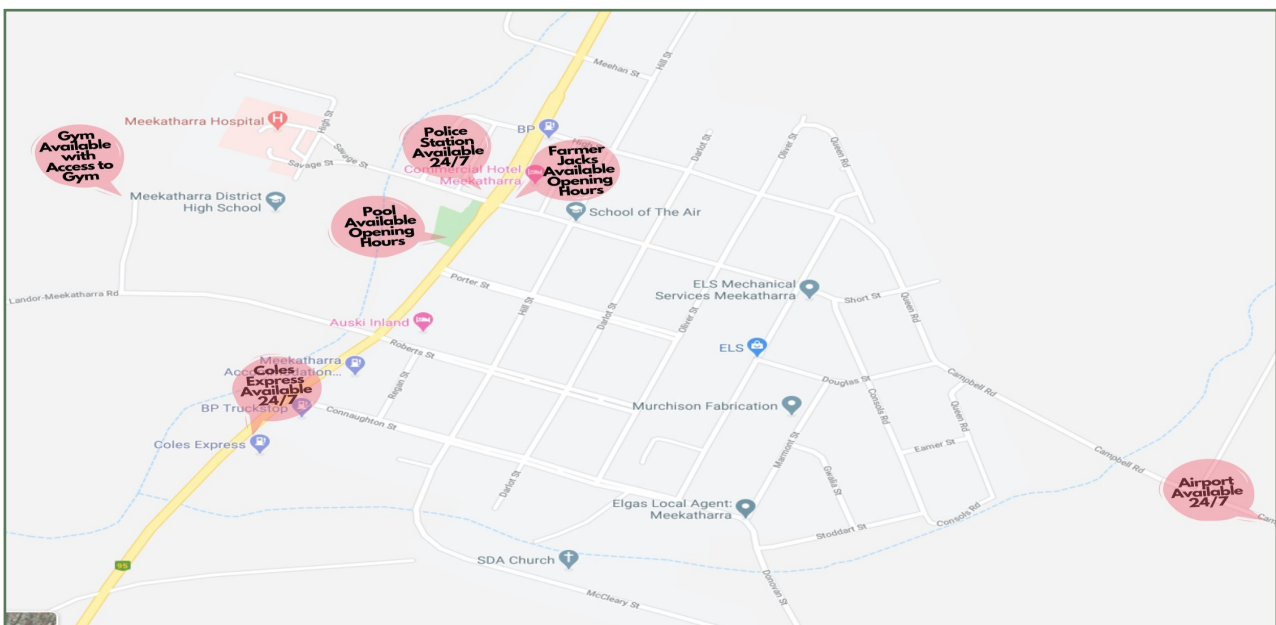
Location of AED's in Meekatharra:

- ★ Meekatharra Police Station – Available 24hrs
- ★ Meekatharra Airport – Available 24hrs
- ★ Coles Express Service Station – Available 24hrs

- ★ Meekatharra Swimming Pool – Available Opening Hours
- ★ Farmer Jacks – Available Opening Hours
- ★ Meekatharra Gym – Available with Access to Gym Facility

The St John Ambulance Meekatharra Sub Centre in collaboration with WA Police, Meekatharra station, has installed an AED device in a secure cabinet near the main entrance to the Police station for access 24hrs a day by members of the community in the event of a cardiac emergency. Members of the community can access the AED by contacting "000" and asking for "AMBULANCE". St John Ambulance will then advise the nearest location of a community AED device and will advise how to access the cabinet.

The Meekatharra St John Ambulance Sub Centre is operated by a small but dedicated group of volunteers supporting our community.





Community First Responder

The St John Ambulance Community First Responder System means help is always at hand.

The Community First Responder System creates a direct link between St John Ambulance WA, local communities and businesses, enabling individuals to help cardiac arrest victims straight away – when it matters most.

Sudden cardiac arrest can strike anywhere, anytime. It is one of the leading causes of death across Australia – more people die from cardiac arrest annually than from road accidents.

But it doesn't have to be a death sentence. Research has shown that the first few minutes after a cardiac

arrest are the most crucial in determining whether the patient lives or dies.

With the St John Community First Responder System, local people on the ground can help save the lives of victims of sudden cardiac arrest in the vital minutes before paramedics arrive.



How It Works

1. Someone suffers a sudden cardiac arrest.

2. Bystanders call 000.

3. Ambulance dispatched by State Operations Centre.

4. Nearest First Responder contacted and deployed.

5. CPR and automated external defibrillator applied by the First Responder.

6. Ambulance arrives and Paramedics take over care of patient.

In the event of a sudden cardiac arrest, time to defibrillation is the most important determinant of survival. Defibrillation within 5 minutes increases chance of survival by 80%.

What It Does

- ▶ Keeps you safe in the knowledge that people in your community or organisation can be there to help in case of a sudden cardiac arrest.
- ▶ Aligns your local area with other Community First Responder Systems put in place around WA.
- ▶ Community Representatives and organisations receive immediate notification of a cardiac arrest and the pending arrival of an ambulance.
- ▶ Forms a direct communication link between your local area and St John Ambulance.
- ▶ Builds community resilience.
- ▶ Offers professional first aid training and ongoing support from St John Ambulance experts.
- ▶ Provides peace of mind to employers in the event of sudden cardiac arrest.

To sign up for the Community First Responder System, contact a St John First Responder representative:

(08) 9334 1222

209 Great Eastern Highway, Belmont 6104.

iPhone App for First Responders

The St John Ambulance Resuscitate iPhone app provides an easily accessible source of information when it matters most. Along with ready access to the DRSABCD action plan, Resuscitate makes it easier to find community access defibrillators using the built-in Google Maps function.

It also provides a step by step video to guide users through the operation of a defibrillator in an emergency situation. The app is available from the iTunes store.





Australian Government

OFFICIAL HEALTH UPDATE

Coronavirus: **Stay informed with the** **Coronavirus app.**

Available on Apple and
Google app stores.



Coronavirus

australia.gov.au

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:



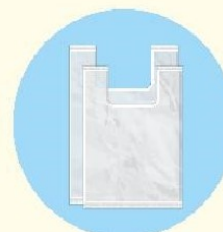
Disposable gloves



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

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Meekatharra

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Dinner: 6pm – 8pm

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and
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Fax: 99811021

Email: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au



MEAL PLANNING

Such crazy times we're currently in.

We're not going to write about what's currently going on (as that's changing daily anyway) or how to wash your hands properly (hopefully by now we've all got that down pat) but about a skill that is very useful and important during this time and can also benefit you further down the track:

How to make sure you have good meals at hand for several days without having to go to the shop every day. Meal planning.

This is very important when, just for example, a health pandemic hits and you're supposed to limit your exposure to the outside world and go to the shop only once a week. Or when due to the pandemic the shop was to close. (Crazy utopian ideas, right?) Or in non-apocalyptic times it is handy when you live out bush and can't travel into town every day, or when you're not a people-lover and don't want to spend half a day yacking to everyone in every supermarket aisle.

How to meal plan:

1. Take stock of what you have. Check your pantry, fridge, freezer, garden. What needs to be eaten soon before it goes off? What do you have heaps of? Write it down.
2. Check what's on for the next week/fortnight. Who are you cooking for, how many people are in the house? Are there any events (haha, funny)?
3. What do you like to eat? Are there any dietary requirements in your family? No point planning meals you don't actually like or your family is allergic to.
4. Look for recipes that use up those ingredients expiring soon. Build your meals around them.
5. Plan more elaborate meals for those days when you have extra time for cooking, and quick and simple ones when you know you're going to be flat out with other stuff. Plan meals that can be eaten for a couple of days or can turn into lunch the following day.
6. Plan your shop, taking into account when the fresh food gets delivered to town. Planning a nice salad? Make that on a day when the veggies have just come in.
7. Write shopping lists based on your recipes.

Go to the shop. Remember to take your list (learnt from past experience here). Get everything you need. If you can't get a certain ingredient substitute it with something similar. Stick to your shopping list, don't buy unnecessary stuff, this is kind on your wallet.

There are some great apps and websites:

- Supercook – you can enter ingredients you have into a virtual pantry and it will find recipes you can make with what you have
- Allrecipes – similar: pick main ingredients and go from there
- FoodCombo – same principle
- Foodwise.com.au – similar + information on sustainable food in Australia

Why is this important? Not only are you limiting your trips to the shop and therefore reduce the risk of spreading or picking up nasty viruses, but you're also making do with what you already have at home thereby reducing food waste.

Why is it a good idea to reduce food waste?

- Chucking food out just because we didn't eat it is basically chucking our money into the bin
- Food waste in the bin goes to our rubbish tip where it gets buried and goes putrid. During putrefaction it releases methane, a very potent greenhouse gas. Remember this whole climate change issue? Yeah, methane doesn't help.

If we chuck food into our bin it gets smelly and is more likely to be pushed over by stray dogs which find the odour oh-so-irresistible. Picking up the mess the next morning is no fun.

Bonus tip: use your leftover bones and veggie scraps to make stock. Not only is bone broth super healthy but it's also a great way of getting another use out of the food and yummy stocks add great flavour to other dishes. Jump online for recipes and instructions on how to make stock and broths. Plus if you happen to get a flu (not like anything's going around at the moment), what's better than a good chicken soup to make you feel better? (Not official health advice). (Ring the Doctor if you get sick). (And wash your hands. Please.)

And of course look into composting, keeping chickens or worm farming to deal with your food scraps. It's a great way to turn your leftovers into eggs or provide fertility for a veggie garden.

Also, please note our Upcycling Workshops are cancelled for the time being until this whole pandemic is over.

Do you know of great apps or websites? Are you a king or queen when it comes to Meal Planning and can share your knowledge? 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 (if we're still open).

Meal Planner

Shopping List:

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

Sunday

Monday

Tuesday

Wednesday

Thursday

Sat/Sun

www.Creative-Calendars.com

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Government of Western Australia
 Department of Health

Spring Cleaning

Now that we all have plenty of time in our houses cleaning and organising might be at the top of our priority list. The hardest part of organising and cleaning is finding a place to start. Since Marie Kondo popularised the KonMari in her 2011 book *The Life-Changing Magic of Tidying Up*, many others have followed suit and started publishing advice to set your house up perfectly. These methods concentrate on functionality and finding joy in your space.

One of the main parts of the KonMari method is only keeping items that spark joy. This does not mean throwing out your washing machine because it doesn't bring you joy, something's are essentials we need to keep. But de-cluttering the knick-knacks, clothes and other various items we store in our houses. For example, does that big wall clock that your best friends second cousin's mother in law gave you give you joy? No? Then donate it, your trash might be someone else treasure or if you are feeling creative you might be able to turn it into something you adore rather than keeping in the back of the cupboard taking up precious space.

After you have spent time de-cluttering and only keeping essentials and things that bring you joy the next step is to find a home for eve-rything. This part requires organisation



and functionality to create systems that work for you and those living in your house. Marie Kondo expresses that items should be organised by category not by location. Meaning that Manchester (towels, sheets, etc.) should be kept together, all the cleaning products and so on. This creates a sense of fluidity and discourages always running the house trying to find different items, if there is a central location this saves time and the panic when you think something has been lost.

The KonMari method works off this method to set your- self up for success:

- Commit yourself to tidying up.
- Imagine your ideal lifestyle.

- Finish discarding first. Before getting rid of items, sincerely thank each item for serving its purpose.
- Tidy by category, not location.
- Follow the right order.
- Ask yourself if it sparks joy.



Marie Kondo suggests you start with these five categories first:

- Clothes
- Books
- Papers
- Miscellaneous Items
- Sentimental Items

This all may sound daunting especially if you intend to give your whole house a clean, Marie suggests dedicating a whole weekend to tidying up, this is so that you can concentrate on it fully and, hopefully, this should create a sense of fluidity amongst your items."

If this still seems full-on and that it might take longer than a weekend here are a few tips to organise your kitchen to get you started:

1. Use these tips to complete tidying the rest of your house.
2. Clean your kitchen. Scrub those benches, make that oven sparkle. Having a clean space to work in will create less distraction and you will be able to focus on the de-cluttering.
3. Have boxes to help you. Label the boxes; donate, trash/ recycle, sell. Putting items into the boxes ensures that those items do not go back into your cupboard.



4. Put all the items on the floor. This will help lay every-

thing out for you to see. This includes food items too. You never know what has been lost in the back of the pantry.

5. Start going one by one through the items to see if they spark joy. If they do, keep them. If they don't decide if you want to donate it, recycle it or sell it.

6. Clean the cupboards, wipe them down, get rid of any residue in the back corners.

7. Organise the kitchen. You should have fewer items than when you started so this should be less daunting. Start with those items that can only have one place such as large items (large pots). Make a designation place for each category of items (all plates together, all bowls together).

8. Be creative. When trying to make things fit in the kitchen be creative. Stack bowls in bowls, use as much of the vertical space as you can. Try to store small items in containers to keep order. Maybe putting the spices in a shoe-box to keep them together. Try to use what you already have at home to create order in the cupboards.



Is your kitchen already looking great? Well let's help you organise your closet.

1. Take everything out of your closet and put into categories (pants, tops, dresses).
2. Have boxes/bags ready to organise the items. Have a box or bag ready for those items you want to donate, sell or throw away.

• Hold each item, one by one, be present during this time and ask yourself 'does this bring me joy'. If it does, put it in the keep pile. If it doesn't put it in one of the discard boxes/bags. Make your way through each category making sure you finish the category before moving onto the next. This will help you see exactly how many black t-shirts you have and help you decide how many you need. Do you still have that one shirt with a hole in back you swore you were going to fix four years ago? Throw it out. De-clutter the items you no longer need.

1. Once you have decided which items to keep you will need to start organising them efficiently. Hang up items that need to be hung up. But, hang them up in categories and if you are feeling extra organised sort them into colours. E.g.. Put all the blue tops together. You can even try to make this a rainbow in your closet.

2. All the items that need to be put into drawers need to be folded and stores in such a way they can be easily located. Create sections in your drawers using pieces of cardboard to section them off if needed. Put all the socks in one place (in their pairs), all your P.J.'s and so on.



Follow this method to see how Marie Kondo folds her clothes:

1. Fold one side of the garment across the centre
2. Fold the opposite side the same way, creating a rectangle.
3. Fold the rectangle in half lengthwise.
4. Fold this in half or thirds.
5. Stand up right.
6. With these tips I know that you can tidy and de-clutter your house to create the space of your dreams.

Just
SPRINKLES

FOLDING PRINCIPLES



- 1 Fold one side of the garment across the center
- 2 Fold the opposite side the same way, creating a rectangle
- 3 Fold the rectangle in half lengthwise
- 4 Fold this in half or in thirds
- 5 Stand it upright





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COVID-19 SYMPTOMS

LOOK AFTER YOURSELF
& YOUR COMMUNITY



CALL YOUR LOCAL
HEALTH CLINIC IF
YOU'VE GOT SYMPTOMS

SORE THROAT

IS YOUR
THROAT
HURTING?



FATIGUE

ARE YOU
FEELING
MORE
TIRED?



COUGH

ARE YOU
COUGHING?



ARE YOU HAVING
A HARD TIME
BREATHING?

HARD TO BREATHE



FEVER

ARE YOU
BURNING UP
OR FEELING
HOT & COLD?



DRAWN BY
@WILLBESSEN

St Johns Update

In March 2020, Meekatharra welcomed the first ever permanent and residential Community Paramedic, just in time for the Pandemic. Is that irony?

This edition we meet Michelle and hear a little about what brings her to Meekatharra. Its worth noting that the role of the Community Paramedic is principally for training and co-ordination. Our community is still heavily reliant on volunteers to provide our emergency care.

The Superheroes who go capeless among us.

Welcome Michelle.....

For the first time, St John WA have appointed a full time Community Paramedic to be based residentially in Meekatharra. My name is Michelle and I am happy to be living here in Meeka as well as servicing the surrounding towns – Sandstone, Mt Magnet, Yalgoo & Cue. I am a qualified, career paramedic with experience in the city but have been working in country ambulance for several years now and love the bush lifestyle, as well as working with your outstanding volunteers. You will see me getting around town in my dual cab ambulance vehicle and when community events start happening again later in the year, I look forward to meeting you all out and about.

Having a Paramedic based in Meeka is relatively new - recently the role has been filled by relief staff, based through-

out the Midwest region. Since moving in early March, I have hit the ground running to ensure that your local ambulance service is well equipped to weather any storm that may be coming. I will be writing here in the Dust on a regular basis to keep you up to date with any news or exciting happenings in the ambulance world.

As you might expect, it's all engines go on the COVID-19 front in the ambulance service. This might mean that you will start seeing our volunteers wearing much more protective equipment when they turn out to calls – don't be alarmed, this is to keep you safe and keep our volunteers safe in an uncertain time with rapidly changing advice from our health professionals. We will always put the protection of our volunteers and our vital regional communities first. We are committing lots of time and resource into training across all the Sub-Centre's in my patch now to be prepared the worst but hoping for the best. You can help your local volunteers by following advice from the government about social distancing, self-isolating if you need to and practicing good hygiene.

We are always looking for new volunteers and now even more than ever. Meekatharra Ambulance is actively recruiting for new members. We are all here to help each other in this time, so if you would like to learn more or think you could help, please get in touch:

Email: cp.midwesteast@stjohnwa.com.au

Phone: 0437 681 562

Many thanks, Michelle Fyfe.



HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

- ☐ Picking up shopping ☐ Posting mail
- ☐ A friendly phone call ☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#ViralKindness

Keeping the Kids Entertained at Home

DIY Parkour Course

Do the kids have energy? Do they want to release their inner Ninja Warrior? How about building a at home obstacle course for? The course can include whatever items are at home, not need to buy anything. Perhaps use a chair to crawl through. Or use couch cushions to jump between? Throw socks into a washing basket? Anything goes when you make your own obstacle course!



Make a Robot

Any spare boxes around? Use them to create a robot! Cut out room for arms, legs, eyes, mouth and your set to start decorating your robot. Draw some robot eyes, think about what sort of body a robot has. Do you have a favourite robot? Try to make a copy of them. Once your robot is complete try to walk around like a robot and complete tasks such as eating lunch, cleaning your room or walk around the backyard!



Paper Mache

If you are feeling crafty make an animal out of Paper Mache! Maybe a sheep, or a dog, or a fish. Rip up newspaper into strips. Blow up a balloon. Make some glue using water and flour to make a paste. Cover the balloon with the newspaper dipped in glue until it is fully covered. Once it is completely dry add more parts to make whatever animal you want. Add a tail, ears, legs, paws, head and face for a dog. Be creative!



Make Playdough

Use this recipe to make some play dough:

- ★ 2 cups plain flour (all purpose)
- ★ 2 tablespoons vegetable oil (baby oil and coco - nut oil work too)
- ★ 1/2 cup salt.
- ★ 2 tablespoons cream of tartar.
- ★ 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- ★ gel food colouring (optional)

How many shapes can you make? Can you play Pictionary? Guess what the person is trying to make with their play



Make a Kite

Use sticks to create a 't' then tie a rubbish bag to it to create the kite shape. Use string to tie to the end. For some extra flair add some streamers, stickers, any- thing to make it unique!



Outdoor Movie Night

Nice weather? Watch to watch the latest movie on Netflix? Why not create an outdoor cinema in your own backyard? All you need to do is to move the TV outside, bring out the inflatable mattress or beanbag, blankets, pillows and snacks!



Pasta Jewellery

If you love fabulous jewellery with little cost then make your own only using penne pasta and string! Thread the string through the pasta to the desired length and tie the two ends of the string together. Using markers decorate the pasta to create the amazing look!



Make Paper Planes

Make different types of paper plans, instructions online, to see which one flies the furthest. Does the classic style or the most modern fly the best? Are there any good tips and tricks to making a plane fly better? Once you have found out which one flies the best. Make a target and see which plan is the most accurate.



Go Bowling

Make your own bowling set and try to get the highest score! Find ten empty bottles, they can be the same size or different sizes. Decorate them however you like and put a little bit of sand in the bottom to make it harder to knockdown. Try to put the same amount of sand in each bottle. Set up the bottles as pictured below in a triangle formation. Stand at least a metre back and roll a small ball or a pair of socks bundled up towards the bottles. You can get three turns to see how many you can knock-down. Each pin you knock over is one point. Keep a tally to help you keep track of your score.

Create a competition between whoever lives at your house. There will be ten rounds, whoever, gets the highest score wins!



Easter Activities

Easter Egg Hunt

Egg and Spoon Race

Make an Egg Basket

Make Your Own Easter Eggs

Plant Flowers

Draw an Easter Bunny

Handprint Lillies



Materials:

- Pink or white printer paper or construction paper
- 6 " Green pipe cleaner
- 6 " Yellow pipe cleaner
- Pencil
- Tape
- Scissors

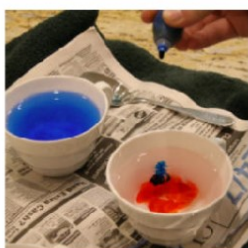
Trace the outline of your **01** hand onto a piece of paper. Cut out the handprint. Use an eraser to carefully erase any pencil marks that are on the paper hand shape after you cut it.

02 Curl the bottom of the hand shape into a cone, leaving a very small hole at the tip of the cone, just large enough to fit a pipe cleaner through. The pipe cleaner needs to be snug, so make sure the hole is small. Use a small piece of tape to hold it together.

03 Use a round pencil, pencil crayon, or marker to curl each one of the fingers of the handprint outwards. Bend the yellow pipe cleaner in half. Make a small "J" shaped hook on the end of the green pipe cleaner and loop it over the bend in the yellow pipe cleaner. Pinch the "J" shape in the green pipe cleaner so it tightly holds the yellow pipe cleaner.

04 Bend one side of the yellow pipe cleaner in half again, leaving the other side straight. Then take the longer end of the yellow pipe cleaner and wrap it tightly around the shorter bent sides of the yellow pipe cleaner. Keep wrapping tightly until you reach the end of the yellow pipe cleaner.

05 Take the pipe cleaner stem and poke it through the middle of the hand print flower, pulling it all the way through so the green stem is below the flower and the yellow part is in the middle of the flower. Repeat all of these steps to make a small bouquet, then tie it together with a ribbon.



Food Colouring Dyed Easter Eggs

Materials:

- hard boiled egg(s)
- vinegar (plain white)
- small bowls, cups or empty margarine containers
 - water
- food colour drops

Instructions:

- fill containers about 1/2 to 2/3 full of water. Don't full TOO full or when you put the eggs in it will overflow.
- Add 1 tsp of vinegar (for every 1 cup - ish of water. We don't need absolute measurements here, but if you're using a gallon ice cream pail you'll need more vinegar than if you're using a teacup).
- Add drops of food colour until you're happy with the hue. (I usually get happy with the hue and then add 2 more drops... I find that tends to make the eggs the colour I was originally happy with).
- Put hard boiled eggs in the cups (I use a Tbsp to put them in and take them out).
- Let dry. Wipe with vegetable oil (with paper towel or a rag) to make a glossier egg.

NOTE: I always cover my work surface with newspaper so the dye doesn't get on my kitchen table. If it does get on furniture, wipe it off with a rag immediately.

This goes for the store bought packages too.

Paper Roll Bunnies

Materials:

- coloured card
- stock solid colours
- polka dot scrapbook paper
- white pom
- pom/cotton ball
- googly eyes (15mm wide)
- raffia/black gel pencil/crafter's tape
- invisible tape
- scissors

Step 1:

You'll need to cut out 4 pieces from the solid coloured paper: 1 rectangle, about 6" wide x 4.5" tall 1 circle, about 2" across and 2 half circle paws, about 1" across.

Step 2:

Next, you'll need to cut out 3 shapes from the polka dotted scrapbook paper: 2 ear shapes, about 3" tall and 1 nose, about 5/8" across.

Step 3:

Figure out where the nose is going to go (roughly in the middle of the bigger circle), then draw a small mouth using a black gel pen. Then add three lines along the flat edge of the paw pieces.

Step 4:

Find the straightest and skinniest pieces of raffia and cut 6 strips to be 4 inches long each. If you don't have any skinny pieces, cut them to length, add a small snip in the end, and tear them into skinny strips.

Step 5:

Line up the raffia whiskers. Cut a small piece of tape and wrap it around the middle of the whiskers to hold them together.

Step 6:

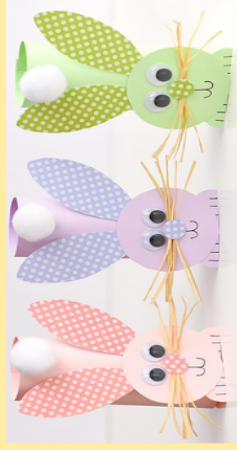
Use crafter's tape to attach the raffia to the back of the polka dot nose, and then to the middle of the large circle. Then attach the googly eyes, again using crafter's tape. Attach the ears and the paws to the back of the bunny's face using crafter's tape.

Step 7:

Roll the paper rectangle into a tube shape. You want it to be roughly the same size as a toilet paper roll. Make sure to add tape to both sides of the paper roll so it sticks well..

Step 8:

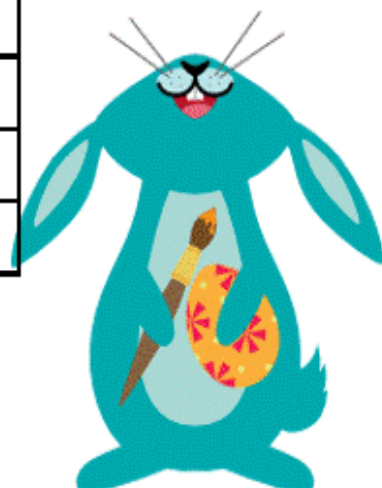
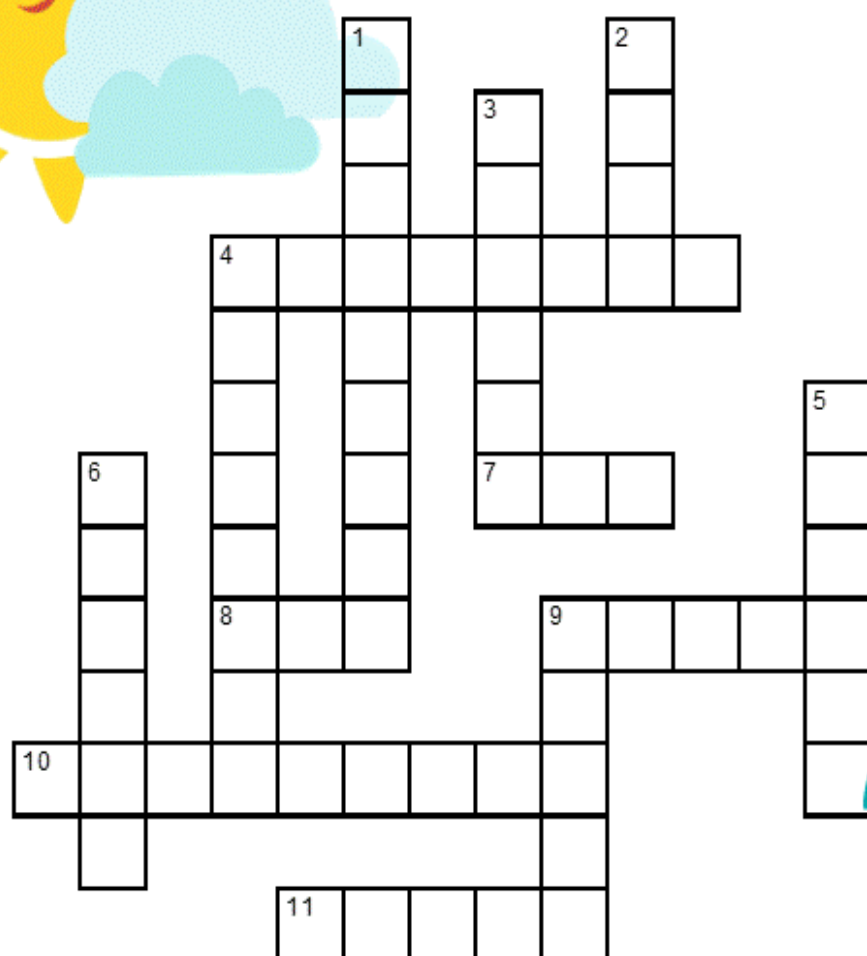
Add a long strip of crafter's tape straight down the back of the middle of the face, then press it onto the bottom of the paper roll. Then add about a 1/2" strip of crafter's tape at the top, middle of the paper roll and press on the white pom. You're paper roll bunny is complete!







Easter Crossword



ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache



B

I

N

G

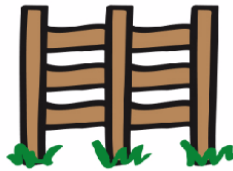
O



HILL



SPRINKLER



FENCE



SMALL LEAVES



STICK



BIRD



LEAF



WHITE FLOWER



FLY



ROCK



GRASS



LEAVES ON STICK

FREE



BALL



ANT



CLOUD



FLOWER POT



BUTTERFLY



YELLOW FLOWER



SUN



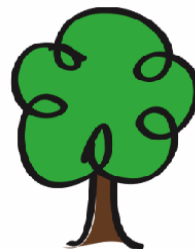
LADYBUG



BUSH



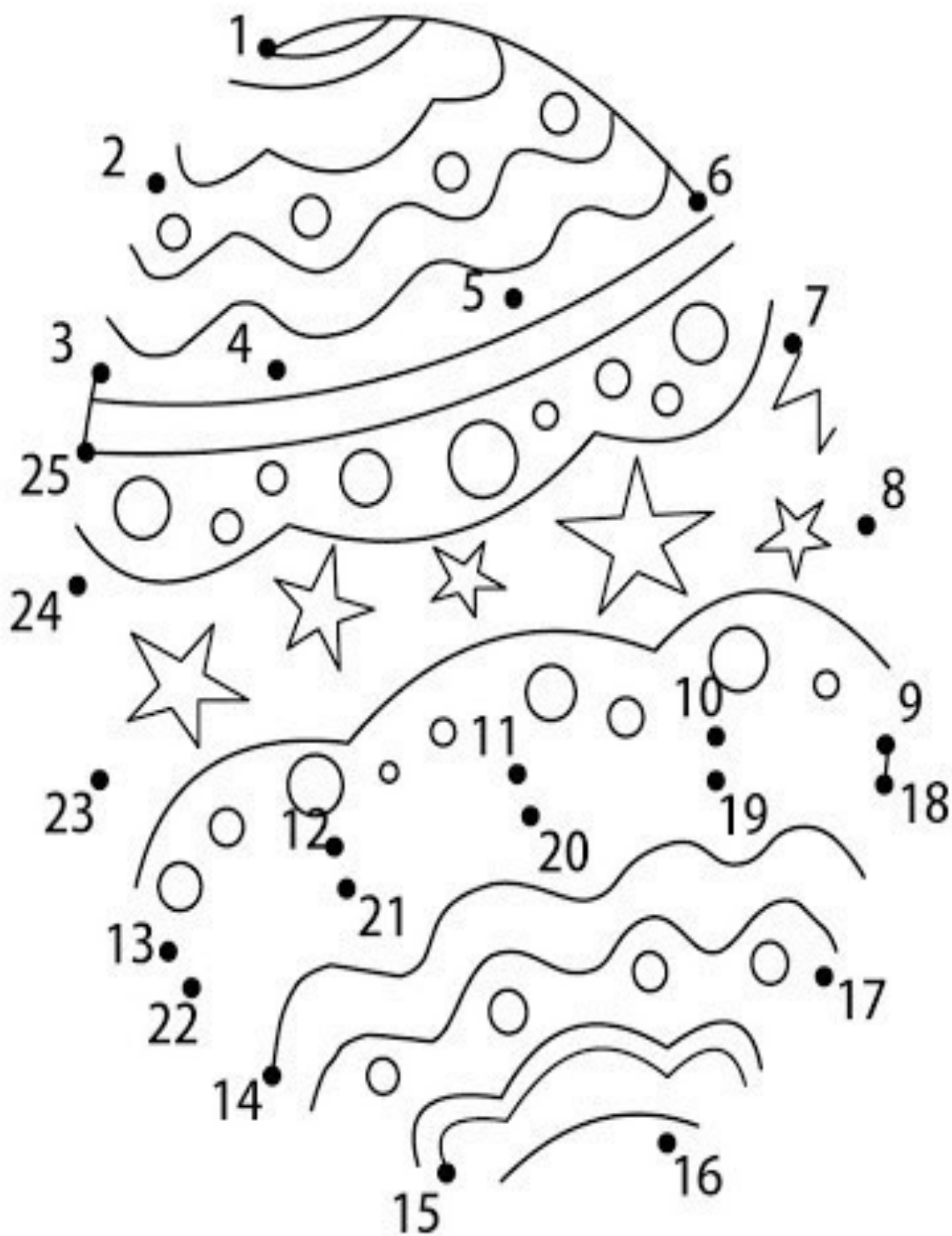
PINK FLOWER



TREE



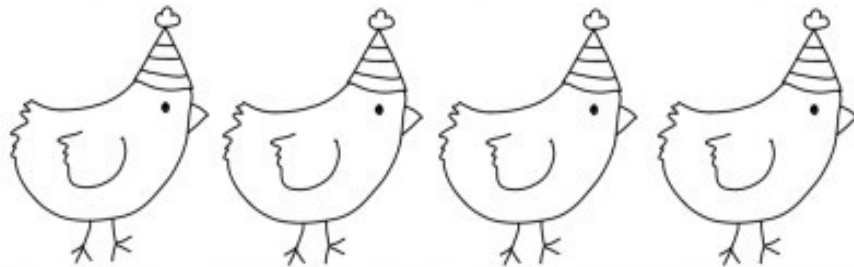
DIRT



Easter Count and Colour

Count and colour the number of Easter objects shown in the boxes.

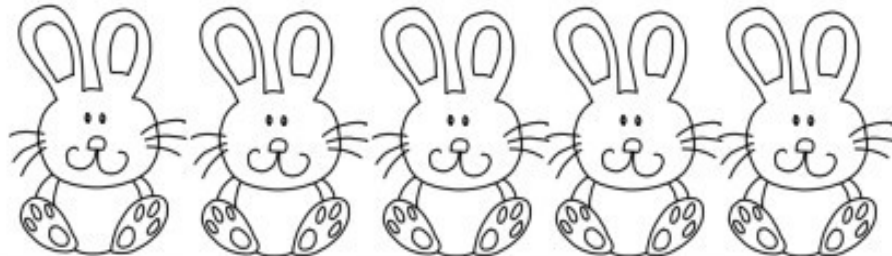
Colour 3
Chicks



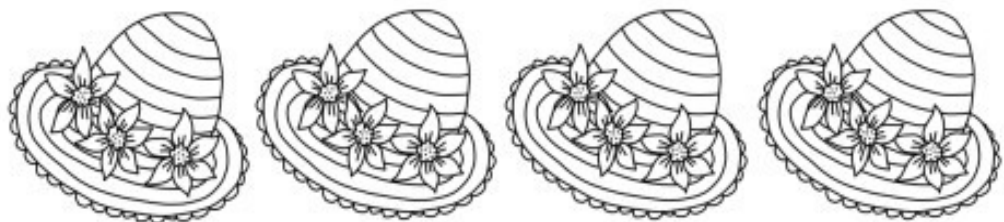
Colour 5
Eggs



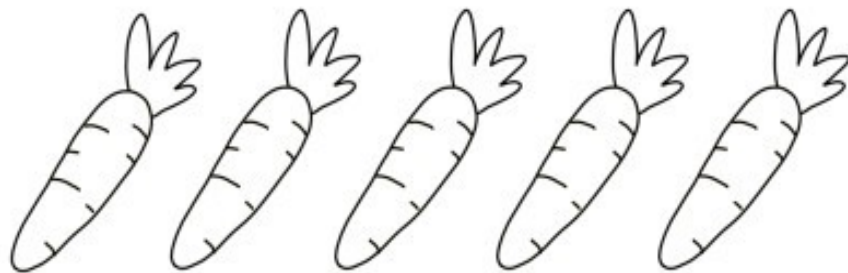
Colour 4
Bunnies

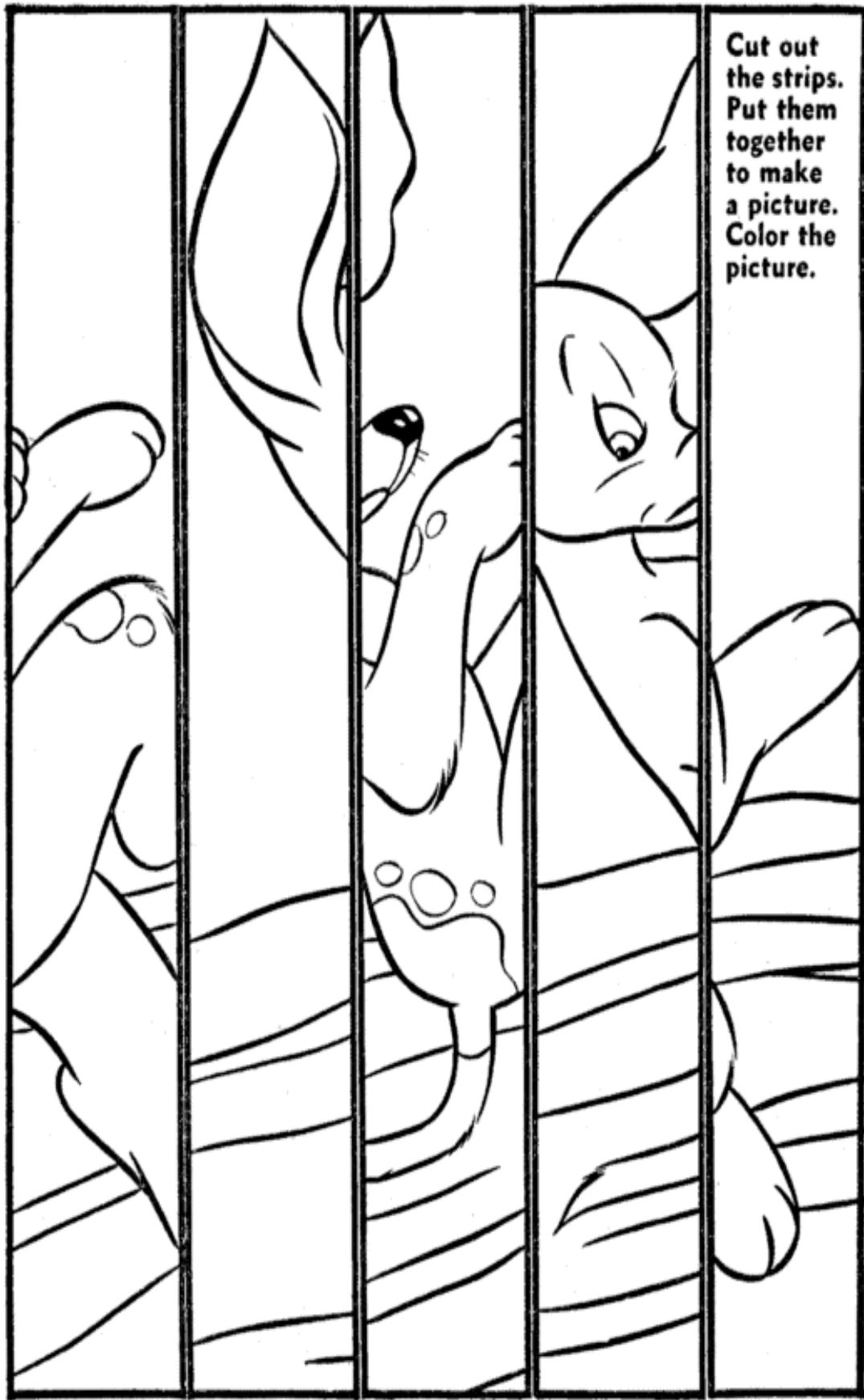


Colour 2
Hats



Colour 1
Carrot

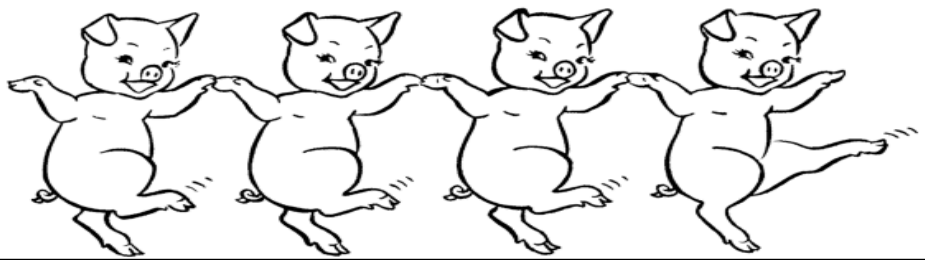
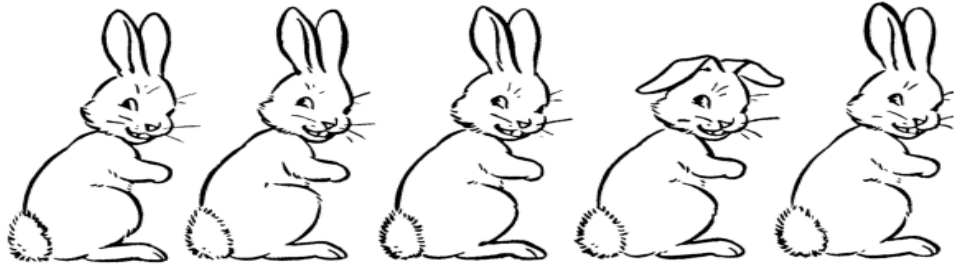




What Happened to Mr. Dog?

RaisingOurKids.com

FIND THE DIFFERENT ONE.
Put a blue dot under the one that is different.



RaisingOurKids.com

30 Day LEGO Building Challenge

Build a Roller Coaster 1	Build A Town 2	BUILD A ROCKET SHIP 3	Build the world's tallest tower 4	Build An Airplane 5	BUILD THE PERFECT PIZZA 6
Build a Robot 7	Build a Boat That Floats 8	BUILD A CASTLE 9	Build a horse 10	BUILD A MAZE 11	Build a Picture Frame 12
Build A Train 13	Build A Venus Fly Trap 14	Build a Unicorn 15	Build a Pirate Ship 16	Build A Scene From Your Favorite Book 17	Build An Ice Cream Truck 18
BUILD A DOG HOUSE 19	Build A Flying Saucer 20	BUILD A SPORTS ARENA 21	Build A Water Park 22	Build A Shark 23	Build a Bridge 24
BUILD A TREE HOUSE 25	Build Your Name With Bricks 26	Build A Dragon 27	Build A Historical Scene 28	Build A Monster 29	Build an instrument 30

Easter Word Search

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

Basket

Bonnet

Bunny

Candy

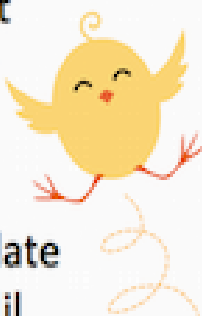
Chicks

Chocolate

Daffodil

Decorate

Ducks



Dye

Easter

Egg Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

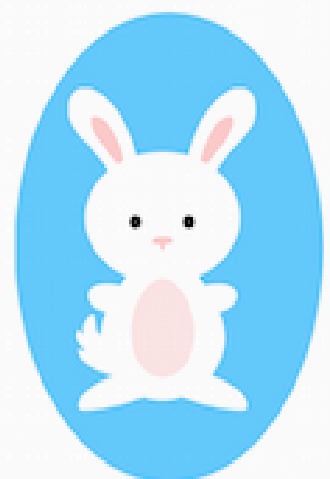
Rabbit

Spring

Sunday

Tradition

Tulips





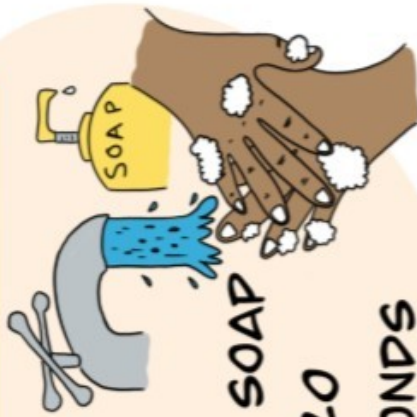
AHCWA
Aboriginal Health Council
of Western Australia

COVID-19 PREVENTION

LOOK AFTER YOURSELF
& YOUR COMMUNITY



WASH YOUR
HANDS



WITH SOAP
FOR 20
SECONDS

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



DRAWN BY
@WILLBESSEN

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WWW.FACEBOOK.COM.COM/AHCWA/

Poems to Ponder

A Time To Believe

B.J. Morbitzer

*To believe is to know that every day is a new beginning.
Is to trust that miracles happen, and dreams really do come true.
To believe is to see angels dancing among the clouds, to know the wonder of a stardust sky
and the wisdom of the man in the moon.
To believe is to know the value of a nurturing heart. The innocence of a child's eyes and the beauty of an
aging hand, for it is through their teachings we learn to love.
To believe is to find the strength and courage that lies within us. When it's time to pick up
the pieces and begin again.
To believe is to know we are not alone. That life is a gift and this is our time to cherish it.
To believe is to know that wonderful surprises are just waiting to happen. And all our hopes and
dreams are within reach.
If only we believe.*

DON'T QUIT EDGAR A. GUEST

WHEN THINGS GO WRONG, AS THEY SOMETIMES WILL,
WHEN THE ROAD YOU'RE TRUDGING SEEMS ALL UPHILL,
WHEN THE FUNDS ARE LOW BUT THE DEBTS ARE HIGH,
AND YOU WANT TO SMILE BUT YOU HAVE TO SIGH,
WHEN CARE IS PRESSING YOU DOWN A BIT...
REST IF YOU MUST, BUT DON'T YOU QUIT!

LIFE IS QUEER WITH ITS TWISTS AND TURNS,
AS EVERY ONE OF US SOMETIMES LEARNS,
AND MANY FAILURES TURN ABOUT
WHEN WE MIGHT HAVE WON HAD WE STUCK IT OUT.
DON'T GIVE UP THOUGH THE PACE SEEMS SLOW...
YOU MAY SUCCEED WITH ANOTHER BLOW.

OFTEN THE STRUGGLER HAS GIVEN UP
WHEN HE MIGHT HAVE CAPTURED THE VICTOR'S CUP;
AND HE LEARNED TOO LATE WHEN THE NIGHT CAME DOWN,
HOW CLOSE HE WAS TO THE GOLDEN CROWN.

SUCCESS IS FAILURE TURNED INSIDE OUT...
AND YOU CAN NEVER TELL HOW CLOSE YOU ARE
IT MAY BE NEAR WHEN IT SEEMS SO FAR.
SO STICK TO THE FIGHT WHEN YOU'RE HARDEST HIT
IT'S WHEN THINGS SEEM WORST THAT YOU MUST NOT QUIT.

The Meekatharra Seventh
Day Adventist Church
(McCleary Street) invites
you to join us in a weekly
service for all ages from
10am Saturday mornings



Extraordinary Outback Experience

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at the World's
Biggest Rock

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M E E K A T H A R R A



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Catering for your special function? Email us for a quote on book-
ings@meekatharraaccomodation.com.au

or call on 99811253

BE RESPONSIBLE



Please ensure that whilst exercising your dog that you pick up any waste and dispose of in the bins provided.

FREE Waste Bags are now available from the Shire Office.

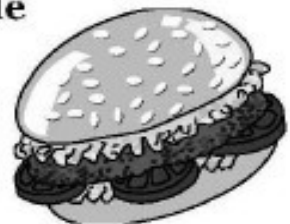
Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

Ph: 9981 1151



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HOW TO DRINK ENOUGH WATER

- SET A DAILY GOAL
- LISTEN TO YOUR BODY - DRINK WHEN YOU ARE THIRSTY
- KEEP A REUSABLE DRINK BOTTLE WITH YOU
- SET REMINDERS - ON YOUR PHONE OR ON STICKY NOTES
- REPLACE OTHER DRINKS WITH WATER
- DRINK WATER BEFORE EACH MEAL
- FLAVOUR YOUR WATER – ADD FRUIT SUCH AS LEMON, LIME AND STRAWBERRY OR WATER FLAVOURING TEA BAGS
- DRINK A GLASS OF WATER AFTER YOU WAKE UP AND BEFORE BED
- USE A STRAW
- ALWAYS REFILL YOUR EMPTY BOTTLE



Farmer Jack's

MEEKATHARRA

FOODWORKS

Supermarket



Opening Hours

Mon, Tues, Wed, & Fri	8am—6pm
Thursday	8am—7pm
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..



FARMER JACK'S ELECTRICAL

(inside Thrifty Link Meekatharra)

Stocks.....

Fridges & Freezers,
Washing Machines & Dryers,
TV's & DVD Players,
Small Appliances.



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an AWB company



tools to help **YOU**
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Farmer Jack's Foodworks Meekatharra
22 Main Street, Meekatharra 08 99811088



Farmer Jack's

ELECTRICAL

MEEKATHARRA

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- **REFRIGERATORS /FREEZERS**
- **DRYERS**
- **TV'S, DVDS**
- **APPLIANCES**



**Farmer Jack's Foodworks Meekatharra
22 Main Street, Meekatharra 08 99811088**

IMPORTANT DATES

April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
6 Storytime Colouring Comp Starts Radiologist	7 Storytime	8 Storytime	9 Storytime Colouring Comp Finishes	10 Good Friday Public Holiday 	11 	12
13 Easter Monday Public Holiday 	14 Storytime Dentist— Extractions only	15 Storytime Dentist— Extractions only	16 Storytime Dentist— Extractions only	17 Storytime Dentist— Extractions only	18	19
20 Storytime	21 Storytime	22 Storytime	23 Storytime	24 Storytime	25 ANZAC Day 	26
27 ANZAC Day Public Holiday	28 Storytime Tidman Optical Optometrist 6444 7980	29 Storytime	30 Storytime	1	2	3