

AUGUST 2020 | ISSUE NO.328

COST \$2.50





Photos Continued on page 18.



Calling for Submissions

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

"The Meekatharra Dust" is a non-profit community newspaper.

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

PO Box 129, Meekatharra WA 6642

or drop them in at the Shire office.

Alternatively, you can email us at:

cdo@meekashire.wa.gov.au

Council Dates

Dates for Ordinary Meeting of the								
Shire of Meekatharra for 2020 are -								
Meeting Date	Last Date for Items							
18 January	3rd							
15 February	31st							
21 March	6th							
18 April	3rd							
16 May	1st							
27 June	5th							
18 July	3rd							
15 August	31st							
19 September	4th							
17 October	2nd							
21 November	6th							
11 December	27th							

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

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The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Meekatharra. All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be the correct advice on any particular matter or subject referred to. No person should act on the basis of any matter, comment or advice upon the applicability to their particular circumstances. Accordingly ,no responsibility is accepted or taken by the Shire of Meekatharra, or the authors and editors of the Meekatharra Dust , for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained herein.





meekashire.wa.gov.au



A FRIENDLY REMINDER ABOUT DOG CONTROL

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

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

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

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

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

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

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

Further info, contact Tralee at the Shire -99800609



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

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Note from the Editor

July has been an exciting month! The Youth Services Team worked very hard over the school holidays putting on amazing activities for our kids and working with other organizations to create new experiences. The adults haven't been bored either with all the activities going on; quiz night, yoga, cricket, work out sessions and lovely weather to make being outside that much more fun.



We had the Trachoma team visit Meekatharra to make sure all the houses were up to scratch, ensuring that everyone has the tools they need keep the infection away. The main message is: Clean Faces, Strong Eyes! So make sure you wash your face and keep your eyes clean to prevent trachoma.

Last week we received our first box of Murchison GeoRegion Trail Guide which is the latest edition in the GeoRegion project going on in the Murchison, the CRC have limited stock so if you are keen to be a tourist in your own backyard make sure you grab one! More information on page 14.

Looking forward, planning is well underway for the upcoming Meekatharra Outback Festival held on the 26th and 27th of September. We have planned helicopter rides, a petting zoo, ice skating, fireworks, art exhibition, masquerade ball and many more fun, exciting activities to be held over the weekend. Make sure you mark this weekend in your calendar!

The Editor



The Shire of Meekatharra are calling for Registrations of Interest from any person or business to trade from the new Lloyds Building There are two retail/office options - 34 and 27 square meters respectively, available January 2020 For more details, or to register your interest Contact Tralee Cable at the Shire on 99800600

shire of meekatharra a golden prospect



Get to the Chopper! Outback Festival Features Fabulous Fun

Ice skating? Helicopter rides? Hobnobbing at an art show with cocktails and canapes? No, it's not a James Bond movie – it's the 2020 Meekatharra Outback Festival!

This year's event extravaganza takes place on Saturday the 26th and Sunday the 27th of September, with events, food and fun to suit all ages and tastes, culminating in the masquerade-themed Outback Ball on the Sunday night (hopefully without too many cases of Meekatharra Monday-itis the next morning).

There will be plenty of tempting tucker to tantalise the taste buds over both days. The Sideshow Alley, across from the Royal Mail, will have lots happening with great food vans and different entertainments each day. The fireworks display will take place on Saturday evening on the flats beyond the Sideshow Alley location.

Our well-loved old Indoor Cricket Centre in High Street will be transformed into an ice skating winter wonderland – we're already looking forward to the Tik Tok and Youtube posts!

And yes, you heard right – Coral Coast Helicopters will be here, offering chopper rides from \$60 per person for a wedgetail eagle's view of our town and landscape. The lovely and ever-patient camels will be back, and there may be some more furry and feathered mates coming along to say g'day.

This year's festival looks to be particularly fun and we're proud to be holding our inaugural art show which will feature some of Meeka's many artists on display – and a chance for a first-hand peek at the newly revamped Lloyd's Building.

Tickets for the Ball and for the Art Exhibition will go on sale from August 24th at the Shire office, and a full schedule with an events map will be out and about soon – there are more events and surprises in store, so while you're ironing the tux and polishing your bling, keep your eye out for news on the town noticeboards, the Shire website and The Meekatharra Dust Facebook page.

We are having a wonderfully busy visitor season, so book ahead for accommodation. Feel free to call the Shire on 9890 0600 or our Visitor Centre on 9980 1811 for more information about the festival and Meekatharra.



New highlights and old favourites – the 2020 Outback Festival weekend on September 26^{h} and 27^{h} will be an extravaganza of fun, local and visiting art on show, and even an ice skating experience!

Art in Our Heart

Meekatharra has a surprising number of talented artists of all ages in its midst, and we're looking forward to celebrating their talents as part of the Art Exhibition at the Lloyds Building in the heart of Main Street.

The former "Outback Centre" will also be hosting visiting art work as part of the show, launching the exhibit with a ticketed event on the Saturday of the festival weekend. Enjoy canapes and cocktails as you peruse works on sale and just for show, experiencing the marvellous range of talent on offer.

If you would like to enter your own work in the Exhibition, just get in touch with the Shire. All works need to be displayready one week before the event takes place.

African Toughs Take On Meeka

Locals and visitors alike have been commenting on the sad absence of plant life in our Main Street median strip. It's been a challenge for years as the Shire keeps looking for plants that can survive the gauntlet of wide-load haulage, searing summer sun and the many other ravages of outback conditions. But don't despair! Rigby has been busy digging welcoming root holes for the newly-arrived osteospermums.

They're also known as African daisies, and they LOVE our harsh conditions. The Shire's goal is to have them at their peak in time for the Outback Festival. Let's send them lots of plantgrowing good thoughts and hope that they'll be able to stand up to the truck traffic.





The olden days on the Goldfields Highway after rain – modern grading and constant upkeep by both the Meekatharra and Wiluna Shires have reduced most of the flood risk, but we still have a long way to go.

Geo-Tourism's the Go

The new Murchison Georegion launch is seeing locals and visitors grabbing guide books by the handful. Featuring attractions both familiar and new, the booklets – available at the Shire and at the CRC Visitor Centre – feature key sites throughout the Murchison region, including Mt. Yagahong just 40km from Meeka, to Barlangi Rock, Walga (Walganna) Rock, the Poona emerald mine and much more, all focussed on the unique geological features of our area, including sites where you can find traces of prehistoric life.

As one of the oldest landscapes in the world, we have lots to offer. Many sites have required local knowledge and keen map skills, but the new booklet offers useful location and historic information. Don't be surprised if you bump into a scientist or two – we're world famous for our ancient history, recorded by nature and humankind alike in the fossils, petroglyphs and rock art found across the region.

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).

On the Road to Somewhere

Another section of the Goldfields Highway between Meekatharra and Wiluna is about to be bitumenised under a million-dollar scheme linked to employing local workers from the Martu-ku Yiwarra Training Centre.

Meekatharra and other regional Shires continue to press for regional road enhancements for our increasingly busy dirt road links between Wiluna, the Gascoyne and Carnarvon. These proposed projects have the potential to provide much in the way of local employment and greater access to regional services, including shopping and medical care.

The need for improved road services has become even more evident during this year's record-breaking visitor season. With COVID-19 border restrictions still firmly in place, we have a flood of WA travellers exploring what their state has to offer. Top of the list: "What's the road like to Mount Augustus?". For many, going "off the bitumen" provokes anxiety. Us locals take it for granted, and provide reassurance along with the road condition updates and the all-important rules of outback travel: water, tyres, spare fuel, and tell someone where you're going and when you expect to get there.

The Shire works hard to keep up to date with road and track conditions and to ensure that works and signage are maintained. If you encounter any road conditions you think we should know about, do let us know. Otherwise, enjoy our outback tracks by taking it easy, appreciating the small details of blooming wildflowers, snoozing roos and the other minutiae of our rangelands environment.

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

"Meekatharra - A Golden Prospect"



COPS CORNER WITH

MITCH HOWARD

Hello to everyone. The Police Station has received a significant upgrade in CCTV and security. As well as the lock -up area our front counter and all our surrounds including a fair amount of the Main Street are cap-

tured on 39 cameras and held for 90 days. In addition, a police emergency telephone has been installed at the front of the police station. So if for whatever reason, you attend the station and it is unmanned you can place an emergency call through to police. It's whole system is quite state of the art and when Covid-19 restrictions ease I will be welcoming the community to come and see the set-up for themselves.

Our traffic car is currently being fitted with number plate recognition technology. What this means is that any cars within the vicinity of the traffic car will have their number plate read by the computer and cross referenced against the database. Any alerts or issues will be raised almost immediately for the attention of the officers in the vehicle. It will detect wanted persons linked to the vehicle, suspended drivers, stolen vehicles, warrants, unlicensed vehicles, vehicles of interest, vehicles with intelligence holdings etc. I have seen the technology and it is nothing short of impressive. Recent funding was approved for four country stations within the state to receive the technology and we were lucky enough to be chosen.

The cooler months continues to see a slight decrease in Police demand.

Police commenced a plan for July in line with the next \$750 stimulus payment to increase their patrols of licensed premises, alcohol points of sale and liquor restricted premises to limit the supply to those who are vulnerable within our community. I commend the community in this space which has seen a significant reduction in anti-social behaviour this month compared with previous months. Well done.

Youth offending at times is topical in Meekatharra. This month has seen a significant reduction in youth offending, so well done to everyone involved.

Remember to look after yourself, look after your family and look after those that are vulnerable within our community.

Stay safe.



Sideshow Alley Rides, Food & Fun for All Ages

Helicopter Rides from \$60 per person

plus

Art Exhibition Sat 26th \$25 per person includes food & entertainment cocktails \$ available TICKETS ON SALE FROM AUG 24th

The Outback Ball Sunday 27th \$30 per person Masquerade Theme includes food & live band alcohol \$ available TICKETS ON SALE FROM AUG 24th

Ice Skating
Camel Rides
Petting Zoo
Fireworks
Outdoor Movies

Local Art at the Lloyd's Building!

ecleatharra

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ea,

Contact: Shire of Meekatharra 08 9980 0600 www.meekashire.wa.gov.au Attwork Graphics *Madona Simpson, Beryl Walsh, Goria Whitehurst, Jim Gamble/Made In Meeka Used with Permission

meekatharra

HORIZON

POWER



REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER

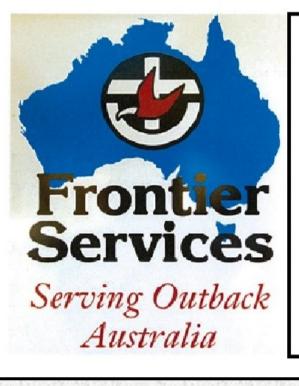
IMPROVE PERFORMANCE AND REDUCE ELECTRICITY COSTS BY CARRYING OUT PRE SUM MER MAINTENANCE – FOR ADVICE OR TO BOOK A SERVICE, CALL TODAY – PH: 9980 1212

> 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

CRC News

Meekatharra Community Resource Centre

Meeka Markets

The inaugural Meeka Markets in front of the Commercial Hotel last month was a monster success, with dozens of keen buyers and a fantastic range of local & regional products on offer. Any local can have a stall at no cost, just get in touch with us to register. Huge thank you to the Shire and Council for making it possible, and more thanks to the Commercial and Farmer Jacks for welcoming us at this prime location in Meeka's Main Street. The markets are held on the 2nd Saturday of each month, except for January and February.

Zooming Along

The Meekatharra CRC can now offer Zoom (visual internet) meetings - have a chat with family, hold a private meeting, engage in face-to-face training, health education, counselling - there's no limit to what you can do with Zoom. Affordable hourly rates, privacy. Come in to find out more.

Canvas Off the Roll

We have added double-primed canvas off the roll for all you talented Meeka artists - cut to any size you like, budget price. The roll is nearly 2 metres wide and any length you like. If you have any special requests for art & craft items, just let us know.

Welcome New Mates

We are thrilled to welcome several new Committee members to the team: Dr. Indi, Colin Jones and Wayne Dark, who bring a fantastic range of skills and community knowledge with them. Along with Committee members Peter Clare, Svenja Clare, Helen Clancy, Dr. Gitte Heij and Anna Johnson, the CRC is looking forward to an exciting year.

Lloyd's Move

It's coming at last! We anticipate moving into the refurbished Lloyd's building by October. Once we're settled in, we'll be offering some interesting activities in addition to our usual Department of Transport and office services. If you have ideas or suggestions for the CRC, we welcome your input.

More for Meeka

Our focus this year is on activities that directly benefit individuals, groups and businesses in the Shire of Meekatharra. Visitor promotion, training and small/solo business opportunities plus celebration of culture and history are among our goals. Whether you're permanent, new or just visiting, come and say g'day!



Department of **Transport**

August 2020

By Anna Johnson

Meeka

Your local connection

Markets

Second Saturday Each Month This Month: August 8th From 9:30 am In Meekatharra's Main Street In front of the Commercial Hotel

VISITOR CENTRE ART & GIFTS COMMUNITY RESOURCES DEPT TRANSPORT

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

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



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



Hello there Midwest Mob,

I hope this update finds you all well.

I am writing to you on a particularly warm Winter night. The days are slowly getting longer and the sunsets are still incredibly beautiful.

Our EON Garden has been going great guns these past few months with the help of reliable retic, cooler weather and the caring hands of our precious helpers, Geoff and Pam Mongoo. A little bit of love in the garden goes a long way! Thank you both so very much.

Our pumpkins have been pumping along nicely and we have a number of fruit that have set and are forming well We have had many discussions about pumpkin pollination so fingers crossed we can share some around very soon with you all! Does anyone else have problems with pollination out here?

On a personal note, these last few months for me have been very exciting as I branched out and purchased 10 acres of land near the ocean! I am hoping to grow plenty of veggies, fruit trees and as the water on the block is pretty salty from the bore, a bunch of local bush tucker too! I will be sure to keep you updated as things progress.

Buying the block has been making me think about how important reusing, upcycling and recycling household items can be! Not only for your own work-load and garden projects but also for the long term impacts we can have on the environment. Below are some examples:

Old fridges – the once glamourous and functional fridge that now finds a home in the far reaches of your garage has many a use past their chilly former functions! Worm farm, seed storage, book shelf (bit farfetched I know) but truly, if you put your mind to it there's so many uses beyond sending it to the tip. Worm farming in old fridges is a really nifty idea, the homing of the fridge is designed to keep things cool during summer. Be sure to research properly how to prepare them first before adding your worms (remove gas at back, ensure oxygen flow inside by removing the lining, add a tap at the bottom for accessing worm juice and of course correct homing for the worms).

GARDENS WITH SAL, THE GARDEN GAL



Anyone for raw chicken salad? Many a giggle was had over this! Note: all chicken was cooked once we noticed.

Egg cartons – the humble egg carton. The best use I know of is to reuse as a seed tray! Add some moisture rich soil, seeds and keep well-watered. Rather than removing the seedling when it grows you can simply plant the seed in the egg carton direct into the soil/ garden bed, the cardboard will eventually break down and the seed may thrive due to lack of disturbing its vulnerable root system.



A big old bumble posing for a pic



Nan Pam and Pop Geoff in the garden.

Newspapers/ cardboard – When we purchase something flash it often comes in a big old fancy box to boot. I try to keep a constant stock of boxes as they are so helpful in the garden! Adding to the bottom of new garden beds, paving pathways, areas in which you can add mulch over the top and keep weeds at bay! Newspapers can be neatly layered on top of a garden bed where you want reduced weed

growth also. Be sure to wet the paper at the same time otherwise it will be flying around the place. Add a nice thick layer of mulch over the top too.

Old jars – endless uses for these beauties; seed collecting, buttons, propagating new plants, chutneys, pebbles, sand. I'm always reluctant to throw out old jars- hoarding or future planning I'm not certain!

Composting – you can't really go wrong with a compost binscraps go in, soil comes out. Nothing flash required, just dedicate a spot in the garden, add some soil, manure if possible, fallen leaves, small branches (no bigger than a pencil thickness as rule of thumb), fresh grass clippings, add something on top like some old carpet or cardboard and give it a hose a few times a week, a turn over once a week and bam!- magic soil)

Now is the time to start preparing some of our spring crops, our southern friends might be holding off due to the winter weather but as the days get longer in the Midwest our time will be quickly approaching to plant in the garden.

Spring seeds to consider for this seasonal transition include tomatoes, zucchini, cucumber, eggplant, chillies, capsicums, watermelon, rockmelon, peas and beans- just to name a few.

Wishing you all happy gardening and happy times.

Until next time!

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

Can you spot the creatures hiding in our garden? Friend or foe?



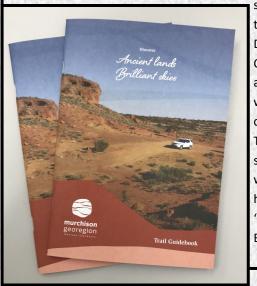
BABY ANNOUNCEMENT!

Big sisters Sophie and Lily Walley would like to announce the arrival of their new baby sister Jamesha Walley born on the 19th May 2020 at 3:39am she was proudly named after her very special uncle James Kevin Walley



GEOTOURISM IN MEEKA

Last week we were lucky enough to get some booklets so show off the Murchison region and all its history. The Murchison Georegion project has been in the works for many years



supported by the Mid West Development Commission and the 7 shires within the Murchison region. The aim is to show the world what this region has to offer, its 'Ancient Lands, Brilliant Skies'. In Meekatharra we have 4 of the attractions; Peace Gorge, Mount Yagahong, Barlangi Rock and Jacks Hills. In the guidebook which is available at the CRC and soon to be an app, there is some history behind each of the places and an explanation of their significance.

A GeoRegion is defined by having three components; Abiotic (non-living elements such as landscape), Biotic (living elements such as plants and animals) and Cultural (human elements, how humans shaped the landscape). The Murchison region is rich in all three elements of the GeoRegion which is why we are aiming to make this the first GeoRegion in WA.

Make sure you pop in a get a booklet so you can be a tourist in your own backyard and see new places within the region such as Walga Rock, The Granites, Wooleen Lake, Bilung Pool, London Bridge and many more 'local' attractions.

Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



Winter in Meeka

Come into store and say hi to our new pharmacist, Su, who is here to help with all your pharmacy needs!

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

Ear piercing at the Pharmacy

Would you or your children like to get their ears pierced? We have a qualified piercing technician at the Pharmacy Monday - Friday! With over 30 different ear-piercing studs to choose from, you are sure to find ones you like. Come on down and have a look

Only \$25.00 for the 1 ear and \$29.99 for 2 ears.

Combat Dry weather

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

A steam vaporizer lets off steam over several hours to humify the room, which helps combat excessive drynessrelieving coughs and dry scratchy throats, keeps nasal passages hydrated and helps you sleep more comfortably and breathe better. Ask you pharmacist about steam vaporizers next time you're at the Pharmacy.

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, je welry, gifts, baby items, hats, sunglasses, readers and cleaning products. We also provide professional services such as prescription handling, webster packing, free blood pressure checks, medschecks, vaccinations, ear piercing, Diabetes supplies and lots more. (P) 08 9980 1798



Webster Pack

Aromatherapy

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We stock a range or essential oils, special aromatherapy vaporizers and beautifully crafted oil burners at the pharmacy!

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 -1 pm

SCHOOL HOLIDAYS AT THE YOUTH CENTRE

The young people of Meekatharra had a blast these school holidays with so much to do but so little time. They had a special visit from the Fair Game team and competed in the Stephen Michael Foundations Sport Carnival in Cue.

The Fair Game team were up in Meekatharra from Perth visiting other towns in the region participating in the youth centres sport and recreation program. The kids enjoyed the games, food and getting to know the team! We hope they come back soon.

The sports carnival in Cue was a big success with our teams playing other young people from the surrounding towns. Thanks to Andrew, Margie and Tairi for organising for our town to participate and driving all the players down to Cue for the day. The Meekatharra kids played so well and won a few matches which is something to be very proud of. We all know that we love sport here and showed our skills which the youth centre team have been working on. Thanks to the Stephen Michael Foundation for putting on this awesome event for our community.

Apart from these amazing events the youth centre had a variety of activities for everyone to enjoy. The team helped the young people practise their skateboarding, basketball, footy and cricket skills. The young people also did

craft, cooking, movies nights and many more fun and exciting things.



FAIR GAME VISIT



The Fair Game team loved visiting Meekatharra and spending time at the youth centre playing basketball and footy and learning skateboard tricks from the kids. We spent some time talking about healthy foods, did some yoga cooked up a Mexican feast filled with lots of veggies! Thank you Meeka for welcoming us to town, we can't wait to come back soon!

- Lauren from Fair Game





STEPHEN MICHAEL FOUNDATION SPORT CARNIVAL



Photos from the Stephen Michael Foundations Facebook Page





SIMPLE PLEASURES

Last month during our Upcycling Workshop we were sitting around our table in our little outdoor area at the Recycling Centre, learning how to make macrame pot holders (thank you Elaine for teaching us!), having a laugh and enjoying the gloriously beautiful winter weather.



It was such a simple moment and yet it felt so great. A slight breeze, the soft sun dappling through the eucalyptus tree, the sense of accomplishment of learning a new skill and sharing a moment with friendly and like-minded people. It doesn't take much to feel holistically happy.

We humans often tend to think that we need that overseas holiday or that fancy new gadget or a cool, fast car to make us happy – they do indeed offer a short bleep of excitement hormones being released ("bleep" and "excitement hormones" being technical terms). But those surges of thrill and exhilaration wear off and then we're left wanting another surge and keep on spending and buying things.

Every moment of happiness is fleeting; it never lasts forever. Happier people probably just find and notice and thoroughly enjoy more of those little fleeting moments of joy.

Here are some small and simple pleasures that don't cost the earth (at least not like an overseas holiday or a piece of shiny new technology):

1. Our great Meeka winter noons. Sitting outside in the sunshine, enjoying a fresh, soft breeze on the skin, warmed by the gentle sunlight. No flies. No flies. I repeat again. No flies.

2. Putting feet into warm, dry socks or slippers or shoes.

3. Sitting around a fire with friends, staring into the dancing flames and the glowing embers. What is it about it that's just

so mesmerising?

4. Looking up into the night sky, counting ourselves lucky that we live in a town with little light pollution where you can see the milky way from your backyard. Consider how far away Saturn or how big Uranus is. (Sorry.) (They never get old).

5. When you're having a bad day because you've got pain somewhere: the moment when pain relief kicks in. Aaaahhh so good.



6. Waving or smiling at someone on the street. See if you can make someone crack up with a big, wide smile because you just smiled at them. It's infectious.

7. Lying down on grass and looking closely at the world below. Watching the ants that are climbing up and down this thick jungle of grass stalks. How do they orientate themselves? Do they wish they had machetes? What do they do when we water the lawn? Imagine yourself being an ant and exploring the jungle that is the grass. Are there tiger-like insect predators waiting to ambush you? Where do you find food? What if you stray off the ant-scented highway? Be an explorer.

8. That feeling when you've been working hard physically and you're bone tired but satisfied with what you've achieved. Take a shower, put on some clean clothes, have a feed and when you go to bed stretch out and loudly go "aaaahhh this is SO GOOD!"

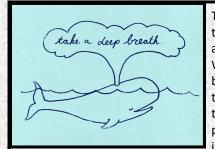
9. Fresh sheets. Oh the crispness and joy of fresh sheets.

10. That moment when you just had an idea and can't wait to get started. The energy, the excitement, the inspiration. Revel in it.

11. A hug from a loved one. Linger, enjoy, breathe in their scent, count yourself lucky to have that person in your life. This can be done with dogs too. Unless they just rolled in some dead kangaroo then maybe don't breathe in their scent.

12. The joy of growing something yourself. That first tomato or cucumber, or bean. Look at it closely, bite half of it and inspect the inside. What does it look and taste like? You made that! (Well not directly, but you helped.) How did that grow in your backyard? How can you just find food in your garden? That's amazing!





Taking a breath and listening to it on the way in and on the way out. Where does it go in your body? Isn't it amazing that there are these automatic air sacs that pump surrounding gases into our body, filter out

all the bad stuff, let the oxygen through the wall into our blood stream and then breathe the carbon dioxide back out? What does it do with all the nitrogen in the air? And the dust? And the smell particles – do they just stick in the nose or do they also go in the lung? And we don't even think about it, it just happens. What little things in your every day do you do that give you joy? What's the weirdest thing you've pondered? Is there something surprisingly small that you look forward to?

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.

Photos retrieved from:

]https://unsplash.com/photos/1j18807_ul0

https://www.growveg.com.au/guides/10-things-i-wish-id-knownbefore-starting-a-vegetable-garden/

https://www.facebook.com/MeekaGoesGreen/photos/ a.426112597491144/2462838287151888/?type=3&theater

https://www.hackster.io/drawntodigital/deep-breath-eb74e6



CRC MARKETS

The CRC Markets were a massive success, there was everything from fudge to candles, artwork to second-hand bits and pieces. It truly showed the amount of talent we have here in Meekatharra. The markets were a great place to show off the DIY skills people have and to yarn with people in town who you may have never met. The vibe of the markets was cheerful and positive even though it was a very wintery morning. Make sure you come along this month on the 8th of August to check out the talent and be involved in a g These markets will b



and be involved in a great community initiative by the CRC.

These markets will be happening on the second Saturday of each month and are free to participant in. If you want to be

involved this month contact Anna at the CRC, the more markets the merrier!





MEEKATHARRA ABORIGINAL REFERENCE GROUP NETWORK

MEETING

When: Wednesday, 12th August 2020

Where: Meekatharra Town Hall

Time: Meeting starts at 10:00am

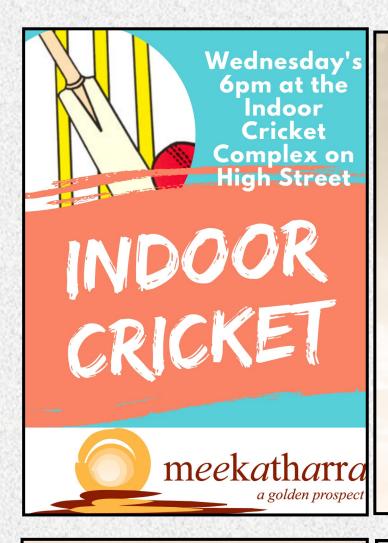
Followed by a lunch for all meeting participants



Come, sit down, have a yarn and have your say on what happens in your community Due to Covid-19 restrictions hand sanitiser is available and we will be keeping our distance to remain Covid SAFE.



Can you find the Neowise Comet in this photo? (hint: it isn't there, but what a great photo!)



YOGA

Free Yoga sessions at the town hall Monday at 6pm.

All welcome.

Bring your own mat (or borrow one of ours)

Gym Memberships

Start your mid year resolution by joining the Shire gym. The gym has all the equipment (plus more) that you will need to achieve your fitness goals. Come into the Shire Office to sign up today!

Monthly Membership \$32 Monthly Concession Membership \$16 Yearly Membership \$350 Yearly Concession Membership \$175 Swipe Card Bond \$30



Concession fee only applicable on sighting of valid Health Care Card by Shire Staff

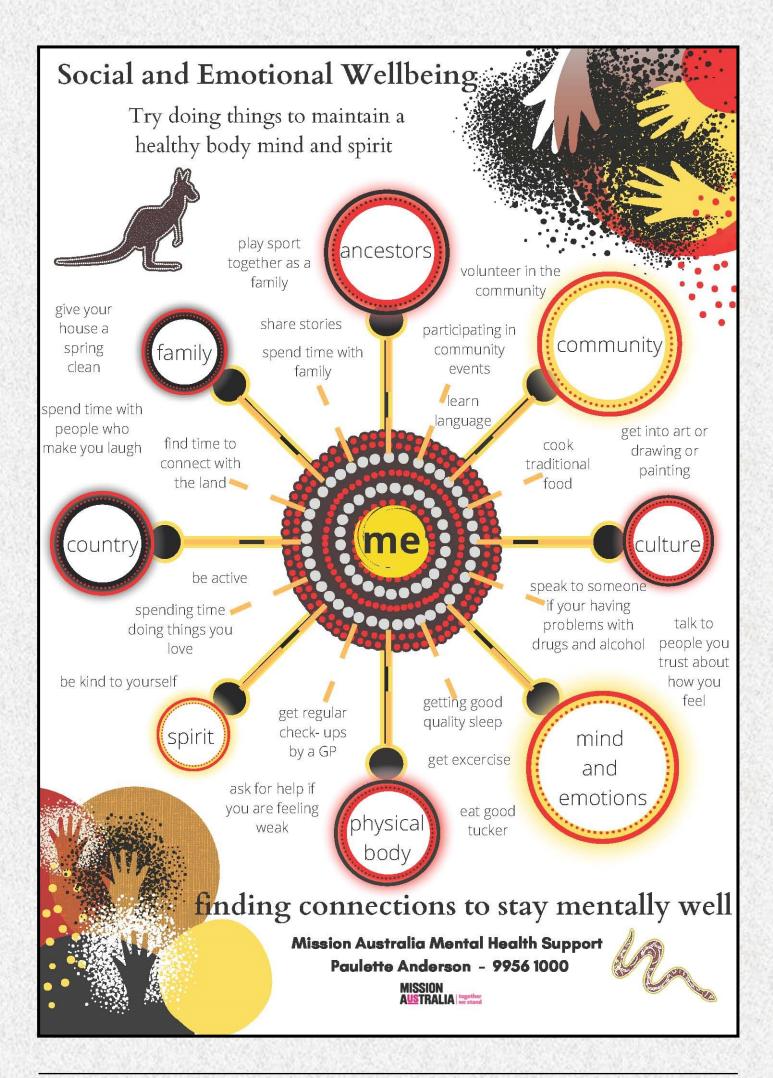
Access restricted to adults 18 years or older

Please adhere to the following when using the facility:

- Stay 1.5m away from others
- Not go to the gym if you are feeling unwell
 Use the hand sanitiser provided on arrival and as
- needed throughout
- Make sure you sign in on arrival and sign out on departure
- Use the disinfectant provided to wipe down
 equipment before and after use







MOTIVATED IN MEEKA FREE COMMUNITY FITNESS SESSIONS MONDAY, TUESDAY, FRIDAY

6:30AM AT THE OVAL

VOLUNTEER LED FITNESS SESSIONS RUN BY MICHELLE PM THE MEEKATHARRA DUST FACEBOOK PAGE TO BE ADDED TO THE MOTIVATED IN MEEKA FACEBOOK GROUP



INTRODUCING THURSDAY 5:30PM SESSIONS WITH TAIRI FROM 18TH OF JUNE AT THE OVAL

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.

Life goes on.

Volunteer with St John

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.



CORNER OF DARLOT & HIGH STREETS

LITURGY TIMES AUGUST 2020

MASS

SATURDAY 15TH OF AUGUST AT 6:30PM

CELEBRATION OF THE WORD WITH COMMUNION

SATURDAY 22ND OF AUGUST AT 6:30PM

RECONCILIATION TIMES BY REQUEST BEFORE OR AFTER MASS

CONTACT CATHY JONES ON 08 9963 4176



St John

Markets

Meeka

Second Saturday Each Month 9:30 to 1:00 pm starting July 11th In Meekatharra's Main Street in front of the Commercial Hotel

FREE FOR ALL STALL HOLDERS Bring your own table Chairs are provided

Meeka FM Radio 98.3 Will be there! Are you a musician? Come and play/sing live!

Local Art & Craft Lovely Gifts & Beauty Souvenirs & Fun

2020 DATES: Sat 11 July Sat 8 August Sat 12 September Sat 10 October Sat 14 November Sat 12 December

Please BOOK AHEAD with Anna at the CRC on 08 9980 1811 to reserve a space, otherwise it's pot luck on the day (yes, you can just turn up). Please contact Anna at the CRC if you have any questions or want to purchase your own folding market table. Otherwise email us: welcome@meekatharracrc.com.au

STALL HOLDERS

You must comply with food handling and any other trading requirements that apply to your produce or service. BYO COVID hygiene items. Kindly Supported By Meekatharra Community Resource Centre The Shire of Meekatharra The Commercial Hotel

Pizza Base

Serves: 4 Preparation time: 5 minutes | Cooking time: 15 minutes

Ingredients

1 cup self-raising flour 1 cup of Greek or natural yoghurt cooking oil spray

Pizza Toppers

Tropical

- pineapple pieces
 low-fat grated cheese
- no-added-salt tomato paste
- diced tomato
- sliced mushrooms

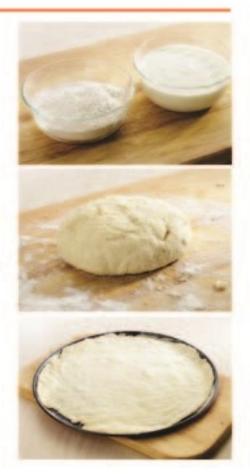
Vegetarian

- thinly sliced onion
- sliced capsicum
- champignons (mushrooms) sliced
- spinach leaves
- low-fat grated cheese

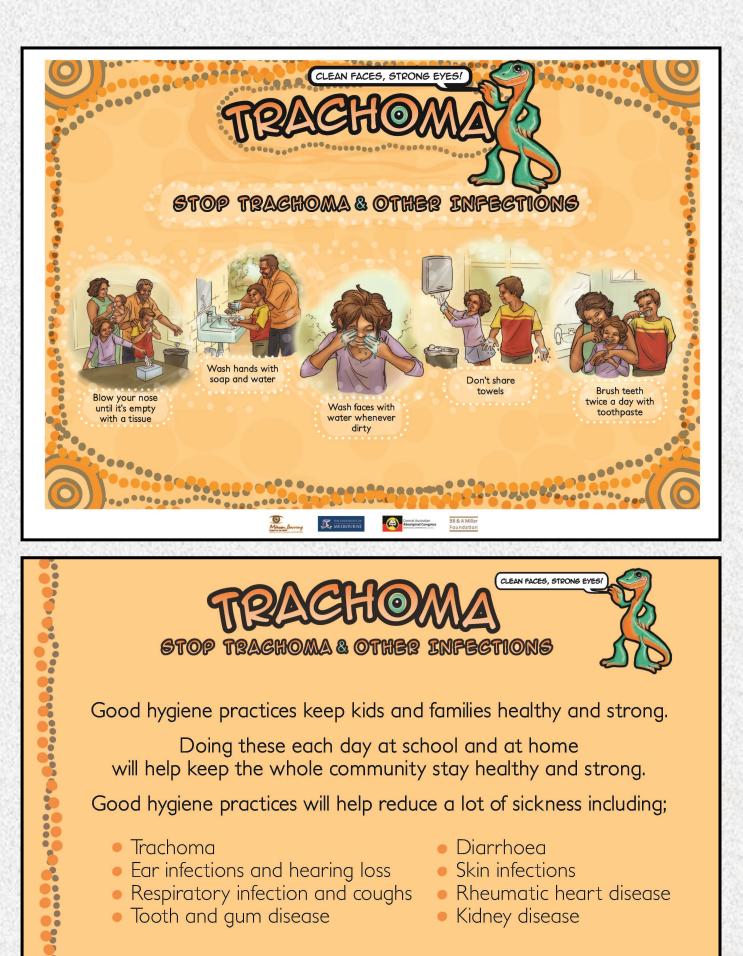
Recipes from Back to Basics Cookbook: <u>https://livelighter.com.au/tools-</u> and-resources/resources#group-1-<u>collapse-2</u>

Method

- Preheat oven to 200°C (180°C fan forced).
- In a bowl, combine the flour and half of the yoghurt. Mix together, adding a little more yoghurt at a time until you get a soft dough. If it gets too sticky, add more flour.
- 3. Turn out onto a floured board. Knead for 5-8 minutes.
- Roll into a pizza shape and place on a lightly oiled oven tray.
- 5. Prick the dough all over with a fork.
- 6. Cook pizza dough in oven for 8-10 minutes.
- Remove cooked dough from oven and add your selection of toppings.
- Return pizza to oven and cook for an additional 10 minutes or until toppings are cooked through.



light meals



Trachoma and hygiene resources are available free from www.iehu.unimelb.edu.au

BB & A Miller

Foundation

For online training resources and

other material

www.iehu.unimelb.edu.au

30

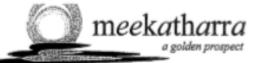
MELBOURNE

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Shire of Meekatharra

(Meekatharra Festival Committee Fundraiser)

Name Pavers.

YOUR NAME WILL GO DOWN IN HISTORY

INDIVIDUAL PAVER

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



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

A unique and lasting record of your support.

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

A memorial to a loved one.

DOUBLE PAVER

	Your donation of \$75 or more entitles YOU to have your name engraved
C ¢7E	into a double paver as a lasting record of your valued support.
> 7/3 2	The double paver will be permanently installed in the footpath outside
or more	Shire Council Administration Office
5~~~	
Engraving details: Please print clearly in	
block letters. Each square represents one	
letter, number, space or punctuation mark.	
(64 max)	
Simply fill out this form and return with full	payment by cheque or cash to:
SHIRE OF MEEKATHARRA	
PO BOX 129, MEEKATHARRA W	/A 6642.
Contact Name:	
Address:	
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Phone:	
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	a Festival Committee needs your support!
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Hon Robin Scott MLC

Member for Mining and Pastoral Region



I am the VOICE for YOUR thoughts!

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

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

eliminate poverty in Australia, due to poor management by politicians."

Achievements

- ✓ Blocked The State Government's proposal to raise the gold royalty - In 2017 I was Successful with the Disallowance Motion which defeated the Government's attempt to increase the Gold Royalty by 50%. Which I think is an absolutely fantastic win. I am determined to protect and promote mining and lead the defence against water charges for prospectors and small miners.
- ✓ Granted License for an MRI Machine in Kalgoorlie-Boulder - Alongside Senator Georgiou we secured the Medicare license for the MRI machine in June 2018 after leading a strong advocacy campaign alongside WA One Nation. Although our town is still waiting for the MRI Machine i reassure you that I will continue to ask the question and update my electorate as to when we can expect it to be operating.
- Granted Funding for Palliative Care I accomplished a desired result with obtaining

 a multi-million-dollar funding injection for Palliative care in regional WA. I was disappointed to hear that the government had • again let our people down with in the health department and knew that people deserved to die with dignity.
- Blocked Removal of Education components with School of the air - I won the fight with members of the cross bench when the state government proposed that they wanted to remove critical education components with School.

My To Do List

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

Continue to push for the Wiluna to Meekatharra road to be sealed.

99 Burt Street, BOULDER WA 6432, PO Box 2444, BOULDER WA 6433
 Phone (08) 90931455 Mobile: 0499 906 522

ROYAL MAIL HOTEL



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

AFFORDABLE ACCOMMODATION

Single, Double, Triple and Family rooms available with secure parking next to the venue. Each comes with their own full en-suite and is equipped with air con, TV, fridge and tea/coffee facilities. A cooked or continental breakfast is also available for purchase. Pets are welcome.

DAILY CHANGING SPECIALS PLEASE CHECK THE CHALKBOARD

TUESDAY PARMI AND CHIPS \$15

FRIDAY LARGE PIZZAS \$15 POOLCOMP

SATURDAY KIDS EAT FREE* *with every Main meal





FRIDAYS 8 BALL POOL KNOCKOUT COMPETITION 7.30PM START



RESTAURANT

Come and enjoy a meal with the option of eating in our air-conditioned dining room.

Take away and phone bookings are welcome.

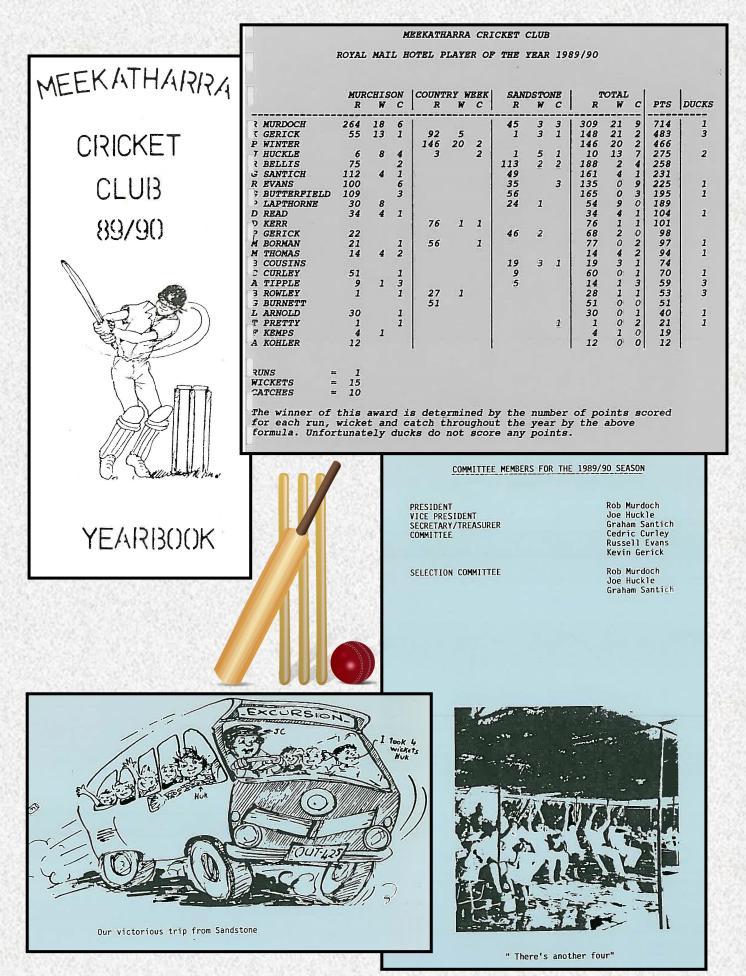
Also available are our homemade pizza selections.

Large menu plus daily specials. We also supply on site and off site **quality catering** for any occasion.

Please call **08 9981 1148** for bookings or email us.

59 Main Street Meekatharra 6642 P / 08 9981 1148 F / 08 9981 1113 E / royalmailmeekatharra@gmail.com FOR UPDATES, INFO AND OFFERS LIKE US ON FACEBOOK royalmailhotel.com.au

BLAST FROM THE PAST



Commercial Hotel

Aleekatharra

Opened daily from noon til late

Excellent counter meals daily: Lunch: 12 noon – 2pm Monday to Saturday Dinner: 6pm – 8pm Sunday to Saturday





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

Accommodation Includes:

Modern Motel units with en suite, TV & air con Located at rear of Hotel with enclosed parking. <u>and</u>

Traditional Hotel rooms with TV & air con Located upstairs in original building.

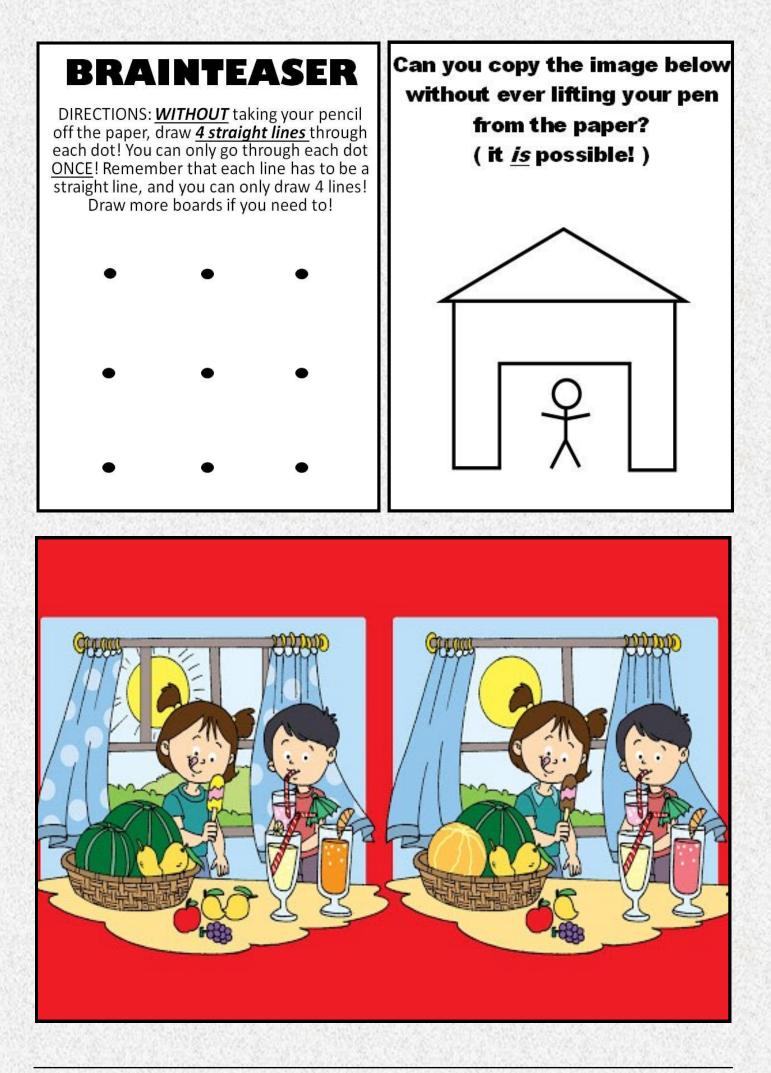


Telephone: 99811020 Fax: 99811021 Email: <u>commieh@westnet.com.au</u> 77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

	Monday		Tuesday					Wednesday			Thursday			Friday								
3:00pm – 5:00 pm		3 on 3 Basketball @ the Youth Centre		Music @ the Youth Centre				h	Arts & Craft @ the Youth Centre				Game day @ Youth Centre			Drop in @ the Youth Centre						
6:00 – 8:00 pm			AFL for all ages					10+ Mixed Sports @ the indoor centre				Basketball for all ages			Movie night @ the Youth Centre							
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BE RESPONSIBLE



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

FREE Waste Bags are now available from the Shire Office.





ELECTRICAL CONTRACTING PTY LTD

The trusted name in the electrical contracting industry

Our Meekatharra branch now has

a qualified specialist in

Air Conditioning & Refrigeration

COMMERCIAL • INDUSTRIAL RESIDENTIAL • MINING AIR CONDITIONING • REFRIGERATION • FIRE SYSTEMS SOLAR INSTALLATION & MAINTENANCE

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24/7 - ALL HOURS

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PO Box 212 Meeakatharra WA 6642 WA Dept of Environmental Licensed Controlled Waste Carrier T00612 ACN: 150 464 618 ABN: 141 504 64618 Roda Limbah pty ltd trading as Midwest Septics

Professional liquid waste removal company collecting, , transporting, and removing septic and/or other liquid waste

Pump out of domestic septic systems

Pump out of large scale commercial septic systems

Grease trap pumping and cleaning

Storm water drains

Oil separator systems

Transporting liquid waste on site from one location to another

Reliable and responsive service

We will beat any quote

Mid West Septics operates under an Integrated Management System meeting the requirements of key Australian standards for quality, environment and OHS.



0458 002 126 - ALL HOURS



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 Liqour Store..





Farmer Jack's **ELECTRICAL**

MEEKATHARRA

NOW OPEN

LOCATED IN THE THRIFTY LINK HARDWARE SHED AT THE REAR OF FARMER JACK'S

COMPETITIVE PRICES

KAMBROO

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



Farmer Jack's Foodworks Meekatharra 22 Main Street, Meekatharra 08 9981 1088

IMPORTANT DATES August 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun		
A SALE SHARE	1.3.4.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.		1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	AND A PARTY	1.5.5.5.7.1.5.		
27 Yoga 6pm Motivated in Meeka 6:30am	Yoga 6pm otivated in Meeka 6:30am		30 Motivated in Meeka 5:30pm	31 Motivated in Meeka 6:30am	1 Meeka Goes Green 9am-11am Upcycling Workshop 11am	2		
3 Yoga 6pm Motivated in Meeka 6:30am	4 Motivated in Meeka 6:30am	5 Adult Sport 6pm	6 Motivated in Meeka 5:30pm	7 Motivated in Meeka 6:30am	8 Meeka Goes Green 9am-11am CRC Markets 9:30am	9		
10 Yoga 6pm Motivated in Meeka 6:30am	11 Motivated in Meeka 6:30am	12 Adult Sport 6pm MARG Meeting 10am	13 Motivated in Meeka 5:30pm	14 Motivated in Meeka 6:30am	15 Meeka Goes Green 9am-11am Ordinary Council Meeting	16		
17 Yoga 6pm Motivated in Meeka 6:30am	18 Motivated in Meeka 6:30am	19 Adult Sport 6pm	20 Motivated in Meeka 5:30pm	21 Motivated in Meeka 6:30am	22 Meeka Goes Green 9am-11am	23		
24 Ball and Art Exhibi- tion Tickets Availa- ble For Purchase Yoga 6pm Motivated in Meeka 6:30am	25 Motivated in Meeka 6:30am	26 Adult Sport 6pm Last Day for Dust Submissions	27 Motivated in Meeka 5:30pm	28 Motivated in Meeka 6:30am	29 Meeka Goes Green 9am-11am	30		