

# Meekatharra Dust

DECEMBER 2020 | ISSUE NO.332

COST \$2.50

## MEEKA RAMPS UP ITS CAMPAIGN FOR A NEW HOSPITAL



Shire President, Harvey Nichols, at the Meekatharra Hospital. More details on page 6.



### 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
18 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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# A FRIENDLY REMINDER ABOUT DOG CONTROL

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

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

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

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

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

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

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

*Further info, contact Tralee at the Shire—99800609*



## **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

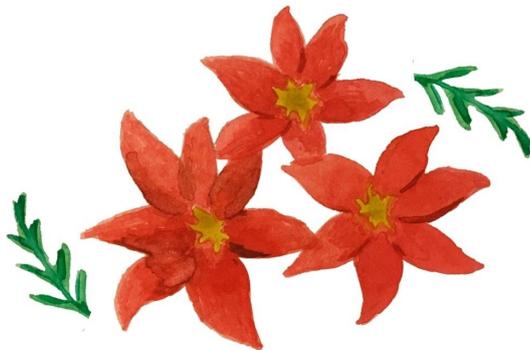
December is finally here! We can all now listen to Christmas music on repeat for the whole 25 days without the strange looks from our neighbours. This season is the definitely the most exciting but what makes it exciting is all the fun events and activities we get to do as a community. This month we have a Movie Night, Carols by Candlelight, Christmas Markets, the Town Christmas Party and of course the Santa Lolly Run on Christmas Day. Wow! All that is more than enough to keep everyone busy and enjoying the company of those in Meeka.

As well as the events to end 2020 we are still looking forward into 2021. The Shire has many projects on the go to make 2021 the best year ever. We are putting together an events committee to put on more events for the community. We are also looking for interested people to be the towns GeoTourism Representative and artists to paint murals around town. There is more information on these exciting opportunities inside.

Many places will be shutting down over the Christmas/New Year break, inside this edition are the opening hours and emergency numbers to make sure we are all taken care and prepared.

Have a safe and relaxing Christmas and New Year break! See you all in 2021.

*The Editor*



*Season's Greetings!*

The Shire of  
Meekatharra wishes  
everyone a safe and  
happy holiday  
season



Santa has been sprinkled all over Meekatharra this month.  
How many Meeka Santa's can you find?

# HOSPITAL HEALTH CHECK

Staff from the Shire of Meekatharra recently attended a stakeholder engagement session held by the Board of the WA Country Health Service at the Town Hall.

Local service providers, residents and Shire representatives from within the district were provided with updates on the service delivery achieved by the Health Service across the vast Western Australian country regions. The Board also toured the Meekatharra District Hospital, and staff housing.

Question time became a bit tense with local CEO, Roy McClymont asking why it was that it took a visit from the Minister in 2019 before a business case was created when the need for a replacement hospital was first identified in a 2010 condition audit commissioned by the Department of Treasury and Finance.

According to the audit, typical life expectancy of this type of building was around 40 – 50 years. At the time the hospital was already well past its use by date, and that was 10 years ago!

Issues such as asbestos, termites, and deterioration of infrastructure that impede modern clinical infection control practices during a pandemic should perhaps require more immediate attention.

Local volunteer and career ambulance drivers alike will attest to the unsafe and dangerous loading ramp that is the only access for transfer of patients from Ambulance to the Hospital.

Despite Dr Neale Fong, chair of the board stating a decision to fund a new hospital is entirely a political decision and not determined by the business unit, many of the statistics put forward by WACHS in the presen-

tation are clearly dependent on modern hospital facilities. These include inpatients being kept closer to home, and 89% of country hospital inpatients avoiding transfer to larger centres.

Up to now, the long suffering residents of Meekatharra have been tolerant and respectful, allowing the Government to determine the timeline. If a new facility is not forthcoming in a time of surplus budget, and worldwide pandemic, what is the required impetus to make it happen?

“This is a kick in the teeth for the Meekatharra and Murchison communities and shows that the State government is willing to sacrifice our health needs for a budget surplus.” Shire of Meekatharra President Mr Harvey Nicholls said about the budget.

“The message it sends is pretty awful. This Premier has been very clear about supporting peoples health over economic outcomes when it comes to Covid 19 and taking health advice on his decisions, why not take the health advice on Meekatharra hospital.” Mr Nichols said

“Seriously, we are a very isolated community with an RFDS base for major emergencies providing services from a Hospital that is way past its use by date and is no longer able to provide for contemporary health care.”

“We are sick of plans and talk and need a clear financial commitment to get this essential project underway” He said



Concerned service providers and agency representatives attend the WACHS stakeholder engagement session, Thursday 26<sup>th</sup> November 2020

# PHOTOS OF THE MEEKATHARRA HOSPITAL, MAY 2019



# Your Council News

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



*Our kids are our future – Meekatharra is a community committed to its young people as they journey along life’s bumpy road. And when you can add a camel to the mix, who wouldn’t be smiling?*

*This year saw some exceptional events and achievements by and for our youth, and the Shire and Council thank all involved. Our kids showed off their skills in football, netball, art and music and even experienced the thrill of seeing Meekatharra from the air during the Festival.*

*The Shire and Council applaud all our terrific kids for their hard work and achievements, and we look forward to being able to support more opportunities in the New Year.*

## YOUTH IN FOCUS

Meeka recently made the regional news with some glowing comments about our hard-working groups and individuals who have been walking an amazing journey with our young folks. Our kids keep raising the bar with their sports, arts and social achievements, all thanks to their efforts under the guidance of family members, volunteers, teachers and Shire workers, community leaders, our local Police and other service providers, and groups such as The Stephen Michael Foundation, Shooting Stars and Youth Focus, to name just a few.

In the most recent minutes, the Council endorsed the leasing of the old second-hand shop at Lot 17 Main Street to Youth Focus. YF are a Public Benevolent Institution and registered Charity operating in Meekatharra “to provide education, suicide prevention and Mental Health services to young people in the community.”

For the past couple of years, Youth Focus have worked closely with the Shire of Meekatharra Youth Services team, contributing a focus on art and music as therapy and self-expression. Plans for improvements at the former shop are under way and the Shire looks forward to this important service joining the community along our busy Main Street town centre.

## Jaffas, Cuppas, Footy and Fun – We’ll Keep You Busy!

Long term locals will have noticed the increase in community-oriented town events and the Shire is keen to keep up the momentum. The latest minutes identify the success of involving locals in the running of the annual Outback Festival, and the Shire is looking forward to building on this opportunity to further develop community connectedness.

Other events held this year point to the many benefits of getting together; it has been a pleasure to see the enjoyment and interaction among attendees at the Djuki Mala dancers, our Picture Gardens movie nights, the Lloyd’s Plaza Grand Opening and the community footy BBQ to name a few of our initiatives this past year.

Shire staff have been working hard to listen to the community and to respond with activities and themes that respond to both adult and youth preferences; the upcoming grown-ups only Movie Night has certainly been

welcomed by those whose “rolling jaffas down the aisle” days have given way to a desire for a less boisterous evening’s entertainment.

Western Australia has been very fortunate to date in relation to the COVID-19 situation further afield, and the Shire is keenly aware of the importance of social gatherings, particularly in our remote area, so it is hoped that weekly and monthly activities will be able to continue. If you are new to the area, follow The Meekatharra Dust on Facebook and check out the Shire’s web page for events and activities such as free yoga sessions, community sports, art and craft get togethers. There’s usually something on for all ages and abilities in Meeka, and it’s not about being good at whatever it is - as prior participants will attest, it’s a wonderful way to socialise after work, shake off stress and have a go (with a good-natured laugh) with your mates and neighbours.

## Moments from the Minutes

CEO Roy McClymont met with the Hon. Roger Cook, Deputy Premier, Minister for Health regarding the omission of the Meeka Hospital in the recently announced State budget on the 4<sup>th</sup> of November. The Shire will keep locals apprised of further developments in relation to this important matter.

There were requests for rates writeoffs from Horseshoe Metals Ltd and AustAsia Group in relation to mining tenements. In the matter of Horseshoe Metals, the Council voted by simple majority to advise Horseshoe Metals that the rates and interest are due and payable. In relation to AustAsia, the Council adopted the option of offering to write off the interest component of the rates debt provided the rates are paid within 30 days of the resolution. The details and background of these decisions can be read in the November minutes.

Another topic worth reading in the minutes is the discussion and outcome in relation to the Shire's relationship with the Murchison Regional Vermin Council. This is the administrative aspect of the legendary Rabbit Proof Fences, which many perceive these days as a feature of history and tourism interest, but for pastoralists and others in the region, the vast Vermin Fence structures are a vital necessity, an active part of daily life.

The minutes included the monthly reports from the Airport Manager, Youth Services and the Ranger, detailing just some of the myriad tasks involved in running our town and regional services, whether it's checking for cracks on the runway, getting the kids to their sports festivals or patrolling for feral cats. Shire staff were kept busy with the annual audit and laying the ground for all the events and projects coming up after the new year.

**Shire Of Meekatharra**  
**Main Street**  
**PO Box 129**  
**Meekatharra WA 6642**  
**Phone : 08 9980 0600**  
**[www.meekashire.wa.gov.au](http://www.meekashire.wa.gov.au)**

*"Meekatharra - A Golden Prospect"*

# Merry in Meeka

There's plenty on in Meeka as Christmas approaches – check the Meekatharra Dust Facebook page and the Shire website for all the latest and greatest, as well as the noticeboards at Farmer Jacks, the Post Office and around town. You don't want to miss this year's Santa! Our most famous FIFO mate's identity is, as always, shrouded in mystery, and rumour has it that he has lined up a few local subcontractors to assist him in Meeka (double bookings are always a hazard at this busy time of year).

For his special Shire gig, he will be sporting a bespoke handmade Santa Suit, courtesy of a certain lady who is known around town for her crafty quilting skills. Rumour has it that our Shire sewing Svengali's talents are also being extended to the making of Santa's Throne, while a second craft team are believed to be creating a tree of impressive dimensions. Is there no limit to the talents Meeka has to offer?

Many businesses and services, including the Shire, will be closed for the holiday period, and the Shire would like to remind everyone to make sure they have any prescriptions or other necessities organised ahead of time. The hospital will be able to respond to emergencies, but if you need an appointment or a pre-holiday checkup, book in now.

The Shire will be closed from end of business on Wednesday 23<sup>rd</sup> December and open again on Monday 4<sup>th</sup> January. The holiday period will provide Shire staff with a much-needed break following the gruelling task of preparing The Christmas Lollies.

The trials and tribulations of 2020 saw Meekatharra step up on many levels, showing once again that we are a resilient, resourceful and supportive community with much to offer both our permanent residents and our many (and much appreciated) visiting workers. The Shire and Council thank everyone who has contributed to our community growth and wellbeing. We wish you all a wonderful holiday period and a very Happy New Year.

See you in 2021!



*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).*

 Meekatharradust

 Follow us on Facebook

 Meekatharradust

 Follow us on Instagram



## COPS CORNER WITH MITCH HOWARD



It's refreshing to report a quieter month of November for the community including a number of positive stories. This month I was able to hold a morning tea for

some invited guests to show off our new security and CCTV upgrades at the Police Station. The upgrades include the lock-up area, our front counter and all our surrounds including a fair amount of the Main Street being captured on 39 cameras and held for 90 days. The message I continually provide to my staff is to treat all people with respect and dignity or treat them how you would like to be treated if you were in the other person's shoes. We also held a movie night in conjunction with Youth Justice at the outdoor cinema. This was a well attended event with plenty of parents staying to chat and watch the movie themselves. Thanks to Meekatharra Gold Operations for paying for the movie licence and to Coles for the food.

We have been receiving great support from Police right across the Mid West-Gascoyne District to support local needs as we advertise to fill vacancies. These visiting officers are greatly received and are teamed up with local staff to support the community. Many

of them have provided feedback to me on how friendly the community is and how well they have been received, which is a credit to the whole community. So well done.

Plans are underway to increase our traffic patrols in line with people moving around the state with the upcoming December and January break. There has been an increase in truck and wide load movements on the Great Northern Highway. Please take care when out there because help is a long way away. Recently a truck rollover 130km north of town completely blocked the highway for some time and took two days to clean up. Police are currently investigating the matter to determine whether charges will be preferred. Part of the investigation will examine video footage of the crash captured on camera by the trucking company.

This month has seen a significant reduction in youth offending, so well done to everyone involved.

Enjoy the coming festive season with your family and look after yourself, look after your family and look after those that are vulnerable within our community.

Stay safe.



# CRC News



## Free Photo Scanning!

We have a brilliant new photo scanner which can scan photos & documents by the stack, and put them on to a USB stick. The service is FREE (you supply your own flash drive or buy one from us) and you can choose to be in the CRC slideshow if you want to. We can scan any type of document.

## FREE MORNING TEA

Away from your family this Christmas? Come to the Meeka Markets from 9:30 am on Saturday 12th December to meet your "Meeka family" and enjoy free Christmas cakes, a little gift from Santa and free tea and barista coffee. We know that many of our international workers don't often get a chance to meet the rest of the community, so this event is specially for you!

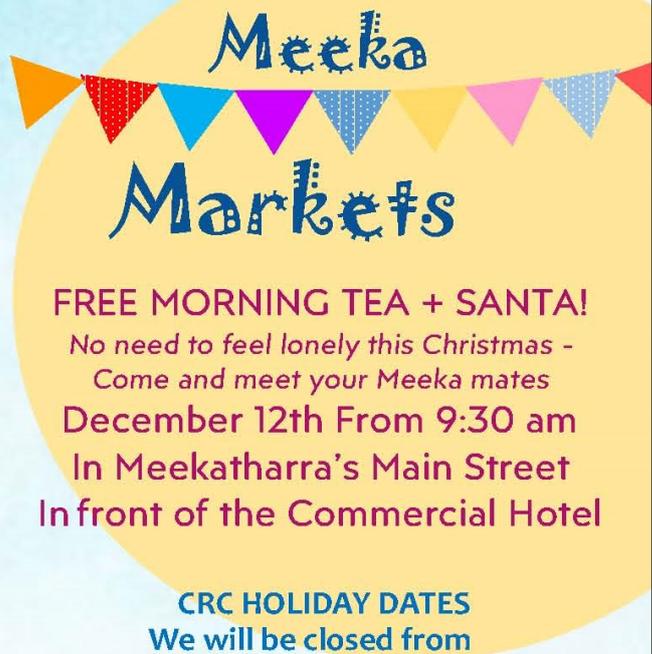
There will be bubble blowing, sing along music, yummy free and for sale treats, Santa and more. Come and bump elbows with your neighbours and find out what Meeka's all about.

## Work & Bloke Christmas Gifts!

The CRC is open at lunch times and we've got lots of wonderful gift items for all ages, tastes and genders - hat badges, belt buckles, all sorts of Meeka souvenirs and YES the stunning range of Warrina Designs table runners, silk scarves, fabrics and quilting supplies.

## December 2020

By Anna Johnson



**FREE MORNING TEA + SANTA!**  
*No need to feel lonely this Christmas -  
Come and meet your Meeka mates*  
**December 12th From 9:30 am**  
**In Meekatharra's Main Street**  
**In front of the Commercial Hotel**

**CRC HOLIDAY DATES**  
We will be closed from  
**3:30pm Wed Dec 23rd and**  
**open again 9:00am Monday Jan 11th.**

*The December Meeka Markets will be the last for this year, and will resume on the second Saturday of March 2021.*

# Happy Holidays!



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



Department of Transport

**REFRIGERATION & AIR CONDITIONING MEEKATHARRA**

43 MAIN STREET

PH: 9980 1212

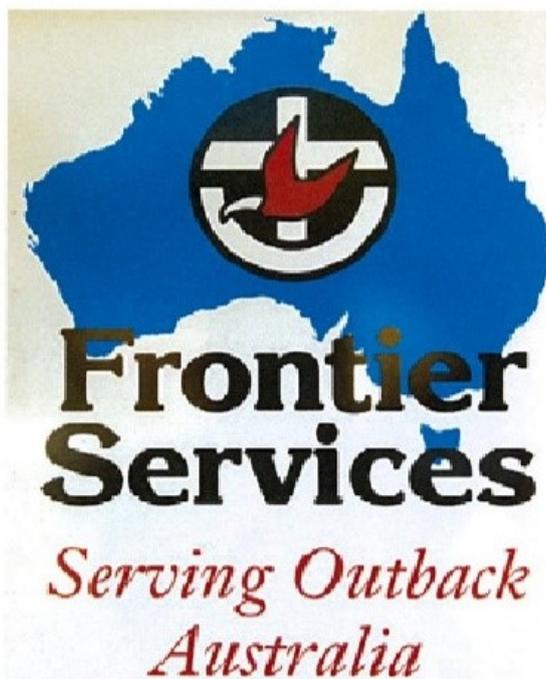
*GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER*

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

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

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

## **Meekatharra Community Church (Uniting Church)**



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

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

# WORKSHOPS

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

**@ RECYCLING CENTRE RAILWAY STREET  
FIRST **SATURDAY** OF EACH MONTH **11 AM****

**All Welcome!**

**Gold Coin Donation Entry**

**New Date &  
Time: Now  
Saturdays!**



## **MEEKATHARRA CHRIST THE KING**

CORNER OF DARLOT & HIGH  
STREETS

**LITURGY TIMES  
DECEMBER 2020**

### **MASS FOR CHRISTMAS**

SATURDAY 24TH OF  
DECEMBER AT 6:30PM

### **CELEBRATION OF THE WORD WITH COMMUNION**

SATURDAY 12TH OF  
DECEMBER AT 6:30PM

RECONCILIATION TIMES BY  
REQUEST BEFORE OR AFTER  
MASS

CONTACT CATHY JONES ON  
08 9963 4176



## **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](http://stjohnchangelives.com.au). Or, give Meekatharra Sub Centre a call  
on 9980 1467, or email [sjameekatharra@westnet.com.au](mailto:sjameekatharra@westnet.com.au).



Life goes on.  
Volunteer with St John.





# December Events

**Fri 4th**

Movie Night (18+)  
The Gentlemen  
7pm at the Town Hall

**Sat 5th**

Meeka Goes Green  
Workshop  
11am on Railway Street

**Fri 11th**

Carols by  
Candlelight  
7pm in front of the hospital

**Sat 12th**

Meeka Markets and  
Morning Tea  
9:30am next to Farmer Jacks

**Wed 16th**

Town Christmas  
Party  
6pm at the Town Hall

**Fri 25th**

Santa Lolly Run



# The Festive Season and Your Mental Health

The Festive Season isn't a happy time for everyone, and can often be stressful, lonely or overwhelming.

Here are some tips for looking after your mental health over the Christmas period.

## Stay Connected

1

Staying connected is particularly important this year, with many of our loved ones out of reach. Pick up the phone, video chat, or send a nice Christmas card to keep you in contact with your nearest and dearest.

## Lend a Helping Hand

2

Caring for others can make you feel good! Volunteer for a local charity, have a chat with your neighbour, give an elderly family member a phone call and check on your mates!

## Give Yourself a Break

3

Lower your 'perfect Christmas' expectations and don't ask too much of yourself! Set boundaries and say no to things you don't enjoy, or to tasks that will overload you.

## Take Time out for You

4

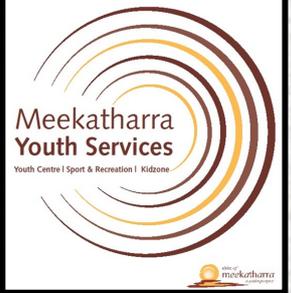
Christmas can be stressful!! The holidays can be hectic, overwhelming and a little too much! Remember to take time out for yourself. Have a sleep in, take a day off, watch a good movie, or practice some mindfulness.

## Ask for Help

5

It's really important to ask for help if you're feeling overwhelmed, sad, or just not yourself. Chat to friends, family, your GP, or try a helpline like **Lifeline: 13 11 14**, **Beyond Blue: 1300 224 636**, or the **Kids Helpline: 1800 55 1800**.

# YOUTH SERVICES



The Youth Services have had, once again, a very successful and busy month. They have been nonstop supporting the young people in town in all aspects of their lives, going above and beyond. The Youth Focus team have moved into the Youth Centre as a temporary base. The Youth Ser-

other Kids Zone has been busy with lots of arts and crafts! They spent an afternoon creating beautiful tiaras, making each person feel like royalty. They have also been using their imagination painting, drawing, and playing with their new doll house. The dollhouse has been a fun addition to the centre, the dolls now have a place to live! The youth team also put on a movie night for the young people in the Town Hall, they watched the LEGO Movie 2. Which was an amazing choice, it made everything awesome. The team cooked up some hot dogs, used the brand-new popcorn machine, and had a blast! NAIDOC Week was this month, the youth team made every effort to support all the events around town and put on a Friday night footy game for the kids to enjoy and to bring the community together with food and fun.

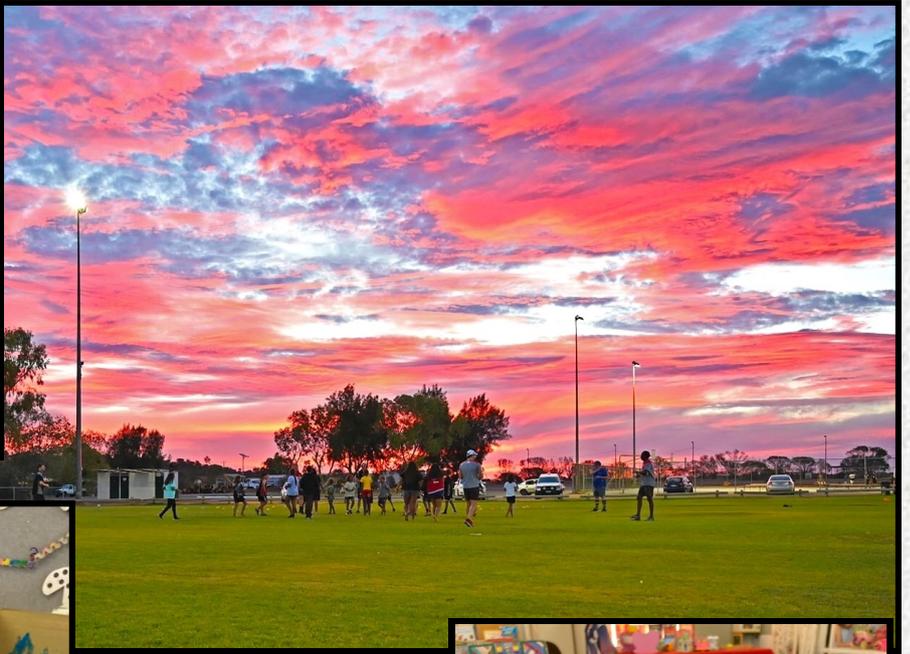
December is going to be a busy month for the youth team with the Town Christmas Party on the 16th, they are gearing up for the amazing event! The team wishes everyone a safe and relaxing Christmas and New Year.

services team and Youth Focus team work very closely together and they are all thoroughly enjoying having more company. Last week the Stephen Michael Foundation crew came up to Meekatharra to participate in the Youth Services activities. They enjoyed an evening of footy and food. The WA Footy Commission and Carey Right Track also

attended Meekatharra, providing support to the staff and young people in town. Students and staff from Karalundi are coming in each week to play sports and hang out with the youth centre participants. They have enjoyed basketball, touch rugby, and many

other games. Kids Zone has been busy with lots of arts and crafts! They spent an afternoon creating beautiful tiaras, making each person feel like royalty. They have also been using their imagination painting, drawing, and playing with their new doll house. The dollhouse has been a fun addition to the centre, the dolls now have a place to live! The youth team also put on a movie night for the young people in the Town Hall, they watched the LEGO Movie 2. Which was an amazing choice, it made everything awesome. The team cooked up some hot dogs, used the brand-new popcorn machine, and had a blast! NAIDOC Week was this month, the youth team made every effort to support all the events around town and put on a Friday night footy game for the kids to enjoy and to bring the community together with food and fun.





# NAME PAVERS

Be apart of this fundraising activity for the Meektharra Outback Festival Committee

## NAME PAVERS ARE:

A unique and lasting record of your support;

A creation of memories and milestones;

A celebration of a wedding, new baby, birthday or anniversary;

A tribute to someone special or a precious memorial to a loved one.



**\$75**

or more



**\$45**

or more

Your donation entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed on the footpath outside the Shire Administration Building proudly showing your donation. To place your order please come into the Shire Office.



## MEEKATHARRA PLEASE KEEP IN TOUCH

### We're here to help you

It's important to share any concerns, issues or ideas you may have to allow us to work together to find solutions as we all travel through difficult times

#### CONTACT US & STAY in TOUCH



Email - [northwest@mp.wa.gov.au](mailto:northwest@mp.wa.gov.au)



Telephone - 99412 999



@VinceCataniaMP

Regular updates will be available via facebook & email

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



**THE NATIONALS** for Regional WA



## Merry Christmas

*We Would like to take this opportunity to thank you for your support, your loyalty and faith in our office throughout the year.*

*Wishing you and your family a Merry Christmas and Safe and Happy New Year.*

*From your Honourable Member Robin Scott MLC and Electorate Staff,  
David, Kerrie and Chloe.*



## SEED SAVING

can grow in our local climate. Always select the best one for seed saving. That particular pumpkin vine went bonkers? Save the seeds! This tomato was not fussed when you forgot to water it for a while? Great! That lettuce variety lasted longest in Meeka's climate? Save dem seeds. This broccoli didn't really care much about being munched on by critters? That kind of resilience is what you want to breed. Any of the stragglers that didn't quite make it – enjoy natural selection and wave them bye bye.

It's heating up again! Meekatharra has a lot of avid gardeners and over the last few months there has been a bounty of produce and blooms in gardens around town.

Now that it's getting warmer a lot of those plants are nearing the end of their lives. While it makes the plants look a bit dry and sad, it's a great opportunity to collect seeds. It's amazing how many seeds a single plant produces – certainly enough to grow more of it the next year and even share some seeds with your friends and family. (Come to think of it.. Not sure if the humans are the master in this relationship or if we're just there to help them procreate...Are we their slaves?)

Why bother saving seeds? They're a very economical way of growing plants - and lots of them. There are also many heirloom varieties out there of veggies that you could not find in a supermarket. Shops are very limited in the stock they can get in and those varieties are generally grown for shelf life and transport-ability (very important because who would want to buy a rotten, squished tomato, right?), but there are so many varieties out there that might not last that long or aren't as firm but are exploding with flavour or colour or texture. Acquiring seeds and then multiplying them at home is a



great way to preserve those varieties.

Seed saving also gives you the opportunity to select the characteristics you like about the plant and evolve varieties that



Not all plants spread via seeds, some are instead propagated via division, cuttings, rhizomes or tubers. Some seeds are really easy to save, others are a bit more fiddly. Some self-pollinate with male and female parts in the same flower and therefore are more likely to stay true to type, others cross-pollinate via wind or insects (think of it like a big, sexy, happy party happening in your backyard) and thereby swap genetic materials with another plant so the offspring may be quite different from the original plant. Brassicas (broccoli, cauliflower, kale, cabbage etc) in particular are very closely related and promiscuous cousins; they won't be able to tell you who the father was. If you're serious about saving variety specific seeds you may want to read some more about it, plant different varieties sufficiently far apart, and protect the flower heads with nets to avoid cross-pollination.



Here are some tips and tricks to get started:

- If you don't yet have a garden: buy a pumpkin and capsicum from Farmer Jacks, make yourself a yummy dinner and save those seeds.

Give them a quick rinse, spread them out on a bit of paper to let them dry completely, put them in a jar or envelope and label them. Tadaa you have yourself a starter pack!

- Peas and Beans: super easy to save and are true to type. Just let the pods go dry on the plant, pick and open them up, take out the seeds, put them in a jar or envelope and label it – done. You can freeze seeds for a couple of days to kill off any insects or weevils that might be hiding inside them.
- Tomatoes: scrape out the flesh of the tomato, rinse in a sieve under running water. You can either try and remove all the jelly-like material around the seed by vigorously washing and scraping it in the sieve with a spoon, or you can go the lazy road and ferment them in a jar with some water for a few days. Then give them another rinse, let them dry, pack them up and label.
- Non-fleshy, dry seeds like coriander, lettuce, dill, sunflowers, onions, basil etc: cut the entire seed bearing stem and hang them upside down in a dry place with a bag or pillow slip around each type of plant. The seeds will dry and fall out of their casing (you may need to give them a bit of a shake to dislodge more). If there are small bits of chaff or plant material that you need to get rid off, you can sieve it out or put it in a shallow bowl, go outside and gently flick it all up in the air. The breeze will blow away the lighter chaff. If there's no breeze just gently blow on it. You'll probably drop some seeds so do it over a garden bed or pot and you might get some surprise volunteer plants popping up next season.
- You can also eat seeds – sunflower and pumpkin seeds (aka pepitas) are delicious raw or roasted, and coriander and dill seeds make a great flavour addition to your cooking.
- Store seeds in a dry and cool environment. You know those little bags of silica gel that you get when you buy new shoes? They're super handy for keeping moisture at bay so keep them and chuck them into your seed collection box.

Seeds are viable for varying lengths of time – some only last a season, others can germinate many years later. Many veggie seeds last 2-5 years but if stored in a cool and dry environment you might successfully germinate some beyond that. Have a look online for seed viability for your type of seed.

Have you got experience with collecting, saving and germinating native seeds? What are the uses for some of the

indigenous plants that grow around Meeka? If you could share your knowledge with us that would be very welcome and appreciated.

Would anyone be interested in a one-off or regular seed/plant swapping event?

Got some more seed saving tips and tricks? 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. Also, come to our monthly Upcycling Workshops. They're awesome. First Saturday of each month at 11am.

Photos from:

<https://regenerationinternational.org/2016/03/16/open-sesame-shows-the-importance-of-seed-saving/>

<https://timesofindia.indiatimes.com/life-style/food-news/10-vegetables-you-can-grow-at-home-amp-how/photostory/76371379.cms>

[https://www.simplyrecipes.com/recipes/toasted\\_pumpkin\\_seeds/](https://www.simplyrecipes.com/recipes/toasted_pumpkin_seeds/)

<https://www.alamy.com/stock-photo/capsicum-seeds.html>

[https://smallgreenthings.com.au/wp-content/uploads/2017/07/growing-beans\\_sowing\\_seeds.jpg](https://smallgreenthings.com.au/wp-content/uploads/2017/07/growing-beans_sowing_seeds.jpg)

<https://www.feedipedia.org/node/264>

<https://thisismygarden.com/2018/07/saving-tomato-seeds/>

<https://www.esticastresearch.com/report/cucumber-seed-market/>

**DONATE THE CASH THAT'S IN YOUR CONTAINERS TO MEEKA GOES GREEN**

We'll get 10 cents for each one.  
With your help, we can make a change.

Bring your eligible containers to:  
**Meeka Goes Green Recycling Centre on Railway Street**  
Saturdays 9-11am and 24/7 drop off point

Or go to any refund point in WA and use Scheme ID C10286593

**ELIGIBLE CONTAINERS**

Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L.

Visit [containersforchange.com.au](http://containersforchange.com.au) to find out more

## Who to call for help and support after hours and during the holidays

Mental health support is available after hours and during the holidays - it is free and confidential. If the place you usually get help or support from is closed then try the numbers below (especially during the holiday season when a lot of places will be closed for a week or more). Most services will wind down from Monday 21st December to Monday 4th January.

*In an emergency always call 000*

### **\*\*Mental Health Support Lines\*\***

Mental Health Emergency Response Line  
**1800 552 002** (Country/Rurallink)

Lifeline  
**13 11 14**

beyondblue  
**1300 224 636**

Suicide Call Back Service  
**1300 659 467**

Men's Line Australia  
**1300 789 978**  
24/7 telephone and online support for men with emotional health and relationship concerns

Child Protection and Family Support Crisis Care Helpline  
08 9223 1111 or **1800 199 008**

HealthDirect (general health information and advice)  
**1800 022 222**

1800RESPECT  
For victims of sexual assault or domestic and family violence  
**1800 737 732**

Grief-line  
**1300 845 745**  
midday - 3am, every day Telephone and online counselling service for people experiencing loss or grief

### **\*\*Kids and Youth Mental Health Support Lines\*\***

Child and Adolescent Mental Health Service Emergency Telehealth Service  
(Mental health 8am to 2:30am)  
**1800 048 636**

headspace (seven days a week from 9am to 1am AEST)  
**1800 650 890** (12-25 year olds, family and friends)

Kids Helpline  
**1800 551 800** (5 to 25 year olds)

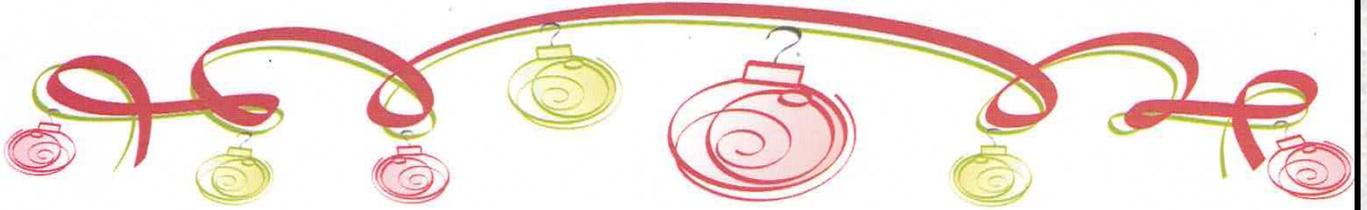
Youthbeyondblue  
**1300 224 636** (12-25 year olds)

### **\*\*Alcohol and Other Drug Support Lines\*\***

Alcohol and Drug Support Line  
08 9442 5000 or **1800 198 024** (Country Toll Free)

Parent and Family Drug Support Line  
08 9442 5050 or **1800 653 203** (Country Toll Free)





## **HAPPY HOLIDAYS MEEKA!!**

Meeka GP Clinic wishes everyone a safe peaceful and healthy holiday season!!!

We will be closed from **24/12/20** and will reopen 9 AM on **04/01/21** appointments can now be made online via

**<https://www.hotdoc.com.au/medical-centres/meeatharra-WA-6642/meeatharra-gp-clinic/doctors>**

### **Important Notice to New and Existing patients**

There will be a Doctor on call for emergencies via hospital only.

We ask all patients to plan ahead for clinic and pharmacy closures and make sure you have enough scripts and medicines for this period.





## GARDENS WITH SAL, THE GARDEN GAL

Heya Meeka!

Can you believe how quickly the time is flying? We are fast approaching the silly season and I think we are all in need of a well-deserved rest. What a year 2020 has been for us all.

Throughout the challenges of this year, our EON garden has been a delight. We were so lucky to have Geoff and Pam Mongoo join us and share their love of gardening! Never before have I seen so many tomatoes in one place a wonderful tribute to their hard work.

With Christmas fast approaching, having a full crop of tomatoes is a wonderful thing! It means that bulk chutney and relish can be made to share around for gifts. Chutney is a great way of preserving surplus veggies. It tastes delicious, it's time and budget friendly to make and it's a thoughtful gift for your favourite people.

My- go to chutney recipe is one that is easy, simple and can be adjusted to suit your own individual tastes.



### Sally's- go to Chutney recipe

- ⇒ 1.5kg of tomatoes or chosen vegetable
- ⇒ 2 cups of brown vinegar
- ⇒ 4 cloves of diced garlic
- ⇒ 500g of sliced onion
- ⇒ 1 tablespoon mustard
- ⇒ 1 tablespoon of salt
- ⇒ ½ teaspoon black pepper ¾ cup raw sugar
- ⇒ Optional additions; grated ginger, chilli, sultanas and raisins. The are no rules!

Here's the most simple method possible: slice and dice all ingredients, add to a deep pot, bring to the boil and then simmer down for 1-2 hours. Be sure to stay close by to give it a stir, the more you stir the thicker it becomes.

I also have a habit of keeping glass jars at home for future chutney gifts.





If you are wanting to use old jars to store your chutney make sure you boil them along with their lids to ensure they are sterilised! Add chutney to your freshly sterilised jars and there you have it: sim-

ple, thoughtful and delish. You have around six weeks to consume your chutney if it lasts that long!

Meeka Dust for 2020. It has been such an interesting year for us all but in light of everything, I can't help but feel accomplished and proud of what we have achieved and shared together out here in Meeka. Our school garden has been such a retreat to spend time in. It is a place for us to share positive memories and I am so proud of our Meeka kids for their shared enthusiasm, both in the garden and kitchen.

I would like to send a massive thank you to Meekatharra District High School for their support and flexibility for our EON program- we value your support and enthusiasm greatly!!!

And to the wider Meekatharra community, wishing you all a very safe and lovely holiday season.

That's me signing off for the year and I look forward to 2021 and seeing you all soon.

In the meantime, take care of yourself, your family and friends and your gardens.

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](http://www.eon.org.au)*

ple, thoughtful and delish. You have around six weeks to consume your chutney if it lasts that long!

Other suggested small but thoughtful garden gifts :

⇒ Small seedlings in pots, seeds that grow quickly such as; watermelon, pumpkin, cucumber, tomatoes, basil, rockmelon or parsley. You could even jazz up the pot you give it in with some art and colour to make it more personal.

⇒ Rosemary Christmas wreaths – you could create a Christmas wreath with sweet rosemary from your garden. Find some wire and create a small circle, trim longer branches of rosemary, careful curl branches around the circle with small wire or twine, continue until desired thickness is achieved. You can add anything you like to make it more Christmassy: dried fruit, gumnuts, go nuts!

⇒ Pickles and preserves – mulberry jam, pickled onions/ gherkins.

⇒ Dried seeds in a small packaging

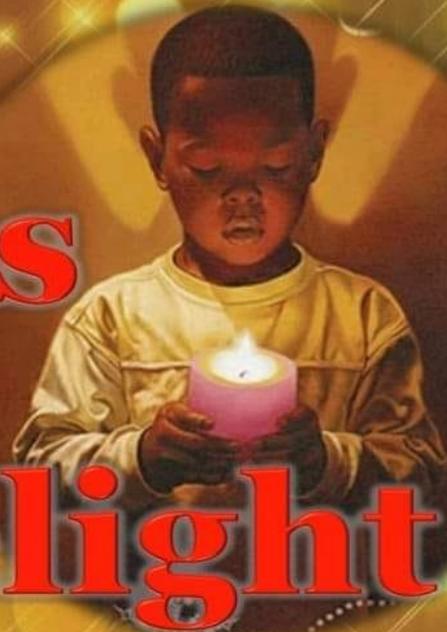
There are so many ways to share joy with people without spending a bucketload!

It's hard to believe this is the last edition of the



Meekatharra

# Carols by Candlelight



Friday 11<sup>th</sup> December 2020

7:00 to 9:00 pm

On the Lawn

In Front of the

Meekatharra Hospital

Supported by  
WA Country Health Services  
Karatundi  
Energise Cafe  
Mission Australia  
Shire of Meekatharra  
Uniting Church  
Seventh Day Adventist Church  
Meekatharra CRC



Family Event  
BYO Chair / Rug  
Snacks & Water Provided  
All Welcome



Government of Western Australia  
WA Country Health Service





# Indigenous APPRENTICESHIPS PROGRAM 2021

APPLY FOR AN APPRENTICESHIP WITH A GOVERNMENT AGENCY AND SET YOURSELF UP FOR A GREAT CAREER IN THE AUSTRALIAN PUBLIC SERVICE.

- It's full-time work with a competitive salary, great benefits and on-the-job training.
- The apprenticeship runs for 12 months.
- You get to complete a nationally recognised certificate or diploma.
- There are jobs in capital cities and most regional areas across Australia.
- You'll be supported by an Indigenous mentor.

Apply to make a difference in the lives of everyday Australians.

You don't need a degree or any work experience to apply. *What will your story be?*

Applications open on 12 October and close 20 November 2020. To apply or for more info, visit [servicesaustralia.gov.au/IAP](https://servicesaustralia.gov.au/IAP)



AT LLOYD'S PLAZA

# MAMA D'S IS COMING BACK

Nikie will be here from the 14th-18th of December 2020

To book an appointment check out her Facebook page <https://www.facebook.com/mamahaircare/> or text 0439 986 927

Hair Cuts, Colour and Styling



# Community Morning Tea



**AT THE MEEKA MARKETS**  
In front of the Commercial Hotel

**Saturday 12th December**  
9:30am - 11:30am

**Santa will be there!** **Barista Coffee** **FREE!**

What a year it's been! Come and have a cuppa and some home made treats with mates and neighbours. Are you new in town? Missing your family overseas? Come along for a piece of Jo's fruit cake and get to know your friendly Meeka family.

**Come and try Jo's Fruit Cake**






# ADAM BRAND & friends

Cue Oval  
19th DECEMBER 2020  
from 4.30pm

**FREE**

Tickets available online only, not at the Shire Office.  
<https://www.eventbrite.com.au> search for Adam Brand

Tickets go live 4.30pm 19/11/20

**NO BYO** There will be a licenced area

**Photo ID required**





**WE WISH YOU A MERRY CHRISTMAS AND HAPPY NEW YEAR!**

**DRY ITCHY SKIN**

Dry itchy skin is common skin condition in Meekatharra. People who have dry skin can often find rough, dry, red patches on their skin, and these patches are often itchy. With dry heat, it is important that we keep adequate moisture on our skin. If you need any advices and recommendations for dry itchy skin, have a chat to our pharmacist for suitable products.



**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.

**CHRISTMAS GIFTS AND CARDS**

Have you done your Christmas shopping yet? Meekatharra Pharmacy offers great gift ideas for everyone! We also have a range of Christmas cards to send to those we love.



**CHRISTMAS HOURS**

**MEEKATHARRA PHARMACY HOLIDAY HOURS**

22/12/20 – 30/12/20 CLOSED

31/12/20 OPEN

01/01/21 – 03/01/21 CLOSED

Please ensure you have enough medicines while we close for Christmas.

Come into store today and meet us for any health issues, new décor for your home and novelty products! We are open Monday – Friday 9am-5pm and Saturday 9am – 1pm. (P) 0899801798

Meekatharra pharmacy offers professional advice and a range of products and services including webster packing, Medschecks, Diabetes supplies, Sick certificates, Blood pressure checks, first aid supplies, anti-smoking, vitamins, a range of beauty products, perfumes, gifts and much more at great prices

## HELLOS AND GOODBYES FOR THE YOUTH TEAM



In November the Youth Services Team gained a new staff member to support their program. Lainey joined the team very enthusiastically and have fit in well to the day to day energy that is the Youth Centre. She is from Meekatharra and know the young people and their families well, since she started she has learnt to build those exceptional important relationships with the youth centre participants. The Senior Youth Services Team are enjoying training up the new generation of Youth Workers, providing guidance and expertise to the new staff member.

Lainey is joining the team over the busy summer period before she heads back to school in February. Lainey has previously provided support over the 2020 Meeka Outback Festival weekend by supervising the young people. She clearly has the talent and the heart for working with the young people in town and we could not be happier to

have her. Lainey will be working in Kids Zone with Margie and Andrea doing lot of arts, craft, cooking, playing on the playground and of course swimming!

Over the coming months the Youth Services Program extends its hours to accommodate for the school holidays. Having these new staff will help reinforce the team and provide more support for the participants.

During this time, we have also lost a member of the youth team. Tairi was very valued member of the Youth Services and has made a large impact on the young people during his time in Meekatharra. His dedication to the kids and team did not go unnoticed and was admired by many.

Tairi held many titles while working for the Shire, he worked at the youth centre, ran adult sports nights and worked on many projects to help improve the town of Meekatharra.

We are very grateful to be given the opportunity to work with Tairi and he was a supportive member of the Shire team.

We wish him the best of luck with his new job and hope to see him again!



# MOVIE NIGHT

TOWN HALL

FRIDAY, 4TH DECEMBER 2020

DOORS OPEN AT 7PM FOR 7:30PM START

18+ EVENT

\$10 ENTRY FOR  
MOVIE, DINNER  
AND POPCORN

Directed by **Guy Ritchie**

Matthew McConaughey Charlie Hunnam Henry Golding Michelle Dockery Jeremy Strong with Colin Farrell And Hugh Grant

## THE GENTLEMEN



shire of  
**mee Katharra**  
a golden prospect



EXPRESSION OF  
INTEREST

# GEOTOURISM REPRESENTATIVE

ARE YOU PASSIONATE ABOUT  
TOURISM IN THE MEEKATHARRA  
REGION?

The Shire of Meekatharra is looking for a local representative to a part of the GeoTourism Working Group. This group looks at promoting the region to tourists and creating a diverse holiday destination.

For more information or to express interest please contact Amy on [cdo@meekashire.wa.gov.au](mailto:cdo@meekashire.wa.gov.au) or 9980 0600



## GYM MEMBERSHIP RENEWAL



The Shire office will be shut from the 23rd of December 2020 at 4:30pm until the 4th of January 2021 at 8am.

If you want to renew your gym membership that is due to expire over the Christmas break please come into the office before COB on 23rd of December 2020.



# TOWN CHRISTMAS PARTY

WED, DECEMBER 16TH  
6PM-8PM | TOWN HALL

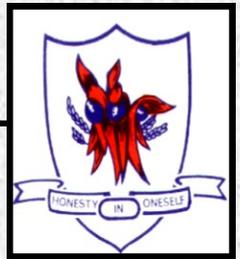
EVERYONE WELCOME

PRESENTS FOR CHILDREN UNDER 12 YEARS OLD

FOOD | SANTA | MUSIC



# 2020 AT MDHS



As we end this year it is always nice to look back on the amazing things that have happened in the Meeka community. Throughout the year Meekatharra District High School has managed to provide excellent programs and events for the young people in town. The year started off great with welcome back to school events and On Country days. These events were so much fun for young people (and their families!!). the students were able to learn more about the environment they live in and the importance of attending school. The year then took a bit of a turn when COVID started to impact WA. The school took all precautions, including teaching the students how to be safe and preparing for distancing learning. This was a very uncertain time for everyone but MDHS took it in their stride and made the best of the situation.

Once school could return and things somewhat went back to normal the events and fun activities were able to start back up again! This was an exciting time for staff and students. The school acknowledged National Sorry Day by teaching the students about the day and the significance of the apology. MDHS continued their On-Country days and encouraged the students to learn about different aspects of their culture. MDHS then held their first Mentally Healthy Day. Being mentally and physically healthy is the best way to learn and lead a productive lifestyle. The staff did an amazing job engaging the young people in different ways to be healthy by having guests who are experts speak with the students.

To continue on from being mentally and physically healthy the school ran their athletics carnival, the students showed off their incredible talents. Some students went to the inter-school carnival in Mt Magnet to represent Meekatharra. The students showed great respect and sportsmanship throughout the carnival making MDHS very proud! Later that month a team of high school students went down to Perth to play basketball in the Country Week carnival. They once again made Meekatharra proud by their attitude towards the trip. MDHS then had Grandparents Day, a day where the grandparents can come into the school and be celebrated. They continued these family events by holding NAIDOC week events for the whole family. The events were big successes and allowed time for learning and listening. The school was able to create opportunities to learn more about the Aboriginal culture which is so important to this town. NAIDOC week consisted of eating kangaroo and gravy rolls, making a mural, face painting, and many more exciting activities. To top off a great year two staff were recognised for their hard work through the year. We are so proud of Andrea and Emily for being acknowledged for their hard work. All the staff at MDHS have done an incredible job this year and we cannot wait to see what they can think of next!



**WELCOME BACK TO  
SCHOOL FUN DAY!  
FEBRUARY 2020**

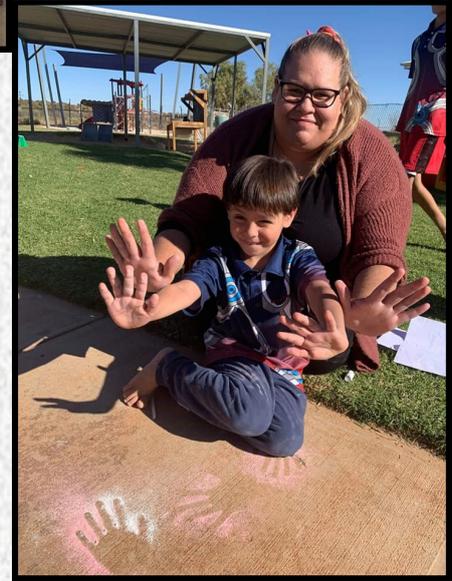
**PREPARING FOR COVID  
MARCH/APRIL 2020**



**ON COUNTRY DAYS  
MARCH & JUNE 2020**



**MENTALLY  
HEALTHY WEEK  
JULY 2020**



**SORRY DAY  
MAY 2020**



**SPORTS CARNIVALS AND  
COUNTRY WEEK  
AUGUST & SEPTEMBER 2020**





## NAIDOC WEEK NOVEMBER 2020



## STAFF RECOGNITION!! NOVEMBER 2020



**WA Education News** @WA\_Edu\_News · 2m  
 "One of the biggest things is the impact that you make on children's lives... building relationships, both with children and families... being with the kids and seeing their faces light up!" 🥰🥰  
 - Emily Copeman, ABC Mid West & Wheatbelt. #WorldTeachersDay 2/3

1   1

**WA Education News** @WA\_Edu\_News · 2m  
 "Teaching is one of the only jobs you can say you've changed a life."  
 "I hope that I can be remembered as someone who cares and provides a fun, safe and successful learning environment."  
 - Emily Copeman, Meekatharra DHS. #WorldTeachersDay 3/3 ❤️

2

# CHRISTMAS/NEW YEAR OPENING HOURS



## CHRISTMAS AND NEW YEAR SWIMMING POOL HOURS

Please note that the hours will remain the same during the Christmas and New Year period

**Monday-Friday**  
12noon - 6pm  
(Adults only 6pm-7pm)

**Saturday-Sunday**  
11am - 6pm



## The CRC (Telecentre)

will be

**CLOSED FROM :**

➔ **Thursday 24<sup>th</sup> Dec** ←

and open again on

**Monday 11<sup>th</sup> January 2021**

Have a Lovely Holiday Season!



## Murchison Rubbish Services

### Christmas and New Year Rubbish Collection

There will be NO rubbish collection the following days

**Friday 25th December 2020 (Christmas Day)**  
**Saturday 26th December 2020 (Boxing Day)**  
**Friday 1st January 2021 (New Years Day)**

All rubbish bins will be collected on Thursday 24th December & Thursday 31st December 2020.

All other rubbish collection days will stay the same.



## shire of meekatharra

*a golden prospect*

### Christmas / New Year Shire Office Closure

Please note:

The Shire Office will be closed from Wednesday 23rd December 2020 at 4:30pm until Monday 4th January 2021 at 8:00am

After this date business will continue as normal  
Please ring 0417 989 076 for emergencies





# MISSION AUSTRALIA

WISHING YOU ALL A SAFE AND  
MERRY CHRISTMAS

FROM

JANINE, NOLEEN, ALISI, ROB,  
PAULETTE, MONIQUE AND JOY



Mission Australia Meekatharra office will close from  
Thursday 24 December 2020 at 4pm  
and reopen on  
Monday 4 January 2021.



The FDV service will remain on-call during the holiday period.

The Mental Health Support Service will be closed from Monday 21 December until Monday 4 January.



## MSOTA PLAYGROUP

Do you have a child or know a child who will be starting Kindy  
in 2022 at Meekatharra School of the Air?



Play group takes place in Term 3 and 4- a great  
opportunity to prepare children for School of the Air.

For further information or to enrol, please contact Naomi Haynes or  
Shona Nash on 99235200 or email

[naomi.johnston@education.wa.edu.au](mailto:naomi.johnston@education.wa.edu.au)

[shona.nash@education.wa.edu.au](mailto:shona.nash@education.wa.edu.au)

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



## STRESS AND PRESSURE

Stress can come from many things and cause all sorts of problems.



### STRESS CAN COME FROM

FEELING DISCONNECTED  
 RELATIONSHIPS **MONEY**  
 YOUR BODY **JOBS** SORRY BUSINESS  
 BULLYING **GRIEF** **SCHOOL**  
**UNIVERSITY** DRUGS AND ALCOHOL  
 COMMUNITY JUDGEMENT  
 TRYING TO MEET YOUR OWN EXPECTATIONS RACISM  
**RESPONSIBILITY TO FAMILY** FIGHTING WITH FAMILY AND FRIENDS  
 DISCRIMINATION **INTERGENERATIONAL TRAUMA**  
**FAMILY EXPECTATIONS** HAVING TO SUPPORT YOUR MOB  
 BRINGING HOME MONEY TO SUPPORT THE FAMILY **WORK**  
 DEALING WITH OTHER PEOPLE'S PROBLEMS

### STRESS CAN CAUSE

**BAD THOUGHTS**  
 FEELING SAD INSIDE **FEELING LONELY**  
 BLAMING YOURSELF FOR THINGS EVEN IF IT'S NOT YOUR FAULT  
 WANTING TO BE ALONE ALL THE TIME  
**STAYING AWAY FROM MOB**  
**FEELING LIKE EVERYTHING IS A HASSLE**  
 FAMILY CONFLICTS **QUICK TO GET WILD**  
**FEELING TIRED AND FED UP**  
 THINKING THE WORLD IS AGAINST YOU  
**FEELING LIKE NO ONE UNDERSTANDS**  
 BEING UNABLE TO THINK PROPERLY OR MAKE GOOD CHOICES

## BE A YOUNG LEADER

Find good ways to cope when feeling stressed out and show your mob that it's ok to yarn to someone when you have lots of stress and pressure. There's no shame in talking it out.



## WORRY ME NOT

Everyone has worries in their life but it becomes a problem when your worrying goes on for a long time. It's important to look after yourself so you can overcome your worries and feel strong in your mind, body, spirit and culture.



### SPIRITUAL

VISIT COUNTRY  
RIVER, BUSH OR  
SOMEWHERE PEACEFUL  
**RELAX AND CHILL**  
SIT UNDER A TREE TO  
BE WITH NATURE

### MENTAL AND EMOTIONAL

WATCH MOVIES THAT  
MAKE YOU LAUGH  
**DRAW AND PAINT**  
WRITE POEMS, SONG LYRICS  
OR THOUGHTS IN A DIARY

### FAMILY

YARN WITH YOUR MOB  
CHILL WITH YOUR FRIENDS  
**STAY INVOLVED WITH  
FAMILY, FRIENDS,  
COMMUNITY  
MOB AND CULTURE**

### PHYSICAL

**PRACTICE BREATHING  
AND RELAXATION EXERCISES**  
LISTEN AND SING ALONG TO MUSIC  
AVOID ALCOHOL AND DRUGS  
**TRY TO GET MORE SLEEP**  
BE ACTIVE AND DO PHYSICAL ACTIVITY  
**EAT GOOD TUCKER**

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

## LOOK AFTER YOURSELF

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone:



AGED  
12-25?

## HOW HEADSPACE CAN HELP

**headspace** is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

**headspace** has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, [headspace.org.au](http://headspace.org.au) or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

### FIND OUT MORE AT [WWW.YARNSAFE.ORG.AU](http://WWW.YARNSAFE.ORG.AU)



**headspace** would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

**headspace** National Youth Mental Health Foundation is funded by the Australian Government Department of Health



## EXPRESSION OF INTEREST

# EVENTS COMMITTEE

The Shire of Meekatharra is looking for local people who would be interested in forming an events committee for the upcoming events in 2021 and beyond.

We want people who are interested in being a part of the activities and events within the Shire.

For more information or to express interest please contact Amy on [cdo@meekashire.wa.gov.au](mailto:cdo@meekashire.wa.gov.au) or 9980 0600



## EXPRESSION OF INTEREST

# MURAL PROJECT

THE SHIRE OF MEEKATHARRA IS LOOKING FOR LOCAL ARTISTS TO PARTICIPATE IN A MURAL PROJECT

The Mural Project will run in 2021 and will use local talents to create amazing art pieces throughout the town.

For more information or to express interest please contact Amy on [cdo@meekashire.wa.gov.au](mailto:cdo@meekashire.wa.gov.au) or 9980 0600



**Use your smart phone to help remove graffiti.**

Report graffiti at [www.goodbyegrffiti.wa.gov.au](http://www.goodbyegrffiti.wa.gov.au)

## 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





Containers for Change is coming to Meekatharra and **Yulella Aboriginal Corporation** and the **ABC Foundation Ltd** is bringing it here from **Saturday October 3!**

A new state-wide container deposit scheme, Containers for Change lets you cash in eligible containers for 10-cents each.

Your local refund point in Meekatharra is: **18 Marmont Street, Meekatharra.**

Open: **Wednesdays 1.00pm-5.00pm & Saturdays 8.00am-12.00pm.** (From Sat Oct 3)

You will be able to cash in up to 800 containers and receive up to \$80 cash-in-hand during these times. You can also have the money deposited straight into your bank account by signing up for a Scheme ID at [www.containersforchange.com.au](http://www.containersforchange.com.au).

Anything more than \$80 will be deposited directly into your bank account via your Scheme ID, so make sure you sign up for one today!

Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible for a refund.

There are some drink containers that are not eligible for a refund. Generally, excluded containers are those that are less than 150ml and greater than 3L. Containers excluded include:

- Any plain milk containers
- Any glass containers which have contained wine or pure spirits
- Containers 1L or larger which have contained flavoured milk, pure fruit or vegetable juice
- All cordial or syrup containers
- Registered health tonics.

Any containers that are presented as either broken glass or damaged/cut containers will NOT be eligible for a refund. Light crushing of cans, plastics and liquid paperboard is acceptable.

Please remember when coming down to exchange your containers:

- Make sure they are CLEAN and cleared of any contamination. Contamination includes: sand, cigarette butts, sharps and lemon/lime, plus much more.
- Sort and count your containers before into their types (glass, aluminium, plastic etc) as this will assist us in processing your containers quicker.
- Be nice – we are just starting out, so please be patient if we are a bit slow in the first days.

If you would like to bag up your containers for us to count and process later so you don't have to wait, just make sure to mark your bag clearly with your Scheme ID, Full Name and Contact Number. Alternatively, put your details on paper inside a sealed plastic sleeve and pop that in your bag.

To find out more about Containers for Change in Meekatharra contact Leanne Sharrock from Yulella Aboriginal Corporation via email at [admin@yulella.org.au](mailto:admin@yulella.org.au) or on 08 9980 1339.



# REQUEST FOR TENDER

The Shire of Meekatharra present this opportunity to lease modern and sleek retail spaces centrally located at 64 Main Street Meekatharra.

Utilising portions of the original supermarket and newsagency such as the fifty year old concrete floor now polished to a high finish, original fence palings repurposed as cabinetry fronts, and leveraging the genuine fondness for the Lloyd and Gerrick name that exists in Meekatharra, the opportunities to start and succeed in your own business are waiting for you in Meekatharra.

Located in a brand new steel framed state of the art building in the original Lloyds Supermarket location.

There are five separate opportunities presented with this tender –

Café,  
Hairdressing Salon,  
2 retail shops and  
Art Gallery,

each located around a central mall and co-located with a number of essential services and communal areas on the premises.

For more information contact Tralee Cable,  
[cdsm@meekashire.wa.gov.au](mailto:cdsm@meekashire.wa.gov.au) or on 0899800600





## Integrated Chronic Disease Care Program

**Do you have a team that can  
assist with your **diabetes,**  
**cardiovascular disease or**  
**respiratory disease?****



**Podiatry | Dietetics | Physiotherapy | Diabetes Education**

**Our Team can assist with these services and provide  
care co-ordination to assist with all your health  
appointments or enquiries.**

**If you suffer from Diabetes, Cardiovascular Disease or Respiratory  
Disease and would like to make changes to improve your health,  
call our Care Coordinators Beryl or Danielle on **0447 268 603****



**Meekatharra ICDC visiting dates for 2021**

19<sup>th</sup> January, 16<sup>th</sup> February, 16<sup>th</sup> March, 20<sup>th</sup> April, 18<sup>th</sup> May, 22<sup>nd</sup> June

# 2020 NAIDOC WEEK CELEBRATIONS

On the 13th of November the Shire, together with Stephen Michael Foundation, Youth Focus, Yulella, and Mission Australia put on a footy game to celebrate NAIDOC Week 2020. This event was a great and relaxing way to end NAIDOC Week with food, sports, music, and neighbours. Everyone who attended had big smiles on their faces as we enjoy the beautiful weather and the chance to reflect on the accomplishments of Aboriginal and Torres Strait Islander Peoples. The youth centre kids worked together with Andrew Binsiar Snr and the Youth Focus team to create a unique banner that incorporated the flags and logos of the week. We are very grateful to have such talent within the community to create something to beautiful and very Meekatharra. The Youth Focus team also spent the night painting the many

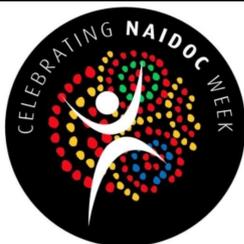
adorable faces of the young people (and not so young people) who attended. They also taught the kids how to paint faces,

guiding them through the different types of designs they could do. The Youth Focus team were an amazing addition to the evening.

Yulella put on the food for the event, complete with nuggets, burgers, wedges and so much more yummy yummy food! The Yulella crew spent many hours prepping all the food and it definitely went quickly. Working with the Yulella team made the event run smoothly and very was one of the major highlights of the evening.

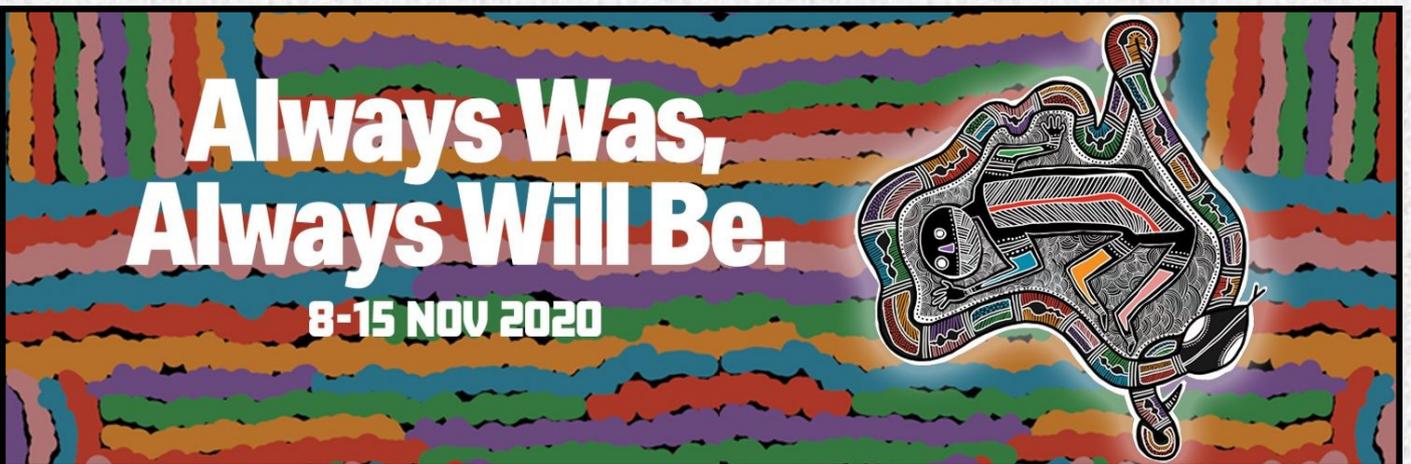
Mission Australia was a massive help, Janine Binsiar did the Welcome to Country for the evening and helped to decorate the sports complex with black, red, yellow, blue, green, and white streamers. She also provided guidance and support for the evening to ensure maximum community engagement. Mission Australia also provided NAIDOC pins and pencils to hand out to those who attended.

Wesley from the Stephen Michael Foundation supported the Youth Services Team to put on a footy game for the young people and some of the adults. The players showed great sportsmanship and respect throughout the evening. It definitely proved that you cannot beat a good game of footy. Of course, the Youth Services Team made sure the evening went off without a hitch. They spent many hours planning and encouraging the community to attend the event. The team made sure the evening was enjoyable and provided leadership throughout. They are incredibly passionate about celebrating the Indigenous cultures in Australia and supported others to learn more about why we celebrate NAIDOC Week.



**Always Was,  
Always Will Be.**  
**8-15 NOV 2020**







## FIRST AID FACT SHEET

# Snake Bite

Snake bites are not common in Australia, but all should be treated as life threatening. Snakes force venom out under pressure through fangs in the upper jaw. The spread of snake venom depends on its absorption through the lymphatic system.

### Caused by

- + Fangs puncturing the skin.

### Signs & symptoms

- + Visible in an hour or more after the person has been bitten.
- + In children signs and symptoms may appear within minutes.
- + Puncture marks or scratches, may bleed.
- + Nausea, vomiting and diarrhoea.
- + Headache, drowsiness, giddiness or faintness.
- + Double or blurred vision, drooping eyelids.
- + Voice changes, trouble speaking or swallowing.
- + Pain or tightness in the throat, chest or abdomen.
- + Breathing difficulties, respiratory weakness or arrest.

### What to do

1. Follow DRSABCD St John Action Plan.
2. Lay the casualty down, rest and reassure.
3. If the bite is on a limb, apply a broad pressure bandage over the bite site as soon as possible.
4. Then apply a further elasticised or firm bandage - start at fingers or toes and move up the limb as far as can be reached. Apply tightly but without stopping blood flow.
5. Splint the limb including the joints on either side of the bite.
6. Ensure the casualty does not move.
7. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.
8. Write down the time that the casualty was bitten and when the bandage was applied.

### DO NOT

- + Wash the venom off the skin (it may aid in identification).
- + Cut the bitten area and try to suck venom out of the wound.
- + Use a tourniquet.
- + Try and catch the snake.



In a medical emergency  
call **Triple Zero (000)**

Book a St John first aid course today | (08) 9334 1233 | [stjohnambulance.com.au](http://stjohnambulance.com.au)

Information provided is as per Australian Resuscitation Council Guidelines. These first aid protocols are for the Australian market only. All care has been taken in preparing this information but St John takes no responsibility for its use. This information is not a substitute for practical first aid training with St John.

# Commercial Hotel

## Meekatharra

Opened daily from noon til late

**Excellent counter meals daily:**

**Lunch: 12 noon – 2pm**

**Monday to Saturday**

**Dinner: 6pm – 8pm**

**Sunday to Saturday**



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

**Accommodation Includes:**

**Modern Motel units with en suite, TV & air con**  
**Located at rear of Hotel with enclosed parking.**

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



**Telephone: 99811020**

**Fax: 99811021**

**Email: [commieh@westnet.com.au](mailto:commieh@westnet.com.au)**

**77 Main Street, Meekatharra, 6642**



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

# Christmas Cherry and Fruit Cake

A RECIPE BY ALLRECIPES.COM.AU

PREPARATION:30MIN › COOK:2HOURS › READY IN:2HOURS30MIN

## ingredients

- 250g butter
- 200g white sugar
- 2 eggs
- 1/2 cup (125ml) orange juice
- 2 cups (250g) plain flour
- 1 teaspoon baking powder
- 375g sultanas
- 250g halved glace cherries



## directions

- Preheat oven to 150 degrees C. Grease and line a 22x13cm loaf tin with baking paper.
- Cream butter and sugar together until light and fluffy. Add beaten eggs and orange juice and mix well.
- Sift flour and baking powder. Reserve 1/3 cup of flour mixture and toss with sultanas and cherries (this will keep them from sinking to the bottom of the cake).
- Add flour mixture to batter and blend. Add floured raisins and cherries to dough and mix until just combined.
- Pour batter into prepared loaf tin. Bake in pre-heated oven for 2 1/2 hours.
- Wrap the cake in cling wrap or foil and store in a sealed tin for a couple of days before serving.

FOR MORE RECIPES, VISIT [JESSICAJOHNSONS.CO/RECIPES](http://JESSICAJOHNSONS.CO/RECIPES)



## Christmas Ice Cream Cake



### Ingredients

- 445g (2 1/2 cups) Sunbeam Mixed Fruit
- 65g (1/2 cup) Sunbeam Slivered Almonds, toasted
- 60g (1/3 cup) icing sugar mixture, sifted
- 2 tablespoons brandy, sherry or liqueur of choice
- 1 orange, rind finely grated
- 1 lemon, rind finely grated
- 1 teaspoon mixed spice
- 2L vanilla ice-cream, softened slightly
- 200g dark cooking chocolate, chopped Sunbeam Glacé Cherries, to serve
- Chocolate shards, to serve



### Method:

- Step 1 Grease a 1.5L (6 cup) pudding basin and line with plastic wrap, allowing it to overhang the side. Combine the mixed fruit, almonds, icing sugar, brandy, orange rind, lemon rind and mixed spice in a large bowl. Set aside for 1 hour to macerate.
- Step 2 Add the ice-cream to the fruit mixture and stir until well combined. Spoon into the prepared pudding basin and smooth the surface. Cover with plastic wrap and place in the freezer overnight to set.
- Step 3 Place chocolate in a heatproof bowl over a saucepan of simmering water, making sure the bowl doesn't touch the water. Stir until melted and smooth. Set aside for 10 minutes or until cooled and thickened slightly.
- Step 4 Dip the base of the pudding basin in hot water and turn the ice-cream cake out onto a serving plate. Spoon over the cooled melted chocolate. Top with glacé cherries and chocolate shards. Serve immediately.

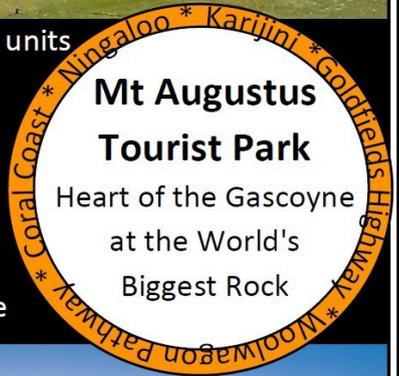
The Meekatharra Seventh Day Adventist Church (McCleary Street) invites you to join us in a weekly service for all ages from 10am Saturday mornings



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M E E K A T H A R R A



ACCOMMODATION CENTRE

Open Daily 6.00am—9.00pm

Catering for your special function? Email us for a quote on book-

[ings@meekatharraaccomodation.com.au](mailto:ings@meekatharraaccomodation.com.au)

# 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.

## Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

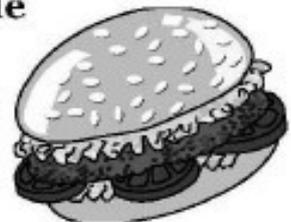
**Ph: 9981 1151**



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



**Auto Accessories**  
**Kleenheat Gas**  
**Key Cutting**  
**Take-Away Food**  
**Asian Food**



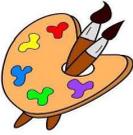
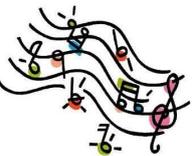
**A range of Asian Ingredients and utensils available for sale**



**Burgers**  
**Rolls**  
**Sandwiches made to order**  
**Bottled water deliveries**



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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>3pm – 5pm</b> 	<b>Drop in @ Youth Centre</b>  <b>Arts and craft @ Kids Zone</b> 	<b>Water polo @ the Swimming Pool</b> 	<b>Music @ Youth Centre</b> <b>Cooking or games @ Kids Zone</b> 	<b>Water Volleyball @ the Swimming Pool</b> 	<b>Drop in @ Youth Centre</b> <b>Arts and craft @ Kids Zone</b> 
<b>6pm – 8pm</b> 	<b>12 and over 3 on 3 basketball @ the Youth Centre</b> 	<b>Football @ the oval</b> 	<b>Volleyball @ Oval</b> 	<b>Basketball @ the oval</b> 	<b>Movie night @ the Youth Centre</b> 

## TERM 4 YOUTH SERVICES PROGRAM



## January School Holidays 2021 Youth Services Program



### MONDAY

**10am-1:30pm**  
Drop In  
@ Youth Centre

**2pm-4pm**  
Water Polo  
@ The Pool

**6pm-8pm**  
12 and Over  
Cricket  
@ Youth Centre



### TUESDAY

**10am-1:30pm**  
Arts and Craft  
@ Youth Centre

**2pm-4pm**  
Water Volleyball  
@ The Pool

**6pm-8pm**  
8 and Over  
Football  
@ The Oval



### WEDNESDAY

**10am-1:30pm**  
Music  
@ Youth Centre

**2pm-4pm**  
Water  
Basketball  
@ The Pool

**6pm-8pm**  
10 and Over  
Project Night  
@ Youth Centre



### THURSDAY

**10am-1:30pm**  
Drop In  
@ Youth Centre

**2pm-4pm**  
Water Toys  
@ The Pool

**6pm-8pm**  
8 and Over  
Basketball  
@ The Oval



### FRIDAY

**10am-1:30pm**  
Pool Comp  
@ Youth Centre

**2pm-4pm**  
10 and Under  
Movie  
@ Youth Centre

**6pm-8pm**  
12 and Over  
Movie  
@ Youth Centre



Starting from 4th of January



# Ho! Ho! Ho!

Work out the answers to the questions. Each number is linked to a letter. Use these letters to reveal the punch line of the Christmas jokes. Remember to read the clues across the page.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. What do you call a cat on a beach at Christmas? \_\_\_\_\_

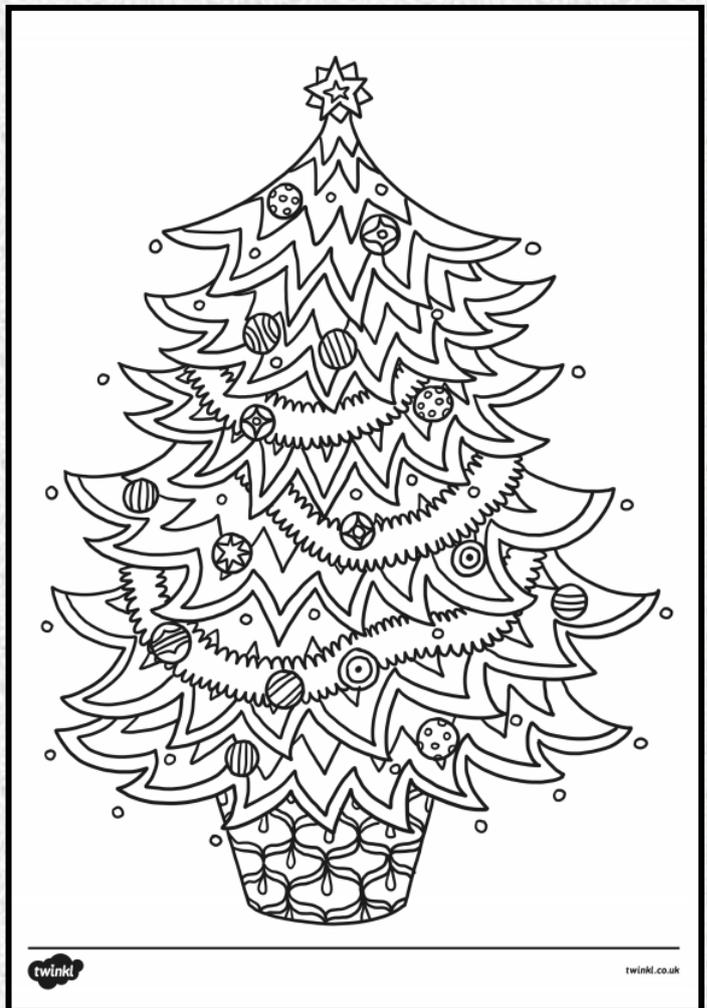
$10 + 10 - 1 = \underline{\quad}$        $100 - 99 = \underline{\quad}$        $28 - 14 = \underline{\quad}$        $12 - 8 = \underline{\quad}$        $16 + 9 = \underline{\quad}$   
 $15 - 12 = \underline{\quad}$        $24 - 12 = \underline{\quad}$        $82 - 81 = \underline{\quad}$        $50 - 27 = \underline{\quad}$        $38 - 19 = \underline{\quad}$

2. Where does Santa keep his money? \_\_\_\_\_

$90 - 89 = \underline{\quad}$   
 $30 - 11 = \underline{\quad}$        $20 + 10 - 16 = \underline{\quad}$        $30 - 15 = \underline{\quad}$        $17 + 6 = \underline{\quad}$        $82 - 80 = \underline{\quad}$   
 $17 - 16 = \underline{\quad}$        $3 + 3 + 5 + 3 = \underline{\quad}$        $22 - 11 = \underline{\quad}$

3. What's a snowman's tantrum called? \_\_\_\_\_

$199 - 198 = \underline{\quad}$   
 $5 + 5 + 5 - 2 = \underline{\quad}$        $23 - 18 = \underline{\quad}$        $36 - 24 = \underline{\quad}$        $100 - 80 = \underline{\quad}$        $18 - 15 + 1 = \underline{\quad}$   
 $8 + 7 = \underline{\quad}$        $56 - 33 = \underline{\quad}$        $6 + 6 + 2 = \underline{\quad}$





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Farmer Jack's

FOODWORKS

Supermarket

MEEKATHARRA



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)

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- TV's & DVD Players,
- Small Appliances.



tools to help YOU  
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Farmer Jack's Foodworks Meekatharra

22 Main Street, Meekatharra 08 99811088



Farmer Jack's

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

# IMPORTANT DATES

## December 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	1 360 Health Visiting the Clinic	2 360 Health Visiting the Clinic	3	4 Movie Night: The Gentlemen (18+ Event) 	5 Meeka Goes Green 9am-11am Upcycling Workshop 11am 	6
7 Yoga 6pm SJOG Geraldton Radiologist & Dietician Visiting the Hospital	8	9	10	11 Carols by Candlelight 7pm 	12 Meeka Goes Green 9am-11am Markets/Morning Tea 9:30am 	13
14 Yoga 6pm Mama D's Hair Care in Meeka Diabetic Educator Visiting the Clinic	15 Diabetic Educator & 360 Health Visiting the Clinic Physiotherapist Visiting the Hospital	16 Town Christmas Party 360 Health Visiting the Clinic	17	18 Ordinary Council Meeting	19 Meeka Goes Green 9am-11am	20
21 Podiatrist Visiting the Hospital	22	23 Shire Office Closes at 4:30pm. Reopens at 8am on 4th of January 2021	24	25 Christmas Day 	26 Boxing Day	27
28 Boxing Day Public Holiday	29	30	31 New Years Eve 	1 New Years Day Public Holiday	2	3