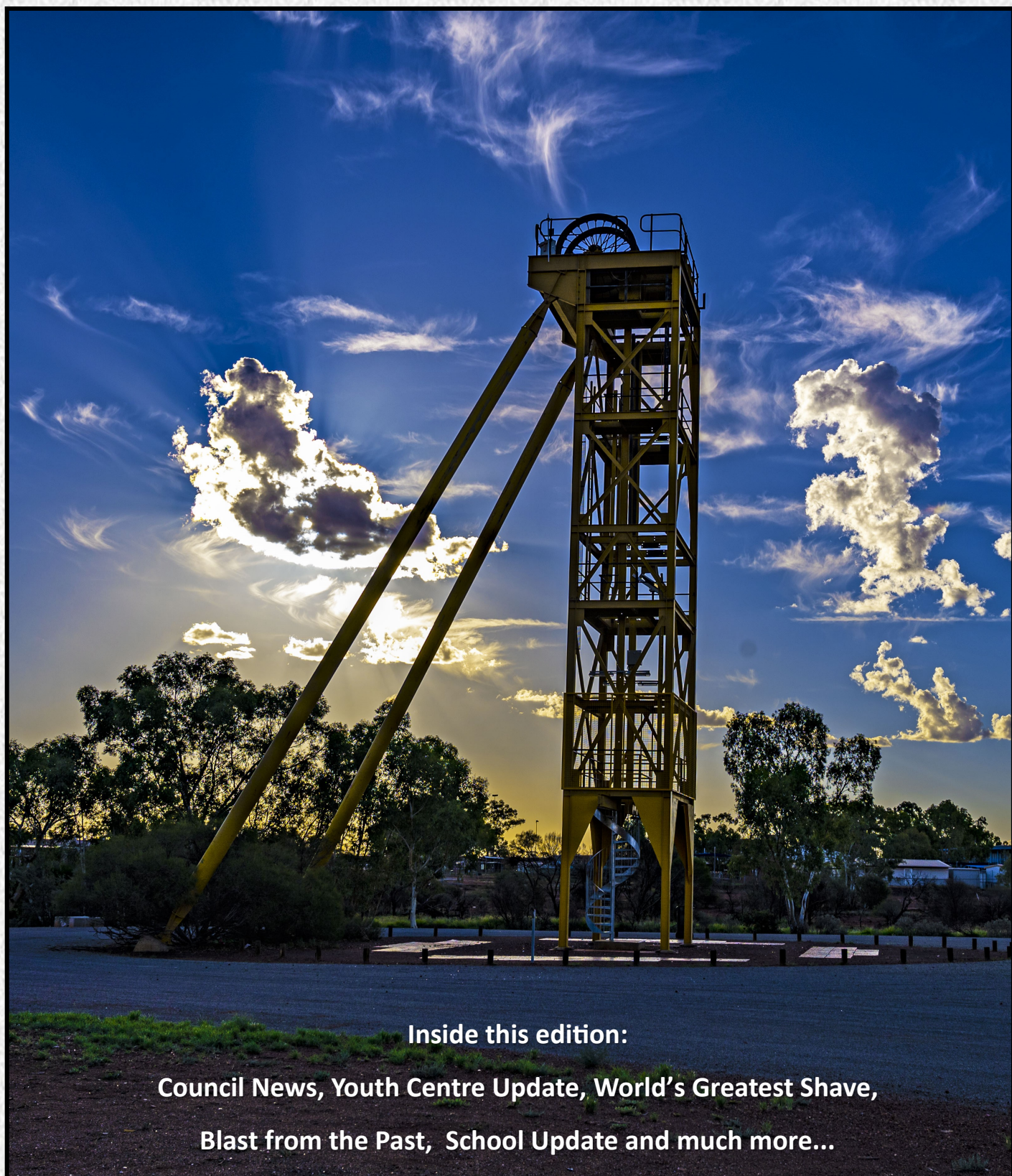




# Meekatharra Dust

APRIL 2021 | ISSUE NO.336

COST \$2.50



**Inside this edition:**

**Council News, Youth Centre Update, World's Greatest Shave,  
Blast from the Past, School Update and much more...**





## **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](mailto:cdo@meekashire.wa.gov.au)***

## **Council Dates**

Dates for Ordinary Meeting of the  
Shire of Meekatharra for 2021 are -

Meeting Date	Last Date for Items
16 January	4th
20 February	5th
20 March	5th
17 April	1st
15 May	30th
26 June	11th
17 July	2nd
21 August	6th
18 September	3rd
16 October	1st
20 November	5th
17 December	3rd

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

## **GENERAL DISCLAIMER**

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





# 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

Happy Easter everyone! March was a hectic month for everyone with so much happening. There was the school swimming carnival, the Welcome to Meeka night, World's Greatest Shave, Red Kite BBQ fundraiser and so much more.

This Easter is set to be fun and exciting with the Easter lunch, on the 2nd of April, held for the whole community to enjoy. We will have Zorb Balls/Hamster Balls for the kids to roll around in, an Easter Egg hunt, lunch and a special visit from the Easter Bunny. The school has had an amazing Easter event for the younger kinds which was enjoyed by everyone who attended. April is going to be a thrilling month, school holidays start on the 1st, we have the Stephen Michael Carnival, the Carey Right Track Foundation visit, a movie night for the adults, the Gymkhana, markets, upcycling workshops and so much more. With so much on and hopefully cooler weather Meeka will be a hub for excitement.

Remember kids, school goes back on the 20th of April. So rest up, have fun and prepare to head back to classes ready to learn. Be safe everyone.

*The Editor*



We have hidden Easter Eggs throughout this edition, can you find them all?



# COUNCIL NEWS

DRAFT FOR COMMENT



CONSULTATION DRAFT



## Strategic Community Plan

Council are asking for feedback and ideas about the Strategic Community Plan. This Plan for 2020-2030 maps out the vision and sets a clear direction for the Shire for the next ten years. This Strategic Community Plan has been drafted with feedback from community members and other stakeholders. The objectives in the plan are; Social, Natural Environment, Built Environment, Economic and Governance. Each objective has been broken down into clear outcomes that the Shire will do to ensure the objectives are met in all aspects of work.

The Strategic Community Plan has been a work in progress for the past couple of years and is very important to outline the priorities of the Shire.

Please obtain your copy of the draft Strategic Community Plan from the Shire Office in Meekatharra or on the Shire website. Written submissions on the draft Strategic Community Plan will be received until 4.00pm, Friday 9 April 2021.

**'Our Vision – A place for community, opportunity and prosperity.  
Our Mission – To be an efficient and influential Local Government that  
contributes to the healthy, prosperous and connected community of  
Meekatharra.'**

## Budget Requests

In the lead up to budget time the Council are now accepting budget requests from Ratepayers, Residents, Community and Sporting Groups for the 2021/22 budget. When Council are planning the budget they will look at the Strategic Community Plan to guide their decisions.

If you have anything that you would like to submit or have any questions, we would love to hear from you! Please contact the Shire on 9980 0600 for more information. Submissions need to be received by the Shire on Friday the 23rd of April 2021 by 4:30pm and need to be addressed to the Chief Executive Officer.

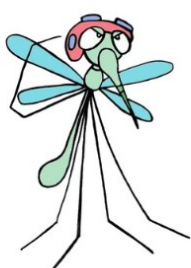


## Events Subcommittee

The Shire's new Events Subcommittee has been working hard to plan some events and get more things happening in the town. So far, the Events Subcommittee has had two meetings and planned two events; Welcome to Meeka and the Easter Party. There are so many great ideas floating around and we are very keen to get them off the ground. In the coming months you can expect to see movie nights, a clothes swap, quiz night and many more fun events for everyone to come along and enjoy!

The committee is made of a diverse range of people, some have lived in Meekatharra forever, others only a short amount of time. We have artists, medical personnel, community service enthusiasts and all sorts of other talents joining us, all passionate about creating meaningful events.

If you have ideas for events you want to see, please reach out the Shire Office. We are always on the look about for new ideas and different activities to engage more people.



## Mosquito Fogging

Last month Rigby did some fogging around town to get rid of the large quantities of mosquitos we had flying around our town. He did this over two evenings, driving very slowly around town to make sure he got very bit and got rid of the pesky pests. Mosquitos are carriers of many different diseases so having fewer of them lessens the risk of becoming sick. The Shire has supported this and complete this when those mozzies get extra annoying.

## Works Crew

The Works Crew have been busy cleaning up the town, by removing glass, graffiti and rubbish from various places. The Works Team work very hard to make sure this town is clean and safe for everyone to live in. They have done regular maintenance on the cemetery to ensure the place is kept in a respectful way for the families. The street sweeper has been going around cleaning footpaths from glass and gravel.

*Next Council Meeting: 17th of April 2021, 9:30am at the Council Chambers in the Shire Office.  
The closing date for submissions is the 1st of April 2021 at 4:30pm.*





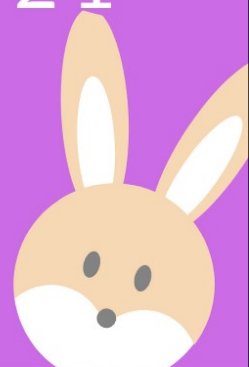
Everyone is Invited to...

# *Community Easter Lunch*

Friday, 2nd of April 2021

11AM-3PM

Town Hall



Easter Egg Hunt



shire of  
**meekatharra**  
*a golden prospect*



**Zorb Balls**



# CRC News



## Jo's the Go

Alert locals will have noticed a new face behind the busy Department of Transport computer at the CRC—Customer Service and Project Officer Jo Bonnily passed her training with flying colours. We're very proud of Jo's achievement, it's a challenging job and she certainly seems to have got the knack of it! Dept. of Transport is open from 9am to 2pm M-F.

## Reconnecting Family

The CRC was honoured to be part of the recent stolen generation reconnection story in Meekatharra. At the family's request, we can't print names here, but it was a big milestone for the separated family groups, who had the opportunity to meet for the first time last month in Meeka. The family kindly allowed the CRC to record an interview for the Family History Project (funded by a Department of Communities grant), and it will be on display at the CRC. This story demonstrates that the heart-wrenching effects of the stolen generation are still very much a part of people's lives today. If you would like to find out what resources are available to you in tracking down family connections, the CRC is happy to help with contacts and general information.

## Your Family Story

As part of the Family History Project, the CRC is also offering FREE digitising of your old photos and documents—bring a memory stick or purchase one of ours. It's a great way to preserve your family records. We would also love to get your story on video—pop in any time!

## Dept Transport

The Department of Transport practical driving test team will be in Meekatharra on April 20th. Make sure you come and see us to book an appointment well beforehand.

## National Volunteer Week

The Meeka CRC has been approved for a NVW grant to help promote and celebrate our volleys! We'll be holding a thank-you and promotional event at one of our Meeka Markets, keep an eye out on Facebook for details. If you would like to find out about the many volunteering opportunities in Meekatharra, come and see us at the CRC.

**Scanning - Emailing - Computer Use - FREE WIFI - Printing, Souvenirs and More at the Meekatharra Community Resource and Visitor Centre.**

## April 2021

By Anna Johnson & Jo Bonnily

## Meeka Markets Sat April 10th

9:30 to Lunchtime

In front of the Commercial Hotel,  
Main Street

**Stall Spaces are Free!**

Set up from 9:00 am NO EARLY ARRIVALS!  
Bring your own table & chair & COVID supplies  
Comply with any legal requirements  
relating to your product/service



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

Mon—Fri 9:00 am to 3:30 pm

**Department of Transport Services**  
Mon—Fri 9:00 am to 2:00 pm  
NEXT TOWN VISIT: April 20th





# Meekatharra Gymkhana

**APRIL 10**

GREAT CASH PRIZES  
\$2000 OPEN BARREL RACE  
1ST PRIZE \$1000

\$650 TEXAS KEYHOLE  
PRIZE IS SPLIT OVER 4 DIVISIONS

NOMINATIONS FROM 8AM  
EVENTS START AT 8:30AM

**BAR AND CANTEN ON COURSE**

For enquiries please contact Tracy Elliot on (08) 99812938,  
Tammie Garrity on (08) 99812908 or email  
[meekagymkhanaclub@outlook.com](mailto:meekagymkhanaclub@outlook.com)

Held at the Meekatharra race course on Wiluna Road





# Meekatharra Support Guide

## EMERGENCY

<b>Ambulance/Police/SES/Fire</b>	<b>000</b>
<b>Meekatharra Police Station</b>	<b>9918 7120 / 131 444</b>
<b>Meekatharra Hospital</b>	<b>9981 0600</b>

## ALCOHOL & DRUGS

Services		Phone Support Lines	
Mission Australia	9956 5100	Alcohol & Drug Support Line	1800 198 024
(Alcohol and Other Drugs Support Service)		Quitline (smoking)	13 78 48
Mental Health and Community Alcohol Drug Service	1800 051 999	Parent & Family Drug Support Line	1800 653 203

## HEALTH

Services		Phone Support Lines	
Meekatharra GP Clinic	6444 7980	Health Direct	1800 022 222
Meekatharra Pharmacy	9980 1798	Elder Abuse Hotline WA	1300 724 679
Meekatharra Hospital	9981 0600		
Geraldton Regional Aboriginal Medical Service	9956 6555		
Aged Care	9981 0645		

## MENTAL HEALTH

Services		Phone Support Lines	
Midwest Mental Health Service	9981 0625	Lifeline	13 11 14
Mission Australia (Mental Health Support Services)	9956 5100	Beyond Blue	1300 224 636
Youth Focus	6266 4333	Suicide Call Back Service	1300 659 467
Meekatharra GP Clinic	6444 7980	Men's Helpline Australia	1300 789 978
		1800RESPECT	1800 737 732
		Rural Link	1800 552 002

## YOUTH

Services		Phone Support Lines	
Shire of Meekatharra Youth Services	9980 0600	Kids Helpline	1800 551 800
Youth Justice	9980 2070	Lifeline	13 11 14
Child and Adolescent Mental Health Services	9981 0625	Beyond Blue	1300 224 636
Youth Focus	6266 4333	eheadspace	<a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a>
Meekatharra District High School	9981 1092		
Mission Australia (Remote Attendance Program)	9956 5102		
Department of Communities	9981 0300		
(Child Protection and Family Support)			
Hope Community Services	0418 135 031		

## HOUSING

Services	
Department of Housing	9956 5000
Mission Australia (Public Tenancy Support Services)	9956 5103

## DOMESTIC VIOLENCE

Services		Phone Support Lines	
Emergency/Ambulance/Police	000	Men's DV Helpline	1800 000 599
Meekatharra GP Clinic	6444 7980	Women's DV Helpline	1800 007 339
Meekatharra Hospital	9981 0600	Sex Assault Helpline	1800 688 922
Meekatharra Police	9918 7120	Crisis Care 24hrs	9223 1111 / 1800 199 008
Mission Australia	0458 881 488	1800RESPECT	1800 737 732
(Nyarlu Duwa Women's House, Family and Domestic Violence Response Service)			

## FINANCIAL & GAMBLING

Services		Phone Support Lines	
Centrelink	13 62 40	Gambling Helpline	1800 858 858
Mission Australia (Emergency Relief)	9956 5100		

## EMPLOYMENT & TRAINING

Services	
Yulella Aboriginal Corporation	9980 1339
Centrelink	13 62 40

## LEGAL

Services		Phone Support Lines	
Aboriginal Legal Service	9265 6666	Legal Aid	1300 650 579
Aboriginal Family Legal Service	9965 4654		
Meekatharra Court	9981 1008		
Carnarvon Court	9961 5500		
Nyarlu Miyarnumalgu	9936 0600		
(Indigenous Women Paralegal Service)			

## COMMUNITY SERVICES

Services	
Yulella Aboriginal Corporation	9980 1339
Mission Australia	9956 5100
Department of Communities (Housing)	9956 5000
Department of Communities	9981 0300
(Child Protection and Family Support)	



Produced by the Shire of Meekatharra



# YOUTH SERVICES

The Youth Services Team have had a busy month with plenty of activities and project for the young people. They have made the most of the pool before it shut down.

Kids Zone has been enjoying new craft supplies, games and puzzles. The kids have been creating all sorts of fun by making and decorating a tree, painting amazing pictures and colouring in. They have also been making more delicious treats in their kitchen (playground). It is awesome to see their creativity.

The Youth Centre team have been doing arts and craft, playing sports and having chats with the support agencies in town. They have also enjoyed

their footy training with the Stephen Michael Foundation crew.

On the 6th of April the school holiday hours start up again (10am-1:30pm, 2pm-4pm, 6pm-8pm). The youth team have a huge amount of activities planned and are having visitors over the two week. The Carey Right Track team are heading up to Meeka during the second week of the holidays to hang out at the Youth Centre and support the upcoming Stephen Michael carnival. That is set to be an exciting and engaging week for the young people in town.







# MURCHISON SPORTING LEAGUE CARNIVAL

**YOUTH  
WEEK WA  
2021**

**PRIZES AND  
GIVEAWAYS**

**Where:** Meekatharra Town Oval and Basketball Courts

**When:** Wednesday 14 April 4-8pm

**Who:** Boys and girls aged 9-17

**What:** Athletics activities and Basketball skills and matches

Participants will learn new skills and compete in matches with and against youth from across the Murchison and Gascoyne region

**FREE  
DINNER FOR ALL  
PARTICIPANTS**

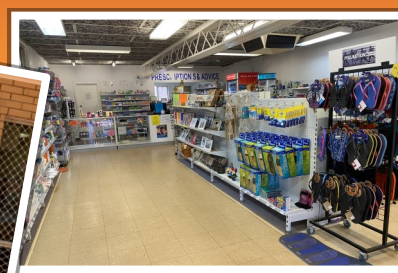
For more information please contact Andrew McCarrey on [andrew@smfoundation.org.au](mailto:andrew@smfoundation.org.au) or 0402 424 272





# Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642



## GETTING READY FOR WINTER

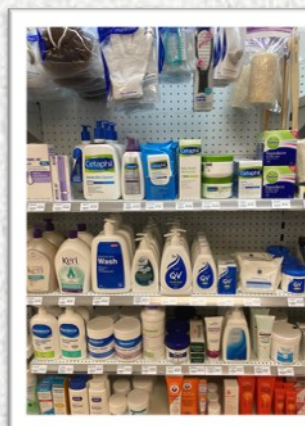
### GET YOUR FLU SHOT

MEEKATHARRA PHARMACY will  
be offering Flu vaccinations

**\$25**

(includes vaccine and administration)

**WALK-INS WELCOME**



## Dry skin & Eczema

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

## Webster Packs

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

## FLU SEASON IS COMING

Annual vaccination is the most important measure to prevent influenza and its complications and we urge everyone to get vaccinated this year (unless contraindicated) Please speak with your pharmacist to find out if it will be suitable for you and your family. We are offering influenza vaccinations to people aged 10 years and over in store this year for \$25.00 per person. Please note that this is NOT Covid-19 Vaccine. This is annual Influenza Vaccine.

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

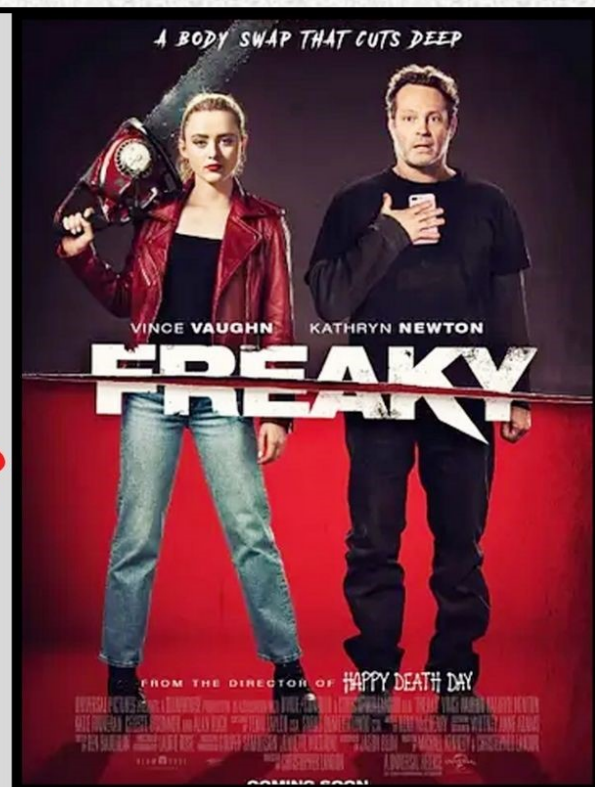
**Come in and say Hi!**

**Monday – Friday: 9am-5pm**

**Saturday – 9am-1pm**



# MOVIE NIGHT



**FRIDAY, APRIL 30TH**

**DOORS OPEN 7PM  
FOR 7:30PM START**

**TOWN HALL**

**\$10 ENTRY**

**POPCORN, SOFT DRINK  
AND PLATTERS  
PROVIDED**

**THIS IS AN 18+ EVENT**

**EFTPOS AVAILABLE**





# WELCOME TO TOWN

The annual Welcome to Meeka Event was held in March to welcome those new to town and encourage positive community involvement by showcasing the various volunteer clubs and organisations. We had representatives from St John's, Fire and Rescue, Gymkhana Club, Rifle Club, CRC, Golf Club, Meeka FM and Meeka Goes Green. They all gave speeches about their clubs/organisations and explained to the new people in town how to join up. It is very important for new people to join different clubs to get to know the locals and be involved the different parts of this friendly community.

We had new people from a range of organisations, from

the school to the hospital to WestGold. It was great to see everyone mingling and meeting people that they normally would not have the chance to. That is what makes this event so special, it allows a range of people to meet and have a relaxing evening.

Thanks to everyone who helped set up, pack up and who came along to welcome the newbies. Thanks to Geoff for being the host for the night, introducing everyone and making the speeches extra fun! Thanks to the members of the Events Committee who helped plan the event. Thanks to all the clubs who showed how fun and exciting this town is.









To the residents of Regional West Australia

The last four years of my life have been the most exciting and incredible time in my life. To be elected to represent the people of the mining and pastoral electorate was a great honour.

Unfortunately, I have been unsuccessful in my bid to get re-elected on the 13th March and sadly must bow out of the role. I will never be able to re-pay the people who gave me the help and encouragement to pursue the main issues facing Regional WA.

I feel that my role as a cross bencher in the upper house, was important in deciding on many of the various topics being voted on in the chamber.

The mining and pastoral electorate is one of the biggest electorates in the world, taking up 2.2 million square kilometres. From Norseman to Kaluburu and everywhere in between makes up this diverse electorate. I have always believed that the regions are the financial backbone of West Australia. The mining industries are the blue-chip incomes for the state and federal governments and having spent more than three decades in mining I know just how dependant our politicians are in this huge industry. The mining industry has the finances and the clout to climb over all the hurdles that the state government puts in front of them, sometimes they may have to wait for the bureaucrats to rubber stamp their applications but, in the end, they get their wishes granted.

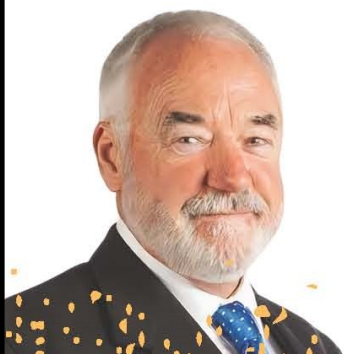
The pastoral and agriculture industries do not have the same clout and sadly we have huge areas that are not being utilised to create wealth and more importantly jobs for our young people who are living in our regional towns. Billions of litres of water flow from the Fitzroy River into the ocean each year and not one litre of this is used to grow industry or create one single job.

We have people making decisions in Parliament who have only lived in the metropolitan bubble and have no real knowledge of regional WA. This is a battle that has to be won by the pastoral, agricultural and mining industries to secure the future of WA and its residents. All of these industries rely on a water supply for their future, and there is an abundance of water in the north just waiting to be used.

Again, I thank the residents of my electorate for their support over the last four years. Take care and never give up the fight for regional Western Australia.

**Kind regards**

*Rob Scott*





# Christ the King Catholic Church

## Meekatharra



### **Good Friday**

Passion of Our Lord Jesus Christ

**3pm**

### **Easter Sunday**

Mass of the Resurrection of Jesus

**11am**





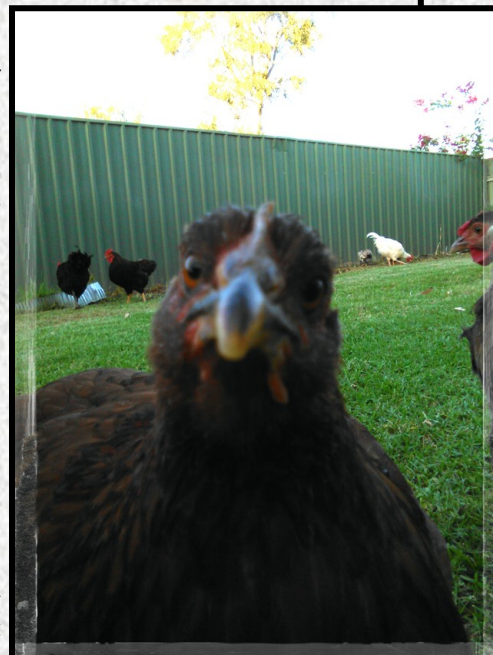
## CHOOKS

Scrambled, sunny side up or poached – eggs are often the main reason why people decide to get backyard chickens. But did you know chooks also bring a heap of other benefits?

- ⇒ **Food waste disposal:** we all create food waste when preparing our meals, when we don't finish what's on our plate or when we forget about something in the back of the fridge. Rather than chucking it in the bin to go to landfill, give the scraps to your chickens and they'll gobble up what they like and convert it into eggs. Any scraps they don't like they'll scratch into the ground and can later be raked up to create compost. Chickens enjoy a variety of veggie scraps and go crazy for a high protein snack such as meat cut-offs, egg or even greek yoghurt (which is hilarious to watch).
- ⇒ **Fertiliser:** chickens poop – quite a bit. Their manure is high in nitrogen, phosphorus and potassium which are all essential for healthy plant growth. So if you have a garden then chicken manure is fantastic. Just let it age or

even better compost it to make all of the nutrients available to the soil and plants.

- ⇒ **Weed and pest control:** When left up to their own devices chickens love to roam the backyard and eat a variety of different plants. This can be detrimental if they manage to get into a veggie patch but their power can also be harnessed for good: if you have weeds that need cleaning up target their pecking and scratching prowess to that area and kick back with a beverage of your choice while they do all the hard work. They also adore grasshoppers, mice, cockroaches, caterpillars and any other insect snacks



and will happily devour them. You can catch cockroaches by putting some chook pellets or veggies in a jar, then lubricate the top inch of the inside of the jar with oil – the roaches will be attracted to the food, climb into the jar but then won't be able to climb back out again. Tip the jar into the chook run and watch the feeding frenzy unfold. A win win situation (except for the roaches).

- ⇒ **Entertainment:** watching chickens run, hop, sun themselves, purr with contentment, chase insects or scratch in the soil is a favourite pastime of many chicken keepers.







average 1.88kg of meat (compared to 1.29kg per chicken in the 1960s). The number of poultry birds in Australia increased five fold from around 20 million in the 1960s to over 100 million in 2018. (source: our-worldindata.org)

⇒ There are many different breeds – some bred for meat, others for egg production, others are a hybrid use, others are just cute and fluffy and entertaining.

Do you have chickens? Do you want chickens? What's your favourite thing about chickens? You can leave a post on Facebook/meekagoesgreen, send us an email

For a bit of chicken themed trivia:

- ⇒ Did you know there are more chickens in the world than there are humans? 25 billion chickens (according to the all-knowing internet so it must be true)
- ⇒ Chickens' eggs, urine and faeces all come out of the same orifice – the cloaca. The digestive waste (poop) and urinary waste (wee) combine and exit together, hence the white urate part of their otherwise brown droppings. The eggs also come out of the cloaca – but in doing so the colon is closed off so there's no cross contamination. If there's a randy rooster around the fertilisation also happens via this entry and exit point in what's called a cloacal kiss (naww). Why have three holes if one can be multipurposed?
- ⇒ A "chicken gun" is a compressed-air cannon used to fire dead chickens at aircraft components to test their resistance to bird strikes.
- ⇒ Alektorophobia is the fear of chickens. "Alektor" comes from Greek meaning "rooster" and "phobos" means "fear".
- ⇒ It takes around 25 hours for a hen to produce an egg but this differs with breed and age. It takes 21 days for a chick to hatch from a fertilised and incubated egg.
- ⇒ Chickens can sneeze and vomit.
- ⇒ Chickens have three eyelids.
- ⇒ Chickens' egg production wanes with decreasing daylight.
- ⇒ Eggs come in variety of colours: from dark brown to white and also in blue and green hues.
- ⇒ One chicken in Australia nowadays produces on

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 either at the Recycling Centre on Railway Street or at the St Johns Ambulance Subcentre in Hill Street (weather and topic dependent).



## 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.



CONTAINERS  
FOR CHANGE

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



# Mama D's Hair Care

**MEEKATHARRA DATES CONFIRMED**

*April 19-23*

*May 24-28*

*July 5-9*

*Aug 9-13*

*Sep 20-24*

*Nov 1-5*

*Dec 13-17*

*Book your appointment through facebook @mama\_d\_haircare*



## Census

### Positions available

**340 jobs available**

**2021 Census**

**Remote area management team**

**\$36.90 – \$48.30 per hour**

(incl 25% loading) + super

(Contract/Temporary)

Roles start in May 2021

**Help tell your community's story**

Apply now: [www.abs.gov.au/census](http://www.abs.gov.au/census)







Budget Requests from Ratepayers, Residents, Community and Sporting Groups  
**OPPORTUNITY TO SUBMIT BUDGET REQUESTS**

Council is currently preparing its budget for 2021/22 and as part of that process invites residents, ratepayers, community and sporting groups to submit suggestions or requests for projects they would like to see included in the budget.

Council, when considering budget items will include items from the Strategic Community Plan and other adopted plans. Any requests or suggestions received may be referred to these planning processes.

All submissions should be submitted by way of a formal letter outlining all relevant details, including, if possible, quotes or estimates relating to the proposal.

Submissions should be addressed to the Chief Executive Officer and;

posted to: Chief Executive Officer

Meekatharra Shire

PO Box 129

Meekatharra WA 6642; or

delivered to: Chief Executive Officer

Meekatharra Shire Administration Office

75 Main Street

Meekatharra; or

by Fax: 9981 1505; or

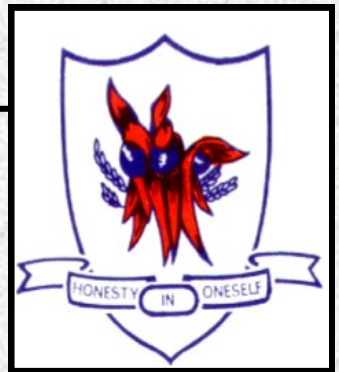
emailed to: [dceo@meekashire.wa.gov.au](mailto:dceo@meekashire.wa.gov.au)

**Submissions will be received until 4:30pm on Friday, 23<sup>rd</sup> April 2021.**





# SCHOOL UPDATE



Meekatharra District High School has been very busy this term, there has been nonstop activities and events for the students, teachers and community members to enjoy. The school staff have worked so hard this term and all deserve the upcoming break.

The Swimming Carnival was extremely successful, with great turn out from students and community members. The students put in so much effort for their faction with Marlu being the overall winner. Mission Australia made lunches for the students, staff and community members who attended. Great job everyone, it is great to see all the talent we have in Meekatharra.

The Per-Primary to Year 4 students attended an Easter Event so celebrate the holiday. They invited community members to come along and support the activities. They did an Easter egg hunt, pin the tail on the bunny, singing, dancing, made egg baskets and painted Easter Eggs. Great job to the staff who organised this event, the kids looked like they had a blast.

Remember school starts back on the 20th of April! Have a safe and fun school holidays.

## Swimming Carnival Results

1<sup>st</sup> Marlu 286

2<sup>nd</sup> Yalibiddi 225

3<sup>rd</sup> Bungarra 224

P/1 Champion Boy – Robert Kyanga

P/1 Runner Up Boy – Joshua Penny

2/3 Champion Boy – Dylan Grbic

2/3 Runner Up Boy – Maitland Mongoo

4-6 Champion Boy – Lerado Victor

4-6 Runner Up Boy – Noah Jones-Mongoo

High School Champion Boy – Malcolm Ryder

High School Runner Up Boy – Jody Gillespie

P/1 Champion Girl – Indianna Kyanga

P/1 Runner Up Girl – Lena Thomas

2/3 Champion Girl – Hailey Grbic

2/3 Runner Up Girl – Nataya Kyanga

4-6 Champion Girl – Charli Simpson

4-6 Runner Up Girl – Kyliesha Marney

High School Champion Girl – Bobbie-Jo Whitehurst

High School Runner Up Girl – Ashlyn Binsiar & Marissa Baumgarten









## Gym Memberships

The Shire 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



## 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.



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.



## 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)





## 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**

20<sup>th</sup> April, 18<sup>th</sup> May, 22<sup>nd</sup> June



## GARDENS WITH SAL, THE GARDEN GAL



G'day to the Midwest,

Far out, this last month has been a hot one! Some days there it felt like we were in the tropics, the only things missing were the coconut trees and waterfalls. The rain has excited all of the little insects out here too- have you noticed all of the butterflies in the bush of late?

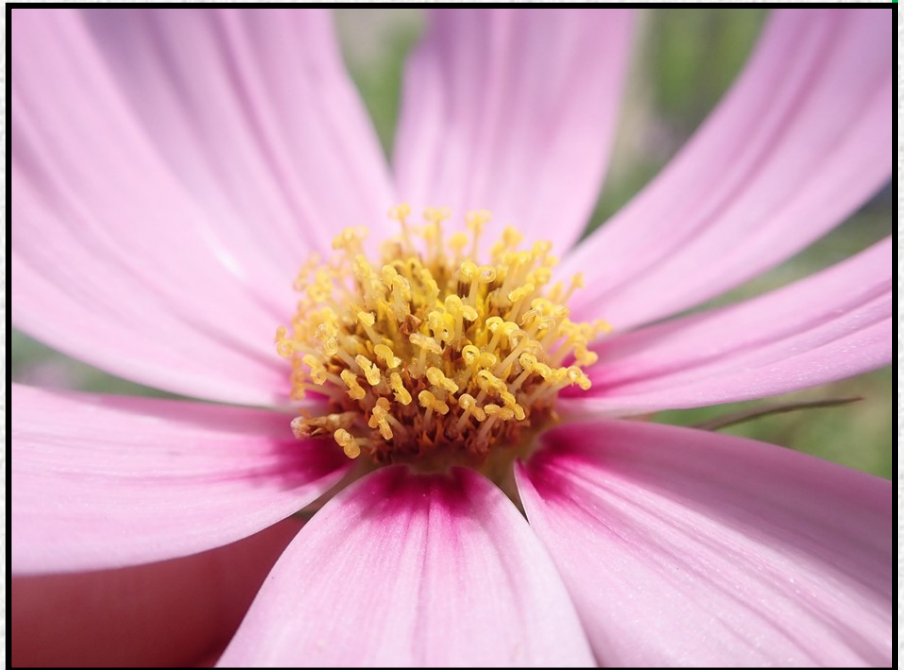
Well there is no denying it, Autumn is slowly kicking into gear. That early morning chill is in the air and in no time we will be wearing beanies and lighting up the backyard fire places. I'm definitely looking forward to some cooler weather and I think our gardens will be too!

We have been busy in our EON school garden. We had placed black plastic over the top of our garden beds for the last couple of months. It was unsightly but incredibly effective at killing out unwanted grass and weeds! Now the fun can really begin. We

reconnected all of the reticulation, replenished the beds with fresh manure and planted a bunch of winter seeds directly into the ground.

It's time to start preparing for our Autumn/ Winter veggie crops. I'm trying to be strategic and work with the tail of end of the warmer weather to get the foliage flush from the seedlings. Things to consider planting at this time of year:

Broccoli, cauliflower, Brussel sprouts, cabbage, carrots, beetroot, potato, sweet potato (Any time of year), radish, turnip, pumpkin, celery, leek, onion, garlic, coriander, parsley, cham



*Nestled amongst a Cosmo flower blossom*

omile, calendula, dill, fennel and sweet corn.

All these veggies can be sown directly into the ground where you intend to grow them. I find this method hardens them up quickly to potentially create stronger plants in the coming months. Raising seedlings can be fun too, however I have had more success with direct seed sowing. I would be curious to know what your successes are in your home garden?



*An up close encounter with one of the many caterpillars around of late. I've seen green, pink, brown and the one above! Any suggestions on what kind of butterfly it may be?*



With the change of weather and seasons comes the influx of different kinds of pests in our garden. I've noticed a ton of grasshoppers, katydids, slater beetles and some mealy bug. Crop rotation is important when it comes to pest management. Pests become reliant on their preferred host plant, for example nematodes love tomatoes. If you plant your tomato (solanum) crop in the same place every year the nematode population will increase in the soil and your tomatoes will become very sick. However, if you plant a different crop, eg peas (legumes), broccoli (brassica) or pumpkins (curcubit) in that area, the soil will get a good rest and the pests will move away.

Crop rotation is very important in both home gardening and mass agriculture. You will often see farmers changing their crops from season to season. I like to sit down and draw a map of our gardens, reflect on the veggies that we have grown and how we can rotate, diversify and improve on things for the coming growing season. Just like us, plants/vegetables have family groups and it's actually very interesting to see how they are all related:

#### **Solanum Family**

Tomatoes, chillies, capsicum, eggplant, potatoes,

#### **Fabaceae Family** – Legumes/ pea flower

Peas, lots of different beans, chick peas, lentils, wattle/acacia trees

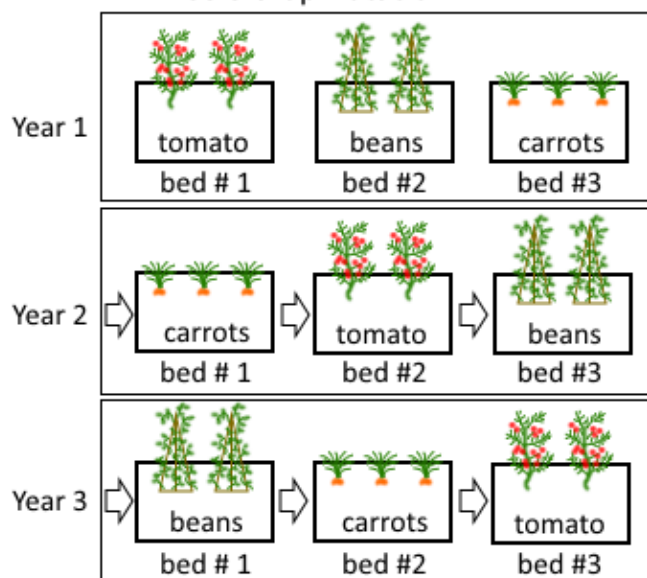
#### **Brassica Family**

Broccoli, cauliflower, brussel sprouts, cabbage, mustard, kale

#### **Curcubit Family**

Pumpkin, melons, cucumber, gourd, squash

### Basic Crop Rotation



Picture from [https://deepgreenpermaculture.files.wordpress.com/2016/05/basic\\_crop\\_rotation.png](https://deepgreenpermaculture.files.wordpress.com/2016/05/basic_crop_rotation.png)

These are just very basic explanations for a very complex system but if interested, I would suggest you "google" to gain a better understanding as to which plant/ veggie fits into each family group. It's definitely worth thinking about and applying these principles if you are serious about home food production.

Well wonderful Meeka, this is me signing off for another month. Happy gardening and be sure to say hi if you see me around town : )

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)*

How gorgeous are these goats? This is the holding yard where we collect manure for our veggie gardens, go goats





**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**



# STAY INFORMED ABOUT COVID-19 VACCINES.

Visit [health.gov.au](https://health.gov.au) for the latest information.

We are working to make sure everyone in Australia has access to safe, effective and free COVID-19 vaccines. Vaccines will give us the protection to go about our COVIDSafe lives.

To keep up to date with the latest progress, and to ensure your information is reliable, visit [health.gov.au/covid19-vaccines](https://health.gov.au/covid19-vaccines)

**COVID-19**  
 **VACCINATION**

**Safe. Effective. Free.**



**Australian Government**



# SAUSAGE SIZZLE FOR CHARITY

On Sunday the 28<sup>th</sup> of March Coles Express held a sausage sizzle raising money for Red Kite. Red Kite is an Australian charity providing support to the families whose child is undergoing treatment for cancer. The charity provides practical, financial and mental health support for those involved. Red Kite has been supporting families for over 35 years and is a great charity to get behind.

The Meekatharra Coles Express has raised \$1,206 so far in 2021 and hope to raise more throughout the year. Last year the store raised \$2,686, which is an amazing effort for such a good cause. The Coles Express team held a raffle in the lead up to the sausage sizzle included many goodies, there was something for everyone. They are currently looking into their next raffle, hoping to be bigger and better to raise more for the kids and families involved in the Red Kite charity.

During the sausage sizzle the Coles Express team members and other community members were involved in the cooking, selling and encouraging people to buy a sausage for a food cause. People stopped in for a chat and to show their support to those involved on the hot, hot day. The whole Coles team was involved, one staff member painted the signs seen on the street and cut up all the onions (I'm sure we are all glad it wasn't us who had to do that). This showed the amount of dedication the team and the community have to this important charity.

Thanks to the Coles Express team and everyone who helped this event happen and to everyone who supported the sausage sizzle. It added some smiles to people's faces and supported a great cause.

Good work team!!









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



**Extraordinary Outback Experience**

Self contained units  
Twin rooms  
Camp sites  
Camp kitchen  
Fuel  
Licensed store  
Lawns & shade

**Mt Augustus  
Tourist Park**  
Heart of the Gascoyne  
at the World's  
Biggest Rock

0899439527  
mtaugustustouristpark@skymesh.com.au

*Goldfields Highway \* Woolwagon Pathway \* Coral Coast \* Ningaloo \* Karijini*

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

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

or call on 99811253



# 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.**

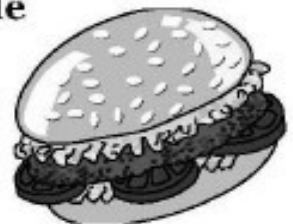
## Meekatharra Corner Store

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**





# BOXING CLUB

The Meekatharra Police have started up a Youth Boxing Club on Saturday afternoons at the Indoor Cricket Centre. This Boxing Club is run by Brigham who works with the young people in town. His passion for boxing and the skills it teaches from fitness to self-discipline as driven this project. Every Saturday afternoon the young people of Meeka, aged 12-17, can head down the Indoor Cricket Centre at 3pm to learn new skills and have fun with the boxing equipment.

Boxing is a great workout, provides an outlet and promotes self-discipline, self-belief and good values.

The program will be running for the foreseeable future and will aim to build stronger relationships with the Police and give the young people something to do on a Saturday afternoon. Hopefully this program will just be the start of something very exciting for the young people in town and the

boxing club. With lots of practice and self-discipline who knows where these kids could go.

Next Saturday make sure you come along, don't forget a drink bottle and a positive attitude!







# Get behind the wheel

Emergencies don't have working hours, that's why we need more volunteer Drivers. If you're looking for a way to help, and love getting behind the wheel, this is the role for you.

You'll help with patient transfers, inter-hospital moves and RFDS transfers. And while this is mainly a driver-only role, you will still receive the training you need to assist an Ambulance Officer in an emergency.

We always need help, so to see how people exactly like you can contribute head to [stjohnchangelives.com.au](http://stjohnchangelives.com.au) or give our Community Paramedic Michelle Fyfe a call on 0437 681 562, or email [Michelle.Fyfe@stjohnwa.com.au](mailto:Michelle.Fyfe@stjohnwa.com.au)

Help keep your ambulance service strong in Meekatharra.

Life goes on.  
Volunteer with St John.





Leukaemia Foundation

# WORLD'S GREATEST SHAVE

The giving spirit has been high this month with two events happening to raise money for those who need extra support. A group of dedicated community members embarked on a mission to raise money for the Leukemia Foundation by participating in the World's Greatest Shave. Brave people shaved their fabulous hair for a worthwhile cause. The event was held at the Commercial Hotel out the back and was very well attended by those who are in support of the charity. The decision to shave ones head must have been a tough one to make, but the Leukaemia Foundation is, I'm sure, very thankful to use your donations and support to help others.

The Leukaemia Foundation provides much need support to those diagnosed, the foundation supports them and their family in a variety of ways such as emotional, education and practical.

Kerry has been involved organising the World's Greatest Shave in Meeka for 10 years and has raised over \$130, 000 during that time, this year the team raised around \$3, 000 for the Leukaemia Foundation. This cause is personal for Kerry and she has been encouraged by those around her to keep going. She has done incredible work organising this event and getting others to participate it in. She is a local hero for sure.

Great job to everyone who participated and donated money to this cause. It is fantastic to see the people of Meekatharra do such selfless acts and get together as a community to support those affected by Leukaemia. What a fun and meaningful event and something for everyone to be proud of! Thanks to everyone who organised it, took the step to shave their heads and donated towards this cause.









**Meekatharra AA Meetings - Wednesdays 7.00pm**

**Seventh Day Adventist Church - Mc Cleary Street**



# ALCOHOLICS ANONYMOUS

**Contact - [0472686962](tel:0472686962) for more information**

## 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!**







Government of Western Australia  
Department of Mines, Industry Regulation and Safety



## Consumer Watch

**Consumer Protection** 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email: [kim.doble@dmirs.wa.gov.au](mailto:kim.doble@dmirs.wa.gov.au)

Web: [www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au)

### Transitioning to normal tenancy laws

As the curtains close on Western Australia's COVID-19 emergency period, we begin transitioning back to normal tenancy laws in which there is no longer a moratorium on rent increases and some evictions.

While everyone adjusts to the changes, Consumer Protection has been fielding enquiries from landlords and tenants wondering about their rights and responsibilities when it comes to ending a tenancy, rent rises and rental arrears.

When increasing rent, landlords need to provide tenants at least 60 days' notice via a 'rent increase notice – form 10'. While there is no cap on rent increases, a tenant can apply to the Magistrate's Court for a determination if they believe the amount is excessive.

Tenants should know they cannot be evicted from a property straight after the end of the emergency period, as there is a process involved in ending a tenancy. Landlords are required to give 30 days' notice to end a fixed-term tenancy and 60 days' notice to conclude a periodic lease.

If a tenant has received a notice of termination, but has not left the premises on the due date, the landlord must then apply to the court for an order for vacant possession of the property.

Should a tenant need emergency relief assistance, financial counselling or other community help, agencies such as the Salvation Army, Sun City Christian Centre and Regional Alliance West may be able to provide support and guidance. Consumer Protection has an online guide to help tenants find a service that may be able to help.

Consumer Protection will continue playing its part to preserve tenancies across WA through the Residential Rental Relief Grants Scheme and providing a conciliation service to help tenants and landlords reach agreements on issues that have arisen during the pandemic.

Applications for conciliation, rent arrears assistance and future rent support grants will remain open until 28 June 2021, but in the meantime we urge landlords and tenants to act and negotiate in good faith to agree on reasonable and workable tenancy agreements, helping to create stability and certainty moving forward.

More information can be found at [www.dmirs.wa.gov.au/covidrenting](http://www.dmirs.wa.gov.au/covidrenting).

Alternatively, come into the Geraldton office at 50-52 Durlacher Street for further information or phone us on 9920 9800.



# FIRST AID FACT SHEET

## Head Injuries

Head injuries are the result of trauma to the skull, scalp or brain. Injuries to the head are potentially dangerous and always require medical attention.

### Caused by

- + Skull fracture from direct force e.g. blow to the head or indirect force e.g. a fall from height.
- + Concussion – altered state of consciousness.
- + Compression – excess pressure on part of the brain.

### Signs & symptoms

- + Change in conscious level.
- + Headache, nausea, vomiting.
- + Loss of memory.
- + Altered or abnormal responses to commands or touch, such as irritability, confusion.
- + Twitching, noisy breathing.
- + Wounds to the scalp or face.
- + Blood or fluid from the ear.
- + Dizziness.
- + Blurred vision.

## What to do

### Unconscious casualty

1. Follow DRSABCD St John Action Plan.
2. Place the casualty into the recovery position being careful to support casualty's head and neck in neutral alignment during movement to avoid any twisting action.
3. If any blood or fluid is coming from the ear, place injured side down to allow the fluid to drain, place a clean pad between ear and ground and observe the amount draining.
4. Monitor for any changes in signs, symptoms and level of consciousness and ensure the airway is kept clear and open.
5. Control any bleeding, but do not apply direct pressure to the skull.
6. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

### Conscious casualty

1. Follow DRSABCD St John Action Plan.
2. Rest and reassure the casualty.
3. If **NO** suspected neck or spinal injury, place casualty in a comfortable position with head and shoulders slightly raised.
4. If neck or spinal injuries **are** suspected, keep the casualty flat and support the head on either side to stop movement; improvise using rolled towels, blankets or clothing.
5. Observe for any changes in signs, symptoms and level of consciousness.
6. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.



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)**





# Mexican Bean Soup

SERVES 4

## Ingredients

- 1 tb Olive Oil
- 1 Brown onions, diced
- 2 garlic cloves, chopped
- 1 long red chilli (optional)
- 800g can of diced tomatoes
- 1 cup Vegetable Stock, salt reduced
- 400g can of red kidney beans, drained and rinsed
- 4 slices toast, wholemeal
- 1 ripe tomato, diced
- Grated cheese, diced avocado and coriander leaves to serve

## Method

1. Heat oil in saucepan. Cook onion, garlic, chilli for 5 minutes. Add tomatoes and stock. Bring to the boil. Reduce heat and simmer, covered, for 10 minutes.
2. Use stick blender to blend until smooth. Add kidney beans and cook for another 1-2 minutes.
3. Grill some cheese on toasted bread.
4. Top soup with diced tomato, coriander leaves and avocado.

Recipes from: Benalla Health





# Volcano Buns

SERVES 4

## Ingredients

- 4 whole grain bread rolls
- 1 slice lean shaved ham - cut into quarters
- 3/4 cup baby spinach leaves
- 4 eggs
- 1/3 cup reduced fat grated cheese
- 1 Tb chopped parsley
- 1x diced tomato
- Sweet paprika to dust (optional)

## Method

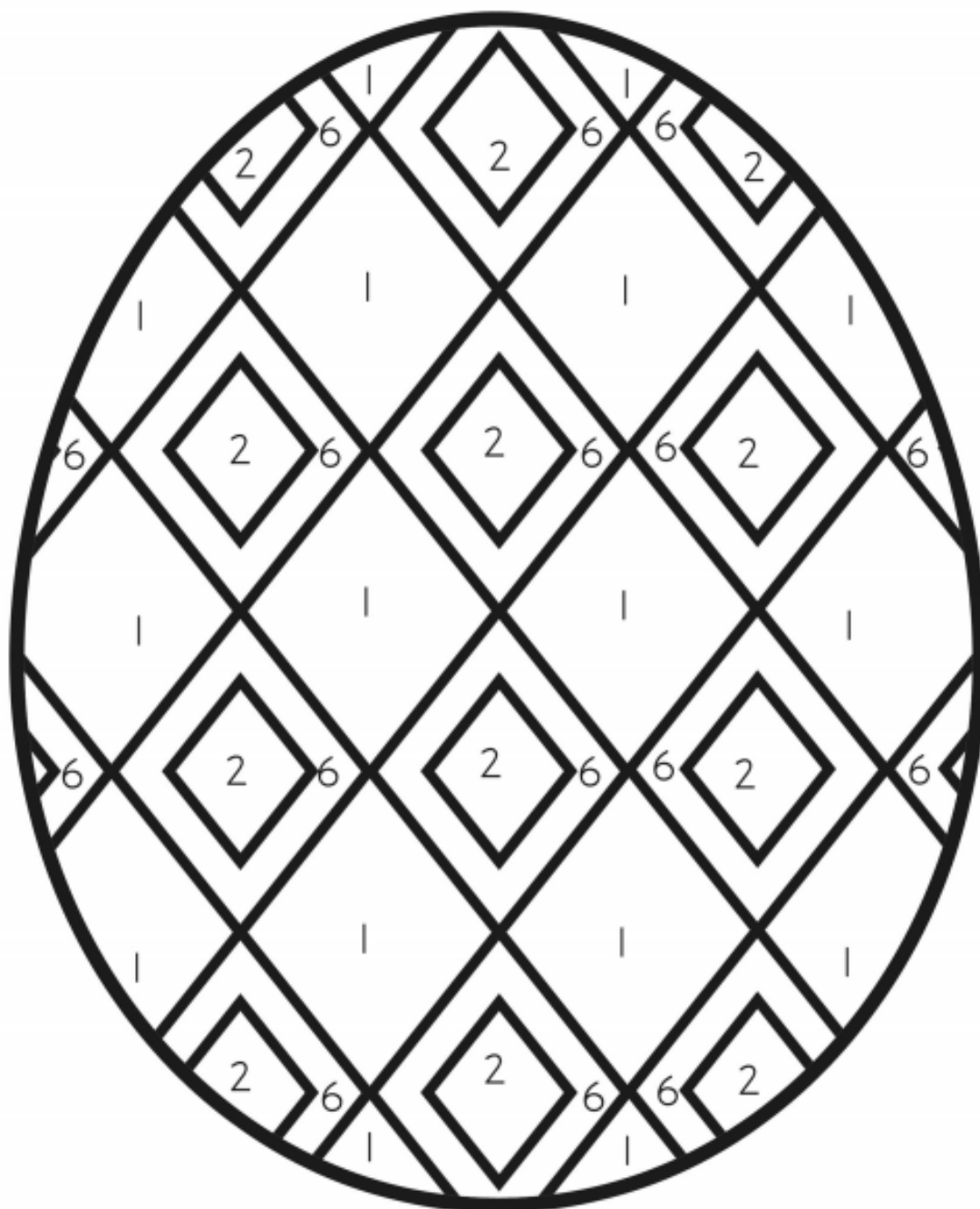
1. Preheat oven to 180 degrees,
2. Cut the top third off the bread roll. Scoop out the bread in the middle.
3. Line the inside of each roll with ham and baby spinach and tomato
4. Crack an egg. Pour into the middle of the roll. Sprinkle with cheese and paprika.
5. Bake rolls in oven for 15 minutes until golden. Serve.



# KIDS CORNER

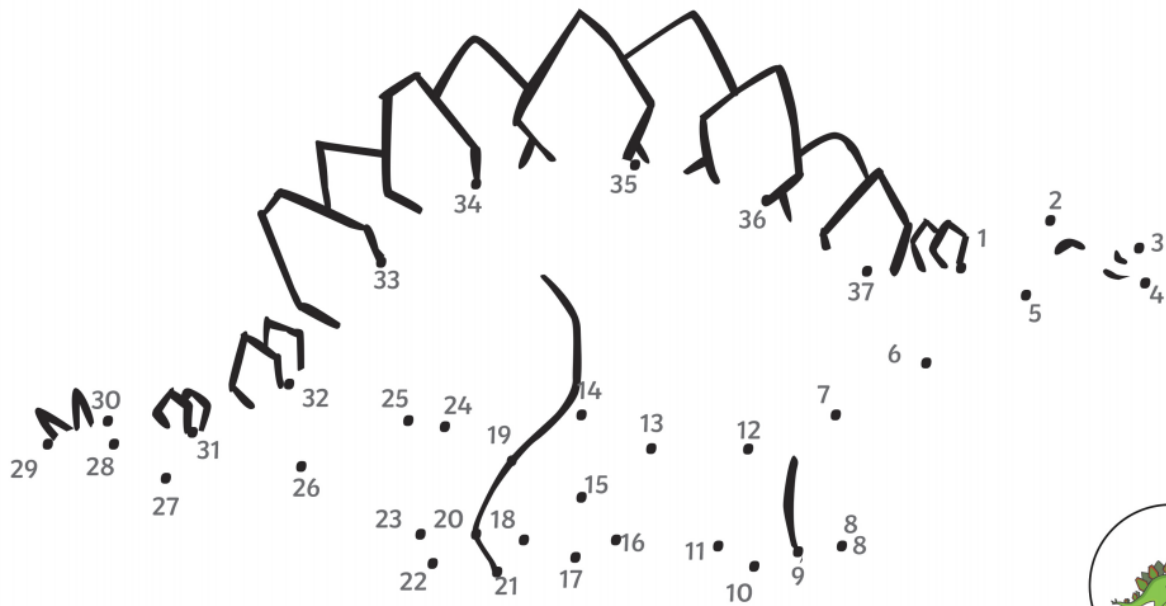
## Easter Egg Colour by Number

1 = Yellow    2 = Orange    3 = Blue    4 = Red  
5 = Purple    6 = Green    7 = Pink    8 = Black





# Stegosaurus



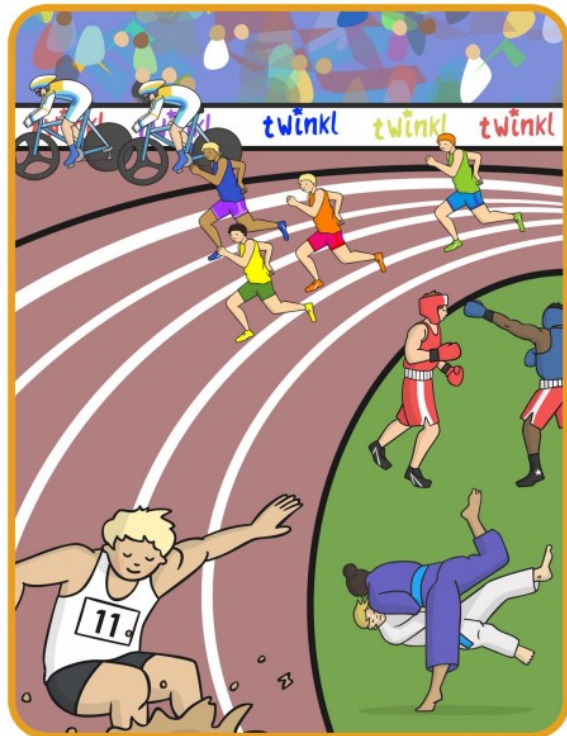
visit [twinkl.com](https://www.twinkl.com)



Name \_\_\_\_\_

## Spot the Difference

There are 10 differences in the pictures below, can you find them?



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# **Murchison Dental Team Roster Meekatharra 2021**

**28th April - 7th May**

**23rd June - 2nd July**

**15th September - 24th September**

**10th November - 19th November**

**Contact Numbers**

**9981 0640**

**0427 386 647**



**Why did the  
nurse need a red  
pen at work?**

**In case she needed  
to draw blood.**

**Why do bees have  
sticky hair?**

**Because  
they use  
honeycombs.**





# MEEKATHARRA DUST

ISSUE NO. 129 APRIL, 2001

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## ANZAC DAY



## 21ST BIRTHDAYS



## DAY/NIGHT CRICKET





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# IMPORTANT DATES

## April 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31 Last Pool Day	1 Last Day of School	2 Good Friday Public Holiday Easter Lunch & Egg Hunt 11am-3pm 	3 Meeka Goes Green Recycling 9am-11am	4 
5 Easter Monday Public Holiday	6 Dietician & Radiology @ Hospital	7	8	9	10 Meeka Goes Green Recycling 9am-11am Meeka Markets 9:30am-Noon Gymkhana 8:30am	11
12 Diabetic ED & Midwife @ Clinic	13 Diabetic ED, Midwife & 360 Health @ Clinic	14 360 Health @ Clinic Stephen Michael Carnival 	15	16	17 Ordinary Council Meeting Meeka Goes Green Recycling 9am-11am	18
19 Yoga 6pm Mama D's Hair Care Visiting Pediatrician @ Hospital	20 Mama D's Hair Care Visiting First Day of School Physiotherapist & Podiatrist @ Hospital Dietician @ Clinic	21 Mama D's Hair Care Visiting Resp Physician @ Clinic	22 Mama D's Hair Care Visiting 	23 Mama D's Hair Care Visiting	24 Meeka Goes Green Recycling 9am-11am 	25 ANZAC Day
26 ANZAC Day Public Holiday	27 Last Day for Dust Submissions Midwife & 360 Health @ Clinic	28 Physiotherapist, Midwife & 360 Health @ Clinic	29 Murdoch Dog De-Sexing Program Dentist @ Dental Clinic	30 Murdoch Dog De-Sexing Program Dentist @ Dental Clinic Tidman Brothers @ Hospital Movie Night: Freaky	1 Meeka Goes Green Recycling 9am-11am Upcycling Workshop 11am	2