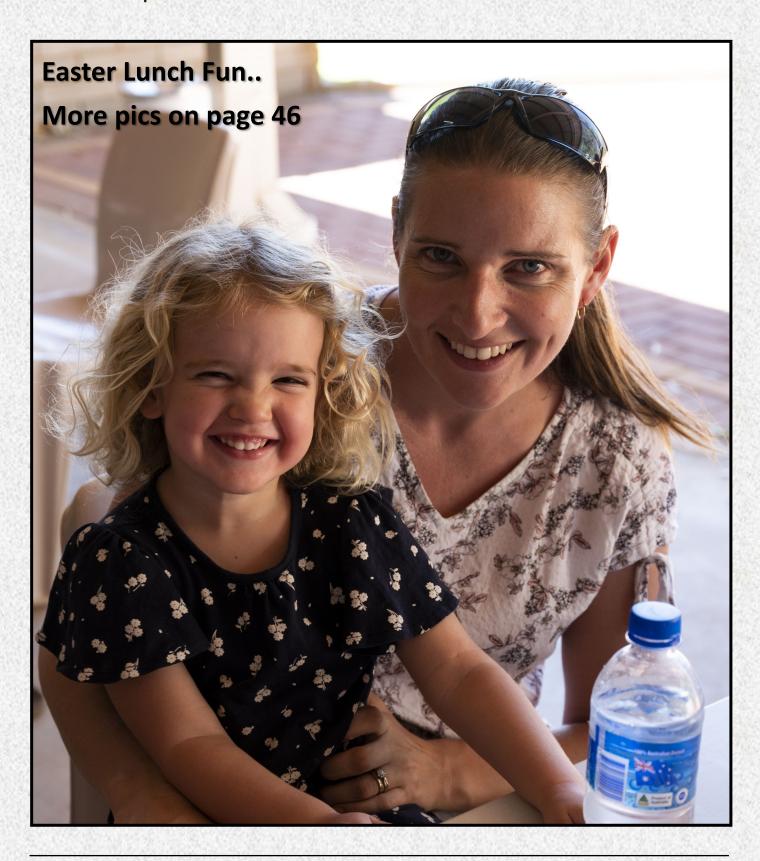
Meekatharra Dust

MAY 2021 | ISSUE NO.337

COST \$2.50





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 2021 are -

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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

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







A FRIENDLY REMINDER ABOUT DOG CONTROL

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

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

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

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

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

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

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

Further info, contact Tralee at the Shire—99800609



STREET LIGHT FAULTS & OUTAGES

If you notice any issues with street lights, faults or damage call Horizon Power's 24/7 Fault Line on 1800 264 914

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Note from the Editor

This edition of the Meekatharra Dust shows all the fun we have been having around town during April. We have photos from the Easter Party, Cemetery Busy Bee, Carey Right Tracks visit, the Murdoch Vet Team and the Stephen Michael Foundation, visit plus our amazing articles from Sally at the EON Foundation, Meeka CRC and Meeka Goes Green. There is so much to read and look out for this edition.

During May we will be having a movie night, watching The Furnace. A volunteer morning tea to celebrate all the volunteers in town and thank them for their hard work. Of course there will be many more events that will pop up throughout the month.

The Lloyds Plaza will be getting lots of foot track this month with Andos Art Prints setting up shop in the Art Gallery and Leightons Café opening later in the month. We are very lucky to see this beautiful building being put to good use by Meeka locals.

Happy Reading Everyone!

The Editor

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



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.



Council News

April 2021

Farewell Roy

At this months Ordinary Council Meeting, the Shire President announced he had received formal resignation from long term Chief Executive Officer, Mr Roy McClymont.

Roy has been with the Shire of Meekatharra since 2006 where he came from private enterprise. Many staff changes have occurred since he commenced with the Shire but Krys East (Deputy CEO), Adrian "Bomba" Baumgarten (Leading Hand) and Rigby Trenfield (Parks and Gardens Contractor) have been his constants in an everchanging work environment.

Roy has overseen some significant changes and developments in the fifteen years he has been in Meekatharra and quite literally dragged the administration into the 21st Century. He has overseen the expenditure of approximately \$67M in road construction. Roy was instrumental in the building designs and equipping of both the gymnasium and squash courts. The high standards we all now enjoy in regards to these facilities is due to his vision. He has been very involved in cross region collaboration through his work in the Meekatharra Executive Group, through Cue Parliament and the implementation of the GeoRegion. His commitment to be involved has significantly raised the profile of Meekatharra.

He has seen a number of completely new councils, worked with 18 individual Councillors and 3 Presidents - of whom just our current President Mr Harvey Nichols has served alongside him for the duration.

He has been a consistent and steadying influence for the staff of this Shire and the community at large, and in most recent times has shown us all a most unexpected hobby that he has by being the DJ at a number of community events. He will be missed – best of luck Roy.



Mr McClymont riding off into the sunset



Faster Internet for Meeka

Node One Internet have committed to providing faster internet to Meekatharra. Many people in town have formally expressed interest in this project and it now coming to town. The Shire has done a lot of hard work to make this happen including negotiations, planning and gaining interest in the project from the community. Over the following months works will take place to connect fibre optics to Lloyds Outback Plaza on Main Street which will be used for the whole town. The faster and more reliable internet will allow all residents to connect with others, watch online content, study, work or do whatever they wish without the current issues and limitations. This is an exciting, much awaited on, project for the town that everyone can benefit from.

Animals

Ranger Pete has been doing a great deal of patrols and setting traps around Meekatharra. During the past few months he has caught several feral cats and aggressive dogs roaming the streets. If you have any stray or aggressive cats or dogs please contact the Shire, when the Ranger is in town next he will come and help. The Shire offers a free de-sexing voucher if you hold a health care card, take advantage of this where you can. We have annual visits from the Murdoch University Vet team that provide de-sexing for free also.



Murdoch Vets Pet Desexing Program

Budget, Budget, Budget

It is the most exciting time of year - Budget Time! The Shire staff are currently working on the 2021/2022 budget for Council to approve. The staff are working at revising the Annual Fees and Charges for the new financial year, with few changes to it.

This is a very busy time for the administration team as they gear up to close off accounts, think forward to next financial year and plan out the Shires financial goals for 2021/2022.

The Shire will continue to use a differential rate model in 2021/2022. There will be three rating levels: Gross Rental Valued Properties, Mining Tenements and Pastoral Leases.



Upcoming Events:

Movie Night (The Furnace) - 28th of May

Quiz Night - 25th of June

Keep an eye on the Meekatharra Dust Facebook Page for more events

Next Council Meeting: 15th of May 2021, 9:30am at the Council Chambers in the Shire Office. The closing date for submissions is the 30th of April 2021 at 4:30pm.

CRC News



Events Galore!

The Meeka CRC is putting on several events in May. There's the inaugural Cemetery Busy Bee and Picnic on Sunday May 2nd, the Meeka Markets on Saturday May 8th, and our National Volunteer Week morning tea and fun information session on Saturday May 22nd. Details are on this page, our website and on our Facebook page.

Thank You Horizon Power

We are proud to announce that our application to Horizon Power's community partnership grant was successful. The grant will enable us to purchase our Reading Corner furniture and a new ergonomic reception desk. Part of the grant will be used to engage a local artist in designing a background panel for the reception welcome sign, so come and see us if you would like to put your hand up for this (artist will be paid).

Thank You Volunteering WA

Volunteering WA have provided us with a grant to hold a morning tea and information session to celebrate and promote volunteering during National Volunteer Week. See details on this page and come along for some fun activities. If you would like to find out about the many volunteering opportunities in Meekatharra, come and see us at the CRC. We would also like to thank the Shire of Meekatharra for providing us with a footpath permit for the event.

Department of Transport

The Department of Transport practical driving test team will be in Meekatharra on Tuesday May 18th. Make sure you come and see us to book an appointment well beforehand.

Membership Benefits

We have two new Committee members—welcome Nick Wren and Jo-anne Bonnily! We now have a fantastic team and have also signed up our first volunteer, Sam "Santa" Morrison. If you would like to sign up as a volunteer and receive a 10% discount on most merchandise and services, come and see us. It only requires a couple of hours' help at the CRC every month and we are happy to help you learn new skills while you give us a hand.

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



May 2021

By Anna Johnson & Jo Bonnily

What's On

Cemetery Busy Bee & Picnic Sunday May 2nd 11am to 1pm at the Meeka Cemetery

Meeka Markets

Saturday 8th May 9:30am to Lunchtime In front of The Commercial Hotel

Department of Transport Driver Services

Tuesday 18th May Book in ahead of time please

National Volunteer Week Morning Tea

Saturday 22nd May 10:00 am to 11:00 am In front of The Commercial Hotel Fun activities for all ages Thank you gifts for our volunteers

Anna & Jo We're here to help!





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

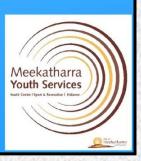
Department of Transport Services Mon—Fri 9:00 am to 2:00 pm NEXT TOWN VISIT: April 20th

Important notice from the Youth Services Team

The Youth Services Team want everyone to be safe this coming flu season. We are asking for anyone feeling unwell to stay away from Youth Services activities to protect others.

Please stay home if you are feeling <u>any</u> of these symptoms:

- Cough
- Runny Nose
- Fever
- Sore Throat
- Headache
- or any other flu like symptoms



	Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm – 5:00 pm	3 on 3 Basketball @ the Youth	Music @ the Youth Centre	Arts & Craft @ the Youth Centre	Game day @ Youth Centre	Drop in @ the Youth Centre
300	Centre KIDZONE OPEN (5-10)		KIDZONE OPEN (5-10)		KIDZONE OPEN (5-10)
6:00 – 8:00 pm	12+ indoor cricket @ indoor cricket centre	Basketball or all ages	10+ Mixed Sports @ the indoor centre	AFL or all ages	Movie night @ the Youth Centre



Youth Services 2020 Term 3



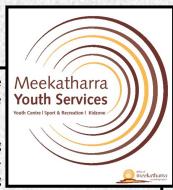
	Meekatharra	Supp	oort Guide	
EMERGENCY	Ambulance/Police/SES/Fire Meekatharra Police Station Meekatharra Hospital	000 9918 7120 / 13 9981 0600	1 444	
ALCOHOL & DRUGS	Services Mission Australia (Alcohol and Other Drugs Support Service) Mental Health and Community Alcohol Drug Service	9956 5100	Phone Support Lines Alcohol & Drug Support Line Quitline (smoking) Parent & Family Drug Support Line	1800 198 024 13 78 48 1800 653 203
HEALTH	Services Meekatharra GP Clinic Meekatharra Pharmacy Meekatharra Hospital Geraldton Regional Aboriginal Medical Service Aged Care	6444 7980 9980 1798 9981 0600 9956 6555 9981 0645	Phone Support Lines Health Direct Elder Abuse Hotline WA	1800 022 222 1300 724 679
MENTAL HEALTH	Services Midwest Mental Health Service Mission Australia (Mental Health Support Services) Youth Focus Meekatharra GP Clinic	9981 0625 9956 5100 6266 4333 6444 7980	Phone Support Lines Lifeline Beyond Blue Suicide Call Back Service Men's Helpline Australia 1800RESPECT Rural Link	13 11 14 1300 224 636 1300 659 467 1300 789 978 1800 737 732 1800 552 002
YOUTH	Services Shire of Meekatharra Youth Services Youth Justice Child and Adolescent Mental Health Services Youth Focus Meekatharra District High School Mission Australia (Remote Attendance Program) Department of Communities (Child Protection and Family Support) Hope Community Services	9980 0600 9980 2070 9981 0625 6266 4333 9981 1092 9956 5102 9981 0300 0418 135 031	Phone Support Lines Kids Helpline Lifeline Beyond Blue eheadspace https://heads	1800 551 800 13 11 14 1300 224 636 pace.org.au/eheadspace/
HOUSING	Services Department of Housing Mission Australia (Public Tenancy Support Services)	9956 5000 9956 5103		Mer dervel and the dervel
DOMESTIC VIOLENCE	Services Emergency/Ambulance/Police Meekatharra GP Clinic Meekatharra Hospital Meekatharra Police Mission Australia (Nyarlu Duwa Women's House, Family and Domestic Violence Response Service)	000 6444 7980 9981 0600 9918 7120 0458 881 488	Phone Support Lines Men's DV Helpline Women's DV Helpline Sex Assault Helpline Crisis Care 24hrs 1800RESPECT	1800 000 599 1800 007 339 1800 688 922 9223 1111 / 1800 199 008 1800 737 732
FINANCIAL & GAMBLING	Services Centrelink Mission Australia (Emergency Relief)		Phone Support Lines Gambling Helpline	1800 858 858
EMPLOYMENT & TRAINING	Services Yulella Aboriginal Corporation Centrelink	9980 1339 13 62 40		
LEGAL	Services Aboriginal Legal Service Aboriginal Family Legal Service Meekatharra Court Carnarvon Court Nyarlu Miyarnumalgu (Indigenous Women Paralegal Service)	9265 6666 9965 4654 9981 1008 9961 5500 9936 0600	Phone Support Lines Legal Aid	1300 650 579
COMMUNITY SERVICES	Services Yulella Aboriginal Corporation Mission Australia Department of Communities (Housing) Department of Communities (Child Protection and Family Support)	9980 1339 9956 5100 9956 5000 9981 0300		neekatharra a golden prospect ne Shire of Meekatharra

YOUTH SERVICES

What a month April was! The Youth Services Team ran amazing activities for the young people in town during the school holidays and teamed up with Carey Right Track, Mission Australia and Stephen Michael Foundation.

The Youth Centre teamed up with Mission Australia to hold a cooking and baking day. The kids worked well with the staff and each other to make some amazing treats. The ladies from Mission made the activity extra special, using their talents to empower the young people to learn these essential skills.

The team have been making the most of the new art supplies and have been teaching the young people some new techniques and skills.



The Youth Team are back to their normal schedule, holding Kids Zone, footy competitions, music lessons and

all sorts of fun activities.

Carey Right Track and Stephen Michael Foundation held sports competitions.. More information throughout this edition.









Meekatharra Pharmacy

72 Main Street, Meekatharra WA 6642





GETTIING READY FOR WINTER

FLU SEASON IS COMING

GET YOUR FLU SHOT

MEEKATHARRA PHARMACY will be offering Flu vaccinations

\$25

(includes vaccine and administration)

WALK-INS WELCOME

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.





Ear Piercing

We are pleased to be offering Ear Piercing at the Pharmacy from the start of February. We have a range of different colored studs and hoops to choose from! Your STUDEX studs, an aftercare card and antiseptic spray are all included for the one low price of \$29.95. Parental/ guardian consent is required for all children under 16 years of age.

The Common Cold

The winter months are the most common time of year to get a cold virus. Symptoms include a blocked or runny nose, sore throat, cough, headache and sneezing.

We have a range of products to help ease the symptoms here at the pharmacy.

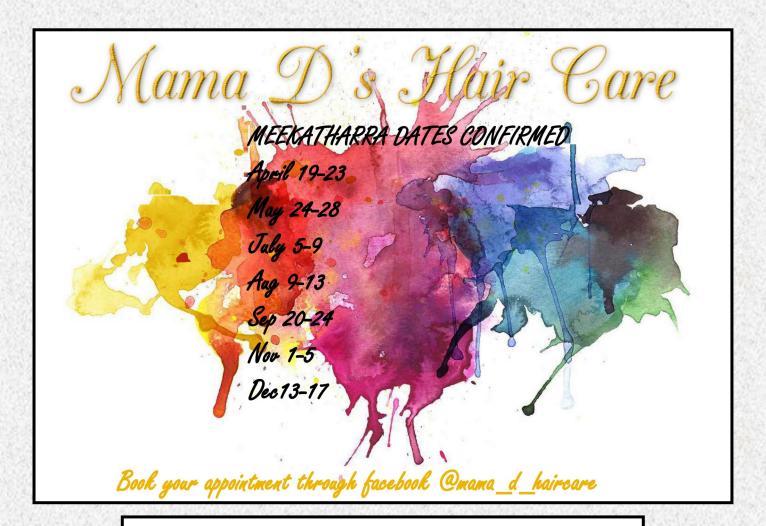
Have you tried a steam vaporizer before? It lets off a steam over several hours to humify the room, which helps combat excessive dryness. relieving coughs and scratchy throats, keeps nasal passages hydrated and helps you sleep more comfortably and breathe better. This is a great alternative to medicated products. Ask you pharmacist about steam vaporizers next time you're at the Pharmacy.

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

Come in and say Hi!

Monday – Friday: 9am-5pm

Saturday - 9am-1pm





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



STEPHEN MICHAEL CARNIVAL

To celebrate Youth Week, the Stephen Michael Foundation recently conducted a multi sports carnival in Meekatharra. Road

Closures due to Cyclone Seroja did not deter over 70 participants coming down to the carnival.

The children participated in a number of athletics based events before competing in a basketball tournament. It was fantastic to see all the smiling faces and awesome talent on display.

A big shout out to Carey Right Track who did a fantastic job collaborating to support the carnival. The evening culminated in an awards presentation and delicious dinner courtesy of Food For The Mob through Yulella Incorporated , ABC Foundation and Mission Australia.





MOVIE NIGHT

Freaky was our movie night for April, shown in the Town Hall. The movie was chosen by the town through a vote on Facebook earlier this year. The vote was between The Outpost and Freaky, Freaky won by just a handful of votes.

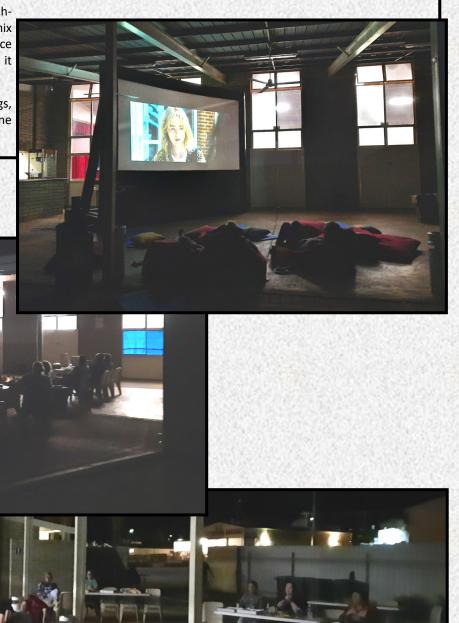
We held the movie outside, just for something different. It was a bit of a chilly night, it was different sight to see everyone in jumpers. We set up bean bags, yoga mats, pillows, chairs and tables on the outside patio.

Freaky was a take on Freaky Friday, switching bodies with others. It was a good mix between horror and comedy, with Vince Vaughan playing a teenage girl how could it not be hilarious?!

We had a variety of pizzas, chicken wings, dips, popcorn and drinks to keep everyone extremely happy throughout the movie.

Thanks to everyone who came and for those who helped to clean up.

Our next movie will be The Furnace on the 28th of May (18+ event), 7pm at the Town Hall. If you have any movie suggestions please let Amy at the Shire know on either 9980 0600 or cdo@meekashire.wa.gov.au. We would love to hear your suggestions for our next movie night.





The Furnace was filmed in Western Australia in Mount Magnet and Kalbarri, and released in 2020. It was first shown in Australia at the Perth Film Festival in November 2020, coming off a triumphant world premiere at the 2020 Venice Film Festival.

The Furnace has received overwhelming positive reviews, being praised for its story-telling of the unlikely relationships built between the Aboriginal People and Afghan Cameleers in the 1890s.

This project started back in 2015, gained funding, hired actors and crew, and filmed in WA, showing the important story and utilising Aboriginal language throughout the movie.

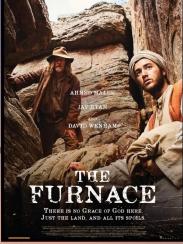
'Set in the 1890s gold rush of Western Australia, THE FURNACE is an unlikely hero's tale, navigating greed and the search for identity in a new land. This film illuminates the forgotten history of Australia's cameleers—predominantly Muslim and Sikh men from India, Afghanistan and Persia—who traversed the nation's vast desert interior, forming unique bonds with local Aboriginal people.

To escape a harsh existence and return home, a young Afghan cameleer (Ahmed Malek, Clash) partners with a mysterious

bushman on the run with two 400oz Crown-marked gold bars (David Wenham, The Lord of the Rings).

Together the unlikely pair outwit a zealous police sergeant (Jay Ryan, IT Chapter Two) and his troopers in a race to reach a secret furnace—the one place where they can safely reset the bars to remove the mark of the Crown.'

HOHE



FRIDAY, MAY 28TH

DOORS OPEN 7PM FOR 7:30PM START

TOWN HALL | \$10 ENTRY

POPCORN, SOFT DRINK AND NIBBLES

THIS IS AN 18+ EVENT

EFTPOS AVAILABLE

CONTACT AMY AT THE SHIRE FOR MORE INFORMATION ON 9980 0600

Shire of meek atharra

THE FURNACE



Plastic has become a bit of a "dirty" word with many people trying to reduce their plastic usage since it does not readily biodegrade and can wreak havoc in ecosystems.

But plastic is a very useful and versatile invention that has enabled humanity to become more efficient in many ways such as making transport lighter and thereby reducing fuel consumption and emissions, keeping medical equipment sterile or increasing shelf life of food products.

We can mould it, we can make it soft or hard, solid and thick or wafer thin, coloured or clear. With so many different attributes it's no wonder it's found applications in most aspects of our lives.

Plastic certainly has its place if used wisely (re-usable or permanent instead of short lived single use products) and recycled effectively.

So what are the different types of plastics, what are they used for, can they be recycled and are they being recycled?

There are seven categories of plastic. Have a look at some of the plastic products in your house and see if you can see a little triangle with a number in it – that tells you what type it is.



1 PETE / PET stands for Polyethylene Terephthalate (say this with a dry biscuit in your mouth) and is common in water bottles, soft drink bottles and fruit and veggie punnets. It's a clear, tough and light-

PLASTIC TYPES

weight type of plastic. PET is widely accepted for recycling (including at our MGG Recycling Centre). It gets recycled into more plastic bottles or can be used for clothing or carpets.



2 HDPE stands for High-Density Polyethylene which is a common white or coloured plastic – think milk bottles, shampoo bottles but also some shopping bags or cereal box liners. This is also a com-

monly recycled type of plastic (including at our own Recycling Centre) and can be turned into film or other moulded containers, furniture, pallets, agricultural pipe or bins.



3 PVC is Polyvinyl Chloride which is clear and can be rigid or flexible. It's used in cordial bottles, windows (PVC windows sound familiar, right?), toys, cling wrap, blister packs, plumbing pipe, garden hoses or watch straps. Some PVC products contain BPA (bisphenol-

A) which provides greater flexibility and transparency but can disrupt the endocrine system and cause health issues. PVC can be recycled and turned into pipe, flooring, garden hoses and electrical conduit.



4 LDPE stands for Low Density Polyethylene which is the flexible yoga cousin of HDPE. It's used in shrink wraps, shopping bags, frozen food containers, squeeze bottles and may be recycled into films (not the movie kind) or agricultural pipe but is not as widely accept-

ed in recycling bins as its more rigid cousin HDPE or popular PETE.



5 PP is Polypropylene which is like an Outback Aussie: heat-resistant, tough, flexible and versatile. It's used in microwave ware, takeaway containers, yoghurt tubs, appliances, toys, furniture and, if accepted, can be recycled into crates, boxes, plant pots,

clothes and playground equipment. Unfortunately it can't be dropped off at the local Recycling Centre but because it's so tough you may be able to reuse or repurpose it.





centre.

Do you have any plastic saving or recycling tips? 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 either at the Recycling Centre on Railway Street or at the St Johns Ambulance Subcentre in Hill Street (weather and topic dependent).



6 PS is Polystyrene – when expanded it's also known as styrofoam and used in packaging, foam cups, meat trays, panel insulation. It's not commonly recycled but could technically be turned into coat hangers, office accessories, printer cartridges or synthetic timber.

Images from:

https://www.plasticsforchange.org/blog/different-types -of-plastic

https://www.webstaurantstore.com/guide/920/ different-types-of-plastic.html



7 OTHER is for anything else and mixed plastics, polycarbonates, acrylics, nylon, laminates. They may be used in baby bottles, car parts, electrical and medical parts, aircrafts, furniture, boating and are difficult to recycle. Some products

may also contain BPA. If recycled they could get turned into agricultural piping, fence posts, wheels, pallets and marine structures.

Whilst technically all these plastics can be turned into other products, the recycling rate is not great. Australia's sparse population and vast distances coupled with low commodity prices unfortunately make recycling a logistically challenging and often not cost effective business — especially when virgin plastics are cleaner, easier and cheaper to use for production. In 2018-19 2.5 million tonnes of plastic waste were generated in Australia of which only 9% was sent to recycling and 84% sent to landfill (ABS). There's still a long way to go towards a truly circular economy.

What can we do?

Reduce single-use plastics, have reusable options on hand (water bottles, coffee cups, shopping bags, containers or beeswax wraps instead of clingwrap etc), buy products made from recycled plastics, reuse and repurpose plastics (yoghurt tubs make good seedling raising containers), clean and separate plastics that can be recycled and drop your number 1 and 2 plastics off to your friendly local recycling



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** to find out more



GOES GREEN

RUNWAY UPGRADE



The Shire has received notification that it has received \$148, 000 from the Remote Airstrip Up-

grade Program for much needed work to be done on the Meeka Airport runway. The Remote Airstrip Upgrade Program is an initiative run by the Department of Infrastructure, Transport, Regional Development and Communications.

This project was made to support the remote airstrips in Australia where using the road is not always viable. As we have seen a few times this year the roads have been cut off, although for a short period of time, the airstrip becomes that much more important to move around goods and for medical purposes.

Since we are lucky enough to have an RFDS (Royal Flying Doctor Service) base located right here, we are a priority. The program also supports locations that need the airport to support their connections to other places, such as flying to Perth for family, work or education.

The Meekatharra Airport is very important to our town, it provides a quick way to Perth, much needed medical support, it provides fuel and other services to passing emergency planes and helicopters.

The works that will be completed will repair the minor cracks to the runway, fog seal the runway and repair the shoulders. All of this work is minor but it ensures the longevity of the airports airstrip for years to come.

We are very excited to have been granted this sum of money to give the airstrip a facelift and make the airstrip more user friendly for years to come.

Tenders for this project will be advertised in the coming weeks.







Consumer Watch

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email: kim.doble@dmirs.wa.gov.au Web: www.dmirs.wa.gov.au

Food coach with appetite for change wins award

Witnessing the effects food additives had on her own children inspired a Western Australian mother to create a movement that has been recognised in this year's Consumer Protection Awards.

Francine Bell of Additive Free Kids (AFK) won the 2021 Rona Okely Award for individuals in recognition of her tireless efforts to educate consumers about additives and how to make additive-free choices.

She does this by auditing ingredient and green/clean labels to cut through marketing tactics and claims, in order to identify the facts, which then allows consumers to make informed decisions about the food they eat.

This has led consumers to vote with their dollar – in some cases, sales of some products have plummeted, leading to those items being pulled from supermarket shelves altogether.

A list of additive-free products can be found on AFK's website: www.additivefreekids.com.au

Another of the worthy winners in the 2021 Consumer Protection Awards was Melanie Mitchell, whose almost 3-year-old son Lachlan died after drowning in a backyard pool at a family day care (FDC) centre in 2015. She won the Kidsafe WA Award for her work in lobbying for a ban on swimming pools at FDCs under the banner of 'Lachlan's Legacy' and as an ambassador for Royal Life Saving Society Australia.

Women's Legal Service WA of Perth was awarded the Richard (Dick) Fletcher Award for its work providing support, advice and legal assistance to women.

The Ruby Hutchison Media Award went to Gary Adshead, from 9News Perth, for his story on the tow truck industry that highlighted the dishonest tactics used by some operators to gain business from consumers involved in motor vehicle accidents.

This year's awards have been a wonderful opportunity to acknowledge the fantastic achievements of people in the community who are helping consumers and tenants overcome difficulties and promoting their rights.

If you know of an individual or organisation that deserves recognition for their work advocating for consumer rights, keep an eye out for when nominations open for the 2022 awards later this year. Visit www.dmirs.wa.gov.au/cpawards for more information.

Page 1 of 1



SHORT STORY PRIZE

Invitation to all Midwest Writers

Weave your creative magic and craft a short story using a theme of your choice.

Enter for your chance to **win \$500**, plus VIP access to Festival Events!

ENTRY IS FREE

Winner announced 30 September at the Big Sky Festival Launch.

ENTRIES OPEN

19 April 2021

ENTRIES CLOSE 16 July 2021



For more details on how to visit please visit **library.cgg.wa.gov.au/bigsky**





SHORT STORY PRIZE

Entry Form

Name:	
Address:	
Phone: Email:	
Fitle of Story:	Word Count:
advise that my entry is my own work and has not been published previously. Should provide my permission for my work to be included in the Geraldton Regional Library poline catalogue.	d my entry be deemed the winning entry, l collection, including being uploaded to the
Signed:	Dated:

Do not include your name on your entry. Please attached a completed entry form instead. Email your story to library@cgg. wa.gov.au or submit by mail (Big Sky Short Story Prize, Geraldton Regional Library, PO Box 101, Geraldton WA 6531). Contact Trudi Cornish, Ph. 9956 6659 for any further queries.

TERMS AND CONDITION

- · Open to people aged 18 years plus from across the Midwest.
- · Opens Monday 19 April, closes 4pm Friday 16 July. No late entries accepted.
- · Length Minimum of 1,000 words, maximum of 3,000 words.
- Entry is free. Maximum of three entries per person. Each entry must be accompanied by a completed entry form.
- · No responsibility is accepted for lost, delayed or late entries.
- · Winners announced Thursday 30 September 2021.
- · Winner: Cash prize of \$500, VIP access to Festival Events, Story accessioned into Library, Published online via Library Catalogue,
- · Runner-Up: VIP access to Festival Events, Story accessioned into Library, Published online via Library Catalogue, Certificate.
- · Highly Commended: Certificate.
- · Employees of the CGG and their direct family members are not eligible to enter this competition.
- · Entries must be unpublished and in English.
- · The entry is written with a mature or adult audience in mind.
- · Format must be typed 1.5 line spacing, 12 point font, no contact/ name on actual work, only on entry form.





Inaugural Cemetery Busy Bee and Picnic a Success

The Meekatharra Community Resource Centre held its inaugural Busy Bee and Picnic on Sunday, May 2nd and it was a wonderful event. Over 20 people came along, including our lovely aged care folks and a group of willing workers of all ages.

Everyone chose a part of the cemetery to tidy up, with the only rule being not to change anything on any plots (unless it belonged to your own family of course).

The event was kindly sponsored by TIAM Solutions, with support from Colin and Yulella. The grant was used to shop locally from Farmer Jacks and the Caravan Park as part of the CRC's commitment to supporting local business. Roscoe from TIAMS came along and did his bit with plenty of raking and taking the rubbish bags away. Jane was still going when everyone headed off to watch the afternoon footy match on the telly!

There were smiles and a few tears as people reflected on family and friendship among the historic and recent plots. Busy bee workers tidied up weeds, stray rubbish and their own family plots while our aged care and other guests worked on painting rocks with wildflower designs and bright colours. Everyone agreed that it would be nice to do it again next year.









Top: CRC Manager Anna Johnson thanks Roscoe and TIAMS for their support; Middle: Roscoe from TIAMS gets stuck into the eastern fence tidyup; Bottom: The workers wander in for a well earned lunch. Photos by Anna Johnson & Jo Bonnily.











Clockwise from top left: Amy, Hayden and Keily tackle the fenceline; Sam and Jane on the centre path; a certain four-legged mate came along to help; Sarah, Keily, Amy and Hayden getting at the weeds in some of the very old plots; Maureen with Aunty Lorna and Uncle Paddy and Jo at the rock painting table.

The weather was perfect, with Slim Dusty keeping toes tapping and rakes going. The Shire has done a great job of fixing up the cemetery and it was a pleasure to have a team of locals come together to share in looking after our historic cemetery.

VET TEAM IN TOWN

The Pet Sterilisation Team from Murdoch University were able to run this year, after getting cancelled last year due to COVID. They were lucky enough to get out of Perth just in time to avoid the lock down.

The team have been visiting Meekatharra and other regional and remote places for years, they have plenty of experience dealing with a variety of animals and issues that may arise. We are very fortunate they are able to come to town and provide this service, sponsored by the Shire.

There were five fully qualified vets and five vet students, who have been studying for over five years, that came up to run the clinic. The aim of these clinics is to provide free de-sexing to the community to address the overpopulation of animals that the issues that arise from overpopulation. The vet students were doing their practical assessments during these clinic, under close supervision of course. The students take this opportunity with extreme excitement as they get to work with a variety of animals in remote and regional locations. They are learning how to take care of animals in different settings. They all had a fabulous time here and spent the whole time with smiles on their faces knowing they were helping support our community.

The vets and students wanted to thank everyone who took their animals in to be cared for and doing the best they thing for the animals.

The team who came up are all very passionate about taking care of pets and appreciated doing this service for our community.

While the team was here they sterilized 11 animals on the first day and 12 on the second. They also helped out with a variety of other health issues and gave out some vaccinations. Many more people requested to have their dog sterilized but unfortunately the team ran out of time. The vets did over time each day to make sure they saw the most amount of animals they could, to help support Meeka. Next time the vets are in town, make sure you book an appointment to avoid missing out.

There are so many benefits to de-sexing animals, we are so glad these pet owners took this chance to do what is best for their animal.

Thanks to Anna and Jo for signing people up, letting people know about this opportunity and advocating for the pets in Meeka.

Thanks to Emily for signing people up and supporting the event.

Colin at Yulella for all your hard work at spreading the word, getting people onboard with this incentive and spending hours picking up and dropping off people and pets. Thanks also for your passion to help make pets lives better in Meekatharra!!

We look forward to the Murdoch Team coming up to Meekatharra again and providing this great service to the community.

The Shire still has some de-sexing vouchers left that those with health care cards are eligible for and they can be used when Rick Fenny comes to town. We only have a limited number, so get in quick.







Consumer Watch

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email:candice.evans@dmirs.wa.gov.au

The lowdown on bond top-ups

As rents rise across Western Australia, many tenants may discover that in addition to paying more weekly rent, there is a further expense being asked of them.

When rent is increased at a property, a landlord or property manager may request the tenant pay extra money to 'top-up' their security bond.

How much a tenant is asked to pay will depend on how much their weekly rent has increased by. For a property rented at \$1,200 a week or less, the maximum total security bond that can be charged is the equivalent of four weeks' rent, while for weekly rents above \$1,200 there is no limit on the total bond that can be charged.

Now that we have resumed normal tenancy laws in which rent increases are allowed, there has been a sizeable increase in the number of bond top-ups being handled by the Bonds Administration team at Consumer Protection – increasing from around 50 lodgements on a typical day before the COVID-19 emergency period, to 341 lodgements on one recent day.

This has prompted us to remind tenants, landlords and property managers of their rights and responsibilities when it comes to lodging bond variations.

The way bond variations are lodged with us will depend on whether the rental home is managed by a private landlord or property manager. Private lessors should complete a 'variation of security bond form' listing the relevant changes and can submit the signed form via post, email or inperson. Meanwhile, a licensed real estate agent is required to make any changes to a security bond via the BondsOnline system as an eTransaction.

Once the tenant has paid the additional bond, a receipt must be immediately issued that specifies the date the money was received, the name of the person (or people) paying the bond, the amount paid and the address of the rental property.

After the bond has been lodged, the Bonds Administrator will send a copy of the 'Record of Variation' to the tenants, as well as their landlord or property manager.

Our website has further information about bond variations, and other related topics such as bond disposals. Visit www.commerce.wa.gov.au/consumer-protection/bonds for more. Alternatively, come into the Geraldton office at 50-52 Durlacher Street for further information or phone us on 9920 9800.



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 vising dates for 2021

18th May and 22nd June

Meeka

Markets

Second Saturday Each Month

Next Markets: 8th May 9:30 - Noon

In Meekatharra's Main Street
in front of the Commercial Hotel

FREE FOR ALL STALL HOLDERS Bring your own table Some chairs provided

Local Art & Craft
Lovely Gifts & Beauty
BARISTA COFFEE

Are you a musician?

Come and busk!

(Acoustic only please)

2021 DATES: Sat 11 September

Sat 9 October

Sat 12 June Sat 10 July Sat 13 November Sat 11 December

Sat 14 August

Kindly Supported By Meekatharra Community Resource Centre The Shire of Meekatharra The Commercial Hotel

STALL HOLDERS

You must comply with food handling and any other trading requirements that apply to your produce or service. BYO COVID hygiene items.

ANDOS ART PRINTS NEW LOCATION

Andos Art Prints is now open in Lloyds Plaza, utilising one of the shops and art gallery, Andrew Binsiar is the owner of Andos Art Prints and is excited for this new adventure in this new building. Andrew opened his shop on the 30th of April, just in time for tourist season.

Andos Art Prints offers a variety of services such as printing and laminating personal photos, original paintings and prints, Star Wars and other collectables, Xbox and PS4 games, and original shirts and singlets. This shop offers to much for gifts, art and games. There is really something for everyone.

The Art Gallery is set up to perfection! Once you come inside you will be surrounded by modern and traditional paintings and print.

Andos Art Prints is open from 9am-4:30pm Monday-Friday and 9am-12pm Saturday. Plenty of time to go have a look at the amazing work he has done. Lloyds Plaza is located next to the Post Office on Main Street and is already home to Mama D's Hair Care and soon to be Leightons Café.

Come on in, have a browse and a chat with Andrew.

He has opportunities for artists to showcase their work, if you are interested in showing your work have a chat with Andrew.

Congrats Andrew on all your successes, we are thrilled to have your shop in town! Make sure you spread the word and support this great incentive.

'At Ando art prints we strive to bring you a wide range of traditional and modern art. Our art tells not only dreamtime stories but gives a glimpse of Aboriginal People of today and the stories they hold'

Phone: 0457 688 227

Facebook: Andosartprints









REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER

IMPROVE PERFORMANCE AND REDUCE ELECTRICITY COSTS BY CARRYING OUT PRE SUM

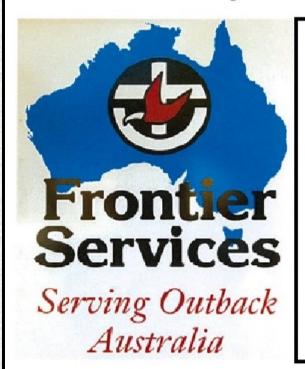
MER MAINTENANCE – FOR ADVICE OR TO BOOK A SERVICE,

CALL TODAY – PH: 9980 1212

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

ALL AREAS - KUMARINA, WILUNA, CUE, MAGNET, SANDSTONE and SURROUNDS

Meekatharra Community Church (Uniting Church)



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

Contact: Rev Mitch Fialkowski 9981 1053 0419 547 175





National Volunteer Week

Morning Tea and Fun

Saturday 22nd May 10:00 am to 11:00 am



Meet Meeka vollies

Come and have some bandaging fun!

> Check out the 4WD Fire truck

Learn where volunteering can take you in life



This event is made possible by a grant from Volunteering WA and with support from the Shire of Meekatharra



Funds from the grant support the CRC. local business and volunteers











CAREY RIGHT TRACK

Throughout the second week of April holidays Carey Right Track sent a team of volunteers including Carey Baptist College Yr10 Students for the X-Crossover experience to Meekatharra to support the local Youth Services and to run an Athletics carnival to support Stephen Michael Foundation.

Carey Right Track supported the local youth services in a variety of activities such as music, art and basketball. The young people took full advantage of the music where they projected a lot of sounds from the glockenspiels, drums and different types of guitars, while in the art room the creativity soared through the brush with lots of different canvas paintings, the young people had a go with clay making with different animals and very realistic looking foods.

Outside on the basketball court where the competition was through the hoops. Carey Right Track supported the program by putting a team together versing the locals over many competitions throughout the week. The games were highly skilled and what Carey Right Track lacked in skills, they made up in energy and enthusiasm.

Over to the oval, it was transitioned into an Athletics Stadium with lots of participation, energy and great results. The local youth got around the activities with a predicted 500m run, Turbo Javelin, Long Jump and 60m Sprint. The carnival was very successful with participation, enthusiasm, natural talent and excellent results

Carey Right Track had the opportunity to spend time with local artist Andrew Binsiar learning different Indig-

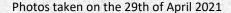
enous art techniques, through this experience Carey Right Track told their Journey to Meekatharra through art.

Carey Right Track would like to thank our partners; Meekatharra Youth Services, Shire of Meekatharra, Ando's Art Prints, Stephen Michael Foundation, Yulella Mob, Carey Baptist College Harrisdale, Carey Right Track Volunteers, Canning Districts Athletic Club.

By Terry Price

Carey Right Track Trainee













NEW SHADE FOR SMALL WHEELS PARK

I'm sure everyone has seen something slightly different happening at the Small Wheels Park (Skate Park). The Shire is putting in new shades for the area to make it more user friendly. The Skate Park is a well used facility in the Shire. The Youth Team regularly use it and we have seen people spending the day there with their kids learning new tricks. The Skate Park is used by young and old as a way to show off their skills, learn and have a blast.

The new shade sails will make the area nicer throughout the warmer days and will protect everyone from the sometimes harsh sun. The old shade sails struggled to handle to wind gushes that we often have in town and Shire wants to make sure this area is extremely safe for everyone. The new sails going up will be similar to the ones at the pool, making the area be more functional at all times throughout the day.

The Small Wheels Park has held many events such as skate workshops, open mic nights, BBQ's and other events which can all continue once the works are complete.



GARDENS WITH SAL, THE GARDEN GAL

G'day magic Meeka,

I hope you all are well out here in the beautiful Midwest.

I am very happy to report that our EON school gardens are back in full swing after a Summer hiatus. The couch grass was taking over and, with much patience, we have managed to

smother most of it and finally plant out our lovely winter veggies. Pumpkins, snow peas, silver beet, cabbages, zucchini and even some yellow squash! I'm very much looking forward to seeing them all thrive in the coming months.

As we near the cooler weather, now is a great time to be planting flowering annuals and herbs. A good reminder for this is AN-ZAC Day, an honourable and proud day for all Australians. Poppies are the flower of remembrance for this day- symbolic and true. This is the perfect time of year to plant your very own if you like the bright display that they bring. Poppy seeds come in a packet of thousands. They are so simple and easy to grow and they also come in a large assortment of different colours and flowers.

Creating a flower display of annuals can be very straight forward and incredibly stunning. Dedicate a space for your display, whether it be in a large pot, under existing trees or its very own new garden bed. If you will be planting direct into the ground ensure that the soil has been disturbed well; let the hose run in the area for about twenty mins first so that the soil is easy to work with. Dig your garden fork down deep to create space/ airflow and water flow and then add organics: manures, compost, dynamic lifter or even bagged potting mix.

Ensuring the soil is well watered first before adding any seeds. Next comes the layer method: scatter your seeds evenly around the area you have created and then put another good layer of organics on top (around 15cm) and some light mulching over the top. Be sure to keep watered every day and when spring pops its head around the corner you should find a stunning carpet of flowers to admire and enjoy.



A field of wildflower – poppies looking the goods!



This beauty is the sleeping giant from the Lost Gardens of Heligan

There is an enormous amount of flowering annuals that we can plant alongside our poppies: sunflowers, zinnias, everlastings, nasturtiums, cushion flower, borage and pansies just to name a few. Why not add in a few veggies and herbs too? Try coriander, parsley, carrots and spring onions.

Many years ago, I lived in London and this was the place that I first fell in love with gardening! The displays of flowers they create there are like nothing I've ever seen before. Alliums, tulips, beautiful old Rhododendrons, roses, camelias and lavender bushes. Gardening for the English is an age-old tradition and one they take very seriously. I'll include some photos to show you some of the beauties I was lucky enough to admire. Now we couldn't' be further away from London if we tried and do you know what? That's just the way I like it!

Between us I am very much looking forward to seeing what our wildflower displays are like this year in the bush! All that rain we received will give the everlastings a good head start. Someone I was speaking to recently remarked that we live in paradise, and I couldn't agree more.

Well, I'm sending happy spirits to you all out there this month and hope to chat gardening with you soon. Until then take care of yourselves and each other.

Happy gardening,

Sally - the EON Gardening Gal

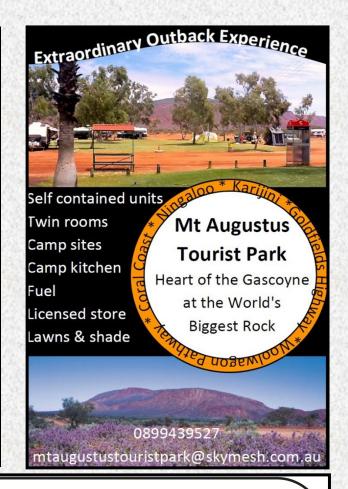
*EON Foundation is a not-for-profit organisation that delivers a food and nutrition-focused healthy lifestyle and disease prevention program. We build edible gardens in remote schools and communities for a secure supply of fresh food and partner with them to deliver a hands-on practical gardening, nutrition,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



A pic of the way we prepare our garden beds here in Meeka; manure/ organics, retic snake, newspaper to supress weeds and then mulch on top.

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







Open Daily 6.00am—9.00pm

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



ANZAC DAY

The annual ANZAC Day Ceremony in Meeka is held at Paddy's Flat and was well attended by members of the Meeka community who came out at dawn to recognise the sacrifice of those lost. The town came together to pay their respects and acknowledge the Veterans in the town and around the world. It is important to remember about lucky we are in Meekatharra to be able to gather with no restrictions and acknowledge this day together. Others in Perth held driveway services .

Well done to Chris and the team for putting on this important event for the town with such professionalism. The ANZAC service is a excellent event for the town and with many locals and tourists claiming it is the best one they have been to.

The flags were set to half-mast, the people gathered, the sun started to rise and this sombre event started.

The ANZAC spirit ran into the week with the school running their own ceremony on the Tuesday complete with hand made wreaths.









Friday, 25th of June
7 PM | Town Hall
\$10 Per Person
Tables of up to 6
16+ Event

To reserve a table please contact Amy at the Shire on 9980 0600 or cdo@meekashire.wa.gov.au





FIRST AID FACT SHEET Poisoning

Poisoning is a process of inhalation, ingestion, absorption or administration of a poisonous substance. Poisoning may be accidental or intentional and can occur from many different forms such as chemicals, alcohol, drugs, common plants, household items.

Caused by

- Toxic fumes.
- + Toxic substances.

Signs & symptoms

Dependent on the nature of the substance, can include:

- + Confusion, drowsiness, delirium, seizures, unconsciousness.
- Burns to skin, lips and throat.
- + Irritation to eyes and skin.
- Respiratory distress, such as slow breathing or airway blockage.
- Affected heart function.
- + Abdominal pain, nausea/vomiting, diarrhoea.
- Blurred vision and headache.

What to do

- 1. Follow DRSABCD St John Action Plan.
- Urgent medical aid required. Call Triple Zero (000) for an ambulance.
- Call Poisons Information 13 11 26 and/or follow instructions on any containers.
- **4.** Send any vomit, containers or notes with the casualty to hospital.

Conscious casualty

- 1. Listen to the casualty and give reassurance.
- Find out what sort of poison is involved and keep any containers for the medical aid to see.
- DO NOT induce vomiting or give anything to eat or drink.
- Wash any corrosive substance off the mouth and face with water, or wipe off.

Unconscious casualty

 Place the casualty in the recovery position and continue to check their airway and breathing regularly.

Inhaled Poisons

- 1. Move casualty and yourself to fresh air.
- Loosen tight clothing.

Absorbed Poisons

- 1. Protect yourself (if possible) use protective clothing such as gloves, goggles and so on.
- 2. Wash the substance off immediately.
- 3. Ask the casualty to remove any contaminated clothing.
- 4. Flush the casualty's skin with running water.

Injected

- 1. Follow DRSABCD St John Action Plan avoid needle stick injuries to yourself and casualty.
- 2. Treat any other signs and symptoms. Send any empty syringes, bottles and vials with the casualty to hospital.



Book a St John first aid course today | (08) 9334 1233 | 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: <u>commieh@westnet.com.au</u> 77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

EASTER FUN

This Easter Meekatharra celebrated in style! The Shire held a community lunch for everyone to attend. There was food, the Easter Bunny, an Easter Egg hunt and Zorb Balls.

The Zorb Balls travelling up from Perth to here and made the afternoon so much fun for the kids and adults. The Zorb Balls are like human hamster balls, you get inside and starting running making the ball move. Everyone got a turn or two, or three, or four. The kids were lined up waiting so patiently for their turn and showed off their skills by rolling around the course that was set, bumping into the others

and the walls. It was great to see so many smiling faces and sharing the experience with the community.

The food, as always, was amazing! And went so fast. We are so lucky to have such talented people at the Caravan Park who made this spread for us. We had seafood, cold meats and salad. Yum! What more could we ask for?

The Easter Egg hunt was blast for everyone. The kids searched for small tokens to be traded in for the eggs, we didn't want the eggs to melt so we kept them in the fridge until the last minute. The team spent time hiding the tokens before hand, thinking we were being clever. But the kids found them all so quickly and got stuck right into their eggs. The adults participated and got to enjoy their own.

We could not have done this event without our excellent volunteers. Thanks so much to Michelle,

Geoff, Sam, Andrea and Jo for giving up their holiday to make this day so special. They helped set up, pack up, serve food, supervise the Zorb Balls and play music. A special thanks to Sam who hopped around spreading the Easter fun.

Thanks to the Youth Team, Andrew, Jada and Lachlan for your help throughout the organisation of the entire event.

Overall the day went very smoothly with so many smiles and laughter.













Message from the GP Clinic

To all Meekatharra Community,

Meekatharra GP Clinic is run by Specialist GP's and we taken pride in providing high quality care AS A BULK BILLING PRACTICE.

A small number of people are missing multiple appointments and this is affecting appointment availability, inappropriate hospital presentations and the ability to see our doctors. It is really unfortunate to state the obvious, however it is not OK to book an appointment and then not attend or cancel. People are missing out and this is why we are seeking feedback.

From April 1

- Missed appointments cannot be rebooked with 48 hours. Unless very special circumstances apply, a discretionary \$10 fee will be required to be paid within this period.
- More than 3 missed appointments in a 12 month period will require a \$10 fee to be paid.
- Special walk in arrangements with limited times for our most vulnerable patients. (Eg 4pm 2 days/week¹





WHY YOGA?

We have been getting some questions about the weekly yoga sessions, so why not answer them all! We have been running these yoga sessions for a while and would love more people to join in on the fun.

When and where is yoga?

Yoga is held every Monday night (except Public Holidays) at 6pm until around 7pm, depending on how long the video goes for. The sessions are held in the Town Hall, behind the Shire Office on Savage Street.

Who can come?

Anyone! Anyone can come if you have an interest in yoga, want to learn about yoga or just want to see what yoga actually is. The classes are for beginners or those who have been practising for years. Keep in mind, the sessions are for the adults only.

What do you bring?

If you have any yoga materials, bring them along. If not, we have mats, pillows and blocks to borrow.

What do I wear?

Wear clothing that you can move around easily in. Some of the poses require a bit of stretching out and you will not want clothing making it harder for you.

What does it cost?

Nothing! We offer the yoga sessions free for everyone.

How do the sessions work?

We use videos from professional yoga instructors which is projector on the large screen in the hall. At 6pm we turn the video on and all try our best. The videos last anywhere from

video on and all try our best. The videos last anywhere from you fee

45 minutes to an hour, ranging from breathing exercises to deep stretches.

Why come?

Yoga is a fun and relaxing activity that gives you a chance to contrate on you! Having a set time, with other people, is a

CLASSES

Enjoy an hour-long
Online Yoga Session

Every Monday 6pm-7pm
at the Meekatharra Town Hall

Yoga mats available

YOGA

great motivator. Especially for days when you don't feel like moving. We want the sessions to be a supportive, fun, engaging time for everyone who attends. We want you to feel encourage to try your best and enjoy the time learning new skills, exercising and taking the time to do something for yourself.

What types of video are there?

We do some videos are test your balance or core strength, some meditation videos, and other ones that are used to help your posture. There really is a wide range of videos that are used. No two weeks will be the same.

Do I have to do it all?

Of course not, sometimes the poses and movements are a little tricky. You can always modify the movements to what you feel comfortable doing. There may be some that you are

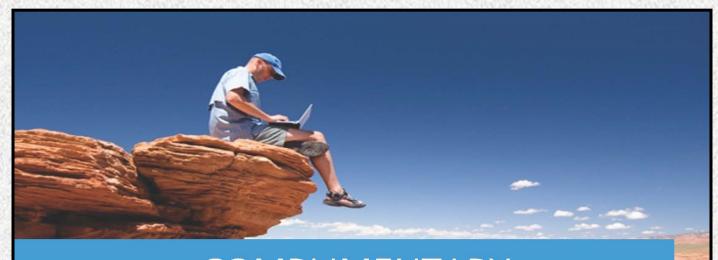
really good at, such as Shavasana (the resting pose) or Downward Dog and others that just out of your range for now. Just with practice they do get easier and you might even surprise yourself.

Who goes?

A variety of people, ranging in ages, abilities and experience. We encourage anyone and everyone to come.

If you want more information about these yoga sessions please contact the Shire.





COMPLIMENTARY 12 month remote business memberships AVAILABLE NOW!!

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#T's&C's apply



MEDIA STATEMENT

FOR IMMEDIATE RELEASE

Stronger Together MWCCI Regional Partnership Program

April 2021

Try before you buy! Mid West Chamber of Commerce and Industry is currently offering complimentary twelve-month remote business memberships from 1 July 2021 to 30 June 2022. Businesses can, however, get an early start by the program accessing now.

The Stronger Together Regional Partnership program is available to all businesses located outside the City of Greater Geraldton.

Mid West CCI CEO Joanne Fabling said the objective of the program is to ensure the voices and concerns of the remote business community are heard.

"The Mid West Chamber of Commerce and Industry represents businesses across the region from Wiluna to Kalbarri and south to Leeman, we aim to create and develop opportunities, advocate for and support businesses no matter how remote they are," Ms Fabling said.

"As a business community we are stronger when we are all represented and together, we can amplify our voices and bring all industry concerns directly to key decision-makers. We are especially keen to support fledgling businesses that are struggling to access assistance and we encourage them to reach out to the Chamber to gain assistance."

Businesses who join under the Stronger Together Regional Partnership Program will receive all of member benefits during their complimentary membership year.

Please note there are some terms and conditions. To access click on Chamber of Commerce and Industry website www.mwcci.com.au and if you wish to proceed from there you may click "join".



Veggie Omelette

SERVES 4

Ingredients

1 Tb peanut oil

4 spring onions, sliced

2 carrot, grated

200g snow peas, trimmed and thinly sliced

2 cup bean sprouts

8 eggs

Salt and pepper

Method

- 1. Heat oil in a saucepan on high heat. Add spring onions, carrot, snow peas and bean sprouts. Cook for 2 minutes. Set aside in a bowl.
- 2. Whisk eggs and add salt and pepper.
- 3. Heat oil in saucepan over medium heat. Add one quarter of the egg mixture and swirl around saucepan. Cook until base is golden. Place vegetable mixture over half of the omelette. Fold the omelette in half and cook for several minutes.

Recipes from Benalla Health



Oven Baked Spring Rolls

Ingredients

SERVES 4

1 tsp olive oil

1 clove garlic, chopped

100g mushrooms, diced

200g pork or beef mince (optional)

4 spring onions, sliced

1 carrot, grated

3 cups Chinese cabbage, shredded

12 spring roll wrappers

1 eggs white, lightly whisked

Sauce mix: 1 tsp hoisin sauce, 1 tsp soy sauce, 2 Tb sweet chilli sauce

Method

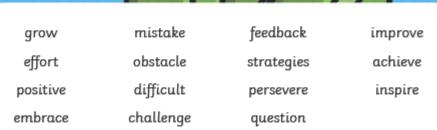
- 1. Preheat oven to 200 degrees.
- 2. Heat oil in a saucepan. Stir fry garlic and mince until brown. Cook mushrooms, spring onions and carrot. Stir in cabbage and cook until wilted. Toss in sauces.
- 3. Spoon mixture into wrappers. Fold in sides and roll up. Place onto baking tray and brush with egg white. Bake for 15 minutes until golden brown.





Growth Mindset

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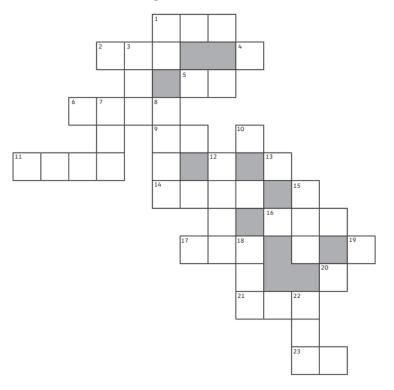




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Multiplication and Division Crossnumber



Across

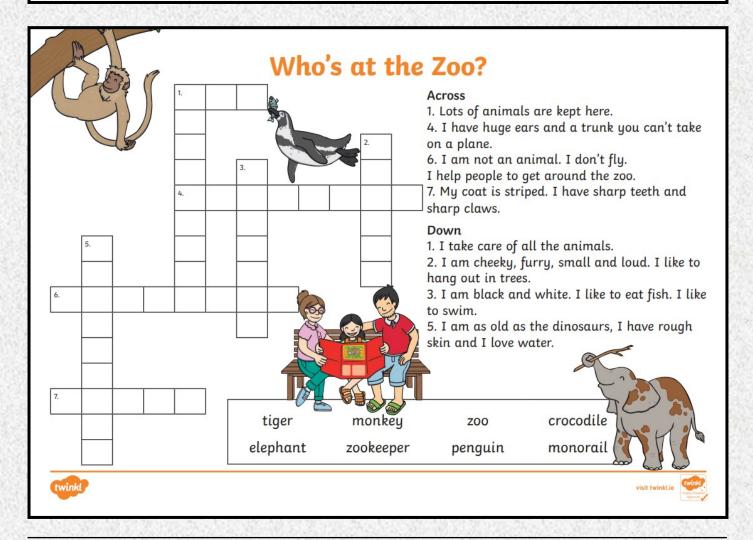
- 1. 37 × 8 =
- 2. 750 ÷ 5 =
- 4. 32 ÷ 8 =
- 5. 45 × 2 =
- 6. 761 × 7 =
- 9. 333 ÷ 9 =
- 10. 64 ÷ 8 =
- 11. 217 × 5 =
- 14. 708 × 3 =
- 16. 333 × 3 =
- 17. 49 × 9 =
- 20. 72 ÷ 9 =
- 21. 486 ÷ 3 = 23. 268 ÷ 4 =



- 1. 120 ÷ 6 =
- 3. 143 × 4 =
- 7. 61 × 5 =
- 8. 919 × 8 =
- 12. 612 × 2 =
- 13. 49 ÷ 7 =
- 15. 882 ÷ 3 =
- 18. 57 × 3 =
- 19. 54 ÷ 6 =
- 22. 412 ÷ 2 =







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



Gym Memberships

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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



MEEKATHARRA CHRIST THE KING

CORNER OF DARLOT & HIGH
STREETS

SERVICE TIMES MAY 2021

> LITURGY 1ST OF MAY

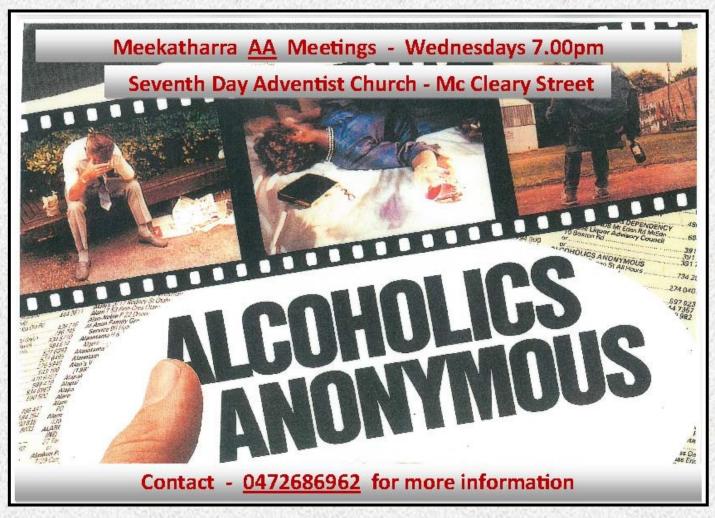
MASS 15TH OF MAY

LITURGY 29TH OF MAY

RECONCILIATION TIMES BY REQUEST BEFORE OR AFTER MASS

CONTACT CATHY JONES ON 08 9963 4176







NEEKATHARA Maria DUST

ISSUE NO. 130 MAY, 2001 PRICE \$1.10 incl. GST

MEEKATHARRA RACES 19TH MAY 2001

The Meekatharra Race Club is happy to report that we had a reasonably successful meeting despite the cold weather. The May races are always a bit of a concern because we start competing with other clubs in the north for horses and jockeys. We had a total of 34 starters in the 6 events, which is an improvement on the last few years.

For those of you who were waiting for the Karaoke we would like to apologise for not running it. The crowd had fallen away and there was not enough of us left to set it up. I am sure that we will have another chance to show off the many talents we know are out there.

The first event of the day, the Commercial Hotel Class D Handicap was won by Captain Bignote, trained by Jack Cockell and ridden by Brad Ball. The second race the Inland Tyres Maiden was won by Set The Date, again trained by Jack Cockell and ridden by Brad Ball. The third race the Drillpower Class 2 was won by Family Pressure, trained by Roly Piercey and ridden by Antionette Armes. Some of you might remember that horse winning here in September last year. Race four, the main event of the day the St Barbara Mines Sprint was won by Carnivorous, trained by Mick Whittle and ridden by David Wilson. Mr Rod Baker, the Resident Manager of St Barbara Mines presented the owner/trainer of the winning horse a portable gas BBQ as the trophy for this event. I am sure that this will get a lot of use. Owner/Trainer of Carnivorous, Mick Whittle along with his jockey David Wilson has travelled from South Australia with their team of horses. Mick had won races in every state of Australia except WA so he decided to travel west o try his luck. After he had raced at Leinster, he was told he should head to Meekatharra.



One of our veteran race goers with one of our newest race goers.





SHIRE OF MEEKATHARRA PROPOSAL TO IMPOSE DIFFERENTIAL RATES

In accordance with section 6.36 of the Local Government Act 1995 notice is hereby given that the Shire of Meekatharra proposes to again differentially rate mining tenements and pastoral holdings in those areas in which unimproved property values apply.

It is anticipated that rating levels for the 2021/22 year will be 8.8869 cents in the dollar for all gross rental valued properties, 19.6101 cents in the dollar for mining tenements and 7.4462 cents in the dollar for pastoral leases. A minimum rate of \$400 can be expected on GRV properties whilst all other ratable properties can expect a minimum rate of \$350. The objects and reasons for each proposed rate may be inspected at the Shire Office, Main St, Meekatharra during normal office hours.

Submissions from electors and ratepayers about the proposed rates or minimum payments and any related matters may be made to the undersigned at the below stated address by 5pm on Monday 24 May 2021.

Roy McClymont Chief Executive Officer Shire of Meekatharra PO Box 129 Meekatharra WA 6642



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Supermarket



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Thursday 8am—7pm

Saturday 8am-5pm

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

IMPORTANT DATES

May 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 Yoga 6pm	27	28	Dentist Visiting Dog De-Sexing Program	Dentist Visiting Dog De-Sexing Program Movie Night: Freaky 7pm	Meeka Goes Green Recycling 9am-11am Upcycling Workshop 11am	2 Cemetery Picnic & Busy Bee 11am
Yoga 6pm Dentist Visiting Diabetic ED @ Clinic Geraldton Radiology @ Hospital	Dentist Visiting	Dentist Visiting Population Health STI Testing @ Clinic 2:30pm-5pm DivaZ Day 10:30am	6 Dentist Visiting	7	8 Meeka Goes Green Recycling 9am-11am Meeka Markets 9:30am-Noon	9 Mother's Day
WACHS Dietitian @ Hospital GRAMS Midwife @ Clinic Yoga 6pm	11 WACHS Dietitian @ Hospital GRAMS Midwife & 360 Health @ Clinic	12 360 Health @ Clinic	13	14 Diabetes Team and Educator @ Clinic Podiatrist @ Hospital	Ordinary Council Meeting Meeka Goes Green Recycling 9am-11am	16
17 Yoga 6pm	18 Physiotherapist & Podiatrist @ Hospital Dietitian @ Clinic	19	20	21	22 Meeka Goes Green Recycling 9am-11am Volunteer Morning Tea and Fun 10am	23
GRAMS Midwife & 360 Health @ Clinic Yoga 6pm Mama D's Hair Care	25 360 Health @ Clinic Physiotherapist & Dietitian @ Hospital Tidman Brothers Mama D's Hair Care	26 Healthy Ears Team @ Clinic Mama D's Hair Care	Mama D's Hair Care	28 Mama D's Hair Care Movie Night: The Furnace 7pm	29	30