

Lloyds Plaza's New Superheroes



Standing L-R: Chris Clancy (Leighton's Café) with Leighton, Leanne Sharrock (Gift Shop), Andrew Binsiar (Andos Art Prints)
Sitting L-R: Kadi King (Leighton's Café), Nikie Desrosiers (Mama D's Hair Care)



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 -

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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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—9980 0609



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Note from the Editor

Welcome back to another edition of the Meekatharra Dust. In May we had the Golf Open, Protective Behaviours Workshops, Leighton's Café Opening and more which you can read about in this edition.

Coming up in June we have a few events including a garage sale! Everyone is welcome to bring their unwanted household items, clothes, kitchen appliances along to sell. Everything must be clean and in working condition. The garage sale is being held at the Skate Park on the 19th of June at 10am. Come along and see if you can find yourself a bargain or get rid of those unwanted items.

On the 26th of June there will be a Quiz Night at Lloyd's Plaza, 7pm. Arranging tables of six, get your friends and family together, book a table and enjoy a night of trivia.

The dentist is back in town at the end of the month, make sure you book appointments ahead of time to get your teeth seen.

The Editor

NAME PAVERS

Be a part of this fundraising activity for the
Meekatharra 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.



Council News

New Tenants for Lloyds

Since the opening of the refurbished Lloyds Plaza the Shire has leased all five shops, four of which to local business owners.

The latest space leased out is to Meeka local Leanne Sharrock who will be running a Gift Shop, opening in the coming months.

Leighton's Cafe by Meeka locals Chris Clancy and Kadi King, opened in May and has served countless breakfast and lunches and coffee to locals and tourists. The buzz around this cafe is delightful to see. Expect to see them opening for evening meals shortly.

Andos Art Prints, which opened in March, have a shop and the Art Gallery both run by Meeka local Andrew Binsiar.

Andrew has created an engaging and welcoming atmosphere for everyone to come and look at this incredible works of art.

The Hairdressing Salon is leased by Mama D's Hair Salon, Nikie Desrosiers. Who has been leasing at this space since the 2020 Outback Festival, making everyone look fresh.

This has been an exciting new development for the community and has allowed local people to see the gaps in the town and fill them with incredible businesses. The use of local knowledge and relationships has made this project that more special. Lloyds Plaza is already a bustling mall, now that we have one more shop opening it will continue to grow, becoming a hub for the town. Free WIFI provided by Node One and the Shire allows everyone to have access to internet while enjoying the local services and businesses in the Plaza.

Make sure you keep an eye on the Plaza to see what new developments yet to have come and see how the business are supporting local people in this community.





Meeka FM

The Council has a long history of supporting donating to local non for profits, such as Meeka FM, being proud sponsors for a number of years now. The volunteers that run this station do an amazing job and supporting them in the community work they do is vital to the longevity of this service.

Meeka FM runs as part of Radio MAMA (MidWest Aboriginal Media Association) and is run by a small team of volunteers within Meekatharra who make sure the station is up and running in town 24 hours a day! It is a very impressive task that the team complete, it is always a joy to hear what is happening on the station. The station has a wide variety of shows, so there is something for everyone. Listen in on 98.3 FM and support the great work they are doing.

MRBA and MRVC Merger

The Murchison Region Vermin Council (MRVC) are planning to join forces with the Meekatharra Rangelands Biosecurity Association (MRBA) to cut down on costs and provide better services for the Murchison Region.

Council have advised the MRVC and the MRBA that it has no objection to the proposed merger of the two bodies. Council will honour and transfer its current financial commitments with the MRVC to any other organisation that shares the same objects and purposes of the current MRVC including the ongoing maintenance of the No 1 Vermin Fence.



More Visitors for Meeka Airport

The Meekatharra Airport has seen a large increase in landings and fuel sales compared to this time last year. There were 64 planes in April 2020 and 91 in April 2021. The year to date stats also increased by 24%. Since a large part of 2020 travel was interrupted due to COVID-19 there was a lack of extra travel.

Mike has been extra busy keeping up with all the visiting aircraft's. Also keeping the airport and surrounds looking clean and tidy as visitors come into Meekatharra.

Masks are still required at all airports, including carparks, so make sure if you are travelling anywhere be safe and smart.



Upcoming Events:

Garage Sale - 19th of June

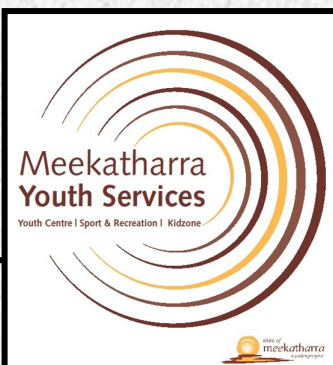
Quiz Night - 25th of June

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

Next Council Meeting 26th of June 2021, 9:30am at the Council Chambers in the Shire Office.

The closing date for submissions is the 11th of June 2021 at 4:30pm.

LOCAL STUDENTS GET WORK EXPERIENCE



The Meekatharra Shire Youth Services team has two new faces joining them from the Meekatharra District High School. Marissa and Asharnta, year 11 MDHS students, are completing their working experience with the Youth Services team for the rest of the year, starting in the middle of May. The students are completing over 200 hours throughout 2021 with the Youth Team learning about the work the employees do each week.

Work Experience is a chance for students to gain experience in a work place setting that they may be interested in working. The program aims to show young people what a full-time job is like and how the skills they learn at school will be used once they graduate. They will get the chance to practice the skills they will learn over a period of time and gain more confidence within this setting. The skills learnt are able to be trans-

ferred into many different work places and fields.

One day a week Marissa and Asharnta attend the Youth Centre and are mentored by the Youth Team. The team has shown the year 11 students how the Youth Centre runs, the day-to-day activities, and the behind-the-scenes actions that help the activities run smoothly. The work experience students will learn how to write reports for various funding purposes, provide engaging activities for a wide variety of participants, collect data and follow up any issues that may arise all under the supervision and guidance from the youth team.

Both Asharnta and Marissa are regular attenders at the Youth Centre and have built strong relationships with



L-R: Youth Sport and Recreation Officer Lachlan, Youth Officer Jada, Youth Officer Andrea, Work Placement Student Marissa, Work Placement Student Asharnta and Youth Officer Andrew

Missing: Youth Officer Margie

the Youth Team and the other participants. This has made the transition from participant to a junior member of the team smoother for everyone. The Youth Services program focuses on giving the young people in town space to hang out, play sports, do art and work with the staff to create a positive space. Supporting the young people in town is a testing, rewarding position that takes highly skilled, understanding employees to achieve. Marissa and Asharnta have the opportunity to learn a huge amount from Youth Team and have taken up the chance to do so.

The Youth Centre is open Monday to Friday doing after school and school holiday programs. The program consists of sports, art, music, movies, and much more which includes hosting a range of visiting sports and arts programs. This is a well-rounded, bustling program with something for every single young person that participates. Kids Zone is a part of the Youth Service program for the younger kids in town three afternoons per week, this program is based a lot around play and bringing out your creative side. The Work Experience Students will also get to spend some time here learning how to create activities and support younger participants in smaller settings.

The students asked to be placed in the Youth Services Team because they wanted to know what it is like to work in the youth field. They will also gain the experience needed to perhaps get a job like the Youth Officers once they finish school. Marissa and Asharnta saw what the Youth Team was doing and wanted to know more about the processes and how the team consistently deliver an outstanding program. Marissa said she wanted to be a role model to the younger kids at school and in the community by being a positive hard-working member of the Meekatharra community. Both the young ladies have proven to be enthusiastic, reliable, and driven throughout their time at the Youth Centre.

So far, the students have run art and craft activities, umpired footy games, supported sports events, held a papier mâché lesson for the younger participants, and much more. They have helped set up the activities and pack down, learning the different aspects of what the Youth Team achieve every day within the community. The Youth Team build strong relationships with the young people, their families, the school, police and many other local organisations all to support the young people in Meekatharra. Having the opportunity to see and experience all the before program activities will show the students how much effort and extra support goes into the fun, engaging program.

The Youth Services Team; Andrew, Lachlan, Jada, Margie and Andrea; are no strangers to mentoring and supporting young people. The work experience students are in good hands with this team. The team will ensure the best learning opportunities are achieved and the students get a fair, realistic version of what it is like working as part of the Youth Services Team.

The Youth Team are extremely excited to have these students on board. Youth Officer Andrew stated 'it is good to see young people in the community with a bit of drive and knowing what they want to be in the future.' Having these two students getting first hand experiences will provide vast amounts of knowledge, supporting their future careers.

The Shire is very pleased that Marissa and Asharnta chose to complete their work placement with the Youth Team. The Youth Services Team are an extremely important part of this community, supporting the young people and their families. The work the team do has proven to be empowering to the young people. During the work placement the Youth Team will continue to support the young people to gain employment after school and give them a wide range of skills and experience relevant to many jobs in town.

Marissa and Asharnta have fit in nicely with the Youth Services Team and have enjoyed their time so far at the Youth Centre. We are all extremely proud of the drive and the passion these young people have for their community and fellow Youth Centre participants. We are all looking forward to seeing what they achieve in school and once they graduate.



CRC News



Chill Out at the CRC

The CRC will be staying at our current premises next to the Shire offices. Keep your eye out for some exciting new developments such as the Purple Bench, our VIP Chill Out space and more...no spoilers! Pop in and check us out.

Tax Deductible Donations

Yes, you can now make a tax deductible donation to the Meekatharra CRC. Go to the ANCHA donation page, click "Donate" and follow the directions (specify us as your recipient)—simples. The web address is: <https://www.ancha.org/>. You will be sent a receipt to use at tax time, and an acknowledgement from the CRC. Help us help you!

Volunteer at the CRC

Congratulations and thank you to Sam Morrison who just joined us as an official CRC Volunteer! You can join up too, and receive discounts and more—would you like to get some work experience? We can always use a hand with simple or not so simple things—it's up to you whether you want to help out with painting, cleaning, social media and website, or an idea of your own. Come and have a cuppa for more info.

Family History Interviews

Thanks again to our Department of Communities grant we have Radio Mama coming to Meeka to work with our school team and elders on our interview collection, recording some of our stories for posterity. We also have free photo and document scanning for anything you want to preserve for your family story. Keep your eyes peeled for our genealogy workshop in July.

More to Come

We are super excited about what we have coming up for our community this financial year. Cultural awareness, more help and information related to ID and digital safety, online training opportunities, local day trip maps and a new range of local artist products are on the cards.

We will also be holding a launch of our new Chill Out room and furniture upgrade—stay tuned!

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

June 2021

By Anna Johnson & Jo Bonnily

What's On

Meeka Markets

Saturday 12th June

9:30am to Lunchtime

In front of The Commercial Hotel

Department of Transport Driver Services

Tuesday 15th June

Book in ahead of time please



**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**





COMMUNITY GARAGE SALE

**Clean out your sheds and cupboards.
Everyone is welcome to sell and buy!
Great way to reduce waste, buy secondhand
and find some bargains.**

- Bring along any unwanted household items to sell. Clothes, furniture, books, kitchen items - anything you longer want or use
- Bring along a table or use the back of your car
- Each seller is responsible for their items, set up and pack up
- Set up from 9:30am, start selling at 10am
- Make your own price (free, \$5 - whatever you want)

Free space to
sell unwanted
items

**10am - 12pm
Saturday, 19th June
Skate Park, Hill St**



Contact Amy at the Shire for more info

COPS CORNER WITH SENIOR SERGEANT TOM DALY



Hello Meekatharra Community!!

It's fantastic to contribute to the Meeka Dust newsletter and apologies we've missed the last couple whilst I've been settling in to Meeka and into my role as the new Officer in Charge at the Meekatharra Police Station.

My name is Tom for those that haven't met me or seen me around the place – I'm the guy with a beard and glasses! I arrived in Meeka on 24 February this year, moving up from Perth. Prior to Meekatharra I had the opportunity to branch out from policing and worked at the Department of Education in a Business Improvement Manager role and up in the West Kimberley, based in Broome, as the Regional Manager for Youth Justice Services with the Department of Justice – both incredible professional experiences.

Policing is something I really enjoy and it provides a platform to be able to connect with communities, key stakeholders and the people not just about crime issues, but to help communities to become stronger, safer and better supported – something my team and I are committed to here in Meeka.

As a Police Officer I've worked all over the State – was the Officer in Charge at Roebourne Police Station for a couple of years, prior to that I've worked at South Hedland, Carnarvon, Kununurra, Kalgoorlie and completed stints at Mirrabooka, Intelligence and Forensics in Perth.

One thing that has really struck me in Meeka is the incredible team at the police station and their commitment to this community. So far, I've met some very engaged community leaders, business owners and residents that are passionate about Meeka and want to see it thrive. Thank you to the local business owners/proprietors, service providers, Mission Australia, Shire,

Hospital, School, Housing/Child Protection, Justice, St John Ambulance, Volunteer Fire and Rescue Service, industry and many other key stakeholders who have been so welcoming.

The photo included in this newsletter was taken by one of the attending police officer's partners on ANZAC Day at the Meekatharra Veterans Legion dawn service on 25 April 2021. The photo has me and a few of my officers as well as Mr Chris Atkins, a dedicated and committed member of our community and a Vietnam Veteran. Chris is such a humble gentleman and it is because of his tireless efforts that we have such a strong community connection to remembering our war veterans and acknowledging their service each year. Thank you, Chris.

As a side note and 'fun fact', the photo was selected by our corporate media team and posted on the WA Police Force Instagram page (social media), and had 41,330 impressions and reached 37,697 accounts (users) all over the world. This is fantastic exposure for Meekatharra!! 📸

From a policing perspective we have had four new police officers start in Meeka in the last month, filling previous vacant positions, and we are going to see a further four new officers arrive in the coming weeks and months to fill vacancies left by Sergeant Fay who has transferred to Karratha, Senior Constable Hutchinson who has transferred to Kambalda and Senior Constable Dennison who is transferring to Broome, whilst we're also gaining an extra position. So, keep a look out for new faces and don't be shy to say hello!

In relation to crime in the Meekatharra Police sub-district we are observing a reduction in burglaries (down 35%) and a reduction in theft (down 27%) when compared to this time last year – that's a total reduction of 43 offences. We are seeing an increase in family violence assaults



though – up 41% (or 28 offences). If you see something, say something. Don't be a spectator, particularly when it comes to family violence. We need to call out this behaviour and we all have a responsibility to keep each other safe.

In relation to the reduction in burglary and stealing offences, please do not get complacent. We are seeing some stealings and burglaries occur as a result of doors being left unlocked, valuables not left secure or cars left unlocked with valuables inside them. Make it tougher for crooks and lock up! Report any suspicious activity.

As we enter into the north west tourist season we are seeing more vehicles and caravans travelling through town and using Great Northern Highway/Main Street. Please be road safety aware. Stick to the speed limit, don't overtake when unsafe to do so, don't drink and drive, please wear your seatbelt and don't drive tired! We all have an obligation to make sure our vehicles are roadworthy and that we drive responsibly, safely and to the conditions.

I look forward to giving a regular monthly update and I encourage you to pop in to the police station to say 'G'Day' or stop and say hello if you see me out and about!

Take care

Tom Daly




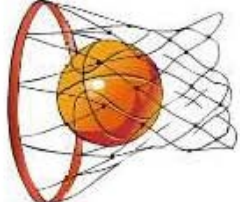



Senior Sergeant

Officer in Charge

Meekatharra Police Station

May 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
3:00pm – 5:00 pm 	3 on 3 Basketball @ the Youth Centre KIDZONE OPEN (5-10)	Music @ the Youth Centre	Arts & Craft @ the Youth Centre KIDZONE OPEN (5-10)	Game day @ Youth Centre	Drop in @ the Youth Centre 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 2021 Term 2



Meekatharra Support Guide

EMERGENCY

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

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	https://headspace.org.au/eheadspace/
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)			

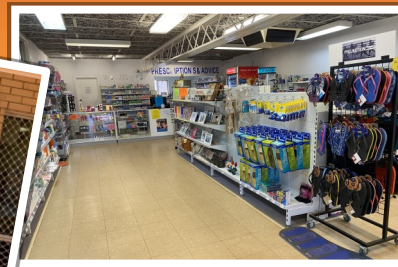
COMMUNITY SERVICES

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)	



Meekatharra Pharmacy

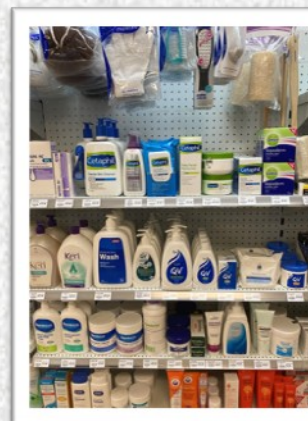
72 Main Street, Meekatharra WA 6642



Winter in Meeka

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

Get your FLU SHOT at Meekatharra Pharmacy



Skin care range



Webster Pack

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 your pharmacist about steam vaporizers next time you're at the Pharmacy.

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.

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.

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

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



SEED AND PLANT RAISING IDEAS



Hooray! The weather is getting cooler and the fly-annoyance-level is reducing significantly – the best time to get out and do some gardening.

If you haven't already, now is a good time to start some seedlings. Not sure what to plant? If you're into food gardening you can check out gardenate.com – they have a monthly planting schedule for our arid climate.

Not sure how to get started with growing food? Don't want to buy any gardening gear? Fret not; there are heaps of money and resource saving ideas:

Where do I get seeds and plants from? Do I need to buy them?

You can buy seeds at the hardware, markets or online. You can also ask around if a local gardener would be willing to share seeds with you (normally there are way too many seeds in one packet anyway) or will give you cuttings from their plants. You can also try and save seeds from fruit and veggies you buy, e.g. capsicum, tomatoes, pumpkin and melons lend themselves to seed saving and the bottom ends of spring onions can be planted in the garden to regrow.

What sort of container to use? Do I need to buy punnets and pots?

No need to buy anything if you don't want to. Some seeds can be planted straight into the garden (some even prefer it as their roots easily get damaged during transplanting). Other seeds benefit from a bit of tender care in their early days and can get a head start in seed raising containers before being planted out into the garden.

Here are some great ideas on how to reuse materials you may already have in your house. Just add seed raising mix (see further below), water in and keep moist but not waterlogged:

* **Toilet roll cores** – make four cuts on one end and fold them in like a parcel. The benefit of this is that you can transplant the whole thing when the plant is big enough. Just open up the bottom end and plant in the garden; the cardboard core will break down over time.

* **Fruit Punnets** – large plastic punnets from plums or apples for example make great mini greenhouses. The lid traps moisture helping the seeds germinate whilst the holes provide adequate drainage and ventilation. Once the plants are getting bigger you can open the lid to give them more space and to harden them off.

* **Yoghurt Tubs** – simply poke a few drainage holes in the bottom. If it comes with a lid it can also be used as a mini greenhouse like with the fruit punnet above.



* **Takeaway Coffee Cups** – same as yoghurt tubs just poke a few drainage holes in bottom and use the lid as a moisture trapping greenhouse roof.

* **Plastic bottles** – whether milk or softdrink bottle: cut in half and either put drainage holes in bottom for an instant pot. The top can loosely sit on top to trap moisture. Or for a self-watering variation: upturn the neck of the bottle, add a piece of cloth (e.g. strip of old t-shirt) to wick moisture. Just keep the water topped up in the bottom and the potting mix above will self replenish with moisture through the fabric.



- * **Newspaper rolls** – grab a page of newspaper, roll it around a cylindrical shape (e.g. a jar, deodorant can or glass) and tuck the bottom in. Same as with the toilet paper cores this can be transplanted along with the plant and will disintegrate in the garden.
- * **Tetrapaks (e.g. milk or juice cartons)** – cut out one side or the top, put drainage holes in.
- * **Styrofoam esky** – these are insulating and can be built as a self-watering container. Put a pipe with drainage holes into the bottom of the container coming up in one corner, cover with natural fabric (e.g. an old cotton tshirt or tea towel) to keep soil out of the pipe, top with rocks or gravel, then will up with potting mix and seed raising mix. Pour water into the drainage pipe where it will collect in the bottom of the esky. The fabric and potting mix will then wick the moisture up. This encourages the seedlings' roots to grow down deeply making for stronger plants.
- * **Anything else** that is deep enough to allow for root growth, keeps moisture but allows for drainage of excess water, can be used to raise seedlings.



Help, I keenly planted heaps of stuff and now I can't remember what's what! (been there done that)

It's a good idea to label containers with the type and variety of seeds planted. There are fancy labels you can buy, or you can just cut up yoghurt tubs or soft drink plastic bottles and write on them. Or just write straight on the container itself. If you or your kids are partial to ice cream keep the wooden icy pole sticks and write on them (needed an extra excuse to lick it clean or eat more ice cream?). Half a wooden clothes peg can also be used. Stick a wine cork on a skewer and write on the cork (another excuse to finish that bottle of red). Anything you can stick in or on the container that can be written upon and is weather resistant is good to use.

What sort of seed raising or potting mix should I use?

For seed raising mix you can either buy a bag from the hardware or you can make your own - there are recipes online for DIY mixes using compost, coconut coir, worm castings or vermiculite. Some people also just use potting mix but that may

achieve mixed results. It's got to be fine enough to allow for tiny seeds and seedlings to get a foothold, it's got to be moisture retentive but also well draining, be free of diseases and weed seeds and have some nutrients to keep the plants going once they've germinated without being too rich. Garden soil itself is a bit too heavy.



Where can I learn more?

The internet is full of great resources on how to start off plants. If you prefer screen free learning you can come to the Meeka library which has a whole section on gardening. Or just strike up a conversation with our MGG volunteers, many of whom are keen gardeners, or pick Sally the Gardening Gal's brains – she is an encyclopedia of gardening knowledge!

What are you planting in your garden right now? Have you had success with a certain method? Have you got a tried and tested potting mix recipe using locally available ingredients?

Want to ask a question? Get in touch with us 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 – check our Facebook page for confirmation).





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cardiovascular disease or
respiratory disease?**



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**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

22nd June, 20th July, 17th August, 21st September, 19th October, 16th November



Quiz Night

Friday, 25th of June

7 PM | Lloyds Plaza

\$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**



SCHOOL UPDATE



Room 7

This term Room 7 has been working hard across all areas of learning. In Literacy, we have introduced writing simple sentences with describing words and taking lots of inspiration from *Pig the Grub*, a book by Aaron Blabey. We have also been working to improve our spelling words by using whiteboards, sensory trays, magnets, play-doh and writing our words with rainbow coloured pencils. In Numeracy, we have been following our Top10 program for subtraction and working together to make spheres using play-doh then placing them in 4, 6, 8 and 10 frames. Students then squish some of their play-doh balls and figure out how many are left. Earlier this term we were also rewarded with having the highest classroom attendance. We were treated to yummy icy-poles for our phenomenal efforts.

Miss Pav and Miss Andrea

Room 6

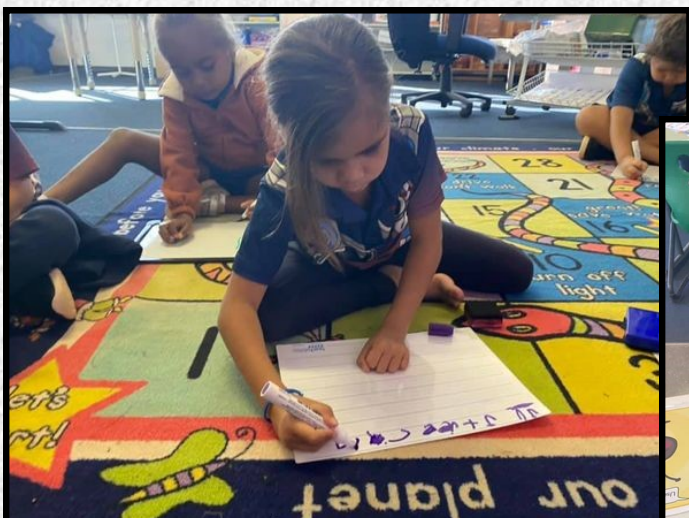
Term 2 has been off to a busy start! We started off the term with Scitech where we got to do some cool experiments and last week, we had our very own Balloon car race!

For numeracy, Room 6 has been looking at addition strategies and playing a variety of fun games including card games, bingo, etc., to enhance their adding and subtracting skills. For our Talk For Writing, we have started an introduction to persuasive texts and we have been having interesting discussions on whether "Camping out bush is better than staying at a hotel." It was our turn to have the assembly this term and we performed our Talk for Writing narrative text "Kassim and the Greedy Dragon" which was a resounding hit judging by the applause from the audience!

We look forward to more learning and exciting events planned out for this term!

Miss Maria





Room 16

This week we began our Talk 4 Writing unit on Jack and the Beanstalk! Miss Sophie was very lucky to see (and film!) a once in a lifetime magic beanstalk growing in our very own school! The children were very excited when they saw the video to go hunting for evidence of this. We found some magic beans on our trails and planted them... Not sure what will grow but we are excited to find out! We are busy learning about what makes a good narrative story including the use of plot, characters and settings. The aim of our Talk 4 Writing program is for children to use spoken activities to develop writing skills. This term in numeracy our focus has been addition. If you have managed to pop into our room at all in the last few weeks you would have noticed all the fun visuals and games we have been using to help us. We have been adding together 2 cards, dice and dominoes to create the total number. We look forward to all the exciting events coming up like our ECE On Country excursion on the 4th June,



NAIDOC Week, Cross Country and TLG coming back up to Meeka.

Miss Sophie & Miss Sharon.

Room 15

This term we have been focussing on number; extending our ability to count to 20. Our students have been engaging in a variety of different ways to develop these skills which have included lots of hands-on learning. Our students have really enjoyed the variety of different hands-on learning experiences. In our literacy sessions we have been continuing to work on our early literacy skills. The students have enjoyed these games and are becoming more competent at recognising individual sounds. We have also been incorporating lots of technology in the classroom which the students have enjoyed. Technology surrounds us everywhere and the students are becoming more competent in using iPads, blue bots and the interactive whiteboard. It has been particularly interesting to see the student's problem solve and ask for help when learning to use the technology. In Kindy we have been exposed to Fairy Tale stories where we are exploring Goldilocks and the Three Bears. Kindy particularly enjoys felt stories and puppet play when listening to Goldilocks and her adventures. We have also been learning about Farms where the children listen to different sounds that animals make and what animals need to survive. Kindy is learning the routines of school and are becoming better at problem solving in different situations. They are becoming much more independent in looking after their personal belongings and walking safely through the school in a line. Well Done Kindy on your hard work!

Miss Emily & Miss Freda



**SELF-CARE IS HAVING A HEALTHY RELATIONSHIP WITH YOURSELF.
THEN YOU CAN PASS ON THE GOOD FEELINGS TO OTHERS.
SELF - CARE IS NOT SELFISH.
IT IS LOOKING AFTER YOURSELF SO YOU CAN LOOK OUT FOR
OTHERS.**



Start with getting up the same time each morning and have some breakfast. Try to go to bed at the same time each night. A good rest is important! When you're tired everything takes more effort. Getting good sleep means you handle stress better.



Cut down on sugar. Gut health influences everything from our weight, to fighting illness, to how we feel. A healthy diet leads to improved moods, more energy, and better sleep. Use fresh food, cut down on take-away and enjoy the benefits!



Get outside and enjoy the scenery. Go for a walk, go out bush, meet up with family and friends at the park. Get out of the house or office and get some vitamin D!



It's ok to say no. Learning to say no to others is hard. But saying yes to often can lead to stress, anxiety and burn out. Learn to manage your time by saying no more often.



It's nice to be important, but important to be nice. By helping others, we help ourselves. A helping hand positively affects your self-confidence, self-esteem, and general wellbeing.



If you've ever noticed that certain songs bring a smile to your face, you're not alone. Turn up the volume to your favorite music. relax, dance and de-stress. Music is good for the soul!



Laugh Out Loud. Chuckling and giggling benefit our mental and physical health, especially when combined with exercise. And laughing is contagious!



Draw. Paint. Sing. Dance. Knit. Sew. Go for a drive. Have a facial. Turn your phone off, find some space and let people know your not available. Do something YOU want to do, something that makes YOU happy.



Schizophrenia

What is Schizophrenia?

Schizophrenia is an illness, a medical condition. It affects the normal functioning of the brain, interfering with a person's ability to think, feel and act. Some do recover completely, and, with time, most find that their symptoms improve. However, for many, it is a prolonged illness which can involve years of distressing symptoms and disability.

People affected by schizophrenia have one 'personality,' just like everyone else. It is a myth and totally untrue that those affected have a so-called 'split personality'.

What are the symptoms?

If not receiving treatment, people with schizophrenia experience persistent symptoms of what is called psychosis.

These include:

Confused thinking

When acutely ill, people with psychotic symptoms experience disordered thinking. The everyday thoughts that let us live our daily lives become confused and don't join up properly.

Delusions

A delusion is a false belief held by a person which is not held by others of the same cultural background.

Hallucinations

The person sees, hears, feels, smells or tastes something that is not actually there. The hallucination is often of disembodied voices which no one else can hear.

Other associated symptoms are low motivation and changed feelings.

What causes Schizophrenia?

The causes of schizophrenia are not fully understood. They are likely to be a combination of hereditary and other factors. It is probable that some people are born with a predisposition to develop this kind of illness, and that certain things – for example, stress or use of drugs such as marijuana, LSD or speed – can trigger their first episode.

How many people develop Schizophrenia?

About one in a hundred people will develop schizophrenia at some time in their lives. Most of these will be first affected in their late teens and early twenties.

How is Schizophrenia treated?

Treatment can do much to reduce and even eliminate the symptoms. Treatment should generally include a combination of medication and community support. Both are usually essential for the best outcome.

Medication

Certain medications assist the brain to restore its usual chemical balance. This then helps reduce or get rid of some of the symptoms.

Community support programs

This support should include information; accommodation; help with finding suitable work; training and education; psychosocial rehabilitation and mutual support groups. Understanding and acceptance by the community is also very important.

How do I find out more?

It is important to ask your doctor about any concerns you have. SANE Australia also produces a range of easy-to-read publications and multimedia resources on mental illness. For more information about this topic see:

SANE Guide to Schizophrenia and other Psychotic Illness

Explains what it means to have a psychotic illness such as schizophrenia, examining effective treatments and what family and friends can do to help.

Schizophrenia

(Includes a 37 minute DVD or video and the ***SANE Guide to Schizophrenia and other Psychotic Illness***)

People who've experienced illness and their carers talk about the things which have helped them cope better. See above for details on the SANE Guide included.

contd....

How to get additional information
www.MiNetworks.org.au
1800 985 944
www.mifa.org.au

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GOLF OPEN



Men's Nett Winner, Nathan Mealing

May the 8th & 9th saw visiting golfers from 8 clubs from around the state converge on the Meekatharra Golf Club this was to compete in the Doray Minerals 4-man Ambrose event on the Saturday and the Sandfire Resources Meekatharra Open on the Sunday a 27-hole nett event.

All the visiting players could not believe the quality and consistency of the sand greens a big thankyou to the crew who volunteered their weekends doing this work during March and April, Clarrie, Jenky, Clint, Brendan Phil & Dave, thanks to Phil Moses for providing equipment. The greens are in top shape and were very much appreciated by all the players, thanks to Jenky for his work on the bunkers, white lines and in general around the course, also thanks to Billy Nichols for cooking Sunday mornings breakfast for the players before the 8am tee off time.

The Ambrose event on Saturday saw a field of 28 players take part on a nice warm day followed by a BBQ and presentation along with a few refreshments and plenty of banter and laughter, Tony Knowlson from Karratha and Clarrie on the guitar for entertainment and others joining in.

Thanks to Dot, Svenja & Sandy ensuring there was plenty of salads to go with the BBQ that was cooked, and the ladies provided plenty of sweets no one went home hungry, Chris Atkin the club Patron supplied the fresh rolls for lunch. Thanks Chris!

Steve Mc Nally the runner up team was Phil & Clint Moses, Peter Clancy and Davin Harris.

The Gross off the stick was won by the Scrubbers team from Meekatharra Jenky, Clarrie and Brendan Hall along with Doug Holt now in Karratha, Runner up gross was Chloe Craig, John Evans, Big Matt & Shane Richards a mixed team from Leinster, Geraldton and Meekatharra.

Ladies' long drives were both won by Lana Lefroy from Sandstone.

Nearest to the pins went to Nathan Mealing # 2, Tony Knowlson # 4, Peter Clancy # 11 and # 16 Evo

Men's Gross Runner Up, David Lefroy



Saturday Nett winners was a combined team of two players from Sandstone and two from Karratha—David and Lana Lefroy, Tony Knowlson & Doc

Right: Men's Gross Winner, Tony Knowlson

Below: Ladies Nett Winner, Lana Lefroy



The ladies' nett event was won by Lana Lefroy from the Sand-

Men's long drives were won by Tony Knowlson and an unknown due to no name on the card.

Sunday started with a great breakfast cooked by Billy Nichols and Svenja with Dot busy in the kitchen this continued for the rest of the day with food available for morning tea, lunch and evening meal, Chris Atkin excelled again with his cooking skills and the visitors and locals enjoyed the sweets prepared by the ladies to cap the evening off.

The Sandfire Meekatharra open saw a field of only 2 ladies and 24 men take to the course with the first men's group hitting off 8am, a few sore heads and threats of only drinking water which did not last.

stone club on 62 points taking the \$400 voucher and golf apparel.

Ladies' Gross winner was won by Chloe Craig from the Leinster club on 50 points taking the \$350 voucher and golf apparel.

The Men's Nett event and winner of the \$1000 Drummond Golfs gift voucher & Golf apparel was won by Nathan Mealing on 63 points, Nathan represented the Leinster club but lives in Karratha, the men's runner up was Bill O Donnell of the Bakers Hill club taking the \$350 voucher.



*Left: Ladies Gross Winner,
Chloe Craig*

*Below: Men's Nett Runner
Up, Bill O'Donnell*



The men's Gross event was won by Tony Knowlson from Karratha taking the \$600 voucher with the runner up being David Lefroy of the Sandstone golf club taking the \$350 voucher.

There were also numerous prizes given out to the winners of all the nearest to pins, long drives and novelty pins. Across the weekend the club gave out around \$6500 in vouchers and prizes over the two days, this was made possible by the generous sponsors the club has these being Sandfire Resources, Doray Minerals who chipped in for 3 years before closing, also Westgold Resources Limited and Farmer Jacks.

Margret Elliot continued with a trophy and a local Ando painting in the memory of her late husband Vince Elliot who was a member and past Captain of the club, this is for the best unplaced local player in the open event, this year it went to Phil Moses who was a longtime friend of Vince.

The best Veteran went to John Evans of the Geraldton club and the best unplaced veteran to Tom Burton of the Marie Park club Tom is turning 80 next birthday and still enjoying his golf and camping.

Best unplaced 1st nine went to Brendan Hall of Meekatharra, 2nd to Clint Moses from Meekatharra and 3rd nine to Andrew Langridge of the Leinster club, now living in Karratha.

The President, Committee and members would like to extend a big thankyou to Dot Lauritsen for all her work as kitchen manager, cooking and organizing for this two-day event, Dot was ably helped by Svenja and thanks also to Sky and Phil for their cooking all did a great job and the players had lots of choices of great food, again a huge thankyou to Chris Atkin for all his cooking he does a marvelous job and its much appreciated by all. Thanks also to Harvey Nichols for helping Clarrie sort and clean up early Monday morning.

Thanks to Meacho for his work behind the scenes leading into and over the weekend, also to Clint Moses for his work re raking the greens after Saturdays play and in helping Clarrie stack and restack the eskies and putting all the eskies out on course over the two days with help from other club members thanks to Peter & Sandy Clancy for their generous sponsorship supplying all the meat the scotch fillets went down a treat.



Left: Runners Up Ambrose Davin Harris, Peter Clancy & Clint Moses

Below: Dot and Svenja Cooking Up a Storm



Left: Phil Moses with the Vince Elliot memorial trophy

Below: Saturday Ambrose Winners Lana Lefroy, David Lefroy, Tony Knowlson & Dr Steve



REFRIGERATION & AIR CONDITIONING MEEKATHARRA

43 MAIN STREET

PH: 9980 1212

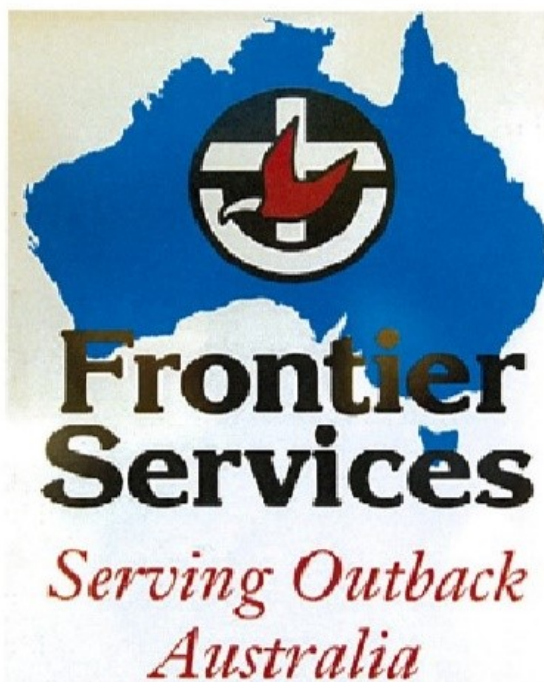
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Meekatharra Community Church (Uniting Church)



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

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

FIRST AID FACT SHEET

Severe Bleeding

Severe bleeding is an excessive amount of blood loss that can be life threatening. Even a small injury can result in severe external bleeding, depending on where it is on the body.

Caused by

- + Anything that cuts or damages a blood vessel.
- + Injury to a blood vessel.
- + Amputation of a body part.

Signs & symptoms

- + Visible blood loss, oozing, flowing or spurting.
- + Pain.
- + Tenderness.
- + Feeling faint or dizzy.
- + Looking pale.
- + Thirsty.
- + Progressive loss of consciousness.

What to do

IMPORTANT wear gloves to prevent infection, if possible.

Unconscious casualty

1. Follow DRSABCD St John Action Plan.
2. Control bleeding as for a conscious casualty.
3. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

Conscious casualty

1. Follow DRSABCD St John Action Plan.
2. Reassure and lie the casualty down and remove or cut their clothing to expose the wound.
3. Apply direct pressure over the wound using a pad or your hands. Instruct the casualty to do this if possible.
4. Squeeze the wound edges together if possible.
5. Raise and support the injured part above the level of the casualty's heart. Handle gently if you suspect a broken bone.
6. Apply a pad over the wound and secure by bandaging over the wound.
7. If blood oozes through the original bandage do not remove it. Place another pad and bandage over the top of the original one.
8. Monitor consciousness and vital signs.
9. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.

DO NOT give the casualty anything to eat or drink.



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

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.



SAVE THE DATE

MEEKA OUTBACK FESTIVAL 2021

September 24th - 27th 2021

**Rides, Show Bags, Food Trucks,
Outback Ball, Kids Fest and more...**





Census

Our story, our future

'Our Story. Our Future.' was created by proud Wiradjuri, Wotjobaluk, Yuin and Gumbaynggirr artist Luke Penrith and Maluililgal people, Badu Island artist Naseli Tamwoy.



Example questions

Your personal information is kept safe and can't be shared with any other government agency.

Question

Name of each person including visitors who spent the night of Tuesday 10 August 2021 in this dwelling. Include all adults, children, babies and visitors.

- Person 1
Mum's name
- Person 2
Dad's name
- Person 3
Nan's name
- Person 4
Uncle's name
- Person 5
Baby's name
- Person 6
Cousin's name

Question

Is the person of Aboriginal or Torres Strait Islander origin?

For people of both Aboriginal and Torres Strait Islander origin, mark both 'Yes' boxes.

- ☐ Yes, Aboriginal
- ☐ Yes, Torres Strait Islander



For more information, visit www.census.abs.gov.au/indigenous or call 1800 512 441.



GARDENS WITH SAL, THE GARDEN GAL

Hello there to Meekatharra and the Midwest,

I hope this finds you rugged up and sitting in the sunshine with a warm cup of tea!

The temperature sure has dropped these last few weeks, the days much shorter and I am sure you will agree that a warm fire is much more inviting.

It's a beautiful time of year to be spending time outside and in the garden. I find this time the busiest for me for many reasons. It's much more comfortable to be potting around, the soil is more damp allowing weeds to pull out easier and the veggies seem to grow happier also! Do you find the same in your garden?

There's so much to do in the garden right now. All the time we spend wishing, dreaming and waiting in the hot season turns into action at this time of year. Creating new garden beds, transplanting existing trees, planting beautiful new ones, massive yields of many different veggies and perhaps installing integral retic systems for next year.

Veggie wise, it's safe to say you can dream big and plant vast. Seeds I recommend to get going now; beet-roots, carrots, potatoes, leafy greens go nuts (silver beet, chard, kale, lettuce varieties), peas, beans, zucchini, squash, a late pumpkin crop, so many herbs (coriander, parsley, thyme, sage), and the brassicas (broccoli, cauliflower, cabbage, brussel sprouts). I grow all of these directly from seed and have much success. Direct sowing can be hugely successful if your soil has been well prepared prior.

This month I wanted to talk about a very important job in our gardens here in the outback - pollination. Pollination is integral for successful yields of a lot of our home-grown veggies. Over 80% of flowering plants require pollination and in a different environment, honeybees or other insects would be doing this deed of us. Out here we have abundant native bees, but I can never quite lure them into the veggie garden, they are more than happy to play among our beautiful natives

So - what is pollination? Pollination is when pollen is transferred from a male flower to a female flower. This can be done in many ways in nature, via water, wind, animals and some plants will even do this by themselves. When an animal does this, we call it symbiosis, when two creatures share a relationship which benefits both.

What happen if we don't do it? Well, if we don't play the part of the bees and hand pollinate some of our veggies

then the fruit will simply rot away. All of our hard work will be for nothing!

What types of veggies in our garden require hand pollination? I find that the cucurbits need a lot of help with this one, pumpkins, squash and big melon types. Zucchini and yellow button squash in particular. There is nothing more disappointing then nurturing a big pumpkin vine to find it full of female flowers and then a week later for them all to be gone.

How do we go about doing the pollination? To makes things simpler we will use a squash plant as an example, but all of the above common plants will require the same attention. On a squash plant you will find that there is both male and female flowers, see below pics for a good visual understating.

A female squash flower.



The first image (previous page) you can see inside the flower is the stigma, the area that will need to have pollen applied. And the second image (previous page) is the underside of the female flower, where the fruit is waiting to grow once pollination occurs. Now blow is the male version.



A male squash flower

A male is significantly different. Looking into the flower it has an anther which is covered in precious pollen. And below you can see that it has no fruit growing, just a flower stem.

This is true too for pumpkins, zucchini and squash. If you look at the one plant, you will notice an abundance of both male and female flowers.

I find that female flowers will open in the morning to greet the sun, this is the best time to be pollinating your plants. You can use a feather, paintbrush or what I do is break off the male flower, remove the petals and simply brush the male flower and pollen around the flower of the female. Done!

After a couple of days, you will be able to notice a huge difference between the flowers that have been pollinated and those that have not. If you were successful, you will have an abundance of delicious veggie to enjoy for your dinner!

Well lovely Meeka crew I hope this helps you in your garden as it sure did make a big difference in ours!

Take care of yourselves and each other and see you 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



LEIGHTON'S CAFE

Leighton's Café officially opened on the 22nd of May with a bang! The café was so busy, with everyone wanting to try out the latest business opening at Lloyd's Plaza. Leighton's Café is owned by Chris Clancy and Kadi King, two Meeka locals, named after their incredibly cute son, Leighton. The family work together to prepare the finest food and coffee for everyone who walks through the doors.

The café is currently serving a range of breakfast, lunch and morning or afternoon tea options, there is something for everyone. As they continue to grow their business they will add more things including specials throughout the weeks. Chris and Kadi have big dreams for the café and what it could be. They are keen to offer the best service they can and leave everyone feeling full and happy.

You may notice the coffee the café is slightly different to what you have tasted before. That is because the owners made sure the coffee they have is one of a kind, a special Meeka blend. They wanted everyone who comes through to remember the care and passion that has gone into the each cup. The blend is unique and incredibly flavour-some.

Chris and Kadi had the dream to open a café, with Chris being a qualified chef, for a long time. They

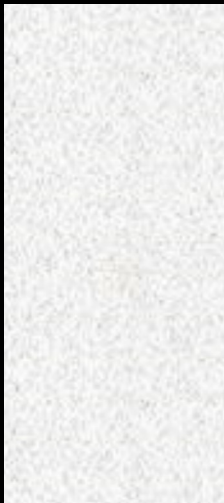
wanted to start a business to serve delicious food to everyone. When the opportunity came up to open the café Lloyd's Plaza they jumped on it and started planning for the space. They both love food, making food and sharing food with others.

Leighton's Café are still experimenting with the opening hours. So far the hours are 7am-2pm seven days a week with dinners coming on Friday and Saturday nights. This may change, so please keep an eye on the café's Facebook page for updates. The team are looking at creating specials for different days and nights, this will also be advertised on the Facebook Page (Leighton's Café).

Make sure you drop in to see the space, say hello to Chris, Kadi and Leighton, trying the speciality coffee and enjoy a bite to eat. This local small business would definitely appreciate your support and smiles!

After you drop into the café make sure you check out the hairdressers, shops and art gallery in the building to make this a full morning out. How great is this to have in Meeka?!







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CONTAINERS TO

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With your help, we can make a change.

Bring your eligible containers to:

Meeka Goes Green Recycling Centre on Railway Street
Saturdays 9-11am and 24/7 drop off point

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

✓ ELIGIBLE CONTAINERS



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



Visit containersforchange.com.au to find out more



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

13 May 2021

Fix debt for free

Owing money and missing repayments can be stressful, so the last thing many people in financial difficulty need is to be charged more money for help getting their debt under control.

That's why Consumer Protection urges consumers to choose free debt management advice where possible over other high-cost options.

While debt management service companies may claim to be able to fix debt problems, these businesses charge fees and may not always be able to resolve the issues.

Some consumers have reported signing contracts and then discovering a caveat has been put on their home.

In a move designed to help protect consumers, all debt management firms will be required to hold a credit licence for the first time from 1 July 2021.

While this reform to Australia's consumer credit laws is an important step, consumers need to know that they can often get this type of assistance for free.

Financial counsellors provide free debt advice and negotiate with telcos and utility companies to pay in instalments or defer payments, while community legal centres can offer free legal help to those in need.

Whatever your situation, if you are struggling to repay your debts then don't be embarrassed to seek help from free services to work through your options and understand what can and can't be fixed.

Contact details for your nearest financial counsellor can be found on the Financial Counsellors Association WA website – www.financialcounsellors.org/find-a-financial-counsellor/, or contact Consumer Credit Legal Service WA for advice: www.cclswa.org.au

The National Debt Helpline at www.ndh.org.au is another good place to help you get started managing your debt, while complaints about debt management service providers should be directed to the Australian Financial Complaints Authority: www.afca.org.au

When it comes to borrowing money for essential items, people on low-incomes can access quick No Interest Loans that are more affordable than payday loans which charge interest. Visit WA NILS for further information: www.wanils.com.au

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

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.

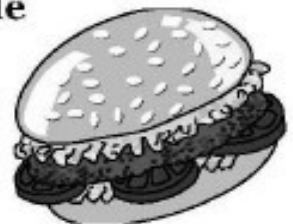
Meekatharra Corner Store

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

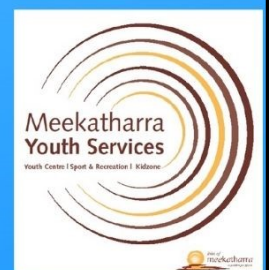


Important notice from the Youth Services Team

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 any of these symptoms:

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



GEOREGION UPDATES

The Murchison GeoRegion has had plenty of interest lately due to the new additions to the project.

We have a new map which makes planning your trip so much easier. The map shows exactly where each of the sites are and in which Shire they are located. The natural formations are all around us, the map shows how lucky we are to have so many in driving distance.

On the map you can clearly see the different sites and how close or far apart they are. Using the app or the booklet you can find out more about areas and sites before you visit. Come on in to the Shire to get yourself a map or visit our website.

At the Shire you can also get yourself a copy of the booklet to go along with this map.

The Shire of Meekatharra have also ordered their signs to be placed at each location within our Shire. The signs will be done soon and ready to be placed. Each location has an interpretive sign which will explain the significance of each site and how to take in the views while being respectful.

Each sign, except for Jack Hills which is unable to be accessed, will be the same design as others throughout the GeoRegion.

Legend	
1.	Walga Rock (6F)
2.	Wiligie Mia (5F)
3.	Poonia (5F)
4.	Alghan Rock (5F)
5.	Garden Granite Rock (6G)
6.	Jack Hills (3F)
7.	Mount Yagahong (4G)
8.	Peace Gorge (4G)
9.	Barlangi Rock (5H)
10.	The Granites (7G)
11.	Boogardie Orbicular Granites (7F)
12.	The Amphitheatre (7F)
13.	Errabiddy Bluff (5D)
14.	Woolleen Lake (5D)
15.	Billung Pool (3D)
16.	London Bridge (7I)
17.	The Brewery (7H)
18.	Shoemaker Crater (2H)
19.	Jokers Tunnel (8E)
20.	Dalgaranga Crater (6F)
21.	Paynes Find Battery (9F)

Discover an ancient land from the ground up...

The Murchison GeoRegion and Aspiring Geopark takes you on a journey through a unique and ancient, gold-studded landscape, reaching back almost to the Earth's beginning some 4.54 billion years ago.

The GeoRegion's self-drive trail leads you to explore some of Australia's best-kept secrets – 21 geosites of national and international significance.

Massive geological forces of colliding continents, long-gone oceans and destructive meteorites are writ large upon the land! Under breathtakingly vast skies, the Geotrail leads you from heritage towns and settlements, through unique native flora and fauna. Connecting with stories that map thousands of years of human history. Dark sky at night, gaze back in time to the very centre of our galaxy.

Download the app or visit the website to get the most out of your Murchison GeoRegion experience.

App Store: Murchison GeoRegion
Google Play: Murchison GeoRegion
www.murchisongeoregion.com

Cue

The 'queen' in the heart of the Murchison GeoRegion, Cue's dark red backdrop is scattered with incredible heritage assets, rich biodiversity and unique Aboriginal culture and attractions.

- 1. Walga Rock (A)
- 2. Wilgie Mia (A)
- 3. Poonia (A)
- 4. Alghan Rock (A)
- 5. Garden Granite Rock (A)

Meekatharra

The northern 'peak' of the Murchison GeoRegion, Meekatharra offers a true outback tourist experience, nature, rich Aboriginal culture and profound geological and mining heritage.

- 6. Jack Hills (A)
- 7. Mount Yagahong (A)
- 8. Peace Gorge (A)
- 9. Barlangi Rock (A)

Mount Magnet

Geo Hub of the Murchison and oldest goldmining centre in WA. Discover The Granites significant to Badimia people. Amphitheatre and oldest orbicular granite on the planet.

- 10. The Granites (A)
- 11. Boogardie Orbicular Granite (A)
- 12. The Amphitheatre (A)

Murchison Settlement

Prepare to be pleasantly surprised by the welcoming oasis of the Murchison Settlement. Grass camp sites, a fascinating museum and excellent facilities await you here.

- 13. Errabiddy Bluff (A)
- 14. Woolleen Lake (A)
- 15. Billung Pool (A)

Sandstone & Wiluna

The eastern 'treks' into the Murchison GeoRegion, Sandstone and Wiluna boast boundless European and Aboriginal history and vast landscapes, natural beauty and captivating pastoral and mining heritage.

- 16. London Bridge (A)
- 17. The Brewery (A)
- 18. Shoemaker Crater (A)

Yalgoo

The western 'gateway' to the Murchison GeoRegion, this historic town is full of character, well-preserved turn-of-the-century architecture and a rich gold mining heritage.

- 19. Jokers Tunnel (A)
- 20. Dalgaranga Crater (A)
- 21. Paynes Find Battery (A)

Key: 4WD suggested Camping allowed No camping No climbing No collecting Barbecue facilities Picnic shelter



PROTECTIVE BEHAVIOURS WORKSHOP

Teen Talks with our Year 7-10's. Thanks to the generous funding from West Gold our younger students had the opportunity to engage in Lesson 1, Theme 1: We all have the right to be safe and feel safe at all times. These sessions were a hit with our students as they were provided with information and strategies in an engaging and interactive way. Our older students got to participate in lessons about cyber safety, healthy relationships (domestic violence prevention), consent and coercion; these were also attended by our Youth Services Team.

To end the week, we held a parent information session in the Shire Hall to review a lot of the information covered in our agency training but in a parent friendly format. Thanks to those families that attended and walked away feeling upskilled and informed about supporting and empowering our kids to feel safe!

Thanks to the generous funding from Ngala, in Week 8 all of the service providers that work with children and youth in Meekatharra got together for a fantastic training opportunity! The Shire Youth Officers, the Police Youth Officer, Mission Australia and the school staff engaged in Protective Behaviours training presented by Amanda from WA Child Safety Services. Protective Behaviours is a personal safety program that teaches children skills and strategies to identify, respond to and seek assistance in a range of unsafe situations. The training included many facts and statistics about the prevalence of child abuse in Australia and how we can support our children and youth to understand public and private, safe and unsafe secrets, assertiveness, personal space and consent. With the upskilling out of our service providers and use of a common language in town we are now better able to empower our children and young people to respond to issues they may face in the current climate.

While Amanda was here she also ran student sessions with our Kindy to Year 6 classes and then conducted





VOLUNTEER WEEK

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteers. From Monday 17th to Sunday 23rd May 2021, NVW celebrated the significant contribution of Australia's almost six million volunteers. Each year these volunteers dedicate over 600 million hours to help others.

Within Meeka we have a number of people who consistently go out of their way to help this community and make the town safer and a better place to live in. We would be lost without these talented, dedicated people. We are lucky to be supported by emergency services such as St John Ambulance, Fire and Rescue, and SES. All these services are run by volunteers and are there for us when trouble hits.

The volunteers go out of their way each day whether that be, waking up in the middle of the night, missing out on work and other events to help those in need or attending training on their weekends and time off.

We are incredibly lucky to have these people in our community, without them we would have no one to

call when we need help and support during those critical times.

Thanking the volunteers in your life and in Meeka is a great way to show your appreciation for the great sacrifice they make daily.

The theme this year is: Recognise. Reconnect. Reimagine.

RECOGNISE, celebrate and thank volunteers for the vital role they play in our lives.

RECONNECT to what is important by giving our time to help others and ourselves.

REIMAGINE how we better support volunteers and communities they help.

St John WA made a video thanking volunteers. To look at the St John WA Volunteer Week video on YouTube search: Happy National Volunteer Week for 2021 | St John WA

You will see a number of familiar faces in the short video including some Shire staff and two of the Wiggles!



**We RECOGNISE,
celebrate and thank
volunteers
for the vital role they
play in our lives**

**NATIONAL 17-23 MAY 2021
VOLUNTEER
WEEK**
RECOGNISE. RECONNECT.
REIMAGINE.

MT MAGNET *Carnival*

WHERE: Mount Magnet Town Oval
and Basketball courts

WHEN: Wednesday 9 June, 5pm - 7pm

WHAT: Football and Basketball Games

WHO: Boys and Girls aged 8-17

For more information please contact
Wesley Ward on Wes@smfoundation.org.au
or 0456 183 354





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 or give our Community Paramedic Michelle Fyfe a call on 0437 681 562, or email Michelle.Fyfe@stjohnwa.com.au

Help keep your ambulance service strong in Meekatharra.

Life goes on.
Volunteer with St John.





St John

MEEKATHARRA Sub Centre

NOTICE OF ANNUAL REVIEW

Wednesday 28th July

1800hrs

Meekatharra Sub Centre, Hill St Meekatharra

Everyone welcome!

For more information, please contact

Mike Cuthbertson, Chairperson
sjameekatharra@westnet.com.au
M: 0400 172415

Life goes on.

Volunteer with St John.

stjohnchangelives.com.au

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 will take 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
naomi.johnston@education.wa.edu.au or
shona.nash@education.wa.edu.au

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

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

MEEKA LIBRARY

Did you know that Meekatharra has a library that you can borrow books, DVDs and audio books from? Well we do, it is located in the Shire Office on the corner of Main and Savage Streets. The Shire Office is open from 8am-4:30pm Monday-Friday. You can come in any time during opening hours to hire books, have a look around and read some interesting books.

We have a variety of kids, youth, fiction, non-fiction and local historical books. You can find books such as 'Meekatharra: End of the Earth' by PR Heydon and 'Meekatharra: The gold Beyond the Rivers' by Hugh Edwards for loan (and also to buy). The Meeka Library gets sent new books each month, so you will always have something new and exciting to read. You will see the new releases in our NEW section.

We often have tourists and local people come into the library to escape into their favourite books in the comfy chairs and bean bags. We are happy for people to

come in, browse the library and pick a book, DVD or audio book that will send their imagination wild. We are very lucky to have a library in the Shire Office, if you are unable to make it into the library we do have access to online services. Check-out our website (www.meekashire.wa.gov.au) and see our online resources available to Meekatharra Library Members.

How do you join the library? I'm glad you asked, come into the Shire Office and speak with one of our friendly staff. It is free to sign up for Meekatharra residents and make sure you bring something that is proof of your current name and address. Suitable documents for residential address verification include: Current WA Driver's License, Health Care Card, Rates Notice, Horizon Power Account, Rental Receipt or Lease from a Real Estate Agent. Visitors can also become a member of the Meekatharra Library; the requirements are the same as for residents.

Come on in, have a look around!



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)

**Meekatharra GP Clinic**
"Partner in your quality of care"



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

REARRANGING FENCES

You may have noticed some work going on around the Youth Centre and Kids Zone. The Shire has listened to feedback and made more facilities accessible outside of the Youth Centre and Kids Zone hours.

The toilets at the Youth Centre are now able to be used with access gained from the Small Wheels Park. A fence has been built to block off the Youth Centres buildings and other equipment.

The toilets will make the Small Wheels Park more user friendly, allowing everyone to use the facility for longer. This along with the new shade going up will make this park more fun for everyone!

The Kids Zone playground will also be accessible outside of hours. A new fence has been built blocking off the Kids Zone building and the playground fence will now be unlocked at all times. The fence surrounding the playground will stay in place to help younger children remain safe while they are using the equipment.

The playground equipment is loved and is used often by the participants at Kids Zone during the opening hours and now will be used more. The kids in town will have more choices of where to play and parents will be able to know that the kids are safe in the fenced off area.

Council have approved for BBQ's to be placed at Lions Park and shade to be put over the Kids Zone playground. Keep an eye out for the improvements ahead!

These improvements will create a more family friendly spaces for everyone to enjoy, we can all look forward to BBQ's at Lions Park.



Above: New fence at the Youth Centre

Right: Kids Zone Playground

Below: New fence at Kids Zone





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

Warm up safely this winter

Winter is here, so consumers are being reminded to stay safe when using products like hot water bottles, which cause serious burns to hundreds of Australians each year.

One of the most recent cases involved a 20-year-old man from Melbourne who was treated in hospital for second and third degree burns to his hands and thighs when a hot water bottle burst on his lap.

A reason why hot water bottles can pose a safety risk is that the rubber or polyvinyl chloride (PVC) they're made from can break or deteriorate over time, so it's important to regularly check for wear and tear.

Only ever use hot tap water, never boiling water, and avoid contact with the skin once filled by using a fitted cover or wrap. They should also never be used for a baby, nor left on one body part for longer than 20 minutes.

It's worth checking the Product Safety site for recalls – for example one range is currently being recalled due to concerns the stopper could leak or the seams could split.

Should you use electric blankets, check that cords haven't frayed and the blanket still adequately covers any wiring. Also remember to turn them off before getting into bed, and seek advice from your health practitioner before using one if you are pregnant or have diabetes.

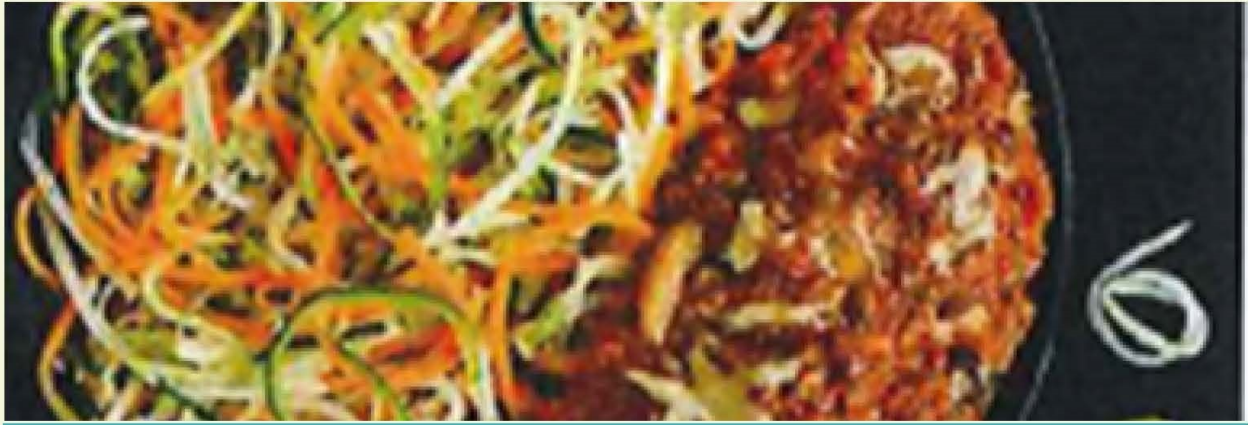
Elsewhere in the home, it's important to regularly check your smoke alarms are still functioning and make sure the chimney is clean and properly ventilated before using a fireplace.

Children should never be left unattended around candles and be protected from the dangers of button batteries by ensuring electronic devices have secure battery compartments.

Multiple children are admitted to hospital every year with burns sustained from their clothing catching fire, so it's important to keep them away from open heat sources, like fireplaces and heaters.

Be aware that a combination of heavy rainfall, cold temperatures and heaters can lead to mould growth, which may cause health problems. Any mould needs to be removed and the area kept ventilated to avoid regrowth.

Find more winter safety tips at www.productsafety.gov.au/wellwinter or check if a product has been recalled at www.productsafety.gov.au/recalls



Loaded Bolognese

SERVES 4

Ingredients

1 tsp olive oil
2 cloves garlic, chopped
1 brown onion, diced
500g beef mince
2-3 stalks celery, sliced
2 carrots, grated
1 zucchini, grated
1 can kidney beans, drained and rinsed
1 eggplant, diced
1 handful green beans, cut into 2 cm pieces
500g tomato pasta sauce
250g pasta

Method

1. Heat oil in saucepan. Add onion and garlic. Cook until soft.
2. Add mince and stir fry until brown. Add celery, carrots, zucchini, eggplant, beans and kidney beans. Cook for 3-4 minutes.
3. Add sauce. Simmer covered for 15 minutes.
5. Meanwhile cook pasta in boiling water. Drain. Serve.



Winter Risotto

SERVES 4

Ingredients

250g pumpkin, grated
2 Tb olive oil
6 cups reduced salt vegetable stock
1 clove garlic, crushed
1/2 leek, sliced
1/2 onion, diced
4 silverbeet leaves, thinly sliced
6 sage leaves, thinly sliced
1.5 cups Arborio rice
1/3 cup grated parmesan cheese

Method

1. Bring the vegetable stock to a boil in a saucepan.
2. Heat oil in a saucepan. Add garlic, onion, leek and pumpkin. Cook until onion is soft. Stir in the rice and sage leaves.
3. Spoon in the hot stock into the rice, stirring constantly. Wait until each spoonful of liquid has been absorbed by the rice.
4. Add in silverbeet leaves. Season with salt and pepper. Serve with parmesan cheese.

KIDS CORNER



Baby Animals

DIRECTIONS: Fill in the crossword puzzle grid with the names of each animal's baby. Use the word bank if you get stuck.

Across

2. Sheep

4. Crocodile

5. Fox

6. Dog

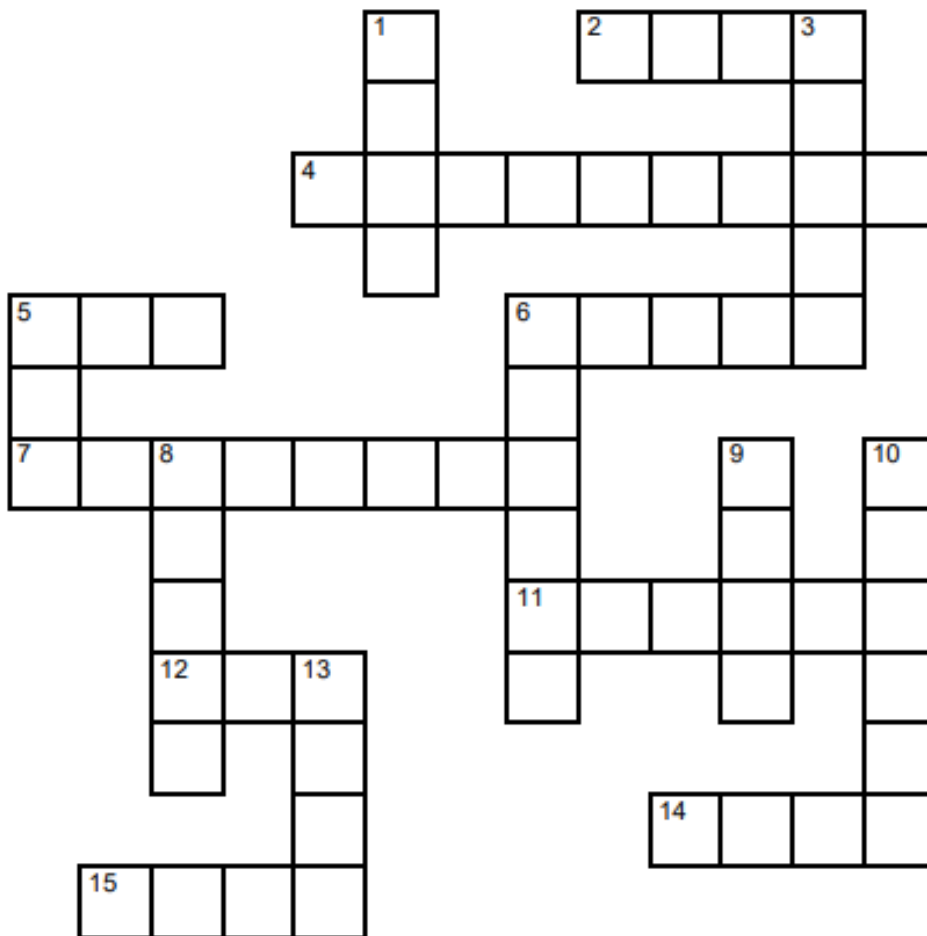
7. Duck

11. Eagle

12. Bear

14. Deer

15. Kangaroo



6. Pig

8. Chicken

9. Cow

10. Cat

13. Human

Down

1. Horse

3. Rabbit

5. Goat

WORD BANK

BABY
BUNNY
CALF
CHICK
CUB
DUCKLING
EAGLET
FAWN
FOAL

HATCHLING
JOEY
KID
KIT
KITTEN
LAMB
PIGLET
PUPPY



©Crayola



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

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



shire of
meekatharra
a golden prospect

MEEKATHARRA CHRIST THE KING

CORNER OF DARLOT & HIGH
STREETS

SERVICE TIMES JUNE 2021

LITURGY
12TH OF JUNE

MASS
19TH OF JUNE

RECONCILIATION TIMES BY
REQUEST BEFORE OR AFTER
MASS

CONTACT CATHY JONES ON
08 9963 4176



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

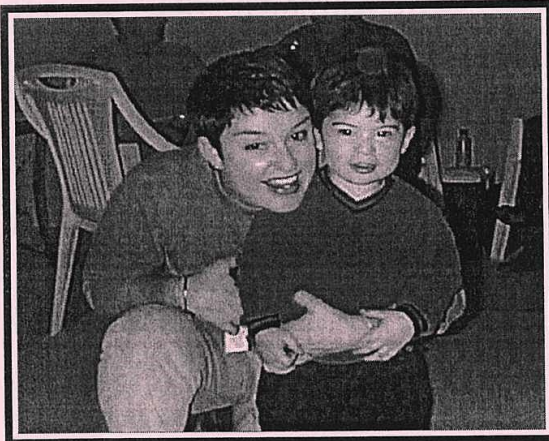
**New Date &
Time: Now
Saturdays!**



MEEKATHARRA DUST

ISSUE NO. 131 JUNE, 2001 PRICE \$1.10 incl. GST

Co-ordinator Quits for Love of Son

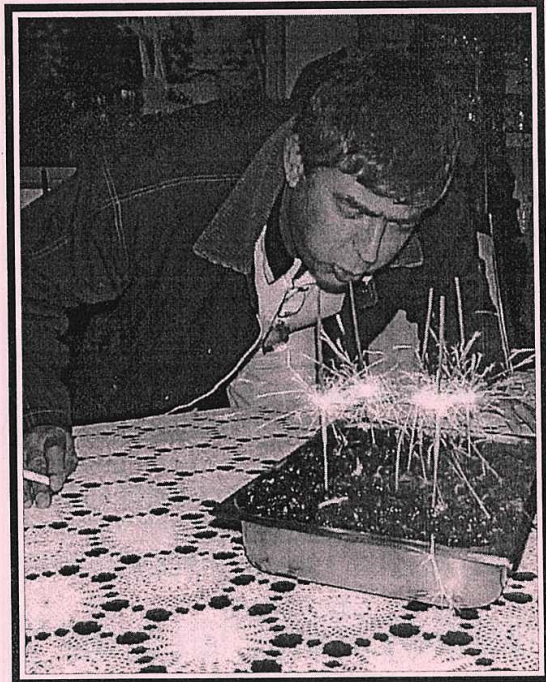


Above: Jody Bondini with her son Joshua

On Wednesday, May 30th, 2001 Jody Bondini handed in her resignation with the Meekatharra Dust. Jody cited her son as the primary reason for her decision and the fact that co-ordinating the "Dust" meant placing Joshua in Day Care and with friends and family for too great an amount of time.

Jody said that she "really enjoyed her time with the Dust" and has every intention of keeping in close contact with the paper and would "assist with taking photo's and writing up articles".

Jody's efforts have been praised by her colleagues, who wish her every success in future ventures.



Above: Bill Atyeo blowing out his candles

Health Inspector Makes Half Century

The 7th of June saw our Local Health Inspector celebrating his big Five O. Family flew in for the occasion and a surprise party was held at Chris Atkin's home.

....more details inside



DRINKS AND HEALTHY TEETH

Sugary drinks help to make many of life's moments sweeter. **But** having sugary drinks, often or in large amounts, increases the risk of tooth erosion and dental decay.

What can go wrong?



Sugar & Dental Decay

Plaque acid from too much sugar too often can, overtime, lead to dental decay.



Acid & Tooth Erosion

Acids in drinks can soften and wear away tooth enamel (top layer of tooth).

Making Healthy Choices

The World Health Organization recommends that we should have **less than 25g** (6 teaspoons) of "added" sugar daily.

Look for this Nutritional Information on the drink label.

Compare the amount of sugar in the per 100ml column with the table below. **1 teaspoon = 4g**

NUTRITION INFORMATION	
SERVING SIZE	AVE. QTY. PER 100ml
375ml	
ENERGY	195kJ (47Cal)
PROTEIN	4.9g
FAT, TOTAL	0.5g
SATURATED	0.3g
CARBOHYDRATE, TOTAL	5.5g
SUGARS	5.4g
SODIUM	160mg
CALCIUM	

Best Choice (100ml)	Choose Carefully (100ml)	Poor Choice (100ml)
 Less than 4g	 4-16g	 More than 16g

Tips to keep a healthy smile

- Drink tap water when thirsty
- Milk and mineral water is fine so long as it is plain
- To help prevent tooth erosion, limit the consumption of acidic drinks and drink:
 - ▶ cold
 - ▶ through a straw
 - ▶ with a meal and a glass of water
- Wait at least 30 minutes before brushing after drinking acidic drinks because the tooth enamel is softened
- Brush twice a day with fluoride toothpaste, and spit, don't rinse after brushing
- Have regular dental check-ups



Tap Water ✓

Tap Water is best. It is sugar free, non-acidic, and has fluoride, which helps strengthen and protect teeth.



Milk ✓

Plain milk is best. It has natural sugar, is non-acidic, and a good source of calcium and other important minerals. Milk is a food, so drink in moderation to make room for other nutritious food.



Fruit Juices

Fruit Juices contain natural sugar, are often acidic and put teeth at risk of erosion and dental decay. It is much healthier for our bodies to eat the fruit for the fibre.



Soft drinks, sports and energy drinks

Are acidic, high in sugar and increase the risk of dental decay, tooth erosion and obesity. Diet drinks have no sugar but are still acidic.

Did You Know?

Soft drinks don't have the good nutrients needed to keep our bones strong





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Supermarket



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Saturday	8am—5pm

Farmer Jack's Foodworks Meekatharra has an extensive range of fresh foods including deli items, quality meat, fresh produce, bakery items, groceries as well as a Liquor Store..



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- **APPLIANCES**



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

IMPORTANT DATES

June 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5 Meeka Goes Green Recycling 9am-11am Upcycling Workshop 11am 	6
7 WA Day Public Holiday	8 WACHS Dietitian @ Hospital	9 MARG Meeting 10am Stephen Michael Carnival	10	11	12 Meeka Goes Green Recycling 9am-11am Meeka Markets 9:30am-Noon	13
14 Yoga 6pm Diabetic Educator, Renal Nurse & GRAMS Midwife @ Clinic	15 Diabetic Educator, Renal Nurse & GRAMS Midwife @ Clinic	16	17	18 	19 Garage Sale 10am-12pm  Meeka Goes Green Recycling 9am-11am	20
21 Yoga 6pm Pediatrician @ Hospital Australian Hearing @ Clinic	22 ICDC Physiotherapist & Podiatrist @ Hospital Dietician & 360 Health @ Clinic	23 Dentist @ Dental Clinic 360 Health @ Clinic 	24 Dentist @ Dental Clinic Lions Outback Vision @ Van	25 Quiz Night 7pm Lloyds Plaza Australian Hearing @ Clinic Dentist @ Dental Clinic Lions Outback Vision @ Van	26 Meeka Goes Green Recycling 9am-11am Ordinary Council Meeting	27
28 Dance Workout 6pm Dentist @ Dental Clinic GRAMS Midwife @ Clinic	29 Dentist @ Dental Clinic GRAMS Midwife @ Clinic Tidman Optical & WACHS Physiotherapy @ Hospital	30 Dentist @ Dental Clinic	1 Dentist @ Dental Clinic	2 Dentist @ Dental Clinic	3	4