



# Meekatharra Dust

JULY 2021 | ISSUE NO.339

COST \$2.50

*Cross Country Winners!*



More pictures on page 32 (Photo credit: Meekatharra District High School)

## Meeka Outback Festival 2021

24TH-27TH SEPTEMBER

Races, Las Vegas Ball, Side Show





### 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

We are currently in the middle of planning this years Meekatharra Outback Festival. The Festival will be held over the long weekend in September here in town. So far we have booked in some amazing mechanical rides, circus performer, face painter, water rollers and so much more. The Ball will be held on Friday night, Races on Saturday and Side Show on Sunday. It is shaping up to be an amazing weekend with plenty to do for everyone. Tickets will go on sale for the Las Vegas Outback Ball in August, get your costumes ready for this incredible night. More information will come in the following weeks.

June was an excited month in town with much cooler weather and some fun events to keep us busy. Thanks to everyone who participated in the Garage Sale and Quiz Night.

July holds NAIDOC Week (4th-10th), Yulella have planned a full week of activities for the whole community including morning teas and BBQ's. The Youth Services participants had a competition for the 2021 NAIDOC shirts, Whitney won this and now her shirts are on sale as a fundraiser for the Youth Centre. The young people in town will be selling them as well as the Shire. Make sure you come in a grab one of these incredible shirts. The Youth Centre participants will receive theirs as part of the program.

*The Editor*

# NAME PAVERS

Be apart 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

## Updates to Local Laws

There have been changes to three of our Local Laws; Bush Fire Brigades Local Law, Dog Local Law and Cemeteries Local Law. Council is required to review its Local Laws every 8 years under section 3.16 of the Local Government Act 1995.

The Bush Fire Brigades Repeal Local Law will make the previous local law obsolete as it serves no real purpose for the community. The effect of the proposed local law is that the obsolete local laws will be revoked and abrogated. The Dog Local Law will make provisions about the impounding of dogs, control the number of dogs that can be kept on a premises, the manner of keeping those dogs and prescribe areas in which dogs are prohibited and dog exercise areas. The effect of the proposed local law is to extend the controls over dogs which exist under the Dog Act 1976.

The Cemeteries Local Law is to provide for the orderly management of the Meekatharra Public Cemetery in accordance with established plans and to create offenses for inappropriate behaviour within the cemetery grounds. The effect of the proposed local law is to ensure compliance by all persons engaged in the administration, the burying of deceased and the provision of services to or making use of the Meekatharra Public Cemetery.

The screenshot shows the Meekatharra Council website. The header includes the Meekatharra logo, contact information (cso@meekashire.wa.gov.au, 08 9980 0600), and navigation links for Council, Community, Services, Explore, and Contact Us. A breadcrumb trail reads: Home > Council > Public Documents > Local Laws. A sidebar menu on the left lists various council documents and services, with 'Local Laws' highlighted. The main content area is titled 'Document Centre' and features a search bar and a category dropdown set to 'Local Laws'. Below this, a list of local laws is displayed with columns for 'TITLE' and 'Local Laws'. The listed laws include: Dog Local Law (12/02/2021), Public Cemetery Local Law (12/02/2021), Health Local Law (12/02/2021), Local Government Property Local Law (12/02/2021), Activities in Thoroughfares and Public Place and Trading Local Law (12/02/2021), and Bush Fire Brigades Local Law (12/02/2021).

## Greg Hadlow

The Former CEO of the Shire from 2001-2003, Greg Hadlow, passed away on the 16th of June 2021. Many in the sector will have fond memories of Greg, his contagious laughter, his love of golf and his many years of dedication to serving local communities across WA. Greg was well-known and widely respected by the local government sector as a dedicated CEO who worked tirelessly to achieve the best possible outcomes for local communities. Greg served as Chief Executive Officer at many local governments such as the Shires of Kondinin, Kulin, Meekatharra, Mt Marshall and Westonia. Greg became a member of LG Professionals WA in 1986, and ten years later was elected to the Board. For many years Greg helped the Association organise the popular, annual golf day.

## Kids Zone Playground

The Shire have changed the fences at Kids Zone to make the playground accessible at all hours for kids and their families. The existing fence is still there but will remain unlocked, this is to ensure the safety of the younger kids using the area. Parents can take their children to play and not have to worry about the road or kids running off. A new fence was put in place closing off the Kids Zone area from the public will be used during Kids Zone activity hours.



## New Budget

The 2021/2022 Budget has been approved by Council and will be implemented in the 2021/2021 financial year. There are some big things happening that we will see throughout the next 12 months.

1 Man and a Bike is a TV series that tours regional WA exploring owns and promoting what is on offer. The show is put on YouTube and on Channel 7, the series has viewers from all over the Nation. This is an exciting opportunity for the town and hopefully this will attract more tourists to the town/region with the 5-minute segment. Meeka will also be getting an updated version of the promotional video. \$10, 000 has been set aside to advertise Meekatharra on YouTube and other forms of media.

The Youth Centre and Kids Zone will be getting a face lift this year with many positive changes happening to improve the areas for our young people. Kids Zone will be getting more shade, grass and paving on the outside. On the inside of the space a new oven will be put in. Over at the Youth Centre they will be getting upgrades to the front lawn and garden area as well as new couches and equipment. These improvements will help support the amazing work the Youth Services Team does by creating a more welcoming area. Keep an eye out for community consultations coming soon.

Council will be looking into installing toilets at Peace Gorge, many people visit the area and having a facility out there might encourage people to visit. The area is well used as it is for off the grid camping and picnics, toilets will make the area more visitor friendly.

A Bike Trail may be coming to town. Council have approved the exploration of adding in bike trails around town to the existing walk ways. This will allow more places to ride bikes and make the areas user friendly. New footpaths and repairs to existing were approved around town as well.

There will be extra landscaping at Welcome Park, Lions Park and a new park built near Consols Road. These improvements will give the town a bit of a face lift and make the spaces look very welcoming. New toilets at the indoor cricket centre will be installed, keeping this area user friendly for the whole community to enjoy.

Our beloved swimming pool will be repainted, retiled and refreshed! The pool is used very heavily during the season so keeping it up to scratch is a priority!

### Upcoming Events:

NAIDOC Events Week - 4th-11th July 2021

Youth Careers and Health Expo - 20th August 2021

Bingo - 27th August 2021

Festival - 24th-27th September 2021

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

Next Council Meeting 17th of July 2021, 9:30am at the Council Chambers in the Shire Office.

The closing date for submissions is the 2nd of July 2021 at 4:30pm

# CRC News



Meekatharra  
Community Resource Centre  
*Your local connection*

## National Volunteer Event

Thank you to Volunteering WA and Lotterywest for supporting the CRC with a grant to hold a volunteer recognition event for National Volunteer Week, with a morning tea in front of the Commercial Hotel on May 22. CRC staff member Jo Bonnily made some delicious home made goodies and instead of the traditional urn, the CRC supported our new local Leighton's Café by purchasing coffees for our volunteers and visitors at our stall. The CRC also gave out Meeka souvenir packs to our vollies and police to say "thank you!"

The Shire of Meekatharra provided the footpath permit, and the ambos and fires turned out in uniform with a couple of vehicles for people to check out. We had quite a lot of interest from new and old locals alike, and Jo Bergemeister had fun with our fake wound bandaging. Thanks to all who participated! Meeka can always use more volunteers, so pop in to the CRC for more info.

## More on Offer at the CRC

The "Chill Out" room is nearly ready! Check out our Facebook page for photos and details. It will be a private space for study, interviews, depositions, working on art, having a snooze while waiting for your flight—a funky and welcoming small space when you want some privacy or quiet time.

We also have some fantastic gift items coming in, by popular demand—yes, HEADSOX! We will be stocking headsox designed by WA artists, including a 9-year old entrepreneur from Wiluna. The company provides a commission to the artists for every sale, and the designs are amazing. If you would like to contact Headsox about having your own design on their products, come and see us.

## Traineeship & Work Experience

Would you be interested in doing a traineeship or volunteer work experience at the CRC? Please come and see us as we are keen to support a trainee this coming year. We also provide a great volunteer program with some benefits and recognition of learning. Volunteering is easy and we only ask for an hour or two a week (more if you want) and tasks that can help you in finding future work.

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

## July 2021

By Anna Johnson & Jo Bonnily

## What's On

### Meeka Markets

Saturday 10th July

9:30am to Lunchtime

In front of The Commercial Hotel

### Department of Transport Driver Services

Tuesday 13th July

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@meekatharrarc.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



# WELCOME TO Meekatharra OUTBACK FESTIVAL

2021

SEPTEMBER 24TH-26TH

 **HORSE RACES**

 **SIDESHOW**

 **LAS VEGAS  
THEME BALL**

 Meekatharra Dust

 @meekatharradust

 9980 0600

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

**PROUDLY SPONSORED BY**

**HORIZON  
POWER**

 shire of  
**meekatharra**  
a golden prospect

24th - Las Vegas Ball @ Town Hall 7pm  
25th - Races @ Race Track  
26th - Sideshow @ Oval 10am - 8pm  
FIREWORKS - MUSIC - MECHANICAL RIDES  
CIRCUS PERFORMER - FOOD VANS

# COPS CORNER WITH SENIOR SERGEANT TOM DALY



Hello Meekatharra Community and welcome to July!! Can't believe we're already over halfway through 2021. How good has this cooler weather been?! Crisp mornings, sunshine during the day and cold nights. Our kind of weather! :)

June was an interesting month for Meeka Police. Not only did we have three French nationals travelling at excessive speed through town, they were found to be in possession of over 140 grams of Cannabis (just over four ounces)!!

We also had 12 'Gel Blasters' handed in by responsible members of the community, taking advantage of the amnesty ahead of new laws coming in to effect on 3 July 2021 where they will be classed as a Prohibited Weapon – meaning they are totally banned and can not be possessed under any circumstances. It was interesting to see the volume of negative and cynical comments on our recent social media post, but I just wanted to highlight how difficult, near on impossible, it is to differentiate a real firearm to a Gel Blaster. Policing is hard enough, let alone trying to contend with a person who appears to be armed with a gun, when in fact it may be a harmless 'Gel Blaster' – police do not want to be using lethal force when we don't need to, it's an absolute last resort, so that's why this change to the law is so fundamentally important.

This will probably sound like a broken record; however, we continue to see burglaries and stealings from motor vehicles because of complacency. Please take steps to make it tougher for crooks. Keep doors and windows locked, don't keep valuables in clear view, don't leave your vehicle/house keys in your car and take measures to improve your home security. Install sensor lighting or get a dog. Australian Institute of Criminology studies have highlighted the effectiveness of a dog to deter crooks – the barking creates too much noise and



attention, with offenders less inclined to target those places. Window locks and security screens are a good option, and alarm systems are a great deterrent. An alarm sounding draws attention to something that we want to know about. Good quality CCTV is a very useful tool too, it has been very helpful and assisted police to identify suspects responsible for crime, most recently at the Meekatharra Post Office burglary where a vehicle was used to force entry. We identified the suspect very quickly and were able to track his location, resulting in his arrest a couple of days later – without the CCTV, I don't believe that crime would have been solved. Another key crime prevention tool is getting to know your neighbours. Look out for each other, report any suspicious activity – Police would prefer to know about something rather than discovering a preventable crime later on.

Just a quick note if you have CCTV... I encourage you to register with **Cam-Map WA**. CAM-MAP WA is a secure State Government website hosted by the WA Police Force, where members of the public can voluntarily register the location of public-facing CCTV security cameras. WA Police Force encourages local residents and business owners with CCTV security cameras to support this community safety initiative. Online registration is quick, simple and secure. The Cam-Map WA register acts as a virtual map of CCTV camera locations, establishing a comprehensive database which acts as a deterrent to antisocial behaviour and is an effective tool in investigating criminal activity and serious crime. Cam-Map WA supports police investigators by enabling prioritised contact to those registered houses as a first point-of-call. In the case of a mobile offender/vehicle, Cam-Map WA provides an investigator with the ability to quickly identify houses with street-facing cameras on the offender's path.

<https://www.police.wa.gov.au/Your-Safety/State-CCTV-Register>

Lastly, I just want to talk about COVID-19 and how you can help given the recent developments and spread of the 'Delta strain', which has effectively locked down three quarters of the country. SafeWA and written contact registers are a fundamental tool used to identify close and casual contacts to people/places where a positive case has been identified. Please scan the QR code or fill in your details on the contact registers each and every time you enter a place – *It is mandatory for particular businesses and venues to maintain a contact register by collecting contact details of patrons attending their premises, including customers, staff, contractors and visitors.*

Most businesses/premises in Meekatharra display the QR code for SafeWA app check ins or have a contact register that can be manually filled in. I can't stress enough how important it is that we work together to keep each other safe and support the Department of Health contact tracing team to do their job effectively if there is an outbreak of COVID-19. Also, I encourage everyone to roll up your sleeve and get the vaccine – the more of us that are vac-

inated, the quicker life can get back on track (and we can travel, something I'm pretty keen to do!!).

As always, Meeka Police are here to serve you, the Meekatharra community and want to hear from you if you have feedback, ideas or suggestions in how we do business, and most importantly, how we can do it better!

Thank you and stay safe.

Tom

Senior Sergeant

Officer in Charge

Meekatharra Police Station





## CAM-MAP WA

### HELP TO PREVENT AND SOLVE CRIME IN YOUR NEIGHBOURHOOD

**CAM-MAP WA** IS A SECURE STATE GOVERNMENT WEBSITE HOSTED BY THE WA POLICE FORCE, WHERE YOU CAN VOLUNTARILY REGISTER THE LOCATION OF YOUR PUBLIC-FACING CCTV SECURITY CAMERAS.

**CAM-MAP WA** ENABLES POLICE TO QUICKLY NOTIFY YOU OF ANY INCIDENTS OR OFFENCES IN YOUR IMMEDIATE AREA.

**CAM-MAP WA** DOES NOT PROVIDE ACCESS TO YOUR SECURITY CAMERA FOOTAGE. ONCE NOTIFIED, YOU REVIEW YOUR OWN CCTV FOOTAGE AND CAN CHOOSE TO INFORM POLICE IF ANYTHING OF INTEREST HAS BEEN CAPTURED.

**CAM-MAP WA** IS FOR PUBLIC-FACING SECURITY CAMERAS ONLY. THIS INCLUDES CCTV SECURITY CAMERAS MONITORING PUBLIC SPACES SUCH AS A FOOTPATH, STREET, CAR-PARK, SHOP-FRONT, BUILDING FOYER, PARK, BEACH OR SIMILAR. CCTV CAMERAS FACING PRIVATE SPACES SUCH AS ROOMS, GARDENS, OR VIEWS INTO NEIGHBOURING PROPERTIES ARE NOT ELIGIBLE.

WA POLICE FORCE ENCOURAGE SECURITY CAMERA OWNERS TO SUPPORT THIS COLLABORATIVE COMMUNITY SAFETY AND CRIME PREVENTION INITIATIVE.

**BY WORKING TOGETHER, WE CAN ALL CONTRIBUTE TO PREVENTING  
CRIME AND CREATING SAFER COMMUNITIES**

**CAM-MAP WA** REGISTRATION IS QUICK, SIMPLE AND SECURE. USE YOUR MOBILE  
PHONE CAMERA TO SCAN THIS QR CODE:





## 10 OR LESS CAMERAS

- FOR HOMES AND SMALL BUSINESSES WITH UP TO 10 PUBLIC-FACING CCTV SECURITY CAMERAS.
- ONLY PUBLIC-FACING SECURITY CAMERAS CAN BE REGISTERED.
- DO NOT ENTER CAMERAS THAT MONITOR INSIDE YOUR HOME, OFFICE OR BACKYARD.
- YOU CAN HELP POLICE UNDERSTAND YOUR CAMERA ANGLES AND COVERAGE BY UPLOADING TYPICAL DAY AND NIGHT PHOTOS.
- THE PROGRAM WILL LEAD YOU THROUGH HOW TO BULK-REGISTER MULTIPLE CAMERAS.



## 10 PLUS CAMERAS

- FOR INDIVIDUALS, ORGANISATIONS AND BUSINESSES WITH OVER 10 PUBLIC-FACING CCTV SECURITY CAMERAS.
- USE THE EXCEL TEMPLATE PROVIDED TO BULK-REGISTER MULTIPLE CAMERAS.
- YOU CAN HELP POLICE UNDERSTAND YOUR CAMERA ANGLES AND COVERAGE BY UPLOADING TYPICAL CAMERA VIEW PHOTOS IN A SINGLE ZIPPED FOLDER.
- LARGER SITES CAN CHOOSE TO INCLUDE GPS LOCATIONS.



VISIT OUR WEBSITE: [WWW.POLICE.WA.GOV.AU/YOUR-SAFETY](http://WWW.POLICE.WA.GOV.AU/YOUR-SAFETY)

EMAIL US AT: [CAM-MAP.WA@POLICE.WA.GOV.AU](mailto:CAM-MAP.WA@POLICE.WA.GOV.AU)

OR USE YOUR MOBILE PHONE CAMERA TO SCAN THIS QR CODE FOR FAQ:



# NAIDOC

Monday: 10:00am Flag raising for NAIDOC & morning tea

Location: Shire flag poles & Meekatharra CRC

Monday: 11:00am Kite painting

Location: Youth Center

Wednesday: 11:00am Community Connector Hub Feed

Location: Community Connectors Hub (76 Darlot)

Thursday: 10:00am Bush games & BBQ / Kite flying

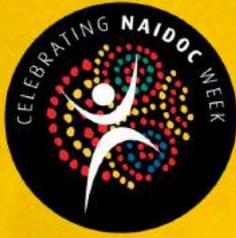
Location: Meekatharra Oval

EVERYONE IS  
WELCOME!

76 DARLOT  
STREET  
(NEXT TO THE  
YOUTH CENTER)

WE WOULD LIKE TO  
THANK THE  
NGOONOORU WADJARRI  
TRUST, WESTGOLD &  
BUFFALO LODGE FOR  
THEIR FINANCIAL  
CONTRIBUTIONS!





**HEAL  
COUNTRY!**  
4-11 JULY 2021

Please support the Youth Centre  
participants fundraising activity

2021 Meekatharra NAIDOC Shirts  
for sale \$40 each, limited stock

Designed by Whitney Thorne



# NAIDOC WEEK BASKETBALL & DINNER

**FRIDAY JULY 9TH  
6PM-8PM | OVAL**

**EVERYONE IS INVITED!**



# 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)

### Ear piercing at the Pharmacy

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

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

### Keep warm this Winter

Wow, I never would have believed anyone if they told me it got this cold here in Meeka. I know I'm a little late to the party, just now arriving in store is a massive range of cold weather gear; beanies, socks, scarves, mittens, just to mention a few. So, if you still need a few extra items this winter come in and have a look.

Keep your immune system functioning at its best by taking some high-quality immune boosters from our natural range. Vitamin C is affordable and helps your body function at its best and recover faster. Zinc, garlic, horseradish, and Andrographis are some other great supplements if you are trying to fight off a cold this season. Ask in store for the best product to fit you.

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



*Skin care range*



*Aveeno Moisturiser*

### 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 to help treat your concerns and symptoms.

Aveeno Skin Relief Intense Moisture Repair helps restore and maintain moisture barrier of Extra-Dry Skin without making your skin greasy! For more information, talk to your favourite chemist today!

**Come in and say Hi!**

**Monday – Friday: 9am-5pm**

**Saturday – 9am-1pm**

# QUIZ NIGHT

The Quiz was a huge success! We had 13 tables set up ready to go with delicious platters from Leighton's Café. We had seven rounds and two games throughout the night which was filled with laughter and enthusiasm from each team.

The questions ranged from popular culture to history, making sure there was something for everyone to be an expert on. There were definitely some questions that made us all scratch our heads and think harder than we have before.

Congrats to the Chintu team, who took out first place by a landslide. The RFDS team came in second and the Blow Ins took third place! We also has prizes for the two games (true/false and who am I?) and last place. All the teams did a great job with the tricky questions.

Robert Binsiar did an amazing job hosting throughout the night. Keeping us all on track and making the night extremely fun. Thanks so much Rob! We appreciate your hard work.

Thanks to everyone who donated prizes such as Farmer Jacks who donated \$250 worth of products, Andos Art Prints who donated six original prints worth over \$900 and Leighton's Café who donated a bag of coffee worth over \$90 plus their time and equipment. The support means a lot to the whole community and created the most amazing gift baskets and prizes.

Thanks to our events committee for supporting this event and making it happen!

We will have another Quiz Night later in the year, make sure you practise your general knowledge in the mean time!



## MICROCLIMATES & FROSTY GARDENS



the Bureau of Meteorology's temperature gauge versus the location of said frozen garden hose, lawn or wind-screen can mean the difference of those few degrees. It's the difference between "yup, 'tis a tad chilly today" and "far out I'm freezing my \*beep\* off!"

Microclimates can be very useful to home gardeners (or for people just wanting to park their car in a frost free spot) as they allow us to grow a wider variety of plants.

Generally the most successful plants are the ones adapted to the local climate. For Meeka and most parts of inland Australia they got to be pretty tough – withstand searing hot long summers as well as cold winters, extreme evaporation and intense solar radiation.

For any Game of Thrones fans out there: Winter isn't coming... Winter is here!

Hooh, didn't it get frosty quickly! 1.3 degrees Celsius on 24th June! That's not quite Meeka's all time record of -0.2 degrees from July 1950 but it's pretty bloody cold.

So how come the official temperatures didn't dip below zero and yet there were reports of slushy ice blocking up garden hoses as well as frost on windscreens and on lawns?

Welcome to microclimates – a smaller area within a general climate zone that has its own unique climate. The location of

If we want to grow more tender or exotic plants we need to look after them and provide for their special needs.

Here are a number of tricks (some of them unsurprisingly simple) to protect tender plants from extreme weather, be it frost or heat, dry or wet:

Consider the aspect: is the plant exposed to gentle easterly morning sun? Overhead lunch-time furnace? Hot afternoon oven? Also consider the time of year – in summer the sun rises almost in the south east and sets in the south west and goes close to straight overhead whereas in winter it rises almost north east, sets almost north west and is a fair bit



lower in the sky. If you're a nerd and want exact degrees the internet is your friend. Some plants can handle prolonged periods of shade over winter and intense sun radiation over summer – others can't and just won't thrive or survive if planted in the wrong spot.

Is the icy cold or hairdryer hot wind blowing in from the desert again? Make use of color-bond fences, sheds, house walls or shrubbery to shelter tender plants from these windy and drying influences. For temporary solutions you can string up old bedsheets to take the gust out of the wind.

Water is arguably the most essential resource for gardeners in arid Australia. Make use of what you already have: where does it pool? Where does the downspout come down? Is the soil free draining sand, nice loam or waterlogging clay? How much water does the plant need? Does it need regular watering or can it withstand extremes and long periods of either drought or wet feet? You can improve soil structure by adding compost.

Water at the right times and the right quantities. Irrigating over night during winter may increase the risk of frost and fungal growth so morning watering is better – if at all necessary. Watering in the middle of the day during summer risks burning the foliage. The water demand differences between summer and winter here are huge – whilst watering daily or even twice a day over summer may be prudent, we might get away with watering only once every couple of weeks in winter, if that. How to know whether the plant needs more water? Stick your finger in the soil – if it's as dry as a dead dingo's donger then give it a drink.

Artificially modify the surrounding air by utilising cold frames, hot houses or shade houses. A cold frame is basically a box or frame with a glass or Perspex top so the sun can shine inside and warm the air. This creates a warmer environment which provides a longer growing season for frost tender plants. Greenhouses aka hot houses work the same way. In our hot climate here we probably see more shade houses though – almost every house in town has shade cloth somewhere along the building or garden to provide a cooling effect. Mini shade structures for tiny plants can also be made from milk crates, tipis of sticks, leafy branches or anything else that provides shade and allows airflow.

Different seeds need different soil temperatures to germinate. Investing into a soil thermometer is a good idea especially since many seed packets and gardening books are very vague around what time of year is best for plants in this particular part of Australia. Ever seen the map on the back of a seed packet showing everything from Carnarvon over Meeka-



tharra to Esperance to Alice Springs all lumped together into the same category? If you know what condition a particular plant needs for germination you can simply measure the soil temp and find out whether it's the right time. You can also trick the plant into thinking it's the right time by using heat mats or by moving the containers indoors. This will give it a head start and when the weather outside warms up the plant can move out into the big world.

Another way to modify and buffer extreme temperature changes in the soil is to use mulch. A thick layer of mulch acts as a blanket, keeping scorching sun off the soil and also keeping frost out. Furthermore it retains soil moisture and suppresses weed growth. Mulch is the best for a successful garden.

Finally, the stage of growth and general health of the plant is a huge factor in how well it's going to cope with a frost snap or heat wave. Soft new growth is a lot more precious than hardy tough old branches or leaves. And a plant that is growing in healthy, living soil will bounce back much more readily than something trying to survive as it is and that frost morning or hot summers day may just be the factor that pushes it over the edge. In that regard plants are a lot like us humans... The better our general health and condition the more resilient we are to weather the weather.

On that note: look after yourselves, put on some warm socks and jumpers, use the dog as a hot water bottle and enjoy the garden in this fly-free time of year!

If you have gardening tips or want to know more you're welcome to get in touch: find us on Facebook as "Meeka Goes Green", email us at meekagoesgreen@gmail.com or pop in to the Recycling Centre on Railway Street Saturday mornings 9-11am to say Hi to our volunteers. Volunteering with us is easy if you're interested! Rock up and we can show you how it works. We also run monthly Upcycling Workshops, first Saturday of the month at 11am. Check out our Facebook page for this month's workshop topic and location.

# GARAGE SALE

The Community Garage Sale held on the 19th of June was a hit. We had stalls selling clothes, kitchen appliances, bikes, perfume, cakes and much more. We had tourists and local people come along to see if they could grab a bargain. There was a variety of options for everyone and

the opportunity to clear out some unused items in their houses to give to others who might be interested. There were seven different stalls all set up, keen to give the items a new home and reduce the amount of waste going to the tip.

the conversations did not stop throughout the event.

Thank you to everyone who held stalls, purchase items and came along to support the garage sale. Special thanks to Meeka Goes Green for supporting this event and bringing along the books, CD's and audio books!

The aim of the event was to give people





## Integrated **Chronic** **Disease Care Program**

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



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

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

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



**Meekatharra ICDC visiting dates for 2021**

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

# MEEKA GIFT N GARDEN

Did you here that there is a new shop in town? Meeka Gift N Garden owned by our very own Leanne Sharrock. This is not Leanne's first shot at running a shop in a small town. She has had experience running one in Wiluna and also a shop in Geraldton. She is a very skilled shop owner who is looking forward to selling all sorts of items to people in Meeka.

In Meeka Gift N Garden is selling plants, clothes, gifts, perfume, drink bottles and much more. Leanne has carefully picked each piece herself and takes pride in the high quality products she sell. Throughout the seasons the stock will change so you will always have something new to see and buy.

Leanne saw the shop in the Lloyds Plaza and thought 'this is me'. She loved it! She has the vision of the plants and other

products in the shop and with a bit of encouragement she leased the shop. Leanne loves working in retail and has lots of experience in different settings. She loves the way that retail is so different than her other job/s.

Leanne clearly has a passion of plants, gifts and clothes. She has incredible taste, Meeka Gift N Garden is a shop to check out!

The shop opening hours are still a work in progress but so far she is open Thursday-Saturday 12 noon-4pm and Sunday 10am-2pm. This provides plenty of time to buy your clothes, gift and garden needs. Keep up to date with the changing hours on Facebook.

Meeka Gift N Garden has a brand new Facebook page . Search *Meeka Gift N Garden* on Facebook and you can keep up to date with the latest happenings in store.

This shop is a great addition to Lloyds Plaza, it is a fabulous place to spend a morning drinking coffee, taking in the art and plants in a stunning building.





**REFRIGERATION & AIR CONDITIONING MEEKATHARRA**

43 MAIN STREET

PH: 9980 1212

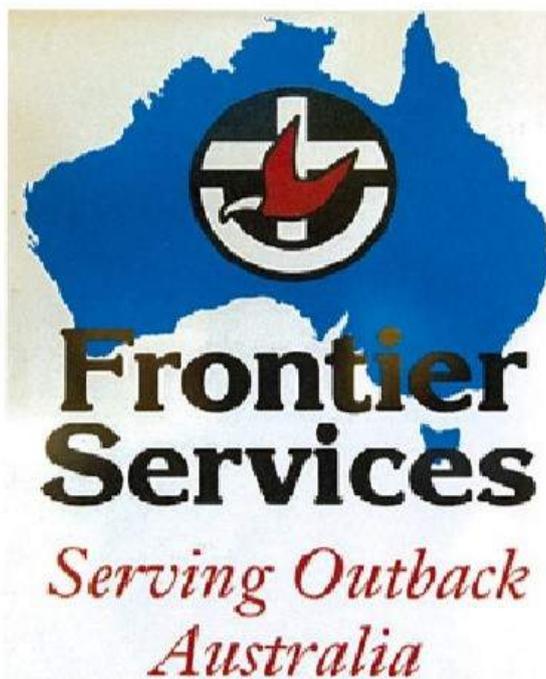
*GET YOUR COOLING SYSTEMS WORKING THEIR BEST BEFORE THE HOT WEATHER*

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

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

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

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



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

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

# 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](http://stjohnambulance.com.au)

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



## GARDENS WITH SAL, THE GARDEN GAL

Warm welcomes to you all out there in the Midwest,

We have just passed the winter solstice for the year which means the shortest day has been and gone. It can only get warmer from here on in, so let's make the most of the cooler weather.

Winter is a very special time of year out here. I call it the "rainbow season" because everywhere you look there seems to be a beautiful big rainbow on the horizon! The nights are cold and bright, best enjoyed by a warm fire with a stew cooking in the camp oven. It's a time for rest and Sunday sleep ins- there's a lot to love about Winter.

The cooler months are also incredible for another interesting reason- winter and the cooler months is when the mushroom season is in full swing!

Mushrooms, fungi, toadstools. Before I learnt about the wonderful world of fungi, I only ever saw them in the cold section at the shops, in children's books and around the school oval sometimes, after a big rain.

There is more than meets the eye in the world of fungi! For one, did you know fungi is neither a plant or animal? They are in their own taxonomic kingdom, making them completely unique creatures in the world. There has been discussion about fungi being the first living thing on the planet ever, with a fossil that is estimated to be 2 billion years old looking remarkably similar to that of a mycelium branch, or fungal body.

A mushroom is the flowering body of fungi- it is the same as the flower is to a plant. Whatever the food source is, perhaps a tree species, leaf litter or animal droppings, the mushroom is only the tip of the iceberg. Below the surface you'll find a lot of more going on- this is called the mycelium body. If you have ever turned over old damp mulch and seen a web like white structure this will most likely be mycelium! See below.

Fungi are an intelligent species and they exist below, within and all around us. In fact they are under every inch of earth that we step on! They are the communicators of the natural world. For example, they can communicate to neighbouring plants of a threat, whether it be insect invasion, drought or fire! Many of our Australian native plants rely on fungi and mycelium to survive. Mycelium networks can transfer food and water to other fungi and plant species and even have important relationships with a number of a native animals.

Fungi also play a crucial role in the ecosystem, because they create new life by breaking down organic matter and creating space for fresh forest growth. They are the cleaners and also indicators of a landscape's health. People think that mushrooms are the end of the food chain but in my opinion they are the sign of fresh beginnings!

Not only are fungi smart, but they can be beautiful and delicious too!! On a recent trip to our South West I came across a number of stunning fungi species within the Karri forest. I was even lucky enough to stumble across some delicious pink Chanterelles, a delicacy in the kitchen. But please be warned, I wouldn't advise foraging for mushrooms unless you are with





someone who has a lot of experience. As the old saying goes, you only eat the wrong mushroom once! Pink Chanterelle below;

Fungi have played a huge role in our kitchens too. Without them we wouldn't have a number of tasty cheeses, bread, kim chi and sauerkraut and of course, beer! Medicinally they have saved lives- penicillin is from the fungi *Penicillium chrysogenum*, a highly successful antibiotic. And in recent years it has been discovered that fungi can be created into building substrates. I even read about a lady making a canoe out of one- she called it Mycanoe- very clever. Moving into the future, fungi and mycelium could be the answer to a lot of our environmental concerns. You heard it here first: the future is fungi!

Mushrooms in our homes here in the Midwest are important too! If you see some pop up in your garden and lawn I say leave them be, as they will be working hard below the earth to keep things healthy and well regulated. Like I mentioned, they are a sign of health so admire them and let them turn your garden into something magical! However, if you see some on your home, or even inside your home, then that's more of a concern, so be sure to enquire further if this sounds like you!

Armillaria (pictured below) is a very destructive species that occurs naturally in nature. They are the true fungal bulldozers and play a big role in the replenishment of an ecosystem. At home however, they are an even bigger con-



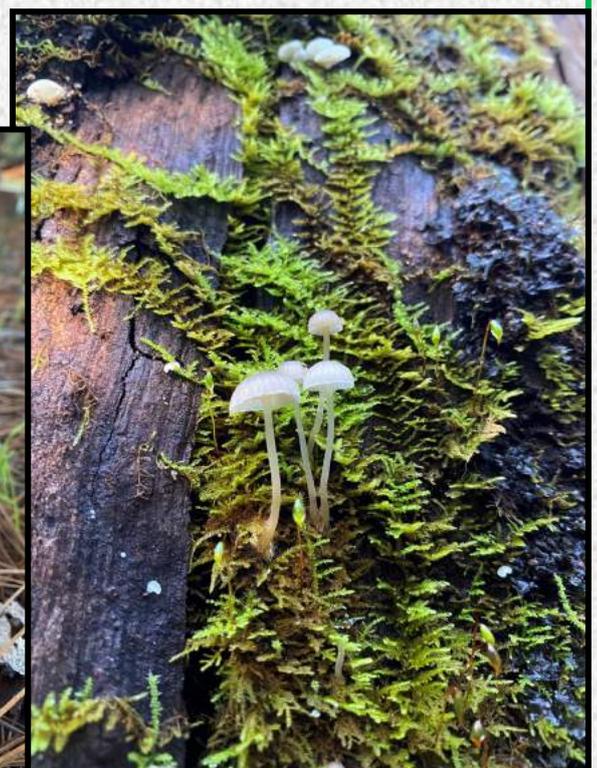
cern. In an urban environment they can wipe out old trees in a matter of months.

Well Midwesterners you might have worked out by now that I could write about the world of Fungi for days! Luckily for you, I will leave it there for now. I hope you have all been enjoying your gardens and perhaps now might keep a look out for any mushrooms popping their heads up!

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



# MEEKA GYM

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.

More information is on our website.

Access restricted to adults 18 years or older  
Unmanned gym open 5am-10pm daily



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



DONATE THE CASH  
THAT'S IN YOUR  
CONTAINERS TO

## MEEKA GOES GREEN

We'll get 10 cents for each one.

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Bring your eligible containers to:

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

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

 ELIGIBLE CONTAINERS



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



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

# IMPROVED ACCESS TO MEDICARE, CENTRELINK AND CHILD SUPPORT SERVICES IN MEEKATHARRA

The Meekatharra community now has improved ongoing access to Centrelink, Medicare and Child Support services, with the opening of a new Agent service.

Services Australia General Manager Hank Jongen said Yulella Aboriginal Corporation is providing the Agent service, replacing the Meekatharra Service Centre.

“The Agent service is delivering a consistent face-to-face service to the Meekatharra community,” Mr Jongen said.

“Visits to the Meekatharra Service Centre were declining, so we’ve adapted our servicing to suit the size and needs of the local community.

“Alongside the new Agent service, the community will also benefit from visits by Services Australia’s Remote Servicing Teams that provide more targeted, supported assistance to local Indigenous customers.

“These teams provide support to individuals, families and communities to connect with our payments, services and programs.”

Services Australia has a network of some 350 agents across rural and regional Australia that help people access the services they need.

Agents offer access to services such as phones, printing and free internet enabled computers, and staff to assist customers to register for and use digital self-serve channels, including myGov.

Mr Jongen pointed out that many people now prefer to conduct their Centrelink, Medicare and Child Support business online, at a time and place that suits them.

“myGov and Service Australia’s Express Plus apps let people do their business online quickly and easily,” Mr Jongen said.

“Anyone who needs help accessing these digital services can visit the Agent service and staff will help them get started.”

Agents receive extensive training and ongoing support to assist with access to self-service facilities, certifying Proof of Identity documents and accessing general information.

For people who do not wish to go online, Agents can help them access phone self-service and can also connect those locals who have more complex enquiries directly to a Services Australia staff member using a dedicated phone line.

The Agent service will operate 9:00am – 3:30pm on Monday, and from 8:00am – 4:30pm on Tuesday to Thursday from the same location as the former Meekatharra Service Centre at 69 Main Street.

For more information about services available at Agents, visit: [servicesaustralia.gov.au/agents](https://servicesaustralia.gov.au/agents)

*Media contact: Services Australia Media Team, 1800 531 991*

# Oval Mess



Our Oval is used by many people in town including by those with dogs, the Youth Centre, the School and those who exercise. We ask that when you take your dog down to the oval please clean up after your pet using the waste bags. Pet waste bags are available from the Shire Office and at the Oval (on the outside of the toilet block). Please keep our Oval clean and be a responsible pet owner. The community will appreciate you for doing cleaning up after your pets!



For more information please contact the Shire on 9980 0600 or [cso@meekashire.wa.gov.au](mailto:cso@meekashire.wa.gov.au)

## 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

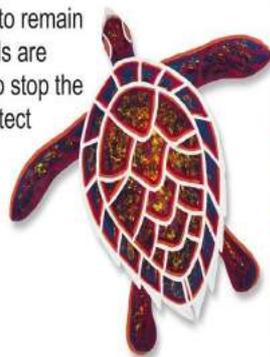


## COVID-19



### Stay safe and listen to updates from a trusted source

It is important for each of us to remain calm, our health professionals are taking the necessary steps to stop the spread of COVID-19 and protect our communities during this fast-moving situation.



[healthywa.wa.gov.au](http://healthywa.wa.gov.au)



## SQUASH COURT

LOCATED AT THE SPORTS COMPLEX

Keys available at the Shire Office  
\$50 Cash Key Bond  
\$10 Per Game

More information on our website  
[www.meekashire.wa.gov.au](http://www.meekashire.wa.gov.au)



# SCHOOL UPDATE

Meekatharra District High School has had a very busy month and end of term 2. They have been busy with On Country Excursions, Cross Country, NAIDOC Week, Parent/Teacher Night and a visit from the Director of Education Midwest Lisa Criddle.

The month started off with the ECE students going on a On-Country Excursion to 11 Mile. The students spend time exploring the area, following animal tracks, spotting tadpoles, singing nursery rhymes and eating delicious food cooked by Mission Australia. As you can see by the photos (following page) the students looked like they had an absolute blast learning and being together with their community.

Next the school had a visit from Lisa Criddle, Director of Education Midwest. Ms Criddle spent time in Room seven and enjoyed learning about the Meeka School (and how amazing the students and teachers are of course).

The Primary students got their turn to participate in an On-Country Excursion. The students had a few stops this trip, learning about each place and all they had to offer. The first stop was Ningaring where Mr Robbie showed the students a Rock Hole. Next stop was Beringine, here the students did a nature walk and learnt more about tracking animals. Mission Australia also participated in this excursion

by making sure the kids were well fed after a full day of learning.

The students participated in a Cross-Country race where students competed in a long-distance running competition. All the students participated with such sportsmanship and enthusiasm. A big congrats to all the students who won medals and tried their best. They sure did look exhausted after all that running.

The school held their NAIDOC Week a bit early as the week falls in the school holidays. The school invited the whole community to join them for a day of Marlu stew, face painting, basketball, painting and other activities. The whole school was involved in the day along with families and friends. The day was spent celebrated Aboriginal and Torres Strait culture.

Have a great holiday everyone!





# CROSS COUNTRY





# ON COUNTRY EXCURSIONS





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

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

0899439527  
mtaugustustouristpark@skymesh.com.au

M E E K A T H A R R A



**ACCOMMODATION CENTRE**

Open Daily 6.00am—9.00pm

Catering for your special function? Email us for a quote on [bookings@meekatharraaccomodation.com.au](mailto:bookings@meekatharraaccomodation.com.au)

or call on 99811253

# BE RESPONSIBLE



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

FREE Waste Bags are now available from the Shire Office.

## Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

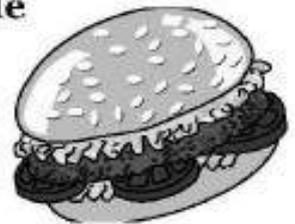
**Ph: 9981 1151**



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



**Auto Accessories**  
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**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**

# Meekatharra Support Guide

## EMERGENCY

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

## ALCOHOL & DRUGS

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

## HEALTH

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

## MENTAL HEALTH

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

## YOUTH

| Services  |              | Phone Support Lines |   |
|---|--------------|---------------------|---|
| Shire of Meekatharra Youth Services                             | 9980 0600    | Kids Helpline       | 1800 551 800  |
| Youth Justice   | 9980 2070    | Lifeline            | 13 11 14  |
| Child and Adolescent Mental Health Services                     | 9981 0625    | Beyond Blue         | 1300 224 636  |
| Youth Focus   | 6266 4333    | eheadspace          | <a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a> |
| Meekatharra District High School                                | 9981 1092    |                     |   |
| Mission Australia (Remote Attendance Program)                   | 9956 5102    |                     |   |
| Department of Communities (Child Protection and Family Support) | 9981 0300    |                     |   |
| 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 (Indigenous Women Paralegal Service) | 9936 0600 |                     |              |

## COMMUNITY SERVICES

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



Produced by the Shire of Meekatharra



## Consumer Watch

**Consumer Protection** 50-52 Durlacher Street, Geraldton WA 6530  
Tel: (08) 9920 9800  
Email: [candice.evans@dmirs.wa.gov.au](mailto:candice.evans@dmirs.wa.gov.au)

### Navigate buying a used car

It may be harder for used-car buyers to find a bargain these days, with prices on the rise as a result of a shortage of new vehicles driven by a range of factors. Many of these factors are associated with the COVID-19 coronavirus pandemic, including interruptions to supply chains and a world-wide shortage of micro-chips.

This means it's a particularly important time for those on the hunt for a second-hand vehicle to do their homework and be across their rights before making a purchase.

Some consumers may not realise that private sales aren't covered by consumer laws, meaning there is no warranty and you will find it almost impossible to return the car if it turns out to be faulty.

While dealerships must provide a warranty on used vehicles if they are less than 12 years old, have not travelled more than 180,000 kilometres and the price is more than \$4,000, there is no cooling-off period once a contract is signed. This means that the buyer could be liable to pay up to 15 per cent of the purchase price, known as 'pre-estimated liquidated damages' for changing their mind about going through with the deal after having signed the sale contract.

Some key advice we offer to all used-car buyers is to have the vehicle independently inspected by a competent licensed mechanic at their own expense to identify any roadworthy issues and to potentially use the results as leverage when negotiating the deal.

It is equally important to review the Properties Securities Register at [www.ppsr.gov.au](http://www.ppsr.gov.au) before purchase to see whether the car has been previously written off or has money owing on it.

Check the vehicle licence and its expiry date, plus make sure the vehicle identification number (VIN), number plate, engine number, year of manufacture and the owner details match the licence papers. Also ask to see the stamped log-book to verify any claims of a 'full service history'.

And be aware that fake advertisements can appear on genuine car sales websites, in online classifieds and online auction sites. These scams offer non-existent second-hand vehicles for lower than expected prices.

More information is available on our website at [www.consumerprotection.wa.gov.au](http://www.consumerprotection.wa.gov.au), or contact us on 1300 304 054 or [consumer@dmirs.wa.gov.au](mailto:consumer@dmirs.wa.gov.au).



# Get behind the wheel

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

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

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

Help keep your ambulance service strong in Meekatharra.

Life goes on.  
Volunteer with St John.



# FIRST AID FACT SHEET

## Sprains and Strains

A sprain is a severe wrench or twist of the ligaments, such as an ankle, wrist or other joint, that causes pain and swelling.

A strain is a force tending to pull or stretch muscles or tendons causing damage.

It can be difficult to tell whether the injury is a fracture, dislocation, sprain or strain. **If in doubt, always treat as a fracture.**

### Caused by

- + Falling and landing on arm.
- + Fall on the side of the foot.
- + Twisting a joint.

### Signs & symptoms

- + Pain.
- + Swelling.
- + Bruising.
- + Loss of power.
- + Tenderness.
- + Muscle spasm.

### What to do

1. Follow DRSABCD St John Action Plan.
2. Rest and reassure the casualty.
3. Manage as a fracture if any doubt.
4. Follow the **RICE** management plan:
  - + **REST** the casualty and the injured part.
  - + **ICEPACK** (cold compress) for fifteen (15) minutes.
  - + **COMPRESSION** bandage after the icepack – apply firmly and extend well beyond the injury.
  - + **ELEVATE** the limb.

#### Rules when using icepacks

- + Wrap icepack in a damp cloth.
  - + Apply to the injured site for fifteen (15) minutes and then reapply every two (2) hours for first twenty-four (24) hours.
  - + Never apply ice directly to the skin or onto an open wound. If no ice is available use a cloth wrung out in cold water – this will need replacing every ten (10) minutes.
5. Seek medical attention if in doubt or if no improvement after RICE.



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

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

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

# MŠOTA 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](mailto:naomi.johnston@education.wa.edu.au) or  
[shona.nash@education.wa.edu.au](mailto: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](mailto:commieh@westnet.com.au)**

**77 Main Street, Meekatharra, 6642**



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



Artwork: Care For Country by Maggie-Jean Douglas (Gubbi Gubbi)

When creating 'Care For Country' I kept in mind that this meant spiritually, physically, emotionally, socially and culturally – I chose to create a bright and vibrant artwork that included the different colours of the land but showed how they come together in our beautiful country and to make people feel hopeful for the future. I've included communities/people, animals and bush medicines spread over different landscapes of red dirt, green grass, bush land and coastal areas to tell the story of the many ways country can and has healed us throughout our lives and journeys.

# NAIDOC Week

4-11 JULY 2021



[facebook.com/NAIDOC](https://facebook.com/NAIDOC)
[@naidocweek](https://twitter.com/naidocweek)
[@naidocweek](https://www.instagram.com/naidocweek)

#NAIDOC2021 #HealCountry

Aboriginal and Torres Strait Islander peoples are invited to participate in NAIDOC Week. NAIDOC Week is a national celebration of the rich and diverse cultures, languages and traditions of the First Nations peoples of Australia.

# 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/week)

**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**



# Crisp Fried Cheese Ravioli

SERVES: 4 | PREP TIME: 15MINS | COOK TIME: 15MINS | INGREDIENTS: 6

## ingredients

- 1 cup (250ml) buttermilk
- 2 cups panko breadcrumbs (see note)
- 500g packet good-quality cheese ravioli
- Sunflower oil, to deep-fry
- 300ml good-quality tomato pasta sauce
- Parsley and grated parmesan, to serve

## directions

- Place buttermilk and breadcrumbs in separate bowls. Dip each ravioli first in buttermilk, then in crumbs to coat.
- Half-fill a deep-fryer or large saucepan with oil and heat to 190°C (the oil is hot enough when a cube of bread turns golden in 30 seconds). Working in batches of 5, fry ravioli for 1-2 minutes until crumbs are golden and crispy. Remove with a slotted spoon and drain on paper towel.
- Meanwhile, heat sauce in a small pan over low heat to warm through. Season, then transfer to a bowl.
- Arrange ravioli on a platter, sprinkle with parsley and parmesan, then serve with the sauce for dipping.

FOR MORE RECIPES, VISIT [HTTPS://WWW.DELICIOUS.COM.AU/RECIPES](https://www.delicious.com.au/recipes)



# Roasted Pumpkin and Ginger Soup

SERVES: 4 | PREP TIME: 15MINS | COOK TIME: 40MINS | INGREDIENTS: 8

## ingredients

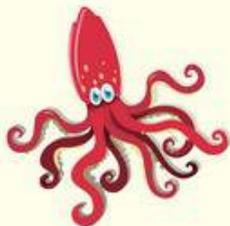
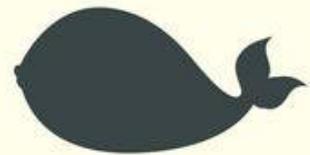
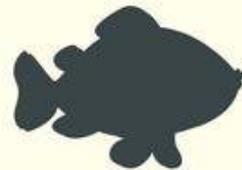
- 1kg pumpkin, peeled, seeds removed, cut into 4cm pieces
- 75g ginger, roughly chopped
- 2 garlic cloves
- 2 tbs extra virgin olive oil
- 1L (4 cups) chicken or vegetable stock
- 1/3 cup (85g) mascarpone
- 2 tbs finely chopped dill
- 1/3 cup (50g) toasted hazelnuts, chopped

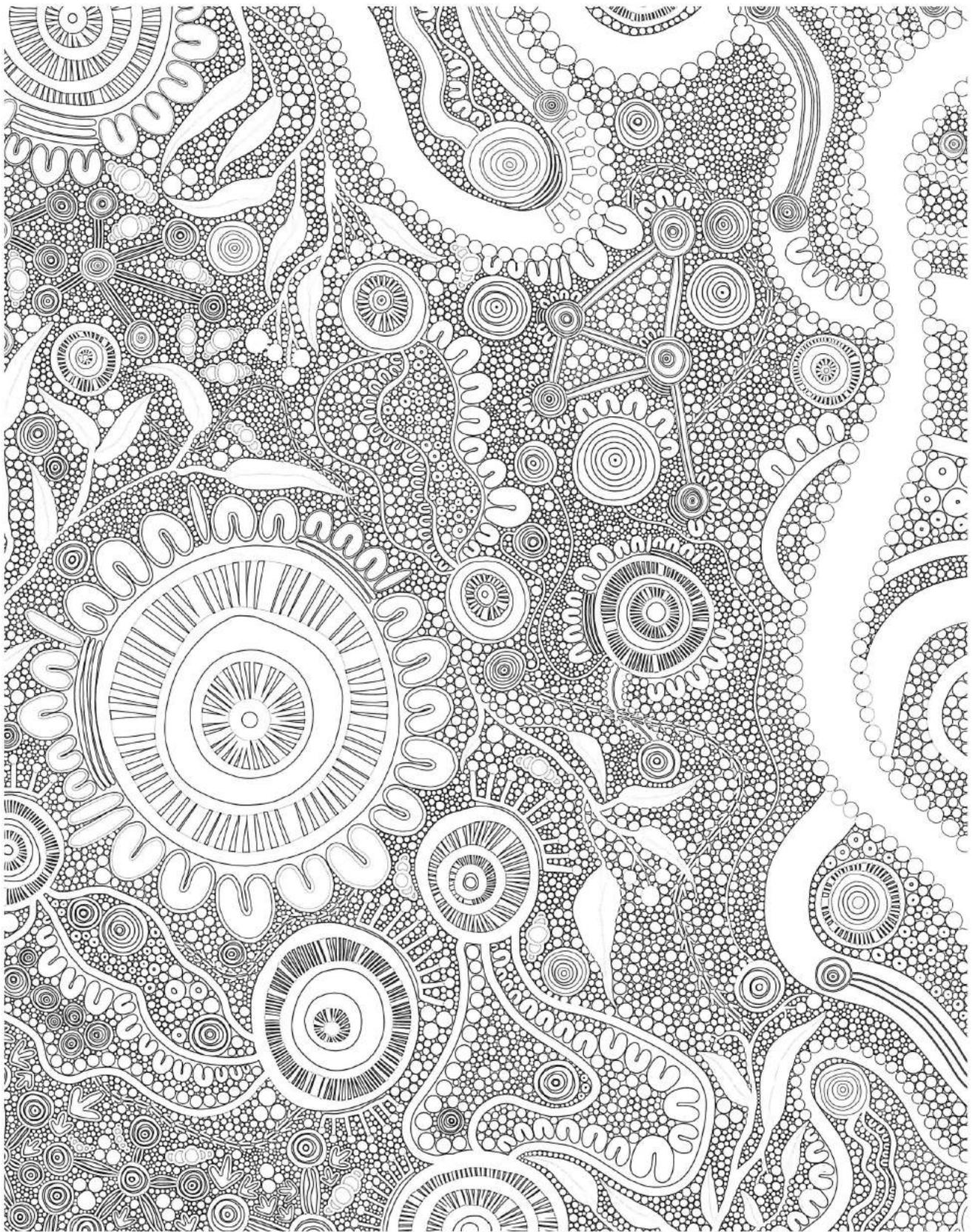
## directions

- Preheat oven to 180°C. Place pumpkin, ginger and garlic on a large baking tray and drizzle with oil. Season, then toss to coat. Roast for 30 minutes or until the pumpkin is soft (don't let the garlic burn).
- Puree mixture in a blender or food processor with 2 cups (500ml) stock, then season. If there are lumps, strain through a fine sieve. Place soup a large saucepan with remaining 2 cups (500ml) stock and warm over medium-low heat.
- Divide soup among 4 bowls, top with mascarpone and serve with dill and nuts.

FOR MORE RECIPES, VISIT [HTTPS://WWW.DELICIOUS.COM.AU/RECIPES](https://www.delicious.com.au/recipes)

# KIDS CORNER





Artwork: Care For Country by Maggie-Jean Douglas (Gubbi Oubli)

When creating 'Care for Country' I kept in mind that this meant spiritually, physically, emotionally, socially and culturally - I chose to create a bright and vibrant artwork that included the different colours of the land but showed how they come together in our beautiful country and to make people feel hopeful for the future. I've included communities/people, animals and bush medicines spread over different landscapes of red dirt, green grass, bush land and coastal areas to tell the story of the many ways country can and has healed us throughout our lives and journeys.

# NAIDOC Week

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#NAIDOC2021 #HealCountry



[facebook.com/NAIDOC](https://facebook.com/NAIDOC)
[@naidocweek](https://twitter.com/naidocweek)
[naidocweek](https://www.instagram.com/naidocweek)



# 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**



## New service

From **1 July 2021** you can access Centrelink, Medicare and Child Support services from the **Services Australia Agent** at:

**69 Main Street, Meekatharra.**

Opening hours are:

**9.00 am to 3.30 pm on Monday**

**8.00 am to 4.30 pm Tuesday to Thursday**

(closed for lunch from 12.00 noon to 12.30 pm each day).

Agents help people in rural, regional and remote areas with Centrelink, Medicare, Child Support and other government services. They provide a face-to-face information service and free self-help facilities including internet-enabled computers.

To read about Agents, go to [servicesaustralia.gov.au/agents](https://servicesaustralia.gov.au/agents)

You can also use your myGov account, Express Plus mobile apps or phone self service to complete most of your business with us.

To find out more go to [servicesaustralia.gov.au/selfservice](https://servicesaustralia.gov.au/selfservice)

050558\_1979



**Services  
Australia**

## MEEKATHARRA CHRIST THE KING

CORNER OF DARLOT & HIGH  
STREETS

## SERVICE TIMES JULY 2021

### LITURGY

3RD OF JULY

31ST OF JULY

### MASS

17TH OF JULY

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. 132 JULY, 2001 PRICE \$1.10 incl. GST

## Rifle Club Entertains Record Crowd



*Above: Bindoon Shooting Ace - Dave Mann sets his sight on a prize at the Meekatharra Rifle Club Two Day Shoot*

The Meekatharra Rifle Club held their annual two day shooting competition on Saturday 21 - Sunday 22 July. As well as

the local participants, there were also a number of attendees from as far afield as Port Hedland. **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**

| NUTRITIONAL 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                |
| <b>SUGARS</b>           | <b>5.4g</b>         |
| SODIUM                  | 99mg                |
| CALCIUM                 | 160mg               |

| 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





# Census

## What you need to know

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



### The 2021 Census

The Census counts every person and home in Australia. It helps to tell **our story** of who we are as a people.

- The Census asks questions about our communities, who we are, where we live, and about people living and staying with us.
- People living in **cities and regional areas** will either get a letter with instructions on how to complete online, or a paper form. You can start as soon as you get instructions, if you know where you'll be on Census night, **Tuesday 10 August**.
- There will be Census staff in **remote communities**. They can come to your home and help you fill in your Census.
- It generally takes about 30 minutes to complete the Census. It might take longer for bigger households.

### Make your community count

The Census can help plan for community needs and **our future**. That's why it's important to include **everyone** who is staying in your home on Census night, such as Elders, babies and visitors.

- Having the right numbers means the right services can be provided for our community. For example, knowing the number of babies in a region can help plan funding for preschools or mums and bubs health programs.
- It's used to make decisions about schools and early learning, health clinics, housing, aged care, jobs, roads, language centres and community programs.

### Your personal information is safe

Your personal information is protected by law and isn't shared with anyone.

- You can't be identified by the information you share about yourself and your family in your Census.
- Need more information or assistance?** Visit [www.census.abs.gov.au/indigenous](http://www.census.abs.gov.au/indigenous) or call 1800 512 441.

For more information, visit [www.census.abs.gov.au/indigenous](http://www.census.abs.gov.au/indigenous) or call 1800 512 441.



# 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](http://www.census.abs.gov.au/indigenous) or call 1800 512 441.



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[email:midwestseptics@gmail.com](mailto:midwestseptics@gmail.com)

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**Professional liquid waste removal company collecting, ,  
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Reliable and responsive service

We will beat any quote

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



**0458 002 126 - ALL HOURS**



Farmer Jack's

FOODWORKS

Supermarket

MEEKATHARRA



Opening Hours

|                       |         |
|-----------------------|---------|
| Mon, Tues, Wed, & Fri | 8am—6pm |
| Thursday              | 8am—7pm |
| Saturday              | 8am—5pm |

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



FARMER JACK'S ELECTRICAL

(inside Thrifty Link Meekatharra)

Stocks.....

- Fridges & Freezers,
- Washing Machines & Dryers,
- TV's & DVD Players,
- Small Appliances.



tools to help YOU work smarter not harder

We are also a Landmark Agency servicing all your rural needs, as well as a Thrifty Link Hardware Store.

Farmer Jack's Foodworks Meekatharra

22 Main Street, Meekatharra 08 99811088



Farmer Jack's

# ELECTRICAL

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- **DRYERS**
- **TV'S, DVDS**
- **APPLIANCES**



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

# IMPORTANT DATES

## July 2021

| Mon   | Tue  | Wed  | Thu   | Fri  | Sat   | Sun   |
|---|--|--|---|--|---|---|
| 28  | 29   | 30   | 1<br>Dentist Visiting @<br>Dental Clinic<br> | 2<br>Dentist Visiting @<br>Dental Clinic   | 3<br>Meeka Goes Green<br>Recycling<br>9am-11am<br>Upcycling Workshop<br>11am<br> | 4<br>NAIDOC Week<br><br><b>HEAL COUNTRY!</b><br>4-11 JULY 2021 |
| 5<br>NAIDOC Week Flag<br>Raising @ Shire<br>Office 10am<br>Kite Painting @<br>Youth Centre 11am<br>Diabetic ED @ Clinic | 6<br>NAIDOC Week Footy<br>Game @ Wiluna<br>360 Health @ Clinic   | 7<br>NAIDOC Week<br>Community Hub<br>Feed @ Community<br>Hub 11am<br>360 Health @ Clinic | 8<br>NAIDOC Week<br>Activities @ Oval   | 9<br>NAIDOC Week<br>Basketball & Dinner<br>6PM @ Oval<br> | 10<br>Meeka Goes Green<br>Recycling<br>9am-11am<br>Meeka Markets<br>9:30am-Noon   | 11  |
| 12<br>WACHS Dietitian @<br>Hospital<br>GRAMS Midwife @<br>Clinic  | 13<br>WACHS Dietitian @<br>Hospital<br>GRAMS Midwife @<br>Clinic   | 14   | 15  | 16   | 17<br>Meeka Goes Green<br>Recycling<br>9am-11am<br>Ordinary Council<br>Meeting<br>9:30am  | 18  |
| 19  | 20<br>360 Health & ICDC<br>Dietician @ Clinic<br>ICDC Physiothera-<br>pist & ICDC Podia-<br>trist @ Hospital | 21<br>360 Health @ Clinic  | 22  | 23   | 24<br>Meeka Goes Green<br>Recycling<br>9am-11am   | 25  |
| 26<br>GRAMS Midwife @<br>Clinic   | 27<br>GRAMS Midwife @<br>Clinic<br>Tidman Brothers &<br>WACHS Physiothera-<br>py @ Hospital                  | 28   | 29  | 30   | 31<br>Meeka Goes Green<br>Recycling<br>9am-11am   | 1   |