

Meekatharra Dust

FEBRUARY 2023 | ISSUE NO.358

COST \$2.50

Beryl Walsh, Winner of the Senior of the Year Award 2023

More Meeka Community Awards photos and information on page 10





SHIRE OF MEEKATHARRA
SCHEDULE OF MEETING DATES, TIMES AND LOCATIONS

JULY 2022 TO JUNE 2023

ORDINARY MEETINGS OF COUNCIL

In accordance with section 5.25 of the Local Government Act 1995 and regulation 12 of the Local Government (Administration) Regulations 1996 the scheduled Shire of Meekatharra Ordinary Meeting dates for 2022/23 are as follows:

Saturday, 16 July 2022

Saturday, 20 August 2022

Saturday, 17 September 2022

Saturday, 15 October 2022

Saturday, 19 November 2022

Friday, 16 December 2022

Saturday, 21 January 2023

Saturday, 18 February 2023

Saturday, 18 March 2023

Saturday, 15 April 2023

Saturday, 20 May 2023

Saturday, 24 June 2023

All meetings are held in Council Chambers located at the corner Main & Savage Streets Meekatharra and commence at 9:30am (except the 16 December 2022 meeting which commences at 2:00pm).

AUDIT COMMITTEE MEETINGS

Audit Committee Meetings will be arranged as required by the CEO in consultation with the Shire President.

KJ Matthews
Chief Executive Officer

Advertising in the Meekatharra Dust

The Meekatharra Dust is a newsletter produced by the Shire of Meekatharra each month that highlights local events and helps to distribute news locally. The Newsletter reaches hundreds of people each month through the copies sold around town, copies sent in the mail, and those viewed online. If you wish to advertise in the Meekatharra Dust please get in contact with us on cdo@meekashire.wa.gov.au.

Prices (from 1st of July 2022)

Local non-for-profit organisations are able to receive free advertising.

Size	Colour	Black & White
Full Page 27cmx18cm	\$74.05	\$52.10
Half Page 13.5cmx18cm	\$43.10	\$26.70
Quarter Page 13.5cmx9cm	\$24.65	\$16.50
Eighth Page 9cmx6.75cm	\$18.50	\$13.95

Calling for Submissions

The Meekatharra Dust is always looking for new submissions to be added to the community newsletter. We are chasing articles about things happening around town. If you have any articles with information about any upcoming community events then we want to hear from you!

The Shire of Meekatharra will pay \$100 for articles that are related to Meekatharra. Articles include short stories, poems, photos or similar. Get in contact to find out more about this opportunity.

"The Meekatharra Dust" is a non-profit community newspaper. The Meekatharra Dust is published during the first week of each month. The deadline is the 24th of the previous month.

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



GENERAL DISCLAIMER

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



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The Shire of Meekatharra



meekashire.wa.gov.au



EXTRAORDINARY ELECTION

SATURDAY 1st of APRIL 2023

ENROLLING TO VOTE

An Extraordinary Election will be held on Saturday 1st of April 2023 to fill one (1) vacancy for the term ending October 2025. You may be eligible to be enrolled to vote in the "in- person" Shire of Meekatharra Local Government Extraordinary Election if you live in or are an owner or occupier of rateable property in the Meekatharra District.

Residents

You are automatically enrolled to vote if you are on the State Electoral Roll as at 5.00pm Friday, 10 February 2023.

If you are not already on the State Electoral Roll but meet the eligibility criteria for this Roll, a claim for enrolment can be made to any Divisional Returning Officer of the Australian Electoral Commission Western Australia. Forms are available from all post offices, the WA Electoral Commission and most Shire Offices and must be completed and reach a Divisional Returning Officer by 5.00pm Friday, 10 February 2023. You can also complete the form online at www.aec.gov.au

Non-Resident Owners and Occupiers

If you are a non-resident owner and occupier in the Shire of Meekatharra and you are on the State or Commonwealth Electoral Roll, you are eligible to enroll to vote. If you are not on the State or Commonwealth Electoral Roll and own or occupy rateable property in the Shire of Meekatharra you may still be eligible to enroll to vote. Owners of land who were on the last Local Government Roll continue to retain that status until they cease to own the rateable property to which the enrollment relates. Occupiers do not have continuous enrollment and should contact the Shire of Meekatharra to confirm their enrollment status. To be eligible to enroll as an occupier, you will need to have a right of continuous occupation under a lease, tenancy agreement or other legal instrument for at least the next three months following the date of the application to enroll.

Joint Owners and Occupiers

If a rateable property is owned or occupied by more than two people, a majority of the owners/ occupiers may nominate two persons from amongst themselves who are on either the State or Commonwealth Electoral Roll, to enroll as owner/occupier electors.

Corporations

A body corporate that owns or occupies rateable property may nominate two people who are on either the State or Commonwealth Electoral Roll to enrol as owner/occupier electors.

Enrollment Forms – Non-Resident Owners and Occupiers Only

Enrollment forms can be obtained from local governments and must be lodged with the Chief Executive Officer/Returning Officer by 5:00 PM Friday, 10 February 2023. Further information can be obtained from the Shire of Meekatharra.

SHIRE OF MEEKATHARRA

75 Main St, Meekatharra 6642

Tel: 9980 0600 FAX: 9981 1505

Email: executive@meekashire.wa.gov.au

RETURNING OFFICER: Kelvin J Matthews

INDEX PAGE

Page 3	Extraordinary Election Enrolling to Vote Notice
Page 5	From the Editor
Page 6 & 7	CEO Council Message
Page 8	AstroTourism Country Stargazing Planetary Conjunctions
Page 10—18	Meeka Community Awards 2023
Page 19	Meeka Goes Green Second Hand Shop Poster
Page 22	Book Review
Page 25	Rhyme Time Poster
Page 26 & 27	Youth Focus Men's and Women's Groups Posters
Page 28	CRC Update
Page 29	Youth Focus Update
Page 34	Interview with a Volunteer
Page 36 & 37	Job at Mission Australia
Page 38	Job at the Shire
Page 42	Tender Notice for Meeka Swimming Pool
Page 44 & 45	BreastScreen WA Visit to Meeka March 2023
Page 50	Kids Corner
Page 51	Recipe
Page 54	February Calendar

NOTE FROM THE EDITOR

Dear Readers,

Welcome back to another edition of the Meekatharra Dust.

January has been an exciting month for the town with everyone getting back into the swing of things, the Youth Services program has been engaging the young people and the Meeka Community Awards ceremony held on the 26th.

Congratulations to the winners and nominees of the Meeka Community Awards 2023! There is so much good being done in our town and honouring those who do so much is very important. Photos and a list of winners can be found on page 10.

The Youth Services team have been open for extended hours during the school holidays to give the young people in town somewhere to hang out with their friends and do fun activities. Now that school is back they will be going back to their normal hours and program. A schedule will be up very soon on the Shire's website and Facebook page.

This month we are hosting a Welcome to Meeka evening for all those who are new to town. This event is aimed to get people involved in all the different aspects of our community.

To keep up to date with things in Meeka check out the Meekatharra Dust Facebook page.

Happy reading everyone.

The Editor



CEO COUNCIL MESSAGE

Welcome to the February 2023 edition of The Dust CEO Council Message Report that provides information for all residents regarding the Council ordinary meeting that was held on the 21st of January 2023 as well as the Health, Building and Town Planning Committee meeting that was held on the same day and the Audit Committee meeting held on the same morning.

This section of The Dust is intended to provide a snapshot of the issues discussed at Councils Ordinary Meetings that are held each month. The unconfirmed minutes of Council Meetings are placed on the Council website as soon as possible within the prescribed time limit whereby they are confirmed at the next scheduled Council Meeting. Furthermore, items listed on the agenda when published for the community may not include all the items that were discussed at the Council Meeting, as provision is made for councillors and/or staff to introduce late items for consideration as permitted by legislation and Councils Standing Orders. Therefore, the following resolutions are only a snapshot extract of the full meeting agenda with the entire meeting proceedings being available in the official Council Minutes that are confirmed at the next meeting of Council.

Items from the Shire of Meekatharra Audit Committee Meeting 21 January 2023

Item 3.1 – Annual Report and Audited Annual Financial

That the Committee recommends that Council:

1. accepts the 2021/2022 Annual Report incorporating the audited Financial Statements and auditors report;
2. acknowledges receipt of the Management letter;
3. give local public notice as soon as practicable that the 2021/2022 Annual Report is available for public inspection;
4. publish the 2021/2022 Annual Report on the Shire of Meekatharra's website within 14 days;
5. set the date and time for the Annual Electors meeting as Saturday 18 February 2022 commencing at 9:00 am in Council Chambers. Local public notice to be at least 14 days prior to meeting date;
6. authorise that the 2021/2022 Annual Report is sent to the Department of Local Government within 30 days of acceptance by the CEO.

The above resolution confirms the Audit Committee recommendation to Council to adopt the 2021/22 Annual Report and audited financial statements. The recommendation also includes the Electors Meeting being scheduled for Saturday 18th of February 2023 whereby advertising will occur in The Dust, on Councils website and in newspaper(s) as required.

Items from the Shire of Meekatharra Ordinary Meeting 21 January 2023

Item 9.3.1 – Extraordinary Election

That Council:

1. Confirm the date for the extraordinary election to be Saturday 1st of April 2023,

and

2. Confirm that the extraordinary election will be conducted as an in-person election and that the CEO is the Returning Officer for the election in accordance with section 4.20 of the Local Government Act 1995.

The above resolution confirms Councils requirement to schedule an extraordinary election as a result of the vacancy caused by the departure of Cr David Hodder. Advertising for the extraordinary election will occur over the next few months beginning with the advertisement in this edition of The Dust for the requirements of a new Electoral Roll. Members of the community can contact the CEO or DCEO for further information or queries regarding the election process at the Shire office.

Item 9.3.4 – Meekatharra Airport Master Plan 2022 - 2027

That Council adopt the Meekatharra Airport 2022 – 2027 Master Plan as appended to this report.

The above resolution confirms Councils adoption of the revised Meekatharra Airport Master Plan that can be viewed on Councils website or at the Shire office.

Item 9.4.1 – Childcare Investigation Proposal

That Council accept the proposal from Community Early Learning Australia (CELA) to investigate Childcare options for Meekatharra.

The above resolution approves Community Early Learning Australia (CELA) to undertake an investigative study to research the issues regarding the lack of adequate childcare

services in Meekatharra. The final study (and outcomes) will then be presented to Council for consideration.

Further Information Snippets

- ◆ Councils Youth & Recreation Services – The Christmas/New Year period was a busy time for the Youth and Recreation Services Team where there was an increased engagement with the nightly program compared to previous years, while the day time sessions remained similar in attendance. Two particular highlights for the month were the team's collaboration with other community service providers for the annual town Christmas party and the beginning of the holiday program. Well done to all our Youth & Recreation Services Team as well as Councils Community Development staff.
- ◆ Wiluna Meekatharra Road (Goldfields Highway) – as advised in previous Dust editions, the Shire's of Meekatharra and Wiluna continue to lobby the Minister for Transport and Main Roads WA to complete sealing the remainder of the unsealed road section of

the Goldfields Highway. A Petition has now been drafted for submission to the WA Legislative Council Standing Committee on the Environment and Public Affairs that is Chaired by the Mining & Pastoral Member, Peter Foster MLC. The intent of the Petition is to raise the issue directly with the WA Parliament and seek an outcome that has been a long standing concern for the Meekatharra and Wiluna communities, as well as the travelling public and freight operators. The Petition will be available as an 'e-Petition' that provides an easier process for signatories and allows more signatures. Advertising and promoting of the Petition will occur over the next month. The community are urged to sign the e-petition when available.

The next Ordinary Meeting of Council scheduled for Saturday the 18th of February 2023 and the next CEO Council Message column will appear in the next edition of The Dust in early March. Until then bye for now!

KJ Matthews – CEO



Last light as a road train heads south from Meekatharra by Raelene Hall



Country Stargazing Planetary Conjunctions

with Carol Redford and Donna Vanzetti, Astrotourism WA

Just as our daylight skies are ever-changing, with new sunsets and cloud formations, our evening skies are constantly changing too, as the star patterns move across the sky throughout the year. And amongst the stars are a few brighter ones that seem to wander on their own path. These are of course the planets of our solar system. The word planet means “wanderer”, given by the ancient Greek’s who studied the night sky and began to understand their orbits.

As the planets continue their never-ending path around the Sun, their orbits can sometimes bring the planets together forming incredible conjunctions, from our perspective here on earth.

Between the 22nd of February and 8th of March, head outside just after sunset and watch the planets in motion! Jupiter and Venus will approach each other before beginning to move further apart from our perspective! The Moon will even join in on the 22nd and 23rd!

[Jupiter and Venus Conjunction.](#)

Adding to the spectacle, on 28th Feb, Mars makes a close approach to the Moon. Visible as a red star, Mars can be easily seen with the naked eye. Don’t confuse Mars for the nearby Aldebaran and Betelgeuse stars however, as the three red objects and the Moon make a large triangle in the sky.

When to look: Just after sunset 22nd February to 2nd March

Which direction to look: Low to the western horizon for Jupiter and Venus. For the Moon and Mars, north north-west in the early evening.

We will have more stargazing tips and helpful hints coming up in our next article! Keep looking up and marvel at our clear, dark skies.

For more stargazing tips, visit www.astrotourismwa.com.au.

EXERCISE CLASSES



Join us for a weekly
exercise classes streamed
on the big screen in the
Town Hall.

Switching between yoga
and dance workout
classes.

All classes are accessible
for all abilities.

WHEN:
Every Monday
5pm-6pm
Town Hall



For enquiries please contact Amy at the Shire on 9980 0600

MEEKA COMMUNITY AWARDS 2023

The Meeka Community Awards were a massive hit! Despite the rain (yes, there was rain) there was a big turn out with over 60 people attending.

There was such a positive and supportive atmosphere during the awards and the rain was very refreshing! Once the awards ceremony was done morning tea was provided by Mama Moon's Bakery and everyone was invited for a sausage sizzle to the pool. The Shire provided free entry for the day to the pool for everyone. Yulella and Mission Australia had lollies and dessert for everyone too!

The Community Awards were a way of bringing everyone together and celebrating the amazing work being done within the Meeka community. There are so many people in town doing things to better the community around them and the awards were a way for community members to nominate those who are doing the hard, incredible work.

We had over 50 nominations in seven categories for 25 people and organisations. The eight category was a Community Choice Award where the community were able to vote on who they believed deserved to be recognised for their hard work. There were almost 400 votes in this category, the choices were hard with so many amazing and talented people being nominated.

Once the nominations were in for the categories the Shire Council voted on who would win each award at the January meeting. I'm sure this decision was a tough one, so many people deserved to be recognised.

Thank you Mission Australia, Youth Focus, Youth Services, Shire Team, CRC and Yulella for their ongoing support throughout the whole process from the beginning. Throughout the planning stages of the awards the community was behind it and keen to acknowledge local people for their work. These people worked hard to advertise, nominate and encourage the community to be involved. The support is very appreciated and deserves to be recognised as well.

Thanks to Councillor Judy Holden, Kadi King, Mandy Shar and Jo Bonnily for their work on the day during the presentations. The photos were taken by Raelene Hall and look amazing—great job Raelene! Thanks for keeping everyone safe at the pool Fordy, much appreciated.

The community awards were lucky enough to get local sponsors to support the day. Thank you to Shire of Meekatharra, Youth Focus, Department of Communities, Auski Motel and Brendan Hall Carpentry for your support, this would not be possible without you.

Congratulations to all those who were nominated and those who won. You all deserve to be recognised and celebrated for your achievements.

In case you missed the awards you can find a video of the ceremony on the Shire of Meekatharra YouTube channel or see the live stream from the 26th of January on the Meekatharra Dust Facebook page. Photos are available on the Shire's website and Facebook page as well.

Here are the results from the awards....

Community Member of the Year

Nominees:

- * Adrian Baumgarten
- * Amy Dickens
- * Dot Lauritsen
- * Heidi Burkenhagen
- * Jackie Carton
- * Kealy Wikstrom
- * Ken Burkenhagen
- * Lachlan Macdonald
- * Paulette Anderson
- * Svenja Clare

Winner: Lachlan Macdonald

Lachlan has been awarded Community Member of the Year for his hard work with the young people of Meekatharra. Lachlan is always willing to help when needed and going above and beyond for the community.

Young Person of the Year

Nominees:

- * Markus Simpson
- * Rueben Walsh

Winner: Markus Simpson

Markus has been awarded Young Person of the Year for his achievements with sports and being a kind, respectful young man. Markus has represented Meekatharra internationally and done the community proud.

Senior of the Year

Nominees:

- * Beryl Walsh
- * David Green
- * Dot Lauritsen

- * Margaret Elliot

Winner: Beryl Walsh

Beryl has been awarded Senior of the Year for her efforts with fundraising for RFDS and other local causes. Beryl goes out of her way to support others and never asks for anything in return.

Emerging Leader of the Year

Nominees:

- * Andrew Binsiar Jnr
- * Joella Flanagan
- * Svenja Clare

Winner: Joella Flanagan

Joella has been awarded Emerging Leader of the Year for being a role model to the young people in town and working with our kids in various different ways. Joella is a bright and talented individual who will do amazing things with her life.

Volunteer of the Year

Nominees:

- * Colin Jones
- * Gillian Dodd
- * Shannon Mongoo
- * Svenja Clare

Winner: Svenja Clare

Svenja has been awarded with Volunteer of the Year for her work with Meeka Goes Green and St John Ambulance. Svenja has been a keen volunteer for many years now and uses her free time and energy with these agencies.

Organisation or Group of the Year

Nominees:

- * Meekatharra Shire Youth Services
- * Mission Australia
- * Youth Focus
- * Yulella Aboriginal Corporation

Winner: Meekatharra Shire Youth Services

The Meekatharra Shire Youth Services has been awarded Organisation or Group of the year for their consistent work with our young people. The team work with other agencies to create well rounded, engaging programs year-round.

Event of the Year

Nominees:

- * Outback Festival run by the Shire of Meekatharra
- * R U OK Day run by Mission Australia
- * Walk for Suicide Awareness run by Youth Focus

Winner: Walk for Suicide Awareness run by Youth Focus

The Meeka Walk for Suicide Awareness has been awarded Event of the Year for the innovative and meaningful event run by Youth Focus. The event reached a lot of people in town and brought people together.

Community Choice Award

Winner: Paulette Anderson

Paulette was nominated in the Community Member of the Year category for all of her effort she puts into the community and support she provides people in town. Paulette has won the Community Choice Award by community vote.



Winners and Nominees: Gillian Dodd, Colin Jones, Svenja Clare, Amy Dickens, Rueben Walsh, Beryl Walsh, Shannon Mongoo, Paulette Anderson, Lachlan Macdonald, Margie Elliot, Andrew Binsiar, Dot Lauritsen and Andrea Binsiar



Above: Andrew Binsiar, Brady Binsiar, Samuel Lauritsen, Lachlan Macdonald, William Lauritsen and Martin Lauritsen



Right: Judy Holden, Dot Lauritsen, Margie Elliot and Angela Lauritsen



Above: Colin Jones, Sam Morrison, John Isgar and Rueben Walsh

Right: Jane and Ripper

Below: Awards and Certificates





Left: Tommy and Emily Copeman, Sheridan Harrison and Andrea Binsiar

Right: Freya and Georgia Macdonald and Dot Lauritsen

Below: Kiara and Tenaya



Left: Amanda Shar, Madona Simpson, Audrey Shar, Vivian Shar and Jo Bonnily

Right: Waiting for the awards start





Left: Jo Bonnily the MC

Right: Amanda Shar doing Welcome to Country

Below: Judy Holden giving a speech on behalf of Council



Left: Dot Lauritsen, nominee Community Member of the Year

Right: Amy Dickens, nominee Community Member of the Year





Left: Lachlan Macdonald, winner Community Member of the Year

Right: Rueben Walsh, nominee Young Person of the Year

Below: Gillian Dodd, nominee Volunteer of the Year



Left: Markus Simpson accepting award for son Markus Simpson, Young Person of the Year

Right: Rueben Walsh and Beryl Walsh





Left: Shannon Mongoo, nominee Volunteer of the Year

Right: Svenja Clare, winner Volunteer of the Year

Below: Paulette Anderson accepting award for Youth Focus, winner Event of the Year for Walk for Suicide Awareness



Left: Andrew Binsiar, nominee Emerging Leader of the Year

Right: Colin Jones, nominee Volunteer of the Year





Left: Beryl Walsh, winner Senior of the Year

Right: Ava Moon, Shyla Moon, Ned Moon and Poppy Hall

Below: Lachlan, Margie, Andrea and Andrew accepting award for Youth Services Team, winner of Organisation of the Year



Left: Svenja Clare and Kathy Paponjak

Right: Margie Elliot, nominee Senior of the Year





Left: Paulette Anderson and Tommy Copeman

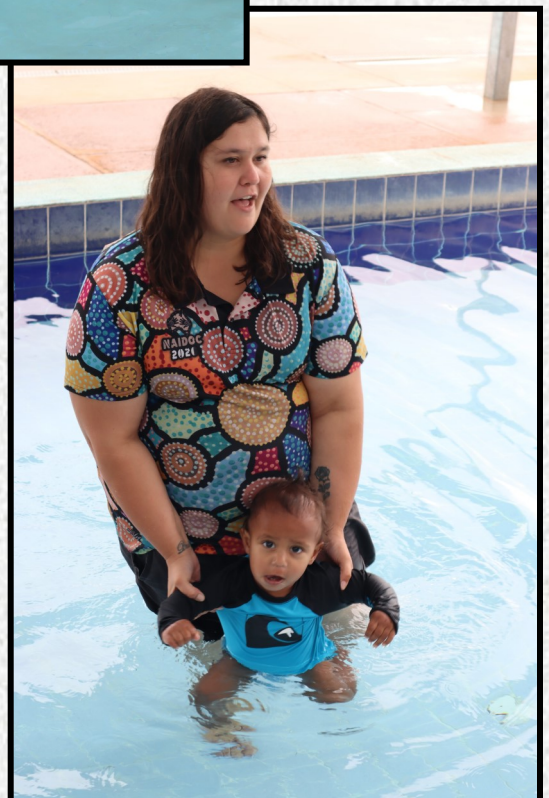
Right: Fun at the Pool!!

Below: Dot and Angela Lauritsen



Left: Whyatt and Rhett

Right: Andrea and Kai Binsiar





Look!

KITCHEN STUFF

WE'VE HAD HEAPS OF DONATIONS OF SECOND-HAND GOODS. CHECK THEM OUT
AT THE MEEKA GOES GREEN RECYCLING CENTRE. OPEN SATURDAYS 9-11AM
(DEPENDENT ON VOLUNTEER AVAILABILITY) OR BY APPOINTMENT:

MEEKAGOESGREEN@GMAIL.COM OR FACEBOOK/MEEKAGOESGREEN



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



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or call on 99811253



CAPPED AIRFARES HAVE LANDED IN REGIONAL WA

\$199
ONE WAY
< 1000km
from Perth



\$299
ONE WAY
> 1000km
from Perth

Now it's even easier for regional residents to stay connected to family, friends and access essential services in Perth. In a joint initiative between the State Government and our aviation industry, capped fares are now available for regional residents travelling to Perth and back. Affordable, everyday air travel is one way of helping regional WA get a fare go.

Flights begin on July 1, so for booking details or more information, contact the airlines, your travel agent or visit farego.wa.gov.au

Terms and conditions apply.

farego.wa.gov.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
Proof of COVID-19 Vaccination is required to enter



shire of
meekatharra
a golden prospect

Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

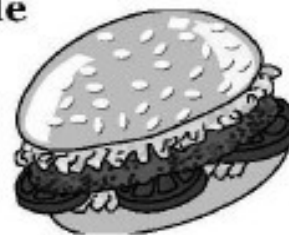
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Tyre Repairs
Driveway Service



BOOK REVIEW

If you are a fan of the TV shows 'Vera' and 'Shetland' you possibly know that both series are based on books written by Ann Cleeves who has written over thirty novels. Prior to becoming an author Ann worked as a probation officer, bird observatory cook (where she met her husband) and auxiliary coastguard.

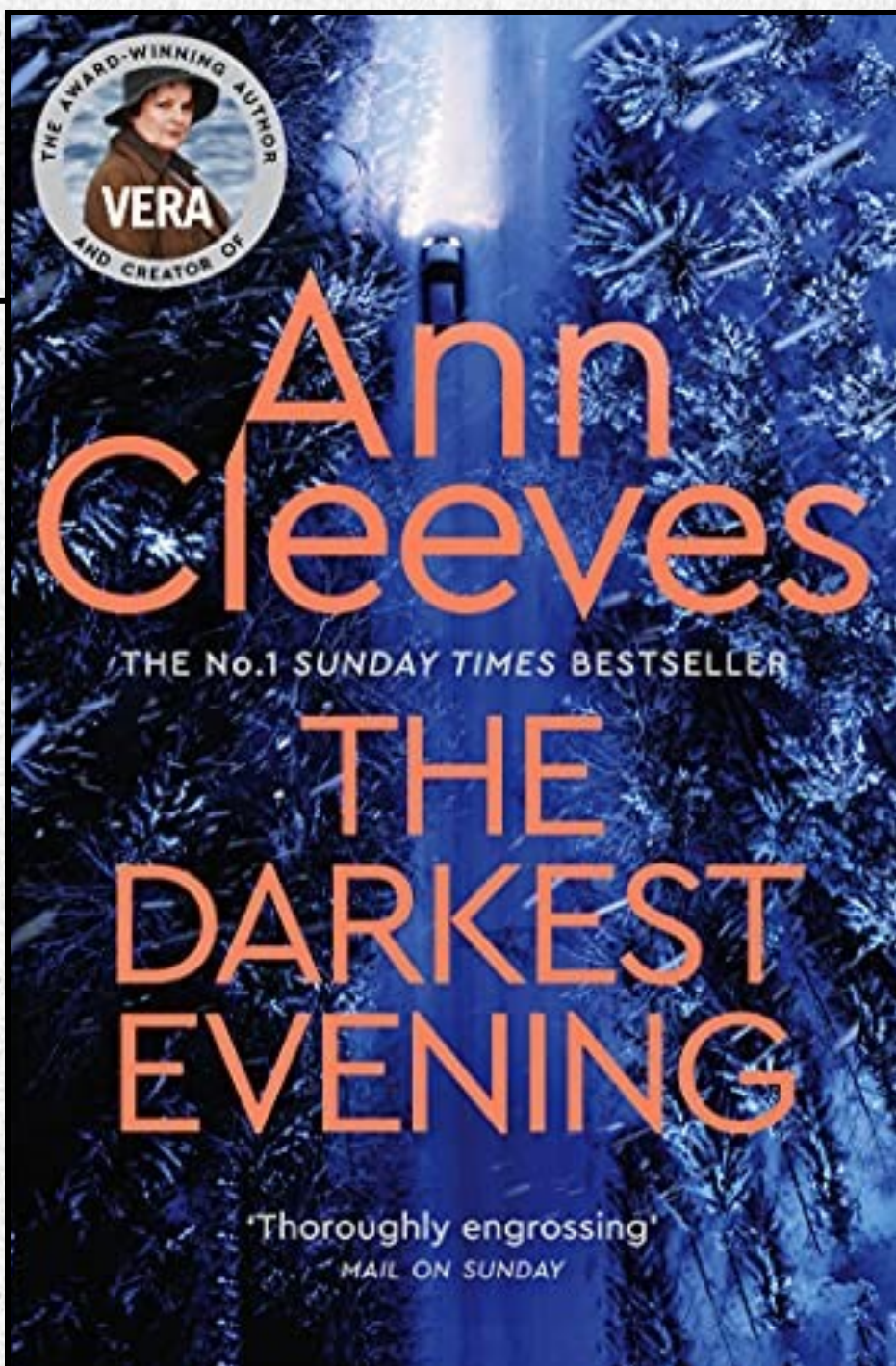
Having just read 'The Darkest Evening' by Ann Cleeves, which is one of her 'Vera' novels, it was easy to picture Vera, her actions, expressions, accents and emotions in my mind. I'm not usually a fan of watching a movie before reading a novel it is based on but in this case, I didn't actually know about the Ann Cleeves' books until I noticed how popular they were in the library.

In 'The Darkest Evening' Vera stumbles across a toddler abandoned in a car on a snowy winter Scottish night. Vera takes the child to the nearest house which belongs to relatives of hers, whom she is not close to. Whilst at the house a body is found in the snow, possibly the baby's

mother. It is up to Vera and her team to find out who murdered the young mother and why. The answer to those questions kept me guessing until almost the end.

We have a selection of Ann Cleeves' books in the library and, whilst we don't have any of the Shetland series (which is also available on DVD) in the library we can arrange to borrow copies from another library for anyone who would like to read them or watch the DVD's.

Raelene Hall
Library Officer
Meekatharra Library





CALL FOR SUBMISSIONS

The Meekatharra Dust is always looking for new submissions to be added to the community newsletter. We are chasing articles about things happening around town. If you have any articles with information about any upcoming community events then we want to hear from you!

The Shire of Meekatharra will pay \$100 for articles that are related to Meekatharra. Articles include short stories, poems, photos or similar. Get in contact to find out more about this opportunity.

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UNSEASONABLE RAIN -OR IS IT?

The unexpected but most welcome rainfall at the beginning of September put smiles on everyone's faces, whether in town or out on the stations.

There's nothing like rain to freshen everything up, including our spirits. Whether it be to fill a rainwater tank, water gardens or grow food for stock, we need that water from the clouds.

I asked a few people what their thoughts about the rainfall meant to them.

They Elton, of Kalgan Springs Station, tipped 60 mm out of their rain gauge and said he hadn't seen rain at this time of year before and hoped there would be plenty more to come.

At Pano Station Louise and Jim Ford have recorded 35 mm for this winter and this means they have nearly achieved their average yearly rainfall of 200 mm. Louise is hoping this might mean a return to winter rains not seen in the area for many years.

Cyle Hall of Neels Creek also thinks this may be a return to a winter rainfall pattern that he can recall from his childhood years when a mid-level disturbance comes in off the coast and brings rainfall to our area. Whilst Neels Creek has not long started mulling the 15 mm that

Hill didn't hold things up too much and the Hall family welcomed the rain.

Roll on to the end of September and more unseasonable rainfall in the area. Thursday 29th saw a storm building up on Meekatharra with plenty of wind and dust, which culminated in a hail storm later in the afternoon. Hailstones varied around the area and with the Lander weekend approaching there was some anxious people worrying about roads to the big event.

Kenneth Hall was travelling from Meekatharra north along Great Northern Highway late afternoon on the same Thursday afternoon and discovered he had, fortunately, missed a massive hail storm that occurred in front of him, about 80 km north of town. There was plenty evidence of the storm all around when he drove through the area.

While this rain and mild weather the countryside is certainly looking a picture.

CORPORATE TO CAMELEER

Days poured me on a bit? John said, with a grin. When asked how that first beer tasted John, with a big grin, replied, 'It was pretty damn good.'

Having traversed over 11000 kms John and his team have faced every kind of weather condition from droughts, fires, floods, snowstorms, heat and wind. Continuous moist ground can cause issues for the camel's feet as can hard roadways which is why John has no set route but prefers to trek where his camels are most comfortable.

Carrying two months of dried food supplies as well as 300 litres of water means John has not been severely impacted by Covid restrictions, other than spending two weeks in hotel quarantine in Tasmania.

'It means I can avoid towns quite often. I am probably the most self-sufficient person in Australia,' John laughs.

The trek hasn't been completely trouble-free with John having an incident in the high Country of Victoria when a wet track gave way under him and the camel, sending them sliding towards the river. Whilst in Tasmania a washed-out track required the help of the SES to assist and encourage the camel back to firm terrain. John carries a range of emergency equipment with him at all times as well as a substantial first aid kit.

This journey isn't just about John finding new adventures. John is also raising money for the charity 'Skin Check Champions' (www.skincheckchampions.com.au).

'I was lucky that I had a skin check before leaving on my trip. The doctor discovered a stage one melanoma on my back and was able to remove it. If I hadn't been doing this trip it may not have been discovered in time', John said.

John's journey with his four-legged friends is due to finish in

Is This The Perfect Day in Meeka?

Jo Callaghan

After spending the last five weeks in Meeka, I think I may have the secret to having the perfect Meeka day. So, what qualifications do I have to make such a bold statement, well to be honest, none, but I have spent a fair bit of time exploring the area, chatting to the locals and doing what I do best... being a weekend tourist.

Oh, by the way during the week I am a teacher at the local Meeka school, you may know me as Miss Jo, but on the weekend, I turn into the Sole Traveller.

The perfect day would have to start with a fresh coffee and pastry, or in my case, sweet cinnamon chai tea and a blueberry muffin, at Mama Moon's Bakery.

Energised and ready to go, head down to the Meekatharra Creek for a leisurely stroll along the Creek Trail, listening to the different birds singing, stopping to read the information panels and imagining life in the 1900s. The smell of fresh bread wafting down the street from the 'best bakery this side of Perth'. The mega, wide dusty roads filled with the sounds of horses and carts, camel trains and hardworking people going about their daily business in long, flowing dresses and top hats and suits in the hot, sweltering sun. People were tough in those days, they had to be to survive.

Take a detour on the way back, stopping at the always popular, Food Van, opposite the Police Station, to pick up a delicious picnic lunch. Why? To take to Peace Gorge, of course.

While waiting for your summertime lunch to be freshly made, duck across the road to the local Museum in the Chin Office. There you can

Examples of previous submissions

MENTAL HEALTH RESOURCES

FOR FAMILIES AND COMMUNITY



Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au eheadspace.com.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.health.wa.gov.au/our-services/ mental-health
Mental Health Emergency Response Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au
Ngala Parenting Helpline	9368 9368 Callback Service 1800 111 546 Rural	ngala.com.au

ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

Download these Apps for free in iTunes or Google Play



Smiling Mind



Mindshift



Reachout
Worry Time



What's Up?



The Check-in

5 TIPS TO BE MENTALLY HEALTHY...





**JOIN US
FOR
RHYME TIME
AT THE LIBRARY**

10 AM TO 10.30 AM

WEDNESDAYS

0-4 YEARS OLD

BRING YOUR LITTLE ONES ALONG FOR

RHYMES

STORIES

SONGS





Men's Group

Young Meeka men are invited to come to the
Youth Focus building on Main Street
every
second Monday starting at 6pm

Just bring your manners and respect

We might stay at the office or we might head out
somewhere like Peace Gorge

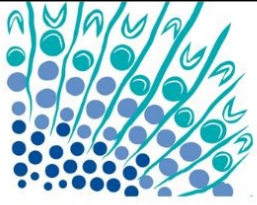
We will put on a feed

This group is for young men only

For more information please speak to
Uncle/Pop Junior
phone: 0436 336 345



In partnership with the Shire of Meekatharra and proudly supported by West Australian Primary Health Alliance (WAPHA)



WOMENS GROUP

Every Second Tuesday 6pm-8pm at
YOUTH FOCUS

A place for women to come together for yarning,
beauty, movies, on country excursions and more
Food and drinks provided

Contact Dee, Nicolah, Paulette and Holly at Youth
Focus for more info
0499 444 626





January is over already.

It was a huge honour for both Mandy and Myself to participate in the Meekatharra Community Awards Ceremony last week. It is no surprise that we have some amazing people here in Meeka. Congratulations to all the winners.

I encourage everyone to do something to make our community a better place. No matter how big or small, it all makes a difference. Everyone has something to offer.

The big news here at the CRC is that we are moving.

The CRC will be operating from the Lloyds building soon.

We have been busy getting organised and you will all see some activity soon. In line with the move we will be operating extended hours, we are in the process of ordering new stock lines.

I will be able to announce more details in the February Dust.

We are looking forward to hosting Horizon Power from 2.30pm to 3.30pm 1st of February to get our February off to a flying start.

Department of Transport Testing Day is Tuesday 21 February. Don't forget to book your test and do you Hazard Perception Test if needed.

Mandy, Tiffany and I are all working really hard to make our upcoming move a success, so if you see us in the street looking particularly tired it's because we want to do the best we can for the Meekatharra Community.



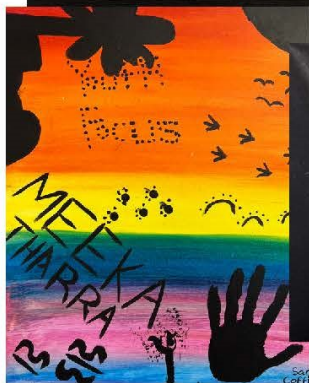
Auntie Viv's Sewing Group

Auntie Viv has held two sewing groups during the school holidays, with plans for more to come. Keep an eye out on the Meeka Youth Focus Facebook page for more sewing groups run by Auntie Viv.

Men's and Women's Group will start back up at the end of February - watch the Youth Focus Facebook page for more details



Art therapy is a great way to reduce anxiety and depression and can have a calming effect on your mood. If you're aged 12-25 and are looking for something to do, pop into the office and get to work on some art - we have canvas, paints, pencils, paper, canvas, clay, jewelry making supplies and much more.



youthfocus



Fire Season is Coming



Since summer is here, now is the time to observe the Burning Periods and make sure your property is safe from fires.

Burning Periods

Date	Permitted/Not Permitted
1 May - 30 September	No Permit Required (Restrictions Still Apply)
1 October - 14 December	Permit Required
15 December - 31 March	All Burning Prohibited
1 April - 30 April	Permit Required

You can obtain a permit by contacting the Shire Office in person, via phone 08 9980 0600 or by email ceo@meekashire.wa.gov.au – Meekatharra's Chief Bush Fire Control Officer is the Shire CEO Kelvin Matthews. You will need to provide details about your property address, your name and what and when you're planning on burning.

DFES have a handy checklist (see poster on the other page) on how to keep your property safe from fires. Simple things like cutting the grass/weeds around your property to 10cm or less, cleaning gutters, removing flammable materials from around your house and making sure fire trucks can access your property – these can all make a difference in case of a fire encroaching on your house.

Bushfires don't just happen down south – we might not have tall forests here but our climate is a lot hotter and drier. Every summer there are multiple scrub fires in and around Meeka.

Next year a notice will also go out along with the rate notices to each property owner in town, requiring the preparation of firebreaks under Section 33 of the Bush Fires Act 1954. Property owners/occupiers then have until 1 November to carry out fire prevention works in accordance with the notice.

For further handy information check out www.dfes.wa.gov.au or look up current Fire Danger ratings and bushfires on www.emergency.wa.gov.au or contact the Shire on above contact details.



PREPARING YOUR PROPERTY



FIREFIGHTERS WILL BE TOO BUSY FIGHTING FIRES ON THE FRONTLINE TO BE ABLE TO DEFEND YOUR HOME AND PROPERTY.

To reduce the spread of fire and provide some shelter, start preparing your property by completing this Property Preparation Checklist.



PROPERTY UPKEEP

Set calendar reminders to complete these preparations monthly **during fire season.**

- ☐ Cut the grass around your property to 10cm or less.
- ☐ Prune shrubs so they are not dense.
- ☐ Ensure gas cylinders are chained/secured upright.
- ☐ Check gas release valves face away from property.
- ☐ Clean gutters.

LASTING PROTECTION

Set calendar reminders to complete these preparations **annually.**

- ☐ Keep gas cylinders away from likely direction of fire (i.e. where bush is) and turn release valves outwards.
- ☐ Remove shrubs, wood, mulch or any flammable material, against or near the house.
- ☐ Block any gaps under floor, in the roof spaces, under eaves, external vents, skylights, chimneys and wall claddings.
- ☐ Install metal fly wire mesh on all windows, vents and install a protective screen on evaporative air conditioner.
- ☐ Create a mineral earth firebreak along the boundary of your property.
- ☐ Install a fire or heat radiant shield such as a solid fence.

RURAL PROTECTION

Complete these preparations **if you own a rural property.**

- ☐ Make sure fire trucks can access and turn around on your property.
- ☐ Check bridge loading and cattle grid loading for fire truck access.
- ☐ Create fire breaks along paddock boundaries.
- ☐ Store petrol and gas safely.
- ☐ Install underground water pumps that lead from dams to the house.
- ☐ If a fire threatens, move livestock to a well grazed paddock.
- ☐ Check generator and pumps are working.

For more information visit
dfes.wa.gov.au/bushfire

or contact DFES Community Preparedness:
Community.Preparedness@dfes.wa.gov.au
or 9395 9816



The information contained in this material is provided voluntarily as a public service by the Department of Fire and Emergency Services (DFES). This material has been prepared in good faith and is derived from sources believed to be reliable and accurate at the time of publication. Nevertheless, the reliability and accuracy of the information cannot be guaranteed and DFES expressly disclaims liability for any act or omission done or not done in the reliance on the information and for any consequences whether direct or indirect, arising from such act or omission. This publication is intended to be a guide only and viewers should obtain their own independent advice and make their own necessary inquiries.

November 2021/V1.0



**HOW FIREPROOF
IS YOUR PLAN?**



The Online Hub for Family and Local History in the Central Goldfields of Western Australia



Discover more about people's lives in the Central Goldfields of Western Australia or explore more about the history of places in this vast region. FREE resources and information for all family and local history researchers.



**Western
Australian
Virtual
Miners
Memorial**

An online place where the men and women of Western Australia who have lost their lives in the mining industry, can be remembered and honoured for their supreme sacrifice.

The Outback Family History website:

www.outbackfamilyhistory.com.au

Our library of information and photographs

The Outback Family History blog:

www.outbackfamilyhistoryblog.com

Stories of people and places

WA Virtual Miners Memorial website:

www.wavmm.com

A profile page for every person



[@OutbackFamilyHistory](https://www.linkedin.com/company/outbackfamilyhistory) | Email: moyasharp@westnet.com.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



NAME PAVERS

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

NAME PAVERS ARE:

- A unique and lasting record of your support;
- A creation of memories and milestones;
- A celebration of a wedding, new baby, birthday or anniversary;
- A tribute to someone special or a precious memorial to a loved one.



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





THE POOL IS OPEN!

**Meekatharra War
Memorial
Swimming Pool
Main Street**

**Monday-Friday
12pm-6pm
(Adults Only 6pm-7pm)**

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

Fees

Season Pass
Adult - \$100 | Child - \$50 | Family - \$200

Season Pass Concessional*
Adult - \$50 | Child - \$25 | Family - \$100

Monthly Pass
Adult - \$30 | Adult (Concessional) - \$25*
Child - \$15 | Family - \$60

Weekly Pass
Adult - \$10 | Adult (Concessional) - \$7*
Child - \$5 | Family - \$20

Daily Pass
Adult - \$3 | Adult (Concessional) - \$1*
Child - \$2 | Family - \$6

Child under 5 years old accompanied by an adult - No Charge
*Concessional fee is only applicable on sighting of valid Health
Care Card by Shire Staff

INTERVIEW WITH A VOLUNTEER:

KYLIE MOSES FROM THE MEEKATHARRA RACE CLUB



How long have you been volunteering for the Meekatharra Race Club?

Since 2018.

What made you start volunteering?

For the Race Club? For sentimental reasons really. My parents helped run the Race Club for a long long time when I was a kid growing up in Meeka. Then a few years ago when the races were going to be finishing up I was approached about helping out.

What do you do as part of your role?

I'm the Secretary so I'm responsible for all the admin things. For example, liaising with RWWA (Racing & Wagering Western Australia), organising sponsorship, advertising etc.

What do you like most about it?

Being able to give back to the community. It's such a long-standing event with so much history – keeping it going is important.

What's the worst aspect?

I would love more community support, to have more people on the committee. As with many volunteer or sporting groups there's often only a few people that do everything. It's the same in many towns really, not just in Meeka.

Do you have any interesting/funny/fascinating stories you can share?

Hmm not really. None that I can think of on the spot now. Just generally I do remember that as a kid the Races were always the highlight of the year.

What's something people don't know or should know about volunteering with the Race Club or volunteering in general?

Whilst it can be a thankless job at times and you sometimes scratch your head and wonder why you're doing it, in the end it is really rewarding. It's hours of work but afterwards when it's all done it feels very satisfying. It's great to be able to give back to the community.

Do you need more members or volunteers? How do people go about signing up?

We would love more volunteers. Anyone interested can contact me on 0491 972 800. Any and all help is welcome.

Thank you for all you do, Kylie!



Peter Foster MLC

Member for Mining and Pastoral Region

Supporting Regional WA



 (08) 9144 4187

 peter.foster@mp.wa.gov.au

 PeterFosterMLC



2021 MEEKA CENSUS FACTS

*Volunteers have decreased
from 81 people in 2016 to
only 67 people in 2021*

**The median age
decreased from 37 in
2016 to 32 in 2021**



A new community role for Meekatharra

Communities of Focus: Everyone coming together with a shared voice and vision

About Communities of Focus:

At Mission Australia, working with communities is central to what we do. We support people, groups and organisations to come together to identify common goals and to create solutions that positively impact their community. We enable communities to build upon their strengths, become more resilient and to develop their capacity to better overcome the issues they face. We work with communities with a vision for long-term sustainable change.

Communities of Focus is a place-based approach that:

- Aims to address complex and localised disadvantage by **tackling problems in new ways**
- Brings together people from the local community to understand the drivers of the disadvantage and build up **local leadership and decision making**
- Builds upon the skills, strengths and aspirations that exist within a community to build **cohesion, collaboration and motivation**
- Works **across funding and program boundaries** to catalyze innovation and create positive change

What attributes and skills would suit the role?

- Someone local to Meekatharra
- Someone well connected and respected by community
- Someone knowledgeable of community strengths and assets (this can be things like – community leaders and family groups, local businesses, government departments, support services, sport and recreation groups and facilities)
- A person who understands local challenges and is passionate and enthusiastic about the future for Meekatharra

What will the role be responsible for?

- Work with people from all parts of the community to ensure everyone has a voice
- Establish and support a leadership group that includes representatives from all parts of community
- Bring together community members to identify priorities and shared goals'
- Support community to identify actions that will facilitate change to achieve their goal
- Communicate progress with community and stakeholders

What types of things will this role do?

- Organise community events to inform community of progress and listen to their feedback
- Coordinate networking events to build and strengthen relationships between community members
- Listen to what the community highlights as their priorities and support them to work towards identifying and addressing their key focus area for change
- Regularly meet with stakeholders to support action of agreed tasks and goals
- Continually review feedback to determine next steps

Position conditions:

- Flexible options - full-time, part-time or job share
- This is a community engagement role based at Mission Australia Meekatharra office
- Provision of mobile phone, laptop and access to pool vehicle for work use
- Member of the Communities of Focus backbone team with support provided by Perth, national and local Meekatharra teams

What Mission Australia can help with:

- Training
 - Training in Community Development techniques
 - Training in administration procedures & using computer software programs and devices
 - Additional training and support as identified
- Flexible working conditions to support the requirements of the role
 - Flexible working hours
 - Flexibility in procedures to support appropriate ways of working

If you would like to apply for this position or would like more information, please contact:

Noleen Mongoo

Email: mongoon@missionaustralia.com.au

Address: 69 Main Street/P O Box 59, Meekatharra WA 6642

Mobile: 0490 271 022

Gilliann Frew

Email: cofmeekatharra@missionaustralia.com.au

Address: 275 Abernethy Road, Cloverdale, Perth WA

Mobile: 0476 664 783

- Position Closing Date: Monday 13 February 5pm
- Please submit applications to:
<https://careers.missionaustralia.com.au/caw/en/job/991528/community-engagement-facilitator-meekatharra>
- If you would like support to prepare your application, please contact Noleen Mongoo on above contact details to arrange assistance



Community Development Officer
Cash to \$74,837
Package to \$103,964

Maternity Leave Cover for 12 months with potential extension

Level 8 under the Local Government Industry Award (WA) 2020
Full Time Position

Applications close: 6 February 2023

Fancy a rewarding new job and lifestyle? We're looking for an enthusiastic and self-motivated person to join our friendly team.

Live in a historic town with excellent facilities and the genuine Outback at your doorstep - Mt Augustus 354km, Karijini 624km, Geraldton 535km, Perth 757km. Regular commercial flights operate to/from Perth.

Enjoy quality sporting facilities, swimming pool, gymnasium, squash court, hospital, doctor, District High School, 3 hotels, bakery supermarket and shops.

Generous benefits include free housing and all utilities, vehicle with limited private use, 5 weeks annual leave, Rostered Days Off, up to 15.5% superannuation and a relocation allowance. Free use of the Gym, Squash Court and Swimming Pool.

Reporting to the Community Development & Services Manager, this position with the Shire of Meekatharra has responsibilities for community development, events coordination, leisure and recreation services. If you have knowledge and skills in community development, sports or events management services you are encouraged to apply.

Interested? You can download the information package on the Shire's website or you can contact Executive Assistant Felicity Anderson on 9980 0600 or admin@meekashire.wa.gov.au



*Scan me for the
Information Package*

★ FIGHT *the* BITE ★



COMMON SYMPTOMS OF ROSS RIVER VIRUS:

- ★ PAINFUL, SWOLLEN JOINTS ★
- ★ PAINFUL, ACHING MUSCLES ★
- ★ SKIN RASH ★ FEVER ★



www.healthywa.wa.gov.au / **FIGHTTHEBITE**



Government of Western Australia
Department of Health

"OFF THE BEATEN TRACK" WITH MATTY



98.3 MEEKA FM

Meekatharra, WA

A FAVOURITE TRAVELLING SONG? REQUEST IT FOR THE SHOW.



MONDAYS LUNCH





You've already got what it takes.

We don't just need ambulance volunteers to respond to emergencies, we need all kinds of volunteers.

There are a lot of roles that keep St John going, and a few of them are probably things you're already good at. We require more volunteers to fill a wide range of roles in Meekatharra. To help us with everything from babysitting, gardening, vehicle maintenance, event organising, clerical duties, driving patients and, of course, first aid response.

We always need help, so to see how people exactly like you can contribute head to stjohnchangelives.com.au or give our Community Paramedic a call on 0437 681 562, or email cp.midwesteast@stjohnwa.com.au

Help keep your ambulance service strong in Meekatharra.

Life goes on.
Volunteer with St John.





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****





Request for Tender (RFT)

RFT 2022/23-3

Swimming Pool Repairs and Upgrades

The Shire of Meekatharra invites tenders for Swimming Pool Repairs and Upgrades in Meekatharra. Intending applicants are encouraged to contact Svenja Clare, Community Development & Services Manager, on cdsm@meekashire.wa.gov.au for further information.

Tender documentation is available by contacting Felicity Anderson, Executive Assistant on admin@meekashire.wa.gov.au.

Tenders must be submitted by electronic means only, clearly marked with the Subject Line **CONFIDENTIAL: TENDER 2022/23-3 Swimming Pool Repairs and Upgrades** and addressed to the Chief Executive Officer by email to ceo@meekashire.wa.gov.au.

The closing date for receipt of Tenders is **10.00am Monday 13th February 2023**.

The Shire is not obliged to accept the lowest or any tender and any canvassing of elected members or staff will disqualify any such tender submitted.

Kelvin Matthews
Chief Executive Officer



REGIONAL COLUMN

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530

Tel: (08) 9920 9800

Email: cheryle.dennis@dmirs.wa.gov.au

12 January 2023

With A/Senior Regional Officer for the Midwest, Cheryle Dennis

Dramatic increase in used motor vehicles complaints in WA

Consumer complaints for defective used motor vehicles in Western Australia (WA) skyrocketed over the last five years, increasing 730% and peaking in 2022.

With 777 complaints lodged to Consumer Protection in 2021 and 2022 compared to a total of 287 complaints in 2018 to 2020, the surge in demand for used vehicles was primarily due to long delivery delays on new vehicles during the COVID-19 pandemic.

Other contributing factors to the rise in complaints is believed to be flood-affected written-off vehicles from the eastern states being sold in WA, as well as a strong demand for used four wheel drive vehicles due to travel restrictions keeping families grounded in WA.

Many of the complaints over the last five years were for used vehicles that broke down within days of being purchased, some shortly after being driven out of the car yard.

This rise in demand for used vehicles in WA means some sellers may be enticed to off-load vehicles that may be defective.

Consumers should be vigilant when shopping around in this over-heated used vehicle market and make sure to get the vehicle inspected to check it is mechanically sound.

It is also recommended before purchasing, to check the used vehicle's history on the Personal Property Securities Register (PPSR) website to see if it has been written-off or has money still owing on it.

Specific warranties may not apply or may have expired on some used vehicles, however consumer guarantees under the Australian Consumer Law (ACL) may still apply.

Consumers should not take no for an answer when asking a seller for a refund, repair or replacement if defects are discovered.

Unfortunately private sales are not covered under the ACL, so buyers should be extra vigilant and do the same checks before making a purchase, as you could be out of pocket if something goes wrong.

The dramatic increase in complaints over the last two years in particular, has seen a total of \$6.1 million being successfully returned to consumers who lodged complaints with Consumer Protection.

Complaints relating to vehicle sales can be lodged via the [Consumer Protection website](https://www.consumerprotection.wa.gov.au) or enquiries can be made by email consumer@dmirs.wa.gov.au or by calling 1300 30 40 54.

<ENDS>



Media Statement

North Metropolitan Health Service, Nedlands, WA 6009

Telephone (08) 6457 7300

nmhs.corporatecommunications@health.wa.gov.au

25 January 2023

Free mammograms for women in Meekatharra

BreastScreen WA's **FREE** screening mammogram service is coming to Meekatharra

from **03/03/2023 - 08/03/2023** and the mobile clinic will be located at:

Meekatharra District Hospital, Savage Street

Women 40 years and over with no symptoms are eligible for a FREE screening mammogram.

Breast cancer is the most common life threatening cancer for women and 1 in 7 women in Australia will develop breast cancer in their lifetime.

Having a screening mammogram (breast x-ray) every two years significantly increases the chance of a woman surviving breast cancer and reduces the amount of treatment required. More than 75% of breast cancers occur in women over the age of 50. Research shows that screening is most effective for this age group.

BreastScreen WA's Medical Director Dr Elizabeth Wylie, said screening mammography was the most effective method for early detection of breast cancer.

"Screening every two years is vitally important to increase the chance of a breast cancer being detected when it is too small to feel or be noticed. Finding a cancer at this early stage often means that the breast cancer is small and more treatable".

"A free screening mammogram is one of the best things that women can do to look after their health. Breast screening saves lives and only takes 20 minutes," said Dr Wylie.

Screening mammograms may detect 70-90% of breast cancers.

Any woman with a persistent change in a breast should contact her doctor immediately.

Dates may be subject to change. If visit dates are not suitable participants are welcome to book at the clinic in a different town or at any of our [permanent clinics](#). For more information please visit BreastScreen WA's website www.breastscreen.health.wa.gov.au.

To make your free screening mammogram appointment – book online www.breastscreen.health.wa.gov.au or call 13 20 50.

Early detection is your best protection.

ENDS

Media contact: Media Coordinator **North Metropolitan Health Service** T: (08) 6457 7300 | E: nmhs.corporatecommunications@health.wa.gov.au .

www.breastscreen.health.wa.gov.au
Dr Wylie is available for interview.

RI/1



Government of Western Australia
North Metropolitan Health Service



Women 40 years or over,
have a **FREE** breast screening
mammogram every two years.
Once is not enough.



BreastScreen WA's mobile service will be at:

Meekatharra

Meekatharra District Hospital, Savage Street

03/03/2023 - 08/03/2023

Dates may be subject to change

For an appointment
book **online** or phone **13 20 50**



www.breastscreen.health.wa.gov.au

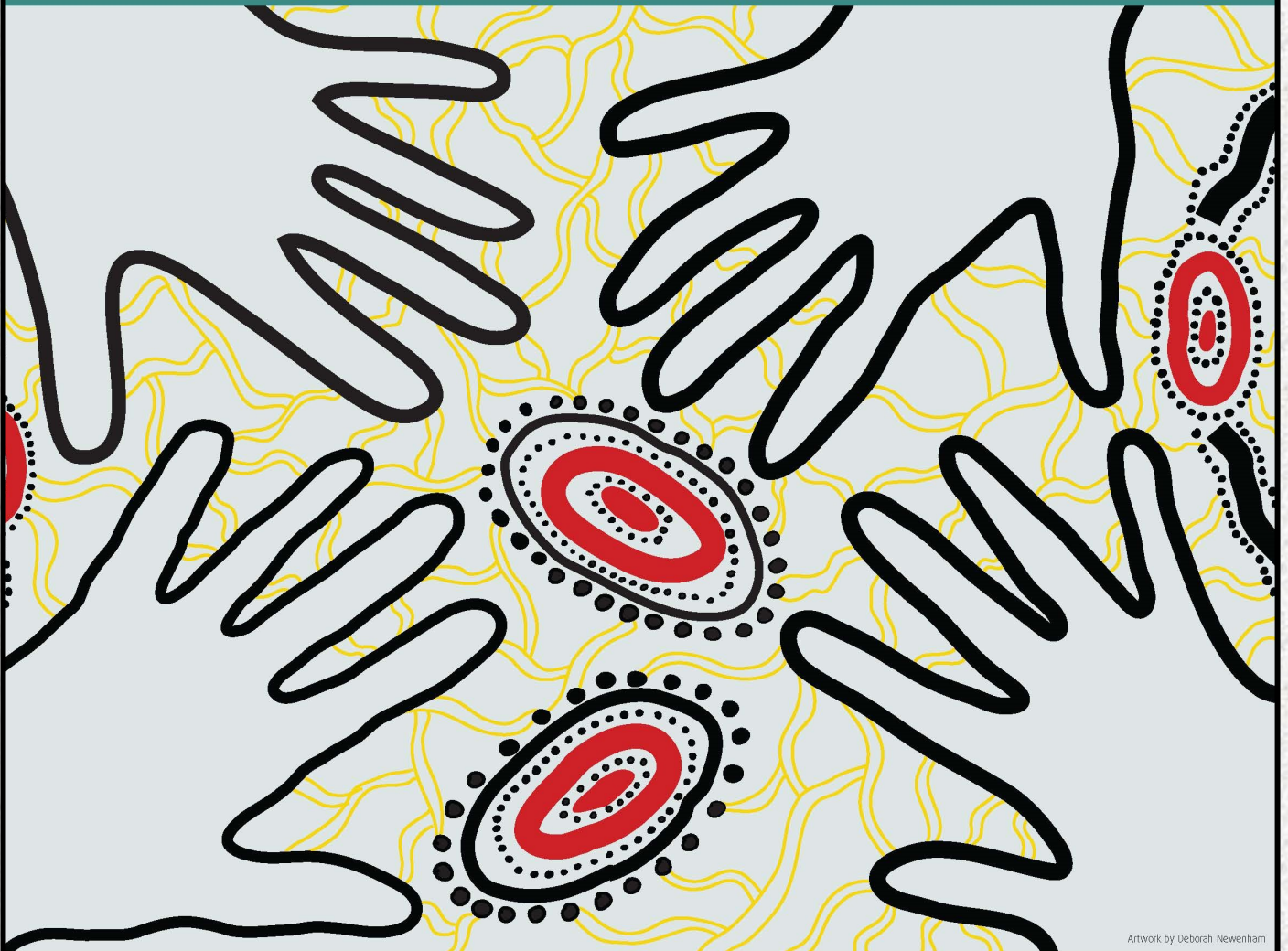
AUG 2022



Government of **Western Australia**
Department of **Justice**

Aboriginal Mediation Service

Assisting Aboriginal people to resolve conflict before it escalates to violence or results in court action



Artwork by Deborah Newenham

If you would like more information about the Aboriginal Mediation Service, contact:

Freecall: 1800 045 577 | **Phone:** 9264 6176

Email: aboriginalmediationservice@justice.wa.gov.au

Office hours: 9am - 4:30pm, Monday - Friday (closed public holidays)

www.13yarn.org.au

Available 24/7

Confidential & anonymous

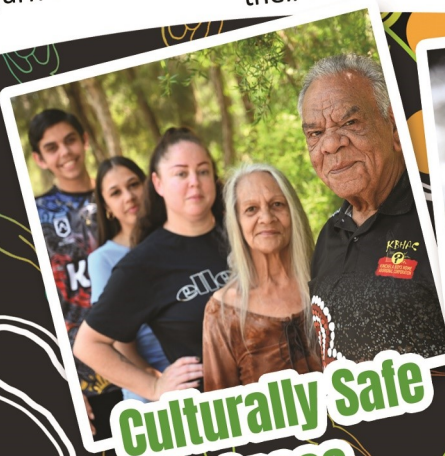
Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.

"We're here to help, call us for a yarn"

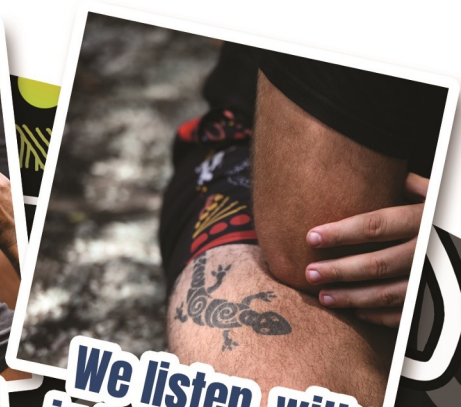
13 92 76



Culturally Safe Space



Available 24/7 across Australia from any phone



We listen, without judgement or shame

Lifeline

This initiative is funded by the Australian Government, Department of Health



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

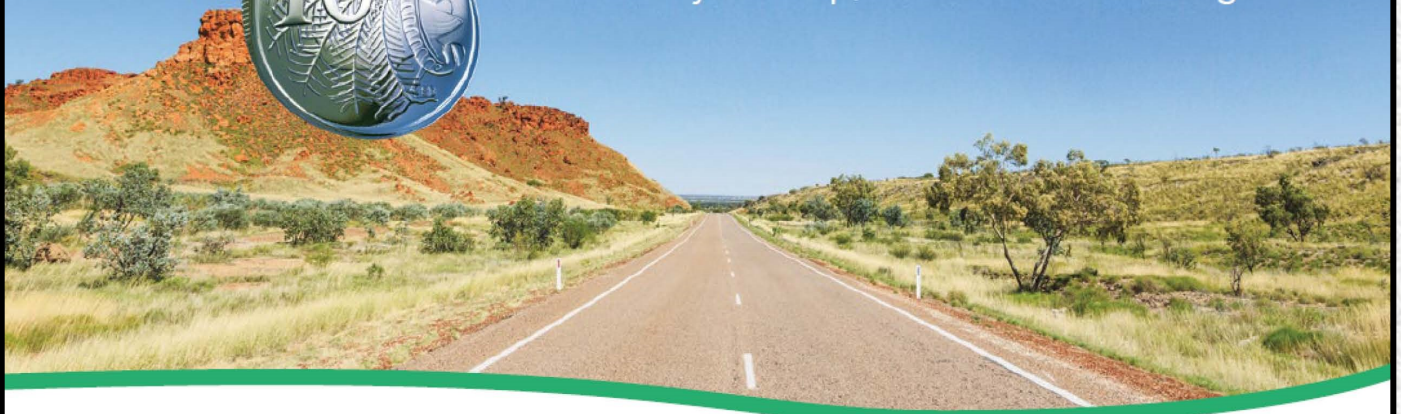
This service has been developed in collaboration with Gaaya Dhuwi



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

We'll get 10 cents for each one.

With your help, we can make a change.



Bring your eligible containers to:

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

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

✓ **ELIGIBLE CONTAINERS**



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



Visit containersforchange.com.au to find out more

Commercial Hotel Meekatharra

Opened daily from noon til late

Excellent counter meals daily:

Lunch: 12 noon – 1:30pm
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 the rear of Hotel with enclosed parking.

and

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



Telephone: 99811020

Fax: 99811021

Emails: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

KIDS CORNER

Let us Spell!

Circle the word that is spelled correctly for each picture.

	grass grasse gross
	wink winge wing
	scisors scissors scissore
	earth aerth werth
	remute remote rimote
	shoes shoese shoas
	pilow pellow pillow



Ingredients

- ▲ 2 cloves garlic, crushed
- ▲ 1 teaspoon grated ginger
- ▲ 3 teaspoons salt-reduced soy sauce
- ▲ Ground black pepper
- ▲ 400g chicken breast, trimmed of fat, sliced thinly
- ▲ 1 cup rice
- ▲ 2 tablespoons crunchy peanut butter (no-added-salt or sugar)
- ▲ 400g can reduced-fat coconut milk
- ▲ Olive or canola oil spray
- ▲ 2 onions, diced
- ▲ 2 sticks celery, trimmed, sliced diagonally
- ▲ ½ cauliflower, cut into florets
- ▲ 2 teaspoons curry powder
- ▲ Lebanese cucumber, sliced diagonally, to serve

Method

1. Combine garlic, ginger, soy sauce, pepper and chicken in a small bowl and set aside to marinate.
2. Prepare rice according to packet instructions.
3. Spoon peanut butter into a cup with a splash of the coconut milk, stir well to combine then add the rest of the coconut milk and set aside.

4. Spray a non-stick wok or large frying pan with oil and heat to high. Add half the chicken and stir-fry for 2 minutes until browned but not cooked through. Remove chicken and set aside and repeat with remaining chicken.
5. Respray pan, add onion and stir-fry for 5 minutes over medium-high heat, stirring often until softened.
6. Add celery and cauliflower, stir-fry a further 5 minutes.
7. Sprinkle in curry powder and cook for 1 minute until fragrant.
8. Add coconut/peanut mix and chicken (including any juices and the leftover marinade) to the pan. Add a splash of water now if you like more sauce. Bring up to a simmer and cook for 2 minutes until heated through.
9. Divide rice and chicken satay between plates; serve garnished with cucumber slices.

Hint

Cover dish, refrigerate and marinate chicken for as long as time permits, from 5 minutes to overnight.

Variations

Substitute chicken for lean pork, beef or tofu. Serve with cauliflower 'rice'.

Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4

LIVELIGHTER
▲

**Accommodation Need for
Variety Bash**

Variety Bash are coming through town on
August 14th, 2023.

Three men are looking for
accommodation for the evening.

Please contact Peter Cahill on
0418 680 360 or
pacahill@gadprojects.com.au if you are
able to supply accommodation for the
night.

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

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**

Camping or caravanning with your dog in northern WA? Protect them against the serious dog disease ehrlichiosis

As the holiday season approaches, it is easy to get caught up in the excitement of organising a well-deserved break with the kids and furry friends. Before packing up the camping gear and loading up the caravan, it is important to remember our canine companions need our help to ensure they are protected while they wander out yonder with us.

If you are planning on travelling to northern WA with your dog, remember to protect them against the brown dog tick and reduce the risk of them getting sick from ehrlichiosis (*E. canis*).





The best ways to protect your dog include:

- ✓ Treating them with an effective brown dog tick prevention product such as a tick repellent collar or spot on treatment to prevent the tick biting them.
- ✓ Also use a brown dog tick control product such as tablet or chew so that it kills any ticks that do attach to your dog. Speak to your vet about the most suitable product/s.
- ✓ If you cannot avoid tick-infested areas, be aware of ehrlichiosis signs: high temperature, tiredness, reduced appetite, weight loss, runny nose or eyes, & unusual bleeding or bruising.
- ✓ If your dog begins to show signs of ehrlichiosis while you are travelling or on your return, contact your vet immediately.

For more information, visit <https://www.agric.wa.gov.au/ehrlichiosis>. To report signs of ehrlichiosis, call 1800 675 888.

IMPORTANT DATES

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 January Yoga 5pm	31 January	1 School starts! Rhyme Time 10am-10:30am Containers for Change 12:30pm-4:30pm Adults Sports 6pm Horizon Power @ CRC 2:30-3:30pm	2	3	4 Containers for Change 8am-12pm Meeka Goes Green 9am-11am 	5
6 Yoga 5pm Diabetic Educator @ Clinic	7 Midwife @ Clinic	8 Rhyme Time 10am-10:30am Containers for Change 12:30pm-4:30pm Adults Sports 6pm	9	10	11 Containers for Change 8am-12pm Meeka Goes Green 9am-11am	12
13 Yoga 5pm	14 Valentine's Day 	15 Rhyme Time 10am-10:30am Containers for Change 12:30pm-4:30pm Adults Sports 6pm	16	17	18 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am Ordinary Council Meeting 9:30am	19
20 Yoga 5pm Australian Hearing	21 ICDC Team @ Clinic & Hospital Respiratory Educator & 360 Health @ Clinic	22 Rhyme Time 10am-10:30am Containers for Change 12:30pm-4:30pm Adults Sports 6pm 360 Health @ Clinic Optometrist	23 360 Health @ Clinic	24 Australian Hearing	25 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	26
27 Yoga 5pm Physiotherapy @ Hospital	28 Physiotherapy @ Hospital	1 March Rhyme Time 10am-10:30am Containers for Change 12:30pm-4:30pm Adults Sports 6pm	2 March	3 March	4 March Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	5 March