

The Fence Post

Volume 23 Edition 60 09/09/2020 \$1.50

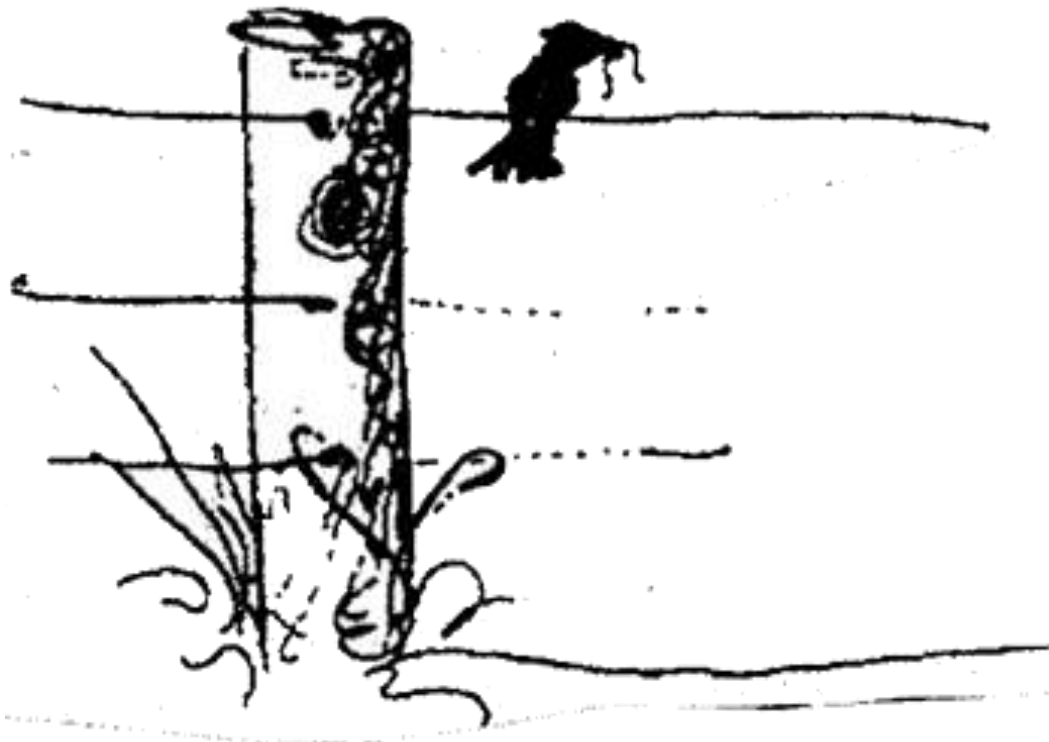
Voluntarily published in Narembeen

Registered by Australia Post Publication No PP 639568/00001

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Email: fencepost@westnet.com.au



The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembeen, WA. 6369

9064 7055

fencepost@westnet.com.au



*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

News items or payments may be left at the front desk of the CRC
when the Fence Post office is closed.

Advertising Rates 2020

| | B&W | Colour | | B&W | Colour |
|-------------------------------|----------------|----------------|------------------------|----------------|----------------|
| Small ads up to ¼ Page | \$7.50 | \$12.50 | One Third Page | \$10 | \$17 |
| One half Page | \$15 | \$25 | Two Thirds Page | \$20 | \$33.50 |
| Full Page | \$30 | \$50 | | | |

PREFERRED FORMAT-WORD, PUBLISHER OR PDF

ANNUAL SUBSCRIPTION RATES 2020

DUE 1st March

Local and Online \$66

Mailing \$110

Online payments 306-026 - 543 1678



EDITORS

Gina DeLuis, Sherrie Heather, Lorraine Lethlean,
Maxine Miolini (Editor-in-Chief), Kellie Mortimore

ROSTER

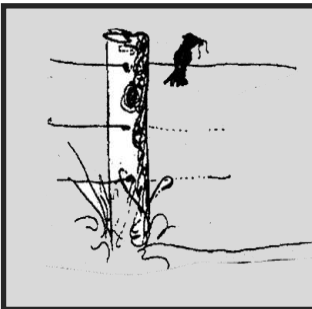
| | | | |
|----------------|----------|--------|--------|
| 15th September | Lorraine | Sam | Sam |
| 22nd September | Kellie | Kellie | Kellie |

The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

Disclaimer

The views expressed in articles in this newspaper are not necessarily the views of the Editor or other volunteers who produce this newspaper.

The Editor has the right to withhold, edit or abbreviate any items.



Over the Fence....

LOCAL PHOTOGRAPHS

The FencePost is looking to publish photos depicting life here in Narembeen . Please email your photos to us ,with details of when and where and the photographers name.

SHOE BOXES

Anyone who would like to donate items please leave at Dorcas or give to myself by 18th September.

Thank you. Betty Ogilvie

CAN YOU HELP?

The Shire are looking for internal and external photos of the Narembeen Public Hall prior to 1980.

Any help would be appreciated. Please contact Sheree 0427 610 193.

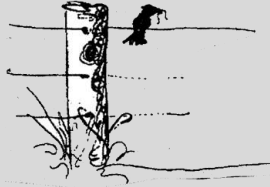
Thank You .

It was not only Father’s Day last Sunday for Melvin Bristow but also a 73rd Wedding Anniversary for Iris and him. The 95 year olds enjoyed having daughters Janene and Coralie and Coralie’s husband Bryan to help them celebrate.



Di Miolini celebrating her 80th with Autumn Club Members





Over the Fence....

Sympathy to Geoff (Silver) and Susan Wilkins (Lethlean) and their family on the sudden death of Bob Wilkins (Silvers father) in Mandurah last week.

Congratulations to Garrick Yandle and his partner Tienielle on the birth of their daughter Charlie Frances born on 4th September . A sister for Maverick and the first grand daughter for Sylvia and Alan Yandle.

Bishop Kate Wilmot we be visiting the Anglican Church again for a service at 11.30am on Sunday 20th September. All are invited to attend the service and the lunch afterwards.



'GARDEN MULCH'
- SMALL BALES CLEAN PEA HAY -
FOR SALE

AVAILABLE AT -NUTRIEN/LANDMARK-
NAREMBEEN PH 90647201

OR CONTACT
SUE BUTLER: 0427 647335 – bunksue@westnet.com.au



Narembeen Golf

Well she did it again!

Congratulations to Julie Hayter who won the Ladies A Grade Championship over her sister Maxine Miolini. It was a good game and

condolences to Maxine who was a very worthy opponent but I think we are really all going to have to up the ante to give Julie a challenge next year. Whilst they battled it out over 36 holes the rest of us played a stableford for the Rhonda Cole trophy. Many thanks Rhonda and she doesn't even play. Sherrie Heather won with 34 from R/p Julie Miller 30. Sherrie also won NP#12 and Miranda Noack LP.

It was Father's Day so they turned up to play –golf as well. The men played the Championship Foursomes on Sunday with a great field. Paul Wanless and Adam Miolini won the gross with 79 from Mike Currie and Mic Toovey 80. Adam and Paul obviously played well as they also took out the nett with 71 from Danny Gray and John Currie on 72. Paul and Adam won #7 Best 2nd, Jake Cole and Ben Hunter the #12 Best 2nd, Mike Currie and Mic Toovey the Long Dong#1 and NP#15. Having celebrated with their family in the morning and obviously thirsty and hungry they had a great night. The season is nearly over and a really successful one at that. Lots of young guns hammering their handicaps and generally having a good time with the oldies keeping them honest!

Wed 16th is Ladies Closing Day with the club Closing Day Sunday 20th. The men will be morose and their wives rejoicing!

Many thanks to our great sponsors Brownley Plumbing, NB Engineering, Sonic Boomsprays, NB Medical, Motive Travel, Varley Transport, Bernie Vallance, S&C Padfield, The Cusack Family, IGA Narembeen, Elders Narembeen, Total Ag Narembeen, Liberty Fuels and Narembeen Roadhouse.



CHEETARA

Suffolk, White Suffolk
& Poll Dorset stud

Brucellosis Accreditation #618



5662245

RAM SALE

Thursday, September 10, 2020

100 White Suffolk rams • 25 Suffolk rams
25 Poll Dorset rams

Inspection from 11am • Sale from 1pm
622 Erdman Road, Naremben

Nick & Gina Cheetham

0428 618 032

nickcheetham@bigpond.com



CheetaraStud

NAREMBEEN WEATHER

| Day | Date | Max (°C) | Min (°C) | Rainfall (mm) |
|-----------|----------|----------|----------|---------------|
| Tuesday | 1st Sept | 16.2 | | |
| Wednesday | 2nd Sept | 19 | 7.8 | |
| Thursday | 3rd Sept | 20.2 | 3.1 | 0.2mm |
| Friday | 4th Sept | 21.1 | 6.5 | |
| Saturday | 5th Sept | 26.1 | 6.0 | |
| Sunday | 6th Sept | 23.1 | 5.6 | 8mm |
| Monday | 7th Sept | 18.7 | 11.3 | |
| Tuesday | 8th Sept | | 4.7 | |



COLESTAN ELECTRICS EC 13630

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INSTALLATIONS, MAINTENANCE & REPAIRS**

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TV & AIR-CONDITIONER INSTALLATIONS

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 colestanelectrics@gmail.com

WANJALONAR

Merino & Poll Merino Stud

• Founded 2000 • Flock No. 4945 & 1481 • Narembeen

Annual On-Property Ram Sale

622 Erdman Rd, Narembeen

Thursday, September 10, 2020

Commencing at 1pm



**80 Merino and
Poll Merino
rams on offer**

TA566830

Derek & Wendy Hooper
Ph/Fax: 9065 3053 Mobile: 0429 906 180
Email: derekhooper@outlook.com

Stud Classifier:
Kevin Broad 0408 683 671
Private selections available on-property





From the Managers Desk

How is it nearly Mid September already? Does this mean it's only about three months until Christmas? Time is certainly flying!!!

October is always a busy time of the year for us with lots of exciting community events coming up. So - get ready and excited for the

- Free Family Bike Day
- Children's Week Event
- Community Market Day

all happening in October...

Last week De Strange from Strange Images facilitated a Photography Workshop with nine participants. This week another Photography workshop as well as Watercolour painting workshop will be held as part of the 'Colours of Life' by Drug Aware project, which was funded by Regional Arts WA. The kids looked like they were well and truly enjoying themselves and took some incredible photos. We really have some wonderful photographers in town! The photos and other art work will be displayed at the art expo here at the CRC, next Wednesday 16th September. Please come along and support

our young artists by admiring their art.



Lucy Currie and Sari Cusack, the youth coordinators who have been helping me bring this project to life, they have done an amazing job helping me coordinate this project so far and I am looking forward to see if we can make this art expo an annual event.

Vanessa Wittstock
CRC Coordinator

T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au



Narembeen Community Resource Centre



Narembeen CRC



COLOURS OF LIFE

BY DRUG AWARE

A SERIES OF ART WORKSHOPS

YOUTH ART GALLERY IN
NAREMBEEN

ART EXHIBITION

5.30pm WEDNESDAY, 16 SEPTEMBER 2020

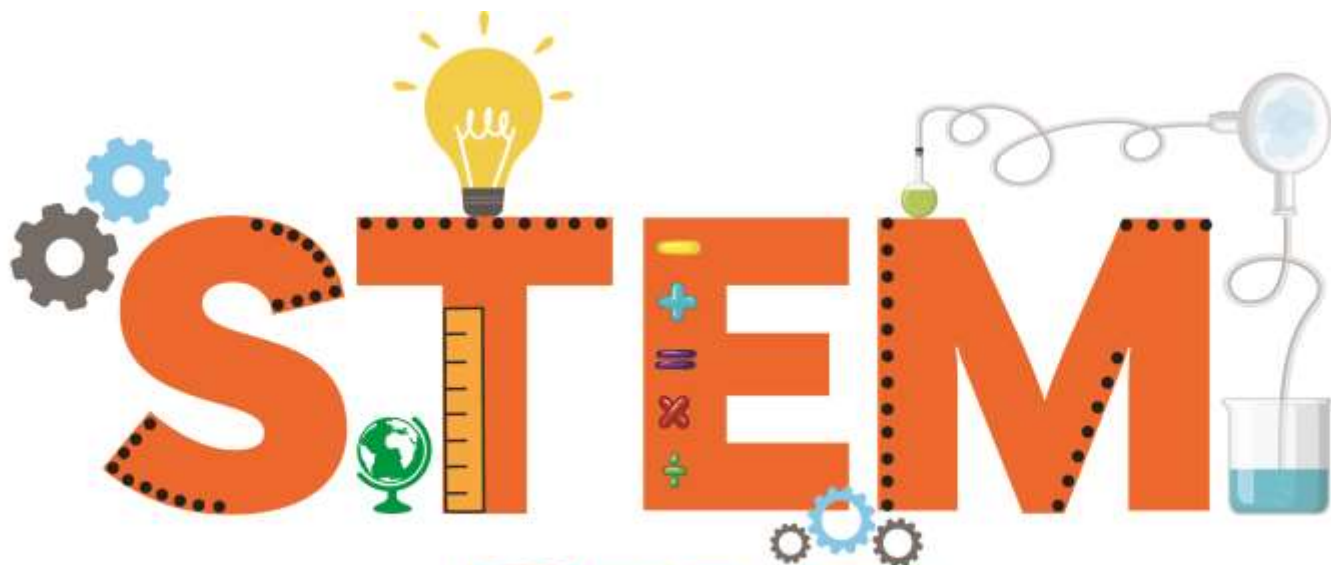
Narembeen Community Resource Centre

Light supper provided



REGIONAL
ARTS WA





The word "STEM" is written in large, orange, dotted letters. Each letter is decorated with various science-related icons: a lightbulb on top of the 'S', a gear on the left of the 'S', a globe and a ruler on the 'T', a plus sign, equals sign, multiplication sign, and division sign on the 'E', a gear on the left of the 'M', and a beaker with blue liquid on the right of the 'M'. A test tube with blue liquid is also on the right side.

STORY TIME



**JOIN US IN THE
LIBRARY AT 10:30 am**

Monday, 21 September 2020



A colorful poster for Narembeen Market Day 2020. The background is light blue. At the top left is a white cloud. In the center, the text 'NAREMBEEN MARKET DAY' is written in large, bold, black letters. To the right of this text are two lollipops on sticks, one multi-colored and one pink with a spiral pattern. Below the main text, the year '2020' is written in black on a white cloud. A red ribbon banner across the middle contains the text 'Saturday, 31 October' in white. Below the banner, the time '9:00am-12:00pm' and location 'Narembeen Town Hall' are written in black. At the bottom of the poster, the text 'Stall Holder Expression of interest' is written in black, followed by a dotted red line. Below the line, the text 'For more information on how to be a stall holder contact the Narembeen CRC' is written in black, and 'Phone: 9064 7055 or Email: crcreception@narembeen.wa.gov.au' is written in black at the very bottom. There is also a small illustration of a red market cart with a striped awning on the left side.

**NAREMBEEN
MARKET
DAY** 2020

Saturday, 31 October

9:00am-12:00pm
Narembeen Town Hall

Stall Holder Expression of interest

.....

For more information on how to be a stall holder
contact the Narembeen CRC
Phone: 9064 7055 or Email: crcreception@narembeen.wa.gov.au

Upcoming Events

- Morning Coffee Club: Wednesday, 16 September 10.30am
- Youth Art Gallery: Wednesday, 16 September 5.30pm
- STEM Story Time: Monday, 21 September 10.30am
- John Curtin Weekend (JCW): Friday/Saturday, 2 + 3 October
- Rhyme Time: Tuesday, 13 October 10.30am
- Narembeen Riding Together - Free Family Bike Day: Saturday, 17 October 9:00am



from the CHIEF



1 LONGHURST STREET, NAREMBEEN WA 6369 T: (08) 9064 7308 F: (08) 9064 7037

W: www.narembeen.wa.gov.au E: admin@narembeen.wa.gov.au

EMU HILL PUBLIC CEMETERY

The Cemetery is looking fantastic! Stage 3 is nearing completion and works have included additional landscaping and paving as well as installation of new signage. Thanks to Shire staff and contractors who have assisted with this project.



from the CHIEF

STUDENTS AND THE WIDER COMMUNITY BENEFIT THROUGH THE SHIRE OF NAREMBEEN COMMUNITY GRANTS PROGRAMME

The Narembeen P&C were the successful recipients of a 2020/21 Shire of Narembeen Community Grant. Community & Economic Development Officer at the Shire, Sheree Thomas visited the Year 3/4 class recently to see the VR (Virtual Reality) Headsets in action.

Sheree Thomas said “with the current restrictions on travel around the world, this technology is bringing the world and all that can be experienced to the students in their classrooms in Narembeen. The students were having a great time exploring different markets around the world—what a different and great way to learn about other countries and experiences.”

Lynda Cornish, teacher at Narembeen District High School said “Virtual Reality (VR) has been available for several years, but only recently has it been specifically developed and adapted for education. The Class VR system enhances and extends the learning experience, delivering interactions for students that are not practical and not possible in the ‘real world’. It is possibly one of the most powerful of all technologies that could help change how we learn forever. Using the VR headsets is a tool to deepen student understanding of difficult concepts. For example, exploring the inside of a blood vessel, the surface of the moon, comparing various man-made and natural landscapes.”

This equipment will not only benefit the students and staff at the school, but also members of the wider community. The 3-D environments provide students and citizens with the chance to experience impossible excursions or scenes from all over the world. Students will be able to introduce this technology to community members and immerse them in places and activities of particular interest, such as international art gallery visits, orchestral and music performances. It will provide both parties with a chance to interact and deepen their understandings of each other, as well as develop empathy and a widening of knowledge. In the current COVID environment this resource enables virtual visits to places all over the world that are currently physically inaccessible.

Finding educational engagement with technology in the classroom can be a challenge, especially if the technology at school is less engaging than that at home. It is evident that finding new ways to engage students in today’s digital world is difficult, especially when home technologies such as mobile phones, tablets and game consoles are highly advanced and popular with children. The use of positive experiences through Virtual Reality will contribute to a worthwhile healthy community, that is up with current digital trends.

The students at Narembeen DHS are very grateful for the opportunity to purchase a set of Virtual Reality Headsets through the Shire’s Community Grants Programme.



Students from Narembeen DHS learning through Virtual Reality Experiences

from the CHIEF

SENIOR CITIZEN SIGNING OF A COMMUNITY LEASE

The Shire has formalised its long-standing relationship with the Senior Citizens Social Centre through the signing of a community lease which outlines how the Shire and Senior Citizens Social Centre's relationship will be maintained long into the future.

The Shire of Narembeen would like to acknowledge the opportunities that the Senior Citizens Social Centre provides in developing and maintaining a social network for Seniors in Narembeen. The wonderful work that these ladies do ensures that Seniors remain socially active in our community.

Well done to all involved!

Chris Jackson

Chief Executive Officer



from the CHIEF



ACTIVE KIDS GRANT

The Active Kids Grants have been established with the aim of providing every child with the active childhood they deserve, but supplying them with the equipment they need to participate in sporting activities.

Applications will be accepted from 1 September to 30 September with grant values of up to \$10,000 to fund projects that will acquire sporting equipment, kit and uniforms.

To apply go to:-

https://grants.sportsfoundation.org.au/prog/active_kids_grant/



2020/21 SUMMER HEALTHY SPORTING CLUB PROGRAM—FUNDING OPEN!

Last year, the Narembeen Tennis Club obtained funding through the Summer Healthy Sporting Club Program and received an urn, smoothie maker and water fountain for Tennis Club members to use and enjoy. The application process is simple and local Clubs who run a canteen/kiosk or food service are encouraged to apply.

Healthway are offering up to \$4,000 in funding for summer sporting clubs competing in a recognised summer 2020 sporting competition.

Applications can be lodged through the Healthway Grant Portal:-

<https://www.healthway.wa.gov.au/our-funding/apply-for-a-healthy-club-grant/>

For assistance with grants please contact healthway@healthway.wa.gov.au or 133 777.

from the CHIEF

KNOW SOMEONE GREAT?

Nominate an individual or a group for a 2021 Australia Day Award.
 citizenshipawards.com.au | Closing Date: 31 October 2020

Local Government Recognising Community Champions.

Australia Day
 Community Citizen of the year Awards

Presented by
 Inspire
 Australia Day Council of Western Australia
 We're all part of the story

Media Partners:
 9NEWS
 WAtoday
 INDEPENDENT. ALWAYS.
 GPR1882
 NEWS TALK



PLAY IT FOOD SAFE CAMPAIGN

Most people think they handle and prepare food safely, yet statistics show the majority of food poisoning occurs in the home.

Food poisoning can be very serious, particularly for vulnerable sections of the community such as the elderly and children. However, preventing food poisoning is simple if foods are handled and stored correctly.

In recent years, Western Australia has seen a rise in Salmonella cases, which led to the development of the Foodborne Illness Reduction Strategy 2017-2021.

The Shire of Narembeen will be participating in a public campaign, which aims to reduce the number of foodborne illness cases by changing behaviour and culture around food preparation and storage.

This vibrant marketing campaign was developed to educate people who prepare and handle food at home, particularly behaviours around eggs, chicken and ready-to-eat vegetables.

It emphasises that preparing meals at home is nutritious and enjoyable, and preventing food poisoning is simple when a few key behaviours are followed.

For more information see the Shire of Narembeen website—<https://www.narembeen.wa.gov.au/news/play-it-food-safe/115>

The Shire will be promoting this campaign through the Fencepost, website and social media over the coming months.

from the CHIEF



Cleaning your hands, utensils and benchtops with hot soapy water before, during and after cooking food is a simple way to prevent bacteria spreading.

 Search HealthyWA for tips.

**PLAY it
FOOD SAFE.**

CLEAN • SEPARATE • COOK • CHILL

Make the most from your fertilizer investment



As your local Area Manager, Steve Cooke is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Steve a call today.

Mobile: 0429 934 243 **Email:** scooke@summitfertz.com.au



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| | 5 | 7 | | | | | 9 | |
| | | 8 | 3 | 1 | 7 | | | |



Sunset, O'Reillys



2020 Safari

“Hope in Troubled Times”

Coffee, Cake & Encouragement (followed by light Lunch) with the Safari Team -

- Speaker - Kathy Sinclair
- Leader - Stephanie Mitchell
- Date - Wednesday 16th September
- Time - 10.00am
- Venue - Church of Christ Hall
Ada Street, Narembeen
- Contact - Maree Sprigg 0409 683 219

CWCI (Christian Women Communicating International Inc) is a worldwide Bible-based faith ministry which began in Australia in 1957 with a small group of women who went away for a weekend of Bible teaching.

- * Local CWCI events held in cities and country areas offer encouragement, inspiration and Bible teaching.
- * Know Your Bible studies are used regularly throughout Australia. Some studies are also available in other languages and are used throughout the world.
- * CWCI Safaris travel into rural and remote areas of Australia with Christ's love and teaching.

www.cwciaus.org.au
CWCI Australia; PO Box 670 Punchbowl NSW 2196;

Grain Brokers Australia Weekly Market Report

September 8, 2020

Canadian farmers on course for a bumper winter crop....

Canadian farmers are on track to bag their second-biggest wheat crop on record according to Statistics Canada who released their first 2020/21 production estimates last week. Output of wheat, barley, oats and corn are all predicted to increase this year compared to last, with canola and soybean output falling.

Canada's national statistics agency compiled the production data using yield models based on satellite imagery instead of the standard grower survey. Significant advances in the accuracy of satellite modelling made this possible, but it was also adopted to reduce the stress on farmers during the coronavirus pandemic.

The agency called total wheat production 35.74 million metric tonne (MMT), an increase of 10.5 per cent on last season and second only to the 37.59MMT crop harvested in 2013. This increase is a result of a higher harvested area, up 2.3 per cent to 9.87 million hectares, and higher forecast yields, up 8 per cent to 3.65 metric tonne per hectare (MT/ha) compared to 2019.

Barley production was pegged at 10.55MMT, a year-on-year increase of 1.6 per cent but well below the country's record barley harvest of 15.56MMT way back in 1996. The growth was driven by a 1.3 per cent increase in yield to 3.86MT/ha off a harvested area of 2.75 million hectares, 0.3 per cent higher than in 2019.

An increase of 6.3 per cent in the harvested area was the primary driver behind the projected growth in oats production of 6.1 per cent to 4.5MMT. The season's yield projection is 0.2 per cent lower at 3.4MT/ha.

Canada is the world's largest canola producer, and the oilseed is the second-largest crop grown in Canada each year. National production is expected to decline by 0.4 per cent to 19.4MMT this harvest compared to the 2019/20 crop, which was revised upwards from 18.65MMT to 19.48MMT.

This year's canola yield is forecast to increase by 1.2 per cent to 2.33MT/ha, but this is more than offset by a harvested area that is expected to decrease by 1.6 per cent to 8.34 million hectares.

The two biggest pulse crops in Canada are field peas and lentils and the Statistics Canada yield models have production 17.9 per cent and 25.1 per cent higher at 5.0MMT and 2.81MMT respectively.

In the row crop space, the Statistics Canada report is projecting an increase in corn output, but the soybean crop is tipped to edge lower. The corn crop was pegged at 13.93MMT, 3.9 per cent higher than in 2019 and soybean production was pencilled in at 5.96MMT, 1.4 per cent lower than the previous season.

Canadian grain exports may have started slowly but they finished the 2019/20 marketing year with a bang. This resulted in a reduction in wheat, canola, field peas and lentil stocks as at July 31 compared to the same time last year. Barley and oat stocks bucked the trend finishing higher year-on-year.

Disruptions in the rail network slowed the movement of grain to Canadian ports early in the marketing year, delaying the export program. However, reduced demand for petroleum and consumer goods as a result of the COVID-19 pandemic in the second half of the season freed rail capacity to move more grain to port resulting in record grain shipments in late spring and over the summer period.

The commercial grain handling system in western Canada is very different to Australia. It simply does not have the capacity to store the entire crop at harvest. More than 70 per cent of the annual harvest is stored on farm, predominantly in steel upright silos. The very low ambient temperatures eliminate storage pests over winter.

The capacity of the on-farm storage system in Canada is more than 75MMT, or 90 to 120 per cent of annual production depending on the crop size. By contrast, on-farm storage capacity in Australia is around 15MMT.

Canadian supply chains generally operate a 'pull' delivery system where grain is moved from farm to a receival site and then to a port, 'just-in-time' for the arrival and loading of export vessels. Australia's export supply chain mainly functions as a 'push' system where grain is moved from farm to upcountry or port storage facilities immediately after harvest and stored in readiness for the future arrival of export vessels.

Seventy-five per cent of grain exported from Canada travels long distances by rail from the prairie provinces to the two main west coast ports. Journeys of 1,300 to 1,800 kilometres are commonplace. Canada's oil and mineral fields are close to agricultural areas, so there is competition for rail network capacity. By contrast, grain destined for export from Australia travels relatively short distances to port with journeys greater than 400 kilometres uncommon.

The Canadian harvest has commenced, but it is in its infancy. While swathing of canola is underway in many regions, not much harvesting has occurred as yet. And the jury is out on how badly yields were trimmed by the unseasonal heat and a lack of finishing moisture in some districts through August.

Weather forecasters say Canadian farmers are in for a more benign autumn than last year, which should help calm the harvest nerves. The potential formation of a weak La Niña weather system should prevent a reoccurrence of last year's wet harvest nightmare for the majority of the winter crop area.

With higher production comes a bigger exportable surplus. The USDA has Canadian wheat exports pencilled in at 24.5MMT based on their crop estimate of 34MMT. That is much lower than the Statistics Canada number, and many on the ground in the Prairies are calling wheat production even higher at more than 37MMT.

Add to that the Russian wheat crop which has suddenly gone from maybe 78MMT to more than 82MMT and getting bigger. The northern hemisphere is making wheat faster than the southern hemisphere is losing it at the moment and this only adds to exportable surpluses and competition for new crop Australian exporters.

Call your local [Grain Brokers Australia](#) representative on 1300 946 544 to discuss your grain marketing needs.

R2K Contracting

Hydraulics Sales & Service
Hydraulic Component's Sales ex supplier

Richard Kovac & Robyn Kovac
21 Westral Street (PO Box 30)
Bruce Rock WA 6418
Richard 0427 851 870
Robyn 0400 552 141
Fax: 08 9061 1194
ABN: 16 563 552 915
E-mail: rdkovac@bigpond.net.au

Hydraulic system design and testing
Hydraulic Components Repairs in house
Fully equipped service vehicle - will travel
Mobile hose/fitting trailer for onsite repair
Hydraulic hose assembly made to order, in-house
Regular trips to Perth for repairs & parts



Monday's

5:30pm

Narembeen Town Hall

Starting Monday 10th August!

Running for 6 classes

Cost: \$90 for 6/\$20 cas/Mum & child combo available!

Class runs for **50mins!**

Dance . Shake . Squat . Twist . Punch!

KONGA® is an easy-to-follow fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats from all decades.

JUST BE YOURSELF!

Contact me to sign up or for more

Information: **Kasse McCumiskey -**

0427618031



WILLWAY PLUMBING & GAS

Dean: 0407762543

Email: dean@willwayplumbing.com

PL9957 GF18322

BLECHYNDEN POULTRY

ONLY HI LINE PULLET DELIVERY FOR 2020

12 weeks \$20 ea./10 for \$190

Free delivery Saturday 17 October

NAREMBEEN and BRUCE ROCK

These are July hatched chicks that will start laying by late December and lay straight through for 2 years missing their first winter moult.

PHONE 98443485

BLECHYNDEN POULTRY



Contract Hay Baling

Working within the Narembeen Shire.

New Holland BR7070.

50 Bales per hour capacity.

Net wrapped 5x4 and 6x4 round bales.

Please call 0437 804 924

**CBH GROUP
PRE-HARVEST MEETINGS**

The pre-harvest meetings are an opportunity to get involved with the planning for your local sites and hear about any important changes for the coming harvest. We encourage and welcome everyone to come along and provide their input.

Find your local meetings here:

| DATE | TIME | LOCATION | SITES |
|------------|------|-----------------------|--|
| 15/09/2020 | 3PM | BRUCE ROCK REC CENTRE | BRUCE ROCK / SHACKLETON |
| 22/09/2020 | 9AM | MT HAMPTON HALL | DULYALBIN / HOLLETON / STH YILGARN |
| 22/09/2020 | 2PM | MUNTADGIN PUB | MUNTADGIN / WOGARL |
| 23/09/2020 | 8AM | BODALLIN CBH SITE | BODALLIN / MOORINE ROCK |
| 23/09/2020 | 11AM | SOUTHERN CROSS CRC | SOUTHERN CROSS |
| 24/09/2020 | 11AM | NAREMBEEN REC CENTRE | NAREMBEEN / SOUTH KUMMININ / MT WALKER |
| 24/09/2020 | 3PM | MERREDIN BOWLING CLUB | MERREDIN / NUNGARIN BURRACOPPIN / WARRALAKIN |



For more information:

Contact your local

CBH office:

Ph | 9041 9000

Monday to Friday

8am to 5pm

www.cbh.com.au



MEET A NAREMBEEN FARMER: **GUY BORMOLINI**



07.09.2020
by Jessie Davis



Q: What are you doing on the farm this week?
Weaning Lambs, finishing some fencing and praying for rain.

Q: Are you trialling anything new on farm this season?
We are trialling different sowing rates on our lupins to see if the extra competition with weeds will have a yield result.

Show us your favourite place on your farm
Q: Why is it special to you?

This is our West Block on Mt Walker South Road, it is one of the highest points on the farm and has a great view of Mt Walker.



Q: What is your favourite tool or piece of equipment on farm?
Milwaukee rattle gun, use it every day!

Q: What is your best farm hack?
Pumping up tyres with flammable cans and a lighter.
Good Fun.



Gas Licence# GF8292

Plumbers Licence# PL6574

ABN# 81 363 273 168

We specialise in:

Hot & cold water services

Drainage, Sanitary, Gas fitting &

Solar heating installations and maintenance

For all your plumbing & gas fitting requirements call

Gavin Brownley

M: 0429 611 906

P/F: (08) 9061 1906

E: gavinbrownley@gmail.com

54 Dampier Street, Bruce Rock WA 6418

PO Box 137, Bruce Rock WA 6418

CHRIS BRAY

Electrics

Mob: 0418911872

email: facets@inet.net.au

For all electrical installations repairs and maintenance.

14 Longhurst Street Narembeen

ACN 009 023 223 EC 349



BIRTHDAYS



Month

| | | | | |
|-----------|------|---------------|-----------------|--------------|
| September | 9th | Gary Sprigg | Matthew Andrews | Rachel Welsh |
| | 10th | Sylvia Yandle | Rhonda Hinkley | Sam Cooper |
| | 11th | Hugh Copeman | Grace Treloar | Elexis Webb |
| | 12th | Ecko Slade | | |
| | 13th | Terry Slade | Rodney Sloss | |
| | 14th | Harley Fry | | |
| | 15th | Maria Hall | Brady Ashmore | Tyrone Allen |
| | | Phil Treloar | | |
| | 16th | Jo Hickey | Yvonne Treloar | |

Month



| | | |
|-----------|------|-----------------------|
| September | 9th | Jeff & Chris Hayter |
| | 11th | Les & Jan Hills |
| | 15th | Des & Rosemary Smoker |



Cleaning Rosters

Catholic Church

J Cusack



September 2020

Melissa Pickering

CCWA Regional Education Officer - Wheatbelt
 T: 9574 5392 M: 0427 876 946
 75 York Rd Northam WA 6401
 Melissa.Pickering@cancerwa.asn.au

Be Prostate Aware this September



Prostate cancer is the most commonly diagnosed cancer in Western Australian men so Cancer Council WA is using Prostate Cancer Awareness month this September to issue a timely reminder to blokes to familiarise themselves with the common symptoms of the disease.

Wheatbelt Regional Education Officer, Melissa Pickering, said it's vital men visit their local doctor, Aboriginal health worker or clinic nurse when they experience unusual symptoms as there is no test with sufficient accuracy to screen the male population for prostate cancer.

"Common symptoms of prostate cancer include waking frequently at night to pee, a sudden or urgent need to pee, difficulty controlling the bladder or the bladder not feeling empty after peeing, difficulty starting or stopping peeing, unexplained weight loss, needing to pee more often, a slow flow, pain, or dribbling at the end of peeing," she said.

"If you have had any of these symptoms for more than four weeks, or you've noticed blood in your pee or semen even just once, tell your doctor, clinic nurse or Aboriginal health worker as soon as possible. It doesn't mean you've got prostate cancer – often it turns out to be something far less serious and your doctor may be able to help reduce the annoying symptoms."

Ms Pickering said in Western Australia in 2017, the risk of being diagnosed with prostate cancer by age 75 years was 1 in 8 for men. "In 2017, there were 2,093¹ new cases of prostate cancer recorded compared to 269 deaths which means that thousands of Western Australian men are successfully treated for prostate cancer," she said. "Treatment is most effective when cancer is found at an early stage, so finding cancer early can make a real difference."

For more information about prostate cancer symptoms, visit www.findcancerearly.com.au or call Cancer Council's information and support line on 13 11 20

Life Now Meditation and Yoga online courses available in October.....

Cancer Council WA, through the Life Now Program, is offering free introductory online yoga and mindfulness courses, specifically designed for Western Australians living with cancer and their carers. Term 4 online courses begin in October 2020 and are free of charge thanks to generous community donations. Life Now Yoga is a six week online course and Life Now Mindfulness is an eight week online course. Participants for either course require access to a steady internet connection, and a device with audio/video (webcam) functionality, such as a Laptop, iPad, Smart Phone (iPhone, Android) or Smart TV. Some eligibility criteria apply. Registrations are essential as spaces are limited – apply now to secure your place.



To register, visit the Cancer Council WA website at www.cancerwa.asn.au and search 'Life Now' or call a cancer nurse on 13 11 20.

Hit refresh on fruit and veg eating habits in September !

WA adults aren't eating enough fruit and veggies, so this month we're being urged to get more fruit and veggies into the day with the LiveLighter® Fruit&Veg September Challenge.

A recent National Health survey showed that only one in 20 (5.4%) adults met Australian guidelines for fruit and vegetable consumption¹.

Cancer Council WA's Regional Education Officer Melissa Pickering said the Fruit&Veg September Challenge is one of the strategies being implemented by Cancer Council WA's LiveLighter® team to boost fruit and vegetable intake in Western Australia.

"In celebration of Fruit&Veg month, and to help us eat more colour throughout September, we've created a handy [downloadable Fruit&Veg challenge card](#)," Ms Pickering said.

"It has 12 fruit and veg challenges spread out over the month, plus plenty of tips and fun facts to check out between challenge days. Once downloaded, simply click the links in the boxes to access additional information, resources and recipes.

"If you really want to 'go bananas', we've even got a tally chart on the back where you can keep track of your daily fruit and vegetable serves.

"Eating well not only helps to improve physical and mental performance, but it promotes long term health as well. We are encouraging everyone to aim for 2 serves of fruit, and 5 serves of veg each day!"

For more information, visit www.livelighter.com.au.

Easy recipes

LiveLighter is a program developed in Western Australia which aims to encourage Australian adults to lead healthier lifestyles - to make changes to what they eat and drink, and to be more active.

The LiveLighter website is a great place to find nutrition information, including

- Top tips for a healthier lifestyle
- Tools and resources
- Fantastic recipes

Go to www.liveliighter.com.au

Dinner

FINALIST

CHARGRILLED BEEF WITH

AVOCADO AND CORN SALSA

Submitted by **Donna Candy** of The Vines

Ingredients

- ▲ 1 red capsicum, seeded and cut into 2cm pieces
- ▲ 1 large corn cob, husk intact
- ▲ ½ medium avocado, peeled, stoned and chopped
- ▲ 2 tablespoon chopped coriander
- ▲ 2 teaspoon fresh lime juice
- ▲ 2x 110g rump steak trimmed of fat
- ▲ Olive or canola oil spray
- ▲ Freshly ground black pepper
- ▲ 1 lime, cut into wedges, to serve

Method

Preheat oven to 200°C (180°C fan forced). Place capsicum on a non-stick baking tray and roast for 10-15 minutes or until tender. Microwave the corn cob in its husk on HIGH (100%) for 3 minutes. Set aside to cool slightly. Remove the husk and silk.

Cut kernels from the cob into a medium sized bowl. Discard cob. For the salsa, add capsicum, avocado, coriander and lime juice to the corn. Preheat a grill pan or heavy based frying pan over medium heat. Spray the steaks with oil and season with pepper. Cook steaks to your liking. Rest for 2 minutes. Slice steak into strips. Divide salsa between plates and top with the steak slices. Serve with lime wedges.

Hint

Bottled lime juice can be used when fresh limes are not available.

A drained can of no-salt-added corn kernels, or frozen corn, can be used in place of the fresh corn cob.

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 2



36 liveliighter.com.au

<https://liveliighter.com.au/recipe/282/chargrilled-beef-with-avocado---corn-salsa>

September 2020



A quick, easy lunch with an exotic taste.

Ingredients

- ▲ 1 cup couscous
- ▲ 1 cup boiling water
- ▲ 420g can tuna in springwater, drained and flaked
- ▲ 420g can no-added-salt corn kernels, drained
- ▲ 2 cups frozen peas
- ▲ 4 spring onions (including green tops), finely sliced
- ▲ 1 cup finely chopped coriander
- ▲ 2 tablespoons sweet chilli sauce
- ▲ 1 tablespoon lemon juice
- ▲ 2 teaspoons curry powder, optional

Method

Place couscous in a small heatproof bowl, pour over boiling water; cover and set aside for 3 minutes. Into a large bowl combine tuna, corn, peas, spring onions and coriander. Fluff couscous with a fork to separate grains and stir through sweet chilli sauce, lemon juice and curry powder. Add couscous to salad ingredients, mix well and serve.

Variation

Replace couscous with 2 cups cooked quinoa or brown rice.

Preparation time: 10 minutes

Serves: 6

LIVELIGHTER
▲
®

17



Life Now.

Staying well during and after cancer

Online Course Timetable – Term 4 2020

The Life Now Program offers free evidence-based exercise and meditative courses to support cancer patients and their carers. We invite people affected by cancer and their primary carer to take part in these free online courses, which are funded through generous community donations.

Life Now Online Mindfulness – 8 week course

| Day | Time | Dates |
|-----------|-------------------|---------------------------|
| Thursdays | 10.00am – 12.00pm | 22 October to 10 December |

Life Now Online Yoga – 6 week course

| Day | Time | Dates |
|------------|-------------------|---------------------------|
| Mondays | 11.45am – 12.45pm | 19 October to 23 November |
| Tuesdays | 6.00pm – 7.00pm | 20 October to 24 November |
| Wednesdays | 11.00am – 12.00pm | 21 October to 25 November |
| Thursdays | 10.45am – 11.45am | 22 October to 26 November |

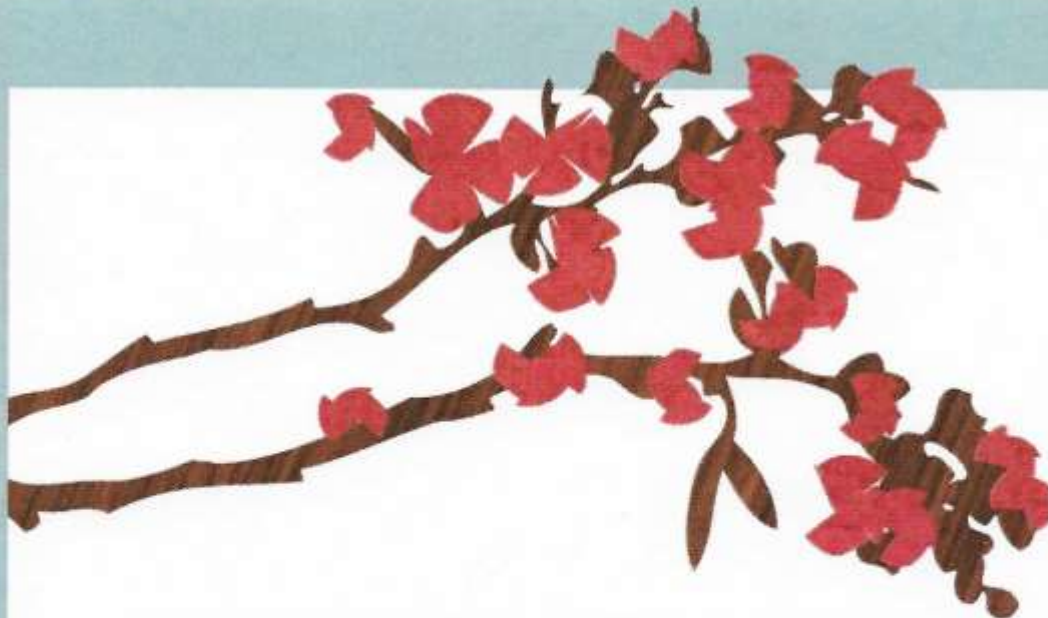
Registrations are essential.*



For more information visit www.cancerwa.asn.au and enter 'Life Now' in the search or call 13 11 20 and select 'speak to a nurse.'

We're your compass through cancer
call us on 13 11 20

*All events require minimum numbers to run and eligibility criteria will apply. Information is correct at time of printing. For up-to-date information, please refer to our website.



NAREMBEEN AUTUMN CLUB

OPEN DAY

THURSDAY 17TH SEPTEMBER 2020

10 AM – 2 PM

SENIOR CITIZENS CENTRE
THOMAS STREET, NAREMBEEN

CAKE STALL: Cakes, Slices Preserves and Plants
Crafts Displayed
Devonshire Teas on Sale

11 AM - GUEST SPEAKER: Sergeant Richard Conkling.
Narembeen Police

Subjects: Policing in the Wheatbelt, Scamming, Neighbourhood Watch

Come along and join us
Raffle at IGA Wednesday 16th Sept will be drawn at the Open Day

FOR MORE INFORMATION CONTACT: CARMEL HARPER, TEL: 9064 7611
MOB: 041 992 1319



MERINO & POLL MERINOS

You are invited to the
KARINGAL MERINO STUD ON PROPERTY RAM SALE

Friday 18th September 2020

Inspection from 10am ● Sale at 1:30pm

1805 Kulin Rock Road, Kondinin ● Light Lunch & refreshments

*2020 AI
Ram Lambs
on display*



Contact

Paul Ardagh 0428 988 911
Kurt Spurgeon 0409 279 300
Russel McKay 0428 219 214

Like us on Facebook @KaringalMerinos



Narembeen Medical Centre
U5/19 Churchill Street, Narembeen
Ph: 90647145



VISITING OPTOMETRIST

NEXT VISIT – Morning, Tuesday, September 15

If you have found it difficult to travel out of town to have your eyes tested Graham Shipway – Bunbury Optometrist will be visiting again.

Eye tests will be bulk-billed to Medicare (must have valid Medicare card)

A range of frames will also be available to choose from if required.

NAREMBEEN LADIES HOSPITAL AUXILIARY

GENERAL MEETING

Thursday September 10th, 2pm

Due to continued COVID-19 restrictions at the Hospital, the meeting will be held at Di Pollards home. Any new members are welcome to attend. Please contact Di for afternoon tea catering.

Apologies to Di Pollard 0488647222 or Kerry Fricker 0436 472 731

***“The way I see it,
if you want the
rainbow, you
gotta put up with
the rain.”***

—DOLLY PARTON—



Field Day UWA Future Farm - Bio-amendments

Can straw, compost or biochar fast track your soil health?

Join us at the UWA Future Farm in Pingelly to see a demonstration of land restoration options using straw, compost and biochar.

How can we use organic materials to restore soil function?

Get your hands dirty looking at the results and contribute to a 'How to' manual that will assist in the use of permeable biomass barriers.

Event Details

When: Thursday 10 September, 10am-2pm with lunch provided

Address: Ridgefield, UWA Future Farm, West Pingelly WA 6308

RSVP is Essential

Contact Jacquie Lucas on jlucas@wheatbeltnrm.org.au or 9670 3113.

Participants will receive a map and materials prior to the event.

wheatbeltnrm.org.au/events



THE UNIVERSITY OF
WESTERN
AUSTRALIA

Institute of
Agriculture

This project is supported by Wheatbelt NRM through funding from the Australian Government's National Landcare Program



St John

Narembeen Sub Centre

NOTICE OF ANNUAL REVIEW

September 14, 2020

8.00pm

Volunteer Emergency Services Building

Everyone welcome!

CAN YOU HELP US?

You don't have to become an Ambulance Officer.

We need people on the committee to help us with organising social events, stock recording, fundraising, checking ambulances.

WE NEED YOU.

For more information, please contact

Ian Mortimore - 0428 647090

Michael Lethlean - 0428 647961

Life goes on.

Volunteer with St John.

stjohnchangelives.com.au

NAREMBEEN COMMUNITY SHED

MEN'S SHED

OPEN DAY

SATURDAY 17th OCTOBER

9.A.M.- 12.30

COME AND VISIT OUR NEW

COMMUNITY SHED

GARDENS.

ALL STALL HOLDERS

MOST WELCOME

CONTACT :Margaret 0429647492

Email: margbut@wn.com.au

WARREN. 0409881495





**SUPPORT
AVAILABLE FOR
FARMERS, FARM
WORKERS,
AND SUPPLIER/
CONTRACTORS**

**AUSTRALIAN GOVERNMENT FUNDING
OF UP TO \$3,000 IS AVAILABLE TO
DROUGHT AFFECTED HOUSEHOLDS
WHO LIVE OR WORK IN ELIGIBLE
LOCAL GOVERNMENT AREAS**

If you're a farmer, Farm worker, supplier or contractor (includes abattoir and sale yard workers) facing hardship due to drought you could be entitled to immediate financial support of up to \$3,000, through the Government funded Drought Community Support Initiative – Round 2.

To be eligible you need to be over 18, an Australian citizen or permanent resident, and live and/or work in an eligible Local Government Area (LGA). For a full list of eligible LGAs visit vinnies.org.au/drougthelp

If you haven't claimed your payment yet or unsure if you're eligible contact the Vinnies Drought Support team.

ELIGIBLE HOUSEHOLDS CAN APPLY FOR ASSISTANCE BY:



Apply online
vinnies.org.au/drougthelp



Call our Drought Team
1300 846 643



This is an Australian Government initiative. Vinnies is assisting to distribute the funds. Round 2 funding of the DCSI has been open since 19 November 2019 and will continue until December 2020. You can only receive payment once during this round.



Australian Government



St Vincent de Paul Society
good works

CHURCH NOTICES



SEVENTH-DAY ADVENTIST

105 Church Road, Mt. Walker

Contacts: Leading Elder,
Yonnie – 9063 5014,
Pr Lomani – 0429 770 331.

SATURDAY 12th September 2020

10am Bible study hour
Sabbath School
11.30 Worship Service

Church of Christ

Thurs 10th Sept 7.30pm

Bible study at A&W VanDyk's place

Fri 11th Sept 3.15pm

Kids Club at Church of Christ Hall

Sunday 13th Sept 10.00am

Worship service with Hayden Patterson speaking
Sunday School during the service

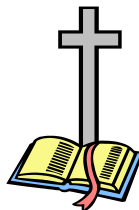
Bible Verse: Luke 6:27-28

But I say to you who are listening, love your enemies. Do good to those who hate you, bless those who curse you, pray for those who are cruel to you.

ST PAUL'S ANGLICAN

9.30am 13th September

Exodus— Chapter 14 verses 19-31 R Hall
Romans—Chapter 14 verses 1-14 K Fricker
Matthew—Chapter 18 verses 21-35
Psalm 114



ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Sunday 13th September 2020

8.00 am

READER—J CUSACK





COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines practices at the Medical Centre

Hours Mon – Thurs 8.00am – 12.30pm 1.30pm – 5.00pm Friday 8.00am – 1.30pm

PLEASE BRING CURRENT PRESCRIPTIONS, MEDICARE, PENSION AND HEALTH CARE CARDS

RURAL WOMEN'S GP SERVICE – Phone 90647145 for appointments. Dr Olga Ward visits approximately 6 weekly

NURSE PRACTITIONER – Laura Black visits fortnightly

HOSPITAL – PHONE 90646222 HEALTH DIRECT 1800 022 222

Accident, emergency and acute medical.

Outpatient dressing/blood pressure checks etc–Preferred times 10.30am -11.30am or 3.30pm – 4.30pm

X-Ray service available – please phone for bookings. Only emergency X-Rays will be attended out of hours

Other services include antenatal and postnatal care, palliative care, respite service, high and low level residential care. Home and Community Care (HACC), Patient Assisted Travel Service (PATS), Videoconference facilities available for consults with some Specialists. Occupation and Speech Therapy, Dietician and Aged Care Assessment (ACAT) available by referral.

WHEATBELT ALCOHOL AND DRUG SERVICE

Phone 90413807 or 90412928

This service provides support for individuals, couples and families affected by alcohol and drugs

WHEATBELT DOMESTIC VIOLENCE UNIT

Call 1800 353 122 (24 hours) Free and Confidential

Men's Domestic Violence Helpline 1800 000 599. Victim Support Service 1800 350 074

NAREMBEEN DENTAL – JOHN COBLEY

Phone 90647397 Emergencies 0419 987 397 Appointments Thursday

CHILD, SCHOOL AND COMMUNITY HEALTH SERVICES – PHONE 90647388 or 90646222

Child Health Clinic every Tuesday at the Hospital 9am – 3.00pm

Alternatively, contact Primary health in Merredin 90410444 or Ngala 1800 111546

CENTRAL AGCARE FAMILY COUNSELLING SERVICE Counsellor Anne Hague 0427 133 711

PODIATRIST – PHONE 90646222 Please call the hospital (office hours) for appointments

ST JOHN AMBULANCE – PHONE 000 Do not call the hospital for an ambulance in an emergency.

Skills 7.30pm every 2nd & 4th Monday of month

SPEECH THERAPY – PHONE PRUE 0408 934 284

At Naremben Medical Centre on Tuesday and Wednesday

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

At Naremben Medical Centre

COMING EVENTS

September 2020

| | | | |
|-----------|------|---|------------------|
| Wednesday | 9th | LADIES GOLF - Stableford Charity Day (Pink) | |
| Thursday | 10th | Men's Shed | 9.00am |
| | | Autumn Club | 10.00am-2.00pm |
| | | Hospital Auxiliary at Di Pollards | 29m |
| | | NETBALL Merredin A1 Rd 10 Blues v Titans 1, Karni v NB 1, Titans 2 v Jets | Starts at 6.30pm |
| | | NETBALL Merredin A2 Rd 10 Gems v NB2, Jets 2 v Jets 3, Titans v Blues | Starts at 6.30pm |
| | | NETBALL Merredin Juniors Blues v Titans, Gems v Jets, Karni v NB | 5pm |
| Friday | 11th | Playgroup at Numbats Centre | 9.30am |
| | | Kids Club | 3.15pm |
| Saturday | 12th | Church | |
| | | Men's Community Shed | 9.00am |
| Sunday | 13th | Church | |
| | | LADIES GOLF Sweepstakes | |
| | | MENS GOLF - 4BBB "Snitz Cup" - J Cole Trophy | |
| Monday | 14th | Circuit Gym | 9.30 |
| | | Konga Class with Kasse Town Hall | 5.30pm |
| | | Arts and Crafts and Book Exchange at Community Shed | 10.00am-4.00pm |
| | | AGM Recreation Centre | 6.30pm |
| | | AGM St Johns | 8pm |
| Tuesday | 15th | Senior Citizens | 2.00pm |
| | | Numbats: Phone Bookings from 8.00am 0422 322 289 | 8.30am - 5.30pm |
| | | Badminton | 7.30pm |
| Wednesday | 16th | Numbats: Phone Bookings from 8.00am 0422 322 289 | 8.30am - 5.30pm |
| | | LADIES GOLF - Pink Charity Day | |

Editor: Sherrie Heather