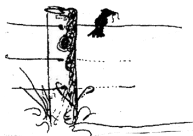


# The Fence Post



Volume 23    Edition 72    9/12/2020    \$1.50

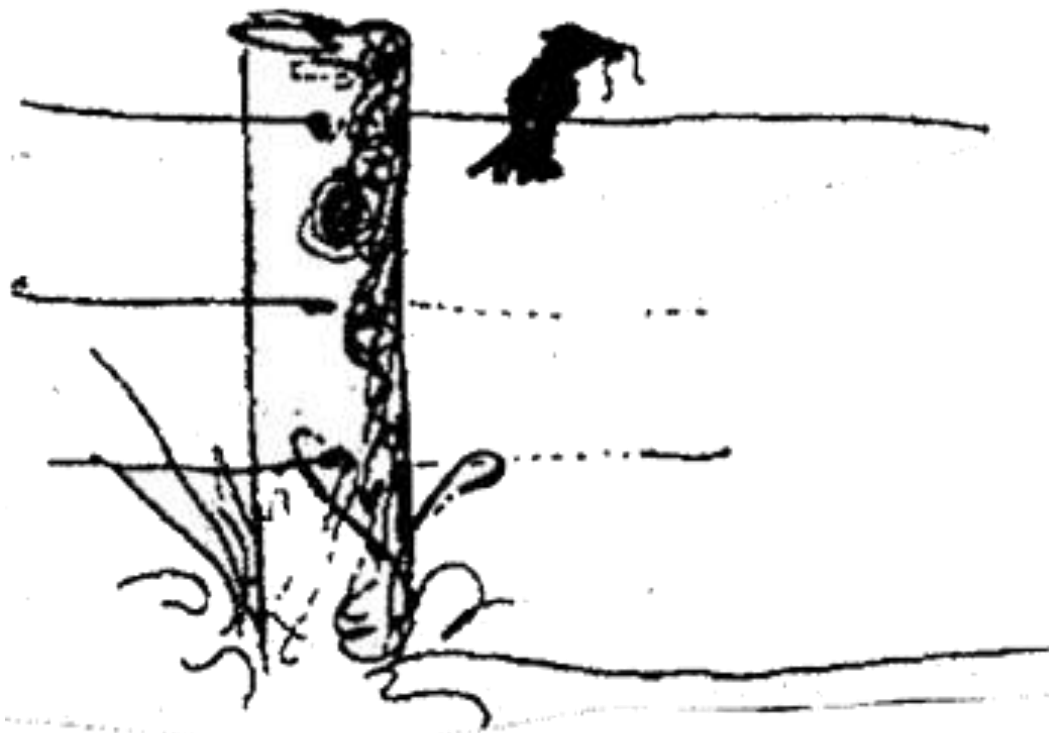
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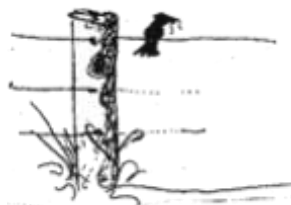
P.O.Box 7, Narembeen W.A. 6369

Phone (08) 90647055

Email: [fencepost@westnet.com.au](mailto:fencepost@westnet.com.au)



The Fence Post - Informing the people of Narembeen since 1978



## THE FENCE POST INC

PO Box 7, Narembreen, 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>B&amp;W</b>	<b>Colour</b>		<b>B&amp;W</b>	<b>Colour</b>
<b>Small ads up to ¼ Page</b>	<b>\$7.50</b>	<b>\$12.50</b>	<b>One Third Page</b>	<b>\$10</b>	<b>\$17</b>
<b>One half Page</b>	<b>\$15</b>	<b>\$25</b>	<b>Two Thirds Page</b>	<b>\$20</b>	<b>\$33.50</b>
<b>Full Page</b>	<b>\$30</b>	<b>\$50</b>			

***PREFERRED FORMAT-WORD, PUBLISHER OR PDF***

### ANNUAL SUBSCRIPTION RATES 2021

**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**

	<b>Editor</b>	<b>Typist</b>	<b>Ads</b>
15th December 2020	KELLIE MORTIMORE		

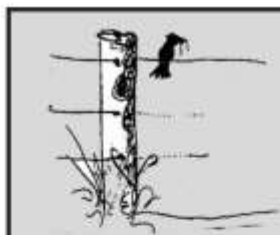


The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

### 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....

Congratulations to Zac Fagan and Blair Wynands on the birth of their second girl Pippa Rae – 8lb 2 oz in Kalgoorlie. Little sister for Freya and third grandchild for Greg and Carolyn Fagan.



*Thank  
you*

The Gmeiner Family would like to thank the Peter Lines, Wendy Hooper and the staff of the Narembeen Hospital for their care of Peter over the last twelve months. It gave us a year of quality we would not have had otherwise.

THANK YOU

Thank you to all those people who helped at Senior Citizens Dinner last Thursday evening. As usual, a lot of time and planning must have gone into just one evening, and I think I can speak for most, if not all, we really enjoyed it.

Thank you again. Doreen Bookham

*take note*

Phone Number 90647389—Lyn Cova & Ian Forbes is no longer connected, Number is still listed in local directory. Please use following mobile numbers.

Lyn Cova - Mobile 0488914783

Ian Forbes- Mobile 0467037547



# from the CHIEF



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

W: [www.narembeen.wa.gov.au](http://www.narembeen.wa.gov.au) E: [admin@narembeen.wa.gov.au](mailto:admin@narembeen.wa.gov.au)



## APPOINTMENT OF ACTING CHIEF EXECUTIVE OFFICER

At a Special Meeting of Council held on Wednesday 2 December 2020, Mr David Blurton was endorsed to commence as Acting Chief Executive Officer of the Shire of Narembeen on Wednesday 9 December 2020.

David was previously the Chief Executive Officer of the Shire of Collie and has over 20 years' of experience in the Local Government sector.

The Narembeen Council and Shire look forward to welcoming David into the community and organisation and encourage everyone to make him feel welcome upon his arrival.

**Mr Scott Wildgoose**  
**Acting Chief Executive Officer**

## from the CHIEF

### BUSINESS AFTER HOURS - MERREDIN

2020 marks the 10 year anniversary of the Wheatbelt Business Network. At a Business After Hours in Merredin on Monday 7 December, the Shire of Narembeen and the Narembeen Community Resource Centre were recognised for their long standing relationship with the Wheatbelt Business Network over the 10 years.

Representatives who attended the event included Scott Wildgoose—Acting Chief Executive Officer, Sheree Thomas—Community & Economic Development Officer and Vanessa Wittstock—CRC Co-ordinator.

Caroline Robinson, WBN Executive Officer presented awards to approximately 12 long standing members, it was a great evening of networking with other businesses and celebrating the Wheatbelt Business Network's 10th Anniversary.



Sheree Thomas, Caroline Robinson & Scott Wildgoose



Caroline Robinson & Vanessa Wittstock



# from the CHIEF



## PUBLIC NOTICE

### CURRALL STREET FOOTPATH CONSTRUCTION

As part of Council's continuing program to upgrade and maintain our town footpaths to enhance pedestrian safety and provide better access for all people, we will be constructing a new shared pathway along the western side of Currall Street – from Connelly Lane to Brown Street.

It is proposed that preliminary works will commence on Monday 14 December 2020 with completion in February 2021, weather permitting.

Residents, pedestrians and vehicular traffic along Currall Street will be affected, please ensure all signed directions are followed throughout the construction period.

Should you have any queries in relation to these works please do not hesitate to contact Arthur Cousins, Works Manager T: 0429 647 330 or Sheree Thomas, Project Manager T: 9064 7308

**Mr Scott Wildgoose**  
**Acting Chief Executive Officer**



### DRY SEASON SURVEY FOR 2020

Rainfall in agricultural areas of Western Australia has been below average with many areas receiving inadequate winter rainfall to fill on-farm supplies and community dams.

Completing this short survey about your farm water situation will help us manage emergency livestock water and community water supplies for the coming summer and autumn. While we continue to accept surveys, we would appreciate your feedback to help us plan for water supplies for stock and emergency requirements.

Click the link to complete your survey online.

<https://www.surveymonkey.com/r/dryseasonsurvey2020>

## from the CHIEF



### 2021 REVIEW OF THE CORPORATE BUSINESS PLAN

The Shire of Narembeen will be reviewing the 2020-2024 Corporate Business Plan in February 2021.

The Corporate Business Plan is an internal business planning tool that translates the Council's priorities from the Strategic Community Plan into operations and deliverable, aligned to the annual budget process. The Business Plan is reviewed on an annual basis so that improvements can be made and ideas put forward by the community can be taken into consideration.

The Shire of Narembeen invites comments and suggestions by the community, typically related to Section 4, Risk Management and Section 5, Deliverable.

The Corporate Business Plan can be found on the Shire website - <https://www.narembeen.wa.gov.au/documents/corporate-plans-and-strategies>

All community ideas and feedback are greatly appreciated and can be submitted to: [admin@narembeen.wa.gov.au](mailto:admin@narembeen.wa.gov.au)

**Scott Wildgoose**  
**Acting Chief Executive Officer**

### ROADWORKS



There has been plenty of activity on the Narembeen-Merredin Road with contractors undertaking sealing works. There have definitely been delays over the past few days and we apologise for any inconvenience this may have caused.

The next 3km's of sealing on the Narembeen-Merredin Road will take place from 21 December to 23 December. Please ensure you drive safely and to the conditions around

# from the CHIEF



## Senior Administration Officer

The Shire of Narembeen is seeking the services of a highly motivated and organised Senior Administration Officer. This role will be a part time role, to be determined with the right candidate.

For the position description please contact the Shire by phone 9064 7308, in person or via email [admin@narembeen.wa.gov.au](mailto:admin@narembeen.wa.gov.au).

To apply for the role, please submit an up to date resume and cover letter responding to the selection criteria listed in the position description, to [sao@narembeen.wa.gov.au](mailto:sao@narembeen.wa.gov.au) or in person at the Shire offices **by 22nd December 2020 4pm**. We reserve the right to close the application process early.

The key objectives of this position include:

- Front counter duties
- Governance
- Property Management
- Contracts and Compliance
- Human Resource Management and Payroll
- Executive support to CEO, EMCS and Works Manager

For further details on this role contact the Shire on T: 9064 7308.

**Scott Wildgoose**  
**Acting Chief Executive Officer**



# **AUSTRALIA DAY**

## **BREAKFAST & AWARDS CEREMONY**



**WE'RE  
ALL PART OF  
THE STORY.**

**TUESDAY, 26 JANUARY 2021**

**NAREMBEEN AQUATIC CENTRE**

**Breakfast 7:45am | Awards 8:15am**

**RSVP to the CRC 9064 7055**





## December 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](mailto:Melissa.Pickering@cancerwa.asn.au)

### Kids of the 80s and 90s failing the Slip Slop Slap message

Cancer Council WA is encouraging parents of young children to be SunSmart this summer with new national data showing that 25 – 44 year olds have worrying sun protection habits with one in four (25%) getting sunburnt on summer weekends and more than four in ten (43%) saying they like to get a tan, a sign of harmful UV damage.

Cancer Council WA Wheatbelt Regional Education Officer, Melissa Pickering, said it's important that adults remember to look after themselves, but also to be good role models for their children. "We know parents are pretty good at covering their young kids these days, but often forget to wear their own hats or sun protective gear. That effectively tells kids that adults don't need to bother about sun protection – which is the wrong message in Australia's harsh UV," Ms Pickering said. "No matter where you are, what age you are, or what you're doing, when exposed to UV levels of 3 or above, your skin is being damaged, even if you don't get burnt. This damage is not reversible and it builds up over time and increases your risk of skin cancer. The stronger the UV radiation, the faster the damage is occurring, and that can happen in as little as 10 minutes on a summer day in WA. We are all role models to someone. We know that kids look to parents and older adults and will copy what they see. Role modelling is the easiest way to get kids and the younger generations to use sun protection, so remember to slip, slop, slap, seek and slide when the UV is 3 or above."

David Bolt, a former Corrigin cereal and sheep farmer is no stranger to skin cancer. Being a red-head who had always worked outdoors, David knew he was at high risk of developing skin cancer. Each time he or his wife Chris noticed a new or changed spot on his skin, David would make it a priority to see a doctor. Over the past 20 years, David has had several melanoma and non-melanoma skin cancers removed from his back, shoulder, cheek, chest and inner thigh. *"If you're suspicious of anything, just go to the doctor,"* he said. *"I don't understand blokes putting it off."*

Ms Pickering said it's important to know what symptoms to look out for. "Get to know your skin and what's normal for you," she said. "If you notice a new spot or mole, a spot that is different from other spots, a crusty or non-healing sore, or any spots, freckles or moles changing in colour, thickness or shape, tell your doctor, clinic nurse or Aboriginal health worker."

"It doesn't mean you have skin cancer, often they turn out to be something less serious, but it's important to get checked."

For more information about skin cancer symptoms and to read stories and advice of regional Western Australians who have had skin cancer, visit [www.findcancerearly.com.au](http://www.findcancerearly.com.au) or call 13 11 20

December 2020

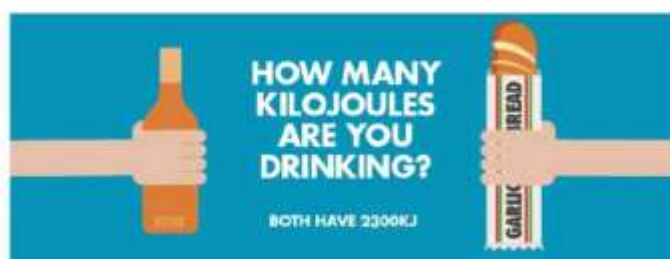


David and Chris Bolt



**How many kilojoules are you drinking ? .....** Did you know that alcoholic drinks contain a lot of kilojoules (kJ) and have no nutritional benefit? For instance, one bottle of wine can end up being the same number of KJs as a whole loaf of garlic bread! And it's not just the alcohol itself that can blow out our kJ intake. It's also the types of food that many people choose while consuming alcohol that can make the kJs quickly add up.

You can find out more about the kJs in alcoholic drinks [here](#)



**Have you had any of these...**

**... for more than 4 weeks?**

- ☐ Problems passing
- ☐ Rusty pee
- ☐ Unexplained weight loss
- ☐ An unusual pain, lump or swelling anywhere in your body
- ☐ Becoming more short of breath
- ☐ A persistent cough
- ☐ A new or changed spot on your skin

**... once or more?**

- ☐ Blood in your pee
- ☐ Coughing up blood
- ☐ Blood in your pee

**If you have and you are over 40...**

**Tell your doctor**

The earlier cancer is found, the greater the chance of successful treatment.

Department of Health  
Cancer Council WA

For more information visit [findacancerearly.com.au](http://findacancerearly.com.au) or call 13 11 20

**“Just get to the doctor, don’t be frightened. It’s better to get it cut out when it’s small.”**

– David, Australind (formerly Corrigin)  
Skin cancer and prostate cancer

**Cancer Council WA**

## 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.livelighter.com.au](http://www.livelighter.com.au)



*Great for brunch, a picnic or as a party canapé*

### Ingredients

- ▲ olive or canola oil spray
- ▲ 1 leek, white part only, cut lengthways and finely sliced
- ▲ 600g peeled pumpkin, cut into 1cm cubes
- ▲ 6 eggs, lightly beaten
- ▲ ¾ cup low-fat milk
- ▲ 95g reduced-fat feta cheese, cut into 5mm cubes
- ▲ ½ cup chopped basil leaves
- ▲ small green salad, to serve

### Method

Preheat oven to 200°C (180°C fan forced). Spray a 12 hole, ½ cup capacity muffin pan with oil. Spray a non-stick frying pan with oil and place on medium heat. Add leek and cook for 3 minutes, stirring occasionally, until softened. Add pumpkin, spray with oil and stir to coat vegetables. Add ½ cup water, cover pan and steam for 10 minutes until just tender. Meanwhile, in a medium sized jug, whisk together eggs and milk; season with black pepper. Remove pumpkin mixture from heat and stir through feta and basil.

Place muffin pan on a flat baking tray then spoon pumpkin mixture evenly into 12 holes. Carefully pour over egg mixture to almost fill muffin holes. Bake for 25 minutes, or until firm and golden. Cool in the pan for 5 minutes before turning on a wire rack. Serve warm or cold with a green salad.

### Variation

Vary vegetables to include any combination of diced sweet potato, peas, corn kernels, chopped mushrooms, spinach, asparagus or semi-dried tomatoes, or even leftover roast vegies.

### Hint

Use thyme or sage in place of basil. Substitute 2 chopped red onions for leek. Vary vegetables to include any combination of diced sweet potato, peas, corn kernels, chopped mushrooms, spinach, asparagus or semi-dried tomatoes, or even leftover roast vegies.



15

<https://livelighter.com.au/recipe/371/pumpkin---feta-mini-frittatas>

December 2020





### Ingredients

- ▲ Olive or canola oil spray
- ▲ ½ cup brown sugar
- ▲ ½ cup cocoa powder
- ▲ ½ teaspoon baking powder
- ▲ ½ teaspoon baking soda (bicarbonate)
- ▲ 1 cup plain flour
- ▲ 1 cup wholemeal plain flour
- ▲ 3 eggs
- ▲ 200mL plain yoghurt
- ▲ 2 teaspoons vanilla extract
- ▲ 3 tablespoons olive or canola oil
- ▲ 2 cups grated zucchini
- ▲ ½ cup sultanas

### Hint

There will be little green flecks in the muffins. If this is a problem you can peel the zucchini. Once completely cooled, place in an airtight container and keep for up to 3 days. Freeze muffins in snap lock bags and keep for up to 3 months.

### Variation

Try other dried fruit like cranberries or raisins. Add 2 tablespoons chopped nuts or seeds.

### Method

1. Preheat oven to 180°C (160°C fan forced). Spray muffin tins with oil.
2. Place sugar in a large bowl and break up any lumps. Sift in cocoa, baking powder, baking soda and flours, returning husks from the sieve to the bowl.
3. Lightly beat eggs in a cup with a fork then add to flour mix with yoghurt, vanilla and oil. Stir to combine (mix will still be quite dry), then mix in zucchini and sultanas.
4. Spoon mixture into prepared muffin tins (makes 18) and bake for 20 minutes or until a skewer poked into the centre of a muffin comes out clean. Cool in tin for 5 minutes then turn onto a wire rack to cool completely.

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

**Makes:** 18 muffins



<https://livelighter.com.au/recipe/412/chocolate-zucchini-muffins>

## QUICK PESTO PASTA SALAD



### Ingredients

- ▲ 250g high-fibre penne or spiral pasta
- ▲ 3 tablespoons store-bought basil pesto
- ▲ 2 x 250g punnet cherry tomatoes, halved
- ▲ 400g can artichokes, drained, quartered
- ▲ 2 cups rocket leaves

### Method

1. Bring a medium-sized saucepan of water to the boil, add pasta and cook for 10–12 minutes or according to packet instructions.
2. Drain well and add to serving bowl and mix through pesto while pasta is warm.
3. Add remaining salad ingredients, toss until well combined. Serve immediately or enjoy cold the next day.

### Variation

Replace rocket with baby spinach leaves. Serve with a source of protein to make a complete meal e.g. cooked chicken, fresh or tinned fish, white beans, bocconcini or nuts.

Other Mediterranean ingredients that work well in this salad include chargrilled eggplant, roast capsicum, sundried tomatoes, olives and shredded basil.

**Preparation time:** 5 minutes

**Cooking time:** 15 minutes

**Serves:** 4



## Cricket Write Up

### Electrifying spell by Colestan

Nukarni: 74 all out    Lose to    Narembreen: 3-75

(M.Cole 5-7, O. Miller 3-7)    (D.Gray 33, C. Fields 24 n.o.)

Team: Stuart Yandle, Riley Maringoni, Nathan Sprigg, Chris Fields, Glen Sands, Danny Gray, Thomas Baldwin, Oliver Miller, Mac Cole, Kyle Della, Rhys Cousins

Thank you to our sponsors:

Cody's Express Freightlines, Elders Rural Services, Narembreen Dental, Wheatbelt livestock Hubbard Agencies, Colestan Electrics, Varley Transport, Sonic Boomspray

Reminder: Subs are now over due!!!

**Narembeen and  
Surrounds WBN  
Members, YOU are  
invited:**

**WED 9<sup>th</sup> December  
Narembeen CRC  
5.30pm - 7.30pm**

RSVP: Please email your  
acceptance to Angela at [admin@  
wheatbeltbusinessnetwork.com.au](mailto:admin@wheatbeltbusinessnetwork.com.au)  
by **Friday 4th December.**



## **BUSINESS AFTER HOURS**

To be hosted by Narembeen CRC. There will  
also be a short presentation by WBN Executive  
Officer, Caroline Robinson on Cloud Computing  
- putting your business in the cloud!



# **CHRISTMAS LIGHTS**



## **TOWN BIKE TOUR**



## **SATURDAY, 12 DECEMBER**

MEET AT THE NAREMBEEN CRC @7PM

**PRIZE FOR:  
BEST DECORATED BIKE & BEST DECORATED HOUSE**





# CHRISTMAS



FREE LIVE  
MUSIC  
to follow

7pm  
Rec Centre

## PARTY

FRIDAY

3:30pm - 6:30pm

Narembeen  
Aquatic Centre

18  
DEC

BOUNCY CASTLE

ICE-CREAM & SLUSHIES

SANTA'S VISIT

MOCKTAILS & HAMBURGERS

FREE EVENT







# CHURCH NOTICES



## **ST PAUL'S ANGLICAN**

**Sunday, December 13th**

**9.30am**

Isiah Ch61—V1-4 and 8-11 D. Bookham

1 Thessalonians Ch5-V 12-28 E. Brayshaw

John Ch1—V 6-8 and 19-28

Psalm Song of Mary Page 425

## Church of Christ Notices



**Friday 11<sup>th</sup> Dec 3.15 – 4.45pm at the Narembreen Church of Christ**

**Christmas Kids Club**

**All welcome from Years PP-6**

**Come along for one last afternoon of games, Christmas singing, story and craft.**

**Sunday 13<sup>th</sup> Dec 10.00am**

Worship service with Sunday School during the service.

**Bible Verse: Luke 2:11**

**Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord.**

## **Seventh Day Adventist**

**105 Church Rd, Mt Walker**

Leading Elder: Yonnie Willis 60635014

Pr Lomani 0429 770 331

**Saturday 10am Bible Study**

**Sabbath School**

**11.30am Worship Service**

## **ROMAN CATHOLIC**

**OUR LADY OF THE BLESSED SACRAMENT**

**Sunday, December 13th**

**8.00am**

Reader: R. Hickey

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727



*Christmas Present Idea*

**CANVAS PRINTING AT  
YOUR LOCAL CRC**

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**A3 - \$65.00**  
**Custom Size - TBA**



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## **R2K Contracting**

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Bruce Rock WA 6418  
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Robyn 0400 552 141  
Fax: 08 9061 1194  
ABN: 16 563 552 915  
E-mail: [rdkovac@bigpond.net.au](mailto:rdkovac@bigpond.net.au)

Hydraulic system design and testing  
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Hydraulic hose assembly made to order, in-house  
Regular trips to Perth for repairs & parts

## Grader Contracting

For all your grader  
requirements in Narembeen  
and surrounds.



Contact Digby Slade  
0428635055 or 9063 5055.

# WILLWAY PLUMBING & GAS

Dean: 0407762543

Email: [dean@willwayplumbing.com](mailto:dean@willwayplumbing.com)

PL9957 GF18322

## **Naremben Pharmacy**

### **NOT LONG NOW TILL CHRISTMAS! !**

- ★ We have a wide range of Women's & Men's fragrances including gift sets & miniatures
  - ★ Natio
  - ★ Diffusers & Candles
- ★ Gift Packs including lovely hand creams, body wash, hand wash & luxurious moisturisers.
- ★ For the little ones there's Miki gift packs, Pink Poppy jewellery & accessories & a wide range of toys
  - ★ Plus much, much more, so come in & have a browse.

#### **Pharmacy Hours for the holiday season:**

We will be closing @ 12pm on Thursday 24th December.  
Closed for all public holidays in December & January.  
Re-opening Tuesday 29th December - 31st December normal hours.  
January hours are 9am - 1pm (Mornings Only).  
Normal hours will resume on Monday 1st February.

We would like to thank all our customers for their support throughout this very challenging year and wish one & all  
a very happy & safe Christmas  
& an absolutely fantastic New 2021.

## ***Position Available***

Clinicare Pharmacy Naremben have a casual pharmacy assistant position available.

The hours are one day per fortnight and holiday relief

To apply for the role, please submit an up to date resume by email to  
**narembenpharmacy@live.co.uk**  
or in person at the pharmacy

For further details on this role please  
contact *Dennis*: **9064 7373**





## NAREMBEEN ARTS AND CRAFT

**Come and have a look for your Christmas gifts at Narembeen Community Shed**

Hand made Soft Toys, Cards, Paintings, Covered Coat Hangers, Hand Towels  
Tammy's Greenhouse Salts, Jewellery made with beads, Decorative paper bowls  
Preserves, Chutneys, Pickles and Jams, Home made Fruit cakes,  
Mulberry Jam and Chutney, Beetroot Orange Relish. Zucchini Pickles, Fig jam ,  
Fig Chutney, Apricot jam, much more

### **STEAM PUNK JEWELLERY**

NEW TO NAREMBEEN

**OPEN THURSDAY 10<sup>TH</sup> AND 11<sup>TH</sup> DECEMBER**

**9.30 A.M. -12p.m.**

**EVERY Monday 10 a.m. to 2p.m.**

**Other times contact Warren 0409881495 or Margaret 0429647492**

**Only 16 days until CHRISTMAS DAY**



# Hutton & Northey Sales

HEAVY DIESEL MECHANIC EMPLOYMENT

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Contact John Trunfio—Group Service Manager

Mobile: 0429 411 077

For more information, visit our website: [www.hutnorsales.com.au/careers/](http://www.hutnorsales.com.au/careers/)



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**P/F:** (08) 9061 1906

**E:** [gavinbrownley@gmail.com](mailto:gavinbrownley@gmail.com)

54 Dampier Street, Bruce Rock WA 6418

PO Box 137, Bruce Rock WA 6418

# BIRTHDAYS



9th	Irene Pini	Josh Andrews	Wendy Wilson
10th	Felicity Shipard(Edwards)	Joy Hayter	Lyn Cova
11th	Rodney Hayter	Wayne Hooper	Ella Shaylor
	John McCummiskey		
12th	Joanne Kiely	Bryan Shattock	
14th	Gillian Ransom		
15th	Sarah (Gould) Jamieson	Alyce Rogerson	Brian Bormolini
	Walter Scholler	Keanu Westropp	
16th	Ethan Treloar		

# ANNIVERSARIES



15th	Andrew & Beryl(Menegola) Thompson	
16th	Neville & Jill McGregor	Phil & Mary(Stacey) Smith

## Narembreen Weather

Day	Date	Max (°C)	Min (°C)	Rainfall (ml)
Tuesday	1/12	25.8		
Wednesday	2/12	33.1		
Thursday	3/12	37.9		
Friday	4/12	29.1	6.9	
Saturday	5/12	28.6	10.5	
Sunday	6/12	30	10.1	
Monday	7/12	33.4	11.6	
Tuesday	8/12			



# Mt Walker Tennis Club



Thank you to all the members who helped out prior and during hosting the EDTA Pennants Grand Final on Saturday. A top effort from Shohan & Kara (& Michael) with catering and Courtney for all her organisation. Well done to both Narembeen 2 and Narembeen 1 on your tennis, congratulations to Narembeen 2 who were victorious.

Well done to Narembeen TC on another successful Open Day on Sunday. Great work Mt Walker members – Pete Cowan (& Payton Vaughn) a-grade mixed doubles winners and Maddie Della Vedova (& Cobie Stirrat) b-grade doubles runner ups.

This Sunday we have Hot Shots and social, it would be great to see a few more members coming down for a hit now that most people's harvests are coming to an end. Or, as always, come down for a drink, dinner and a catch up! We're looking forward to enjoying the best Mt Walker has to offer – ding snag and homemade pizza!



**A HUGE THANK YOU to Frank Lopez and the Lopez Family** for their generous donation to our Sports Club, it is greatly appreciated and will go towards maintaining our club and ensuring it continues to be an active, inclusive and social part of the Mt Walker community.

## COMING EVENTS:

**Sunday 13 December** Social from 3pm & Hot Shots – Home Made Pizza & Ding Snag Night

**Sunday 20 December** Mixed Doubles Champs & Mt Walker Community Christmas Party

**MWSC Closed for holidays – please contact a committee member for access**

**Sunday 7 February** Social from 3pm – BBQ & Salad to share

## SUBS DUE NOW (Tennis Members)

Full \$120 Social \$60 Junior \$35

Please pay by cheque, cash or EFT to: Mt Walker Sports Club, BSB 306 026, Account No. 5100512  
Use surname and initial as narrative

**\* NEW MEMBERS WELCOME \***

Ladies Captain: Courtney Bonifant 0488 555 492 Men's Captain: Pete Cowan 0415 913 990 Secretary: Felicity Cowan 0428 191 085





THE MT WALKER SPORTS CLUB INVITES YOU TO

# MT WALKER CHRISTMAS PARTY & MIXED DOUBLES

Bring a salad or festive dish to share  
Meat donated by Mt Walker Sports Club

**SUNDAY 20 DECEMBER**  
**PARTY COMMENCING AFTER MIXED DOUBLES FINAL**  
**SPECIAL VISITOR ~6PM**

MIXED DOUBLE NAMES TO PETE OR COURTNEY BY THURSDAY, 17 DECEMBER  
RSVP FOR CATERING BY MONDAY, 14 DECEMBER TO SHOHAN OR KARA  
GIFTS \$15 LIMIT, TO BE LEFT BEHIND BAR ON NIGHT





## What a great weekend for the Narembeen Tennis Club

### NAREMBEEN WON THE PENNANT FINAL

It was a great day of tennis at Mount Walker on Saturday with the Pennant final between Narembeen 1 and Narembeen 2. With many sets going to tie breakers or 7-5 the tennis was great to watch all day and nobody was prepared to give in. Unfortunately there was always going to be a loser and on this occasion it was Narembeen 2. Congratulations to Narembeen 1 on a great win and congrats to both sides for giving your all for the pennant season. Our thoughts are with Dan Waldorf who has played all season and then had a car accident on Friday night and was unable to play. Hope you are on the road to recovery Dan. On the other hand we have our "finals specialist" and President of the Club, Aaron Lyon who stepped up and delivered. Thanks Azza.

The teams were as follows:



#### **Narembeen 1**

Scott Stirrat, Adam Miolini, Tim Cusack, Dean Williams

Holly Cusack, Indi Nelson, Kel Lyon, Mel Baldwin

#### **Narembeen 2**



Mitch Miolini, Derek Hooper, Brian Cusack, Azza Lyon

Emma Miolini, Britt Duncan, Wendy Hooper, Carissa Wanless and Noela Cole.

Thanks to Mount Walker for hosting the final. The food and hospitality was typical Mount Walker A1 style. Thanks to you all for your work to make the day successful.

On Sunday we held our Annual Open Day with 60 players competing for the A, B and C Grade Mixed Events in the morning and 94 contesting in the Mens and Ladies A and B Grade Events in the afternoon.

These days do not get off the ground without some great club members quietly working behind the scenes. To Azza (President) and Kel Lyon (Catering), Britt Duncan (Secretary), Robert Miolini (Captain) and Mitch and Em Miolini, Adam Miolini and Indi Nelson (who did the draw) we say a big THANKYOU. Thanks to all our Club Members who supplied food and worked around the Club. Last but not least to Sharlene and Taylor for working behind the barkeeping everyone rehydrated. Nothing is ever a problem and always with a smile.

Winners of the day were:

A Grade Mixed: Winners: Payton Vaughan and Peter Cowan

Runners Up: Meg and Cam Gethin (Merredin)

B Grade Mixed: Winners: Casey Hooper and Tim Cusack

Runners Up: Emma and Luke Growden (Merredin)

C. Grade Mixed: Winners: Jayden Hooper and Emily Steele

Runners Up: Bianca Currie and Liam Atkins

Mens A Grade Winners:	Jeff Hooper and Scott Stirrat
Runners Up:	Ethan Stirrat and Jayden Hooper
B Grade Winners:	Dean Williams and Mac Cole
Runners Up:	Brendan Parsons and Ben Hunter
Ladies A Grade Winners:	Holly Cusack and Indi Nelson
Runners Up:	Tenielle McGregor and Emma Growden (Merredin)
B. Grade Winners:	Maddie Della Vedova and Cobie Stirrat
Runners Up:	Kel Smith and Jane Smith (Dumbleyung)

We wouldn't be able to hold these days unless we have Sponsorship . We would like to thank the following for all their support in making the day successful.

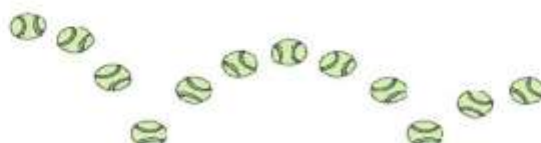
**Narembeen Spraying, Narembeen Hardware , IGA, Elders, Colestan Electrics,  
Three-O-Two, Co-Op, Willway Plumbing, Nutrien Ag Solutions, Narembeen Club Inc,  
Narembeen Tyre Service, Varley Transport, Planfarm, Central Wheatbelt OT and  
Bevan and Sheree Thomas**

This Sunday , after a few busy weeks, we will have very social, social tennis.



On Sunday 20<sup>th</sup> December we have a teams event with our Christmas breakup and a visit from the big fella. Watch this space for more details.

Thanks to all Members - you are Legends





## Narembreen Bowling Club

Two Teams of Ladies travelled to Corrigin on Friday for their Open Fours.  
Neither came home with winnings. Nup... Not even a raffle.. And there were 15 of them!  
All enjoyed the company but probably not so much the bowls!  
It was great that we could get 8 to go. End of the 8 story.

The Men played a Derby in Pennants on Saturday.  
A close one here, with Maroon winning overall by one shot.  
Can't get much closer than that.

On Sunday the Men played their Championship Fours.  
This event was Sponsored by the Max Price Family.  
Lots of good bowls and rivalry.  
The winners were Roy Gray's Team of Baz Cole, Steve Fry and Clarrie Cowan.  
Runners up were Arthur Cousins Team of Gary Johns, Graeme Loader and Halley Cowan

The Ladies had a very social roll in the afternoon.  
Plenty of Grudgies here. The extent we have to go to, to play on green A!  
The winners of the money were Sylvie Yandle, Rhonda Cole and Kyla Padfield.  
Well done. A great day of Bowls for our club members.

The Ladies will play the 100 up this Sunday. The Men will have a social roll.

### MENS PENNANTS

#### NB MAROON V BK GOLD

SKIPPER	THIRD	SECOND	LEAD
A.Cousins	D.Hayter	P.Suckling	G.Latham
R.Hayter	H.Cowan	H.Cowan	A Hardham
R.Gray	W.Cowan	G.Loader	G.Johns
J.Currie	T Cole	J.Cole	J.Padfield

#### NB GOLD V BK PURPLE

G.Vaughan	F.Copeman	C.Cowan	N.Rogerson
M.Hall	K.Anderson	L.Maringoni	A.Lyon
E Tenardi	S.Fry	J.Hathaway	D.Maringoni
S.Welsh	D.Woodfield	R Padfield	K.Butler

### THANKYOU TO OUR SPONSORS

#### **Ramelius**

**Narembreen Roadhouse**, Motive Travel, Total Ag—Nutrien, Hutton and Northey, Aim, Trans Plus, Crichton Vale, Elders Rural, Eilish Bailey, Di Miolini, Peter Suckling, Colleen Crowd, Varley Transport, Sonic Boomsprays, Liberty Fuels, Narembreen Engineering, Narembreen IGA, Iris Bristow, Hendy and Anita Cowan, Robert and Julie Hayter, Ron and Marg Butler, Frank and Helen Copeman, Steve and Chris Padfield, Narembreen Medical Centre, Rhonda Cole, The Thomas Family, Gaynor Latham, Narembreen Tyre Service, Narembreen Hardware and Ag Supplies



## FOR SALE

Bunk Bed  
Lo-line, Long wall  
Manufactured by Bunkers.  
Baltic Pine  
Very sturdy  
Very good condition.  
Additional 2 foam  
mattresses if required

**\$150 ono**

Phone Gwenda:  
0428317350



## Ag Implements Narembreen

We are fully stocked with a large range of John Deere toys



Come in and have a look for some great Christmas presents.

Give us a call on 90647214 if you see something  
you like and need a price.

## BUSINESS OPPORTUNITY



Person/s required to establish, manage and operate a new motel business on a shared profit basis with the owner.

Motel has 16 rooms and is currently under construction by Stallion Homes and located in the Narembreen townsite of WA.

For confidential enquiries and information  
please ring Des on 0428 205 462



## Christmas comes early for Durack Agricultural Shows and Field Days

4 December 2020

Shows and field days cancelled because of COVID-19 are about to get some Australian Government funding to ensure they can bounce back in 2021.

Federal Member for Durack, the Hon. Melissa Price is thrilled that 9 of these Durack events will receive more than \$190,000 for administrative support.

"I am a huge fan of the many annual Ag shows held in Durack and I am so glad the first payments under the 'Supporting Agricultural Shows and Field Days' program will roll out before Christmas to support these terrific events," Ms Price said.

This significant package 'Supporting Agricultural Shows and Field Days' program will reimburse eligible costs for shows and field days who had to cancel because of COVID-19.

"Many of these events are run by community volunteers and it was important that the Morrison Government offer practical support to these local Durack organisations to cover ongoing costs like rates, insurance and telecommunications," Ms Price said.

The Morrison Government is keen to ensure show societies and field day organisers are in the best shape possible to continue in 2021 and beyond.

"These events bring our families and farmers together, build community spirit and help bridge the divide between country and city. They also help farmers stay competitive by providing an opportunity to share innovation and new ways of doing business," Ms Price said

This package is additional to more than \$1 million of support already received by 6 Durack Agricultural Societies through the Australian Government's \$20 million Agricultural Show Development Grants program to upgrade, maintain or build new infrastructure.

A full list of the 9 Durack recipients is attached below.

**Ends;**

**Media Contact:**

Rose Crane 0427 587395, [Rosemea.Crane@aph.gov.au](mailto:Rosemea.Crane@aph.gov.au).





Durack Recipients of the 'Supporting Agricultural Shows and Field Days' program.

Merredin Show Inc. (Merredin Show)	\$6,543.20
Chapman Valley Agricultural Society Incorporated (Chapman Valley Show)	\$54,112.00
Quairading Agricultural Society Inc. (Quairading Show)	\$2,700.15
Northampton District Agricultural Society Incorporated (Northampton District Show)	\$3,250.77
The Yilgarn Agricultural Society Inc. (Yilgarn Show)	\$1,904.53
Mingenew Midwest Expo Inc. (Mingenew Midwest Expo)	\$15,000.00
Mullewa District Agricultural Society (Mullewa Show)	\$3,869.61
Dowerin Events Management (Inc) (Dowerin Machinery Field Days)	\$43,414.69
The Kununurra Agricultural Society (Incorporated) (Kununurra Show)	\$64,118.89





## From the Managers Desk

Hello everybody!

The seniors enjoyed the wonderful Christmas comedy 'Last Christmas' and a cuppa and cake here at the CRC on Monday afternoon. Thank you to every single one of you for coming along to the seniors movie days. We hope you enjoy them and if there is a movie that you would like to see next year, just let us know and we will try and get it in for you.

On Monday night the Narembreen CRC went to the Wheatbelt Business Network (WBN) Business After Hours (BAH) in Merredin and celebrated 10 years membership with the WBN. We would like to thank Caroline and the WBN for your ongoing support over the past 10 years and we are looking forward to many years more. Narembreen is hosting their BAH on Wednesday, 9th December from 5.30pm - approx. 7.00pm. Please feel free to come along for some refreshments and networking.

We put our Christmas hats on for Rhyme Time on Tuesday and enjoyed adding some Christmas carols. Thank you to everyone for supporting our Story and Rhyme Time sessions throughout the year. Last year in December was our very first Story Time session and we have had many more since. We have certainly enjoyed spending some time singing, rhyming and playing with the Narembreen children and we hope you have to. With a bit of luck and funding we will be back for more library fun in February 2021.

Don't forget the Christmas Lights Town Bike Tour is on this Saturday night! We will be leaving from the CRC at 7.00pm and touring through town on the search for the best decorated house. There will also be a prize for the best decorated bike, so put your tinsel and lights on and give the children of Narembreen a wonderful Christmas Lights

experience. Please ensure children under 10 have a parent or guardian with them at all times. We have already seen that a few houses have put there decorations up but if you still need you can visit Pom at our local hardware shop and get some more :)

We are working hard to get everything organised for the Community Christmas Pool Party next Friday, 18th. We are hoping you have saved the day as a fun day is guaranteed for EVERYONE. Stallholders, free food, lots of fun for the kids and a band at the Narembreen Club to follow. Hope to see you there!

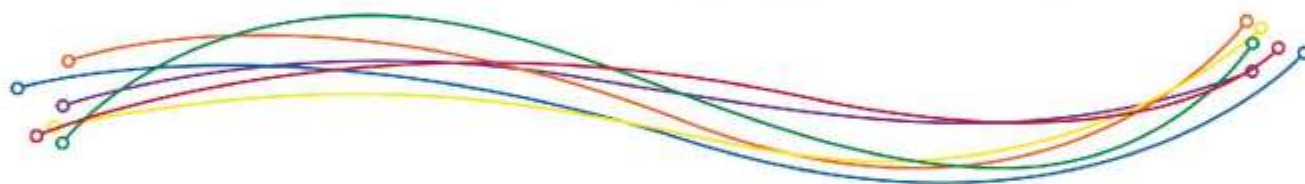


Have a great week!

*Vanessa Wittstock*  
CRC Coordinator

# Upcoming CRC Events

- BAH Christmas Catch-up: Wednesday, 9 Dec 5.30pm
- Christmas Lights Town Bike Tour: Saturday, 12 Dec 7.00pm
- Christmas Morning Coffee Club: Wednesday, 16 Dec 10.30am
- Christmas Pool Party: Friday, 18 Dec 3.30pm
- Australia Day Event: Tuesday, 26 Jan 7.30am



T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

[crcreception@narembeen.wa.gov.au](mailto:crcreception@narembeen.wa.gov.au)

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



Narembeen Community Resource Centre



Narembeen CRC



MERREDIN - 5 George Street  
Merredin, WA, 6415  
Direct: 08 9035 0417  
Email: [care.kli@rightathome.com.au](mailto:care.kli@rightathome.com.au)



## Companion Care

### Homemaker Services

- Meal preparation & clean-up
- Monitor diet and nutrition
- Medication reminders
- Pet care and pet monitoring
- Prepare grocery list



### Light Housekeeping Services

- Mop, sweep and vacuum
- Clean kitchen & appliances
- Clean bathroom(s)
- Dust, organise, tidy rooms
- Make beds & change linen
- Laundry
- Iron clothes
- Take out the garbage



### Home Activities

- Help with letters, read mail
- Read (books, newspaper)
- Rent and watch movies
- Companionship, conversation  
reminisce about the past
- Play cards or board games



### Transport & Outdoor Activity

- Transportation – doctors  
appointments / social events
- Errands – mail letters, bills
- Grocery shopping
- Outings to theatre, film, art  
galleries, RSL, coffee shop
- Visits with friends
- Take walks, visit the park



## Personal Care

- Bathing
- Hygiene
- Grooming and Dressing
- Continence Care / Toileting
- Help with mobility
- Help reduce the risk of slips and falls
- Help with exercises
- Assistance with eating



## Skilled Nursing Care

- Medication Administration
- Catheter Care
- Complex wound dressings (vac dressings)
- IV therapy, IV antibiotics
- Tube feeding
- Rehabilitation
- Palliative care
- Symptom Management
- Managing a rapidly changing health status



We are a local home care business, proudly supporting the community in Kalgoorlie and Wheatbelt. We have a comprehensive portfolio of home care services for seniors and adults with a disability (NDIA Approved Provider).

**Right at Home Kalgoorlie Wheatbelt offers a wide variety of home care services available 24/7 including:**

- In-home nursing/NDIS care
- Dementia care
- Post-operative and transitional care
- Disability care (NDIS)
- Respite care and Palliative care

**We have no Admin fees, so all your funds will go towards your care. Would you like to know more?**

Our team would love to talk to you to ensure you get the support you need. Our office is located at 3 George Street, Merredin 6415, or contact us directly on (08) 9035 0417 or email us

[care.kli@rightathome.com.au](mailto:care.kli@rightathome.com.au)





## 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 2<sup>nd</sup> & 4<sup>th</sup> Monday of month

### SPEECH THERAPY – PHONE PRUE 0408 934 284

At Narembreen Medical Centre on Tuesday and Wednesday

### CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

At Narembreen Medical Centre

## COMING EVENTS

### December 2020

Wednesday	9th	Numbats: Phone Bookings from 8.00am <b>0422 322 289</b> Ladies Bowls Round 8, CR B v NB	8.30am - 5.30pm
Thursday	10th	Men's Shed Numbats: Phone bookings from 8.00am <b>0422 322 289</b> Autumn Club	9.00am 8.30am - 5.30pm 10.00am-2.00pm
Friday	11th	Playgroup at Numbats Centre	9.30am
Saturday	12th	Church Men's Community Shed Mens Bowls Round 8, NB M v BK G, NB G v BK P Mens Cricket, Round 9, Kulin/Kondinin v's Narembreen @ Kondinin	9.00am
Sunday	13th	Church Social Bowls Tennis, Teams Event @ Kondinin , Social @ home	2pm
Monday	14th	Arts and Crafts and Book Exchange at Community Shed	10.00am-4.00pm
Tuesday	15th	Senior Citizens Numbats: Phone Bookings from 8.00am <b>0422 322 289</b> Badminton at Town Hall	2.00pm 8.30am - 5.30pm 6.30pm
Wednesday	16th	Numbats: Phone Bookings from 8.00am <b>0422 322 289</b>	8.30am - 5.30pm

**Editor: Sherrie Heather**