

The Fence Post



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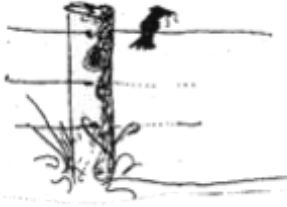
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The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

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*** 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 2021

	B&W	Colour		B&W	Colour
Small ads up to ¼ Page	\$8	\$13	One Third Page	\$10	\$20
One half Page	\$15	\$25	Two Thirds Page	\$20	\$35
Full Page	\$30	\$50			

PREFERRED FORMAT-WORD, PUBLISHER OR PDF

ANNUAL SUBSCRIPTION RATES 2021

DUE 1st March

Local and Online	\$66
Mailing	\$110



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EDITORS

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

ROSTER

Date	Editor	Typist	Ads
11/5/2021	Gina DeLuis		
18/05/2021	Lorraine Lethlean	Darien Pascoe	Sam Woodfield

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....

Visit to town

Visiting Bobbie Hall recently were granddaughter Cristy and great granddaughter Kayla with new baby Oakley Dustin. Bobbie is now part of five generations with baby Oakley being her great -great grandson. The recent 3 day lockdown was a challenge with Cristy unable to return to Perth for her flight to the Pilbara for her job on a mine-site.

Proud Local and Mundaring Resident

Felt very proud and happy this morning at my Pilates session (despite the cursed mask) One of the ladies in our group told me she called at Naremben while on a road trip with her sister and called in at the Co-Op. They loved it and the company of whoever was serving. She noticed the old "safe" . When I told her the history of it she nearly cried. Congratulations everyone , keep up the good work. As I said, so proud.

Cheers Helen Fidge

ST JOHN AMBULANCE

We have received a payment of \$95.00 marked "WALPOLE NORNALUP" on 29th April. This looks as if it is for a membership payment. We do not know who sent it or what membership number it was for. If you paid this amount with that narration please let us know Naremben.Subcentre@stjohnwa.com.au or call Lorraine on 0458033568.

Bankwest

For those who are not aware, the bank is temporarily now only open on Tuesday, Wednesday and Thursday

Local

- Small amount rain received last Friday and hopefully much more this week to help the farmers
- Visitors to town impressed with our coffee shop

Regional

- A rescue dog has saved the life of its owner during a house fire in Ballidu, after jumping on him as he slept to wake him up.
- WA Police say a crash that killed a road train driver near Meekatharra is a tragic reminder to take care on regional roads.

State

- Security guard and two of his house mates test positive to Covid-19 and masks continue to be mandatory in Perth and Peel Regions.
- WA Premier makes decision to cancel public attendance at the AFL Derby in Perth.
- WA has 26 active COVID cases in hotel quarantine and hospital as of Tuesday 4 May 2021
- Wednesday night's Perth Glory match will be played without spectators
- The WA Government is giving \$2 million in relief funding to India

National

Federal Government advises that Australians currently in India are subject to fines and imprisonment should they arrive in Australia within fourteen days of being in India

Global

Across India, case numbers since the start of the outbreak are closing in on 20 million.

Delhi, which this weekend reported record daily deaths at more than 400, wants the army to run medical care with oxygen facilities for around 10,000 patients, and a further 1,000 intensive care units.

Joe Biden first 100 days as US president has been spent focusing on a series of issues facing the country - from immigration and the economy to Covid and the climate.

Save The Date

Spirit of Sustainability

#GenAg2021

Tuesday July 27

KULIN WESTERN AUSTRALIA





May 2021

Melissa Pickering

CCWA Regional Education Officer - Wheatbelt

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Melissa.Pickering@cancerwa.asn.au

World No Tobacco Day 31st May

In the lead up to World No Tobacco Day 2021 on 31 May, Cancer Council WA is encouraging Wheatbelt residents who have concerns about their lung health to chat to their GP as soon as possible. According to Cancer Council WA's Wheatbelt Regional Education Officer, Melissa Pickering, tobacco endangers the lung health of people in so many ways. "One thing you can do for your lung health is quit smoking," Ms Pickering said. "It's important to talk with your doctor and to keep trying, no matter how many times it takes. Smoking and exposure to second-hand smoke causes a lot of problems and affects long term lung health."

Ms Pickering said that people often delay seeing their GP because they are afraid or don't think anything can be done, but things have really changed. "There's still a lot of stigma out there, but there's a lot we can do now for lung health compared to five years ago," she said. "We know tobacco use and second-hand smoke exposure can cause lung cancer, but tobacco use is the predominant cause of chronic respiratory disease including chronic obstructive pulmonary disease. It also causes chronic bronchitis and emphysema. 36% of the burden to all respiratory conditions is due to tobacco use. We recommend residents in the wheatbelt region who have concerns about their lung health to chat to their GP as soon as possible."

Past and current smokers should visit their GP if they recognise any of the common lung cancer symptoms:

- Coughing up blood, even just once
- A cough that last for four weeks, or a worsening or changing of a long standing cough
- Repeated chest infections
- Becoming more short of breath, tired or lacking energy
- Unexplained weight loss
- Persistent (long lasting) chest or shoulder pain

To access support through a quit attempt:

- Wheatbelt Quit Smoking Program - Free local support and advice 9690 1720
- No More Ngamari – Free culturally appropriate quit smoking program 9690 2888
- Contact the Quitline 13 7848 ; chat online at quitlinewa.org.au ; request a call back by texting 0477 765 007 ; visit QuitCoach www.quitcoach.org.au/ ; Download MyQuitBuddy app <https://www.health.gov.au/resources/apps-and-tools/my-quitbuddy-app>
- Visit makesmokinghistory.org.au
- Seek advice and support from your GP, Aboriginal Health Worker, Telehealth service or pharmacist



Life Now Program – Free Online Meditation course

The Life Now Program is offering a free online meditation course starting Wednesday 5th May for six weeks, to support cancer patients and their carers. We invite people affected by cancer and their primary carer to take part in this free course, which is funded through generous community donations. Registration is essential.

To register or obtain further information call 13 11 20 and select ‘speak to a nurse’ or visit www.cancerwa.asn.au and enter ‘Life Now’ in the search field.



The weather is cooling down but it’s still important to stay SunSmart – Think UV not heat

It may be getting cooler now but it’s still important to be Sunsmart and slip, slop, slap, seek and slide when the UV is three or above. It’s important to always remember to *think UV not heat*. Many people mistakenly believe they only need sun protection on hot, sunny days. However, it is Ultraviolet (UV) radiation from the sun, not heat, that is the major cause of sunburn, premature ageing, eye damage and skin damage leading to skin cancer.

UV can’t be seen or felt. Because of this, it can be damaging without us knowing it at the time. The UV index tells us the strength of UV radiation each day. Sun protection is recommended when the UV index is three or higher. Often, the UV can be high on cool, cloudy days.

A great way to keep track of the UV index where you are is via our free [SunSmart app which can be downloaded here](#) or by checking our [myUV website](#).



Free SunSmart App

SunSmart FAQ - What’s the difference between SPF30+ and SPF50+?



The SPF (Sun Protection Factor) of a sunscreen is a measure of how well it protects the skin from sunburn. SPF30 sunscreen admits 1/30th of the ambient UV, SPF50 admits 1/50th and so on. Sunscreens need to be applied liberally to achieve the SPF protection claimed on the label.

We recommend using any sunscreen that is labelled broad spectrum, water-resistant and SPF30 or above.

Interestingly, SPF50+ offers only marginally better protection from Ultra Violet (UV) radiation than SPF30+ filtering out 98 per cent of UV radiation compared to 96.7 per cent blocked by SPF30.

SPF50+ sunscreen still needs to be applied as liberally, re-applied every two hours (or after swimming, exercising and towel drying) and used in combination with other sun protection measures including sun protective hats, protective clothing, sunglasses and shade.

Read more about how to be SunSmart on our [myUV website](#).

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- 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 poo
- 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.

Partner:



Government of Western Australia
Department of Health



For more information visit findcancerearly.com.au or call 13 11 20

Australia's Biggest Morning Tea time..... Following the tumultuous year that was 2020, distress and isolation challenges have been heightened, especially for people affected by cancer. Australia's Biggest Morning Tea is a chance for people to come together this May to reconnect and support those affected by cancer. Host an ABMT in your own way -whether it's at home with friends or family, a simple morning tea with workmates, virtually (COVID-19 style) or a gathering in a local community or at school. The official day to host a 2021 morning tea is Thursday, 27 May, however, you can register to host at any time throughout May or June. Host or join an Australia's Biggest Morning Tea this May/June to raise funds for Cancer Council's life-saving cancer research, prevention programs, advocacy and support services. For more information or to register/donate please visit biggestmorningtea.com.au or call 1300 65 65 85.

If you or a loved one needs support following a cancer diagnosis, please call 13 11 20 to speak with a cancer nurse or visit www.cancerwa.asn.au



Thanks so much for your kind support!

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 and click on **Recipes**

HEALTHY HUMMINGBIRD MUFFINS RECIPE



⌵ Prep: 25 mins
🕒 Cook: 25 mins
👤 Serves: 18
★★★★★
Print

Ingredients

- ▲ 2 eggs
- ▲ 1/4 cup caster sugar
- ▲ 200 mL low-fat vanilla yoghurt
- ▲ 1 tsp vanilla extract
- ▲ 3 large ripe banana, mashed
- ▲ 440 g crushed pineapple in natural juice
- ▲ 3 cups self-raising flour
- ▲ 2 tsp ground cinnamon
- ▲ 3/4 cup walnut halves
- ▲ olive or canola oil spray

- 🍷 Summer 2012
- 🍷 Snack
- 🍷 Dessert
- 🍷 Lunchbox
- 🍷 Baked goods
- 🍷 Freezer Friendly

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray muffin tins with oil.
3. In a large bowl, beat eggs and sugar together with an electric mixer on high speed for 2 minutes until light and creamy.
4. Gently mix in yoghurt, vanilla, bananas and pineapple with juice.
5. Sift flour and cinnamon onto the batter then stir to combine but do not over mix.
6. Spoon mixture into prepared muffin tins (3/4 full) and top with a walnut half. Bake mini-muffin tins for 20 minutes and larger muffins for 25 minutes or until a skewer inserted in centre comes out clean.
7. Cool in tins for 5 minutes then turn onto a wire rack to cool completely.

Healthy tip!

Having a party? Serve veggie sticks and water crackers with salsa rather than high-fat chips and dips.

[More tips](#)

Variation: For a denser muffin, substitute 3 cups of plain self-raising flour for 1½ cup wholemeal self-raising flour and 1½ cup plain self-raising flour.



Try our free 3-2-1 Meal Plan!

Nutrition Information

	per serving	per 100g
Energy	691 kJ	778 kJ
Protein	4.8 g	5.4 g
Fat, total	3.1 g	3.5 g
— saturated	0.4 g	0.5 g
Carbohydrate	28.6 g	32.1 g
— sugars	10.9 g	12.3 g
Sodium	178.7 mg	201 mg
Fibre	2 g	2.2 g

<https://livelighter.com.au/recipe/291/hummingbird-muffins>



Ingredients

- ▲ olive or canola oil spray
- ▲ 1 large onion, diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 tbs garam marsala
- ▲ 1 tsp turmeric
- ▲ 1 eggplant, cut into 2-3cm pieces
- ▲ 400 g sweet potato, peeled, cut into 2-3cm pieces
- ▲ 1/2 cauliflower, cut into florets
- ▲ 3/4 cup salt-reduced chicken or vegetable stock
- ▲ 150 g green beans, trimmed and cut into 5cm lengths
- ▲ 1 x 400g can no-added-salt chickpeas, drained and rinsed
- ▲ 400 g can coconut-flavoured evaporated skim milk
- ▲ 16 plain pappadums (8cm diameter), to serve
- ▲ 1/2 cup fresh coriander, chopped, to serve

Method

1. Spray a large non-stick saucepan with oil and place on medium to high heat.
2. Cook onion for 3 minutes, stirring occasionally; add garlic and spices and stir 1 minute until fragrant.
3. Add eggplant, sweet potato, cauliflower and stock to the pan, mix well.
4. Bring to the boil then reduce heat to medium, simmer covered for 12 minutes until vegetables are just tender.
5. Add beans, chickpeas and milk; increase heat to return to the boil.
6. Reduce heat and simmer gently uncovered for 5 minutes until beans are tender but still bright green.
7. Place 8 pappadums around the edge of a microwave-safe dinner plate and cook on HIGH (100%) for 60 seconds until puffed and crisp.
8. Set aside and repeat with remaining pappadums.
9. Serve curry in bowls topped with coriander and pappadums.

Hint

Add a teaspoon of coconut essence to a can of evaporated skim milk to replace coconut milk.

Variations

- To add heat, cook a chopped red chili or teaspoon of chili powder with spices.
- Include 2 thinly sliced small skinless chicken breasts (400g) when beans and chickpeas are added.



Nutrition Information

	per serving	per 100g
Energy	3500 kJ	352 kJ
Protein	25 g	5 g
Fat, total	8 g	1 g
— saturated	1 g	0.2 g
Carbohydrate	62 g	13 g
— sugars	25 g	4 g
Sodium	629 mg	224 mg
Fibre	15 g	3 g

Healthy tip!

Choose plain water or soda water in place of a sugary drink.

[More tips](#)

<https://livelighter.com.au/recipe/370/creamy-vegetable-curry>

Narembeen Morning Coffee Club

Quizzes
Bingo
Games
Activities
Excursions

Every third Wednesday
of the month

10:30am

CRC

Proudly Supported by



Government of Western Australia
Department of Communities





From the Managers Desk

Hello everybody!

Last Thursday myself and Georgia took part in the Dowerin Do-Over - a regional showcase event and street party finale that explored what can be achieved when local leaders and government partners collaborate with the aim of create of creating a great place for the community.

The 'Do-Over' was part conference, part hands on placemaking, and included 1.5 days on interactive activities along Dowerin's Mainstreet.

We had 2 nights' accommodation booked in 'Glamping Tents', BUT when we arrived the wind and rain had other ideas and turned it into more of a camping experience. We were definitely set for an adventure!



The first night we headed to the Dowerin Community Club for a delicious dinner and a Comedy Night – it was a hilarious night performed by some of Perth's best comedians. It was a great chance to network with people from other communities and surrounding CRC's.

After a freezing and wet night in the Glamping Tents, it was Conference Day! We had a full program for the day which involved different workshops and learning lots about Main Street activation. After our Long Table Lunch we worked closely with Quairading CRC, Dowerin Pub, Shire of Dowerin and Town Team

Movement to make the main street of Dowerin come to life for the Street party! We had a silent disco, free food, live music, pop-up street bar, giant games and so much more! It was certainly a challenge to organise an event that is not in your own town, but it turned out to be a fabulous night with over 220 people attending. Thanks to everyone who made our plans come to life!



While we were in Dowerin, Savannah and Kristie hosted their very first Story Time Session at the Library. From what I have heard they did a fabulous job, with more than 20 children attending and learning all things about 'Dogs'

On Monday, the seniors enjoyed 'A Street Cat Named Bob' A true life story and international best-selling book about a recovering drug addict and his ginger street cat Bob. They also enjoyed some lovely cakes and sausage rolls while chatting afterwards.

Hope you have a great week and enjoy the beautiful rain! :)

Vanessa Wittstock
CRC Coordinator

Upcoming CRC Events

- Rhyme Time: Monday, 10 May 10.30am
- CWP Committee Meeting: Wednesday, 12 May 10.00am
- Morning Coffee Club: Wednesday, 19 May 2021 10.30am
- 'THANK YOU BBQ' for Volunteers: Friday, 21 May 2021 5.30pm
- Australia's Biggest Morning Tea: Thursday, 27 May 2021 10.00am
- STEM Story Time: Friday, 28 May 2021 10.30am
- Seniors Movie: Monday, 7 June 2021 1.00pm



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Narembeen Community Resource Centre



Narembeen CRC



Tea
Coffee
Cake

Raffles

NAREMBEEN'S Biggest Morning Tea

\$5
Entry

Help us
raise
\$500!

Join us for the 2021 Cancer Council's Biggest Morning Tea at the Narembeen Community Resource Centre.

When: Thursday, 27 May 2021
10:00am

Enjoy tea, coffee and cake with the community while raising money for a very important cause.



Australia's
Biggest
Morning
Tea



Narembeen
Community
Resource
Centre

BUILDING BRAINS TOGETHER
IN NAREMBEEN

RHYME TIME AT THE CRC

★ **RHYMES** ★ **SONGS** ★ **STORY**



JOIN US IN THE LIBRARY AT 10:30 am

Monday, 10 May 2021



NAREMBEEN COMMUNITY BBQ



Friday, 21 May 2021

From 5.00pm

Community Precinct & Pop-Up Shop



*'A Celebration of the Narembeen
Community and it's many Volunteers'*

WORKING TOGETHER FOR THE COMMUNITY



For more information:
Narembeen CRC 9064 7055
crcmanager@narembeen.wa.gov.au

BIRTHDAYS



MAY

5th	Peter Crow	Clinton Major	Sari Cusack
6th	Warren Bow	Kerrie Jones (Cheetham)	Kade Cooper
	Steve Parkin	Sandy Lopez	
7th	Donna Dixon-Cockman	Barry Menegola	Robyn Bailey (Jones)
8th	Glen Beard0	Rhian Wardley	
9th	Mick Toovey	Bradley Butler	Eileen Bristow
	Michael Moppett		
10th	Val Treloar	Brian Coverley	
11th	Sinead Cusack	Nathan Sprigg	
12th	Alan Treloar	Ashlee Cusworth	Cody Palmer

ANNIVERSARIES



6th Joe & Sharon Aird
 11th Val & Phil Treloar

Date	Max (°C)	Min (°C)	Rainfall (mm)
27th Apr	30.8	13.7	
28th Apr	33.1	12.7	
29th Apr	30.1	16	2.2
30th Apr	23.3	11.6	
1st May	21.7	9.5	
2nd May	23.8	5.4	
3rd May	24.5	6.9	6.2



3 MINUTE WORKOUT PLAN

If you spend most of your day sitting during work or study then this workout plan is for you.

It can be done virtually anywhere, all you'll need is a timer and something to lean on to keep your balance, whether it is a desk, a benchtop or a car!

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose a different one. Mix and match exercises to complete at least 3 minutes. Try and break up your day by doing a 3 minute workout every 30 to 60 minutes.

Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?



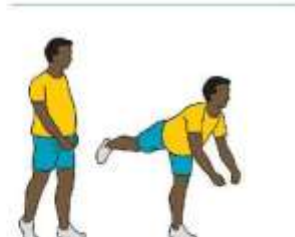
Calf Raises

Raise your heels a few inches off the ground. Hold this position, and then slowly lower your heels back down. You can do this exercise while standing at a desk—you may need to hold on for balance and support.



Half Squats

Stand with your feet planted about shoulder width apart. Squat down half way keeping your back straight. Stand back up again and repeat.



1-leg stand

Stand tall with your hips, knees and toes in line. Transfer your weight onto a single leg, lifting the other just off the ground. When stable, tip forward at the hip. Move your back leg towards the ceiling and body towards the ground. Hold for 15 seconds each leg, then switch.



Knee Lifts

While keeping your knees bent, lift one leg so your knee moves toward your chest. Raise the leg as high as possible and hold the position for a few seconds. Lower your leg slowly and in a controlled manner. Switch to the other leg. This move helps open your hips while strengthening your thighs and abs.



Glute squeezes

While sitting or standing, contract your bottom muscles and hold tight for three seconds. Then, relax and contract again. You can do this at your desk or in the car!



Leg curls

While standing, bring one foot up to your backside, and then lower. Go for 30 seconds, and switch legs.



Push-ups

Plant your hands on the edge of a desk, table, or any stationary surface around your work station, shoulder width apart. Stretch your legs out behind you, lower your chest to the desk, and push-up.

Did you know?

If you spend more than 8 hours a day sitting, you need to do approximately 60 minutes per day of moderate-intensity physical activity to offset all that sitting. Try to be less still, and break up your day by moving more.



Partner:



Government of Western Australia
Department of Health



MOVE MORE MAY CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SIT LESS, MOVE MORE, FEEL GREAT!					1  1 TO 2 SETS of 10 SUPERMANS-ON each leg	2  MOVE HARDER Jog on the spot for 3 to 5 minutes
3  2 SETS of 10 CLAMS alternating each side	4  EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing	5  1 TO 2 SETS of 10 LUNGES on each leg	6 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	7  1 TO 2 SETS of 10 SQUATS for squat jumps for an extra challenge!	8  DANCE IT OUT Have a dance party in your lounge room	9  1 TO 2 SETS of 10 CALF RAISES
10 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	11  1 TO 2 SETS of 20 MOUNTAIN CLIMBERS	12  MOVE STRONGER Complete our 3 minute workout plan (see next page)	13  1 TO 2 SETS of 10 PUSH UPS	14  MOVE HARDER Jog on the spot for 3 to 5 minutes	15  10 LEG LIFTS alternating left and right, hold pose for 5 SECONDS	16  EXERCISE YOUR MIND 2 to 5 minutes of mindful walking
17  1 TO 2 SETS of 10 BURPEES	18  MOVE STRONGER Complete our 3 minute workout plan (see next page)	19  2 TO 5 MINUTES of AIR BOXING	20  EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing	21  1 TO 2 SETS of 10 V-SITS	22 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	23  HOLD PLANK for 30 SECONDS TO 1 MINUTE
24  EXERCISE YOUR MIND 2 to 5 minutes of mindful walking	25  1 TO 3 MINUTES of HIGH KNEES	26 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	27  HOLD SUPINE BRIDGE for 30 SECONDS TO 2 MINUTES	28  MOVE STRONGER Complete our 3 minute workout plan (see next page)	29  1 TO 2 SETS of 10 SIT-UPS	30  MOVE HARDER Jog on the spot for 3 to 5 minutes
31  1 TO 2 SETS of 10 STAR JUMPS	CONGRATULATIONS! YOU'VE COMPLETED MOVE MORE MAY					

Narembeen A Grade Hockey

It was a nice warm one for our first round of the season on the Merredin turf. The heat didn't worry us as we came out strong in the first quarter scoring early. I think the hot sweaty get-up was the only thing on first time goalie Flicks mind as Kylee and Caz in the backline prevented the ball going anywhere near her! Gina, Mel and Mads worked well in the middle making plenty of turnovers. The superstar of the game Emma 'hat-trick' Miolini scored some ripper goals from both short corners and within the play. Courtney scored our final goal taking our tally to 5-0! Hopefully this is a sign of a cracking season to come!

Team: Flick, Caz, Carissa, Kylee, Kara, Maddie, Courtney, Emma, Fabs, Mel, Gina and Hannah



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

EXPRESSIONS OF INTEREST SOUGHT FOR - NAREMBEEN CONTAINERS FOR CHANGE REFUND POINT

The Shire of Narembeen is seeking Expressions of Interest (EOI) from individuals, community groups and businesses interested in managing and operating a Containers for Change Depot in Narembeen

The initiative encourages the uptake of recycling with a refund offered as an incentive on every eligible container returned.

The EOI is open to parties interested in a commercial venture that offers environmental and financial benefits to the Narembeen community.

To request an information package, please contact Sheree Thomas 9064 7308 or by emailing ced@narembeen.wa.gov.au.

Expressions of interest close Monday 17 May 2021.

IMPOSITION OF A NEW CHARGE IN THE 2020/2021 SCHEDULE OF FEES AND CHARGES, RELATING TO STANDPIPE CHARGES

Pursuant to Section 1.7(a) and 6.19 (b). of the Local Government Act 1995, notice is hereby given that the Shire Council endorses the imposition of the below charges within the 2020/2021 fees and charges schedule for standpipe use, with an imposition date of 6 May 2021.

Standpipe Charges

	FEE	GST	TOTAL
Standpipe Use (Per Kilolitre)	\$5.00		\$5.00

Enquiries can be made to Tamara Clarkson, Executive Manager Corporate Services.

David Blurton
Chief Executive Officer

ROAD WORKS IN THE SHIRE OF NAREMBEEN

Winter re-grading works are currently being undertaken on the following roads: - Please drive carefully and to the conditions. Thank you.

- Cavanagh Road
- Fiegert Road
- Loahoar Road
- Billericay East Road
- Billericay West Road
- Gray Road
- Sloss Road
- Calzoni Road

EXPRESSION OF INTEREST

CRC COURSES & WORKSHOPS

Rural Minds Workshop



A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself.

Course length: 4 hours | Cost: \$30.00 per person

SOME TOPICS DISCUSSED:

Stigma around mental illhealth, Anxiety and Depression, Dementia, Suicide, Alcohol & Drugs, Relationships, Financial Street and Succession, Mental Health Supports

Mental Health & Suicide Prevention Workshops & Training

Workshop length: 3.5 hours | Cost: Free

The Mental Illness Fellowship of WA (MIFWA) is partnering with CBH Group, Lifeline WA, Youth Focus and Black Dog Institute to support the mental health and wellbeing of people living in regional grain growing communities across WA. MIFWA is providing a variety of mental health and suicide prevention training and workshops for young people (aged 13-19) and the whole community.



If you are interested in any of the above or would like to know more information, please contact the Narembeen Community Resource Centre.

Narembeen Community Directory

2021/22 Advertisement - **LAST CHANCE!!**

Have you just opened a new business?

Or

Need a way to advertise your current Business?

The 2021/2022 Narembeen Community Telephone Directory is just for you!

Starting from as little as \$25 for a stand alone business listing, you'll give your business the exposure it deserves!

Just 4 easy steps:

1. Simply fill out the form below.
2. Tick which size ad you would like, if you need an ad to be designed, let us know the requirements, we will design an advertisement (additional costs involved) and send you the proof.
3. Return completed form to the Narembeen CRC by **Friday, 30 April 2021.**
4. If you advertised last year, a copy of your advertisement is attached.
Please make any necessary changes and return with this form.

COMPANY NAME:

CONTACT PERSON:

STREET LOCATION:

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Please Tick Advertisement Size

Small Ad	(125mm x 60mm)	\$65.00	<input type="checkbox"/>
Medium Ad	(125mm x 85mm)	\$85.00	<input type="checkbox"/>
Large Ad	(125mm x 190mm)	\$150.00	<input type="checkbox"/>
Stand Alone Business Listing		\$25.00	<input type="checkbox"/>



Narembeen
Community
Resource
Centre

2/19 Churchill Street
NAREMBEEN WA 6369

Email: crclercial@narembeen.wa.gov.au



Narembeen Golf

There is such a thing as Karma!

A great round for Roundy.

Robert Miolini, who has done so much around the club, was the winner of the gross 78 and net 70 pipping, club favourite, Colin Ogilvy with 71net. A roar went up with Colin's score. The other good scores were Russ Arnold, Dave Pollard and Adam Miolini 72, Mic Toovey 74 and Danny Gray 75. Mike Currie was R/up gross 79 and that was after playing with Greg Vaughan and Damon Hayter. The prestigious Patron's trophy (Mic Toovey), which was also the first men's qualifying round, was played with a super19 men participating. Long Dong#1 A Miolini, Best 2nd#11 D Gray, NP#15 Paul Wanless and Best 2nd#6 Sheldon Miller. He just can't keep away from collecting a ball.

On Wednesday, the day was hot so we all borrowed buggies to survive. Great fun and a few races were had, as the Golf Gods smiled on Joan Cusack who played for Anita Cowan's trophy, a S/ford, and she came in with 39pts from Noela Cole 35 and good scores to Anita 34 and Gina DeLuis 32. LP#6 was won by Darien Pascoe, and NP#15 and Best 2nd#1 Maxine Miolini.

On Sunday the smaller group of ladies played with Julie Hayter winning with 33 from Joan 30 on a C/b from Maxine Miolini on a C/b from Carol Currie. Pretty tight if not pretty golf! NP #2 was Maxine and LP #18 Anita Cowan. The flies and then the midgies took their toll or that is our excuse.

Next Sunday is Mother's Day, a mixed ambrose, so all you blokes talk your better half into playing. It is a great comp for non-golfers. This will be followed by the traditional "Hot Sausage Tea". Ladies bring a salad but the men do all the work and washing up! Leftover men will play in their own comp so come partnerless if necessary. Even if you don't play bring your women up for a drink and tea.

A BIG THANK YOU goes to Robert Miolini and boys Mitch and Adam for the outdoor tables and the can/bottle shuttles and holders. So professionally done. We owe you big time. Thanks again.

- **Golf coaching is back—he is going to be busy!! If you are interested it is on May 8th at approx. \$10 seniors and \$5 juniors. It is really important that you give your names to either Tim or Maxine ASAP or reply on the club Facebook page.**
- **Please remember to pay your subs ASAP. Full-\$160, Country-\$60, Social-\$25 online at BSB 306-026 Acct No 5159579.**

"Golf got its name because all the other four letter words were taken"

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- 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 poo
- Coughing up blood
- Blood in your pee



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Department of
Health



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or call 13 11 20



Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415 ABN23036138418

Narembeen Kondinin Kulin 2021 Mobile Vet Visiting Dates

Tuesday 18th May

Tuesday 15th June

Tuesday 13th July

Tuesday 10th August

Tuesday 7th September

Monday 4th October

Wednesday 3rd November

Tuesday 30th November

Please ring or text Andrea on 0428212945 for an appointment right to your front door.



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0428635055 or 9063 5055.



NAREMBEEN

We thought you would like to learn a little bit about us and why we do what we do. Over the next few editions we will tell you about our Volunteer Ambulance Officers and our Committee and other helpers.

WHO AM I?

Name: Ian Mortimore

How long have you lived in Narembreen: Since Oct 1960 (my whole life)

How old are you: I am 60 years old

What do you do here (occupation and voluntary): Farmer, President of St John Ambulance and Volunteer Ambulance Emergency Technician.

Do you have any hobbies: Tennis and watching the Football and Home and Away?

Do you have a partner/child: My wife Kellie and boys Michael, David, Ryan, Hayden and Daniel.

Do you have any pets: A very old dog who has come to my place to retire, a cat and a couple of pet sheep (my favourites....)

How long have you been an Ambulance Volunteer: Since 2007.

Why did you become a Volunteer: To support a volunteer service in the community and to help people who need assistance to be taken to emergency medical services.



Do you think others in our town could give it a go: Yes, they definitely could. I live 12km and work up to 20km from town to respond to ambulance calls so I think anyone within this sort of radius of the sub-Centre could be a volunteer. We have between 40-60 callouts per year so luckily our workload is not that big, so it doesn't interfere with my personal work that often or hinder social life or sporting fixtures.

Anything else about yourself or volunteering at St John's: I've played more than 500 games of footy, was a little accident prone in 2020 and you can often find me behind the barbie at many events. On a serious note I have learnt medical training and first aid skills that I wouldn't have if not for becoming a volunteer which I think are well worth learning. I enjoy being a part of a dedicated group of volunteers who love my soup! And enjoy when new volunteers join and help them out whenever I can.



**Everyday people doing everyday things for people in
our Community**



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Central Agcare

COUNSELLING

Free, confidential counselling services are available to all. We offer counselling to all age groups from 5 years of age.

Face to face counselling or by phone servicing the Corrigin, Bruce Rock, Narembeen, Kulin, Kondinin, Hyden, Quairading, Brookton, Pingelly, Cuballing & Wickepin areas.

Sand play and Art Therapy is available for children at the Corrigin office.

We are qualified Family Counsellors who can help individuals, couples and families negotiate their way through distressing experiences and bring understanding to them such as:

Anxiety

Depression

Life changes (physical & mental)

Abuse (past and present)

Loss and grief and

Relationship issues (home & work)

We are here to help.

Contact our Counsellors:
 Joyce Contos: 0428 891 244
 Anne Hague: 0427 133 711

Email: ceagcare@bigpond.com



20 Kirkwood Street, CORRIGIN (PO Box 6, CORRIGIN, WA, 6375)

Rattle the cage.....

I had an interesting conversation with an interesting bloke the other day as we both watched footy training down at Hawk Park. We were discussing the idea that competitiveness was the first step to success for a footy team. He espoused the idea that perhaps, in country footy, competitiveness was simply where you wanted to be. He used the term 'rattle their cage' when discussing the idea that if smaller, perhaps struggling, teams could get close to and really push more fancied opponents then that is almost as big as beating them. Such efforts can develop enthusiasm in the players and the community he said, makes footy fun he reckoned. He was right.

On Saturday the Hawks went up to Merredin to take on the most successful footy club in the EDFL, Nukarni. While the Hawks have really struggled for the last decade the Demons have been perennial contenders, at both levels. They are well coached, well resourced and well run. As a result they also seem to draw in the majority of the footballing population of the Merredin area. They are a 'big dog' of the competition. The Hawks needed to rattle their cage.

The Ressies started the day with nineteen blokes against the reigning premiers. The spread of talent of the Demons put the Ressies under pressure early but to their credit the dam wall never really broke. Nikau Brown and Cooper Sprigg worked hard through the middle of the ground looking for chances to move the ball fast on the counter attack. The midfield worked back to help out the defence and the Ressies found a real player in Irishman Danny Conway.

So, it was clear the Ressies were up against it which makes the question how could the 'rattle their cage'. The answer is simple, be tough to play against. Be hard to score against and then take every opportunity that you create. Which is exactly what they did for large parts of the second half. The Ressies fought hard in the contest and got the ball going their way at every opportunity.

Stephen Cummins relished the chance to play as a defender show calmness beyond his years and a toughness under pressure. Cummins was part of a backline that was determined to deny the opposition and they made it genuinely hard to score for their opponents. With this assistance the midfield was able to stick to their tasks and create opportunities for their forwards.

Ressies footy can at times be a cake walk. The difference in talent spread and just numbers can mean it's an imbalanced contest. That could well have been the case on Saturday but the Narem Ressies refused to let that happen. They were hard to play against which is sometimes the first goal.

Ressies	2-6	18
Nukarni	12-14	86

Best: N.Brown, B.Gill, Sprigg, L.Brown, B.Latham, T.Latham

Coming off the drought breaking win against Corrigin the Hawks were primed for another good showing against Nukarni. The club had bubbled along in the two weeks since the success at the circle and the crowd had gathered as there was a feeling that the clouds were parting, and the Hawks were moving towards possibly fun times ahead. Then at half time after giving up ten first half goals and failing to score during a disappointing second quarter the weather seemed to be changing again.

The Hawks were turning the ball over at half back and not putting in the work to get it back. Their backline was mismatched and the whole side looked like it was getting done for pace. Players win games and coaches lose them is an old football saying and this would be the first real test of the new Hawks coach in 2021. Sam Bald needed to find a way to reenergise his group and create belief in his

Go Narembeen Progress Assoc Inc

Go Narembeen have been fortunate enough to be awarded the cropping at Mt Arrowsmith by Ramelius Resources.

With full community support we believe this venture will help build a sustainable future for Narembeen.

Go Narembeen's aim is to use profits to enhance the long term sustainability and longevity of the district,

On the cropping front it is our idea to fund the inputs from our savings for which we can't attract outside sponsorship for and the community/ clubs to do the work ie rock picking, spreading, spraying, seeding, harvesting for which they would be reimbursed to their nominated club .

Nominations for this work would be awarded to whoever by a small committee from Go Narembeen with timeliness, standard of work, need and use of funds all being considered.

With the stage of the current cropping season we have very little time to put all this together so would welcome all support and ideas .

We would anticipate this draft idea to be modified as time goes on.

Contact Syd Parsons, Bevan Thomas or Aaron Lyon.

Laura Cala

Executive Officer

Go Narembeen Progress Assoc Inc

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Personal Care

- Bathing
- Hygiene
- Grooming and Dressing
- Contenance 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



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





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Attending to various gardening needs.

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Please contact

Alan Bow

37 Ada Street

Tel: 90 647 353



Seeking casual staff

Catholic Homes has been providing aged care for over 50 years in Western Australia and are looking for people to join our Home Care team.



We are looking for caring and passionate staff to provide transport, domestic, meal preparation, shopping, personal care, respite and social support. A Cert. III in Aged Care or similar experience would be great, but we'd also love to hear from anyone interested in a career in home care as we can offer on-the-job training and buddy shifts. You must have a reliable car, current driver's license and police clearance.

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If you would like to discuss call 1300 244 000 or email your CV to homecare@catholichomes.com



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New recruits for **Monday 9:30am** Circuit Gym.

Join an enthusiastic group of ladies for an hour of various exercises including weights and cardio. Variety each week.

Must be a gym member.

Bring your towel and water bottle.



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, May 9th

9.30 am

Communion Service—Rvd Norma Metcalf

Acts Chapter 10 V. 44-48 E. Brayshaw

1 John Chapter 5 V. 1-12 K. Fricker

John Chapter 15 V. 9-17

Psalm 98

Preliminary Notice :

Sunday 16th May AGM for St Paul's to be held after Holy Communion Service .

Church of Christ

Thursday 6th May 7.30pm

Bible study at D&R Smoker home

Bring something from the Bible about God's promises

Friday 23rd May 3.15 – 5.00pm

Kids Club at Church of Christ Hall (Youth Group will commence at a later date)

Sunday 9th May 10.00

Worship service with Sunday school during the service **Bible Verse: James 1:19**

'My dear brothers and sisters, take note of this : Everyone should be quick to listen, slow to speak and slow to become angry'

Seventh Day Adventist

105 Church Rd, Mt Walker

Sat 8 May

10:00 am. Senior's Bible Study, now into a new series "The PROMISE, this week's title is 'Abraham Seed '. The key text is 1 Peter 2:9 ,while studying from Genesis, Deuteronomy and through to Romans and Galatians 3:26.29

Sabbath School will be available for kids too.

11:30 am. Worship Service with Pr Lomani.

You can follow the new Bible Study series on your VAST TV on Channel 603 at 4:00 am on Mondays (if you can't sleep or would like to record it to follow this 5 part study throughout the week) before it's on again at 4:00pm on Fridays, or there is another half hour program, "Let God Speak" at 7:00 pm Fridays.

Phone contacts representing the church –
Terry & Rhonda - 9061 7032, 0427 907 119,
or 0417 907 119.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Sunday, May 9th

8.00am

Reader: E. Bailey

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: 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.

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

At Narembreen Medical Centre

COMING EVENTS

May 2021

Wednesday	5th	<p>REED Narembeen bookings ADMIN 68 323 825</p> <p>GOLF - LADIES - 4BBB Miranda/ Maree Trophy</p>	<p>8.30am - 5.30pm</p>
Thursday	6th	<p>Men's Shed</p> <p>REED Narembeen bookings ADMIN 68323825</p> <p>Autumn Club</p>	<p>9.00am</p> <p>8.30am - 5.30pm</p> <p>10.00am-2.00pm</p>
Friday	7th	<p>Playgroup at Numbats Centre</p> <p>Darts –Mc Sharks v Wizards</p> <p style="padding-left: 40px;">Bruce Rock v Magpies</p> <p style="padding-left: 40px;">Royals v Jets</p>	<p>9.30am</p>
Saturday	8th	<p>Church Seventh Day Adventist</p> <p>Men's Shed</p> <p>FOOTBALL - Seeding bye</p> <p>HOCKEY - Burra v Narembeen</p>	<p>9.00am</p>
Sunday	9th	<p>Church -</p> <p>GOLF - Mt Walker - Mothers Day Mary Cowan Trophy .Casserole Tea</p> <p style="padding-left: 40px;">- Narembeen - Mothers Day Mixed Event</p>	
Monday	10th	<p>Circuit Gym</p> <p>Arts and Crafts and Book Exchange at Community Shed</p> <p>RSL Museum Open for busy bee</p>	<p>9.30am</p> <p>10.00am-4.00pm</p> <p>10.00 am</p>
Tuesday	11th	<p>Senior Citizens</p> <p>REED (childcare) Narembeen bookings ADMIN 68 323 825</p>	<p>2.00pm</p> <p>8.30am - 5.30pm</p>
Wednesday	12th	<p>REED (childcare) Narembeen bookings ADMIN 68 323 825</p> <p>Golf—Patroness Trophy –Stroke</p>	<p>8.30am - 5.30pm</p>

Editor: Sherrie Heather