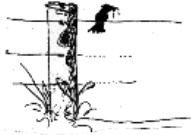


The Fence Post



Volume 23 Edition 90 02/06/2021 \$1.50

Voluntarily published in Narembeen

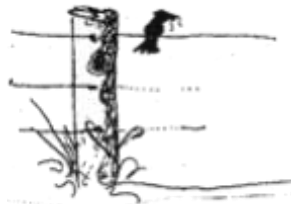
Registered by Australia Post Publication No PP 100002066

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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



Online payments 306-026 - 543 1678

EDITORS

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

ROSTER

Date	Editor	Typist	Ads
08/06/21	Maxine Miolini	Rhonda Cole	Jodie Batty
15/06/21	Sherrie Heather	Jill McGregor	Noela Cole

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.

- Life Member of The Fencepost IRIS BRISTOW -



Over the Fence....

LOCAL

Another good amount of rain on the weekend for our farmers. Fingers crossed the rain continues to fall at the right times.

Biggest Morning Tea raises over \$900.

REGIONAL

Albany Sea Rescue, on one of Western Australia's most dangerous stretches of coast, is trialling a free boat safety app called Deckee.

Record plantings, early rain and a global shortage of oilseed crops could set up West Australian farmers for a \$2 billion canola harvest.

Esperance, with a population of over 12,000 residents, will be a town without a tip by the end of next year. A long-running saga about how to replace the south coast town's current tip after its license expires at the end of next year appears to have been resolved, with the Esperance Shire Council deciding to truck its waste 370 kilometres north to a planned facility at Coolgardie.

STATE

Annual household fees and charges in WA are set to rise by \$99 per average household in the 2021-22 financial year, or about 30-cents per day as surplus tops \$2 billion, but public transport fares frozen.

The parents of a girl who died after waiting to be seen at Perth Children's Hospital (PCH) have now called for the WA Health Minister to resign.

NATIONAL

The ABC says that former attorney-general Christian Porter has decided to discontinue his defamation action against the broadcaster and reporter Louise Milligan.

Perth Stadium is hosting the AFL's annual Dreamtime match between Richmond and Essendon for the first time this weekend — and if stadium boss Mike McKenna has his way, it won't be the last time WA plays host to an iconic AFL game.

GLOBAL

New figures show Australia is challenging China for the title of the world's biggest gold producer, but experts say it is too early to tell if Australia will take over the top spot.

China's government has announced it is scrapping a policy limiting couples to two children and will now allow them to have three.

SIP 'N' DIP



JOIN US FOR A
BUSINESS WOMEN NETWORKING EVENT

TUESDAY, 8 JUNE 2021

5.30PM @ NAREMBEEN HAIR & BEAUTY

Guest Speaker | Nibbles | Drinks

\$5 PER PERSON

Please RSVP to the CRC on 9064 7055 or
crcreception@narembeen.wa.gov.au





Pfizer-BioNTech COVID vaccination clinic
at Merredin Health Service

Appointments will be available on
Thursday 3 June 2021

Appointments are available for people aged **16-49** that meet the following criteria:

- 1A or 1B priority groups (all health service staff, emergency services, etc.)
- People aged between 16-49 with a disability or chronic disease
- Household contacts of priority 1A & 1B persons

Please [register on VaccinateWA](#) using Google Chrome or a mobile device. If you have previously registered, now is the time to log in and book an appointment.

For booking enquiries please call 9081 3222 between 9.00am – 4.00pm



Naming of the Narembeen Netball/Basketball Courts

2.30pm - Saturday, June 12, 2021

“Joan McCutcheon Courts”

In 2018 Council moved a motion to recognise Former Councillor Mrs M J (Joan) McCutcheon (dec) as the first female elected to the Shire of Narembeen.

Discussions were held with the family and the Netball Club and it was fitting that the naming of the courts would be celebrated with the 50th (51st) year reunion. The courts were chosen as a suitable venue due to her heavy involvement with Netball in Narembeen and the Association.

But, this was not Joan’s only passion, although it played a massive part of her whole time in Narembeen.

In 1969, Joan and family moved to town and upon arrival she joined the Repertory Club and produced many an item for years. She was made Life Member of the Repertory Club for her enormous contribution to the Club.

In 1970 she founded the Narembeen Junior Netball Association. Joan was a Life Member of the Narembeen Junior Netball Association, the First Life Member of the Narembeen Netball Club and Life Member of the Corrigin & Districts Netball Association. She was Patroness of both. Her involvement with netball either coaching or as years went on spectating were tremendous. She would have rarely missed a game.

Importantly for this local paper Joan was the Inaugural President and ‘sometimes’ Editor of the Fencepost. Today, 43 years on we still publish a local paper for the Community. Back in the day the Fencepost was located at the Road Board building and the paper was typed on a manual typewriter with lots of cutting and gluing to put it together. Today we have the luxuries of technology.

Joan was also a Cub Scout Leader probably because her son Andrew wanted to be a scout and there was no leader, a swimming club coach as one was required (she couldn’t swim herself very well), Chairperson of the Hospital Board, committee member of Tidy Towns, Aged Homes and the 1988 Bicentennial.

In the 80’s Joan became a Justice of the Peace and in 1984 became the first female Councillor at the Shire of Narembeen. She served for 12 years.

Joan was awarded the Narembeen Citizen of the Year in 1989.

Whilst researching this information I have come across many wonderful words and descriptions of this woman who worked tirelessly in our town to make it a better place for all of us.

Wendy Hooper once wrote, 'Some people achieve little in a lifetime but others rattle cages, shake trees and make their mark. Our Joan was one wonderful person who fought for the causes that were important, worked hard for the little people and for the country.'

So on Saturday the 12th come down to the Netball Courts and see this wonderful woman be recognised.



Joan busy with the Fencepost while Iris Bristow assists with baby Emma Birch

Joan - of all trades.

I've written on this,
Written on that,
Been in a tizz,
And bought a new hat.

I've coached Netball
led all the Cubs,
Had the last call,
And gone seven clubs.

I've trained at the pool,
Worked with the Rep.
Been called a fool
And run out of pep.

I've lived in a town,
Lived in the bush,
Oft played the clown,
And was born in a rush.

I've long been a wife,
And a Mum too,
Had a good life,
And seldom been blue.

But I've one thing to do,
In certain regards,
I've just got to join
Those Fence Post Bards.

Hadam Editor please,
Your pencil hold still,
And leave my poor verse,
For I know I lack skill.



But you, I am sure -
With rightful reserve,
Will print this to cure,
My urge to write verse.

- Joan McCutcheon. -

1980



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: Michael Lethlean (Chick)

How long have you lived in Narembeen: I've lived in Narembeen for 57 years.

How old are you: I am 60 years young.

What do you do here (occupation and voluntary): I am currently employed as the Swimming Pool Manager from November to March. When I'm not working at the pool, I drive a tractor as seeding time and help the farmers with their animal husbandry. I'm also a St John Ambulance volunteer and help with junior basketball and goal umpire for the Narembeen Hawks and I often drive the community bus for anyone who needs a driver.

Do you have any hobbies: I like to ride my bike or walk around the lake in my spare time. When COVID-19 is over I'll be back into travelling the world. Unfortunately, my lawn bowls has taken a back seat with my work at the pool, but I'll pick that up again when I retire.

Do you have a partner/child: I'm single.

Do you have any pets: I don't have any pets, since my dog 'Buzz' died.



How long have you been an Ambulance Volunteer: I have volunteered for 10 years.

Why did you become a Volunteer: I became an Ambulance volunteer to support a good cause and help the people of Narembeen. It has also helped me obtain some greater life skills.

Do you think others in our town could give it a go: It would be great for more people to volunteer not just for St John but any other community group in Narembeen looking for support.

Anything else about yourself or volunteering at St John's: In 1980 I spent my 'Gap' year backpacking around Europe working on Kibbutz in Israel, picking fruit in Crete, painting a hotel in Athens, and cycling in the south of France and Spain. I still have not got that travel bug out of my system and cannot wait until I can travel overseas again. I like to wear socks with toes in them like gloves....I'm also an avid St Kilda supporter.

As JFK said – "Ask not what your community can do for you – but ask what you can do for your community".



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

Upcoming CRC Events 2021

- Diabetes WA Webinar: Tuesday, 8 June 9.30am
- Business Women Networking Event: Tuesday 8 June 5.30pm
- Seniors Movie: Monday, 14 June 1.00pm
- Rhyme Time: Monday, 14 June 10.30am
- Morning Coffee Club: Wednesday, 16 June 10.30am
- Story Time: Friday, 25 June 10.30am
- SOCK Week: Monday, 28 June - Sunday, 4 July
- NAIDOC Week Activity: Thursday, 8 July 10.30am
- School Holiday Activity - Movie: Thursday, 15 July 10.30am
- Rural Minds Workshop: Tuesday, 27 July 4.00pm
- SafeTALK: Tuesday, 10 August 10.00am





T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au

 Narembeen Community Resource Centre

 Narembeen CRC



From the Managers Desk

Hello everybody!

On Friday, we said farewell to Kristie , who is going on maternity leave to have a baby girl! We had a lovely morning tea, and thanked her for all her had work hard. We wish her all the best for the future.

We are currently looking for a new Customer Service Officer, if you are interested please contact me at the CRC. Applications close Friday, 11 June. We would love to welcome a new staff member to our team!

Last Thursday, 27 May we held Narembeen’s Biggest Morning Tea. THANK YOU to everyone who supported such a great cause and thank you to those who donated a plate of morning tea. We are so grateful for the continuous support and effort our community puts in. Our goal was to raise \$300 and we are happy to say we raised \$922!! What an AMAZING effort!!

who came and don’t forget Rhyme Time is on next Monday, 14 June, 10.30am here at the Library.



Next week at the CRC there will be a **FREE Diabetes Webinar**, please let us know if this is something you would be interested in attending. It is a great opportunity to help you understand what pre-diabetes is and what happens in your body, plus a yummy healthy morning tea will also be provided.

Our Business Women’s Networking Event is back! Happening next Tuesday, 8 June at Narembeen Hair and Beauty. It is an awesome opportunity for women to get together and network. There will be a guest speaker, wine and lots of nibbles! Hope to see you there! Please RSVP to the CRC on 9064 7055.

Have a great week!!

Donate for a cancer free future

	Raised \$922	My Goal \$300
---	-------------------------------	--------------------------------



Amongst our busy week last week, we also had STEM Story Time. This month’s theme was all about numbers! Everybody had their best singing voices ready! We then had some STEM themed craft and activities, which is always the kids favorite part of Story Time! Thanks to everyone

*Vanessa Wittstock
CRC Coordinator*



The Takeaway.....

It is easy in sport to get caught up in the obvious. The scoreboard, the stats sheet, the ladder anything that gives you a quick assessment of a contest or a situation. It is the same with anything in life I suppose. However, such analysis is flawed in that it does not take in the ability of individuals and groups to develop and offer to fine a line for success to be walked down. On a cold and windy day, the Narembeen Footy Club ventured down to Kulin to test themselves against perennial powerhouses the Blues. While the results did not go completely the way of the maroon and gold there was plenty that did.

The first thing to takeaway of the Narembeen Footy Club was the fact that they had 42 players pull on a jumper on the weekend. Of which 38 came from town. This is a wonderful positive for the club as it speaks to a growing interest in the Hawks around the community and as such a growing playing group. Group this with the fact that at least five regulars were out on the weekend and things look bright for the future.

The second thing to takeaway of the Footy Club on Saturday was the competitiveness of the Ressies. In tough conditions against a club that has contested the last two Ressies Grand Finals the boys were in it early and stayed in it throughout the day. Young players such as Brady Garlick and Cameron Hills hit the scoreboard while the midfield battle was being won by Cooper Sprigg and Bryce Aggis. Dan Waldorf found a keen partner in the ruck in Struan Stevenson and the boys went in at half time with a strong lead.

You should have respect for your opposition in anything you do, and the Kulin-Kondinin Footy Club has certainly earned more than most. The Ressies would need to absorb the pressure that would inevitably come from a club so used to overcoming obstacle and winning. Third thing to take away. The Ressies absorbed the response and ran away with the game. A six-goal win in any Ressies game is a solid effort, in cold and wet conditions it is especially impressive. Against the class of the Blues, the needle keeps going up. The Ressies would now get to the second half of the year entrenched in the four and with exciting times ahead.

Ressies	11-7	73
Kulin-Kondinin	6-2	38

Best: Ben Latham, Bryce Aggis, Cooper Sprigg, Dan Waldorf, Josh Irving, Dan Conway

The Hawks lost on the weekend. It was a tough and intriguing contest against a strong opponent in trying conditions. However, after giving away the first three goals of the game then not being able to make the most of the opportunities, they were able to create for themselves. It was a missed opportunity in the end as a win would have given the Hawks some breathing space but to stop there would be wrong and unfair. The Hawks still sit in second place, percentage ahead of Kulin-Kondinin and Bruce Rock and a game ahead of another chasing pack of three. There was plenty to take away from the contest.

James Kennedy is enjoying a wonderful year at the footy club. Playing as a small key forward he is not only kicking goals but showing a massive work ethic in also gathering possessions on the ball. Not only did he hit the scoreboard again on the weekend, taking a wonderful mark running back with the flight, he got back into defence often filling the hole and getting the ball going the other way. Kennedy is growing into a prime mover in the side and that is a wonderful take away from a game against a real contender.

The second thing to take away from the effort in Kulin was the way the Hawks were able to move the ball in the wet. They rarely turned the ball over at half back or even through the middle of the ground. Indeed, they forced their opponents to often get the ball back in their defence which gave them more of a chance to get field position and maintain pressure on the Blues. This is a great improvement from a side that would so often find it hard to apply pressure.

The third big takeaway is the performance of the backline itself. Jayden Hooper and Dean Williams are holding down the key positions well with a developing eagerness to compete and force the ball to ground. Hooper especially continues to grow into the footballer he has long shown the potential to be. His judgement of the ball in the air on a tough day was impressive on Saturday and in better conditions it will continue to be a real weapon of his. As the whips start to crack in the run home these two, along with the other defenders will become very important.

The final, and perhaps the biggest, thing the Hawks could take away from the contest and indeed the entire first round of fixtures is that they are genuinely in the mix of what is the closest EDFL season in living memory. When they have lost, they have only lost after an arm wrestle for a large part of the game, or after they were slow to start and had ran out of time as they tried to run a talented opponent down. After years of chasing the top, the Hawks now have the opportunity be right in it as the whips start making some noise. Now that's exciting and is something to take away from a game of footy.

Hawks	5-13	43
Kulin-Kondinin	9-7	61

Best: James Kennedy, Jayden Hooper, Cody Duncan, Ben Hislop, Baden Kennedy

Narembeen Football Club would like to thank the following sponsors:

Nutrien, Elders, NB Spraying, Narembeen Workers Bar, Jordan Sprigg Sculptures, Varley Transport, Central Wheatbelt OT, Wheatbelt Ag, Gmeiner Family, Narembeen Engineering, McIntosh and Son, Hutton and Northey, Aviso, Midwest Agribusiness-Craig Walker, Rockdale, Narembeen Tyre Service, Miolini Family.



-MIA'S- LOCAL HERO GRANTS

For more information
visit: www.nationalswa.com/our-team/mia-davies/
or contact electorate office in Merredin 9041 1702
or Northam 9622 2871



THE NATIONALS *for Regional WA*

Narembeen Hockey

B Grade

B Grade Hockey had another great win on Saturday. We stayed dry for the first half until the weather turned and we all got soaked through!

The rain made it difficult to get the ball out and down to the goals, Kylee almost lost her stick over the tennis courts! Lynda, the birthday girl, managed to score two amazing goals, together with Jess and Makayla. The team continues to work together and lets hope that strong start to the season continues, and the rain can fall after we've all played.

Juniors

On Saturday the Narembeen junior's played against Merredin. The weather was cold and cloudy. 13 players where there. Aden was in the goals and did not let any goals in.

Everyone played really well, even the Merredin players.

The scores where 0-0.

Mrs Robinson told us to spread out but we still got no goals.

Written by Kate Smoker





Dr Andrea Roberts BVMS, PO Box 543 MERREDIN WA 6415 ABN23036138418
Ph:0428 212 945

Narembeen Kondinin Kulin 2021 Mobile Vet Visiting Dates

Tuesday 15th June

Tuesday 13 th July	Tuesday 10 th August	Tuesday 7 th September
Monday 4 th October	Wednesday 3 rd November	Tuesday 30 th November

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



Is the world back to normal
yet?



Narembreen Golf

We go to golf to get over the stress of life. We play golf and then have to have a drink to get over the stress of golf!

It is not an easy game and calls for a great reservoir of resilience and huge buckets of a sense of humour or maybe it's sheer stupidity. It has all been tested these last few weeks as the rain has caused the cover to flourish and along with that the dreaded capeweed that produces the anxiety of lining up over a chip to the green. Where will it bounce? Is it strong enough? Is it too strong? Please just be anywhere on the green!

To cap it off both the men and women played par events, which tests our composure at the best of times. Some scores got to -10 territory and one man was heard to say in 40 years of golf he had never had a round before and not had one win! Playing for Cody Duncan's trophy the results had the winner on square, Danny Gray, with the R/Up Damon Hayter -3 on a C/b from Paul Wanless and Mitch Miolini and Colin Ogilvie and Dave Pollard -4. The captain refused to give balls to lesser scores! Long Dong#1 was Damon Hayter, Best 2nd #7 Paul Wanless, Best 2nd #14 Robert Hayter and NP #15 Brendan Parsons.

The Carol Currie trophy had the same tribulations with Miranda Noack winning on a -1 from Noela Cole -2 and Joan Cusack -4. Joan also won NP #15 and Noela LP #18. The results caused one unnamed woman to have a trial separation from golf for a week to let the pain ease. As for the women who played on Sunday, it was heartbreaking but at least Carol Currie won and Miranda got a ball too. No scores will be published.

Please remember to pay your subs ASAP. Full-\$160, Country-\$60, Social-\$25 online at BSB 306-026 Acct No 5159579.

Many Thanks to our sponsors

G Brownley Plumbing, B C Cusack & Co, S & C Padfield, Varley Transport, Hutton & Northey, Elders, Sonic Boomsprays, Trans Plus, Narembreen Medical Centre.

Golfer – "I think I will go and drown myself in the lake"

Caddy – "I don't think you can keep your head down long enough".



**The
Mason Family**

SINGLES and PAIRS CHAMPIONSHIPS



**Saturday 12th June 2021 from 1pm for 2pm Start
At The Bruce Rock Hotel**



BUSSELTON CITY CONSTRUCTION

WORKERS WANTED

Busselton City Construction is currently seeking Carpenters, Labourers and General All-rounders in the Narembeen and surrounding areas.

If interested, please contact Glenn - 0410 857 246.



NAREMBEEN AND BRUCE ROCK DARTS ASSOCIATION



Results from Elders Real Estate Round 3 Week 1 Played Friday 28th May 2021

MAGPIES 3 **Lost to** **MC SHARKS** 8

ROYALS 3 **Lost to** **WIZARDS** 8

BRUCE ROCK 4 **Lost to** **JETS** 7

League Ladder

TEAM	PLAYED	WON	LOST	LEGS FOR	LEGS AGAINST	LEGS DIFFERENCE	POINTS
JETS	11	9	2	81	40	+41	18
MC SHARKS	11	9	2	77	44	+33	18
WIZARDS	11	6	5	68	53	+15	12
MAGPIES	11	5	6	64	57	+7	10
BRUCE ROCK	11	2	9	39	82	-43	4
ROYALS	11	2	9	34	87	-53	4

HIGH AVERAGES (50+)

Dom Sampi (70.72); Gavin Brownley (69.89); Justin Watts (68.00); Kriss Hayden (67.60); Marcus Dorlandt (58.40); Ron Rojas (57.33); Danny Gray (56.45); Rhys Cousins (54.05); Rodney Oakley Jnr (53.58); Dale McKinnon (52.19)

PEGS (50+ in Bold)

Gavin Brownley (-,25); Greg Bond (-,28,-); Rohan Butler (-,-,8); Justin Watts (-,32,40); Rodney Oakley Jnr (32,-,-); Kriss Hayden (16,-,9); Dale McKinnon (-,55,40); Craig Roissetter (-,-,4); Josh Irving (42,-,-); Danny Gray (-,-,28); Steven Lilly (-,-,20); Dom Sampi (-,83-36); Marcus Dorlandt (-,56,-); Lindsay Brown (-,20,2); Ron Rojas (90,-,2); Jarman Collard (-,-,8); Wayne Wisnewski (-,36,2); Mal Higgins (-,8,8); Neville Brandis (16,-,40); Mark Brown (-,-,32); Lindsay Hill (-,-,4); Dean Butler (-,-,20); Lee Griffiths (16,40,-)

HIGH SCORES (101+)

Danny Gray (160); Gavin Brownley (140); Kriss Hayden (140); Marcus Dorlandt (140); Ron Rojas (140); Rodney Oakley Jnr (140); Neville Brandis (140); Kaleb Roissetter (140); Justin Watts (137); Lindsay Brown (136); Lee Griffiths (132); Mal Higgins (131); Dom Sampi (121); Dean Butler (120); Glen Piper (110); Jake Cole (101); Shane Butler (101)

100 CLUB

Ron Rojas (4); Marcus Dorlandt (3); Dom Sampi (2); Gavin Brownley (2); Justin Watts (1); Kriss Hayden (1); Danny Gray (1); Rhys Cousins (1); Neville Brandis (1); Lindsay Brown (1); Jarman Collard (1); Shane Butler (1); Craig Roissetter (1); Kaleb Roissetter (1); Mike Darby (1)

BEST OVER AVERAGE

Dom Sampi (+18.25); Justin Watts (+16.53); Jake Cole (+15.39); Dale McKinnon (+14.49); Danny Gray (+13.41); Rhys Cousins (+12.90); Marcus Dorlandt (+12.74); Rodney Oakley Jnr (+11.79)

THIS WEEKS FIXTURES Elders Real Estate Round 3 Week 2 THURSDAY 3rd June 2021, 'Game On' 7.30pm

Wizards v Bruce Rock at Narembeen Workers Hotel Bar & Bistro

MC Sharks v Royals at Merredin Bowling Club

Jets v Magpies at Bruce Rock District Club

Singles and Pairs Championships Saturday 12th June 2021 from 1pm for a 2pm Start at the Bruce Rock Hotel - 4 Boards in Use
Thanks to our Board Sponsors - Belka Valley Stud; The Mason Family; Sportrophy; and Merredin Freightlines

Save The Date

Spirit of Sustainability

#GenAg2021

Tuesday July 27

KULIN WESTERN AUSTRALIA





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

CENSUS IS COMING – 10 AUGUST 2021

The Census counts every person and household in Australia. It gives us a snapshot of who we are and tells the story of how we are changing. Census data is used to plan services that impact our lives, from schools, healthcare, transport and infrastructure to local support for individuals, families and communities.

We need every person in Australia to be included in the Census including visitors to Australia and international students.

The ABS will be providing help for those who need assistance completing their Census:

- The Census form is available in Braille, large print and audio.
- The National Relay Service is available for people on 1800 512 441.
- Assistance in languages other than English is available through the Translating and Interpreting Service on 131 450.
- A video on how to complete the Census in Auslan.
- Advertising and information will be translated into 41 languages including Aboriginal and Torres Strait Islander languages.

Specially trained Field Officers will be in the community helping people experiencing homelessness participate.

If you think you might require additional assistance to complete your census, please contact the Shire or the CRC.

NAREMBEEN APEX PARK UPGRADE

The Shire of Narembeen has awarded the contract for the upgrade of the Narembeen Apex Park to Reality Landscapes. Works are due to commence in early June 2021 and are expected to be completed in August 2021. This is an exciting project, made possible with funding from the Drought Communities Programme.

from the CHIEF

NAREMBEEN PUBLIC HALL RESTORATION

The Shire appointed Colestan Electrics to undertake a full electrical upgrade of the Narembeen Public Hall. These works commenced last week and will ensure all electricals within the hall are compliant and safe.

We have also appointed Stephen Carrick Architects to provide heritage architectural services to oversee urgent conservation works that were identified in the Conservation Management Strategy.

This project was made possible with funding from the Local Roads and Community Infrastructure Fund Phase 1.



Narembeen Public Hall



CEO, David Blurton with Mac Cole—Colestan Electrics

ADVERTISEMENT OF INTENDED APPLICATION FOR INCORPORATION OF: Narembeen Local Action Group for Skeleton Weed Incorporated

Notice is hereby given that Tamara CLARKSON, Executive Manager Corporate Services, Shire of Narembeen 1 Longhurst Street, Narembeen WA being duly authorised by the above named Association intends to apply to the Commissioner for Consumer Protection on or after 01.06.2021 for incorporation of Narembeen Local Action Group for Skeleton Weed Inc. The association is formed for the purpose of assisting its members in meeting all lawful obligations under the Biosecurity and Agriculture Management Act 2007 and associated Regulations 2011.

David Blurton
Chief Executive Officer
Shire of Narembeen

SMS NOTIFICATION SERVICE

Have you registered for the Shire's SMS notification service?
Community members are encouraged to register their mobile number with the Shire to receive SMS messages on current weather situations and / or road conditions. Call or email admin@narembeen.wa.gov.au.



from the CHIEF

CONSTRUCTION OF SHEDS AND OTHER OUTBUILDINGS

The following information is provided to assist residents to understand their obligations regarding the construction of sheds and other outbuildings in the Shire of Narembeen.

Planning Approval

Any outbuilding proposed in a residential zone in the Narembeen townsite requires planning approval if it entails a variation to the Residential Design Codes which operate as State Planning Policy 7.3.

Under State Planning Policy 7.3, sheds proposed to be constructed in the Narembeen townsite that **exceed any** of the following parameters **will require planning approval from Council** prior to construction commencing:

- If the aggregate area of existing and /or proposed outbuildings exceed 60m² or 10 percent of the lot area, whichever is the lesser;
- If the wall height exceeds 2.4 metres;
- If the maximum height to the peak of the roof ridge exceeds 4.2 metres;
- If it does not meet the required side and rear setbacks which are usually 1 to 1.5 metres (depending on wall length);
- If they are proposed in the primary or secondary street setback area;
- Do not reduce the required amount of site open space required by the Codes.

Outbuildings are not to be attached to dwellings, are for non habitable purposes and are not to be located in the front setback area.

Site plans, elevations and floor plans are required for a planning application.

Building Approval

Once planning approval has been provided, more detailed construction drawings are required for the separate building permit application process.

All sheds over 10m² in floor size within the Narembeen townsite will require a building permit from Council prior to construction commencing.

Proposed sheds which are outside of the gazetted townsite do not require building approval. They may require planning approval depending on factors such as the size, access to a constructed or gazetted road, the lot size and if the lot has any heritage listing.

More information including application forms can be downloaded from the shire of Narembeen's website <https://www.narembeen.wa.gov.au/>

COUNCIL MEETINGS

Council meetings are held at 4.00pm on the third Tuesday of each month (except January) in the Shire Council Chambers, 1 Longhurst Street, Narembeen. Council meetings are open to the public.

The next Council meeting is scheduled for Tuesday 15 June 2021.



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



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



MERREDIN - 5 George Street
 Merredin, WA, 6415
 Direct: 08 9035 0417
 Email: 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





FREE GROUP WEBINAR VIEWING

PRE-DIABETES: WHAT IS IT?

At Narembeen CRC - Light snacks and refreshments provided.



DATE: TUESDAY 8TH JUNE

TIME: 9.30 AM - 11.30AM

BOOKING: AT NAREMBEEN CRC - 9064 7055

In this session credentialled diabetes educators, will help you understand what pre-diabetes is and what happens in your body. It will cover risk factors of developing type 2 diabetes, screen checks available, signs and symptoms and how you can reduce your risk. Extra time will be available afterwards to ask any burning questions you may have.



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Customer Service Officer

Permanent Part Time Position

Applications are invited for the Customer Service position with the Narembeen Community Resource Centre, starting in July 2021.

This position is offered as a permanent part time position offering 28-35 hours per fortnight.

For the position description please contact the CRC by phone on 9064 7055, in person or via email.

The key objectives of this position include:

- Provide administrative and receptionist support to the CRC
- Assist with the Coordination of Community Events and Activities
- Develop and promote the CRC within Narembeen and the surrounding districts

To apply for the role, please submit a written application including an up-to-date resume and cover letter responding to the selection criteria listed in the position description, to:

Vanessa Wittstock
Coordinator
Narembeen Community Resource Centre
2/19 Churchill Street
Narembeen WA 6369

or by email to:

crcmanager@narembeen.wa.gov.au

by 4.00pm, Friday, 11 June 2021



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Contact Digby Slade

0428635055 or 9063 5055.



June 2021

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

Find Cancer Early campaign designed to help West Australians spot cancer early

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:




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

The Find Cancer Early campaign is designed to help West Australians spot cancer early and features Find Cancer Early champions who share their stories and encourage people to visit their doctor, clinic nurse or Aboriginal health worker if they feel something isn't right. Find Cancer Early TV and radio adverts featuring regional champions aim to

- Increase awareness of cancer symptoms
- Encourage people to visit their doctor, clinic nurse, or Aboriginal health worker without delay if they have an unusual symptom.
- Encourage people to visit findcancerearly.com.au or call the Cancer Council WA Information and Support Line on [13 11 20](tel:131120) for more information.

Click on TV advert below to view.

Or go to www.findcancerearly.com.au



Visit www.findcancerearly.com.au to learn more about the campaign and also learn how to spot symptoms early.

Physical Activity – Doing some is better than none and more is better than less.....

Finding the time for physical activity is essential to keep healthy and improve your quality of life. It isn't all about losing weight or being thin – it's about being happy and able to live life to the fullest!



For good health, each week aim for:

2h30min-5h
of moderate physical activity; or

1h 15min-2h30min
of vigorous physical activity;

OR an equivalent combination of both.
The more intense your activity, the greater the benefits!


SIT LESS 44%



of Australian adults spend most of their day sitting.

Even if you meet physical activity guidelines, you should aim to break up long periods of sitting – as often as possible!

Have you ever wondered if you're active enough? Go to the [Physical Activity Calculator](https://livelighter.com.au/physicalactivity/calculator) and enter your details to find out.
<https://livelighter.com.au/physicalactivity/calculator>



Maybe check out this "How to" video and [Get moving with Margarita !](#)



Find more "How to" videos here at <https://livelighter.com.au/The-Facts/About-Physical-Activity>

Any medical conditions or injuries, consult your doctor before trying any exercises.

Facts about Physical Activity

 <p>1 IN 2 Australians do enough moderate or vigorous intensity physical activity for good health.</p>	<p>MOVEMENT IS THE BEST MEDICINE</p>  <p>Being active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.</p>	
<p>To stay healthy, do strength exercises on at least 2 DAYS EACH WEEK</p>  <p>Cal raises, squats, push-ups, yoga, pilates and weights all count.</p>	<p>SOME IS BETTER THAN NONE, AND MORE IS BETTER THAN LESS!</p>	
 <p>BOUNCE, PASS AND THROW!</p> <p>People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.</p>	<p>GET MOVING AFTER MEALS</p> <p>Doing light-intensity activity like walking after you eat improves blood sugar control.</p> 	<p>WATCHING OVER 5 HOURS OF TV EACH DAY</p>  <p>is linked to weight gain and higher body fat, even if you are doing moderate exercise.</p>

Calling our Information and Support line 13 11 20

Calling 13 11 20 connects you to our Cancer Nurses. They can provide anyone affected by cancer with confidential, accurate information and support on any cancer-related concerns. Our Cancer Nurses can also inform you of our services and programs. You can call from anywhere in WA for the cost of a local call (except mobiles). We are open Monday to Friday from 9am to 5pm, except on public holidays when we are closed.

Find more information at www.cancerwa.asn.au



Download the My QuitBuddy app
Get the Quit for You Quit for Two app
Search QuitCoach online
Call the Quitters on 13 7848
See your local Aboriginal Medical Service
Chat to a GP or pharmacist today
Visit makesmokinghistory.org.au
Follow Make Smoking History on Facebook

The path to quitting smoking is different for everybody, but there are lots of places to get advice and support along your journey. Just keep trying till you find what works for you and if it helps, don't forget the four Ds: **DELAY** UNTIL THE URGE PASSES, **DRINK** WATER, TAKE **DEEP** SLOW BREATHS OR SIMPLY **DO** SOMETHING ELSE!

Logos for Cancer Council WA, HealthDirect, and the Department of Health are present at the bottom.

MAKE SMOKING HISTORY.

Australia's Biggest Morning Tea time..... Thanks so much to everyone who has kindly hosted, attended, volunteered, helped and supported ABMT events throughout May and into June – this is very much appreciated !



Thanks so much for your kind support!

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



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BUILDING BRAINS TOGETHER
IN NAREMBEEN

RHYME TIME AT THE CRC

★ **RHYMES**

★ **SONGS**

★ **STORY**



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Monday, 14 June 2021





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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, Narembers, Kulin, Kondinin, Myden, 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: centralagcare@bigpond.com



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CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, 6 June

9.30am

1 Samuel Ch8 V4-11, 16-20 Ch11 V14-15

Hazel Toovey

2 Corinthians Ch4 V13 –Ch5 V1

Eleanor Brayshaw

Mark Ch3 V20-35

Psalm 138

Church of Christ

Thursday, 3 June

7.30pm

Bible study at A&W Van Dyk's place

Friday 4 June

3.15pm – 5.00pm

Kids Club at Church of Christ Hall

Sunday 6 June

10.00am

Worship service with Sunday school during the service

Bible Verse: Proverbs 12:16

Fools show their annoyance at once, but the prudent overlook an insult

Seventh Day Adventist

105 Church Rd, Mt Walker

Saturday, June 5

10:00 am. Senior's Bible Study, under the current series heading, "The PROMISE".

This week's lesson is "The New Covenant", and the Key Text is Jeremiah 31:31.

Sabbath School will be available for kids too at this time.

11:30 am. Worship Service – Dr Lindsay –

"The World Compelled to Worship", via video.

You can follow the current 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 shorter program, "Let God Speak" at 7:00 pm Fridays.

Current phone contacts – Terry & Rhonda –

9061 7032, 0427 907 119 or 0417 907 119.

or Pastor Lomani - 0429 770 331.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday, 5 June

6.00pm

Reader: S. Kerse

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: J. Cusack

BIRTHDAYS



JUNE

3rd	Craig Wasley	Tony Miolini	Pat Lee
4th	Heather Nichol (Ogilvie)	Kelly Brown (Romaïor)	Tessa Mellor
5th	Bob Bailey Dennis Sloss(Spook)	Kylie Major	Dylan Smith
6th	Eric Bormolini		
7th	Bill Tudor	Syd Parsons	Sheree Thomas
8th	Samantha Repacholi	Rhiannon Stewart	
9th	Jade Capstick Brittany Doney	Chris Arnold Ron King (Jnr)	Jan Hills Mathew Lopez

ANNIVERSARIES

NONE THIS WEEK



WEATHER



Day	Date	Max (°C)	Min (°C)	Rainfall (mm)
Tuesday	25 May	-	3.5	
Wednesday	26 May	19.4	-	
Thursday	27 May	23.2	4.3	
Friday	28 May	23.7	10.0	
Saturday	29 May	25.8	9.7	16.8
Sunday	30 May	17	9.8	5
Monday	31 May	14.9	10.7	



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

June 2021

Wednesday	2nd	GOLF—Ladies—Stroke Captains Trophy REED Childcare Narembeen bookings ADMIN 6832 3825	8.30am - 5.30pm
Thursday	3rd	Men's Shed REED Childcare Narembeen bookings ADMIN 6832 3825 Autumn Club DARTS—Wizards v Bruce Rock, MC Sharks v Royals	9.00am 8.30am - 5.30pm 10.00am-2.00pm
Friday	4th	Playgroup at REED Childcare Kids Club @ Church of Christ	9.30am 3.15pm—5.00pm
Saturday	5th	Church Men's Community Shed FOOTBALL—GENERAL BYE NETBALL—Members Carnival HOCKEY—Men—Countryweek HOCKEY—Ladies— GENERAL BYE	9.00am
Sunday	6th	Church Lions Paper Pick-up MT WALKER GOLF—Colin Ashmore Trophy GOLF—Men—Stroke President Trophy GOLF—Ladies—Sweepstakes	
Monday	7th	PUBLIC HOLIDAY Circuit Gym Arts and Crafts and Book Exchange at Community Shed	9.30am 10.00am-4.00pm
Tuesday	8th	Senior Citizens REED Childcare Narembeen bookings ADMIN 6832 3825 Business Women Networking Event @ Nbn Hair & Beauty Diabetes WA Webinar @CRC	2.00pm 8.30am - 5.30pm 5.30pm 9.30am
Wednesday	9th	GOLF—Ladies—Stableford D.Pascoe Trophy REED Childcare Narembeen bookings ADMIN 68 323 825	8.30am - 5.30pm

Editor: Kellie MORTIMORE