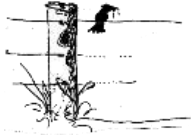


# The Fence Post



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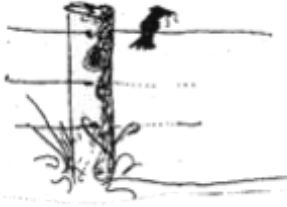
**SOCK**  
Save Our Country Kids

28 JUNE -  
4 JULY  
2021

STAY SAFE  
LOWDOWN

**SOCK WEEK 2021**

#SaveOurCountryKids



## THE FENCE POST INC

PO Box 7, Narembeen, WA. 6369  
9064 7055

fencepost@westnet.com.au

**\* DEADLINE 10.30 AM TUESDAY \***

*OFFICE HOURS: Tuesday 8:30 - 12pm*

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

### Advertising Rates 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
22/06/2021	Kellie Mortimore		
29/06/2021	Gina DeLuis		

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....

## **HOLIDAY**

Lorraine Lethlean and Warren Milner have returned to Narembeen after a holiday in the warmer climate. Darwin was the first stop then a flight to Gove where Lorraine worked 50 years ago - some changers were noted. A pleasant drive down through the Litchfield Park for a couple of days taking in the swimming holes and the scenery before visiting Katherine. A stop over at Timber Creek watching the crocodiles being fed was a highlight. The holiday finished up in Kununurra incorporating a trip to the Mitchell Plateau and the Mitchell Falls. Ex Narembeen people they met up with were Wayne Paul (Kiwi) and Valerie Wardley (Schwartz) and Teagan Wilkins. As the temperatures most days were over 30degrees, it is not very nice to come back to the cold.

## **Welcome to Narembeen**

We would like to welcome to town, Steve and Nadine Szokolai. Steve is our new Policeman and Nadine is working as the Customer Services Officer at the Shire. Steve and Nadine have moved to Narembeen from their most recent posting of Karratha.

We would also like to welcome to town, Salma Kahn and her son, Kaiser who is in Year One at school. Salma is working at the Shire in the role of the Corporate Services Officer. Salma hails most recently from Perth, although originally from the UK.

## **BIG THANK YOU TO GRAHAM DOWSETT**

Graham saved our Mandy Moppett from spending the weekend locked in the Pharmacy after the door refused to open for her when she was just about to leave work for the day, last Friday. Mandy was very appreciative of his strength in wrenching the door asunder to allow her to escape.



## KEEPING AUSTRALIA COVID**SAFE**

### COVID Vaccine

We have been approved, along with other General Practices across Australia to be involved in the COVID vaccine roll out. Vaccinations for patients over 50 will be available from Monday 28th June at our surgery.

Appointments are available by phoning the surgery on **90647145**.  
Consent forms need to be completed prior to vaccination.

For further information,  
go to <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines>  
Vaccine Eligibility Checker: <https://covid-vaccine.healthdirect.gov.au/eligibility>

**Narembeen Medical Centre**  
**9064 7145**





**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**



## NAREMBEEN AND BRUCE ROCK DARTS ASSOCIATION



### Results from Elders Real Estate Round 3 Week 3

Played Friday 11th June 2021

**WIZARDS** 6 **Defeated** **MC SHARKS** 5

**MAGPIES** 7 **Defeated** **BRUCE ROCK** 4

**JETS** 7 **Defeated** **ROYALS** 4

#### League Ladder

TEAM	PLAYED	WON	LOST	LEGS FOR	LEGS AGAINST	LEGS DIFFERENCE	POINTS
<b>JETS</b>	<b>13</b>	<b>10</b>	<b>3</b>	<b>93</b>	<b>50</b>	<b>+43</b>	<b>20</b>
<b>MC SHARKS</b>	<b>13</b>	<b>10</b>	<b>3</b>	<b>89</b>	<b>54</b>	<b>+35</b>	<b>20</b>
<b>WIZARDS</b>	<b>13</b>	<b>8</b>	<b>5</b>	<b>80</b>	<b>63</b>	<b>+17</b>	<b>16</b>
<b>MAGPIES</b>	<b>13</b>	<b>7</b>	<b>6</b>	<b>77</b>	<b>66</b>	<b>+11</b>	<b>14</b>
<b>BRUCE ROCK</b>	<b>13</b>	<b>2</b>	<b>11</b>	<b>48</b>	<b>95</b>	<b>-47</b>	<b>4</b>
<b>ROYALS</b>	<b>13</b>	<b>2</b>	<b>11</b>	<b>42</b>	<b>101</b>	<b>-59</b>	<b>4</b>

#### HIGH AVERAGES (50+)

Gavin Brownley (62.83); Dean Butler (57.16); Kriss Hayden (56.73); Dean Whitley (53.83); Lindsay Brown (53.82); Drew Nation (53.00); Mike Darby (52.96); Rhys Cousins (52.29); Steve McConachy (52.12); Justin Watts (51.73); Wayne Wisniewski (50.59); Kaleb Roissetter (50.43)

#### PEGS (50+ in Bold)

Ron Rojas (-, 32, -); Dean Whitley (8, -47); Drew Nation (-, -93); Ronjie Palompo (-, 4, -); Jarman Collard (-, -24); Justin Watts (-, -16); Kaleb Roissetter (-, 2, 20); Kriss Hayden (-, -16); Craig Roissetter (4, -); Gavin Brownley (-, -52); Damien Bow (32, 2, 40); Graydon Dawson (-, -16); Steve McConachy (-, -2); Jack Muntz (-, -20); Max Dove (-, -16); Wayne Wisniewski (-, 10, -); Gavin Cole (8, 8, -); Neville Brandis (32, 2, 4); Bruce Loveday (-, 20, 2); Dean Butler (3, -8); Wally Patterson (-, 40, -); Rhys Cousins (-, -4); Jake Cole (-, -2); Paratene Cooper (-, -14)

#### HIGH SCORES (101+)

Neville Brandis (180); Steve McConachy (140); Gavin Cole (140); Paratene Cooper (140); Josh Irving (137); Drew Nation (135); Ron Rojas (135); Nathan Black (133); Wally Patterson (120); Ronjie Palompo (117); Sally Brandis (110); Rhys Cousins (107)

#### 100 CLUB

Dean Butler (6); Kriss Hayden (3); Mike Darby (2); Steve McConachy (2); Kaleb Roissetter (2); Gavin Brownley (1); Lindsay Brown (1); Rhys Cousins (1); Justin Watts (1); Wayne Wisniewski (1); Ron Rojas (1); Josh Irving (1); Neville Brandis (1); Craig Roissetter (1); Wally Patterson (1); Graydon Dawson (1)

#### BEST OVER AVERAGE

Drew Nation (+11.49); Mike Darby (+11.18); Rhys Cousins (+10.58); Dean Whitley (+10.32); Wayne Wisniewski (+9.97); Dean Butler (+9.02)

#### THIS WEEKS FIXTURES Elders Real Estate Round 3 Week 4 Friday 18th June 2021, 'Game On' 7.30pm

**Bruce Rock v Royals** at Bruce Rock District Club

**MC Sharks v Jets** at Merredin Bowling Club

**Wizards v Magpies** at Narembeen Workers Hotel Bar & Bistro

Anyone wishing to receive an email copy of the weekly results please send an email request to darbygethin3@bigpond.com  
All players wishing to be considered for Selection for the South Centrals (Minimum Qualification is to have played FIVE (5) Home & Away Games this Season) please let us know via email, Messenger, Text or write Names on Back of White Copy of Score Sheet

## Narembeen and Bruce Rock Darts Association

The Singles and Pairs Championships of the Narembeen and Bruce Rock Darts Association took place on Saturday 12<sup>th</sup> June 2021 at the Bruce Rock Hotel. 24 Players in total competed for the singles Championship, starting at 2pm, with some fine darts being thrown throughout the afternoon, scores of note were a 180 for Gavin Cole, a 171 (3 triple 19s) for Gavin Brownley along with a 134 Peg for Ron Rojas. The eventual winner of the Championship was Gavin Brownley, 3 Legs to 2 over Kriss Hayden. Kriss put up a great fight to claw his way back into the final at 2 Legs all, having been 2 Legs down early on.

For those players knocked out in their first games of the Championship, we hold a Plate Competition, the eventual winner of this was Steve McConachy, edging out Neville Brandis in the 4<sup>th</sup> Sudden Death Leg. All games in the Singles (including the Plate) are played 501 best of 3 Legs, (except the Championship Final, which is best of 5 Legs), with a coin toss to decide who throws first in the first Leg, another coin toss is made to decide who throws first in the 3<sup>rd</sup> Leg, should it be required, Equal Darts are played in this Leg, i.e. should the player throwing first peg out first, then the player throwing second must peg out with his next 3 darts to force a Sudden Death 4<sup>th</sup> Leg, with another coin toss to decide who throws first (NO Equal darts in this Sudden Death Leg).

After the Singles final was concluded and our Raffle was draw, for which we are most grateful to our Prize Sponsors/Donors, Comfort Style Merredin, Steve McConachy and Mike Darby, the Pairs Championship got underway about 6.30pm with 12 Pairs competing. Like the Singles, those knocked out in their first games move through to a Plate Competition. The format of the Pairs is similar to that of the Singles but playing 801. The eventual Champions were Gavin Brownley and Gavin Cole, beating Ron Rojas and Ronjie Palompo 2 Legs to nil, the quality of darts was much closer than the score line portrays. The Plate Final again went to a Sudden Death 4<sup>th</sup> Leg, with Neville Brandis and Mike Darby prevailing over Jarman Collard and Dean Whitley. Scores of note from the Pairs Championship were two 180s for Gavin Brownley, and one each to Dean Butler and Craig Roissetter, Neville Brandis chipped in with a 171 in the Plate Final 4<sup>th</sup> Leg to leave double 2 remaining for the match (which was split, leaving Neville to clean up double 1 with the first dart of his next throw).

The Narembeen and Bruce Rock Darts Association are most grateful to our Board Sponsors for the day, Belka Valley Stud, The Mason Family, Merredin Freightlines and Sportrophy Midland.

Finally, thanks to Julie & Izzy Kennedy from the Bruce Rock Hotel, for keeping us fed and watered all afternoon and evening. Lastly thanks to Gavin Brownley for his assistance with setting up for the day Saturday lunchtime and packing away Sunday morning, and to Marcus Dorlandt for the loan of his Portable Board Stand.

Mike Darby – Recorder NBKDA



## 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:** Kellie Mortimore

**How long have you lived in Narembeen:** Since February 1997.

**How old are you:** I am 51 years old.

**What do you do here (occupation and voluntary):** I worked at the Medical Centre for almost 20 years and finished in May this year. I am a Shire Councillor, Secretary of the Historical Society, Secretary of St John Ambulance, Treasurer of the Bowling Club, Chair of the Community Wellbeing Committee and Volunteer ambulance officer.

**Do you have any hobbies:** I enjoy bowls (well some of the time), watching netball..., gardening and hope to get back into patchwork now I have some more time.

**Do you have a partner/child:** Yes, my husband Ian who you would have read about and between us 4 boys, Michael, David, Hayden, and Ryan.

**Do you have any pets:** We have a cat, dog, couple of pet sheep and some chooks.





**How long have you been an Ambulance Volunteer:** I have been the Secretary since 2016 and an Ambulance Officer since about 2018.

**Why did you become a Volunteer:** I became a volunteer with St John's to help one of the most important voluntary groups in the community. There numbers were low and as Ian was already attending, I thought I could also.

**Do you think others in our town could give it a go:** Yes definitely. It isn't always about blood as a matter of fact it more often than not isn't. People often think the worst but there are many different roles you can now take on including as a driver to take patients to the airstrip or Merredin who have already been attended to at the Hospital.

**Anything else about yourself or volunteering at St John's:** I love our town and always want to make it a great place for us all to enjoy. Pat Latham recently taught me how to knit at Autumn Club. I like the Eagles, Fever and Ash Barty and will sit up to all our watching the Olympics when/if they are on. I may be a little outspoken at times.



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



# from the CHIEF



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

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

## OFFICE CLOSURE - THURSDAY 17 JUNE 2021

The Shire administration office and Narembeen CRC will be closed between 2.15pm and 4.30pm on Thursday 17 June for staff to attend training.

Please arrange for all transport and licensing to be undertaken prior to 2.00pm.

For urgent issues, please contact **David Blurton on 0428 647 312.**

## OFFICIAL NAMING OF THE NETBALL COURTS

### The Joan McCutcheon Courts

On Saturday 12 June 2021, Councillors, Shire Freeman together with past and present netballers, gathered at the Narembeen Netball Courts to officially name the courts "The Joan McCutcheon Courts" .

Joan McCutcheon was the first female Councillor elected to the Shire of Narembeen and in 2018 Council felt that Joan's contribution to the Narembeen community should be acknowledged. Joan was elected to the Shire of Narembeen Council in 1984 and served 12 years until 1996, during these years Joan represented her community and helped to shape Narembeen.

Joan was also responsible for launching The Fencepost, our weekly newsletter.



## from the CHIEF

In accordance with Section 3.58 (3) (a) of the *Local Government Act 1995*, Council gives notice that it intends to lease Unit 2/10 Doreen Street to Wheatbelt Ag for a period of twelve months.

Submissions are invited from the public and will be received up to the close of business on 30 June 2021. Submissions can be emailed to [emcs@narembeen.wa.gov.au](mailto:emcs@narembeen.wa.gov.au) or mailed to 1 Longhurst Street, Narembeen WA 6369.

### COUNCIL WRAP UP - JUNE 2021



The Shire of Narembeen Councillors met yesterday 15 June for the 674<sup>th</sup> Ordinary Council Meeting.

#### Roe Dam Correspondence

Earlier this year, the Shire wrote to Minister for Water David Kelly, Hon Member Mia Davies and the Department of Water regarding concerns about the Roe Dam standpipe location.

Concerns have been raised regarding traffic and safety when using the standpipe.

The Minister for Water wrote to the Shire to inform that as Roe Dam is a gazette A class reserve, it is afforded the highest level of environmental protection. The relocation of the standpipe is not compatible.

As the Shire sees potential in this area as tourist attraction, Council agreed to form a working party to consider these issues and the best way forward.

For more details, please visit the Shire website to view minutes of the meeting. [www.narembeen.wa.gov.au](http://www.narembeen.wa.gov.au)

### WHAT WAS HAPPENING 20 YEARS AGO

# 2001

- ◆ The Narembeen Deli closed its doors permanently
- ◆ Residential subdivision was being carried out on Cheetham Way and industrial subdivisions were taking place on Mount Walker Road
- ◆ A child pass at the swimming pool was only eighty cents!!

#### *Quote of the month:*

*"I water you, you water me; together we grow"*



# SOCK WEEK 2021

## Save Our Country Kids

Stay safe and alert on regional roads  
28 June – 4 July 2021

#SaveOurCountryKids



**SOCK Coffee Chat**  
10.00am – The Co-Op

Monday  
**28**  
JUNE

Tuesday  
**29**  
JUNE

**Know Your Car –  
Basic Mechanic Skills Workshop**  
5.00pm – AMAC Mechanical



Wednesday  
**30**  
JUNE

**Wake Up Wednesday**  
All day – The Co-Op &  
Narembeen Roadhouse



Thursday  
**01**  
JULY

**Let's talk Road Safety**  
7.00pm – Rec Centre



Friday  
**02**  
JULY



**Fluro Friday**  
All day

**Friday Night Memorial**  
6.30pm –  
Rec Centre



# RURAL EDGE

## Farm Finance for Performance

Business Structure & Cashflow

### WORKSHOP

An interactive day for you to get a solid understanding of how your business is set up, how you are performing and how to improve! Because no one cares about your business as much as you do!



#### BUSINESS STRUCTURES

How is your business set up? How does this impact succession? Are your assets protected? How to minimise tax!



#### CASHFLOW

Budgeting 101: How a living budget works. How is your business performing? What drives profit?



#### CONSULTANTS' ADVICE

Bankers and Accountants in the room to answer questions. How do you get the most out of your advisers? Understand reports and ratios.

Wed 22 July 2020

Narembreen

9.00am - 3.00pm

Narembreen CRC, 2/19 Churchill St, Narembreen WA 6369.

Registrations ESSENTIAL via [ruraledge.org.au/workshops/farm-finance-performance](http://ruraledge.org.au/workshops/farm-finance-performance)

Cost: \$350 + GST (first person from a business), \$175 + GST (add. members of same business)



Developed by farmers and agribusiness leaders from RSM, Farmanco and Rabobank. The commercial value of this workshop is over \$500 per person, support from GRDC, RSM and the Muresk Institute enables Rural Edge to deliver in your community at the subsidised rate.





## Join us to have a chat about mental health and wellbeing in rural Australia

A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself. Designed for rural and remote communities, and delivered by people who know what it's like out here, Rural Minds is just good, solid, practical, information without all the bull...dust.

### The workshop will:

- Improve your awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

### Topics covered will include:

- Stigma around mental illhealth
- Risks to mental health
- Anxiety and Depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession
- Strategies to build and maintain mental health
- Mental health supports

Tuesday, 27 July 2021

4.00pm - 7.30pm, followed by BBQ dinner

Narembeen Emergency Services Facility

\$36.00 per person

**Register at Narembeen CRC**

**[crcreception@narembeen.wa.gov.au](mailto:crcreception@narembeen.wa.gov.au) or 9064 7055**



**BUILDING BRAINS TOGETHER**  
IN NAREMBEEN

**STORY TIME** AT THE **CRC**

**AGES 1-5**

★ **STORIES**

★ **FUN GAMES**

★ **ARTS & CRAFTS**



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

**\*\*Children must be accompanied by an adult\*\***

**Friday, 25 June 2021**





# Census

## 19,791 jobs available

### 2021 Census Field Officer

**\$24.80 per hour** (incl 25% loading) + super

(Contract/Temporary)

Roles start from July 2021

Earn extra income

Apply now: [censusjobs.adecco.com.au](https://censusjobs.adecco.com.au)

Adecco

**I relabeled all of the jars in  
my wife's spice rack. I'm not  
in trouble yet....but the  
thyme is cumin.**





# YOU'RE INVITED

to join us for a day of networking, connecting and all things agriculture

## 2021 GenAg Conference

Tuesday 27th July

at the Freebairn Recreation Centre, Kulin, WA

Registrations from 8:30am

Starts at 9:00am

Enjoy tea & coffee on arrival

Get your Tickets  
HERE:

[HTTPS://WWW.EVENTBRITE.CO.UK/E/GENAG-2021-TICKETS-156604721939](https://www.eventbrite.co.uk/e/genag-2021-tickets-156604721939)



# -MIA'S- LOCAL HERO GRANTS

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



**THE NATIONALS** *for Regional WA*

# A Grade: Hockey Merredin v Narembreen

This weekend we hit the Merredin turf to play Merredin (again). Just to keep life interesting; we had a couple of girls unavailable, a few switch ups in the midfield, and some amazing “B graders” rotating through various roles during the game.

And what a game it turned out to be!! We had an understandably hesitant start with everyone being a bit quiet in the first quarter as we found our feet. The backline however, was rock solid and kept feeding the ball back to the mids/attack as we managed to keep possession and press forward for a good proportion of the quarter. The second quarter saw us finally breakthrough their defence with an amazing play through to Courtney at centre forward who scored in a brilliant one-on-one with the goalie. From here it was a solid game of possession, clean passing, clever short corners and some beautiful plays down the wings/mids and we finished the third quarter 3-0. The fourth quarter was much of the same, with an impressive list of goal scorers and some pretty big smiles by the end of the match.

Our “B graders” Fabienne, Kara and Kylee were absolutely amazing for having already played a full match of hockey, and our own girls did themselves proud.

Final Score: 7-0

Goal Scorers: Courtney Hall 3, Mel Baldwin 1, Tayla Atkins 1, Caroline Robinson 1 and Kara Morrone 1.

A Grade Team: Gina, Riss, Sam, Kylee, Nat, Caz, Han, Mel, Courts, Tay, Fabs, Kara.

**Gina Cheetham**

# B Grade: Hockey write up

B Grade were away this weekend in Merredin. The sun couldn't make its mind up which made it difficult to see the other end of the field but we all enjoyed the pace on turf.

No scoring in the first half but the back line of Prue, Kara and Kylee were strong and kept the ball coming back to our strikers. Bonnie and Jess worked well to get the ball in our scoring half but Merredin had an effective goalie who showed no fear in getting the ball out of the D. Thankfully Sam Nation showed once again her talent by scoring our only goal.

Special mention and thanks to the juniors who stepped up to play, Rachel Padfield and the Noah's – Browning and Smoker. They all played really brave hockey and showed great skills.

**Tamara Clarkson**





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

**Narembeen Kondinin Kulin 2021 Mobile Vet Visiting Dates**

**Tuesday 15<sup>th</sup> June**

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

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



**NAREMBEEN HISTORICAL SOCIETY (INC)**

Next Meeting: **Monday, June 21, 2021**  
 Commencing at: **2.00 pm**  
 At: The HISTORY CENTRE  
 (Road Board Building)

Interested Community members very welcome.

## **Narembeen Golf**



Lots of golfers out on the course this week.

The Ladies don't give up their golf for showers of rain.

So on Wednesday... on with the wet gear and umbrellas to play a Stableford for the Darien Pascoe Trophy.

The previous weeks we have had very ordinary scores with ideal conditions.

Wednesday saw better scores in not such ideal..... This game of golf?

The winner was Karen Pollard with 37pts. Great to have Karen as A Country Member and join us on occasions.

Runner up Julie Hayter 34pts. Other good scores to Carol Currie and Darien Pascoe 33pts.

Darien is getting closer to breaking that handicap!

The Men had a good field on Sunday playing Stableford for the Steve Padfield Trophy.

The winner was Bardy Parsons with 37pts.

Runner up Dave Campbell with 36.

Gross ball to Dave Campbell.

Other good scores to Ryan Duff 35,( Ryan obviously, still enjoys our course) Tim Cusack and Dan Gray 33, Marty Farrell and Damon Hayter 32.

This Sunday morning we have Golf Pro Brayden McCubbing returning to Narembeen for group lessons. If you would like to be included in this coaching please contact our Captains Tin Cusack and Maxine Miolini . It is a great opportunity to get your golfing problems sorted!!

Only \$10 for a professional lesson. Pretty good eh.

This Wednesday the Ladies play Stableford for the Joan Cusack Trophy.

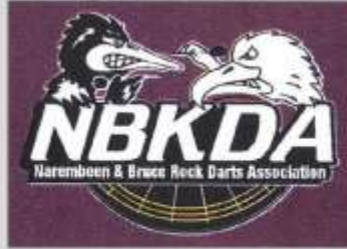
On Sunday the Men will play a Stroke/Qualifying round for the Azza Lyons Trophy.

This should be worth winning!

MEMBERS OF THE NAREMBEEN GOLF CLUB THANKS OUR SPONSORS FOR THEIR CONTINUED SUPPORT.

***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, Narembeen Medical Centre, Narembeen Hardware.***



**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.



## Parenting tip:

When you lose your children in the house, turn off the Wi-fi.

They'll come out immediately. Your neighbors may even drop by as well.

# Save The Date

*Spirit of Sustainability*

# #GenAg2021

## Tuesday July 27

### KULIN WESTERN AUSTRALIA





# MACHINERY FIELD DAY



## 22 JUNE FROM 10AM ..... NANGEENAN NTH RD NUNGARIN

### RIDE THE STORM

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# **NAREMBEEN COMMUNITY SHED MARKETS**

**SATURDAY 28TH AUGUST  
9.A.M.– 12.30 P.M.  
COMMUNITY SHED GARDENS**

**ALL STALL HOLDERS  
MOST WELCOME**

## **CONTACT**

**MARGARET 0429647492  
WARREN 0409881495**

**EMAIL:  
narembeencommunityshed  
@gmail.com**



## MESSAGE FROM THE SHIRE

Good afternoon businesses and groups,

As you may be aware, the Shire of Narembeen are working on a project to re-develop Apex Park in Currall Street. As part of the re-development, the existing tourist information bay will be replaced.

The Shire recognises that this is one of the first places that visitors stop when arriving in Narembeen and so the impression that this area gives sets the tone for their visit to Narembeen.

Our current information bay is old, not well designed and not maintained regularly to reflect accurate information.

The Shire would like to ensure that the information we provide is relevant and accurate and will include:

- What can I see and do – local history & attractions, activities, trails, etc.
- How do I find what I am looking for (maps)

How do I find what I'm looking for (QR Code directed to Shire website and CRC phone/address)

The Shire has made the decision not to offer business or community group advertising space on the new information bay. We believe the current advertising has resulted in a visual clutter which distracts from the purpose of the information bay.

In place of this, we will be investigating a QR Code alternative which when scanned would direct visitors to the Shire's website – Business Directory, see link below:

<https://www.narembeen.wa.gov.au/live/groups-businesses/business-directory.aspx>

We will also ensure that information is provided to direct visitors to the town's main information point (Narembeen Community Resource Centre).

Please contact me should you require further information.

Kind Regards

**Sheree Thomas** Economic Development Officer

**(Monday to Wednesday 8.00am to 4.30pm)**  
**Shire of Narembeen**

T: (08) 9064 7308 F: (08) 9064 7037

1 Longhurst Street, Narembeen WA 6369



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Robyn 0400 552 141  
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# KIDS ROARFIT

**8 sessions only**

**NO experience or fitness required**

*It's more than just running,  
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**AGES 10-15**

**\$220**

**LIMITED PLACES**

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## 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: Department of Health Cancer Council WA

For more information visit [findcancerearly.com.au](http://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](http://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](http://www.findcancerearly.com.au)



Visit [www.findcancerearly.com.au](http://www.findcancerearly.com.au) to learn more about the campaign and also learn how to spot symptoms early.

# Narembeen District High School Newsletter

Independent Rural Excellence

LEARN ~ ACHIEVE ~ SUCCEED

Principal: Mrs Chris Arnold Deputy Principals: Mr Russell Arnold  
Ms Lynda Cornish

Our Values:  
Learning, Excellence, Equity & Care



Ada Street, Narembeen WA 6369  
Phone: 08 9064 7286 Fax: 08 9064 7029  
Email: [Narembeen.dhs@education.wa.edu.au](mailto:Narembeen.dhs@education.wa.edu.au) Website: [www.narembeendhs.wa.edu.au](http://www.narembeendhs.wa.edu.au)

ISSUE 9/21 June 8 2021

## IMPORTANT DATES

June 14 - 18	Book Fair
June 16	Public School Review
June 18	Interschool Cross Country - Bruce Rock
June 23	Parent Open Night
June 24	Highschool girls netball carnival
June 25	Primary (mixed) netball carnival

## WEEK 8 QUOTE



“ Education must not simply teach work-  
it must teach life. ”

## WHAT'S INSIDE

- From the Principal
- Cross Country
- Positive Rewards
- Homework
- Community News



## Preparing Students for a Changing World

### FROM THE PRINCIPAL

Week 8 of term and staff are busy with reporting to parent requirements. We also have our Public School review next Wednesday June 16 2021. We are hoping for a positive outcome from the experience, our first in the new review system. Our past reviews were Independent Public School reviews, and our last was in 2016. Many thanks to any parents plus our Board members who are coming in to meet with the reviewers to discuss aspects of the culture and achievements of Narembeen DHS. We will also have community members who will be able to verify our community partnerships, so it will be a busy day all round ☺.

### INTERSCHOOL CROSS COUNTRY BRUCE ROCK GOLF CLUB FRIDAY JUNE 18 2021

Next week the Interschool Cross Country and the final run off for this team will take place today, with those who were ill or injured on the day of our Faction event, ready to have a crack at making the team. Excursion details will be sent home later this week for this event, and we would **appreciate a quick turn-around for the permission slips** as we may need to provide lifts for some of our competitors. Our competitors usually get to the event in private vehicles and all details of the event will be on the excursion information sheet.

### BOARD ENDORSED CHANGES TO THE UNIFORM POLICY: HAIR TO BE TIED BACK PLEASE FROM THE BEGINNING OF TERM 3

The following changes have been **endorsed by the Narembeen DHS Board** at their Term 2 meeting, and the changes will be enforced as of the start of **TERM 3 2021**. The following has been added to our uniform policy, mainly because this is an expectation BUT it has never been listed as policy.

**'ALL STUDENTS THAT HAVE HAIR AT OR PAST SHOULDERS IN LENGTH ARE TO HAVE THEIR HAIR TIED UP WITH A PLAIN SINGLE COLOURED HAIR BAND OR A MAROON OR GOLD SCRUNCHIE. OTHER COLOURED SCRUNCHIES ARE NOT ACCEPTABLE.'**

**Occupational safety and health reasons**, such as transfer of nits and lice, as well as the chance of hair being caught in play-ground equipment or in trees or bushes in the nature play are the obvious and main reasons for the introduction of this rule. In high school, this is a DoE regulation for all students in D & T, Home Economics, PE and Science classes.

Having introduced this, I would like to acknowledge that **this will have little impact on the majority of our school community, who already ensure that hair is tied back neatly.**

**PLEASE NOTE: MAROON AND GOLD SCRUNCHIES AND MAROON HEAD BANDS ARE SOLD AT THE FRONT OFFICE FOR \$1.50.**

### OTHER UNIFORM REMINDERS :

- Only the school gloves, scarves or beanies are to be worn. They can be purchased from Lucy Lines for \$4 (gloves) and \$5 (beanies and scarves).

- Only ear piercings can be worn at school, any other facial piercings are not to be worn while at school or on school based excursions. At Country Week, they can be worn after the sporting events to our various other activities.

## **BOOK FAIR AND AUTHOR VISIT**

Coming up we also have our **Book Fair in the Library all of next week**, so make sure your child/ren know to go and select some new reading material. Books are the best!! To tie in with Book Fair, next **Thursday June 17 2021**, we also have an author, Donna Wright, visiting the school to have a session with each of our primary classes. She has written a book based around self-regulation and learning that we all have the skill to make changes to inner strength. Should be a great Book Week activity ☺.

## **PARENT NIGHT WEDNESDAY JUNE 23 2021 5:00PM - 7:00PM BE THERE OR BE SQUARE - LET OUR STUDENTS SHOW OFF THEIR WORK**

More information will be coming home regarding this event, but it is on the evening of Wednesday June 23 2021, commencing at 5:00pm through till 7:00pm and will involve all our primary classrooms from Kindergarten to Year 6. **Dinner will be available, soup and sausage sizzle, with all proceeds going to Country Week and Year 5/6 Camp.** The order form for dinner will be sent home with the information very shortly. **Make sure you have this marked in your diary because our students love showing off their work to you.**

## **SAVE OUR COUNTRY KIDS (SOCK) WEEK AND FLOURO FRIDAY FRIDAY JULY 2 2021**

This is on again this year with our CRC organising lots of different events for the week. The week will culminate with **FLOURO FRIDAY** on the last day of school, so get your child/ren's gear organised. This will also be **Positive Rewards Day and Jump Rope for Heart**. Fourteen of our students will be involved in the filming of a poem, one of our students will be interviewed and all students will be involved in **SOCK** week activities here at school in the last two periods of **Friday July 2 2021**. **The CRC have done a wonderful job with SOCK week over the years and it sends a very important message to all members of our community. Get around it guys, what is not to like about our youth learning about the dangers associated with country driving?**

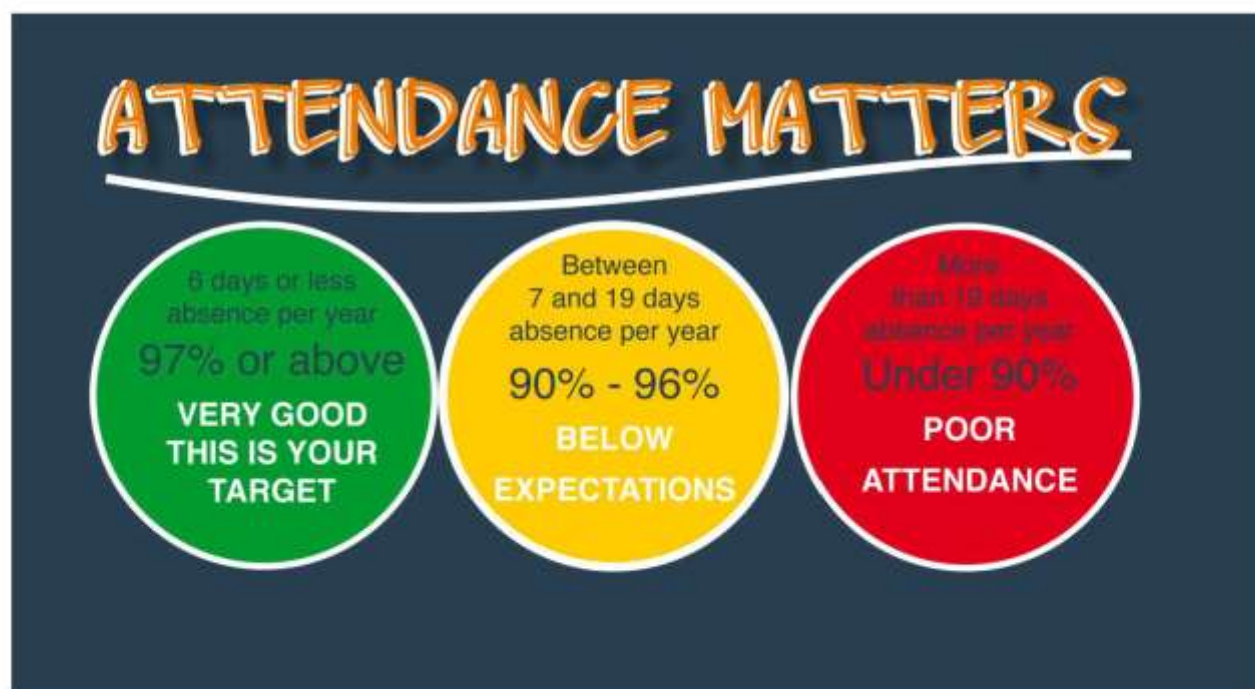
## **WELCOME TENILLE ☺**

We would like to welcome Mrs Tenille Cole to our staff. Tenille has taken on the role of Home Economics assistant, taking over from the recently retired Mrs Pauline Kuhne. We hope she enjoys working with our students ☺.

## **IT IS NOT OK TO BE AWAY, EVEN WHEN IT IS A LONG WEEKEND ☹**

Man, did we have a few students away last Friday and then today, the Tuesday after the long weekend. I know we are rural and that the chance to getaway for extended periods of time are really rare, but we need to also consider the effect it has on the learning outcomes of the students. We don't down tools on a Friday because it is before a long weekend. In high school, students missed a double period of Science in both classes and that is hard to catch up on! In primary classes they had their two hour English block and one and a half hour Mathematics block before lunch. Again, pretty hard to catch up that missed work ☹. We can only nag you and remind you of the importance of

attendance, unless ill or injured, the rest is up to you! Thankfully that was the last long weekend of this year, as the last one falls in the Term 3 holidays. This is a snap shot of what we would love to see. Obviously, if your child or children are sick, then there will be days missed and that cannot be helped. Below 90% attendance means a student is officially 'AT EDUCATIONAL RISK', and this seriously effects their academic outcomes. You will have attendance percentages on your child/ren's report. Compare them to this information and see where they sit and ask yourself, is there anything I can do to change these figures, or is there anything the school can do to assist us. We are here to help (obviously, not for the day taken off for an extra-long long-weekend), if there are issues that are effecting your child/ren's attendance that we can assist you with, please ring us. Even 90% attendance means that a student has missed 19 days, or close to four weeks of school over the year! It really is below expectation ☹️.



### CONGRATULATIONS: SPORTING SUCCESS

Well done to **Wren Cheetham**, who was a member of the winning Corrigin & Districts Netball 12 & Under netball team at the recent Wheatbelt/ Goldfields Region Championships in Merredin. Well done Wren. Congratulations also to **Makayla Cole, Sari Cusack, Angela Andrews and Lucy Currie**, who were Runners Up in the 14 & Under division at the same event, losing the grand final by one goal. These girls, and **Mia Parsons**, who was over her injury, also contested the **Member Association Carnival with Corrigin & Districts Netball Association** over the long weekend.

**MRS CHRIS ARNOLD**  
PRINCIPAL



### VIRTUE OF THE MONTH - ASSERTIVENESS

Assertiveness is all about being positive and confident in the things you do and say. It means you think for yourself and are prepared to ask for what you need. You have the confidence to tell the truth and are aware of what is just.

You are practicing **Assertiveness** when you:

- Share your own ideas and feelings,
- Tactfully tell others what you really think,
- Don't allow others to lead you into trouble,
- Avoid being aggressive or passive,
- Ask for what you want and need,
- Expect respect at all times.



As parents and caregivers we hope that you will support students in their endeavours to demonstrate assertive behaviours.

### FACTION CROSS COUNTRY: MAROON WIN THE STIRRAT SHIELD AGAIN! TWO IN A ROW - IS IT A DYNASTY?

Well done to the students who did so well on Thursday May 27 2021. Once again, with only two students absent and two students carrying injuries and unable to compete, we had great participation. This is a tough event and we congratulate all of our competitors for giving it their best shot, running the event, not walking and showing great sportsmanship and resilience. Thank you to all of the staff, especially G and Hannah, for their efforts in getting our students fit enough to finish the course. We hope all of the parents who came along to watch had a great day.

### CROSS COUNTRY RESULTS



#### 8 YEARS & UNDER 1000M

GIRLS		TIME	BOYS		TIME
1 <sup>st</sup>	Imogen Hickey (G)	4.32	1 <sup>st</sup>	Aden Smoker (M)	4.12
2 <sup>nd</sup>	Ava Wanless (M)	4.54	2 <sup>nd</sup>	Chase Smoker (M)	4.14
3 <sup>rd</sup>	Daisy Hooper (M)	5.07	3 <sup>rd</sup>	Toby Slade (G)	4.23

#### 10 YEARS & UNDER 1500M

GIRLS		TIME	BOYS		TIME
1 <sup>st</sup>	Macy Cole (G)	6.30	1 <sup>st</sup>	Noah Smoker (M)	5.33
2 <sup>nd</sup>	Rhienna Parsons (G)	6.37	2 <sup>nd</sup>	Jack Wanless (M)	5.57
3 <sup>rd</sup>	Holly Mortimore (G)	6.38	3 <sup>rd</sup>	Toby Bald (G)	6.50



## 11 YEARS &amp; UNDER 2000M

GIRLS		TIME	BOYS		TIME
1 <sup>st</sup>	Elisa Comley (M)	9.11	1 <sup>st</sup>	Levi Fidge (M)	8.04
2 <sup>nd</sup>	Ava Batty (M)	9.55	2 <sup>nd</sup>	Archie Federici (M)	8.54
3 <sup>rd</sup>	Wren Cheetham (G)	10.03	3 <sup>rd</sup>	Jack Cusack (M)	9.10


## 13 YEARS &amp; UNDER GIRLS 2000M &amp; BOYS 2500M

GIRLS		TIME	BOYS		TIME
1 <sup>st</sup>	Portia Fidge (M)	8.40	1 <sup>st</sup>	Bowdan Cole (G)	10.16
2 <sup>nd</sup>	Lucy Currie (G)	8.52	2 <sup>nd</sup>	Alby Miller (M)	10.26
3 <sup>rd</sup>	Sara McIntyre (G)	9.00	3 <sup>rd</sup>	Deakan Miller (G)	10.35

## 14 YEARS &amp; OVER GIRLS 2500M &amp; BOYS 3000M

GIRLS		TIME	BOYS		TIME
1 <sup>st</sup>	Keira Butler (G)	10.54	1 <sup>st</sup>	Cameron Hills (G)	11.51
2 <sup>nd</sup>	Cheyenne Cummins (G)	13.00	2 <sup>nd</sup>	Lauchlan Poot (M)	12.00
3 <sup>rd</sup>	Navaeh Brown (M)	14.36	3 <sup>rd</sup>	Zack Garlick (G)	12.15

## STIRRAT FAMILY CROSS COUNTRY SHIELD RESULTS:

FACTION	POINTS
 MAROON	297
GOLD	207

## CAKE STALL

Thanks to all the parents who donated to the cake stall last week, especially Jodie Batty and Megan Mortimore who ran the stall in the pop up shop. We made \$567 that will be put towards Camp and Country Week. I realise that it is hard to drop everything and make produce for these events, but it is better than charging all students upward of \$600 for the week long excursions.

## POSITIVE REWARDS

The following students received 10 points for their faction. Well done!

	Valentina Wasley	Gold
	Rebekah Pawsey	Maroon
	Parker Lynch	Gold
	Zack Miller	Gold
	Jack Cusack	Maroon
	Cohen Conopo	Maroon
	Lauchlan Poot	Maroon
	Savannah Whitley-Sherwood	Maroon
		

# National Reconciliation Week

A successful event in which the students had some wonderful thoughts on reconciliation and working together. Here are some of my favourites:



Other people can't determine who you hang out with.

It is important to work together because it can make a growth mindset and positivity around the world.

**Dakoda**

Help people be a good person. I like everyone. Hug people that feel sad.  
**Chase**

Don't treat anyone in a different way just because of their culture.

**Ava**

Team work makes the dream work. So work together.



## #MoreThanAWord



## YEAR 5/6 NEAT



The NEAT students have been comparing themselves to animals. Here are some examples of their work.

I am like a lioness because I am fierce and brave, but gentle and kind to my friends and family.

**Mia Parsons**



I am like a bee because I work the hardest I can and don't give up.

**Stephen Sherwood**



I am like a butterfly because I am as elegant as a butterfly's luscious wings flapping in the wind, like my legs when I run.

**Rebekah Pawsey**



I am like a dog because I like playing and I am protective, but get sad if I am excluded. Dogs are best!

**Brady Poot**



I am most like a golden retriever because I am gentle with children and playful. I have a lot of energy and am affectionate to those I love. I think I'm quite intelligent too.

**Wren Cheetham**



I am like a turtle because I love the ocean and love to scuba dive and eat seafood.

**Aden Cole**

I am like a snake because I love slithering around and biting things. Also I love trying to go and burrow in the washing.

**Jack Cusack**



I am like an owl because I am noisy and observant towards what others are doing, demonstrating or teaching.

**Levi Fidge**

**Ms Lynda Cornish**



**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><b>1 IN 2</b> Australians do enough moderate or vigorous intensity physical activity for good health.</p>	<p><b>MOVEMENT IS THE BEST MEDICINE</b></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 <b>2 DAYS EACH WEEK</b></p>  <p>Cal raises, squats, push-ups, yoga, pilates and weights all count.</p>	<p><b>SOME IS BETTER THAN NONE, AND MORE IS BETTER THAN LESS!</b></p>	
 <p><b>BOUNCE, PASS AND THROW!</b></p> <p>People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.</p>	<p><b>GET MOVING AFTER MEALS</b></p> <p>Doing light-intensity activity like walking after you eat improves blood sugar control.</p> 	<p><b>WATCHING OVER 5 HOURS OF TV EACH DAY</b></p>  <p>is linked to weight gain and higher body fat, even if you are doing moderate exercise.</p>



# PETE the Sheep



Fifty-six students in Pre-primary to Year 3 enjoyed an excursion to Cummins Theatre for a musical performance of Pete the Sheep. Everyone is excited to travel by bus and car, with a convoy of vehicles leaving school at the start of the school day. The performance was entertaining and the atmosphere in the theatre was full of fun. After the show we moved to the Merredin park for recess and a big play. A great experience of a live performance for all involved. Thanks to the drivers - Joy Butler, Jo Slade, Holly Cusack, Jess Smoker, Kell Lyon, Anita Cole and Emily Jones . We appreciate your part in making this excursion a success.

Here are a couple of recounts written by the Year 1 students.



First we got on the community bus and went to Merredin. Then when we got to Merredin we sat down in the seats and the show started. When the show ended we got back on the bus and went to the Merredin playground. After we ate our recess and had a play we went back to school on the bus. My favourite bit was everything.

**Nicole Smoker**

Lots of different towns went to Pete the Sheep. When Pete the Sheep was over we went to the park and stretched our legs and had a play.

**Sofie DeLuis**



We went to Merredin from Narembeen DHS. We were at the theatre at 10:00 in the morning when the show started. There was a shearing shed on the stage. After the show we went to Merredin Apex Park. I went to the Apex Park Skate Board Park and I ran up hills on the park.

**Max Gmeiner**





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## Personal Care

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- Help reduce the risk of slips and falls
- Help with exercises
- Assistance with eating



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- Tube feeding
- Rehabilitation
- Palliative care
- Symptom Management
- Managing a rapidly changing health status



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 Direct: 08 9035 0417  
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## 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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PO Box 137, Bruce Rock WA 6418



## 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](mailto:centralagcare@bigpond.com)



## **WESTONIA AG-MAG NEUTRALISE & FERTILISE +**

## **TRACE ELEMENTS**

High MAGNESIUM  
Clay, crushed &  
screened for sand,  
Intermediate &  
Gravel Soils

**LIMITED STOCK**

Westonia Pickup  
\$17.60/t

**0428 467 766**

**SOIL REPAIR NATURALLY**



# CHURCH NOTICES



## ST PAUL'S ANGLICAN

### Rev David Russell Visit

Saturday, June 19th

4.00pm

**(NOTE THE DAY AND TIME)**

1 Samuel Chapter 17 Verses 32-49 W Milner

2 Corinthians Chapter 6 Verses 1-13 B Schwartz

Mark Chapter 4 Verses 35-41

Psalms 9 Verses 9-20

## Church of Christ

Thursday 17th June 7.30pm

Bible study at D&R Smoker's place

Friday 18<sup>th</sup> June 3.15 – 5.00pm

Kids Club at Church of Christ Hall

Sunday 20<sup>th</sup> June 10.00am

Worship service with Sunday school during the service

**Bible Verse: Proverbs 12:18**

The words of the reckless pierce like swords,  
But the tongue of the wise brings healing.



## Seventh Day Adventist

105 Church Rd, Mt Walker

Saturday, June 19.

10:00 am. The Senior's Bible Study lesson for this week is "Covenant **Faith**", the Key Text is Galatians 3:11, also looking at other Bible texts in Romans 4-6, 1John 5 & Leviticus 11.

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

11:30 am. Worship Service with Dr Lindsay – "Two Marks; Two Decisions; Your Choice", 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, June 19th

6.00pm

Reader: Carmel Harper

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: C Harper

# BIRTHDAYS



## JUNE

17th	Robyn Jackson	Lucy Lines	
18th	Stephanie Welsh	Brendan Johns	
20th	Shellie Commons	Kia McCutcheon	Graeme Fagan
21st	Mandy Moppett	Bonnie Cole	Steve Westropp
22nd	Jye Fagan		
23rd	Jess Bambrick	Casandra Menegola	

# ANNIVERSARIES

17th Steve & Yvonne(Mortimore) Armanasco



# WEATHER



Date	Max (°C)	Min (°C)	Rainfall (mm)
8th June	15.2	5.4	
9th June	14.8	9.5	7
10th June	17.4	10.5	1.8
11th June	18.5	13.0	
12th June	18.9	11.1	
13th June	18.3	6.4	1.2
14th June	15.8	7.9	0.8



## 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

