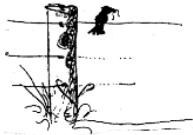


The Fence Post



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The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembreen, WA. 6369

9064 7055

fencepost@westnet.com.au

*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

News items or payments may be left at the front desk of the CRC

when the Fence Post office is closed.

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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			

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EDITORS

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

ROSTER

Date	Editor	Typist	Ads
17/08/2021	Lorraine Lethlean		Jodie Hall
24/08/2021	Sherrie Heather	Rhonda Cole	Noela Cole

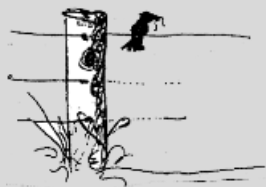
The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

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....

FUNERAL NOTICE—EDWARDS, Irene

The Funeral Service for the late Mrs Irene EDWARDS of Narembreen will be held at 1.00pm on Friday (20.8.2021) at the Narembreen Town Hall.

At the completion of the service the cortege' will depart for the Narembreen Cemetery for burial.

In lieu of flowers, a donation to Alzheimer's WA would be greatly appreciated.



WEATHER

Day	Date	Max (°C)	Min (°C)	Rainfall (mm)
Tuesday	3rd Aug	15.7	6.3	
Wednesday	4th Aug	17.3	9.4	
Thursday	5th Aug	18.2	3.1	
Friday	6th Aug	18.5	2.4	
Saturday	7th Aug	19.3	5.3	5
Sunday	8th Aug	20.6	9.4	3.4
Monday	9th Aug	17.9	12.6	5.8



NAREMBREEN HISTORICAL SOCIETY (INC)

Next Meeting: **Monday, August 16, 2021**
 Commencing at: **2.00 pm**
 At: **The HISTORY CENTRE**
 (Road Board Building)

Are you interested but not sure what or how to help?
 This is the start, come along and you tell us and we will certainly have something for you from the littlest of jobs to however big you would like it to be. Every little bit helps.

Narembeen Engineering & Steel Supplies

Management & Staff wish to
advise our loyal customers that
due to Western Powers – Planned Power Outage
Our workshop will be CLOSED

Friday 13th August 2021

Western Power will be carrying out essential electricity
maintenance in the area and to ensure the safety of the
crew and the community they will need to turn off the
power to complete this work.

Brad will be contactable to take phone orders if needed.

Brad: 9064 7132

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Hydraulic Component's Sales ex supplier

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Bruce Rock WA 6418
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and surrounds.



Contact Digby Slade
0428635055 or 9063 5055.

NAREMBEEN HISTORICAL SOCIETY— Part 3

Story taken from 'The Democrat' October 1, 1963 of Sir Charles Latham by Bill Courtney.

THE NINE-YEAR-OLD ORPHAN MIGRANT WHO BECAME A LEGEND WITHIN HIS LIFETIME.

PROFILE

The aunt in far-off Hillstone had her own problems too—little ones. She had a family, and times were hard. So the extra mouths from the old country were expected to feed themselves with the shortest possible delay.

They did—they all got jobs, toeholds it is true, but you have to start somewhere in carving a career.

Young Charles got the job with the dairy supplier for Hay—that was the job where he worked for an average of 102 hours a week for food and clothing.

Sir Charles, looking back, can still remember those winter mornings of frost, stumbling half asleep and bare-foot across the ice-white paddocks to round up the cows.

Soon the young newchum was milking a cow every ten minutes—and every one cleanly stripped too.....the medicine of the legrope was not reserved for unauthorized naps in working hours alone.

MOONLIGHT

He can also remember the summer heat of Hay—it can be hot and dusty, too, out on the western plains.

Charles stood that job for two-and-a-half years. Then, at the age of 11½ he decided that he and the cows of Hay would part.

They did—one moonlight night. Then came a succession of jobs; the kind of job an active youngster may expect to get it he has ambition and very little education.

There was the job of teamster's offsider with brother Dick; hauling stores over the blacksoil plains with a team of horses from the rail head to outlying stations and settlements. Some hauls were 170 miles east of the railhead; days of heat and dust, or bogged in black bottomless glue of the blacksoil after rain, nights around the camp fire—and anyone who has not camped in a swag under those glorious stars has missed something magnificent.

There was the interlude—at 15—of taking any sort of job that would bring in an honest shilling.....fencing and wellsinking, working with the banjo, and holding his own with grown men.

Those were the days when a man had to stand on his own feet—and a boy of fifteen needed to eat.

Times were still hard, but like most times in Australia.....you could always manage to keep going if you were prepared to work.

Charles can remember today the fight he had then to keep ahead—in those days the young man who wanted to get out of the rut had just as many hurdles to face as today.

But a willingness to work—and work hard—was never a handicap in Australia. It was not then, it is not today.





Narembeen Sub Centre

NOTICE OF ANNUAL REVIEW

Monday, September 13, 2021

7.00pm

**Emergency Services Building,
Latham Road**

Everyone welcome!

For more information, please contact

narembeen.subcentre@stjohnwa.com.au
Chairperson - Ian Mortimore 0428 647 090

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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

PLANNED POWER OUTAGE—FRIDAY 13 AUGUST 2021

Western Power have advised of a planned power outage to carry out essential electrical maintenance in Narembeen. Power will be turned off on **Friday 13 August from 8.00am until 3.30pm.**

Properties that will be affected include -

- 1 Longhurst Street
- Lot 1A Currall Street
- Latham Road
- Unit 9A Churchill Street
- Unit A Lot 18164 Latham Road
- 9 Churchill Street
- 8 Churchill Street

SHIRE OFFICE CLOSED - FRIDAY 13 AUGUST 2021

Due to the above electrical works, the Shire Administration building will be closed on Friday 13 August 2021.

Staff will be working from home or the CRC and will be available via phone and email. Unfortunately vehicle licencing will not be available on this day.

For any queries please contact Tamara Clarkson 0409 444 425 or emcs@narembeen.wa.gov.au

from the CHIEF



PUBLIC NOTICE
APEX PARK RE-DEVELOPMENT

Contractors will be on site again later this week. Concrete works are in progress, landscaping will commence shortly. **It would be appreciated if the area could be avoided until the works are complete.**



Apex Park—Footpaths



Apex Park—New Skate Park Pad



PUBLIC NOTICE
ROAD CONDITIONS

The significant amount of rain falling across the Shire over the past month has impacted some Shire roads. Please drive safely on gravel roads as there may be large pot holes and flooded areas. Some floodways are rising intermittently, please take care when approaching floodways.



Floodway—Kondinin-Narembreen Road 9.8.21

from the CHIEF



PUBLIC NOTICE

CHANGE OF COUNCIL MEETING DATE

SEPTEMBER ORDINARY COUNCIL MEETING

The Shire of Narembreen Ordinary Council Meeting scheduled for Tuesday 21 September 2021 has been changed to **Thursday 16 September 2021 at 4.00pm.**

David Blurton

Chief Executive Officer



CUSTOMER SERVICES OFFICER

The Shire of Narembreen is seeking the services of a positive and organised Customer Services Officer. This role may be considered as a part time role, to be determined with the right candidate.

For the position description please contact the Shire by phone 9064 7308, in person or via email emcs@narembreen.wa.gov.au or see the Shire's website.

To apply for the role, please submit an up-to-date resume and cover letter responding to the selection criteria listed in the position description, to emcs@narembreen.wa.gov.au or in person at the Shire offices by **4pm 27 August 2021.**

The key objectives of this position include:

- Front counter duties
- Department of Transport transactions

David Blurton

Chief Executive Officer

Shire of Narembreen

1 Longhurst Street

Narembreen WA 6369

from the CHIEF



SENIOR FINANCE OFFICER

The Shire of Narembeen is seeking the services of a positive and professional Senior Finance Officer. This role is pivotal in overseeing key financial reporting and financial management processes at the Shire.

For the position description please contact the Shire by phone 9064 7308, in person or via email emcs@narembeen.wa.gov.au or see the Shire's website.

To apply for the role, please submit an up-to-date resume and cover letter responding to the selection criteria listed in the position description, to emcs@narembeen.wa.gov.au or in person at the Shire offices by **4pm 27 August 2021**.

David Blurton
Chief Executive Officer
Shire of Narembeen
1 Longhurst Street
Narembeen WA 6369

WATER CORPORATION—ESSENTIAL WORKS

Water Corporation has some essential works to carry out in Narembeen, and as a result, customers will experience a temporary water supply interruption of up to five (5) hours.

The works are schedule to commence at **8.00pm on Wednesday, 11th August to 1.00am Thursday, 12th August**.



from the CHIEF



ORDINARY ELECTION SATURDAY 16 OCTOBER 2021

CANDIDATE INFORMATION WEBINAR TO BECOME A LOCAL GOVERNMENT COUNCILLOR

WALGA will be hosting an Election Candidate Information Briefing webinar to inform prospective candidates about the roles and responsibilities of Local Government, Councillors and the Council.

This will be held on **Wednesday, 18 August 2021 commencing at 5.00pm.**

The webinar will cover the following topics, with the aim of preparing successful election candidates for life as an Elected Member:

- Purpose of Local Government
- Role of the Council and Council Members
- Playing Your Role on Council
- Declarations of Interest
- New Code of Conduct Behaviour Provisions Relating to Candidates
- Induction and Council Member Essentials Training

There will be an opportunity for participants to engage by asking questions that WALGA will endeavour to answer during the session.

To register please contact Sheree Thomas at the Shire for the Zoom Webinar Register Link or see the Shire's Facebook page.

WALGA will also be recording the webinar for those unable to attend the live broadcast and this will be made available on the WALGA website shortly afterwards, together with responses to the questions raised by participants during the webinar.

David Blurton
Chief Executive Officer

Annual General Meeting Notice 2021

13 September 2021

6:30pm start

Narembeen Recreation Centre

Please contact Laura Cala, Secretary/ Treasurer at

narembeenclubinc@narembeenclub.org.au

for any further information.

NAREMBEEN
RECREATION CENTRE 

Crichton Vale Merino Stud

Tuesday 7th September 2021

Viewing at 11am

Sale Begins at 2pm



Contact:

Bill Cowan (Stud Principal)

Colin Ogilvie (Elders Narembeen)

Nathan King (Stud Classer)

0428 616 012

0429 165 395

0488 582 455

**3564 Wogarl East Rd
Narembeen**

HOCKEY

Juniors

On Saturday Narembreen had there last fixtured game. We played Bruce Rock the top team in Narem. It was a very tough game. Our goalie Layla and defenders had lots of play. Throughout the game Layla did lots of saves. Our whole team played there best all day. In the end we lost to Bruce Rock 0-2. Next weekend the finals start, I hope we win.

Team: Layla Hayter, Aiden Smoker, Noah Smoker, Deakin Miller, Daisy Hooper, Dakota Miller, Noah Browning, Ava Wanless, Charles Robinson, Parker Lynch, Kate Smoker, Chase Smoker and Imogen Hickey

By Immy

A Grade

On Saturday, the Narem girls played our last game of the season before finals against Bruce rock. The match was well fought, maintaining high intensity throughout all quarters and setting the bar for what is to be expected with the upcoming games. To our advantage, we were on grass, where Mel scored our first goal early. There were many entries into the D with our attackers ready on the pads, we even managed to achieve a penalty stroke, however the remaining goals scored were field goals, resulting in the final score of 3-1.

Team:

Samantha Nation, Caroline Robinson, Nat Browning, Kara Morrone, Kylee Slade, Courtney Hall, Tayla Atkins, Mikaela McCall, Hannah Kerse, Felicity Cowan, Carissa Wanless, Gina Cheetham and Melanie Baldwin

Juniors								
	GP	W	D	L	GF	GA	GD	PTS
Bruce Rock	12	12	0	0	63	2	61	36
Narembreen	12	6	2	4	22	16	6	20
Burracoppin	12	3	1	8	3	31	-28	10
Merredin	12	0	3	9	4	43	-39	3
BGrade								
	GP	W	D	L	GF	GA	GD	PTS
Narembreen	12	11	1	0	27	1	26	34
Bruce Rock	12	6	3	3	18	10	8	21
Burracoppin	12	2	3	7	6	19	-13	9
Merredin	12	1	1	10	3	24	-21	4
Women								
	GP	W	D	L	GF	GA	GD	PTS
Narembreen	12	12	0	0	41	3	38	36
Burracoppin	12	7	0	5	26	16	10	21
Bruce Rock	12	5	0	7	18	27	-9	15
Merredin	12	0	0	12	5	44	-39	0
Men								
	GP	W	D	L	GF	GA	GD	PTS
Bruce Rock	16	10	5	1	67	32	35	35
Burracoppin	16	9	4	3	41	28	13	31
Merredin	16	6	0	10	43	49	-6	18
Narembreen	16	5	1	10	22	44	-22	16
Kellerberrin	16	5	0	11	26	46	-20	15

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0457 008 084

tkslade@outlook.com

Narembreen Golf



Well the hermit turned up again. Good to see you two weeks in a row Karl. Now we just have to get the recluse (Greg Vaughan) here.

The eagle has landed too with Rob Miolini having two on #14. That is just like a hole in one Rob. Pretty special!

The men played a sweepstakes with much improved weather conditions and one player obviously revelled in it with a great 39pts. Well done Dave Pollard with the R/up Mike Currie on 34. Other good scores were Brendan Parsons, Colin Ogilvie 33, Rob Miolini 32 and Aaron Lyon 30. The course is lush and the approach shot unpredictable so it is a constant struggle to score. Long Dong#1 was Brendan Parsons, Best 2nd #7 Tim Cusack, NP #15 Brian Cusack and NP #17 Dave Pollard.

On Wednesday the women played for the Annette Main trophy, a stableford. No surprise, the winner was Miranda Noak with 33, R/up Nola Parsons 26 and Darien Pascoe 24. Longest Putt #10 Nola Parsons and NP #9 Carol Currie. Miranda also won the sweepstakes with 27 on Sunday from Anita Cowan. The scores aren't pretty and neither is the golf but it is HARD and we are trying Hard too.

Please note the Mixed Foursomes has been postponed from the 14th August to a date to be decided so as not to clash with some other sports.

Many Thanks to our sponsors

G Brownley Plumbing, B C Cusack & Co, Liberty Fuel, S & C Padfield, Varley Transport, Hutton & Northey, Elders, Sonic Boomsprays, Trans Plus, Narembreen Medical Centre, Narembreen Hardware, Total AG Nutrien, CSBP, Narembreen Tyre Service, Narembreen Roadhouse, Narembreen Hotel, Narembreen Engineering

“Never buy a putter until you have had a chance to throw it.”



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NAREMBEEN AND BRUCE ROCK DARTS ASSOCIATION



Results from ComfortStyle Furniture & Bedding Merredin Round 4 Week 5 Played Friday 6th August 2021

MAGPIES Defeated by Forfeit **ROYALS**

WIZARDS Lost to **JETS**
4 7

BRUCE ROCK Lost to **MC SHARKS**
2 9

League Ladder

TEAM	PLAYED	WON	LOST	LEGS FOR	LEGS AGAINST	LEGS DIFFERENCE	POINTS
MC SHARKS	20	16	4	136	84	+52	32
JETS	20	14	6	137	83	+54	28
MAGPIES	20	11	9	127	93	+34	22
WIZARDS	20	11	9	122	98	+24	22
ROYALS	20	6	14	79	141	-62	12
BRUCE ROCK	20	2	18	59	161	-102	4

HIGH AVERAGES (50+)

Neville Brandis (69.79); Ron Rojas (63.82); Rodney Oakley Jnr (56.39); Dean Butler (54.72); Keith Butler (50.50)

PEGS (50+ in Bold)

Ron Rojas (8,-,-); Dean Whitley (-,-,32); Ronjie Palompo (12,-,2); Mark Brown (-,-,35); Lee Griffiths (-,22,-); Neville Brandis (-,-,48); Mike Darby (-,2,38); Dean Butler (-,40,59); Rory Moore (-,-,40); Mal Higgins (-,-,62); Justin Watts (4,37,16); Kriss Hayden (-,4,2); Kaleb Roissetter (-,-,2); Rodney Oakley Jnr (5,40,2)

HIGH SCORES (101+)

Keith Butler (140); Neville Brandis (140); Jarman Collard (140); Rodney Oakley Jnr (125); Dean Butler (121); Mike Darby (121); Kerry-Lee Booth (112); Lee Griffith (107)

100 CLUB

Ron Rojas (3); Neville Brandis (2); Kriss Hayden (2); Kaleb Roissetter (2); Rodney Oakley Jnr (2); Dale McKinnon (2); Dean Whitley (2); Jarman Collard (2); Dean Butler (1); Keith Butler (1); Lee Griffiths (1); Justin Watts (1); Lindsay Brown (1)

BEST OVER AVERAGE

Neville Brandis (+18.32); Rodney Oakley Jnr (+12.26); Mark Brown (+10.42); Ron Rojas (+7.29)

Congratulations to MC Sharks for taking out the 'Minor Premiership' and securing a Home Game in the First Week of the Finals

THIS WEEKS FIXTURES

Finals Series, Week 1, Semi Finals

Friday 13th August 2021, 'Game On' 7.30pm

First Semi Final

Magpies v Wizards at Bruce Rock Hotel

Winners through to Preliminary Final (Away), Losers Eliminated

Second Semi Final

MC Sharks v Jets at Merredin Bowling Club

Winners through to Grand Final (at Narembeen Club), Losers into Preliminary Final (Home)

ALL SINGLES GAMES IN THE FINALS SERIES ARE THE BEST OF 3 LEGS

Grand Final at the Narembeen Club SATURDAY 28th August 2021, Game On 4.00pm

Thanks to our Dart Board Sponsor for the Grand Final - **Brownley's Plumbing & Gas**
Trophy Presentations and Season Windup to Follow the Grand Final

NAREMBEEN COMMUNITY SHED MARKETS

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

COMMUNITY SHED GARDENS

Lots of stalls

**Men's Shed Sausage Sizzle
and Coffee**

CONTACT

MARGARET 0429647492

WARREN 0409881495





NAREMBEEN NETBALL CLUB

PO BOX 133
NAREMBEEN WA 6369

PRESIDENT: BRIT DUNCAN 0417 612 045
SECRETARY: KELLY LYON 0427 647 635
TREASURER: BEC WANLESS 0439 334 056

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On the weekend we travelled to Kulin for our Semi Finals, Congratulations to all 3 grades on getting through to the Grand Final. Goodluck to the Narem Footy & Hockey Clubs for their finals in the coming weeks.

Congratulations CDNA held their awards in Kulin after the semifinals on the weekend. Congratulations to Brit Duncan A1 Association F & B, Tenille Cole A1 Association R/U F & B and Blair Fagan B Grade Association F&B, very well deserved.



CHRIS BRAY ELECTRICS

ACN 009 023 223 EC 349

Mob: 0418911872

email: facets@iinet.net.au

14 Longhurst Street Narembeen

For all electrical installations repairs and maintenance.



The Narembeen Footy Club would like to thank the following sponsors for their support throughout 2021.....

NB Hardware & Ag Supplies, MACA Mining, Varley Transport, Colestan Electrics, Rockdale, Hutton & Northey Merredin, NB Spraying, Nutrien-Total Ag Narembeen, NB Engineering, Elders Narembeen, NB Club Inc, Viterra, Nb Tyre Service, Wheatbelt Ag, Gmeiner Family, Central Wheatbelt OT, Aviso, Bankwest, Lethlean Family, Sonic Boomsprays, McIntosh & Son, Dorcas, Jordan Sprigg Sculptures.

A long time ago I guy called Keith Miller was playing cricket for Australia not long after the end of the world war two. Miller, a super talented cricketer, had fought in the war, he had flown planes over Europe and been in battles throughout the war. He was asked by a reporter how he handled the pressure of being back playing test cricket. He scoffed at the idea that sport applies pressure, he explained that real pressure was flying over London with a Messerschmitt up your arse.

People see pressure on lots of different ways when playing sport. Some people don't feel it at all while some feel it intensely as they want to do well. Groups feel pressure as well. Not since 2012 had the Narembeen Hawks league side beaten the powerful Kulin-Kondinin side. Such a record eats away at a group as they strive to be successful. It builds a bogey, a hurdle or a mountain to climb pressure builds. Then one day you get over that mountain and the pressure is off. For the Narembeen Footy Club that day was Saturday.

With both grades needing to win to secure second spot and the important double chance in the finals series the Ressies started tough. There were numbers around the ball and the contest as their was plenty on the line. Joel Deluis led the way early as he won contested footy for his midfield and the boys were able to turn in front despite working into the breeze.

With the win the boys again had period of control of the contest but to the credit of the opposition they couldn't put on scoreboard pressure. The two Latham boys, Ben and Tom, were instrumental across half back as the boys absorbed the pressure that came while Cooper Sprigg revelled in the new position of playing as an attacking defender.

At three quarter time there was only five points in it. Neither side had been able to score repeatedly and each defence had stood up manfully. Then the Ressies found some space. Jeikwjuan and Kinau Brown stood up when it mattered most and got the ball moving through the centre of the ground at pace. A four goal to nothing last quarter in what was a tough hit out was just desserts to a young side that had worked hard. The Ressies would finish second.

Ressies	9-6	60
Kulin-Kondinin	5-4	34

Best: Ben Latham, Tom Latham, Ben Hunter, Joel Deluis, Cooper Sprigg, Nikau Brown, Jeikwjuan Brown

The Hawks started well. A seven goal to four first quarter saw the ball move up and down the ground at pace. This was huge for the Hawks as they had been jumped by the powerful Blues in the first round. This time it was the Blues who would have to chase them.

Jimmy Kennedy led a hard working midfield who was able to match their bigger opponents in the contest and find space to move the ball fast. Kennedy's ability to then go forward and also hit the scoreboard was pivotal for the side and created a tough match up for the Blues. Drew Pierman and Ben Hislop once again showed their quality as people and as players.

The Blues are a class act though and the challenge was always going to come. There were intriguing battles through the back half of the ground for the Hawks. Jayden Hooper returned from a hamstringing injury with a wonderful display on Simon Duckworth. His ability to hold his ground against the Blues champ and then also restrict him on the lead was a huge win for the Hawks. Then Baden Kennedy, Jay Gill, Mike Mortimore and Dean Williams were also able to limit the amount of forward fifty marks the likes of McGee, Repacholi and Grabski were able to take which made it hard for the Blues to get the usual guaranteed shots on goal they are able to create. They still created opportunities, but they were much more under pressure than is usually the case,

The final quarter was a pulsating affair. The Blues were coming, working with a breeze, but the Hawks were keeping their pressure up. Then just as it looked like they might get run over they responded. They got the ball through the middle of the ground in such a manner and at such a pace they got their forwards one out and they kicked straight. It was a worthy fourteen point win in a classic game of country football.

Hawks	16-11	107
Kulin-Kondinin	13-15	93

Best: James Kennedy, Drew Pierman, Ben Hislop, Jayden Hooper, Michael Mortimore

So now the both senior sides of the Narembreen Football Club make their way to the Second Semi Final for the first time since 2009. On Saturday out in Hyden the Hawks take on the Saints while the Resses take on Nukarni. It promises to be a great day as finals are always interesting and hotly contested. Both sides are in with a real chance in their games as they seem to be getting better each time they play. For so many reasons now the pressure is off and the fun begins, as Keith Miller pointed out all those years ago, the pressure isn't on the Hawks for their not flying planes in a war, they're playing footy for their club, with their mates, in games no one gave them a chance of making and few things should be more fun than that.

FOOTY CLUB AGM

The President and Committee would like to invite all interested supporters to the Football Club AGM to be held this Thursday, August 12, 7:30pm in the football club changerooms.





‘That’s a lot of footy’

Country footy clubs are built by people who stay. People who get immersed and sacrifice. People who want other to do well and understand that when others do well we all do well. In front of one of the biggest crowds at local footy for some time the Narembeen Footy Club celebrated four Hawks who fit just that bill. Happily for all involved they were also able to celebrate them with a win.

James Kennedy, Michael Mortimore, Adam and Mitchell Miolini are all Narembeen people. They have grown with the footy club. They played junior footy at the Hawks and now have played senior footy as well. They all have fathers that played for the club and also have brothers that have as well. In short they are Narembeen people and the club is all the better for it.

Adam Miolini is the quiet unassuming foil for the rip tear approach of his older brother. He has got better each season he has played for the footy club and one senses that in his mid twenties his best footy is still in front of him. He’s tougher than he get credit for and after being thrust into the new role of a ruckman this year, despite some ankle issues, he has grown into the role impressively. His raking left foot is also becoming a real weapon. He played his 100th game for the club on Saturday with plenty more to come.

Mike Mortimore once took a hang in a game of Ressies which would have won every mark of the year contest in the country. He has always played his footy in a team first manner with little to no sense of self preservation, it is a credit to him. Dubbed ‘The Clubman’ a few years back Mortimore has developed this team first approach off the field as well and the club is the better for it. He played his 200th game of footy for the club on Saturday and was one of the best in a great win against the toughest of opponents.

James Kennedy started playing senior footy at the age of fourteen. The year was 2009 and he spent the year in a forward pocket in the Ressies. It would prove to be his only whole year in the twos as he found himself in the league side in 2010. Kennedy has grown into a powerful footballer who combines an impressive hardness at the contest with an ability to play both as a hard running on baller and as a key forward. He was the best on ground on Saturday which was great to see in his milestone game.

Mitchell Miolini is what the Hawks always want to be. He has played 150 games of footy by running in straight lines and caring more about his club and his mate than himself. He has pushed through some tough times and has always done so with a positivity and a commitment that has made the club better. The smile on his face was tickling his ears on Saturday night as he basked in the glory not only of his milestone but a win for his club that had been a long time in the making.

Footy clubs are better when people stay. Footy clubs continue to grow when people commit. The Narembeen Footy club will always be better when players like the two Miolini boys, James Kennedy and Mike Mortimore pull on a jumper.



Make the most from your fertilizer investment



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

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

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





The Better Health Program is a **free**, online, healthy lifestyle program for 7-13 year olds who are above a healthy weight and their families.

FITTER, HEALTHIER HAPPIER!



Free fitness tracker
& freebie packs

Online activity
sessions & resources

One-on-one
phone-based
health coaching



"With the wonderful help and encouragement from our coach we have made so many positive changes in our diet, in our lifestyle and in our general health and wellbeing."

- Better Health Program Parent



The Better Health Program

The Better Health Program is a FREE, 10-week, online program for children and families.

There are weekly online sessions, free resources, including a fitness tracker, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep you on track!

Is your child...

- » Aged 7-13 years old?
- » Above a healthy weight?
- » In need of support to improve eating and activity habits?

Get involved and start collecting your weekly tokens and prizes!



To register or find out more:

1300 822 953

betterhealthprogram.org

Better Health Company



@betterhealthcompany



The Better Health Program is funded by WA Country Health Service.



Government of Western Australia
WA Country Health Service



98TH CORRIGIN AGRICULTURAL SHOW

2021

Community event of the year!

**Shearing Competition, Sabrina Hahn,
Stalls, Food, Circus Challenge, Car Display,
Exhibition Hall, Coffee Van,
Machinery Displays, Beer Tent, Show Bags,
Lil' Louie Train, Arty Brellas,
Gum Boot & Sheaf Toss, Live Entertainment,
Birds of Prey, Bouncy Castle & Basketball,
Donuts, Old MacDonalds Farm, Fireworks
and much, much more!**

**SATURDAY 11 SEPTEMBER
10AM - 9.30 PM**

**\$10 entry
Kids under 12 FREE**

**CORRIGIN OVAL
LARKE CRES, CORRIGIN**

**Let's keep
WA safe**



**PHYSICAL
DISTANCE**



**WASH
HANDS**



**STAY HOME IF SICK
& GET TESTED**



**USE THE
SAFEWA APP**



From the Managers Desk

Hello everybody!

The Morning Coffee Club is back with some more fun activities next Wednesday, 18th. Escape the cold and wet weather and pop into the CRC for a warm cuppa and some nice morning tea. Everyone welcome!

We are also excited to announce that we were successful with the Inspiring Australia WA SciTech Small Grant round and will be hosting a stargazing night on the first Friday in September.

Equipped with 4 computer-controlled telescopes and over 18 years of astronomical knowledge, Richard Tonello from AES's (Astronomy Education Services) will bring distant celestial treasures into our eyes and minds.

AES is passionate about educating and inspiring the scientists of tomorrow, helping ignite the spark of curiosity in the minds of all ages. Richard will be attending the Narembeen High School during the day to provide the students with some Space Science and Astronomy lessons, which will give the children an insight to what they will experience if they are attending the evening/stargazing event.

A 30-minute presentation at the beginning

of the evening will bring into focus what we'll be observing plus a laser guided tour of the night sky to highlight various constellations, planets and other celestial phenomenon.

Come and join us and learn everything you need to know about the amazing night sky the Wheatbelt has to offer.

We will also be hosting a two day accredited mental health first aid, this course normally cost \$280 per person but is available for free.

Each year 1 in 5 Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most do not cover mental health problems. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about. Many people have already become Mental Health First Aiders... be one too.

TAKE YOUR FIRST STEP

Vanessa Wittstock
CRC Coordinator

Upcoming CRC Events 2021

- Morning Coffee Club: Wednesday, 18 August 10.30am
- Story Time: Friday, 27 August 10.30am
- Mental Health First Aid: Wed, 1 + 2 Thurs, Sep, 9.30am - 4.30pm
- Stargazing Night: Friday, 3 September 5.30pm
- Seniors Movie: Monday, 6 September 1.00pm
- John Curtin Weekend (JCW): Friday + Saturday, 1 + 2 October



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





Quizzes
Bingo
Games
Activities
Excursions

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Government of **Western Australia**
Department of **Communities**



BUILDING BRAINS TOGETHER
IN NAREMBEEN

STORY AT THE CRC
TIME

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, 27 August 2021



Mental Health First Aid

- Two Day Accredited Course -

Wednesday 1 & Thursday 2 September 2021
9.30am - 4.30pm at the Narembeen CRC

Over 900,000 people across Australia have now been trained in Mental Health First Aid, become one of them.

What is covered in a Mental Health First Aid (MHFA) course?

Learn to recognise common mental health problems, how to provide initial help to someone experiencing a mental health problem, using a practical, evidence-based Action Plan, and how to respond in a crisis situation. During the course, participants have the opportunity to practice new skills in a safe environment.

Price: FREE

With thanks to the Wheatbelt Business Network and secured grant funding, we're delighted to be offering this course FREE of charge. The normal cost would be \$275 pp.

BOOKINGS ESSENTIAL

Contact the Narembeen CRC

9064 7055

crcreception@narembeen.wa.gov.au



**MENTAL
HEALTH
FIRST AID**
Australia



WHEATBELT BUSINESS NETWORK



NAREMBEEN NIGHT SKY *Wonders*

FRIDAY, 3 SEPTEMBER 2021
NAREMBEEN OVAL | 6:30PM

BBQ DINNER & HOT DRINKS PROVIDED

PRESENTATION
BY RICHARD TONELLO
(FROM AES - ASTRONOMY
EDUCATION SERVICES)

PROFESSIONAL
ASTRONOMY
TELESCOPES

LASER GUIDED
TOUR OF THE
NIGHT SKY

*'There was always something new to be seen in the
unchanging night sky' - FRITZ LEIBER*



August 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

25 West Aussies a week diagnosed with bowel cancer

Cancer Council WA is encouraging adults in the Wheatbelt region to familiarise themselves with the common symptoms of bowel cancer, with data revealing more than 25 people a week are diagnosed with bowel cancer in WA. Wheatbelt Regional Educational Officer, Melissa Pickering said bowel cancer, also known as colorectal cancer, is the second most common cancer in Western Australia, affecting both women and men.

"Our latest data reveals that in 2017, more than 1,300 Western Australians were diagnosed with bowel cancer and close to 400 people lost their lives from the disease," Ms Pickering said. "In the Wheatbelt in 2017, 51 people were diagnosed with bowel cancer and 15 people died from it.

"We know people living in regional Australia have [lower rates of five year survival for all cancers combined](#), compared with people living in major cities, so we urge anyone in the wheatbelt experiencing a symptom to visit their doctor, clinic nurse or Aboriginal health worker."

Common symptoms of bowel cancer include: blood in your poo (even just one time) or, for more than four weeks; a new pain, lump or swelling in your tummy; feeling tired; looking pale; losing weight without trying; problems breathing; not feeling hungry; and a change in normal bowel habits such as runny poo, pooing more often or finding it hard to poo.

Ms Pickering said people from regional WA were particularly likely to delay going to a medical clinic when they were experiencing symptoms, with many thinking the symptom could be due to something else.

"If you're unsure about a possible symptom you should make an appointment to discuss the change with your doctor, clinic nurse or Aboriginal health worker as soon as possible," she said.

"Being bowel cancer aware and knowing the symptoms could help find bowel cancer early, which increases the chance of successful treatment."

Bowel cancer champion Mary French from Geraldton knows all too well how important it is to react quickly to unusual body changes and recommends regional men and women listen to their bodies.

"Please do not hesitate seeking medical help when you have bowel irregularities" she said.

For more information about bowel cancer symptoms, visit <https://www.findcancerearly.com.au/cancer-symptoms/bowel-cancer/>

For more information about Cancer Council's support services, visit cancerwa.asn.au or call 13 11 20.

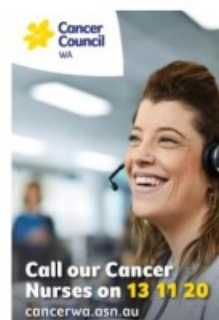


Find Cancer Early Regional Champion Mary French from Geraldton

Two free online meditation courses start in August

People affected by cancer and their primary carer are invited to take part in these online courses starting the 11th August for 6 weeks. There are two session times 10-11am and 6.30-7.30pm.

Registration is essential. To register or obtain further information call **13 11 20** and select "speak to a nurse" or visit www.cancerwa.asn.au and search 'Life Now'



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.



Government of Western Australia
Department of Health



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



Heard something about cancer and not sure if it's true or just a myth?

Get the facts from iHeard.

iHeard is Cancer Council's search page providing accurate, evidence-based answers to myths you may have heard about cancer. You can be confident the information provided from iHeard is backed by Cancer Council Australia, the nation's peak independent cancer control organisation.

Click here to browse through other cancer rumours or ask a question of your own
<https://bit.ly/3cB6NNo>

Daffodil Day 2021 – Friday 27th August

Thanks so much to all our wonderful supporters who have already come on board to support Daffodil Day in 2021, this is very much appreciated.

You have the power to make a lasting positive impact on the lives of Western Australians affected by cancer. Help us get another step closer to a cancer free future by fundraising your way this Daffodil Day. Take on a challenge, get active in yellow, give up something you love for the month of August... the options are endless, but you can be sure your event will be life-saving.

For more information go to daffodilday.com.au or call 1300 65 65 85



BIRTHDAYS



AUGUST

12th	Anthony Latham	Dion Brayshaw	Mac Cole
13th	Natalie Pini	Pia Treloar	
14th	Garrick Yandle	Michael Smoker	Rick Cardinal
15th	Debbie Bow	Stephen Padfield	
16th	Bradley Hinkley	Diane Cowan	Irene Menegola
	Lola Quinn		
17th	Bobbie Hall	Beryl Thompson	
18th	Kerryine Cowan	Charlie Cusack	

ANNIVERSARIES

AUGUST

12th Ron & Patti Bow



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CHURCH NOTICES



ST PAUL'S ANGLICAN

Saturday, August 14

4.00pm

Rev. David RUSSELL

Anyone wanting home communion on
Saturday, early afternoon call Lorraine on
0458 033 568

1 Kings Ch2 V10-12 and Ch3 V3-14 H. Toovey

Ephesians Ch5 V11-21 E. Brayshaw

John Ch6 V51-58

Psalms 111

Church of Christ

Thursday 12th August 7.30pm

Bible study at A & W Van Dyk's home. Topic -
David

Friday 13th August 6-7.30pm

Youth Group

(Kids Club not on this week - resuming Friday 20th
August)

Sunday 15th August 10.00am

Worship Service with Sunday school during the
service

Bible Verse: Ephesians 4:2 "Be completely humble
and gentle; be patient, bearing with one another in
love."

Seventh Day Adventist

105 Church Rd, Mt Walker

Saturday, August 14.

10:00 am.

The Senior's Bible Study for this week is "Rest,
Relationships and Healing". Bible texts include Genesis
42:7-24; 45:1-15; 50:15-21; Matt. 25:41-46; Luke 23:34.

Sabbath School for kids too at this time.

11:30 am.

Worship Service, studying the Reformers, from "The
Great Controversy", part 2, with Merle Phillips leading
again.

You can still watch the current Bible Study series via your
VAST TV on Channel 603 at 4:00pm on Fridays (or at
4:00 am on Mondays to record this 5 part study to spread
through the week) or there is a shorter program, "Let God
Speak" at 7:00 pm Fridays.

Phone - Terry & Rhonda on 9061 7032,

Terry: 0427 907 119, Rhonda: 0417 907 119.

or Pastor Lomani on 0429 770 331.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday, August 14

6.00pm

Reader: E.Bailey

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: C. Harper



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

August 2021

Wednesday	11th	Narembeen Golf—Ladies—Par G. DeLuis Trophy REED Narembeen bookings ADMIN 6832 3825	8.30am - 5.30pm
Thursday	12th	FOOTBALL—AGM REED Narembeen bookings ADMIN 6832 3825 Autumn Club	7.30pm 8.30am - 5.30pm 10.00am-2.00pm
Friday	13th	Playgroup at Numbats Centre DARTS—1st Semi-final Magpies v Wizards @Bruce Rock Hotel	9.30am
Saturday	14th	Church Men's Community Shed Hockey—1st and 2nd Semi Finals FOOTBALL— 2nd Semi Final - League Hyden/Karlgarin v Narembeen, Reserves Nukarni v Narembeen @Hyden	9.00am
Sunday	15th	Church Narembeen Golf—Men—Stroke P. Wanless Trophy Narembeen Golf—Ladies—Sweepstakes Mt Walker Golf—Par	
Monday	16th	Historical Society meeting @History Centre Circuit Gym Arts and Crafts and Book Exchange at Community Shed	2.00pm 9.30am 10.00am-4.00pm
Tuesday	17th	Senior Citizens REED Narembeen bookings ADMIN 6832 3825 Badminton at Town Hall Narembeen Shire meeting	2.00pm 8.30am - 5.30pm 6.30pm 4.00pm
Wednesday	18th	Narembeen Golf—Ladies—Championship Playoff/Stableford REED Narembeen bookings ADMIN 68 323 825 FOOTBALL—Miller Medal @ Burracoppin CRC—Coffee Club	8.30am - 5.30pm 10.30am

Editor: Kellie MORTIMORE