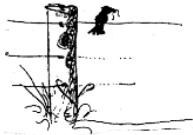


The Fence Post



Volume 24 Edition 25 16/03/2022 \$1.50

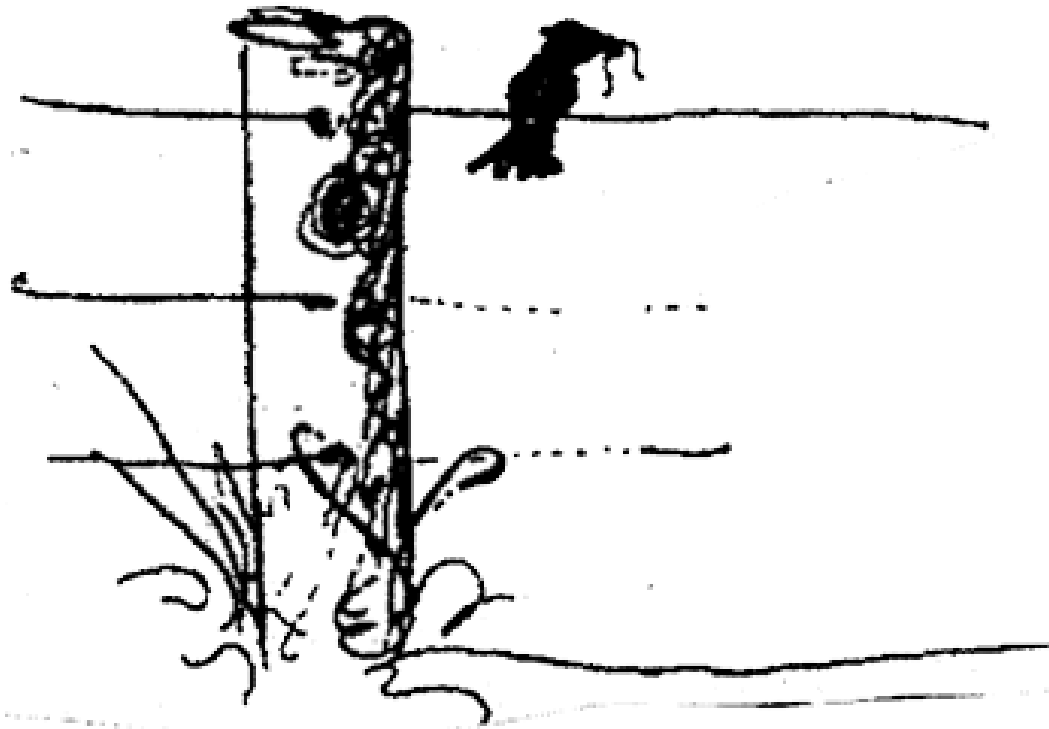
Voluntarily published in Narembeen

Registered by Australia Post Publication No PP 100002066

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

Phone (08) 90647055

Email: fencepost@westnet.com.au



The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembreen, WA. 6369

9064 7055

fencepost@westnet.com.au

*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

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

when the Fence Post office is closed.

Advertising Rates 2022

	B&W	Colour		B&W	Colour
Small ads up to ¼ Page	\$10	\$15	One Third Page	\$12	\$22
One half Page	\$17	\$27	Two Thirds Page	\$22	\$37
Full Page	\$32	\$52			

PREFERRED FORMAT-WORD, PUBLISHER OR PDF

ANNUAL SUBSCRIPTION RATES 2022

DUE 1st March

NOW OVER DUE

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
22/3/2022	Sherrie Heather	Jodie Batty	Sam Woodfield
29/3/2022	Maxine Miolini	Darien Pascoe	

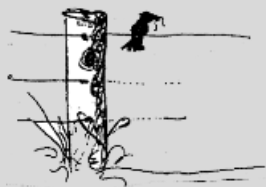


The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

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....

LIFE MEMBERSHIP

Congratulations to Suart Yandle on being awarded a life membership of the Eastern Districts Cricket Association. A well deserved award. See the article in this issue.

TRIATHLON

Tamara Clarkson and Lorraine Lethlean travelled to Kulin on Saturday 12th March to participate in the triathlon. Lorraine won the short course event with Tamara coming in a close second. This will be a good battle when the Narembreen triathlon is held on 26th March

WORKSHOP

Don't forget that the Protective Behaviours Workshop cut off date is 18th March.

GOOD READING

Read the Interesting article from the Historical Society on the Early Schools



NAREMBREEN HISTORICAL SOCIETY (INC)

Meeting Date: **Monday, March 21**
Commencing at: **2.00pm**
At: **The HISTORY CENTRE**
(Road Board Building)

ALL WELCOME

'History is not was, it is' - William Faulkner



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

COVID-19

COVID-19 continues to challenge our community. With restrictions and requirements changing so frequently, please keep up to date via the Shire Facebook page. We will endeavour to share information as it is received.

If you do not have Facebook or access to the internet, please contact the Shire on 9064 7308 or the CRC 9064 7055 who will be able to provide alternative formats of current information.

Staff at the Shire and CRC have commenced a rotation that involves working from home to minimise risk. While we aim to maintain a high level of service, your patience and understanding is appreciated during this time.



Main Street Festival | Road Closure

Churchill Street will be closed to traffic from 12pm on this Friday, 18 of March 2022 until 11pm as part of the Narembeen Main Street Festival.

NAREMBEEN MEDICAL CENTRE

Following surgery on his wrist, Dr Peter Lines medical leave has been extended until 1 May 2022.

This unexpected leave may result in temporary closure of the Narembeen Medical Centre.

We understand this may cause some concern, however, please be assured that the Shire of Narembeen is working closely with Dr Lines to ensure the continuity of medical services to our residents. Recruitment for a locum doctor has commenced and updates will be provided as they become available.

The wellbeing of our community remains our highest priority. Refer to www.narembeen.wa.gov.au for future updates.

Kellie Mortimore, Shire President

RAMELIUS RESOURCES & SHIRE OF NAREMBEEN COMMUNITY BENEFIT FUND

from the **CHIEF**



Applications Open - 1 MARCH 2022
Applications Close - 31 MARCH 2022



Application forms available from Shire of Narembeen or
www.narembeen.wa.gov.au . For more information please contact
Diana Blacklock 9064 7308

BURNING PERMITS

Shire of Narembeen advises that we are now in the **RESTRICTED (PERMIT REQUIRED)** burning period from 1 February 2022 to 15 April 2022.

The following additional requirements for burning are also in place.

- 1st February includes grass and raked cereal stubble and header windrows of non-cereal stubble including canola and legumes.

1st March is header windrows and chaff dumps and cereal stubble fires.

Burning during restricted periods is allowed on Sunday's and Public Holidays with a permit. Any questions about burning times should be directed to a Fire Control Officer of the Shire of Narembeen.

Chief Fire Control Officer	Murray Dixon
Deputy Fire Control Officer	Bill Cowan
Fire Control Officer (East Sector)	Joel DeLuis
Fire Control Officer (West Sector)	Trevor Cole
Fire Control Officer (North Sector)	Mitch Miolini
Fire Control Officer (Central)	Alan Yandle
Fire Control Officer (Central)	Andy Hardham

Shire of Narembeen

from the CHIEF

How we are keeping our community and staff safe.

COVID-19



The impact of the COVID-19 pandemic is constantly changing. The wellbeing of our community and staff is our top priority. We will continue to do everything we can to ensure your safety in Narembeen.

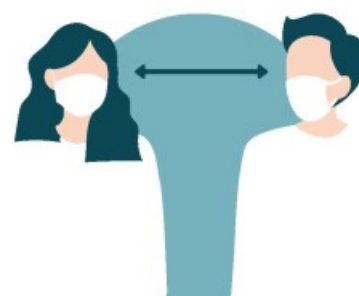
There are several ways that we can all do our part and they include:



USE A FACE MASK



REGULAR
HAND WASHING



SOCIAL DISTANCING
WHEN REQUIRED



REGULAR CLEANING



CHECKING IN
WITH SERVICEWA OR SAFEWA



STAY AT HOME
WHEN YOU ARE SICK

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY

For more information about **Coronavirus (COVID-19)**
please visit [health.gov.au](https://www.health.gov.au)





Narembeen Medical Centre
U5/19 Churchill Street
NAREMBEEN WA 6369
☎ 906 47145



Important Notice

Narembeen Medical Centre Patients

We are open during the following days:

Monday 14th March 8am -12noon (Reception only)

Tuesday 15th March 8am – 5pm (Dr Griffies)

Wednesday 16th March 8am – 4pm (Dr Griffies)

Monday 21st March 8am -12noon (Reception only)

Tuesday 22nd March 8am -5pm (Dr Griffies)

Wednesday 23rd March 8am – 4pm (Dr Griffies)



COVID VACCINE Clinics on Tuesday afternoons – Please call to book in

We encourage you to book a consultation with Dr Griffies to avoid any inconvenience to yourself regarding referrals/script requests.

!!Online bookings not available!!

All patients attending our medical centre are required to wear masks.

IF YOU NEED A DOCTOR IN AN EMERGENCY PLEASE

CALL NAREMBEEN HOSPITAL ON 9064 6222

(URGENT ENQUIRIES - PLEASE CALL MARI ON 042 444 0023)

**Mari Geldenhuys
PRACTICE MANAGER**



NAREMBEEN AUTUMN CLUB

GUEST SPEAKER: KELLY KEALL

Our guest speaker last Thursday was Kelly Keall, Community Engagement Coordinator for Anglicare WA. Kelly connects schools, parishes and community groups with the many aspects of Anglicare WA's work.

This organization relies on the generosity of communities to fund their many programs. Rosemary Smoker from Dorcas has made Anglicare WA one of their beneficiaries and we have Rosemary to thank for suggesting that Kelly address our group.

Anglicare WA, an arm of the Anglican Church, working independently towards creating a society where everyone's capacity to participate is welcomed and respected, while supporting people, families and communities with many services as they move from surviving, to coping, to building, to thriving.

Foyer Oxford, Youth accommodation:

Anglicare provides for Homelessness. Foyer Oxford is the largest single-site youth homelessness service in Australia and is the largest Foyer project in the world. It has the capacity to support 98 young people aged 16-23 years, including 24 young parents. Residents can stay for up to two years - long term accommodation is demonstrated to break the cycle of homelessness. Crucial factor is that residents have to be engaged in Employment Education Training, it is part of the agreement to be able to stay at Foyer. *The way out of homelessness is to have a regular income.*

Street Connect Bus:

Street Connect is a service that aims to make connections with marginalised young people who gather regularly in public places and engage them in positive life changes. This service is provided by a team of Youth Workers who provide daily outreach via the Mobile Youth Resource Centre (the Street Connect Outreach Bus).

Street Connect bus with some of the Street Connect youth workers

Foyer Oxford, Youth Accommodation



Protective Behaviours Workshop

Booking cut-off Friday 18 March 2022

ATTENTION COMMUNITY GROUPS, SPORTING CLUBS and PEOPLE in LEADERSHIP ROLES WORKING WITH CHILDREN

Following an invitation sent out from the Narembeen CRC inviting representatives from Sporting Clubs and Groups including people in Leadership Roles, to attend a Protective Behavior Workshop.

HAVE YOU REPLIED?

This workshop is open to the public. Anyone can attend, however bookings are essential to the CRC.

The Narembeen Autumn Club in partnership with the Narembeen CRC are sponsoring Andrea Musulin from WA Protective Behaviours Society to conduct a **Workshop in Narembeen on Wednesday 23rd March 2022 at 3pm to be held at the Narembeen Recreation Centre.**

This workshop is funded by the Narembeen Autumn Club with afternoon tea provided.

By supporting this workshop, you will be helping to keep our children safe.

This is a very important workshop for anyone in a leadership role, and a great opportunity to learn more about how to develop child protection and safety practices that can assist in creating child safe environments for children, young people and staff.

EVERYONE ATTENDING WILL RECEIVE A CERTIFICATE in CHILD PROTECTIVE BEHAVIOURS

Please reply to the Narembeen CRC with numbers attending.

Telephone: Vanessa CRC on 9064 7055 or Email: crcmanager@narembeen.wa.gov.au

Regards,

Carmel Harper

Kerry Fricker

Narembeen Autumn Club



Narembeen CRC Update

Hello everyone!

The **Main Street Festival** is happening this Friday, 18th March!!

We can't wait to see you all for:

- Kids Entertainment from 4.00pm
- Food Stalls from 5.00pm
- Paint Storm Art Show from 5.30pm
- Town Team Talk 6.00pm
- Live Music & Outdoor Bar from 6.30pm

BUT please do the right thing to keep yourself and the rest of our community safe:

*Stay home if you are feeling unwell

*Wear a face mask, unless you are eating or drinking

*Regular hand washing

*Regular use of hand sanitizer

*Checking in with ServiceWA or SafeWA App

*Social distance where needed

This event is funded by RAC, through the Connected Communities Fund, Collgar, Go Narembeen & Shire of Narembeen and Ramelius through the Community Benefit Fund.

Entry forms for the **Triathlon** are due on Monday, 21st March! A lot of hard work goes into events like the triathlon so please get your entry forms in on time. If you need a form, pop into the CRC or download it from the Shire website!

To view the course maps for each category please also visit the Shire website!

We are also looking for volunteers who are able to assist with some of the jobs on the day, so if you can help in any way, please let us know!

Have a great week!

Hope to see you at the Main Street Festival on Friday.

*Vanessa Wittstock
CRC Manager*

Upcoming CRC Events 2022

- Main Street Festival: Friday, 18 March 4.00pm
- Protective Behaviours Presentation: Wed, 23 March 10.00am
- Child Protective Behaviours Workshop: Wed, 23 March 3.00pm
- Story Time: Friday, 25 March 10.30am
- Triathlon: Saturday, 26 March 3.30pm
- Business Women Networking Event: Thursday, 31 March 5.30pm
- HR, HC, MC Truck Licence: March
- Youth Week Event: Friday, 8 April 4.00pm
- Spice Cooking Class: Thursday, 28 April 4.30pm



T 9064 7055

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au



Narembeen Community Resource Centre



Narembeen CRC

NAREMBEEN MAIN STREET FESTIVAL

Friday, 18 March 2022
4.00PM - LATE

#InspireCreateActivate

KIDS
Entertainment
4.00PM

*** Hair Braiding**

Bouncy Castle

FACE PAINTING

Obstacle COURSE

**NEW MAIN STREET
ACTIVATION
SPACES**

**TOWN TEAM
TALK 6PM**

**PAINT STORM
ART SHOW**

LIVE MUSIC
With Emmett
6.30pm

**OUTDOOR
BAR 6.30PM**

The illustration at the bottom shows a street scene with a yellow crane in the center. On the left is a building with a sign that says 'NAREMBEEN POST OFFICE'. On the right is a building with a sign that says 'NAREMBEEN POST OFFICE'. People are walking on the street, and there are colorful bunting flags hanging across the street.





CHILD PROTECTION WORKSHOP

It is a sobering reality that in Australia 1 in 4 children will be sexually abused in some way during their childhood and most will never speak about it. In 2019/2020 the Australian Institute of Child Health and Welfare reported 486, 300 child abuse and neglect reports were made to the civil authorities.

The Western Australian Child Protection Society in partnership with the Narembeen Autumn Club are providing this session with an aim to assist teaching staff and organisations to develop child protection and safety practices that can assist in creating child safe environments for children, young people and staff.

This workshop will assist with understanding the causes of child abuse and neglect and to develop appropriate education intervention strategies to assist prevention and empower individual children and young people by using Protective Behaviours or Keeping Safe prevention education.

As such this workshop is a must not only for educators but also for service providers working in children's services, the youth sector, child protection, family services, childcare, relationship services, indigenous services, crime prevention, faith-based services, health and accommodation services.

Using the 10 Child Safe Standards this workshop will equip staff with the knowledge, skills and awareness to keep children and young people safe through education and will assist staff to respond to disclosures and the legal requirements relating to disclosures.

Presenation Content

- The Royal Commission Findings
- Causes & Drivers of child Abuse
- Risk factors and indicators of child sexual abuse
- Situational Crime Prevention
- Interrupting the Grooming Process
- Overview of the Protection Behaviours Program

Date

Wednesday, 23 March 2022

Time

3.00pm – 5.00pm

Venue

Narembeen REC Centre

Cost

FREE

Afternoon Tea provided

To book please contact

Narembeen CRC –
9064 7055 or
crcreception@narembeen.wa.gov.au
Bookings essential - Places are limited

For more information contact

Narembeen CRC

Presenter:

Andrea Musulin

Director WA Child Protection Society

Call 0448 771 068

Email wacps@gmail.com

Website www.wachildprotection.com.au

Supported By

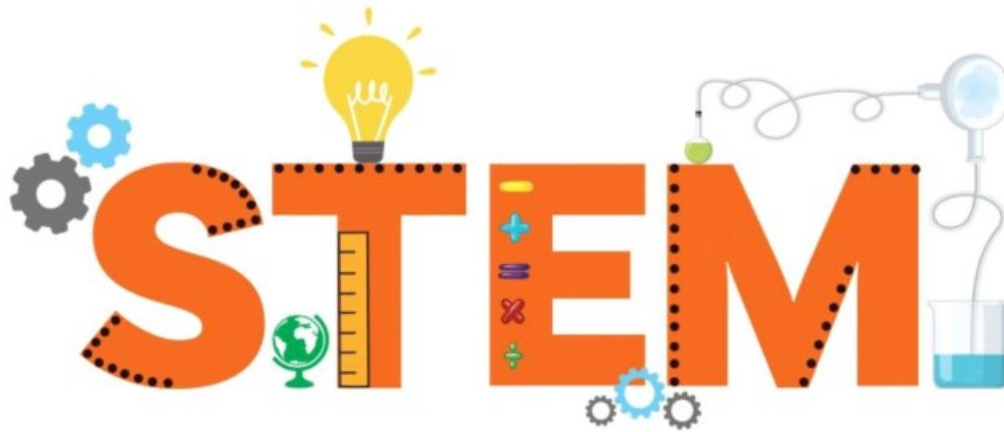


*Narembeen
Autumn Club*



**WA Child Protection
SOCIETY**

BUILDING BRAINS TOGETHER
IN NAREMBEEN



STORY TIME



JOIN US IN THE
LIBRARY AT 10:30am

Friday, 25 March 2022





NAREMBEEN TRIATHLON

SATURDAY 26 MARCH 2022
NAREMBEEN AQUATIC CENTRE, 3.00PM

14 YRS +
OPEN SHORT

OPEN MEDIUM

OPEN ENDURO

KIDS
LITTLE ATHLETES
Kindy, PP, Year 1 + 2

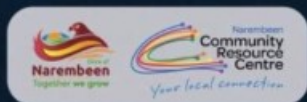
BIGGER ATHLETES
Year 3-6

HIGH SCHOOL ATHLETES
Year 7-10

NEW KIDS
CATEGORY!

Registrations:
Entry forms available from the CRC or Shire of NB Website
Entries close Monday, 21 March

Registration fee:
\$10 per person (adults)
\$5 per person (under 16yrs)



For any enquires please call 9064 7055 or email crcreception@narembeen.wa.gov.au

WOMEN *empowering* WOMEN

Business Women Networking Event

Thursday, 31 March

@Narembeen CRC

5.30PM

\$5 per person

NIBBLES, DRINKS &
GUEST SPEAKER



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- Rapid turnaround times.
- Wide range of analytes measured.
- Product recommendations based on results.
- Support from your experienced Area Manager.
- View results on SummitConnect.
- Customer owned data.



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to learn more



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

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21 Westral Street (PO Box 30)
Bruce Rock WA 6418
Richard 0427 851 870
Robyn 0400 552 141
Fax: 08 9061 1194
ABN: 16 563 552 915
E-mail: rdkovac@bigpond.net.au

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**I've never understood
why when a famous
person dies it's on the
news, but when a
famous person is born it
doesn't get a mention**

Narembreen Historical Society

Schools over the Years

CENTRAL KUMMININ SCHOOL

CENTRAL KUMMININ No.1

The first Central Kumminin School opened in a hall at Central Kumminin. About halfway between present Narembreen and Bruce Rock towns.

The publication "The History of Schools in the Bruce Rock Shire (1911-1988)" tells us that among the early settlers in the Bruce Rock district was Mrs Jessie VEITCH – a trained teacher from England. Her eldest son had completed his schooling, but the younger two sons were still of school age. She decided that while teaching her own, she could teach other children as well, so began, the "Central Kumminin School", which was a full State School, Grade 8.

09/02/1914 – 1915	Jessie VEITCH H.T. Salary £2.10.0pw and £12pa.
-------------------	---

19/05/1915 – 1917	Maggie BROWN H.T. Salary £120.00pa and £12.
-------------------	--

03/09/1917 – 29/10/1917	Roberta PURDIE
-------------------------	----------------

During 1917 it was proposed to re-open the Kumminin School, so on September 1, 1917 Maggie BROWN transferred to it. She was replaced at Central Kumminin by Roberta PURDIE. However, the school closed on October 29, 1917.

Central Kumminin School was held in the hall which was built of gimlet poles covered with hessian and painted with cement wash. The hall was built in 1921 by Bill LANQUIST. It was burnt down in 1921 by a stubble fire that got away from George FITZPATRICK.

Known pupils were Chris ALLEN, Stan and Horace BOURNE, Aussie and Bella BOW, Archie VEITCH, and a CUNNINGHAM child.

CENTRAL KUMMININ SCHOOL No. 2

The second school, also taking the name Central Kumminin was situated about 15 kilometres closer to Narembreen than the first Central Kumminin School. It was located on the corner of Hugh GARMONY's property. It was an "Assisted" School, built in 1932, expenses being shared by Mr GARMONY and Mr Alex DRAPER who constructed the building. The walls were composed of stones gathered on the

property, and although they did not know at the time, a memorial to the school itself was made as some details were imprinted into the cement door steps. This is all that now remains of the school. It was only a small room, about 14 feet by 14 feet, and how up to 29 pupils and a teacher fitted in is hard to imagine.

It was opened in 1932 by Miss KINSELLA, (later to be Mrs Chris ALLEN). She tells the story in her own words:

"In 1932, after four years full time at University (for B.A. and Dip.Ed.) and as Elsie KINSELLA, I opened an "Assisted" School also named Central Kumminin. The depression was on and I was waiting a position in the Education Department.

The building was a stone structure of one large room and a big fireplace for 'root' fires. It was erected by the parents on private land, but the teacher was paid by the Education Department, and was subject to the supervision of their Inspectors. This particular school came under the Goldfield's Inspector.

The children came on foot, or by bike from surrounding farm homesteads. Some had been to school before, but the majority had had lessons by correspondence from the Education Department and supervised by their mothers. The result was good in some subjects, but poor in others, according to the mother's ability to teach, and the time available to supervise.

The school too, was visited regularly by the Anglican 'Bush Brother' stationed at Narembene, Reverend BUSBY.

After six months, I was advised of a transfer to Boulder School, but preferred for personal reasons to stay on at the small school for 2 years. I found it rewarding work in helping this group of children, aged from beginners to 14 years, to adjust from one form of education to another.

I was succeeded by other trained teachers who later became part of the permanent staff of the Education Department. Another woman like myself, married into farming community.

(end of quote.)

Miss KINSELLA was followed by her cousin Tom KINSELLA. The Education Department upgraded the school from its "Assisted" status in 1935. The teacher's salary of £3 to £3-10-0 (\$9.00) was considered high and farmers then experiencing the depression envied those receiving it. Teachers who boarded at the homes in farming districts, however, had to walk (or drive in horse and sulky) considerable distances to school, and were seldom able to have much privacy.

Miss Mary KING was appointed by the Education Department to Central Kumminin in 1935. She boarded with the KEAST family "where I liked it very much despite having to walk nearly 3 miles to school", she said. Miss KING later married Mr Stan BROWN of Bruce Rock.

Miss Margaret MILNER boarded with the McLAREN's when she arrived. She was followed by Mr Martin RYAN who was the last teacher at the school.

It closed at the beginning of 1939, when the school bus service, operated by Mr Baden MOPPETT began taking pupils from that area and Emu Hill to Narembeen Consolidated School.

Mr RYAN was not told officially that this service was to commence, and for the first week of the school year in 1939, he ran the Central Kumminin School, while the school bus passed within 100 metres of the school. He was notified then to move to the Narembeen School as a teacher for a brief period, before going on to Murrin Murrin.

Among the children who attended Central Kumminin School were:

GARMONY -	Bob, Edna, Nell, Joe, and Jean
DRAPER -	Eileen, Len, Gordon, Ray, and Keith
KEAST -	Margaret and Dixon
BELL -	Edward (Toppy) and Jack
DIXON -	Peggy and Nancy
PRICE -	Wilda and Brian
McLAREN -	Lorna
WILKINSON -	Ethel
BURNS -	Peter (parents employed by C.C. NORTHMORE)



1937

Bob, Edna, Nell Jean GARMONY, Eileen, Len, Gordon, Ray and Keith DRAPER, Margaret and Dixon KEAST, Jack and Toppy BELL, Peggy and Nancy DIXON, Brian and Wilda PRICE.

Information supplied by Martin RYAN.

On completion of my course at Teachers' Training College, Claremont in 1936, I received an appointment to Central Kumminin School for the start of the 1937 school year. Board was arranged with the KEAST family whose children by that time were attending the regional High School.

The appointment lasted for two years, ie. until the school was eventually incorporated in the regional consolidation plan that saw the closure of many small schools in the area.

The 2 years spent there were indeed memorable, and I was the recipient of much kindness from parents and friends. The children were a joy to teach and entered into their studies with enthusiasm. Several of them eventually graduated to District High School.

Conditions were on the whole pleasant. The school building itself was very different from standard government schools having been built by the energy, enthusiasm and dedication of parents who were required to provide a building when they applied for an "Assisted" School. Its stone structure (an art in itself) provided welcome insulation during the more extreme periods of heat and cold. From 1935, when its status had been raised from "Assisted" School to Government School, i.e. when its staff were required to be trained teachers, its equipment and supplies were based on that of other government schools.

For recreation, the Narembreen Golf Club provided the main interest in winter while in summer I played with the Central Kumminin Cricket Club (in Bruce Rock Association). Incidentally, I still have a cup awarded as a trophy for the club bowling aggregate.

Upon the closure of the school my next one-teacher school was at Murrin Murrin on the Laverton line and thereafter there were appointments to North Tammin and to Mt Palmer, before my joining the services during World War II.

All in all, my first two years teaching at Central Kumminin are a very happy memory and one would find it difficult to have been associated with more pleasant and helpful people than I met there.

It is indeed fitting that the site is marked by a plaque. For my part, I have always regarded the unique structure itself as a monument to the parents in the scattered farming community who made such a strong effort to ensure that their children should receive at least a standard primary education. I feel privileged to have had a part in that process.



STUART YANDLE
LIFE MEMBERSHIP
EASTERN DISTRICTS CRICKET ASSOCIATION

Stuart's attachment to association cricket began, like it did for so many, by attending the cricket camps for keen young cricketers that would be run by the Bruce Rock/Narembeen Cricket Association through the eighties and the nineties. Six years of junior country week commencing in 1993/94, then receiving his BRNCA "baggy green cap" after being selected in the BRNCA Number 1 side in 1995/96. His time at Junior Country Week would culminate in a century in his final year 1998/99, a year where he captained the side to a B grade final. His Senior Country Week Career commenced in 1999/2000 where he played in a final in his first year.

He commenced his early senior career with Narembeen Cricket Club in the early 1990s, as well as a brief stint with Bruce Rock Cricket Club in the late 1990s. At boarding school Cahey represented Scotch College in the First XI in 1999, then followed a brief foray in WACA Grade Cricket in Perth culminating in reaching the heights of Second Grade for Mt Lawley District Cricket Club. Upon returning to the farm in the early 2000's Cahey became a mainstay of the Narembeen Cricket Club. Always one to put others first, a love of the game, his club and his association meant he was always the one that did what was best for the game and his team. He captained Narembeen to a premiership in his early twenties and has played in countless Grand Finals as well as another four flags. He took his turn as President when Narembeen had the association books again, stepping up to do what was best for the game.

Association cricket has been a great love of Cahey's for some time. He played in a D Grade winning BRNCA side in 2000 and a B Grade winning side in 2004. Once the merger of the Merredin and BRNCA association took place it was Stuart who was at the forefront ensuring that the new association would have a presence at Country Week. For countless years Stuart ensured that firstly we fielded a side and then, as an astute cricket captain, made sure that our side was as competitive as possible. Over a period of ten or so years he captained the association side to two finals, narrowly missing out in both. Over the course of many Senior Country Weeks he has scored countless runs and made several Centuries. Cahey also was selected in WA Country Colts.

Stuart is a worthy recipient of life membership of the Eastern District Cricket Association. He has committed over twenty years to playing the game he loves in a manner that demands nothing but respect. He has done a power of work for his club and his association, and we are all better for it.

Congratulations Stuart

Narembeen Netball Club is seeking expressions of interest for Senior Coaching.

If you are interested please call:

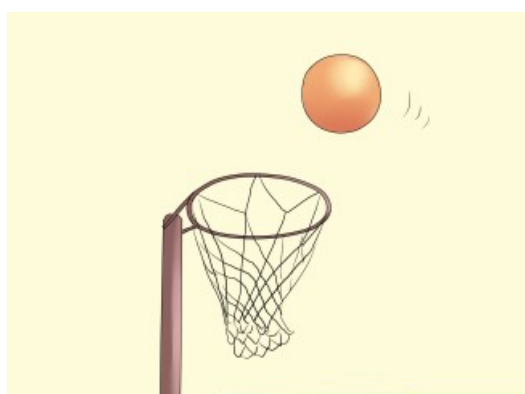
Brittany Duncan 0417 612 045 or

Jo Duncan 0427 647 126

Trials for the 2022 season will be held on Tuesday March 22 and Thursday March 31 at 5:30pm.

A busy bee will be held on Tuesday March 22 at 4pm, many hands make light work.

We are excited for the 2022 Netball season



Bruce Rock Progress Association Presents.....

VELVET VILLAINS

Bruce Rock Amphitheatre

26TH MARCH 2022 |

6.00 PM-9.00PM

TICKETS-\$25.00pp

Bar & Food available No BYO

Tickets available through Trybooking (scan QR code) Or purchase tickets from the Bruce Rock CRC



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WORK WANTED

I'm looking for casual work gardening, lawn mowing, home help, car washing etc.

I can also care for your pets while you are away from them \$20/day and grooming and training or wash for extra.

I will visit daily and spend time with them and make sure they are safe while you're away.

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For all your grader requirements in Narembreen and surrounds.



Contact Digby Slade
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Comes with high grade pressure relieving mattress (AtmosAirAA) and overhead handle/grab bar.

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Home gym: 1 x exercise unit comprising bench press table with bar—leg extension and bicep curl attached, 1 x rower, 1 x pull down with seat, 4 x dumbbell bars, 1 x 3ft bicep curl bar, 1 x stepper with rubber bicep rings attached with counter, 2 x wrist spring strengtheners, 320kg of bell weights plus other parts	\$350
2 x dumbbell bars with 4 x 2kg and 2 x 1.5kg weights	\$30
2 x plastic dumbbells 5kg, 2 x 2kg	\$20
1 x stepper	\$7
1 x stepper	\$15
1 manual walker	\$5
3 x fishing rods with reels	\$20 ea
1 x beach rod with reel	\$25
2 x aluminum side boards for car or ute	\$30
1 x aluminum side board (long) for car or ute	\$25
4 crab scoop nets	\$10 ea
5 x drop nets	\$5 ea
1 x gidge	\$10
1 x patio table with 6 chairs	\$75
1 x Bush Ranger BlackMax 4 WD compressor—new never used. Ideal for beach, sand or quick pumping. In canvas carry bag.	\$80

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RUGBY TOP ORDERS



Cost: \$65 each

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Size guides:

There are no specific women's sizing

'Kids' sizes 6-14

Finished measurement(CM)	6	8	10	12	14
(A)Half Chest (From 2cm below armhole)	41.5	44	46.5	49	51.5

Men's/'Adults' 2XS-5XL

Finish measurement	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
half chest from 2cm below armhole	50.5	53	55.5	58	60.5	63	65.5	68	70.5	73

Measurements taken using Half Chest- measure a t-shirt's width 2cm below the arm holes (from seam to seam).



Please double check your sizing before ordering as no exchanges will occur.

To order

Text Brit 0417 612 045 & include
Name

Size

Quantities

Order cut-off Date: Monday 12pm
21st March

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 9600

Email: Narembeen.dhs@education.wa.edu.au Website: www.narembendhs.wa.edu.au

ISSUE 04/22 March 15 2022

IMPORTANT DATES

March 18

Interschool Swimming Carnival - Kulin

WEEK 7 QUOTE

“



”

WHAT'S INSIDE

- From the Principal
- Homework
- Community News

Preparing Students for a Changing World

COVID UPDATE

Those who have checked their emails will have seen the email from me stating that we have had, six weeks into the term, our first positive case of COVID – 19 amongst our student body. Since the case is in our high school, and mask wearing has been mandated since the start of term, no close contacts have been identified. However, it is here, it was always going to happen, we just have to keep managing it as best we can. Any student who is unwell with COVID symptoms should stay at home, and administer a RAT. If the test is negative but the symptoms continue, stay home, isolate and retest. **Students who become symptomatic must isolate for a full 7 days from the onset of the symptoms, before returning.** If symptoms remain after 7 days, the student must continue isolating until free of all symptoms. Close school contacts of any confirmed cases, should they be identified (and this is more likely in our younger classes K – Year 2 where masks are not being worn), may still attend school. Household contacts of a confirmed case cannot attend school and must isolate for 7 days, and have a negative test before returning to school. I remind all parents that the school will not be closing and that work will be provided for any student who tests positive or is identified as a household close contact. For those of you who have students travelling by bus, please note that a student who is identified as a household close contact cannot travel by bus, as they should be isolating, and **a student who becomes ill during the day, with COVID symptoms, cannot travel home that afternoon on the bus**, they must be picked up by a parent. I am continuing to get my head around the ever changing landscape we are working in and hope that you can understand all of the information I am feeding you, and ensure that you work with us to keep us, as much as possible, COVID free.

NAREMBEEN DHS 2022 FACTION SWIMMING CARNIVAL

We were pretty lucky with the weather on Thursday March 3 2022, after a month or so of temperatures in the high 30's or low 40's, we scored a day of 'spring' weather, with a top of 28 degrees ☺. Our students were separated into areas in their bays, which meant for the first time in many years, they were not able to group together and cheer their teams on. It was a bit more difficult with the teams spread out over a larger area. Still, all of our students worked hard in the pool, with only a couple of absences on the day, meaning that 121 of the 123 students that could be involved, were in the water in some way, participating and being a part of the event. ACT, BELONG, COMMIT is important, participation will build skills and speed if swimming is your sport, and skills and resilience if it is not. Just looking at Savannah Whitely-Sherwood working hard to complete her 50m events, and her brother Aidan getting involved in this carnival for the first time, finishing 25m, while his peers did their 50m. Both Davron and Deakin Burton are to be commended on their efforts to involve themselves in the event, and once again, Matthew Lopez worked hard to do his best in his races. **It doesn't matter where you come, it doesn't matter how good you are, it really is just about participating and doing your best for your team.** Well done to you all on a great day of entertainment. As always our students are to be congratulated on their behaviour. Although it is not all about winning, some of our stronger swimmers won medals and also broke records. **These students work very hard in the pool to improve their technique and fitness so that they can compete at the next level, and must also be acknowledged. Swimming is a tough sport when it comes to training, and I congratulate those who succeeded on the day.**

RESULTS:

What a close carnival, the gap is closing and although Gold took home the shield, Maroon are almost on them, with just four points separating the two factions at the end of the events.

GOLD	437
MAROON	433

**MEDALLION WINNERS:**

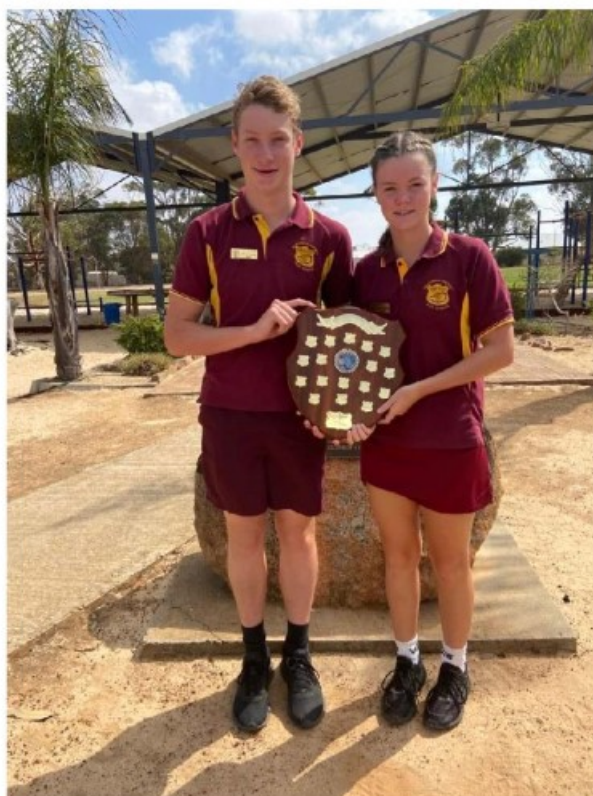
CHAMPIONSHIP	WINNER	CHAMPIONSHIP	WINNER
8 & U R/Up Girl	Daisy Hooper (M)	13 Yrs R/Up Girl	Wren Cheetham (G)
8 & U Champion Girl	Paige Parsons (G)	13 Yrs Champion Girl	Portia Fidge (M)
8 & U R/Up Boy	Chase Smoker (M)	13 Yrs R/Up Boy	Bowdan Cole (G)
8 & U Champion Boy	Ricardo Brown (M)	13 Yrs Champion Boy	Dieter Bennell (G)
9 Yrs R/Up Girl	Eira Palompo (G)	14 Yrs R/Up Girl	Sari Cusack (M)
9 Yrs Champion Girl	Lyla Hayter (G) Imogen Hickey (G)	14 Yrs Champion Girl	Lucy Currie (G)
9 Yrs R/Up Boy	Xavier Pawsey (M)	14 Yrs R/Up Boy	Jace Browning (M)
9 Yrs Champion Boy	Aden Smoker (M)	14 Yrs Champion Boy	Deakan Miller (G)
10 Yrs R/Up Girl	Macy Cole (G)	15 Yrs R/Up Girl	Cheyenne Cummins (G)
10 Yrs Champion Girl	Rhienna Parsons (G)	15 Yrs Champion Girl	Keira Butler (G)
10 Yrs R/Up Boy	Jack Wanless (M)	15 Yrs R/Up Boy	Zack Garlick (G)
10 Yrs Champion Boy	Charlie Cusack (M)	15 Yrs Champion Boy	Cameron Hills (G)
11 Yrs R/Up Girl	Holly Mortimore (G)	16 Yrs R/Up Girl	Tahlia Ashmore (M)
11 Yrs Champion Girl	Xhiarn Brown (M)	16 Yrs Champion Girl	Navaeh Brown (M)
11 Yrs R/Up Boy	Stephen Sherwood (M)	16 Yrs Champion Boy	Albert Eades (G)
11 Yrs Champion Boy	Noah Smoker (M)	Open R/Up Girl	Portia Fidge (M) Lucy Currie (G)
12 Yrs R/Up Girl	Savannah Whitley-Sherwood	Open Champion Girl	Mia Parsons (G)
12 Yrs Champion Girl	Mia Parsons (G)	Open R/Up Boy	Deakan Miller (G) Jack Cusack (M)
12 Yrs R/Up Boy	Levi Fidge (M)	Open Champion Boy	Cameron Hills (G)
12 Yrs Champion Boy	Jack Cusack (M)		

RECORDS:

Well done to the following swimmers, who broke records on the day. Special mention to **Rhienna**, who broke all four of her age group records, a pretty awesome feat ☺.

Swimmer	Event	Time
Rhienna Parsons	Girls 10 Years freestyle	42.23
	Girls 10 Years breaststroke	56.99
	Girls 10 Years backstroke	52.14
	Girls 10 Years butterfly	21.26
Charlie Cusack	Boys 10 Years butterfly	21.53
Noah Smoker	Boys 11 Years butterfly	21.00
Dieter Bennell	Boys 13 Years freestyle	34.23



OUR MEDALLION WINNERS (Missing: Albert Eades and Dieter Bennell)**GOLD FACTION CAPTAINS CAMERON HILLS AND KEIRA BUTLER**

MAROON FACTION CAPTAINS LAUCLAN POOT AND NAVAEH BROWN



FACTION SWIMMING THANK YOU'S

The first of these goes to **Carissa Wanless**, who worked tirelessly before and during the carnival to ensure that the new system was successful. Carissa put the program onto Meet Manager, and then ran the program on the day, off timers which send the times straight to the program. This was a huge effort and a massive amount of work for her, and we really cannot thank her enough. Moving onto the Interschool event this Friday, Carissa is onto it again, as Kulin are using our Swimming Club system and they will be running with three timers per lane. **Thanks again Carissa**, on behalf of the three schools competing, I am sure that it will make for a professionally run event.

To our front office team of **Joey Slade, Ash Hunter and Amanda Hall**, thank you for making sure that all of the admin was completed, and liaising continually with Carissa regarding the program and students competing. In the classroom, well actually, in the pool during PE, thanks to **G and Hannah** for ensuring that the students are as prepared as they can be for the event. A big thank you goes to the **staff members** who made the day possible last week, marshalling in the bays, marshalling the events, starting, life-saving duties or recording.

Thank you to our **Sports Council representatives**, old hands **Mike Currie** (at his last Faction Swimming event), **Sam Bald and Tim Cusack** and new comers **Brendon Parsons, Pete Cowan and Damon Hayter** for their efforts to both set up and pack up.

Huge thanks to **Kim** and anyone who assisted her, for the morning tea, **provided by the many parents** who put their hand up to donate. Thank you **Lucy** for doing the lunches for the carnival again. Not only did you do these, you donated most of the food again, and you no longer have a student attending camp or Country Week. **We are so lucky to have such an organised, hard worker on our staff.** Many thanks to **Karen Bormolini**, who came in and helped Lucy prepare the lunches on Thursday morning, it was very generous of you.

Finally, thanks to **Holly** for announcing, **Nat** for giving out the ribbons, all of those who did **timing rotations** for us throughout the day and **Chick and the Shire** for the wonderful facilities.

A LITTLE REMINDER ABOUT OUR SOCIETIES 'INSTANT GRATIFICATION' AND THE PROBLEMS IT CAN CAUSE!

A little something I gleaned off an educators site!

GIVE YOUR CHILDREN THE GIFT OF BOREDOM

"It is important to remember that we don't always need to entertain children. We are a society afraid of boredom. We are addicted to entertainment and the stimulation of certain neuro centres in the brain. We are losing the ability to just be. When we deny our children their God-given right to boredom, we are restricting their development.



Do you remember the house you spent in boredom as a child? We would daydream in the waiting room, stare at the dust motes dancing in the sunlight, invent new games, draw, read, create, research. We were building important neuro pathways. Did we whine to our parents that we were bored? Of course! But we quickly learned that this would only lead to chores or being forced outside, regardless of the weather.

When we had a question, there was no Google. We had to ask another person, look it up in a book, or, gasp, ruminate on it until we found the answer within our own brains. We developed common sense and logic, because we were experiencing the world firsthand, and engaging our problem solving.

So, don't be afraid of boredom! Every generation before this one has had to learn to live with it, and they have benefitted because of it. "

So, the experts agree that children today are overscheduled and over-stimulated and recommend parents and caregivers view bored kids as an opportunity, rather than a burden. Heidi McBain, a family and play therapist, says **boredom is essential for kids because it leads to creativity and helps them grown in important ways.** 'When a child is bored, they are learning that they need to create their own fun and entertainment' McBain says. 'They need to explore their world. They need to learn new things on their own'. When a child is forced to come up with their own ways to entertain themselves, it gives them the opportunity to look inside and think about their own interests and passions. Ari Yares, a licensed psychologist and parenting coach, suggests that children who say they're bored may also simply be looking for parent or adult engagement. 'It's important to remember that a child saying that they are bored doesn't really mean that they have run out of fun things to do' Yares says. 'It means that what they see in front of them isn't stimulating or interesting, it may also mean that they just need some adult attention.'

I am but one educator in one school, but I see the use of technology, namely the smartphone, as a means to prevent boredom, and I know, having had kids and now regularly babysitting three under five, that a screen sure puts paid to the whinging and the whining, but is it the right way to fight their boredom every time? Use it with limits on the screen time. There is a lot of research out there, have a read for yourselves.

THANK YOU

A huge thank you to Andy and Amy at Narembeen Hardware for their generous donation towards our new storage shelves in the sport shed. The sports shed has never looked so good!

MRS HANNAH KERSE

CASUAL GARDENER NEEDED IMMEDIATELY: 24 HOURS PER WEEK FOR 6 MONTHS (APPROXIMATELY)

Narembeen DHS has 24 gardening hours available per week, for the next 6 months approximately. The gardener's role in this time would be to maintain the current gardens, and ensure that the grounds are kept neat and tidy. Times for these hours are negotiable. If you have an interest in gardening, and have some time on your hands, please contact the front office on 90649600. A WWC check is required, along with the DoE criminal screening and immunisation.

RELIEF CLEANER - EXPRESSION OF INTEREST

We are seeking expressions of interest for relief cleaning. You will assist with internal cleaning duties, including the maintenance of carpets and hard floor surfaces, toilet cleaning, furniture and fittings, window cleaning, dusting, and rubbish removal. External cleaning duties, including the cleaning of verandas and covered areas, rubbish removal, cleaning of drinking troughs, window cleaning, and removal of cobwebs. The ability to work collaboratively in a team environment is important. For further details and information regarding Working with Children and Department of Education screening please contact the front office on 90649600.

MRS AMANDA HALL
MANAGER CORPORATE SERVICE

POSITIVE REWARDS

Congratulations to the following students who have won 10 points for their FACTION ☺.



Chloe Browning	Maroon
Paige Parsons	Gold
Tyrese Takuira	Maroon
Oliver Lynch	Gold
Elkie Bald	Gold
Jye Parsons	Gold
Abbygale Van Rensburg	Gold
Charles Robinson	Maroon
Rylan Comley	Maroon



Funded by Farmers, for Farmers.



Identify Skeleton Weed

*Plants continue to flower
until the cold season.*

**Earn \$\$ to control this pest,
call me to find out how.**

Identify – call us – control the spread

Gregory Spark
Lower Lockhart LAG Co-ordinator
PH: 0438 892 460

The Skeleton Weed Program is administered by the Government of Western Australia, Department of Primary Industries and Regional Development on behalf of the Farmers of Western Australia



Department of
Primary Industries and
Regional Development



Grains, Seeds and Hay
Industry Funding Scheme



Country Stargazing

with Carol Redford and Donna Vanzetti, Astrotourism WA

Early Morning Dance of the Planets!

Early morning risers will be treated to another impressive display of the planets as they continue to come together throughout April.

Early April, Venus is shining brilliantly in the east and makes an easy point of reference. Saturn and Mars lie just above Venus, and on the 5th, sit side by side, as if 'touching', from our perspective here on Earth. Jupiter joins the three, lower on the horizon, to form a showcase of the four planets.

They will continue their beautiful dance throughout all of April and this will culminate with another special grouping late in the month, when the Moon joins the party. From the 25th and into May, Jupiter has moved closer up towards Venus and on the 28th, the pretty thin slither of the Moon forms a striking conjunction with Jupiter and Venus, fitting into a 10° circle together.

On May 1st, Jupiter and Venus are very close and also appear as if they are 'touching' in the sky.

When to look: Just before sunrise, all April.

Which direction to look: Very low to the eastern horizon

You will need a low horizon and it will be well worth getting up early to enjoy this dance of the planets.

Find more stargazing tips and country events at www.astrotourismwa.com.au.

If you're a budding "astro-enthusiast", check out...

Stargazers Club WA's telescope classes & astronomy events for beginners at:
www.stargazersclubwa.com.au.



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, March 20th

REV DAVID RUSSELL VISIT

NOTE TIME

8.30am

Isaiah: Chapter 55 Verses 1-9 W Milner

1 Corinthians: Chapter 10 Verses 1-13 R
Hall

Luke: Chapter 13 Verses 1-9

Psalms 63

Church of Christ

Thursday, March 17th 7.30pm

Bible study at D & R Smoker's place

Sunday, 20th March 10.00am

Worship Service with Sunday school during the service

Bible Verse: Proverbs 25:15

Through patience a ruler can be persuaded
and a gentle tongue can break a bone.

Seventh Day Adventist

105 Church Road, Mt. Walker

Saturday, March 19th

10:00 am. Senior's Bible Study this week is Lesson 12 - "Receiving an Unshakable Kingdom". Key Text: Hebrews 12:28.

Children's Sabbath School too at this time.

11:30 am Communion, Pr Douw Venter.

If you can't be there but wish to follow the current Bible Study series it will be on your VAST TV - Channel 603 at 4:00 pm (ex USA) and 7:00 pm (AUS) on Fridays.

Any queries, please to –

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

Church Pastor, Douw Venter: 0458 552 011.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday, March 19th

6.00pm

Reader: J Cusack

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: R Hickey

Birthdays



MARCH 2022

16th	Jeanie Collins(Cowan) Jake Maringoni	Jutta Slade	Lyn Hebbermann
17th	Sarah Kuhne-Munroe Bailey Cheetham	Chelsea Yandle	Jeannette Franks
18th	Sharon Baker(McPharlin)	Emily Haley (Gould)	
19th	Jenny Woodfield Anthony Vandeleer	Betty Ogilvie	Emmar Birch
20th	Noel McCombe	Ayla Wilson	
21st	Narelle Brunelli(Aird) Max Duff	Brandon Doney Zoe Lethlean	Eamon McKiernan
22nd	Jeremy Padfield	Sandra Andrews	Sheree Parkin
23rd	Ken Andrews		

Anniversaries

MARCH 2022

17th	Charlie & Tammy(Tancred) DellaVedova
18th	
19th	Ernie & Carmen DellaVedova
20th	
21st	
22nd	
23rd	Greg & Carolyn Fagan



Weather



Day	Date	Max (°C)	Min (°C)	Rainfall (mm)
Tuesday	8th Mar	32.1	15.2	
Wednesday	9th Mar	33.7	16.2	
Thursday	10th Mar	35.8	17.9	
Friday	11th Mar	37.6	19.2	1.4
Saturday	12th Mar	35.7	21.1	
Sunday	13th Mar	31.9	16.1	
Monday	14th Mar	33.3	16.5	



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr LINES is currently on Sick Leave -check the advertisement in this edition for Surgery Opening Hours and visiting Doctor Michael Giffies

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 90813222 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

NOT MANY COMING EVENTS THIS WEEK

MARCH 2022

Wednesday	16TH	Childcare Narembeen bookings ADMIN 68323825	8.30am - 5.30pm
Thursday	17TH	Childcare Narembeen bookings ADMIN 68323825 Autumn Club	8.30am - 5.30pm 10.00am-2.00pm
Friday	18TH	Playgroup at Numbats Centre MAIN STREET FESTIVAL - street closed from 12.00pm Inter School Swimming - at Kulin	9.30am 4.00p,m
Saturday	19TH	Church Men's Shed	9.00am
Sunday	20TH	Church	
Monday	21ST	Circuit Gym Arts and Crafts and Book Exchange at Community Shed HISTORICAL MEETING - Old Road Board Building	9.30am 10.00am-4.00pm 2.00pm
Tuesday	22ND	Senior Citizens Childcare Narembeen bookings ADMIN 68323825	2.00pm 8.30am - 5.30pm
Wednesday	23RD	Childcare Narembeen bookings ADMIN 68323825	8.30am - 5.30pm

Hey! In case you feel bad about missing your exercise lately, ponder this:

- The inventor of the treadmill died at the age of 54.
- The inventor of gymnastics died at the age of 57.
- The world body-building champion died at the age of 41.
- The best footballer in the world, Maradona, died at the age of 60.
- James Fuller Fixx, credited with helping start America's fitness revolution by popularizing the sport of running, died of a heart attack while jogging at age 52.

BUT ...

- The KFC founder died at 94.
- Cigarette maker Charles Winston died at the age of 102.
- The discoverer of opium died at the age of 116, in an earthquake.
- And, the Hennessy Liquor originator died at 98.

How did smart people come to the conclusion that exercise prolongs life?

Editor: Lorraine Lethlean