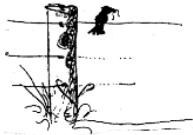


The Fence Post



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Phone (08) 90647055

Email: fencepost@westnet.com.au



This Saturday 21st May



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

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EDITORS

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

ROSTER

21st June Ed M Miolini Ads/Typist KMortimore

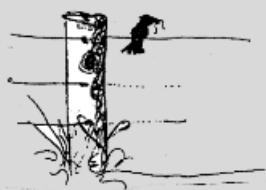


The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

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....

It is **National Road Safety Week** and with successful funding from the Road Safety Commission and RAC WA, the 30 second **SOCK** poem ad is currently being streamed on GWN7 in the lead up to SOCK Week 2022. Have you seen it yet?

The Bonus Grandmother

Elsie Palmer has been labelled "The Bonus Grandmother" on the GWN News for helping label rum bottles for her grandson, Codie Palmer and his wife Hayley's family run business.

Illegal Tender Rum Company are operating out of Dongara on Michael and Coralie Palmers property . They have won a Worlds Best Rum Award. Congratulations to them on this fantastic achievement.

Elsie was up visiting her son Michael and wife Coralie Palmer (they are both are ex Narembeeny's) and their extended family there.

WHEATBELT ARTIST GEARING UP FOR STATE TOUR

Jordan Sprigg, our local sculpturer, has also been on the GWN News. He has announced a state tour, after overwhelming interest from fans.

Sympathy

Condolences to the family of Shirley Yeomans nee Erdman (an ex Narembeeny) who recently passed away. Shirley was married to Alan Yeomans. Her parents were Kath and Mr Erdman. She had a sister Lois and two daughters Karen and Sherralee.

Books Books Books

You will notice a 'Books' section later in this edition. We are lucky to have three bookclubs in the area. If there are any others around please let us know.

Here at The Fencepost we are also interested in your personal book reviews, or what you are reading, or your favourite book..anything on books that we can publish to showcase what people are reading in the district.

Bankwest Narembeeen needs Staff

You'll notice that our local bank is hiring at the moment. Contact Di Pollard for information 0460 010 878 or dianne.pollard@bankwest.com.au. Opening hours will have to be temporarily reduced until staff can be found. This Thursday 19th, the bank will be open from 9.30am until 1pm.

The Coalsack Nebula

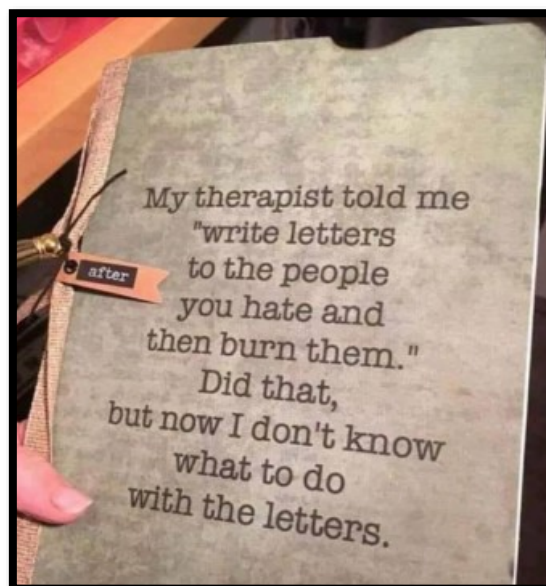
For those interested in astronomy there is an article later on regarding this nebula.

The Coalsack Nebula is special in that it also forms the head of the Aboriginal constellation, the Emu In The Sky. Just below the Southern Cross, try to find a dark oval shape, this is the head of the Emu with its beak pointing out. The long neck stretches down and to the left through the middle of 'the Pointers'. The body and legs of the Emu stretch halfway across the horizon towards the east.

It lies within the band of the Milkyway and its shape is outlined by dark areas of the night sky, not the stars.

School Newsletter

Some great take away points, as always, in the local schools newsletter this week! Have a look, even if you don't have kids at the school....





Books Books Books



Mt Walker Book Club

Reading:

Before You Knew My Name by Jacqueline
Bublitz. Published by Allen & Unwin

Shortlisted for the 2022 Gold Dagger Award.

An excerpt from The Guardian by Zoya Patel-

“The Melbourne writer’s debut novel challenges the conventions of the crime genre, weaving feminism, philosophy and mortality throughout

The debut novel of Melbourne writer Jacqueline Bublitz, Before You Knew My Name, is essentially a crime novel, but that label feels reductive here. The narrative is more complex than a whodunnit, traversing romance, philosophy, feminism, politics and inequality. “

Munty Book Club

Reading:

The Boys in the Boat by Daniel James Brown.
Published by Viking

From the GoodReads.com website “Daniel James Brown's robust book tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold medal, a team that transformed the sport and grabbed the attention of millions of Americans. The sons of loggers, shipyard workers, and farmers, the boys defeated elite rivals first from eastern and British universities and finally the German crew rowing for Adolf Hitler in the Olympic games in Berlin, 1936. “

Mt Walker & Surrounds Book Club

Reading:

Daisy Jones & The Six by Taylor Jenkins Reid.
Published by Ballantine Books

This book won the Good Reads Choice 2019. According to this website “A gripping novel about the whirlwind rise of an iconic 1970s rock group and their beautiful lead singer, revealing the mystery behind their infamous break up.”



NEWS

Winner of the Australian/Vogel’s Literary Award 2022
Nell Pierce’s unpublished manuscript “A Place Near Eden”.

Pulitzer Prize Winners for the following categories were:

Fiction– The Netanyahus by Joshua Cohen

Poetry– Diane Suess for frank: sonnets

General Non Fiction– Andrea Elliot for Invisible Child:
Poverty survival and hope in an American City



Every book must be chewed to get out its juice. ~ Chinese Proverb

Source: <https://proverbicals.com/books-proverbs>

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Narembreen Historical Society

Schools over the Years

SOUTH KUMMININ SCHOOL

South Kumminin School opened on September 7, 1925. The School moved in 1934 to a new building 100 metres WNW of the site where the current plaque now stands.

The first teacher was Miss Rose JONES and the first pupils of the school were Gladys KEMPLE, Sybil KEMPLE, Cyrus KEMPLE, Myra KEMPLE, Kathy KEMPLE, Myrtle COMINI, Jack COMINI, Larry HICKEY, Jack HICKEY, Sydney DOGGETT and Eric DOGGETT.

The School closed in December 1949.

A plaque was erected by Narembreen Historical Society and Local Committee on October 13, 1990.

About 1925.



Joyce and Joe SMITH off to school.



Aged Care clinical staff wanted

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



We are looking for caring and passionate clinical staff for our aged care residences and home care services across Western Australia.

Our Care with Purpose people-centred care model promotes dignity, respect, privacy and independence.

As a not-for-profit organisation, we are inclusive and welcome all faiths and backgrounds.

We offer competitive hourly rates, casual loading and superannuation. We have both permanent and casual roles available now.

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



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Homes**

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purpose*

CATH02

Feet With Flair

Winter Collection of Shoes,
Sneakers, Boots & Accessories
Pop Up Shop, Narembeen
Monday 23rd May 11.00-5.00
Tuesday 24th May 9.00-4.30

South Kumminin School



In the 1930's

From left – Jack SMITH, Norm CHEETHAM, Joyce SMITH, Flossie HAGGERTY, ?, Joy SMITH, George SMITH, ?



Joy and Betty TUCKER with teacher Nell FLEMING, off to school.



LIONS SKIN CANCER SCREENING BUS

SATURDAY JUNE 25th

The Narembeen Lions Club is pleased to announce that the Lions Mobile Skin Screening Bus is scheduled to visit Narembeen on Saturday June 25th. The bus last visited Narembeen in August 2000, when 64 people were screened, with 14% of those that were screened referred for further assessment.

15 minutes is all the time that is required for screening, a small amount of time to be screened by a medical professional for an all over body check for skin cancers. This is an entirely free service. Up to 70 people can be screened in a day, so we hope that Narembeen residents make the most of this opportunity.

Bookings for screening will commence soon and can be made either online or through the CRC. For further information check out lionscancerinstitute.org.au



Narembeen Kulin Kondinin Hyden - Mobile Vet Visiting Dates

Wednesday, June 8
Tuesday, August 2
Tuesday, September 27
Tuesday, November 22

Tuesday, June 21
Monday, August 15
Tuesday, October 11
Tuesday, December 6

Tuesday, May 24
Tuesday, July 19
Tuesday, September 13
Tuesday, November 8

Please contact Dr Andrea Roberts on 0428212945 by text or phone call to make an appointment.
Appointments for your pets and livestock right to your door

PHOTO COMPETITION

NAREMBEEN LADIES
HOSPITAL AUXILIARY
NEED YOUR HELP!

WE HAVE A BARE WALL AT THE LODGE THAT
WE WOULD LIKE TO DECORATE WITH 3
CANVAS PHOTO PRINTS.

HERE IS YOUR CHANCE TO PLACE SOME OF
NAREMBEEN ON THE WALLS OF THE LODGE.



ENTRIES TO BE EMAILED TO:
NBHOSAUXFUND@GMAIL.COM

PHOTOS TO BE:

*LOCAL

*HAVE BLUE IN THEM

*BE AT LEAST 3MB (ACTUAL SIZE) WHEN EMAILED.

ANY QUERIES PLEASE CONTACT;

LYNDA 0428635030

3 WINNERS WILL BE ANNOUNCED IN THE FENCEPOST,
AFTER THE CLOSING DATE.

ENTRIES CLOSE 4PM

MAY 26 2022

South Kumminin School



Pennants winners on Sports Day.



From left - ?, Joe SMITH, ?, Lindsay SMITH, Bob CHEETHAM, Charlie SMITH



Back – Grace SMITH, George SMITH, Phyllis WASLEY, Jeanette TAPSON, Audrey WAGNER, Jack SMITH, Kath HICKEY

Front – Coralie SMITH, Joyce WAGNER, Nancy CHEETHAM, Jimmy DODDS



Phone and Video Counselling for Regional Western Australians

FREE
No referral
required

Lifeline WA and CBH are committed to supporting Western Australia's grain-growing regions in times of crisis. As part of the CBH Regional Mental Health Program, Lifeline WA would like to extend our free phone and video counselling services to these regions. Lifeline WA provides counselling to families and individuals, before, during and after times of loss and grief.

We welcome and encourage people from all backgrounds to access our counselling service and we actively work to be inclusive and provide a safe space to everyone.

The free service can be accessed across Western Australia via telephone or video call.

Book your free counselling appointment today.

To book an appointment, call (08) 9261 4444 or email reception@lifelinewa.org.au



13 11 14

24 hours a day / 7 days a week



Chat Online

7pm to 12am (AEST) / 7 days a week



wheatbelt
natural resource
management



Community Feral Animal Control Funding

Are foxes, cats and rabbits having an impact on your bottom line?

Feral animals impact Wheatbelt farms and take out large numbers of native species.

Our Healthy Bushlands program offers pest control support to anyone wanting to reduce the effects these animals are having on native species in bushland on, or adjacent to, their property.

If you require more information contact Alex Griffiths on 9670 3102 or email agriffiths@wheatbeltnrm.org.au



To apply scan the QR code or visit:

wbrnm.your2cents.com.au/community-feral-animal-control



**National
Landcare
Program**



wheatbelt
natural resource
management

This project is supported by Wheatbelt NRM through funding from the Australian Government's National Landcare Program



Narembeen CRC Update

Hello everyone!

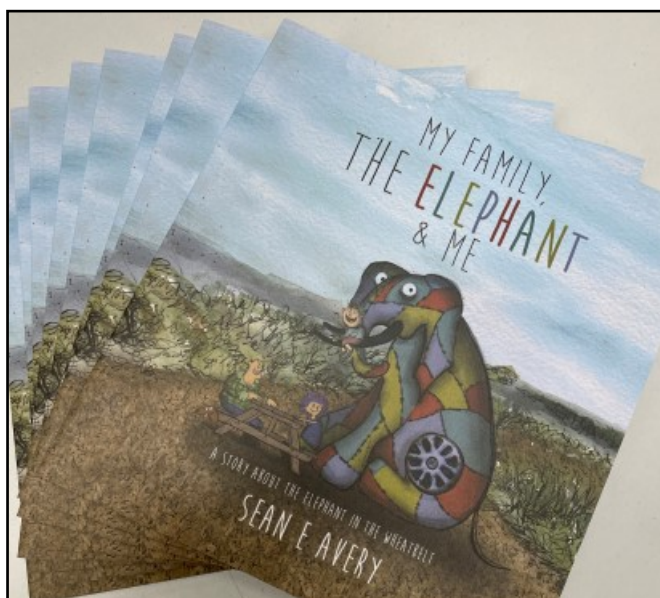
National Road Safety Week started on Sunday 15th May!

Every year, approximately 1200 people are killed and another 44,000 are seriously injured on Australian roads. These numbers are growing every year but are preventable if we choose to #DriveSoOthersSurvive!

When you purchase a coffee at The Co-Op Narembeen this week and take the pledge to drive so others survive, you will receive a free cupcake and coffee mug and get into the draw to win a \$50 fuel voucher, sponsored by RAC and the Road Safety Commission!



Did you know that you can also grab a FREE copy of the 'MY FAMILY, THE ELEPHANT & ME' book



from The Co-Op and CRC this week? Don't miss out!

As I am heading to Germany this week, Nora will be keeping you informed on what has been happening at the CRC and what is going to happen over the next few weeks!

I will return to the office on Monday, 13 June! During this time we will have limited staff so please be patient with us.

My emails (crcmanager@naremben.wa.gov.au) will not be monitored during that time, so please direct any enquires directly to the reception email (crcreception@naremben.wa.gov.au) Annette & Nora will do their best to help you!

The Story time session for the little ones at the end of the month will be facilitated by a special surprise guest - so make sure you mark that date on your calendar.

Have a fantastic week and I will see you all once I return in Mid-June.

Vanessa Wittstock
CRC Manager

T 9064 7055

Unit 2 /19 Churchill Street, Naremben WA 6369

crcreception@naremben.wa.gov.au

www.naremben.wa.gov.au

Naremben Community Resource Centre

Naremben CRC



COMMUNITY CONTROL OF COMMUNITY PESTS

www.ewbg.com.au

NOTICE OF BAITING PROGRAM FOR WILD DOGS

The Eastern Wheatbelt Biosecurity Group (EWBG) advises that from January 1st 2022 ongoing, heavy baiting programs (using 1080 meat baits) to control wild dogs will be carried out by Licensed Pest Management Technicians on Unallocated Crown Land to the east of the State Barrier Fence. In addition to 1080 baiting programs, technicians will be using foot hold traps treated with Strychnine to remove Wild Dogs that are currently impacting the livestock industry in the EWBG region.

From January 1st 2022, the standard wild dog control methods will be ongoing and this may include setting of traps and dispersing of 1080 meat baits in the groups operational area.

The poison baits will remain toxic for a number of months or until substantial rainfall is received. People are advised to take care when working within or visiting these areas.

Warning signs have been placed where applicable on Unallocated Crown Land and main access roads.

Picnic sites and recreational reserves are **not** included within the baiting program; however, baiting may take place adjacent to such areas and domestic pets should be kept close and under control at all times.

1080 baiting is an integral part of the wild dog pest management program to protect livestock from death and injury caused by wild dogs.



**Exercise caution to
prevent your pets from
being poisoned by 1080
baits.**



**If a wild dog is sighted,
please report to the
Eastern Wheatbelt
Biosecurity Group
immediately.**



**If poisoning occurs,
contact a doctor or
Poisons Information
Centre (phone 13 11 26).**



**For further details please contact the EWBG on 0455 724 848 or
admin@ewbg.com.au**

Kondinin - Kulin - Lake Grace - Merredin - Mt Marshall - Mukinbudin - Narembreen - Nungarin - Trayning - Westonia - Yilgarn

Upcoming CRC Events 2022

- Story Time: Friday, 27 May 10.30am
- Seniors Movie: Monday, 13 June 1.00pm
- Morning Coffee Club: Wednesday, 15 June 10.00am
- Men's Pit Stop: Friday, 17 June 5.30pm
- SOCK WEEK: 27 June - 3 July



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BUILDING BRAINS TOGETHER
IN NAREMBEEN

STORY TIME **AT THE CRC**

AGES 1-5

★ **STORIES**

★ **FUN GAMES**

★ **ARTS & CRAFTS**



JOIN US IN THE
LIBRARY AT 10:30am

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

Friday, 27 May 2022





We're hiring.

Join a culture made by us.



Scan the QR code, speak to us here
or visit bankwest.com.au/careers

Bankwest, a division of Commonwealth Bank of Australia ABN 48 123 123 124 AFSL/Australian credit licence 234945.

PG.1555 Bankwest Recruitment AT 06/2021 1

MEN'S

PIT STOP



BLOKES, BBQ + BANTER

Friday
17th of June
5:30pm



Total AG
Narembeen,
Wilfred Street



Narembreen 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, Narembreen WA 6369
Phone: 08 9064 9600
Email: Narembreen.dhs@education.wa.edu.au

ISSUE 07/22 May 16 2022

IMPORTANT DATES

Friday May 27

Faction Cross Country commencing at 1:15pm

Saturday May 28

Casserole tea at Narembreen Club - Camp/Country Week fundraiser

Friday June 3

Assembly YAY, first one for the year! Year 4/5 with a report from Year 2

WEEK 4 QUOTE

Creating a culture of kindness at work distributes the joy of problem-solving to everyone, creates a safe environment that unleashes innovation, and turns perceived liabilities into assets to create real value in every meaning of the word.

“



”

WHAT'S INSIDE

- From the Principal
- Homework
- Community News

Preparing Students for a Changing World

NAPLAN

Last week was NAPLAN online testing and of course we had many students away with COVID, so this week we have the catch up tests ongoing each day. Many thanks to Russ for his organisation and to the staff for their efforts throughout the week. These are important assessments and although it should not happen, schools are judged on their performance. We take the good with the bad, and last year we did well, who knows this year, different cohorts, different class dynamics and as I have said before, small numbers mean a skewing of results if we do have a couple of students who find learning at their year level difficult. It is almost done for another year 😊.

COVID UPDATE

I don't necessarily like keeping COVID updates in the newsletter, but we have been hit with a bit of a wave with 14 active cases from the school community now. A reminder to all parents and caregivers to **notify us when a student tests positive**, with the **date of the positive test**. For primary students, work packs will be sent home, for high school, work details will be emailed to the students via their student emails, available through the DoE connect site. Close contacts do not have to stay home from school, but if they are in **Year 7 and above, they must wear masks and all close contacts must be tested daily**. Obviously, since masks are a great PPE, our preference is for all close contacts to mask up, however, we cannot enforce this. Hopefully we will ride this wave of actual COVID, after two years of waiting for it to hit, and come out the other side ready to finally return to a normal lifestyle!!

CROSS COUNTRY

The annual Faction Cross Country event will be held next **Friday May 27 2022**. This will be starting at 1:15pm, after lunch, with the 8 & Under events being first cab off the rank. Parents are invited to come along, watch the event and support all of our athlete's in their endeavours. **They have been training hard and we pride ourselves on ensuring that the students know the value of fitness, have the resilience to tough out the hard training runs, and complete the course without walking on the day.** Medallions and the **STIRRAT FAMILY SHIELD** will be presented after the final event. The first three runners in each race, will comprise the Interschool team, however, their may be run offs due to illness and injury in the three weeks between the two events. The **Combined Schools Cross Country** will be held at **Bruce Rock on Friday June 17 2022** and the team members will continue their training at school until that date. All other students will do other activities during Daily Fitness and PE lessons.

ASSEMBLIES ARE BACK!!

Get excited, **assemblies are back** 😊. We cannot wait to have our classes strut their stuff for the school community, hear the great reports from the students and the great work they are doing every day and in every subject. The first assembly for the term is **Friday June 3**, when our **Year 4/5's** will run the assembly and present an item, while the **Year 2** class, provide the class report and have

chosen our community karaoke. Since we could not have assemblies in Term 1, and we wanted no class to miss out, we will have three assemblies this term and three assemblies' next term!

This terms assembly dates for your planning:

Friday June 3 2022 Year 4/5 item and Year 2 class report

Thursday June 16 2022 Year 1 item and Year 5/6 report

Wednesday June 29 2022 Year 3 item and PP report

BOOK FAIR

This great week is on again from **Monday June 13 2022 to Friday June 17 2022** and we know that students just love getting into the library to purchase some of the great books that we will have on offer. This will once again be run by Ms Erin Lindsay, and we thank her in advance for all of her hard work 😊.

PREMIERS READING CHALLENGE

This event has not been run for many years, but we are pleased to say, it's back! It is an outstanding initiative, and we are striving to get all of our classes involved. Some classes may be registering online at school, but this can be done individually at home if it is not a part of the classes reading activities. The website www.premiersreadingchallenge.wa.edu.au is full of information about the challenge. Students can register online, or have their parents register for them. Once registered, students can:

- choose their own challenge avatar
- search over 7,000 books from the online booklist
- log the books they read during the challenge.

We encourage students to explore different book formats - from historical novels to graphic novels, comics to newspapers or song lyrics to poems. All these formats count towards the books that students can log.

A downloadable **reading record** is available for students who cannot access an online account and the teachers in all classes have been given hard copies of this.

You can follow the challenge on Facebook and Instagram to share information with parents and our school community. Don't forget if students want to, they can tag using #PremiersReadingChallengeWA in your posts for a chance to feature on our social media. The challenge goes through till September 9 2022, and what a great way to encourage reading, one of the most important educational activities a child can be involved in 😊.

THANK YOU AND GET AROUND THE CASSEROLE TEA

Many thanks to **Bianca and Sarah** for the organisation of the casserole tea on **Saturday May 28 2022**. Please remember to supply the goods you have been asked to supply via a letter home 😊.

WESTERN AUSTRALIAN RURAL YOUTH AMBASSADORS

A group of 15 young people from across the Wheatbelt region of Western Australia formed part of the **first state-wide Rural Youth Ambassador program in WA**. They will join a smaller group of Rural Youth Ambassadors from the Midwest region of WA, in a range of face-to-face forums and

online discussions, exploring the provision of education across rural WA throughout 2022. The first forum was held at Muresk, where three days were spent reflecting on their education, and beginning to develop ideas that they would like to see happen to enhance and strengthen their education into the future. It is with great pride that I can announce that Narembeen DHS, nominated four students who were all successful and are involved in this program.

Congratulations Keira Butler, Sari Cusack, Lucy Currie and Zack Garlick.

We hope that you enjoy the experience, meet new peers, work hard to have an input and an impact and learn leadership skills.



**MRS CHRIS ARNOLD
PRINCIPAL**

EARLY CHILDHOOD UPDATE

Kindy & Pre-primary



A very happy Mother's Day...

On Thursday May 5 we set off on a breezy walk towards Avoca. The Kindy kids, Pre-primaries, Mums, Grans, Nannies, and even some Dads had their walking shoes on and the energy was high! It was lovely to leave the surrounds of the classroom and venture out.

We walked, talked and enjoyed the relaxed two hours, free of demands and routine. Mrs Tenardi and Miss Sarah had snuck ahead and setup a beautiful picnic morning tea served straight off the back of the ute. Hot tea and coffee, cakes and slices - lovingly made by the children during the week, made for a yummy snack!

Memories were made, photos taken and rocks climbed! Thankfully we all arrived back at school unscathed with full hearts. Thank you parents, for supporting our outing, we hope you enjoyed it as much as we did!

Love the ECE team: Jo Cheetham, Terri Tenardi, Erin Lindsay, Paige Dunkeld & Sarah Kuhne 🌸



POSITIVE REWARDS

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



Max Gmeiner	Maroon
Rocco Federici	Maroon
Pippa Cole	Gold
Zack Miller	Gold
Aarayah Lawrence	Gold
Gavin Rojas	Gold
Jye Parsons	Gold
Paige Parsons	Gold
Mia Starceвич	Maroon
Elkie Bald	Gold
Xhiarn Brown	Maroon
Rhienna Parsons	Gold
Charles Robinson	Maroon





NAREMBEEN DISTRICT HIGH SCHOOL'S CASSEROLE TEA

After a big day of Winter sport ALL community members can enjoy a hot casserole provided by the Narembeen District High School.

**28TH MAY @ NAREMBEEN RECREATION
CENTRE. 6PM ONWARDS**

**12 & UNDER: \$10 ADULTS:\$20 (ADULTS NO DESSERT: \$15)
ALL PROCEEDS GO TOWARDS OUR 5/6 CAMP AND HIGH
SCHOOL COUNTRY WEEK**

YEAR 5/6 BAKE SALE!

RAISING FUNDS FOR THE
AUSTRALIAN VILLAGE FOR
UKRAINIAN FAMILIES

- WEDNESDAY JUNE 8 - RECESS - OUTSIDE ROOM 3
- PRICES STARTING AT \$1 -



PHYSICAL ACTIVITY FOR KIDS AGED 5-17!

FOR KIDS, BEING ACTIVE DAILY HAS MANY BENEFITS

What are the benefits?

- Improved fitness
- Maintaining a healthy weight
- Reduced risk of disease
- Increased self-esteem
- Reduced stress & anxiety
- Improved concentration
- Healthy growth & development
- Improved coordination skills
- Time to spend with friends & family
- Improved social skills
- Learning teamwork & cooperative skills

3 times/week:
Activities that
strengthen muscle and
bone should
be included as part of
the 1 hour of daily
activity.

> 1 hour/day:
Moderate to vigorous
physical activity. Can
be broken up
throughout the day

**Recommendations
(From Healthy Kids
Association).**

Every day: Include
several hours of light
activity.

Moderate to Vigorous	Muscle & Bone Strengthening	Light
Football, Dodgeball, Basketball, Netball, Bike riding, Dancing	Climbing, Running, Push-ups, Sit-ups, Weight training, Yoga, Gymnastics, Tug of war	Playing with pets, Vacuuming, Unpacking, groceries, Playing, handball, Gardening, Washing dishes, Cooking

Family Meals

WHY DO THEY MATTER?

Getting the whole family to sit down for dinner can be next to impossible - with sport practice, working late and homework taking up the evening hours. But research shows that families who eat together regularly (that's more than three times a week), have shown to have more positive outcomes when it comes to health, family relationships and social development. So, what can you do at meal time?





Country Stargazing

with Carol Redford and Donna Vanzetti, Astrotourism WA

Mysterious Dark Regions of the Sky

Our galaxy is filled with millions of stars and out under dark country skies, the view is incredible. Scientists estimate that our universe contains around 70 sextillion stars, that's a 7 followed by 22 zeros and more stars than grains of sand here on Earth.

However, there are also dark regions throughout that multitude of stars and one of interest now is the Coalsack Nebula. It is a massive dense cloud of interstellar dust that is blocking the stars behind it and is approximately 600 light years from Earth. This thick dense cloud is fuel for future star formation and can be easily seen on a dark night.

The Coalsack Nebula is special in that it also forms the head of the Aboriginal constellation, the Emu In The Sky. Just below the Southern Cross, try to find a dark oval shape, this is the head of the Emu with its beak pointing out. The long neck stretches down and to the left through the middle of 'the Pointers'. The body and legs of the Emu stretch halfway across the horizon towards the east. It lies within the band of the Milkyway and its shape is outlined by dark areas of the night sky, not the stars.

When to look: 8.30pm, mid-June.

Which direction to look: South

As the weather begins to cool we move into winter, marked by the winter solstice on June 21, the first day of winter and the shortest day of the year. It's a great time to be looking at the stars and also searching out the mysterious dark regions of the sky.

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.

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SUMMIT FERTILIZERS



What we are doing

Building a village for those who lost their homes in Ukraine because of the war



targeting 40 homes



~30-40m2/home



160-200 people

Why we are doing this

We want to help Ukrainian families with children return home and secure comfortable living for 5+ years

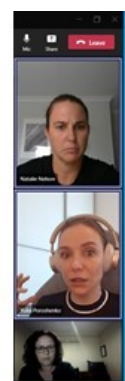
The Australian Village for Ukrainian families

What has been done

- ✓ Built volunteering team of 10+ Ukrainian professionals
- ✓ Secured location next to Hero City of Ukraine Irpin
- ✓ Received approval from local authorities
- ✓ Reviewed multiple of Ukrainian developers' proposals and found 2 optimal solutions

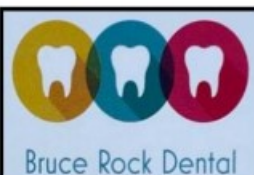
Next steps

- Fund raising
- Village construction and connecting to utilities
- Furnishing homes
- Welcoming tenants



AUSTRALIAN VILLAGE-Over the past few weeks Natalie Browning and Caz Robinson have been working with Julia Poroshenko to collaborate and forward plan the building of an Australian Village in Irpin. In the future this village will help Ukrainian families return to their town, to rebuild, feel secure and comfortable. They feel very strongly towards this project. They want to make a difference on the ground for rural Ukrainian families and children.

They are in the process of establishing an Australian not for profit so they can deliver your support to build this Australian Village. Big thanks to Julia Poroshenko for her support, drive and assistance locally to get this built. #ukraine Please contact Caz or Nat for more information



NAREMBEEN AND BRUCE ROCK DARTS ASSOCIATION



Results from Bruce Rock Dental Round 2 Week 3

Played Friday 13th May 2022

WIZARDS Defeated **MC SHARKS**
6 5

MAGPIES Defeated **BRUCE ROCK**
9 2

JETS Defeated **ROYALS**
6 5

League Ladder

TEAM	PLAYED	WON	LOST	LEGS FOR	LEGS AGAINST	LEGS DIFFERENCE	POINTS
WIZARDS	8	6	2	48	40	+8	12
MC SHARKS	8	5	3	55	33	+22	10
JETS	8	5	3	45	43	+2	10
MAGPIES	8	4	4	48	40	+8	8
ROYALS	8	2	6	36	52	-16	4
BRUCE ROCK	8	2	6	32	56	-24	4

HIGH AVERAGES (50+)

Rodney Oakley Jnr (62.00); Isiah Collard (60.73); Keith Butler (56.00); Lindsay Brown (55.38); Craig Roissetter (53.14); Josh Irving (51.38); Gavin Brownley (50.86); Steve McConachy (50.50)

PEGS (50+ in Bold, Highest in Large Font)

Lindsay Brown (-,40); Graham Hills (16,-,35); Dean Whitley (-,2); Jarman Collard (2,-,-); Isiah Collard (-,40); Justin Watts -,38,2; Craig Roissetter (-,60,-); Rodney Oakley Jnr (-,44,18); Gavin Brownley (-,2,24); Damien Bow (32,39,2); Darren Kalejs (-,20); Steve McConachy (-,30,32); Anthony Butterly (4,-,-); Mal Higgins (-,2); Murray Smith (-,6); Neville Brandis (-,32,16); Mark Brown (-,2); Keith Butler (-,79); Troy Brown (-,4,4); Danny Gray (-,32,2); Tom Latham (14,-,-); Justin Irving (-,6); Ben Latham (14,-,-)

HIGH SCORES (101+)

Keith Butler (180); Troy Brown (171); Ben Latham (162); Gavin Brownley (140); Damien Bow (140); Lindsay Brown (135); Mal Higgins (132); Justin Irving (126); Craig Roissetter (125); Isiah Collard (125); Rodney Oakley Jnr (121); Justin Watts (120); Nathan Black (120); Steve McConachy (120); Mark Brown (115); Lee Griffiths (101)

100 CLUB

Isiah Collard (6); Justin Watts (2); Craig Roissetter (2); Rodney Oakley Jnr (2); Lindsay Brown (2); Keith Butler (1); Lindsay Hill (1); Gavin Cole (1); Gavin Brownley (1); Steve McConachy (1); Damien Bow (1); Rhys Cousins (1)

BEST OVER AVERAGE

Rodney Oakley Jnr (+16.11); Justin Irving (+15.61); Mick Hayden (+10.09)

THIS WEEKS FIXTURES

Friday 20th May 2022, 'Game On' 7.30pm

Bruce Rock v Royals at Bruce Rock District Club

MC Sharks v Jets at Merredin Club

Wizards v Magpies at Narembeen Club

Belka Valley Stud Gala Night Next Week Friday 27th May 2021, Bruce Rock Dental Round 2 Week 5

all Games at Merredin Club that Night, Game On as Usual at 7.30pm

Thanks to Phil & Robyn Jones from Belka Valley Stud for Sponsoring the Night, along with our Board Sponsors

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Mt Walker Golf News

Sunday 9th May 2022

Winner – Bevan Eyles

2nd – Phil Treloar

3rd – Merle Phillips

Novelty NP# 7 – Merle Phillips



Reminder that **Golf is now starting at 11.30am** so names need to be in **by 11.15am**. This is due to the shorter days, also till the end of seeding all local competition days will be postponed.



PLEDGE TO DRIVE SO OTHERS SURVIVE!

I pledge to drive as if my loved ones
are on the road ahead.

I will remove all distractions and never
use my mobile phone while driving.

I will not put other people at risk by
speeding, driving while tired or under
the influence of alcohol/drugs.

I will protect all vulnerable road users,
especially those whose job places them
in harm's way, by slowing down and
giving them the space they need to be
safe.

HOCKEY

A GRADE - 14/5/21

Nbn 7 Mrd 0

On Saturday we were up in Merredin for our fourth round of hockey against Merredin. After three rather hot rounds, the weather finally decided to work in our favour by staying cooler, which was a lovely change! We went out hard in the first quarter which saw us predominantly working in our attacking end, scoring four goals in this quarter. From the backline, through the mid field and up to the forward line we all worked together to move and transfer the ball fluently, supporting one another with options to pass the ball and get it into our attacking end. We had many great shots at goals and short corners which saw Emma, Indi, Mel, Sam and Georgia putting the ball in the back of the net, giving us a final winning score of 7-0. These goals were a team effort with everyone doing their part to get the ball down into our goal end and this was done by great stick work, ball skill, hard tackling and great communication from all players.

Great game girls!

Team: Mads Noack, Kylee Slade, Nat Browning, Caz Robinson, Carissa Wanless, Emma (Main) Miolini, Sam Nation, Mel Baldwin, Georgia Miller, India Nelson, Bonnie (Smoker) Taylor



MEN

Nb 6 Mrd 4

On Saturday the Narembeen men's side played Merredin in Merredin. This would be a rematch from last week where we lost 1-0 and a great opportunity for us to come back on the turf and get our first win of the season.

We managed to score the first goal of the match, and stayed in front for the remainder of the game, resulting in an impressive 6-4 win.

Looking forward to this weeks game at home against Bruce Rock where we can hopefully make it two in a row.

Team – Jordan Sprigg (3), Thomas Baldwin (1), Ben Latham (1), Thomas Latham (1), Sam Nation, Nathan Sprigg, Wes Taylor, Layne Thornton, Deakan Miller, J Fuschbichler, Andrea from Merredin

NAREMBEEN GOLF CLUB NEWS



Thanks to the Ladies who came to the busy bee on Wednesday before golf. The garden is now tidy, the seats and floor oiled and the tees and bunkers have now all been sprayed. Good job everyone.

On Wednesday the Ladies played a Stroke event for the Patroness trophy. This will be presented at the windup, however Anita did cook a fruit cake so the winner had something to take home. The competition then became very fierce. Several must have tried too hard and only a couple of good scores were in the running for the cake. Jul Miller was the winner of the day with a great score of 68 nett. Miranda Noack was runner up with 70 nett. Miranda also won the gross ball with 86. Other good scores were Joan Cusack 72 nett and Noela Cole 74 nett.

Novelties went to Noela Cole for nearest to the pin number 9 and Miranda Noack Longest putt number 18.

So after all realising that the trophy was not in our sights we splashed out on the raffle – donated by Anita and yes you guessed it – a fruit cake, and yes you guessed Jul Miller won it!! Suggest you call into Jul's for a coffee.

On Sunday the Men played a stableford round for Dave Campbells trophy. With the rain on Thursday the course is certainly back to its best. It also attracted all the kids to golf to explore the rock hoping for tadpoles. Good to see you all enjoying being out and about.

Winner – Paul Wanless 37 points

Runner up Brendan Parsons with 33 points on a count back from Mike Currie

Other good scores were Tim Cusack and Dave Campbell 32 points.

Gross ball went to Mike Currie.

Novelties - Brendan Parsons – long dong on number 1, Robert Miolini nearest to the pin on number 9, nearest to the pin number 15 went to John Currie and best second number 16 Paul Wanless.

The ladies played stableford. The winner was Sherrie Heather 32 points, runner up Miranda Noack 29 points and good scores (well.. compared to the rest) went to Anita Cowan and Carol Currie with 28 points. Sherrie lost a stroke off her handicap. Well done Sherrie.

This Wednesday the ladies are playing Stableford for Sherrie Heathers trophy.

On Sunday the men have the club foursomes fixtured - weather permitting. Captain Azza will let you know.

Good luck to the girls who are off to Tammin on Friday.

Many Thanks to our wonderful sponsors

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B & S Thomas, S Heather, ADVISO WA, Naremben Engineering, Naremben Tyre Service, Ross's Diesel, Naremben IGA, Ten Tigers, Whitfert Fertiliser

Birthdays



MAY

18th	Rowena Wasley		
19th	Hayley Ketteringham		Kieran Hunter
20th	Nicholas Cheetham		
21st	Felicity Muir(Repacholi)	Neil Ketteringham	
	Jasmine English(Cheeetham)		Jon Hagley
	Karleen Major	Gabriel Campbell	
22nd	Cathy Henderson	John Currie(Snr)	Jill Ridout
	Shirley Birch	Zayne Tyler	Rhiannon DeLuis
23rd			
24th	Natalie Morrone	Noela (Currie)Cole	Kara (Pascoe) Morrone
	Hayley Westropp	Brenna Ridout	Courtney (Ridout)
25th	Fiona Watson(Pool)	Pat Sloss	Bormolini

Anniversaries

MAY

20th	Greg & Mandy Moppett
24th	Pat & Denis Sloss



"Some of the most generous
people have no money.
Some of the wisest
people have no education.
Some of the kindest people
were hurt the most."

~Steve Wentworth





CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, 22nd of May

9.30am

Acts Ch6-V9-15 E Brayshaw

Revelation Ch21-V10-14, Ch22-V2-5

K Fricker

John Ch14-V23-29

Psalm 67

Church of Christ

Thurs 19th May 7.30pm

Bible study D&R Smoker's place

Word for the evening – prophet

Fri 20th May

Kids Club cancelled for this week

Sunday 22nd May 10.00am

Worship service with Sunday school during the service

Bring lunch to share

Bible Verse: Joshua 1:9

Remember I commanded you to be strong & brave. Don't be afraid, because the Lord your God will be with you everywhere you go.

Seventh Day Adventist

105 Church Road, Mt. Walker

Saturday, May 21.

10:00 am. Senior's Bible Study, current series "**GENESIS**", with the lesson for this week, "**The Promise**", and the Key Text found in Genesis 24:1.

Children's Sabbath School too at this time.

11:30 am Worship.

If you can't be there but wish to follow the current Bible Study series it will continue to be on your VAST TV - Channel 603 at 4 pm (Sabbath School Panel) or 7 pm (Let God Speak) 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

Sunday, May 22nd

10am

Reader: Rhonda Hickey

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: J Cusack

Email: brucerockparish@gmail.com

FaceBook: Francis Mary Concepta Sacrament



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

From 2nd May 2022 for a three month trial period, Dr Lines will consult each day (Monday to Friday) from 8am to 1pm, with no lunch break.
Please phone 90647 145 for an appointment

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 Narembeen Medical Centre

COMING EVENTS

May 2022

Wednesday	18th	Golf-Ladies Stableford Sherrie Heather Trophy	11.45am
Thursday	19th	Autumn Club Bible Study at D&R Smoker's	10.00am-2.00pm 7.30pm
Friday	20th	Playgroup at Numbats Centre Darts—Wizards v Magpies at the Narembeen Club Kids Club CANCELLED	9.30am 7.30pm
Saturday	21st	Voting in the Federal Election Men's Shed Church Hockey Nbn v BR Netball Nbn v BR Football Round 5 Nbn v BR	8am-6pm NDHS 9.00am 11am 11am
Sunday	22nd	Church Mt Walker Golf—Bevan Eyles Trophy Narembeen Golf-Men Foursomes Champs, Ladies Sweepstakes	
Monday	23rd	Circuit Gym Arts and Crafts and Book Exchange at Community Shed Feet with Flair visit	9.30am 10.00am-4.00pm
Tuesday	24th	Senior Citizens Pat & Chat Vet visit Feet with Flair visit	2.00pm
Wednesday	25th	Lions Skin Cancer screening Bus visit Entries closing for Hospital Auxiliary photo comp. tomorrow	



Editor: Gina DeLuis