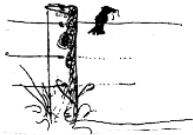


The Fence Post



Volume 24 Edition 40 06/07/2022 \$1.50

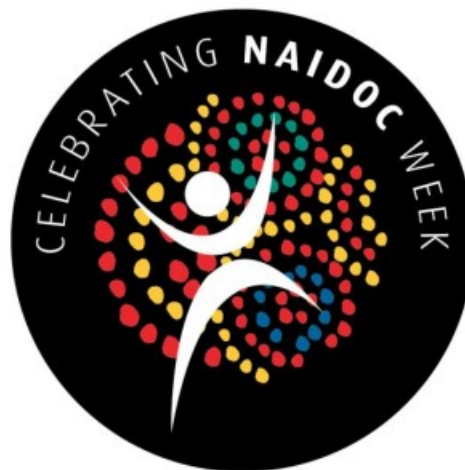
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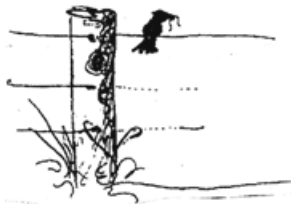
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**GET UP!
STAND UP!
SHOW UP!**

3-10 JULY 2022

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

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

Editor 12th July Kellie Mortimore

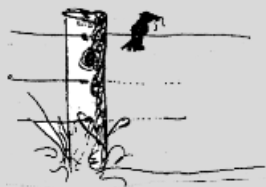


The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

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....



Congratulations

Dr Peter Lines (pictured above) was presented with a lamp made by Bernie Drag, by the Mens Shed in Narembreen. This was in appreciation and acknowledgement of all the work he has done for them.

Condolences

Sympathy to the family of Coralie Marion Cusack. Coralie was the daughter of Maisie and Bernie (dec). Sister and sister-in-law of Brian and Joan, Janet and Gary and Ted and Ilona. Aunty to Janelle, Kate and Anthony, Tim and Holly, Felicity and Andrew, Sally and Damien, Beau and Carla, Samantha and Blake, Stefan and Jackie, Nils and Sinead .

World Chocolate Day 7th July

This very important celebration promotes the consumption of chocolate. Apparently it is the most popular treat in the world. Chocolate has a lot of benefits, it improves mental health, it contains antioxidants and can improve cardiovascular health among other things. There are around 400 cacao beans in 500g of chocolate.

Frosts

We have been having a number of frosts in a row...very chilly in the morns and the evenings! The sunshine during the day has been nice though. Bring on the rain!!

Articles for The FencePost

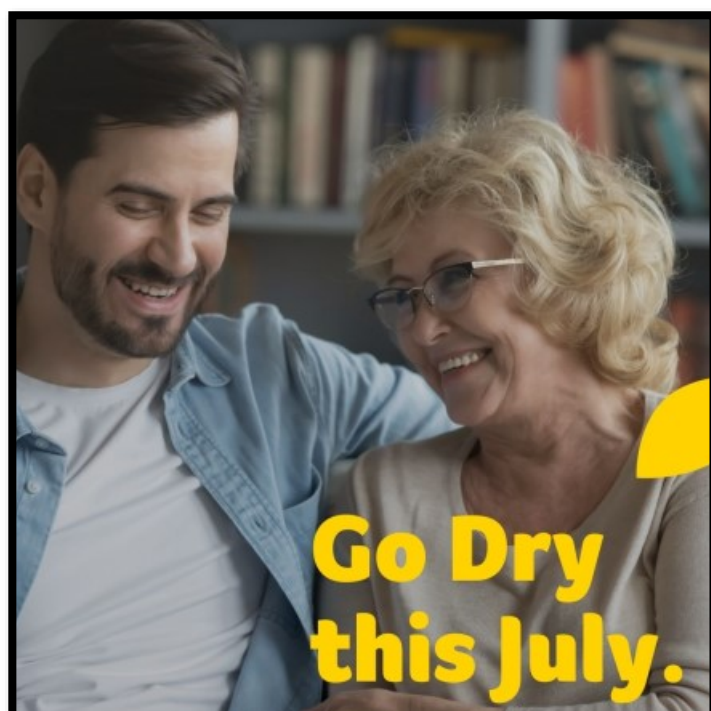
Thanks again to our prolific football writer and social commentator, Craig Gmeiner aka Mr G. This week as well as the scores from last week, he introduces a few men that are playing for our local side.

Roads and Rubbish

This weeks "From the Chief" has some interesting information on recycling and the latest updates on the roadworks in town.

CRC

As always there are holiday activities for the kids. Also it is time to add or update your details for the local phone book. Think about becoming a member, this all helps our local community.





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



OPENING HOURS

MONDAY – FRIDAY 08:00 – 13:00



FREE FLU VACCINE



The free FLU VACCINE program for all Western Australians has been extended across the month of JULY to give anyone who is yet to take part the chance to get vaccinated
Please call the surgery on 9064 7145 to book in.

SCRIPTS: We encourage you to book a consultation with Dr Lines to avoid any inconvenience to yourself regarding referrals/script requests. It is important to book your review appointment with us for further scripts, soon after your pharmacist has dispensed your last repeat prescription.

Mari Geldenhuys – Practice Manager

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P/F: (08) 9061 1906

E: gavinbrownley@gmail.com

54 Dampier Street, Bruce Rock WA 6418

PO Box 137, Bruce Rock WA 6418



Narembeen CRC Update

Hello everyone!

SOCK Week 2022 has come to an end!

Thank you to Emma O'Driscoll - Fremantle Dockers AFLW, who visited Narembeen last Wednesday to share her heartbreaking story with us!

After a community chat in the morning, Emma stopped by the Narembeen District High School to talk all things road safety to the high schoolers!



It was great to see so many different local businesses support FLURO FRIDAY this year!

A special thank you to the NDHS for continuing to make SOCK a priority and organising many activities to educate our children about road safety! The SOCK safety scoot around the lake seemed like a great hit!

Thank you also to St John Ambulance Narembeen for organising the RAC WA Rescue Helicopter - over 150 people enjoyed this experience!

And lastly thank you to the volunteer emergency services and everyone who come to the memorial to light a candle for those we have lost - may they live on in our hearts forever.

A 7 minute SOCK documentary was also shown Friday night, this new video explains WHAT IS SOCK WEEK, WHY DO WE DO IT AND WHAT DOES IT MEAN TO US!? We are hoping that over the next few years we will be able to use this video to 1. attract further funding and 2. also show other communities why SOCK is so important to us and get them to come along and run SOCK it in their communities.

Thank you to the amazing videographers Fisheye Production who you all know from the SOCK poem video last year and who have once again done an aaaaamazing job!

We had 7 very brave local people participate in this video and I would like to thank them all dearly, especially Carol Currie and Des Smoker.

Hopefully their stories and the emotions we are feeling when watching this video - can help us change our behaviors and make safer decision so that no more lives are lost on country roads

Keep an eye out for the video on social media.

Although SOCK Week is over for another year, please remember to stay safe and alert when you are driving!

SOCK Week 2022 was supported by the Road Safety Commission.

A special mention must be made to Mark Hoffman (MACA) who won the Jackpot on Friday and donated \$200 towards SOCK Week. Thank YOU!

Have a great week!

Vanessa Wittstock
CRC Coordinator

WILLWAY PLUMBING & GAS

Dean: 0407762543

Email: dean@willwayplumbing.com

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Contact Digby Slade
0428635055 or 9063 5055.

Mulesing and Tailing Service

Convenient and hygienic setup with large trailer, 5 stand cradle and sun and wind protection.

Call Toby:
0455 600 070



Upcoming CRC Events 2022

- School Holiday Activity: Thurs, 7 + 14 July 10.30am
- Candle Making Workshop: Tue, 19 July 5.30pm
- Morning Coffee Club: Wed, 20 July 10.00am
- AUSCHEM Course: Thurs, 21 + Fri, 22 July 8.30am
- Story Time: Fri, 29 July 10.30am
- Seniors Movie: Mon, 1 Aug 1.00pm
- Spice Class: Tues, 23 August 4.30pm
- Forklift Course: Tue, 23 + Wed, 24 August 8.30am



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





WHEATBELT EQUIPMENT

DEALER FOR

JCB - GOLDACRES - MARSHALL MULTISPREADER
POTINGER - HIMAC - WONGAN STEEL CHASER BINS



SALES, PARTS & SERVICE

CALL: (08) 6414 6000

SALES: WAYNE STONER 0427 084 330

PARTS & SERVICE: DON LAIDLAW 0408 220 907



MEMBERSHIP APPLICATION FORM 2022-2023



Yes, I/we would like to be a financial member of the Narembeen Community Resource Centre, my membership choice is:

- ☐ Business \$88
- ☐ Community/Sporting Group \$66
- ☐ Family \$88
- ☐ Individual \$44
- ☐ Senior/Concession \$30

Membership Entitlements

- One (1) complimentary equipment hire per year
- Free ½ hour internet access per day
- 20% Discount on most services
- 15min per week of staff assistance free
- Weekly Newsletter

Choose your complimentary item (one only)

- ☐ Community Directory
- ☐ 50 Business Cards
- ☐ 50 Letterheads

Contact Name: _____

Postal Address: _____

Telephone Number: _____ Fax Number: _____

Mobile Number: _____

Email Address: _____

PAYMENT DETAILS:-

Payment can be made in the following ways

- ☐ Cash
- ☐ Invoice
- ☐ EFTPOS
- ☐ Cheque (cheques to be made payable to the Shire of Narembeen)

Signature

Date: _____

Do you require a tax invoice receipt yes/no (please circle)

Please forward to:

Narembeen Community Resource Centre
2/19 Churchill Street, Narembeen WA 6369
E crcmanager@narembeen.wa.gov.au
P 9064 7055

Office Use Only

Paid ____ Mailing List ____
Freebie ____ Hire ____



Hutton & Northey Sales

Keeping Our Farmers Growing

New Position Available

Administration Officer, Merredin

We're looking for people to join our busy, growing Administration team!

This is what we do:

- Customer Service
- Reception
- Accounts Receivable & Payable
- HR
- Payroll
- Marketing
- Safety & Compliance
- Training Coordination
- Wholegoods

What skills can you bring to our team?

What We Offer

- Flexible remuneration package
- A supportive team and inclusive working environment
- On the job training and opportunities for personal growth and development
- Full time or part-time employment
- Weekly pay cycle
- Immediate start

About Us

We're a locally owned, well-established Agricultural Machinery Dealership that has been operating for more than 45 years throughout the Wheatbelt. Our branches are located in Merredin, Mukinbudin, Cunderdin and Corrigin, and a parts outlet in Quairading. We focus on delivering excellent customer service, and providing our staff with access to professional and personal development opportunities.

Interested? We'd love to hear from you!

To apply and for further information:

Call into the head office at Lot 1313 East Barrack St, Merredin
Phone Sharon Bright 9041 9500 Email HR@hutnorsales.com.au
www.hutnorsales.com.au/careers



2022 - 2024

NAREMBEEN COMMUNITY DIRECTORY

Update your details!

PERSONAL LISTING	COMMUNITY GROUP
SURNAME:	ORGANISATION NAME:
FIRST NAME/S:	CONTACT PERSON:
PHONE:	LOCATED:
MOBILE 1:	POSTAL ADDRESS:
MOBILE 2:	PHONE:
EMAIL 1:	EMAIL:
EMAIL 2:	AIM:
BUSINESS LISTING (Charge of \$25.00)	SPORTING GROUP
COMPANY NAME:	NAME OF GROUP:
CONTACT PERSON:	CONTACT PERSON:
LOCATED:	PRESIDENT: PHONE:
POSTAL ADDRESS:	SECRETARY: PHONE:
PHONE:	TREASURER: PHONE:
EMAIL:	EMAIL:
WEBSITE:	MEMBERSHIP FEE:
SERVICES:	
RELIGIOUS GROUP	TWO-WAY RADIO CHANNEL
NAME OF GROUP:	NAME:
CONTACT PERSON:	NUMBER:
LOCATED:	
POSTAL ADDRESS:	
PHONE:	
EMAIL:	
AIM:	

Please return the completed form to the Narembbeen CRC Office or email
crcclerical@narembbeen.wa.gov.au by Friday 15 July 2022

NAREMBEEN
RECREATION CENTRE

Lot 27964 Curriel St
Naremben WA 6369
PO Box 35, Naremben WA 6369
P 08 9064 8373 F 08 9064 8378
E naremben@naremben.org.au
ABN 35 355 345 719

NAREMBEEN RECREATION CENTRE AGM 2022

Our AGM will be held on
Monday 12th of September

We have committee positions open to fill. We
look forward to seeing you there.

CHRIS BRAY ELECTRICS

ACN 009 023 223 EC 349

0418911872

facets@iinet.net.au

14 Longhurst Street Naremben

For all electrical installations repairs
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Words that time forgot **SCURRYFUNGE**

Delightful lost words ripe for rival

Meaning: A hasty tidying of the house when
a last-minute guest is coming to visit, as in:
'I scurryfunge every time my mother-in-law
announces she's popping round.'

Origin: Commonly used in 19th-century
England.

True self care is not salt baths
and chocolate cake
It is making the choice to build
a life you don't need to
regularly escape from

Brianna Wiest

@warriorgoddesstraining

NAREMBEEN
RECREATION CENTRE

Lot 27964 Curriel St
Naremben WA 6369
PO Box 35, Naremben WA 6369
P 08 9064 8373 F 08 9064 8378
E naremben@naremben.org.au
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NAREMBEEN RECREATION CENTRE

MEMBERSHIP NOW DUE!

Please pay at the bar or transfer with
your name for reference.

BSB 306-026

Acc# 5155509

Ordinary Member \$40

Country Member \$20
(>25km outside of NB Shire)

Pensioner \$20



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

Roadworks – Latham Road, Longhurst Street and Currall Street update

Thankyou to everyone for their patience while the above roadworks are being undertaken.

The works are being funded from the National Blackspot program and once complete will improve safety to road users at the Latham/Longhurst and Latham/ Currall St intersections.

Works include road widening, drainage upgrades and lighting improvements.

Works are scheduled to be completed 10 August 2022.

Strategic Community Plan

The draft Strategic Community Plan is now being advertised for comment . I encourage you all to read and provide any feedback that you think is necessary.

This is an important guiding document that sets the vision for our community for the next 10 years so your input is extremely valuable for us.

The community priorities identified during the initial consultation focus on four themes:

Community - Happy, safe, healthy and inclusive community

Economy - Retain and grow existing businesses, employment and attract new industry

Environment - Care and protection of the environment

Civic Leadership - Well governed and efficiently managed Local Government

Feedback can sent by email to admin@narembeen.wa.gov.au or in person at the Shire Office.

D Blurton

Chief Executive Officer

Narembeen Golf Club Inc



Saturday 16th July

Men

B. C. CUSACK CUP

Individual Stableford

&

TRADERS' CUP

Combined Stableford – partner required for both events

Ladies

MAISIE CUSACK CUP

4BBB Stableford

Bring your own partner please.

HIT OFF – 11.30 am sharp - Shotgun Start

Names in by 11-am

Nett and Gross trophies for all events

Novelties on all holes

Lunch and tea included

Aaron Lyon 0408 096 553

Noela Cole 0429 647 307

Sponsored by the Cusack Family and Traders supporting Narembeen

FREQUENTLY ASKED QUESTIONS

Q: I thought that glass was being recycled into other products. Why isn't this happening?

A: There are some markets for glass but unfortunately the amount of glass being recycled is a lot more than the markets demand. This is especially true in Western Australia, where we have a lack of local markets and major transport costs to take the glass to a market. As such, most glass is taken out of the recycling stream by the materials recovery facilities and sent to landfill. We would love for this situation to change and there become a market to utilise the glass but at this stage there is just too much glass. Initiatives like the container deposit scheme (due to be rolled out in the next two years) will help to change the future for glass and we look forward to seeing what this situation will do for the product.

Q: What will happen to the glass that I put in my household general waste bin?

A: The glass will be emptied by the waste truck, compacted with the other waste and taken to the Bendering Landfill. The compaction will mean that the glass will be partially crushed and this will help reduce the amount of space that it takes up in the landfill.

Q: What will happen to the glass that I put in the large frontlift recycling bins?

A: This depends on what Shire you are in. Some Shires will be stockpiling the glass and having it crushed by the glass crusher. This product (which compacts down to a very small volume compared to its original form) will then be used as cover at the Bendering Landfill. The product could also be used for other purposes such as fill and these additional options will be investigated by the Shires in the future. Other Shires will have the frontlift bins emptied with the other general waste frontlift bins and this waste will then be compacted and taken to the Bendering Landfill.

Q: My general waste bin is full every week now. How am I going to fit all this extra glass into it?

A: We are hopeful that by maximising the amount of other items that can be recycled in the yellow-topped bin and perhaps undertaking some other forms of waste recycling (like composting) that residents will find the extra glass fits in the existing bins. Should you find that this isn't working, you may want to contact the Shire to discuss getting an extra service (but there would be a cost to this). The best option is to collect your glass separately and take it to the frontlift bins for collection.

Q: What actually can go in my yellow-topped bin then?

A: We have provided an illustration of what can go into the yellow-topped bin over the page. This shows exactly what can be put in the recycling bin, but basically it is all cardboard boxes and cartons (make sure they are flattened to save on space), liquid paperboard cartons (like juice and milk cartons), all steel and aluminium cans (washed would be great), all newspaper and print magazines and plastic containers with numbers 1 through 7. Please note that although the materials recovery facilities previously took all plastic items, they do not take light gauge plastic film and plastic (like bread bags and lolly wrappers) so these cannot be put in the yellow-topped bins.

Q: I heard that the contents of my yellow-topped recycling just goes to landfill anyway. Is this true?

A: No – this is absolutely not true. Avon Waste makes two collections, one for general waste which goes to the landfill and a second collection of the yellow-topped recycling bins that takes the recycling back to our out-loading facility in York. From here we load the recycling into a compacting trailer and take it to the SMRC materials recovery facility in Canningvale. Avon Waste takes its commitment to recycling and our Shires very seriously. Please contact Avon Waste if you would like to arrange tours of these facilities.

WHAT CAN GO INTO MY RECYCLE BIN?



What NOT to put in your Recycle Bin



Green waste
(Belongs in the waste bin)



Nappies
(Belong in the waste bin)



Polystyrene
(Belongs in the waste bin)



Food scraps
(Belong in the waste bin)



Glass
(Recycling options available at your local transfer station, otherwise belongs in the waste bin)

Candle Making Workshop

By Champers Candles

Tuesday
19th July @
5.30pm

Pop-Up-
Shop
\$5pp

All woman
invited

RSVP to CRC
by 15th July



Hutton & Northey Sales

Keeping Our Farmers Growing

Position Available

Parts Interpreter - Corrigin

Job Description

We are seeking a Parts Interpreter to join our busy team in Corrigin. We are seeking someone with good interpersonal skills, who enjoys working in a team environment.

Skills and Qualifications

- Attention to detail and dedicated to quality control
- Computer competency
- Ability to work Saturday mornings when rostered (in peak season)
- Ability to work in a team environment
- Valid driver's license
- Farm machinery experience (valuable but not essential)

The Role Includes

- Customer Relations via face to face, email and phone
- Workshop parts issuing
- Interpretation of parts
- Procurement of parts
- Sales
- Warehousing - incoming and outgoing stock and data processing
- Administration
- Stocktake

What We Will Offer

- A supportive team working environment
- On the job training and product training for personal upskilling and development
- Full time employment
- Weekly pay cycle
- Immediate Start

About Us

We are a locally owned, well-established Agricultural Machinery Dealership that has been operating for more than 45 years throughout the Wheatbelt. We have 5 outlets located in Merredin, Mukinbudin, Cunderdin, Corrigin and Quairading. We are a vibrant and progressive team that strives for the best for our customers. We also have a strong focus on our staff's personal development.

Interested? We'd love to hear from you!

To apply and for further information:

Call into the head office at Lot 1313 East Barrack St, Merredin
Phone Paul Harris 0437 305 211 Email HR@hutnorsales.com.au
www.hutnorsales.com.au/careers

The New Guys....



Stalwarts are important at a footy club, no doubt, clubs need people who put time in year after year and provide a backbone to the organisation. However perhaps even more so a club needs new inclusions. New faces and new enthusiasm is vital not only for a club's success but for a club's sustainability. It freshens the place up and ensures it stays exciting. It can however sometimes confuse the long time supporter who can often be seen at the footy and asking anyone who can help, 'Who is that bloke?'

In 2022 the Hawks have been lucky enough to secure a number of fresh faces. Some have come to town and some have been recruited to the club but all have been a wonderfully positive addition. With five rounds of the regular season and, touching everything made of wood I can find while I type this, hopefully a couple of finals for both senior sides all of us here at the offices of Anywhere Anytime though we should take the time to introduce them to the masses.

Jack Hilder- Jack is the long limbed athlete that has been kicking goals for the league side since round one. Hilder takes a good grab and can get off the ground, as he showed when he wrapped himself around a point post early in the season. He's a mate of Kallen Parsons, but we won't hold that against him, and is only a young bloke as a result. Strangely dubbed 'Head Lock' early in the season he's a great young bloke and has been a welcome addition to the Hawks.

Reese Richardson- Reese is the big bodied midfielder who has brought the big presence in the middle that the Hawks have been looking for some time. Reese works on the mine in town and was a mate of Jimmy Kennedy's before he came to town, however we again won't hold this against him. An experienced footballer, Reese is a clam contested beast and a great bloke to go with it.

Heath Spinks- Heath has come to town to work for his uncle at the Tyre Service. He's the younger brother of Connor who has brought another bit of size and athleticism to the backline of the Hawks side. Rumour has it he is confident in his brother's ability to cook and doesn't mind a Sunday morning game of Farm Simulator. Heath is a great young fella with a growing argument suggesting that he's the better player and bloke of the two Spinks boys. You be the judge though, our lines are open.

Jake Solomon- Big Jake is the big ruckman who has played so well in the last two rounds. He is not only as good tap

ruckman but he shows an ability to get the ball around the ground and go forward and kick a goal.

Jake works in finance in

Perth, which makes him easily the smartest guy in the side, and was brought to the Hawks by former league coach Steve Boughton. Jake has been a great fit for the boys on and off the field.

Matt Poultney-Mr Poultney has come to school to teach year three and also loves to play footy. Originally from Yealering, a mate of mine from down that way sent me the longest text message of all time in January telling me how good of a bloke this kid is. Matt is quick and fit and has hardly missed a session at the club. He's played a couple of league games and was very good in the last round for the twos. Rumours abound that he may have also been known to dress well for a Sunday session after footy. A great addition to the club.

Will Shepherd-Will has come to the Hawks all the way from South Australia. Only 18 years old he has come across to work for the Cheethams and brought his dog with him. His blonde locks and crooked smile belie the enjoyment he has shown for laying tackles and dropping the odd sledge to bigger stronger opponents on the ground. He's playing good footy and has the off field skills to go with some of Naremburn's best after hours operators. Has moved out into his own house recently so the real test may be ahead for the South Australian hard nut.

Lleyton Sewell-Sewelly has been playing in the twos and has brought some serious wheels to the group. He's only little and only young but is a great young fella who seems to really have fitted into the 'Been' well. He works out at CBH and is not only growing his football skills but also on all reports growing his off field skills as well. Another wonderful addition to the club.

Footy clubs are moving objects and need fresh faces, voices and ideas to keep them moving forward. The Hawks and the Ressies are, I'm touching wood again, going alright at the moment and the addition of these great fellas has played a big role in that.



SCHOOL HOLIDAY ACTIVITY

Thursday 07.07.2022

10:30am

Narembeen CRC

\$5.00 per child

come and join us for
some craft activities

please RSVP to the CRC on
9064 7055



Football

A Grade

A Good Group....



Bruce McAvaney once said that if you want to run a race, run a sprint, if you want to experience life, run a marathon. His point being that in a marathon, like you do in life, you need to be able to push through when things don't go well. The same could be said for a successful footy season. Footy seasons are long and as such test individuals and groups time and again. As a result, it is hard to be up and at your best all the time. There will be days when it all doesn't work smoothly but good groups can handle that. This is what the Hawks did on Saturday.

Against a Corrigin side that was on a roll the Hawks found themselves in an arm wrestle early. The ball was stuck between the arcs. The Hawks were double grabbing the footy and getting out numbered at the contest. They looked possibly stretched behind the footy and were making poor decisions with it. They just didn't seem 'on'. Which happens, so the question at the first break was 'what are they going to do about it'

In the second quarter the Hawks got on top. Reese Richardson led the midfield and started to make the most of some dominant ruckwork from Jake Solomon and Brandan Strahan. A seven goal quarter with eleven shots at goal for the term the Hawks looked in full control. Still though it wasn't smooth footy, it wasn't perfect delivery. It was a bit of a slog with some poor decisions with the ball and again some contest where the Tigers held the numbers. Yet the Hawks persevered.

After the long break the Hawks kept hitting the scoreboard with some very good kicking at goal. Jayden Hooper relished the chance to get up the other end and proved a tough match up across half forward. Jack Hilder hit the scoreboard again with a couple of running snaps showing his ability to win the ball on the ground as well as in the air. The half back line was holding up well but still the Hawks struggled to get the kind of end to end ball movement that the scoreboard suggested their dominance should allow.

The Hawks ran away in the final quarter to win the game by an imposing thirteen goals. It was a margin that benefitted from some wonderful kicking at goal. The boys were below their best but still got the job done. It is a sign of a good group. Another sign of a good group is the amount of enjoyment players get out the success of others. It was noticeable that the Hawks made this a focus for the day. Every success on the ground was met with players making the effort to get over and congratulate those that had made the effort. The roar and the ensuing crowd that got to Strahan after he kicked one of the goals of the year was a great example of that.

Good footy teams cannot only win when things go their way but

also win when things don't. They grind away and work for each other as they have confidence that if they do they will overcome. The Hawks have shown this ability to

grind away over the last two weeks. This is a sign of a good group.

Hawks	21-9	135
Corrigin	8-4	52

Best: Richardson, Solomon, Hislop, Duncan, Shepherd, Mortimore

The veteran in the mix....

Dave Mortimore probably wouldn't like to admit it, but he's officially a veteran of the footy club. If my sources are correct, Dave played his first game of senior footy for the Hawks when he was just thirteen. I am pretty sure it was his Dad's, club legend Ian Mortimore, 400th game back in 2003 or 4. Back then he was a quiet kid who moved well to both sides of his body, knew where the goals were and didn't mind kicking one. Some twenty years later and Mortimore finds himself as the veteran of a side that has found its way back into the mix.

As all supporters would know, it has been a while since the Hawks have really been in the mix. A twenty year run in the finals ended in 2012, while the club hasn't won a league flag since 2009. In the ensuing thirteen years there were two more gfs but also a losing streak of twenty games through 2016 and into 2017 and then 2020 where the club finished a seven game season with a percentage in the thirties. There have been some tough times. The club has worked hard to pull itself out the darkness and back into the light and Dave Mortimore has been there the whole way.

As the club rises again Mortimore finds himself as one of the mainstays of the backline. Playing off half back he has a wonderful ability to play tall or small. He keeps his feet at all times and moves sideways with the ease of a rookie rather than a veteran. He is perhaps in the form of his career and the Hawks are all the better for it. He provides a cool head behind the footy and his choices with the ball in hand are a highlight of his game.

While the Hawks can no longer be called a young side, they still only have really four regulars who are over thirty years old, Mortimore provides some vital experience to the group. He knows, perhaps more than any other current player, what the club has been and what the club has been through. He is playing in such a manner that suggests he'd love to make the most of where the club now finds itself. Twenty years into his senior career at the Hawks he is a veteran well and truly in the mix.

Football

B Grade aka Ressies

Your mate.....

There was a moment in the Ressies game on Saturday which gave a strong indication that these Ressies players are there for their mate. A scuffle broke out after a heavy tackle early in the game. The boys came from everywhere to stand up for their mates. No one got sent off, no one did anything silly but it was clear that the boys wouldn't allow one of their teammates to get pushed around. Good teammates are there for each other and good teams are full of good teammates.

To the full credit of their opposition the Ressies struggled to get their game going early. They got stuck in the contest and couldn't get the ball out and moving, which is their game. When they did the ball out of the contest the Ressies moved the ball fast and scored often. Nikau Brown and Bryce Aggis led this ball movement out of the traffic both playing a vital role for the side. In what was probably his best game for the season Tommy Latham was hard to stop at centre half forward showing his untapped class with some wonderful delivery into the forward fifty.

After a touch first quarter the Ressies were able to get the rest of the game primarily played in their half of the ground. However, again to the credit of the Tigers, the ball quite often got stuck in big numbers of players which slowed the Ressies down. Archie Saunders went into the middle after the long break and provided big bodied assistance to Brown and Aggis to again get the ball out and into space. When it was out in that space the Ressies moved it fast and scored. They just needed to get it out more.

Lindsay Brown continued a strong season with a bag of five as a small forward. Brendan Maher and Sam Bald both hit the scoreboard as well on a day where the boys didn't help their big forwards out much with some poor delivery. Being able to have twenty shots at goal after half time is a great effort from the Ressies, but what is perhaps a greater effort from a young group is the way that they never got outnumbered at a contest. Always willing to work to help out their mate they showed that they did care for their mate, perhaps even more than themselves. Good signs.

Not only do groups grow through a footy season but players do as well. Blake Davey is only a young kid at Cunderdin Ag School. His family have just moved to town with his Mum taking on the hairdressers. Blake plays in the ruck for the twos which is tough. Each week he has been taking steps forward and growing into his role. On Saturday he took



another step in that direction. Struggling with a significant knock on the knee, Davey pushed through to continue to give great effort around

the ground and inside the contest. It was a great step forward for a young developing Hawk.

Ressies	18-16	124
Corrigin	3-1	19

Best: Latham, Aggis, N.Brown, Saunders, Poultney, Green

HOCKEY



Men's

Narembeen 2 vs Bruce Rock 1

Narembeen men and a couple of female's, went in with high hopes over the weekend facing the depleted premiers side of Bruce Rock. We came out of the blocks quickly with our first goal scored off a short corner in the first quarter. We had a lot of short corners but didn't manage to convert them all. We went in to half time with a 2-0 goal. Bruce Rock came out with a vengeance in the second half to sneak a goal in on a fast break! Narembeen managed to keep them at bay for the rest of the game holding possession of the ball in our forward half.

Coaches Award – Wes Taylor and thanks Mel Baldwin for umpiring the game for us.

Team – Jordan Sprigg (1), Ben Latham (1), Layne Thornton, Thomas Latham, Gus Latham, Josh Fuchsichler, Rob Lavis, Deakan Miller, Sam Nation, Wes Taylor, Sarah Latham, JeiKwjuan Brown, Harrison Sergeant, Connor Sergeant and Cooper Sprigg

B Grade

Narembeen 3 vs Bruce Rock nil

With covid and a range of other health challenges taking out half the team, we were lucky and thankful to have A grade players and those on holidays fill in for us on Saturday. Back on grass after a couple of weeks off, the game started slow but we did well to control the ball. The Narem team utilised short controlled passes through the field to keep it in our attacking half resulting in several short corners. Bruce Rock played a really tight defensive game however we did well to win 3 nil.

Coaches Award – Sarah Latham and massive thank you to Gina Cheetham for umpiring the game.

Team – Noah Smoker, Jess Smoker, Tamara Clarkson, Mads Noack, Hannah Kerse, Sarah Latham, Rachel Padfield, Kerry Fullbrook, Bonnie Taylor, Deakan Miller, Kylee Slade

SCHOOL HOLIDAY ACTIVITY

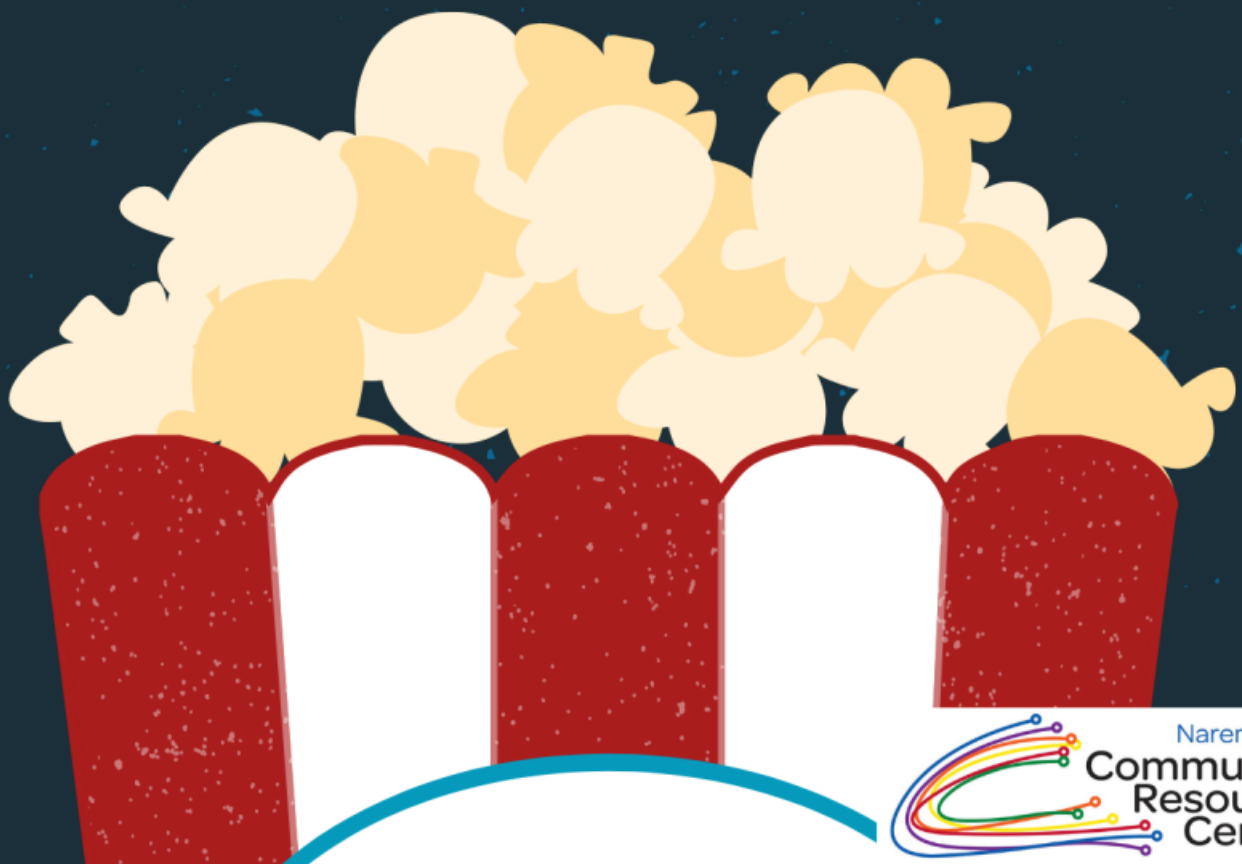
MOVIE DAY @ THE NAREMBEEN CRC

Thursday 14.07.2022
10:30am
\$5.00 per child

*BRING YOUR OWN BEAN BAG OR PILLOW

*POPCORN AND DRINKS WILL BE PROVIDED

please RSVP to the CRC on 9064 7055



Narembeen Golf



Was it the sky or only the roof that fell in?

Not only Damon Hayter and Nola Parsons but also the eminent Greg Vaughan gracing our club in the same week! There must be something in the water or else they all love stroke.!? Well Greg certainly did, because for his first hit of the year he shot 82 and won the gross. A very popular win. The men played for the Captain's (Aaron Lyon) Trophy and club favourite Colin Ogilvie, had a 66. Congrats Colin, a fantastic score. R/p was Rob Hayter 73 from John Currie and Greg 74 and Hendy Cowan and Aaron Lyon 75. Brian Cusack is spitting chips! Long Dong #1 Dave Pollard, Best 2nd #5 Kye Stirratt, Best 2nd #11 Jordan Sprigg and NP #17 Robert. Great to see Kye having a hit.

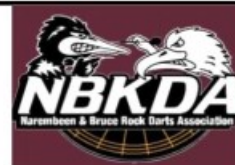
The women all lined up for stroke on Wednesday for Nola's Trophy. Now we know why she came out of her rabbit hole and we did so love to have her back as she always makes us have a laugh. Noela Cole had a ripper with a 67 nett and 86 gross. So well done Noela and those new sticks are magic. Maxine Miolini was R/p with 72, Kellie Mortimore and Julie Hayter 74. Good golf Kellie. Nola Parsons couldn't win her trophy so picked up LP #3 and NP#17 and Noela had the least putts 27.

On Sunday we welcomed back Chris and Stephen Padfield from their travels and it was great. Our Patroness Anita Cowan hit her straps with 40pts, Julie Miller kept her hot form up with 38 and Maxine had 37. Carol Currie won NP#9 and Long Putt #18.

**Don't forget the B.C.Cusack Cup, Traders' Cup & the Maisie Cusack Trophy on July 16..... so please get your partners
To boost numbers, try to get someone from another club.**

Many Thanks to our wonderful sponsors

Repacholi Air, Total Ag Nutrien, Varley Transport, B C Cusack & Co, Liberty Fuel, Elders, Hutton & Northey, Trans Plus, RSM Merredin, Afgri Narembeen, Narembeen Hardware & Ag Supplies, Emerald Grain, Planfarm, Currie Family, DeLuis Family, Parsons Family, B & S Thomas, S Heather, Miolini Family, ADVISO WA, Narembeen Engineering, Narembeen Tyre Service, Ross's Diesel, Narembeen IGA, Ten Tigers, Whitfert Fertiliser and CSBP



Played Friday 1st July 2022

League Ladder

HIGH AVERAGES (50+)

Kris Hayden (60.13); Gavin Cole (59.90); Gavin Brownley (58.74); Troy Brown (56.70); Graham Hills (53.18); Keith Butler (52.08); Dale McKinnon (51.48); Marcus Dorlandt (50.79); Lindsay Brown (50.48)

PEGS (50+ in Bold, Highest Name in Bold)

Steve McConachy (-,20,4); Graydon Dawson (4,-,2); Brendan Waight (-,-,40); **Gavin Brownley (-,-,94)**; Damien Bow (2,-,4); Josh Irving (-,2,-); Justin Irving (-,16,2); Lindsay Brown (-,-,48); Graham Hills (5,-,12); Ron Rojas (-,-,13); Dean Butler (-,2,-); Keith Butler (-,66,25); Mark Brown (-,8,40); Lindsay Hill (40,-,-); Lee Griffiths (-,-,8); Gaine Cole (46,-,-); Mal Higgins (-,-,54); Marcus Dorlandt (-,-,12); Max Dove (-,-,25); Kylie Cummins (-,-,32); Paul Hutton (-,-,13); Justin Watts (-,5,-); Dale McKinnon (-,20,-); Kris Hayden (4,-,45); Rodney Okely Irn (-,5,-).

HIGH SCORES (101+)

(140) Kris Hayden, Dale McKinnon, Gavin Brownley, Steve McConachy & Justin Irving; (137) Noel Moseley; (133) Josh Irving; (123) Kaleb Roissetter; (121) Keith Butler & Lindsay Brown; (119) Marcus Dorland; (117) Brendan Waight; (109) Walter Patterson; (105) Graydon Dawson; (103) Gavin Cole; (101) Andrew Nation

100 CLUB

(4) Gavin Brownley; (3) Marcus Dorlandt; (2) Kris Hayden & Josh Irving; (1) Keith Butler, Lee Griffiths, Dean Butler, Gavin Cole, Justin Watts, Rodney Okely Jr. Graydon Dawson, Ron Rojas, Andrew Nation, Graham Hills, Rhys Cousins & Justin Irving

BEST OVER AVERAGE

Gavin Cole (+19.11); Graham Hills (+10.42); Kaleb Roissetter (+9.95); Dale McKinnon (+9.85); Troy Brown (+9.85)

THIS WEEKS FIXTURES
Afgr! Equipment Round 4 Week 1
Friday 8th July 2022. 'Game On' 7.30pm

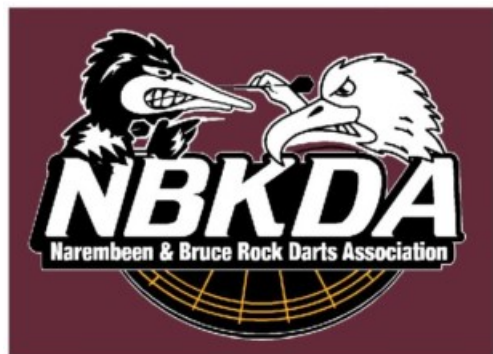
Maggies v MC Sharks at Bruce Rock Hotel

Rovals v Wizards at Narembreen Workers Hotel Bar & Bistro

Bruce Rock v Jets at Bruce Rock District Club

Invitational Pairs Saturday 9th July 2022 from 4pm at the Bruce Rock District Club
Thanks to our Board Sponsors - Elec Tech Diesel Services and Merredin Freightlines

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NAREMBREEN & BRUCE ROCK DARTS ASSOCIATION



INVITATIONAL PAIRS Saturday 9th July 2022 from 4pm at the Bruce Rock District Club

Board 1 Sponsor



DIESEL SERVICES PTY LTD



Board 2 Sponsor



**The Invitational Pairs will commence shortly after 4pm
(as soon as the draw is completed)**

All First Round Losers advance to a Plate Competition

Have you organised your Partner yet (Male or Female)?

This Competition is open to Members and NON MEMBERS

The Minimum Requirement is that one Player from each Pairing is a Member of the NBKDA (2 Members may be in a Pairing, but all Members are strongly encouraged to invite a Guest)

**The Member Player must be a Financial Member of the NBKDA
and be Qualified (played a minimum of 3 home & away games this season)**

Entry Fee is \$5 per Player

**Light Supper, provided by the Bruce Rock District Club will be available after the
Darts**

We will be holding a Note Raffle too, proceeds towards our End of Season Windup

Birthdays



6th	Nicole Campbell(Moppett)	Nigel Miller	
7th	Kylie Lawson	Chris Hayter	
8th	Nicole Rhodes(Beard)		
9th	Loriana Treloar	Rory Cusworth	
10th	Baden Kennedy	Madeleine Lange	
11th	Gwen Fagan	Dean Maringoni	Michelle Walker
12th	Jason Rogerson	Simone VanViersen	Clinton Plumley
13th	Isla Wahlsten	Wade Needham	Ryan Hood
	Angela Moppett	Austin Pascoe	Lilli Johns



Anniversaries

6th	Ian and Kellie Mortimore
7th	
8th	
9th	
10th	Jim & Shirley Thorn

Weather

COLD





CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, July 10th

9.30am

Amos Ch7-V7-17 D Bookham

Colossians Ch1-V1-14 W Milner

Luke Ch10-V25-37

Psalm 82

Church of Christ

Thursday 7th July

7.30pm

Bible study at D & R Smoker's place

Word for the evening –Peter

Sunday 10th July

10.00am

Worship Service with Bill & Joan Grosser speaking



Seventh Day Adventist

105 Church Rd, Mt Walker

Saturday July 9th

10:00 am. Senior's Bible Study, now into a new series, "**In the CRUCIBLE with Christ**", and with this week's lesson, "**The Crucibles That Come**". Key Text is 1 Peter 4:12,13.

Children's Sabbath School too at this time.

11:30 am Worship Service, Trevor Major, 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 July the 10th

8am

Reader: J Cusack

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: C. Harper

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 note that available appointments fill up very quickly – book early.

NO TELEPHONE PRESCRIPTIONS WILL BE ISSUED

Please phone 90647 145 for an appointment or book through Healthengine

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

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

COMING EVENTS

July 2022

Wednesday	6th	Golf Narembreen—Ladies-Julie Hayter Trophy -Stroke Lions Club meeting	
Thursday	7th	World Chocolate Day CRC kids holiday activity Autumn Club	10.30am 10.00am-2.00pm
Friday	8th	Playgroup at Numbats Centre	9.30am
Saturday	9th	Church Men's Shed Hockey, Footy and Netball general bye	9.00am
Sunday	10th	Church Golf Narembreen Men's— Damon Hayter Trophy-stableford	
Monday	11th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed	9.30am 10.00am-4.00pm
Tuesday	12th		
Wednesday	13th	Golf Narembreen-Ladies-Jubilee 4's -Vice Captains Trophy	

Editor: Gina DeLuis

Jump Back Up July 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

8 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them



11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together