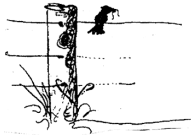


The Fence Post



Volume 24 Edition 49 7/09/2022 \$1.50

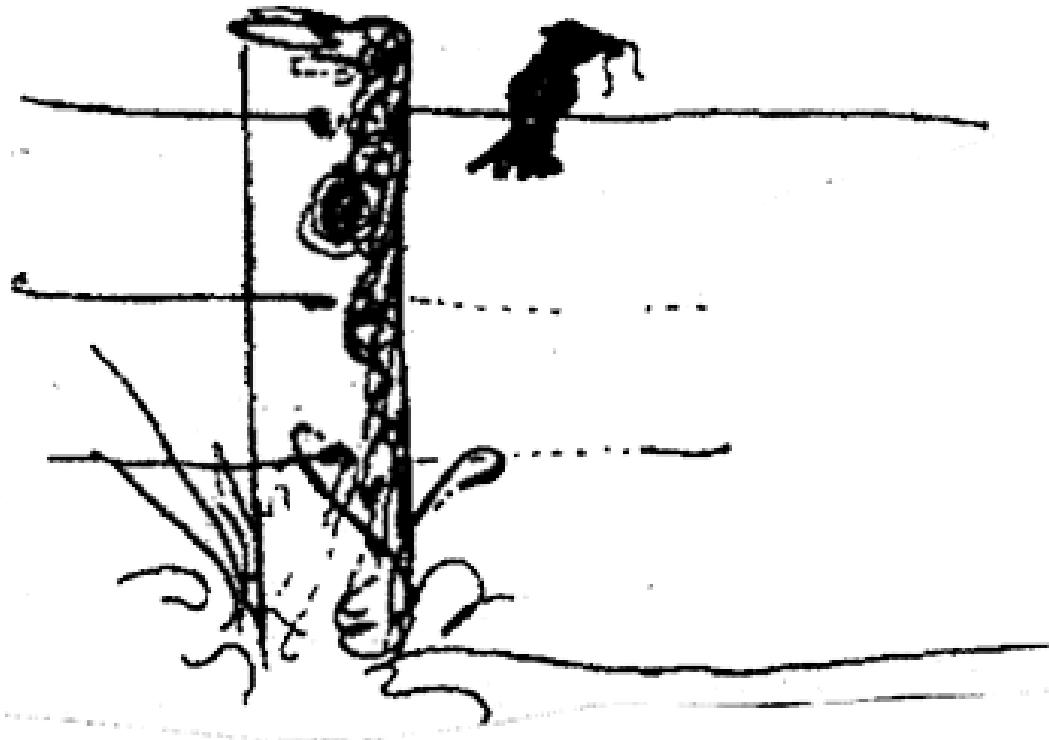
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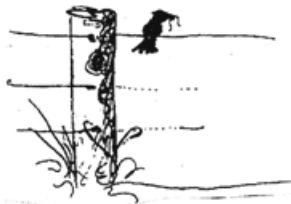
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The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembeen, WA. 6369

9064 7055

fencepost@westnet.com.au

*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

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

when the Fence Post office is closed.

Advertising Rates 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			

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ANNUAL SUBSCRIPTION RATES 2022

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

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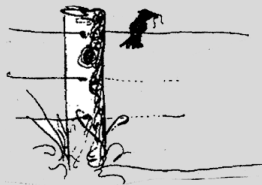
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The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements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

Welcome to another edition of The Fence Post!

More wet weather and we are coming to the close of the season for winter sports for another year. Congratulations to all those involved in grand finals recently!! Winners all round! Read about the Ressies football win on pages 12 & 13. Thanks again to Craig Gmeiner for his loyal contributions and an interesting read. Congratulations also to the Narembeen Netball teams. Results included below. Would be nice to have a write up for next weeks

edition maybe? Otherwise see the schools contribution on this event on page 19. Going to be a cold day for the Interschool Athletics carnival in Kulin this Friday. All the best to those involved and hope to see a good cheer squad from the side lines! Have you enjoyed a night time tour of Wadderin to see the wildlife and have a ride on the new electric bus? A must see for tourists and locals alike. A unique experience. Thanks for supporting your local paper and enjoy your week:)



Jodie Batty

The Historical Society trip around the John Septimus Roe sites on Monday 12th September has been cancelled due to the roads being too boggy and dangerous.

This will be re-scheduled at a later date.

The Netball Grand finals were played in Corrigin on Saturday –

B grade: Narembeen 42 vs Kondinin 36

A grade: Narembeen 42 vs Nukarni 27

Celebrations with a DJ were back at the club with the Reserves footy boys.

FENCEPOST AGM

Wednesday 14th September 2022

Please note the change of date!

NAREMBEEN WORKERS HOTEL

At 5.00pm

ALL WELCOME





Narembeen CRC Update

Hello everyone!

I have returned from a week in Tasmania, visiting Launceston and Devonport, what an incredible part of Australia Tasmania is. I will definitely return! :)

Congratulations to both netball teams as well as the football resses on winning their grand finals on the weekend. What a fantastic sporting effort from the Narembeen community on winning six form six grandfinals. GO NAREM!

The community directory is in its final reviewing stages and will go into print next week. Once they arrive we will ensure to let you all know that they are available for sale.




Make sure you are keeping up to date with upcoming Workshops, Events and Courses by checking our Facebook page, the Shire of Narembeen Website and the Fencepost!

If you are interested in anything not listed, please let us know and we will try our best to bring it to Narembeen!





It's R U OK?-Day this week, so if you haven't checked in with a mate for a while this is the perfect time to do so!

Simple steps to talk to a staff member who's not ok

Getting ready to ask

-  1. Be ready
-  2. Be prepared
-  3. Pick your moment

Starting a conversation

-  1. Ask R U OK?
-  2. Listen
-  3. Encourage action
-  4. Check in

RUOK?

Wishing you all a great week!!

*Vanessa Wittstock
CRC Manager*

Upcoming CRC Events 2022

- R U OK?–Day: Thur, 8 September
- Morning Coffee Club: Wed, 21 Sep 10.00am
- Seniors Movie: Monday, 3 Oct 1.00pm
- ‘Walk & Talk’ Mental Health Week Event: Fri, 14 October 7.50am
- Children's Week Event: Wed, 26 October



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



Dr Andrea ROBERTS BVMS
PO Box 543, Merredin WA 6415
ABN: 23 036 138 418
Ph: 0428 212 945

Narembeen Kulin Kondinin Hyden – Mobile Vet visiting dates

Tuesday, September 27
Tuesday, November 22

Tuesday, October 11
Tuesday, December 6

Tuesday, September 13
Tuesday, November 9

Please contact Dr Andrea ROBERTS on 0428 212 945 by text or phone call to make an appointment.
Appointments for your pets and livestock right to your door.

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If you have an old Scott Bonnar mower sitting in your shed taking up space that requires repairs or does not run text or call me.

Cash price offered pending age and condition.

Ron Bow

0418 932484



NAREMBEEN RECREATION CENTRE

Lot 27984 Curral St
Naremben WA 6389
PO Box 35, Naremben WA 6389
P 08 9064 8373 F 08 9064 8378
E narembecentre@narembecentre.org.au
ABN 35 358 345 719

NAREMBEEN RECREATION CENTRE AGM 2022

Our AGM will be held on
Monday September 12th at 6:30pm

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

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The HOSPITAL AUXILIARY

meeting

Friday September 9th 2022

2pm

at the Senior Citizens Hall.

New members always welcome.
For information contact President
Kerry Fricker
Phone 0436472731

Narembeen Recreation Centre

Friday 9th September

Kitchen closed

No Friday Night Meals this week!

Back next week...



Grader Contracting

For all your grader requirements in Narembeen and surrounds.



Contact Digby Slade
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NAREMBEEN HISTORICAL SOCIETY (INC)

Next Meeting: **Monday, September 19, 2022**
 Commencing at: **2.00 pm**
 At: **The HISTORY CENTRE**
(Road Board Building)

The Road Trip planned for Monday, September 12 has been cancelled due to the weather and road conditions.

NAREMBEEN HISTORICAL SOCIETY

FOR SALE by DONATION

Narembeen Historical Society have a piano excess to their needs and with the owners permission it is now available for a sale by donation.



If you would like the piano please contact Lorraine Lethlean on 0458 033 568.

The item could be great for restoration or converting into another piece of furniture like the one pictured right.



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

RECRUITMENT - GRADER OPERATOR x 2

Shire of Narembeen is currently seeking two suitably qualified, experienced and self-motivated individuals to join our Works team.

For the position description related to the roles outlined below please visit the Shire's website www.narembeen.wa.gov.au

Grader Operator

The key objectives for this position are:

- Road maintenance and construction/ reconstruction
- Drainage maintenance and construction/ reconstruction
- Asset maintenance

KEY DUTIES AND RESPONSIBILITIES

- Safely and efficiently operate Council's plant, including but not limited to, grader, truck, loader, roller, backhoe, excavator on road construction and maintenance activities and projects as required
- Ensure correct signage is used in accordance with current regulations
- Grade to level and cross sections with required compaction, within acceptable tolerances

This position is a Level Four position (\$31.63/ \$32.13 per hour dependant on qualifications) under the Shire's Works Staff Enterprise Bargaining Agreement.

Accommodation may be provided with this role.

To apply for this role, please submit resume and cover letter to emcs@narembeen.wa.gov.au or in person at the Shire Administration Office **by 4.30pm on 30 September 2022**.

Enquiries: Tamara Clarkson, Executive Manager Corporate Services (08) 9064 7308

Complete Soil Testing Service

To make the most of your inputs in the 2023 season, get in touch with your local team today to organise your soil sampling needs.

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For further information contact;

Bryce Aggiss 0481 701 452
bryce@wheatbeltag.com.au

Sam Bald 0427 091 255
sam@wheatbeltag.com.au





St John

Narembeen Sub Centre

NOTICE OF ANNUAL REVIEW

Monday 19th September

7:00pm

Narembeen Emergency Services Building

Everyone welcome!

If you are interested in becoming a volunteer officer contact
Debbie Hall on 0457 758 882.

If you would like to join the committee contact Kellie Mortimore on
0427 647 090.

For more information, please contact

narembeen.subcentre@stjohnwa.com.au

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HAWK TALK

Craig Gmeiner

Just remarkable.....

Just remarkable. Have you ever sat back and watched people do things and just thought to yourself, 'Just remarkable'? That was what went through this reporter's mind as I sat back and watched the Ressies win the most remarkable of premierships on Saturday. It would be the club's eighth Ressies flag, it's fifth since 2007 and when you couple that with the fact that Narembeen have not forfeited a Ressies game since round two 2005, a feat only one other EDFL club can claim to have achieved, it is a wonderful effort by a wonderful club. Or as some might say, just remarkable.

Let's start with the context of the year. The Ressies, coming off a losing grand final in 2021, were always the second best side in it. They lost to Nukarni, as everyone did, and also to Burracoppin in Burracoppin. They won eleven of their fourteen home and away games to get the double chance. They lost a second semi to Nukarni by four odd goals and achieved an against the odds preliminary final win against Burracoppin to get back into the big dance.

Their opponents on the day would be Nukarni. The reigning premiers at this level who had won their previous 39 games of footy. They were supremely talented and had a beautiful mix of youth and experience. No one had really come anywhere near them for nearly three years. They would be very very hard to beat.

The game was played in wet and freezing conditions and was quickly an arm wrestle. The Ressies got their numbers up around the ball and were able to defend like their lives depended on it. Will Gray and Mike Mortimore were assigned the task of curtailing Jack Puglia and Matt Harrod for the day and did a wonderful job. They were helped by some



intense midfield pressure. It was rare that the Demons midfield was able to find space and time to deliver the footy and this was a huge step towards the end result.

At half time the Ressies would go in nine points in front. They had fought and scrapped and committed their way through a remarkable first half of footy. Sammy Bald was providing a strong target in front of the footy and Ri Green was leading a midfield that was as committed to the contest and to each other as any you would ever see. They were standing up against a very good side and proving to be just as good.

Whenever something great is achieved there are moments. Moments of definition where individuals or groups can either stand up or get pushed over. Which way these moments go is often shown by the body language that comes in a reaction to the event. In the second half of the Ressies Grand Final on Saturday there were two such moments. The way the side reacted to these moments went a long way to getting them what they were after.

The first such moment was right on the three quarter time siren. Chris Shaw was crudely shirt fronted off the ball. As Shaw lay prone on the ground the maroon and gold jumpers were quick to descend on the scene and make the point that they weren't copping that. The siren went and more arrived. Club veteran Sam Bald gathered the players together. The tightness of the group was obvious. Eyes were up, absorbing what Sam said. The message from Bald and the other senior players focussed the group on the most important thing, hitting the scoreboard.

The final quarter saw the Demons mount their inevitable challenge, showing how good a side they were. In a pulsating final term they would draw level. Extra time looked on the cards as the clock ticked away. The Ressies kept fighting though, kept pushing, kept competing. They created another opportunity with under two minutes to go. Rosie Hunter would kick the goal. The same lads who had stood up for Shaw would then descend on Hunter, knowing the gravity of the situation. They then ran back to their spots ready to fight with all they could to hold on to their lead.

The last two minutes was footy of the greatest desperation from each side. The Demons did all they could to create a score and the Ressies did all they could to hold on. Then the siren rang. The outward euphoria of all Narembeen people who had made the trip and descended on the players at the final siren showed the size of what they had achieved. When everything said they really shouldn't be able to do it, all the odds were against them, they gritted their teeth, smiled and did it anyway. It really was remarkable.

Ressies 3-7 25

Nukarni 2-7 19

Best: Green, N. Brown, Mortimore, Shaw,
Bald, Davidson, Cummins



NAREMBEEN GOLF CLUB NEWS

On Wednesday the Ladies played a par competition for Di Miolini's trophy. Wrapping up her good year with another great score was Noela Cole with a +3. Runner up was one of our first year players, Sheree Thomas with - 3. Congratulations Sheree. Don't think you will be on that 45 handicap for too long next year. Other good scores went to Jul Miller and Jul Hayter with -4. Longest putt on number 7 was Noela and Nearest to the pin on number 15 was Sheree. Yay – great shot. Noela Cole took home the birdie balls.



On Sunday the men played stableford for Peter Cowans trophy and the honour of donning - not the green jacket - but the grey jacket. Winner was Paul Wanless with 38 points on a countback from John Currie. *(Photo: Paul Wanless and Pete Cowan)* Other good scores were Mike Currie and Brendan Parsons on 36 and Aaron Lyon and Stephen Padfield with 35.

Novelties went to Pete for Long dong number 1, best 2nd on number 6 Brendan, best 3rd number 11 was Dan Gray and nearest to the pin number 15 was Mike Currie.

The season is all but done, a little earlier than normal, with many weddings on the social scene in September. The Ladies closing will be a 4BBB this Wednesday. We have Super scroungers on Saturday and the Club closing and presentation night on Sunday.

The combined wind up for footy, hockey and netball will be held at the Clubhouse on Friday night.

It is a very busy few days to wind the season up for 2022.

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 Naremben, Naremben Hardware & Ag Supplies, Emerald Grain, Planfarm, Currie Family, Deluis Family, Parsons Family, B & S Thomas, Miolini Family, S Heather, AVISO WA, Naremben Engineering, Naremben Tyre Service, Ross's Diesel, Naremben IGA, Ten Tigers, Whitfert Fertiliser and CSBP.

Narembeen Bowling Club News

Busy Bee

A busy bee is to be held on Friday September 16 at 2pm to start the replacement of B Green. Pavers need to be removed and trenches dug for the reticulation. Please bring trench shovels.

Men's Pennant Selectors

3 Selectors are required for the 2022/23 Bowls Season. Nomination Form is at the Rec Centre and names are required by September 22.

Committee Meeting

A Committee Meeting is to held on September 22 at 6 pm at the Rec Centre.



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4BBB STABLEFORD

OPEN EVENT FOR MEN

18 HOLES

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Narembeen District High School Newsletter

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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

ISSUE 15/22 September 5 2022

IMPORTANT DATES

September 9	Interschool Athletics Carnival - Kulin
September 13	P&C Meeting 3:30pm
September 15	R U OK? Day
September 16	Yr 2 Assembly Yr 3 Report
September 19	Year 5/6 Camp & High School Country Week
September 21	Veggie Crunch K-4 & Older Adults Week
September 23	Good Kids Day

WEEK 8 QUOTE

With the Interschool event coming up and the great results lately by our sporting teams, this is very relevant 😊.



WHAT'S INSIDE

- From the Principal
- Homework
- Community News

Preparing Students for a Changing World

THE MAROON AND GOLD SHOWCASE THEIR STRENGTH IN THE WINTER SPORTS FINALS 😊

HOW GOOD HAVE THE PAST TWO WEEKENDS BEEN 😊

Huge congratulations to the Narembeen Hockey Club on their three premierships, A & B grade women, and the Men's in the EDHA on Saturday August 27 2022. The teams have all had great seasons and they deservedly won the game that counted. The Men's game will certainly go down in history as one of the best come backs in a hockey game that you are likely to see. I am sure the hockey club would be happy for me to thank their many supporters on the day. Well done also to our Reserves footy team who won the Premiership in the EDFA Grand Final in Southern Cross on Saturday. The supporters were split on Saturday, with the netball in Corrigin, but they had their share of support and won the game against Nukarni that, on paper, they were not favoured to win. Congratulations finally to the Narembeen Netball Club for winning both the A and B grade premierships on Saturday in Corrigin against Nukarni and Kondinin respectively. On behalf of the netball club, I would like to thank all of our supporters for coming across on Saturday, so many of our premiership hockey players were there on the sideline, as well as partners, parents, grandparents and friends. What a great two weekends of sport we have had as a community. Six premierships in two weeks, and our league football also in a preliminary final. We should be so proud of our sporting clubs, their coaches, players, trainers, scorers, umpires, committee's and supporters. **WELL DONE NAREMBEEN, I LOVED BEING INVOLVED IN THE LAST TWO WEEKS OF OUTSTANDING SUCCESS 😊.**

School Community Members of Premiership teams:

A Grade Women's Hockey: Mel Baldwin, Hannah Kerse & Georgia Miller

B Grade Women's Hockey: Coach Rob Lavis; Players: Jess Smoker, Deakan Miller, Noah Smoker, Noah Browning & Jack Wanless

Mens Hockey: Rob Lavis & Deakan Miller

A Grade Netball: Coach Chris Arnold; Players: Ashleigh Hunter, Tenille Cole, Sapphire Gault & Rebecca Gmeiner

B Grade Netball: Coach: Chris Arnold; Players: Lucy Currie, Navaeh Brown, Sari Cusack, Keira Butler, Hannah Chitty, Paige Dunkeld and Blair Fagan. Plus Angela Andrews for Kondinin 😊

Reserves Football: Coach Craig Gmeiner; Players: Matthew Poultney, Cameron Hills and Lauchlan Poot

Huge congratulations to **Noah Smoker** who was the MVP in the B grade women's hockey grand final, **Lucy Currie** who was the MVP in the B grade netball grand final (completing a 'Dusty' with the association MVP, a premiership, and the GF MVP) and **Tenille Cole** who was the MVP in the A grade netball grand final 😊.



Grand Final MVP's Noah Smoker & Lucy Currie



ATTENDANCE IS NUMBER 1 ON THE DOE AGENDA IT IS NOT OK TO BE AWAY, EVEN WITH A RUNNY NOSE NOW!

The Department of Education are working hard with schools to get the attendance of all students back to pre-COVID percentages. We, along with every school in the state, have students whose attendance has been severely affected by both COVID close contact isolation, and/or COVID isolation. It is now our job, with your support, to get all of our students back to regular attendance, and that means up at 95% or above! Being away from school, at any age, means that crucial learning is missed and it is so hard to catch up. **PLEASE WORK WITH US TO GET YOUR CHILD/REN AT SCHOOL EVERY DAY THAT THEY ARE WELL.** As I said in the last Newsletter, children can come to school with a bit of a cough or a runny nose, as long as they aren't testing positive and are generally well. We will be vigilant in ensuring that our students are in school unless sick from now on, attendance and getting everyone back to existing percentages is the key!!



FACTION ATHLETICS CARNIVAL

We had pretty much the perfect weather for an athletics carnival last Friday and well done to all the competitors on their excellent participation. All but two students were at the carnival participating and once again, **thank you to all our parents who support our endeavours to ensure that our students gain both skills and resilience by being involved in these events.** Many thanks to our sports committee members, **Mike Currie, Damon Hayter, Dylan Cole, Pete Cowan, Tim Cusack and Sam Bald for their assistance in setting up.** Cheers to the parents who did jump pits, throw circles, judging or announcing for us, this day cannot run without our parent volunteers and your help is greatly appreciated. Thanks finally to the staff for the work they did to ensure the students were ready to compete and their efforts on the day. **Congratulations to Maroon on their win and to all our medallion winners.**

RESULTS:

Lethlean Family Shield:

MAROON	673
GOLD	654

MEDALLION WINNERS:

AGE	CHAMPION	FACTION	RUNNER UP	FACTION
6 years boys	Rocco Federici	Maroon	James Smoker	Maroon
6 years girls	Annie Robinson	Maroon	Pippa Cole Penelope Kerse	Gold Gold
7 years boys	Jayden Conopo	Maroon	Alfie Cowan	Gold
7 years girls	Avayah Cowan	Maroon	Elkie Bald	Gold
8 years boys	Charles Robinson	Maroon	Chase Smoker	Maroon
8 years girls	Paige Parsons	Gold	Nicole Smoker	Maroon
9 years boys	Aden Smoker	Maroon	Benji Mortimore	Gold
9 years girls	Imogen Hickey	Gold	Lyla Hayter	Gold
10 years boys	Jack Wanless	Maroon	Chase Smoker	Maroon
10 years girls	Macy Cole	Gold	Rhienna Parsons	Gold
11 years boys	Noah Smoker	Maroon	Brady Poot	Maroon
11 years girls	Xhiarn Brown	Maroon	Holly Mortimore	Gold
12 years boys	Noah Browning	Maroon	Levi Fidge	Maroon
12 years girls	Mia Parsons	Gold	MeKinzie Sandilands	Gold
13 years boys	Dieter Bennell	Gold	Bowdan Cole	Gold
13 years girls	Portia Fidge	Maroon	Wren Cheetham	Gold
14 years boys	Deakan Miller	Gold	Jace Browning	Maroon
14 years girls	Lucy Currie	Gold	Sari Cusack	Maroon
15 years boys	Lauchlan Poot	Maroon	Cameron Hills	Gold
15 years girls	Cheyenne Cummins	Gold	Keira Butler	Gold
16 years boys	Albert Eades	Gold	-	
16 years girls	Navaeh Brown	Maroon	Tahlia Ashmore	Maroon

RECORDS:

Event	Old Record	Record holder	New Record	Record holder
13 years boys long jump	4.86M	Clinton Major (G)	4.92M	Dieter Bennell
13 years boys shot put	10.76M	Jethro Duffy (M)	11.17M	Dieter Bennell

HAWKIES DASH

Well done to all the competitors who took part in this even, it is great to see so many giving it a go. A few more high school competitors next year would be good 😊.

Primary: Michael and Kate Smoker

Highschool: Anita and Mia Parsons

Our medallion winners (Absent: Penelope Kerse, Elkie Bald, Bowdan Cole & Deiter Bennell)



KINDY/PRE-PRIMARY ASSEMBLY AND YEAR 4/5 CLASS REPORT

Another terrific assembly presented by our Pre-primary and Kindy classes. It is wonderful to see these young students gain confidence in speaking in public and do such a great job. As always the entertainment was of the highest quality and I thank Joey, Erin, Terri and Sarah for their efforts to get the students fully prepared. The Year 4/5 students also gave a very informative report, giving us insight into what is happening in their classroom.

One assembly to go for the year, it is the Year 2 assembly with the Year 3 class report on Friday September 16 2022.



Honour Certificate Winners:

Student:	Year:	Student:	Year:
Blair Yandle	Kindergarten	Aarayah Lawrence	Three
Levi Smoker	Kindergarten	Kate Smoker	Four
Alex Wasley	Kindergarten	Eira Palompo	Four
Lachlan Ogilvie	Kindergarten	Chase O'Neill	Five
Violet Farrell	Pre-primary	Noah Smoker	Five
Legion Brown	Pre-primary	Jack Cusack	Six
Neve Cowan	Pre-primary	Ava Batty	Seven
Olivia Wanless	Pre-primary	Archie Federici	Seven
Elkie Bald	One	Angela Andrews	Eight
Parker Fitch	One	Aidan Whitley-Sherwood	Eight
George Hayter	One	Logan Penning	Eight
Rocco Federici	One	Sari Cusack x2	Nine
Maddie Lawrence	One	Zack Garlick	Nine
Harrison Thorn	Two	Deakan Miller x2	Nine
Nicole Smoker	Two	Lucy Currie x2	Nine
Spencer Bald	Three	Lauchlan Poot	Ten
Toby Slade	Three		



OUR HONOUR CERTIFICATE WINNERS



Aussie of the Month: Keira Butler

Keira has been awarded our Aussie of the Month for the amazing manner in which she has stepped up as a leader in her first year on the student leadership group. She is a mature young lady who always considers others, works hard to do her best academically and is increasingly a wonderful role model for our younger students. Congratulations Keira, you certainly fit the criteria to be awarded our Aussie of the Month



EDWARD THE EMU EXCURSION

Last Thursday the Kindergarten to Year 2 students travelled by bus and car to the Cummins Theatre in Merredin to enjoy a live show. Edward the Emu was presented by three very clever actors and a menagerie of puppets. The story was set in a carefully decorated Zoo Keeper's Office, and engaged the students from beginning to end. After the show we were ready for recess snacks and a play at the park. We enjoyed every part of the day including the journey with our friends, Edward the Emu, our visit to the park, and some people even fitted in a nap on the bus on the way home.

Thanks to our drivers **Anita Parsons, Jo Slade, Emily Jones, Erin Lindsay, Sarah Kuhne and Hannah Bald**, who made the day possible. The excursion was free of charge to all students, funded by the school.

Mrs Lucy Lines

PRIMARY HOCKEY CARNIVAL THURSDAY AUGUST 25 2022



Year 5/6 Mixed hockey winners:

Back Row: Jack Cusack, Noah Browning, Rhienna Parsons and Chase O'Neill

Front Row: Aden Smoker, Noah Smoker, Jack Wanless and Lyla Hayter

We entered two mixed teams into the CSBP Primary Hockey Carnival in Bruce Rock on Thursday August 25 2022. Both teams had a fantastic day on the field with the team that myself and Miss Miller coached getting a win on the board at the end of the day. We were so proud of their teamwork and determination that improved with every game.

Miss Baldwin's team was lucky enough to take out the grand final 3-0! After being undefeated, the team showcased some top skills, and their teamwork was sensational. Congratulations to **Noah Smoker, Aden Smoker and Jack Wanless** for all scoring a goal during the game!

The students were also lucky enough to meet Brodee Foster, a recently selected Perth Thundersticks player, who for anyone that was watching our state men's under 21s this year, scored THAT goal!!!

But the true hero of the day was **Noah Smoker** who not only won the overhead

competition but was also rewarded **MVP of the day** by Brodee! Along with the rest of his team, we have some real superstars in the making! Thanks so much to **Carissa Wanless** for umpiring and **Jess Smoker** for being the team manager and 'goalie' helper. Thanks also to our spectators and **Bev Hunter** for driving the bus! Mrs Hannah Kerse

THANK YOU

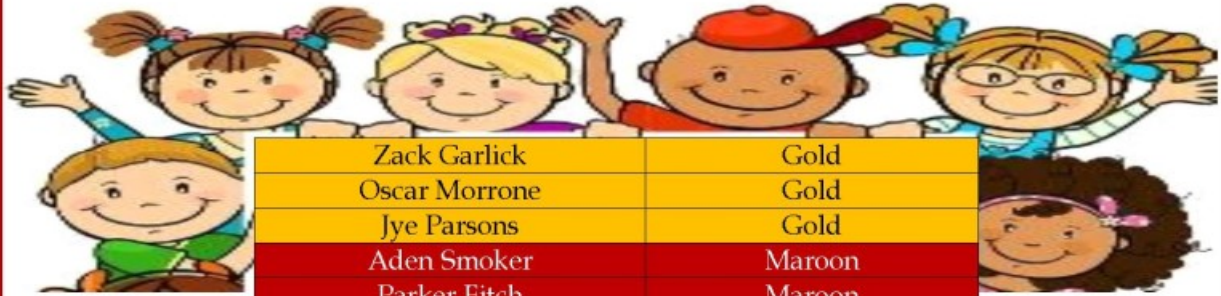
Big thanks to Brendon and Anita Parsons for collecting ten very heavy boxes from Perth, thus saving the school large freight costs. So grateful to you both, and so lucky that we have people willing to volunteer.

Watch this space to find out in the next week or two about an exciting literacy project that will emerge from the boxes!!

Mrs Lucy Lines

POSITIVE REWARDS

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



Zack Garlick	Gold
Oscar Morrone	Gold
Jye Parsons	Gold
Aden Smoker	Maroon
Parker Fitch	Maroon
Arayah Lawrence	Maroon
Zayne Tyler	Gold
Kobi Lyon	Maroon
Rylan Comley	Maroon
George Hayter	Gold



CHEETARA SUFFOLK, WHITE SUFFOLK & POLL DORSET RAM SALE

As well as selected composite UltraWhite Rams and Ultrawhite ram lambs.

Thursday 8th September 2022

94 Cavanagh Road

Follow company signs

Inspection: 11.00 am

Sale: 1.00 pm

Contact: Nick Cheetham 0428 618 032

James King 0439 140 682

Colin Ogilvie 0429 165 395



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PO Box 137, Bruce Rock WA 6418

Fertilizer Supply Offer Now Open



Call Steve Cooke

☎ 0429 934 243

Quairading
Corrigin
Kondinin
Bruce Rock
Kulin (East)

- Order by October 31st 2022.
- Receive a \$2/tonne rebate (all products) towards Summit inSITE Soil and Plant Analysis.
- Nominate your requirements within the FSO period for priority access to product available for fixed supply contracts.

Speak to Steve about your fertilizer requirements for 2022



Home Care now available in Narembeen



We can help you stay in your own home connected to family and friends, doing the things you love. Our Home Care services are available in Narembeen and surrounds, via a funded package or private services.

Call our friendly and caring Home Care team today on 1300 244 000 or visit catholichomes.com



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NAREMBEEN AUTUMN CLUB OPEN DAY

Save The Date

DATE: THURSDAY 15TH SEPTEMBER 2022

TIME: 10AM TILL 2PM

Senior Citizens Centre, Thomas Street, Narembeen

Join us in celebrating
Our "OPEN DAY" with friends!

CAKE STALL

**Cakes, Slices, Preserves & more
Crafts on Display**

DEVONSHIRE TEA SERVED

\$5 EACH

Contact: Carmel Harper 0419 921 319 - Email: carmelharper@bigpond.com

GIVE THE GIFT OF CONVERSATION

If you're worried about someone start by asking "Are you OK?"

No, I'm not OK.
Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

Yes, I'm fine.
But your instinct says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:
"How can I help?"
"What would help take the pressure off?"
"What do you enjoy doing? Making time for that can really help."
"Have you thought about seeing your doctor?"

Make time to check in:
"Let's chat again next week."

Proudly supported by



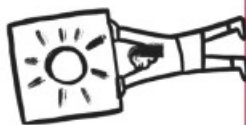
Learn what to say at ruok.org.au/yournattermatters



Self-Care September 2022



MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



7 Give yourself permission to say 'no'

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

SUNDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

30 Remind yourself that you are enough, just as you are

29 Write down three things you appreciate about yourself

28 Choose to see your mistakes as steps to help you learn

27 Free up time by cancelling any unnecessary plans

26 Find a new way to use one of your strengths or talents



ACTION FOR HAPPINESS

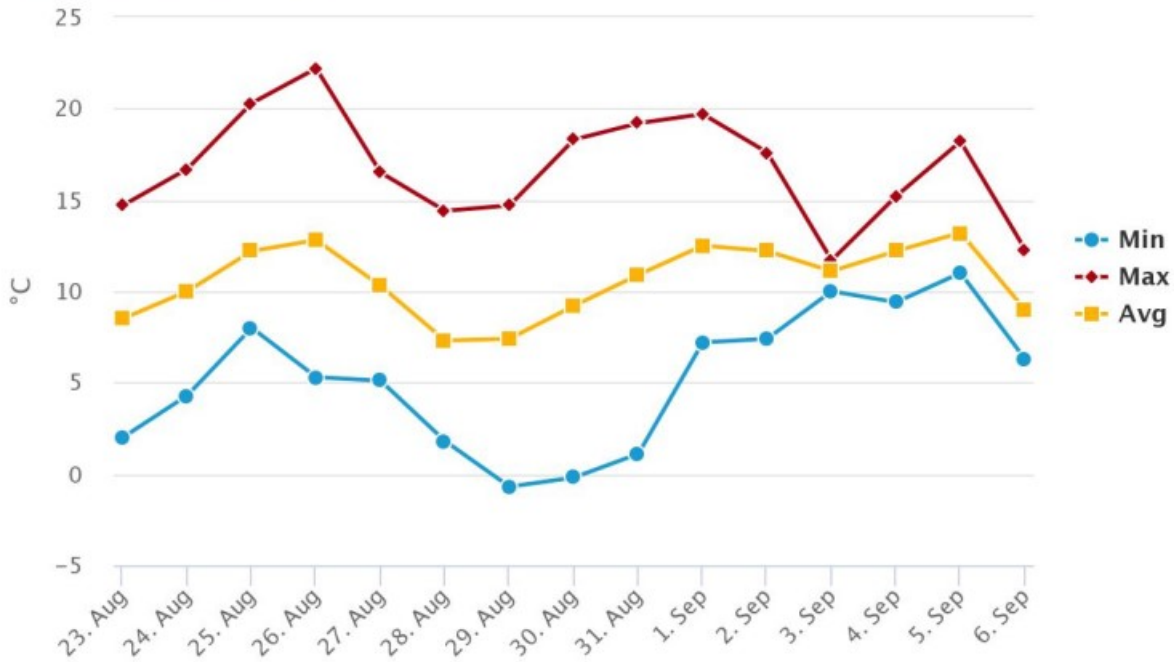
Happier · Kinder · Together

Weather



Narembeen : Temperature (Daily)

23-08-2022 - 06-09-2022

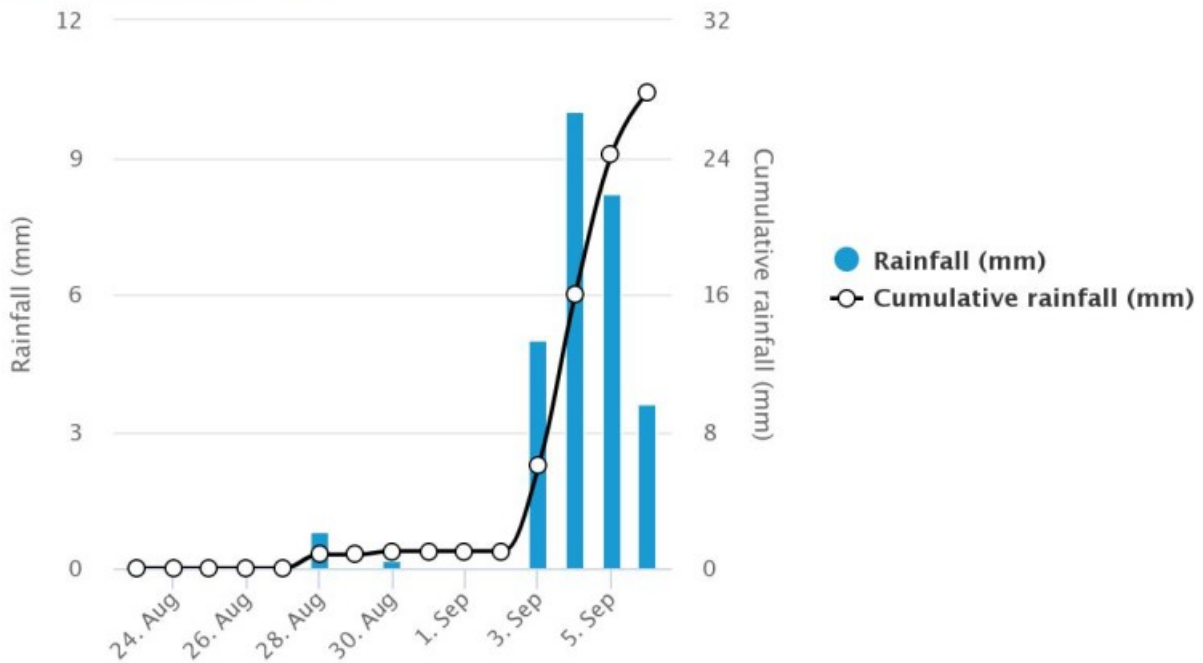


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Narembeen : Rainfall (Daily)

23-08-2022 - 06-09-2022



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Birthdays



7th	Stephanie Whitwell (Cowan)	Bella Wilkes	
8th	Warren Aird	Tammy Ball	Dustin Sprigg
	Margaret Mayo	Taryn Bristow	
9th	Gary Sprigg	Matthew Andrews	Rachel Welsh
10th	Sylvia Yandle	Rhonda Hinkley	Sam Cooper
	Peyton Sage Miolini		
11th	Hugh Copeman	Grace Treloar	Elexis Webb
12th	Ecko Slade		
13th	Terry Slade	Rodney Sloss	
14th	Harley Fry		

Anniversaries



9th	Jeff & Chris Hayter
11th	Les & Jan Hills



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, September 11th

9.30am

Jeremiah Chapter 4 Verses 11-12 and Verses 22-28

K Fricker

1 Timothy Chapter 1

H Toovey

Luke Chapter 15 Verses 1-10

Psalm 14

Church of Christ

Thursday 8th September

7.30pm

Bible study at N Hooper's home

Sunday 11th September

10.00am

Worship Service
with Sunday school during the service



Seventh Day Adventist

105 Church Rd, Mt Walker

Saturday, September 10.

10:00 am. The Senior's Bible Study series is

"In the CRUCIBLE with Christ",

and this week it is "

"Waiting in the Crucible"

with the key text found in Galations 5:22.

Children's Sabbath School too at this time.

11:30 am Worship, with Pastor Douw Venter.

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, September 11th

8.00am

Reader: J Cusack

Cleaning: S Kerse

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines consults Monday to Friday from 8am to 1pm.
Please phone 90647 145 for an appointment or online with Health Engine

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

September 2022

Wednesday	7th	GOLF - Ladies Closing	
Thursday	8th	Autumn Club RU OK DAY	10.00am-2.00pm
Friday	9th	Playgroup at Numbats Centre	9.30am
		COMBINED WIND UP FOR SPORTS - At Golf Club	
		INTER SCHOOL SPORTS - at Kulin	8.30am
		Hospital Auxiliary Meeting	2.00pm
Saturday	10th	Church	
		Men's Shed	9.00am
		GOLF - Super Scrounger	
Sunday	11th	Church	
		GOLF - Narembreen - Closing day and Presentation	
		- Mt Walker - Colin Ashmore Trophy	
Monday	12th	Circuit Gym	9.30am
		Arts and Crafts and Book Exchange at Community Shed	10.00am-4.00pm
		AGM - Narembreen Recreation Centre	6.30pm
		Historical Society - busy bee at History Centre	10.30am
Tuesday	13th	Senior Citizens	2.00pm
Wednesday	14th	AGM - Fencepost - at Narembreen Hotel	5.00pm



Editor: Jodie Batty