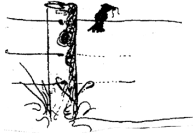


The Fence Post



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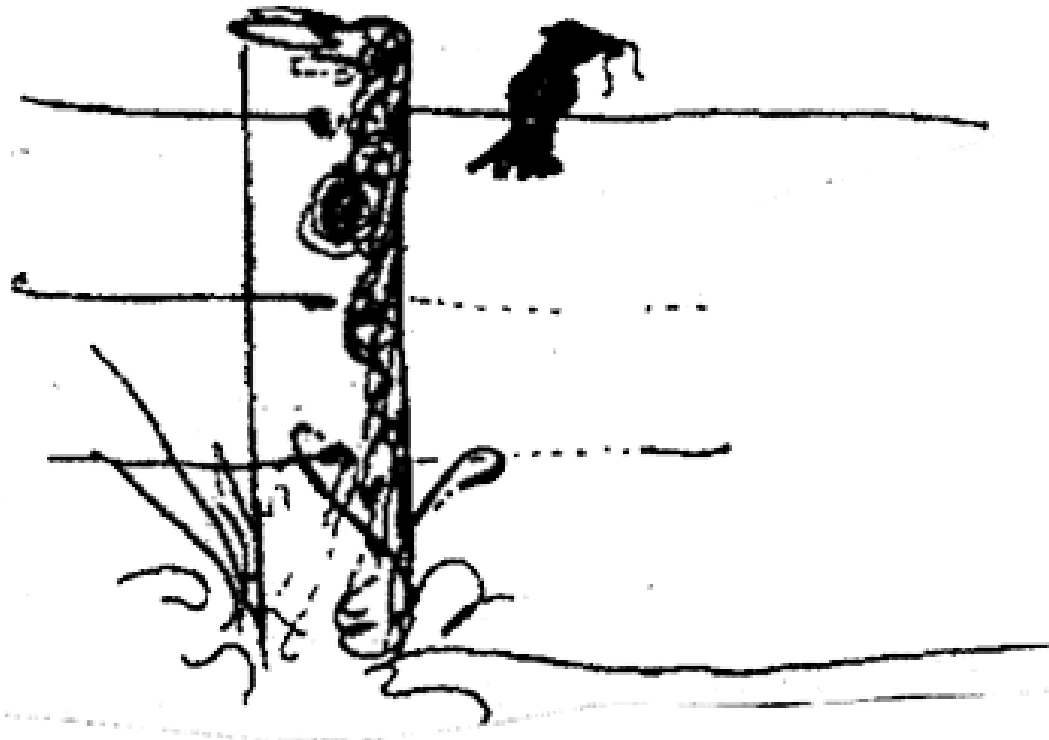
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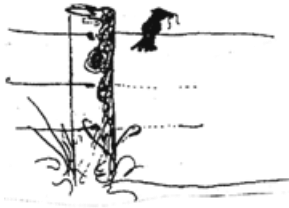
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The Fence Post - Informing the people of Narembeen since 1978

THE FENCE POST INC



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

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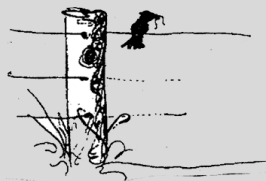
Date	Editor	Typist	Ads
13/06/2023	Kellie Mortimore		
20/06/2023	Gina Deluis		

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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....

Well its been a wet and windy few days but many a smile has been seen around the town as dare we say it, the season so far is showing promise for the local farming families.

For the rest of us, we should endeavour to enjoy the wintery conditions and rug up and make some delicious soup – See page 25 for a warming recipe.

Fabulous to see that Peg Currie, formerly of Naremben and mummy to Noela Cole made last week's announced 125th Anniversary Country Dream Team 20s in State Bowls See Page 14.

It is also great to see that our Town was very well represented by Anita Cowan, Kellie Mortimore, Maree Campbell and Miranda Noack in their terrific win in the Wonthella June Carnival Bowls Competition in Geraldton on the weekend. Well Done Girls!! See Page 14.

And Congratulations to Payton Vaughan and Blayne Wilson on the birth of beautiful twin daughters, Hallie Neeve and Oakie Lou. Best wishes also to our local proud Grandparents, Greg and Narelle.

Also I wish to welcome into the world, Great Granddaughter to Madeleine Lange (and also my and Kerryine's, Grand Neice), Everley Allegra Bow, born at home in Perth and weighing 2.73 kgs, daughter of Jarred Bow and Kell Sayers and brother to Archie. Jarred is the son of our brother, Stuart Bow.

And a sad farewell to Les and Jan Hills who depart their duties at the Naremben IGA after faithfully serving our community since 1969. See pages 16 and 17.

Don't forget to get a free flu jab from our local Doctor Lines. See page 9 for details

... and finally, the Fencepost wishes to apologize to the Hospital Auxillary for omitting the second page of their report initially submitted for publication last week. We have included the full report in this weeks edition at pages 4 and 5.

Editor : SHERRIE HEATHER

The Fencepost wishes to apologize to the Hospital Auxillary for omitting the second page of this very interesting report initially submitted for publication last week.

NAREMBEEN LADIES' HOSPITAL AUXILIARY ARTWORK REVEAL



Pictured above: Margaret Teasdale with her artwork creation

The Ladies Hospital Auxiliary Committee, community members, hospital staff and residents witnessed the unveiling of new artwork located in the Lakeside wing of the Hospital. The artwork was created by talented local lady Margaret Teasdale.

President, Lynda Comish welcomed everyone to the unveiling and firstly thanked Rosemary Smoker and Dorcas for donating the funds to make this project possible. "Thank you Rosemary for helping us to brighten up Lakeside for the enjoyment of the elderly residents."

Lynda thanked Kerry Fricker, Rhonda Cole, Graeme & Margaret Teasdale for assisting with the installation of the painting, but above all thanked Margaret for sharing her talents and creating a simply outstanding masterpiece. "I am sure we will all spend a lot of time discovering the intricacies of the artwork, thank you Margaret".

Kerry Fricker on behalf of Rosemary Smoker thanked the Committee for allowing Dorcas and Rosemary to be involved in such an important project.

Margaret Teasdale responded by saying, "Firstly, thank you for the honour and privilege to create this painting for Lakeside. I know how important it is to have something bright and interactive for the patients in care.

Some of you might know that I am a survivor of Ovarian Cancer and the relation to doing this painting really goes back to my experience.

2

I was diagnosed in 2014 with Stage 3 Ovarian Cancer. I was admitted to the Harry Perkins Ward at St John of God Hospital in Subiaco, I knew I was in safe hands. It was a home away from home. The relevance of this is that Harry Perkins grew up on the farm and in the house we live in now and I cherish every day I walk into our house and on the land.

I read an article about Harry and his involvement in the raising of funds for a facility to study research into Cancer, and after his fantastic efforts the Harry Perkins Institute of Medical Research was built. He was asked why he was so keen to help and this is what he said:-

“In life, we need to take risks and go for things that are important. To sit back and not make a difference when you can, is not to engage in life”

So if I can make a very small difference, I can and will.

Thank you once again and I hope the guests of this wing have something bright in their lives every day.”

The unveiling was followed by a beautiful morning tea at Koolberrin Lodge. Thank you to the Hospital and those committee members who provided morning tea. Following this, a general meeting of the committee was held.

MEETING HIGHLIGHTS

- St Lukes Day—Kerry Fricker to co-ordinate, guest speaker arranged.
- Thermomix Raffle was a success—congratulations to Joan Cusack, winner of the raffle.
- Lakeside Day Room—Storage Shelf Unit—storage cubes have been replaced and look great.
- The Committee purchased two new recliners for the Lakeside Wing for use by residents
- Shower curtains were also purchased by the Committee and replaced.
- Basket raffle to be co-ordinated by Kerry Fricker and Di Miolini. To be drawn 1 Sept 2023—donations greatly appreciated.
- With Bankwest no longer offering business accounts, executive to look at opening accounts with Commonwealth Bank in Merredin
- Koolberrin Lodge—committee to liaise with hospital staff in relation to a new small dining table and chairs for the visitors room and a new cube storage unit.
- Koolberrin Lodge—décor throughout the Lodge to be updated, speak to local artists/suppliers for new décor items.
- Koolberrin Lodge—Garden Area—“Project Green” - discussion on fencing, paving/cement repairs and elimination of trip hazards in the garden area. Committee to investigate funding options, including contacting WACHS.

Just a short snippet in to congratulate our junior hockey boys



BEHIND THE GOALS

JUNIOR DEVELOPMENT

With no hockey the past weekend, the editor in chief of "Behind The Goals" thought it would be the perfect time to make special mention of a few of our junior stars...

As many people are aware the Smoker boys can play hockey. At only 11 years of age Noah is showing exceptional skills and is a true role model to those around him with his commitment, passion and love for the game.

This year Noah underwent trials to make the School Sports U/12 Hockey Team. Obviously being 11 years old Noah couldn't get to Perth on his own, and as a hockey club we are appreciative of the sacrifices and commitment that both Jess and Luke have, and continue to make for Noah and in the future the other boys. Noah started training with over 75 boys and over three trials he was successful in making the final 23. Unfortunately Noah didn't quite make the top 14, but he is in the extended training squad and will continue to train with the team until they head to Hobart in July/August. In addition to this Noah did four weeks of training with the WA U/12's development academy...All before our season back here even started! We are immensely proud of your achievements to date Noah and we can't wait to see what you achieve next!

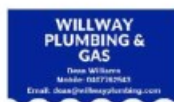
Two other young men who we are very proud of need a mention too...Deakan Miller and Noah Browning. Both boys have been playing hockey for a few years now and have improved vastly.

Over the last two years Deakan has become an integral part of both the B grade and Men's teams and his confidence is coming in leaps and bounds. He's become quite a goal shark and has racked up a fair few goals early on in the season. Renowned for his speed and work rate he's a kid you want in your team.

Noah Browning is a quiet achiever who does the basics extremely well and is a big part of the junior side, while also stepping up as a key player in the B grade side. While you don't hear much from Noah he often finds himself in the right positions throughout the game and is very strong in defence.

Both Noah and Deakan have been successful in gaining entry to the Wheatbelt Hockey Academy. The boys participated in trainings over two weekends which looked at their overall fitness and quality of basic skills. The aim of the academy is to develop kids aged 13-15 and to give them an idea on what's involved of playing hockey at a higher level, through teaching mindset and accountability.

Well done Noah S, Deakan and Noah B.



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PLC in Narembreen



Join PLC at a Sundowner bringing together past, current, and future members of the PLC community.

Students will enjoy a supervised disco run by Year 12 PLC boarding students.

Friday 16 June
5.30 pm - 7.30 pm
Narembreen Recreation Centre



BOOK TICKETS

The Disco is made possible with funding from the Ramelius Resources & Shire of Narembreen Community Benefit Fund.





Narembeen Medical Centre
U5/19 Churchill Street
NAREMBEEN WA 6369
90647145

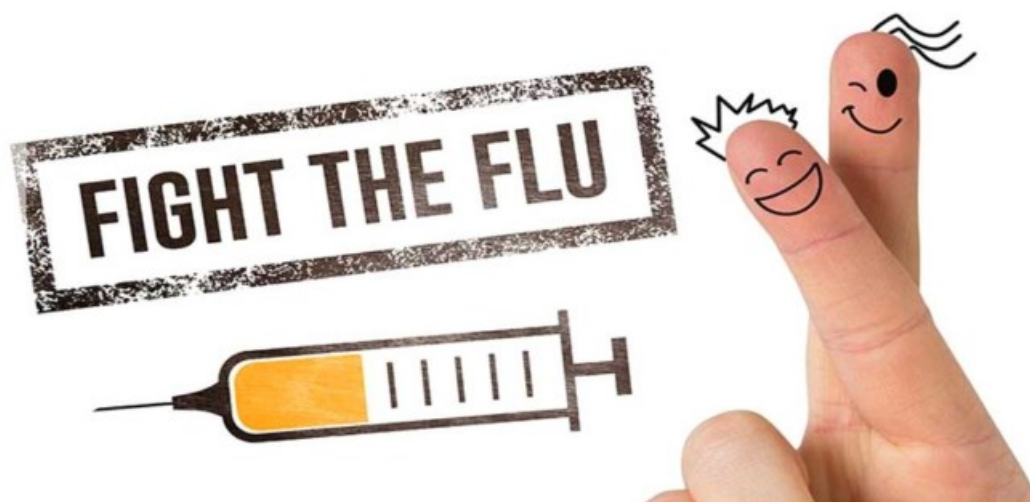


OPENING HOURS

MONDAY, TUESDAY, WEDNESDAY & FRIDAY:

08:00 – 13:00

THURSDAY 08:00-12:00 & 13:00-16:30



The free FLU VACCINE program for all Western Australians has been extended across the month of **JUNE** to give anyone who is yet to take part the chance to get vaccinated

Please call the surgery on
9064 7145 to book in.

Mari Geldenhays - Practice Manager

Health Workers Wanted Eastern Wheatbelt Primary Health Service

Some positions with **Eastern Wheatbelt Primary Health Service** advertised only CV and statement required to apply with the links below or call Primary Health Manager 9081 3222 or email easternwheatbelt.phs@health.wa.gov.au to find out more.

- **Speech Pathologist advert live - [Speech Pathologist \(jobs.wa.gov.au\)](#)**
 - Eastern Wheatbelt – Merredin base.
 - HSO Level P1 \$77,833 - \$106,387 p.a. pro rata
 - Casual, Permanent - Part Time, Permanent - Full Time, Fixed Term - Part Time, Fixed Term - Full Time
 - Closing 2023-06-09 4:00 PM
- **Occupational Therapist advert live - [Occupational Therapist \(jobs.wa.gov.au\)](#)**
 - Eastern Wheatbelt – Merredin base.
 - HSO Level P1 \$77,833 - \$106,387 p.a. pro rata
 - Fixed Term - Full Time
 - Closing 2023-06-19 4:00 PM
- **Clinical Nurse- Child Health advert live - [Clinical Nurse \(jobs.wa.gov.au\)](#)**
 - Various locations in Wheatbelt including Eastern Wheatbelt – Merredin base.
 - RN Level 2 \$96,301 - \$101,872 p.a. pro rata
 - Casual, Permanent - Part Time, Permanent - Full Time, Fixed Term - Part Time, Fixed Term - Full Time
 - Closing 2023-12-29 4:00 PM

What's great about working in the Wheatbelt: <https://youtu.be/ipLe2INSFqs>

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Answers to Spiritual questions with Pr. Benjamin.

This month's (June) special topic is...

**** Does God Love Me? ****

or if you have a question of your own, call or text:

Mobile: 0403 053 288

Have a great day!

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 14:22 ☾ descending ☉ rises 5:01am sets 7:07pm ☾ sets 2:46am rises 4:11pm	2 ☉ rises 5:01am sets 7:07pm ☾ sets 3:17am rises 5:16pm	3 ☉ rises 5:00am sets 7:08pm ☾ sets 3:54am rises 6:25pm
4 11:41 Full Moon Venus eastern elongation ☉ rises 5:00am sets 7:08pm ☾ sets 4:37am rises 7:35pm	5 Western Australia Day (WA) ☉ rises 5:00am sets 7:09pm ☾ sets 5:30am rises 8:44pm	6 ☉ rises 5:00am sets 7:09pm ☾ sets 6:33am rises 9:46pm	7 ☉ rises 5:00am sets 7:10pm ☾ sets 7:42am rises 10:39pm	8 ☉ rises 4:59am sets 7:10pm ☾ sets 8:55am rises 11:23pm	9 ☉ rises 4:59am sets 7:11pm ☾ sets 10:07am	10 Moon close to Saturn ☉ rises 4:59am sets 7:11pm ☾ rises 12:01am sets 11:16am
11 03:31 Last Quarter Arielid meteors ☉ rises 4:59am sets 7:12pm ☾ rises 12:34am sets 12:22pm	12 ☉ rises 4:59am sets 7:12pm ☾ rises 1:04am sets 1:25pm	13 ☉ rises 4:59am sets 7:13pm ☾ rises 1:33am sets 2:28pm	14 08:04 ☾ ascending Moon close to Imiter ☉ rises 4:59am sets 7:13pm ☾ rises 2:02am sets 3:1pm	15 ☉ rises 4:59am sets 7:13pm ☾ rises 2:34am sets 3:5pm	16 ☉ rises 4:59am sets 7:14pm ☾ rises 3:09am sets 5:38pm	17 ☉ rises 5:00am sets 7:14pm ☾ rises 3:49am sets 6:40pm
18 12:37 New Moon Saturn retrograde ☉ rises 5:00am sets 7:14pm ☾ rises 4:35am sets 7:38pm	19 ☉ rises 5:00am sets 7:15pm ☾ rises 5:26am sets 8:31pm	20 ☉ rises 5:00am sets 7:15pm ☾ rises 6:21am sets 9:17pm	21 June Solstice ☉ rises 5:00am sets 7:15pm ☾ rises 7:19am sets 9:57pm	22 Moon Venus and Mars close together ☉ rises 5:00am sets 7:15pm ☾ rises 8:17am sets 10:31pm	23 ☉ rises 5:01am sets 7:15pm ☾ rises 9:14am sets 11:01pm	24 ☉ rises 5:01am sets 7:16pm ☾ rises 10:10am sets 11:28pm
25 ☉ rises 5:01am sets 7:16pm ☾ rises 11:06am sets 11:53pm	26 15:49 First Quarter ☉ rises 5:01am sets 7:16pm ☾ rises 12:00pm	27 Boottid meteors ☉ rises 5:02am sets 7:16pm ☾ sets 12:19am rises 12:57pm	28 20:23 ☾ descending ☉ rises 5:02am sets 7:16pm ☾ sets 12:45am rises 1:55pm	29 Venus at it's highest in the evening sky ☉ rises 5:03am sets 7:16pm ☾ sets 1:47am rises 4:03pm	30	

Notes:

RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

Working hard for Narembreen



 345 Hannan Street (PO Box 10415), Kalgoorlie WA 6430  9021 2044

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BOWLS NEWS

Even though the Bowls Season in Narembeen is still some happenings around the greens. At the Bowls WA Gala night held last week the 125th Anniversary Dream Team 20's were announced for both men and women, country and metro. We are so proud to have one of our past players named in this exclusive team. Well done Peg Currie (Noela Cole's mum) who was a member of our Club before moving to Mandurah.



Over the long weekend Eric Tenardi and Arthur Cousins made a composite team and played at the Geraldton Bowling Club. Not sure of the results but they may have been pleased with the washout yesterday.

Heading to Geraldton also and playing in the Wonthella Ladies June Carnival were Anita Cowan, Miranda Noack (Bruce Rock), Kellie Mortimore and Maree Campell. The format was 2 days of bowls with 2 games of fours and a game of continuous pairs each day. The points system was worked not only on games won but also on ends one and with a winning score of 70 points the girls were happy to take home the First prize money. Maree and Kellie also took home 3 of the raffle prizes. The weather over the 2 days was lovely, travelling home on Monday not so.....



REMINDER: Committee Meeting to be held at the Rec Centre, Thursday, 8/6 at 6pm.



Narembeen Golf

That much talked about blood line was victorious!

Thomas-Miolini-Currie- Hayter dominated the day.

It was John Currie's trophy, a stableford, and the course has enjoyed a drink earlier in the week so no roll was able to help us along. John was unable to win his

own trophy on 36pts but the captains were VERY careful working out the countbacks with a lot riding on the outcomes. Luckily Pres Rob Miolini won the day from his older son Mitch both on 36pts. Then came nephew Damon Hayter on 35 and David Campbell 35, from Rob's other son Adam on 34. Others were playing! Dean Maringoni had 34. Mitch and Paul both had eagles and Mitch won the Long Dong#1, Dean Best 3rd #11, Tim Cusack NP #17 and another Currie popped up to make a claim with Mike Currie Best 2nd on 7. Lips are sealed about the one relative who missed out.

The trend continued to the women who also played a stableford with Carol Currie winning the day with 32 from Darien Pascoe 31 and good scores were Maxine Miolini, Sheree Thomas. Maxine won the NP #2 with Julie Miller the LP #18. It was a cold finish to the day.

We finished off the day with a steak night thanks to our catering guru Maxine. Thanks Maxine.

The big news of the week was that Darien Pascoe broke through that damn 45 ceiling with a brilliant 69nett. After weeks of discontent- it can be a cruel game- it all came together and the smile on her face said it all. Congrats Dar! She won Julie Hayter's trophy. Miranda Noack was R/p on 70, Noela Cole 74, Julie Miller 75and Anita Cowan 76. Noela Cole won NP #9 and LP #11. Lowest total putts went to our putting maestro Miranda with 25! Yes only 25. See how you get a good score girls- not how far you hit it but how little you have to tap it! She also won the birdies nest.

Many, many thanks to our wonderful sponsors

Ramilius, Narembeen Shire, Go Narembeen, Elders, PlanFarm, Liberty Rural, Cusack Family, Repacholi Air, Agworld, Varley Transport, WFI Cleo Martin, Narembeen Engineering, Afgri Equipment Narembeen, Total Ag, Jason Bow Agviso, Viterra, RSM Merredin, Hutton & Northey, Noela & Barry Cole, Stephen Chris Padfield, Narembeen IGA

TO LES AND JAN HILLS
THANKS FOR YOUR SERVICE TO OUR TOWN SINCE 1969

WE WOULD LIKE TO THANK ALL OUR WONDERFUL CUSTOMERS, PAST AND PRESENT, WHO HAVE SUPPORTED US IN OUR JOURNEY AT NAREMBEEN IGA.

THE TIME HAS COME FOR JAN AND I TO HAND THE REINS TO OUR SON GRAHAM, HIS WIFE TASH AND THEIR SON CAMERON.

IN 1969 MYSELF, JAN AND MY PARENTS, BILL AND JUNE MOVED TO SOUTH KUMMININ TO RUN THE LOCAL GENERAL STORE THAT ALSO INCORPORATED TWO MAIL DELIVERY RUNS. THERE WAS A LARGE RUN OF APPROX 270 KMS PER RUN HEADING EAST AND A SMALL RUN OF APPROX 165 KMS PER RUN HEADING SOUTH EAST THAT WERE DONE OVER 4 DAYS. WE THEN ADDED DELIVERING GROCERIES TO THESE RUNS SO PEOPLE COULD CALL OR FAX THEIR ORDERS TO US. WE HAD THIS STORE FOR 40 YEARS WHEN WE DECIDED TO PURCHASE THE IGA STORE IN NAREMBEEN.

WE HAD GRAHAM AND TASH,, THEIR TWO CHILDREN, ALICIA AND CAMERON MOVE TO NAREMBEEN TO HELP RUN THIS STORE IN AUGUST 2009

IN THE 13 YEARS WE HAVE BEEN HERE WE HAVE MADE MANY IMPROVEMENTS TO THE STORE. NEW TILLS, ELECTRIC DOORS, MANY FRIDGES AND FREEZERS AND MOST RECENTLY OUR NEW FRUIT AND VEGETABLE CABINATE AND AMAZING FLOORING. OUR BIGGEST ASSET HAS NOW BEEN THE ADDITION OF THE LOTTERYWEST LOTTO COUNTER.

THE MAIL DELIVERIES HAVE BEEN AN ASSET TO ALL THAT HAVE USED THE SERVICE OVER THE YEARS ESPECIALLY DURING SEEDING AND HARVEST WHEN MANY A WIFE IS OUT HELPING IN PADDOCKS AND ON MACHINARY AND CAN NOT GET TO TOWN AS THEY WOULD LIKE.

WE HAVE BEEN DOING THESE RUNS FOR 59 YEARS NOW AND FEEL IT IS TIME FOR A NEW CHAPTER, WITH THE SHOP BEING SO BUSY, WE HAVE DECIDED IT BEST TO CALL IT A DAY AND STOP DELIVERING AND LET SOMEONE ELSE HAVE A GO. OUR LAST DELIVERY DAY WILL BE THURSDAY THE 29TH JUNE. ON THIS DAY GRAHAM AND I WILL DO THE LARGE RUN THEN WE WILL BOTH DO THE SMALL ONE.

I HAVE LOVED DRIVING AROUND AND TALKING TO WHOEVER I SEE, 3 DAYS A WEEK.

I HAVE LOVED HAVING A CHAT TO ALL OUR CUSTOMERS IN THE STORE.

WE ARE NOT LEAVING TOWN JUST FLITTING BETWEEN HERE AND BUNBURY MORE.

THANK YOU TO EACH AND EVERYONE OF YOU, PAST AND PRESENT, FOR YOUR CUSTOM AND FRIENDSHIP

WE BELIEVE WE HAVE GIVEN OUR COMMUNITY THE BEST SUPERMARKET.

THANK YOU,

LES AND JAN HILLS.



Joyful June 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others



26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

THANK YOU!

There are many expenses connected with running a successful club and the Narembeen Netball Club relies solely on the support from local businesses in addition to our own fundraising efforts.

This year we are extremely lucky to have the support of so many incredible businesses.

THANKS TO EACH AND EVERYONE OF OUR 2023 SPONSORS.

No matter how big or small your contribution, it is muchly appreciated!



Meet the Team

- 1 **How long have you been working at the CRC?**
Since May 2016
- 2 **What is your favorite part about Narembeen/the community?**
The community togetherness and passion people have for anything community
- 3 **What is your favorite meal?**
Difficult question – I absolutely love a good Indian paneer or a Thai tom yum soup or duck red curry or a nice Italian gnocci dish.. and not to forget a classic pumpkin soup!! (but really anything food at the moment – can you tell?! haha)
- 4 **What are you usually seen doing on a weekend?**
Feels like its always washing, cooking, cleaning haha but apart from the never ending house work I love spending my weekends outdoor, at sport or catching up with friends
- 5 **What is one thing on your bucket list?**
Go on a Safari in Africa



Meet the Team

- 1 **How long have you been working at the Shire?**
2.5 years, on and off
- 2 **What is your favorite part about Narembeen/the community?**
That you can walk into the club and be confident that you can sit and chat to someone.
- 3 **What is your favorite meal?**
My husband does an excellent spit roast, but sometimes the easiest simplest meals are the ones I enjoy the most
- 4 **What are you usually seen doing on a weekend?**
Kids sport, visiting family out of town, reading or gaming with my boys
- 5 **What is one thing on your bucket list?**
Not much of a bucket list person, but if I wouldn't turn down the opportunity to cage dive with the Great Whites in Cape Town.





Narembeen St John Ambulance

June 2023

Our Sub-Centre

Telephone/Fax: 90647771 (leave a message)

Our Committee

Chairperson: Ian Mortimore 0428647090
 Vice-Chair: Michael Lethlean 0428647961
 Treasurer: Lorraine Lethlean 90648049
 Secretary: Kellie Mortimore 0427647090
 Committee: Peter Hall, Noela Cole, Debbie Hall

OUR OFFICERS AND DRIVERS

Debbie Hall
 Michael Lethlean
 Ian Mortimore
 Peter Hall
 Noela Cole
 Kellie Mortimore
 Georgia Cowan
 Vanessa King
 Brittany Duncan
 Kyla Padfield



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St John

A couple of weeks ago during Volunteer Week St John WA published an article in The West Australian thanking all their volunteers.

It featured names of St John WA's many dedicated volunteers who selflessly serve their community, including our FABULOUS St John WA Narembeen volunteers.

The CEO thanked all those involved and we would also like to thank our friends, families and employers for allowing us to do what we do.

To our thousands of St John Volunteers, as well as their friends, families and the employers who support them, we just wanted to say....

Thank you for the strength you give to communities across WA every single day and night.

Thank you for your resilient, courageous actions that have changed lives for the better.

Thank you for rolling up your sleeves and taking the hard road, always helping those in need.

Thank you for the vital role you play in building a stronger WA.

We really couldn't do what we do without you.

As it's only together that we can be St John Strong.

Kevin Brown
 Group CEO, St John WA



Narembeen St John Ambulance

continued

The Sub-Centre has some new and a few re-furbished First Aid Kits to sell. They are being sold at well under the retail price. If you would like one contact Kellie Mortimore on 0427 647 090 or email narembeen.subcentre@stjohnwa.com.au



1 x Personal Motoring Kit RRP \$39.95

Dimensions: 180mm x 120mm x 70mm

Car Safety First Aid Kit

Packed in a soft yet durable nylon pouch, this auto first aid kit conveniently fits under the front seat of your car or in the glovebox, so you can have it with you when out and about. It makes the ideal roadside emergency car kit, perfect for treating cuts and scratches while you're on the road.

5 x Tiny Tot Kits RRP \$34.95

Dimensions: 265mm x 185mm x 90mm

This baby first aid kit is an essential easy-to-carry first aid box for parents and carers of newborns, babies and toddlers. It makes the perfect emergency first aid kit for the car or home and contains all the essential baby first aid kit items required to treat minor scratches and to manage unexpected accidents.



1 x Personal Leisure Kit RRP \$34.95

Dimensions: 190mm x 125mm x 70mm

The St John personal first aid kit is filled with practical first aid supplies and instructions. It features a roll-out compartment and comes with a belt loop for easy carrying, making this personal emergency kit suitable for individuals travelling and on the go.

1 x Outdoor and Snake Bite Kit RRP \$29.95

- 2 x Bandage Compression Extra Firm 10cm
- 1 x Heavy Crepe Bandage 7.5cm
- 1 x Instant Cold pack Mini
- 1 x Accident Emergency Blanket
- 1 x Splinter Probe (Disposable)
- 1 x Whistle with compass
- 1 x First Aid Quick Reference Guide
- 1 x Torch with Batteries
- 2 x Cleansing Wipes
- 1 x Antiseptic spray
- 1 x St John Black pen



The following article was received from [Jordyn Drayton of HolyOake](#)

Subject: How to support a friend/client struggling with the increased cost of living

Good afternoon,

FYI and disseminate through your client base and networks in response to the current high levels of distress experienced with the increased cost of living.

How to support a friend/client struggling with the cost of living

Sometimes you might not know what to say or how to support a friend/client who is in financial difficulty or struggling with the cost of living.

The R U OK? Foundation have put together [some tips](#) to help you recognise the signs and have a meaningful conversation to support them.

“Life is expensive”

Working, studying, and socialising on a budget can be challenging, and at times feel impossible. Your friend/client might be struggling with managing their finances for the first time, juggling study and work, having an entry-level income, dealing with inconsistent casual hours, paying rent or trying to balance socialising with prioritising their wellbeing. It’s also becoming increasingly difficult to organise and afford stable, safe housing and that can have a big impact on our wellbeing.

If you think your friend/client might be struggling with money or housing, there are a few things you can do to help.

Spot The Signs

Money troubles can be difficult to talk about, so your friend/client might not feel comfortable bringing it up. But there are signs you can look for that might indicate financial stress.

- **Frequently talking about how expensive things are:** They might not say outright, ‘I’m struggling with money’, but if they are commenting frequently on the expense of groceries, bills, everyday items, events and/or their income it might be a sign they’re having money worries.
- **Hesitant to socialise:** They love hanging out but lately they’ve been declining or not showing up to social events. They could be too scared to tell you why they can’t come, so avoiding events might be their way of managing money.
- **Awkward or argumentative when money is mentioned:** Maybe they’re silent when you and your friends are talking about money/finances, or defensive if you ask them directly how they afford things.
- **Low mood:** Ongoing financial stress might cause a sudden and sustained change in mood, such as feeling down, negative talk or low energy.
- **Overusing credit:** Do they often use credit cards or other buy-now-pay-later mechanisms? It doesn’t always mean they’re having trouble with money, but it might be helpful to check in.
- **Obsessing about making more money:** Are they always talking about ways that they could make more money? Are they taking on too much paid work that leaves them exhausted and with time for nothing else?

- **Housing stress:** They are currently not in stable housing or seem to be stressed about the costs or conditions of their living situation. Alternatively, they may seem uncomfortable even discussing the topic.

What To Say & Do

It can be hard to know what to say or how to support when a friend/client is worried about money. We've put together some tips to help you!

- **Check in:** If you notice signs your friend/client isn't OK, simply asking how they're doing and starting a conversation is a great first step. You can follow our [four steps](#) to having an R U OK? conversation.
- **Listen:** If they're ready to talk about it, let them share and listen carefully. It might be tempting to offer money or pay for them (if you're able to) to 'fix' the problem. But this isn't the solution. They will get a lot more out of having you listen to them and talking through solutions together.
- **Suggest budget friendly hangouts:** Socialising every weekend can get expensive, but it doesn't have to be! Try free activities like; heading to the beach, going for a walk, local free events, movie night in, BBQ in a mate's backyard, and the list goes on.
- **Share resources:** There are loads of cool articles, apps and videos out there to help set budgets, track spending and manage money. Your friend might not know they exist, so sharing these tools can help them feel in control of their finances. Check out 'helpful resources' below.
- **Encourage them to seek professional help:** Remember, you don't have to have all the answers or get to the bottom of their money stress. Let them know that you want to support them, but you think it might be helpful for them to chat to a professional (such as a free psychologist through school/uni, a financial counsellor or a helpline) to get advice and strategies on how to manage their challenges

Helpful Resources:

Keep these resources handy for you and your friend/client.

[ReachOut articles and tools for managing money](#)

[headspace tips on controlling finances](#)

Support lines and chat rooms: for your friend to seek professional help

[Reach Out](#)

[headspace](#) 1800 650 890 (9:00 am – 1:00 am AEST every day)

[Beyond Blue](#) 1300 22 4636 (24/7)

[Kids Helpline](#) 1800 55 1800 (24/7, Ages 5-25, helpline, webchat, email)

[National Debt Line](#) to chat to a financial counsellor 1800 007 007

Kind regards

Jordyn Drayton (She/Her/Hers)
SUICIDAL PREVENTION PROJECT OFFICER
W: www.holyoake.org.au
| 80 Federal Street, Narrogin 6312

Grain Brokers Australia Weekly Market Report
Written by Peter McMeekin on June 6, 2023

Heavy rains disrupt **China's wheat harvest...**

Record heat in early May has given way to torrential rain, flooding wheat fields in China's main winter cropping provinces just as farmers prepared to harvest this year's crop. The extent of the damage is yet to be determined, but there are reports that up to 20 per cent of the country's wheat crop has been affected, leaving farmers grappling with significant quality downgrades due to mouldy and sprouted grain.

China is the world's biggest producer and consumer of wheat each year, with the USDA pencilling them in for 140 million metric tonne and 149MMT, respectively, in 2023/24. That equates to 17.7 per cent of global production and 18.8 per cent of global consumption. Any decrease in Chinese wheat production will likely see a similar increase in import demand, with the damaged wheat channelled into the domestic stockfeed sector at a heavy discount. This will probably be at the expense of imported corn, a trend already evident prior to the recent crop damage.

Henan province, also known as the "granary of China", has reportedly been the hardest hit, with local media calling it the worst pre-harvest rainfall in over a decade. Less than 25 per cent of the province's wheat harvest had been completed when the rains hit, with the province expected to produce around 38MMT this year, or more than 27 per cent of the USDA's national production estimate.

Chinese weather reports described the relentless rainfall, which fell over six days from May 25 to May 29, as the region's broadest and longest lasting rain event since 1961. Whilst not historically prone to heavy rainfall, Henan has experienced multiple extreme rain events in recent years. In 2021, torrential downpours flooded central Henan, resulting in over 300 fatalities and direct economic losses of around 120 billion yuan (US\$16.5 billion).

However, rainfall of varying degrees was also recorded in most of the wheat-producing regions of central and southern China, with farmers in parts of Anhui, Hebei, Hubei, Jiangsu, Shaanxi and Shandong provinces reporting lesser degrees of crop damage.

Ma Wenfeng, a senior analyst with Beijing Orient Agribusiness Consultancy, reportedly told the Reuters news agency that the rains had affected most of the wheat-producing regions of central and southern China, not just Henan province. Ma estimates that as much as 30MMT of the consultancy's anticipated national crop of 137MMT had been affected, with at least 10MMT, and as much as 20MMT of that wheat sprouted and unfit for human consumption. Grain in some of the worst affected areas is reportedly infected with Fusarium head blight and cannot be fed to animals.

And the unseasonal precipitation was expected to continue over the weekend just gone with Henan's weather observatory expecting the central, western and southern parts of the province to receive moderate to heavy rainfall from Saturday afternoon through to Sunday evening, with falls of up to 80 millimetres possible in some districts.

China's Meteorological Administration advised the local press at a briefing last Friday that extreme weather conditions were likely to persist throughout June, with rainfall in most parts of the country expected to be higher than average. Temperatures are also expected to be above normal, elevating humidity levels and exacerbating crop damage. Last year was a drought in the Yangtze River basin, with temperatures regularly exceeding 40 degrees Celsius, and the Meteorological Administration warned that temperatures could be 1-2 degrees higher again this year.

China's agriculture ministry has urged local authorities to mobilise emergency teams to alleviate the food emergency by draining water from fields to speed up harvester access and setting up drying machinery to save as much of the crop as possible. Contrasting this urgency were reports that trucks carrying harvesting equipment were prohibited from leaving a major highway last week because they had not completed the required paperwork.

Meanwhile, China's wheat imports soared by 80 per cent in the first four months of 2023 on the back of falling international prices relative to domestic values. Chinese ports discharged almost 6MMT of wheat from January 1 through to April 30, equal to 60 per cent of total 2021/22 wheat imports. April imports alone jumped 141 per cent year-on-year to 4.7MMT. Conversely, corn imports slid 54.6 per cent to 1MMT compared to April 2022.

According to Zheng Wenhui, a grain economy researcher at Guangdong South China Grain Trading Centre, the rising imports are due to an elevated level of optimism among Chinese processing companies around replacing domestically grown wheat with imported product in stockfeed rations. This has led to a significant increase in the import volumes of feed and lower-grade milling wheat from Australia. The events of the past two weeks will change the equation somewhat, maybe pushing the focus a little further up the quality spectrum for the balance of the year.

According to China's General Administration of Customs, 60 per cent of wheat imports in the January to April period were from Australia. Imports from Canada accounted for 19 per cent of the total, followed by France with 13 per cent and the United States at eight per cent. The Australian Bureau of Statistics export data for the December to March period, which should line up quite well, taking into account sailing time and port congestion, was 3.647MMT which corroborates the Chinese customs data.

China has also stolen the mantle of the world's biggest importer of wheat in the 2022/23 season (July to June), with the May global supply and demand update from the USDA putting them down for 13.5MMT, 41 per cent higher than the 9.568MMT imported in 2021/22. Egypt was the biggest importer last season at 11.256MMT, followed by Indonesia at 11.259MMT and then China in third place. The USDA currently has China dropping back to third place in 2023/24 with imports of 10.5MMT, but that is likely to be on the low side if the crop damage is as bad and as widespread as the quite sketchy Chinese reports are currently indicating.

Call your local Grain Brokers Australia representative on 1300 946 544 to discuss your grain marketing needs.

Low Carb Warming Carrot Ginger Soup

This is a super healthy, low carb soup with tons of flavor! ! It's also great for diabetics, those on a low carb diet or those wishing to add some awesome healthy ingredients into their diet in a manner that tastes great!!!

Ingredients

- 1 tablespoons Extra virgin olive oil
- 2 cloves Garlic (peeled and sliced)
- 1 Medium White Onion
- 2 inches Organic Ginger (fresh, peeled and cut into small pieces)
- 7 Organic Carrots (peeled and cut into chunks)
- 2 teaspoons Cinnamon
- 2 tablespoons Maple Syrup
- 4 cups vegetable Stock
- 2 cups Water
- add Lite Sour Cream (chives/for topping, optional)

Directions

- Heat olive oil.
- Saute garlic, onion, carrots and ginger about 5 minutes
- Add all other ingredients and bring to a boil.
- Reduce heat and simmer 25 minutes and serve



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday 11th June 2023

9.30am

Genesis Chapter 12 - Verses 1 –9

Romans Chapter 4 - Verses 13-25

Ellie Hall

**Matthew Chapter 9 - Verses 9-13 and
Verses 18-26**

Psalm 33

Church of Christ

Thursday 8th June 7.30pm

NO Bible study

Friday 9th June 3.15-4.30pm

Kids Club at Church of Christ Hall

Sunday 11th June 1.00pm

Worship service with Ian Kirk speaking

Sunday school during the service

Bible verse: Psalm 50.15

Call upon me in the day of trouble, I will
deliver you and you will honour me.



Seventh-day Adventist

105 Church Rd, Mt Walker

Saturday 10th June 2023

All most welcome

10.00 am Sabbath School-

Adult Bible Study

11.30am Combined Worship Service

Speaker: Pastore Ben

Any queries please contact:

Terry Ashmore 0427 907 119

Pastor Ben Townson 0403 053 288

Finally:

Be Still and Know that "I Am GOD"

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

**Mass Service only on the 2nd and 4th week
of each month**

Saturday, June 10th at 6.00pm

Reader: C. Harper

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

Dr Lines consults each day (Monday, Tuesday, Wednesday and Friday) from 8am to 1pm.

Thursday 8am to 12noon 1pm to 4.30pm

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 Narembeen Medical Centre

COMING EVENTS**JUNE 2023**

Wednesday	7th	School Assembly GOLF - Ladies - Stroke Captain's Trophy	9.10am 11.30
Thursday	8th	Autumn Club Bowls Meeting at Rec Centre	10.00am- 2.00pm 6.00pm
Friday	9th	Playgroup at Numbats Centre School Cross Country at Bruce Rock Darts: BK v Jets Magpies v MC Sharks Royals v Wizards	9.30am 9.30am
Saturday	10th	Church Men's Shed Football - NBN v Burracoppin at home Hockey - NBN v Burracoppin at home NETBALL - NBN v Burracoppin at home	9.00am
Sunday	11th	Church GOLF - Mt Walker - Par NB Golf - Mens -Stroke 2nd Qual.-Presidents Trophy Ladies— Par	
Monday	12th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed	9.30am 10.00am- 4.00pm
Tuesday	13th	Senior Citizens	2.00pm
Wednesday	14th	GOLF - Ladies S'Ford—M Miolini Trophy	

Editor : Sherrie Heather