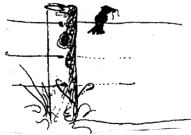


The Fence Post



Volume 24 Edition 81 05/07/2023 \$1.50

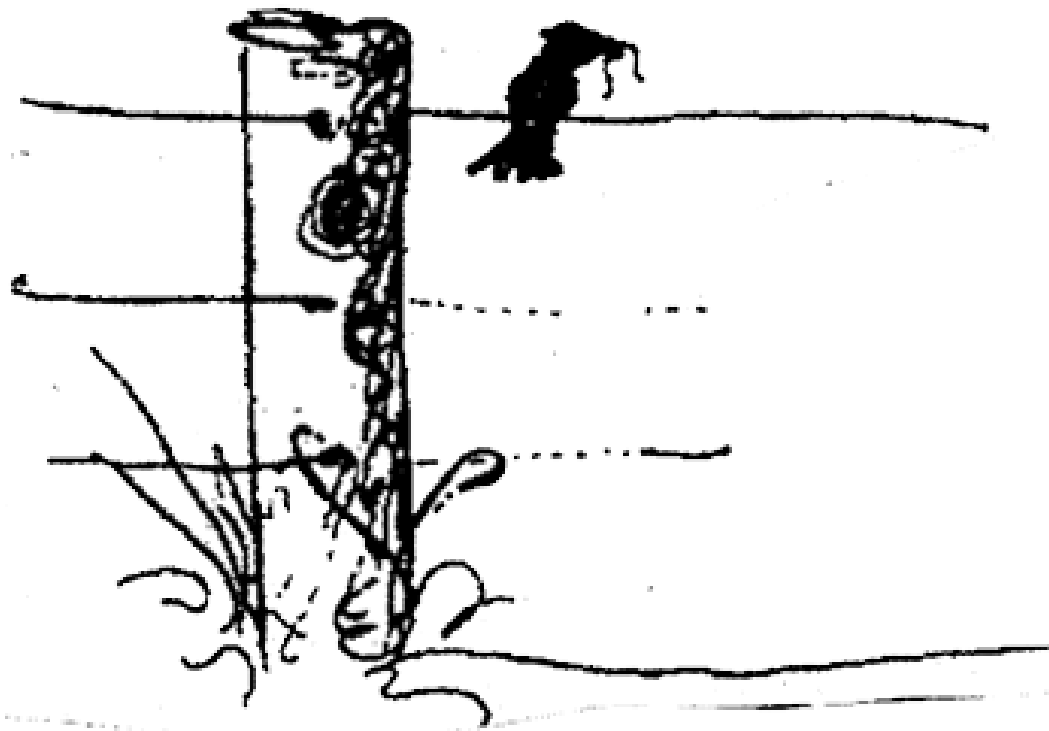
Voluntarily published in Narembeen

Registered by Australia Post Publication No PP 100002066

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

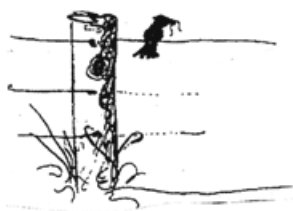
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The Fence Post - Informing the people of Narembeen since 1978

THE FENCE POST INC



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OFFICE HOURS: Tuesday 8.30am - 12.00pm

* DEADLINE 10.30 AM TUESDAY *

News items or payments may be left at the front desk of the CRC
when the Fence Post office is closed.

Advertising Rates 2023

	B&W	Colour		B&W	Colour
Small ads up to ¼ Page	\$10	\$15	One Third Page	\$15	\$25
One half Page	\$20	\$30	Two Thirds Page	\$25	\$40
Full Page	\$35	\$55			

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ANNUAL SUBSCRIPTION RATES 2023

DUE 1st March

Local & Online \$66

Mailing \$110



Online payments: BSB 306-026 Account 543 1678

EDITORS

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

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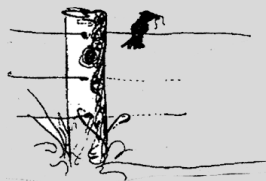
Date	Editor	Typist	Ads
11/07/2023	Lorraine Lethlean		
18/07/2023	Jodies Batty	Julie Miller	Sam Woodfield

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....

The annual migration for warmer climes is well under way, with people driving/jetting off hoping to find sunshine. Some have gone for school holidays and some have discovered life is good in retirement exploring the world or just the Australian 'backyard'. With it being so cold who could blame a person for heading somewhere warmer !

The exciting part is hearing of all the wonderful places people adventure to. Two local ladies have just returned from discovering the food and history of Italy/Tuscany. ...hard work but someone has to do it ...

Rhonda Cole has been to Port Lincoln to celebrate daughter Bonnie's 40th. Very cold and wet but the such a beautiful city. The fresh oysters helped ease the pain, especially those served with gin and marmalade (absolutely recommended !)

Mr Chick has been living it up at The Ashes to start his tripping. Speaking of which how controversial has the 2nd test ended up being ? A perfectly legal stumping that almost looks like it could be an international incident .

Best wishes to Tyson from the Post Office who has been unwell. He is very much part of our network in helping to distribute The Fencepost. We hope to see him back on deck soon .

A thought for the day (taken from the C of C notice) : "Anxiety weighs down the heart, but a kind word cheers it up ".

The SOCK message continues to be seen through out the media. This is still poignant and has lost none of its importance in needing to be heard and grasped.

Quieter time in the old town this weekend with a bye for netball, hockey and football.

Jump Back Up July 2023

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

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

7 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

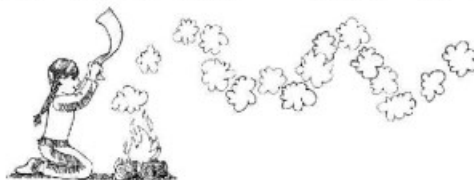


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NEW CRC COORDINATOR

Following a lengthy recruitment process, we are delighted to announce that Kellie Mortimore has been appointed as the temporary CRC coordinator to cover Vanessa's impending maternity leave.

As the current Shire President, Kellie is well-known throughout the community and she is deeply familiar with the Shire's operations – we have no doubt that the CRC will continue to deliver exceptional service to the community under her management.

In accordance with the Local Government Act 1995, Kellie cannot be an employee of the Shire whilst she is a Councillor, so her employment will commence from Monday the 23rd of October 2023 following the elections on the 21st of October 2023.

On behalf of the Councillors and staff at the Shire of Narembeen we would like to take this opportunity to thank Vanessa for her tireless dedication as the CRC coordinator.

Vanessa has always worked towards doing more for the community, and the results speak for themselves; the Narembeen CRC stands out amongst its peers, with events such as SOCK Week and the Ladies Long Lunch reaching beyond just our district.

We wish her all the best for the future and look forward to her eventual return.



NAREMBEEN GOLF CLUB OPEN DAY



Narembreen Ladies 4 BBBB

Friday, 14 July 2023

Morning Tea: 10am | Hit off: 11am

\$30 per person | Entries close, 9 July 2023

Lunch & Afternoon Tea Provided

Novelties on all holes

Nominations: Noela Cole 0429 647 307

Player: _____ hcap _____ G/L _____ Partner _____ hcap _____ G/L _____

Player: _____ hcap _____ G/L _____ Partner _____ hcap _____ G/L _____

Come along and enjoy a great day of golf!

Sponsored by the DeLuis Family

NAREMBEEN GOLF CLUB INC

B.C. CUSACK CUP

SATURDAY, 15 JULY 2023

* MENS INDIVIDUAL STABLEFORD *

\$30 PER PERSON

NAMES IN BY 11:30AM - HIT OFF 12PM SHARP

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BEHIND THE GOALS

01/07/23

Narembeen Juniors 4 def Bruce Rock Juniors 0

On Saturday we played hockey against Bruce Rock. We followed Chase Smoker onto the field as he was our captain this week. We cheered for Maxy for being our goalie, for the first half he didn't let Bruce rock score any goals. Bryce was our goalie for the second half. We played well and did good passing. We scored 4 goals. Chase, Chloe, Immi and Aden scored them. When the whistle rang at the end we did three cheers for Bruce Rock. Well done team.

(Harrison Thorn)

Narembeen B Grade 5 def Bruce Rock B Grade 0

Narembeen A Grade 4 def Bruce Rock A Grade 1

After a chilly few weeks the weather gods turned it on for us on Saturday with the sun out shining! It was amazing atmosphere out on the turf as we love playing the Bruce Rock ladies.

After a couple weeks off you'd think we would be pretty rusty, but on the contrary we came out with a bang! Two goals in the first quarter from Cloe and Mik saw us buzzing. Maddie Della scored a ripper from a pass from Em on a short in the second which lifted our spirits even further. Another goal from Mik in the third sealed the deal as Bruce Rock only scored one against us thanks to our Best on Ground goalie extraordinaire Mads Noack. She was diving and sliding all over the place and nearly even mastered the splits at one point!

Thanks heaps to Fabs, Kim and Carissa for helping us out and all playing a cracking game! Overall, the game was a real team effort and we had a lot of fun out there.

Team: Mads Noack (G) Emma Miolini (Coach) Maddie Della Vedova, Gina Cheetham, Bonnie Smoker, Cloe Moriau, Kylee Slade, Mikaela McCall, Felicity Cowan, Georgia Miller, Hannah Kerse, Carissa Wanless, Kim Thorn and Fabs Gracia.

(Hannah Kerse)





Narembbeen Men 3 def Bruce Rock Men 1

This week we had the Adrian Smoker match against Bruce Rock. This match is always a good fight for both sides. Bruce Rock came out firing with the first goal for the game, off a short corner. We came back with a goal just before the end of the first quarter to go into the first break with scores level.

After the first break we came out hard and got another goal. Bruce Rock had a few entries in to the d with a couple of short corners but the defence managed to hold up. We went in to the half time break 2 - 1 up.

The start of the second half started much the same as the first. Again, Bruce Rock penetrating in the d but Narembbeen defence holding up strong. Bruce Rock did have a goal in the third quarter but was disallowed as a short corner was called and we all stopped play as it went in the net, then the corner was played out and was cleared from the D. Narembbeen got their shot passing going in the last quarter as Bruce Rock started to tire out. We managed to get a few more short corners but didn't convert with the final score 3 - 1 to Narembbeen at the end.

Well done to Jordan Sprigg for getting Best on Ground, with Gus Latham close runner-up. Thank you to Sasha Thomas for having a run with us as well. We hope the junior clinic you ran on Sunday went smoothly.

Goal scorers, Jordan Sprigg, Michel Smoker and Gus Latham.

(Josh Fuchsbichler)



MT WALKER GOLF NEWS

Was nice to see the sun out, which made hitting that white ball easier, although at times they saw the bush quite a bit. 😊

We are missing a few of our regular players due to injury or other engagements.

We wish them all the best in their recovery and look forward to seeing them back out playing again.

The winner of the day was Joe Wilson with 34 points, 2nd was Colin Ashmore with 31points, then Bevan Eyles with 30 points.

Novelty winners were NP#7 Merle Phillips LHO #9 Joe Wilson NP#11 Merle Phillips LHO#18 Joe Wilson

Like to give a special shout out to Joe Wilson, for all the work he's been doing around the course before he has his op next week.

The other boys have also been hard at work as well, and hopefully our course will be ready for our big day on the 6th August.

Thanks to all our sponsors. See you on the course.

Scribe Merlene Phillips



Answers to Spiritual questions with Pr. Benjamin.

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

**** *Why is there so
much suffering if God really
loves us?* ****

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

Mobile: 0403 053 288

Have a great day!

HISTORICAL SOCIETY HIGHLIGHTS

Apologies for last week when the wrong copy was submitted.

Rhonda Hickey.

HISTORICAL HIGHLIGHTS

Although the attendance at our meeting on June 19th was smaller than usual, the business was interesting and lively.

Members examined the ledger donated by the family of Jack and Mary Wilkinson. This record dated back to 1928. Thank you to Pat Lee for her offer of a baby's iron cot.

Unfortunately we do not have space or facilities to accept this item but we are always pleased to give thought to all offers. Neville Marsh offered by phone, some notebooks which had belonged to his uncle Wilfred Savage, who already features quite prominently in our museum for his exploits in the sandalwood story and prospecting. Neville hopes to attend the next meeting at which he will show the notebooks.

Lucy Lines will have a museum display at the Open Night at the school on June 21st. Lorraine Lethlean and Rhonda Hickey will attend. The Curtin University student will be in Narembeen on September 15th and will be shown the museums. Lorraine Lethlean is working hard on the overlay maps of Local Schools, J.S.Roe Campsites and Pioneer Wells. The Society received a photo of the old Narembeen Fire Truck which has been meticulously restored by the Bridgetown Museum which specialises in this aspect of our history. Unfortunately we are still unable to return to and arrange artefacts in the Old Church. There are issues e.g. with gaps allowing the entry of dust which need to be rectified before we can make the move. Signage is being arranged for the Yawerlin Well.

Chris and Peter Hogan from Perth called at the History Centre seeking details of the whereabouts of Chris's uncle Sandy Goicoechea, a Spaniard who farmed near the Humps arriving a century ago. This will be followed up when the Hogans visit again later in the year.

Our thanks to the Deluis family for pointing us in the right direction. Chris and Peter were most interested in the story in Seedtime and Harvest regarding Sandy. Once again this is an illustration of the need and the benefits of recording our history. The other request was from a relative of Tony Eloff, a Macedonian who arrived in 1925 Tony worked for a time clearing for farmers and was later employed by the Shire. He was responsible for planting many of the trees around the town and also planted the original Bowling Club lawns. He owned the block next to the home of Lorraine Lethlean/Warren Milner which is now owned by them. No doubt he would be happy to see the trees and other plants which are flourishing there.

Both these gentlemen feature in Seedtime and Harvest and make for very interesting reading.

Our next meeting is planned for Monday July 17th at 2pm at the History Centre. Please join us.



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Authorised by Rick Wilson MP, Liberal Party of Australia, 101 Albany Highway, Albany WA 6330.



Narembeen Golf

Well, the "Queen Of The Grass" Sheree Thomas, had her coronation on Sunday.

Playing par, she had a wonderful +5 to break that 45 handicap to 43. Congratulations, especially as the "Head of the Grass" aka H.O.T.G. didn't put in an

appearance. Close behind was Kellie Mortimore with a +4 and her handicap went to a 39. Great to watch. Darien Pascoe came third with a -1 and Anita Cowan -2. These longer handicappers are getting their game together! Another newbie, Amy Hardham, got her final handicap card in and she can hit the ball as well, as she picked up best 2nd #12. Joan Cusack won NP #2.

The men also played a par for Karl Browning's trophy. It made him come -yes! Another player showed everyone up. Congratulations Marty Farrell with a +5. Another great score and a handicap breaker to 23. Tim Cusack was R/p with +1, followed by Brian Cusack square (also moving back to a 12). Maybe there was a very happy threesome at the Cusack shed on Monday morning. Good scores were Pete Cowan and John Currie -1 and Paul Wanless, Damon Hayter and Garrick Yandle -2. Sam Bald got the Long Dong #1, Best 2nd #6 as Garrick and David Pollard picked up the Best 3rd #11 and NP #15. These results didn't go down well with Stephen Padfield who went down with cramp at the thought of paying Brian and John a ball.

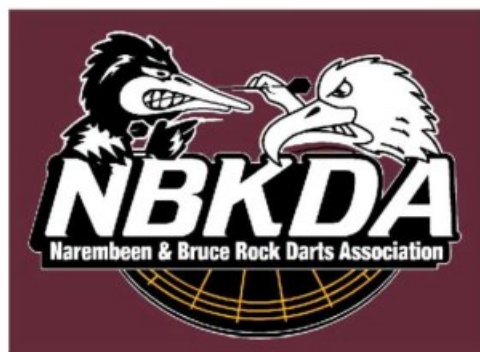
On a freezing cold Wednesday, a small cohort of women played the Foursomes Championship. Hitting off at 9am was very challenging but they rose to the occasion. Winning the gross was Anita Cowan and Noela Cole from Miranda Noack and Kellie Mortimore who also picked up the nett. Anita and Noela had the least putts and Best 3rd #10, LLSH #7 was Sheree Thomas and Maxine Miolini.

A reminder that

- **Ladies Open Day is a 4BBB on Friday the 14th June.**
- **B C Cusack Cup- a individual stableford on Saturday 15th June.**

Many, many thanks to our wonderful sponsors Ramelius & Narembeen Shire & Go Narembeen Community Fund, Elders Narembeen, Planfarm, BC Cusack & Co, DeLuis Family, Agworld, Repacholi Air, Liberty Rural, Varley Transport, Narembeen Engineering & Steel, Total Ag Narembeen, Hutton & Northey, Afgri Narembeen, Jason Bow Adviso, Cleo Martin WFI, RSM Merredin, Viterra Australia, Narembeen Hardware, Narembeen Tyre Service, S & C Padfield, N&B Cole, Hannaford- S&E Miller, Three-o Two, IGA Narembeen

NAREMBEEN & BRUCE ROCK DARTS ASSOCIATION



INVITATIONAL PAIRS Saturday 8th July 2023 from 4pm at the Merredin Club

Board 1 Sponsor



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

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

NAREMBEEN AND BRUCE ROCK DARTS ASSOCIATION



Results from William Morris International - LAWD Round 3 Week 4

Played Friday 30th June 2023

WIZARDS 3	Lost to	JETS 8
BRUCE ROCK 5	Lost to	MAGPIES 6
MC SHARKS 5	Lost to	ROYALS 6

League Ladder

TEAM	PLAYED	WON	LOST	LEGS FOR	LEGS AGAINST	LEGS DIFFERENCE	POINTS
ROYALS	14	10	4	80	74	6	20
WIZARDS	14	9	5	90	64	26	18
MC SHARKS	14	9	5	89	65	24	18
MAGPIES	14	8	6	76	78	-2	16
JETS	14	4	10	63	91	-28	8
BRUCE ROCK	14	2	12	64	90	-26	4

HIGH AVERAGES (50+)

GAVIN BROWNLEY (76.56); KRIS HAYDEN (73.44); VINNIE McCracken (68.80); JUSTIN WATTS (67.43); JOSH IRVING (65.41); RUEBEN HAYDEN (59.43); DEAN BUTLER (54.65); DEAN BUTLER (54.65); TOM LATHAM (53.83); STEVE McCONACHY (52.90); KEITH BUTLER (50.52); RHYS COUSINS (50.00)

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

JEIKWJUAN BROWN (-,16,-); ANDREW NATION (-,2,-); DEAN WHITLEY (-,8); MIKE DARBY (2,-,2); KEITH BUTLER (-,14,2); DEAN BUTLER (-,6); LINDSAY HILL (-,12); JASON MASHFORD (58,-,32); RUEBEN HAYDEN (-,8); **VINNIE McCracken (-,79,2)**; GAVIN COLE (-,30); MAL HIGGINS (30,-,-); GAVIN BROWNLEY (48,-,58); DAMIEN BOW (-,4); SHANE BUTLER (-,54,-); ROSS FERGUSON (-,40,-); GRAYDON DAWSON (-,16); JUSTIN WATTS(20,12,36); DALE McKINNON(-,20); KRIS HAYDEN(-,20); JOSH IRVING (-,32,-); JUSTIN IRVING (-,6); DANNY GRAY (-,10); TOM LATHAM (5,-,15); RIHARI GREEN (-,32,-)

HIGH SCORES (101+)

(162) PAUL HUTTON; (150) MIKE DARBY; (140) JEIKWJUAN BROWN, KENNY WOLFENDEN, KEITH BUTLER, DEAN BUTLER, JUSTIN WATTS, KRIS HAYDEN, VINNIE McCracken, DAMIEN BOW, ROSS FERGUSON, GAVIN BROWNLEY & JOSH IRVING; (129) KALEB ROISSETTER; (125) DALE McKINNON; (123) RIHARI GREEN; (121) MICK HAYDEN; (120) LINDSAY HILL & TOM LATHAM; (116) DANNY GRAY (114) JASON MASHFORD; (105) STEVE McCONACHY

100 CLUB

(3) VINNIE McCracken, GAVIN BROWNLEY, KALEB ROISSETTER & TOM LATHAM; (2) RUEBEN HAYDEN, DEAN BUTLER, KRIS HAYDEN, JUSTIN WATTS, JOSH IRVING & RON ROJAS; (1) MIKE DARBY, LINDSAY HILL, STEVE McCONACHY, ROSS FERGUSON, CRAIG ROISSETTER & RHYS COUSINS

BEST OVER AVERAGE

JUSTIN WATTS (+13.36); KRIS HAYDEN (+12.96); JOSH IRVING (+9.67); TOM LATHAM (+7.99); PAUL HUTTON (+7.90); JASON MASHFORD (+7.66)

THIS WEEKS FIXTURES

Friday 7th July 2023, 'Game On' 7.30pm

Royals v Magpies at Narembeen Workers Hotel, Bar & Bistro

Jets v MC Sharks at Bruce Rock District Club

Wizards v Bruce Rock at Narembeen Club

Narembeen & Bruce Rock Darts Association Invitational Pairs Saturday 8th July 2023 from 4pm
at the Merredin Club, Thanks to our Board Sponsors
Sportrophy Midland Brown Shearing

All players wishing to be considered for Selection for the South Centrals (Minimum Qualification is to have played FIVE (5) Home & Away Games this Season) please let us know via email nbkdartsassociation@outlook.com, Messenger, Text or write Names on Back of White Copy of Score Sheet



Hon Mia DAVIES MLA
Member for Central Wheatbelt

MEDIA RELEASE

SMALL GRANT FUNDING ROUND ANNOUNCED, DAVIES

30 June 2023

Thirty-four community groups across the electorate of Central Wheatbelt have been announced as part of the seventh round of the small grant round funded by local MP Mia Davies MLA.

Mia's Local Hero Grants was established in 2020 and has delivered \$51,350 in small grants to 256 community groups over the 7 rounds.

Ms Davies said the grants were designed to help support local groups deliver small projects or go toward events that would benefit the community.

"These grants are small, but meaningful, and we try to keep the criteria and application process as simply and straightforward as possible," she said.

"There are so many people who volunteer and work hard to support and enrich our local communities and this is my way as local MP of saying thank you."

In the latest round there were 40 applications for funding, and successful applicants could receive a grant of up to \$200.

"Cost of living increases, the price of services and materials going up and pressure on volunteers are all issues raised with me regularly," Ms Davies said.

"These small grants are just a small gesture to support the hard work, passion and commitment of those that are giving back to their community."

Successful applicants this year include contributing toward the cost of bringing a qualified swim instructor to Mukinbudin for the Swimming Club, purchasing photography light display boxes for the Narembeen Historical Society and personal protective equipment for the Pingelly Youth in Emergency Services Cadets.

"I am delighted to have assisted in the purchase of new trestles for the Nungarin Wheatbelt Markets as the Committee celebrates their 25th anniversary this year," Ms Davies said.

"And new roller-skates for the Wylie Roller-skating team takes me back to my own childhood.

"York & District Archery Club hosted a 'come and try' day in June, and the Quairading Ladies Hockey Club will purchase new equipment to assist in development training."

Ms Davies said the funding was always well received and encouraged groups that hadn't applied to watch out for the next round later in the year.

For media enquiries please contact Mia Davies on 9041 1702 (Merredin office) 9622 2871 (Northam office) or email mia.davies@mp.wa.gov.au.

mia.davies@mp.wa.gov.au

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THE NATIONALS for Regional WA

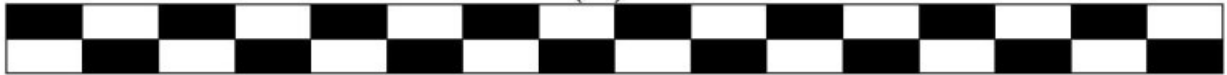
MIA'S LOCAL HERO GRANTS: Round 7 – June 2023	
Bruce Rock Bruce Rock CRC	Purchase new disco equipment
Corrigin Corrigin Agricultural Society	Purchase new disco equipment
Kellerberrin Kellerberrin Junior Football Club Kellerberrin Riding and Pony Club Doodlakine Community Committee	New playing jumpers To assist with event costs Support the centenary of Doodlakine Hall event
Kondinin Kondinin CRC Kondinin Lions Club Hyden Swimming Club	Purchase art supplies Funds toward upcoming 50-year celebration Team shirts for volunteers & swimmers
Koorda Koorda CRC	Subsidising lunch costs for Bingo
Mt Marshall Beacon Primary School P&C	Purchase sandwich maker
Mukinbudin Wilgoyne Christmas Tree Mukinbudin Jnr Football Club Mukinbudin Swimming Club Mukinbudin Basketball Main Street Gallery	Assist with purchase of new BBQ Purchase training vests and cones Bringing a Qualified Swim Instructor to the Club Purchase new team singlets Purchase new photo frames for displays
Northam Baidyn Matthews Northam Hospital Auxiliary Northam Community Men's Shed Silver Wings Senior's Club SMYL - Northam	Assist with expenses for competing in speedway Purchase new kiosk chair for volunteers Funds for hosting upcoming Open Day Purchase wool for charity projects Support for NAIDOC event
Narembeen Narembeen Historical Society Narembeen Snr Citizens Social Centre Narembeen District High School	Buying photography light display boxes Purchase of new equipment Assist with costs of new flagpole
Nungarin Nungarin Wheatbelt Markets	Purchase new trestle tables for market days
Pingelly Pingelly Youth in Emergency Services Cadets	Assist with PPE for Cadets in training
Quairading Quairading Playgroup Quairading CRC Quairading Football & Netball Club Quairading Ladies Hockey Club	Funding Interactive Parenting Workshop Replace vacuum cleaner Assist with installation of electronic boards Equipment for development training
Trayning Trayning Primary School P&C	Purchase of sand for new playground
Wickepin Wickepin	Face painting at Christmas Tree
York York & District Archery Club Wildflower Society of York	Assist with costs of Come and Try Event Assist the purchase appropriate tools



POLICE NEWS

Narembeen Police Station, 7 Longhurst Street, Narembeen, WA 6369

Phone: (08) 9045 6050



Hello,

Hope everyone is well.

We received a report of a stolen blue 2021 Yamaha PW50 off road motorcycle from a property on Kondinin-Narembeen Road, Narembeen.

The theft occurred in March / April this year.

Please report any suspicious activity to us on 131444.

A stock photo of the motorcycle is below on the left. The actual stolen bike is below on the right.



We had the pleasure last week of participating in lots of activities during SOCK Week. We were involved in the colour run, a heavy haulage action, road safety talk, Fluro sausage sizzle, positive driving awards and the finale at the Recreation Centre.



The Road Safety message was truly on show.

Thank You to the Narembeen CRC for organising the week.

Please remember to continue do the right thing on our roads and drive safely, particularly during this school holiday period.

Stay Safe out there

Kind Regards

Narembeen Police

CARNARVON WOMEN'S REFUGE RECEIVES DONATION FROM NAREMBEEN AUTUMN CLUB

On their recent trip to Carnarvon Glenis and Lou Maringoni delivered blankets, teddies and beanies to the Carnarvon Women's Refuge. They met up with Andrea Musulin (will be remembered for her visit to Narembeen last year), who then took them on a tour of the Centre.

Lou and Glenis Maringoni with Andrea and Women's Refuge Support Worker



Message from Andrea: Just wanting to send you a photo of the blankets and to advise that I will be contacting the newspaper this week and also placing an article on our FB page and Website under Events. Thanks again your generosity is very much appreciated

Kindly,

Andrea,

Managing Director, CFSS WA LTD



Kaylor Andrews
Regional Education Officer – Wheatbelt
Cancer Council Western Australia
Kaylor.Andrews@cancerwa.asn.au



GO DRY THIS JULY AND RAISE FUNDS FOR CANCER COUNCIL

You'll be helping Cancer Council
fund their vital
13 11 20 Information and Support
Service in your local community.



Sign up to support Cancer Council this
Dry July. To find out more visit
www.dryjuly.com/cancercouncil

- Go alcohol free in July
- Ask family friends & workmates to sponsor you
- Funds raised assist those affected by cancer
- No minimum fundraising fee



HEALTHY SWAPS WHEN EATING OUT

With the mid-year school holidays upon us and group outings being planned, why not try some tips by exploring our [LiveLighter](#) tips assisting us to make healthier choices and enjoy eating out? Whether it's take-away, dine in, or restaurant meals, they are often high in sugar, saturated fat & salt. Food outlets often serve up more than meal sized portions + include high kilojoule drinks that are bad for our health. Healthier choice tips to assist us all in making healthier choices and enjoying eating out can be found here:

Healthier take-away lunch options

SWAP THIS....



FOR THIS...



Visit: <https://livelighter.com.au/eating-well/healthy-eating/healthy-swaps-when-eating-out>

Find Cancer Early – Are you experiencing any unusual symptoms?



If you notice anything that is unusual, it is important to seek advice from a trusted health professional, such as your doctor, clinic nurse or Aboriginal health worker.

Being aware of the early symptoms and taking action can save lives and prevent cancer from spreading to other parts of the body.

Often when people decide to make an appointment, lots of questions & concerns pass through their mind.

Remember - health professionals are there to help you. Don't be embarrassed to let them know about any unusual changes. There is **NO** reason to put things off. You know your body better than anyone else. It may not be cancer – often turning out to be something less serious.

The earlier cancer is found the greater the chance of successful treatment.

For more information including responses to commonly asked questions, visit
<https://www.findcancerearly.com.au/find-it-early/tell-doctor-aboriginal-health-worker/>

For Cancer information and support call 13 11 20



Narembeen Community Resource Centre

Narembeen CRC Update

Hello everyone!

Last week was quite busy for us with daily SOCK activities - for the SOCK media release please read the following pages.

This week is officially my last week before I go on 12-month maternity leave.

Excitingly Kellie Morti will be taking over this role from when her term as Shire president finishes in Mid-October.

I have enjoyed the past 7 years working for the Shire, 4 years as the CRC manager and am excited to see what the future holds.

I have every confidence in Kellie and the CRC staff and will continue to support them when and however I can.

Day to day operations at the CRC will continue as normal with all monthly activities such as the seniors movie, Morning Coffee Club and Story Time continuing and additional activities resuming from October.

I would like to thank the Narembeen community and Shire of Narembeen Council and Management for their ongoing support over the past 7 years and am looking forward to recommencing in this role to some extent at some point in the future.

But for now, thank you—I am sure you will still see me around.

School Holiday Activities

It is **NAIDOC Week** this week and we will be doing a 2-hour cultural tour to some of the local aboriginal sites in Merredin with local Elder Mick Hayden. Learn about the rich aboriginal history of

Merredin whilst enjoying the native bushland and views of the town.

Minimum numbers do apply. Numbers limited so please register your interest now!

The following week we will be showing a **movie**, so get your most comfortable bean bags out and head to the CRC for some pop-corn and juice.

Truck Licence

We still have some spots available for the truck licence happening in Mid-July. To register please contact the CRC asap. This will be the final truck licence for the year, so if you need it done prior to harvest please get in contact now.

CRC Memberships are now due!!



Please contact the CRC to renew your membership for the 2023-24 financial year.

Have a great week!

Vanessa King
CRC Manager

SOCK WEEK 2023

Monday 26 June - Sunday 2 July 2023

SOCK Week 2023 started on Monday, 26 June with the pool noodle activity. Year 5/6 students from the Narembeen District High School (NDHS) put some very important road safety messages using pool noodles along the fences of the school. The messages read DRIVE SAFE, DON'T SPEED, TAKE CARE & BE AWARE. Thank you to Miss Chitty and the Year 5/6 students for all their hard work in the cold!

The following day local police officer Adriaan and Shayne from the Wheatbelt Youth Policing Unit attended the school for a road safety presentation and Q & A. While the Year 5-9 students had the opportunity to ask questions, the PP-Year 3 students participated in a 'Pedal Party' - a fun way to learn about bike safety and how to stop, look, listen and think when crossing the road. Thank you to all the teachers involved for their hard work with this.

On Wednesday, guest speaker Michael from the Paraplegic Benefit Fund (PBF), shared his personal story with the Year 9 students challenging these young people to think about making the right choices now, before it's too late and educating them on the long-term effects of unsafe driving. Michael's life changed in an instant when as a passenger in his mate's car fun turned to tragedy and his mate lost control and hit a tree. Not wearing a seatbelt left Michael paraplegic.

On Thursday, Cycle Sense visited NDHS to deliver a bike education and safety workshop. During the 90-minute educational and interactive session, two AusCycling accredited coaches introduced students of all ages to the knowledge and skills required to ride safely in traffic and non-traffic environments and focuses on three key components of bike safety:

- Preparing to ride (understanding your bike, basic bike check, helmet and equipment check)

- Understanding how to ride (identifying the skills of riding, rules and etiquette of riding on paths and roads)
- Improving your riding (skill development and fitness)

In the evening, Rose Power—Regional Coordinator Road Safety and Drug Education Branch Statewide Services—visited the NDHS for a Keys4Life information session for parents and new young drivers.

On Friday, a special SOCK Story Time session, with special guest Izzy the Lizard from SDERA, took place at the local library. After singing, rhyming and reading road safety related stories, Izzy was teaching the kids how to safely cross the road. We concluded the morning with road safety related craft activities and face painting.

Since the SOCK week initiative started in 2017, FLUORO FRIDAY has been a significant part of the week long campaign. The message: Be seen and be safe with bright clothes and lights and reflectors when eRiding or cycling at night. It was awesome to see so many different business and other members of the public dressed in fluoro to support such a great cause. At the Narembeen District High School EVERY student was dressed in fluoro and they had a fashion parade where Student Councillors judged the best fluoro costume. The Narembeen police cooked a sausage sizzle, donated by our local IGA. A big THANKS to both!!

Following lunch, all students as well as teachers at the school participated in a colour run, they all received a SOCK t-shirt as well as yellow sunnies and bandanas. As they walked around the lake they were sprayed with yellow chalk. Thank you to all the volunteers who helped us out. The kids all had a great time!

In the evening, approximately 80 community members as well as volunteer emergency services came together at the Narembeen Recreation Centre where we heard from Jodie, also a guest speaker from the Paraplegic Benefit Fund. Jodie's life changed forever when she was struck by a car while cycling. The driver was over the legal alcohol limit, fatigued and using their mobile phone whilst driving. The crash left Jodie paraplegic.

This was followed by everyone gathering on the oval as we lit candles in memory for those we have lost.

Throughout the whole week, local police officers Adriaan and Dan were making the rounds through town issuing positive driving awards to drivers who were doing the right things on the road. Each day one person was awarded a gift voucher. Thank you to everyone who was doing the right thing and setting a great example.

Furthermore, we provided The Narembeen Co-Op with SOCK Cookies which were given out with each take-away coffee to promote to stop and take a break when driving. For each coffee purchased, the Co-op donated 0.50c back to the CRC for SOCK Week activities in 2024. In total the café sold 400 coffees during the week - that's \$200 for SOCK Week next year!! Thank you to the Co-Op for your donation.

With SOCK messages also on GWN and Triple M Radio, it is great to see SOCK and its important messages spreading nationwide!

This year, we had 15 other communities (Beverly CRC, Bridgetown Hub, Bruce Rock CRC, Corrigin

CRC, Cunderdin CRC, Gascoyne Junction CRC, Hyden CRC, Kalannie CRC, Kondinin CRC, Kununurra Neighbourhood House, Nungarin CRC, Quairading CRC, Toodyay CRC, West Arthur CRC and Trayning Primary School) who also ran SOCK Week activities in their community. We have loved seeing all the activities they have done and how they are raising awareness about road safety to their very own community. Thank you to each and everyone of you for supporting this important campaign.

Thank you also to the Narembeen police for their collaboration this year and organising the Main Roads Transport Inspection Wardens to visit Narembeen during SOCK to target heavy haulage vehicles to ensure road rules and safety requirements were being followed. 30 vehicles and 10 trucks were stopped: 17 RBTs. 6 Drug Wipe Tests. All negative. Main Roads Inspectors were pleased with that number of heavy vehicle inspections, they gave out a few cautions but most of the heavy vehicles were in compliance with the vehicle standard regulations. Good job Narembeen!

Thank you to everyone for participating and continuing to support SOCK Week. Although SOCK Week may be over for another year, we cannot stress enough the importance of road safety EVERY DAY. Please remember to do the right thing and drive safe!

Thank you to the Road Safety Commission who are our biggest supporter - this week could not happen to its extent without you.



SOCK WEEK 2023

Monday 26 June - Sunday 2 July

#SaveOurCountryKids



Upcoming CRC Events 2023

- Forklift Licence: Wed, 5 or Thurs, 6 July 8.30am
- Load Restraint Course: Fri, 7 July 8.30am
- School Holiday Activity - NAIDOC Week: Friday, 7 July 10.00am
- School Holiday Activity - Movie: Thur, 13 July 10.30am
- HR & MC Truck Licence: 16 + 17 July
- Morning Coffee Club: Wed, 19 July 11.30am
- Story Time: Fri, 28 July 10.30am
- Seniors Movie: Mon, 7 Aug 1.00pm



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



Naidoc Week Event

NJAKI NJAKI CULTURAL TOUR IN MERREDIN

Friday 7 July
Meet at CRC at 10.00am
Arrive home approx. 2.30pm

YEARS 1 & UP ONLY
20 KIDS MAXIMUM

Please RSVP to the Narembreen CRC
via 9064 7055 or
crcreception@narembreen.wa.gov.au

Registrations are required



SCHOOL HOLIDAY MOVIE

Thursday 13th July at
10:30am

Bring your bean bag and pillow

Come enjoy a movie and
popcorn at the CRC!!

\$5 per child

Please RSVP to the CRC via 9064 7055 or
crcreception@narembreen.wa.gov.au



July Birthdays



5th	Ted Cusack		
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	Simon VanViersen	Clinton Plumley
13th	Isla Wahlsten	Wade Needham	Ryan Hood

July Anniversaries



6th Ian & Kellie Mortimore

Weather sourced from Weatherzone			
DATE	MIN TO 9AM(°C)	MAX FROM 9AM(°C)	RAIN TO 9AM(mm)
Sat 01/07/2023	1.3	14.7	0.0
Sun 02/07/2023	1.7	16.0	0.0
Mon 03/07/2023	2.2	15.8	0.0
Tue 04/07/2023	6.4	12.5	4.8
JULY 2023 AVERAGE	26.2.9	14.8	
JULY 1997-2022 AVERAGE	5.4	15.6	
JULY 1997-2022 HIGHEST	13.0	23.5	
	30/07/2001	27/07/2020	
JULY 1997-2022 LOWEST	-2.5	9.0	
	08/07/2013	01/07/2017	



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday 9th July 2023

9.30am

Genesis Chapter 24 - Verses

34-38,42-49, 58-67

Romans Chapter 7 - Verses 14-25

Ellie Hall

Matthew Chapter 11 - Verses 15-30

Psalms 45

Church of Christ

Thursday 6th July 7.30pm

Bible study at N. Hooper's place

Word for the evening 'Punishment'

Sunday 9th July 10.00pm

Worship service with

Sunday school during the service

Bible verse: Proverbs 12.25

Anxiety weighs down the heart, but a kind word cheers it up.

Seventh-day Adventist

105 Church Rd, Mt Walker

Saturday 8th July 2023

All most welcome

10.00 am Sabbath School-

Adult Bible Study + Children's Program

11.30am Combined Worship Service

Speaker: Pastore Ben

Any queries please contact:

Terry Ashmore 0427 907 119

Pastor Ben Townson 0403 053 288

Finally: Kindness is difficult to give away because it keeps coming back.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

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

Saturday, July 8th at 6.00pm

Reader: E Bailey

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

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 Narembreen Medical Centre

COMING EVENTS**JULY 2023**

Wednesday	5th	GOLF - Ladies - S'ford –D Miolini Trophy	
Thursday	6th	Autumn Club	10.00am - 2.00pm
Friday	7th	Playgroup at Numbats Centre Darts: Royals v Magpies Jets v MC Sharks Wizards v Bruce Rock	9.30am
Saturday	8th	Church Men's Shed Football - Country Football Championships Hockey - Bye NETBALL - General Bye GOLF : Ardath Open Darts : Mdn Club Invitational Pairs	9.00am 4.00pm
Sunday	9th	Church GOLF - Mt Walker - NB Golf - Mens -Stroke 4th Qual Rd.-Captains Trophy Ladies— Par Ardath Open cont.	
Monday	10th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed	9.30am 10.00am - 4.00pm
Tuesday	11th	Senior Citizens (in recess for July)	2.00pm
Wednesday	12th	GOLF - Ladies - Stroke C. Padfield Trophy	

Editor: Sherrie Heather