

The Fence Post



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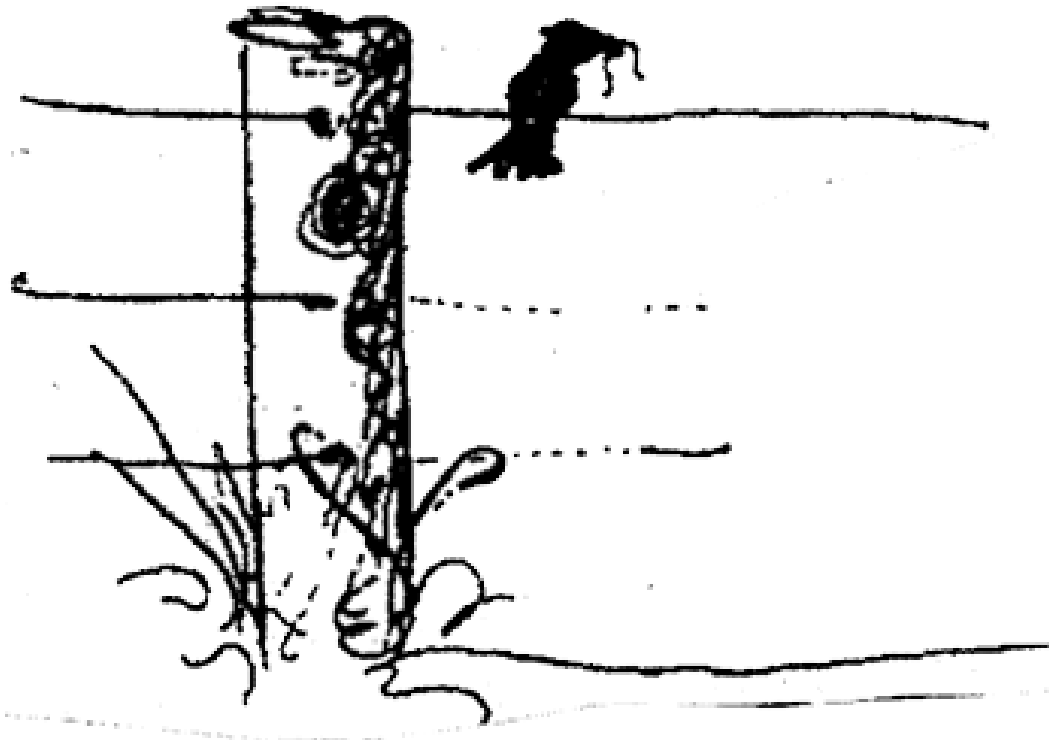
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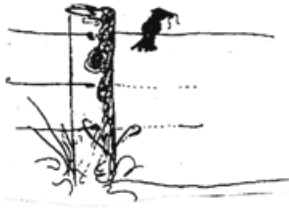
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The Fence Post - Informing the people of Narembeen since 1978

THE FENCE POST INC



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Ph: (08) 9064 7055

narembeenfencepost@outlook.com

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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DUE 1st March

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Mailing \$110



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ROSTER

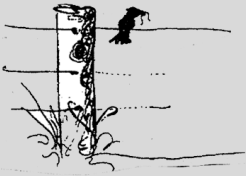
Date	Editor	Typist	Ads
14/11/2023	Jodie Batty	Sam Woodfield	Noela Cole
21/11/2023	Sherrie Heather	Julie Miller	Darien Pascoe

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 *Fencepost* Morning Tea to thank the CRC staff will be held on Tuesday 21st of November at 10.00am.

The *Fencepost* volunteers hold this morning tea every year to recognize the work (and help given) by the CRC in producing this valuable community publication 47 (?) weeks of the year.

We are looking forward to seeing many visitors in town this week for the Ladies Bowls Carnival. This will include Peg Currie (playing) and Madeleine Lange (spectating) from Mandurah. Madeleine (“Tuppy”), Sherrie’s and Kerryine’s Mum, will be able to get her own harvest/season update this week direct from the locals!

For those other ex-residents with an interest.... Harvest is well underway with the usual mixed bag. Our farmers do remarkably well with variable rainfall and frost challengers. Love your work feeding the world and the economy.

Congratulations to Narembeen District High School. As you would have read in last weeks edition, our school is a finalist for the ***Excellence in School Leadership*** award. We continue to be amazed as Narembeen School bats far above the pack. As an example of this, having listened to the School Captain, Zack Garlick, speak publicly on a number of occasions --‘Leadership ‘ and ‘Excellence’— absolutely no doubt to any of us ! We look forward to hearing the results.

COVID seems to have infiltrated our lives again. Please remember wash your hands, cough with care, consider those with vulnerable health and stay home if unwell . No body wants to live in a festy petri dishConsider others please .



BOWLS NEWS

The Men's pennants last Saturday was cancelled due to illness in Corrigin. This will be played at a later date.

On Sunday the men had a good attendance of 23 for social bowls – they played drawn pairs, sponsored by Elders and the winners were:

Greg Vaughan and Tony Miolini, the runners up were Damon Hayter and Kim Butler.

The Ladies played Championship Pairs, sponsored by Iris Bristow – the winners were Anita Cowan and Narelle Vaughan, the runners up were Julie Hayter and Darien Pascoe.

On Wednesday the Ladies Pennants winning streak came to an end, losing to Tammin.

This week they play Corrigin Blue at Corrigin

The Ladies Open Day is on Friday:

Reminder that setting up is on Thursday at 4pm

If anybody is interested in helping out on the day please phone Darien Pascoe - 0429 617 035

Coming up:

Friday 10/11 Narembeen Ladies Open Day

Saturday 11/11 Ladies - Tammin Open Day

Saturday 11/11 Men - Championship Pairs (12 Noon start), names to be in 6pm Friday

Sunday 12/11 Men – Championship Pairs continued (9.00am start)
Ladies - Social

Wednesday 15/11 Ladies Pennants Round 6 – Narembeen v Corrigin Gold at home

Saturday 18/11 Men's Pennants Round 4 – Narembeen v Corrigin at home

Sunday 19/11 Men – Bruce Rock 4's

Social at home

Ladies - Social at home

SUBS ARE NOW OVERDUE - \$160 Full - \$120 Pensioner - \$60 Social

BSB 306-026 Account Number 4179833

THANK YOU to our SPONSORS.

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Thanks to Gary, Chris and Jeremy for all your hard work getting these sponsors


Kaylor Andrews

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

November is Lung Cancer Awareness Month

Did you know?

Lung cancer is the third most common cancer affecting both women and men in Western Australia.

In 2019, 693 Western Australian men and 564 Western Australian women were diagnosed with lung cancer.

Common symptoms of lung cancer include:

- Coughing or spitting up blood (once or more)

Or, for more than four weeks:

- A new cough or change to your usual cough
- A lot of chest infections
- Finding it hard to breathe
- Losing weight without trying
- Not feeling hungry
- Pain in your chest and/or shoulder
- Feeling tired or lacking energy
- Changes to your voice, such as hoarseness or croaky voice

If you have coughed up blood, even if it was just once, it's important to tell your doctor, clinic nurse or Aboriginal health worker straight away.

If you have had any of the other symptoms for more than four weeks, tell your doctor, clinic nurse or health worker. It doesn't mean you've got lung cancer – often these symptoms turn out to be something less serious. But it's important to tell your health professional and get checked out to be safe.

If it is lung cancer, the earlier it's found, the earlier it can be treated.

For more information about lung cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.

LIVELIGHTER

Want to try out delicious and **healthy recipes**? There are hundreds of **FREE recipes** available on the LiveLighter website. Free meal plans are also available to download! Visit livelighter.com.au



Government of **Western Australia**
 Department of Health

Call us on 13 11 20
findcancerearly.com.au

New Ways November 2023

MONDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently



SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way



SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show



ACTION FOR HAPPINESS

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NAREMBEEN JUNIOR CRICKET CLUB

UPDATE



Last Friday night we played the Warriors. It was a ripper of a game. Jack Cusack was captain we won the toss and decided to bowl. We started off strong with our first pair bowling Jack Cusack and Toby Bald with Charles Robinson as wicket keeper. Jack came in bowling absolute Jaffa's. His second over was good, all the balls he balled landed on the pitch. Toby came in fierce and bowled so many balls at the stumps. Almost all the balls landed in a perfect spot and nearly hit the wickets so many times.

Noah and Parker came in with confidence. Noah, one of the two spinners on the team comes in and gets the batsmen scared of his fast spinners and he bowls perfect making the batters only score very few runs (9). Then Parker comes in and bowls some of the best deliveries I've ever seen in junior cricket they were straight for off stump.

Charlie and Spencer come in to bowl a lot of confidence just like last week and played beautifully and Spencer bowled all of them

Team: Jack C, Toby B, Noah S, Parker, Charlie, Spencer, Benji, Toby S, Theo, Charles, Lucas, Chase S.

Warriors beat Narem by 41 runs

This week we take on the Scorchers in Narembeen.

PLAYERS OF THE WEEK

Round 1: Paige Parsons & Charles Robinson

Round 2: Toby Bald & Jack Cusack

on the pitch which means he bowled no wides. Charlie came in with a fierce face he was ready to bowl anyone out but unfortunately the batsman was stopping all the balls.

Benji and Toby come in bowling textbook bowls most of them are straight on stumps these are probably the best ball I've seen them bowl. They were bowling Jaffa's left and right. They both nearly got wickets.

Charles and Theo come in with Theo bowling great bowls and Charles taking a nice two wickets. Theo was so close to grabbing a wicket. This is the best I've seen you boys do great job Theo you'll get a wicket next time.

Lucas and Chase came in and Lucas finding the right spot and bowling with a little pace helped prevent runs. Chace was the second and last person to get a wicket he also went home with two runs good job keep practicing.

Batting

Jack 8, Toby 23, Noah 11, Parker 6, Spencer 6, Charlie 7, Benji 7, Toby S 5, Charles 0, Theo -1, Chase 7, Lucas 3. Total score 82

This week was the first game for **Lucas, Benji, Chase S, Noah, Toby S** by Spencer Bald



SPONSORS

- O'Neill Mechanical Services
- Emu Hill Pastoral
- Cheetara Stud
- Bat & Ball
- 150 Square
- Wheatbelt Ag

An extra big thank you to BAT & BALL for providing us with bats, balls & pads for our games and training.



With a nasty bout of gastro going around Hyden, we have had a reschedule of Round 5 to this Sunday, 12 November. With the nasty bug also doing the rounds here... we are hoping that it stays clear of our pennants team and we can have a good hit. It will mean a double up of pennants this weekend, so get the ice baths ready Mt Walker!!

Due to this, the Singles Champs has also been bumped to the following weekend... don't forget to get your names in and your Italian dishes sorted.



COMING EVENTS:

- | | |
|-----------------------------|--|
| Saturday 11 November | Pennants Rd6 Kulin vs Mt Walker |
| Sunday 12 November | Pennants Rd5 Mt Walker vs Hyden 2 (reschedule)
Social from 3pm – BYO BBQ & Salad to share |
| Saturday 19 November | Pennants Semis |
| Sunday 20 November | SINGLES CHAMPS – Italian Dinner |

SUBS DUE NOW (Tennis Members)

Full \$120 Social \$60 Junior \$35

Please pay by cheque, cash or EFT to: Mt Walker Sports Club, BSB 066 518, Account No. 1017 1839

Use surname and initial as narrative

*** NEW MEMBERS WELCOME ***

Ladies Captain: Courtney Bormolini 0488 333 492 **Men's Captain:** Michael Morrone 0428 346 679 **Secretary:** Felicity Cowan 0428 191 083



Mt Walker 2023 Open Day

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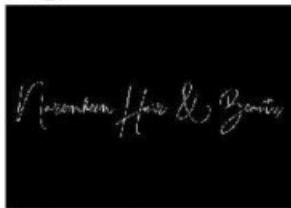
Dean Williams
Mobile: 0407 762 543
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Natalie Browning

(personal sponsor)



The 2022 Mt Walker Open Day saw old and new faces take to the courts for friendly competition. The day was once again a great success and we send a heartfelt thanks to our sponsors, without whom we couldn't run the day. We ended up with 64 entries and despite a few withdrawals due to illness, we managed to fill a few spots last minute, thanks to our captains Courtney and Michael.

Despite the ferocious temperatures, all entrants managed a very good heat and were thankful that the games were only 15 minutes and that the club had air con!!

Usually the Open Day occurs pre or only at the beginning of harvest, but this year due to the early start, the organisation put extra pressure on the committee due to the busyness of their businesses – a HUGE THANK YOU due to this; it is hard to organise such a big event from a header/kitchen/paddock during harvest, but everyone pulled together to make it a success. A terrific effort from our captains Courtney and Michael over the last week and especially on the day, and to Paul who's timing and whistle blowing kept us all to schedule. Michael and everyone who jumped into the captains' box on Sunday to ensure it all ran smoothly. A special mention to Karen and Carol who manned the bar for the whole day and whipped up the sought after PIMMS, and also to Shohan who cooked all week in the lead up to the Open Day and on the day, her side kick Nora and everyone else in the kitchen. It takes a whole club to run a successful event like we do every year – so a huge thank you to all members who helped out.

Men

A-Grade

Winners: Mitch Miolini & Jayden Hooper

Runners-Up: Dean Williams & Kyle Della Vedova

Wooden Spoon: Trent Davis & Jakob Nielsen

B-Grade

Winners: Brendan Maher & Kyran Starceвич

Runners-Up: Jack Cusack & Tim Cusack

Wooden Spoon: Liam Hickey & Colin Ogilvie

Ladies

A-Grade

Winners: Indi Miolini & Brit Duncan

Runners-Up: Courtney Bormolini & Maddi Noack

Wooden Spoon: Carissa Wanless & Kate Crees

B-Grade

Winners: Hannah Bald & Abby O'Neil

Runners-Up: Blair Fagan & Felicity Cowan

Wooden Spoon: Sari Wilson & Sapphire Gault

Ladies' A-Grade Champions



Ladies' B-Grade Champions



Men's A-Grade Champions



Men's B-Grade Champions



MONSTER GARAGE SALE

WHEN : Saturday 25th & Sunday 26th NOVEMBER, 2023

WHERE: 13 DOREEN STREET, NAREMBEEN

TIME: 08:00am to 1:00pm

ITEMS FOR SALE

FISHER & PAYKEL FRIDGE/FREEZER	BAR FRIDGE
SMALL UPRIGHT FREEZER	LINEN
CRAFT ITEMS	XMAS DECORATIONS
ANTIQUE FURNITURE & SUNDRIES	DOONA'S
T/V'S	LADIES & MENS CLOTHING
EUROPEAN PILLOWS	LOTS OF BRIC-N-BRAC
AND MUCH MORE	

Needed

Could anybody with photos of significance to the town of Narembreen or our local areas please send your snaps to us at narembreenfencepost@outlook.com.au in order that we may use them in our weekly publications.



**NAREMBEEN HISTORICAL SOCIETY (INC)
MEETING**

On: **Monday, November 20, 2023**
 Commencing at: **11.00am**
 At: **The HISTORY CENTRE (Road Board Building)**
 Lunch to follow at the Narembeen Hotel

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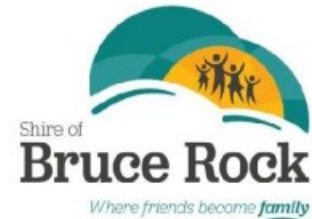
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- **Great lifestyle opportunity, living in a well-appointed and welcoming community.**

The opportunity

We are seeking to appoint an experienced Horticulturist to lead the Shire of Bruce Rock's Gardening Team, which is responsible for developing and maintaining the Shire's parks and gardens.

Essential requirements

- Extensive working knowledge and experience maintaining lawns; planning, developing and maintaining gardens; reticulation and other associated duties.
- Current driver's licence, class C or higher (HR).
- Enthusiasm, self-motivation and ability to lead a small team.

Employment conditions

- Permanent appointment upon completion of a three-month probation period.
- Conditions in accordance with the Municipal Employees (Western Australia) Award, Level 5 (\$25.44 per hour) to Level 6 (\$31.87 per hour), plus 20% over award allowance and industry benefits.
- Generous superannuation options (11% on commencement, plus employee contributions matched by the Shire up to 6%).
- One Rostered Day Off per fortnight.
- Housing negotiable, dependent on the successful applicant.

The location

The Shire of Bruce Rock is located just 245km east of Perth, in the Eastern Wheatbelt region. Bruce Rock has a district hospital, doctor, dentist and chemist. Other facilities include excellent educational centres, shopping amenities, and sporting and recreational opportunities.

How to apply

Please provide a written application including a covering letter outlining your suitability for the role, plus a CV detailing your work history and providing two recent work-related referees. Please mark your application as follows: "Horticulturist position".

You can post, personally deliver or email your application to:

<i>Post</i>	<i>In person</i>	<i>Email</i>
Shire of Bruce Rock PO Box 113 BRUCE ROCK WA 6418	Shire of Bruce Rock 54 Johnson Street BRUCE ROCK WA 6418	shenae.negri@brucerock.wa.gov.au

Applications close at 4.00pm on Friday, 10 November 2023.

Application package and more information

An application package and more information can be obtained at the Shire's website (www.brucerock.wa.gov.au) or by contacting Shenae Negri (on 9061 1377 or shenae.negri@brucerock.wa.gov.au).



SENIOR CITIZENS DINNER

The Narembeen Lions Club, together with Go Narembeen and the Shire of Narembeen annually host a Senior Citizens Dinner, this year to be held on Thursday December 7th.

The Dinner is to acknowledge the contributions that our Senior Citizens have made to the Narembeen community in previous years, and in most cases are still involved to enhance Narembeen.

Invitations will be mailed in the first week in November. We aim to get an invitation to all those eligible to attend. If you are a resident within the Shire of Narembeen and have attained the age of 65 we would be delighted to welcome you, and a partner, to the Dinner.

If you are new to Narembeen, recently gone past the 65 milestone, or did not receive an invitation last year, we are keen to hear from you so you can be seated at the Dinner. Please contact Lion Clarrie 0428 616042, Lion Greg 0429 463851 or Lion Ray 0427 161662.. Alternatively email narembeen.wa@lions.org.au Or for those who still favour post, Narembeen Lions Club, PO Box 26, Narembeen 6369.

Organising the Dinner draws on an extensive number of people, all volunteers, to create a very enjoyable evening, complete with entertainment, a delicious meal, and even a few drinks..

A decade ago we used to seat around 100 for the Dinner, but the past few years have seen a few less, with COVID a possible reason. We would be delighted if we could get back to three figures, so put a circle around December 7th for a great night out with your friends.

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PO Box 137, Bruce Rock WA 6418

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Bruce Rock WA 6418

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Robyn 0400 552 141

Fax: 08 9061 1194

ABN: 16 563 552 915

E-mail: rdkovac@bigpond.net.au

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and surrounds.



Contact Digby Slade

0428635055 or 9063 5055.



Narembeen CRC Update

Hello everyone,

This week we held our Seniors Movie with 3 gentlemen coming along who enjoyed the movie and the afternoon tea. They were promised choc tops and popcorn for the final movie of the year next month.



I met with the Town Team members and discussed an exciting project they have coming to the main street next year. These ladies do a power of work behind the scenes to activate those spaces in our town that are under utilised.

The girls in the office have been busy organising up and coming events—Christmas Storytime, Community Christmas Party and the Christmas Light Tour. All of these events will be lots of fun for the children and the whole family.



Leiyah has been studying hard and has almost finished her Cert III in Business. This is a great effort to finish well before the end of the year.

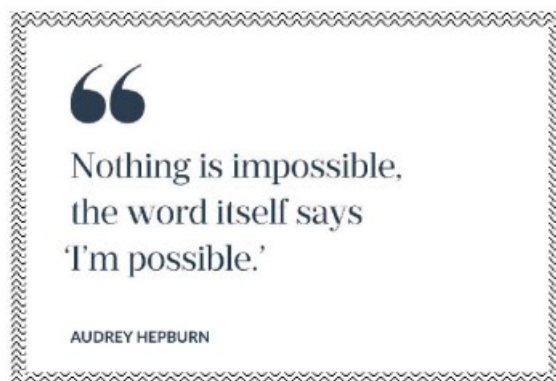
Georgia will now be handling most of the communications within the Shire. This will include the website, social media, electronic sign and harvest ban line.

Over 55 Luncheon

This event is one you will not want to miss. Have you ever heard of social prescribing? Here’s your chance to learn more about your health and wellbeing. Take greater control of your own health and lessen the impact of loneliness, isolation and mental ill-health. Social prescribing offers an innovative solution to many of our complex wicked problems. If you can spare 4 hours in your day please come along and support it. You will have a great day of food and laughter.

If you haven’t already please RSVP by the end of the week.

Kellie Mortimore
Coordinator



Upcoming CRC Events 2023

- Seniors Luncheon: Thu, 16 November, 10.00am
- Story Time: Wed, 29 November, 2.30pm (Note the new day & time)
- Christmas Street Party: Thu, 14 December
- Christmas Light Tour: Thu, 21 December
- Office Closure: Mon, 25 December— Sun, 7 January



  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

FREE

PLEASE JOIN US FOR

Over 55's
Health & Wellbeing
Luncheon

NOVEMBER

16

10AM - 2PM

NAREMBEEN RECREATION CENTRE

LUNCH PROVIDED
INTERACTIVE ACTIVITIES & GAMES
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PREVENTION TEAM & AMITY HEALTH
MEET & GREET WITH THE NEW DOCTOR

PLEASE RSVP TO THE CRC ON 9064 7055

PROUDLY BOUGHT TO YOU BY:





📍 1 Longhurst Street, Narembeen WA 6369 ☎️ (08) 9064 7308

🌐 narembeen.wa.gov.au

📘 @shireofnarembeen

✉️ admin@narembeen.wa.gov.au

The Door is Open

After seven weeks on the job, I have quickly adapted and embraced my role as your CEO. I am actively engaging with the community, which I consider Narembeen's most valuable asset. We face an array of challenges ahead, and I am fully dedicated to delivering quality services through the collective efforts of my team. Most importantly, we are here to listen. My door is always open, and I encourage you to get in touch to discuss not only your concerns but more significantly, your innovative ideas and insights. I am an enthusiastic advocate of promoting, sharing and collaborative efforts for the betterment of Narembeen.

Garden Design

We are looking for your ideas to make the garden at the intersection of Churchill Street, Currall Street and Latham Road more attractive. Do you have something in your garden that you think would grow here? Do you have a knack for small garden design or just like gardening? Waterwise would be even better. The only thing you need to be mindful of is the height of the plants as vehicles do need to see past it in most directions. You can drop your ideas in at the Shire office or email admin@narembeen.wa.gov.au.





Snap and Send

The initial impressions we create tend to leave a lasting impact. The Shire of Narembeen is committed to upholding an attractive appearance through the districts and counts on the community for support. You can contribute by notifying us of any maintenance or report needs as well as any safety concerns. Here is what we are interested in learning:

Public Buildings

- Cleanliness concerns
- Required maintenance and repairs
- Safety issues

Gardens, Parks, and Play Equipment

- Broken or leaking reticulation
- Required maintenance and repairs
- Safety issues

Roads

- Damaged or missing guideposts or signs
- Fallen trees
- Safety issues

How to report:

Take a photo and dispatch it to the Shire by either email or SMS, along with a concise description and location.



admin@narembeen.wa.gov.au



0428 647 312

Cramphorne Road

Construction efforts are ongoing, with the extension of culverts to accommodate the new 11-metre formation. Additionally, the formation of the 5km water table and road is now finished.



Rebecca McCall
Chief Executive Officer

CAKE STORE

All funds raised go to Ethan Stirrat's Charity - Hurt to Help

When: Friday 24th November from 9:30am - Main Street

All baked goodies would be so greatly appreciated

This is a great way for us as a community to support Ethan and his charity

Thank You

I would like to thank the volunteers of St John Ambulance, particularly Deb Hall, Michael Lethlean and Kyla Padfield, and the staff at the Narembeen Hospital who attended to me during my recent accident.

Narembeen is privileged to have such skilled volunteers and exceptional staff at the hospital.

Thanks for all the well wishes, phone calls and visits from family and friends. See you all shortly on my return to our amazing town.

Stephen Padfield

CLOSED

Thursday 16th November



NAREMBEEN AUTUMN CLUB

Autumn Club will be closed Thursday 16th November.

Opened as normal Thursday 23rd November

10am – 2pm

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



APPLICATIONS OPEN

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Birthdays

November



8th	Chris Padfield Sally Johns	Lee Hinkley	Jarron Noble
9th	Marcus Cheetham	Kelle Campbell	
10th	Keith VanViersen	Dylan Cole	
11th	Harry Cowan Matthew Bondi	Noel Schwartz	Angela Pollard
12th	Jamie Copeman	Ian McCombe	
13th	Dean Commons Ken Lethlean	Hazel Toovey Benjamin VanViersen	Ray Beacham Bryce Tyler
14th	Kathryn Federici June Sprigg	Chris Andrews Penny Humann	Jamie Wanless
15th	Brett Draper Trevor Cummins Russell Arnold	Jaessen Miller Rhys Hebbermann Brodie McCutcheon	Grant Welsh Kathy Horsman Kerryn Aird

Anniversaries

November



12th Michael & Coralie (Hunter) Palmer
13th Darryl & Sam Woodfield

Weather

Date	Min	Max	Rain
13.10.2023	9.2	26.7	0.00
1.11.2023	10.8	31	0.00
2.11.2023	12.8	31.4	0.00
3.11.2023	13.3	31.7	0.00
4.11.2023	15.2	32.4	0.00
5.11.2023	17.9	36.2	0.00
6.11.2023	12.5	35	0.00
7.11.2023	13.5	20.8 (??)	0.00

PLEASE NOTE: *The Fence Post* volunteers respectfully ask that to avoid upsets and or embarrassment, family and loved ones should please notify *The Fence Post* of any change of circumstance that may effect the Birthday/Anniversaries page published. Please advise specific dates to simplify the editing process. Contact details are on the front cover page of *The Fence Post*.



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday 12th November 2023

9.30am

Joshua Chapter 24 Verses 1-3 & 14-25
Thessalonians Chapter 4 - Verses 9-18

Eleanor Brayshaw

Matthew Chapter 25 - Verses 1-13

Psalm 78

Church of Christ

Thursday 9th Nov. at 7.30pm

Bible study at W&L Milner's home
Word for the evening is 'Repentance'

Sunday 12th Nov. 10.00am

Worship service with Sunday School

Bible verse: Proverbs 12:15

'The way of fools seems right to them,
But the right listen to advice.'



Seventh-day Adventist

105 Church Rd, Mt Walker

Saturday 11th November 2023

All Most Welcome

10.00am Sabbath School

Adult Bible Study
Children's Program (at the same time)

11.30 Combined Worship Service

Speaker: Pastor Ben "Jesus' incredible,
unconditional love for you."

Any queries please contact:
Terry Ashmore 0427 907 119

Pastor Ben Townson 0403 053 288

Finally: 'Nothing ruins the truth like stretching it'

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday November 11th

6.00pm

Reader: S Kerse

Sunday November 26th

10.00am

Reader: B Hickey

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: M Hall

Email: brucerockparish@gmail.com

FaceBook: Francis Mary Concepta Sacrament



COMMUNITY HEALTH INFORMATION



LIVINGSTON MEDICAL - PHONE 9064 7145

5/19 Churchill Street, Narembeen

Dr Livingston consults at the Surgery Monday - Friday from 8.30am to 5.00pm.
Also provides full emergency Doctor service to the Narembeen Hospital.

Please phone 90647 145 for an appointment or book through Healthengine or
www.livingstonmedical.com.au

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

November 2023

Wednesday	8th	Ladies Bowls Pennants Round 5 - CR Blue v NBN	
Thursday	9th	Autumn Club	10.00am- 2.00pm
		Mens's Shed	9.00am
Friday	10th	Playgroup at Numbats Centre Bowls NB Ladies Open Day	9.30am
Saturday	11th	Church Men's Shed Men's Bowls Championship Pairs Ladies Bowls Tammin Open Day Narembeen Tennis bye Mt Walker Tennis Pennants Rd 7 Kulin v Mt Walker Junior Cricket—Narembeen v Scorchers @ Home	9.00am
Sunday	12th	Church Men's Bowls - Championship Pairs cont. Ladies Bowls - Social Bowls at home Narembeen Tennis—Social @2pm Mt Walker Tennis—Singles Championship –Italian Night	
Monday	13th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed	9.30am 10.00am- 4.00pm
Tuesday	14th	Senior Citizens	2.00pm
Wednesday	15th	Ladies Bowls Pennants Round 6— NB v CR Gold	

Editor : Sherrie Heather