

The Fence Post

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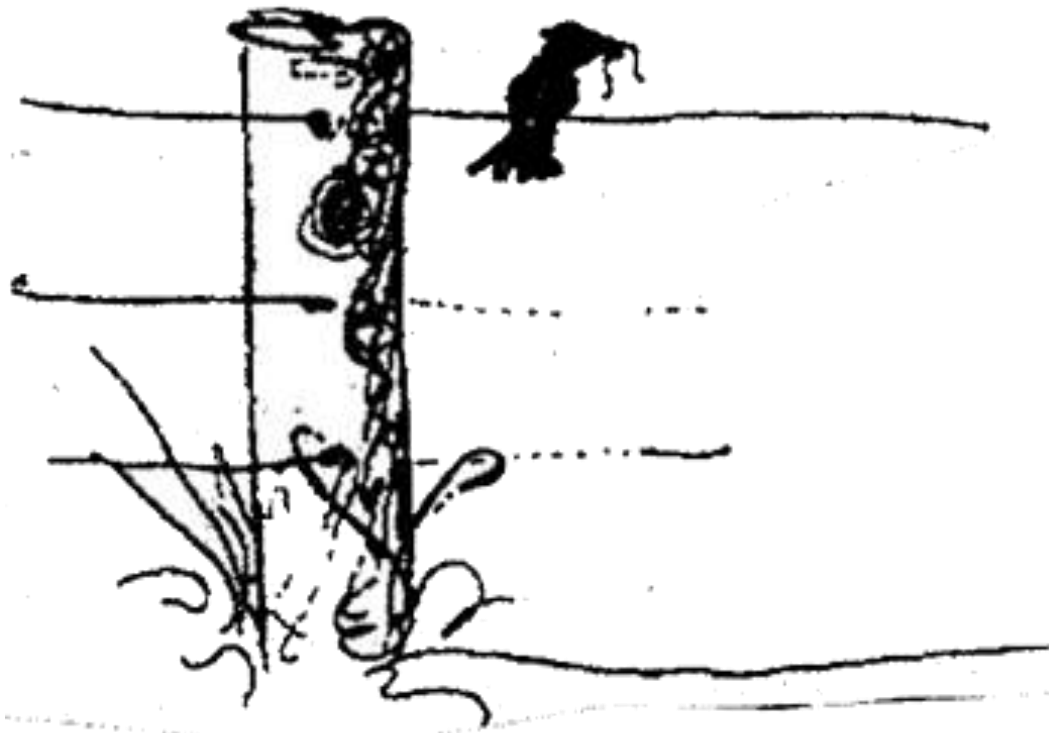
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The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembreen, WA. 6369

9064 7055

fencepost@westnet.com.au



*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

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

when the Fence Post office is closed.

Advertising Rates 2020

	B&W	Colour		B&W	Colour
Small ads up to ¼ Page	\$7.50	\$12.50	One Third Page	\$10	\$17
One half Page	\$15	\$25	Two Thirds Page	\$20	\$33.50
Full Page	\$30	\$50			

PREFERRED FORMAT-WORD, PUBLISHER OR PDF

ANNUAL SUBSCRIPTION RATES 2020

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EDITORS

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

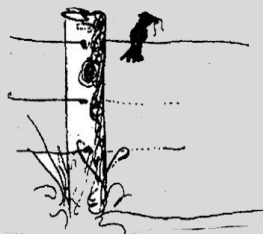


The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

Disclaimer

The views expressed in articles in this newspaper are not necessarily the views of the Editor or other volunteers who produce this newspaper.

The Editor has the right to withhold, edit or abbreviate any items.



Over the Fence....

* **FencePost subscriptions are due. If you've paid** then you will be getting your 2020 editions next week.



If you would like The FencePost **emailed** to you please send us your address. If you have paid for a hardcopy you will get the **email** copy complimentary!

We received a nice note from FencePost stalwart, Jane Gould today....

"Good morning Fence Post Ladies!
Just to let you know I have paid my subs online. Sorry, but I am one of those who still like the old fashioned written print! Look forward to every Monday morning (yes the mail is a bit slow!!), to coming home from the gym, grabbing a coffee, sitting out on my deck to catch up with everything that is happening in Narem.

We have now moved into our new home so could you please change the address.

What is Labour Day??

This is a holiday celebrated on different days throughout the different states Australia.

Its origins are thought to be the acknowledgement of the workers union movement.

Today in History

1852 - John Harvey Kellogg, inventor of the corn flake, is born.


1606 - Dutch explorer Willem Jansz becomes the first recorded European to land on Australia's shores.

1872 - The brig 'Maria' sinks off the coast of Queensland, Australia, with the loss of 21 by drowning and 14 by indigenous Australians.

1870 - Early American attempt at a subway, the Beach Pneumatic Transit, is opened to the public.

1935 - RADAR is first demonstrated by Robert Watson-Watt

Narembreen Weather

Day	Date	Max °C	Min °C	Rainfall (mm)
Tues	18th Feb	32.5		0.4mm
Wed	19th Feb	30.3	18.9	
Thurs	20th Feb	34.4	17.5	
Fri	21st Feb	32	18.0	0.2mm
Sat	22nd Feb	23.5	20.9	3.4mm
Sun	23rd Feb	33.1	16.7	>0.2mm
Mon	24th Feb	30.2	18.9	6.4mm
Tues	25th Feb		19.6	

Narembreen Medical Centre
U5/19 Churchill Street, Narembreen
Ph: 90647145



VISITING OPTOMETRIST
NEXT VISIT - Wednesday, March 11

If you have found it difficult to travel out of town to have your eyes tested Graham Shipway – Bunbury Optometrist will be visiting again in November.

Eye tests will be bulk-billed to Medicare (must have valid Medicare card)

A range of frames will also be available to choose from if required.

News NEWS NEWS news

Local

- Thunderstorms around the place
- Pre-season training has begun for the winter sports, football and hockey.
- The fundraiser-Swimming for Reading, was epic

Regional

Mt Marshall received up to 70mm of rain

STATE

The State Government has declared two more water deficiencies to help farmers through a sweltering dry spell.

WA Water Minister Dave Kelly announced this afternoon the Kukerin area, in the Shire of Dumbleyung, and Hamilton's area near Pingrup, in the Shire of Kent, are water deficient.

WAFarmers hits out at McGowan Government, accusing Labor's left wing of hijacking tougher penalties for vegan activists

The State Government could explore market intervention to determine a fair farm gate price for milk, provided the majority of farmers support such action.

The 50th anniversary of Australia's longest rail journey, the Indian Pacific coast-to-coast crossing, is being marked with special surprises along the way for about 230 travellers.

National

The Australian stock market dropped as did the world markets

Holden is no longer in Australia

DreamWorld inquest findings were released and they were found to have systemic failings in regard to safety.

Norwegian company Equinor has become the third major fossil fuel producer to abandon plans to drill for oil in the Great Australian Bight, saying it is "not commercially competitive".

An emergency flood declaration is declared for the township of St George in the southern inland as floodwaters continue to rise in south-west Queensland.

Kelli Underwood is a pioneer in AFL commentary and she is encouraging more women to follow her example and establish a career calling sport on radio and TV.

GLOBAL

The World Health Organisation (WHO) says the world must do everything to prepare for a potential coronavirus pandemic but insists it was premature to declare the outbreak a pandemic amid increasing fear of growing cases outside Asia. There have been a rise in the death toll through Europe.

The voices of the #MeToo movement hail the conviction of Harvey Weinstein as a victory for women who have gone public with allegations against powerful men.

Katherine Johnson, a mathematician for NASA's early space missions and who was later portrayed in the hit film Hidden Figures about pioneering black female aerospace workers, dies aged 101.

2020 GRAINS RESEARCH UPDATE



Friday, 28th February 2020

Kwinana East Zone

Merredin Regional Community and Leisure Centre

Hosted by: Merredin and Districts Farm Improvement Group

www.giwa.org.au/2020researchupdates

E: researchupdates@giwa.org.au

P: 08 6262 2128

 **@GRDCWest #GRDCUpdates**

grdc.com.au



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Waves Hearing Solutions
6161 3937

Corrigin Wellness Centre
5 Murphy Street, Corrigin, WA 6375



web: www.waveshearing.com.au | email: admin@waveshearing.com.au

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NAREMBEEN

RECREATION CENTRE



Heat & Dust Summer Carnival

It's almost the end of Summer, and that means our Heat & Dust Summer Carnival is soon to finish. Just 4 more events to go in the series – all thanks to Lotterywest – bringing our community together.

This Saturday we have POP magic – mystifying magic for all ages that will have you scratching your heads in the magic show; starting at 6:30. If you have kids aged between 5 and 11, book them into the magic workshop beforehand. Time to be confirmed, as our magician is in the UK, but I'm estimating it will be around 5pm. You need to RSVP for the workshop by Wednesday as kits are ordered for our little magicians. Parents, you will need to stay on the premise and little ones may need your help. You can BYO nibbles for the show.

The following weekend, it's the most talked about event in the Carnival – Barbie Q Drag Bingo. Big hair and BIG wit, Miss Q has been performing Drag for over 20 years and is sure to entertain. It's adults only! Please RSVP, so I'll have enough Bingo sheets. Yep, there's even prizes.

March 20 – we're reliving the 70's with ABBA and Jon Lennon taking to the stage.

March 28 – It's our final event – Screen on the Green - and it's a great way to finish off the Narembeen Triathlon. As the sun sets, bring out your bean bags and watch the latest new release of Dr Doolittle, starring Robert Downey Jr.

Regular News

Jackpot was missed by Holly Burns on Friday, but good news - our Jackpot hits \$550 this week, members be here to win! Mug of the week goes to Jackie Gray.

Don't forget to check out the special's menu on Friday – yep it's back on.

Raffle winners this week: Robert Hayter, Colleen Crowe and Fidgey. Remember, you have 4 weeks to collect your prize.

Our lost property in the kitchen and behind the bar is overflowing. All items will be donated to Dorcas Monday next week, so please come and collect your lost items.

Summer sports are coming to an end – if you want to book in your AGM or wind-up's give us a call. Your association fee includes free venue hire.

See you at the Rec Centre!



NAREMBEEN NETBALL CLUB

PO BOX 133
NAREMBEEN WA 6369

PRESIDENT: BRIT DUNCAN
SECRETARY: KELLY LYON
TREASURER: BEC GMEINER

0417 612 045
0427 647 635
0429 618 036

NAREMBEEN NETBALL CLUB

PRE-SEASON MEETING

Our Pre-Season Meeting is to be held at the
NAREMBEEN CLUB
TUESDAY 3RD MARCH
Commencing at 5.30 PM

All present and new players urged to attend.
Agenda items and apologies to Kel Lyon

Thanks to our many volunteers

In Narembreen

You receive wages in the form
of love,
perks in the form of hopes
and promotions in the forms
of blessings
– this is your reward for
volunteering with all your
heart.



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Contact Tristan Slade:
0457 008 084

tkslade@outlook.com



March 2020

Pray for Zimbabwe

World Day of Prayer

Wednesday 4th March 2020



Service to be held at the Narembreen Roman Catholic
Church- Our Lady of the Blessed Sacrament

9.30am

Everyone is welcome to attend.

worlddayofprayeraustralia.org

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JANUARY - FEBRUARY 2020
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9064 7055





NAREMBREEN HISTORICAL SOCIETY (INC)

The Historical Society are looking for the kind donors of the below tractors located at AVOCA farm.

If you can help please call Lorraine Lethlean 90648049, Margaret Butler 90647665, Rhonda Hickey 90653026 or Kellie Mortimore 0427647090.



THANK YOU

We would like to Thank Narelle Vaughan for her kind donation of a number of lever arch files. These will be put to good use at the History Centre.



Hydraulics Sales & Service
Hydraulic Component's Sales ex supplier

Richard Kovac & Robyn Kovac
21 Westral Street (PO Box 30)
Bruce Rock WA 6418
Richard 0427 851 870
Robyn 0400 552 141
Fax: 08 9061 1194
ABN: 16 563 552 915
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Katherine Johnson, the pioneering NASA mathematician whose story was told in the film "Hidden Figures," died yesterday at the age of 101. Fortunately, thanks to the smash success of the "Hidden Figures" book and film, many more people are now familiar with the work of this pioneering mathematician.



This is a copy of the speech given to Frank Gould on his 90th birthday by his daughter.

Rhonda Cooper.



My Dad (Frank to all of you here today) was born this day in a Victorian town called RAINBOW in 1930. His parents were farmers near Lake Albacutya in Victoria and he had two older sisters and three older brothers (all now deceased) followed by a baby brother Noel a few years later.

Dad was around 2 years of age - when the Great Depression occurred - Dad and his brothers and sisters had to help their parents to survive on the land. They caught wildlife for food. They caught rabbits as well for their skin as this was extra money to help their parents.

Dad and his siblings all taught themselves how to ride horses early - around 3 years of age with no help from their parents. They were also very privileged as they could all ride their horses (with or without the buggies) to school - lots of nearby children had to walk for miles to get to school.

Dad would rise early before school - around 5.00 - **and help his Mum to milk the cows as the cow's milk** provided cream which they sold to help run the farm as well.

One year at school - Dad used his magic fly trick on a new teacher! **Dad's poor teacher never went back** to teaching after that year!!! TRUE STORY!!!

Dad took off his first harvest at the age of 12 years - How could he drive a harvester or truck! After that harvest - Dad decided to leave school to help his folks on the farm.

When he met and married a farmer's daughter from a nearby town of Warracknabeal (Betty) Dad was share-farming his Uncles farm nearby in a town called Hopetoun. Dad knew he could never buy his Uncles farm - so in 1956 Dad and Mum decided to leave their families - and with their first **two children, they drove across to the 'wild west'!**

They eventually settled into Narembeen as the town was 'rocking' Dad said! They leased a farm from **"CUSACKS"** with Dad shearing sheep and Mum milking cows for cream and selling eggs in their 'spare time' to save a deposit for their dream farm. They were true pioneers - as they lived off the land!

Dad was a good footballer back in Victoria - with a

few trophies under his belt - so when he first arrived into Narembeen - he played with the local Hawks football club - but Dad found the game of football was not the same as back in Victoria!!! So **he only played for a year or two.....**

After about two seasons, they borrowed a lot of money from the local Bank of New South Wales **Bank and purchased their first ever farm 'over the road' from local pioneering family "The Halliburton's". They borrowed for the land plus a little extra to put their crop in. The Bank Manager at the time couldn't believe that Mum and Dad were going to 'live off the land' - and only needed the funds for cropping etc. - not living expenses!!!**

Halliburton's had about 1500 acres of uncleared land - so Dad cleared about 1,000 acres but left 500 acres which is now what we call 'the newland' - which has evidence of mallee fowls breeding, rare wildlife, lots of rare species of birds and wildflowers. Both the Australian Bird Society and the WA Wildflowers Society have camped and visited this unique piece of land!

We are all SO PROUD OF MUM AND DAD LEAVING 500 ACRES ALONE BECAUSE BACK THEN - DAD KNEW THE CLEARING OF TOO MUCH LAND WOULD CAUSE PROBLEMS LATER ON!!!

These times were tough but happy times for Mum and Dad - they so wanted to 'pay off their farm debt' as soon as possible. And they did - around 7-9 years later.

**"When you boil a funny bone
It becomes a laughing stock
Now thats humerus"**

Rhonda Coopers' speech for her father, Frank Gould's 90th birthday.

Not long afterwards, they purchased the property next door (Buddy Hebbemans) - where brother Wayne lived with his wife Jane.

While Wayne looked after the farm, Mum and Dad travelled around Australia in their caravan.

Then Mum decided to 'go up there' at the age of 76 - but that didn't stop Dad! He travelled the world - Egypt, Bali, England, Switzerland, New Zealand, Germany, America, Canada, Africa, etc. He has many stories he could tell you!

The past few years he has spent back in his beloved Naremben in his own home in town (with regular help from family and dear friend Doreen Cooper - originally from Naremben too)

A family member recently called Dad a "BEAST" and this really does sum Dad up - he is strong, determined, never gives up and above all, loves

his family. Dad is still mentally very active with current affairs, share market, etc. etc. and is still very, very interesting to chat to ALWAYS. When **I leave Dad's, I ALWAYS learn something.....**

Surprisingly, Dad (and Mum) have both CONSTANTLY said they have never regretted coming across to the 'wild west' to achieve their dream of having their own farm! And settling into Naremben was **'the icing on the cake'**.

And I have never regretted it - because I **wouldn't have had you guys in my life** - my gorgeous devoted husband and our three beautiful children who have now given us eight grandchildren!!!! - **so let's give a toast to Frank** - HAPPY 90th BIRTHDAY DAD!!



Coronavirus

FACTS

From the Department of Health, Australian Government website

As at 06:30 hrs on 24 February 2020, we have 22 confirmed cases of coronavirus (COVID-19) in Australia:

- 8 in Queensland
- 4 in New South Wales
- 6 in Victoria
- 3 in South Australia
- 1 in Western Australia

10 of these cases are reported to have recovered. The remaining cases are in a stable condition.

7 cases are passengers who were on the Diamond Princess repatriation flight from Japan. They were in quarantine at the Manigurr-ma Village Howard Springs facility in Darwin when they tested positive to coronavirus (COVID-19).

6 of these people have returned to their home states for medical treatment. One person will be transported to Queensland today.

Across the world

Across the world, there have been about 78,904 confirmed cases of coronavirus (COVID-19) and 2,466 reported deaths. Of confirmed cases reported globally, the case fatality rate is approximately 3%.

The case fatality rate in countries and regions outside mainland China is 1%

The majority of cases of COVID-19 have been reported from mainland China. 1,828 cases have been reported from 31 countries and regions outside mainland China.

Coronavirus MythBusters

Can an ultraviolet disinfection lamp kill the new coronavirus?

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

How effective are thermal scanners in detecting people infected with the new coronavirus?

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Is it safe to receive a letter or a package from China?

Yes, it is safe. People receiving packages from China are not at risk of contracting the new coronavirus. From previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages.

Can pets at home spread the new coronavirus (2019-nCoV)?

At present, there is no evidence that companion animals/pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E.coli and Salmonella that can pass between pets and humans.

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials. WHO is helping to accelerate research and development efforts with a range of partners.



Government of Western Australia
WA Country Health Service

Eastern Wheatbelt Primary Health Service
Kitchener Road, Merredin, WA, 6415
Monday- Friday 8:30am-4:30pm
Telephone: 9081 3222

Eastern Wheatbelt Primary Health Service Update

What do we do?

We provide free adult and paediatric services for Medicare and concession card holders who live in the Eastern Wheatbelt. These services are delivered through in-person consultations, outreach clinics, home visits, phone and telehealth. You can self-refer to the majority of our services by calling 9081 3222 or receive a referral from your GP or health professional.

We strive to provide the best quality of care, closer to home for our community and welcome your feedback at any time. You can provide it via [Patient Opinion](#), phone us or complete a feedback form (available at all sites).

**PATIENT
OPINION**
BE HEARD

Stay up to date:  LIKE US ON FACEBOOK
facebook.com/MyHealthyWheatbelt For free services and programs coming to you!



Services available for the Narembeen community in 2020

Aboriginal Health: On request

Dietetics: On request

Physiotherapy: Monthly

Child Health: Weekly

Health Promotion: Monthly

Social Work: On request

Community Midwife: On request

Occupational Therapy: Three weekly

Speech Pathology: Three weekly

Please note: This information is a guide and is subject to change. You require an appointment to be seen.

Child Health appointments can be made by calling Narembeen Hospital on 9064 6222.

Referrals and appointments for all other services can be made by phoning Eastern Wheatbelt Primary Health on 9081 3222.

Wheatbelt Cardiopulmonary Rehabilitation Telehealth Program

10.30am–12.30pm on the third & fourth Tuesday of each month

This program supports people living with Respiratory and Heart Disease in the Wheatbelt to access services closer to home.

You can join in Free Telehealth education sessions from February to November from the comfort of your home (tablet or computer) or at your local health service over a TV monitor. Call Merredin Health Service on 9081 3222 to find out more.



Thursday 13 February – Telehealth ENT

Each month we work with Ear, Nose and Throat (ENT) specialists at Perth Children's Hospital via Telehealth.

We'll see a mix of review and new clients when Healthy Country Kids Ear Health returns to the Eastern Wheatbelt this year on 13 February.

See your GP for a referral or phone Merredin Health Service on 9081 3222.



Merredin – 5.30pm-7.30pm Wednesdays 12 February – 1 April
Kellerberrin – Time TBC – Wednesdays 29 April – 23 June

Improve your eating and physical activity with the free Healthy Eating Activity and Lifestyle (HEAL™) program over eight weeks. Each week you will participate in an hour of low-moderate exercise and an hour of information/education.

See your GP for a referral or call 9081 3222 for more information.



Teen Triple P Seminars

6.00pm–7.30pm on Tuesdays 10, 17 & 24 March 2020
Cunderdin District High School

Promote positive, caring relationships between parents and children and develop effective strategies to deal with emotional and common developmental issues.

For more information or to register your interest, call 9635 2216 or email donna.jasper2@health.wa.gov.au.

You can live well with diabetes

**Free diabetes workshops in the
Wheatbelt – January to March 2020**

Northam – Tuesday 25 February

Merredin – Thursday 19 March

Call 1300 001 880 or visit diabeteswa.com.au and book in now



Free type 2 diabetes workshop – 'DESMOND' Thursday 19 March

The Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND) workshop will help you manage your diabetes.

Call 1300 001 880 to claim your spot in this workshop or see the website <https://www.diabeteswa.com.au/manage-your-diabetes/programs-and-resources/desmond/> for more information.



Paediatrician visits - February, March and May

Between now and the end of May we are fortunate to have Paediatricians Dr Kate Freeman and Dr Anna Robson coming to Merredin Health Service.

5-7 February – Dr Kate Freeman

3-6 March – Dr Anna Robson

4-6 March – Dr Kate Freeman

27-29 May – Dr Kate Freeman

Do you want to subscribe to our quarterly newsletter to keep up to date?

Simply email us at easternwheatbelt.phs@health.wa.gov.au or call 9081 3222.

Unsubscribe at any time by emailing easternwheatbelt.phs@health.wa.gov.au.



From the Manager

Hopefully everyone. I hope you've been enjoying the lovely, much needed rain over the last couple of days. We hope to see some more for all our farmers (and lawns!!).

The first Morning Coffee Club was a great success with 11 community members attending. It was great to see some of our seniors out and about, enjoying a game of bingo and the smiling balloon game, then enjoying some yummy cake, tea, coffee and a good conversation. We hope to see more people here at the next Morning Coffee Club meeting, which is the 18th of March.

The Baby First Aid course run by Tiny Hearts Education on last Thursday, was an extremely informative day with 20 people attending. Thank you to all that took advantage of this opportunity and I hope you got just as much out of it as I did.



Don't forget Story Time is happening again this Friday, please bring your little ones down for a great morning full of singing, reading, arts and crafts. Starting at 10:30am, Mums and Dads, everyone is welcome.

The Fox Shoot is fast approaching, please register your team by March 4th. All you have to do is give the CRC a call and provide the names of your team members, 1-5 per team. Breakfast is provided at Mt Arrowsmith on the Sunday, 8th of March bright and early at 6:30am. You will need to bring WHOLE animals otherwise they will not be counted in your teams score. We have a great range of prizes to be won so spread the word. Sporting Shooters Association of Australia are donating \$5 for every cat and

fox shot to the Regional Men's Health Initiative, making it all the more reason to get your mates together and get involved.

AND Don't forget about the TRIATHLON!! Happening on the 28th of March. This is great pre-season training, getting you ready for the winter sports season, which is just around the corner. Entry forms are available at the CRC or on the Shire of Narembeen website, so fill it in today and get training. That same night is also the last event on the Heat & Dust Calendar, Screen on the Green so after a hard day at the Triathlon, reward yourself at the Narembeen Recreation Centre after and enjoy a movie on the oval, food will also be available to purchase.

Don't miss out on your last opportunity to take advantage of the free one on one social media and media lessons at the CRC. Give us a call and book in a time to learn some more, whether it be Facebook, Instagram, Publisher, Word, we can help!

Thanks to everyone that made the effort to attend the SOCK Think Tank planning session last night, it was great to see so many different representatives from St John, Volunteer Fire Brigade, WA Police, Narembeen School, RoadWise and the general public. If you weren't able to attend last night but would like to contribute your ideas, we discussed the following questions;

1. What does SOCK Week mean to you?
2. What do you think the message of SOCK Week is? Who needs to hear the message? How best do we make these people listen?
3. Over the next 3-5 years what would you like SOCK Week to achieve? What projects/events would help the CRC/ SOCK Week achieve these goals?
4. If the CRC had unlimited resources, where would you like to see SOCK Week in 5 years' time?

Please email crcmanager@narembeen.wa.gov.au with your ideas by next Friday, 6th March.

Vanessa Wittstock
CRC Coordinator

Upcoming Events/Workshops

Story Time - Fri 28 Feb 10.30am

Seniors Movie - Mon 09 Mar 1.00pm

Community Fox Shoot - Fri 6 March - Sun 8 Mar 6.30am

Morning Coffee Club - Wed 18 Feb 10.30am

Farm Finance for Performance - Wed 25 Mar 9.00am

Triathlon - Sat 28 Mar 3.00pm

The Youth Rock Out - 24 April 11.00am

High Tea for Mum & Bub - 6 May 2.30pm

If you have any suggestions for courses/workshops or events that you would like to see happen in our community, please contact the Narembreen CRC.

T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembreen WA 6369

crcreception@narembreen.wa.gov.au

www.narembreen.wa.gov.au

 Narembreen Community Resource Centre

 Narembreen CRC



STORY TIME AT THE CRC

AGES 1-5

★ **STORIES**

★ **FUN GAMES**

★ **ARTS & CRAFTS**



**JOIN US IN THE
LIBRARY AT 10:30am**

****Children must be accompanied by an adult****

Friday, 28th February 2020

WANTED!

For the crime of murdering native critters & the slaughter of innocent newborn lambs!



COMMUNITY FOX SHOOT

Friday, 6th & Saturday, 7th March 2020

Contact the Narembeen CRC on 9064 7055

to register your team of 1 - 5 people

Breakfast BBQ & Feral Animal Count to follow

Sunday, 8th March at 6.30am at Mt Arrowsmith

Sporting Shooters Association of Australia WA is donating \$5 for every cat and fox shot to the Regional Men's Health Initiative

"Red Card for Rabbits & Foxes" (RCRF) maximises landholder efforts across the ag region to control foxes and rabbits through coordinated 1080 baiting and shooting programs.



CLAREMONT
FIREARMS



Total AG
LANDMARK



RURAL EDGE

Farm Finance for Performance

Business Structure & Cashflow

WORKSHOP

An interactive day for you to get a solid understanding of how your business is set up, how you are performing and how to improve! Because no one cares about your business as much as you do!



BUSINESS STRUCTURES

How is your business set up?
How does this impact succession? Are your assets protected? How to minimise tax!



CASHFLOW

Budgeting 101: How a living budget works. How is your business performing? What drives profit?



CONSULTANTS' ADVICE

Bankers and Accountants in the room to answer questions. How do you get the most out of your advisers? Understand reports and ratios.

Wed 25 Mar 2020

Narembreen

9.00am - 3.00pm

Narembreen CRC, 2/19 Churchill St, Narembreen WA 6369.

Registrations ESSENTIAL via ruraledge.org.au/workshops/farm-finance-performance

Cost: \$350 + GST (first person from a business), \$175 + GST (add. members of same business)

PARTNERING WITH
MURESK
INSTITUTE
EMPOWERING MODERN AGRICULTURE



Developed by farmers and agribusiness leaders from RSM, Farmanco and Rabobank. The commercial value of this workshop is over \$500 per person, support from GRDC, RSM and the Muresk Institute enables Rural Edge to deliver in your community at the subsidised rate.





NAREMBEEN TRI ATH LON

OPEN SHORT

OPEN MEDIUM

OPEN ENDURO

OPEN PRIMARY

OPEN HIGH SCHOOL

NAREMBEEN AQUATIC CENTRE
3:00PM SATURDAY, 28TH MARCH

Registration:

Entry forms available from the CRC
Entries close Monday, 23rd March

Registration fee:

\$10 per person (Adult)
\$5 per person under 16yrs



9064 7055
crcreception@naremben.wa.gov.au

Mt Walker Tennis Club



It was great to see a few at the Club for a hit and dinner on Sunday. But, even more impressive were the number of children taking part in Hot Shots; it has been great to see the improvement in our young members' skills and participation this season. Hopefully we can find some trained coaches to visit Mt Walker next season to further their development.

A big thank you to Tammy Della and Shohan Hickey who coordinated the catering for the Federici clearing sale – a great fundraiser for our club. Thank you to all those who helped out making sandwiches, supplying engels, eskies and ice; another example of how when everyone helps out it is easier for all and a benefit to our club.

Being a long weekend this Sunday, the pressure to head home early for school the next morning will recede and hopefully we have a few sticking around later to enjoy the evening after a good hit of tennis. Check Facebook for further details.



COMING EVENTS:

Sunday 1 March	Social from 3pm & Hot Shots – BBQ & salad to share
Sunday 8 March	Social from 3pm & Hot Shots – BBQ & salad to share
Sunday 15 March	CLOSING DAY & AGM Social from 3pm & Hot Shots – BBQ & salad to share
Saturday 21 March	'Dinner en Blanc' Wind Up – please see invitation

SUBS DUE NOW (Tennis Members)

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

Please pay by cheque, cash or EFT to: Mt Walker Sports Club, BSB 306 026, Account No. 5100512
Use surname and initial as narrative

* NEW MEMBERS WELCOME *

Ladies Captain: Courtney Bormolini 0488 333 492 **Men's Captain:** Guy Bormolini 0429 000 759 **Secretary:** Felicity Cowan 9061 6024

“the bad news is time flies,

The good news is

You're the pilot.”

Michael Altshuler

BIRTHDAYS



February	28th		29th		30th
		Norman Forrest	Jake Cole		
		Janine VanViersen	Maureen Beard		Damien Miller
		Joel DeLuis	Beryl Smith		Nikita Beacham
		Jarred Doney	Mark Nation		

March					
	1st		Michael Lethlean		Ali Markey
		Colleen Earl	Brooke Bormolini		Rosemary Smoker
	2nd	Denise Hassett	Tanika Brunalli		Lynette May
	3rd	Jake Hill	Elsie Palmer		Cody Fudge
		Sandro De-Nuccio	Savanah Stewart		

ANNIVERSARIES

February	26th	Bevan & Sandy Eyles
	27th	Justin & Simone VanViersen
March		
	1st	Lawrence & Natalie Pini
	2nd	Joanne & Shane Cunnard(Sloss)
	3rd	Bill & Lydia Bailey
	4th	Les & Ann Welsh

Cleaning Rosters

Catholic Church	N Sharp
Anglican Church	Barb Schwartz



CHURCH NOTICES



SEVENTH-DAY ADVENTIST

105 Church Road, Mt. Walker

Saturday 29th February

10am Bible Study hour

Sabbath School

11.30am Worship Service

Contacts: Leading Elder, Yonnie – 9063 5014,
Pr Lomani – 0429 770 331.

Church of Christ

Wednesday 26th Feb 7.30pm

Bible study

Sunday 1st March 10.00am

Worship service

with Sunday school during the service

Bible verse

Ephesians 4:32

**Be kind and compassionate
to one another, forgiving each
other, just as in Christ God
forgave you.**

ST PAUL'S ANGLICAN

Sunday 1st March, Lent

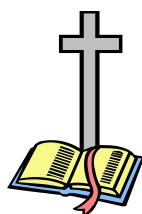
Service 9.30am

Genesis Ch 2—V15-17 & Ch 3 V1-7 Eleanor Brayshaw

Romans Ch5 V12-21 Hazel Toovey

Matthew Ch4 V1-11

Psalm 32



ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday 29th February

6pm

Reader: S Kerse





COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines practices at the Medical Centre

Hours Mon – Thurs 8.00am – 12.30pm 1.30pm – 5.00pm Friday 8.00am – 1.30pm

PLEASE BRING CURRENT PRESCRIPTIONS, MEDICARE, PENSION AND HEALTH CARE CARDS

RURAL WOMEN'S GP SERVICE – Phone 90647145 for appointments. Dr Olga Ward visits approximately 6 weekly

NURSE PRACTITIONER – Laura Black visits fortnightly

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

NAREMBEEN DENTAL – JOHN COBLEY

Phone 90647397 Emergencies 0419 987 397 Appointments Thursday

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 90410444 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.

Skills 7.30pm every 2nd & 4th Monday of month

SPEECH THERAPY – PHONE PRUE 0408 934 284

At Narembreen Medical Centre on Tuesday and Wednesday

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

At Narembreen Medical Centre

COMING EVENTS

February 2020

Wednesday	26th	Seniors Gym Numbats: Phone Bookings from 8.00am 0422 322 289 Aqua aerobics at the pool Church at Hospital Ladies Bowls—Round 13: CRBv NB	10.30am 8.30am - 5.30pm 12.30pm 2.00pm
Thursday	27th	Men's Shed Numbats: Phone bookings from 8.00am 0422 322 289 Autumn Club Scroungers Bowls	9.00am 8.30am - 5.30pm 10.00am-2.00pm 5.30pm
Friday	28th	Playgroup at Numbats Centre StoryTime at the CRC Mens Countryweek Bowls to the 6th March	9.30am 10.30am
Saturday	29th	Church Men's Community Shed Cricket final 1v4, 2v3	9.00am

March

Sunday	1st	Church Social bowls Mt Walker social tennis BYO bbq & salad to share Narembeen tennis social	
Monday	2nd	Circuit Gym Labour Day holiday Arts and Crafts and Book Exchange at Community Shed	9.30am 10.00am-4.00pm
Tuesday	3rd	Senior Citizens Numbats: Phone Bookings from 8.00am 0422 322 289 Badminton at Town Hall	2.00pm 8.30am - 5.30pm 7.30pm
Wednesday	4th	World Day of Prayer at the Roman Catholic Church Seniors Gym Numbats: Phone Bookings from 8.00am 0422 322 289 Aqua aerobics Church at Hospital Ladies Bowls—Round 14: NB V CRG	9.30am 10.30am 8.30am - 5.30pm 12.30pm 2.00pm

Editor: Gina DeLuis