

The Fence Post

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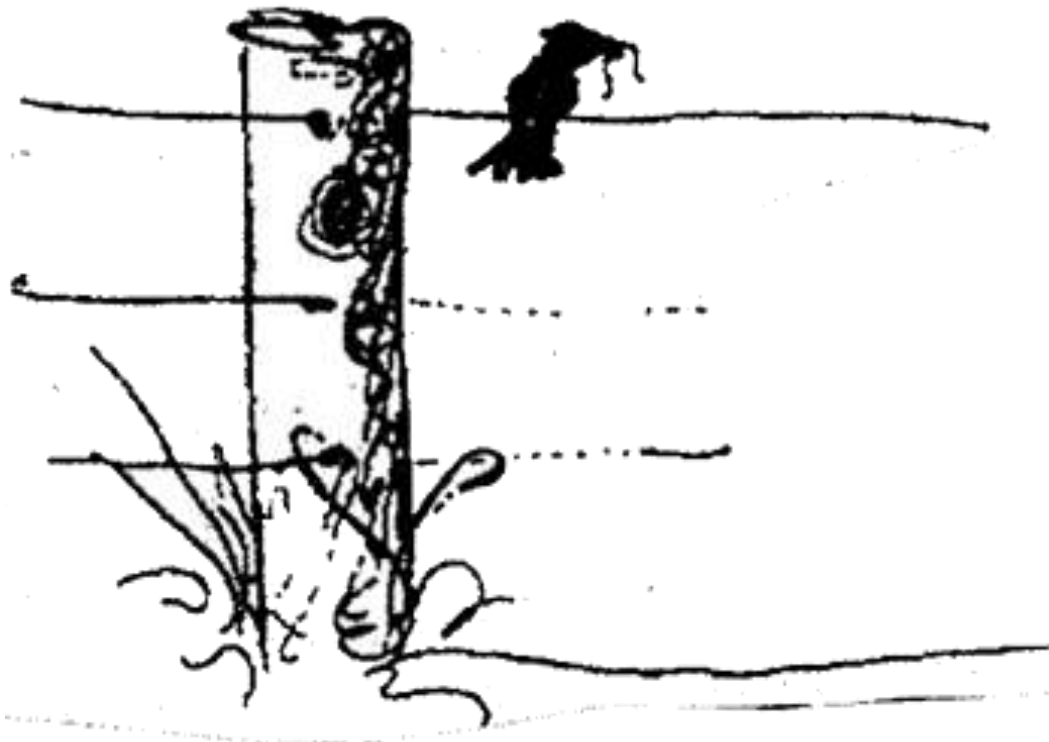
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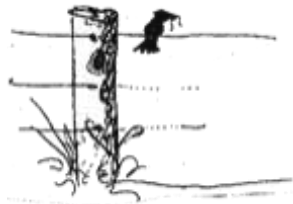
P.O.Box 7, Narembeen W.A. 6369

Phone (08) 90647055

Email: fencepost@westnet.com.au



The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembeen, WA. 6369

9064 7055

fencepost@westnet.com.au



*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

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

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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			

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EDITORS

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

ROSTER

May 5 Sherrie Heather Rhonda Cole Noela Cole

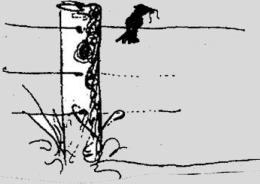
May 12 Kellie Mortimore

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....

BOUQUETS



Huge Thank you John from the roadhouse for delivering papers to the oldies in town and apparently some not so old. It even appears glad wrapped on the days it looks like rain.

Great stuff!! People in our town appreciate your service.



Last week our St John Ambulance Volunteers also got together to film a short 10 second message to our community. This may be aired on the radio or Channel 9 in the coming weeks.

Their message to you—"Thank you Naremben for self isolating".

Our volunteers feel lucky to be living where we do at times like this.



A photo from the archives of the Narembeen Historical Society

We think this photo could be 70 years old. Do you remember anyone in it?

Lorraine Lethlean, Margaret, Butler, Rhonda Hickey or Kellie Mortimore would love to hear from you if you do.



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LOCAL

Narembeen District High School re-opens for Term 2.

Many families remembered those on ANZAC Day by standing in their driveway either at dawn or later in the morning.

Seeding is well under way for some while others wait for rain.

STATE

The State Government announced that it was increasing its two-person limit on non-work activities to 10. Picnics, boating, hiking, camping and group exercise are permitted again for Western Australians, with couples now allowed to have more people at their wedding after the state relaxed its coronavirus restrictions.

A hunting group of three men, two women and a child, who were feared missing in Western Australia's Kimberley region, have been found safe and well.

A 23-year-old man has been charged after a four-hour siege involving a child in Western Australia's South West region.

Fallen AFL champion Ben Cousins has pleaded not guilty to a string of new charges, including aggravated stalking, but faces months behind bars in Perth after his bail bid was rejected.

NATIONAL

Some states and territories will start to ease stay-at home restrictions as confirmed cases of COVID-19 in Australia drop. While most Australians have been commended for abiding by lockdown rules since they were initiated, others are still continuing to breach restrictions and ignore social distancing. Queensland, Western Australia, the Northern Territory and Victoria all look set to ease restrictions in the coming weeks, while New South Wales, Tasmania, South Australia and the ACT are yet to make any announcements.

A Melbourne truck driver accused of killing four police in a horror crash says he is "distressed and saddened" by the tragedy. Mohinder Singh, 47, is charged with culpable driving causing the deaths of Leading Senior Constable Lynnette Taylor, Senior Constable Kevin King and constables Glen Humphris and Josh Prestney as they were impounding a Porsche on the Eastern Freeway at Kew last Wednesday.

GLOBAL

Coronavirus: WHO warns over virus immunity as global death toll nears 200,000. The World Health Organization has issued a grim warning to the world that recovering from coronavirus might not protect people from reinfection.

Following reports that Kim Jong-un is "gravely ill", the North Korea leader has made a statement. But his whereabouts is still unknown.

Mother's Day

SHOW HER YOU LOVE HER

This Mother's Day gift thoughtfully and shop local. We are so lucky to have so many amazing businesses in town so why not purchase your mum a special gift box packed with love.

Gift Box 1 - \$45

- Aromatherapy Co Hand Cream from Three-O-Two
- \$15 Narembeen Club Voucher
- Selection of Sweet & Savoury Slices handmade by The Co-Op

Gift Box 2 - \$65

- Aromatherapy Co Home Fragrance Set from Three-O-Two
- \$25 Narembeen Club Voucher
- Selection of Sweet & Savoury Slices handmade by The Co-Op

Orders to be emailed to narembeencafe@gmail.com by 10am Thursday 7th May 2020.

Let us know which Gift Box you would prefer ie: 1 or 2

Pick up Friday 8th May 2020 after 12.00pm from Three-O-Two or Saturday 9th between 9am-12pm. Remember, Three-O-Two can also arrange beautiful flowers for Mum, see Amy at Three-O-Two!



I got it for my mummy

Perspective:

WE ARE NOT IN THE SAME BOAT ...

I heard that we are all in the same boat, but it's not like that. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis.

For some that live alone they're facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

With the \$600 weekly increase in unemployment some are bringing in more money to their households than they were working. Others are working more hours for less money due to pay cuts or loss in sales.

Some families of 4 just received \$3400 from the stimulus while other families of 4 saw \$0.

Some were concerned about getting a certain candy for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to work because they don't qualify for unemployment and are running out of money. Others want to kill those who break the quarantine.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12 hour workday.

Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it. Others don't believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance. Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey.

Realize that and be kind.

Unknown author



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*Statistically,
6 out of 7
Dwarfs are not
HAPPY*



Government of **Western Australia**
WA Country Health Service

2020 Childhood Influenza Vaccination

FREE Childhood Influenza vaccinations are available.

Eligibility:

- For children aged 6 months to 4 Years Old
- For Primary school aged children (pre-primary to year 6)

For more information about the FREE influenza vaccine please contact your local GP or your local Community Health Nurse on **9064 6222**



CONTACT:

Carissa Wanless

Phone: 9064 6222

To provide feedback on this publication email wachscomm@health.wa.gov.au. Alternative formats can be provided on request. © WA Country Health Service.

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From the Managers Desk

Happy Wednesday everyone, I hope you are going ok in this uncertain period. Please don't forget to let laughter in - laughter can release endorphins, reduce stress and relax us, so for me personally, I enjoy watching videos from 'The Tonight Show, starring Jimmy Fallon' or 'Ellen DeGeneres'. Try to move with kindness even in moments we might not be at our best.

Our new isolation packages are in the basket waiting to be picked up, if you would like us to email you one or drop one off please let us know.

And if you haven't already, call the CRC for your library membership number and instructions on how to login into Kanopy and BorrowBox, our library e-resources.

- Kanopy - Films: Enjoy thousands of indie films, classic cinema, festival and educational documentaries and popular movies on your TV, mobile phone, tablet or online for free.

- BorrowBox - bestselling eBooks and eAudiobooks for free from your local library by digital loan.

Us staff at the CRC are keeping busy and are getting prepared for when we can reopen to the public. Don't forget we are still here to help you with everything you need.

Stay safe everyone.

Vanessa Wittstock
CRC Coordinator



T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

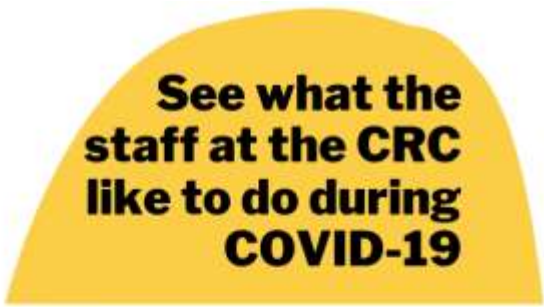
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Narembeen Community Resource Centre

Narembeen CRC



WHAT ARE WE DOING IN ISOLATION?



See what the staff at the CRC like to do during COVID-19

This week we are talking to...KRISTIE our Communication and Administrator Officer

Favourite Recipe at the moment

I have been attempting to be healthy lately, and I found a very yummy hommus dip recipe!
- 3 garlic gloves
- 2 tbsp olive oil
- 400g Chickpeas rinsed and drained
- 2 tbsp tahini
- sea salt to taste

Favourite TV show

Jake (my partner) and I often argue about what to watch on TV. We FINALLY found a TV series that we both enjoy watching. It is called, Ozark which is on Netflix. You will enjoy it if you like crime and very intense shows.

How are you keeping entertained?

Now that it is seeding time, I'm very busy in the kitchen preparing the meals for the boys on the farm. When I'm not cooking, I enjoy going for walks and watching my Netflix shows, that Jake doesn't like!! Oh and i have plenty of house work to keep me busy,

What are your Isolation suggestions

Do what you can to get yourself busy. Try to avoid anything on social media about COVID-19. Only focus on what the Government is saying, not everyone else. And stay happy, because this will be over soon enough :)

What has been your favourite thing to do during COVID-19?

Online shopping has been the most exciting thing to do during COVID-19 for me! I have numerous packages on the way...

Isolation Quote or Joke:

"It might be stormy now, but rain doesn't last forever"



2020 - 2021

COMMUNITY DIRECTORY UPDATES

Have your **DETAILS CHANGED** or
are you **NEW TO NAREMBEEN?**

Please complete and return to the CRC by Friday 12th June

PERSONAL LISTING	COMMUNITY GROUP
SURNAME:	ORGANISATION NAME:
FIRST NAME/S:	CONTACT PERSON:
PHONE:	LOCATED:
MOBILE 1:	POSTAL ADDRESS:
MOBILE 2:	PHONE:
EMAIL 1:	EMAIL:
EMAIL 2:	AIM:
BUSINESS LISTING	SPORTING GROUP
COMPANY NAME:	NAME OF GROUP:
CONTACT PERSON:	CONTACT PERSON:
LOCATED:	PRESIDENT: PHONE:
POSTAL ADDRESS:	SECRETARY: PHONE:
PHONE:	TREASURER: PHONE:
EMAIL:	EMAIL:
WEBSITE:	MEMBERSHIP FEE:
SERVICES:	
RELIGIOUS GROUP	TWO-WAY RADIO CHANNEL
NAME OF GROUP:	NAME:
CONTACT PERSON:	NUMBER:
LOCATED:	
POSTAL ADDRESS:	
PHONE:	
EMAIL:	
AIM:	



THE HON MELISSA PRICE MP

Federal Member for Durack
Minister for Defence Industry

Coronavirus Care – caring for others in our community

The coronavirus is a major global public health challenge that is having a significant impact on the daily lives of many in our community.

All levels of government are taking strong and carefully considered steps to reduce the spread of coronavirus and to protect all Australians, particularly the elderly and the vulnerable.

While the government focuses on the social and economic challenges the global pandemic is causing, it is important we step up as a community and help those around us who may need support over the coming weeks and months.

Although social distancing and self-isolation are important tools in the fight against coronavirus, they can pose challenges for those in our community without a support network.

Together with my staff in my three Durack regional offices, we are working hard to find answers to your questions and offer reassurance to you all in Durack during this challenging time. You are most welcome to call my Geraldton office on 9964 2195 if you require any assistance or get in touch with me via email at melissa.price.mp@aph.gov.au. I know there is a lot of wonderful community care being undertaken in Durack and I thank you for all your efforts and kindness. If you would like to help out in your community and would like to know more about what is happening in your town or region, please call my office and we will gather the information for you.

I will continue to share the latest coronavirus information on my Facebook page 'Melissa Price MP' and through email updates. If you would like to receive those email updates and you are not a subscriber, please email or call my office and they will put you on the list. I would also encourage you to keep in touch by regularly monitoring the advice from the Federal Government at www.australia.gov.au.

By working together we will get through this difficult time.

Please take extra care of yourself

Kind regards,

Melissa Price
Federal Member for Durack
Minister for Defence Industry

28/209 Foreshore Drive, Geraldton WA 6530

(08) 9964 2195

melissapricemp.com.au

4/34 Frederick Street, Broome WA 6725

(08) 9192 7216

[MelissaPriceDurack](https://www.facebook.com/MelissaPriceDurack)

3 Bates Street, Merredin WA 6415

(08) 9041 1749

[Melissa4Durack](https://twitter.com/Melissa4Durack) melissa.price.mp@aph.gov.au



from the CHIEF



1 LONGHURST STREET, NAREMBEEN WA 6369 T: (08) 9064 7308 F: (08) 9064 7037

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ANZAC DAY 2020

This year, Anzac Day was like no other. Ex-Serviceman Alan Wright, along with Shire President Cr Rhonda Cole and community member Lorraine Lethlean undertook a short wreath laying ceremony at the Shire of Narembeen cenotaph, in line with COVID-19 Regulations.

Many community members stood in their driveways or farm gates and joined ABC national radio from 5.30am and 11.00am as the National Commemorative Service was broadcast across the nation to acknowledge the sacrifices of our servicemen and women.

The driveway dawn service initiative was embraced by many local families and pride was shown as many took to social media to show how they commemorated the morning.

Prior to Anzac Day and in collaboration with the Shire of Narembeen, Narembeen CRC and the Narembeen Historical Society the CRC arranged for a display of local resources to be placed in the Narembeen Pop Up Shop on Churchill Street for the public to admire and reflect upon for Anzac Day.

Well done to all involved – the display brightened the main street in honour of the ANZAC's.

Chris Jackson, Chief Executive Officer



from the CHIEF

COVID-19 RELIEF FUND

The State Government, through Lotterywest, is committing \$159 million into a [COVID-19 Relief Fund](#) to respond to the hardship being experienced by the Western Australian community as a result the COVID-19 pandemic.

The fund will comprise the following programs:

- Crisis and Emergency Relief
- Event Cancellation Relief for Arts, Sports and Community Groups

Resilient Arts, Sports and Community Groups

You are encouraged to visit the Lotterywest website and read the information available relating to this funding:

<https://www.lotterywest.wa.gov.au/lotterywest/covid-19/covid-19-grants>

Please contact Lotterywest on **133 777** to discuss your grant and request an application form.

Applications will be open from Friday 24 April - midnight Wednesday 13 May.

HELPINGMINDS COVID-19

HelpingMinds is providing free **emotional support** services to anyone in Western Australia who feels overwhelmed by the current COVID-19 situation or their personal circumstances.

Phone [1800 811 747](tel:1800811747) to access **3 x free phone or video counselling** sessions with a mental health professional, without the need for a GP referral.

Appointments can be made between 8.30am – 4.30pm, Monday to Friday

Appointments for phone and video counselling are available between 7:00 am and 7:00pm.

ENCOURAGING POSITIVE CHOICES DURING COVID-19

Western Australians are urged to make positive choices in a new campaign intended to help people reduce their risk of alcohol-related harm during the current pandemic.

The McGowan Government has invested \$330,000 into a new Alcohol.Think Again education campaign to reduce the risk of alcohol-related harm associated with COVID-19.

Alcohol consumption can weaken the immune system, which is important to keep optimised throughout the COVID-19 pandemic and upcoming flu season.

The new Alcohol.Think Again campaign provides practical tips for Western Australians to keep within low-risk drinking limits and reduce their risk of alcohol-related harms.

On top of the new campaign, the McGowan Government is also providing more support to clinicians who do not specialise in alcohol and drug issues to assist their patients.

The new Drug and Alcohol Clinical Advisory Service is a dedicated phone line for health professionals, and will be provided by the Mental Health Commission's experienced addiction medicine specialists.

This new service means that no matter where they are located within WA, clinicians and therefore the community will have access to leading treatment and advice regarding alcohol and other drug issues.

For anyone concerned about their own or a loved one's alcohol or drug use, the Alcohol and Drug Support Line is available 24 hours a day for information and support on 08 9442 5000 or 1800 198 024 (Country).

Visit <http://www.alcoholthinkagain.com.au> or <https://alcoholthinkagain.com.au/Campaigns/Campaign/ArtMID/475/ArticleID/19/Glassbody-%E2%80%98Immunity%E2%80%99> for tips for reducing your drinking in the home.

from the CHIEF

Tips to keep your drinking low-risk.

With the evolving COVID-19 pandemic, it is a stressful time for many people with many aspects of our daily lives changing rapidly. Some of us may turn to alcohol for short-term stress relief or because of boredom, but rather than helping us cope, alcohol can make us feel more stressed and anxious.

Alcohol can also weaken our immune system, making it more difficult to fight off viruses and infection, and increase our risk of developing alcohol-caused disease, like cancer and stroke.

To stay healthy and well, it's important that if you're going to drink, to do so at low-risk levels.

The National Health and Medical Research Council (NHMRC) Australian Guidelines to Reduce Health Risks from Drinking Alcohol (2009) recommend for healthy men and women to:

- drink no more than two standard drinks on any day to reduce the lifetime risk of harm.
- drink no more than four standard drinks on a single occasion to reduce the risk of injury.

The following tips can help you keep your drinking in check during this stressful time.

Set yourself a drinks limit, count how many you've had and stop when you've reached it.

Set yourself a drinks limit that is consistent with advice from the NHMRC and stop once you've reached it. You'll find you can do without that extra drink after all and your body will thank you for it the next day.

Have a few alcohol-free days each week.

Creating the habit of having a few alcohol-free days each week will help you stay healthy. Not only will reducing how regularly you drink reduce your risk of alcohol-caused disease, you'll also see immediate physical and mental benefits such as better sleep, more energy, better mood and decreased anxiety, not to mention the cost savings.

Use the Alcohol.Think.Again 'drinking levels and your risk' online tool to see the benefit of reducing how many times a week you drink.

Swap to low or no alcohol alternatives.

Low and no alcohol products are a good alternative for people who want to reduce their drinking – they have the same or similar taste, but contain less alcohol. There are an ever increasing range of low and no alcohol products available at many retailers.

Limit how much alcohol you keep in the house.

If it's not there, you can't drink it! It's like chocolate! Easy access is the ultimate enabler, and if all it takes is opening the fridge then you're potentially on a slippery slope to be tempted.

If you're not ready to make your house a drink-free zone, just avoid stocking up on alcohol at the next trip to the bottle shop. Research tells us the more alcohol we buy, the more likely we are to drink it sooner than we had intended. So while you might have good intentions to stock up for two weeks, you might find yourself coming up empty sooner rather than later.

Keep attractive non-alcoholic options at home.

In addition to the range of non-alcoholic beer, wine and spirit options available, keeping your house stocked with teas, sparkling water, kombucha and other non-alcoholic drinks will also help. Substituting alcoholic drinks with tasty non-alcoholic drinks is a good alternative for people choosing to reduce their intake.

Delay that first drink.

The earlier you start drinking, the longer a drinking session can become. If you choose to drink, find a milestone in your day that isn't until later in the evening such as dinner or after you exercise to have a drink. The later you start drinking, the less alcohol you are likely to consume.

Make every second drink a non-alcoholic drink.

Drink non-alcoholic drinks, such as water, soda, kombucha or soft drinks, as spacers between your alcoholic drinks. Try to drink these at the same pace as you do alcohol.

Slow down your drinking.

Drink slowly rather than gulping or sculling to control the rate of drinking. You can enjoy your drink just as much, if not more, if you drink slowly.

Drink only with dinner.

With food in your stomach you are likely to drink more slowly and the alcohol is absorbed into your bloodstream at a slower rate. Drinking only with dinner or a meal will limit the period of time for you to be drinking, likely reducing how much you drink overall.

Find ways to change your routine.

If your regular routine includes relaxing with a drink, change it up by going outside to get some fresh air and exercise. Play with your pet or your child, or do some gardening. If pouring a glass of wine while cooking dinner is your go-to, wait until dinner is ready to have a drink.

For more information, head to alcoholthinkagain.com.au

Reduce your drinking to reduce your risk.

alcoholthinkagain

MT ARROWSMITH TENNIS CLUB RECIPE BOOK

Being one of the Editors at the Fencepost these times have called for us to try to think outside the box and provide you , our readers something interesting to read.

Puzzles, Quizzes, Recipes, Tips, Old photos all come to mind.

The next couple of pages are excerpts from the famous Mt Arrowsmith Tennis Club Recipe Book.

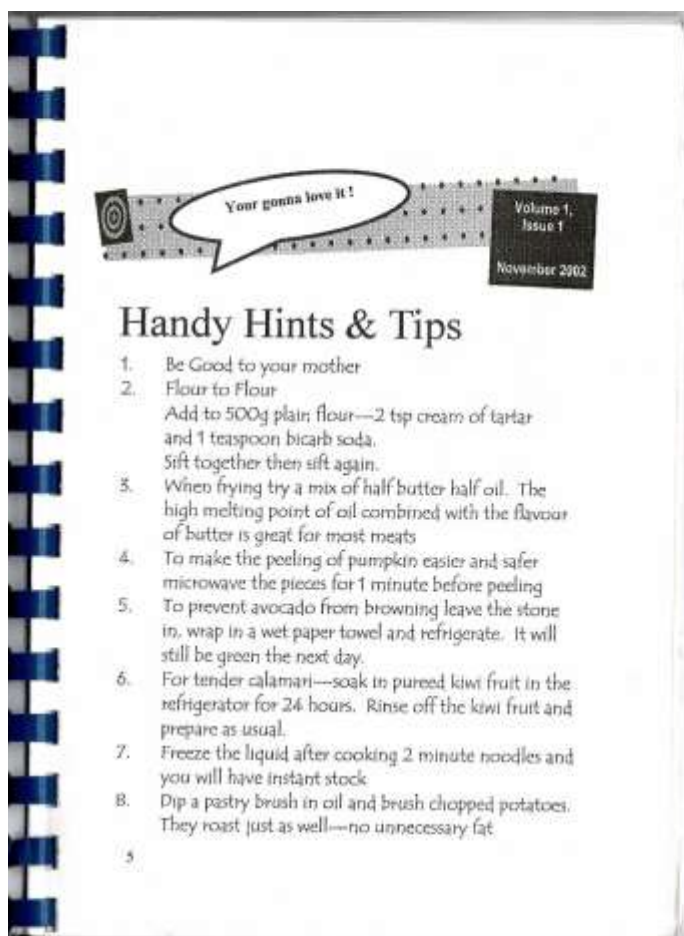
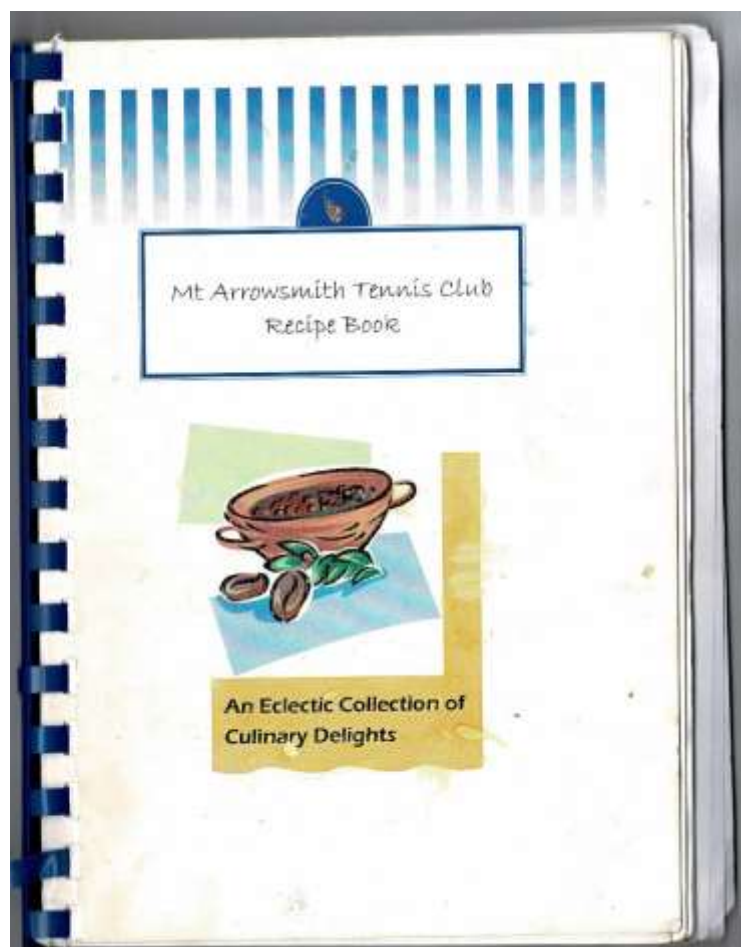
Unfortunately due to low numbers the Club closed a few years ago but I'm sure many of you still have this book sitting in your drawer.

Sue Butlers famous Tortellini Soup is always a hit at Netball.

Sadly June, Mabel and Bill are no longer with us but bought back memories for me when reading through.

Of course how can we miss Murray who clearly does all the cooking at home.

Nowadays its much easier to find a recipe by googling but some of these small community projects have a bit more meaning to them, more than just a recipe.



Chicken & Tortellini Soup

Boil 1 chicken, grate or dice 2 packets of soup veggies, add extra onion, carrots and celery including tops of celery, shallots, crushed garlic and parsley, add to the chicken. When the chicken is cooked take the meat off the bone, add 1 packet tortellini. Just before serving add parmesan cheese.

Sue Butler

If making a large quantity you can add 1 packet of seasoned chicken and vegetable soup mix



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Chicken Baked in Barbeque Sauce

1 tray chicken pieces or enough chicken for the amount of people. Place skinned chicken pieces into oven proof pan.

Sauce:

1 cup lo-cal tomato sauce or tomato puree
1 dsp onion flakes
1 tbls soy sauce
1/2 clove garlic crushed
1/2 tsp mustard
Pinch cayenne pepper
Lo-cal sweetener to taste

Place in basin and mix together, spoon over the chicken. Bake 1 1/2 hours or until tender. Lovely with salad or vegetables.

Mabel Hassett



25

Bills Light 'n' Easy lunch

Rivita Biscuits

Tin Tuna

Light mayonnaise dressing

Sweet Chilli Sauce

Slap the tuna on the bicky, drown it with mayo and warm it with a dash of chilli sauce.

Bill Yeomans



WIND WARNING

Do not advise consumption on the day of a big night out.

Dickos' Batchelor Rice

Add one cup of rice to 2 cups of water. Microwave for 2 minutes.

May add chicken wings (cooked) for flavour.

Serves 1 1/2.

Murray Dixon



39

Mrs Raes' Fruit Slice

Pastry

1 lb plain flour 1/2 lb butter or marg

1/4 tsp salt 1/2 tsp baking powder

1 egg yolk—beaten water

Rub butter or marg into dry ingredients use the water to make it like scone mixture, halve then roll and line slice tray.

Filling

1 cup currants

1 1/2 cups sultanas

1 cup raisins

with

1 green apple grated

1 tsp cinnamon

Cook fruit in a little water until soft—not mushy.

Cool a little.

You may simply use mixed fruit instead

Beat egg white and brush pastry before putting fruit on, use remaining egg white to glaze the top of the slice—prick with a fork.

Use a quick oven to start then reduce the heat to dry pastry. Leave in the tin to cool—cut into squares. Can be sprinkled with icing sugar

June Hayter

83

85 Fun Quiz Questions



No.	Question
1.	What is Harry Potter's middle name?
2.	Off what State in Australia would I find the Great Barrier Reef?
3.	What is the most eaten food in the world?
4.	Which fairy tale character had really, really, really, long hair?
5.	In Australia, what 3 months make up Spring?
6.	Name 3 famous soccer players, past or present.
7.	One of the characters in the Star Wars Series is R2-D2. T/F
8.	What watercraft travels underwater?
9.	What character lives in a rubbish bin on Sesame Street?
10.	What is the largest land animal?
11.	In what country would I find Buckingham Palace?
12.	What is a canine?
13.	What colour is the M in the McDonalds symbol?
14.	How often are the Commonwealth Games held?
15.	What is the female Smurf called?
16.	If I was biting into a 'Granny Smith' what would I be eating?
17.	What is the yellow of an egg called?
18.	What is the capital city of South Australia?
19.	In Thomas the Tank Engine, what colour train is Percy?
20.	Which metal is heavier, gold or silver?
21.	Name an instrument that starts with the letter "X".
22.	How many rings make up the Olympic Games symbol?
23.	What is name of the Beauty in 'Beauty & The Beast'?
24.	A group of lions is known as a?
25.	The water in the ocean is salty. T/F
26.	In the popular children's book by Mem Fox, what was the Green Sheep doing when they finally found it?
27.	The characters Simba and Nala appear in what movie?
28.	Name 2 orange vegetables.
29.	What country would I be in if I was having lunch in Barcelona?
30.	What Australian actor stars in the recent movie, The Greatest Showman?
31.	What school did Harry Potter attend?
32.	What does water become when you freeze it?
33.	Who is the medic in the popular kids' series, Octonauts?
34.	Who does Paddington come to live with?
35.	What colour forms when you mix blue and yellow paint together?
36.	How many days in the month of April?
37.	Name a transport vehicle that runs on tracks.
38.	How many bags of wool did Baa Baa Black Sheep have?
39.	Emerald is a shade of Green. T/F
40.	Delta Goodrem stars as a Judge on what popular Australian TV Show?
41.	What 3 ingredients do you need to make fairy bread?
42.	In Rugby League, how many points are awarded for a converted try?

No.	Question
43.	What is the 11th letter of the alphabet?
44.	In Australia, what do we remember on the 25th of April each year?
45.	What do people travel to Egypt to see?
46.	How many players on a hockey team?
47.	Name 4 words that rhyme with the word 'SPLAT'
48.	In the original CARS movie, Lightning McQueen's best friend Mater thought he was the world's best _____?
49.	What shape is a STOP sign?
50.	Who sings the popular pop song 'Happy'?
51.	How many legs does a spider have?
52.	In Australia, how many 5c pieces make up \$1?
53.	What colours appear on the Japanese flag?
54.	How many sides does a rectangle have?
55.	Name 3 of Snow White's seven dwarfs.
56.	The Eiffel Tower was gifted to France by what country?
57.	What number between 1-20 is said to be bad luck?
58.	The Tiger is the largest type of 'big cat' in the world. T/F
59.	What is an Ankylosaurus?
60.	What colour bandana does Raphael wear in the Teenage Mutant Ninja Turtles?
61.	Are 2, 4, 6 & 8 odd or even numbers?
62.	Santa Claus is also known as Saint ____?
63.	How many ml in a litre?
64.	Name one of Peter Rabbit's sisters?
65.	What is a baby goat called?
66.	What is the capital city of Italy?
67.	Which planet is known for having a ring around it?
68.	What is the bird's name in Mister Maker?
69.	Who is Batman's crime fighting partner?
70.	What is the distance around a circle called?
71.	In what country would I find Michelangelo's famous statue of David?
72.	What is the name of the toy cowboy in Toy Story?
73.	From what tree do acorns fall?
74.	What is a third of 150?
75.	In the nursery rhyme, who sat on the wall and had a great fall?
76.	What happened to the fictional character Pinocchio when he told lies?
77.	From what country does Lego originate from?
78.	Name your 5 senses.
79.	What animal became Shrek's offsider/best friend?
80.	Which country is home to the Koala?
81.	In what sport would you dig, set and spike?
82.	In Charlie & The Chocolate Factory, who kept chewing on the gum?
83.	What lighthouse stands on the most easterly point of Australia?
84.	Name 3 things you would take camping.
85.	How many bones in an adult human body?

Well done!

Sudoku

Easy

	6				9		8	5
9	4				6			2
	8	1			4			3
6						1		8
				3				
2		8						9
3			1			8	4	
8			6				5	7
4	7		2				3	

Medium

	2					8	4	7
				6			3	
					5		1	
	5	9	2			4		
3	1		6		4		7	8
		8			1	2	5	
	8		3					
	3			9				
2	7	4					9	

Sudoku

Hard

1						2		
		3			2	4	9	
	9	4	3					7
5		2		9			6	8
				2				
6	1			3		9		5
4					7	8	3	
	2	1	8			5		
		9						4

Super Hard

9	2		7	8				5
			9			7	4	8
	7				3			
					5	8		6
5				3				2
2		3	8					
			6				8	
7	1	2			8			
8				2	9		7	4

Think before you flush!

Flushing these items can cause blockages in your pipes and the broader wastewater system.

Don't flush:



If it's not one of the 3 Ps - toilet paper, pee and poo - put it in the bin instead.



For Sale

Hills swing set including slide, glide swing, boat swing and safari swing.



Also small red kids IKEA table and chair (500cm x 590cm x H500cm).

No set price just make an offer.

Call 0427745300



FREE TO GOOD HOME ONLY

“MAX”

Max is a friendly 5 year old Kelpie. Unfortunately due to moving to town we cannot keep him.



For more information please call

Keith on 0428-647298



Narembeen Weather

Day	Date	Max (°C)	Min (°C)	Rainfall (ml)
Tuesday	21/4	25.5		
Wednesday	22/4	23.5	11	
Thursday	23/4	26	10.8	
Friday	24/4	25	13.6	
Saturday	25/4	24.9	12.2	
Sunday	26/4	26	11.9	
Monday	27/4	27	11.7	0.2mm
Tuesday	28/4		10.3	

QUIZ and SUDUKO ANSWERS

No.	Answer
1.	James
2.	Queensland
3.	Rice
4.	Rapunzel
5.	September, October, November
6.	Ronaldo, Beckham, Messi
7.	True
8.	Submarine
9.	Oscar
10.	African Elephant
11.	England
12.	Dog
13.	Yellow
14.	Every 4 years
15.	Smurfette
16.	Green Apple
17.	The yolk
18.	Adelaide
19.	Green
20.	Gold
21.	Xylophone
22.	5
23.	Belle
24.	Pride
25.	True
26.	Sleeping
27.	The Lion King
28.	Carrot, Pumpkin, Sweet Potato etc.
29.	Spain
30.	Hugh Jackman
31.	Hogwarts
32.	Ice
33.	Peso
34.	The Browns
35.	Green
36.	30 days
37.	Train
38.	3 bags
39.	True
40.	The Voice
41.	Bread, butter & sprinkles
42.	6 points

No.	Answer
43.	X
44.	ANZAC Day
45.	Pyramids
46.	11
47.	Cat, Flat, Mat, Hat etc.
48.	Backwards Driver
49.	Octagon
50.	Pharrell Williams
51.	8
52.	20
53.	Red & White
54.	4
55.	Grumpy, Happy, Sleepy, Doc, Dopey, Bashful or Sneezy
56.	America
57.	13
58.	True
59.	Dinosaur
60.	Red
61.	Even
62.	Saint Nicholas
63.	1000ml
64.	Flopsy, Mopsy or Cottontail
65.	A kid
66.	Rome
67.	Saturn
68.	Tocky
69.	Robin
70.	The circumference
71.	Italy
72.	Woody
73.	Oak Tree
74.	50
75.	Humpty Dumpty
76.	His nose grew
77.	Denmark
78.	Taste, Sight, Touch, Smell, Sound
79.	Donkey
80.	Australia
81.	Volleyball
82.	Violet Beauregarde
83.	Byron Bay
84.	Tent, torch, sleeping bag, food, water etc.
85.	206

7	6	2	3	1	9	4	8	5
9	4	3	5	8	6	7	1	2
5	8	1	7	2	4	6	9	3
6	3	4	9	7	5	1	2	8
1	9	7	8	3	2	5	6	4
2	5	8	4	6	1	3	7	9
3	2	5	1	9	7	8	4	6
8	1	9	6	4	3	2	5	7
4	7	6	2	5	8	9	3	1

5	2	6	1	3	9	8	4	7
1	9	7	4	6	8	5	3	2
8	4	3	7	2	5	6	1	9
7	5	9	2	8	3	4	6	1
3	1	2	6	5	4	9	7	8
4	6	8	9	7	1	2	5	3
9	8	5	3	4	7	1	2	6
6	3	1	5	9	2	7	8	4
2	7	4	8	1	6	3	9	5

1	7	6	5	4	9	2	8	3
8	5	3	1	7	2	4	9	6
2	9	4	3	8	6	1	5	7
5	4	2	7	9	1	3	6	8
9	3	8	6	2	5	7	4	1
6	1	7	4	3	8	9	2	5
4	6	5	9	1	7	8	3	2
3	2	1	8	6	4	5	7	9
7	8	9	2	5	3	6	1	4

9	2	4	7	8	1	3	6	5
3	5	1	9	6	2	7	4	8
6	7	8	4	5	3	9	2	1
1	4	9	2	7	5	8	3	6
5	8	7	1	3	6	4	9	2
2	6	3	8	9	4	5	1	7
4	9	5	6	1	7	2	8	3
7	1	2	3	4	8	6	5	9
8	3	6	5	2	9	1	7	4

BIRTHDAYS



APRIL

29th	Michael Fudge	Heather Major	
30th	Sophie Pini	Cassie Smith	Bill Bailey
	Barbara Schwartz	Vicki Wasley	Nasci Lethlean
	Bronwyn Wasley	Vanessa Pascoe	Vicki Sinclair(Wasley)

MAY

1st	Margaret Butler	Lisa Gault	
2nd	Kayla O'Keefe(Holberton)		
3rd	Christopher Bailey	Bradley Horsman	Cliff Smith
4th	Jenny Murphy(Lethlean)	Mary Pini	
	Rogen Lumayag		
5th	Peter Crow	Clinton Major	Sari Cusack
6th	Warren Bow	Kerrie Jones(Cheetham)	Kade Cooper
	Steve Parkin	Sandy Lopez	

ANNIVERSARIES

APRIL

29th Dean & Jodi Maringoni

MAY

6th Joe & Sharon Aird



Cleaning Rosters

Catholic Church	C. Harper
Anglican Church	B. Schwartz



CHURCH NOTICES



SEVENTH-DAY ADVENTIST **105 Church Road, Mt. Walker**

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

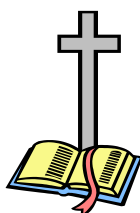
Please be advised due to the COVID 19 Virus and for the health and well being of our community and its members The East Narembeen Seventh Day Adventist Church are **suspending** all Saturday morning church services effective from Saturday 21st March 2020 **till the end of April .**

The Church has a local TV Chanel 306 and radio station 3ABN serves our community with Sabbath School and sermons as well as other interesting shows, wellness, cooking etc.

ST PAUL'S ANGLICAN

No Services until further notice.

A directive from Perth Diocesan Trustees.



Church of Christ

Wednesday 7.30pm

Bible study at

No Sunday Worship service

Bible Verse:

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

Mark 10:45

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

No Services until further notice.

Prayer for Rain

Most Loving God

Through Your Son You said

“Ask and you will receive,

Seek and you will find,

Knock and the door will be opened.”

Today we come to You in our need,

Asking that you listen to our prayer.

May You in Your Goodness provide in due season,

Steady and soaking rains to those parts of our state that so desperately need it.

We Thank You Father for all Your gifts to us and are confident that You will listen to our prayer.

We ask this through Christ our Lord, Amen.



Due to the COVID19 pandemic there have been many changes, please call to check!



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines practices at the Medical Centre **phone consults are now available**
 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 **essential visits only until further notice**

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 appointments only 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

Not working until further notice

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

Not working until further notice

COMING EVENTS

APRIL 2020

Wednesday	29th	School Re-Commences Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Thursday	30th	Numbats: Phone bookings from 8.00am 0422 322 289	8.30am - 5.30pm

MAY

Friday	1st		
Saturday	2nd		
Sunday	3rd	Lions Paper Pick-up	
Monday	4th		
Tuesday	5th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm
Wednesday	6th	Numbats: Phone Bookings from 8.00am 0422 322 289	8.30am - 5.30pm



Editor: Kellie MORTIMORE