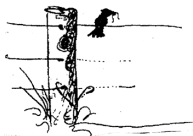


The Fence Post



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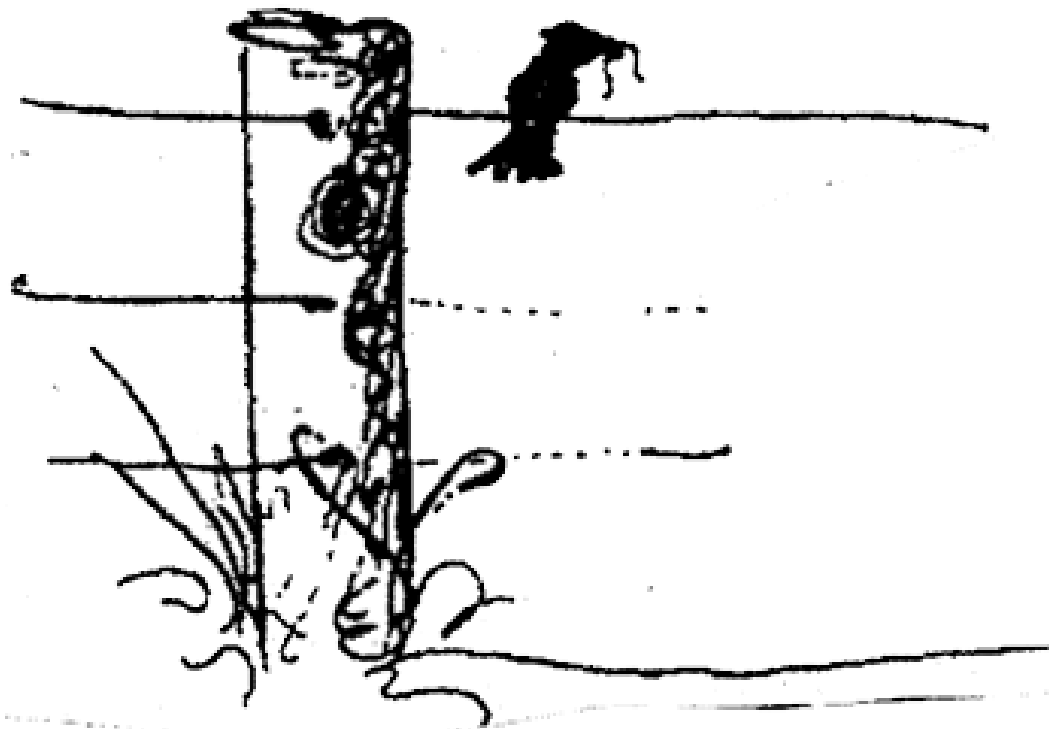
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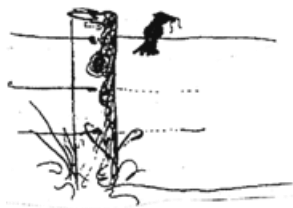
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The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

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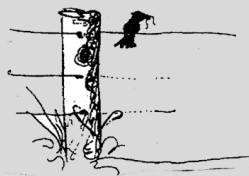
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Disclaimer

The views expressed in articles in this newspaper are not necessarily the views of the Editor or other volunteers who produce this newspaper. The Editor has the right to withhold, edit or abbreviate any items.

- Life Member of The Fencepost IRIS BRISTOW -



Over the Fence....

HOSPITAL AUXILIARY

A basket has been placed at IGA for donations of food for the Hospital Auxiliaries annual Hamper Raffle to be drawn on Friday, 1st September.

Thank you for your continued support of our local Hospital. The Auxiliary has been busy over the past months beautifying Lakeside and Koolberrin Lodge for the residents.



Thank you
Kerry Fricker

BEST WISHES FOR A SPEEDY RECOVERY

A few of our locals are sitting at home with their feet up (literally) at the moment.

Best wishes for a speedy recovery to Ian Mortimore, Murray Dixon Jay DellaVedova and Jo Wilson. Ian has had foot and ankle surgery, Murray foot surgery, Jay knee surgery and Jo a knee replacement. I'm sure having to sit around at home is not your cup of tea's but it will be worth it with your recoveries. I hope the wives are coping too....



We often think here at the Editor's desk how will we keep our readers interested in the 'going's on's' in our town.

This week we have some really interesting items to read. Rhonda Cole has returned from a wonderful time away in Mongolia and has kindly written about her trip for our readers. Her writing is always wonderful and makes you feel like you are their experiencing it yourself.

Also an interesting read is that of Thomas Baldwin who recently played State Football for WA and his thoughts on the time away and his football.

It's also getting to the end of the winter sports season with finals not far around the corner. It looks like we will have good representation again in Hockey, Football and Netball this year.



NAREMBEEN CRC SENIORS MOVIE



***Movie, coffee &
morning tea***

**First Monday of
every month.**



1:00pm



NAREMBEEN AUTUMN CLUB - AGM

The Narembreen Autumn Club will be holding an Annual General Meeting on Thursday 17th August 2023 at 11.00am at the Senior Citizen Hall.

This will be to elect a committee to enable opening a new bank account with the Commonwealth Bank, due to the closure of Bankwest business accounts.

All members and new members are most welcome.

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

Autumn Club members and friends surprised President Carmel Harper with flowers and a cake for her 80th birthday. Many thanks and appreciation to everyone.



Mongolia

Facts and Impressions

Rhonda Cole July 2023

Mongolia is land locked between Russia to the north and China to the south and east. It stretches 2392 km west to east and 1259km north to south. The population is 3.42 million with most people speaking dialects of their own Mongolian language although the western province of Bayan Ulgii it is mainly Kazakh from the Muslim Kazakhstan influence. They use the Cyrillic (Russian) alphabet. Most of the country is Buddhist with historical Shaman connections still evident. The official currency is Tunrug with only notes (no coins), for a rough conversion when shopping I would knock off the 3 zeros and halve the number (so 50000MNT is about \$22Aus). You had to carry a great wad of notes.

A brief history – Mongolia has been largely nomadic through out history. Probably because of the terrain/ climate. Wide open Steppes and the various Gobi areas and snow covered much of the year. The Turks dominated for much of the first 1000 years of the CE , then Chinggis Khan unified the Mongolian empire followed by his 4 sons who ruled of a huge area taking in across the Ukraine, Persia, Armenia, Pakistan Burma, China ,Russia. This was taken over by his grandson Kublia khan and after only about 160 years imploded similarly to the roman empire. After this followed 4 Ming invasion and a Manchurian incursion from China. In the 1920's the soviets came in with communism until the 1990's when the USSR collapsed. The Soviets had seen off the Japanese from the eastern fringes early in 1930/40s.

The timing of my trip was to coincide with the Naadam Festival which is the national event celebrating largely around horse riding, their particular wrestling, archery and a very different game of knuckle bones! We had front row seats for the opening ceremony which was a spectacular event. The pageantry and sense of pride that went with it! Present day service men on horseback in full dress immaculately turned out but my favourite were those dressed in battle armoury from the great Khan empire time. Picture if you will, a guy (with a 'biscuit ' of hay on his back)at full gallop being shot at with arrows by another rider at full gallop while they ride around the arena ...and the four arrows stuck ! I even enjoyed the wrestling more skill and less theatrics than the 'hulk hogan' type. These guys really are local heros. Further along in our travels we witnessed the celebrations for locals who had won at the festival in Ulaanbaatar. The knuckle bone competition is too hard to explain here but I guess it came about from being stuck in a ger through a cold snowy winter.

Ger ...(in Turkey they call them yurt) ..a circular tent of felt or skins on a collapsible framework. We spent 10 nights touring and staying in these white mushroom shaped tents. They where set in little camp sites with central buildings for ablutions and restaurant.

We travelled in comfort- 4 black 4wd Lexus v8 and 1 white 4wd Landcruiser. The drivers spoke no English but the guide rotated thro cugh our vehicles. On the first day out of the city I was lucky to have the Biologist from Hastai National Park in my car. This is where some of the worlds last wild horses roam. The takhi or Przewalski's horse is native to the steppe grasslands and had nearly vanished. This park has reintroduced the species with a successful

Captive breeding program for these stocky, coffee-coloured horses that have never been domesticated.

And so our days continued watching, learning, sharing as we met people like the lady who milks 17 yaks twice day then uses the milk to Scalded cream (yum) ,yogurt , 3 different cheeses (I liked the ricotta / feta type) and a clear spirit (alcohol made in a home made wooden still) all made in her little ger . She even spins the yak hair. Others also milk goats, sheep, camels and horses. Fermented mare's milk is a national drink and was sold in stalls at the festival, it is about 3%alcohol. I didn't try it the smell was enough for me. The mares are milk every 2hours throughout the day and the foal is on them at night. I suspect there are more animals than people. Much of the Gobi has had low rainfall for a number of years and this shows through in the condition of the camels particularly. Being just past the summer solstice they were shedding their winter coats and had very 'droopy' humps (Bactrian Domesticated ...2 humps) .

Most roads are non-existent and are just tracks heading in the general direction if it gets rough or wet you just make a new one! Only saw 3 bitumen roads after we left the city one going west from Ulaanbaatar and one coming in from the south ,the other was built by RioTinto mine supplies. Bugged once, drivers walked though running water on a few occasions , they changed brake pads , brake lines along the way, carrying supplies with them . Quite an adventure. Also visited a cashmere factory, wish I lived in Melbourne to justify the beautiful coats. The traditional Mongolian song and dance performance was enjoyable and interesting with their throat singing but I think I enjoyed meeting and 'talking' with the country folk we met the most. Interestingly I felt the throat singing sounded rather like a digeridoo without an instrument. Bumped into Kevin's cousin (Hannah Chitty's g.aunt) at the Naadam festival , you can't go anywhere! So much to think about and I haven't even followed up on my notes to myself for further research yet! I hope you enjoyed my snap shot.









WA COUNTRY STATE SIDE SELECTION

The Narembeen Football Club are proud to have had one of their own selected to play in the WA Country State Side.

The Football Club spoke to Tom about his time playing away and his football.

What was the highlight of playing in the Country State side?

In the last quarter when Simmo (The Coach) looked at me on the bench and asked if I was ready to go inside. AQ short stint in the midfield was the biggest challenge but the best experience of it all.

Where do you think you got your natural sporting ability from, Mum or Dad?

JB and Ashley (dad's side) are the obvious ones with South Freo ties but mum's family has black and white blood from playing at Swan Districts. I'd be wise to call it a mixture of both. Mum was a good hockey player.

After having a stint at Claremont how was the transition to Country footy been?

Good mates and family in the team have made it easy. Playing with Connor, Heath and Jayden (cousins) make every game pretty special.

Did you ever think growing up you would one day be coached by your dad?

No. It's a unique circumstance that I need to take time to appreciate. We seem to work together well.

What drives you to keep getting better as a player?

Being the strongest all round sports club in the EDFL.



Going through the Junior ranks then playing in Development Squads, Under 14's, Under 16's and then Colts for Claremont, what was the biggest driving factor for you wanting to play League footy for Claremont?

My first game for Claremont in the Seniors came when I didn't expect it. The drive to play in that side came after the first game when I got a taste of the competition and satisfaction of winning at a higher level.

Lastly, who's the best footballer you have seen, either played against or with?

There's lots of different ways you can measure a good footballer. If I was to go by toughest opponent it would be Hayden Ballantyne playing 1v1 in forward 50 during the 2020 Season.

Well done Thomas, the Narembreen community are very proud of you and your achievements so far.



Upcoming CRC Events 2023

- Seniors Movie: Mon, 7 August 1.00pm
- Morning Coffee Club: Wed, 16 August, 10.00am
- Story Time: Fri, 25 August, 10:30am



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Narembeen Community Resource Centre



Narembeen CRC

Seventh-day Adventist

Answers to Spiritual questions with Pr. Benjamin.

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

What are the TEN COMMANDMENTS? And should I take notice of them?

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

Mobile: 0403 053 288

Have a great day!



Narembeen CRC Update

Hello everyone!

Its been a bit quieter here at the CRC with Vanessa on maternity leave and Georgia on her annual leave. Still, we had a few things happening.

Story Time

On Friday the CRC hosted the monthly story time session at the library. What a wonderful morning! Seven children and their parents enjoyed two lovely stories about Australian animals. A big thank to Joan Cusack for volunteering her time and reading the stories—the kids loved listening to you!

Following the stories the kids enjoyed some craft activities with coloring and scratch art aswell as some geography play on an Australia map. Thank you for coming to this months story time sessions and supporting this event.



This week Thursday will be Kristie's last day of work before she will go on maternity leave to focus on her growing family. We wish her all the best and hope she will get in some rest before baby number two will arrive in October!

Graphic Design Work—August

Due to a lack of staff during the month of August, we are unable to complete any graphic design work until after Tuesday 22, August. We apologise for any inconveniences this might cause and thank you for your understanding!

Leiyah and myself will be in the office and are here to assist you with all your needs.

Seniors Movie

Next week Monday, 7th of august we will have the Seniors movie here at the CRC. Please join us at 1:30pm for a movie and some afternoon tea. We hope many of you can make it!

Enjoy the rest of your week!

Nora Kircher

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Official Opening

Friday 6th of October 7:30pm to 9:30pm

\$5 entry

Exhibition Open 10.00am - 4.00 pm 7th to 11th October

Prize Pool of \$11,700

Registration closes 22nd September 2023

Kondinin Town
Hall



06
October
2023

Registration information and forms can be found at
www.kondinin.wa.gov.au

MT WALKER GOLF CLUB

SUNDAY AUGUST 6TH 2023



MT WALKER CUP (MENS)

&

COWAN CUP (LADIES)

18 HOLE STABLEFORD

Entry Fee - \$35

Morning Tea, Lunch & Dinner Provided

Hit off from 10.30 am

Further information please call

Carolyn Fagan 0407645023

Darren Phillips 0427783005



Narembeen Golf

Thank God for our Patrons! At least someone can put in a respectable winning score and to do it twice in a row is fantastic.

Congratulations to Anita Cowan for her +2 last Wednesday for the Annette Main trophy. She showed everyone else how to do it but we aren't good students as only Darien showed some form by being R/up with a -1.

Apparently, my lips are sealed tight re the other scores. Anita also won the Long Putt #1 and Maxine Miolini won the NP #17. At least we all live to try again next week.

On Sunday, Anita also won the stableford with 36 pts from Maxine Miolini, whilst Carol Currie won the NP #2 and Maxine LP #11. The course is beautiful but our golf is not.

On Saturday 6 men and 4 women travelled to Bruce Rock for their Open day but there were no winners to report. Some men also went to Nungarin on Sunday.

Those men that played home on Sunday were a bit weary and played a 4BBB. There was a lot of loud sledging and fun was definitely had. John Currie and Russell Arnold took out the prize with 45 with Mic Toovey and Ben Hunter R/up on a count back from Karl Browning and Tim Cusack. Rob Miolini won the Long Dong, John Currie the Best 2nd 38, Best 3rd #11 was Ben Hunter and Russell got the NP #17.

There was a distinct lack of staying power amongst the men even though the Eagles had a win. They emptied the club house by 6pm. Now that has to be a record for the ages!

Good luck to all the women who are travelling to Hyden for the three-day carnival.

Many, many thanks to our wonderful sponsors

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BEHIND THE GOALS

29/07/23

Narembeen Juniors 2 def Merredin Juniors 1

This week Narembeen played Merredin in Merredin. Even though the day started out a bit windy and overcast we were lucky the rain held off for juniors. In the first quarter Noah B scored the first goal of the game and in the third quarter Bryce Tyler scored the second goal, which was Bryce's first goal of his first season of hockey. Merredin also got a goal in the third quarter. Well done to Merredin for a well played and challenging game. Well done to Narembeen with a winning score of 2-1.

Big thanks to Eimear who play goalie for Narembeen, and also to Chase, Aden and Charlie who played for Merredin

(Bryce Tyler)

Narembeen B Grade 7 def Merredin B Grade 0

Narembeen Men's 4 def Merredin Men's 0

This week we played Merredin on their home deck. The showers of rain were on and off throughout the game. The boys showed their skills in the first quarter with Nathan Sprigg scoring a beautiful tomahawk from the top of the D. The Boys continued to show their skill in the second quarter with Jordan Sprigg converting the second goal from a short corner play. Jordan then continued with his skills to convert the third goal. In the third quarter Merredin started winning short corners and eventually got one in the back of the net. In the fourth quarter the match was eventually poised. Gus Latham scoring a deflection goal in the last five minutes of the game. Final score 4-1 Narembeen.

(Connor Sargeant)





Narembene A Grade 1 drew Merredin A Grade 1

Saturday saw us make the trip to Merredin on the turf. Overcast conditions with an ice cold wind made for a chilly start to the day.

The first quarter was very even, Merredin's defence was strong from the beginning so we knew it was going to be a tough game. The first quarter was done and there was still no score.

Our strikers Mikaela McCall, Georgia Miller and Hannah Kerse were running hard creating some dangerous play, their goalie was brilliant!

A quick turnaround found the ball in Merredin's attack which resulted in a goal. However it wasn't long until Narembene finally slotted one in, it was a great team goal scored by one of our speed machines Mikaela!

Half time arrived and it was 1 all. After a half time chat Narembene started to link and create drive through the centre. This resulted in multiple shots on goal, but we just could not get that white ball in the back of the net. Merredin continued to defend as Narembene continued to enter our attacking circle.

Merredin had a couple of attacking break throughs, our goalie Maddi Noack making a crucial save towards the end of the game.

The end score resulted in a 1 all draw. With only two more fixtured games at home and then finals, the business end of the season is quickly approaching. Lets go girls!!!

We would like to wish Mikaela a safe and wonderful trip, we will miss you out there Mik!

Also we want to wish Tanielle Yandle (coach) and Cloe Moriau all the best as they represent WA country in the National Country Championships over the next couple of weeks!

(Emma Miolini)



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Getting the ball back.....



A good measure of how a team is going is how hard and how often they work to get the ball back. When they are finding the contest and being accountable really early in the ground once the turnover happens, they are going well. When they cruise out of losing possession and leave it to others to get it back then they are not going all that well. It's a measure of sacrifice and effort and an interesting one to cast over any football team.

After their first loss of the year the previous round the Hawks needed to make the sting work for them, and they needed to show it the next week. As the Demons found it hard to get the ball out of their back half it became increasingly clear that the Hawks were making the sting work very well. Their defensive efforts were clear and were coming early. The ball was coming back not long after it left in the strongest sign the Hawks were on.

The return of Tommy Baldwin from State duties had an early positive effect. He won the ball through the middle of the ground early and set the tone for the midfield to take control. Then, in an interesting coaching move he was thrown one out in the forward fifty. Given plenty of space in which to work, Baldwin got his opponent on the lead, got him on the way back to goal and worked home under the football. It was a dominant display and an interesting card for the coaching staff to play.

Jimmy Kennedy has had a fantastic year for the Hawks and after a couple of quiet weeks was back to his best on Saturday. The strength of Kennedy on his wing in 2023 has been the massive amounts of ground that he has covered. He just runs further than his opponent and did that again on Saturday, especially early on. Up and down his wing he gave the Hawks a ball carrier and competed hard to try and get the ball back, it was a strong response from a good player.

Across the ground you could see the Hawks looking to respond from the result of the week before. Mac Cole roamed far and wide as a high forward and showed how clean he can be with ball in hand. Nikau Brown was again good across half forward and through the middle while Hawks talisman Mitch Miolini was back to his ground covering best. It was a team wide response from a good side.

There is a reason why nine years out of ten it is the team that has the best defence that wins games and even premierships. That reason is because defence, real across the ground defence, shows a team's desire to get the ball back as early as you possibly can. It shows a team's want to work for each other when they know the rewards won't be instant and won't be self-gratifying. It shows a team that is about just that, the team. Coming off their loss to the Pies the week before the Hawks showed that they just may well be that kind of team.

Hawks	15-13	103
Nukarni	5-7	37

Best: Thomas Baldwin, James Kennedy, Jay Gill, Connor Spinks, Nikau Brown. Mac Cole

Everything but....

Judging sporting efforts just by results is simply unfair. I know all the diatribe about how we live in a winner sand losers society, and no one remembers who came second and all that, but it's still unfair. It's unfair because sometimes in sporting contests you deserve recognition for your effort, for your overcoming of obstacles and your refusal to lie down, even if you don't win. For sometimes you do everything but.



On one of those weeks where injury had hit, players were away and other things were on the Ressies drew on all their reserves, pardon the pun, to get a side on the park. They even had people volunteering to play five minutes before hand. They got to 20 players and ran out against the coemption leaders who were yet to lose a game for the year. It would have been easy to lay down and go through the motions. Easy doesn't tend to be what Narembreen footballers do however.

The boys kicked the first goal, a ripping left foot running effort from Mike Morti and the contest was on. The Demons would kick the next two on the back of taleneted youngster Sam McGuinness. With the wind favouring the town end of the Merredin oval the Ressies had to defend for the rest of the quarter. Veteran Stuart Yandle joined Will Gray in the last line and directed the boys to fight on.

Two goals with the breeze gave the Ressies the lead going into half time. Jeikwjuan Brown led a hard-working midfield who as matching it with the best in the competition. Cameron Hills, playing off a wing, had his best game of senior football. He worked hard both ways and when he ran back with the flight of the ball late in the quarter, he had put his stamp on the contest.

Also putting his stamp on things was Stephen Cummins. A great mate of Hills, Cummins had a breakout game at centre half forward. He ran hard all day continually giving his team a way out of trouble and got himself in dangerous spots throughout the contest. It was a fine effort from a young Hawk.

The conditions wavered in the second half the game became a slugfest. Both teams had periods of control but couldn't hit the scoreboard. The Ressies backline continued to hold fast, again led by Yandle and Gray, constantly rebounding Nukarni attacks. Then, with injuries taking players down, the forward line worked hard to find some space against a good Nukarni back six. It was good hard footy.

With five minutes to go the Demons got themselves in front by a point. After such a tough hit out it would have been forgivable for the Ressies to stop and walk to the finish line. They were having none of that though and just kept coming. Brown kept getting the footy in the middle. Ben Latham and Cameron Hills kept asking for the ball in attacking spots and the boys kept coming. It was some gripping Ressies footy and the fact that when the final siren went the ball was being thrown in deep in the Narem Ressies forward line was proof that the boys had done everything but.

Ressies	3-2	20
---------	-----	----

Nukarni	3-3	21
---------	-----	----

Best: Cummins, Hills, Brown, Delevale, Yandle, Davey

Tomorrow.....

Tomorrow is a funny thing. It's always coming but never arrives. We talk about it a lot but never get to experience it. The reality is though that it is vital, vital to so many parts of what is happening today. So, we need to prepare for it, we need to invest in it, we need to get ready for it. In all walks of life, we need to give the best chance to succeed. The Narembreen Footy Club continue to be lucky that time and effort is being put into that investment.



Out at Corrigin on Sunday the Hawks fielded two teams in the Neu Tech Cup. The Cup, which has been going for many years, is a massive junior footy carnival that runs two competitions. It runs a Little Tackers competition for players between the ages of five and eight. Then it also fields a Auskickers competition for players from eight up to year six at school. It is a wonderful opportunity for our young footballers to have a great time.

The Little Tackers team, coached by Damon Hayter and Nic Cheetham plus managed by Brendan Parsons had a great morning. They got better and better the further it went. It was wonderful to see all the players grow in confidence as time passed and more than wonderful to see them all smile and laugh so much at the footy. They all got a kick and couple of them played really really well. It was a huge success. The sight of all of them laying down in a line on the Corrigin hill during presentations was a sign of time well spent.

The Auskickers team, were once again controlled by the Michael and Carissa Wanless. As I had commitments to the other team, I didn't see a great deal of their day but what I did see was impressive. The Narembreen kids shirked no issue throughout the morning and seemed to be running just as hard at the end of the competition as they were at the start. The sight of Macy Cole bursting through tackles in the last game was highly impressive.

Behind the coaches and managers was a band of quality parents helping wherever they could. Sam Bald waved the flags for the bigger kids while Sam Thorn and Col Ogilvie waved them for the little kids. There was sure to be helpers there today which I was unaware of, but their efforts were no doubt much appreciated. Investments in tomorrow are vital, so very important. For there will come a time when the reigns of the footy club need to be handed over and it is then that we will see the value that lays in our investment.



NAREMBEEN

NETBALL CLUB

With the Fencepost Netball reporter away having a baby this week the Editor has taken some information from Facebook so those of you without social media can keep informed.

Only 2 more games until the finals and Narembeen is in the top 4 in all 3 grades. Well done to all the players.

Congratulations to Mia Parsons on being selected in the Fever in Time program for the Wheatbelt Goldfields Region. Top effort well done!

A GRADE

TEAM	POINTS	PLAYED	WON	LOSS	DRAW	FORF	FOR	AGAINST	%
NAREMBEEN	20	12	10	2	0	0	530	362	146.41
HYDEN	20	12	10	2	0	0	527	372	141.67
BURRACOPPIN	18	12	9	3	0	0	450	354	127.12
NUKARNI	12	12	6	6	0	0	380	400	95.00
SOUTHERN X	10	12	5	7	0	0	449	433	103.70
BRUCE ROCK	8	12	4	8	0	0	385	410	93.90
CORRIGIN	6	12	3	9	0	0	403	554	72.74
KULIN	2	12	1	11	0	0	272	511	53.23

A2 GRADE

TEAM	POINTS	PLAYED	WON	LOSS	DRAW	FORF	FOR	AGAINST	%
BURRACOPPIN	16	9	8	1	0	0	377	284	132.75
NAREMBEEN	14	9	7	2	0	0	350	273	128.21
CORRIGIN	10	8	5	3	0	0	248	265	93.58
BRUCE ROCK	8	8	4	4	0	0	263	270	97.41
NUKARNI	4	9	2	7	0	0	306	327	93.58
KONDININ	0	9	0	9	0	0	277	402	68.91

B GRADE

TEAM	POINTS	PLAYED	WON	LOSS	DRAW	FORF	FOR	AGAINST	%
HYDEN	18	9	9	0	0	0	416	184	226.09
NAREMBEEN3	12	8	6	2	0	0	259	174	148.85
SOUTHERN X	12	9	6	3	0	0	303	207	146.38
KULIN	6	8	3	5	0	0	152	251	60.56
CORRIGIN	4	9	2	7	0	0	217	308	70.45
BRUCE ROCK	0	9	0	9	0	0	115	338	34.02



NAREMBEEN

NETBALL CLUB

ROUND 12

A GRADE

Nukarni (33) v Narembeen (46)
 Kulin (25) v Corrigin (40)
 Hyden (27) v Southern Cross (25)
 Bruce Rock (24) v Burracoppin (30)

A2 GRADE

Nukarni (33) v Narembeen (46)
 Kondinin (27) v Corrigin (29)
 Bruce Rock (25) v Burracoppin (48)

B GRADE

Kulin (24) v Corrigin (15)
 Hyden (35) v Southern Cross (24)
 Narembeen & Bruce Rock **BYE**

JUNIORS

Nukarni (21) v Narembeen (27)
 Kondinin (14) v Corrigin (13)
 Kulin (29) v Corrigin (11)
 Hyden (3) v Southern Cross (34)
 Bruce Rock (8) v Burracoppin (45)

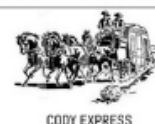
THANK YOU TO OUR SPONSORS



CROPLANDS



CUSACK Family



AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 02:31 Full Moon ☉ rises 5:21am sets 7:03pm C sets 4:09am rises 7:05pm	2 Moon close to Saturn ☉ rises 5:22am sets 7:02pm C sets 6:41am rises 8:30pm	3 Moon close to Saturn ☉ rises 5:22am sets 7:02pm C sets 6:41am rises 8:30pm	4 ☉ rises 5:23am sets 7:01pm C sets 7:54am rises 9:04pm	5 ☉ rises 5:23am sets 7:00pm C sets 9:04am rises 9:35pm
6 ☉ rises 5:24am sets 6:59pm C sets 10:11am rises 10:06pm	7 10:45 ☾ ascending ☉ rises 5:25am sets 6:58pm C sets 11:16am rises 10:37pm	8 18:28 Last Quarter Moon close to Jupiter ☉ rises 5:25am sets 6:57pm C sets 12:21pm rises 11:10pm	9 Mercury dichotomy ☉ rises 5:26am sets 6:57pm C sets 1:25pm rises 1:48pm	10 Mercury eastern elongation ☉ rises 5:27am sets 6:56pm C sets 2:27pm	11 Mercury at it's highest in the evening sky ☉ rises 5:27am sets 6:55pm C sets 12:30am sets 3:27pm	12 ☉ rises 5:28am sets 6:54pm C sets 1:17am sets 4:23pm
13 19:15 ♀ Inferior Conj ☉ rises 5:29am sets 6:53pm C sets 2:09am sets 5:12pm	14 ☉ rises 5:29am sets 6:52pm C sets 3:05am sets 5:56pm	15 ☉ rises 5:30am sets 6:51pm C sets 4:03am sets 6:33pm	16 17:38 New Moon ☉ rises 5:31am sets 6:50pm C sets 5:01am sets 7:05pm	17 ☉ rises 5:31am sets 6:48pm C sets 5:58am sets 7:34pm	18 ☉ rises 5:32am sets 6:47pm C sets 6:53am sets 8:00pm	19 ☉ rises 5:33am sets 6:46pm C sets 7:48am sets 8:25pm
20 ☉ rises 5:33am sets 6:45pm C sets 8:43am sets 8:49pm	21 ☉ rises 5:34am sets 6:44pm C sets 9:38am sets 9:15pm	22 00:22 ☾ descending ☉ rises 5:35am sets 6:43pm C sets 10:35am sets 9:43pm	23 ☉ rises 5:35am sets 6:42pm C sets 11:35am sets 10:16pm	24 17:57 First Quarter ☉ rises 5:36am sets 6:41pm C sets 12:38pm sets 10:54pm	25 Moon eclipses Antares ☉ rises 5:36am sets 6:39pm C sets 1:44pm sets 11:41pm	26 ☉ rises 5:37am sets 6:38pm C sets 2:50pm
27 Saturn opposition ☉ rises 5:38am sets 6:37pm C sets 12:38am rises 3:54pm	28 ☉ rises 5:38am sets 6:36pm C sets 1:44am rises 4:51pm	29 Uranus goes retrograde ☉ rises 5:39am sets 6:35pm C sets 2:57am rises 5:40pm	30 ☉ rises 5:40am sets 6:33pm C sets 3:13am rises 6:22pm	31 09:35 Full Moon is close to Saturn. A "Blue Moon" ☉ rises 5:40am sets 6:32pm C sets 5:28am rises 6:58pm		

Altruistic August 2023

MONDAY



7 Give time to help a project or cause you care about

TUESDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

WEDNESDAY

2 Send an uplifting message to someone you can't be with

9 Thank someone you're grateful to and tell them why

THURSDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

FRIDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

SATURDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

SUNDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Weather



DATE	Min Temp	Max Temp	Rain
1 August	3.2	23.3	0
31 July	3.1	18.3	0.2
30 July	4.1	14.6	0.2
29 July	8.8	18.1	0
28 July	5.9	17.1	0.2
27 July	7.6	14.1	3.4
26 July	10	15.1	3.2
25 July	7.8	18.5	0



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We specialise in:

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- Drainage, Sanitary, Gas fitting &
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Gavin Brownley

M: 0429 611 906 **P/F:** (08) 9061 1906
E: gavinbrownley@gmail.com
 54 Dampier Street, Bruce Rock WA 6418
 PO Box 137, Bruce Rock WA 6418

Birthdays

August



2nd	Shelley Price	Brian Cooper	
3rd	Nicholas Price	Greg Moppett	Clinton Hackett
	Ollie Luca DeLuis		
4th	Marj Coverley	Jasmine Taylor (Major)	Brock Fitzgerald
5th	Wendy Cooper		
6th	Riley Noble	Bernie Cova	Naomi Smith
7th	Joshua Berry		
8th	Debbie Westropp (Federici)	Tina Gausden	
9th	Georgia Lee	Charles Muntz	

Anniversaries

August

2nd	Ross & Helen Fidge
3rd	Ross & Jo-anne Yandle
5th	Brian & Kerry Cummins
8th	Stephen & Sheryl Moppett



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, August 6

9.30am

Genesis Ch 32 -V 22-31—Hazel Toovey

Romans Ch 9—V 1-16

Matthew Ch 14—V 13-21

Psalm 17

Church of Christ

Thursday, August 3

7.00pm

Bible study at D & R Smoker's, word for the evening is 'robe'

Sunday, August 6

10.00am

Worship Service

Verse:

For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Matthew 7:8

Seventh-day Adventist

105 Church Rd, Mt Walker

Saturday, August 5

All most welcome

10:00 am Sabbath School - Adult Bible Study

Children's Program (at the same time)

11:30am Combined Worship Service
Speaker: Pastor Malcolm Eastwick will be conducting the Baptism of one of our local young people.

Any queries please contact:

Terry Ashmore 0427 907 119

Pastor Ben Townson 0403 053 288

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Mass Services this month

Saturday, August 12 6.00pm

Sunday, August 27 10.00am

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

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: C Harper

Email: brucerockparish@gmail.com

FaceBook: Francis Mary Concepta Sacrament



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

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

Thursday 8am to 12noon 1pm to 4.30pm

NO CONSULTATIONS ON WEDNESDAY

Please note that available appointments fill up very quickly – book early.

NO TELEPHONE PRESCRIPTIONS WILL BE ISSUED

Please phone 90647 145 for an appointment or book through Healthengine

HOSPITAL – PHONE 90646222 HEALTH DIRECT 1800 022 222

Accident, emergency and acute medical.

Outpatient dressing/blood pressure checks etc–Preferred times 10.30am -11.30am or 3.30pm – 4.30pm

X-Ray service available – please phone for bookings. Only emergency X-Rays will be attended out of hours

Other services include antenatal and postnatal care, palliative care, respite service, high and low level residential care. Home and Community Care (HACC), Patient Assisted Travel Service (PATS), Videoconference facilities available for consults with some Specialists. Occupation and Speech Therapy, Dietician and Aged Care Assessment (ACAT) available by referral.

WHEATBELT ALCOHOL AND DRUG SERVICE

Phone 90413807 or 90412928

This service provides support for individuals, couples and families affected by alcohol and drugs

WHEATBELT DOMESTIC VIOLENCE UNIT

Call 1800 353 122 (24 hours) Free and Confidential

Men's Domestic Violence Helpline 1800 000 599. Victim Support Service 1800 350 074

CHILD, SCHOOL AND COMMUNITY HEALTH SERVICES – PHONE 90647388 or 90646222

Child Health Clinic every Tuesday at the Hospital 9am – 3.00pm

Alternatively, contact Primary health in Merredin 90813222 or Ngala 1800 111546

CENTRAL AGCARE FAMILY COUNSELLING SERVICE Counsellor Anne Hague 0427 133 711

PODIATRIST – PHONE 90646222

Please call the hospital (office hours) for appointments

ST JOHN AMBULANCE – PHONE 000

Do not call the hospital for an ambulance in an emergency.



What's Happening

August 2023

Wednesday	2nd	Hockey—Men—Narembreen v Kellerberrin Narembreen Golf—Ladies—Stroke	7.00pm
Thursday	3rd	Autumn Club	10.00am
Friday	4th	Playgroup at Numbats Centre Golf—EGSLGA and UGSLGA Carnival @ Hyden Darts—Wizards v Magpies @ Rec Centre Darts—Royals v Jets @ Narembreen Workers Hotel	9.30am
Saturday	5th	Church Men's Shed Football—Narembreen v Hyden/Karlgarin @ home Netball—Narembreen v Hyden (A2 BYE) @ home Hockey—All—Narembreen v Burracoppin @ home Golf—EGSLGA and UGSLGA Carnival @ Hyden	9.00am
Sunday	6th	Church Lions Paper Pickup Mt Walker Golf—Mt Walker and Cowan Cup Narembreen Golf—Men—5th Qualifying Round Golf—EGSLGA and UGSLGA Carnival @ Hyden	
Monday	7th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed Seniors Movie @ CRC	9.30am 10.00am 1.00pm
Tuesday	8th	Senior Citizens	2.00pm
Wednesday	9th	Narembreen Golf—Ladies—Stableford	

Editor: Kellie MORTIMORE