

The Fence Post

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

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CHOOSE TO REFUSE SINGLE-USE PLASTIC
PLASTICFREEJULY.ORG

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why 250 million people worldwide are choosing to be part of Plastic Free July

Will you join the challenge?

Please join our effort to help the environment. Choose to refuse single-use plastic during July.

Yes, I will join the challenge!

1. Visit our website
 plasticfreejuly.org
2. Choose what you will do
 Avoid single-use plastic packaging
 Target the takeaway items that could end up in the ocean
 Go completely plastic free
3. Choose the length
 1 day 1 week 1 month Always

AVOID WASTE. PROTECT THE OCEAN. SIGN UP AND BE PART OF THE SOLUTION. PLASTICFREEJULY.ORG

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.

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

DUE 1st March

Local and Online \$66

Mailing \$110



Online payments 306-026 - 543 1678

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....

Compliments from former Narembeenys

“We would like to express our appreciation and congratulate the President, Mrs Rhonda Cole and councillors of the Narembeen Shire, on the beautiful memorial garden on the old lesser hall site. Also for the work on the gardens the fencing and the Niche Wall at our cemetery.

Thank you all.

Mrs Pam Stewart and Mrs Tania Western”



Condolences

Sympathy to the family and friends on the passing of Bill Bailey.

Rubbish

There is a new calendar for rubbish collection in this weeks ‘From the Chief’. It is also on the Shire of Narembeen Website: <https://www.narembeen.wa.gov.au/news/2020-waste-collection-calendar-error/104>

What Happened in History on July 8th (or around there)

1099– the First Crusade

1497—Vasco da Gama departs on his first voyage. He was the first European to reach India

1800– In the USA, Dr B Waterhouse gave the first cowpox injection, to prevent smallpox

1902– birth of Albert Namitjira

1907– First telephone call between Sydney and Melbourne was made

1924– Edith Cowan became the first woman to be elected to an Australian parliament

1945– Prime Minister, John Curtin died

1957- Althea Gibson won Wimbledon. The first person of colour to ever do so.

1996– Spice Girls released their debut single, Wannabe, in the UK



For immediate use

Q&A

What is Plastic Free July?

Plastic Free July is designed to help people refuse single-use plastic and improve recycling practices. Each year, millions of people around the globe take the challenge and choose to refuse single-use plastics.

How does the Plastic Free July challenge work?

It's a personal challenge that's part of a global effort for our oceans, for cleaner streets and for the planet. It has enabled millions of people to take small, daily actions and create long-lasting habits that minimise single-use plastic.

Top tips for people trying the Plastic Free July challenge for the first time?

One change can go a long way - choose one single-use plastic to avoid. It's all about noticing your plastic purchases and choosing better alternatives.

The most popular choices are switching from plastic wrapped to loose produce, and choosing to refuse straws and plastic water bottles.

What is the Plastic Free Foundation's vision for the future?

Our vision is a world without plastic waste. We will continue to drive positive change through simple solutions that help communities live more sustainably

How did the Plastic Free July challenge start?

It started with humble beginnings, Rebecca Prince-Ruiz and a small team in Western Australia decided to refuse single-use plastic for a month in 2011. It has since grown one of the most popular environmental campaigns in the world.

Millions of people across the globe take part every year, with many committing to plastic reduction far beyond the month of July.

Media contact

For media enquiries please email media@plasticfreejuly.org with your country in the subject line.

WILLWAY PLUMBING & GAS

Dean: 0407762543

Email: dean@willwayplumbing.com

PL9957 GF18322

Narembeen Hospital Auxiliary

A collection basket has been placed at IGA for donations towards our annual hamper raffle.

Your Support is greatly appreciated.

The hamper will be drawn on Friday 14th August.

All proceeds will be used for items for the Hospital.

Thank you,

Kerry Fricker, President



Mia DAVIES MLA
Leader of The Nationals WA

CENTRAL WHEATBELT

Matters to me

Northern Office
171 Fitzgerald Street
PO Box 92
Northam WA 6401
Ph 08 9622 2871
Fax 08 9622 1668

Merredin Office
The Old Town Hall, Mitchell St
Merredin WA 6415
Ph 08 9641 1702
Fax 08 9641 2554
FreeCall 1800 673 914

mia.davies@mp.wa.gov.au
www.miadavies.com.au
#MiaDaviesMLA
[facebook.com/MiaDaviesMLA](https://www.facebook.com/MiaDaviesMLA)

THE NATIONALS for Regional WA

Authorised by M. Davies, Northam Boulevard Shopping Centre, Fitzgerald Drive, Northam

Local

- Nice drop of rain for the crops
- School holidays
- Hockey starting next term, footy back on and netball on in Merredin

Regional

- Merredin Cinema has shows on
- Regional jobs on offer skyrocket
- Broome helicopter tragedy

State

- Premier says "Phase 5 is under review"
- Quad bike restrictions coming into force
- Industrial manslaughter legislation on the table in state parliament
- Perth Royal Show gets the go ahead
- Business groups want border restrictions lifted or at least more clarity
- CBH former Chair, Newman, sues ex-director for defamation

National

- Minimum award wage increases across a variety of industries
- Wool price drops 35%
- NSW closes its border to Vic , the first time since Spanish Flu
- Victoria suffers biggest spike yet in Covid 19 and locks down public housing buildings
- AFL player head out of Victoria
- Economists are pushing for expansion on unemployment benefits

Global

- Hong Kong set to change with new legislation from China
- World Health Organisation confirms over 11 million cases of Covid 19 with 532 340 deaths.
- New data indicates global impact of Corona virus said to be a deeper recession and slower recovery
- Kanye West to run for US President

R2K Contracting

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
E-mail: rdkovac@bigpond.net.au

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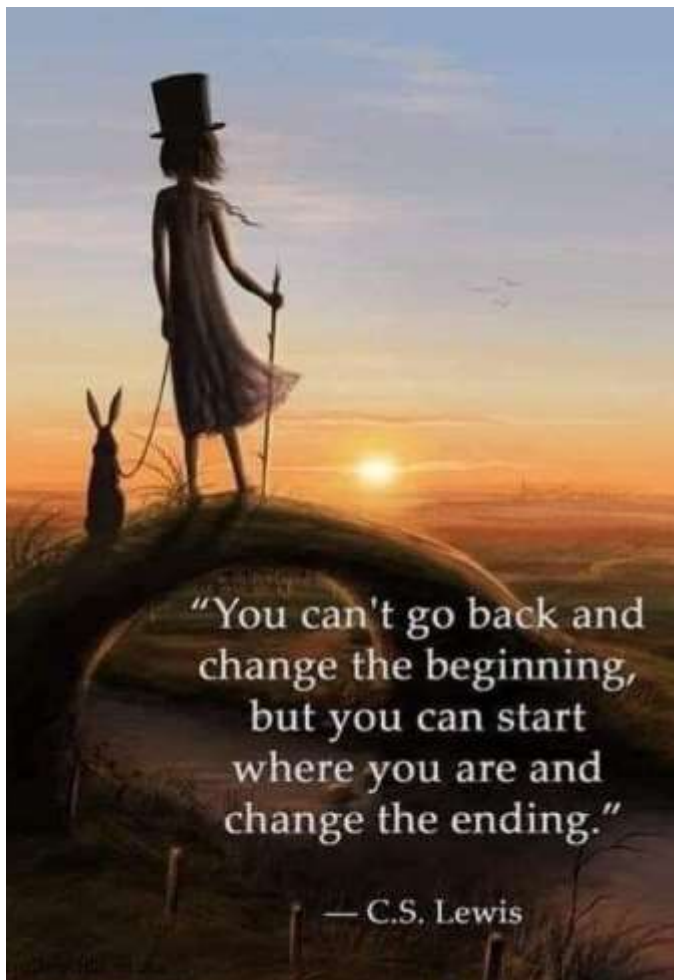
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- Lime
- SOP
- Gypsum
- Dolomite and more...

Reliable truck with scales and GPS.

Contact Tristan Slade:
0457 008 084
tkslade@outlook.com



WANTED

Someone to restump a house in Narembeen.

Stumps will be supplied.

Please contact Wes 0498 116 207



July 2020

Melissa Pickering

CCWA Regional Education Officer - Wheatbelt

T: 9574 5392 M: 0427 876 946

75 York Rd Northam WA 6401



Free online meditation and yoga courses on offer to help improve the lives of people living with cancer

Cancer Council WA, through the Life Now program, is offering free online meditation and yoga courses, specifically designed for people living with cancer and their carers. Online courses begin in July 2020 and are free of charge thanks to generous community donations.

Life Now Meditation is a six week online course which guides participants through simple techniques to relax the body and calm the mind. Practicing meditation can help improve quality of life for people affected by cancer and assist in reducing anxiety, stress and blood pressure.

Life Now Yoga is a six week online course which guides participants through gentle stretching to help improve fitness, flexibility and overall wellbeing. Studies have found that regular yoga practice can improve mood, sleep quality and decrease cancer-related stress.

Please note the following dates and times:

Life Now Weekly Online Meditation

- Tuesday classes commence 21 July for six weeks – 5.30pm – 6.30pm
 - Wednesday classes commence 29 July for six weeks – 1.30pm – 2.30pm
- Thursday classes commence 23 July for six weeks – 10.00am – 11.00am

Life Now Weekly Online Yoga

- Wednesday classes commence 22 July for six weeks – 10.30am – 11.30am
- Friday classes commence 24 July for six weeks – 11.30am – 12.30pm

Participants will need access to a steady internet connection and smart device such as a Laptop, iPad, Smart Phone (iPhone, Android) or Smart TV.

Some eligibility criteria apply. Registrations are essential as spaces are limited – apply now to secure your place.

To register, visit the Cancer Council WA website at www.cancerwa.asn.au and search 'Life Now' or call a cancer nurse on 13 11 20.

Cancer Council WA Life Now Contact: Jessamie Skinner – (08) 6389 7819

CHRIS BRAY



Electrics

Mob: 0418911872

email: facets@iinet.net.au

For all electrical installations repairs and maintenance.

14 Longhurst Street Narembeen

ACN 009 023 223 EC 349



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Solar heating installations and maintenance

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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

Life is not being rich, being popular, being highly educated or being perfect. It is about being real, being humble and being kind.

Easy recipes

LiveLighter is a program developed in Western Australia which aims to encourage Australian adults to lead healthier lifestyles - to make changes to what they eat and drink, and to be more active. The LiveLighter website is a great place to find nutrition information, including

- Top tips for a healthier lifestyle
- Tools and resources
- Fantastic recipes

Go to

www.liveliighter.com.au

BEEF BURGER

3

serves
of veg in
every
portion

Ingredients

- ▲ 200g lean beef mince
- ▲ 1 onion, one quarter finely chopped, the rest thinly sliced
- ▲ 1 carrot, grated
- ▲ 1 teaspoon Worcestershire sauce
- ▲ 2 tablespoons breadcrumbs
- ▲ Ground black pepper
- ▲ Olive or canola oil spray
- ▲ 2 wholemeal or grainy rolls
- ▲ 2 tablespoons tomato sauce (optional)
- ▲ 4 lettuce leaves
- ▲ 4 slices canned beetroot
- ▲ 1 medium tomato, sliced
- ▲ ½ avocado, sliced

Preparation time: 25 minutes

Cooking time: 15 minutes

Serves: 2

Method

1. In a medium bowl, add the mince, the finely chopped quarter of the onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper. Mix, and use hands to shape into two patties about 2cm thick. Put in the fridge for at least 20 minutes to firm up.
2. Meanwhile, heat up a frypan and or BBQ and spray with a little oil. Cook the sliced onions on medium heat, stirring often, until golden (at least 5 minutes). Remove onions from the pan.
3. Spray the pan with a little more oil and cook the patties on high heat for about 4 minutes each side, until nicely browned and cooked all the way through.
4. Slice open the rolls, spread the bottom slice with a small amount of tomato sauce (if using), and stack the lettuce, beetroot, patties, onions, tomato, avocado and leftover carrot on top.

Variation

Make smaller patties and use dinner rolls or English muffins to make "slider" burgers.



5
ingredient

TOASTED BREAKFAST BARS

Ingredients

- ▲ 2 large (300g peeled) ripe bananas
- ▲ 1 teaspoon vanilla extract
- ▲ 1 teaspoon ground cinnamon
- ▲ 1 ½ cups natural muesli (untoasted)
- ▲ ¾ cup Allbran™ or bran sticks

Method

1. Preheat oven to 180°C (160°C fan forced). Line base and sides of a 20 x 20cm cake tin with baking paper.
2. Mash bananas and vanilla in a medium bowl with a fork. Add remaining ingredients and mix until well combined.
3. Spoon mixture into prepared tin, smoothing the surface to an even thickness. Bake for 20 minutes until golden, remove from oven and allow to cool in tin for 5 minutes. Cut into 8 pieces then return to the oven and bake for a further 20 minutes to crisp up. Once cool to touch, allow bars to cool completely on a wire rack.
4. Before serving, place in a toaster to reheat and make crispy.

Hint

This recipe works best with very ripe bananas.

Once completely cooled, refrigerate in an airtight container and keep for up to 3 days. These bars also freeze well.

Variations

Replace muesli with 1 cup rolled oats and ½ cup dried fruit such as cranberries, currants, sultanas or chopped dates, figs or apricots.

Include a tablespoon of chia seeds or chopped nuts.

Vary the flavour with a teaspoon of almond essence.

Preparation time: 5 minutes

Cooking time: 45 minutes

Serves: 8 bars



LIVELIGHTER

“Remember no one can make you feel inferior without your consent.”



From the Managers Desk

How is it July already?! Next week I would have been on a plane to Hannover (Hannover is the capital and largest city of the German, northwestern, state of Lower Saxony) to go on a five week trip to Europe. Visiting family and friends, standing by my best friend's side, who was going to get married to the love of her life in Hungary. Then onto a 20-day road trip through Italy. But COVID-19 decided that we were going to save the money and not see family and friends. It's been more than 12 months since I have seen my parents and sisters and more than 20 months since I have seen my grandparents and good friends from back home. Although I am not a person that gets 'homesick' very often, not knowing when Australia will allow international travel and not knowing when you will see your loved ones again is getting hard and it makes you miss them even more.

However it also makes you appreciate the things you have around you, your friends and family here in Narembeen. It's important to surround ourselves with family and friends for support and comfort, in both times of joy and distress. It's important to share experiences with each other and that's where the Narembeen Community Resource Centre (CRC) comes in handy. Every morning when I get to work I have ideas and think about the things we can deliver in this community to bring an experience into your life that you can share with family and friends. (And

thanks to the WA residents, who have done a magnificent job following the WA Government's instructions) most COVID-19 restrictions are lifted. That means we, at the CRC, can get back to what we do best—come up with events and workshops that will benefit this community. To bring people together, to help those who may have felt isolated over the past three months, to feel part of something meaningful again and gain a greater sense of belonging. It is important to us that our activities/workshops/events provide an opportunity to talk openly in a safe space about your health and wellbeing.

So, have a look on the next few pages and see if there is something that you and your family/friends can attend. If there isn't, let us know! We are starting all of our monthly activities, like the monthly Seniors Movies, Morning Coffee Club, Rhyme Time & Story Time again this month! We also offer school holiday activities and are busy planning more events/workshops for the coming months. If you haven't been to any yet, now is a great time to start coming along.

We hope to see you at one of them.


Vanessa Wittstock
CRC Coordinator

T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au

 Narembeen Community Resource Centre

 Narembeen CRC

SCHOOL HOLIDAY ACTIVITIES

Supervised activities at the Narembeen CRC



WEEK 1

Thursday, 09/7/2020
10:30am - 12:00pm

Chef Competition

Get creative by making a chef hat and decorating biscuits.

All ingredients supplied.

Best chef hat and most creative biscuit wins a prize!

\$5 per child

Ages 6 and up welcome



WEEK 2

Thursday, 16/7/2020
10:30am - 12:30pm

Kids Movie

Come in and enjoy watching a movie with your friends.

Juiceboxes and Popcorn provided.

Bring your favourite bean bag or pillow to sit on.

\$5 per child

Ages 6 and up welcome



RHYME TIME AT THE CRC

★ RHYMES

★ SONGS

★ STORY



JOIN US IN THE LIBRARY AT 10:30 am

Tuesday, 14 July 2020



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 22 July 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)



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.



Upcoming Events

- School Holidays Activity Week 1: Thursday 9 July 2020 - 10.30am
- Rhyme Time: Tuesday 14 July 2020 - 10.30am
- Morning Coffee Club: Wednesday 15 July 2020 - 10.30am
- School Holidays Activity Week 2: Thursday 16 July 2020 - 10.30am
- Business Women's Networking Event: Tuesday 21 July 2020 - 5.30pm
- Farm Finance for Performance Workshop: Wednesday 22 July - 9.00am
- Story Time: Friday 31 July 2020 - 10.30am





from the CHIEF



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

BAILEY, WILLIAM (BILL)

The Shire of Narembeen Councillors, staff and community extend their condolences to the Bailey family on the passing of Bill. Bill served as a Councillor with the Shire of Narembeen from 1989 to 1997 and was well respected and admired for his service to the community. A real gentleman who will be sadly missed.



Narembeen Shire Council – 1997

Back Row: Ian Ball, Lou Maringoni, Terry Cheetham, David Willis, Kingsley Bristow, Bill Bailey, Gary Johns
 Front Row: Alan Wright (CEO), Stephen Padfield, Halley Cowan (President), Ray Parsons

from the CHIEF



PUBLIC NOTICE **PROPOSED CONCEPT PLAN** **TOWNSITE BLACK SPOT ROAD IMPROVEMENT PROJECT**

It is hereby notified that the Shire of Narembreen have prepared concept plans in relation to significant road improvements within the Townsite which include the Longhurst/Latham Road intersection and the Latham Road/Currall Street/Churchill Street intersection.

The plans (see overleaf) have been prepared to alleviate a number of traffic conflicts that occur on a regular basis at these intersections and will ensure the safety of motorists using these roads.

Submissions or comments may be lodged in writing on the form (see overleaf) to **Sheree Thomas** by emailing ced@narembreen.wa.gov.au or delivered to 1 Longhurst Street, Narembreen on or before close of business on **Wednesday 15 July 2020, 10.00am**.

Should you require further information please contact Chris Jackson on 9064 7308.

Chris Jackson

Chief Executive Officer

Community Education Feedback

The Narembreen CRC and Shire of Narembreen are interested in understanding if the Narembreen Community is interested in any of the following training/education workshops for delivery during the 2020/2021 financial year. Please take the time to complete the survey on training/workshop development needs post COVID19 within our region.

Visit this website below to complete the survey.

<https://www.surveymonkey.com/r/F5P8BXB>



from the CHIEF



Shire of Narembeen

Comment Regarding Notice:	Townsite Black Spot Road Improvement Project
Date:	

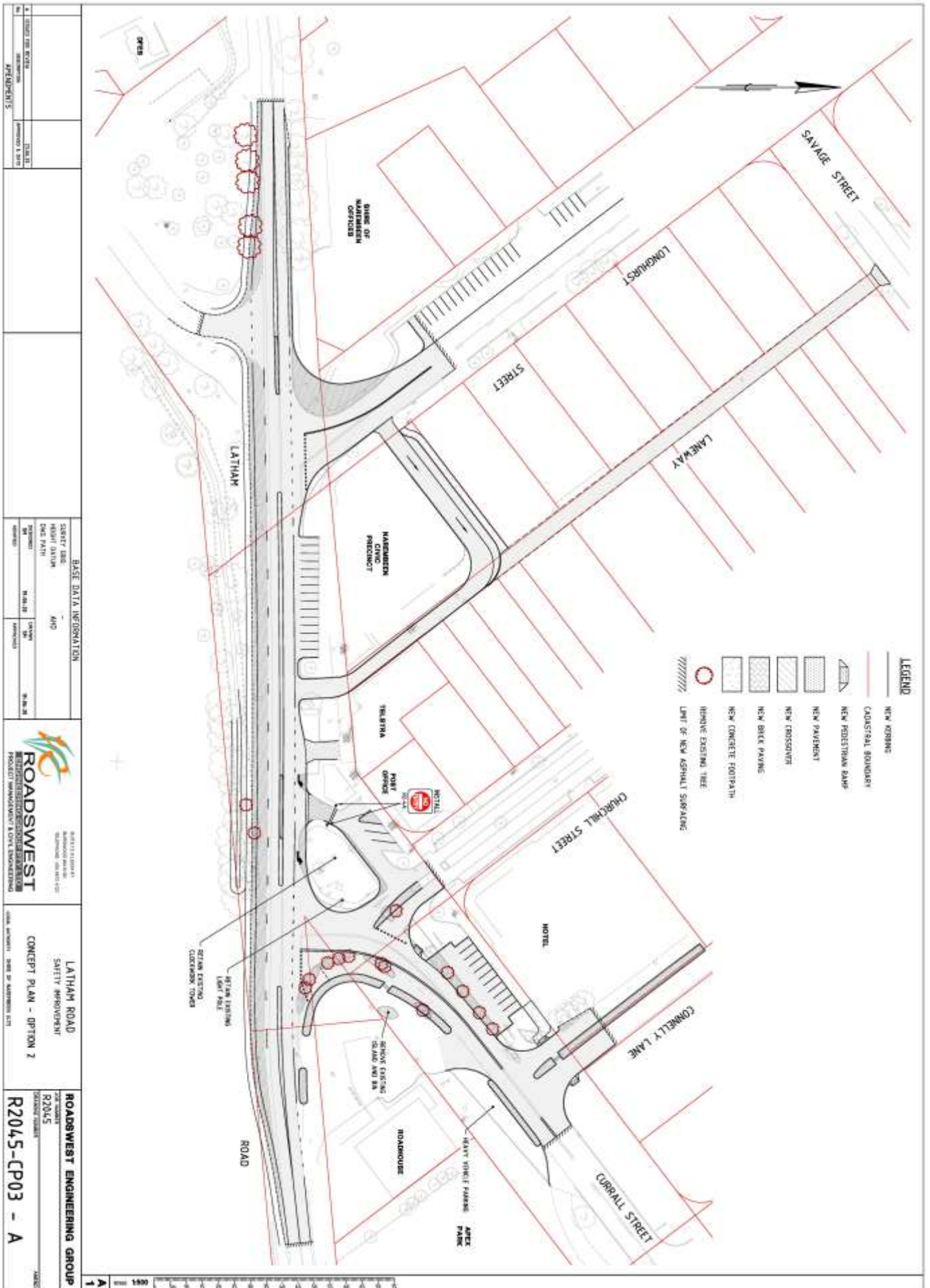
YOUR CONTACT DETAILS

Full Name:	
Address:	
Telephone:	
Email:	

YOUR COMMENT/SUBMISSION

Please return to: ced@narembeen.wa.gov.au or deliver to 1 Longhurst Street, Narembeen WA 6369

from the CHIEF



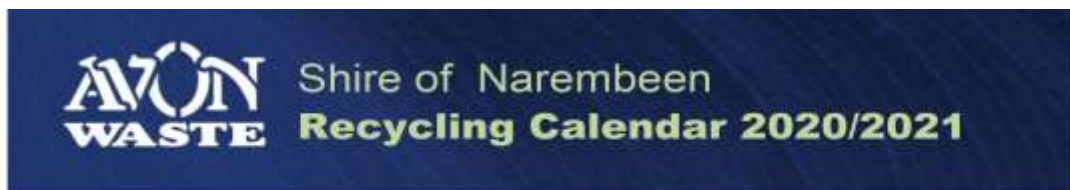
from the CHIEF

2020 Waste Collection Calendar Error

An error has been discovered in the 2020 Waste Collection Calendar. Please exchange the current 2020 Waste Collection Calendar with the 2020/2021 Avon Waste Collection Calendar. The next recycling day for the Shire of Narembeen will be Tuesday, 21 July 2020. New calendars were distributed to PO boxes on Monday.

Please feel free to inform your family, friends and neighbours and advise them that they can visit the CRC to obtain a new print out, if they do not have a PO box.

We apologise for any inconvenience or confusion caused.



July 2020						
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February 2021						
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March 2021						
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April 2021						
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May 2021						
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June 2021						
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■ Rubbish
■ Recycling
■ Christmas Day



WHAT CAN GO INTO YOUR RECYCLE BIN

- **Plastic** - All plastic containers (empty with lids off) excluding soft plastics
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium excluding aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

Narembreen Golf



We won pennants!

It has been a long time since a pennant match has been played, but this one kept the successful Narembreen tradition going. The Narembreen ladies played against Corrigin in an invitation match and had a great 4-1 win. The match play format is always a winner and the day was enjoyed by all-as was the food. Congratulations to Captain Maxine Miolini on the organisation.

On Sunday the men played for the Varley Transport trophy so many thanks to Ty and Amy. Twenty men played in beautiful conditions and Cody Duncan did it again and won the stableford with 38 on a c/b from r/up Ty Lumsden 38 on a c/b from Stephen Padfield 38. Good scores were Aaron Lyon and Ben Hunter 36, David Campbell, Greg Vaughan and Mic Toovey 35 and Shane Bidulph 34. Those handicaps keep coming down with Cody on 21, Ty on 23, Ben 27 and Greg a 7. We are all so jealous. The Long Dong no1 and Best 2nd no 12 was S Biddulph, NP no 9 was Ty Lumsden and Paul Wanless was pleased with his NP no 17. The clubhouse was raucous so the golf must have been fun- if you can ever call golf fun!!

On Wednesday the ladies played a stableford for the Captain's trophy and Jodie Maringoni had a great day with 36 from Julie Miller 32, Carol Currie 30 and Darien Pascoe 29. Longest putt no 1 was Maxine Miolini- we think a protest was in order over the term long! The best 2nd no 6 was Jodie and NP no17 was won by Nola Parsons.

On Sunday 8 ladies played and Sherrie Heather romped it in with 37pts from Emma Miolini 33, Maree Campbell 31 and Maxine Miolini 30. It was great to see Bianca Currie having a bash and picking up the NP no 2. Apologies go to Sherrie for the fiasco at presentations!!!

Just a few courtesy calls-

Anyone hitting balls, particularly off no 1 tee, please ensure all are picked up and not left on the course.

Any non-members need to play \$5 ball fees each time they play the course. Always ensure that no marks are left in the bunkers-please always rake.

The President and members wish to offer their sincere sympathy to Lydia and Steve Bailey and all the Bailey family members on the death of Bill. His contribution to the club is very much appreciated

Mt Walker Golf News

Sunday 4th July 2020

This week we had a beautiful day for golf, although there was a pretty bleak horizon for a bit.

Great to see Joe Wilson back playing again. Every one was reflecting on what could have been; like hosting the Mt Walker Cup, Peter Miolini Trophy for the Men & the Cowan Cup for the ladies. Due to the Covid-19 issue it was decided to postpone them for this year.

The winner of the game today was Carolyn Fagan with 32 Points

Runner-up Darren Phillips with 31 Points

2nd Runner-up Phil Treloar

Novelty winners

NP #7 Carolyn F

NP #11 Phil T

LHO #2 Phil T

LHO #18 Darren P

Next weekend, Sunday 12th July, we will be playing for the Carolyn & Greg Fagan trophy. This is an AMBROSE game. It was supposed to be our Open Day, but it was decided to swap it to be played during the school Holidays.. We will be rounding up the day with a shared Casserole dinner.

All players most welcome to come and join in the fun.

Names in by 11.30am so teams can be worked out.

Look forward to seeing you all on the day.

Interesting facts about Australia

1. Australia is the 6th largest country by size, a massive 2.9 million square miles.
2. While it's huge, the population is only 22.6 million.
3. The closest American state in population is New York, which has 19.6 million people, yet Australia is more than 53 times its size.
4. Texas is the largest state in the continental United States, but the largest state in Australia, Western Australia is more than 3 times its size but Texas has 13 times as many people.
5. You can fly from Perth to Melbourne faster than you can fly from one end of Western Australia to the other.
6. The Great Victoria Desert, just ONE of Australia's barren areas is larger than the United Kingdom. You could lose an entire country in Australia and never know it.
7. A single cattle ranch in South Australia is larger than the state of Israel.

BIRTHDAYS



JULY

7th	Kylie Lawson	Chris Hayter	
8th	Nicole Rhodes(Beard)		
9th	Loriana Treloar	Rory Cusworth	
10th	Baden Kennedy	Madeleine Lange	
11th	Gwen Fagan	Dean Maringoni	Michelle Walker
12th	Jason Rogerson	Simone VanViersen	Clinton Plumley
13th	Isla Wahlsten	Wade Needham	Ryan Hood
	Angela Moppett	Austin Pascoe	Lilli Johns



ANNIVERSARIES

10TH Shirley & Jim Thorn



Cleaning Rosters

Catholic Church

Joan Cusack



Taken from a FaceBook post 23 May,
Thyrza, A Divine Universe

“Drink water from the spring where horses drink.
 The horse will never drink bad water.
 Lay your bed where the cat sleeps.
 Eat the fruit that has been touched by a worm.
 Boldly pick the mushroom on which the insects sit.
 Plant the tree where the mole digs.
 Build your house where the snake sits to warm itself.
 Dig your fountain where the birds hide from heat.
 Go to sleep and wake up at the same time with the birds – you will reap all of the days golden grains.
 Eat more green – you will have strong legs and a resistant heart, like the beings of the forest.
 Swim often and you will feel on earth like the fish in the water.
 Look at the sky as often as possible and your thoughts will become light and clear.
 Be quiet a lot, speak little – and silence will come in your heart, and your spirit will be calm and full of peace.”
 Saint Seraphim of Sarov

CHURCH NOTICES



SEVENTH-DAY ADVENTIST

105 Church Road, Mt. Walker

Contacts: Leading Elder, Yonnie –
9063 5014,

Pr Lomani – 0429 770 331.

Saturday 11th July

10am Bible Study hour
Sabbath School

11.30 Worship Service

Church of Christ

**Sunday 12th July
10.00am**

ST PAUL'S ANGLICAN

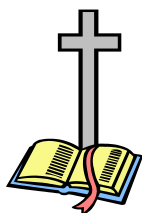
Sunday July 12th

Genesis Ch 25– Verses 19-34 Eleanor Brayshaw

Romans Ch 8—V 1-11 Doreen Bookham

Matthew Ch13– V1-23

Psalm 119 V105-112



ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Sunday Service 8am

Reader: Joan Cusack





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 Naremben Medical Centre on Tuesday and Wednesday

CENTRAL WHEATBELT OCCUPATIONAL THERAPY – PHONE COURTNEY 0488 333 492

At Naremben Medical Centre

COMING EVENTS

July 2019

Wednesday	8th	Seniors Gym Numbats: Phone Bookings from 8.00am 0422 322 289 Church at Hospital GOLF - Gina DeLuis Trophy Stroke	10.30am 8.30am - 5.30pm 2.00pm
Thursday	9th	Men's Shed Rhyme Time at the CRC Chef Competition at the CRC Numbats: Phone bookings from 8.00am 0422 322 289 Autumn Club HOCKEY - Training FOOTBALL - Training	9.00am 10.30am 10.30-noon 8.30am - 5.30pm 10.00am-2.00pm 5.30pm 6.00pm
Friday	10th	Playgroup at Numbats Centre	9.30am
Saturday	11th	Church Men's Community Shed	9.00am
Sunday	12th	Church Golf: Men-Stroke 4th Qualifying-Patrons Trophy; Women-Sweepstakes	
Monday	13th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed FOOTBALL - Training	9.30am 10.00am-4.00pm 6.00PM
Tuesday	14th	Senior Citizens Numbats: Phone Bookings from 8.00am 0422 322 289 Badminton at Town Hall Church at Hospital	2.00pm 8.30am - 5.30pm 6.30pm 2.00pm
Wednesday	15th	Seniors Gym Coffee Club at the CRC Numbats: Phone Bookings from 8.00am 0422 322 289 GOLF - Stableford Shire Council Meeting	10.30am 10.30am 8.30am - 5.30pm

Editor: Gina DeLuis